

Day/Date: Monday/January 19, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 pull
EN-1 to EN-3	<ul style="list-style-type: none"> • 3 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5/3 by 100's • 2 x 150 swim @ 2:30 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-2 • 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ breathe 5/3/5 by 100's • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ◦ negative split • 2 x 150 pull @ 2:30 or r=15 <ul style="list-style-type: none"> ◦ breathe 5/3/5 by 50's • 3 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ descend times 1-3
EN-1/EN-3	<ul style="list-style-type: none"> • 16 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> ◦ 25 easy/25 fast
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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Day/Date: Tuesday/January 20, 2026

Focus: IM

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick IM • 1 x 200 drill IM • 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 50's
EN-2	<ul style="list-style-type: none"> • 12 x 75 @ 2:00 or r=20-30 <ul style="list-style-type: none"> ○ <u>4 x thru:</u> <ul style="list-style-type: none"> ▪ 75 kick: fly ▪ 75 swim: 25 fly/25 back/25 breast ▪ 75 swim: 25 back/25 breast/25 free
EN-2	<ul style="list-style-type: none"> • 16 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 100 IM order
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/January 21, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 300 swim • 6 x 50 @ r=10 <ul style="list-style-type: none"> ◦ 25 scull/25 swim
EN-1 to SP-1	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ EN-1 pace, breathe 3/5 by 100's • 2 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ build to 200 race pace • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ EN-3, at 200 race pace + 4 seconds • 8 x 25 swim @ 30 or r=5-10 <ul style="list-style-type: none"> ◦ SP-1, at 200 race pace + 1 second • Extra 60 seconds rest
EN-1/EN-3	<ul style="list-style-type: none"> • 12 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ◦ fast in/out of turns ◦ fast finish!
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 500 choice • 6 x 50 @ 1:05 or r=15 <ul style="list-style-type: none"> ○ 25 drill/25 build
EN-1 to EN-3	<u>3 x thru (choose one stroke per round):</u> <ul style="list-style-type: none"> • 1 x 100 @ 2:15 or r=30 <ul style="list-style-type: none"> ○ 25 drill/25 swim • 2 x 75 swim @ 1:45 or r=20 <ul style="list-style-type: none"> ○ descend times 1-2 • 3 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none"> ○ descend times 1-3 • 4 x 25 swim @ 45 or r=15 <ul style="list-style-type: none"> ○ descend times 1-4
REC	<ul style="list-style-type: none"> • 1 x 200 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: Friday/January 23, 2026

Focus: Speed

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