

Day/Date: Monday/November 2, 2026

Focus: Distance Freestyle/Pace

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 200 swim • 1 x 200 kick • 1 x 200 pull • 1 x 200: 25 scull/25 swim
EN-1 to EN-3	<u>3 x thru (descend times by round):</u> <ul style="list-style-type: none"> • 1 x 100 swim @ 1:40 or r=10 <ul style="list-style-type: none"> ○ 1 x 150 swim @ 2:30 or r=15 <ul style="list-style-type: none"> ▪ 1 x 200 swim @ 3:20 or r=15 ○ 1 x 150 swim @ 2:30 or r=15 • 1 x 100 swim @ 2:00 or r=30
REC	<ul style="list-style-type: none"> • 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

www.workoutsoffthebeatenpath.com

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 400 choice • 6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ◦ breathe 3/5 by 25 • 12 x 25 @ 40 or r=10 <ul style="list-style-type: none"> ◦ 25 kick/25 drill/25 swim ◦ IM order
EN-2	<u>3 x thru:</u> <ul style="list-style-type: none"> • 25 fly @ 40 or r=10 • 25 fly/25 back @ 1:00 or r=10 • 25 fly/25 back/25 breast @ 1:30 or r=15 • 100 IM (or freestyle) @ 2:00 or r=20 • 25 back/25 breast/25 free @ 1:30 or r=10 • 25 breast/25 free @ 1:00 or r=10 • 25 free @ 1:00 or r=30
REC	<ul style="list-style-type: none"> • 12 x 25 @ r=10 <ul style="list-style-type: none"> ◦ 25 scull/25 glide/25 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

Workouts off the beaten path

SJ Black, PhD

www.workoutsoffthebeatenpath.com

Pace	Set
REC	<ul style="list-style-type: none"> • 1 x 300 swim • 4 x 50 @ 1:00 or r=10 <ul style="list-style-type: none"> ◦ 25 scull/25 swim
EN-1/EN-3	<u>2 x thru:</u> <ul style="list-style-type: none"> • 1 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ breathe every 5th • 1 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none"> ◦ negative split • 1 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ breathe every 5th • 2 x 100 swim @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-2 • 1 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ breathe every 5th • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 100 pull @ 1:45 or r=15 <ul style="list-style-type: none"> ◦ breathe every 5th • 8 x 25 swim @ 30 or r=5-10 <ul style="list-style-type: none"> ◦ 25 easy/25 fast! • Extra 1 minute rest between rounds
REC	<ul style="list-style-type: none"> • 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

www.workoutsoffthebeatenpath.com

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 1 x 400 swim • 1 x 200 kick IM • 8 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> ○ breathe 3/5 by 50
EN-1 to EN-3	<u>2 x thru:</u> <ul style="list-style-type: none"> • 4 x 50 drill @ 1:10 or r=20 <ul style="list-style-type: none"> ○ choose 1 stroke • 2 x 75 kick @ 2:00 or r=20 <ul style="list-style-type: none"> ○ choose 1 stroke • 4 x 75 swim @ 1:50 or r=20 <ul style="list-style-type: none"> ○ choose 1 stroke, descend times 1-4
REC	<ul style="list-style-type: none"> • 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

Workouts off the beaten path

SJ Black, PhD

www.workoutsoffthebeatenpath.com

Pace	Set
REC to EN-2	<ul style="list-style-type: none"> • 1 x 300 swim • 1 x 200 kick IM • 1 x 200 drill IM • 12 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 3 x thru: <ul style="list-style-type: none"> ▪ 12½ fast/12½ easy ▪ 12½ easy/12½ fast ▪ 25 easy ▪ 25 fast
EN-1/SP-2	<ul style="list-style-type: none"> • 4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> ○ 25 build/25 DPS • 4 x 50 swim @ 1:30 or r=45 <ul style="list-style-type: none"> ○ 200 race pace • 1 x 400 swim or pull easy • 4 x 25 swim @ 40 or r=15 <ul style="list-style-type: none"> ○ 25 build/25 DPS • 8 x 25 swim @ 1:00 or r=40 <ul style="list-style-type: none"> ○ 100 race pace • 1 x 400 swim or pull 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

Workouts off the beaten path

SJ Black, PhD

www.workoutsoffthebeatenpath.com