

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!	
	EXHALE	Control your breathing	swim quietly
	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 • 3 x 100 @ r=15 seconds <ul style="list-style-type: none"> ○ 50 fly kick/50 back kick
EN-1	8 x 50 pull @ 55 <ul style="list-style-type: none"> • breathe every 5th stroke
EN-1	<u>3 x thru:</u> <ul style="list-style-type: none"> • 2 x 25 breaststroke drill @ 40 • 1 x 50 breaststroke @ 1:10 <ul style="list-style-type: none"> ○ build each 25 to full-speed
EN-2	12 x 50 swim @ 1:05 <ul style="list-style-type: none"> • 200 IM order • build to fast turn!/DPS on 2nd 25
EN-2	12 x 25 swim @ 45 <ul style="list-style-type: none"> • 100 IM order • build to fast finish!
EN-1 to EN-3	800 swim: <u>2 x thru:</u> <ul style="list-style-type: none"> • 100 DPS • 100 build • 100 fast • 100 easy

Total = 3000 yards

DPS = maximum distance per arm-stroke

Build = slowly build speed

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