Day/Date: Monday/November 16, 2026 Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-1	• 1 x 200 swim • 1 x 200 kick IM • 1 x 200 drill IM • 12 x 50 pull @ 55 or r=10 ○ breathe 3/4/5 by 50

EN-1	• 12 x 50 @ 1:00 or r=10
	  ○ 3 x thru:
	  ▪ 25 right-arm only free/25 swim
	  ▪ 25 left-arm only free/25 swim
	  ▪ 25 10-beat free/25 swim
	  ▪ 25 catch-up free/25 swim

EN-1/EN-3	• 1 x 1000 swim or 2 x 500 swim @ r=60
	  ○ 25 easy/25 fast
	  ○ 50 easy/50 fast
	  ○ 75 easy/75 fast
	  ○ 100 easy/100 fast
	  ○ 100 easy/100 fast
	  ○ 75 easy/75 fast
	  ○ 50 easy/50 fast
	  ○ 25 easy/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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Day/Date: Tuesday/November 17, 2026 Focus: IM

Pace	Set

REC to EN-2	• 1 x 400 swim
	• 8 x 50 pull @ 55 or r=10
	  ○ breathe 3/5 by 50
	• 12 x 25 @ 40 or r=10
	  ○ 25 kick/25 drill/25 swim
	  ○ IM order

EN-2	• 4 x thru (continuously):
	  ○ 25 back
	  ○ 25 breast
	  ○ 25 back
	  ○ 25 fly
	  ○ 75 free

EN-2 to EN-3	• 4 x thru:
	  ○ 1 x 50 swim @ 1:10 or r=20
	  ▪ IM order by round
	  ○ 1 x 100 IM @ 2:20 or r=30

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

Day/Date: Wednesday/November 18, 2026 Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC	• 1 x 400 swim • 16 x 25 @ 40 or r=10 ○ 25 scull/25 pull

EN-1 to EN-3	• 8 x 75 swim 2 1:30 or r=15
	  ○ descend times 1-4
	• 8 x 25 kick @ 45 or r=10
	  ○ descend times 1-4
	• 6 x 75 swim @ 1:30 or r=15
	  ○ 75 easy/75 fast
	• 6 x 25 kick @ 45 or r=10
	  ○ 25 easy/25 fast
	• 4 x 75 swim 2 1:30 or r=15
	  ○ descend times 1-4
	• 4 x 25 kick @ 45 or r=10
	  ○ descend times 1-4
	• 2 x 75 swim @ 1:30 or r=15
	  ○ 75 easy/75 fast
	• 2 x 25 kick @ 45 or r=10
	  ○ 25 easy/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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Day/Date: Thursday/November 19, 2026 Focus: Stroke

Pace	Set
REC	• 1 x 500 swim • 20 x 25 @ 40 or r=10 ○ 5 x thru: ▪ 2 x 25 drill ▪ 2 x 25 swim
EN-2 to EN-3	2 x thru (choose 1 stroke per round): • 100 kick @ 2:20 or r=10 • 75 kick/25 swim @ 2:20 or r=15 • 50 kick/50 swim @ 2:20 or r=20 • 25 kick/75 swim @ 2:20 or r=25 • 100 swim @ 2:20 or r=30
EN-2	• 16 x 25 swim @ 40 or r=10 ○ 25 stroke/25 free
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/November 20, 2026 Focus: Speed

Pace	Set

REC to EN-1	• 1 x 200 swim
	• 4 x 75 @ 1:30 or r=10
	  ○ 25 drill/50 swim
	• 6 x 50 @ 1:10 or r=15
	  ○ 25 kick/25 swim
	• 12 x 25 @ 40 or r=15
	  ○ 25 scull w/ flutter kick/25 swim

EN-1/SP-1	3 x thru:
	• 2 x 75 swim @ 1:30 or r=20
	  ○ 50 DPS/25 fast!
	• 2 x 50 swim @ 1:00 or r=15
	  ○ 25 easy/25 fast!
	• 2 x 25 swim @ 30 or r=10
	  ○ all fast!
	• 1 x 100 swim @ 3:00 or r=90
	  ○ all easy

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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