

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! Control your breathing		swim quietly
	EXHALE	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"> ◦ shallow-end: dolphin dives ◦ deep-end: freestyle • 6 x 50 kick @ r=10 seconds <ul style="list-style-type: none"> ◦ 25 fly kick/25 choice kick
EN-1 to EN-3	<ul style="list-style-type: none"> • 3 x 50 swim @ 1:10 <ul style="list-style-type: none"> ◦ 25 stroke/25 free <ul style="list-style-type: none"> ▪ 2 x 100 swim @ 2:00 <ul style="list-style-type: none"> • 25 stroke/75 free ◦ 1 x 200 swim @ 4:00 <ul style="list-style-type: none"> ▪ 25 stroke/150 free/25 stroke ▪ 2 x 100 swim @ 2:00 <ul style="list-style-type: none"> • 75 free/25 stroke • 3 x 50 swim @ 1:10 <ul style="list-style-type: none"> ◦ 25 free/25 stroke
EN-1	<p>16 x 25 kick @ r=10 seconds</p> <ul style="list-style-type: none"> • 4 each stroke, reverse IM order
EN-1 to EN-3	<p><u>4 x thru (rounds are in IM order):</u></p> <ul style="list-style-type: none"> • 1 x 75 swim @ 1:30 <ul style="list-style-type: none"> ◦ perfect technique and breathing pattern • 1 x 50 swim @ 1:00 <ul style="list-style-type: none"> ◦ faster pace than 75! • 1 x 25 swim @ 1:00 <ul style="list-style-type: none"> ◦ faster pace than 50!

Total = 2800 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