

DAY/DATE: MONDAY/MARCH 15, 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 TO EN-1	<ul style="list-style-type: none"><li>• 1 x 200 swim</li><li>• 4 x 50 swim @ r=10<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 1 x 200 kick</li><li>• 4 x 50 kick @ r=10<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li></ul>
EN-1	12 x 25 @ r=5 <ul style="list-style-type: none"><li>• 25 scull/25 pull</li><li>• mix of sculls (i.e., top, middle, bottom)</li></ul>
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 1 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ 1 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>▪ 1 x 200 pull @ 3:20 or r=20<ul style="list-style-type: none"><li>• 1 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ 1 x 400 pull @ 6:40 or r=40</li></ul></li><li>• 1 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none"><li>▪ 1 x 200 pull @ 3:20 or r=20</li></ul></li></ul></li></ul></li><li>◦ 1 x 100 swim @ 1:40 or r=10</li></ul></li><li>• 1 x 50 swim @ 1:00 or r=15</li></ul>
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/MARCH 16, 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 TO EN-2	<ul style="list-style-type: none"> <li>• 1 x 300 pull @ 5:00 or r=30               <ul style="list-style-type: none"> <li>◦ breathe 3/5/3 by 100's</li> </ul> </li> <li>• 2 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>• 3 x 100 pull @ 2:05 or r=20               <ul style="list-style-type: none"> <li>◦ 25 breast/25 free/25 breast/25 free</li> </ul> </li> <li>• 6 x 50 kick @ 1:30 or r=15               <ul style="list-style-type: none"> <li>◦ 2 fly, 2 back, 2 breast</li> </ul> </li> </ul>
EN-1 TO EN-2	20 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> <li>• 100 IM order (5 rounds)</li> <li>• rounds 1/3/5: DPS</li> <li>• rounds 2/4: fast</li> </ul>
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/MARCH 17, 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	400 choice
EN-1 TO EN-3	<ul style="list-style-type: none"><li>• 1 x 400 pull @ 7:00 or r=60<ul style="list-style-type: none"><li>◦ breathe 3/5/3/5 by 100's</li></ul></li><li>• 4 x 50 kick @ 1:30 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 2 x 200 swim @ 3:20 or r=20<ul style="list-style-type: none"><li>◦ push 3<sup>rd</sup> 50 of each 200</li></ul></li><li>• 4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ negative split each 50</li></ul></li><li>• 4 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ descend times 1-4</li></ul></li><li>• 1 x 200 kick @ 5:00 or r=30<ul style="list-style-type: none"><li>◦ push 3<sup>rd</sup> 50</li></ul></li><li>• 4 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ negative split each 100</li></ul></li><li>• 8 x 25 swim @ 40 or r=10<ul style="list-style-type: none"><li>◦ from center of pool, fast turns!</li></ul></li></ul>
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/MARCH 18, 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 choice</b>
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 1 x 100 "stroke" @ 2:30 or r=20<ul style="list-style-type: none"><li>◦ all kick</li></ul></li><li>▪ 2 x 100 "stroke" @ 2:00 or r=20<ul style="list-style-type: none"><li>• 25 drill/25 swim<ul style="list-style-type: none"><li>◦ 3 x 100 swim @ 2:10 or r=20</li><li>▪ 25 "stroke"/25 free</li></ul></li><li>• 4 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none"><li>◦ breathe 3/4/5/3 by 25's</li></ul></li><li>◦ 3 x 100 swim @ 2:10 or r=20<ul style="list-style-type: none"><li>▪ 50 "stroke"/50 free</li></ul></li></ul></li><li>▪ 2 x 100 "stroke" @ 2:00 or r=20<ul style="list-style-type: none"><li>• 50 drill/50 swim</li></ul></li><li>• 1 x 100 "stroke" @ 2:30 or r=20<ul style="list-style-type: none"><li>◦ all kick</li></ul></li></ul>
EN-1 TO EN-2	<p>20 x 25 swim @ 40 or r=15</p> <p><u>4 x thru:</u></p> <ul style="list-style-type: none"><li>• 3 strokes fly, free</li><li>• 4 strokes fly, free</li><li>• 5 strokes fly, free</li><li>• all fly</li><li>• all free</li></ul>
REC	<b>100 swim</b>

Total = 2500

Workouts off the beaten path  
SJ Black, PhD

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

DAY/DATE: FRIDAY/MARCH 19, 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>• 300 swim</li><li>• 200 kick</li><li>• 100 pull</li></ul>
EN-1	8 x 50 @ 1:00 or r=10 <u>alternate:</u> <ul style="list-style-type: none"><li>• 25 kick/25 swim</li><li>• 25 drill/25 swim</li></ul>
EN-2 TO EN-3	3 x 200 swim @ 4:00 or r=60 <ul style="list-style-type: none"><li>• #1: straight 200</li><li>• #2: broken 15 seconds at 100<ul style="list-style-type: none"><li>◦ subtract 15 seconds to get time</li></ul></li><li>• #3: broken 10 seconds at each 50<ul style="list-style-type: none"><li>◦ subtract 30 seconds to get time</li></ul></li></ul>
REC	6 x 50 pull or swim @ r=10
EN-2 TO EN-3	3 x 100 swim @ 2:30 or r=60 <ul style="list-style-type: none"><li>• #1: straight 100</li><li>• #2: broken 15 seconds at 50<ul style="list-style-type: none"><li>◦ subtract 15 seconds to get time</li></ul></li><li>• #3: broken 10 seconds at each 25<ul style="list-style-type: none"><li>◦ subtract 30 seconds to get time</li></ul></li></ul>
REC	300 choice

Total = 2500