

Pace	Set
REC	200 choice
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 500 swim @ 8:20 or r=50 <ul style="list-style-type: none"> ◦ moderate pace • 2 x 250 swim @ 4:10 or r=25 <ul style="list-style-type: none"> ◦ faster pace than 500 • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ faster pace than 250's • 1 x 400 swim @ 6:40 or r=40 <ul style="list-style-type: none"> ◦ moderate pace • 2 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ faster pace than 400 • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ faster pace than 200's • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ moderate pace • 2 x 150 swim @ 2:30 or r=15 <ul style="list-style-type: none"> ◦ faster pace than 300 • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ faster pace than 150's
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 • 6 x 50 (25 kick/25 swim) @ r=10
EN-2	<ul style="list-style-type: none"> • 1 x 200 IM @ 4:00 or r=30 • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 fly/25 back • 1 x 200 IM @ 4:00 or r=30 • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 back/25 breast • 1 x 200 IM @ 4:00 or r=30 • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 breast/25 free
EN-1/EN-3	<p>24 x 25 swim @ 40 or r=10-15</p> <p><u>4 x thru:</u></p> <ul style="list-style-type: none"> ◦ 25 free/25 fly ◦ 25 free/25 back ◦ 25 free/25 breast
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	400 choice
EN-1 to EN-3	<p><u>Swim as one set:</u></p> <ul style="list-style-type: none"> • 1 x 400 pull @ 7:00 or r=60 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 100's • 4 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 2 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ 3rd 50 of each 200 is fast! • 2 x 100 kick @ 3:00 or r=20 <ul style="list-style-type: none"> ◦ 3rd 25 of each 100 is fast! • 4 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 200 kick @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ 3rd 50 is fast! • 8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> ◦ negative split each 50
EN-3	<p>8 x 25 from center of pool @ 50</p> <ul style="list-style-type: none"> • fast turns!
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	8 x 50 @ 1:05 or r=15 <ul style="list-style-type: none"> • 25 drill/25 swim • IM order
EN-1 to EN-3	<ul style="list-style-type: none"> • 4 x 100 swim @ 2:00 or r=15 <ul style="list-style-type: none"> ◦ 75 free/25 "stroke" • 60 seconds extra rest • 4 x 100 swim @ 2:15 or r=20 <ul style="list-style-type: none"> ◦ 50 free/50 "stroke" • 60 seconds extra rest • 4 x 100 swim @ 2:30 or r=30 <ul style="list-style-type: none"> ◦ 25 free/75 "stroke"
REC	4 x (25 scull/25 glide stroke/25 pull)

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	200 swim/200 kick/200 pull
EN-1/EN-3	12 x 25 @ 40 or r=10 3 x thru: <ul style="list-style-type: none"> • 25 ½ easy/½ fast • 25 ½ fast/½ easy • 25 easy • 25 fast
EN-1 to EN-3	<u>Effort increases with each set:</u> <ul style="list-style-type: none"> • 2 x 150 swim @ 3:00 or r=45 <ul style="list-style-type: none"> ◦ moderate ◦ 70% effort • 4 x 75 swim @ 1:45 or r=30 <ul style="list-style-type: none"> ◦ strong ◦ 80% effort • 12 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> ◦ strong ◦ 90% effort
EN-1/EN-3	4 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> • negative split each 50
EN-1 to EN-3	12 x 25 @ 45 or r=15 <ul style="list-style-type: none"> • 25 DPS/25 build/25 fast breakout
REC	200 easy

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