

Day/Date: Monday/March 30, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 400 choice
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 500 pull @ 8:20 or r=50 <ul style="list-style-type: none"> ○ breathe 3/5/3/5/3 by 100's • 10 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ descend times 1-5 • 1 x 400 pull @ 6:40 or r=40 <ul style="list-style-type: none"> ○ breathe 3/5/3/5 by 100's • 8 x 50 swim @ 55 or r=10 <ul style="list-style-type: none"> ○ descend times 1-4 • 1 x 300 pull @ 5:00 or r=30 <ul style="list-style-type: none"> ○ breathe 3/5/3 by 100's • 6 x 50 swim @ 50 or r=5 <ul style="list-style-type: none"> ○ descend times 1-3
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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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick IM • 1 x 200 drill IM • 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 25's
EN-2	<ul style="list-style-type: none"> • 2 x 300 IM @ r=30 <ul style="list-style-type: none"> ○ #1: 25 kick/25 drill/25 swim ○ #2: 50 kick/50 swim
EN-2 to EN-3	<ul style="list-style-type: none"> • 5 x 50 swim @ 1:05 or r=15 <ul style="list-style-type: none"> ○ 1 each stroke + 1 choice • 5 x 50 swim @ 1:00 or r=10 <ul style="list-style-type: none"> ○ 1 each stroke + 1 choice • 5 x 50 swim @ 55 or r=5 <ul style="list-style-type: none"> ○ 1 each stroke + 1 choice
REC	<ul style="list-style-type: none"> • 1 x 150 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

Day/Date: Wednesday/April 1, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 1 x 200 (25 drill/25 swim)
EN-1	<ul style="list-style-type: none"> • 4 x 250 @ 5:00 or r=30 <ul style="list-style-type: none"> ○ alternate: 250 pull, 250 swim
EN-1 to EN-3	<ul style="list-style-type: none"> • 12 x 75 swim @ 1:20 or r=10 <ul style="list-style-type: none"> ○ 25 build/25 fast/25 DPS
REC	<ul style="list-style-type: none"> • 6 x 50 @ r=10 <ul style="list-style-type: none"> ○ 25 scull/25 glide stroke

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"> • 1 x 200 swim • 1 x 200 kick IM • 1 x 200 drill IM • 4 x 50 @ r=10 <ul style="list-style-type: none"> ○ 25 scull/25 swim or pull
EN-2	<ul style="list-style-type: none"> • 8 x 75 @ 2:00 or r=20 <ul style="list-style-type: none"> ○ <u>2 x thru:</u> <ul style="list-style-type: none"> ▪ 75 kick ▪ 25 kick/50 swim ▪ 50 kick/25 swim ▪ 75 swim
EN-2	<ul style="list-style-type: none"> • 9 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ○ 3 x 25 fly/25 back ○ 3 x 25 back/25 breast ○ 3 x 25 breast/25 free
EN-3/EN-1	<ul style="list-style-type: none"> • 16 x 25 swim @ 40 or r=10 <ul style="list-style-type: none"> ○ 25 stroke/25 free
REC	<ul style="list-style-type: none"> • 1 x 250 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

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 200 swim • 4 x 50 (25 drill/25 swim) @ 1:00 or r=10 • 4 x 50 (25 scull/25 pull) @ 1:00 or r=10
EN-1 to SP-1	<p><u>4 x thru:</u></p> <ul style="list-style-type: none"> • 4 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> ○ fast! • 3 x 50 @ 1:15 or r=20 <ul style="list-style-type: none"> ○ 25 drill/25 swim • 2 x 75 swim @ 2:00 or r=45 <ul style="list-style-type: none"> ○ one build, one fast!
SP-1	<p><u>4 x thru:</u></p> <ul style="list-style-type: none"> • Fast breakout to center @ r=20 • Fast turn (back to center) @ r=30 • Fast finish @ r=40
REC	<ul style="list-style-type: none"> • 1 x 100 choice

Total = 2500

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EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
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