

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 kick
EN-1 to EN-2	<ul style="list-style-type: none"> • 6 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-3, 4-6 • 2 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ negative split each 300 • 1 x 600 pull @ 9:30 or r=30 <ul style="list-style-type: none"> ◦ negative split • 4 x 150 swim @ 2:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4
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	300 swim 200 kick 100 pull
EN-1	12 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-2	16 x 75 @ 1:45 or r=20 <ul style="list-style-type: none"> • 75 fly kick <ul style="list-style-type: none"> ◦ 25 back kick/25 breast kick/25 free <ul style="list-style-type: none"> ▪ 25 back kick/25 breast/25 free <ul style="list-style-type: none"> • 75 swim: 25 back/25 breast/25 free • 75 back kick <ul style="list-style-type: none"> ◦ 25 breast kick/25 free kick/25 fly <ul style="list-style-type: none"> ▪ 25 breast kick/25 free/25 fly <ul style="list-style-type: none"> • 75 swim: 25 breast/25 free/25 fly • 75 breast kick <ul style="list-style-type: none"> ◦ 25 free kick/25 fly kick/25 back <ul style="list-style-type: none"> ▪ 25 free kick/25 fly/25 back <ul style="list-style-type: none"> • 75 swim: 25 free/25 fly/25 back • 75 free kick <ul style="list-style-type: none"> ◦ 25 fly kick/25 back kick/25 breast <ul style="list-style-type: none"> ▪ 25 fly kick/25 back/25 breast <ul style="list-style-type: none"> • 75 swim: 25 fly/25 back/25 breast
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"> • 300 swim • 6 x 50 @ r=10 <ul style="list-style-type: none"> ◦ 25 scull/25 pull
EN-1 to EN-3	<p>2 x thru:</p> <ul style="list-style-type: none"> • 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ moderate pace • 2 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ build each to 800/1000 race pace • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ at 800/1000 race pace (somewhat hard) • 8 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> ◦ at 400/500 race pace (hard) • extra 60 seconds rest
SP-1/EN-1	<p>12 x 50 swim @ 1:00 or r=15</p> <ul style="list-style-type: none"> • fast in and out of turns! • easy between flags • fast finish!
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 to EN-1	<ul style="list-style-type: none"> • 500 swim • 6 x 50 @ r=15 <ul style="list-style-type: none"> ◦ 25 drill/25 swim
EN-2	<p><u>3 x thru (choose one stroke per round):</u></p> <ul style="list-style-type: none"> • 1 x 100 kick @ 2:30 or r=15 • 2 x 75 @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ 50 drill/25 swim ◦ 25 drill/50 swim • 3 x 50 @ 1:15 or r=20 <ul style="list-style-type: none"> ◦ 25 drill/25 swim ◦ 25 swim/25 drill ◦ 50 swim • 4 x 25 swim @ 45 or r=15
EN-2 to REC	<p>8 x 25 swim @ r=10</p> <ul style="list-style-type: none"> • ascend times 1-8

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	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1	12 x 25 (25 scull/25 glide/25 pull) @ r=5
EN-1 to SP-1	<u>2 x thru:</u> <ul style="list-style-type: none"> • 1 x 150 swim @ 3:00 or r=45 <ul style="list-style-type: none"> ◦ moderate, 70% effort • 2 x 75 swim @ 1:45 or r=30 <ul style="list-style-type: none"> ◦ strong, 80% effort • 8 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> ◦ strong, 90% effort
EN-1	200 kick
EN-1 to SP-1	12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> • 25 DPS/25 build/25 fast
REC	100 easy

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