

DAY/DATE: MONDAY/MARCH 28, 2016

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	• 300 swim • 8 x 25 (25 drill/25 swim) @ r=10
EN-1 TO EN-2	• 1 x 600 swim (or pull) @ 10:00 or r=60 ◦ moderate pace, note time ▪ 1 x 400 swim (or pull) @ 6:40 or r=40 • moderate pace, note time ◦ 1 x 200 swim @ 3:20 or r=20 ▪ moderate pace, note time ◦ 1 x 200 swim @ 3:20 or r=20 ▪ faster than previous 200 ▪ 1 x 400 swim (or pull) @ 6:40 or r=40 • faster than previous 400 • 1 x 600 swim (or pull) @ 10:00 or r=60 ◦ faster than previous 600
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/MARCH 29, 2016

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-1	• 200 swim • 200 kick • 200 pull • 12 x 25 (25 scull/25 pull) @ r=5
EN-1 TO EN-2	8 x 100 @ 2:15 or r=20 <u>2 x through:</u> • 25 fly/75 back kick • 25 back/75 breast kick • 25 breast/75 free kick • 25 free/75 fly kick
EN-1 TO EN-2	8 x 50 swim @ 1:05 or r=20 • 50 fly ◦ 25 fly/25 back ▪ 50 back • 25 back/25 breast ◦ 50 breast ▪ 25 breast/25 free • 50 free ◦ 25 free/25 fly
EN-2	8 x 25 swim @ 35 or r=5 • 100 IM order
REC	200 choice

Total = 2500

Workouts off the beaten path

SJ Black, PhD

www.workoutsoffthebeatenpath.wordpress.com

DAY/DATE: WEDNESDAY/MARCH 30, 2016

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	600 choice
EN-1	20 x 25 @ r=10 <u>5 x through:</u> • 25 kick ◦ 25 10-beat free ▪ 25 catch-up free • 25 swim
EN-1 TO EN-3	<u>3 x through:</u> 1 st 100 sets pace for 200 and 300; goal is to hold 100 pace for 200 and 300. This is a deceptively hard set! • 1 x 100 @ r=15 ◦ 1 x 200 @ r=30 ▪ 1 x 300 @ r=60
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/MARCH 31, 2016

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	500 choice
EN-1	10 x 25 kick @ r=15 • fly, back, or breast (i.e., stroke)
EN-1	500 pull: • breathe 5/3/5/3/5 by 100's
EN-1	10 x 25 drill @ r=10 • fly, back, or breast
EN-1 TO EN-2	500 swim: • every 4th length "stroke"
EN-1 TO EN-2	10 x 25 swim @ r=15 • fly, back, or breast
EN-1 TO REC	250 pull: • breathe 3/5/3/5/3 by 50's

Total = 2500

DAY/DATE: FRIDAY/APRIL 1, 2016

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	• 300 swim • 200 kick • 100 pull
EN-1	8 x 50 @ 1:10 or r=20 • 1-4: 25 kick/25 swim • 5-8: 25 drill/25 swim
EN-2 TO EN-3	6 x 200 swim: <u>descend times 1-3</u> • #1: straight 200 @ 4:00 or r=60 • #2: broken 15 sec's @ 100 @ 4:15 or r=60 • subtract 15 seconds to get time • #3: broken 10 sec's @ each 50 @ 4:30 or r=60 • subtract 30 seconds to get time
REC	300 choice

Total = 2500