

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-2	<ul style="list-style-type: none"> • 200 swim • 2 x 100 @ r=10 seconds <ul style="list-style-type: none"> ◦ 25 kick/25 swim/25 drill/25 swim • 4 x 50 swim @ r=10 seconds <ul style="list-style-type: none"> ◦ 25 drill/25 build • 8 x 25 swim @ r=10 seconds <ul style="list-style-type: none"> ◦ 12.5 easy/12.5 fast ◦ 12.5 fast/12.5 easy ◦ all easy ◦ all fast • 100: 25 scull/25 swim
EN-1	<u>3 x thru:</u> <ul style="list-style-type: none"> • 2 x 50 freestyle @ 1:00 <ul style="list-style-type: none"> ◦ breathe every 3rd stroke • 4 x 25 swim @ 30 <ul style="list-style-type: none"> ◦ IM order
REC	100: 25 scull/25 swim

Total = 1600 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