

Pace	Set
REC	• 200 swim • 100 kick • 200 pull • 100 kick • 200 swim
EN-1	12 x 25 @ 40 or r=10 <u>4 x thru:</u> • 2 x 25 drill • 1 x 25 build
EN-1 to EN-2	<u>20 minute continuous swim:</u> • steady pace for 20 minutes
REC/SP-1	12 x 25 @ 30 or r=10 • 1 x 25 easy/1 x 25 fast • 2 x 25 easy/2 x 25 fast • 3 x 25 easy/3 x 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

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Pace	Set
REC	400 swim
EN-3/EN-1	10 x 25 @ 45 or r=15 • 1st 12.5 (meters or yards) underwater dolphin • 2nd 12.5 (meters or yards) easy free
EN-1	250 pull: breathe 3/4/5/4/3 by 50's
EN-2	34 x 25 swim @ 40 or r=15 • 1 fly/1 back/1 breast/1 free • 2 fly/2 back/2 breast/1 free • 3 fly/3 back/3 breast/1 free • 4 fly/4 back/4 breast/1 free
EN-1	250 pull: breathe 3/5/3/5/3 by 50's
EN-3/EN-1	10 x 25 @ 45 or r=15 • 1st 12.5 (meters or yards) underwater dolphin • 2nd 12.5 (meters or yards) easy free
REC	250 swim

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 • 8 x 50 @ r=10 ◦ 25 kick/25 swim
EN-1 to EN-2	• 4 x 100 pull @ 1:40 or r=10 ◦ 1 x 200 swim @ 3:30 or r=30 ▪ negative split • 3 x 100 pull @ 1:40 or r=10 ◦ 1 x 200 swim @ 3:30 or r=30 ▪ negative split • 2 x 100 pull @ 1:40 or r=10 ◦ 1 x 200 swim @ 3:30 or r=30 ▪ negative split • 1 x 100 pull
EN-1/EN-3	8 x 50 swim @ 1:00 or r=15 • <u>4 x thru</u>: ◦ 25 easy/25 fast ◦ 25 fast/25 easy
REC	8 x 25 (25 scull/25 pull) @ r=5

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	• 200 swim • 200 kick • 200 pull
EN-1	4 x 150 pull @ 2:40 or r=20 • breathe 3/5/3 by 50's
EN-2	4 x 100 kick @ 2:30 or r=20 • 25 stroke/25 free
EN-1 to EN-2	4 x 75 @ 1:45 or r=20 • 50 stroke drill/25 free
EN-2	4 x 50 swim @ 1:00 or r=10-15 • 25 stroke/25 free
EN-2	4 x 25 swim @ 40 or r=10 • stroke
REC	300 swim

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	500 swim
EN-1	8 x 25 @ r=5 • 25 scull/25 pull
EN-1 to EN-2	12 x 25 swim @ 40 or r=10 • build each 25
SP-1/REC	4 x thru: • 1 x 50 swim @ r=10 ◦ hard effort! • 1 x 25 swim @ r=10 • very hard effort! ◦ 1 x 25 swim @ r=10 • very hard effort! • 1 x 200 swim @ 4:30 or r=60-90 ◦ easy effort!
EN-1 to REC	12 x 25 @ r=5 • 25 scull/25 pull

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
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