

| 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<br>feels<br>strange;<br>embrace<br>strange |
|---|------------------------|--|--|-----------------------|--|---|
| Train<br>how<br>you<br>want<br>to<br>race                     | Change is<br>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>• 300 swim</li> <li>• 3 x 100 @ r=15 seconds               <ul style="list-style-type: none"> <li>◦ shallow-end: feet first sculling</li> <li>◦ deep-end: freestyle</li> </ul> </li> <li>• 6 x 50 kick @ r=10 seconds               <ul style="list-style-type: none"> <li>◦ 25 fly kick/25 choice kick</li> </ul> </li> </ul>   |
| EN-1 to EN-3 | <ul style="list-style-type: none"> <li>• 3 x 50 swim @ 1:10</li> <li>• 25 fly/25 free               <ul style="list-style-type: none"> <li>▪ 2 x 100 swim @ 2:00</li> <li>▪ 25 fly/75 free                   <ul style="list-style-type: none"> <li>◦ 1 x 200 swim @ 4:00</li> <li>◦ 25 fly/150 free/25 fly</li> </ul> </li> <li>▪ 2 x 100 swim @ 2:00</li> <li>▪ 75 free/25 fly</li> </ul> </li> <li>• 3 x 50 swim @ 1:10</li> <li>• 25 free/25 fly</li> </ul>     |
| EN-2         | 16 x 25 kick @ last in/3 <sup>rd</sup> out <ul style="list-style-type: none"> <li>• 4 each stroke, reverse IM order</li> </ul>  |
| EN-1 to EN-3 | <u>4 x thru (rounds are in IM order):</u> <ul style="list-style-type: none"> <li>• 1 x 75 swim @ 1:30               <ul style="list-style-type: none"> <li>◦ perfect technique and breathing pattern</li> </ul> </li> <li>• 1 x 50 swim @ 1:00               <ul style="list-style-type: none"> <li>◦ faster pace than 75</li> </ul> </li> <li>• 1 x 25 swim @ 40               <ul style="list-style-type: none"> <li>◦ faster pace than 50</li> </ul> </li> </ul> |

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                    |