

DAY/DATE: MONDAY/SEPT. 15, 2014

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	<ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull
EN-1	600 pull: breathe 3/5/3/5/3/5 by 100's
EN-1 TO EN-3	4 x 150 swim @ 2:30 or r=15 <ul style="list-style-type: none">• descend times 1-4
EN-2	200 kick: moderate effort
EN-1 TO EN-3	8 x 75 swim @ 1:20 or r=15 <ul style="list-style-type: none">• descend times 1-4, 5-8
EN-1 TO REC	16 x 25 swim @ 35 or r=10 <ul style="list-style-type: none">• descend stroke count 1-4, 5-8, 9-12, 13-16

Total: 3000 meters

DAY/DATE: TUESDAY/SEPT. 16, 2014

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 TO EN-2	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull • 6 x 50 @ r=10 <ul style="list-style-type: none"> ◦ 25 scull/25 pull • 4 x 75 kick @ r=15 <ul style="list-style-type: none"> ◦ IM order
EN-2	<ul style="list-style-type: none"> • 1 x 150 swim @ 3:10 or r=20 <ul style="list-style-type: none"> ◦ 50 back/50 breast/50 free • 2 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ #1 50 fly, #2 25 fly/25 back • 1 x 150 swim @ 3:10 or r=20 <ul style="list-style-type: none"> ◦ 50 back/50 breast/50 free • 2 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ #1 50 back, #2 25 back/25 breast • 1 x 150 swim @ 3:10 or r=20 <ul style="list-style-type: none"> ◦ 50 back/50 breast/50 free • 2 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ #1 50 breast, #2 25 breast/25 free • 1 x 150 swim @ 3:10 or r=20 <ul style="list-style-type: none"> ◦ 50 back/50 breast/50 free • 2 x 50 free @ 1:00 or r=15
REC	300 choice

Total: 2500 meters

Workouts off the beaten path
SJ Black, PhD

www.workoutsoffthebeatenpath.wordpress.com

DAY/DATE: WEDNESDAY/SEPT. 17, 2014

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	<ul style="list-style-type: none"> • 200 swim, 2 x 50 swim @ r=10 • 200 kick, 2 x 50 kick @ r=10 • 200 pull, 2 x 50 pull @ r=10
EN-1 TO EN-3	<ul style="list-style-type: none"> • 300 free @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ even split • 2 x 50 best stroke @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 build/25 DPS • 300 free @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ negative split by 2 seconds • 2 x 50 best stroke @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 build/25 DPS • 300 free @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ negative split by 4 seconds • 2 x 50 best stroke @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 build/25 DPS • 300 free @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ negative split by 6 seconds • 2 x 50 best stroke @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 build/25 DPS
EN-1/EN-3	300 kick: 25 easy/25 fast
REC	200: 25 scull/25 pull

Total = 3000 meters

DAY/DATE: THURSDAY/SEPT. 18, 2014

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	400 swim
EN-1	10 x 25 drill @ 45 or r=15 • 25 short axis stroke/25 long axis stroke
EN-2	10 x 50 swim @ 1:10 or r=15 • 50 short axis stroke/50 long axis stroke
EN-1	500 pull: breathe 3/5/3/5 by 100's
EN-2	10 x 50 swim @ 1:10 or r=15 • 25 short axis stroke/25 long axis stroke
EN-2	10 x 25 swim @ 45 or r=15 • 25 short axis stroke/25 long axis stroke
REC	100 swim

Total = 2500 meters

DAY/DATE: FRIDAY/SEPT. 19, 2014

FOCUS: 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	<ul style="list-style-type: none"> • 200 swim • 2 x 25 swim @ r=10 • 200 kick • 2 x 25 kick @ r=10
EN-1	8 x 25 @ r=10 <ul style="list-style-type: none"> • 25 drill/25 build
EN-1 TO EN-3	<ul style="list-style-type: none"> • 12 x 50 swim @ 1:10 or r=25 <ul style="list-style-type: none"> ◦ evens: 25 max speed/25 DPS ◦ odds: 25 DPS/25 max speed • 200 easy • 8 x 50 swim @ 1:05 or r=20 <ul style="list-style-type: none"> ◦ evens: 25 max speed/25 DPS ◦ odds: 25 DPS/25 max speed • 200 easy • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ evens: 25 max speed/25 DPS ◦ odds: 25 DPS/25 max speed
REC	100 choice

Total = 2500 meters