

Pace	Set
REC	500 choice
EN-1	12 x 50 pull @ 55 <ul style="list-style-type: none"> <li>• breathe every 3<sup>rd</sup> stroke on odd 50's</li> <li>• breathe every 5<sup>th</sup> stroke on even 50's</li> </ul>
EN-1 to EN-3	<u>Broken 1650 "Davis Mile"</u> <u>Subtract 2½ minutes to get 1650 time</u> <ul style="list-style-type: none"> <li>• 11 lengths (275) @ r=20</li> <li>• 10 lengths (250) @ r=20</li> <li>• 9 lengths (225) @ r=20               <ul style="list-style-type: none"> <li>▪ 8 lengths (200) @ r=15</li> <li>▪ 7 lengths (175) @ r=15</li> <li>▪ 6 lengths (150) @ r=15</li> <li>▪ 5 lengths (125) @ r=15                   <ul style="list-style-type: none"> <li>◦ 4 lengths (100) @ r=10</li> <li>◦ 3 lengths (75) @ r=10</li> <li>◦ 2 lengths (50) @ r=10</li> <li>◦ 1 length (25)</li> </ul> </li> </ul> </li> </ul>
REC	250 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>• 300 swim</li> <li>• 8 x 25 pull @ r=5</li> <li>• 100 (25 scull/25 pull)</li> </ul>
EN-1	12 x 25 drill @ r=10 <ul style="list-style-type: none"> <li>• 3 each stroke</li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 4 x 50 kick @ 1:30 or r=15               <ul style="list-style-type: none"> <li>◦ 1 each stroke</li> </ul> </li> <li>• 4 x 25 kick @ 45 or r=10               <ul style="list-style-type: none"> <li>◦ 1 each stroke</li> </ul> </li> </ul>
EN-1	300 pull: breathe 5/3/5 by 100's
EN-2	<u>4 x thru:</u> <ul style="list-style-type: none"> <li>• 4 x 25 swim @ 40 or r=15               <ul style="list-style-type: none"> <li>◦ 1 each stroke</li> </ul> </li> <li>• 100 IM @ 2:30 or r=45</li> </ul>
EN-1	300 pull: breathe 3/5/3 by 100's
REC	8 x 25 (25 scull/25 pull) @ r=5

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 swim</li> <li>• 200 kick</li> <li>• 200 pull</li> </ul>
EN-1	<ul style="list-style-type: none"> <li>• 8 x 25 @ 30 or r=5 <ul style="list-style-type: none"> <li>◦ 25 "10-beat" free/25 "catch-up" free</li> </ul> </li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 1 x 400 swim @ 7:00 or r=60 <ul style="list-style-type: none"> <li>◦ moderate effort</li> </ul> </li> <li>• 4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 1 x 300 swim @ 5:15 or r=45 <ul style="list-style-type: none"> <li>◦ moderate effort</li> </ul> </li> <li>• 3 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> <li>◦ descend times 1-3</li> </ul> </li> <li>• 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> <li>◦ moderate effort</li> </ul> </li> <li>• 2 x 100 @ 1:45 or r=15 <ul style="list-style-type: none"> <li>◦ descend times 1-2</li> </ul> </li> <li>• 1 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> <li>◦ moderate effort</li> </ul> </li> <li>• 1 x 100 @ 1:45 or r=15 <ul style="list-style-type: none"> <li>◦ hard effort</li> </ul> </li> </ul>
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	400 choice
EN-1 to EN-2	<u>2 x thru:</u> <ul style="list-style-type: none"> <li>• 2 x 50 kick @ 1:30 or r=15</li> <li>• 4 x 25 drill @ 40 or r=10</li> </ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 12 x 50 "stroke" @ 1:05 or r=15 <ul style="list-style-type: none"> <li>◦ descend times 1-4, 5-8, 9-12</li> </ul> </li> <li>• 1 x 200 swim @ 4:30 or r=60 <ul style="list-style-type: none"> <li>◦ easy effort</li> </ul> </li> <li>• 8 x 50 "stroke" @ 1:10 or r=20 <ul style="list-style-type: none"> <li>◦ descend times 1-4, 5-8</li> </ul> </li> <li>• 1 x 200 swim @ 4:30 or r=60 <ul style="list-style-type: none"> <li>◦ easy effort</li> </ul> </li> <li>• 4 x 50 "stroke" @ 1:15 or r=20-30 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 1 x 200 swim <ul style="list-style-type: none"> <li>◦ easy effort</li> </ul> </li> </ul>
REC	8 x 25 (25 scull with free kick/25 swim) @ r=5

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 swim</li> <li>• 8 x 25 (25 kick/25 swim) @ r=5</li> </ul>
EN-1 to SP-1	<ul style="list-style-type: none"> <li>• 3 x 100 swim @ 2:00 or r=15 <ul style="list-style-type: none"> <li>◦ 25 stroke/25 free, easy effort</li> </ul> </li> <li>• 8 x 50 swim @ 1:00 or r=20 <ul style="list-style-type: none"> <li>◦ 70% effort</li> </ul> </li> <li>• 3 x 100 swim @ 2:00 or r=15 <ul style="list-style-type: none"> <li>◦ 25 stroke/25 free, easy effort</li> </ul> </li> <li>• 6 x 50 swim @ 1:10 or r=30 <ul style="list-style-type: none"> <li>◦ 80% effort</li> </ul> </li> <li>• 3 x 100 swim @ 2:00 or r=15 <ul style="list-style-type: none"> <li>◦ 25 stroke/25 free, easy effort</li> </ul> </li> <li>• 4 x 50 swim @ 1:20 or r=40 <ul style="list-style-type: none"> <li>◦ 90% effort</li> </ul> </li> <li>• 3 x 100 swim @ 2:00 or r=15 <ul style="list-style-type: none"> <li>◦ 25 stroke/25 free, easy effort</li> </ul> </li> <li>• 2 x 50 swim @ 1:30 or r=60 <ul style="list-style-type: none"> <li>◦ 95% effort</li> </ul> </li> </ul>
REC	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 1 x 100 swim @ r=10</li> <li>• 2 x 50 swim @ r=10</li> </ul>

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