

REC	<ul style="list-style-type: none"> • 200 swim • 100 kick • 200 (25 drill/25 swim)
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 600 pull @ 9:40 or r=40 <ul style="list-style-type: none"> ◦ breathe 3/5/3/7/3/5 by 100's • 4 x 150 swim @ 2:40 or r=20 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 400 pull @ 6:20 or r=20 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 100's • 4 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 50's • 4 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4
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	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> • breathe 3/5 by 25's
EN-2	<u>4 x thru:</u> <ul style="list-style-type: none"> • 4 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> ◦ 100 IM order • 1 x 100 IM @ 2:20 or r=40
EN-1	200 kick
EN-2	8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> • 2 of each stroke
REC	300 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	500 choice
EN-1	12 x 25 @ r=10 • 25 kick/25 drill/25 swim
EN-1 to EN-3	20 x 75 @ 1:30 or r=20-30 • 1-4 @ EN-1 pace ◦ 5-8 @ EN-2 pace ▪ 9-12 @ EN-3 pace • 13-16 @ EN-2 pace ◦ 17-20 @ EN-1 pace
EN-1/EN-3	20 x 25 @ 40 or r=10 • 2 x 25: ½ length underwater dolphin kick/ ½ length easy swim • 2 x 25: DPS
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

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REC	300 swim
EN-1	<ul style="list-style-type: none"> • 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> ▪ 300 pull @ 5:00 or r=30 ◦ 200 pull @ 3:20 or r=20 • 100 pull @ 1:40 or r=10
EN-1 to EN-2	<ul style="list-style-type: none"> • 6 x 25 "stroke" @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 1 x 50 swim @ 60 or r=10 <ul style="list-style-type: none"> ◦ 25 "stroke"/25 free • 6 x 25 "stroke" @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 1 x 100 swim @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ 50 "stroke"/50 free • 6 x 25 "stroke" @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 1 x 150 swim @ 3:00 or r=30 <ul style="list-style-type: none"> ◦ 75 "stroke"/75 free • 6 x 25 "stroke" @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 1 x 200 swim @ 4:00 or r=40 <ul style="list-style-type: none"> ◦ 100 "stroke"/100 free
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	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1 to EN-2	8 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> • 25 drill/25 build
EN-1/EN-3	12 x 25 swim @ 45 or r=15 <u>3 x thru:</u> <ul style="list-style-type: none"> • 12.5 easy/12.5 fast • 12.5 fast/12.5 easy • 25 easy • 25 fast
EN-1/EN-3	12 x 50 @ 1:10 or r=20 <u>3 x thru:</u> <ul style="list-style-type: none"> • 25 easy/25 fast • 25 fast/25 easy • 50 easy • 50 fast
EN-1 to REC	<ul style="list-style-type: none"> • 1 x 400 pull @ r=20 <ul style="list-style-type: none"> ◦ breathe 3/3/5/3 by 100's • 4 x 50 swim @ r=10

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
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