

Day/Date: Monday/June 1, 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 pull • 1 x 200 drill IM
EN-1	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 2 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ○ 25 drill/25 DPS • 2 x 100 @ 2:00 or r=15 <ul style="list-style-type: none"> ○ 25 scull/25 pull
EN-1 to EN-3	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ○ descend times 1-3 by round • 2 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ○ descend times 1-2 • 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

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 500 swim • 1 x 200 kick IM • 1 x 200 drill IM • 1 x 200: 25 scull/25 pull • 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 50's
EN-2 to EN-3	<ul style="list-style-type: none"> • 10 x 75 swim @ 1:40 or r=20 <ul style="list-style-type: none"> ○ <u>2 x thru:</u> <ul style="list-style-type: none"> ▪ 50 fly/25 back ▪ 25 fly/25 back/25 breast ▪ 50 back/25 breast ▪ 25 back/25 breast/25 free ▪ 50 breast/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

Day/Date: Wednesday/June 3, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 1 x 200 drill IM • 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 25s
EN-1 to EN-3	<ul style="list-style-type: none"> • 4 x 150 swim @ 2:45 or r=30 <ul style="list-style-type: none"> ○ descend times 1-4 • 4 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ○ descend times 1-4 • 4 x 75 swim @ 1:30 or r=15 <ul style="list-style-type: none"> ○ descend times 1-4 • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ descend times 1-4
REC	<ul style="list-style-type: none"> • 1 x 300 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

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 4 x thru: 100 swim, 50 kick • 1 x 400 pull: breathe 3/4/5/3 by 100's • 4 x 50 stroke drill @ 1:10 or r=15
EN-1 to EN-3	<ul style="list-style-type: none"> • 3 x 100 swim @ 2:00 or r=20 <ul style="list-style-type: none"> ○ 25 stroke/75 free ○ descend times 1-3 • 3 x 100 swim @ 2:10 or r=20 <ul style="list-style-type: none"> ○ 50 stroke/50 free ○ descend times 1-3 • 3 x 100 swim @ 2:20 or r=20 <ul style="list-style-type: none"> ○ 75 stroke/25 free ○ descend times 1-3 • 3 x 100 swim @ 2:30 or r=20 <ul style="list-style-type: none"> ○ 100 stroke ○ descend times 1-3
REC	<ul style="list-style-type: none"> • 1 x 100 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

Workouts off the beaten path
 SJ Black, PhD

Pace	Set
REC to EN-2	<ul style="list-style-type: none"> • 1 x 400 swim • 1 x 200 kick IM • 4 x 75 @ 1:30 or r=15 <ul style="list-style-type: none"> ○ 25 kick/25 drill/25 swim • 4 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ○ 25 scull/25 build
SP-1/REC	<ul style="list-style-type: none"> • 1 x 150 swim @ 2:30 or r=20 <ul style="list-style-type: none"> ○ fast! • 1 x 250 easy swim • 2 x 75 swim @ 2:00 or r=60 <ul style="list-style-type: none"> ○ fast! • 1 x 250 easy swim • 2 x 50 swim @ 1:30 or r=45 <ul style="list-style-type: none"> ○ fast! • 1 x 250 easy swim • 2 x 25 swim @ 1:00 or r=40 <ul style="list-style-type: none"> ○ fast!
REC	<ul style="list-style-type: none"> • 1 x 200 easy 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