

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			Do not breathe in the red zone!
Stay warm behind the blocks	Practice floating	Poor technique limits success!	
	EXHALE	Control your breathing swim quietly	
S W I M - O N - T H E - L I N E			

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 kick: IM • 200 drill: IM
EN-1	8 x 50 pull @ 55 <ul style="list-style-type: none"> • with bands and buoys • breathe 3/5 by 25's
EN-1	20 x 25 swim @ 30 <ul style="list-style-type: none"> • (4 breaths, 3 breaths, 2 breaths, 1 breath) x 5
EN-2/EN-1	20 x 25 swim with fins @ 30 <u>Naomi's fly set:</u> <ul style="list-style-type: none"> • 3 strokes fly, easy freestyle • 4 strokes fly, easy freestyle • 5 strokes fly, easy freestyle • all fly • all free
EN-1 to SP-1	<u>3 x thru:</u> <ul style="list-style-type: none"> • 2 x 50 freestyle @ 1:00 <ul style="list-style-type: none"> ◦ breathe every 3rd stroke • 4 x 25 swim: <ul style="list-style-type: none"> ◦ odds: build to fast finish ◦ evens: from block (fast!)

Total = 2600 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