

Day/Date: Monday/January 26, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 1 x 400 swim</li> <li>• 1 x 200 kick</li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 1 x 400 pull @ 7:00 or r=60 <ul style="list-style-type: none"> <li>◦ breathe 3/4/5/3 by 100's</li> </ul> </li> <li>• 4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 1 x 300 pull @ 5:15 or r=45 <ul style="list-style-type: none"> <li>◦ breathe 3/4/5 by 100's</li> </ul> </li> <li>• 4 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> <li>◦ breathe 3/5 by 100's</li> </ul> </li> <li>• 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 1 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> <li>◦ breathe every 5<sup>th</sup></li> </ul> </li> <li>• 4 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> </ul>
EN-1/EN-3	<ul style="list-style-type: none"> <li>• 12 x 25 swim @ 30 or r=10 <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 100 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

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Pace	Set
REC to EN-2	<ul style="list-style-type: none"> <li>• 1 x 400 swim</li> <li>• <u>2 x thru:</u> <ul style="list-style-type: none"> <li>◦ 1 x 100 fly kick @ r=15</li> <li>◦ 2 x 50 kick (choice) @ r=15</li> </ul> </li> </ul>
EN-1 to EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 4 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> <li>◦ breathe 3/5 by 25's</li> </ul> </li> <li>• 4 x 50 drill @ 1:10 or r=20 <ul style="list-style-type: none"> <li>◦ IM order</li> </ul> </li> <li>• 4 x 75 swim @ 1:45 or r=30 <ul style="list-style-type: none"> <li>◦ #1: 50 fly/25 back</li> <li>◦ #2: 50 back/25 breast</li> <li>◦ #3: 50 breast/25 free</li> <li>◦ #4: 50 free/25 fly</li> </ul> </li> <li>• Extra 60 seconds between rounds</li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 300 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

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Day/Date: Wednesday/January 28, 2026

Focus: Mid-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 drill</li> <li>• 1 x 200 pull</li> <li>• 1 x 200: 25 scull/25 swim</li> </ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 8 x 50 @ 1:10 or r=20 <ul style="list-style-type: none"> <li>◦ 25 build/25 DPS</li> </ul> </li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 4 x 150 swim @ 2:30 or r=15 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 12 x 75 swim @ 1:30 or r=20 <ul style="list-style-type: none"> <li>◦ descend times 1-4, 5-8, 9-12</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 100 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

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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>• 6 x 50 pull @ 1:10 or r=10 <ul style="list-style-type: none"> <li>◦ 25 breast/25 free</li> </ul> </li> </ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 12 x 50 @ 1:15 or r=15 <ul style="list-style-type: none"> <li>◦ <u>4 x thru:</u> <ul style="list-style-type: none"> <li>▪ 25 scull/25 "stroke"</li> <li>▪ 50 "stroke"</li> <li>▪ 50 freestyle</li> </ul> </li> </ul> </li> </ul>
EN-1/EN-3	<ul style="list-style-type: none"> <li>• 1 x 400 kick: every 4<sup>th</sup> length fast!</li> </ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 12 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> <li>◦ <u>4 x thru:</u> <ul style="list-style-type: none"> <li>▪ 2 x 25 "stroke"</li> <li>▪ 1 x 25 freestyle</li> </ul> </li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 300 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

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Day/Date: Friday/January 30, 2026

Focus: Speed

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> <li>• 1 x 200: 25 scull/25 swim</li> </ul>
EN-1/SP-1	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 1 x 200 swim @ 4:00 or r=60 <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> <li>• 2 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> <li>◦ negative split each 100</li> </ul> </li> <li>• 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> <li>◦ negative split each 50</li> </ul> </li> <li>• 8 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> <li>◦ 25 easy/25 fast</li> </ul> </li> <li>• Extra 60 seconds between rounds</li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 100: 25 scull/25 pull</li> </ul>

Total = 2500

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