

Day/Date: Monday/October 19, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	• 1 x 500 choice
EN-1 to EN-3	• 1 x 500 pull @ 8:00 or r=30 ○ breathe 3/4/5/4/3 by 100 • 2 x 250 swim @ 4:00 or r=15 ○ descend times 1-2 • 1 x 400 pull @ 6:30 or r=30 ○ breathe 3/4/5/3 by 100 • 2 x 200 swim @ 3:15 or r=15 ○ descend times 1-2 • 1 x 300 pull @ 5:00 or r=30 ○ breathe 3/5/3 by 100 • 2 x 150 swim @ 2:30 or r=15 ○ descend times 1-2
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	• 1 x 200 swim • 1 x 200 kick IM • 1 x 200 pull
EN-2 to EN-3	• 8 x 25 swim @ 40 or r=15 ○ 100 IM order • 3 x 100 (25 drill/25 swim) @ 2:10 or r=20 ○ 50 fly/50 back ○ 50 back/50 breast ○ 50 breast/50 free • 2 x 150 swim @ 3:10 or r=30 ○ 50 fly/50 back/50 breast ○ 50 back/50 breast/50 free • 1 x 200 IM (or freestyle) @ 4:10 or r=40 • 2 x 150 swim @ 3:10 or r=30 ○ 50 fly/50 back/50 breast ○ 50 back/50 breast/50 free • 3 x 100 (25 drill/25 swim) @ 2:10 or r=20 ○ 50 fly/50 back ○ 50 back/50 breast ○ 50 breast/50 free • 8 x 25 swim @ 40 or r=15 ○ 200 IM order
REC	• 1 x 100 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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Day/Date: Wednesday/October 21, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC	• 1 x 300 swim • 1 x 200: 25 scull/25 pull
EN-1 to EN-3	<u>2 x thru (round 1=pull, round 2=swim):</u> • 1 x 300 @ 5:00 or r=30 ○ moderate effort • 2 x 150 @ 2:40 or r=20 ○ at faster pace than 300 • 3 x 100 @ 1:45 or r=15 ○ at faster pace than 150s • 4 x 75 @ 1:20 or r=10 ○ at faster pace than 100s • Extra 1 minute between rounds
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	• 1 x 400 swim • 4 x 50 swim @ 1:00 or r=10 ○ 25 DPS/25 build
EN-1 to EN-3	<u>Choose 1 or 2 strokes:</u> • 8 x 25 kick @ 50 or r=10 ○ descend times 1-4 • 4 x 50 drill @ 1:10 or r=15 • 2 x 100 swim @ 2:10 or r=20 ○ descend times 1-2 • 4 x 50 kick @ 1:30 or r=15 ○ descend times 1-4 • 2 x 100 drill @ 2:10 or r=20 • 8 x 25 swim @ 40 or r=10 ○ descend times 1-4 • 2 x 100 kick @ 2:30 or r=15 ○ descend times 1-2 • 8 x 25 drill @ 40 or r=10 • 4 x 50 swim @ 1:10 or r=15 ○ descend times 1-4
REC	• 1 x 100 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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Day/Date: Friday/October 23, 2026

Focus: Speed

Pace	Set
REC	• 1 x 400 choice
EN-1 to SP-1	<u>2 x thru:</u> • 8 x 25 swim @ 40 or r=15 ○ 25 build/25 DPS • 4 x 50 swim @ 1:00 or r=15 ○ 50 easy/50 fast! • 1 x 100 swim @ 3:00 or r=90 ○ all fast! • 4 x 50 swim @ 1:00 or r=15 ○ 25 DPS/25 fast! • 8 x 25 swim @ 40 or r=15 ○ 25 easy/25 fast! • 1 x 100 swim easy
REC	• 1 x 100 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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