

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>STREAMLINE</i> off every wall!	
	EXHALE	Check your heartrate BE PREPARED	
What is the most important day of your swimming career?			

Pace	Set
REC	200 swim, 200 kick, 200 pull
EN-1	12 x 50 pull @ 55 <ul style="list-style-type: none"> • #1-4: breathe 3/3 by 25's • #5-8: breathe 3/5 by 25's • #9-12: breathe 5/5 by 25's
EN-2 to EN-3	Davis Mile: broken 1650 <i>Subtract 2½ minutes to get time</i> <ul style="list-style-type: none"> • 11 lengths (275) @ r=20 • 10 lengths (250) @ r=20 • 9 lengths (225) @ r=20 <ul style="list-style-type: none"> • 8 lengths (200) @ r=15 • 7 lengths (175) @ r=15 • 6 lengths (150) @ r=15 • 5 lengths (125) @ r=15 <ul style="list-style-type: none"> • 4 lengths (100) @ r=10 • 3 lengths (75) @ r=10 • 2 lengths (50) @ r=10 <ul style="list-style-type: none"> • 1 length (25)
EN-1 to EN-3	12 x 50 swim: <ul style="list-style-type: none"> • 4 x 50 free @ 50 • 4 x 50 (25 "stroke"/25 free) @ 55 • 4 x 50 "stroke" @ 60
REC	150 easy

Total = 3600 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