

Day/Date: Monday/August 31, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-2	• 1 x 400 swim • <u>4 x thru:</u> ○ 2 x 50 pull @ 55 or r=10 ○ 1 x 50 kick @ 1:15 or r=15
EN-1 to EN-3	• 1 x 50 swim @ 1:00 or r=15 ○ 1 x 100 swim @ 1:45 or r=15 ▪ 1 x 150 swim @ 2:30 or r=15 • 1 x 200 swim @ 3:30 or r=30 ○ 1 x 250 swim @ 4:45 or r=30 ▪ 1 x 300 swim @ 5:00 or r=30 • 1 x 200 swim @ 3:30 or r=30 ○ 1 x 250 swim @ 4:45 or r=30 • 1 x 150 swim @ 2:30 or r=15 ○ 1 x 100 swim @ 1:45 or r=15 • 1 x 50 swim @ 1:00 or r=15
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

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Day/Date: Tuesday/September 1, 2026

Focus: IM

Pace	Set
REC to EN-1	• 1 x 300 swim • 1 x 200 kick IM • 1 x 200 drill IM • 8 x 50 pull @ 55 or r=10 ○ breathe 3/5 by 50
EN-3/EN-1	<u>4 x thru:</u> • 2 x 75 swim @ 1:40 or r=20 ○ 25 fly/25 back/25 breast ○ 25 back/25 breast/25 free • 4 x 25 swim @ 40 or r=15 ○ IM order • 1 x 100 pull or swim @ 2:30 or r=60

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/September 2, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC	• 1 x 500 choice
EN-1 to SP-1	<u>3 x thru:</u> • 1 x 300 pull @ 5:00 or r=30 ◦ breathe 3/4/5 by 100 • 1 x 200 swim @ 3:30 or r=30 ◦ 50 easy/50 build/50 fast/50 DPS • 2 x 100 swim @ 2:00 or r=30 ◦ 50 build/50 fast • 2 x 50 swim @ 1:00 or r=15 ◦ 25 build/25 fast • Extra 1 minute rest
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 pull • 1 x 200 drill IM • 1 x 200 pull or swim
EN-2	<u>4 x thru:</u> • 2 x 50 kick @ 1:20 or r=10 ○ IM order by round • 2 x 25 drill @ 40 or r=15 ○ IM order by round
EN-3 to SP-1	• 12 x 50 swim @ 1:20 or r=30 ○ choose 1 stroke for each set of 4 ○ best possible average for each set of 4 ○ 1 minute extra rest after each set of 4
REC	• 1 x 300 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-2	• 1 x 200 swim • 1 x 200 kick • 1 x 200 drill • 12 x 25 @ 40 or r=15 ○ <u>2 x thru</u>: ▪ 2 x 25 kick ▪ 2 x 25 drill ▪ 2 x 25 swim
EN-1/SP-1	• 10 x 50 swim @ 1:15 or r=30 ○ <u>5 x thru</u>: ▪ 1 x 50 easy ▪ 1 x 50 fast • 1 x 200 swim easy • 10 x 25 swim @ 40 or r=15 ○ <u>5 x thru</u>: ▪ 1 x 25 easy ▪ 1 x 25 fast • 1 x 200 swim easy • 10 x 25 swim @ 40 or r=15 ○ <u>2 x thru</u>: ▪ 4 x 25 fast ▪ 1 x 25 easy
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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