

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	<ul style="list-style-type: none"> • 300 swim • 6 x 50 kick @ r=10 seconds <ul style="list-style-type: none"> ○ 25 fly/25 breast
EN-2	<ul style="list-style-type: none"> • 4 x 50 backstroke @ 1:00 <ul style="list-style-type: none"> ○ 2 underwater dolphin kicks off each wall • 4 x 50 backstroke @ 1:05 <ul style="list-style-type: none"> ○ 3 underwater dolphin kicks off each wall • 4 x 50 backstroke @ 1:10 <ul style="list-style-type: none"> ○ 4 underwater dolphin kicks off each wall
EN-2	<ul style="list-style-type: none"> • 16 x 25 swim @ 30 <ul style="list-style-type: none"> ○ every 4th 25 fly (no breathing 1st and last strokes) • 12 x 25 swim @ 30 <ul style="list-style-type: none"> ○ every 3rd 25 fly (no breathing 1st and last strokes) • 8 x 25 swim @ 30 <ul style="list-style-type: none"> ○ every 2nd 25 fly (no breathing 1st and last strokes) • 4 x 25 fly @ 30 <ul style="list-style-type: none"> ○ no breathing 1st and last strokes
EN-1 to EN-2	<ul style="list-style-type: none"> • 1 x 200 swim @ 3:30 <ul style="list-style-type: none"> ○ steady pace, excellent streamlining! • 2 x 100 swim @ 1:45 <ul style="list-style-type: none"> ○ negative split each 100 • 4 x 50 swim @ 1:00 <ul style="list-style-type: none"> ○ descend times 1-4, etc.

Total = 2800 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