

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-2	<ul style="list-style-type: none"> • 500 swim • 10 x 25 @ r=10 seconds <ul style="list-style-type: none"> ◦ 25 drill/25 build • 5 x 50 swim @ r=10 seconds <ul style="list-style-type: none"> ◦ 25 build/25 DPS
EN-1 to SP-1	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 1 x 200 swim (fairly light effort) @ 4:00 <ul style="list-style-type: none"> ◦ 1 x 150 swim @ 3:00 <ul style="list-style-type: none"> ▪ somewhat hard effort ▪ 1 x 100 swim @ 2:30 <ul style="list-style-type: none"> • hard effort! • 1 x 50 swim @ 1:30 <ul style="list-style-type: none"> ◦ very hard effort!! ◦ 4 x 25 swim @ 1:00 <ul style="list-style-type: none"> ▪ extremely hard effort!!! • 1 x 50 swim @ 1:30 <ul style="list-style-type: none"> ◦ very hard effort!! ▪ 1 x 100 swim @ 2:30 <ul style="list-style-type: none"> • hard effort! ◦ 1 x 150 swim @ 3:00 <ul style="list-style-type: none"> ▪ somewhat hard effort
EN-1	<p>24 x 25 swim @ 30</p> <p><u>6 x thru:</u></p> <ul style="list-style-type: none"> • 2 x 25 swim: DPS, breathe every 3rd stroke • 2 x 25 swim: 2-3 breaths per 25 (exhale a lot!!)

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