

Day/Date: Monday/August 3, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	• 1 x 300 swim • 1 x 100 kick • 1 x 200: 25 drill/25 swim • 1 x 100 kick • 1 x 300: 25 scull/25 pull
EN-1 to EN-3	<u>2 x thru:</u> • 1 x 300 pull @ 5:00 or r=30 ◦ breathe 3/5/3 by 100 • 3 x 100 swim @ 1:40 or r=10 ◦ descend times 1-3 • 6 x 50 swim @ 1:00 or r=15 ◦ descend times 1-3, hold time 4-6 • Extra 1 minute between rounds
REC	• 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	• 1 x 200 swim • 1 x 200: 25 kick/25 swim • 1 x 200: 25 drill/25 swim
EN-1 to EN-3	<u>3 x thru:</u> • 1 x 200 pull @ 4:00 or r=60 ○ breathe 3/5/3/5 by 50 • 3 x 50 swim @ 1:00 @ r=10 ○ 25 fly/25 back ○ 25 back/25 breast ○ 25 breast/25 free • 6 x 25 swim @ 40 or r=15 ○ 2 fly, 2 back, 2 breast • 4 x 25 kick @ 45 or r=10 ○ 1 each stroke • Extra 1 minute between rounds
REC	• 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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Day/Date: Wednesday/August 5, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC	• 1 x 200 swim • 1 x 200 kick • 1 x 200 pull
EN-1 to EN-3	<u>3 x thru:</u> • 2 x 125 swim @ 2:00 or r=10 ○ EN-1 pace • 2 x 100 swim @ 1:40 or r=10 ○ EN-2 pace • 2 x 75 swim @ 1:20 or r=10 ○ EN-3 pace • 2 x 50 swim @ 1:00 or r=15 ○ EN-3 pace • 2 x 25 swim @ 40 or r=15 ○ SP-1 pace • Extra 1 minute between rounds
REC	• 1 x 150 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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Day/Date: Thursday/August 6, 2026

Focus: Stroke

Pace	Set
REC to EN-1	• 1 x 400 swim • 1 x 200: 25 kick/25 drill • 8 x 50 pull @ 55 or r=10 ○ breathe 3/5 by 50
EN-2	<u>4 x thru (choose 1 stroke per round):</u> • 1 x 25 swim @ 40 or r=10 • 1 x 50 swim @ 1:10 or r=20 • 1 x 75 swim @ 1:30 or r=20 • 1 x 100 swim @ 3:00 or r=60
EN-1/EN-2/EN-3	• 12 x 25 swim @ 40 or r=10 ○ 25 easy/25 medium/25 fast
REC	• 1 x 200 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

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Pace	Set
REC to EN-2	• 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 4 x 50 @ 1:00 or r=10 ◦ 25 drill/25 swim • 8 x 25 swim @ 40 or r=15 ◦ 25 DPS/25 build
SP-1/EN-1	<u>8 x thru:</u> • 1 x 25 swim @ 30 or r=10 ◦ fast! • 1 x 50 swim @ 1:00 or r=10 ◦ easy
EN-1	• 1 x 300 pull: breathe every 3rd stroke
REC/SP-2	• 12 x 25 swim @ 40 or r=15 ◦ 25 easy/25 fast
REC	• 1 x 300 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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