

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"> • 200 swim • 4 x 50 kick @ r=10 seconds <ul style="list-style-type: none"> ◦ IM order • 8 x 25 drill @ r=10 seconds <ul style="list-style-type: none"> ◦ 2 x 4-beat fly, 2 x 10-beat back, 2 x 2-kicks-1 pull breast, 2 x 10-beat free
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	<u>4 x thru</u> : <ul style="list-style-type: none"> • 2 x 50 free @ 1:00 <ul style="list-style-type: none"> ◦ breathe every 3rd stroke (or 5th stroke) • 1 x 50 "stroke" @ 1:00 <ul style="list-style-type: none"> ◦ fast!! • 4 x 25 swim @ 40 <ul style="list-style-type: none"> ◦ IM order, perfect strokes
EN-1	<ul style="list-style-type: none"> • 8 x 25 drill @ r=10 seconds <ul style="list-style-type: none"> ◦ 2 x 4-beat fly, 2 x 10-beat back, 2 x 2 kicks-1 pull breast, 2 x 10-beat free • 4 x 50 kick @ r=10 seconds <ul style="list-style-type: none"> ◦ IM order • 200 swim

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