

Day/Date: Monday/October 5, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-1	• 1 x 400 swim • 6 x 50 pull @ 55 or r=10 ◦ breathe 3/5 by 25 • 6 x 50 @ 1:00 or r=10 ◦ 25 drill/25 DPS
EN-1 to EN-3	<u>Increase pace w/ each group:</u> • 1 x 400 swim @ 6:40 or r=40 ◦ 1 x 300 swim @ 5:00 or r=30 ▪ 1 x 200 swim @ 3:20 or r=20 • 1 x 100 swim @ 2:00 or r=30 • 1 x 300 swim @ 5:00 or r=30 ◦ 1 x 200 swim @ 3:20 or r=20 ▪ 1 x 100 swim @ 2:00 or r=30 • 1 x 200 swim @ 3:20 or r=20 ◦ 1 x 100 swim @ 1:40 or r=10
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 200 swim • 1 x 200 kick IM • 1 x 200 pull • 8 x 50 @ 1:10 or r=15 ◦ <u>4 x thru (IM order):</u> ▪ 50 kick ▪ 50 drill
EN-2 to EN-3	<u>4 x thru:</u> • 3 x 50 swim @ 1:05 or r=15 ◦ 25 fly/25 back ◦ 25 back/25 breast ◦ 25 breast/25 free • 1 x 100 IM @ 2:00 or r=15 ◦ w/ excellent turns • 1 x 100 swim ◦ super easy • 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 7, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC	• 1 x 600 choice
EN-1 to EN-3	• 3 x 200 pull @ 3:20 or r=20 ◦ breathe 3/4/5/3 by 50 • 6 x 50 swim @ 55 or r=10 ◦ descend times 1-3, hold 4-6 • 2 x 200 pull @ 3:20 or r=20 ◦ breathe 3/5 by 100 • 6 x 50 swim @ 55 or r=10 ◦ descend times 1-3, hold 4-6 • 1 x 200 pull @ 3:20 or r=20 ◦ breathe 3/4/5/3 by 50 • 6 x 50 swim @ 1:00 or r=15 ◦ negative split each 50
REC	<u>4 x thru (continuously):</u> • 25 scull • 25 glide stroke • 25 pull

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 300 swim • 16 x 25 @ 40 or r=10 ○ <u>4 x thru:</u> ▪ 25 kick ▪ 25 drill ▪ 25 build ▪ 25 DPS
EN-1 to EN-3	<u>2 x thru:</u> • 1 x 200 freestyle @ 3:30 or r=30 • 2 x 100 swim @ 2:15 or r=30 ○ choose one stroke ○ descend times 1-2 • 4 x 50 swim @ 1:00 or r=10 ○ <u>alternate:</u> 50 stroke/50 free • 8 x 25 swim @ 40 or r=10 ○ choose 1 or 2 strokes ○ descend times 1-4, 5-8 • 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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Day/Date: Friday/October 9, 2026

Focus: Speed

Pace	Set
REC to EN-2	• 1 x 600 choice • 8 x 25 swim @ 40 or r=15 ◦ 25 build/25 DPS
EN-1/SP-1	• 8 x 100 swim @ 1:50 or r=20 ◦ <u>2 x thru</u>: ▪ 75 easy/25 fast ▪ 50 easy/25 fast/25 easy ▪ 25 easy/25 fast/50 easy ▪ 25 fast/75 easy
EN-1	• 1 x 200 swim or pull easy
EN-1/SP-2	• 4 x 100 swim @ 2:00 or r=30 ◦ <u>2 x thru</u>: ▪ 50 easy/50 fast ▪ 50 fast/50 easy
REC	• 1 x 300: 25 scull/25 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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