

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

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 4 x 50 @ r=10 seconds                             <ul style="list-style-type: none"> <li>◦ 25 scull (top, middle, bottom, squiggles)/</li> <li>◦ 25 pull (breathe every 5<sup>th</sup> stroke)</li> </ul> </li> </ul>
EN-1	<ul style="list-style-type: none"> <li>• 8 x 50 pull @ 50                             <ul style="list-style-type: none"> <li>◦ breathe every 3<sup>rd</sup> stroke, not on 1<sup>st</sup> stroke!!</li> </ul> </li> </ul>
EN-1 to EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> <li>• 4 x 75 swim @ 1:30                             <ul style="list-style-type: none"> <li>◦ 50 fly (no breath 1<sup>st</sup> stroke!/25 back                                     <ul style="list-style-type: none"> <li>▪ 50 back/25 breast   <ul style="list-style-type: none"> <li>• 50 breast/25 free (no breath 1<sup>st</sup> stroke!)   <ul style="list-style-type: none"> <li>◦ 50 free/25 fly (no breath 1<sup>st</sup> stroke!)</li> </ul> </li> </ul> </li> </ul> </li> <li>• 1 x 100 fly kick @ 2:30                                     <ul style="list-style-type: none"> <li>◦ 4 x 50 swim @ 1:00   <ul style="list-style-type: none"> <li>▪ IM order   <ul style="list-style-type: none"> <li>• 1 x 100 back kick @ 2:30   <ul style="list-style-type: none"> <li>◦ 4 x 25 swim @ 30   <ul style="list-style-type: none"> <li>▪ IM order</li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> <li>• 1 x 100 breast kick @ 4:00</li> </ul> </li> </ul> </li></ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 8 x 50 kick @ 1:05 (2 of each stroke)</li> <li>• 8 x 75 swim @ 1:20                             <ul style="list-style-type: none"> <li>◦ descend times 1-4, ascend times 5-8</li> </ul> </li> </ul>

Total = 3600 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