

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 to EN-2	<ul style="list-style-type: none"> • 300 swim, 200 kick, 100 pull • 6 x 50 free (25 human stroke/25 swim) @ LIFO • 4 x 50 kick (25 easy/25 fast) @ r=10 seconds • 4 x 25 pull (4 breaths, 3 breaths, 2 breaths, 1 breath) @ r=10 seconds
EN-1 to SP-1	<p><u>2 x thru (1st round free, 2nd round "stroke"):</u></p> <ul style="list-style-type: none"> • 8 x 25 swim @ 30 <ul style="list-style-type: none"> ◦ build each 25 to full speed • 4 x 50 swim @ 1:15 <ul style="list-style-type: none"> ◦ #1: DPS ◦ #2: fast! ◦ #3: DPS ◦ #4: fast! • 1 x 100 swim @ 2:30 <ul style="list-style-type: none"> ◦ all fast! • 4 x 50 swim @ 1:15 <ul style="list-style-type: none"> ◦ #1: DPS ◦ #2: fast! ◦ #3: DPS ◦ #4: fast! • 8 x 25 swim @ 30 <ul style="list-style-type: none"> ◦ all DPS (report average # strokes per 25)
EN-1	<ul style="list-style-type: none"> • 8 x 50 pull @ LIFO <ul style="list-style-type: none"> ◦ 25 breast/25 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