

Day/Date: Monday/April 1, 2024

Focus: Distance Freestyle/Pace

| Pace      | Set  |
|-----------|--|
| REC       | 400 swim   |
| EN-1      | 10 x 50 pull @ 55 or r=10<br>• breathe: (3/5/7/5/3) x 2  |
| EN-1/EN-3 | 2 x 500 swim or pull @ 8:00 or r=30<br>• 25 easy/25 fast/50 easy/50 fast/75 easy/<br>75 fast/100 easy/100 fast |
| EN-1/EN-3 | 4 x 250 swim @ 4:00 or r=20<br>• 50 easy/50 fast/50 easy/50 fast/25 easy/25 fast                               |
| 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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| Pace         | Set   |
|--------------|---|
| REC          | 600 choice  |
| EN-2         | 8 x 50 kick @ r=10<br>• 2 of each stroke  |
| EN-1 to EN-2 | 16 x 25 @ 40 or r=10<br>• 25 drill/25 swim<br>• 4 of each stroke  |
| EN-2         | <ul style="list-style-type: none"> <li>• 25 fly @ 30 or r=5                             <ul style="list-style-type: none"> <li>◦ 25 fly/25 back @ 1:10 or r=20                                     <ul style="list-style-type: none"> <li>▪ 25 fly/25 back/25 breast @ 1:40 or r=20   <ul style="list-style-type: none"> <li>• 100 IM @ 2:10 or r=30</li> </ul> </li> <li>▪ 25 fly/25 back/25 breast @ 1:40 or r=20</li> </ul> </li> <li>◦ 25 fly/25 back @ 1:10 or r=20</li> </ul> </li> <li>• 25 fly @ 30 or r=5</li> <li>• 100 easy @ 3:00</li> <li>• 25 free @ 30 or r=10                             <ul style="list-style-type: none"> <li>◦ 25 breast/25 free @ 1:10 or r=20                                     <ul style="list-style-type: none"> <li>▪ 25 back/25 breast/25 free @ 1:40 or r=20   <ul style="list-style-type: none"> <li>• 100 IM @ 2:10 or r=30</li> </ul> </li> <li>▪ 25 back/25 breast/25 free @ 1:40 or r=20</li> </ul> </li> <li>◦ 25 breast/25 free @ 1:10 or r=20</li> </ul> </li> <li>• 25 free @ 30 or r=10</li> </ul> |
| 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                    |

| Pace      | Set  |
|-----------|--|
| REC       | <ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 4 x 50 kick @ r=10</li> </ul>   |
| EN-1      | 8 x 75 pull @ 1:20 or r=10 <ul style="list-style-type: none"> <li>• breathe 3/5/3 by 25's</li> </ul>   |
| EN-3/EN-1 | 8 x 50 swim @ 1:05 or r=20 <ul style="list-style-type: none"> <li>• first 1/3 of each 25: underwater dolphin kick</li> </ul>   |
| EN-1/EN-3 | 10 x 125 swim @ 2:30 or r=30<br><u>2 x thru:</u> <ul style="list-style-type: none"> <li>• last 25: fast!</li> <li>• last 50: fast!</li> <li>• last 75: fast!</li> <li>• last 100: fast!</li> <li>• 125: all fast!</li> </ul> |
| EN-1/SP-1 | 8 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> <li>• 25 easy/25 fast</li> </ul>  |
| REC       | 150 swim   |

Total = 3000

| Pace Chart |               |                              |        |                |                              |
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| 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 swim  |
| EN-2 | 10 x 25 kick @ r=10<br>• fly, back, or breast                 |
| EN-1 | 500 pull<br>• breathe 3/5/7/5/3 by 100's                      |
| EN-2 | 10 x 25 drill @ r=10<br>• fly, back, or breast                |
| EN-1 | 250 swim<br>• moderate pace<br>• no breathing in/out of turns |
| EN-2 | 10 x 25 swim @ r=10<br>• fly, back, or breast                 |
| REC  | 500 pull<br>• breathe 3/5/3/5/3 by 100's                      |

Total = 2500

| Pace Chart |               |                              |        |                |                              |
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| 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 to EN-1 | <ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 2 x 50 (25 drill/25 swim) @ r=10</li> <li>• 200 kick</li> <li>• 2 x 50 (25 kick/25 swim) @ r=10</li> <li>• 200 pull</li> <li>• 2 x 50 (25 drill or kick/25 swim) @ r=10</li> </ul>  |
| EN-1        | 4 x 75 @ r=15 <ul style="list-style-type: none"> <li>• 25 kick/25 drill/25 build</li> </ul>  |
| SP-1/REC    | <ul style="list-style-type: none"> <li>• 8 x 50 free @ 1:00 or r=15               <ul style="list-style-type: none"> <li>◦ fastest possible average</li> </ul> </li> <li>• 100 swim or pull easy @ 4:00</li> <li>• 6 x 50 "stroke" @ 1:15 or r=20               <ul style="list-style-type: none"> <li>◦ fastest possible average</li> </ul> </li> <li>• 100 swim or pull easy @ 4:00</li> <li>• 4 x 50 free @ 1:15 or r=30               <ul style="list-style-type: none"> <li>◦ fastest possible average</li> </ul> </li> <li>• 100 swim or pull easy @ 4:00</li> <li>• 2 x 50 "stroke" @ 1:30 or r=50               <ul style="list-style-type: none"> <li>◦ fastest possible average</li> </ul> </li> </ul> |
| 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                    |