

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1	12 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> • breathe 3/5/7 by 50's
EN-1 to EN-3	<u>Davis Mile: Broken 1650</u> <i>Subtract 2½ minutes to get 1650 time</i> <ul style="list-style-type: none"> • 11 lengths (275) @ r=20 • 10 lengths (250) @ r=20 • 9 lengths (225) @ r=20 <ul style="list-style-type: none"> ◦ 8 lengths (200) @ r=15 ◦ 7 lengths (175) @ r=15 ◦ 6 lengths (150) @ r=15 ◦ 5 lengths (125) @ r=15 <ul style="list-style-type: none"> ▪ 4 lengths (100) @ r=10 ▪ 3 lengths (75) @ r=10 ▪ 2 lengths (50) @ r=10 <ul style="list-style-type: none"> • 1 length (25)
REC	150 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

SJ Black, PhD

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 300 swim • 200 IM kick • 100 IM drill • 8 x 25 swim @ r=10 <ul style="list-style-type: none"> ◦ build each 25
EN-2	<ul style="list-style-type: none"> • 1 x 300 IM @ 5:30 or r=45 <ul style="list-style-type: none"> ◦ focus on good turns • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 fly/25 back • 1 x 200 IM @ 4:00 or r=30 <ul style="list-style-type: none"> ◦ focus on good turns • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 back/25 breast • 1 x 100 IM @ 2:15 or r=30 <ul style="list-style-type: none"> ◦ focus on good turns • 4 x 50 swim @ 1:10 or r=15 <ul style="list-style-type: none"> ◦ 25 breast/25 free
EN-2	12 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> • 100 IM order
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

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Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1	12 x 50 @ 1:00 or r=10 <u>4 x thru:</u> <ul style="list-style-type: none"> • 25 10-beat free/25 free • 50 corkscrew (4 strokes free, 5 strokes back) • 25 10-beat back/25 back
EN-1 to EN-3	<u>2 x thru:</u> <i>200 is faster than 200 split in 300, 100 is faster than 100 split in 200, 50 is faster than 50 split in 100 (i.e., pace gets faster as repeats get shorter)</i> <ul style="list-style-type: none"> • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ 1 x 200 swim @ 3:20 or r=20 ▪ 1 x 100 swim @ 1:40 or r=10 • 1 x 50 swim @ 1:15 or r=30
EN-1/SP-1	12 x 25 @ 30 or r=10 <u>6 x thru:</u> <ul style="list-style-type: none"> • ½ length easy/½ length fast • ½ length fast/½ length easy
REC	200 choice

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 to EN-1	<u>6 x thru:</u> <ul style="list-style-type: none"> • 1 x 50 swim • 1 x 25 drill • 1 x 25 kick
EN-1 to EN-2	12 x 25 "stroke" @ 45 or r=15 <u>6 x thru:</u> <ul style="list-style-type: none"> • ½ length scull w/ flutter kick/½ length swim • ½ length swim/½ length scull w/ flutter kick
EN-1 to EN-2	12 x 50 (25 drill/25 swim) @ 1:10 or r=15 <u>4 x thru:</u> <ul style="list-style-type: none"> • 2 x 50 "stroke" • 1 x 50 free
EN-2	24 x 25 swim @ 40 or r=10-15 <u>8 x thru:</u> <ul style="list-style-type: none"> • 2 x 25 "stroke" • 1 x 25 free
EN-1 to REC	400 swim or pull: breathe every 3 rd stroke

Total = 2500

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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 to EN-1	<ul style="list-style-type: none"> • 400 swim • 4 x 50 @ r=10 <ul style="list-style-type: none"> ◦ 25 DPS/25 build
EN-1 to SP-1	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ negative split • 2 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ moderate effort, breathe 3/5 by 25's • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ negative split each 50 • 4 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> ◦ hard effort • 4 x 25 kick @ 45 or r=15 <ul style="list-style-type: none"> ◦ hard effort • 1 x 100 swim @ 3:00 <ul style="list-style-type: none"> ◦ easy effort
REC	100 swim

Total = 2500

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