

DAY/DATE: MONDAY/OCTOBER 12, 2020

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 pull
EN-1	8 x 50 pull @ 55 or r=10 • breathe 3/5 by 50's
EN-1 TO EN-2	<u>4 x thru:</u> • 1 x 400 swim @ 6:30 or r=30 ◦ descend times 1-4 • 4 x 25 swim @ 30 or r=10 ◦ DPS (max. distance per stroke) • extra 30 seconds rest
REC	100 choice

Total = 3000

DAY/DATE: TUESDAY/OCTOBER 13, 2020

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	6 x 50 drill @ r=10 seconds • 1 each stroke + 2 choice
EN-2	<u>3 x thru:</u> • 1 x 75 swim @ 1:30 or r=15 ◦ 25 fly/25 back/25 breast • 1 x 75 free @ 1:30 ◦ 25 easy/25 medium/25 fast • 1 x 75 swim @ 1:30 or r=15 ◦ 25 fly/25 back/25 breast • 1 x 75 free @ 1:30 ◦ 25 easy/25 medium/25 fast • 4 x 50 swim @ 1:00 or r=15 ◦ 25 "stroke"/25 free ▪ round 1 "stroke" = fly ▪ round 2 "stroke" = back ▪ round 3 "stroke" = breast • extra 30 seconds rest
REC	100 swim

Total = 2500

Workouts off the beaten path
SJ Black, PhD

www.workoutsoffthebeatenpath.wordpress.com

DAY/DATE: WEDNESDAY/OCTOBER 14, 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	• 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 pull @ 1:45 or r=15 • 1 x 200 swim @ 3:30 or r=30 • 1 x 100 pull @ 1:45 or r=15 • 1 x 300 swim @ 5:00 or r=30 • 1 x 100 pull @ 1:45 or r=15 • 1 x 400 swim @ 6:30 or r=30
REC	100 easy

Total = 3000

DAY/DATE: THURSDAY/OCTOBER 15, 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	400 swim
EN-1	4 x 100 pull @ 1:40 or r=10 • breathe 3/5 by 25's
EN-1 TO EN-2	4 x 75 "stroke" kick @ 1:45 or r=15 • descend times 1-4
EN-1	4 x 50 "stroke" drill @ 1:05 or r=15
EN-1 TO EN-2	4 x 150 "stroke" swim @ 3:15 or r=30 • descend times 1-4
EN-1 TO EN-2	4 x 75 "stroke" kick @ 1:45 or r=15 • descend times 1-4
EN-1	4 x 50 "stroke" drill @ 1:05 or r=15
REC	100 swim

Total = 2500

DAY/DATE: FRIDAY/OCTOBER 16, 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	• 200 swim • 200 kick • 200 pull
EN-1	• 8 x 50 @ 1:05 or r=10 ◦ 25 drill/25 swim • 12 x 25 swim @ 40 or r=10 ◦ 25 build/25 DPS (max. distance per stroke)
EN-1/SP-1	• 8 x 25 swim @ 40 or r=20 ◦ 25 easy/25 fast! • 4 x 50 swim @ 1:10 or r=20 ◦ 50 easy/50 fast!/50 easy/50 fast! • 1 x 200 swim or pull ◦ easy pace • 4 x 50 swim @ 1:10 or r=20 ◦ 50 easy/50 fast!/50 easy/50 fast! • 8 x 25 swim @ 40 or r=20 ◦ 25 easy/25 fast!
REC	200 swim

Total = 2500