

Day/Date: Monday/February 23, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 1 x 300 swim</li> <li>• 1 x 200 kick</li> <li>• 8 x 25 scull @ r=10</li> </ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 4 x 150 @ 2:40 or r=30               <ul style="list-style-type: none"> <li>○ 1 swim, 1 pull, 1 swim, 1 pull</li> </ul> </li> <li>• 3 x 150 @ 2:30 or r=20               <ul style="list-style-type: none"> <li>○ 1 swim, 1 pull, 1 swim</li> </ul> </li> <li>• 2 x 150 @ 2:20 or r=15               <ul style="list-style-type: none"> <li>○ 1 swim, 1 pull</li> </ul> </li> <li>• 1 x 150 @ 2:10 or r=10               <ul style="list-style-type: none"> <li>○ all swim</li> </ul> </li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 8 x 75 swim @ 1:30 or r=20               <ul style="list-style-type: none"> <li>○ <u>4 x thru:</u> <ul style="list-style-type: none"> <li>▪ 75 DPS</li> <li>▪ 25 easy/25 faster/25 fastest!</li> </ul> </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)

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 1 x 500 choice</li> <li>• 10 x 25 @ r=10                             <ul style="list-style-type: none"> <li>○ 25 scull/25 pull</li> </ul> </li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 6 x 250 @ 5:00 or r=30                             <ul style="list-style-type: none"> <li>○ 150 swim/100 kick                                     <ul style="list-style-type: none"> <li>▪ 150 swim = 25 fly/50 back/50 breast/25 free</li> <li>▪ 100 kick = choice</li> </ul> </li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 250: 25 scull/25 pull</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

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 1 x 200 swim</li> <li>• 2 x 50 (25 drill/25 swim) @ r=10</li> <li>• 1 x 200 kick</li> <li>• 2 x 50 (25 kick/25 swim) @ r=10</li> <li>• 1 x 200 pull</li> <li>• 2 x 50 (25 kick/25 drill) @ r=10</li> </ul>
EN-1/EN-3	<ul style="list-style-type: none"> <li>• 4 x 100 pull @ 1:40 or r=10</li> <li>• 2 x 50 swim @ 1:00 or r=15                             <ul style="list-style-type: none"> <li>○ negative split each 50</li> </ul> </li> <li>• 3 x 100 pull @ 1:40 or r=10</li> <li>• 4 x 50 swim @ 1:00 or r=15                             <ul style="list-style-type: none"> <li>○ odd 50's: 25 easy/25 fast</li> <li>○ even 50's: 25 fast/25 easy</li> </ul> </li> <li>• 2 x 100 pull @ 1:40 or r=10</li> <li>• 6 x 50 swim @ 1:00 or r=15                             <ul style="list-style-type: none"> <li>○ negative split each 50</li> </ul> </li> <li>• 1 x 100 pull @ 1:40 or r=10</li> <li>• 8 x 50 swim @ 1:00 or r=15                             <ul style="list-style-type: none"> <li>○ odd 50's: 25 easy/25 fast</li> <li>○ even 50's: 25 fast/25 easy</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 100 swim</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

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 1 x 200 swim</li> <li>• 1 x 200 kick IM</li> <li>• 1 x 100: scull/swim</li> </ul>
EN-1 to EN-2	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> <li>• 4 x 50 @ 1:05 or r=15 <ul style="list-style-type: none"> <li>○ 25 drill/25 swim</li> <li>○ reverse IM order</li> </ul> </li> <li>• 1 x 100 freestyle @ 2:00 or r=20 <ul style="list-style-type: none"> <li>○ DPS, focus on good streamlining</li> </ul> </li> </ul>
EN-2 to EN-3	<p><u>4 x thru:</u></p> <ul style="list-style-type: none"> <li>• 3 x 75 swim @ 1:40 or r=20 <ul style="list-style-type: none"> <li>○ 50 fly/25 back</li> <li>○ 50 back/25 breast</li> <li>○ 50 breast/25 free</li> </ul> </li> <li>• 1 x 25 easy @ 1:00 or r=30</li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 100 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

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 1 x 200 swim</li> <li>• 4 x 50 (25 drill/25 swim) @ 1:00 or r=10</li> <li>• 1 x 200 kick</li> <li>• 2 x 50 (25 kick/25 swim) @ 1:00 or r=10</li> <li>• 1 x 200 pull</li> <li>• 2 x 50 swim (build) @ 1:00 or r=10</li> </ul>
SP-1/REC	<ul style="list-style-type: none"> <li>• 8 x 50 freestyle @ 1:00 or r=15                             <ul style="list-style-type: none"> <li>○ fastest possible average</li> </ul> </li> <li>• 1 x 100 swim (easy)</li> <li>• 6 x 50 "stroke" @ 1:10 or r=20                             <ul style="list-style-type: none"> <li>○ fastest possible average</li> </ul> </li> <li>• 1 x 100 swim (easy)</li> <li>• 4 x 50 freestyle @ 1:10 or r=30                             <ul style="list-style-type: none"> <li>○ fastest possible average</li> </ul> </li> <li>• 1 x 100 swim (easy)</li> <li>• 2 x 50 "stroke" @ 1:20 or r=30                             <ul style="list-style-type: none"> <li>○ fastest possible average</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 100 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