

DAY/DATE: MONDAY/SEPT. 30, 2013

FOCUS: DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 swim 200 kick 200 pull
EN-1	600 pull: breathe 3/5/3/5/3/5 by 100's
EN-1 TO EN-2	4 x 150 swim @ 2:30 or r=15 • descend times 1-4
EN-1	200 kick: moderate effort
EN-1 TO EN-2	12 x 50 swim @ 1:00 or r=15 • descend times 1-3, 4-6, 7-9, 10-12
EN-1	16 x 25 swim @ 35 or r=10 • descend stroke count 1-4, 5-8, 9-12, 13-16

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/OCTOBER 1, 2013

FOCUS: IM

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 swim 200 kick 200 pull
EN-1	6 x 50 @ r=10 ▪ 25 scull/25 pull
EN-1	4 x 75 kick @ r=15 ▪ IM order
EN-2	Set borrowed from Bill Sweetenham: ▪ 1 x 150 swim @ 3:10 or r=20 ▪ 50 back/50 breast/50 free ▪ 2 x 50 swim @ 1:10 or r=20 ▪ #1 50 fly, #2 25 fly/25 back ▪ 1 x 150 swim @ 3:10 or r=20 ▪ 50 back/50 breast/50 free ▪ 2 x 50 swim @ 1:10 or r=20 ▪ #1 50 back, #2 25 back/25 breast ▪ 1 x 150 swim @ 3:10 or r=20 ▪ 50 back/50 breast/50 free ▪ 2 x 50 swim @ 1:10 or r=20 ▪ #1 50 breast, #2 25 breast/25 free ▪ 1 x 150 swim @ 3:10 or r=20 ▪ 50 back/50 breast/50 free ▪ 2 x 50 free @ 1:00 or r=15
REC	300 choice

TOTAL: 2500 METERS

Workouts Off the Beaten Path

SJ Black, PhD

www.workoutsoffthebeatenpath.wordpress.com

DAY/DATE: WEDNESDAY/OCTOBER 2, 2013

FOCUS: MID-DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 swim, 2 x 50 swim @ r=10 200 kick, 2 x 50 kick @ r=10 200 pull, 2 x 50 pull @ r=10
EN-1 TO EN-3	<ul style="list-style-type: none">• 300 free @ 5:00 or r=30<ul style="list-style-type: none">• even split• 2 x 50 best stroke @ 1:10 or r=20<ul style="list-style-type: none">• 25 build/25 DPS• 1 x 300 free @ 5:00 or r=30<ul style="list-style-type: none">• negative split by 2 seconds• 2 x 50 best stroke @ 1:10 or r=20<ul style="list-style-type: none">• 25 build/25 DPS• 1 x 300 free @ 5:00 or r=30<ul style="list-style-type: none">• negative split by 4 seconds• 2 x 50 best stroke @ 1:10 or r=20<ul style="list-style-type: none">• 25 build/25 DPS• 1 x 300 free @ 5:00 or r=30<ul style="list-style-type: none">• negative split by 6 seconds• 2 x 50 best stroke @ 1:10 or r=20<ul style="list-style-type: none">• 25 build/25 DPS
EN-1/EN-3	300 kick: 25 easy/25 fast
REC	200: 25 scull/25 pull

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/OCTOBER 3, 2013

FOCUS: STROKE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	400 swim
EN-1	10 x 25 drill @ 45 or r=15 <ul style="list-style-type: none">• 25 short axis stroke/25 long axis stroke
EN-1	10 x 50 (25 drill/25 swim) @ 1:10 or r=15 <ul style="list-style-type: none">• 50 short axis stroke/50 long axis stroke
EN-1	500 pull: breathe 3/5/3/5 by 100's
EN-2	10 x 25 swim @ 45 or r=15 <ul style="list-style-type: none">• 25 short axis stroke/25 long axis stroke
EN-2	10 x 50 swim @ 1:10 or r=15 <ul style="list-style-type: none">• 25 short axis stroke/25 long axis stroke
REC	100 swim

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/OCTOBER 4, 2013

FOCUS: SPRINT-BASED

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 swim 2 x 25 swim @ r=10 200 kick 2 x 25 kick @ r=10
EN-1	8 x 25 @ r=10 <ul style="list-style-type: none">• 25 drill/25 build
EN-1 TO EN-3	Report stroke counts for 25's 12 x 50 swim @ 1:10 or r=25 <ul style="list-style-type: none">• evens: 25 max speed/25 DPS• odds: 25 DPS/25 max speed 1 x 200 easy 8 x 50 swim @ 1:05 or r=20 <ul style="list-style-type: none">• evens: 25 max speed/25 DPS• odds: 25 DPS/25 max speed 1 x 200 easy 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none">• evens: 25 max speed/25 DPS• odds: 25 DPS/25 max speed
REC	100 choice

TOTAL: 2500 METERS