

Pace	Set
REC	200 choice
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 1 x 500 pull @ 8:20 or r=50               <ul style="list-style-type: none"> <li>◦ 1 x 250 swim @ 4:10 or r=25                   <ul style="list-style-type: none"> <li>▪ 5 x 50 swim @ 1:00 or r=15</li> </ul> </li> </ul> </li> <li>• 1 x 400 pull @ 6:40 or r=40               <ul style="list-style-type: none"> <li>◦ 1 x 200 swim @ 3:20 or r=20                   <ul style="list-style-type: none"> <li>▪ 4 x 50 swim @ 1:00 or r=15</li> </ul> </li> </ul> </li> <li>• 1 x 300 pull @ 5:00 or r=30               <ul style="list-style-type: none"> <li>◦ 1 x 150 swim @ 2:30 or r=15                   <ul style="list-style-type: none"> <li>▪ 3 x 50 swim @ 1:00 or r=15</li> </ul> </li> </ul> </li> <li>• 1 x 200 pull @ 3:20 or r=20               <ul style="list-style-type: none"> <li>◦ 1 x 100 swim @ 1:40 or r=10                   <ul style="list-style-type: none"> <li>▪ 2 x 50 swim @ 1:00 or r=15</li> </ul> </li> </ul> </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	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 100 kick</li> <li>• 100 pull</li> </ul>
EN-1	<p>16 x 25 swim @ 40 or r=15</p> <p>4 x thru:</p> <ul style="list-style-type: none"> <li>• 4 breaths</li> <li>• 3 breaths</li> <li>• 2 breaths</li> <li>• 1 breath</li> </ul>
EN-2	<p>4 x thru (1 round each stroke):</p> <ul style="list-style-type: none"> <li>• 1 x 25 swim @ 45 or r=15 <ul style="list-style-type: none"> <li>◦ 1 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> <li>▪ 1 x 75 @ 1:45 or r=15 <ul style="list-style-type: none"> <li>• 25 drill/25 swim/25 drill</li> </ul> </li> <li>• 1 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> <li>◦ 50 stroke/50 free</li> </ul> </li> </ul> </li> <li>▪ 1 x 75 @ 1:45 or r=15 <ul style="list-style-type: none"> <li>• 25 swim/25 drill/25 swim</li> </ul> </li> </ul> </li> <li>◦ 1 x 50 kick @ 1:30 or r=15</li> </ul> <ul style="list-style-type: none"> <li>• 1 x 25 swim @ 45 or r=15</li> </ul>
REC	100 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"> <li>• 200 free</li> <li>• 200 swim (mix of strokes)</li> <li>• 200 IM kick</li> </ul>
EN-1 to EN-2	6 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> <li>• descend 1-3, 4-6</li> </ul>
EN-1/EN-3	3 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> <li>• #1: push last 100</li> <li>• #2: push middle 100</li> <li>• #3: push 1<sup>st</sup> 100</li> </ul>
EN-1	9 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> <li>• breathe 3/5/7 by 50's</li> </ul>
EN-1/EN-3	3 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> <li>• #1: push even 50's</li> <li>• #2: push odd 50's</li> <li>• #3: push entire 200!</li> </ul>
EN-1	12 x 25 (25 scull/25 glide/25 pull) @ r=5
REC	150 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	4 x (25 swim/25 drill/25 kick)
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 4 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> <li>◦ 25 kick/25 swim</li> </ul> </li> <li>• 4 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 4 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> <li>◦ 25 scull with free kick/25 swim</li> </ul> </li> </ul>
EN-1 to EN-2	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> <li>• 1 x 50 drill @ 1:15 or r=20 <ul style="list-style-type: none"> <li>◦ "stroke"</li> </ul> </li> <li>• 1 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> <li>◦ 25 "stroke"/25 free</li> </ul> </li> <li>• 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> <li>◦ breathe 3/5/3/5 by 50's</li> </ul> </li> <li>• 1 x 100 swim @ 2:15 or r=30 <ul style="list-style-type: none"> <li>◦ 50 "stroke"/50 free</li> </ul> </li> <li>• 1 x 50 swim @ 1:15 or r=20 <ul style="list-style-type: none"> <li>◦ "stroke"</li> </ul> </li> </ul>
REC	100 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 to EN-1	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200: 25 kick/25 swim</li> <li>• 4 x 50 @ r=10               <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 8 x 25 swim @ r=10               <ul style="list-style-type: none"> <li>◦ 25 DPS/25 build</li> </ul> </li> </ul>
EN-1	300 pull, breathe 3/5/3 by 100's
EN-2 to SP-1	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 1 x 150 free @ 3:00 or r=30               <ul style="list-style-type: none"> <li>◦ medium effort</li> </ul> </li> <li>• 2 x 75 stroke @ 1:45 or r=30               <ul style="list-style-type: none"> <li>◦ hard effort</li> </ul> </li> <li>• 3 x 50 free @ 1:00 or r=15               <ul style="list-style-type: none"> <li>◦ medium effort</li> </ul> </li> <li>• 6 x 25 stroke @ 45 or r=20               <ul style="list-style-type: none"> <li>◦ hard effort</li> </ul> </li> <li>• extra 30 seconds rest</li> </ul>
REC	200: 25 scull w/ flutter kick/25 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