

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 150 kick: 50 fly/50 back/50 breast</li> <li>• 150: 25 scull/25 pull</li> </ul>
EN-1	<p><b><u>4 x thru (odd rounds = free, even rounds = back:</u></b></p> <ul style="list-style-type: none"> <li>• 1 x 25 "rotational" kick @ 45 or r=10 <ul style="list-style-type: none"> <li>◦ arms at sides, head still, rotate side-to-side</li> </ul> </li> <li>• 1 x 50 "single-arm" @ 1:15 or r=10 <ul style="list-style-type: none"> <li>◦ 25 r-arm/25 l-arm</li> </ul> </li> <li>• 1 x 75 swim @ 1:45 or r=20 <ul style="list-style-type: none"> <li>◦ excellent streamlining!</li> </ul> </li> </ul>
EN-1 to EN-3	<p><b><u>4 x thru:</u></b></p> <ul style="list-style-type: none"> <li>• 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> <li>◦ negative split (2<sup>nd</sup> 150 faster than 1<sup>st</sup> 150)</li> </ul> </li> <li>• 3 x 50 swim @ 1:00 or r=10 <ul style="list-style-type: none"> <li>◦ choose one stroke, descend times 1-3</li> </ul> </li> <li>• extra 30 seconds rest</li> </ul>
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

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Pace	Set
REC	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 100 kick: IM</li> <li>• 200 drill: IM</li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 1 x 200 IM (with fins) @ 4:00 or r=30 <ul style="list-style-type: none"> <li>◦ 3 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> <li>▪ 25 fly/25 back <ul style="list-style-type: none"> <li>• 6 x 25 fly kick @ 40 or r=10</li> </ul> </li> </ul> </li> </ul> </li> <li>• 1 x 200 IM (with fins) @ 4:00 or r=30 <ul style="list-style-type: none"> <li>◦ 3 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> <li>▪ 25 back/25 breast <ul style="list-style-type: none"> <li>• 6 x 25 back kick @ 40 or r=10</li> </ul> </li> </ul> </li> </ul> </li> <li>• 1 x 200 IM (with fins) @ 4:00 or r=30 <ul style="list-style-type: none"> <li>◦ 3 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> <li>▪ 25 breast/25 free <ul style="list-style-type: none"> <li>• 6 x 25 breast kick @ 40 or r=10</li> </ul> </li> </ul> </li> </ul> </li> </ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 4 x 25 fly @ 40 or r=10 <ul style="list-style-type: none"> <li>▪ 3 x 25 back @ 40 or r=10 <ul style="list-style-type: none"> <li>◦ 2 x 25 breast @ 40 or r=10 <ul style="list-style-type: none"> <li>• 1 x 25 free @ 40 or r=10</li> <li>• 1 x 25 fly @ 40 or r=10</li> </ul> </li> <li>◦ 2 x 25 back @ 40 or r=10</li> </ul> </li> <li>▪ 3 x 25 breast @ 40 or r=10</li> </ul> </li> <li>• 4 x 25 free @ 40 or r=10</li> </ul>

Total = 2500

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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
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Pace	Set
REC	<ul style="list-style-type: none"> <li>• 250 swim</li> <li>• 5 x 50 (25 scull/25 pull) @ r=10</li> </ul>
EN-1 to EN-2	<p><u>3 x thru (breathe every 3<sup>rd</sup> stroke):</u></p> <ul style="list-style-type: none"> <li>• 1 x 100 pull @ 1:40 or r=10</li> <li>• 2 x 50 pull @ 55 or r=10</li> <li>• 4 x 25 pull @ 30 or r=5</li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 4 x 75 swim @ 1:20 or r=10 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 4 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 4 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 8 x 50 kick @ 1:00 or r=10 <ul style="list-style-type: none"> <li>◦ 2 each stroke, any order</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 200 pull <ul style="list-style-type: none"> <li>◦ breathe every 3<sup>rd</sup> stroke</li> </ul> </li> </ul>

Total = 3000

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EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
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Pace	Set
REC	<ul style="list-style-type: none"> <li>• 275 swim</li> <li>• 20 deep-water bobs</li> <li>• 25 feet-first sculling</li> </ul>
EN-1 to EN-2	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 4 x 25 fly @ 40 <ul style="list-style-type: none"> <li>◦ breathe every other stroke</li> </ul> </li> <li>• 4 x 50 free @ 1:00 <ul style="list-style-type: none"> <li>◦ breathe every 3<sup>rd</sup> stroke</li> </ul> </li> <li>• 4 x 25 back @ 40 <ul style="list-style-type: none"> <li>◦ deep push-off, surface past flags</li> </ul> </li> <li>• 4 x 50 free @ 1:00 <ul style="list-style-type: none"> <li>◦ breathe every 5<sup>th</sup> stroke</li> </ul> </li> <li>• 4 x 25 breast @ 40 <ul style="list-style-type: none"> <li>◦ eyes look at bottom of pool during pullouts</li> </ul> </li> <li>• 4 x 50 free @ 1:00 <ul style="list-style-type: none"> <li>◦ breathe every 3<sup>rd</sup> stroke</li> </ul> </li> </ul>
EN-1 to EN-2	<p>16 x 25 swim @ 40 or r=10</p> <ul style="list-style-type: none"> <li>• 3 x 25 "stroke" (no freestyle), 1 x 25 freestyle</li> <li>• 2 x 25 "stroke," 2 x 25 freestyle</li> <li>• 1 x 25 "stroke," 3 x 25 freestyle</li> <li>• 4 x 25 freestyle</li> </ul>

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EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 300 swim</li> <li>• 6 x 50 kick @ r=10 <ul style="list-style-type: none"> <li>◦ 2 fly, 2 back, 2 breast</li> </ul> </li> </ul>
EN-1 to SP-1	<p><b><u>3 x thru:</u></b></p> <ul style="list-style-type: none"> <li>• 1 x 200 freestyle @ 3:30 or r=30 <ul style="list-style-type: none"> <li>◦ breathe every 3<sup>rd</sup> stroke</li> </ul> </li> <li>• 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> <li>◦ choose one stroke</li> <li>◦ descend times 1-4</li> </ul> </li> <li>• 8 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> <li>◦ 25 build/25 fast!</li> </ul> </li> <li>• extra 60 seconds rest</li> </ul>
REC	100 choice

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