

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200 kick</li> <li>• 100 pull</li> </ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 1 x 500 pull @ 7:30 or r=30                             <ul style="list-style-type: none"> <li>◦ breathe 3/5/7/5/3 by 100's</li> </ul> </li> <li>• 2 x 250 swim @ 4:15 or r=30                             <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> <li>• 1 x 400 pull @ 6:30 or r=30                             <ul style="list-style-type: none"> <li>◦ breathe 3/5/3/5 by 100's</li> </ul> </li> <li>• 2 x 200 swim @ 3:20 or r=20                             <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> <li>• 1 x 300 pull @ 4:50 or r=20                             <ul style="list-style-type: none"> <li>◦ breathe 3/5/7 by 50's</li> </ul> </li> <li>• 2 x 150 swim @ 2:30 or r=15                             <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> </ul>
REC	4 x 25 glide stroke @ 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	500 choice
EN-1	16 x 25 @ 40 or r=10 <ul style="list-style-type: none"> <li>• 25 kick/25 drill</li> <li>• IM order</li> </ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 1 x 200 IM @ 4:00 or r=40                             <ul style="list-style-type: none"> <li>◦ work the back and free 50's</li> </ul> </li> <li>• 4 x 50 swim @ 1:10 or r=20                             <ul style="list-style-type: none"> <li>◦ 25 fly/25 back</li> </ul> </li> <li>• 1 x 200 IM @ 4:00 or r=40                             <ul style="list-style-type: none"> <li>◦ swim as 2 x 100 IM's</li> </ul> </li> <li>• 4 x 50 swim @ 1:10 or r=20                             <ul style="list-style-type: none"> <li>◦ 25 back/25 breast</li> </ul> </li> <li>• 1 x 200 IM @ 4:00 or r=40                             <ul style="list-style-type: none"> <li>◦ work the fly and breast 50's</li> </ul> </li> <li>• 4 x 50 swim @ 1:10 or r=20                             <ul style="list-style-type: none"> <li>◦ 25 breast/25 free</li> </ul> </li> </ul>
REC	8 x 25 @ r=5 <ul style="list-style-type: none"> <li>• 25 scull/25 pull</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

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200 kick</li> <li>• 200 pull</li> </ul>
EN-1	12 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> <li>• breathe 3/5/7 by 50's</li> </ul>
EN-1 to EN-3	<u>3 x thru:</u> <ul style="list-style-type: none"> <li>• 1 x 200 swim @ 3:20 or r=20                             <ul style="list-style-type: none"> <li>◦ moderate pace</li> </ul> </li> <li>• 1 x 150 swim @ 2:30 or r=15                             <ul style="list-style-type: none"> <li>◦ faster pace than 200</li> </ul> </li> <li>• 1 x 100 swim @ 1:40 or r=10                             <ul style="list-style-type: none"> <li>◦ faster pace than 150</li> </ul> </li> <li>• 1 x 50 swim @ 1:30 or r=45                             <ul style="list-style-type: none"> <li>◦ fastest pace</li> </ul> </li> </ul>
REC	4 x (25 scull/25 glide stroke/25 pull)

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	500 choice
EN-1 to EN-2	10 x 50 "stroke" @ 1:10 or r=15 • 25 drill/25 swim
EN-1 to EN-3	<u>3 x thru:</u> <i>One "stroke" per round</i> • 2 x 75 @ 1:45 or r=20 ◦ 25 kick/25 drill/25 swim • 2 x 75 swim @ 1:45 or r=30 ◦ 2 <sup>nd</sup> 75 faster than 1 <sup>st</sup>
EN-2	10 x 50 swim @ 1:00 or r=10 • 25 "stroke"/25 free
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	3 x (150 swim/50 kick)
EN-1 to EN-2	<b>4 x thru:</b> <ul style="list-style-type: none"> <li>1 x 50 @ 1:00 or r=15 <ul style="list-style-type: none"> <li>25 drill/25 swim</li> </ul> </li> <li>4 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> <li>build each 25</li> </ul> </li> </ul>
EN-1/EN-2	8 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> <li>odd 50's: "DPS"</li> <li>even 50's: build by 12.5's</li> </ul>
SP-1/REC	4 x 3 x 25 swim @ 45 or r=20 <u>Each set of 3 x 25:</u> <ul style="list-style-type: none"> <li>#1: "DPS"</li> <li>#2: @ 200 race pace, hold same # strokes + 1</li> <li>#3: @ max speed, hold same # strokes + 2</li> </ul>
EN-1/EN-2	8 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> <li>odd 50's: "DPS"</li> <li>even 50's: build by 12.5's</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