

<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	<i><b>STREAMLINE</b></i> 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	<ul style="list-style-type: none"> <li>• 300 swim</li> <li>• 6 x 50 @ r=10 seconds                             <ul style="list-style-type: none"> <li>◦ 25 scull w/ flutter kick/25 swim</li> </ul> </li> </ul>
EN-1/SP-1	<ul style="list-style-type: none"> <li>• 1 x 200 swim @ 4:00                             <ul style="list-style-type: none"> <li>◦ 1 x 50 "prime" @ 1:30                                     <ul style="list-style-type: none"> <li>▪ fast!</li> </ul> </li> <li>• 1 x 300 swim @ 6:00                                     <ul style="list-style-type: none"> <li>◦ 2 x 50 "prime" @ 1:30                                             <ul style="list-style-type: none"> <li>▪ fast!</li> </ul> </li> <li>• 1 x 400 swim @ 8:00                                             <ul style="list-style-type: none"> <li>◦ 3 x 50 "prime" @ 1:30                                                     <ul style="list-style-type: none"> <li>▪ fast!</li> </ul> </li> <li>• 1 x 300 swim @ 6:00                                                     <ul style="list-style-type: none"> <li>◦ 2 x 50 "prime" @ 1:30                                                             <ul style="list-style-type: none"> <li>▪ fast!</li> </ul> </li> </ul> </li> <li>▪ 1 x 200 swim @ 4:00</li> </ul> </li> <li>• 1 x 50 "prime" @ 1:30                             <ul style="list-style-type: none"> <li>◦ fast!</li> </ul> </li> </ul> </li> </ul> </li></ul>
REC	50 walk

Total = 2500 yards

Prime = best stroke other than freestyle

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