

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!	
		Check your heartrate BE PREPARED	
	EXHALE	What is the most important day of your swimming career?	

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 300 swim • 6 x 50 @ r=10 seconds <ul style="list-style-type: none"> ◦ 25 back kick/25 back • 3 x 100 @ r=15 seconds <ul style="list-style-type: none"> ◦ 25 scull/25 breast/25 10-beat free/25 free
EN-1 to EN-2	<ul style="list-style-type: none"> • 1 x 200 swim @ 4:00 <ul style="list-style-type: none"> ◦ breathe every 3rd stroke, push-off past flags! • 12 x 25 fly @ 40 <ul style="list-style-type: none"> ◦ breathe every other stroke, not on 1st stroke • 1 x 200 swim @ 4:00 <ul style="list-style-type: none"> ◦ breathe every 3rd stroke, push-off past flags! • 6 x 50 back @ 1:15 <ul style="list-style-type: none"> ◦ push-off (deep) past flags after turn! • 1 x 200 swim @ 4:00 <ul style="list-style-type: none"> ◦ breathe every 3rd stroke, push-off past flags! • 4 x 75 breaststroke @ 1:45 <ul style="list-style-type: none"> ◦ pullouts past flags on every wall (firm body)! • 1 x 200 swim @ 4:00 <ul style="list-style-type: none"> ◦ breathe every 3rd stroke, push-off past flags!
EN-1/SP-1	24 x 25 swim @ 40 <ul style="list-style-type: none"> • 25 easy/25 fast (from blocks)!
REC	200 choice

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