

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	STREAMLINE 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"> • 100 swim • 100 kick IM • 100 drill IM
EN-1 to EN-2	12 x 75 @ 1:45 Whatever you kick, you swim <u>Alternate:</u> <ul style="list-style-type: none"> • 25 kick/50 swim • 50 swim/25 kick
Station-1	6 x 50 pull @ 1:10 <ul style="list-style-type: none"> • 25 breast/25 free (breathe every 5th stroke)
Station-2	12 x 25 swim @ 40 <ul style="list-style-type: none"> • 100 IM order
Station-3	6 x "2-turn" 50's @ Coach's signal (from center) <ul style="list-style-type: none"> • all freestyle • no breathing 1st stroke after turn! • 1st arm-pull is with bottom arm!!
Station-4	400 swim <ul style="list-style-type: none"> • no breathing 1st stroke after turn! • push-off past flags w/ superb streamlining!
Rogue 1-2	4 x (25 scull/25 glide/25 pull)

Total = 2800 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