

Day/Date: Monday/January 19, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 1 x 200 swim</li> <li>• 1 x 200 kick</li> <li>• 1 x 200 pull</li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 3 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> <li>◦ breathe 3/5/3 by 100's</li> </ul> </li> <li>• 2 x 150 swim @ 2:30 or r=15 <ul style="list-style-type: none"> <li>◦ descend times 1-2</li> </ul> </li> <li>• 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> <li>◦ breathe 5/3/5 by 100's</li> </ul> </li> <li>• 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> <li>• 2 x 150 pull @ 2:30 or r=15 <ul style="list-style-type: none"> <li>◦ breathe 5/3/5 by 50's</li> </ul> </li> <li>• 3 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> <li>◦ descend times 1-3</li> </ul> </li> </ul>
EN-1/EN-3	<ul style="list-style-type: none"> <li>• 16 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> <li>◦ 25 easy/25 fast</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 200 choice</li> </ul>

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

[www.workoutsoffthebeatenpath.com](http://www.workoutsoffthebeatenpath.com)

Day/Date: Tuesday/January 20, 2026

Focus: IM

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 1 x 200 swim</li> <li>• 1 x 200 kick IM</li> <li>• 1 x 200 drill IM</li> <li>• 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> <li>◦ breathe 3/5 by 50's</li> </ul> </li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 12 x 75 @ 2:00 or r=20-30 <ul style="list-style-type: none"> <li>◦ <u>4 x thru:</u> <ul style="list-style-type: none"> <li>▪ 75 kick: fly</li> <li>▪ 75 swim: 25 fly/25 back/25 breast</li> <li>▪ 75 swim: 25 back/25 breast/25 free</li> </ul> </li> </ul> </li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 16 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> <li>◦ 100 IM order</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 200 choice</li> </ul>

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

SJ Black, PhD

[www.workoutsoffthebeatenpath.com](http://www.workoutsoffthebeatenpath.com)

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 1 x 300 swim</li> <li>• 6 x 50 @ r=10 <ul style="list-style-type: none"> <li>○ 25 scull/25 swim</li> </ul> </li> </ul>
EN-1 to SP-1	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> <li>○ EN-1 pace, breathe 3/5 by 100's</li> </ul> </li> <li>• 2 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> <li>○ build to 200 race pace</li> </ul> </li> <li>• 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> <li>○ EN-3, at 200 race pace + 4 seconds</li> </ul> </li> <li>• 8 x 25 swim @ 30 or r=5-10 <ul style="list-style-type: none"> <li>○ SP-1, at 200 race pace + 1 second</li> </ul> </li> <li>• Extra 60 seconds rest</li> </ul>
EN-1/EN-3	<ul style="list-style-type: none"> <li>• 12 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> <li>○ fast in/out of turns</li> <li>○ fast finish!</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 200 choice</li> </ul>

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

[www.workoutsoffthebeatenpath.com](http://www.workoutsoffthebeatenpath.com)

Day/Date: Thursday/January 22, 2026

Focus: Stroke

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 1 x 500 choice</li> <li>• 6 x 50 @ 1:05 or r=15 <ul style="list-style-type: none"> <li>◦ 25 drill/25 build</li> </ul> </li> </ul>
EN-1 to EN-3	<p><u>3 x thru (choose one stroke per round):</u></p> <ul style="list-style-type: none"> <li>• 1 x 100 @ 2:15 or r=30 <ul style="list-style-type: none"> <li>◦ 25 drill/25 swim</li> </ul> </li> <li>• 2 x 75 swim @ 1:45 or r=20 <ul style="list-style-type: none"> <li>◦ descend times 1-2</li> </ul> </li> <li>• 3 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> <li>◦ descend times 1-3</li> </ul> </li> <li>• 4 x 25 swim @ 45 or r=15 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 200 swim</li> </ul>

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

SJ Black, PhD

[www.workoutsoffthebeatenpath.com](http://www.workoutsoffthebeatenpath.com)

Day/Date: Friday/January 23, 2026

Focus: Speed

Pace	Set
REC to EN-2	<ul style="list-style-type: none"> <li>• 1 x 200 swim</li> <li>• 1 x 200 kick</li> <li>• 1 x 200: 25 scull/25 pull</li> <li>• 4 x 25 build @ 40 or r=15</li> </ul>
EN-1 to SP-1	<ul style="list-style-type: none"> <li>• 2 x 150 swim @ 3:00 or r=45 <ul style="list-style-type: none"> <li>◦ EN-1 effort</li> </ul> </li> <li>• 4 x 75 swim @ 1:45 or r=30 <ul style="list-style-type: none"> <li>◦ EN-3 effort</li> </ul> </li> <li>• 12 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> <li>◦ SP-1 effort</li> </ul> </li> </ul>
EN-1	<ul style="list-style-type: none"> <li>• 1 x 400 pull: breathe 3/4/5/3 by 100's</li> </ul>
EN-1 to SP-1	<ul style="list-style-type: none"> <li>• 12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> <li>◦ <u>4 x thru:</u> <ul style="list-style-type: none"> <li>▪ 25 build</li> <li>▪ 25 fast</li> <li>▪ 25 DPS</li> </ul> </li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 200 choice</li> </ul>

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

SJ Black, PhD

[www.workoutsoffthebeatenpath.com](http://www.workoutsoffthebeatenpath.com)