

Day/Date: Monday/February 16, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-2	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 100 kick • 1 x 200 pull • 1 x 100 kick • 1 x 200 drill IM • 12 x 25 @ 40 or r=15 <ul style="list-style-type: none"> ○ 4 x thru: <ul style="list-style-type: none"> ▪ 1 x 25 kick ▪ 1 x 25 drill ▪ 1 x 25 swim
EN-2	<ul style="list-style-type: none"> • 20 minute continuous swim: <ul style="list-style-type: none"> ○ steady pace for 20 minutes
EN-1/EN-3	<ul style="list-style-type: none"> • 12 x 25 swim @ 30 or r=5-10 <ul style="list-style-type: none"> ○ 1 x 25 easy/1 x 25 fast ○ 2 x 25 easy/2 x 25 fast ○ 3 x 25 easy/3 x 25 fast
REC	<ul style="list-style-type: none"> • 1 x 200 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

Workouts off the beaten path

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Pace	Set
REC to EN-2	<ul style="list-style-type: none"> • 1 x 400 swim • 1 x 250 pull: breathe 3/4/5/4/3 by 50's • 10 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ <u>odds</u>: fast breakout, easy to wall ○ <u>evens</u>: build to fast finish
EN-2 to EN-3	34 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> • 1 x 25 fly/1 x 25 bk/1 x 25 brst/1 x 25 free • 2 x 25 fly/2 x 25 bk/2 x 25 brst/2 x 25 free • 3 x 25 fly/3 x 25 bk/3 x 25 brst/3 x 25 free • 4 x 25 fly/4 x 25 bk/4 x 25 brst/4 x 25 free
EN-1	<ul style="list-style-type: none"> • 1 x 250 pull: breathe 3/5/3/5/3 by 50's
EN-1/EN-3	<ul style="list-style-type: none"> • 10 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 200 IM order + 2 choice ○ 25 easy/25 fast
REC	<ul style="list-style-type: none"> • 1 x 250 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: Wednesday/February 18, 2026

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/EN-3	<ul style="list-style-type: none"> • 4 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 50's • 1 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ negative split • 3 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5/3 by 100's • 1 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ negative split • 2 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 50's • 1 x 200 swim @ 3:20 or r=20 <ul style="list-style-type: none"> ◦ negative split • 1 x 100 pull (breathe every 3rd)
EN-1/SP-1	<ul style="list-style-type: none"> • 8 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ 4 x thru: <ul style="list-style-type: none"> ▪ 25 easy/25 fast ▪ 25 fast/25 easy
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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Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 pull
EN-1	<ul style="list-style-type: none"> • 4 x 150 pull @ 2:40 or r=20 <ul style="list-style-type: none"> ○ breathe 3/5/3 by 50's
EN-1 to EN-3	<ul style="list-style-type: none"> • 4 x 100 kick @ 2:30 or r=20 <ul style="list-style-type: none"> ○ 50 "stroke"/50 choice • 4 x 75 "stroke" @ 1:45 or r=20 <ul style="list-style-type: none"> ○ 50 drill/25 swim • 4 x 50 "stroke" @ 1:00 or r=10-15 <ul style="list-style-type: none"> ○ descend times 1-4 • 8 x 25 "stroke" @ 45 or r=15 <ul style="list-style-type: none"> ○ 25 DPS/25 fast
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/February 20, 2026

Focus: Speed

Pace	Set
REC to EN-2	<ul style="list-style-type: none"> • 1 x 600 swim • 1 x 200 kick IM • 12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 25 build/25 DPS
SP-1/REC	<u>4 x thru:</u> <ul style="list-style-type: none"> • 1 x 50 swim @ r=10 <ul style="list-style-type: none"> ○ hard effort • 1 x 25 swim @ r=10 <ul style="list-style-type: none"> ○ hard effort • 1 x 25 swim @ r=10 <ul style="list-style-type: none"> ○ hard effort • 1 x 200 swim <ul style="list-style-type: none"> ○ easy effort
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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