

<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>			Change feels strange; embrace strange!
Train how you want to race	Change is necessary	<b>STREAMLINE</b> off every wall!	
	<b>EXHALE</b>	Check your <b>heartrate</b> <b>BE PREPARED</b> What is the <b>most important day</b> of your swimming career?	

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 200 kick (100 fly kick/100 backstroke kick)</li> <li>• 200 swim (50 "stroke"/50 free/50 "stroke"/50 free)</li> </ul>
EN-2	<ul style="list-style-type: none"> <li>• 9 x 50 kick @ 1:05                             <ul style="list-style-type: none"> <li>○ 1 choice, 1 fly, 1 choice, 2 fly, 1 choice, 3 fly</li> </ul> </li> </ul>
EN-2 to EN-3	<ul style="list-style-type: none"> <li>• 9 x 75 @ 1:30                             <ul style="list-style-type: none"> <li>○ 50 swim/25 kick</li> <li>○ 3 fly, 3 back, 3 breast</li> </ul> </li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 8 x 50 free @ 1:00                             <ul style="list-style-type: none"> <li>○ descend times 1-4, 5-8!</li> </ul> </li> <li>• 2 x 100 swim @ 2:00                             <ul style="list-style-type: none"> <li>○ moderate pace, good streamlines, no breath 1<sup>st</sup> strokes</li> </ul> </li> <li>• 4 x 50 "stroke" @ 1:05                             <ul style="list-style-type: none"> <li>○ descend times 1-4!</li> </ul> </li> <li>• 2 x 100 swim @ 2:00                             <ul style="list-style-type: none"> <li>○ moderate pace, good streamlines, no breath 1<sup>st</sup> strokes</li> </ul> </li> <li>• 8 x 25 free @ 30                             <ul style="list-style-type: none"> <li>○ descend times 1-4, 5-8!</li> </ul> </li> <li>• 2 x 100 swim @ 2:00                             <ul style="list-style-type: none"> <li>○ moderate pace, good streamlines, no breath 1<sup>st</sup> strokes</li> </ul> </li> <li>• 4 x 25 "stroke" @ 40                             <ul style="list-style-type: none"> <li>○ descend times 1-4!</li> </ul> </li> <li>• 2 x 100 swim @ 2:00                             <ul style="list-style-type: none"> <li>○ moderate pace, good streamlines, no breath 1<sup>st</sup> strokes</li> </ul> </li> </ul>
REC	150 choice

Total = 3600 yards

"Stroke" = fly, back, or breast

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