

Day/Date: Monday/February 9, 2026

Focus: 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 swim</li> <li>• 1 x 200 scull</li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> <li>◦ breathe 3/4/5/3 by 100</li> </ul> </li> <li>• 16 x 25 swim @ 30 or r=5 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 2 x 200 pull @ 3:15 or r=15 <ul style="list-style-type: none"> <li>◦ breathe 3/4/5/3 by 50'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>• 8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> <li>◦ descend times 1-4</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

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Pace	Set
REC	<ul style="list-style-type: none"> <li>• 1 x 400 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=30 <ul style="list-style-type: none"> <li>◦ DPS</li> </ul> </li> </ul>
EN-1 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 200 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

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Day/Date: Wednesday/February 11, 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 pull</li> <li>• 8 x 25 @ r=10 <ul style="list-style-type: none"> <li>◦ 25 scull/25 swim or pull</li> </ul> </li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 1 x 400 swim @ 6:30 or r=30 <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> <li>• 4 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> <li>• 3 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> <li>◦ descend times 1-3</li> </ul> </li> <li>• 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> <li>• 2 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> <li>◦ descend times 1-2</li> </ul> </li> <li>• 1 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> <li>◦ negative split</li> </ul> </li> <li>• 1 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> <li>◦ fastest 100 of set!</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 200 choice</li> </ul>

Total = 3000

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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"> <li>• 1 x 200 swim</li> <li>• 1 x 200 kick IM</li> <li>• 1 x 200 drill IM</li> </ul>
EN-1	<ul style="list-style-type: none"> <li>• 4 x 150 pull @ 2:40 or r=20 <ul style="list-style-type: none"> <li>◦ breathe 3/5/3 by 50's</li> </ul> </li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 4 x 100 kick @ 2:30 or r=20 <ul style="list-style-type: none"> <li>◦ 50 "stroke"/50 choice</li> </ul> </li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 4 x 75 @ 1:40 or r=20 <ul style="list-style-type: none"> <li>◦ 25 "stroke" drill/25 "stroke"/25 freestyle</li> </ul> </li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 8 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> <li>◦ 25 "stroke"/25 free</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 200 choice</li> </ul>

Total = 2500

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REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
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EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

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Day/Date: Friday/February 13, 2026

Focus: Speed

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

Total = 2500

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