

REC	500 swim
EN-1	10 x 50 @ 1:00 or r=15 <u>5 x thru:</u> • 25 10-beat free/25 DPS free • 25 catch-up free/25 DPS free
EN-1 to EN-3	1000 swim <u>3 x thru + 100 easy:</u> • 100 easy • 100 moderate • 100 fast
EN-1	10 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
REC/EN-3	10 x 25 swim @ 30 or r=10 • 25 easy/25 fast
REC	250 choice

Total = 3000

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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REC	400 swim
EN-1	<u>4 x thru:</u> • 25 scull/25 glide stroke/25 pull
EN-2	<u>2 x thru:</u> • 4 x 25 kick @ 45 or r=10 ◦ 1 each stroke • 3 x 50 swim @ 1:10 or r=20 ◦ 25 fly/25 back ◦ 25 back/25 breast ◦ 25 breast/25 free • 1 x 200 IM @ 4:30 or r=60
EN-1 to EN-2	<u>4 x thru (continuous):</u> • 25 back • 25 fly • 25 back • 25 breast • 25 free • 25 free • 25 free
REC	200 choice

Total = 2500

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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REC	• 100 swim • 100 kick
EN-1 to EN-3	• 6 x 50 pull @ 55 or r=10 ◦ breathe every 3rd stroke ◦ 4 x 75 swim @ 1:20 or r=10 ▪ descend times 1-4 ▪ 3 x 100 swim @ 1:45 or r=15 • descend times 1-3 • 2 x 150 pull @ 2:30 or r=15 ◦ breathe 3/5/3 by 50's ◦ 1 x 300 swim @ 5:00 or r=30 ▪ negative split • 2 x 150 pull @ 2:30 or r=15 ◦ breathe 5/3/5 by 50's ▪ 3 x 100 swim @ 1:45 or r=15 • descend times 1-3 ◦ 4 x 75 swim @ 1:20 or r=10 ▪ descend times 1-4 • 6 x 50 pull @ 55 or r=10 ◦ breathe 3/5 by 25's
REC	100 swim

Total = 3000

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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REC	300 swim
EN-1 to EN-2	12 x 25 kick @ 45 or r=10 <u>4 x thru:</u> • 2 x 25 "stroke" • 1 x 25 free
EN-1 to EN-2	• 8 x 25 "stroke" @ 40 or r=15 ◦ 4 x 50 "stroke" @ 1:05 or r=15 ▪ 2 x 100 "stroke" @ 2:15 or r=20-30
EN-1	12 x 25 pull @ 45 or r=10 <u>4 x thru:</u> • 2 x 25 breast • 1 x 25 free
EN-1 to EN-2	• 2 x 100 "stroke" @ 2:15 or r=20-30 ◦ 4 x 50 "stroke" @ 1:05 or r=15 ▪ 8 x 25 "stroke" @ 40 or r=15
EN-1 to EN-2	12 x 25 kick @ 45 or r=15 <u>4 x thru:</u> • 2 x 25 "stroke" • 1 x 25 choice
REC	100 choice

Total = 2500

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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REC	• 200 swim • 150 kick • 200 pull • 150 drill
EN-1/EN-3	12 x 50 swim @ 1:00 or r=15 • every 3rd 50 fast!
REC	200 swim
EN-1/SP-1	8 x 50 swim @ 1:15 or r=30 • every 2nd 50 fast!
REC	200 swim
SP-1	4 x 50 swim @ 1:30 or r=60 • all fast!
REC	200 swim

Total = 2500

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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