

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 4 x (50 swim/25 kick/25 choice)</li> <li>• 6 x 50 pull @ 55 or r=10                             <ul style="list-style-type: none"> <li>○ breathe 3/4/5/3/4/5 by 50's</li> </ul> </li> </ul>
EN-1 to SP-1	<ul style="list-style-type: none"> <li>• 1 x 400 swim @ 7:00 or r=60                             <ul style="list-style-type: none"> <li>○ negative split</li> </ul> </li> <li>• 12 x 25 swim @ 30 or r=10                             <ul style="list-style-type: none"> <li>○ at 500 race pace</li> </ul> </li> <li>• 2 x 200 swim @ 3:30 or r=30                             <ul style="list-style-type: none"> <li>○ negative split each 200</li> </ul> </li> <li>• 6 x 50 swim @ 1:00 or r=15                             <ul style="list-style-type: none"> <li>○ at 500 race pace +1 second</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>• 12 x 25 swim @ 30 or r=10                             <ul style="list-style-type: none"> <li>○ at 500 race pace</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

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 1 x 300 swim</li> <li>• 1 x 300 kick IM</li> <li>• 1 x 300 drill IM</li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 25 fly @ 40 or r=10</li> <li>• 25 fly/25 back @ 1:10 or r=15</li> <li>• 25 fly/25 back/25 breast @ 1:40 or r=20</li> <li>• 100 IM @ 2:20 or r=40</li> <li>• 25 back @ 40 or r=10</li> <li>• 25 back/25 breast @ 1:10 or r=15</li> <li>• 25 back/25 breast/25 free @ 1:40 or r=20</li> <li>• 100 IM @ 2:20 or r=40</li> <li>• 25 breast @ 40 or r=10</li> <li>• 25 breast/25 free @ 1:10 or r=15</li> <li>• 25 breast/25 free/25 fly @ 1:40 or r=20</li> <li>• 100 IM @ 2:20 or r=40</li> <li>• 25 free @ 40 or r=15</li> <li>• 25 free/25 fly @ 1:10 or r=15</li> <li>• 25 free/25 fly/25 back @ 1:40 or r=20</li> <li>• 100 IM @ 2:20 or r=40</li> </ul>
EN-1	<ul style="list-style-type: none"> <li>• 4 x 75 pull @ 1:30 or r=15</li> <li>• 4 x 50 swim or pull @ 1:00 or r=15</li> <li>• 4 x 25 swim @ 40 or r=10</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

Day/Date: Wednesday/March 25, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 1 x 500 choice</li> <li>• 8 x 50 @ 1:10 or r=20                             <ul style="list-style-type: none"> <li>◦ <u>alternate</u>: 50 kick/50 swim</li> </ul> </li> </ul>
EN-1 to EN-3	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> <li>• descend pace as distance gets shorter</li> <li>• 1 x 200 swim @ 3:20 or r=20</li> <li>• 1 x 150 swim @ 2:30 or r=15</li> <li>• 1 x 100 swim @ 1:40 or r=10</li> <li>• 1 x 50 swim @ 1:30 or r=45</li> </ul>
EN-1/SP-1	<ul style="list-style-type: none"> <li>• 16 x 25 swim @ 40 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 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 300 swim</li> <li>• 12 x 25 @ 40 or r=10                             <ul style="list-style-type: none"> <li>○ 25 scull/25 pull</li> </ul> </li> </ul>
EN-1 to EN-3	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> <li>• 1 x 300 pull @ 5:00 or r=30                             <ul style="list-style-type: none"> <li>○ breathe 3/4/5 by 100's</li> </ul> </li> <li>• 6 x 25 kick @ 45 or r=10                             <ul style="list-style-type: none"> <li>○ fly, back, or breast</li> </ul> </li> <li>• 1 x 150 swim @ 3:00 or r=30                             <ul style="list-style-type: none"> <li>○ 50 stroke/50 free/50 stroke</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

Pace	Set
REC to EN-2	<ul style="list-style-type: none"> <li>• 6 x (50 swim/25 kick/25 drill)</li> <li>• 12 x 25 swim @ 40 or r=15                             <ul style="list-style-type: none"> <li>○ 25 build/25 DPS</li> </ul> </li> </ul>
SP-1/EN-1	<ul style="list-style-type: none"> <li>• 12 x 50 swim @ 1:10 or r=20                             <ul style="list-style-type: none"> <li>○ <u>6 x thru:</u> <ul style="list-style-type: none"> <li>▪ 1 x 50 @ 200 race pace +1 second</li> <li>▪ 1 x 50 easy</li> </ul> </li> </ul> </li> </ul>
EN-1	<ul style="list-style-type: none"> <li>• 1 x 300 pull:                             <ul style="list-style-type: none"> <li>○ breathe 3/4/5 by 100's</li> </ul> </li> </ul>
SP-2/REC	<ul style="list-style-type: none"> <li>• 12 x 25 swim @ 45 or r=20                             <ul style="list-style-type: none"> <li>○ <u>6 x thru:</u> <ul style="list-style-type: none"> <li>▪ 1 x 25 @ 100 race pace +1 second</li> <li>▪ 1 x 25 easy</li> </ul> </li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 400 easy 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