

Day/Date: Monday/December 1, 2025

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 500 choice
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 500 pull @ 8:00 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/4/5/4/3 by 100's • 2 x 250 swim @ 4:00 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-2 • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/4/5/3 by 100's • 2 x 200 swim @ 3:15 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-2 • 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3 by 100's • 2 x 150 swim @ 2:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-2
REC	<ul style="list-style-type: none"> • 1 x 100 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	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick: IM • 1 x 200 pull
EN-2	<ul style="list-style-type: none"> • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ○ 1 each stroke, IM order • 3 x 100 (25 drill/25 swim) @ 2:10 or r=20 <ul style="list-style-type: none"> ○ #1: 50 fly/50 back ○ #2: 50 back/50 breast ○ #3: 50 breast/50 free • 2 x 150 swim @ 3:10 or r=30 <ul style="list-style-type: none"> ○ #1: 50 fly/50 back/50 breast ○ #2: 50 back/50 breast/50 free • 1 x 200 IM @ 4:10 or r=40 • 2 x 150 swim @ 3:10 or r=30 <ul style="list-style-type: none"> ○ #1: 50 fly/50 back/50 breast ○ #2: 50 back/50 breast/50 free • 3 x 100 (25 drill/25 swim) @ 2:10 or r=20 <ul style="list-style-type: none"> ○ #1: 50 fly/50 back ○ #2: 50 back/50 breast ○ #3: 50 breast/50 free • 4 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ○ 1 each stroke, IM order
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/December 3, 2025

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 400 swim • 1 x 100: 25 scull/25 pull
EN-1 to EN-3	<p><u>2 x thru (1st round pull, 2nd round swim):</u></p> <ul style="list-style-type: none"> • 1 x 300 @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ breathe every 3rd stroke (EN-1) • 2 x 150 @ 2:40 or r=20 <ul style="list-style-type: none"> ◦ faster pace than 300 (EN-2) • 3 x 100 @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ faster pace than 150's (EN-3) • 4 x 75 @ 1:20 or r=10 <ul style="list-style-type: none"> ◦ faster pace than 100's (EN-3) • Extra 60 seconds rest
REC	<ul style="list-style-type: none"> • 1 x 100 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-2	<ul style="list-style-type: none"> • 1 x 400 swim • 6 x 50 @ 1:05 or r=15 <ul style="list-style-type: none"> ○ 25 DPS/25 build
EN-1 to EN-2	<p><u>Choose 1 or 2 "strokes" for this set:</u></p> <ul style="list-style-type: none"> • 8 x 25 kick @ 50 or r=10 • 4 x 50 swim @ 1:10 or r=15 • 2 x 100 @ 2:10 or r=20 <ul style="list-style-type: none"> ○ 25 drill/25 swim • 1 x 200 swim @ 4:10 or r=30 • 1 x 200 @ 4:10 or r=30 <ul style="list-style-type: none"> ○ 25 drill/25 swim • 2 x 100 swim @ 2:10 or r=20 • 4 x 50 kick @ 1:30 or r=15 • 8 x 25 swim @ 50 or r=10
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

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Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 400 choice
EN-1 to SP-1	<u>2 x thru:</u> <ul style="list-style-type: none"> • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ all build • 5 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ 1 easy/1 fast/1 easy/1 fast/1 easy • 1 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> ○ all fast! • 5 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ 1 easy/1 fast/1 easy/1 fast/1 easy • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ all fast! • 1 x 200 swim @ 4:00 or r=60 <ul style="list-style-type: none"> ○ all easy
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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