

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

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

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

|              |  |
|--------------|--|
| REC          | 400 choice   |
| EN-1 to EN-2 | <ul style="list-style-type: none"> <li>• 1 x 400 pull @ 6:30 or r=30 <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>◦ 25 easy/25 fast</li> </ul> </li> <li>• 2 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> <li>• 2 x 100 @ 2:00 or r=20 <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 4 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> <li>◦ breathe 3/5 by 50's</li> </ul> </li> <li>• 1 x 200 @ 4:00 or r=20 <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> <li>◦ 2 x (2 x 50 DPS/2 x 50 build)</li> </ul> </li> </ul> |
| EN-3         | 8 x 25 free (from center of pool) @ 40 or r=15 <ul style="list-style-type: none"> <li>• flip turns practice!</li> </ul>  |
| 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                    |

Workouts off the beaten path  
SJ Black, PhD

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

|           |   |
|-----------|---|
| REC       | 500 choice  |
| EN-1      | 400 pull: negative split  |
| EN-1/EN-2 | 8 x 50 swim @ 1:00 or r=10<br><ul style="list-style-type: none"> <li>• negative split</li> <li>• choice of strokes</li> </ul> |
| EN-1      | 300 pull: breathe 3/5/3 by 100's  |
| EN-1/EN-3 | 6 x 50 swim @ 1:05 or r=15<br><ul style="list-style-type: none"> <li>• negative split</li> <li>• choice of strokes</li> </ul> |
| 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<br><ul style="list-style-type: none"> <li>• negative split</li> <li>• choice of strokes</li> </ul> |
| 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  
 SJ Black, PhD

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

|              |   |
|--------------|---|
| 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 | <p>12 x 25 swim @ 45 or r=15</p> <ul style="list-style-type: none"> <li>• 25 DPS/25 build/25 fast breakout (12.5 yards or meters), easy to wall</li> </ul>  |
| 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"> <li>• 2 x 150 swim @ 3:00 or r=30</li> <li>• negative split, descend times 1-2 <ul style="list-style-type: none"> <li>▪ 4 x 75 swim @ 1:30 or r=15</li> <li>▪ descend times 1-4 <ul style="list-style-type: none"> <li>◦ 12 x 25 swim @ 40 or r=15</li> <li>◦ every other one fast!</li> </ul> </li> </ul> </li> </ul> |
| EN-1/EN-3    | 200 kick: every 3 <sup>rd</sup> length fast!  |
| EN-1 to REC  | <p>12 x 25 @ r=5</p> <ul style="list-style-type: none"> <li>• 25 scull/25 glide/25 pull</li> </ul>  |
| 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  
SJ Black, PhD

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