

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	STREAMLINE off every wall!	
		Check your heartrate BE PREPARED	
	EXHALE	What is the most important day of your swimming career?	

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200: 25 kick on side/25 kick on back • 200 reverse IM
EN-1	12 x 25 @ 30 or r=10 seconds <ul style="list-style-type: none"> • 25 4-beat fly/25 fly (breathe every other stroke) • with fins?
EN-1 to EN-2	2 x 300 swim @ 5:30 or r=45 seconds <ul style="list-style-type: none"> • 100 free/100 stroke/100 free • descend times 1-2
EN-1	12 x 25 @ 35 or r=10 seconds <ul style="list-style-type: none"> • 25 double-arm back/25 back
EN-1 to EN-3	4 x 150 swim @ 2:45 or r=30 seconds <ul style="list-style-type: none"> • 50 free/50 stroke/50 free • with fins? • descend times 1-4
EN-1	12 x 25 @ 40 or r=10 seconds <ul style="list-style-type: none"> • 25 2 kicks-1 pull breast/25 breast
EN-1 to EN-3	8 x 75 swim @ 1:40 or r=20 seconds <ul style="list-style-type: none"> • 25 free/25 stroke/25 free • descend times 1-4, 5-8

Total = 3300 yards

Stroke = any stroke but freestyle

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