

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	300 swim
EN-1	<ul style="list-style-type: none"> • 4 x 50 (25 swim/25 kick, 1 each stroke) @ r=10 sec's • 4 x 50 (25 drill/25 swim, 1 each stroke) @ r=10 sec's • 4 x 50 (25 scull/25 swim) @ r=10 sec's
EN-1 to EN-2	<ul style="list-style-type: none"> • 25 fly @ 30 or r=10 seconds • 25 fly/25 back @ 1:00 or r=15 seconds • 25 fly/25 back/25 breast @ 1:30 or r=20 seconds • 100 IM @ 2:00 or r=30 seconds • 25 back @ 30 or r=10 seconds • 25 back/25 breast @ 1:00 or r=15 seconds • 25 back/25 breast/25 free @ 1:30 or r=20 seconds • 100 IM @ 2:00 or r=30 seconds • 25 breast @ 30 or r=10 seconds • 25 breast/25 free @ 1:00 or r=15 seconds • 25 breast/25 free/25 fly @ 1:30 or r=20 seconds • 100 IM @ 2:00 or r=30 seconds • 25 free @ 30 or r=10 seconds • 25 free/25 fly @ 1:00 or r=15 seconds • 25 free/25 fly/25 back @ 1:30 or r=20 seconds • 100 IM @ 2:00 or r=30 seconds
EN-1 to EN-3	<ul style="list-style-type: none"> • 4 x 100 swim (descend times 1-4) @ 1:40 or r=20 • 4 x 75 swim (ascend times 1-4) @ 1:30 or r=15 • 4 x 50 swim (descend times 1-4) @ 1:00 or r=10 • 4 x 25 swim (ascend times 1-4) @ 30 or r=5

Total = 3500 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