

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

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"> ◦ kick on side w/ one arm extended ◦ small, steady kicks with long legs
EN-1	12 x 25 swim @ 40 <ul style="list-style-type: none"> • (4 breaths, 3 breaths, 2 breaths, 1 breath) x 3
EN-1 to EN-2	<ul style="list-style-type: none"> • 6 x 50 freestyle @ 1:00 <ul style="list-style-type: none"> ◦ breathe every 3rd stroke ◦ descend times 1-3, 4-6 • 4 x 75 freestyle @ 1:30 <ul style="list-style-type: none"> ◦ breathe every 3rd stroke ◦ descend times 1-4 • 3 x 100 freestyle @ 1:45 <ul style="list-style-type: none"> ◦ breathe every 3rd stroke ◦ descend times 1-3 • 2 x 150 freestyle @ 2:30 <ul style="list-style-type: none"> ◦ breathe every 3rd stroke ◦ negative split each 150 • 1 x 300 swim <ul style="list-style-type: none"> ◦ excellent push-offs, past flags ◦ negative split
REC	<ul style="list-style-type: none"> • 12 x 25 (25 scull/25 pull) @ r=5 seconds

Total = 2700 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