

Pace	Set
REC	300 swim
EN-1	6 x 50 @ r=15 • 25 drill/25 swim
EN-1 to EN-3	<p><u>Pace gets faster as distance gets shorter:</u></p> <ul style="list-style-type: none"> • 400 swim @ 6:40 or r=40 <ul style="list-style-type: none"> ◦ 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ▪ 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> • 100 swim @ 1:40 or r=10 • 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ▪ 100 swim @ 1:40 or r=10 • 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ 100 swim @ 1:40 or r=10 • 100 swim @ 1:40 or r=10
EN-1	6 x 50 @ r=15 • 25 drill/25 swim
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"> • 200 swim • 200 kick
EN-1	8 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> • 25 kick/25 drill
EN-2	<u>4 x thru:</u> <ul style="list-style-type: none"> • 1 x 100 IM @ 2:20 or r=30 • 3 x 50 swim @ 1:00 or r=10 <ul style="list-style-type: none"> ◦ 25 fly/25 back ◦ 25 back/25 breast ◦ 25 breast/25 free • 2 x 25 easy freestyle @ r=10 • 1 minute between rounds
EN-1	8 x 50 @ 1:05 or r=15 <ul style="list-style-type: none"> • 25 drill/25 swim
REC	100 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	600 choice
EN-1 to EN-3	<ul style="list-style-type: none"> • 3 x 200 pull @ 3:15 or r=15 <ul style="list-style-type: none"> ◦ DPS (maximum distance per stroke) • 6 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ negative split each 50 • 2 x 200 pull @ 3:15 or r=15 <ul style="list-style-type: none"> ◦ DPS • 6 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ 1st 30 meters or yards is fast! • 1 x 200 pull @ 3:15 or r=15 <ul style="list-style-type: none"> ◦ DPS • 6 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ turn and finish are fast!
EN-1	10 x 25 @ r=5 <ul style="list-style-type: none"> • 25 top scull/25 glide stroke • 25 middle scull/25 glide stroke • 25 bottom scull #1/25 glide stroke • 25 bottom scull #2/25 glide stroke • 25 squiggly lines scull/25 glide stroke
REC	50 easy

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 swim
EN-1 to EN-2	16 x 25 @ 45 or r=15 4 x thru: <ul style="list-style-type: none"> • 25 kick <ul style="list-style-type: none"> ◦ 25 drill <ul style="list-style-type: none"> ▪ 25 build <ul style="list-style-type: none"> • 25 DPS
EN-2	2 x thru: <ul style="list-style-type: none"> • 1 x 200 free @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ 2 x 100 "stroke" @ 2:15 or r=30 • 4 x 50 free @ 1:00 or r=15 • 8 x 25 "stroke" @ 45 or r=15
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	600 choice
EN-1	12 x 25 swim @ r=10 • build each 25
EN-1/SP-1	8 x 100 swim @ 1:50 or r=20 • #1/#5: 4 th 25 is fast! • #2/#6: 3 rd 25 is fast! • #3/#7: 2 nd 25 is fast! • #4/#8: 1 st 25 is fast!
EN-3/REC	8 x 25 swim @ r=5
EN-1/SP-1	4 x 100 swim @ 2:00 or r=30 • 2 nd 50 is fast! • middle 50 is fast! • 1 st 50 is fast! • 1 st and 4 th 25's are fast!
REC	8 x 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