

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	S T R E A M L I N E off every wall!	
	EXHALE	Check your heartrate B E P R E P A R E D What is the most important day of your swimming career?	

Pace	Set
REC	<ul style="list-style-type: none"> • 200 swim • 200 kick (no boards): 100 back/100 breast • 8 x 25 kick @ r=10 seconds <ul style="list-style-type: none"> ◦ reverse IM order
EN-1 to EN-3	<p>3 x thru:</p> <ul style="list-style-type: none"> • 4 x 100 swim (with fins) @ 1:45 <ul style="list-style-type: none"> ◦ 1st 25: 1 dolphin kick after push-off ◦ 2nd 25: 2 dolphin kicks after push-off ◦ 3rd 25: 3 dolphin kicks after push-off ◦ 4th 25: 4 dolphin kicks after push-off • 1 x 400 swim @ 7:00 <ul style="list-style-type: none"> ◦ descend times 1-3 (example: #1=moderate, #2=moderate-fast, #3=fast)
EN-1 to EN-2	<p>12 x 50 @ 1:10</p> <ul style="list-style-type: none"> • 25 drill/25 swim • 3 each stroke, IM order

Total = 3600 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