

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>S T R E A M L I N E</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"> • 300 swim • 3 x 100 kick @ r=10 seconds <ul style="list-style-type: none"> ◦ 1 fly, 1 back, 1 breast
EN-1 to EN-2	<ul style="list-style-type: none"> • 1 x 300 IM @ 6:00 • 1 x 200 kick (anything but freestyle) @ 4:30 • 1 x 100 IM @ 2:00 • 1 x 50 easy @ 2:00 <ul style="list-style-type: none"> ◦ 1 x 300 freestyle @ 5:00 ◦ 1 x 200 IM @ 4:00 ◦ 1 x 100 freestyle @ 1:30 ◦ 1 x 50 easy @ 2:00 <ul style="list-style-type: none"> ▪ 1 x 300 IM @ 6:00 ▪ 1 x 200 kick (anything but freestyle) @ 4:30 ▪ 1 x 100 IM @ 2:00 ▪ 1 x 50 easy @ 2:00 <ul style="list-style-type: none"> • 1 x 300 freestyle @ 5:00 • 1 x 200 IM @ 4:00 • 1 x 100 freestyle @ 1:30 • 1 x 50 easy @ 2:00
REC	<ul style="list-style-type: none"> • 6 x 50 @ r=10 seconds <ul style="list-style-type: none"> ◦ 25 scull/25 pull ◦ 5 general sculls + 1 choice

Total = 3500 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