

DAY/DATE: MONDAY/DECEMBER 30, 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	<ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull
EN-1 TO EN-2	<ul style="list-style-type: none">• 3 x 100 pull @ 1:40 or r=10<ul style="list-style-type: none">◦ descend times 1-3• 2 x 150 pull @ 2:30 or r=15<ul style="list-style-type: none">◦ descend times 1-2• 1 x 300 pull @ 5:00 or r=30<ul style="list-style-type: none">◦ negative split• 1 x 300 swim @ 5:00 or r=30<ul style="list-style-type: none">◦ negative split• 2 x 150 swim @ 2:30 or r=15<ul style="list-style-type: none">◦ descend times 1-2• 3 x 100 swim @ 1:40 or r=10<ul style="list-style-type: none">◦ descend times 1-3
EN-1/EN-3	16 x 25 swim @ 30 or r=5 <ul style="list-style-type: none">• 25 easy/25 fast
REC	200 choice

Total = 3000

DAY/DATE: TUESDAY/DECEMBER 31, 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	<ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 25's
EN-2	12 x 75 @ 2:00 or r=30 <u>3 x thru:</u> <ul style="list-style-type: none">• 75 fly kick• 25 back kick/25 breast kick/25 free swim• 25 back kick/25 breast swim/25 free swim• 25 back swim/25 breast swim/25 free swim
EN-1 TO EN-2	16 x 25 swim @ 40 or r=10 <ul style="list-style-type: none">• 100 IM order
REC	200 choice

Total = 2500

DAY/DATE: WEDNESDAY/JANUARY 1, 2020

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	<ul style="list-style-type: none">• 300 swim• 6 x 50 @ r=10<ul style="list-style-type: none">◦ 25 scull with free kick/25 swim
EN-1 TO EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none">• 1 x 200 pull @ 3:30 or r=30<ul style="list-style-type: none">◦ moderate pace, negative split• 2 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">◦ build each to 200 race pace• 4 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none">◦ at 200 race pace + 4 seconds• 8 x 25 swim @ 30 or r=10<ul style="list-style-type: none">◦ at 200 race pace + 2 seconds• extra 30 seconds rest
EN-1/SP-1	<p>12 x 50 swim @ 1:10 or r=20</p> <ul style="list-style-type: none">• fast in and out of turns!• fast finish!
REC	200 choice

Total = 3000

DAY/DATE: THURSDAY/JANUARY 2, 2020

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	500 choice
EN-1	6 x 50 @ 1:05 or r=15 • 25 drill/25 build
EN-1 TO EN-2	<u>3 x thru (choose one stroke per round):</u> <ul style="list-style-type: none">• 1 x 100 @ 2:15 or r=30<ul style="list-style-type: none">◦ 25 drill/25 swim• 2 x 75 @ 1:45 or r=20<ul style="list-style-type: none">◦ 25 swim/25 drill/25 swim• 3 x 50 kick @ 1:30 or r=15<ul style="list-style-type: none">◦ descend times 1-3• 4 x 25 swim @ 45 or r=15<ul style="list-style-type: none">◦ descend times 1-4
EN-2 TO REC	8 x 25 swim @ r=10 • ascend times 1-8

Total = 2500

DAY/DATE: FRIDAY/JANUARY 3, 2020

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	<ul style="list-style-type: none">• 200 swim• 200 kick• 200 pull• 4 x 25 scull @ r=5
EN-2 TO EN-3	<p><u>Tempo gets faster as distance gets shorter:</u></p> <ul style="list-style-type: none">• 2 x 150 swim @ 3:00 or r=45<ul style="list-style-type: none">◦ moderate effort◦ negative split• 4 x 75 swim @ 1:45 or r=30<ul style="list-style-type: none">◦ strong effort◦ descend times 1-4 (slightly)• 12 x 25 swim @ 45 or r=20<ul style="list-style-type: none">◦ strong effort◦ all at 90% effort
EN-1	200 kick
EN-1/EN-2	4 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none">• negative split
EN-1 TO EN-3	12 x 25 swim @ 40 or r=10 <u>4 x thru:</u> <ul style="list-style-type: none">• 25 DPS• 25 build• 25 fast breakout
REC	200 easy

Total = 2500

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SJ Black, PhD

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