

Pace	Set
REC	500 swim
EN-1	10 x 50 @ 1:05 or r=15 5 x thru: <ul style="list-style-type: none"> • 25 10-beat free/25 "DPS" free • 25 catch-up free/25 "DPS" free
EN-1/EN-2/EN-3	2 x 500 swim @ 8:00 or r=30 Each 500: <ul style="list-style-type: none"> • 100 easy <ul style="list-style-type: none"> ▪ 100 moderate <ul style="list-style-type: none"> • 100 fast ▪ 100 moderate • 100 easy
EN-1	10 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> • breathe 3/5 by 25's
REC/SP-1	10 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> • 25 easy/25 fast
REC	250 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	<u>4 x thru:</u> <ul style="list-style-type: none"> • 25 scull/25 "glide stroke"/25 pull
EN-2	<u>4 x thru <i>Milt Nelms' Axis Swim</i> (continuous):</u> <ul style="list-style-type: none"> • 25 back • 25 fly • 25 back • 25 breast • 25 free • 25 free • 25 free
EN-2	<u>2 x thru:</u> <ul style="list-style-type: none"> • 4 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> ◦ 1 each stroke • 3 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 fly/25 back ◦ 25 back/25 breast ◦ 25 breast/25 free • 2 x 100 IM @ 2:10 or r=20 • extra 60 seconds rest
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"> • 200 swim • 100 kick • 100 pull
EN-1 to EN-3	<ul style="list-style-type: none"> • 6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ DPS • 3 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-3 • 2 x 150 pull @ 2:30 or r=15 <ul style="list-style-type: none"> ◦ breathe 3/5/3 by 50's • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ negative split • 2 x 150 pull @ 2:30 or r=15 <ul style="list-style-type: none"> ◦ DPS • 3 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-3 • 6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ fast tempo
EN-1/SP-1	16 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> • 25 easy/25 fast!
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	300 swim
EN-2	12 x 25 kick @ 45 or r=10 4 x thru: <ul style="list-style-type: none"> • 2 x 25 stroke kick • 1 x 25 free kick
EN-2 to EN-3	<ul style="list-style-type: none"> • 8 x 25 stroke swim @ 40 or r=10 • 4 x 50 stroke swim @ 1:05 or r=15 • 2 x 100 stroke swim @ 2:15 or r=20-30
EN-1	12 x 25 pull @ 45 or r=5-15 4 x thru: <ul style="list-style-type: none"> • 2 x 25 breast pull • 1 x 25 free pull
EN-2 to EN-3	<ul style="list-style-type: none"> • 2 x 100 stroke swim @ 2:15 or r=20-30 • 4 x 50 stroke swim @ 1:05 or r=15 • 8 x 25 stroke swim @ 40 or r=10
EN-1	12 x 25 @ 45 or r=15 4 x thru: <ul style="list-style-type: none"> • 2 x 25 stroke drill • 1 x 25 free drill
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-1	<ul style="list-style-type: none"> • 200 swim • 300 kick • 200 pull
EN-1/EN-3	12 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> • every 3rd 50 fast!
REC	200 pull
EN-1/SP-1	8 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none"> • every 2nd 50 fast!
REC	200 pull
SP-1	4 x 50 swim @ 1:30 or r=60 <ul style="list-style-type: none"> • all fast!
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