

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 2 x 100 (25 drill/25 swim) @ r=15</li> <li>• 4 x 50 pull @ r=10</li> <li>• 8 x 25 (25 scull/25 pull) @ r=5</li> </ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> <li>▪ 2 x 150 swim @ 2:30 or r=20 <ul style="list-style-type: none"> <li>◦ 4 x 75 swim @ 1:30 or r=15</li> <li>• 6 x 50 swim @ 55 or r=10</li> <li>◦ 4 x 75 swim @ 1:30 or r=15</li> </ul> </li> <li>▪ 2 x 150 swim @ 2:30 or r=20</li> </ul> </li> <li>• 1 x 300 swim @ 5:00 or r=30</li> </ul>
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"> <li>• 400 swim</li> <li>• 200 kick IM</li> <li>• 8 x 25 (25 drill/25 swim) @ r=10</li> <li>• 1 x 200 pull: breathe 3/5 by 25's</li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 1 x 200 IM @ 4:00 or r=30</li> <li>• 4 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> <li>◦ 25 fly/25 back</li> </ul> </li> <li>• extra 30 seconds rest</li> <li>• 1 x 200 IM @ 4:00 or r=30</li> <li>• 4 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> <li>◦ 25 back/25 breast</li> </ul> </li> <li>• extra 30 seconds rest</li> <li>• 1 x 200 IM @ 4:00 or r=30</li> <li>• 4 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> <li>◦ 25 breast/25 free</li> </ul> </li> </ul>
EN-2	<p>8 x 25 swim @ 40 or r=10</p> <ul style="list-style-type: none"> <li>• 100 IM order</li> </ul>
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"> <li>• 200 swim</li> <li>• 200 kick</li> <li>• 200 pull</li> </ul>
EN-1/EN-2	12 x 50 swim @ 1:00 or r=15 <u>6 x thru:</u> <ul style="list-style-type: none"> <li>• 25 easy/25 build</li> <li>• 25 build/25 easy</li> </ul>
EN-1 to EN-3	<u>2 x thru (descend pace as swims get shorter):</u> <ul style="list-style-type: none"> <li>• 1 x 200 swim @ 3:20 or r=20               <ul style="list-style-type: none"> <li>◦ 2 x 100 swim @ 1:45 or r=15                   <ul style="list-style-type: none"> <li>▪ 4 x 50 swim @ 55 or r=10</li> </ul> </li> <li>• 8 x 25 swim @ 30 or r=5-10                   <ul style="list-style-type: none"> <li>◦ extra 60 seconds rest</li> </ul> </li> </ul> </li> </ul>
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"> <li>• 200 swim</li> <li>• 200 (25 drill/25 swim)</li> <li>• 200 (50 kick/50 swim)</li> </ul>
EN-1	4 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> <li>• breathe every 5<sup>th</sup> stroke</li> </ul>
EN-1 to EN-2	4 x 200 swim @ 4:00 or r=30 <ul style="list-style-type: none"> <li>• #1: 200 free</li> <li>• #2: 50 free/50 "stroke"/50 free/50 "stroke"</li> <li>• #3: 200 free</li> <li>• #4: 50 "stroke"/50 free/50 "stroke"/50 free</li> </ul>
EN-1 to EN-3	8 x 50 "stroke" @ 1:05 or r=15 <i>Choose one "stroke" for each set of 4 x 50</i> <ul style="list-style-type: none"> <li>• descend times 1-4, 5-8</li> </ul>
EN-1 to EN-3	16 x 25 "stroke" @ 40 or r=10 <i>Choose one "stroke" for each set of 4 x 25</i> <ul style="list-style-type: none"> <li>• descend times 1-4, 5-8, 9-12, 13-16</li> </ul>
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	600 choice
EN-1 to EN-2	8 x 25 build @ r=10
EN-1/EN-3	8 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> <li>• #1/#5: 4<sup>th</sup> 25 = fast!</li> <li>• #2/#6: 3<sup>rd</sup> 25 = fast!</li> <li>• #3/#7: 2<sup>nd</sup> 25 = fast!</li> <li>• #4/#8: 1<sup>st</sup> 25 = fast!</li> </ul>
REC	8 x 25 swim or pull @ r=10
EN-1/SP-1	4 x 100 swim @ 2:10 or r=40 <ul style="list-style-type: none"> <li>• #1: 2<sup>nd</sup> 50 = fast!</li> <li>• #2: 2<sup>nd</sup> and 3<sup>rd</sup> 25's = fast!</li> <li>• #3: 1<sup>st</sup> 50 = fast!</li> <li>• #4: 1<sup>st</sup> and 4<sup>th</sup> 25's = fast!</li> </ul>
REC	12 x 25 swim or pull @ r=5

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