Day/Date: Monday/November 23, 2026 Focus: Distance Freestyle/Pace

Pace	Set
REC	• 1 x 200 swim • 1 x 200 kick • 1 x 200 pull

EN-1 to EN-3	• 1 x 200 swim @ 3:30 or r=30
	  ○ negative split
	• 3 x 100 swim @ 1:45 or r=15
	  ○ descend times 1-3
	• 1 x 400 swim @ 6:30 or r=30
	  ○ positive split
	• 10 x 50 swim @ 1:00 or r=15
	  ○ descend times 1-5
	• 1 x 400 swim @ 6:30 or r=30
	  ○ negative split
	• 4 x 75 swim @ 1:20 or r=10
	  ○ descend times 1-4
	• 1 x 200 swim @ 3:30 or r=30
	  ○ negative split

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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Day/Date: Tuesday/November 24, 2026 Focus: IM

Pace	Set
REC	• 1 x 400 swim • 1 x 200 kick IM
EN-1 to EN-3	• 8 x 25 breaststroke @ 45 or r=15 ○ 25 drill/25 swim • 4 x 100 swim @ 2:15 or r=30 ○ 25 breast/25 free ○ descend times 1-4 • 8 x 25 backstroke @ 45 or r=15 ○ 25 drill/25 swim • 4 x 100 swim @ 2:15 or r=30 ○ 25 back/25 free ○ descend times 1-4 • 8 x 25 fly @ 45 or r=15 ○ 25 drill/25 swim • 4 x 100 swim @ 2:15 or r=30 ○ 25 fly/25 free ○ 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: Wednesday/November 25, 2026 Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC	• 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 1 x 200: 25 scull/25 swim
EN-1 to EN-3	2 x thru: • 1 x 200 pull @ 3:20 or r=20 ○ breathe 3/5 by 50 • 2 x 100 swim @ 1:40 or r=10 ○ descend times 1-2 • 4 x 50 swim @ 55 or r=10 ○ descend times 1-3, hold pace for 1 • 8 x 25 swim @ 30 or r=5-10 ○ 25 easy/25 fast! • 1-minute extra rest between rounds
EN-1 to SP-1	• 8 x 50 swim: ○ 2 @ 1:00 or r=15 ○ 2 @ 55 or r=10 ○ 2 @ 50 or r=5 ○ 2 @ 45 or r=?
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

Day/Date: Thursday/November 26, 2026 Focus: Stroke

Pace	Set
REC	• 1 x 200 swim • 1 x 200 kick • 1 x 200 pull
EN-1 to EN-3	2 x thru: • 3 x 100 pull @ 1:40 or r=10 ○ breathe 3/5 by 50 • 4 x 50 kick @ 1:20 or r=15 ○ choose 1 stroke, descend times 1-4 • 4 x 50 swim @ 1:10 or r=20 ○ choose 1 stroke, descend times 1-4 • 8 x 25 swim @ 40 or r=15 ○ 25 stroke/25 free or stroke
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 27, 2026 Focus: Speed

Pace	Set
REC to EN-2	• 1 x 300 swim • 1 x 200 kick IM • 1 x 200 drill IM • 4 x 75 @ 1:40 or r=20 ○ 25 drill/25 build/25 DPS

EN-1/SP-1	• 12 x 50 swim @ 1:00 or r=15
	  ○ every 3rd 50 fast!
	• 1 x 100 swim easy
	• 8 x 50 swim @ 1:15 or r=30
	  ○ every other 50 fast!
	• 1 x 100 swim easy
	• 4 x 50 swim @ 1:30 or r=45
	  ○ all fast!

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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