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| REC | <ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull |
| EN-1 | <p>12 x 50 pull @ 55 or r=10</p> <ul style="list-style-type: none"> • 1-4: breathe every 3rd stroke • 5-8: breathe every 5th stroke • 9-12: breathe every 7th stroke |
| EN-1 to EN-3 | <p><u>Davis Mile: Broken 1650</u> <i>Subtract 2½ minutes to get 1650 time</i></p> <ul style="list-style-type: none"> • 11 lengths (275) @ r=20 • 10 lengths (250) @ r=20 • 9 lengths (225) @ r=20 <ul style="list-style-type: none"> ◦ 8 lengths (200) @ r=15 ◦ 7 lengths (175) @ r=15 ◦ 6 lengths (150) @ r=15 ◦ 5 lengths (125) @ r=15 • 4 lengths (100) @ r=10 • 3 lengths (75) @ r=10 • 2 lengths (50) @ r=10 • 1 length (25) |
| REC | 150 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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| REC to EN-1 | <ul style="list-style-type: none"> • 300 swim • 200 IM kick • 100 IM drill • 8 x 25 swim @ r=10 <ul style="list-style-type: none"> ◦ build each 25 |
| EN-1 to EN-2 | <ul style="list-style-type: none"> • 1 x 300 IM @ 5:30 or r=45 • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 fly/25 back • 1 x 200 IM @ 4:00 or r=30 • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 back/25 breast • 1 x 100 IM @ 2:15 or r=30 • 4 x 50 swim @ 1:10 or r=15 <ul style="list-style-type: none"> ◦ 25 breast/25 free |
| EN-2 | <p>12 x 25 swim or drill @ 40 or r=10</p> <ul style="list-style-type: none"> • 100 IM order |
| REC | 200 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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|--------------|---|
| REC | <ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull |
| EN-1 | <p>12 x 50 @ 1:00 or r=10</p> <p><u>4 x thru:</u></p> <ul style="list-style-type: none"> • 25 10-beat free/25 free • 50 corkscrew (4 strokes free, 5 strokes back) • 25 10-beat back/25 back |
| EN-1 to EN-3 | <p><u>2 x thru:</u></p> <p><i>200 is faster than 200 split in 300, 100 is faster than 100 split in 200, 50 is faster than 50 split in 100 (i.e., pace gets faster as repeat gets shorter)</i></p> <ul style="list-style-type: none"> • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ 1 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ▪ 1 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> • 1 x 50 swim @ 1:15 or r=30 |
| EN-1/SP-1 | <p>12 x 25 @ 30 or r=10</p> <p><u>Alternate:</u></p> <ul style="list-style-type: none"> • 12.5 easy/12.5 fast • 12.5 fast/12.5 easy |
| 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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| REC | 6 x (50 swim, 25 drill, 25 kick) |
| EN-1 | 12 x 25 "stroke" @ 45 or r=15 <u>Alternate:</u> <ul style="list-style-type: none"> • ½ length scull w/ flutter kick/½ length swim • ½ length swim/½ length scull w/ flutter kick |
| EN-1 | 12 x 50 (25 drill/25 swim) @ 1:10 or r=15 <u>4 x thru:</u> <ul style="list-style-type: none"> • 2 x 50 "stroke" • 1 x 50 free |
| EN-1 to EN-2 | 24 x 25 swim @ 40 or r=10-15 <u>8 x thru:</u> <ul style="list-style-type: none"> • 2 x 25 "stroke" • 1 x 25 free |
| EN-1 | 400 pull: breathe every 3 rd stroke |

Total = 2500

| Pace Chart | | | | | |
|------------|---------------|------------------------------|--------|----------------|------------------------------|
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| 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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|--------------|--|
| REC to EN-1 | <ul style="list-style-type: none"> • 400 swim • 4 x 50 @ r=10 <ul style="list-style-type: none"> ◦ 25 DPS/25 build |
| EN-1 to EN-3 | <p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ negative split • 2 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ moderate effort, breathe 3/5 by 25's • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ negative split each 50 • 4 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> ◦ hard effort • 4 x 25 kick @ 45 or r=15 <ul style="list-style-type: none"> ◦ hard effort • 1 x 100 swim @ 3:00 <ul style="list-style-type: none"> ◦ easy effort |
| 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 |
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