

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1 to EN-3	<p><u>1st set pull, 2nd set swim:</u></p> <ul style="list-style-type: none"> • 2 x 4 x 100 @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ 2 x 3 x 100 @ 1:40 or r=10 <ul style="list-style-type: none"> ▪ 2 x 2 x 100 @ 1:35 or r=5-10 <ul style="list-style-type: none"> • 2 x 1 x 100 @ 1:30 or r=5
EN-1/EN-3	<p>8 x 25 swim @ r=10</p> <ul style="list-style-type: none"> • 25 easy/25 fast
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-2	24 x 25 @ 40 or r=10 <u>8 x thru:</u> <ul style="list-style-type: none"> • 25 kick/25 drill/25 swim • IM order
EN-1	4 x 150 pull (or swim) @ 2:30 or r=15 <ul style="list-style-type: none"> • breathe 3/5/3 by 50's
EN-2	12 x 50 swim @ 1:05 or r=15 <u>4 x thru:</u> <ul style="list-style-type: none"> • 25 fly/25 back • 25 back/25 breast • 25 breast/25 free
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	400 choice
EN-1	8 x 50 @ 1:00 or r=10 • 25 drill/25 swim
EN-1 to EN-3	4 x thru: • 1 x 150 pull @ 2:30 or r=15 ◦ breathe 3/3/5 by 50's • 2 x 75 swim @ 1:30 or r=15 ◦ 25 build/25 fast/25 DPS • 3 x 50 swim @ 1:00 or r=15 ◦ descend times 1-3
REC	8 x 50 @ r=10 • odd 50's: 25 scull/25 glide • even 50's: 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	<ul style="list-style-type: none"> • 200 swim • 200 (25 scull/25 pull)
EN-2	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 4 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • 4 x 50 @ 1:05 or r=10-20 <ul style="list-style-type: none"> ◦ 25 stroke/25 free ◦ descend times 1-4 • 4 x 75 swim @ 1:45 or r=15-20 <ul style="list-style-type: none"> ◦ #1: 75 free ◦ #2: 50 free/25 stroke ◦ #3: 25 free/50 stroke ◦ #4: 75 stroke
REC	<p>12 x 25 @ r=5</p> <ul style="list-style-type: none"> • 25 scull/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

Pace	Set
REC	4 x (25 kick/25 drill/50 swim)
EN-1/EN-2	8 x 25 kick @ 45 or r=10 • 25 easy/25 fast
EN-1	4 x 150 pull @ 2:30 or r=15 • breathe 3/5/3 by 50's
SP-1/REC	<ul style="list-style-type: none"> • 8 x 25 swim @ 1:00 or r=40 <ul style="list-style-type: none"> ◦ all fast! • 1 x 200 swim <ul style="list-style-type: none"> ◦ easy • 8 x 25 swim @ 1:00 or r=40 <ul style="list-style-type: none"> ◦ all fast! • 1 x 200 swim <ul style="list-style-type: none"> ◦ easy
EN-1/EN-3	400 swim • every 4 th length fast!
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