

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 • 3 x 50 @ r=10 seconds <ul style="list-style-type: none"> ◦ 25 back kick (no bent knees)/25 back swim • 3 x 50 @ r=10 seconds <ul style="list-style-type: none"> ◦ 25 breast kick (DPS)/25 breast swim • 3 x 50 @ r=10 seconds <ul style="list-style-type: none"> ◦ 25 dolphin kick on back/25 fly
EN-1 to EN-3	300 freestyle: 100 DPS/100 build/100 fast! <ul style="list-style-type: none"> • report 3 different stroke counts (for each 100)
EN-1	16 x 25 swim @ 40 <ul style="list-style-type: none"> • <u>4 x thru</u>: 4 breaths, 3 breaths, 2 breaths, 1 breath
EN-1 to SP-1	12 x 50 swim @ 1:05 <u>4 x thru</u> : <ul style="list-style-type: none"> • 50 DPS • 50 build • 50 fast!
EN-1 to EN-3	16 x 25 swim @ 40 <ul style="list-style-type: none"> • 400 IM order • descend times 1-4!
EN-1 to EN-3	300 swim: 100 build/100 fast!/100 DPS <ul style="list-style-type: none"> • report 3 different stroke counts (for each 100)

Total = 2800 yards

DPS = maximum distance per stroke

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