

Day/Date: Monday/October 27, 2025

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 pull
EN-1 to EN-3	<p><u>Swim or pull this set. Build your pace on the way up, maintain your pace on the way down:</u></p> <ul style="list-style-type: none"> • 1 x 100 @ 1:40 or r=10 <ul style="list-style-type: none"> ○ 1 x 200 @ 3:20 or r=20 <ul style="list-style-type: none"> ▪ 1 x 400 @ 6:40 or r=40 <ul style="list-style-type: none"> • 1 x 800 @ 13:00 or r=60 ▪ 1 x 400 @ 6:40 or r=40 ○ 1 x 200 @ 3:20 or r=20 • 1 x 100 @ 1:40 or r=10
REC	<ul style="list-style-type: none"> • 8 x 25 @ r=10 <ul style="list-style-type: none"> ○ 25 scull/25 swim

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

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 200 swim • 8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ◦ 2 each stroke, IM order • 4 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 25's • 12 x 25 @ 45 or r=10 <ul style="list-style-type: none"> ◦ 2 x 25 drill/1 x 25 swim ◦ 3 each stroke, IM order
EN-1/EN-2	<ul style="list-style-type: none"> • 1 x 200 pull @ 4:00 or r=60 <ul style="list-style-type: none"> ◦ breathe 3/5 by 100's • 1 x 300 backstroke @ 6:30 or r=60 <ul style="list-style-type: none"> ◦ 3 x thru: 50 kick/50 swim • 1 x 200 pull @ 4:00 or r=60 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 50's • 2 x 150 breaststroke @ 3:30 or r=45 <ul style="list-style-type: none"> ◦ 50 drill/50 swim/50 drill ◦ 50 swim/50 drill/50 swim • 1 x 200 pull @ 4:00 or r=60 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5/3/5/3/5 by 25's • 12 x 25 fly @ 45 or r=15 <ul style="list-style-type: none"> ◦ 25 drill/25 swim
REC	<ul style="list-style-type: none"> • 1 x 100 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

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Day/Date: Wednesday/October 29, 2025

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 400 choice • 12 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5/7 by 50's
EN-1 to EN-3	<ul style="list-style-type: none"> • 3 x 300 swim @ 5:15 or r=30 <ul style="list-style-type: none"> ○ descend times 1-3 • 3 x 200 swim @ 3:30 or r=20 <ul style="list-style-type: none"> ○ descend times 1-3 • 3 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ○ descend times 1-3
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

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 8 x 25 drill @ 45 or r=10 <ul style="list-style-type: none"> ○ 2 each stroke, IM order
EN-2	12 x 75 @ 1:45 or r=15-30 <ul style="list-style-type: none"> • <u>3 x thru (1 stroke per round):</u> <ul style="list-style-type: none"> ○ 75 kick ○ 50 kick/25 swim ○ 25 kick/50 swim ○ 75 swim
EN-1	<ul style="list-style-type: none"> • 6 x 50 pull @ 1:10 or r=15 <ul style="list-style-type: none"> ○ 25 breast/25 free
EN-2	<ul style="list-style-type: none"> • 12 x 25 swim @ 45 or r=20 <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
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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 500 swim • 4 x 75 @ 1:45 or r=20 <ul style="list-style-type: none"> ○ 25 kick/25 drill/25 swim
EN-1/SP-1	<ul style="list-style-type: none"> • 1 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> ○ EN-1 effort • 4 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> ○ SP-1 effort • 1 x 200 swim or pull @ 4:00 or r=60 <ul style="list-style-type: none"> ○ EN-1 effort • 4 x 25 swim @ 35 or r=10 <ul style="list-style-type: none"> ○ SP-1 effort • 1 x 400 pull @ 7:00 or r=60 <ul style="list-style-type: none"> ○ EN-1 effort • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ SP-1 effort • 1 x 200 swim or pull @ 4:00 or r=60 <ul style="list-style-type: none"> ○ EN-1 effort • 4 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> ○ SP-1 effort • 1 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> ○ EN-1 effort
REC	<ul style="list-style-type: none"> • 4 x (25 scull/25 glide/25 pull)

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
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