

Pace	Set
REC	500 choice
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 1 x 500 swim or pull @ 8:20 or r=50 <ul style="list-style-type: none"> <li>◦ moderate pace</li> </ul> </li> <li>• 2 x 250 swim or pull @ 4:10 or r=25 <ul style="list-style-type: none"> <li>◦ faster pace than 500!</li> </ul> </li> <li>• 1 x 400 swim or pull @ 6:30 or r=30 <ul style="list-style-type: none"> <li>◦ moderate pace</li> </ul> </li> <li>• 2 x 200 swim or pull @ 3:20 or r=20 <ul style="list-style-type: none"> <li>◦ faster pace than 400!</li> </ul> </li> <li>• 1 x 300 swim or pull @ 5:00 or r=30 <ul style="list-style-type: none"> <li>◦ moderate pace</li> </ul> </li> <li>• 2 x 150 swim or pull @ 2:30 or r=15 <ul style="list-style-type: none"> <li>◦ faster pace than 300!</li> </ul> </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

Workouts off the beaten path

SJ Black, PhD

[www.workoutsoffthebeatenpath.com](http://www.workoutsoffthebeatenpath.com)

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200 kick</li> <li>• 200 pull</li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> <li>◦ 1 each stroke <ul style="list-style-type: none"> <li>▪ 3 x 100 (25 drill/25 swim) @ 2:10 or r=20 <ul style="list-style-type: none"> <li>• #1: 50 fly/50 back</li> <li>• #2: 50 back/50 breast</li> <li>• #3: 50 breast/50 free</li> </ul> </li> <li>◦ 2 x 150 swim @ 3:10 or r=30 <ul style="list-style-type: none"> <li>▪ #1: 50 fly/50 back/50 breast</li> <li>▪ #2: 50 back/50 breast/50 free</li> </ul> </li> <li>• 1 x 200 IM @ 4:10 or r=40</li> <li>◦ 2 x 150 swim @ 3:10 or r=30 <ul style="list-style-type: none"> <li>▪ #1: 50 fly/50 back/50 breast</li> <li>▪ #2: 50 back/50 breast/50 free</li> </ul> </li> </ul> </li> <li>▪ 3 x 100 (25 drill/25 swim) @ 2:10 or r=20 <ul style="list-style-type: none"> <li>• #1: 50 fly/50 back</li> <li>• #2: 50 back/50 breast</li> <li>• #3: 50 breast/50 free</li> </ul> </li> </ul> </li> <li>• 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> <li>◦ 1 each stroke</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

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Pace	Set
REC	400 swim
EN-1	4 x 25 @ r=5 • 25 scull/25 pull
EN-1 to EN-3	<p><u>2 x thru:</u></p> <p><i>1<sup>st</sup> round = pull, 2<sup>nd</sup> round = swim</i></p> <ul style="list-style-type: none"> <li>• 1 x 300 @ 5:00 or r=30 <ul style="list-style-type: none"> <li>◦ moderate pace</li> </ul> </li> <li>• 2 x 150 @ 2:40 or r=20 <ul style="list-style-type: none"> <li>◦ faster pace than 300</li> </ul> </li> <li>• 3 x 100 @ 1:45 or r=15 <ul style="list-style-type: none"> <li>◦ faster pace than 150's</li> </ul> </li> <li>• 4 x 75 @ 1:20 or r=10 <ul style="list-style-type: none"> <li>◦ faster pace than 100's</li> </ul> </li> <li>• extra 60 seconds rest between sets!</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

Pace	Set
REC	400 choice
EN-1 to EN-2	6 x 50 swim @ 1:05 or r=15 • 25 DPS/25 build
EN-1 to EN-3	<p><u>Choose 1 or 2 strokes for this set:</u></p> <ul style="list-style-type: none"> <li>• 8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> <li>◦ descend times 1-4, 5-8</li> </ul> </li> <li>• 4 x 50 swim @ 1:15 or r=20 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 2 x 100 @ 2:15 or r=20 <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 1 x 200 swim @ 4:15 or r=30 <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> <li>• 1 x 200 @ 4:15 or r=30 <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 2 x 100 swim @ 2:15 or r=20 <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> <li>• 4 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 8 x 25 swim @ 45 or r=10 <ul style="list-style-type: none"> <li>◦ descend times 1-4, 5-8</li> </ul> </li> </ul>
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	400 choice
EN-1 to SP-1	<u>2 x thru:</u> <ul style="list-style-type: none"> <li>• 8 x 25 swim @ r=10 <ul style="list-style-type: none"> <li>◦ build</li> </ul> </li> <li>• 4 x 50 swim @ 1:30 or r=30 <ul style="list-style-type: none"> <li>◦ 1 easy/1 fast</li> </ul> </li> <li>• 1 x 100 swim @ 2:30 or r=60 <ul style="list-style-type: none"> <li>◦ all fast</li> </ul> </li> <li>• 4 x 50 swim @ 1:30 or r=30 <ul style="list-style-type: none"> <li>◦ 1 easy/1 fast</li> </ul> </li> <li>• 8 x 25 swim @ r=10 <ul style="list-style-type: none"> <li>◦ build</li> </ul> </li> <li>• 1 x 100 swim @ 3:00 or r=60 <ul style="list-style-type: none"> <li>◦ all easy</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