

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

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 400 swim</li> <li>• 2 x 100 @ r=15 seconds                             <ul style="list-style-type: none"> <li>◦ 25 10-beat free/25 free</li> </ul> </li> <li>• 4 x 50 kick @ r=10 seconds                             <ul style="list-style-type: none"> <li>◦ IM order</li> </ul> </li> <li>• 8 x 25 swim @ r=10 seconds                             <ul style="list-style-type: none"> <li>◦ 2 each stroke, reverse IM order</li> </ul> </li> </ul>
EN-1 to EN-3	<p><b><u>2 x thru:</u></b></p> <ul style="list-style-type: none"> <li>• 4 x 25 fly @ 40                             <ul style="list-style-type: none"> <li>◦ breathe every other stroke, no breath finish</li> </ul> </li> <li>• 3 x 50 free @ 1:00                             <ul style="list-style-type: none"> <li>◦ breathe every 3<sup>rd</sup> stroke</li> </ul> </li> <li>• 4 x 25 back @ 40                             <ul style="list-style-type: none"> <li>◦ push-off past flags, strong finish</li> </ul> </li> <li>• 3 x 50 free @ 1:00                             <ul style="list-style-type: none"> <li>◦ breathe 3/5 by 25's</li> </ul> </li> <li>• 4 x 25 breast @ 40                             <ul style="list-style-type: none"> <li>◦ supreme pull-out, full-extension at finish</li> </ul> </li> <li>• 3 x 50 free @ 1:00                             <ul style="list-style-type: none"> <li>◦ breathe every 5<sup>th</sup> stroke</li> </ul> </li> </ul>
REC	<b>400 swim</b>

Total = 3200 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