

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 to EN-1	<ul style="list-style-type: none"> • 300 swim • 3 x 100 @ r=15 seconds <ul style="list-style-type: none"> ◦ 25 fly kick on back/25 swim ◦ 25 breast kick on back/25 swim
EN-1 to EN-3	<ul style="list-style-type: none"> • 4 x 50 freestyle @ 1:00 <ul style="list-style-type: none"> ◦ breathe every 3rd, not on 1st strokes! • 4 x 100 IM @ 2:10 <ul style="list-style-type: none"> ◦ descend times 1-4 • 4 x 50 freestyle @ 1:00 <ul style="list-style-type: none"> ◦ breathe every 3rd, not on 1st strokes! • 2 x 200 IM @ 4:10 <ul style="list-style-type: none"> ◦ 2nd 200 faster than 1st 200! • 4 x 50 freestyle @ 1:00 <ul style="list-style-type: none"> ◦ breathe every 3rd, not on 1st strokes! • 1 x 400 IM @ 8:10 <ul style="list-style-type: none"> ◦ negative split each 100! • 4 x 50 freestyle @ 1:00 <ul style="list-style-type: none"> ◦ breathe every 3rd, not on 1st strokes!
EN-1/EN-3	24 x 25 swim @ 30 <ul style="list-style-type: none"> • 25 freestyle/25 IM order
REC	300 swim

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