

DAY/DATE: MONDAY/NOVEMBER 30, 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	<ul style="list-style-type: none"><li>• 300 swim</li><li>• 100 kick</li><li>• 200 (25 drill/25 swim)</li></ul>
EN-1	12 x 25 @ r=10 <ul style="list-style-type: none"><li>• 25 scull/25 pull</li></ul>
EN-1 TO EN-2	<u>2 x thru:</u> <ul style="list-style-type: none"><li>• 1 x 400 pull @ 6:30 or r=30<ul style="list-style-type: none"><li>◦ breathe 3/5/3 by 100's</li></ul></li><li>• 3 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none"><li>◦ descend times 1-3</li></ul></li><li>• 6 x 50 swim @ 1:00 or r=15<ul style="list-style-type: none"><li>◦ 25 build/25 "DPS"</li></ul></li></ul>
REC	100 swim

Total = 3000

DAY/DATE: TUESDAY/DECEMBER 1, 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	<ul style="list-style-type: none"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li></ul>
EN-1	12 x 25 @ 45 or r=15 <ul style="list-style-type: none"><li>• 25 kick/25 drill/25 swim</li><li>• 1 round each stroke, reverse IM order</li></ul>
EN-2	Milt Nelms Axis Swim <u>6 x thru:</u> <ul style="list-style-type: none"><li>• 25 back</li><li>• 25 fly</li><li>• 25 back</li><li>• 25 breast</li><li>• 25 free</li><li>• 25 free</li><li>• 25 free</li></ul>
EN-1	12 x 25 @ 45 or r=15 <ul style="list-style-type: none"><li>• 25 kick/25 drill/25 swim</li><li>• 1 round each stroke, IM order</li></ul>
REC	250 choice

Total = 2500

DAY/DATE: WEDNESDAY/DECEMBER 2, 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	500 choice
EN-1 TO EN-2	<ul style="list-style-type: none"> <li>• 1 x 400 swim @ 6:30 or r=30               <ul style="list-style-type: none"> <li>◦ moderate pace</li> </ul> </li> <li>• 1 x 200 pull @ 3:20 or r=20               <ul style="list-style-type: none"> <li>◦ breathe 3/5/3/5 by 50's</li> </ul> </li> <li>• 4 x 50 swim @ 1:00 or r=15               <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 1 x 300 swim @ 5:00 or r=30               <ul style="list-style-type: none"> <li>◦ faster pace than 400</li> </ul> </li> <li>• 1 x 150 pull @ 2:30 or r=15               <ul style="list-style-type: none"> <li>◦ breathe 3/5/3 by 50's</li> </ul> </li> <li>• 3 x 50 swim @ 1:00 or r=15               <ul style="list-style-type: none"> <li>◦ descend times 1-3</li> </ul> </li> <li>• 1 x 200 swim @ 3:30 or r=30               <ul style="list-style-type: none"> <li>◦ faster pace than 300</li> </ul> </li> <li>• 1 x 100 pull @ 1:40 or r=10               <ul style="list-style-type: none"> <li>◦ breathe 3/5 by 50's</li> </ul> </li> <li>• 2 x 50 swim @ 1:00 or r=15               <ul style="list-style-type: none"> <li>◦ 25 easy/25 fast</li> </ul> </li> </ul>
EN-1	<p>12 x 50 swim @ 1:10 or r=20</p> <ul style="list-style-type: none"> <li>• choose one stroke for each set of 3 x 50</li> <li>• golf score = time + # of strokes</li> <li>• lowest score wins!</li> </ul>
REC	100 choice

Total = 3000

Workouts off the beaten path  
 SJ Black, PhD

[www.workoutsoffthebeatenpath.wordpress.com](http://www.workoutsoffthebeatenpath.wordpress.com)

DAY/DATE: THURSDAY/DECEMBER 3, 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	<ul style="list-style-type: none"><li>• 300 swim</li><li>• 200 kick</li><li>• 100 pull</li></ul>
EN-1	8 x 50 pull @ 1:10 or r=15 <ul style="list-style-type: none"><li>• 25 breast/25 free</li></ul>
EN-1 TO EN-2	20 x 25 swim @ 40 or r=10 <u>4 x thru:</u> <ul style="list-style-type: none"><li>• 3 strokes fly, easy free<ul style="list-style-type: none"><li>◦ 4 strokes fly, easy free</li><li>▪ 5 strokes fly, easy free</li></ul></li><li>• all fly<ul style="list-style-type: none"><li>◦ all free</li></ul></li></ul>
EN-1	500 "combo" swim: 50 "stroke"/50 free
EN-1 TO EN-3	12 x 25 swim @ 40 or r=15 <u>4 x thru:</u> <ul style="list-style-type: none"><li>• 25 build</li><li>• 25 fast</li><li>• 25 "DPS"</li></ul>
REC	200 swim

Total = 2500

DAY/DATE: FRIDAY/DECEMBER 4, 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"><li>• 200 swim</li><li>• 200 kick</li><li>• 200 pull</li></ul>
EN-1	<b>8 x 50 @ r=10</b> <b>alternate:</b> <ul style="list-style-type: none"><li>• 25 kick/25 swim</li><li>• 25 drill/25 swim</li></ul>
EN-1 TO EN-3	<b>3 x thru:</b> <ul style="list-style-type: none"><li>• 4 x 50 swim @ r=10<ul style="list-style-type: none"><li>◦ #1=25 easy/25 fast</li><li>◦ #2=25 fast/25 easy</li><li>◦ #3=50 easy</li><li>◦ #4=50 fast (90%)</li></ul></li><li>• 2 x 50 swim (fast, 95%) @ r=30</li><li>• 1 x 100 swim (build) @ r=10</li><li>• 1 x 50 swim (easy) @ r=60</li></ul>
REC	<b>150 choice</b>

Total = 2500