

<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>			<b>Change feels strange; embrace strange!</b>
<b>Train how you want to race</b>	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	<ul style="list-style-type: none"> <li>• 300 swim</li> <li>• 3 x 100 @ r=15 seconds                             <ul style="list-style-type: none"> <li>○ 25 back/25 breast</li> </ul> </li> </ul>
EN-1	12 x 50 pull @ 55 <ul style="list-style-type: none"> <li>• with buoy and band</li> <li>• alt: 1 x 50 breathing every 3<sup>rd</sup>, 1 x 50 breathing every 5th</li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 16 x 25 swim @ 30                             <ul style="list-style-type: none"> <li>○ every 4<sup>th</sup> 25 fly (no breathing 1<sup>st</sup> and last strokes)</li> </ul> </li> <li>• 12 x 25 swim @ 30                             <ul style="list-style-type: none"> <li>○ every 3<sup>rd</sup> 25 fly (no breathing 1<sup>st</sup> and last strokes)</li> </ul> </li> <li>• 8 x 25 swim @ 30                             <ul style="list-style-type: none"> <li>○ every 2<sup>nd</sup> 25 fly (no breathing 1<sup>st</sup> and last strokes)</li> </ul> </li> <li>• 4 x 25 fly @ 30                             <ul style="list-style-type: none"> <li>○ no breathing 1<sup>st</sup> and last strokes</li> </ul> </li> </ul>
EN-1 to SP-1	<ul style="list-style-type: none"> <li>• 1 x 400 swim @ 7:00                             <ul style="list-style-type: none"> <li>○ steady pace, excellent streamlining!</li> </ul> </li> <li>• 2 x 200 swim @ 3:30                             <ul style="list-style-type: none"> <li>○ negative split each 200</li> </ul> </li> <li>• 16 x 25 swim @ 40                             <ul style="list-style-type: none"> <li>○ descend times 1-4, etc.</li> <li>○ every 4<sup>th</sup> 25 from blocks</li> </ul> </li> </ul>
REC	200 swim

Total = 3600 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