

A W E S O M E T E C H N I Q U E H A S N O L I M I T S			Change feels strange; embrace strange
Train how you want to race	Change is necessary	<i>STREAMLINE</i> off every wall!	
	EXHALE	Check your heartrate BE PREPARED What is the most important day of your swimming career?	

Pace	Set
REC	<ul style="list-style-type: none"> • 2 x (200 swim, 100 kick on back)
EN-1 to EN-2	<ul style="list-style-type: none"> • 6 x 50 free @ 1:00 <ul style="list-style-type: none"> ◦ breathe 3/5 by 25's • 1 x 400 swim @ 8:00 <ul style="list-style-type: none"> ◦ moderate pace • 6 x 50 breaststroke @ 1:15 <ul style="list-style-type: none"> ◦ 25 2 kicks-1 pull breast/25 breast • 1 x 400 swim @ 8:00 <ul style="list-style-type: none"> ◦ faster than 1st 400 • 6 x 50 back @ 1:15 <ul style="list-style-type: none"> ◦ 25 single-arm back/25 back • 1 x 400 swim @ 8:00 <ul style="list-style-type: none"> ◦ faster than 2nd 400 • 6 x 50 fly @ 1:15 <ul style="list-style-type: none"> ◦ 25 4-beat fly/25 fly
REC	100 choice

Total = 3100 yards

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