

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 300 swim</li> <li>• 100 kick</li> <li>• 200 (25 drill/25 swim)</li> <li>• 100 kick</li> </ul>
EN-1	12 x 25 @ r=10 <ul style="list-style-type: none"> <li>• 25 scull/25 pull</li> </ul>
EN-1 to EN-2	<u>2 x thru:</u> <ul style="list-style-type: none"> <li>• 1 x 300 pull @ 5:00 or r=30                             <ul style="list-style-type: none"> <li>◦ breathe 3/5/3 by 100's</li> </ul> </li> <li>• 3 x 100 swim @ 1:40 or r=10                             <ul style="list-style-type: none"> <li>◦ descend times 1-3</li> </ul> </li> <li>• 6 x 50 swim @ 1:00 or r=15                             <ul style="list-style-type: none"> <li>◦ 25 DPS/25 build</li> </ul> </li> </ul>
REC	200 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"> <li>• 200 swim</li> <li>• 200 (25 kick/25 swim)</li> <li>• 200 (25 drill/25 swim)</li> </ul>
EN-2	6 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> <li>• 2 fly, 2 back, 2 breast</li> </ul>
EN-1	600 pull: every 4 <sup>th</sup> length breast pull
EN-2	12 x 50 swim @ 1:05 or r=15 <u>4 x thru:</u> <ul style="list-style-type: none"> <li>• 25 fly/25 back</li> <li>• 25 back/25 breast</li> <li>• 25 breast/25 free</li> </ul>
EN-2	12 x 25 (25 drill/25 swim) @ 40 or r=10 <u>2 x thru:</u> <ul style="list-style-type: none"> <li>• 2 x 25 fly</li> <li>• 2 x 25 back</li> <li>• 2 x 25 breast</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	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 100 kick</li> </ul>
EN-1	12 x 25 @ r=5 <ul style="list-style-type: none"> <li>• 25 scull/25 glide stroke/25 pull</li> </ul>
EN-1 to EN-2	<u>3 x thru:</u> <ul style="list-style-type: none"> <li>• 2 x 125 swim @ 2:00 or r=10                             <ul style="list-style-type: none"> <li>◦ moderate effort</li> </ul> </li> <li>• 2 x 100 swim @ 1:40 or r=10                             <ul style="list-style-type: none"> <li>◦ moderate-strong effort</li> </ul> </li> <li>• 2 x 75 swim @ 1:20 or r=10                             <ul style="list-style-type: none"> <li>◦ strong effort</li> </ul> </li> <li>• 2 x 50 swim @ 1:00 or r=15                             <ul style="list-style-type: none"> <li>◦ strong effort</li> </ul> </li> <li>• 2 x 25 swim @ 40 or r=10                             <ul style="list-style-type: none"> <li>◦ strong effort</li> </ul> </li> <li>• extra 60 seconds between rounds</li> </ul>
REC	150 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"> <li>• 400 swim</li> <li>• 200 (25 kick/25 drill)</li> </ul>
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> <li>• breathe 3/5 by 50's</li> </ul>
EN-2	4 x thru: <i>Keep same stroke within a round</i> <ul style="list-style-type: none"> <li>• 1 x 25 swim @ 40 or r=10</li> <li>• 1 x 50 swim @ 1:05 or r=15</li> <li>• 1 x 75 swim @ 1:30 or r=20</li> <li>• 1 x 100 swim @ 2:10 or r=30</li> </ul>
EN-1/EN-3	6 x 50 free @ 1:00 or r=15 <ul style="list-style-type: none"> <li>• 25 DPS/25 fast</li> </ul>
REC	200 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	600 swim
EN-1	8 x 25 @ r=10 • 25 drill/25 swim
EN-1/EN-2	8 x 25 @ r=15 • 25 DPS/25 build
EN-3/EN-1	8 x thru: • 1 x 25 fast @ 30 or r=10 • 1 x 50 easy @ 1:15 or r=30
EN-1	300 pull: breathe every 3 <sup>rd</sup> stroke
SP-1/EN-1	12 x 25 swim @ 40 or r=15 • 25 easy/25 fast
REC	300 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