

DAY/DATE: MONDAY/OCTOBER 14, 2019

FOCUS: DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 IM kick</li><li>• 200 pull</li><li>• 200 IM drill</li></ul>
EN-1	600 pull: breathe 3/5/3/5/3/5 by 100's
EN-1 TO EN-2	4 x 150 swim @ 2:30 or r=15 <ul style="list-style-type: none"><li>• descend times 1-4</li></ul>
EN-1 TO EN-2	8 x 75 swim @ 1:20 or r=15 <ul style="list-style-type: none"><li>• descend times 1-4, 5-8</li></ul>
EN-1	16 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"><li>• descend stroke count 1-4, 5-8, 9-12, 13-16</li></ul>

Total = 3000

DAY/DATE: TUESDAY/OCTOBER 15, 2019

FOCUS: IM

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC TO EN-1	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200 kick</li> <li>• 200 pull</li> <li>• 6 x 50 @ r=10               <ul style="list-style-type: none"> <li>◦ 25 scull/25 pull</li> </ul> </li> <li>• 4 x 75 kick @ r=15               <ul style="list-style-type: none"> <li>◦ IM order</li> </ul> </li> </ul>
EN-1 TO EN-2	<ul style="list-style-type: none"> <li>• 1 x 150 swim @ 3:10 or r=20               <ul style="list-style-type: none"> <li>◦ 50 back/50 breast/50 free</li> </ul> </li> <li>• 2 x 50 swim @ 1:10 or r=20               <ul style="list-style-type: none"> <li>◦ #1 50 fly, #2 25 fly/25 back</li> </ul> </li> <li>• 1 x 150 swim @ 3:10 or r=20               <ul style="list-style-type: none"> <li>◦ 50 back/50 breast/50 free</li> </ul> </li> <li>• 2 x 50 swim @ 1:10 or r=20               <ul style="list-style-type: none"> <li>◦ #1 50 back, #2 25 back/25 breast</li> </ul> </li> <li>• 1 x 150 swim @ 3:10 or r=20               <ul style="list-style-type: none"> <li>◦ 50 back/50 breast/50 free</li> </ul> </li> <li>• 2 x 50 swim @ 1:10 or r=20               <ul style="list-style-type: none"> <li>◦ #1 50 breast, #2 25 breast/25 free</li> </ul> </li> <li>• 1 x 150 swim @ 3:10 or r=20               <ul style="list-style-type: none"> <li>◦ 50 back/50 breast/50 free</li> </ul> </li> <li>• 2 x 50 free @ 1:00 or r=15</li> </ul>
REC	300 choice

Total = 2500

Workouts off the beaten path  
SJ Black, PhD

[www.workoutsoffthebeatenpath.wordpress.com](http://www.workoutsoffthebeatenpath.wordpress.com)

DAY/DATE: WEDNESDAY/OCTOBER 16, 2019

FOCUS: MID-DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	<ul style="list-style-type: none"> <li>• 200 swim, 2 x 50 swim @ r=10</li> <li>• 200 kick, 2 x 50 kick @ r=10</li> <li>• 200 pull, 2 x 50 pull @ r=10</li> </ul>
EN-1 TO EN-3	<ul style="list-style-type: none"> <li>• 1 x 300 free @ 5:00 or r=30               <ul style="list-style-type: none"> <li>◦ even split</li> </ul> </li> <li>• 2 x 50 swim @ 1:10 or r=20               <ul style="list-style-type: none"> <li>◦ 25 build/25 DPS</li> </ul> </li> <li>• 1 x 300 free @ 5:00 or r=30               <ul style="list-style-type: none"> <li>◦ negative split by 2 seconds</li> </ul> </li> <li>• 2 x 50 swim @ 1:10 or r=20               <ul style="list-style-type: none"> <li>◦ 25 build/25 DPS</li> </ul> </li> <li>• 1 x 300 free @ 5:00 or r=30               <ul style="list-style-type: none"> <li>◦ negative split by 4 seconds</li> </ul> </li> <li>• 2 x 50 swim @ 1:10 or r=20               <ul style="list-style-type: none"> <li>◦ 25 build/25 DPS</li> </ul> </li> <li>• 1 x 300 free @ 5:00 or r=30               <ul style="list-style-type: none"> <li>◦ negative split by 6 seconds</li> </ul> </li> <li>• 2 x 50 swim @ 1:10 or r=20               <ul style="list-style-type: none"> <li>◦ 25 build/25 DPS</li> </ul> </li> </ul>
EN-1/EN-2	300 kick: 25 easy/25 fast
REC	200: 25 scull/25 pull

Total = 3000

DAY/DATE: THURSDAY/OCTOBER 17, 2019

FOCUS: STROKE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	<b>400 swim</b>
EN-1	<b>10 x 25 drill @ 40 or r=10</b> <ul style="list-style-type: none"><li>• 25 "short axis" stroke/25 "long axis" stroke</li></ul>
EN-1 TO EN-2	<b>10 x 50 swim @ 1:05 or r=15</b> <ul style="list-style-type: none"><li>• 50 "short axis" stroke/50 "long axis" stroke</li></ul>
EN-1	<b>500 pull: breathe 3/5/3/5/3 by 100's</b>
EN-1 TO EN-2	<b>10 x 50 swim @ 1:05 or r=15</b> <ul style="list-style-type: none"><li>• 25 "short axis" stroke/25 "long axis" stroke</li></ul>
EN-1 TO EN-2	<b>10 x 25 swim @ 40 or r=10</b> <ul style="list-style-type: none"><li>• 25 "short axis" stroke/25 "long axis" stroke</li></ul>
REC	<b>100 swim</b>

Total = 2500

"short axis" strokes = breaststroke, fly

"long axis" strokes = backstroke, freestyle

DAY/DATE: FRIDAY/OCTOBER 18, 2019

FOCUS: SPEED

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 2 x 25 swim @ r=10</li> <li>• 200 kick</li> <li>• 2 x 25 kick @ r=10</li> </ul>
EN-1	<p>8 x 25 @ r=10</p> <ul style="list-style-type: none"> <li>• 25 drill/25 build</li> </ul>
REC TO SP-1	<ul style="list-style-type: none"> <li>• 12 x 50 swim @ 1:10 or r=25               <ul style="list-style-type: none"> <li>◦ odds: 25 DPS/25 max speed</li> <li>◦ evens: 25 max speed/25 DPS</li> </ul> </li> <li>• 200 easy</li> <li>• 8 x 50 swim @ 1:05 or r=20               <ul style="list-style-type: none"> <li>◦ odds: 25 DPS/25 max speed</li> <li>◦ evens: 25 max speed/25 DPS</li> </ul> </li> <li>• 200 easy</li> <li>• 4 x 50 swim @ 1:00 or r=15               <ul style="list-style-type: none"> <li>◦ odds: 25 DPS/25 max speed</li> <li>◦ evens: 25 max speed/25 DPS</li> </ul> </li> </ul>
REC	100 choice

Total = 2500