

REC	300 choice
EN-1	8 x 25 scull with flutter kick @ r=5
EN-1 to EN-2	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 100's • 4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • extra 30 seconds rest
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

REC	300 swim
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1/EN-3	8 x 50 kick @ r=10 • 25 easy/25 fast
EN-1 to EN-2	5 x 75 swim @ 1:40 or r=20 • 25 fly/25 free/25 fly • easy 25 at end of set
EN-1 to EN-2	5 x 75 swim @ 1:40 or r=20 • 25 back/25 free/25 back • easy 25 at end of set
EN-1 to EN-2	5 x 75 swim @ 1:40 or r=20 • 25 breast/25 free/25 breast • easy 25 at end of set
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

Workouts off the beaten path

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REC	400 choice
EN-1 to EN-2	<ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 100's • 4 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ 25 easy/25 fast • 2 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ negative split • 2 x 100 @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 4 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 50's • 1 x 200 @ 4:00 or r=20 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> ◦ 2 x (2 x 50 DPS/2 x 50 build)
EN-3	8 x 25 free (from center of pool) @ 40 or r=15 <ul style="list-style-type: none"> • flip turns practice!
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	500 choice
EN-1	400 pull: negative split
EN-1/EN-2	8 x 50 swim @ 1:00 or r=10 <ul style="list-style-type: none"> • negative split • choice of strokes
EN-1	300 pull: breathe 3/5/3 by 100's
EN-1/EN-3	6 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> • negative split • choice of strokes
EN-1	200 pull: breathe 3/5/3/5 by 50's
EN-2/EN-3	4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> • negative split • choice of strokes
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 to EN-2	<p>12 x 25 swim @ 45 or r=15</p> <ul style="list-style-type: none"> • 25 DPS/25 build/25 fast breakout (12.5 yards or meters), easy to wall
EN-1 to EN-3	<p><u>Tempo/effort increases with each set; extra 60 seconds rest between sets:</u></p> <ul style="list-style-type: none"> • 2 x 150 swim @ 3:00 or r=30 • negative split, descend times 1-2 <ul style="list-style-type: none"> ▪ 4 x 75 swim @ 1:30 or r=15 ▪ descend times 1-4 <ul style="list-style-type: none"> ◦ 12 x 25 swim @ 40 or r=15 ◦ every other one fast!
EN-1/EN-3	200 kick: every 3 rd length fast!
EN-1 to REC	<p>12 x 25 @ r=5</p> <ul style="list-style-type: none"> • 25 scull/25 glide/25 pull
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
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