Day/Date: Monday/November 9, 2026 Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-1	• 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 8 x 25 @ r=10 ○ 25 scull/25 pull

EN-1 to EN-3	• 1 x 400 swim @ 6:20 or r=20
	  ○ negative split
	• 16 x 25 swim @ 30 or r=5
	  ○ 25 easy/25 fast
	• 2 x 200 swim @ 3:20 or r=20
	  ○ descend times 1-2
	• 8 x 50 swim @ 55 or r=10
	  ○ descend times 1-4
	• 4 x 100 swim @ 1:40 or r=10
	  ○ descend times 1-4

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 10, 2026 Focus: IM

Pace	Set
REC	• 1 x 400 swim
EN-1 to EN-2	3 x thru: • 4 x 50 @ 1:05 or r=15 ○ 25 drill/25 build ○ reverse IM order • 1 x 100 freestyle @ 2:00 or r=30 ○ focus on good streamlining off walls
EN-2/REC	4 x thru: • 3 x 75 swim @ 1:45 or r=20 ○ 50 fly/25 back ○ 50 back/25 breast ○ 50 breast/25 free • 1 x 25 swim @ 1:00 or r=30 ○ super 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

Day/Date: Wednesday/November 11, 2026 Focus: Mid-Distance Freestyle/Pace

Pace	Set

REC to EN-1	• 1 x 400 choice
	• 2 x thru:
	  ○ 2 x 50 (25 drill/25 swim) @ 1:00 or r=10
	  ○ 4 x 25 (descend stroke count) @ 40 or r=15

EN-1 to EN-3	• 1 x 400 pull @ 7:00 or r=60
	  ○ breathe 3/5/3/5 by 100
	• 4 x 100 swim @ 1:45 or r=15
	  ○ descend times 1-4
	• 1 x 300 pull @ 5:15 or r=45
	  ○ breathe 3/5/3 by 100
	• 3 x 100 swim @ 1:45 or r=15
	  ○ descend times 1-3
	• 1 x 200 pull @ 3:30 or r=30
	  ○ breathe 3/5/3/5 by 50
	• 2 x 100 swim @ 1:45 or r=15
	  ○ descend times 1-2
	• 1 x 100 pull @ 1:45 or r=15
	  ○ breathe 3/5 by 50
	• 1 x 100 swim @ 1:45 or r=15
	  ○ best 100 of set!

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 12, 2026 Focus: Stroke

Pace	Set
REC to EN-1	• 1 x 400 swim • 1 x 200 kick IM • 4 x 50 drill @ 1:10 or r=20 ○ IM order

EN-1 to EN-3	3 x thru (1 stroke per round):
	• 4 x 25 kick @ 45 or r=10
	  ○ descend times 1-4
	• 2 x 50 @ 1:10 or r=20
	  ○ 25 drill/25 swim
	• 4 x 75 swim @ 1:45 or r=20
	  ○ descend times 1-4
	• 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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Day/Date: Friday/November 13, 2026 Focus: Speed

Pace	Set
REC	• 1 x 200 swim • 1 x 200 kick • 1 x 200 pull
EN-1	• 8 x 75 @ 1:40 or r=15 ○ 25 kick/25 drill/25 swim

EN-1 to EN-3	• 12 x 25 swim @ 40 or r=15
	  ○ #1: relaxed pace, count strokes
	  ○ #2: faster pace, aim for same stroke count
	  ○ #3: fastest pace, aim for same stroke count
	• 1 x 100 swim easy

SP-2/REC	3 x thru: • 4 x 25 swim @ 1:00 or r=30 ○ max. effort! • 1 x 200 swim easy

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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