

DAY/DATE: MONDAY/JUNE 24, 2019

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	• 200 swim • 100 kick • 200 (25 drill/25 swim)
EN-1 TO EN-2	• 600 pull @ 9:40 or r=40 ◦ breathe 3/5/3/7/3/5 by 100's • 4 x 150 swim @ 2:40 or r=20 ◦ descend times 1-4 • 400 pull @ 6:20 or r=20 ◦ breathe 3/5/3/5 by 100's • 4 x 100 swim @ 1:40 or r=10 ◦ descend times 1-4 • 200 pull @ 3:20 or r=20 ◦ breathe 3/5/3/5 by 50's • 4 x 50 swim @ 55 or r=10 ◦ descend times 1-4
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/JUNE 25, 2019

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	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-2	<u>4 x thru:</u> • 4 x 25 swim @ 40 or r=10 ◦ 100 IM order • 1 x 100 IM @ 2:20 or r=40
EN-1	200 kick
EN-1 TO EN-2	8 x 25 kick @ 45 or r=10 • 2 of each stroke
REC	300 choice

Total = 2500

DAY/DATE: WEDNESDAY/JUNE 26, 2019

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	12 x 25 @ r=10 • 25 kick/25 drill/25 swim
EN-1 TO EN-3	20 x 75 @ 1:30 or r=20-30 • 1-4 @ EN-1 pace ◦ 5-8 @ EN-2 pace ▪ 9-12 @ EN-3 pace • 13-16 @ EN-2 pace ◦ 17-20 @ EN-1 pace
SP-1/EN-1	20 x 25 @ 40 or r=10 • 2 x 25: ½ length underwater dolphin kick/ ½ length easy swim • 2 x 25: DPS
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/JUNE 27, 2019

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
EN-1	• 100 pull @ 1:40 or r=10 ◦ 200 pull @ 3:20 or r=20 ▪ 300 pull @ 5:00 or r=30 ◦ 200 pull @ 3:20 or r=20 • 100 pull @ 1:40 or r=10
EN-1 TO EN-2	• 6 x 25 stroke @ 40 or r=10 ◦ 25 drill/25 swim • 1 x 50 swim @ 60 or r=10 ◦ 25 stroke/25 free • 6 x 25 stroke @ 40 or r=10 ◦ 25 drill/25 swim • 1 x 100 swim @ 2:00 or r=20 ◦ 50 stroke/50 free • 6 x 25 stroke @ 40 or r=10 ◦ 25 drill/25 swim • 1 x 150 swim @ 3:00 or r=30 ◦ 75 stroke/75 free • 6 x 25 stroke @ 40 or r=10 ◦ 25 drill/25 swim • 1 x 200 swim @ 4:00 or r=40 ◦ 100 stroke/100 free
REC	200 choice

Total = 2500

Workouts off the beaten path
SJ Black, PhD

www.workoutsoffthebeatenpath.wordpress.com

DAY/DATE: FRIDAY/JUNE 28, 2019

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 @ 1:00 or r=10 • 25 drill/25 build
EN-1/SP-1	12 x 25 swim @ 45 or r=15 <u>3 x thru:</u> • 12.5 easy/12.5 fast • 12.5 fast/12.5 easy • 25 easy • 25 fast
EN-1/SP-1	12 x 50 @ 1:10 or r=20 <u>3 x thru:</u> • 25 easy/25 fast • 25 fast/25 easy • 50 easy • 50 fast
EN-1 TO REC	• 1 x 400 pull @ r=20 ◦ breathe 3/3/5/3 by 100's • 4 x 50 swim @ r=10

Total = 2500