

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 100 kick • 200 (25 drill/25 swim)
EN-1 to EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 100's • 4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 8 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ 25 build/25 "DPS" (max. distance/stroke) • extra 30 seconds rest
REC	100 swim

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	16 x 25 @ 45 or r=10 <ul style="list-style-type: none"> • 25 kick/25 swim/25 drill/25 swim • 1 round each stroke • reverse IM order
EN-2	Milt Nelms Axis Swim <u>6 x thru:</u> <ul style="list-style-type: none"> • 25 back • 25 fly • 25 back • 25 breast • 25 free • 25 free • 25 free
EN-2	16 x 25 @ 45 or r=10 <ul style="list-style-type: none"> • 25 kick/25 swim/25 drill/25 swim • 1 round each stroke (IM order)
REC	50 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	500 choice
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 100's • 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ negative split • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3 by 100's • 1 x 150 swim @ 2:30 or r=20 <ul style="list-style-type: none"> ◦ negative split • 3 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-3 • 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 50's • 1 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ negative split • 2 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ 25 easy/25 fast
EN-1 to EN-2	12 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> • choose one stroke for each set of 3 x 50 • <u>golf score</u> = # of strokes + # of seconds • lowest score wins!
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 • 100 pull
EN-1	10 x 50 pull @ 1:10 or r=10 <ul style="list-style-type: none"> • 25 breast/25 free
EN-1	500 swim <u>5 x thru:</u> <ul style="list-style-type: none"> • 50 back • 50 free
EN-2	20 x 25 swim @ 40 or r=15 <u>4 x thru:</u> <ul style="list-style-type: none"> • 3 strokes fly, easy free • 4 strokes fly, easy free • 5 strokes fly, easy free • all fly • all free
EN-1 to EN-3	18 x 25 swim @ 40 or r=15 <u>6 x thru:</u> <ul style="list-style-type: none"> • 25 build • 25 fast • 25 "DPS" (max. distance per stroke)
REC	50 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"> • 200 swim • 200 kick • 200 pull
EN-1	<p>8 x 50 @ r=10 <u>alternate:</u></p> <ul style="list-style-type: none"> • 25 kick/25 swim • 25 drill/25 swim
REC to SP-1	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 4 x 50 swim @ r=10 <ul style="list-style-type: none"> ◦ #1=25 easy/25 fast ◦ #2=25 fast/25 easy ◦ #3=50 fast ◦ #4=50 easy • 2 x 50 swim (fast) @ r=30 • 1 x 100 swim (build) @ r=10 • 1 x 100 swim (easy) @ r=60

Total = 2500

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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