

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 400 choice</li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 1 x 500 pull @ 8:00 or r=30 <ul style="list-style-type: none"> <li>◦ breathe 3/5/3/5/3 by 100's</li> </ul> </li> <li>• 10 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> <li>◦ descend times 1-5, 6-10</li> </ul> </li> <li>• 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> <li>◦ breathe 3/5/3/5 by 100's</li> </ul> </li> <li>• 8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> <li>◦ descend times 1-4, 5-8</li> </ul> </li> <li>• 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> <li>◦ breathe 3/5/3 by 100's</li> </ul> </li> <li>• 6 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> <li>◦ descend times 1-3, 4-6</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 200 choice</li> </ul>

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"> <li>• 400 swim</li> <li>• 4 x 50 kick @ r=10 <ul style="list-style-type: none"> <li>◦ 1 of each stroke, IM order</li> </ul> </li> </ul>
EN-2 to EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 4 x 25 fly @ 40 or r=10 <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 2 x 100 IM @ 2:15 or r=30 <ul style="list-style-type: none"> <li>◦ 2<sup>nd</sup> 100 faster than 1<sup>st</sup></li> </ul> </li> <li>• 4 x 25 back @ 40 or r=10 <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 2 x 100 IM @ 2:15 or r=30 <ul style="list-style-type: none"> <li>◦ 2<sup>nd</sup> 100 faster than 1<sup>st</sup></li> </ul> </li> <li>• 4 x 25 breast @ 40 or r=10 <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 2 x 100 IM @ 2:15 or r=30 <ul style="list-style-type: none"> <li>◦ 2<sup>nd</sup> 100 faster than 1<sup>st</sup></li> </ul> </li> </ul>
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 to EN-1	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 12 x 25 (25 scull/25 pull) @ r=5</li> </ul>
EN-1 to EN-3	<p><u>2 x thru (faster pace as distance gets shorter):</u></p> <ul style="list-style-type: none"> <li>• 1 x 300 swim @ 5:00 or r=30</li> <li>• 2 x 150 swim @ 2:45 or r=20</li> <li>• 4 x 75 swim @ 1:15 or r=10</li> <li>• 6 x 50 swim @ 50 or r=5</li> <li>• extra 60 seconds rest</li> </ul>
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	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200: 25 10-beat free/25 free</li> <li>• 200 pull</li> </ul>
EN-1 to EN-2	8 x 25 @ 40 or r=10 <u>2 x thru:</u> <ul style="list-style-type: none"> <li>• 25 2 kicks, 1 pull breast/25 breast</li> <li>• 25 4-beat fly/25 fly</li> </ul>
EN-1 to EN-3	2 x 300 swim @ 5:15 or r=30 <ul style="list-style-type: none"> <li>• 100 free/100 "stroke"/100 free</li> <li>• 2<sup>nd</sup> 300 faster than 1<sup>st</sup> 300</li> </ul>
EN-1 to EN-2	8 x 25 @ 40 or r=10 <u>2 x thru:</u> <ul style="list-style-type: none"> <li>• 25 cobra breast/25 breast</li> <li>• 25 single-arm fly/25 fly</li> </ul>
EN-1 to EN-3	4 x 150 swim @ 3:00 or r=20 <ul style="list-style-type: none"> <li>• 50 free/50 "stroke"/50 free</li> <li>• descend times 1-4</li> </ul>
EN-1 to EN-2	8 x 25 @ 40 or r=10 <u>2 x thru:</u> <ul style="list-style-type: none"> <li>• 25 3-up, 3-down breast/25 breast</li> <li>• 25 1-1-1 fly/25 fly</li> </ul>
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

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200: 25 kick/25 swim</li> <li>• 4 x 50 @ r=10 <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 8 x 25 swim @ r=10 <ul style="list-style-type: none"> <li>◦ 25 DPS/25 build</li> </ul> </li> </ul>
EN-1	300 pull, breathe 3/5/3 by 100's
EN-2 to SP-1	<u>2 x thru:</u> <ul style="list-style-type: none"> <li>• 1 x 150 free @ 3:00 or r=30 <ul style="list-style-type: none"> <li>◦ medium effort</li> </ul> </li> <li>• 2 x 75 "stroke" @ 1:45 or r=30 <ul style="list-style-type: none"> <li>◦ hard effort</li> </ul> </li> <li>• 3 x 50 free @ 1:00 or r=15 <ul style="list-style-type: none"> <li>◦ medium effort</li> </ul> </li> <li>• 6 x 25 "stroke" @ 45 or r=20 <ul style="list-style-type: none"> <li>◦ hard effort</li> </ul> </li> <li>• extra 60 seconds rest</li> </ul>
REC	200: 25 scull w/ flutter kick/25 swim

Total = 2500

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