

| | | | |
|--|---------------------|--|--|
| 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 | <ul style="list-style-type: none"> • 200 swim • 200 kick IM • 200 drill IM |
| EN-1 | 12 x 25 swim @ 30 <ul style="list-style-type: none"> • (4 breaths, 3 breaths, 2 breaths, 1 breath) x 3 • exhale slowly and continuously |
| EN-1 to EN-3 | <u>2 x thru:</u> <ul style="list-style-type: none"> • 4 x 50 free @ 1:00 <ul style="list-style-type: none"> ◦ descend times 1-4 • 1 x 150 IM @ 3:00 <ul style="list-style-type: none"> ◦ 25 fly/50 back/25 breast/50 free ◦ superb turns, push-off past flags! • 3 x 50 swim @ 1:10 <ul style="list-style-type: none"> ◦ IM "slide" (fly/back, back/breast, breast/free) • extra 60 seconds rest |
| SP-1 | 16 finishes from center of pool: <ul style="list-style-type: none"> • 4 each stroke <ul style="list-style-type: none"> ◦ 2 towards shallow-end ◦ 2 towards deep-end |
| SP-1 | Turns from center of pool: 14 (2 x thru all possible) |
| Rogue 1-2 | 12 x 25 swim @ 30 <ul style="list-style-type: none"> • (4 breaths, 3 breaths, 2 breaths, 1 breath) x 3 12 x 25 swim @ 40 <ul style="list-style-type: none"> • 3 each stroke, 2 x 25 drill/1 x 25 swim |

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 |