

Pace	Set
REC	600 choice
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 400 swim @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ negative split • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ build each 25 to full-speed • 2 x 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ breathe 3/3/5/3 by 50's • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ each 25: fast breakout, easy to wall • 4 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ build each 25 to full-speed • 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 25's • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ each 25: fast breakout, easy to wall
EN-1/EN-3	8 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> • 25 easy/25 fast
REC	200 swim

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

SJ Black, PhD

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Pace	Set
REC	• 200 swim, 200 kick, 200 pull
EN-1	8 x 25 @ r=5 • 25 scull/25 pull
EN-2	3 x thru: • 25 fly @ 40 or r=10 • 25 fly/25 back @ 1:10 or r=15 • 25 fly/25 back/25 breast @ 1:40 or r=20 • 100 IM @ 2:30 or r=40
REC	100 choice
EN-2	3 x thru: • 25 free @ 30 or r=5 • 25 breast/25 free @ 1:00 or r=10 • 25 back/25 breast/25 free @ 1:30 or r=15 • 100 IM @ 2:20 or r=40
REC	100 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

Pace	Set
REC	400 swim
EN-1 to EN-2	<u>3 x thru:</u> <ul style="list-style-type: none"> • 2 x 25 kick @ 45 or r=10 • 1 x 50 swim @ 1:00 or r=10
EN-1 to EN-2	<u>@ 20 seconds rest between swims:</u> <ul style="list-style-type: none"> • 25 <ul style="list-style-type: none"> ◦ 50 <ul style="list-style-type: none"> ▪ 75 <ul style="list-style-type: none"> • 100 <ul style="list-style-type: none"> ◦ 125 <ul style="list-style-type: none"> ▪ 150 <ul style="list-style-type: none"> • 175 <ul style="list-style-type: none"> ◦ 200 <ul style="list-style-type: none"> ▪ 300 <ul style="list-style-type: none"> ◦ 200 <ul style="list-style-type: none"> • 175 <ul style="list-style-type: none"> ▪ 150 <ul style="list-style-type: none"> ◦ 125 <ul style="list-style-type: none"> • 100 <ul style="list-style-type: none"> ▪ 75 <ul style="list-style-type: none"> ◦ 50 <ul style="list-style-type: none"> • 25
REC	200 choice

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

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 choice
EN-1 to EN-2	<ul style="list-style-type: none"> • 4 x 200 swim @ 4:15 or r=40 <ul style="list-style-type: none"> ◦ 50 "stroke"/50 free/50 "stroke"/50 free ▪ 4 x 150 swim @ 3:00 or r=20 <ul style="list-style-type: none"> • 50 free/50 "stroke"/50 free ◦ 4 x 100 swim @ 2:00 or r=20 <ul style="list-style-type: none"> ▪ 50 "stroke"/50 free • 4 x 50 swim @ 1:05 or r=10 <ul style="list-style-type: none"> ◦ all "stroke"
REC	100 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

Pace	Set
REC	400 swim
EN-1 to SP-1	<ul style="list-style-type: none"> • 4 x 100 kick @ 2:40 or r=20 <ul style="list-style-type: none"> ◦ descend times 1-4 • 8 x 25 kick @ 50 or r=20 <ul style="list-style-type: none"> ◦ 85-90% effort • 4 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • 8 x 25 pull @ 40 or r=15 <ul style="list-style-type: none"> ◦ 90% effort • 4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 8 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> ◦ 90-95% effort
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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