

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1 to EN-3	<p><u>Swim or pull this set. Build your pace on the way up, maintain your pace on the way down:</u></p> <ul style="list-style-type: none"> • 1 x 100 @ 1:40 or r=10 <ul style="list-style-type: none"> ▪ 1 x 200 @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ 1 x 400 @ 6:40 or r=40 <ul style="list-style-type: none"> • 1 x 800 @ 13:00 or r=80 ◦ 1 x 400 @ 6:40 or r=40 ▪ 1 x 200 @ 3:20 or r=20 • 1 x 100 @ 1:40 or r=10
REC	8 x 25 (25 scull with flutter kick/25 swim) @ r=5

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 25 kick @ r=5 <ul style="list-style-type: none"> ◦ 2 each stroke • 4 x 50 kick @ r=10 <ul style="list-style-type: none"> ◦ 1 each stroke
EN-1 to EN-2	12 x 25 @ 45 or r=15 <ul style="list-style-type: none"> • 2 x 25 drill/1 x 25 swim • IM order
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 200 pull (moderate pace) @ 4:00 or r=60 • 1 x 300 back @ 7:00 or r=60 <ul style="list-style-type: none"> ◦ 3 x (50 kick/50 swim) • 1 x 200 pull (moderate pace) @ 4:00 or r=60 • 2 x 150 breast @ 3:45 or r=30 <ul style="list-style-type: none"> ◦ 50 drill/50 swim/50 drill • 1 x 200 pull (moderate pace) @ 4:00 or r=60 • 12 x 25 fly @ 45 or r=15 <ul style="list-style-type: none"> ◦ 25 drill/25 swim
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	12 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1 to EN-3	<ul style="list-style-type: none"> • 3 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ descend times 1-3 • 3 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ descend times 1-3 • 3 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-3
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 25 drill @ r=10 <ul style="list-style-type: none"> • 2 of each stroke
EN-2 to EN-3	<u>3 x thru (one stroke per round):</u> <ul style="list-style-type: none"> • 75 kick @ 2:00 or r=15 • 50 kick/25 swim @ 2:00 or r=15 • 25 kick/50 swim @ 2:00 or r=20 • 75 swim @ 2:00 or r=30
EN-1	6 x 50 pull @ 1:05 or r=15 <ul style="list-style-type: none"> • 25 breast/25 free
EN-2	12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> • 100 IM order
REC	200 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 swim
EN-1	4 x 75 @ 1:30 or r=15 • 25 kick/25 drill/25 swim
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> ◦ 70% effort • 4 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> ◦ 90% effort • 1 x 200 swim @ 4:00 or r=45 <ul style="list-style-type: none"> ◦ 70% effort • 4 x 25 swim @ 35 or r=10 <ul style="list-style-type: none"> ◦ 90% effort • 1 x 400 pull @ 7:30 or r=60 <ul style="list-style-type: none"> ◦ 70% effort • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ 90% effort • 1 x 200 swim @ 4:00 or r=45 <ul style="list-style-type: none"> ◦ 70% effort • 4 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> ◦ 90% effort • 1 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> ◦ 70% effort
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