

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!	
	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"> • 100 swim • 4 x 75 @ r=20 seconds <ul style="list-style-type: none"> ▪ 25 kick on side w/ right-arm extended ▪ 25 kick on side w/ left-arm extended ▪ 25 swim
EN-1/SP-1	<p>100 x 25 @ 30</p> <p><u>10 x thru:</u></p> <ul style="list-style-type: none"> ◦ 4 x 25 easy, DPS ◦ 1 x 25 sprint (FAST!!) ◦ 2 x 25 easy, DPS ◦ 1 x 25 sprint (FAST!!) ◦ 1 x 25 easy, DPS ◦ 1 x 25 sprint (FAST!!)
REC	100 walk

Total = 3000 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