

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 pull • 200 kick
EN-1/EN-3	<p><u>2nd repeat faster than 1st in each set:</u></p> <ul style="list-style-type: none"> • 2 x 400 swim @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ 2 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ▪ 2 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> • 2 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ 2 x 50 swim @ 1:00 or r=15
REC	<p>12 x 25 @ r=5</p> <ul style="list-style-type: none"> • 25 scull/25 glide stroke/25 pull

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	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> • breathe 3/5 by 25's
EN-2	4 x thru continuously (Milt Nelms' Axis Swim): <ul style="list-style-type: none"> • 25 back <ul style="list-style-type: none"> ◦ 25 fly <ul style="list-style-type: none"> ▪ 25 back <ul style="list-style-type: none"> • 25 breast <ul style="list-style-type: none"> ◦ 25 free <ul style="list-style-type: none"> ▪ 25 free <ul style="list-style-type: none"> • 25 free
EN-2	4 x thru: <ul style="list-style-type: none"> • 1 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ IM order by round • 1 x 100 IM @ 2:00 or r=30
REC	12 x 25 @ r=5 <ul style="list-style-type: none"> • 25 scull with 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

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1	6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> • breathe 3/5/7 by 50's
EN-1 to EN-3	<u>3 x thru:</u> <ul style="list-style-type: none"> • 1 x 200 swim (moderate pace) @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ 1 x 150 swim (faster pace) @ 2:30 or r=15 <ul style="list-style-type: none"> ▪ 1 x 100 swim (faster pace) @ 1:45 or r=15 <ul style="list-style-type: none"> • 1 x 50 swim (fastest pace) @ 1:30 or r=30
REC	4 x (25 scull/25 glide stroke/25 pull)
EN-1/SP-1	8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> • 25 easy/25 fast
REC	100 choice

Total = 3000

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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 swim
EN-2	10 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> • note average time for each set of 5 x 50 • same stroke for each set of 5 x 50
EN-1 to EN-2	10 x 25 @ 45 or r=10 <ul style="list-style-type: none"> • 25 "stroke" drill/25 "stroke" swim
EN-2	10 x 50 @ 1:15 or r=20 <ul style="list-style-type: none"> • 25 "stroke" drill/25 "stroke" swim
EN-1	500 pull: breathe 3/5/3/5/3 by 100's
EN-1 to EN-2	10 x 25 @ 45 or r=10 <ul style="list-style-type: none"> • 25 "stroke" drill/25 "stroke" swim
REC	100 swim

Total = 2500

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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"> • 300 swim • 6 x 50 pull @ r=10
EN-1 to EN-2	12 x 25 @ 40 or r=10 <ul style="list-style-type: none"> • 25 drill/25 build
EN-3	8 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none"> • fastest possible average
EN-1	400 pull: breathe 3/5/3/optional by 100's
SP-1	8 x 25 swim @ 50 or r=30 <ul style="list-style-type: none"> • fastest possible average
EN-1/SP-1	400 kick: every 3 rd length fast!
REC	8 x 25 scull with freestyle kick @ r=5

Total = 2500

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EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
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