

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 1 x 300 swim</li> <li>• 8 x 25 (25 drill/25 swim) @ 40 or r=10</li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 2 x 300 swim @ 5:00 or r=30                             <ul style="list-style-type: none"> <li>○ descend times 1-2</li> </ul> </li> <li>• 2 x 200 pull @ 3:20 or r=20                             <ul style="list-style-type: none"> <li>○ breathe 3/5/3/5 by 50's</li> </ul> </li> <li>• 2 x 100 swim @ 1:40 or r=10                             <ul style="list-style-type: none"> <li>○ descend times 1-2</li> </ul> </li> <li>• 1 x 200 swim @ 3:20 or r=20                             <ul style="list-style-type: none"> <li>○ negative split</li> </ul> </li> <li>• 1 x 400 pull @ 6:40 or r=40                             <ul style="list-style-type: none"> <li>○ breathe 3/5/3/5 by 100's</li> </ul> </li> <li>• 3 x 200 swim @ 3:20 or r=20                             <ul style="list-style-type: none"> <li>○ descend times 1-3</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 100 choice</li> </ul>

Total = 3000

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

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 1 x 200 swim</li> <li>• 1 x 200 kick IM</li> <li>• 1 x 200 drill IM</li> <li>• 12 x 25 @ 40 or r=10                             <ul style="list-style-type: none"> <li>○ 25 scull/25 pull</li> </ul> </li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 8 x 100 @ 2:20 or r=20                             <ul style="list-style-type: none"> <li>○ <u>2 x thru:</u> <ul style="list-style-type: none"> <li>▪ 25 fly/75 back kick</li> <li>▪ 25 back/75 breast kick</li> <li>▪ 25 breast/75 free kick</li> <li>▪ 25 free/75 fly kick</li> </ul> </li> </ul> </li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 8 x 50 swim @ 1:05 or r=20                             <ul style="list-style-type: none"> <li>○ 50 fly</li> <li>○ 25 fly/25 back</li> <li>○ 50 back</li> <li>○ 25 back/25 breast</li> <li>○ 50 breast</li> <li>○ 25 breast/25 free</li> <li>○ 50 free</li> <li>○ 25 free/25 fly</li> </ul> </li> </ul>
EN-3	<ul style="list-style-type: none"> <li>• 8 x 25 swim @ 30 or r=5                             <ul style="list-style-type: none"> <li>○ 100 IM order</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 200 choice</li> </ul>

Total = 2500

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	<ul style="list-style-type: none"> <li>• 1 x 600 choice</li> </ul>
EN-1	<ul style="list-style-type: none"> <li>• 20 x 25 @ 40 or r=10                             <ul style="list-style-type: none"> <li>○ 5 x thru:                                     <ul style="list-style-type: none"> <li>▪ 25 kick</li> <li>▪ 25 10-beat freestyle</li> <li>▪ 25 catch-up freestyle</li> <li>▪ 25 swim</li> </ul> </li> </ul> </li> </ul>
EN-2 to EN-3	<p><u>3 x thru:</u></p> <p><i>Goal is to hold the same pace for the 200 and 300 as you do for the 100!</i></p> <ul style="list-style-type: none"> <li>○ 1 x 100 swim @ 1:45 or r=15</li> <li>○ 1 x 200 swim @ 3:30 or r=30</li> <li>○ 1 x 300 swim @ 5:30 or r=60</li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 100 choice</li> </ul>

Total = 3000

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>• 1 x 600 choice</li> </ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 12 x 25 kick @ 45 or r=10                             <ul style="list-style-type: none"> <li>○ 3 each stroke or choose 2 strokes</li> </ul> </li> <li>• 1 x 400 pull                             <ul style="list-style-type: none"> <li>○ breathe 3/5/3/5 by 100's</li> </ul> </li> <li>• 12 x 25 drill @ 40 or r=10                             <ul style="list-style-type: none"> <li>○ 3 each stroke or choose 2 strokes</li> </ul> </li> <li>• 1 x 400 pull                             <ul style="list-style-type: none"> <li>○ breathe 5/3/5/3 by 100's</li> </ul> </li> <li>• 12 x 25 swim @ 40 or r=10                             <ul style="list-style-type: none"> <li>○ 3 each stroke or choose 2 strokes</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 200 choice</li> </ul>

Total = 2500

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-2	<ul style="list-style-type: none"> <li>• 1 x 300 swim</li> <li>• 1 x 200 kick</li> <li>• 1 x 100 pull</li> <li>• 8 x 50 @ 1:00 or r=10                             <ul style="list-style-type: none"> <li>○ 25 drill/25 build</li> </ul> </li> </ul>
EN-3 to SP-1	<p><u>6 x 200 swim: descend times 1-3!</u></p> <ul style="list-style-type: none"> <li>• #1: straight swim @ 4:00 or r=60</li> <li>• #2: broken 15 sec's @ 100 @ 4:15 or r=60                             <ul style="list-style-type: none"> <li>○ subtract 15 sec's to get time</li> </ul> </li> <li>• #3: broken 10 sec's @ each 50 @ 4:30 or r=60                             <ul style="list-style-type: none"> <li>○ subtract 30 seconds to get time</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 300 choice</li> </ul>

Total = 2500

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