

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 kick
EN-1	4 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> • breathe 3/5 by 25's
EN-1 to EN-2	<ul style="list-style-type: none"> • 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ 1 x 300 swim or pull @ 5:00 or r=30 <ul style="list-style-type: none"> ▪ 1 x 400 swim @ 6:30 or r=30 <ul style="list-style-type: none"> • 1 x 500 swim or pull @ 8:00 or r=30 ▪ 1 x 400 swim @ 6:30 or r=30 ◦ 1 x 300 swim or pull @ 5:00 or r=30 • 1 x 200 swim @ 3:30 or r=30
REC	100 choice

Total = 3000

Pace Chart					
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

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 400 swim • 4 x 50 kick @ r=10 <ul style="list-style-type: none"> ◦ 1 each stroke, IM order
EN-1 to EN-2	<ul style="list-style-type: none"> • 8 x 25 fly @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> ◦ 25 fly/25 free/25 fly/25 free • 8 x 25 back @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> ◦ 25 back/25 free/25 back/25 free • 8 x 25 breast @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> ◦ 25 breast/25 free/25 breast/25 free
REC	100 choice

Total = 2500

Pace Chart					
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

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1	8 x 25 @ r=5 <ul style="list-style-type: none"> • 25 scull/25 pull
EN-1 to EN-3	<u>2 x thru:</u> <ul style="list-style-type: none"> • 1 x 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ moderate pace, breathe every 3rd stroke • 2 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ fast pace • 4 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ moderate pace, breathe every 3rd stroke • 8 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> ◦ fast pace • extra 60 seconds between rounds
EN-1 to EN-3	<ul style="list-style-type: none"> • 2 x 50 swim @ 60 or r=15 • 2 x 50 swim @ 55 or r=10 • 2 x 50 swim @ 50 or r=5 • 2 x 50 swim @ 45 or r=2
REC	200 choice

Total = 3000

Pace Chart					
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

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1 to EN-2	<ul style="list-style-type: none"> • 12 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ◦ 25 build/25 fast • 12 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> ◦ descend stroke counts: 1-4, 5-8, 9-12
EN-1 to EN-2	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 2 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 25's • 4 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> ◦ "stroke" ◦ negative split • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ "stroke" ◦ descend times 1-4
REC	<p>12 x 25 @ r=5</p> <ul style="list-style-type: none"> • 25 scull with kick/25 swim

Total = 2500

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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

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 2 x 50 swim @ r=10 • 200 kick • 2 x 50 kick @ r=10
EN-1	4 x 75 @ 1:40 or r=20 <ul style="list-style-type: none"> • 25 drill/25 build/25 DPS
EN-1 to EN-2	<ul style="list-style-type: none"> • 12 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ every 3rd 50 fast! • 100 easy • 8 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none"> ◦ every 2nd 50 fast! • 100 easy • 4 x 50 swim @ 1:30 or r=45 <ul style="list-style-type: none"> ◦ all 50's fast!
REC	200 choice

Total = 2500

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