

Day/Date: Monday/September 21, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	• 1 x 400 swim
EN-1 to EN-3	<u>2 x thru:</u> • 1 x 500 pull @ 8:00 or r=30 ◦ breathe 3/4/5/4/3 by 100 • 2 x 250 swim @ 4:15 or r=30 ◦ descend times 1-2 • 5 x 50 swim @ 55 or r=10 ◦ descend times 1-3, hold 4-5 • 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	• 1 x 200 swim • 1 x 200 kick IM • 8 x 50 pull @ 55 or r=10 ◦ breathe 3/5 by 50
EN-1 to EN-3	<u>2 x thru:</u> • 6 x 25 drill @ 40 or r=10 ◦ 2 fly, 2 back, 2 breast • 4 x 75 swim @ 1:40 or r=20 ◦ 50 fly/25 back ◦ 50 back/25 breast ◦ 50 breast/25 free ◦ 50 free/25 fly • 1 x 100 pull or swim @ 2:00 or r=30 ◦ breathe every 3rd stroke • 4 x 50 swim @ 1:10 or r=20 ◦ 25 fly/25 back ◦ 25 back/25 breast ◦ 25 breast/25 free ◦ 25 free/25 fly • Extra 1 minute between rounds
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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Day/Date: Wednesday/September 23, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC	• 1 x 400 swim
EN-1 to EN-3	<u>2 x thru:</u> • 4 x 100 pull @ 1:40 or r=10 ○ breathe 5/3 by 50 ○ negative split each 100 • 4 x 50 swim @ 55 or r=10 ○ descend times 1-4
EN-1 to EN-3	<u>2 x thru:</u> • 2 x 100 swim @ 1:40 or r=10 ○ descend times 1-2 • 4 x 50 swim @ 55 or r=10 ○ negative split each 50 • 8 x 25 swim @ 30 or r=10 ○ 25 easy/25 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 to EN-2	• 1 x 400 swim • 1 x 200 kick IM • 1 x 200 pull: 25 breast/25 free • 12 x 25 @ 40 or r=10 ○ 25 kick/25 drill/25 swim ○ IM order
EN-1 to EN-3	• 1 x 300 swim @ 5:30 or r=30 ○ 100 stroke/200 free • 2 x 150 swim @ 3:00 or r=20 ○ 50 free/50 stroke/50 free ○ 50 stroke/50 free/50 stroke • 3 x 100 swim @ 2:10 or r=20 ○ 50 stroke kick/50 stroke swim ○ 50 free kick/50 free swim ○ 50 stroke kick/50 stroke swim • 6 x 50 swim @ 1:10 or r=15 ○ descend times 1-3 ○ choose 1 or 2 strokes
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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Pace	Set
REC	• 1 x 400 swim • 8 x 25 (25 scull/25 swim) @ r=10
EN-1 to SP-1	<u>2 x thru:</u> • 2 x 25 kick @ 45 or r=10 • 2 x 25 drill @ 45 or r=10 • 2 x 50 swim (25 easy/25 fast) @ 1:00 or r=15 • 2 x 100 pull (des. times 1-2) @ 1:45 or r=15 • 4 x 75 swim @ 2:00 or r=45 ○ <u>2 x thru:</u> ▪ 1 x 75 build ▪ 1 x 75 fast! • Extra 1 minute between rounds
REC/SP-2	4 x 50 "cat and mouse" • think of a mountain stage in the Tour de France, 3 riders are way out in front and are on the steepest part of the climb, they have almost stopped riding and are waiting for someone to make a move • ideally there are at least 4 swimmers, one of you is "mouse," the rest of you are "cats" • mouse sets the pace for the 50; swim slow so that everyone can stay in a line! • cats are not allowed to be ahead of mouse (until mouse begins sprinting) • at some point during the 50, mouse sprints for home • when mouse sprints, cats sprint too; race for home!
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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