

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			Do not breathe in the red zone!
Stay warm behind the blocks	Practice floating	Poor technique limits success!	
	EXHALE	Control your breathing swim quietly	
S W I M - O N - T H E - L I N E			

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 300 swim • 3 x 100 @ r=15 seconds <ul style="list-style-type: none"> ◦ 25 scull w/ flutter kick/25 swim • 6 x 50 @ r=10 seconds <ul style="list-style-type: none"> ◦ 25 single-arm free/25 free (breathe every 3rd)
EN-1 to EN-2	<ul style="list-style-type: none"> • 1 x 300 free or back @ 5:00 <ul style="list-style-type: none"> ◦ negative split! • 12 x 25 fly @ 40 <ul style="list-style-type: none"> ◦ 25 4-beat fly (strong 4th kick!)/25 fly • 1 x 300 free or back @ 5:00 <ul style="list-style-type: none"> ◦ negative split! • 6 x 50 back @ 1:10 <ul style="list-style-type: none"> ◦ build to fast turn; strong, deep push-off!! • 1 x 300 free or back @ 5:00 <ul style="list-style-type: none"> ◦ negative split! • 4 x 75 breast @ 1:45 <ul style="list-style-type: none"> ◦ pullout to 10 yards each time!! • 1 x 300 free or back @ 5:00 <ul style="list-style-type: none"> ◦ negative split!
EN-1 to EN-2	12 x 25 kick @ 40 <ul style="list-style-type: none"> • 25 back kick/25 breast kick on back
EN-1	300 freestyle with excellent push-offs

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