

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 • 6 x 50 @ r=10 seconds <ul style="list-style-type: none"> ○ alternate: 50 kick, 50 drill ○ 2 fly, 2 back, 2 breast
EN-1 to EN-2	<p>3 x thru:</p> <ul style="list-style-type: none"> • 2 x 50 freestyle @ 1:00 <ul style="list-style-type: none"> ○ perfect streamlining, breathe 3/5 by 25's • 4 x 25 swim @ 40 <ul style="list-style-type: none"> ○ IM order
EN-1/SP-1	<p>12 x 25 swim @ 40</p> <ul style="list-style-type: none"> • 25 easy/25 fast
EN-2 to EN-3	<p>2 x thru:</p> <ul style="list-style-type: none"> • 25 fly @ 30 <ul style="list-style-type: none"> ○ 25 fly/25 back @ 1:00 <ul style="list-style-type: none"> ▪ 25 fly/25 back/25 breast @ 1:30 <ul style="list-style-type: none"> • 100 IM @ 2:00 ▪ 25 back/25 breast/25 free @ 1:30 ○ 25 breast/25 free @ 1:00 • 25 free @ 2:00
EN-1	300 freestyle: no breath on 1 st stroke after turn!
EN-1/SP-1	<p>12 x 25 swim @ 40</p> <ul style="list-style-type: none"> • 25 easy/25 fast
REC	300 freestyle: no breath on 1 st stroke after turn!

Total = 3200 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