

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	<ul style="list-style-type: none"> • 300 swim • 3 x 100 @ r=15 seconds (50 kick/50 swim)
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 400 pull @ 7:00 <ul style="list-style-type: none"> ◦ breathe 3/5/3/5 by 100's <ul style="list-style-type: none"> • 4 x 100 swim @ 1:45 <ul style="list-style-type: none"> ◦ breathe every 3rd stroke ◦ descend times 1-4 <ul style="list-style-type: none"> • 4 x 50 pull @ 1:00 <ul style="list-style-type: none"> ◦ breathe every 5th stroke ◦ descend times 1-4 • 2 x 200 swim @ 3:30 <ul style="list-style-type: none"> ◦ 3rd 50 of each 200 is fast <ul style="list-style-type: none"> • 4 x 100 pull @ 1:45 <ul style="list-style-type: none"> ◦ 3rd 25 of each 100 is fast <ul style="list-style-type: none"> • 4 x 50 swim @ 1:00 <ul style="list-style-type: none"> ◦ negative split each 50
EN-1 to EN-3	<ul style="list-style-type: none"> • 1 x 200 kick @ 4:30 <ul style="list-style-type: none"> ◦ 3rd 50 is fast <ul style="list-style-type: none"> • 2 x 100 kick @ 2:15 <ul style="list-style-type: none"> ◦ 3rd 25 of each 100 is fast <ul style="list-style-type: none"> • 4 x 50 kick @ 1:10 <ul style="list-style-type: none"> ◦ negative split each 50
REC	200 choice

Total = 3400 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