

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; Change
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 to EN-1	<ul style="list-style-type: none"> • 200 swim • 2 x 50 (25 drill/25 swim) @ r=10 seconds • 200 kick: 25 kick on side/25 kick on back • 4 x 50 kick @ r=10 seconds <ul style="list-style-type: none"> ◦ descend times 1-4 • 200 reverse IM • 6 x 50 (25 scull w/ flutter kick/25 swim) @ r=10
EN-1 to SP-1	<p><u>2 x thru:</u></p> <ul style="list-style-type: none"> • 4 x 100 swim @ 1:45 or r=20 seconds <ul style="list-style-type: none"> ◦ descend times 1-4 • 4 x 50 swim @ 1:30 or r=45 seconds <ul style="list-style-type: none"> ◦ all fast!! ◦ choose one stroke • 4 x 25 swim @ 45 or r=20 seconds <ul style="list-style-type: none"> ◦ 25 (fast 5th stroke to halfway)/25 DPS • extra 30 seconds rest
REC	200 choice

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