

| Pace | Set |
|--------------|--|
| REC | 200 swim |
| EN-1 | 12 x 25 @ 40 or r=10 <u>4 x thru:</u> <ul style="list-style-type: none"> • 25 r-arm free • 25 l-arm free • 25 DPS free |
| EN-1 to EN-3 | <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"> ◦ moderate effort, breathe 3/4/5/3 by 100's • 2 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ negative split each 200 • 4 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • extra 40 seconds rest |
| 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 to EN-1 | <ul style="list-style-type: none"> • 200 swim • 8 x 50 (25 drill/25 swim) @ r=10 |
| EN-2 | <p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 25 fly @ 40 or r=10 • 25 fly/25 back @ 1:10 or r=20 • 25 fly/25 back/25 breast @ 1:40 or r=20 • 100 IM @ 2:30 or r=45 • 25 back @ 40 or r=10 • 25 back/25 breast @ 1:10 or r=20 • 25 back/25 breast/25 free @ 1:40 or r=20 • 100 IM @ 2:30 or r=45 • 25 breast @ 40 or r=10 • 25 breast/25 free @ 1:10 or r=20 • 25 breast/25 free/25 fly @ 1:40 or r=20 • 100 IM @ 2:30 or r=45 |
| EN-1 to EN-3 | <ul style="list-style-type: none"> • 200 kick @ r=30 <ul style="list-style-type: none"> ◦ every 3rd length fast! • 4 x 25 kick @ r=10 <ul style="list-style-type: none"> ◦ fast feet! |
| 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 | 300 swim |
| EN-1 | 8 x 25 @ 45 or r=10 2 x thru: <ul style="list-style-type: none"> • 25 top scull @ 45 or r=10 • 25 middle scull @ 45 or r=10 • 25 bottom scull @ 45 or r=15 • 25 10-beat free @ 45 or r=15 |
| EN-1 to EN-3 | <ul style="list-style-type: none"> • 2 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5/3/5 by 50's • 4 x 150 swim @ 2:40 or r=20 <ul style="list-style-type: none"> ◦ descend times 1-4 • 8 x 75 @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ build each 75 • 12 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ hold 400 meter (or 500 yard) pace |
| 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 | 500 choice |
| EN-1 to EN-2 | 8 x 50 @ 1:05 or r=15 <ul style="list-style-type: none"> • 25 "10-beat" free/25 free • 25 "right-arm" free/25 free • 25 "left-arm" free/25 free • 25 "human stroke"/25 free |
| EN-1 to EN-2 | 16 x 25 @ 45 or r=15 <ul style="list-style-type: none"> • 25 "2 kicks-1 pull" breast • 25 "cobra" breast • 25 "3 up, 3-down" breast • 25 breaststroke swim |
| EN-1 to EN-2 | 8 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> • 25 "10-beat" back/25 back • 25 "right-arm" back/25 back • 25 "left-arm" back/25 back • 25 "double-arm" back/25 back |
| EN-1 to EN-2 | 16 x 25 @ 45 or r=10 <ul style="list-style-type: none"> • 25 "right-arm" fly • 25 "left-arm" fly • 25 4-beat fly • 12.5 fly/12.5 free |
| EN-2 to REC | 400 swim: ascend 100's |

Total = 2500

| Pace Chart | | | | | |
|------------|---------------|------------------------------|--------|----------------|------------------------------|
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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 | 400 swim |
| EN-1 to EN-3 | <p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ moderate effort • 2 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none"> ◦ 2nd 100 faster than 1st 100 • 2 x 50 kick @ 1:30 or r=20 <ul style="list-style-type: none"> ◦ negative split each 50 • 12 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> ◦ moderate-hard to hard effort |
| EN-1/SP-1 | <p>16 x 25 @ 40 or r=10-15</p> <ul style="list-style-type: none"> • 25 easy/25 fast |
| REC | 100 swim |

Total = 2500

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|------------|---------------|------------------------------|--------|----------------|------------------------------|
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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 |