

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!			
		Check your heartrate	B E P R E P A R E D		
	EXHALE	What is the most important day of your swimming career?			

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 300 swim • <u>3 x thru</u>: <ul style="list-style-type: none"> ◦ 4 x 25 drill @ r=10 seconds <ul style="list-style-type: none"> ▪ 100 IM order ▪ <u>drills</u>: 4-beat fly, 10-beat back, 2 kicks-1 pull breast, 10-beat free ◦ 1 x 100 free @ r=15 seconds <ul style="list-style-type: none"> ▪ breathe every 3rd stroke
EN-2 to SP-1	<p><u>8 x thru (from deep-end):</u></p> <p><i>Rounds are in IM order: round 1=fly, round 2=back, round 3=breast, round 4=free, round 5=fly, etc.)</i></p> <ul style="list-style-type: none"> • 2 x 25 kick (fast feet) @ 30 • 1 x 25 swim: fast, from blocks! • 1 x 25 swim: super easy
EN-2	<ul style="list-style-type: none"> • 3 x 25 fly @ 40 <ul style="list-style-type: none"> ◦ 1 x 50 free @ 60 <ul style="list-style-type: none"> ▪ 3 x 25 back @ 40 <ul style="list-style-type: none"> • 1 x 50 free @ 60 <ul style="list-style-type: none"> ◦ 3 x 25 breast @ 40 <ul style="list-style-type: none"> ▪ 1 x 50 free @ 60
EN-2 to EN-3	<p><u>2 x thru</u>:</p> <ul style="list-style-type: none"> • 1 x 400 IM: broken 10 seconds at 50 <ul style="list-style-type: none"> ◦ 2nd 50 faster than 1st 50! • 1 x 100 easy

Total = 2900 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