

Day/Date: Monday/November 3, 2025

Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 300 swim • 6 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ○ 25 drill/25 swim • 12 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> ○ 100 IM order
EN-1 to EN-2	<ul style="list-style-type: none"> • 1 x 400 pull @ 6:40 or r=40 <ul style="list-style-type: none"> ○ 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ▪ 1 x 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> • 1 x 100 swim @ 1:40 or r=10 • 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> ○ 1 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ▪ 1 x 100 pull @ 1:40 or r=10 • 1 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ○ 1 x 100 pull @ 1:40 or r=10 • 1 x 100 swim @ 1:40 or r=10
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 200 swim • 1 x 200 kick • 1 x 200 pull • 8 x 50 @ 1:10 or r=20 <ul style="list-style-type: none"> ○ 25 kick/25 drill
EN-2	<u>4 x thru:</u> <ul style="list-style-type: none"> • 1 x 100 IM @ 2:20 or r=30 • 3 x 50 swim @ 1:00 or r=10 <ul style="list-style-type: none"> ○ 25 fly/25 back ○ 25 back/25 breast ○ 25 breast/25 free • 1 x 50 swim easy • 1 minute between rounds
EN-1	<ul style="list-style-type: none"> • 4 x 50 @ 1:05 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/November 5, 2025

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 400 choice
EN-1/EN-3	<ul style="list-style-type: none"> • 3 x 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ breathe 3/5 by 100's • 6 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ negative split each 50! • 2 x 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ breathe 3/5 by 25's • 6 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ 1st 25 and turn are fast! • 1 x 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ breathe every 5th stroke • 6 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ fast turn and finish!
EN-1	<ul style="list-style-type: none"> • 20 x 25 @ 40 or 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

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 300 swim • 16 x 25 @ 45 or r=15 <ul style="list-style-type: none"> ○ <u>4 x thru:</u> <ul style="list-style-type: none"> ▪ 25 kick ▪ 25 drill ▪ 25 build ▪ 25 DPS
EN-1 to EN-3	<u>2 x thru:</u> <ul style="list-style-type: none"> • 1 x 200 freestyle @ 3:30 or r=30 • 2 x 100 "stroke" @ 2:20 or r=30 • 4 x 50 freestyle @ 1:00 or r=15 • 8 x 25 "stroke" @ 40 or r=10 • Extra 1 minute rest
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: Friday/November 7, 2025

Focus: Speed

Pace	Set
REC to EN-2	<ul style="list-style-type: none"> • 1 x 600 choice • 8 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> ○ build
EN-1/SP-1	<ul style="list-style-type: none"> • 8 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ○ #1/#5: 4th 25 fast! ○ #2/#6: 3rd 25 fast! ○ #3/#7: 2nd 25 fast! ○ #4/#8: 1st 25 fast!
REC	<ul style="list-style-type: none"> • 1 x 200 choice
EN-1/SP-1	<ul style="list-style-type: none"> • 4 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> ○ #1: 2nd 50 fast! ○ #2: middle 50 fast! ○ #3: 1st 50 fast! ○ #4: 1st and 4th 25's fast!
REC	<ul style="list-style-type: none"> • 12 x 25 @ r=10 <ul style="list-style-type: none"> ○ 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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