

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"> • 200 swim • 200 kick: 25 kick on side/25 kick on back • 200 pull: 50 breast/50 free/50 breast/50 free
EN-1 to EN-2	<ul style="list-style-type: none"> • 6 x 50 swim @ 1:00 <ul style="list-style-type: none"> ○ IM slide • 2 x 75 kick @ 1:40 <ul style="list-style-type: none"> ○ #1 stroke • 3 x 100 (25 drill/25 swim) @ 2:00 <ul style="list-style-type: none"> ○ IM slide • 2 x 75 kick @ 1:40 <ul style="list-style-type: none"> ○ #2 stroke • 2 x 150 swim @ 3:00 <ul style="list-style-type: none"> ○ #1: fly/back/breast ○ #2: back/breast/free • 2 x 75 kick @ 1:40 <ul style="list-style-type: none"> ○ #3 stroke • 3 x 100 (50 drill/50 swim) @ 2:00 <ul style="list-style-type: none"> ○ IM slide • 2 x 75 kick @ 1:40 <ul style="list-style-type: none"> ○ #4 stroke • 6 x 50 swim @ 1:00 <ul style="list-style-type: none"> ○ IM slide
REC	100 choice

Total = 2800 yards

IM slide = 25 fly/25 back, 25 back/25 breast, 25 breast/25 free

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