

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 100 choice</li> </ul>
EN-1	8 x 25 @ r=5 <ul style="list-style-type: none"> <li>• 25 scull/25 pull</li> </ul>
EN-1 to EN-2	2 <sup>nd</sup> repeat faster than 1 <sup>st</sup> repeat: <ul style="list-style-type: none"> <li>• 2 x 500 swim or pull @ 8:00 or r=30</li> <li>• 2 x 400 swim or pull @ 6:30 or r=30</li> <li>• 2 x 300 swim or pull @ 4:45 or r=15</li> </ul>
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	400 swim
EN-1	10 x 50 pull @ 1:10 or r=15 • 25 breast/25 free
EN-2	10 x 50 kick @ 1:30 or r=15 • 1 x 50 free • 2 x 50 breast • 3 x 50 back • 4 x 50 fly
EN-2	10 x 100 IM @ 2:20 or r=30 • odd 100's: ◦ choose one stroke to drop and one stroke to double-up • even 100's: ◦ 100 IM
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	<ul style="list-style-type: none"> <li>• 400 swim</li> <li>• 8 x 50 (25 kick/25 swim) @ r=10</li> </ul>
EN-1 to EN-2	<p><u>Swim as one continuous set:</u></p> <ul style="list-style-type: none"> <li>• 4 x 100 pull @ 1:45 or r=15                             <ul style="list-style-type: none"> <li>◦ breathe 3/5/5/5 by 25's</li> </ul> </li> <li>• 1 x 200 swim @ 3:30 or r=30                             <ul style="list-style-type: none"> <li>◦ moderate pace</li> </ul> </li> <li>• 3 x 100 pull @ 1:40 or r=10                             <ul style="list-style-type: none"> <li>◦ breathe 3/5/3/5</li> </ul> </li> <li>• 1 x 200 swim @ 3:30 or r=30                             <ul style="list-style-type: none"> <li>◦ faster than previous 200</li> </ul> </li> <li>• 2 x 100 pull @ 1:35 or r=5                             <ul style="list-style-type: none"> <li>◦ breathe 3/5/3/3 by 25's</li> </ul> </li> <li>• 1 x 200 swim @ 3:30 or r=30                             <ul style="list-style-type: none"> <li>◦ faster than previous 200</li> </ul> </li> <li>• 1 x 100 pull @ 1:30 or r=5                             <ul style="list-style-type: none"> <li>◦ breathe every 3<sup>rd</sup> stroke</li> </ul> </li> </ul>
EN-1/EN-3	<p>8 x 50 swim @ 1:00 or r=15</p> <p><u>4 x thru:</u></p> <ul style="list-style-type: none"> <li>• 25 easy/25 fast</li> <li>• 25 fast/25 easy</li> </ul>
REC	8 x 25 (25 scull/ 25 pull) @ r=5

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 choice
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 1 x 400 pull @ 6:45 or r=45                             <ul style="list-style-type: none"> <li>◦ breathe 3/5/3/5 by 100's</li> </ul> </li> <li>• 16 x 25 kick @ 45 or r=15                             <ul style="list-style-type: none"> <li>◦ <u>alternate</u>:                                     <ul style="list-style-type: none"> <li>▪ 2 x 25 stroke</li> <li>▪ 2 x 25 free</li> </ul> </li> </ul> </li> <li>• 2 x 200 swim @ 4:00 or r=30                             <ul style="list-style-type: none"> <li>◦ 50 stroke/50 free/50 stroke/50 free</li> </ul> </li> <li>• 8 x 50 kick @ 1:30 or r=20                             <ul style="list-style-type: none"> <li>◦ <u>alternate</u>:                                     <ul style="list-style-type: none"> <li>▪ 2 x 50 stroke</li> <li>▪ 2 x 50 free</li> </ul> </li> </ul> </li> <li>• 4 x 100 pull @ 2:00 or r=20                             <ul style="list-style-type: none"> <li>◦ 50 stroke/50 free</li> </ul> </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	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200 choice</li> </ul>
EN-1 to EN-2	20 x 25 @ r=15 <ul style="list-style-type: none"> <li>• 25 kick/25 drill</li> </ul>
EN-1/SP-1	10 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none"> <li>• 25 build/25 fast</li> </ul>
EN-1	200 swim "DPS"
EN-1/SP-1	10 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> <li>• 25 build/25 fast</li> </ul>
EN-1	200 swim "DPS"
SP-1/EN-1	10 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> <li>• 25 fast/25 "DPS"</li> </ul>
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