

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 heartrate		B E P R E P A R E D	
	EXHALE	What is the most important day of your swimming career?			
		Change feels strange; embrace strange			

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> • 400 swim • 2 x 100 @ r=15 seconds <ul style="list-style-type: none"> ◦ 25 free drill/25 free • 4 x 50 kick @ r=10 seconds <ul style="list-style-type: none"> ◦ IM order • 8 x 25 swim @ r=5 seconds <ul style="list-style-type: none"> ◦ 2 each stroke, reverse IM order
EN-1 to EN-2	<ul style="list-style-type: none"> • 8 x 25 fly @ 40 <ul style="list-style-type: none"> ◦ breathe every other stroke, no breath finish • 6 x 50 free @ 1:00 <ul style="list-style-type: none"> ◦ breathe every 3rd stroke, not on 1st strokes! • 8 x 25 back @ 40 <ul style="list-style-type: none"> ◦ push-off past flags, strong finish • 3 x 100 free @ 1:30 <ul style="list-style-type: none"> ◦ breathe every 3rd stroke, not on 1st strokes! • 8 x 25 breast @ 40 <ul style="list-style-type: none"> ◦ supreme pull-out, full-extension at finish • 2 x 150 free @ 2:15 <ul style="list-style-type: none"> ◦ breathe every 3rd stroke, not on 1st strokes!

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