

Day/Date: Monday/July 13, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	• 1 x 200 swim • 1 x 200 kick • 1 x 100 drill
EN-1 to EN-3	• 1 x 500 pull @ 8:00 or r=30 ○ breathe 3/5/7/5/3 by 100 • 2 x 250 swim @ 4:15 or r=30 ○ descend times 1-2 • 1 x 400 pull @ 6:30 or r=30 ○ breathe 3/5/3/5 by 100 • 2 x 200 swim @ 3:20 or r=20 ○ descend times 1-2 • 1 x 300 pull @ 5:00 or r=30 ○ breathe 3/5/3 by 100 • 2 x 150 swim @ 2:30 or r=15 ○ descend times 1-2
REC	• 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

www.workoutsoffthebeatenpath.com

Pace	Set
REC to EN-1	• 1 x 500 swim • 16 x 25 @ 40 or r=10 ◦ 4 x thru (IM order): ▪ 2 x 25 kick ▪ 2 x 25 drill
EN-2 to EN-3	• 1 x 200 swim @ 4:00 or r=30 ◦ IM or free/IM by 25 ◦ negative split each 50 • 4 x 50 swim @ 1:10 or r=20 ◦ 25 fly/25 back • 1 x 200 swim @ 4:00 or r=30 ◦ IM or free/IM by 25 ◦ negative split each 50 • 4 x 50 swim @ 1:10 or r=20 ◦ 25 back/25 breast • 1 x 200 swim @ 4:00 or r=30 ◦ IM or free/IM by 25 ◦ negative split each 50 • 4 x 50 swim @ 1:10 or r=20 ◦ 25 breast/25 free
REC	• 1 x 200: 25 scull/25 pull • 1 x 200 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

www.workoutsoffthebeatenpath.com

Day/Date: Wednesday/July 15, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC	• 1 x 200 swim • 1 x 200 kick • 1 x 200 swim
EN-1	• 8 x 50 pull @ 55 or r=10 ◦ breathe 3/5 by 50
EN-1 to SP-1	<u>3 x thru:</u> • 1 x 300 swim @ 5:00 or r=30 ◦ EN-1 pace (fairly light) • 1 x 150 swim @ 2:30 or r=15 ◦ EN-2 pace (somewhat hard) • 1 x 100 swim @ 1:45 or r=15 ◦ EN-3 pace (hard) • 1 x 50 swim @ 1:30 or r=45 ◦ SP-1 pace (very hard)
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

Workouts off the beaten path

SJ Black, PhD

www.workoutsoffthebeatenpath.com

Pace	Set
REC to EN-1	• 1 x 500 swim • 10 x 50 @ 1:10 or r=20 ○ alternate 50 free, 50 stroke ○ 25 drill/25 swim
EN-1 to EN-2	<u>3 x thru (one stroke per round):</u> • 2 x 75 @ 1:45 or r=20 ○ 25 kick/25 drill/25 swim • 2 x 75 swim @ 1:45 or r=30 ○ descend times 1-2
EN-1 to EN-3	• 10 x 50 swim @ 1:00 or r=10 ○ 25 stroke/25 free ○ descend times 1-5
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

Workouts off the beaten path

SJ Black, PhD

www.workoutsoffthebeatenpath.com

Pace	Set
REC to EN-1	• 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 8 x 25 drill IM @ 40 or r=10 • 8 x 25 scull/swim @ 40 or r=10
EN-1 to EN-3	• 8 x 50 swim @ 1:10 or r=20 ○ <u>4 x thru:</u> ▪ 50 build by 12.5 (easy/medium/fast/super fast) ▪ 50 DPS
EN-1/SP-1	• 4 x 3 x 25 swim @ 45 or r=20 ○ <u>Each set of 3 x 25:</u> ▪ 200 race pace, count strokes ▪ 100 race pace, count strokes ▪ DPS, count strokes • 1 x 200 easy swim • 4 x 3 x 25 swim @ 45 or r=20 ○ <u>Each set of 3 x 25:</u> ▪ 200 race pace, hold stroke count +1 ▪ 100 race pace, hold stroke count +2 ▪ DPS count strokes
REC	• 1 x 300 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

Workouts off the beaten path

SJ Black, PhD

www.workoutsoffthebeatenpath.com