



	TARGET SYSTEM	SET DISTANCE	SET DURATION	HEART RATE (BPM)	HEART RATE (%MAX)	WORK:REST	SAMPLE SET
REC RECOVERY WHITE	AEROBIC			<140	N/A	N/A	600 SWIM, BASIC WARM-UP & WARM DOWN
EN1 ENDURANCE 1 PINK	AEROBIC	1500 - 5000	> 15 MIN.	140 - 160	N/A	:10 - :30 REST	6 - 12 X 400 SWIM/ :10 REST
EN2 ENDURANCE 2 RED	AEROBIC DEVELOPMENT/ ANAEROBIC THRESHOLD	800 - 4000	10 - 60 MIN.	160 - 180	80 - 90	:15 - :30 REST	4 - 10 X 300 SWIM/ :15 REST
EN3 ENDURANCE 3 BLUE	AEROBIC/ ANAEROBIC MIX	600 - 2500	8 - 30 MIN.	180 - MAX	90 - 100	:30 - :60 REST	4 - 8 X 200 SWIM/ :30 REST
SP1 SPRINT 1 PURPLE	LACTATE	200 - 800	2 - 15 MIN.	MAX	100	2:1 - 1:1	2 - 3 SETS OF 8 - 12 X 50/ :10 - :30 REST
SP2 SPRINT2 GREEN	LACTATE	200 - 600	4 - 12 MIN.	MAX	100	1:2 - 1:4	4 X 75 SWIM/ 3 - 4 MIN. REST OR 6 X 50/ 2 MIN. REST
SP3 SPRINT 3 GOLD	POWER/ RESISTANCE	25 - 200	1 - 10 MIN.	MAX	100	1:3 - 1:4	POWER RACKS, CHUTES, BELTS,ETC.
PLA1 PLATINUM 1 PERFECT SPEED	ALACTATE	25 - 100	1 - 2 MIN.	MAX	100	1:3 - 1:4	4 - 6 STARTS TO 15 METERS/ 1MIN. REST OR 6 - 8 12.5/ :45 REST
PLA2 PLATINUM 2	ALACTATE/ SPRINT ASSIST	25 - 100	1 - 2 MIN.	MAX	100	1:3 - 1:4	FINS, FINS & PADDLES, BELTS, ETC.