

Day/Date: Monday/September 14, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC to EN-1	• 1 x 400 swim • 8 x 50 pull @ 55 or r=10 ○ breathe 3/5 by 50 • 1 x 100 kick
EN-1/EN-2	• 2 x 500 swim @ 8:00 or r=30 ○ 25 easy ○ 25 faster ▪ 50 easy ▪ 50 faster • 75 easy • 75 faster ○ 100 easy ○ 100 faster
EN-1/EN-3	• 4 x 250 swim @ 4:00 or r=20 ○ 50 easy ○ 50 fast ○ 50 easy ○ 50 fast ▪ 25 easy ▪ 25 fast
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

Workouts off the beaten path

SJ Black, PhD

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Day/Date: Tuesday/September 15, 2026

Focus: IM

Pace	Set
REC to EN-1	• 1 x 400 swim • 1 x 200 kick IM • 1 x 200 drill IM • 1 x 100 pull
EN-2	<u>4 x thru (IM order):</u> • 4 x 25 swim @ 40 or r=10 • 2 x 50 swim @ 1:10 or r=20 ○ 2 stroke or 1 stroke, 1 free
EN-1	• 1 x 300: 25 scull/25 glide/25 pull
EN-3	<u>4 x thru (IM order):</u> • 2 x 25 swim @ 40 or r=10 • 1 x 50 swim @ 1:00 or r=10
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/September 16, 2026

Focus: Mid-Distance Freestyle/Pace

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 ○ 25 drill/25 DPS
EN-1 to EN-3	• 4 x 200 swim @ 3:20 or r=20 ○ descend times 1-4 • 8 x 50 @ 1:00 or r=10 ○ 50 kick/50 swim • 4 x 100 swim @ 1:45 or r=15 ○ 50 easy/50 fast • 12 x 25 swim @ 30 or r=10 ○ 25 easy/25 fast
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 300 swim • 1 x 200 kick IM • 1 x 200 drill IM
EN-1 to EN-3	<u>4 x thru (choose 1 stroke per round):</u> • 1 x 100 freestyle pull @ 2:00 or r=30 ○ breathe every 5th stroke • 1 x 100 swim @ 2:15 or r=30 ○ long and strong • 2 x 50 swim @ 1:15 or r=20 ○ descend times 1-2 • 4 x 25 swim @ 45 or r=15 ○ all fast! • 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/September 18, 2026

Focus: Speed

Pace	Set
REC to EN-1	• 1 x 300 swim • 1 x 300 kick • 1 x 300 pull • 6 x 50 @ 1:00 or r=10 ○ 25 drill/25 swim
EN-1 to SP-1	• 4 x 100 swim @ 2:00 or r=30 ○ 2 x 100 build to full speed ○ 2 x 100 fast • 1 x 200 easy • 4 x 50 swim @ 1:30 or r=45 ○ all fast! • 1 x 200 easy • 4 x 25 swim @ 1:00 or r=40 ○ all fast! • 1 x 200 easy

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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