

EST BLUEPRINT · PREMIUM TRAINING GUIDE

COMPETITIVE PROGRAMS · SENIOR / COLLEGIATE TRACK

+3 BONUSES INCLUDED

12-WEEK PROGRAM

DISTANCE SWIMMING DEVELOPMENT

Aerobic development and pacing

BONUS · RACE PACE CHART

BONUS · CHAMPIONSHIP TAPER PROTOCOL

BONUS · SEASON GOAL MAP

12	12	31	4
WEEK PLAN	FULL WORKOUTS	PAGES	PHASES

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12	12	51,525	3
WEEKS	WORKOUTS	YARDS IN PACK	BONUSES

YOUR BONUSES

Race Pace Chart · Championship Taper Protocol · Season Goal Map — exclusive tools included with every EST Blueprint.

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COACH'S INTRODUCTION

Program Guide

Distance Swimming Development is a 12 weeks Blueprint built for the Senior / Collegiate Track athlete. It applies the same periodization principles used by NCAA Division I programs: a polarized aerobic base, progressive threshold density, and race-specific speed timed to peak on championship day.

Focus: Aerobic development and pacing. Every week is written with clear objectives, an intensity target, and coached workouts so the athlete always knows why a set exists, not just what it is.

> *"Train the system, then trust the system. Champions are made in the boring middle of the season."*

What the athlete will achieve

Outcome	How it's measured	Target
Aerobic capacity	T-30 or 10 x 100 test	+3-6% distance / -1.5 s avg
Race-pace control	Broken 200 at goal pace	±0.5 s per 50
Stroke efficiency	Stroke count @ pace	-1 to -2 strokes / 25
Underwater skill	15 m breakout time	-0.3 to -0.6 s
Consistency	Attendance + log	90%+ sessions

The weekly microcycle

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Aerobic + skills	Threshold + dryland	Recovery + technique	Race pace	Speed + dryland	Test / long aerobic	Rest & reflect

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SPORTS SCIENCE

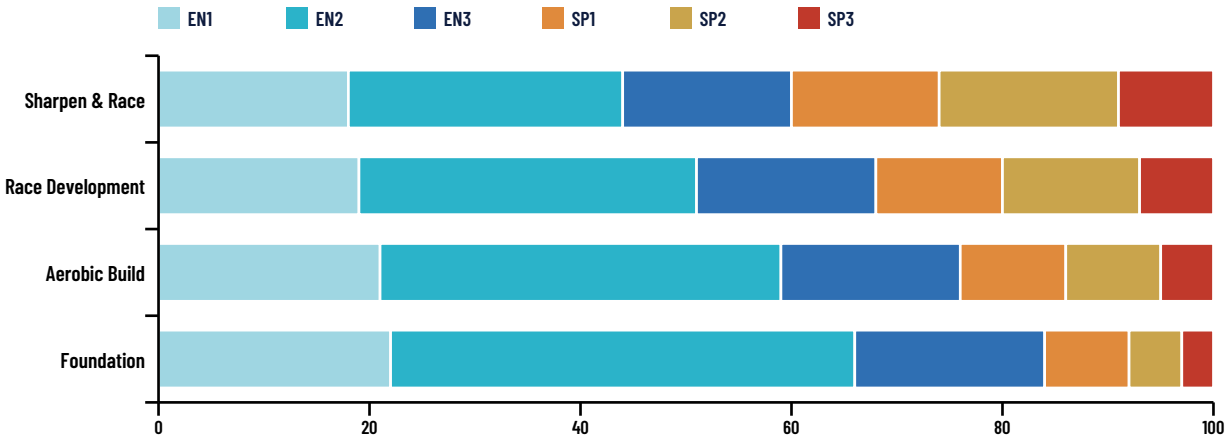
Energy Systems & Training Zones

Swimming races from 22 seconds to 15 minutes draw on all three energy systems. The zone system below — used by most collegiate staffs — tells the athlete exactly how hard each repeat should feel.

Zone	Name	Heart rate	% max effort	Feel	Typical sets
EN1	Aerobic Recovery	120-140	50-60%	Easy, conversational	Warm-up, recovery, drill
EN2	Aerobic Endurance	140-160	60-75%	Steady, sustainable	Long aerobic repeats
EN3	Threshold	160-175	75-85%	Comfortably hard	Threshold / CSS sets
SP1	VO2 Max / Lactate Tolerance	175-190	85-95%	Very hard	Heart-rate and broken race sets
SP2	Race Pace	Max	95-100%	Goal race speed	Broken swims at target pace
SP3	Sprint / Alactic	n/a (short)	100%+	All-out, full rest	Starts, 12.5s, 25s from a dive

System	Duration	Fuel	Trained by
ATP-PC (alactic)	0-10 s	Creatine phosphate	Dive 12.5s / 25s, full rest
Glycolytic (lactic)	10 s - 2 min	Glycogen lactate	75s / 100s all-out, lactate sets
Aerobic (oxidative)	2 min +	Fat + carbohydrate	EN2 / EN3 volume

Intensity distribution by phase

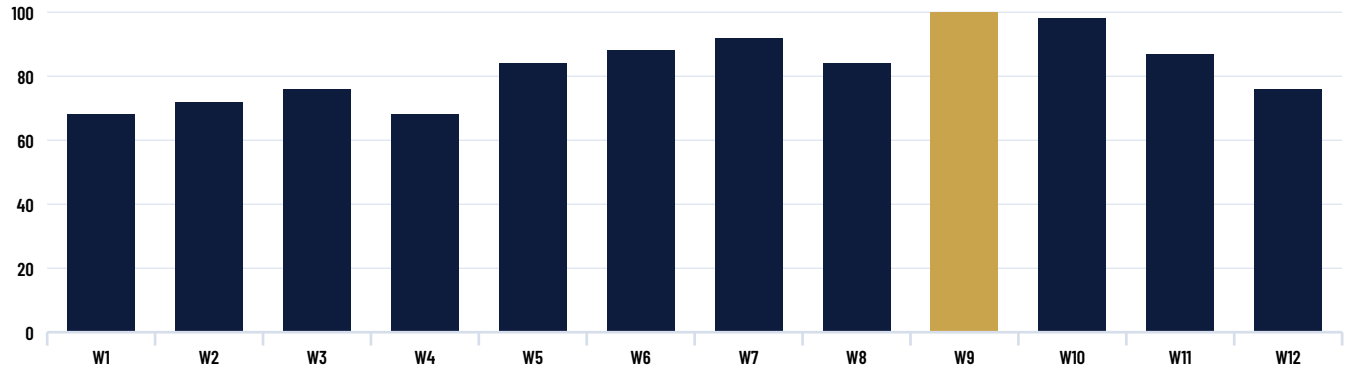


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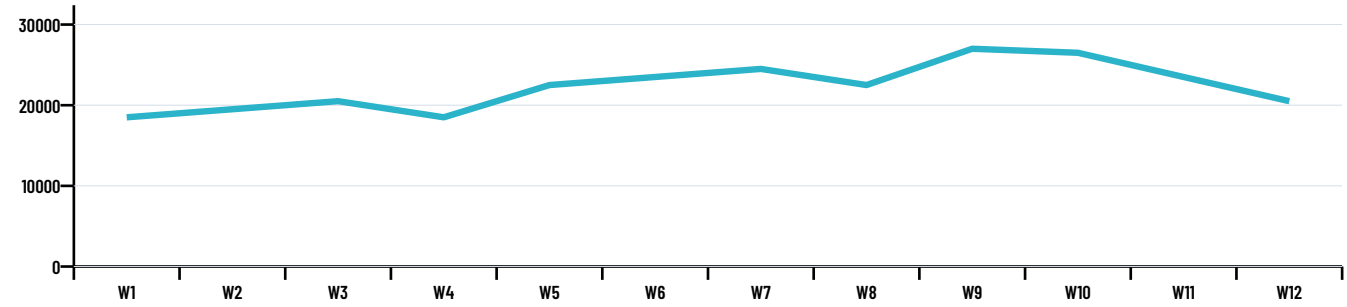
THE PLAN

Season Periodization

RELATIVE TRAINING LOAD (% OF PEAK WEEK)



WEEKLY VOLUME (YARDS)



Phase	Weeks	Objective	Key performance indicator
Foundation	Weeks 1–3	Build aerobic base, refine stroke mechanics and establish routine.	Aerobic test baseline
Aerobic Build	Weeks 4–6	Raise training volume and threshold work; improve consistency.	Threshold pace -1 s
Race Development	Weeks 7–9	Add race-pace sets, starts, turns and specific event work.	Race-pace hold
Sharpen & Race	Weeks 10–12	Reduce volume, sharpen speed and rehearse race plans.	Season best

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EXECUTION

Week-by-Week Plan

Wk	Phase	Theme	Load	Volume	Sessions
1	Foundation	Aerobic Base & Technique	68%	18,500	Aerobic / Technique & Skills / Speed & Race
2	Foundation	Aerobic Base & Technique	72%	19,500	Aerobic / Technique & Skills / Speed & Race
3	Foundation	Aerobic Base & Technique	76%	20,500	Aerobic / Technique & Skills / Speed & Race
4	Aerobic Build	Threshold & Consistency	68%	18,500	Aerobic / Technique & Skills / Speed & Race
5	Aerobic Build	Threshold & Consistency	84%	22,500	Aerobic / Technique & Skills / Speed & Race
6	Aerobic Build	Threshold & Consistency	88%	23,500	Aerobic / Technique & Skills / Speed & Race
7	Race Development	Race-Pace & Skills	92%	24,500	Aerobic / Technique & Skills / Speed & Race
8	Race Development	Race-Pace & Skills	84%	22,500	Aerobic / Technique & Skills / Speed & Race
9	Race Development	Race-Pace & Skills	100%	27,000	Aerobic / Technique & Skills / Speed & Race
10	Sharpen & Race	Sharpen & Rest	98%	26,500	Aerobic / Technique & Skills / Speed & Race
11	Sharpen & Race	Sharpen & Rest	87%	23,500	Aerobic / Technique & Skills / Speed & Race
12	Sharpen & Race	Sharpen & Rest	76%	20,500	Aerobic / Technique & Skills / Speed & Race

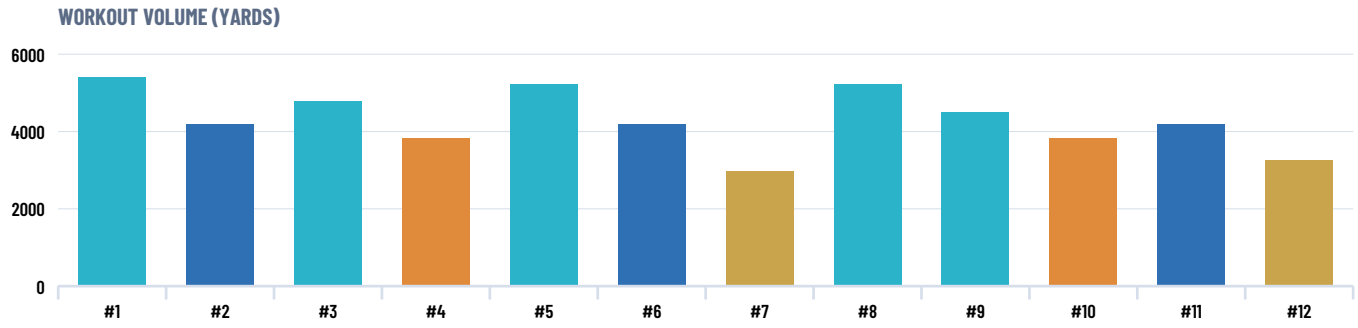
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12 COMPLETE SESSIONS

The Workout Pack

Each workout is written at full collegiate detail: every set, interval, intensity zone and distance. Intervals are starting points — adjust ±5 s per 100 to keep each repeat inside its zone.

#	Workout	Primary zone	Volume	Best used in
1	Distance Engine	EN2	5,400 yd	Foundation
2	Threshold Builder	EN3	4,175 yd	Foundation
3	Aerobic Engine	EN2	4,775 yd	Foundation
4	VO2 Max Rounds	SP1	3,825 yd	Aerobic Build
5	Distance Engine	EN2	5,225 yd	Aerobic Build
6	Threshold Builder	EN3	4,175 yd	Aerobic Build
7	Race Pace Precision	SP2	2,975 yd	Race Development
8	Distance Engine	EN2	5,225 yd	Race Development
9	Aerobic Engine	EN2	4,500 yd	Race Development
10	VO2 Max Rounds	SP1	3,825 yd	Sharpen & Race
11	Threshold Builder	EN3	4,175 yd	Sharpen & Race
12	Race Pace Precision	SP2	3,250 yd	Sharpen & Race



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WORKOUT 1 OF 12 · EN2

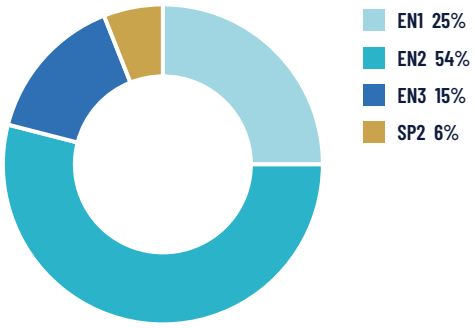
Distance Engine

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: 6-kick switch / fist swim	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	3 x 800 free negative split (2nd 400 faster)	10:20	EN2	2,400
Main set	8 x 100 free @ 1500 pace	1:15	EN3	800
Secondary	13 x 25 free @ 100 race pace	0:45	SP2	325
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				5,400

COACHING POINTS

Negative split every 800. Count your strokes per length and keep them inside ±1 for the whole set.

VOLUME BY ZONE



Session facts	
Primary system	EN2
Total volume	5,400 yd
Est. duration	118 min
Best phase	Foundation

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Long aerobic repeats with negative-split pacing for 500-1650 athletes.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 2 OF 12 · EN3

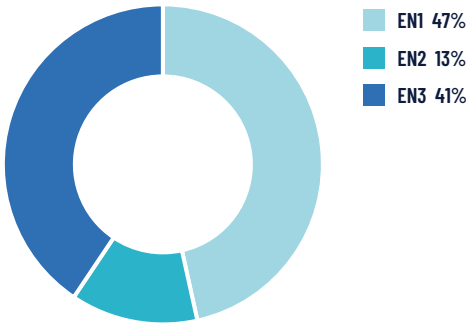
Threshold Builder

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: catch-up with paddles / fingertip drag	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	9 x 100 free @ threshold (CSS) pace	1:20	EN3	900
Main set	4 x 200 IM, hold 1:00 per 50 average	3:05	EN3	800
Secondary	6 x 100 as 25 drill / 50 swim / 25 build	1:40	EN1	600
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				4,175

COACHING POINTS

Pace should feel 'comfortably hard' — you could hold it for 30 minutes. Record your average; it becomes next week's target.

VOLUME BY ZONE



Session facts	
Primary system	EN3
Total volume	4,175 yd
Est. duration	91 min
Best phase	Foundation

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Raises the speed you can hold before lactate accumulates. The single best predictor of 200-1650 performance.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 3 OF 12 · EN2

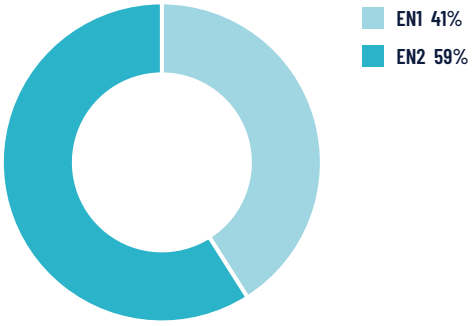
Aerobic Engine

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: fist swim / 3-3-3 (right/left/full)	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	5 x 300 free @ EN2, descend 1-3	3:55	EN2	1,500
Main set	4 x 200 pull w/ paddles, hold strokes count	2:40	EN2	800
Secondary	6 x 100 as 25 drill / 50 swim / 25 build	1:40	EN1	600
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				4,775

COACHING POINTS

Hold the same stroke count on every repeat. Breathe bilaterally on pull. The goal is sustainable speed, not heroics.

VOLUME BY ZONE



Session facts	
Primary system	EN2
Total volume	4,775 yd
Est. duration	104 min
Best phase	Foundation

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Builds mitochondrial density and capillary networks — the engine every event above 50 depends on.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 4 OF 12 · SP1

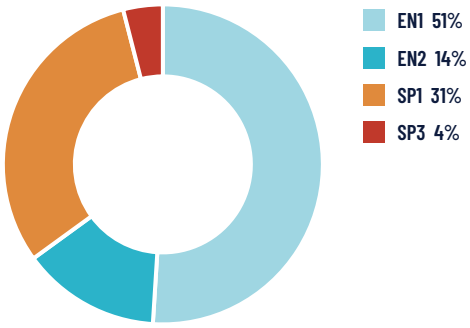
VO2 Max Rounds

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: fingertip drag / single-arm 25s	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	3 rounds: 4 x 100 free @ 90% (HR 180+)	1:35	SP1	1,200
Main set	200 easy recovery between rounds	2:00 rest	EN1	600
Secondary	6 x 25 free dive sprint, max velocity	1:00	SP3	150
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,825

COACHING POINTS

Heart rate above 180 by the 3rd repeat of each round. Full 200 easy between rounds keeps quality high.

VOLUME BY ZONE



Session facts	
Primary system	SP1
Total volume	3,825 yd
Est. duration	83 min
Best phase	Aerobic Build

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Expands maximal oxygen uptake through repeated efforts at 90%+ of max heart rate.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 5 OF 12 · EN2

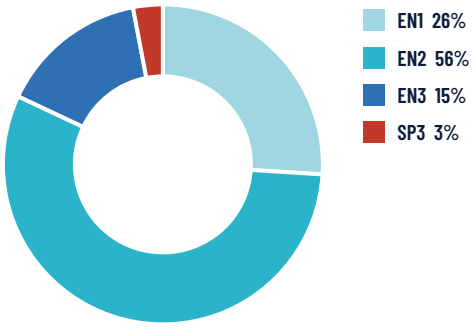
Distance Engine

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: 3-3-3 (right/left/full) / 6-kick switch	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	3 x 800 free negative split (2nd 400 faster)	10:20	EN2	2,400
Main set	8 x 100 free @ 1500 pace	1:15	EN3	800
Secondary	6 x 25 free dive sprint, max velocity	1:00	SP3	150
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				5,225

COACHING POINTS

Negative split every 800. Count your strokes per length and keep them inside ±1 for the whole set.

VOLUME BY ZONE



Session facts	
Primary system	EN2
Total volume	5,225 yd
Est. duration	114 min
Best phase	Aerobic Build

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Long aerobic repeats with negative-split pacing for 500-1650 athletes.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 6 OF 12 · EN3

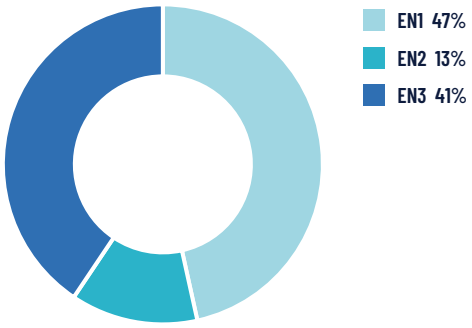
Threshold Builder

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: single-arm 25s / catch-up with paddles	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	9 x 100 free @ threshold (CSS) pace	1:20	EN3	900
Main set	4 x 200 IM, hold 1:00 per 50 average	3:05	EN3	800
Secondary	6 x 100 as 25 drill / 50 swim / 25 build	1:40	EN1	600
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				4,175

COACHING POINTS

Pace should feel 'comfortably hard' — you could hold it for 30 minutes. Record your average; it becomes next week's target.

VOLUME BY ZONE



Session facts	
Primary system	EN3
Total volume	4,175 yd
Est. duration	91 min
Best phase	Aerobic Build

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Raises the speed you can hold before lactate accumulates. The single best predictor of 200-1650 performance.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 7 OF 12 · SP2

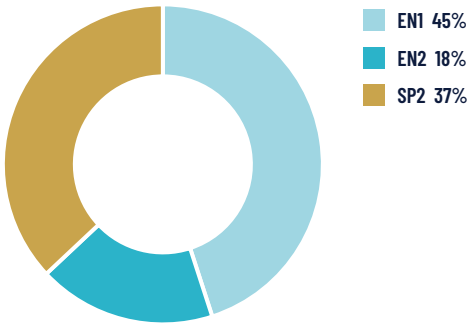
Race Pace Precision

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: 6-kick switch / fist swim	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	15 x 25 free @ 100 race pace	0:40	SP2	375
Main set	8 x 50 free @ 200 race pace	1:05	SP2	400
Secondary	13 x 25 free @ 100 race pace	0:45	SP2	325
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				2,975

COACHING POINTS

Use a pace clock or tempo trainer. Within 0.3 s of goal pace = success. Miss twice in a row: take an extra 15 s rest.

VOLUME BY ZONE



Session facts	
Primary system	SP2
Total volume	2,975 yd
Est. duration	65 min
Best phase	Race Development

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Rehearses exact goal-race speed and stroke rate so race day feels familiar.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 8 OF 12 · EN2

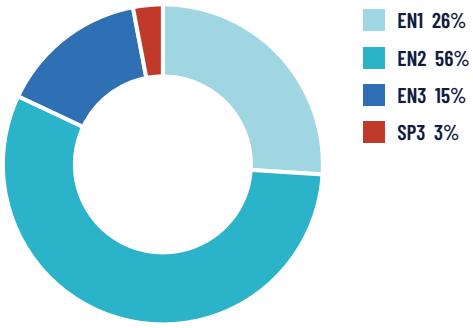
Distance Engine

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: catch-up with paddles / fingertip drag	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	3 x 800 free negative split (2nd 400 faster)	10:20	EN2	2,400
Main set	8 x 100 free @ 1500 pace	1:15	EN3	800
Secondary	6 x 25 free dive sprint, max velocity	1:00	SP3	150
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				5,225

COACHING POINTS

Negative split every 800. Count your strokes per length and keep them inside ±1 for the whole set.

VOLUME BY ZONE



Session facts	
Primary system	EN2
Total volume	5,225 yd
Est. duration	114 min
Best phase	Race Development

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Long aerobic repeats with negative-split pacing for 500-1650 athletes.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 9 OF 12 · EN2

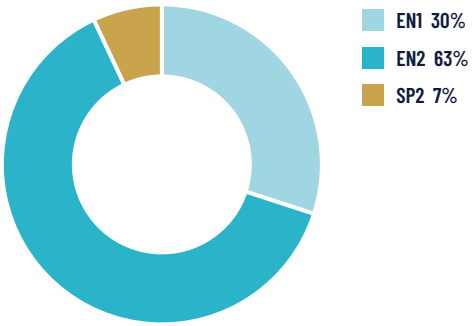
Aerobic Engine

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: fist swim / 3-3-3 (right/left/full)	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	5 x 300 free @ EN2, descend 1-3	3:55	EN2	1,500
Main set	4 x 200 pull w/ paddles, hold strokes count	2:40	EN2	800
Secondary	13 x 25 free @ 100 race pace	0:45	SP2	325
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				4,500

COACHING POINTS

Hold the same stroke count on every repeat. Breathe bilaterally on pull. The goal is sustainable speed, not heroics.

VOLUME BY ZONE



Session facts	
Primary system	EN2
Total volume	4,500 yd
Est. duration	98 min
Best phase	Race Development

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Builds mitochondrial density and capillary networks — the engine every event above 50 depends on.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 10 OF 12 · SP1

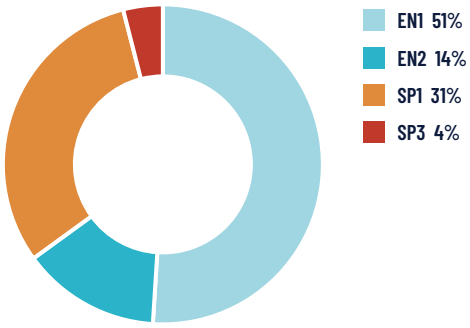
VO2 Max Rounds

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: fingertip drag / single-arm 25s	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	3 rounds: 4 x 100 free @ 90% (HR 180+)	1:35	SP1	1,200
Main set	200 easy recovery between rounds	2:00 rest	EN1	600
Secondary	6 x 25 free dive sprint, max velocity	1:00	SP3	150
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,825

COACHING POINTS

Heart rate above 180 by the 3rd repeat of each round. Full 200 easy between rounds keeps quality high.

VOLUME BY ZONE



Session facts	
Primary system	SP1
Total volume	3,825 yd
Est. duration	83 min
Best phase	Sharpen & Race

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Expands maximal oxygen uptake through repeated efforts at 90%+ of max heart rate.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 11 OF 12 · EN3

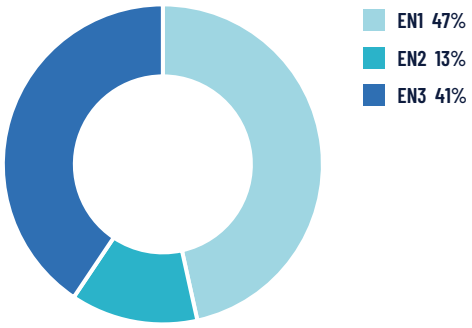
Threshold Builder

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: 3-3-3 (right/left/full) / 6-kick switch	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	9 x 100 free @ threshold (CSS) pace	1:20	EN3	900
Main set	4 x 200 IM, hold 1:00 per 50 average	3:05	EN3	800
Secondary	6 x 100 as 25 drill / 50 swim / 25 build	1:40	EN1	600
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				4,175

COACHING POINTS

Pace should feel 'comfortably hard' — you could hold it for 30 minutes. Record your average; it becomes next week's target.

VOLUME BY ZONE



Session facts	
Primary system	EN3
Total volume	4,175 yd
Est. duration	91 min
Best phase	Sharpen & Race

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Raises the speed you can hold before lactate accumulates. The single best predictor of 200-1650 performance.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 12 OF 12 · SP2

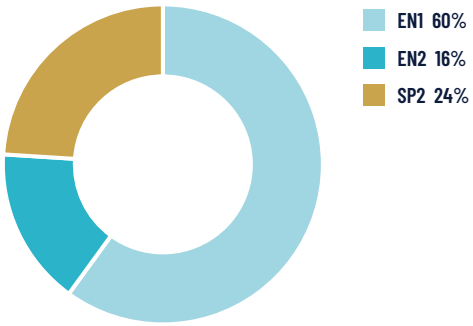
Race Pace Precision

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: single-arm 25s / catch-up with paddles	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	15 x 25 free @ 100 race pace	0:40	SP2	375
Main set	8 x 50 free @ 200 race pace	1:05	SP2	400
Secondary	6 x 100 as 25 drill / 50 swim / 25 build	1:40	EN1	600
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,250

COACHING POINTS

Use a pace clock or tempo trainer. Within 0.3 s of goal pace = success. Miss twice in a row: take an extra 15 s rest.

VOLUME BY ZONE



Session facts	
Primary system	SP2
Total volume	3,250 yd
Est. duration	71 min
Best phase	Sharpen & Race

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Rehearses exact goal-race speed and stroke rate so race day feels familiar.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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RESOURCE

Weekly Training Plans

Week 1 · Foundation · Aerobic Base & Technique · load 68%

Day	Session	Primary system	Volume	Key standard
Mon AM	Pack #4 — VO2 Max Rounds	SP1	2600	Hold pace ±1s
Mon PM	Pack #5 — Distance Engine	EN2	3500	Stroke count -1
Tue	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	HR within zone
Wed	Pack #7 — Race Pace Precision	SP2	2000	Best average
Thu	Pack #8 — Distance Engine	EN2	3500	Hold pace ±1s
Fri	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	Stroke count -1
Sat	Pack #10 — VO2 Max Rounds	SP1	2600	HR within zone

Week 2 · Foundation · Aerobic Base & Technique · load 72%

Day	Session	Primary system	Volume	Key standard
Mon AM	Pack #7 — Race Pace Precision	SP2	2100	Hold pace ±1s
Mon PM	Pack #8 — Distance Engine	EN2	3700	Stroke count -1
Tue	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	HR within zone
Wed	Pack #10 — VO2 Max Rounds	SP1	2700	Best average
Thu	Pack #11 — Threshold Builder	EN3	3000	Hold pace ±1s
Fri	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	Stroke count -1
Sat	Pack #1 — Distance Engine	EN2	3800	HR within zone

Week 3 · Foundation · Aerobic Base & Technique · load 76%

Day	Session	Primary system	Volume	Key standard
Mon AM	Pack #10 — VO2 Max Rounds	SP1	2900	Hold pace ±1s
Mon PM	Pack #11 — Threshold Builder	EN3	3100	Stroke count -1
Tue	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	HR within zone
Wed	Pack #1 — Distance Engine	EN2	4100	Best average
Thu	Pack #2 — Threshold Builder	EN3	3100	Hold pace ±1s
Fri	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	Stroke count -1
Sat	Pack #4 — VO2 Max Rounds	SP1	2900	HR within zone

Week 4 · Aerobic Build · Threshold & Consistency · load 68%

Day	Session	Primary system	Volume	Key standard
Mon AM	Pack #1 — Distance Engine	EN2	3600	Hold pace ±1s
Mon PM	Pack #2 — Threshold Builder	EN3	2800	Stroke count -1

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Day	Session	Primary system	Volume	Key standard
Tue	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	HR within zone
Wed	Pack #4 — VO2 Max Rounds	SP1	2600	Best average
Thu	Pack #5 — Distance Engine	EN2	3500	Hold pace ±1s
Fri	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	Stroke count -1
Sat	Pack #7 — Race Pace Precision	SP2	2000	HR within zone

Week 5 · Aerobic Build · Threshold & Consistency · load 84%

Day	Session	Primary system	Volume	Key standard
Mon AM	Pack #4 — VO2 Max Rounds	SP1	3200	Hold pace ±1s
Mon PM	Pack #5 — Distance Engine	EN2	4300	Stroke count -1
Tue	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	HR within zone
Wed	Pack #7 — Race Pace Precision	SP2	2400	Best average
Thu	Pack #8 — Distance Engine	EN2	4300	Hold pace ±1s
Fri	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	Stroke count -1
Sat	Pack #10 — VO2 Max Rounds	SP1	3200	HR within zone

Week 6 · Aerobic Build · Threshold & Consistency · load 88%

Day	Session	Primary system	Volume	Key standard
Mon AM	Pack #7 — Race Pace Precision	SP2	2600	Hold pace ±1s
Mon PM	Pack #8 — Distance Engine	EN2	4500	Stroke count -1
Tue	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	HR within zone
Wed	Pack #10 — VO2 Max Rounds	SP1	3300	Best average
Thu	Pack #11 — Threshold Builder	EN3	3600	Hold pace ±1s
Fri	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	Stroke count -1
Sat	Pack #1 — Distance Engine	EN2	4700	HR within zone

Week 7 · Race Development · Race-Pace & Skills · load 92%

Day	Session	Primary system	Volume	Key standard
Mon AM	Pack #10 — VO2 Max Rounds	SP1	3500	Hold pace ±1s
Mon PM	Pack #11 — Threshold Builder	EN3	3800	Stroke count -1
Tue	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	HR within zone
Wed	Pack #1 — Distance Engine	EN2	4900	Best average
Thu	Pack #2 — Threshold Builder	EN3	3800	Hold pace ±1s
Fri	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	Stroke count -1
Sat	Pack #4 — VO2 Max Rounds	SP1	3500	HR within zone

Week 8 · Race Development · Race-Pace & Skills · load 84%

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Day	Session	Primary system	Volume	Key standard
Mon AM	Pack #1 — Distance Engine	EN2	4500	Hold pace ±1s
Mon PM	Pack #2 — Threshold Builder	EN3	3500	Stroke count -1
Tue	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	HR within zone
Wed	Pack #4 — VO2 Max Rounds	SP1	3200	Best average
Thu	Pack #5 — Distance Engine	EN2	4300	Hold pace ±1s
Fri	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	Stroke count -1
Sat	Pack #7 — Race Pace Precision	SP2	2400	HR within zone

Week 9 · Race Development · Race-Pace & Skills · load 100%

Day	Session	Primary system	Volume	Key standard
Mon AM	Pack #4 — VO2 Max Rounds	SP1	3800	Hold pace ±1s
Mon PM	Pack #5 — Distance Engine	EN2	5200	Stroke count -1
Tue	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	HR within zone
Wed	Pack #7 — Race Pace Precision	SP2	2900	Best average
Thu	Pack #8 — Distance Engine	EN2	5200	Hold pace ±1s
Fri	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	Stroke count -1
Sat	Pack #10 — VO2 Max Rounds	SP1	3800	HR within zone

Week 10 · Sharpen & Race · Sharpen & Rest · load 98%

Day	Session	Primary system	Volume	Key standard
Mon AM	Pack #7 — Race Pace Precision	SP2	2900	Hold pace ±1s
Mon PM	Pack #8 — Distance Engine	EN2	5100	Stroke count -1
Tue	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	HR within zone
Wed	Pack #10 — VO2 Max Rounds	SP1	3700	Best average
Thu	Pack #11 — Threshold Builder	EN3	4000	Hold pace ±1s
Fri	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	Stroke count -1
Sat	Pack #1 — Distance Engine	EN2	5200	HR within zone

Week 11 · Sharpen & Race · Sharpen & Rest · load 87%

Day	Session	Primary system	Volume	Key standard
Mon AM	Pack #10 — VO2 Max Rounds	SP1	3300	Hold pace ±1s
Mon PM	Pack #11 — Threshold Builder	EN3	3600	Stroke count -1
Tue	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	HR within zone
Wed	Pack #1 — Distance Engine	EN2	4600	Best average
Thu	Pack #2 — Threshold Builder	EN3	3600	Hold pace ±1s
Fri	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	Stroke count -1
Sat	Pack #4 — VO2 Max Rounds	SP1	3300	HR within zone

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Week 12 · Sharpen & Race · Sharpen & Rest · load 76%

Day	Session	Primary system	Volume	Key standard
Mon AM	Pack #1 — Distance Engine	EN2	4100	Hold pace ±1s
Mon PM	Pack #2 — Threshold Builder	EN3	3100	Stroke count -1
Tue	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	HR within zone
Wed	Pack #4 — VO2 Max Rounds	SP1	2900	Best average
Thu	Pack #5 — Distance Engine	EN2	3900	Hold pace ±1s
Fri	Dryland + aerobic recovery swim	EN1 / RPE 6	45 min	Stroke count -1
Sat	Pack #7 — Race Pace Precision	SP2	2200	HR within zone

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RESOURCE

Technique Drill Sheet

#	Drill	Purpose	Dosage	Progression
1	6-Kick Switch	Alignment	7 x 50	Add fins remove
2	Catch-Up With Paddles	Early vertical forearm	7 x 50	Add paddles
3	Fist Swim	Rotation timing	7 x 50	Build to race tempo
4	Fingertip Drag	Breath control	7 x 50	Snorkel normal
5	3-3-3 (Right/Left/Full)	Rhythm	7 x 50	Add fins remove
6	Single-Arm 25S	Kick connection	7 x 50	Add paddles
7	Im Order 25 Drill/25 Swim	Alignment	7 x 50	Build to race tempo
8	Fly-Back Turn Rehearsal	Early vertical forearm	7 x 50	Snorkel normal
9	Back-Breast Crossover	Rotation timing	7 x 50	Add fins remove
10	Breast-Free Transitions	Breath control	7 x 50	Add paddles

COACH'S RULE

Never swim a drill badly. Drill quality is the session: when form breaks, shorten the rep or add fins. Two perfect 25s beat eight sloppy 50s.

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Progress Tracking Log

Date	Session	Main set result	RPE	Sleep (h)	Notes

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RESOURCE

Goal Setting Worksheet

Level	Goal	Measure	Deadline	Status
Dream (outcome)		Time / place	Season end	
Season (performance)		Best time		
Month (process)		Training metric		
Week (process)		Attendance / log		
Daily (habit)		Yes / No	Daily	

Use SMART structure: Specific, Measurable, Achievable, Relevant, Time-bound. Review every Sunday with your coach.

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MEASURE WHAT MATTERS

Benchmark Testing

Test	Protocol	Week 1	Mid-point	Final	Change
T-30	30 min continuous free, count yards				
10 x 100 @ 1:30	Average time				
Dive 50 best stroke	Electronic or hand time				
15 m breakout	Push, time to head at 15 m				
Stroke count	25 @ 200 pace				
Vertical jump	Best of 3				
Pull-ups	Max strict reps				

Race pace reference chart

100 goal	25	50	75	100	200 pace/100
48.0	11.3	23.0	35.3	48.0	51.8
51.0	12.0	24.5	37.5	51.0	55.1
54.0	12.7	25.9	39.7	54.0	58.3
57.0	13.4	27.4	41.9	57.0	61.6
60.0	14.1	28.8	44.1	60.0	64.8
63.0	14.8	30.2	46.3	63.0	68.0
66.0	15.5	31.7	48.5	66.0	71.3
69.0	16.2	33.1	50.7	69.0	74.5
72.0	16.9	34.6	52.9	72.0	77.8
75.0	17.6	36.0	55.1	75.0	81.0
78.0	18.3	37.4	57.3	78.0	84.2

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EXCLUSIVE BONUS

Race Pace Chart

Find your goal time, read across for target splits. Print and laminate for the pool deck.

100 goal	25	50	75	100	200 pace/100
48.0	11.3	23.0	35.3	48.0	51.8
51.0	12.0	24.5	37.5	51.0	55.1
54.0	12.7	25.9	39.7	54.0	58.3
57.0	13.4	27.4	41.9	57.0	61.6
60.0	14.1	28.8	44.1	60.0	64.8
63.0	14.8	30.2	46.3	63.0	68.0
66.0	15.5	31.7	48.5	66.0	71.3
69.0	16.2	33.1	50.7	69.0	74.5
72.0	16.9	34.6	52.9	72.0	77.8
75.0	17.6	36.0	55.1	75.0	81.0
78.0	18.3	37.4	57.3	78.0	84.2

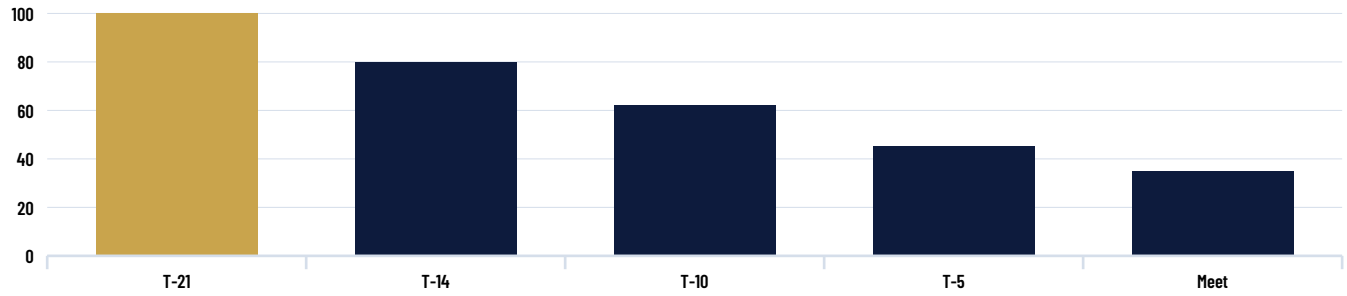
200 goal	50	100	150	200
1:45	24.7	50.9	77.7	1:45
1:53	26.6	54.8	83.6	1:53
2:01	28.4	58.7	89.5	2:01
2:09	30.3	62.6	95.5	2:09
2:17	32.2	66.4	101.4	2:17
2:25	34.1	70.3	107.3	2:25
2:33	36.0	74.2	113.2	2:33
2:41	37.8	78.1	119.1	2:41
2:49	39.7	82.0	125.1	2:49
2:57	41.6	85.8	131.0	2:57

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EXCLUSIVE BONUS

Championship Taper Protocol

VOLUME VS. NORMAL WEEK (%)



Days out	Volume	Intensity	Key session
21–15	80%	Maintain	Last hard aerobic
14–8	60–65%	High, short	Race-pace 25s / 50s
7–3	40–50%	Sharp	Broken swims + starts
2–0	30%	Openers	Dive 25s, relax

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EXCLUSIVE BONUS

Season Goal Map

Milestone	Date	Target	Support needed	Done
First meet				[ ]
Mid-season test				[ ]
Conference / qualifier				[ ]
Championship				[ ]
Season review				[ ]

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OFF THE POOL DECK

Fuel, Recovery & Wellbeing

Window	What to eat	Example
2-3 h before	Carb-rich meal, moderate protein	Rice bowl with chicken, fruit
30-60 min before	Light carbs	Banana, toast with honey
During (90 min+)	Fluids + electrolytes	500-750 ml sports drink
0-60 min after	3:1 carbs : protein	Chocolate milk, yogurt + granola
Daily	Protein 1.4-1.8 g/kg	Spread across 4-5 meals

BACK-OFF SIGNALS

Resting heart rate up 5+ bpm for 3 days · sleep under 7 h for a week · persistent shoulder pain · loss of motivation. Any two: replace the next hard session with EN1 + mobility and tell your coach.

Glossary

Term	Meaning
CSS	Critical Swim Speed — threshold pace per 100
DPS	Distance per stroke
Taper	Planned volume reduction before a peak meet
Negative split	Second half faster than first
Breakout	Transition from underwater to surface swimming
RPE	Rate of perceived exertion, 1-10
Microcycle	One training week
Macrocycle	The full season plan

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