

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 drill IM • 11 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ 1-4: breathe 3/5 by 25 ○ 5-7: breathe every 7th ○ 8-11: breathe 3/5 by 25
EN-1 to EN-3	<p><u>The Davis Mile: Broken 1650</u> (Subtract 2½ minutes to get time)</p> <ul style="list-style-type: none"> • 1 x 275 @ r=20 • 1 x 250 @ r=20 • 1 x 225 @ r=20 • 1 x 200 @ r=15 • 1 x 175 @ r=15 • 1 x 150 @ r=15 • 1 x 125 @ r=15 • 1 x 100 @ r=10 • 1 x 75 @ r=10 • 1 x 50 @ r=10 • 1 x 25
REC	<ul style="list-style-type: none"> • 1 x 200 choice

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"> • 1 x 300 swim • 1 x 200 kick IM • 1 x 200 drill IM • 4 x 25 swim @ r=10 <ul style="list-style-type: none"> ○ build
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 100 IM @ 2:15 or r=30 • 4 x 50 swim @ 1:10 or r=15 <ul style="list-style-type: none"> ○ 25 fly/25 back • 1 x 200 IM (or IM order/free) @ 4:00 or r=30 • 4 x 50 swim @ 1:10 or r=15 <ul style="list-style-type: none"> ○ 25 back/25 breast • 1 x 300 IM (or IM order/free) @ 5:30 or r=45 • 4 x 50 swim @ 1:10 or r=15 <ul style="list-style-type: none"> ○ 25 breast/25 free
EN-3	<ul style="list-style-type: none"> • 12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 100 IM order
REC	<ul style="list-style-type: none"> • 1 x 200 choice

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"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 6 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ○ 25 10-beat free/25 free ○ 50 corkscrew: 4 strokes free, 5 strokes back... ○ 25 10-beat back/25 back
EN-1 to EN-3	<p><u>2 x thru (2nd round faster):</u></p> <ul style="list-style-type: none"> • 2 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ○ descend times 1-2 • 2 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none"> ○ descend times 1-2 • 2 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ descend times 1-2 • Extra 1 minute between rounds
EN-1/SP-1	<ul style="list-style-type: none"> • 20 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ <u>5 x thru:</u> <ul style="list-style-type: none"> ▪ 12.5 easy/12.5 fast ▪ 12.5 fast/12.5 easy ▪ all easy ▪ all fast!
REC	<ul style="list-style-type: none"> • 1 x 200 choice

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

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 4 x (50 swim/25 kick/25 drill) • 4 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> ○ choose at least 2 strokes • 4 x 50 drill @ 1:10 or r=20 <ul style="list-style-type: none"> ○ choose at least 2 strokes • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ○ choose at least 2 strokes
EN-1 to EN-3	<ul style="list-style-type: none"> • 8 x 100 swim @ 2:00 or r=20 <ul style="list-style-type: none"> ○ 25 stroke/25 free ○ descend times 1-4
EN-1 to EN-3	<ul style="list-style-type: none"> • 20 x 25 swim @ 45 or r=15 <ul style="list-style-type: none"> ○ descend times 1-4
REC	<ul style="list-style-type: none"> • 1 x 200 choice

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"> • 1 x 400 swim • 1 x 200 drill IM
EN-1 to SP-2	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> ○ negative split • 2 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ○ moderate effort, breathe every 3rd • 4 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> ○ negative split • 2 x 50 swim @ 1:30 or r=45+ <ul style="list-style-type: none"> ○ hard effort! • 4 x 25 swim @ 1:00 or r=20+ <ul style="list-style-type: none"> ○ super hard effort! • Extra 2 minutes rest
REC	<ul style="list-style-type: none"> • 1 x 300 choice

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