

Day/Date: Monday/July 27, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	• 4 x (100 swim/50 kick)
EN-1	• 12 x 50 @ 1:00 or r=10 ○ 4 x 50: 25 10-beat free/25 swim ○ 4 x 50: 25 human stroke/25 swim ○ 4 x 50: 25 catch-up free/25 swim
EN-2 to EN-3	• The Davis Mile: broken 1650 • <i>(subtract 2½ minutes for total time)</i> ○ 1 x 275 swim @ r=20 ○ 1 x 250 swim @ r=20 ○ 1 x 225 swim @ r=20 ○ 1 x 200 swim @ r=15 ○ 1 x 175 swim @ r=15 ○ 1 x 150 swim @ r=15 ○ 1 x 125 swim @ r=15 ○ 1 x 100 swim @ r=10 ○ 1 x 75 swim @ r=10 ○ 1 x 50 swim @ r=10 ○ 1 x 25 swim
REC	• 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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Pace	Set
REC to EN-1	• 1 x 400 swim • 4 x 50 kick @ 1:30 or r=15 ○ IM order
EN-2	<u>2 x thru:</u> • 4 x 25 fly @ 40 or r=10 ○ 25 drill/25 swim • 2 x 100 swim @ 2:00 or r=20 ○ 25 fly/75 free or 100 IM • 4 x 25 back @ 40 or r=10 ○ 25 drill/25 swim • 2 x 100 swim @ 2:00 or r=20 ○ 25 free/25 back/50 free or 100 IM • 4 x 25 breast @ 40 or r=10 ○ 25 drill/25 swim • 2 x 100 swim @ 2:00 or r=20 ○ 50 free/25 breast/25 free or 100 IM
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 29, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC to EN-1	• 1 x 200 swim • 2 x 100 (25 drill/25 swim) @ r=15 • 4 x 50 kick @ r=15 • 8 x 25 (25 scull/25 pull) @ r=10
EN-1 to EN-3	• 1 x 300 pull @ 5:00 or r=30 ◦ breathe 3/5/3 by 100 • 2 x 150 swim @ 2:40 or r=20 ◦ descend times 1-2 • 4 x 75 swim @ 1:30 or r=20 ◦ descend times 1-4 • 6 x 50 pull @ 55 or r=10 ◦ breathe 3/5 by 50 • 4 x 75 swim @ 1:30 or r=20 ◦ descend times 1-4 • 2 x 150 swim @ 2:40 or r=20 ◦ negative split each 150 • 1 x 300 pull @ 5:00 or r=30 ◦ breathe 3/5/3 by 100
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	• 1 x 200 swim • 1 x 200 kick IM • 1 x 200 drill IM
EN-1	• 8 x 75 pull @ 1:20 or r=10 ◦ breathe 3/5/3 by 25
EN-1 to EN-2	• 12 x 25 swim @ 40 or r=15 ◦ mix of strokes • 1 x 200 (25 drill/25 swim) @ 4:00 or r=20 ◦ 1-2 strokes • 8 x 25 swim @ 40 or r=15 ◦ mix of strokes • 1 x 200 (50 kick/50 swim) @ 4:00 or r=20 ◦ 1-2 strokes • 4 x 25 swim @ 40 or r=15 ◦ choose 1 stroke • 1 x 200 (50 drill/50 swim) @ 4:00 or r=20 ◦ choose 1 stroke
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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Pace	Set
REC to EN-1	• 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 8 x 50 @ 1:00 or r=10 ○ 4 x thru: ▪ 25 kick/25 swim ▪ 25 drill/25 swim
EN-1/SP-2	<u>3 x thru:</u> • 4 x 50 swim @ 1:00 or r=15 ○ 25 easy/25 fast ○ 25 fast/25 easy ○ 50 fast (SP-1 effort) ○ 50 easy • 2 x 50 swim @ 1:15 or r=30 ○ SP-2 effort • 1 x 100 swim @ 2:00 or r=30 ○ build • 1 x 50 swim ○ super easy
REC	• 1 x 150 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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