

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						
Train how you want to race	Change is necessary	S T R E A M L I N E off every wall!				
		Check your heartrate		B E P R E P A R E D		
	EXHALE	What is the most important day of your swimming career?				
						Change feels strange; embrace strange

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 400 swim • 4 x 50 @ r=10 seconds <ul style="list-style-type: none"> ◦ 25 scull w/ flutter kick/25 swim ◦ 1 each scull/1 each stroke
EN-1 to EN-2	6 x 100 swim @ 2:00 <ul style="list-style-type: none"> • odd 100's: IM • even 100's: DPS freestyle (max. 17 strokes per 25)
EN-1 to SP-1	<u>2 x thru:</u> <ul style="list-style-type: none"> • 2 x 100 kick @ 2:30/3:00 <ul style="list-style-type: none"> ◦ negative split each 100 (50 medium/50 fast!) • 1 x 100 kick (with fins) @ 2:00 <ul style="list-style-type: none"> ◦ all fast! • 2 x 50 swim (with fins) @ 1:00/45 <ul style="list-style-type: none"> ◦ all fast! • 1 x 100 swim @ 3:00 <ul style="list-style-type: none"> ◦ all easy
EN-1	20 x 50 pull @ 55 <ul style="list-style-type: none"> • decrease # strokes 1-4, 5-8, 9-12, 13-16, 17-20 • breathe 3/5 by 25's

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