

Pace	Set
REC	<ul style="list-style-type: none"> • 300 swim • 200 kick • 100 pull
EN-1 to EN-2	<p>3 x thru:</p> <ul style="list-style-type: none"> • 1 x 300 pull @ 4:45 or r=15 <ul style="list-style-type: none"> ◦ breathe 3/5/3 by 100's • 2 x 150 freestyle @ 2:30 or r=15 <ul style="list-style-type: none"> ◦ 2nd 150 faster than 1st • extra 45 seconds between rounds
EN-1/EN-3	400 kick: every 3 rd length 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-1	<p>8 x 50 pull @ 55 or r=10</p> <ul style="list-style-type: none"> • breathe 3/5 by 50's
EN-2	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 4 x 75 @ 1:45 or r=30 <ul style="list-style-type: none"> ◦ 50 fly/25 back ◦ 50 back/25 breast ◦ 50 breast/25 free ◦ 50 free/25 fly • 4 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> ◦ 25 fly/25 back ◦ 25 back/25 breast ◦ 25 breast/25 free ◦ 25 free/25 fly • 8 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> ◦ 100 IM order • extra 60 seconds between rounds
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"> • 200 swim <ul style="list-style-type: none"> ◦ 200 kick <ul style="list-style-type: none"> ▪ 200 pull <ul style="list-style-type: none"> • 200 swim
EN-1	12 x 50 @ 1:05 or r=15 4 x thru: <ul style="list-style-type: none"> • 25 10-beat back/25 back • 50 corkscrew: 4 strokes free, 5 strokes back • 25 10-beat free/25 free
EN-1 to EN-3	2 x thru: Goal = 200 faster than 200 split of 300, 100 faster than 100 split of 200, 50 faster than 50 split of 100 <ul style="list-style-type: none"> • 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ 200 swim @ 3:15 or r=15 <ul style="list-style-type: none"> ▪ 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> • 50 swim @ 1:30 or r=45
REC	12 x 25 @ r=5 <ul style="list-style-type: none"> • 25 scull/25 pull

Total = 3000

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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 • 200: 25 drill/25 swim • 4 x 50 kick @ r=15 <ul style="list-style-type: none"> ◦ 25 easy/25 fast
EN-1 to EN-3	<p><u>3 x thru (choose one stroke per round):</u></p> <ul style="list-style-type: none"> • 4 x 25 kick @ 45 or r=15 • 4 x 50 (25 drill/25 swim) @ 1:15 or r=15 • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ alternate: 50 stroke/50 free
REC	100 swim

Total = 2500

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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	6 x 75 pull @ 1:30 or r=15 • breathe 3/5/3 by 25's
EN-1 to EN-2	<ul style="list-style-type: none"> • 8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ 100 kick @ 3:00 or r=60 ▪ 4 x 25 swim @ 35 or r=10 • 100 kick @ 3:00 or r=60 ◦ 2 x 25 swim @ 30 or r=5
EN-3 to SP-1	<ul style="list-style-type: none"> • 3 x 100 swim @ 2:00 or r=20+ <ul style="list-style-type: none"> ◦ goal = best time + 20 sec's ◦ extra 60 seconds before next set • 3 x 100 swim @ 2:15 or r=30+ <ul style="list-style-type: none"> ◦ goal = best time + 15 sec's ◦ extra 60 seconds before next set • 3 x 100 swim @ 2:30 or r=45+ <ul style="list-style-type: none"> ◦ goal = best time + 10 sec's
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