

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 200 swim • 100 kick • 8 x 25 @ r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim
EN-1 to EN-2	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ moderate pace ◦ breathe 3/5/3/5 by 100's • 2 x 200 pull or swim @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ faster pace than 400 ◦ breathe 3/5 by 100's • 4 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 ◦ breathe every 3rd • extra 30 seconds rest
REC	100 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

Workouts off the beaten path

SJ Black, PhD

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Pace	Set
REC	500 choice
EN-2	<u>2 x thru:</u> <ul style="list-style-type: none"> 4 x 25 fly kick @ 45 or r=10 <ul style="list-style-type: none"> 1st 12.5 meters/yards underwater 2 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> choice of stroke
EN-1 to EN-3	<u>2 x thru:</u> <ul style="list-style-type: none"> 4 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> breathe 3/5 by 25's 4 x 50 drill @ 1:05 or r=15 <ul style="list-style-type: none"> IM order 4 x 75 swim (50 "DPS"/25 fast) @ 1:45 or r=20 <ul style="list-style-type: none"> #1: 50 fly/25 back #2: 50 back/25 breast #3: 50 breast/25 free #4: 50 free/25 fly extra 60 seconds between rounds
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"> • 400 swim • 200 kick
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 400 pull @ 7:00 or r=60 <ul style="list-style-type: none"> ◦ breathe 3/3/5/3 by 100's • 4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 300 pull @ 5:15 or r=45 <ul style="list-style-type: none"> ◦ breathe 3/5/3 by 100's • 4 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 50's • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 25's • 4 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4
EN-1/EN-3	12 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> • 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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REC	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1	8 x 25 drill @ r=10 <ul style="list-style-type: none"> • 2 each stroke, IM order
EN-2 to EN-3	12 x 75 @ 2:00 or r=20-30 <u>Choose 1 stroke each set of 4 x 75:</u> <ul style="list-style-type: none"> • 75 kick <ul style="list-style-type: none"> ◦ 50 kick/25 swim <ul style="list-style-type: none"> ▪ 25 kick/50 swim • 75 swim • 75 swim <ul style="list-style-type: none"> ◦ 50 swim/25 kick <ul style="list-style-type: none"> ▪ 25 swim/50 kick • 75 kick • 75 kick <ul style="list-style-type: none"> ◦ 50 kick/25 swim <ul style="list-style-type: none"> ▪ 25 kick/50 swim • 75 swim
EN-2	12 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> • 200 IM order x 3
REC	200 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
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Pace	Set
EN-1	<ul style="list-style-type: none"> • 400 swim • 12 x 25 @ r=10 <ul style="list-style-type: none"> ◦ 25 kick/25 swim • 6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 25's
EN-1 to SP-2	<p><u>4 x thru (add fins for rounds 3 and 4):</u></p> <ul style="list-style-type: none"> • 2 x 75 @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ 50 drill/25 build • 2 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ 25 fast/25 "DPS" • 2 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> ◦ all fast! • extra 60 seconds rest
REC	<p>12 x 25 @ r=5</p> <ul style="list-style-type: none"> • 25 scull w/ flutter kick/25 swim

Total = 2500

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EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
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