

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 to EN-1	<ul style="list-style-type: none"> • 100 swim • 100 kick IM • 100 swim reverse IM
EN-1 to EN-3	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 300 swim @ 5:30 <ul style="list-style-type: none"> ◦ moderate pace, breathe every 3rd stroke • 2 x 150 swim @ 2:45 <ul style="list-style-type: none"> ◦ faster pace than 300 • 3 x 100 swim @ 1:45 (no breath 1st stroke!) <ul style="list-style-type: none"> ◦ descend times 1-3 • 4 x 75 swim @ 1:30 (no breath 1st stroke!) <ul style="list-style-type: none"> ◦ descend times 1-4 • 6 x 50 swim @ 1:00 (no breath 1st stroke!) <ul style="list-style-type: none"> ◦ descend times 1-3, 4-6 • extra 60 seconds rest
EN-1	<p>8 x 25 @ r=5 seconds</p> <ul style="list-style-type: none"> • 25 scull w/ flutter kick/25 swim
EN-1	300 swim easy (no breathing 1 st stroke after turn)

Total = 3800 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