

ENERGY ZONE	DISTANCE (yards)	DURATION (minutes)	HEART RATE (% of max)	REST or WORK TO REST RATIO	EXAMPLE (advanced swimmer)
RECOVERY (EASY)	varies	varies	< 70	n/a	500 easy free warmup
EN1 (MODERATE)	1,000 - 4,000	> 15	70 - 80	10 - 15 sec. rest	6x 400 free @10 sec. rest
EN2 (ENDURANCE)	600 - 2,000	10 to 40	80 - 90	15 - 30 sec. rest	4x 300 free @15 sec. rest
EN3 (THRESHOLD)	400 - 1,600	6 to 30	90 - 100	30 - 45 sec. rest	4x 150 free @30 sec. rest
SP1 (BEST AVERAGE)	200 - 600	2 to 15	95 - 100	2:1 - 1:1	6x 50 fast free @45 sec. rest
SP2 (RACE PACE)	200 - 600	4 to 12	100	1:2 - 1:4	4x 50 race pace free @60 sec. rest
SP3 (SPRINT)	25 - 100	1 to 2	100	1:3 - 1:4	4x25 free max speed @90 sec. rest