

DAY/DATE: MONDAY/APRIL 24, 2017

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 • 100 kick • 200 (25 drill/25 swim)
EN-1	12 x 25 @ r=10 • 25 scull/25 pull
EN-1 TO EN-2	<u>2 x through:</u> • 1 x 400 pull @ 6:30 or r=30 ◦ breathe 3/5/3 by 100's • 3 x 100 swim @ 1:45 or r=15 ◦ descend times 1-3 • 6 x 50 swim @ 1:00 or r=15 ◦ 25 build/25 "DPS"
REC	100 swim

Total = 3000

DAY/DATE: TUESDAY/APRIL 25, 2017

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	• 200 swim • 200 kick • 200 pull
EN-1	12 x 25 @ 45 or r=15 • 25 kick/25 drill/25 swim • 1 round each stroke, reverse IM order
EN-2	Milt Nelms Axis Swim <u>6 x through:</u> • 25 back • 25 fly • 25 back • 25 breast • 25 free • 25 free • 25 free
EN-1	12 x 25 @ 45 or r=15 • 25 kick/25 drill/25 swim • 1 round each stroke, IM order
REC	250 choice

Total = 2500

DAY/DATE: WEDNESDAY/APRIL 26, 2017

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	500 choice
EN-1 TO EN-2	• 1 x 400 swim @ 6:30 or r=30 ◦ moderate pace • 1 x 200 pull @ 3:20 or r=20 ◦ breathe 3/5/3/5 by 50's • 4 x 50 swim @ 1:00 or r=15 ◦ descend times 1-4 • 1 x 300 swim @ 5:00 or r=30 ◦ faster pace than 400 • 1 x 150 pull @ 2:30 or r=15 ◦ breathe 3/5/3 by 50's • 3 x 50 swim @ 1:00 or r=15 ◦ descend times 1-3 • 1 x 200 swim @ 3:30 or r=30 ◦ faster pace than 300 • 1 x 100 pull @ 1:40 or r=10 ◦ breathe 3/5 by 50's • 2 x 50 swim @ 1:00 or r=15 ◦ 25 easy/25 fast
EN-1	12 x 50 swim @ 1:10 or r=20 • choose one stroke for each set of 3 x 50 • golf score = time + # of strokes • lowest score wins!
REC	100 choice

Total = 3000

Workouts off the beaten path
SJ Black, PhD

www.workoutsoffthebeatenpath.wordpress.com

DAY/DATE: THURSDAY/APRIL 27, 2017

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	• 300 swim • 200 kick • 100 pull
EN-1	8 x 50 pull @ 1:10 or r=15 • 25 breast/25 free
EN-1 TO EN-2	20 x 25 swim @ 40 or r=10 <u>4 x through:</u> • 3 strokes fly, easy free ◦ 4 strokes fly, easy free ▪ 5 strokes fly, easy free • all fly ◦ all free
EN-1	500 "combo" swim: 50 stroke/50 free
EN-1 TO EN-3	12 x 25 swim @ 40 or r=15 <u>4 x through:</u> • 25 build • 25 fast • 25 "DPS"
REC	200 swim

Total = 2500

DAY/DATE: FRIDAY/APRIL 28, 2017

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	• 200 swim • 200 kick • 200 pull
EN-1	8 x 50 @ r=10 <u>Alternate:</u> • 25 kick/25 swim • 25 drill/25 swim
EN-1 TO EN-3	<u>3 x through:</u> • 4 x 50 swim @ r=10 ◦ #1=25 easy/25 fast ◦ #2=25 fast/25 easy ◦ #3=50 easy ◦ #4=50 fast (90%) • 2 x 50 swim (fast, 95%) @ r=30 • 1 x 100 swim (build) @ r=10 • 1 x 50 swim (easy) @ r=60
REC	150 choice

Total = 2500