

Day/Date: Monday/August 17, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	• 1 x 400 swim
EN-1 to EN-3	• 3 x 300 pull @ 5:00 or r=30 ○ descend times 1-3 • 3 x 200 swim @ 3:20 or r=30 ○ descend times 1-3 • 3 x 150 pull @ 2:30 or r=15 ○ descend times 1-3 • 3 x 100 swim @ 1:40 or r=10 ○ descend times 1-3 • 3 x 50 swim @ 55 or r=10 ○ descend times 1-3
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

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Pace	Set
REC to EN-1	• 1 x 300 swim • 4 x 50 kick @ 1:30 or r=15 ○ IM order • 4 x 50 drill @ 1:00 or r=10 ○ IM order • 4 x 50 pull @ 55 or r=10 ○ breathe 3/5 by 25's
EN-1 to EN-3	• 4 x 250 swim @ 5:00 or r=30 ○ 25 fly/50 back/75 breast/100 free ○ descend times 1-4
EN-2	• 4 x 125 swim @ 2:40 or r=30 ○ 50 fly/25 back/25 breast/25 free ○ 25 fly/50 back/25 breast/25 free ○ 25 fly/25 back/50 breast/25 free ○ 25 fly/25 back/25 breast/50 free
REC	• 1 x 100 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	• 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 4 x 25 drill @ r=10 • 4 x 25 scull @ r=10
EN-1/EN-2 to EN-3	• 8 x 100 swim @ 1:45 or r=15 ○ <u>4 x thru:</u> ▪ 100 moderate effort, DPS ▪ 100 descend times 2-4-6-8 • 8 x 75 swim @ 1:20 or r=15 ○ <u>4 x thru:</u> ▪ 100 moderate effort, DPS ▪ 100 descend times 2-4-6-8 • 8 x 50 swim @ 1:00 or r=15 ○ <u>4 x thru:</u> ▪ 50 moderate effort, DPS ▪ 50 descend times 2-4-6-8 • 8 x 25 swim @ 30 or r=5-10 ○ <u>4 x thru:</u> ▪ 25 moderate effort, DPS ▪ 25 descend times 2-4-6-8
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 to EN-1	• 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 8 x 25 (25 scull/25 swim)
EN-2	<u>3 x thru:</u> • 4 x 25 kick @ 45 or r=10 ○ round 1: fly ○ round 2: back ○ round 3: breast • 4 x 50 @ 1:10 or r=20 ○ 25 drill/25 swim ▪ round 1: fly ▪ round 2: back ▪ round 3: breast • 2 x 100 swim @ 2:00 or r=20 ○ 50 "stroke"/50 freestyle ▪ round 1 stroke: fly ▪ round 2 stroke: back ▪ round 3 stroke: breast
REC	• 1 x 200 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

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Pace	Set
REC to EN-2	• 1 x 400 swim • 12 x 25 @ 40 or r=10 ◦ 3 x thru: ▪ 2 x 25 kick ▪ 2 x 25 swim (build)
EN-1/SP-1	• 5 x 50 swim @ 50 or r=5 ◦ swim hard enough to make interval • 1 x 50 swim (fast!) @ 50 or r=10 • 4 x 50 swim @ 55 or r=5 ◦ swim hard enough to make interval • 2 x 50 swim (fast!) @ 55 or r=15 • 3 x 50 swim @ 1:00 or r=5 ◦ swim hard enough to make interval • 3 x 50 swim (fast!) @ 1:00 or r=20 • 2 x 50 swim @ 1:05 or r=10 ◦ swim hard enough to make interval • 4 x 50 swim (fast!) @ 1:05 or r=25 • 1 x 50 swim @ 1:10 or r=10 ◦ swim hard enough to make interval • 5 x 50 swim (fast!) @ 1:10 or r=30
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
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