

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 200 swim               <ul style="list-style-type: none"> <li>◦ 200 kick                   <ul style="list-style-type: none"> <li>▪ 200 pull                       <ul style="list-style-type: none"> <li>• 100 drill</li> </ul> </li> </ul> </li> </ul> </li> </ul>
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> <li>• breathe 5/3 on odd 50's</li> <li>• breathe 3/5 on even 50's</li> </ul>
EN-1 to EN-2	20 seconds rest between swims; keep heart rate at 120-150 BPM: <ul style="list-style-type: none"> <li>• 25               <ul style="list-style-type: none"> <li>◦ 50                   <ul style="list-style-type: none"> <li>▪ 100                       <ul style="list-style-type: none"> <li>• 200                           <ul style="list-style-type: none"> <li>◦ 400                               <ul style="list-style-type: none"> <li>• 200                                   <ul style="list-style-type: none"> <li>▪ 100                                       <ul style="list-style-type: none"> <li>◦ 50   <ul style="list-style-type: none"> <li>• 25</li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li></ul>
EN-1 to EN-3	8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> <li>• descend times 1-4, 5-8</li> </ul>
EN-1/EN-3	8 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> <li>• negative split</li> </ul>
REC	150 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

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Pace	Set
REC	200 swim
EN-1	12 x 25 @ 45 or r=15 <u>3 x thru (IM order):</u> <ul style="list-style-type: none"> <li>• 25 kick/25 swim</li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 5 x 100 IM @ 2:00 or r=20               <ul style="list-style-type: none"> <li>◦ descend times 1-5</li> </ul> </li> <li>• 4 x 25 kick @ 45 or r=15               <ul style="list-style-type: none"> <li>◦ all fly</li> </ul> </li> <li>• 4 x 100 IM @ 2:00 or r=20               <ul style="list-style-type: none"> <li>◦ work the fly and breast</li> </ul> </li> <li>• 4 x 25 kick @ 45 or r=15               <ul style="list-style-type: none"> <li>◦ all back</li> </ul> </li> <li>• 3 x 100 IM @ 2:00 or r=20               <ul style="list-style-type: none"> <li>◦ work the back and free</li> </ul> </li> <li>• 4 x 25 kick @ 45 or r=15               <ul style="list-style-type: none"> <li>◦ all breast</li> </ul> </li> <li>• 2 x 100 IM @ 2:00 or r=20               <ul style="list-style-type: none"> <li>◦ work the 2<sup>nd</sup> 50</li> </ul> </li> <li>• 4 x 25 kick @ 45 or r=15               <ul style="list-style-type: none"> <li>◦ all free</li> </ul> </li> <li>• 1 x 100 IM               <ul style="list-style-type: none"> <li>◦ work it!</li> </ul> </li> </ul>
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

Pace	Set
REC	600 choice
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 1 x 400 pull @ 6:40 or r=40 <ul style="list-style-type: none"> <li>◦ breathe 3/5/3/5 by 100's</li> </ul> </li> <li>• 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> <li>◦ faster-than-normal tempo</li> </ul> </li> <li>• 2 x 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> <li>◦ breathe 3/5/3/5 by 50's</li> </ul> </li> <li>• 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> <li>◦ faster-than-normal tempo</li> </ul> </li> <li>• 4 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> <li>◦ breathe 3/5/3/5 by 25's</li> </ul> </li> <li>• 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> <li>◦ faster-than-normal tempo</li> </ul> </li> <li>• 8 x 50 pull @ 50 or r=5 <ul style="list-style-type: none"> <li>◦ breathe 3/5 by 25's</li> </ul> </li> <li>• 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> <li>◦ faster-than-normal tempo</li> </ul> </li> </ul>
EN-1/EN-3	8 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> <li>• 25 easy/25 fast</li> </ul>
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

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Pace	Set
REC	4 x (25 swim/25 drill/25 kick)
EN-1	<ul style="list-style-type: none"> <li>• 4 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> <li>◦ 25 kick/25 swim</li> </ul> </li> <li>• 4 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 4 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> <li>◦ 25 scull with free kick/25 swim</li> </ul> </li> </ul>
EN-1 to EN-2	<u>3 x thru:</u> <ul style="list-style-type: none"> <li>• 50 drill @ 1:10 or r=20 <ul style="list-style-type: none"> <li>◦ stroke <ul style="list-style-type: none"> <li>▪ 100 swim @ 2:10 or r=30 <ul style="list-style-type: none"> <li>• 25 stroke/25 free <ul style="list-style-type: none"> <li>◦ 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> <li>▪ breathe 3/5/3/5 by 50's</li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> <li>▪ 100 swim @ 2:10 or r=30 <ul style="list-style-type: none"> <li>• 50 stroke/50 free</li> </ul> </li> </ul> </li> <li>• 50 swim @ 1:30 or r=30+ <ul style="list-style-type: none"> <li>◦ stroke</li> </ul> </li> </ul>
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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Pace	Set
REC	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 4 x 50 (25 drill/25 swim) @ r=10</li> <li>• 8 x 25 (25 scull/25 pull) @ r=5</li> </ul>
EN-2 to SP-1	<u>3 x thru:</u> <ul style="list-style-type: none"> <li>• 2 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> <li>◦ fast feet!</li> </ul> </li> <li>▪ 3 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> <li>• descend times 1-3</li> </ul> </li> <li>◦ 4 x 75 swim @ 1:45 or r=30 <ul style="list-style-type: none"> <li>▪ build each 75 to 100 race pace</li> </ul> </li> </ul>
EN-3	<u>4 x BTF's:</u> <ul style="list-style-type: none"> <li>• B=breakout with 3 strokes fast <ul style="list-style-type: none"> <li>◦ swim to center (12.5 meters/yards)</li> <li>◦ ~20 seconds rest</li> </ul> </li> <li>• T=fast turn <ul style="list-style-type: none"> <li>◦ swim from center (25 meters/yards)</li> <li>◦ ~20 seconds rest</li> </ul> </li> <li>• F=fast finish <ul style="list-style-type: none"> <li>◦ ~40 seconds rest</li> </ul> </li> </ul>
REC	8 x 25 (25 scull with free kick/25 swim) @ r=5

Total = 2500

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
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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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