

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

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 300 swim • 6 x 50 @ r=10 seconds <ul style="list-style-type: none"> ○ 50 kick, 50 drill ○ 2 fly, 2 back, 2 breast
EN-1 to EN-2	<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, perfect streamlining • 4 x 25 swim @ 40 <ul style="list-style-type: none"> ○ IM order
EN-1 to EN-2	<u>2 x thru:</u> <ul style="list-style-type: none"> • 25 fly @ 30 <ul style="list-style-type: none"> ○ 25 fly/25 back @ 1:00 <ul style="list-style-type: none"> ▪ 25 fly/25 back/25 breast @ 1:30 <ul style="list-style-type: none"> • 100 IM @ 2:00 ▪ 25 back/25 breast/25 free @ 1:30 ○ 25 breast/25 free @ 1:00 • 25 free @ 2:00
EN-1	300 freestyle: <ul style="list-style-type: none"> • with perfect streamlining, past flags, no breath 1st stroke
EN-1/SP-1	12 x 25 swim @ 40 <ul style="list-style-type: none"> • 25 easy/25 fast (especially at finish)
REC	300 swim: <ul style="list-style-type: none"> • with perfect streamlining, past flags, no breath 1st stroke

Total = 2900 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