

Day/Date: Monday/May 18, 2026

Focus: Distance Freestyle/Pace

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>• 4 x 25 drill IM @ r=10</li> </ul>
EN-1 to EN-3	<p><u>3 x thru:</u></p> <ul style="list-style-type: none"> <li>• 4 x 100 swim @ 1:50 or r=20               <ul style="list-style-type: none"> <li>○ increase # of dolphin kicks off the wall (e.g., 1 dolphin kick on 1<sup>st</sup> 25, 2 dolphin kicks on 2<sup>nd</sup> 25...)</li> </ul> </li> <li>• 1 x 400 swim or pull @ 7:00 or r=60               <ul style="list-style-type: none"> <li>○ descend times 1-3 by round</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 100 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 to EN-1	<ul style="list-style-type: none"> <li>• 1 x 400 swim</li> <li>• 8 x 25 drill @ 40 or r=15                             <ul style="list-style-type: none"> <li>○ 2 each stroke, IM order</li> </ul> </li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 4 x 100 IM @ 2:00 or r=20                             <ul style="list-style-type: none"> <li>○ descend times 1-4</li> </ul> </li> <li>• 1 x 200 kick IM @ r=60</li> <li>• 3 x 100 IM @ 2:00 or r=20                             <ul style="list-style-type: none"> <li>○ fly and breast fast, back and free easy</li> </ul> </li> <li>• 2 x 100 kick IM @ r=20</li> <li>• 2 x 100 IM @ 2:00 or r=20                             <ul style="list-style-type: none"> <li>○ fly and breast easy, back and free fast</li> </ul> </li> <li>• 4 x 50 kick @ r=15                             <ul style="list-style-type: none"> <li>○ 1 each stroke</li> </ul> </li> <li>• 1 x 100 IM @ 2:00 or r=20                             <ul style="list-style-type: none"> <li>○ all fast!</li> </ul> </li> <li>• 8 x 25 kick @ 45 or r=15                             <ul style="list-style-type: none"> <li>○ 2 each stroke</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 100 swim</li> </ul>

Total = 2500

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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

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 1 x 400 swim</li> <li>• 1 x 200 kick</li> <li>• 8 x 50 @ 1:00 or r=10                             <ul style="list-style-type: none"> <li>○ 25 drill of choice/25 swim</li> </ul> </li> </ul>
EN-1 to EN-3	<p><u>4 x thru:</u></p> <ul style="list-style-type: none"> <li>• increase pace by round: 2<sup>nd</sup> round faster than 1<sup>st</sup> round, 3<sup>rd</sup> round faster than 2<sup>nd</sup> round, 4<sup>th</sup> round faster than 3<sup>rd</sup> round</li> <li>• 1 x 50 swim @ 1:00 or r=15</li> <li>• 1 x 100 swim @ 1:45 or r=15</li> <li>• 1 x 150 swim @ 2:30 or r=15</li> <li>• 1 x 100 swim @ 1:45 or r=15</li> <li>• 1 x 50 swim @ 2:00 or r=75</li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 200 choice</li> </ul>

Total = 3000

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 1 x 300 swim</li> <li>• 12 x 25 @ r=10 <ul style="list-style-type: none"> <li>○ 25 scull/25 pull</li> </ul> </li> <li>• 2 x 150 @ 3:00 or r=20 <ul style="list-style-type: none"> <li>○ 50 swim/50 kick/50 swim</li> </ul> </li> <li>• 3 x 100 @ 2:00 or r=15 <ul style="list-style-type: none"> <li>○ 50 kick/50 swim</li> </ul> </li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 5 x 75 swim @ 1:30 or r=20 <ul style="list-style-type: none"> <li>○ 25 fly/50 back</li> </ul> </li> <li>• 1 x 25 easy swim</li> <li>• 5 x 75 swim @ 1:30 or r=20 <ul style="list-style-type: none"> <li>○ 25 back/25 breast</li> </ul> </li> <li>• 1 x 25 easy swim</li> <li>• 5 x 75 swim @ 1:30 or r=20 <ul style="list-style-type: none"> <li>○ 25 breast/50 free</li> </ul> </li> <li>• 1 x 25 easy swim</li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 100 choice</li> </ul>

Total = 2500

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Pace	Set
REC to EN-2	<ul style="list-style-type: none"> <li>• 1 x 300 swim</li> <li>• 3 x 100 @ r=15 <ul style="list-style-type: none"> <li>○ 25 drill/25 swim</li> </ul> </li> <li>• 6 x 50 @ r=15 <ul style="list-style-type: none"> <li>○ 25 drill/25 build</li> </ul> </li> <li>• 12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> <li>○ <u>3 x thru:</u> <ul style="list-style-type: none"> <li>▪ ½ fast/½ easy</li> <li>▪ ½ easy/½ fast</li> <li>▪ all easy</li> <li>▪ all fast</li> </ul> </li> </ul> </li> </ul>
EN-1 to SP-2	<p><u>4 x thru:</u></p> <ul style="list-style-type: none"> <li>• 1 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none"> <li>○ DPS</li> </ul> </li> <li>• 2 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> <li>○ build to full speed</li> </ul> </li> <li>• 4 x 25 swim @ 1:00 or r=40 <ul style="list-style-type: none"> <li>○ all fast!</li> </ul> </li> </ul>
REC	<ul style="list-style-type: none"> <li>• 1 x 100: 25 scull/25 swim</li> </ul>

Total = 2500

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