

Pace	Set
REC	• 400 swim • 200 kick
EN-1 to EN-2	• 1 x 400 pull @ 7:00 or r=60 ◦ 4 x 100 swim @ 1:45 or r=15 ▪ 1 x 300 pull @ 5:15 or r=45 • 4 x 75 swim @ 1:30 or r=15 ◦ 1 x 200 pull @ 3:30 or r=30 ▪ 4 x 50 swim @ 1:00 or r=15 • 1 x 100 pull @ 1:45 or r=15 ◦ 4 x 25 swim @ 30 or r=10
EN-1/EN-3	12 x 25 swim @ 30 or r=10 • 25 easy/25 fast
REC	100 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	400 choice
EN-2	<u>3 x thru:</u> • 4 x 25 fly kick @ 45 or r=10 ◦ 1st 12½ meters (or yards) underwater • 2 x 50 choice kick @ 1:30 or r=20
EN-1 to EN-3	<u>2 x thru:</u> • 4 x 50 pull @ 55 or r=10 ◦ breathe 3/5 by 25's • 4 x 50 drill @ 1:10 or r=10 ◦ IM order • 4 x 75 swim @ 1:45 or r=30 ◦ #1: 50 fly "strong"/25 back "fast" ◦ #2: 50 back "strong"/25 breast "fast" ◦ #3: 50 breast "strong"/25 free "fast" ◦ #4: 50 free "strong"/25 fly "fast" • extra 60 seconds between rounds
REC	100 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	• 200 swim • 200 kick • 200 pull
EN-1	8 x 25 (25 scull/25 pull) @ r=5
EN-1	8 x 50 @ 1:10 or r=15 • 25 drill/25 "DPS" (max. distance per stroke)
EN-1 to EN-2	8 x 75 swim @ 1:30 or r=20 • descend times 1-4, 5-8
EN-1/EN-2	4 x 150 pull @ 2:30 or r=15 • "negative split" (2nd 75 faster than 1st 75)
EN-1/EN-2	8 x 50 swim @ 55 or r=10 • 25 DPS/25 build tempo
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	• 200 swim • 200 kick or drill
EN-1	6 x 50 pull @ 1:10 or r=10 • 25 breast/25 free
EN-1	300 freestyle: no breathing flags to wall
EN-1 to EN-2	12 x 50 @ 1:15 or r=15 <u>4 x thru:</u> • 25 scull with free kick/25 stroke • 50 stroke • 50 free
EN-1/EN-3	300 kick: every 3 rd length fast!
EN-1 to EN-2	12 x 25 @ 40 or r=10 <u>4 x thru:</u> • 25 drill • 25 stroke • 25 free
REC	300 swim or pull

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 • 100 kick • 200 pull
EN-2	• 2 x 50 kick @ 1:30 or r=20 ◦ 2 x 50 kick @ 1:20 or r=15 ▪ 2 x 50 kick @ 1:15 or r=10 • 2 x 50 kick @ 1:10 or r=5
EN-1	8 x 25 (25 scull/25 pull) @ r=5
EN-1 to SP-1	<u>2 x thru:</u> • 1 x 150 free @ 3:00 or r=30 ◦ moderate effort, negative split • 2 x 75 stroke @ 1:45 or r=30 ◦ 50 long & strong/25 fast • 3 x 50 free @ 1:00 or r=15 ◦ moderate effort, descend times 1-3 • 6 x 25 stroke @ 45 or r=15 ◦ 25 build/25 fast • extra 60 seconds between rounds
REC	200: 25 scull/25 pull

Total = 2500

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