

Pace	Set
REC	<ul style="list-style-type: none"> • 300 swim • 100 kick • 200 (25 drill/25 swim)
EN-1	12 x 25 @ r=10 <ul style="list-style-type: none"> • 25 scull/25 pull
EN-1 to EN-2	<u>2 x thru:</u> <ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3 by 100's • 3 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-3 • 6 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ 25 build/25 "DPS"
REC	100 swim

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	12 x 25 @ 45 or r=15 <ul style="list-style-type: none"> • 25 kick/25 drill/25 swim • 1 round each stroke, reverse IM order
EN-2	Milt Nelms Axis Swim <u>6 x thru (continuously):</u> <ul style="list-style-type: none"> • 25 back • 25 fly • 25 back • 25 breast • 25 free • 25 free • 25 free
EN-1 to EN-2	12 x 25 @ 45 or r=15 <ul style="list-style-type: none"> • 25 kick/25 drill/25 swim • 1 round each stroke, IM order
REC	250 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	500 choice
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 400 swim @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ moderate pace • 1 x 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 50's • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ faster pace than 400 • 1 x 150 pull @ 2:30 or r=15 <ul style="list-style-type: none"> ◦ breathe 3/5/3 by 50's • 3 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-3 • 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ faster pace than 300 • 1 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 50's • 2 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ 25 easy/25 fast
EN-2	<p>12 x 50 swim @ 1:10 or r=20</p> <ul style="list-style-type: none"> • choose one stroke for each set of 3 x 50 • golf score = time + # of strokes • lowest score wins!
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	<ul style="list-style-type: none"> • 300 swim • 200 kick • 100 pull
EN-1	8 x 50 pull @ 1:10 or r=15 <ul style="list-style-type: none"> • 25 breast/25 free
EN-2/EN-1	20 x 25 swim @ 40 or r=10 <u>4 x thru:</u> <ul style="list-style-type: none"> • 3 strokes fly, easy free • 4 strokes fly, easy free • 5 strokes fly, easy free • all fly • all free
EN-2	500 "combo" swim: 50 stroke/50 free
EN-1 to SP-1	12 x 25 swim @ 40 or r=15 <u>4 x thru:</u> <ul style="list-style-type: none"> • 25 build • 25 fast • 25 "DPS"
REC	200 swim

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 50 @ r=10 4 x thru: <ul style="list-style-type: none"> • 25 kick/25 swim • 25 drill/25 swim
EN-1 to SP-1	3 x thru: <ul style="list-style-type: none"> • 4 x 50 swim @ r=10 <ul style="list-style-type: none"> ◦ #1=25 easy/25 fast ◦ #2=25 fast/25 easy ◦ #3=50 easy ◦ #4=50 fast (90%) • 2 x 50 swim (fast, 95%) @ r=30 • 1 x 100 swim (build) @ r=10 • 1 x 50 swim (easy) @ r=60
REC	150 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