

Day/Date: Monday/November 17, 2025

Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 200 swim • 4 x 75 @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ 25 scull/25 drill/25 swim • 4 x 50 kick @ 1:20 or r=10 <ul style="list-style-type: none"> ◦ IM order
EN-1	<ul style="list-style-type: none"> • 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 25's
EN-1 to EN-3	<u>2 x thru:</u> <ul style="list-style-type: none"> • 1 x 400 swim @ 6:30 or r=30 <ul style="list-style-type: none"> ◦ negative split • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ negative split • 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ negative split
REC	<ul style="list-style-type: none"> • 1 x 100: 25 glide/25 pull

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 • 8 x 50 @ 1:10 or r=10 <ul style="list-style-type: none"> ○ <u>4 x thru (1 round each stroke):</u> <ul style="list-style-type: none"> ▪ 1 x 50 kick ▪ 1 x 50 drill • 16 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> ○ 100 IM order
EN-2	<ul style="list-style-type: none"> • 12 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ○ <u>4 x thru:</u> <ul style="list-style-type: none"> ▪ 25 fly/25 back ▪ 25 back/25 breast ▪ 25 breast/25 free
EN-1/EN-3	<ul style="list-style-type: none"> • 1 x 400 IM kick: negative split each 100
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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Day/Date: Wednesday/November 19, 2025

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 100 kick • 1 x 200 drill • 4 x 75 pull @ 1:30 or r=15 <ul style="list-style-type: none"> ◦ breathe 3/5/3 by 25's
EN-1 to EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 4 x 150 swim @ 2:45 or r=30 <ul style="list-style-type: none"> ◦ descend times 1-4 • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ hold same pace as last 150 • 4 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> ◦ all fast! • 1 x 100 swim @ 3:00 <ul style="list-style-type: none"> ◦ all easy
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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Day/Date: Thursday/November 20, 2025

Focus: Stroke

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-2	<ul style="list-style-type: none"> • 12 x 50 @ 1:10 or r=20 <ul style="list-style-type: none"> ○ 25 drill/25 swim
EN-1 to EN-3	<u>3 x thru (choose one stroke per round):</u> <ul style="list-style-type: none"> • 1 x 200 @ 4:00 or r=20 <ul style="list-style-type: none"> ○ 50 kick/50 swim/50 kick/50 swim • 8 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> ○ 25 easy/25 fast!
REC	<ul style="list-style-type: none"> • 1 x 100: 25 scull/25 swim

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: Friday/November 21, 2025

Focus: Speed

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 300 swim • 1 x 200 IM kick • 1 x 100 IM drill • 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 25's
EN-1 to EN-3	<ul style="list-style-type: none"> • 8 x 75 swim @ 1:30 or r=20 <ul style="list-style-type: none"> ○ descend times 1-4, 5-8
REC	<ul style="list-style-type: none"> • 1 x 100 swim
EN-1 to SP-1	<ul style="list-style-type: none"> • 8 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ○ descend times 1-4, 5-8
REC	<ul style="list-style-type: none"> • 1 x 100 swim
SP-1	<ul style="list-style-type: none"> • 8 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> ○ fastest possible average
REC	<ul style="list-style-type: none"> • 1 x 100 swim

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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