

DAY/DATE: MONDAY/JANUARY 25, 2021

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>• 100 kick</li><li>• 200 (25 drill/25 swim)</li></ul>
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 600 pull @ 9:40 or r=40<ul style="list-style-type: none"><li>◦ breathe 3/5/3/7/3/5 by 100's</li></ul></li><li>• 4 x 150 swim @ 2:40 or r=20<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 400 pull @ 6:20 or r=20<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 100's</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>• 200 pull @ 3:20 or r=20<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 50's</li></ul></li><li>• 4 x 50 swim @ 55 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li></ul>
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/JANUARY 26, 2021

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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li></ul>
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"><li>• breathe 3/5 by 25's</li></ul>
EN-2	<u>4 x thru:</u> <ul style="list-style-type: none"><li>• 4 x 25 swim @ 40 or r=10<ul style="list-style-type: none"><li>◦ 100 IM order</li></ul></li><li>• 1 x 100 IM @ 2:20 or r=40</li></ul>
EN-1	200 kick
EN-1 TO EN-2	8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"><li>• 2 of each stroke</li></ul>
REC	300 choice

Total = 2500

DAY/DATE: WEDNESDAY/JANUARY 27, 2021

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	<b>500 choice</b>
EN-1	<b>12 x 25 @ r=10</b> <ul style="list-style-type: none"><li>• 25 kick/25 drill/25 swim</li></ul>
EN-1 TO EN-3	<b>20 x 75 @ 1:30 or r=20-30</b> <ul style="list-style-type: none"><li>• 1-4 @ EN-1 pace<ul style="list-style-type: none"><li>◦ 5-8 @ EN-2 pace</li><li>▪ 9-12 @ EN-3 pace</li></ul></li><li>• 13-16 @ EN-2 pace<ul style="list-style-type: none"><li>◦ 17-20 @ EN-1 pace</li></ul></li></ul>
SP-1/EN-1	<b>20 x 25 @ 40 or r=10</b> <b>5 x thru:</b> <ul style="list-style-type: none"><li>• 3 x 25: ½ length underwater dolphin kick/ ½ length easy swim</li><li>• 1 x 25: DPS</li></ul>
REC	<b>200 choice</b>

Total = 3000

DAY/DATE: THURSDAY/JANUARY 28, 2021

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>300 swim</b>
EN-1	<ul style="list-style-type: none"> <li>• 100 pull @ 1:40 or r=10               <ul style="list-style-type: none"> <li>◦ 200 pull @ 3:20 or r=20                   <ul style="list-style-type: none"> <li>▪ 300 pull @ 5:00 or r=30</li> </ul> </li> <li>◦ 200 pull @ 3:20 or r=20</li> </ul> </li> <li>• 100 pull @ 1:40 or r=10</li> </ul>
EN-1 TO EN-2	<ul style="list-style-type: none"> <li>• 6 x 25 stroke @ 40 or r=10               <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 1 x 50 swim @ 60 or r=10               <ul style="list-style-type: none"> <li>◦ 25 stroke/25 free</li> </ul> </li> <li>• 6 x 25 stroke @ 40 or r=10               <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 1 x 100 swim @ 2:00 or r=20               <ul style="list-style-type: none"> <li>◦ 50 stroke/50 free</li> </ul> </li> <li>• 6 x 25 stroke @ 40 or r=10               <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 1 x 150 swim @ 3:00 or r=30               <ul style="list-style-type: none"> <li>◦ 75 stroke/75 free</li> </ul> </li> <li>• 6 x 25 stroke @ 40 or r=10               <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 1 x 200 swim @ 4:00 or r=40               <ul style="list-style-type: none"> <li>◦ 100 stroke/100 free</li> </ul> </li> </ul>
REC	<b>200 choice</b>

Total = 2500

Workouts off the beaten path

SJ Black, PhD

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

DAY/DATE: FRIDAY/JANUARY 29, 2021

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>• 200 kick</li><li>• 200 pull</li></ul>
EN-1	8 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"><li>• 25 drill/25 build</li></ul>
EN-1/SP-1	12 x 25 swim @ 45 or r=15 <u>3 x thru:</u> <ul style="list-style-type: none"><li>• 12.5 easy/12.5 fast</li><li>• 12.5 fast/12.5 easy</li><li>• 25 easy</li><li>• 25 fast</li></ul>
EN-1/SP-1	12 x 50 @ 1:10 or r=20 <u>3 x thru:</u> <ul style="list-style-type: none"><li>• 25 easy/25 fast</li><li>• 25 fast/25 easy</li><li>• 50 easy</li><li>• 50 fast</li></ul>
EN-1 TO REC	<ul style="list-style-type: none"><li>• 1 x 400 pull @ r=20<ul style="list-style-type: none"><li>◦ breathe 3/3/5/3 by 100's</li></ul></li><li>• 4 x 50 swim @ r=10</li></ul>

Total = 2500