

Day/Date: Monday/December 29, 2025

Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 600 choice • 12 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/4/5 by 50's
EN-1 to EN-3	<ul style="list-style-type: none"> • Davis Mile: Broken 1650 • <i>Subtract 2½ minutes to get time</i> • 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 150 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

SJ Black, PhD

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Day/Date: Tuesday/December 30, 2025

Focus: IM

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 300 swim • 4 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> ○ 1 each stroke, IM order • 12 x 25 drill @ 40 or r=10 <ul style="list-style-type: none"> ○ 3 each stroke • 6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 25's
EN-2/EN-3/EN-1	<p><u>4 x thru:</u></p> <ul style="list-style-type: none"> • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 1 each stroke, IM order • 1 x 100 IM @ 2:30 or r=45 • 1 x 100 pull @ 2:00 or r=30 <ul style="list-style-type: none"> ○ breathe every 5th stroke
REC	<ul style="list-style-type: none"> • 8 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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Day/Date: Wednesday/December 31, 2025

Focus: Mid-Distance Freestyle/Pace

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 25 drill @ 30 or r=5 <ul style="list-style-type: none"> ○ 25 "10-beat" free/25 "catch-up" free
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 400 swim or pull @ 7:00 or r=60 • 4 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ○ descend times 1-4 • 1 x 300 swim or pull @ 5:15 or r=45 • 3 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ○ descend times 1-3 • 1 x 200 swim or pull @ 3:30 or r=30 • 2 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ○ descend times 1-2 • 1 x 100 swim or pull @ 1:40 or r=10 • 1 x 100 swim @ 1:40 <ul style="list-style-type: none"> ○ fastest time of set!
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-1	<ul style="list-style-type: none"> • 1 x 300 swim • <u>2 x thru:</u> <ul style="list-style-type: none"> ○ 2 x 50 @ 1:10 or r=15 <ul style="list-style-type: none"> ▪ 25 kick/25 swim ○ 4 x 25 @ 40 or r=10 <ul style="list-style-type: none"> ▪ 25 drill/25 swim
EN-1 to EN-3	<ul style="list-style-type: none"> • 12 x 50 "stroke" @ 1:05 or r=15 <ul style="list-style-type: none"> ○ descend times 1-4 • 1 x 200 swim @ 4:30 or r=60 <ul style="list-style-type: none"> ○ easy effort • 8 x 50 "stroke" @ 1:10 or r=20 <ul style="list-style-type: none"> ○ descend times 1-4 • 1 x 200 swim @ 4:30 or r=60 <ul style="list-style-type: none"> ○ easy effort • 4 x 50 "stroke" @ 1:15 or r=20-30 <ul style="list-style-type: none"> ○ descend times 1-4 • 1 x 200 swim <ul style="list-style-type: none"> ○ easy effort

Total = 2500

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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 • 8 x 25 @ r=10 <ul style="list-style-type: none"> ○ 25 kick/25 swim
EN-1/EN-2 to SP-2	<ul style="list-style-type: none"> • 3 x 100 swim @ 2:00 or r=15 <ul style="list-style-type: none"> ○ 25 stroke/25 free, easy effort • 8 x 50 swim @ 1:00 or r=20 <ul style="list-style-type: none"> ○ EN-2 effort • 3 x 100 swim @ 2:00 or r=15 <ul style="list-style-type: none"> ○ 25 stroke/25 free, easy effort • 6 x 50 swim @ 1:10 or r=30 <ul style="list-style-type: none"> ○ EN-3 effort • 3 x 100 swim @ 2:00 or r=15 <ul style="list-style-type: none"> ○ 25 stroke/25 free, easy effort • 4 x 50 swim @ 1:20 or r=40 <ul style="list-style-type: none"> ○ SP-1 effort • 3 x 100 swim @ 2:00 or r=15 <ul style="list-style-type: none"> ○ 25 stroke/25 free, easy effort • 2 x 50 swim @ 1:30 or r=60 <ul style="list-style-type: none"> ○ SP-2 effort
EN-1	<ul style="list-style-type: none"> • <u>2 x thru:</u> <ul style="list-style-type: none"> ○ 1 x 100 swim @ r=15 ○ 2 x 50 swim @ r=10

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
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