

Day/Date: Monday/December 8, 2025

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 400 swim • 4 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ○ 25 drill/25 swim
EN-1 to EN-3	<u>3 x thru:</u> <ul style="list-style-type: none"> • round #1 pull, round #2 pull or swim, round #3 swim • pace gets faster as distance gets shorter <ul style="list-style-type: none"> ○ 1 x 400 @ 6:30 or r=30 ○ 1 x 200 @ 3:20 or r=20 ○ 1 x 100 @ 1:40 or r=10 ○ 1 x 50 @ 1:50 or r=60
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

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick IM • 1 x 200 pull • 16 x 25 @ 40 or r=10 <ul style="list-style-type: none"> ◦ 4 each stroke, reverse 400 IM order ◦ 25 drill/25 swim
EN-2	<u>Milt Nelms' Axis Swim (4 x thru continuously):</u> <ul style="list-style-type: none"> • 25 back • 25 fly • 25 back • 25 breast • 25 free • 25 free • 25 free
EN-2	<u>4 x thru:</u> <ul style="list-style-type: none"> • 1 x 75 swim @ 1:45 or r=20 <ul style="list-style-type: none"> ◦ 25 back/25 breast/25 free • 1 x 50 swim @ 1:00 or r=10 <ul style="list-style-type: none"> ◦ 25 back/25 breast • 1 x 25 swim @ 45 or r=15 <ul style="list-style-type: none"> ◦ fly
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: Wednesday/December 10, 2025

Focus: Mid-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 kick/25 swim
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> ◦ EN-1 pace • 1 x 200 pull @ 3:30 or r=30 • 2 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none"> ◦ descend times 1-2 • 1 x 200 pull @ 3:30 or r=30 • 3 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-3 • 1 x 200 pull @ 3:30 or r=30 • 4 x 100 swim @ 1:30 or r=5 <ul style="list-style-type: none"> ◦ maintain steady pace, make the interval
EN-1/EN-3	<ul style="list-style-type: none"> • 8 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ <u>2 x thru</u>: <ul style="list-style-type: none"> ▪ 25 easy/25 fast ▪ 25 fast/25 easy ▪ 50 easy ▪ 50 fast
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

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Day/Date: Thursday/December 11, 2025

Focus: Stroke

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	<u>3 x thru (choose one stroke each round):</u> <ul style="list-style-type: none"> • 1 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> ○ negative split • 1 x 100 @ 2:15 or r=15 <ul style="list-style-type: none"> ○ 25 drill/25 swim • 1 x 150 swim @ 2:45 or r=15 <ul style="list-style-type: none"> ○ build speed • 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> ○ breathe 3/5/3/5 by 50's
REC	<ul style="list-style-type: none"> • 1 x 200: 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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Pace	Set
REC to EN-2	<ul style="list-style-type: none"> • 1 x 400 choice • 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5/7/5 by 50's • 12 x 25 @ 40 or r=15 <ul style="list-style-type: none"> ◦ 25 kick/25 drill/25 swim
EN-1/SP-1	<u>2 x thru:</u> <ul style="list-style-type: none"> • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ negative split each 50 • 1 x 100 swim @ 2:30 or r=45 <ul style="list-style-type: none"> ◦ easy effort • 8 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> ◦ fast! SP-1 effort • 1 x 100 swim @ 2:30 or r=45 <ul style="list-style-type: none"> ◦ easy effort
REC	<ul style="list-style-type: none"> • 1 x 200 choice

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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