

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200 kick</li> <li>• 4 x 25 swim               <ul style="list-style-type: none"> <li>◦ reverse IM order</li> </ul> </li> </ul>
EN-1 to EN-2	<p><b>3 x thru:</b></p> <ul style="list-style-type: none"> <li>• 4 x 100 swim @ 1:50 or r=20               <ul style="list-style-type: none"> <li>◦ streamlined push-offs get longer (i.e., 2 dolphin kicks on 1<sup>st</sup> push-off, 3 dolphin kicks on 2<sup>nd</sup> push-off, 4 dolphin kicks on 3<sup>rd</sup> push-off, 5 dolphin kicks on last push-off)</li> </ul> </li> <li>• 1 x 400 swim or pull @ 7:00 or r=60               <ul style="list-style-type: none"> <li>◦ descend times 1-3 (by round)</li> </ul> </li> </ul>
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	400 swim
EN-1	8 x 25 drill @ r=15 <ul style="list-style-type: none"> <li>• 2 of each stroke, IM order</li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 4 x 100 IM @ 2:00 or r=20                             <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 1 x 200 IM kick @ 4:40 or r=20</li> <li>• 3 x 100 reverse IM @ 2:00 or r=20                             <ul style="list-style-type: none"> <li>◦ descend times 1-3</li> </ul> </li> <li>• 2 x 100 IM kick @ 2:30 or r=20</li> <li>• 2 x 100 IM @ 2:00 or r=20                             <ul style="list-style-type: none"> <li>◦ descend times 1-2</li> </ul> </li> <li>• 4 x 50 kick @ 1:20 or r=10                             <ul style="list-style-type: none"> <li>◦ 1 each stroke</li> </ul> </li> <li>• 1 x 100 reverse IM @ 2:00 or r=20                             <ul style="list-style-type: none"> <li>◦ negative split!</li> </ul> </li> <li>• 8 x 25 kick @ 40 or r=10                             <ul style="list-style-type: none"> <li>◦ 2 each stroke</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	400 swim
EN-1	8 x 50 @ 1:00 or r=10 • 25 "human stroke" (or "long dog")/25 swim
EN-1 to EN-3	<p><u>4 x thru:</u></p> <p><i>Goal: 2<sup>nd</sup> round faster than 1<sup>st</sup>, 3<sup>rd</sup> round faster than 2<sup>nd</sup>, 4<sup>th</sup> round faster than 3<sup>rd</sup></i></p> <ul style="list-style-type: none"> <li>• 50 free @ 1:00 or r=15                             <ul style="list-style-type: none"> <li>◦ 100 free @ 1:45 or r=15                                     <ul style="list-style-type: none"> <li>• 150 free @ 2:30 or r=15</li> </ul> </li> <li>◦ 100 free @ 1:45 or r=15</li> </ul> </li> <li>• 50 free @ 1:00 or r=15</li> </ul>
EN-1 to REC	8 x 50 @ 1:05 or r=15 • 25 drill/25 swim • 400 IM order

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	300 swim
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 2 x 150 @ r=15                             <ul style="list-style-type: none"> <li>◦ 50 swim/50 kick/50 swim</li> </ul> </li> <li>• 3 x 100 @ r=15                             <ul style="list-style-type: none"> <li>◦ 50 kick/50 swim</li> </ul> </li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 5 x 75 swim @ 1:40 or r=20                             <ul style="list-style-type: none"> <li>◦ 25 fly/50 back</li> </ul> </li> <li>• 25 easy swim</li> <li>• 5 x 75 swim @ 1:40 or r=20                             <ul style="list-style-type: none"> <li>◦ 25 back/50 breast</li> </ul> </li> <li>• 25 easy swim</li> <li>• 5 x 75 swim @ 1:40 or r=20                             <ul style="list-style-type: none"> <li>◦ 25 breast/50 free</li> </ul> </li> <li>• 25 easy swim</li> </ul>
EN-1	12 x 25 @ r=5 <ul style="list-style-type: none"> <li>• 25 scull/25 pull</li> </ul>
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 to EN-2	<ul style="list-style-type: none"> <li>• 300 swim</li> <li>• 3 x 100 @ r=15                             <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 6 x 50 @ r=15                             <ul style="list-style-type: none"> <li>◦ 25 drill/25 build</li> </ul> </li> <li>• 12 x 25 swim @ r=15                             <ul style="list-style-type: none"> <li>◦ 12.5 easy/12.5 fast</li> <li>◦ 12.5 fast/12.5 easy</li> <li>◦ 25 fast</li> <li>◦ 25 easy</li> </ul> </li> </ul>
EN-1/EN-2/SP-1	<p><u>4 x thru:</u></p> <ul style="list-style-type: none"> <li>• 1 x 100 swim @ 2:00 or r=30                             <ul style="list-style-type: none"> <li>◦ DPS                                     <ul style="list-style-type: none"> <li>▪ 2 x 50 swim @ 1:15 or r=30   <ul style="list-style-type: none"> <li>• build   <ul style="list-style-type: none"> <li>◦ 4 x 25 swim @ 1:00 or r=45   <ul style="list-style-type: none"> <li>▪ all fast!</li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul>
REC	100: 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