

Day/Date: Monday/October 12, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	• 1 x 400 swim • 1 x 300 kick IM • 1 x 200 drill IM
EN-1/EN-1 to EN-3	• 1 x 400 pull @ 6:45 or r=45 ○ breathe 3/5/3/5 by 100 • 4 x 100 swim @ 1:45 or r=15 ○ descend times 1-4 • 1 x 300 pull @ 5:00 or r=30 ○ breathe 3/5/3 by 100 • 4 x 75 swim @ 1:30 or r=20 ○ descend times 1-4 • 1 x 200 pull @ 3:30 or r=30 ○ breathe 3/5 by 100 • 4 x 50 swim @ 1:00 or r=15 ○ descend times 1-4 • 1 x 100 pull @ 1:45 or r=15 ○ breathe every 5th stroke • 4 x 25 swim @ 30 or r=5-10 ○ descend times 1-4
REC	• 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	• 1 x 400 swim • <u>2 x thru:</u> ○ 4 x 25 fly kick @ 45 or r=10 ○ 2 x 50 kick @ 1:30 or r=20 ▪ choice of stroke
EN-1 to EN-3	<u>2 x thru:</u> • 6 x 50 pull @ 1:00 or r=15 ○ breathe 3/5 by 50 • 4 x 50 drill @ 1:10 or r=15 ○ IM order • 4 x 75 swim @ 1:40 or r=30 ○ each 75: 50 DPS/25 fast! ▪ #1: 50 fly/25 back ▪ #2: 50 back/25 breast ▪ #3: 50 breast/25 free ▪ #4: 50 free/25 fly • Extra 1 minute between rounds
REC	• 1 x 100 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

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Day/Date: Wednesday/October 14, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC to EN-1	• 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 8 x 25 @ 40 or r=10 ○ 25 scull/25 pull
EN-1 to EN-3	<u>2 x thru:</u> • 4 x 50 @ 1:00 or r=10 ○ 25 drill/25 DPS • 4 x 75 swim @ 1:30 or r=20 ○ descend times 1-4 • 2 x 150 swim or pull @ 2:45 or r=30 ○ negative split each 150 • 4 x 50 swim @ 1:00 or r=15 ○ 25 DPS/25 fast!
REC	• 1 x 200 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-1	• 1 x 200 swim • 1 x 200 kick IM • 8 x 50 pull @ 1:00 or r=10 ○ 25 stroke/25 free
EN-1 to EN-3	• 16 x 50 @ 1:10 or r=15 ○ <u>4 x thru</u>: ▪ 25 scull w/ flutter kick/25 stroke ▪ 2 x 50 stroke (descend times 1-2) ▪ 1 x 50 free
EN-2/EN-3	• 24 x 25 @ 45 or r=15 ○ <u>6 x thru (choose 1 stroke per round)</u>: ▪ 2 x 25 kick ▪ 2 x 25 stroke
REC	• 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

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Pace	Set
REC to EN-2	• 1 x 200 swim • 1 x 200 pull • 4 x 50 kick @ 1:20 or r=15 ○ <u>2 x thru:</u> ▪ 50 DPS/50 build • 1 x 200: 25 scull/25 swim
EN-1 to SP-1	<u>2 x thru:</u> • 3 x 100 swim @ 1:45 or r=15 ○ descend times 1-3 • 2 x 75 swim @ 1:30 or r=20 ○ 25 DPS/25 build/25 fast! • 3 x 50 swim @ 1:00 or r=15 ○ 25 DPS/25 fast! • 6 x 25 swim @ 45 or r=20 ○ all fast! • Extra 1 minute between rounds
REC	• 1 x 200 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

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