

Day/Date: Monday/November 10, 2025

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 400 swim • 1 x 200 kick
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 400 pull @ 7:00 or r=60 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 100's • 4 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 300 pull @ 5:15 or r=45 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 75's • 4 x 75 swim @ 1:20 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 50's • 4 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ breathe every 5th • 4 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4
EN-1/EN-3	<ul style="list-style-type: none"> • 12 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> ◦ 25 easy/25 fast
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

Workouts off the beaten path

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Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 500 choice
EN-2	<u>2 x thru:</u> <ul style="list-style-type: none"> • 4 x 25 dolphin kick @ 45 or r=10 • 2 x 50 choice kick @ 1:15 or r=15
EN-1 to EN-3	<u>2 x thru:</u> <ul style="list-style-type: none"> • 4 x 50 pull @ 1:00 or r=15 <ul style="list-style-type: none"> ○ breathe 3/5 by 25's • 4 x 50 drill @ 1:10 or r=15 <ul style="list-style-type: none"> ○ IM order • 4 x 75 swim @ 1:40 or r=20 <ul style="list-style-type: none"> ○ 50 long & strong/25 fast! <ul style="list-style-type: none"> ▪ #1: 50 fly/25 back ▪ #2: 50 back/25 breast ▪ #3: 50 breast/25 free ▪ #4: 50 free/25 fly • Extra 60 seconds between rounds
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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Day/Date: Wednesday/November 12, 2025

Focus: Mid-Distance Freestyle/Pace

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 @ r=10 <ul style="list-style-type: none"> ○ 25 scull/25 pull
EN-1 to EN-3	<u>2 x thru:</u> <ul style="list-style-type: none"> • 4 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ○ 25 drill/25 DPS • 4 x 75 swim @ 1:20 or r=10 <ul style="list-style-type: none"> ○ descend times 1-4 • 2 x 150 pull @ 2:30 or r=15 <ul style="list-style-type: none"> ○ breathe 3/5/3 by 50's • 8 x 25 swim <ul style="list-style-type: none"> ○ 25 easy/25 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

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 300 swim • 1 x 300 kick • 6 x 50 pull @ 1:10 or r=15 <ul style="list-style-type: none"> ○ 25 breaststroke/25 free
EN-1 to EN-2	<ul style="list-style-type: none"> • 12 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> ○ <u>4 x thru</u>: <ul style="list-style-type: none"> ▪ 25 scull/25 "stroke" ▪ 50 "stroke" ▪ 50 free
EN-1/EN-3	<ul style="list-style-type: none"> • 1 x 400 kick: every 4th length fast!
EN-1 to EN-2	<ul style="list-style-type: none"> • 12 x 25 @ 45 or r=15 <ul style="list-style-type: none"> ○ <u>4 x thru</u>: <ul style="list-style-type: none"> ▪ 25 drill ▪ 25 "stroke" ▪ 25 free
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

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Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 100 kick • 1 x 200 pull
EN-1 to EN-3	<ul style="list-style-type: none"> • 8 x 50 kick: <ul style="list-style-type: none"> ○ 2 @ 1:30 or r=20 ○ 2 @ 1:20 or r=15 ○ 2 @ 1:15 or r=10 ○ 2 @ 1:10 or r=5
EN-1	<ul style="list-style-type: none"> • 8 x 25 @ r=10 <ul style="list-style-type: none"> ○ 25 scull/25 pull or swim
EN-1 to SP-1	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 150 swim @ 3:00 or r=30 <ul style="list-style-type: none"> ○ EN-1 effort (fairly light effort) • 2 x 75 swim @ 1:40 or r=20 <ul style="list-style-type: none"> ○ 50 long & strong/25 fast! • 1 x 150 swim @ 3:00 or r=30 <ul style="list-style-type: none"> ○ EN-1 effort (fairly light effort) • 6 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 25 build/25 fast! • Extra 60 seconds between rounds
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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