

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 300 swim • 6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 50's
EN-1 to EN-3	<p><u>Pace gets faster as distance gets shorter:</u></p> <ul style="list-style-type: none"> • 1 x 400 swim @ 6:40 or r=40 • 1 x 300 swim @ 5:00 or r=30 • 1 x 200 swim @ 3:20 or r=20 • 1 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ 1 x 300 swim @ 5:00 or r=30 ◦ 1 x 200 swim @ 3:20 or r=20 ◦ 1 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ▪ 1 x 200 swim @ 3:20 or r=10 ▪ 1 x 100 swim @ 1:40 or r=10
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"> ◦ 25 easy/25 fast!
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

SJ Black, PhD

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Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick: IM • 1 x 200 pull • 1 x 200 drill: IM
EN-3/REC	<p><u>4 x thru:</u></p> <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 easy freestyle • 1 minute between rounds
EN-1 to EN-2	<ul style="list-style-type: none"> • 8 x 50 @ 1:05 or r=15 <ul style="list-style-type: none"> ◦ 25 drill/25 swim ◦ 400 IM order
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/January 14, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 600 choice
EN-1 to EN-3	<ul style="list-style-type: none"> • 3 x 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 50'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 3/4/5/3 by 50's • 6 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-3, 4-6 • 1 x 200 pull @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ breathe every 5th • 6 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ 1 fast, 1 easy, 1 fast, 1 easy...
EN-1	<ul style="list-style-type: none"> • 12 x 25 drill @ 45 or r=10 <ul style="list-style-type: none"> ◦ <u>2 x thru:</u> <ul style="list-style-type: none"> ▪ 25 top scull/25 DPS ▪ 25 middle scull/25 DPS ▪ 25 bottom scull/25 DPS

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/January 15, 2026

Focus: Stroke

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 400 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-2	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 200 freestyle @ 3:20 or r=20 • 2 x 100 "stroke" @ 2:20 or r=30 • 4 x 50 freestyle @ 55 or r=10 • 8 x 25 "stroke" @ 40 or r=10
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

Workouts off the beaten path

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Day/Date: Friday/January 16, 2026

Focus: Speed

Pace	Set
REC to EN-2	<ul style="list-style-type: none"> • 1 x 600 choice • 12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ <u>6 x thru:</u> <ul style="list-style-type: none"> ▪ 25 build/25 DPS
EN-1/SP-1	<ul style="list-style-type: none"> • 8 x 100 swim @ 1:45 or r=15 <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 easy swim
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: 50 easy/50 fast ○ #2: 25 easy/50 fast/25 easy ○ #3: 50 fast/50 easy ○ #4: 25 fast/50 easy/25 fast
REC	<ul style="list-style-type: none"> • 1 x 200 easy swim

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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