

Day/Date: Monday/March 3, 2025

Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 200 swim • 4 x 75 @ r=10 <ul style="list-style-type: none"> ◦ 25 scull with free kick/50 swim • 4 x 50 kick @ r=10
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> • breathe 3/5 by 25's
EN-1 to EN-3	<u>2 x thru:</u> <ul style="list-style-type: none"> • 1 x 400 swim @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ negative split • 1 x 300 swim @ 4:45 or r=15 <ul style="list-style-type: none"> ◦ negative split • 1 x 200 swim @ 3:15 or r=15 <ul style="list-style-type: none"> ◦ negative split
REC	100: 25 glide stroke/25 pull

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-1	12 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> • odd 50's: 25 10-beat free/25 free • even 50's: 25 human stroke (long dog)/25 free
EN-1	16 x 25 drill @ 40 or r=10 <ul style="list-style-type: none"> • 200 IM order
EN-2	12 x 50 swim @ 1:10 or r=20 <u>4 x thru:</u> <ul style="list-style-type: none"> • 25 fly/25 back • 25 back/25 breast • 25 breast/25 free
EN-1/EN-2	400 IM kick: <ul style="list-style-type: none"> • negative split each 100
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

Day/Date: Wednesday/March 5, 2025

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 100 kick • 200 pull
EN-1	4 x 75 pull @ 1:30 or r=15 <ul style="list-style-type: none"> • breathe 3/5/3 by 25's
EN-1 to EN-3	<u>2 x thru:</u> <ul style="list-style-type: none"> • 4 x 150 @ 2:45 or r=30 <ul style="list-style-type: none"> ◦ descend times 1-4 • 4 x 50 @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ hold same pace as last 150 • 4 x 25 @ 30 or r=10 <ul style="list-style-type: none"> ◦ all fast! • 1 x 100 @ 3:00 <ul style="list-style-type: none"> ◦ easy
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	<ul style="list-style-type: none"> • 200 swim • 200 kick • 200 pull
EN-1	12 x 50 @ 1:10 <ul style="list-style-type: none"> • 25 drill/25 swim
EN-2 to EN-3	<u>3 x thru (choose one stroke each round):</u> <ul style="list-style-type: none"> • 1 x 200 swim @ 4:20 <ul style="list-style-type: none"> ◦ 50 kick/50 swim/50 kick/50 swim • 8 x 25 swim @ 40 <ul style="list-style-type: none"> ◦ descend times 1-4, 5-8
REC	4 x 25 @ r=10 <ul style="list-style-type: none"> • 25 scull/25 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	<ul style="list-style-type: none"> • 300 swim • 200 kick: IM • 100 drill: IM
EN-1	8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> • breathe 3/5 by 25's
EN-1 to EN-3	8 x 75 swim @ 1:45 or r=30 <ul style="list-style-type: none"> • choose 1 or 2 strokes • same stroke for each set of 4 x 75 • descend times 1-4, 5-8
REC	100 swim
EN-1 to EN-3	8 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none"> • choose 1 or 2 strokes • same stroke for each set of 4 x 50 • descend times 1-4, 5-8
REC	100 swim
EN-1 to SP-1	8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> • choose 1 or 2 strokes • same stroke for each set of 4 x 25 • descend times 1-4, 5-8
REC	100 choice

Total = 2500

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EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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