

<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>• 300 swim</li> <li>• <u>3 x thru:</u> <ul style="list-style-type: none"> <li>◦ 4 x 25 drill @ r=10 seconds                             <ul style="list-style-type: none"> <li>▪ 100 IM order</li> <li>▪ drills: 4-beat fly, 10-beat back, no-arm breast, 10-beat free</li> </ul> </li> <li>◦ 1 x 100 free @ r=15 seconds                             <ul style="list-style-type: none"> <li>▪ breathe every 3<sup>rd</sup> stroke</li> </ul> </li> </ul> </li> </ul>
EN-3	<p><u>8 x thru:</u>  <i>rounds are in IM order (i.e., round 1=fly, round 2=back, round 3=breast, round 4=free, round 5=fly, etc.)</i></p> <ul style="list-style-type: none"> <li>• 2 x 25 kick (fast feet) @ 40</li> <li>• 1 x 25 swim: fast (from blocks)!</li> <li>• 1 x 25 swim: easy</li> </ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 3 x 25 fly @ 40             <ul style="list-style-type: none"> <li>◦ 1 x 50 free @ 60                 <ul style="list-style-type: none"> <li>▪ 3 x 25 back @ 40                     <ul style="list-style-type: none"> <li>• 1 x 50 free @ 60                             <ul style="list-style-type: none"> <li>◦ 3 x 25 breast @ 40                                     <ul style="list-style-type: none"> <li>▪ 1 x 50 free @ 60</li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul> </li></ul>
EN-2/EN-3	<ul style="list-style-type: none"> <li>• 2 x 400 IM, 100 easy after each             <ul style="list-style-type: none"> <li>◦ broken 10 seconds at 50</li> <li>◦ 2<sup>nd</sup> 50 faster than 1<sup>st</sup> 50</li> </ul> </li> </ul>
REC	100 choice

Total = 3000 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