

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 <b>heartrate</b>	B E P R E P A R E D		
	EXHALE	What is the <b>most important day</b> of your swimming career?			

Change  
feels  
strange;  
embrace  
strange

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 400 swim</li> <li>• 8 x 50 @ r=10 seconds               <ul style="list-style-type: none"> <li>◦ alternate: 1 kick, 1 drill, IM order</li> </ul> </li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 5 x 100 freestyle @ 1:40               <ul style="list-style-type: none"> <li>◦ good streamline, no breath 1<sup>st</sup> 2 strokes!</li> </ul> </li> <li>• 1 x 50 "stroke" @ 1:10               <ul style="list-style-type: none"> <li>◦ kick or swim, build to fast finish!</li> </ul> </li> <li>• 4 x 100 freestyle @ 1:40               <ul style="list-style-type: none"> <li>◦ good streamline, no breath 1<sup>st</sup> 2 strokes!</li> </ul> </li> <li>• 2 x 50 "stroke" @ 1:10               <ul style="list-style-type: none"> <li>◦ kick or swim, build to fast finish!</li> </ul> </li> <li>• 3 x 100 freestyle @ 1:40               <ul style="list-style-type: none"> <li>◦ good streamline, no breath 1<sup>st</sup> 2 strokes!</li> </ul> </li> <li>• 3 x 50 "stroke" @ 1:10               <ul style="list-style-type: none"> <li>◦ kick or swim, build to fast finish!</li> </ul> </li> <li>• 2 x 100 freestyle @ 1:40               <ul style="list-style-type: none"> <li>◦ good streamline, no breath 1<sup>st</sup> 2 strokes!</li> </ul> </li> <li>• 4 x 50 "stroke" @ 1:10               <ul style="list-style-type: none"> <li>◦ kick or swim, build to fast finish!</li> </ul> </li> <li>• 1 x 100 freestyle @ 1:40               <ul style="list-style-type: none"> <li>◦ good streamline, no breath 1<sup>st</sup> 2 strokes!</li> </ul> </li> <li>• 5 x 50 "stroke" @ 1:10               <ul style="list-style-type: none"> <li>◦ kick or swim, build to fast finish!</li> </ul> </li> </ul>

Total = 3100 yards

"Stroke" = any stroke except freestyle

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