

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-1	<ul style="list-style-type: none"> • 300 swim • 3 x 100 @ r=15 seconds <ul style="list-style-type: none"> ○ 25 scull w/ flutter kick/25 swim • 6 x 50 @ r=10 seconds <ul style="list-style-type: none"> ○ 25 "human stroke"/25 free
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 200 free or back @ 4:00 <ul style="list-style-type: none"> ○ negative split! • 12 x 25 fly @ 40 <ul style="list-style-type: none"> ○ 25 4-beat fly (strong 4th kick!)/25 fly (strong 2nd kick!) • 1 x 200 free or back @ 4:00 <ul style="list-style-type: none"> ○ negative split! • 6 x 50 back @ 1:00 <ul style="list-style-type: none"> ○ build to fast turn, strong/deep push-off! • 1 x 200 free or back @ 4:00 <ul style="list-style-type: none"> ○ negative split! • 4 x 75 breaststroke @ 1:45 <ul style="list-style-type: none"> ○ pullout to 10 yards every wall! • 1 x 200 free or back @ 4:00 <ul style="list-style-type: none"> ○ negative split!
EN-1 to EN-2	<ul style="list-style-type: none"> • 12 x 25 kick @ 40 <ul style="list-style-type: none"> ○ 25 back kick/25 breast kick on back
EN-1	<ul style="list-style-type: none"> • 300 swim with excellent push-offs

Total = 3200 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