


DAY/DATE: MONDAY/AUGUST 6, 2012

FOCUS: DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	4 x [100 swim, 50 kick]
EN-1	<b>4 x 50 @ 1:00 or r=10</b> <ul style="list-style-type: none"><li>• 25 10-beat free/25 swim</li></ul> <b>4 x 50 @ 1:00 or r=10</b> <ul style="list-style-type: none"><li>• 25 human stroke (long dog)/25 swim</li></ul> <b>4 x 50 @ 1:00 or r=10</b> <ul style="list-style-type: none"><li>• 25 catch-up free/25 swim</li></ul>
 EN-2 TO EN-3	<b>The Davis Mile, broken 1650</b> <b>Subtract 2 ½ minutes for total time:</b> <ul style="list-style-type: none"><li>• 275 swim (11 lengths) @ 20 seconds rest</li><li>• 250 swim (10 lengths) @ 20 seconds rest</li><li>• 225 swim (9 lengths) @ 20 seconds rest</li><li>• 200 swim (8 lengths) @ 15 seconds rest</li><li>• 175 swim (7 lengths) @ 15 seconds rest</li><li>• 150 swim (6 lengths) @ 15 seconds rest</li><li>• 125 swim (5 lengths) @ 15 seconds rest</li><li>• 100 swim (4 lengths) @ 10 seconds rest</li><li>• 75 swim (3 lengths) @ 10 seconds rest</li><li>• 50 swim (2 lengths) @ 10 seconds rest</li><li>• 25 swim (1 length)</li></ul>
REC	150 choice

**TOTAL: 3000 METERS**

Workouts: Off the beaten path

SJ Black, PhD

[www.workoutsoffthebeatenpath.wordpress.com](http://www.workoutsoffthebeatenpath.wordpress.com)

DAY/DATE: TUESDAY/AUGUST 7, 2012

FOCUS: STROKE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 swim 200 kick 200 pull
EN-1	8 x 75 pull @ 1:20 or r=10 • breathe 3/5/3 by 25's
EN-2	<ul style="list-style-type: none"><li>• 12 x 25 fly or breast @ 45 or r=15</li><li>• 200 [25 drill/25 swim] @ 4:00 or r=20</li><li>• 8 x 25 fly or breast @ 40 or r=10</li><li>• 200 [25 drill/25 swim] @ 4:00 or r=20</li><li>• 4 x 25 fly or breast @ 35 or r=5</li><li>• 200 [25 drill/25 swim]</li></ul>
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/AUGUST 8, 2012

FOCUS: MID-DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 swim 2 x 100 [25 drill/25 swim] @ r=15 4 x 50 kick @ r=10 8 x 25 [25 scull/25 pull] @ r=5
EN-1 TO EN-2	<ul style="list-style-type: none"><li>• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none"><li>• moderate pace, breathe every 3<sup>rd</sup> stroke</li></ul></li><li>• 2 x 150 swim @ 2:35 or r=20<ul style="list-style-type: none"><li>• negative split each 150</li></ul></li><li>• 4 x 75 swim @ 1:25 or r=15<ul style="list-style-type: none"><li>• descend times 1-4</li></ul></li><li>• 6 x 50 swim @ 55 or r=10<ul style="list-style-type: none"><li>• descend times 1-3, 4-6</li></ul></li><li>• 4 x 75 swim @ 1:25 or r=15<ul style="list-style-type: none"><li>• descend times 1-4</li></ul></li><li>• 2 x 150 swim @ 2:35 or r=20<ul style="list-style-type: none"><li>• negative split each 150</li></ul></li><li>• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none"><li>• moderate pace, breathe every 3<sup>rd</sup> stroke</li></ul></li></ul>
REC	100 choice

**TOTAL: 3000 METERS**



DAY/DATE: THURSDAY/AUGUST 9, 2012

FOCUS: IM

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	400 swim 4 x 50 kick @ r=10 <ul style="list-style-type: none"><li>1 of each stroke</li></ul>
EN-2	<b>2 x through:</b> <ul style="list-style-type: none"><li>4 x 25 fly @ 45 or r=15<ul style="list-style-type: none"><li>25 drill/25 swim</li></ul></li><li>2 x 100 swim @ 2:15 or r=30<ul style="list-style-type: none"><li>25 fly/75 free</li></ul></li><li>4 x 25 back @ 45 or r=15<ul style="list-style-type: none"><li>25 drill/25 swim</li></ul></li><li>2 x 100 swim @ 2:15 or r=30<ul style="list-style-type: none"><li>25 free/25 back/50 free</li></ul></li><li>4 x 25 breast @ 45 or r=15<ul style="list-style-type: none"><li>25 drill/25 swim</li></ul></li><li>2 x 100 swim @ 2:15 or r=30<ul style="list-style-type: none"><li>50 free/25 breast/25 free</li></ul></li></ul>
REC	100 choice

**TOTAL: 2500 METERS**

DAY/DATE: FRIDAY/AUGUST 10, 2012

FOCUS: SPRINT FREE/SPEED

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 swim 200 kick 200 pull
EN-1	8 x 50 @ r=10 <ul style="list-style-type: none"><li>• 25 kick/25 swim</li><li>• 25 drill/25 swim</li></ul>
EN-1 TO SP-1	3 x through: <ul style="list-style-type: none"><li>• 4 x 50 swim @ r=10<ul style="list-style-type: none"><li>#1=25 easy/25 fast</li><li>#2=25 fast/25 easy</li><li>#3=50 easy</li><li>#4=50 fast (90%)</li></ul></li><li>• 2 x 50 swim (fast, 95%) @ r=30</li><li>• 1 x 100 swim (build) @ r=10</li><li>• 1 x 50 swim (easy) @ r=60</li></ul>
REC	150 choice

TOTAL: 2500 METERS