

Day/Date: Monday/December 22, 2025

Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 300 swim • 1 x 300 kick • 12 x 25 @ 40 or r=10 <ul style="list-style-type: none"> ○ 25 scull/25 pull
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 25 swim @ 30 or r=5 • 1 x 50 swim @ 1:00 or r=15 • 1 x 75 swim @ 1:15 or r=15 • 1 x 100 swim @ 1:45 or r=15 • 1 x 200 swim @ 3:30 or r=30 • 1 x 300 swim @ 5:00 or r=30 • 1 x 400 swim @ 6:30 or r=30 • 1 x 300 swim @ 5:00 or r=30 • 1 x 200 swim @ 3:30 or r=30 • 1 x 100 swim @ 1:45 or r=15 • 1 x 75 swim @ 1:15 or r=15 • 1 x 50 swim @ 1:00 or r=15 • 1 x 25 swim @ 30 or r=5
REC	<ul style="list-style-type: none"> • 1 x 200: 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

Workouts off the beaten path

SJ Black, PhD

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Day/Date: Tuesday/December 23, 2025

Focus: IM

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 300 swim
EN-1 to EN-2	<u>3 x thru:</u> <ul style="list-style-type: none"> • 4 x 50 drill @ 1:10 or r=20 <ul style="list-style-type: none"> ○ 1 each stroke, IM order • 1 x 200 swim @ 4:00 or r=30 <ul style="list-style-type: none"> ○ 25 fly/75 back/25 breast/75 free
EN-2 to EN-3	<u>3 x thru:</u> <ul style="list-style-type: none"> • 1 x 150 swim @ 3:15 or r=30 <ul style="list-style-type: none"> ○ 50 fly/25 back/50 breast/25 free • 3 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ○ 25 fly/25 back ○ 25 back/25 breast ○ 25 breast/25 free
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/December 24, 2025

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC to EN-2	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 16 x 25 @ 40 or r=10 <ul style="list-style-type: none"> ○ 4 x thru: <ul style="list-style-type: none"> ▪ 2 x 25 kick ▪ 2 x 25 swim (build)
EN-1 to EN-3	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 2 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> ○ breathe 3/5 by 50's • 4 x 50 @ 1:00 or r=15 <ul style="list-style-type: none"> ○ 25 10-beat freestyle/25 freestyle • 1 x 200 swim @ 4:00 or r=60 <ul style="list-style-type: none"> ○ build the kick
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 400 swim • 8 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> ○ negative split each 50 • 8 x 25 "stroke" drill @ 45 or r=15
EN-1 to EN-3	<ul style="list-style-type: none"> • 12 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ○ all stroke ○ descend times 1-4, 5-8, 9-12
EN-1	<ul style="list-style-type: none"> • 1 x 400 pull: breathe 3/4/5/3 by 100's
EN-1 to EN-3	<ul style="list-style-type: none"> • 12 x 25 swim @ 45 or r=15 <ul style="list-style-type: none"> ○ all stroke ○ descend times 1-4, 5-8, 9-12
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	<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"> • 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 25's
EN-1 to SP-1	<u>30-40 seconds rest between swims:</u> <ul style="list-style-type: none"> • 1 x 25 swim: hard effort (EN-3) • 1 x 50 swim: negative split (EN-1/EN-3) • 1 x 75 swim: last 25 fast! (EN-1/EN-3) • 1 x 100 swim: negative split (EN-1/SP-1) • 1 x 100 pull: moderate effort (EN-1) • 1 x 200 swim: negative split (EN-1/EN-3) • 1 x 150 pull: moderate effort (EN-1) • 1 x 100 swim: negative split (EN-1/SP-1) • 1 x 75 swim: last 50 fast! (EN-1/EN-3) • 1 x 50 swim: negative split (EN-1/SP-1) • 1 x 25 swim: hard effort (SP-1)
EN-1/SP-1	<ul style="list-style-type: none"> • 8 x 25 swim @ 45 or r=15 <ul style="list-style-type: none"> ◦ 25 easy/25 fast!
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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