

REC	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull • 200 swim
EN-1	<u>2 x thru:</u> <ul style="list-style-type: none"> • 2 x 25 kick @ 40 or r=10 • 2 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim • 2 x 75 @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ 25 scull with flutter kick/50 swim
EN-1 to EN-2	3 x 500 @ 8:00 or r=30 <ul style="list-style-type: none"> • #1: swim • #2: pull • #3: pull (or swim) with paddles
REC	100 easy

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

Workouts off the beaten path

SJ Black, PhD

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REC	<ul style="list-style-type: none"> • 400 swim • 100 back kick • 200 IM drill
EN-1	2 x 300 pull @ 4:45 or r=15 <ul style="list-style-type: none"> • breathe 3/5/3/7/3/5 by 50's
EN-2	8 x 75 swim @ 1:40 or r=20 <u>2 x thru:</u> <ul style="list-style-type: none"> • 25 fly/50 free • 25 back/50 free • 25 breast/50 free • 25 fly/25 back/25 breast
SP-1/REC	16 x 25 swim with fins @ 45 or r=20 <ul style="list-style-type: none"> • 15 meters (or yards) fast underwater dolphin kick/10 meters (or yards) easy swim
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	3 x (200 swim, 100 kick)
EN-1	<ul style="list-style-type: none"> • 6 x 75 pull @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ breathe 3/5/3 by 25's • 6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 25's • 6 x 25 pull @ 30 or r=5 <ul style="list-style-type: none"> ◦ breathe every 5th stroke
EN-1 to EN-3	<u>3 x thru:</u> <ul style="list-style-type: none"> • 1 x 50 swim @ 1:40 <ul style="list-style-type: none"> ◦ 1 x 75 swim @ 1:40 <ul style="list-style-type: none"> ▪ 1 x 100 swim @ 1:40 <ul style="list-style-type: none"> • 1 x 125 swim @ 1:40
REC	150 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	4 x (100 swim, 50 kick)
EN-1	400 pull: breathe 3/5/3/5/3/5/3/5 by 50's
EN-1	4 x 50 "stroke" drill @ r=10
EN-1 to EN-3	<ul style="list-style-type: none"> • 3 x 100 @ 2:00 or r=20 <ul style="list-style-type: none"> ◦ 25 "stroke"/75 free ◦ descend times 1-3 • 3 x 100 @ 2:10 or r=20 <ul style="list-style-type: none"> ◦ 50 "stroke"/50 free ◦ descend times 1-3 • 3 x 100 @ 2:20 or r=20 <ul style="list-style-type: none"> ◦ 75 "stroke"/25 free ◦ descend times 1-3 • 3 x 100 @ 2:30 or r=20 <ul style="list-style-type: none"> ◦ 100 "stroke" ◦ descend times 1-3
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
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REC to EN-1	<ul style="list-style-type: none"> • 400 swim • 200 kick • 4 x 75 @ r=15 <ul style="list-style-type: none"> ◦ 25 kick/25 drill/25 swim • 200: 25 scull with free kick/25 swim • 4 x 50 swim @ r=15 <ul style="list-style-type: none"> ◦ build each 50
SP-1/REC	<ul style="list-style-type: none"> • 1 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> ◦ fast • 1 x 200 swim <ul style="list-style-type: none"> ◦ easy • 2 x 75 swim @ 2:00 or r=45 <ul style="list-style-type: none"> ◦ fast • 1 x 200 swim <ul style="list-style-type: none"> ◦ easy • 2 x 50 swim @ 1:00 or r=20 <ul style="list-style-type: none"> ◦ fast • 1 x 200 swim <ul style="list-style-type: none"> ◦ easy • 2 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> ◦ fast • 1 x 200 swim <ul style="list-style-type: none"> ◦ easy

Total = 2500

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
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