



Pace	Set
REC	300 choice
EN-2	<u>3 x thru:</u> <ul style="list-style-type: none"> <li>• 1 x 200 swim @ 4:00 or r=30 <ul style="list-style-type: none"> <li>◦ 25 fly/25 free/25 back/25 free/25 breast/75 free</li> </ul> </li> <li>• 4 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> <li>◦ 1 each stroke, IM order</li> </ul> </li> </ul>
EN-2	<u>3 x thru:</u> <ul style="list-style-type: none"> <li>• 1 x 150 swim @ 3:15 or r=30 <ul style="list-style-type: none"> <li>◦ 25 fly/50 back/25 breast/50 free</li> </ul> </li> <li>• 3 x 50 swim @ 1:10 or r=15 <ul style="list-style-type: none"> <li>◦ 25 fly/25 back</li> <li>◦ 25 back/25 breast</li> <li>◦ 25 breast/25 free</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200 kick</li> <li>• 200 pull</li> </ul>
EN-2	<p>16 x 25 @ 40 or r=10</p> <p><u>4 x thru:</u></p> <ul style="list-style-type: none"> <li>• 2 x 25 kick w/ fast feet</li> <li>• 2 x 25 swim <ul style="list-style-type: none"> <li>◦ build each 25 to full speed</li> </ul> </li> </ul>
EN-1 to EN-3	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> <li>• 2 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> <li>◦ breathe 3/5 by 50's</li> </ul> </li> <li>• 4 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> <li>◦ 25 catch-up free/25 free</li> </ul> </li> <li>• 1 x 200 free @ 4:00 or r=60 <ul style="list-style-type: none"> <li>◦ negative split (2<sup>nd</sup> 100 faster than 1<sup>st</sup>)</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 swim
EN-1/EN-3	10 x 50 kick @ 1:30 or r=15 • negative split each 50
EN-1	10 x 25 "stroke" drill @ 50 or r=20
EN-1 to EN-3	10 x 50 "stroke" @ 1:10 or r=15 • descend times 1-5, 6-10
EN-1	500 pull: breathe 3/5/3/5/3 by 100's
EN-1 to EN-3	10 x 25 "stroke" @ 45 or r=15 • descend times 1-5, 6-10
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	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200 kick</li> <li>• 200 pull</li> </ul>
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> <li>• breathe 3/5 by 25's</li> </ul>
EN-1 to EN-3	<u>20-30 seconds rest between swims:</u> <ul style="list-style-type: none"> <li>• 25 swim: hard effort               <ul style="list-style-type: none"> <li>◦ 50 swim: negative split                   <ul style="list-style-type: none"> <li>▪ 75 swim: push last 25                       <ul style="list-style-type: none"> <li>• 100 swim: negative split                           <ul style="list-style-type: none"> <li>◦ 150 pull: moderate effort                               <ul style="list-style-type: none"> <li>▪ 200 swim: negative split                                   <ul style="list-style-type: none"> <li>◦ 150 pull: moderate effort                                       <ul style="list-style-type: none"> <li>• 100 swim: negative split   <ul style="list-style-type: none"> <li>▪ 75 swim: push last 25   <ul style="list-style-type: none"> <li>◦ 50 swim: negative split   <ul style="list-style-type: none"> <li>• 25 swim: hard effort</li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul>
REC/EN-2	8 x 25 kick @ 45 or r=15 <ul style="list-style-type: none"> <li>• 25 easy/25 moderate-hard</li> </ul>
REC	300 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