

Day/Date: Monday/August 21, 2023

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 IM kick • 200 pull • 200 IM drill
EN-1	600 pull: breathe 3/5/3/5/3/5 by 100's
EN-1 to EN-3	4 x 150 swim @ 2:30 or r=15 <ul style="list-style-type: none"> • descend times 1-4
EN-1 to EN-3	8 x 75 swim @ 1:20 or r=15 <ul style="list-style-type: none"> • descend times 1-4, 5-8
EN-1	16 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> • descend stroke count 1-4, 5-8, 9-12, 13-16

Total = 3000

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

Workouts off the beaten path

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull • 6 x 50 @ r=10 <ul style="list-style-type: none"> ◦ 25 scull/25 pull • 4 x 75 kick @ r=15 <ul style="list-style-type: none"> ◦ IM order
EN-2	<ul style="list-style-type: none"> • 1 x 150 swim @ 3:10 or r=20 <ul style="list-style-type: none"> ◦ 50 back/50 breast/50 free • 2 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ #1 50 fly, #2 25 fly/25 back • 1 x 150 swim @ 3:10 or r=20 <ul style="list-style-type: none"> ◦ 50 back/50 breast/50 free • 2 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ #1 50 back, #2 25 back/25 breast • 1 x 150 swim @ 3:10 or r=20 <ul style="list-style-type: none"> ◦ 50 back/50 breast/50 free • 2 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ #1 50 breast, #2 25 breast/25 free • 1 x 150 swim @ 3:10 or r=20 <ul style="list-style-type: none"> ◦ 50 back/50 breast/50 free • 2 x 50 free @ 1:00 or r=15
REC	300 choice

Total = 2500

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim, 2 x 50 swim @ r=10 • 200 kick, 2 x 50 kick @ r=10 • 200 pull, 2 x 50 pull @ r=10
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 300 free @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ even split • 2 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 build/25 DPS • 1 x 300 free @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ negative split by 2 seconds • 2 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 build/25 DPS • 1 x 300 free @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ negative split by 4 seconds • 2 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 build/25 DPS • 1 x 300 free @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ negative split by 6 seconds • 2 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 build/25 DPS
EN-1/EN-3	300 kick: 25 easy/25 fast
REC	200: 25 scull/25 pull

Total = 3000

Pace Chart					
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EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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Pace	Set
REC	400 swim
EN-1 to EN-2	10 x 25 drill @ 40 or r=10 • 25 "short axis" stroke/25 "long axis" stroke
EN-1 to EN-2	10 x 50 swim @ 1:05 or r=15 • 50 "short axis" stroke/50 "long axis" stroke
EN-1	500 pull: breathe 3/5/3/5/3 by 100's
EN-1 to EN-2	10 x 50 swim @ 1:05 or r=15 • 25 "short axis" stroke/25 "long axis" stroke
EN-1 to EN-2	10 x 25 swim @ 40 or r=10 • 25 "short axis" stroke/25 "long axis" stroke
REC	100 swim

Total = 2500

- "short axis" strokes = fly, breaststroke
- "long axis" strokes = backstroke, freestyle

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EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 2 x 25 swim @ r=10 • 200 kick • 2 x 25 kick @ r=10
EN-1 to EN-2	8 x 25 @ r=10 <ul style="list-style-type: none"> • 25 drill/25 build
EN-1/SP-1	<ul style="list-style-type: none"> • 12 x 50 swim @ 1:10 or r=25 <ul style="list-style-type: none"> ◦ odds: 25 DPS/25 max speed ◦ evens: 25 max speed/25 DPS • 200 easy • 8 x 50 swim @ 1:05 or r=20 <ul style="list-style-type: none"> ◦ odds: 25 DPS/25 max speed ◦ evens: 25 max speed/25 DPS • 200 easy • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ odds: 25 DPS/25 max speed ◦ evens: 25 max speed/25 DPS
REC	100 choice

Total = 2500

Pace Chart					
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