

Day/Date: Monday/April 20, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 100 kick • 1 x 200: 25 drill/25 swim
EN-1 to EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 400 pull @ 6:30 or r=30 <ul style="list-style-type: none"> ○ breathe 3/5/3/5 by 100's • 4 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ○ descend times 1-4 • 8 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ 25 build/25 DPS • Extra 60 seconds rest
REC	<ul style="list-style-type: none"> • 1 x 100 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

Workouts off the beaten path
 SJ Black, PhD

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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 • 16 x 25 @ 45 or r=15 <ul style="list-style-type: none"> ○ 25 kick/25 swim/25 drill/25 swim ○ 1 round each stroke ○ reverse IM order
EN-2	<p>Milt Nelms' Axis Swim <u>6 x thru (continuously or 20 seconds between rounds and increase effort w/ each round):</u></p> <ul style="list-style-type: none"> • 25 back • 25 breast • 25 back • 25 fly • 25 free • 25 free • 25 free
EN-1 to EN-2	<ul style="list-style-type: none"> • 16 x 25 @ 45 or r=15 <ul style="list-style-type: none"> ○ 25 kick/25 swim/25 drill/25 swim ○ 1 round each stroke ○ IM order
REC	<ul style="list-style-type: none"> • 1 x 50 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 500 choice
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 3/5/3/5 by 100's • 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> ○ negative split • 4 x 50 swim @ 1:00 or r=15 <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 • 1 x 150 swim @ 2:30 or r=20 <ul style="list-style-type: none"> ○ negative split • 3 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ descend times 1-3 • 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> ○ breathe 3/5/3/5 by 50's • 1 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ○ negative split • 2 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ 25 easy/25 fast
EN-2	<ul style="list-style-type: none"> • 12 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> ○ choose one stroke for each set of 3 x 50 ○ time (# seconds) + # strokes = golf score ○ lowest score wins!
REC	<ul style="list-style-type: none"> • 1 x 100 choice

Total = 3000

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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 • 6 x 50 pull @ 1:10 or r=10 <ul style="list-style-type: none"> ○ 25 breast/25 free
EN-1 to EN-2	<ul style="list-style-type: none"> • 600 swim: alternate 100 back/100 free
EN-1 to EN-3	<ul style="list-style-type: none"> • 20 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ <u>4 x thru</u>: <ul style="list-style-type: none"> ▪ 3 strokes fly, freestyle ▪ 4 strokes fly, freestyle ▪ 5 strokes fly, freestyle ▪ all fly ▪ all free
EN-1 to EN-3	<ul style="list-style-type: none"> • 20 x 25 @ 40 or r=15 <ul style="list-style-type: none"> ○ <u>5 x thru (1 stroke per round)</u>: <ul style="list-style-type: none"> ▪ 25 kick ▪ 25 build ▪ 25 fast! ▪ 25 DPS

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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 • 1 x 200 pull • 8 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ○ <u>4 x thru:</u> <ul style="list-style-type: none"> ▪ 25 kick/25 swim ▪ 25 drill/25 swim
EN-1 to SP-2	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 4 x 50 swim @ 1:00 or r=20 <ul style="list-style-type: none"> ○ #1: 25 easy/25 fast ○ #2: 25 fast/25 easy ○ #3: 50 fast ○ #4: 50 easy • 2 x 50 swim @ 1:30 or r=45 <ul style="list-style-type: none"> ○ all fast (~90-95% effort) • 1 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ○ build • 1 x 100 swim @ 3:00 or r=90 <ul style="list-style-type: none"> ○ easy

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