

Day/Date: Monday/November 24, 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	<ul style="list-style-type: none"> • 11 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ #1-4: breathe every 3rd stroke ◦ #5-8: breathe every 5th stroke ◦ #9-11: breathe every 7th stroke
EN-1 to EN-3	<p>Davis Mile: broken 1650 Subtract 2½ minutes to get time</p> <ul style="list-style-type: none"> • 1 x 275 swim @ r=20 • 1 x 250 swim @ r=20 • 1 x 225 swim @ r=20 ◦ 1 x 200 swim @ r=15 ◦ 1 x 175 swim @ r=15 ◦ 1 x 150 swim @ r=15 ◦ 1 x 125 swim @ r=15 ▪ 1 x 100 swim @ r=10 ▪ 1 x 75 swim @ r=10 ▪ 1 x 50 swim @ r=10 • 1 x 25 swim
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

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Day/Date: Tuesday/November 25, 2025

Focus: IM

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 50 pull @ 1:10 or r=15 <ul style="list-style-type: none"> ○ 25 breast/25 free
EN-2 to EN-3	<ul style="list-style-type: none"> • 12 x 75 @ 1:40 or r=20 <ul style="list-style-type: none"> ○ 25 kick/50 swim ○ 3 each stroke ○ reverse IM order
EN-1 to EN-3	<ul style="list-style-type: none"> • 12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 3 each stroke, IM order ○ descend times 1-3
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 26, 2025

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC to EN-2	<ul style="list-style-type: none"> • 1 x 400 choice • 16 x 25 @ 40 or r=10 <ul style="list-style-type: none"> ○ 25 scull/25 pull • 8 x 50 kick: <ul style="list-style-type: none"> ○ 2 @ 1:30 or r=20 ○ 2 @ 1:20 or r=15 ○ 2 @ 1:10 or r=10 ○ 2 @ 1:00 or r=5
EN-1 to EN-3	<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"> ○ EN-1 pace • 2 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> ○ EN-3 pace • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ descend times 1-4 • 8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ EN-3 pace • Extra 2 minutes between rounds
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-2	<ul style="list-style-type: none"> • 1 x 300 swim • 8 x 25 kick @ 45 or r=10 • 1 x 200 pull • 8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 25 easy/25 fast
EN-1 to EN-3	<u>3 x thru:</u> <ul style="list-style-type: none"> • 100 freestyle @ 1:50 or r=20 • 75 freestyle/25 stroke @ 2:00 or r=20 • 50 freestyle/50 stroke @ 2:10 or r=20 • 25 freestyle/75 stroke @ 2:20 or r=20 • 100 stroke @ 2:30 or r=20
REC	<ul style="list-style-type: none"> • 1 x 100 choice

Total = 2500

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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 300 choice • 8 x 25 @ 40 or r=15 <ul style="list-style-type: none"> ◦ 25 drill/25 build • 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"> ▪ 2 x 25 DPS ▪ 2 x 25 0-2 breaths
EN-1 to SP-1	<u>2 x thru:</u> <ul style="list-style-type: none"> • 1 x 200 swim @ 4:00 or r=60 <ul style="list-style-type: none"> ◦ EN-1 pace • 1 x 100 swim @ 2:30 or r=60 <ul style="list-style-type: none"> ◦ EN-2 to EN-3 pace • 2 x 50 swim @ 1:30 or r=50 <ul style="list-style-type: none"> ◦ SP-1 pace • 1 x 100 swim @ 2:30 or r=60 <ul style="list-style-type: none"> ◦ EN-2 to EN-3 pace • 1 x 200 swim @ 4:00 or r=60 <ul style="list-style-type: none"> ◦ EN-1 pace
REC	<ul style="list-style-type: none"> • 1 x 100 choice

Total = 2500

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