

REC	<ul style="list-style-type: none"> • 300 swim • 100 kick • 200 (25 drill/25 swim) • 100 kick
EN-1	<p>12 x 25 @ r=10</p> <ul style="list-style-type: none"> • 25 scull/25 pull
EN-1 to EN-2	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3 by 100's • 3 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-3 • 6 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ 25 DPS/25 build
REC	200 swim

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 (25 kick/25 swim) • 200 (25 drill/25 swim)
EN-1 to EN-2	6 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> • 2 fly, 2 back, 2 breast
EN-1	600 pull: every 4 th length breast
EN-1 to EN-2	12 x 50 swim @ 1:05 or r=15 <u>4 x thru:</u> <ul style="list-style-type: none"> • 25 fly/25 back • 25 back/25 breast • 25 breast/25 free
EN-1 to EN-2	12 x 25 @ 40 or r=10 <u>2 x thru:</u> <ul style="list-style-type: none"> • 25 fly drill/25 fly swim • 25 back drill/25 back swim • 25 breast drill/25 breast swim
REC	100 swim

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 • 100 kick
EN-1	<p>12 x 25 @ r=5</p> <ul style="list-style-type: none"> • 25 scull/25 glide/25 pull
EN-1 to EN-3	<p><u>3 x thru:</u></p> <p>**Increase stroke tempo and effort as distance gets shorter**</p> <ul style="list-style-type: none"> • 2 x 125 swim @ 2:20 or r=30 <ul style="list-style-type: none"> ◦ moderate effort • 2 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none"> ◦ moderate-hard effort • 2 x 75 swim @ 1:30 or r=20 <ul style="list-style-type: none"> ◦ hard effort • 2 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ hard effort • 2 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> ◦ very hard effort
REC	150 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	<ul style="list-style-type: none"> • 400 swim • 200 (25 drill/25 swim)
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> • breathe 3/5 by 50's
EN-1 to EN-2	<u>4 x thru (2 rounds "stroke," 2 rounds free):</u> <ul style="list-style-type: none"> • 1 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> ◦ 1 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> ▪ 1 x 75 swim @ 1:30 or r=20 <ul style="list-style-type: none"> • 1 x 100 swim @ 2:10 or r=30
EN-1/EN-3	6 x 50 free @ 1:00 or r=15 <ul style="list-style-type: none"> • 25 DPS/25 fast
REC	200 swim

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	600 swim
EN-1	8 x 25 @ r=10 • 25 drill/25 swim
EN-1 to EN-2	8 x 25 @ r=15 • 25 DPS/25 build
EN-3/REC	<u>8 x thru:</u> • 1 x 25 fast @ 30 or r=10 • 1 x 50 easy @ 1:15 or r=30
EN-1	300 pull: breathe every 3 rd stroke
REC/SP-1	12 x 25 swim @ 45 or r=20 • 25 easy/25 fast
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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