

Day/Date: Monday/September 28, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	• 1 x 200 swim • 1 x 200 kick • 1 x 200 pull
EN-1 to EN-3	<u>2 x thru:</u> • 1 x 400 swim @ 6:40 or r=40 ○ descend times 1-2 by round • 1 x 300 swim @ 5:00 or r=30 ○ descend times 1-2 by round • 1 x 200 swim @ 3:20 or r=20 ○ descend times 1-2 by round • 1 x 100 swim @ 1:40 or r=10 ○ descend times 1-2 by round • 2 x 50 swim @ 50 or r=5 ○ descend times 1-2 • Extra 1 minute between rounds
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 400 swim • 1 x 200 kick IM • 1 x 200 drill IM
EN-1 to EN-3	<u>2 x thru:</u> • 1 x 200 pull @ 4:00 or r=60 ○ breathe 3/5 by 50 • 2 x 175 swim @ 4:00 or r=30 ○ 25 back ○ 25 breast ○ 25 back ○ 25 fly ○ 75 free • 8 x 25 kick @ 45 or r=10 ○ 200 IM order • 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 30, 2026

Focus: Mid-Distance Freestyle/Pace

Pace	Set
REC to EN-1	• 1 x 200 swim • 1 x 200 kick • 8 x 50 pull @ 55 or r=10 ◦ breathe 3/5 by 50
EN-1 to SP-1	<u>3 x thru:</u> • 1 x 300 swim @ 5:00 or r=30 ◦ descend times 1-3 by round • 1 x 150 swim @ 2:30 or r=15 ◦ descend times 1-3 by round • 2 x 75 swim @ 1:30 or r=15 ◦ descend times 1-2 • 4 x 25 swim @ 30 or r=10 ◦ 25 easy/25 fast! • 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-1	• 1 x 300 swim • 1 x 200 kick IM • 4 x 50 drill @ 1:10 or r=20 ◦ IM order • 1 x 200 (25 scull/25 swim)
EN-1 to EN-3	<u>2 x thru:</u> • 4 x 50 kick @ 1:30 or r=20 ◦ choose 1 stroke ◦ descend times 1-4 • 2 x 100 @ 2:20 or r=20 ◦ choose 1 stroke ◦ 50 drill/50 swim • 8 x 25 swim @ 40 or r=15 ◦ choose 1 or 2 strokes ◦ descend times 1-4 • 1 x 200 pull @ 4:00 or r=60 ◦ breathe 3/3/5/3 by 25

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/October 2, 2026

Focus: Speed

Pace	Set
REC to EN-2	• 1 x 500 swim • 1 x 200 kick • 1 x 200 pull • 16 x 25 @ 40 or r=10 ○ 25 drill/25 build
SP-1/REC	• 8 x 50 swim @ 1:15 or r=30 ○ fastest possible average • 1 x 300 easy swim or pull • 8 x 25 swim @ 1:00 or r=40 ○ fastest possible average • 1 x 300 easy swim or pull

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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