

REC	500 choice
EN-1 to EN-2	<p>4 x 100 pull @ 1:40 or r=10</p> <ul style="list-style-type: none"> <li>• descend times 1-4</li> </ul> <p>1 x 400 swim @ 6:40 or r=40</p> <ul style="list-style-type: none"> <li>• negative split</li> </ul> <p>2 x 200 pull @ 3:20 or r=20</p> <ul style="list-style-type: none"> <li>• descend times 1-2</li> </ul> <p>2 x 200 swim @ 3:20 or r=20</p> <ul style="list-style-type: none"> <li>• negative split each 200</li> </ul> <p>1 x 400 pull @ 6:40 or r=40</p> <ul style="list-style-type: none"> <li>• negative split</li> </ul> <p>4 x 100 swim @ 1:40 or r=10</p> <ul style="list-style-type: none"> <li>• negative split each 100</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

Workouts off the beaten path

SJ Black, PhD

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REC	400 swim
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 50's
EN-1 to EN-2	16 x 75 swim @ 1:45 or r=20 <u>2 x thru:</u> • 50 fly/25 back • 50 back/25 breast • 50 breast/25 free • 50 free/25 fly • 25 fly/50 back • 25 back/50 breast • 25 breast/50 free • 25 free/50 fly
EN-2	12 x 25 swim @ 40 or r=10 • 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	400 choice
EN-1	5 x 50 @ 1:00 or r=10 • 25 drill/25 swim
EN-1 to EN-2	<u>Pace increases as distance decreases:</u> • 1 x 400 swim @ 6:40 or r=40 ◦ 2 x 300 swim @ 5:00 or r=30 ▪ 3 x 200 swim @ 3:20 or r=20 • 4 x 100 swim @ 1:40 or r=10 ◦ 5 x 50 swim @ 50 or r=5
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	400 choice
EN-1 to EN-2	<p>1 x 500 pull @ 8:00 or r=30</p> <ul style="list-style-type: none"> <li>• breathe 3/5/3/5/3 by 100's</li> </ul> <p>20 x 25 kick @ 45 or r=10</p> <p><u>5 x thru:</u></p> <ul style="list-style-type: none"> <li>• 2 x 25 "stroke"</li> <li>• 2 x 25 choice</li> </ul> <p>2 x 250 swim @ 5:00 or r=20</p> <ul style="list-style-type: none"> <li>• 50 free/50 stroke/50 free/50 stroke/50 free</li> </ul> <p>10 x 50 swim @ 1:00 or r=10</p> <p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 3 x 50 "stroke"</li> <li>• 2 x 50 choice</li> </ul>
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

REC	6 x (25 swim/25 drill/50 kick)
EN-1	8 x 25 (25 scull/25 pull) @ r=5
EN-1 to EN-2	12 x 25 @ 40 or r=10 • 25 drill/25 build
EN-3/REC	10 x 50 swim @ 1:10 or r=20-30 • odd 50's: best 200 pace + 1 second • even 50's: easy
EN-1	8 x 25 scull with flutter kick @ r=5
SP-1/REC	10 x 25 swim @ 45 or r=20-25 • odd 25's: best 100 pace + 1 second • even 25's: easy
EN-1	2 x (25 scull/25 glide/25 pull)
EN-1 to REC	300 swim: ascend pace by 100's

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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