

DAY/DATE: MONDAY/SEPTEMBER 23, 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 • 200 kick • 200 pull • 200 swim
EN-1	8 x 25 drill @ r=10 • choose 2 different freestyle drills
EN-1 TO EN-2	<u>2 x thru:</u> • 1 x 300 pull @ 5:00 or r=30 ◦ breathe 3/4/5 by 100's • 2 x 150 swim @ 2:30 or r=15 ◦ descend times 1-2 • 3 x 100 pull @ 1:40 or r=10 ◦ descend times 1-4 • extra 30 seconds rest
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/SEPTEMBER 24, 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: IM • 200 drill: IM
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 25's
EN-1 TO EN-2	12 x 50 @ 1:05 or r=10 • 25 drill/25 swim • 3 each stroke, IM order
EN-1 TO EN-2	<u>4 x thru (Milt Nelms Axis Swim):</u> • 25 back • 25 fly • 25 back • 25 breast • 25 free • 25 free • 25 free
REC	8 x 25 @ r=5 • 25 scull with kick/25 swim

Total = 2500

DAY/DATE: WEDNESDAY/SEPT. 25, 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	• 300 swim • 4 x 50 @ r=10 ◦ 25 scull with free kick/25 swim
EN-1 TO EN-2	<u>2 x thru:</u> • 1 x 100 swim @ 1:40 or r=10 ◦ 1 x 200 pull @ 3:20 or r=20 ▪ 1 x 100 swim @ 1:40 or r=10 • 1 x 300 pull @ 5:00 or r=30 ◦ 1 x 100 swim @ 1:40 or r=10 ▪ 1 x 400 pull @ 7:00 or r=60
REC	100 choice

Total = 3000

DAY/DATE: THURSDAY/SEPTEMBER 26, 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	4 x 100 pull @ 1:45 or r=10 • 25 breast/25 free/25 breast/25 free
EN-1 TO EN-2	4 x 75 kick @ 2:00 or r=20 • choose one "stroke" • descend times 1-4
EN-1	8 x 50 @ 1:05 or r=15 • 25 "stroke" drill/25 "stroke" swim
EN-2	4 x 150 swim @ 3:10 or r=30 • odd 150's: 50 free/50 "stroke"/50 free • even 150's: 50 "stroke"/50 free/50 "stroke"
EN-2	4 x 100 swim @ 2:00 or r=20 • 25 "stroke"/25 free/25 "stroke"/25 free
REC	100 choice

Total = 2500

DAY/DATE: FRIDAY/SEPTEMBER 27, 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 • stretch for 2 minutes • 200 swim (mix of strokes) • stretch for 2 minutes • 200 kick (mix of strokes) • stretch for 2 minutes
EN-1	8 x 50 @ 1:05 or r=10 • 25 drill/25 swim
EN-1 TO EN-2	12 x 25 swim @ 40 or r=10 • build
REC TO EN-3	• 4 x 25 swim @ 1:00 ◦ all fast! • 4 x 50 swim @ 1:00 or r=15 ◦ moderate pace • 1 x 300 swim or pull @ 5:30 or r=60 ◦ easy pace • 4 x 50 swim @ 1:30 ◦ all fast! • 4 x 25 swim @ 40 or r=10 ◦ moderate pace • 1 x 300 swim or pull ◦ easy pace

Total = 2500

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SJ Black, PhD

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