

Day/Date: Monday/July 20, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-1	• 1 x 200 swim • 1 x 100 kick • 1 x 200: 25 scull/25 pull
EN-1 to EN-3	• 2 x 500 swim or pull @ 8:00 or r=30 ○ descend times 1-2 • 2 x 400 swim @ 6:30 or r=30 ○ descend times 1-2 • 2 x 300 swim @ 5:00 or r=30 ○ 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

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Pace	Set
REC to EN-2	• 1 x 500 swim • 10 x 50 pull @ 1:00 or r=10 ○ 25 breast/25 free • 10 x 50 kick @ 1:30 or r=15 ○ 1 x 50 free ○ 2 x 50 breast ○ 3 x 50 back ○ 4 x 50 fly
EN-1/EN-2/EN-3	• 9 x 100 swim @ 2:20 or r=30 ○ <u>3 x thru (increase pace by round):</u> ▪ 1 x 100 reverse IM ▪ 1 x 100 IM ▪ 1 x 100 freestyle
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/July 22, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC to EN-1	• 1 x 400 swim • 2 x 100 @ 2:00 or r=15 ◦ 50 kick/50 swim • 8 x 50 @ 1:00 or r=10 ◦ 25 kick/25 swim
EN-1 to EN-3	• 4 x 100 pull @ 1:40 or r=10 ◦ breathe 3/5 by 25's • 1 x 200 swim @ 3:20 or r=20 ◦ EN-1 pace • 3 x 100 pull @ 1:40 or r=10 ◦ breathe 3/5 by 50's • 1 x 200 swim @ 3:20 or r=20 ◦ EN-2 pace • 2 x 100 pull @ 1:40 or r=10 ◦ breathe 3/5 by 25's • 1 x 200 swim @ 3:20 or r=20 ◦ EN-3 pace • 1 x 100 pull @ 2:00 or r=30 ◦ breathe every 3rd stroke • 1 x 200 swim: fastest 200 of set!
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 400 swim
EN-1 to EN-3	• 8 x 50 pull @ 55 or r=10 ◦ breathe 3/5 by 50 • 16 x 25 kick @ 45 or r=10 ◦ <u>4 x thru</u>: ▪ 2 x 25 stroke ▪ 2 x 25 choice • 2 x 200 swim @ 4:00 or r=30 ◦ 50 stroke/50 free ◦ descend times 1-2 • 8 x 50 kick @ 1:30 or r=20 ◦ <u>4 x thru</u>: ▪ 2 x 50 stroke ▪ 2 x 50 choice • 4 x 100 swim @ 2:00 or r=20 ◦ 50 stroke/50 free
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: Friday/July 24, 2026

Focus: Speed

Pace	Set
REC to EN-1	• 1 x 200 swim • 1 x 200 kick • 20 x 25 @ 40 or r=10 ○ 25 drill/25 swim
EN-1/SP-1	• 10 x 50 swim @ 1:15 or r=30 ○ 25 build/25 fast • 1 x 200 swim easy • 10 x 25 swim @ 45 or r=20 ○ 25 build/25 fast • 1 x 200 swim easy • 10 x 25 swim @ 45 or r=20 ○ 25 fast/25 DPS
REC	• 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

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