

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull • 200 swim
EN-1	12 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> • breathe 3/5 by 25's
EN-1	10 x 50 @ 1:00 or r=15 <u>2 x thru:</u> <ul style="list-style-type: none"> • 25 right-arm free/25 swim • 25 left-arm free/25 swim • 25 catch-up free/25 swim • 25 10-beat free/25 swim • 25 choice drill/25 swim
EN-1/ EN-2/EN-3	<u>900 swim:</u> <ul style="list-style-type: none"> • 100 "fairly light" • 100 "somewhat hard" • 100 "hard" • 100 "somewhat hard" • 100 "fairly light" • 100 "somewhat hard" • 100 "hard" • 100 "somewhat hard" • 100 "fairly light"
REC	8 x 25 swim @ r=5 <ul style="list-style-type: none"> • 25 scull w/ flutter kick/25 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

Workouts off the beaten path

SJ Black, PhD

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Pace	Set
REC	400 choice
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1	12 x 25 @ 40 or r=10 • 25 kick/25 drill/25 swim • IM order
EN-1 to EN-2	<u>4 x thru (700 continuous swim):</u> • 25 back • 25 fly • 25 back • 25 breast • 25 free • 25 free • 25 free
EN-1 to EN-2	<u>4 x thru:</u> • 1 x 50 swim @ 1:10 or r=20 ◦ IM order (round 1=fly, round 2=back, round 3=breast, round 4=free) • 1 x 100 IM @ 2:20 or r=30
REC	100 choice

Total = 2500

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	400 choice
EN-1	16 x 25 @ r=10 • 25 scull/25 pull
EN-1 to EN-3	<ul style="list-style-type: none"> • 8 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4, 5-8 • 8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4, 5-8 • 6 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-3, 4-6 • 6 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-3, 4-6 • 4 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 4 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • 2 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-2 • 2 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ◦ all fast
REC	200 choice

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	500 choice
EN-1	20 x 25 @ 40 or r=10 <u>5 x thru:</u> <ul style="list-style-type: none"> • 2 x 25 drill • 2 x 25 swim
EN-1 to EN-2	<u>2 x thru (choose one "stroke" each round):</u> <ul style="list-style-type: none"> • 100 kick @ 2:15 or r=10 <ul style="list-style-type: none"> ▪ 75 kick/25 swim @ 2:15 or r=15 <ul style="list-style-type: none"> ◦ 50 kick/50 swim @ 2:15 or r=20 <ul style="list-style-type: none"> • 25 kick/75 swim @ 2:15 or r=25 <ul style="list-style-type: none"> ▪ 100 swim @ 2:15 or r=30
EN-1 to EN-2	16 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> • 25 "stroke"/25 free
REC	100 swim

Total = 2500

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"> • 4 x 75 @ r=10 <ul style="list-style-type: none"> ◦ 25 drill/50 swim • 6 x 50 @ r=10 <ul style="list-style-type: none"> ◦ 25 kick/25 swim
EN-1	12 x 25 @ r=10 <ul style="list-style-type: none"> • 25 scull with flutter kick/25 build
EN-1 to SP-1	<u>3 x thru:</u> <ul style="list-style-type: none"> • 2 x 75 swim @ 1:30 or r=20 <ul style="list-style-type: none"> ◦ 50 DPS/25 build • 2 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ negative split each 50! • 2 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> ◦ fast! • 1 x 100 swim @ 3:00 or r=60 <ul style="list-style-type: none"> ◦ easy
REC	400 choice

Total = 2500

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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