

Pace	Set
REC	<ul style="list-style-type: none"> • 4 x (50 swim/25 kick/25 choice)
EN-1	<ul style="list-style-type: none"> • 6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 25's
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 400 swim @ 7:00 or r=60 <ul style="list-style-type: none"> ◦ negative split • 12 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> ◦ at 500 race pace! • 2 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ negative split each 200 • 6 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ at 500 race pace! • 4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ negative split each 100 • 12 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> ◦ at 500 race pace!
REC	<ul style="list-style-type: none"> • 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

www.workoutsoffthebeatenpath.com

Pace	Set
REC	<ul style="list-style-type: none"> • 6 x 50 (25 swim/25 drill] @ r=10 • 6 x 50 (25 drill/25 kick] @ r=10 • 6 x 50 (25 scull/25 pull] @ r=10
EN-2	<ul style="list-style-type: none"> • 25 fly @ 40 or r=10 • 50 (25 fly/25 back) @ 1:10 or r=15 • 75 (25 fly/25 back/25 breast) @ 1:40 or r=20 • 100 IM @ 2:20 or r=40 • 25 back @ 40 or r=10 • 50 (25 back/25 breast) @ 1:10 or r=15 • 75 (25 back/25 breast/25 free) @ 1:40 or r=20 • 100 IM @ 2:20 or r=40 • 25 breast @ 40 or r=10 • 50 (25 breast/25 free) @ 1:10 or r=15 • 75 (25 breast/25 free/25 fly) @ 1:40 or r=20 • 100 IM @ 2:20 or r=40 • 25 free @ 40 or r=10 • 50 (25 free/25 fly) @ 1:10 or r=15 • 75 (25 free/25 fly/25 back) @ 1:40 or r=20 • 100 IM @ 2:20 or r=40
EN-1	<ul style="list-style-type: none"> • 4 x 75 pull or swim @ 1:30 or r=15 • 4 x 50 pull or swim @ 1:00 or r=15 • 4 x 25 pull or swim @ 40 or 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
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

Pace	Set
REC	500 choice
EN-1	8 x 50 @ 1:10 or r=20 • 25 kick/25 swim
EN-1 to EN-3	3 x thru (descend pace as distance gets shorter): • 1 x 200 swim @ 3:20 or r=20 ◦ 1 x 150 swim @ 2:30 or r=15 ▪ 1 x 100 swim @ 1:40 or r=10 • 1 x 50 swim @ 1:30 or r=45
EN-1/EN-2	8 x 50 @ 1:10 or r=20 • 25 swim/25 kick
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

Pace	Set
REC	300 swim
EN-1	12 x 25 @ r=10 • 25 scull/25 pull
EN-1 to EN-3	<u>3 x thru:</u> <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 • 6 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ◦ fly, back, or breast • 1 x 150 swim @ 3:00 or r=30 <ul style="list-style-type: none"> ◦ 50 free/50 stroke/50 free
REC	100 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

Pace	Set
REC	5 x (50 swim/25 kick/25 drill)
EN-1	10 x 25 swim @ 40 or r=15 • 25 DPS/25 build
SP-1/REC	10 x 50 swim @ 1:10 or r=20 <u>5 x thru:</u> • 50 @ 200 race pace +1 second • 50 easy
EN-1	500 pull • breathe 3/5/3/5/3 by 100's
SP-1/REC	10 x 25 swim @ 45 or r=20 <u>5 x thru:</u> • 25 @ 100 race pace +1 second • 25 easy
EN-2 to REC	10 x 50 pull or swim @ r=10 • ascend times 1-10

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
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max