

Day/Date: Monday/May 25, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 300 swim • 1 x 200 kick
EN-1 to EN-3	<ul style="list-style-type: none"> • 6 x 100 pull @ 1:40 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 50s • 2 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> ○ descend times 1-2 • 1 x 600 pull @ 9:30 or r=30 <ul style="list-style-type: none"> ○ breathe 3/5/3/5/3/5 by 100s • 4 x 150 swim @ 2:30 or r=15 <ul style="list-style-type: none"> ○ descend times 1-4
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
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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 300 swim • 1 x 200 kick IM • 1 x 100 drill IM • 12 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 50s
EN-2	<p><u>16 x 75 @ 2:00 or r=15-30</u></p> <ul style="list-style-type: none"> • 75 fly kick • 25 back kick/25 breast kick/25 free swim • 25 back kick/25 breast swim/25 free swim • 75 swim: 25 back/25 breast/25 free • 75 back kick • 25 breast kick/25 free kick/25 fly swim • 25 breast kick/25 free swim/25 fly swim • 75 swim: 25 breast/25 free/25 fly • 75 breast kick • 25 free kick/25 fly kick/25 back swim • 25 free kick/25 fly swim/25 back swim • 75 swim: 25 free/25 fly/25 back • 75 free kick • 25 fly kick/25 back kick/25 breast swim • 25 fly kick/25 back swim/25 breast swim • 75 swim: 25 fly/25 back/25 breast
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

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Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 300 swim • 4 x 50 kick @ r=15 <ul style="list-style-type: none"> ○ negative split each 50 • 6 x 50 @ r=10 <ul style="list-style-type: none"> ○ 25 scull/25 pull
EN-1 to EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 200 pull @ 3:30 or r=30 <ul style="list-style-type: none"> ○ breathe 3/5 by 100s • 2 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ○ build each 100 • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ at EN-2 pace • 8 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> ○ at EN-3 pace • Extra 60 seconds rest
EN-1/SP-1	<ul style="list-style-type: none"> • 8 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ fast in/out of turns ○ easy between flags ○ fast finish!
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

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 500 swim • 4 x 50 @ r=15 <ul style="list-style-type: none"> ○ 25 drill/25 swim
EN-1 to EN-3	<p><u>3 x thru (one stroke per round):</u></p> <ul style="list-style-type: none"> • 1 x 100 kick @ 2:30 or r=15 • 2 x 75 @ 2:00 or r=20 <ul style="list-style-type: none"> ○ 50 drill/25 swim ○ 25 drill/50 swim • 3 x 50 @ 1:15 or r=20 <ul style="list-style-type: none"> ○ 25 drill/25 swim ○ 25 swim/25 drill ○ 50 swim • 6 x 25 swim @ 45 or r=15 <ul style="list-style-type: none"> ○ at EN-2 to EN-3 pace
REC	<ul style="list-style-type: none"> • 1 x 150 choice

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	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 drill • 12 x 25 @ r=10 <ul style="list-style-type: none"> ○ 25 scull/25 glide/25 pull
EN-1 to SP-1	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 150 swim @ 3:00 or r=45 <ul style="list-style-type: none"> ○ at EN-1 pace • 2 x 75 swim @ 1:45 or r=30 <ul style="list-style-type: none"> ○ at EN-2 pace • 3 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none"> ○ at EN-3 pace • 6 x 25 swim @ 45 or r=20 <ul style="list-style-type: none"> ○ at SP-1 pace
EN-1 to EN-3	<ul style="list-style-type: none"> • 12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 25 DPS/25 build/25 fast breakout
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
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max