

Day/Date: Monday/December 15, 2025

Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 400 swim • 8 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ◦ 25 drill/25 swim
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 3/4/5/6 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 3/4/5 by 100's • 4 x 75 swim @ 1:15 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 by 100's • 4 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 100 pull @ 2:00 or r=30 <ul style="list-style-type: none"> ◦ breathe every 5th • 4 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> ◦ descend times 1-4
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: Tuesday/December 16, 2025

Focus: IM

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 1 x 200 drill (IM)
EN-1	<ul style="list-style-type: none"> • 8 x 50 pull @ 1:10 or r=10 <ul style="list-style-type: none"> ○ 25 breast/25 free
EN-2 to EN-3	<ul style="list-style-type: none"> • 8 x 75 swim @ 1:40 or r=20 <ul style="list-style-type: none"> ○ odd 75's: 25 fly/25 back/25 breast ○ even 75's: 25 back/25 breast/25 free
EN-2	<ul style="list-style-type: none"> • 8 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ○ 2 each stroke, 400 IM order
EN-3	<ul style="list-style-type: none"> • 8 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> ○ 100 IM order
REC	<ul style="list-style-type: none"> • 4 x 25 swim @ 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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Day/Date: Wednesday/December 17, 2025

Focus: Mid-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"> • 4 x 250 pull @ 4:15 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/4/5/4/3 by 50's
EN-1 to SP-1	<ul style="list-style-type: none"> • 12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ <u>4 x thru</u>: <ul style="list-style-type: none"> ▪ relaxed pace, count strokes ▪ 200 pace, hold same stroke count ▪ max. speed, hold same stroke count
EN-1/EN-3	<ul style="list-style-type: none"> • 4 x 250 swim @ 4:20 or r=30 <ul style="list-style-type: none"> ◦ odd 250's: fast on odd 50's ◦ even 250's: fast on even 50's
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 100 kick • 1 x 200 drill
EN-1 to EN-3	<ul style="list-style-type: none"> • 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 @ 3:10 or r=20 <ul style="list-style-type: none"> ◦ 50 stroke/50 free/50 stroke • 3 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 25's • 6 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ all stroke, descend times 1-3, 4-6 • 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ breathe 3/5/3 by 100's • 12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ◦ 25 stroke/25 free
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 to EN-2	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 8 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 25 drill/25 build
EN-1/SP-1	<ul style="list-style-type: none"> • 10 x 50 swim @ 1:10 or r=20-30 <ul style="list-style-type: none"> ○ <u>2 x thru</u>: <ul style="list-style-type: none"> ▪ 12.5 easy/25 fast/12.5 easy ▪ 12.5 fast/25 easy/12.5 fast ▪ 25 easy/25 fast ▪ 25 fast/25 easy ▪ 50 fast
EN-1	<ul style="list-style-type: none"> • 1 x 500 pull: breathe 3/5/3/5/3 by 100's
SP-2/REC	<ul style="list-style-type: none"> • 20 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ <u>4 x thru</u>: <ul style="list-style-type: none"> ▪ fast breakout, 3 strokes fast, easy ▪ fast breakout, 4 strokes fast, easy ▪ fast breakout, 5 strokes fast, easy ▪ all easy ▪ all fast
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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