

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	<ul style="list-style-type: none"> • 300 swim • 3 x 100 @ r=15 seconds <ul style="list-style-type: none"> ◦ 50 back kick/25 breast drill/25 breast kick on back
EN-1 to EN-3	8 x 75 free or back @ 1:45 <ul style="list-style-type: none"> • 1st 25: 3 dolphin kicks, flutter kick, then swim • 2nd 25: 4 dolphin kicks, flutter kick, then swim • 3rd 25: 5 dolphin kicks, flutter kick, then swim
EN-1/SP-1	<u>4 x thru:</u> <ul style="list-style-type: none"> • 1 x 100 free @ 2:00 <ul style="list-style-type: none"> ◦ DPS, breathe every 3rd stroke • 4 x 25 swim <u>with fins</u> @ 45 <ul style="list-style-type: none"> ◦ all fast!
EN-1/EN-3	<u>8 x thru:</u> <ul style="list-style-type: none"> • 1 x 50 free @ 1:00 <ul style="list-style-type: none"> ◦ medium pace, breathe every 3rd stroke • 2 x 25 "stroke" @ 45 <ul style="list-style-type: none"> ◦ build to max. speed!
REC	200 swim

Total = 3000 yards

"Stroke" = any stroke except freestyle

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