

Day/Date: Monday/August 24, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	• 1 x 300 swim • 8 x 25 scull @ r=10
EN-1 to EN-3	• <u>3 x thru:</u> • 1 x 400 pull @ 6:30 or r=30 ○ breathe 3/5/3/5 by 100 ○ descend times 1-3 by round • 4 x 100 swim @ 1:40 or r=10 ○ descend times 1-4 • Extra 1 minute between rounds
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 300 swim • 8 x 50 pull @ 55 or r=10 ◦ breathe 3/5 by 50 • 8 x 50 kick @ 1:30 or r=15 ◦ negative split each 50 ◦ 400 IM order
EN-2 to EN-3/EN-1	• 5 x 75 swim @ 1:40 or r=20 ◦ 1/3/5: 25 fly/25 free/25 fly ◦ 2/4: 25 free/25 fly/25 free • 1 x 25 swim easy • 5 x 75 swim @ 1:40 or r=20 ◦ 1/3/5: 25 back/25 free/25 back ◦ 2/4: 25 free/25 back/25 free • 1 x 25 swim easy • 5 x 75 swim @ 1:40 or r=20 ◦ 1/3/5: 25 breast/25 free/25 breast ◦ 2/4: 25 free/25 breast/25 free • 1 x 25 swim easy
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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Day/Date: Wednesday/August 26, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC	• 1 x 400 swim • 8 x 25 drill @ 40 or r=15
EN-1 to EN-3	• 1 x 400 pull @ 6:30 or r=30 ○ breathe 3/5/3/5 by 100 • 4 x 50 kick @ 1:30 or r=15 ○ negative split each 50 • 2 x 200 swim @ 3:20 or r=20 ○ descend times 1-2 • 2 x 100 @ 2:00 or r=20 ○ 25 drill/25 swim • 4 x 100 swim @ 1:40 or r=10 ○ descend times 1-4 • 1 x 200 kick @ 5:00 or r=30 ○ 25 easy/25 fast • 8 x 50 swim @ 1:00 or r=15 ○ <u>2 x thru:</u> ▪ 1 x 50 DPS ▪ 1 x 50 build ▪ 2 x 50 fast
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 500 swim
EN-1 to EN-3	<u>3 x thru:</u> • 1 x 150 pull @ 2:45 or r=30 ◦ breathe 3/5/3 by 50 • 3 x 50 kick @ 1:30 or r=15 ◦ choose 1 stroke, descend times 1-3 • 2 x 100 swim @ 2:00 or r=20 ◦ choose 1 stroke, descend times 1-2 • 4 x 25 swim @ 40 or r=10 ◦ choose 1 stroke, descend times 1-4 • Extra 1 minute between rounds
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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Day/Date: Friday/August 28, 2026

Focus: Speed

Pace	Set
REC to EN-1	• 1 x 300 swim • 1 x 200 kick IM • 1 x 200 pull • 1 x 200 drill IM • 8 x 25 (25 scull/25 swim) @ r=10
EN-1/EN-3	• 12 x 25 swim @ 40 or r=15 ◦ <u>3 x thru:</u> ▪ ½ fast/½ easy ▪ ½ easy/½ fast ▪ 25 easy ▪ 25 fast
EN-1 to SP-2	• 4 x 75 swim @ 1:30 or r=15 ◦ descend times 1-2, hold 3-4 • 6 x 50 swim @ 1:15 or r=30 ◦ descend times 1-3, hold 4-6 • 12 x 25 swim @ 40 or r=15 ◦ 25 easy/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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