

Day/Date: Monday/July 6, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 400 swim • 10 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5/7/5/3 x 2
EN-3/EN-1	<ul style="list-style-type: none"> • 2 x 500 swim @ 8:00 or r=30 <ul style="list-style-type: none"> ○ 25 fast/25 easy/50 fast/50 easy/ 75 fast/75 easy/100 fast/100 easy
EN-3/EN-1	<ul style="list-style-type: none"> • 4 x 250 swim @ 4:00 or r=20 <ul style="list-style-type: none"> ○ 50 easy/50 fast/50 easy/50 fast/ 25 easy/25 fast
REC	<ul style="list-style-type: none"> • 1 x 100 choice

Total = 3000

Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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Pace	Set
REC to EN-2	<ul style="list-style-type: none"> • 1 x 600 choice • 8 x 50 kick @ 1:15 or r=10 <ul style="list-style-type: none"> ◦ 2 each stroke • 16 x 25 @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim ◦ 4 x 25 each stroke
EN-1 to EN-3	<ul style="list-style-type: none"> • 25 fly @ 40 or r=10 • 25 fly/25 back @ 1:10 or r=20 • 25 fly/25 back/25 breast @ 1:40 or r=20 • 100 IM @ 2:20 or r=40 • 25 fly/25 back/25 breast @ 1:40 or r=20 • 25 fly/25 back @ 1:10 or r=20 • 25 fly @ 40 or r=10 • 1 x 100 easy swim • 25 free @ 40 or r=15 • 25 breast/25 free @ 1:10 or r=20 • 25 back/25 breast/25 free @ 1:40 or r=20 • 100 IM @ 2:20 or r=40 • 25 back/25 breast/25 free @ 1:40 or r=20 • 25 breast/25 free @ 1:10 or r=20 • 25 free @ 40 or r=15
REC	<ul style="list-style-type: none"> • 1 x 200 swim

Total = 2500

Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

Day/Date: Wednesday/July 8, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 300 swim • 6 x 50 kick @ 1:15 or r=10 • 8 x 75 pull @ 1:30 or r=20 <ul style="list-style-type: none"> ○ breathe 3/5/3 by 25's
EN-1/EN-3	<ul style="list-style-type: none"> • 10 x 125 swim @ 2:30 or r=30 <ul style="list-style-type: none"> ○ <u>2 x thru</u>: <ul style="list-style-type: none"> ▪ last 25 fast! ▪ last 50 fast! ▪ last 75 fast! ▪ last 100 fast! ▪ 125 fast!
EN-1/SP-1	<ul style="list-style-type: none"> • 16 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> ○ 25 easy/25 fast
REC	<ul style="list-style-type: none"> • 1 x 150 choice

Total = 3000

Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 500 swim • 12 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ○ fly, back, or breast
EN-1 to EN-2	<ul style="list-style-type: none"> • 1 x 400 pull @ 7:00 or r=60 <ul style="list-style-type: none"> ○ breathe 3/5/3/5 by 100 • 12 x 25 drill @ 40 or r=10 <ul style="list-style-type: none"> ○ fly, back, or breast
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 400 swim @ 7:00 or r=60 <ul style="list-style-type: none"> ○ negative split • 12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ fly, back, or breast
REC	<ul style="list-style-type: none"> • 1 x 300 choice

Total = 2500

Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

Pace	Set
REC to EN-2	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick IM • 1 x 200 pull • 4 x 75 @ 1:40 or r=20 <ul style="list-style-type: none"> ○ 25 kick/25 drill/25 build
SP-1/REC	<ul style="list-style-type: none"> • 8 x 50 freestyle @ 1:00 or r=15 <ul style="list-style-type: none"> ○ fastest possible average • 1 x 100 easy swim • 6 x 50 stroke @ 1:15 or r=20 <ul style="list-style-type: none"> ○ fastest possible average • 1 x 100 easy swim • 4 x 50 freestyle @ 1:15 or r=30 <ul style="list-style-type: none"> ○ fastest possible average • 1 x 100 easy swim • 2 x 50 stroke @ 1:30 or r=40 <ul style="list-style-type: none"> ○ fastest possible average
REC	<ul style="list-style-type: none"> • 1 x 300 choice

Total = 2500

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REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max