

DAY/DATE: MONDAY/SEPTEMBER 9, 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 TO EN-1	• 200 swim • 4 x 50 swim @ r=10 ◦ descend times 1-4 • 200 kick • 4 x 50 kick @ r=10 ◦ descend times 1-4
EN-1	12 x 25 @ r=5 • 25 scull/25 pull • mix of sculls (i.e., top, middle, bottom)
EN-1 TO EN-2	• 1 x 50 swim @ 1:00 or r=15 ◦ 1 x 100 swim @ 1:40 or r=10 ▪ 1 x 200 pull @ 3:20 or r=20 • 1 x 300 swim @ 5:00 or r=30 ◦ 1 x 400 pull @ 6:40 or r=40 • 1 x 300 swim @ 5:00 or r=30 ◦ 1 x 200 pull @ 3:20 or r=20 ◦ 1 x 100 swim @ 1:40 or r=10 • 1 x 50 swim @ 1:00 or r=15
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/SEPTEMBER 10, 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 TO EN-2	• 1 x 300 pull @ 5:00 or r=30 ◦ breathe 3/5/3 by 100's • 2 x 150 swim @ 3:10 or r=20 ◦ 50 back/50 breast/50 free • 3 x 100 pull @ 2:05 or r=20 ◦ 25 breast/25 free/25 breast/25 free • 6 x 50 kick @ 1:30 or r=15 ◦ 2 fly, 2 back, 2 breast
EN-2	20 x 25 swim @ 40 or r=10 • 100 IM order
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/SEPTEMBER 11, 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	400 choice
EN-1 TO EN-3	• 1 x 400 pull @ 7:00 or r=60 ◦ breathe 3/5/3/5 by 100's • 4 x 50 kick @ 1:30 or r=15 ◦ descend times 1-4 • 2 x 200 swim @ 3:20 or r=20 ◦ push 3rd 50 of each 200 • 4 x 50 swim @ 1:00 or r=15 ◦ negative split each 50 • 4 x 100 pull @ 1:40 or r=10 ◦ descend times 1-4 • 1 x 200 kick @ 5:00 or r=30 ◦ push 3rd 50 • 4 x 100 swim @ 1:40 or r=10 ◦ negative split each 100 • 8 x 25 swim @ 40 or r=10 ◦ from center of pool, fast turns!
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/SEPTEMBER 12, 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 choice
EN-1 TO EN-2	• 1 x 100 "stroke" @ 2:30 or r=20 ◦ all kick ▪ 2 x 100 "stroke" @ 2:00 or r=20 • 25 drill/25 swim ◦ 3 x 100 swim @ 2:10 or r=20 ▪ 25 "stroke"/25 free • 4 x 100 pull @ 1:40 or r=10 ◦ breathe 3/4/5/3 by 25's ◦ 3 x 100 swim @ 2:10 or r=20 ▪ 50 "stroke"/50 free ▪ 2 x 100 "stroke" @ 2:00 or r=20 • 50 drill/50 swim • 1 x 100 "stroke" @ 2:30 or r=20 ◦ all kick
EN-1 TO EN-2	20 x 25 swim @ 40 or r=15 <u>4 x thru:</u> • 3 strokes fly, free • 4 strokes fly, free • 5 strokes fly, free • all fly • all free
REC	100 swim

Total = 2500

Workouts off the beaten path
SJ Black, PhD

www.workoutsoffthebeatenpath.wordpress.com

DAY/DATE: FRIDAY/SEPTEMBER 13, 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	• 300 swim • 200 kick • 100 pull
EN-1	8 x 50 @ 1:00 or r=10 <u>Alternate:</u> • 25 kick/25 swim • 25 drill/25 swim
EN-2 TO EN-3	3 x 200 swim @ 4:00 or r=60 • #1: straight 200 • #2: broken 15 seconds at 100 ◦ subtract 15 seconds to get time • #3: broken 10 seconds at each 50 ◦ subtract 30 seconds to get time
REC	6 x 50 pull or swim @ r=10
EN-2 TO EN-3	3 x 100 swim @ 2:30 or r=60 • #1: straight 100 • #2: broken 15 seconds at 50 ◦ subtract 15 seconds to get time • #3: broken 10 seconds at each 25 ◦ subtract 30 seconds to get time
REC	300 choice

Total = 2500