

| | | | |
|--|---------------------|--|---|
| 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 Change feels 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 to EN-1 | <ul style="list-style-type: none"> • 300 swim • 6 x 50 @ r=10 seconds <ul style="list-style-type: none"> ◦ 25 scull with flutter kick/25 "human stroke" |
| EN-1 to SP-1 | <ul style="list-style-type: none"> • 4 x 150 swim @ 3:30 <i>descend times 1-4</i> <ul style="list-style-type: none"> ◦ 50 "stroke"/50 free/50 "stroke" • 1 x 200 freestyle @ 4:30 <i>fast (get your time)!</i> • 3 x 150 swim @ 3:30 <i>descend times 1-3</i> <ul style="list-style-type: none"> ◦ 50 "stroke"/50 free/50 "stroke" • 1 x 200 freestyle @ 4:30 <i>fast (get your time)!</i> • 2 x 150 swim @ 3:30 <i>descend times 1-2</i> <ul style="list-style-type: none"> ◦ 50 "stroke"/50 free/50 "stroke" • 1 x 200 freestyle @ 4:30 <i>fast (get your time)!</i> • 1 x 150 swim @ 3:30 <ul style="list-style-type: none"> ◦ 50 "stroke"/50 free/50 "stroke" • 1 x 200 freestyle @ 4:30 <i>fast (get your time)!</i> |
| EN-1 to EN-3 | 20 x 25 swim @ 30 Naomi's Fly Set <ul style="list-style-type: none"> • 3 strokes fly • 4 strokes fly • 5 strokes fly • all fly • all free |

Total = 3400 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 |