

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					
Train how you want to race	Change is necessary	S T R E A M L I N E off every wall!			
		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?			
Change feels strange; embrace strange					

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 300 swim</li> <li>• 3 x 100 @ r=15 seconds               <ul style="list-style-type: none"> <li>◦ (25 scull with flutter kick/25 swim) x 2</li> </ul> </li> </ul>
EN-1 to EN-2	8 x 75 free or back @ 1:40 <ul style="list-style-type: none"> <li>• 1<sup>st</sup> 25: 3 dolphin kicks, flutter kick, swim</li> <li>• 2<sup>nd</sup> 25: 4 dolphin kicks, flutter kick, swim</li> <li>• 3<sup>rd</sup> 25: 5 dolphin kicks, flutter kick, swim</li> </ul>
EN-1/SP-1	<u>4 x thru:</u> <ul style="list-style-type: none"> <li>• 1 x 100 free @ 2:00               <ul style="list-style-type: none"> <li>◦ DPS, breathe every 3<sup>rd</sup> stroke, not on 1<sup>st</sup> strokes!</li> </ul> </li> <li>• 4 x 25 swim <u>with fins</u> @ 45               <ul style="list-style-type: none"> <li>◦ all fast!!</li> </ul> </li> </ul>
EN-1/SP-1	<u>8 x thru:</u> <ul style="list-style-type: none"> <li>• 1 x 50 free @ 1:00               <ul style="list-style-type: none"> <li>◦ medium pace, breathe every 3<sup>rd</sup> stroke</li> </ul> </li> <li>• 2 x 25 "stroke" @ 45               <ul style="list-style-type: none"> <li>◦ <u>build</u> to max. speed!</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