

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"> • 200 swim • 200 kick IM • 200 drill IM • 9 x 50 @ r=10 seconds <ul style="list-style-type: none"> ◦ <u>3 x thru:</u> <ul style="list-style-type: none"> ▪ 25 "human stroke"/25 free ▪ 25 back kick/25 back ▪ 25 2 kicks-1 pull breast/25 breast
EN-1 to EN-2	20 x 25 swim @ 40 <ul style="list-style-type: none"> • 3 strokes fly, free • 4 strokes fly, free • 5 strokes fly, free • all fly • all free
EN-1 to SP-1	18 x 50 swim @ 1:15 <ul style="list-style-type: none"> ◦ #1 = medium speed with foot touch ◦ #2 = medium-fast speed with foot touch ◦ #3 = fast speed with foot touch ◦ #4 = super fast speed with foot touch ◦ #5 = DPS ◦ #6 = DPS
EN-1 to SP-1	24 x 25 swim @ 40 <ul style="list-style-type: none"> • #1 = medium speed with foot touch • #2 = medium-fast speed with foot touch • #3 = fast speed with foot touch • #4 = super fast speed with foot touch (from block) • #5 = DPS • #6 = DPS

Total = 3100 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