

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			Change feels strange; embrace strange
Train how you want to race	Change is necessary	<i>STREAMLINE</i> off every wall!	
	EXHALE	Check your heartrate BE PREPARED What is the most important day of your swimming career?	

Pace	Set
REC	200 swim
EN-1 to EN-2	3 x 100 kick @ 2:30 • 2 fly, 1 choice
EN-1	8 x 75 swim @ 1:40 • 50 free/25 fly • 50 free/25 back • 50 free/25 breast • 75 free
EN-1 to EN-2	3 x 100 kick @ 2:30 • 2 fly, 1 choice
EN-1	8 x 50 swim @ 1:00 • 25 fly/25 free • 25 back/25 free • 25 breast/25 free • 50 free
EN-1 to EN-2	6 x 50 kick @ 1:10 • 1 each stroke, 2 choice
EN-1	8 x 25 swim @ 30 • 200 IM order
EN-1 to EN-2	6 x 50 kick @ 1:10 • 1 each stroke, 2 choice

Total = 2600 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