

Day/Date: Monday/September 7, 2026

Focus: Distance Freestyle/Pace

| Pace         | Set                                                                                                                                                                                                                                                                                                                        |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| REC to EN-1  | <ul style="list-style-type: none"> <li>• 1 x 200 swim</li> <li>• 1 x 200 kick</li> <li>• 1 x 200 drill</li> <li>• 12 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> <li>○ breathe 3/4/5 x 4</li> </ul> </li> </ul>                                                                                              |
| EN-1 to EN-3 | <ul style="list-style-type: none"> <li>• 4 x 150 swim @ 2:30 or r=15 <ul style="list-style-type: none"> <li>○ descend times 1-4</li> </ul> </li> <li>• 1 x 200: 25 scull/25 pull or swim</li> <li>• 8 x 75 swim @ 1:20 or r=15 <ul style="list-style-type: none"> <li>○ descend times 1-4, hold 5-8</li> </ul> </li> </ul> |
| REC          | <ul style="list-style-type: none"> <li>• 16 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> <li>○ descend stroke count 1-4</li> </ul> </li> </ul>                                                                                                                                                                |

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  | <ul style="list-style-type: none"> <li>• 1 x 300 swim</li> <li>• 1 x 300 kick IM</li> <li>• 4 x 50 drill IM @ 1:00 or r=10</li> <li>• 4 x 50 kick @ 1:20 or r=10 <ul style="list-style-type: none"> <li>○ IM order</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                |
| EN-2 to EN-3 | <p><u>4 x thru:</u></p> <ul style="list-style-type: none"> <li>• 1 x 150 swim @ 3:00 or r=20 <ul style="list-style-type: none"> <li>○ 50 back/50 breast/50 free</li> </ul> </li> <li>• 3 x 50 swim @ 1:00 or r=10 <ul style="list-style-type: none"> <li>○ rnd 1: 50 fly, 25 fly/25 back, 50 free</li> <li>○ rnd 2: 50 back, 25 back/25 breast, 50 free</li> <li>○ rnd 3: 50 breast, 25 breast/25 free, 50 free</li> <li>○ rnd 4: 50 free, 25 free/25 fly, 50 free</li> </ul> </li> <li>• Extra 1 minute rest</li> </ul> |
| REC          | <ul style="list-style-type: none"> <li>• 1 x 300 choice</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

Total = 2500

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|------|---------------|------------------------------|--------|----------------|------------------------------|
| 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          | <ul style="list-style-type: none"> <li>• 1 x 300 swim</li> <li>• 1 x 200 kick</li> <li>• 1 x 300 pull</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| EN-1 to EN-3 | <ul style="list-style-type: none"> <li>• 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> <li>◦ even split</li> </ul> </li> <li>• 4 x 50 swim (best stroke) @ 1:00 or r=15 <ul style="list-style-type: none"> <li>◦ 25 build/25 DPS</li> </ul> </li> <li>• 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> <li>◦ negative split by 2 seconds</li> </ul> </li> <li>• 4 x 50 swim (2<sup>nd</sup> best stroke) @ 1:10 or r=20 <ul style="list-style-type: none"> <li>◦ 25 build/25 DPS</li> </ul> </li> <li>• 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> <li>◦ negative split by 4 seconds</li> </ul> </li> <li>• 4 x 50 swim (best stroke) @ 1:00 or r=15 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> <li>• 1 x 300 swim @ 5:00 or r=30 <ul style="list-style-type: none"> <li>◦ negative split by 6 seconds</li> </ul> </li> <li>• 4 x 50 swim (2<sup>nd</sup> best stroke) @ 1:10 or r=20 <ul style="list-style-type: none"> <li>◦ descend times 1-4</li> </ul> </li> </ul> |
| REC          | <ul style="list-style-type: none"> <li>• 1 x 200 choice</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

Total = 3000

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| 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  | <ul style="list-style-type: none"> <li>• 1 x 400 swim</li> <li>• 8 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> <li>◦ IM order or mostly stroke</li> </ul> </li> <li>• 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> <li>◦ breathe 3/5 by 50</li> </ul> </li> <li>• 8 x 25 drill @ 45 or r=10 <ul style="list-style-type: none"> <li>◦ IM order or mostly stroke</li> </ul> </li> </ul>                                                                               |
| EN-2 to EN-3 | <u>2 x thru:</u> <ul style="list-style-type: none"> <li>• 6 x 50 swim @ 1:00 or r=10-15 <ul style="list-style-type: none"> <li>◦ <u>3 x thru:</u> <ul style="list-style-type: none"> <li>▪ 50 fly or breast</li> <li>▪ 50 back or free</li> </ul> </li> </ul> </li> <li>• 12 x 25 swim @ 40 or r=10-15 <ul style="list-style-type: none"> <li>◦ <u>3 x thru:</u> <ul style="list-style-type: none"> <li>▪ 2 x 25 fly or breast</li> <li>▪ 2 x 25 back or free</li> </ul> </li> </ul> </li> </ul> |
| REC          | <ul style="list-style-type: none"> <li>• 1 x 100 swim</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                 |

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| 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 11, 2026

Focus: Speed

| Pace        | Set                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| REC to EN-2 | <ul style="list-style-type: none"> <li>• 1 x 200 swim</li> <li>• 1 x 200 kick</li> <li>• 12 x 25 @ 40 or r=10 <ul style="list-style-type: none"> <li>○ <u>3 x thru:</u> <ul style="list-style-type: none"> <li>▪ 2 x 25 drill</li> <li>▪ 2 x 25 swim (build)</li> </ul> </li> </ul> </li> </ul>                                                                                                                                                            |
| EN-1/SP-1   | <ul style="list-style-type: none"> <li>• 12 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> <li>○ every 3<sup>rd</sup> 50 fast!</li> </ul> </li> <li>• 1 x 200 swim easy</li> <li>• 8 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none"> <li>○ every 2<sup>nd</sup> 50 fast!</li> </ul> </li> <li>• 1 x 200 swim easy</li> <li>• 4 x 50 swim @ 1:30 or r=45 <ul style="list-style-type: none"> <li>○ all fast!</li> </ul> </li> </ul> |
| REC         | <ul style="list-style-type: none"> <li>• 1 x 200 swim</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                           |

Total = 2500

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| 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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