

DAY/DATE: MONDAY/DECEMBER 31, 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

Happy New Year!

REC	200 swim/200 kick/200 pull
EN-1	11 x 50 pull @ 1:00 or r=10 <ul style="list-style-type: none">• 3 x 50 breathe 3/3 by 25's• 4 x 50 breathe 3/5 by 25's• 3 x 50 breathe 5/5 by 25's• 1 x 50 breathe 5/3 by 25's
EN-1 TO EN-2	Davis Mile: broken 1650 Subtract 2½ minutes to get time <ul style="list-style-type: none">• 11 lengths (275) @ r=20• 10 lengths (250) @ r=20• 9 lengths (225) @ r=20• 8 lengths (200) @ r=15• 7 lengths (175) @ r=15• 6 lengths (150) @ r=15• 5 lengths (125) @ r=15• 4 lengths (100) @ r=10• 3 lengths (75) @ r=10• 2 lengths (50) @ r=10• 1 length (25)
REC	200 choice

TOTAL: 3000 METERS

Workouts: Off the beaten path
SJ Black, PhD

www.workoutsoffthebeatenpath.wordpress.com

DAY/DATE: TUESDAY/JANUARY 1, 2013

FOCUS: STROKE/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	200 swim 200 kick
EN-1	12 x 50 pull @ 1:10 or r=10 • 25 breast/25 free
EN-2	12 x 75 @ 1:45 or r=20 • 25 kick/50 swim • 3 each stroke • reverse IM order
EN-1 TO EN-2	12 x 25 @ 45 or r=15 • 3 each stroke • descend times 1-3, 4-6, etc.
REC	300 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/JANUARY 2, 2013

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	400 choice
EN-1	16 x 25 @ r=10 • 25 scull/25 pull
EN-1 TO EN-3	2 x through: • 1 x 200 swim, moderate pace @ 3:30 or r=30 • 2 x 100 swim, fast pace @ 2:00 or r=30 • 4 x 50 swim, moderate pace @ 1:00 or r=15 • 8 x 25 swim, fast pace @ 40 or r=15 • extra 60 seconds between rounds
EN-1 TO EN-3	• 2 x 50 swim @ 1:05 or r=20 • 2 x 50 swim @ 1:00 or r=15 • 2 x 50 swim @ 55 or r=10 • 2 x 50 swim @ 50 or r=5
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/JANUARY 3, 2013

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
EN-2	12 x 50 @ 1:10 or r=20 <ul style="list-style-type: none">• swim in sets of 3, descend times 1-3• choose one or two strokes
EN-1	200 swim
EN-2	8 x 50 @ 1:05 or r=15 <ul style="list-style-type: none">• swim in sets of 4, descend times 1-4• choose one or two strokes
EN-1	200 swim
EN-2	4 x 50 @ 1:00 or r=10 <ul style="list-style-type: none">• negative split• choose one or two strokes
EN-1	200 swim
EN-2	4 x 25 @ 30 or r=5 choose one stroke
REC	200 swim

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/JANUARY 4, 2013

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	500 choice
EN-1	8 x 25 @ r=10 • 25 drill/25 build
EN-1 TO SP-1	2 x through: **200's are fairly light, 150's are somewhat hard, 100's are hard, 50's are very hard** • 200 @ 4:00 • 150 @ 3:00 • 100 @ 2:30 • 50 @ 1:30 • 100 @ 2:30 • 150 @ 3:00 • 200 @ 4:00
EN-1	DPS/Breath control set: 20 x 25 swim @ 45 • 2 x 25 DPS breathing every 5 th stroke • 2 x 25 0-1 breaths
REC	200 choice/team stretch

TOTAL: 2500 METERS