

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   o f f   e v e r y   w a l l !			
		Check your <b>heartrate</b>		B E   P R E P A R E D	
	EXHALE	What is the <b>most important day</b> of your swimming career?			

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 2 x 100 @ r=15 seconds <ul style="list-style-type: none"> <li>◦ 25 scull w/ flutter kick/25 swim</li> </ul> </li> <li>• 4 x 50 @ r=10 seconds <ul style="list-style-type: none"> <li>◦ 25 single-arm free/25 free (breathe every 3<sup>rd</sup>)</li> </ul> </li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 1 x 300 free or back @ 5:00 <ul style="list-style-type: none"> <li>◦ negative split!</li> </ul> </li> <li>• 12 x 25 fly @ 40 <ul style="list-style-type: none"> <li>◦ 25 4-beat fly (strong 4<sup>th</sup> kick!!)/25 fly</li> </ul> </li> <li>• 1 x 300 free or back @ 5:00 <ul style="list-style-type: none"> <li>◦ negative split!</li> </ul> </li> <li>• 6 x 50 back @ 1:10 <ul style="list-style-type: none"> <li>◦ build to fast turn; strong, deep push-off!!</li> </ul> </li> <li>• 1 x 300 free or back @ 5:00 <ul style="list-style-type: none"> <li>◦ negative split!</li> </ul> </li> <li>• 4 x 75 breast @ 1:45 <ul style="list-style-type: none"> <li>◦ pullout to 10 yards each time!!</li> </ul> </li> <li>• 1 x 300 free or back @ 5:00 <ul style="list-style-type: none"> <li>◦ negative split!</li> </ul> </li> </ul>
EN-1 to EN-2	12 x 25 kick @ 40 <ul style="list-style-type: none"> <li>• 25 back kick/25 breast kick on back</li> </ul>
EN-1	easy 300 free with excellent push-offs

Total = 3300 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