

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1	8 x 25 scull with flutter kick @ r=5
EN-1 to EN-2	<ul style="list-style-type: none"> • 1 x 400 swim or pull @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ negative split • 16 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> ◦ descend times 1-4, 5-8, 9-12, 13-16 • 2 x 200 swim or pull @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ negative split each 200 • 8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4, 5-8 • 4 x 100 swim or pull @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4
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

Workouts off the beaten path

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Pace	Set
REC	400 swim
EN-1 to EN-2	<u>3 x thru:</u> <ul style="list-style-type: none"> • 4 x 50 @ 1:05 or r=15 <ul style="list-style-type: none"> ◦ 25 drill/25 build ◦ reverse IM order • 1 x 100 free @ 2:00 or r=30 <ul style="list-style-type: none"> ◦ "DPS" (max. distance per arm-stroke)
EN-2	<u>4 x thru:</u> <ul style="list-style-type: none"> • 3 x 75 swim @ 1:40 or r=20 <ul style="list-style-type: none"> ◦ 25 fly/50 back ◦ 25 back/50 breast ◦ 25 breast/50 free • 1 x 25 easy @ 1:00 or r=30
REC	200 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 choice
EN-1	16 x 25 @ r=5 • 25 scull/25 pull
EN-1 to EN-2	<ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ moderate effort • 4 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none"> ◦ moderate-hard effort • 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ moderate effort • 3 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none"> ◦ moderate-hard effort • 1 x 200 pull @ 3:15 or r=15 <ul style="list-style-type: none"> ◦ moderate effort • 2 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none"> ◦ moderate-hard effort • 1 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ moderate effort • 1 x 100 swim <ul style="list-style-type: none"> ◦ moderate-hard effort
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

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Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1	4 x 150 pull @ 2:40 or r=20 <ul style="list-style-type: none"> • breathe 3/5/3 by 50's
EN-2	4 x 100 kick @ 2:30 or r=20 <ul style="list-style-type: none"> • 25 "stroke"/25 free
EN-1 to EN-2	4 x 75 @ 1:40 or r=20 <ul style="list-style-type: none"> • 25 "stroke" drill/25 "stroke"/25 free
EN-2	4 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> • 25 "stroke"/25 free
EN-2	12 x 25 swim @ 45 or r=15 <ul style="list-style-type: none"> • all "stroke"
REC	100 choice

Total = 2500

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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	200 swim, 200 kick, 200 pull
EN-1	8 x 75 @ 1:40 or r=15 • 25 kick/25 drill/25 swim
EN-1 to EN-3	12 x 25 swim @ 45 or r=15 #1: <u>relaxed</u> pace, count strokes #2: <u>faster</u> pace, aim for same stroke count #3: <u>fastest</u> pace, aim for same stroke count
REC	100 choice
SP-1/REC	<ul style="list-style-type: none"> • 4 x 25 swim @ r=30 <ul style="list-style-type: none"> ◦ max. effort • 1 x 200 swim @ 5:00 <ul style="list-style-type: none"> ◦ easy effort • 4 x 25 swim @ r=30 <ul style="list-style-type: none"> ◦ max. effort • 1 x 200 swim @ 5:00 <ul style="list-style-type: none"> ◦ easy effort • 4 x 25 swim @ r=30 <ul style="list-style-type: none"> ◦ max. effort
REC	200 choice

Total = 2500

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
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