

Pace	Set
REC	300 swim
EN-1	<p>3 x thru:</p> <ul style="list-style-type: none"> • 2 x 50 @ r=15 seconds <ul style="list-style-type: none"> ◦ 25 "human stroke"/25 free (breathe every 5th) • 4 x 25 swim @ r=10 seconds <ul style="list-style-type: none"> ◦ 1 each stroke
EN-1 to EN-3	<ul style="list-style-type: none"> • 6 x 50 freestyle @ 1:00 <ul style="list-style-type: none"> ◦ descend times 1-3, 4-6 • 1 x 200 swim @ 4:30 <ul style="list-style-type: none"> ◦ 50 "stroke"/50 free/50 "stroke"/50 free • 4 x 75 freestyle @ 1:30 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 200 swim @ 4:30 <ul style="list-style-type: none"> ◦ 50 "stroke"/50 free/50 "stroke"/50 free • 3 x 100 freestyle @ 2:00 <ul style="list-style-type: none"> ◦ 500 race pace! • 1 x 200 swim @ 4:30 <ul style="list-style-type: none"> ◦ 50 "stroke"/50 free/50 "stroke"/50 free • 2 x 150 freestyle @ 3:00 <ul style="list-style-type: none"> ◦ 500 race pace! • 1 x 200 swim @ 4:30 <ul style="list-style-type: none"> ◦ 50 "stroke"/50 free/50 "stroke"/50 free • 1 x 300 freestyle @ 6:00 <ul style="list-style-type: none"> ◦ 500 race pace! • 1 x 200 swim @ 4:30 <ul style="list-style-type: none"> ◦ 50 "stroke"/50 free/50 "stroke"/50 free

Total = 3400 yards

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