

Day/Date: Monday/February 9, 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 swim • 1 x 200 scull
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ○ breathe 3/4/5/3 by 100 • 16 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> ○ descend times 1-4 • 2 x 200 pull @ 3:15 or r=15 <ul style="list-style-type: none"> ○ breathe 3/4/5/3 by 50's • 4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ○ descend times 1-4 • 8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> ○ descend times 1-4
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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SJ Black, PhD

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Day/Date: Tuesday/February 10, 2026

Focus: IM

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 400 swim
EN-1 to EN-2	<u>3 x thru:</u> <ul style="list-style-type: none"> • 4 x 50 @ 1:05 or r=15 <ul style="list-style-type: none"> ○ 25 drill/25 swim ○ reverse IM order • 1 x 100 freestyle @ 2:00 or r=30 <ul style="list-style-type: none"> ○ DPS
EN-1 to EN-3	<u>4 x thru:</u> <ul style="list-style-type: none"> • 3 x 75 swim @ 1:40 or r=20 <ul style="list-style-type: none"> ○ 50 fly/25 back ○ 50 back/25 breast ○ 50 breast/25 free • 1 x 25 easy @ 1:00 or r=30
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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Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 8 x 25 @ r=10 <ul style="list-style-type: none"> ○ 25 scull/25 swim or pull
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 400 swim @ 6:30 or r=30 <ul style="list-style-type: none"> ○ negative split • 4 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ○ descend times 1-4 • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ○ negative split • 3 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ○ descend times 1-3 • 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> ○ negative split • 2 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ○ descend times 1-2 • 1 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> ○ negative split • 1 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ○ fastest 100 of set!
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: Thursday/February 12, 2026

Focus: Stroke

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick IM • 1 x 200 drill IM
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-2	<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
EN-2	<ul style="list-style-type: none"> • 4 x 75 @ 1:40 or r=20 <ul style="list-style-type: none"> ○ 25 "stroke" drill/25 "stroke"/25 freestyle
EN-2	<ul style="list-style-type: none"> • 8 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> ○ 25 "stroke"/25 free
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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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 8 x 75 @ 1:40 or r=15 <ul style="list-style-type: none"> ○ 25 kick/25 drill/25 swim
EN-1/EN-2/EN-3	<ul style="list-style-type: none"> • 12 x 25 swim @ 45 or r=15 <ul style="list-style-type: none"> ○ #1: relaxed pace, count strokes ○ #2: faster, aim for same stroke count ○ #3: fastest, aim for same stroke count
REC	<ul style="list-style-type: none"> • 1 x 100 choice
SP-2/REC	<ul style="list-style-type: none"> • 4 x 25 swim @ 1:00 or r=40 <ul style="list-style-type: none"> ○ max. effort! • 1 x 200 swim <ul style="list-style-type: none"> ○ easy effort • 4 x 25 swim @ 1:00 or r=40 <ul style="list-style-type: none"> ○ max. effort! • 1 x 200 swim <ul style="list-style-type: none"> ○ easy effort • 4 x 25 swim @ 1:00 or r=40 <ul style="list-style-type: none"> ○ max. effort!
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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