

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 100 kick</li> <li>• 8 x 25 @ r=10               <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> </ul>
EN-1 to EN-2	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 1 x 400 pull @ 6:30 or r=30               <ul style="list-style-type: none"> <li>◦ moderate pace</li> </ul> </li> <li>• 2 x 200 pull or swim @ 3:20 or r=20               <ul style="list-style-type: none"> <li>◦ faster pace than 400</li> </ul> </li> <li>• 4 x 100 swim @ 1:40 or r=10               <ul style="list-style-type: none"> <li>◦ descend times 1-4</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

Workouts off the beaten path

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Pace	Set
REC	500 choice
EN-1 to EN-2	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 4 x 25 fly kick @ 45 or r=10 <ul style="list-style-type: none"> <li>◦ 1<sup>st</sup> 12.5 underwater</li> </ul> </li> <li>• 2 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> <li>◦ choice of stroke</li> </ul> </li> </ul>
EN-1 to EN-2	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 4 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> <li>◦ breathe 3/5 by 25's</li> </ul> </li> <li>• 4 x 50 drill @ 1:05 or r=15 <ul style="list-style-type: none"> <li>◦ IM order</li> </ul> </li> <li>• 4 x 75 swim (50 "DPS"/25 fast) @ 1:45 or r=20 <ul style="list-style-type: none"> <li>◦ #1: 50 fly/25 back</li> <li>◦ #2: 50 back/25 breast</li> <li>◦ #3: 50 breast/25 free</li> <li>◦ #4: 50 free/25 fly</li> </ul> </li> <li>• extra 60 seconds between rounds</li> </ul>
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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Pace	Set
REC	<ul style="list-style-type: none"> <li>• 400 swim</li> <li>• 200 kick</li> </ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 1 x 400 pull @ 7:00 or r=60 <ul style="list-style-type: none"> <li>◦ breathe 3/3/5/3 by 100's</li> </ul> </li> <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>• 1 x 300 pull @ 5:15 or r=45 <ul style="list-style-type: none"> <li>◦ breathe 3/5/3 by 100's</li> </ul> </li> <li>• 4 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> <li>◦ breathe 3/5/7/5 by 50's</li> </ul> </li> <li>• 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 1 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> <li>◦ breathe 3/5/7/5 by 25's</li> </ul> </li> <li>• 4 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> </ul>
EN-1/EN-3	12 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> <li>• 25 easy/25 fast</li> </ul>
REC	100 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	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200 kick</li> <li>• 200 pull</li> </ul>
EN-1	8 x 25 drill @ r=10 <ul style="list-style-type: none"> <li>• 2 each stroke, IM order</li> </ul>
EN-1 to EN-2	12 x 75 @ 2:00 or r=20-30 <u>Choose 1 stroke each set of 4 x 75:</u> <ul style="list-style-type: none"> <li>• 75 kick                             <ul style="list-style-type: none"> <li>◦ 50 kick/25 swim                                     <ul style="list-style-type: none"> <li>▪ 25 kick/50 swim</li> <li>• 75 swim</li> </ul> </li> </ul> </li> <li>• 75 swim                             <ul style="list-style-type: none"> <li>◦ 50 swim/25 kick                                     <ul style="list-style-type: none"> <li>▪ 25 swim/50 kick</li> <li>• 75 kick</li> </ul> </li> </ul> </li> <li>• 75 kick                             <ul style="list-style-type: none"> <li>◦ 50 kick/25 swim                                     <ul style="list-style-type: none"> <li>▪ 25 kick/50 swim</li> <li>• 75 swim</li> </ul> </li> </ul> </li> </ul>
EN-1 to EN-2	12 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> <li>• 200 IM order</li> </ul>
REC	200 choice

Total = 2500

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
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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

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 400 swim</li> <li>• 12 x 25 @ r=10               <ul style="list-style-type: none"> <li>◦ 25 kick/25 swim</li> </ul> </li> <li>• 12 x 25 pull @ 30 or r=5               <ul style="list-style-type: none"> <li>◦ breathe 3/5 by 25's</li> </ul> </li> </ul>
EN-1 to SP-1	<p><u>4 x thru (add fins for rounds 3 and 4):</u></p> <ul style="list-style-type: none"> <li>• 2 x 75 @ 1:30 or r=15               <ul style="list-style-type: none"> <li>◦ 50 drill/25 build</li> </ul> </li> <li>• 2 x 50 swim @ 1:10 or r=20               <ul style="list-style-type: none"> <li>◦ 25 fast/25 "DPS"</li> </ul> </li> <li>• 2 x 25 swim @ 45 or r=20               <ul style="list-style-type: none"> <li>◦ all fast!</li> </ul> </li> <li>• extra 60 seconds rest</li> </ul>
REC	<p>12 x 25 @ r=5</p> <ul style="list-style-type: none"> <li>• 25 scull w/ flutter kick/25 swim</li> </ul>

Total = 2500

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EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
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