

**Workout #12565 - Tuesday, 01 January 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 35:00 DS and Weights
210	1 x 600 on 10:00 Choice
800	14 x 15 on :45 LN1-Shooters
800	8 x 100 on 1:20 LN2-Kick w/fins
800	4 x 200 on 2:45 LN3-Pulls odd 50's br toward
750	5 x 150 on 2:15 LN4-IM alt w/out free-weak s
375	3x{5 x 25 on :30 LN5-Butterfly
	{1 on 1:00 Rest
675	9 x 75 on 1:10 LN6-Back all 3KOW+alt 25's of
700	4 x 175 on 2:45 LN7-Brst-alt 50flykick 50req
	Last 25 double pullout-100% effort
700	7 x 100 on 1:30 LN-8 Fr-des in 3's
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	9:36 AM 5,810 Yards - Stress Value = 72

Yards	Set Description
600	1 on 35:00 DS and Weights
210	1 x 600 on 10:00 Choice
800	14 x 15 on :45 LN1-Shooters
800	8 x 100 on 1:20 LN2-kick w/fins
800	4 x 200 on 2:45 LN3-Pulls odds/evens bre twr
750	5 x 100 on 2:00 LN4-Individual Medley
375	3x{5 x 25 on :40 LN5-Butterfly
	{1 on :30 Rest
525	7 x 75 on 1:25 LN6-Back all 3KOW+alt 25's of
500	4 x 125 on 2:40 LN7-Brst-alt 50flykick 50req
	Last 25 double pullout-100% effort
500	1x{5 x 100 on 2:00 LN8-Free descend in 3's
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	9:33 AM 4,610 Yards - Stress Value = 55

**Workout #12569 - Tuesday, 01 January 2013**

**Group 2 - Fly**

**1 minute rest between sets**

9:00 AM Start

**Workout #12566 - Tuesday, 01 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 35:00 DS and Weights
210	1 x 600 on 10:00 Choice
700	14 x 15 on :45 LN1-Shooters
800	7 x 100 on 1:30 LN2-Kick w/fins
800	4 x 200 on 2:45 LN3-Pulls odd 50's br toward
750	6 x 125 on 1:50 LN4-IM alt +25 free/#1stroke
375	3x{5 x 25 on :30 LN5-Butterfly
	{1 on 1:00 Rest
600	8 x 75 on 1:15 LN6-Back all 3KOW+alt 25's of
600	4 x 150 on 2:40 LN7-Brst-alt 50flykick 50req
	Last 25 double pullout-100% effort
700	7 x 100 on 1:30 LN-8 Fr-des in 4's
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	9:34 AM 5,535 Yards - Stress Value = 68

Yards	Set Description	EGY
500	1 on 30:00 DS/Core/Tm Mtg	REC
150	1 x 500 on 10:00 Underwater trn drill	SP3
600	10 x 15 on :45 Shooters	EN2
700	1 x 600 on 12:00 Vertical Kicking	EN2
150	1 x 700 on 10:30 Lungbuster pulls	REC
1,800	6 x 25 on 1:00 Stroke Drills	EN2
	1x{1 x 200 on 3:15 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN2
	{2 x 175 on 2:50 3 strokes fly off wallls	EN2
	{4 x 25 on :45 Fly-Great Effort	EN3
	{3 x 150 on 2:20 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN3
	{4 x 125 on 1:55 3 strokes fly off walls	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	11:00 AM 4,100 Yards - Stress Value = 76	

**Workout #12570 - Tuesday, 01 January 2013**

**Group 2 - Gold**

**1 minute rest between sets**

9:00 AM Start

**Workout #12567 - Tuesday, 01 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 35:00 DS and Weights
210	1 x 600 on 10:00 Choice
700	14 x 15 on :45 LN1-Shooters
600	7 x 100 on 1:30 LN2-Kick w/fins
600	4 x 150 on 2:40 LN3-Pulls odd 50's br toward
500	5 x 100 on 2:00 LN4-Individual Medley
375	3x{5 x 25 on :35 LN5-Butterfly
	{1 on :30 Rest
600	8 x 75 on 1:20 LN6-Back all 3KOW+alt 25's of
600	4 x 150 on 2:40 LN7-Brst-alt 50flykick 50req
	Last 25 double pullout-100% effort
700	7 x 100 on 1:40 LN-8 Fr-des1-4&5-7
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	9:35 AM 5,085 Yards - Stress Value = 63

Yards	Set Description	EGY
500	1 on 30:00 DS/Core/Tm Mtg	REC
150	1 x 500 on 10:00 Underwater trn drill	SP3
600	10 x 15 on :45 Shooters	EN2
600	1 x 600 on 12:00 Vertical Kicking	EN2
150	1 x 600 on 10:30 Lungbuster pulls	REC
1,700	6 x 25 on 1:00 Stroke Drills	EN2
	1x{1 x 200 on 3:30 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN2
	{2 x 175 on 3:00 3 strokes fly off wallls	EN2
	{4 x 25 on :45 Fly-Great Effort	EN3
	{3 x 150 on 2:30 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN3
	{4 x 100 on 1:40 3 strokes fly off walls	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	11:00 AM 3,900 Yards - Stress Value = 72	

**Workout #12568 - Tuesday, 01 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start

**Workout #12571 - Tuesday, 01 January 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
9:00 AM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
450	1 x 450 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
600	1 x 600 on 12:00 Vertical Kicking	EN2
550	1 x 550 on 10:30 Lungbuster pulls	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
1,550	1x{1 x 200 on 3:50 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN2
	{2 x 175 on 3:20 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great Effort	EN3
	{3 x 150 on 2:50 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great effort	EN3
	{3 x 100 on 1:50 3 strokes fly off walls	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
10:59 AM	3,650 Yards - Stress Value = 66	

	1 on 25:00 DS/Abs	
600	1 x 600 on 10:00 Free L.25 of each 100 Non F	
150	10 x 15 on :45 Shooters	
1,850	1x{4 x 25 on :30 Kick no board BSLR 15 KOW	
	{6 x 75 on 1:05 Kick	
	{4 x 25 on :30 Kick no board BSLR 14 KOW	
	{5 x 100 on 1:30 Kick	
	{4 x 25 on :30 Kick no board BSLR 13 KOW	
	{4 x 125 on 1:50 Kick	
	{4 x 25 on :30 Kick no board BSLR 12 KOW	
1,000	1x{1 x 200 on 2:30 Lungbuster pulls	
	{2 x 150 on 1:50 Lungbuster pulls	
	{3 x 100 on 1:15 Lungbuster pulls	
	{4 x 50 on :35 Lungbuster pulls	
	Br 3-5-7-9 continuous	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
8:36 AM	3,800 Yards - Stress Value = 63	

**Workout #12575 - Wednesday, 02 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

**Workout #12572 - Tuesday, 01 January 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
9:00 AM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
600	1 x 600 on 12:00 Vertical Kicking	EN2
500	1 x 500 on 10:30 Lungbuster pulls	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
1,450	1x{1 x 200 on 4:15 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN2
	{2 x 175 on 3:40 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great Effort	EN3
	{3 x 150 on 3:05 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great effort	EN3
	{2 x 100 on 2:00 3 strokes fly off walls	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
11:00 AM	3,450 Yards - Stress Value = 63	

Yards	Set Description	EGY
7:00 AM	Start	
=====	=====	=====
	1 on 25:00 DS/Abs	
600	1 x 600 on 10:00 Free L.25 of each 100 Non F	
150	10 x 15 on :45 Shooters	
1,550	1x{4 x 25 on :35 Kick no board BSLR 15 KOW	
	{6 x 75 on 1:20 Kick	
	{4 x 25 on :35 Kick no board BSLR 14 KOW	
	{5 x 100 on 1:45 Kick	
	{4 x 25 on :35 Kick no board BSLR 13 KOW	
	{4 x 50 on :50 Kick	
	{4 x 25 on :35 Kick no board BSLR 12 KOW	
900	1x{1 x 200 on 2:45 Lungbuster pulls	
	{2 x 150 on 2:05 Lungbuster pulls	
	{3 x 100 on 1:20 Lungbuster pulls	
	{2 x 50 on :40 Lungbuster pulls	
	Br 3-5-7-9 continuous	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
8:36 AM	3,400 Yards - Stress Value = 55	

**Workout #12576 - Wednesday, 02 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

**Workout #12573 - Tuesday, 01 January 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY
9:00 AM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
600	1 x 600 on 12:00 Vertical Kicking	EN2
400	1 x 400 on 10:30 Lungbuster pulls	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
1,200	1x{1 x 200 on 5:00 3 strokes fly off walls	EN2
	{4 x 25 on 1:00 Fly-Great effort	EN2
	{2 x 175 on 4:20 3 strokes fly off walls	EN2
	{4 x 25 on 1:00 Fly-Great Effort	EN3
	{3 x 150 on 3:45 3 strokes fly off walls	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
11:00 AM	3,100 Yards - Stress Value = 54	

Yards	Set Description	EGY
7:00 AM	Start	
=====	=====	=====
	1 on 25:00 DS/Abs	
550	1 x 550 on 10:00 Free L.25 of each 100 Non F	
150	10 x 15 on :45 Shooters	
1,350	1x{4 x 25 on :40 Kick no board BSLR 15 KOW	
	{4 x 75 on 1:30 Kick	
	{4 x 25 on :40 Kick no board BSLR 14 KOW	
	{4 x 100 on 2:00 Kick	
	{4 x 25 on :40 Kick no board BSLR 13 KOW	
	{2 x 125 on 2:30 Kick	
	{4 x 25 on :40 Kick no board BSLR 12 KOW	
800	1x{1 x 200 on 3:10 Lungbuster pulls	
	{2 x 150 on 2:20 Lungbuster pulls	
	{3 x 100 on 1:35 Lungbuster pulls	
	Br 3-5-7-9 continuous	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
8:36 AM	3,050 Yards - Stress Value = 49	

**Workout #12574 - Wednesday, 02 January 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY
7:00 AM	Start	
=====	=====	=====

**Workout #12577 - Wednesday, 02 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 25:00 DS/Abs			
150	1 x 500 on 10:00 Free L.25 of each 100 Non F			
1,250	10 x 15 on :45 Shooters			
	1x{4 x 25 on :40 Kick no board BSLR 15 KOW			
	{4 x 75 on 1:40 Kick			
	{4 x 25 on :40 Kick no board BSLR 14 KOW			
	{3 x 100 on 2:15 Kick			
	{4 x 25 on :40 Kick no board BSLR 13 KOW			
	{2 x 125 on 2:45 Kick			
	{4 x 25 on :40 Kick no board BSLR 12 KOW			
650	1x{1 x 200 on 4:00 Lungbuster pulls			
	{2 x 150 on 2:55 Lungbuster pulls			
	{1 x 100 on 1:55 Lungbuster pulls			
	{1 x 50 on :55 Lungbuster pulls			
	Br 3-5-7-9 continuous			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	8:36 AM 2,750 Yards - Stress Value = 44			

3,000	1x{2 x 200 on 2:55 Freestyle	EN2	S	FR
	{1 x 100 on 1:35 Freestyle	EN3	S	FR
	{2 x 200 on 2:50 Freestyle	EN2	S	FR
	{1 x 100 on 1:35 Freestyle	EN3	S	FR
	{2 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 100 on 1:35 Freestyle	EN3	S	FR
	{2 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 100 on 1:35 Freestyle	EN3	S	FR
	{2 x 200 on 2:35 Freestyle	EN2	S	FR
	{1 x 100 on 1:35 Freestyle	EN3	S	FR
	{2 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 100 on 1:35 Freestyle	EN3	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	9:34 AM 3,250 Yards - Stress Value = 84			

**Workout #12581 - Wednesday, 02 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

8:37 AM Start

Yards	Set Description	EGY	WORK	STK
2,700	1x{2 x 200 on 3:15 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 3:10 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 3:05 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 3:00 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:55 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{1 x 200 on 2:50 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	9:34 AM 2,950 Yards - Stress Value = 74			

2,700	1x{2 x 200 on 3:15 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 3:10 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 3:05 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 3:00 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:55 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{1 x 200 on 2:50 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	9:34 AM 2,950 Yards - Stress Value = 74			

**Workout #12578 - Tuesday, 01 January 2013**

**HighSchl - All**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 23:00 DS/Core			
150	1 x 600 on 10:00 Underwater trn drill	REC	D	
750	10 x 15 on :45 Shooters	SP3	S	
100	1 x 100 on 5:00 Individual Medley	SP2	S	
500	1 x 750 on 15:00 Social Kick	REC	K	
200	1 x 500 on 45:00 IM Relay Game	EN2	S	
	1 x 200 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	5:05 PM 2,300 Yards - Stress Value = 26			

2,700	1x{2 x 200 on 3:15 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 3:10 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 3:05 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 3:00 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:55 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{1 x 200 on 2:50 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	9:34 AM 2,950 Yards - Stress Value = 74			

**Workout #12582 - Wednesday, 02 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

8:37 AM Start

Yards	Set Description	EGY	WORK	STK
3,400	1x{2 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 100 on 1:25 Freestyle	EN3	S	FR
	{2 x 200 on 2:35 Freestyle	EN2	S	FR
	{1 x 100 on 1:25 Freestyle	EN3	S	FR
	{2 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 100 on 1:25 Freestyle	EN3	S	FR
	{2 x 200 on 2:25 Freestyle	EN2	S	FR
	{1 x 100 on 1:25 Freestyle	EN3	S	FR
	{2 x 200 on 2:20 Freestyle	EN2	S	FR
	{1 x 100 on 1:25 Freestyle	EN3	S	FR
	{2 x 200 on 2:15 Freestyle	EN2	S	FR
	{1 x 100 on 1:25 Freestyle	EN3	S	FR
	{2 x 200 on 2:10 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	9:35 AM 3,650 Yards - Stress Value = 92			

2,300	1x{2 x 200 on 3:50 Freestyle	EN2	S	FR
	{1 x 100 on 1:55 Freestyle	EN3	S	FR
	{2 x 200 on 3:45 Freestyle	EN2	S	FR
	{1 x 100 on 1:55 Freestyle	EN3	S	FR
	{2 x 200 on 3:40 Freestyle	EN2	S	FR
	{1 x 100 on 1:55 Freestyle	EN3	S	FR
	{2 x 200 on 3:35 Freestyle	EN2	S	FR
	{1 x 100 on 1:55 Freestyle	EN3	S	FR
	{1 x 200 on 3:30 Freestyle	EN2	S	FR
	{1 x 100 on 1:55 Freestyle	EN3	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	9:35 AM 2,550 Yards - Stress Value = 66			

**Workout #12580 - Wednesday, 02 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

8:37 AM Start

Yards	Set Description	EGY	WORK	STK

**Workout #12583 - Wednesday, 02 January 2013**

9:35 AM 2,300 Yards - Stress Value = 41

**HighSchl - IM'ers**

**1 minute rest between sets**

Yards	Set Description	F
8:37 AM	Start	
2,800	1x{1 x 100 on 1:30 Individual Medley	F
	{6 x 75 on 1:10 Fly-25L 25R 25 B	F
	{2 x 100 on 1:25 Individual Medley	F
	{6 x 75 on 1:10 Back 25L 25R 25B	F
	{3 x 100 on 1:20 Individual Medley	F
	{6 x 75 on 1:15 Brst 25FlK 25FrK 25Rk	F
	{4 x 100 on 1:15 Individual Medley	F
250	{6 x 75 on 1:05 Fr 25sclsdfst25catchup25reg	F
	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	
9:34 AM	3,050 Yards - Stress Value = 56	

**Workout #12584 - Wednesday, 02 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	F
8:37 AM	Start	
2,650	1x{1 x 100 on 1:40 Individual Medley	F
	{6 x 75 on 1:15 Fly-25L 25R 25 B	F
	{2 x 100 on 1:35 Individual Medley	F
	{6 x 75 on 1:15 Back 25L 25R 25B	F
	{3 x 100 on 1:30 Individual Medley	F
	{5 x 75 on 1:20 Brst 25FlK 25FrK 25Rk	F
	{4 x 100 on 1:25 Individual Medley	F
250	{5 x 75 on 1:10 Fr 25sclsdfst25catchup25reg	F
	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	
9:35 AM	2,900 Yards - Stress Value = 54	

**Workout #12585 - Wednesday, 02 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	F
8:37 AM	Start	
2,350	1x{1 x 100 on 1:55 Individual Medley	F
	{5 x 75 on 1:25 Fly-25L 25R 25 B	F
	{2 x 100 on 1:50 Individual Medley	F
	{5 x 75 on 1:25 Back 25L 25R 25B	F
	{3 x 100 on 1:45 Individual Medley	F
	{4 x 75 on 1:30 Brst 25FlK 25FrK 25Rk	F
	{4 x 100 on 1:40 Individual Medley	F
250	{4 x 75 on 1:20 Fr 25sclsdfst25catchup25reg	F
	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	
9:35 AM	2,600 Yards - Stress Value = 48	

**Workout #12586 - Wednesday, 02 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	F
8:37 AM	Start	
2,050	1x{1 x 100 on 2:10 Individual Medley	F
	{4 x 75 on 1:35 Fly-25L 25R 25 B	F
	{2 x 100 on 2:05 Individual Medley	F
	{4 x 75 on 1:35 Back 25L 25R 25B	F
	{3 x 100 on 2:00 Individual Medley	F
	{4 x 75 on 1:40 Brst 25FlK 25FrK 25Rk	F
	{4 x 100 on 1:55 Individual Medley	F
250	{2 x 75 on 1:25 Fr 25sclsdfst25catchup25reg	F
	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	

**Workout #12587 - Wednesday, 02 January 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
9:00 AM	Start			
500	1 on 30:00 DS/Abs/Tm Mtg		L	DF
150	1 x 500 on 10:00 Choice	REC	S	CF
1,250	1x{10 x 15 on :45 Shooters	SP3	S	F
	{1 x 150 on 2:50 Kick	EN2	K	F
	{2 x 125 on 2:20 Kick	EN2	K	F
	{3 x 100 on 1:50 Kick	EN2	K	F
	{4 x 75 on 1:20 Kick	EN2	K	F
	{5 x 50 on :50 Kick	EN2	K	F
150	6 x 25 on :45 Stroke Drills	REC	D	C
1,500	1x{1 x 200 on 3:10 Breaststroke	EN1	S	F
	{2 x 25 on :30 Breast 2X pullouts	EN1	S	F
	{2 x 150 on 2:20 Breaststroke	EN1	S	F
	{4 x 25 on :30 Breast 2X pullouts	EN1	S	F
	{3 x 100 on 1:35 Breaststroke	EN1	S	F
	{6 x 25 on :30 Breast 2X pullouts	EN1	S	F
	{4 x 50 on :50 Breaststroke	EN1	S	F
200	{8 x 25 on :30 Breast 2X pullouts	EN1	S	F
	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Game		S	
11:00 AM	3,750 Yards - Stress Value = 46			

**Workout #12588 - Wednesday, 02 January 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
9:00 AM	Start			
500	1 on 30:00 DS/Abs/Tm Mtg		L	DF
150	1 x 500 on 10:00 Choice	REC	S	CF
1,100	1x{10 x 15 on :45 Shooters	SP3	S	F
	{1 x 150 on 3:05 Kick	EN2	K	F
	{2 x 125 on 2:35 Kick	EN2	K	F
	{3 x 100 on 2:05 Kick	EN2	K	F
	{4 x 75 on 1:35 Kick	EN2	K	F
	{2 x 50 on 1:00 Kick	EN2	K	F
150	6 x 25 on :45 Stroke Drills	REC	D	C
1,350	1x{1 x 200 on 3:25 Breaststroke	EN1	S	F
	{2 x 25 on :35 Breast 2X pullouts	EN1	S	F
	{2 x 150 on 2:35 Breaststroke	EN1	S	F
	{4 x 25 on :35 Breast 2X pullouts	EN1	S	F
	{3 x 100 on 1:40 Breaststroke	EN1	S	F
	{6 x 25 on :35 Breast 2X pullouts	EN1	S	F
	{4 x 50 on :55 Breaststroke	EN1	S	F
	{2 x 25 on :35 Breast 2X pullouts	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Game		S	
11:00 AM	3,450 Yards - Stress Value = 41			

**Workout #12589 - Wednesday, 02 January 2013**

**Group 2 - Silver**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		L	DF
450	1 x 450 on 10:00 Choice	REC	S	CF
150	10 x 15 on :45 Shooters	SP3	S	F
1,050	1x{1 x 150 on 3:15 Kick	EN2	K	F
	{2 x 125 on 2:45 Kick	EN2	K	F
	{3 x 100 on 2:10 Kick	EN2	K	F
	{4 x 75 on 1:40 Kick	EN2	K	F
	{1 x 50 on 1:05 Kick	EN2	K	F
150	6 x 25 on :45 Stroke Drills	REC	D	C
1,250	1x{1 x 200 on 3:40 Breaststroke	EN1	S	F
	{2 x 25 on :40 Breast 2X pullouts	EN1	S	F
	{2 x 150 on 2:45 Breaststroke	EN1	S	F
	{4 x 25 on :40 Breast 2X pullouts	EN1	S	F
	{3 x 100 on 1:50 Breaststroke	EN1	S	F
	{6 x 25 on :40 Breast 2X pullouts	EN1	S	F
	{3 x 50 on 1:00 Breaststroke	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Game		S	
	11:00 AM 3,250 Yards - Stress Value = 40			

**Workout #12590 - Wednesday, 02 January 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		L	DF
400	1 x 400 on 10:00 Choice	REC	S	CF
150	10 x 15 on :45 Shooters	SP3	S	F
950	1x{1 x 150 on 3:35 Kick	EN2	K	F
	{2 x 125 on 3:00 Kick	EN2	K	F
	{3 x 100 on 2:20 Kick	EN2	K	F
	{2 x 75 on 1:45 Kick	EN2	K	F
	{2 x 50 on 1:10 Kick	EN2	K	CF
150	6 x 25 on :45 Stroke Drills	REC	D	C
1,100	1x{1 x 200 on 4:10 Breaststroke	EN1	S	F
	{2 x 25 on :45 Breast 2X pullouts	EN1	S	F
	{2 x 150 on 3:05 Breaststroke	EN1	S	F
	{4 x 25 on :45 Breast 2X pullouts	EN1	S	F
	{3 x 100 on 2:05 Breaststroke	EN1	S	F
	{6 x 25 on :45 Breast 2X pullouts	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Game		S	
	11:00 AM 2,950 Yards - Stress Value = 36			

**Workout #12591 - Wednesday, 02 January 2013**

**Group 2 - Copper**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		L	DF
400	1 x 400 on 10:00 Choice	REC	S	CF
150	10 x 15 on :45 Shooters	SP3	S	F
800	1x{1 x 150 on 4:15 Kick	EN2	K	F
	{2 x 125 on 3:30 Kick	EN2	K	F
	{3 x 100 on 2:50 Kick	EN2	K	F
	{2 x 50 on 1:25 Kick	EN2	K	CF
150	6 x 25 on :45 Stroke Drills	REC	D	C
1,000	1x{1 x 200 on 5:00 Breaststroke	EN1	S	F
	{2 x 25 on :45 Breast 2X pullouts	EN1	S	F
	{2 x 150 on 3:45 Breaststroke	EN1	S	F
	{4 x 25 on :45 Breast 2X pullouts	EN1	S	F
	{3 x 100 on 2:30 Breaststroke	EN1	S	F
	{2 x 25 on :45 Breast 2X pullouts	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C

1 on 10:00 Game S  
11:00 AM 2,700 Yards - Stress Value = 31

**Workout #12592 - Wednesday, 02 January 2013**

**HighSchl - Freestylers**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Circuit
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,000	1 x 1000 on 13:00 Lungbuster pulls
	Odd 100's br 3-5-7-9 by the 25
	Even 100's br 2-4-6-8 by the 25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 250 on 3:15 Freestyle
	{5 x 50 on :45 Freestyle-descend
	{1 x 250 on 3:10 Freestyle
	{5 x 50 on :45 Freestyle-descend
	{1 x 250 on 3:05 Freestyle
	{5 x 50 on :45 Freestyle-descend
	{1 x 250 on 3:00 Freestyle
	{5 x 50 on :45 Freestyle-descend
250	5 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	5:05 PM 4,200 Yards - Stress Value = 68

**Workout #12593 - Wednesday, 02 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Circuit
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
900	1 x 900 on 13:00 Lungbuster pulls
	Odd 100's br 3-5-7-9 by the 25
	Even 100's br 2-4-6-8 by the 25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{1 x 250 on 3:45 Freestyle
	{5 x 50 on :50 Freestyle-descend
	{1 x 250 on 3:40 Freestyle
	{5 x 50 on :50 Freestyle-descend
	{1 x 250 on 3:35 Freestyle
	{5 x 50 on :50 Freestyle-descend
	{1 x 250 on 3:30 Freestyle
	{1 x 50 on :50 Freestyle-fast
250	5 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	5:05 PM 3,900 Yards - Stress Value = 62

**Workout #12594 - Wednesday, 02 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Circuit
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
800	1 x 800 on 13:00 Lungbuster pulls Odd 100's br 3-5-7-9 by the 25 Even 100's br 2-4-6-8 by the 25
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 250 on 4:10 Freestyle {5 x 50 on :55 Freestyle-descend {1 x 250 on 4:05 Freestyle {5 x 50 on :55 Freestyle-descend {1 x 250 on 4:00 Freestyle {5 x 50 on :55 Freestyle-descend {1 x 100 on 1:35 Freestyle-fast
250	5 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
	5:05 PM 3,550 Yards - Stress Value = 56

**Workout #12595 - Wednesday, 02 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Circuit
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
700	1 x 700 on 13:00 Lungbuster pulls Odd 100's br 3-5-7-9 by the 25 Even 100's br 2-4-6-8 by the 25
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{1 x 250 on 4:45 Freestyle {5 x 50 on 1:00 Freestyle-descend {1 x 250 on 4:40 Freestyle {5 x 50 on 1:00 Freestyle-descend {1 x 250 on 4:35 Freestyle {4 x 50 on 1:00 Freestyle-descend
250	5 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
	5:05 PM 3,250 Yards - Stress Value = 51

**Workout #12596 - Thursday, 03 January 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200	1x{1 x 150 on 2:15 Kick your #1 {2 x 50 on :55 Kick your #2 {2 x 50 on 1:00 Kick your #3 {1 x 150 on 2:10 Kick your #1 {2 x 50 on :55 Kick you #2 {2 x 50 on 1:00 Kick your #3 {1 x 150 on 2:05 Kick your #1 {2 x 50 on :55 Kick your #2 {2 x 50 on 1:00 Kick your #3 {1 x 150 on 2:00 Kick your#1
1,050	1x{3 x 50 on :40 Pulls {3 x 75 on 1:00 Pulls {3 x 100 on 1:15 Pulls

{3 x 125 on 1:35 Pulls

Alt breakouts, shldrs,hips,kns,ft

200 4x{1 x 25 on :50 Sculling drills

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

8:27 AM 3,200 Yards - Stress Value = 43

**Workout #12597 - Thursday, 03 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,000	1x{1 x 150 on 2:40 Kick your #1 {2 x 50 on 1:05 Kick your #2 {1 x 50 on 1:10 Kick your #3 {1 x 150 on 2:35 Kick your #1 {1 x 50 on 1:05 Kick you #2 {2 x 50 on 1:10 Kick your #3 {1 x 150 on 2:30 Kick your #1 {1 x 50 on 1:05 Kick your #2 {1 x 50 on 1:10 Kick your #3 {1 x 150 on 2:25 Kick your#1
900	1x{3 x 50 on :45 Pulls {3 x 75 on 1:10 Pulls {3 x 100 on 1:25 Pulls {3 x 75 on 1:05 Pulls Alt breakouts, shldrs,hips,kns,ft
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:27 AM 2,850 Yards - Stress Value = 37

**Workout #12598 - Thursday, 03 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Shoulders
550	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
900	1x{1 x 150 on 3:15 Kick your #1 {1 x 50 on 1:10 Kick your #2 {1 x 50 on 1:15 Kick your #3 {1 x 150 on 3:10 Kick your #1 {1 x 50 on 1:10 Kick you #2 {1 x 50 on 1:15 Kick your #3 {1 x 150 on 3:05 Kick your #1 {2 x 50 on 1:10 Kick your #2 {1 x 50 on 1:15 Kick your #3 {1 x 100 on 2:00 Kick your#1
800	1x{3 x 50 on :50 Pulls {3 x 75 on 1:15 Pulls {3 x 100 on 1:40 Pulls {1 x 125 on 2:05 Pulls Alt breakouts, shldrs,hips,kns,ft
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:27 AM 2,600 Yards - Stress Value = 34

**Workout #12599 - Thursday, 03 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
7:00 AM Start				
500	1 on 25:00 DS/Shoulders			
500	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters			
800	1x{1 x 125 on 3:00 Kick your #1 {1 x 50 on 1:15 Kick your #2 {1 x 50 on 1:20 Kick your #3 {1 x 125 on 2:55 Kick your #1 {1 x 50 on 1:15 Kick you #2 {1 x 50 on 1:20 Kick your #3 {1 x 125 on 2:50 Kick your #1 {1 x 50 on 1:15 Kick your #2 {1 x 50 on 1:20 Kick your #3 {1 x 125 on 2:45 Kick your#1			
750	1x{3 x 50 on :55 Pulls {3 x 75 on 1:25 Pulls {3 x 100 on 1:55 Pulls {1 x 75 on 1:10 Pulls Alt breakouts, shldr, hips, kns, ft			
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	8:27 AM 2,400 Yards - Stress Value = 30			

**Workout #12600 - Thursday, 03 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
8:28 AM Start				
4,000	1x{4 x 125 on 1:20 Freestyle {1 x 500 on 5:45 Freestyle {4 x 125 on 1:30 Freestyle {1 x 500 on 5:40 Freestyle {4 x 125 on 1:30 Freestyle {1 x 500 on 5:35 Freestyle {4 x 125 on 1:30 Freestyle {1 x 500 on 5:30 Freestyle 125's hold:1st set 123, 2nd set 122, 3rd set 121 & 4th set 120	EN2	S	FR
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
	9:35 AM 4,500 Yards - Stress Value = 80			

**Workout #12601 - Thursday, 03 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
8:28 AM Start				
3,400	1x{4 x 125 on 1:45 Freestyle {1 x 500 on 6:45 Freestyle {4 x 125 on 1:45 Freestyle {1 x 500 on 6:40 Freestyle {4 x 125 on 1:45 Freestyle {1 x 400 on 5:15 Freestyle {4 x 125 on 1:45 Freestyle 125's hold:1st set 138, 2nd set 137, 3rd set 136, & 4th set 135	EN2	S	FR
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
	9:36 AM 3,900 Yards - Stress Value = 68			

**Workout #12602 - Thursday, 03 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
8:28 AM Start				
2,800	1x{4 x 100 on 1:40 Freestyle {1 x 400 on 6:20 Freestyle {4 x 100 on 1:40 Freestyle {1 x 400 on 6:15 Freestyle {4 x 100 on 1:40 Freestyle {1 x 400 on 6:10 Freestyle {4 x 100 on 1:40 Freestyle 100's hold:1st set 125, 2nd set 124, 3rd set 123, & 4th set 122	EN2	S	FR
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
	9:35 AM 3,300 Yards - Stress Value = 56			

**Workout #12603 - Thursday, 03 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
8:28 AM Start				
2,400	1x{4 x 100 on 1:55 Freestyle {1 x 400 on 7:15 Freestyle {4 x 100 on 1:55 Freestyle {1 x 400 on 7:10 Freestyle {4 x 100 on 1:55 Freestyle {1 x 400 on 7:05 Freestyle 100's hold:1st set 147, 2nd set 146, and 3rd set 145	EN2	S	FR
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
	9:34 AM 2,900 Yards - Stress Value = 40			

**Workout #12604 - Thursday, 03 January 2013**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
8:28 AM Start				
3,125	1x{1 x 125 on 1:50 Backstroke {5 x 50 on :40 Backstroke AFAP {2 x 125 on 1:45 Backstroke {5 x 50 on :45 Backstroke AFAP {3 x 125 on 1:40 Backstroke {5 x 50 on :50 Backstroke AFAP {4 x 125 on 1:35 Backstroke {5 x 50 on :55 Backstroke AFAP {5 x 125 on 1:30 Backstroke {5 x 50 on 1:00 Backstroke AFAP	EN1	S	BK
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
	9:34 AM 3,625 Yards - Stress Value = 104			

**Workout #12605 - Thursday, 03 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

8:28 AM Start

Yards	Set Description	EGY	WORK	STK
2,825	1x{1 x 125 on 2:05 Backstroke	EN1	S	BK
	{5 x 50 on :45 Backstroke AFAP	EN2	S	BK
	{2 x 125 on 2:00 Backstroke	EN1	S	BK
	{5 x 50 on :55 Backstroke AFAP	EN3	S	BK
	{3 x 125 on 1:55 Backstroke	EN1	S	BK
	{5 x 50 on 1:00 Backstroke AFAP	EN3	S	BK
	{4 x 125 on 1:50 Backstroke	EN2	S	BK
	{4 x 50 on 1:05 Backstroke AFAP	EN3	S	BK
	{5 x 125 on 1:45 Backstroke	EN2	S	BK
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
9:35 AM 3,325 Yards - Stress Value = 76				

**Workout #12606 - Thursday, 03 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

8:28 AM Start

Yards	Set Description	EGY	WORK	STK
2,425	1x{1 x 125 on 2:30 Backstroke	EN1	S	BK
	{3 x 50 on :55 Backstroke AFAP	EN2	S	BK
	{2 x 125 on 2:25 Backstroke	EN1	S	BK
	{3 x 50 on 1:00 Backstroke AFAP	EN3	S	BK
	{3 x 125 on 2:20 Backstroke	EN1	S	BK
	{3 x 50 on 1:10 Backstroke AFAP	EN3	S	BK
	{4 x 125 on 2:15 Backstroke	EN2	S	BK
	{2 x 50 on 1:15 Backstroke AFAP	EN3	S	BK
	{5 x 125 on 2:10 Backstroke	EN2	S	BK
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
9:35 AM 2,925 Yards - Stress Value = 56				

**Workout #12607 - Thursday, 03 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

8:28 AM Start

Yards	Set Description	EGY	WORK	STK
2,100	1x{1 x 125 on 2:50 Backstroke	EN1	S	BK
	{3 x 50 on 1:10 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 2:45 Backstroke	EN1	S	BK
	{3 x 50 on 1:10 Backstroke AFAP	EN3	S	BK
	{3 x 125 on 2:35 Backstroke	EN1	S	BK
	{3 x 50 on 1:10 Backstroke AFAP	EN3	S	BK
	{4 x 125 on 2:30 Backstroke	EN2	S	BK
	{3 x 50 on 1:10 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 2:25 Backstroke	EN2	S	BK
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
9:34 AM 2,600 Yards - Stress Value = 58				

**Workout #12608 - Thursday, 03 January 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description
500	1 on 30:00 DS/Shoulders/Tm Mtg
	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
150	6 x 25 on :45 Perfect Freestyle
750	1x{1 x 250 on 10:00 Stroke Drills
	{1 x 250 on 10:00 Stroke Drills

150	{1 x 250 on 10:00 Stroke Drills
	6 x 25 on :45 Perfect Freestyle
	1 on 6:00 Techniques-finishes
300	6 x 50 on 1:00 Descend in 3's-Perfect finish
	1 on 10:00 Techniques-Starts
200	1 x 200 on 4:00 Stroke Drills
11:00 AM 2,200 Yards - Stress Value = 12	

**Workout #12609 - Thursday, 03 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
600	1 on 20:00 DS/Shoulders
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
	Your primary stroke(s)
1,300	1x{1 x 100 on 1:45 Kick
	{1 x 25 on :45 Tombstone Kicking
	{8 x 15 on :45 Underwater Fly Kick
	{1 x 100 on 1:45 Kick
	{4 x 25 on :45 Tombstone Kicking
	{6 x 15 on :40 Underwater Fly Kick
	{1 x 100 on 1:45 Kick
	{6 x 25 on :45 Tombstone Kicking
	{4 x 15 on :35 Underwater Fly Kick
	{1 x 100 on 1:45 Kick
	{8 x 25 on :45 Tombstone Kicking
	{2 x 15 on :30 Underwater Fly Kicking
	{1 x 100 on 1:45 Kick
	{1 x 25 on :45 Tomstone Kicking
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{3 x 225 on 2:50 Free-descend
	{3 x 200 on 2:30 Free-descend
	{3 x 175 on 2:10 Free-descend
	{3 x 150 on 1:50 Free-descend
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
5:05 PM 4,600 Yards - Stress Value = 76	

**Workout #12610 - Thursday, 03 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 20:00 DS/Shoulders  
 1 x 600 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 Your primary stroke(s)  
 1,250 1x{1 x 100 on 2:00 Kick  
 {1 x 25 on :45 Tombstone Kicking  
 {8 x 15 on :45 Underwater Fly Kick  
 {1 x 100 on 2:00 Kick  
 {4 x 25 on :45 Tombstone Kicking  
 {6 x 15 on :40 Underwater Fly Kick  
 {1 x 100 on 2:00 Kick  
 {6 x 25 on :45 Tombstone Kicking  
 {4 x 15 on :35 Underwater Fly Kick  
 {1 x 100 on 2:00 Kick  
 {8 x 25 on :45 Tombstone Kicking  
 {2 x 15 on :30 Underwater Fly Kicking  
 {1 x 50 on 1:00 Kick  
 {1 x 25 on :45 Tomstone Kicking  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{3 x 225 on 3:15 Free-descend  
 {3 x 200 on 2:50 Free-descend  
 {3 x 175 on 2:25 Free-descend  
 {2 x 100 on 1:25 Free-descend  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 5:06 PM 4,300 Yards - Stress Value = 70

3:00 PM Start  
 Yards Set Description  
 =====  
 500 1 on 20:00 DS/Shoulders  
 1 x 500 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 Your primary stroke(s)  
 1,200 1x{1 x 100 on 2:20 Kick  
 {1 x 25 on :45 Tombstone Kicking  
 {8 x 15 on :45 Underwater Fly Kick  
 {1 x 100 on 2:20 Kick  
 {4 x 25 on :45 Tombstone Kicking  
 {6 x 15 on :40 Underwater Fly Kick  
 {1 x 100 on 2:20 Kick  
 {6 x 25 on :45 Tombstone Kicking  
 {4 x 15 on :35 Underwater Fly Kick  
 {1 x 50 on 1:10 Kick  
 {8 x 25 on :45 Tombstone Kicking  
 {2 x 15 on :30 Underwater Fly Kicking  
 {1 x 50 on 1:10 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,575 1x{3 x 225 on 4:00 Free-descend  
 {3 x 200 on 3:30 Free-descend  
 {3 x 100 on 1:45 Free-descend  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:06 PM 3,775 Yards - Stress Value = 61

**Workout #12613 - Thursday, 03 January 2013**

**HighSchl - Breast**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 550 1 on 20:00 DS/Shoulders  
 1 x 550 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 Your primary stroke(s)  
 1,250 1x{1 x 100 on 2:10 Kick  
 {1 x 25 on :45 Tombstone Kicking  
 {8 x 15 on :45 Underwater Fly Kick  
 {1 x 100 on 2:10 Kick  
 {4 x 25 on :45 Tombstone Kicking  
 {6 x 15 on :40 Underwater Fly Kick  
 {1 x 100 on 2:10 Kick  
 {6 x 25 on :45 Tombstone Kicking  
 {4 x 15 on :35 Underwater Fly Kick  
 {1 x 100 on 2:10 Kick  
 {6 x 25 on :45 Tombstone Kicking  
 {4 x 15 on :35 Underwater Fly Kick  
 {1 x 100 on 2:10 Kick  
 {8 x 25 on :45 Tombstone Kicking  
 {2 x 15 on :30 Underwater Fly Kicking  
 {1 x 50 on 1:00 Kick  
 {1 x 25 on :45 Tomstone Kicking  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{3 x 225 on 3:35 Free-descend  
 {3 x 200 on 3:10 Free-descend  
 {3 x 175 on 2:45 Free-descend  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 5:06 PM 4,050 Yards - Stress Value = 66

3:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 20:00 DS/Shoulders  
 1 x 600 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 Your primary stroke(s)  
 1,300 1x{1 x 100 on 1:45 Kick  
 {1 x 25 on :45 Tombstone Kicking  
 {8 x 15 on :45 Underwater Fly Kick  
 {1 x 100 on 1:45 Kick  
 {4 x 25 on :45 Tombstone Kicking  
 {6 x 15 on :40 Underwater Fly Kick  
 {1 x 100 on 1:45 Kick  
 {6 x 25 on :45 Tombstone Kicking  
 {4 x 15 on :35 Underwater Fly Kick  
 {1 x 100 on 1:45 Kick  
 {8 x 25 on :45 Tombstone Kicking  
 {2 x 15 on :30 Underwater Fly Kicking  
 {1 x 100 on 1:45 Kick  
 {1 x 25 on :45 Tomstone Kicking  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{ Descend each set of 3  
 {3 x 200 on 3:10 Breast 2/3/4 PO/LW  
 {3 x 175 on 2:45 Breast 2/3/4 PO/LW  
 {3 x 150 on 2:20 Breast 2/3/4 PO/LW  
 {3 x 75 on 1:10 Breast 2/3/4 PO/LW  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 5:06 PM 4,150 Yards - Stress Value = 66

**Workout #12612 - Thursday, 03 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

**Workout #12614 - Thursday, 03 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
3:00 PM Start	
600	1 on 20:00 DS/Shoulders 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters Your primary stroke(s)
1,250	1x{1 x 100 on 2:00 Kick {1 x 25 on :45 Tombstone Kicking {8 x 15 on :45 Underwater Fly Kick {1 x 100 on 2:00 Kick {4 x 25 on :45 Tombstone Kicking {6 x 15 on :40 Underwater Fly Kick {1 x 100 on 2:00 Kick {6 x 25 on :45 Tombstone Kicking {4 x 15 on :35 Underwater Fly Kick {1 x 100 on 2:00 Kick {8 x 25 on :45 Tombstone Kicking {2 x 15 on :30 Underwater Fly Kicking {1 x 50 on 1:00 Kick {1 x 25 on :45 Tomstone Kicking
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	1x{ Descend each set of 3 {3 x 200 on 3:25 Breast 2/3/4 PO/LW {3 x 175 on 3:00 Breast 2/3/4 PO/LW {3 x 150 on 2:35 Breast 2/3/4 PO/LW {3 x 25 on :30 Breast 2/3/4 PO/LW
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
5:06 PM	3,950 Yards - Stress Value = 63

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:00 PM Start	
500	1 on 20:00 DS/Shoulders 1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters Your primary stroke(s)
1,200	1x{1 x 100 on 2:20 Kick {1 x 25 on :45 Tombstone Kicking {8 x 15 on :45 Underwater Fly Kick {1 x 100 on 2:20 Kick {4 x 25 on :45 Tombstone Kicking {6 x 15 on :40 Underwater Fly Kick {1 x 100 on 2:20 Kick {6 x 25 on :45 Tombstone Kicking {4 x 15 on :35 Underwater Fly Kick {1 x 50 on 1:10 Kick {8 x 25 on :45 Tombstone Kicking {2 x 15 on :30 Underwater Fly Kicking {1 x 50 on 1:10 Kick {1 x 25 on :45 Tomstone Kicking
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{ Descend each set of 3 {3 x 175 on 3:35 Breast 2/3/4 PO/LW {3 x 150 on 3:05 Breast 2/3/4 PO/LW {3 x 125 on 2:35 Breast 2/3/4 PO/LW {1 x 50 on 1:05 Breast 4 PO/LW
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
5:06 PM	3,550 Yards - Stress Value = 57

**Workout #12615 - Thursday, 03 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
3:00 PM Start	
550	1 on 20:00 DS/Shoulders 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters Your primary stroke(s)
1,250	1x{1 x 100 on 2:10 Kick {1 x 25 on :45 Tombstone Kicking {8 x 15 on :45 Underwater Fly Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Tombstone Kicking {6 x 15 on :40 Underwater Fly Kick {1 x 100 on 2:10 Kick {6 x 25 on :45 Tombstone Kicking {4 x 15 on :35 Underwater Fly Kick {1 x 100 on 2:10 Kick {8 x 25 on :45 Tombstone Kicking {2 x 15 on :30 Underwater Fly Kicking {1 x 50 on 1:00 Kick {1 x 25 on :45 Tomstone Kicking
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{ Descend each set of 3 {3 x 175 on 3:15 Breast 2/3/4 PO/LW {3 x 150 on 2:50 Breast 2/3/4 PO/LW {3 x 125 on 2:20 Breast 2/3/4 PO/LW {3 x 50 on :55 Breast 2/3/4 PO/LW
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
5:05 PM	3,750 Yards - Stress Value = 60

**Workout #12617 - Friday, 04 January 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description
7:00 AM Start	
600	1 on 30:00 DS/Ted's Abs 1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,600	1x{1 x 25 on :45 Kick on left side face down {1 x 25 on :45 Kick on right side face down {1 x 25 on :45 Kick on left side face up {1 x 25 on :45 Kick on right side face up {3 x 100 on 2:00 Kick-all under 1:30 {1 x 25 on :45 Kick on left side face down {1 x 25 on :45 Kick on right side face down {1 x 25 on :45 Kick on left side face up {1 x 25 on :45 Kick on right side face up {3 x 100 on 1:55 Kick-all under 1:30 {1 x 25 on :45 Kick on left side face down {1 x 25 on :45 Kick on right side face down {1 x 25 on :45 Kick on left side face up {1 x 25 on :45 Kick on right side face up {3 x 100 on 1:50 Kick-all under 1:30 {1 x 25 on :45 Kick on left side face down {1 x 25 on :45 Kick on right side face down {1 x 25 on :45 Kick on left side face up {1 x 25 on :45 Kick on right side face up {3 x 100 on 1:45 Kick-all under 1:30
1,000	20 x 50 on :40 Pulls-nbbf&w 1-5+2, 6-10+3, 11-15+4, 16-20+5
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:47 AM	3,550 Yards - Stress Value = 42

**Workout #12616 - Thursday, 03 January 2013**

**Workout #12618 - Friday, 04 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Ted's Abs  
 150 1 x 600 on 10:00 Reverse IM drill  
 1,600 10 x 15 on :45 Shooters  
 1x{1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 2:00 Kick-all under 1:45  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 1:55 Kick-all under 1:45  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 1:50 Kick-all under 1:45  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 1:45 Kick-AFAP  
 900 18 x 50 on :45 Pulls-nbbf&w  
 1-5+2, 6-10+3, 11-15+4, 16-18+5  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:47 AM 3,450 Yards - Stress Value = 41

7:00 AM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/Ted's Abs  
 150 1 x 500 on 10:00 Reverse IM drill  
 1,350 10 x 15 on :45 Shooters  
 1x{1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 2:30 Kick-all under 2:10  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 2:25 Kick-all under 2:10  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 2:20 Kick-all under 2:10  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {1 x 50 on 1:10 Kick-AFAP  
 750 15 x 50 on :55 Pulls-nbbf&w  
 1-5+2, 6-10+3, 11-15+4  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:47 AM 2,950 Yards - Stress Value = 35

**Workout #12621 - Friday, 04 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

**Workout #12619 - Friday, 04 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 DS/Ted's Abs  
 150 1 x 550 on 10:00 Reverse IM drill  
 1,450 10 x 15 on :45 Shooters  
 1x{1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 2:15 Kick-all under 2:00  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 2:10 Kick-all under 2:00  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 100 on 2:05 Kick-all under 2:00  
 {1 x 25 on :45 Kick on left side face down  
 {1 x 25 on :45 Kick on right side face down  
 {1 x 25 on :45 Kick on left side face up  
 {1 x 25 on :45 Kick on right side face up  
 {3 x 50 on 1:00 Kick-AFAP  
 800 16 x 50 on :50 Pulls-nbbf&w  
 1-5+2, 6-10+3, 11-15+4, 16+5  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:47 AM 3,150 Yards - Stress Value = 37

8:48 AM Start  
 Yards Set Description EGY WORK STK PAC  
 =====  
 1,000 5 x 200 on 5:00 Freestyle SP1 S FR 2:3  
 500 10 x 50 on 1:00 Stroke Drills REC D CD 2:0  
 1 on 10:00 Ice M  
 9:34 AM 1,500 Yards - Stress Value = 80

**Workout #12622 - Friday, 04 January 2013**

**HighSchl - IM'ers**

**1 minute rest between sets**

8:48 AM Start  
 Yards Set Description EGY WORK STK PAC  
 =====  
 1,000 5 x 200 on 5:00 IM or your #1 SP1 S STK 2:3  
 500 10 x 50 on 1:00 Stroke Drills REC D CD 2:0  
 1 on 10:00 Ice M  
 9:34 AM 1,500 Yards - Stress Value = 80

**Workout #12620 - Friday, 04 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

**Workout #12623 - Saturday, 05 January 2013**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS and Weights  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Your primary stroke or free  
 1,600 2x{1 x 100 on 1:30 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:25 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:20 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:15 Kick  
 {1 x 100 on 1:50 Kick  
 750 1 x 750 on 9:00 Pulls w/paddles  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,625 1x{5 x 125 on 1:23 Freestyle  
 {1 x 50 on 1:00 Freestyle  
 {4 x 125 on 1:22 Freestyle  
 {2 x 50 on 1:00 Freestyle  
 {3 x 125 on 1:21 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {2 x 125 on 1:20 Freestyle  
 {4 x 50 on 1:00 Freestyle  
 {1 x 125 on 1:19 Freestyle  
 {5 x 50 on 1:00 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 6,175 Yards - Stress Value = 129

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS and Weights  
 550 1 x 550 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Your primary stroke or free  
 1,300 2x{1 x 100 on 2:00 Kick  
 {1 x 100 on 2:10 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 2:10 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 2:10 Kick  
 {1 x 25 on :25 Kick(Dont do this 2nd round)  
 {1 x 25 on :40 Kick(Dont do this 2nd round)  
 600 1 x 600 on 9:00 Pulls w/paddles  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,150 1x{5 x 125 on 1:50 Freestyle  
 {1 x 50 on 1:10 Freestyle  
 {4 x 125 on 1:49 Freestyle  
 {2 x 50 on 1:10 Freestyle  
 {3 x 125 on 1:48 Freestyle  
 {3 x 50 on 1:10 Freestyle  
 {2 x 125 on 1:47 Freestyle  
 {2 x 50 on 1:10 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 5,200 Yards - Stress Value = 98

**Workout #12626 - Saturday, 05 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

**Workout #12624 - Saturday, 05 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS and Weights  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Your primary stroke or free  
 1,400 2x{1 x 100 on 1:50 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 50 on :50 Kick  
 {1 x 50 on 1:05 Kick(Dont do this 50 2nd rour  
 650 1 x 650 on 9:00 Pulls w/paddles  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,425 1x{5 x 125 on 1:38 Freestyle  
 {1 x 50 on 1:00 Freestyle  
 {4 x 125 on 1:37 Freestyle  
 {2 x 50 on 1:00 Freestyle  
 {3 x 125 on 1:36 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {2 x 125 on 1:35 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {1 x 125 on 1:34 Freestyle  
 {2 x 50 on 1:00 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:36 AM 5,675 Yards - Stress Value = 112

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS and Weights  
 500 1 x 500 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Your primary stroke or free  
 1,200 2x{1 x 100 on 2:05 Kick  
 {1 x 100 on 2:20 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 2:20 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 2:20 Kick  
 500 1 x 500 on 9:00 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{4 x 125 on 2:15 Freestyle  
 {2 x 50 on 1:15 Freestyle  
 {3 x 125 on 2:14 Freestyle  
 {2 x 50 on 1:15 Freestyle  
 {2 x 125 on 2:13 Freestyle  
 {3 x 50 on 1:15 Freestyle  
 {1 x 125 on 2:12 Freestyle  
 {4 x 50 on 1:15 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:36 AM 4,600 Yards - Stress Value = 89

**Workout #12625 - Saturday, 05 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

**Workout #12627 - Monday, 07 January 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DSPhyso Balls  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,600 1x{4 x 25 on :30 Kick no board BSLR-12 KOW  
 {3 x 100 on 1:25 Kick  
 {4 x 25 on :30 Kick no board BSLR-12 KOW  
 {3 x 100 on 1:30 Kick  
 {4 x 25 on :30 Kick no board BSLR-12 KOW  
 {3 x 100 on 1:35 Kick  
 {4 x 25 on :30 Kick no board BSLR-12 KOW  
 {3 x 100 on 1:40 Kick  
 1,200 1x{2 x 200 on 2:35 Pull no br L.12 yds  
 {2 x 200 on 2:30 Pull no br L.12 yds  
 {2 x 200 on 2:25 Pull no br L.12 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:37 PM 3,650 Yards - Stress Value = 54

**Workout #12630 - Monday, 07 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,050 1x{4 x 25 on :45 Kick no board BSLR-12 KOW  
 {3 x 100 on 2:10 Kick  
 {4 x 25 on :45 Kick no board BSLR-12 KOW  
 {2 x 100 on 2:15 Kick  
 {4 x 25 on :45 Kick no board BSLR-12 KOW  
 {2 x 100 on 2:20 Kick  
 {2 x 25 on :45 Kick no board BS-12 KOW  
 850 1x{1 x 200 on 3:30 Pull no br L.12 yds  
 {2 x 200 on 3:25 Pull no br L.12 yds  
 {2 x 125 on 2:05 Pull no br L.12 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:37 PM 2,700 Yards - Stress Value = 35

**Workout #12628 - Monday, 07 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :35 Kick no board BSLR-12 KOW  
 {3 x 100 on 1:40 Kick  
 {4 x 25 on :35 Kick no board BSLR-12 KOW  
 {3 x 100 on 1:45 Kick  
 {4 x 25 on :35 Kick no board BSLR-12 KOW  
 {3 x 100 on 1:50 Kick  
 {4 x 25 on :35 Kick no board BSLR-12 KOW  
 {1 x 100 on 1:55 Kick  
 400 1 x 100 on 1:55 Kick  
 1,050 1x{2 x 200 on 2:50 Pull no br L.12 yds  
 {2 x 200 on 2:45 Pull no br L.12 yds  
 {2 x 125 on 1:40 Pull no br L.12 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:37 PM 3,300 Yards - Stress Value = 44

**Workout #12631 - Monday, 07 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:38 PM Start  
 Yards Set Description EGY WORK STK F  
 =====  
 3,125 1x{1 x 125 on 2:00 Freestyle EN3 S FR 1  
 {2 x 250 on 2:55 Freestyle EN2 S FR 1  
 {1 x 125 on 2:00 Freestyle EN3 S FR 1  
 {2 x 250 on 2:50 Freestyle EN2 S FR 1  
 {1 x 125 on 2:00 Freestyle EN3 S FR 1  
 {2 x 250 on 2:45 Freestyle EN2 S FR 1  
 {1 x 125 on 2:00 Freestyle EN3 S FR 1  
 {2 x 250 on 2:40 Freestyle EN2 S FR 1  
 {1 x 125 on 2:00 Freestyle EN3 S FR 1  
 {2 x 250 on 2:35 Freestyle EN2 S FR 1  
 400 8 x 50 on 1:00 Stroke Drills REC D CD 2  
 1 on 10:00 Ice M  
 5:35 PM 3,525 Yards - Stress Value = 90

**Workout #12632 - Monday, 07 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:38 PM Start  
 Yards Set Description EGY WORK STK F  
 =====  
 2,625 1x{1 x 125 on 2:15 Freestyle EN3 S FR 1  
 {2 x 250 on 3:25 Freestyle EN2 S FR 1  
 {1 x 125 on 2:15 Freestyle EN3 S FR 1  
 {2 x 250 on 3:20 Freestyle EN2 S FR 1  
 {1 x 125 on 2:15 Freestyle EN3 S FR 1  
 {2 x 250 on 3:15 Freestyle EN2 S FR 1  
 {1 x 125 on 2:15 Freestyle EN3 S FR 1  
 {2 x 250 on 3:10 Freestyle EN2 S FR 1  
 {1 x 125 on 2:15 Freestyle EN3 S FR 1  
 400 8 x 50 on 1:00 Stroke Drills REC D CD 2  
 1 on 10:00 Ice M  
 5:35 PM 3,025 Yards - Stress Value = 80

**Workout #12629 - Monday, 07 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 25 on :40 Kick no board BSLR-12 KOW  
 {3 x 100 on 1:55 Kick  
 {4 x 25 on :40 Kick no board BSLR-12 KOW  
 {3 x 100 on 2:00 Kick  
 {4 x 25 on :40 Kick no board BSLR-12 KOW  
 {2 x 100 on 2:05 Kick  
 {4 x 25 on :40 Kick no board BSLR-12 KOW  
 900 1x{2 x 200 on 3:15 Pull no br L.12 yds  
 {2 x 200 on 3:10 Pull no br L.12 yds  
 {1 x 100 on 1:30 Pull no br L.12 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:37 PM 2,900 Yards - Stress Value = 39

**Workout #12633 - Monday, 07 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:38 PM	Start				
2,225	1x{1 x 125 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 200 on 3:15 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 200 on 3:10 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 200 on 3:05 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:30 Freestyle	EN3	S	FR	2
400	{2 x 200 on 3:00 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:30 Freestyle	EN3	S	FR	2
	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
5:35 PM	2,625 Yards - Stress Value = 72				

**Workout #12634 - Monday, 07 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:38 PM	Start				
1,850	1x{1 x 100 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 175 on 3:20 Freestyle	EN2	S	FR	1
	{1 x 100 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 175 on 3:15 Freestyle	EN2	S	FR	1
	{1 x 100 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 175 on 3:10 Freestyle	EN2	S	FR	1
	{1 x 100 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 175 on 3:05 Freestyle	EN2	S	FR	1
	{1 x 50 on 1:30 Freestyle	EN3	S	FR	3
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
5:33 PM	2,150 Yards - Stress Value = 55				

**Workout #12635 - Monday, 07 January 2013**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:38 PM	Start				
2,200	1x{1 x 200 on 3:00 Butterfly	EN2	S	FLY	1
	{8 x 25 on :40 Fly 15m under	EN2	S	FLY	2
	{2 x 175 on 2:35 Butterfly	EN2	S	FLY	1
	{6 x 25 on :40 Fly 12m under	EN2	S	FLY	2
	{3 x 150 on 2:10 Butterfly	EN2	P	FLY	1
	{4 x 25 on :40 Fly 9m under	EN2	S	FLY	2
	{4 x 100 on 1:25 Butterfly	EN2	S	FR	1
	{2 x 25 on :40 Fly 6m under	EN2	S	FLY	2
	{4 x 75 on 1:00 Freestyle				1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
5:35 PM	2,600 Yards - Stress Value = 38				

**Workout #12636 - Monday, 07 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:38 PM	Start				
1,900	1x{1 x 200 on 3:25 Butterfly	EN2	S	FLY	1
	{8 x 25 on :45 Fly 15m under	EN2	S	FLY	3
	{2 x 175 on 2:55 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 12m under	EN2	S	FLY	3
	{3 x 150 on 2:25 Butterfly	EN2	P	FLY	1
	{4 x 25 on :45 Fly 9m under	EN2	S	FLY	3
	{4 x 100 on 1:35 Butterfly	EN2	S	FLY	1

{2 x 25 on :45 Fly 6m under	EN2	S	FLY	3	
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice			M	
5:35 PM	2,300 Yards - Stress Value = 38				

**Workout #12637 - Monday, 07 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:38 PM	Start				
1,750	1x{1 x 200 on 3:45 Butterfly	EN2	S	FLY	1
	{8 x 25 on :45 Fly 15m under	EN2	S	FLY	3
	{2 x 175 on 3:15 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 12m under	EN2	S	FLY	3
	{3 x 150 on 2:45 Butterfly	EN2	P	FLY	1
	{4 x 25 on :45 Fly 9m under	EN2	S	FLY	3
	{3 x 100 on 1:45 Butterfly	EN2	S	FLY	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
5:35 PM	2,150 Yards - Stress Value = 35				

**Workout #12638 - Monday, 07 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:38 PM	Start				
1,550	1x{1 x 200 on 4:30 Butterfly	EN2	S	FLY	2
	{8 x 25 on :45 Fly 15m under	EN2	S	FLY	3
	{2 x 175 on 3:55 Butterfly	EN2	S	FLY	2
	{6 x 25 on :45 Fly 12m under	EN2	S	FLY	3
	{3 x 150 on 3:20 Butterfly	EN2	P	FLY	2
	{4 x 25 on :45 Fly 9m under	EN2	S	FLY	3
	{1 x 100 on 2:10 Butterfly	EN2	S	FLY	2
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
5:35 PM	1,950 Yards - Stress Value = 31				

**Workout #12639 - Monday, 07 January 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Physio Balls		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,600	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{4 x 75 on 1:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{4 x 75 on 1:25 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{4 x 75 on 1:20 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{4 x 75 on 1:15 Kick	EN2	
1,000	20 x 50 on :50 Pulls odds BTB	EN1	
	evens BTS		
150	6 x 25 on :45 Free Drills	REC	
2,150	1x{1 x 100 on 2:00 Freestyle	EN3	
	{2 x 200 on 2:40 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 100 on 2:00 Freestyle	EN3	
	{2 x 200 on 2:45 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 100 on 2:00 Freestyle	EN3	
	{2 x 200 on 2:55 Freestyle	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:30 PM 5,850 Yards - Stress Value = 104		

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Physio Balls		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 75 on 1:50 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{4 x 75 on 1:45 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{4 x 75 on 1:40 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{4 x 50 on 1:05 Kick	EN2	
750	15 x 50 on 1:05 Pulls odds BTB	EN1	
	evens BTS		
150	6 x 25 on :45 Free Drills	REC	
1,700	1x{1 x 100 on 2:30 Freestyle	EN3	
	{2 x 200 on 3:30 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 100 on 2:30 Freestyle	EN3	
	{2 x 200 on 3:35 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 100 on 2:30 Freestyle	EN3	
	{2 x 200 on 3:40 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 50 on 1:15 Freestyle	EN3	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:30 PM 4,850 Yards - Stress Value = 86		

**Workout #12642 - Monday, 07 January 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Physio Balls		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,150	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 75 on 2:00 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{4 x 75 on 1:55 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{4 x 75 on 1:50 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BS	EN2	
700	14 x 50 on 1:10 Pulls odds BTB	EN1	
	evens BTS		
150	6 x 25 on :45 Free Drills	REC	
1,450	1x{1 x 100 on 2:45 Freestyle	EN3	
	{2 x 200 on 4:00 Freestyle	EN2	
	{1 x 50 on 1:15 Freestyle	REC	
	{1 x 100 on 2:45 Freestyle	EN3	
	{2 x 200 on 4:05 Freestyle	EN2	
	{1 x 50 on 1:15 Freestyle	REC	
	{1 x 100 on 2:45 Freestyle	EN3	
	{1 x 200 on 4:10 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:30 PM 4,300 Yards - Stress Value = 75		

**Workout #12640 - Monday, 07 January 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Physio Balls		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,450	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{4 x 75 on 1:40 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{4 x 75 on 1:35 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{4 x 75 on 1:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 75 on 1:25 Kick	EN2	
900	18 x 50 on :55 Pulls odds BTB	EN1	
	evens BTS		
150	6 x 25 on :45 Free Drills	REC	
1,950	1x{1 x 100 on 2:15 Freestyle	EN3	
	{2 x 200 on 3:00 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 100 on 2:15 Freestyle	EN3	
	{2 x 200 on 3:05 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 100 on 2:15 Freestyle	EN3	
	{2 x 200 on 3:10 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 100 on 2:15 Freestyle	EN3	
	{1 x 200 on 3:15 Freestyle	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:30 PM 5,400 Yards - Stress Value = 96		

**Workout #12641 - Monday, 07 January 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start

**Workout #12643 - Monday, 07 January 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 75 on 2:15 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{4 x 75 on 2:10 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 75 on 2:05 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BS	EN2	
550	11 x 50 on 1:30 Pulls odds BTB	EN1	
	evens BTS		
150	6 x 25 on :45 Free Drills	REC	
1,400	1x{1 x 100 on 3:00 Freestyle	EN3	
	{2 x 200 on 4:30 Freestyle	EN2	
	{1 x 50 on 1:30 Freestyle	REC	
	{1 x 100 on 3:00 Freestyle	EN3	
	{2 x 200 on 4:30 Freestyle	EN2	
	{1 x 50 on 1:30 Freestyle	REC	
	{1 x 100 on 3:00 Freestyle	EN3	
	{1 x 200 on 4:20 Freestyle	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:31 PM 3,950 Yards - Stress Value = 70		

**Workout #12644 - Tuesday, 08 January 2013**

**HighSchl - Race day warmup**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:15 PM	Start		
=====	=====	=====	=====
	1 on 18:00 DS/Core		
400	1 x 400 on 6:00 Underwater trn drill		
700	1x{1 x 100 on 1:30 Kick		
	{1 x 100 on 2:00 Kick		
	{1 x 100 on 1:30 Kick		
	{1 x 100 on 1:50 Kick		
	{1 x 100 on 1:30 Kick		
	{1 x 100 on 1:40 Kick		
	{1 x 100 on 1:30 Kick		
800	1 x 800 on 11:00 Pulls odd 100's BTB		
	even 100's BTS		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,000	1x{2 x 125 on 1:40 Freestyle		
	{2 x 125 on 1:50 IM w/50 free		
	{2 x 125 on 1:35 Freestyle		
	{2 x 125 on 1:50 IM w/50 free		
	{2 x 125 on 1:30 Freestyle		
	{2 x 125 on 1:50 IM w/50 Free		
	{2 x 125 on 1:25 Freestyle		
	{2 x 125 on 1:50 IM w/50 free		
100	4 x 25 on 1:30 25 OTB-walkback		
200	1 x 200 on 3:00 Stroke Drills		
	4:47 PM 4,300 Yards - Stress Value = 63		

**Workout #12645 - Tuesday, 08 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:15 PM	Start		
=====	=====	=====	=====
	1 on 18:00 DS/Core		
400	1 x 400 on 6:00 Underwater trn drill		
600	1x{1 x 100 on 1:45 Kick		
	{1 x 100 on 2:05 Kick		
	{1 x 100 on 1:45 Kick		

	{1 x 100 on 2:00 Kick		
	{1 x 100 on 1:45 Kick		
	{1 x 50 on 1:00 Kick		
	{1 x 50 on :50 Kick		
750	1 x 750 on 11:00 Pulls odd 100's BTB		
	even 100's BTS		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,850	1x{2 x 125 on 1:50 Freestyle		
	{2 x 125 on 2:00 IM w/50 free		
	{2 x 125 on 1:45 Freestyle		
	{2 x 125 on 2:00 IM w/50 free		
	{2 x 125 on 1:40 Freestyle		
	{2 x 125 on 2:00 IM w/50 Free		
	{2 x 125 on 1:35 Freestyle		
	{1 x 100 on 1:30 Individual Medley		
100	4 x 25 on 1:30 25 OTB-walkback		
200	1 x 200 on 3:00 Stroke Drills		
	4:48 PM 4,000 Yards - Stress Value = 58		

**Workout #12646 - Tuesday, 08 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:15 PM	Start		
=====	=====	=====	=====
	1 on 18:00 DS/Core		
350	1 x 350 on 6:00 Underwater trn drill		
550	1x{1 x 100 on 2:00 Kick		
	{1 x 50 on 1:15 Kick		
	{1 x 100 on 2:00 Kick		
	{1 x 50 on 1:10 Kick		
	{1 x 100 on 2:00 Kick		
	{1 x 50 on 1:05 Kick		
	{1 x 100 on 1:55 Kick		
700	1 x 700 on 11:00 Pulls odd 100's BTB		
	even 100's BTS		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,625	1x{2 x 125 on 2:05 Freestyle		
	{2 x 125 on 2:15 IM w/50 free		
	{2 x 125 on 2:00 Freestyle		
	{2 x 125 on 2:15 IM w/50 free		
	{2 x 125 on 1:55 Freestyle		
	{2 x 125 on 2:15 IM w/50 Free		
	{1 x 125 on 1:50 Freestyle		
100	4 x 25 on 1:30 25 OTB-walkback		
200	1 x 200 on 3:00 Stroke Drills		
	4:48 PM 3,625 Yards - Stress Value = 51		

**Workout #12647 - Tuesday, 08 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:15 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 18:00 DS/Core		
300	1 x 300 on 6:00 Underwater trn drill		
500	1x{1 x 100 on 2:15 Kick		
	{1 x 50 on 1:30 Kick		
	{1 x 100 on 2:15 Kick		
	{1 x 50 on 1:20 Kick		
	{1 x 100 on 2:15 Kick		
	{1 x 50 on 1:10 Kick		
	{1 x 50 on 1:00 Kick		
600	1 x 600 on 11:00 Pulls odd 100's BTB even 100's BTS		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,300	1x{2 x 100 on 2:00 Freestyle		
	{2 x 100 on 2:15 Individual Medley		
	{2 x 100 on 1:55 Freestyle		
	{2 x 100 on 2:15 Individual Medley		
	{2 x 100 on 1:50 Freestyle		
	{2 x 100 on 2:15 Individual Medley		
	{1 x 100 on 1:45 Freestyle		
100	4 x 25 on 1:30 25 OTB-walkback		
200	1 x 200 on 3:00 Stroke Drills		
	4:47 PM 3,100 Yards - Stress Value = 43		

{1 x 200 on 2:40 Freestyle	EN2
{1 x 100 on 1:30 Free Hold 1:12	EN2
{1 x 200 on 2:40 Freestyle	EN2
{1 x 50 on :50 Freestyle	REC
{1 x 300 on 4:00 Freestyle	EN2
{1 x 100 on 1:30 Free hold 1:11	EN2
{1 x 100 on 1:20 Freestyle	EN2
{1 x 50 on :50 Freestyle	EN2
{1 x 200 on 2:40 Freestyle	EN2
6 x 50 on 1:00 Stroke Drills	REC
1 on 10:00 Ice	
7:05 AM 2,700 Yards - Stress Value = 41	

**Workout #12650 - Wednesday, 09 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
	1 x 350 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
1,600	1x{1 x 100 on 1:30 Freestyle		EN2
	{1 x 100 on 1:45 Free Hold 1:22		EN2
	{1 x 300 on 4:30 Freestyle		EN2
	{1 x 50 on :55 Freestyle		REC
	{1 x 200 on 3:00 Freestyle		EN2
	{1 x 100 on 1:45 Free Hold 1:21		EN2
	{1 x 200 on 3:00 Freestyle		EN2
	{1 x 50 on :55 Freestyle		REC
	{1 x 300 on 4:30 Freestyle		EN2
	{1 x 100 on 1:45 Free hold 1:20		EN2
	{1 x 100 on 1:30 Freestyle		EN2
300	6 x 50 on 1:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:05 AM 2,400 Yards - Stress Value = 36		

1 on 35:00 DS and Weights		
1 x 350 on 7:00 Underwater trn drill	REC	
10 x 15 on :45 Shooters		SP3
Your primary stroke or free		
1x{1 x 100 on 1:30 Freestyle		EN2
{1 x 100 on 1:45 Free Hold 1:22		EN2
{1 x 300 on 4:30 Freestyle		EN2
{1 x 50 on :55 Freestyle		REC
{1 x 200 on 3:00 Freestyle		EN2
{1 x 100 on 1:45 Free Hold 1:21		EN2
{1 x 200 on 3:00 Freestyle		EN2
{1 x 50 on :55 Freestyle		REC
{1 x 300 on 4:30 Freestyle		EN2
{1 x 100 on 1:45 Free hold 1:20		EN2
{1 x 100 on 1:30 Freestyle		EN2
6 x 50 on 1:00 Stroke Drills		REC
1 on 10:00 Ice		
7:05 AM 2,400 Yards - Stress Value = 36		

**Workout #12648 - Wednesday, 09 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
2,150	1x{1 x 100 on 1:05 Freestyle		EN2
	{1 x 100 on 1:20 Free Hold 1:02		EN2
	{1 x 300 on 3:25 Freestyle		EN2
	{1 x 50 on :45 Freestyle		REC
	{1 x 200 on 2:15 Freestyle		EN2
	{1 x 100 on 1:20 Free Hold 1:01		EN2
	{1 x 200 on 2:15 Freestyle		EN2
	{1 x 50 on :45 Freestyle		REC
	{1 x 300 on 3:25 Freestyle		EN2
	{1 x 100 on 1:20 Free hold 1:00		EN2
	{1 x 100 on 1:05 Freestyle		EN2
	{1 x 50 on :45 Freestyle		REC
	{1 x 400 on 4:35 Freestyle		EN2
	{1 x 100 on 1:20 Free hold :55		EN2
300	6 x 50 on 1:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:05 AM 3,000 Yards - Stress Value = 46		

**Workout #12651 - Wednesday, 09 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
	1 x 350 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
1,350	1x{1 x 100 on 1:55 Freestyle		EN2
	{1 x 100 on 2:05 Free Hold 1:45		EN2
	{1 x 300 on 5:45 Freestyle		EN2
	{1 x 50 on 1:15 Freestyle		REC
	{1 x 200 on 3:50 Freestyle		EN2
	{1 x 100 on 2:05 Free Hold 1:44		EN2
	{1 x 200 on 3:50 Freestyle		EN2
	{1 x 50 on 1:15 Freestyle		REC
	{1 x 100 on 2:05 Free hold 1:43		EN2
	{1 x 150 on 2:45 Freestyle		EN2
250	5 x 50 on 1:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:05 AM 2,100 Yards - Stress Value = 31		

1 on 35:00 DS and Weights		
1 x 350 on 7:00 Underwater trn drill	REC	
10 x 15 on :45 Shooters		SP3
Your primary stroke or free		
1x{1 x 100 on 1:55 Freestyle		EN2
{1 x 100 on 2:05 Free Hold 1:45		EN2
{1 x 300 on 5:45 Freestyle		EN2
{1 x 50 on 1:15 Freestyle		REC
{1 x 200 on 3:50 Freestyle		EN2
{1 x 100 on 2:05 Free Hold 1:44		EN2
{1 x 200 on 3:50 Freestyle		EN2
{1 x 50 on 1:15 Freestyle		REC
{1 x 100 on 2:05 Free hold 1:43		EN2
{1 x 150 on 2:45 Freestyle		EN2
5 x 50 on 1:00 Stroke Drills		REC
1 on 10:00 Ice		
7:05 AM 2,100 Yards - Stress Value = 31		

**Workout #12649 - Wednesday, 09 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
1,850	1x{1 x 100 on 1:20 Freestyle		EN2
	{1 x 100 on 1:30 Free Hold 1:13		EN2
	{1 x 300 on 4:00 Freestyle		EN2
	{1 x 50 on :50 Freestyle		REC

**Workout #12652 - Wednesday, 09 January 2013**

**HighSchl - Back**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,850	1x{4 x 125 on 1:50 Back 10 KOLW	EN2	
	{3 x 50 on :45 Back hold under :37	EN2	
	{4 x 125 on 1:45 Back 11 KOLW	EN2	
	{3 x 50 on :50 Back hold under :36	EN2	
	{4 x 125 on 1:40 Back 12 KOLW	EN2	
	{1 x 50 on :55 Back hold under :35	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,650 Yards - Stress Value = 43		

**Workout #12653 - Wednesday, 09 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,600	1x{4 x 125 on 2:00 Back 10 KOLW	EN2	
	{3 x 50 on :55 Back hold under :41	EN2	
	{4 x 125 on 1:55 Back 11 KOLW	EN2	
	{3 x 50 on 1:00 Back hold under :40	EN2	
	{2 x 125 on 1:50 Back 12 KOLW	EN2	
	{1 x 50 on 1:05 Back hold under :39	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,400 Yards - Stress Value = 38		

**Workout #12654 - Wednesday, 09 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,400	1x{4 x 100 on 1:50 Back 10 KOLW	EN2	
	{3 x 50 on 1:00 Back hold under :49	EN2	
	{4 x 100 on 1:45 Back 11 KOLW	EN2	
	{3 x 50 on 1:05 Back hold under :48	EN2	
	{2 x 100 on 1:40 Back 12 KOLW	EN2	
	{2 x 50 on 1:10 Back hold under :47	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,150 Yards - Stress Value = 34		

**Workout #12655 - Wednesday, 09 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		

1,200	1x{3 x 100 on 2:15 Back 10 KOLW	EN2
	{2 x 50 on 1:05 Back hold under :55	EN2
	{3 x 100 on 2:10 Back 11 KOLW	EN2
	{2 x 50 on 1:10 Back hold under :54	EN2
	{3 x 100 on 2:05 Back 12 KOLW	EN2
	{2 x 50 on 1:15 Back hold under :53	EN2
250	5 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 1,950 Yards - Stress Value = 30	

**Workout #12656 - Wednesday, 09 January 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,800	1x{ Hold avg 50 time under :43 for entire set
	{4 x 25 on :30 Kick no board BSLR-10 KOW
	{1 x 200 on 3:05 Kick
	{4 x 25 on :35 Kick no board BSLR 12 KOW
	{2 x 175 on 2:45 Kick
	{4 x 25 on :40 Kick no board BSLR 14 KOW
	{3 x 150 on 2:25 Kick
	{4 x 25 on :45 Kick no board BSLR 16 KOW
	{4 x 100 on 1:40 Kick
1,500	1x{ Br 3-5-7 cont/L.25 2 breaths
	{2 x 125 on 1:45 Lungbuster pulls
	{2 x 125 on 1:40 Lungbuster pulls
	{2 x 125 on 1:35 Lungbuster pulls
	{2 x 125 on 1:30 Lungbuster pulls
	{2 x 125 on 1:25 Lungbuster pulls
	{2 x 125 on 1:20 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:45 PM 4,250 Yards - Stress Value = 68

**Workout #12657 - Wednesday, 09 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,650	1x{ Hold avg 50 time under :50 for entire set
	{4 x 25 on :35 Kick no board BSLR-10 KOW
	{1 x 200 on 3:25 Kick
	{4 x 25 on :35 Kick no board BSLR 12 KOW
	{2 x 175 on 3:05 Kick
	{4 x 25 on :40 Kick no board BSLR 14 KOW
	{2 x 150 on 2:40 Kick
	{4 x 25 on :45 Kick no board BSLR 16 KOW
	{4 x 100 on 1:50 Kick
1,350	1x{ Br 3-5-7 cont/L.25 2 breaths
	{2 x 125 on 1:55 Lungbuster pulls
	{2 x 125 on 1:50 Lungbuster pulls
	{2 x 125 on 1:45 Lungbuster pulls
	{2 x 125 on 1:40 Lungbuster pulls
	{2 x 125 on 1:35 Lungbuster pulls
	{1 x 100 on 1:15 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:45 PM 3,950 Yards - Stress Value = 62

**Workout #12658 - Wednesday, 09 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 25:00 DS/Abs			
550	1 x 550 on 10:00 Free L.25 of each 100 Non F			
150	10 x 15 on :45 Shooters			
1,500	1x{ Hold avg 50 time under :55 for entire set			
	{ 4 x 25 on :40 Kick no board BSLR-10 KOW			
	{ 1 x 200 on 3:50 Kick			
	{ 4 x 25 on :40 Kick no board BSLR 12 KOW			
	{ 2 x 175 on 3:25 Kick			
	{ 4 x 25 on :40 Kick no board BSLR 14 KOW			
	{ 3 x 150 on 3:00 Kick			
	{ 4 x 25 on :45 Kick no board BSLR 16 KOW			
	{ 1 x 100 on 1:55 Kick			
1,200	1x{ Br 3-5-7 cont/L.25 2 breaths			
	{ 2 x 125 on 2:05 Lungbuster pulls			
	{ 2 x 125 on 2:00 Lungbuster pulls			
	{ 2 x 125 on 1:55 Lungbuster pulls			
	{ 2 x 125 on 1:50 Lungbuster pulls			
	{ 2 x 100 on 1:30 Lungbuster pulls			
200	4x{ 1 x 25 on :50 Sculling drills			
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:45 PM 3,600 Yards - Stress Value = 57			

**Workout #12659 - Tuesday, 08 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 25:00 DS/Abs			
500	1 x 500 on 10:00 Free L.25 of each 100 Non F			
150	10 x 15 on :45 Shooters			
1,350	1x{ Hold avg 50 time under 1:01 for entire set			
	{ 4 x 25 on :45 Kick no board BSLR-10 KOW			
	{ 1 x 200 on 4:15 Kick			
	{ 4 x 25 on :40 Kick no board BSLR 12 KOW			
	{ 2 x 175 on 3:50 Kick			
	{ 4 x 25 on :40 Kick no board BSLR 14 KOW			
	{ 2 x 150 on 3:25 Kick			
	{ 4 x 25 on :45 Kick no board BSLR 16 KOW			
	{ 2 x 50 on 1:10 Kick			
950	1x{ Br 3-5-7 cont/L.25 2 breaths			
	{ 2 x 125 on 2:30 Lungbuster pulls			
	{ 2 x 125 on 2:25 Lungbuster pulls			
	{ 2 x 125 on 2:20 Lungbuster pulls			
	{ 2 x 100 on 1:50 Lungbuster pulls			
200	4x{ 1 x 25 on :50 Sculling drills			
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:45 PM 3,150 Yards - Stress Value = 51			

**Workout #12660 - Wednesday, 09 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,700	1x{ 1 x 250 on 2:40 Freestyle	EN2	S	FR
	{ 6 x 25 on :30 Freestyle	EN3	S	FR
	{ 2 x 225 on 2:25 Freestyle	EN2	S	FR
	{ 5 x 50 on :55 Freestyle	EN3	S	FR
	{ 3 x 200 on 2:10 Freestyle	EN2	S	FR
	{ 4 x 75 on 1:20 Freestyle	EN3	S	FR
	{ 4 x 175 on 1:55 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,950 Yards - Stress Value = 82			

**Workout #12661 - Wednesday, 09 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,300	1x{ 1 x 250 on 3:10 Freestyle	EN2	S	FR
	{ 6 x 25 on :30 Freestyle	EN3	S	FR
	{ 2 x 225 on 2:55 Freestyle	EN2	S	FR
	{ 5 x 50 on :55 Freestyle	EN3	S	FR
	{ 3 x 200 on 2:40 Freestyle	EN2	S	FR
	{ 4 x 75 on 1:20 Freestyle	EN3	S	FR
250	{ 2 x 150 on 2:05 Freestyle	EN2	S	FR
	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,550 Yards - Stress Value = 74			

**Workout #12662 - Wednesday, 09 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,150	1x{ 1 x 250 on 3:40 Freestyle	EN2	S	FR
	{ 6 x 25 on :30 Freestyle	EN3	S	FR
	{ 2 x 225 on 3:25 Freestyle	EN2	S	FR
	{ 5 x 50 on :55 Freestyle	EN3	S	FR
	{ 3 x 200 on 3:05 Freestyle	EN2	S	FR
	{ 4 x 75 on 1:20 Freestyle	EN3	S	FR
	{ 1 x 150 on 2:20 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,400 Yards - Stress Value = 71			

**Workout #12663 - Wednesday, 09 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
1,875	1x{ 1 x 250 on 4:30 Freestyle	EN2	S	FR
	{ 6 x 25 on :30 Freestyle	EN3	S	FR
	{ 2 x 225 on 4:00 Freestyle	EN2	S	FR
	{ 4 x 50 on 1:00 Freestyle	EN3	S	FR
	{ 3 x 200 on 3:30 Freestyle	EN2	S	FR
	{ 3 x 75 on 1:30 Freestyle	EN3	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,125 Yards - Stress Value = 61			

**Workout #12664 - Wednesday, 09 January 2013**

**HighSchl - IM'ers**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WC
2,500	1x{5 x 100 on 1:25 Individual Medley	EN2	
	{2 x 100 on 1:30 50 Fly 50 Back	EN2	
	{1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN3	
	{4 x 100 on 1:20 Individual Medley	EN2	
	{2 x 100 on 1:30 50 Breast 50 Free	EN2	
	{1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN3	
	{3 x 100 on 1:15 Individual Medley	EN2	
	{2 x 100 on 1:40 50 Back 50 Breast	EN2	
	{1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN3	
	{2 x 100 on 1:10 Individual Medley	EN2	
	{2 x 100 on 1:30 50 Fly 50 Free	EN2	
	{1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN3	
	{1 x 100 on 1:05 Individual Medley	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 2,700 Yards - Stress Value = 58			

**Workout #12665 - Wednesday, 09 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:43 PM Start

Yards	Set Description	EGY	WC
2,300	1x{5 x 100 on 1:35 Individual Medley	EN2	
	{2 x 100 on 1:40 50 Fly 50 Back	EN2	
	{1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN3	
	{4 x 100 on 1:30 Individual Medley	EN2	
	{2 x 100 on 1:40 50 Breast 50 Free	EN2	
	{1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN3	
	{3 x 100 on 1:25 Individual Medley	EN2	
	{2 x 100 on 1:50 50 Back 50 Breast	EN2	
	{1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN3	
	{1 x 100 on 1:20 Individual Medley	EN2	
	{2 x 100 on 1:40 50 Fly 50 Free	EN2	
	{1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 2,500 Yards - Stress Value = 54			

**Workout #12666 - Wednesday, 09 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WC
1,950	1x{3 x 100 on 1:50 Individual Medley	EN2	
	{2 x 100 on 1:50 50 Fly 50 Back	EN2	
	{1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN3	
	{3 x 100 on 1:45 Individual Medley	EN2	
	{2 x 100 on 1:50 50 Breast 50 Free	EN2	
	{1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN3	
	{2 x 100 on 1:40 Individual Medley	EN2	
	{2 x 100 on 2:00 50 Back 50 Breast	EN2	
	{1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN3	
	{2 x 100 on 1:35 Individual Medley	EN2	
	{2 x 100 on 1:50 50 Fly 50 Free	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 2,150 Yards - Stress Value = 45			

**Workout #12667 - Wednesday, 09 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WC
1,700	1x{2 x 100 on 2:10 Individual Medley	EN2	
	{2 x 100 on 2:00 50 Fly 50 Back	EN2	
	{1 x 50 on 1:15 #1Stroke/Fast/CntStrks	EN3	
	{2 x 100 on 2:05 Individual Medley	EN2	
	{2 x 100 on 2:00 50 Breast 50 Free	EN2	
	{1 x 50 on 1:15 #1Stroke/Fast/CntStrks	EN3	
	{2 x 100 on 2:00 Individual Medley	EN2	
	{2 x 100 on 2:00 50 Back 50 Breast	EN2	
	{1 x 50 on 1:15 #1Stroke/Fast/CntStrks	EN3	
	{2 x 100 on 1:55 Individual Medley	EN2	
	{1 x 100 on 2:00 50 Fly 50 Free	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 1,900 Yards - Stress Value = 42			

**Workout #12668 - Wednesday, 09 January 2013**

**Group 2 - Fly & Back**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 DSCoreTm Mtg		
500	1 x 500 on 10:00 Free L.25 of each 100 Non F		
150	10 x 15 on :45 Shooters alt fly/back		
1,600	1x{2 x 200 on 3:05 2 strokes fly off walls		
	{2 x 200 on 3:00 3 strokes fly off walls		
	{2 x 200 on 2:55 4 srokes fly off walls		
	{2 x 200 on 2:50 5 strokes fly off wallls		
1,250	1x{4 x 25 on :45 Kick no board BSLR		
	{1 x 250 on 5:00 Kick alt 25's fly/free		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 200 on 4:00 Kick alt 25's fly/free		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 150 on 3:00 Kick alt 25's fly/free		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 100 on 2:00 Kick alt 25's fly/free		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 50 on 1:00 Kick alt 25's fly/free		
200	8 x 25 on 1:00 Stroke drill alt fly/back		
1,200	16 x 75 on 1:30 Backstroke		
400	8 x 50 on 1:15 Stroke Drills		
7:30 PM 5,300 Yards - Stress Value = 139			

**Workout #12669 - Wednesday, 09 January 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DSCoreTm Mtg  
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters alt fly/back  
 1,400 1x{2 x 175 on 3:05 2 strokes fly off walls  
 {2 x 175 on 3:00 3 strokes fly off walls  
 {2 x 175 on 2:55 4 srokes fly off walls  
 {2 x 175 on 2:50 5 strokes fly off wallls  
 1,200 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 250 on 5:25 Kick alt 25's fly/free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 200 on 4:20 Kick alt 25's fly/free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 150 on 3:15 Kick alt 25's fly/free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:10 Kick alt 25's fly/free  
 {2 x 25 on :45 Kick no board BS  
 {1 x 50 on 1:05 Kick alt 25's fly/free  
 200 8 x 25 on 1:00 Stroke drill alt fly/back  
 1,200 16 x 75 on 1:30 Backstroke  
 400 8 x 50 on 1:15 Stroke Drills  
 7:30 PM 5,050 Yards - Stress Value = 134

**Workout #12670 - Wednesday, 09 January 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DSCoreTm Mtg  
 450 1 x 450 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters alt fly/back  
 1,200 1x{2 x 150 on 3:05 2 strokes fly off walls  
 {2 x 150 on 3:00 3 strokes fly off walls  
 {2 x 150 on 2:55 4 srokes fly off walls  
 {2 x 150 on 2:50 5 strokes fly off wallls  
 1,150 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 250 on 5:50 Kick alt 25's fly/free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 200 on 4:40 Kick alt 25's fly/free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 150 on 3:30 Kick alt 25's fly/free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:20 Kick alt 25's fly/free  
 {2 x 25 on :45 Kick no board BS  
 200 8 x 25 on 1:00 Stroke drill alt fly/back  
 1,200 16 x 75 on 1:30 Backstroke  
 400 8 x 50 on 1:15 Stroke Drills  
 7:30 PM 4,750 Yards - Stress Value = 129

**Workout #12671 - Wednesday, 09 January 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DSCoreTm Mtg  
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters alt fly/back  
 1,000 1x{2 x 125 on 3:05 2 strokes fly off walls  
 {2 x 125 on 3:00 3 strokes fly off walls  
 {2 x 125 on 2:55 4 srokes fly off walls  
 {2 x 125 on 2:50 5 strokes fly off wallls  
 1,000 1x{4 x 25 on 1:00 Kick no board BSLR  
 {1 x 250 on 6:15 Kick alt 25's fly/free  
 {4 x 25 on 1:00 Kick no board BSLR  
 {1 x 200 on 5:00 Kick alt 25's fly/free

{4 x 25 on 1:00 Kick no board BSLR  
 {1 x 150 on 3:45 Kick alt 25's fly/free  
 {4 x 25 on :45 Kick no board BSLR  
 200 8 x 25 on 1:00 Stroke drill alt fly/back  
 1,200 16 x 75 on 1:30 Backstroke  
 400 8 x 50 on 1:15 Stroke Drills  
 7:30 PM 4,350 Yards - Stress Value = 122

**Workout #12672 - Wednesday, 09 January 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DSCoreTm Mtg  
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters alt fly/back  
 800 1x{2 x 100 on 3:05 2 strokes fly off walls  
 {2 x 100 on 3:00 3 strokes fly off walls  
 {2 x 100 on 2:55 4 srokes fly off walls  
 {2 x 100 on 2:50 5 strokes fly off wallls  
 850 1x{4 x 25 on 1:00 Kick no board BSLR  
 {1 x 200 on 6:00 Kick alt 25's fly/free  
 {4 x 25 on 1:00 Kick no board BSLR  
 {1 x 150 on 4:30 Kick alt 25's fly/free  
 {4 x 25 on 1:00 Kick no board BSLR  
 {1 x 100 on 3:00 Kick alt 25's fly/free  
 {4 x 25 on 1:00 Kick no board BSLR  
 200 8 x 25 on 1:00 Stroke drill alt fly/back  
 800 16 x 50 on 1:30 Backstroke  
 400 8 x 50 on 1:15 Stroke Drills  
 7:30 PM 3,600 Yards - Stress Value = 91

**Workout #12673 - Thursday, 10 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 35:00 DS/Weights  
 400 1 x 400 on 7:00 Underwater trn drill REC  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters SP3  
 Your primary stroke or free  
 2,400 1x{ Hold non 300 swims under :31/50  
 {1 x 300 on 3:20 Freestyle EN2  
 {2 x 150 on 1:55 Freestyle EN2  
 {1 x 300 on 3:20 Freestyle EN2  
 {4 x 75 on :55 Freestyle EN2  
 {1 x 300 on 3:20 Freestyle EN2  
 {3 x 100 on 1:15 Freestyle EN2  
 {1 x 300 on 3:20 Freestyle EN2  
 {6 x 50 on :35 Freestyle EN2  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 3,150 Yards - Stress Value = 54

**Workout #12674 - Thursday, 10 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

		5:30 AM Start			
Yards	Set Description	EGY	WOF	Yards	Set Description
=====	=====	=====	=====	=====	=====
	1 on 35:00 DS/Weights			400	1 x 400 on 7:00 Underwater trn drill
	1 x 400 on 7:00 Underwater trn drill	REC			Odd 100's free even 100's back
	10 x 15 on :45 Shooters			150	10 x 15 on :45 Shooters
	Your primary stroke or free				Your primary stroke or free
400	1 x 400 on 7:00 Underwater trn drill	REC		1,950	1x{1 x 200 on 2:50 Breaststroke
	Odd 100's free even 100's back				{4 x 25 on :30 Breast 2X pullouts
150	10 x 15 on :45 Shooters				{2 x 175 on 2:25 Breaststroke
	Your primary stroke or free	SP3			{4 x 25 on :30 Breast 2X pullouts
2,100	1x{ Hold all non 300 swims under :36/50				{3 x 150 on 2:00 Breaststroke
	{1 x 300 on 3:50 Freestyle	EN2			{4 x 25 on :30 Breast 2X pullouts
	{2 x 150 on 2:10 Freestyle	EN2			{4 x 125 on 1:35 Breaststroke
	{1 x 300 on 3:50 Freestyle	EN2			{6 x 25 on :30 Breast 2X pullouts
	{4 x 75 on 1:05 Freestyle	EN2		200	1 x 200 on 3:00 Stroke Drills
	{1 x 300 on 3:50 Freestyle	EN2			1 on 10:00 Ice
	{3 x 100 on 1:25 Freestyle	EN2			7:05 AM 2,700 Yards - Stress Value = 26
	{1 x 300 on 3:50 Freestyle	EN2			
200	1 x 200 on 3:00 Stroke Drills	REC			
	1 on 10:00 Ice				
	7:05 AM 2,850 Yards - Stress Value = 48				

**Workout #12678 - Thursday, 10 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

		5:30 AM Start			
Yards	Set Description	EGY	WOF	Yards	Set Description
=====	=====	=====	=====	=====	=====
	1 on 35:00 DS/Weights			400	1 x 400 on 7:00 Underwater trn drill
	1 x 400 on 7:00 Underwater trn drill	REC			Odd 100's free even 100's back
	10 x 15 on :45 Shooters			150	10 x 15 on :45 Shooters
	Your primary stroke or free				Your primary stroke or free
350	1 x 350 on 7:00 Underwater trn drill	REC		1,700	1x{1 x 200 on 3:15 Breaststroke
	Odd 100's free even 100's back				{4 x 25 on :30 Breast 2X pullouts
150	10 x 15 on :45 Shooters				{2 x 175 on 2:45 Breaststroke
	Your primary stroke or free	SP3			{4 x 25 on :30 Breast 2X pullouts
1,800	1x{ Hold all non 300 swims under :40/50				{3 x 150 on 2:20 Breaststroke
	{1 x 300 on 4:20 Freestyle	EN2			{4 x 25 on :30 Breast 2X pullouts
	{2 x 150 on 2:30 Freestyle	EN2			{3 x 100 on 1:30 Breaststroke
	{1 x 300 on 4:20 Freestyle	EN2			{4 x 25 on :30 Breast 2X pullouts
	{4 x 75 on 1:15 Freestyle	EN2		200	1 x 200 on 3:00 Stroke Drills
	{1 x 300 on 4:20 Freestyle	EN2			1 on 10:00 Ice
	{3 x 100 on 1:40 Freestyle	EN2			7:05 AM 2,450 Yards - Stress Value = 23
	{1 x 300 on 4:20 Freestyle	EN2			
200	1 x 200 on 3:00 Stroke Drills	REC			
	1 on 10:00 Ice				
	7:04 AM 2,500 Yards - Stress Value = 42				

**Workout #12679 - Thursday, 10 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

		5:30 AM Start			
Yards	Set Description	EGY	WOF	Yards	Set Description
=====	=====	=====	=====	=====	=====
	1 on 35:00 DS/Weights			350	1 x 350 on 7:00 Underwater trn drill
	1 x 350 on 7:00 Underwater trn drill	REC			Odd 100's free even 100's back
	10 x 15 on :45 Shooters			150	10 x 15 on :45 Shooters
	Your primary stroke or free				Your primary stroke or free
350	1 x 350 on 7:00 Underwater trn drill	REC		1,550	1x{1 x 200 on 3:35 Breaststroke
	Odd 100's free even 100's back				{4 x 25 on :35 Breast 2X pullouts
150	10 x 15 on :45 Shooters				{2 x 175 on 3:05 Breaststroke
	Your primary stroke or free	SP3			{4 x 25 on :35 Breast 2X pullouts
1,600	1x{ Hold all non 300 swims under :50/50				{2 x 150 on 2:35 Breaststroke
	{1 x 300 on 5:20 Freestyle	EN2			{4 x 25 on :30 Breast 2X pullouts
	{2 x 150 on 2:45 Freestyle	EN2			{3 x 100 on 1:40 Breaststroke
	{1 x 300 on 5:20 Freestyle	EN2			{4 x 25 on :30 Breast 2X pullouts
	{4 x 75 on 1:20 Freestyle	EN2		200	1 x 200 on 3:00 Stroke Drills
	{1 x 300 on 5:20 Freestyle	EN2			1 on 10:00 Ice
	{1 x 300 on 5:20 Freestyle	EN2			7:05 AM 2,250 Yards - Stress Value = 22
	{1 x 100 on 1:50 Freestyle	EN2			
200	1 x 200 on 3:00 Stroke Drills	REC			
	1 on 10:00 Ice				
	7:05 AM 2,300 Yards - Stress Value = 38				

**Workout #12677 - Wednesday, 09 January 2013**

**HighSchl - Breast**

**1 minute rest between sets**

**Workout #12680 - Thursday, 10 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,350	1x{1 x 200 on 4:10 Breaststroke	EN1	
	{4 x 25 on :40 Breast 2X pullouts	EN1	
	{2 x 175 on 3:30 Breaststroke	EN1	
	{4 x 25 on :40 Breast 2X pullouts	EN1	
	{2 x 150 on 2:55 Breaststroke	EN1	
	{4 x 25 on :40 Breast 2X pullouts	EN1	
	{2 x 100 on 1:55 Breaststroke	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,050 Yards - Stress Value = 20		

**Workout #12681 - Friday, 11 January 2013**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Ted's Abs		
600	1 x 600 on 10:00 Choice		
150	10 x 15 on :45 Shooters		
750	1 x 750 on 15:00 Social Kick w/random 30s sp		
1,250	1x{1 x 50 on 1:30 Free Sprint Count Strokes		
	{1 x 25 on :40 Free 15 strokes		
	{1 x 25 on :40 Free 14 strokes		
	{1 x 25 on :40 Free 13 strokes		
	{1 x 25 on :40 Free 12 strokes		
	{1 x 25 on :40 Free 11 strokes		
	{1 x 25 on :40 Free 10 strokes		
	{1 x 25 on :40 Free 9 strokes		
	{1 x 25 on :40 Free 8 strokes		
	{1 x 25 on :40 Free 7 strokes		
	{1 x 25 on :40 Free 6 strokes		
	{1 x 50 on 1:30 Free Sprint Count Strokes		
	{1 x 25 on :35 Free 15 strokes		
	{1 x 25 on :35 Free 14 strokes		
	{1 x 25 on :35 Free 13 strokes		
	{1 x 25 on :35 Free 12 strokes		
	{1 x 25 on :35 Free 11 strokes		
	{1 x 25 on :35 Free 10 strokes		
	{1 x 25 on :35 Free 9 strokes		
	{1 x 25 on :35 Free 8 strokes		
	{1 x 25 on :35 Free 7 strokes		
	{1 x 25 on :35 Free 6 strokes		
	{1 x 50 on 1:30 Free Sprint Count Strokes		
	{1 x 25 on :30 Free 15 strokes		
	{1 x 25 on :30 Free 14 strokes		
	{1 x 25 on :30 Free 13 strokes		
	{1 x 25 on :30 Free 12 strokes		
	{1 x 25 on :30 Free 11 strokes		
	{1 x 25 on :30 Free 10 strokes		
	{1 x 25 on :30 Free 9 strokes		
	{1 x 25 on :30 Free 8 strokes		
	{1 x 25 on :30 Free 7 strokes		
	{1 x 25 on :30 Free 6 strokes		
	{1 x 50 on 1:30 Free Sprint Count Strokes		
	{1 x 25 on :25 Free 15 strokes		
	{1 x 25 on :25 Free 14 strokes		
	{1 x 25 on :25 Free 13 strokes		
	{1 x 25 on :25 Free 12 strokes		
	{1 x 25 on :25 Free 11 strokes		
	{1 x 25 on :25 Free 10 strokes		
	{1 x 25 on :25 Free 9 strokes		
	{1 x 25 on :25 Free 8 strokes		

200	{1 x 25 on :25 Free 7 strokes		
	{1 x 25 on :25 Free 6 strokes		
	{1 x 50 on 1:30 Sprint Free Count Strokes		
	1 on 15:00 Techniques-Relay Starts		
	1 x 200 on 3:00 Stroke Drills		
	1 on 10:00 Ice		
5:05 PM	2,950 Yards - Stress Value = 39		

**Workout #12682 - Friday, 11 January 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Dryland		
500	1 x 500 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,400	1x{1 x 200 on 3:45 Breaststroke	EN2	
	{3 x 50 on 1:00 Breast 2Xpullouts-descnd	EN2	
	{1 x 200 on 3:30 Breaststroke	EN2	
	{3 x 50 on 1:00 Breast 2Xpullouts-descnd	EN2	
	{1 x 200 on 3:15 Breaststroke	EN2	
	{3 x 50 on 1:00 Breast 2Xpullouts-descnd	EN2	
	{1 x 200 on 3:00 Breaststroke	EN2	
	{3 x 50 on 1:00 Breast 2Xpullouts-descnd	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:30 PM	2,250 Yards - Stress Value = 34		

**Workout #12683 - Friday, 11 January 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Dryland		
500	1 x 500 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{1 x 200 on 4:00 Breaststroke	EN2	
	{3 x 50 on 1:00 Breast 2Xpullouts-descnd	EN2	
	{1 x 200 on 3:45 Breaststroke	EN2	
	{3 x 50 on 1:00 Breast 2Xpullouts-descnd	EN2	
	{1 x 200 on 3:30 Breaststroke	EN2	
	{3 x 50 on 1:00 Breast 2Xpullouts-descnd	EN2	
	{1 x 150 on 2:30 Breaststroke	EN2	
	{3 x 50 on 1:00 Breast 2Xpullouts-descnd	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:30 PM	2,200 Yards - Stress Value = 33		

**Workout #12684 - Friday, 11 January 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====	=====	=====
	1 on 40:00 DS and Dryland		
450	1 x 450 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,150	1x{1 x 200 on 4:30 Breaststroke	EN2	
	{3 x 50 on 1:10 Breast 2Xpullouts-descnd	EN2	
	{1 x 200 on 4:15 Breaststroke	EN2	
	{3 x 50 on 1:10 Breast 2Xpullouts-descnd	EN2	
	{1 x 200 on 4:00 Breaststroke	EN2	
	{3 x 50 on 1:10 Breast 2Xpullouts-descnd	EN2	
	{1 x 100 on 1:50 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:30 PM	1,950 Yards - Stress Value = 29		

**Workout #12685 - Friday, 11 January 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 40:00 DS and Dryland	
400	1 x 400 on 10:00 Reverse IM drill	REC
150	10 x 15 on :45 Shooters	SP3
1,050	1x{1 x 200 on 5:00 Breaststroke	EN2
	{3 x 50 on 1:15 Breast 2Xpullouts-descnd	EN2
	{1 x 200 on 4:45 Breaststroke	EN2
	{3 x 50 on 1:15 Breast 2Xpullouts-descnd	EN2
	{1 x 200 on 4:30 Breaststroke	EN2
	{3 x 50 on 1:15 Breast 2Xpullouts-descnd	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	6:30 PM 1,800 Yards - Stress Value = 27	

**Workout #12686 - Friday, 11 January 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 40:00 DS and Dryland	
400	1 x 400 on 10:00 Reverse IM drill	REC
150	10 x 15 on :45 Shooters	SP3
950	1x{1 x 200 on 5:30 Breaststroke	EN2
	{3 x 50 on 1:30 Breast 2Xpullouts-descnd	EN2
	{1 x 200 on 5:15 Breaststroke	EN2
	{3 x 50 on 1:30 Breast 2Xpullouts-descnd	EN2
	{1 x 200 on 5:00 Breaststroke	EN2
	{1 x 50 on 1:30 Breast 2Xpullouts-descnd	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	6:31 PM 1,700 Yards - Stress Value = 25	

**Workout #12687 - Thursday, 10 January 2013**

**HS Boys - Race day warmup**

**1 minute rest between sets**

3:45 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
600	1 x 600 on 10:00 Underwater trn drill	
	Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	
1,200	1x{1 x 100 on 2:00 Kick alt 50 2 wkst	
	{4 x 50 on :45 Kick #1	
	{1 x 100 on 1:55 Kick alt 50 2 wkst	
	{4 x 50 on :45 Kick #1	
	{1 x 100 on 1:50 Kick alt 50 2 wkst	
	{4 x 50 on :45 Kick #1	
	{1 x 100 on 1:45 Kick alt 50 2 wkst	
	{4 x 50 on :45 Kick #1	
500	1 x 500 on 6:15 Pull-alt breakouots	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,800	12 x 150 on 2:00 Free-descending sets	
100	4 x 25 on 1:30 OTB Walkbacks	
250	1 x 250 on 4:00 Stroke Drills	
	5:44 PM 4,700 Yards - Stress Value = 78	

**Workout #12688 - Thursday, 10 January 2013**

**HS Boys - Gold**

**1 minute rest between sets**

3:45 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
600	1 x 600 on 10:00 Underwater trn drill	

Odd 100's free even 100's back

150	10 x 15 on :45 Shooters	
1,100	1x{1 x 100 on 2:10 Kick alt 50 2 wkst	
	{4 x 50 on :50 Kick #1	
	{1 x 100 on 2:05 Kick alt 50 2 wkst	
	{4 x 50 on :50 Kick #1	
	{1 x 100 on 2:00 Kick alt 50 2 wkst	
	{3 x 50 on :50 Kick #1	
	{1 x 100 on 1:55 Kick alt 50 2 wkst	
	{3 x 50 on :50 Kick #1	
450	1 x 450 on 6:15 Pull-alt breakouots	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,650	11 x 150 on 2:15 Free-descending sets	
100	4 x 25 on 1:30 OTB Walkbacks	
250	1 x 250 on 4:00 Stroke Drills	
	5:45 PM 4,400 Yards - Stress Value = 72	

**Workout #12689 - Thursday, 10 January 2013**

**HS Boys - Silver**

**1 minute rest between sets**

3:45 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
550	1 x 550 on 10:00 Underwater trn drill	
	Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	
1,000	1x{1 x 100 on 2:20 Kick alt 50 2 wkst	
	{3 x 50 on :55 Kick #1	
	{1 x 100 on 2:15 Kick alt 50 2 wkst	
	{3 x 50 on :55 Kick #1	
	{1 x 100 on 2:10 Kick alt 50 2 wkst	
	{3 x 50 on :55 Kick #1	
	{1 x 100 on 2:05 Kick alt 50 2 wkst	
	{3 x 50 on :55 Kick #1	
400	1 x 400 on 6:15 Pull-alt breakouots	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,500	10 x 150 on 2:30 Free-descending sets	
100	4 x 25 on 1:30 OTB Walkbacks	
250	1 x 250 on 4:00 Stroke Drills	
	5:45 PM 4,050 Yards - Stress Value = 66	

**Workout #12690 - Thursday, 10 January 2013**

**HS Boys - Bronze**

**1 minute rest between sets**

3:45 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	
	Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	
850	1x{1 x 100 on 2:40 Kick alt 50 2 wkst	
	{3 x 50 on 1:05 Kick #1	
	{1 x 100 on 2:35 Kick alt 50 2 wkst	
	{3 x 50 on 1:05 Kick #1	
	{1 x 100 on 2:30 Kick alt 50 2 wkst	
	{3 x 50 on 1:05 Kick #1	
	{1 x 100 on 2:05 Kick alt 50 2 wkst	
350	1 x 350 on 6:15 Pull-alt breakouots	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,350	9 x 150 on 2:45 Free-descending sets	
100	4 x 25 on 1:30 OTB Walkbacks	
250	1 x 250 on 4:00 Stroke Drills	
	5:45 PM 3,650 Yards - Stress Value = 59	

**Workout #12691 - Saturday, 12 January 2013**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS/Weights  
 600 1 x 600 on 10:00 Freestyle  
 180 12 x 15 on :45 Start/Shooter/Finish  
 1,800 1x{1 x 400 on 6:40 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:30 Kick  
 {1 x 100 on 1:25 Kick  
 {1 x 100 on 1:20 Kick  
 {1 x 300 on 5:00 Kick  
 {1 x 100 on 1:30 Kick  
 {1 x 100 on 1:25 Kick  
 {1 x 100 on 1:20 Kick  
 {1 x 200 on 3:20 Kick  
 {1 x 100 on 1:25 Kick  
 {1 x 100 on 1:20 Kick  
 600 1x{2 x 100 on 1:25 Pulls-nbbf&w + 2 yds  
 {2 x 100 on 1:20 Pulls-nbbf&w + 2 yds  
 {2 x 100 on 1:15 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,200 11 x 200 on 3:00 Challenge Set  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 5,880 Yards - Stress Value = 95

**Workout #12692 - Saturday, 12 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS/Weights  
 600 1 x 600 on 10:00 Freestyle  
 180 12 x 15 on :45 Start/Shooter/Finish  
 1,550 1x{1 x 400 on 7:40 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 300 on 5:45 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 150 on 2:45 Kick  
 500 1x{2 x 100 on 1:35 Pulls-nbbf&w + 2 yds  
 {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:25 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,200 11 x 200 on 3:00 Challenge Set  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 5,530 Yards - Stress Value = 89

**Workout #12693 - Saturday, 12 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS/Weights  
 550 1 x 550 on 10:00 Freestyle  
 180 12 x 15 on :45 Start/Shooter/Finish  
 1,350 1x{1 x 400 on 8:20 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick

{1 x 100 on 1:50 Kick  
 {1 x 300 on 6:15 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 150 on 3:10 Kick  
 400 1x{2 x 100 on 1:45 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:40 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:35 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,925 11 x 175 on 3:00 Challenge Set  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 9:34 AM 4,905 Yards - Stress Value = 78

**Workout #12694 - Saturday, 12 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS/Weights  
 500 1 x 500 on 10:00 Freestyle  
 180 12 x 15 on :45 Start/Shooter/Finish  
 1,150 1x{1 x 300 on 7:30 Kick  
 {1 x 100 on 2:20 Kick  
 {1 x 100 on 2:15 Kick  
 {1 x 100 on 2:10 Kick  
 {1 x 200 on 5:00 Kick  
 {1 x 100 on 2:15 Kick  
 {1 x 100 on 2:10 Kick  
 {1 x 150 on 3:30 Kick  
 400 1x{1 x 100 on 2:00 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:55 Pulls-nbbf&w + 2 yds  
 {2 x 100 on 1:50 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 11 x 150 on 3:00 Challenge Set  
 300 1 x 300 on 5:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 4,380 Yards - Stress Value = 69

**Workout #12695 - Monday, 14 January 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,500 1x{8 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:10 Kick  
 {8 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:05 Kick  
 {8 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:00 Kick  
 1,500 1x{2 x 125 on 1:35 Pulls 7 SOLW  
 {2 x 125 on 1:35 Pulls 6 SOLW  
 {2 x 125 on 1:35 Pulls 5 SOLW  
 {2 x 125 on 1:35 Pulls 4 SOLW  
 {2 x 125 on 1:35 Pulls 3 SOLW  
 {2 x 125 on 1:35 Pulls 2 SOLW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:42 PM 3,950 Yards - Stress Value = 50

**Workout #12696 - Monday, 14 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,200 1x{8 x 25 on :35 Kick no board BSLR  
 {2 x 150 on 2:40 Kick  
 {8 x 25 on :35 Kick no board BSLR  
 {2 x 150 on 2:35 Kick  
 {8 x 25 on :35 Kick no board BSLR  
 1,350 1x{2 x 125 on 1:45 Pulls 7 SOLW  
 {2 x 125 on 1:45 Pulls 6 SOLW  
 {2 x 125 on 1:45 Pulls 5 SOLW  
 {2 x 125 on 1:45 Pulls 4 SOLW  
 {2 x 125 on 1:45 Pulls 3 SOLW  
 {1 x 100 on 1:25 Pulls 2 SOLW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:42 PM 3,500 Yards - Stress Value = 43

**Workout #12697 - Monday, 14 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,000 1x{8 x 25 on :40 Kick no board BSLR  
 {1 x 150 on 3:05 Freestyle  
 {8 x 25 on :40 Kick no board BSLR  
 {1 x 150 on 3:00 Freestyle  
 {8 x 25 on :40 Kick no board BSLR  
 {1 x 100 on 2:00 Kick  
 1,200 1x{2 x 100 on 1:35 Pulls 7 SOLW  
 {2 x 100 on 1:35 Pulls 6 SOLW  
 {2 x 100 on 1:35 Pulls 5 SOLW  
 {2 x 100 on 1:35 Pulls 4 SOLW  
 {2 x 100 on 1:35 Pulls 3 SOLW  
 {2 x 100 on 1:35 Pulls 2 SOLW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:42 PM 3,100 Yards - Stress Value = 40

**Workout #12698 - Monday, 14 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 950 1x{8 x 25 on :45 Kick no board BSLR  
 {2 x 150 on 3:30 Kick  
 {6 x 25 on :45 Kick no board BSLRBS  
 {2 x 100 on 2:15 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 1,000 1x{2 x 100 on 1:50 Pulls 7 SOLW  
 {2 x 100 on 1:50 Pulls 6 SOLW  
 {2 x 100 on 1:50 Pulls 5 SOLW  
 {2 x 100 on 1:50 Pulls 4 SOLW  
 {2 x 100 on 1:50 Pulls 3 SOLW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:42 PM 2,800 Yards - Stress Value = 37

**Workout #12699 - Monday, 14 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:43 PM Start  
 Yards Set Description  
 =====  
 2,500 1x{1 x 250 on 3:00 Freestyle  
 {2 x 250 on 2:55 Free #2-3 KOW  
 {3 x 250 on 2:50 Free #3 4 strokes off each w  
 {4 x 250 on 2:45 Free #4 descend each 50  
 250 1 x 250 on 4:00 Free-Best Effort  
 350 7 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 3,100 Yards - Stress Value = 47

**Workout #12700 - Monday, 14 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:43 PM Start  
 Yards Set Description  
 =====  
 2,300 1x{1 x 250 on 3:25 Freestyle  
 {2 x 250 on 3:20 Free #2-3 KOW  
 {3 x 250 on 3:15 Free #3 4 strokes off each w  
 {4 x 200 on 2:35 Free #4 descend each 50  
 200 1 x 200 on 3:00 Free-Best Effort  
 300 6 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 2,800 Yards - Stress Value = 42

**Workout #12701 - Monday, 14 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:43 PM Start  
 Yards Set Description  
 =====  
 2,000 1x{1 x 200 on 3:05 Freestyle  
 {2 x 200 on 3:00 Free #2-3 KOW  
 {3 x 200 on 2:55 Free #3 4 strokes off each w  
 {4 x 200 on 2:50 Free #4 descend each 50  
 200 1 x 200 on 3:00 Free-Best Effort  
 350 7 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 2,550 Yards - Stress Value = 38

**Workout #12702 - Monday, 14 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:43 PM Start  
 Yards Set Description  
 =====  
 2,000 1x{1 x 200 on 3:40 Freestyle  
 {2 x 200 on 3:35 Free #2-3 KOW  
 {3 x 200 on 3:30 Free #3 4 strokes off each w  
 {4 x 200 on 3:25 Free #4 descend each 50  
 300 6 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 2,300 Yards - Stress Value = 34

**Workout #12703 - Monday, 14 January 2013**

**HighSchl - Fly**

**1 minute rest between sets**

4:43 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,600	8x{8 x 25 on :25 Fly { BP lupld, lu2d lu3d, { two lu4d, lu3d, lu2d, luld { the last 2 of each set 100% { 1 on 1:00 Rest	EN2	S	1	
300	6 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD	2

5:35 PM 1,900 Yards - Stress Value = 32

150	10 x 15 on :45 Shooters	SP3	S	
1,500	1x{2 x 25 on :45 Kick no board B { 1 x 100 on 2:00 Kick { 4 x 25 on :45 Kick no board B { 2 x 100 on 1:55 Kick { 6 x 25 on :45 Kick no board B { 3 x 100 on 1:50 Kick { 8 x 25 on :45 Kick no board B { 4 x 100 on 1:45 Kick	EN2	K	F
150	6 x 25 on :45 Back Drills	REC	D	
1,050	1x{6 x 50 on 1:00 Backstroke { 5 x 50 on :55 Backstroke { 4 x 50 on :50 Backstroke { 3 x 50 on :45 Backstroke { 2 x 50 on :40 Backstroke { 1 x 50 on :35 Backstroke 1 on 10:00 Game	EN2	S	

7:29 PM 3,350 Yards - Stress Value = 57

**Workout #12704 - Monday, 14 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:43 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,400	7x{8 x 25 on :30 Fly { BP lupld, lu2d lu3d, { two lu4d, lu3d, lu2d, luld { the last 2 of each set 100% { 1 on 1:00 Rest	EN2	S	2	
300	6 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD	2

5:35 PM 1,700 Yards - Stress Value = 28

**Workout #12708 - Monday, 14 January 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK	STK	F
500	1 on 30:00 DS/Physio Balls/Tm Mtg	REC	S	C	
150	1 x 500 on 10:00 Choice	SP3	S		
1,400	1x{10 x 15 on :45 Shooters { 1 x 100 on 2:15 Kick { 4 x 25 on :45 Kick no board B { 2 x 100 on 2:10 Kick { 6 x 25 on :45 Kick no board B { 3 x 100 on 2:05 Kick { 8 x 25 on :45 Kick no board B { 3 x 100 on 2:00 Kick 6 x 25 on :45 Back Drills	EN2	K	F	
1,050	1x{6 x 50 on 1:05 Backstroke { 5 x 50 on 1:00 Backstroke { 4 x 50 on :55 Backstroke { 3 x 50 on :50 Backstroke { 2 x 50 on :45 Backstroke { 1 x 50 on :40 Backstroke 1 on 10:00 Game	EN2	S		

7:30 PM 3,250 Yards - Stress Value = 55

**Workout #12705 - Monday, 14 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:43 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,200	6x{8 x 25 on :35 Fly { BP lupld, lu2d lu3d, { two lu4d, lu3d, lu2d, luld { the last 2 of each set 100% { 1 on 1:00 Rest	EN2	S	2	
300	6 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD	2

5:34 PM 1,500 Yards - Stress Value = 24

**Workout #12709 - Monday, 14 January 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK	STK	F
450	1 on 30:00 DS/Physio Balls/Tm Mtg	REC	S	C	
150	1 x 450 on 10:00 Choice	SP3	S		
1,300	1x{10 x 15 on :45 Shooters { 2 x 25 on :45 Kick no board B { 1 x 100 on 2:20 Kick { 4 x 25 on :45 Kick no board B { 2 x 100 on 2:15 Kick { 6 x 25 on :45 Kick no board B { 3 x 100 on 2:10 Kick { 8 x 25 on :45 Kick no board B { 2 x 100 on 2:05 Kick 6 x 25 on :45 Back Drills	EN2	K	F	
950	1x{4 x 50 on 1:10 Backstroke { 5 x 50 on 1:05 Backstroke { 4 x 50 on 1:00 Backstroke { 3 x 50 on :55 Backstroke { 2 x 50 on :50 Backstroke { 1 x 50 on :45 Backstroke 1 on 10:00 Game	EN2	S		

7:29 PM 3,000 Yards - Stress Value = 51

**Workout #12706 - Monday, 14 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:43 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,000	5x{8 x 25 on :45 Fly { BP lupld, lu2d lu3d, { two lu4d, lu3d, lu2d, luld { the last 2 of each set 100% { 1 on 1:00 Rest	EN2	S	3	
300	6 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD	2

5:35 PM 1,300 Yards - Stress Value = 20

**Workout #12707 - Monday, 14 January 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK	STK	F
500	1 on 30:00 DS/Physio Balls/Tm Mtg 1 x 500 on 10:00 Choice	REC	S	C	

**Workout #12710 - Monday, 14 January 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:30 PM	Start			
400	1 on 30:00 DS/Physio Balls/Tm Mtg	REC	L I	S C
150	10 x 15 on 10:00 Choice	SP3	S	
1,200	1x{2 x 25 on :45 Kick no board B	EN2	K F	
	{1 x 100 on 2:35 Kick	EN2	K	
	{4 x 25 on :45 Kick no board B	EN2	K F	
	{2 x 100 on 2:30 Kick	EN2	K	
	{6 x 25 on :45 Kick no board B	EN2	K F	
	{3 x 100 on 2:25 Kick	EN2	K	
	{8 x 25 on :45 Kick no board B	EN2	K F	
	{1 x 100 on 2:20 Kick	EN2	K	
150	6 x 25 on :45 Back Drills	REC	D	
850	1x{2 x 50 on 1:20 Backstroke	EN2	S	
	{5 x 50 on 1:15 Backstroke	EN2	S	
	{4 x 50 on 1:10 Backstroke	EN2	S	
	{3 x 50 on 1:05 Backstroke	EN2	S	
	{2 x 50 on 1:00 Backstroke	EN2	S	
	{1 x 50 on :55 Backstroke	EN2	S	
	1 on 10:00 Game		D	
7:29 PM	2,750 Yards - Stress Value = 47			

**Workout #12713 - Tuesday, 15 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS/Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,800	1x{1 x 350 on 4:50 Freestyle	EN2	
	{3 x 50 on :40 Free-Great Effort	EN3	
	{1 x 350 on 4:45 Freestyle	EN2	
	{3 x 50 on :45 Free-Great Effort	EN2	
	{1 x 350 on 4:40 Freestyle	EN2	
	{3 x 50 on :50 Free-Great Effort	EN3	
	{1 x 150 on 1:55 Freestyle	EN2	
300	{3 x 50 on :55 Free-Great Effort	EN3	
	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,650 Yards - Stress Value = 60		

**Workout #12714 - Tuesday, 15 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS/Weights		
150	1 x 350 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,650	1x{1 x 350 on 5:30 Freestyle	EN2	
	{3 x 50 on :45 Free-Great Effort	EN3	
	{1 x 350 on 5:25 Freestyle	EN2	
	{3 x 50 on :50 Free-Great Effort	EN2	
	{1 x 350 on 5:20 Freestyle	EN2	
	{3 x 50 on :55 Free-Great Effort	EN3	
	{1 x 150 on 2:10 Freestyle	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,450 Yards - Stress Value = 51		

**Workout #12715 - Tuesday, 15 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS/Weights		
150	1 x 350 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,500	1x{1 x 350 on 6:20 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Great Effort	EN3	
	{1 x 350 on 6:15 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Great Effort	EN2	
	{1 x 350 on 6:10 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Great Effort	EN3	
200	4 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,200 Yards - Stress Value = 48		

**Workout #12712 - Tuesday, 15 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS/Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,000	1x{1 x 350 on 4:05 Freestyle	EN2	
	{3 x 50 on :35 Free-Great Effort	EN3	
	{1 x 350 on 4:00 Freestyle	EN2	
	{3 x 50 on :40 Free-Great Effort	EN2	
	{1 x 350 on 3:55 Freestyle	EN2	
	{3 x 50 on :45 Free-Great Effort	EN3	
	{1 x 350 on 3:50 Freestyle	EN2	
	{3 x 50 on :50 Free-Great Effort	EN3	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,900 Yards - Stress Value = 64		

**Workout #12716 - Tuesday, 15 January 2013**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
Your primary stroke or free			
1,800	1x{ 100's 3-4-5 KOW		
	{3 x 100 on 1:20 Backstroke	EN2	
	{3 x 50 on :45 Back-Great Effort	EN3	
	{3 x 100 on 1:20 Backstroke	EN2	
	{3 x 50 on :50 Back-Great Effort	EN2	
	{3 x 100 on 1:20 Backstroke	EN2	
	{3 x 50 on :55 Back-Great Effort	EN3	
	{3 x 100 on 1:20 Backstroke	EN2	
	{3 x 50 on 1:00 Back-Great Effort	EN3	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,600 Yards - Stress Value = 60			

**Workout #12717 - Tuesday, 15 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
Your primary stroke or free			
1,700	1x{ 100's 3-4-5 KOW		
	{3 x 100 on 1:30 Backstroke	EN2	
	{3 x 50 on :45 Back-Great Effort	EN3	
	{3 x 100 on 1:30 Backstroke	EN2	
	{3 x 50 on :50 Back-Great Effort	EN2	
	{3 x 100 on 1:30 Backstroke	EN2	
	{3 x 50 on :55 Back-Great Effort	EN3	
	{3 x 100 on 1:30 Backstroke	EN2	
	{1 x 50 on 1:00 Back-Great Effort	EN3	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,500 Yards - Stress Value = 54			

**Workout #12718 - Tuesday, 15 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
Your primary stroke or free			
1,550	1x{ 100's 3-4-5 KOW		
	{3 x 100 on 1:40 Backstroke	EN2	
	{3 x 50 on :50 Back-Great Effort	EN3	
	{3 x 100 on 1:40 Backstroke	EN2	
	{3 x 50 on :55 Back-Great Effort	EN2	
	{3 x 100 on 1:40 Backstroke	EN2	
	{3 x 50 on 1:00 Back-Great Effort	EN3	
	{2 x 100 on 1:40 Backstroke	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,300 Yards - Stress Value = 49			

**Workout #12719 - Tuesday, 15 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
350	1 on 35:00 DS/Weights		
150	1 x 350 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
Your primary stroke or free			
1,200	1x{ 100's 3-4-5 KOW		
	{3 x 100 on 2:10 Backstroke	EN2	
	{2 x 50 on 1:10 Back-Great Effort	EN3	
	{3 x 100 on 2:05 Backstroke	EN2	
	{2 x 50 on 1:15 Back-Great Effort	EN2	
	{3 x 100 on 2:00 Freestyle	EN2	
	{2 x 50 on 1:20 Back-Great Effort	EN3	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 1,950 Yards - Stress Value = 38			

**Workout #12720 - Tuesday, 15 January 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM Start			
500	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
1,200	1x{1 x 200 on 4:00 IM kick-no board	EN2	
	{4 x 50 on 1:00 Kick-fly descend	EN2	
	{1 x 200 on 4:00 IM kick-no board	EN2	
	{4 x 50 on 1:00 Kick-breast-descend	EN2	
	{1 x 200 on 4:00 IM kick-no board	EN2	
	{4 x 50 on 1:00 Kick-Free-descend	EN2	
200	8 x 25 on 1:00 Stroke Drills 2 on each	REC	
1,800	6 x 300 on 4:30 IM des in 3's	EN2	
	1 on 9:00 Techniques-Starts		
7:30 PM 3,850 Yards - Stress Value = 66			

**Workout #12721 - Tuesday, 15 January 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM Start			
500	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
1,100	1x{1 x 200 on 4:00 IM kick-no board	EN2	
	{4 x 50 on 1:10 Kick-fly descend	EN2	
	{1 x 200 on 4:00 IM kick-no board	EN2	
	{3 x 50 on 1:10 Kick-breast-descend	EN2	
	{1 x 200 on 4:00 IM kick-no board	EN2	
	{3 x 50 on 1:10 Kick-Free-descend	EN2	
200	8 x 25 on 1:00 Stroke Drills 2 on each	REC	
1,500	6 x 250 on 4:30 IM des in 3's	EN2	
	only do 25 of your weak stroke		
	1 on 9:00 Techniques-Starts		
7:30 PM 3,450 Yards - Stress Value = 58			

**Workout #12722 - Tuesday, 15 January 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY W  
 =====  
 1 on 30:00 DS/Core/Tm Mtg  
 450 1 x 450 on 10:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 1,000 1x{1 x 200 on 4:30 IM kick-no board EN2  
 {3 x 50 on 1:15 Kick-fly descend EN2  
 {1 x 200 on 4:30 IM kick-no board EN2  
 {3 x 50 on 1:15 Kick-breast-descend EN2  
 {1 x 200 on 4:30 IM kick-no board EN2  
 {2 x 50 on 1:15 Kick-Free-descend EN2  
 200 8 x 25 on 1:00 Stroke Drills 2 on each REC  
 1,350 6 x 225 on 4:30 IM des in 3's EN2  
 do a 75 of your best stroke  
 1 on 9:00 Techniques-Starts  
 7:30 PM 3,150 Yards - Stress Value = 53

**Workout #12723 - Tuesday, 15 January 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY W  
 =====  
 1 on 30:00 DS/Core/Tm Mtg  
 400 1 x 400 on 10:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 950 1x{1 x 200 on 4:45 IM kick-no board EN2  
 {2 x 50 on 1:20 Kick-fly descend EN2  
 {1 x 200 on 4:45 IM kick-no board EN2  
 {2 x 50 on 1:20 Kick-breast-descend EN2  
 {1 x 200 on 4:45 IM kick-no board EN2  
 {3 x 50 on 1:20 Kick-Free-descend EN2  
 200 8 x 25 on 1:00 Stroke Drills 2 on each REC  
 1,200 6 x 200 on 4:30 IM des in 3's EN2  
 1 on 9:00 Techniques-Starts  
 7:30 PM 2,900 Yards - Stress Value = 49

**Workout #12724 - Tuesday, 15 January 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY W  
 =====  
 1 on 30:00 DS/Core/Tm Mtg  
 400 1 x 400 on 10:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 900 1x{1 x 200 on 5:00 IM kick-no board EN2  
 {2 x 50 on 1:30 Kick-fly descend EN2  
 {1 x 200 on 5:00 IM kick-no board EN2  
 {2 x 50 on 1:30 Kick-breast-descend EN2  
 {1 x 200 on 5:00 IM kick-no board EN2  
 {2 x 50 on 1:30 Kick-Free-descend EN2  
 200 8 x 25 on 1:00 Stroke Drills 2 on each REC  
 900 6 x 150 on 4:30 IM des in 3's EN2  
 Do 50's of your 2 best strokes  
 and 25's of your 2 weak strokes  
 1 on 9:00 Techniques-Starts  
 7:30 PM 2,550 Yards - Stress Value = 42

**Workout #12725 - Wednesday, 16 January 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs

600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,900 1x{4 x 25 on :30 Kick no board BSLR 16KOW  
 {1 x 250 on 3:40 Kick  
 {4 x 25 on :30 Kick no board BSLR 14KOW  
 {2 x 200 on 2:50 Kick  
 {4 x 25 on :30 Kick no board BSLR 12KOW  
 {3 x 150 on 2:05 Kick  
 {4 x 25 on :30 Kick no board BSLR 10KOW  
 {4 x 100 on 1:20 Kick  
 1,400 7x{1 x 150 on 2:00 Pull w/paddles hold 1:40  
 {1 x 50 on 1:00 Pull-no paddles  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:43 PM 4,250 Yards - Stress Value = 88

**Workout #12726 - Wednesday, 16 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,500 1x{4 x 25 on :35 Kick no board BSLR 16KOW  
 {1 x 250 on 4:35 Kick  
 {4 x 25 on :35 Kick no board BSLR 14KOW  
 {2 x 200 on 3:35 Kick  
 {4 x 25 on :35 Kick no board BSLR 12KOW  
 {3 x 150 on 2:35 Kick  
 {4 x 25 on :35 Kick no board BSLR 10KOW  
 1,200 6x{1 x 150 on 2:15 Pull w/paddles hold 2:00  
 {1 x 50 on 1:05 Pull-no paddles  
 do 2 X 50's on the last round  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:42 PM 3,650 Yards - Stress Value = 74

**Workout #12727 - Wednesday, 16 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,300 1x{4 x 25 on :40 Kick no board BSLR 16KOW  
 {1 x 250 on 5:10 Kick  
 {4 x 25 on :40 Kick no board BSLR 14KOW  
 {1 x 200 on 4:00 Kick  
 {4 x 25 on :40 Kick no board BSLR 12KOW  
 {3 x 150 on 2:55 Kick  
 {4 x 25 on :40 Kick no board BSLR 10KOW  
 1,200 6x{1 x 150 on 2:30 Pull w/paddles hold 2:15  
 {1 x 50 on 1:10 Pull-no paddles  
 Do not do 50 on last round  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:44 PM 3,400 Yards - Stress Value = 70

**Workout #12728 - Wednesday, 16 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :45 Kick no board BSLR 16KOW  
 {1 x 250 on 6:00 Kick  
 {4 x 25 on :45 Kick no board BSLR 14KOW  
 {1 x 200 on 4:40 Kick  
 {4 x 25 on :45 Kick no board BSLR 12KOW  
 {1 x 150 on 3:25 Kick  
 {4 x 25 on :45 Kick no board BSLR 10KOW  
 {2 x 50 on 1:05 Kick  
 1,000 5x{1 x 150 on 2:50 Pull w/paddles hold 2:35  
 {1 x 50 on 1:15 Pull-no paddles  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:43 PM 3,000 Yards - Stress Value = 60

**Workout #12729 - Wednesday, 16 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:44 PM Start  
 Yards Set Description  
 =====  
 2,250 1x{10 x 50 on :55 Free hold season best time EN  
 {1 x 250 on 5:00 Freestyle DPS RE  
 {10 x 50 on :55 Free hold best time EN  
 {1 x 250 on 5:00 Freestyle DPS RE  
 {10 x 50 on :55 Free hold goal time EN  
 {1 x 250 on 5:00 Freestyle DPS RE  
 1 on 10:00 Ice  
 5:36 PM 2,250 Yards - Stress Value = 90

**Workout #12730 - Wednesday, 16 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:44 PM Start  
 Yards Set Description  
 =====  
 2,050 1x{10 x 50 on 1:00 Free hold season best time F  
 {1 x 250 on 5:00 Freestyle DPS F  
 {8 x 50 on 1:00 Free hold best time F  
 {1 x 250 on 5:00 Freestyle DPS F  
 {8 x 50 on 1:00 Free hold goal time F  
 {1 x 250 on 5:00 Freestyle DPS F  
 1 on 10:00 Ice  
 5:35 PM 2,050 Yards - Stress Value = 78

**Workout #12731 - Wednesday, 16 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:44 PM Start  
 Yards Set Description  
 =====  
 1,900 1x{8 x 50 on 1:05 Free hold season best time EN  
 {1 x 200 on 4:30 Freestyle DPS RE  
 {8 x 50 on 1:05 Free hold best time EN  
 {1 x 200 on 4:30 Freestyle DPS RE  
 {10 x 50 on 1:05 Free hold goal time EN  
 {1 x 200 on 4:30 Freestyle DPS RE  
 1 on 10:00 Ice  
 5:35 PM 1,900 Yards - Stress Value = 78

**Workout #12732 - Wednesday, 16 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:44 PM Start  
 Yards Set Description  
 =====  
 1,800 1x{8 x 50 on 1:10 Free hold season best time EN  
 {1 x 200 on 4:30 Freestyle DPS RE  
 {8 x 50 on 1:10 Free hold best time EN  
 {1 x 200 on 4:30 Freestyle DPS RE  
 {8 x 50 on 1:10 Free hold goal time EN  
 {1 x 200 on 4:30 Freestyle DPS RE  
 1 on 10:00 Ice  
 5:35 PM 1,800 Yards - Stress Value = 72

**Workout #12733 - Wednesday, 16 January 2013**

**HighSchl - IM'ers**

**1 minute rest between sets**

4:44 PM Start  
 Yards Set Description  
 =====  
 2,100 1x{3 x 50 on :55 Fly hold season best EN3  
 {3 x 100 on 1:25 50 back 50 breast EN2  
 {6 x 25 on :30 Free-6bk great finishes SP2  
 {3 x 50 on :45 Fly EN2  
 {3 x 50 on :55 Back hold season best EN3  
 {3 x 50 on :50 Breast EN2  
 {6 x 25 on :30 Free 6bk great finishes SP2  
 {3 x 100 on 1:25 50 fly 50 back EN2  
 {3 x 50 on :55 Breast hold season best EN3  
 {6 x 25 on :30 Free 6bk great finishes SP2  
 250 {3 x 100 on 1:15 Individual Medley EN2  
 1 x 250 on 5:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:35 PM 2,350 Yards - Stress Value = 96

**Workout #12734 - Wednesday, 16 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:44 PM Start  
 Yards Set Description  
 =====  
 1,900 1x{3 x 50 on 1:00 Fly hold season best EN3  
 {3 x 100 on 1:35 50 back 50 breast EN2  
 {6 x 25 on :30 Free-6bk great finishes SP2  
 {3 x 50 on :50 Fly EN2  
 {3 x 50 on 1:00 Back hold season best EN3  
 {3 x 50 on :55 Breast EN2  
 {6 x 25 on :30 Free 6bk great finishes SP2  
 {3 x 100 on 1:35 50 fly 50 back EN2  
 {3 x 50 on 1:00 Breast hold season best EN3  
 {6 x 25 on :30 Free 6bk great finishes SP2  
 250 {1 x 100 on 1:25 Individual Medley EN2  
 1 x 250 on 5:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:35 PM 2,150 Yards - Stress Value = 92

**Workout #12735 - Wednesday, 16 January 2013**

7:05 AM 2,950 Yards - Stress Value = 50

**HighSchl - Silver**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	W
1,800	1x{3 x 50 on 1:05 Fly hold season best	EN3	
	{3 x 100 on 1:45 50 back 50 breast	EN2	
	{6 x 25 on :30 Free-6bk great finishes	SP2	
	{3 x 50 on :55 Fly	EN2	
	{3 x 50 on 1:05 Back hold season best	EN3	
	{3 x 50 on 1:00 Breast	EN2	
	{6 x 25 on :30 Free 6bk great finishes	SP2	
	{3 x 100 on 1:45 50 fly 50 back	EN2	
	{3 x 50 on 1:05 Breast hold season best	EN3	
	{6 x 25 on :30 Free 6bk great finishes	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:35 PM 2,050 Yards - Stress Value = 90

**Workout #12736 - Wednesday, 16 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	W
1,600	1x{3 x 50 on 1:10 Fly hold season best	EN3	
	{3 x 100 on 2:00 50 back 50 breast	EN2	
	{4 x 25 on :40 Free-6bk great finishes	SP2	
	{3 x 50 on 1:00 Fly	EN2	
	{3 x 50 on 1:10 Back hold season best	EN3	
	{3 x 50 on 1:05 Breast	EN2	
	{4 x 25 on :40 Free 6bk great finishes	SP2	
	{3 x 100 on 2:00 50 fly 50 back	EN2	
	{3 x 50 on 1:10 Breast hold season best	EN3	
	{2 x 25 on :40 Free 6bk great finishes	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:35 PM 1,850 Yards - Stress Value = 70

**Workout #12737 - Thursday, 17 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	ε
	1 on 35:00 DS and Weights		L	I
400	1 x 400 on 7:00 Underwater trn drill	REC	D	
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters	SP3	S	ε
	Your primary stroke or free			
2,400	4 x 600 on 7:15 Freestyle-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 ice		M	

7:05 AM 3,150 Yards - Stress Value = 54

**Workout #12738 - Thursday, 17 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	ε
	1 on 35:00 DS and Weights		L	I
400	1 x 400 on 7:00 Underwater trn drill	REC	D	
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters	SP3	S	ε
	Your primary stroke or free			
2,200	4 x 550 on 7:15 Freestyle-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 ice		M	

**Workout #12739 - Thursday, 17 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	ε
	1 on 35:00 DS and Weights		L	I
400	1 x 400 on 7:00 Underwater trn drill	REC	D	
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters	SP3	S	ε
	Your primary stroke or free			
2,000	4 x 500 on 7:15 Freestyle-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 ice		M	

7:05 AM 2,750 Yards - Stress Value = 46

**Workout #12740 - Thursday, 17 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	ε
	1 on 35:00 DS and Weights		L	I
400	1 x 400 on 7:00 Underwater trn drill	REC	D	
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters	SP3	S	ε
	Your primary stroke or free			
1,800	4 x 450 on 7:15 Freestyle-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 ice		M	

7:05 AM 2,550 Yards - Stress Value = 42

**Workout #12741 - Thursday, 17 January 2013**

**HighSchl - Breast**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,000	1x{2 x 200 on 2:55 Breaststroke	EN2	
	{2 x 200 on 2:50 Breaststroke	EN2	
	{2 x 200 on 2:45 Breaststroke	EN2	
	{2 x 200 on 2:40 Breaststroke	EN2	
	{2 x 200 on 2:35 Breaststroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,800 Yards - Stress Value = 46

**Workout #12742 - Thursday, 17 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start			
Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,750	1x{2 x 175 on 2:55 Breaststroke	EN2	
	{2 x 175 on 2:50 Breaststroke	EN2	
	{2 x 175 on 2:45 Breaststroke	EN2	
	{2 x 175 on 2:40 Breaststroke	EN2	
	{2 x 175 on 2:35 Breaststroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,550 Yards - Stress Value = 41		

**Workout #12743 - Thursday, 17 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start			
Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,500	1x{2 x 150 on 2:55 Breaststroke	EN2	
	{2 x 150 on 2:50 Breaststroke	EN2	
	{2 x 150 on 2:45 Breaststroke	EN2	
	{2 x 150 on 2:40 Breaststroke	EN2	
	{2 x 150 on 2:35 Breaststroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,300 Yards - Stress Value = 36		

**Workout #12744 - Thursday, 17 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start			
Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,250	1x{2 x 125 on 2:55 Breaststroke	EN2	
	{2 x 125 on 2:50 Breaststroke	EN2	
	{2 x 125 on 2:45 Breaststroke	EN2	
	{2 x 125 on 2:40 Breaststroke	EN2	
	{2 x 125 on 2:35 Breaststroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,050 Yards - Stress Value = 31		

**Workout #12745 - Wednesday, 16 January 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:30 PM Start			
Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 30:00 DSAbs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{2 x 125 on 2:30 Kick	EN2	

{2 x 50 on 1:00 Kick no brd alt	EN2
{2 x 125 on 2:25 Kick	EN2
{2 x 50 on 1:00 Kick no brd alt	EN2
{2 x 125 on 2:20 Kick	EN2
{2 x 50 on 1:00 Kick no brd alt	EN2
{2 x 125 on 2:15 Kick	EN2
1 x 100 on 3:00 Kick for time	EN2
6 x 25 on :45 Stroke Drills	REC
8 x 50 on 1:30 Breast Pull w/paddles	EN2
4 x 100 on 4:00 Breast	SP2
1 x 250 on 5:00 Stroke Drills	REC
7:31 PM 3,250 Yards - Stress Value = 82	

**Workout #12746 - Wednesday, 16 January 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start			
Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 30:00 DSAbs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{2 x 125 on 2:40 Kick	EN2	
	{2 x 50 on 1:05 Kick no brd alt	EN2	
	{2 x 125 on 2:35 Kick	EN2	
	{2 x 50 on 1:05 Kick no brd alt	EN2	
	{2 x 125 on 2:30 Kick	EN2	
	{2 x 50 on 1:05 Kick no brd alt	EN2	
	{2 x 75 on 1:30 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
400	8 x 50 on 1:30 Breast Pull w/paddles	EN2	
400	4 x 100 on 4:00 Breast	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:31 PM 3,150 Yards - Stress Value = 80		

**Workout #12747 - Wednesday, 16 January 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start			
Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 30:00 DSAbs/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,050	1x{2 x 125 on 2:55 Kick	EN2	
	{2 x 50 on 1:10 Kick no brd alt	EN2	
	{2 x 125 on 2:50 Kick	EN2	
	{2 x 50 on 1:10 Kick no brd alt	EN2	
	{2 x 125 on 2:45 Kick	EN2	
	{2 x 50 on 1:10 Kick no brd alt	EN2	
100	1 x 100 on 3:00 Kick for time	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
400	8 x 50 on 1:30 Breast Pull w/paddles	EN2	
400	4 x 100 on 4:00 Breast	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 2,950 Yards - Stress Value = 77		

**Workout #12748 - Wednesday, 16 January 2013**

**1 minute rest between sets**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
400	1 on 30:00 DSAbs/Tm Mtg		
150	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
900	10 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 2:45 Kick	EN2	
	{2 x 50 on 1:20 Kick no brd alt	EN2	
	{2 x 100 on 2:40 Kick	EN2	
	{2 x 50 on 1:20 Kick no brd alt	EN2	
	{2 x 100 on 2:35 Kick	EN2	
	{2 x 50 on 1:20 Kick no brd alt	EN2	
100	1 x 100 on 3:00 Kick for time	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
400	8 x 50 on 1:30 Breast Pull w/paddles	EN2	
400	4 x 100 on 4:00 Breast	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:30 PM	2,750 Yards - Stress Value = 74		

Yards	Set Description
3:00 PM	Start
600	1 on 25:00 DS/Shoulders
150	1 x 600 on 10:00 Underwater trn drill
2,000	Odd 100's free even 100's back
	10 x 15 on :45 Shooters
	1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:15 Alt 50 fly kick on back
	{ 50 tombstone kick
	{3 x 100 on 1:55 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:10 Kick same as above
	{3 x 100 on 1:50 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:05 Kick-Same as above
	{3 x 100 on 1:45 Kick 25 fly/fr/br/cho
	{4 x 50 on 1:00 Kick-Same as above
900	1 x 900 on 12:30 Pulls alt breakouts
	Odd 100's br toward blchrs
	Even 100's breathe towards scbrd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:47 PM	3,850 Yards - Stress Value = 66

**Workout #12749 - Wednesday, 16 January 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
400	1 on 30:00 DSAbs/Tm Mtg		
150	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
800	10 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 3:00 Kick	EN2	
	{2 x 50 on 1:30 Kick no brd alt	EN2	
	{2 x 100 on 2:55 Kick	EN2	
	{2 x 50 on 1:30 Kick no brd alt	EN2	
	{2 x 100 on 2:50 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
400	8 x 50 on 1:30 Breast Pull w/paddles	EN2	
400	4 x 100 on 4:00 Breast	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:30 PM	2,650 Yards - Stress Value = 72		

**Workout #12752 - Thursday, 17 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
550	1 on 25:00 DS/Shoulders
150	1 x 550 on 10:00 Underwater trn drill
1,650	Odd 100's free even 100's back
	10 x 15 on :45 Shooters
	1x{3 x 100 on 2:20 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:30 Alt 50 fly kick on back
	{ 50 tombstone kick
	{3 x 100 on 2:15 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:25 Kick same as above
	{3 x 100 on 2:10 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:20 Kick-Same as above
	{1 x 100 on 2:05 Kick 25 fly/fr/br/cho
	{1 x 50 on 1:15 Kick fly kick on back
800	1 x 800 on 12:30 Pulls alt breakouts
	Odd 100's br toward blchrs
	Even 100's breathe towards scbrd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:47 PM	3,350 Yards - Stress Value = 57

**Workout #12750 - Thursday, 17 January 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
600	1 on 25:00 DS/Shoulders
150	1 x 600 on 10:00 Underwater trn drill
2,000	Odd 100's free even 100's back
	10 x 15 on :45 Shooters
	1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:15 Alt 50 fly kick on back
	{ 50 tombstone kick
	{3 x 100 on 1:55 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:10 Kick same as above
	{3 x 100 on 1:50 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:05 Kick-Same as above
	{3 x 100 on 1:45 Kick 25 fly/fr/br/cho
	{4 x 50 on 1:00 Kick-Same as above
1,000	1 x 1000 on 12:30 Pulls alt breakouts
	Odd 100's br toward blchrs
	Even 100's breathe towards scbrd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:47 PM	3,950 Yards - Stress Value = 68

**Workout #12751 - Thursday, 17 January 2013**

**HighSchl - Gold**

**Workout #12753 - Thursday, 17 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Shoulders  
 500 1 x 500 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,600 1x{3 x 100 on 2:30 Kick 25-fly/fr/br/cho  
 {4 x 50 on 1:30 Alt 50 fly kick on back  
 {50 tombstone kick  
 {3 x 100 on 2:25 Kick 25-fly/fr/br/cho  
 {4 x 50 on 1:25 Kick same as above  
 {3 x 100 on 2:20 Kick 25-fly/fr/br/cho  
 {4 x 50 on 1:20 Kick-Same as above  
 {1 x 100 on 2:15 Kick 25 fly/fr/br/cho  
 700 1 x 700 on 12:30 Pulls alt breakouts  
 Odd 100's br toward blchrs  
 Even 100's breathe towards scbrd  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:47 PM 3,150 Yards - Stress Value = 54

150 6 x 25 on :45 Perfect Fly EN1  
 750 1x{1 x 250 on 10:00 Stroke Drills REC  
 {1 x 250 on 10:00 Stroke Drills REC  
 {1 x 250 on 10:00 Stroke Drills REC  
 150 6 x 25 on 1:00 Perfect Fly EN1  
 400 8 x 50 on 1:00 Fly EN2  
 1 on 10:00 Techniques-Back Starts  
 7:24 PM 2,100 Yards - Stress Value = 18

**Workout #12757 - Friday, 18 January 2013**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Ted's abs F  
 600 1 x 600 on 10:00 Reverse IM drill F  
 150 10 x 15 on :45 Shooters S  
 1,200 1x{1 x 25 on :45 Kick on left side face down F  
 {1 x 25 on :45 Kick on right side face down F  
 {1 x 25 on :45 Kick on left side face up F  
 {1 x 25 on :45 Kick on right side face up F  
 {2 x 100 on 2:00 Kick-all under 1:30 F  
 {1 x 25 on :45 Kick on left side face down F  
 {1 x 25 on :45 Kick on right side face down F  
 {1 x 25 on :45 Kick on left side face up F  
 {1 x 25 on :45 Kick on right side face up F  
 {2 x 100 on 1:55 Kick-all under 1:30 F  
 {1 x 25 on :45 Kick on left side face down F  
 {1 x 25 on :45 Kick on right side face down F  
 {1 x 25 on :45 Kick on left side face up F  
 {1 x 25 on :45 Kick on right side face up F  
 {2 x 100 on 1:50 Kick-all under 1:30 F  
 {1 x 25 on :45 Kick on left side face down F  
 {1 x 25 on :45 Kick on right side face down F  
 {1 x 25 on :45 Kick on left side face up F  
 {1 x 25 on :45 Kick on right side face up F  
 {2 x 100 on 1:45 Kick-all under 1:30 F  
 400 2 x 200 on 15:00 Indvdl Prsrctps F  
 300 6 x 50 on 1:00 Stroke Drills F  
 1 on 10:00 Ice  
 5:05 PM 2,650 Yards - Stress Value = 26

**Workout #12754 - Thursday, 17 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:48 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 2,000 1x{4 x 125 on 2:00 Freestyle EN3 S FR  
 {1 on 1:00 Rest M  
 {4 x 125 on 1:55 Freestyle EN3 S FR  
 {1 on 1:00 Rest M  
 {4 x 125 on 1:50 Freestyle EN3 S FR  
 {1 on 1:00 Rest M  
 {4 x 125 on 1:45 Freestyle EN3 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 5:36 PM 2,250 Yards - Stress Value = 120

**Workout #12758 - Friday, 18 January 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 1 on 44:00 DS/Dryland L I  
 500 1 x 500 on 10:00 Reverse IM drill REC D  
 150 10 x 15 on :45 Shooters SP3 S  
 1,200 4x{4 x 25 on :30 Freestyle EN2 S  
 {4 x 25 on :25 Freestyle EN2 S  
 {4 x 25 on :20 Freestyle EN2 S  
 {1 on :30 Rest M  
 200 1 x 200 on 3:00 Stroke Drills REC D  
 6:30 PM 2,050 Yards - Stress Value = 30

**Workout #12756 - Thursday, 17 January 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 30:00 DS/Shoulders/Tm Mtg  
 500 1 x 500 on 10:00 Underwater trn drill REC  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters SP3  
 1 on 2:00 Techniques Talk

**Workout #12759 - Friday, 18 January 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
	1 on 44:00 DS/Dryland			L I
500	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,000	4x{3 x 25 on :35 Freestyle	EN2	S	
	{3 x 25 on :30 Freestyle	EN2	S	
	{4 x 25 on :25 Freestyle	EN2	S	
	{1 on :30 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:30 PM 1,850 Yards - Stress Value = 26			

**Workout #12760 - Friday, 18 January 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
	1 on 44:00 DS/Dryland			L I
450	1 x 450 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
900	4x{2 x 25 on :40 Freestyle	EN2	S	
	{3 x 25 on :35 Freestyle	EN2	S	
	{4 x 25 on :30 Freestyle	EN2	S	
	{1 on :30 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:31 PM 1,700 Yards - Stress Value = 24			

**Workout #12761 - Friday, 18 January 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
	1 on 44:00 DS/Dryland			L I
400	1 x 400 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
800	4x{2 x 25 on :45 Freestyle	EN2	S	
	{3 x 25 on :40 Freestyle	EN2	S	
	{3 x 25 on :35 Freestyle	EN2	S	
	{1 on :30 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:31 PM 1,550 Yards - Stress Value = 22			

**Workout #12762 - Monday, 21 January 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

7:00 PM Start

Yards	Set Description	EGY	WORK	ε
	1 on 30:00 DS/Physo Balls			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
1,900	1x{4 x 25 on :30 Kick no board BSLR			
	{2 x 100 on 1:20 Kick			
	{2 x 100 on 1:25 Kick			
	{6 x 25 on :30 Kick no board BSLRBS			
	{2 x 100 on 1:25 Kick			
	{2 x 100 on 1:30 Kick			
	{8 x 25 on :30 Kick no board BSLR X2			
	{2 x 100 on 1:30 Kick			
	{2 x 100 on 1:35 Kick			
	{10 x 25 on :30 Kick no board BSLRX2 LR			
750	3x{1 x 50 on :40 Pull 5 SOT-HB			
	{1 x 50 on :40 Pull 4 SOT-HB			
	{1 x 50 on :40 Pull 3 SOT-HB			

{1 x 50 on :40 Pull 2 SOT-HB  
 {1 x 50 on :40 Pull 1 SOT-HB  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:40 PM 3,600 Yards - Stress Value = 56

**Workout #12763 - Monday, 21 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	ε
	1 on 30:00 DS/Physio Balls			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
1,600	1x{4 x 25 on :35 Kick no board BSLR			
	{2 x 100 on 1:40 Kick			
	{2 x 100 on 1:45 Kick			
	{6 x 25 on :35 Kick no board BSLRBS			
	{2 x 100 on 1:45 Kick			
	{2 x 100 on 1:50 Kick			
	{8 x 25 on :35 Kick no board BSLR X2			
	{2 x 100 on 1:50 Kick			
	{6 x 25 on :35 Kick no board BSLRBS			
750	3x{1 x 50 on :45 Pull 5 SOT-HB			
	{1 x 50 on :45 Pull 4 SOT-HB			
	{1 x 50 on :45 Pull 3 SOT-HB			
	{1 x 50 on :45 Pull 2 SOT-HB			
	{1 x 50 on :45 Pull 1 SOT-HB			
	dont do last two on third set			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	8:42 AM 3,300 Yards - Stress Value = 51			

**Workout #12764 - Monday, 21 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	ε
	1 on 30:00 DS/Physio Balls			
550	1 x 550 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
1,400	1x{4 x 25 on :40 Kick no board BSLR			
	{2 x 100 on 1:55 Kick			
	{2 x 100 on 2:00 Kick			
	{6 x 25 on :40 Kick no board BSLRBS			
	{2 x 100 on 2:00 Kick			
	{1 x 100 on 2:05 Kick			
	{8 x 25 on :40 Kick no board BSLR X2			
	{2 x 100 on 2:05 Kick			
	{2 x 25 on :40 Kick no board BS			
600	3x{1 x 50 on :50 Pull 5 SOT-HB			
	{1 x 50 on :50 Pull 4 SOT-HB			
	{1 x 50 on :50 Pull 3 SOT-HB			
	{1 x 50 on :50 Pull 2 SOT-HB			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	8:40 AM 2,900 Yards - Stress Value = 44			

**Workout #12765 - Sunday, 20 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
7:00 AM	Start	
500	1 on 30:00 DS/Physio Balls	
150	1 x 500 on 10:00 Swim-kick-pull-swim	
1,300	1x{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:10 Kick	
	{2 x 100 on 2:15 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:15 Kick	
	{2 x 100 on 2:20 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{3 x 50 on 1:10 Kick	
	{2 x 25 on :45 Kick no board BS	
600	3x{1 x 50 on :55 Pull 7 SOT-HB	
	{1 x 50 on :55 Pull 6 SOT-HB	
	{1 x 50 on :55 Pull 5 SOT-HB	
	{1 x 50 on :55 Pull 4 SOT-HB	
	don't do last 50 on third set	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	8:41 AM 2,750 Yards - Stress Value = 42	

Yards	Set Description	EGY
2,200	1x{1 x 300 on 4:30 Freestyle	EN2
	{3 x 100 on 1:50 Freestyle hold under 122	EN2
	{1 x 300 on 4:35 Freestyle	EN2
	{3 x 100 on 1:45 Freestyle hold under 121	EN2
	{1 x 300 on 4:40 Freestyle	EN2
	{3 x 100 on 1:40 Freestyle hold under 120	EN2
	{1 x 300 on 4:45 Freestyle	EN2
	{1 x 100 on 1:35 Freestyle hold under 119	EN2
350	7 x 50 on 1:00 Freestyle	REC
	1 on 10:00 Ice	
	5:34 PM 2,550 Yards - Stress Value = 44	

**Workout #12769 - Monday, 21 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
4:40 PM	Start	
1,950	1x{1 x 300 on 5:30 Freestyle	EN2
	{3 x 100 on 2:00 Freestyle hold under 140	EN2
	{1 x 300 on 5:35 Freestyle	EN2
	{3 x 100 on 1:55 Freestyle hold under 139	EN2
	{1 x 300 on 5:40 Freestyle	EN2
	{3 x 100 on 1:50 Freestyle hold under 138	EN2
	{1 x 150 on 2:55 Freestyle	EN2
350	7 x 50 on 1:00 Freestyle	REC
	1 on 10:00 Ice	
	5:35 PM 2,300 Yards - Stress Value = 39	

Yards	Set Description	EGY
1,950	1x{1 x 300 on 5:30 Freestyle	EN2
	{3 x 100 on 2:00 Freestyle hold under 140	EN2
	{1 x 300 on 5:35 Freestyle	EN2
	{3 x 100 on 1:55 Freestyle hold under 139	EN2
	{1 x 300 on 5:40 Freestyle	EN2
	{3 x 100 on 1:50 Freestyle hold under 138	EN2
	{1 x 150 on 2:55 Freestyle	EN2
350	7 x 50 on 1:00 Freestyle	REC
	1 on 10:00 Ice	
	5:35 PM 2,300 Yards - Stress Value = 39	

**Workout #12766 - Monday, 21 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY
4:40 PM	Start	
3,000	1x{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under 101	EN2
	{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under 100	EN2
	{1 x 300 on 3:25 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle hold under 59	EN2
	{1 x 300 on 3:25 Freestyle	EN2
	{3 x 100 on 1:15 Freestyle hold under 58	EN2
	{1 x 300 on 3:30 Freestyle	EN2
	{3 x 100 on 1:10 Free hold afap	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 3,350 Yards - Stress Value = 60	

Yards	Set Description	EGY	WORK	STK	F
4:40 PM	Start				
2,550	1x{2 x 125 on 2:00 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{3 x 125 on 1:55 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{4 x 125 on 1:50 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{3 x 125 on 1:45 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{2 x 125 on 1:40 Butterfly	EN2	S	FLY	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
	5:35 PM 2,950 Yards - Stress Value = 52				

**Workout #12767 - Monday, 21 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
4:40 PM	Start	
2,500	1x{1 x 300 on 4:00 Freestyle	EN2
	{3 x 100 on 1:40 Freestyle hold under 112	EN2
	{1 x 300 on 4:05 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under 111	EN2
	{1 x 300 on 4:10 Freestyle	EN2
	{1 x 100 on 1:30 Freestyle hold under 110	EN2
	{1 x 300 on 4:15 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under 109	EN2
	{1 x 300 on 4:20 Freestyle	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 2,850 Yards - Stress Value = 50	

Yards	Set Description	EGY	WORK	STK	F
4:40 PM	Start				
2,300	1x{2 x 125 on 2:10 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:25 Freestyle	EN2	S	FR	1
	{3 x 125 on 2:05 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:25 Freestyle	EN2	S	FR	1
	{4 x 125 on 2:00 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:25 Freestyle	EN2	S	FR	1
	{3 x 125 on 1:55 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:25 Freestyle	EN2	S	FR	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
	5:35 PM 2,700 Yards - Stress Value = 47				

**Workout #12768 - Monday, 21 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:40 PM Start

**Workout #12772 - Monday, 21 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,100	1x{2 x 125 on 2:25 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:35 Freestyle	EN2	S	FR	1
	{3 x 125 on 2:20 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:35 Freestyle	EN2	S	FR	1
	{4 x 125 on 2:15 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:35 Freestyle	EN2	S	FR	1
	{3 x 125 on 2:10 Butterfly	EN2	S	FLY	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:35 PM 2,450 Yards - Stress Value = 43

**Workout #12773 - Monday, 21 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,700	1x{2 x 100 on 2:25 Butterfly	EN2	S	FLY	2
	{2 x 100 on 1:50 Freestyle	EN2	S	FR	1
	{3 x 100 on 2:20 Butterfly	EN2	S	FLY	2
	{2 x 100 on 1:50 Freestyle	EN2	S	FR	1
	{4 x 100 on 2:15 Butterfly	EN2	S	FLY	2
	{2 x 100 on 1:50 Freestyle	EN2	S	FR	1
	{2 x 100 on 2:10 Butterfly	EN2	S	FLY	2
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:35 PM 2,050 Yards - Stress Value = 34

**Workout #12774 - Monday, 21 January 2013**

**Group 2 - Fly**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Core/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
600	1 x 600 on 12:00 Vertical Kicking	EN2
700	1 x 700 on 10:30 Lungbuster pulls	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
1,800	1x{1 x 200 on 3:15 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN2
	{2 x 175 on 2:50 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great Effort	EN3
	{3 x 150 on 2:20 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN3
	{4 x 125 on 1:55 3 strokes fly off walls	EN2
200	1 x 200 on 4:00 Stroke Drills	REC

11:00 AM 4,100 Yards - Stress Value = 76

**Workout #12775 - Sunday, 20 January 2013**

**Group 2 - Gold**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Core/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
600	1 x 600 on 12:00 Vertical Kicking	EN2
600	1 x 600 on 10:30 Lungbuster pulls	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
1,700	1x{1 x 200 on 3:30 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN2

{2 x 175 on 3:00 3 strokes fly off walls	EN2
{4 x 25 on :45 Fly-Great Effort	EN3
{3 x 150 on 2:30 3 strokes fly off walls	EN2
{4 x 25 on :45 Fly-Great effort	EN3
{4 x 100 on 1:40 3 strokes fly off walls	EN2
1 x 200 on 4:00 Stroke Drills	REC

11:00 AM 3,900 Yards - Stress Value = 72

**Workout #12776 - Monday, 21 January 2013**

**Group 2 - Silver**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Core/Tm Mtg	
450	1 x 450 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
600	1 x 600 on 12:00 Vertical Kicking	EN2
550	1 x 550 on 10:30 Lungbuster pulls	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
1,550	1x{1 x 200 on 3:50 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN2
	{2 x 175 on 3:20 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great Effort	EN3
	{3 x 150 on 2:50 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great effort	EN3
	{3 x 100 on 1:50 3 strokes fly off walls	EN2
200	1 x 200 on 4:00 Stroke Drills	REC

10:59 AM 3,650 Yards - Stress Value = 66

**Workout #12777 - Monday, 21 January 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
600	1 x 600 on 12:00 Vertical Kicking	EN2
500	1 x 500 on 10:30 Lungbuster pulls	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
1,450	1x{1 x 200 on 4:15 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN2
	{2 x 175 on 3:40 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great Effort	EN3
	{3 x 150 on 3:05 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great effort	EN3
	{2 x 100 on 2:00 3 strokes fly off walls	EN2
200	1 x 200 on 4:00 Stroke Drills	REC

11:00 AM 3,450 Yards - Stress Value = 63

**Workout #12778 - Monday, 21 January 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY
9:00 AM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
600	1 x 600 on 12:00 Vertical Kicking	EN2
400	1 x 400 on 10:30 Lungbuster pulls	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
1,200	1x{1 x 200 on 5:00 3 strokes fly off walls	EN2
	{4 x 25 on 1:00 Fly-Great effort	EN2
	{2 x 175 on 4:20 3 strokes fly off walls	EN2
	{4 x 25 on 1:00 Fly-Great Effort	EN3
	{3 x 150 on 3:45 3 strokes fly off walls	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
11:00 AM	3,100 Yards - Stress Value = 54	

1 on 10:00 Ice  
7:05 AM 2,450 Yards - Stress Value = 23

**Workout #12782 - Tuesday, 22 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EG
5:30 AM	Start	
=====	=====	=====
	1 on 35:00 DS/Weights	
350	1 x 350 on 7:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SE
1,500	1x{1 x 600 on 11:00 Free Neg Split	EN
	{1 x 500 on 9:10 Free L.25 of each 100 6BK	EN
	{1 x 400 on 7:20 Free descend 100's	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
7:05 AM	2,250 Yards - Stress Value = 21	

**Workout #12779 - Tuesday, 22 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EG
5:30 AM	Start	
=====	=====	=====
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SE
2,000	1x{1 x 600 on 8:00 Free Neg Split	EN
	{1 x 500 on 6:40 Free L.25 of each 100 6BK	EN
	{1 x 400 on 5:20 Free descend 100's	EN
	{1 x 300 on 4:00 Free SFBO SW/3KOBHW	EN
	{1 x 200 on 2:40 Free-build each 50	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
7:04 AM	2,800 Yards - Stress Value = 26	

**Workout #12783 - Tuesday, 22 January 2013**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description	EG
5:30 AM	Start	
=====	=====	=====
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SE
1,850	1x{1 x 225 on 3:20 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:10 Back 10 KOW L. Wall	EN
	{2 x 225 on 3:15 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:10 Back 10 KOW L. Wall	EN
	{3 x 225 on 3:10 Backstroke	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
7:05 AM	2,650 Yards - Stress Value = 43	

**Workout #12780 - Tuesday, 22 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EG
5:30 AM	Start	
=====	=====	=====
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SE
1,850	1x{1 x 600 on 9:00 Free Neg Split	EN
	{1 x 500 on 7:30 Free L.25 of each 100 6BK	EN
	{1 x 400 on 6:00 Free descend 100's	EN
	{1 x 300 on 4:30 Free SFBO SW/3KOBHW	EN
	{1 x 50 on :45 Free-build to 100%	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
7:05 AM	2,650 Yards - Stress Value = 24	

**Workout #12784 - Tuesday, 22 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EG
5:30 AM	Start	
=====	=====	=====
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SE
1,600	1x{1 x 200 on 3:20 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:15 Back 10 KOW L. Wall	EN
	{2 x 200 on 3:15 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:15 Back 10 KOW L. Wall	EN
	{2 x 200 on 3:10 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
7:05 AM	2,400 Yards - Stress Value = 38	

**Workout #12781 - Tuesday, 22 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EG
5:30 AM	Start	
=====	=====	=====
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SE
1,650	1x{1 x 600 on 10:00 Free Neg Split	EN
	{1 x 500 on 8:20 Free L.25 of each 100 6BK	EN
	{1 x 400 on 6:40 Free descend 100's	EN
	{1 x 150 on 2:30 Free SFBO SW/3KOBHW	EN
250	1 x 250 on 4:00 Stroke Drills	RE

**Workout #12785 - Tuesday, 22 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EC
5:30 AM Start		
400	1 on 35:00 DS/Weights	
150	1 x 400 on 7:00 Underwater trn drill	RE
1,425	10 x 15 on :45 Shooters	SF
	1x{1 x 175 on 3:20 Backstroke	EN
	{4 x 25 on :35 Back-descend Great Finishes	EN
	{2 x 75 on 1:25 Back 10 KOW L. Wall	EN
	{2 x 175 on 3:15 Backstroke	EN
	{4 x 25 on :35 Back-descend Great Finishes	EN
	{2 x 75 on 1:25 Back 10 KOW L. Wall	EN
	{2 x 175 on 3:10 Backstroke	EN
	{2 x 25 on :35 Back-descend Great Finishes	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
	7:05 AM 2,225 Yards - Stress Value = 35	

**Workout #12786 - Tuesday, 22 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EC
5:30 AM Start		
350	1 on 35:00 DS/Weights	
150	1 x 350 on 7:00 Underwater trn drill	RE
1,300	10 x 15 on :45 Shooters	SF
	1x{1 x 150 on 3:20 Backstroke	EN
	{4 x 25 on :35 Back-descend Great Finishes	EN
	{2 x 75 on 1:30 Back 10 KOW L. Wall	EN
	{2 x 150 on 3:15 Backstroke	EN
	{4 x 25 on :35 Back-descend Great Finishes	EN
	{2 x 75 on 1:30 Back 10 KOW L. Wall	EN
	{2 x 150 on 3:10 Backstroke	EN
	{2 x 25 on :35 Back-descend Great Finishes	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
	7:05 AM 2,050 Yards - Stress Value = 32	

**Workout #12787 - Tuesday, 22 January 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EC
3:00 PM Start		
600	1 on 30:00 DS/Core	
150	1 x 600 on 10:00 Underwater trn drill	
1,500	10 x 15 on :45 Shooters	
	1x{4 x 50 on :55 Kick-descend	
	{1 x 100 on 1:35 Kick	
	{4 x 50 on :55 Kick-descend	
	{1 x 100 on 1:30 Kick	
	{4 x 50 on :55 Kick-descend	
	{1 x 100 on 1:25 Kick	
	{4 x 50 on :55 Kick-descend	
	{1 x 100 on 1:20 Kick	
	{4 x 50 on :55 Kick-descend	
	{1 x 100 on 1:15 Kick	
1,500	1x{ 1st repeat BTB, 2nd BTS	
	{2 x 200 on 2:30 Pulls L.25 2 breaths	
	{2 x 175 on 2:10 Pulls L.25 2 breaths	
	{2 x 150 on 1:50 Pulls L.25 2 breaths	
	{2 x 125 on 1:30 Pulls L.25 2 breaths	
	{2 x 100 on 1:10 Pulls L.25 2 breaths	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4:43 PM 3,950 Yards - Stress Value = 68	

**Workout #12788 - Tuesday, 22 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EC
3:00 PM Start		
600	1 on 30:00 DS/Core	
150	1 x 600 on 10:00 Underwater trn drill	
1,350	10 x 15 on :45 Shooters	
	1x{4 x 50 on 1:00 Kick-descend	
	{1 x 100 on 1:55 Kick	
	{4 x 50 on 1:00 Kick-descend	
	{1 x 100 on 1:50 Kick	
	{3 x 50 on 1:00 Kick-descend	
	{1 x 100 on 1:45 Kick	
	{3 x 50 on 1:00 Kick-descend	
	{1 x 100 on 1:40 Kick	
	{3 x 50 on 1:00 Kick-descend	
	{1 x 100 on 1:35 Kick	
1,350	1x{ 1st repeat BTB, 2nd BTS	
	{2 x 200 on 2:45 Pulls L.25 2 breaths	
	{2 x 175 on 2:25 Pulls L.25 2 breaths	
	{2 x 150 on 2:05 Pulls L.25 2 breaths	
	{2 x 125 on 1:40 Pulls L.25 2 breaths	
	{1 x 50 on :40 Pulls L.25 2 breaths	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4:43 PM 3,650 Yards - Stress Value = 62	

**Workout #12789 - Tuesday, 22 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EC
3:00 PM Start		
550	1 on 30:00 DS/Core	
150	1 x 550 on 10:00 Underwater trn drill	
1,200	10 x 15 on :45 Shooters	
	1x{4 x 50 on 1:05 Kick-descend	
	{1 x 100 on 2:10 Kick	
	{4 x 50 on 1:05 Kick-descend	
	{1 x 100 on 2:05 Kick	
	{4 x 50 on 1:05 Kick-descend	
	{1 x 100 on 2:00 Kick	
	{4 x 50 on 1:05 Kick-descend	
	{1 x 100 on 1:55 Kick	
1,200	1x{ 1st repeat BTB, 2nd BTS	
	{2 x 200 on 3:10 Pulls L.25 2 breaths	
	{2 x 175 on 2:45 Pulls L.25 2 breaths	
	{2 x 150 on 2:20 Pulls L.25 2 breaths	
	{2 x 75 on 1:05 Pulls L.25 2 breaths	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4:43 PM 3,300 Yards - Stress Value = 56	

**Workout #12790 - Tuesday, 22 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:00 PM	Start			
500	1 on 30:00 DS/Core			
150	1 x 500 on 10:00 Underwater trn drill			
1,000	10 x 15 on :45 Shooters			
	1x{3 x 50 on 1:15 Kick-descend			
	{1 x 100 on 2:30 Kick			
	{3 x 50 on 1:15 Kick-descend			
	{1 x 100 on 2:25 Kick			
	{3 x 50 on 1:15 Kick-descend			
	{1 x 100 on 2:20 Kick			
	{3 x 50 on 1:15 Kick-descend			
	{1 x 100 on 2:15 Kick			
1,000	1x{ 1st repeat BTB, 2nd BTS			
	{2 x 200 on 4:00 Pulls L.25 2 breaths			
	{2 x 175 on 3:25 Pulls L.25 2 breaths			
	{2 x 125 on 2:20 Pulls L.25 2 breaths			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:43 PM	2,850 Yards - Stress Value = 48			

**Workout #12791 - Tuesday, 22 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
3,000	1x{1 x 600 on 7:10 Free L.25 6bk EN2	S	FR	
	{1 x 600 on 7:00 Free L.50 6bk EN2	S	FR	
	{1 x 600 on 6:50 Free L.75 6bk EN2	S	FR	
	{1 x 600 on 6:40 Free L.100 6bk EN2	S	FR	
	{1 x 600 on 6:30 Free L.125 6bk EN2	S	FR	
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:34 PM	3,250 Yards - Stress Value = 60			

**Workout #12792 - Tuesday, 22 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
2,625	1x{1 x 525 on 7:10 Free L.25 6bk EN2	S	FR	
	{1 x 525 on 7:00 Free L.50 6bk EN2	S	FR	
	{1 x 525 on 6:50 Free L.75 6bk EN2	S	FR	
	{1 x 525 on 6:40 Free L.100 6bk EN2	S	FR	
	{1 x 525 on 6:30 Free L.125 6bk EN2	S	FR	
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:34 PM	2,875 Yards - Stress Value = 50			

**Workout #12793 - Tuesday, 22 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
2,375	1x{1 x 475 on 7:10 Free L.25 6bk EN2	S	FR	
	{1 x 475 on 7:00 Free L.50 6bk EN2	S	FR	
	{1 x 475 on 6:50 Free L.75 6bk EN2	S	FR	
	{1 x 475 on 6:40 Free L.100 6bk EN2	S	FR	
	{1 x 475 on 6:30 Free L.125 6bk EN2	S	FR	
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:34 PM	2,625 Yards - Stress Value = 50			

**Workout #12794 - Tuesday, 22 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
2,000	1x{1 x 400 on 7:10 Free L.25 6bk EN2	S	FR	
	{1 x 400 on 7:00 Free L.50 6bk EN2	S	FR	
	{1 x 400 on 6:50 Free L.75 6bk EN2	S	FR	
	{1 x 400 on 6:40 Free L.100 6bk EN2	S	FR	
	{1 x 400 on 6:30 Free L.125 6bk EN2	S	FR	
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:34 PM	2,250 Yards - Stress Value = 40			

**Workout #12795 - Tuesday, 22 January 2013**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
2,250	1x{1 x 150 on 2:25 Breaststroke	EN		
	{2 x 150 on 2:20 Breast #2, 2X pullouts	EN		
	{3 x 150 on 2:15 Breast #3 alt 25 fly kick	EN		
	{4 x 150 on 2:10 Breast #4 descend 50's	EN		
	{5 x 150 on 2:05 Breast #5-100%	EN		
400	8 x 50 on 1:00 Stroke Drills		RE	
	1 on 10:00 Ice			
5:36 PM	2,650 Yards - Stress Value = 44			

**Workout #12796 - Tuesday, 22 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
2,125	1x{1 x 150 on 2:40 Breaststroke	EN		
	{2 x 150 on 2:35 Breast #2, 2X pullouts	EN		
	{3 x 150 on 2:30 Breast #3 alt 25 fly kick	EN		
	{4 x 150 on 2:25 Breast #4 descend 50's	EN		
	{5 x 125 on 1:55 Breast #5-100%	EN		
300	6 x 50 on 1:00 Stroke Drills		RE	
	1 on 10:00 Ice			
5:36 PM	2,425 Yards - Stress Value = 41			

**Workout #12797 - Tuesday, 22 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
1,875	1x{1 x 125 on 2:25 Breaststroke	EN		
	{2 x 125 on 2:20 Breast #2, 2X pullouts	EN		
	{3 x 125 on 2:15 Breast #3 alt 25 fly kick	EN		
	{4 x 125 on 2:10 Breast #4 descend 50's	EN		
	{5 x 125 on 2:05 Breast #5-100%	EN		
400	8 x 50 on 1:00 Stroke Drills		RE	
	1 on 10:00 Ice			
5:36 PM	2,275 Yards - Stress Value = 36			

**Workout #12798 - Tuesday, 22 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:44 PM Start  
 Yards Set Description EC  
 =====  
 1,750 1x{1 x 125 on 2:40 Breaststroke EN  
 {2 x 125 on 2:35 Breast #2, 2X pullouts EN  
 {3 x 125 on 2:30 Breast #3 alt 25 fly kick EN  
 {4 x 125 on 2:25 Breast #4 descend 50's EN  
 {5 x 100 on 1:55 Breast #5-100% EN  
 300 6 x 50 on 1:00 Stroke Drills RE  
 1 on 10:00 Ice  
 5:36 PM 2,050 Yards - Stress Value = 34

**Workout #12799 - Wednesday, 23 January 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 25:00 DS/Abs  
 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,700 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 100 on 1:25 Kick  
 {6 x 25 on :30 Kick no board BSLR  
 {2 x 100 on 1:25 Kick  
 {8 x 25 on :30 Kick no board BSLR  
 {3 x 100 on 1:25 Kick  
 {10 x 25 on :30 Kick no board BSLR  
 {4 x 100 on 1:25 Kick  
 1,200 6 x 200 on 2:30 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:37 PM 3,850 Yards - Stress Value = 66

**Workout #12800 - Wednesday, 23 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 25:00 DS/Abs  
 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,450 1x{4 x 25 on :35 Kick no board BSLR  
 {1 x 100 on 1:45 Kick  
 {6 x 25 on :35 Kick no board BSLR  
 {2 x 100 on 1:45 Kick  
 {8 x 25 on :35 Kick no board BSLR  
 {3 x 100 on 1:45 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {3 x 100 on 1:45 Kick  
 1,050 6 x 175 on 2:30 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:37 PM 3,450 Yards - Stress Value = 58

**Workout #12801 - Wednesday, 23 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 550 1 on 25:00 DS/Abs  
 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,250 1x{4 x 25 on :40 Kick no board BSLR  
 {1 x 100 on 2:05 Kick

{4 x 25 on :40 Kick no board BSLR  
 {2 x 100 on 2:05 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {3 x 100 on 2:05 Kick  
 {6 x 25 on :40 Kick no board BSLR  
 {2 x 100 on 2:05 Kick  
 900 6 x 150 on 2:30 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:37 PM 3,050 Yards - Stress Value = 51

**Workout #12802 - Wednesday, 23 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 500 1 on 25:00 DS/Abs  
 1 x 500 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:25 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:25 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 100 on 2:25 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:25 Kick  
 750 6 x 125 on 2:30 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:37 PM 2,700 Yards - Stress Value = 45

**Workout #12803 - Wednesday, 23 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:37 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 3,600 1x{4 x 400 on 4:35 Freestyle #3 100% EN2 S  
 {4 x 300 on 3:25 Freestyle #3 100% EN2 S  
 {4 x 200 on 2:10 Freestyle #3 100% EN2 S  
 300 6 x 50 on 1:00 Stroke Drills REC D  
 1 on 10:00 Ice M  
 5:35 PM 3,900 Yards - Stress Value = 72

**Workout #12804 - Wednesday, 23 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:37 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 3,100 1x{4 x 400 on 5:25 Freestyle #3 100% EN2 S  
 {3 x 300 on 4:00 Freestyle #2 100% EN2 S  
 {3 x 200 on 2:35 Freestyle #2 100% EN2 S  
 250 5 x 50 on 1:00 Stroke Drills REC D  
 1 on 10:00 Ice M  
 5:35 PM 3,350 Yards - Stress Value = 62

**Workout #12805 - Wednesday, 23 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:37 PM Start

Yards	Set Description	EGY	WORK	ε
2,700	1x{3 x 400 on 6:00 Freestyle #2 100%	EN2	S	
	{3 x 300 on 4:25 Freestyle #2 100%	EN2	S	
	{3 x 200 on 2:55 Freestyle #2 100%	EN2	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:34 PM 3,000 Yards - Stress Value = 54				

**Workout #12806 - Wednesday, 23 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:37 PM Start

Yards	Set Description	EGY	WORK	ε
2,250	1x{3 x 400 on 7:15 Freestyle #2 100%	EN2	S	
	{3 x 200 on 3:35 Freestyle #2 100%	EN2	S	
	{3 x 150 on 2:40 Freestyle #2 100%	EN2	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:35 PM 2,550 Yards - Stress Value = 45				

**Workout #12807 - Wednesday, 23 January 2013**

**HighSchl - Back**

**1 minute rest between sets**

4:37 PM Start

Yards	Set Description	EGY	WORK	ε
2,800	1x{1 x 400 on 5:55 Backstroke	EN2	ε	
	{4 x 100 on 1:30 Backstroke	EN2	ε	
	{2 x 300 on 4:20 Backstroke	EN2	ε	
	{4 x 100 on 1:30 Back-hold under 125	EN2	ε	
	{3 x 200 on 2:50 Backstroke	EN2	ε	
	{4 x 100 on 1:30 Back hold under 120	EN2	ε	
250	5 x 50 on 1:00 Stroke Drills	REC	I	
	1 on 10:00 Ice		M	
5:35 PM 3,050 Yards - Stress Value = 56				

**Workout #12808 - Wednesday, 23 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:37 PM Start

Yards	Set Description	EGY	WORK	ε
2,500	1x{1 x 400 on 6:25 Backstroke	EN2	ε	
	{3 x 100 on 1:40 Backstroke	EN2	ε	
	{2 x 300 on 4:45 Backstroke	EN2	ε	
	{3 x 100 on 1:40 Back-hold under 135	EN2	ε	
	{3 x 200 on 3:05 Backstroke	EN2	ε	
	{3 x 100 on 1:40 Back hold under 130	EN2	ε	
250	5 x 50 on 1:00 Stroke Drills	REC	I	
	1 on 10:00 Ice		M	
5:34 PM 2,750 Yards - Stress Value = 50				

**Workout #12809 - Wednesday, 23 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:37 PM Start

Yards	Set Description	EGY	WORK	ε
2,400	1x{1 x 400 on 7:00 Backstroke	EN2	ε	
	{3 x 100 on 1:50 Backstroke	EN2	ε	
	{2 x 300 on 5:10 Backstroke	EN2	ε	
	{3 x 100 on 1:50 Back-hold under 145	EN2	ε	

{3 x 200 on 3:20 Backstroke EN2 ε

{2 x 100 on 1:40 Back hold under 140 EN2 ε

250 5 x 50 on 1:00 Stroke Drills REC I

1 on 10:00 Ice M

5:35 PM 2,650 Yards - Stress Value = 48

**Workout #12810 - Wednesday, 23 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:37 PM Start

Yards	Set Description	EGY	WORK	ε
2,100	1x{1 x 400 on 8:00 Backstroke	EN2	ε	
	{3 x 100 on 2:00 Backstroke	EN2	ε	
	{1 x 300 on 5:55 Backstroke	EN2	ε	
	{3 x 100 on 2:00 Back-hold under 155	EN2	ε	
	{2 x 200 on 4:00 Backstroke	EN2	ε	
	{4 x 100 on 2:00 Back hold under 150	EN2	ε	
250	5 x 50 on 1:00 Stroke Drills	REC	I	
	1 on 10:00 Ice		M	
5:35 PM 2,350 Yards - Stress Value = 42				

**Workout #12811 - Thursday, 24 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF	ε
	1 on 35:00 DS/Weights			
400	1 x 400 on 7:00 Underwater trn drill	REC		
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters		SP3	
2,400	1x{1 x 400 on 4:35 Freestyle	EN2		
	{1 x 400 on 4:30 Freestyle	EN2		
	{1 x 400 on 4:25 Freestyle	EN2		
	{1 x 400 on 4:20 Freestyle	EN2		
	{1 x 400 on 4:15 Freestyle	EN2		
	{1 x 400 on 4:10 Freestyle	EN2		
250	5 x 50 on 1:00 Stroke Drills	REC		
	1 on 10:00 Ice			
7:05 AM 3,200 Yards - Stress Value = 54				

**Workout #12812 - Thursday, 24 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF	ε
	1 on 35:00 DS/Weights			
400	1 x 400 on 7:00 Underwater trn drill	REC		
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters		SP3	
2,000	1x{1 x 400 on 5:20 Freestyle	EN2		
	{1 x 400 on 5:15 Freestyle	EN2		
	{1 x 400 on 5:10 Freestyle	EN2		
	{1 x 400 on 5:05 Freestyle	EN2		
	{1 x 400 on 5:00 Freestyle	EN2		
250	5 x 50 on 1:00 Stroke Drills	REC		
	1 on 10:00 Ice			
7:04 AM 2,800 Yards - Stress Value = 46				

**Workout #12813 - Thursday, 24 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,800	1x{1 x 400 on 6:00 Freestyle	EN2	
	{1 x 400 on 5:55 Freestyle	EN2	
	{1 x 400 on 5:50 Freestyle	EN2	
	{1 x 400 on 5:45 Freestyle	EN2	
	{1 x 200 on 2:50 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,600 Yards - Stress Value = 42		

**Workout #12814 - Thursday, 24 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,600	1x{1 x 400 on 6:40 Freestyle	EN2	
	{1 x 400 on 6:35 Freestyle	EN2	
	{1 x 400 on 6:30 Freestyle	EN2	
	{1 x 400 on 6:25 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,350 Yards - Stress Value = 38		

**Workout #12815 - Thursday, 24 January 2013**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
1,650	1x{3 x 150 on 2:10 Fly w/fins	EN2	
	{4 x 25 on :30 Fly w/tennis balls	EN2	
	{1 on 1:00 Put fins back on		
	{3 x 150 on 2:05 Fly w/fins	EN2	
	{4 x 25 on :30 Fly w/tennis balls	EN2	
	{1 on 1:00 Put fins back on		
	{3 x 150 on 2:00 Fly w/fins	EN2	
	{4 x 25 on :30 Fly w/tennis balls	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,450 Yards - Stress Value = 39		

**Workout #12816 - Thursday, 24 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shootes	SP3	
1,500	1x{3 x 150 on 2:25 Fly w/fins	EN2	
	{4 x 25 on :30 Fly w/tennis balls	EN2	
	{1 on 1:00 Put fins back on		

{3 x 150 on 2:20 Fly w/fins	EN2
{4 x 25 on :30 Fly w/tennis balls	EN2
{1 on 1:00 Put fins back on	
{3 x 100 on 1:30 Fly w/fins	EN2
{4 x 25 on :30 Fly w/tennis balls	EN2
5 x 50 on 1:00 Stroke Drills	REC
1 on 10:00 Ice	
7:05 AM 2,300 Yards - Stress Value = 36	

**Workout #12817 - Thursday, 24 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{3 x 150 on 2:40 Fly w/fins	EN2	
	{4 x 25 on :35 Fly w/tennis balls	EN2	
	{1 on 1:00 Put fins back on		
	{2 x 150 on 2:35 Fly w/fins	EN2	
	{4 x 25 on :35 Fly w/tennis balls	EN2	
	{1 on 1:00 Put fins back on		
	{2 x 150 on 2:30 Fly w/fins	EN2	
	{4 x 25 on :35 Fly w/tennis balls	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:06 AM	2,150 Yards - Stress Value = 33		

**Workout #12818 - Thursday, 24 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
1,150	1x{3 x 150 on 3:10 Fly w/fins	EN2	
	{4 x 25 on :40 Fly w/tennis balls	EN2	
	{1 on 1:00 Put fins back on		
	{2 x 150 on 3:05 Fly w/fins	EN2	
	{4 x 25 on :40 Fly w/tennis balls	EN2	
	{1 on 1:00 Put fins back on		
	{1 x 150 on 3:00 Fly w/fins	EN2	
	{2 x 25 on :40 Fly w/tennis balls	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:06 AM	1,900 Yards - Stress Value = 29		

**Workout #12819 - Wednesday, 23 January 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Tm Mtg
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
900	1x{2 x 150 on 2:45 Kick {2 x 125 on 2:20 Kick {2 x 100 on 1:55 Kick {2 x 75 on 1:30 Kick
200	8 x 25 on :45 Sprint kick
500	10 x 50 on :45 Pulls-nbbf&w
150	6 x 25 on :45 Stroke Drills
1,800	1x{2 x 300 on 4:15 Freestyle {2 x 300 on 4:10 Freestyle {2 x 300 on 4:05 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 4,450 Yards - Stress Value = 69

**Workout #12820 - Wednesday, 23 January 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Tm Mtg
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
800	1x{2 x 150 on 3:00 Kick {2 x 125 on 2:35 Kick {2 x 100 on 2:05 Kick {1 x 50 on 1:05 Kick
200	8 x 25 on :45 Sprint kick
450	9 x 50 on :50 Pulls-nbbf&w
150	6 x 25 on :45 Stroke Drills
1,650	1x{2 x 275 on 4:15 Freestyle {2 x 275 on 4:10 Freestyle {2 x 275 on 4:05 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 4,150 Yards - Stress Value = 63

**Workout #12821 - Wednesday, 23 January 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Tm Mtg
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
750	1x{2 x 150 on 3:15 Kick {2 x 125 on 2:45 Kick {2 x 100 on 2:15 Kick
200	8 x 25 on :45 Sprint kick
400	8 x 50 on :55 Pulls-nbbf&w
150	6 x 25 on :45 Stroke Drills
1,500	1x{2 x 250 on 4:15 Freestyle {2 x 250 on 4:10 Freestyle {2 x 250 on 4:05 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,900 Yards - Stress Value = 59

**Workout #12822 - Wednesday, 23 January 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
-------	-----------------

=====	=====
	1 on 30:00 DS/Abs/Tm Mtg
450	1 x 450 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
650	1x{2 x 150 on 3:45 Kick {2 x 100 on 2:35 Kick {2 x 75 on 2:00 Kick
200	8 x 25 on :45 Sprint kick
400	8 x 50 on 1:00 Pulls-nbbf&w
150	6 x 25 on :45 Stroke Drills
1,200	1x{2 x 200 on 4:15 Freestyle {2 x 200 on 4:10 Freestyle {2 x 200 on 4:05 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,450 Yards - Stress Value = 51

**Workout #12823 - Wednesday, 23 January 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Tm Mtg
400	1 x 400 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
600	1x{2 x 150 on 4:15 Kick {2 x 100 on 3:00 Kick {2 x 50 on 1:15 Kick
200	8 x 25 on :45 Sprint kick
300	6 x 50 on 1:15 Pulls-nbbf&w
150	6 x 25 on :45 Stroke Drills
900	1x{2 x 150 on 4:15 Freestyle {2 x 150 on 4:10 Freestyle {2 x 150 on 4:05 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,950 Yards - Stress Value = 43

**Workout #12824 - Wednesday, 23 January 2013**

**HighSchl - IM'ers**

**1 minute rest between sets**

4:38 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
2,600	1x{1 x 200 on 2:50 Individual Medley	EN2	
	{4 x 25 on :30 IM order-GREAT FINISHES	EN2	
	{2 x 200 on 2:50 Individual Medley	EN2	
	{4 x 25 on :30 IM order-GREAT FINISHES	EN2	
	{3 x 200 on 2:50 Individual Medley	EN2	
	{4 x 25 on :30 IM order-GREAT FINISHES	EN2	
	{4 x 200 on 2:50 Individual Medley	EN2	
	{4 x 25 on :30 IM order-GREAT FINISHES	EN2	
	{1 x 200 on 2:50 IM best effort	EN3	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 2,900 Yards - Stress Value = 60		

**Workout #12825 - Wednesday, 23 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:38 PM Start

Yards	Set Description	EGY	WC
2,400	1x{1 x 200 on 3:10 Individual Medley	EN2	
	{4 x 25 on :30 IM order-GREAT FINISHES	EN2	
	{2 x 200 on 3:10 Individual Medley	EN2	
	{4 x 25 on :30 IM order-GREAT FINISHES	EN2	
	{3 x 200 on 3:10 Individual Medley	EN2	
	{4 x 25 on :30 IM order-GREAT FINISHES	EN2	
	{3 x 200 on 3:10 Individual Medley	EN2	
	{4 x 25 on :30 IM order-GREAT FINISHES	EN2	
	{1 x 200 on 3:10 IM best effort	EN3	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 2,700 Yards - Stress Value = 56		

**Workout #12826 - Wednesday, 23 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:38 PM Start

Yards	Set Description	EGY	WC
2,100	1x{1 x 200 on 3:40 Individual Medley	EN2	
	{4 x 25 on :35 IM order-GREAT FINISHES	EN2	
	{2 x 200 on 3:40 Individual Medley	EN2	
	{4 x 25 on :35 IM order-GREAT FINISHES	EN2	
	{3 x 200 on 3:40 Individual Medley	EN2	
	{4 x 25 on :35 IM order-GREAT FINISHES	EN2	
	{2 x 200 on 3:40 Individual Medley	EN2	
	{4 x 25 on :35 IM order-GREAT FINISHES	EN2	
	{1 x 100 on 1:55 IM best effort	EN3	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:36 PM 2,400 Yards - Stress Value = 46		

**Workout #12827 - Wednesday, 23 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:38 PM Start

Yards	Set Description	EGY	WC
1,800	1x{1 x 200 on 4:20 Individual Medley	EN2	
	{4 x 25 on :40 IM order-GREAT FINISHES	EN2	
	{2 x 200 on 4:20 Individual Medley	EN2	
	{4 x 25 on :40 IM order-GREAT FINISHES	EN2	
	{3 x 200 on 4:20 Individual Medley	EN2	
	{4 x 25 on :40 IM order-GREAT FINISHES	EN2	
	{1 x 200 on 4:20 IM best effort	EN2	
	{4 x 25 on :40 IM order-GREAT FINISHES	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:36 PM 2,100 Yards - Stress Value = 36		

**Workout #12828 - Friday, 25 January 2013**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	F
	1 on 25:00 DS/Ted's abs	
600	1 x 600 on 10:00 Choice	F
150	10 x 15 on :45 Shooters	S
300	2x{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{1 x 50 on 1:15 Kick	F

1,100	1x{1 x 250 on 4:10 Stroke Drills	F
	{4 x 25 on :40 Variable Speed	F
	{1 x 200 on 3:20 Stroke Drills	F
	{4 x 25 on :40 Variable Speed	F
	{1 x 150 on 2:30 Stroke Drills	F
	{4 x 25 on :40 Variable Speed	F
	{1 x 100 on 1:40 Stroke Drills	F
	{4 x 25 on :40 Variable Speed	F
500	2 x 250 on 15:00 Indvdl Prsrcpts	F
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice Team Mtg	
5:04	PM 2,900 Yards - Stress Value = 15	

**Workout #12829 - Friday, 25 January 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 43:00 DS/Dryland			L I
500	1 x 500 on 10:00 Reverse IM drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S
1,400	1x{2 x 100 on 1:35 Backstroke	EN2		S
	{4 x 25 on :30 Back-variable speed	EN2		S
	{2 x 100 on 1:30 Backstroke	EN2		S
	{4 x 25 on :30 Back-variable speed	EN2		S
	{2 x 100 on 1:25 Backstroke	EN2		S
	{4 x 25 on :30 Back-variable speed	EN2		S
	{2 x 100 on 1:20 Backstroke	EN2		S
	{4 x 25 on :30 Back-variable speed	EN2		S
	{2 x 100 on 1:15 Backstroke	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
6:30	PM 2,250 Yards - Stress Value = 34			

**Workout #12830 - Friday, 25 January 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 43:00 DS/Dryland			L I
500	1 x 500 on 10:00 Reverse IM drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S
1,300	1x{2 x 100 on 1:45 Backstroke	EN2		S
	{4 x 25 on :30 Back-variable speed	EN2		S
	{2 x 100 on 1:40 Backstroke	EN2		S
	{4 x 25 on :30 Back-variable speed	EN2		S
	{2 x 100 on 1:35 Backstroke	EN2		S
	{4 x 25 on :30 Back-variable speed	EN2		S
	{2 x 100 on 1:30 Backstroke	EN2		S
	{4 x 25 on :30 Back-variable speed	EN2		S
	{1 x 100 on 1:25 Backstroke	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
6:30	PM 2,150 Yards - Stress Value = 32			

**Workout #12831 - Friday, 25 January 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	=====	=====	=====
	1 on 43:00 DS/Dryland		L	I
450	1 x 450 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,150	1x{2 x 100 on 2:00 Backstroke	EN2	S	
	{4 x 25 on :35 Back-variable speed	EN2	S	
	{2 x 100 on 1:55 Backstroke	EN2	S	
	{4 x 25 on :35 Back-variable speed	EN2	S	
	{2 x 100 on 1:50 Backstroke	EN2	S	
	{4 x 25 on :35 Back-variable speed	EN2	S	
	{2 x 100 on 1:45 Backstroke	EN2	S	
	{2 x 25 on :35 Back-variable speed	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:31 PM	1,950 Yards - Stress Value = 29			

**Workout #12832 - Friday, 25 January 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	=====	=====	=====
	1 on 43:00 DS/Dryland		L	I
400	1 x 400 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,000	1x{2 x 100 on 2:20 Backstroke	EN2	S	
	{4 x 25 on :40 Back-variable speed	EN2	S	
	{2 x 100 on 2:15 Backstroke	EN2	S	
	{4 x 25 on :40 Back-variable speed	EN2	S	
	{2 x 100 on 2:10 Backstroke	EN2	S	
	{4 x 25 on :40 Back-variable speed	EN2	S	
	{1 x 100 on 2:05 Backstroke	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:31 PM	1,750 Yards - Stress Value = 26			

**Workout #12833 - Friday, 25 January 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	=====	=====	=====
	1 on 43:00 DS/Dryland		L	I
350	1 x 350 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
850	1x{2 x 100 on 2:45 Backstroke	EN2	S	
	{4 x 25 on :45 Back-variable speed	EN2	S	
	{2 x 100 on 2:40 Backstroke	EN2	S	
	{4 x 25 on :45 Back-variable speed	EN2	S	
	{2 x 100 on 2:35 Backstroke	EN2	S	
	{2 x 25 on :45 Back-variable speed	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:31 PM	1,550 Yards - Stress Value = 23			

**Workout #12834 - Saturday, 26 January 2013**

**HighSchl - Race day warmup**

**1 minute rest between sets**

11:00 AM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	=====	=====	=====
500	1 x 500 on 8:00 Choice	REC	ε	
150	10 x 15 on :45 Shooters	SP3	ε	
800	2x{4 x 25 on :45 Kick no board BSLR	EN2	F	
	{3 x 100 on 2:00 Kick-descend	EN2	F	
1,200	3x{1 x 200 on 4:00 IM 25 kick/25 dirll	EN1	I	
	{4 x 50 on :50 Free-descend	EN2	ε	
100	4 x 25 on 2:00 OTB-Walk backs	EN1	ε	

250 1 x 250 on 4:00 Stroke Drills REC I  
12:13 PM 3,000 Yards - Stress Value = 41

**Workout #12835 - Monday, 28 January 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
1,600	1x{4 x 25 on :30 Kick no board BSLR-12 KOW			
	{3 x 100 on 1:20 Kick			
	{4 x 25 on :30 Kick no board BSLR-12 KOW			
	{3 x 100 on 1:25 Kick			
	{4 x 25 on :30 Kick no board BSLR-12 KOW			
	{3 x 100 on 1:30 Kick			
	{4 x 25 on :30 Kick no board BSLR-12 KOW			
	{3 x 100 on 1:35 Kick			
1,200	1x{2 x 200 on 2:30 Pull no br L.12 yds			
	{2 x 200 on 2:25 Pull no br L.12 yds			
	{2 x 200 on 2:20 Pull no br L.12 yds			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:36 PM	3,650 Yards - Stress Value = 54			

**Workout #12836 - Monday, 28 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
1,350	1x{4 x 25 on :35 Kick no board BSLR-12 KOW			
	{3 x 100 on 1:40 Kick			
	{4 x 25 on :35 Kick no board BSLR-12 KOW			
	{3 x 100 on 1:45 Kick			
	{4 x 25 on :35 Kick no board BSLR-12 KOW			
	{3 x 100 on 1:50 Kick			
	{4 x 25 on :35 Kick no board BSLR-12 KOW			
	{1 x 50 on :50 Kick			
1,050	1x{2 x 200 on 2:50 Pull no br L.12 yds			
	{2 x 200 on 2:45 Pull no br L.12 yds			
	{2 x 125 on 1:40 Pull no br L.12 yds			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:36 PM	3,250 Yards - Stress Value = 43			

**Workout #12837 - Monday, 28 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
3:00 PM	Start				
550	1 x 550 on 10:00 Swim-kick-pull-swim	EN3	S	FR	1
150	10 x 15 on :45 Shooters	EN2	S	FR	1
1,150	1x{4 x 25 on :40 Kick no board BSLR-12 KOW	EN3	S	FR	1
	{3 x 100 on 1:55 Kick	EN2	S	FR	1
	{4 x 25 on :40 Kick no board BSLR-12 KOW	EN3	S	FR	1
	{3 x 100 on 2:00 Kick	EN2	S	FR	1
	{4 x 25 on :40 Kick no board BSLR-12 KOW	EN3	S	FR	1
	{2 x 100 on 2:05 Kick	EN2	S	FR	1
	{2 x 25 on :40 Kick no board BS-12 KOW	EN3	S	FR	1
900	1x{2 x 200 on 3:15 Pull no br L.12 yds	EN2	S	FR	1
	{2 x 200 on 3:10 Pull no br L.12 yds	EN3	S	FR	1
	{1 x 100 on 1:30 Pull no br L.12 yds	EN2	S	FR	1
100	2x{1 x 25 on :50 Sculling drills	EN3	S	FR	1
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN3	S	FR	1
4:36 PM	2,850 Yards - Stress Value = 38				

Yards	Set Description	EGY	WORK	STK	F
2,625	1x{1 x 125 on 2:15 Freestyle	EN3	S	FR	1
	{2 x 250 on 3:25 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:15 Freestyle	EN3	S	FR	1
	{2 x 250 on 3:20 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:15 Freestyle	EN3	S	FR	1
	{2 x 250 on 3:15 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:15 Freestyle	EN3	S	FR	1
	{2 x 250 on 3:10 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:15 Freestyle	EN3	S	FR	1
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM	3,075 Yards - Stress Value = 80				

**Workout #12841 - Monday, 28 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:37 PM	Start				
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM	2,675 Yards - Stress Value = 72				

Yards	Set Description	EGY	WORK	STK	F
2,225	1x{1 x 125 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 200 on 3:15 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 200 on 3:10 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 200 on 3:05 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 200 on 3:00 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:30 Freestyle	EN3	S	FR	2
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM	2,675 Yards - Stress Value = 72				

**Workout #12838 - Monday, 28 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
3:00 PM	Start				
550	1 x 550 on 10:00 Swim-kick-pull-swim	EN3	S	FR	1
150	10 x 15 on :45 Shooters	EN2	S	FR	1
1,000	1x{4 x 25 on :45 Kick no board BSLR-12 KOW	EN3	S	FR	1
	{3 x 100 on 2:10 Kick	EN2	S	FR	1
	{4 x 25 on :45 Kick no board BSLR-12 KOW	EN3	S	FR	1
	{2 x 100 on 2:15 Kick	EN2	S	FR	1
	{4 x 25 on :45 Kick no board BSLR-12 KOW	EN3	S	FR	1
	{1 x 100 on 2:20 Kick	EN2	S	FR	1
	{4 x 25 on :45 Kick no board BS-12 KOW	EN3	S	FR	1
850	1x{1 x 200 on 3:30 Pull no br L.12 yds	EN3	S	FR	2
	{2 x 200 on 3:25 Pull no br L.12 yds	EN2	S	FR	1
	{2 x 125 on 2:05 Pull no br L.12 yds	EN3	S	FR	2
100	2x{1 x 25 on :50 Sculling drills	EN2	S	FR	1
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN3	S	FR	2
4:36 PM	2,650 Yards - Stress Value = 34				

Yards	Set Description	EGY	WORK	STK	F
4:37 PM	Start				
1,850	1x{1 x 100 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 175 on 3:20 Freestyle	EN2	S	FR	1
	{1 x 100 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 175 on 3:15 Freestyle	EN2	S	FR	1
	{1 x 100 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 175 on 3:10 Freestyle	EN2	S	FR	1
	{1 x 100 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 175 on 3:05 Freestyle	EN2	S	FR	1
	{1 x 50 on 1:30 Freestyle	EN3	S	FR	3
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM	2,300 Yards - Stress Value = 55				

**Workout #12839 - Monday, 28 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:37 PM	Start				
3,125	1x{1 x 125 on 2:00 Freestyle	EN3	S	FR	1
	{2 x 250 on 2:55 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:00 Freestyle	EN3	S	FR	1
	{2 x 250 on 2:50 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:00 Freestyle	EN3	S	FR	1
	{2 x 250 on 2:45 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:00 Freestyle	EN3	S	FR	1
	{2 x 250 on 2:40 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:00 Freestyle	EN3	S	FR	1
	{2 x 250 on 2:35 Freestyle	EN2	S	FR	1
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM	3,575 Yards - Stress Value = 90				

**Workout #12840 - Monday, 28 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:37 PM Start

**Workout #12843 - Monday, 28 January 2013**

**HighSchl - Fly**

**1 minute rest between sets**

4:37 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,200	1x{1 x 200 on 3:00 Butterfly	EN2	S	FLY	1
	{8 x 25 on :40 Fly 15m under	EN2	S	FLY	2
	{2 x 175 on 2:35 Butterfly	EN2	S	FLY	1
	{6 x 25 on :40 Fly 12m under	EN2	S	FLY	2
	{3 x 150 on 2:10 Butterfly	EN2	P	FLY	1
	{4 x 25 on :40 Fly 9m under	EN2	S	FLY	2
	{4 x 100 on 1:25 Butterfly	EN2	S	FR	1
	{2 x 25 on :40 Fly 6m under	EN2	S	FLY	2
	{4 x 75 on 1:00 Freestyle				1
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:35 PM 2,650 Yards - Stress Value = 38

**Workout #12844 - Monday, 28 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:37 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,900	1x{1 x 200 on 3:25 Butterfly	EN2	S	FLY	1
	{8 x 25 on :45 Fly 15m under	EN2	S	FLY	3
	{2 x 175 on 2:55 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 12m under	EN2	S	FLY	3
	{3 x 150 on 2:25 Butterfly	EN2	P	FLY	1
	{4 x 25 on :45 Fly 9m under	EN2	S	FLY	3
	{4 x 100 on 1:35 Butterfly	EN2	S	FLY	1
	{2 x 25 on :45 Fly 6m under	EN2	S	FLY	3
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:35 PM 2,350 Yards - Stress Value = 38

**Workout #12845 - Monday, 28 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:37 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,750	1x{1 x 200 on 3:45 Butterfly	EN2	S	FLY	1
	{8 x 25 on :45 Fly 15m under	EN2	S	FLY	3
	{2 x 175 on 3:15 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 12m under	EN2	S	FLY	3
	{3 x 150 on 2:45 Butterfly	EN2	P	FLY	1
	{4 x 25 on :45 Fly 9m under	EN2	S	FLY	3
	{3 x 100 on 1:45 Butterfly	EN2	S	FLY	1
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:35 PM 2,200 Yards - Stress Value = 35

**Workout #12846 - Monday, 28 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:37 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,550	1x{1 x 200 on 4:30 Butterfly	EN2	S	FLY	2
	{8 x 25 on :45 Fly 15m under	EN2	S	FLY	3
	{2 x 175 on 3:55 Butterfly	EN2	S	FLY	2
	{6 x 25 on :45 Fly 12m under	EN2	S	FLY	3
	{3 x 150 on 3:20 Butterfly	EN2	P	FLY	2
	{4 x 25 on :45 Fly 9m under	EN2	S	FLY	3
	{1 x 100 on 2:10 Butterfly	EN2	S	FLY	2
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:35 PM 2,000 Yards - Stress Value = 31

**Workout #12847 - Monday, 28 January 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK	ST
500	1 on 30:00 DS/Physio Ball/Tm Mtg			L DF
150	1 x 500 on 10:00 Choice	REC	S	CF
1,250	10 x 15 on :45 Shooters	SP3	S	F
	1x{1 x 150 on 2:50 Kick	EN2	K	F
	{2 x 125 on 2:20 Kick	EN2	K	F
	{3 x 100 on 1:50 Kick	EN2	K	F
	{4 x 75 on 1:20 Kick	EN2	K	F
	{5 x 50 on :50 Kick	EN2	K	F
150	6 x 25 on :45 Stroke Drills	REC	D	C
1,500	1x{1 x 200 on 3:10 Breaststroke	EN1	S	F
	{2 x 25 on :30 Breast 2X pullouts	EN1	S	F
	{2 x 150 on 2:20 Breaststroke	EN1	S	F
	{4 x 25 on :30 Breast 2X pullouts	EN1	S	F
	{3 x 100 on 1:35 Breaststroke	EN1	S	F
	{6 x 25 on :30 Breast 2X pullouts	EN1	S	F
	{4 x 50 on :50 Breaststroke	EN1	S	F
	{8 x 25 on :30 Breast 2X pullouts	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Game		S	

7:30 PM 3,750 Yards - Stress Value = 46

**Workout #12848 - Monday, 28 January 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK	ST
500	1 on 30:00 DS/Physio Ball/Tm Mtg			L DF
150	1 x 500 on 10:00 Choice	REC	S	CF
1,100	10 x 15 on :45 Shooters	SP3	S	F
	1x{1 x 150 on 3:05 Kick	EN2	K	F
	{2 x 125 on 2:35 Kick	EN2	K	F
	{3 x 100 on 2:05 Kick	EN2	K	F
	{4 x 75 on 1:35 Kick	EN2	K	F
	{2 x 50 on 1:00 Kick	EN2	K	F
150	6 x 25 on :45 Stroke Drills	REC	D	C
1,350	1x{1 x 200 on 3:25 Breaststroke	EN1	S	F
	{2 x 25 on :35 Breast 2X pullouts	EN1	S	F
	{2 x 150 on 2:35 Breaststroke	EN1	S	F
	{4 x 25 on :35 Breast 2X pullouts	EN1	S	F
	{3 x 100 on 1:40 Breaststroke	EN1	S	F
	{6 x 25 on :35 Breast 2X pullouts	EN1	S	F
	{4 x 50 on :55 Breaststroke	EN1	S	F
	{2 x 25 on :35 Breast 2X pullouts	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Game		S	

7:30 PM 3,450 Yards - Stress Value = 41

**Workout #12849 - Monday, 28 January 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:30 PM Start				
=====	=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg		L	DF
450	1 x 450 on 10:00 Choice	REC	S	CF
150	10 x 15 on :45 Shooters	SP3	S	F
1,050	1x{1 x 150 on 3:15 Kick	EN2	K	F
	{2 x 125 on 2:45 Kick	EN2	K	F
	{3 x 100 on 2:10 Kick	EN2	K	F
	{4 x 75 on 1:40 Kick	EN2	K	F
	{1 x 50 on 1:05 Kick	EN2	K	F
150	6 x 25 on :45 Stroke Drills	REC	D	C
1,250	1x{1 x 200 on 3:40 Breaststroke	EN1	S	F
	{2 x 25 on :40 Breast 2X pullouts	EN1	S	F
	{2 x 150 on 2:45 Breaststroke	EN1	S	F
	{4 x 25 on :40 Breast 2X pullouts	EN1	S	F
	{3 x 100 on 1:50 Breaststroke	EN1	S	F
	{6 x 25 on :40 Breast 2X pullouts	EN1	S	F
	{3 x 50 on 1:00 Breaststroke	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Game		S	
7:30 PM 3,250 Yards - Stress Value = 40				

**Workout #12850 - Monday, 28 January 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:30 PM Start				
=====	=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg		L	DF
400	1 x 400 on 10:00 Choice	REC	S	CF
150	10 x 15 on :45 Shooters	SP3	S	F
950	1x{1 x 150 on 3:35 Kick	EN2	K	F
	{2 x 125 on 3:00 Kick	EN2	K	F
	{3 x 100 on 2:20 Kick	EN2	K	F
	{2 x 75 on 1:45 Kick	EN2	K	F
	{2 x 50 on 1:10 Kick	EN2	K	CF
150	6 x 25 on :45 Stroke Drills	REC	D	C
1,100	1x{1 x 200 on 4:10 Breaststroke	EN1	S	F
	{2 x 25 on :45 Breast 2X pullouts	EN1	S	F
	{2 x 150 on 3:05 Breaststroke	EN1	S	F
	{4 x 25 on :45 Breast 2X pullouts	EN1	S	F
	{3 x 100 on 2:05 Breaststroke	EN1	S	F
	{6 x 25 on :45 Breast 2X pullouts	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Game		S	
7:30 PM 2,950 Yards - Stress Value = 36				

**Workout #12851 - Monday, 28 January 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:30 PM Start				
=====	=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg		L	DF
400	1 x 400 on 10:00 Choice	REC	S	CF
150	10 x 15 on :45 Shooters	SP3	S	F
800	1x{1 x 150 on 4:15 Kick	EN2	K	F
	{2 x 125 on 3:30 Kick	EN2	K	F
	{3 x 100 on 2:50 Kick	EN2	K	F
	{2 x 50 on 1:25 Kick	EN2	K	CF
150	6 x 25 on :45 Stroke Drills	REC	D	C
1,000	1x{1 x 200 on 5:00 Breaststroke	EN1	S	F
	{2 x 25 on :45 Breast 2X pullouts	EN1	S	F
	{2 x 150 on 3:45 Breaststroke	EN1	S	F
	{4 x 25 on :45 Breast 2X pullouts	EN1	S	F
	{3 x 100 on 2:30 Breaststroke	EN1	S	F
	{2 x 25 on :45 Breast 2X pullouts	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C

1 on 10:00 Game S  
7:30 PM 2,700 Yards - Stress Value = 31

**Workout #12852 - Tuesday, 29 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
2,250	1x{2 x 225 on 2:45 Free 1st/L.25 6bk	EN2	
	{2 x 225 on 2:40 Free 1st/L.25 6bk	EN2	
	{2 x 225 on 2:35 Free 1st/L.25 6bk	EN2	
	{2 x 225 on 2:30 Free 1st/L.25 6bk	EN2	
	{2 x 225 on 2:25 Free 1st/L.25 6bk	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 3,100 Yards - Stress Value = 51			

**Workout #12853 - Tuesday, 29 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
2,000	1x{2 x 200 on 2:45 Free 1st/L.25 6bk	EN2	
	{2 x 200 on 2:40 Free 1st/L.25 6bk	EN2	
	{2 x 200 on 2:35 Free 1st/L.25 6bk	EN2	
	{2 x 200 on 2:30 Free 1st/L.25 6bk	EN2	
	{2 x 200 on 2:25 Free 1st/L.25 6bk	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,850 Yards - Stress Value = 46			

**Workout #12854 - Tuesday, 29 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,750	1x{2 x 175 on 2:45 Free 1st/L.25 6bk	EN2	
	{2 x 175 on 2:40 Free 1st/L.25 6bk	EN2	
	{2 x 175 on 2:35 Free 1st/L.25 6bk	EN2	
	{2 x 175 on 2:30 Free 1st/L.25 6bk	EN2	
	{2 x 175 on 2:25 Free 1st/L.25 6bk	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,550 Yards - Stress Value = 41			

**Workout #12855 - Tuesday, 29 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS/Weights		
150	1 x 350 on 7:00 Underwater trn drill	REC	
1,500	10 x 15 on :45 Shooters	SP3	
	1x{2 x 150 on 2:45 Free 1st/L.25 6bk	EN2	
	{2 x 150 on 2:40 Free 1st/L.25 6bk	EN2	
	{2 x 150 on 2:35 Free 1st/L.25 6bk	EN2	
	{2 x 150 on 2:30 Free 1st/L.25 6bk	EN2	
	{2 x 150 on 2:25 Free 1st/L.25 6bk	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,300 Yards - Stress Value = 36		

**Workout #12856 - Tuesday, 29 January 2013**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill		
	10 x 15 on :45 Shooters		
	Your primary stroke(s)		
1,800	1x{5 x 125 on 1:45 Backstroke-Alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{4 x 100 on 1:25 Back alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{3 x 75 on 1:05 Back Alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{2 x 50 on :45 Back Alt 25 of 10 KOW		
	{6 x 25 on :30 Back 8-9-10-11-12-13KOW		
200	1 x 200 on 3:00 Stroke Drills		
	1 on 10:00 Ice		
7:05 AM	2,550 Yards - Stress Value = 41		

**Workout #12857 - Tuesday, 29 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill		
1,650	10 x 15 on :45 Shooters		
	1x{5 x 125 on 2:00 Backstroke-Alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{4 x 100 on 1:40 Back alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{3 x 75 on 1:20 Back Alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{2 x 50 on :55 Back Alt 25 of 10 KOW		
200	1 x 200 on 3:00 Stroke Drills		
	1 on 10:00 Ice		
7:05 AM	2,400 Yards - Stress Value = 38		

**Workout #12858 - Tuesday, 29 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS and Weights		
150	1 x 350 on 7:00 Underwater trn drill		
1,450	10 x 15 on :45 Shooters		
	1x{5 x 125 on 2:10 Backstroke-Alt 25 of 10 KOW		

{4 x 25 on :40 Back 8-9-10-11 KOW		
{3 x 100 on 1:45 Back alt 25 of 10 KOW		
{4 x 25 on :40 Back 8-9-10-11 KOW		
{3 x 75 on 1:20 Back Alt 25 of 10 KOW		
{4 x 25 on :40 Back 8-9-10-11		
1 x 200 on 3:00 Stroke Drills		
1 on 10:00 Ice		
7:05 AM	2,150 Yards - Stress Value = 34	

**Workout #12859 - Tuesday, 29 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS and Weights		
150	1 x 350 on 7:00 Underwater trn drill		
1,250	10 x 15 on :45 Shooters		
	1x{4 x 125 on 2:40 Backstroke-Alt 25 of 10 KOW		
	{4 x 25 on :40 Back 8-9-10-11 KOW		
	{3 x 100 on 2:10 Back alt 25 of 10 KOW		
	{4 x 25 on :40 Back 8-9-10-11 KOW		
	{2 x 75 on 1:35 Back Alt 25 of 10 KOW		
	{4 x 25 on :40 Back 8-9-10-11		
200	1 x 200 on 3:00 Stroke Drills		
	1 on 10:00 Ice		
7:05 AM	1,950 Yards - Stress Value = 31		

**Workout #12860 - Tuesday, 29 January 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
500	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
900	10 x 15 on :45 Shooters	SP3	
1,000	9 x 100 on 2:00 Kick-odds fast	EN2	
150	5 x 200 on 3:00 Pulls-nbbf&w	EN1	
1,600	6 x 25 on :45 Freestyle Drill	REC	
	1x{1 x 400 on 5:40 Freestyle	EN2	
	{1 x 400 on 5:35 Freestyle	EN2	
	{1 x 400 on 5:30 Freestyle	EN2	
	{1 x 400 on 5:25 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:30 PM	4,550 Yards - Stress Value = 66		

**Workout #12861 - Tuesday, 29 January 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
500	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
800	10 x 15 on :45 Shooters	SP3	
875	8 x 100 on 2:15 Kick-odds fast	EN2	
150	5 x 175 on 3:00 Pulls-nbbf&w	EN1	
1,400	6 x 25 on :45 Freestyle Drill	REC	
	1x{1 x 350 on 5:40 Freestyle	EN2	
	{1 x 350 on 5:35 Freestyle	EN2	
	{1 x 350 on 5:30 Freestyle	EN2	
	{1 x 350 on 5:25 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:30 PM	4,125 Yards - Stress Value = 59		

**Workout #12862 - Tuesday, 29 January 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
700	7 x 100 on 2:30 Kick-odds fast	EN2	
750	5 x 150 on 3:00 Pulls-nbbf&w	EN1	
150	6 x 25 on :45 Freestyle Drill	REC	
1,300	1x{1 x 325 on 5:40 Freestyle	EN2	
	{1 x 325 on 5:35 Freestyle	EN2	
	{1 x 325 on 5:30 Freestyle	EN2	
	{1 x 325 on 5:25 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:30 PM	3,750 Yards - Stress Value = 52		

**Workout #12863 - Tuesday, 29 January 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	6 x 100 on 2:45 Kick-odds fast	EN2	
625	5 x 125 on 3:00 Pulls-nbbf&w	EN1	
150	6 x 25 on :45 Freestyle Drill	REC	
1,100	1x{1 x 275 on 5:40 Freestyle	EN2	
	{1 x 275 on 5:35 Freestyle	EN2	
	{1 x 275 on 5:30 Freestyle	EN2	
	{1 x 275 on 5:25 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:29 PM	3,275 Yards - Stress Value = 48		

**Workout #12864 - Tuesday, 29 January 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	6 x 100 on 3:00 Kick-odds fast	EN2	
500	5 x 100 on 3:00 Pulls-nbbf&w	EN1	
150	6 x 25 on :45 Freestyle Drill	REC	
800	1x{1 x 200 on 5:40 Freestyle	EN2	
	{1 x 200 on 5:35 Freestyle	EN2	
	{1 x 200 on 5:30 Freestyle	EN2	
	{1 x 200 on 5:25 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:30 PM	2,850 Yards - Stress Value = 39		

**Workout #12865 - Wednesday, 30 January 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
=====	=====
	1 on 25:00 DS/Abs
400	1 x 400 on 8:00 Free L.25 of each 100 Non Fr
150	10 x 15 on :45 Shooters
1,000	1x{3 x 100 on 1:25 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW
	{4 x 125 on 1:50 Kick
	{4 x 25 on :30 Kick no board BSLR 12 KOW

200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:06 PM 1,750 Yards - Stress Value = 28

**Workout #12866 - Wednesday, 30 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
=====	=====
	1 on 25:00 DS/Abs
400	1 x 400 on 8:00 Free L.25 of each 100 Non Fr
150	10 x 15 on :45 Shooters
850	1x{4 x 100 on 1:45 Kick
	{4 x 25 on :35 Kick no board BSLR 13 KOW
	{5 x 50 on :50 Kick
	{4 x 25 on :35 Kick no board BSLR 12 KOW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:06 PM	1,600 Yards - Stress Value = 25

**Workout #12867 - Wednesday, 30 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
=====	=====
	1 on 25:00 DS/Abs
400	1 x 400 on 8:00 Free L.25 of each 100 Non Fr
150	10 x 15 on :45 Shooters
750	1x{3 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR 13 KOW
	{2 x 125 on 2:30 Kick
	{4 x 25 on :40 Kick no board BSLR 12 KOW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:07 PM	1,500 Yards - Stress Value = 23

**Workout #12868 - Wednesday, 30 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
=====	=====
	1 on 25:00 DS/Abs
400	1 x 400 on 8:00 Free L.25 of each 100 Non Fr
150	10 x 15 on :45 Shooters
650	1x{2 x 100 on 2:15 Kick
	{4 x 25 on :40 Kick no board BSLR 13 KOW
	{2 x 125 on 2:45 Kick
	{4 x 25 on :40 Kick no board BSLR 12 KOW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:06 PM	1,400 Yards - Stress Value = 21

**Workout #12869 - Wednesday, 30 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:08 PM Start					
2,000	1x{2 x 200 on 2:25 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:20 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:20 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:20 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:15 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:20 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:10 Freestyle	EN2	S	FR	1
350	{1 x 100 on 1:20 Freestyle	EN3	S	FR	1
	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
4:50 PM 2,350 Yards - Stress Value = 56					

**1 minute rest between sets**

Yards	Set Description	F
4:08 PM Start		
1,750	1x{1 x 100 on 1:25 Individual Medley	E
	{4 x 75 on 1:10 Fly-25L 25R 25 B	E
	{2 x 100 on 1:20 Individual Medley	E
	{4 x 75 on 1:10 Back 25L 25R 25B	E
	{2 x 100 on 1:15 Individual Medley	E
	{4 x 75 on 1:15 Brst 25FlK 25FrK 25Rk	E
	{2 x 100 on 1:10 Individual Medley	E
	{2 x 75 on 1:05 Fr 25scldsdfst25catchup25reg	E
300	6 x 50 on 1:00 Stroke Drills	F
	1 on 10:00 Ice	
4:51 PM 2,050 Yards - Stress Value = 35		

**Workout #12874 - Wednesday, 30 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

**Workout #12870 - Wednesday, 30 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:08 PM Start					
1,700	1x{2 x 200 on 2:45 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:30 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:40 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:30 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:35 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:30 Freestyle	EN3	S	FR	1
	{1 x 200 on 2:30 Freestyle	EN2	S	FR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
4:49 PM 2,050 Yards - Stress Value = 46					

Yards	Set Description	F
4:08 PM Start		
1,625	1x{1 x 100 on 1:35 Individual Medley	E
	{4 x 75 on 1:15 Fly-25L 25R 25 B	E
	{1 x 100 on 1:30 Individual Medley	E
	{4 x 75 on 1:15 Back 25L 25R 25B	E
	{1 x 100 on 1:25 Individual Medley	E
	{4 x 75 on 1:20 Brst 25FlK 25FrK 25Rk	E
	{2 x 100 on 1:20 Individual Medley	E
	{3 x 75 on 1:10 Fr 25scldsdfst25catchup25reg	E
300	6 x 50 on 1:00 Stroke Drills	F
	1 on 10:00 Ice	
4:51 PM 1,925 Yards - Stress Value = 32		

**Workout #12875 - Wednesday, 30 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

**Workout #12871 - Wednesday, 30 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:08 PM Start					
1,500	1x{2 x 200 on 3:05 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 3:00 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:55 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
4:49 PM 1,850 Yards - Stress Value = 42					

Yards	Set Description	F
4:08 PM Start		
1,425	1x{1 x 100 on 1:55 Individual Medley	E
	{2 x 75 on 1:25 Fly-25L 25R 25 B	E
	{1 x 100 on 1:50 Individual Medley	E
	{2 x 75 on 1:25 Back 25L 25R 25B	E
	{2 x 100 on 1:45 Individual Medley	E
	{2 x 75 on 1:30 Brst 25FlK 25FrK 25Rk	E
	{2 x 100 on 1:40 Individual Medley	E
	{5 x 75 on 1:20 Fr 25scldsdfst25catchup25reg	E
300	6 x 50 on 1:00 Stroke Drills	F
	1 on 10:00 Ice	
4:51 PM 1,725 Yards - Stress Value = 29		

**Workout #12872 - Wednesday, 30 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:08 PM Start					
1,300	1x{2 x 200 on 3:40 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:55 Freestyle	EN3	S	FR	1
	{2 x 200 on 3:35 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:55 Freestyle	EN3	S	FR	1
	{1 x 200 on 3:30 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:55 Freestyle	EN3	S	FR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
4:50 PM 1,650 Yards - Stress Value = 38					

**Workout #12876 - Wednesday, 30 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	F
4:08 PM Start		
1,200	1x{1 x 100 on 2:10 Individual Medley	E
	{2 x 75 on 1:35 Fly-25L 25R 25 B	E
	{1 x 100 on 2:05 Individual Medley	E
	{2 x 75 on 1:35 Back 25L 25R 25B	E
	{2 x 100 on 2:00 Individual Medley	E
	{2 x 75 on 1:40 Brst 25FlK 25FrK 25Rk	E
	{2 x 100 on 1:55 Individual Medley	E
	{2 x 75 on 1:25 Fr 25scldsdfst25catchup25reg	E
300	6 x 50 on 1:00 Stroke Drills	F
	1 on 10:00 Ice	
4:50 PM 1,500 Yards - Stress Value = 24		

**Workout #12873 - Wednesday, 30 January 2013**

**HighSchl - IM'ers**

**Workout #12877 - Wednesday, 30 January 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Abs/Tm Mtg
150	1 x 500 on 10:00 Free L.25 of each 100 Non F
1,000	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board S
	{1 x 150 on 3:00 Kick
	{4 x 25 on :45 Kick no board S
	{2 x 125 on 2:30 Kick
	{4 x 25 on :45 Kick no board S
	{3 x 100 on 2:00 Kick-descend
50	1 x 50 on 2:00 Easy swim
100	1 x 100 on 3:00 Kick for time
150	6 x 25 on :45 Stroke Drills
500	10 x 50 on 3:00 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	7:32 PM 2,650 Yards - Stress Value = 78

Yards	Set Description
400	1 on 30:00 DS/Abs/Tm Mtg
150	1 x 400 on 10:00 Free L.25 of each 100 Non F
850	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board S
	{1 x 150 on 3:50 Kick
	{4 x 25 on :45 Kick no board S
	{2 x 125 on 3:10 Kick
	{4 x 25 on :45 Kick no board S
	{2 x 75 on 1:55 Kick-descend
50	1 x 50 on 2:00 Easy swim
100	1 x 100 on 3:00 Kick for time
150	6 x 25 on :45 Stroke Drills
500	10 x 50 on 3:00 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	7:32 PM 2,400 Yards - Stress Value = 75

**Workout #12881 - Wednesday, 30 January 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Abs/Tm Mtg
150	1 x 500 on 10:00 Free L.25 of each 100 Non F
900	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board S
	{1 x 150 on 3:20 Kick
	{4 x 25 on :45 Kick no board S
	{2 x 125 on 2:45 Kick
	{4 x 25 on :45 Kick no board S
	{2 x 100 on 2:15 Kick-descend
50	1 x 50 on 2:00 Easy swim
100	1 x 100 on 3:00 Kick for time
150	6 x 25 on :45 Stroke Drills
500	10 x 50 on 3:00 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	7:32 PM 2,550 Yards - Stress Value = 76

Yards	Set Description
400	1 on 30:00 DS/Abs/Tm Mtg
150	1 x 400 on 10:00 Free L.25 of each 100 Non F
650	10 x 15 on :45 Shooters
	1x{4 x 25 on 1:00 Kick no board S
	{1 x 100 on 3:00 Kick
	{4 x 25 on 1:00 Kick no board S
	{2 x 100 on 3:00 Kick
	{4 x 25 on 1:00 Kick no board S
	{1 x 50 on 1:30 Kick
50	1 x 50 on 2:00 Easy swim
100	1 x 100 on 3:00 Kick for time
150	6 x 25 on :45 Stroke Drills
500	10 x 50 on 3:00 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	7:32 PM 2,200 Yards - Stress Value = 71

**Workout #12882 - Thursday, 31 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

5:45 AM Start

Yards	Set Description
450	1 on 35:00 DS and Weights
150	1 x 300 on 5:00 Underwater trn drill
900	Odd 100's free even 100's back
	5 x 15 on :45 Shooters
	1x{3 x 200 on 2:30 Free-descend
	{3 x 175 on 2:10 Free-descend
	{3 x 150 on 1:50 Free-descend
	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
50	1 x 50 on 2:00 Easy swim
100	1 x 100 on 3:00 Kick for time
150	6 x 25 on :45 Stroke Drills
500	10 x 50 on 3:00 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	7:05 AM 2,150 Yards - Stress Value = 34

Yards	Set Description	EGY	WOF
300	1 on 35:00 DS and Weights		
75	1 x 300 on 5:00 Underwater trn drill	REC	
1,575	Odd 100's free even 100's back		
	5 x 15 on :45 Shooters		SP3
	1x{3 x 200 on 2:30 Free-descend		EN2
	{3 x 175 on 2:10 Free-descend		EN2
	{3 x 150 on 1:50 Free-descend		EN2
	1 x 200 on 3:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:05 AM 2,150 Yards - Stress Value = 34		

**Workout #12880 - Wednesday, 30 January 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

**Workout #12883 - Thursday, 31 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:45 AM	Start		
300	1 on 35:00 DS and Weights		
300	1 x 300 on 5:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
75	5 x 15 on :45 Shooters	SP3	
1,350	1x{1 x 225 on 3:15 Free-descend	EN2	
	{3 x 200 on 2:50 Free-descend	EN2	
	{3 x 175 on 2:25 Free-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM	1,925 Yards - Stress Value = 29		

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:45 AM	Start		
300	1 on 35:00 DS and Weights		
300	1 x 300 on 5:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
75	5 x 15 on :45 Shooters	SP3	
1,125	1x{ Descend each set of 3		
	{3 x 175 on 2:55 Breast 2/3/4 PO/LW	EN2	
	{3 x 150 on 2:25 Breast 2/3/4 PO/LW	EN2	
	{3 x 50 on :50 Breast 2/3/4 PO/LW	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM	1,700 Yards - Stress Value = 25		

**Workout #12884 - Thursday, 31 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:45 AM	Start		
300	1 on 35:00 DS and Weights		
300	1 x 300 on 5:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
75	5 x 15 on :45 Shooters	SP3	
1,275	1x{1 x 225 on 3:35 Free-descend	EN2	
	{3 x 200 on 3:10 Free-descend	EN2	
	{3 x 150 on 2:20 Free-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:06 AM	1,850 Yards - Stress Value = 28		

**Workout #12888 - Thursday, 31 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:45 AM	Start		
300	1 on 35:00 DS and Weights		
300	1 x 300 on 5:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
75	5 x 15 on :45 Shooters	SP3	
975	1x{ Descend each set of 3		
	{3 x 150 on 2:50 Breast 2/3/4 PO/LW	EN2	
	{3 x 125 on 2:20 Breast 2/3/4 PO/LW	EN2	
	{3 x 50 on :55 Breast 2/3/4 PO/LW	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM	1,550 Yards - Stress Value = 23		

**Workout #12885 - Thursday, 31 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:45 AM	Start		
250	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
75	5 x 15 on :45 Shooters	SP3	
1,050	1x{3 x 200 on 3:30 Free-descend	EN2	
	{3 x 150 on 3:00 Free-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	1,575 Yards - Stress Value = 24		

**Workout #12889 - Thursday, 31 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:45 AM	Start		
250	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
75	5 x 15 on :45 Shooters	SP3	
950	1x{ Descend each set of 3		
	{3 x 175 on 3:35 Breast 2/3/4 PO/LW	EN2	
	{3 x 125 on 2:35 Breast 2/3/4 PO/LW	EN2	
	{1 x 50 on 1:05 Breast 4 PO/LW	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	1,475 Yards - Stress Value = 22		

**Workout #12886 - Thursday, 31 January 2013**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:45 AM	Start		
300	1 on 35:00 DS and Weights		
300	1 x 300 on 5:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
75	5 x 15 on :45 Shooters	SP3	
	Descend each set of 3		
1,275	1x{3 x 175 on 2:40 Breast 2/3/4 PO/LW	EN2	
	{3 x 150 on 2:15 Breast 2/3/4 PO/LW	EN2	
	{4 x 75 on 1:05 Breast 2/3/4 PO/LW	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	1,850 Yards - Stress Value = 28		

**Workout #12887 - Thursday, 31 January 2013**

**Workout #12890 - Thursday, 31 January 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
400	1 on 25:00 DS/Shoulders
150	1 x 400 on 8:00 Underwater trn drill Odd 100's free even 100's back
1,000	10 x 15 on :45 Shooters
1x	{1 x 150 on 2:15 Kick your #1 {1 x 50 on :55 Kick your #2 {1 x 50 on 1:00 Kick your #3 {1 x 150 on 2:10 Kick your #1 {1 x 50 on :55 Kick you #2 {1 x 50 on 1:00 Kick your #3 {1 x 150 on 2:05 Kick your #1 {2 x 50 on :55 Kick your #2 {2 x 50 on 1:00 Kick your #3 {1 x 150 on 2:00 Kick your#1
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:07 PM	1,750 Yards - Stress Value = 28

**Workout #12893 - Thursday, 31 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
400	1 on 25:00 DS/Shoulders
150	1 x 400 on 8:00 Underwater trn drill Odd 100's free even 100's back
675	10 x 15 on :45 Shooters
1x	{1 x 125 on 3:00 Kick your #1 {1 x 50 on 1:15 Kick your #2 {1 x 50 on 1:20 Kick your #3 {1 x 125 on 2:55 Kick your #1 {1 x 50 on 1:15 Kick you #2 {1 x 50 on 1:20 Kick your #3 {1 x 125 on 2:50 Kick your #1 {1 x 50 on 1:15 Kick your #2 {1 x 50 on 1:20 Kick your #3
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:07 PM	1,425 Yards - Stress Value = 20

**Workout #12891 - Thursday, 31 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
400	1 on 25:00 DS/Shoulders
150	1 x 400 on 8:00 Underwater trn drill Odd 100's free even 100's back
900	10 x 15 on :45 Shooters
1x	{1 x 150 on 2:40 Kick your #1 {1 x 50 on 1:05 Kick your #2 {1 x 50 on 1:10 Kick your #3 {1 x 150 on 2:35 Kick your #1 {1 x 50 on 1:05 Kick you #2 {1 x 50 on 1:10 Kick your #3 {1 x 150 on 2:30 Kick your #1 {1 x 50 on 1:05 Kick your #2 {1 x 50 on 1:10 Kick your #3 {1 x 150 on 2:25 Kick your #1
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:07 PM	1,650 Yards - Stress Value = 26

**Workout #12894 - Thursday, 31 January 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:07 PM	Start			
2,250	1x{2 x 125 on 1:30 Freestyle {1 x 500 on 5:35 Freestyle {2 x 125 on 1:30 Freestyle {1 x 500 on 5:30 Freestyle {2 x 125 on 1:30 Freestyle {1 x 500 on 5:25 Freestyle	EN2	S	FR
250	125's hold:1st set 122, 2nd set 121, 3rd set 120 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD M
4:48 PM	2,500 Yards - Stress Value = 45			

**Workout #12895 - Thursday, 31 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:07 PM	Start			
1,950	1x{2 x 125 on 1:45 Freestyle {1 x 400 on 5:20 Freestyle {2 x 125 on 1:45 Freestyle {1 x 400 on 5:15 Freestyle {2 x 125 on 1:45 Freestyle {1 x 400 on 5:10 Freestyle	EN2	S	FR
250	125's hold:1st set 136 2nd set 135, 3rd set 134 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD M
4:49 PM	2,200 Yards - Stress Value = 39			

**Workout #12892 - Thursday, 31 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
400	1 on 25:00 DS/Shoulders
150	1 x 400 on 8:00 Underwater trn drill Odd 100's free even 100's back
750	10 x 15 on :45 Shooters
1x	{1 x 150 on 3:15 Kick your #1 {1 x 50 on 1:10 Kick your #2 {1 x 50 on 1:15 Kick your #3 {1 x 150 on 3:10 Kick your #1 {1 x 50 on 1:10 Kick you #2 {1 x 50 on 1:15 Kick your #3 {1 x 150 on 3:05 Kick your #1 {1 x 50 on 1:10 Kick your #2 {1 x 50 on 1:15 Kick your #3
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:07 PM	1,500 Yards - Stress Value = 23

**Workout #12896 - Thursday, 31 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:07 PM	Start			
1,600	1x{2 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 400 on 6:10 Freestyle	EN2	S	FR
	{2 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 400 on 6:05 Freestyle	EN2	S	FR
	{2 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 200 on 3:00 Freestyle	EN2	S	FR
	100's hold:1st set 123 2nd set 122, 3rd set 121			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:48 PM	1,850 Yards - Stress Value = 32			

**Workout #12897 - Thursday, 31 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:07 PM	Start			
1,400	1x{2 x 100 on 1:55 Freestyle	EN2	S	FR
	{1 x 400 on 7:15 Freestyle	EN2	S	FR
	{2 x 100 on 1:55 Freestyle	EN2	S	FR
	{1 x 400 on 7:10 Freestyle	EN2	S	FR
	{2 x 100 on 1:55 Freestyle	EN2	S	FR
	100's hold:1st set 147, 2nd set 146, and 3rd set 145			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:48 PM	1,650 Yards - Stress Value = 28			

**Workout #12898 - Thursday, 31 January 2013**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:07 PM	Start			
1,750	1x{1 x 125 on 1:50 Backstroke	EN1	S	BK
	{3 x 50 on :40 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 1:45 Backstroke	EN1	S	BK
	{3 x 50 on :45 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 1:40 Backstroke	EN1	S	BK
	{3 x 50 on :50 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 1:35 Backstroke	EN2	S	BK
	{3 x 50 on :55 Backstroke AFAP	EN3	S	BK
	{1 x 125 on 1:30 Backstroke	EN2	S	BK
	{3 x 50 on 1:00 Backstroke AFAP	EN3	S	BK
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:48 PM	2,000 Yards - Stress Value = 57			

**Workout #12899 - Thursday, 31 January 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:07 PM	Start			
1,550	1x{1 x 125 on 2:05 Backstroke	EN1	S	BK
	{3 x 50 on :45 Backstroke AFAP	EN2	S	BK
	{2 x 125 on 2:00 Backstroke	EN1	S	BK
	{3 x 50 on :55 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 1:55 Backstroke	EN1	S	BK
	{3 x 50 on 1:00 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 1:50 Backstroke	EN2	S	BK
	{2 x 50 on 1:05 Backstroke AFAP	EN3	S	BK
	{1 x 125 on 1:45 Backstroke	EN2	S	BK

250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:48 PM	1,800 Yards - Stress Value = 39			

**Workout #12900 - Thursday, 31 January 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:07 PM	Start			
1,275	1x{1 x 125 on 2:30 Backstroke	EN1	S	BK
	{2 x 50 on :55 Backstroke AFAP	EN2	S	BK
	{2 x 125 on 2:25 Backstroke	EN1	S	BK
	{2 x 50 on 1:00 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 2:20 Backstroke	EN1	S	BK
	{2 x 50 on 1:10 Backstroke AFAP	EN3	S	BK
	{2 x 125 on 2:15 Backstroke	EN2	S	BK
	{2 x 50 on 1:15 Backstroke AFAP	EN3	S	BK
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:48 PM	1,525 Yards - Stress Value = 30			

**Workout #12901 - Thursday, 31 January 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:07 PM	Start			
1,175	1x{1 x 125 on 2:50 Backstroke	EN1	S	BK
	{3 x 50 on 1:10 Backstroke AFAP	EN3	S	BK
	{1 x 125 on 2:45 Backstroke	EN1	S	BK
	{3 x 50 on 1:10 Backstroke AFAP	EN3	S	BK
	{1 x 125 on 2:35 Backstroke	EN1	S	BK
	{3 x 50 on 1:10 Backstroke AFAP	EN3	S	BK
	{1 x 125 on 2:30 Backstroke	EN2	S	BK
	{2 x 50 on 1:10 Backstroke AFAP	EN3	S	BK
	{1 x 125 on 2:25 Backstroke	EN2	S	BK
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:54 PM	1,675 Yards - Stress Value = 40			

**Workout #12902 - Thursday, 31 January 2013**

**Group 2 - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
500	1 on 30:00 DS/Shoulders/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	1 on 2:00 Technique talk		
150	6 x 25 on 1:00 Perfect Backstroke	REC	
750	1x{1 x 250 on 9:00 Back Drill	REC	
	{1 x 250 on 9:00 Back drill	REC	
	{1 x 250 on 9:00 Back Drill	REC	
150	6 x 25 on 1:00 Perfect backstroke	REC	
300	6 x 50 on 1:00 Back-descend in 3's	EN2	
	1 on 15:00 Techniques-Back Starts		
250	1 x 250 on 4:00 Stroke Drills	REC	
7:30 PM	2,250 Yards - Stress Value = 12		

**Workout #12903 - Friday, 01 February 2013**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1,000 1 on 30:00 DS/Ted's Abs  
 1 x 1000 on 15:00 Choice-mix of swim, drill, pull and non free  
 150 10 x 15 on :45 Shooters  
 1,200 4x{1 x 50 on 1:00 Kick-good effort  
 {1 x 250 on 5:00 Social Kick  
 1 on 10:00 Techniques-Relay Starts  
 500 2 x 250 on 10:00 Indvdl Prsrceptns  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:05 PM 3,100 Yards - Stress Value = 15

**Workout #12904 - Saturday, 02 February 2013**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 400 1 on 40:00 DS and Weights  
 1 x 400 on 7:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Your primary stroke or free  
 800 1x{1 x 100 on 1:30 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:25 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:20 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:15 Kick  
 {1 x 100 on 1:50 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,700 1x{4 x 125 on 1:21 Freestyle  
 {2 x 50 on 1:00 Freestyle  
 {3 x 125 on 1:20 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {2 x 125 on 1:19 Freestyle  
 {4 x 50 on 1:00 Freestyle  
 {1 x 125 on 1:18 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 8:56 AM 3,500 Yards - Stress Value = 72

**Workout #12905 - Saturday, 02 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 400 1 on 40:00 DS and Weights  
 1 x 400 on 7:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Your primary stroke or free  
 650 1x{1 x 100 on 1:50 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 50 on :50 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 1x{4 x 125 on 1:35 Freestyle  
 {2 x 50 on 1:00 Freestyle  
 {3 x 125 on 1:34 Freestyle  
 {3 x 50 on 1:00 Freestyle

{2 x 125 on 1:33 Freestyle  
 {3 x 50 on 1:00 Freestyle  
 {1 x 125 on 1:32 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 8:57 AM 3,300 Yards - Stress Value = 67

**Workout #12906 - Saturday, 02 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 350 1 on 40:00 DS and Weights  
 1 x 350 on 7:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Your primary stroke or free  
 600 1x{1 x 100 on 2:00 Kick  
 {1 x 100 on 2:10 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 2:10 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 2:10 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,425 1x{4 x 125 on 1:48 Freestyle  
 {2 x 50 on 1:10 Freestyle  
 {3 x 125 on 1:47 Freestyle  
 {3 x 50 on 1:10 Freestyle  
 {2 x 125 on 1:46 Freestyle  
 {1 x 50 on 1:10 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 8:57 AM 2,975 Yards - Stress Value = 58

**Workout #12907 - Saturday, 02 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 350 1 on 40:00 DS and Weights  
 1 x 350 on 7:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Your primary stroke or free  
 600 1x{1 x 100 on 2:05 Kick  
 {1 x 100 on 2:20 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 2:20 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 2:20 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 1x{4 x 125 on 2:15 Freestyle  
 {2 x 50 on 1:15 Freestyle  
 {3 x 125 on 2:14 Freestyle  
 {2 x 50 on 1:15 Freestyle  
 {1 x 125 on 2:13 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 8:56 AM 2,750 Yards - Stress Value = 49

**Workout #12908 - Friday, 01 February 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	===	====	=
	1 on 43:00 DS/Dryland			L I
500	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,600	8x{1 x 100 on 1:20 Individual Medley	EN2	S	
	{1 x 50 on :40 Freestyle	REC	S	
	{1 x 50 on :50 Freestyle	REC	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:30	PM 2,450 Yards - Stress Value = 22			

**Workout #12909 - Friday, 01 February 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	===	====	=
	1 on 43:00 DS/Dryland			L I
500	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,400	7x{1 x 100 on 1:35 Individual Medley	EN2	S	
	{1 x 50 on :45 Freestyle	REC	S	
	{1 x 50 on :55 Freestyle	REC	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:30	PM 2,250 Yards - Stress Value = 20			

**Workout #12910 - Friday, 01 February 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	===	====	=
	1 on 43:00 DS/Dryland			L I
450	1 x 450 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,200	6x{1 x 100 on 1:50 Individual Medley	EN2	S	
	{1 x 50 on :50 Freestyle	REC	S	
	{1 x 50 on 1:05 Freestyle	REC	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:30	PM 2,000 Yards - Stress Value = 18			

**Workout #12911 - Friday, 01 February 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	===	====	=
	1 on 43:00 DS/Dryland			L I
400	1 x 400 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,000	5x{1 x 100 on 2:05 Individual Medley	EN2	S	
	{1 x 50 on :55 Freestyle	REC	S	
	{1 x 50 on 1:10 Freestyle	REC	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:28	PM 1,750 Yards - Stress Value = 16			

**Workout #12912 - Friday, 01 February 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	===	====	=
	1 on 43:00 DS/Dryland			L I
400	1 x 400 on 10:00 Reverse IM drill	REC	D	

150	10 x 15 on :45 Shooters	SP3	S
800	4x{1 x 100 on 3:00 Individual Medley	EN2	S
	{1 x 50 on 1:10 Freestyle	REC	S
	{1 x 50 on 1:30 Freestyle	REC	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:30	PM 1,550 Yards - Stress Value = 14		

**Workout #12913 - Monday, 04 February 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Balls
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	1x{8 x 25 on :30 Kick no board BSLR
	{2 x 150 on 2:05 Kick
	{8 x 25 on :30 Kick no board BSLR
	{2 x 150 on 2:00 Kick
500	1x{1 x 125 on 1:30 Pulls 5 SOLW
	{1 x 125 on 1:30 Pulls 4 SOLW
	{1 x 125 on 1:30 Pulls 3 SOLW
	{1 x 125 on 1:30 Pulls 2 SOLW
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:18	PM 2,150 Yards - Stress Value = 30

**Workout #12914 - Monday, 04 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Balls
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
850	1x{8 x 25 on :35 Kick no board BSLR
	{2 x 150 on 2:35 Kick
	{8 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:30 Kick
425	1x{1 x 125 on 1:40 Pulls 5 SOLW
	{1 x 125 on 1:40 Pulls 4 SOLW
	{1 x 125 on 1:40 Pulls 3 SOLW
	{1 x 50 on :40 Pulls 2 SOLW
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:18	PM 1,925 Yards - Stress Value = 26

**Workout #12915 - Monday, 04 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Balls
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
700	1x{8 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:05 Freestyle
	{8 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:00 Freestyle
400	1x{1 x 100 on 1:30 Pulls 5 SOLW
	{1 x 100 on 1:30 Pulls 4 SOLW
	{1 x 100 on 1:30 Pulls 3 SOLW
	{1 x 100 on 1:30 Pulls 2 SOLW
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:18	PM 1,750 Yards - Stress Value = 24

**Workout #12916 - Monday, 04 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
400	1 on 30:00 DS/Physio Balls
150	1 x 400 on 10:00 Swim-kick-pull-swim
650	10 x 15 on :45 Shooters
	1x{6 x 25 on :45 Kick no board BSLR
	{ 2 x 150 on 3:30 Kick
	{ 6 x 25 on :45 Kick no board BSLRBS
	{ 1 x 50 on 1:00 Kick
300	1x{1 x 100 on 1:50 Pulls 5 SOLW
	{ 1 x 100 on 1:50 Pulls 4 SOLW
	{ 1 x 100 on 1:50 Pulls 3 SOLW
100	2x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:18 PM 1,600 Yards - Stress Value = 22

**Workout #12917 - Monday, 04 February 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:22 PM Start

Yards	Set Description
1,200	1x{1 x 200 on 2:20 Freestyle
	{ 2 x 200 on 2:15 Free #2-3 KOW
	{ 3 x 200 on 2:10 Free #3 4 strokes off each w
300	1 x 300 on 4:00 Free-Best Effort
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	4:55 PM 1,700 Yards - Stress Value = 24

**Workout #12918 - Monday, 04 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:22 PM Start

Yards	Set Description
1,050	1x{1 x 200 on 2:40 Freestyle
	{ 2 x 200 on 2:35 Free #2-3 KOW
	{ 3 x 150 on 1:55 Free #3 4 strokes off each w
200	1 x 200 on 3:00 Free-Best Effort
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	4:54 PM 1,450 Yards - Stress Value = 19

**Workout #12919 - Monday, 04 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:22 PM Start

Yards	Set Description
900	1x{1 x 150 on 2:15 Freestyle
	{ 2 x 150 on 2:10 Free #2-3 KOW
	{ 3 x 150 on 2:05 Free #3 4 strokes off each w
200	1 x 200 on 3:00 Free-Best Effort
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	4:53 PM 1,300 Yards - Stress Value = 18

**Workout #12920 - Monday, 04 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:22 PM Start

Yards	Set Description
1,050	1x{1 x 150 on 2:45 Freestyle
	{ 2 x 150 on 2:40 Free #2-3 KOW
	{ 3 x 200 on 3:30 Free #3 4 strokes off each w
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	4:55 PM 1,250 Yards - Stress Value = 17

1,050	1x{1 x 150 on 2:45 Freestyle
	{ 2 x 150 on 2:40 Free #2-3 KOW
	{ 3 x 200 on 3:30 Free #3 4 strokes off each w
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	4:55 PM 1,250 Yards - Stress Value = 17

**Workout #12921 - Monday, 04 February 2013**

**HighSchl - Fly**

**1 minute rest between sets**

4:22 PM Start

Yards	Set Description	EGY	WORK	STK
800	4x{8 x 25 on :25 Fly	EN2	S	
	{ BP 1u1d, 1u2d 1u3d,			
	{ two 1u4d, 1u3d, 1u2d, 1u1d			
	{ the last 2 of each set 100%			
	{ 1 on 1:00 Rest			M
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	4:55 PM 1,050 Yards - Stress Value = 16			

**Workout #12922 - Monday, 04 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:22 PM Start

Yards	Set Description	EGY	WORK	STK
800	4x{8 x 25 on :30 Fly	EN2	S	
	{ BP 1u1d, 1u2d 1u3d,			
	{ two 1u4d, 1u3d, 1u2d, 1u1d			
	{ the last 2 of each set 100%			
	{ 1 on 1:00 Rest			M
	Only do 4 on the 4th set			
259	1 x 259 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	4:57 PM 1,059 Yards - Stress Value = 16			

**Workout #12923 - Monday, 04 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:22 PM Start

Yards	Set Description	EGY	WORK	STK
600	3x{8 x 25 on :35 Fly	EN2	S	
	{ BP 1u1d, 1u2d 1u3d,			
	{ two 1u4d, 1u3d, 1u2d, 1u1d			
	{ the last 2 of each set 100%			
	{ 1 on 1:00 Rest			M
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	4:54 PM 850 Yards - Stress Value = 12			

**Workout #12924 - Monday, 04 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:22 PM Start

Yards	Set Description	EGY	WORK	STK
600	3x{8 x 25 on :45 Fly	EN2	S	
	{ BP 1u1d, 1u2d 1u3d,			
	{ two 1u4d, 1u3d, 1u2d, 1u1d			
	{ the last 2 of each set 100%			
	{ 1 on 1:00 Rest			M
	Only do 5 on the 3rd set			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	4:58 PM 850 Yards - Stress Value = 12			

**Workout #12925 - Monday, 04 February 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 26:00 DS/Physio Balls/Tm Mtg  
 500 1 x 500 on 10:00 Choice REC  
 150 10 x 15 on :45 Shooters SP3  
 1,300 1x{8 x 25 on :45 Kick no board S-14 KOW EN2  
 {1 x 100 on 2:00 Kick-AFAP EN2  
 {6 x 25 on :45 Kick no board S-12 KOW EN2  
 {2 x 125 on 2:30 Kick-AFAP EN2  
 {4 x 25 on :45 Kick no board S-10 KOW EN2  
 {3 x 150 on 3:00 Kick AFAP EN2  
 {2 x 25 on :45 Kick no board S-8 KOW EN2  
 150 2 x 75 on 1:45 Free 2/4/6 bk by 25's EN1  
 1,000 5x{8 x 25 on :25 Fly EN2  
 { BP 1up1d, 1u2d 1u3d,  
 { two 1u4d, 1u3d, 1u2d, 1u1d  
 { the last 2 of each set 100%  
 {1 on 1:00 Rest  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Game  
 7:30 PM 3,350 Yards - Stress Value = 54

**Workout #12926 - Monday, 04 February 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 26:00 DS/Physio Balls/Tm Mtg  
 500 1 x 500 on 10:00 Choice REC  
 150 10 x 15 on :45 Shooters SP3  
 1,200 1x{8 x 25 on :45 Kick no board S-14 KOW EN2  
 {1 x 100 on 2:15 Kick-AFAP EN2  
 {6 x 25 on :45 Kick no board S-12 KOW EN2  
 {2 x 125 on 2:45 Kick-AFAP EN2  
 {4 x 25 on :45 Kick no board S-10 KOW EN2  
 {2 x 150 on 3:15 Kick AFAP EN2  
 {4 x 25 on :45 Kick no board S-8 KOW EN2  
 150 2 x 75 on 1:45 Free 2/4/6 bk by 25's EN1  
 1,000 5x{8 x 25 on :30 Fly EN2  
 { BP 1up1d, 1u2d 1u3d,  
 { two 1u4d, 1u3d, 1u2d, 1u1d  
 { the last 2 of each set 100%  
 { Only do 4 on the 5th set  
 {1 on 1:00 Rest  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Game  
 7:33 PM 3,250 Yards - Stress Value = 52

**Workout #12927 - Monday, 04 February 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 26:00 DS/Physio Balls/Tm Mtg  
 450 1 x 450 on 10:00 Choice REC  
 150 10 x 15 on :45 Shooters SP3  
 1,150 1x{8 x 25 on :45 Kick no board S-14 KOW EN2  
 {1 x 100 on 2:30 Kick-AFAP EN2  
 {6 x 25 on :45 Kick no board S-12 KOW EN2  
 {2 x 125 on 3:00 Kick-AFAP EN2  
 {4 x 25 on :45 Kick no board S-10 KOW EN2  
 {2 x 150 on 3:40 Kick AFAP EN2  
 {2 x 25 on :45 Kick no board S-8 KOW EN2  
 150 2 x 75 on 1:45 Free 2/4/6 bk by 25's EN1  
 800 4x{8 x 25 on :35 Fly EN2  
 { BP 1up1d, 1u2d 1u3d,

{ two 1u4d, 1u3d, 1u2d, 1u1d  
 { the last 2 of each set 100%  
 { Only do 6 on the 4th set  
 {1 on 1:00 Rest  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Game  
 7:31 PM 2,950 Yards - Stress Value = 47

**Workout #12928 - Monday, 04 February 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 26:00 DS/Physio Balls/Tm Mtg  
 400 1 x 400 on 10:00 Choice REC  
 150 10 x 15 on :45 Shooters SP3  
 1,050 1x{8 x 25 on :45 Kick no board S-14 KOW EN2  
 {1 x 100 on 2:45 Kick-AFAP EN2  
 {6 x 25 on :45 Kick no board S-12 KOW EN2  
 {2 x 125 on 3:20 Kick-AFAP EN2  
 {4 x 25 on :45 Kick no board S-10 KOW EN2  
 {1 x 150 on 4:05 Kick AFAP EN2  
 {4 x 25 on :45 Kick no board S-8 KOW EN2  
 150 2 x 75 on 1:45 Free 2/4/6 bk by 25's EN1  
 800 4x{8 x 25 on :40 Fly EN2  
 { BP 1up1d, 1u2d 1u3d,  
 { two 1u4d, 1u3d, 1u2d, 1u1d  
 { the last 2 of each set 100%  
 { Only do 4 on the 4th set  
 {1 on 1:00 Rest  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Game  
 7:33 PM 2,800 Yards - Stress Value = 45

**Workout #12929 - Monday, 04 February 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 26:00 DS/Physio Balls/Tm Mtg  
 400 1 x 400 on 10:00 Choice REC  
 150 10 x 15 on :45 Shooters SP3  
 875 1x{8 x 25 on 1:00 Kick no board S-14 KOW EN2  
 {1 x 100 on 3:00 Kick-AFAP EN2  
 {6 x 25 on 1:00 Kick no board S-12 KOW EN2  
 {1 x 100 on 3:00 Kick-AFAP EN2  
 {4 x 25 on 1:00 Kick no board S-10 KOW EN2  
 {2 x 100 on 3:00 Kick AFAP EN2  
 {1 x 25 on 1:00 Kick no board S-8 KOW EN2  
 150 2 x 75 on 1:45 Free 2/4/6 bk by 25's EN1  
 600 3x{8 x 25 on :50 Fly EN2  
 { BP 1up1d, 1u2d 1u3d,  
 { two 1u4d, 1u3d, 1u2d, 1u1d  
 { the last 2 of each set 100%  
 {1 on 1:00 Rest  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Game  
 7:31 PM 2,425 Yards - Stress Value = 37

**Workout #12930 - Tuesday, 05 February 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
250	1 on 35:00 DS/Weights		
75	1 x 250 on 5:00 Underwater trn drill	REC	
	5 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,200	1x{1 x 300 on 3:25 Freestyle	EN2	
	{2 x 50 on :35 Free-Great Effort	EN3	
	{1 x 300 on 3:20 Freestyle	EN2	
	{2 x 50 on :40 Free-Great Effort	EN2	
	{1 x 300 on 3:15 Freestyle	EN2	
	{2 x 50 on :45 Free-Great Effort	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

6:59 AM 1,725 Yards - Stress Value = 35

**Workout #12931 - Tuesday, 05 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
250	1 on 35:00 DS/Weights		
75	1 x 250 on 5:00 Underwater trn drill	REC	
	5 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,050	1x{1 x 300 on 4:05 Freestyle	EN2	
	{2 x 50 on :40 Free-Great Effort	EN3	
	{1 x 300 on 4:00 Freestyle	EN2	
	{2 x 50 on :45 Free-Great Effort	EN2	
	{1 x 250 on 3:15 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:00 AM 1,575 Yards - Stress Value = 28

**Workout #12932 - Tuesday, 05 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
250	1 on 35:00 DS/Weights		
75	1 x 250 on 5:00 Underwater trn drill	REC	
	5 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
900	1x{1 x 250 on 3:50 Freestyle	EN2	
	{2 x 50 on :45 Free-Great Effort	EN3	
	{1 x 250 on 3:45 Freestyle	EN2	
	{2 x 50 on :50 Free-Great Effort	EN2	
	{1 x 200 on 3:00 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

6:59 AM 1,425 Yards - Stress Value = 25

**Workout #12933 - Tuesday, 05 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
250	1 on 35:00 DS/Weights		
75	1 x 250 on 5:00 Underwater trn drill	REC	
	5 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
750	1x{1 x 250 on 4:20 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Great Effort	EN3	

	{1 x 200 on 3:25 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Great Effort	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

6:59 AM 1,275 Yards - Stress Value = 24

**Workout #12934 - Tuesday, 05 February 2013**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
250	1 on 35:00 DS/Weights		
75	1 x 250 on 5:00 Underwater trn drill	REC	
	5 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,000	1x{100's 3-4-5 KOW		
	{3 x 100 on 1:20 Backstroke	EN2	
	{2 x 50 on :40 Back-Great Effort	EN3	
	{3 x 100 on 1:20 Backstroke	EN2	
	{2 x 50 on :45 Back-Great Effort	EN2	
	{2 x 100 on 1:20 Backstroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

6:59 AM 1,525 Yards - Stress Value = 27

**Workout #12935 - Tuesday, 05 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
250	1 on 35:00 DS/Weights		
75	1 x 250 on 5:00 Underwater trn drill	REC	
	5 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
900	1x{100's 3-4-5 KOW		
	{3 x 100 on 1:30 Backstroke	EN2	
	{3 x 50 on :45 Back-Great Effort	EN3	
	{3 x 100 on 1:30 Backstroke	EN2	
	{3 x 50 on :50 Back-Great Effort	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

6:59 AM 1,425 Yards - Stress Value = 27

**Workout #12936 - Tuesday, 05 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
250	1 on 35:00 DS/Weights		
75	1 x 250 on 5:00 Underwater trn drill	REC	
	5 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
800	1x{100's 3-4-5 KOW		
	{3 x 100 on 1:40 Backstroke	EN2	
	{2 x 50 on :50 Back-Great Effort	EN3	
	{3 x 100 on 1:40 Backstroke	EN2	
	{2 x 50 on :55 Back-Great Effort	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

6:59 AM 1,325 Yards - Stress Value = 23

**Workout #12937 - Tuesday, 05 February 2013**

**HighSchl - Bronze**  
**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:45 AM	Start		
250	1 on 35:00 DS/Weights		
75	1 x 250 on 5:00 Underwater trn drill	REC	
600	5 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
600	1x{ 100's 3-4-5 KOW		
	{ 3 x 100 on 2:10 Backstroke	EN2	
	{ 2 x 50 on 1:10 Back-Great Effort	EN3	
	{ 2 x 100 on 2:05 Backstroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:58 AM	1,125 Yards - Stress Value = 19		

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
400	1 on 25:00 DS/Core		
150	1 x 400 on 10:00 Underwater trn drill		
550	10 x 15 on :45 Shooters		
	1x{1 x 150 on 3:20 Kick		
	{1 x 150 on 3:15 Kick		
	{1 x 150 on 3:10 Kick		
	{1 x 100 on 2:05 Kick		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:01 PM	1,200 Yards - Stress Value = 17		

**Workout #12938 - Tuesday, 05 February 2013**

**HighSchl - Platinum**  
**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
400	1 on 25:00 DS/Core		
150	1 x 400 on 10:00 Underwater trn drill		
800	10 x 15 on :45 Shooters		
	1x{1 x 200 on 3:05 Kick		
	{1 x 200 on 3:00 Kick		
	{1 x 200 on 2:55 Kick		
	{1 x 200 on 2:50 Kick		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:01 PM	1,450 Yards - Stress Value = 22		

**Workout #12942 - Tuesday, 05 February 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
4:02 PM	Start		
2,000	1x{1 x 400 on 4:45 Free L.25 6bk	EN2	S
	{1 x 400 on 4:40 Free L.50 6bk	EN2	S
	{1 x 400 on 4:35 Free L.75 6bk	EN2	S
	{1 x 400 on 4:30 Free L.100 6bk	EN2	S
	{1 x 400 on 4:25 Free L.125 6bk	EN2	S
	1 on 10:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
4:50 PM	2,250 Yards - Stress Value = 40		

**Workout #12943 - Tuesday, 05 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
4:02 PM	Start		
1,700	1x{1 x 400 on 5:30 Free L.25 6bk	EN2	S
	{1 x 400 on 5:25 Free L.50 6bk	EN2	S
	{1 x 400 on 5:20 Free L.75 6bk	EN2	S
	{1 x 400 on 5:15 Free L.100 6bk	EN2	S
	{1 x 100 on 1:15 Free all 6bk	EN2	S
	1 on 10:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
4:50 PM	1,950 Yards - Stress Value = 34		

**Workout #12939 - Tuesday, 05 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
400	1 on 25:00 DS/Core		
150	1 x 400 on 10:00 Underwater trn drill		
700	10 x 15 on :45 Shooters		
	1x{1 x 200 on 3:30 Kick		
	{1 x 200 on 3:25 Kick		
	{1 x 200 on 3:20 Kick		
	{1 x 100 on 1:35 Kick		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:01 PM	1,350 Yards - Stress Value = 20		

**Workout #12944 - Tuesday, 05 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
4:02 PM	Start		
1,550	1x{1 x 350 on 5:10 Free L.25 6bk	EN2	S
	{1 x 350 on 5:05 Free L.50 6bk	EN2	S
	{1 x 350 on 5:00 Free L.75 6bk	EN2	S
	{1 x 350 on 4:55 Free L.100 6bk	EN2	S
	{1 x 150 on 2:05 Free L.125 6bk	EN2	S
	1 on 10:00 Techniques-Relay starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
4:50 PM	1,800 Yards - Stress Value = 31		

**Workout #12940 - Tuesday, 05 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
400	1 on 25:00 DS/Core		
150	1 x 400 on 10:00 Underwater trn drill		
600	10 x 15 on :45 Shooters		
	1x{1 x 200 on 4:00 Kick		
	{1 x 200 on 3:55 Kick		
	{1 x 200 on 3:50 Kick		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:01 PM	1,250 Yards - Stress Value = 18		

**Workout #12941 - Tuesday, 05 February 2013**

**Workout #12945 - Tuesday, 05 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
4:02 PM Start			
1,300	1x{1 x 300 on 5:10 Free L.25 6bk	EN2	S
	{1 x 300 on 5:05 Free L.50 6bk	EN2	S
	{1 x 300 on 5:00 Free L.75 6bk	EN2	S
	{1 x 300 on 4:55 Free L.100 6bk	EN2	S
	{1 x 100 on 2:05 Free L.125 6bk	EN2	S
	1 on 10:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
4:50 PM 1,550 Yards - Stress Value = 26			

**Workout #12949 - Tuesday, 05 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
4:02 PM Start			
1,050	1x{3 x 100 on 2:00 25 breast 75 free		EN1
	{3 x 50 on 1:20 Breast under/overs		EN3
	{2 x 100 on 2:00 50 free 50 breast		EN2
	{3 x 50 on 1:20 100 Breast under/overs		EN3
	{1 x 100 on 2:00 75 Breast 25 free		EN2
	{3 x 50 on 1:20 Breast under/overs		EN3
	1 on 10:00 Techniques-Relay Starts		
200	1 x 200 on 3:00 Stroke Drills		REC
	1 on 10:00 Ice		
4:50 PM 1,250 Yards - Stress Value = 36			

**Workout #12946 - Tuesday, 05 February 2013**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
4:02 PM Start			
1,550	1x{4 x 100 on 1:25 25 breast 75 free	EN1	
	{3 x 50 on :55 Breast under/overs	EN3	
	{3 x 100 on 1:25 50 free 50 breast	EN2	
	{4 x 50 on :55 100 Breast under/overs	EN3	
	{2 x 100 on 1:25 75 Breast 25 free	EN2	
	{4 x 50 on :55 Breast under/overs	EN3	
	{1 x 100 on 1:25 Breaststroke	EN2	
	1 on 10:00 Techniques-Relay starts		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:51 PM 1,750 Yards - Stress Value = 49			

**Workout #12950 - Wednesday, 06 February 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM Start			
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters		SP3
1,050	1x{1 x 150 on 3:00 Kick		EN2
	{1 x 150 on 2:55 Kick		EN2
	{1 x 150 on 2:50 Kick		EN2
	{1 x 150 on 2:40 Kick		EN2
	{1 x 150 on 2:35 Kick		EN2
	{1 x 150 on 2:30 Kick		EN2
	{1 x 150 on 2:25 Kick		EN2
150	2 x 75 on 1:45 Free 2/4/6 bk		EN1
500	1 x 500 on 7:30 Pulls-nbbf&w		EN1
2,000	1x{1 x 300 on 4:30 Freestyle		EN2
	{6 x 50 on :45 Freestyle-100%		EN3
	{1 x 250 on 3:40 Freestyle		EN2
	{5 x 50 on :50 Freestyle-100%		EN3
	{1 x 200 on 2:50 Freestyle		EN2
	{4 x 50 on :55 Freestyle-100%		EN3
	{1 x 150 on 2:00 Freestyle		EN2
	{3 x 50 on 1:00 Freestyle-100%		EN3
	{1 x 100 on 1:15 Freestyle		EN2
	{2 x 50 on 1:05 Freestyle-100%		EN3
250	1 x 250 on 4:00 Stroke Drills		REC
7:31 PM 4,600 Yards - Stress Value = 114			

**Workout #12947 - Tuesday, 05 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
4:02 PM Start			
1,400	1x{4 x 100 on 1:35 25 breast 75 free	EN1	
	{3 x 50 on 1:05 Breast under/overs	EN3	
	{3 x 100 on 1:35 50 free 50 breast	EN2	
	{3 x 50 on 1:05 100 Breast under/overs	EN3	
	{2 x 100 on 1:35 75 Breast 25 free	EN2	
	{2 x 50 on 1:05 Breast under/overs	EN3	
	{1 x 100 on 1:35 Breaststroke	EN2	
	1 on 10:00 Techniques-Relay Starts		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:51 PM 1,600 Yards - Stress Value = 40			

**Workout #12948 - Tuesday, 05 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
4:02 PM Start			
1,100	1x{3 x 100 on 1:50 25 breast 75 free	EN1	
	{3 x 50 on 1:15 Breast under/overs	EN3	
	{2 x 100 on 1:50 50 free 50 breast	EN2	
	{3 x 50 on 1:15 100 Breast under/overs	EN3	
	{1 x 100 on 1:50 75 Breast 25 free	EN2	
	{4 x 50 on 1:15 Breast under/overs	EN3	
	1 on 10:00 Techniques-Relay Starts		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:50 PM 1,300 Yards - Stress Value = 39			

**Workout #12951 - Wednesday, 06 February 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1x{1 x 150 on 3:15 Kick	EN2	
	{1 x 150 on 3:10 Kick	EN2	
	{1 x 150 on 3:05 Kick	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{1 x 150 on 2:55 Kick	EN2	
	{1 x 150 on 2:50 Kick	EN2	
150	2 x 75 on 1:45 Free 2/4/6 bk	EN1	
450	1 x 450 on 7:30 Pulls-nbbf&w	EN1	
1,800	1x{1 x 300 on 4:45 Freestyle	EN2	
	{6 x 50 on :50 Freestyle-100%	EN3	
	{1 x 250 on 3:55 Freestyle	EN2	
	{5 x 50 on :55 Freestyle-100%	EN3	
	{1 x 200 on 3:05 Freestyle	EN2	
	{4 x 50 on 1:00 Freestyle-100%	EN3	
	{1 x 150 on 2:15 Freestyle	EN2	
	{3 x 50 on 1:05 Freestyle-100%	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:30 PM	4,200 Yards - Stress Value = 102		

**Workout #12952 - Wednesday, 06 February 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
850	1x{1 x 150 on 3:30 Kick	EN2	
	{1 x 150 on 3:25 Kick	EN2	
	{1 x 150 on 3:20 Kick	EN2	
	{1 x 150 on 3:15 Kick	EN2	
	{1 x 150 on 3:10 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
400	1 x 400 on 7:30 Pulls-nbbf&w	EN1	
150	2 x 75 on 1:45 Free 2/4/6 bk	EN1	
1,650	1x{1 x 300 on 5:15 Freestyle	EN2	
	{6 x 50 on :55 Freestyle-100%	EN3	
	{1 x 250 on 4:20 Freestyle	EN2	
	{5 x 50 on 1:00 Freestyle-100%	EN3	
	{1 x 200 on 3:25 Freestyle	EN2	
	{4 x 50 on 1:05 Freestyle-100%	EN3	
	{1 x 150 on 2:30 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:30 PM	3,900 Yards - Stress Value = 92		

**Workout #12953 - Wednesday, 06 February 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{1 x 150 on 3:45 Kick	EN2	
	{1 x 150 on 3:40 Kick	EN2	
	{1 x 150 on 3:35 Kick	EN2	
	{1 x 150 on 3:30 Kick	EN2	
	{1 x 150 on 3:25 Kick	EN2	
350	1 x 350 on 7:30 Pulls-nbbf&w	EN1	
150	2 x 75 on 1:45 Free 2/4/6 bk	EN1	
1,500	1x{1 x 300 on 6:00 Freestyle	EN2	

{6 x 50 on 1:00 Freestyle-100%	EN3
{1 x 250 on 4:55 Freestyle	EN2
{5 x 50 on 1:05 Freestyle-100%	EN3
{1 x 200 on 3:50 Freestyle	EN2
{4 x 50 on 1:10 Freestyle-100%	EN3
1 x 250 on 4:00 Stroke Drills	REC
7:29 PM 3,550 Yards - Stress Value = 87	

**Workout #12954 - Wednesday, 06 February 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
650	1x{1 x 150 on 4:30 Kick	EN2	
	{1 x 150 on 4:25 Kick	EN2	
	{1 x 150 on 4:20 Kick	EN2	
	{1 x 150 on 4:15 Kick	EN2	
	{1 x 50 on 1:20 Kick	EN2	
300	1 x 300 on 7:30 Pulls-nbbf&w	EN1	
150	2 x 75 on 1:45 Free 2/4/6 bk	EN1	
1,200	1x{1 x 300 on 7:30 Freestyle	EN2	
	{3 x 50 on 1:20 Freestyle-100%	EN3	
	{1 x 250 on 6:15 Freestyle	EN2	
	{3 x 50 on 1:20 Freestyle-100%	EN3	
	{1 x 200 on 5:00 Freestyle	EN2	
	{3 x 50 on 1:20 Freestyle-100%	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:30 PM	3,100 Yards - Stress Value = 66		

**Workout #12955 - Thursday, 07 February 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:45 AM	Start			
=====	=====	=====	=====	=====
	1 on 35:00 DS and Weights		L	I
250	1 x 250 on 5:00 Underwater trn drill	REC	D	
	Odd 50's free even 50's back			
75	5 x 15 on :45 Shooters	SP3	S	S
	Your primary stroke or free			
1,050	3 x 350 on 4:05 Freestyle-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 ice		M	
6:58 AM	1,575 Yards - Stress Value = 24			

**Workout #12956 - Thursday, 07 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:45 AM	Start			
=====	=====	=====	=====	=====
	1 on 35:00 DS and Weights		L	I
250	1 x 250 on 5:00 Underwater trn drill	REC	D	
	Odd 50's free even 50's back			
75	5 x 15 on :45 Shooters	SP3	S	S
	Your primary stroke or free			
900	3 x 300 on 4:05 Freestyle-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 ice		M	
6:58 AM	1,425 Yards - Stress Value = 21			

**Workout #12957 - Thursday, 07 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	WOF
5:45 AM Start				
1	on 35:00 DS and Weights		L I	
250	1 x 250 on 5:00 Underwater trn drill Odd 50's free even 50's back	REC	D	
75	5 x 15 on :45 Shooters Your primary stroke or free	SP3	S	
825	3 x 275 on 4:05 Freestyle-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
1	on 10:00 ice		M	
6:58 AM 1,350 Yards - Stress Value = 19				

**Workout #12958 - Thursday, 07 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	WOF
5:45 AM Start				
1	on 35:00 DS and Weights		L I	
250	1 x 250 on 5:00 Underwater trn drill Odd 50's free even 50's back	REC	D	
75	5 x 15 on :45 Shooters Your primary stroke or free	SP3	S	
750	3 x 250 on 4:05 Freestyle-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
1	on 10:00 ice		M	
6:58 AM 1,275 Yards - Stress Value = 18				

**Workout #12959 - Thursday, 07 February 2013**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:45 AM Start			
1	on 35:00 DS/Weights		
250	1 x 250 on 5:00 Underwater trn drill Odd 50's free even 50's back	REC	
75	5 x 15 on :45 Shooters Your primary stroke or free	SP3	
800	1x{1 x 200 on 2:45 Breaststroke {1 x 200 on 2:40 Breaststroke {1 x 200 on 2:35 Breaststroke {1 x 200 on 2:30 Breaststroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
1	on 10:00 Ice		
6:57 AM 1,375 Yards - Stress Value = 19			

**Workout #12960 - Thursday, 07 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:45 AM Start			
1	on 35:00 DS/Weights		
250	1 x 250 on 5:00 Underwater trn drill Odd 50's free even 50's back	REC	
75	5 x 15 on :45 Shooters Your primary stroke or free	SP3	
700	1x{1 x 175 on 2:45 Breaststroke {1 x 175 on 2:40 Breaststroke {1 x 175 on 2:35 Breaststroke {1 x 175 on 2:30 Breaststroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
1	on 10:00 Ice		
6:57 AM 1,275 Yards - Stress Value = 19			

**Workout #12961 - Thursday, 07 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:45 AM Start			
1	on 35:00 DS/Weights		
250	1 x 250 on 5:00 Underwater trn drill Odd 50's free even 50's back	REC	
75	5 x 15 on :45 Shooters Your primary stroke or free	SP3	
600	1x{1 x 150 on 2:45 Breaststroke {1 x 150 on 2:40 Breaststroke {1 x 150 on 2:35 Breaststroke {1 x 150 on 2:30 Breaststroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
1	on 10:00 Ice		
6:57 AM 1,175 Yards - Stress Value = 15			

**Workout #12962 - Thursday, 07 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:45 AM Start			
1	on 35:00 DS/Weights		
250	1 x 250 on 5:00 Underwater trn drill Odd 50's free even 50's back	REC	
75	5 x 15 on :45 Shooters Your primary stroke or free	SP3	
500	1x{1 x 125 on 2:45 Breaststroke {1 x 125 on 2:40 Breaststroke {1 x 125 on 2:35 Breaststroke {1 x 125 on 2:30 Breaststroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
1	on 10:00 Ice		
6:57 AM 1,075 Yards - Stress Value = 11			

**Workout #12963 - Thursday, 07 February 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description
3:00 PM Start	
1	on 25:00 DS/Shoulders
400	1 x 400 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,000	1x{3 x 100 on 1:50 Kick 25-fly/fr/br/cho {4 x 50 on 1:05 Alt 50 fly kick on back {50 tombstone kick {3 x 100 on 1:45 Kick 25 fly/fr/br/cho {4 x 50 on 1:00 Kick-Same as above
300	1 x 300 on 3:45 Pulls alt breakouts Odd 50's br toward blchrs Even 50's breathe towards scbrd
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:14 PM 1,950 Yards - Stress Value = 32	

**Workout #12964 - Thursday, 07 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
400	1 on 25:00 DS/Shoulders
400	1 x 400 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,000	1x{3 x 100 on 1:50 Kick 25-fly/fr/br/cho {4 x 50 on 1:05 Alt 50 fly kick on back {50 tombstone kick {3 x 100 on 1:45 Kick 25 fly/fr/br/cho {4 x 50 on 1:00 Kick-Same as above
250	1 x 250 on 3:45 Pulls alt breakouts Odd 50's breathe toward blchrs Even 50s breathe towards scbrd
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:14 PM 1,900 Yards - Stress Value = 31	

**Workout #12965 - Thursday, 07 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
400	1 on 25:00 DS/Shoulders
400	1 x 400 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
850	1x{3 x 100 on 2:10 Kick 25-fly/fr/br/cho {4 x 50 on 1:20 Kick-alt 50 fly kick on back {50 tombstone kick {2 x 100 on 2:05 Kick 25 fly/fr/br/cho {3 x 50 on 1:15 Same as above
225	1 x 225 on 3:45 Pulls alt breakouts Odd 50's br toward blchrs Even 50's breathe towards scbrd
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:14 PM 1,725 Yards - Stress Value = 27	

**Workout #12966 - Thursday, 07 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
350	1 on 25:00 DS/Shoulders
350	1 x 350 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
800	1x{3 x 100 on 2:25 Kick 25-fly/fr/br/cho {4 x 50 on 1:25 Alt 50 fly kick on back {50 tombstone kick {3 x 100 on 2:20 Kick 25-fly/fr/br/cho
200	1 x 200 on 3:45 Pulls alt breakouts Odd 50's br toward blchrs Even 50's breathe towards scbrd
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:14 PM 1,600 Yards - Stress Value = 26	

**Workout #12967 - Thursday, 07 February 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:14 PM Start

Yards	Set Description	EGY WORK

Yards	Set Description	EGY WORK
1,000	1x{2 x 125 on 2:00 Freestyle {1 on 1:00 Rest	EN3 S
	{2 x 125 on 1:55 Freestyle {1 on 1:00 Rest	EN3 S
	{2 x 125 on 1:50 Freestyle {1 on 1:00 Rest	EN3 S
	{2 x 125 on 1:45 Freestyle 1 on 10:00 Techniques-Relay Starts	EN3 D
250	1 x 250 on 4:00 Stroke Drills	REC D
	1 on 10:00 Ice	M
4:57 PM 1,250 Yards - Stress Value = 60		

**Workout #12968 - Thursday, 07 February 2013**

**HighSchl - Fly & Back**

**1 minute rest between sets**

4:14 PM Start

Yards	Set Description	EGY WORK
1,000	1x{2 x 125 on 2:00 Alt 25 fly 25 back {1 on 1:00 Rest	EN3 S
	{2 x 125 on 1:55 Alt 25 fly 25 back {1 on 1:00 Rest	EN3 S
	{2 x 125 on 1:50 Alt 25 fly 25 back {1 on 1:00 Rest	EN3 S
	{2 x 125 on 1:45 Alt 25 fly 25 back 1 on 10:00 Techniques-Relay Starts	EN3 D
250	1 x 250 on 4:00 Stroke Drills	REC D
	1 on 10:00 Ice	M
4:57 PM 1,250 Yards - Stress Value = 60		

**Workout #12969 - Thursday, 07 February 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY WORK
500	1 on 30:00 DS/Shoulders/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back	
150	1 on 8:00 Techniques-open turns 10 x 15 on :45 Shooters	
150	1 on 2:00 Technique talk	
750	6 x 25 on 1:00 Perfect Breaststroke	
750	1x{1 x 250 on 10:00 Breast Drill-Kick {1 x 250 on 10:00 Breast drill-fast recovery {1 x 250 on 10:00 Breast drill-streamline	
100	4 x 25 on :45 Perfect Breaststroke	
200	1 x 200 on 4:00 Breast-for time from push	
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Techniques-Breast Starts	
7:31 PM 2,100 Yards - Stress Value = 34		

**Workout #12970 - Friday, 08 February 2013**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
800	1 on 20:00 DS/Ted's Abs		
150	1 x 800 on 15:00 Choice	REC	
500	10 x 15 on :45 Shooters (Medley Relay work on starts)	SP3	
500	10 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	1 on 10:00 Indvdl Prsrctps (200 Fr Relay work on starts)	REC	
800	1x{6 x 25 on :45 Fly Drills	REC	
	{1 x 50 on 1:00 Fly-Good Effort	EN2	
	{6 x 25 on :45 Back Drills	EN2	
	{1 x 50 on 1:00 Back-Good Effort	EN2	
	{6 x 25 on :45 Breast Drills	REC	
	{1 x 50 on 1:00 Breast-Good Effort	EN2	
	{6 x 25 on :45 Free Drills	REC	
	{1 x 50 on 1:00 Free-Good Effort	EN2	
	1 on 10:00 Techniques-Relay Starts (400 Fr Relay work on starts)		
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:54 PM 2,500 Yards - Stress Value = 18			

**Workout #12971 - Saturday, 09 February 2013**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

Yards	Set Description	E	F
7:00 AM Start			
400	1 on 40:00 DS/Weights		
150	1 x 400 on 10:00 Choice	F	
1,000	10 x 15 on :45 Shooters	S	
	1x{8 x 50 on :45 Freestyle every 4th one 100%	E	
	{6 x 50 on :50 Freestyle every 3rd one 100%	E	
	{4 x 50 on :55 Freestyle every 2nd one 100%	E	
	{2 x 50 on 1:00 All-100%	E	
500	1 x 500 on 10:00 25 swim 25 kick no board	E	
400	1x{1 x 25 on :30 Freestyle	S	
	{1 x 25 on :40 Freestyle	S	
	{1 x 25 on :50 Freestyle	S	
	{1 x 25 on 1:00 Freestyle	S	
	{1 x 150 on 1:40 Freestyle	E	
	{1 x 100 on 1:05 Freestyle	E	
	{1 x 50 on :30 Freestyle	E	
250	1 x 250 on 4:00 Stroke Drills	F	
	1 on 10:00 Ice		
8:51 AM 2,700 Yards - Stress Value = 45			

**Workout #12972 - Saturday, 09 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:00 AM Start			
400	1 on 40:00 DS/Weights		
150	1 x 400 on 10:00 Choice		
900	10 x 15 on :45 Shooters		
	1x{8 x 50 on :50 Freestyle every 4th one 100%		
	{6 x 50 on :55 Freestyle every 3rd one 100%		
	{4 x 50 on 1:00 Freestyle every 2nd one 100%		
500	1 x 500 on 10:00 25 swim 25 kick no board		
400	1x{1 x 25 on :30 Freestyle		
	{1 x 25 on :40 Freestyle		
	{1 x 25 on :50 Freestyle		
	{1 x 25 on 1:00 Freestyle		
	{1 x 150 on 1:55 Freestyle		
	{1 x 100 on 1:15 Freestyle		
	{1 x 50 on :35 Freestyle		

250 1 x 250 on 4:00 Stroke Drills  
1 on 10:00 Ice  
8:51 AM 2,600 Yards - Stress Value = 43

**Workout #12973 - Saturday, 09 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:00 AM Start			
400	1 on 40:00 DS/Weights		
150	1 x 400 on 10:00 Choice		
850	10 x 15 on :45 Shooters		
	1x{8 x 50 on :55 Freestyle every 4th one 100%		
	{6 x 50 on 1:00 Freestyle every 3rd one 100%		
	{3 x 50 on 1:05 Freestyle every 2nd one 100%		
450	1 x 450 on 10:00 25 swim 25 kick no board		
400	1x{1 x 25 on :30 Freestyle		
	{1 x 25 on :40 Freestyle		
	{1 x 25 on :50 Freestyle		
	{1 x 25 on 1:00 Freestyle		
	{1 x 150 on 2:10 Freestyle		
	{1 x 100 on 1:25 Freestyle		
	{1 x 50 on :40 Freestyle		
250	1 x 250 on 4:00 Stroke Drills		
	1 on 10:00 Ice		
8:52 AM 2,500 Yards - Stress Value = 41			

**Workout #12974 - Saturday, 09 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	E	F
7:00 AM Start			
400	1 on 40:00 DS/Weights		
150	1 x 400 on 10:00 Choice	F	
800	10 x 15 on :45 Shooters	S	
	1x{8 x 50 on 1:00 Freestyle every 4th one 100%	E	
	{6 x 50 on 1:05 Freestyle every 3rd one 100%	E	
	{2 x 50 on 1:10 Freestyle every 2nd one 100%	E	
450	1 x 450 on 10:00 25 swim 25 kick no board	E	
400	1x{1 x 25 on :30 Freestyle	S	
	{1 x 25 on :40 Freestyle	S	
	{1 x 25 on :50 Freestyle	S	
	{1 x 25 on 1:00 Freestyle	S	
	{1 x 150 on 2:45 Freestyle	E	
	{1 x 100 on 1:50 Freestyle	E	
	{1 x 50 on :55 Freestyle	E	
250	1 x 250 on 4:00 Stroke Drills	F	
	1 on 10:00 Ice		
8:53 AM 2,450 Yards - Stress Value = 40			

**Workout #12975 - Friday, 08 February 2013**

**Group 2 - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM Start			
400	1 on 44:00 DS/Dryland		
150	1 x 400 on 8:00 Reverse IM drill	REC	
100	10 x 15 on :45 shooters	SP3	
1,250	4 x 25 on :45 Backstroke Drills	REC	
	1x{1 x 125 on 2:05 Backstroke 3KOW	EN2	
	{2 x 125 on 2:00 Backstroke 4KOW	EN2	
	{3 x 125 on 1:55 Backstroke 5KOW	EN2	
	{4 x 125 on 1:50 Backstroke 3KOW-descend	EN2	
	L.25 of each repeat 10 KOW		
200	1 x 200 on 3:00 Stroke Drills	REC	
6:30 PM 2,100 Yards - Stress Value = 31			

**Workout #12976 - Friday, 08 February 2013**

6:31 PM 1,450 Yards - Stress Value = 20

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
5:00 PM	Start	
=====	=====	=====
	1 on 44:00 DS/Dryland	
400	1 x 400 on 8:00 Reverse IM drill	REC
150	10 x 15 on :45 shooters	SP3
100	4 x 25 on :45 Backstroke Drills	REC
1,150	1x{1 x 125 on 2:15 Backstroke 3KOW	EN2
	{2 x 125 on 2:10 Backstroke 4KOW	EN2
	{3 x 125 on 2:05 Backstroke 5KOW	EN2
	{4 x 100 on 1:35 Backstroke 3KOW-descend	EN2
	L.25 of each repeat 10 KOW	
200	1 x 200 on 3:00 Stroke Drills	REC
6:30 PM	2,000 Yards - Stress Value = 29	

**Workout #12977 - Friday, 08 February 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
5:00 PM	Start	
=====	=====	=====
	1 on 44:00 DS/Dryland	
400	1 x 400 on 8:00 Reverse IM drill	REC
150	10 x 15 on :45 shooters	SP3
100	4 x 25 on :45 Backstroke Drills	REC
1,075	1x{1 x 125 on 2:30 Backstroke 3KOW	EN2
	{2 x 125 on 2:25 Backstroke 4KOW	EN2
	{3 x 100 on 1:55 Backstroke 5KOW	EN2
	{4 x 100 on 1:50 Backstroke 3KOW-descend	EN2
	L.25 of each repeat 10 KOW	
200	1 x 200 on 3:00 Stroke Drills	REC
6:31 PM	1,925 Yards - Stress Value = 27	

**Workout #12978 - Friday, 08 February 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
5:00 PM	Start	
=====	=====	=====
	1 on 44:00 DS/Dryland	
350	1 x 350 on 8:00 Reverse IM drill	REC
150	10 x 15 on :45 shooters	SP3
100	4 x 25 on :45 Backstroke Drills	REC
900	1x{1 x 100 on 2:20 Backstroke 3KOW	EN2
	{2 x 100 on 2:15 Backstroke 4KOW	EN2
	{3 x 100 on 2:10 Backstroke 5KOW	EN2
	{3 x 100 on 2:05 Backstroke 3KOW-descend	EN2
	L.25 of each repeat 10 KOW	
200	1 x 200 on 3:00 Stroke Drills	REC
6:30 PM	1,700 Yards - Stress Value = 24	

**Workout #12979 - Friday, 08 February 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	=====	=====
	1 on 44:00 DS/Dryland		
300	1 x 300 on 8:00 Reverse IM drill	REC	
150	10 x 15 on :45 shooters	SP3	
100	4 x 25 on :45 Backstroke Drills	REC	
700	1x{1 x 100 on 3:00 Backstroke 3KOW	EN2	
	{2 x 100 on 2:55 Backstroke 4KOW	EN2	
	{3 x 100 on 2:50 Backstroke 5KOW	EN2	
	{1 x 100 on 2:45 Backstroke 3KOW-100%!	EN2	
	L.25 of each repeat 10 KOW		
200	1 x 200 on 3:00 Stroke Drills	REC	

**Workout #12980 - Monday, 11 February 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
=====	=====
	1 on 35:00 DS/Weights
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:20 Kick
	{1 x 100 on 1:25 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR
250	1x{1 x 50 on :40 Pull 5 SOT
	{1 x 50 on :40 Pull 4 SOT
	{1 x 50 on :40 Pull 3 SOT
	{1 x 50 on :40 Pull 2 SOT
	{1 x 50 on :40 Pull 1 SOT
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:16 PM	1,600 Yards - Stress Value = 20

**Workout #12981 - Monday, 11 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
=====	=====
	1 on 35:00 DS/Weights
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:45 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:50 Kick
250	1x{1 x 50 on :45 Pull 5 SOT-HB
	{1 x 50 on :45 Pull 4 SOT-HB
	{1 x 50 on :45 Pull 3 SOT-HB
	{1 x 50 on :45 Pull 2 SOT-HB
	{1 x 50 on :45 Pull 1 SOT-HB
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:16 PM	1,500 Yards - Stress Value = 19

**Workout #12982 - Monday, 11 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Weights
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:00 Kick
200	1x{1 x 50 on :50 Pull 5 SOT-HB
	{1 x 50 on :50 Pull 4 SOT-HB
	{1 x 50 on :50 Pull 3 SOT-HB
	{1 x 50 on :50 Pull 2 SOT-HB
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:16 PM 1,350 Yards - Stress Value = 16

**Workout #12983 - Monday, 11 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Weghts
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:10 Kick
200	1x{1 x 50 on :55 Pull 7 SOT-HB
	{1 x 50 on :55 Pull 6 SOT-HB
	{1 x 50 on :55 Pull 5 SOT-HB
	{1 x 50 on :55 Pull 4 SOT-HB
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:16 PM 1,300 Yards - Stress Value = 15

**Workout #12984 - Monday, 11 February 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:17 PM Start

Yards	Set Description	EGY
=====	=====	=====
1,300	1x{1 x 300 on 3:20 Freestyle	EN2
	{2 x 100 on 1:30 Freestyle hold under 101	EN2
	{1 x 300 on 3:20 Freestyle	EN2
	{2 x 100 on 1:25 Freestyle hold under 100	EN2
	{1 x 300 on 3:25 Freestyle	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	4:48 PM 1,550 Yards - Stress Value = 26	

**Workout #12985 - Monday, 11 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:17 PM Start

Yards	Set Description	EGY
=====	=====	=====
1,150	1x{1 x 300 on 4:00 Freestyle	EN2
	{2 x 100 on 1:40 Freestyle hold under 112	EN2
	{1 x 300 on 4:05 Freestyle	EN2
	{2 x 100 on 1:35 Freestyle hold under 111	EN2
	{1 x 150 on 2:05 Freestyle	EN2

250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	4:49 PM 1,400 Yards - Stress Value = 23	

**Workout #12986 - Monday, 11 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:17 PM Start

Yards	Set Description	EGY
=====	=====	=====
1,000	1x{1 x 300 on 4:30 Freestyle	EN2
	{2 x 100 on 1:50 Freestyle hold under 122	EN2
	{1 x 300 on 4:35 Freestyle	EN2
	{2 x 100 on 1:45 Freestyle hold under 121	EN2
250	1 x 250 on 4:00 Freestyle	REC
	1 on 10:00 Ice	
	4:49 PM 1,250 Yards - Stress Value = 20	

**Workout #12987 - Monday, 11 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:17 PM Start

Yards	Set Description	EGY
=====	=====	=====
900	1x{1 x 300 on 5:30 Freestyle	EN2
	{2 x 100 on 2:00 Freestyle hold under 140	EN2
	{1 x 200 on 3:35 Freestyle	EN2
	{2 x 100 on 1:55 Freestyle hold under 139	EN2
250	1 x 250 on 4:00 Freestyle	REC
	1 on 10:00 Ice	
	4:49 PM 1,150 Yards - Stress Value = 18	

**Workout #12988 - Monday, 11 February 2013**

**HighSchl - Fly**

**1 minute rest between sets**

4:17 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
1,100	1x{1 x 100 on 1:15 Freestyle	EN2	S	FR
	{2 x 100 on 1:30 Butterfly	EN2	S	FLY
	{1 x 100 on 1:15 Freestyle	EN2	S	FR
	{3 x 100 on 1:30 Butterfly	EN2	S	FLY
	{1 x 100 on 1:15 Freestyle	EN2	S	FR
	{2 x 100 on 1:30 Butterfly	EN2	S	FLY
	{1 x 100 on 1:15 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	4:48 PM 1,350 Yards - Stress Value = 22			

**Workout #12989 - Monday, 11 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:17 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
1,025	1x{1 x 100 on 1:25 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Butterfly	EN2	S	FLY
	{1 x 100 on 1:25 Freestyle	EN2	S	FR
	{2 x 100 on 1:40 Butterfly	EN2	S	FLY
	{1 x 100 on 1:25 Freestyle	EN2	S	FR
	{3 x 125 on 1:55 Butterfly	EN2	S	FLY
	{1 x 50 on :40 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	4:48 PM 1,275 Yards - Stress Value = 21			

**Workout #12990 - Monday, 11 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:17 PM Start				
900	1x{1 x 100 on 1:35 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 Butterfly	EN2	S	FLY
	{1 x 100 on 1:35 Freestyle	EN2	S	FR
	{2 x 100 on 1:50 Butterfly	EN2	S	FLY
	{1 x 100 on 1:35 Freestyle	EN2	S	FR
	{3 x 100 on 1:50 Butterfly	EN2	S	FLY
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:48 PM 1,150 Yards - Stress Value = 18				

**Workout #12991 - Monday, 11 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:17 PM Start				
750	1x{1 x 100 on 1:50 Freestyle	EN2	S	FR
	{1 x 100 on 2:20 Butterfly	EN2	S	FLY
	{1 x 100 on 1:50 Freestyle	EN2	S	FR
	{2 x 100 on 2:20 Butterfly	EN2	S	FLY
	{1 x 100 on 1:50 Freestyle	EN2	S	FR
	{2 x 75 on 1:35 Butterfly	EN2	S	FLY
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:48 PM 1,000 Yards - Stress Value = 15				

**Workout #12992 - Monday, 11 February 2013**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
1,600	1x{4 x 25 on :35 Kick no board BSLR			
	{2 x 100 on 1:40 Kick			
	{2 x 100 on 1:45 Kick			
	{6 x 25 on :35 Kick no board BSLRBS			
	{2 x 100 on 1:45 Kick			
	{2 x 100 on 1:50 Kick			
	{8 x 25 on :35 Kick no board BSLR X2			
	{2 x 100 on 1:50 Kick			
	{6 x 25 on :35 Kick no board BSLRBS			
500	2x{1 x 50 on :45 Pull 5 SOT-HB			
	{1 x 50 on :45 Pull 4 SOT-HB			
	{1 x 50 on :45 Pull 3 SOT-HB			
	{1 x 50 on :45 Pull 2 SOT-HB			
	{1 x 50 on :45 Pull 1 SOT-HB			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,500	1x{1 x 300 on 4:00 Freestyle			
	{3 x 100 on 1:40 Freestyle hold under 112			
	{1 x 300 on 4:05 Freestyle			
	{3 x 100 on 1:35 Freestyle hold under 111			
	{1 x 300 on 4:10 Freestyle			
	{1 x 100 on 1:30 Freestyle hold under 110			
	{1 x 300 on 4:15 Freestyle			
	{3 x 100 on 1:25 Freestyle hold under 109			
	{1 x 300 on 4:20 Freestyle			
200	1 x 200 on 3:00 Stroke Drills			
	1 on 10:00 Ice			
5:35 PM 5,750 Yards - Stress Value = 96				

**Workout #12993 - Monday, 11 February 2013**

**Group 2 - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 PM Start				
500	1 on 30:00 DS/Physio Balls/Tm Mtg			
150	1 x 500 on 10:00 Choice	REC	S	C
1,500	1x{2 x 15 on :45 Shooters	SP3	S	
	{2 x 25 on :45 Kick no board B	EN2	K	F
	{1 x 100 on 1:55 Kick	EN2	K	
	{4 x 25 on :45 Kick no board B	EN2	K	F
	{2 x 100 on 1:50 Kick	EN2	K	
	{6 x 25 on :45 Kick no board B	EN2	K	F
	{3 x 100 on 1:45 Kick	EN2	K	
	{8 x 25 on :45 Kick no board B	EN2	K	F
	{4 x 100 on 1:40 Kick	EN2	K	
150	6 x 25 on :45 Back Drills	REC	D	
1,050	1x{6 x 50 on 1:00 Backstroke	EN2	S	
	{5 x 50 on :55 Backstroke	EN2	S	
	{4 x 50 on :50 Backstroke	EN2	S	
	{3 x 50 on :45 Backstroke	EN2	S	
	{2 x 50 on :40 Backstroke	EN2	S	
	{1 x 50 on :35 Backstroke	EN2	S	
	1 on 10:00 Game		D	
7:28 PM 3,350 Yards - Stress Value = 57				

**Workout #12994 - Monday, 11 February 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 PM Start				
500	1 on 30:00 DS/Physio Balls/Tm Mtg			
150	1 x 500 on 10:00 Choice	REC	S	C
1,400	1x{2 x 15 on :45 Shooters	SP3	S	
	{2 x 25 on :45 Kick no board B	EN2	K	F
	{1 x 100 on 2:10 Kick	EN2	K	
	{4 x 25 on :45 Kick no board B	EN2	K	F
	{2 x 100 on 2:05 Kick	EN2	K	
	{6 x 25 on :45 Kick no board B	EN2	K	F
	{3 x 100 on 2:00 Kick	EN2	K	
	{8 x 25 on :45 Kick no board B	EN2	K	F
	{4 x 75 on 1:30 Kick	EN2	K	
150	6 x 25 on :45 Back Drills	REC	D	
1,050	1x{6 x 50 on 1:05 Backstroke	EN2	S	
	{5 x 50 on 1:00 Backstroke	EN2	S	
	{4 x 50 on :55 Backstroke	EN2	S	
	{3 x 50 on :50 Backstroke	EN2	S	
	{2 x 50 on :45 Backstroke	EN2	S	
	{1 x 50 on :40 Backstroke	EN2	S	
	1 on 10:00 Game		D	
7:30 PM 3,250 Yards - Stress Value = 55				

**Workout #12995 - Monday, 11 February 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	===	====	=
	1 on 30:00 DS/Physio Balls/Tm Mtg		L	I
450	1 x 450 on 10:00 Choice	REC	S	C
150	10 x 15 on :45 Shooters	SP3	S	
1,400	1x{2 x 25 on :45 Kick no board B	EN2	K	F
	{1 x 100 on 2:15 Kick	EN2	K	
	{4 x 25 on :45 Kick no board B	EN2	K	F
	{2 x 100 on 2:10 Kick	EN2	K	
	{6 x 25 on :45 Kick no board B	EN2	K	F
	{3 x 100 on 2:05 Kick	EN2	K	
	{8 x 25 on :45 Kick no board B	EN2	K	F
	{3 x 100 on 2:00 Kick	EN2	K	
150	6 x 25 on :45 Back Drills	REC	D	
950	1x{4 x 50 on 1:10 Backstroke	EN2	S	
	{5 x 50 on 1:05 Backstroke	EN2	S	
	{4 x 50 on 1:00 Backstroke	EN2	S	
	{3 x 50 on :55 Backstroke	EN2	S	
	{2 x 50 on :50 Backstroke	EN2	S	
	{1 x 50 on :45 Backstroke	EN2	S	
	1 on 10:00 Game		D	
7:30 PM	3,100 Yards - Stress Value = 53			

{4 x 50 on 1:25 Backstroke	EN2	S
{3 x 50 on 1:20 Backstroke	EN2	S
{2 x 50 on 1:15 Backstroke	EN2	S
1 on 10:00 Game		D
7:30 PM	2,400 Yards - Stress Value = 40	

**Workout #12998 - Monday, 11 February 2013**

**HighSchl - Distance**

**1 minute rest between sets**

5:45 AM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS/Weights		
200	1 x 200 on 3:00 Underwater trn drill	REC	
75	5 x 15 on :45 Shooters	SP3	
800	1x{1 x 400 on 5:20 Free descend 100's	EN1	
	{1 x 300 on 4:00 Free SFBO SW/3KOBHW	EN1	
	{1 x 100 on 1:20 Free-build each 50	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:54 AM	1,275 Yards - Stress Value = 11		

**Workout #12999 - Tuesday, 12 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

5:45 AM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS/Weights		
200	1 x 200 on 3:00 Underwater trn drill	REC	
75	5 x 15 on :45 Shooters	SP3	
700	1x{1 x 300 on 4:30 Free descend 100's	EN1	
	{1 x 250 on 3:45 Free SFBO SW/3KOBHW	EN1	
	{1 x 150 on 2:15 Free-build to 100%	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:54 AM	1,175 Yards - Stress Value = 10		

**Workout #13000 - Tuesday, 12 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

5:45 AM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS/Weights		
200	1 x 200 on 3:00 Underwater trn drill	REC	
75	5 x 15 on :45 Shooters	SP3	
650	1x{1 x 400 on 6:40 Free descend 100's	EN1	
	{1 x 250 on 4:10 Free SFBO SW/3KOBHW	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:54 AM	1,125 Yards - Stress Value = 9		

**Workout #12996 - Monday, 11 February 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	===	====	=
	1 on 30:00 DS/Physio Balls/Tm Mtg		L	I
400	1 x 400 on 10:00 Choice	REC	S	C
150	10 x 15 on :45 Shooters	SP3	S	
1,250	1x{2 x 25 on :45 Kick no board B	EN2	K	F
	{1 x 100 on 2:30 Kick	EN2	K	
	{4 x 25 on :45 Kick no board B	EN2	K	F
	{2 x 100 on 2:25 Kick	EN2	K	
	{6 x 25 on :45 Kick no board B	EN2	K	F
	{3 x 100 on 2:20 Kick	EN2	K	
	{8 x 25 on :45 Kick no board B	EN2	K	F
	{2 x 75 on 1:45 Kick	EN2	K	
150	6 x 25 on :45 Back Drills	REC	D	
850	1x{2 x 50 on 1:20 Backstroke	EN2	S	
	{5 x 50 on 1:15 Backstroke	EN2	S	
	{4 x 50 on 1:10 Backstroke	EN2	S	
	{3 x 50 on 1:05 Backstroke	EN2	S	
	{2 x 50 on 1:00 Backstroke	EN2	S	
	{1 x 50 on :55 Backstroke	EN2	S	
	1 on 10:00 Game		D	
7:29 PM	2,800 Yards - Stress Value = 48			

**Workout #12997 - Monday, 11 February 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	===	====	=
	1 on 30:00 DS/Physio Balls/Tm Mtg		L	I
400	1 x 400 on 10:00 Choice	REC	S	C
150	10 x 15 on :45 Shooters	SP3	S	
1,000	1x{2 x 25 on 1:00 Kick no board B	EN2	K	F
	{1 x 100 on 3:00 Kick	EN2	K	
	{4 x 25 on 1:00 Kick no board B	EN2	K	F
	{2 x 100 on 2:55 Kick	EN2	K	
	{6 x 25 on 1:00 Kick no board B	EN2	K	F
	{3 x 100 on 2:50 Kick	EN2	K	
	{4 x 25 on 1:00 Kick no board B	EN2	K	F
150	6 x 25 on :45 Back Drills	REC	D	
700	1x{5 x 50 on 1:30 Backstroke	EN2	S	

**Workout #13001 - Tuesday, 12 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

5:45 AM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS/Weights		
200	1 x 200 on 3:00 Underwater trn drill	REC	
75	5 x 15 on :45 Shooters	SP3	
600	1x{1 x 400 on 7:20 Free L.25 of each 100	6BK	EN
	{1 x 200 on 3:40 Free descend 100's		EN
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:55 AM	1,075 Yards - Stress Value = 9		

**Workout #13002 - Tuesday, 12 February 2013**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description	EC
5:45 AM	Start	
200	1 on 35:00 DS/Weights	RE
75	1 x 200 on 3:00 Underwater trn drill	SE
750	5 x 15 on :45 Shooters	EN
200	1x{1 x 250 on 3:45 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:10 Back 10 KOW L. Wall	EN
	{1 x 250 on 3:45 Backstroke	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
6:55 AM	1,225 Yards - Stress Value = 18	

**Workout #13003 - Tuesday, 12 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EC
5:45 AM	Start	
200	1 on 35:00 DS/Weights	RE
75	1 x 200 on 3:00 Underwater trn drill	SE
650	5 x 15 on :45 Shooters	EN
200	1x{1 x 200 on 3:20 Backstroke	EN
	{4 x 25 on :30 Back-descend Great Finishes	EN
	{2 x 75 on 1:15 Back 10 KOW L. Wall	EN
	{1 x 200 on 3:15 Backstroke	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
6:55 AM	1,125 Yards - Stress Value = 16	

**Workout #13004 - Tuesday, 12 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EC
5:45 AM	Start	
200	1 on 35:00 DS/Weights	RE
75	1 x 200 on 3:00 Underwater trn drill	SE
600	5 x 15 on :45 Shooters	EN
200	1x{1 x 175 on 3:20 Backstroke	EN
	{4 x 25 on :35 Back-descend Great Finishes	EN
	{2 x 75 on 1:25 Back 10 KOW L. Wall	EN
	{1 x 175 on 3:15 Backstroke	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
6:55 AM	1,075 Yards - Stress Value = 16	

**Workout #13005 - Monday, 11 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EC
5:45 AM	Start	
200	1 on 35:00 DS/Weights	RE
75	1 x 200 on 3:00 Underwater trn drill	SE
550	5 x 15 on :45 Shooters	EN
200	1x{1 x 150 on 3:20 Backstroke	EN
	{4 x 25 on :35 Back-descend Great Finishes	EN
	{2 x 75 on 1:30 Back 10 KOW L. Wall	EN
	{1 x 150 on 3:15 Backstroke	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
6:55 AM	1,025 Yards - Stress Value = 14	

**Workout #13006 - Tuesday, 12 February 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EC
3:00 PM	Start	
400	1 on 30:00 DS/Physio Ball Shoulders	RE
150	1 x 400 on 10:00 Underwater trn drill	SE
650	10 x 15 on :45 Shooters	EN
200	1x{3 x 50 on :55 Kick-descend	EN
	{1 x 100 on 1:35 Kick	EN
	{3 x 50 on :55 Kick-descend	EN
	{1 x 100 on 1:30 Kick	EN
	{3 x 50 on :55 Kick-descend	EN
550	1x{ 1st repeat BTB, 2nd BTS	EN
	{2 x 150 on 1:50 Pulls L.25 2 breaths	EN
	{2 x 125 on 1:30 Pulls L.25 2 breaths	EN
100	2x{1 x 25 on :50 Sculling drills	EN
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN
4:14 PM	1,850 Yards - Stress Value = 30	

**Workout #13007 - Tuesday, 12 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EC
3:00 PM	Start	
400	1 on 30:00 DS/Physio Balls	RE
150	1 x 400 on 10:00 Underwater trn drill	SE
600	10 x 15 on :45 Shooters	EN
200	1x{3 x 50 on 1:00 Kick-descend	EN
	{1 x 100 on 1:55 Kick	EN
	{3 x 50 on 1:00 Kick-descend	EN
	{1 x 100 on 1:50 Kick	EN
	{2 x 50 on 1:00 Kick-descend	EN
500	1x{ 1st repeat BTB, 2nd BTS	EN
	{2 x 150 on 2:05 Pulls L.25 2 breaths	EN
	{2 x 100 on 1:20 Pulls L.25 2 breaths	EN
100	2x{1 x 25 on :50 Sculling drills	EN
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN
4:14 PM	1,750 Yards - Stress Value = 28	

**Workout #13008 - Tuesday, 12 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EC
3:00 PM	Start	
400	1 on 30:00 DS/Physio Balls	RE
150	1 x 400 on 10:00 Underwater trn drill	SE
550	10 x 15 on :45 Shooters	EN
200	1x{4 x 50 on 1:05 Kick-descend	EN
	{1 x 100 on 2:10 Kick	EN
	{3 x 50 on 1:05 Kick-descend	EN
	{1 x 100 on 2:05 Kick	EN
400	1x{ 1st repeat BTB, 2nd BTS	EN
	{2 x 100 on 1:35 Pulls L.25 2 breaths	EN
	{2 x 100 on 1:30 Pulls L.25 2 breaths	EN
100	2x{1 x 25 on :50 Sculling drills	EN
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN
4:14 PM	1,600 Yards - Stress Value = 25	

**Workout #13009 - Tuesday, 12 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Core  
 400 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 450 1x{3 x 50 on 1:15 Kick-descend  
 {1 x 100 on 2:30 Kick  
 {2 x 50 on 1:15 Kick-descend  
 {1 x 100 on 2:25 Kick  
 350 1x{ 1st repeat BTB, 2nd BTS  
 {2 x 100 on 1:50 Pulls L.25 2 breaths  
 {2 x 75 on 1:20 Pulls L.25 2 breaths  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:14 PM 1,450 Yards - Stress Value = 22

**Workout #13010 - Tuesday, 12 February 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:15 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,350 1x{1 x 450 on 5:25 Free L.25 6bk EN2 S FR  
 {1 x 450 on 5:20 Free L.50 6bk EN2 S FR  
 {1 x 450 on 5:15 Free L.75 6bk EN2 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 4:46 PM 1,600 Yards - Stress Value = 27

**Workout #13011 - Tuesday, 12 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:15 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,200 1x{1 x 400 on 5:25 Free L.25 6bk EN2 S FR  
 {1 x 400 on 5:20 Free L.50 6bk EN2 S FR  
 {1 x 400 on 5:15 Free L.75 6bk EN2 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 4:46 PM 1,450 Yards - Stress Value = 24

**Workout #13012 - Tuesday, 12 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:15 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,050 1x{1 x 350 on 5:25 Free L.25 6bk EN2 S FR  
 {1 x 350 on 5:20 Free L.50 6bk EN2 S FR  
 {1 x 350 on 5:15 Free L.75 6bk EN2 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 4:46 PM 1,300 Yards - Stress Value = 21

**Workout #13013 - Tuesday, 12 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:15 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 900 1x{1 x 300 on 5:25 Free L.25 6bk EN2 S FR  
 {1 x 300 on 5:20 Free L.50 6bk EN2 S FR  
 {1 x 300 on 5:15 Free L.75 6bk EN2 S FR

250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 4:46 PM 1,150 Yards - Stress Value = 18

**Workout #13014 - Tuesday, 12 February 2013**

**HighSchl - Breast**

**1 minute rest between sets**

4:15 PM Start  
 Yards Set Description EGY  
 =====  
 1,050 1x{1 x 150 on 2:25 Breaststroke EN  
 {2 x 150 on 2:20 Breast #2, 2X pullouts EN  
 {3 x 150 on 2:15 Breast #3 alt 25 fly kick EN  
 {1 x 150 on 2:10 Breast descend 50's EN  
 250 1 x 250 on 4:00 Stroke Drills RE  
 1 on 10:00 Ice  
 4:46 PM 1,300 Yards - Stress Value = 20

**Workout #13015 - Tuesday, 12 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:15 PM Start  
 Yards Set Description EGY  
 =====  
 1,050 1x{1 x 150 on 2:40 Breaststroke EN  
 {2 x 150 on 2:35 Breast #2, 2X pullouts EN  
 {3 x 150 on 2:30 Breast #3 alt 25 fly kick EN  
 {1 x 150 on 2:25 Breast descend 50's EN  
 250 1 x 250 on 4:00 Stroke Drills RE  
 1 on 10:00 Ice  
 4:48 PM 1,300 Yards - Stress Value = 20

**Workout #13016 - Tuesday, 12 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:15 PM Start  
 Yards Set Description EGY  
 =====  
 875 1x{1 x 125 on 2:25 Breaststroke EN  
 {2 x 125 on 2:20 Breast #2, 2X pullouts EN  
 {3 x 125 on 2:15 Breast #3 alt 25 fly kick EN  
 {1 x 125 on 2:10 Breast descend 50's EN  
 250 1 x 250 on 4:00 Stroke Drills RE  
 1 on 10:00 Ice  
 4:46 PM 1,125 Yards - Stress Value = 16

**Workout #13017 - Tuesday, 12 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:15 PM Start  
 Yards Set Description EGY  
 =====  
 875 1x{1 x 125 on 2:40 Breaststroke EN  
 {2 x 125 on 2:35 Breast #2, 2X pullouts EN  
 {3 x 125 on 2:30 Breast #3 alt 25 fly kick EN  
 {1 x 125 on 2:25 Breast descend 50's EN  
 250 1 x 250 on 4:00 Stroke Drills RE  
 1 on 10:00 Ice  
 4:48 PM 1,125 Yards - Stress Value = 16

**Workout #13018 - Tuesday, 12 February 2013**

**Group 3 - Back**  
**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM	Start		
600	1 on 30:00 DS/Physio Balls		
150	1 x 600 on 10:00 Underwater trn drill		
1,350	10 x 15 on :45 Shooters		
1,350	1x{4 x 50 on 1:00 Kick-descend		
	{1 x 100 on 1:55 Kick		
	{4 x 50 on 1:00 Kick-descend		
	{1 x 100 on 1:50 Kick		
	{3 x 50 on 1:00 Kick-descend		
	{1 x 100 on 1:45 Kick		
	{3 x 50 on 1:00 Kick-descend		
	{1 x 100 on 1:40 Kick		
	{3 x 50 on 1:00 Kick-descend		
	{1 x 100 on 1:35 Kick		
1,350	1x{ 1st repeat BTB, 2nd BTS		
	{2 x 200 on 2:45 Pulls L.25 2 breaths		
	{2 x 175 on 2:25 Pulls L.25 2 breaths		
	{2 x 150 on 2:05 Pulls L.25 2 breaths		
	{2 x 125 on 1:40 Pulls L.25 2 breaths		
	{1 x 50 on :40 Pulls L.25 2 breaths		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:43 PM	3,650 Yards - Stress Value = 62		

**Workout #13019 - Tuesday, 12 February 2013**

**Group 3 - Platinum**  
**1 minute rest between sets**

Yards	Set Description	EGY	WORK
4:43 PM	Start		
2,400	1x{4 x 100 on 1:30 Backstroke	EN2	€
	{2 x 300 on 4:20 Backstroke	EN2	€
	{4 x 100 on 1:30 Back-hold under 125	EN2	€
	{3 x 200 on 2:50 Backstroke	EN2	€
	{4 x 100 on 1:30 Back hold under 120	EN2	€
250	5 x 50 on 1:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
5:35 PM	2,650 Yards - Stress Value = 48		

**Workout #13020 - Tuesday, 12 February 2013**

**Group 3 - Gold**  
**1 minute rest between sets**

Yards	Set Description	EGY	WORK
4:43 PM	Start		
2,200	1x{3 x 100 on 1:40 Backstroke	EN2	€
	{2 x 300 on 4:45 Backstroke	EN2	€
	{3 x 100 on 1:40 Back-hold under 135	EN2	€
	{3 x 200 on 3:05 Backstroke	EN2	€
	{4 x 100 on 1:40 Back hold under 130	EN2	€
250	5 x 50 on 1:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
5:35 PM	2,450 Yards - Stress Value = 44		

**Workout #13021 - Tuesday, 12 February 2013**

**HighSchl - Silver**  
**1 minute rest between sets**

Yards	Set Description	EGY	WORK
4:43 PM	Start		
2,000	1x{3 x 100 on 1:50 Backstroke	EN2	€
	{2 x 300 on 5:10 Backstroke	EN2	€
	{3 x 100 on 1:50 Back-hold under 145	EN2	€
	{3 x 200 on 3:20 Backstroke	EN2	€
	{2 x 100 on 1:40 Back hold under 140	EN2	€

250	5 x 50 on 1:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
5:34 PM	2,250 Yards - Stress Value = 40		

**Workout #13022 - Tuesday, 12 February 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 PM	Start		
1,250	1 on 30:00 DS/Corel/Tm Mtg		L I
500	1 x 500 on 10:00 Choice	REC	S C
150	10 x 15 on :45 Shooters	SP3	S
1,250	1x{1 x 150 on 2:50 Kick	EN2	K
	{2 x 125 on 2:20 Kick	EN2	K
	{3 x 100 on 1:50 Kick	EN2	K
	{4 x 75 on 1:20 Kick	EN2	K
	{5 x 50 on :50 Kick	EN2	K
400	1 x 400 on 8:00 Breaststroke Pull	EN2	P
150	6 x 25 on :45 Stroke Drills	REC	D
1,500	1x{1 x 200 on 3:10 Breaststroke	EN1	S
	{2 x 25 on :30 Breast 2X pullouts	EN1	S
	{2 x 150 on 2:20 Breaststroke	EN1	S
	{4 x 25 on :30 Breast 2X pullouts	EN1	S
	{3 x 100 on 1:35 Breaststroke	EN1	S
	{6 x 25 on :30 Breast 2X pullouts	EN1	S
	{4 x 50 on :50 Breaststroke	EN1	S
	{8 x 25 on :30 Breast 2X pullouts	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
7:30 PM	4,200 Yards - Stress Value = 54		

**Workout #13023 - Tuesday, 12 February 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 PM	Start		
1,100	1 on 30:00 DS/Core/Tm Mtg		L I
500	1 x 500 on 10:00 Choice	REC	S C
150	10 x 15 on :45 Shooters	SP3	S
1,100	1x{1 x 150 on 3:05 Kick	EN2	K
	{2 x 125 on 2:35 Kick	EN2	K
	{3 x 100 on 2:05 Kick	EN2	K
	{4 x 75 on 1:35 Kick	EN2	K
	{2 x 50 on 1:00 Kick	EN2	K
350	1 x 350 on 8:00 Breaststroke Pull	EN2	P
150	6 x 25 on :45 Stroke Drills	REC	D
1,350	1x{1 x 200 on 3:25 Breaststroke	EN1	S
	{2 x 25 on :35 Breast 2X pullouts	EN1	S
	{2 x 150 on 2:35 Breaststroke	EN1	S
	{4 x 25 on :35 Breast 2X pullouts	EN1	S
	{3 x 100 on 1:40 Breaststroke	EN1	S
	{6 x 25 on :35 Breast 2X pullouts	EN1	S
	{4 x 50 on :55 Breaststroke	EN1	S
	{2 x 25 on :35 Breast 2X pullouts	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
7:30 PM	3,850 Yards - Stress Value = 48		

**Workout #13024 - Tuesday, 12 February 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
5:30 PM Start					
450	1 x 450 on 10:00 Choice	REC	S	C	
150	10 x 15 on :45 Shooters	SP3	S		
1,050	1x{1 x 150 on 3:15 Kick	EN2	K		
	{2 x 125 on 2:45 Kick	EN2	K		
	{3 x 100 on 2:10 Kick	EN2	K		
	{4 x 75 on 1:40 Kick	EN2	K		
	{1 x 50 on 1:05 Kick	EN2	K		
300	1 x 300 on 8:00 Breaststroke Pull	EN2	P		
150	6 x 25 on :45 Stroke Drills	REC	D		
1,250	1x{1 x 200 on 3:40 Breaststroke	EN1	S		
	{2 x 25 on :40 Breast 2X pullouts	EN1	S		
	{2 x 150 on 2:45 Breaststroke	EN1	S		
	{4 x 25 on :40 Breast 2X pullouts	EN1	S		
	{3 x 100 on 1:50 Breaststroke	EN1	S		
	{6 x 25 on :40 Breast 2X pullouts	EN1	S		
	{3 x 50 on 1:00 Breaststroke	EN1	S		
250	1 x 250 on 4:00 Stroke Drills	REC	D		
7:30 PM 3,600 Yards - Stress Value = 46					

**Workout #13025 - Tuesday, 12 February 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
5:30 PM Start					
400	1 x 400 on 10:00 Choice	REC	S	C	
150	10 x 15 on :45 Shooters	SP3	S		
950	1x{1 x 150 on 3:35 Kick	EN2	K		
	{2 x 125 on 3:00 Kick	EN2	K		
	{3 x 100 on 2:20 Kick	EN2	K		
	{2 x 75 on 1:45 Kick	EN2	K		
	{2 x 50 on 1:10 Kick	EN2	K		
250	1 x 250 on 8:00 Breaststroke Pull	EN2	P		
150	6 x 25 on :45 Stroke Drills	REC	D		
1,100	1x{1 x 200 on 4:10 Breaststroke	EN1	S		
	{2 x 25 on :45 Breast 2X pullouts	EN1	S		
	{2 x 150 on 3:05 Breaststroke	EN1	S		
	{4 x 25 on :45 Breast 2X pullouts	EN1	S		
	{3 x 100 on 2:05 Breaststroke	EN1	S		
	{6 x 25 on :45 Breast 2X pullouts	EN1	S		
250	1 x 250 on 4:00 Stroke Drills	REC	D		
7:30 PM 3,250 Yards - Stress Value = 41					

**Workout #13026 - Tuesday, 12 February 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
5:30 PM Start					
400	1 x 400 on 10:00 Choice	REC	S	C	
150	10 x 15 on :45 Shooters	SP3	S		
800	1x{1 x 150 on 4:15 Kick	EN2	K		
	{2 x 125 on 3:30 Kick	EN2	K		
	{3 x 100 on 2:50 Kick	EN2	K		
	{2 x 50 on 1:25 Kick	EN2	K		
250	1 x 250 on 8:00 Breaststroke Pull	EN2	P		
150	6 x 25 on :45 Stroke Drills	REC	D		
1,000	1x{1 x 200 on 5:00 Breaststroke	EN1	S		
	{2 x 25 on :45 Breast 2X pullouts	EN1	S		
	{2 x 150 on 3:45 Breaststroke	EN1	S		
	{4 x 25 on :45 Breast 2X pullouts	EN1	S		
	{3 x 100 on 2:30 Breaststroke	EN1	S		
	{2 x 25 on :45 Breast 2X pullouts	EN1	S		

250 1 x 250 on 4:00 Stroke Drills REC D  
7:30 PM 3,000 Yards - Stress Value = 36

**Workout #13027 - Wednesday, 13 February 2013**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
3:00 PM Start					
400	1 x 400 on 8:00 Freestyle Drill	REC	D		
150	10 x 15 on :45 Shooters	SP3	S		
300	3 x 100 on 2:15 Kick	EN1	K		
	1 on 10:00 Techniques-RelayStarts				
400	8 x 50 on 1:00 Down drill-back build	EN1	S		
300	3 x 100 on 1:45 Free-descend	EN1	S		
50	2 x 25 on 2:00 OTB-Walk backs	EN2	S		
250	1 x 250 on 4:00 Stroke Drills	REC	D		
	1 on 10:00 Ice/Tm Mtg				
4:26 PM 1,850 Yards - Stress Value = 17					

**Workout #13028 - Wednesday, 13 February 2013**

**Group 3 - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
3:00 PM Start					
600	1 x 600 on 10:00 Free L.25 of each 100 Non F				
150	10 x 15 on :45 Shooters				
1,450	1x{4 x 25 on :35 Kick no board BSLR				
	{1 x 100 on 1:45 Kick				
	{6 x 25 on :35 Kick no board BSLR				
	{2 x 100 on 1:45 Kick				
	{8 x 25 on :35 Kick no board BSLR				
	{3 x 100 on 1:45 Kick				
	{4 x 25 on :35 Kick no board BSLR				
	{3 x 100 on 1:45 Kick				
1,050	6 x 175 on 2:30 Lungbuster pulls				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
4:37 PM 3,450 Yards - Stress Value = 58					

**Workout #13029 - Wednesday, 13 February 2013**

**Group 3 - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:37 PM Start					
2,550	1x{2 x 125 on 2:00 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{3 x 125 on 1:55 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{4 x 125 on 1:50 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{3 x 125 on 1:45 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{2 x 125 on 1:40 Butterfly	EN2	S	FLY	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				
5:32 PM 2,950 Yards - Stress Value = 52					

**Workout #13030 - Wednesday, 13 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:37 PM	Start				
2,300	1x{2 x 125 on 2:10 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:25 Freestyle	EN2	S	FR	1
	{3 x 125 on 2:05 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:25 Freestyle	EN2	S	FR	1
	{4 x 125 on 2:00 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:25 Freestyle	EN2	S	FR	1
	{3 x 125 on 1:55 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:25 Freestyle	EN2	S	FR	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:32 PM	2,700 Yards - Stress Value = 47				

**Workout #13031 - Wednesday, 13 February 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:37 PM	Start				
2,100	1x{2 x 125 on 2:25 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:35 Freestyle	EN2	S	FR	1
	{3 x 125 on 2:20 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:35 Freestyle	EN2	S	FR	1
	{4 x 125 on 2:15 Butterfly	EN2	S	FLY	1
	{2 x 100 on 1:35 Freestyle	EN2	S	FR	1
	{3 x 125 on 2:10 Butterfly	EN2	S	FLY	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:32 PM	2,450 Yards - Stress Value = 43				

**Workout #13032 - Wednesday, 13 February 2013**

**Group 2 - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
	1 on 30:00 DS/Abs/Tm Mtg	
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
600	1 x 600 on 12:00 Vertical Kicking	EN2
700	1 x 700 on 10:30 Lungbuster pulls	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
1,800	1x{1 x 200 on 3:10 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN2
	{2 x 175 on 2:45 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great Effort	EN3
	{3 x 150 on 2:15 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN3
	{4 x 125 on 1:50 3 strokes fly off walls	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
7:30 PM	4,150 Yards - Stress Value = 76	

**Workout #13033 - Wednesday, 13 February 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
	1 on 30:00 DS/Abs/Tm Mtg	
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
600	1 x 600 on 12:00 Vertical Kicking	EN2
600	1 x 600 on 10:30 Lungbuster pulls	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
1,700	1x{1 x 200 on 3:25 3 strokes fly off walls	EN2

{4 x 25 on :45 Fly-Great effort	EN2
{2 x 175 on 2:55 3 strokes fly off walls	EN2
{4 x 25 on :45 Fly-Great Effort	EN3
{3 x 150 on 2:25 3 strokes fly off walls	EN2
{4 x 25 on :45 Fly-Great effort	EN3
{4 x 100 on 1:35 3 strokes fly off walls	EN2
1 x 250 on 5:00 Stroke Drills	REC
7:30 PM	3,950 Yards - Stress Value = 72

**Workout #13034 - Wednesday, 13 February 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
	1 on 30:00 DS/Abs/Tm Mtg	
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
600	1 x 600 on 12:00 Vertical Kicking	EN2
550	1 x 550 on 10:30 Lungbuster pulls	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
1,550	1x{1 x 200 on 3:45 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN2
	{2 x 175 on 3:15 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great Effort	EN3
	{3 x 150 on 2:45 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great effort	EN3
	{3 x 100 on 1:45 3 strokes fly off walls	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
7:30 PM	3,700 Yards - Stress Value = 66	

**Workout #13035 - Wednesday, 13 February 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
600	1 x 600 on 12:00 Vertical Kicking	EN2
500	1 x 500 on 10:30 Lungbuster pulls	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
1,450	1x{1 x 200 on 4:15 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN2
	{2 x 175 on 3:40 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great Effort	EN3
	{3 x 150 on 3:05 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great effort	EN3
	{2 x 100 on 2:00 3 strokes fly off walls	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
7:30 PM	3,450 Yards - Stress Value = 63	

**Workout #13036 - Wednesday, 13 February 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
600	1 x 600 on 12:00 Vertical Kicking	EN2
400	1 x 400 on 10:30 Lungbuster pulls	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
1,200	1x{1 x 200 on 5:00 3 strokes fly off walls	EN2
	{4 x 25 on 1:00 Fly-Great effort	EN2
	{2 x 175 on 4:20 3 strokes fly off walls	EN2
	{4 x 25 on 1:00 Fly-Great Effort	EN3
	{3 x 150 on 3:45 3 strokes fly off walls	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	7:30 PM 3,100 Yards - Stress Value = 54	

200	1 x 200 on 5:45 Lungbuster pulls	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
700	1x{1 x 200 on 5:00 3 strokes fly off walls	EN2
	{4 x 25 on 1:00 Fly-Great effort	EN2
	{2 x 175 on 4:20 3 strokes fly off walls	EN2
	{2 x 25 on 1:00 Fly-Great Effort	EN3
200	1 x 200 on 4:00 Stroke Drills	REC
	7:06 PM 2,100 Yards - Stress Value = 32	

**Workout #13040 - Thursday, 14 February 2013**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

6:00 AM Start

Yards	Set Description	EGY	WORK	STK	PAC
=====	=====	=====	=====	=====	=====
	1 on 10:00 Dynamic Stretch		L	DRY	
1,075	1x{1 x 500 on 8:30 Choice	REC	S	CHO	1:4
	{5 x 15 on :45 Shooters	SP3	S	CHO	5:0
	{1 x 500 on 8:30 Choice	REC	S	CHO	1:4
	1 on 10:00 Techniques/IPs	EN1	D	CHO	
	If you feel the need				
	1 on 10:00 Ice		M		
	1 on 15:00 Touch up shave				
	7:05 AM 1,075 Yards - Stress Value = 3				

**Workout #13037 - Wednesday, 13 February 2013**

**Group 2 - CON Taper-S**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg	
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
300	1 x 300 on 6:00 Vertical Kicking	EN2
300	1 x 300 on 5:45 Lungbuster pulls	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
900	1x{1 x 200 on 3:45 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN2
	{2 x 175 on 3:15 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great Effort	EN3
	{1 x 150 on 2:45 3 strokes fly off walls	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	7:06 PM 2,500 Yards - Stress Value = 40	

**Workout #13041 - Friday, 15 February 2013**

**Group 3 - Breast**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 25:00 DS/Shoulders		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
1,050	1x{1 x 100 on 2:00 Kick your #1	EN2	
	{4 x 25 on :35 Kick alt 2 weak kicks	EN2	
	{2 x 100 on 1:55 Kick your #1	EN2	
	{6 x 25 on :35 Kick alt 2 weak kicks	EN2	
	{3 x 100 on 1:50 Kick your #1	EN2	
	{8 x 25 on :35 Kick alt 2 weak kicks	EN2	
400	1 x 400 on 6:00 Pull-Alt Breakouts	EN1	
	feet, knees, hips, and shoulders		
	4:14 PM 2,200 Yards - Stress Value = 31		

**Workout #13038 - Wednesday, 13 February 2013**

**Group 2 - CON Taper-B**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
300	1 x 300 on 6:00 Vertical Kicking	EN2
250	1 x 250 on 5:45 Lungbuster pulls	EN2
150	6 x 25 on 1:00 Stroke Drills	REC
800	1x{1 x 200 on 4:15 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN2
	{2 x 175 on 3:40 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great Effort	EN3
	{1 x 50 on 1:05 3 strokes fly off walls	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	7:05 PM 2,250 Yards - Stress Value = 37	

**Workout #13042 - Friday, 15 February 2013**

**Group 3 - Platinum**

**1 minute rest between sets**

4:20 PM Start

Yards	Set Description	EGY
=====	=====	=====
2,250	1x{1 x 150 on 2:25 Breaststroke	EN
	{2 x 150 on 2:20 Breast #2, 2X pullouts	EN
	{3 x 150 on 2:15 Breast #3 alt 25 fly kick	EN
	{4 x 150 on 2:10 Breast #4 descend 50's	EN
	{5 x 150 on 2:05 Breast #5-100%	EN
300	6 x 50 on 1:00 Stroke Drills	RE
	5:00 PM 2,550 Yards - Stress Value = 44	

**Workout #13039 - Wednesday, 13 February 2013**

**Group 2 - CON Taper-C**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
300	1 x 300 on 6:00 Vertical Kicking	EN2

**Workout #13043 - Friday, 15 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EC
4:20 PM	Start	
2,000	1x{1 x 150 on 2:40 Breaststroke	EN
	{2 x 150 on 2:35 Breast #2, 2X pullouts	EN
	{3 x 150 on 2:30 Breast #3 alt 25 fly kick	EN
	{4 x 150 on 2:25 Breast #4 descend 50's	EN
	{5 x 100 on 1:35 Breast #5-100%	EN
300	6 x 50 on 1:00 Stroke Drills	RE
5:00 PM	2,300 Yards - Stress Value = 39	

Yards	Set Description	EGY	WORK	SE
3:00 PM	Start			
1	on 10:00 Dynamic Stretch			
600	1 x 600 on 10:00 Choice-mix of drills kick swim			
150	10 x 15 on :45 Shooters			
400	Free Relay work on starts			
250	1 x 250 on 8:00 Indvdl Prsrctns-nothing hard			
400	1 x 400 on 7:30 Social Kick			
200	Free Relay work on starts			
400	8 x 50 on 1:15 Mid pool swims			
	fast 2 yds out from flags and back			
1	on 7:30 Techniques-Starts			
	Medley Relay work on starts			
300	12 x 25 on :45 Variable Speed			
250	1 x 250 on 4:00 Stroke Drills			
1	on 10:00 Ice/Tm Mtg			
4:30 PM	2,350 Yards - Stress Value = 13			

**Workout #13044 - Friday, 15 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EC
4:20 PM	Start	
1,875	1x{1 x 125 on 2:25 Breaststroke	EN
	{2 x 125 on 2:20 Breast #2, 2X pullouts	EN
	{3 x 125 on 2:15 Breast #3 alt 25 fly kick	EN
	{4 x 125 on 2:10 Breast #4 descend 50's	EN
	{5 x 125 on 2:05 Breast #5-100%	EN
300	6 x 50 on 1:00 Stroke Drills	RE
5:00 PM	2,175 Yards - Stress Value = 36	

**Workout #13048 - Friday, 15 February 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	SE
5:00 PM	Start			
1	on 45:00 DS/Dryland			L I
500	1 x 500 on 10:00 Reverse IM drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S
300	1x{1 x 200 on 4:00 Social Kick	EN2		K C
	{1 x 100 on 3:00 Kick for time	EN3		K
1,000	1x{1 x 50 on :45 Freestyle	EN2		S
	{1 x 50 on :40 Freestyle	EN2		S
	{1 x 50 on :35 Freestyle	EN2		S
	{1 x 50 on 1:00 Freestyle	REC		S
	{2 x 50 on :45 Freestyle	EN2		S
	{2 x 50 on :40 Freestyle	EN2		S
	{2 x 50 on :35 Freestyle	EN2		S
	{1 x 50 on 1:00 Freestyle	REC		S
	{3 x 50 on :45 Freestyle	EN2		S
	{3 x 50 on :40 Freestyle	EN2		S
	{3 x 50 on :35 Freestyle	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
6:31 PM	2,150 Yards - Stress Value = 34			

**Workout #13045 - Thursday, 14 February 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	SE
5:30 PM	Start			
500	1 on 30:00 DS/Shoulders/Tm Mtg			
	1 x 500 on 10:00 Underwater trn drill			
	Odd 100's free even 100's back			
150	1 on 10:00 Techniques-bucket turns			
	10 x 15 on :45 Shooters			
	1 on 5:00 Technique Talk			
	3 key items for each stroke			
200	8 x 25 on 1:00 Perfect Swims 2 on each stroke			
800	1x{1 x 200 on 8:00 Fly Drills			
	{1 x 200 on 8:00 Back Drills			
	{1 x 200 on 8:00 Breast Drills			
	{1 x 200 on 8:00 Free Drills			
200	1 x 200 on 4:00 Individual Medley			
	25 Perfect form-25 100%			
200	1 x 200 on 3:00 Stroke Drills			
	1 on 5:00 Techniques-Starts			
	focus on super fast explosive fly breakouts			
7:30 PM	2,050 Yards - Stress Value = 10			

**Workout #13049 - Friday, 15 February 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	SE
5:00 PM	Start			
1	on 45:00 DS/Dryland			L I
500	1 x 500 on 10:00 Reverse IM drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S
300	1x{1 x 200 on 4:00 Social Kick	EN2		K C
	{1 x 100 on 3:00 Kick for time	EN3		K
900	1x{1 x 50 on :50 Freestyle	EN2		S
	{1 x 50 on :45 Freestyle	EN2		S
	{1 x 50 on :40 Freestyle	EN2		S
	{1 x 50 on 1:00 Freestyle	REC		S
	{2 x 50 on :50 Freestyle	EN2		S
	{2 x 50 on :45 Freestyle	EN2		S
	{2 x 50 on :40 Freestyle	EN2		S
	{1 x 50 on 1:00 Freestyle	REC		S
	{1 x 50 on :50 Freestyle	EN2		S
	{3 x 50 on :45 Freestyle	EN2		S
	{3 x 50 on :40 Freestyle	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
6:31 PM	2,050 Yards - Stress Value = 32			

**Workout #13047 - Friday, 15 February 2013**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	SE
6:15 AM	Start			
1,200	1 on 10:00 Dynamic Stretch			I
	1 x 1200 on 20:00 Drill-kick-pull-swim	REC		S
	Kick is without a board			
	1 on 10:00 Techniques/IP if needed			
	1 on 10:00 Ice			M
7:05 AM	1,200 Yards			

**Workout #13050 - Friday, 15 February 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	§
=====	=====	===	====	=
	1 on 45:00 DS/Dryland		L I	
450	1 x 450 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
300	1x{1 x 200 on 4:00 Social Kick	EN2	K C	
	{1 x 100 on 3:00 Kick for time	EN3	K	
800	1x{1 x 50 on :55 Freestyle	EN2	S	
	{1 x 50 on :50 Freestyle	EN2	S	
	{1 x 50 on :45 Freestyle	EN2	S	
	{1 x 50 on 1:15 Freestyle	REC	S	
	{2 x 50 on :55 Freestyle	EN2	S	
	{2 x 50 on :50 Freestyle	EN2	S	
	{2 x 50 on :45 Freestyle	EN2	S	
	{1 x 50 on 1:15 Freestyle	REC	S	
	{1 x 50 on :55 Freestyle	EN2	S	
	{1 x 50 on :50 Freestyle	EN2	S	
	{3 x 50 on :45 Freestyle	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:31	PM 1,900 Yards - Stress Value = 30			

**Workout #13051 - Friday, 15 February 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	§
=====	=====	===	====	=
	1 on 45:00 DS/Dryland		L I	
400	1 x 400 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
300	1x{1 x 200 on 4:00 Social Kick	EN2	K C	
	{1 x 100 on 3:00 Kick for time	EN3	K	
700	1x{1 x 50 on 1:00 Freestyle	EN2	S	
	{1 x 50 on :55 Freestyle	EN2	S	
	{1 x 50 on :50 Freestyle	EN2	S	
	{1 x 50 on 1:15 Freestyle	REC	S	
	{2 x 50 on 1:00 Freestyle	EN2	S	
	{2 x 50 on :55 Freestyle	EN2	S	
	{2 x 50 on :50 Freestyle	EN2	S	
	{1 x 50 on 1:15 Freestyle	REC	S	
	{1 x 50 on 1:00 Freestyle	EN2	S	
	{1 x 50 on :55 Freestyle	EN2	S	
	{1 x 50 on :50 Freestyle	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:31	PM 1,750 Yards - Stress Value = 28			

**Workout #13052 - Friday, 15 February 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	§
=====	=====	===	====	=
	1 on 45:00 DS/Dryland		L I	
400	1 x 400 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
300	1x{1 x 200 on 4:00 Social Kick	EN2	K C	
	{1 x 100 on 3:00 Kick for time	EN3	K	
600	1x{1 x 50 on 1:10 Freestyle	EN2	S	
	{1 x 50 on 1:05 Freestyle	EN2	S	
	{1 x 50 on 1:00 Freestyle	EN2	S	
	{1 x 50 on 1:30 Freestyle	REC	S	
	{2 x 50 on 1:10 Freestyle	EN2	S	
	{2 x 50 on 1:05 Freestyle	EN2	S	
	{2 x 50 on 1:00 Freestyle	EN2	S	
	{1 x 50 on 1:30 Freestyle	REC	S	
	{1 x 50 on 1:00 Freestyle	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:31	PM 1,650 Yards - Stress Value = 26			

**Workout #13053 - Thursday, 14 February 2013**

**Group 3 - Freestylers**

**1 minute rest between sets**

6:00 AM Start

Yards	Set Description	EGY	WOF	§
=====	=====	===	====	=
	1 on 10:00 Dynamic Stretch			
400	1 x 400 on 7:00 Underwater trn drill	REC		
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters	SP3		
1,500	1x{4 x 150 on 2:15 Free-descend	EN2		
	{4 x 125 on 1:55 Freestyle-descend	EN2		
	{4 x 100 on 1:30 Freestyle-descend	EN2		
	L.25 of 3rd repeat 6bk			
	L.25 of 4th repeat 6bk and breathe on 5			
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
7:05	AM 2,300 Yards - Stress Value = 36			

**Workout #13054 - Friday, 15 February 2013**

**Group 3 - IM'ers**

**1 minute rest between sets**

6:15 AM Start

Yards	Set Description	EGY	WORK	§
=====	=====	===	====	=
	1 on 10:00 Dynamic Stretch		L I	
400	1 x 400 on 7:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
800	4x{1 x 100 on 1:20 Individual Medley	EN2	S	
	{1 x 50 on :40 Freestyle	EN2	S	
	{1 x 50 on 1:00 Freestyle	REC	S	
	1 on 10:00 Ice		M	
7:04	AM 1,350 Yards - Stress Value = 18			

**Workout #13055 - Monday, 18 February 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WOF	§
=====	=====	===	====	=
	1 on 30:00 DSPhyso Balls			
400	1 x 400 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
700	1x{4 x 25 on :35 Kick no board BSLR-12 KOW			
	{2 x 100 on 1:40 Kick			
	{4 x 25 on :35 Kick no board BSLR-12 KOW			
	{2 x 100 on 1:45 Kick			
	{4 x 25 on :35 Kick no board BSLR-12 KOW			
600	1x{1 x 200 on 2:30 Pull no br L.12 yds			
	{1 x 200 on 2:25 Pull no br L.12 yds			
	{1 x 200 on 2:20 Pull no br L.12 yds			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
8:17	AM 1,950 Yards - Stress Value = 28			

**Workout #13056 - Monday, 18 February 2013**

**HighSchl - Distance**

**1 minute rest between sets**

8:18 PM Start

Yards	Set Description	EGY	WORK	STK
1,750	1x{2 x 250 on 2:45 Freestyle	EN2	S	FR
	{1 x 125 on 2:00 Freestyle	EN3	S	FR
	{2 x 250 on 2:40 Freestyle	EN2	S	FR
	{1 x 125 on 2:00 Freestyle	EN3	S	FR
	{2 x 250 on 2:35 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

8:53 PM 2,000 Yards - Stress Value = 46

550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,150	1x{4 x 25 on :40 Kick no board BSLR-12 KOW
	{3 x 100 on 1:55 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
	{3 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
	{2 x 100 on 2:05 Kick
	{2 x 25 on :40 Kick no board BS-12 KOW
900	1x{2 x 200 on 3:15 Pull no br L.12 yds
	{2 x 200 on 3:10 Pull no br L.12 yds
	{1 x 100 on 1:30 Pull no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

8:39 AM 2,950 Yards - Stress Value = 40

**Workout #13057 - Monday, 18 February 2013**

**Group 3 - Platinum**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 DSPhyso Balls
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:20 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:25 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:35 Kick
1,200	1x{2 x 200 on 2:30 Pull no br L.12 yds
	{2 x 200 on 2:25 Pull no br L.12 yds
	{2 x 200 on 2:20 Pull no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

8:39 AM 3,750 Yards - Stress Value = 56

**Workout #13060 - Monday, 18 February 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 DS/Physio Balls
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR-12 KOW
	{3 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{2 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{1 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BS-12 KOW
850	1x{1 x 200 on 3:30 Pull no br L.12 yds
	{2 x 200 on 3:25 Pull no br L.12 yds
	{2 x 125 on 2:05 Pull no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

8:39 AM 2,750 Yards - Stress Value = 36

**Workout #13058 - Monday, 18 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 DS/Physio Balls
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,350	1x{4 x 25 on :35 Kick no board BSLR-12 KOW
	{3 x 100 on 1:40 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{3 x 100 on 1:45 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{3 x 100 on 1:50 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{1 x 50 on :50 Kick
1,050	1x{2 x 200 on 2:50 Pull no br L.12 yds
	{2 x 200 on 2:45 Pull no br L.12 yds
	{2 x 125 on 1:40 Pull no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

8:39 AM 3,350 Yards - Stress Value = 45

**Workout #13061 - Monday, 18 February 2013**

**Group 3 - Distance**

**1 minute rest between sets**

8:37 AM Start

Yards	Set Description	EGY	WORK	STK	F
3,125	1x{1 x 125 on 2:00 Freestyle	EN3	S	FR	1
	{2 x 250 on 2:55 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:00 Freestyle	EN3	S	FR	1
	{2 x 250 on 2:50 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:00 Freestyle	EN3	S	FR	1
	{2 x 250 on 2:45 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:00 Freestyle	EN3	S	FR	1
	{2 x 250 on 2:40 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:00 Freestyle	EN3	S	FR	1
	{2 x 250 on 2:35 Freestyle	EN2	S	FR	1
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

9:35 AM 3,575 Yards - Stress Value = 90

**Workout #13059 - Monday, 18 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 DS/Physio Balls

**Workout #13062 - Monday, 18 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

8:37 AM Start

Yards	Set Description	EGY	WORK	STK	F
2,625	1x{1 x 125 on 2:15 Freestyle	EN3	S	FR	1
	{2 x 250 on 3:25 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:15 Freestyle	EN3	S	FR	1
	{2 x 250 on 3:20 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:15 Freestyle	EN3	S	FR	1
	{2 x 250 on 3:15 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:15 Freestyle	EN3	S	FR	1
	{2 x 250 on 3:10 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:15 Freestyle	EN3	S	FR	1
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

9:35 AM 3,075 Yards - Stress Value = 80

{6 x 25 on :45 Kick no board B	EN2	K	F
{2 x 75 on 1:30 Kick	EN2	K	
{2 x 75 on 1:25 Kick	EN2	K	
{2 x 75 on 1:20 Kick	EN2	K	
{8 x 25 on :45 Kick no board B	EN2	K	F
6 x 25 on :45 Stroke Drills	REC	D	
1x{1 x 125 on 2:05 Backstroke	EN2	S	
{4 x 25 on :30 Back-descend	EN2	S	
{2 x 125 on 2:00 Backstroke	EN2	S	
{4 x 25 on :30 Backstroke-descend	EN2	S	
{3 x 125 on 1:55 Backstroke	EN2	S	
{4 x 25 on :30 Backstroke-descend	EN2	S	
{4 x 125 on 1:50 Backstroke	EN2	S	
1 on 10:00 Game			

11:00 AM 3,550 Yards - Stress Value = 61

**Workout #13066 - Monday, 18 February 2013**

**Group 2 - Gold**

**1 minute rest between sets**

**Workout #13063 - Monday, 18 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

8:37 AM Start

Yards	Set Description	EGY	WORK	STK	F
2,225	1x{1 x 125 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 200 on 3:15 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 200 on 3:10 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 200 on 3:05 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 200 on 3:00 Freestyle	EN2	S	FR	1
	{1 x 125 on 2:30 Freestyle	EN3	S	FR	2
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

9:35 AM 2,675 Yards - Stress Value = 72

9:00 AM Start

Yards	Set Description	EGY	WORK	S
500	1 on 30:00 DS/Physio Balls/Tm Mtg			L I
150	1 x 500 on 10:00 Choice	REC	S	C
1,150	10 x 15 on :45 Shooters	SP3	S	
	1x{4 x 25 on :45 Kick no board B	EN2	K	F
	{1 x 100 on 2:10 Kick	EN2	K	
	{1 x 100 on 2:05 Kick	EN2	K	
	{1 x 100 on 2:00 Kick	EN2	K	
	{6 x 25 on :45 Kick no board B	EN2	K	F
	{2 x 75 on 1:35 Kick	EN2	K	
	{2 x 75 on 1:30 Kick	EN2	K	
	{2 x 75 on 1:25 Kick	EN2	K	
	{6 x 25 on :45 Kick no board B	EN2	K	F
150	6 x 25 on :45 Stroke Drills	REC	D	
1,425	1x{1 x 125 on 2:15 Backstroke	EN2	S	
	{4 x 25 on :30 Back-descend	EN2	S	
	{2 x 125 on 2:10 Backstroke	EN2	S	
	{4 x 25 on :30 Backstroke-descend	EN2	S	
	{3 x 125 on 2:05 Backstroke	EN2	S	
	{4 x 25 on :30 Backstroke-descend	EN2	S	
	{3 x 125 on 2:00 Backstroke	EN2	S	
	1 on 10:00 Game			

10:59 AM 3,375 Yards - Stress Value = 58

**Workout #13064 - Monday, 18 February 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

8:37 AM Start

Yards	Set Description	EGY	WORK	STK	F
1,850	1x{1 x 100 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 175 on 3:20 Freestyle	EN2	S	FR	1
	{1 x 100 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 175 on 3:15 Freestyle	EN2	S	FR	1
	{1 x 100 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 175 on 3:10 Freestyle	EN2	S	FR	1
	{1 x 100 on 2:30 Freestyle	EN3	S	FR	2
	{2 x 175 on 3:05 Freestyle	EN2	S	FR	1
	{1 x 50 on 1:30 Freestyle	EN3	S	FR	3
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

9:35 AM 2,300 Yards - Stress Value = 55

**Workout #13065 - Monday, 18 February 2013**

**Group 2 - Back**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY	WORK	S
500	1 on 30:00 DS/Physio Balls/Tm Mtg			L I
150	1 x 500 on 10:00 Choice	REC	S	C
1,200	10 x 15 on :45 Shooters	SP3	S	
	1x{4 x 25 on :45 Kick no board B	EN2	K	F
	{1 x 100 on 2:00 Kick	EN2	K	
	{1 x 100 on 1:50 Kick	EN2	K	
	{1 x 100 on 1:40 Kick	EN2	K	

**Workout #13067 - Monday, 18 February 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
9:00 AM	Start			
=====	=====	===	=====	=
	1 on 30:00 DS/Physio Balls/Tm Mtg		L I	
450	1 x 450 on 10:00 Choice	REC	S C	
150	10 x 15 on :45 Shooters	SP3	S	
1,100	1x{4 x 25 on :45 Kick no board B	EN2	K F	
	{1 x 100 on 2:20 Kick	EN2	K	
	{1 x 100 on 2:15 Kick	EN2	K	
	{1 x 100 on 2:10 Kick	EN2	K	
	{4 x 25 on :45 Kick no board B	EN2	K F	
	{2 x 75 on 1:45 Kick	EN2	K	
	{2 x 75 on 1:40 Kick	EN2	K	
	{2 x 75 on 1:35 Kick	EN2	K	
	{6 x 25 on :45 Kick no board B	EN2	K F	
150	6 x 25 on :45 Stroke Drills	REC	D	
1,175	1x{1 x 125 on 2:30 Backstroke	EN2	S	
	{4 x 25 on :40 Back-descend	EN2	S	
	{2 x 125 on 2:25 Backstroke	EN2	S	
	{4 x 25 on :40 Backstroke-descend	EN2	S	
	{3 x 125 on 2:20 Backstroke	EN2	S	
	{4 x 25 on :40 Backstroke-descend	EN2	S	
	{1 x 125 on 2:15 Backstroke	EN2	S	
	1 on 10:00 Game			
	10:59 AM 3,025 Yards - Stress Value = 51			

**Workout #13068 - Monday, 18 February 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
9:00 AM	Start			
=====	=====	===	=====	=
	1 on 30:00 DS/Physio Balls/Tm Mtg		L I	
400	1 x 400 on 10:00 Choice	REC	S C	
150	10 x 15 on :45 Shooters	SP3	S	
1,050	1x{4 x 25 on :45 Kick no board B	EN2	K F	
	{1 x 100 on 2:30 Kick	EN2	K	
	{1 x 100 on 2:25 Kick	EN2	K	
	{1 x 100 on 2:20 Kick	EN2	K	
	{4 x 25 on :45 Kick no board B	EN2	K F	
	{3 x 50 on 1:15 Kick	EN2	K	
	{3 x 50 on 1:10 Kick	EN2	K	
	{2 x 50 on 1:05 Kick	EN2	K	
	{6 x 25 on :45 Kick no board B	EN2	K F	
150	6 x 25 on :45 Stroke Drills	REC	D	
1,100	1x{1 x 100 on 2:15 Backstroke	EN2	S	
	{4 x 25 on :45 Back-descend	EN2	S	
	{2 x 100 on 2:10 Backstroke	EN2	S	
	{4 x 25 on :45 Backstroke-descend	EN2	S	
	{3 x 100 on 2:05 Backstroke	EN2	S	
	{4 x 25 on :45 Backstroke-descend	EN2	S	
	{2 x 100 on 2:00 Backstroke	EN2	S	
	1 on 10:00 Game			
	11:00 AM 2,850 Yards - Stress Value = 49			

**Workout #13069 - Monday, 18 February 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
9:00 AM	Start			
=====	=====	===	=====	=
	1 on 30:00 DS/Physio Balls/Tm Mtg		L I	
350	1 x 350 on 10:00 Choice	REC	S C	
150	10 x 15 on :45 Shooters	SP3	S	
850	1x{4 x 25 on 1:00 Kick no board B	EN2	K F	
	{1 x 100 on 3:00 Kick	EN2	K	
	{1 x 100 on 2:55 Kick	EN2	K	
	{1 x 100 on 2:50 Kick	EN2	K	
	{4 x 25 on 1:00 Kick no board B	EN2	K F	

	{2 x 50 on 1:30 Kick	EN2	K	
	{2 x 50 on 1:25 Kick	EN2	K	
	{2 x 50 on 1:20 Kick	EN2	K	
	{2 x 25 on 1:00 Kick no board B	EN2	K F	
150	6 x 25 on :45 Stroke Drills	REC	D	
900	1x{1 x 100 on 2:45 Backstroke	EN2	S	
	{4 x 25 on :45 Back-descend	EN2	S	
	{2 x 100 on 2:40 Backstroke	EN2	S	
	{4 x 25 on :45 Backstroke-descend	EN2	S	
	{3 x 100 on 2:35 Backstroke	EN2	S	
	{4 x 25 on :45 Backstroke-descend	EN2	S	
	1 on 10:00 Game			
	10:59 AM 2,400 Yards - Stress Value = 41			

**Workout #13070 - Monday, 18 February 2013**

**Group 2 - CON Taper-S**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
9:00 AM	Start			
=====	=====	===	=====	=
	1 on 30:00 DS/Physio Balls/Tm Mtg		L I	
450	1 x 450 on 10:00 Choice	REC	S C	
150	10 x 15 on :45 Shooters	SP3	S	
500	1x{4 x 25 on :45 Kick no board B	EN2	K F	
	{1 x 100 on 2:20 Kick	EN2	K	
	{1 x 100 on 2:15 Kick	EN2	K	
	{1 x 100 on 2:10 Kick	EN2	K	
	{4 x 25 on :45 Kick no board B	EN2	K F	
100	4 x 25 on :45 Stroke Drills	REC	D	
950	1x{1 x 125 on 2:30 Backstroke	EN2	S	
	{4 x 25 on :40 Back-descend	EN2	S	
	{2 x 125 on 2:25 Backstroke	EN2	S	
	{4 x 25 on :40 Backstroke-descend	EN2	S	
	{3 x 125 on 2:20 Backstroke	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	10:32 AM 2,350 Yards - Stress Value = 35			

**Workout #13071 - Monday, 18 February 2013**

**Group 2 - CON Taper-B**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
9:00 AM	Start			
=====	=====	===	=====	=
	1 on 30:00 DS/Physio Balls/Tm Mtg		L I	
400	1 x 400 on 10:00 Choice	REC	S C	
150	10 x 15 on :45 Shooters	SP3	S	
500	1x{4 x 25 on :45 Kick no board B	EN2	K F	
	{1 x 100 on 2:30 Kick	EN2	K	
	{1 x 100 on 2:25 Kick	EN2	K	
	{1 x 100 on 2:20 Kick	EN2	K	
	{4 x 25 on :45 Kick no board B	EN2	K F	
100	4 x 25 on :45 Stroke Drills	REC	D	
800	1x{1 x 100 on 2:15 Backstroke	EN2	S	
	{4 x 25 on :45 Back-descend	EN2	S	
	{2 x 100 on 2:10 Backstroke	EN2	S	
	{4 x 25 on :45 Backstroke-descend	EN2	S	
	{3 x 100 on 2:05 Backstroke	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	10:32 AM 2,150 Yards - Stress Value = 32			

**Workout #13072 - Monday, 18 February 2013**

**Group 2 - CON Taper-C**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
9:00 AM	Start			
350	1 on 30:00 DS/Physio Balls/Tm Mtg		L I	
150	1 x 350 on 10:00 Choice	REC	S C	
450	10 x 15 on :45 Shooters	SP3	S	
	1x{4 x 25 on 1:00 Kick no board B	EN2	K F	
	{1 x 100 on 3:00 Kick	EN2	K	
	{1 x 100 on 2:55 Kick	EN2	K	
	{1 x 100 on 2:50 Kick	EN2	K	
	{2 x 25 on 1:00 Kick no board B	EN2	K F	
100	4 x 25 on :45 Stroke Drills	REC	D	
600	1x{1 x 100 on 2:45 Backstroke	EN2	S	
	{4 x 25 on :45 Back-descend	EN2	S	
	{2 x 100 on 2:40 Backstroke	EN2	S	
	{4 x 25 on :45 Backstroke-descend	EN2	S	
	{1 x 100 on 2:35 Backstroke	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
10:31 AM	1,850 Yards - Stress Value = 27			

{1 x 50 on :45 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:48 PM 4,100 Yards - Stress Value = 56

**Workout #13076 - Tuesday, 19 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
3:00 PM	Start			
550	1 on 25:00 DS/Core			
150	1 x 550 on 10:00 Underwater trn drill			
550	10 x 15 on :45 Shooters			
1,100	1 x 550 on 10:00 Kick as far as possible			
1,300	11 x 100 on 2:00 Kick odds 100%			
	1x{4 x 150 on 2:30 Pulls			
	{4 x 125 on 2:05 Pulls			
	{2 x 100 on 1:40 Pulls			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:48 PM	3,850 Yards - Stress Value = 54			

**Workout #13073 - Tuesday, 19 February 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
6:00 AM	Start			
400	1 on 35:00 DS/Weights		L I	
75	1 x 400 on 5:00 Underwater trn drill	REC	D	
700	5 x 15 on :45 Shooters	SP3	S	
200	7 x 100 on 1:20 Free-holdunder 1:05	EN2	S	
	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
7:10 AM	1,375 Yards - Stress Value = 17			

**Workout #13077 - Tuesday, 19 February 2013**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
4:49 PM	Start			
2,100	1x{3 x 100 on 1:30 Backstroke-descend	EN2	S	
	{1 x 200 on 2:30 Backstroke	EN2	S	
	{3 x 100 on 1:30 Backstroke-descend	EN2	S	
	{1 x 200 on 2:35 Backstroke	EN2	S	
	{3 x 100 on 1:30 Backstroke-descend	EN2	S	
	{1 x 200 on 2:40 Backstroke	EN2	S	
	{3 x 100 on 1:30 Backstroke-descend	EN2	S	
	{1 x 200 on 2:45 Backstroke	EN2	S	
	{1 x 100 on 1:30 Backstroke-100%	EN3	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:34 PM	2,350 Yards - Stress Value = 46			

**Workout #13074 - Tuesday, 19 February 2013**

**Group 3 - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
3:00 PM	Start			
600	1 on 25:00 DS/Core			
150	1 x 600 on 10:00 Underwater trn drill			
650	10 x 15 on :45 Shooters			
1,100	1 x 650 on 10:00 Kick as far as possible			
1,650	11 x 100 on 2:00 Kick-odds100%			
	1x{4 x 150 on 2:00 Pulls			
	{4 x 125 on 1:40 Pulls			
	{4 x 100 on 1:20 Pulls			
	{3 x 50 on :40 Pulls			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:48 PM	4,350 Yards - Stress Value = 58			

**Workout #13078 - Tuesday, 19 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
4:49 PM	Start			
2,000	1x{3 x 100 on 1:40 Backstroke-descend	EN2	S	
	{1 x 200 on 2:40 Backstroke	EN2	S	
	{3 x 100 on 1:40 Backstroke-descend	EN2	S	
	{1 x 200 on 2:45 Backstroke	EN2	S	
	{3 x 100 on 1:40 Backstroke-descend	EN2	S	
	{1 x 200 on 2:50 Backstroke	EN2	S	
	{3 x 100 on 1:40 Backstroke-descend	EN2	S	
	{1 x 200 on 2:55 Backstroke	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:36 PM	2,250 Yards - Stress Value = 40			

**Workout #13075 - Tuesday, 19 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
3:00 PM	Start			
600	1 on 25:00 DS/Core			
150	1 x 600 on 10:00 Underwater trn drill			
600	10 x 15 on :45 Shooters			
1,100	1 x 600 on 10:00 Kick as far as possible			
1,450	11 x 100 on 2:00 Kick-odds 100%			
	1x{4 x 150 on 2:15 Pulls			
	{4 x 125 on 1:50 Pulls			
	{3 x 100 on 1:30 Pulls			

**Workout #13079 - Tuesday, 19 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

4:49 PM Start

Yards	Set Description	EGY	WORK
1,750	1x{3 x 100 on 1:50 Backstroke-descend	EN2	S
	{1 x 200 on 3:00 Backstroke	EN2	S
	{3 x 100 on 1:50 Backstroke-descend	EN2	S
	{1 x 200 on 3:05 Backstroke	EN2	S
	{3 x 100 on 1:50 Backstroke-descend	EN2	S
	{1 x 150 on 2:25 Backstroke	EN2	S
	{3 x 100 on 1:50 Backstroke-descend	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

5:35 PM 2,000 Yards - Stress Value = 35

**Workout #13080 - Monday, 18 February 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK
400	1 on 25:00 DS/Core		
150	1 x 400 on 10:00 Underwater trn drill		
900	10 x 15 on :45 Shooters		
600	9 x 100 on 2:00 Kick-odds100%		
	1x{2 x 125 on 1:40 Pulls		
	{2 x 100 on 1:20 Pulls		
	{2 x 75 on 1:00 Pulls		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		

4:16 PM 2,150 Yards - Stress Value = 28

**Workout #13081 - Monday, 18 February 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:18 PM Start

Yards	Set Description	EGY	WOF
1,500	1x{2 x 200 on 2:25 Freestyle	EN2	
	{1 x 100 on 1:30 Free-hold under 1:05	EN3	
	{2 x 200 on 2:20 Freestyle	EN2	
	{1 x 100 on 1:30 Free-hold under 1:00	EN3	
	{2 x 200 on 2:15 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

4:52 PM 1,750 Yards - Stress Value = 42

**Workout #13082 - Tuesday, 19 February 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:18 PM Start

Yards	Set Description	EGY	WORK
1,200	1x{1 x 200 on 2:45 Backstroke	EN2	S
	{3 x 100 on 1:40 Backstroke-descend	EN2	S
	{1 x 200 on 2:50 Backstroke	EN2	S
	{3 x 100 on 1:40 Backstroke-descend	EN2	S
	{1 x 200 on 2:55 Backstroke	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

4:52 PM 1,450 Yards - Stress Value = 24

**Workout #13083 - Wednesday, 20 February 2013**

**Group 3 - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
600	1 on 25:00 DS/Abs
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,800	10 x 15 on :45 Shooters
	1x{ Hold avg 50 time under :43 for entire set
	{4 x 25 on :30 Kick no board BSLR-10 KOW
	{1 x 200 on 3:05 Kick
	{4 x 25 on :35 Kick no board BSLR 12 KOW
	{2 x 175 on 2:45 Kick
	{4 x 25 on :40 Kick no board BSLR 14 KOW
	{3 x 150 on 2:25 Kick
	{4 x 25 on :45 Kick no board BSLR 16 KOW
	{4 x 100 on 1:40 Kick
1,500	1x{ Br 3-5-7 cont/L.25 2 breaths
	{2 x 125 on 1:45 Lungbuster pulls
	{2 x 125 on 1:40 Lungbuster pulls
	{2 x 125 on 1:35 Lungbuster pulls
	{2 x 125 on 1:30 Lungbuster pulls
	{2 x 125 on 1:25 Lungbuster pulls
	{2 x 125 on 1:20 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:45 PM 4,250 Yards - Stress Value = 68

**Workout #13084 - Wednesday, 20 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
600	1 on 25:00 DS/Abs
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,650	10 x 15 on :45 Shooters
	1x{ Hold avg 50 time under :50 for entire set
	{4 x 25 on :35 Kick no board BSLR-10 KOW
	{1 x 200 on 3:25 Kick
	{4 x 25 on :35 Kick no board BSLR 12 KOW
	{2 x 175 on 3:05 Kick
	{4 x 25 on :40 Kick no board BSLR 14 KOW
	{2 x 150 on 2:40 Kick
	{4 x 25 on :45 Kick no board BSLR 16 KOW
	{4 x 100 on 1:50 Kick
1,350	1x{ Br 3-5-7 cont/L.25 2 breaths
	{2 x 125 on 1:55 Lungbuster pulls
	{2 x 125 on 1:50 Lungbuster pulls
	{2 x 125 on 1:45 Lungbuster pulls
	{2 x 125 on 1:40 Lungbuster pulls
	{2 x 125 on 1:35 Lungbuster pulls
	{1 x 100 on 1:15 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:45 PM 3,950 Yards - Stress Value = 62

**Workout #13085 - Wednesday, 20 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,500 1x{ Hold avg 50 time under :55 for entire set  
 { 4 x 25 on :40 Kick no board BSLR-10 KOW  
 { 1 x 200 on 3:50 Kick  
 { 4 x 25 on :40 Kick no board BSLR 12 KOW  
 { 2 x 175 on 3:25 Kick  
 { 4 x 25 on :40 Kick no board BSLR 14 KOW  
 { 3 x 150 on 3:00 Kick  
 { 4 x 25 on :45 Kick no board BSLR 16 KOW  
 { 1 x 100 on 1:55 Kick  
 1,200 1x{ Br 3-5-7 cont/L.25 2 breaths  
 { 2 x 125 on 2:05 Lungbuster pulls  
 { 2 x 125 on 2:00 Lungbuster pulls  
 { 2 x 125 on 1:55 Lungbuster pulls  
 { 2 x 125 on 1:50 Lungbuster pulls  
 { 2 x 100 on 1:30 Lungbuster pulls  
 200 4x{ 1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:45 PM 3,600 Yards - Stress Value = 57

**Workout #13086 - Wednesday, 20 February 2013**

**Group 3 - Breast**

**1 minute rest between sets**

4:46 PM Start  
 Yards Set Description EGY WORK  
 =====  
 2,025 1x{ 3 x 175 on 2:40 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 150 on 2:15 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 125 on 1:55 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 100 on 1:30 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 75 on 1:05 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 50 on :45 Breast 2/3/4 PO/LW EN2 S  
 350 7 x 50 on 1:00 Stroke Drills REC D  
 1 on 10:00 Ice M  
 5:35 PM 2,375 Yards - Stress Value = 40

**Workout #13087 - Wednesday, 20 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

4:46 PM Start  
 Yards Set Description EGY WORK  
 =====  
 1,875 1x{ 3 x 175 on 2:50 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 150 on 2:25 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 125 on 2:00 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 100 on 1:35 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 75 on 1:15 Breast 2/3/4 PO/LW EN2 S  
 350 7 x 50 on 1:00 Stroke Drills REC D  
 1 on 10:00 Ice M  
 5:35 PM 2,225 Yards - Stress Value = 37

**Workout #13088 - Wednesday, 20 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

4:46 PM Start  
 Yards Set Description EGY WORK  
 =====  
 1,750 1x{ 3 x 175 on 3:05 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 150 on 2:35 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 125 on 2:10 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 100 on 1:45 Breast 2/3/4 PO/LW EN2 S  
 { 2 x 50 on :55 Breast 2/3 PO/LW EN2 S

350 7 x 50 on 1:00 Stroke Drills REC D  
 1 on 10:00 Ice M  
 5:35 PM 2,100 Yards - Stress Value = 35

**Workout #13089 - Wednesday, 20 February 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 400 1 x 400 on 8:00 Free L.25 of each 100 Non Fr  
 150 10 x 15 on :45 Shooters  
 1,000 1x{ 3 x 100 on 1:25 Kick  
 { 4 x 25 on :30 Kick no board BSLR 13 KOW  
 { 4 x 125 on 1:50 Kick  
 { 4 x 25 on :30 Kick no board BSLR 12 KOW  
 200 4x{ 1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:06 PM 1,750 Yards - Stress Value = 28

**Workout #13090 - Wednesday, 20 February 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:08 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1,200 1x{ 1 x 250 on 2:55 Freestyle EN2 S FR  
 { 4 x 25 on :30 Freestyle EN3 S FR  
 { 2 x 225 on 2:40 Freestyle EN2 S FR  
 { 4 x 50 on :55 Freestyle EN3 S FR  
 { 1 x 200 on 2:20 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 4:40 PM 1,450 Yards - Stress Value = 32

**Workout #13091 - Wednesday, 20 February 2013**

**HighSchl - Breast**

**1 minute rest between sets**

4:08 PM Start  
 Yards Set Description EGY WORK  
 =====  
 1,125 1x{ 3 x 150 on 2:15 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 100 on 1:30 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 75 on 1:05 Breast 2/3/4 PO/LW EN2 S  
 { 3 x 50 on :45 Breast 2/3/4 PO/LW EN2 S  
 350 7 x 50 on 1:00 Stroke Drills REC D  
 1 on 10:00 Ice M  
 4:43 PM 1,475 Yards - Stress Value = 22

**Workout #13092 - Wednesday, 20 February 2013**

**Group 2 - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
500	1x{1 x 200 on 3:00 Butterfly	EN2	
	{1 x 150 on 2:15 Butterfly	EN2	
	{1 x 100 on 1:30 Butterfly	EN2	
	{1 x 50 on :45 Butterfly	EN2	
500	1x{2 x 100 on 2:00 Kick	EN2	
	{2 x 75 on 1:30 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{2 x 25 on :30 Kick	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
500	1x{1 x 200 on 3:00 Butterfly	EN2	
	{1 x 150 on 2:15 Butterfly	EN2	
	{1 x 100 on 1:30 Butterfly	EN2	
	{1 x 50 on :45 Butterfly	EN2	
600	1 x 600 on 9:00 Lungbuster pulls	EN1	
100	4 x 25 on 1:00 Stroke Drills	REC	
500	1x{1 x 200 on 3:00 Butterfly	EN2	
	{1 x 150 on 2:15 Butterfly	EN2	
	{1 x 100 on 1:30 Butterfly	EN2	
	{1 x 50 on :45 Butterfly	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:31 PM 3,650 Yards - Stress Value = 52		

**Workout #13093 - Wednesday, 20 February 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
450	1x{1 x 200 on 3:20 Butterfly	EN2	
	{1 x 150 on 2:30 Butterfly	EN2	
	{1 x 100 on 1:40 Butterfly	EN2	
500	1x{2 x 100 on 2:00 Kick	EN2	
	{2 x 75 on 1:30 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{2 x 25 on :30 Kick	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
450	1x{1 x 200 on 3:20 Butterfly	EN2	
	{1 x 150 on 2:30 Butterfly	EN2	
	{1 x 100 on 1:40 Butterfly	EN2	
550	1 x 550 on 9:00 Lungbuster pulls	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
450	1x{1 x 200 on 3:20 Butterfly	EN2	
	{1 x 150 on 2:30 Butterfly	EN2	
	{1 x 100 on 1:40 Butterfly	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:31 PM 3,450 Yards - Stress Value = 54		

**Workout #13094 - Wednesday, 20 February 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
400	1x{1 x 200 on 3:40 Butterfly	EN2	
	{1 x 150 on 2:45 Butterfly	EN2	

	{1 x 50 on :55 Butterfly	EN2	
500	1x{2 x 100 on 2:00 Kick	EN2	
	{2 x 75 on 1:30 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{2 x 25 on :30 Kick	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
400	1x{1 x 200 on 3:40 Butterfly	EN2	
	{1 x 150 on 2:45 Butterfly	EN2	
	{1 x 50 on :55 Butterfly	EN2	
500	1 x 500 on 9:00 Lungbuster pulls	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
400	1x{1 x 200 on 3:40 Butterfly	EN2	
	{1 x 150 on 2:45 Butterfly	EN2	
	{1 x 50 on :55 Butterfly	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:31 PM 3,200 Yards - Stress Value = 50		

**Workout #13095 - Wednesday, 20 February 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
400	1x{1 x 150 on 3:00 Butterfly	EN2	
	{2 x 100 on 2:00 Butterfly	EN2	
	{1 x 50 on 1:00 Butterfly	EN2	
500	1x{2 x 100 on 2:00 Kick	EN2	
	{2 x 75 on 1:30 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{2 x 25 on :30 Kick	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
400	1x{1 x 150 on 3:00 Butterfly	EN2	
	{2 x 100 on 2:00 Butterfly	EN2	
	{1 x 50 on 1:00 Butterfly	EN2	
450	1 x 450 on 9:00 Lungbuster pulls	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
400	1x{1 x 150 on 3:00 Butterfly	EN2	
	{2 x 100 on 2:00 Butterfly	EN2	
	{1 x 50 on 1:00 Butterfly	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:31 PM 3,100 Yards - Stress Value = 49		

**Workout #13096 - Wednesday, 20 February 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM Start			
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
300	1x{1 x 150 on 4:00 Butterfly {1 x 100 on 2:40 Butterfly {1 x 50 on 1:20 Butterfly	EN2 EN2 EN2	
500	1x{2 x 100 on 2:00 Kick {2 x 75 on 1:30 Kick {2 x 50 on 1:00 Kick {2 x 25 on :30 Kick	EN2 EN2 EN2 EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
300	1x{1 x 150 on 4:00 Butterfly {1 x 100 on 2:40 Butterfly {1 x 50 on 1:20 Butterfly	EN2 EN2 EN2	
350	1 x 350 on 9:00 Lungbuster pulls	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
300	1x{1 x 150 on 4:00 Butterfly {1 x 100 on 2:40 Butterfly {1 x 50 on 1:20 Butterfly	EN2 EN2 EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:31 PM 2,650 Yards - Stress Value = 41		

**Workout #13097 - Thursday, 21 February 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Time Set Description	EGY	WORK	STK
1,000	6:00 AM 1 on 35:00 DS/Weights		L DRY	
	6:35 AM 1 x 1000 on 15:00 Choice	REC	S CHO	
	6:50 AM 1 on 10:00 Ice		M	
	7:00 AM 1,000 Yards			

**Workout #13098 - Thursday, 21 February 2013**

**Group 3 - Platinum**

**1 minute rest between sets**

Yards	Set Description
5:00 PM Start	
600	1 on 25:00 DS/Shoulders 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,800	1x{2 x 150 on 2:25 Kick your #1 {2 x 50 on 1:00 Kick your #2 {2 x 50 on 1:05 Kick your #3 {2 x 150 on 2:20 Kick your #1 {2 x 50 on 1:00 Kick you #2 {2 x 50 on 1:05 Kick your #3 {2 x 150 on 2:15 Kick your #1 {2 x 50 on 1:00 Kick your #2 {2 x 50 on 1:05 Kick your #3 {2 x 150 on 2:10 Kick your#1
1,050	1x{3 x 50 on :40 Pulls {3 x 75 on 1:00 Pulls {3 x 100 on 1:20 Pulls {3 x 125 on 1:40 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	6:38 PM 3,800 Yards - Stress Value = 55

**Workout #13099 - Thursday, 21 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
5:00 PM Start	
600	1 on 25:00 DS/Shoulders 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,550	1x{2 x 150 on 2:55 Kick your #1 {2 x 50 on 1:05 Kick your #2 {2 x 50 on 1:10 Kick your #3 {2 x 150 on 2:50 Kick your #1 {1 x 50 on 1:05 Kick you #2 {2 x 50 on 1:10 Kick your #3 {2 x 150 on 2:45 Kick your #1 {1 x 50 on 1:05 Kick your #2 {2 x 50 on 1:10 Kick your #3 {1 x 150 on 2:40 Kick your#1
900	1x{3 x 50 on :45 Pulls {3 x 75 on 1:10 Pulls {3 x 100 on 1:30 Pulls {3 x 75 on 1:10 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	6:38 PM 3,400 Yards - Stress Value = 48

**Workout #13100 - Thursday, 21 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
5:00 PM Start	
550	1 on 25:00 DS/Shoulders 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,400	1x{2 x 150 on 3:15 Kick your #1 {1 x 50 on 1:10 Kick your #2 {1 x 50 on 1:15 Kick your #3 {2 x 150 on 3:10 Kick your #1 {2 x 50 on 1:10 Kick you #2 {1 x 50 on 1:15 Kick your #3 {2 x 150 on 3:05 Kick your #1 {2 x 50 on 1:10 Kick your #2 {1 x 50 on 1:15 Kick your #3 {1 x 100 on 2:00 Kick your#1
800	1x{3 x 50 on :50 Pulls {3 x 75 on 1:15 Pulls {3 x 100 on 1:40 Pulls {1 x 125 on 2:05 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	6:38 PM 3,100 Yards - Stress Value = 44

**Workout #13101 - Thursday, 21 February 2013**

**Group 3 - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
6:39 PM Start					
2,200	1x{1 x 200 on 3:00 Butterfly {8 x 25 on :40 Fly 15m under {2 x 175 on 2:35 Butterfly {6 x 25 on :40 Fly 12m under {3 x 150 on 2:10 Butterfly {4 x 25 on :40 Fly 9m under {4 x 100 on 1:25 Butterfly {2 x 25 on :40 Fly 6m under {4 x 75 on 1:00 Freestyle	EN2		S FLY	1
		EN2		S FLY	2
		EN2		S FLY	1
		EN2		S FLY	2
		EN2		P FLY	1
		EN2		S FLY	2
		EN2		S FR	1
		EN2		S FLY	2
					1
450	9 x 50 on 1:00 Stroke Drills	REC		D CD	2
	7:27 PM 2,650 Yards - Stress Value = 38				

**Workout #13102 - Thursday, 21 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
6:39 PM	Start				
1,900	1x{1 x 200 on 3:25 Butterfly	EN2	S	FLY	1
	{8 x 25 on :45 Fly 15m under	EN2	S	FLY	3
	{2 x 175 on 2:55 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 12m under	EN2	S	FLY	3
	{3 x 150 on 2:25 Butterfly	EN2	P	FLY	1
	{4 x 25 on :45 Fly 9m under	EN2	S	FLY	3
	{4 x 100 on 1:35 Butterfly	EN2	S	FLY	1
	{2 x 25 on :45 Fly 6m under	EN2	S	FLY	3
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
7:27 PM	2,350 Yards - Stress Value = 38				

{3 x 100 on 2:00 Kick-all under 1:30
{1 x 25 on :45 Kick on left side face down
{1 x 25 on :45 Kick on right side face down
{1 x 25 on :45 Kick on left side face up
{1 x 25 on :45 Kick on right side face up
{3 x 100 on 1:55 Kick-all under 1:30
{1 x 25 on :45 Kick on left side face down
{1 x 25 on :45 Kick on right side face down
{1 x 25 on :45 Kick on left side face up
{1 x 25 on :45 Kick on right side face up
{3 x 100 on 1:50 Kick-all under 1:30
{1 x 25 on :45 Kick on left side face down
{1 x 25 on :45 Kick on right side face down
{1 x 25 on :45 Kick on left side face up
{1 x 25 on :45 Kick on right side face up
{3 x 100 on 1:45 Kick-all under 1:30
20 x 50 on :40 Pulls-nbbf&w
1-5+2, 6-10+3, 11-15+4, 16-20+5
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
5:47 PM 3,550 Yards - Stress Value = 42

**Workout #13103 - Thursday, 21 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
6:39 PM	Start				
1,750	1x{1 x 200 on 3:45 Butterfly	EN2	S	FLY	1
	{8 x 25 on :45 Fly 15m under	EN2	S	FLY	3
	{2 x 175 on 3:15 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 12m under	EN2	S	FLY	3
	{3 x 150 on 2:45 Butterfly	EN2	P	FLY	1
	{4 x 25 on :45 Fly 9m under	EN2	S	FLY	3
	{3 x 100 on 1:45 Butterfly	EN2	S	FLY	1
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD	2
7:27 PM	2,200 Yards - Stress Value = 35				

**Workout #13106 - Friday, 22 February 2013**

**HighSchl - IM'ers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PAC
5:48 PM	Start				
1,000	5 x 200 on 5:00 IM or your #1 SP1	S	SP1	S	2:3
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD	2:0
6:24 PM	1,500 Yards - Stress Value = 80				

**Workout #13104 - Thursday, 21 February 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
500	1 on 30:00 DS/Shoulders/Tm Mtg		
	1 x 500 on 10:00 Underwater trn drill		
	Odd 100s free even 100's back		
	1 on 15:00 TN Turn Drills		
150	10 x 15 on :45 Shooters		
	Technique talk-3 key focus items of freesty		
150	6 x 25 on :45 Perfect Freestyle		
900	1x{1 x 250 on 8:00 Stroke Drills		
	{1 x 250 on 8:00 Stroke Drills		
	{1 x 250 on 8:00 Stroke Drills		
	{6 x 25 on :45 Perfect freestyle		
	1 on 10:00 Techniques-Straight arm finishes		
250	5 x 50 on 1:00 Free-descend		
	No breathing inside flags, perfect turns, a		
	perfect finishes		
200	1 x 200 on 3:00 Stroke Drills		
7:30 PM	2,150 Yards - Stress Value = 13		

**Workout #13107 - Wednesday, 20 February 2013**

**Group 2 - CON Taper-S**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
	1 on 30:00 DS/Abs/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
400	1x{1 x 200 on 3:40 Butterfly	EN2	
	{1 x 150 on 2:45 Butterfly	EN2	
	{1 x 50 on :55 Butterfly	EN2	
250	1x{1 x 100 on 2:15 Kick	EN2	
	{1 x 75 on 1:40 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
	{1 x 25 on :30 Kick	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
400	1x{1 x 200 on 3:40 Butterfly	EN2	
	{1 x 150 on 2:45 Butterfly	EN2	
	{1 x 50 on :55 Butterfly	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:53 PM	1,950 Yards - Stress Value = 27		

**Workout #13105 - Friday, 22 February 2013**

**Group 3 - Platinum**

**1 minute rest between sets**

Yards	Set Description
4:00 PM	Start
600	1 on 30:00 DS/Ted's Abs
150	1 x 600 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
1,600	1x{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
	{1 x 25 on :45 Kick on left side face up
	{1 x 25 on :45 Kick on right side face up

**Workout #13108 - Wednesday, 20 February 2013**

**Group 2 - CON Taper-B**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM Start			
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
400	1x{1 x 150 on 3:00 Butterfly	EN2	
	{2 x 100 on 2:00 Butterfly	EN2	
	{1 x 50 on 1:00 Butterfly	EN2	
200	1x{1 x 100 on 2:30 Kick	EN2	
	{1 x 75 on 1:45 Kick	EN2	
	{1 x 25 on :45 Kick	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
400	1x{1 x 150 on 3:00 Butterfly	EN2	
	{2 x 100 on 2:00 Butterfly	EN2	
	{1 x 50 on 1:00 Butterfly	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
6:53 PM 1,850 Yards - Stress Value = 26			

**Workout #13109 - Wednesday, 20 February 2013**

**Group 2 - CON Taper-C**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM Start			
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
300	1x{1 x 150 on 4:00 Butterfly	EN2	
	{1 x 100 on 2:40 Butterfly	EN2	
	{1 x 50 on 1:20 Butterfly	EN2	
150	1x{1 x 100 on 3:00 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
300	1x{1 x 150 on 4:00 Butterfly	EN2	
	{1 x 100 on 2:40 Butterfly	EN2	
	{1 x 50 on 1:20 Butterfly	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:52 PM 1,550 Yards - Stress Value = 21			

**Workout #13110 - Thursday, 21 February 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM Start			
400	1 x 400 on 10:00 Underwater trn drill		
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
650	1x{1 x 150 on 2:55 Kick your #1		
	{1 x 50 on 1:05 Kick your #2		
	{1 x 50 on 1:10 Kick your #3		
	{1 x 150 on 2:50 Kick your #1		
	{1 x 50 on 1:05 Kick your #2		
	{1 x 50 on 1:10 Kick your #3		
	{1 x 150 on 2:45 Kick your #1		
300	1x{1 x 50 on :45 Pulls		
	{1 x 75 on 1:10 Pulls		
	{1 x 100 on 1:30 Pulls		
	{1 x 75 on 1:10 Pulls		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
6:08 PM 1,600 Yards - Stress Value = 22			

**Workout #13111 - Thursday, 21 February 2013**

**Taper 1 - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
6:08 PM Start				
975	1x{1 x 200 on 3:25 Butterfly	EN2	S	FLY
	{4 x 25 on :45 Fly 15m under	EN2	S	FLY
	{1 x 175 on 2:55 Butterfly	EN2	S	FLY
	{4 x 25 on :45 Fly 12m under	EN2	S	FLY
	{1 x 150 on 2:25 Butterfly	EN2	P	FLY
	{4 x 25 on :45 Fly 9m under	EN2	S	FLY
	{1 x 100 on 1:35 Butterfly	EN2	S	FLY
	{2 x 25 on :45 Fly 6m under	EN2	S	FLY
250	1 x 250 on 5:00 Stroke Drills	REC	D	CD
6:35 PM 1,225 Yards - Stress Value = 20				

**Workout #13112 - Monday, 25 February 2013**

**Group 3 - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:30 PM Start			
600	1 on 30:00 DS/Physio Balls		
150	10 x 15 on :45 Shooters		
1,500	1x{8 x 25 on :30 Kick no board BSLR		
	{2 x 150 on 2:10 Kick		
	{8 x 25 on :30 Kick no board BSLR		
	{2 x 150 on 2:05 Kick		
	{8 x 25 on :30 Kick no board BSLR		
	{2 x 150 on 2:00 Kick		
1,500	1x{2 x 125 on 1:35 Pulls 7 SOLW		
	{2 x 125 on 1:35 Pulls 6 SOLW		
	{2 x 125 on 1:35 Pulls 5 SOLW		
	{2 x 125 on 1:35 Pulls 4 SOLW		
	{2 x 125 on 1:35 Pulls 3 SOLW		
	{2 x 125 on 1:35 Pulls 2 SOLW		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
5:12 PM 3,950 Yards - Stress Value = 50			

**Workout #13113 - Monday, 25 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:30 PM Start			
600	1 on 30:00 DS/Physio Balls		
150	10 x 15 on :45 Shooters		
1,200	1x{8 x 25 on :35 Kick no board BSLR		
	{2 x 150 on 2:40 Kick		
	{8 x 25 on :35 Kick no board BSLR		
	{2 x 150 on 2:35 Kick		
	{8 x 25 on :35 Kick no board BSLR		
1,350	1x{2 x 125 on 1:45 Pulls 7 SOLW		
	{2 x 125 on 1:45 Pulls 6 SOLW		
	{2 x 125 on 1:45 Pulls 5 SOLW		
	{2 x 125 on 1:45 Pulls 4 SOLW		
	{2 x 125 on 1:45 Pulls 3 SOLW		
	{1 x 100 on 1:25 Pulls 2 SOLW		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
5:12 PM 3,500 Yards - Stress Value = 43			

**Workout #13114 - Monday, 25 February 2013**

**1 minute rest between sets**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 DS/Physio Balls  
 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,000 1x{8 x 25 on :40 Kick no board BSLR  
 {1 x 150 on 3:05 Freestyle  
 {8 x 25 on :40 Kick no board BSLR  
 {1 x 150 on 3:00 Freestyle  
 {8 x 25 on :40 Kick no board BSLR  
 {1 x 100 on 2:00 Kick  
 1,200 1x{2 x 100 on 1:35 Pulls 7 SOLW  
 {2 x 100 on 1:35 Pulls 6 SOLW  
 {2 x 100 on 1:35 Pulls 5 SOLW  
 {2 x 100 on 1:35 Pulls 4 SOLW  
 {2 x 100 on 1:35 Pulls 3 SOLW  
 {2 x 100 on 1:35 Pulls 2 SOLW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 5:12 PM 3,100 Yards - Stress Value = 40

3:30 PM Start  
 Yards Set Description  
 =====  
 400 1 on 30:00 DS/Physio Balls  
 150 1 x 400 on 10:00 Swim-kick-pull-swim  
 1,000 10 x 15 on :45 Shooters  
 1x{8 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:05 Kick  
 {8 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:00 Kick  
 500 1x{1 x 125 on 1:30 Pulls 5 SOLW  
 {1 x 125 on 1:30 Pulls 4 SOLW  
 {1 x 125 on 1:30 Pulls 3 SOLW  
 {1 x 125 on 1:30 Pulls 2 SOLW  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:48 PM 2,150 Yards - Stress Value = 30

**Workout #13119 - Monday, 25 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 400 1 on 30:00 DS/Physio Balls  
 150 1 x 400 on 10:00 Swim-kick-pull-swim  
 850 10 x 15 on :45 Shooters  
 1x{8 x 25 on :35 Kick no board BSLR  
 {2 x 150 on 2:35 Kick  
 {8 x 25 on :35 Kick no board BSLR  
 {1 x 150 on 2:30 Kick  
 425 1x{1 x 125 on 1:40 Pulls 5 SOLW  
 {1 x 125 on 1:40 Pulls 4 SOLW  
 {1 x 125 on 1:40 Pulls 3 SOLW  
 {1 x 50 on :40 Pulls 2 SOLW  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:48 PM 1,925 Yards - Stress Value = 26

**Workout #13115 - Monday, 25 February 2013**

**Group 3 - Distance**

**1 minute rest between sets**

5:13 PM Start  
 Yards Set Description  
 =====  
 2,500 1x{1 x 250 on 3:00 Freestyle  
 {2 x 250 on 2:55 Free #2-3 KOW  
 {3 x 250 on 2:50 Free #3 4 strokes off each w  
 {4 x 250 on 2:45 Free #4 descend each 50  
 250 1 x 250 on 4:00 Free-Best Effort  
 400 8 x 50 on 1:00 Stroke Drills  
 5:56 PM 3,150 Yards - Stress Value = 47

**Workout #13120 - Monday, 25 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 400 1 on 30:00 DS/Physio Balls  
 150 1 x 400 on 10:00 Swim-kick-pull-swim  
 700 10 x 15 on :45 Shooters  
 1x{8 x 25 on :40 Kick no board BSLR  
 {1 x 150 on 3:05 Freestyle  
 {8 x 25 on :40 Kick no board BSLR  
 {1 x 150 on 3:00 Freestyle  
 400 1x{1 x 100 on 1:30 Pulls 5 SOLW  
 {1 x 100 on 1:30 Pulls 4 SOLW  
 {1 x 100 on 1:30 Pulls 3 SOLW  
 {1 x 100 on 1:30 Pulls 2 SOLW  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:48 PM 1,750 Yards - Stress Value = 24

**Workout #13116 - Monday, 25 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

5:13 PM Start  
 Yards Set Description  
 =====  
 2,300 1x{1 x 250 on 3:25 Freestyle  
 {2 x 250 on 3:20 Free #2-3 KOW  
 {3 x 250 on 3:15 Free #3 4 strokes off each w  
 {4 x 200 on 2:35 Free #4 descend each 50  
 200 1 x 200 on 3:00 Free-Best Effort  
 350 7 x 50 on 1:00 Stroke Drills  
 5:56 PM 2,850 Yards - Stress Value = 42

**Workout #13117 - Monday, 25 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

5:13 PM Start  
 Yards Set Description  
 =====  
 2,000 1x{1 x 200 on 3:05 Freestyle  
 {2 x 200 on 3:00 Free #2-3 KOW  
 {3 x 200 on 2:55 Free #3 4 strokes off each w  
 {4 x 200 on 2:50 Free #4 descend each 50  
 200 1 x 200 on 3:00 Free-Best Effort  
 400 8 x 50 on 1:00 Stroke Drills  
 5:56 PM 2,600 Yards - Stress Value = 38

**Workout #13118 - Monday, 25 February 2013**

**Group 3 - Divisionals**

**Workout #13121 - Monday, 25 February 2013**

**Group 3 - Distance**

**1 minute rest between sets**

4:52 PM Start

Yards	Set Description
1,200	1x{1 x 200 on 2:20 Freestyle {2 x 200 on 2:15 Free #2-3 KOW {3 x 200 on 2:10 Free #3 4 strokes off each w
300	1 x 300 on 4:00 Free-Best Effort
200	1 x 200 on 3:00 Stroke Drills
5:15 PM 1,700 Yards - Stress Value = 24	

**Workout #13122 - Monday, 25 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

4:52 PM Start

Yards	Set Description
1,050	1x{1 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Free #2-3 KOW {3 x 150 on 1:55 Free #3 4 strokes off each w
250	1 x 250 on 4:00 Free-Best Effort
200	1 x 200 on 3:00 Stroke Drills
5:15 PM 1,500 Yards - Stress Value = 20	

**Workout #13123 - Monday, 25 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

4:52 PM Start

Yards	Set Description
900	1x{1 x 150 on 2:15 Freestyle {2 x 150 on 2:10 Free #2-3 KOW {3 x 150 on 2:05 Free #3 4 strokes off each w
250	1 x 250 on 4:00 Free-Best Effort
200	1 x 200 on 3:00 Stroke Drills
5:14 PM 1,350 Yards - Stress Value = 19	

**Workout #13124 - Monday, 25 February 2013**

**Group 2 - Age Group State**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Physio Balls/Abs
150	1 x 500 on 10:00 Choice
1,100	10 x 15 on :45 Shooters
1,100	1x{2 x 150 on 2:45 Kick {2 x 125 on 2:20 Kick {2 x 100 on 1:55 Kick {2 x 75 on 1:30 Kick {8 x 25 on :45 Sprint Kick
600	4 x 150 on 2:15 Pulls no breath L 8/10/12/14
150	6 x 25 on :45 Stroke Drills
1,500	1x{4 x 125 on 1:50 Freestyle {4 x 125 on 1:45 Freestyle {4 x 125 on 1:40 Freestyle 5/6/7/8 KOLW
200	1 x 200 on 3:00 Stroke Drills
	1 on 5:00 Techniques-Starts
7:30 PM 4,200 Yards - Stress Value = 64	

**Workout #13125 - Monday, 25 February 2013**

**Group 2 - Divisionals**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
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Yards	Set Description
	1 on 30:00 DS/Physio Balls/Abs
300	1 x 300 on 10:00 Choice
150	10 x 15 on :45 Shooters
550	1x{1 x 150 on 2:45 Kick {1 x 125 on 2:20 Kick {1 x 100 on 1:55 Kick {1 x 75 on 1:30 Kick {4 x 25 on :45 Sprint kick
300	4 x 75 on 1:10 Pulls no breath L 8/10/12/14
150	6 x 25 on :45 Stroke Drills
750	1x{2 x 125 on 1:50 Freestyle {2 x 125 on 1:45 Freestyle {2 x 125 on 1:40 Freestyle 5/6/ KOLW
250	1 x 250 on 5:00 Stroke Drills
	1 on 15:00 Techniques-Starts
7:17 PM 2,450 Yards - Stress Value = 35	

**Workout #13126 - Monday, 25 February 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Physio Balls/Abs
300	1 x 300 on 10:00 Choice
150	10 x 15 on :45 Shooters
500	1x{1 x 150 on 3:00 Kick {1 x 125 on 2:35 Kick {1 x 100 on 2:05 Kick {1 x 25 on :35 Kick {4 x 25 on :45 Sprint kick
300	4 x 75 on 1:15 Pulls no breath L 8/10/12/14
150	6 x 25 on :45 Stroke Drills
700	1x{2 x 125 on 2:05 Freestyle {2 x 125 on 2:00 Freestyle {2 x 100 on 1:35 Freestyle 5/6/ KOLW
250	1 x 250 on 5:00 Stroke Drills
	1 on 15:00 Techniques-Starts
7:18 PM 2,350 Yards - Stress Value = 32	

**Workout #13127 - Monday, 25 February 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Physio Balls/Abs
300	1 x 300 on 10:00 Choice
150	10 x 15 on :45 Shooters
500	1x{1 x 150 on 3:15 Kick {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick {4 x 25 on :45 Sprint kick
250	5 x 50 on :55 Pulls no breath L 8/10/12/14
150	6 x 25 on :45 Stroke Drills
600	1x{2 x 125 on 2:15 Freestyle {2 x 100 on 1:45 Freestyle {2 x 75 on 1:15 Freestyle 5/6/ KOLW
250	1 x 250 on 5:00 Stroke Drills
	1 on 15:00 Techniques-Starts
7:17 PM 2,200 Yards - Stress Value = 30	

**Workout #13128 - Monday, 25 February 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Physio Balls/Abs
300	1 x 300 on 10:00 Choice
150	10 x 15 on :45 Shooters
450	1x{1 x 150 on 3:40 Kick
	{1 x 100 on 2:30 Kick
	{2 x 50 on 1:15 Kick
	{4 x 25 on :45 Sprint kick
250	5 x 50 on :55 Pulls no breath L 8/10/12/14 y
150	6 x 25 on :45 Stroke Drills
500	1x{2 x 125 on 2:30 Freestyle
	{2 x 100 on 2:25 Freestyle
	{1 x 50 on 1:10 Freestyle
	5/6/ KOLW
250	1 x 250 on 5:00 Stroke Drills
	1 on 15:00 Techniques-Starts
7:17 PM	2,050 Yards - Stress Value = 27

**Workout #13129 - Monday, 25 February 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Physio Balls/Abs
300	1 x 300 on 10:00 Choice
150	10 x 15 on :45 Shooters
400	1x{1 x 150 on 4:15 Kick
	{1 x 100 on 2:45 Kick
	{1 x 50 on 1:20 Kick
	{4 x 25 on :45 Sprint kick
200	4 x 50 on 1:10 Pulls no breath L 8/10/12/14
150	6 x 25 on :45 Stroke Drills
450	1x{2 x 100 on 2:30 Freestyle
	{2 x 75 on 1:50 Freestyle
	{2 x 50 on 1:15 Freestyle
	5/6/ KOLW
250	1 x 250 on 5:00 Stroke Drills
	1 on 15:00 Techniques-Starts
7:18 PM	1,900 Yards - Stress Value = 25

**Workout #13130 - Tuesday, 26 February 2013**

**Group 3 - Senior State**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
560	1x{8 x 20 on 1:00 Kick underwater w/fins
	{1 on 1:00 Change
	{16 x 25 on :30 Sprint Kick w/fins
500	5 x 100 on 2:00 Kick @ fastest interval
1,350	1x{2 x 250 on 3:15 Pulls Alt BTB/S
	{2 x 225 on 2:55 Pulls Alt BTB/S
	{2 x 200 on 2:35 Pulls-Alt- BTB/S
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
5:14 PM	3,360 Yards - Stress Value = 42

**Workout #13131 - Tuesday, 26 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
560	1x{8 x 20 on 1:00 Kick underwater w/fins
	{1 on 1:00 Change
	{16 x 25 on :30 Sprint Kick w/fins
500	5 x 100 on 2:00 Kick @ fastest interval
1,250	1x{2 x 250 on 3:35 Pulls Alt BTB/S
	{2 x 225 on 3:10 Pulls Alt BTB/S
	{2 x 150 on 2:05 Pulls-Alt- BTB/S
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
5:14 PM	3,260 Yards - Stress Value = 41

**Workout #13132 - Tuesday, 26 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Core
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
560	1x{8 x 20 on 1:00 Kick underwater w/fins
	{1 on 1:00 Change
	{16 x 25 on :30 Sprint Kick w/fins
500	5 x 100 on 2:00 Kick @ fastest interval
1,100	1x{2 x 225 on 3:35 Pulls Alt BTB/S
	{2 x 200 on 3:10 Pulls Alt BTB/S
	{2 x 125 on 2:00 Pulls-Alt- BTB/S
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
5:14 PM	3,060 Yards - Stress Value = 39

**Workout #13133 - Tuesday, 26 February 2013**

**Group 3 - Back**

**1 minute rest between sets**

5:15 PM Start

Yards	Set Description	EGY	WORK
2,500	1x{3 x 100 on 1:30 Backstroke-descend	EN2	S
	{1 x 200 on 2:30 Backstroke	EN2	S
	{3 x 100 on 1:30 Backstroke-descend	EN2	S
	{1 x 200 on 2:35 Backstroke	EN2	S
	{3 x 100 on 1:30 Backstroke-descend	EN2	S
	{1 x 200 on 2:40 Backstroke	EN2	S
	{3 x 100 on 1:30 Backstroke-descend	EN2	S
	{1 x 200 on 2:45 Backstroke	EN2	S
	{3 x 100 on 1:30 Backstroke-descend	EN2	S
	{1 x 200 on 2:50 Backstroke	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:56 PM	2,750 Yards - Stress Value = 50		

**Workout #13134 - Tuesday, 26 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:15 PM Start			
2,200	1x{3 x 100 on 1:40 Backstroke-descend	EN2	S
	{1 x 200 on 2:50 Backstroke	EN2	S
	{3 x 100 on 1:40 Backstroke-descend	EN2	S
	{1 x 200 on 2:55 Backstroke	EN2	S
	{3 x 100 on 1:40 Backstroke-descend	EN2	S
	{1 x 200 on 3:00 Backstroke	EN2	S
	{3 x 100 on 1:40 Backstroke-descend	EN2	S
	{1 x 200 on 3:05 Backstroke	EN2	S
	{2 x 100 on 1:40 Backstroke-descend	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:56 PM 2,450 Yards - Stress Value = 44			

**Workout #13135 - Tuesday, 26 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:15 PM Start			
1,950	1x{3 x 100 on 1:55 Backstroke-descend	EN2	S
	{1 x 200 on 3:30 Backstroke	EN2	S
	{3 x 100 on 1:55 Backstroke-descend	EN2	S
	{1 x 200 on 3:25 Backstroke	EN2	S
	{3 x 100 on 1:55 Backstroke-descend	EN2	S
	{1 x 200 on 3:20 Backstroke	EN2	S
	{3 x 100 on 1:55 Backstroke-descend	EN2	S
	{1 x 150 on 2:25 Backstroke	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:56 PM 2,200 Yards - Stress Value = 39			

**Workout #13136 - Tuesday, 26 February 2013**

**Group 3 - Divisionals**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:30 PM Start			
1 on 30:00 DS/Core			
400	1 x 400 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
560	1x{8 x 20 on 1:00 Kick underwater w/fins		
	{1 on 1:00 Change		
	{16 x 25 on :30 Sprint Kick w/fins		
700	1x{2 x 125 on 1:40 Pulls Alt BTB/S		
	{2 x 125 on 1:35 Pulls Alt BTB/S		
	{2 x 100 on 1:20 Pulls-Alt- BTB/S		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:52 PM 1,910 Yards - Stress Value = 23			

**Workout #13137 - Tuesday, 26 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:30 PM Start			
1 on 30:00 DS/Core			
400	1 x 400 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
560	1x{8 x 20 on 1:00 Kick underwater w/fins		
	{1 on 1:00 Change		
	{16 x 25 on :30 Sprint Kick w/fins		
650	1x{2 x 125 on 1:50 Pulls Alt BTB/S		
	{2 x 100 on 1:25 Pulls Alt BTB/S		
	{2 x 100 on 1:20 Pulls-Alt- BTB/S		
100	2x{1 x 25 on :50 Sculling drills		

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
4:52 PM 1,860 Yards - Stress Value = 23

**Workout #13138 - Tuesday, 26 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:30 PM Start			
1 on 30:00 DS/Core			
400	1 x 400 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
560	1x{8 x 20 on 1:00 Kick underwater w/fins		
	{1 on 1:00 Change		
	{16 x 25 on :30 Sprint Kick w/fins		
600	1x{2 x 125 on 2:05 Pulls Alt BTB/S		
	{2 x 100 on 1:35 Pulls Alt BTB/S		
	{2 x 75 on 1:10 Pulls-Alt- BTB/S		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:52 PM 1,810 Yards - Stress Value = 23			

**Workout #13139 - Tuesday, 26 February 2013**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
4:53 PM Start			
1,400	1x{3 x 100 on 1:30 Backstroke-descend	EN2	S
	{1 x 200 on 2:30 Backstroke	EN2	S
	{3 x 100 on 1:30 Backstroke-descend	EN2	S
	{1 x 200 on 2:35 Backstroke	EN2	S
	{4 x 100 on 1:30 Backstroke-descend	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:19 PM 1,650 Yards - Stress Value = 28			

**Workout #13140 - Tuesday, 26 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
4:53 PM Start			
1,300	1x{3 x 100 on 1:40 Backstroke-descend	EN2	S
	{1 x 200 on 2:50 Backstroke	EN2	S
	{3 x 100 on 1:40 Backstroke-descend	EN2	S
	{1 x 200 on 2:55 Backstroke	EN2	S
	{3 x 100 on 1:40 Backstroke-descend	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:19 PM 1,550 Yards - Stress Value = 26			

**Workout #13141 - Tuesday, 26 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
4:53 PM Start			
1,100	1x{3 x 100 on 1:55 Backstroke-descend	EN2	S
	{1 x 200 on 3:30 Backstroke	EN2	S
	{3 x 100 on 1:55 Backstroke-descend	EN2	S
	{1 x 200 on 3:25 Backstroke	EN2	S
	{1 x 100 on 1:55 Backstroke-fast	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:19 PM 1,350 Yards - Stress Value = 22			

**Workout #13142 - Tuesday, 26 February 2013**

**Group 2 - Age Group State**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
900	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:00 Streamline kick on back	EN2
	{6 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 2:55 Streamline kick on back	EN2
	{8 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 2:50 Streamline kick on back	EN2
150	6 x 25 on :45 Stroke Drills	REC
2,000	1x{3 x 100 on 1:40 Backstroke-descend	EN2
	{1 x 200 on 2:50 Backstroke	EN2
	{3 x 100 on 1:40 Backstroke-descend	EN2
	{1 x 200 on 2:55 Backstroke	EN2
	{3 x 100 on 1:40 Backstroke-descend	EN2
	{1 x 200 on 3:00 Backstroke	EN2
	{3 x 100 on 1:40 Backstroke-descend	EN2
	{1 x 200 on 3:05 Backstroke	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	7:29 PM 4,000 Yards - Stress Value = 64	

**Workout #13143 - Tuesday, 26 February 2013**

**Group 2 - Divisionals**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
300	1 x 300 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
500	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:00 Streamline kick on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 2:55 Streamline kick on back	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,100	1x{3 x 100 on 1:40 Backstroke-descend	EN2
	{1 x 200 on 2:50 Backstroke	EN2
	{3 x 100 on 1:40 Backstroke-descend	EN2
	{1 x 200 on 2:55 Backstroke	EN2
	{1 x 100 on 1:40 Backstroke-fast	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	7:04 PM 2,500 Yards - Stress Value = 38	

**Workout #13144 - Tuesday, 26 February 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
300	1 x 300 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
450	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:15 Streamline kick on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{1 x 100 on 2:05 Streamline kick on back	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,000	1x{3 x 100 on 1:50 Backstroke-descend	EN2
	{1 x 150 on 2:30 Backstroke	EN2
	{3 x 100 on 1:50 Backstroke-descend	EN2
	{1 x 150 on 2:35 Backstroke	EN2
	{1 x 100 on 1:50 Backstroke-fast	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	7:04 PM 2,350 Yards - Stress Value = 35	

**Workout #13145 - Tuesday, 26 February 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
300	1 x 300 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
450	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:30 Streamline kick on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{1 x 100 on 2:25 Streamline kick on back	EN2
150	6 x 25 on :45 Stroke Drills	REC
900	1x{3 x 100 on 2:00 Backstroke-descend	EN2
	{1 x 150 on 2:45 Backstroke	EN2
	{3 x 100 on 2:00 Backstroke-descend	EN2
	{1 x 150 on 2:45 Backstroke	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	7:04 PM 2,250 Yards - Stress Value = 33	

**Workout #13146 - Tuesday, 26 February 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
300	1 x 300 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
400	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 100 on 2:40 Streamline kick on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{1 x 100 on 2:35 Streamline kick on back	EN2
150	6 x 25 on :45 Stroke Drills	REC
800	1x{3 x 100 on 2:15 Backstroke-descend	EN2
	{1 x 200 on 4:15 Backstroke	EN2
	{3 x 100 on 2:15 Backstroke-descend	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	7:04 PM 2,100 Yards - Stress Value = 30	

**Workout #13147 - Tuesday, 26 February 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
300	1 x 300 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
300	1x{4 x 25 on 1:00 Kick no board B	EN2
	{1 x 100 on 3:00 Streamline kick on back	EN2
	{4 x 25 on 1:00 Kick no board B	EN2
150	6 x 25 on :45 Stroke Drills	REC
750	1x{3 x 100 on 2:45 Backstroke-descend	EN2
	{1 x 150 on 3:30 Backstroke	EN2
	{3 x 100 on 2:45 Backstroke-descend	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	7:05 PM 1,950 Yards - Stress Value = 27	

**Workout #13148 - Wednesday, 27 February 2013**

**Group 2 - Age Group State**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
1,000	1 x 1000 on 15:00 Pull-odss 100's BTB	EN1	
	Even 100's BTS		
100	4 x 25 on 1:00 Variable Speed	EN2	
1,200	6x{8 x 25 on :30 Fly	EN1	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:31 PM 3,950 Yards - Stress Value = 46		

**Workout #13149 - Wednesday, 27 February 2013**

**Group 2 - Divisionals**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		
300	1 x 300 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
400	1x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
500	1 x 500 on 7:30 Pull-odss 100's BTB	EN1	
	Even 100's BTS		
100	4 x 25 on 1:00 Variable Speed	EN2	
600	3x{8 x 25 on :30 Fly	EN1	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:02 PM 2,250 Yards - Stress Value = 27		

**Workout #13150 - Wednesday, 27 February 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		
300	1 x 300 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
350	1x{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
450	1 x 450 on 7:30 Pull-odss 100's BTB	EN1	
	Even 100's BTS		
100	4 x 25 on 1:00 Variable Speed	EN2	
600	3x{8 x 25 on :30 Fly	EN1	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:02 PM 2,150 Yards - Stress Value = 25		

**Workout #13151 - Wednesday, 27 February 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		

300	1 x 300 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
350	1x{1 x 100 on 2:25 Kick	EN2
	{1 x 100 on 2:20 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 50 on 1:00 Kick	EN2
400	1 x 400 on 7:30 Pull-odss 100's BTB	EN1
	Even 100's BTS	
100	4 x 25 on 1:00 Variable Speed	EN2
600	3x{8 x 25 on :35 Fly	EN1
	{1 on 1:00 Rest	
	Only do 6 on 4th set	
200	1 x 200 on 3:00 Stroke Drills	REC
	7:04 PM 2,100 Yards - Stress Value = 25	

**Workout #13152 - Wednesday, 27 February 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		
300	1 x 300 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
300	1x{1 x 100 on 2:40 Kick	EN2	
	{1 x 100 on 2:35 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
350	1 x 350 on 7:30 Pull-odss 100's BTB	EN1	
	Even 100's BTS		
100	4 x 25 on 1:00 Variable Speed	EN2	
600	3x{8 x 25 on :40 Fly	EN1	
	{1 on 1:00 Rest		
	Only do 4 on 4th set		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:06 PM 2,000 Yards - Stress Value = 24		

**Workout #13153 - Wednesday, 27 February 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		
300	1 x 300 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
250	1x{1 x 100 on 3:00 Kick	EN2	
	{1 x 100 on 2:55 Kick	EN2	
	{1 x 50 on 1:25 Kick	EN2	
300	1 x 300 on 7:30 Pull-odss 100's BTB	EN1	
	Even 100's BTS		
100	4 x 25 on 1:00 Variable Speed	EN2	
400	2x{8 x 25 on :45 Fly	EN1	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:01 PM 1,700 Yards - Stress Value = 20		

**Workout #13154 - Thursday, 28 February 2013**

**Group 3 - Senior State**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,800 1x{1 x 100 on 1:30 Kick  
 {4 x 25 on :45 Sprint Kick  
 {1 x 100 on 2:00 Kick  
 {2 x 100 on 1:30 Kick  
 {4 x 25 on :45 Sprint Kick  
 {1 x 100 on 2:00 Kick  
 {3 x 100 on 1:30 Kick  
 {4 x 25 on :45 Sprint Kick  
 {1 x 100 on 2:00 Kick  
 {4 x 100 on 1:30 Kick  
 {4 x 25 on :45 Sprint Kick  
 {1 x 100 on 2:00 Kick  
 750 1 x 750 on 10:00 Pull-alt breakouts  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 8x{8 x 25 on :25 Fly  
 { BP 1up1d, 1u2d 1u3d,  
 { two 1u4d, 1u3d, 1u2d, 1uld  
 { the last 2 of each set 100%  
 {1 on 1:00 Rest  
 250 1 x 250 on 4:00 Stroke Drills  
 5:54 PM 5,350 Yards - Stress Value = 80

**Workout #13155 - Thursday, 28 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,650 1x{1 x 100 on 1:45 Kick  
 {4 x 25 on :45 Sprint Kick  
 {1 x 100 on 2:05 Kick  
 {2 x 100 on 1:45 Kick  
 {4 x 25 on :45 Sprint Kick  
 {1 x 100 on 2:05 Kick  
 {3 x 100 on 1:45 Kick  
 {4 x 25 on :45 Sprint Kick  
 {1 x 100 on 2:05 Kick  
 {4 x 100 on 1:45 Kick  
 {2 x 25 on :45 Sprint kick  
 700 1 x 700 on 10:00 Pull-alt breakouts  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 7x{8 x 25 on :30 Fly  
 { BP 1up1d, 1u2d 1u3d,  
 { two 1u4d, 1u3d, 1u2d, 1uld  
 { the last 2 of each set 100%  
 {1 on 1:00 Rest  
 250 1 x 250 on 4:00 Stroke Drills  
 5:54 PM 4,950 Yards - Stress Value = 73

**Workout #13156 - Thursday, 28 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters

1,550 1x{1 x 100 on 2:00 Kick  
 {4 x 25 on :45 Sprint Kick  
 {1 x 100 on 2:15 Kick  
 {2 x 100 on 2:00 Kick  
 {4 x 25 on :45 Sprint Kick  
 {1 x 100 on 2:15 Kick  
 {3 x 100 on 2:00 Kick  
 {4 x 25 on :45 Sprint Kick  
 {1 x 50 on 1:15 Kick  
 {4 x 100 on 2:00 Kick  
 600 1 x 600 on 10:00 Pull-alt breakouts  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 6x{8 x 25 on :35 Fly  
 { BP 1up1d, 1u2d 1u3d,  
 { two 1u4d, 1u3d, 1u2d, 1uld  
 { the last 2 of each set 100%  
 {1 on 1:00 Rest  
 250 1 x 250 on 4:00 Stroke Drills  
 5:53 PM 4,500 Yards - Stress Value = 66

**Workout #13157 - Thursday, 28 February 2013**

**Group 3 - Divisionals**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 900 1x{1 x 100 on 1:30 Kick  
 {4 x 25 on :45 Sprint Kick  
 {1 x 100 on 2:00 Kick  
 {2 x 100 on 1:30 Kick  
 {4 x 25 on :45 Sprint Kick  
 {1 x 100 on 2:00 Kick  
 {2 x 100 on 1:30 Kick  
 400 1 x 400 on 5:30 Pull-alt breakouts  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 800 4x{8 x 25 on :25 Fly  
 { BP 1up1d, 1u2d 1u3d,  
 { two 1u4d, 1u3d, 1u2d, 1uld  
 { the last 2 of each set 100%  
 {1 on 1:00 Rest  
 250 1 x 250 on 4:00 Stroke Drills  
 5:13 PM 3,000 Yards - Stress Value = 42

**Workout #13158 - Thursday, 28 February 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 800 1x{1 x 100 on 1:45 Kick  
 {4 x 25 on :45 Sprint Kick  
 {1 x 100 on 2:05 Kick  
 {2 x 100 on 1:45 Kick  
 {4 x 25 on :45 Sprint Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 1:45 Kick  
 350 1 x 350 on 5:30 Pull-alt breakouts  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 800 4x{8 x 25 on :30 Fly  
 { BP 1u1d, 1u2d 1u3d,  
 { two 1u4d, 1u3d, 1u2d, 1u1d  
 { the last 2 of each set 100%  
 {1 on 1:00 Rest  
 only do 4 on the last set  
 250 1 x 250 on 4:00 Stroke Drills  
 5:15 PM 2,850 Yards - Stress Value = 40

**Workout #13159 - Thursday, 28 February 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 750 1x{1 x 100 on 2:00 Kick  
 {4 x 25 on :45 Sprint Kick  
 {1 x 100 on 2:15 Kick  
 {2 x 100 on 2:00 Kick  
 {4 x 25 on :45 Sprint Kick  
 {1 x 100 on 2:15 Kick  
 {1 x 50 on 1:00 Kick  
 300 1 x 300 on 5:30 Pull-alt breakouts  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 3x{8 x 25 on :35 Fly  
 { BP 1u1d, 1u2d 1u3d,  
 { two 1u4d, 1u3d, 1u2d, 1u1d  
 { the last 2 of each set 100%  
 {1 on 1:00 Rest  
 250 1 x 250 on 4:00 Stroke Drills  
 5:12 PM 2,550 Yards - Stress Value = 34

**Workout #13160 - Thursday, 28 February 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders/Tm Mtg  
 500 1 x 500 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 1 on 8:00 Techniques-open turns  
 150 10 x 15 on :45 Shooters  
 1 on 2:00 Technique talk  
 150 6 x 25 on 1:00 Perfect Breaststroke  
 750 1x{1 x 250 on 10:00 Breast Drill-Kick  
 {1 x 250 on 10:00 Breast drill-fast recovery  
 {1 x 250 on 10:00 Breast drill-streamline  
 100 4 x 25 on :45 Perfect Breaststroke

250 1 x 250 on 4:00 Stroke Drills  
 1 on 15:00 Techniques-Breast Starts  
 7:31 PM 1,900 Yards - Stress Value = 14

**Workout #13161 - Friday, 01 March 2013**

**Group 3 - Recovery/Technique Day**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Dynamic Stretch  
 800 1 x 800 on 12:00 Choice-mix it up  
 150 10 x 15 on :45 Shooters  
 2,000 8x{1 x 100 on 2:00 Kick  
 {1 x 100 on 1:30 Pulls-nbbf&w + 2 yds  
 {1 x 50 on 1:00 Build to 100%-IM order  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 200 1 x 200 on 5:00 Broken at each 50  
 Rest 10-20-30 seconds  
 400 8 x 50 on 1:00 Stroke Drills  
 5:00 PM 3,750 Yards - Stress Value = 52

**Workout #13162 - Monday, 04 March 2013**

**Group 3 - Senior State**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Ball Shoulders  
 400 1 x 400 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 700 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 100 on 1:20 Kick  
 {1 x 100 on 1:25 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 100 on 1:25 Kick  
 {1 x 100 on 1:30 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 250 1x{1 x 50 on :40 Pull 5 SOT  
 {1 x 50 on :40 Pull 4 SOT  
 {1 x 50 on :40 Pull 3 SOT  
 {1 x 50 on :40 Pull 2 SOT  
 {1 x 50 on :40 Pull 1 SOT  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{1 x 300 on 3:20 Freestyle  
 {2 x 100 on 1:30 Freestyle hold under 101  
 {1 x 300 on 3:20 Freestyle  
 {2 x 100 on 1:25 Freestyle hold under 100  
 {1 x 300 on 3:25 Freestyle  
 {2 x 100 on 1:20 Free hold under :58  
 400 8 x 50 on 1:00 Stroke Drills  
 5:05 PM 3,500 Yards - Stress Value = 50

**Workout #13163 - Monday, 04 March 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 400 1 on 25:00 DS/Physio Ball Shoulders  
 150 1 x 400 on 10:00 Swim-kick-pull-swim  
 600 10 x 15 on :45 Shooters  
 1x{4 x 25 on :35 Kick no board BSLR  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 1:45 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 100 on 1:45 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 250 1x{1 x 50 on :45 Pull 5 SOT  
 {1 x 50 on :45 Pull 4 SOT  
 {1 x 50 on :45 Pull 3 SOT  
 {1 x 50 on :45 Pull 2 SOT  
 {1 x 50 on :45 Pull 1 SOT  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,350 1x{1 x 250 on 3:20 Freestyle  
 {2 x 100 on 1:30 Freestyle hold under 110  
 {1 x 250 on 3:20 Freestyle  
 {2 x 100 on 1:25 Freestyle hold under 109  
 {1 x 250 on 3:25 Freestyle  
 {2 x 100 on 1:25 Free hold under 1:08  
 400 8 x 50 on 1:00 Stroke Drills  
 5:05 PM 3,250 Yards - Stress Value = 45

**Workout #13164 - Monday, 04 March 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 400 1 on 25:00 DS/Physio Ball Shoulders  
 150 1 x 400 on 10:00 Swim-kick-pull-swim  
 500 10 x 15 on :45 Shooters  
 1x{4 x 25 on :40 Kick no board BSLR  
 {1 x 100 on 2:00 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {1 x 100 on 2:05 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 200 1x{1 x 50 on :50 Pull 5 SOT  
 {1 x 50 on :50 Pull 4 SOT  
 {1 x 50 on :50 Pull 3 SOT  
 {1 x 50 on :50 Pull 2 SOT  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,150 1x{1 x 250 on 3:45 Freestyle  
 {2 x 100 on 1:40 Freestyle hold under 120  
 {1 x 250 on 3:45 Freestyle  
 {2 x 100 on 1:35 Freestyle hold under 118  
 {1 x 250 on 3:45 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 5:04 PM 2,900 Yards - Stress Value = 39

**Workout #13165 - Monday, 04 March 2013**

**Group 3 - Age Group State**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 25:00 DS/Physio Balls  
 150 1 x 600 on 10:00 Swim-kick-pull-swim  
 1,600 10 x 15 on :45 Shooters  
 1x{4 x 25 on :35 Kick no board BSLR  
 {2 x 100 on 1:40 Kick  
 {2 x 100 on 1:45 Kick  
 {6 x 25 on :35 Kick no board BSLRBS

{2 x 100 on 1:45 Kick  
 {2 x 100 on 1:50 Kick  
 {8 x 25 on :35 Kick no board BSLR X2  
 {2 x 100 on 1:50 Kick  
 {6 x 25 on :35 Kick no board BSLRBS  
 750 3x{1 x 50 on :45 Pull 5 SOT-HB  
 {1 x 50 on :45 Pull 4 SOT-HB  
 {1 x 50 on :45 Pull 3 SOT-HB  
 {1 x 50 on :45 Pull 2 SOT-HB  
 {1 x 50 on :45 Pull 1 SOT-HB  
 dont do last two on third set  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,500 1x{1 x 300 on 4:00 Freestyle  
 {3 x 100 on 1:40 Freestyle hold under 112  
 {1 x 300 on 4:05 Freestyle  
 {3 x 100 on 1:35 Freestyle hold under 111  
 {1 x 300 on 4:10 Freestyle  
 {1 x 100 on 1:30 Freestyle hold under 110  
 {1 x 300 on 4:15 Freestyle  
 {3 x 100 on 1:25 Freestyle hold under 109  
 {1 x 300 on 4:20 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 5:50 PM 6,050 Yards - Stress Value = 101

**Workout #13166 - Monday, 04 March 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/Physo Balls/Tm Mtg RE  
 150 1 x 500 on 10:00 Choice RE  
 150 10 x 15 on :45 Shooters SE  
 1,000 1x{2 x 50 on :55 Kick EN  
 {2 x 75 on 1:25 Kick EN  
 {2 x 100 on 1:55 Kick EN  
 {2 x 125 on 2:25 Kick EN  
 {2 x 150 on 2:55 Kick EN  
 600 1 x 600 on 10:00 Alt 25 br pull 25 fr pul EN  
 156 6 x 26 on :45 Breast Drill RE  
 1,500 1x{1 x 200 on 3:15 Breaststroke EN  
 {2 x 25 on :30 Breast 2X pullouts EN  
 {2 x 150 on 2:25 Breaststroke EN  
 {4 x 25 on :30 Breast 2X pullouts EN  
 {3 x 100 on 1:35 Breaststroke EN  
 {6 x 25 on :30 Breast 2X pullouts EN  
 {4 x 50 on :45 Breaststroke EN  
 250 {8 x 25 on :30 Breast 2X pullouts EN  
 1 x 250 on 5:00 Stroke Drills RE  
 7:30 PM 4,156 Yards - Stress Value = 53

**Workout #13167 - Monday, 04 March 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Physo Balls/Tm Mtg	
500	1 x 500 on 10:00 Choice	RE
150	10 x 15 on :45 Shooters	SI
950	1x{1 x 50 on 1:05 Kick	EN
	{2 x 75 on 1:35 Kick	EN
	{2 x 100 on 2:05 Kick	EN
	{2 x 125 on 2:35 Kick	EN
	{2 x 150 on 3:05 Kick	EN
550	1 x 550 on 10:00 Alt 25 br pull 25 fr pul	EN
156	6 x 26 on :45 Breast Drill	RE
1,400	1x{1 x 200 on 3:35 Breaststroke	EN
	{2 x 25 on :30 Breast 2X pullouts	EN
	{2 x 150 on 2:40 Breaststroke	EN
	{4 x 25 on :30 Breast 2X pullouts	EN
	{3 x 100 on 1:45 Breaststroke	EN
	{6 x 25 on :30 Breast 2X pullouts	EN
	{4 x 50 on :50 Breaststroke	EN
	{4 x 25 on :30 Breast 2X pullouts	EN
250	1 x 250 on 5:00 Stroke Drills	RE
	7:30 PM 3,956 Yards - Stress Value = 50	

**Workout #13168 - Monday, 04 March 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Physo Balls/Tm Mtg	
450	1 x 450 on 10:00 Choice	RE
150	10 x 15 on :45 Shooters	SI
900	1x{2 x 75 on 1:40 Kick	EN
	{2 x 100 on 2:10 Kick	EN
	{2 x 125 on 2:45 Kick	EN
	{2 x 150 on 3:15 Kick	EN
500	1 x 500 on 10:00 Alt 25 br pull 25 fr pul	EN
156	6 x 26 on :45 Breast Drill	RE
1,300	1x{1 x 200 on 3:50 Breaststroke	EN
	{2 x 25 on :35 Breast 2X pullouts	EN
	{2 x 150 on 2:50 Breaststroke	EN
	{4 x 25 on :35 Breast 2X pullouts	EN
	{3 x 100 on 1:50 Breaststroke	EN
	{6 x 25 on :35 Breast 2X pullouts	EN
	{4 x 50 on :55 Breaststroke	EN
250	1 x 250 on 5:00 Stroke Drills	RE
	7:30 PM 3,706 Yards - Stress Value = 47	

**Workout #13169 - Tuesday, 05 March 2013**

**Group 3 - Senior State**

**1 minute rest between sets**

3:30 PM Start		
Yards	Set Description	
=====	=====	
	1 on 25:00 DS/Core	
400	1 x 400 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
650	1x{3 x 50 on :55 Kick-descend	
	{1 x 100 on 1:35 Kick	
	{3 x 50 on :55 Kick-descend	
	{1 x 100 on 1:30 Kick	
	{3 x 50 on :55 Kick-descend	
550	1x{ 1st repeat BTB, 2nd BTS	
	{2 x 150 on 1:50 Pulls L.25 2 breaths	
	{2 x 125 on 1:30 Pulls L.25 2 breaths	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
950	1x{1 x 125 on 1:50 Backstroke	

	{2 x 50 on :40 Backstroke-good effort
	{2 x 125 on 1:45 Backstroke
	{2 x 50 on :45 Backstroke good effort
	{3 x 125 on 1:40 Backstroke
200	1 x 200 on 3:00 Freestyle
200	1 x 200 on 5:00 Broken at each 50
300	1 x 300 on 5:00 Stroke Drills
	5:10 PM 3,500 Yards - Stress Value = 61

**Workout #13170 - Tuesday, 05 March 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start		
Yards	Set Description	
=====	=====	
	1 on 25:00 DS/Core	
400	1 x 400 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
600	1x{3 x 50 on 1:00 Kick-descend	
	{1 x 100 on 1:50 Kick	
	{3 x 50 on 1:00 Kick-descend	
	{1 x 100 on 1:45 Kick	
	{2 x 50 on 1:00 Kick-descend	
500	1x{ 1st repeat BTB, 2nd BTS	
	{2 x 150 on 2:05 Pulls L.25 2 breaths	
	{2 x 100 on 1:25 Pulls L.25 2 breaths	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
800	1x{1 x 100 on 1:40 Backstroke	
	{2 x 50 on :50 Backstroke-good effort	
	{2 x 100 on 1:35 Backstroke	
	{2 x 50 on :55 Backstroke good effort	
	{3 x 100 on 1:30 Backstroke	
200	1 x 200 on 3:00 Freestyle	
200	1 x 200 on 5:00 Broken at each 50	
300	1 x 300 on 5:00 Stroke Drills	
	5:09 PM 3,250 Yards - Stress Value = 58	

**Workout #13171 - Tuesday, 05 March 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start		
Yards	Set Description	
=====	=====	
	1 on 25:00 DS/Core	
400	1 x 400 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
550	1x{3 x 50 on 1:05 Kick-descend	
	{1 x 100 on 2:05 Kick	
	{3 x 50 on 1:05 Kick-descend	
	{1 x 100 on 2:00 Kick	
	{1 x 50 on 1:05 Kick-descend	
400	1x{ 1st repeat BTB, 2nd BTS	
	{2 x 125 on 2:00 Pulls L.25 2 breaths	
	{2 x 75 on 1:10 Pulls L.25 2 breaths	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
800	1x{1 x 100 on 1:50 Backstroke	
	{2 x 50 on :50 Backstroke-good effort	
	{2 x 100 on 1:45 Backstroke	
	{2 x 50 on :55 Backstroke good effort	
	{3 x 100 on 1:40 Backstroke	
200	1 x 200 on 3:00 Freestyle	
200	1 x 200 on 5:00 Broken at each 50	
300	1 x 300 on 5:00 Stroke Drills	
	5:10 PM 3,100 Yards - Stress Value = 55	

**Workout #13172 - Tuesday, 05 March 2013**

**Group 3 - Age Group State**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY
600	1 on 25:00 DS/Core	
150	1 x 600 on 10:00 Underwater trn drill	REC
1,600	10 x 15 on :45 Shooters	EN2
	1x{3 x 50 on 1:00 Kick-descend	EN2
	{1 x 100 on 1:50 Kick	EN2
	{3 x 50 on 1:00 Kick-descend	EN2
	{2 x 100 on 1:45 Kick	EN2
	{3 x 50 on 1:00 Kick-descend	EN2
	{3 x 100 on 1:40 Kick	EN2
	{3 x 50 on 1:00 Kick-descend	EN2
	{4 x 100 on 1:35 Kick	EN2
1,250	1x{ 1st repeat BTB, 2nd BTS	EN1
	{2 x 200 on 2:50 Pulls L.25 2 breaths	EN2
	{2 x 175 on 2:30 Pulls L.25 2 breaths	EN2
	{2 x 150 on 2:05 Pulls L.25 2 breaths	EN2
	{2 x 100 on 1:25 Pulls L.25 2 breaths	EN2
200	4x{1 x 25 on :50 Sculling drills	EN2
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN2
1,850	1x{1 x 125 on 1:50 Backstroke	EN2
	{3 x 50 on :40 Backstroke-good effort	EN2
	{2 x 125 on 1:45 Backstroke	EN2
	{3 x 50 on :45 Backstroke good effort	EN2
	{3 x 125 on 1:40 Backstroke	EN2
	{3 x 50 on :50 Backstroke good effort	EN2
	{4 x 125 on 1:35 Backstroke	EN2
	{3 x 50 on :55 Backstroke-good effort	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	5:44 PM 5,950 Yards - Stress Value = 87	

**Workout #13173 - Tuesday, 05 March 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
500	1 on 25:00 DS/Core/Tm Mtg	
150	1 x 500 on 10:00 Underwater trn drill	REC
1,100	10 x 15 on :45 Shooters	EN2
	1x{4 x 25 on :45 Kick no board S	EN2
	{1 x 150 on 3:00 Kick	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{2 x 125 on 2:30 Kick	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{3 x 100 on 2:00 Kick	EN2
	{4 x 25 on :45 Kick no board S	EN2
800	16 x 50 on :45 Pulls-odds BTB	EN1
	Evens BTS	
100	4 x 25 on 1:00 Stroke Drills	REC
1,350	1x{3 x 100 on 1:35 3 strokes fly off walls	EN2
	{4 x 25 on :30 Fly luld	EN2
	{3 x 100 on 1:30 3 strokes fly off walls	EN2
	{6 x 25 on :30 Fly luld	EN2
	{3 x 100 on 1:25 3 strokes fly off walls	EN2
	{8 x 25 on :30 Fly luld	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	7:29 PM 4,250 Yards - Stress Value = 60	

**Workout #13174 - Tuesday, 05 March 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
500	1 on 25:00 DS/Core/Tm Mtg	
150	1 x 500 on 10:00 Underwater trn drill	REC
	10 x 15 on :45 Shooters	EN2

1,050	1x{4 x 25 on :45 Kick no board S	EN2
	{1 x 150 on 3:15 Kick	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{2 x 125 on 2:40 Kick	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{3 x 100 on 2:10 Kick	EN2
	{2 x 25 on :45 Kick no board S	EN2
700	14 x 50 on :50 Pulls-odds BTB	EN1
	Evens BTS	
100	4 x 25 on 1:00 Stroke Drills	REC
1,250	1x{3 x 100 on 1:45 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly luld	EN2
	{3 x 100 on 1:40 3 strokes fly off walls	EN2
	{6 x 25 on :35 Fly luld	EN2
	{3 x 100 on 1:35 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly luld	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	7:30 PM 4,000 Yards - Stress Value = 56	

**Workout #13175 - Tuesday, 05 March 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
500	1 on 25:00 DS/Core/Tm Mtg	
150	1 x 450 on 10:00 Underwater trn drill	REC
1,000	10 x 15 on :45 Shooters	EN2
	1x{4 x 25 on :45 Kick no board S	EN2
	{1 x 150 on 3:30 Kick	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{2 x 125 on 2:55 Kick	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{2 x 100 on 2:20 Kick	EN2
	{4 x 25 on :45 Kick no board S	EN2
650	13 x 50 on :55 Pulls-odds BTB	EN1
	Evens BTS	
100	4 x 25 on 1:00 Stroke Drills	REC
1,150	1x{3 x 100 on 2:00 3 strokes fly off walls	EN2
	{4 x 25 on :40 Fly luld	EN2
	{3 x 100 on 1:55 3 strokes fly off walls	EN2
	{4 x 25 on :40 Fly luld	EN2
	{3 x 100 on 1:50 3 strokes fly off walls	EN2
	{2 x 25 on :40 Fly luld	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	7:30 PM 3,750 Yards - Stress Value = 52	

**Workout #13176 - Wednesday, 06 March 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK
300	1 on 30:00 DS/Abs/Tm Mtg		I
150	1 x 300 on 7:00 Swim-kick-pull-swim	REC	S
700	10 x 15 on :45 Shooters	SP3	S
	1x{2 x 25 on :45 Kick no board B	EN2	F
	{1 x 100 on 1:55 Kick	EN2	F
	{4 x 25 on :45 Kick no board B	EN2	F
	{2 x 100 on 1:50 Kick	EN2	F
	{6 x 25 on :45 Kick no board B	EN2	F
	{1 x 100 on 1:45 Kick	EN2	F
150	6 x 25 on :45 Back Drills	REC	I
1,050	1x{6 x 50 on 1:00 Backstroke	EN2	S
	{5 x 50 on :55 Backstroke	EN2	S
	{4 x 50 on :50 Backstroke	EN2	S
	{3 x 50 on :45 Backstroke	EN2	S
	{2 x 50 on :40 Backstroke	EN2	S
	{1 x 50 on :35 Backstroke	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	7:05 PM 2,600 Yards - Stress Value = 41		

**Workout #13177 - Wednesday, 06 March 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
300	1 on 30:00 DS/Abs/Tm Mtg			L DRY
150	1 x 300 on 7:00 Choice	REC		S CHO
700	10 x 15 on :45 Shooters	SP3		S BK
	1x{2 x 25 on :45 Kick no board B	EN2		K FLY
	{1 x 100 on 2:10 Kick	EN2		K FR
	{4 x 25 on :45 Kick no board B	EN2		K FLY
	{2 x 100 on 2:05 Kick	EN2		K FR
	{4 x 25 on :45 Kick no board B	EN2		K FLY
	{2 x 75 on 1:30 Kick	EN2		K FR
150	6 x 25 on :45 Back Drills	REC		D BK
950	1x{6 x 50 on 1:05 Backstroke	EN2		S BK
	{5 x 50 on 1:00 Backstroke	EN2		S BK
	{4 x 50 on :55 Backstroke	EN2		S BK
	{3 x 50 on :50 Backstroke	EN2		S BK
	{1 x 50 on :45 Backstroke	EN2		S BK
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	7:05 PM 2,500 Yards - Stress Value = 39			

**Workout #13178 - Wednesday, 06 March 2013**

**Group 3 - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
400	1 on 25:00 DS/Abs		
150	1 x 400 on 10:00 Free L.25 of each 100 Non F		
750	10 x 15 on :45 Shooters		
	1x{4 x 25 on :30 Kick no board BSLR		
	{1 x 100 on 1:25 Kick		
	{6 x 25 on :30 Kick no board BSLRBS		
	{2 x 100 on 1:25 Kick		
	{8 x 25 on :30 Kick no board BSLRX2		
600	6 x 100 on 1:15 Lungbuster pulls		
	breathe 3-5-7-9 continuous		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,100	1x{1 x 100 on 1:15 Freestyle		
	{2 x 100 on 1:30 Butterfly		
	{1 x 100 on 1:15 Freestyle		
	{3 x 100 on 1:30 Butterfly		
	{1 x 100 on 1:15 Freestyle		
	{2 x 100 on 1:30 Butterfly		
	{1 x 100 on 1:15 Freestyle		
400	8 x 50 on 1:00 Stroke Drills		
	5:08 PM 3,500 Yards - Stress Value = 55		

**Workout #13179 - Thursday, 07 March 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
500	1 on 30:00 DS/Shoulders/Tm Mtg		
	1 x 500 on 10:00 Underwater trn drill		
	Odd 100's free even 100's back		
150	1 on 10:00 Techniques-bucket turns		
	10 x 15 on :45 Shooters		
	1 on 5:00 Technique Talk		
	3 key items for each stroke		
200	8 x 25 on 1:00 Perfect Swims 2 on each strok		
800	1x{1 x 200 on 8:00 Fly Drills		
	{1 x 200 on 8:00 Back Drills		
	{1 x 200 on 8:00 Breast Drills		
	{1 x 200 on 8:00 Free Drills		
200	1 x 200 on 4:00 Individual Medley		
	25 Perfect form-25 100%		

200 1 x 200 on 3:00 Stroke Drills  
 1 on 5:00 Techniques-Starts  
 focus on super fast explosive fly breakouts  
 7:30 PM 2,050 Yards - Stress Value = 10

**Workout #13180 - Friday, 08 March 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
500	1 on 30:00 DS/Dryland		L
150	1 x 500 on 10:00 Reverse IM drill	REC	D
1,500	10 x 15 on :45 Shooters	SP3	S
	1x{5 x 100 on 1:15 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{4 x 100 on 1:15 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{3 x 100 on 1:15 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{2 x 100 on 1:15 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{1 x 100 on 1:15 Freestyle	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	D
	1 on 10:00 Techniques-Relay Starts		D
	6:59 PM 2,400 Yards - Stress Value = 36		

**Workout #13181 - Friday, 08 March 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
500	1 on 30:00 DS/Dryland		L
150	1 x 500 on 10:00 Reverse IM drill	REC	D
1,400	10 x 15 on :45 Shooters	SP3	S
	1x{5 x 100 on 1:25 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{4 x 100 on 1:25 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{3 x 100 on 1:25 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{2 x 100 on 1:25 Freestyle	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	D
	1 on 10:00 Techniques-Relay Starts		D
	6:59 PM 2,300 Yards - Stress Value = 34		

**Workout #13182 - Friday, 08 March 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
500	1 on 30:00 DS/Dryland		L
150	1 x 500 on 10:00 Reverse IM drill	REC	D
1,300	10 x 15 on :45 Shooters	SP3	S
	1x{5 x 100 on 1:35 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{4 x 100 on 1:35 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{3 x 100 on 1:35 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{1 x 100 on 1:35 Freestyle	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	D
	1 on 10:00 Techniques-Relay Starts		D
	7:00 PM 2,200 Yards - Stress Value = 32		

**Workout #13183 - Monday, 11 March 2013**

**Group 3 - Age Group State**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Dynamic Stretch  
 400 1 x 400 on 7:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 700 1x{1 x 100 on 1:45 Kick  
 {4 x 25 on :35 Kick no board BSLR-12 KOW  
 {2 x 100 on 1:50 Kick  
 {4 x 25 on :35 Kick no board BSLR-12 KOW  
 {2 x 100 on 1:55 Kick  
 525 1x{1 x 200 on 2:50 Pull no br L.12 yds  
 {1 x 200 on 2:45 Pull no br L.12 yds  
 {1 x 125 on 1:40 Pull no br L.12 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,375 1x{1 x 125 on 2:15 Freestyle  
 {2 x 250 on 3:25 Freestyle  
 {1 x 125 on 2:15 Freestyle  
 {2 x 250 on 3:20 Freestyle  
 {1 x 125 on 2:15 Freestyle  
 250 5 x 50 on 1:00 Stroke Drills  
 4:52 PM 3,500 Yards - Stress Value = 69

{8 x 20 on 1:00 Cross pool underwater fly kic  
 2,050 1x{8 x 25 on :30 Kick no board BSLR 10 KOW  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {8 x 25 on :35 Kick no board BSLR 11 KOW  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {8 x 25 on :40 Kick no board BSLR 12 KOW  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {8 x 25 on :45 Kick no board BSLR 13 KOW  
 {1 x 50 on :55 Kick  
 {1 x 50 on :50 Kick  
 {1 x 50 on :45 Kick  
 {1 x 50 on 1:30 EZ free put fins on  
 100 1 x 100 on 3:00 Kick for time w/flippers  
 500 10 x 50 on 1:00 Stroke Drills  
 5:15 PM 4,010 Yards - Stress Value = 64

**Workout #13186 - Monday, 11 March 2013**

**Group 3 - Silver**

**1 minute rest between sets**

**Workout #13184 - Monday, 11 March 2013**

**Group 3 - Platinum**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Dynamic Stretch  
 1,000 1 x 1000 on 15:00 Swim-kick-pull-swim  
 360 1x{8 x 25 on 1:00 Free 8brths-1/1KOW +`  
 {1 on 2:00 Rotate put on/remover fins  
 {8 x 20 on 1:00 Cross pool underwater fly kic  
 2,200 1x{8 x 25 on :30 Kick no board BSLR 10 KOW  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {8 x 25 on :35 Kick no board BSLR 11 KOW  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:30 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {8 x 25 on :40 Kick no board BSLR 12 KOW  
 {1 x 100 on 1:35 Kick  
 {1 x 100 on 1:30 Kick  
 {1 x 100 on 1:25 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {8 x 25 on :45 Kick no board BSLR 13 KOW  
 {1 x 100 on 1:30 Kick  
 {1 x 100 on 1:25 Kick  
 {1 x 100 on 1:20 Kick  
 {1 x 50 on 1:30 EZ free put fins on  
 100 1 x 100 on 3:00 Kick for time w/flippers  
 500 10 x 50 on 1:00 Stroke Drills  
 5:15 PM 4,160 Yards - Stress Value = 67

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Dynamic Stretch  
 900 1 x 900 on 15:00 Swim-kick-pull-swim  
 360 1x{8 x 25 on 1:00 Free 8brths-1/1KOW +`  
 {1 on 2:00 Rotate put on/remover fins  
 {8 x 20 on 1:00 Cross pool underwater fly kic  
 1,900 1x{8 x 25 on :30 Kick no board BSLR 10 KOW  
 {1 x 100 on 2:15 Kick  
 {1 x 100 on 2:10 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {8 x 25 on :35 Kick no board BSLR 11 KOW  
 {1 x 100 on 2:10 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {8 x 25 on :40 Kick no board BSLR 12 KOW  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 50 on 1:30 EZ free put on fins  
 {8 x 25 on :45 Kick no board BSLR 13 KOW  
 {1 x 50 on 1:30 EZ free put fins on  
 100 1 x 100 on 3:00 Kick for time w/flippers  
 500 10 x 50 on 1:00 Stroke Drills  
 5:15 PM 3,760 Yards - Stress Value = 61

**Workout #13185 - Monday, 11 March 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Dynamic Stretch  
 1,000 1 x 1000 on 15:00 Swim-kick-pull-swim  
 360 1x{8 x 25 on 1:00 Free 8brths-1/1KOW +`  
 {1 on 2:00 Rotate put on/remover fins

**Workout #13187 - Monday, 11 March 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 25:00 DS/Core/Tm Mtg		L
400	1 x 400 on 8:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
400	4 x 100 on 2:00 Kick-odds fast	EN2	S
100	4 x 25 on 1:00 Fly Stroke Drills	REC	D
1,300	1x{6 x 25 on :30 Butterfly	EN2	S
	{1 x 200 on 3:00 Individual Medley	EN2	S
	{5 x 50 on :55 Butterfly	EN2	S
	{1 x 200 on 3:05 Individual Medley	EN2	S
	{4 x 75 on 1:20 Butterfly	EN2	S
	{1 x 200 on 3:10 Individual Medley	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
250	1 x 250 on 5:00 Stroke Drills	REC	D
	7:11 PM 2,600 Yards - Stress Value = 40		

**Workout #13188 - Monday, 11 March 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 25:00 DS/Core/Tm Mtg		L
400	1 x 400 on 8:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
400	4 x 100 on 2:15 Kick-odds fast	EN2	S
100	4 x 25 on 1:00 Fly Stroke Drills	REC	D
1,100	1x{6 x 25 on :40 Butterfly	EN2	S
	{1 x 200 on 3:20 Individual Medley	EN2	S
	{5 x 50 on 1:05 Butterfly	EN2	S
	{1 x 200 on 3:25 Individual Medley	EN2	S
	{4 x 75 on 1:30 Butterfly	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
250	1 x 250 on 5:00 Stroke Drills	REC	D
	7:12 PM 2,400 Yards - Stress Value = 36		

**Workout #13189 - Monday, 11 March 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 25:00 DS/Core/Tm Mtg		L
350	1 x 350 on 8:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
300	3 x 100 on 2:35 Kick-odds fast	EN2	S
100	4 x 25 on 1:00 Fly Stroke Drills	REC	D
1,025	1x{6 x 25 on :45 Butterfly	EN2	S
	{1 x 200 on 3:40 Individual Medley	EN2	S
	{5 x 50 on 1:15 Butterfly	EN2	S
	{1 x 200 on 3:45 Individual Medley	EN2	S
	{3 x 75 on 1:45 Butterfly	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
250	1 x 250 on 5:00 Stroke Drills	REC	D
	7:12 PM 2,175 Yards - Stress Value = 32		

**Workout #13190 - Monday, 11 March 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 25:00 DS/Core/Tm Mtg		L
300	1 x 300 on 8:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S

300	3 x 100 on 2:50 Kick-odds fast	EN2	S
100	4 x 25 on 1:00 Fly Stroke Drills	REC	D
900	1x{6 x 25 on :45 Butterfly	EN2	S
	{1 x 200 on 4:00 Individual Medley	EN2	S
	{4 x 50 on 1:25 Butterfly	EN2	S
	{1 x 200 on 4:05 Individual Medley	EN2	S
	{3 x 50 on 1:20 Butterfly	EN2	S
	1 on 15:00 Techniques-Relay Starts		D
250	1 x 250 on 5:00 Stroke Drills	REC	D
	7:12 PM 2,000 Yards - Stress Value = 30		

**Workout #13191 - Tuesday, 12 March 2013**

**Group 3 - Age Group State**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	6 x 100 on 2:00 Kick-odds 100%
750	1x{2 x 150 on 2:15 Pulls
	{2 x 125 on 1:50 Pulls
	{2 x 100 on 1:30 Pulls
	{ 1st of each set BTB
	{ 2nd of each set BTS
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,075	1x{4 x 100 on 1:25 Back alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{3 x 75 on 1:05 Back Alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{2 x 50 on :45 Back Alt 25 of 10 KOW
	{6 x 25 on :30 Back 8-9-10-11-12-13KOW
400	8 x 50 on 1:00 Stroke Drills
	4:51 PM 3,275 Yards - Stress Value = 44

**Workout #13192 - Tuesday, 12 March 2013**

**Group 3 - Platinum**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
1,000	1 x 1000 on 15:00 Free L.25 of each 100 Non
240	8 x 30 on 2:00 Running Pit Springs
3,000	1x{1 x 50 on 1:15 Tombstone Kicking
	{1 x 75 on 1:30 Kick
	{1 x 75 on 1:30 Kick
	{2 x 50 on 1:10 Tombstone Kicking
	{2 x 75 on 1:25 Kick
	{2 x 75 on 1:25 Kick
	{3 x 50 on 1:05 Tombstone Kicking
	{3 x 75 on 1:20 Kick
	{3 x 75 on 1:20 Kick
	{4 x 50 on 1:00 Tombstone Kicking
	{4 x 75 on 1:15 Kick
	{4 x 75 on 1:15 Kick
	{5 x 50 on :55 Tombstone Kicing
	{5 x 75 on 1:10 Kick
	{5 x 75 on 1:10 Kick
350	7 x 50 on 1:00 Stroke Drills
	5:15 PM 4,590 Yards - Stress Value = 71

**Workout #13193 - Tuesday, 12 March 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 10:00 Dynamic Stretch
1,000	1 x 1000 on 15:00 Free L.25 of each 100 Non
240	8 x 30 on 2:00 Running Pit Springs
2,775	1x{1 x 50 on 1:20 Tombstone Kicking
	{1 x 75 on 1:35 Kick
	{1 x 75 on 1:35 Kick
	{2 x 50 on 1:15 Tombstone Kicking
	{2 x 75 on 1:30 Kick
	{2 x 75 on 1:30 Kick
	{3 x 50 on 1:10 Tombstone Kicking
	{3 x 75 on 1:25 Kick
	{3 x 75 on 1:25 Kick
	{4 x 50 on 1:05 Tombstone Kicking
	{4 x 75 on 1:20 Kick
	{4 x 75 on 1:20 Kick
	{5 x 50 on 1:00 Tombstone Kicking
	{4 x 75 on 1:15 Kick
	{3 x 75 on 1:15 Kick
350	7 x 50 on 1:00 Stroke Drills
5:15 PM	4,365 Yards - Stress Value = 65

	{4 x 50 on 1:25 Tombstone Kicking
	{4 x 75 on 1:45 Kick
	{4 x 75 on 1:45 Kick
	{1 x 50 on 1:20 Tombstone Kicking
350	7 x 50 on 1:00 Stroke Drills
5:14 PM	3,540 Yards - Stress Value = 51

**Workout #13196 - Tuesday, 12 March 2013**

**Group 2 - Back**

**1 minute rest between sets**

Yards	Set Description	EC
5:30 PM	Start	
=====	=====	==
	1 on 25:00 DS/Core/Tm Mtg	
400	1 x 400 on 8:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SF
600	1x{4 x 25 on :45 Kick no board B	EN
	{2 x 100 on 2:10 Kick no board on back	EN
	{4 x 25 on :45 Kick no board B	EN
	{2 x 100 on 2:05 Kick on back no board	EN
100	4 x 25 on 1:00 Backstroke drill	RE
400	2 x 200 on 6:00 Backstroke broken at 50's	SF
250	1 x 250 on 5:00 Stroke Drills	RE
	1 on 15:00 Techniques-Relay Starts	
7:07 PM	1,900 Yards - Stress Value = 50	

**Workout #13194 - Tuesday, 12 March 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 10:00 Dynamic Stretch
950	1 x 950 on 15:00 Free L.25 of each 100 Non F
240	8 x 30 on 2:00 Running Pit Springs
2,475	1x{1 x 50 on 1:25 Tombstone Kicking
	{1 x 75 on 1:45 Kick
	{1 x 75 on 1:45 Kick
	{2 x 50 on 1:20 Tombstone Kicking
	{2 x 75 on 1:40 Kick
	{2 x 75 on 1:40 Kick
	{3 x 50 on 1:15 Tombstone Kicking
	{3 x 75 on 1:35 Kick
	{3 x 75 on 1:35 Kick
	{4 x 50 on 1:10 Tombstone Kicking
	{4 x 75 on 1:30 Kick
	{4 x 75 on 1:30 Kick
	{5 x 50 on 1:05 Tombstone Kicking
	{2 x 75 on 1:25 Kick
	{1 x 75 on 1:25 Kick
350	7 x 50 on 1:00 Stroke Drills
5:15 PM	4,015 Yards - Stress Value = 60

**Workout #13197 - Tuesday, 12 March 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EC
5:30 PM	Start	
=====	=====	==
	1 on 25:00 DS/Core/Tm Mtg	
400	1 x 400 on 8:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SF
550	1x{4 x 25 on :45 Kick no board B	EN
	{2 x 100 on 2:20 Kick no board on back	EN
	{4 x 25 on :45 Kick no board B	EN
	{2 x 75 on 1:40 Kick on back no board	EN
100	4 x 25 on 1:00 Backstroke drill	RE
400	2 x 200 on 6:00 Backstroke Broken at 50's	SF
250	1 x 250 on 5:00 Stroke Drills	RE
	1 on 15:00 Techniques-Relay Starts	
7:06 PM	1,850 Yards - Stress Value = 49	

**Workout #13198 - Tuesday, 12 March 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EC
5:30 PM	Start	
=====	=====	==
	1 on 25:00 DS/Core/Tm Mtg	
350	1 x 350 on 8:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SF
550	1x{4 x 25 on :45 Kick no board B	EN
	{2 x 100 on 2:35 Kick no board on back	EN
	{4 x 25 on :45 Kick no board B	EN
	{2 x 75 on 1:40 Kick on back no board	EN
100	4 x 25 on 1:00 Backstroke drill	RE
400	2 x 200 on 6:00 Backstroke broken at 50's	SF
250	1 x 250 on 5:00 Stroke Drills	RE
	1 on 15:00 Techniques-Relay Starts	
7:07 PM	1,800 Yards - Stress Value = 49	

**Workout #13195 - Tuesday, 12 March 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 10:00 Dynamic Stretch
900	1 x 900 on 15:00 Free L.25 of each 100 Non F
240	8 x 30 on 2:00 Running Pit Springs
2,050	1x{1 x 50 on 1:40 Tombstone Kicking
	{1 x 75 on 2:00 Kick
	{1 x 75 on 2:00 Kick
	{2 x 50 on 1:35 Tombstone Kicking
	{2 x 75 on 1:55 Kick
	{2 x 75 on 1:55 Kick
	{3 x 50 on 1:30 Tombstone Kicking
	{3 x 75 on 1:50 Kick
	{3 x 75 on 1:50 Kick

**Workout #13199 - Tuesday, 12 March 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Core/Tm Mtg	
300	1 x 300 on 8:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SE
500	1x{4 x 25 on :45 Kick no board B	EN
	{2 x 100 on 3:00 Kick no board on back	EN
	{4 x 25 on :45 Kick no board B	EN
	{1 x 100 on 2:55 Kick on back no board	EN
100	4 x 25 on 1:00 Backstroke drill	RE
400	2 x 200 on 6:00 Backstroke Broken at 50's	SE
250	1 x 250 on 5:00 Stroke Drills	RE
	1 on 15:00 Techniques-Relay Starts	
	7:07 PM 1,700 Yards - Stress Value = 48	

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 Dynamic Stretch	
1,000	1 x 1000 on 15:00 Underwater trn drill	REC
200	8 x 25 on 2:00 Fly or Brst OTB-walk back	SP2
400	4 x 100 on 1:30 Free-des to ludicrous	EN2
2,000	1x{1 x 150 on 3:00 Kick	EN1
	{1 x 50 on 1:00 Kick-100%	EN3
	{2 x 150 on 2:55 Kick	EN1
	{2 x 50 on 1:00 Kick-100%	EN3
	{3 x 150 on 2:50 Kick	EN2
	{3 x 50 on 1:00 Kick-100%	EN3
	{4 x 100 on 1:50 Kick	EN2
	{4 x 50 on 1:00 Kick-100%	EN3
	{1 x 200 on 4:00 Freestyle-EZ	REC
100	1 x 100 on 2:00 Kick for time	SP2
500	10 x 50 on 1:00 Stroke Drills	REC
	5:13 PM 4,200 Yards - Stress Value = 90	

**Workout #13203 - Wednesday, 13 March 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 Dynamic Stretch	
	1 on 25:00 DS/Abs	
400	1 x 400 on 8:00 Free L.25 of each 100 Non Fr	REC
150	10 x 15 on :45 Shooters	SP2
750	1x{3 x 100 on 1:45 Kick	EN2
	{4 x 25 on :30 Kick no board BSLR 13 KOW	EN1
	{2 x 125 on 2:15 Kick	EN1
	{4 x 25 on :30 Kick no board BSLR 12 KOW	EN1
100	2x{1 x 25 on :50 Sculling drills	EN3
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN2
1,350	1x{2 x 125 on 2:10 Butterfly	EN3
	{2 x 100 on 1:25 Freestyle	EN3
	{2 x 125 on 2:05 Butterfly	REC
	{2 x 100 on 1:25 Freestyle	EN3
	{2 x 125 on 2:00 Butterfly	SP2
	{2 x 100 on 1:25 Freestyle	REC
250	1 x 250 on 4:00 Stroke Drills	
	4:58 PM 3,000 Yards - Stress Value = 48	

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 Dynamic Stretch	
950	1 x 950 on 15:00 Underwater trn drill	REC
200	8 x 25 on 2:00 Fly or Brst OTB-walk back	SP2
400	4 x 100 on 1:30 Free-des to ludicrous	EN2
1,800	1x{1 x 125 on 2:45 Kick	EN1
	{1 x 50 on 1:10 Kick-100%	EN3
	{2 x 125 on 2:40 Kick	EN1
	{2 x 50 on 1:10 Kick-100%	EN3
	{3 x 125 on 2:35 Kick	EN2
	{3 x 50 on 1:10 Kick-100%	EN3
	{4 x 100 on 2:00 Kick	EN2
	{3 x 50 on 1:10 Kick-100%	EN3
	{1 x 200 on 4:00 Freestyle-EZ	REC
100	1 x 100 on 2:00 Kick for time	SP2
500	10 x 50 on 1:00 Stroke Drills	REC
	5:13 PM 3,950 Yards - Stress Value = 84	

**Workout #13204 - Wednesday, 13 March 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 Dynamic Stretch	
	1 on 10:00 Dynamic Stretch	
1,000	1 x 1000 on 15:00 Underwater trn drill	REC
200	8 x 25 on 2:00 Fly or Brst OTB-walk back	SP2
400	4 x 100 on 1:30 Free-des to ludicrous	EN2
2,200	1x{1 x 150 on 2:45 Kick	EN1
	{1 x 50 on 1:00 Kick-100%	EN3
	{2 x 150 on 2:40 Kick	EN1
	{2 x 50 on 1:00 Kick-100%	EN3
	{3 x 150 on 2:35 Kick	EN2
	{3 x 50 on 1:00 Kick-100%	EN3
	{4 x 150 on 2:30 Kick	EN2
	{4 x 50 on 1:00 Kick-100%	EN3
	{1 x 200 on 3:00 Freestyle-EZ	REC
100	1 x 100 on 2:00 Kick for time	SP2
500	10 x 50 on 1:00 Stroke Drills	REC
	5:13 PM 4,400 Yards - Stress Value = 94	

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 Dynamic Stretch	
900	1 x 900 on 15:00 Underwater trn drill	REC
200	8 x 25 on 2:00 Fly or Brst OTB-walk back	SP2
300	4 x 75 on 1:30 Free-des to ludicrous	EN2
1,650	1x{1 x 100 on 2:30 Kick	EN1
	{1 x 50 on 1:15 Kick-100%	EN3
	{2 x 100 on 2:25 Kick	EN1
	{2 x 50 on 1:15 Kick-100%	EN3
	{3 x 100 on 2:20 Kick	EN2
	{3 x 50 on 1:15 Kick-100%	EN3
	{4 x 100 on 2:15 Kick	EN2
	{3 x 50 on 1:15 Kick-100%	EN3
	{1 x 200 on 4:00 Freestyle-EZ	REC
100	1 x 100 on 2:00 Kick for time	SP2
500	10 x 50 on 1:00 Stroke Drills	REC
	5:13 PM 3,650 Yards - Stress Value = 80	

**Workout #13202 - Wednesday, 13 March 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

**Workout #13205 - Wednesday, 13 March 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 PM	Start		
400	1 on 25:00 DS/Abs/Tm Mtg	REC	L
150	1 x 400 on 8:00 Choice	SP3	S
600	10 x 15 on :45 Shooters	EN2	S
	1x{1 x 150 on 2:50 Kick	EN2	K
	{1 x 125 on 2:20 Kick	EN2	K
	{1 x 100 on 1:50 Kick	EN2	K
	{1 x 75 on 1:20 Kick	EN2	K
	{3 x 50 on :50 Kick-descend	EN2	K
100	4 x 25 on 1:00 Stroke Drills	REC	D
950	1x{1 x 200 on 3:10 Breaststroke	EN1	S
	{2 x 25 on :30 Breast 2X pullouts	EN1	S
	{2 x 150 on 2:20 Breaststroke	EN1	S
	{4 x 25 on :30 Breast 2X pullouts	EN1	S
	{3 x 100 on 1:35 Breaststroke	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Techniques-Relay Starts		D
7:00 PM	2,400 Yards - Stress Value = 27		

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 PM	Start		
300	1 on 25:00 DS/Abs/Tm Mtg		L
150	1 x 300 on 8:00 Choice	REC	S
950	10 x 15 on :45 Shooters	SP3	S
	1x{1 x 150 on 3:35 Kick	EN2	K
	{2 x 125 on 3:00 Kick	EN2	K
	{3 x 100 on 2:20 Kick	EN2	K
	{2 x 75 on 1:45 Kick	EN2	K
	{2 x 50 on 1:10 Kick	EN2	K
200	4 x 50 on 1:00 Stroke Drills	REC	D
750	1x{1 x 200 on 4:10 Breaststroke	EN1	S
	{2 x 25 on :45 Breast 2X pullouts	EN1	S
	{2 x 150 on 3:05 Breaststroke	EN1	S
	{4 x 25 on :45 Breast 2X pullouts	EN1	S
	{1 x 100 on 2:05 Breaststroke	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Techniques-Relay Starts		S
7:13 PM	2,550 Yards - Stress Value = 32		

**Workout #13206 - Wednesday, 13 March 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 PM	Start		
400	1 on 25:00 DS/Abs1/Tm Mtg	REC	L
150	1 x 400 on 8:00 Choice	SP3	S
500	10 x 15 on :45 Shooters	EN2	S
	1x{1 x 150 on 3:05 Kick	EN2	K
	{1 x 125 on 2:35 Kick	EN2	K
	{1 x 100 on 2:05 Kick	EN2	K
	{1 x 75 on 1:35 Kick	EN2	K
	{1 x 50 on 1:00 Kick	EN2	K
100	4 x 25 on 1:00 Stroke Drills	REC	D
850	1x{1 x 200 on 3:25 Breaststroke	EN1	S
	{2 x 25 on :35 Breast 2X pullouts	EN1	S
	{2 x 150 on 2:35 Breaststroke	EN1	S
	{4 x 25 on :35 Breast 2X pullouts	EN1	S
	{2 x 100 on 1:40 Breaststroke	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Techniques-Relay Starts		D
7:00 PM	2,200 Yards - Stress Value = 24		

**Workout #13209 - Thursday, 14 March 2013**

**Group 3 - Recovery/Technique Day**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:30 PM	Start		
400	1 on 10:00 Dynamic Stretch		L
150	1 x 400 on 8:00 Freestyle Drill	REC	D
300	10 x 15 on :45 Shooters	SP3	S
400	3 x 100 on 2:15 Kick	EN1	K
400	8 x 50 on 1:00 Down drill-back build	EN1	S
400	4 x 100 on 1:45 Choice-descend	EN1	S
	1 on 10:00 Techniques-Starts		D
50	2 x 25 on 2:00 OTB-Walk backs	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice/Tm Mtg		M
4:52 PM	1,950 Yards - Stress Value = 18		

**Workout #13210 - Thursday, 14 March 2013**

**Group 3 - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:30 PM	Start		
	1 on 10:00 Dynamic Stretch		
1,000	1 x 1000 on 15:00 Too complicated to type	REC	RE
240	8 x 30 on 2:00 Alt Fly-Free over/unders	SP3	S
1,850	1x{4 x 25 on :30 Kick no board BSLR	EN1	S
	{1 x 100 on 1:30 Kick-100%	EN1	S
	{1 x 50 on 1:00 Freestyle	RE	S
	{6 x 25 on :35 Kick no board BSLRBS	EN1	S
	{2 x 100 on 1:35 Kick #2-100%	EN1	S
	{1 x 50 on 1:00 Freestyle	RE	S
	{8 x 25 on :40 Kick no board BSLR	EN1	S
	{3 x 100 on 1:40 Kick #3 100%	EN1	S
	{1 x 50 on 1:00 Freestyle	RE	S
	{10 x 25 on :45 Kick no board BSLRX2LR	EN1	S
	{4 x 100 on 1:45 Kick #4 100%	EN1	S
	1 on 25:00 Water Polo		
5:16 PM	3,090 Yards - Stress Value = 44		

**Workout #13207 - Wednesday, 13 March 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 PM	Start		
350	1 on 30:00 DS/Abs/Tm Mtg	REC	L
150	1 x 350 on 8:00 Choice	SP3	S
350	10 x 15 on :45 Shooters	EN2	S
	1x{1 x 150 on 3:15 Kick	EN2	K
	{1 x 125 on 2:45 Kick	EN2	K
	{1 x 75 on 1:40 Kick	EN2	K
100	4 x 25 on 1:00 Stroke Drills	REC	D
750	1x{1 x 200 on 3:40 Breaststroke	EN1	S
	{2 x 25 on :40 Breast 2X pullouts	EN1	S
	{2 x 150 on 2:45 Breaststroke	EN1	S
	{4 x 25 on :40 Breast 2X pullouts	EN1	S
	{1 x 100 on 1:50 Breaststroke	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Techniques-Relay Starts		S
7:01 PM	1,900 Yards - Stress Value = 20		

**Workout #13208 - Wednesday, 13 March 2013**

**Workout #13211 - Thursday, 14 March 2013**

**1 minute rest between sets**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EC
1,000	1 on 10:00 Dynamic Stretch	RE
240	1 x 1000 on 15:00 Too complicated to type	RE
1,750	8 x 30 on 2:00 Alt Fly-Free over/unders	SF
	1x{4 x 25 on :30 Kick no board BSLR	EN
	{1 x 100 on 1:45 Kick-100%	EN
	{1 x 50 on 1:00 Freestyle	RE
	{6 x 25 on :35 Kick no board BSLRBS	EN
	{2 x 100 on 1:50 Kick #2-100%	EN
	{1 x 50 on 1:00 Freestyle	RE
	{8 x 25 on :40 Kick no board BSLR	EN
	{3 x 100 on 1:55 Kick #3 100%	EN
	{1 x 50 on 1:00 Freestyle	RE
	{6 x 25 on :45 Kick no board BSLRLR	EN
	{4 x 100 on 2:00 Kick #4 100%	EN
	1 on 25:00 Water Polo	

5:15 PM 2,990 Yards - Stress Value = 42

5:30 PM Start

Yards	Set Description	EGY	WOF
400	1 on 15:00 DS/Tm Mtg		
150	1 x 400 on 8:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters		SP3
100	1 on 2:00 Technique Talk		
600	4 x 25 on :45 Perfect Free		EN1
	1x{1 x 200 on 7:00 Stroke Drills		REC
	{1 x 200 on 7:00 Stroke Drills		REC
	{1 x 200 on 7:00 Stroke Drills		REC
150	3 x 50 on 1:15 Perfect free		EN1
300	12 x 25 on :45 Variable Speed		EN1
200	1 x 200 on 4:00 Stroke Drills		REC
	1 on 10:00 Techniques-Relay Starts		

7:00 PM 1,900 Yards - Stress Value = 12

**Workout #13215 - Monday, 08 April 2013**

**Group 3 - Freestylers**

**1 minute rest between sets**

**Workout #13212 - Thursday, 14 March 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EC
1,000	1 on 10:00 Dynamic Stretch	RE
240	1 x 1000 on 15:00 Too complicated to type	RE
1,600	8 x 30 on 2:00 Alt Fly-Free over/unders	SF
	1x{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 1:55 Kick-100%	EN
	{1 x 50 on 1:00 Freestyle	RE
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 100 on 2:00 Kick #2-100%	EN
	{1 x 50 on 1:00 Freestyle	RE
	{4 x 25 on :45 Kick no board BSLR	EN
	{3 x 100 on 2:05 Kick #3 100%	EN
	{1 x 50 on 1:00 Freestyle	RE
	{6 x 25 on :45 Kick no board BSLRBS	EN
	{4 x 100 on 2:10 Kick #4 100%	EN
	1 on 25:00 Water Polo	

5:15 PM 2,840 Yards - Stress Value = 39

3:30 PM Start

Yards	Set Description	EGY	WOF
400	1 on 25:00 DS/Physio Balls/Tm Mtg		
150	1 x 400 on 7:00 Swim-kick-drill-swim		
500	10 x 15 on :45 Shooters		
	2x{1 x 25 on :45 Kick on left side face down		
	{1 x 25 on :45 Kick on right side face down		
	{1 x 25 on :45 Kick on left side face up		
	{1 x 25 on :45 Kick on right side face up		
	{3 x 50 on 1:00 Kick no board		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,500	6 x 250 on 3:30 3:00 swims :30 rest		
300	6 x 50 on 1:00 Stroke Drills		

5:00 PM 3,050 Yards - Stress Value = 29

**Workout #13216 - Monday, 08 April 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	E
400	1 on 30:00 DS/Phyio Ball/Tm Mtg	
150	1 x 400 on 7:00 Swim-kick-drill-swim	F
500	10 x 15 on :45 Shooters	S
	2x{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{3 x 50 on 1:00 Kick no board	F
150	6 x 25 on 1:00 Stroke Drills	F
1,250	5 x 250 on 3:30 3:00 swims :30 rest	F
200	1 x 200 on 4:00 Stroke Drills	F

7:00 PM 2,650 Yards - Stress Value = 24

**Workout #13213 - Thursday, 14 March 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EC
1,000	1 on 10:00 Dynamic Stretch	RE
240	1 x 1000 on 15:00 Too complicated to type	RE
1,550	8 x 30 on 2:00 Alt Fly-Free over/unders	SF
	1x{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 2:05 Kick-100%	EN
	{1 x 50 on 1:10 Freestyle	RE
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 100 on 2:10 Kick #2-100%	EN
	{1 x 50 on 1:10 Freestyle	RE
	{4 x 25 on :45 Kick no board BSLR	EN
	{3 x 100 on 2:15 Kick #3 100%	EN
	{1 x 50 on 1:10 Freestyle	RE
	{4 x 25 on :45 Kick no board BSLR	EN
	{4 x 100 on 2:20 Kick #4 100%	EN
	1 on 25:00 Water Polo	

5:16 PM 2,790 Yards - Stress Value = 38

**Workout #13214 - Thursday, 14 March 2013**

**Group 2 - Freestylers**

**Workout #13217 - Tuesday, 09 April 2013**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core/Tm Mtg  
 400 1 x 400 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 600 2x{4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 1:45 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 1x{5 x 50 on 1:00 Back 3KOW+1  
 {5 x 50 on :55 Back 3KOW+1  
 {5 x 50 on :50 Back 3KOW+1  
 {5 x 50 on :45 Back 3KOW+1  
 350 7 x 50 on 1:00 Stroke Drills  
 5:00 PM 2,700 Yards - Stress Value = 31

**Workout #13218 - Tuesday, 09 April 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core/Tm Mtg  
 400 1 x 400 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 550 2x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:00 Kick  
 {1 x 75 on 1:30 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{4 x 50 on 1:05 Back 3KOW+1  
 {4 x 50 on 1:00 Back 3KOW+1  
 {5 x 50 on :55 Back 3KOW+1  
 {5 x 50 on :50 Back 3KOW+1  
 350 7 x 50 on 1:00 Stroke Drills  
 5:00 PM 2,550 Yards - Stress Value = 29

**Workout #13219 - Tuesday, 09 April 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core/Tm Mtg  
 400 1 x 400 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 2x{4 x 25 on :45 Kick no board BSLR  
 {2 x 75 on 1:45 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 850 1x{4 x 50 on 1:10 Back 3KOW+1  
 {4 x 50 on 1:05 Back 3KOW+1  
 {4 x 50 on 1:00 Back 3KOW+1  
 {5 x 50 on :55 Back 3KOW+1  
 350 7 x 50 on 1:00 Stroke Drills  
 5:00 PM 2,450 Yards - Stress Value = 28

**Workout #13220 - Tuesday, 09 April 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core/Tm Mtg  
 350 1 x 350 on 8:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters

450 2x{4 x 25 on :45 Kick no board BSLR  
 {1 x 75 on 2:00 Kick  
 {1 x 50 on 1:30 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 800 1x{4 x 50 on 1:15 Back 3KOW+1  
 {4 x 50 on 1:10 Back 3KOW+1  
 {4 x 50 on 1:05 Back 3KOW+1  
 {4 x 50 on 1:00 Back 3KOW+1  
 350 7 x 50 on 1:00 Stroke Drills  
 5:00 PM 2,300 Yards - Stress Value = 27

**Workout #13221 - Tuesday, 09 April 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 30:00 DS/Core/Tm Mtg  
 400 1 x 400 on 8:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 400 2x{4 x 25 on :45 Kick no board BSLR EN2  
 {1 x 100 on 2:00 Kick EN2  
 150 6 x 25 on 1:00 Backstroke Drill EN2  
 800 1x{4 x 50 on 1:05 Back 3KOW+1 EN2  
 {4 x 50 on 1:00 Back 3KOW+1 EN1  
 {4 x 50 on :55 Back 3KOW+1 EN1  
 {4 x 50 on :50 Back 3KOW+1 EN1  
 250 5 x 50 on 1:15 Stroke Drills REC  
 7:00 PM 2,150 Yards - Stress Value = 27

**Workout #13222 - Tuesday, 09 April 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 30:00 DS/Core/Tm Mtg  
 400 1 x 400 on 8:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 400 2x{4 x 25 on :45 Kick no board BSLR EN2  
 {1 x 100 on 2:00 Kick EN2  
 150 6 x 25 on 1:00 Backstroke Drill EN2  
 750 1x{3 x 50 on 1:10 Back 3KOW+1 EN1  
 {4 x 50 on 1:05 Back 3KOW+1 EN2  
 {4 x 50 on 1:00 Back 3KOW+1 EN1  
 {4 x 50 on :55 Back 3KOW+1 EN1  
 250 5 x 50 on 1:15 Stroke Drills REC  
 7:00 PM 2,100 Yards - Stress Value = 27

**Workout #13223 - Tuesday, 09 April 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 30:00 DS/Core/Tm Mtg  
 350 1 x 350 on 8:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 350 2x{4 x 25 on :45 Kick no board BSLR EN2  
 {1 x 75 on 2:00 Kick EN2  
 150 6 x 25 on 1:00 Backstroke Drill EN2  
 700 1x{3 x 50 on 1:15 Back 3KOW+1 EN1  
 {3 x 50 on 1:10 Back 3KOW+1 EN1  
 {4 x 50 on 1:05 Back 3KOW+1 EN2  
 {4 x 50 on 1:00 Back 3KOW+1 EN1  
 250 5 x 50 on 1:15 Stroke Drills REC  
 7:00 PM 1,950 Yards - Stress Value = 26

**Workout #13224 - Tuesday, 09 April 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start		EGY	WOF
Yards	Set Description		
=====	=====	===	===
	1 on 30:00 DS/Core/Tm Mtg		
350	1 x 350 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
350	2x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 75 on 2:00 Kick	EN2	
150	6 x 25 on 1:00 Backstroke Drill	EN2	
650	1x{3 x 50 on 1:20 Back 3KOW+1	EN1	
	{3 x 50 on 1:15 Back 3KOW+1	EN1	
	{3 x 50 on 1:10 Back 3KOW+1	EN1	
	{4 x 50 on 1:05 Back 3KOW+1	EN2	
250	5 x 50 on 1:15 Stroke Drills	REC	
	7:00 PM 1,900 Yards - Stress Value = 26		

**Workout #13225 - Tuesday, 09 April 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start		EGY	WOF
Yards	Set Description		
=====	=====	===	===
	1 on 30:00 DS/Core/Tm Mtg		
300	1 x 300 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
300	2x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 50 on 2:00 Kick	EN2	
150	6 x 25 on 1:00 Backstroke Drill	EN2	
600	1x{3 x 50 on 1:25 Back 3KOW+1	EN2	
	{3 x 50 on 1:20 Back 3KOW+1	EN1	
	{3 x 50 on 1:15 Back 3KOW+1	EN1	
	{3 x 50 on 1:10 Back 3KOW+1	EN1	
250	5 x 50 on 1:15 Stroke Drills	REC	
	7:00 PM 1,750 Yards - Stress Value = 24		

**Workout #13226 - Thursday, 11 April 2013**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start		EGY	WOF
Yards	Set Description		
=====	=====		
	1 on 25:00 DS/Shoulders		
400	1 x 400 on 7:00 Underwater trn drill		
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
800	1x{3 x 50 on 1:00 Kick		
	{1 x 50 on 1:00 Kick-your #4-100%		
	{3 x 50 on :55 Kick		
	{1 x 50 on 1:00 Kick-your #4-100%		
	{3 x 50 on :50 Kick		
	{1 x 50 on 1:00 Kick-your #4-100%		
	{3 x 50 on :45 Kick		
	{1 x 50 on 1:00 Kick-your #4-100%		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,200	1x{2 x 150 on 2:30 Breast 5th 25 under		
	{2 x 125 on 2:05 Brbreast 4th 25 under		
	{2 x 100 on 1:40 Breast 3rd 25 under		
	{2 x 75 on 1:15 Breast 2nd 25 under		
	{2 x 50 on :50 Breast 1st 25 under		
	{8 x 25 on :30 IM order-100%		
200	1 x 200 on 3:00 Stroke Drills		
	5:00 PM 2,950 Yards - Stress Value = 46		

**Workout #13227 - Thursday, 11 April 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start		EGY	WOF
Yards	Set Description		
=====	=====		
	1 on 25:00 DS/Shoulders		
400	1 x 400 on 7:00 Underwater trn drill		
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
750	1x{3 x 50 on 1:05 Kick		
	{1 x 50 on 1:05 Kick-your #4-100%		
	{3 x 50 on 1:00 Kick		
	{1 x 50 on 1:05 Kick-your #4-100%		
	{3 x 50 on :55 Kick		
	{1 x 50 on 1:05 Kick-your #4-100%		
	{2 x 50 on :50 Kick		
	{1 x 50 on 1:05 Kick-your #4-100%		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,100	1x{2 x 150 on 2:45 Breast 5th 25 under		
	{2 x 125 on 2:15 Brbreast 4th 25 under		
	{2 x 100 on 1:50 Breast 3rd 25 under		
	{2 x 75 on 1:20 Breast 2nd 25 under		
	{8 x 25 on :30 IM order-100%		
200	1 x 200 on 3:00 Stroke Drills		
	5:00 PM 2,800 Yards - Stress Value = 43		

**Workout #13228 - Thursday, 11 April 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start		EGY	WOF
Yards	Set Description		
=====	=====		
	1 on 25:00 DS/Shoulders		
400	1 x 400 on 7:00 Underwater trn drill		
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
650	1x{3 x 50 on 1:10 Kick		
	{1 x 50 on 1:10 Kick-your #4-100%		
	{3 x 50 on 1:05 Kick		
	{1 x 50 on 1:10 Kick-your #4-100%		
	{2 x 50 on 1:00 Kick		
	{1 x 50 on 1:10 Kick-your #4-100%		
	{1 x 50 on :55 Kick		
	{1 x 50 on 1:10 Kick-your #4-100%		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,000	1x{2 x 150 on 3:00 Breast 5th 25 under		
	{2 x 125 on 2:30 Brbreast 4th 25 under		
	{2 x 100 on 2:00 Breast 3rd 25 under		
	{1 x 50 on 1:00 Breast 1st 25 under		
	{8 x 25 on :35 IM order-100%		
200	1 x 200 on 3:00 Stroke Drills		
	5:00 PM 2,600 Yards - Stress Value = 39		

**Workout #13229 - Thursday, 11 April 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
350	1 on 25:00 DS/Shoulders
150	10 x 15 on :45 Shooters
600	1x{3 x 50 on 1:15 Kick
	{1 x 50 on 1:15 Kick-your #4-100%
	{3 x 50 on 1:10 Kick
	{1 x 50 on 1:15 Kick-your #4-100%
	{3 x 50 on 1:05 Kick
	{1 x 50 on 1:15 Kick-your #4-100%
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{2 x 150 on 3:15 Breast 5th 25 under
	{2 x 125 on 2:40 Breast 4th 25 under
	{2 x 75 on 1:35 Breast 2nd 25 under
	{8 x 25 on :40 IM order-100%
200	1 x 200 on 3:00 Stroke Drills
5:00 PM	2,400 Yards - Stress Value = 36

Yards	Set Description
3:30 PM Start	
600	1 on 25:00 DS/Physio Balls
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 2:05 Kick-descend
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:00 Kick-descend
	{2 x 25 on :35 Kick no board BSLR
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{2 x 250 on 3:45 Freestyle
	{2 x 225 on 3:20 Freestyle
	{2 x 200 on 3:00 Freestyle
	{2 x 175 on 2:35 Freestyle
	{2 x 150 on 2:15 Freestyle
250	1 x 250 on 4:00 Stroke Drills
5:15 PM	3,950 Yards - Stress Value = 63

**Workout #13233 - Monday, 15 April 2013**

**Group 3 - Silver**

**1 minute rest between sets**

**Workout #13230 - Thursday, 11 April 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EC
5:30 PM Start		
400	1 on 30:00 DS/Shoulders/Tm Mtg	RE
150	10 x 15 on :45 Shooters	SE
100	1 on 2:30 Breaststroke Points	
400	4 x 25 on 1:00 Perfect Breaststroke	RE
400	1x{1 x 200 on 6:00 Breast Kick Drill	RE
	{1 x 200 on 6:00 2 Kick 1 Pull	RE
50	1 x 50 on 2:00 Breast OTB	SE
200	1 x 200 on 4:00 Stroke Drills	RE
7:00 PM	1,300 Yards - Stress Value = 11	

Yards	Set Description
3:30 PM Start	
550	1 on 25:00 DS/Physio Balls
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:15 Kick-descend
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:10 Kick-descend
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{2 x 250 on 4:10 Freestyle
	{2 x 225 on 3:45 Freestyle
	{2 x 200 on 3:20 Freestyle
	{2 x 175 on 2:55 Freestyle
	{1 x 100 on 1:40 Freestyle
250	1 x 250 on 4:00 Stroke Drills
5:15 PM	3,650 Yards - Stress Value = 58

**Workout #13231 - Monday, 15 April 2013**

**Group 3 - Freestylers**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
600	1 on 25:00 DS/Physio Balls
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:50 Kick-descend
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:45 Kick-descend
	{4 x 25 on :30 Kick no board BSLR
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{2 x 250 on 3:20 Freestyle
	{2 x 225 on 3:00 Freestyle
	{2 x 200 on 2:40 Freestyle
	{2 x 175 on 2:20 Freestyle
	{2 x 150 on 2:00 Freestyle
	{2 x 125 on 1:40 Freestyle
250	1 x 250 on 4:00 Stroke Drills
5:15 PM	4,350 Yards - Stress Value = 71

**Workout #13234 - Monday, 15 April 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
500	1 on 25:00 DS/Physio Balls
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:30 Kick-descend
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:10 Kick-descend
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{2 x 250 on 5:00 Freestyle
	{2 x 225 on 4:30 Freestyle
	{2 x 200 on 4:00 Freestyle
	{2 x 75 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
5:15 PM	3,250 Yards - Stress Value = 51

**Workout #13232 - Monday, 15 April 2013**

**Group 3 - Gold**

**1 minute rest between sets**

**Workout #13235 - Monday, 15 April 2013**

**Group 2 - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY
650	1 on 25:00 DS/Physio Balls/Tm Mtg	EN2
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
600	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 50 on 1:00 Kick-descend	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 50 on 1:00 Kick-descend	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
1,000	20 x 50 on 1:00 3 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	7:00 PM 2,550 Yards - Stress Value = 38	

**Workout #13236 - Monday, 15 April 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
650	1 on 25:00 DS/Physio Balls/Tm Mtg	EN2
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
550	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 50 on 1:10 Kick-descend	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 50 on 1:10 Kick-descend	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
850	17 x 50 on 1:10 3 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	7:00 PM 2,350 Yards - Stress Value = 34	

**Workout #13237 - Monday, 15 April 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
650	1 on 25:00 DS/Physio Balls/Tm Mtg	EN2
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
550	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 50 on 1:20 Kick-descend	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{4 x 50 on 1:20 Kick-descend	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
750	15 x 50 on 1:20 3 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	7:01 PM 2,200 Yards - Stress Value = 32	

**Workout #13238 - Monday, 15 April 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
650	1 on 25:00 DS/Physio Balls/Tm Mtg	EN2
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
500	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 50 on 1:30 Kick-descend	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 50 on 1:30 Kick-descend	EN2
100	4 x 25 on 1:00 Stroke Drills	REC

650 13 x 50 on 1:30 3 strokes fly off walls EN2  
 200 1 x 200 on 3:00 Stroke Drills REC  
 7:00 PM 2,000 Yards - Stress Value = 29

**Workout #13239 - Monday, 15 April 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY
650	1 on 25:00 DS/Physio Balls/Tm Mtg	EN2
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
400	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{3 x 50 on 1:45 Kick-descend	EN2
	{2 x 25 on 1:00 Kick no board BS	EN2
	{2 x 50 on 1:45 Kick-descend	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
600	12 x 50 on 1:45 3 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	7:01 PM 1,850 Yards - Stress Value = 26	

**Workout #13240 - Tuesday, 16 April 2013**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description	EGY
650	1 on 22:00 DS/Core	EN2
600	1 x 600 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
300	3 x 100 on 2:00 Kick @ fastest interval	EN2
980	1x{1 x 50 on 1:00 Vertical Kick-30/30	EN2
	{4 x 30 on 1:00 15 underwater 15 sprint free	EN2
	{2 x 50 on 1:00 Vertical Kick 35/25	EN2
	{4 x 30 on :55 15 undwater 15 sprint free	EN2
	{3 x 50 on 1:00 Vertical Kick 40/20	EN2
	{4 x 30 on :50 15 underwater 15 sprint free	EN2
	{4 x 50 on 1:00 Vertical Kick 45/15	EN2
	{4 x 30 on :45 15 underwater 15 sprint free	EN2
200	4x{1 x 25 on :50 Sculling drills	EN2
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN2
1,200	4x{3 x 100 on 1:20 Backstroke	EN2
	{1 on 1:00 Rest	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	5:15 PM 3,630 Yards - Stress Value = 56	

**Workout #13241 - Tuesday, 16 April 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
600	1 on 22:00 DS/Core
150	1 x 600 on 10:00 Underwater trn drill
300	10 x 15 on :45 Shooters
980	3 x 100 on 2:00 Kick @ fastest interval
1x{	1 x 50 on 1:00 Vertical Kick-30/30
	{ 4 x 30 on 1:00 15 underwater 15 sprint free
	{ 2 x 50 on 1:00 Vertical Kick 35/25
	{ 4 x 30 on :55 15 undwater 15 sprint free
	{ 3 x 50 on 1:00 Vertical Kick 40/20
	{ 4 x 30 on :50 15 underwater 15 sprint free
	{ 4 x 50 on 1:00 Vertical Kick 45/15
	{ 4 x 30 on :45 15 underwater 15 sprint free
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	4x{3 x 100 on 1:30 Backstroke
	{ 1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
	5:17 PM 3,630 Yards - Stress Value = 56

**Workout #13242 - Tuesday, 16 April 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
550	1 on 22:00 DS/Core
150	1 x 550 on 10:00 Underwater trn drill
300	10 x 15 on :45 Shooters
980	3 x 100 on 2:00 Kick @ fastest interval
1x{	1 x 50 on 1:00 Vertical Kick-30/30
	{ 4 x 30 on 1:00 15 underwater 15 sprint free
	{ 2 x 50 on 1:00 Vertical Kick 35/25
	{ 4 x 30 on :55 15 undwater 15 sprint free
	{ 3 x 50 on 1:00 Vertical Kick 40/20
	{ 4 x 30 on :50 15 underwater 15 sprint free
	{ 4 x 50 on 1:00 Vertical Kick 45/15
	{ 4 x 30 on :45 15 underwater 15 sprint free
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	4x{3 x 100 on 1:40 Backstroke
	{ 1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
	5:19 PM 3,580 Yards - Stress Value = 56

**Workout #13243 - Tuesday, 16 April 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
500	1 on 22:00 DS/Core
150	1 x 500 on 10:00 Underwater trn drill
300	10 x 15 on :45 Shooters
980	3 x 100 on 2:00 Kick @ fastest interval
1x{	1 x 50 on 1:00 Vertical Kick-30/30
	{ 4 x 30 on 1:00 15 underwater 15 sprint free
	{ 2 x 50 on 1:00 Vertical Kick 35/25
	{ 4 x 30 on :55 15 undwater 15 sprint free
	{ 3 x 50 on 1:00 Vertical Kick 40/20
	{ 4 x 30 on :50 15 underwater 15 sprint free
	{ 4 x 50 on 1:00 Vertical Kick 45/15
	{ 4 x 30 on :45 15 underwater 15 sprint free
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	3x{3 x 100 on 2:00 Backstroke
	{ 1 on 1:00 Rest

200 1 x 200 on 3:00 Stroke Drills  
5:16 PM 3,230 Yards - Stress Value = 50

**Workout #13244 - Tuesday, 16 April 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
500	1 on 25:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
600	10 x 15 on :45 Shooters	SP3	
1x{	4 x 25 on :45 Kick-no board IM order	EN1	
	{ 3 x 100 on 2:00 Kick-Fly/Brst/Free	EN2	
	{ 4 x 25 on :45 Kick-no board IM order	EN2	
	{ 1 x 100 on 2:00 Kick-choice	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
1,200	4x{3 x 100 on 1:25 Individual Medley	EN2	
	{ 1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:00 PM 2,750 Yards - Stress Value = 41		

**Workout #13245 - Tuesday, 16 April 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
500	1 on 25:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
550	10 x 15 on :45 Shooters	SP3	
1x{	4 x 25 on :45 Kick-no board IM order	EN1	
	{ 3 x 100 on 2:10 Kick-Fly/Brst/Free	EN2	
	{ 4 x 25 on :45 Kick-no board IM order	EN2	
	{ 1 x 50 on 1:05 Kick-choice	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
1,200	4x{3 x 100 on 1:35 Individual Medley	EN2	
	{ 1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:02 PM 2,700 Yards - Stress Value = 40		

**Workout #13246 - Tuesday, 16 April 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
450	1 on 25:00 DS/Core/Tm Mtg		
150	1 x 450 on 10:00 Underwater trn drill	REC	
550	10 x 15 on :45 Shooters	SP3	
1x{	4 x 25 on :45 Kick-no board IM order	EN1	
	{ 3 x 100 on 2:20 Kick-Fly/Brst/Free	EN2	
	{ 4 x 25 on :45 Kick-no board IM order	EN2	
	{ 1 x 50 on 1:00 Kick-your choice	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
1,200	4x{3 x 100 on 1:45 Individual Medley	EN2	
	{ 1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:04 PM 2,650 Yards - Stress Value = 40		

**Workout #13247 - Tuesday, 16 April 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
400	1 on 25:00 DS/Core/Tm Mtg		
150	1 x 400 on 10:00 Underwater trn drill	REC	
500	10 x 15 on :45 Shooters	SP3	
100	1x{4 x 25 on :45 Kick-no board IM order	EN1	
900	{3 x 100 on 2:30 Kick-Fly/Brst/Free	EN2	
100	{4 x 25 on :45 Kick-no board IM order	EN2	
200	4 x 25 on 1:00 Stroke Drills	REC	
900	3x{3 x 100 on 1:55 Individual Medley	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:00 PM 2,250 Yards - Stress Value = 33		

**Workout #13248 - Tuesday, 16 April 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
400	1 on 25:00 DS/Core/Tm Mtg		
150	1 x 400 on 10:00 Underwater trn drill	REC	
450	10 x 15 on :45 Shooters	SP3	
100	1x{4 x 25 on 1:00 Kick-no board IM order	EN1	
900	{3 x 100 on 3:00 Kick-Fly/Brst/Free	EN2	
100	{1 x 50 on 1:00 Kick-no board-choice	EN2	
200	4 x 25 on 1:00 Stroke Drills	REC	
900	3x{3 x 100 on 2:15 Individual Medley	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:03 PM 2,200 Yards - Stress Value = 32		

**Workout #13249 - Wednesday, 17 April 2013**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
600	1 on 25:00 DS/Abs		
1,400	1 x 600 on 10:00 Free L.25 of each 100 Non F		
	1x{4 x 25 on :30 Kick no board BSLR-10		
	{2 x 125 on 1:55 Kick		
	{4 x 25 on :30 Kick no board BSLR-12		
	{2 x 125 on 2:00 Kick		
	{4 x 25 on :30 Kick no board BSLR-14		
	{2 x 125 on 2:05 Kick		
	{4 x 25 on :30 Kick no board BSLR-16		
	{2 x 125 on 2:10 Kick		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,600	1x{1 x 100 on 1:30 Breaststroke		
	{6 x 25 on :30 Breast 2K1P+1K		
	{2 x 100 on 1:30 Breaststroke		
	{6 x 25 on :30 Breast 2K1P+1K		
	{3 x 100 on 1:30 Breaststroke		
	{6 x 25 on :30 Breast 2K1P+1K		
	{4 x 100 on 1:30 Breaststroke		
	{6 x 25 on :30 Breast 2K1P+1K		
100	1 x 100 on 2:00 Freestyle		
50	1 x 50 on 2:00 Breast OTB		
200	1 x 200 on 3:00 Stroke Drills		
	5:16 PM 4,150 Yards - Stress Value = 67		

**Workout #13250 - Wednesday, 17 April 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
600	1 on 25:00 DS/Abs		
1,250	1 x 600 on 10:00 Free L.25 of each 100 Non F		
	1x{4 x 25 on :35 Kick no board BSLR-10		
	{2 x 125 on 2:10 Kick		
	{4 x 25 on :35 Kick no board BSLR-12		
	{2 x 125 on 2:15 Kick		
	{4 x 25 on :35 Kick no board BSLR-14		
	{2 x 125 on 2:20 Kick		
	{4 x 25 on :35 Kick no board BSLR-16		
	{1 x 100 on 1:55 Kick		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,350	1x{1 x 100 on 1:40 Breaststroke		
	{6 x 25 on :35 Breast 2K1P+1K		
	{2 x 100 on 1:40 Breaststroke		
	{6 x 25 on :35 Breast 2K1P+1K		
	{3 x 100 on 1:40 Breaststroke		
	{6 x 25 on :35 Breast 2K1P+1K		
	{2 x 75 on 1:15 Breaststroke		
	{6 x 25 on :35 Breast 2K1P+1K		
100	1 x 100 on 2:00 Freestyle		
50	1 x 50 on 2:00 Breast OTB		
200	1 x 200 on 3:00 Stroke Drills		
	5:16 PM 3,750 Yards - Stress Value = 59		

**Workout #13251 - Wednesday, 17 April 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
550	1 on 25:00 DS/Abs		
1,100	1 x 550 on 10:00 Free L.25 of each 100 Non F		
	1x{4 x 25 on :40 Kick no board BSLR-10		
	{2 x 125 on 2:30 Kick		
	{4 x 25 on :40 Kick no board BSLR-12		
	{2 x 125 on 2:35 Kick		
	{4 x 25 on :40 Kick no board BSLR-14		
	{2 x 125 on 2:40 Kick		
	{2 x 25 on :40 Kick no board BSLR-16		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,200	1x{1 x 100 on 1:50 Breaststroke		
	{6 x 25 on :40 Breast 2K1P+1K		
	{2 x 100 on 1:50 Breaststroke		
	{6 x 25 on :40 Breast 2K1P+1K		
	{3 x 100 on 1:50 Breaststroke		
	{6 x 25 on :40 Breast 2K1P+1K		
	{1 x 100 on 1:50 Breaststroke		
	{2 x 25 on :40 Breast 2K1P+1K		
100	1 x 100 on 2:00 Freestyle		
50	1 x 50 on 2:00 Breast OTB		
200	1 x 200 on 3:00 Stroke Drills		
	5:16 PM 3,400 Yards - Stress Value = 53		

**Workout #13252 - Wednesday, 17 April 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F  
 900 1x{4 x 25 on :45 Kick no board BSLR-10  
 {2 x 100 on 2:30 Kick  
 {4 x 25 on :45 Kick no board BSLR-12  
 {2 x 100 on 2:35 Kick  
 {4 x 25 on :45 Kick no board BSLR-14  
 {2 x 100 on 2:40 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,150 1x{1 x 100 on 2:05 Breaststroke  
 {4 x 25 on :45 Breast 2K1P+1K  
 {2 x 100 on 2:05 Breaststroke  
 {4 x 25 on :45 Breast 2K1P+1K  
 {3 x 100 on 2:05 Breaststroke  
 {4 x 25 on :45 Breast 2K1P+1K  
 {2 x 100 on 2:05 Breaststroke  
 {2 x 25 on :45 Breast 2K1P+1K  
 100 1 x 100 on 2:00 Freestyle  
 50 1 x 50 on 2:00 Breast OTB  
 200 1 x 200 on 3:00 Stroke Drills  
 5:17 PM 3,100 Yards - Stress Value = 48

**Workout #13253 - Wednesday, 17 April 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs/Spotlight  
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 600 1x{4 x 25 on :45 Kick no board BSLR-10  
 {1 x 100 on 2:00 Kick  
 {4 x 25 on :45 Kick no board BSLR-11  
 {2 x 100 on 1:50 Kick  
 {4 x 25 on :45 Kick no board BSLR-13  
 100 4 x 25 on :45 Free Drills  
 1,225 1x{1 x 125 on 2:00 Free L.25 2brths & 6BK  
 {3 x 50 on :45 Fr #1-5 KOW #2 BTB #3BTS  
 {1 x 125 on 1:55 Free L.25 2brths & 6BK  
 {3 x 50 on :45 Fr #1-5 KOW #2 BTB #3BTS  
 {1 x 125 on 1:50 Free L.25 2brths & 6BK  
 {3 x 50 on :45 Fr #1-5 KOW #2 BTB #3BTS  
 {1 x 125 on 1:45 Free L.25 2brths & 6BK  
 {3 x 50 on :45 Fr #1-5 KOW #2 BTB #3BTS  
 {1 x 125 on 1:40 Free L.25 2brths & 6BK  
 250 1 x 250 on 5:00 Stroke Drills  
 7:00 PM 2,825 Yards - Stress Value = 40

**Workout #13254 - Wednesday, 17 April 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs/Spotlight  
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 550 1x{4 x 25 on :45 Kick no board BSLR-10  
 {1 x 100 on 2:10 Kick  
 {4 x 25 on :45 Kick no board BSLR-11  
 {2 x 75 on 1:30 Kick  
 {4 x 25 on :45 Kick no board BSLR-13  
 100 4 x 25 on :45 Free Drills  
 1,100 1x{1 x 125 on 2:15 Free L.25 2brths & 6BK

{3 x 50 on :50 Fr #1-5 KOW #2 BTB #3BTS  
 {1 x 125 on 2:10 Free L.25 2brths & 6BK  
 {3 x 50 on :50 Fr #1-5 KOW #2 BTB #3BTS  
 {1 x 125 on 2:05 Free L.25 2brths & 6BK  
 {3 x 50 on :50 Fr #1-5 KOW #2 BTB #3BTS  
 {1 x 125 on 2:00 Free L.25 2brths & 6BK  
 {3 x 50 on :50 Fr #1-5 KOW #2 BTB #3BTS  
 1 x 250 on 5:00 Stroke Drills  
 7:00 PM 2,650 Yards - Stress Value = 37

**Workout #13255 - Wednesday, 17 April 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs/Spotlight  
 450 1 x 450 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 550 1x{4 x 25 on :45 Kick no board BSLR-10  
 {1 x 100 on 2:20 Kick  
 {4 x 25 on :45 Kick no board BSLR-11  
 {2 x 75 on 1:35 Kick  
 {4 x 25 on :45 Kick no board BSLR-13  
 100 4 x 25 on :45 Free Drills  
 1,000 1x{1 x 100 on 2:00 Free L.25 2brths & 6BK  
 {3 x 50 on :55 Fr #1-5 KOW #2 BTB #3BTS  
 {1 x 100 on 1:55 Free L.25 2brths & 6BK  
 {3 x 50 on :55 Fr #1-5 KOW #2 BTB #3BTS  
 {1 x 100 on 1:50 Free L.25 2brths & 6BK  
 {3 x 50 on :55 Fr #1-5 KOW #2 BTB #3BTS  
 {1 x 100 on 1:45 Free L.25 2brths & 6BK  
 {3 x 50 on :55 Fr #1-5 KOW #2 BTB #3BTS  
 250 1 x 250 on 5:00 Stroke Drills  
 7:00 PM 2,500 Yards - Stress Value = 37

**Workout #13256 - Wednesday, 17 April 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs/Spotlight  
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 500 1x{4 x 25 on :45 Kick no board BSLR-10  
 {1 x 50 on 1:15 Kick  
 {4 x 25 on :45 Kick no board BSLR-11  
 {2 x 75 on 2:00 Kick  
 {4 x 25 on :45 Kick no board BSLR-13  
 100 4 x 25 on :45 Free Drills  
 850 1x{1 x 100 on 2:15 Free L.25 2brths & 6BK  
 {3 x 50 on 1:05 Fr #1-5 KOW #2 BTB #3BTS  
 {1 x 100 on 2:10 Free L.25 2brths & 6BK  
 {3 x 50 on 1:05 Fr #1-5 KOW #2 BTB #3BTS  
 {1 x 100 on 2:05 Free L.25 2brths & 6BK  
 {3 x 50 on 1:05 Fr #1-5 KOW #2 BTB #3BTS  
 {1 x 100 on 2:00 Free L.25 2brths & 6BK  
 250 1 x 250 on 5:00 Stroke Drills  
 7:00 PM 2,250 Yards - Stress Value = 33

**Workout #13257 - Wednesday, 17 April 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description
5:30 PM	Start
400	1 on 25:00 DS/Abs/Spotlight
150	1 x 400 on 3:50 Free L.25 of each 100 Non Fr
450	10 x 15 on :45 Shooters
	1x{4 x 25 on 1:00 Kick no board BSLR-10
	{1 x 50 on 1:30 Kick
	{4 x 25 on 1:00 Kick no board BSLR-11
	{2 x 50 on 1:25 Kick
	{4 x 25 on 1:00 Kick no board BSLR-13
100	4 x 25 on :45 Free Drills
750	1x{1 x 100 on 2:45 Free L.25 2brths & 6BK
	{3 x 50 on 1:30 Fr #1-5 KOW #2 BTB #3BTS
	{1 x 100 on 2:40 Free L.25 2brths & 6BK
	{3 x 50 on 1:30 Fr #1-5 KOW #2 BTB #3BTS
	{1 x 100 on 2:35 Free L.25 2brths & 6BK
	{3 x 50 on 1:30 Fr #1-5 KOW #2 BTB #3BTS
250	1 x 250 on 5:00 Stroke Drills
6:59 PM	2,100 Yards - Stress Value = 30

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
550	1 on 25:00 DS/Shoulders
	1 x 550 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
350	1x{1 x 250 on 5:00 Social Kick
	{1 x 100 on 2:00 Kick for time
1,400	1x{4 x 200 on 3:20 Lungbuster pulls
	{4 x 150 on 2:30 Lungbuster pulls
	{ Odds breathe 3-5-7-9 continuous
	{ Evens breathe 9-7-5-3 by the 50
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
850	17 x 50 on 1:00 3 strokes fly off walls
200	1 x 200 on 3:00 Stroke Drills
5:16 PM	3,700 Yards - Stress Value = 59

**Workout #13258 - Thursday, 18 April 2013**

**Group 3 - Fly**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 25:00 DS/Shoulders
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
350	1x{1 x 250 on 5:00 Social Kick
	{1 x 100 on 2:00 Kick for time
1,800	1x{4 x 200 on 2:40 Lungbuster pulls
	{4 x 150 on 2:00 Lungbuster pulls
	{4 x 100 on 1:20 Lungbuster pulls
	{ odds breathe 3-5-7-9 continuous
	{ evens breathe 9-7-5-3 by the 50
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	20 x 50 on :50 3 strokes fly off walls
200	1 x 200 on 3:00 Stroke Drills
5:16 PM	4,300 Yards - Stress Value = 70

**Workout #13261 - Thursday, 18 April 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 25:00 DS/Shoulders
	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
350	1x{1 x 250 on 5:00 Social Kick
	{1 x 100 on 2:00 Kick for time
1,200	1x{4 x 200 on 3:50 Lungbuster pulls
	{4 x 100 on 1:55 Lungbuster pulls
	{ Odds breathe 3-5-7-9 continuous
	{ Evens breathe 9-7-5-3 by the 50
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	14 x 50 on 1:10 3 strokes fly off walls
200	1 x 200 on 3:00 Stroke Drills
5:15 PM	3,300 Yards - Stress Value = 52

**Workout #13262 - Thursday, 18 April 2013**

**Group 2 - Back**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 25:00 DS/Shoulders
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
350	1x{1 x 250 on 5:00 Social Kick
	{1 x 100 on 2:00 Kick for time
1,600	1x{4 x 200 on 3:00 Lungbuster pulls
	{4 x 150 on 2:15 Lungbuster pulls
	{2 x 100 on 1:30 Lungbuster pulls
	{ Odds breathe 3-5-7-9 continuous
	{ Evens breathe 9-7-5-3 by the 50
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	18 x 50 on :55 3 strokes fly off walls
200	1 x 200 on 3:00 Stroke Drills
5:16 PM	4,000 Yards - Stress Value = 64

Yards	Set Description	E
5:30 PM	Start	
500	1 on 25:00 DS/Shoulders/Tm Mtg	
	1 x 500 on 10:00 Underwater trn drill	F
	Odd 100's free even 100's back	
250	1 x 250 on 10:00 Techniques-TN turn drills	F
150	10 x 15 on :45 Shooters	S
	1 on 2:00 Technique talk	
100	4 x 25 on :45 Perfect backstroke	F
300	1x{1 x 100 on 6:00 Back drill-kick	F
	{1 x 100 on 6:00 Back drill-recovery	F
	{1 x 100 on 6:00 Back drill-underwater pull	F
150	6 x 25 on :45 Perfect backstroke-descend	E
200	1 x 200 on 3:00 Stroke Drills	F
7:00 PM	1,650 Yards - Stress Value = 9	

**Workout #13260 - Thursday, 18 April 2013**

**Workout #13263 - Monday, 22 April 2013**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Balls  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :30 Kick no board B  
 {2 x 125 on 2:00 Kick  
 {4 x 25 on :30 Kick no board S  
 {2 x 125 on 1:55 Kick  
 {4 x 25 on :30 Kick no board L  
 {2 x 125 on 1:50 Kick  
 {4 x 25 on :30 Kick no board R  
 {2 x 125 on 1:45 Kick  
 1,000 20 x 50 on :45 Pulls-hb after "X" SOT  
 7-6-5-4-3, then repeat  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{1 x 400 on 5:10 Freestyle  
 {1 x 400 on 5:05 Freestyle  
 {1 x 400 on 5:00 Freestyle  
 {1 x 400 on 4:55 Freestyle  
 {1 x 400 on 4:50 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:31 PM 5,550 Yards - Stress Value = 82

{4 x 25 on :40 Kick no board R  
 800 16 x 50 on :55 Pulls-hb after "X" SOT  
 7-6-5-4-3, then repeat  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 400 on 6:20 Freestyle  
 {1 x 400 on 6:15 Freestyle  
 {1 x 400 on 6:10 Freestyle  
 {1 x 400 on 6:05 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:31 PM 4,450 Yards - Stress Value = 67

**Workout #13266 - Monday, 22 April 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Balls  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 850 1x{4 x 25 on :45 Kick no board B  
 {2 x 100 on 2:30 Kick  
 {4 x 25 on :45 Kick no board S  
 {2 x 100 on 2:25 Kick  
 {4 x 25 on :45 Kick no board L  
 {1 x 50 on 1:10 Kick  
 {4 x 25 on :45 Kick no board R  
 650 13 x 50 on 1:05 Pulls-hb after "X" SOT  
 7-6-5-4-3, then repeat  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,350 1x{1 x 400 on 7:30 Freestyle  
 {1 x 400 on 7:25 Freestyle  
 {1 x 400 on 7:20 Freestyle  
 {1 x 150 on 2:40 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:31 PM 3,900 Yards - Stress Value = 58

**Workout #13264 - Monday, 22 April 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Balls  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :35 Kick no board B  
 {2 x 125 on 2:30 Kick  
 {4 x 25 on :35 Kick no board S  
 {2 x 125 on 2:25 Kick  
 {4 x 25 on :35 Kick no board L  
 {2 x 100 on 1:50 Kick  
 {4 x 25 on :35 Kick no board R  
 900 18 x 50 on :50 Pulls-hb after "X" SOT  
 7-6-5-4-3, then repeat  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,750 1x{1 x 400 on 5:40 Freestyle  
 {1 x 400 on 5:35 Freestyle  
 {1 x 400 on 5:30 Freestyle  
 {1 x 400 on 5:25 Freestyle  
 {1 x 150 on 2:00 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:31 PM 4,900 Yards - Stress Value = 73

**Workout #13267 - Monday, 22 April 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WORK  
 =====  
 1 on 30:00 DS/Physio Ball/Spotlight I  
 500 1 x 500 on 10:00 Choice REC S  
 150 10 x 15 on :45 Shooters SP3 S  
 600 1x{1 x 100 on 2:00 Kick EN2 F  
 {1 x 100 on 1:55 Kick EN2 F  
 {1 x 100 on 1:50 Kick EN2 F  
 {1 x 100 on 1:45 Kick EN2 F  
 {1 x 100 on 1:40 Kick EN2 F  
 {1 x 100 on 1:35 Kick EN2 F  
 150 6 x 25 on :45 Breast Drill REC I  
 1,250 1x{1 x 100 on 2:00 Breast Pull EN1 F  
 {5 x 50 on 1:00 BR 2K1P EN2 I  
 {1 x 100 on 2:00 Breast Pull EN2 F  
 {4 x 50 on :55 BR 3K1P EN2 I  
 {1 x 100 on 2:00 Breast Pull EN2 F  
 {3 x 50 on :50 BR 4K1P EN2 I  
 {1 x 100 on 2:00 Breast Pull EN2 F  
 {2 x 50 on :45 BR 5K1P EN2 I  
 {1 x 100 on 2:00 Breast Pull EN2 F  
 {1 x 50 on :40 BR 6K1P EN2 I  
 200 1 x 200 on 3:00 Stroke Drills REC I  
 1 on 10:00 Game REC I  
 7:16 PM 2,850 Yards - Stress Value = 42

**Workout #13265 - Monday, 22 April 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Balls  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 950 1x{4 x 25 on :40 Kick no board B  
 {2 x 125 on 2:45 Kick  
 {4 x 25 on :40 Kick no board S  
 {2 x 100 on 2:10 Kick  
 {4 x 25 on :40 Kick no board L  
 {2 x 50 on 1:05 Kick

**Workout #13268 - Monday, 22 April 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 PM	Start		
=====	=====	====	=====
	1 on 30:00 DS/Physio Ball/Spotlight		I
500	1 x 500 on 10:00 Choice	REC	£
150	10 x 15 on :45 Shooters	SP3	£
550	1x{1 x 100 on 2:10 Kick	EN2	£
	{1 x 100 on 2:05 Kick	EN2	£
	{1 x 100 on 2:00 Kick	EN2	£
	{1 x 100 on 1:55 Kick	EN2	£
	{1 x 100 on 1:50 Kick	EN2	£
	{1 x 50 on :55 Kick	EN2	£
150	6 x 25 on :45 Breast Drill	REC	I
1,100	1x{1 x 100 on 2:15 Breast Pull	EN1	£
	{3 x 50 on 1:10 BR 2K1P	EN2	I
	{1 x 100 on 2:15 Breast Pull	EN2	£
	{3 x 50 on 1:05 BR 3K1P	EN2	I
	{1 x 100 on 2:15 Breast Pull	EN2	£
	{3 x 50 on 1:00 BR 4K1P	EN2	I
	{1 x 100 on 2:15 Breast Pull	EN2	£
	{2 x 50 on :55 BR 5K1P	EN2	I
	{1 x 100 on 2:15 Breast Pull	EN2	£
	{1 x 50 on :50 BR 6K1P	EN2	I
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Game	REC	I
	7:16 PM 2,650 Yards - Stress Value = 38		

**Workout #13269 - Monday, 22 April 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 PM	Start		
=====	=====	====	=====
	1 on 30:00 DS/Physio Ball/Spotlight		I
450	1 x 450 on 10:00 Choice	REC	£
150	10 x 15 on :45 Shooters	SP3	£
500	1x{1 x 100 on 2:20 Kick	EN2	£
	{1 x 100 on 2:15 Kick	EN2	£
	{1 x 100 on 2:10 Kick	EN2	£
	{1 x 100 on 2:05 Kick	EN2	£
	{1 x 100 on 2:00 Kick	EN2	£
150	6 x 25 on :45 Breast Drill	REC	I
950	1x{1 x 100 on 2:30 Breast Pull	EN1	£
	{3 x 50 on 1:20 BR 2K1P	EN2	I
	{1 x 100 on 2:30 Breast Pull	EN2	£
	{3 x 50 on 1:15 BR 3K1P	EN2	I
	{1 x 100 on 2:30 Breast Pull	EN2	£
	{2 x 50 on 1:10 BR 4K1P	EN2	I
	{1 x 100 on 2:30 Breast Pull	EN2	£
	{2 x 50 on 1:05 BR 5K1P	EN2	I
	{1 x 50 on 1:15 Breast Pull	EN2	£
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Game	REC	I
	7:16 PM 2,400 Yards - Stress Value = 34		

**Workout #13270 - Monday, 22 April 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 PM	Start		
=====	=====	====	=====
	1 on 30:00 DS/Physio Ball/Spotlight		I
400	1 x 400 on 10:00 Choice	REC	£
150	10 x 15 on :45 Shooters	SP3	£
400	1x{1 x 100 on 2:40 Kick	EN2	£
	{1 x 100 on 2:35 Kick	EN2	£
	{1 x 100 on 2:30 Kick	EN2	£
	{1 x 100 on 2:25 Kick	EN2	£
150	6 x 25 on :45 Breast Drill	REC	I

850	1x{1 x 100 on 2:45 Breast Pull	EN1	£
	{2 x 50 on 1:30 BR 2K1P	EN2	I
	{1 x 100 on 2:45 Breast Pull	EN2	£
	{2 x 50 on 1:25 BR 3K1P	EN2	I
	{1 x 100 on 2:45 Breast Pull	EN2	£
	{2 x 50 on 1:20 BR 4K1P	EN2	I
	{1 x 100 on 2:45 Breast Pull	EN2	£
	{2 x 50 on 1:15 BR 5K1P	EN2	I
	{1 x 50 on 1:20 Breast Pull	EN2	£
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Game	REC	I
	7:16 PM 2,150 Yards - Stress Value = 30		

**Workout #13271 - Monday, 22 April 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 PM	Start		
=====	=====	====	=====
	1 on 30:00 DS/Physio Ball/Spotlight		I
400	1 x 400 on 10:00 Choice	REC	£
150	10 x 15 on :45 Shooters	SP3	£
350	1x{1 x 100 on 3:00 Kick	EN2	£
	{1 x 100 on 2:55 Kick	EN2	£
	{1 x 100 on 2:50 Kick	EN2	£
	{1 x 50 on 1:20 Kick	EN2	£
150	6 x 25 on :45 Breast Drill	REC	I
800	1x{1 x 100 on 3:00 Breast Pull	EN1	£
	{2 x 50 on 1:30 BR 2K1P	EN2	I
	{1 x 100 on 3:00 Breast Pull	EN2	£
	{2 x 50 on 1:30 BR 3K1P	EN2	I
	{1 x 100 on 3:00 Breast Pull	EN2	£
	{2 x 50 on 1:30 BR 4K1P	EN2	I
	{1 x 100 on 3:00 Breast Pull	EN2	£
	{2 x 50 on 1:30 BR 5K1P	EN2	I
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Game	REC	I
	7:16 PM 2,050 Yards - Stress Value = 28		

**Workout #13272 - Tuesday, 23 April 2013**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 4 x 100 on 2:00 Kick @ fastest interval  
 420 1x{2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 { 15y streamline kick on back  
 { 15y underwater fly kick  
 1,000 1 x 1000 on 13:00 Pull odds 100's BTB  
 even 100's BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,950 1x{1 x 100 on 1:30 Backstroke  
 {4 x 50 on :45 Back 2-3-4-5 KOW  
 {2 x 125 on 1:50 Backstroke  
 {4 x 50 on :45 Back 4-5-6-7 KOW  
 {3 x 150 on 2:05 Backstroke  
 {4 x 50 on :45 Back 5-6-7-8 KOW  
 {2 x 125 on 1:40 Backstroke  
 {4 x 50 on :45 Back 6-7-8-9 KOW  
 {1 x 100 on 1:15 Backstroke  
 250 1 x 250 on 4:00 Stroke Drills  
 5:30 PM 4,970 Yards - Stress Value = 72

**Workout #13273 - Tuesday, 23 April 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 4 x 100 on 2:00 Kick @ fastest interval  
 420 1x{2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 { 15y streamline kick on back  
 { 15y underwater fly kick  
 900 1 x 900 on 13:00 Pull odds 100's BTB  
 even 100's BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,700 1x{1 x 100 on 1:40 Backstroke  
 {4 x 50 on :50 Back 2-3-4-5 KOW  
 {2 x 125 on 2:00 Backstroke  
 {4 x 50 on :50 Back 4-5-6-7 KOW  
 {3 x 150 on 2:20 Backstroke  
 {4 x 50 on :50 Back 5-6-7-8 KOW  
 {2 x 125 on 1:55 Backstroke  
 {1 x 50 on :50 Back 9 KOW  
 250 1 x 250 on 4:00 Stroke Drills  
 5:30 PM 4,620 Yards - Stress Value = 66

**Workout #13274 - Tuesday, 23 April 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 4 x 100 on 2:00 Kick @ fastest interval  
 420 1x{2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 { 15y streamline kick on back  
 { 15y underwater fly kick  
 800 1 x 800 on 13:00 Pull odds 100's BTB  
 even 100's BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,550 1x{1 x 100 on 1:50 Backstroke  
 {3 x 50 on :55 Back 2-3-4KOW  
 {2 x 125 on 2:15 Backstroke  
 {3 x 50 on :55 Back 4-5-6 KOW  
 {3 x 150 on 2:40 Backstroke  
 {3 x 50 on :55 Back 5-6-7 KOW  
 {2 x 125 on 2:10 Backstroke  
 {1 x 50 on :55 Back 9 KOW  
 250 1 x 250 on 4:00 Stroke Drills  
 5:30 PM 4,320 Yards - Stress Value = 62

**Workout #13275 - Tuesday, 23 April 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 4 x 100 on 2:00 Kick @ fastest interval  
 420 1x{2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 { 15y streamline kick on back  
 { 15y underwater fly kick  
 700 1 x 700 on 13:00 Pull odds 100's BTB  
 even 100's BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,375 1x{1 x 100 on 2:05 Backstroke  
 {3 x 50 on 1:05 Back 2-3-4KOW  
 {2 x 125 on 2:30 Backstroke  
 {3 x 50 on 1:05 Back 4-5-6 KOW  
 {3 x 150 on 2:55 Backstroke  
 {3 x 50 on 1:05 Back 5-6-7 KOW  
 {1 x 125 on 2:25 Backstroke  
 250 1 x 250 on 4:00 Stroke Drills  
 5:30 PM 3,995 Yards - Stress Value = 57

**Workout #13276 - Tuesday, 23 April 2013**

**Group 2 - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM Start			
400	1 on 28:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
900	10 x 15 on :45 Shooters	SP3	
750	1x{8 x 25 on :45 Kick no board S	EN2	
	{3 x 50 on :55 Kick-descend	EN2	
500	{6 x 25 on :45 Kick no board S	EN2	
150	{3 x 50 on :55 Kick-descend	EN2	
900	{4 x 25 on :45 Kick no board S	EN2	
	{3 x 50 on :55 Kick-descend	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
800	4x{8 x 25 on :30 Butterfly	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 5:00 Techniques-1 leg starts		
	7:15 PM 2,650 Yards - Stress Value = 40		

Yards	Set Description	EGY	WC
5:30 PM Start			
400	1 on 28:00 DS/Core/Tm Mtg		
150	1 x 400 on 10:00 Underwater trn drill	REC	
750	10 x 15 on :45 Shooters	SP3	
	1x{8 x 25 on :45 Kick no board S	EN2	
	{3 x 50 on 1:20 Kick-descend	EN2	
	{6 x 25 on :45 Kick no board S	EN2	
	{3 x 50 on 1:20 Kick-descend	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
600	3x{8 x 25 on :45 Butterfly	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 5:00 Techniques-1 leg starts		
	7:16 PM 2,200 Yards - Stress Value = 33		

**Workout #13280 - Tuesday, 23 April 2013**

**Group 2 - Copper**

**1 minute rest between sets**

**Workout #13277 - Tuesday, 23 April 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM Start			
400	1 on 28:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
800	10 x 15 on :45 Shooters	SP3	
750	1x{8 x 25 on :45 Kick no board S	EN2	
	{3 x 50 on 1:05 Kick-descend	EN2	
500	{6 x 25 on :45 Kick no board S	EN2	
150	{3 x 50 on 1:05 Kick-descend	EN2	
800	{4 x 25 on :45 Kick no board S	EN2	
	{1 x 50 on 1:05 Kick-descend	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
800	4x{8 x 25 on :35 Butterfly	EN2	
	{1 on 1:00 Rest		
	only do 4 on the 4th set		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 5:00 Techniques-1 leg starts		
	7:18 PM 2,550 Yards - Stress Value = 38		

Yards	Set Description	EGY	WC
5:30 PM Start			
400	1 on 28:00 DS/Core/Tm Mtg		
150	1 x 400 on 10:00 Underwater trn drill	REC	
600	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on 1:00 Kick no board S	EN2	
	{3 x 50 on 1:40 Kick-descend	EN2	
	{4 x 25 on 1:00 Kick no board S	EN2	
	{3 x 50 on 1:40 Kick-descend	EN2	
	{4 x 25 on 1:00 Kick no board S	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
450	3x{6 x 25 on 1:00 Butterfly	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 5:00 Techniques-1 leg starts		
	7:16 PM 1,900 Yards - Stress Value = 27		

**Workout #13281 - Wednesday, 24 April 2013**

**Group 3 - Breast**

**1 minute rest between sets**

**Workout #13278 - Tuesday, 23 April 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM Start			
450	1 on 28:00 DS/Core/Tm Mtg		
150	1 x 450 on 10:00 Underwater trn drill	REC	
800	10 x 15 on :45 Shooters	SP3	
750	1x{8 x 25 on :45 Kick no board S	EN2	
	{3 x 50 on 1:10 Kick-descend	EN2	
	{6 x 25 on :45 Kick no board S	EN2	
	{3 x 50 on 1:10 Kick-descend	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{1 x 50 on 1:10 Kick-descend	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
600	3x{8 x 25 on :40 Butterfly	EN2	
	{1 on 1:00 Rest		
	Do 10 on the 3rd set		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 5:00 Techniques-1 leg starts		
	7:14 PM 2,300 Yards - Stress Value = 34		

Yards	Set Description	EGY	WC
3:30 PM Start			
600	1 on 25:00 DS/Abs		
150	1 x 600 on 10:00 Free L.25 of each 100 Non F		
2,400	10 x 15 on :45 Shooters		
	1x{8 x 25 on :30 Kick no board BSLR-16 KOW		
	{1 x 100 on 1:30 Kick		
	{1 x 100 on 1:25 Kick		
	{1 x 100 on 1:20 Kick		
	{8 x 25 on :30 Kick no board BSLR-14KOW		
	{2 x 100 on 1:35 Kick		
	{2 x 100 on 1:30 Kick		
	{2 x 100 on 1:25 Kick		
	{8 x 25 on :30 Kick no board BSLR-12KOW		
	{3 x 100 on 1:40 Kick		
	{3 x 100 on 1:35 Kick		
	{3 x 100 on 1:30 Kick		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,400	1x{3 x 100 on 1:30 Breast-descend		
	{1 x 200 on 3:30 BR 2K1P+1K continuous		
	{3 x 100 on 1:30 Breast-descend		
	{2 x 150 on 2:35 BR 2K1P+1K continuous		
	{3 x 100 on 1:30 Breast-descend		
250	1 x 250 on 4:00 Stroke Drills		
	5:31 PM 5,000 Yards - Stress Value = 84		

**Workout #13279 - Tuesday, 23 April 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

**Workout #13282 - Wednesday, 24 April 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 2,000 1x{8 x 25 on :35 Kick no board BSLR-16 KOW  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 1:40 Kick  
 {8 x 25 on :35 Kick no board BSLR-14KOW  
 {2 x 100 on 1:55 Kick  
 {2 x 100 on 1:50 Kick  
 {2 x 100 on 1:45 Kick  
 {8 x 25 on :35 Kick no board BSLR-12KOW  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick  
 {3 x 100 on 1:50 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,250 1x{3 x 100 on 1:40 Breast-descend  
 {1 x 200 on 4:00 BR 2K1P+1K continuous  
 {3 x 100 on 1:40 Breast-descend  
 {1 x 150 on 3:00 BR 2K1P+1K continuous  
 {3 x 100 on 1:40 Breast-descend  
 250 1 x 250 on 4:00 Stroke Drills  
 5:30 PM 4,450 Yards - Stress Value = 73

**Workout #13283 - Wednesday, 24 April 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,750 1x{8 x 25 on :40 Kick no board BSLR-16 KOW  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick  
 {8 x 25 on :40 Kick no board BSLR-14KOW  
 {2 x 100 on 2:10 Kick  
 {2 x 100 on 2:05 Kick  
 {2 x 100 on 2:00 Kick  
 {8 x 25 on :40 Kick no board BSLR-12KOW  
 {2 x 100 on 2:00 Kick  
 {1 x 50 on 1:00 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,100 1x{3 x 100 on 1:50 Breast-descend  
 {1 x 150 on 3:20 BR 2K1P+1K continuous  
 {3 x 100 on 1:50 Breast-descend  
 {1 x 150 on 3:20 BR 2K1P+1K continuous  
 {2 x 100 on 1:50 Breast-descend  
 250 1 x 250 on 4:00 Stroke Drills  
 5:30 PM 4,000 Yards - Stress Value = 65

**Workout #13284 - Wednesday, 24 April 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,500 1x{8 x 25 on :45 Kick no board BSLR-16 KOW  
 {1 x 100 on 2:30 Kick

{1 x 100 on 2:25 Kick  
 {1 x 100 on 2:20 Kick  
 {8 x 25 on :45 Kick no board BSLR-14KOW  
 {2 x 100 on 2:35 Kick  
 {2 x 100 on 2:30 Kick  
 {2 x 100 on 2:25 Kick  
 {4 x 25 on :45 Kick no board BSLR-12KOW  
 {1 x 100 on 2:20 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 1x{3 x 100 on 2:05 Breast-descend  
 {1 x 150 on 3:30 BR 2K1P+1K continuous  
 {3 x 100 on 2:05 Breast-descend  
 {1 x 150 on 3:30 BR 2K1P+1K continuous  
 {1 x 100 on 2:05 Breast-100%  
 250 1 x 250 on 4:00 Stroke Drills  
 5:30 PM 3,600 Yards - Stress Value = 58

**Workout #13285 - Wednesday, 24 April 2013**

**Group 2 - IM's**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Abs/Tm Mtg  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 1:50 Kick-fly  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 1:50 Kick-breast  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 1:50 Kick-free  
 {4 x 25 on :45 Kick no board BSLR  
 200 8 x 25 on :45 Stroke Drills 2 on each stroke  
 500 5 x 100 on 4:00 Individual Medley  
 250 1 x 250 on 4:00 Stroke Drills  
 7:16 PM 2,600 Yards - Stress Value = 76

**Workout #13286 - Wednesday, 24 April 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Abs/Tm Mtg  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:05 Kick-fly  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:05 Kick-breast  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:05 Kick-free  
 {4 x 25 on :45 Kick no board BSLR  
 200 8 x 25 on :45 Stroke Drills 2 on each stroke  
 500 5 x 100 on 4:00 Individual Medley  
 250 1 x 250 on 4:00 Stroke Drills  
 7:16 PM 2,500 Yards - Stress Value = 74

**Workout #13287 - Wednesday, 24 April 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
450	1 on 30:00 DS/Abs/Tm Mtg
150	1 x 450 on 10:00 Swim-kick-pull-swim
850	10 x 15 on :45 Shooters
1x{4	25 on :45 Kick no board BSLR
	{2 x 100 on 2:15 Kick-fly
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:15 Kick-breast
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:10 Kick-free
	{4 x 25 on :45 Kick no board BSLR
200	8 x 25 on :45 Stroke Drills 2 on each stroke
500	5 x 100 on 4:00 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	7:16 PM 2,400 Yards - Stress Value = 73

**Workout #13288 - Wednesday, 24 April 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
400	1 on 30:00 DS/Abs/Tm Mtg
150	1 x 400 on 10:00 Swim-kick-pull-swim
850	10 x 15 on :45 Shooters
1x{4	25 on :45 Kick no board BSLR
	{2 x 100 on 2:30 Kick-fly
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:30 Kick-breast
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 2:00 Kick-free
200	8 x 25 on :45 Stroke Drills 2 on each stroke
500	5 x 100 on 4:00 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	7:16 PM 2,350 Yards - Stress Value = 73

**Workout #13289 - Wednesday, 24 April 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
400	1 on 30:00 DS/Abs/Tm Mtg
150	1 x 400 on 10:00 Swim-kick-pull-swim
700	10 x 15 on :45 Shooters
1x{4	25 on 1:00 Kick no board BSLR
	{2 x 100 on 3:00 Kick-fly
	{4 x 25 on 1:00 Kick no board BSLR
	{2 x 100 on 3:00 Kick-breast
	{4 x 25 on 1:00 Kick no board BSLR
200	8 x 25 on :45 Stroke Drills 2 on each stroke
500	5 x 100 on 4:00 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	7:17 PM 2,200 Yards - Stress Value = 70

**Workout #13290 - Thursday, 25 April 2013**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/PB Abs/Shoulders
150	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
	10 x 15 on :45 Shooters

1,700	1x{1 x 100 on 1:25 Kick
	{4 x 25 on :30 Alt 2nd and 3rd kicks
	{2 x 100 on 1:30 Kick
	{6 x 25 on :30 Alt 2nd and 3rd kicks
	{3 x 100 on 1:35 Kick
	{8 x 25 on :30 Alt 2nd and 3rd kicks
	{4 x 100 on 1:40 Kick
	{10 x 25 on :30 Alt 2nd and 3rd kicks
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	6x{8 x 25 on :25 Butterfly
	{1 on 1:00 Rest
300	1 x 300 on 5:00 Stroke Drills
	5:30 PM 4,150 Yards - Stress Value = 66

**Workout #13291 - Thursday, 25 April 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/PB Abs/Shoulders
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,400	1x{1 x 100 on 1:45 Kick
	{4 x 25 on :35 Alt 2nd and 3rd kicks
	{2 x 100 on 1:50 Kick
	{6 x 25 on :35 Alt 2nd and 3rd kicks
	{3 x 100 on 1:55 Kick
	{8 x 25 on :35 Alt 2nd and 3rd kicks
	{2 x 100 on 2:00 Kick
	{6 x 25 on :35 Alt 2nd and 3rd kicks
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	5x{8 x 25 on :30 Butterfly
	{1 on 1:00 Rest
	do 10 on the 5th set
300	1 x 300 on 5:00 Stroke Drills
	5:29 PM 3,650 Yards - Stress Value = 56

**Workout #13292 - Thursday, 25 April 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/PB Abs/Shoulders
	1 x 550 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,250	1x{1 x 100 on 1:55 Kick
	{4 x 25 on :40 Alt 2nd and 3rd kicks
	{2 x 100 on 2:00 Kick
	{6 x 25 on :40 Alt 2nd and 3rd kicks
	{3 x 100 on 2:05 Kick
	{8 x 25 on :40 Alt 2nd and 3rd kicks
	{1 x 100 on 2:10 Kick
	{4 x 25 on :40 Alt 2nd and 3rd kicks
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	5x{8 x 25 on :35 Butterfly
	{1 on 1:00 Rest
	do 4 on the 5th set
300	1 x 300 on 5:00 Stroke Drills
	5:32 PM 3,450 Yards - Stress Value = 53

**Workout #13293 - Thursday, 25 April 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/PB Abs/Shoulders  
 1 x 500 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,100 1x{1 x 100 on 2:15 Kick  
 {4 x 25 on :45 Alt 2nd and 3rd kicks  
 {2 x 100 on 2:20 Kick  
 {6 x 25 on :45 Alt 2nd and 3rd kicks  
 {3 x 100 on 2:25 Kick  
 {10 x 25 on :45 Alt 2nd and 3rd kicks  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 5x{8 x 25 on :40 Butterfly  
 {1 on 1:00 Rest  
 do 6 on the 5th set  
 300 1 x 300 on 5:00 Stroke Drills  
 5:36 PM 3,250 Yards - Stress Value = 50

1 on 42:00 DS-Dryland L I  
 400 1 x 400 on 8:00 Reverse IM drill REC D  
 150 10 x 15 on :45 Shooters SP3 S  
 920 4x{4 x 50 on :45 Backstroke-descend EN2 S  
 {1 on 1:30 10 pushups/10squats EN1 L I  
 {1 x 15 on :01 Back w/great finish SP2 S  
 {1 x 15 on 1:59 Sculling Drill REC D C  
 200 1 x 200 on 3:00 Stroke Drills REC D  
 6:30 PM 1,670 Yards - Stress Value = 28

**Workout #13297 - Friday, 26 April 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 400 1 on 42:00 DS-Dryland L I  
 1 x 400 on 8:00 Reverse IM drill REC D  
 150 10 x 15 on :45 Shooters SP3 S  
 920 4x{4 x 50 on :50 Backstroke-descend EN2 S  
 {1 on 1:10 8 pushups/8 squats EN1 L I  
 {1 x 15 on :01 Back w/great finish SP2 S  
 {1 x 15 on 1:59 Sculling Drill REC D C  
 200 1 x 200 on 3:00 Stroke Drills REC D  
 6:30 PM 1,670 Yards - Stress Value = 28

**Workout #13294 - Thursday, 25 April 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/PB Abs/Shoulders/Tm Mtg  
 1 x 500 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 1 on 15:00 Techniques-TN Turn drills  
 1 on 2:00 Technique talk  
 150 6 x 25 on :45 Perfect freestyle  
 750 1x{1 x 250 on 7:00 Stroke Drills-body positior  
 {1 x 250 on 7:00 Stroke Drills-udwtr pull  
 {1 x 250 on 7:00 Stroke Drills-Recovery  
 150 6 x 25 on :45 Perfect freestyle  
 400 8 x 50 on 1:15 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 7:16 PM 2,150 Yards - Stress Value = 8

**Workout #13298 - Friday, 26 April 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 350 1 on 42:00 DS-Dryland L I  
 1 x 350 on 8:00 Reverse IM drill REC D  
 150 10 x 15 on :45 Shooters SP3 S  
 920 4x{4 x 50 on :55 Backstroke-descend EN2 S  
 {1 on :50 6 pushups/6 squats EN1 L I  
 {1 x 15 on :01 Back w/great finish SP2 S  
 {1 x 15 on 1:59 Sculling Drill REC D C  
 200 1 x 200 on 3:00 Stroke Drills REC D  
 6:30 PM 1,620 Yards - Stress Value = 28

**Workout #13295 - Friday, 26 April 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 500 2x{1 x 150 on 2:30 2:00 swim/:30 to get to a wa  
 {4 x 25 on :45 IM order-100% Effort  
 400 8 x 50 on 2:00 12.5 Tombstone kicking, 25  
 sprint kick w/ super fast turn, 12.5 easy  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 4x{1 x 25 on :30 Freestyle  
 {1 x 25 on :40 Freestyle  
 {1 x 25 on :50 Freestyle  
 {1 x 25 on 1:00 Freestyle  
 {1 x 200 on 4:00 Stroke Drills  
 4:59 PM 2,300 Yards - Stress Value = 70

**Workout #13299 - Friday, 26 April 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 300 1 on 42:00 DS-Dryland L I  
 1 x 300 on 8:00 Reverse IM drill REC D  
 150 10 x 15 on :45 Shooters SP3 S  
 720 4x{3 x 50 on 1:00 Backstroke-descend EN2 S  
 {1 on 1:30 10 pushups/10 squats EN1 L I  
 {1 x 15 on :01 Back w/great finish SP2 S  
 {1 x 15 on 1:59 Sculling Drill REC D C  
 200 1 x 200 on 3:00 Stroke Drills REC D  
 6:30 PM 1,370 Yards - Stress Value = 24

**Workout #13296 - Friday, 26 April 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description EGY WORK S  
 =====

**Workout #13300 - Friday, 26 April 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 1 on 42:00 DS-Dryland L I  
 300 1 x 300 on 8:00 Reverse IM drill REC D  
 150 10 x 15 on :45 Shooters SP3 S  
 720 4x{3 x 50 on 1:30 Backstroke-descend EN2 S  
 {1 x 15 on :01 Back w/great finish SP2 S  
 {1 x 15 on 1:59 Sculling Drill REC D C  
 200 1 x 200 on 3:00 Stroke Drills REC D  
 6:30 PM 1,370 Yards - Stress Value = 24

**Workout #13301 - Monday, 29 April 2013**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Ball  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 2,400 1x{8 x 25 on :30 Kick no board BSLR  
 {1 x 50 on :50 Kick  
 {1 x 100 on 1:35 Kick  
 {1 x 150 on 2:20 Kick  
 {8 x 25 on :30 Kick no board BSLR  
 {2 x 50 on :50 Kick  
 {2 x 100 on 1:35 Kick  
 {2 x 150 on 2:20 Kick  
 {8 x 25 on :30 Kick no board BSLR  
 {3 x 50 on :50 Kick  
 {3 x 100 on 1:35 Kick  
 {3 x 150 on 2:20 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,000 1x{1 x 500 on 5:50 Freestyle  
 {5 x 100 on 1:20 Freestyle  
 {1 x 500 on 5:45 Freestyle  
 {5 x 100 on 1:20 Freestyle  
 {1 x 500 on 5:40 Freestyle  
 {5 x 100 on 1:20 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:46 PM 6,550 Yards - Stress Value = 116

**Workout #13302 - Monday, 29 April 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Ball  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 2,050 1x{8 x 25 on :35 Kick no board BSLR  
 {1 x 50 on :55 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 150 on 2:45 Kick  
 {8 x 25 on :35 Kick no board BSLR  
 {2 x 50 on :55 Kick  
 {2 x 100 on 1:50 Kick  
 {2 x 150 on 2:45 Kick  
 {8 x 25 on :35 Kick no board BSLR  
 {2 x 50 on :55 Kick  
 {3 x 100 on 1:50 Kick  
 {1 x 150 on 2:45 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,600 1x{1 x 500 on 6:50 Freestyle  
 {5 x 100 on 1:30 Freestyle

{1 x 500 on 6:45 Freestyle  
 {5 x 100 on 1:30 Freestyle  
 {1 x 500 on 6:40 Freestyle  
 {1 x 100 on 1:30 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:45 PM 5,800 Yards - Stress Value = 101

**Workout #13303 - Monday, 29 April 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Ball  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,850 1x{8 x 25 on :40 Kick no board BSLR  
 {1 x 50 on 1:00 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 150 on 3:00 Kick  
 {8 x 25 on :40 Kick no board BSLR  
 {2 x 50 on 1:00 Kick  
 {2 x 100 on 2:00 Kick  
 {2 x 150 on 3:00 Kick  
 {8 x 25 on :40 Kick no board BSLR  
 {2 x 50 on 1:00 Kick  
 {1 x 100 on 2:00 Kick  
 {1 x 150 on 3:00 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,300 1x{1 x 400 on 6:10 Freestyle  
 {4 x 100 on 1:40 Freestyle  
 {1 x 400 on 6:05 Freestyle  
 {4 x 100 on 1:40 Freestyle  
 {1 x 400 on 6:00 Freestyle  
 {3 x 100 on 1:40 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:45 PM 5,250 Yards - Stress Value = 91

**Workout #13304 - Monday, 29 April 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Ball  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,550 1x{8 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:10 Kick  
 {1 x 100 on 2:20 Kick  
 {1 x 150 on 3:30 Kick  
 {8 x 25 on :45 Kick no board BSLR  
 {2 x 50 on 1:10 Kick  
 {2 x 100 on 2:20 Kick  
 {2 x 150 on 3:30 Kick  
 {8 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:10 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{1 x 400 on 7:15 Freestyle  
 {4 x 100 on 1:55 Freestyle  
 {1 x 400 on 7:10 Freestyle  
 {4 x 100 on 1:55 Freestyle  
 {1 x 400 on 7:05 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:45 PM 4,600 Yards - Stress Value = 79

**Workout #13305 - Monday, 29 April 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:30 PM	Start			
=====	=====	=====	=====	=====
	1 on 25:00 DS/Physio Balls/Tm Mtg		L I	
500	1 x 500 on 10:00 Choice	REC	S C	
150	10 x 15 on :45 Shooters	SP3	S F	
1,000	1x{4 x 25 on :45 Kick no board LR	EN2	K F	
	{1 x 100 on 1:45 Kick	EN2	K	
	{4 x 25 on :45 Kick no board LR	EN2	K	
	{2 x 100 on 1:45 Kick	EN2	K	
	{4 x 25 on :45 Kick no board LR	EN2	K F	
	{3 x 100 on 1:45 Kick	EN2	K	
	{4 x 25 on :45 Kick no board LR	EN2	K F	
100	4 x 25 on :45 Stroke Drills	REC	D	
1,600	1x{2 x 200 on 2:50 Freestyle	EN2	S	
	{2 x 200 on 2:45 Freestyle	EN2	S	
	{2 x 200 on 2:40 Freestyle	EN2	S	
	{2 x 200 on 2:35 Freestyle	EN2	S	
	1 on 10:00 Killer Relays	SP1	S	
7:14 PM	3,350 Yards - Stress Value = 58			

**Workout #13308 - Monday, 29 April 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:30 PM	Start			
=====	=====	=====	=====	=====
	1 on 25:00 DS/Physio Balls/Tm Mtg		L I	
400	1 x 400 on 10:00 Choice	REC	S C	
150	10 x 15 on :45 Shooters	SP3	S F	
850	1x{4 x 25 on :45 Kick no board LR	EN2	K F	
	{1 x 100 on 2:30 Kick	EN2	K	
	{4 x 25 on :45 Kick no board LR	EN2	K	
	{2 x 100 on 2:30 Kick	EN2	K	
	{4 x 25 on :45 Kick no board LR	EN2	K F	
	{2 x 100 on 2:30 Kick	EN2	K	
	{1 x 50 on 1:15 Kick	EN2	K C	
100	4 x 25 on :45 Stroke Drills	REC	D	
1,100	1x{2 x 200 on 4:00 Freestyle	EN2	S	
	{2 x 200 on 3:55 Freestyle	EN2	S	
	{2 x 150 on 2:55 Freestyle	EN2	S	
	1 on 10:00 Killer Relays	SP1	S	
7:14 PM	2,600 Yards - Stress Value = 45			

**Workout #13306 - Monday, 29 April 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:30 PM	Start			
=====	=====	=====	=====	=====
	1 on 25:00 DS/Physio Balls/Tm Mtg		L I	
500	1 x 500 on 10:00 Choice	REC	S C	
150	10 x 15 on :45 Shooters	SP3	S F	
1,000	1x{4 x 25 on :45 Kick no board LR	EN2	K F	
	{1 x 100 on 1:55 Kick	EN2	K	
	{4 x 25 on :45 Kick no board LR	EN2	K	
	{2 x 100 on 1:55 Kick	EN2	K	
	{4 x 25 on :45 Kick no board LR	EN2	K F	
	{3 x 100 on 1:55 Kick	EN2	K	
	{1 x 50 on :55 Kick	EN2	K	
	{2 x 25 on :45 Kick no board LR	EN2	K F	
100	4 x 25 on :45 Stroke Drills	REC	D	
1,500	1x{2 x 200 on 3:10 Freestyle	EN2	S	
	{2 x 200 on 3:05 Freestyle	EN2	S	
	{2 x 200 on 3:00 Freestyle	EN2	S	
	{2 x 150 on 2:10 Freestyle	EN2	S	
	1 on 10:00 Killer Relays	SP1	S	
7:15 PM	3,250 Yards - Stress Value = 56			

**Workout #13309 - Monday, 29 April 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:30 PM	Start			
=====	=====	=====	=====	=====
	1 on 25:00 DS/Physio Balls/Tm Mtg		L I	
400	1 x 400 on 10:00 Choice	REC	S C	
150	10 x 15 on :45 Shooters	SP3	S F	
650	1x{4 x 25 on 1:00 Kick no board LR	EN2	K F	
	{1 x 100 on 3:00 Kick	EN2	K	
	{4 x 25 on 1:00 Kick no board LR	EN2	K	
	{2 x 100 on 3:00 Kick	EN2	K	
	{4 x 25 on 1:00 Kick no board LR	EN2	K F	
	{1 x 50 on 1:30 Kick	EN2	K	
100	4 x 25 on :45 Stroke Drills	REC	D	
900	1x{2 x 200 on 5:00 Freestyle	EN2	S	
	{2 x 200 on 4:50 Freestyle	EN2	S	
	{1 x 100 on 2:20 Freestyle	EN2	S	
	1 on 10:00 Killer Relays	SP1	S	
7:15 PM	2,200 Yards - Stress Value = 37			

**Workout #13307 - Monday, 29 April 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:30 PM	Start			
=====	=====	=====	=====	=====
	1 on 25:00 DS/Physio Balls/Tm Mtg		L I	
450	1 x 450 on 10:00 Choice	REC	S C	
150	10 x 15 on :45 Shooters	SP3	S F	
900	1x{4 x 25 on :45 Kick no board LR	EN2	K F	
	{1 x 100 on 2:10 Kick	EN2	K	
	{4 x 25 on :45 Kick no board LR	EN2	K	
	{2 x 100 on 2:10 Kick	EN2	K	
	{4 x 25 on :45 Kick no board LR	EN2	K F	
	{2 x 100 on 2:10 Kick	EN2	K	
	{4 x 25 on :45 Kick no board LR	EN2	K F	
100	4 x 25 on :45 Stroke Drills	REC	D	
1,300	1x{2 x 200 on 3:30 Freestyle	EN2	S	
	{2 x 200 on 3:25 Freestyle	EN2	S	
	{2 x 200 on 3:20 Freestyle	EN2	S	
	{1 x 100 on 1:35 Freestyle	EN2	S	
	1 on 10:00 Killer Relays	SP1	S	
7:15 PM	2,900 Yards - Stress Value = 50			

**Workout #13310 - Tuesday, 30 April 2013**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 5 x 100 on 2:00 Kick @ fastest interval  
 480 1x{16 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 1,800 1x{4 x 150 on 2:00 Pulls  
 { 4 x 125 on 1:35 Pulls  
 { 4 x 100 on 1:15 Pulls  
 { 4 x 75 on :55 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 1x{1 x 150 on 2:15 Backstroke  
 { 1 x 125 on 2:00 Back R.10sec at 100  
 { L.25 10 KOW-100% Effort EBO  
 { 2 x 150 on 2:15 Backstroke  
 { 2 x 125 on 2:00 Same as above  
 { 3 x 150 on 2:15 Backstroke  
 { 3 x 125 on 2:00 Same as above  
 250 1 x 250 on 4:00 Stroke Drills  
 5:45 PM 5,630 Yards - Stress Value = 115

**Workout #13311 - Tuesday, 30 April 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 5 x 100 on 2:00 Kick @ fastest interval  
 480 1x{16 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 1,550 1x{4 x 150 on 2:15 Pulls  
 { 4 x 125 on 1:50 Pulls  
 { 4 x 100 on 1:25 Pulls  
 { 1 x 50 on :40 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,525 1x{1 x 150 on 2:30 Backstroke  
 { 1 x 125 on 2:15 Back R.10sec at 100  
 { L.25 10 KOW-100% Effort EBO  
 { 2 x 150 on 2:30 Backstroke  
 { 2 x 125 on 2:15 Same as above  
 { 3 x 150 on 2:30 Backstroke  
 { 2 x 125 on 2:15 Same as above  
 250 1 x 250 on 4:00 Stroke Drills  
 5:46 PM 5,255 Yards - Stress Value = 107

**Workout #13312 - Tuesday, 30 April 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 5 x 100 on 2:00 Kick @ fastest interval  
 480 1x{16 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 1,400 1x{2 x 150 on 2:30 Pulls

{ 4 x 125 on 2:00 Pulls  
 { 4 x 100 on 1:35 Pulls  
 { 4 x 50 on :45 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,375 1x{1 x 150 on 2:45 Backstroke  
 { 1 x 125 on 2:30 Back R.10sec at 100  
 { L.25 10 KOW-100% Effort EBO  
 { 2 x 150 on 2:45 Backstroke  
 { 2 x 125 on 2:30 Same as above  
 { 2 x 150 on 2:45 Backstroke  
 { 2 x 125 on 2:30 Same as above  
 250 1 x 250 on 4:00 Stroke Drills  
 5:46 PM 4,905 Yards - Stress Value = 101

**Workout #13313 - Tuesday, 30 April 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 5 x 100 on 2:00 Kick @ fastest interval  
 480 1x{16 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 1,200 1x{2 x 150 on 2:50 Pulls  
 { 4 x 125 on 2:20 Pulls  
 { 4 x 100 on 1:50 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,225 1x{1 x 150 on 3:00 Backstroke  
 { 1 x 125 on 2:40 Back R.10sec at 100  
 { L.25 10 KOW-100% Effort EBO  
 { 2 x 150 on 3:00 Backstroke  
 { 2 x 125 on 2:40 Same as above  
 { 1 x 150 on 3:00 Backstroke  
 { 2 x 125 on 2:45 Same as above  
 250 1 x 250 on 4:00 Stroke Drills  
 5:45 PM 4,505 Yards - Stress Value = 94

**Workout #13314 - Tuesday, 30 April 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 30:00 DS/Core/Tm Mtg  
 500 1 x 500 on 10:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 400 16 x 25 on :45 Kick no board B EN2  
 400 1 x 400 on 6:00 Backstroke Pull EN2  
 Hold streamline to hips shallow end  
 EBO deep end  
 100 4 x 25 on :45 Stroke Drills REC  
 1,800 3x{1 x 150 on 2:10 Backstroke EN2  
 { 1 x 150 on 2:05 Backstroke EN2  
 { 1 x 150 on 2:00 Backstroke EN2  
 { 1 x 150 on 1:55 Backstroke EN2  
 { 1 on 1:00 Rest  
 200 1 x 200 on 3:00 Stroke Drills REC  
 7:16 PM 3,550 Yards - Stress Value = 58

**Workout #13315 - Tuesday, 30 April 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 5 x 100 on 2:00 Kick @ fastest interval  
 480 1x{16 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 1,400 1x{2 x 150 on 2:30 Pulls

**Workout #13315 - Tuesday, 30 April 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
500	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
400	10 x 15 on :45 Shooters	SP3	
350	16 x 25 on :45 Kick no board B	EN2	
	1 x 350 on 6:00 Backstroke Pull	EN2	
	Hold streamline to hips shallow end		
	EBO deep end		
100	4 x 25 on :45 Stroke Drills	REC	
1,500	3x{1 x 125 on 2:10 Backstroke	EN2	
	{1 x 125 on 2:05 Backstroke	EN2	
	{1 x 125 on 2:00 Backstroke	EN2	
	{1 x 125 on 1:55 Backstroke	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:16 PM 3,200 Yards - Stress Value = 53		

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Core/Tm Mtg		
350	1 x 350 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
300	12 x 25 on 1:00 Kick no board B	EN2	
250	1 x 250 on 6:00 Backstroke Pull	EN2	
	Hold streamline to hips shallow end		
	EBO deep end		
100	4 x 25 on :45 Stroke Drills	REC	
900	3x{1 x 75 on 2:10 Backstroke	EN2	
	{1 x 75 on 2:05 Backstroke	EN2	
	{1 x 75 on 2:00 Backstroke	EN2	
	{1 x 75 on 1:55 Backstroke	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:16 PM 2,250 Yards - Stress Value = 33		

**Workout #13319 - Wednesday, 01 May 2013**

**Group 3 - Fly**

**1 minute rest between sets**

**Workout #13316 - Tuesday, 30 April 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
450	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 450 on 10:00 Underwater trn drill	REC	
400	10 x 15 on :45 Shooters	SP3	
300	16 x 25 on :45 Kick no board B	EN2	
	1 x 300 on 6:00 Backstroke Pull	EN2	
	Hold streamline to hips shallow end		
	EBO deep end		
100	4 x 25 on :45 Stroke Drills	REC	
1,200	3x{1 x 100 on 2:10 Backstroke	EN2	
	{1 x 100 on 2:05 Backstroke	EN2	
	{1 x 100 on 2:00 Backstroke	EN2	
	{1 x 100 on 1:55 Backstroke	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:16 PM 2,800 Yards - Stress Value = 44		

Yards	Set Description	EGY	WC
3:30 PM	Start		
	1 on 25:00 DS/Abs		
600	1 x 600 on 10:00 Free L.25 of each 100 Non F		
150	10 x 15 on :45 Shooters		
1,700	1x{4 x 25 on :30 Kick no board BSLR		
	{1 x 100 on 1:15 Kick		
	{6 x 25 on :30 Kick no board BSLRBS		
	{2 x 100 on 1:20 Kick		
	{8 x 25 on :30 Kick no board BSLRX2		
	{3 x 100 on 1:30 Kick		
	{10 x 25 on :30 Kick no board BSLRX2BS		
	{4 x 100 on 1:35 Kick		
1,500	10 x 150 on 2:00 Lungbuster pulls		
	Odds breathe 3-5-7, evens 4-6-8 by the 50		
	descend in 3's		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,800	1x{1 x 250 on 3:45 Butterfly		
	{1 x 50 on :40 Freestyle		
	{2 x 200 on 2:55 Butterfly		
	{1 x 100 on 1:20 Freestyle		
	{3 x 150 on 2:05 Butterfly		
	{1 x 150 on 2:00 Freestyle		
	{4 x 100 on 1:20 Butterfly		
250	5 x 50 on 1:00 Stroke Drills		
	5:45 PM 6,200 Yards - Stress Value = 105		

**Workout #13317 - Tuesday, 30 April 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
400	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 400 on 10:00 Underwater trn drill	REC	
400	10 x 15 on :45 Shooters	SP3	
250	16 x 25 on :45 Kick no board B	EN2	
	1 x 250 on 6:00 Backstroke Pull	EN2	
	Hold streamline to hips shallow end		
	EBO deep end		
100	4 x 25 on :45 Stroke Drills	REC	
900	3x{1 x 75 on 2:10 Backstroke	EN2	
	{1 x 75 on 2:05 Backstroke	EN2	
	{1 x 75 on 2:00 Backstroke	EN2	
	{1 x 75 on 1:55 Backstroke	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:16 PM 2,400 Yards - Stress Value = 35		

**Workout #13318 - Tuesday, 30 April 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

**Workout #13320 - Wednesday, 01 May 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Abs
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,450	1x{4 x 25 on :45 Shooters
	{1 x 100 on 1:35 Kick
	{6 x 25 on :35 Kick no board BSLRBS
	{2 x 100 on 1:40 Kick
	{8 x 25 on :35 Kick no board BSLRX2
	{3 x 100 on 1:45 Kick
	{8 x 25 on :35 Kick no board BSLRX2
	{2 x 100 on 1:50 Kick
1,350	9 x 150 on 2:10 Lungbuster pulls
	Odds breathe 3-5-7, evens 4-6-8 by the 50 descend in 3's
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 250 on 4:10 Butterfly
	{1 x 50 on :45 Freestyle
	{2 x 200 on 3:15 Butterfly
	{1 x 100 on 1:30 Freestyle
	{3 x 150 on 2:25 Butterfly
	{1 x 150 on 2:15 Freestyle
	{2 x 100 on 1:35 Butterfly
250	5 x 50 on 1:00 Stroke Drills
	5:45 PM 5,600 Yards - Stress Value = 93

**Workout #13321 - Wednesday, 01 May 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 25:00 DS/Abs
150	1 x 550 on 10:00 Free L.25 of each 100 Non F
1,250	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:50 Kick
	{6 x 25 on :40 Kick no board BSLRBS
	{2 x 100 on 1:55 Kick
	{8 x 25 on :40 Kick no board BSLRX2
	{3 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLRX2
	{1 x 100 on 2:05 Kick
1,200	8 x 150 on 2:30 Lungbuster pulls
	Odds breathe 3-5-7, evens 4-6-8 by the 50 descend in 3's
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{1 x 250 on 4:35 Butterfly
	{1 x 50 on :50 Freestyle
	{2 x 200 on 3:35 Butterfly
	{1 x 100 on 1:40 Freestyle
	{3 x 150 on 2:40 Butterfly
	{1 x 150 on 2:30 Freestyle
	{1 x 50 on :50 Butterfly
250	5 x 50 on 1:00 Stroke Drills
	5:45 PM 5,050 Yards - Stress Value = 83

**Workout #13322 - Wednesday, 01 May 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 25:00 DS/Abs
	1 x 500 on 10:00 Free L.25 of each 100 Non F

150	10 x 15 on :45 Shooters
1,150	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{6 x 25 on :45 Kick no board BSLRBS
	{2 x 100 on 2:05 Kick
	{8 x 25 on :45 Kick no board BSLRX2
	{2 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLRX2
	{1 x 100 on 2:00 Kick
1,050	7 x 150 on 2:45 Lungbuster pulls
	Odds breathe 3-5-7, evens 4-6-8 by the 50 descend in 3's
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{1 x 250 on 5:15 Butterfly
	{1 x 50 on :55 Freestyle
	{2 x 200 on 4:10 Butterfly
	{1 x 100 on 1:50 Freestyle
	{3 x 150 on 3:05 Butterfly
250	5 x 50 on 1:00 Stroke Drills
	5:45 PM 4,550 Yards - Stress Value = 75

**Workout #13323 - Wednesday, 01 May 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Abs/Spotlight		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters		SP3
1,000	1x{1 x 100 on 2:00 Kick		EN2
	{1 x 50 on 1:00 Kick		EN1
	{1 x 100 on 1:55 Kick		EN2
	{1 x 50 on 1:00 Kick		EN1
	{1 x 100 on 1:50 Kick		EN2
	{1 x 50 on 1:00 Kick		EN1
	{1 x 100 on 1:45 Kick		EN2
	{1 x 50 on 1:00 Kick		EN1
	{1 x 100 on 1:40 Kick		EN2
	{1 x 50 on 1:00 Kick		EN1
	{1 x 100 on 1:35 Kick		EN2
	{1 x 50 on 1:00 Kick		EN1
100	4 x 25 on :45 Stroke Drills	REC	
1,500	1x{1 x 200 on 3:20 Breaststroke		EN2
	{2 x 175 on 2:55 Breaststroke		EN2
	{3 x 150 on 2:30 Breaststroke		EN2
	{4 x 125 on 2:05 Breaststroke		EN2
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:15 PM 3,500 Yards - Stress Value = 50		

**Workout #13324 - Wednesday, 01 May 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1x{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN1	
100	4 x 25 on :45 Stroke Drills	REC	
1,250	1x{1 x 200 on 3:40 Breaststroke	EN2	
	{2 x 175 on 3:15 Breaststroke	EN2	
	{3 x 150 on 2:45 Breaststroke	EN2	
	{2 x 125 on 2:20 Breaststroke	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:14 PM 3,150 Yards - Stress Value = 43		

**Workout #13325 - Wednesday, 01 May 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{1 x 100 on 2:25 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN1	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN1	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN1	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
1,250	1x{1 x 200 on 4:00 Breaststroke	EN2	
	{2 x 175 on 3:30 Breaststroke	EN2	
	{3 x 150 on 3:00 Breaststroke	EN2	
	{2 x 125 on 2:30 Breaststroke	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:15 PM 3,000 Yards - Stress Value = 42		

**Workout #13326 - Wednesday, 01 May 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{1 x 100 on 2:45 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN1	
	{1 x 100 on 2:40 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN1	
	{1 x 100 on 2:35 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN1	

	{1 x 100 on 2:30 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN1	
	{1 x 100 on 2:25 Kick	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
1,100	1x{1 x 200 on 4:20 Breaststroke	EN2	
	{2 x 175 on 3:50 Breaststroke	EN2	
	{3 x 150 on 3:15 Breaststroke	EN2	
	{1 x 100 on 2:10 Breaststroke	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:14 PM 2,700 Yards - Stress Value = 38		

**Workout #13327 - Wednesday, 01 May 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight		
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
650	1x{1 x 100 on 3:00 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN1	
	{1 x 100 on 2:55 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN1	
	{1 x 100 on 2:50 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN1	
	{1 x 100 on 2:45 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN1	
	{1 x 50 on 1:20 Kick	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
1,050	1x{1 x 200 on 4:40 Breaststroke	EN2	
	{2 x 175 on 4:05 Breaststroke	EN2	
	{3 x 150 on 3:30 Breaststroke	EN2	
	{1 x 50 on 1:10 Breaststroke	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:15 PM 2,550 Yards - Stress Value = 36		

**Workout #13328 - Thursday, 02 May 2013**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball Abs/Shldrs		
600	1 x 600 on 10:00 Underwater trn drill		
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
1,200	1x{1 x 100 on 1:40 Kick #1		
	{1 x 100 on 1:50 Kick #2		
	{1 x 100 on 2:00 Kick #3		
	{2 x 100 on 1:40 Kick #1		
	{2 x 100 on 1:50 Kick #2		
	{2 x 100 on 2:00 Kick #3		
	{1 x 100 on 1:40 Kick #1		
	{1 x 100 on 1:50 Kick #2		
	{1 x 100 on 2:00 Kick #3		
1,000	1 x 1000 on 13:00 Pull alt breakouts		
	feet, knees, hips, shoulders		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,100	1x{3 x 100 on 1:30 Breaststroke		
	{3 x 50 on 1:00 Breast under/over		
	{3 x 100 on 1:25 Breaststroke		
	{3 x 50 on 1:00 Breast under/over		
	{3 x 100 on 1:20 Breaststroke		
	{3 x 50 on 1:00 Breast under/over		
	{3 x 100 on 1:25 Breaststroke		
	{3 x 50 on 1:00 Breast under/over		
	{3 x 100 on 1:30 Breaststroke		
300	6 x 50 on 1:00 Stroke Drills		
	5:45 PM 5,550 Yards - Stress Value = 84		

**Workout #13329 - Thursday, 02 May 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Ball Abs/Shldrs 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 1:50 Kick #1 {1 x 100 on 2:00 Kick #2 {1 x 100 on 2:10 Kick #3 {2 x 100 on 1:50 Kick #1 {2 x 100 on 2:00 Kick #2 {2 x 100 on 2:10 Kick #3 {1 x 50 on 1:00 Kick #2 {1 x 100 on 2:10 Kick #3
925	1 x 925 on 13:00 Pull alt breakouts feet, knees, hips, shoulders
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{2 x 100 on 1:40 Breaststroke {3 x 50 on 1:05 Breast under/over {3 x 100 on 1:35 Breaststroke {3 x 50 on 1:05 Breast under/over {3 x 100 on 1:30 Breaststroke {3 x 50 on 1:05 Breast under/over {3 x 100 on 1:35 Breaststroke {3 x 50 on 1:05 Breast under/over {2 x 100 on 1:40 Breaststroke
300	6 x 50 on 1:00 Stroke Drills
5:45 PM 5,125 Yards - Stress Value = 76	

Yards	Set Description
550	1 on 30:00 DS/Physio Ball Abs/Shldrs 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,000	1x{1 x 100 on 2:00 Kick #1 {1 x 100 on 2:10 Kick #2 {1 x 100 on 2:20 Kick #3 {2 x 100 on 2:00 Kick #1 {2 x 100 on 2:10 Kick #2 {2 x 100 on 2:20 Kick #3 {1 x 50 on 1:05 Kick #2 {1 x 50 on 1:10 Kick #3
850	1 x 850 on 13:00 Pull alt breakouts feet, knees, hips, shoulders
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 100 on 2:10 Breaststroke {3 x 50 on 1:15 Breast under/over {2 x 100 on 2:05 Breaststroke {3 x 50 on 1:15 Breast under/over {3 x 100 on 2:00 Breaststroke {3 x 50 on 1:15 Breast under/over {2 x 100 on 2:05 Breaststroke {3 x 50 on 1:15 Breast under/over {1 x 100 on 2:10 Breaststroke
300	6 x 50 on 1:00 Stroke Drills
5:45 PM 4,550 Yards - Stress Value = 66	

**Workout #13332 - Thursday, 02 May 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start

**Workout #13330 - Thursday, 02 May 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Physio Ball Abs/Shldrs 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,000	1x{1 x 100 on 2:00 Kick #1 {1 x 100 on 2:10 Kick #2 {1 x 100 on 2:20 Kick #3 {2 x 100 on 2:00 Kick #1 {2 x 100 on 2:10 Kick #2 {2 x 100 on 2:20 Kick #3 {1 x 50 on 1:05 Kick #2 {1 x 50 on 1:10 Kick #3
850	1 x 850 on 13:00 Pull alt breakouts feet, knees, hips, shoulders
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{1 x 100 on 1:50 Breaststroke {3 x 50 on 1:10 Breast under/over {3 x 100 on 1:45 Breaststroke {3 x 50 on 1:10 Breast under/over {3 x 100 on 1:40 Breaststroke {3 x 50 on 1:10 Breast under/over {3 x 100 on 1:45 Breaststroke {2 x 50 on 1:10 Breast under/over {2 x 100 on 1:50 Breaststroke
300	6 x 50 on 1:00 Stroke Drills
5:45 PM 4,800 Yards - Stress Value = 71	

Yards	Set Description	EGY	W
500	1 on 30:00 DS/Physio Ball Abs/Shldrs 1 x 500 on 10:00 Underwater trn drill Move to Diving Well		REC
150	10 x 15 on :45 Shooters		SP3
150	1 on 2:00 Technique Talk		
150	6 x 25 on :45 Perfect Fly		REC
750	1x{1 x 250 on 8:00 Stroke Drill-Super Man {1 x 250 on 8:00 Stroke Drill-Recovery {1 x 250 on 8:00 Stroke Drill-		REC REC REC
150	6 x 25 on :45 Perfect Fly		REC
200	1 x 200 on 4:00 Butterfly		EN2
	1 on 12:00 Techniques-Starts		
7:15 PM 1,900 Yards - Stress Value = 10			

**Workout #13333 - Friday, 03 May 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 25:00 DS/Ted's Abs 1 x 600 on 10:00 Choice			L DRY D CHC
150	10 x 15 on :45 Shooters			SP3 S IM
300	4 x 75 on 1:30 2bk-4bk-6bk by 25's			EN1 S FF
600	6 x 100 on 6:00 IM OTB			SP2 S IM
250	1 x 250 on 4:00 Stroke Drills			REC D CI
5:03 PM 1,900 Yards - Stress Value = 69				

**Workout #13331 - Thursday, 02 May 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

**Workout #13334 - Friday, 03 May 2013**

**Group 2 - Swim Like A Champion Day**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 45:00 DS/Dryland		L	DRY
500	1 x 500 on 10:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
500	5 x 100 on 4:00 Individual Medley	SP2	S	IM
250	1 x 250 on 5:00 Stroke Drills	REC	D	CD
6:31 PM 1,400 Yards - Stress Value = 56				

**Workout #13335 - Monday, 06 May 2013**

**Group 3 - All**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 DS/Physio Balls		L
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
300	6 x 50 on 1:00 Freestyle-build	EN1	S
3,000	1 x 3000 on 30:00 Freestyle-T-30!!!!	EN2	S
250	1 x 250 on 5:00 Choice	REC	S
4:58 PM 4,300 Yards - Stress Value = 69			

**Workout #13336 - Monday, 06 May 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	E
	1 on 30:00 DS/Physio Balls/Spotlight	
500	1 x 500 on 10:00 Swim-kick-pull-swim	F
1,200	1x{4 x 25 on :45 Sprint kidk on back-no board	F
	{3 x 100 on 2:00 Kick-descend	F
	{4 x 25 on :45 Sprint Kick on back-no board	F
	{3 x 100 on 1:55 Kick-descend	F
	{4 x 25 on :45 Sprint kick on back on board	F
	{3 x 100 on 1:50 Kick-descend	F
150	6 x 25 on :45 Back Drill	F
1,400	1x{1 x 150 on 2:25 Backstroke	F
	{2 x 125 on 2:00 Backstroke	F
	{3 x 100 on 1:35 Backstroke	F
	{4 x 75 on 1:10 Backstroke	F
	{5 x 50 on :45 Backstroke	F
	{6 x 25 on :30 Bacstroke-100%	F
300	6 x 50 on 1:00 Stroke Drills	F
7:15 PM 3,550 Yards - Stress Value = 52		

**Workout #13337 - Monday, 06 May 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	E
	1 on 30:00 DS/Physio Balls/Spotlight	
500	1 x 500 on 10:00 Swim-kick-pull-swim	F
1,150	1x{4 x 25 on :45 Sprint kidk on back-no board	F
	{3 x 100 on 2:10 Kick-descend	F
	{4 x 25 on :45 Sprint Kick on back-no board	F
	{3 x 100 on 2:05 Kick-descend	F
	{4 x 25 on :45 Sprint kick on back on board	F
	{2 x 100 on 2:00 Kick-descend	F
	{1 x 50 on 1:00 Kick-fast	F
150	6 x 25 on :45 Back Drill	F
1,300	1x{1 x 150 on 2:45 Backstroke	F
	{2 x 125 on 2:15 Backstroke	F
	{3 x 100 on 1:45 Backstroke	F

	{4 x 75 on 1:15 Backstroke	F
	{3 x 50 on :50 Backstroke	F
	{6 x 25 on :30 Bacstroke-100%	F
300	6 x 50 on 1:00 Stroke Drills	F
7:15 PM 3,400 Yards - Stress Value = 49		

**Workout #13338 - Monday, 06 May 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	E
	1 on 30:00 DS/Physio Balls/Spotlight	
450	1 x 450 on 10:00 Swim-kick-pull-swim	F
1,050	1x{4 x 25 on :45 Sprint kidk on back-no board	F
	{3 x 100 on 2:20 Kick-descend	F
	{4 x 25 on :45 Sprint Kick on back-no board	F
	{3 x 100 on 2:15 Kick-descend	F
	{4 x 25 on :45 Sprint kick on back on board	F
	{2 x 75 on 1:40 Kick-descend	F
150	6 x 25 on :45 Back Drill	F
1,150	1x{1 x 150 on 3:00 Backstroke	F
	{2 x 125 on 2:25 Backstroke	F
	{3 x 100 on 1:55 Backstroke	F
	{4 x 75 on 1:20 Backstroke	F
	{6 x 25 on :35 Bacstroke-100%	F
300	6 x 50 on 1:00 Stroke Drills	F
7:15 PM 3,100 Yards - Stress Value = 44		

**Workout #13339 - Monday, 06 May 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	E
	1 on 30:00 DS/Physio Balls/Spotlight	
400	1 x 400 on 10:00 Swim-kick-pull-swim	F
1,000	1x{4 x 25 on :45 Sprint kidk on back-no board	F
	{3 x 100 on 2:35 Kick-descend	F
	{4 x 25 on :45 Sprint Kick on back-no board	F
	{3 x 100 on 2:30 Kick-descend	F
	{4 x 25 on :45 Sprint kick on back on board	F
	{2 x 50 on 1:10 Kick-descend	F
150	6 x 25 on :45 Back Drill	F
1,000	1x{1 x 150 on 3:15 Backstroke	F
	{2 x 125 on 2:40 Backstroke	F
	{3 x 100 on 2:05 Backstroke	F
	{3 x 50 on 1:05 Backstroke	F
	{6 x 25 on :40 Bacstroke-100%	F
300	6 x 50 on 1:00 Stroke Drills	F
7:15 PM 2,850 Yards - Stress Value = 40		

**Workout #13340 - Monday, 06 May 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 350 1 on 30:00 DS/Physio Balls/Spotlight  
 850 1 x 350 on 10:00 Swim-kick-pull-swim  
 1x{4 x 25 on 1:00 Sprint kidk on back-no board  
 {3 x 100 on 3:00 Kick-descend  
 {4 x 25 on 1:00 Sprint Kick on back-no board  
 {3 x 100 on 2:55 Kick-descend  
 {2 x 25 on 1:00 Sprint kick on back on board  
 150 6 x 25 on :45 Back Drill  
 850 1x{1 x 150 on 4:00 Backstroke  
 {2 x 125 on 3:15 Backstroke  
 {3 x 100 on 2:35 Backstroke  
 {6 x 25 on :45 Bacstroke-100%  
 300 6 x 50 on 1:00 Stroke Drills  
 7:16 PM 2,500 Yards - Stress Value = 34

**Workout #13341 - Tuesday, 07 May 2013**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 25:00 DS/Core  
 150 1 x 600 on 10:00 Underwater trn drill  
 600 10 x 15 on :45 Shooters  
 600 6 x 100 on 2:00 Kick @ fastest interval  
 420 1x{ Alt 15 Tombstone Kick 15 underwa  
 {2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 2,800 1x{1 x 500 on 6:15 Pulls-nbbf&w + 2 yds  
 {5 x 100 on 1:20 Pull-alt breakouts  
 {1 x 400 on 5:00 Pulls-nbbf&w + 2 yds  
 {4 x 100 on 1:20 Pull alt breakouts  
 {1 x 300 on 3:45 Pulls-nbbf&w + 2 yds  
 {3 x 100 on 1:20 Pull alt breakouts  
 {1 x 200 on 2:30 Pulls-nbbf&w + 2 yds  
 {2 x 100 on 1:20 Pull alt breakouts  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 16 x 75 on 1:30 Backstroke  
 500 10 x 50 on 1:00 Stroke Drills  
 6:00 PM 6,470 Yards - Stress Value = 155

**Workout #13342 - Tuesday, 07 May 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 25:00 DS/Core  
 150 1 x 600 on 10:00 Underwater trn drill  
 600 10 x 15 on :45 Shooters  
 600 6 x 100 on 2:00 Kick @ fastest interval  
 420 1x{ Alt 15 Tombstone Kick 15 underwa  
 {2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 2,500 1x{1 x 500 on 7:05 Pulls-nbbf&w + 2 yds

{5 x 100 on 1:30 Pull-alt breakouts  
 {1 x 400 on 5:40 Pulls-nbbf&w + 2 yds  
 {4 x 100 on 1:30 Pull alt breakouts  
 {1 x 300 on 4:15 Pulls-nbbf&w + 2 yds  
 {3 x 100 on 1:30 Pull alt breakouts  
 {1 x 100 on 1:25 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 16 x 75 on 1:30 Backstroke  
 500 10 x 50 on 1:00 Stroke Drills  
 6:00 PM 6,170 Yards - Stress Value = 149

**Workout #13343 - Tuesday, 07 May 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 550 1 on 25:00 DS/Core  
 150 1 x 550 on 10:00 Underwater trn drill  
 600 10 x 15 on :45 Shooters  
 600 6 x 100 on 2:00 Kick @ fastest interval  
 420 1x{ Alt 15 Tombstone Kick 15 underwa  
 {2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 2,250 1x{1 x 500 on 7:55 Pulls-nbbf&w + 2 yds  
 {5 x 100 on 1:40 Pull-alt breakouts  
 {1 x 400 on 6:20 Pulls-nbbf&w + 2 yds  
 {4 x 100 on 1:35 Pull alt breakouts  
 {1 x 300 on 4:45 Pulls-nbbf&w + 2 yds  
 {3 x 50 on :50 Pull alt breakouts  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 16 x 75 on 1:30 Backstroke  
 500 10 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,870 Yards - Stress Value = 144

**Workout #13344 - Tuesday, 07 May 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 500 1 on 25:00 DS/Core  
 150 1 x 500 on 10:00 Underwater trn drill  
 600 10 x 15 on :45 Shooters  
 600 6 x 100 on 2:00 Kick @ fastest interval  
 420 1x{ Alt 15 Tombstone Kick 15 underwa  
 {2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 2,050 1x{1 x 500 on 8:45 Pulls-nbbf&w + 2 yds  
 {5 x 100 on 1:50 Pull-alt breakouts  
 {1 x 400 on 7:00 Pulls-nbbf&w + 2 yds  
 {4 x 100 on 1:50 Pull alt breakouts  
 {1 x 250 on 4:20 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 16 x 75 on 1:30 Backstroke  
 500 10 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,620 Yards - Stress Value = 140

**Workout #13345 - Tuesday, 07 May 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 27:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{1 x 250 on 4:20 Kick	EN2	
	{5 x 50 on 1:00 Kick-no board descend	EN2	
	{1 x 200 on 3:30 Kick	EN2	
	{4 x 50 on 1:00 Kick no board, descend	EN2	
	{1 x 150 on 2:35 Kick	EN2	
	{3 x 50 on 1:00 Kick no board, descend	EN2	
100	4 x 25 on :45 Breast Drill	REC	
1,400	1x{1 x 250 on 5:00 Breast Pull	EN2	
	{5 x 50 on :50 Breast 2K1P	EN2	
	{1 x 200 on 4:00 Breast Pull	EN2	
	{4 x 50 on :50 Breast 2K1P	EN2	
	{1 x 150 on 3:00 Breast Pull	EN2	
	{3 x 50 on :50 Breast 2K1P	EN2	
	{1 x 100 on 2:00 Breast Pull	EN2	
	{2 x 50 on :50 Breast 2k1P	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:15 PM 3,550 Yards - Stress Value = 58		

{1 x 150 on 3:30 Breast Pull EN2  
 {3 x 50 on 1:00 Breast 2K1P EN2  
 200 1 x 200 on 3:00 Stroke Drills REC  
 7:15 PM 3,150 Yards - Stress Value = 51

**Workout #13348 - Tuesday, 07 May 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 27:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1x{1 x 250 on 6:15 Kick	EN2	
	{5 x 50 on 1:20 Kick-no board descend	EN2	
	{1 x 200 on 5:00 Kick	EN2	
	{4 x 50 on 1:15 Kick no board, descend	EN2	
100	4 x 25 on :45 Breast Drill	REC	
1,050	1x{1 x 250 on 6:30 Breast Pull	EN2	
	{5 x 50 on 1:10 Breast 2K1P	EN2	
	{1 x 200 on 5:10 Breast Pull	EN2	
	{4 x 50 on 1:10 Breast 2K1P	EN2	
	{1 x 150 on 3:45 Breast Pull	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:15 PM 2,800 Yards - Stress Value = 45		

**Workout #13346 - Tuesday, 07 May 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 27:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{1 x 250 on 4:45 Kick	EN2	
	{5 x 50 on 1:05 Kick-no board descend	EN2	
	{1 x 200 on 3:50 Kick	EN2	
	{4 x 50 on 1:05 Kick no board, descend	EN2	
	{1 x 150 on 2:55 Kick	EN2	
	{1 x 50 on 1:05 Kick no board, fast	EN2	
100	4 x 25 on :45 Breast Drill	REC	
1,250	1x{1 x 250 on 5:25 Breast Pull	EN2	
	{5 x 50 on :55 Breast 2K1P	EN2	
	{1 x 200 on 4:20 Breast Pull	EN2	
	{4 x 50 on :55 Breast 2K1P	EN2	
	{1 x 150 on 3:15 Breast Pull	EN2	
	{3 x 50 on :55 Breast 2K1P	EN2	
	{1 x 50 on 1:05 Breast Pull	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:15 PM 3,300 Yards - Stress Value = 53		

**Workout #13349 - Tuesday, 07 May 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 27:00 DS/Core/Tm Mtg		
300	1 x 300 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{1 x 200 on 6:00 Kick	EN2	
	{4 x 50 on 1:30 Kick-no board descend	EN2	
	{1 x 150 on 4:30 Kick	EN2	
	{4 x 50 on 1:30 Kick no board, descend	EN2	
100	4 x 25 on :45 Breast Drill	REC	
900	1x{1 x 200 on 6:00 Breast Pull	EN2	
	{4 x 50 on 1:20 Breast 2K1P	EN2	
	{1 x 150 on 4:30 Breast Pull	EN2	
	{3 x 50 on 1:20 Breast 2K1P	EN2	
	{1 x 100 on 3:00 Breast Pull	EN2	
	{2 x 50 on 1:20 Breast 2K1P	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:15 PM 2,400 Yards - Stress Value = 38		

**Workout #13347 - Tuesday, 07 May 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 27:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,050	1x{1 x 250 on 5:15 Kick	EN2	
	{5 x 50 on 1:10 Kick-no board descend	EN2	
	{1 x 200 on 4:10 Kick	EN2	
	{4 x 50 on 1:10 Kick no board, descend	EN2	
	{1 x 150 on 3:05 Kick	EN2	
100	4 x 25 on :45 Breast Drill	REC	
1,200	1x{1 x 250 on 5:50 Breast Pull	EN2	
	{5 x 50 on 1:00 Breast 2K1P	EN2	
	{1 x 200 on 4:40 Breast Pull	EN2	
	{4 x 50 on 1:00 Breast 2K1P	EN2	

**Workout #13350 - Wednesday, 08 May 2013**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 25:00 DS/Abs
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
2,000	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{4 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR-14
	{4 x 75 on 1:00 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{4 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
1,200	1x{2 x 150 on 2:10 Lungbuster pulls
	{2 x 150 on 2:05 Lungbuster pulls
	{2 x 150 on 2:00 Lungbuster pulls
	{2 x 150 on 1:55 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 150 on 2:15 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 1:50 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:25 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:05 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 50 on :40 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
6:01 PM	6,950 Yards - Stress Value = 120

**Workout #13352 - Wednesday, 08 May 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
550	1 on 25:00 DS/Abs
150	1 x 550 on 10:00 Free L.25 of each 100 Non F
1,400	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 1:35 Kick
	{4 x 25 on :40 Kick no board BSLR-12
	{4 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR-14
	{2 x 75 on 1:25 Kick
	{4 x 25 on :40 Kick no board BSLR-12
	{2 x 75 on 1:30 Kick
1,000	1x{2 x 150 on 2:35 Lungbuster pulls
	{2 x 150 on 2:30 Lungbuster pulls
	{2 x 150 on 2:25 Lungbuster pulls
	{1 x 100 on 1:35 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{1 x 150 on 2:45 Breaststroke
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 2:15 Breaststroke
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:45 Breaststroke
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:15 Breaststroke
	{2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
400	8 x 50 on 1:00 Stroke Drills
6:01 PM	5,750 Yards - Stress Value = 97

**Workout #13353 - Wednesday, 08 May 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

**Workout #13351 - Wednesday, 08 May 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 25:00 DS/Abs
150	1 x 500 on 10:00 Free L.25 of each 100 Non F
1,150	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 75 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR-12
	{4 x 75 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR-14
	{2 x 75 on 1:50 Kick
	{4 x 25 on :45 Kick no board BSLR-12
900	1x{2 x 150 on 3:00 Lungbuster pulls
	{2 x 150 on 2:55 Lungbuster pulls
	{2 x 150 on 2:50 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 150 on 3:15 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 2:40 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 2:05 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{2 x 50 on 1:00 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
6:01 PM	5,000 Yards - Stress Value = 83

Yards	Set Description
3:30 PM	Start
500	1 on 25:00 DS/Abs
150	1 x 500 on 10:00 Free L.25 of each 100 Non F
1,150	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 75 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR-12
	{4 x 75 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR-14
	{2 x 75 on 1:50 Kick
	{4 x 25 on :45 Kick no board BSLR-12
900	1x{2 x 150 on 3:00 Lungbuster pulls
	{2 x 150 on 2:55 Lungbuster pulls
	{2 x 150 on 2:50 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 150 on 3:15 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 2:40 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 2:05 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{2 x 50 on 1:00 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
6:01 PM	5,000 Yards - Stress Value = 83

6:01 PM 6,450 Yards - Stress Value = 110

**Workout #13354 - Wednesday, 08 May 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 27:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{4 x 25 on :45 Kick no board S10	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{6 x 25 on :45 Kick no board S 12	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{8 x 25 on :45 Kick no board S 14	EN2	
	{1 x 100 on 2:00 Kick	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
1,500	5x{1 x 100 on 1:30 Butterfly	EN2	
	{4 x 25 on :30 Butterfly	EN2	
	{1 x 100 on 2:00 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:15 PM 3,200 Yards - Stress Value = 41		

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 27:00 DS/Abs/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{4 x 25 on :45 Kick no board S10	EN2	
	{1 x 100 on 2:35 Kick	EN2	
	{6 x 25 on :45 Kick no board S 12	EN2	
	{1 x 100 on 2:35 Kick	EN2	
	{8 x 25 on :45 Kick no board S 14	EN2	
	{1 x 50 on 1:15 Kick	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
750	5x{1 x 100 on 2:30 Butterfly	EN2	
	{2 x 25 on :45 Butterfly	EN2	
	{1 on 1:15 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:14 PM 2,300 Yards - Stress Value = 35		

**Workout #13358 - Wednesday, 08 May 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 27:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{4 x 25 on :45 Kick no board S10	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{6 x 25 on :45 Kick no board S 12	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{8 x 25 on :45 Kick no board S 14	EN2	
	{1 x 100 on 2:10 Kick	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
1,250	5x{1 x 100 on 1:45 Butterfly	EN2	
	{4 x 25 on :30 Butterfly	EN2	
	{1 x 50 on 1:45 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:15 PM 2,950 Yards - Stress Value = 41		

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 27:00 DS/Abs/Tm Mtg		
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{4 x 25 on 1:00 Kick no board S10	EN2	
	{1 x 100 on 3:00 Kick	EN2	
	{6 x 25 on 1:00 Kick no board S 12	EN2	
	{1 x 100 on 3:00 Kick	EN2	
	{4 x 25 on 1:00 Kick no board S 14	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
750	5x{1 x 100 on 3:00 Butterfly	EN2	
	{2 x 25 on :45 Butterfly	EN2	
	{1 on 1:05 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:15 PM 2,100 Yards - Stress Value = 32		

**Workout #13356 - Wednesday, 08 May 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 27:00 DS/Abs/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{4 x 25 on :45 Kick no board S10	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{6 x 25 on :45 Kick no board S 12	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{8 x 25 on :45 Kick no board S 14	EN2	
	{1 x 50 on 1:10 Kick	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
1,000	5x{1 x 100 on 2:00 Butterfly	EN2	
	{4 x 25 on :35 Butterfly	EN2	
	{1 on 1:10 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:15 PM 2,600 Yards - Stress Value = 40		

**Workout #13357 - Wednesday, 08 May 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

**Workout #13359 - Thursday, 09 May 2013**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Ball Abs/Shldrs 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 1:30 Butterfly {1 x 100 on 1:25 Butterfly {1 x 100 on 1:20 Butterfly {1 x 100 on 1:15 Butterfly {1 x 100 on 1:10 Butterfly
1,600	1x{4 x 25 on :30 Sprint Kick {4 x 100 on 1:45 Kick #2 {4 x 25 on :30 Sprint kick {4 x 100 on 2:00 Kick #3 {4 x 25 on :30 Sprint Kick {4 x 50 on :50 Kick #2 {4 x 25 on :30 Sprint Kick {4 x 50 on :55 Kick #3
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
500	1x{1 x 100 on 1:30 Butterfly {1 x 100 on 1:25 Butterfly {1 x 100 on 1:20 Butterfly {1 x 100 on 1:15 Butterfly {1 x 100 on 1:10 Butterfly
1,600	4 x 400 on 5:15 Pulll-alt breakouts
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
500	1x{1 x 100 on 1:30 Butterfly {1 x 100 on 1:25 Butterfly {1 x 100 on 1:20 Butterfly {1 x 100 on 1:15 Butterfly {1 x 100 on 1:10 Butterfly
250	1 x 250 on 5:00 Freestyle
100	1 x 100 on 3:00 Fly OTB
250	1 x 250 on 4:00 Stroke Drills
	5:59 PM 6,250 Yards - Stress Value = 102

**Workout #13360 - Thursday, 09 May 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Ball Abs/Shldrs 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
450	1x{1 x 100 on 1:40 Butterfly {1 x 100 on 1:35 Butterfly {1 x 100 on 1:30 Butterfly {1 x 100 on 1:25 Butterfly {1 x 50 on :40 Butterfly
1,400	1x{4 x 25 on :35 Sprint kick {4 x 100 on 1:55 Kick #2 {4 x 25 on :35 Sprint kick {3 x 100 on 2:05 Kick #3 {4 x 25 on :35 Sprint kick {3 x 50 on 1:00 Kick #2 {4 x 25 on :35 Sprint kick {3 x 50 on 1:05 Kick #3
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
450	1x{1 x 100 on 1:40 Butterfly {1 x 100 on 1:35 Butterfly {1 x 100 on 1:30 Butterfly {1 x 100 on 1:25 Butterfly {1 x 50 on :40 Butterfly
1,500	4 x 375 on 5:15 Pulll-alt breakouts

100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
450	1x{1 x 100 on 1:40 Butterfly {1 x 100 on 1:35 Butterfly {1 x 100 on 1:30 Butterfly {1 x 100 on 1:25 Butterfly {1 x 50 on :40 Butterfly
250	1 x 250 on 5:00 Freestyle
100	1 x 100 on 3:00 Fly OTB
250	1 x 250 on 4:00 Stroke Drills
	5:59 PM 5,800 Yards - Stress Value = 93

**Workout #13361 - Thursday, 09 May 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Physio Ball Abs/Shldrs 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
350	1x{1 x 100 on 1:55 Butterfly {1 x 100 on 1:50 Butterfly {1 x 100 on 1:45 Butterfly {1 x 50 on :50 Butterfly
1,250	1x{4 x 25 on :40 Sprint kick {3 x 100 on 2:10 Kick #2 {4 x 25 on :40 Sprint kick {3 x 100 on 2:20 Kick #3 {4 x 25 on :40 Sprint kick {3 x 50 on 1:05 Kick #2 {4 x 25 on :35 Sprint kick {2 x 50 on 1:10 Kick #3
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
350	1x{1 x 100 on 1:55 Butterfly {1 x 100 on 1:50 Butterfly {1 x 100 on 1:45 Butterfly {1 x 50 on :50 Butterfly
1,300	4 x 325 on 5:15 Pulll-alt breakouts
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
350	1x{1 x 100 on 1:55 Butterfly {1 x 100 on 1:50 Butterfly {1 x 100 on 1:45 Butterfly {1 x 50 on :50 Butterfly
250	1 x 250 on 5:00 Freestyle
100	1 x 100 on 3:00 Fly OTB
250	1 x 250 on 4:00 Stroke Drills
	5:59 PM 5,100 Yards - Stress Value = 80

**Workout #13362 - Thursday, 09 May 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 1 x 500 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 300 1x{1 x 100 on 2:30 Butterfly  
 {1 x 100 on 2:25 Butterfly  
 {1 x 100 on 2:05 Butterfly  
 1,250 1x{4 x 25 on :40 Sprint kick  
 {3 x 100 on 2:10 Kick #2  
 {4 x 25 on :40 Sprint kick  
 {3 x 100 on 2:20 Kick #3  
 {4 x 25 on :40 Sprint kick  
 {3 x 50 on 1:05 Kick #2  
 {4 x 25 on :35 Sprint kick  
 {2 x 50 on 1:10 Kick #3  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 300 1x{1 x 100 on 2:30 Butterfly  
 {1 x 100 on 2:25 Butterfly  
 {1 x 100 on 2:05 Butterfly  
 1,100 4 x 275 on 5:15 Pull-alt breakouts  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 300 1x{1 x 100 on 2:30 Butterfly  
 {1 x 100 on 2:20 Butterfly  
 {1 x 100 on 2:05 Butterfly  
 250 1 x 250 on 5:00 Freestyle  
 100 1 x 100 on 3:00 Fly OTB  
 250 1 x 250 on 4:00 Stroke Drills  
 5:59 PM 4,700 Yards - Stress Value = 73

**Workout #13363 - Thursday, 09 May 2013**

**Group 2 - IM's**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 1 x 500 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,100 1x{1 on 1:00 Technique Talk-Fly  
 {2 x 25 on :45 Perfect Fly  
 {1 x 200 on 7:00 Fly Drills  
 {1 x 100 on 1:00 Technique Talk-Back  
 {2 x 25 on :45 Perfect Back  
 {1 x 200 on 7:00 Back Drills  
 {1 on 1:00 Technique Talk-Breast  
 {2 x 25 on :45 Perfect Breast  
 {1 x 200 on 7:00 Breast Drills  
 {1 on 1:00 Technique Talk-Free  
 {2 x 25 on :45 Perfect Free  
 {1 x 200 on 7:00 Free Drills  
 400 16 x 25 on :45 4 on each stroke-Descend to 1  
 200 1 x 200 on 3:00 Stroke Drills  
 7:15 PM 2,350 Yards - Stress Value = 14

**Workout #13364 - Friday, 10 May 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 25:00 DS/Ted's Abs  
 1 x 600 on 10:00 Reverse IM drill  
 180 12 x 15 on :45 Start/Shooter/Finish

1,000 10 x 100 on 2:00 Challenge Kick Set!!!!!!!  
 450 10x{1 x 30 on :01 Runing Pit Sprint  
 { Expolive jump to deck  
 {1 on 1:29 Walk to bulkhead  
 {1 x 15 on :30 Dive from BH-undwtr fly  
 200 1 x 200 on 3:00 Stroke Drills  
 5:01 PM 2,430 Yards - Stress Value = 80

**Workout #13365 - Friday, 10 May 2013**

**Group 2 - Swim Like A Champion Day**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 1 on 40:00 Dryland L DRY  
 500 1 x 500 on 10:00 Reverse IM drill REC D IM  
 150 10 x 15 on :45 Shooters SP3 S FR  
 500 5 x 100 on 5:00 Freestyle OTB SP1 S FR  
 250 1 x 250 on 5:00 Stroke Drills REC D CD  
 6:31 PM 1,400 Yards - Stress Value = 46

**Workout #13366 - Monday, 13 May 2013**

**Group 3 - Freestylers**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Balls  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,900 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:15 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:15 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {3 x 150 on 2:15 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {4 x 150 on 2:15 Kick  
 1,400 28 x 50 on :40 Pulls-hold breath L. X yds  
 1-7 8yds, 8-14 10yds,  
 15-21 12 yds, 22-28 14 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,700 18 x 150 on 2:00 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 6:01 PM 7,450 Yards - Stress Value = 128

**Workout #13367 - Monday, 13 May 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Physio Balls
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,700	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 150 on 2:30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 150 on 2:30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{4 x 100 on 1:40 Kick
1,250	25 x 50 on :45 Pulls-hold breath L. X yds
	1-7 8yds, 8-14 10yds,
	15-21 12 yds, 22-25 14 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	16 x 150 on 2:15 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 6,800 Yards - Stress Value = 115

**Workout #13368 - Monday, 13 May 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 25:00 DS/Physio Balls
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,400	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 150 on 2:55 Kick
	{4 x 25 on :40 Kick no board BSLR
	{3 x 150 on 2:55 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:55 Kick
1,100	22 x 50 on :50 Pulls-hold breath L. X yds
	1-7 8yds, 8-14 10yds,
	15-21 12 yds, 22 14 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	14 x 150 on 2:30 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 6,000 Yards - Stress Value = 100

**Workout #13369 - Monday, 13 May 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 25:00 DS/Physio Balls
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,150	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:30 Kick
850	17 x 50 on 1:05 Pulls-hold breath L. X yds
	1-7 8yds, 8-14 10yds,
	15-17 12 yds

200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	13 x 150 on 2:45 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 5,300 Yards - Stress Value = 87

**Workout #13370 - Monday, 13 May 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Physio Ball/Spotlight		
500	1 x 500 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 5:00 IM for time	SP2	
1,200	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:00 Kick 50 of each	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 150 on 2:50 Kick 50 of each	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 150 on 2:40 Kick 50 of each	EN2	
200	8 x 25 on :45 Stroke Drills 2 on each	REC	
	1 on 25:00 IM Relay Game	EN2	
200	1 x 200 on 5:00 Stroke Drills	REC	
	7:30 PM 2,350 Yards - Stress Value = 40		

**Workout #13371 - Monday, 13 May 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Physio Ball/Spotlight		
500	1 x 500 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 5:00 IM for time	SP2	
1,100	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:15 Kick 50 of each	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 150 on 3:05 Kick 50 of each	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 150 on 2:55 Kick 50 of each	EN2	
	{1 x 50 on :55 Kick-choice	EN2	
200	8 x 25 on :45 Stroke Drills 2 on each	REC	
	1 on 25:00 IM Relay Game	EN2	
200	1 x 200 on 5:00 Stroke Drills	REC	
	7:30 PM 2,250 Yards - Stress Value = 38		

**Workout #13372 - Monday, 13 May 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Physio Ball/Spotlight		
450	1 x 450 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 5:00 IM for time	SP2	
1,050	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:30 Kick 50 of each	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 150 on 3:20 Kick 50 of each	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 150 on 3:10 Kick 50 of each	EN2	
200	8 x 25 on :45 Stroke Drills 2 on each	REC	
	1 on 25:00 IM Relay Game	EN2	
200	1 x 200 on 5:00 Stroke Drills	REC	
	7:30 PM 2,150 Yards - Stress Value = 37		

**Workout #13373 - Monday, 13 May 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
400	1 on 30:00 DS/Physio Ball/Spotlight		
150	1 x 400 on 10:00 Choice	REC	
100	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 5:00 IM for time	SP2	
1,000	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:45 Kick 50 of each	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 150 on 3:35 Kick 50 of each	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:25 Kick 50 of each	EN2	
	{1 x 100 on 2:15 Kick your choice	EN2	
200	8 x 25 on :45 Stroke Drills 2 on each	REC	
200	1 on 25:00 IM Relay Game	EN2	
200	1 x 200 on 5:00 Stroke Drills	REC	
7:30 PM	2,050 Yards - Stress Value = 36		

**Workout #13374 - Monday, 13 May 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
350	1 on 30:00 DS/Physio Ball/Spotlight		
150	1 x 350 on 10:00 Choice	REC	
100	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 5:00 IM for time	SP2	
750	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 150 on 4:30 Kick 50 of each	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 150 on 4:20 Kick 50 of each	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
200	8 x 25 on :45 Stroke Drills 2 on each	REC	
200	1 on 25:00 IM Relay Game	EN2	
200	1 x 200 on 5:00 Stroke Drills	REC	
7:30 PM	1,750 Yards - Stress Value = 31		

**Workout #13375 - Tuesday, 14 May 2013**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 25:00 DS/Core
150	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1 x 500 on 10:00 Kick as far as you can
840	1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
1,000	1 x 1000 on 13:30 Pulll 1/2 BTB, 1/2 BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	1x{1 x 200 on 2:40 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW-desc
	{2 x 175 on 2:20 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW-desc
	{3 x 150 on 2:00 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW desc
	{4 x 125 on 1:40 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW desc

300 {5 x 100 on 1:20 Backstroke  
6 x 50 on 1:00 Stroke Drills  
6:00 PM 6,390 Yards - Stress Value = 130

**Workout #13376 - Tuesday, 14 May 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 25:00 DS/Core
150	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1 x 500 on 10:00 Kick as far as you can
840	1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
1,000	1 x 1000 on 13:30 Pulll 1/2 BTB, 1/2 BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,600	1x{1 x 200 on 3:00 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW-desc
	{2 x 175 on 2:35 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW-desc
	{3 x 150 on 2:15 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW desc
	{4 x 125 on 1:50 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW desc
	{3 x 100 on 1:30 Backstroke
300	6 x 50 on 1:00 Stroke Drills
6:00 PM	6,190 Yards - Stress Value = 126

**Workout #13377 - Tuesday, 14 May 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
550	1 on 25:00 DS/Core
150	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1 x 500 on 10:00 Kick as far as you can
840	1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
1,000	1 x 1000 on 13:30 Pulll 1/2 BTB, 1/2 BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 200 on 3:20 Backstroke
	{4 x 50 on 1:05 Back 8-9-10-11 KOW-desc
	{2 x 175 on 2:55 Backstroke
	{4 x 50 on 1:05 Back 8-9-10-11 KOW-desc
	{3 x 150 on 2:30 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW desc
	{4 x 125 on 2:05 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW desc
	{1 x 100 on 1:40 Backstroke
250	1 x 250 on 5:00 Stroke Drills
6:00 PM	5,890 Yards - Stress Value = 122

**Workout #13378 - Tuesday, 14 May 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 500 1 on 25:00 DS/Core  
 150 1 x 500 on 10:00 Underwater trn drill  
 500 10 x 15 on :45 Shooters  
 840 1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc  
 {2 x 30 on :30 Gssr/Spr br on 3/15 undr  
 {4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce  
 {2 x 30 on :30 Gssr/Spr br on 3/15 undr  
 {4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce  
 {2 x 30 on :30 Gssr/Spr br on 3/15 undr  
 {4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce  
 {2 x 30 on :30 Gssr/Spr br on 3/15 undr  
 {4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce  
 1,000 1 x 1000 on 13:30 Pulll 1/2 BTB, 1/2 BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{1 x 200 on 4:00 Backstroke  
 {4 x 50 on 1:15 Back 8-9-10-11 KOW-desc  
 {2 x 175 on 3:30 Backstroke  
 {4 x 50 on 1:15 Back 8-9-10-11 KOW-desc  
 {3 x 150 on 3:00 Backstroke  
 {4 x 50 on 1:15 Back 8-9-10-11 KOW desc  
 {4 x 125 on 2:15 Backstroke  
 250 1 x 250 on 5:00 Stroke Drills  
 6:00 PM 5,540 Yards - Stress Value = 108

**Workout #13379 - Tuesday, 14 May 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WORK  
 =====  
 1 on 25:00 DS/Core/Tm Mtg L  
 500 1 x 500 on 10:00 Underwater trn drill REC D  
 150 10 x 15 on :45 Shooters SP3 S  
 100 4 x 25 on :45 Stroke Drills REC D  
 2,000 1 x 2000 on 20:00 T-20 EN2 S  
 250 1 x 250 on 5:00 Stroke Drills REC D  
 6:45 PM 3,000 Yards - Stress Value = 46

**Workout #13380 - Wednesday, 15 May 2013**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,500 1x{4 x 25 on :30 Kick no board B 12+1  
 {1 x 50 on :50 Kick  
 {4 x 25 on :30 Kick no board S 12+1  
 {2 x 75 on 1:10 Kick  
 {4 x 25 on :30 Kick no board L 12+1  
 {3 x 100 on 1:30 Kick  
 {4 x 25 on :30 Kick no board R 12+1  
 {4 x 125 on 1:50 Kick  
 {4 x 25 on :30 Kick no board BSLR 12+1  
 1,350 1x{3 x 75 on 1:00 Lungbuster pulls  
 { br 2-3-4  
 {3 x 75 on 1:00 Lungbuster pulls  
 { br.3-4-5  
 {3 x 75 on 1:00 Lungbuster pulls  
 { br 4-5-6  
 {3 x 75 on 1:00 Lungbuster pulls  
 { br 5-6-7

{3 x 75 on 1:00 Lungbuster pulls  
 { br 6-7-8  
 {3 x 75 on 1:00 Lungbuster pulls  
 { br 7-8-9  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,750 1x{4 x 125 on 1:55 Breast L.25 3X pullouts  
 {5 x 50 on :45 Breast 2k1p  
 {4 x 125 on 1:50 Breast L.25 3X pullouts  
 {5 x 50 on :50 Breast 3k1p  
 {4 x 125 on 1:45 Breast L.25 3X pullouts  
 {5 x 50 on :55 Breast 4k1p  
 {4 x 125 on 1:40 Breast L.25 3X pullouts  
 500 10 x 50 on 1:00 Stroke Drills  
 6:00 PM 7,050 Yards - Stress Value = 105

**Workout #13381 - Wednesday, 15 May 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 non f  
 150 10 x 15 on :45 Shooters  
 1,250 1x{4 x 25 on :35 Kick no board B 12+1  
 {1 x 50 on :55 Kick  
 {4 x 25 on :35 Kick no board S 12+1  
 {2 x 75 on 1:20 Kick  
 {4 x 25 on :35 Kick no board L 12+1  
 {3 x 100 on 1:40 Kick  
 {4 x 25 on :35 Kick no board R 12+1  
 {2 x 125 on 2:05 Kick  
 {4 x 25 on :35 Kick no board BSLR 12+1  
 1,200 1x{3 x 75 on 1:05 Lungbuster pulls  
 { br 2-3-4  
 {3 x 75 on 1:05 Lungbuster pulls  
 { br.3-4-5  
 {3 x 75 on 1:05 Lungbuster pulls  
 { br 4-5-6  
 {3 x 75 on 1:05 Lungbuster pulls  
 { br 5-6-7  
 {2 x 75 on 1:05 Lungbuster pulls  
 { br 6-7-8  
 {2 x 75 on 1:05 Lungbuster pulls  
 { br 7-8-9  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,525 1x{4 x 125 on 2:05 Breast L.25 3X pullouts  
 {5 x 50 on :50 Breast 2k1p  
 {4 x 125 on 2:00 Breast L.25 3X pullouts  
 {5 x 50 on :55 Breast 3k1p  
 {4 x 125 on 1:55 Breast L.25 3X pullouts  
 {3 x 50 on 1:00 Breast 4k1p  
 {3 x 125 on 1:50 Breast L.25 3X pullouts  
 500 10 x 50 on 1:00 Stroke Drills  
 6:00 PM 6,425 Yards - Stress Value = 96

**Workout #13382 - Wednesday, 15 May 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,050 1x{4 x 25 on :40 Kick no board B 12+1  
 {1 x 50 on 1:05 Kick  
 {4 x 25 on :40 Kick no board S 12+1  
 {2 x 75 on 1:35 Kick  
 {4 x 25 on :40 Kick no board L 12+1  
 {3 x 100 on 2:05 Kick  
 {4 x 25 on :40 Kick no board R 12+1  
 {2 x 75 on 1:30 Kick  
 1,050 1x{3 x 75 on 1:15 Lungbuster pulls  
 { br 2-3-4  
 {3 x 75 on 1:15 Lungbuster pulls  
 { br.3-4-5  
 {3 x 75 on 1:15 Lungbuster pulls  
 { br 4-5-6  
 {3 x 75 on 1:15 Lungbuster pulls  
 { br 5-6-7  
 {1 x 75 on 1:15 Lungbuster pulls  
 { br 6-7-8  
 {1 x 75 on 1:15 Lungbuster pulls  
 { br 7-8-9  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,250 1x{4 x 125 on 2:20 Breast L.25 3X pullouts  
 {5 x 50 on :55 Breast 2k1p  
 {4 x 125 on 2:15 Breast L.25 3X pullouts  
 {5 x 50 on 1:00 Breast 3k1p  
 {2 x 125 on 2:10 Breast L.25 3X pullouts  
 {5 x 50 on 1:05 Breast 4k1p  
 {2 x 125 on 2:05 Breast L.25 3X pullouts  
 500 10 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,750 Yards - Stress Value = 84

**Workout #13383 - Wednesday, 15 May 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :45 Kick no board B 12+1  
 {1 x 50 on 1:15 Kick  
 {4 x 25 on :45 Kick no board S 12+1  
 {2 x 75 on 1:50 Kick  
 {4 x 25 on :45 Kick no board L 12+1  
 {3 x 100 on 2:25 Kick  
 {4 x 25 on :45 Kick no board R 12+1  
 975 1x{3 x 75 on 1:25 Lungbuster pulls  
 { br 2-3-4  
 {3 x 75 on 1:25 Lungbuster pulls  
 { br.3-4-5  
 {3 x 75 on 1:25 Lungbuster pulls  
 { br 4-5-6  
 {3 x 75 on 1:25 Lungbuster pulls  
 { br 5-6-7  
 {1 x 75 on 1:00 Lungbuster pulls  
 { br 7-8-9  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,900 1x{4 x 125 on 2:40 Breast L.25 3X pullouts  
 {3 x 50 on 1:10 Breast 2k1p  
 {4 x 125 on 2:35 Breast L.25 3X pullouts  
 {3 x 50 on 1:15 Breast 3k1p  
 {2 x 125 on 2:30 Breast L.25 3X pullouts

{3 x 50 on 1:20 Breast 4k1p  
 {2 x 100 on 1:55 Breast L.25 3X pullouts  
 250 5 x 50 on 1:00 Stroke Drills  
 5:55 PM 4,875 Yards - Stress Value = 74

**Workout #13384 - Wednesday, 15 May 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY  
 =====  
 1 on 30:00 DS/Abs/Tm Mtg  
 500 1 x 500 on 10:00 Swim-kick-pull-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,400 1x{4 x 25 on :45 Kick no board B-10 EN2  
 {2 x 75 on 1:30 Kick on back/side EN2  
 {4 x 25 on :45 Kick no board B-11 EN2  
 {2 x 100 on 2:00 Kick on back/side EN2  
 {4 x 25 on :45 Kick no board B-12 EN2  
 {2 x 125 on 2:30 Kick on back/side EN2  
 {4 x 25 on :45 Kick no board B-13 EN2  
 {2 x 150 on 3:00 Kick on back/side EN2  
 {4 x 25 on :45 Kick no board B-14 EN2  
 150 6 x 25 on :45 Back drills REC  
 1,400 1x{4 x 75 on 1:20 Back 1-2-3 KOW EN2  
 {1 x 50 on 1:00 Back 12yd under off turn EN3  
 {4 x 75 on 1:15 Back 2-3-4 KOW EN2  
 {1 x 50 on 1:00 Back 12yd under off turn EN3  
 {4 x 75 on 1:10 Back 3-4-5 KOW EN2  
 {1 x 50 on 1:00 Back 12yd under off turn EN3  
 {4 x 75 on 1:05 Back 4-5-6 KOW EN2  
 {1 x 50 on 1:00 Back 12yd under off turn EN3  
 250 1 x 250 on 5:00 Stroke Drills REC  
 7:30 PM 3,850 Yards - Stress Value = 70

**Workout #13385 - Wednesday, 15 May 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY  
 =====  
 1 on 30:00 DS/Abs/Tm Mtg  
 500 1 x 500 on 10:00 Swim-kick-pull-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,300 1x{4 x 25 on :45 Kick no board B-10 EN2  
 {2 x 75 on 1:40 Kick on back/side EN2  
 {4 x 25 on :45 Kick no board B-11 EN2  
 {2 x 100 on 2:10 Kick on back/side EN2  
 {4 x 25 on :45 Kick no board B-12 EN2  
 {2 x 125 on 2:40 Kick on back/side EN2  
 {4 x 25 on :45 Kick no board B-13 EN2  
 {2 x 100 on 2:05 Kick on back/side EN2  
 {4 x 25 on :45 Kick no board B-14 EN2  
 150 6 x 25 on :45 Back drills REC  
 1,250 1x{4 x 75 on 1:30 Back 1-2-3 KOW EN2  
 {1 x 50 on 1:05 Back 12yd under off turn EN3  
 {4 x 75 on 1:25 Back 2-3-4 KOW EN2  
 {1 x 50 on 1:05 Back 12yd under off turn EN3  
 {4 x 75 on 1:20 Back 3-4-5 KOW EN2  
 {1 x 50 on 1:05 Back 12yd under off turn EN3  
 {2 x 75 on 1:15 Back 4-5-6 KOW EN2  
 {1 x 50 on 1:05 Back 12yd under off turn EN3  
 250 1 x 250 on 5:00 Stroke Drills REC  
 7:30 PM 3,600 Yards - Stress Value = 65

**Workout #13386 - Wednesday, 15 May 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg	
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
1,250	1x{4 x 25 on :45 Kick no board B-10	EN2
	{2 x 75 on 1:50 Kick on back/side	EN2
	{4 x 25 on :45 Kick no board B-11	EN2
	{2 x 100 on 2:20 Kick on back/side	EN2
	{4 x 25 on :45 Kick no board B-12	EN2
	{2 x 125 on 2:50 Kick on back/side	EN2
	{4 x 25 on :45 Kick no board B-13	EN2
	{1 x 150 on 3:20 Kick on back/side	EN2
	{4 x 25 on :45 Kick no board B-14	EN2
150	6 x 25 on :45 Back drills	REC
1,050	1x{4 x 75 on 1:45 Back 1-2-3 KOW	EN2
	{1 x 50 on 1:10 Back 12yd under off turn	EN3
	{4 x 75 on 1:40 Back 2-3-4 KOW	EN2
	{1 x 50 on 1:10 Back 12yd under off turn	EN3
	{2 x 75 on 1:35 Back 3-4-5 KOW	EN2
	{1 x 50 on 1:10 Back 12yd under off turn	EN3
	{2 x 75 on 1:30 Back 4-5-6 KOW	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	7:30 PM 3,300 Yards - Stress Value = 58	

**Workout #13387 - Wednesday, 15 May 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
1,200	1x{4 x 25 on :45 Kick no board B-10	EN2
	{2 x 75 on 2:00 Kick on back/side	EN2
	{4 x 25 on :45 Kick no board B-11	EN2
	{2 x 100 on 2:30 Kick on back/side	EN2
	{4 x 25 on :45 Kick no board B-12	EN2
	{2 x 125 on 3:00 Kick on back/side	EN2
	{4 x 25 on :45 Kick no board B-13	EN2
	{1 x 150 on 3:30 Kick on back/side	EN2
	{2 x 25 on :45 Kick no board B-14	EN2
150	6 x 25 on :45 Back drills	REC
975	1x{4 x 75 on 1:55 Back 1-2-3 KOW	EN2
	{1 x 50 on 1:15 Back 12yd under off turn	EN3
	{4 x 75 on 1:50 Back 2-3-4 KOW	EN2
	{1 x 50 on 1:15 Back 12yd under off turn	EN3
	{2 x 75 on 1:45 Back 3-4-5 KOW	EN2
	{1 x 50 on 1:15 Back 12yd under off turn	EN3
	{1 x 75 on 1:40 Back 4-5-6 KOW	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	7:29 PM 3,125 Yards - Stress Value = 56	

**Workout #13388 - Wednesday, 15 May 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg	
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
1,000	1x{4 x 25 on 1:00 Kick no board B-10	EN2
	{2 x 75 on 2:15 Kick on back/side	EN2
	{4 x 25 on 1:00 Kick no board B-11	EN2
	{2 x 100 on 3:00 Kick on back/side	EN2
	{4 x 25 on 1:00 Kick no board B-12	EN2

	{2 x 125 on 3:45 Kick on back/side	EN2
	{4 x 25 on :45 Kick no board B-13	EN2
150	6 x 25 on :45 Back drills	REC
825	1x{4 x 75 on 2:15 Back 1-2-3 KOW	EN2
	{1 x 50 on 1:20 Back 12yd under off turn	EN3
	{2 x 75 on 2:10 Back 2-3-4 KOW	EN2
	{1 x 50 on 1:20 Back 12yd under off turn	EN3
	{2 x 75 on 2:05 Back 3-4-5 KOW	EN2
	{1 x 50 on 1:20 Back 12yd under off turn	EN3
	{1 x 75 on 1:40 Back 4-5-6 KOW	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	7:30 PM 2,725 Yards - Stress Value = 49	

**Workout #13389 - Thursday, 16 May 2013**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Physio Ball Abs/Shldrs	
600	1 x 600 on 10:00 Underwater trn drill	
	Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	
2,000	1x{2 x 125 on 2:30 Kick #2	
	{4 x 25 on :30 Kick #1-100%	
	{2 x 125 on 2:30 Kick #2	
	{4 x 25 on :30 Kick #1-100%	
	{2 x 125 on 2:20 Kick #2	
	{4 x 25 on :30 Kick #1-100%	
	{2 x 125 on 2:20 Kick #3	
	{4 x 25 on :30 Kick #1-100%	
	{2 x 125 on 2:10 Kick #2	
	{4 x 25 on :30 Kick #1-100%	
	{2 x 125 on 2:10 Kick #3	
800	16 x 50 on :40 Pulls Alt BO+ NB 3SOW	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,875	1x{4 x 100 on 1:25 Fly 2-3-4-5 SOW	
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW	
	{4 x 100 on 1:15 Fly 2-3-4-5 SOW	
	{4 x 100 on 1:10 Fly 2-3-4-5 SOW	
	{1 x 200 on 3:00 Stroke Drills	
	{3 x 75 on 1:00 Fly 3-4-5 SOW	
	{3 x 75 on :55 Fly 3-4-5 SOW	
	{3 x 75 on :50 Fly 3-4-5 SOW	
	{1 x 200 on 3:00 Stroke Drills	
	{2 x 50 on :40 Fly 4-5 SOW	
	{2 x 50 on :35 Fly 4-5 SOW	
250	1 x 250 on 4:00 Stroke Drills	
	6:01 PM 6,875 Yards - Stress Value = 104	

**Workout #13390 - Thursday, 16 May 2013**

6:01 PM 5,700 Yards - Stress Value = 85

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
600	1 on 30:00 DS/Physio Ball Abs/Shldrs 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,850	1x{2 x 125 on 2:40 Kick #2 {4 x 25 on :30 Kick #1-100% {2 x 125 on 2:40 Kick #2 {4 x 25 on :30 Kick #1-100% {2 x 125 on 2:30 Kick #2 {4 x 25 on :30 Kick #1-100% {2 x 125 on 2:30 Kick #3 {4 x 25 on :30 Kick #1-100% {2 x 100 on 2:00 Kick #2 {4 x 25 on :30 Kick #1-100% {2 x 75 on 1:30 Kick #3
700	14 x 50 on :45 Pulls Alt BO+ NB 3SOW
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,600	1x{4 x 100 on 1:35 Fly 2-3-4-5 SOW {4 x 100 on 1:30 Fly 2-3-4-5 SOW {3 x 100 on 1:25 Fly 2-3-4-5 SOW {3 x 100 on 1:20 Fly 2-3-4-5 SOW {1 x 200 on 3:00 Stroke Drills {3 x 75 on 1:10 Fly 3-4-5 SOW {3 x 75 on 1:05 Fly 3-4-5 SOW {2 x 75 on 1:00 Fly 3-4-5 SOW {1 x 200 on 3:00 Stroke Drills {2 x 50 on :45 Fly 4-5 SOW {2 x 50 on :40 Fly 4-5 SOW
250	1 x 250 on 4:00 Stroke Drills
6:02 PM 6,350 Yards - Stress Value = 95	

**Workout #13391 - Thursday, 16 May 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
550	1 on 30:00 DS/Physio Ball Abs/Shldrs 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,700	1x{2 x 125 on 2:50 Kick #2 {4 x 25 on :35 Kick #1-100% {2 x 125 on 2:50 Kick #2 {4 x 25 on :35 Kick #1-100% {2 x 100 on 2:10 Kick #2 {4 x 25 on :35 Kick #1-100% {2 x 100 on 2:10 Kick #3 {4 x 25 on :35 Kick #1-100% {2 x 75 on 1:35 Kick #2 {4 x 25 on :35 Kick #1-100% {2 x 75 on 1:35 Kick #3
650	13 x 50 on :50 Pulls Alt BO+ NB 3SOW
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{3 x 100 on 1:50 Fly 2-3-4-5 SOW {3 x 100 on 1:45 Fly 2-3-4-5 SOW {3 x 100 on 1:40 Fly 2-3-4-5 SOW {3 x 100 on 1:35 Fly 2-3-4-5 SOW {1 x 200 on 3:30 Stroke Drills {2 x 75 on 1:20 Fly 3-4-5 SOW {2 x 75 on 1:15 Fly 3-4-5 SOW {2 x 75 on 1:10 Fly 3-4-5 SOW {1 x 150 on 2:45 Stroke Drills {2 x 50 on :50 Fly 4-5 SOW {2 x 50 on :45 Fly 4-5 SOW
250	1 x 250 on 4:00 Stroke Drills

**Workout #13392 - Thursday, 16 May 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
500	1 on 30:00 DS/Physio Ball Abs/Shldrs 1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,400	1x{2 x 100 on 2:40 Kick #2 {4 x 25 on :40 Kick #1-100% {2 x 100 on 2:40 Kick #2 {4 x 25 on :40 Kick #1-100% {2 x 75 on 2:00 Kick #2 {4 x 25 on :40 Kick #1-100% {2 x 75 on 2:00 Kick #3 {4 x 25 on :40 Kick #1-100% {2 x 50 on 1:20 Kick #2 {4 x 25 on :40 Kick #1-100% {2 x 50 on 1:20 Kick #3
550	11 x 50 on 1:00 Pulls Alt BO+ NB 3SOW
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{2 x 100 on 2:15 Fly 2-3-4-5 SOW {2 x 100 on 2:10 Fly 2-3-4-5 SOW {2 x 100 on 2:05 Fly 2-3-4-5 SOW {2 x 100 on 2:00 Fly 2-3-4-5 SOW {1 x 150 on 3:30 Stroke Drills {2 x 75 on 1:40 Fly 3-4-5 SOW {2 x 75 on 1:35 Fly 3-4-5 SOW {2 x 75 on 1:30 Fly 3-4-5 SOW {1 x 150 on 3:30 Stroke Drills {2 x 50 on 1:05 Fly 4-5 SOW {2 x 50 on 1:00 Fly 4-5 SOW
250	1 x 250 on 4:00 Stroke Drills
6:01 PM 4,800 Yards - Stress Value = 71	

**Workout #13393 - Thursday, 16 May 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EC
400	1 on 30:00 DS/Shoulders/Tm Mtg	==
150	1 x 400 on 8:00 Underwater trn drill	RE
150	1 on 15:00 Techniques-underwater pullouts	RE
150	10 x 15 on :45 Shooters	SE
150	1 on 2:30 Breaststroke Points	
600	6 x 25 on 1:00 Perfect Breaststroke	RE
150	1x{1 x 200 on 8:00 Breast Kick Drill	RE
50	{1 x 200 on 8:00 2 Kick 1 Pull	RE
200	{1 x 200 on 8:00 Breast Drill w/fins	RE
50	6 x 25 on 1:00 Perfect Breaststroke	RE
200	1 x 50 on 2:00 Breast OTB	SE
200	1 x 200 on 4:00 Stroke Drills	RE
	1 on 10:00 Techniques-Starts	
7:31 PM 1,700 Yards - Stress Value = 11		

**Workout #13394 - Friday, 17 May 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	Σ
600	1 on 20:00 DS/Ted's Abs	REC	D	
150	1 x 600 on 10:00 Reverse IM drill	SP3	S	
1,000	10 x 15 on :45 Shooters	EN2	S	
	1x{1 x 100 on :01 Freestyle			
	{1 x 100 on 5:00 Freestyle			
	{1 x 75 on :01 Freestyle			
	{1 x 75 on 4:00 Freestyle			
	{1 x 50 on :01 Freestyle			
	{1 x 50 on 3:00 Freestyle			
	{1 x 25 on :01 Freestyle			
	{1 x 25 on 2:00 Freestyle			
	{1 x 25 on :01 Freestyle			
	{1 x 25 on 2:00 Freestyle			
	{1 x 50 on :01 Freestyle			
	{1 x 50 on 3:00 Freestyle			
	{1 x 75 on :01 Freestyle			
	{1 x 75 on 4:00 Freestyle			
	{1 x 100 on :01 Freestyle			
	{1 x 100 on 5:00 Freestyle			
200	1 on 17:00 Rabbit Game	REC	D	
	1 x 200 on 3:00 Stroke Drills	SP3	S	
	5:00 PM 1,950 Yards - Stress Value = 46			

450	1 x 450 on 10:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,000	5x{8 x 25 on :35 Fly	EN2	S
	{ BP 1u1d, 1u2d 1u3d,		
	{ two 1u4d, 1u3d, 1u2d, 1u1d		
	{ the last 2 of each set 100%		
	{1 on 1:00 Rest		M
	only do 4 on the 5th set		
250	1 x 250 on 4:00 Stroke Drills	REC	D
	6:34 PM 1,850 Yards - Stress Value = 26		

**Workout #13398 - Friday, 17 May 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	Σ
400	1 on 40:00 DS/Dryland	REC	D	
150	1 x 400 on 10:00 Reverse IM drill	SP3	S	
800	4x{8 x 25 on :40 Fly	EN2	S	
	{ BP 1u1d, 1u2d 1u3d,			
	{ two 1u4d, 1u3d, 1u2d, 1u1d			
	{ the last 2 of each set 100%			
	{1 on 1:00 Rest		M	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:31 PM 1,600 Yards - Stress Value = 22			

**Workout #13395 - Friday, 17 May 2013**

**Group 2 - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	Σ
500	1 on 40:00 DS/Dryland	REC	D	
150	1 x 500 on 10:00 Reverse IM drill	SP3	S	
1,200	6x{8 x 25 on :25 Fly	EN2	S	
	{ BP 1u1d, 1u2d 1u3d,			
	{ two 1u4d, 1u3d, 1u2d, 1u1d			
	{ the last 2 of each set 100%			
	{1 on 1:00 Rest		M	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:31 PM 2,100 Yards - Stress Value = 30			

**Workout #13399 - Friday, 17 May 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	Σ
400	1 on 40:00 DS/Dryland	REC	D	
150	1 x 400 on 10:00 Reverse IM drill	SP3	S	
800	4x{8 x 25 on :50 Fly	EN2	S	
	{ BP 1u1d, 1u2d 1u3d,			
	{ two 1u4d, 1u3d, 1u2d, 1u1d			
	{ the last 2 of each set 100%			
	{1 on 1:00 Rest		M	
	only do 4 on the 4th set			
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:36 PM 1,600 Yards - Stress Value = 22			

**Workout #13396 - Friday, 17 May 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	Σ
500	1 on 40:00 DS/Dryland	REC	D	
150	1 x 500 on 10:00 Reverse IM drill	SP3	S	
1,000	5x{8 x 25 on :30 Fly	EN2	S	
	{ BP 1u1d, 1u2d 1u3d,			
	{ two 1u4d, 1u3d, 1u2d, 1u1d			
	{ the last 2 of each set 100%			
	{1 on 1:00 Rest		M	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:30 PM 1,900 Yards - Stress Value = 26			

**Workout #13397 - Friday, 17 May 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	Σ
	1 on 40:00 DS/Dryland		L I	

**Workout #13400 - Monday, 20 May 2013**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Physio Ball
150	1 x 600 on 10:00 Swim-kick-pull-swim
2,250	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{1 x 100 on 1:40 Kick
	{1 x 50 on :50 Kick
	{6 x 25 on :30 Kick no board BSLR
	{2 x 150 on 2:30 Kick
	{2 x 100 on 1:40 Kick
	{2 x 50 on :50 Kick
	{8 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:30 Kick
	{3 x 100 on 1:40 Kick
	{3 x 50 on :50 Kick
1,600	1x{1 x 100 on 1:10 Pulls
	{3 x 50 on 1:00 Pulls-no br L.12 yds
	{2 x 100 on 1:15 Pulls
	{3 x 50 on :55 Pulls-no br L.13 yds
	{3 x 100 on 1:20 Pulls
	{3 x 50 on :50 Pulls-no br L.14 yds
	{4 x 100 on 1:25 Pulls
	{3 x 50 on :45 Pulls-no br L.15 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 600 on 8:00 Free Neg Split
	{1 x 500 on 6:40 Free L.25 of each 100 6BK
	{1 x 400 on 5:20 Free descend 100's
	{1 x 300 on 4:00 Free SFBO SW/3KOBHW
	{1 x 200 on 2:40 Free-build each 50
	{1 x 100 on 1:20 Free-100%
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 7,150 Yards - Stress Value = 96

**Workout #13401 - Monday, 20 May 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Physio Ball
150	1 x 600 on 10:00 Swim-kick-pull-swim
2,000	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 50 on :55 Kick
	{6 x 25 on :35 Kick no board BSLR
	{2 x 150 on 2:45 Kick
	{2 x 100 on 1:50 Kick
	{2 x 50 on :55 Kick
	{8 x 25 on :35 Kick no board BSLR
	{3 x 150 on 2:45 Kick
	{1 x 100 on 1:50 Kick
	{2 x 50 on :55 Kick
1,500	1x{1 x 100 on 1:20 Pulls
	{3 x 50 on 1:00 Pulls-no br L.12 yds
	{2 x 100 on 1:25 Pulls
	{3 x 50 on :55 Pulls-no br L.13 yds
	{3 x 100 on 1:30 Pulls
	{3 x 50 on :50 Pulls-no br L.14 yds
	{3 x 100 on 1:35 Pulls
	{3 x 50 on :45 Pulls-no br L.15 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{1 x 600 on 9:00 Free Neg Split
	{1 x 500 on 7:30 Free L.25 of each 100 6BK
	{1 x 400 on 6:00 Free descend 100's

{1 x 200 on 2:40 Free-build each 50

{1 x 100 on 1:30 Free-100%

250 1 x 250 on 4:00 Stroke Drills

5:59 PM 6,500 Yards - Stress Value = 87

**Workout #13402 - Monday, 20 May 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 25:00 DS/Physio Ball
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,800	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
	{6 x 25 on :40 Kick no board BSLR
	{2 x 150 on 3:00 Kick
	{2 x 100 on 2:00 Kick
	{2 x 50 on 1:00 Kick
	{8 x 25 on :40 Kick no board BSLR
	{2 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
1,400	1x{1 x 100 on 1:30 Pulls
	{3 x 50 on 1:00 Pulls-no br L.12 yds
	{2 x 100 on 1:35 Pulls
	{3 x 50 on :55 Pulls-no br L.13 yds
	{3 x 100 on 1:40 Pulls
	{3 x 50 on :50 Pulls-no br L.14 yds
	{3 x 100 on 1:45 Pulls
	{1 x 50 on :45 Pulls-no br L.15 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 600 on 10:00 Free Neg Split
	{1 x 500 on 8:20 Free L.25 of each 100 6BK
	{1 x 400 on 6:40 Free descend 100's
	{1 x 100 on 1:40 Free-100%
250	1 x 250 on 4:00 Stroke Drills
	5:59 PM 5,950 Yards - Stress Value = 79

**Workout #13403 - Monday, 20 May 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	===	==== =
	1 on 25:00 DS/Physio Ball	100	
550	1 x 550 on 10:00 Swim-kick-pull-swim	1,800	9x{1 x 100 on 1:30 Individual Medley
150	10 x 15 on :45 Shooters		{1 x 50 on :45 Freestyle
1,600	1x{4 x 25 on :45 Kick no board BSLR	100	{1 x 50 on :55 Freestyle
	{1 x 150 on 3:20 Kick		1 x 100 on 2:00 Stroke Drills
	{1 x 100 on 2:15 Kick		1 on 10:00 Water Polo
	{1 x 50 on 1:10 Kick		7:31 PM 3,600 Yards - Stress Value = 43
	{6 x 25 on :45 Kick no board BSLR		
	{2 x 150 on 3:20 Kick		
	{2 x 100 on 2:15 Kick		
	{2 x 50 on 1:05 Kick		
	{8 x 25 on :45 Kick no board BSLR		
	{1 x 150 on 3:15 Kick		
	{2 x 50 on 1:05 Kick		
1,250	1x{1 x 100 on 1:45 Pulls		5:30 PM Start
	{2 x 50 on 1:00 Pulls-no br L.12 yds	450	Yards Set Description EGY WORK S
	{2 x 100 on 1:50 Pulls	150	=====
	{2 x 50 on 1:00 Pulls-no br L.13 yds	900	1 on 30:00 DS/Physio Ball/Tm Mtg L I
	{3 x 100 on 1:55 Pulls		1 x 450 on 10:00 Choice REC S C
	{2 x 50 on 1:00 Pulls-no br L.14 yds		10 x 15 on :45 Shooters SP3 S
	{3 x 100 on 2:00 Pulls		1x{4 x 25 on :45 Kick no board BSLR EN2 K F
	{1 x 50 on :50 Pulls-no br L.15 yds		{3 x 50 on 1:10 Fly Kick EN2 K F
200	4x{1 x 25 on :50 Sculling drills		{4 x 25 on :45 Kick no board BSLR EN2 K F
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		{3 x 50 on 1:10 Breast Kick EN2 K
1,500	1x{1 x 600 on 11:00 Free Neg Split		{2 x 25 on :45 Kick no board BS EN2 K F
	{1 x 500 on 9:10 Free L.25 of each 100 6BK		{2 x 50 on 1:10 Free Kick EN2 K
	{1 x 300 on 5:30 Free descend 100's	100	4 x 25 on :45 Stroke Drills IMo REC D
	{1 x 100 on 1:50 Free-100%	1,600	8x{1 x 100 on 1:45 Individual Medley EN2 S
250	1 x 250 on 4:00 Stroke Drills	100	{1 x 50 on :50 Freestyle REC S
	6:00 PM 5,500 Yards - Stress Value = 71		{1 x 50 on 1:00 Freestyle REC S
			1 x 100 on 2:00 Stroke Drills REC D
			1 on 10:00 Water Polo
			7:31 PM 3,300 Yards - Stress Value = 40

**Workout #13404 - Monday, 20 May 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	===	==== =
	1 on 30:00 DS/Physio Ball/Tm Mtg	L	
500	1 x 500 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,000	1x{4 x 25 on :45 Kick no board BSLR	EN2	K
	{3 x 50 on 1:00 Fly Kick	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K
	{3 x 50 on 1:00 Kick on back	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K
	{3 x 50 on 1:00 Breast Kick	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K
	{3 x 50 on 1:00 Free Kick	EN2	K
100	4 x 25 on :45 Stroke Drills IMo	REC	D
2,000	10x{1 x 100 on 1:20 Individual Medley	EN2	S
	{1 x 50 on :40 Freestyle	REC	S
	{1 x 50 on :50 Freestyle	REC	S
100	1 x 100 on 2:00 Stroke Drills	REC	D
	1 on 10:00 Water Polo		
	7:31 PM 3,850 Yards - Stress Value = 46		

**Workout #13405 - Monday, 20 May 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	===	==== =
	1 on 30:00 DS/Physio Ball/Tm Mtg	L	I
500	1 x 500 on 10:00 Choice	REC	S C
150	10 x 15 on :45 Shooters	SP3	S
950	1x{4 x 25 on :45 Kick no board BSLR	EN2	K F

{3 x 50 on 1:05 Fly Kick	EN2	K F
{4 x 25 on :45 Kick no board BSLR	EN2	K F
{3 x 50 on 1:05 Kick on back	EN2	K
{4 x 25 on :45 Kick no board BSLR	EN2	K F
{3 x 50 on 1:05 Breast Kick	EN2	K
{2 x 25 on :45 Kick no board BS	EN2	K F
{3 x 50 on 1:05 Free Kick	EN2	K
4 x 25 on :45 Stroke Drills IMo	REC	D
9x{1 x 100 on 1:30 Individual Medley	EN2	S
{1 x 50 on :45 Freestyle	REC	S
{1 x 50 on :55 Freestyle	REC	S
1 x 100 on 2:00 Stroke Drills	REC	D
1 on 10:00 Water Polo		

**Workout #13406 - Monday, 20 May 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	===	==== =
	1 on 30:00 DS/Physio Ball/Tm Mtg	L	I
450	1 x 450 on 10:00 Choice	REC	S C
150	10 x 15 on :45 Shooters	SP3	S
900	1x{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{3 x 50 on 1:10 Fly Kick	EN2	K F
	{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{3 x 50 on 1:10 Kick on back	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{3 x 50 on 1:10 Breast Kick	EN2	K
	{2 x 25 on :45 Kick no board BS	EN2	K F
	{2 x 50 on 1:10 Free Kick	EN2	K
100	4 x 25 on :45 Stroke Drills IMo	REC	D
1,600	8x{1 x 100 on 1:45 Individual Medley	EN2	S
	{1 x 50 on :50 Freestyle	REC	S
	{1 x 50 on 1:00 Freestyle	REC	S
100	1 x 100 on 2:00 Stroke Drills	REC	D
	1 on 10:00 Water Polo		
	7:31 PM 3,300 Yards - Stress Value = 40		

**Workout #13407 - Monday, 20 May 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	===	==== =
	1 on 30:00 DS/Physio Ball/Tm Mtg	L	I
400	1 x 400 on 10:00 Choice	REC	S C
150	10 x 15 on :45 Shooters	SP3	S
900	1x{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{3 x 50 on 1:15 Fly Kick	EN2	K F
	{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{3 x 50 on 1:15 Kick on back	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{3 x 50 on 1:15 Breast Kick	EN2	K
	{2 x 25 on :45 Kick no board BS	EN2	K F
	{2 x 50 on 1:05 Free Kick	EN2	K
100	4 x 25 on :45 Stroke Drills IMo	REC	D
1,400	7x{1 x 100 on 2:00 Individual Medley	EN2	S
	{1 x 50 on 1:00 Freestyle	REC	S
	{1 x 50 on 1:15 Freestyle	REC	S
100	1 x 100 on 2:00 Stroke Drills	REC	D
	1 on 10:00 Water Polo		
	7:32 PM 3,050 Yards - Stress Value = 38		

**Workout #13408 - Monday, 20 May 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 350 1 on 30:00 DS/Physio Ball/Tm Mtg L I  
 150 1 x 350 on 10:00 Choice REC S C  
 700 10 x 15 on :45 Shooters SP3 S  
 1x{4 x 25 on 1:00 Kick no board BSLR EN2 K F  
 {2 x 50 on 1:30 Fly Kick EN2 K F  
 {4 x 25 on 1:00 Kick no board BSLR EN2 K F  
 {3 x 50 on 1:30 Kick on board EN2 K  
 {4 x 25 on 1:00 Kick no board BSLR EN2 K F  
 {2 x 50 on 1:30 Breast Kick EN2 K  
 {2 x 25 on :45 Kick no board BS EN2 K F  
 100 4 x 25 on :45 Stroke Drills IMo REC D  
 1,000 5x{1 x 100 on 2:30 Individual Medley EN2 S  
 {1 x 50 on 1:15 Freestyle REC S  
 {1 x 50 on 1:30 Freestyle REC S  
 100 1 x 100 on 2:00 Stroke Drills REC D  
 1 on 10:00 Water Polo  
 7:29 PM 2,400 Yards - Stress Value = 30

**Workout #13409 - Tuesday, 21 May 2013**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 25:00 DS/Core  
 150 1 x 600 on 10:00 Underwater trn drill  
 750 10 x 15 on :45 Shooters  
 980 1 x 750 on 10:00 Kick as far as you can in 1  
 1x{1 x 50 on 1:00 Vertical Kick-30/30  
 {4 x 30 on 1:00 15 underwater 15 sprint free  
 {2 x 50 on 1:00 Vertical Kick 35/25  
 {4 x 30 on :55 15 undwater 15 sprint free  
 {3 x 50 on 1:00 Vertical Kick 40/20  
 {4 x 30 on :50 15 underwater 15 sprint free  
 {4 x 50 on 1:00 Vertical Kick 45/15  
 {4 x 30 on :45 15 underwater 15 sprint free  
 1,250 1x{2 x 200 on 2:40 Pulls BTB  
 {3 x 150 on 2:00 Pulls BTB  
 {4 x 100 on 1:20 Pulls BTB  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,200 4x{4 x 25 on :45 Bathtub Drill with fins  
 {1 x 100 on 1:20 Backstroke  
 {1 x 100 on 1:15 Backstroke  
 {1 x 100 on 1:10 Backstroke  
 {1 x 100 on 1:30 Freestyle  
 {1 x 50 on 2:00 Back-100%, min 8 KOW  
 200 1 x 200 on 3:00 Stroke Drills  
 6:01 PM 6,330 Yards - Stress Value = 102

**Workout #13410 - Tuesday, 21 May 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 25:00 DS/Core  
 150 1 x 600 on 10:00 Underwater trn drill  
 750 10 x 15 on :45 Shooters  
 980 1 x 750 on 10:00 Kick as far as you can in 1  
 1x{1 x 50 on 1:00 Vertical Kick-30/30  
 {4 x 30 on 1:00 15 underwater 15 sprint free  
 {2 x 50 on 1:00 Vertical Kick 35/25  
 {4 x 30 on :55 15 undwater 15 sprint free  
 {3 x 50 on 1:00 Vertical Kick 40/20  
 {4 x 30 on :50 15 underwater 15 sprint free

{4 x 50 on 1:00 Vertical Kick 45/15  
 {4 x 30 on :45 15 underwater 15 sprint free  
 1,150 1x{2 x 200 on 2:55 Pulls BTB  
 {3 x 150 on 2:10 Pulls BTB  
 {3 x 100 on 1:25 Pulls BTB  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 4x{4 x 25 on :45 Bathtub Drill with fins  
 {1 x 100 on 1:30 Backstroke  
 {1 x 100 on 1:25 Backstroke  
 {1 x 100 on 1:20 Backstroke  
 {1 x 50 on 1:00 Freestyle  
 {1 x 50 on 2:00 Back-100%, min 8 KOW  
 200 1 x 200 on 3:00 Stroke Drills  
 6:01 PM 6,030 Yards - Stress Value = 100

**Workout #13411 - Tuesday, 21 May 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 550 1 on 25:00 DS/Core  
 150 1 x 550 on 10:00 Underwater trn drill  
 750 10 x 15 on :45 Shooters  
 980 1 x 750 on 10:00 Kick as far as you can in 1  
 1x{1 x 50 on 1:00 Vertical Kick-30/30  
 {4 x 30 on 1:00 15 underwater 15 sprint free  
 {2 x 50 on 1:00 Vertical Kick 35/25  
 {4 x 30 on :55 15 undwater 15 sprint free  
 {3 x 50 on 1:00 Vertical Kick 40/20  
 {4 x 30 on :50 15 underwater 15 sprint free  
 {4 x 50 on 1:00 Vertical Kick 45/15  
 {4 x 30 on :45 15 underwater 15 sprint free  
 1,050 1x{2 x 200 on 3:15 Pulls BTB  
 {3 x 150 on 2:25 Pulls BTB  
 {2 x 100 on 1:35 Pulls BTB  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 4x{4 x 25 on :45 Bathtub Drill with fins  
 {1 x 50 on :50 Backstroke  
 {1 x 100 on 1:40 Backstroke  
 {1 x 100 on 1:35 Backstroke  
 {1 x 50 on 1:00 Freestyle  
 {1 x 50 on 2:00 Back-100%, min 8 KOW  
 200 1 x 200 on 3:00 Stroke Drills  
 6:01 PM 5,680 Yards - Stress Value = 96

**Workout #13412 - Tuesday, 21 May 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 25:00 DS/Core
150	1 x 500 on 10:00 Underwater trn drill
750	10 x 15 on :45 Shooters
980	1 x 750 on 10:00 Kick as far as you can in 1
	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 underwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
900	1x{1 x 200 on 3:45 Pulls BTB
	{2 x 150 on 2:45 Pulls BTB
	{4 x 100 on 1:50 Pulls BTB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	4x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 2:05 Backstroke
	{1 x 50 on 1:00 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on 1:15 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
200	1 x 200 on 3:00 Stroke Drills
6:01 PM	5,280 Yards - Stress Value = 89

**Workout #13413 - Tuesday, 21 May 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

Yards	Set Description
5:30 PM	Start
500	1 on 30:00 DS/Core/Tm Mtg
1,100	1 x 500 on 10:00 Underwater trn drill
800	11 x 100 on 2:00 Challenge Kick Set with fir
	8 x 100 on 1:30 Lungbuster pulls
	Odds breathe 3-5-7-9 by the 25
	evens breathe 2-4-6-8 by the 25
100	4 x 25 on :45 Stroke Drills
2,200	4x{1 x 250 on 3:15 Freestyle
	{4 x 50 on 1:00 Freestyle
	{1 x 100 on 2:00 Freestyle
100	1 x 100 on 2:00 Stroke Drills
7:31 PM	4,800 Yards - Stress Value = 98

**Workout #13414 - Tuesday, 21 May 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description
5:30 PM	Start
500	1 on 30:00 DS/Core/Tm Mtg
1,100	1 x 500 on 10:00 Underwater trn drill
700	11 x 100 on 2:00 Challenge Kick Set with fir
	7 x 100 on 1:40 Lungbuster pulls
	Odds breathe 3-5-7-9 by the 25
	evens breathe 2-4-6-8 by the 25
100	4 x 25 on :45 Stroke Drills
2,000	4x{1 x 250 on 3:35 Freestyle
	{3 x 50 on 1:00 Freestyle
	{1 x 100 on 2:00 Freestyle
100	1 x 100 on 2:00 Stroke Drills
7:29 PM	4,500 Yards - Stress Value = 85

**Workout #13415 - Tuesday, 21 May 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description
5:30 PM	Start
450	1 on 30:00 DS/Core/Tm Mtg
1,100	1 x 450 on 10:00 Underwater trn drill
700	11 x 100 on 2:00 Challenge Kick Set with fir
	7 x 100 on 1:40 Lungbuster pulls
	Odds breathe 3-5-7-9 by the 25
	evens breathe 2-4-6-8 by the 25
100	4 x 25 on :45 Stroke Drills
1,800	4x{1 x 250 on 4:00 Freestyle
	{3 x 50 on 1:10 Freestyle
	{1 x 50 on 1:30 Freestyle
100	1 x 100 on 2:00 Stroke Drills
7:30 PM	4,250 Yards - Stress Value = 85

**Workout #13416 - Tuesday, 21 May 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description
5:30 PM	Start
400	1 on 30:00 DS/Core/Tm Mtg
1,100	1 x 400 on 10:00 Underwater trn drill
600	11 x 100 on 2:00 Challenge Kick Set with fir
	6 x 100 on 1:55 Lungbuster pulls
	Odds breathe 3-5-7-9 by the 25
	evens breathe 2-4-6-8 by the 25
100	4 x 25 on :45 Stroke Drills
1,600	4x{1 x 200 on 3:45 Freestyle
	{3 x 50 on 1:15 Freestyle
	{1 x 50 on 1:30 Freestyle
100	1 x 100 on 2:00 Stroke Drills
7:30 PM	3,900 Yards - Stress Value = 80

**Workout #13417 - Tuesday, 21 May 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description
5:30 PM	Start
350	1 on 30:00 DS/Core/Tm Mtg
1,100	1 x 350 on 10:00 Underwater trn drill
500	11 x 100 on 2:00 Challenge Kick Set with fir
	5 x 100 on 2:15 Lungbuster pulls
	Odds breathe 3-5-7-9 by the 25
	evens breathe 2-4-6-8 by the 25
100	4 x 25 on :45 Stroke Drills
1,200	4x{1 x 200 on 5:00 Freestyle
	{2 x 50 on 1:30 Freestyle
	{1 on 1:00 Rest
100	1 x 100 on 2:00 Stroke Drills
7:30 PM	3,350 Yards - Stress Value = 67

**Workout #13418 - Wednesday, 22 May 2013**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 2,100 1x{3 x 125 on 2:05 Kick L.25 100%  
 {6 x 25 on :30 Kick no board B  
 {3 x 125 on 2:00 Kick L.25 100%  
 {6 x 25 on :30 Kick no board S  
 {3 x 125 on 1:55 Kick L.25 100%  
 {6 x 25 on :30 Kick no board L  
 {3 x 125 on 1:50 Kick L.25 100%  
 {6 x 25 on :30 Kick no board R  
 1,400 7 x 200 on 2:35 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,150 2x{3 x 75 on 1:05 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 {3 x 75 on 1:00 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 {3 x 75 on :55 Fly-25L25R25B  
 {4 x 25 on :30 Fly-5-7-9-11 KOW  
 {1 x 100 on 2:30 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 5:59 PM 6,850 Yards - Stress Value = 105

**Workout #13419 - Wednesday, 22 May 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,950 1x{3 x 125 on 2:20 Kick L.25 100%  
 {6 x 25 on :30 Kick no board B  
 {3 x 125 on 2:15 Kick L.25 100%  
 {6 x 25 on :30 Kick no board S  
 {3 x 125 on 2:10 Kick L.25 100%  
 {4 x 25 on :30 Kick no board L  
 {3 x 100 on 1:40 Kick L.25 100%  
 {5 x 25 on :30 Kick no board R  
 1,225 7 x 175 on 2:35 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,050 2x{3 x 75 on 1:15 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 {3 x 75 on 1:10 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 {3 x 75 on 1:05 Fly-25L25R25B  
 {2 x 25 on :30 Fly 9-11 KOW  
 {1 x 100 on 2:30 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 6:00 PM 6,425 Yards - Stress Value = 97

**Workout #13420 - Wednesday, 22 May 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,700 1x{3 x 125 on 2:35 Kick L.25 100%

{6 x 25 on :35 Kick no board B  
 {3 x 125 on 2:30 Kick L.25 100%  
 {6 x 25 on :35 Kick no board S  
 {3 x 100 on 1:55 Kick L.25 100%  
 {4 x 25 on :35 Kick no board L  
 {2 x 75 on 1:25 Kick L.25 100%  
 {4 x 25 on :35 Kick no board R  
 1,050 7 x 150 on 2:35 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,750 2x{3 x 75 on 1:25 Fly-25L25R25B  
 {4 x 25 on :35 Fly 5/7/9/11 KOW  
 {2 x 75 on 1:20 Fly-25L25R25B  
 {4 x 25 on :35 Fly 5/7/9/11 KOW  
 {2 x 75 on 1:15 Fly-25L25R25B  
 {2 x 25 on :35 Fly 9-11 KOW  
 {1 x 100 on 2:30 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 6:00 PM 5,650 Yards - Stress Value = 84

**Workout #13421 - Wednesday, 22 May 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,450 1x{3 x 100 on 2:35 Kick L.25 100%  
 {4 x 25 on :45 Kick no board B  
 {3 x 100 on 2:30 Kick L.25 100%  
 {4 x 25 on :45 Kick no board S  
 {3 x 100 on 1:55 Kick L.25 100%  
 {4 x 25 on :45 Kick no board L  
 {2 x 100 on 2:20 Kick L.25 100%  
 {2 x 25 on :40 Kick no board R  
 875 7 x 125 on 2:35 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 2x{2 x 75 on 1:45 Fly-25L25R25B  
 {4 x 25 on :45 Fly 5/7/9/11 KOW  
 {2 x 75 on 1:40 Fly-25L25R25B  
 {2 x 25 on :45 Fly 9/11 KOW  
 {2 x 75 on 1:35 Fly-25L25R25B  
 {2 x 25 on :45 Fly 9/11 KOW  
 {1 x 50 on 2:00 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 6:00 PM 4,875 Yards - Stress Value = 72

**Workout #13422 - Wednesday, 22 May 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
600	12 x 50 on 1:00 Breast Pull	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,500	1x{5 x 100 on 1:30 Breaststroke	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:30 Breaststroke	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:30 Breaststroke	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:30 Breaststroke	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 1:30 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:30 PM	4,100 Yards - Stress Value = 68		

**Workout #13423 - Wednesday, 22 May 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1x{2 x 100 on 2:10 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 50 on :55 Kick	EN2	
500	10 x 50 on 1:10 Breast Pull	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,400	1x{5 x 100 on 1:40 Breaststroke	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:40 Breaststroke	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:40 Breaststroke	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:40 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:30 PM	3,800 Yards - Stress Value = 62		

**Workout #13424 - Wednesday, 22 May 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Abs/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
850	1x{2 x 100 on 2:20 Kick	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
450	9 x 50 on 1:20 Breast Pull	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,300	1x{5 x 100 on 1:50 Breaststroke	EN2	
	{1 on 1:00 Rest		

{4 x 100 on 1:50 Breaststroke	EN2
{1 on 1:00 Rest	
{3 x 100 on 1:50 Breaststroke	EN2
{1 on 1:00 Rest	
{1 x 100 on 1:50 Breaststroke	EN2
1 x 200 on 3:00 Stroke Drills	REC
7:30 PM 3,550 Yards - Stress Value = 58	

**Workout #13425 - Wednesday, 22 May 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Abs/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{2 x 100 on 2:35 Kick	EN2	
	{2 x 100 on 2:30 Kick	EN2	
	{2 x 100 on 2:25 Kick	EN2	
	{2 x 75 on 1:45 Kick	EN2	
400	8 x 50 on 1:30 Breast Pull	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,200	1x{4 x 100 on 2:00 Breaststroke	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 2:00 Breaststroke	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 2:00 Breaststroke	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 2:00 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:30 PM	3,250 Yards - Stress Value = 53		

**Workout #13426 - Wednesday, 22 May 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Abs/Tm Mtg		
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{2 x 100 on 2:50 Kick	EN2	
	{2 x 100 on 2:45 Kick	EN2	
	{2 x 100 on 2:40 Kick	EN2	
	{2 x 50 on 1:15 Kick	EN2	
300	6 x 50 on 2:00 Breast Pull	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,000	1x{4 x 100 on 2:30 Breaststroke	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 2:30 Breaststroke	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 2:30 Breaststroke	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 2:30 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:31 PM	2,850 Yards - Stress Value = 46		

**Workout #13427 - Thursday, 23 May 2013**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
600	1 on 30:00 DS/Physio Ball Abs/Shldrs
150	1 x 600 on 10:00 Underwater trn drill
1,700	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Sprint Kick #1
	{1 x 150 on 3:00 Kick #3
	{1 x 150 on 3:00 Kick #2
	{4 x 25 on :30 Sprint Kick #1
	{2 x 125 on 2:25 Kick #3
	{2 x 125 on 2:25 Kick #2
	{4 x 25 on :30 Sprint Kick #1
	{3 x 100 on 1:50 Kick #3
	{3 x 100 on 1:50 Kick #2
1,200	1x{4 x 75 on 1:30 Breast Pull
	{4 x 75 on 1:25 Breast Pull
	{4 x 75 on 1:20 Breast Pull
	{4 x 75 on 1:15 Breast Pull
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{4 x 100 on 1:15 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:20 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:20 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:15 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	6,100 Yards - Stress Value = 106

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
550	1 on 30:00 DS/Physio Ball Abs/Shldrs
150	1 x 550 on 10:00 Underwater trn drill
1,450	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Sprint Kick #1
	{1 x 150 on 3:30 Kick #3
	{1 x 150 on 3:30 Kick #2
	{4 x 25 on :35 Sprint Kick #1
	{2 x 125 on 2:50 Kick #3
	{2 x 125 on 2:50 Kick #2
	{4 x 25 on :35 Sprint Kick #1
	{2 x 100 on 2:10 Kick #3
	{2 x 75 on 1:35 Kick #2
900	1x{2 x 75 on 1:50 Breast Pull
	{4 x 75 on 1:45 Breast Pull
	{4 x 75 on 1:40 Breast Pull
	{2 x 75 on 1:35 Breast Pull
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,850	1x{4 x 100 on 1:40 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:45 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:50 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:45 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:40 Breaststroke
	{1 x 250 on 4:00 Stroke Drills
5:59 PM	5,100 Yards - Stress Value = 87

**Workout #13430 - Thursday, 23 May 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
600	1 on 30:00 DS/Physio Ball Abs/Shldrs
150	1 x 600 on 10:00 Underwater trn drill
1,600	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Sprint Kick #1
	{1 x 150 on 3:15 Kick #3
	{1 x 150 on 3:15 Kick #2
	{4 x 25 on :30 Sprint Kick #1
	{2 x 125 on 2:35 Kick #3
	{2 x 125 on 2:35 Kick #2
	{4 x 25 on :30 Sprint Kick #1
	{3 x 100 on 2:00 Kick #3
	{2 x 100 on 2:00 Kick #2
1,050	1x{4 x 75 on 1:40 Breast Pull
	{4 x 75 on 1:35 Breast Pull
	{4 x 75 on 1:30 Breast Pull
	{2 x 75 on 1:25 Breast Pull
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{4 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:30 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:35 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:30 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:25 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	6,650 Yards - Stress Value = 97

Yards	Set Description
3:30 PM Start	
500	1 on 30:00 DS/Physio Ball Abs/Shldrs
150	1 x 500 on 10:00 Underwater trn drill
1,250	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Sprint Kick #1
	{1 x 150 on 4:00 Kick #3
	{1 x 150 on 4:00 Kick #2
	{4 x 25 on :45 Sprint Kick #1
	{2 x 100 on 2:30 Kick #3
	{2 x 100 on 2:30 Kick #2
	{4 x 25 on :45 Sprint Kick #1
	{2 x 50 on 1:10 Kick #3
	{3 x 50 on 1:10 Kick #2
900	1x{2 x 75 on 1:50 Breast Pull
	{2 x 75 on 1:55 Breast Pull
	{4 x 75 on 1:50 Breast Pull
	{4 x 75 on 1:45 Breast Pull
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{3 x 100 on 1:50 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:55 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 2:00 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:55 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:50 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	4,650 Yards - Stress Value = 79

**Workout #13429 - Thursday, 23 May 2013**

**Workout #13431 - Thursday, 23 May 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
500	1 on 30:00 DS/Physio Ball/Tm Mtg		
	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 1100's back		
150	1 on 12:30 Techniques-TN turns		
	10 x 15 on :45 Shooters		SP3
	1 on 2:00 Techniques talk		
100	4 x 25 on :45 Perfect Backstroke		REC
750	1x{1 x 250 on 8:00 Back Drill		REC
	{1 x 250 on 8:00 Back Drill		REC
	{1 x 250 on 8:00 Back drill		REC
100	4 x 25 on :45 Perfect Backstroke		REC
450	3 x 150 on 3:00 Back-descend to 100%		EN2
	1 on 15:00 Techniques-Back starts		
	7:31 PM 2,050 Yards - Stress Value = 15		

840	2x{2 x 30 on 1:00 Kick		
	{2 x 30 on :55 Kick		
	{2 x 30 on :50 Kick		
	{2 x 30 on :45 Kick		
	{2 x 30 on :40 Kick		
	{2 x 30 on :35 Kick		
	{2 x 30 on :30 Kick		
	{ 15y streamline kick on back		
	{ 15y underwater fly kick		
1,700	1x{2 x 125 on 1:50 Pulls BTS		
	{2 x 125 on 1:45 Pulls BTS		
	{2 x 125 on 1:40 Pulls BTS		
	{2 x 125 on 1:35 Pulls BTS		
	{2 x 100 on 1:30 Pulls BTS		
	{2 x 100 on 1:25 Pulls BTS		
	{2 x 100 on 1:20 Pulls BTS		
	{2 x 50 on :45 Pulls BTS		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,900	1x{1 x 250 on 3:30 Freestyle		
	{5 x 50 on :45 Freestyle		
	{1 x 250 on 3:30 Freestyle		
	{5 x 50 on :50 Freestyle		
	{1 x 250 on 3:30 Freestyle		
	{5 x 50 on :55 Freestyle		
	{1 x 200 on 2:45 Freestyle		
	{4 x 50 on 1:00 Freestyle		
500	10 x 50 on 1:00 Stroke Drills		
	6:01 PM 6,690 Yards - Stress Value = 107		

**Workout #13432 - Tuesday, 28 May 2013**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
800	1 x 800 on 10:00 Kick as far as you can
840	2x{2 x 30 on 1:00 Kick
	{2 x 30 on :55 Kick
	{2 x 30 on :50 Kick
	{2 x 30 on :45 Kick
	{2 x 30 on :40 Kick
	{2 x 30 on :35 Kick
	{2 x 30 on :30 Kick
	{ 15y streamline kick on back
	{ 15y underwater fly kick
1,900	1x{2 x 125 on 1:40 Pulls BTS
	{2 x 125 on 1:35 Pulls BTS
	{2 x 125 on 1:30 Pulls BTS
	{2 x 125 on 1:25 Pulls BTS
	{2 x 100 on 1:20 Pulls BTS
	{2 x 100 on 1:15 Pulls BTS
	{2 x 100 on 1:10 Pulls BTS
	{2 x 75 on 1:00 Pulls BTS
	{2 x 75 on :55 Pulls BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 250 on 3:00 Freestyle
	{5 x 50 on :45 Freestyle
	{1 x 250 on 3:00 Freestyle
	{5 x 50 on :50 Freestyle
	{1 x 250 on 3:00 Freestyle
	{5 x 50 on :55 Freestyle
	{1 x 250 on 3:00 Freestyle
	{5 x 50 on 1:00 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 6,990 Yards - Stress Value = 113

**Workout #13434 - Tuesday, 28 May 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Core
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
800	1 x 800 on 10:00 Kick as far as you can
840	2x{2 x 30 on 1:00 Kick
	{2 x 30 on :55 Kick
	{2 x 30 on :50 Kick
	{2 x 30 on :45 Kick
	{2 x 30 on :40 Kick
	{2 x 30 on :35 Kick
	{2 x 30 on :30 Kick
	{ 15y streamline kick on back
	{ 15y underwater fly kick
1,500	1x{2 x 125 on 2:05 Pulls BTS
	{2 x 125 on 2:00 Pulls BTS
	{2 x 125 on 1:55 Pulls BTS
	{2 x 100 on 1:40 Pulls BTS
	{2 x 100 on 1:35 Pulls BTS
	{2 x 100 on 1:30 Pulls BTS
	{2 x 75 on 1:15 Pulls BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 250 on 4:00 Freestyle
	{5 x 50 on :50 Freestyle
	{1 x 250 on 4:00 Freestyle
	{5 x 50 on :55 Freestyle
	{1 x 250 on 4:00 Freestyle
	{5 x 50 on 1:00 Freestyle
	{1 x 250 on 4:00 Freestyle
	{5 x 50 on 1:00 Freestyle
	{1 x 100 on 1:35 Freestyle
	{2 x 50 on 1:05 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 6,240 Yards - Stress Value = 99

**Workout #13433 - Tuesday, 28 May 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
800	1 x 800 on 10:00 Kick as far as you can

**Workout #13435 - Tuesday, 28 May 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 25:00 DS/Core
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
800	1 x 800 on 10:00 Kick as far as you can
840	2x{2 x 30 on 1:00 Kick
	{2 x 30 on :55 Kick
	{2 x 30 on :50 Kick
	{2 x 30 on :45 Kick
	{2 x 30 on :40 Kick
	{2 x 30 on :35 Kick
	{2 x 30 on :30 Kick
	{ 15y streamline kick on back
	{ 15y underwater fly kick
1,250	1x{2 x 125 on 2:25 Pulls BTS
	{2 x 125 on 2:20 Pulls BTS
	{2 x 125 on 2:15 Pulls BTS
	{2 x 100 on 1:55 Pulls BTS
	{2 x 100 on 1:50 Pulls BTS
	{2 x 50 on :55 Pulls BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 250 on 4:30 Freestyle
	{5 x 50 on 1:00 Freestyle
	{1 x 250 on 4:30 Freestyle
	{5 x 50 on 1:05 Freestyle
	{1 x 250 on 4:30 Freestyle
	{5 x 50 on 1:10 Freestyle
500	10 x 50 on 1:00 Stroke Drills

6:01 PM 5,740 Yards - Stress Value = 90

	1 on 30:00 DS/Core/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
1,000	1x{2 x 25 on :45 Kick no board S	EN2
	{1 x 150 on 3:10 Kick	EN2
	{4 x 25 on :45 Kick no board S	EN2
	{1 x 150 on 3:05 Kick	EN2
	{6 x 25 on :45 Kick no board S	EN2
	{1 x 150 on 3:00 Kick	EN2
	{8 x 25 on :45 Kick no board S	EN2
	{1 x 50 on :55 Kick	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
1,800	1x{4 x 75 on 1:25 2 strokes fly off walls	EN2
	{4 x 75 on 1:20 2 strokes fly off walls	EN2
	{4 x 75 on 1:15 2 strokes fly off walls	EN2
	{3 x 75 on 1:25 3 strokes fly off walls	EN2
	{3 x 75 on 1:20 3 strokes fly off walls	EN2
	{3 x 75 on 1:15 3 strokes fly off walls	EN2
	{1 x 75 on 1:25 4 strokes fly off walls	EN2
	{1 x 75 on 1:20 4 strokes fly off walls	EN2
	{1 x 75 on 1:15 4 strokes fly off walls	EN2
250	5 x 50 on 1:00 Stroke Drills	REC

7:30 PM 3,800 Yards - Stress Value = 62

**Workout #13438 - Tuesday, 28 May 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	W
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
950	1x{2 x 25 on :45 Kick no board S	EN2	
	{1 x 150 on 3:30 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{1 x 150 on 3:25 Kick	EN2	
	{6 x 25 on :45 Kick no board S	EN2	
	{1 x 150 on 3:20 Kick	EN2	
	{8 x 25 on :45 Kick no board S	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
1,575	1x{4 x 75 on 1:35 2 strokes fly off walls	EN2	
	{4 x 75 on 1:30 2 strokes fly off walls	EN2	
	{4 x 75 on 1:25 2 strokes fly off walls	EN2	
	{2 x 75 on 1:35 3 strokes fly off walls	EN2	
	{2 x 75 on 1:30 3 strokes fly off walls	EN2	
	{2 x 75 on 1:25 3 strokes fly off walls	EN2	
	{1 x 75 on 1:35 4 strokes fly off walls	EN2	
	{1 x 75 on 1:30 4 strokes fly off walls	EN2	
	{1 x 75 on 1:25 4 strokes fly off walls	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	

7:30 PM 3,475 Yards - Stress Value = 58

**Workout #13436 - Tuesday, 28 May 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	W
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{2 x 25 on :45 Kick no board S	EN2	
	{1 x 150 on 2:45 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{1 x 150 on 2:40 Kick	EN2	
	{6 x 25 on :45 Kick no board S	EN2	
	{1 x 150 on 2:35 Kick	EN2	
	{8 x 25 on :45 Kick no board S	EN2	
	{1 x 150 on 2:30 Kick	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
2,025	1x{4 x 75 on 1:15 2 strokes fly off walls	EN2	
	{4 x 75 on 1:10 2 strokes fly off walls	EN2	
	{4 x 75 on 1:05 2 strokes fly off walls	EN2	
	{3 x 75 on 1:15 3 strokes fly off walls	EN2	
	{3 x 75 on 1:10 3 strokes fly off walls	EN2	
	{3 x 75 on 1:05 3 strokes fly off walls	EN2	
	{2 x 75 on 1:15 4 strokes fly off walls	EN2	
	{2 x 75 on 1:10 4 strokes fly off walls	EN2	
	{2 x 75 on 1:05 4 strokes fly off walls	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	

7:30 PM 4,125 Yards - Stress Value = 67

**Workout #13437 - Tuesday, 28 May 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	W
	1 on 30:00 DS/Core/Tm Mtg		

**Workout #13439 - Tuesday, 28 May 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	W
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
950	1x{2 x 25 on :45 Kick no board S	EN2	
	{1 x 150 on 3:50 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{1 x 150 on 3:45 Kick	EN2	
	{6 x 25 on :45 Kick no board S	EN2	
	{1 x 150 on 3:40 Kick	EN2	
	{6 x 25 on :45 Kick no board S	EN2	
	{1 x 50 on 1:10 Kick	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
1,350	1x{3 x 75 on 1:50 2 strokes fly off walls	EN2	
	{3 x 75 on 1:45 2 strokes fly off walls	EN2	
	{3 x 75 on 1:40 2 strokes fly off walls	EN2	
	{2 x 75 on 1:50 3 strokes fly off walls	EN2	
	{2 x 75 on 1:45 3 strokes fly off walls	EN2	
	{2 x 75 on 1:40 3 strokes fly off walls	EN2	
	{1 x 75 on 1:50 4 strokes fly off walls	EN2	
	{1 x 75 on 1:45 4 strokes fly off walls	EN2	
	{1 x 75 on 1:40 4 strokes fly off walls	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
7:30 PM	3,200 Yards - Stress Value = 52		

**Workout #13440 - Tuesday, 28 May 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	W
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
350	1 x 350 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{2 x 25 on 1:00 Kick no board S	EN2	
	{1 x 100 on 3:30 Kick	EN2	
	{4 x 25 on 1:00 Kick no board S	EN2	
	{1 x 100 on 3:25 Kick	EN2	
	{6 x 25 on 1:00 Kick no board S	EN2	
	{1 x 100 on 3:20 Kick	EN2	
	{6 x 25 on 1:00 Kick no board S	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
900	1x{3 x 50 on 1:40 2 strokes fly off walls	EN2	
	{3 x 50 on 1:35 2 strokes fly off walls	EN2	
	{3 x 50 on 1:30 2 strokes fly off walls	EN2	
	{2 x 50 on 1:40 3 strokes fly off walls	EN2	
	{2 x 50 on 1:35 3 strokes fly off walls	EN2	
	{2 x 50 on 1:30 3 strokes fly off walls	EN2	
	{1 x 50 on 1:40 4 strokes fly off walls	EN2	
	{1 x 50 on 1:35 4 strokes fly off walls	EN2	
	{1 x 50 on 1:30 4 strokes fly off walls	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
7:30 PM	2,500 Yards - Stress Value = 39		

**Workout #13441 - Wednesday, 29 May 2013**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	W
3:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Physio Balls		
600	1 x 600 on 10:00 Free L.25 of each 100 Non F		
150	10 x 15 on :45 Shooters		
300	4 x 75 on 1:30 2bk-4bk-6bk by 25's		
500	10 x 50 on 1:00 Your best stroke-100%		
200	1 x 200 on 3:00 Freestyle		
1,700	1x{4 x 25 on :45 Kick no board BSLR-16		

	{3 x 100 on 1:20 Kick		
	{4 x 25 on :40 Kick no board BSLR-15		
	{3 x 100 on 1:25 Kick		
	{4 x 25 on :35 Kick no board BSLR-14		
	{3 x 100 on 1:30 Kick		
	{4 x 25 on :30 Kick no board BSLR-13		
	{3 x 100 on 1:35 Kick		
	{4 x 25 on :25 Kick no board BSLR-12		
800	8 x 100 on 1:40 50 breast pull 50 free swim		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,500	1x{1 x 200 on 3:00 Breaststroke		
	{2 x 25 on :30 Breast 2X pullouts		
	{2 x 150 on 2:10 Breaststroke		
	{4 x 25 on :30 Breast 2X pullouts		
	{3 x 100 on 1:25 Breaststroke		
	{6 x 25 on :30 Breast 2X pullouts		
	{4 x 50 on :40 Breaststroke		
	{8 x 25 on :30 Breast 2X pullouts		
250	1 x 250 on 4:00 Stroke Drills		
6:00 PM	6,200 Yards - Stress Value = 116		

**Workout #13442 - Wednesday, 29 May 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	W
3:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Physio Balls		
600	1 x 600 on 10:00 Free L.25 of each 100 Non F		
150	10 x 15 on :45 Shooters		
300	4 x 75 on 1:30 2bk-4bk-6bk by 25's		
500	10 x 50 on 1:00 Your best stroke-100%		
200	1 x 200 on 3:00 Freestyle		
1,550	1x{4 x 25 on :45 Kick no board BSLR-16		
	{3 x 100 on 1:35 Kick		
	{4 x 25 on :40 Kick no board BSLR-15		
	{3 x 100 on 1:40 Kick		
	{4 x 25 on :35 Kick no board BSLR-14		
	{3 x 100 on 1:45 Kick		
	{4 x 25 on :30 Kick no board BSLR-13		
	{2 x 75 on 1:20 Kick		
	{4 x 25 on :25 Kick no board BSLR-12		
700	7 x 100 on 1:50 50 breast pull 50 free swim		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,450	1x{1 x 200 on 3:15 Breaststroke		
	{2 x 25 on :30 Breast 2X pullouts		
	{2 x 150 on 2:25 Breaststroke		
	{4 x 25 on :30 Breast 2X pullouts		
	{3 x 100 on 1:35 Breaststroke		
	{6 x 25 on :30 Breast 2X pullouts		
	{4 x 50 on :45 Breaststroke		
	{6 x 25 on :30 Breast 2X pullouts		
250	1 x 250 on 4:00 Stroke Drills		
5:59 PM	5,900 Yards - Stress Value = 111		

**Workout #13443 - Wednesday, 29 May 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STP
100	4 x 25 on :45 Stroke Drills	REC	D	CI
2,400	4x{1 x 150 on 2:10 Backstroke	EN2	S	BF
550	1 x 550 on 10:00 Free L.25 of each 100 Non F			
150	10 x 15 on :45 Shooters			
300	4 x 75 on 1:30 2bk-4bk-6bk by 25's			
500	10 x 50 on 1:00 Your best stroke-100%			
150	1 x 150 on 3:00 Freestyle			
1,400	1x{4 x 25 on :45 Kick no board BSLR-16			
	{3 x 100 on 1:50 Kick			
	{4 x 25 on :40 Kick no board BSLR-15			
	{3 x 100 on 1:55 Kick			
	{4 x 25 on :35 Kick no board BSLR-14			
	{3 x 100 on 2:00 Kick			
	{4 x 25 on :35 Kick no board BSLR-13			
	{1 x 100 on 2:05 Kick			
700	7 x 100 on 2:00 50 breast pull 50 free swim			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,300	1x{1 x 200 on 3:40 Breaststroke			
	{2 x 25 on :35 Breast 2X pullouts			
	{2 x 150 on 2:40 Breaststroke			
	{4 x 25 on :35 Breast 2X pullouts			
	{3 x 100 on 1:45 Breaststroke			
	{6 x 25 on :35 Breast 2X pullouts			
	{4 x 50 on :50 Breaststroke			
250	1 x 250 on 4:00 Stroke Drills			
	6:00 PM 5,500 Yards - Stress Value = 106			

**Workout #13444 - Wednesday, 29 May 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STP
100	4 x 25 on :45 Stroke Drills	REC	D	CI
2,400	4x{1 x 150 on 2:10 Backstroke	EN2	S	BF
550	1 x 550 on 10:00 Free L.25 of each 100 Non F			
150	10 x 15 on :45 Shooters			
300	4 x 75 on 1:30 2bk-4bk-6bk by 25's			
500	10 x 50 on 1:00 Your best stroke-100%			
150	1 x 150 on 3:00 Freestyle			
1,200	1x{4 x 25 on :45 Kick no board BSLR-16			
	{3 x 100 on 2:15 Kick			
	{4 x 25 on :45 Kick no board BSLR-15			
	{3 x 100 on 2:20 Kick			
	{4 x 25 on :40 Kick no board BSLR-14			
	{2 x 100 on 2:25 Kick			
	{4 x 25 on :40 Kick no board BSLR-13			
600	6 x 100 on 2:15 50 breast pull 50 free swim			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,100	1x{1 x 200 on 4:10 Breaststroke			
	{2 x 25 on :45 Breast 2X pullouts			
	{2 x 150 on 3:05 Breaststroke			
	{4 x 25 on :45 Breast 2X pullouts			
	{3 x 100 on 2:00 Breaststroke			
	{6 x 25 on :45 Breast 2X pullouts			
250	1 x 250 on 4:00 Stroke Drills			
	6:01 PM 4,950 Yards - Stress Value = 98			

**Workout #13445 - Wednesday, 29 May 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK	STP
100	4 x 25 on :45 Stroke Drills	REC	D	CI
2,400	4x{1 x 150 on 2:10 Backstroke	EN2	S	BF
550	1 x 550 on 10:00 Free L.25 of each 100 Non F			
150	10 x 15 on :45 Shooters			
300	4 x 75 on 1:30 2bk-4bk-6bk by 25's			
500	10 x 50 on 1:00 Your best stroke-100%			
150	1 x 150 on 3:00 Freestyle			
1,200	1x{4 x 25 on :45 Kick no board BSLR-16			
	{3 x 100 on 2:15 Kick			
	{4 x 25 on :45 Kick no board BSLR-15			
	{3 x 100 on 2:20 Kick			
	{4 x 25 on :40 Kick no board BSLR-14			
	{2 x 100 on 2:25 Kick			
	{4 x 25 on :40 Kick no board BSLR-13			
600	6 x 100 on 2:15 50 breast pull 50 free swim			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,100	1x{1 x 200 on 4:10 Breaststroke			
	{2 x 25 on :45 Breast 2X pullouts			
	{2 x 150 on 3:05 Breaststroke			
	{4 x 25 on :45 Breast 2X pullouts			
	{3 x 100 on 2:00 Breaststroke			
	{6 x 25 on :45 Breast 2X pullouts			
250	1 x 250 on 4:00 Stroke Drills			
	6:01 PM 4,950 Yards - Stress Value = 98			

Yards	Set Description	EGY	WORK	STP
150	10 x 15 on :45 Shooters	SP3	S	BF
400	16 x 25 on :45 Kick no board B	EN2	K	FLY
	10+1 up to 17 then -1			
400	1 x 400 on 6:00 Backstroke Pull	EN2	P	FF
	Hold streamline to hips shallow end			
	EBO deep end			
100	4 x 25 on :45 Stroke Drills	REC	D	CI
2,400	4x{1 x 150 on 2:10 Backstroke	EN2	S	BF
	{1 x 150 on 2:05 Backstroke	EN2	S	BF
	{1 x 150 on 2:00 Backstroke	EN2	S	BF
	{1 x 150 on 1:55 Backstroke	EN2	S	BF
	{1 on 1:00 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	CI
	1 on 10:00 Game			
	7:30 PM 4,150 Yards - Stress Value = 70			

**Workout #13446 - Wednesday, 29 May 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
100	4 x 25 on :45 Stroke Drills	REC	D
2,400	4x{1 x 125 on 2:10 Backstroke	EN2	S
	{1 x 125 on 2:05 Backstroke	EN2	S
	{1 x 125 on 2:00 Backstroke	EN2	S
	{1 x 125 on 1:55 Backstroke	EN2	S
	{1 on 1:00 Rest		M
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Game		
	7:30 PM 3,700 Yards - Stress Value = 61		

**Workout #13447 - Wednesday, 29 May 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
100	4 x 25 on :45 Stroke Drills	REC	D
2,400	4x{1 x 100 on 2:10 Backstroke	EN2	S
	{1 x 100 on 2:05 Backstroke	EN2	S
	{1 x 100 on 2:00 Backstroke	EN2	S
	{1 x 100 on 1:55 Backstroke	EN2	S
	{1 on 1:00 Rest		M
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Game		
	7:30 PM 3,200 Yards - Stress Value = 52		

**Workout #13448 - Wednesday, 29 May 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
400	1 on 25:00 DS/Shoulders/Tm Mtg		
150	1 x 400 on 10:00 Underwater trn drill	REC	
400	10 x 15 on :45 Shooters	SP3	
250	16 x 25 on :45 Kick no board B 10+1 up to 17 then -1	EN2	
250	1 x 250 on 6:00 Backstroke Pull Hold streamline to hips shallow end EBO deep end	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
1,200	4x{1 x 75 on 2:10 Backstroke {1 x 75 on 2:05 Backstroke {1 x 75 on 2:00 Backstroke {1 x 75 on 1:55 Backstroke {1 on 1:00 Rest	EN2 EN2 EN2 EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Game		
	7:30 PM 2,700 Yards - Stress Value = 43		

**Workout #13449 - Wednesday, 29 May 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
350	1 on 25:00 DS/Shoulders/Tm Mtg		
150	1 x 350 on 10:00 Underwater trn drill	REC	
300	10 x 15 on :45 Shooters	SP3	
300	12 x 25 on 1:00 Kick no board B 10+1 up to 15 then -1	EN2	
250	1 x 250 on 6:00 Backstroke Pull Hold streamline to hips shallow end EBO deep end	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
1,200	4x{1 x 75 on 2:10 Backstroke {1 x 75 on 2:05 Backstroke {1 x 75 on 2:00 Backstroke {1 x 75 on 1:55 Backstroke {1 on 1:00 Rest	EN2 EN2 EN2 EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Game		
	7:30 PM 2,550 Yards - Stress Value = 41		

**Workout #13450 - Thursday, 30 May 2013**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
600	1 on 30:00 DS/Physio Ball Abs/Shldrs		
150	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back		
1,750	10 x 15 on :45 Shooters		
1,750	1x{5 x 50 on :45 Kick {8 x 25 on :30 Kick your weakest kick {4 x 50 on :45 Kick {8 x 25 on :30 Kick your weakest kick {3 x 50 on :45 Kick {8 x 25 on :30 Kick your weakest kick {2 x 50 on :45 Kick {8 x 25 on :30 Kick your weakest kick {1 x 50 on :45 Kick {8 x 25 on :30 Kick your weakest kick		
1,000	1x{4 x 100 on 1:10 Pulls-nbbf&w + 2 yds {3 x 100 on 1:15 Pulls-nbbf&w + 3 yds {2 x 100 on 1:20 Pulls-nbbf&w + 4 yds {1 x 100 on 1:25 Pulls-nbbf&w + 5 yds		

200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,600	4x{1 x 125 on 1:50 Back L.25 15 KOW {1 x 125 on 1:45 Back L.25 14 KOW {1 x 125 on 1:40 Back L.25 13 KOW {1 x 125 on 1:35 Back L.25 12 KOW {1 x 150 on 3:10 Stroke Drills		
250	5 x 50 on 1:00 Stroke Drills		
	6:00 PM 6,550 Yards - Stress Value = 112		

**Workout #13451 - Thursday, 30 May 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
600	1 on 30:00 DS/Physio Ball Abs/Shldrs		
150	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back		
1,550	10 x 15 on :45 Shooters		
1,550	1x{5 x 50 on :50 Kick {8 x 25 on :35 Kick your weakest kick {4 x 50 on :50 Kick {8 x 25 on :35 Kick your weakest kick {3 x 50 on :50 Kick {8 x 25 on :35 Kick your weakest kick {3 x 50 on :50 Kick {8 x 25 on :35 Kick your weakest kick		
900	1x{3 x 100 on 1:15 Pulls-nbbf&w + 2 yds {3 x 100 on 1:20 Pulls-nbbf&w + 3 yds {2 x 100 on 1:25 Pulls-nbbf&w + 4 yds {1 x 100 on 1:30 Pulls-nbbf&w + 5 yds		
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,400	4x{1 x 125 on 2:00 Back L.25 15 KOW {1 x 125 on 1:55 Back L.25 14 KOW {1 x 125 on 1:50 Back L.25 13 KOW {1 x 125 on 1:45 Back L.25 12 KOW {1 x 100 on 2:30 Stroke Drills		
250	5 x 50 on 1:00 Stroke Drills		
	6:00 PM 6,050 Yards - Stress Value = 106		

**Workout #13452 - Thursday, 30 May 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Physio Ball Abs/Shldrs 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,350	1x{5 x 50 on 1:00 Kick {8 x 25 on :40 Kick your weakest kick {4 x 50 on 1:00 Kick {8 x 25 on :40 Kick your weakest kick {3 x 50 on 1:00 Kick {8 x 25 on :40 Kick your weakest kick {2 x 50 on 1:00 Kick {2 x 25 on :40 Kick your weakest kick
800	1x{2 x 100 on 1:25 Pulls-nbbf&w + 2 yds {3 x 100 on 1:30 Pulls-nbbf&w + 3 yds {2 x 100 on 1:35 Pulls-nbbf&w + 4 yds {1 x 100 on 1:40 Pulls-nbbf&w + 5 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	4x{1 x 125 on 2:10 Back L.25 15 KOW {1 x 125 on 2:05 Back L.25 14 KOW {1 x 125 on 2:00 Back L.25 13 KOW {1 x 125 on 1:55 Back L.25 12 KOW {1 x 50 on 1:50 Stroke Drills
250	5 x 50 on 1:00 Stroke Drills
	6:00 PM 5,500 Yards - Stress Value = 99

**Workout #13453 - Thursday, 30 May 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Physio Ball Abs/Shldrs 1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200	1x{5 x 50 on 1:10 Kick {8 x 25 on :45 Kick your weakest kick {4 x 50 on 1:10 Kick {8 x 25 on :45 Kick your weakest kick {3 x 50 on 1:10 Kick {8 x 25 on :45 Kick your weakest kick
700	1x{1 x 100 on 1:40 Pulls-nbbf&w + 2 yds {3 x 100 on 1:45 Pulls-nbbf&w + 3 yds {2 x 100 on 1:50 Pulls-nbbf&w + 4 yds {1 x 100 on 1:55 Pulls-nbbf&w + 5 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	4x{1 x 100 on 2:10 Back L.25 15 KOW {1 x 100 on 2:05 Back L.25 14 KOW {1 x 100 on 2:00 Back L.25 13 KOW {1 x 100 on 1:55 Back L.25 12 KOW {1 x 50 on 1:50 Stroke Drills
250	5 x 50 on 1:00 Stroke Drills
	6:00 PM 4,800 Yards - Stress Value = 85

**Workout #13454 - Thursday, 30 May 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Physio Ball Abs/Tm Mtg 1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back 1 on 10:00 Techniques-Stanford turn drills

150	10 x 15 on :45 Shooters	S
	1 on 2:00 Technique talk free	
150	6 x 25 on :45 Perfect Freestyle	F
750	1x{1 x 250 on 8:00 Free Drill {1 x 250 on 8:00 Free Drill {1 x 250 on 8:00 Free Drill	F F F
150	6 x 25 on :45 Perfect Freestyle	F
75	5 x 15 on :45 Spinners	S
300	6 x 50 on 2:00 Free 25 great technique 25-100% Straight arm	E
200	1 x 200 on 3:00 Stroke Drills	F
	7:30 PM 2,275 Yards - Stress Value = 12	

**Workout #13455 - Monday, 03 June 2013**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Physio Ball Abs 1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,900	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:30 Kick {4 x 25 on :30 Kick no board BSLR {2 x 150 on 2:25 Kick {4 x 25 on :30 Kick no board BSLR {3 x 150 on 2:20 Kick {4 x 25 on :30 Kick no board BSLR {4 x 150 on 2:15 Kick
1,900	1x{4 x 25 on :30 Pull 2 breaths each {1 x 150 on 2:00 Pulls-no br L.12 yds {4 x 25 on :30 Pull 2 breaths each {2 x 150 on 1:55 Pulls-no br L.12 yds {4 x 25 on :30 Pull 2 breaths each {3 x 150 on 1:50 Pulls-no br L.12 yds {4 x 25 on :30 Pull 2 breaths each {4 x 150 on 1:45 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 200 on 2:30 Free Hold 2:15 {3 x 100 on 1:30 Free as fast as possible {1 x 200 on 2:30 Free hold 2:15 {4 x 75 on 1:15 Free as fast as possible {1 x 200 on 2:30 Free hold 2:15 {6 x 50 on :50 Free as fast as possible {1 x 200 on 2:30 Free hold 2:15 {12 x 25 on :30 Free as fast as possible
250	5 x 50 on 1:00 Stroke Drills
	6:00 PM 7,000 Yards - Stress Value = 168

**Workout #13456 - Monday, 03 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 25:00 DS/Physio Ball Abs  
 150 1 x 600 on 10:00 Swim-kick-pull-swim  
 1,750 10 x 15 on :45 Shooters  
 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:45 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:40 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {3 x 150 on 2:35 Kick  
 {6 x 25 on :30 Kick no board BSLR  
 {4 x 100 on 1:40 Kick  
 1,700 1x{4 x 25 on :30 Pull 2 breaths each  
 {1 x 150 on 2:15 Pulls-no br L.12 yds  
 {4 x 25 on :30 Pull 2 breaths each  
 {2 x 150 on 2:10 Pulls-no br L.12 yds  
 {4 x 25 on :30 Pull 2 breaths each  
 {3 x 150 on 2:05 Pulls-no br L.12 yds  
 {4 x 25 on :30 Pull 2 breaths each  
 {4 x 100 on 1:20 Pulls-no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,850 1x{1 x 200 on 2:50 Free Hold 2:35  
 {3 x 100 on 1:40 Free as fast as possible  
 {1 x 200 on 2:50 Free hold 235  
 {4 x 75 on 1:20 Free as fast as possible  
 {1 x 200 on 2:50 Free hold 235  
 {6 x 50 on :55 Free as fast as possible  
 {1 x 200 on 2:50 Free hold 230  
 {6 x 25 on :30 Free as fast as possible  
 250 5 x 50 on 1:00 Stroke Drills  
 6:00 PM 6,500 Yards - Stress Value = 152

**Workout #13457 - Monday, 03 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 550 1 on 25:00 DS/Physio Ball Abs  
 150 1 x 550 on 10:00 Swim-kick-pull-swim  
 1,500 10 x 15 on :45 Shooters  
 1x{4 x 25 on :35 Kick no board BSLR  
 {1 x 150 on 3:10 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 150 on 3:05 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {3 x 150 on 3:00 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 100 on 1:55 Kick  
 1,500 1x{4 x 25 on :35 Pull 2 breaths each  
 {1 x 150 on 2:30 Pulls-no br L.12 yds  
 {4 x 25 on :35 Pull 2 breaths each  
 {2 x 150 on 2:25 Pulls-no br L.12 yds  
 {4 x 25 on :35 Pull 2 breaths each  
 {3 x 150 on 2:20 Pulls-no br L.12 yds  
 {4 x 25 on :35 Pull 2 breaths each  
 {2 x 100 on 1:30 Pulls-no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,700 1x{1 x 200 on 3:15 Free Hold 2:50  
 {3 x 100 on 1:55 Free as fast as possible  
 {1 x 200 on 3:15 Free hold 250  
 {4 x 75 on 1:30 Free as fast as possible  
 {1 x 200 on 3:15 Free hold 250  
 {6 x 50 on 1:05 Free as fast as possible  
 {1 x 200 on 3:15 Free hold 255  
 250 5 x 50 on 1:00 Stroke Drills  
 6:01 PM 5,850 Yards - Stress Value = 134

**Workout #13458 - Monday, 03 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 500 1 on 25:00 DS/Physio Ball Abs  
 150 1 x 500 on 10:00 Swim-kick-pull-swim  
 1,300 10 x 15 on :45 Shooters  
 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 150 on 3:30 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 150 on 3:25 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 150 on 3:20 Kick  
 {2 x 25 on :45 Kick no board BS  
 {1 x 50 on 1:05 Kick  
 1,300 1x{4 x 25 on :40 Pull 2 breaths each  
 {1 x 150 on 2:50 Pulls-no br L.12 yds  
 {4 x 25 on :40 Pull 2 breaths each  
 {2 x 150 on 2:45 Pulls-no br L.12 yds  
 {4 x 25 on :40 Pull 2 breaths each  
 {3 x 150 on 2:40 Pulls-no br L.12 yds  
 {4 x 25 on :40 Pull 2 breaths each  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,450 1x{1 x 200 on 3:45 Free Hold 3:20  
 {3 x 100 on 2:15 Free as fast as possible  
 {1 x 200 on 3:45 Free hold 320  
 {4 x 75 on 1:45 Free as fast as possible  
 {1 x 200 on 3:45 Free hold 320  
 {5 x 50 on 1:15 Free as fast as possible  
 250 5 x 50 on 1:00 Stroke Drills  
 6:01 PM 5,150 Yards - Stress Value = 119

**Workout #13459 - Monday, 03 June 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WORK ST  
 =====  
 500 1 on 30:00 DS/Physio Ball/Tm Mtg L DF  
 150 1 x 500 on 10:00 Choice REC S CF  
 1,200 10 x 15 on :45 Shooters SP3 S F  
 1x{2 x 100 on 2:00 Kick EN2 K F  
 {2 x 100 on 1:55 Kick EN2 K CF  
 {2 x 100 on 1:50 Kick EN2 K F  
 {2 x 100 on 1:45 Kick EN2 K F  
 {2 x 100 on 1:40 Kick EN2 K F  
 {2 x 100 on 1:35 Kick EN2 K F  
 200 8 x 25 on :45 Breast Drill REC D F  
 1,250 1x{1 x 100 on 2:00 Breast Pull EN1 P F  
 {5 x 50 on 1:00 BR 2K1P EN2 D F  
 {1 x 100 on 2:00 Breast Pull EN2 P F  
 {4 x 50 on :55 BR 3K1P EN2 D F  
 {1 x 100 on 2:00 Breast Pull EN2 P F  
 {3 x 50 on :50 BR 4K1P EN2 D F  
 {1 x 100 on 2:00 Breast Pull EN2 P F  
 {2 x 50 on :45 BR 5K1P EN2 D F  
 {1 x 100 on 2:00 Breast Pull EN2 P F  
 {1 x 50 on :40 BR 6K1P EN2 D F  
 250 1 x 250 on 5:00 Stroke Drills REC D F  
 1 on 10:00 Game REC D F  
 7:30 PM 3,550 Yards - Stress Value = 54

**Workout #13460 - Monday, 03 June 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:30 PM	Start			
=====	=====	===	====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg		L DF	
500	1 x 500 on 10:00 Choice	REC	S CH	
150	10 x 15 on :45 Shooters	SP3	S F	
1,100	1x{2 x 100 on 2:10 Kick	EN2	K F	250
	{2 x 100 on 2:05 Kick	EN2	K F	
	{2 x 100 on 2:00 Kick	EN2	K F	
	{2 x 100 on 1:55 Kick	EN2	K CH	
	{2 x 100 on 1:50 Kick	EN2	K F	
	{1 x 100 on 1:45 Kick	EN2	K F	
200	8 x 25 on :45 Breast Drill	REC	D F	
1,100	1x{1 x 100 on 2:15 Breast Pull	EN1	P F	
	{3 x 50 on 1:10 BR 2K1P	EN2	D F	
	{1 x 100 on 2:15 Breast Pull	EN2	P F	
	{3 x 50 on 1:05 BR 3K1P	EN2	D F	
	{1 x 100 on 2:15 Breast Pull	EN2	P F	
	{3 x 50 on 1:00 BR 4K1P	EN2	D F	
	{1 x 100 on 2:15 Breast Pull	EN2	P F	
	{2 x 50 on :55 BR 5K1P	EN2	D F	
	{1 x 100 on 2:15 Breast Pull	EN2	P F	
	{1 x 50 on :50 BR 6K1P	EN2	D F	
250	1 x 250 on 5:00 Stroke Drills	REC	D F	
	1 on 10:00 Game	REC	D F	
	7:30 PM 3,300 Yards - Stress Value = 49			

200	8 x 25 on :45 Breast Drill	REC	D F	
850	1x{1 x 100 on 2:45 Breast Pull	EN1	P F	
	{2 x 50 on 1:30 BR 2K1P	EN2	D F	
	{1 x 100 on 2:45 Breast Pull	EN2	P F	
	{2 x 50 on 1:25 BR 3K1P	EN2	D F	
	{1 x 100 on 2:45 Breast Pull	EN2	P F	
	{2 x 50 on 1:20 BR 4K1P	EN2	D F	
	{1 x 100 on 2:45 Breast Pull	EN2	P F	
	{2 x 50 on 1:15 BR 5K1P	EN2	D F	
	{1 x 50 on 1:20 Breast Pull	EN2	P F	
250	1 x 250 on 5:00 Stroke Drills	REC	D F	
	1 on 10:00 Game	REC	D F	
	7:30 PM 2,700 Yards - Stress Value = 39			

**Workout #13463 - Monday, 03 June 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:30 PM	Start			
=====	=====	===	====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg		L DF	
400	1 x 400 on 10:00 Choice	REC	S CH	
150	10 x 15 on :45 Shooters	SP3	S F	
750	1x{2 x 100 on 3:00 Kick	EN2	K CH	
	{2 x 100 on 2:55 Kick	EN2	K F	
	{2 x 100 on 2:50 Kick	EN2	K F	
	{1 x 100 on 2:45 Kick	EN2	K F	
	{1 x 50 on 1:20 Kick	EN2	K F	
200	8 x 25 on :45 Breast Drill	REC	D F	
800	1x{1 x 100 on 3:00 Breast Pull	EN1	P F	
	{2 x 50 on 1:30 BR 2K1P	EN2	D F	
	{1 x 100 on 3:00 Breast Pull	EN2	P F	
	{2 x 50 on 1:30 BR 3K1P	EN2	D F	
	{1 x 100 on 3:00 Breast Pull	EN2	P F	
	{2 x 50 on 1:30 BR 4K1P	EN2	D F	
	{1 x 100 on 3:00 Breast Pull	EN2	P F	
	{2 x 50 on 1:30 BR 5K1P	EN2	D F	
250	1 x 250 on 5:00 Stroke Drills	REC	D F	
	1 on 10:00 Game	REC	D F	
	7:30 PM 2,550 Yards - Stress Value = 36			

Yards	Set Description	EGY	WORK	ST
5:30 PM	Start			
=====	=====	===	====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg		L DF	
400	1 x 400 on 10:00 Choice	REC	S CH	
150	10 x 15 on :45 Shooters	SP3	S F	
750	1x{2 x 100 on 3:00 Kick	EN2	K CH	
	{2 x 100 on 2:55 Kick	EN2	K F	
	{2 x 100 on 2:50 Kick	EN2	K F	
	{1 x 100 on 2:45 Kick	EN2	K F	
	{1 x 50 on 1:20 Kick	EN2	K F	
200	8 x 25 on :45 Breast Drill	REC	D F	
800	1x{1 x 100 on 3:00 Breast Pull	EN1	P F	
	{2 x 50 on 1:30 BR 2K1P	EN2	D F	
	{1 x 100 on 3:00 Breast Pull	EN2	P F	
	{2 x 50 on 1:30 BR 3K1P	EN2	D F	
	{1 x 100 on 3:00 Breast Pull	EN2	P F	
	{2 x 50 on 1:30 BR 4K1P	EN2	D F	
	{1 x 100 on 3:00 Breast Pull	EN2	P F	
	{2 x 50 on 1:30 BR 5K1P	EN2	D F	
250	1 x 250 on 5:00 Stroke Drills	REC	D F	
	1 on 10:00 Game	REC	D F	
	7:30 PM 2,550 Yards - Stress Value = 36			

**Workout #13461 - Monday, 03 June 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:30 PM	Start			
=====	=====	===	====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg		L DF	
450	1 x 450 on 10:00 Choice	REC	S CH	
150	10 x 15 on :45 Shooters	SP3	S F	
1,000	1x{2 x 100 on 2:20 Kick	EN2	K CH	
	{2 x 100 on 2:15 Kick	EN2	K F	
	{2 x 100 on 2:10 Kick	EN2	K F	
	{2 x 100 on 2:05 Kick	EN2	K F	
	{2 x 100 on 2:00 Kick	EN2	K F	
200	8 x 25 on :45 Breast Drill	REC	D F	
950	1x{1 x 100 on 2:30 Breast Pull	EN1	P F	
	{3 x 50 on 1:20 BR 2K1P	EN2	D F	
	{1 x 100 on 2:30 Breast Pull	EN2	P F	
	{3 x 50 on 1:15 BR 3K1P	EN2	D F	
	{1 x 100 on 2:30 Breast Pull	EN2	P F	
	{2 x 50 on 1:10 BR 4K1P	EN2	D F	
	{1 x 100 on 2:30 Breast Pull	EN2	P F	
	{2 x 50 on 1:05 BR 5K1P	EN2	D F	
	{1 x 50 on 1:15 Breast Pull	EN2	P F	
250	1 x 250 on 5:00 Stroke Drills	REC	D F	
	1 on 10:00 Game	REC	D F	
	7:30 PM 3,000 Yards - Stress Value = 44			

Yards	Set Description	EGY	WORK	ST
5:30 PM	Start			
=====	=====	===	====	==
	1 on 25:00 DS/Core			
600	1 x 600 on 10:00 Underwater trn drill			
150	10 x 15 on :45 Shooters			
800	1 x 800 on 10:00 Kick as far as you can			
600	1x{20 x 30 on 1:00 15y BSLR underwater			
	{ Vertical Kick (Fr) for 20 kIcks			
	{ 15y flutter Kick BSLR			
1,500	3 x 500 on 6:15 Pulls alt 100 BTS/BTB			
200	4x{1 x 25 on :50 Sculling drills			
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,750	1x{1 x 150 on 2:00 Backstroke			
	{ 1 x 125 on 2:00 Back R.10sec at 100			
	{ L.25 10 KOW-100% Effort EBO			
	{ 2 x 150 on 2:00 Backstroke			
	{ 2 x 125 on 2:00 Same as above			
	{ 3 x 150 on 2:00 Backstroke			
	{ 3 x 125 on 2:00 Same as above			
	{ 4 x 150 on 2:00 Backstroke			
	{ 4 x 125 on 2:00 Same as above			
250	1 x 250 on 4:00 Stroke Drills			
	5:59 PM 6,850 Yards - Stress Value = 139			

**Workout #13462 - Monday, 03 June 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:30 PM	Start			
=====	=====	===	====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg		L DF	
400	1 x 400 on 10:00 Choice	REC	S CH	
150	10 x 15 on :45 Shooters	SP3	S F	
850	1x{2 x 100 on 2:40 Kick	EN2	K CH	
	{2 x 100 on 2:35 Kick	EN2	K F	
	{2 x 100 on 2:30 Kick	EN2	K F	
	{2 x 100 on 2:25 Kick	EN2	K F	
	{1 x 50 on 1:10 Kick	EN2	K F	

5:59 PM	6,850 Yards - Stress Value = 139			
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**Workout #13465 - Tuesday, 04 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 800 1 x 800 on 10:00 Kick as far as you can  
 600 1x{20 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 1,350 3 x 450 on 6:15 Pulls alt 100 BTS/BTB  
 200 4x{1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,550 1x{1 x 150 on 2:15 Backstroke  
 { 1 x 125 on 2:05 Back R.10sec at 100  
 { L.25 10 KOW-100% Effort EBO  
 { 2 x 150 on 2:15 Backstroke  
 { 2 x 125 on 2:05 Same as above  
 { 3 x 150 on 2:15 Backstroke  
 { 3 x 125 on 2:05 Same as above  
 { 4 x 150 on 2:15 Backstroke  
 { 4 x 75 on 1:15 Same as above  
 250 1 x 250 on 4:00 Stroke Drills  
 5:59 PM 6,500 Yards - Stress Value = 132

**Workout #13466 - Tuesday, 04 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 800 1 x 800 on 10:00 Kick as far as you can  
 600 1x{20 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 1,275 3 x 425 on 6:15 Pulls alt 100 BTS/BTB  
 200 4x{1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,350 1x{1 x 150 on 2:30 Backstroke  
 { 1 x 125 on 2:15 Back R.10sec at 100  
 { L.25 10 KOW-100% Effort EBO  
 { 2 x 150 on 2:30 Backstroke  
 { 2 x 125 on 2:15 Same as above  
 { 3 x 150 on 2:30 Backstroke  
 { 3 x 125 on 2:15 Same as above  
 { 3 x 150 on 2:30 Backstroke  
 { 2 x 125 on 2:15 Same as above  
 250 1 x 250 on 4:00 Stroke Drills  
 6:00 PM 6,175 Yards - Stress Value = 127

**Workout #13467 - Tuesday, 04 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 800 1 x 800 on 10:00 Kick as far as you can  
 600 1x{20 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 1,050 3 x 350 on 6:15 Pulls alt 100 BTS/BTB  
 200 4x{1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes

2,000 1x{1 x 150 on 3:00 Backstroke  
 { 1 x 125 on 2:30 Back R.10sec at 100  
 { L.25 10 KOW-100% Effort EBO  
 { 2 x 150 on 3:00 Backstroke  
 { 2 x 125 on 2:30 Same as above  
 { 3 x 150 on 3:00 Backstroke  
 { 3 x 125 on 2:30 Same as above  
 { 1 x 150 on 3:00 Backstroke  
 { 2 x 100 on 2:00 Same as above  
 250 1 x 250 on 4:00 Stroke Drills  
 5:59 PM 5,550 Yards - Stress Value = 115

**Workout #13468 - Tuesday, 04 June 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY  
 =====  
 1 on 30:00 DS/Core/Tm Mtg  
 500 1 x 500 on 10:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 900 1x{4 x 25 on :45 Kick no board B EN2  
 { 1 x 150 on 3:00 Kick streamline on back EN2  
 { 4 x 25 on :45 Kick no board B EN2  
 { 2 x 100 on 2:00 Kick streamline on back EN2  
 { 4 x 25 on :45 Kick no board B EN2  
 { 3 x 50 on 1:00 Kick streamline on back EN2  
 { 4 x 25 on :45 Kick no board B EN2  
 150 6 x 25 on :45 Backstroke Drills REC  
 1,500 1x{2 x 125 on 2:10 Backstroke EN2  
 { 1 x 50 on 1:00 Back 3+1 EN2  
 { 2 x 125 on 2:05 Backstroke EN2  
 { 2 x 50 on 1:00 Back 4+1 EN2  
 { 2 x 125 on 2:00 Backstroke EN2  
 { 3 x 50 on 1:00 Back 5+! EN2  
 { 2 x 125 on 1:55 Backstroke EN2  
 { 4 x 50 on 1:00 Back 6+1 EN2  
 200 1 on 10:00 Techniques-Back Starts  
 1 x 200 on 4:00 Stroke Drills REC  
 7:31 PM 3,400 Yards - Stress Value = 54

**Workout #13469 - Tuesday, 04 June 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY  
 =====  
 1 on 30:00 DS/Core/Tm Mtg  
 500 1 x 500 on 10:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 850 1x{4 x 25 on :45 Kick no board B EN2  
 { 1 x 150 on 3:30 Kick streamline on back EN2  
 { 4 x 25 on :45 Kick no board B EN2  
 { 2 x 100 on 2:10 Kick streamline on back EN2  
 { 4 x 25 on :45 Kick no board B EN2  
 { 3 x 50 on 1:05 Kick streamline on back EN2  
 { 2 x 25 on :45 Kick no board B EN2  
 150 6 x 25 on :45 Backstroke Drills REC  
 1,400 1x{2 x 125 on 2:25 Backstroke EN2  
 { 1 x 50 on 1:00 Back 3+1 EN2  
 { 2 x 125 on 2:20 Backstroke EN2  
 { 2 x 50 on 1:00 Back 4+1 EN2  
 { 2 x 125 on 2:15 Backstroke EN2  
 { 3 x 50 on 1:00 Back 5+! EN2  
 { 2 x 75 on 1:20 Backstroke EN2  
 { 4 x 50 on 1:00 Back 6+1 EN2  
 200 1 on 10:00 Techniques-Back Starts  
 1 x 200 on 4:00 Stroke Drills REC  
 7:31 PM 3,250 Yards - Stress Value = 51

**Workout #13470 - Tuesday, 04 June 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
450	1 x 450 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:45 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:30 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:15 Kick streamline on back	EN2
150	6 x 25 on :45 Backstroke Drills	REC
1,250	1x{2 x 125 on 2:45 Backstroke	EN2
	{1 x 50 on 1:10 Back 3+1	EN2
	{2 x 125 on 2:40 Backstroke	EN2
	{2 x 50 on 1:10 Back 4+1	EN2
	{2 x 125 on 2:35 Backstroke	EN2
	{3 x 50 on 1:10 Back 5+1	EN2
	{2 x 100 on 2:00 Backstroke	EN2
	1 on 10:00 Techniques-Back Starts	
200	1 x 200 on 4:00 Stroke Drills	REC
7:31 PM	3,000 Yards - Stress Value = 47	

**Workout #13471 - Tuesday, 04 June 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
750	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 4:10 Kick streamiine on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:45 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 50 on 1:15 Kick streamline on back	EN2
150	6 x 25 on :45 Backstroke Drills	REC
1,100	1x{2 x 100 on 2:30 Backstroke	EN2
	{1 x 50 on 1:15 Back 3+1	EN2
	{2 x 100 on 2:25 Backstroke	EN2
	{2 x 50 on 1:15 Back 4+1	EN2
	{2 x 100 on 2:20 Backstroke	EN2
	{3 x 50 on 1:15 Back 5+1	EN2
	{2 x 100 on 2:15 Backstroke	EN2
	1 on 10:00 Techniques-Back Starts	
200	1 x 200 on 4:00 Stroke Drills	REC
7:31 PM	2,750 Yards - Stress Value = 43	

**Workout #13472 - Tuesday, 04 June 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
650	1x{4 x 25 on 1:00 Kick no board B	EN2
	{1 x 150 on 4:30 Kick streamiine on back	EN2
	{4 x 25 on 1:00 Kick no board B	EN2
	{2 x 100 on 3:00 Kick streamline on back	EN2
	{2 x 25 on 1:00 Kick no board B	EN2
	{1 x 50 on 1:20 Kick streamline on back	EN2
150	6 x 25 on :45 Backstroke Drills	REC
900	1x{2 x 100 on 3:00 Backstroke	EN2
	{1 x 50 on 1:30 Back 3+1	EN2

{2 x 100 on 2:55 Backstroke	EN2
{2 x 50 on 1:30 Back 4+1	EN2
{2 x 100 on 2:50 Backstroke	EN2
{3 x 50 on 1:30 Back 5+1	EN2
1 on 10:00 Techniques-Back Starts	
1 x 200 on 4:00 Stroke Drills	REC
7:31 PM	2,450 Yards - Stress Value = 37

**Workout #13473 - Wednesday, 05 June 2013**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Abs	
600	1 x 600 on 10:00 Free L.25 of each 100 Non F	
150	10 x 15 on :45 Shooters	
1,900	1x{4 x 25 on :30 Kick no board BSLR-12 KOW	
	{4 x 75 on 1:10 Kick #1-100%	
	{6 x 25 on :30 Kick no board BSLR-14 KOW	
	{4 x 75 on 1:10 Kick #2-100%	
	{8 x 25 on :30 Kick no board BSLR-16 KOW	
	{4 x 75 on 1:10 Kick #3 100%	
	{10 x 25 on :30 Kick no board BSLR-18 KOW	
	{4 x 75 on 1:10 Kick #4 100%	
1,200	1x{1 x 200 on 2:15 Lungbuster pulls	
	{1 x 200 on 2:20 Lungbuster pulls	
	{1 x 200 on 2:25 Lungbuster pulls	
	{1 x 200 on 2:30 Lungbuster pulls	
	{1 x 200 on 2:35 Lungbuster pulls	
	{1 x 200 on 2:40 Lungbuster pulls	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,400	1x{2 x 200 on 2:45 Breaststroke	
	{1 on :30 Put fins on	
	{6 x 25 on :30 Breast TO Drill w/fins	
	{2 x 175 on 2:20 Breaststroke	
	{1 on :30 Put fins on	
	{6 x 25 on :30 Breast TO drill w/fins	
	{2 x 150 on 1:55 Breaststroke	
	{1 on :30 Put fins on	
	{8 x 25 on :30 Breast TO Drill w/fins	
	{2 x 125 on 1:35 Breaststroke	
	{1 on :30 Put fins on	
	{8 x 25 on :30 Breast TO drill w/fins	
	{2 x 100 on 1:15 Breaststroke	
	{1 on :30 Put fins on	
	{8 x 25 on :30 Breast TO drill w/fins	
300	6 x 50 on 1:00 Stroke Drills	
6:00 PM	6,750 Yards - Stress Value = 118	

**Workout #13474 - Wednesday, 05 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,750 1x{4 x 25 on :30 Kick no board BSLR-12 KOW  
 {4 x 75 on 1:20 Kick #1-100%  
 {6 x 25 on :30 Kick no board BSLR-14 KOW  
 {4 x 75 on 1:20 Kick #2-100%  
 {8 x 25 on :30 Kick no board BSLR-16 KOW  
 {4 x 75 on 1:20 Kick #3 100%  
 {10 x 25 on :30 Kick no board BSLR-18 KOW  
 {2 x 75 on 1:20 Kick #2 100%  
 1,100 1x{1 x 200 on 2:30 Lungbuster pulls  
 {1 x 200 on 2:35 Lungbuster pulls  
 {1 x 200 on 2:40 Lungbuster pulls  
 {1 x 200 on 2:45 Lungbuster pulls  
 {1 x 200 on 2:50 Lungbuster pulls  
 {1 x 100 on 1:30 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,250 1x{2 x 200 on 3:10 Breaststroke  
 {1 on :30 Put fins on  
 {6 x 25 on :30 Breast TO Drill w/fins  
 {2 x 175 on 2:45 Breaststroke  
 {1 on :30 Put fins on  
 {6 x 25 on :30 Breast TO drill w/fins  
 {2 x 150 on 2:20 Breaststroke  
 {1 on :30 Put fins on  
 {8 x 25 on :30 Breast TO Drill w/fins  
 {2 x 125 on 1:55 Breaststroke  
 {1 on :30 Put fins on  
 {8 x 25 on :30 Breast TO drill w/fins  
 {2 x 50 on :45 Breaststroke  
 {1 on :30 Put fins on  
 {6 x 25 on :30 Breast TO drill w/fins  
 300 6 x 50 on 1:00 Stroke Drills  
 6:01 PM 6,350 Yards - Stress Value = 110

**Workout #13475 - Wednesday, 05 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,550 1x{4 x 25 on :35 Kick no board BSLR-12 KOW  
 {4 x 75 on 1:30 Kick #1-100%  
 {6 x 25 on :35 Kick no board BSLR-14 KOW  
 {4 x 75 on 1:30 Kick #2-100%  
 {8 x 25 on :35 Kick no board BSLR-16 KOW  
 {4 x 75 on 1:30 Kick #3 100%  
 {8 x 25 on :35 Kick no board BSLR-18 KOW  
 1,000 1x{1 x 200 on 2:50 Lungbuster pulls  
 {1 x 200 on 2:55 Lungbuster pulls  
 {1 x 200 on 3:00 Lungbuster pulls  
 {1 x 200 on 3:05 Lungbuster pulls  
 {1 x 200 on 3:10 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{2 x 200 on 3:35 Breaststroke  
 {1 on :30 Put fins on  
 {6 x 25 on :35 Breast TO Drill w/fins  
 {2 x 175 on 3:05 Breaststroke  
 {1 on :30 Put fins on  
 {6 x 25 on :35 Breast TO drill w/fins  
 {2 x 150 on 2:35 Breaststroke  
 {1 on :30 Put fins on

{8 x 25 on :35 Breast TO Drill w/fins  
 {2 x 125 on 2:05 Breaststroke  
 {1 on :30 Put fins on  
 {8 x 25 on :35 Breast TO drill w/fins  
 6 x 50 on 1:00 Stroke Drills  
 6:01 PM 5,750 Yards - Stress Value = 99

**Workout #13476 - Wednesday, 05 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,250 1x{4 x 25 on :45 Kick no board BSLR-12 KOW  
 {4 x 75 on 1:45 Kick #1-100%  
 {6 x 25 on :45 Kick no board BSLR-14 KOW  
 {4 x 75 on 1:45 Kick #2-100%  
 {8 x 25 on :45 Kick no board BSLR-16 KOW  
 {4 x 50 on 1:10 Kick #3 100%  
 800 1x{1 x 200 on 3:30 Lungbuster pulls  
 {1 x 200 on 3:35 Lungbuster pulls  
 {1 x 200 on 3:40 Lungbuster pulls  
 {1 x 200 on 3:45 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 1x{2 x 200 on 4:15 Breaststroke  
 {1 on :30 Put fins on  
 {6 x 25 on :45 Breast TO Drill w/fins  
 {2 x 175 on 3:40 Breaststroke  
 {1 on :30 Put fins on  
 {6 x 25 on :45 Breast TO drill w/fins  
 {2 x 150 on 3:05 Breaststroke  
 {1 on :30 Put fins on  
 {8 x 25 on :45 Breast TO Drill w/fins  
 {2 x 50 on 1:00 Breaststroke  
 300 6 x 50 on 1:00 Stroke Drills  
 6:00 PM 4,850 Yards - Stress Value = 82

**Workout #13477 - Wednesday, 05 June 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 30:00 DS/Abs/Tm Mtg  
 500 1 x 500 on 10:00 Swim-kick-pull-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,400 1x{4 x 25 on :45 Tombstone Kiking EN2  
 {1 x 100 on 1:45 Kick EN2  
 {4 x 25 on :45 Tombstone Kicking EN2  
 {2 x 100 on 1:45 Kick EN2  
 {4 x 25 on :45 Tombstone Kicking EN2  
 {3 x 100 on 1:45 Kick EN2  
 {4 x 25 on :45 Tombstone Kicking EN2  
 {4 x 100 on 1:40 Kick EN2  
 150 6 x 25 on :45 Stroke Drills REC  
 1,750 1x{1 x 200 on 2:45 Freestyle EN2  
 {1 x 50 on 1:00 Pull-100% EN3  
 {1 x 200 on 2:45 Freestyle EN2  
 {2 x 50 on 1:00 Pull-100% EN3  
 {1 x 200 on 2:45 Freestyle EN2  
 {3 x 50 on 1:00 Pull 100% EN3  
 {1 x 200 on 2:45 Freestyle EN2  
 {4 x 50 on 1:00 Pull-100% EN3  
 {1 x 200 on 2:45 Freestyle EN2  
 {5 x 50 on 1:00 Pull-100% EN3  
 200 1 x 200 on 3:00 Stroke Drills REC  
 7:30 PM 4,150 Yards - Stress Value = 99

**Workout #13478 - Wednesday, 05 June 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{4 x 25 on :45 Tombstone Kicking	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Tombstone Kicking	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Tombstone Kicking	EN2	
	{3 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Tombstone Kicking	EN2	
	{3 x 100 on 2:00 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,700	1x{1 x 200 on 3:00 Freestyle	EN2	
	{1 x 50 on 1:00 Pull-100%	EN3	
	{1 x 200 on 3:00 Freestyle	EN2	
	{2 x 50 on 1:00 Pull-100%	EN3	
	{1 x 200 on 3:00 Freestyle	EN2	
	{3 x 50 on 1:00 Pull 100%	EN3	
	{1 x 200 on 3:00 Freestyle	EN2	
	{4 x 50 on 1:00 Pull-100%	EN3	
	{1 x 200 on 3:00 Freestyle	EN2	
200	{4 x 50 on 1:00 Pull-100%	EN3	
	1 x 200 on 3:00 Stroke Drills	REC	
7:30 PM	4,000 Yards - Stress Value = 94		

**Workout #13479 - Wednesday, 05 June 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{4 x 25 on :45 Tombstone Kicking	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{4 x 25 on :45 Tombstone Kicking	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{4 x 25 on :45 Tombstone Kicking	EN2	
	{3 x 100 on 2:15 Kick	EN2	
	{4 x 25 on :45 Tombstone Kicking	EN2	
	{2 x 100 on 2:15 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,550	1x{1 x 200 on 3:15 Freestyle	EN2	
	{1 x 50 on 1:10 Pull-100%	EN3	
	{1 x 200 on 3:15 Freestyle	EN2	
	{2 x 50 on 1:10 Pull-100%	EN3	
	{1 x 200 on 3:15 Freestyle	EN2	
	{3 x 50 on 1:10 Pull 100%	EN3	
	{1 x 200 on 3:15 Freestyle	EN2	
	{4 x 50 on 1:10 Pull-100%	EN3	
	{1 x 200 on 3:15 Freestyle	EN2	
	{1 x 50 on 1:00 Pull-100%	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:30 PM	3,700 Yards - Stress Value = 83		

**Workout #13480 - Wednesday, 05 June 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{4 x 25 on :45 Tombstone Kicking	EN2	

{1 x 100 on 2:30 Kick	EN2
{4 x 25 on :45 Tombstone Kicking	EN2
{2 x 100 on 2:30 Kick	EN2
{4 x 25 on :45 Tombstone Kicking	EN2
{3 x 100 on 2:30 Kick	EN2
{4 x 25 on :45 Tombstone Kicking	EN2
{1 x 100 on 2:30 Kick	EN2
150 6 x 25 on :45 Stroke Drills	REC
1,500 1x{1 x 200 on 3:30 Freestyle	EN2
{1 x 50 on 1:10 Pull-100%	EN3
{1 x 200 on 3:30 Freestyle	EN2
{2 x 50 on 1:10 Pull-100%	EN3
{1 x 200 on 3:30 Freestyle	EN2
{3 x 50 on 1:10 Pull 100%	EN3
{1 x 200 on 3:30 Freestyle	EN2
{4 x 50 on 1:10 Pull-100%	EN3
{1 x 200 on 3:20 Freestyle	EN2
200 1 x 200 on 3:00 Stroke Drills	REC
7:30 PM	3,500 Yards - Stress Value = 78

**Workout #13481 - Wednesday, 05 June 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Abs/Tm Mtg		
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1x{4 x 25 on 1:00 Tombstone Kicking	EN2	
	{1 x 100 on 3:00 Kick	EN2	
	{4 x 25 on 1:00 Tombstone Kicking	EN2	
	{2 x 100 on 3:00 Kick	EN2	
	{4 x 25 on 1:00 Tombstone Kicking	EN2	
	{3 x 100 on 3:00 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,300	1x{1 x 200 on 4:00 Freestyle	EN2	
	{1 x 50 on 1:15 Pull-100%	EN3	
	{1 x 200 on 4:00 Freestyle	EN2	
	{2 x 50 on 1:15 Pull-100%	EN3	
	{1 x 200 on 4:00 Freestyle	EN2	
	{3 x 50 on 1:15 Pull 100%	EN3	
	{1 x 200 on 4:00 Freestyle	EN2	
	{4 x 50 on 1:15 Pull-100%	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:30 PM	3,050 Yards - Stress Value = 70		

**Workout #13482 - Thursday, 06 June 2013**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 1 x 600 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,750 1x{5 x 50 on :45 Kick  
 {2 x 100 on 2:00 Kick 2 weakest kicks  
 {4 x 50 on :45 Kick  
 {2 x 100 on 1:55 Kick 2 weakest kicks  
 {3 x 50 on :45 Kick  
 {2 x 100 on 1:50 Kick 2 weakest kicks  
 {2 x 50 on :45 Kick  
 {2 x 100 on 1:45 Kick 2 weakest kicks  
 {1 x 50 on :45 Kick  
 {2 x 100 on 1:40 Kick 2 weakest kicks  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 8x{8 x 25 on :25 Butterfly  
 {1 on 1:00 Rest  
 1 on 20:00 Water Polo  
 250 1 x 250 on 5:00 5 min easy swim  
 5:59 PM 4,550 Yards - Stress Value = 75

**Workout #13483 - Thursday, 06 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 1 x 600 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,550 1x{5 x 50 on :50 Kick  
 {2 x 100 on 2:10 Kick 2 weakest kicks  
 {4 x 50 on :50 Kick  
 {2 x 100 on 2:05 Kick 2 weakest kicks  
 {3 x 50 on :50 Kick  
 {2 x 100 on 2:00 Kick 2 weakest kicks  
 {2 x 50 on :50 Kick  
 {2 x 100 on 1:55 Kick 2 weakest kicks  
 {1 x 50 on :50 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 7x{8 x 25 on :30 Butterfly  
 {1 on 1:00 Rest  
 1 on 20:00 Water Polo  
 250 1 x 250 on 5:00 5 min easy swim  
 5:58 PM 4,150 Yards - Stress Value = 67

**Workout #13484 - Thursday, 06 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 1 x 550 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,400 1x{5 x 50 on 1:00 Kick  
 {2 x 100 on 2:20 Kick 2 weakest kicks  
 {4 x 50 on 1:00 Kick  
 {2 x 100 on 2:15 Kick 2 weakest kicks  
 {3 x 50 on 1:00 Kick  
 {2 x 100 on 2:10 Kick 2 weakest kicks  
 {2 x 50 on 1:00 Kick

{1 x 100 on 2:05 Kick 2 weakest kicks  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 6x{8 x 25 on :35 Butterfly  
 {1 on 1:00 Rest  
 1 on 20:00 Water Polo  
 250 1 x 250 on 5:00 5 min easy swim  
 5:58 PM 3,750 Yards - Stress Value = 60

**Workout #13485 - Thursday, 06 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 1 x 500 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 50 on 1:10 Kick  
 {2 x 100 on 2:45 Kick 2 weakest kicks  
 {4 x 50 on 1:10 Kick  
 {2 x 100 on 2:40 Kick 2 weakest kicks  
 {3 x 50 on 1:10 Kick  
 {2 x 100 on 2:35 Kick 2 weakest kicks  
 {1 x 50 on 1:10 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,050 7x{6 x 25 on :40 Butterfly  
 {1 on 1:00 Rest  
 1 on 20:00 Water Polo  
 250 1 x 250 on 5:00 5 min easy swim  
 5:59 PM 3,350 Yards - Stress Value = 53

**Workout #13486 - Thursday, 06 June 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Physio Ball Abs/Tm Mtg  
 1 x 600 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1 on 2:00 Techniques Talk  
 150 6 x 25 on 1:00 Perfect Butterfly  
 750 1x{1 x 250 on 10:00 Drill-Superman  
 {1 x 250 on 10:00 Stroke drill-double explosi  
 {1 x 250 on 10:00 Stroke Drills  
 150 6 x 25 on 1:00 Perfect Butterfly  
 200 4 x 50 on 1:30 Butterfly-great technique-des  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 13:00 Techniques-Starts  
 7:30 PM 2,200 Yards - Stress Value = 8

**Workout #13487 - Friday, 07 June 2013**

**Group 3 - IM'ers**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Ted's Abs
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,800	1x{4 x 50 on :50 Kick-descend
	{1 x 200 on 3:00 Kick
	{4 x 50 on :50 Kick-descend
	{1 x 200 on 2:55 Kick
	{4 x 50 on :50 Kick-descend
	{1 x 200 on 2:50 Kick
	{4 x 50 on :50 Kick-descend
	{1 x 200 on 2:45 Kick
	{4 x 50 on :50 Kick-descend
	the last 50 of each set faster
	then the last of the previous set
1,500	1x{2 x 100 on 1:10 Pulls-nbbf&w + 2 yds
	{2 x 125 on 1:30 Pulls-nbbf&w + 2 yds
	{2 x 150 on 1:50 Pulls-nbbf&w + 2 yds
	{2 x 175 on 2:10 Pulls-nbbf&w + 2 yds
	{2 x 200 on 2:30 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	1x{1 x 200 on 2:45 Individual Medley
	{1 x 100 on 1:30 Individual Medley
	{1 x 100 on 1:05 Freestyle
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:10 Freestyle
	{1 x 100 on 1:20 Individual Medley
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:15 Individual Medley
	{1 x 100 on 1:20 Freestyle
	{1 x 200 on 2:45 Individual Medley
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:05 Freestyle
	{1 x 100 on 1:20 Individual Medley
	{1 x 100 on 1:10 Freestyle
	{1 x 100 on 1:15 Individual Medley
	{1 x 100 on 1:15 Freestyle
	{1 x 200 on 2:45 Individual Medley
	{1 x 100 on 1:20 Individual Medley
	{1 x 100 on 1:05 Freestyle
	{1 x 100 on 1:15 Individual Medley
	{1 x 100 on 1:10 Freestyle
	{1 x 200 on 2:45 Individual Medley
	{1 x 100 on 1:15 Individual Medley
	{1 x 100 on 1:05 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	9:29 AM 7,550 Yards - Stress Value = 130

1,350	1x{2 x 100 on 1:20 Pulls-nbbf&w + 2 yds
	{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds
	{2 x 150 on 2:05 Pulls-nbbf&w + 2 yds
	{2 x 175 on 2:30 Pulls-nbbf&w + 2 yds
	{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	1x{1 x 200 on 3:00 Individual Medley
	{1 x 100 on 1:35 Individual Medley
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:30 Individual Medley
	{1 x 100 on 1:20 Freestyle
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:25 Freestyle
	{1 x 100 on 1:20 Individual Medley
	{1 x 100 on 1:30 Freestyle
	{1 x 200 on 3:00 Individual Medley
	{1 x 100 on 1:30 Individual Medley
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:20 Freestyle
	{1 x 100 on 1:20 Individual Medley
	{1 x 100 on 1:25 Freestyle
	{1 x 200 on 3:00 Individual Medley
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:20 Individual Medley
	{1 x 100 on 1:20 Freestyle
	{1 x 100 on 1:15 Individual Medley
500	10 x 50 on 1:00 Stroke Drills
	9:29 AM 6,900 Yards - Stress Value = 117

**Workout #13488 - Friday, 07 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Ted's Abs
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,600	1x{4 x 50 on :55 Kick-descend
	{1 x 200 on 3:35 Kick
	{4 x 50 on :55 Kick-descend
	{1 x 200 on 3:30 Kick
	{4 x 50 on :55 Kick-descend
	{1 x 150 on 2:35 Kick
	{4 x 50 on :55 Kick-descend
	{1 x 100 on 1:40 Kick
	{3 x 50 on :55 Kick-descend
	the last 50 of each set faster
	then the last of the previous set

**Workout #13489 - Friday, 07 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
550	1 on 25:00 DS/Ted's Abs
150	1 x 550 on 10:00 Reverse IM drill
1,400	10 x 15 on :45 Shooters
	1x{3 x 50 on 1:00 Kick-descend
	{1 x 200 on 4:10 Kick
	{3 x 50 on 1:00 Kick-descend
	{1 x 200 on 4:05 Kick
	{3 x 50 on 1:00 Kick-descend
	{1 x 150 on 3:00 Kick
	{3 x 50 on 1:00 Kick-descend
	{1 x 100 on 1:55 Kick
	{3 x 50 on 1:00 Kick-descend
	the last 50 of each set faster
	then the last of the previous set
1,200	1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds
	{2 x 125 on 1:55 Pulls-nbbf&w + 2 yds
	{2 x 150 on 2:20 Pulls-nbbf&w + 2 yds
	{2 x 175 on 2:45 Pulls-nbbf&w + 2 yds
	{2 x 50 on :50 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 200 on 3:30 Individual Medley
	{1 x 100 on 1:50 Individual Medley
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:45 Individual Medley
	{1 x 100 on 1:35 Freestyle
	{1 x 100 on 1:40 Individual Medley
	{1 x 100 on 1:40 Freestyle
	{1 x 100 on 1:35 Individual Medley
	{1 x 100 on 1:45 Freestyle
	{1 x 200 on 3:30 Individual Medley
	{1 x 100 on 1:45 Individual Medley
	{1 x 100 on 1:30 Freestyle
	{1 x 100 on 1:40 Individual Medley
	{1 x 100 on 1:35 Freestyle
	{1 x 100 on 1:35 Individual Medley
	{1 x 100 on 1:40 Freestyle
	{1 x 200 on 3:30 Individual Medley
	{1 x 100 on 1:40 Individual Medley
500	10 x 50 on 1:00 Stroke Drills
	9:29 AM 6,100 Yards - Stress Value = 102

**Workout #13490 - Friday, 07 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
500	1 on 25:00 DS/Ted's Abs
150	1 x 500 on 10:00 Reverse IM drill
1,150	10 x 15 on :45 Shooters
	1x{3 x 50 on 1:15 Kick-descend
	{1 x 150 on 3:45 Kick
	{3 x 50 on 1:15 Kick-descend
	{1 x 150 on 3:40 Kick
	{3 x 50 on 1:15 Kick-descend
	{1 x 150 on 3:35 Kick
	{3 x 50 on 1:15 Kick-descend
	{1 x 100 on 2:20 Kick
	the last 50 of each set faster
	then the last of the previous set
1,050	1x{2 x 75 on 1:25 Pulls-nbbf&w + 2 yds
	{2 x 125 on 2:15 Pulls-nbbf&w + 2 yds
	{2 x 150 on 2:40 Pulls-nbbf&w + 2 yds
	{2 x 175 on 3:10 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{1 x 200 on 4:00 Individual Medley

{1 x 100 on 2:00 Individual Medley
{1 x 100 on 1:40 Freestyle
{1 x 100 on 1:55 Individual Medley
{1 x 100 on 1:45 Freestyle
{1 x 100 on 1:50 Individual Medley
{1 x 100 on 1:50 Freestyle
{1 x 100 on 1:45 Individual Medley
{1 x 100 on 1:55 Freestyle
{1 x 200 on 4:00 Individual Medley
{1 x 100 on 1:55 Individual Medley
{1 x 100 on 1:40 Freestyle
{1 x 100 on 1:50 Individual Medley
{1 x 100 on 1:45 Freestyle
{1 x 100 on 1:45 Individual Medley
{2 x 100 on 1:50 Freestyle
500 10 x 50 on 1:00 Stroke Drills
9:29 AM 5,450 Yards - Stress Value = 90

**Workout #13491 - Friday, 07 June 2013**

**Groups 2 & 3 combined workout - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
	1 on 12:00 Dymanic Stretch
600	1 x 600 on 10:00 Choice
180	12 x 15 on :45 Start/Shooter/Finish
2,000	1x{16 x 50 on :45 Freestyle every 4th one 100%
	{12 x 50 on :50 Freestyle every 3rd one 100%
	{8 x 50 on :55 Freestyle every 2nd one 100%
	{4 x 50 on 1:00 Freestyle all 100%
500	10 x 50 on 1:00 Stroke Drills
100	1 x 100 on 6:00 Your Choice OTB
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 3,630 Yards - Stress Value = 59

**Workout #13492 - Friday, 07 June 2013**

**Groups 2 & 3 combined workout - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
	1 on 12:00 Dymanic Stretch
600	1 x 600 on 10:00 Choice
180	12 x 15 on :45 Start/Shooter/Finish
1,850	1x{16 x 50 on :50 Freestyle every 4th one 100%
	{9 x 50 on :55 Freestyle every 3rd one 100%
	{8 x 50 on 1:00 Freestyle every 2nd one 100%
	{4 x 50 on 1:05 Freestyle all 100%
500	10 x 50 on 1:00 Stroke Drills
100	1 x 100 on 6:00 Your Choice OTB
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 3,480 Yards - Stress Value = 56

**Workout #13493 - Friday, 07 June 2013**

**Groups 2 & 3 combined workout - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
550	1 on 12:00 Dymanic Stretch
180	1 x 550 on 10:00 Choice
1,650	12 x 15 on :45 Start/Shooter/Finish
1,650	1x{12 x 50 on :55 Freestyle every 4th one 100%
	{9 x 50 on 1:00 Freestyle every 3rd one 100%
	{8 x 50 on 1:05 Freestyle every 2nd one 100%
	{4 x 50 on 1:10 Freestyle all 100%
500	10 x 50 on 1:00 Stroke Drills
100	1 x 100 on 6:00 Your Choice OTB
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 3,230 Yards - Stress Value = 52

**Workout #13494 - Friday, 07 June 2013**

**Groups 2 & 3 combined workout - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
500	1 on 12:00 Dymanic Stretch
180	1 x 500 on 10:00 Choice
1,550	12 x 15 on :45 Start/Shooter/Finish
1,550	1x{12 x 50 on 1:00 Freestyle every 4th one 100%
	{9 x 50 on 1:05 Freestyle every 3rd one 100%
	{6 x 50 on 1:10 Freestyle every 2nd one 100%
	{4 x 50 on 1:15 Freestyle all 100%
500	10 x 50 on 1:00 Stroke Drills
100	1 x 100 on 6:00 Your Choice OTB
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 3,080 Yards - Stress Value = 50

**Workout #13495 - Friday, 07 June 2013**

**Groups 2 & 3 combined workout - Copper**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
400	1 on 12:00 Dymanic Stretch
180	1 x 400 on 10:00 Choice
1,200	12 x 15 on :45 Start/Shooter/Finish
1,200	1x{8 x 50 on 1:15 Freestyle every 4th one 100%
	{6 x 50 on 1:20 Freestyle every 3rd one 100%
	{6 x 50 on 1:25 Freestyle every 2nd one 100%
	{4 x 50 on 1:30 Freestyle all 100%
500	10 x 50 on 1:00 Stroke Drills
100	1 x 100 on 6:00 Your Choice OTB
250	1 x 250 on 4:00 Stroke Drills
	6:29 PM 2,630 Yards - Stress Value = 43

**Workout #13496 - Monday, 10 June 2013**

**Group 3 - Distance**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Physio Ball Shoulders
150	1 x 600 on 10:00 Swim-kick-pull-swim
2,000	10 x 15 on :45 Shooters
2,000	1x{4 x 25 on :30 Kick no board BSLR-10
	{3 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board BSLR-11
	{3 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{3 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR-11

	{3 x 100 on 1:25 Kick
	{4 x 25 on :30 Kick no board BSLR-10
	{3 x 100 on 1:20 Kick
1,500	1x{ No breath last 12 yards of each 100
	{1 x 500 on 6:40 Pulls
	{1 x 400 on 5:20 Pulls
	{1 x 300 on 4:00 Pulls
	{1 x 200 on 2:40 Pulls
	{1 x 100 on 1:20 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	1x{1 x 500 on 5:50 Freestyle
	{5 x 100 on 1:30 Free-hold 1:05
	{1 x 400 on 4:40 Freestyle
	{4 x 100 on 1:25 Free-hold 1:06
	{1 x 300 on 3:30 Freestyle
	{3 x 100 on 1:20 Free-hold 1:07
	{1 x 200 on 2:20 Freestyle
	{2 x 100 on 1:15 Free-hold 1:08
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 7,550 Yards - Stress Value = 125

**Workout #13497 - Monday, 10 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Physio Ball Shoulders
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,850	10 x 15 on :45 Shooters
1,850	1x{4 x 25 on :30 Kick no board BSLR-10
	{3 x 100 on 1:50 Kick
	{4 x 25 on :30 Kick no board BSLR-11
	{3 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{3 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board BSLR-11
	{3 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR-10
	{2 x 75 on 1:10 Kick
1,300	1x{ No breath last 12 yards of each 100
	{1 x 500 on 7:30 Pulls
	{1 x 400 on 6:00 Pulls
	{1 x 300 on 4:30 Pulls
	{1 x 100 on 1:20 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 500 on 6:50 Freestyle
	{5 x 100 on 1:40 Free-hold 1:12
	{1 x 400 on 5:35 Freestyle
	{4 x 100 on 1:35 Free-hold 1:13
	{1 x 300 on 4:10 Freestyle
	{3 x 100 on 1:30 Free-hold 1:14
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 6,800 Yards - Stress Value = 112

**Workout #13498 - Monday, 10 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
550	1 on 25:00 DS/Physio Ball Shoulders
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,600	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR-10
	{3 x 100 on 2:05 Kick
	{4 x 25 on :35 Kick no board BSLR-11
	{3 x 100 on 2:00 Kick
	{4 x 25 on :35 Kick no board BSLR-12
	{3 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR-11
	{3 x 100 on 1:50 Kick
1,200	1x{ No breath last 12 yards of each 100
	{1 x 500 on 8:20 Pulls
	{1 x 400 on 6:40 Pulls
	{1 x 200 on 3:20 Pulls
	{1 x 100 on 1:40 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 500 on 7:55 Freestyle
	{5 x 100 on 1:50 Free-hold 1:20
	{1 x 400 on 6:20 Freestyle
	{4 x 100 on 1:45 Free-hold 1:23
	{1 x 200 on 3:10 Freestyle
	{1 x 100 on 1:40 Free-hold 1:25
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 6,100 Yards - Stress Value = 100

150	10 x 15 on :45 Shooters
100	1 x 100 on 4:00 Free for time from a push
2,700	1x{1 x 100 on :20 Kick with flippers
	{1 x 100 on :25 Kick with flippers
	{1 x 100 on :30 Kick with flippers
	{1 x 100 on :35 Kick with flippers
	{1 x 100 on :40 Kick with flippers
	{1 x 100 on :45 Kick with flippers
	{1 x 100 on :50 Kick with flippers
	{1 x 100 on :55 Kick with flippers
	{1 x 100 on 1:00 Kick with flippers
	{1 x 100 on 1:05 Kick with flippers
	{1 x 100 on 1:10 Kick with flippers
	{1 x 100 on 1:15 Kick with flippers
	{1 x 100 on 1:20 Kick with flippers
	{1 x 100 on 1:25 Kick with flippers
	{1 x 100 on 1:30 Kick with flippers
	{1 x 100 on 1:35 Kick with flippers
	{1 x 100 on 1:40 Kick with flippers
	{1 x 100 on 1:45 Kick with flippers
	{1 x 100 on 1:50 Kick with flippers
	{1 x 100 on 1:55 Kick with flippers
	{1 x 100 on 2:00 Kick with flippers
	{1 x 100 on 2:05 Kick with flippers
	{1 x 100 on 2:10 Kick with flippers
	{1 x 100 on 2:15 Kick with flippers
	{1 x 100 on 2:20 Kick with flippers
	{1 x 100 on 2:25 Kick with flippers
	{1 x 100 on 2:30 Kick with flippers
250	1 x 250 on 4:00 Stroke Drills
400	4 x 100 on 1:30 Free descend to ludicrous sp
300	6 x 50 on 1:00 Stroke Drills
	6:30 PM 4,300 Yards - Stress Value = 70

**Workout #13499 - Monday, 10 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
500	1 on 25:00 DS/Physio Ball Shoulders
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,300	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR-10
	{3 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR-11
	{3 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR-12
	{3 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR-11
1,100	1x{ No breath last 12 yards of each 100
	{1 x 500 on 9:10 Pulls
	{1 x 400 on 7:20 Pulls
	{1 x 200 on 3:30 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{1 x 500 on 8:45 Freestyle
	{5 x 100 on 1:55 Free-hold 1:30
	{1 x 300 on 5:15 Freestyle
	{3 x 100 on 1:50 Free-hold 1:35
	{1 x 200 on 3:30 Freestyle
	{1 x 100 on 1:45 Free-hold 1:40
300	6 x 50 on 1:00 Stroke Drills
	9:29 AM 5,450 Yards - Stress Value = 88

**Workout #13501 - Monday, 10 June 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Physio Balls/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,150	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 125 on 2:30 Kick	EN2
	{4 x 25 on :45 Kick	EN2
	{2 x 125 on 2:30 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 125 on 2:20 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
1,200	1x{1 x 150 on 2:15 Pulls	EN1
	{3 x 50 on 1:00 Pulls-no br L.12 yds	EN1
	{1 x 150 on 2:15 Pulls	EN1
	{3 x 50 on :55 Pulls-no br L.12 yds	EN1
	{1 x 150 on 2:15 Pulls	EN1
	{3 x 50 on :50 Pulls-no br L.12 yds	EN1
	{1 x 150 on 2:15 Pulls	EN1
	{3 x 50 on :45 Pulls-no br L.12 yds	EN1
150	6 x 25 on :45 Stroke Drills	REC
1,800	1x{5 x 100 on 1:30 2 strokes fly off walls	EN2
	{4 x 25 on :30 Fly lup1down	EN2
	{4 x 100 on 1:30 3 strokes fly off walls	EN2
	{4 x 25 on :30 Fly lup2down	EN2
	{3 x 100 on 1:30 4 strokes fly off walls	EN2
	{4 x 25 on :30 Fly lup3down	EN2
	{2 x 100 on 1:30 5 strokes fly off walls	EN2
	{4 x 25 on :30 Fly lup4down	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Water Polo	
	7:30 PM 5,200 Yards - Stress Value = 81	

**Workout #13500 - Monday, 10 June 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
400	1 on 10:00 Dynamic Stretch
	1 x 400 on 7:00 Swim-kick-drlll-swim

**Workout #13502 - Monday, 10 June 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
	5:00 PM Start	
500	1 on 30:00 DS/Physio Balls/Tm Mtg	REC
150	1 x 500 on 10:00 Choice	SP3
1,100	10 x 15 on :45 Shooters	EN2
	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 125 on 2:40 Kick	EN2
	{4 x 25 on :45 Kick	EN2
	{2 x 125 on 2:35 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
1,150	1x{1 x 150 on 2:30 Pulls	EN1
	{3 x 50 on 1:00 Pulls-no br L.12 yds	EN1
	{1 x 150 on 2:30 Pulls	EN1
	{3 x 50 on :55 Pulls-no br L.12 yds	EN1
	{1 x 150 on 2:30 Pulls	EN1
	{3 x 50 on :50 Pulls-no br L.12 yds	EN1
	{1 x 150 on 2:30 Pulls	EN1
	{2 x 50 on :45 Pulls-no br L.12 yds	EN1
150	6 x 25 on :45 Stroke Drills	REC
1,600	1x{5 x 100 on 1:40 2 strokes fly off walls	EN2
	{4 x 25 on :35 Fly lup1down	EN2
	{4 x 100 on 1:40 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly lup2down	EN2
	{3 x 100 on 1:40 4 strokes fly off walls	EN2
	{4 x 25 on :35 Fly lup3down	EN2
	{1 x 100 on 1:40 5 strokes fly off walls	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Water Polo	
	7:30 PM 4,900 Yards - Stress Value = 75	

**Workout #13504 - Monday, 10 June 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
	5:00 PM Start	
400	1 on 30:00 DS/Physio Balls/Tm Mtg	REC
150	1 x 400 on 10:00 Choice	SP3
1,000	10 x 15 on :45 Shooters	EN2
	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:30 Kick	EN2
	{4 x 25 on :45 Kick	EN2
	{2 x 100 on 2:25 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:20 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
950	1x{1 x 150 on 3:00 Pulls	EN1
	{2 x 50 on 1:15 Pulls-no br L.12 yds	EN1
	{1 x 150 on 3:00 Pulls	EN1
	{2 x 50 on 1:10 Pulls-no br L.12 yds	EN1
	{1 x 150 on 3:00 Pulls	EN1
	{2 x 50 on 1:05 Pulls-no br L.12 yds	EN1
	{1 x 150 on 3:00 Pulls	EN1
	{1 x 50 on 1:00 Pulls-no br L.12 yds	EN1
150	6 x 25 on :45 Stroke Drills	REC
1,300	1x{4 x 100 on 2:00 2 strokes fly off walls	EN2
	{4 x 25 on :45 Fly lup1down	EN2
	{3 x 100 on 2:00 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly lup2down	EN2
	{3 x 100 on 2:00 4 strokes fly off walls	EN2
	{4 x 25 on :45 Fly lup3down	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Water Polo	
	7:30 PM 4,200 Yards - Stress Value = 63	

**Workout #13503 - Monday, 10 June 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
	5:00 PM Start	
450	1 on 30:00 DS/Physio Balls/Tm Mtg	REC
150	1 x 450 on 10:00 Choice	SP3
1,050	10 x 15 on :45 Shooters	EN2
	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:20 Kick	EN2
	{4 x 25 on :45 Kick	EN2
	{2 x 100 on 2:15 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:10 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 50 on 1:05 Kick	EN2
1,000	1x{1 x 150 on 2:45 Pulls	EN1
	{2 x 50 on 1:10 Pulls-no br L.12 yds	EN1
	{1 x 150 on 2:45 Pulls	EN1
	{2 x 50 on 1:05 Pulls-no br L.12 yds	EN1
	{1 x 150 on 2:45 Pulls	EN1
	{2 x 50 on 1:00 Pulls-no br L.12 yds	EN1
	{1 x 150 on 2:45 Pulls	EN1
	{2 x 50 on :55 Pulls-no br L.12 yds	EN1
150	6 x 25 on :45 Stroke Drills	REC
1,450	1x{4 x 100 on 1:50 2 strokes fly off walls	EN2
	{4 x 25 on :40 Fly lup1down	EN2
	{3 x 100 on 1:50 3 strokes fly off walls	EN2
	{4 x 25 on :40 Fly lup2down	EN2
	{3 x 100 on 1:50 4 strokes fly off walls	EN2
	{4 x 25 on :40 Fly lup3down	EN2
	{3 x 50 on :50 5 strokes fly off walls	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Water Polo	
	7:30 PM 4,500 Yards - Stress Value = 68	

**Workout #13505 - Monday, 10 June 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY
	5:00 PM Start	
400	1 on 30:00 DS/Physio Balls/Tm Mtg	REC
150	1 x 400 on 10:00 Choice	SP3
800	10 x 15 on :45 Shooters	EN2
	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{2 x 100 on 3:00 Kick	EN2
	{4 x 25 on 1:00 Kick	EN2
	{2 x 100 on 2:55 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 100 on 2:50 Kick	EN2
750	1x{1 x 150 on 3:30 Pulls	EN1
	{2 x 50 on 1:30 Pulls-no br L.12 yds	EN1
	{1 x 150 on 3:25 Pulls	EN1
	{2 x 50 on 1:25 Pulls-no br L.12 yds	EN1
	{1 x 150 on 3:20 Pulls	EN1
	{2 x 50 on 1:20 Pulls-no br L.12 yds	EN1
150	6 x 25 on :45 Stroke Drills	REC
900	1x{3 x 100 on 3:00 2 strokes fly off walls	EN2
	{4 x 25 on 1:00 Fly lup1down	EN2
	{2 x 100 on 3:00 3 strokes fly off walls	EN2
	{4 x 25 on 1:00 Fly lup2down	EN2
	{1 x 100 on 3:00 4 strokes fly off walls	EN2
	{4 x 25 on 1:00 Fly lup3down	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Water Polo	
	7:30 PM 3,400 Yards - Stress Value = 49	

**Workout #13506 - Tuesday, 11 June 2013**

**Group 3 - Back**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Core
150	1 x 600 on 10:00 Underwater trn drill
500	10 x 15 on :45 Shooters
840	1 x 500 on 10:00 Kick as far as you can
	1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
1,000	1 x 1000 on 13:30 Pull1 1/2 BTB, 1/2 BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	1x{1 x 200 on 2:35 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW-desc
	{2 x 175 on 2:15 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW-desc
	{3 x 150 on 1:55 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW desc
	{4 x 125 on 1:35 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW desc
350	{5 x 100 on 1:15 Backstroke
	7 x 50 on 1:00 Stroke Drills
	9:30 AM 6,440 Yards - Stress Value = 130

Yards	Set Description
550	1 on 25:00 DS/Core
150	1 x 550 on 10:00 Underwater trn drill
500	10 x 15 on :45 Shooters
840	1 x 500 on 10:00 Kick as far as you can
	1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
1,000	1 x 1000 on 13:30 Pull1 1/2 BTB, 1/2 BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 200 on 3:15 Backstroke
	{4 x 50 on 1:05 Back 8-9-10-11 KOW-desc
	{2 x 175 on 2:50 Backstroke
	{4 x 50 on 1:05 Back 8-9-10-11 KOW-desc
	{3 x 150 on 2:25 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW desc
	{4 x 125 on 2:00 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW desc
	{1 x 100 on 1:35 Backstroke
350	7 x 50 on 1:00 Stroke Drills
	9:31 AM 5,990 Yards - Stress Value = 122

**Workout #13509 - Tuesday, 11 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

**Workout #13507 - Tuesday, 11 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Core
150	1 x 600 on 10:00 Underwater trn drill
500	10 x 15 on :45 Shooters
840	1 x 500 on 10:00 Kick as far as you can
	1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
1,000	1 x 1000 on 13:30 Pull1 1/2 BTB, 1/2 BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,600	1x{1 x 200 on 2:55 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW-desc
	{2 x 175 on 2:30 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW-desc
	{3 x 150 on 2:25 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW desc
	{4 x 125 on 1:45 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW desc
	{3 x 100 on 1:25 Backstroke
350	7 x 50 on 1:00 Stroke Drills
	9:31 AM 6,240 Yards - Stress Value = 126

7:00 AM Start

Yards	Set Description
500	1 on 25:00 DS/Core
150	1 x 500 on 10:00 Underwater trn drill
500	10 x 15 on :45 Shooters
840	1 x 500 on 10:00 Kick as far as you can
	1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
1,000	1 x 1000 on 13:30 Pull1 1/2 BTB, 1/2 BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{1 x 200 on 3:55 Backstroke
	{4 x 50 on 1:15 Back 8-9-10-11 KOW-desc
	{2 x 175 on 3:25 Backstroke
	{4 x 50 on 1:15 Back 8-9-10-11 KOW-desc
	{3 x 150 on 2:55 Backstroke
	{3 x 50 on 1:15 Back 8-9-10-11 KOW desc
	{4 x 125 on 2:10 Backstroke
350	7 x 50 on 1:00 Stroke Drills
	9:30 AM 5,590 Yards - Stress Value = 105

**Workout #13508 - Tuesday, 11 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

**Workout #13510 - Tuesday, 11 June 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 AM Start

Yards	Set Description	EGY	WORK	EC
600	1 on 12:00 Dynamic Stretch			LI
150	1 x 600 on 10:00 Reverse IM drill	REC		D
800	10 x 15 on :45 Shooters	SP3	S	
	4x{3 x 50 on 1:10 Freestyle	SP1	S	
	{1 x 50 on 1:30 Freestyle	SP1	S	
	{ #1 20yds sprint-30yds easy, #2 30yds sprint			
	{ #3 all easy, #4 sprint, #4 of 4th set	OTB		
500	10 x 50 on :50 Kick-ALL OUT 100%	EN2	K C	
800	4x{3 x 50 on 1:10 Stroke	SP1	S S	
	{1 x 50 on 1:30 Stroke	SP1	S S	
	{ Same as above --#3 can be free			
250	1 x 250 on 4:00 Freestyle	REC	S	
100	1 x 100 on 2:00 Choice OTB	SP2	S C	
250	1 x 250 on 4:00 Stroke Drills	REC	D	

6:30 AM 3,250 Yards - Stress Value = 138

	{4 x 25 on :45 Kick no board	BSLR	EN
	{2 x 100 on 2:00 Kick		EN
	{4 x 25 on :45 Kick no board	BSLR	EN
	{3 x 100 on 2:05 Kick		EN
	{4 x 25 on :45 Kick no board	BSLR	EN
	{3 x 100 on 2:10 Kick		EN
1,000	1x{5 x 50 on 1:45 Breast Pull		EN
	{4 x 25 on :30 Free 6BK		EN
	{4 x 50 on 1:45 Breast Pull		EN
	{4 x 25 on :30 Free 6BK		EN
	{3 x 50 on 1:45 Breast Pull		EN
	{4 x 25 on :30 Free 6BK		EN
	{2 x 50 on 1:45 Breast Pull		EN
150	6 x 25 on :45 Stroke Drill		RE
1,550	1x{2 x 125 on 2:35 Breast 2X pullouts	L.wall	EN
	{2 x 125 on 2:30 Breast 2X pullouts	L.wall	EN
	{2 x 125 on 2:25 Breast 2X pullouts	L.wall	EN
	{2 x 100 on 2:00 Breast 2X pullouts	L.wall	EN
	{2 x 100 on 1:55 Breast 2X pullouts	L.wall	EN
	{2 x 100 on 1:50 Breast 2X pullouts	L.wall	EN
	{2 x 50 on 1:00 Breast 2X pullouts	L.wall	EN
	{2 x 50 on :55 Breast 2X pullouts	L.wall	EN
200	1 x 200 on 4:00 Stroke Drills		RE

7:31 PM 4,850 Yards - Stress Value = 83

**Workout #13511 - Tuesday, 11 June 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	EC
	1 on 25:00 DS/Core			EC
500	1 x 500 on 10:00 Underwater trn drill	RE		
150	10 x 15 on :45 Shooters	SE		
1,400	1x{4 x 25 on :45 Kick no board	BSLR	EN	
	{1 x 100 on 1:40 Kick		EN	
	{4 x 25 on :45 Kick no board	BSLR	EN	
	{2 x 100 on 1:45 Kick		EN	
	{4 x 25 on :45 Kick no board	BSLR	EN	
	{3 x 100 on 1:50 Kick		EN	
	{4 x 25 on :45 Kick no board	BSLR	EN	
	{4 x 100 on 1:55 Kick		EN	
1,150	1x{5 x 50 on 1:30 Breast Pull		EN	
	{4 x 25 on :30 Free 6BK		EN	
	{4 x 50 on 1:30 Breast Pull		EN	
	{4 x 25 on :30 Free 6BK		EN	
	{3 x 50 on 1:30 Breast Pull		EN	
	{4 x 25 on :30 Free 6BK		EN	
	{2 x 50 on 1:30 Breast Pull		EN	
	{4 x 25 on :30 Free 6BK		EN	
	{1 x 50 on 1:30 Breast Pull		EN	
150	6 x 25 on :45 Stroke Drill		RE	
1,800	1x{2 x 125 on 2:20 Breast 2X pullouts	L.wall	EN	
	{2 x 125 on 2:15 Breast 2X pullouts	L.wall	EN	
	{2 x 125 on 2:10 Breast 2X pullouts	L.wall	EN	
	{2 x 100 on 1:45 Breast 2X pullouts	L.wall	EN	
	{2 x 100 on 1:40 Breast 2X pullouts	L.wall	EN	
	{2 x 100 on 1:35 Breast 2X pullouts	L.wall	EN	
	{2 x 75 on 1:15 Breast 2X pullouts	L.wall	EN	
	{2 x 75 on 1:10 Breast 2X pullouts	L.wall	EN	
	{2 x 75 on 1:05 Breast 2X pullouts	L.wall	EN	
200	1 x 200 on 4:00 Stroke Drills		RE	

7:31 PM 5,350 Yards - Stress Value = 93

**Workout #13513 - Tuesday, 11 June 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	EC
	1 on 25:00 DS/Core			EC
450	1 x 450 on 10:00 Underwater trn drill	RE		
150	10 x 15 on :45 Shooters	SE		
1,150	1x{4 x 25 on :45 Kick no board	BSLR	EN	
	{1 x 100 on 2:15 Kick		EN	
	{4 x 25 on :45 Kick no board	BSLR	EN	
	{2 x 100 on 2:20 Kick		EN	
	{4 x 25 on :45 Kick no board	BSLR	EN	
	{3 x 100 on 2:25 Kick		EN	
	{4 x 25 on :45 Kick no board	BSLR	EN	
	{2 x 75 on 2:00 Kick		EN	
900	1x{3 x 50 on 2:00 Breast Pull		EN	
	{4 x 25 on :40 Free 6BK		EN	
	{4 x 50 on 2:00 Breast Pull		EN	
	{4 x 25 on :40 Free 6BK		EN	
	{3 x 50 on 2:00 Breast Pull		EN	
	{4 x 25 on :40 Free 6BK		EN	
	{1 x 50 on 2:00 Breast Pull		EN	
	{2 x 25 on :30 Free 6BK		EN	
150	6 x 25 on :45 Stroke Drill		RE	
1,400	1x{2 x 125 on 2:50 Breast 2X pullouts	L.wall	EN	
	{2 x 125 on 2:45 Breast 2X pullouts	L.wall	EN	
	{2 x 125 on 2:40 Breast 2X pullouts	L.wall	EN	
	{2 x 100 on 2:15 Breast 2X pullouts	L.wall	EN	
	{2 x 100 on 2:10 Breast 2X pullouts	L.wall	EN	
	{2 x 100 on 2:05 Breast 2X pullouts	L.wall	EN	
	{1 x 50 on 1:00 Breast 2X pullouts	L.wall	EN	
200	1 x 200 on 4:00 Stroke Drills		RE	

7:31 PM 4,400 Yards - Stress Value = 75

**Workout #13512 - Tuesday, 11 June 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	EC
	1 on 25:00 DS/Core			EC
500	1 x 500 on 10:00 Underwater trn drill	RE		
150	10 x 15 on :45 Shooters	SE		
1,300	1x{4 x 25 on :45 Kick no board	BSLR	EN	
	{1 x 100 on 1:55 Kick		EN	

**Workout #13514 - Tuesday, 11 June 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Core	
400	1 x 400 on 10:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SF
1,100	1x{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 2:30 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 100 on 2:35 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{3 x 100 on 2:40 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 2:45 Kick	EN
800	1x{3 x 50 on 2:15 Breast Pull	EN
	{4 x 25 on :40 Free 6BK	EN
	{4 x 50 on 2:15 Breast Pull	EN
	{4 x 25 on :40 Free 6BK	EN
	{3 x 50 on 2:15 Breast Pull	EN
	{4 x 25 on :40 Free 6BK	EN
150	6 x 25 on :45 Stroke Drill	RE
1,250	1x{2 x 125 on 3:10 Breast 2X pullouts L.wall	EN
	{2 x 125 on 3:05 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:30 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:25 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:20 Breast 2X pullouts L.wall	EN
	{2 x 75 on 1:45 Breast 2X pullouts L.wall	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	7:31 PM 4,050 Yards - Stress Value = 69	

600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
2,000	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{4 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR-14
	{4 x 75 on 1:00 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{4 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
1,200	1x{2 x 150 on 2:10 Lungbuster pulls
	{2 x 150 on 2:05 Lungbuster pulls
	{2 x 150 on 2:00 Lungbuster pulls
	{2 x 150 on 1:55 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 150 on 2:15 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 1:50 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:25 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:00 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 50 on :40 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 6,950 Yards - Stress Value = 120

**Workout #13517 - Wednesday, 12 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

**Workout #13515 - Tuesday, 11 June 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Abs	
350	1 x 350 on 10:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SF
900	1x{4 x 25 on 1:00 Kick no board BSLR	EN
	{1 x 100 on 2:45 Kick	EN
	{4 x 25 on 1:00 Kick no board BSLR	EN
	{2 x 100 on 2:50 Kick	EN
	{4 x 25 on 1:00 Kick no board BSLR	EN
	{2 x 100 on 2:55 Kick	EN
	{4 x 25 on 1:00 Kick no board BSLR	EN
700	1x{3 x 50 on 2:30 Breast Pull	EN
	{4 x 25 on :45 Free 6BK	EN
	{4 x 50 on 2:30 Breast Pull	EN
	{4 x 25 on :45 Free 6BK	EN
	{2 x 50 on 2:30 Breast Pull	EN
	{2 x 25 on :45 Free 6BK	EN
150	6 x 25 on :45 Stroke Drill	RE
1,100	1x{2 x 100 on 3:00 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:55 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:50 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:45 Breast 2X pullouts L.wall	EN
	{2 x 75 on 2:00 Breast 2X pullouts L.wall	EN
	{2 x 75 on 1:55 Breast 2X pullouts L.wall	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	7:30 PM 3,550 Yards - Stress Value = 60	

7:00 AM Start

Yards	Set Description
=====	=====
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,700	1x{4 x 25 on :35 Kick no board BSLR
	{4 x 75 on 1:20 Kick
	{4 x 25 on :35 Kick no board BSLR-12
	{4 x 75 on 1:15 Kick
	{4 x 25 on :35 Kick no board BSLR-14
	{4 x 75 on 1:10 Kick
	{4 x 25 on :35 Kick no board BSLR-12
	{4 x 75 on 1:15 Kick
	{4 x 25 on :35 Kick no board BSLR
1,100	1x{2 x 150 on 2:20 Lungbuster pulls
	{2 x 150 on 2:15 Lungbuster pulls
	{2 x 150 on 2:10 Lungbuster pulls
	{2 x 100 on 1:25 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	1x{1 x 150 on 2:30 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 2:00 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:35 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:10 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{2 x 50 on :45 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 6,450 Yards - Stress Value = 110

**Workout #13516 - Wednesday, 12 June 2013**

**Group 3 - Breast**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs

**Workout #13518 - Wednesday, 12 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 1:35 Kick
	{4 x 25 on :40 Kick no board BSLR-12
	{4 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR-14
	{2 x 75 on 1:25 Kick
	{4 x 25 on :40 Kick no board BSLR-12
	{2 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR
1,000	1x{2 x 150 on 2:35 Lungbuster pulls
	{2 x 150 on 2:30 Lungbuster pulls
	{2 x 150 on 2:25 Lungbuster pulls
	{1 x 100 on 1:35 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{1 x 150 on 2:45 Breaststroke
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 2:15 Breaststroke
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:45 Breaststroke
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:15 Breaststroke
	{2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 5,750 Yards - Stress Value = 97

	1 on 30:00 DS/Physio Ball Abs/Shldrs
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 1:30 Butterfly
	{1 x 100 on 1:25 Butterfly
	{1 x 100 on 1:20 Butterfly
	{1 x 100 on 1:15 Butterfly
	{1 x 100 on 1:10 Butterfly
1,600	1x{4 x 25 on :30 Sprint Kick
	{4 x 100 on 1:45 Kick #2
	{4 x 25 on :30 Sprint Kick
	{4 x 100 on 2:00 Kick #3
	{4 x 25 on :30 Sprint Kick
	{4 x 50 on :50 Kick #2
	{4 x 25 on :30 Sprint Kick
	{4 x 50 on :55 Kick #3
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
500	1x{1 x 100 on 1:30 Butterfly
	{1 x 100 on 1:25 Butterfly
	{1 x 100 on 1:20 Butterfly
	{1 x 100 on 1:15 Butterfly
	{1 x 100 on 1:10 Butterfly
1,600	4 x 400 on 5:15 Pull1-alt breakouts
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
500	1x{1 x 100 on 1:30 Butterfly
	{1 x 100 on 1:25 Butterfly
	{1 x 100 on 1:20 Butterfly
	{1 x 100 on 1:15 Butterfly
	{1 x 100 on 1:10 Butterfly
250	1 x 250 on 5:00 Freestyle
100	1 x 100 on 3:00 Fly OTB
250	1 x 250 on 4:00 Stroke Drills
	9:29 AM 6,250 Yards - Stress Value = 102

**Workout #13519 - Wednesday, 12 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,150	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 75 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR-12
	{4 x 75 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR-14
	{2 x 75 on 1:50 Kick
	{4 x 25 on :45 Kick no board BSLR-12
900	1x{2 x 150 on 3:00 Lungbuster pulls
	{2 x 150 on 2:55 Lungbuster pulls
	{2 x 150 on 2:50 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 150 on 3:15 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 2:40 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 2:05 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{2 x 50 on 1:00 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 5,000 Yards - Stress Value = 83

**Workout #13520 - Thursday, 13 June 2013**

**Group 3 - Fly**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====

**Workout #13521 - Thursday, 13 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 1 x 600 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 450 1x{1 x 100 on 1:40 Butterfly  
 {1 x 100 on 1:35 Butterfly  
 {1 x 100 on 1:30 Butterfly  
 {1 x 100 on 1:25 Butterfly  
 {1 x 50 on :40 Butterfly  
 1,400 1x{4 x 25 on :35 Sprint kick  
 {4 x 100 on 1:55 Kick #2  
 {4 x 25 on :35 Sprint kick  
 {3 x 100 on 2:05 Kick #3  
 {4 x 25 on :35 Sprint kick  
 {3 x 50 on 1:00 Kick #2  
 {4 x 25 on :35 Sprint kick  
 {3 x 50 on 1:05 Kick #3  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 450 1x{1 x 100 on 1:40 Butterfly  
 {1 x 100 on 1:35 Butterfly  
 {1 x 100 on 1:30 Butterfly  
 {1 x 100 on 1:25 Butterfly  
 {1 x 50 on :40 Butterfly  
 1,500 4 x 375 on 5:15 Pulll-alt breakouts  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 450 1x{1 x 100 on 1:40 Butterfly  
 {1 x 100 on 1:35 Butterfly  
 {1 x 100 on 1:30 Butterfly  
 {1 x 100 on 1:25 Butterfly  
 {1 x 50 on :40 Butterfly  
 250 1 x 250 on 5:00 Freestyle  
 100 1 x 100 on 3:00 Fly OTB  
 250 1 x 250 on 4:00 Stroke Drills  
 9:29 AM 5,800 Yards - Stress Value = 93

**Workout #13522 - Wednesday, 12 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 1 x 550 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 350 1x{1 x 100 on 1:55 Butterfly  
 {1 x 100 on 1:50 Butterfly  
 {1 x 100 on 1:45 Butterfly  
 {1 x 50 on :50 Butterfly  
 1,250 1x{4 x 25 on :40 Sprint kick  
 {3 x 100 on 2:10 Kick #2  
 {4 x 25 on :40 Sprint kick  
 {3 x 100 on 2:20 Kick #3  
 {4 x 25 on :40 Sprint kick  
 {3 x 50 on 1:05 Kick #2  
 {4 x 25 on :35 Sprint kick  
 {2 x 50 on 1:10 Kick #3  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 350 1x{1 x 100 on 1:55 Butterfly  
 {1 x 100 on 1:50 Butterfly  
 {1 x 100 on 1:45 Butterfly  
 {1 x 50 on :50 Butterfly  
 1,300 4 x 325 on 5:15 Pulll-alt breakouts  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

350 1x{1 x 100 on 1:55 Butterfly  
 {1 x 100 on 1:50 Butterfly  
 {1 x 100 on 1:45 Butterfly  
 {1 x 50 on :50 Butterfly  
 250 1 x 250 on 5:00 Freestyle  
 100 1 x 100 on 3:00 Fly OTB  
 250 1 x 250 on 4:00 Stroke Drills  
 9:29 AM 5,100 Yards - Stress Value = 80

**Workout #13523 - Wednesday, 12 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 1 x 500 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 300 1x{1 x 100 on 2:30 Butterfly  
 {1 x 100 on 2:25 Butterfly  
 {1 x 100 on 2:05 Butterfly  
 1,250 1x{4 x 25 on :40 Sprint kick  
 {3 x 100 on 2:10 Kick #2  
 {4 x 25 on :40 Sprint kick  
 {3 x 100 on 2:20 Kick #3  
 {4 x 25 on :40 Sprint kick  
 {3 x 50 on 1:05 Kick #2  
 {4 x 25 on :35 Sprint kick  
 {2 x 50 on 1:10 Kick #3  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 300 1x{1 x 100 on 2:30 Butterfly  
 {1 x 100 on 2:25 Butterfly  
 {1 x 100 on 2:05 Butterfly  
 1,100 4 x 275 on 5:15 Pulll-alt breakouts  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 300 1x{1 x 100 on 2:30 Butterfly  
 {1 x 100 on 2:20 Butterfly  
 {1 x 100 on 2:05 Butterfly  
 250 1 x 250 on 5:00 Freestyle  
 100 1 x 100 on 3:00 Fly OTB  
 250 1 x 250 on 4:00 Stroke Drills  
 9:29 AM 4,700 Yards - Stress Value = 73

**Workout #13524 - Thursday, 13 June 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 750 1 on 10:00 Dynamic Stretch  
 1 x 750 on 10:00 Free 2min easy 10/50, 20/40  
 30/30, 40/20, 30/30, 20/40, 10/50 1min easy  
 1,000 1 x 1000 on 15:00 Indian File Kicking w/fins  
 150 10 x 15 on :45 Shooters  
 300 12 x 25 on :40 Variable Speed 25's  
 1,800 4x{1 x 200 on 4:00 Broken at 50/10-20-30 scnds  
 {1 x 250 on 5:00 Stroke Drills  
 6:31 PM 4,000 Yards - Stress Value = 101

**Workout #13525 - Thursday, 13 June 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

Yards	Set Description	EGY W
5:00 PM	Start	
500	1 on 30:00 DS/Shoulders/Tm Mtg	
	1 x 500 on 10:00 Underwater trn drill	REC
	Odd 100's free even 100's back	
150	1 on 10:00 Techniques-Bucket turns	
	10 x 15 on :45 Shooters	SP3
	1 on 2:00 Technnique Talk	
200	8 x 25 on :45 Perfect Stroke 2 on each	EN1
1,000	1x{1 x 250 on 7:30 Stroke Drill-Fly	REC
	{1 x 250 on 7:30 Stroke Drill-Back	REC
	{1 x 250 on 7:30 Stroke Drill-Breast	REC
	{1 x 250 on 7:30 Stroke Drill-Free	REC
120	8 x 15 on :45 Perfect Stroke 2 on each	REC
800	8x{1 x 50 on 1:00 Vertical Kicking	EN2
	{1 x 25 on 1:00 Stroke-100%	EN2
	{1 x 25 on 1:30 Free-EZ	REC
	1 on 11:00 Techniques-Starts	
200	1 x 200 on 4:00 Stroke Drills	REC
7:31 PM	2,970 Yards - Stress Value = 20	

	{3 x 100 on 1:25 Individual Medley	E
	{6 x 75 on 1:20 Brst 25FlK 25FrK 25Rk	E
	{3 x 100 on 1:20 Individual Medley	E
	{4 x 75 on 1:10 Fr 25scldsdfst25catchup25reg	E
100	1 x 100 on 1:30 Freestyle	F
1,300	1x{2 x 200 on 3:00 Pulls-nbbf&w + 2 yds	E
	{2 x 175 on 2:40 Pulls-nbbf&w + 2 yds	E
	{2 x 150 on 2:15 Pulls-nbbf&w + 2 yds	E
	{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds	E
1,975	1x{6 x 25 on :30 Kick no board B	E
	{1 x 200 on 3:30 Kick	E
	{6 x 25 on :30 Kick no board S	E
	{2 x 175 on 3:00 Kick	E
	{6 x 25 on :30 Kick no board L	E
	{3 x 150 on 2:35 Kick	E
	{6 x 25 on :30 Kick no board R	E
	{3 x 125 on 1:45 Kick	E
250	1 x 250 on 4:00 Stroke Drills	F
9:31 AM	6,925 Yards - Stress Value = 110	

**Workout #13528 - Friday, 14 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	E
7:00 AM	Start	
550	1 on 25:00 DS/Teds Abs	
150	10 x 15 on :45 Shooters	S
2,400	1x{1 x 100 on 1:45 Individual Medley	E
	{6 x 75 on 1:20 Fly-25L 25R 25 B	E
	{2 x 100 on 1:40 Individual Medley	E
	{4 x 75 on 1:20 Back 25L 25R 25B	E
	{3 x 100 on 1:35 Individual Medley	E
	{4 x 75 on 1:25 Brst 25FlK 25FrK 25Rk	E
	{3 x 100 on 1:30 Individual Medley	E
	{6 x 75 on 1:15 Fr 25scldsdfst25catchup25reg	E
100	1 x 100 on 1:30 Freestyle	F
1,500	1x{2 x 200 on 2:40 Pulls-nbbf&w + 2 yds	E
	{2 x 175 on 2:20 Pulls-nbbf&w + 2 yds	E
	{2 x 150 on 2:00 Pulls-nbbf&w + 2 yds	E
	{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds	E
	{2 x 100 on 1:20 Pulls-nbbf&w + 2 yds	E
2,100	1x{6 x 25 on :30 Kick no board B	E
	{1 x 200 on 3:00 Kick	E
	{6 x 25 on :30 Kick no board S	E
	{2 x 175 on 2:40 Kick	E
	{6 x 25 on :30 Kick no board L	E
	{3 x 150 on 2:15 Kick	E
	{6 x 25 on :30 Kick no board R	E
	{4 x 125 on 1:50 Kick	E
250	1 x 250 on 4:00 Stroke Drills	F
9:31 AM	6,250 Yards - Stress Value = 99	

**Workout #13527 - Friday, 14 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	E
7:00 AM	Start	
600	1 on 25:00 DS/Teds Abs	
150	10 x 15 on :45 Shooters	S
2,550	1x{1 x 100 on 1:35 Individual Medley	E
	{6 x 75 on 1:15 Fly-25L 25R 25 B	E
	{2 x 100 on 1:30 Individual Medley	E
	{6 x 75 on 1:15 Back 25L 25R 25B	E

**Workout #13529 - Friday, 14 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	E
7:00 AM	Start	
500	1 on 25:00 DS/Teds Abs	F
150	1 x 500 on 10:00 Reverse IM drill	F
1,950	10 x 15 on :45 Shooters	E
	1x{1 x 100 on 2:00 Individual Medley	F
	{4 x 75 on 1:40 Fly-25L 25R 25 B	E
	{2 x 100 on 1:55 Individual Medley	F
	{4 x 75 on 1:40 Back 25L 25R 25B	E
	{3 x 100 on 1:50 Individual Medley	F
	{4 x 75 on 1:45 Brst 25FlK 25FrK 25Rk	F
	{3 x 100 on 1:45 Individual Medley	F
	{2 x 75 on 1:30 Fr 25sclsdfst25catchup25reg	F
100	1 x 100 on 1:30 Freestyle	F
1,050	1x{1 x 200 on 3:40 Pulls-nbbf&w + 2 yds	F
	{2 x 175 on 3:15 Pulls-nbbf&w + 2 yds	F
	{2 x 150 on 2:45 Pulls-nbbf&w + 2 yds	F
	{2 x 100 on 1:50 Pulls-nbbf&w + 2 yds	F
1,350	1x{4 x 25 on :45 Kick no board B	F
	{1 x 200 on 4:40 Kick	F
	{4 x 25 on :45 Kick no board S	F
	{2 x 175 on 4:05 Kick	F
	{4 x 25 on :45 Kick no board L	F
	{4 x 100 on 2:20 Kick	F
	{4 x 25 on :45 Kick no board R	F
250	1 x 250 on 4:00 Stroke Drills	F
	9:30 AM 5,350 Yards - Stress Value = 83	

**Workout #13530 - Friday, 14 June 2013**

**Groups 2 & 3 combined workout - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description	E
5:00 PM	Start	
600	1 on 11:00 Dynamic Strech	F
150	1 x 600 on 10:00 Choice	F
200	10 x 15 on :45 Shooters	E
	10x{1 on :30 Flutter Kick on Wall	F
	{1 x 20 on 1:30 Flip on whistle underwater f	F
	{ kick to other side easy swim aft	F
	{ every line you don't make = 5 or 3 pushups	F
100	1 x 100 on 5:00 Free for time OTB	F
500	2x{1 x 25 on :45 Free 15 strokes	F
	{1 x 25 on :45 Free 14 strokes	F
	{1 x 25 on :45 Free 13 strokes	F
	{1 x 25 on :45 Free 12 strokes	F
	{1 x 25 on :45 Free 11 strokes	F
	{1 x 25 on :45 Free 10 strokes	F
	{1 x 25 on :45 Free 9 strokes	F
	{1 x 25 on :45 Free 8 strokes	F
	{1 x 25 on :45 Free 7 strokes	F
	{1 x 25 on :45 Free 6 strokes	F
100	1 x 100 on 5:00 Freestyle For Time OTB	F
500	10 x 50 on 1:00 Stroke Drills	F
	6:30 PM 2,150 Yards - Stress Value = 30	

**Workout #13531 - Monday, 17 June 2013**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	E
7:00 AM	Start	
600	1 on 25:00 DS/Physio Balls	F
150	1 x 600 on 10:00 Swim-kick-pull-swim	F
1,900	10 x 15 on :45 Shooters	E
	1x{4 x 25 on :30 Kick no board BSLR	F
	{1 x 150 on 2:00 Kick	F
	{4 x 25 on :30 Kick no board BSLR	F

	{2 x 150 on 2:05 Kick	F
	{4 x 25 on :30 Kick no board BSLR	F
	{3 x 150 on 2:10 Kick	F
	{4 x 25 on :30 Kick no board BSLR	F
	{4 x 150 on 2:15 Kick	F
1,400	28 x 50 on :40 Pulls-hold breath L. X yds	F
	1-7 8yds, 8-14 10yds,	F
	15-21 12 yds, 22-28 14 yds	F
	Hold :35 or faster	F
200	4x{1 x 25 on :50 Sculling drills	F
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	F
2,700	18 x 150 on 2:00 Freestyle	F
500	10 x 50 on 1:00 Stroke Drills	F
	9:30 AM 7,450 Yards - Stress Value = 128	

**Workout #13532 - Monday, 17 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	E
7:00 AM	Start	
600	1 on 25:00 DS/Physio Balls	F
150	1 x 600 on 10:00 Swim-kick-pull-swim	F
1,750	10 x 15 on :45 Shooters	E
	1x{4 x 25 on :30 Kick no board BSLR	F
	{1 x 150 on 2:15 Kick	F
	{4 x 25 on :30 Kick no board BSLR	F
	{2 x 150 on 2:20 Kick	F
	{4 x 25 on :30 Kick no board BSLR	F
	{3 x 150 on 2:25 Kick	F
	{4 x 25 on :30 Kick no board BSLR	F
	{3 x 150 on 2:30 Kick	F
1,250	25 x 50 on :45 Pulls-hold breath L. X yds	F
	1-7 8yds, 8-14 10yds,	F
	15-21 12 yds, 22-25 14 yds	F
	Hold :39 or faster	F
200	4x{1 x 25 on :50 Sculling drills	F
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	F
2,550	17 x 150 on 2:10 Freestyle	F
500	10 x 50 on 1:00 Stroke Drills	F
	9:31 AM 7,000 Yards - Stress Value = 119	

**Workout #13533 - Monday, 17 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	E
7:00 AM	Start	
550	1 on 25:00 DS/Physio Balls	F
150	1 x 550 on 10:00 Swim-kick-pull-swim	F
1,450	10 x 15 on :45 Shooters	E
	1x{4 x 25 on :35 Kick no board BSLR	F
	{1 x 150 on 2:45 Kick	F
	{4 x 25 on :35 Kick no board BSLR	F
	{2 x 150 on 2:50 Kick	F
	{4 x 25 on :35 Kick no board BSLR	F
	{3 x 150 on 2:55 Kick	F
	{4 x 25 on :35 Kick no board BSLR	F
	{1 x 150 on 3:00 Kick	F
1,100	22 x 50 on :50 Pulls-hold breath L. X yds	F
	1-7 8yds, 8-14 10yds,	F
	15-21 12 yds, 22 14 yds	F
	hold :43 or faster	F
200	4x{1 x 25 on :50 Sculling drills	F
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	F
2,250	15 x 150 on 2:25 Freestyle	F
500	10 x 50 on 1:00 Stroke Drills	F
	9:31 AM 6,200 Yards - Stress Value = 104	

**Workout #13534 - Monday, 17 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
7:00 AM Start			
500	1 on 25:00 DS/Physio Balls		
150	1 x 500 on 10:00 Swim-kick-pull-swim		
1,150	10 x 15 on :45 Shooters		
1,150	4x{1 x 25 on :45 Kick no board BSLR		
	{1 x 100 on 2:10 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 100 on 2:15 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{3 x 100 on 2:20 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 150 on 3:30 Kick		
850	17 x 50 on 1:05 Pulls-hold breath L. X yds		
	1-7 8yds, 8-14 10yds,		
	15-17 12 yds		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,950	13 x 150 on 2:45 Freestyle		
500	10 x 50 on 1:00 Stroke Drills		
9:30 AM 5,300 Yards - Stress Value = 87			

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM Start			
550	1 on 10:00 Dynamic Stretch		
180	1 x 550 on 10:00 Swim-kick-drill-swim		
	L.30 yds of each part-100%		
2,000	12 x 15 on :45 Spinners		
	1 on 10:00 Techniques-Stanford turn drills		
	4x{1 x 25 on :30 Freestyle		
	{1 x 25 on :40 Freestyle		
	{1 x 25 on :50 Freestyle		
	{1 x 25 on 1:00 Freestyle		
	{1 x 150 on 2:10 Freestyle		
	{1 x 100 on 1:25 Freestyle		
	{1 x 50 on :40 Freestyle		
350	1 x 100 on 3:00 Stroke Drills		
	7 x 50 on 1:00 Stroke Drills		
6:30 PM 3,080 Yards - Stress Value = 77			

**Workout #13538 - Monday, 17 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM Start			
600	1 on 10:00 Dynamic Stretch		
180	1 x 600 on 10:00 Swim-kick-drill-swim		
	L.30 yds of each part-100%		
2,400	12 x 15 on :45 Spinners		
	1 on 10:00 Techniques-TN turn drills		
	4x{1 x 25 on :30 Freestyle		
	{1 x 25 on :40 Freestyle		
	{1 x 25 on :50 Freestyle		
	{1 x 25 on 1:00 Freestyle		
	{1 x 150 on 1:45 Freestyle		
	{1 x 100 on 1:10 Freestyle		
	{1 x 50 on :35 Freestyle		
	{1 x 200 on 4:00 Stroke Drills		
300	6 x 50 on 1:00 Stroke Drills		
6:30 PM 3,480 Yards - Stress Value = 77			

Yards	Set Description	EGY	WC
5:00 PM Start			
500	1 on 10:00 Dynamic Stretch		
180	1 x 500 on 10:00 Swim-kick-drill-swim		
	L.30 yds of each part-100%		
1,800	12 x 15 on :45 Spinners		
	1 on 10:00 Techniques-TN turn drills		
	4x{1 x 25 on :30 Freestyle		
	{1 x 25 on :40 Freestyle		
	{1 x 25 on :50 Freestyle		
	{1 x 25 on 1:00 Freestyle		
	{1 x 150 on 2:30 Freestyle		
	{1 x 100 on 1:40 Freestyle		
	{1 x 50 on :50 Freestyle		
300	1 x 50 on 2:20 Stroke Drills		
	6 x 50 on 1:00 Stroke Drills		
6:30 PM 2,780 Yards - Stress Value = 76			

**Workout #13539 - Monday, 17 June 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM Start			
600	1 on 10:00 Dynamic Stretch		
180	1 x 600 on 10:00 Swim-kick-drill-swim		
	L.30 yds of each part-100%		
2,200	12 x 15 on :45 Spinners		
	1 on 10:00 Techniques-TN turn drills		
	4x{1 x 25 on :30 Freestyle		
	{1 x 25 on :40 Freestyle		
	{1 x 25 on :50 Freestyle		
	{1 x 25 on 1:00 Freestyle		
	{1 x 150 on 2:00 Freestyle		
	{1 x 100 on 1:20 Freestyle		
	{1 x 50 on :40 Freestyle		
	{1 x 150 on 3:30 Stroke Drills		
300	6 x 50 on 1:00 Stroke Drills		
6:30 PM 3,280 Yards - Stress Value = 77			

Yards	Set Description	EGY	WC
5:00 PM Start			
500	1 on 28:00 DS/Physio Ball/Tm Mtg		
150	1 x 500 on 10:00 Choice		
1,400	10 x 15 on :45 Shooters		
	1x{2 x 100 on 2:00 Kick		
	{4 x 25 on :45 Tombstone Kicking		
	{2 x 100 on 1:55 Kick		
	{4 x 25 on :45 Tombstone Kicking		
	{2 x 100 on 1:50 Kick		
	{4 x 25 on :45 Tombstone Kicking		
	{2 x 100 on 1:45 Kick		
	{4 x 25 on :45 Tombstone Kicking		
	{2 x 100 on 1:40 Kick		
1,000	1x{1 x 200 on 3:00 Pulls-no br L.12 yds		
	{2 x 150 on 2:15 Pulls-no br L.12 yds		
	{3 x 100 on 1:30 Pulls-no br L.12 yds		
	{4 x 50 on :45 Pulls-no br L.12 yds		
150	6 x 25 on :45 Stroke Drills		
2,250	15 x 150 on 2:15 Freestyle-descend in 3's		
	1 on 10:00 Game		
200	1 x 200 on 3:00 Stroke Drills		
7:30 PM 5,650 Yards - Stress Value = 99			

**Workout #13537 - Monday, 17 June 2013**

**Workout #13540 - Monday, 17 June 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 28:00 DS/Physio Ball/Tm Mtg	
500	1 x 500 on 10:00 Choice	RE
150	10 x 15 on :45 Shooters	SE
1,300	1x{2 x 100 on 2:15 Kick	EN
	{4 x 25 on :45 Tombstone Kicking	EN
	{2 x 100 on 2:10 Kick	EN
	{4 x 25 on :45 Tombstone Kicking	EN
	{2 x 100 on 2:05 Kick	EN
	{4 x 25 on :45 Tombstone Kicking	EN
	{2 x 100 on 2:00 Kick	EN
	{4 x 25 on :45 Tombstone Kicking	EN
	{1 x 100 on 1:55 Kick	EN
900	1x{1 x 200 on 3:20 Pulls-no br L.12 yds	EN
	{2 x 150 on 2:30 Pulls-no br L.12 yds	EN
	{3 x 100 on 1:40 Pulls-no br L.12 yds	EN
	{2 x 50 on :50 Pulls-no br L.12 yds	EN
150	6 x 25 on :45 Stroke Drills	RE
2,100	14 x 150 on 2:25 Freestyle-descend in 3's	EN
	1 on 10:00 Game	
200	1 x 200 on 3:00 Stroke Drills	RE
	7:30 PM 5,300 Yards - Stress Value = 92	

**Workout #13541 - Monday, 17 June 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 28:00 DS/Physio Ball/Tm Mtg	
450	1 x 450 on 10:00 Choice	RE
150	10 x 15 on :45 Shooters	SE
1,200	1x{2 x 100 on 2:25 Kick	EN
	{4 x 25 on :45 Tombstone Kicking	EN
	{2 x 100 on 2:20 Kick	EN
	{4 x 25 on :45 Tombstone Kicking	EN
	{2 x 100 on 2:15 Kick	EN
	{4 x 25 on :45 Tombstone Kicking	EN
	{2 x 100 on 2:10 Kick	EN
	{4 x 25 on :45 Tombstone Kicking	EN
800	1x{1 x 200 on 3:40 Pulls-no br L.12 yds	EN
	{2 x 150 on 2:45 Pulls-no br L.12 yds	EN
	{3 x 100 on 1:50 Pulls-no br L.12 yds	EN
150	6 x 25 on :45 Stroke Drills	RE
1,800	12 x 150 on 2:45 Freestyle-descend in 3's	EN
	1 on 10:00 Game	
200	1 x 200 on 3:00 Stroke Drills	RE
	7:29 PM 4,750 Yards - Stress Value = 82	

**Workout #13542 - Monday, 17 June 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 28:00 DS/Physio Ball/Tm Mtg	
400	1 x 400 on 10:00 Choice	RE
150	10 x 15 on :45 Shooters	SE
1,150	1x{2 x 100 on 2:40 Kick	EN
	{4 x 25 on :45 Tombstone Kicking	EN
	{2 x 100 on 2:35 Kick	EN
	{4 x 25 on :45 Tombstone Kicking	EN
	{2 x 100 on 2:30 Kick	EN
	{4 x 25 on :45 Tombstone Kicking	EN
	{2 x 100 on 2:25 Kick	EN
	{2 x 25 on :45 Tombstone Kicking	EN
750	1x{1 x 200 on 4:00 Pulls-no br L.12 yds	EN

	{2 x 150 on 3:00 Pulls-no br L.12 yds	EN
	{2 x 100 on 2:00 Pulls-no br L.12 yds	EN
	{1 x 50 on 1:00 Pulls-no br L.12 yds	EN
150	6 x 25 on :45 Stroke Drills	RE
1,650	11 x 150 on 3:00 Freestyle-descend in 3's	EN
	1 on 10:00 Game	
200	1 x 200 on 3:00 Stroke Drills	RE
	7:29 PM 4,450 Yards - Stress Value = 77	

**Workout #13543 - Monday, 17 June 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 28:00 DS/Physio Ball/Tm Mtg	
350	1 x 350 on 10:00 Choice	RE
150	10 x 15 on :45 Shooters	SE
950	1x{2 x 100 on 3:00 Kick	EN
	{4 x 25 on 1:00 Tombstone Kicking	EN
	{2 x 100 on 2:55 Kick	EN
	{4 x 25 on 1:00 Tombstone Kicking	EN
	{2 x 100 on 2:50 Kick	EN
	{4 x 25 on 1:00 Tombstone Kicking	EN
	{1 x 50 on 1:20 Kick	EN
750	1x{1 x 200 on 4:00 Pulls-no br L.12 yds	EN
	{2 x 150 on 3:00 Pulls-no br L.12 yds	EN
	{2 x 100 on 2:00 Pulls-no br L.12 yds	EN
	{1 x 50 on 1:00 Pulls-no br L.12 yds	EN
150	6 x 25 on :45 Stroke Drills	RE
1,000	10 x 100 on 3:00 Freestyle-descend in 3's	EN
	1 on 10:00 Game	
200	1 x 200 on 3:00 Stroke Drills	RE
	7:26 PM 3,550 Yards - Stress Value = 60	

**Workout #13544 - Tuesday, 18 June 2013**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description	EC
7:00 AM	Start	
=====	=====	==
	1 on 25:00 DS/Core	
600	1 x 600 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
750	1 x 750 on 10:00 Kick as far as you can	
840	2x{ Alt 15 Tombstone Kick 15 underwa	
	{2 x 30 on 1:00 Kick	
	{2 x 30 on :55 Kick	
	{2 x 30 on :50 Kick	
	{2 x 30 on :45 Kick	
	{2 x 30 on :40 Kick	
	{2 x 30 on :35 Kick	
	{2 x 30 on :30 Kick	
1,500	1x{5 x 100 on 1:25 Pulls BTS	
	{4 x 100 on 1:20 Pulls BTS	
	{3 x 100 on 1:15 Pulls BTS	
	{2 x 100 on 1:10 Pulls BTS	
	{1 x 100 on 1:05 Pulls BTS	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,750	1x{1 x 200 on 2:30 Backstroke	
	{8 x 25 on :30 Back 8KOW+1 100%	
	{2 x 175 on 2:10 Backstroke	
	{7 x 25 on :30 Back 9KOW+1 100%	
	{3 x 150 on 1:55 Backstroke	
	{6 x 25 on :30 Back 10KOW+1 100%	
	{4 x 125 on 1:35 Backstroke	
	{5 x 25 on :30 Back 11KOW+1 100%	
	{5 x 100 on 1:15 Backstroke	
	{4 x 25 on :30 Back 12KOW+1 100%	
200	1 x 200 on 3:00 Stroke Drills	
	9:31 AM 6,990 Yards - Stress Value = 113	

**Workout #13545 - Tuesday, 18 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Core
150	1 x 600 on 10:00 Underwater trn drill
750	10 x 15 on :45 Shooters
840	1 x 750 on 10:00 Kick as far as you can
	2x{ Alt 15 Tombstone Kick 15 underwa
	{2 x 30 on 1:00 Kick
	{2 x 30 on :55 Kick
	{2 x 30 on :50 Kick
	{2 x 30 on :45 Kick
	{2 x 30 on :40 Kick
	{2 x 30 on :35 Kick
	{2 x 30 on :30 Kick
1,400	1x{5 x 100 on 1:30 Pulls BTS
	{4 x 100 on 1:25 Pulls BTS
	{3 x 100 on 1:20 Pulls BTS
	{2 x 100 on 1:15 Pulls BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	1x{1 x 200 on 2:55 Backstroke
	{8 x 25 on :30 Back 8KOW+1 100%
	{2 x 175 on 2:35 Backstroke
	{7 x 25 on :30 Back 9KOW+1 100%
	{3 x 150 on 2:10 Backstroke
	{6 x 25 on :30 Back 10KOW+1 100%
	{4 x 125 on 1:50 Backstroke
	{5 x 25 on :30 Back 11KOW+1 100%
	{3 x 100 on 1:25 Backstroke
	{2 x 25 on :30 Back 12KOW+1 100%
200	1 x 200 on 3:00 Stroke Drills
9:31 AM	6,640 Yards - Stress Value = 106

**Workout #13547 - Tuesday, 18 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
500	1 on 25:00 DS/Core
150	1 x 500 on 10:00 Underwater trn drill
750	10 x 15 on :45 Shooters
840	1 x 750 on 10:00 Kick as far as you can
	2x{ Alt 15 Tombstone Kick 15 underwa
	{2 x 30 on 1:00 Kick
	{2 x 30 on :55 Kick
	{2 x 30 on :50 Kick
	{2 x 30 on :45 Kick
	{2 x 30 on :40 Kick
	{2 x 30 on :35 Kick
	{2 x 30 on :30 Kick
1,100	1x{4 x 100 on 1:50 Pulls BTS
	{3 x 100 on 1:45 Pulls BTS
	{2 x 100 on 1:40 Pulls BTS
	{2 x 100 on 1:35 Pulls BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{1 x 200 on 3:40 Backstroke
	{8 x 25 on :35 Back 8KOW+1 100%
	{2 x 175 on 3:15 Backstroke
	{7 x 25 on :35 Back 9KOW+1 100%
	{2 x 150 on 2:45 Backstroke
	{6 x 25 on :35 Back 10KOW+1 100%
	{2 x 125 on 2:20 Backstroke
	{5 x 25 on :35 Back 11KOW+1 100%
	{3 x 100 on 1:50 Backstroke
200	1 x 200 on 3:00 Stroke Drills
9:31 AM	5,790 Yards - Stress Value = 94

**Workout #13546 - Tuesday, 18 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
550	1 on 25:00 DS/Core
150	1 x 550 on 10:00 Underwater trn drill
750	10 x 15 on :45 Shooters
840	1 x 750 on 10:00 Kick as far as you can
	2x{ Alt 15 Tombstone Kick 15 underwa
	{2 x 30 on 1:00 Kick
	{2 x 30 on :55 Kick
	{2 x 30 on :50 Kick
	{2 x 30 on :45 Kick
	{2 x 30 on :40 Kick
	{2 x 30 on :35 Kick
	{2 x 30 on :30 Kick
1,200	1x{5 x 100 on 1:40 Pulls BTS
	{4 x 100 on 1:35 Pulls BTS
	{2 x 100 on 1:30 Pulls BTS
	{1 x 100 on 1:25 Pulls BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{1 x 200 on 3:20 Backstroke
	{8 x 25 on :35 Back 8KOW+1 100%
	{2 x 175 on 2:55 Backstroke
	{7 x 25 on :35 Back 9KOW+1 100%
	{2 x 150 on 2:30 Backstroke
	{6 x 25 on :35 Back 10KOW+1 100%
	{4 x 125 on 2:05 Backstroke
	{5 x 25 on :35 Back 11KOW+1 100%
	{2 x 100 on 1:40 Backstroke
200	1 x 200 on 3:00 Stroke Drills
9:31 AM	6,090 Yards - Stress Value = 96

**Workout #13548 - Tuesday, 18 June 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description
5:00 PM	Start
600	1 on 10:00 Dynamic Stretch
150	1 x 600 on 10:00 Underwater trn drill
700	10 x 15 on :45 Shooters
	1x{1 x 50 on 1:00 Vertical Kick
	{1 x 50 on 1:00 Kick-100%
	{1 on :30 back into diving well
	{1 x 50 on 1:00 Vertical Kick
	{1 x 100 on 2:00 Kick-100%
	{1 on :30 back into diving well
	{1 x 50 on 1:00 Vertical Kick
	{1 x 150 on 3:00 Kick-100%
	{1 on :30 get back into diving well
	{1 x 50 on 1:00 Vertical Kick
	{1 x 200 on 4:00 Kick-100%
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
360	9 x 40 on 3:00 Running pit sprint +
	25 yd sprint no breath
400	8 x 50 on 1:00 Stroke Drills
6:30 PM	2,410 Yards - Stress Value = 51

**Workout #13549 - Tuesday, 18 June 2013**

**Group 2 - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,500	1x{4 x 25 on :45 Kick no board S	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{2 x 125 on 2:30 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	150
	{3 x 100 on 2:00 Kick	EN2	750
	{4 x 25 on :45 Kick no board S	EN2	150
	{4 x 75 on 1:30 Kick	EN2	50
	{4 x 25 on :45 Kick no board S	EN2	
1,200	1x{2 x 125 on 2:00 Pulls BTB	EN1	
	{2 x 125 on 2:00 Pulls BTS	EN1	
	{2 x 100 on 1:35 Pulls BTB	EN1	
	{2 x 100 on 1:35 Pulls BTS	EN1	
	{2 x 75 on 1:10 Pulls BTB	EN1	
	{2 x 75 on 1:10 Pulls BTS	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
1,000	5 x 200 on 4:00 Butterfly	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
50	1 x 50 on 5:00 Fly-OTB	EN2	
	1 on 7:00 Techniques-Starts		
7:30 PM	4,750 Yards - Stress Value = 69		

**Workout #13550 - Tuesday, 18 June 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,400	1x{4 x 25 on :45 Kick no board S	EN2	
	{1 x 150 on 3:15 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{2 x 125 on 2:45 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	150
	{3 x 100 on 2:10 Kick	EN2	625
	{4 x 25 on :45 Kick no board S	EN2	150
	{4 x 50 on 1:05 Kick	EN2	50
	{4 x 25 on :45 Kick no board S	EN2	
1,100	1x{2 x 125 on 2:10 Pulls BTB	EN1	
	{2 x 125 on 2:10 Pulls BTS	EN1	
	{2 x 100 on 1:40 Pulls BTB	EN1	
	{2 x 100 on 1:40 Pulls BTS	EN1	
	{2 x 50 on :50 Pulls BTB	EN1	
	{2 x 50 on :50 Pulls BTS	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
875	5 x 175 on 4:00 Butterfly	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
50	1 x 50 on 5:00 Fly-OTB	EN2	
	1 on 7:00 Techniques-Starts		
7:30 PM	4,425 Yards - Stress Value = 63		

**Workout #13551 - Tuesday, 18 June 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{4 x 25 on :45 Kick no board S	EN2	

{1 x 150 on 3:30 Kick	EN2		
{4 x 25 on :45 Kick no board S	EN2		
{2 x 125 on 3:00 Kick	EN2		
{4 x 25 on :45 Kick no board S	EN2		
{3 x 100 on 2:20 Kick	EN2		
{4 x 25 on :45 Kick no board S	EN2		
{4 x 50 on 1:10 Kick	EN2		
{2 x 25 on :45 Kick no board S	EN2		
1,000 1x{2 x 125 on 2:25 Pulls BTB	EN1		
{2 x 125 on 2:25 Pulls BTS	EN1		
{2 x 100 on 1:50 Pulls BTB	EN1		
{2 x 100 on 1:50 Pulls BTS	EN1		
{1 x 50 on :55 Pulls BTB	EN1		
{1 x 50 on :55 Pulls BTS	EN1		
150 6 x 25 on :45 Stroke Drills	REC		
750 5 x 150 on 4:00 Butterfly	EN2		
150 1 x 150 on 4:00 Stroke Drills	REC		
50 1 x 50 on 5:00 Fly-OTB	EN2		
1 on 7:00 Techniques-Starts			
7:30 PM	4,050 Yards - Stress Value = 57		

**Workout #13552 - Tuesday, 18 June 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{4 x 25 on :45 Kick no board S	EN2	
	{1 x 150 on 3:45 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{2 x 125 on 3:10 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{3 x 100 on 2:30 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{4 x 50 on 1:15 Kick	EN2	
850	1x{2 x 100 on 2:15 Pulls BTB	EN1	
	{2 x 100 on 2:15 Pulls BTS	EN1	
	{2 x 75 on 1:35 Pulls BTB	EN1	
	{2 x 75 on 1:35 Pulls BTS	EN1	
	{2 x 50 on 1:00 Pulls BTB	EN1	
	{1 x 50 on 1:00 Pulls BTS	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
625	5 x 125 on 4:00 Butterfly	EN2	
150	1 x 150 on 4:00 Stroke Drills	REC	
50	1 x 50 on 5:00 Fly-OTB	EN2	
	1 on 7:00 Techniques-Starts		
7:30 PM	3,675 Yards - Stress Value = 54		

**Workout #13553 - Tuesday, 18 June 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description EGY WC  
 =====  
 350 1 on 30:00 DS/Core/Tm Mtg  
 150 1 x 350 on 10:00 Underwater trn drill REC  
 1,050 10 x 15 on :45 Shooters SP3  
 1x{4 x 25 on 1:00 Kick no board S EN2  
 {1 x 150 on 4:15 Kick EN2  
 {4 x 25 on 1:00 Kick no board S EN2  
 {2 x 125 on 3:30 Kick EN2  
 {4 x 25 on 1:00 Kick no board S EN2  
 {3 x 100 on 2:45 Kick EN2  
 {2 x 25 on 1:00 Kick no board S EN2  
 700 1x{2 x 100 on 2:45 Pulls BTB EN1  
 {2 x 100 on 2:45 Pulls BTS EN1  
 {2 x 75 on 2:00 Pulls BTB EN1  
 {2 x 75 on 2:00 Pulls BTS EN1  
 150 6 x 25 on :45 Stroke Drills REC  
 625 5 x 125 on 4:00 Butterfly EN2  
 125 1 x 125 on 4:00 Stroke Drills REC  
 50 1 x 50 on 5:00 Fly-OTB EN2  
 1 on 7:00 Techniques-Starts  
 7:29 PM 3,200 Yards - Stress Value = 48

7:00 AM Start  
 Yards Set Description  
 =====  
 600 1 on 25:00 DS/Abs  
 150 1 x 600 on 10:00 Free L.25 of each 100 non f  
 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :30 Kick no board B 12+1  
 {1 x 50 on :55 Kick  
 {4 x 25 on :30 Kick no board S 12+1  
 {2 x 75 on 1:20 Kick  
 {4 x 25 on :30 Kick no board L 12+1  
 {3 x 100 on 1:40 Kick  
 {4 x 25 on :30 Kick no board R 12+1  
 {4 x 125 on 2:00 Kick  
 1,200 1x{3 x 75 on 1:05 Lungbuster pulls  
 { br 2-3-4  
 {3 x 75 on 1:05 Lungbuster pulls  
 { br.3-4-5  
 {3 x 75 on 1:05 Lungbuster pulls  
 { br 4-5-6  
 {3 x 75 on 1:05 Lungbuster pulls  
 { br 5-6-7  
 {2 x 75 on 1:05 Lungbuster pulls  
 { br 6-7-8  
 {2 x 75 on 1:05 Lungbuster pulls  
 { br 7-8-9  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

**Workout #13554 - Wednesday, 19 June 2013**

**Group 3 - Breast**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 600 1 on 25:00 DS/Abs  
 150 1 x 600 on 10:00 Free L.25 of each 100 non f  
 10 x 15 on :45 Shooters  
 1,500 1x{4 x 25 on :30 Kick no board B 12+1  
 {1 x 50 on :45 Kick  
 {4 x 25 on :30 Kick no board S 12+1  
 {2 x 75 on 1:05 Kick  
 {4 x 25 on :30 Kick no board L 12+1  
 {3 x 100 on 1:25 Kick  
 {4 x 25 on :30 Kick no board R 12+1  
 {4 x 125 on 1:45 Kick  
 {4 x 25 on :30 Kick no board BSLR 12+1  
 1,350 1x{3 x 75 on 1:00 Lungbuster pulls  
 { br 2-3-4  
 {3 x 75 on 1:00 Lungbuster pulls  
 { br.3-4-5  
 {3 x 75 on 1:00 Lungbuster pulls  
 { br 4-5-6  
 {3 x 75 on 1:00 Lungbuster pulls  
 { br 5-6-7  
 {3 x 75 on 1:00 Lungbuster pulls  
 { br 6-7-8  
 {3 x 75 on 1:00 Lungbuster pulls  
 { br 7-8-9  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,000 1x{4 x 125 on 1:50 Breast L.25 3X pullouts  
 {5 x 50 on :45 Breast 2k1p  
 {4 x 125 on 1:45 Breast L.25 3X pullouts  
 {5 x 50 on :50 Breast 3k1p  
 {4 x 125 on 1:40 Breast L.25 3X pullouts  
 {5 x 50 on :55 Breast 4k1p  
 {4 x 125 on 1:35 Breast L.25 3X pullouts  
 {5 x 50 on 1:00 Breast 5k1p  
 350 7 x 50 on 1:00 Stroke Drills  
 9:30 AM 7,150 Yards - Stress Value = 110

2,750 1x{4 x 125 on 2:00 Breast L.25 3X pullouts  
 {5 x 50 on :50 Breast 2k1p  
 {4 x 125 on 1:55 Breast L.25 3X pullouts  
 {5 x 50 on :55 Breast 3k1p  
 {4 x 125 on 1:50 Breast L.25 3X pullouts  
 {5 x 50 on 1:00 Breast 4k1p  
 {4 x 125 on 1:45 Breast L.25 3X pullouts  
 350 7 x 50 on 1:00 Stroke Drills  
 9:29 AM 6,650 Yards - Stress Value = 103

**Workout #13555 - Wednesday, 19 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

**Workout #13556 - Wednesday, 19 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,140 1x{4 x 25 on :35 Kick no board B 12+1  
 {1 x 50 on 1:00 Kick  
 {4 x 25 on :35 Kick no board S 12+1  
 {2 x 75 on 1:30 Kick  
 {4 x 25 on :35 Kick no board L 12+1  
 {3 x 100 on 2:00 Kick  
 {4 x 25 on :35 Kick no board R 12+1  
 {2 x 120 on 2:30 Kick  
 1,050 1x{3 x 75 on 1:15 Lungbuster pulls  
 { br 2-3-4  
 {3 x 75 on 1:15 Lungbuster pulls  
 { br.3-4-5  
 {3 x 75 on 1:15 Lungbuster pulls  
 { br 4-5-6  
 {3 x 75 on 1:15 Lungbuster pulls  
 { br 5-6-7  
 {1 x 75 on 1:15 Lungbuster pulls  
 { br 6-7-8  
 {1 x 75 on 1:15 Lungbuster pulls  
 { br 7-8-9  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,500 1x{4 x 125 on 2:15 Breast L.25 3X pullouts  
 {5 x 50 on :55 Breast 2k1p  
 {4 x 125 on 2:10 Breast L.25 3X pullouts  
 {5 x 50 on 1:00 Breast 3k1p  
 {4 x 125 on 2:05 Breast L.25 3X pullouts  
 {5 x 50 on 1:05 Breast 4k1p  
 {2 x 125 on 2:00 Breast L.25 3X pullouts  
 350 7 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,940 Yards - Stress Value = 91

**Workout #13557 - Wednesday, 19 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :45 Kick no board B 12+1  
 {1 x 50 on 1:15 Kick  
 {4 x 25 on :45 Kick no board S 12+1  
 {2 x 75 on 1:50 Kick  
 {4 x 25 on :45 Kick no board L 12+1  
 {3 x 100 on 2:25 Kick  
 {4 x 25 on :45 Kick no board R 12+1  
 975 1x{3 x 75 on 1:25 Lungbuster pulls  
 { br 2-3-4  
 {3 x 75 on 1:25 Lungbuster pulls  
 { br.3-4-5  
 {3 x 75 on 1:25 Lungbuster pulls  
 { br 4-5-6  
 {3 x 75 on 1:25 Lungbuster pulls  
 { br 5-6-7  
 {1 x 75 on 1:00 Lungbuster pulls  
 { br 7-8-9  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,950 1x{4 x 125 on 2:50 Breast L.25 3X pullouts  
 {3 x 50 on 1:10 Breast 2k1p  
 {4 x 125 on 2:45 Breast L.25 3X pullouts  
 {3 x 50 on 1:15 Breast 3k1p  
 {4 x 125 on 2:40 Breast L.25 3X pullouts

{3 x 50 on 1:20 Breast 4k1p  
 350 7 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,025 Yards - Stress Value = 75

**Workout #13558 - Thursday, 20 June 2013**

**Group 3 - Fly**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,700 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 100 on 1:15 Kick  
 {6 x 25 on :30 Kick no board BSLRBS  
 {2 x 100 on 1:20 Kick  
 {8 x 25 on :30 Kick no board BSLRX2  
 {3 x 100 on 1:30 Kick  
 {10 x 25 on :30 Kick no board BSLRX2BS  
 {4 x 100 on 1:35 Kick  
 1,500 10 x 150 on 2:00 Lungbuster pulls  
 Odds breathe 3-5-7, evens 4-6-8 by the 50  
 descend in 3's  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{1 x 250 on 3:45 Butterfly  
 {1 x 50 on :40 Freestyle  
 {2 x 200 on 2:55 Butterfly  
 {1 x 100 on 1:20 Freestyle  
 {3 x 150 on 2:05 Butterfly  
 {1 x 150 on 2:00 Freestyle  
 {4 x 100 on 1:20 Butterfly  
 250 5 x 50 on 1:00 Stroke Drills  
 9:15 AM 6,200 Yards - Stress Value = 105

**Workout #13559 - Thursday, 20 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,450 1x{4 x 25 on :35 Kick no board BSLR  
 {1 x 100 on 1:35 Kick  
 {6 x 25 on :35 Kick no board BSLRBS  
 {2 x 100 on 1:40 Kick  
 {8 x 25 on :35 Kick no board BSLRX2  
 {3 x 100 on 1:45 Kick  
 {8 x 25 on :35 Kick no board BSLRX2  
 {2 x 100 on 1:50 Kick  
 1,350 9 x 150 on 2:10 Lungbuster pulls  
 Odds breathe 3-5-7, evens 4-6-8 by the 50  
 descend in 3's  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 250 on 4:10 Butterfly  
 {1 x 50 on :45 Freestyle  
 {2 x 200 on 3:15 Butterfly  
 {1 x 100 on 1:30 Freestyle  
 {3 x 150 on 2:25 Butterfly  
 {1 x 150 on 2:15 Freestyle  
 {2 x 100 on 1:35 Butterfly  
 250 5 x 50 on 1:00 Stroke Drills  
 9:15 AM 5,600 Yards - Stress Value = 93

**Workout #13560 - Thursday, 20 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,250	1x{4 x 25 on :40 Kick no board BSLR {1 x 100 on 1:50 Kick {6 x 25 on :40 Kick no board BSLRBS {2 x 100 on 1:55 Kick {8 x 25 on :40 Kick no board BSLRX2 {3 x 100 on 2:00 Kick {4 x 25 on :40 Kick no board BSLRX2 {1 x 100 on 2:05 Kick
1,200	8 x 150 on 2:30 Lungbuster pulls Odds breathe 3-5-7, evens 4-6-8 by the 50 descend in 3's
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{1 x 250 on 4:35 Butterfly {1 x 50 on :50 Freestyle {2 x 200 on 3:35 Butterfly {1 x 100 on 1:40 Freestyle {3 x 150 on 2:40 Butterfly {1 x 150 on 2:30 Freestyle {1 x 50 on :50 Butterfly
250	5 x 50 on 1:00 Stroke Drills
	9:15 AM 5,050 Yards - Stress Value = 83

**Workout #13561 - Thursday, 20 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,150	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick {6 x 25 on :45 Kick no board BSLRBS {2 x 100 on 2:05 Kick {8 x 25 on :45 Kick no board BSLRX2 {2 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLRX2 {1 x 100 on 2:00 Kick
1,050	7 x 150 on 2:45 Lungbuster pulls Odds breathe 3-5-7, evens 4-6-8 by the 50 descend in 3's
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{1 x 250 on 5:15 Butterfly {1 x 50 on :55 Freestyle {2 x 200 on 4:10 Butterfly {1 x 100 on 1:50 Freestyle {3 x 150 on 3:05 Butterfly
250	5 x 50 on 1:00 Stroke Drills
	9:15 AM 4,550 Yards - Stress Value = 75

**Workout #13562 - Thursday, 20 June 2013**

**Group 3 - Fly**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball Abs/Shldrs
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters

1,800	1x{1 x 100 on 1:40 Kick #1 {1 x 100 on 1:50 Kick #2 {1 x 100 on 2:00 Kick #3 {2 x 100 on 1:40 Kick #1 {2 x 100 on 1:50 Kick #2 {2 x 100 on 2:00 Kick #3 {3 x 100 on 1:40 Kick #1 {3 x 100 on 1:50 Kick #2 {3 x 100 on 2:00 Kick #3
1,500	1x{1 x 200 on 2:40 Pulls BWFPF {2 x 175 on 2:20 Pulls BWKPF {3 x 150 on 2:00 Pulls BWHPF {4 x 125 on 1:40 Pulls BWSPF
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{1 x 250 on 3:40 Butterfly {1 x 50 on :40 Freestyle {2 x 200 on 2:50 Butterfly {1 x 100 on 1:20 Freestyle {3 x 150 on 2:05 Butterfly {1 x 150 on 2:00 Freestyle {4 x 100 on 1:20 Butterfly {1 x 200 on 2:40 Freestyle {5 x 50 on :35 Butterfly
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 6,800 Yards - Stress Value = 114

**Workout #13563 - Thursday, 20 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball Abs/Shldrs
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,600	1x{1 x 100 on 1:50 Kick #1 {1 x 100 on 2:00 Kick #2 {1 x 100 on 2:10 Kick #3 {2 x 100 on 1:50 Kick #1 {2 x 100 on 2:00 Kick #2 {2 x 100 on 2:10 Kick #3 {1 x 100 on 1:50 Kick #1 {3 x 100 on 2:00 Kick #2 {3 x 100 on 2:10 Kick #3
1,300	1x{1 x 200 on 2:55 Pulls BWFPF {2 x 175 on 2:30 Pulls BWKPF {3 x 150 on 2:10 Pulls BWHPF {4 x 75 on 1:10 Pulls BWSPF
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 250 on 4:00 Butterfly {1 x 50 on :45 Freestyle {2 x 200 on 3:10 Butterfly {1 x 100 on 1:30 Freestyle {3 x 150 on 2:20 Butterfly {1 x 150 on 2:15 Freestyle {4 x 100 on 1:30 Butterfly {1 x 100 on 1:30 Freestyle {2 x 50 on :40 Butterfly
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 6,150 Yards - Stress Value = 102

**Workout #13564 - Thursday, 20 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
550	1 on 30:00 DS/Physio Ball Abs/Shldrs
150	1 x 550 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
1,500	10 x 15 on :45 Shooters
1x	{1 x 50 on 1:00 Kick #1
	{1 x 100 on 2:10 Kick #2
	{1 x 100 on 2:20 Kick #3
	{2 x 50 on 1:00 Kick #1
	{2 x 100 on 2:10 Kick #2
	{2 x 100 on 2:20 Kick #3
	{3 x 50 on 1:00 Kick #1
	{3 x 100 on 2:10 Kick #2
	{3 x 100 on 2:20 Kick #3
1,250	1x{1 x 200 on 3:15 Pulls BWFPF
	{2 x 175 on 2:50 Pulls BWKPF
	{3 x 150 on 2:20 Pulls BWHPF
	{5 x 50 on :45 Pulls BWSPF
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,850	1x{1 x 250 on 4:20 Butterfly
	{1 x 50 on :50 Freestyle
	{2 x 200 on 3:25 Butterfly
	{1 x 100 on 1:40 Freestyle
	{3 x 150 on 2:30 Butterfly
	{1 x 150 on 2:30 Freestyle
	{3 x 100 on 1:35 Butterfly
	{1 x 50 on :50 Freestyle
	{2 x 50 on :45 Butterfly
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 5,800 Yards - Stress Value = 96

**Workout #13565 - Thursday, 20 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
500	1 on 30:00 DS/Physio Ball Abs/Shldrs
150	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
1,300	10 x 15 on :45 Shooters
1x	{1 x 50 on 1:10 Kick #1
	{1 x 100 on 2:30 Kick #2
	{1 x 100 on 2:40 Kick #3
	{2 x 50 on 1:10 Kick #1
	{2 x 100 on 2:30 Kick #2
	{2 x 100 on 2:40 Kick #3
	{3 x 50 on 1:10 Kick #1
	{2 x 100 on 2:30 Kick #2
	{2 x 100 on 2:40 Kick #3
1,050	1x{1 x 200 on 3:45 Pulls BWFPF
	{2 x 175 on 3:15 Pulls BWKPF
	{3 x 150 on 2:45 Pulls BWHPF
	{1 x 50 on :55 Pulls BWSPF
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 250 on 5:15 Butterfly
	{1 x 50 on :55 Freestyle
	{2 x 200 on 4:10 Butterfly
	{1 x 100 on 1:50 Freestyle
	{2 x 150 on 3:05 Butterfly
	{1 x 100 on 1:50 Freestyle
	{3 x 100 on 2:00 Butterfly
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 5,000 Yards - Stress Value = 82

**Workout #13566 - Thursday, 20 June 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description
5:00 PM	Start
400	1 on 10:00 Dynamic Stretch
150	1 x 400 on 7:00 Choice
1,000	10 x 15 on :45 Shooters
1,230	10 x 100 on 2:00 Challenge Kick Set w/fins
1x	{9 x 30 on 1:00 Freestyle
	{1 x 120 on 3:00 Freestyle (8 LAPS)
	{7 x 30 on 1:00 Freestyle
	{1 x 120 on 3:00 Freestyle
	{5 x 30 on 1:00 Freestyle
	{1 x 120 on 3:00 Freestyle
	{3 x 30 on 1:00 Freestyle
	{1 x 120 on 3:00 Freestyle
	{1 x 30 on 1:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 3,030 Yards - Stress Value = 101

**Workout #13567 - Thursday, 20 June 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description
5:00 PM	Start
500	1 on 35:00 DS/Physio Ball Abs & Shldr/TmMtg
	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
	1 on 15:00 Techniques-open turns on side wall (work on timing of pullout)
150	10 x 15 on :45 Shooters
150	6 x 25 on 1:00 Perfect Breaststroke
750	1x{1 x 250 on 10:00 Breast drill 2k1p
	{1 x 250 on 10:00 Breast drill-fly kick
	{1 x 250 on 10:00 Breast drill-4 sec glide
150	6 x 25 on 1:00 Pefect breaststroke
300	6 x 50 on 1:30 Breaststroke-descend to ludicr SPEED!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
	1 on 15:00 Techniques-Breast Starts
400	8 x 50 on 1:15 Stroke Drills
	25 breast drill 25 choice drill
	7:30 PM 2,400 Yards - Stress Value = 14

**Workout #13568 - Friday, 21 June 2013**

**Group 3 - IM'ers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Ted's Abs  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,800 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 250 on 3:45 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 225 on 3:20 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 200 on 2:55 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 175 on 2:30 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:05 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 125 on 1:40 Kick  
 {3 x 25 on :30 Kick no board BSC  
 1,000 1x{2 x 200 on 2:40 Pulls-nbbf&w + 2 yds  
 {2 x 200 on 2:35 Pulls-nbbf&w + 2 yds  
 {1 x 200 on 2:30 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,000 3 x 1000 on 15:00 Individual Medley  
 400 8 x 50 on 1:00 Stroke Drills  
 9:31 AM 7,150 Yards - Stress Value = 124

**Workout #13569 - Friday, 21 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Ted's Abs  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,500 1x{4 x 25 on :35 Kick no board BSLR  
 {1 x 250 on 4:35 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 225 on 4:00 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 200 on 3:30 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 175 on 3:00 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 150 on 2:30 Kick  
 900 1x{2 x 200 on 2:50 Pulls-nbbf&w + 2 yds  
 {2 x 200 on 2:45 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:20 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,700 1x{2 x 1000 on 16:40 Individual Medley  
 {1 x 700 on 11:40 Individual Medley  
 400 8 x 50 on 1:00 Stroke Drills  
 9:31 AM 6,450 Yards - Stress Value = 110

**Workout #13570 - Friday, 21 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Ted's Abs  
 550 1 x 550 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,300 1x{4 x 25 on :40 Kick no board BSLR  
 {1 x 250 on 5:15 Kick  
 {4 x 25 on :40 Kick no board BSLR

{1 x 225 on 4:35 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {1 x 200 on 4:00 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {1 x 175 on 3:25 Kick  
 {2 x 25 on :35 Kick no board BS  
 800 1x{2 x 200 on 3:10 Pulls-nbbf&w + 2 yds  
 {1 x 200 on 3:05 Pulls-nbbf&w + 2 yds  
 {1 x 200 on 3:00 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,400 1x{2 x 1000 on 18:20 Individual Medley  
 {1 x 400 on 7:20 Individual Medley  
 400 8 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,800 Yards - Stress Value = 98

**Workout #13571 - Thursday, 20 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Ted's Abs  
 500 1 x 500 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 250 on 5:40 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 225 on 5:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 200 on 4:20 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 125 on 2:35 Kick  
 750 1x{2 x 200 on 3:30 Pulls-nbbf&w + 2 yds  
 {1 x 200 on 3:25 Pulls-nbbf&w + 2 yds  
 {1 x 150 on 2:30 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,200 1x{2 x 1000 on 20:00 Individual Medley  
 {1 x 200 on 4:00 Individual Medley  
 400 8 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,400 Yards - Stress Value = 90

**Workout #13572 - Friday, 21 June 2013**

**Groups 2 & 3 combined workout - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Stretching  
 425 1 x 425 on 7:00 Odd 100's 6 strokes free  
 6 strokes back/even 100's 6 strokes breast  
 165 11 x 15 on :45 Cross pool sprints  
 800 16 x 50 on 2:00 Jump/VK/Sprint/Sculling Drill  
 1,000 2x{4 x 25 on :30 Choice-non free  
 {4 x 25 on :25 Choice non free  
 {4 x 25 on :20 Choice-non free  
 {1 x 100 on 2:00 Freestyle  
 {1 x 100 on 2:00 IM-for time  
 300 1 x 300 on 5:00 Stroke Drills  
 6:30 PM 2,690 Yards - Stress Value = 51

**Workout #13573 - Monday, 24 June 2013**

**Group 3 - Distance**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Physio Ball
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,650	10 x 15 on :45 Shooters
1,650	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{1 x 100 on 1:40 Kick
	{1 x 50 on :50 Kick
	{6 x 25 on :30 Kick no board BSLR
	{2 x 150 on 2:30 Kick
	{2 x 100 on 1:40 Kick
	{2 x 50 on :50 Kick
	{8 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{1 x 100 on 1:40 Kick
	{1 x 50 on :50 Kick
1,600	1x{1 x 100 on 1:10 Pulls
	{3 x 50 on 1:00 Pulls-no br L.12 yds
	{2 x 100 on 1:15 Pulls
	{3 x 50 on :55 Pulls-no br L.13 yds
	{3 x 100 on 1:20 Pulls
	{3 x 50 on :50 Pulls-no br L.14 yds
	{4 x 100 on 1:25 Pulls
	{3 x 50 on :45 Pulls-no br L.15 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{4 x 125 on 2:00 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:55 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:50 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	9:31 AM 6,700 Yards - Stress Value = 182

**Workout #13574 - Monday, 24 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Physio Ball
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,450	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 50 on :55 Kick
	{6 x 25 on :35 Kick no board BSLR
	{2 x 150 on 2:45 Kick
	{2 x 100 on 1:50 Kick
	{2 x 50 on :55 Kick
	{8 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:50 Kick
1,500	1x{1 x 100 on 1:20 Pulls
	{3 x 50 on 1:00 Pulls-no br L.12 yds
	{2 x 100 on 1:25 Pulls
	{3 x 50 on :55 Pulls-no br L.13 yds
	{3 x 100 on 1:30 Pulls
	{3 x 50 on :50 Pulls-no br L.14 yds
	{3 x 100 on 1:35 Pulls
	{3 x 50 on :45 Pulls-no br L.15 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{4 x 125 on 2:00 Freestyle
	{1 on 1:00 Rest
	{4 x 125 on 1:55 Freestyle
	{1 on 1:00 Rest

{4 x 125 on 1:50 Freestyle

{1 on 1:00 Rest

{4 x 125 on 1:45 Freestyle

500 10 x 50 on 1:00 Stroke Drills

9:31 AM 6,400 Yards - Stress Value = 177

**Workout #13575 - Monday, 24 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Physio Ball
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,300	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
	{6 x 25 on :40 Kick no board BSLR
	{2 x 150 on 3:00 Kick
	{2 x 100 on 2:00 Kick
	{2 x 50 on 1:00 Kick
	{6 x 25 on :40 Kick no board BSLR
1,400	1x{1 x 100 on 1:30 Pulls
	{3 x 50 on 1:00 Pulls-no br L.12 yds
	{2 x 100 on 1:35 Pulls
	{3 x 50 on :55 Pulls-no br L.13 yds
	{3 x 100 on 1:40 Pulls
	{3 x 50 on :50 Pulls-no br L.14 yds
	{3 x 100 on 1:45 Pulls
	{1 x 50 on :45 Pulls-no br L.15 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{4 x 100 on 2:00 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:55 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:50 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:45 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	9:31 AM 5,700 Yards - Stress Value = 148

**Workout #13576 - Monday, 24 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
550	1 on 25:00 DS/Physio Ball
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,100	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:45 Kick
	{1 x 100 on 2:30 Kick
	{1 x 50 on 1:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:30 Kick
	{2 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR
1,250	1x{1 x 100 on 1:45 Pulls
	{2 x 50 on 1:00 Pulls-no br L.12 yds
	{2 x 100 on 1:50 Pulls
	{2 x 50 on 1:00 Pulls-no br L.13 yds
	{3 x 100 on 1:55 Pulls
	{2 x 50 on 1:00 Pulls-no br L.14 yds
	{3 x 100 on 2:00 Pulls
	{1 x 50 on :50 Pulls-no br L.15 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{4 x 75 on 2:00 Freestyle
	{1 on 1:00 Rest
	{4 x 75 on 1:55 Freestyle
	{1 on 1:00 Rest
	{4 x 75 on 1:50 Freestyle
	{1 on 1:00 Rest
	{4 x 75 on 1:45 Freestyle
500	10 x 50 on 1:00 Stroke Drills
9:31 AM 4,950 Yards - Stress Value = 117	

**Workout #13577 - Monday, 24 June 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
400	1 on 10:00 Dynamic Stretch
150	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1 x 150 on 15:00 Freestyle-From a push for time
750	12 x 50 on 1:00 Kick-desend in 3's
500	10 x 75 on 2:00 Freestyle
	10 x 50 on 1:00 Stroke Drills
6:27 PM 2,550 Yards - Stress Value = 93	

**Workout #13578 - Monday, 24 June 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 DS/Physio Ball/Tm Mtg		L
500	1 x 500 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,400	1x{1 x 200 on 4:00 Kick no board	EN2	K
	{6 x 25 on :45 Sprint fly kick	EN2	K
	{1 x 200 on 4:00 Kick no board	EN2	K
	{6 x 25 on :45 Sprint back kick-nb	EN2	K
	{1 x 200 on 4:00 Kick no board	EN2	K
	{6 x 25 on :45 Sprint breast kick	EN2	K
	{1 x 200 on 4:00 Kick no board	EN2	K
	{6 x 25 on :45 Sprint free kick	EN2	K
1,000	1 x 1000 on 15:00 Pulls-nbbf&w	EN2	P
200	8 x 25 on :45 Stroke Drills	REC	D
2,000	10x{1 x 100 on 1:30 Individual Medley	EN2	S

{1 x 50 on :40 Freestyle	EN2	S
{1 x 50 on 1:00 Freestyle	REC	S
1 on 10:00 Game		D
7:29 PM 5,250 Yards - Stress Value = 84		

**Workout #13579 - Monday, 24 June 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 DS/Physio Ball/Tm Mtg		L
500	1 x 500 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,350	1x{1 x 200 on 4:20 Kick no board	EN2	K
	{6 x 25 on :45 Sprint fly kick	EN2	K
	{1 x 200 on 4:20 Kick no board	EN2	K
	{6 x 25 on :45 Sprint back kick-nb	EN2	K
	{1 x 200 on 4:20 Kick no board	EN2	K
	{6 x 25 on :45 Sprint breast kick	EN2	K
	{1 x 200 on 4:20 Kick no board	EN2	K
	{4 x 25 on :45 Sprint free kick	EN2	K
900	1 x 900 on 15:00 Pulls-nbbf&w	EN2	P
200	8 x 25 on :45 Stroke Drills	REC	D
1,800	9x{1 x 100 on 1:40 Individual Medley	EN2	S
	{1 x 50 on :45 Freestyle	EN2	S
	{1 x 50 on 1:00 Freestyle	REC	S
	1 on 10:00 Game		D
7:28 PM 4,900 Yards - Stress Value = 78			

**Workout #13580 - Monday, 24 June 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 DS/Physio Ball/Tm Mtg		L
450	1 x 450 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,250	1x{1 x 200 on 4:45 Kick no board	EN2	K
	{6 x 25 on :45 Sprint fly kick	EN2	K
	{1 x 200 on 4:45 Kick no board	EN2	K
	{6 x 25 on :45 Sprint back kick-nb	EN2	K
	{1 x 200 on 4:45 Kick no board BSLR	EN2	K
	{6 x 25 on :45 Sprint breast kick	EN2	K
	{1 x 100 on 2:20 Kick no board	EN2	K
	{4 x 25 on :45 Sprint free kick	EN2	K
800	1 x 800 on 15:00 Pulls-nbbf&w	EN2	P
200	8 x 25 on :45 Stroke Drills	REC	D
1,600	8x{1 x 100 on 1:55 Individual Medley	EN2	S
	{1 x 50 on :50 Freestyle	EN2	S
	{1 x 50 on 1:10 Freestyle	REC	S
	1 on 10:00 Game		D
7:29 PM 4,450 Yards - Stress Value = 71			

**Workout #13581 - Monday, 24 June 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:00 PM	Start		
400	1 on 30:00 DS/Physio Ball/Tm Mtg		L
150	1 x 400 on 10:00 Choice	REC	S
1,100	10 x 15 on :45 Shooters	SP3	S
	1x{1 x 200 on 5:15 Kick no board	EN2	K
	{4 x 25 on 1:00 Sprint fly kick	EN2	K
	{1 x 200 on 5:15 Kick no board	EN2	K
	{4 x 25 on 1:00 Sprint back kick-nb	EN2	K
	{1 x 200 on 5:15 Kick no board	EN2	K
	{4 x 25 on 1:00 Sprint breast kick	EN2	K
	{1 x 100 on 2:40 Kick no board	EN2	K
	{4 x 25 on :45 Sprint free kick	EN2	K
700	1 x 700 on 15:00 Pulls-nbbf&w	EN2	P
200	8 x 25 on :45 Stroke Drills	REC	D
1,400	7x{1 x 100 on 2:15 Individual Medley	EN2	S
	{1 x 50 on :55 Freestyle	EN2	S
	{1 x 50 on 1:20 Freestyle	REC	S
	1 on 10:00 Game		D
7:29 PM	3,950 Yards - Stress Value = 63		

**Workout #13582 - Monday, 24 June 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:00 PM	Start		
350	1 on 30:00 DS/Physio Ball/Tm Mtg		L
150	1 x 350 on 10:00 Choice	REC	S
1,000	10 x 15 on :45 Shooters	SP3	S
	1x{1 x 200 on 6:00 Kick no board	EN2	K
	{4 x 25 on 1:00 Sprint fly kick	EN2	K
	{1 x 200 on 6:00 Kick no board	EN2	K
	{4 x 25 on 1:00 Sprint back kick-nb	EN2	K
	{1 x 200 on 6:00 Kick no board	EN2	K
	{4 x 25 on 1:00 Sprint breast kick	EN2	K
	{1 x 100 on 3:00 Kick no board	EN2	K
600	1 x 600 on 15:00 Pulls-nbbf&w	EN2	P
200	8 x 25 on :45 Stroke Drills	REC	D
1,200	6x{1 x 100 on 3:00 Individual Medley	EN2	S
	{1 x 50 on 1:00 Freestyle	EN2	S
	{1 x 50 on 1:30 Freestyle	REC	S
	1 on 10:00 Game		D
7:30 PM	3,500 Yards - Stress Value = 56		

**Workout #13583 - Tuesday, 25 June 2013**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Core
150	1 x 600 on 10:00 Underwater trn drill
750	10 x 15 on :45 Shooters
980	1 x 750 on 10:00 Kick as far as you can in 1
	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 undwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
1,250	1x{2 x 200 on 2:35 Pulls BTB
	{3 x 150 on 1:55 Pulls BTB
	{4 x 100 on 1:15 Pulls BTB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

2,200	4x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:17 Backstroke
	{1 x 100 on 1:12 Backstroke
	{1 x 100 on 1:07 Backstroke
	{1 x 100 on 1:39 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
200	1 x 200 on 3:00 Stroke Drills
9:30 AM	6,330 Yards - Stress Value = 102

**Workout #13584 - Tuesday, 25 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Core
150	1 x 600 on 10:00 Underwater trn drill
750	10 x 15 on :45 Shooters
980	1 x 750 on 10:00 Kick as far as you can in 1
	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 undwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
1,150	1x{2 x 200 on 2:50 Pulls BTB
	{3 x 150 on 2:05 Pulls BTB
	{3 x 100 on 1:20 Pulls BTB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	4x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:27 Backstroke
	{1 x 100 on 1:22 Backstroke
	{1 x 100 on 1:17 Backstroke
	{1 x 50 on 1:09 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
200	1 x 200 on 3:00 Stroke Drills
9:30 AM	6,030 Yards - Stress Value = 100

**Workout #13585 - Tuesday, 25 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
550	1 on 25:00 DS/Core
150	1 x 550 on 10:00 Underwater trn drill
750	10 x 15 on :45 Shooters
980	1 x 750 on 10:00 Kick as far as you can in 1
	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 undwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
1,000	1x{2 x 200 on 3:10 Pulls BTB
	{3 x 150 on 2:20 Pulls BTB
	{2 x 75 on 1:10 Pulls BTB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	4x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 50 on :48 Backstroke
	{1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:27 Backstroke
	{1 x 50 on 1:20 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
200	1 x 200 on 3:00 Stroke Drills
9:30 AM	5,630 Yards - Stress Value = 95

**Workout #13586 - Tuesday, 25 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 750 1 x 750 on 10:00 Kick as far as you can in 1  
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30  
 {4 x 30 on 1:00 15 underwater 15 sprint free  
 {2 x 50 on 1:00 Vertical Kick 35/25  
 {4 x 30 on :55 15 undwater 15 sprint free  
 {3 x 50 on 1:00 Vertical Kick 40/20  
 {4 x 30 on :50 15 underwater 15 sprint free  
 {4 x 50 on 1:00 Vertical Kick 45/15  
 {4 x 30 on :45 15 underwater 15 sprint free  
 900 1x{1 x 200 on 3:40 Pulls BTB  
 {2 x 150 on 2:40 Pulls BTB  
 {4 x 100 on 1:45 Pulls BTB  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 4x{4 x 25 on :45 Bathtub Drill with fins  
 {1 x 100 on 2:00 Backstroke  
 {1 x 50 on :58 Backstroke  
 {1 x 50 on :55 Backstroke  
 {1 x 50 on 1:22 Freestyle  
 {1 x 50 on 2:00 Back-100%, min 8 KOW  
 200 1 x 200 on 3:00 Stroke Drills  
 9:30 AM 5,280 Yards - Stress Value = 89

**Workout #13587 - Wednesday, 26 June 2013**

**Group 3 - Fly**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 2,100 1x{3 x 125 on 2:00 Kick L.25 100%  
 {6 x 25 on :30 Kick no board B  
 {3 x 125 on 1:55 Kick L.25 100%  
 {6 x 25 on :30 Kick no board S  
 {3 x 125 on 1:50 Kick L.25 100%  
 {6 x 25 on :30 Kick no board L  
 {3 x 125 on 1:45 Kick L.25 100%  
 {6 x 25 on :30 Kick no board R  
 1,200 6 x 200 on 2:30 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,600 2x{5 x 75 on 1:05 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 {4 x 75 on 1:00 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 {3 x 75 on :55 Fly-25L25R25B  
 {4 x 25 on :30 Fly-5-7-9-11 KOW  
 {1 x 100 on 2:30 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 9:30 AM 7,050 Yards - Stress Value = 112

**Workout #13588 - Wednesday, 26 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters

1,950 1x{3 x 125 on 2:15 Kick L.25 100%  
 {6 x 25 on :30 Kick no board B  
 {3 x 125 on 2:10 Kick L.25 100%  
 {6 x 25 on :30 Kick no board S  
 {3 x 125 on 2:05 Kick L.25 100%  
 {4 x 25 on :30 Kick no board L  
 {3 x 100 on 1:40 Kick L.25 100%  
 {5 x 25 on :30 Kick no board R  
 1,050 6 x 175 on 2:30 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,450 2x{4 x 75 on 1:15 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 {4 x 75 on 1:10 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 {3 x 75 on 1:05 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5-7-9-11 KOW  
 {1 x 100 on 2:30 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 9:31 AM 6,600 Yards - Stress Value = 103

**Workout #13589 - Wednesday, 26 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,700 1x{3 x 125 on 2:30 Kick L.25 100%  
 {6 x 25 on :35 Kick no board B  
 {3 x 125 on 2:25 Kick L.25 100%  
 {6 x 25 on :35 Kick no board S  
 {3 x 100 on 1:55 Kick L.25 100%  
 {4 x 25 on :35 Kick no board L  
 {2 x 75 on 1:25 Kick L.25 100%  
 {4 x 25 on :35 Kick no board R  
 900 6 x 150 on 2:30 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,050 2x{4 x 75 on 1:25 Fly-25L25R25B  
 {4 x 25 on :35 Fly 5/7/9/11 KOW  
 {3 x 75 on 1:20 Fly-25L25R25B  
 {4 x 25 on :35 Fly 5/7/9/11 KOW  
 {2 x 75 on 1:15 Fly-25L25R25B  
 {2 x 25 on :35 Fly 9-11 KOW  
 {1 x 100 on 2:30 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 9:29 AM 5,750 Yards - Stress Value = 89

**Workout #13590 - Wednesday, 26 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,400 1x{3 x 100 on 2:35 Kick L.25 100%  
 {4 x 25 on :45 Kick no board B  
 {3 x 100 on 2:30 Kick L.25 100%  
 {4 x 25 on :45 Kick no board S  
 {3 x 100 on 1:55 Kick L.25 100%  
 {4 x 25 on :45 Kick no board L  
 {2 x 100 on 2:20 Kick L.25 100%  
 750 6 x 125 on 2:30 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 2x{3 x 75 on 1:45 Fly-25L25R25B  
 {4 x 25 on :45 Fly 5/7/9/11 KOW  
 {3 x 75 on 1:40 Fly-25L25R25B  
 {2 x 25 on :45 Fly 9/11 KOW  
 {2 x 75 on 1:35 Fly-25L25R25B  
 {2 x 25 on :45 Fly 9/11 KOW  
 {1 on 1:00 Rest  
 200 1 x 200 on 4:00 Stroke Drills  
 9:30 AM 4,850 Yards - Stress Value = 76

1 on 30:00 DS/Physio Ball Abs/Shldrs  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,750 1x{6 x 25 on :30 Sprint Kick #1  
 {1 x 150 on 3:15 Kick #3  
 {1 x 150 on 3:15 Kick #2  
 {6 x 25 on :30 Sprint Kick #1  
 {2 x 125 on 2:35 Kick #3  
 {2 x 125 on 2:35 Kick #2  
 {6 x 25 on :30 Sprint Kick #1  
 {3 x 100 on 2:00 Kick #3  
 {2 x 100 on 2:00 Kick #2  
 1,050 1x{4 x 75 on 1:35 Breast Pull  
 {4 x 75 on 1:30 Breast Pull  
 {4 x 75 on 1:25 Breast Pull  
 {2 x 75 on 1:20 Breast Pull  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{4 x 100 on 1:25 Breaststroke  
 {1 on 1:00 Rest  
 {4 x 100 on 1:30 Breaststroke  
 {1 on 1:00 Rest  
 {2 x 100 on 1:35 Breaststroke  
 {1 on 1:00 Rest  
 {4 x 100 on 1:30 Breaststroke  
 {1 on 1:00 Rest  
 {4 x 100 on 1:25 Breaststroke  
 200 1 x 200 on 3:00 Stroke Drills  
 9:31 AM 5,750 Yards - Stress Value = 100

**Workout #13593 - Thursday, 27 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,850 1x{6 x 25 on :30 Sprint Kick #1  
 {1 x 150 on 3:00 Kick #3  
 {1 x 150 on 3:00 Kick #2  
 {6 x 25 on :30 Sprint Kick #1  
 {2 x 125 on 2:25 Kick #3  
 {2 x 125 on 2:25 Kick #2  
 {6 x 25 on :30 Sprint Kick #1  
 {3 x 100 on 1:50 Kick #3  
 {3 x 100 on 1:50 Kick #2  
 1,200 1x{4 x 75 on 1:25 Breast Pull  
 {4 x 75 on 1:20 Breast Pull  
 {4 x 75 on 1:15 Breast Pull  
 {4 x 75 on 1:10 Breast Pull  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{4 x 100 on 1:15 Breaststroke  
 {1 on 1:00 Rest  
 {4 x 100 on 1:20 Breaststroke  
 {1 on 1:00 Rest  
 {4 x 100 on 1:25 Breaststroke  
 {1 on 1:00 Rest  
 {4 x 100 on 1:20 Breaststroke  
 {1 on 1:00 Rest  
 {4 x 100 on 1:15 Breaststroke  
 200 1 x 200 on 3:00 Stroke Drills  
 9:31 AM 6,200 Yards - Stress Value = 109

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,550 1x{4 x 25 on :35 Sprint Kick #1  
 {1 x 150 on 3:30 Kick #3  
 {1 x 150 on 3:30 Kick #2  
 {6 x 25 on :35 Sprint Kick #1  
 {2 x 125 on 2:50 Kick #3  
 {2 x 125 on 2:50 Kick #2  
 {6 x 25 on :35 Sprint Kick #1  
 {2 x 100 on 2:10 Kick #3  
 {2 x 75 on 1:35 Kick #2  
 900 1x{4 x 75 on 1:45 Breast Pull  
 {4 x 75 on 1:40 Breast Pull  
 {2 x 75 on 1:35 Breast Pull  
 {2 x 75 on 1:30 Breast Pull  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{4 x 100 on 1:40 Breaststroke  
 {1 on 1:00 Rest  
 {3 x 100 on 1:45 Breaststroke  
 {1 on 1:00 Rest  
 {2 x 100 on 1:50 Breaststroke  
 {1 on 1:00 Rest  
 {3 x 100 on 1:45 Breaststroke  
 {1 on 1:00 Rest  
 {4 x 100 on 1:40 Breaststroke  
 200 1 x 200 on 3:00 Stroke Drills  
 9:31 AM 5,150 Yards - Stress Value = 89

**Workout #13592 - Thursday, 27 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====

**Workout #13594 - Thursday, 27 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
500	1 on 30:00 DS/Physio Ball Abs/Shldrs
150	1 x 500 on 10:00 Underwater trn drill
1,350	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Sprint Kick #1
	{1 x 150 on 4:00 Kick #3
	{1 x 150 on 4:00 Kick #2
	{4 x 25 on :45 Sprint Kick #1
	{2 x 100 on 2:30 Kick #3
	{2 x 100 on 2:30 Kick #2
	{6 x 25 on :45 Sprint Kick #1
	{3 x 50 on 1:10 Kick #3
	{3 x 50 on 1:10 Kick #2
900	1x{4 x 75 on 1:50 Breast Pull
	{4 x 75 on 1:45 Breast Pull
	{4 x 75 on 1:40 Breast Pull
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{3 x 100 on 1:50 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:55 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 2:00 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:55 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:50 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	9:31 AM 4,700 Yards - Stress Value = 81

**Workout #13595 - Thursday, 27 June 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
750	1 on 12:00 Dynamic Stretch
	3x{1 x 150 on 2:30 2:00 swim/:30 to get to a wa
	{4 x 25 on :45 IM order-100% Effort
400	8 x 50 on 2:00 12.5 Tombstone kicking, 25
	sprint kick w/ super fast turn, 12.5 easy
150	6 x 25 on 1:30 Bacwards freestyle
1,300	2x{1 x 100 on 3:00 25 Kick 75 Free
	{1 x 100 on 3:00 25free 25 kick 50free
	{1 x 100 on 3:00 50free 25kick 25free
	{1 x 100 on 3:00 75free 25kick
	{1 x 250 on 4:30 Stroke Drills
	6:30 PM 2,600 Yards - Stress Value = 120

**Workout #13596 - Thursday, 27 June 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
500	1 on 30:00 DS/Shoulders/Tm Mtg
	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	1 on 15:00 Techniques-TN turn drills(back)
	10 x 15 on :45 Shooters
500	10 x 50 on 1:30 Mid pool backstroke swims
	Alt. varying number of kicks off each wall
	Concentratre on being EXPLOSIVE on breakout
150	6 x 25 on 1:00 Perfect Backstroke
750	1x{1 x 250 on 10:00 Back drill-double arm
	{1 x 250 on 10:00 Back drill-wave
	{1 x 250 on 10:00 Back drill-1 arm w/some cls

125	5 x 25 on 1:00 Pefect backstroke
	1 on 10:00 Back starts in diving well
400	4 x 100 on 1:45 Backstroke-descend to ludicr
	SPEED!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
300	6 x 50 on 1:15 Stroke drills
	25 back drill 25 choice drill
	7:30 PM 2,875 Yards - Stress Value = 21

**Workout #13597 - Friday, 28 June 2013**

**Group 3 - IM's**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 DS/Ted's Abs/Tm Mtg
150	1 x 600 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	The entire set is with fins
2,250	1x{4 x 25 on :30 Kick no board BSLR 10KOW
	{3 x 150 on 2:00 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 12 KOW
	{3 x 150 on 1:55 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 150 on 1:50 Kick with flippers
	{6 x 25 on :30 Kick no board BSLR 16KOW
	{3 x 150 on 1:45 Kick with flippers
1,200	1x{6 x 50 on :40 Pulls-nbbf&w + 2 yds
	{6 x 50 on :45 Pulls-nbbf&w + 4 yds
	{6 x 50 on :50 Pulls-nbbf&w + 6 yds
	{6 x 50 on :55 Pulls-nbbf&w + 8 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,400	12x{1 x 100 on 1:15 Individual Medley
	{1 x 50 on :35 Freestyle
	{1 x 50 on :45 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	9:30 AM 7,200 Yards - Stress Value = 101

**Workout #13598 - Friday, 28 June 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 DS/Teds Abs/Tm Mtg
150	1 x 600 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	The entire kick set is with fins
2,050	1x{4 x 25 on :30 Kick no board BSLR 10KOW
	{3 x 150 on 2:15 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 12 KOW
	{3 x 150 on 2:10 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 150 on 2:05 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 16KOW
	{3 x 100 on 1:20 Kick with flippers
1,050	1x{6 x 50 on :45 Pulls-nbbf&w + 2 yds
	{5 x 50 on :50 Pulls-nbbf&w + 4 yds
	{5 x 50 on :55 Pulls-nbbf&w + 6 yds
	{5 x 50 on 1:00 Pulls-nbbf&w + 8 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,200	11x{1 x 100 on 1:25 Individual Medley
	{1 x 50 on :40 Freestyle
	{1 x 50 on :50 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 6,550 Yards - Stress Value = 91

**Workout #13599 - Friday, 28 June 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 DS/Ted's Abs/Tm Mtg  
 150 1 x 550 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 The entire kick set is with fins  
 1,950 1x{4 x 25 on :30 Kick no board BSLR 10KOW  
 {3 x 150 on 2:25 Kick with flippers  
 {4 x 25 on :30 Kick no board BSLR 12 KOW  
 {3 x 150 on 2:20 Kick with flippers  
 {4 x 25 on :30 Kick no board BSLR 14 KOW  
 {3 x 150 on 2:15 Kick with flippers  
 {4 x 25 on :30 Kick no board BSLR 16KOW  
 {2 x 100 on 1:25 Kick with flippers  
 950 1x{4 x 50 on :50 Pulls-nbbf&w + 2 yds  
 {5 x 50 on :55 Pulls-nbbf&w + 4 yds  
 {5 x 50 on 1:00 Pulls-nbbf&w + 6 yds  
 {5 x 50 on 1:05 Pulls-nbbf&w + 8 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 10x{1 x 100 on 1:35 Individual Medley  
 {1 x 50 on :45 Freestyle  
 {1 x 50 on :55 Freestyle  
 300 6 x 50 on 1:00 Stroke Drills  
 9:30 AM 6,100 Yards - Stress Value = 85

**Workout #13600 - Friday, 28 June 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/Ted's Abs/Tm Mtg  
 150 1 x 500 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 The entire kick set is with fins  
 1,600 1x{4 x 25 on :40 Kick no board BSLR 10KOW  
 {3 x 100 on 1:50 Kick with flippers  
 {4 x 25 on :40 Kick no board BSLR 12 KOW  
 {3 x 100 on 1:45 Kick with flippers  
 {4 x 25 on :40 Kick no board BSLR 14 KOW  
 {3 x 100 on 1:40 Kick with flippers  
 {4 x 25 on :40 Kick no board BSLR 16KOW  
 {2 x 150 on 2:20 Kick with flippers  
 900 1x{4 x 50 on :55 Pulls-nbbf&w + 2 yds  
 {4 x 50 on 1:00 Pulls-nbbf&w + 4 yds  
 {5 x 50 on 1:05 Pulls-nbbf&w + 6 yds  
 {5 x 50 on 1:10 Pulls-nbbf&w + 8 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 8x{1 x 100 on 2:05 Individual Medley  
 {1 x 50 on :55 Freestyle  
 {1 x 50 on 1:10 Freestyle  
 250 5 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,200 Yards - Stress Value = 72

**Workout #13601 - Monday, 01 July 2013**

**Group 3 - Distance**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 600 1 on 25:00 DS/Physio Ball  
 150 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,900 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:30 Kick  
 {4 x 25 on :30 Kick no board BSLR

{2 x 150 on 2:25 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {3 x 150 on 2:20 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {4 x 150 on 2:15 Kick  
 1,900 1x{4 x 25 on :30 Pull 2 breaths each  
 {1 x 150 on 2:00 Pulls-no br L.12 yds  
 {4 x 25 on :30 Pull 2 breaths each  
 {2 x 150 on 1:55 Pulls-no br L.12 yds  
 {4 x 25 on :30 Pull 2 breaths each  
 {3 x 150 on 1:50 Pulls-no br L.12 yds  
 {4 x 25 on :30 Pull 2 breaths each  
 {4 x 150 on 1:45 Pulls-no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,200 1x{1 x 250 on 2:55 Freestyle  
 {6 x 50 on :45 Freestyle  
 {1 x 250 on 2:55 Freestyle  
 {6 x 50 on :50 Freestyle  
 {1 x 250 on 2:55 Freestyle  
 {6 x 50 on :55 Freestyle  
 {1 x 250 on 2:55 Freestyle  
 {6 x 50 on 1:00 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 9:30 AM 7,150 Yards - Stress Value = 172

**Workout #13602 - Monday, 01 July 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 600 1 on 25:00 DS/Physio Ball  
 150 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,750 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:45 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:40 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {3 x 150 on 2:35 Kick  
 {6 x 25 on :30 Kick no board BSLR  
 {4 x 100 on 1:40 Kick  
 1,700 1x{4 x 25 on :30 Pull 2 breaths each  
 {1 x 150 on 2:15 Pulls-no br L.12 yds  
 {4 x 25 on :30 Pull 2 breaths each  
 {2 x 150 on 2:10 Pulls-no br L.12 yds  
 {4 x 25 on :30 Pull 2 breaths each  
 {3 x 150 on 2:05 Pulls-no br L.12 yds  
 {4 x 25 on :30 Pull 2 breaths each  
 {4 x 100 on 1:20 Pulls-no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{1 x 250 on 3:20 Freestyle  
 {6 x 50 on :45 Freestyle  
 {1 x 250 on 3:20 Freestyle  
 {6 x 50 on :50 Freestyle  
 {1 x 250 on 3:20 Freestyle  
 {6 x 50 on :55 Freestyle  
 {1 x 250 on 3:20 Freestyle  
 {4 x 50 on 1:00 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 9:30 AM 6,700 Yards - Stress Value = 159

**Workout #13603 - Monday, 01 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Ball  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,500 1x{4 x 25 on :35 Kick no board BSLR  
 {1 x 150 on 3:10 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 150 on 3:05 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {3 x 150 on 3:00 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 100 on 1:55 Kick  
 1,500 1x{4 x 25 on :35 Pull 2 breaths each  
 {1 x 150 on 2:30 Pulls-no br L.12 yds  
 {4 x 25 on :35 Pull 2 breaths each  
 {2 x 150 on 2:25 Pulls-no br L.12 yds  
 {4 x 25 on :35 Pull 2 breaths each  
 {3 x 150 on 2:20 Pulls-no br L.12 yds  
 {4 x 25 on :35 Pull 2 breaths each  
 {2 x 100 on 1:30 Pulls-no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,950 1x{1 x 250 on 3:45 Freestyle  
 {5 x 50 on :50 Freestyle  
 {1 x 250 on 3:45 Freestyle  
 {5 x 50 on :55 Freestyle  
 {1 x 250 on 3:45 Freestyle  
 {5 x 50 on 1:00 Freestyle  
 {1 x 250 on 3:45 Freestyle  
 {4 x 50 on 1:05 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 9:31 AM 6,050 Yards - Stress Value = 141

**Workout #13604 - Monday, 01 July 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Ball  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,300 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 150 on 3:30 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 150 on 3:25 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {3 x 150 on 3:20 Kick  
 {2 x 25 on :45 Kick no board BS  
 {1 x 50 on 1:05 Kick  
 1,300 1x{4 x 25 on :40 Pull 2 breaths each  
 {1 x 150 on 2:50 Pulls-no br L.12 yds  
 {4 x 25 on :40 Pull 2 breaths each  
 {2 x 150 on 2:45 Pulls-no br L.12 yds  
 {4 x 25 on :40 Pull 2 breaths each  
 {3 x 150 on 2:40 Pulls-no br L.12 yds  
 {4 x 25 on :40 Pull 2 breaths each  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,750 1x{1 x 250 on 4:30 Freestyle  
 {5 x 50 on 1:00 Freestyle  
 {1 x 250 on 4:30 Freestyle  
 {5 x 50 on 1:05 Freestyle  
 {1 x 250 on 4:30 Freestyle  
 {5 x 50 on 1:10 Freestyle  
 {1 x 250 on 2:55 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 9:30 AM 5,400 Yards - Stress Value = 121

**Workout #13605 - Monday, 01 July 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Ball  
 400 1 x 400 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:45 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:40 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:35 Kick  
 650 1x{4 x 25 on :30 Pull 2 breaths each  
 {1 x 150 on 2:15 Pulls-no br L.12 yds  
 {4 x 25 on :30 Pull 2 breaths each  
 {2 x 150 on 2:10 Pulls-no br L.12 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,350 1x{1 x 250 on 3:20 Freestyle  
 {6 x 50 on :45 Freestyle  
 {1 x 250 on 3:20 Freestyle  
 {6 x 50 on :50 Freestyle  
 {1 x 250 on 3:20 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 8:43 AM 3,750 Yards - Stress Value = 85

**Workout #13606 - Monday, 01 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Ball  
 400 1 x 400 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 750 1x{4 x 25 on :35 Kick no board BSLR  
 {1 x 150 on 3:10 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 150 on 3:05 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 550 1x{4 x 25 on :35 Pull 2 breaths each  
 {1 x 150 on 2:30 Pulls-no br L.12 yds  
 {4 x 25 on :35 Pull 2 breaths each  
 {2 x 100 on 1:35 Pulls-no br L.12 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,250 1x{1 x 250 on 3:45 Freestyle  
 {5 x 50 on :50 Freestyle  
 {1 x 250 on 3:45 Freestyle  
 {5 x 50 on :55 Freestyle  
 {1 x 250 on 3:45 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 8:43 AM 3,400 Yards - Stress Value = 74

**Workout #13607 - Monday, 01 July 2013**

**Taper 1 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Physio Ball
150	1 x 400 on 10:00 Swim-kick-pull-swim
650	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:25 Kick
500	1x{4 x 25 on :40 Pull 2 breaths each
	{1 x 150 on 2:50 Pulls-no br L.12 yds
	{4 x 25 on :40 Pull 2 breaths each
	{2 x 75 on 1:20 Pulls-no br L.12 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{1 x 250 on 4:30 Freestyle
	{5 x 50 on 1:00 Freestyle
	{1 x 250 on 4:30 Freestyle
	{5 x 50 on 1:05 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	8:43 AM 3,000 Yards - Stress Value = 66

**Workout #13608 - Monday, 01 July 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
600	1 on 12:00 Dynamic Stretch
800	1 x 600 on 10:00 Choice
480	1 x 800 on 16:00 Social Kick-8X25 random spr kicks on your own
	6x{1 x 15 on :45 Pit Sprint/turn drill
	{ with explosive jump to bulkhead
	{1 x 25 on 1:00 10 yards under/15 yards
	{ super fast w/great breakouts & finish
	{1 x 25 on 1:00 Your best non free-1/2 drill
	{ 1/2 build great finish with explosive jump
	{1 x 15 on 1:00 Sculling drill
300	12 x 25 on :45 Variable Speed
100	1 x 100 on 4:00 Your best stroke OTB
500	10 x 50 on 1:00 Stroke Drills
	6:29 PM 2,780 Yards - Stress Value = 51

**Workout #13609 - Monday, 01 July 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
500	1 on 30:00 DS/Physio Ball/Tm Mtg
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,400	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board S
	{1 x 200 on 4:00 Kick alt 25 fly 25 choice
	{4 x 25 on :45 Kick no board S
	{2 x 150 on 2:50 Kick alt 25 fly 25 choice
	{4 x 25 on :45 Kick no board S
	{3 x 100 on 1:50 Kick alt 25 ly 25 choice
	{4 x 25 on :45 Kick no board S
	{4 x 50 on :50 Kick alt 25 fly 25 choice
1,000	1x{2 x 125 on 2:00 Pulls-no br L.12 yds
	{2 x 125 on 1:55 Pulls-no br L.12 yds
	{2 x 125 on 1:50 Pulls-no br L.12 yds
	{2 x 125 on 1:45 Pulls-no br L.12 yds
200	8 x 25 on :45 Fly Drills
2,350	1x{3 x 100 on 1:35 2 strokes fly off walls
	{2 x 100 on 1:30 2 strokes fly off walls

	{1 x 100 on 1:25 2 strokes fly off walls	EN
	{6 x 25 on :30 Fly lupdown+1	EN
	{1 x 50 on 1:00 Freestyle	RE
	{3 x 100 on 1:30 3 strokes fly off walls	EN
	{2 x 100 on 1:25 3 strokes fly off walls	EN
	{1 x 100 on 1:20 3 strokes fly off walls	EN
	{6 x 25 on :30 Fly lupdown+1	EN
	{1 x 50 on 1:00 Freestyle	RE
	{3 x 100 on 1:25 4 strokes fly off walls	EN
	{2 x 100 on 1:20 4 strokes fly off walls	EN
	{1 x 100 on 1:15 4 strokes fly off walls	EN
	{6 x 25 on :30 Fly lupdown+1	EN
300	6 x 50 on 1:00 Stroke Drills	RE
	7:29 PM 5,900 Yards - Stress Value = 96	

**Workout #13610 - Monday, 01 July 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EC
500	1 on 30:00 DS/Physio Ball/Tm Mtg	RE
150	1 x 500 on 10:00 Swim-kick-pull-swim	SE
1,300	10 x 15 on :45 Shooters	EN
	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 200 on 4:20 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{2 x 150 on 3:10 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{3 x 100 on 2:05 Kick alt 25 ly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{2 x 50 on 1:00 Kick alt 25 fly 25 choice	EN
900	1x{2 x 125 on 2:10 Pulls-no br L.12 yds	EN
	{2 x 125 on 2:05 Pulls-no br L.12 yds	EN
	{2 x 125 on 2:00 Pulls-no br L.12 yds	EN
	{2 x 75 on 1:10 Pulls-no br L.12 yds	EN
200	8 x 25 on :45 Fly Drills	RE
2,100	1x{3 x 100 on 1:45 2 strokes fly off walls	EN
	{2 x 100 on 1:40 2 strokes fly off walls	EN
	{1 x 100 on 1:35 2 strokes fly off walls	EN
	{4 x 25 on :35 Fly lupdown+1	EN
	{1 x 50 on 1:00 Freestyle	RE
	{3 x 100 on 1:40 3 strokes fly off walls	EN
	{2 x 100 on 1:35 3 strokes fly off walls	EN
	{1 x 100 on 1:30 3 strokes fly off walls	EN
	{4 x 25 on :35 Fly lupdown+1	EN
	{1 x 50 on 1:00 Freestyle	RE
	{2 x 100 on 1:35 4 strokes fly off walls	EN
	{2 x 100 on 1:30 4 strokes fly off walls	EN
	{1 x 100 on 1:25 4 strokes fly off walls	EN
	{4 x 25 on :35 Fly lupdown+1	EN
300	6 x 50 on 1:00 Stroke Drills	RE
	7:29 PM 5,450 Yards - Stress Value = 87	

**Workout #13611 - Monday, 01 July 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EC
5:00 PM Start		
=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg	
450	1 x 450 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SF
1,200	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 200 on 4:40 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{2 x 150 on 3:25 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{2 x 100 on 2:15 Kick alt 25 ly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{2 x 50 on 1:05 Kick alt 25 fly 25 choice	EN
800	1x{2 x 125 on 2:20 Pulls-no br L.12 yds	EN
	{2 x 125 on 2:15 Pulls-no br L.12 yds	EN
	{2 x 125 on 2:10 Pulls-no br L.12 yds	EN
	{1 x 50 on :50 Pulls-no br L.12 yds	EN
200	8 x 25 on :45 Fly Drills	RE
1,800	1x{3 x 100 on 2:00 2 strokes fly off walls	EN
	{2 x 100 on 1:55 2 strokes fly off walls	EN
	{1 x 100 on 1:50 2 strokes fly off walls	EN
	{4 x 25 on :40 Fly lupldown +1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{3 x 100 on 1:55 3 strokes fly off walls	EN
	{2 x 100 on 1:50 3 strokes fly off walls	EN
	{1 x 100 on 1:45 3 strokes fly off walls	EN
	{4 x 25 on :40 Fly lupldown+1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{1 x 100 on 1:50 4 strokes fly off walls	EN
	{1 x 100 on 1:45 4 strokes fly off walls	EN
	{4 x 25 on :35 Fly lupldown+1	EN
300	6 x 50 on 1:00 Stroke Drills	RE
	7:29 PM 4,900 Yards - Stress Value = 77	

**Workout #13612 - Monday, 01 July 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EC
5:00 PM Start		
=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SF
1,050	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 150 on 4:15 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{3 x 100 on 2:45 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{4 x 50 on 1:20 Kick alt 25 ly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
700	1x{2 x 100 on 2:15 Pulls-no br L.12 yds	EN
	{2 x 100 on 2:10 Pulls-no br L.12 yds	EN
	{2 x 100 on 2:05 Pulls-no br L.12 yds	EN
	{1 x 100 on 2:00 Pulls-no br L.12 yds	EN
200	8 x 25 on :45 Fly Drills	RE
1,600	1x{3 x 100 on 2:15 2 strokes fly off walls	EN
	{2 x 100 on 2:10 2 strokes fly off walls	EN
	{1 x 100 on 2:05 2 strokes fly off walls	EN
	{4 x 25 on :45 Fly lupldown +1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{3 x 100 on 2:10 3 strokes fly off walls	EN
	{2 x 100 on 2:05 3 strokes fly off walls	EN
	{1 x 100 on 2:00 3 strokes fly off walls	EN
	{4 x 25 on :45 Fly lupldown+1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{1 x 100 on 2:00 4 strokes fly off walls	EN
300	6 x 50 on 1:00 Stroke Drills	RE
	7:28 PM 4,400 Yards - Stress Value = 69	

**Workout #13613 - Monday, 01 July 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EC
5:00 PM Start		
=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SF
950	1x{4 x 25 on 1:00 Kick no board S	EN
	{1 x 150 on 4:30 Kick alt 25 fly 25 choice	EN
	{4 x 25 on 1:00 Kick no board S	EN
	{3 x 100 on 2:55 Kick alt 25 fly 25 choice	EN
	{4 x 25 on 1:00 Kick no board S	EN
	{4 x 50 on 1:25 Kick alt 25 ly 25 choice	EN
600	1x{2 x 100 on 2:30 Pulls-no br L.12 yds	EN
	{2 x 100 on 2:25 Pulls-no br L.12 yds	EN
200	8 x 25 on :45 Fly Drills	RE
1,350	1x{3 x 100 on 2:40 2 strokes fly off walls	EN
	{2 x 100 on 2:35 2 strokes fly off walls	EN
	{1 x 100 on 2:30 2 strokes fly off walls	EN
	{4 x 25 on :45 Fly lupldown +1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{3 x 100 on 2:35 3 strokes fly off walls	EN
	{1 x 100 on 2:30 3 strokes fly off walls	EN
	{1 x 100 on 2:25 3 strokes fly off walls	EN
	{4 x 25 on :45 Fly lupldown+1	EN
300	6 x 50 on 1:00 Stroke Drills	RE
	7:28 PM 3,950 Yards - Stress Value = 61	

**Workout #13614 - Monday, 01 July 2013**

**Group 2 Taper - Fly**

**1 minute rest between sets**

Yards	Set Description	EC
5:00 PM Start		
=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SF
700	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 200 on 4:00 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{2 x 150 on 2:50 Kick alt 25 fly 25 choice	EN
500	1x{1 x 125 on 2:00 Pulls-no br L.12 yds	EN
	{1 x 125 on 1:55 Pulls-no br L.12 yds	EN
	{1 x 125 on 1:50 Pulls-no br L.12 yds	EN
	{1 x 125 on 1:45 Pulls-no br L.12 yds	EN
100	4 x 25 on :45 Fly Drills	RE
1,400	1x{3 x 100 on 1:35 2 strokes fly off walls	EN
	{2 x 100 on 1:30 2 strokes fly off walls	EN
	{1 x 100 on 1:25 2 strokes fly off walls	EN
	{6 x 25 on :30 Fly lupldown +1	EN
	{1 x 50 on 1:00 Freestyle	RE
	{3 x 100 on 1:30 3 strokes fly off walls	EN
	{2 x 100 on 1:25 3 strokes fly off walls	EN
	{1 x 100 on 1:20 3 strokes fly off walls	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	6:46 PM 3,450 Yards - Stress Value = 54	

**Workout #13615 - Monday, 01 July 2013**

**Group 2 Taper - Gold**

**1 minute rest between sets**

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SE
600	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 200 on 4:20 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{1 x 150 on 3:10 Kick alt 25 fly 25 choice	EN
	{2 x 25 on 1:00 Kick no board S	EN
450	1x{1 x 125 on 2:10 Pulls-no br L.12 yds	EN
	{1 x 125 on 2:05 Pulls-no br L.12 yds	EN
	{1 x 125 on 2:00 Pulls-no br L.12 yds	EN
	{1 x 75 on 1:10 Pulls-no br L.12 yds	EN
100	4 x 25 on :45 Fly Drills	RE
1,250	1x{3 x 100 on 1:45 2 strokes fly off walls	EN
	{2 x 100 on 1:40 2 strokes fly off walls	EN
	{1 x 100 on 1:35 2 strokes fly off walls	EN
	{4 x 25 on :35 Fly lupldown +1	EN
	{1 x 50 on 1:00 Freestyle	RE
	{3 x 100 on 1:40 3 strokes fly off walls	EN
	{2 x 100 on 1:35 3 strokes fly off walls	EN
200	1 x 200 on 3:00 Stroke Drills	RE
6:46 PM	3,150 Yards - Stress Value = 49	

**Workout #13616 - Monday, 01 July 2013**

**Group 2 Taper - Silver**

**1 minute rest between sets**

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg	
350	1 x 350 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SE
600	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 200 on 4:40 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{1 x 150 on 3:25 Kick alt 25 fly 25 choice	EN
	{2 x 25 on :45 Kick no board S	EN
425	1x{1 x 125 on 2:20 Pulls-no br L.12 yds	EN
	{1 x 125 on 2:15 Pulls-no br L.12 yds	EN
	{1 x 125 on 2:10 Pulls-no br L.12 yds	EN
	{1 x 50 on :50 Pulls-no br L.12 yds	EN
100	4 x 25 on :45 Fly Drills	RE
1,050	1x{3 x 100 on 2:00 2 strokes fly off walls	EN
	{2 x 100 on 1:55 2 strokes fly off walls	EN
	{1 x 100 on 1:50 2 strokes fly off walls	EN
	{4 x 25 on :40 Fly lupldown +1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{2 x 100 on 1:55 3 strokes fly off walls	EN
	{1 x 100 on 1:50 3 strokes fly off walls	EN
200	1 x 200 on 3:00 Stroke Drills	RE
6:46 PM	2,875 Yards - Stress Value = 44	

**Workout #13617 - Tuesday, 02 July 2013**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description	EC
7:00 AM	Start	
=====	=====	==
	1 on 25:00 DS/Core	
600	1 x 600 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
800	1 x 800 on 10:00 Kick as far as you can	
600	1x{20 x 30 on 1:00 15y BSLR underwater	
	{ Vertical Kick (Fr) for 20 kIcks	
	{ 15y flutter Kick BSLR	
1,500	3 x 500 on 6:00 Pulls alt 100 BTS/BTB	

200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,750	1x{1 x 150 on 2:00 Backstroke	
	{1 x 125 on 2:00 Back R.10sec at 100	
	{ L.25 10 KOW-100% Effort EBO	
	{2 x 150 on 2:00 Backstroke	
	{2 x 125 on 2:00 Same as above	
	{3 x 150 on 2:00 Backstroke	
	{3 x 125 on 2:00 Same as above	
	{4 x 150 on 2:00 Backstroke	
	{4 x 125 on 2:00 Same as above	
250	1 x 250 on 4:00 Stroke Drills	
9:28 AM	6,850 Yards - Stress Value = 139	

**Workout #13618 - Tuesday, 02 July 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EC
7:00 AM	Start	
=====	=====	==
	1 on 25:00 DS/Core	
600	1 x 600 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
800	1 x 800 on 10:00 Kick as far as you can	
600	1x{20 x 30 on 1:00 15y BSLR underwater	
	{ Vertical Kick (Fr) for 20 kIcks	
	{ 15y flutter Kick BSLR	
1,350	3 x 450 on 6:00 Pulls alt 100 BTS/BTB	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,550	1x{1 x 150 on 2:15 Backstroke	
	{1 x 125 on 2:05 Back R.10sec at 100	
	{ L.25 10 KOW-100% Effort EBO	
	{2 x 150 on 2:15 Backstroke	
	{2 x 125 on 2:05 Same as above	
	{3 x 150 on 2:15 Backstroke	
	{3 x 125 on 2:05 Same as above	
	{4 x 150 on 2:15 Backstroke	
	{4 x 75 on 1:15 Same as above	
250	1 x 250 on 4:00 Stroke Drills	
9:28 AM	6,500 Yards - Stress Value = 132	

**Workout #13619 - Tuesday, 02 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EC
7:00 AM	Start	
=====	=====	==
	1 on 25:00 DS/Core	
550	1 x 550 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
800	1 x 800 on 10:00 Kick as far as you can	
600	1x{20 x 30 on 1:00 15y BSLR underwater	
	{ Vertical Kick (Fr) for 20 kIcks	
	{ 15y flutter Kick BSLR	
1,275	3 x 425 on 6:00 Pulls alt 100 BTS/BTB	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,350	1x{1 x 150 on 2:30 Backstroke	
	{1 x 125 on 2:15 Back R.10sec at 100	
	{ L.25 10 KOW-100% Effort EBO	
	{2 x 150 on 2:30 Backstroke	
	{2 x 125 on 2:15 Same as above	
	{3 x 150 on 2:30 Backstroke	
	{3 x 125 on 2:15 Same as above	
	{3 x 150 on 2:30 Backstroke	
	{2 x 125 on 2:15 Same as above	
250	1 x 250 on 4:00 Stroke Drills	
9:29 AM	6,175 Yards - Stress Value = 127	

**Workout #13620 - Tuesday, 02 July 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 800 1 x 800 on 10:00 Kick as far as you can  
 600 1x{20 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 1,050 3 x 350 on 6:00 Pulls alt 100 BTS/BTB  
 200 4x{1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{1 x 150 on 3:00 Backstroke  
 { 1 x 125 on 2:30 Back R.10sec at 100  
 { L.25 10 KOW-100% Effort EBO  
 { 2 x 150 on 3:00 Backstroke  
 { 2 x 125 on 2:30 Same as above  
 { 3 x 150 on 3:00 Backstroke  
 { 3 x 125 on 2:30 Same as above  
 { 1 x 150 on 3:00 Backstroke  
 { 2 x 100 on 2:00 Same as above  
 250 1 x 250 on 4:00 Stroke Drills  
 9:28 AM 5,550 Yards - Stress Value = 115

**Workout #13621 - Tuesday, 02 July 2013**

**Taper 1 - Back**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 400 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 1 x 400 on 5:00 Kick as far as you can  
 360 1x{12 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 600 3 x 200 on 2:25 Pulls alt 100 BTS/BTB  
 100 2x{1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{1 x 150 on 2:00 Backstroke  
 { 1 x 125 on 2:00 Back R.10sec at 100  
 { L.25 10 KOW-100% Effort EBO  
 { 2 x 150 on 2:00 Backstroke  
 { 2 x 125 on 2:00 Same as above  
 { 2 x 150 on 2:00 Backstroke  
 { 3 x 125 on 2:00 Same as above  
 200 1 x 200 on 4:00 Stroke Drills  
 8:44 AM 3,710 Yards - Stress Value = 81

**Workout #13622 - Tuesday, 02 July 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 400 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 1 x 400 on 5:00 Kick as far as you can  
 360 1x{12 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 525 3 x 175 on 2:20 Pulls alt 100 BTS/BTB  
 100 2x{1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,375 1x{1 x 150 on 2:15 Backstroke  
 { 1 x 125 on 2:05 Back R.10sec at 100

{ L.25 10 KOW-100% Effort EBO  
 { 2 x 150 on 2:15 Backstroke  
 { 2 x 125 on 2:05 Same as above  
 { 2 x 150 on 2:15 Backstroke  
 { 2 x 125 on 2:05 Same as above  
 200 1 x 200 on 4:00 Stroke Drills  
 8:43 AM 3,510 Yards - Stress Value = 76

**Workout #13623 - Tuesday, 02 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 400 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 1 x 400 on 5:00 Kick as far as you can  
 360 1x{12 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 525 3 x 175 on 2:30 Pulls alt 100 BTS/BTB  
 100 2x{1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,225 1x{1 x 150 on 2:30 Backstroke  
 { 1 x 125 on 2:15 Back R.10sec at 100  
 { L.25 10 KOW-100% Effort EBO  
 { 2 x 150 on 2:30 Backstroke  
 { 2 x 125 on 2:15 Same as above  
 { 1 x 150 on 2:30 Backstroke  
 { 2 x 125 on 2:15 Same as above  
 200 1 x 200 on 4:00 Stroke Drills  
 8:44 AM 3,360 Yards - Stress Value = 73

**Workout #13624 - Tuesday, 02 July 2013**

**Taper 1 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 400 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 400 1 x 400 on 5:00 Kick as far as you can  
 360 1x{12 x 30 on 1:00 15y BSLR underwater  
 { Vertical Kick (Fr) for 20 kIcks  
 { 15y flutter Kick BSLR  
 450 3 x 150 on 2:35 Pulls alt 100 BTS/BTB  
 100 2x{1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,100 1x{1 x 150 on 3:00 Backstroke  
 { 1 x 125 on 2:30 Back R.10sec at 100  
 { L.25 10 KOW-100% Effort EBO  
 { 2 x 150 on 3:00 Backstroke  
 { 2 x 125 on 2:30 Same as above  
 { 1 x 150 on 3:00 Backstroke  
 { 1 x 125 on 2:30 Same as above  
 250 1 x 250 on 4:00 Stroke Drills  
 8:44 AM 3,210 Yards - Stress Value = 69

**Workout #13625 - Tuesday, 02 July 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description	EC
	5:00 PM Start	
400	1 on 11:00 Dynamic Stretch	
150	1 x 400 on 7:00 Choice	
1,350	10 x 15 on :45 Shooters	
	3x{1 x 50 on 1:00 Kick Free-100%	
	{1 x 25 on :30 Free breathe on 3-100%	
	{1 x 25 on 1:30 Ez-Free	
	{1 x 75 on 1:30 Kick Free-100%	
	{1 x 25 on :30 Free breathe on 5-100%	
	{1 x 50 on 1:30 Ez-Free	
	{1 x 100 on 2:00 Kick-Free-100%	
	{1 x 25 on :30 Free breathe on 7-100%	
	{1 x 75 on 1:30 Ez-Free	
1,500	1x{1 x 100 on 1:30 14 strokes per length (spl)	
	{1 x 100 on 1:30 75-14 spl /25-12 spl	
	{1 x 100 on 1:30 50-14 spl/50-12 spl	
	{1 x 100 on 1:30 25-14 spl/ 75-12 spl	
	{1 x 100 on 1:30 12 strokes per length	
	{1 x 100 on 1:25 14 strokes per length (spl)	
	{1 x 100 on 1:25 75-14 spl /25-12 spl	
	{1 x 100 on 1:25 50-14 spl/50-12 spl	
	{1 x 100 on 1:25 25-14 spl/ 75-12 spl	
	{1 x 100 on 1:25 12 strokes per length	
	{1 x 100 on 1:20 14 strokes per length (spl)	
	{1 x 100 on 1:20 75-14 spl /25-12 spl	
	{1 x 100 on 1:20 50-14 spl/50-12 spl	
	{1 x 100 on 1:20 25-14 spl/ 75-12 spl	
	{1 x 100 on 1:20 12 strokes per length	
300	6 x 50 on 1:00 Stroke Drills	
	6:30 PM 3,700 Yards - Stress Value = 56	

**Workout #13627 - Tuesday, 02 July 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EC
	5:00 PM Start	
500	1 on 30:00 DS/Core/Tm Mtg	
150	1 x 500 on 10:00 Swim-kick-pull-swim	RF
1,300	10 x 15 on :45 Shooters	SF
	1x{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 1:55 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 100 on 2:00 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{3 x 100 on 2:05 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{3 x 100 on 2:10 Kick	EN
700	1x{4 x 50 on 1:45 Breast Pull	EN
	{4 x 25 on :30 Free 6BK	EN
	{3 x 50 on 1:45 Breast Pull	EN
	{4 x 25 on :30 Free 6BK	EN
	{2 x 50 on 1:45 Breast Pull	EN
	{2 x 25 on :30 Free 6BK	EN
200	8 x 25 on :45 Stroke Drill	RF
1,550	1x{2 x 125 on 2:35 Breast 2X pullouts L.wall	EN
	{2 x 125 on 2:30 Breast 2X pullouts L.wall	EN
	{2 x 125 on 2:25 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:00 Breast 2X pullouts L.wall	EN
	{2 x 100 on 1:55 Breast 2X pullouts L.wall	EN
	{2 x 100 on 1:50 Breast 2X pullouts L.wall	EN
	{2 x 50 on 1:00 Breast 2X pullouts L.wall	EN
	{2 x 50 on :55 Breast 2X pullouts L.wall	EN
250	1 x 250 on 5:00 Stroke Drills	RF
	7:28 PM 4,650 Yards - Stress Value = 77	

**Workout #13626 - Tuesday, 02 July 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EC
	5:00 PM Start	
500	1 on 30:00 DS/Core/Tm Mtg	
150	1 x 500 on 10:00 Swim-kick-pull-swim	RF
1,400	10 x 15 on :45 Shooters	SF
	1x{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 1:40 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 100 on 1:45 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{3 x 100 on 1:50 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{4 x 100 on 1:55 Kick	EN
800	1x{4 x 50 on 1:30 Breast Pull	EN
	{4 x 25 on :30 Free 6BK	EN
	{3 x 50 on 1:30 Breast Pull	EN
	{4 x 25 on :30 Free 6BK	EN
	{2 x 50 on 1:30 Breast Pull	EN
	{4 x 25 on :30 Free 6BK	EN
	{1 x 50 on 1:30 Breast Pull	EN
200	8 x 25 on :45 Stroke Drill	RF
1,800	1x{2 x 125 on 2:20 Breast 2X pullouts L.wall	EN
	{2 x 125 on 2:15 Breast 2X pullouts L.wall	EN
	{2 x 125 on 2:10 Breast 2X pullouts L.wall	EN
	{2 x 100 on 1:45 Breast 2X pullouts L.wall	EN
	{2 x 100 on 1:40 Breast 2X pullouts L.wall	EN
	{2 x 100 on 1:35 Breast 2X pullouts L.wall	EN
	{2 x 75 on 1:15 Breast 2X pullouts L.wall	EN
	{2 x 75 on 1:10 Breast 2X pullouts L.wall	EN
	{2 x 75 on 1:05 Breast 2X pullouts L.wall	EN
250	1 x 250 on 5:00 Stroke Drills	RF
	7:28 PM 5,100 Yards - Stress Value = 86	

**Workout #13628 - Tuesday, 02 July 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EC
	5:00 PM Start	
450	1 on 30:00 DS/Core/Tm Mtg	
150	1 x 450 on 10:00 Swim-kick-pull-swim	RF
1,150	10 x 15 on :45 Shooters	SF
	1x{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 2:15 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 100 on 2:20 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{3 x 100 on 2:25 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 75 on 2:00 Kick	EN
600	1x{4 x 50 on 2:00 Breast Pull	EN
	{4 x 25 on :40 Free 6BK	EN
	{3 x 50 on 2:00 Breast Pull	EN
	{4 x 25 on :40 Free 6BK	EN
	{1 x 50 on 1:30 Breast Pull	EN
200	8 x 25 on :45 Stroke Drill	RF
1,400	1x{2 x 125 on 2:50 Breast 2X pullouts L.wall	EN
	{2 x 125 on 2:45 Breast 2X pullouts L.wall	EN
	{2 x 125 on 2:40 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:15 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:10 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:05 Breast 2X pullouts L.wall	EN
	{1 x 50 on 1:00 Breast 2X pullouts L.wall	EN
250	1 x 250 on 5:00 Stroke Drills	RF
	7:28 PM 4,200 Yards - Stress Value = 69	

**Workout #13629 - Tuesday, 02 July 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SF
1,100	1x{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 2:30 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 100 on 2:35 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{3 x 100 on 2:40 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 2:45 Kick	EN
500	1x{4 x 50 on 2:15 Breast Pull	EN
	{4 x 25 on :40 Free 6BK	EN
	{3 x 50 on 2:15 Breast Pull	EN
	{2 x 25 on :40 Free 6BK	EN
200	8 x 25 on :45 Stroke Drill	RE
1,250	1x{2 x 125 on 3:10 Breast 2X pullouts L.wall	EN
	{2 x 125 on 3:05 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:30 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:25 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:20 Breast 2X pullouts L.wall	EN
	{2 x 75 on 1:45 Breast 2X pullouts L.wall	EN
250	1 x 250 on 5:00 Stroke Drills	RE
	7:27 PM 3,850 Yards - Stress Value = 63	

**Workout #13630 - Tuesday, 02 July 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 30:00 DS/Core/Tm Mtg	
350	1 x 350 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SF
900	1x{4 x 25 on 1:00 Kick no board BSLR	EN
	{1 x 100 on 2:50 Kick	EN
	{4 x 25 on 1:00 Kick no board BSLR	EN
	{2 x 100 on 2:55 Kick	EN
	{4 x 25 on 1:00 Kick no board BSLR	EN
	{3 x 100 on 3:00 Kick	EN
450	1x{4 x 50 on 2:45 Breast Pull	EN
	{4 x 25 on :45 Free 6BK	EN
	{2 x 50 on 2:40 Breast Pull	EN
	{2 x 25 on :45 Free 6BK	EN
200	8 x 25 on :45 Stroke Drill	RE
1,100	1x{2 x 125 on 3:45 Breast 2X pullouts L.wall	EN
	{2 x 125 on 3:40 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:55 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:50 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:45 Breast 2X pullouts L.wall	EN
250	1 x 250 on 5:00 Stroke Drills	RE
	7:28 PM 3,400 Yards - Stress Value = 55	

**Workout #13631 - Tuesday, 02 July 2013**

**Group 2 Taper - Breast**

**1 minute rest between sets**

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SF
700	1x{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 1:40 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 100 on 1:45 Kick	EN

	{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 1:50 Kick	EN
400	1x{2 x 50 on 1:30 Breast Pull	EN
	{4 x 25 on :30 Free 6BK	EN
	{2 x 50 on 1:30 Breast Pull	EN
	{4 x 25 on :30 Free 6BK	EN
100	4 x 25 on :45 Stroke Drill	RE
900	1x{1 x 125 on 2:20 Breast 2X pullouts L.wall	EN
	{1 x 125 on 2:15 Breast 2X pullouts L.wall	EN
	{1 x 125 on 2:10 Breast 2X pullouts L.wall	EN
	{1 x 100 on 1:45 Breast 2X pullouts L.wall	EN
	{1 x 100 on 1:40 Breast 2X pullouts L.wall	EN
	{1 x 100 on 1:35 Breast 2X pullouts L.wall	EN
	{1 x 75 on 1:15 Breast 2X pullouts L.wall	EN
	{1 x 75 on 1:10 Breast 2X pullouts L.wall	EN
	{1 x 75 on 1:05 Breast 2X pullouts L.wall	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	6:43 PM 2,850 Yards - Stress Value = 46	

**Workout #13632 - Tuesday, 02 July 2013**

**Group 2 Taper - Gold**

**1 minute rest between sets**

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SF
650	1x{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 1:55 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 100 on 2:00 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 50 on 1:05 Kick	EN
350	1x{2 x 50 on 1:45 Breast Pull	EN
	{4 x 25 on :30 Free 6BK	EN
	{2 x 50 on 1:45 Breast Pull	EN
	{2 x 25 on :30 Free 6BK	EN
100	4 x 25 on :45 Stroke Drill	RE
775	1x{1 x 125 on 2:35 Breast 2X pullouts L.wall	EN
	{1 x 125 on 2:30 Breast 2X pullouts L.wall	EN
	{1 x 125 on 2:25 Breast 2X pullouts L.wall	EN
	{1 x 100 on 2:00 Breast 2X pullouts L.wall	EN
	{1 x 100 on 1:55 Breast 2X pullouts L.wall	EN
	{1 x 100 on 1:50 Breast 2X pullouts L.wall	EN
	{1 x 50 on 1:00 Breast 2X pullouts L.wall	EN
	{1 x 50 on :55 Breast 2X pullouts L.wall	EN
250	1 x 250 on 5:00 Stroke Drills	RE
	6:44 PM 2,675 Yards - Stress Value = 40	

**Workout #13633 - Tuesday, 02 July 2013**

**Group 2 Taper - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Core/Tm Mtg	
350	1 x 350 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SF
600	1x{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 2:15 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 100 on 2:20 Kick	EN
	{4 x 25 on :45 Kick no board BSLR	EN
250	1x{3 x 50 on 2:00 Breast Pull	EN
	{2 x 25 on :40 Free 6BK	EN
	{1 x 50 on 2:00 Breast Pull	EN
100	4 x 25 on :45 Stroke Drills	RE
725	1x{1 x 125 on 2:50 Breast 2X pullouts L.wall	EN
	{1 x 125 on 2:45 Breast 2X pullouts L.wall	EN
	{1 x 125 on 2:40 Breast 2X pullouts L.wall	EN
	{1 x 100 on 2:15 Breast 2X pullouts L.wall	EN
	{1 x 100 on 2:10 Breast 2X pullouts L.wall	EN
	{1 x 100 on 2:05 Breast 2X pullouts L.wall	EN
	{1 x 50 on 1:00 Breast 2X pullouts L.wall	EN
250	1 x 250 on 5:00 Stroke Drills	RE
6:44	PM 2,425 Yards - Stress Value = 36	

600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,550	1x{4 x 25 on :45 Kick no board BSLR-16
	{3 x 100 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR-15
	{3 x 100 on 1:35 Kick
	{4 x 25 on :35 Kick no board BSLR-14
	{3 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board BSLR-13
	{2 x 75 on 1:20 Kick
	{4 x 25 on :25 Kick no board BSLR-12
100	1 x 100 on 2:00 Kick for time
900	9 x 100 on 1:50 50 breast pull 50 free swim
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{1 x 250 on 4:00 Breaststroke
	{2 x 25 on :30 Breast 2X pullouts
	{1 x 200 on 3:10 Breaststroke
	{4 x 25 on :30 Breast 2X pullouts
	{2 x 150 on 2:20 Breaststroke
	{6 x 25 on :30 Breast 2X pullouts
	{3 x 100 on 1:30 Breaststroke
	{8 x 25 on :30 Breast 2X pullouts
	{4 x 50 on :45 Breaststroke
	{6 x 25 on :30 Breast 2X pullouts
100	1 x 100 on 2:00 Stroke Drills
100	1 x 100 on 6:00 Breast OTB
200	1 x 200 on 3:00 Stroke Drills
9:30	AM 5,800 Yards - Stress Value = 100

**Workout #13634 - Wednesday, 03 July 2013**

**Group 3 - Breast**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,700	1x{4 x 25 on :45 Kick no board BSLR-16
	{3 x 100 on 1:15 Kick
	{4 x 25 on :40 Kick no board BSLR-15
	{3 x 100 on 1:20 Kick
	{4 x 25 on :35 Kick no board BSLR-14
	{3 x 100 on 1:25 Kick
	{4 x 25 on :30 Kick no board BSLR-13
	{3 x 100 on 1:30 Kick
	{4 x 25 on :25 Kick no board BSLR-12
100	1 x 100 on 2:00 Kick for time
1,000	10 x 100 on 1:40 50 breast pull 50 free swim
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 250 on 3:45 Breaststroke
	{2 x 25 on :30 Breast 2X Pullouts
	{1 x 200 on 2:55 Breaststroke
	{4 x 25 on :30 Breast 2X pullouts
	{2 x 150 on 2:05 Breaststroke
	{6 x 25 on :30 Breast 2X pullouts
	{3 x 100 on 1:20 Breaststroke
	{8 x 25 on :30 Breast 2X pullouts
	{4 x 50 on :40 Breaststroke
	{10 x 25 on :30 Breast 2X pullouts
100	1 x 100 on 2:00 Stroke Drills
100	1 x 100 on 6:00 Breast OTB
200	1 x 200 on 3:00 Stroke Drills
9:30	AM 6,150 Yards - Stress Value = 97

**Workout #13636 - Wednesday, 03 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :45 Kick no board BSLR-16
	{3 x 100 on 1:45 Kick
	{4 x 25 on :40 Kick no board BSLR-15
	{3 x 100 on 1:50 Kick
	{4 x 25 on :35 Kick no board BSLR-14
	{3 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR-13
	{1 x 100 on 2:00 Kick
100	1 x 100 on 2:00 Kick for time
800	8 x 100 on 2:00 50 breast pull 50 free swim
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 250 on 4:30 Breaststroke
	{2 x 25 on :35 Breast 2X pullouts
	{1 x 200 on 3:35 Breaststroke
	{4 x 25 on :35 Breast 2X pullouts
	{2 x 150 on 2:35 Breaststroke
	{6 x 25 on :35 Breast 2X pullouts
	{3 x 100 on 1:40 Breaststroke
	{8 x 25 on :35 Breast 2X pullouts
	{3 x 50 on :50 Breaststroke
100	1 x 100 on 2:00 Stroke Drills
100	1 x 100 on 6:00 Breast OTB
200	1 x 200 on 3:00 Stroke Drills
9:29	AM 5,300 Yards - Stress Value = 77

**Workout #13635 - Wednesday, 03 July 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs

**Workout #13637 - Wednesday, 03 July 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :45 Kick no board BSLR-16
	{3 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR-15
	{3 x 100 on 2:15 Kick
	{4 x 25 on :40 Kick no board BSLR-14
	{2 x 100 on 2:20 Kick
	{4 x 25 on :35 Kick no board BSLR-13
100	1 x 100 on 2:00 Kick for time
700	7 x 100 on 2:15 50 breast pull 50 free swim
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{1 x 250 on 5:15 Breaststroke
	{2 x 25 on :45 Breast 2X pullouts
	{1 x 200 on 4:10 Breaststroke
	{4 x 25 on :45 Breast 2X pullouts
	{2 x 150 on 3:05 Breaststroke
	{6 x 25 on :45 Breast 2X pullouts
	{3 x 100 on 2:00 Breaststroke
	{2 x 25 on :45 Breast 2X pullouts
100	1 x 100 on 2:00 Stroke Drills
100	1 x 100 on 6:00 Breast OTB
200	1 x 200 on 3:00 Stroke Drills
	9:29 AM 4,650 Yards - Stress Value = 84

	{4 x 25 on :40 Kick no board BSLR-15
	{2 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR-14
100	1 x 100 on 2:00 Kick for time
500	5 x 100 on 1:50 50 breast pull 50 free swim
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{1 x 150 on 2:20 Breaststroke
	{6 x 25 on :30 Breast 2X pullouts
	{2 x 100 on 1:30 Breaststroke
	{8 x 25 on :30 Breast 2X pullouts
	{4 x 50 on :45 Breaststroke
	{8 x 25 on :30 Breast 2X pullouts
100	1 x 100 on 2:00 Stroke Drills
100	1 x 100 on 6:00 Breast OTB
200	1 x 200 on 3:00 Stroke Drills
	8:52 AM 3,450 Yards - Stress Value = 54

**Workout #13640 - Wednesday, 03 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs
350	1 x 350 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :45 Kick no board BSLR-16
	{2 x 100 on 1:45 Kick
	{4 x 25 on :40 Kick no board BSLR-15
	{2 x 100 on 1:50 Kick
	{2 x 25 on :30 Kick no board BSLR
100	1 x 100 on 2:00 Kick for time
500	5 x 100 on 2:00 50 breast pull 50 free swim
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	1x{2 x 150 on 2:35 Breaststroke
	{6 x 25 on :35 Breast 2X pullouts
	{3 x 100 on 1:40 Breaststroke
	{8 x 25 on :35 Breast 2X pullouts
	{2 x 50 on :50 Breaststroke
100	1 x 100 on 2:00 Stroke Drills
100	1 x 100 on 6:00 Breast OTB
200	1 x 200 on 3:00 Stroke Drills
	8:52 AM 3,300 Yards - Stress Value = 44

**Workout #13638 - Wednesday, 03 July 2013**

**Taper 1 - Breast**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs
400	1 x 400 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :45 Kick no board BSLR-16
	{3 x 100 on 1:15 Kick
	{4 x 25 on :40 Kick no board BSLR-15
	{3 x 100 on 1:20 Kick
100	1 x 100 on 2:00 Kick for time
500	5 x 100 on 1:40 50 breast pull 50 free swim
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,150	1x{1 x 150 on 2:05 Breaststroke
	{6 x 25 on :30 Breast 2X pullouts
	{2 x 100 on 1:20 Breaststroke
	{8 x 25 on :30 Breast 2X pullouts
	{4 x 50 on :40 Breaststroke
	{10 x 25 on :30 Breast 2X pullouts
100	1 x 100 on 2:00 Stroke Drills
100	1 x 100 on 6:00 Breast OTB
200	1 x 200 on 3:00 Stroke Drills
	8:51 AM 3,600 Yards - Stress Value = 56

**Workout #13639 - Wednesday, 03 July 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs
400	1 x 400 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :45 Kick no board BSLR-16
	{2 x 100 on 1:30 Kick

**Workout #13641 - Thursday, 04 July 2013**

9:31 AM 6,350 Yards - Stress Value = 95

**Group 3 - Fly**

**1 minute rest between sets**

```

7:00 AM Start
Yards  Set Description
=====
600    1 on 30:00 DS/Physio Ball Abs/Shldrs
        1 x 600 on 10:00 Underwater trn drill
        Odd 100's free even 100's back
150    10 x 15 on :45 Shooters
2,000 1x{2 x 125 on 2:20 Kick #2
        {4 x 25 on :30 Kick #1-100%
        {2 x 125 on 2:20 Kick #3
        {4 x 25 on :30 Kick #1-100%
        {2 x 125 on 2:15 Kick #2
        {4 x 25 on :30 Kick #1-100%
        {2 x 125 on 2:15 Kick #3
        {4 x 25 on :30 Kick #1-100%
        {2 x 125 on 2:10 Kick #2
        {4 x 25 on :30 Kick #1-100%
        {2 x 125 on 2:10 Kick #3
800    16 x 50 on :40 Pulls Alt BO+ NB 3SOW
200    4x{1 x 25 on :50 Sculling drills
        {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,875 1x{4 x 100 on 1:25 Fly 2-3-4-5 SOW
        {4 x 100 on 1:20 Fly 2-3-4-5 SOW
        {4 x 100 on 1:15 Fly 2-3-4-5 SOW
        {4 x 100 on 1:10 Fly 2-3-4-5 SOW
        {1 x 200 on 3:00 Stroke Drills
        {3 x 75 on 1:00 Fly 3-4-5 SOW
        {3 x 75 on :55 Fly 3-4-5 SOW
        {3 x 75 on :50 Fly 3-4-5 SOW
        {1 x 200 on 3:00 Stroke Drills
        {2 x 50 on :40 Fly 4-5 SOW
        {2 x 50 on :35 Fly 4-5 SOW
250    1 x 250 on 4:00 Stroke Drills
9:30 AM 6,875 Yards - Stress Value = 104
    
```

**Workout #13642 - Thursday, 04 July 2013**

**Group 3 - Gold**

**1 minute rest between sets**

```

7:00 AM Start
Yards  Set Description
=====
600    1 on 30:00 DS/Physio Ball Abs/Shldrs
        1 x 600 on 10:00 Underwater trn drill
        Odd 100's free even 100's back
150    10 x 15 on :45 Shooters
1,850 1x{2 x 125 on 2:30 Kick #2
        {4 x 25 on :30 Kick #1-100%
        {2 x 125 on 2:30 Kick #3
        {4 x 25 on :30 Kick #1-100%
        {2 x 125 on 2:25 Kick #2
        {4 x 25 on :30 Kick #1-100%
        {2 x 125 on 2:25 Kick #3
        {4 x 25 on :30 Kick #1-100%
        {2 x 100 on 1:55 Kick #2
        {4 x 25 on :30 Kick #1-100%
        {2 x 75 on 1:25 Kick #3
700    14 x 50 on :45 Pulls Alt BO+ NB 3SOW
200    4x{1 x 25 on :50 Sculling drills
        {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,600 1x{4 x 100 on 1:35 Fly 2-3-4-5 SOW
        {4 x 100 on 1:30 Fly 2-3-4-5 SOW
        {3 x 100 on 1:25 Fly 2-3-4-5 SOW
        {3 x 100 on 1:20 Fly 2-3-4-5 SOW
        {1 x 200 on 3:00 Stroke Drills
        {3 x 75 on 1:10 Fly 3-4-5 SOW
        {3 x 75 on 1:05 Fly 3-4-5 SOW
        {2 x 75 on 1:00 Fly 3-4-5 SOW
        {1 x 200 on 3:00 Stroke Drills
        {2 x 50 on :45 Fly 4-5 SOW
        {2 x 50 on :40 Fly 4-5 SOW
250    1 x 250 on 4:00 Stroke Drills
    
```

**Workout #13643 - Thursday, 04 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

```

7:00 AM Start
Yards  Set Description
=====
550    1 on 30:00 DS/Physio Ball Abs/Shldrs
        1 x 550 on 10:00 Underwater trn drill
        Odd 100's free even 100's back
150    10 x 15 on :45 Shooters
1,700 1x{2 x 125 on 2:40 Kick #2
        {4 x 25 on :35 Kick #1-100%
        {2 x 125 on 2:40 Kick #3
        {4 x 25 on :35 Kick #1-100%
        {2 x 100 on 2:05 Kick #2
        {4 x 25 on :35 Kick #1-100%
        {2 x 100 on 2:05 Kick #3
        {4 x 25 on :35 Kick #1-100%
        {2 x 75 on 1:30 Kick #2
        {4 x 25 on :35 Kick #1-100%
        {2 x 75 on 1:30 Kick #3
650    13 x 50 on :50 Pulls Alt BO+ NB 3SOW
200    4x{1 x 25 on :50 Sculling drills
        {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200 1x{3 x 100 on 1:50 Fly 2-3-4-5 SOW
        {3 x 100 on 1:45 Fly 2-3-4-5 SOW
        {3 x 100 on 1:40 Fly 2-3-4-5 SOW
        {3 x 100 on 1:35 Fly 2-3-4-5 SOW
        {1 x 200 on 3:30 Stroke Drills
        {2 x 75 on 1:20 Fly 3-4-5 SOW
        {2 x 75 on 1:15 Fly 3-4-5 SOW
        {2 x 75 on 1:10 Fly 3-4-5 SOW
        {1 x 150 on 2:45 Stroke Drills
        {2 x 50 on :50 Fly 4-5 SOW
        {2 x 50 on :45 Fly 4-5 SOW
250    1 x 250 on 4:00 Stroke Drills
9:30 AM 5,700 Yards - Stress Value = 85
    
```

**Workout #13644 - Thursday, 04 July 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

```

7:00 AM Start
Yards  Set Description
=====
500    1 on 30:00 DS/Physio Ball Abs/Shldrs
      1 x 500 on 10:00 Underwater trn drill
      Odd 100's free even 100's back
150    10 x 15 on :45 Shooters
1,400 1x{2 x 100 on 2:40 Kick #2
      {4 x 25 on :40 Kick #1-100%
      {2 x 100 on 2:40 Kick #2
      {4 x 25 on :40 Kick #1-100%
      {2 x 75 on 2:00 Kick #2
      {4 x 25 on :40 Kick #1-100%
      {2 x 75 on 2:00 Kick #3
      {4 x 25 on :40 Kick #1-100%
      {2 x 50 on 1:15 Kick #2
      {4 x 25 on :40 Kick #1-100%
      {2 x 50 on 1:15 Kick #3
550    11 x 50 on 1:00 Pulls Alt BO+ NB 3SOW
200    4x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750 1x{2 x 100 on 2:15 Fly 2-3-4-5 SOW
      {2 x 100 on 2:10 Fly 2-3-4-5 SOW
      {2 x 100 on 2:05 Fly 2-3-4-5 SOW
      {2 x 100 on 2:00 Fly 2-3-4-5 SOW
      {1 x 150 on 3:30 Stroke Drills
      {2 x 75 on 1:40 Fly 3-4-5 SOW
      {2 x 75 on 1:35 Fly 3-4-5 SOW
      {2 x 75 on 1:30 Fly 3-4-5 SOW
      {1 x 150 on 3:30 Stroke Drills
      {2 x 50 on 1:05 Fly 4-5 SOW
      {2 x 50 on 1:00 Fly 4-5 SOW
250    1 x 250 on 4:00 Stroke Drills
9:30 AM 4,800 Yards - Stress Value = 71
    
```

**Workout #13646 - Thursday, 04 July 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

```

7:00 AM Start
Yards  Set Description
=====
400    1 on 30:00 DS/Physio Ball Abs/Shldrs
      1 x 400 on 10:00 Underwater trn drill
      Odd 100's free even 100's back
150    10 x 15 on :45 Shooters
950    1x{1 x 125 on 2:30 Kick #2
      {2 x 25 on :30 Kick #1-100%
      {1 x 125 on 2:30 Kick #3
      {2 x 25 on :30 Kick #1-100%
      {1 x 125 on 2:25 Kick #2
      {2 x 25 on :30 Kick #1-100%
      {1 x 125 on 2:25 Kick #3
      {2 x 25 on :30 Kick #1-100%
      {1 x 100 on 1:55 Kick #2
      {2 x 25 on :30 Kick #1-100%
      {1 x 100 on 1:55 Kick #3
350    7 x 50 on :45 Pulls Alt BO+ NB 3SOW
100    2x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400 1x{2 x 100 on 1:35 Fly 2-3-4-5 SOW
      {2 x 100 on 1:30 Fly 2-3-4-5 SOW
      {2 x 100 on 1:25 Fly 2-3-4-5 SOW
      {2 x 100 on 1:20 Fly 2-3-4-5 SOW
      {1 x 100 on 2:00 Stroke Drills
      {2 x 75 on 1:10 Fly 3-4-5 SOW
      {2 x 75 on 1:05 Fly 3-4-5 SOW
      {1 x 100 on 2:00 Stroke Drills
      {2 x 50 on :40 Fly 4-5 SOW
200    1 x 200 on 4:00 Stroke Drills
8:48 AM 3,550 Yards - Stress Value = 51
    
```

**Workout #13645 - Thursday, 04 July 2013**

**Taper 1 - Fly**

**1 minute rest between sets**

```

7:00 AM Start
Yards  Set Description
=====
400    1 on 30:00 DS/Physio Ball Abs/Shldrs
      1 x 400 on 10:00 Underwater trn drill
      Odd 100's free even 100's back
150    10 x 15 on :45 Shooters
1,000 1x{1 x 125 on 2:20 Kick #2
      {2 x 25 on :30 Kick #1-100%
      {1 x 125 on 2:20 Kick #3
      {2 x 25 on :30 Kick #1-100%
      {1 x 125 on 2:15 Kick #2
      {2 x 25 on :30 Kick #1-100%
      {1 x 125 on 2:15 Kick #3
      {2 x 25 on :30 Kick #1-100%
      {1 x 125 on 2:10 Kick #2
      {2 x 25 on :30 Kick #1-100%
      {1 x 125 on 2:10 Kick #3
400    8 x 50 on :40 Pulls Alt BO+ NB 3SOW
100    2x{1 x 25 on :50 Sculling drills
      {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,550 1x{2 x 100 on 1:25 Fly 2-3-4-5 SOW
      {2 x 100 on 1:20 Fly 2-3-4-5 SOW
      {2 x 100 on 1:15 Fly 2-3-4-5 SOW
      {2 x 100 on 1:10 Fly 2-3-4-5 SOW
      {1 x 100 on 2:00 Stroke Drills
      {2 x 75 on 1:00 Fly 3-4-5 SOW
      {2 x 75 on :55 Fly 3-4-5 SOW
      {2 x 75 on :50 Fly 3-4-5 SOW
      {1 x 100 on 2:00 Stroke Drills
      {2 x 50 on :40 Fly 4-5 SOW
200    1 x 200 on 3:00 Stroke Drills
8:47 AM 3,800 Yards - Stress Value = 54
    
```

**Workout #13647 - Thursday, 04 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
350	1 on 30:00 DS/Physio Ball Abs/Shldrs
150	1 x 350 on 10:00 Underwater trn drill
850	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1x{	1 x 125 on 2:40 Kick #2
	{ 2 x 25 on :35 Kick #1-100%
	{ 1 x 125 on 2:40 Kick #3
	{ 2 x 25 on :35 Kick #1-100%
	{ 1 x 100 on 2:05 Kick #2
	{ 2 x 25 on :35 Kick #1-100%
	{ 1 x 100 on 2:05 Kick #3
	{ 2 x 25 on :35 Kick #1-100%
	{ 1 x 75 on 1:30 Kick #2
	{ 2 x 25 on :35 Kick #1-100%
	{ 1 x 75 on 1:30 Kick #3
350	7 x 50 on :50 Pulls Alt BO+ NB 3SOW
100	2x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,225	1x{2 x 100 on 1:50 Fly 2-3-4-5 SOW
	{ 2 x 100 on 1:45 Fly 2-3-4-5 SOW
	{ 2 x 100 on 1:40 Fly 2-3-4-5 SOW
	{ 2 x 100 on 1:35 Fly 2-3-4-5 SOW
	{ 1 x 100 on 1:45 Stroke Drills
	{ 1 x 75 on 1:20 Fly 3-4-5 SOW
	{ 1 x 75 on 1:15 Fly 3-4-5 SOW
	{ 1 x 75 on 1:10 Fly 3-4-5 SOW
	{ 1 x 50 on 1:15 Stroke Drills
	{ 1 x 50 on :50 Fly 4-5 SOW
200	1 x 200 on 3:00 Stroke Drills
8:47 AM	3,225 Yards - Stress Value = 50

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Ted's Abs
150	1 x 600 on 10:00 Reverse IM drill
1,400	10 x 15 on :45 Shooters
1x{	4 x 25 on :35 Kick no board BSLR
	{ 6 x 50 on 1:05 Kick-descend in 3's
	{ 4 x 25 on :35 Kick no board BSLR
	{ 6 x 50 on 1:00 Kick-descend in 3's
	{ 4 x 25 on :35 Kick no board BSLR
	{ 6 x 50 on :55 Kick-descend in 3's
	{ 4 x 25 on :35 Kick no board BSLR
	{ 2 x 50 on :50 Kick-descend
1,050	1x{2 x 75 on 1:15 Pulls-nbbf&w + 2 yds
	{ 4 x 75 on 1:10 Pulls-nbbf&w + 2 yds
	{ 4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
	{ 4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	1x{4 x 100 on 1:25 Individual Medley
	{ 1 on 1:00 Rest
	{ 4 x 125 on 1:45 IM w/50 free
	{ 1 on 1:00 Rest
	{ 4 x 150 on 2:05 IM 25,25 50, 50
	{ 1 on 1:00 Rest
	{ 4 x 175 on 2:25 IM 25, 50, 50, 50
	{ 1 on 1:00 Rest
	{ 3 x 200 on 2:45 Individual Medley
350	7 x 50 on 1:00 Stroke Drills
9:30 AM	6,550 Yards - Stress Value = 110

**Workout #13650 - Friday, 05 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

**Workout #13648 - Friday, 05 July 2013**

**Group 3 - IM'ers**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Ted's Abs
150	1 x 600 on 10:00 Reverse IM drill
1,600	10 x 15 on :45 Shooters
1x{	4 x 25 on :30 Kick no board BSLR
	{ 6 x 50 on 1:00 Kick-descend in 3's
	{ 4 x 25 on :30 Kick no board BSLR
	{ 6 x 50 on 1:00 Kick-descend in 3's
	{ 4 x 25 on :30 Kick no board BSLR
	{ 6 x 50 on :55 Kick-descend in 3's
	{ 4 x 25 on :30 Kick no board BSLR
	{ 6 x 50 on :45 Kick-descend in 3's
1,200	1x{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
	{ 4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
	{ 4 x 75 on :55 Pulls-nbbf&w + 2 yds
	{ 4 x 75 on :50 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,000	1x{4 x 100 on 1:15 Individual Medley
	{ 1 on 1:00 Rest
	{ 4 x 125 on 1:30 IM w/50 free
	{ 1 on 1:00 Rest
	{ 4 x 150 on 1:50 IM 25,25 50, 50
	{ 1 on 1:00 Rest
	{ 4 x 175 on 2:10 IM 25, 50, 50, 50
	{ 1 on 1:00 Rest
	{ 4 x 200 on 2:30 Individual Medley
450	9 x 50 on 1:00 Stroke Drills
9:30 AM	7,200 Yards - Stress Value = 121

Yards	Set Description
7:00 AM	Start
550	1 on 25:00 DS/Ted's Abs
150	1 x 550 on 10:00 Reverse IM drill
1,300	10 x 15 on :45 Shooters
1x{	4 x 25 on :40 Kick no board BSLR
	{ 6 x 50 on 1:05 Kick-descend in 3's
	{ 4 x 25 on :40 Kick no board BSLR
	{ 6 x 50 on 1:00 Kick-descend in 3's
	{ 4 x 25 on :40 Kick no board BSLR
	{ 6 x 50 on :55 Kick-descend in 3's
	{ 4 x 25 on :40 Kick no board BSLR
1,000	1x{2 x 75 on 1:20 Pulls-nbbf&w + 2 yds
	{ 2 x 75 on 1:15 Pulls-nbbf&w + 2 yds
	{ 4 x 75 on 1:10 Pulls-nbbf&w + 2 yds
	{ 4 x 75 on 1:05 Pulls-nbbf&w + 2 yds
	{ 1 x 100 on 1:25 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,425	1x{4 x 100 on 1:40 Individual Medley
	{ 1 on 1:00 Rest
	{ 4 x 125 on 2:00 IM w/50 free
	{ 1 on 1:00 Rest
	{ 4 x 150 on 2:25 IM 25,25 50, 50
	{ 1 on 1:00 Rest
	{ 3 x 175 on 2:50 IM 25, 50, 50, 50
	{ 1 on 1:00 Rest
	{ 2 x 200 on 3:10 Individual Medley
300	6 x 50 on 1:00 Stroke Drills
9:30 AM	5,925 Yards - Stress Value = 99

**Workout #13649 - Friday, 05 July 2013**

**Workout #13651 - Friday, 05 July 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 500 1 on 25:00 DS/Ted's Abs  
 150 1 x 500 on 10:00 Reverse IM drill  
 1,100 10 x 15 on :45 Shooters  
 1x{4 x 25 on :45 Kick no board BSLR  
 {6 x 50 on 1:15 Kick-descend in 3's  
 {4 x 25 on :45 Kick no board BSLR  
 {6 x 50 on 1:10 Kick-descend in 3's  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 50 on 1:05 Kick-descend  
 {4 x 25 on :45 Kick no board BSLR  
 900 1x{2 x 75 on 1:25 Pulls-nbbf&w + 2 yds  
 {4 x 75 on 1:20 Pulls-nbbf&w + 2 yds  
 {4 x 75 on 1:15 Pulls-nbbf&w + 2 yds  
 {2 x 75 on 1:10 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,025 1x{4 x 100 on 2:00 Individual Medley  
 {1 on 1:00 Rest  
 {4 x 125 on 2:30 IM w/50 free  
 {1 on 1:00 Rest  
 {4 x 150 on 3:00 IM 25,25 50, 50  
 {1 on 1:00 Rest  
 {3 x 175 on 3:30 IM 25, 50, 50, 50  
 300 6 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,175 Yards - Stress Value = 87

**Workout #13652 - Friday, 05 July 2013**

**Group 3 - Taper 1**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description EGY WORK S  
 =====  
 1 on 10:00 Dynamic Stretch L I  
 400 1 x 400 on 7:00 Choice REC S C  
 150 10 x 15 on :45 Shooters SP3 S C  
 400 4 x 100 on 2:00 Kick EN2 K C  
 400 8 x 50 on 1:00 Down drill back build EN1 S C  
 Odds free evens non free  
 400 4 x 100 on 1:45 Free-descend EN2 S  
 300 12 x 25 on :40 Variable Speed EN1 S  
 50 2 x 25 on 2:00 OTB Walk Backs EN1 S C  
 250 1 x 250 on 4:00 Stroke Drills REC D  
 8:11 AM 2,350 Yards - Stress Value = 29

**Workout #13653 - Monday, 08 July 2013**

**Group 3 - Distance**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Ball  
 400 1 x 400 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 800 1x{4 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:20 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:15 Kick  
 750 1x{4 x 25 on :30 Pull 2 breaths each  
 {1 x 150 on 2:00 Pulls-no br L.12 yds  
 {4 x 25 on :30 Pull 2 breaths each  
 {2 x 150 on 1:55 Pulls-no br L.12 yds  
 {4 x 25 on :30 Pull 2 breaths each  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{1 x 200 on 2:30 Free Hold 2:10  
 {3 x 100 on 1:30 Free as fast as possible

{1 x 200 on 2:30 Free hold 210  
 {4 x 75 on 1:15 Free as fast as possible  
 {1 x 200 on 2:30 Free hold 210  
 {6 x 50 on :50 Free as fast as possible  
 200 1 x 200 on 4:00 Stroke Drills  
 8:44 AM 3,900 Yards - Stress Value = 100

**Workout #13654 - Monday, 08 July 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Ball  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,750 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:45 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:40 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {3 x 150 on 2:35 Kick  
 {6 x 25 on :30 Kick no board BSLR  
 {4 x 100 on 1:40 Kick  
 1,700 1x{4 x 25 on :30 Pull 2 breaths each  
 {1 x 150 on 2:15 Pulls-no br L.12 yds  
 {4 x 25 on :30 Pull 2 breaths each  
 {2 x 150 on 2:10 Pulls-no br L.12 yds  
 {4 x 25 on :30 Pull 2 breaths each  
 {3 x 150 on 2:05 Pulls-no br L.12 yds  
 {4 x 25 on :30 Pull 2 breaths each  
 {4 x 100 on 1:20 Pulls-no br L.12 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,850 1x{1 x 200 on 2:50 Free Hold 2:35  
 {3 x 100 on 1:40 Free as fast as possible  
 {1 x 200 on 2:50 Free hold 235  
 {4 x 75 on 1:20 Free as fast as possible  
 {1 x 200 on 2:50 Free hold 235  
 {6 x 50 on :55 Free as fast as possible  
 {1 x 200 on 2:50 Free hold 230  
 {6 x 25 on :30 Free as fast as possible  
 250 5 x 50 on 1:00 Stroke Drills  
 9:30 AM 6,500 Yards - Stress Value = 152

**Workout #13655 - Monday, 08 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
550	1 on 25:00 DS/Physio Ball
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,500	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 3:10 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 150 on 3:05 Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 150 on 3:00 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 1:55 Kick
1,500	1x{4 x 25 on :35 Pull 2 breaths each
	{1 x 150 on 2:30 Pulls-no br L.12 yds
	{4 x 25 on :35 Pull 2 breaths each
	{2 x 150 on 2:25 Pulls-no br L.12 yds
	{4 x 25 on :35 Pull 2 breaths each
	{3 x 150 on 2:20 Pulls-no br L.12 yds
	{4 x 25 on :35 Pull 2 breaths each
	{2 x 100 on 1:30 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 200 on 3:15 Free Hold 2:50
	{3 x 100 on 1:55 Free as fast as possible
	{1 x 200 on 3:15 Free hold 250
	{4 x 75 on 1:30 Free as fast as possible
	{1 x 200 on 3:15 Free hold 250
	{6 x 50 on 1:05 Free as fast as possible
	{1 x 200 on 3:15 Free hold 255
250	5 x 50 on 1:00 Stroke Drills
9:31 AM	5,850 Yards - Stress Value = 134

**Workout #13656 - Monday, 08 July 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
500	1 on 25:00 DS/Physio Ball
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,300	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:25 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 150 on 3:20 Kick
	{2 x 25 on :45 Kick no board BS
	{1 x 50 on 1:05 Kick
1,300	1x{4 x 25 on :40 Pull 2 breaths each
	{1 x 150 on 2:50 Pulls-no br L.12 yds
	{4 x 25 on :40 Pull 2 breaths each
	{2 x 150 on 2:45 Pulls-no br L.12 yds
	{4 x 25 on :40 Pull 2 breaths each
	{3 x 150 on 2:40 Pulls-no br L.12 yds
	{4 x 25 on :40 Pull 2 breaths each
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{1 x 200 on 3:45 Free Hold 3:20
	{3 x 100 on 2:15 Free as fast as possible
	{1 x 200 on 3:45 Free hold 320
	{4 x 75 on 1:45 Free as fast as possible
	{1 x 200 on 3:45 Free hold 320
	{5 x 50 on 1:15 Free as fast as possible
250	5 x 50 on 1:00 Stroke Drills
9:31 AM	5,150 Yards - Stress Value = 119

**Workout #13657 - Monday, 08 July 2013**

**Taper 1 - Distance**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
400	1 on 25:00 DS/Physio Ball
150	1 x 400 on 10:00 Swim-kick-pull-swim
800	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 150 on 2:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 150 on 2:15 Kick
750	1x{4 x 25 on :30 Pull 2 breaths each
	{1 x 150 on 2:00 Pulls-no br L.12 yds
	{4 x 25 on :30 Pull 2 breaths each
	{2 x 150 on 1:55 Pulls-no br L.12 yds
	{4 x 25 on :30 Pull 2 breaths each
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 200 on 2:30 Free Hold 2:10
	{3 x 100 on 1:30 Free as fast as possible
	{1 x 200 on 2:30 Free hold 210
	{4 x 75 on 1:15 Free as fast as possible
	{1 x 200 on 2:30 Free hold 210
	{6 x 50 on :50 Free as fast as possible
200	1 x 200 on 4:00 Stroke Drills
8:44 AM	3,900 Yards - Stress Value = 100

**Workout #13658 - Monday, 08 July 2013**

**Taper 2 - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
400	1 on 25:00 DS/Physio Ball
150	1 x 400 on 10:00 Swim-kick-pull-swim
750	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 150 on 2:35 Kick
	{6 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:40 Kick
700	1x{4 x 25 on :30 Pull 2 breaths each
	{1 x 150 on 2:15 Pulls-no br L.12 yds
	{4 x 25 on :30 Pull 2 breaths each
	{2 x 150 on 2:10 Pulls-no br L.12 yds
	{2 x 25 on :30 Pull 2 breaths each
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{1 x 200 on 2:50 Free Hold 2:35
	{3 x 100 on 1:40 Free as fast as possible
	{1 x 200 on 2:50 Free hold 235
	{4 x 75 on 1:20 Free as fast as possible
	{1 x 200 on 2:50 Free hold 235
	{3 x 50 on :55 Free as fast as possible
200	1 x 200 on 4:00 Stroke Drills
8:44 AM	3,650 Yards - Stress Value = 89

**Workout #13659 - Monday, 08 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
7:00 AM	Start		
=====	=====	===	==
	1 on 25:00 DS/Physio Ball		
350	1 x 350 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
650	1x{4 x 25 on :35 Kick no board BSLR		
	{2 x 150 on 3:00 Kick		
	{2 x 25 on :35 Kick no board BSLR		
	{2 x 100 on 1:55 Kick		
650	1x{4 x 25 on :35 Pull 2 breaths each		
	{1 x 150 on 2:30 Pulls-no br L.12 yds		
	{4 x 25 on :35 Pull 2 breaths each		
	{2 x 150 on 2:25 Pulls-no br L.12 yds		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,200	1x{1 x 200 on 3:15 Free Hold 2:50		
	{3 x 100 on 1:55 Free as fast as possible		
	{1 x 200 on 3:15 Free hold 250		
	{4 x 75 on 1:30 Free as fast as possible		
	{1 x 200 on 3:15 Free hold 250		
200	1 x 200 on 4:00 Stroke Drills		
8:44 AM	3,300 Yards - Stress Value = 77		

**Workout #13660 - Monday, 08 July 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	===	==
	1 on 10:00 Dynamic Stretch		
600	1 x 600 on 10:00 Reverse IM drill	REC	
180	12 x 15 on :45 Start/shooter/finish	SP3	
1,750	1x{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 100 on 2:00 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 125 on 2:30 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 150 on 3:00 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 175 on 3:30 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 200 on 4:00 Individual Medley	SP2	
400	1x{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
	{4 x 25 on :15 Freestyle	EN2	
100	1 x 100 on 3:00 Choice OTB for time	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:31 PM	3,230 Yards - Stress Value = 98		

**Workout #13661 - Monday, 08 July 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	===	==
	1 on 10:00 Dynamic Stretch		
600	1 x 600 on 10:00 Reverse IM drill	REC	
180	12 x 15 on :45 Start/shooter/finish	SP3	
1,750	1x{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 100 on 2:00 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 125 on 2:30 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 150 on 3:00 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 175 on 3:30 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	

	{1 x 200 on 4:00 Individual Medley	SP2	
400	1x{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
	{4 x 25 on :15 Freestyle	EN2	
100	1 x 100 on 3:00 Choice OTB for time	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:31 PM	3,230 Yards - Stress Value = 98		

**Workout #13662 - Monday, 08 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	===	==
	1 on 10:00 Dynamic Stretch		
550	1 x 550 on 10:00 Reverse IM drill	REC	
180	12 x 15 on :45 Start/shooter/finish	SP3	
1,600	1x{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 100 on 2:30 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 125 on 3:10 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 150 on 3:45 Individual Medley	SP2	
	{6 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 175 on 4:25 Individual Medley	SP2	
	{4 x 25 on :45 Stroke Drills 1 on each	REC	
	{1 x 200 on 5:00 Individual Medley	SP2	
350	1x{6 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
100	1 x 100 on 3:00 Choice OTB for time	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:31 PM	2,980 Yards - Stress Value = 97		

**Workout #13663 - Monday, 08 July 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	===	==
	1 on 10:00 Dynamic Stretch		
550	1 x 550 on 10:00 Reverse IM drill	REC	
180	12 x 15 on :45 Start/shooter/finish	SP3	
1,600	1x{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 100 on 2:30 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 125 on 3:10 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 150 on 3:45 Individual Medley	SP2	
	{6 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 175 on 4:25 Individual Medley	SP2	
	{4 x 25 on :45 Stroke Drills 1 on each	REC	
	{1 x 200 on 5:00 Individual Medley	SP2	
350	1x{6 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
100	1 x 100 on 3:00 Choice OTB for time	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:31 PM	2,980 Yards - Stress Value = 97		

**Workout #13664 - Monday, 08 July 2013**

**1 minute rest between sets**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:00 PM Start				Yards	Set Description	EGY	WOF
Yards	Set Description	EGY	WOF	=====	=====	====	====
	1 on 30:00 DS/Physio Balls/Tm Mtg			450	1 on 30:00 DS/Physio Balls/Tm Mtg		
	1 x 500 on 10:00 Swim-kick-pull-swim	REC		150	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
	10 x 15 on :45 Shooters	SP3		1,200	10 x 15 on :45 Shooters		SP3
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC		1,200	1x{4 x 25 on :45 Kick no board BSLR		EN2
150	10 x 15 on :45 Shooters	SP3			{1 x 100 on 2:10 Kick		EN2
1,400	1x{4 x 25 on :45 Kick no board BSLR	EN2			{4 x 25 on :45 Kick no board BSLR		EN2
	{1 x 100 on 1:40 Kick	EN2			{2 x 100 on 2:15 Kick		EN2
	{4 x 25 on :45 Kick no board BSLR	EN2			{4 x 25 on :45 Kick no board BSLR		EN2
	{2 x 100 on 1:45 Kick	EN2			{4 x 25 on :45 Kick no board BSLR		EN2
	{4 x 25 on :45 Kick no board BSLR	EN2			{3 x 100 on 2:20 Kick		EN2
	{3 x 100 on 1:50 Kick	EN2			{4 x 25 on :45 Kick no board BSLR		EN2
	{4 x 25 on :45 Kick no board BSLR	EN2			{2 x 100 on 2:25 Kick		EN2
	{4 x 100 on 1:55 Kick	EN2		800	1x{2 x 125 on 2:30 Pulls-no br L.12 yds		EN1
1,000	1x{2 x 125 on 2:05 Pulls-no br L.12 yds	EN1			{2 x 125 on 2:25 Pulls-no br L.12 yds		EN1
	{2 x 125 on 2:00 Pulls-no br L.12 yds	EN1			{2 x 125 on 2:20 Pulls-no br L.12 yds		EN2
	{2 x 125 on 1:55 Pulls-no br L.12 yds	EN2		150	{1 x 50 on :55 Pulls-no br L.12 yds		EN2
	{2 x 125 on 1:50 Pulls-no br L.12 yds	EN2		1,800	6 x 25 on :45 Free Stroke Drills		REC
150	6 x 25 on :45 Free Stroke Drills	REC		1,800	1x{6 x 100 on 1:45 Freestyle		EN2
2,100	1x{6 x 100 on 1:20 Freestyle	EN2			{1 on 1:00 Rest		
	{1 on 1:00 Rest				{5 x 100 on 1:45 Freestyle		EN2
	{5 x 100 on 1:20 Freestyle	EN2			{1 on 1:00 Rest		
	{1 on 1:00 Rest				{4 x 100 on 1:45 Freestyle		EN2
	{4 x 100 on 1:20 Freestyle	EN2			{1 on 1:00 Rest		
	{1 on 1:00 Rest			500	{3 x 100 on 1:45 Freestyle		EN2
	{3 x 100 on 1:20 Freestyle	EN2			10 x 50 on 1:00 Stroke Drills		REC
	{1 on 1:00 Rest				7:31 PM 5,050 Yards - Stress Value = 76		
	{2 x 100 on 1:20 Freestyle	EN2					
	{1 on 1:00 Rest						
500	10 x 50 on 1:00 Stroke Drills	REC					
	7:29 PM 5,800 Yards - Stress Value = 90						

**Workout #13667 - Monday, 08 July 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start				Yards	Set Description	EGY	WOF
Yards	Set Description	EGY	WOF	=====	=====	====	====
	1 on 30:00 DS/Physio Balls/Tm Mtg			400	1 on 30:00 DS/Physio Balls/Tm Mtg		
	1 x 400 on 10:00 Swim-kick-pull-swim	REC		150	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
	10 x 15 on :45 Shooters	SP3		950	10 x 15 on :45 Shooters		SP3
	1x{4 x 25 on 1:00 Kick no board BSLR	EN2		950	1x{4 x 25 on 1:00 Kick no board BSLR		EN2
	{1 x 100 on 2:40 Kick	EN2			{1 x 100 on 2:40 Kick		EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2			{4 x 25 on 1:00 Kick no board BSLR		EN2
	{2 x 100 on 2:45 Kick	EN2			{2 x 100 on 2:45 Kick		EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2			{4 x 25 on 1:00 Kick no board BSLR		EN2
	{3 x 100 on 2:50 Kick	EN2		700	1x{2 x 100 on 2:15 Pulls-no br L.12 yds		EN1
	{2 x 25 on 1:00 Kick no board BSLR	EN2			{2 x 100 on 2:10 Pulls-no br L.12 yds		EN1
					{2 x 100 on 2:10 Pulls-no br L.12 yds		EN2
				150	{1 x 100 on 2:05 Pulls-no br L.12 yds		EN2
				1,500	6 x 25 on :45 Free Stroke Drills		REC
				1,500	1x{5 x 100 on 2:00 Freestyle		EN2
					{1 on 1:00 Rest		
					{4 x 100 on 2:00 Freestyle		EN2
					{1 on 1:00 Rest		
900	1x{2 x 125 on 2:20 Pulls-no br L.12 yds	EN1			{3 x 100 on 2:00 Freestyle		EN2
	{2 x 125 on 2:15 Pulls-no br L.12 yds	EN1			{1 on 1:00 Rest		
	{2 x 125 on 2:10 Pulls-no br L.12 yds	EN2			{2 x 100 on 2:00 Freestyle		EN2
	{2 x 75 on 1:15 Pulls-no br L.12 yds	EN2			{1 on 1:00 Rest		
150	6 x 25 on :45 Free Stroke Drills	REC			{1 on 1:00 Rest		
2,000	1x{6 x 100 on 1:30 Freestyle	EN2			{1 x 100 on 2:00 Freestyle		EN2
	{1 on 1:00 Rest			500	10 x 50 on 1:00 Stroke Drills		REC
	{5 x 100 on 1:30 Freestyle	EN2			7:30 PM 4,350 Yards - Stress Value = 65		
	{1 on 1:00 Rest						
	{4 x 100 on 1:30 Freestyle	EN2					
	{1 on 1:00 Rest						
	{3 x 100 on 1:30 Freestyle	EN2					
	{1 on 1:00 Rest						
	{2 x 100 on 1:30 Freestyle	EN2					
500	10 x 50 on 1:00 Stroke Drills	REC					
	7:30 PM 5,450 Yards - Stress Value = 83						

**Workout #13666 - Monday, 08 July 2013**

**Group 2 - Silver**

**Workout #13668 - Monday, 08 July 2013**

**Group 2 Taper - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 1:50 Kick	EN2	
500	1x{1 x 125 on 2:05 Pulls-no br L.12 yds	EN1	
	{1 x 125 on 2:00 Pulls-no br L.12 yds	EN1	
	{1 x 125 on 1:55 Pulls-no br L.12 yds	EN2	
	{1 x 125 on 1:50 Pulls-no br L.12 yds	EN2	
150	6 x 25 on :45 Free Stroke Drills	REC	
1,000	1x{4 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 1:20 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
6:44 PM	3,100 Yards - Stress Value = 46		

**Workout #13669 - Monday, 08 July 2013**

**Group 2 Taper - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
450	1x{1 x 125 on 2:20 Pulls-no br L.12 yds	EN1	
	{1 x 125 on 2:15 Pulls-no br L.12 yds	EN1	
	{1 x 125 on 2:10 Pulls-no br L.12 yds	EN2	
	{1 x 75 on 1:15 Pulls-no br L.12 yds	EN2	
150	6 x 25 on :45 Free Stroke Drills	REC	
1,000	1x{5 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:30 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
6:50 PM	3,250 Yards - Stress Value = 44		

**Workout #13670 - Monday, 08 July 2013**

**Group 2 Taper - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
375	1x{1 x 125 on 2:30 Pulls-no br L.12 yds	EN1	

	{1 x 125 on 2:25 Pulls-no br L.12 yds	EN1	
	{1 x 125 on 2:20 Pulls-no br L.12 yds	EN2	
150	6 x 25 on :45 Free Stroke Drills	REC	
900	1x{4 x 100 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:45 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
6:45 PM	2,725 Yards - Stress Value = 40		

**Workout #13671 - Tuesday, 09 July 2013**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	1 x 750 on 10:00 Kick as far as you can
600	1x{20 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
1,500	1 x 1500 on 19:00 Pulls alt 100 br toward bleachers, 100 toward scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,600	1x{6 x 100 on 1:20 Backstroke
	{4 x 25 on :30 Back Drill
	{5 x 100 on 1:15 Backstroke
	{4 x 25 on :30 Back Drill
	{4 x 100 on 1:10 Backstroke
	{4 x 25 on :30 Back Drill
	{3 x 100 on 1:10 Backstroke
	{4 x 25 on :30 Back Drill
	{2 x 100 on 1:05 Backstroke
	{4 x 25 on :30 Back Drill
	{1 x 100 on 1:05 Backstroke
500	10 x 50 on 1:00 Stroke Drills
9:31 AM	6,900 Yards - Stress Value = 92

**Workout #13672 - Tuesday, 09 July 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	1 x 750 on 10:00 Kick as far as you can
600	1x{20 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
1,350	1 x 1350 on 19:00 Pulls alt 100 br toward bleachers, 100 toward scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{6 x 100 on 1:30 Backstroke
	{4 x 25 on :30 Back Drill
	{4 x 100 on 1:25 Backstroke
	{4 x 25 on :30 Back Drill
	{3 x 100 on 1:25 Backstroke
	{4 x 25 on :30 Back Drill
	{3 x 100 on 1:20 Backstroke
	{4 x 25 on :30 Back Drill
	{2 x 100 on 1:20 Backstroke
	{4 x 25 on :30 Back Drill
	{1 x 100 on 1:15 Backstroke
450	9 x 50 on 1:00 Stroke Drills
9:31 AM	6,500 Yards - Stress Value = 87

**Workout #13673 - Tuesday, 09 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	1 x 750 on 10:00 Kick as far as you can
600	1x{20 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
1,250	1 x 1250 on 19:00 Pulls alt 100 br toward bleachers, 100 toward scrbd
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{5 x 100 on 1:45 Backstroke { 4 x 25 on :35 Back Drill { 4 x 100 on 1:40 Backstroke { 4 x 25 on :35 Back Drill { 3 x 100 on 1:40 Backstroke { 4 x 25 on :35 Back Drill { 2 x 100 on 1:35 Backstroke { 4 x 25 on :35 Back Drill { 2 x 100 on 1:30 Backstroke { 4 x 25 on :35 Back Drill { 1 x 100 on 1:25 Backstroke
300	6 x 50 on 1:00 Stroke Drills
	9:31 AM 6,000 Yards - Stress Value = 81

**Workout #13674 - Tuesday, 09 July 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	1 x 750 on 10:00 Kick as far as you can
600	1x{20 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
1,100	1 x 1100 on 19:00 Pulls alt 100 br toward bleachers, 100 toward scrbd
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{5 x 100 on 2:05 Backstroke { 4 x 25 on :40 Back Drill { 4 x 100 on 2:00 Backstroke { 4 x 25 on :40 Back Drill { 3 x 100 on 1:55 Backstroke { 4 x 25 on :40 Back Drill { 2 x 100 on 1:50 Backstroke { 4 x 25 on :40 Back Drill { 1 x 100 on 1:45 Backstroke
250	5 x 50 on 1:00 Stroke Drills
	9:31 AM 5,450 Yards - Stress Value = 76

**Workout #13675 - Tuesday, 09 July 2013**

**Taper 1 - Back**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	1 x 750 on 10:00 Kick as far as you can
750	1 x 750 on 9:30 Pulls alt 100 br toward bleachers, 100 toward scrbd

100	2x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{5 x 100 on 1:15 Backstroke { 4 x 25 on :30 Back Drill { 4 x 100 on 1:10 Backstroke { 4 x 25 on :30 Back Drill { 2 x 100 on 1:05 Backstroke { 4 x 25 on :30 Back Drill { 1 x 100 on 1:05 Backstroke
200	1 x 200 on 4:00 Stroke Drills
	8:37 AM 3,850 Yards - Stress Value = 53

**Workout #13676 - Tuesday, 09 July 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	1 x 750 on 10:00 Kick as far as you can
675	1 x 675 on 9:30 Pulls alt 100 br toward bleachers, 100 toward scrbd
100	2x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{4 x 100 on 1:25 Backstroke { 4 x 25 on :30 Back Drill { 3 x 100 on 1:25 Backstroke { 4 x 25 on :30 Back Drill { 2 x 100 on 1:20 Backstroke { 4 x 25 on :30 Back Drill { 1 x 100 on 1:15 Backstroke
200	1 x 200 on 4:00 Stroke Drills
	8:36 AM 3,575 Yards - Stress Value = 48

**Workout #13677 - Tuesday, 09 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
350	1 x 350 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	1 x 750 on 10:00 Kick as far as you can
625	1 x 625 on 9:30 Pulls alt 100 br toward bleachers, 100 toward scrbd
100	2x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,150	1x{4 x 100 on 1:40 Backstroke { 4 x 25 on :35 Back Drill { 3 x 100 on 1:40 Backstroke { 4 x 25 on :35 Back Drill { 2 x 100 on 1:35 Backstroke { 2 x 25 on :35 Back Drill
200	1 x 200 on 4:00 Stroke Drills
	8:37 AM 3,325 Yards - Stress Value = 45

**Workout #13678 - Tuesday, 09 July 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

Yards	Set Description	EGY
5:00 PM Start		
625	1 on 10:00 Dynamic Stretch	
165	1 x 625 on 10:00 Choice	
800	11 x 15 on :45 Cross Pool Sprints	
150	1 x 800 on 16:00 Vertical Kicking w/WB	
1,800	3x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	1x{1 x 100 on 1:30 IM OTB	
	{4 x 25 on :30 Fly-100%	
	{1 x 250 on 5:00 Freestyle	
	{1 x 100 on 1:45 IM OTB	
	{4 x 25 on :30 Backstroke-100%	
	{1 x 250 on 5:00 Freestyle	
	{1 x 100 on 2:00 IM OTB	
	{4 x 25 on :30 Breaststroke-100%	
	{1 x 250 on 5:00 Stroke Drills	
	{1 x 100 on 2:15 Individual Medley	
	{4 x 25 on :30 Freestyle	
	{1 x 250 on 5:00 Stroke Drills	
6:30 PM	3,540 Yards - Stress Value = 67	

	{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:20 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:05 Kick streamline on back	EN2
	{2 x 25 on :45 Kick no board B	EN2
800	1x{2 x 100 on 1:45 Pulls	EN1
	{2 x 100 on 1:40 Pulls	EN1
	{2 x 100 on 1:35 Pulls	EN1
	{2 x 100 on 1:30 Pulls	EN1
	Odds BTB, evens BTS	
200	8 x 25 on :45 Backstroke Drills	REC
2,175	1x{5 x 125 on 2:15 Backstroke	EN2
	{1 x 50 on 1:00 Back 3+1	EN2
	{4 x 125 on 2:10 Backstroke	EN2
	{2 x 50 on 1:00 Back 4+1	EN2
	{3 x 125 on 2:05 Backstroke	EN2
	{3 x 50 on 1:00 Back 5+1	EN2
	{1 x 125 on 2:00 Backstroke	EN2
	{5 x 50 on 1:00 Back 6+1	EN2
225	1 x 225 on 5:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
7:30 PM	4,900 Yards - Stress Value = 74	

**Workout #13681 - Tuesday, 09 July 2013**

**Group 2 - Silver**

**1 minute rest between sets**

**Workout #13679 - Tuesday, 09 July 2013**

**Group 2 - Back**

**1 minute rest between sets**

Yards	Set Description	EGY
5:00 PM Start		
500	1 on 30:00 DS/Core/Tm Mtg	
150	1 x 500 on 10:00 Underwater trn drill	REC
900	10 x 15 on :45 Shooters	SP3
	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:00 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:00 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:00 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
800	1x{2 x 100 on 1:40 Pulls	EN1
	{2 x 100 on 1:35 Pulls	EN1
	{2 x 100 on 1:30 Pulls	EN1
	{2 x 100 on 1:25 Pulls	EN1
	Odds BTB, evens BTS	
200	8 x 25 on :45 Backstroke Drills	REC
2,375	1x{5 x 125 on 2:05 Backstroke	EN2
	{1 x 50 on 1:00 Back 3+1	EN2
	{4 x 125 on 2:00 Backstroke	EN2
	{2 x 50 on 1:00 Back 4+1	EN2
	{3 x 125 on 1:55 Backstroke	EN2
	{3 x 50 on 1:00 Back 5+1	EN2
	{2 x 125 on 1:50 Backstroke	EN2
	{4 x 50 on 1:00 Back 6+1	EN2
	{1 x 125 on 1:45 Backstroke	EN2
275	1 x 275 on 5:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
7:30 PM	5,200 Yards - Stress Value = 79	

Yards	Set Description	EGY
5:00 PM Start		
450	1 on 30:00 DS/Core/Tm Mtg	
150	1 x 450 on 10:00 Underwater trn drill	REC
800	10 x 15 on :45 Shooters	SP3
	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:45 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:30 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:15 Kick streamline on back	EN2
700	1x{2 x 100 on 1:50 Pulls	EN1
	{2 x 100 on 1:45 Pulls	EN1
	{2 x 100 on 1:40 Pulls	EN1
	{1 x 100 on 1:35 Pulls	EN1
	Odds BTB, evens BTS	
200	8 x 25 on :45 Backstroke Drills	REC
1,950	1x{4 x 125 on 2:30 Backstroke	EN2
	{2 x 50 on 1:10 Back 3+1	EN2
	{3 x 125 on 2:25 Backstroke	EN2
	{3 x 50 on 1:10 Back 4+1	EN2
	{2 x 125 on 2:20 Backstroke	EN2
	{4 x 50 on 1:10 Back 5+1	EN2
	{1 x 125 on 2:15 Backstroke	EN2
	{5 x 50 on 1:10 Back 6+1	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
7:30 PM	4,450 Yards - Stress Value = 68	

**Workout #13680 - Tuesday, 09 July 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
5:00 PM Start		
500	1 on 30:00 DS/Core/Tm Mtg	
150	1 x 500 on 10:00 Underwater trn drill	REC
850	10 x 15 on :45 Shooters	SP3
	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:30 Kick streamline on back	EN2

**Workout #13682 - Tuesday, 09 July 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
650	1x{4 x 25 on 1:00 Kick no board B	EN2
	{1 x 100 on 3:00 Kick streamline on back	EN2
	{4 x 25 on 1:00 Kick no board B	EN2
	{2 x 100 on 3:00 Kick streamline on back	EN2
	{2 x 25 on 1:00 Kick no board B	EN2
	{1 x 100 on 3:00 Kick streamline on back	EN2
650	1x{2 x 100 on 2:00 Pulls	EN1
	{2 x 100 on 1:55 Pulls	EN1
	{2 x 100 on 1:50 Pulls	EN1
	{1 x 50 on :50 Pulls	EN1
	Odds BTB, evens BTS	
200	8 x 25 on :45 Backstroke Drills	REC
1,750	1x{1 x 50 on 1:15 Back 2+1	EN2
	{4 x 100 on 2:10 Backstroke	EN2
	{2 x 50 on 1:15 Back 3+1	EN2
	{3 x 100 on 2:05 Backstroke	EN2
	{3 x 50 on 1:15 Back 4+1	EN2
	{2 x 100 on 2:00 Backstroke	EN2
	{4 x 50 on 1:15 Back 5+1	EN2
	{1 x 100 on 1:55 Backstroke	EN2
	{5 x 50 on 1:15 Back 6+1	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
	7:29 PM 4,000 Yards - Stress Value = 60	

	{2 x 50 on 1:05 Kick streamline on back	EN2
400	1x{1 x 100 on 1:45 Pulls	EN1
	{1 x 100 on 1:40 Pulls	EN1
	{1 x 100 on 1:35 Pulls	EN1
	{1 x 100 on 1:30 Pulls	EN1
	Odds BTB, evens BTS	
100	4 x 25 on :45 Backstroke Drills	REC
1,125	1x{1 x 125 on 2:10 Backstroke	EN2
	{2 x 50 on 1:00 Back 4+1	EN2
	{3 x 125 on 2:05 Backstroke	EN2
	{3 x 50 on 1:00 Back 5+1	EN2
	{1 x 125 on 2:00 Backstroke	EN2
	{5 x 50 on 1:00 Back 6+1	EN2
200	1 x 200 on 5:00 Stroke Drills	REC
	6:40 PM 2,775 Yards - Stress Value = 40	

**Workout #13685 - Tuesday, 09 July 2013**

**Group 2 Taper - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
	1 x 350 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
350	1x{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:30 Kick streamline on back	EN2
	{2 x 25 on :45 Kick no board B	EN2
400	1x{1 x 100 on 1:50 Pulls	EN1
	{1 x 100 on 1:45 Pulls	EN1
	{1 x 100 on 1:40 Pulls	EN1
	{1 x 100 on 1:35 Pulls	EN1
	Odds BTB, evens BTS	
100	4 x 25 on :45 Backstroke Drills	REC
975	1x{3 x 50 on 1:10 Back 4+1	EN2
	{2 x 125 on 2:20 Backstroke	EN2
	{4 x 50 on 1:10 Back 5+1	EN2
	{1 x 125 on 2:15 Backstroke	EN2
	{5 x 50 on 1:10 Back 6+1	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	6:39 PM 2,525 Yards - Stress Value = 36	

	1 on 30:00 DS/Core/Tm Mtg	
	1 x 350 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
350	1x{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:30 Kick streamline on back	EN2
	{2 x 25 on :45 Kick no board B	EN2
400	1x{1 x 100 on 1:50 Pulls	EN1
	{1 x 100 on 1:45 Pulls	EN1
	{1 x 100 on 1:40 Pulls	EN1
	{1 x 100 on 1:35 Pulls	EN1
	Odds BTB, evens BTS	
100	4 x 25 on :45 Backstroke Drills	REC
975	1x{3 x 50 on 1:10 Back 4+1	EN2
	{2 x 125 on 2:20 Backstroke	EN2
	{4 x 50 on 1:10 Back 5+1	EN2
	{1 x 125 on 2:15 Backstroke	EN2
	{5 x 50 on 1:10 Back 6+1	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	6:39 PM 2,525 Yards - Stress Value = 36	

**Workout #13683 - Tuesday, 09 July 2013**

**Group 2 Taper - Back**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
450	1x{2 x 100 on 2:00 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:00 Kick streamline on back	EN2
400	1x{1 x 100 on 1:40 Pulls	EN1
	{1 x 100 on 1:35 Pulls	EN1
	{1 x 100 on 1:30 Pulls	EN1
	{1 x 100 on 1:25 Pulls	EN1
	Odds BTB, evens BTS	
100	4 x 25 on :45 Backstroke Drills	REC
1,200	1x{2 x 50 on 1:00 Back 4+1	EN2
	{3 x 125 on 1:55 Backstroke	EN2
	{3 x 50 on 1:00 Back 5+1	EN2
	{2 x 125 on 1:50 Backstroke	EN2
	{4 x 50 on 1:00 Back 6+1	EN2
	{1 x 125 on 1:45 Backstroke	EN2
200	1 x 200 on 5:00 Stroke Drills	REC
	6:40 PM 2,900 Yards - Stress Value = 43	

	1 on 30:00 DS/Core/Tm Mtg	
	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
450	1x{2 x 100 on 2:00 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:00 Kick streamline on back	EN2
400	1x{1 x 100 on 1:40 Pulls	EN1
	{1 x 100 on 1:35 Pulls	EN1
	{1 x 100 on 1:30 Pulls	EN1
	{1 x 100 on 1:25 Pulls	EN1
	Odds BTB, evens BTS	
100	4 x 25 on :45 Backstroke Drills	REC
1,200	1x{2 x 50 on 1:00 Back 4+1	EN2
	{3 x 125 on 1:55 Backstroke	EN2
	{3 x 50 on 1:00 Back 5+1	EN2
	{2 x 125 on 1:50 Backstroke	EN2
	{4 x 50 on 1:00 Back 6+1	EN2
	{1 x 125 on 1:45 Backstroke	EN2
200	1 x 200 on 5:00 Stroke Drills	REC
	6:40 PM 2,900 Yards - Stress Value = 43	

**Workout #13684 - Tuesday, 09 July 2013**

**Group 2 Taper - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
400	1x{2 x 100 on 2:20 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2

**Workout #13686 - Wednesday, 10 July 2013**

**Group 3 - Breast**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,900 1x{4 x 25 on :30 Kick no board BSLR-12 KOW  
 {4 x 75 on 1:10 Kick #1-100%  
 {6 x 25 on :30 Kick no board BSLR-14 KOW  
 {4 x 75 on 1:10 Kick #2-100%  
 {8 x 25 on :30 Kick no board BSLR-16 KOW  
 {4 x 75 on 1:10 Kick #3 100%  
 {10 x 25 on :30 Kick no board BSLR-18 KOW  
 {4 x 75 on 1:10 Kick #4 100%  
 1,200 1x{1 x 200 on 2:15 Lungbuster pulls  
 {1 x 200 on 2:20 Lungbuster pulls  
 {1 x 200 on 2:25 Lungbuster pulls  
 {1 x 200 on 2:30 Lungbuster pulls  
 {1 x 200 on 2:35 Lungbuster pulls  
 {1 x 200 on 2:40 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,400 1x{2 x 200 on 2:45 Breaststroke  
 {1 on :30 Put fins on  
 {6 x 25 on :30 Breast TO Drill w/fins  
 {2 x 175 on 2:20 Breaststroke  
 {1 on :30 Put fins on  
 {6 x 25 on :30 Breast TO drill w/fins  
 {2 x 150 on 1:55 Breaststroke  
 {1 on :30 Put fins on  
 {8 x 25 on :30 Breast TO Drill w/fins  
 {2 x 125 on 1:35 Breaststroke  
 {1 on :30 Put fins on  
 {8 x 25 on :30 Breast TO drill w/fins  
 {2 x 100 on 1:15 Breaststroke  
 {1 on :30 Put fins on  
 {8 x 25 on :30 Breast TO drill w/fins  
 300 6 x 50 on 1:00 Stroke Drills  
 9:30 AM 6,750 Yards - Stress Value = 118

{2 x 150 on 2:20 Breaststroke  
 {1 on :30 Put fins on  
 {8 x 25 on :30 Breast TO Drill w/fins  
 {2 x 125 on 1:55 Breaststroke  
 {1 on :30 Put fins on  
 {8 x 25 on :30 Breast TO drill w/fins  
 {2 x 50 on :45 Breaststroke  
 {1 on :30 Put fins on  
 {6 x 25 on :30 Breast TO drill w/fins  
 6 x 50 on 1:00 Stroke Drills  
 9:31 AM 6,350 Yards - Stress Value = 110

**Workout #13688 - Wednesday, 10 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,550 1x{4 x 25 on :35 Kick no board BSLR-12 KOW  
 {4 x 75 on 1:30 Kick #1-100%  
 {6 x 25 on :35 Kick no board BSLR-14 KOW  
 {4 x 75 on 1:30 Kick #2-100%  
 {8 x 25 on :35 Kick no board BSLR-16 KOW  
 {4 x 75 on 1:30 Kick #3 100%  
 {8 x 25 on :35 Kick no board BSLR-18 KOW  
 1,000 1x{1 x 200 on 2:50 Lungbuster pulls  
 {1 x 200 on 2:55 Lungbuster pulls  
 {1 x 200 on 3:00 Lungbuster pulls  
 {1 x 200 on 3:05 Lungbuster pulls  
 {1 x 200 on 3:10 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{2 x 200 on 3:35 Breaststroke  
 {1 on :30 Put fins on  
 {6 x 25 on :35 Breast TO Drill w/fins  
 {2 x 175 on 3:05 Breaststroke  
 {1 on :30 Put fins on  
 {6 x 25 on :35 Breast TO drill w/fins  
 {2 x 150 on 2:35 Breaststroke  
 {1 on :30 Put fins on  
 {8 x 25 on :35 Breast TO Drill w/fins  
 {2 x 125 on 2:05 Breaststroke  
 {1 on :30 Put fins on  
 {8 x 25 on :35 Breast TO drill w/fins  
 300 6 x 50 on 1:00 Stroke Drills  
 9:31 AM 5,750 Yards - Stress Value = 99

**Workout #13687 - Wednesday, 10 July 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,750 1x{4 x 25 on :30 Kick no board BSLR-12 KOW  
 {4 x 75 on 1:20 Kick #1-100%  
 {6 x 25 on :30 Kick no board BSLR-14 KOW  
 {4 x 75 on 1:20 Kick #2-100%  
 {8 x 25 on :30 Kick no board BSLR-16 KOW  
 {4 x 75 on 1:20 Kick #3 100%  
 {10 x 25 on :30 Kick no board BSLR-18 KOW  
 {2 x 75 on 1:20 Kick #2 100%  
 1,100 1x{1 x 200 on 2:30 Lungbuster pulls  
 {1 x 200 on 2:35 Lungbuster pulls  
 {1 x 200 on 2:40 Lungbuster pulls  
 {1 x 200 on 2:45 Lungbuster pulls  
 {1 x 200 on 2:50 Lungbuster pulls  
 {1 x 100 on 1:30 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,250 1x{2 x 200 on 3:10 Breaststroke  
 {1 on :30 Put fins on  
 {6 x 25 on :30 Breast TO Drill w/fins  
 {2 x 175 on 2:45 Breaststroke  
 {1 on :30 Put fins on  
 {6 x 25 on :30 Breast TO drill w/fins

**Workout #13689 - Wednesday, 10 July 2013**

**1 minute rest between sets**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,250 1x{4 x 25 on :45 Kick no board BSLR-12 KOW  
 {4 x 75 on 1:45 Kick #1-100%  
 {6 x 25 on :45 Kick no board BSLR-14 KOW  
 {4 x 75 on 1:45 Kick #2-100%  
 {8 x 25 on :45 Kick no board BSLR-16 KOW  
 {4 x 50 on 1:10 Kick #3 100%  
 800 1x{1 x 200 on 3:30 Lungbuster pulls  
 {1 x 200 on 3:35 Lungbuster pulls  
 {1 x 200 on 3:40 Lungbuster pulls  
 {1 x 200 on 3:45 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 1x{2 x 200 on 4:15 Breaststroke  
 {1 on :30 Put fins on  
 {6 x 25 on :45 Breast TO Drill w/fins  
 {2 x 175 on 3:40 Breaststroke  
 {1 on :30 Put fins on  
 {6 x 25 on :45 Breast TO drill w/fins  
 {2 x 150 on 3:05 Breaststroke  
 {1 on :30 Put fins on  
 {8 x 25 on :45 Breast TO Drill w/fins  
 {2 x 50 on 1:00 Breaststroke  
 300 6 x 50 on 1:00 Stroke Drills  
 9:30 AM 4,850 Yards - Stress Value = 82

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 800 1x{4 x 25 on :30 Kick no board BSLR-12 KOW  
 {2 x 75 on 1:20 Kick #1-100%  
 {4 x 25 on :30 Kick no board BSLR-14 KOW  
 {2 x 75 on 1:20 Kick #2-100%  
 {4 x 25 on :30 Kick no board BSLR-16 KOW  
 {2 x 75 on 1:20 Kick #3 100%  
 {2 x 25 on :30 Kick no board BSLR-18 KOW  
 550 1x{1 x 200 on 2:40 Lungbuster pulls  
 {1 x 200 on 2:45 Lungbuster pulls  
 {1 x 150 on 2:10 Lungbuster pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,350 1x{1 x 200 on 3:10 Breaststroke  
 {1 on :30 Put fins on  
 {4 x 25 on :30 Breast TO Drill w/fins  
 {2 x 175 on 2:45 Breaststroke  
 {1 on :30 Put fins on  
 {4 x 25 on :30 Breast TO drill w/fins  
 {1 x 150 on 2:20 Breaststroke  
 {1 on :30 Put fins on  
 {4 x 25 on :30 Breast TO Drill w/fins  
 {2 x 125 on 1:55 Breaststroke  
 {1 on :30 Put fins on  
 {4 x 25 on :30 Breast TO drill w/fins  
 200 1 x 200 on 4:00 Stroke Drills  
 8:44 AM 3,550 Yards - Stress Value = 60

**Workout #13690 - Wednesday, 10 July 2013**

**Taper 1 - Breast**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 850 1x{4 x 25 on :30 Kick no board BSLR-12 KOW  
 {2 x 75 on 1:10 Kick #1-100%  
 {4 x 25 on :30 Kick no board BSLR-14 KOW  
 {2 x 75 on 1:10 Kick #2-100%  
 {4 x 25 on :30 Kick no board BSLR-16 KOW  
 {2 x 75 on 1:10 Kick #3 100%  
 {4 x 25 on :30 Kick no board BSLR-18 KOW  
 600 1x{1 x 200 on 2:25 Lungbuster pulls  
 {1 x 200 on 2:30 Lungbuster pulls  
 {1 x 200 on 2:35 Lungbuster pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,450 1x{1 x 200 on 2:45 Breaststroke  
 {1 on :30 Put fins on  
 {4 x 25 on :30 Breast TO Drill w/fins  
 {2 x 175 on 2:20 Breaststroke  
 {1 on :30 Put fins on  
 {4 x 25 on :30 Breast TO drill w/fins  
 {1 x 150 on 1:55 Breaststroke  
 {1 on :30 Put fins on  
 {4 x 25 on :30 Breast TO Drill w/fins  
 {2 x 125 on 1:35 Breaststroke  
 {1 on :30 Put fins on  
 {4 x 25 on :30 Breast TO drill w/fins  
 {1 x 100 on 1:15 Breaststroke  
 200 1 x 200 on 4:00 Stroke Drills  
 8:43 AM 3,750 Yards - Stress Value = 64

**Workout #13691 - Wednesday, 10 July 2013**

**Taper 1 - Gold**

**Workout #13692 - Thursday, 11 July 2013**

**Group 3 - Fly**

**1 minute rest between sets**

```

7:00 AM Start
Yards  Set Description
=====
600    1 on 30:00 DS/Physio Ball Abs/Shldrs
        1 x 600 on 10:00 Underwater trn drill
        Odd 100's free even 100's back
150    10 x 15 on :45 Shooters
2,000 1x{1 x 125 on 2:00 Kick
        {4 x 25 on :30 Kick-#4
        {2 x 125 on 1:55 Kick
        {4 x 25 on :30 Kick #4
        {3 x 125 on 1:50 Kick
        {4 x 25 on :30 Kick #4
        {3 x 125 on 1:45 Kick
        {4 x 25 on :30 Kick #4
        {2 x 125 on 1:40 Kick
        {4 x 25 on :30 Kick #4
        {1 x 125 on 1:35 Kick
1,050 21 x 50 on :40 Pulls break when alt
        feet, knees, hips
200 4x{1 x 25 on :50 Sculling drills
        {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,700 1x{1 x 200 on 2:40 Fly w/fins
        {1 x 200 on 2:30 Fly w/fins
        {1 x 200 on 2:25 Fly w/fins
        {1 on :30 Take off fins
        {3 x 100 on 1:15 Freestyle
        {1 on :45 Put on Fins
        {1 x 200 on 2:30 Fly w/fins
        {1 x 200 on 2:25 Fly w/fins
        {1 x 200 on 2:20 Fly w/fins
        {1 on :30 Take off fins
        {3 x 100 on 1:05 Freestyle
400    8 x 50 on 1:00 Stroke Drills
9:30 AM 7,100 Yards - Stress Value = 108
    
```

**Workout #13693 - Thursday, 11 July 2013**

**Group 3 - Gold**

**1 minute rest between sets**

```

7:00 AM Start
Yards  Set Description
=====
600    1 on 30:00 DS/Physio Ball Abs/Shldrs
        1 x 600 on 10:00 Underwater trn drill
        Odd 100's free even 100's back
150    10 x 15 on :45 Shooters
1,700 1x{1 x 125 on 2:20 Kick
        {4 x 25 on :35 Kick-#4
        {2 x 125 on 2:15 Kick
        {4 x 25 on :35 Kick #4
        {3 x 125 on 2:10 Kick
        {4 x 25 on :35 Kick #4
        {3 x 125 on 2:05 Kick
        {4 x 25 on :35 Kick #4
        {2 x 75 on 1:10 Kick
        {1 x 25 on :35 Kick #4
900    18 x 50 on :45 Pulls break when alt
        feet, knees, hips
200 4x{1 x 25 on :50 Sculling drills
        {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500 1x{1 x 200 on 2:50 Fly w/fins
        {1 x 200 on 2:45 Fly w/fins
        {1 x 200 on 2:40 Fly w/fins
        {1 on :30 Take off fins
        {2 x 100 on 1:20 Freestyle
    
```

```

{1 on :45 Put on Fins
{1 x 200 on 2:45 Fly w/fins
{1 x 200 on 2:40 Fly w/fins
{1 x 200 on 2:35 Fly w/fins
{1 on :30 Take off fins
{2 x 100 on 1:15 Freestyle
{1 on :45 Put fins on
{1 x 200 on 2:40 Fly w/fins
{1 x 200 on 2:35 Fly w/fins
{1 x 200 on 2:30 Fly w/fins
{1 on :30 Take off fins
{3 x 100 on 1:10 Freestyle
400    8 x 50 on 1:00 Stroke Drills
9:30 AM 6,450 Yards - Stress Value = 97
    
```

**Workout #13694 - Thursday, 11 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

```

7:00 AM Start
Yards  Set Description
=====
550    1 on 30:00 DS/Physio Ball Abs/Shldrs
        1 x 550 on 10:00 Underwater trn drill
        Odd 100's free even 100's back
150    10 x 15 on :45 Shooters
1,500 1x{1 x 125 on 2:35 Kick
        {4 x 25 on :40 Kick-#4
        {2 x 125 on 2:30 Kick
        {4 x 25 on :40 Kick #4
        {3 x 125 on 2:25 Kick
        {4 x 25 on :40 Kick #4
        {2 x 125 on 2:20 Kick
        {4 x 25 on :40 Kick #4
        {2 x 50 on :55 Kick
800    16 x 50 on :50 Pulls break when alt
        feet, knees, hips
200 4x{1 x 25 on :50 Sculling drills
        {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,150 1x{1 x 200 on 3:15 Fly w/fins
        {1 x 200 on 3:10 Fly w/fins
        {1 x 200 on 3:05 Fly w/fins
        {1 on :30 Take off fins
        {2 x 100 on 1:30 Freestyle
        {1 on :45 Put on Fins
        {1 x 200 on 3:10 Fly w/fins
        {1 x 200 on 3:05 Fly w/fins
        {1 x 200 on 3:00 Fly w/fins
        {1 on :30 Take off fins
        {2 x 100 on 1:25 Freestyle
        {1 on :45 Put fins on
        {1 x 100 on 1:30 Fly w/fins
        {1 x 100 on 1:25 Fly w/fins
        {1 x 50 on :40 Fly w/fins
        {1 on :30 Take off fins
        {3 x 100 on 1:20 Freestyle
400    8 x 50 on 1:00 Stroke Drills
9:30 AM 5,750 Yards - Stress Value = 85
    
```

**Workout #13695 - Thursday, 11 July 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 1 x 500 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,250 1x{1 x 125 on 3:05 Kick  
 {4 x 25 on :45 Kick-#4  
 {2 x 125 on 3:00 Kick  
 {4 x 25 on :45 Kick #4  
 {3 x 125 on 2:55 Kick  
 {4 x 25 on :45 Kick #4  
 {2 x 75 on 1:45 Kick  
 {2 x 25 on :45 Kick #4  
 750 15 x 50 on :55 Pulls break when alt  
 feet, knees, hips  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,900 1x{1 x 150 on 2:45 Fly w/fins  
 {1 x 150 on 2:40 Fly w/fins  
 {1 x 150 on 2:35 Fly w/fins  
 {1 on :30 Take off fins  
 {2 x 100 on 1:45 Freestyle  
 {1 on :45 Put on Fins  
 {1 x 150 on 2:40 Fly w/fins  
 {1 x 150 on 2:35 Fly w/fins  
 {1 x 150 on 2:30 Fly w/fins  
 {1 on :30 Take off fins  
 {3 x 100 on 1:40 Freestyle  
 {1 on :45 Put fins on  
 {1 x 100 on 1:45 Fly w/fins  
 {1 x 100 on 1:40 Fly w/fins  
 {1 x 100 on 1:35 Fly w/fins  
 {1 on :30 Take off fins  
 {2 x 100 on 1:35 Freestyle  
 400 8 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,150 Yards - Stress Value = 75

{1 x 200 on 2:20 Fly w/fins  
 {1 x 200 on 2:15 Fly w/fins  
 {1 on :30 Take off fins  
 {2 x 100 on 1:05 Freestyle  
 200 1 x 200 on 4:00 Stroke Drills  
 8:44 AM 3,900 Yards - Stress Value = 57

**Workout #13697 - Thursday, 11 July 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 400 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 1 x 400 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 850 1x{1 x 125 on 2:20 Kick  
 {2 x 25 on :35 Kick-#4  
 {1 x 125 on 2:15 Kick  
 {2 x 25 on :35 Kick #4  
 {1 x 125 on 2:10 Kick  
 {2 x 25 on :35 Kick #4  
 {1 x 125 on 2:05 Kick  
 {2 x 25 on :35 Kick #4  
 {2 x 75 on 1:10 Kick  
 400 8 x 50 on :45 Pulls break when alt  
 feet, knees, hips  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,450 1x{1 x 200 on 2:45 Fly w/fins  
 {1 x 200 on 2:40 Fly w/fins  
 {1 x 200 on 2:35 Fly w/fins  
 {1 on :30 Take off fins  
 {2 x 100 on 1:15 Freestyle  
 {1 on :45 Put fins on  
 {1 x 150 on 2:00 Fly w/fins  
 {1 x 150 on 1:55 Fly w/fins  
 {1 x 150 on 1:50 Fly w/fins  
 {1 on :30 Take off fins  
 {2 x 100 on 1:10 Freestyle  
 200 1 x 200 on 4:00 Stroke Drills  
 8:44 AM 3,550 Yards - Stress Value = 52

**Workout #13696 - Thursday, 11 July 2013**

**Taper 1 - Fly**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 400 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 1 x 400 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,000 1x{1 x 125 on 2:00 Kick  
 {2 x 25 on :30 Kick-#4  
 {1 x 125 on 1:55 Kick  
 {2 x 25 on :30 Kick #4  
 {1 x 125 on 1:50 Kick  
 {2 x 25 on :30 Kick #4  
 {1 x 125 on 1:45 Kick  
 {2 x 25 on :30 Kick #4  
 {1 x 125 on 1:40 Kick  
 {2 x 25 on :30 Kick #4  
 {1 x 125 on 1:35 Kick  
 450 9 x 50 on :40 Pulls break when alt  
 feet, knees, hips  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{1 x 200 on 2:30 Fly w/fins  
 {1 x 200 on 2:25 Fly w/fins  
 {1 x 200 on 2:20 Fly w/fins  
 {1 on :30 Take off fins  
 {2 x 100 on 1:10 Freestyle  
 {1 on :45 Put fins on  
 {1 x 200 on 2:25 Fly w/fins

**Workout #13698 - Thursday, 11 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 350 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 1 x 350 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 700 1x{1 x 125 on 2:35 Kick  
 {2 x 25 on :40 Kick-#4  
 {1 x 125 on 2:30 Kick  
 {2 x 25 on :40 Kick #4  
 {1 x 125 on 2:25 Kick  
 {2 x 25 on :40 Kick #4  
 {1 x 125 on 2:20 Kick  
 {2 x 25 on :40 Kick #4  
 350 7 x 50 on :50 Pulls break when alt  
 feet, knees, hips  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,250 1x{1 x 200 on 3:10 Fly w/fins  
 {1 x 200 on 3:05 Fly w/fins  
 {1 x 200 on 3:00 Fly w/fins  
 {1 on :30 Take off fins  
 {2 x 100 on 1:25 Freestyle  
 {1 on :45 Put fins on  
 {1 x 100 on 1:30 Fly w/fins  
 {1 x 100 on 1:25 Fly w/fins  
 {1 x 50 on :40 Fly w/fins  
 {1 on :30 Take off fins  
 {2 x 100 on 1:20 Freestyle  
 200 1 x 200 on 4:00 Stroke Drills  
 8:44 AM 3,100 Yards - Stress Value = 45

{1 x 200 on 5:00 Stroke Drills 4sec glide  
 {4 x 25 on 1:00 Perfect Fly  
 {1 x 200 on 5:00 Stroke Drill-thumb/finger dr  
 {1 x 200 on 5:00 Stroke Drills-1 arm  
 800 16 x 50 on 1:30 Mid Pool IM's  
 Alt turns: fly/back, back/breast, breast/fr  
 200 1 x 200 on 3:00 Individual Medley  
 250 1 x 250 on 4:00 Stroke Drills  
 7:30 PM 3,900 Yards - Stress Value = 18

**Workout #13701 - Friday, 12 July 2013**

**Group 3 - IM'ers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 600 1 on 25:00 DS/Teds  
 150 1 x 600 on 10:00 Reverse IM drill  
 1,800 10 x 15 on :45 Shooters  
 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 250 on 3:45 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 225 on 3:20 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 200 on 2:55 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 175 on 2:30 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:05 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 125 on 1:40 Kick  
 {3 x 25 on :30 Kick no board BSC  
 1,000 1x{2 x 200 on 2:40 Pulls-nbbf&w + 2 yds  
 {2 x 200 on 2:35 Pulls-nbbf&w + 2 yds  
 {1 x 200 on 2:30 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,000 1x{5 x 200 on 2:50 Individual Medley  
 {4 x 200 on 2:45 Individual Medley  
 {3 x 200 on 2:40 Individual Medley  
 {2 x 200 on 2:35 Individual Medley  
 {1 x 200 on 2:30 Individual Medley  
 500 10 x 50 on 1:00 Stroke Drills  
 9:29 AM 7,250 Yards - Stress Value = 114

**Workout #13699 - Thursday, 11 July 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 10:00 Dynamic Stretch  
 1 x 600 on 12:00 Too complicated to type ou  
 150 10 x 15 on :45 Spinners  
 960 12x{2 x 20 on :30 Running Pit Sprint  
 {1 on :01 1-12 pushups  
 {1 x 40 on 1:59 Tombstone Kicking  
 600 12x{1 x 25 on :20 Fly-Back-Breast  
 {1 x 25 on :30 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 6:30 PM 2,810 Yards - Stress Value = 70

**Workout #13700 - Thursday, 11 July 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/Shoulders/Tm Mtg  
 1 x 500 on 10:00 Underwater trn drill  
 odd 100's free even 100's back  
 1 on 10:00 Techniques-back/breast turns  
 150 10 x 15 on :45 Shooters  
 2,000 1x{4 x 25 on 1:00 Perfect fly  
 {1 x 200 on 5:00 Stroke Drills-Superman Fly  
 {1 x 200 on 5:00 Stroke Drills-explosion  
 {4 x 25 on 1:00 Perfect Back  
 {1 x 200 on 5:00 Stroke Drill-double arm  
 {1 x 200 on 5:00 Stroke Drill-wave drill  
 {4 x 25 on 1:00 Perfect Breaststroke  
 {1 x 200 on 5:00 Stroke Drills 2Klp

**Workout #13702 - Friday, 12 July 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Teds Abs  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,500 1x{4 x 25 on :35 Kick no board BSLR  
 {1 x 250 on 4:35 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 225 on 4:00 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 200 on 3:30 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 175 on 3:00 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 150 on 2:30 Kick  
 900 1x{2 x 200 on 2:50 Pulls-nbbf&w + 2 yds  
 {2 x 200 on 2:45 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:20 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,800 1x{5 x 200 on 3:05 Individual Medley  
 {4 x 200 on 3:00 Individual Medley  
 {3 x 200 on 2:55 Individual Medley  
 {2 x 200 on 2:50 Individual Medley  
 500 10 x 50 on 1:00 Stroke Drills  
 9:30 AM 6,650 Yards - Stress Value = 112

**Workout #13703 - Friday, 12 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Teds Abs  
 550 1 x 550 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,300 1x{4 x 25 on :40 Kick no board BSLR  
 {1 x 250 on 5:15 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {1 x 225 on 4:35 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {1 x 200 on 4:00 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {1 x 175 on 3:25 Kick  
 {2 x 25 on :35 Kick no board BS  
 800 1x{2 x 200 on 3:10 Pulls-nbbf&w + 2 yds  
 {1 x 200 on 3:05 Pulls-nbbf&w + 2 yds  
 {1 x 200 on 3:00 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,500 1x{5 x 200 on 3:20 Individual Medley  
 {4 x 200 on 3:15 Individual Medley  
 {3 x 200 on 3:10 Individual Medley  
 {1 x 100 on 1:30 Individual Medley  
 500 10 x 50 on 1:00 Stroke Drills  
 9:29 AM 6,000 Yards - Stress Value = 100

**Workout #13704 - Friday, 12 July 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Teds Abs  
 500 1 x 500 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,200 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 250 on 5:40 Kick

{4 x 25 on :45 Kick no board BSLR  
 {1 x 225 on 5:00 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 200 on 4:20 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 125 on 2:35 Kick  
 750 1x{2 x 200 on 3:30 Pulls-nbbf&w + 2 yds  
 {1 x 200 on 3:25 Pulls-nbbf&w + 2 yds  
 {1 x 150 on 2:30 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{4 x 200 on 4:20 Individual Medley  
 {3 x 200 on 4:15 Individual Medley  
 {2 x 200 on 4:10 Individual Medley  
 {1 x 200 on 4:05 Individual Medley  
 500 10 x 50 on 1:00 Stroke Drills  
 9:31 AM 5,300 Yards - Stress Value = 86

**Workout #13705 - Friday, 12 July 2013**

**Taper 1 - IM'ers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/ Teds ABs  
 400 1 x 400 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 800 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 175 on 2:30 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:05 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 125 on 1:40 Kick  
 {2 x 25 on :30 Kick no board BS  
 600 1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds  
 {1 x 200 on 2:35 Pulls-nbbf&w + 2 yds  
 {1 x 200 on 2:30 Pulls-nbbf&w + 2 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 1x{1 x 200 on 2:50 Individual Medley  
 {1 x 200 on 2:45 Individual Medley  
 {1 x 200 on 2:40 Individual Medley  
 {2 x 200 on 2:35 Individual Medley  
 {2 x 200 on 2:30 Individual Medley  
 250 1 x 250 on 4:00 Stroke Drills  
 8:37 AM 3,700 Yards - Stress Value = 60

**Workout #13706 - Friday, 12 July 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Teds Abs
150	1 x 400 on 10:00 Reverse IM drill
700	10 x 15 on :45 Shooters
1x{4	x 25 on :35 Kick no board BSLR
	{1 x 200 on 3:30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:45 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:40 Kick
450	1x{1 x 200 on 2:50 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:05 Pulls-nbbf&w + 2 yds
	{1 x 100 on 1:20 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{1 x 200 on 3:05 Individual Medley
	{1 x 200 on 3:00 Individual Medley
	{2 x 200 on 2:55 Individual Medley
	{2 x 200 on 2:50 Individual Medley
	{1 x 100 on 1:20 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
8:36 AM	3,350 Yards - Stress Value = 55

**Workout #13707 - Friday, 12 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Teds abs
150	1 x 400 on 10:00 Reverse IM drill
600	10 x 15 on :45 Shooters
1x{4	x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:00 Kick
	{2 x 25 on :35 Kick no board BS
500	1x{1 x 200 on 3:10 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:20 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{1 x 200 on 3:20 Individual Medley
	{1 x 200 on 3:15 Individual Medley
	{1 x 200 on 3:10 Individual Medley
	{2 x 200 on 3:05 Individual Medley
	{1 x 100 on 1:30 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
8:36 AM	3,100 Yards - Stress Value = 50

**Workout #13708 - Friday, 12 July 2013**

**Groups 2 & 3 combined workout - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY
	1 on 12:00 Dynamic Stretch	
750	3x{1 x 150 on 2:00 2min swim :30sec to wall	EN2
	{4 x 25 on :45 Sprint IM order	SP3
180	12 x 15 on :45 Shooters/or shooter relay	SP3
500	2x{1 x 150 on 3:30 3min Social Kick	REC
	{1 x 100 on 2:30 Kick for time	SP2
200	8 x 25 on :40 Variable Speed	EN1
1,300	1x{1 x 150 on :01 Free L.25 5 breaths	SP2
	{1 on 2:59 Rest	
	{2 x 50 on 1:00 Stroke Drills	REC
	{1 x 125 on :01 Free L.25 4 breaths	SP2

{1 x 25 on 2:59 Freestyle	REC	
{2 x 50 on 1:00 Stroke Drills	REC	
{1 x 100 on :01 Free L.25 3 breaths	SP2	
{1 x 50 on 2:59 Freestyle	REC	
{2 x 50 on 1:00 Stroke Drills	REC	
{1 x 75 on :01 Free L.25 2 breaths	SP2	
{1 x 75 on 2:59 Freestyle	REC	
{2 x 50 on 1:00 Stroke Drills	REC	
{1 x 50 on :01 Free L.25 1 breath	SP2	
{1 x 100 on 2:59 Freestyle	REC	
{1 x 25 on :01 Free no breath	SP2	
{1 x 125 on 3:00 Freestyle	REC	
250	1 x 250 on 4:00 Stroke Drills	REC
6:30 PM	3,180 Yards - Stress Value = 102	

**Workout #13709 - Friday, 12 July 2013**

**Groups 2 & 3 combined workout - Taper 1**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 12:00 Dynamic Stretch		L	I
400	1 x 400 on 7:00 Choice	REC	S	C
150	10 x 15 on :45 Shooters	SP3	S	C
400	4 x 100 on 2:00 Kick	EN2	K	C
400	8 x 50 on 1:00 Down drill back build	EN1	S	C
	Odds free evens non free			
400	4 x 100 on 1:45 Free-descend	EN2	S	
300	12 x 25 on :40 Variable Speed	EN1	S	
50	2 x 25 on 2:00 OTB Walk Backs	EN1	S	C
250	1 x 250 on 4:00 Stroke Drills	REC	D	
6:13 PM	2,350 Yards - Stress Value = 29			

**Workout #13710 - Monday, 15 July 2013**

**Group 3 - Distance**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 25:00 DS/Physio Ball Shoulders
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
2,000	1x{4 x 25 on :30 Kick no board BSLR-10
	{3 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board BSLR-11
	{3 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{3 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR-11
	{3 x 100 on 1:25 Kick
	{4 x 25 on :30 Kick no board BSLR-10
	{3 x 100 on 1:20 Kick
1,500	1x{ No breath last 12 yards of each 100
	{1 x 500 on 6:30 Pulls
	{1 x 400 on 5:10 Pulls
	{1 x 300 on 3:50 Pulls
	{1 x 200 on 2:30 Pulls
	{1 x 100 on 1:10 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	1x{1 x 500 on 5:45 Freestyle
	{5 x 100 on 1:30 Free-hold 1:03
	{1 x 400 on 4:35 Freestyle
	{4 x 100 on 1:25 Free-hold 1:04
	{1 x 300 on 3:25 Freestyle
	{3 x 100 on 1:20 Free-hold 1:05
	{1 x 200 on 2:15 Freestyle
	{2 x 100 on 1:15 Free-hold 1:06
300	6 x 50 on 1:00 Stroke Drills
9:30 AM	7,550 Yards - Stress Value = 125

**Workout #13711 - Monday, 15 July 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Physio Ball Shoulders
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,850	10 x 15 on :45 Shooters
1,850	1x{4 x 25 on :30 Kick no board BSLR-10 {3 x 100 on 1:50 Kick {4 x 25 on :30 Kick no board BSLR-11 {3 x 100 on 1:45 Kick {4 x 25 on :30 Kick no board BSLR-12 {3 x 100 on 1:40 Kick {4 x 25 on :30 Kick no board BSLR-11 {3 x 100 on 1:35 Kick {4 x 25 on :30 Kick no board BSLR-10 {2 x 75 on 1:10 Kick
1,350	1x{ No breath last 12 yards of each 100 {1 x 500 on 7:20 Pulls {1 x 400 on 5:50 Pulls {1 x 300 on 4:20 Pulls {1 x 150 on 2:00 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 500 on 6:45 Freestyle {5 x 100 on 1:40 Free-hold 1:08 {1 x 400 on 5:30 Freestyle {4 x 100 on 1:35 Free-hold 1:09 {1 x 300 on 4:05 Freestyle {3 x 100 on 1:30 Free-hold 1:10
300	6 x 50 on 1:00 Stroke Drills
9:30 AM 6,850 Yards - Stress Value = 113	

**Workout #13712 - Monday, 15 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
550	1 on 25:00 DS/Physio Ball Shoulders
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,600	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :35 Kick no board BSLR-10 {3 x 100 on 2:05 Kick {4 x 25 on :35 Kick no board BSLR-11 {3 x 100 on 2:00 Kick {4 x 25 on :35 Kick no board BSLR-12 {3 x 100 on 1:55 Kick {4 x 25 on :35 Kick no board BSLR-11 {3 x 100 on 1:50 Kick
1,200	1x{ No breath last 12 yards of each 100 {1 x 500 on 8:15 Pulls {1 x 400 on 6:35 Pulls {1 x 200 on 3:15 Pulls {1 x 100 on 1:35 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 500 on 7:55 Freestyle {5 x 100 on 1:50 Free-hold 1:20 {1 x 400 on 6:20 Freestyle {4 x 100 on 1:45 Free-hold 1:23 {1 x 200 on 3:10 Freestyle {1 x 100 on 1:40 Free-hold 1:25
300	6 x 50 on 1:00 Stroke Drills
9:30 AM 6,100 Yards - Stress Value = 100	

**Workout #13713 - Monday, 15 July 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
500	1 on 25:00 DS/Physio Ball Shoulders
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,300	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :45 Kick no board BSLR-10 {3 x 100 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR-11 {3 x 100 on 2:15 Kick {4 x 25 on :45 Kick no board BSLR-12 {3 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR-11
1,100	1x{ No breath last 12 yards of each 100 {1 x 500 on 9:10 Pulls {1 x 400 on 7:20 Pulls {1 x 200 on 3:30 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{1 x 500 on 8:45 Freestyle {5 x 100 on 1:55 Free-hold 1:30 {1 x 300 on 5:15 Freestyle {3 x 100 on 1:50 Free-hold 1:35 {1 x 200 on 3:30 Freestyle {1 x 100 on 1:45 Free-hold 1:40
300	6 x 50 on 1:00 Stroke Drills
9:29 AM 5,450 Yards - Stress Value = 88	

**Workout #13714 - Monday, 15 July 2013**

**Taper 1 - Distance**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Physio Ball Shoulders
150	1 x 400 on 10:00 Swim-kick-pull-swim
1,000	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :30 Kick no board BSLR-10 {3 x 100 on 1:40 Kick {4 x 25 on :30 Kick no board BSLR-11 {2 x 100 on 1:35 Kick {4 x 25 on :30 Kick no board BSLR-12 {2 x 100 on 1:30 Kick
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 400 on 4:35 Freestyle {4 x 100 on 1:25 Free-hold 1:04 {1 x 300 on 3:25 Freestyle {3 x 100 on 1:20 Free-hold 1:05 {1 x 200 on 2:15 Freestyle
250	1 x 250 on 4:00 Stroke Drills
8:33 AM 3,500 Yards - Stress Value = 58	

**Workout #13715 - Monday, 15 July 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:00 AM	Start		
=====	=====		
	1 on 25:00 DS/Physio Ball Shoulders		
400	1 x 400 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
950	1x{4 x 25 on :30 Kick no board BSLR-10		
	{3 x 100 on 1:50 Kick		
	{4 x 25 on :30 Kick no board BSLR-11		
	{3 x 100 on 1:45 Kick		
	{4 x 25 on :30 Kick no board BSLR-12		
	{1 x 50 on :50 Kick		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,400	1x{1 x 400 on 5:30 Freestyle		
	{4 x 100 on 1:35 Free-hold 1:09		
	{1 x 300 on 4:05 Freestyle		
	{3 x 100 on 1:30 Free-hold 1:10		
250	1 x 250 on 4:00 Stroke Drills		
8:34 AM	3,250 Yards - Stress Value = 53		

**Workout #13716 - Monday, 15 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:00 AM	Start		
=====	=====		
	1 on 25:00 DS/Physio Ball Shoulders		
350	1 x 350 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
850	1x{4 x 25 on :35 Kick no board BSLR-10		
	{3 x 100 on 2:05 Kick		
	{4 x 25 on :35 Kick no board BSLR-11		
	{3 x 100 on 2:00 Kick		
	{2 x 25 on :35 Kick no board BS-12		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,200	1x{1 x 400 on 6:20 Freestyle		
	{4 x 100 on 1:45 Free-hold 1:23		
	{1 x 200 on 3:10 Freestyle		
	{2 x 100 on 1:40 Free-hold 1:25		
250	1 x 250 on 4:00 Stroke Drills		
8:34 AM	2,900 Yards - Stress Value = 47		

**Workout #13717 - Monday, 15 July 2013**

**Group 2 Taper - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====		
	1 on 30:00 DS/Physio Ball/Tm Mtg		
400	1 x 400 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
650	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 200 on 4:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
500	1x{1 x 125 on 1:55 Pulls-no br L.12 yds	EN2	
	{1 x 125 on 1:50 Pulls-no br L.12 yds	EN2	
	{1 x 125 on 1:45 Pulls-no br L.12 yds	EN2	
	{1 x 125 on 1:40 Pulls-no br L.12 yds	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
1,000	5x{8 x 25 on :30 Butterfly	EN2	
	{1 on 1:00 Rest		
	1 on 8:00 Techniques-Starts		
200	1 x 200 on 5:00 Stroke Drills	REC	
7:00 PM	3,000 Yards - Stress Value = 47		

**Workout #13718 - Monday, 15 July 2013**

**Group 2 Taper - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====		
	1 on 30:00 DS/Physio Ball/Tm Mtg		
400	1 x 400 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 200 on 4:20 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
500	1x{1 x 125 on 2:05 Pulls-no br L.12 yds	EN2	
	{1 x 125 on 2:00 Pulls-no br L.12 yds	EN2	
	{1 x 125 on 1:55 Pulls-no br L.12 yds	EN2	
	{1 x 125 on 1:50 Pulls-no br L.12 yds	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
1,000	5x{8 x 25 on :35 Butterfly	EN2	
	{1 on 1:00 Rest		
	on the 5th set only do 4		
	1 on 8:00 Techniques-Starts		
200	1 x 200 on 5:00 Stroke Drills	REC	
7:04 PM	2,950 Yards - Stress Value = 46		

**Workout #13719 - Monday, 15 July 2013**

**Group 2 Taper - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====		
	1 on 30:00 DS/Physio Ball/Tm Mtg		
350	1 x 350 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:25 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
450	1x{1 x 125 on 2:20 Pulls-no br L.12 yds	EN2	
	{1 x 125 on 2:15 Pulls-no br L.12 yds	EN2	
	{1 x 125 on 2:10 Pulls-no br L.12 yds	EN2	
	{1 x 75 on 1:15 Pulls-no br L.12 yds	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
800	4x{8 x 25 on :40 Butterfly	EN2	
	{1 on 1:00 Rest		
	1 on 8:00 Techniques-Starts		
200	1 x 200 on 5:00 Stroke Drills	REC	
7:01 PM	2,650 Yards - Stress Value = 42		

**Workout #13720 - Monday, 15 July 2013**

**Group 2 Taper - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Physio Ball/Tm Mtg		
300	1 x 300 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 4:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
350	1x{1 x 100 on 2:10 Pulls-no br L.12 yds	EN2	
	{1 x 100 on 2:05 Pulls-no br L.12 yds	EN2	
	{1 x 100 on 2:00 Pulls-no br L.12 yds	EN2	
	{1 x 50 on :55 Pulls-no br L.12 yds	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
800	4x{8 x 25 on :45 Butterfly	EN2	
	{1 on 1:00 Rest		
	On 4th set only do 4		
	1 on 8:00 Techniques-Starts		
200	1 x 200 on 5:00 Stroke Drills	REC	
	7:03 PM 2,450 Yards - Stress Value = 40		

**Workout #13721 - Monday, 15 July 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 12:00 Dynamic Stretch		L I	
600	1 x 600 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
600	3x{3 x 50 on 1:10 Freestyle	SP1	S	
	{1 x 50 on 1:30 Freestyle	SP1	S	
	{ #1 20yds sprint-30yds easy, #2 30yds sprint			
	{ #3 all easy, #4 sprint			
500	10 x 50 on :50 Kick-ALL OUT 100%	EN2	K C	
600	3x{3 x 50 on 1:10 Stroke	SP1	S S	
	{1 x 50 on 1:30 Stroke	SP1	S S	
	{ Same as above --#3 can be free			
250	1 x 250 on 5:00 Freestyle	REC	S	
100	1 x 100 on 4:00 Choice OTB	SP2	S C	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
	6:30 AM 3,050 Yards - Stress Value = 122			

**Workout #13722 - Tuesday, 16 July 2013**

**Group 3 - Back**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 25:00 DS/Core
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1 x 500 on 10:00 Kick as far as you can
480	1x{4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
1,000	1 x 1000 on 13:30 Pulll 1/2 BTB, 1/2 BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	1x{1 x 200 on 2:35 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW-desc
	{2 x 175 on 2:15 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW-desc
	{3 x 150 on 1:55 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW desc

{4 x 125 on 1:35 Backstroke  
 {4 x 50 on 1:00 Back 8-9-10-11 KOW desc  
 {5 x 100 on 1:15 Backstroke  
 350 7 x 50 on 1:00 Stroke Drills  
 9:20 AM 5,880 Yards - Stress Value = 124

**Workout #13723 - Tuesday, 16 July 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1 x 500 on 10:00 Kick as far as you can
840	1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr
	{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
1,000	1 x 1000 on 13:30 Pulll 1/2 BTB, 1/2 BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,600	1x{1 x 200 on 2:55 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW-desc
	{2 x 175 on 2:30 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW-desc
	{3 x 150 on 2:25 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW desc
	{4 x 125 on 1:45 Backstroke
	{4 x 50 on 1:00 Back 8-9-10-11 KOW desc
	{3 x 100 on 1:25 Backstroke
350	7 x 50 on 1:00 Stroke Drills
	9:31 AM 6,240 Yards - Stress Value = 126

**Workout #13724 - Tuesday, 16 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 1 x 500 on 10:00 Kick as far as you can  
 840 1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc  
 {2 x 30 on :30 Gssr/Spr br on 3/15 undr  
 {4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce  
 {2 x 30 on :30 Gssr/Spr br on 3/15 undr  
 {4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce  
 {2 x 30 on :30 Gssr/Spr br on 3/15 undr  
 {4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce  
 {2 x 30 on :30 Gssr/Spr br on 3/15 undr  
 {4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce  
 1,000 1 x 1000 on 13:30 Pulll 1/2 BTB, 1/2 BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,400 1x{1 x 200 on 3:15 Backstroke  
 {4 x 50 on 1:05 Back 8-9-10-11 KOW-desc  
 {2 x 175 on 2:50 Backstroke  
 {4 x 50 on 1:05 Back 8-9-10-11 KOW-desc  
 {3 x 150 on 2:25 Backstroke  
 {4 x 50 on 1:00 Back 8-9-10-11 KOW desc  
 {4 x 125 on 2:00 Backstroke  
 {4 x 50 on 1:00 Back 8-9-10-11 KOW desc  
 {1 x 100 on 1:35 Backstroke  
 350 7 x 50 on 1:00 Stroke Drills  
 9:31 AM 5,990 Yards - Stress Value = 122

1 on 25:00 DS/Core  
 400 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 1 x 500 on 10:00 Kick as far as you can  
 500 1 x 500 on 6:30 Pulll 1/2 BTB, 1/2 BTS  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 1x{1 x 200 on 2:35 Backstroke  
 {4 x 50 on 1:00 Back 8-9-10-11 KOW-desc  
 {2 x 175 on 2:15 Backstroke  
 {4 x 50 on 1:00 Back 8-9-10-11 KOW-desc  
 {1 x 150 on 1:55 Backstroke  
 {2 x 50 on 1:00 Back 8-9 KOW desc  
 {2 x 125 on 1:35 Backstroke  
 {2 x 50 on 1:00 Back 10-11 KOW desc  
 {1 x 100 on 1:15 Backstroke  
 200 1 x 200 on 4:00 Stroke Drills  
 8:39 AM 3,500 Yards - Stress Value = 78

**Workout #13727 - Tuesday, 16 July 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 400 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 1 x 500 on 10:00 Kick as far as you can  
 450 1 x 450 on 6:30 Pulll 1/2 BTB, 1/2 BTS  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,550 1x{1 x 200 on 2:55 Backstroke  
 {4 x 50 on 1:00 Back 8-9-10-11 KOW-desc  
 {2 x 175 on 2:30 Backstroke  
 {4 x 50 on 1:00 Back 8-9-10-11 KOW-desc  
 {1 x 150 on 2:25 Backstroke  
 {4 x 50 on 1:00 Back 8-9-10-11 KOW desc  
 {2 x 125 on 1:45 Backstroke  
 200 1 x 200 on 4:00 Stroke Drills  
 8:39 AM 3,350 Yards - Stress Value = 75

**Workout #13725 - Tuesday, 16 July 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 1 x 500 on 10:00 Kick as far as you can  
 840 1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc  
 {2 x 30 on :30 Gssr/Spr br on 3/15 undr  
 {4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce  
 {2 x 30 on :30 Gssr/Spr br on 3/15 undr  
 {4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce  
 {2 x 30 on :30 Gssr/Spr br on 3/15 undr  
 {4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce  
 {2 x 30 on :30 Gssr/Spr br on 3/15 undr  
 {4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce  
 1,000 1 x 1000 on 13:30 Pulll 1/2 BTB, 1/2 BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,050 1x{1 x 200 on 3:55 Backstroke  
 {4 x 50 on 1:15 Back 8-9-10-11 KOW-desc  
 {2 x 175 on 3:25 Backstroke  
 {4 x 50 on 1:15 Back 8-9-10-11 KOW-desc  
 {3 x 150 on 2:55 Backstroke  
 {3 x 50 on 1:15 Back 8-9-10-11 KOW desc  
 {4 x 125 on 2:10 Backstroke  
 350 7 x 50 on 1:00 Stroke Drills  
 9:30 AM 5,590 Yards - Stress Value = 105

**Workout #13728 - Tuesday, 16 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 350 1 x 350 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 1 x 500 on 10:00 Kick as far as you can  
 400 1 x 400 on 6:30 Pulll 1/2 BTB, 1/2 BTS  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,450 1x{1 x 200 on 3:15 Backstroke  
 {4 x 50 on 1:05 Back 8-9-10-11 KOW-desc  
 {2 x 175 on 2:50 Backstroke  
 {4 x 50 on 1:05 Back 8-9-10-11 KOW-desc  
 {1 x 150 on 2:25 Backstroke  
 {2 x 50 on 1:00 Back 10-11 KOW desc  
 {2 x 125 on 2:00 Backstroke  
 200 1 x 200 on 4:00 Stroke Drills  
 8:39 AM 3,150 Yards - Stress Value = 69

**Workout #13726 - Tuesday, 16 July 2013**

**Taper 1 - Back**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====

**Workout #13729 - Tuesday, 16 July 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	W
750	1 on 10:00 Dynamic Stretch		
	1 x 750 on 10:00 Choice Random 20 sec sprints		
150	10 x 15 on :45 Shooters		
1,000	1 x 1000 on 15:00 Indian File Kicking w/fins		
300	12 x 25 on :45 Variable Speed 25's		
900	2x{1 x 200 on 4:00 Broken at 50/10-20-30 scnds		
	{1 x 250 on 5:00 Stroke Drills		
	1 on 10:00 Techniques-Starts		
6:24 PM	3,100 Yards - Stress Value = 69		

**Workout #13730 - Tuesday, 16 July 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	W
400	1 on 30:00 DS/Core/Spotlight		
150	1 x 400 on 10:00 Underwater trn drill	REC	
625	10 x 15 on :45 Shooters	SP3	
	1x{1 x 125 on 2:20 Kick	EN2	
	{1 x 125 on 2:15 Kick	EN2	
	{1 x 125 on 2:10 Kick	EN2	
	{1 x 125 on 2:05 Kick	EN2	
	{1 x 125 on 2:00 Kick	EN2	
600	1 x 600 on 11:00 Alt 50 breast 50 free	EN1	
100	4 x 25 on 1:00 Breast Drill	REC	
1,050	1x{1 x 150 on 2:40 Breaststroke	EN2	
	{4 x 25 on :30 Free-descend all 6bk	EN2	
	{2 x 125 on 2:10 Breaststroke	EN2	
	{4 x 25 on :30 Free-descend all 6bk	EN2	
	{1 x 100 on 1:40 Breaststroke	EN2	
	{4 x 25 on :30 Free-descend all 6bk	EN2	
	{2 x 75 on 1:10 Breaststroke	EN2	
	{4 x 25 on :30 Free-descend all 6Bk	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
6:54 PM	3,175 Yards - Stress Value = 43		

**Workout #13731 - Tuesday, 16 July 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	W
400	1 on 30:00 DS/Core/Spotlight		
150	1 x 400 on 10:00 Underwater trn drill	REC	
525	10 x 15 on :45 Shooters	SP3	
	1x{1 x 125 on 2:35 Kick	EN2	
	{1 x 125 on 2:30 Kick	EN2	
	{1 x 125 on 2:25 Kick	EN2	
	{1 x 125 on 2:20 Kick	EN2	
	{1 x 25 on :30 Kick	EN2	
500	1 x 500 on 11:00 Alt 50 breast 50 free	EN1	
100	4 x 25 on 1:00 Breast Drill	REC	
950	1x{1 x 150 on 3:00 Breaststroke	EN2	
	{4 x 25 on :30 Free-descend all 6bk	EN2	
	{2 x 125 on 2:25 Breaststroke	EN2	
	{4 x 25 on :30 Free-descend all 6bk	EN2	
	{1 x 100 on 1:50 Breaststroke	EN2	
	{4 x 25 on :30 Free-descend all 6bk	EN2	
	{2 x 75 on 1:20 Breaststroke	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
6:54 PM	2,875 Yards - Stress Value = 38		

**Workout #13732 - Tuesday, 16 July 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	W
350	1 on 30:00 DS/Core/Spotlight		
150	1 x 350 on 10:00 Underwater trn drill	REC	
450	10 x 15 on :45 Shooters	SP3	
	1x{1 x 125 on 2:55 Kick	EN2	
	{1 x 125 on 2:50 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
450	1 x 450 on 11:00 Alt 50 breast 50 free	EN1	
100	4 x 25 on 1:00 Breast Drill	REC	
850	1x{1 x 150 on 3:20 Breaststroke	EN2	
	{4 x 25 on :35 Free-descend all 6bk	EN2	
	{2 x 125 on 2:45 Breaststroke	EN2	
	{4 x 25 on :35 Free-descend all 6bk	EN2	
	{1 x 100 on 2:10 Breaststroke	EN2	
	{4 x 25 on :35 Free-descend all 6bk	EN2	
	{1 x 50 on 1:00 Breaststroke	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
6:54 PM	2,600 Yards - Stress Value = 35		

**Workout #13733 - Tuesday, 16 July 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	W
300	1 on 30:00 DS/Core/Spotlight		
150	1 x 300 on 10:00 Underwater trn drill	REC	
400	10 x 15 on :45 Shooters	SP3	
	1x{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 2:40 Kick	EN2	
	{1 x 100 on 2:35 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
400	1 x 400 on 11:00 Alt 50 breast 50 free	EN1	
100	4 x 25 on 1:00 Breast Drill	REC	
750	1x{1 x 150 on 3:35 Breaststroke	EN2	
	{4 x 25 on :40 Free-descend all 6bk	EN2	
	{2 x 125 on 2:55 Breaststroke	EN2	
	{4 x 25 on :40 Free-descend all 6bk	EN2	
	{1 x 100 on 2:15 Breaststroke	EN2	
	{2 x 25 on :40 Free-descend all 6bk	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
6:54 PM	2,350 Yards - Stress Value = 33		

**Workout #13734 - Wednesday, 17 July 2013**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Abs
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
2,000	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{4 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR-14
	{4 x 75 on 1:00 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{4 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 KICK
1,200	1x{2 x 150 on 2:00 Lungbuster pulls
	{2 x 150 on 1:55 Lungbuster pulls
	{2 x 150 on 1:50 Lungbuster pulls
	{2 x 150 on 1:45 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,900	1x{1 x 150 on 2:15 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 1:50 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:25 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:00 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{5 x 50 on :40 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{6 x 25 on :20 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	9:32 AM 7,250 Yards - Stress Value = 130

**Workout #13735 - Wednesday, 17 July 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Abs
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,700	1x{4 x 25 on :35 Kick no board BSLR
	{4 x 75 on 1:20 Kick
	{4 x 25 on :35 Kick no board BSLR-12
	{4 x 75 on 1:15 Kick
	{4 x 25 on :35 Kick no board BSLR-14
	{4 x 75 on 1:10 Kick
	{4 x 25 on :35 Kick no board BSLR-12
	{4 x 75 on 1:15 Kick
	{4 x 25 on :35 Kick no board BSLR
1,100	1x{2 x 150 on 2:10 Lungbuster pulls
	{2 x 150 on 2:05 Lungbuster pulls
	{2 x 150 on 2:00 Lungbuster pulls
	{2 x 100 on 1:15 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,750	1x{1 x 150 on 2:30 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 2:00 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:35 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:10 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{5 x 50 on :45 Breaststroke
	{2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{6 x 25 on :25 Breaststroke

200 1 x 200 on 3:00 Stroke Drills  
9:32 AM 6,700 Yards - Stress Value = 119

**Workout #13736 - Wednesday, 17 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Abs
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 1:35 Kick
	{4 x 25 on :40 Kick no board BSLR-12
	{4 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR-14
	{2 x 75 on 1:25 Kick
	{4 x 25 on :40 Kick no board BSLR-12
	{2 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR
900	1x{2 x 150 on 2:30 Lungbuster pulls
	{2 x 150 on 2:25 Lungbuster pulls
	{2 x 150 on 2:20 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,450	1x{1 x 150 on 2:45 Breaststroke
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 2:15 Breaststroke
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:45 Breaststroke
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:15 Breaststroke
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
	{5 x 50 on :50 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	9:31 AM 5,850 Yards - Stress Value = 103

**Workout #13737 - Wednesday, 17 July 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 25:00 DS/Abs
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,150	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 75 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR-12
	{4 x 75 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR-14
	{2 x 75 on 1:50 Kick
	{4 x 25 on :45 Kick no board BSLR-12
800	1x{2 x 150 on 2:50 Lungbuster pulls
	{2 x 150 on 2:45 Lungbuster pulls
	{2 x 100 on 1:45 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 150 on 3:15 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 2:40 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 2:05 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:30 Breaststroke
	{2 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{1 x 50 on 1:00 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	9:32 AM 5,100 Yards - Stress Value = 89

**Workout #13738 - Wednesday, 17 July 2013**

**Taper 1 - Breast**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs
400	1 x 400 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :30 Kick no board BSLR {2 x 75 on 1:10 Kick {4 x 25 on :30 Kick no board BSLR-12 {2 x 75 on 1:05 Kick {4 x 25 on :30 Kick no board BSLR-14 {2 x 75 on 1:00 Kick {4 x 25 on :30 Kick no board BSLR-12
600	1x{1 x 150 on 2:00 Lungbuster pulls {1 x 150 on 1:55 Lungbuster pulls {1 x 150 on 1:50 Lungbuster pulls {1 x 150 on 1:45 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{1 x 150 on 2:15 Breaststroke {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst {2 x 125 on 1:50 Breaststroke {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst {1 x 100 on 1:25 Breaststroke {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst {2 x 75 on 1:00 Breaststroke {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst {2 x 50 on :40 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	8:40 AM 3,650 Yards - Stress Value = 62

**Workout #13739 - Wednesday, 17 July 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Abs
400	1 x 400 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :35 Kick no board BSLR {2 x 75 on 1:20 Kick {4 x 25 on :35 Kick no board BSLR-12 {2 x 75 on 1:15 Kick {4 x 25 on :35 Kick no board BSLR-14 {2 x 75 on 1:10 Kick
550	1x{1 x 150 on 2:10 Lungbuster pulls {1 x 150 on 2:05 Lungbuster pulls {1 x 150 on 2:00 Lungbuster pulls {1 x 100 on 1:15 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{1 x 150 on 2:30 Breaststroke {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst {2 x 125 on 2:00 Breaststroke {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst {1 x 100 on 1:35 Breaststroke {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst {4 x 50 on :45 Breaststroke {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
200	1 x 200 on 3:00 Stroke Drills
	8:40 AM 3,450 Yards - Stress Value = 58

**Workout #13740 - Wednesday, 17 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
=====	=====

	1 on 25:00 DS/Abs
350	1 x 350 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :40 Kick no board BSLR {2 x 75 on 1:35 Kick {4 x 25 on :40 Kick no board BSLR-12 {2 x 75 on 1:30 Kick {4 x 25 on :40 Kick no board BSLR-14
450	1x{1 x 150 on 2:30 Lungbuster pulls {1 x 150 on 2:25 Lungbuster pulls {1 x 150 on 2:20 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,150	1x{1 x 150 on 2:45 Breaststroke {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst {2 x 125 on 2:15 Breaststroke {4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst {1 x 100 on 1:45 Breaststroke {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst {1 x 50 on :50 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	8:40 AM 3,000 Yards - Stress Value = 50

**Workout #13741 - Wednesday, 17 July 2013**

**Group 3 - Taper 1**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 10:00 Dynamic Stretch			L I
400	1 x 400 on 7:00 Choice	REC		S C
150	10 x 15 on :45 Shooters	SP3		S C
400	4 x 100 on 2:00 Kick	EN2		K C
400	8 x 50 on 1:00 Down drill back build	EN1		S C
	Odds free evens non free			
400	4 x 100 on 1:45 Free-descend	EN2		S
300	12 x 25 on :40 Variable Speed	EN1		S
	50 2 x 25 on 2:00 OTB Walk Backs	EN1		S C
250	1 x 250 on 4:00 Stroke Drills	REC		D
	8:11 AM 2,350 Yards - Stress Value = 29			

**Workout #13742 - Thursday, 18 July 2013**

**Group 3 - Fly**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Ball Abs/Shldrs 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 1:30 Butterfly {1 x 100 on 1:25 Butterfly {1 x 100 on 1:20 Butterfly {1 x 100 on 1:15 Butterfly {1 x 100 on 1:10 Butterfly
1,600	1x{4 x 25 on :30 Sprint Kick {4 x 100 on 1:45 Kick #2 {4 x 25 on :30 Sprint kick {4 x 100 on 2:00 Kick #3 {4 x 25 on :30 Sprint Kick {4 x 50 on :50 Kick #2 {4 x 25 on :30 Sprint Kick {4 x 50 on :55 Kick #3
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
500	1x{1 x 100 on 1:30 Butterfly {1 x 100 on 1:25 Butterfly {1 x 100 on 1:20 Butterfly {1 x 100 on 1:15 Butterfly {1 x 100 on 1:10 Butterfly
1,600	4 x 400 on 5:15 Pulll-alt breakouts
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
500	1x{1 x 100 on 1:30 Butterfly {1 x 100 on 1:25 Butterfly {1 x 100 on 1:20 Butterfly {1 x 100 on 1:15 Butterfly {1 x 100 on 1:10 Butterfly
250	1 x 250 on 5:00 Freestyle
100	1 x 100 on 3:00 Fly OTB
250	1 x 250 on 4:00 Stroke Drills
	9:29 AM 6,250 Yards - Stress Value = 102

**Workout #13743 - Thursday, 18 July 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Ball Abs/Shldrs 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
450	1x{1 x 100 on 1:40 Butterfly {1 x 100 on 1:35 Butterfly {1 x 100 on 1:30 Butterfly {1 x 100 on 1:25 Butterfly {1 x 50 on :40 Butterfly
1,400	1x{4 x 25 on :35 Sprint kick {4 x 100 on 1:55 Kick #2 {4 x 25 on :35 Sprint kick {3 x 100 on 2:05 Kick #3 {4 x 25 on :35 Sprint kick {3 x 50 on 1:00 Kick #2 {4 x 25 on :35 Sprint kick {3 x 50 on 1:05 Kick #3
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
450	1x{1 x 100 on 1:40 Butterfly {1 x 100 on 1:35 Butterfly {1 x 100 on 1:30 Butterfly {1 x 100 on 1:25 Butterfly {1 x 50 on :40 Butterfly
1,500	4 x 375 on 5:15 Pulll-alt breakouts

100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
450	1x{1 x 100 on 1:40 Butterfly {1 x 100 on 1:35 Butterfly {1 x 100 on 1:30 Butterfly {1 x 100 on 1:25 Butterfly {1 x 50 on :40 Butterfly
250	1 x 250 on 5:00 Freestyle
100	1 x 100 on 3:00 Fly OTB
250	1 x 250 on 4:00 Stroke Drills
	9:29 AM 5,800 Yards - Stress Value = 93

**Workout #13744 - Thursday, 18 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
550	1 on 30:00 DS/Physio Ball Abs/Shldrs 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
350	1x{1 x 100 on 1:55 Butterfly {1 x 100 on 1:50 Butterfly {1 x 100 on 1:45 Butterfly {1 x 50 on :50 Butterfly
1,250	1x{4 x 25 on :40 Sprint kick {3 x 100 on 2:10 Kick #2 {4 x 25 on :40 Sprint kick {3 x 100 on 2:20 Kick #3 {4 x 25 on :40 Sprint kick {3 x 50 on 1:05 Kick #2 {4 x 25 on :35 Sprint kick {2 x 50 on 1:10 Kick #3
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
350	1x{1 x 100 on 1:55 Butterfly {1 x 100 on 1:50 Butterfly {1 x 100 on 1:45 Butterfly {1 x 50 on :50 Butterfly
1,300	4 x 325 on 5:15 Pulll-alt breakouts
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
350	1x{1 x 100 on 1:55 Butterfly {1 x 100 on 1:50 Butterfly {1 x 100 on 1:45 Butterfly {1 x 50 on :50 Butterfly
250	1 x 250 on 5:00 Freestyle
100	1 x 100 on 3:00 Fly OTB
250	1 x 250 on 4:00 Stroke Drills
	9:29 AM 5,100 Yards - Stress Value = 80

**Workout #13745 - Thursday, 18 July 2013**

**1 minute rest between sets**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
500	1 on 30:00 DS/Physio Ball Abs/Shldrs
	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
300	1x{1 x 100 on 2:30 Butterfly
	{1 x 100 on 2:25 Butterfly
	{1 x 100 on 2:05 Butterfly
1,250	1x{4 x 25 on :40 Sprint kick
	{3 x 100 on 2:10 Kick #2
	{4 x 25 on :40 Sprint kick
	{3 x 100 on 2:20 Kick #3
	{4 x 25 on :40 Sprint kick
	{3 x 50 on 1:05 Kick #2
	{4 x 25 on :35 Sprint kick
	{2 x 50 on 1:10 Kick #3
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
300	1x{1 x 100 on 2:30 Butterfly
	{1 x 100 on 2:25 Butterfly
	{1 x 100 on 2:05 Butterfly
1,100	4 x 275 on 5:15 Pulll-alt breakouts
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
300	1x{1 x 100 on 2:30 Butterfly
	{1 x 100 on 2:20 Butterfly
	{1 x 100 on 2:05 Butterfly
250	1 x 250 on 5:00 Freestyle
100	1 x 100 on 3:00 Fly OTB
250	1 x 250 on 4:00 Stroke Drills
9:29 AM 4,700 Yards - Stress Value = 73	

6:30 AM Start

Yards	Set Description
400	1 on 10:00 Dynamic Stretch
	1 x 400 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
450	1x{1 x 100 on 1:40 Butterfly
	{1 x 100 on 1:35 Butterfly
	{1 x 100 on 1:30 Butterfly
	{1 x 100 on 1:25 Butterfly
	{1 x 50 on :40 Butterfly
850	1x{4 x 25 on :35 Sprint kick
	{2 x 100 on 1:55 Kick #2
	{4 x 25 on :35 Sprint kick
	{2 x 100 on 2:05 Kick #3
	{4 x 25 on :35 Sprint kick
	{1 x 50 on 1:00 Kick #2
	{2 x 25 on :35 Sprint kick
	{1 x 50 on 1:05 Kick #3
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
450	1x{1 x 100 on 1:40 Butterfly
	{1 x 100 on 1:35 Butterfly
	{1 x 100 on 1:30 Butterfly
	{1 x 100 on 1:25 Butterfly
	{1 x 50 on :40 Butterfly
525	3 x 175 on 2:40 Pulll-alt breakouts
200	1 x 200 on 4:00 Stroke Drills
7:53 AM 3,125 Yards - Stress Value = 51	

**Workout #13748 - Thursday, 18 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

**Workout #13746 - Thursday, 18 July 2013**

**Taper 1 - Fly**

**1 minute rest between sets**

6:30 AM Start

Yards	Set Description
400	1 on 10:00 Dynamic Stretch
	1 x 400 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 1:30 Butterfly
	{1 x 100 on 1:25 Butterfly
	{1 x 100 on 1:20 Butterfly
	{1 x 100 on 1:15 Butterfly
	{1 x 100 on 1:10 Butterfly
1,000	1x{4 x 25 on :30 Sprint Kick
	{2 x 100 on 1:45 Kick #2
	{4 x 25 on :30 Sprint kick
	{2 x 100 on 2:00 Kick #3
	{4 x 25 on :30 Sprint Kick
	{2 x 50 on :50 Kick #2
	{4 x 25 on :30 Sprint Kick
	{2 x 50 on :55 Kick #3
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
500	1x{1 x 100 on 1:30 Butterfly
	{1 x 100 on 1:25 Butterfly
	{1 x 100 on 1:20 Butterfly
	{1 x 100 on 1:15 Butterfly
	{1 x 100 on 1:10 Butterfly
600	3 x 200 on 2:40 Pulll-alt breakouts
200	1 x 200 on 3:00 Stroke Drills
7:52 AM 3,450 Yards - Stress Value = 58	

6:30 AM Start

Yards	Set Description
350	1 on 10:00 Dynamic Stretch
	1 x 350 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
350	1x{1 x 100 on 1:55 Butterfly
	{1 x 100 on 1:50 Butterfly
	{1 x 100 on 1:45 Butterfly
	{1 x 50 on :50 Butterfly
800	1x{4 x 25 on :40 Sprint kick
	{3 x 100 on 2:10 Kick #2
	{4 x 25 on :40 Sprint kick
	{2 x 100 on 2:20 Kick #3
	{4 x 25 on :40 Sprint kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
350	1x{1 x 100 on 1:55 Butterfly
	{1 x 100 on 1:50 Butterfly
	{1 x 100 on 1:45 Butterfly
	{1 x 50 on :50 Butterfly
450	3 x 150 on 2:40 Pulll-alt breakouts
200	1 x 200 on 3:00 Stroke Drills
7:53 AM 2,750 Yards - Stress Value = 45	

**Workout #13747 - Thursday, 18 July 2013**

**Taper 1 - Gold**

**Workout #13749 - Thursday, 18 July 2013**

**Group 3 - Taper 1**

**1 minute rest between sets**

6:30 AM Start

Yards	Set Description	EGY	WORK	S
1	on 10:00 Dynamic Stretch		L	I
400	1 x 400 on 7:00 Choice	REC	S	C
150	10 x 15 on :45 Shooters	SP3	S	C
400	4 x 100 on 2:00 Kick	EN2	K	C
400	8 x 50 on 1:00 Down drill back build	EN1	S	C
	Odds free evens non free			
400	4 x 100 on 1:45 Free-descend	EN2	S	
300	12 x 25 on :40 Variable Speed	EN1	S	
50	2 x 25 on 2:00 OTB Walk Backs	EN1	S	C
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	7:41 AM 2,350 Yards - Stress Value = 29			

**Workout #13750 - Thursday, 18 July 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	S
1	on 10:00 Dynamic Stretch		L	I
400	1 x 400 on 7:00 Swim-kick-drlll-swim			
150	10 x 15 on :45 Shooters			
100	1 x 100 on 4:00 Free for time from a push			
2,700	1x{1 x 100 on :20 Kick with flippers			
	{1 x 100 on :25 Kick with flippers			
	{1 x 100 on :30 Kick with flippers			
	{1 x 100 on :35 Kick with flippers			
	{1 x 100 on :40 Kick with flippers			
	{1 x 100 on :45 Kick with flippers			
	{1 x 100 on :50 Kick with flippers			
	{1 x 100 on :55 Kick with flippers			
	{1 x 100 on 1:00 Kick with flippers			
	{1 x 100 on 1:05 Kick with flippers			
	{1 x 100 on 1:10 Kick with flippers			
	{1 x 100 on 1:15 Kick with flippers			
	{1 x 100 on 1:20 Kick with flippers			
	{1 x 100 on 1:25 Kick with flippers			
	{1 x 100 on 1:30 Kick with flippers			
	{1 x 100 on 1:35 Kick with flippers			
	{1 x 100 on 1:40 Kick with flippers			
	{1 x 100 on 1:45 Kick with flippers			
	{1 x 100 on 1:50 Kick with flippers			
	{1 x 100 on 1:55 Kick with flippers			
	{1 x 100 on 2:00 Kick with flippers			
	{1 x 100 on 2:05 Kick with flippers			
	{1 x 100 on 2:10 Kick with flippers			
	{1 x 100 on 2:15 Kick with flippers			
	{1 x 100 on 2:20 Kick with flippers			
	{1 x 100 on 2:25 Kick with flippers			
	{1 x 100 on 2:30 Kick with flippers			
250	1 x 250 on 4:00 Stroke Drills			
400	4 x 100 on 1:30 Free descend to ludicrous sp			
300	6 x 50 on 1:00 Stroke Drills			
	6:30 PM 4,300 Yards - Stress Value = 70			

**Workout #13751 - Thursday, 18 July 2013**

**Group 3 - Taper 1**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	S
1	on 10:00 Dynamic Stretch		L	I
400	1 x 400 on 7:00 Choice	REC	S	C
150	10 x 15 on :45 Shooters	SP3	S	C
400	4 x 100 on 2:00 Kick	EN2	K	C
400	8 x 50 on 1:00 Down drill back build	EN1	S	C
	Odds free evens non free			

400	4 x 100 on 1:45 Free-descend	EN2	S
300	12 x 25 on :40 Variable Speed	EN1	S
50	2 x 25 on 2:00 OTB Walk Backs	EN1	S C
250	1 x 250 on 4:00 Stroke Drills	REC	D
	6:11 PM 2,350 Yards - Stress Value = 29		

**Workout #13752 - Thursday, 18 July 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
1	on 25:00 DS/Shoulders/Tm Mtg
500	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
1	on 10:00 Techniques-bucket turns
150	10 x 15 on :45 Shooters
1,200	1x{1 on 2:00 Fly Technique Talk
	{4 x 25 on 1:00 Perfect fly
	{3 x 50 on 1:30 Fly Kick
	{4 x 25 on 1:00 Fly drill
	{1 x 50 on 1:30 Perfect fly
	{1 on 2:00 Back Technique
	{4 x 25 on 1:00 Perfect backstroke
	{3 x 50 on 1:30 Back Kick
	{4 x 25 on 1:00 Back Drill
	{1 x 50 on 1:30 Perfect Backstroke
	{1 on 2:00 Breast Technique talk
	{4 x 25 on 1:00 Perfect Breast
	{3 x 50 on 1:30 Breast Kick
	{4 x 25 on 1:00 Breast drill
	{1 x 50 on 1:30 Perfect Breast
200	1 x 200 on 5:00 IM Perfect form 80%+ effort
1	on 10:00 Techniques-Relay starts
	6:59 PM 2,050 Yards - Stress Value = 17

**Workout #13753 - Friday, 19 July 2013**

**Groups 2 & 3 combined workout - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
1	on 10:00 Dynamic Stretch
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
200	8 x 25 on 1:15 Tombstone Kicking
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
480	6x{1 x 25 on :01 OTB
	{1 on :01 10 Squats
	{1 x 30 on :01 Free sprint from a dive
	{ no breath
	{1 on :01 10 Squats
	{1 x 25 on 4:56 Dive-Streamline and kick unde
	to false starts rope-thumb/finger tip drag
500	10 x 50 on 1:00 Stroke Drills
	6:29 PM 2,130 Yards - Stress Value = 47

**Workout #13754 - Monday, 22 July 2013**

**Taper 1 - Distance**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Balls  
 400 1 x 400 on 8:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:00 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:05 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:10 Kick  
 800 16 x 50 on :40 Pulls-hold breath L. X yds  
 Hold :33 or faster  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 10 x 150 on 2:00 Freestyle  
 250 1 x 250 on 5:00 Stroke Drills  
 8:41 AM 4,100 Yards - Stress Value = 70

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Balls  
 350 1 x 350 on 8:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 550 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:10 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 100 on 2:15 Kick  
 {2 x 25 on :45 Kick no board BS  
 550 11 x 50 on 1:00 Pulls-hold breath L. X yds  
 Hold under :45  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,050 7 x 150 on 2:45 Freestyle  
 250 1 x 250 on 5:00 Stroke Drills  
 8:41 AM 3,000 Yards - Stress Value = 49

**Workout #13758 - Monday, 22 July 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

**Workout #13755 - Monday, 22 July 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Balls  
 400 1 x 400 on 8:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 850 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:15 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:20 Kick  
 {2 x 25 on :30 Kick no board BS  
 {1 x 150 on 2:25 Kick  
 700 14 x 50 on :45 Pulls-hold breath L. X yds  
 Hold :38 or faster  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,350 9 x 150 on 2:10 Freestyle  
 250 1 x 250 on 5:00 Stroke Drills  
 8:41 AM 3,800 Yards - Stress Value = 64

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Dynamic Stretch  
 400 1 x 400 on 7:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,000 10 x 100 on 2:00 Challenge Kick Set w/fins  
 1,230 1x{9 x 30 on 1:00 Freestyle  
 {1 x 120 on 3:00 Freestyle (8 LAPS)  
 {7 x 30 on 1:00 Freestyle  
 {1 x 120 on 3:00 Freestyle  
 {5 x 30 on 1:00 Freestyle  
 {1 x 120 on 3:00 Freestyle  
 {3 x 30 on 1:00 Freestyle  
 {1 x 120 on 3:00 Freestyle  
 {1 x 30 on 1:00 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 6:30 PM 3,030 Yards - Stress Value = 101

**Workout #13759 - Monday, 22 July 2013**

**Group 2 - All**

**1 minute rest between sets**

**Workout #13756 - Monday, 22 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Balls  
 350 1 x 350 on 8:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 700 1x{4 x 25 on :35 Kick no board BSLR  
 {1 x 150 on 2:45 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 150 on 2:50 Kick  
 {2 x 25 on :35 Kick no board BSLR  
 650 13 x 50 on :50 Pulls-hold breath L. X yds  
 hold :42 or faster  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 8 x 150 on 2:25 Freestyle  
 250 1 x 250 on 5:00 Stroke Drills  
 8:41 AM 3,400 Yards - Stress Value = 57

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 DS/Tm Mtg  
 500 1 x 500 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 500 10 x 50 on 1:15 Kick #3,6,9 best effort  
 1,050 3x{1 x 100 on 2:00 Non Free  
 {1 x 100 on 2:00 Freestyle  
 {1 x 100 on 2:00 Individual Medley  
 {1 x 50 on 2:00 Choice-100%  
 1 on 12:00 Techniques-Relay Starts  
 200 1 x 200 on 4:00 Stroke Drills  
 7:00 PM 2,400 Yards - Stress Value = 26

**Workout #13757 - Monday, 22 July 2013**

**Taper 1 - Bronze**

**1 minute rest between sets**

**Workout #13760 - Tuesday, 23 July 2013**

**1 minute rest between sets**

**Taper 1 - Back**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 400 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 350 1 x 350 on 5:00 Kick as far as you can  
 420 1x{ Alt 15 Tombstone Kick 15 underwa  
 {2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 700 1x{2 x 100 on 1:25 Pulls BTS  
 {2 x 100 on 1:20 Pulls BTS  
 {1 x 100 on 1:15 Pulls BTS  
 {1 x 100 on 1:10 Pulls BTS  
 {1 x 100 on 1:05 Pulls BTS  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{2 x 175 on 2:10 Backstroke  
 {4 x 25 on :30 Back 9KOW+1 100%  
 {2 x 150 on 1:55 Backstroke  
 {4 x 25 on :30 Back 10KOW+1 100%  
 {2 x 125 on 1:35 Backstroke  
 {4 x 25 on :30 Back 11KOW+1 100%  
 {2 x 100 on 1:15 Backstroke  
 {4 x 25 on :30 Back 12KOW+1 100%  
 200 1 x 200 on 3:00 Stroke Drills  
 8:43 AM 3,820 Yards - Stress Value = 60

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 350 1 x 350 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 350 1 x 350 on 5:00 Kick as far as you can  
 420 1x{ Alt 15 Tombstone Kick 15 underwa  
 {2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 550 1x{2 x 100 on 1:40 Pulls BTS  
 {1 x 100 on 1:35 Pulls BTS  
 {1 x 100 on 1:30 Pulls BTS  
 {1 x 100 on 1:25 Pulls BTS  
 {1 x 50 on :40 Pulls BTS  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 1x{2 x 175 on 2:55 Backstroke  
 {4 x 25 on :35 Back 9KOW+1 100%  
 {2 x 150 on 2:30 Backstroke  
 {4 x 25 on :35 Back 10KOW+1 100%  
 {2 x 125 on 2:05 Backstroke  
 {4 x 25 on :35 Back 11KOW+1 100%  
 200 1 x 200 on 3:00 Stroke Drills  
 8:43 AM 3,320 Yards - Stress Value = 52

**Workout #13763 - Tuesday, 23 July 2013**

**Taper 1 - Bronze**

**1 minute rest between sets**

**Workout #13761 - Tuesday, 23 July 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 400 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 350 1 x 350 on 5:00 Kick as far as you can  
 420 1x{ Alt 15 Tombstone Kick 15 underwa  
 {2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 600 1x{2 x 100 on 1:30 Pulls BTS  
 {2 x 100 on 1:25 Pulls BTS  
 {1 x 100 on 1:20 Pulls BTS  
 {1 x 100 on 1:15 Pulls BTS  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,350 1x{2 x 175 on 2:35 Backstroke  
 {4 x 25 on :30 Back 9KOW+1 100%  
 {2 x 150 on 2:10 Backstroke  
 {4 x 25 on :30 Back 10KOW+1 100%  
 {2 x 125 on 1:50 Backstroke  
 {4 x 25 on :30 Back 11KOW+1 100%  
 {1 x 100 on 1:25 Backstroke  
 {2 x 25 on :30 Back 12KOW+1 100%  
 200 1 x 200 on 3:00 Stroke Drills  
 8:43 AM 3,570 Yards - Stress Value = 55

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 300 1 x 300 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 350 1 x 350 on 5:00 Kick as far as you can  
 420 1x{ Alt 15 Tombstone Kick 15 underwa  
 {2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 500 1x{2 x 100 on 1:50 Pulls BTS  
 {1 x 100 on 1:45 Pulls BTS  
 {1 x 100 on 1:40 Pulls BTS  
 {1 x 100 on 1:35 Pulls BTS  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,100 1x{2 x 175 on 3:15 Backstroke  
 {4 x 25 on :35 Back 9KOW+1 100%  
 {2 x 150 on 2:45 Backstroke  
 {4 x 25 on :35 Back 10KOW+1 100%  
 {2 x 100 on 1:50 Backstroke  
 {2 x 25 on :35 Back 11KOW+1 100%  
 200 1 x 200 on 3:00 Stroke Drills  
 8:43 AM 3,120 Yards - Stress Value = 49

**Workout #13762 - Tuesday, 23 July 2013**

**Taper 1 - Silver**

**Workout #13764 - Monday, 22 July 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
400	1 on 10:00 Dynamic Stretch		L I
150	1 x 400 on 7:00 Choice	REC	S C
1,000	10 x 15 on :45 Shooters	SP3	S C
1,230	10 x 100 on 2:00 Challenge Kick Set w/fins	EN1	S C
	1x{9 x 30 on 1:00 Freestyle		
	{1 x 120 on 3:00 Freestyle (8 LAPS)		
	{7 x 30 on 1:00 Freestyle		
	{1 x 120 on 3:00 Freestyle		
	{5 x 30 on 1:00 Freestyle		
	{1 x 120 on 3:00 Freestyle		
	{3 x 30 on 1:00 Freestyle		
	{1 x 120 on 3:00 Freestyle		
	{1 x 30 on 1:00 Freestyle		
250	1 x 250 on 4:00 Stroke Drills	REC	D
6:30 PM 3,030 Yards - Stress Value = 101			

**Workout #13765 - Tuesday, 23 July 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
600	1 on 10:00 Dynamic Stretch		L I
150	1 x 600 on 10:00 Underwater trn drill	REC	S C
700	10 x 15 on :45 Shooters	SP3	S C
	1x{1 x 50 on 1:00 Vertical Kick		
	{1 x 50 on 1:00 Kick-100%		
	{1 on :30 back into diving well		
	{1 x 50 on 1:00 Vertical Kick		
	{1 x 100 on 2:00 Kick-100%		
	{1 on :30 back into diving well		
	{1 x 50 on 1:00 Vertical Kick		
	{1 x 150 on 3:00 Kick-100%		
	{1 on :30 get back into diving well		
	{1 x 50 on 1:00 Vertical Kick		
	{1 x 200 on 4:00 Kick-100%		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
360	9 x 40 on 3:00 Running pit sprint + 25 yd sprint no breath	EN1	S C
500	10 x 50 on 1:00 Stroke Drills	REC	D
6:29 PM 2,410 Yards - Stress Value = 49			

**Workout #13766 - Tuesday, 23 July 2013**

**Group 3 - Age Group State**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
400	1 on 10:00 Dynamic Stretch		L I
150	1 x 400 on 7:00 Choice	REC	S C
400	10 x 15 on :45 Shooters	SP3	S C
400	4 x 100 on 2:00 Kick	EN2	K C
400	8 x 50 on 1:00 Down drill back build	EN1	S C
	Odds free evens non free		
400	4 x 100 on 1:45 Free-descend	EN2	S
300	12 x 25 on :40 Variable Speed	EN1	S
50	2 x 25 on 2:00 OTB Walk Backs	EN1	S C
250	1 x 250 on 4:00 Stroke Drills	REC	D
6:11 PM 2,350 Yards - Stress Value = 29			

**Workout #13767 - Tuesday, 23 July 2013**

**Group 2 - All**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
500	1 on 15:00 DS/Tm Mtg	
150	1 x 500 on 10:00 Choice	REC
300	10 x 15 on :45 Shooters	SP3
400	3 x 100 on 3:00 Kick w/ or w/out board	EN1
	8 x 50 on 1:15 Down Drill Back Build	EN1
	1-4 Free 5-8 non free	
300	3 x 100 on 2:00 Descend	EN2
50	2 x 25 on 2:00 OTB walk backs	SP2
100	1 x 100 on 3:00 EZ swim	REC
100	1 x 100 on 3:00 Choice	SP2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-starts or relay start	
7:00 PM 2,100 Yards - Stress Value = 34		

**Workout #13768 - Wednesday, 24 July 2013**

**Taper 1 - Breast**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY
400	1 on 25:00 DS/Abs	
150	1 x 400 on 10:00 Free L.25 of each 100 Non F	
900	10 x 15 on :45 Shooters	
	1x{4 x 25 on :30 Kick no board B 12+1	
	{1 x 50 on :40 Kick	
	{4 x 25 on :30 Kick no board S 12+1	
	{2 x 75 on 1:00 Kick	
	{4 x 25 on :30 Kick no board L 12+1	
	{3 x 100 on 1:20 Kick	
	{4 x 25 on :30 Kick no board R 12+1	
750	1x{3 x 75 on 1:00 Lungbuster pulls	
	{ br 5-6-7	
	{3 x 75 on 1:00 Lungbuster pulls	
	{ br 6-7-8	
	{4 x 75 on 1:00 Lungbuster pulls	
	{ br 7-8-9	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,450	1x{2 x 125 on 1:45 Breast L.25 3X pullouts	
	{3 x 50 on :45 Breast 2klp	
	{2 x 125 on 1:40 Breast L.25 3X pullouts	
	{3 x 50 on :50 Breast 3klp	
	{2 x 125 on 1:35 Breast L.25 3X pullouts	
	{3 x 50 on :55 Breast 4klp	
	{2 x 125 on 1:30 Breast L.25 3X pullouts	
200	1 x 200 on 3:00 Stroke Drills	
8:41 AM 3,950 Yards - Stress Value = 60		

**Workout #13769 - Wednesday, 24 July 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 800 1x{4 x 25 on :30 Kick no board B 12+1  
 {1 x 50 on :55 Kick  
 {4 x 25 on :30 Kick no board S 12+1  
 {2 x 75 on 1:20 Kick  
 {4 x 25 on :30 Kick no board L 12+1  
 {3 x 100 on 1:40 Kick  
 650 1x{3 x 75 on 1:05 Lungbuster pulls  
 { br 4-5-6  
 {3 x 75 on 1:05 Lungbuster pulls  
 { br 5-6-7  
 {2 x 75 on 1:05 Lungbuster pulls  
 { br 6-7-8  
 {1 x 50 on :45 Lungbuster pulls  
 { br 8-9  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,250 1x{2 x 125 on 2:00 Breast L.25 3X pullouts  
 {3 x 50 on :50 Breast 2k1p  
 {2 x 125 on 1:55 Breast L.25 3X pullouts  
 {3 x 50 on :55 Breast 3k1p  
 {2 x 125 on 1:50 Breast L.25 3X pullouts  
 {2 x 50 on 1:00 Breast 4k1p  
 {1 x 100 on 1:25 Breast L.25 3X pullouts  
 200 1 x 200 on 3:00 Stroke Drills  
 8:41 AM 3,550 Yards - Stress Value = 53

**Workout #13770 - Wednesday, 24 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 700 1x{4 x 25 on :35 Kick no board B 12+1  
 {1 x 50 on 1:00 Kick  
 {4 x 25 on :35 Kick no board S 12+1  
 {2 x 75 on 1:30 Kick  
 {4 x 25 on :35 Kick no board L 12+1  
 {2 x 100 on 2:00 Kick  
 600 1x{3 x 75 on 1:15 Lungbuster pulls  
 { br 4-5-6  
 {3 x 75 on 1:15 Lungbuster pulls  
 { br 5-6-7  
 {1 x 75 on 1:15 Lungbuster pulls  
 { br 6-7-8  
 {1 x 75 on 1:15 Lungbuster pulls  
 { br 7-8-9  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,150 1x{2 x 125 on 2:15 Breast L.25 3X pullouts  
 {2 x 50 on :55 Breast 2k1p  
 {2 x 125 on 2:10 Breast L.25 3X pullouts  
 {2 x 50 on 1:00 Breast 3k1p  
 {2 x 125 on 2:05 Breast L.25 3X pullouts  
 {2 x 50 on 1:05 Breast 4k1p  
 {2 x 50 on :50 Breast L.25 3X pullouts  
 200 1 x 200 on 3:00 Stroke Drills  
 8:41 AM 3,300 Yards - Stress Value = 49

**Workout #13771 - Wednesday, 24 July 2013**

**Taper 1 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 350 1 x 350 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 500 1x{4 x 25 on :45 Kick no board B 12+1  
 {1 x 50 on 1:15 Kick  
 {4 x 25 on :45 Kick no board S 12+1  
 {2 x 75 on 1:55 Kick  
 {4 x 25 on :45 Kick no board L 12+1  
 525 1x{3 x 75 on 1:25 Lungbuster pulls  
 { br 4-5-6  
 {3 x 75 on 1:25 Lungbuster pulls  
 { br 5-6-7  
 {1 x 75 on 1:00 Lungbuster pulls  
 { br 7-8-9  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{2 x 125 on 2:50 Breast L.25 3X pullouts  
 {2 x 50 on 1:10 Breast 2k1p  
 {2 x 125 on 2:45 Breast L.25 3X pullouts  
 {2 x 50 on 1:15 Breast 3k1p  
 {2 x 75 on 1:35 Breast L.25 3X pullouts  
 {1 x 50 on 1:20 Breast 4k1p  
 200 1 x 200 on 4:00 Stroke Drills  
 8:42 AM 2,725 Yards - Stress Value = 40

**Workout #13772 - Thursday, 25 July 2013**

**Group 3 - Fly**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 400 1 x 400 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 900 1x{3 x 100 on 1:40 Kick #1  
 {3 x 100 on 1:50 Kick #2  
 {3 x 100 on 2:00 Kick #3  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{2 x 250 on 3:35 Butterfly  
 {1 x 50 on :40 Freestyle  
 {2 x 200 on 2:45 Butterfly  
 {1 x 100 on 1:20 Freestyle  
 {2 x 150 on 2:00 Butterfly  
 {1 x 150 on 2:00 Freestyle  
 {2 x 100 on 1:15 Butterfly  
 {1 x 200 on 2:40 Freestyle  
 {2 x 50 on :35 Butterfly  
 200 1 x 200 on 3:00 Stroke Drills  
 8:43 AM 3,750 Yards - Stress Value = 59

**Workout #13773 - Thursday, 25 July 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 400 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 1 x 400 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 800 1x{2 x 100 on 1:50 Kick #1  
 {3 x 100 on 2:00 Kick #2  
 {3 x 100 on 2:10 Kick #3  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,700 1x{2 x 250 on 4:00 Butterfly  
 {1 x 50 on :45 Freestyle  
 {2 x 200 on 3:10 Butterfly  
 {1 x 100 on 1:30 Freestyle  
 {2 x 150 on 2:20 Butterfly  
 {1 x 150 on 2:15 Freestyle  
 {2 x 100 on 1:30 Butterfly  
 200 1 x 200 on 3:00 Stroke Drills  
 8:43 AM 3,350 Yards - Stress Value = 53

**Workout #13774 - Thursday, 25 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 400 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 1 x 400 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 750 1x{3 x 50 on 1:00 Kick #1  
 {3 x 100 on 2:10 Kick #2  
 {3 x 100 on 2:20 Kick #3  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{2 x 250 on 4:20 Butterfly  
 {1 x 50 on :50 Freestyle  
 {2 x 200 on 3:25 Butterfly  
 {1 x 100 on 1:40 Freestyle  
 {2 x 150 on 2:30 Butterfly  
 {1 x 150 on 2:30 Freestyle  
 {2 x 50 on :45 Butterfly  
 200 1 x 200 on 3:00 Stroke Drills  
 8:43 AM 3,200 Yards - Stress Value = 50

**Workout #13775 - Thursday, 25 July 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 400 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 1 x 400 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 650 1x{3 x 50 on 1:10 Kick #1  
 {2 x 100 on 2:30 Kick #2  
 {3 x 100 on 2:40 Kick #3  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,300 1x{1 x 250 on 5:15 Butterfly  
 {1 x 50 on :55 Freestyle  
 {2 x 200 on 4:10 Butterfly  
 {1 x 100 on 1:50 Freestyle  
 {2 x 150 on 3:05 Butterfly  
 {1 x 100 on 1:50 Freestyle  
 {1 x 100 on 2:00 Butterfly

200 1 x 200 on 4:00 Stroke Drills  
 8:44 AM 2,800 Yards - Stress Value = 42

**Workout #13776 - Thursday, 25 July 2013**

**Group 3 - Age Group State**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description EGY WORK S  
 =====  
 1 on 10:00 Dynamic Stretch L I  
 400 1 x 400 on 7:00 Choice REC S C  
 150 10 x 15 on :45 Shooters SP3 S C  
 400 4 x 100 on 2:00 Kick EN2 K C  
 400 8 x 50 on 1:00 Down drill back build EN1 S C  
 Odds free evens non free  
 400 4 x 100 on 1:45 Free-descend EN2 S  
 300 12 x 25 on :40 Variable Speed EN1 S  
 50 2 x 25 on 2:00 OTB Walk Backs EN1 S C  
 250 1 x 250 on 4:00 Stroke Drills REC D  
 8:11 AM 2,350 Yards - Stress Value = 29

**Workout #13777 - Thursday, 25 July 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 12:00 Dynamic Stretch  
 750 3x{1 x 150 on 2:30 2:00 swim/:30 to get to a wa  
 {4 x 25 on :45 IM order-100% Effort  
 400 8 x 50 on 2:00 12.5 Tombstone kicking, 25  
 sprint kick w/ super fast turn, 12.5 easy  
 150 6 x 25 on 1:30 Bacwards freestyle  
 1,300 2x{1 x 100 on 3:00 25 Kick 75 Free  
 {1 x 100 on 3:00 25free 25 kick 50free  
 {1 x 100 on 3:00 50free 25kick 25free  
 {1 x 100 on 3:00 75free 25kick  
 {1 x 250 on 4:30 Stroke Drills  
 6:30 PM 2,600 Yards - Stress Value = 120

**Workout #13778 - Thursday, 25 July 2013**

**Group 2 - All**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY  
 =====  
 1 on 15:00 DS/Tm Mtg  
 500 1 x 500 on 10:00 Choice REC  
 150 10 x 15 on :45 Shooters SP3  
 300 3 x 100 on 3:00 Kick w/ or w/out board EN1  
 400 8 x 50 on 1:15 Down Drill Back Build EN1  
 1-4 Free 5-8 non free  
 300 3 x 100 on 2:00 Descend EN2  
 50 2 x 25 on 2:00 OTB walk backs SP2  
 100 1 x 100 on 3:00 EZ swim REC  
 100 1 x 100 on 3:00 Choice SP2  
 200 1 x 200 on 4:00 Stroke Drills REC  
 1 on 10:00 Techniques-starts or relay start  
 7:00 PM 2,100 Yards - Stress Value = 34

**Workout #13779 - Friday, 26 July 2013**

**Group 3 - IM'ers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Ted's Abs  
 400 1 x 400 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 950 1x{1 x 200 on 2:55 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 175 on 2:30 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:05 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {1 x 125 on 1:40 Kick  
 500 1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds  
 {1 x 200 on 2:35 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:15 Pulls-nbbf&w + 2 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 3 x 500 on 6:40 Individual Medley  
 200 1 x 200 on 4:00 Stroke Drills  
 8:39 AM 3,800 Yards - Stress Value = 65

**Workout #13782 - Friday, 26 July 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Ted's Abs  
 400 1 x 400 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 600 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 200 on 4:45 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 150 on 3:30 Kick  
 {2 x 25 on :45 Kick no board BSLR  
 350 1x{1 x 200 on 3:30 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:45 Pulls-nbbf&w + 2 yds  
 {1 x 50 on 1:00 Pulls-nbbf&w + 2 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,050 3 x 350 on 6:40 Individual Medley  
 200 1 x 200 on 4:00 Stroke Drills  
 8:39 AM 2,850 Yards - Stress Value = 46

**Workout #13780 - Friday, 26 July 2013**

**Group 3 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Ted's Abs  
 400 1 x 400 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 825 1x{1 x 200 on 3:30 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 175 on 3:00 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {1 x 150 on 2:30 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 450 1x{1 x 200 on 2:50 Pulls-nbbf&w + 2 yds  
 {1 x 200 on 2:45 Pulls-nbbf&w + 2 yds  
 {1 x 50 on :40 Pulls-nbbf&w + 2 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,350 3 x 450 on 6:40 Individual Medley  
 200 1 x 200 on 4:00 Stroke Drills  
 8:39 AM 3,475 Yards - Stress Value = 59

**Workout #13783 - Friday, 26 July 2013**

**Groups 2 & 3 combined workout - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 11:00 Dynamic Strech  
 600 1 x 600 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 200 10x{1 on :30 Flutter Kick on Wall  
 {1 x 20 on 1:30 Flip on whistle underwater f  
 { kick to other side easy swim aft  
 { every line you don't make = 5 or 3 pushups  
 100 1 x 100 on 5:00 Free for time OTB  
 500 2x{1 x 25 on :45 Free 15 strokes  
 {1 x 25 on :45 Free 14 strokes  
 {1 x 25 on :45 Free 13 strokes  
 {1 x 25 on :45 Free 12 strokes  
 {1 x 25 on :45 Free 11 strokes  
 {1 x 25 on :45 Free 10 strokes  
 {1 x 25 on :45 Free 9 strokes  
 {1 x 25 on :45 Free 8 strokes  
 {1 x 25 on :45 Free 7 strokes  
 {1 x 25 on :45 Free 6 strokes  
 100 1 x 100 on 5:00 Freestyle For Time OTB  
 500 10 x 50 on 1:00 Stroke Drills  
 6:30 PM 2,150 Yards - Stress Value = 30

**Workout #13781 - Friday, 26 July 2013**

**Group 3 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Ted's Abs  
 400 1 x 400 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 675 1x{4 x 25 on :40 Kick no board BSLR  
 {1 x 200 on 4:00 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {1 x 175 on 3:25 Kick  
 {4 x 25 on :35 Kick no board BS  
 400 1x{1 x 200 on 3:10 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:35 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:30 Pulls-nbbf&w + 2 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 3 x 400 on 6:40 Individual Medley  
 200 1 x 200 on 4:00 Stroke Drills  
 8:39 AM 3,125 Yards - Stress Value = 52

**Workout #13784 - Monday, 29 July 2013**

**Taper 1 - Distance**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
400	1 on 25:00 DS/Physio Ball
150	1 x 400 on 10:00 Swim-kick-pull-swim
800	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{1 x 100 on 1:40 Kick
	{1 x 50 on :50 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{1 x 100 on 1:40 Kick
	{1 x 50 on :50 Kick
800	1x{1 x 100 on 1:10 Pulls
	{2 x 50 on 1:00 Pulls-no br L.12 yds
	{1 x 100 on 1:15 Pulls
	{2 x 50 on :55 Pulls-no br L.13 yds
	{1 x 100 on 1:20 Pulls
	{2 x 50 on :50 Pulls-no br L.14 yds
	{1 x 100 on 1:25 Pulls
	{2 x 50 on :45 Pulls-no br L.15 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{4 x 125 on 2:00 Freestyle
	{1 on 1:00 Rest
	{3 x 125 on 1:55 Freestyle
	{1 on 1:00 Rest
	{2 x 125 on 1:50 Freestyle
	{1 on 1:00 Rest
	{1 x 125 on 1:45 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	8:45 AM 3,700 Yards - Stress Value = 107

**Workout #13785 - Monday, 29 July 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
400	1 on 25:00 DS/Physio Ball
150	1 x 400 on 10:00 Swim-kick-pull-swim
700	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 50 on :55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:45 Kick
	{1 x 50 on :55 Kick
800	1x{1 x 100 on 1:20 Pulls
	{2 x 50 on 1:00 Pulls-no br L.12 yds
	{1 x 100 on 1:25 Pulls
	{2 x 50 on :55 Pulls-no br L.13 yds
	{1 x 100 on 1:30 Pulls
	{2 x 50 on :50 Pulls-no br L.14 yds
	{1 x 100 on 1:35 Pulls
	{2 x 50 on :45 Pulls-no br L.15 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{4 x 125 on 2:00 Freestyle
	{1 on 1:00 Rest
	{3 x 125 on 1:55 Freestyle
	{1 on 1:00 Rest
	{2 x 125 on 1:50 Freestyle
	{1 on 1:00 Rest
	{1 x 125 on 1:45 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	8:45 AM 3,600 Yards - Stress Value = 105

**Workout #13786 - Monday, 29 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
400	1 on 25:00 DS/Physio Ball
150	1 x 400 on 10:00 Swim-kick-pull-swim
600	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:00 Kick
750	1x{1 x 100 on 1:30 Pulls
	{2 x 50 on 1:00 Pulls-no br L.12 yds
	{1 x 100 on 1:35 Pulls
	{2 x 50 on :55 Pulls-no br L.13 yds
	{1 x 100 on 1:40 Pulls
	{2 x 50 on :50 Pulls-no br L.14 yds
	{1 x 100 on 1:45 Pulls
	{1 x 50 on :45 Pulls-no br L.15 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{4 x 100 on 2:00 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:55 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:50 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:45 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	8:45 AM 3,200 Yards - Stress Value = 87

**Workout #13787 - Monday, 29 July 2013**

**Taper 1 - Bronze**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
350	1 on 25:00 DS/Physio Ball
150	1 x 350 on 10:00 Swim-kick-pull-swim
500	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:45 Kick
	{1 x 100 on 2:30 Kick
	{1 x 50 on 1:15 Kick
	{4 x 25 on :45 Kick no board BSLR
650	1x{1 x 100 on 1:45 Pulls
	{2 x 50 on 1:00 Pulls-no br L.12 yds
	{1 x 100 on 1:50 Pulls
	{2 x 50 on 1:00 Pulls-no br L.13 yds
	{1 x 100 on 1:55 Pulls
	{2 x 50 on 1:00 Pulls-no br L.14 yds
	{1 x 50 on :50 Pulls-no br L.15 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	1x{4 x 75 on 2:00 Freestyle
	{1 on 1:00 Rest
	{3 x 75 on 1:55 Freestyle
	{1 on 1:00 Rest
	{2 x 75 on 1:50 Freestyle
	{1 on 1:00 Rest
	{1 x 75 on 1:45 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	8:45 AM 2,700 Yards - Stress Value = 69

**Workout #13788 - Monday, 29 July 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
400	1 x 400 on 1:30 Freestyle Drill	REC	D
300	3 x 100 on 1:45 Kick	EN2	K
400	8 x 50 on 1:00 Down drill, back build	EN1	S
	1-4 free 5-8 non free		
400	4 x 100 on 1:30 Free-descend	EN2	S
	50 2 x 25 on 2:00 Choice OTB	SP3	S
200	1 x 200 on 3:00 Stroke Drill	REC	D
200	1 x 200 on 4:00 IM Broken at the 50	SP2	S
	Rest 10-20-30 seconds		
500	10 x 50 on 1:00 Stroke Drills	REC	D
	1 on 15:00 Technique work		D
	6:15 PM 2,450 Yards - Stress Value = 40		

**Workout #13789 - Monday, 29 July 2013**

**Group 2 - All**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
1	on 30:00 DS/Physio Balls/Tm Mtg
500	1 x 500 on 10:00 Choice 10 min swim
180	12 x 15 on :45 Start/Shooter/Finish
	1 on 12:00 Techniques-TN turn drills
600	1 x 600 on 12:00 Social kick w/random 30s sprir
500	20 x 25 on :30 IM order
200	1 x 200 on 3:00 Stroke Drills
	7:00 PM 1,980 Yards - Stress Value = 18

**Workout #13790 - Tuesday, 30 July 2013**

**Taper 1 - Back**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Core
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	1 x 400 on 5:00 Kick as far as you can in 5:
440	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{2 x 30 on 1:00 15 underwater 15 sprint free
	{1 x 50 on 1:00 Vertical Kick 35/25
	{2 x 30 on :55 15 undwater 15 sprint free
	{1 x 50 on 1:00 Vertical Kick 40/20
	{2 x 30 on :50 15 underwater 15 sprint free
	{1 x 50 on 1:00 Vertical Kick 45/15
	{2 x 30 on :45 15 underwater 15 sprint free
600	1x{1 x 200 on 2:35 Pulls BTB
	{2 x 150 on 1:55 Pulls BTB
	{1 x 100 on 1:15 Pulls BTB
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	2x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:16 Backstroke
	{1 x 100 on 1:11 Backstroke
	{1 x 100 on 1:06 Backstroke
	{1 x 100 on 1:42 Freestyle
	{1 x 50 on 2:15 Back-100%, min 8 KOW
200	1 x 200 on 3:00 Stroke Drills
	8:41 AM 3,390 Yards - Stress Value = 52

**Workout #13791 - Tuesday, 30 July 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Core
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	1 x 400 on 5:00 Kick as far as you can in 5:
440	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{2 x 30 on 1:00 15 underwater 15 sprint free
	{1 x 50 on 1:00 Vertical Kick 35/25
	{2 x 30 on :55 15 undwater 15 sprint free
	{1 x 50 on 1:00 Vertical Kick 40/20
	{2 x 30 on :50 15 underwater 15 sprint free
	{1 x 50 on 1:00 Vertical Kick 45/15
	{2 x 30 on :45 15 underwater 15 sprint free
550	1x{1 x 200 on 2:50 Pulls BTB
	{1 x 150 on 2:05 Pulls BTB
	{2 x 100 on 1:20 Pulls BTB
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	2x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:26 Backstroke
	{1 x 100 on 1:21 Backstroke
	{1 x 100 on 1:16 Backstroke
	{1 x 50 on 1:12 Freestyle
	{1 x 50 on 2:15 Back-100%, min 8 KOW
200	1 x 200 on 3:00 Stroke Drills
	8:41 AM 3,240 Yards - Stress Value = 51

**Workout #13792 - Tuesday, 30 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Core
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	1 x 400 on 5:00 Kick as far as you can in 5:
440	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{2 x 30 on 1:00 15 underwater 15 sprint free
	{1 x 50 on 1:00 Vertical Kick 35/25
	{2 x 30 on :55 15 undwater 15 sprint free
	{1 x 50 on 1:00 Vertical Kick 40/20
	{2 x 30 on :50 15 underwater 15 sprint free
	{1 x 50 on 1:00 Vertical Kick 45/15
	{2 x 30 on :45 15 underwater 15 sprint free
500	1x{1 x 200 on 3:10 Pulls BTB
	{1 x 150 on 2:20 Pulls BTB
	{2 x 75 on 1:10 Pulls BTB
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
950	2x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:29 Backstroke
	{1 x 100 on 1:27 Backstroke
	{1 x 100 on 1:25 Backstroke
	{1 x 25 on :54 Free-12.5 then turn back
	{1 x 50 on 2:15 Back-100%, min 8 KOW
200	1 x 200 on 3:00 Stroke Drills
	8:41 AM 3,140 Yards - Stress Value = 50

**Workout #13793 - Tuesday, 30 July 2013**

**Taper 1 - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WC
300	1 on 25:00 DS/Core		
150	1 x 300 on 10:00 Underwater trn drill		
400	10 x 15 on :45 Shooters		
440	1 x 400 on 5:00 Kick as far as you can in 5:		
1x	{1 x 50 on 1:00 Vertical Kick-30/30		
	{2 x 30 on 1:00 15 underwater 15 sprint free		
	{1 x 50 on 1:00 Vertical Kick 35/25		
	{2 x 30 on :55 15 underwater 15 sprint free		
	{1 x 50 on 1:00 Vertical Kick 40/20		
	{2 x 30 on :50 15 underwater 15 sprint free		
	{1 x 50 on 1:00 Vertical Kick 45/15		
	{2 x 30 on :45 15 underwater 15 sprint free		
400	1x{1 x 200 on 3:40 Pulls BTB		
	{1 x 150 on 2:40 Pulls BTB		
	{1 x 50 on :50 Pulls BTB		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,600	4x{4 x 25 on :45 Bathtub Drill with fins		
	{1 x 100 on 2:00 Backstroke		
	{1 x 50 on :58 Backstroke		
	{1 x 50 on :55 Backstroke		
	{1 x 50 on 1:22 Freestyle		
	{1 x 50 on 2:15 Back-100%, min 8 KOW		
200	1 x 200 on 3:00 Stroke Drills		
	9:02 AM 3,590 Yards - Stress Value = 60		

**Workout #13794 - Tuesday, 30 July 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WC
	1 on 10:00 Dynamic Stretch		
600	1 x 600 on 10:00 Underwater trn drill	REC	
180	12 x 15 on :45 Start/Shooter/Finish	SP3	
900	3x{1 x 25 on :30 Freestyle	SP2	
	{1 x 25 on :40 Freestyle	SP2	
	{1 x 25 on :50 Freestyle	SP2	
	{1 x 25 on 1:00 Freestyle	SP2	
	{1 x 200 on 4:00 Stroke Drills	REC	
	1 on 15:00 Indvdl Prsrctps	REC	
	6:07 PM 1,680 Yards - Stress Value = 39		

**Workout #13795 - Tuesday, 30 July 2013**

**Group 2 - All**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 DS/Core/Tm Mtg		L
500	1 x 500 on 10:00 Underwater trn drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
500	1 x 500 on 10:00 Social Kick	EN1	K
100	1 x 100 on 4:00 Kick for time	EN2	K
	1 on 25:00 Game		
	7:00 PM 1,250 Yards - Stress Value = 13		

**Workout #13796 - Wednesday, 31 July 2013**

**Taper 1 - Breast**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 25:00 DS/Abs

400	1 x 400 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,200	1x{6 x 25 on :30 Sprint Kick #1
	{1 x 150 on 3:00 Kick #3
	{1 x 150 on 3:00 Kick #2
	{6 x 25 on :30 Sprint Kick #1
	{1 x 125 on 2:25 Kick #3
	{1 x 125 on 2:25 Kick #2
	{6 x 25 on :30 Sprint Kick #1
	{1 x 100 on 1:50 Kick #3
	{1 x 100 on 1:50 Kick #2
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{3 x 100 on 1:15 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:20 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:20 Breaststroke
	{1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
	8:39 AM 3,350 Yards - Stress Value = 55

**Workout #13797 - Wednesday, 31 July 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 25:00 DS/Abs
400	1 x 400 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,150	1x{6 x 25 on :30 Sprint Kick #1
	{2 x 125 on 2:35 Kick #3
	{2 x 125 on 2:35 Kick #2
	{6 x 25 on :30 Sprint Kick #1
	{2 x 100 on 2:00 Kick #3
	{3 x 50 on 1:00 Kick #2
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{3 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:30 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 1:35 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:30 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:25 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	8:40 AM 3,200 Yards - Stress Value = 53

**Workout #13798 - Wednesday, 31 July 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 400 1 x 400 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,050 1x{6 x 25 on :35 Sprint Kick #1  
 {2 x 125 on 2:50 Kick #3  
 {2 x 125 on 2:50 Kick #2  
 {6 x 25 on :35 Sprint Kick #1  
 {1 x 100 on 2:10 Kick #3  
 {2 x 75 on 1:35 Kick #2  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 1x{3 x 100 on 1:40 Breaststroke  
 {1 on 1:00 Rest  
 {2 x 100 on 1:45 Breaststroke  
 {1 on 1:00 Rest  
 {1 x 100 on 1:50 Breaststroke  
 {1 on 1:00 Rest  
 {2 x 100 on 1:45 Breaststroke  
 {1 on 1:00 Rest  
 {2 x 100 on 1:40 Breaststroke  
 200 1 x 200 on 3:00 Stroke Drills  
 8:40 AM 2,900 Yards - Stress Value = 47

**Workout #13799 - Wednesday, 31 July 2013**

**Taper 1 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 350 1 x 350 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 900 1x{4 x 25 on :45 Sprint Kick #1  
 {2 x 100 on 2:30 Kick #3  
 {2 x 100 on 2:30 Kick #2  
 {6 x 25 on :45 Sprint Kick #1  
 {3 x 50 on 1:10 Kick #3  
 {2 x 50 on 1:10 Kick #2  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{2 x 100 on 1:50 Breaststroke  
 {1 on 1:00 Rest  
 {2 x 100 on 1:55 Breaststroke  
 {1 on 1:00 Rest  
 {1 x 100 on 2:00 Breaststroke  
 {1 on 1:00 Rest  
 {2 x 100 on 1:55 Breaststroke  
 {1 on 1:00 Rest  
 {2 x 100 on 1:50 Breaststroke  
 200 1 x 200 on 3:00 Stroke Drills  
 8:39 AM 2,600 Yards - Stress Value = 42

**Workout #13800 - Thursday, 01 August 2013**

**Taper 1 - Fly**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 400 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,100 1x{1 x 125 on 2:00 Kick L.25 100%  
 {6 x 25 on :30 Kick no board B  
 {1 x 125 on 1:55 Kick L.25 100%  
 {6 x 25 on :30 Kick no board S  
 {1 x 125 on 1:50 Kick L.25 100%

{6 x 25 on :30 Kick no board L  
 {1 x 125 on 1:45 Kick L.25 100%  
 {6 x 25 on :30 Kick no board R  
 600 3 x 200 on 2:30 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 1x{5 x 75 on 1:05 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 {4 x 75 on 1:00 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 {3 x 75 on :55 Fly-25L25R25B  
 {4 x 25 on :30 Fly-5-7-9-11 KOW  
 200 1 x 200 on 3:00 Stroke Drills  
 8:47 AM 3,750 Yards - Stress Value = 56

**Workout #13801 - Thursday, 01 August 2013**

**Taper 1 - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 400 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,050 1x{1 x 125 on 2:15 Kick L.25 100%  
 {6 x 25 on :30 Kick no board B  
 {1 x 125 on 2:10 Kick L.25 100%  
 {6 x 25 on :30 Kick no board S  
 {1 x 125 on 2:05 Kick L.25 100%  
 {4 x 25 on :30 Kick no board L  
 {2 x 100 on 1:40 Kick L.25 100%  
 {3 x 25 on :30 Kick no board R  
 525 3 x 175 on 2:30 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,125 1x{4 x 75 on 1:15 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 {4 x 75 on 1:10 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 {3 x 75 on 1:05 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5-7-9-11 KOW  
 200 1 x 200 on 3:00 Stroke Drills  
 8:47 AM 3,550 Yards - Stress Value = 53

**Workout #13802 - Thursday, 01 August 2013**

**Taper 1 - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 400 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 150 1 x 400 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 925 1x{1 x 125 on 2:30 Kick L.25 100%  
 {6 x 25 on :35 Kick no board B  
 {1 x 125 on 2:25 Kick L.25 100%  
 {6 x 25 on :35 Kick no board S  
 {1 x 100 on 1:55 Kick L.25 100%  
 {4 x 25 on :35 Kick no board L  
 {1 x 75 on 1:25 Kick L.25 100%  
 {4 x 25 on :35 Kick no board R  
 450 3 x 150 on 2:30 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 975 1x{4 x 75 on 1:25 Fly-25L25R25B  
 {4 x 25 on :35 Fly 5/7/9/11 KOW  
 {3 x 75 on 1:20 Fly-25L25R25B  
 {4 x 25 on :35 Fly 5/7/9/11 KOW  
 {2 x 75 on 1:15 Fly-25L25R25B  
 {4 x 25 on :30 Fly 5/7/9/11 KOW  
 200 1 x 200 on 3:00 Stroke Drills  
 8:47 AM 3,200 Yards - Stress Value = 47

**Workout #13803 - Thursday, 01 August 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 350 1 on 30:00 DS/Physio Ball Abs/Shldrs  
 150 1 x 350 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 700 1x{1 x 100 on 2:35 Kick L.25 100%  
 {4 x 25 on :45 Kick no board B  
 {1 x 100 on 2:30 Kick L.25 100%  
 {4 x 25 on :45 Kick no board S  
 {1 x 100 on 1:55 Kick L.25 100%  
 {4 x 25 on :45 Kick no board L  
 {2 x 50 on 1:10 Kick L.25 100%  
 375 3 x 125 on 2:30 Lungbuster pulls  
 Breathe 3-5-7-9 continuous  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 800 1x{3 x 75 on 1:45 Fly-25L25R25B  
 {4 x 25 on :45 Fly 5/7/9/11 KOW  
 {3 x 75 on 1:40 Fly-25L25R25B  
 {2 x 25 on :45 Fly 9/11 KOW  
 {2 x 75 on 1:35 Fly-25L25R25B  
 {2 x 25 on :45 Fly 9/11 KOW  
 200 1 x 200 on 3:00 Stroke Drills  
 8:47 AM 2,675 Yards - Stress Value = 39

**Workout #13804 - Friday, 02 August 2013**

**Taper 1 - IM'ers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 400 1 on 10:00 Dynamic Stretch  
 150 1 x 400 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,400 1x{1 x 100 on 1:25 Individual Medley  
 {2 x 75 on 1:10 Fly-25L 25R 25 B  
 {2 x 100 on 1:20 Individual Medley  
 {2 x 75 on 1:10 Back 25L 25R 25B

{3 x 100 on 1:15 Individual Medley E  
 {2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk E  
 {2 x 100 on 1:10 Individual Medley E  
 {2 x 75 on 1:05 Fr 25scldsfst25catchup25reg E  
 750 1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds E  
 {1 x 175 on 2:20 Pulls-nbbf&w + 2 yds E  
 {1 x 150 on 2:00 Pulls-nbbf&w + 2 yds E  
 {1 x 125 on 1:40 Pulls-nbbf&w + 2 yds E  
 {1 x 100 on 1:20 Pulls-nbbf&w + 2 yds E  
 800 1x{2 x 25 on :30 Kick no board B E  
 {1 x 100 on 1:30 Kick E  
 {2 x 25 on :30 Kick no board S E  
 {2 x 100 on 1:30 Kick E  
 {2 x 25 on :30 Kick no board L E  
 {3 x 100 on 1:30 Kick E  
 {2 x 25 on :30 Kick no board R E  
 250 1 x 250 on 4:00 Stroke Drills F  
 8:20 AM 3,750 Yards - Stress Value = 58

**Workout #13805 - Friday, 02 August 2013**

**Taper 1 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 10:00 Dynamic Stretch  
 400 1 x 400 on 6:00 Choice REC  
 150 10 x 15 on :45 Shooters SP3  
 400 4 x 100 on 2:00 Kick-work on fast turns EN2  
 400 8 x 50 on 1:00 Down drill back build EN1  
 Odds free evens non free  
 300 12 x 25 on :40 Variable Speed EN1  
 200 1 x 200 on 5:00 IM-broken at the 50's SP2  
 rest 10-20-30 seconds  
 400 1 x 400 on 6:00 Stroke Drills REC  
 6:05 PM 2,250 Yards - Stress Value = 41

**Workout #13806 - Tuesday, 03 September 2013**

**Group 3 - Freestylers**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Core/Spotlight  
 400 1 x 400 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 700 1x{1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:45 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 2:00 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 1x{8 x 50 on :50 Freestyle  
 {6 x 50 on :45 Freestyle  
 {4 x 50 on :40 Freestyle  
 {2 x 50 on :35 Freestyle  
 Odds breathe on 3-5, evens 4 strokes off wa  
 250 1 x 250 on 5:00 Stroke Drills  
 5:00 PM 2,700 Yards - Stress Value = 28

**Workout #13807 - Tuesday, 03 September 2013**

**Taper 1 - IM'ers**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 400 1 on 10:00 Dynamic Stretch  
 150 1 x 400 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 1,400 1x{1 x 100 on 1:25 Individual Medley  
 {2 x 75 on 1:10 Fly-25L 25R 25 B  
 {2 x 100 on 1:20 Individual Medley  
 {2 x 75 on 1:10 Back 25L 25R 25B

**Workout #13807 - Tuesday, 03 September 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Spotlight
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:05 Kick
	{1 x 50 on 1:05 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{6 x 50 on :55 Freestyle
	{6 x 50 on :50 Freestyle
	{4 x 50 on :45 Freestyle
	{2 x 50 on :40 Freestyle
	Odds breathe on 3-5, evens 4 strokes off wa
250	1 x 250 on 5:00 Stroke Drills
	5:00 PM 2,550 Yards - Stress Value = 26

**Workout #13808 - Tuesday, 03 September 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Spotlight
350	1 x 350 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:15 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{6 x 50 on 1:00 Freestyle
	{4 x 50 on :55 Freestyle
	{4 x 50 on :50 Freestyle
	{2 x 50 on :45 Freestyle
	Odds breathe on 3-5, evens 4 strokes off wa
250	1 x 250 on 5:00 Stroke Drills
	5:00 PM 2,350 Yards - Stress Value = 25

**Workout #13809 - Tuesday, 03 September 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Spotlight
300	1 x 300 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
550	1x{1 x 100 on 2:30 Kick
	{1 x 100 on 2:25 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:20 Kick
	{1 x 50 on 1:15 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	1x{3 x 50 on 1:05 Freestyle
	{6 x 50 on 1:00 Freestyle
	{4 x 50 on :55 Freestyle
	{2 x 50 on :50 Freestyle

Odds breathe on 3-5, evens 4 strokes off wa  
250 1 x 250 on 5:00 Stroke Drills  
5:00 PM 2,200 Yards - Stress Value = 24

**Workout #13810 - Tuesday, 03 September 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
500	2x{1 x 150 on 3:30 Social Kick	REC	
	{4 x 25 on :45 Sprint Kick	EN2	
800	4 x 200 on 3:30 3:00 swims :30 rest	EN1	
	1 on 9:00 Techniques-Starts		
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:00 PM 2,050 Yards - Stress Value = 18		

**Workout #13811 - Wednesday, 04 September 2013**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
400	1 x 400 on 7:00 Free L.25 of each 100 non fr
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:00 Kick-fly
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:00 Kick-brst
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:00 Kick-free
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{2 x 150 on 2:25 Backstroke
	{2 x 125 on 2:00 Backstroke
	{2 x 100 on 1:35 Backstroke
	{2 x 75 on 1:10 Backstroke
	{2 x 50 on :45 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	5:00 PM 2,600 Yards - Stress Value = 25

**Workout #13812 - Wednesday, 04 September 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
400	1 x 400 on 7:00 Free L.25 of each 100 non fr
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:05 Kick-fly
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:05 Kick-brst
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:05 Kick-free
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{2 x 150 on 2:40 Backstroke
	{2 x 125 on 2:10 Backstroke
	{2 x 100 on 1:40 Backstroke
	{2 x 75 on 1:10 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	5:00 PM 2,450 Yards - Stress Value = 23

**Workout #13813 - Wednesday, 04 September 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
350	1 on 30:00 DS/Abs/Spotlight
150	1 x 350 on 7:00 Free L.25 of each 100 Non Fr
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:10 Kick-fly {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:10 Kick-brst {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:10 KICK-free
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{2 x 150 on 2:55 Backstroke {2 x 125 on 2:25 Backstroke {2 x 100 on 1:55 Backstroke {1 x 50 on :55 Backstroke
200	1 x 200 on 3:00 Stroke Drills
5:00 PM	2,250 Yards - Stress Value = 20

**Workout #13814 - Wednesday, 04 September 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
350	1 on 30:00 DS/Abs/Spotlight
150	1 x 350 on 7:00 Free L.25 of each 100 Non Fr
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:15 Kick-fly {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:15 Kick-brst {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:15 KICK-free
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	1x{2 x 150 on 3:15 Backstroke {2 x 125 on 2:40 Backstroke {2 x 100 on 2:05 Backstroke
200	1 x 200 on 3:00 Stroke Drills
5:00 PM	2,200 Yards - Stress Value = 20

**Workout #13815 - Wednesday, 04 September 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Abs/Tm Mtg
150	1 x 500 on 10:00 Free L.25 of each 100 non F
150	10 x 15 on :45 Shooters
300	12 x 25 on :45 Kick no board BSLR
600	6x{1 x 50 on 1:10 Backstroke +1KOW {1 x 50 on 1:10 Backstroke pull { Concentrate on great strokes! 1 on 10:00 Backstroke Start Game
250	1 x 250 on 5:00 Stroke Drills
7:00 PM	1,800 Yards - Stress Value = 18

**Workout #13816 - Thursday, 05 September 2013**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====

400	1 on 30:00 DS/Shoulders/Spotlight
400	1 x 400 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
800	1x{1 x 100 on 2:00 Kick-sprint L.25 {1 x 100 on 2:00 Kick no board-fly on stomach {1 x 100 on 2:00 Kick-sprint L.50 {1 x 100 on 2:00 Kick no board on back/side {1 x 100 on 2:00 Kick-sprint L.75 {1 x 100 on 2:00 Kick no board breast on back {1 x 100 on 2:00 Kick-ALL sprint {1 x 100 on 2:00 Kick no board free on side
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	1 x 750 on 12:00 Breaststroke Alt 50 reg/50 fly kick/50 4 sec glide/ 50 2K1P/50 build
	1 on 10:00 Game
5:00 PM	2,200 Yards - Stress Value = 26

**Workout #13817 - Thursday, 05 September 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
400	1 on 30:00 DS/Shoulders/Spotlight
400	1 x 400 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
700	1x{1 x 100 on 2:10 Kick-sprint L.25 {1 x 100 on 2:10 Kick no board-fly on stomach {1 x 100 on 2:10 Kick-sprint L.50 {1 x 100 on 2:10 Kick no board on back/side {1 x 100 on 2:10 Kick-sprint L.75 {1 x 100 on 2:10 Kick no board breast on back {1 x 100 on 2:10 Kick-ALL sprint
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1 x 700 on 12:00 Breaststroke Alt 50 reg/50 fly kick/50 4 sec glide/ 50 2K1P/50 build
	1 on 10:00 Game
5:00 PM	2,050 Yards - Stress Value = 24

**Workout #13818 - Thursday, 05 September 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
350	1 on 30:00 DS/Shoulders/Spotlight
350	1 x 350 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 2:20 Kick-sprint L.25 {1 x 100 on 2:20 Kick no board-fly on stomach {1 x 100 on 2:20 Kick-sprint L.50 {1 x 100 on 2:20 Kick no board on back/side {1 x 100 on 2:20 Kick-sprint L.75 {1 x 100 on 2:20 Kick no board breast on back {1 x 50 on 1:10 Kick-ALL sprint
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
650	1 x 650 on 12:00 Breaststroke Alt 50 reg/50 fly kick/50 4 sec glide/ 50 2K1P/50 build
	1 on 10:00 Game
5:00 PM	1,900 Yards - Stress Value = 22

**Workout #13819 - Thursday, 05 September 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders/Spotlight  
 350 1 x 350 on 7:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 650 1x{1 x 100 on 2:30 Kick-sprint L.25  
 {1 x 100 on 2:30 Kick no board-fly on stomach  
 {1 x 100 on 2:30 Kick-sprint L.50  
 {1 x 100 on 2:30 Kick no board on back/side  
 {1 x 100 on 2:30 Kick-sprint L.75  
 {1 x 100 on 2:30 Kick no board breast on back  
 {1 x 50 on 1:00 Kick-ALL sprint  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 1 x 600 on 12:00 Breaststroke  
 Alt 50 reg/50 fly kick/50 4 sec glide/  
 50 2K1P/50 build  
 1 on 10:00 Game  
 5:00 PM 1,850 Yards - Stress Value = 22

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Ball/Stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 650 1x{4 x 25 on :40 Kick no board BSLR  
 {1 x 100 on 2:10 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 2:00 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {1 x 100 on 2:05 Kick  
 {1 x 50 on 1:00 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,025 1x{1 x 225 on 3:35 Freestyle  
 {2 x 225 on 3:30 Freestyle  
 {3 x 225 on 3:25 Freestyle  
 {3 x 225 on 3:20 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:15 PM 3,725 Yards - Stress Value = 33

**Workout #13823 - Monday, 09 September 2013**

**Group 3 - Silver**

**1 minute rest between sets**

**Workout #13820 - Thursday, 05 September 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 1 on 30:00 DS/Shoulders/Tm Mtg L I  
 400 1 x 400 on 8:00 Underwater trn drill REC D C  
 Odd 100's free even 100's back  
 200 8 x 25 on :45 Breaststroke REC S  
 Teaching Pts.=head still/wave action/shoulder  
 1 on 9:00 Breast Drill-Body Poistion REC D  
 1 on 9:00 Breast Kick Drill REC D  
 1 on 9:00 Breast Recovery Drill REC D  
 600 6 x 100 on 2:00 Breaststroke EN1 S  
 250 1 x 250 on 4:00 Stroke Drills REC D  
 7:00 PM 1,450 Yards - Stress Value = 6

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Ball/Stretch  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 600 1x{4 x 25 on :40 Kick no board BSLR  
 {1 x 100 on 2:20 Kick  
 {1 x 100 on 2:15 Kick  
 {1 x 100 on 2:10 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {1 x 100 on 2:15 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{1 x 225 on 3:55 Freestyle  
 {2 x 225 on 3:50 Freestyle  
 {3 x 225 on 3:45 Freestyle  
 {2 x 225 on 3:40 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:15 PM 3,400 Yards - Stress Value = 30

**Workout #13821 - Monday, 09 September 2013**

**Group 3 - Freestylers**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Ball/Stretch  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 700 1x{4 x 25 on :40 Kick no board BSLR  
 {1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 1:50 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {1 x 100 on 1:50 Kick  
 {1 x 100 on 1:45 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,250 1x{1 x 225 on 3:15 Freestyle  
 {2 x 225 on 3:10 Freestyle  
 {3 x 225 on 3:05 Freestyle  
 {4 x 225 on 3:00 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:15 PM 4,000 Yards - Stress Value = 36

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Ball/Stretch  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 550 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:30 Kick  
 {1 x 100 on 2:25 Kick  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:20 Kick  
 {1 x 50 on 1:05 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,575 1x{1 x 225 on 4:20 Freestyle  
 {2 x 225 on 4:15 Freestyle  
 {3 x 225 on 4:10 Freestyle  
 {1 x 225 on 4:05 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 5:14 PM 3,075 Yards - Stress Value = 27

**Workout #13822 - Monday, 09 September 2013**

**Group 3 - Gold**

**1 minute rest between sets**

**Workout #13825 - Monday, 09 September 2013**

7:01 PM 2,050 Yards - Stress Value = 30

**Group 2 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 50 on 1:00 Kick	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
1,200	6 x 200 on 3:00 Free-descend in 3's	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:01 PM 2,700 Yards - Stress Value = 41		

**Workout #13829 - Monday, 09 September 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Physio Balls/Tm Mtg		
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
350	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{3 x 50 on 1:30 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
600	6 x 100 on 3:00 Free-descend in 3's	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:01 PM 1,750 Yards - Stress Value = 25		

**Workout #13826 - Monday, 09 September 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
500	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 50 on 1:05 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 50 on 1:05 Kick	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
1,050	6 x 175 on 3:00 Free-descend in 3's	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:01 PM 2,500 Yards - Stress Value = 37		

**Workout #13830 - Tuesday, 10 September 2013**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Core/Spotlight		
600	1 x 600 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
300	3 x 100 on 2:00 Kick @ Fastest Interval		
420	1x{2 x 30 on 1:00 Kick		
	{2 x 30 on :55 Kick		
	{2 x 30 on :50 Kick		
	{2 x 30 on :45 Kick		
	{2 x 30 on :40 Kick		
	{2 x 30 on :35 Kick		
	{2 x 30 on :30 Kick		
500	10 x 50 on :45 Pulls odds br-scrbd evens br-bleachers		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,350	1x{8 x 75 on 1:10 Backstroke		
	{6 x 75 on 1:05 Backstroke		
	{4 x 75 on 1:00 Backstroke		
200	1 x 200 on 3:00 Stroke Drills		
	5:16 PM 3,620 Yards - Stress Value = 40		

**Workout #13827 - Monday, 09 September 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Physio Balls/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
500	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 50 on 1:10 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 50 on 1:10 Kick	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
900	6 x 150 on 3:00 Free-descend in 3's	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:01 PM 2,300 Yards - Stress Value = 34		

**Workout #13828 - Monday, 09 September 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Physio Balls/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
450	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 50 on 1:15 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 50 on 1:15 Kick	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
750	6 x 125 on 3:00 Free-descend in 3's	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	

**Workout #13831 - Tuesday, 10 September 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Core/Spotlight
150	1 x 600 on 10:00 Underwater trn drill
300	10 x 15 on :45 Shooters
420	3 x 100 on 2:00 Kick @ Fastest Interval
1x{2 x 30 on 1:00 Kick	
{2 x 30 on :55 Kick	
{2 x 30 on :50 Kick	
{2 x 30 on :45 Kick	
{2 x 30 on :40 Kick	
{2 x 30 on :35 Kick	
{2 x 30 on :30 Kick	
450	9 x 50 on :50 Pulls odds br-scrbd
	evens br-bleachers
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{6 x 75 on 1:15 Backstroke
	{6 x 75 on 1:10 Backstroke
	{4 x 75 on 1:05 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	5:15 PM 3,420 Yards - Stress Value = 37

**Workout #13832 - Tuesday, 10 September 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Core/Spotlight
150	1 x 550 on 10:00 Underwater trn drill
300	10 x 15 on :45 Shooters
420	3 x 100 on 2:00 Kick @ Fastest Interval
1x{2 x 30 on 1:00 Kick	
{2 x 30 on :55 Kick	
{2 x 30 on :50 Kick	
{2 x 30 on :45 Kick	
{2 x 30 on :40 Kick	
{2 x 30 on :35 Kick	
{2 x 30 on :30 Kick	
400	8 x 50 on :55 Pulls odds br-scrbd
	evens br-bleachers
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	1x{6 x 75 on 1:25 Backstroke
	{4 x 75 on 1:20 Backstroke
	{4 x 75 on 1:15 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	5:15 PM 3,170 Yards - Stress Value = 36

**Workout #13833 - Tuesday, 10 September 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Core/Spotlight
150	1 x 500 on 10:00 Underwater trn drill
300	10 x 15 on :45 Shooters
420	3 x 100 on 2:00 Kick @ Fastest Interval
1x{2 x 30 on 1:00 Kick	
{2 x 30 on :55 Kick	
{2 x 30 on :50 Kick	
{2 x 30 on :45 Kick	
{2 x 30 on :40 Kick	
{2 x 30 on :35 Kick	
{2 x 30 on :30 Kick	
400	8 x 50 on 1:00 Pulls odds br-scrbd

	evens br-bleachers
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
975	1x{5 x 75 on 1:35 Backstroke
	{4 x 75 on 1:30 Backstroke
	{4 x 75 on 1:25 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	5:16 PM 3,045 Yards - Stress Value = 36

**Workout #13834 - Tuesday, 10 September 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/core/Tm Mtg
150	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 2:00 Streamline Kick on Back
	{2 x 75 on 1:30 #1 kick on L, #2 kick on R
	{3 x 50 on 1:00 Streamline Kick on Back
	{4 x 25 on :30 #1&2 Kick on L, #3&4 kick on F
100	4 x 25 on :45 Stroke Drills
600	1x{3 x 50 on 1:00 Back 8-9-10 KOT
	{3 x 50 on 1:00 Back 9-10-11 KOT
	{3 x 50 on 1:00 Back 10-11-12 KOT
	{3 x 50 on 1:00 Back 11-12-13 KOT
200	1 x 200 on 3:00 Stroke Drills
	1 on 9:00 Techniques-Back starts
	7:00 PM 2,050 Yards - Stress Value = 28

**Workout #13835 - Tuesday, 10 September 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EC
500	1 on 30:00 DS/core/Tm Mtg	
150	1 x 500 on 10:00 Underwater trn drill	RF
150	10 x 15 on :45 Shooters	SF
450	1x{1 x 100 on 2:15 Streamline Kick on Back	EM
	{2 x 75 on 1:40 #1 kick on L, #2 kick on R	EM
	{3 x 50 on 1:05 Streamline Kick on Back	EM
	{2 x 25 on :35 #1 Kick on L, #2 kick on R	EM
100	4 x 25 on :45 Stroke Drills	RF
550	1x{3 x 50 on 1:05 Back 8-9-10 KOT	EM
	{3 x 50 on 1:05 Back 9-10-11 KOT	EM
	{3 x 50 on 1:05 Back 10-11-12 KOT	EM
	{2 x 50 on 1:05 Back 12-13 KOT	EM
200	1 x 200 on 3:00 Stroke Drills	RF
	1 on 9:00 Techniques-Back starts	
	7:00 PM 1,950 Yards - Stress Value = 26	

**Workout #13836 - Tuesday, 10 September 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/core/Tm Mtg	
450	1 x 450 on 10:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SE
400	1x{1 x 100 on 2:30 Streamline Kick on Back	EN
	{2 x 75 on 1:50 #1 kick on L, #2 kick on R	EN
	{3 x 50 on 1:10 Streamline Kick on Back	EN
100	4 x 25 on :45 Stroke Drills	RE
500	1x{3 x 50 on 1:10 Back 8-9-10 KOT	EN
	{3 x 50 on 1:10 Back 9-10-11 KOT	EN
	{3 x 50 on 1:10 Back 10-11-12 KOT	EN
	{1 x 50 on 1:10 Back 13 KOT	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 9:00 Techniques-Back starts	
	7:00 PM 1,800 Yards - Stress Value = 24	

950	1x{8 x 25 on :40 Kick no board BSLR x 2	
	{2 x 75 on 1:25 Kick	
	{6 x 25 on :40 Kick no board BSLRBS	
	{2 x 75 on 1:20 Kick	
	{4 x 25 on :40 Kick no board BSLR	
	{2 x 75 on 1:15 Kick	
	{2 x 25 on :40 Kick no board LR	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,400	1x{4 x 50 on 1:00 Breast Pull	
	{2 x 75 on 1:05 Breast 2X pullouts	
	{4 x 50 on :55 Breast Pulls	
	{2 x 75 on 1:10 Breast 2X pullouts	
	{4 x 50 on :50 Breast Pulls	
	{2 x 75 on 1:15 Breast 2X Pullouts	
	{4 x 50 on :45 Breast Pulls	
	{2 x 75 on 1:20 Breast 2X Pullouts	
200	1 x 200 on 3:00 Stroke Drills	
	5:15 PM 3,400 Yards - Stress Value = 47	

**Workout #13837 - Tuesday, 10 September 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SE
350	1x{1 x 100 on 2:45 Streamline Kick on Back	EN
	{2 x 75 on 2:00 #1 kick on L, #2 kick on R	EN
	{2 x 50 on 1:15 Streamline Kick on Back	EN
100	4 x 25 on :45 Stroke Drills	RE
450	1x{3 x 50 on 1:15 Back 8-9-10 KOT	EN
	{3 x 50 on 1:15 Back 9-10-11 KOT	EN
	{3 x 50 on 1:15 Back 10-11-12 KOT	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 9:00 Techniques-Back starts	
	7:00 PM 1,650 Yards - Stress Value = 22	

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Abs/Spotlight	
600	1 x 600 on 10:00 Free L.25 of each 100 non f	
150	10 x 15 on :45 Shooters	
900	1x{8 x 25 on :40 Kick no board BSLR x 2	
	{2 x 75 on 1:35 Kick	
	{6 x 25 on :40 Kick no board BSLRBS	
	{2 x 75 on 1:30 Kick	
	{4 x 25 on :40 Kick no board BSLR	
	{2 x 50 on :55 Kick	
	{2 x 25 on :40 Kick no board LR	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,250	1x{4 x 50 on 1:10 Breast Pull	
	{2 x 75 on 1:10 Breast 2X pullouts	
	{4 x 50 on 1:05 Breast Pulls	
	{2 x 75 on 1:15 Breast 2X pullouts	
	{3 x 50 on 1:00 Breast Pulls	
	{2 x 75 on 1:20 Breast 2X Pullouts	
	{2 x 50 on :55 Breast Pulls	
	{2 x 75 on 1:25 Breast 2X Pullouts	
200	1 x 200 on 3:00 Stroke Drills	
	5:16 PM 3,200 Yards - Stress Value = 43	

**Workout #13838 - Tuesday, 10 September 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/core/Tm Mtg	
350	1 x 350 on 10:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SE
300	1x{1 x 100 on 3:10 Streamline Kick on Back	EN
	{2 x 75 on 2:20 #1 kick on L, #2 kick on R	EN
	{1 x 50 on 1:30 Streamline Kick on Back	EN
100	4 x 25 on :45 Stroke Drills	RE
400	1x{3 x 50 on 1:30 Back 8-9-10 KOT	EN
	{3 x 50 on 1:30 Back 9-10-11 KOT	EN
	{2 x 50 on 1:30 Back 11-12 KOT	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 9:00 Techniques-Back starts	
	7:00 PM 1,500 Yards - Stress Value = 20	

**Workout #13839 - Wednesday, 11 September 2013**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Abs/Spotlight	
600	1 x 600 on 10:00 Free L.25 of each 100 non f	
150	10 x 15 on :45 Shooters	

**Workout #13841 - Wednesday, 11 September 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
900	1x{8 x 25 on :40 Kick no board BSLR x 2
	{2 x 75 on 1:40 Kick
	{6 x 25 on :40 Kick no board BSLRBS
	{2 x 75 on 1:35 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 50 on 1:00 Kick
	{2 x 25 on :40 Kick no board LR
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,150	1x{4 x 50 on 1:15 Breast Pull
	{2 x 75 on 1:20 Breast 2X pullouts
	{4 x 50 on 1:10 Breast Pulls
	{2 x 75 on 1:25 Breast 2X pullouts
	{3 x 50 on 1:05 Breast Pulls
	{2 x 75 on 1:30 Breast 2X Pullouts
	{3 x 50 on 1:00 Breast Pulls
200	1 x 200 on 3:00 Stroke Drills
5:16 PM 3,050 Yards - Stress Value = 42	

**Workout #13842 - Wednesday, 11 September 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
800	1x{8 x 25 on :45 Kick no board BSLR x 2
	{2 x 75 on 1:45 Kick
	{6 x 25 on :45 Kick no board BSLRBS
	{2 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:05 Kick
	{2 x 25 on :45 Kick no board LR
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{3 x 50 on 1:30 Breast Pull
	{2 x 75 on 1:30 Breast 2X pullouts
	{3 x 50 on 1:25 Breast Pulls
	{2 x 75 on 1:35 Breast 2X pullouts
	{3 x 50 on 1:20 Breast Pulls
	{2 x 75 on 1:40 Breast 2X Pullouts
	{2 x 50 on 1:20 Breast Pulls
200	1 x 200 on 3:00 Stroke Drills
5:16 PM 2,750 Yards - Stress Value = 39	

**Workout #13843 - Wednesday, 11 September 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 27:00 DS/Abs/Tm Mtg
500	1 x 500 on 10:00 Choice
150	10 x 15 on :45 Shooters
500	1x{1 x 200 on 4:00 Kick
	{1 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
100	1 x 100 on 3:00 Kick for time
100	4 x 25 on :45 Stroke Drills
250	5 x 50 on 2:00 Breaststroke

	1 on 10:00 Game	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD
7:00 PM 1,800 Yards - Stress Value = 38			

**Workout #13844 - Wednesday, 11 September 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 27:00 DS/Abs/Tm Mtg
500	1 x 500 on 10:00 Choice
150	10 x 15 on :45 Shooters
450	1x{1 x 200 on 4:30 Kick
	{1 x 150 on 3:15 Kick
	{1 x 100 on 2:10 Kick
100	1 x 100 on 3:00 Kick for time
100	4 x 25 on :45 Stroke Drills
250	5 x 50 on 2:00 Breaststroke
	1 on 10:00 Game
200	1 x 200 on 3:00 Stroke Drills
7:00 PM 1,750 Yards - Stress Value = 37	

**Workout #13845 - Wednesday, 11 September 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 27:00 DS/Abs/Tm Mtg
450	1 x 450 on 10:00 choice
150	10 x 15 on :45 Shooters
400	1x{1 x 200 on 5:00 Kick
	{1 x 150 on 3:45 Kick
	{1 x 50 on 1:15 Kick
100	1 x 100 on 3:00 Kick for time
100	4 x 25 on :45 Stroke Drills
250	5 x 50 on 2:00 Breaststroke
	1 on 10:00 Game
200	1 x 200 on 3:00 Stroke Drills
7:00 PM 1,650 Yards - Stress Value = 36	

**Workout #13846 - Wednesday, 11 September 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 27:00 DS/Abs/Tm Mtg
400	1 x 400 on 10:00 Choice
150	10 x 15 on :45 Shooters
350	1x{1 x 200 on 5:30 Kick
	{1 x 100 on 2:45 Kick
	{1 x 50 on 1:20 Kick
100	1 x 100 on 3:00 Kick for time
100	4 x 25 on :45 Stroke Drills
250	5 x 50 on 2:00 Breaststroke
	1 on 10:00 Game
200	1 x 200 on 3:00 Stroke Drills
7:00 PM 1,550 Yards - Stress Value = 35	

**Workout #13847 - Wednesday, 11 September 2013**

**Group 2 - Copper**  
**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
350	1 on 27:00 DS/Abs/Tm Mtg		L	DRY
150	1 x 350 on 10:00 Choice	REC	S	FR
300	10 x 15 on :45 Shooters	SP3	S	BR
100	1x{1 x 200 on 6:20 Kick	EN2	K	BR
100	{1 x 100 on 3:00 Kick	EN2	K	BR
100	1 x 100 on 3:00 Kick for time	EN2	K	BR
250	4 x 25 on :45 Stroke Drills	REC	D	CD
200	5 x 50 on 2:00 Breaststroke	SP1	S	BR
	1 on 10:00 Game		S	
	1 x 200 on 3:00 Stroke Drills	REC	D	CD
7:00 PM	1,450 Yards - Stress Value = 34			

**Workout #13848 - Thursday, 12 September 2013**

**Group 3 - Fly**  
**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 28:00 DS/Shoulders/Spotlight
150	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
900	10 x 15 on :45 Shooters
	1x{2 x 25 on :30 Sprint Kick #1
	{1 x 150 on 3:00 Kick #3
	{1 x 150 on 3:00 Kick #2
	{2 x 25 on :30 Sprint Kick #1
	{1 x 125 on 2:25 Kick #3
	{1 x 125 on 2:25 Kick #2
	{2 x 25 on :30 Sprint Kick #1
	{1 x 100 on 1:50 Kick #3
	{1 x 100 on 1:50 Kick #2
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	6x{8 x 25 on :30 Butterfly
	{1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
5:15 PM	3,150 Yards - Stress Value = 47

**Workout #13849 - Thursday, 12 September 2013**

**Group 3 - Gold**  
**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 28:00 DS/Shoulders/Spotlight
150	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
850	10 x 15 on :45 Shooters
	1x{2 x 25 on :30 Sprint Kick #1
	{1 x 150 on 3:10 Kick #3
	{1 x 150 on 3:10 Kick #2
	{2 x 25 on :30 Sprint Kick #1
	{1 x 125 on 2:35 Kick #3
	{1 x 125 on 2:35 Kick #2
	{2 x 25 on :30 Sprint Kick #1
	{1 x 75 on 1:30 Kick #3
	{1 x 75 on 1:30 Kick #2
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	6x{8 x 25 on :30 Butterfly
	{1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
5:15 PM	3,100 Yards - Stress Value = 47

**Workout #13850 - Thursday, 12 September 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
550	1 on 28:00 DS/Shoulders/Spotlight
150	1 x 550 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
750	10 x 15 on :45 Shooters
	1x{2 x 25 on :35 Sprint Kick #1
	{1 x 150 on 3:25 Kick #3
	{1 x 150 on 3:25 Kick #2
	{2 x 25 on :35 Sprint Kick #1
	{1 x 100 on 2:15 Kick #3
	{1 x 100 on 2:15 Kick #2
	{2 x 25 on :35 Sprint Kick #1
	{1 x 50 on 1:05 Kick #3
	{1 x 50 on 1:05 Kick #2
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	6x{8 x 25 on :35 Butterfly
	{1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
5:18 PM	2,950 Yards - Stress Value = 45

**Workout #13851 - Thursday, 12 September 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 28:00 DS/Shoulders/Spotlight
150	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
600	10 x 15 on :45 Shooters
	1x{2 x 25 on :45 Sprint Kick #1
	{1 x 100 on 2:45 Kick #3
	{1 x 100 on 2:45 Kick #2
	{2 x 25 on :45 Sprint Kick #1
	{1 x 75 on 2:00 Kick #3
	{1 x 75 on 2:00 Kick #2
	{2 x 25 on :45 Sprint Kick #1
	{1 x 50 on 1:15 Kick #3
	{1 x 50 on 1:15 Kick #2
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	6x{6 x 25 on :45 Butterfly
	{1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
5:17 PM	2,450 Yards - Stress Value = 37

**Workout #13852 - Thursday, 12 September 2013**

**Group 2 - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
500	1 on 30:00 DS/Shoulders/Tm Mtg	REC	
150	1 x 500 on 10:00 Underwater trn drill		
	Odd 100's free even 100's back		
100	10 x 15 on :45 Shooters	SP3	
600	4 x 25 on :45 Perfect Fly	EN1	
	1x{1 x 200 on 7:00 Stroke Drills	REC	
	{1 x 200 on 7:00 Stroke Drills	REC	
	{1 x 200 on 7:00 Stroke Drills	REC	
100	4 x 25 on :45 Perfect Fly	EN1	
200	1 x 200 on 4:00 Fly-Great technique	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:00 PM	1,900 Yards - Stress Value = 10		

**Workout #13853 - Friday, 13 September 2013**

**Group 3 - IM'ers**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 8:00 Dynamic Stretch  
 150 1 x 600 on 10:00 Reverse IM drill  
 10 x 15 on :45 Shooters  
 800 2x{1 x 100 on 2:00 Fly-fast turns  
 {4 x 25 on :30 Kick no board B  
 {2 x 50 on :50 Kick-Breast  
 {1 x 100 on 1:45 Kick Rest 5sec at 75,L.25-100  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,000 1x{1 x 100 on 1:30 Individual Medley  
 {1 x 200 on 2:50 Individual Medley  
 {1 x 300 on 4:00 Individual Medley  
 {1 x 400 on 5:00 Individual Medley  
 100 1 x 100 on 1:30 Freestyle  
 200 8 x 25 on :30 2 on each-all under :15  
 with GREAT finishes!!  
 250 1 x 250 on 4:00 Stroke Drills  
 4:45 PM 3,200 Yards - Stress Value = 44

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Physio Ball Shoulders/SL  
 150 1 x 600 on 10:00 Swim-kick-pull-swim  
 1,250 10 x 15 on :45 Shooters  
 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 125 on 2:30 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {2 x 125 on 2:25 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 125 on 2:20 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 50 on :55 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{1 x 300 on 4:20 Freestyle  
 {3 x 100 on 1:35 Free-descend  
 {1 x 300 on 4:15 Freestyle  
 {3 x 100 on 1:35 Free-descend  
 {1 x 300 on 4:10 Freestyle  
 {3 x 100 on 1:35 Free-descend  
 300 6 x 50 on 1:00 Stroke Drills  
 5:29 PM 4,300 Yards - Stress Value = 69

**Workout #13854 - Saturday, 14 September 2013**

**Group 3 - Distance**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 400 1 on 7:00 Dynamic Stretch  
 150 1 x 400 on 6:00 Choice  
 10 x 15 on :45 Shooters  
 500 5 x 100 on 1:40 Kick-odds fast-hold under 1:  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 8 x 200 on 2:30 Freestyle  
 200 1 x 200 on 3:00 Stroke Drills  
 8:01 AM 2,950 Yards - Stress Value = 48

**Workout #13857 - Monday, 16 September 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 DS/Physio Ball Shoulders/SL  
 150 1 x 550 on 10:00 Swim-kick-pull-swim  
 1,150 10 x 15 on :45 Shooters  
 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 125 on 2:45 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {2 x 125 on 2:40 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {2 x 125 on 2:35 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {2 x 125 on 2:35 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 1x{1 x 300 on 5:00 Freestyle  
 {3 x 100 on 1:45 Free-descend  
 {1 x 300 on 4:55 Freestyle  
 {3 x 100 on 1:45 Free-descend  
 {1 x 300 on 4:50 Freestyle  
 {3 x 50 on :50 Free-descend  
 300 6 x 50 on 1:00 Stroke Drills  
 5:30 PM 4,000 Yards - Stress Value = 64

**Workout #13855 - Monday, 16 September 2013**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Physio Ball Shoulders/SL  
 150 1 x 600 on 10:00 Swim-kick-pull-swim  
 1,400 10 x 15 on :45 Shooters  
 1x{4 x 25 on :45 Kick no board BSLR  
 {2 x 125 on 2:15 Kick  
 {4 x 25 on :40 Kick no board BSLR  
 {2 x 125 on 2:10 Kick  
 {4 x 25 on :35 Kick no board BSLR  
 {2 x 125 on 2:05 Kick  
 {4 x 25 on :30 Kick no board BSLR  
 {2 x 125 on 2:00 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{1 x 300 on 3:55 Freestyle  
 {3 x 100 on 1:25 Free-descend  
 {1 x 300 on 3:50 Freestyle  
 {3 x 100 on 1:25 Free-descend  
 {1 x 300 on 3:45 Freestyle  
 {3 x 100 on 1:25 Free-descend  
 {1 x 300 on 3:40 Freestyle  
 300 6 x 50 on 1:00 Stroke Drills  
 5:30 PM 4,750 Yards - Stress Value = 78

**Workout #13856 - Monday, 16 September 2013**

**Workout #13858 - Monday, 16 September 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
500	1 on 30:00 DS/Physio Ball Shoulders/SL		
150	1 x 500 on 10:00 Swim-kick-pull-swim		
1,050	10 x 15 on :45 Shooters		
	1x{4 x 25 on :45 Kick no board BSLR		
	{2 x 125 on 3:00 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 125 on 2:55 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 125 on 2:50 Kick		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,400	1x{1 x 300 on 6:00 Freestyle		
	{3 x 100 on 2:00 Free-descend		
	{1 x 300 on 5:55 Freestyle		
	{3 x 100 on 2:00 Free-descend		
	{1 x 200 on 3:50 Freestyle		
300	6 x 50 on 1:00 Stroke Drills		
5:30 PM 3,600 Yards - Stress Value = 57			

**Workout #13859 - Monday, 16 September 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
500	1 on 25:00 DS/Physio Ball/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
850	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:10 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:05 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:00 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{ 50's=#1 on back hands seperated, #2 on right		
	{ #3 on left side		
100	1 x 100 on 2:00 Kick on back for time	SP2	
100	4 x 25 on :45 Back drills	REC	
250	5 x 50 on 2:00 Backstroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:00 PM 2,150 Yards - Stress Value = 53			

**Workout #13860 - Monday, 16 September 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
500	1 on 25:00 DS/Physio Ball/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
800	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:20 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:15 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:10 Kick no board on back	EN2	
	{ 50's=#1 on back hands seperated, #2 on right		
	{ #3 on left side		
	{2 x 25 on :45 Kick no board B	EN2	
100	1 x 100 on 2:00 Kick on back for time	SP2	
100	4 x 25 on :45 Back drills	REC	
250	5 x 50 on 2:00 Backstroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:00 PM 2,100 Yards - Stress Value = 52			

**Workout #13861 - Monday, 16 September 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
500	1 on 25:00 DS/Physio Ball/Tm Mtg		
150	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
750	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:30 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:25 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:20 Kick no board on back	EN2	
	{ 50's=#1 on back hands seperated, #2 on right		
	{ #3 on left side		
100	1 x 100 on 2:00 Kick on back for time	SP2	
100	4 x 25 on :45 Back drills	REC	
250	5 x 50 on 2:00 Backstroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:00 PM 2,000 Yards - Stress Value = 51			

**Workout #13862 - Monday, 16 September 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
500	1 on 25:00 DS/Physio Ball/Tm Mtg		
150	1 x 400 on 10:00 Swim-kick-pull-swim		
600	10 x 15 on :45 Shooters		
	1x{4 x 25 on 1:00 Kick no board B		
	{3 x 50 on 1:30 Kick no board on back		
	{4 x 25 on 1:00 Kick no board B		
	{3 x 50 on 1:25 Kick no board on back		
	{4 x 25 on 1:00 Kick no board B		
	{ 50's=#1 on back hands seperated, #2 on right		
	{ #3 on left side		
100	1 x 100 on 2:00 Kick on back no board for ti		
100	4 x 25 on :45 Back drills		
250	5 x 50 on 2:00 Backstroke		
200	1 x 200 on 4:00 Stroke Drills		
6:59 PM 1,800 Yards - Stress Value = 40			

**Workout #13863 - Tuesday, 17 September 2013**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Core/Spotlight  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 300 3 x 100 on 2:00 Kick @ Fastest Interval  
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30  
 {4 x 30 on :45 15 underwater 15 sprint free  
 {2 x 50 on 1:00 Vertical Kick 35/25  
 {4 x 30 on :45 15 undwater 15 sprint free  
 {3 x 50 on 1:00 Vertical Kick 40/20  
 {4 x 30 on :45 15 underwater 15 sprint free  
 {4 x 50 on 1:00 Vertical Kick 45/15  
 {4 x 30 on :45 15 underwater 15 sprint free  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,275 1x{3 x 25 on :40 Back -6 kick switch  
 {3 x 50 on :50 Back-descend 3/5/7 KOW  
 {1 x 200 on 2:50 Backstroke  
 {3 x 25 on :40 Back-6 kick switch  
 {3 x 50 on :50 Back-descend 3/5/7/ KOW  
 {1 x 200 on 2:45 Backstroke  
 {3 x 25 on :40 Back-6 kick switch  
 {3 x 50 on :50 Back-descend 3/5/7 KOW  
 {1 x 200 on 2:40 Backstroke  
 100 1 x 100 on 3:00 Backstroke for time  
 250 5 x 50 on 1:00 Stroke Drills  
 5:29 PM 3,855 Yards - Stress Value = 67

**Workout #13864 - Tuesday, 17 September 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Core/Spotlight  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 300 3 x 100 on 2:00 Kick @ Fastest Interval  
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30  
 {4 x 30 on :45 15 underwater 15 sprint free  
 {2 x 50 on 1:00 Vertical Kick 35/25  
 {4 x 30 on :45 15 undwater 15 sprint free  
 {3 x 50 on 1:00 Vertical Kick 40/20  
 {4 x 30 on :45 15 underwater 15 sprint free  
 {4 x 50 on 1:00 Vertical Kick 45/15  
 {4 x 30 on :45 15 underwater 15 sprint free  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,225 1x{3 x 25 on :40 Back -6 kick switch  
 {3 x 50 on :55 Back-descend 3/5/7 KOW  
 {1 x 200 on 3:05 Backstroke  
 {3 x 25 on :40 Back-6 kick switch  
 {3 x 50 on :55 Back-descend 3/5/7/ KOW  
 {1 x 200 on 3:00 Backstroke  
 {3 x 25 on :40 Back-6 kick switch  
 {3 x 50 on :55 Back-descend 3/5/7 KOW  
 {1 x 150 on 2:10 Backstroke  
 100 1 x 100 on 3:00 Backstroke for time  
 250 5 x 50 on 1:00 Stroke Drills  
 5:30 PM 3,805 Yards - Stress Value = 66

**Workout #13865 - Tuesday, 17 September 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====

1 on 30:00 DS/Core/Spotlight  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 300 3 x 100 on 2:00 Kick @ Fastest Interval  
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30  
 {4 x 30 on :45 15 underwater 15 sprint free  
 {2 x 50 on 1:00 Vertical Kick 35/25  
 {4 x 30 on :45 15 undwater 15 sprint free  
 {3 x 50 on 1:00 Vertical Kick 40/20  
 {4 x 30 on :45 15 underwater 15 sprint free  
 {4 x 50 on 1:00 Vertical Kick 45/15  
 {4 x 30 on :45 15 underwater 15 sprint free  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,075 1x{3 x 25 on :40 Back -6 kick switch  
 {3 x 50 on 1:00 Back-descend 3/5/7 KOW  
 {1 x 200 on 3:25 Backstroke  
 {3 x 25 on :40 Back-6 kick switch  
 {3 x 50 on 1:00 Back-descend 3/5/7/ KOW  
 {1 x 200 on 3:20 Backstroke  
 {3 x 25 on :40 Back-6 kick switch  
 {3 x 50 on 1:00 Back-descend 3/5/7 KOW  
 100 1 x 100 on 3:00 Backstroke for time  
 250 5 x 50 on 1:00 Stroke Drills  
 5:29 PM 3,605 Yards - Stress Value = 63

**Workout #13866 - Tuesday, 17 September 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Core/Spotlight  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 300 3 x 100 on 2:00 Kick @ Fastest Interval  
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30  
 {4 x 30 on :45 15 underwater 15 sprint free  
 {2 x 50 on 1:00 Vertical Kick 35/25  
 {4 x 30 on :45 15 undwater 15 sprint free  
 {3 x 50 on 1:00 Vertical Kick 40/20  
 {4 x 30 on :45 15 underwater 15 sprint free  
 {4 x 50 on 1:00 Vertical Kick 45/15  
 {4 x 30 on :45 15 underwater 15 sprint free  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,025 1x{3 x 25 on :40 Back -6 kick switch  
 {3 x 50 on 1:05 Back-descend 3/5/7 KOW  
 {1 x 200 on 3:50 Backstroke  
 {3 x 25 on :40 Back-6 kick switch  
 {3 x 50 on 1:05 Back-descend 3/5/7/ KOW  
 {1 x 150 on 2:50 Backstroke  
 {3 x 25 on :40 Back-6 kick switch  
 {3 x 50 on 1:05 Back-descend 3/5/7 KOW  
 100 1 x 100 on 3:00 Backstroke for time  
 250 5 x 50 on 1:00 Stroke Drills  
 5:30 PM 3,505 Yards - Stress Value = 62

**Workout #13867 - Tuesday, 17 September 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Core/TM Mtg		
400	1 x 400 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
100	4 x 25 on :45 Breast Drill	REC	
900	1x{2 x 150 on 2:40 Breaststroke	EN2	
	{2 x 150 on 2:35 Breaststroke	EN2	
	{2 x 150 on 2:30 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 8:00 Techniques-Starts		
7:00 PM	2,450 Yards - Stress Value = 36		

**Workout #13870 - Tuesday, 17 September 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Core/TM Mtg		
350	1 x 350 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{1 x 100 on 2:35 Kick	EN2	
	{1 x 100 on 2:45 Kick	EN1	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{1 x 50 on :55 Kick	EN1	
100	4 x 25 on :45 Stroke Drills	REC	
700	1x{2 x 150 on 3:20 Breaststroke	EN2	
	{2 x 150 on 3:10 Breaststroke	EN2	
	{2 x 50 on 1:05 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 8:00 Techniques-Starts		
7:00 PM	2,050 Yards - Stress Value = 29		

**Workout #13868 - Tuesday, 17 September 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Core/TM Mtg		
400	1 x 400 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
650	1x{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN1	
	{1 x 50 on :55 Kick	EN2	
100	4 x 25 on :45 Breast Drill	REC	
800	1x{2 x 150 on 2:55 Breaststroke	EN2	
	{2 x 150 on 2:50 Breaststroke	EN2	
	{2 x 100 on 1:50 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 8:00 Techniques-Starts		
7:00 PM	2,300 Yards - Stress Value = 33		

**Workout #13871 - Tuesday, 17 September 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Core/TM Mtg		
300	1 x 300 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
500	1x{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 3:00 Kick	EN1	
	{1 x 100 on 2:40 Kick	EN2	
	{1 x 100 on 3:00 Kick	EN2	
	{1 x 100 on 2:35 Kick	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
650	1x{2 x 150 on 3:45 Breaststroke	EN2	
	{2 x 100 on 2:25 Breaststroke	EN2	
	{2 x 75 on 1:45 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 8:00 Techniques-Starts		
7:00 PM	1,900 Yards - Stress Value = 28		

**Workout #13869 - Tuesday, 17 September 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Core/TM Mtg		
400	1 x 400 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{1 x 100 on 2:25 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN1	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN1	
100	4 x 25 on :45 Breast Drill	REC	
750	1x{2 x 150 on 3:10 Breaststroke	EN2	
	{2 x 150 on 3:05 Breaststroke	EN2	
	{1 x 150 on 3:00 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 8:00 Techniques-Starts		
7:00 PM	2,150 Yards - Stress Value = 30		

**Workout #13872 - Wednesday, 18 September 2013**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :30 Kick no board BSLR-10 KOW
	{4 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR-11 KOW
	{4 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{4 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR-13 KOW
	{2 x 75 on 1:00 Kick
1,000	1 x 1000 on 13:30 Lungbuster pulls
	breathe 3-5-7 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{4 x 100 on 1:25 Fly 2-3-4-5 strokes off wall
	{4 x 100 on 1:20 Fly 2-3-4-5 strokes off wall
	{4 x 100 on 1:15 Fly 2-3-4-5 strokes off wall
300	6 x 50 on 1:00 Stroke Drills
	5:30 PM 4,900 Yards - Stress Value = 71

**Workout #13873 - Wednesday, 18 September 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :35 Kick no board BSLR-10 KOW
	{4 x 75 on 1:25 Kick
	{4 x 25 on :35 Kick no board BSLR-11 KOW
	{4 x 75 on 1:20 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{2 x 75 on 1:15 Kick
	{4 x 25 on :35 Kick no board BSLR-13 KOW
	{1 x 50 on :50 Kick
900	1 x 900 on 13:30 Lungbuster pulls
	breathe 3-5-7 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{3 x 100 on 1:35 Fly 3-4-5 strokes off walls
	{4 x 100 on 1:30 Fly 2-3-4-5 strokes off wall
	{4 x 100 on 1:25 Fly 2-3-4-5 strokes off wall
300	6 x 50 on 1:00 Stroke Drills
	5:31 PM 4,450 Yards - Stress Value = 63

**Workout #13874 - Wednesday, 18 September 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :40 Kick no board BSLR-10 KOW
	{4 x 75 on 1:40 Kick
	{4 x 25 on :40 Kick no board BSLR-11 KOW
	{2 x 75 on 1:35 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
	{3 x 50 on 1:00 Kick
	{4 x 25 on :40 Kick no board BSLR-13 KOW
800	1 x 800 on 13:30 Lungbuster pulls
	breathe 3-5-7 continuous

200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{2 x 100 on 1:50 Fly 3-4-5 strokes off walls
	{3 x 100 on 1:45 Fly 3-4-5 strokes off walls
	{4 x 100 on 1:40 Fly 2-3-4-5 strokes off wall
300	6 x 50 on 1:00 Stroke Drills
	5:30 PM 3,900 Yards - Stress Value = 54

**Workout #13875 - Wednesday, 18 September 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :45 Kick no board BSLR-10 KOW
	{2 x 75 on 2:05 Kick
	{4 x 25 on :45 Kick no board BSLR-11 KOW
	{2 x 75 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{2 x 75 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR-13 KOW
700	1 x 700 on 13:30 Lungbuster pulls
	breathe 3-5-7 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{2 x 100 on 2:15 Fly 3-4-5 strokes off walls
	{3 x 100 on 2:10 Fly 3-4-5 strokes off walls
	{2 x 100 on 2:05 Fly 3-4-5 strokes off walls
300	6 x 50 on 1:00 Stroke Drills
	5:30 PM 3,400 Yards - Stress Value = 46

**Workout #13876 - Wednesday, 18 September 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 26:00 DS/Abs/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
600	1x{4 x 25 on :45 Kick no board S-10 KOW	EN2
	{1 x 100 on 2:00 Kick	EN2
	{4 x 25 on :45 Kick no board S-11 KOW	EN2
	{1 x 100 on 1:55 Kick	EN2
	{4 x 25 on :45 Kick no board S-12 KOW	EN2
	{1 x 100 on 1:50 Kick	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
900	1x{3 x 100 on 1:35 2-3-4 strokes off walls	EN2
	{3 x 100 on 1:25 2-3-4 strokes off walls	EN2
	{3 x 100 on 1:20 2-3-4 strokes off walls	EN2
	1 on 10:00 Game	
	7:00 PM 2,250 Yards - Stress Value = 36	

**Workout #13877 - Wednesday, 18 September 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 26:00 DS/Abs/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
550	1x{4 x 25 on :45 Kick no board S-10 KOW	EN2
	{1 x 100 on 2:15 Kick	EN2
	{4 x 25 on :45 Kick no board S-11 KOW	EN2
	{1 x 100 on 2:10 Kick	EN2
	{4 x 25 on :45 Kick no board S-12 KOW	EN2
	{1 x 50 on 1:05 Kick	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
750	1x{3 x 100 on 1:45 2-3-4 strokes off walls	EN2
	{3 x 100 on 1:40 2-3-4 strokes off walls	EN2
	{2 x 75 on 1:10 3-4 strokes off walls	EN2
	1 on 10:00 Game	
6:59	PM 2,050 Yards - Stress Value = 32	

**Workout #13878 - Wednesday, 18 September 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 26:00 DS/Abs/Tm Mtg	
450	1 x 450 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
550	1x{4 x 25 on :45 Kick no board S-10 KOW	EN2
	{1 x 100 on 2:30 Kick	EN2
	{4 x 25 on :45 Kick no board S-11 KOW	EN2
	{1 x 100 on 2:25 Kick	EN2
	{4 x 25 on :45 Kick no board S-12 KOW	EN2
	{1 x 50 on 1:00 Freestyle	
100	4 x 25 on 1:00 Stroke Drills	REC
700	1x{3 x 100 on 1:55 2-3-4 strokes off walls	EN2
	{2 x 100 on 1:50 3-4 strokes off walls	EN2
	{2 x 100 on 1:45 3-4 strokes off walls	EN2
	1 on 10:00 Game	
6:59	PM 1,950 Yards - Stress Value = 30	

**Workout #13879 - Wednesday, 18 September 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 26:00 DS/Abs/Tm Mtg		
400	1 x 400 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
500	1x{4 x 25 on :45 Kick no board S-10 KOW	EN2	
	{1 x 100 on 2:50 Kick	EN2	
	{4 x 25 on :45 Kick no board S-11 KOW	EN2	
	{1 x 100 on 2:45 Kick	EN2	
	{4 x 25 on :45 Kick no board S-12 KOW	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
600	1x{2 x 100 on 2:10 3-4 strokes off walls	EN2	
	{2 x 100 on 2:05 3-4 strokes off walls	EN2	
	{2 x 100 on 2:00 3-4 strokes off walls	EN2	
	1 on 10:00 Game		
6:59	PM 1,750 Yards - Stress Value = 28		

**Workout #13880 - Wednesday, 18 September 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====

=====	=====	=====	=====
	1 on 26:00 DS/Abs/Tm Mtg		
350	1 x 350 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
400	1x{4 x 25 on 1:00 Kick no board S-10 KOW	EN2	
	{1 x 100 on 3:30 Kick	EN2	
	{4 x 25 on 1:00 Kick no board S-11 KOW	EN2	
	{1 x 100 on 3:15 Kick	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
450	1x{2 x 100 on 3:00 3-4 strokes off walls	EN2	
	{2 x 100 on 2:55 3-4 strokes off walls	EN2	
	{1 x 50 on 1:25 4 strokes off walls	EN2	
	1 on 10:00 Game		
7:00	PM 1,450 Yards - Stress Value = 23		

**Workout #13881 - Thursday, 19 September 2013**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,500	1x{2 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick weakest kick
	{2 x 100 on 1:40 Kick
	{6 x 25 on :30 Kick weakest kick
	{2 x 100 on 1:40 Kick
	{8 x 25 on :30 Kick weakest kick
	{2 x 100 on 1:40 Kick
	{10 x 25 on :30 Kick weakest kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{1 x 125 on 1:55 Breaststroke
	{4 x 50 on 1:00 Breast under/over
	{2 x 125 on 1:50 Breaststroke
	{3 x 50 on 1:00 Breast under/over
	{3 x 125 on 1:45 Breaststroke
	{2 x 50 on 1:00 Breast under/over
	{4 x 125 on 1:40 Breaststroke-descend
	{1 x 50 on 1:00 Breast unde/over
250	5 x 50 on 1:00 Stroke Drills
5:30	PM 4,450 Yards - Stress Value = 65

**Workout #13882 - Thursday, 19 September 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Shoulders/Spotllight  
 1 x 600 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,300 1x{2 x 100 on 1:55 Kick  
 {4 x 25 on :35 Kick weakest kick  
 {2 x 100 on 1:55 Kick  
 {6 x 25 on :35 Kick weakest kick  
 {2 x 100 on 1:55 Kick  
 {8 x 25 on :35 Kick weakest kick  
 {2 x 100 on 1:55 Kick  
 {2 x 25 on :35 Kick weakest kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,650 1x{1 x 125 on 2:10 Breaststroke  
 {4 x 50 on 1:00 Breast under/over  
 {2 x 125 on 2:05 Breaststroke  
 {3 x 50 on 1:00 Breast under/over  
 {3 x 125 on 2:00 Breaststroke  
 {2 x 50 on 1:00 Breast under/over  
 {4 x 100 on 1:35 Breaststroke-descend  
 {1 x 50 on 1:00 Breast under/over  
 250 5 x 50 on 1:00 Stroke Drills  
 5:30 PM 4,150 Yards - Stress Value = 58

**Workout #13883 - Thursday, 19 September 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 DS/Shoulders/Spotllight  
 1 x 550 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,200 1x{2 x 100 on 2:10 Kick  
 {4 x 25 on :40 Kick weakest kick  
 {2 x 100 on 2:10 Kick  
 {6 x 25 on :40 Kick weakest kick  
 {2 x 100 on 2:10 Kick  
 {6 x 25 on :40 Kick weakest kick  
 {2 x 100 on 2:10 Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,450 1x{1 x 125 on 2:20 Breaststroke  
 {3 x 50 on 1:10 Breast under/over  
 {2 x 125 on 2:15 Breaststroke  
 {3 x 50 on 1:10 Breast under/over  
 {3 x 125 on 2:10 Breaststroke  
 {2 x 50 on 1:10 Breast under/over  
 {3 x 100 on 1:45 Breaststroke-descend  
 250 5 x 50 on 1:00 Stroke Drills  
 5:30 PM 3,800 Yards - Stress Value = 53

**Workout #13884 - Thursday, 19 September 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/Shoulders/Spotllight  
 1 x 500 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 950 1x{2 x 100 on 2:40 Kick  
 {4 x 25 on :45 Kick weakest kick

{2 x 100 on 2:40 Kick  
 {4 x 25 on :45 Kick weakest kick  
 {2 x 100 on 2:40 Kick  
 {6 x 25 on :45 Kick weakest kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,150 1x{1 x 100 on 2:30 Breaststroke  
 {4 x 50 on 1:20 Breast under/over  
 {2 x 100 on 2:25 Breaststroke  
 {3 x 50 on 1:20 Breast under/over  
 {3 x 100 on 2:20 Breaststroke  
 {2 x 50 on 1:20 Breast under/over  
 {1 x 100 on 2:15 Breaststroke  
 250 5 x 50 on 1:00 Stroke Drills  
 5:30 PM 3,200 Yards - Stress Value = 44

**Workout #13885 - Thursday, 19 September 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WORK  
 =====  
 500 1 on 30:00 DS/Shoulders/Tm Mtg RE  
 1 x 500 on 10:00 Underwater trn drill RE  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters SE  
 100 4 x 25 on 1:00 Perfect Back RE  
 600 1x{1 x 200 on 7:00 Back Drill-kicking RE  
 {1 x 200 on 7:00 Back drill-body position RE  
 {1 x 200 on 7:00 Back drill-stroke RE  
 100 4 x 25 on 1:00 Perfect Back EN  
 100 1 x 100 on 4:00 Back for time SE  
 200 1 x 200 on 3:00 Stroke Drills RE  
 7:00 PM 1,750 Yards - Stress Value = 17

**Workout #13886 - Friday, 20 September 2013**

**Group 3 - IM'ers**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description EGY WORK  
 =====  
 600 1 on 10:00 Dynamic Stretch I  
 1 x 600 on 10:00 Reverse IM drill REC I  
 240 6 x 40 on 3:00 Runng Pit Sprints + SP2 S  
 25 yard all out no breath sprint  
 180 12 x 15 on :45 Start/Shooter/Finish SP3 S  
 2,100 3x{1 x 50 on :01 Your #1 stroke SP2 S  
 {1 x 250 on 6:00 Freestyle REC S  
 {1 x 200 on :01 Individual Medley SP2 S  
 {1 x 200 on 6:00 Freestyle SP2 S  
 4:57 PM 3,120 Yards - Stress Value = 166

**Workout #13887 - Friday, 20 September 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 500 1 on 4:30 Dryland L DRY  
 1 x 500 on 10:00 Reverse IM drill REC D IM  
 150 10 x 15 on :45 Shooters SP3 S FR  
 1,600 4 x 400 on 5:40 Freestyle EN2 S FR  
 200 1 x 200 on 3:00 Freestyle REC D FR  
 5:51 PM 2,450 Yards - Stress Value = 38

**Workout #13888 - Friday, 20 September 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
1	on 43:00 Dryland		L DRY	
500	1 x 500 on 10:00 Reverse IM drill	REC	D IM	
150	10 x 15 on :45 Shooters	SP3	S FR	
1,400	4 x 350 on 5:40 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Freestyle	REC	D FR	
6:30 PM 2,250 Yards - Stress Value = 34				

**Workout #13889 - Friday, 20 September 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
1	on 4:30 Dryland		L DRY	
450	1 x 450 on 10:00 Reverse IM drill	REC	D IM	
150	10 x 15 on :45 Shooters	SP3	S FR	
1,200	4 x 300 on 5:40 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Freestyle	REC	D FR	
5:51 PM 2,000 Yards - Stress Value = 30				

**Workout #13890 - Friday, 20 September 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
1	on 43:00 Dryland		L DRY	
400	1 x 400 on 10:00 Reverse IM drill	REC	D IM	
150	10 x 15 on :45 Shooters	SP3	S FR	
1,000	4 x 250 on 5:40 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Freestyle	REC	D FR	
6:30 PM 1,750 Yards - Stress Value = 26				

**Workout #13891 - Friday, 20 September 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
1	on 43:00 Dryland		L DRY	
350	1 x 350 on 10:00 Reverse IM drill	REC	D IM	
150	10 x 15 on :45 Shooters	SP3	S FR	
800	4 x 200 on 5:40 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Freestyle	REC	D FR	
6:30 PM 1,500 Yards - Stress Value = 22				

**Workout #13892 - Monday, 23 September 2013**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
1	on 30:00 DS/Physio Ball/Spotlight
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:10 Kick
	{4 x 25 on :30 Kick no board BSLR

1,300	1x{4 x 25 on :30 Pulls-no br L.12 yds
	{1 x 150 on 2:00 Pulls-no br L.12 yds
	{4 x 25 on :30 Pulls-no br L.12 yds
	{2 x 150 on 1:55 Pulls-no br L.12 yds
	{4 x 25 on :30 Pulls-no br L.12 yds
	{3 x 150 on 1:50 Pulls-no br L.12 yds
	{4 x 25 on :30 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 400 on 5:00 Freestyle
	{1 x 400 on 4:55 Freestyle
	{1 x 400 on 4:50 Freestyle
	{1 x 400 on 4:45 Freestyle
	{1 x 400 on 4:40 Freestyle
400	8 x 50 on 1:00 Stroke Drills
5:45 PM 5,950 Yards - Stress Value = 96	

**Workout #13893 - Monday, 23 September 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM Start	
1	on 30:00 DS/Physio Ball/Spotlight
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:45 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 150 on 2:40 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 150 on 2:35 Kick
	{2 x 25 on :35 Kick no board BSLR
1,250	1x{4 x 25 on :30 Pulls-no br L.12 yds
	{1 x 150 on 2:15 Pulls-no br L.12 yds
	{4 x 25 on :30 Pulls-no br L.12 yds
	{2 x 150 on 2:10 Pulls-no br L.12 yds
	{4 x 25 on :30 Pulls-no br L.12 yds
	{3 x 150 on 2:05 Pulls-no br L.12 yds
	{2 x 25 on :30 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{1 x 400 on 5:30 Freestyle
	{1 x 400 on 5:25 Freestyle
	{1 x 400 on 5:20 Freestyle
	{1 x 400 on 5:15 Freestyle
	{1 x 200 on 2:35 Freestyle
400	8 x 50 on 1:00 Stroke Drills
5:45 PM 5,500 Yards - Stress Value = 87	

**Workout #13894 - Monday, 23 September 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball/Spotlight
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 150 on 3:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 125 on 2:25 Kick
1,100	1x{4 x 25 on :30 Pulls-no br L.12 yds
	{1 x 150 on 2:30 Pulls-no br L.12 yds
	{4 x 25 on :30 Pulls-no br L.12 yds
	{2 x 150 on 2:25 Pulls-no br L.12 yds
	{4 x 25 on :30 Pulls-no br L.12 yds
	{3 x 100 on 1:35 Pulls-no br L.12 yds
	{2 x 25 on :30 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 400 on 6:05 Freestyle
	{1 x 400 on 6:00 Freestyle
	{1 x 400 on 5:55 Freestyle
	{1 x 400 on 5:50 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	5:44 PM 5,000 Yards - Stress Value = 78

**Workout #13895 - Monday, 23 September 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball/Spotlight
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:45 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:40 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:15 Kick
	{2 x 25 on :45 Kick no board BSLR
800	1x{4 x 25 on :45 Pulls-no br L.12 yds
	{1 x 100 on 2:10 Pulls-no br L.12 yds
	{4 x 25 on :45 Pulls-no br L.12 yds
	{2 x 100 on 2:05 Pulls-no br L.12 yds
	{4 x 25 on :45 Pulls-no br L.12 yds
	{2 x 100 on 2:00 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 400 on 8:00 Freestyle
	{1 x 400 on 7:55 Freestyle
	{1 x 400 on 7:50 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	5:44 PM 4,050 Yards - Stress Value = 60

**Workout #13896 - Monday, 23 September 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg
500	1 x 500 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,000	1x{1 x 200 on 4:00 Kick
	{2 x 150 on 3:00 Kick

	{3 x 100 on 2:00 Kick	EN2
	{4 x 50 on 1:00 Kick	EN2
100	4 x 25 on :45 Stroke Drills	REC
1,000	20 x 50 on 1:00 Breast X Pullouts on TW	EN2
	1 on 10:00 Game	
	2 man relays	
	7:15 PM 2,750 Yards - Stress Value = 46	

**Workout #13897 - Monday, 23 September 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg
500	1 x 500 on 10:00 Choice
150	10 x 15 on :45 Shooters
900	1x{1 x 200 on 4:20 Kick
	{2 x 150 on 3:15 Kick
	{3 x 100 on 2:10 Kick
	{2 x 50 on 1:05 Kick
100	4 x 25 on :45 Stroke Drills
950	19 x 50 on 1:05 Breast X Pullouts on TW
	1 on 10:00 Game
	2 man relays
	7:15 PM 2,600 Yards - Stress Value = 43

**Workout #13898 - Monday, 23 September 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg
450	1 x 450 on 10:00 Choice
150	10 x 15 on :45 Shooters
850	1x{1 x 200 on 4:40 Kick
	{2 x 150 on 3:30 Kick
	{3 x 100 on 2:20 Kick
	{1 x 50 on 1:10 Kick
100	4 x 25 on :45 Stroke Drills
850	17 x 50 on 1:10 Breast X Pullouts on TW
	1 on 10:00 Game
	2 man relays
	7:14 PM 2,400 Yards - Stress Value = 40

**Workout #13899 - Monday, 23 September 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg
400	1 x 400 on 10:00 Choice
150	10 x 15 on :45 Shooters
800	1x{1 x 200 on 5:00 Kick
	{2 x 150 on 3:45 Kick
	{3 x 100 on 2:30 Kick
100	4 x 25 on :45 Stroke Drills
800	16 x 50 on 1:15 Breast X Pullouts on TW
	1 on 10:00 Game
	2 man relays
	7:15 PM 2,250 Yards - Stress Value = 38

**Workout #13900 - Monday, 23 September 2013**

**Group 2 - Copper**  
**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg	
350	1 x 350 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
700	1x{1 x 200 on 6:00 Kick	EN2
	{2 x 150 on 4:00 Kick	EN2
	{2 x 100 on 3:00 Kick	EN2
100	4 x 25 on :45 Stroke Drills	REC
700	14 x 50 on 1:30 Breast X Pullouts on TW	EN2
	1 on 10:00 Game	
	2 man relays	
	7:16 PM 2,000 Yards - Stress Value = 34	

840	2x{2 x 30 on 1:00 Kick	
	{2 x 30 on :55 Kick	
	{2 x 30 on :50 Kick	
	{2 x 30 on :45 Kick	
	{2 x 30 on :40 Kick	
	{2 x 30 on :35 Kick	
	{2 x 30 on :30 Kick	
	{ 15y streamline kick on back	
	{ 15y underwater fly kick	
650	1x{2 x 125 on 1:55 Pulls-br weak side	
	{2 x 125 on 1:50 Pulls br weak side	
	{2 x 75 on 1:05 Pulls br weak side	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,950	1x{1 x 100 on 1:40 Backstroke	
	{1 x 100 on 1:35 Backstroke	
	{1 x 100 on 1:30 Backstroke	
	{1 x 100 on 1:25 Backstroke	
	{1 x 200 on 3:45 Backstroke Drill	
	{2 x 75 on 1:15 Backstroke	
	{2 x 75 on 1:10 Backstroke	
	{2 x 75 on 1:05 Backstroke	
	{1 x 150 on 2:45 Backstroke Drill	
	{3 x 50 on :55 Backstroke	
	{3 x 50 on :50 Backstroke	
	{3 x 50 on :45 Backstroke	
	{1 x 100 on 1:45 Back Drill	
	{4 x 25 on :30 Backstroke-100%	
	{4 x 25 on :25 Backstroke-100%	
200	1 x 200 on 3:00 Stroke Drills	
	5:46 PM 4,990 Yards - Stress Value = 70	

**Workout #13901 - Tuesday, 24 September 2013**

**Group 3 - Back**  
**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core/Spotlight	
600	1 x 600 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
400	4 x 100 on 2:00 Kick @ fastest interval	
840	2x{2 x 30 on 1:00 Kick	
	{2 x 30 on :55 Kick	
	{2 x 30 on :50 Kick	
	{2 x 30 on :45 Kick	
	{2 x 30 on :40 Kick	
	{2 x 30 on :35 Kick	
	{2 x 30 on :30 Kick	
	{ 15y streamline kick on back	
	{ 15y underwater fly kick	
750	1x{2 x 125 on 1:45 Pulls-br weak side	
	{2 x 125 on 1:40 Pulls br weak side	
	{2 x 125 on 1:35 Pulls br weak side	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,200	1x{1 x 100 on 1:30 Backstroke	
	{1 x 100 on 1:25 Backstroke	
	{1 x 100 on 1:20 Backstroke	
	{1 x 100 on 1:15 Backstroke	
	{1 x 100 on 1:10 Backstroke	
	{1 x 200 on 3:30 Backstroke Drill	
	{2 x 75 on 1:10 Backstroke	
	{2 x 75 on 1:05 Backstroke	
	{2 x 75 on 1:00 Backstroke	
	{2 x 75 on :55 Backstroke	
	{1 x 150 on 2:35 Backstroke Drill	
	{3 x 50 on :45 Backstroke	
	{3 x 50 on :40 Backstroke	
	{3 x 50 on :35 Backstroke	
	{1 x 100 on 1:45 Backstroke	
	{4 x 25 on :30 Backstroke-100%	
	{4 x 25 on :25 Backstroke-100%	
200	1 x 200 on 3:00 Stroke Drills	
	5:46 PM 5,340 Yards - Stress Value = 77	

**Workout #13903 - Tuesday, 24 September 2013**

**Group 3 - Silver**  
**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core/Spotlight	
550	1 x 550 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
400	4 x 100 on 2:00 Kick @ fastest interval	
840	2x{2 x 30 on 1:00 Kick	
	{2 x 30 on :55 Kick	
	{2 x 30 on :50 Kick	
	{2 x 30 on :45 Kick	
	{2 x 30 on :40 Kick	
	{2 x 30 on :35 Kick	
	{2 x 30 on :30 Kick	
	{ 15y streamline kick on back	
	{ 15y underwater fly kick	
600	1x{2 x 125 on 2:10 Pulls-br weak side	
	{2 x 100 on 1:40 Pulls br weak side	
	{2 x 75 on 1:10 Pulls br weak side	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,800	1x{1 x 100 on 1:50 Backstroke	
	{1 x 100 on 1:45 Backstroke	
	{1 x 100 on 1:40 Backstroke	
	{1 x 100 on 1:35 Backstroke	
	{1 x 150 on 3:00 Backstroke Drill	
	{2 x 75 on 1:20 Backstroke	
	{2 x 75 on 1:15 Backstroke	
	{2 x 75 on 1:10 Backstroke	
	{1 x 100 on 2:00 Backstroke Drill	
	{3 x 50 on 1:00 Backstroke	
	{3 x 50 on :55 Backstroke	
	{3 x 50 on :50 Backstroke	
	{1 x 50 on 1:00 Back Drill	
	{4 x 25 on :30 Backstroke-100%	
	{4 x 25 on :25 Backstroke-100%	
200	1 x 200 on 3:00 Stroke Drills	
	5:46 PM 4,740 Yards - Stress Value = 68	

**Workout #13902 - Tuesday, 24 September 2013**

**Group 3 - Gold**  
**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core/Spotlight	
600	1 x 600 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
400	4 x 100 on 2:00 Kick @ fastest interval	

**Workout #13904 - Tuesday, 24 September 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
500	1 on 30:00 DS/Core/Spotlight		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
400	4 x 100 on 2:00 Kick @ fastest interval		
660	2x{4 x 30 on 1:00 Kick		
	{4 x 30 on :55 Kick		
	{3 x 30 on :50 Kick		
	{ 15y streamline kick on back		
	{ 15y underwater fly kick		
400	1x{2 x 100 on 2:20 Pulls-br weak side		
	{2 x 100 on 2:15 Pulls br weak side		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,350	1x{1 x 100 on 2:30 Backstroke		
	{1 x 100 on 2:20 Backstroke		
	{1 x 100 on 2:15 Backstroke		
	{1 x 100 on 3:00 Backstroke Drill		
	{2 x 75 on 1:50 Backstroke		
	{2 x 75 on 1:45 Backstroke		
	{2 x 75 on 1:40 Backstroke		
	{1 x 100 on 3:00 Backstroke Drill		
	{3 x 50 on 1:10 Backstroke		
	{3 x 50 on 1:05 Backstroke		
	{2 x 50 on 1:00 Backstroke		
200	1 x 200 on 3:00 Stroke Drills		
5:46 PM 3,860 Yards - Stress Value = 58			

500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
850	1x{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
100	4 x 25 on :45 Stroke Drills	REC
1,300	1x{1 x 200 on 3:20 Freestyle	EN2
	{3 x 50 on :55 Freestyle-descend	EN2
	{1 x 200 on 3:15 Freestyle	EN2
	{3 x 50 on :55 Freestyle-descend	EN2
	{1 x 200 on 3:10 Freestyle	EN2
	{3 x 50 on :55 Freestyle-descend	EN2
	{1 x 200 on 3:05 Freestyle	EN2
	{1 x 50 on :55 Freestyle-descend	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 8:00 Techniques-starts	
7:15 PM 3,100 Yards - Stress Value = 49		

**Workout #13907 - Tuesday, 24 September 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
	1 on 26:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
1,400	1x{1 x 200 on 3:00 Freestyle	EN2	
	{3 x 50 on :50 Freestyle-descend	EN2	
	{1 x 200 on 2:55 Freestyle	EN2	
	{3 x 50 on :50 Freestyle-descend	EN2	
	{1 x 200 on 2:50 Freestyle	EN2	
	{3 x 50 on :50 Freestyle-descend	EN2	
	{1 x 200 on 2:45 Freestyle	EN2	
	{3 x 50 on :50 Freestyle-descend	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 8:00 Techniques-starts		
7:15 PM 3,350 Yards - Stress Value = 54			

500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{1 x 100 on 2:30 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:30 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:30 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:30 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
100	4 x 25 on :45 Stroke Drills	REC
1,150	1x{1 x 200 on 3:45 Freestyle	EN2
	{3 x 50 on 1:00 Freestyle-descend	EN2
	{1 x 200 on 3:40 Freestyle	EN2
	{3 x 50 on 1:00 Freestyle-descend	EN2
	{1 x 200 on 3:35 Freestyle	EN2
	{3 x 50 on 1:00 Freestyle-descend	EN2
	{1 x 100 on 1:45 Freestyle	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 8:00 Techniques-starts	
7:15 PM 2,850 Yards - Stress Value = 45		

**Workout #13906 - Tuesday, 24 September 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
	1 on 26:00 DS/Core/Tm Mtg		

**Workout #13908 - Tuesday, 24 September 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 26:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:45 Kick	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
1,000	1x{1 x 200 on 4:15 Freestyle	EN2	
	{3 x 50 on 1:10 Freestyle-descend	EN2	
	{1 x 200 on 4:10 Freestyle	EN2	
	{3 x 50 on 1:10 Freestyle-descend	EN2	
	{1 x 200 on 4:05 Freestyle	EN2	
	{2 x 50 on 1:10 Freestyle-descend	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 8:00 Techniques-starts		
	7:15 PM 2,550 Yards - Stress Value = 40		

**Workout #13909 - Tuesday, 24 September 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 26:00 DS/Core/Tm Mtg		
350	1 x 350 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
650	1x{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 3:15 Kick	EN2	
	{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 3:15 Kick	EN2	
	{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 3:15 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
800	1x{1 x 200 on 5:00 Freestyle	EN2	
	{3 x 50 on 1:30 Freestyle-descend	EN2	
	{1 x 200 on 5:00 Freestyle	EN2	
	{3 x 50 on 1:30 Freestyle-descend	EN2	
	{1 x 100 on 2:30 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 8:00 Techniques-starts		
	7:15 PM 2,250 Yards - Stress Value = 35		

**Workout #13910 - Wednesday, 25 September 2013**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight		
600	1 x 600 on 10:00 Free L.25 of each 100 Non F		
150	10 x 15 on :45 Shooters		
1,600	1x{4 x 25 on :30 Kick no board BSLR-11KOW		
	{4 x 75 on 1:15 Kick		
	{4 x 25 on :30 Kick no board BSLR 12KOW		
	{4 x 75 on 1:10 Kick		
	{4 x 25 on :30 Kick no board BSLR 13KOW		
	{4 x 75 on 1:05 Kick		
	{4 x 25 on :30 Kick no board BSLR 14KOW		
	{4 x 75 on 1:00 Kick		
1,600	16 x 100 on 1:15 Lungbuster pulls		
	Odds br 3-5-7, evens br 2-4-6		

200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,500	1x{1 x 200 on 3:00 Breaststroke		
	{2 x 25 on :30 Breast 2X pullouts		
	{2 x 150 on 2:15 Breaststroke		
	{4 x 25 on :30 Breast 2X pullouts		
	{3 x 100 on 1:30 Breaststroke		
	{6 x 25 on :30 Breast 2X pullouts		
	{4 x 50 on :45 Breaststroke		
	{8 x 25 on :30 Breast 2X pullouts		
250	1 x 250 on 4:00 Stroke Drills		
	5:45 PM 5,900 Yards - Stress Value = 87		

**Workout #13911 - Wednesday, 25 September 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Spotlight		
600	1 x 600 on 10:00 Free L.25 of each 100 Non F		
150	10 x 15 on :45 Shooters		
1,300	1x{4 x 25 on :35 Kick no board BSLR-11KOW		
	{2 x 75 on 1:20 Kick		
	{4 x 25 on :35 Kick no board BSLR 12KOW		
	{4 x 75 on 1:20 Kick		
	{4 x 25 on :35 Kick no board BSLR 13KOW		
	{4 x 75 on 1:15 Kick		
	{4 x 25 on :35 Kick no board BSLR 14KOW		
	{2 x 75 on 1:15 Kick		
1,400	14 x 100 on 1:25 Lungbuster pulls		
	Odds br 3-5-7, evens br 2-4-6		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,400	1x{1 x 200 on 3:20 Breaststroke		
	{2 x 25 on :30 Breast 2X pullouts		
	{2 x 150 on 2:30 Breaststroke		
	{4 x 25 on :30 Breast 2X pullouts		
	{3 x 100 on 1:40 Breaststroke		
	{6 x 25 on :30 Breast 2X pullouts		
	{2 x 50 on :50 Breaststroke		
	{8 x 25 on :30 Breast 2X pullouts		
250	1 x 250 on 4:00 Stroke Drills		
	5:44 PM 5,300 Yards - Stress Value = 76		

**Workout #13912 - Wednesday, 25 September 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Abs/Spotlight
150	1 x 550 on 10:00 Free L.25 of each 100 Non F
1,100	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR-11KOW
	{2 x 75 on 1:40 Kick
	{4 x 25 on :40 Kick no board BSLR 12KOW
	{4 x 75 on 1:35 Kick
	{4 x 25 on :40 Kick no board BSLR 13KOW
	{2 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR 14KOW
	{2 x 50 on :55 Kick

1,300	13 x 100 on 1:35 Lungbuster pulls
	Odds br 3-5-7, evens br 2-4-6
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{1 x 200 on 3:40 Breaststroke
	{2 x 25 on :35 Breast 2X pullouts
	{2 x 150 on 2:45 Breaststroke
	{4 x 25 on :35 Breast 2X pullouts
	{3 x 100 on 1:50 Breaststroke
	{6 x 25 on :35 Breast 2X pullouts
	{2 x 50 on :55 Breaststroke
	{2 x 25 on :35 Breast 2X pullouts
250	1 x 250 on 4:00 Stroke Drills
	5:46 PM 4,800 Yards - Stress Value = 68

**Workout #13913 - Wednesday, 25 September 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Abs/Spotlight
150	1 x 500 on 10:00 Free L.25 of each 100 Non F
950	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR-11KOW
	{2 x 75 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR 12KOW
	{2 x 75 on 1:50 Kick
	{4 x 25 on :45 Kick no board BSLR 13KOW
	{2 x 75 on 1:45 Kick
	{4 x 25 on :45 Kick no board BSLR 14KOW
	{2 x 50 on 1:05 Kick

1,000	10 x 100 on 2:00 Lungbuster pulls
	Odds br 3-5-7, evens br 2-4-6
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	1x{1 x 200 on 4:10 Breaststroke
	{2 x 25 on :45 Breast 2X pullouts
	{2 x 150 on 3:05 Breaststroke
	{4 x 25 on :45 Breast 2X pullouts
	{2 x 100 on 2:00 Breaststroke
	{6 x 25 on :45 Breast 2X pullouts
	{1 x 50 on 1:00 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	5:45 PM 4,100 Yards - Stress Value = 57

**Workout #13914 - Wednesday, 25 September 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
500	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
	10 x 15 on :45 Shooters		SP3

100	1 x 100 on 3:00 Kick for time	EN2
1,100	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 150 on 3:15 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 150 on 3:10 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 150 on 3:05 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 150 on 3:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
100	4 x 25 on :45 Stroke Drills	REC
300	6 x 50 on 2:00 Butterfly	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	7:15 PM 2,500 Yards - Stress Value = 36	

**Workout #13915 - Wednesday, 25 September 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
500	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
100	10 x 15 on :45 Shooters		SP3
100	1 x 100 on 3:00 Kick for time		EN2
1,050	1x{4 x 25 on :45 Kick no board BSLR		EN2
	{1 x 150 on 3:35 Kick		EN2
	{4 x 25 on :45 Kick no board BSLR		EN2
	{1 x 150 on 3:30 Kick		EN2
	{4 x 25 on :45 Kick no board BSLR		EN2
	{1 x 150 on 3:25 Kick		EN2
	{4 x 25 on :45 Kick no board BSLR		EN2
	{1 x 100 on 2:15 Kick		EN2
	{4 x 25 on :45 Kick no board BSLR		EN2
100	4 x 25 on :45 Stroke Drills		REC
300	6 x 50 on 2:00 Butterfly		EN2
250	1 x 250 on 5:00 Stroke Drills		REC
	7:15 PM 2,450 Yards - Stress Value = 35		

**Workout #13916 - Wednesday, 25 September 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
450	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
100	10 x 15 on :45 Shooters		SP3
100	1 x 100 on 3:00 Kick for time		EN2
1,000	1x{4 x 25 on :45 Kick no board BSLR		EN2
	{1 x 150 on 4:00 Kick		EN2
	{4 x 25 on :45 Kick no board BSLR		EN2
	{1 x 150 on 3:55 Kick		EN2
	{4 x 25 on :45 Kick no board BSLR		EN2
	{1 x 150 on 3:50 Kick		EN2
	{4 x 25 on :45 Kick no board BSLR		EN2
	{1 x 50 on 1:15 Kick		EN2
	{4 x 25 on :45 Kick no board BSLR		EN2
100	4 x 25 on :45 Stroke Drills		REC
300	6 x 50 on 2:00 Butterfly		EN2
250	1 x 250 on 5:00 Stroke Drills		REC
	7:15 PM 2,350 Yards - Stress Value = 34		

**Workout #13917 - Wednesday, 25 September 2013**

6:27 PM 2,650 Yards - Stress Value = 120

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time	EN2	
950	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 4:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:55 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:50 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:45 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
300	6 x 50 on 2:00 Butterfly	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:15 PM 2,250 Yards - Stress Value = 33		

**Workout #13918 - Wednesday, 25 September 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time	EN2	
750	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 3:30 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 3:25 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 3:20 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 50 on 1:35 Kick	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
300	6 x 50 on 2:00 Butterfly	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:15 PM 2,000 Yards - Stress Value = 29		

**Workout #13919 - Wednesday, 25 September 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

No workout sets have been created

**Workout #13920 - Wednesday, 25 September 2013**

**Group 3 - Speed Acquisition**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 12:00 Dynamic Stretch		
750	3x{1 x 150 on 2:30 2:00 swim/:30 to get to a wa		
	{4 x 25 on :45 IM order-100% Effort		
400	8 x 50 on 2:00 12.5 Tombstone kicking, 25		
	sprint kick w/ super fast turn, 12.5 easy		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,300	2x{1 x 100 on 3:00 25 Kick 75 Free		
	{1 x 100 on 3:00 25free 25 kick 50free		
	{1 x 100 on 3:00 50free 25kick 25free		
	{1 x 100 on 3:00 75free 25kick		
	{1 x 250 on 4:30 Stroke Drills		

**Workout #13921 - Wednesday, 25 September 2013**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 10:00 Dynamic Stretch		
600	1 x 600 on 10:00 Underwater trn drill		
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
500	1x{1 x 100 on 1:30 Butterfly		
	{1 x 100 on 1:25 Butterfly		
	{1 x 100 on 1:20 Butterfly		
	{1 x 100 on 1:15 Butterfly		
	{1 x 100 on 1:10 Butterfly		
1,600	1x{4 x 25 on :30 Sprint Kick		
	{4 x 100 on 1:45 Kick #2		
	{4 x 25 on :30 Sprint Kick		
	{4 x 100 on 2:00 Kick #3		
	{4 x 25 on :30 Sprint Kick		
	{4 x 50 on :50 Kick #2		
	{4 x 25 on :30 Sprint Kick		
	{4 x 50 on :55 Kick #3		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
500	1x{1 x 100 on 1:30 Butterfly		
	{1 x 100 on 1:25 Butterfly		
	{1 x 100 on 1:20 Butterfly		
	{1 x 100 on 1:15 Butterfly		
	{1 x 100 on 1:10 Butterfly		
1,600	4 x 400 on 5:15 Pulll-alt breakouts		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
500	1x{1 x 100 on 1:30 Butterfly		
	{1 x 100 on 1:25 Butterfly		
	{1 x 100 on 1:20 Butterfly		
	{1 x 100 on 1:15 Butterfly		
	{1 x 100 on 1:10 Butterfly		
250	1 x 250 on 5:00 Freestyle		
	5:30 PM 5,900 Yards - Stress Value = 100		

**Workout #13922 - Thursday, 26 September 2013**

**Group 3 - Fly**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 30:00 DS/Shoulders/Spotlight 1 x 600 on 10:00 Underwater trn drill Odd 100s free even 100s back
150	10 x 15 on :45 Shooters
1,200	1x{2 x 100 on 2:00 Kick alt 50's-2 weakest kick 2 x 50 on :45 Kick your best kick 2 x 100 on 1:55 Kick alt 50's-2 weakest kick 2 x 50 on :45 Kick your best kick 2 x 100 on 1:50 Kick alt 50's-2 weakest kick 2 x 50 on :45 Kick your best kick 2 x 100 on 1:45 Kick alt 50's-2 weakest kick 2 x 50 on :45 Kick your best kick
1,200	1x{2 x 125 on 1:40 Pulls BWFPF 2 x 75 on 1:00 Pull 1 breath mid 25 2 x 125 on 1:40 Pulls BWKPF 2 x 75 on 1:00 Pulls mid 25 1 breath 2 x 125 on 1:40 Pulls BWHPF 2 x 75 on 1:00 Pulls mid 25 1 breath
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{4 x 75 on 1:15 Fly-25L-25B-25L 1 x 100 on 1:15 Freestyle 4 x 75 on 1:10 Fly-25L-25B-25R 2 x 100 on 1:15 Freestyle 4 x 75 on 1:05 Fly-25L-25B-25R 3 x 100 on 1:15 Freestyle 4 x 75 on 1:00 Fly-25L-25B-25R 4 x 100 on 1:15 Freestyle
350	7 x 50 on 1:00 Stroke Drills
5:45 PM	5,900 Yards - Stress Value = 97

**Workout #13923 - Thursday, 26 September 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
600	1 on 30:00 DS/Shoulders/Spotlight 1 x 600 on 10:00 Underwater trn drill Odd 100s free even 100s back
150	10 x 15 on :45 Shooters
1,050	1x{2 x 100 on 2:10 Kick alt 50's-2 weakest kick 2 x 50 on :55 Kick your best kick 2 x 100 on 2:05 Kick alt 50's-2 weakest kick 2 x 50 on :55 Kick your best kick 2 x 100 on 2:00 Kick alt 50's-2 weakest kick 1 x 50 on :55 Kick your best kick 2 x 100 on 1:55 Kick alt 50's-2 weakest kick
1,050	1x{2 x 125 on 1:50 Pulls BWFPF 2 x 75 on 1:10 Pull 1 breath mid 25 2 x 125 on 1:50 Pulls BWKPF 2 x 75 on 1:10 Pulls mid 25 1 breath 2 x 125 on 1:50 Pulls BWHPF
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{4 x 75 on 1:25 Fly-25L-25B-25L 1 x 100 on 1:25 Freestyle 4 x 75 on 1:20 Fly-25L-25B-25R 2 x 100 on 1:25 Freestyle 4 x 75 on 1:15 Fly-25L-25B-25R 3 x 100 on 1:25 Freestyle 4 x 75 on 1:10 Fly-25L-25B-25R 2 x 100 on 1:25 Freestyle
350	7 x 50 on 1:00 Stroke Drills
5:46 PM	5,400 Yards - Stress Value = 87

**Workout #13924 - Thursday, 26 September 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
550	1 on 30:00 DS/Shoulders/Spotlight 1 x 550 on 10:00 Underwater trn drill Odd 100s free even 100s back
150	10 x 15 on :45 Shooters
950	1x{2 x 100 on 2:20 Kick alt 50's-2 weakest kick 2 x 50 on 1:05 Kick your best kick 2 x 100 on 2:15 Kick alt 50's-2 weakest kick 2 x 50 on :55 Kick your best kick 2 x 100 on 2:10 Kick alt 50's-2 weakest kick 1 x 50 on :55 Kick your best kick 1 x 100 on 2:05 Kick alt 50's-2 weakest kick
950	1x{2 x 125 on 2:05 Pulls BWFPF 2 x 75 on 1:15 Pull 1 breath mid 25 2 x 125 on 2:05 Pulls BWKPF 2 x 75 on 1:15 Pulls mid 25 1 breath 3 x 50 on :50 Pulls BWHPF
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{4 x 75 on 1:35 Fly-25L-25B-25L 1 x 100 on 1:35 Freestyle 4 x 75 on 1:30 Fly-25L-25B-25R 2 x 100 on 1:35 Freestyle 2 x 75 on 1:25 Fly-25L-25B-25R 3 x 100 on 1:35 Freestyle 2 x 75 on 1:20 Fly-25L-25B-25R 2 x 100 on 1:35 Freestyle
350	7 x 50 on 1:00 Stroke Drills
5:45 PM	4,850 Yards - Stress Value = 77

**Workout #13925 - Thursday, 26 September 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
500	1 on 30:00 DS/Shoulders/Spotlight 1 x 500 on 10:00 Underwater trn drill Odd 100s free even 100s back
150	10 x 15 on :45 Shooters
800	1x{2 x 100 on 2:40 Kick alt 50's-2 weakest kick 2 x 50 on 1:15 Kick your best kick 2 x 100 on 2:35 Kick alt 50's-2 weakest kick 2 x 50 on 1:15 Kick your best kick 2 x 100 on 2:30 Kick alt 50's-2 weakest kick
700	1x{2 x 100 on 2:10 Pulls BWFPF 2 x 75 on 1:35 Pull 1 breath mid 25 2 x 100 on 2:10 Pulls BWKPF 2 x 75 on 1:35 Pulls mid 25 1 breath
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{4 x 75 on 1:50 Fly-25L-25B-25L 1 x 100 on 1:55 Freestyle 4 x 75 on 1:45 Fly-25L-25B-25R 2 x 100 on 1:55 Freestyle 2 x 75 on 1:40 Fly-25L-25B-25R 3 x 100 on 1:55 Freestyle 2 x 75 on 1:35 Fly-25L-25B-25R
350	7 x 50 on 1:00 Stroke Drills
5:46 PM	4,200 Yards - Stress Value = 65

**Workout #13926 - Thursday, 26 September 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
500	1 on 30:00 DS/Shoulders/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
200	10 x 15 on :45 Shooters	SP3	
800	8 x 25 on :45 Perfect stokes 2 on each	REC	
	1x{1 x 200 on 7:00 fly drills	REC	
	{1 x 200 on 7:00 back drills	REC	
	{1 x 200 on 7:00 breast drills	REC	
	{1 x 200 on 7:00 free drills	REC	
200	8 x 25 on :45 Perfect strokes 2 on each	EN1	
300	3 x 100 on 2:00 IM descend 7 kow	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:15 PM 2,400 Yards - Stress Value = 14			

**Workout #13927 - Friday, 27 September 2013**

**Group 3 - IM'ers**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
600	1 on 10:00 Dynamic Stretch		
180	1 x 600 on 10:00 Reverse IM drill	REC	
1,750	12 x 15 on :45 Start/shooter/finish	SP3	
	1x{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 100 on 2:00 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 125 on 2:30 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 150 on 3:00 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 175 on 3:30 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 200 on 4:00 Individual Medley	SP2	
400	1x{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
	{4 x 25 on :15 Freestyle	EN2	
100	1 x 100 on 3:00 Choice OTB for time	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
5:01 PM 3,230 Yards - Stress Value = 98			

**Workout #13928 - Friday, 27 September 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
600	1 on 10:00 Dynamic Stretch		
180	1 x 600 on 10:00 Reverse IM drill	REC	
1,750	12 x 15 on :45 Start/shooter/finish	SP3	
	1x{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 100 on 2:00 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 125 on 2:30 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 150 on 3:00 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 175 on 3:30 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 200 on 4:00 Individual Medley	SP2	
400	1x{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
	{4 x 25 on :15 Freestyle	EN2	
100	1 x 100 on 3:00 Choice OTB for time	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
5:01 PM 3,230 Yards - Stress Value = 98			

**Workout #13929 - Friday, 27 September 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
550	1 on 10:00 Dynamic Stretch		
180	1 x 550 on 10:00 Reverse IM drill	REC	
1,600	12 x 15 on :45 Start/shooter/finish	SP3	
	1x{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 100 on 2:30 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 125 on 3:10 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 150 on 3:45 Individual Medley	SP2	
	{6 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 175 on 4:25 Individual Medley	SP2	
	{4 x 25 on :45 Stroke Drills 1 on each	REC	
	{1 x 200 on 5:00 Individual Medley	SP2	
350	1x{6 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
100	1 x 100 on 3:00 Choice OTB for time	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
5:01 PM 2,980 Yards - Stress Value = 97			

**Workout #13930 - Friday, 27 September 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
550	1 on 10:00 Dynamic Stretch		
180	1 x 550 on 10:00 Reverse IM drill	REC	
1,600	12 x 15 on :45 Start/shooter/finish	SP3	
	1x{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 100 on 2:30 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 125 on 3:10 Individual Medley	SP2	
	{8 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 150 on 3:45 Individual Medley	SP2	
	{6 x 25 on :45 Stroke Drills 2 on each	REC	
	{1 x 175 on 4:25 Individual Medley	SP2	
	{4 x 25 on :45 Stroke Drills 1 on each	REC	
	{1 x 200 on 5:00 Individual Medley	SP2	
350	1x{6 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
100	1 x 100 on 3:00 Choice OTB for time	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
5:01 PM 2,980 Yards - Stress Value = 97			

**Workout #13931 - Friday, 27 September 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 44:00 DS/Dryland/Tm Mtg			L DF
150	1 x 400 on 8:00 Reverse IM drill	REC		D I
1,600	10 x 15 on :45 Shooters	SP3		S E
	1x{2 x 200 on 3:00 Backstroke	EN2		S E
	{2 x 200 on 2:55 Backstroke	EN2		S E
	{2 x 200 on 2:50 Backstroke	EN2		S E
	{2 x 200 on 2:45 Backstroke	EN2		S E
250	1 x 250 on 4:00 Stroke Drills	REC		D C
6:30 PM 2,400 Yards - Stress Value = 38				

**Workout #13932 - Friday, 27 September 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 44:00 DS/Dryland/Tm Mtg			L DF
150	1 x 400 on 8:00 Reverse IM drill	REC		D I
1,400	10 x 15 on :45 Shooters	SP3		S F
	1x{2 x 175 on 3:00 Backstroke	EN2		S F
	{2 x 175 on 2:55 Backstroke	EN2		S F
	{2 x 175 on 2:50 Backstroke	EN2		S F
	{2 x 175 on 2:45 Backstroke	EN2		S F
250	1 x 250 on 4:00 Stroke Drills	REC		D C
6:30 PM 2,200 Yards - Stress Value = 34				

Yards	Set Description
600	1 on 30:00 DS/Core/Spotlight
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,450	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{1 x 150 on 2:25 Kick
	{8 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{1 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:10 Kick
1,750	1x{1 x 250 on 3:20 Pulls-no br L.12 yds
	{2 x 200 on 2:35 Pulls-no br L.12 yds
	{3 x 150 on 1:55 Pulls-no br L.12 yds
	{4 x 100 on 1:15 Pulls-no br L.12 yds
	{5 x 50 on :35 Pulls-no br L.12 yds

**Workout #13933 - Friday, 27 September 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
350	1 on 44:00 DS/Dryland/Tm Mtg			L DF
150	1 x 350 on 8:00 Reverse IM drill	REC		D I
1,200	10 x 15 on :45 Shooters	SP3		S F
	1x{2 x 150 on 3:00 Backstroke	EN2		S F
	{2 x 150 on 2:55 Backstroke	EN2		S F
	{2 x 150 on 2:50 Backstroke	EN2		S F
	{2 x 150 on 2:45 Backstroke	EN2		S F
250	1 x 250 on 4:00 Stroke Drills	REC		D C
6:30 PM 1,950 Yards - Stress Value = 30				

Yards	Set Description
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,900	1x{1 x 300 on 3:40 Freestyle
	{1 x 300 on 3:30 Freestyle
	{1 x 300 on 3:20 Freestyle
	{1 x 100 on 2:30 Freestyle
	{1 x 300 on 3:35 Freestyle
	{1 x 300 on 3:25 Freestyle
	{1 x 300 on 3:15 Freestyle
	{1 x 100 on 2:30 Freestyle
	{1 x 300 on 3:20 Freestyle
	{1 x 300 on 3:10 Freestyle
	{1 x 300 on 3:00 Freestyle
250	1 x 250 on 5:00 Stroke Drills
6:00 PM 7,300 Yards - Stress Value = 123	

**Workout #13934 - Friday, 27 September 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
300	1 on 44:00 DS/Dryland/Tm Mtg			L DF
150	1 x 300 on 8:00 Reverse IM drill	REC		D I
1,000	10 x 15 on :45 Shooters	SP3		S F
	1x{2 x 125 on 3:00 Backstroke	EN2		S F
	{2 x 125 on 2:55 Backstroke	EN2		S F
	{2 x 125 on 2:50 Backstroke	EN2		S F
	{2 x 125 on 2:45 Backstroke	EN2		S F
250	1 x 250 on 4:00 Stroke Drills	REC		D C
6:30 PM 1,700 Yards - Stress Value = 26				

**Workout #13937 - Monday, 30 September 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Core/Spotlight
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,200	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{6 x 25 on :35 Kick no board BSLRBS
	{1 x 150 on 2:50 Kick
	{8 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:45 Kick
	{6 x 25 on :35 Kick no board BSLRBS
	{1 x 150 on 2:40 Kick
1,600	1x{1 x 250 on 3:40 Pulls-no br L.12 yds
	{2 x 200 on 2:55 Pulls-no br L.12 yds
	{3 x 150 on 2:10 Pulls-no br L.12 yds
	{4 x 100 on 1:25 Pulls-no br L.12 yds
	{2 x 50 on :40 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,450	1x{1 x 250 on 3:40 Freestyle
	{1 x 250 on 3:30 Freestyle
	{1 x 250 on 3:20 Freestyle
	{1 x 100 on 2:30 Freestyle
	{1 x 250 on 3:35 Freestyle
	{1 x 250 on 3:25 Freestyle
	{1 x 250 on 3:15 Freestyle
	{1 x 100 on 2:30 Freestyle
	{1 x 250 on 3:20 Freestyle
	{1 x 250 on 3:10 Freestyle
	{1 x 250 on 3:00 Freestyle
250	1 x 250 on 5:00 Stroke Drills
6:00 PM 6,450 Yards - Stress Value = 106	

**Workout #13935 - Friday, 27 September 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
250	1 on 44:00 DS/Dryland/Tm Mtg			L DF
150	1 x 250 on 8:00 Reverse IM drill	REC		D I
800	10 x 15 on :45 Shooters	SP3		S F
	1x{2 x 100 on 3:00 Backstroke	EN2		S F
	{2 x 100 on 2:55 Backstroke	EN2		S F
	{2 x 100 on 2:50 Backstroke	EN2		S F
	{2 x 100 on 2:45 Backstroke	EN2		S F
250	1 x 250 on 4:00 Stroke Drills	REC		D C
6:30 PM 1,450 Yards - Stress Value = 22				

**Workout #13936 - Monday, 30 September 2013**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start

**Workout #13938 - Monday, 30 September 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:45 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Spotlight
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:10 Kick
	{6 x 25 on :40 Kick no board BSLRBS
	{1 x 150 on 3:05 Kick
	{6 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:00 Kick
	{4 x 25 on :40 Kick no board BSLRBS
	{1 x 150 on 2:55 Kick
1,450	1x{1 x 250 on 4:05 Pulls-no br L.12 yds
	{2 x 200 on 3:10 Pulls-no br L.12 yds
	{3 x 150 on 2:20 Pulls-no br L.12 yds
	{3 x 100 on 1:35 Pulls-no br L.12 yds
	{1 x 50 on :45 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,175	1x{1 x 225 on 3:40 Freestyle
	{1 x 225 on 3:30 Freestyle
	{1 x 225 on 3:20 Freestyle
	{1 x 75 on 2:30 Freestyle
	{1 x 225 on 3:35 Freestyle
	{1 x 225 on 3:25 Freestyle
	{1 x 225 on 3:15 Freestyle
	{1 x 75 on 2:30 Freestyle
	{1 x 225 on 3:20 Freestyle
	{1 x 225 on 3:10 Freestyle
	{1 x 225 on 3:00 Freestyle
250	1 x 250 on 5:00 Stroke Drills
	6:15 PM 5,875 Yards - Stress Value = 92

**Workout #13939 - Monday, 30 September 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Spotlight
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:45 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:40 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:35 Kick
	{4 x 25 on :45 Kick no board BSLRBS
	{1 x 100 on 2:20 Kick
1,250	1x{1 x 250 on 4:45 Pulls-no br L.12 yds
	{2 x 200 on 3:40 Pulls-no br L.12 yds
	{2 x 150 on 2:40 Pulls-no br L.12 yds
	{3 x 100 on 1:45 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{1 x 200 on 3:40 Freestyle
	{1 x 200 on 3:30 Freestyle
	{1 x 200 on 3:20 Freestyle
	{1 x 50 on 2:30 Freestyle
	{1 x 200 on 3:35 Freestyle
	{1 x 200 on 3:25 Freestyle
	{1 x 200 on 3:15 Freestyle
	{1 x 50 on 2:30 Freestyle
	{1 x 200 on 3:20 Freestyle
	{1 x 200 on 3:10 Freestyle
	{1 x 200 on 3:00 Freestyle
250	1 x 250 on 5:00 Stroke Drills
	6:00 PM 5,200 Yards - Stress Value = 85

**Workout #13940 - Monday, 30 September 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time-free	SP2	
1,300	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
300	6 x 50 on 2:00 Freestyle	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:15 PM 2,650 Yards - Stress Value = 66		

**Workout #13941 - Monday, 30 September 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time-free	SP2	
1,200	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
300	6 x 50 on 2:00 Freestyle	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:15 PM 2,550 Yards - Stress Value = 64		

**Workout #13942 - Monday, 30 September 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Physio Balls/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time-free	SP2	
1,100	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
300	6 x 50 on 2:00 Freestyle	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:15 PM 2,400 Yards - Stress Value = 62		

**Workout #13943 - Monday, 30 September 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Physio Balls/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time-free	SP2	
1,050	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:50 Kick	EN2	
	{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 2:40 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 2:40 Kick	EN2	
	{1 x 100 on 2:35 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:40 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
300	6 x 50 on 2:00 Freestyle	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:15 PM 2,300 Yards - Stress Value = 61		

**Workout #13944 - Monday, 30 September 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Physio Balls/Tm Mtg		
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time-free	SP2	
850	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 3:15 Kick	EN2	
	{1 x 100 on 3:10 Kick	EN2	
	{1 x 100 on 3:05 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 3:10 Kick	EN2	
	{1 x 100 on 3:05 Kick	EN2	
	{1 x 100 on 3:00 Kick	EN2	
	{2 x 25 on 1:00 Kick no board BSLR	EN2	
100	4 x 25 on :45 Stroke Drills	REC	

300 6 x 50 on 2:00 Freestyle SP1  
 200 1 x 200 on 4:00 Stroke Drills REC  
 7:15 PM 2,050 Yards - Stress Value = 57

**Workout #13945 - Tuesday, 01 October 2013**

**Group 3 - Back**

**1 minute rest between sets**

Yards	Set Description
=====	=====
	3:30 PM Start
	1 on 30:00 DS/Core/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	4 x 100 on 2:00 Kick @ fastest interval
360	1x{12 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
3,000	1x{4 x 225 on 3:00 Pulls BW?PF
	{4 x 200 on 2:40 Pulls BW?PF
	{4 x 175 on 2:20 Pulls BW?PF
	{4 x 150 on 2:00 Pulls BW?PF
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	5:59 PM 6,160 Yards - Stress Value = 155

**Workout #13946 - Tuesday, 01 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
=====	=====
	3:30 PM Start
	1 on 30:00 DS/Core/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	4 x 100 on 2:00 Kick @ fastest interval
360	1x{12 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
2,700	1x{4 x 225 on 3:20 Pulls BW?PF
	{4 x 200 on 3:00 Pulls BW?PF
	{4 x 150 on 2:15 Pulls BW?PF
	{4 x 100 on 1:30 Pulls BW?PF
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 5,860 Yards - Stress Value = 149

**Workout #13947 - Tuesday, 01 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM	Start		
500	1 on 30:00 DS/Core/Spotlight		
150	1 x 550 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
400	4 x 100 on 2:00 Kick @ fastest interval		
360	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR		
2,400	1x{4 x 200 on 3:20 Pulls BW?PF { 4 x 175 on 2:55 Pulls BW?PF { 4 x 125 on 2:05 Pulls BW?PF { 4 x 100 on 1:40 Pulls BW?PF		
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,200	16 x 75 on 1:30 Backstroke		
250	1 x 250 on 4:00 Stroke Drills		
5:59 PM	5,510 Yards - Stress Value = 143		

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
500	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
900	10 x 15 on :45 Shooters		SP3
	1x{2 x 125 on 2:40 Kick on back w/fins		EN2
	{ 2 x 125 on 2:35 Kick on back w/fins		EN2
	{ 2 x 125 on 2:30 Kick on back w/fins		EN2
	{ 2 x 75 on 1:30 Kick on back w/fins		EN2
100	4 x 25 on :45 Backstroke Drill		REC
1,250	1x{3 x 100 on 1:50 Backstroke-descend		EN2
	{ 1 x 50 on 1:00 EZ Free		REC
	{ 3 x 100 on 1:45 Backstroke-descend		EN2
	{ 1 x 50 on 1:00 EZ Free		REC
	{ 3 x 100 on 1:40 Backstroke-descend		EN2
	{ 1 x 50 on 1:00 EZ Free		REC
	{ 2 x 100 on 1:35 Backstroke-descend		EN2
	1 on 10:00 Techniques-starts		
7:15 PM	2,900 Yards - Stress Value = 46		

**Workout #13948 - Tuesday, 01 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM	Start		
500	1 on 30:00 DS/Core/Spotlight		
150	1 x 500 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
400	4 x 100 on 2:00 Kick @ fastest interval		
360	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR		
2,200	1x{4 x 200 on 3:40 Pulls BW?PF { 4 x 175 on 3:10 Pulls BW?PF { 4 x 100 on 1:50 Pulls BW?PF { 4 x 75 on 1:20 Pulls BW?PF		
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,200	16 x 75 on 1:30 Backstroke		
250	1 x 250 on 4:00 Stroke Drills		
5:59 PM	5,260 Yards - Stress Value = 139		

**Workout #13951 - Tuesday, 01 October 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
450	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters		SP3
800	1x{2 x 125 on 3:00 Kick on back w/fins		EN2
	{ 2 x 125 on 2:55 Kick on back w/fins		EN2
	{ 2 x 125 on 2:50 Kick on back w/fins		EN2
	{ 1 x 50 on 1:10 Kick on back w/fins		EN2
100	4 x 25 on :45 Backstroke Drill		REC
1,100	1x{3 x 100 on 2:00 Backstroke-descend		EN2
	{ 1 x 50 on 1:15 EZ Free		REC
	{ 3 x 100 on 1:55 Backstroke-descend		EN2
	{ 1 x 50 on 1:15 EZ Free		REC
	{ 3 x 100 on 1:50 Backstroke-descend		EN2
	{ 1 x 50 on 1:15 EZ Free		REC
	{ 1 x 50 on :55 Backstroke-FAST		EN2
	1 on 10:00 Techniques-starts		
7:15 PM	2,600 Yards - Stress Value = 41		

**Workout #13949 - Tuesday, 01 October 2013**

**Group 2 - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
500	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters		SP3
1,000	1x{2 x 125 on 2:25 Kick on back w/fins		EN2
	{ 2 x 125 on 2:20 Kick on back w/fins		EN2
	{ 2 x 125 on 2:15 Kick on back w/fins		EN2
	{ 2 x 125 on 2:10 Kick on back w/fins		EN2
100	4 x 25 on :45 Backstroke Drill		REC
1,350	1x{3 x 100 on 1:40 Backstroke-descend		EN2
	{ 1 x 50 on 1:00 EZ Free		REC
	{ 3 x 100 on 1:35 Backstroke-descend		EN2
	{ 1 x 50 on 1:00 EZ Free		REC
	{ 3 x 100 on 1:30 Backstroke-descend		EN2
	{ 1 x 50 on 1:00 EZ Free		REC
	{ 3 x 100 on 1:25 Backstroke-descend		EN2
	1 on 10:00 Techniques-starts		
7:15 PM	3,100 Yards - Stress Value = 50		

**Workout #13952 - Tuesday, 01 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
400	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters		SP3
750	1x{2 x 125 on 3:15 Kick on back w/fins		EN2
	{ 2 x 125 on 3:10 Kick on back w/fins		EN2
	{ 2 x 125 on 3:05 Kick on back w/fins		EN2
100	4 x 25 on :45 Backstroke Drill		REC
1,000	1x{3 x 100 on 2:15 Backstroke-descend		EN2
	{ 1 x 50 on 1:15 EZ Free		REC
	{ 3 x 100 on 2:10 Backstroke-descend		EN2
	{ 1 x 50 on 1:15 EZ Free		REC
	{ 3 x 100 on 2:05 Backstroke-descend		EN2
	1 on 10:00 Techniques-starts		
7:16 PM	2,400 Yards - Stress Value = 39		

**Workout #13950 - Tuesday, 01 October 2013**

**Workout #13953 - Tuesday, 01 October 2013**

**1 minute rest between sets**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
450	1 on 26:00 DS/Abs/Tm Mtg		
150	1 x 450 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
300	1 x 300 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{2 x 100 on 3:15 Kick on back w/fins	EN2	
	{2 x 100 on 3:10 Kick on back w/fins	EN2	
	{2 x 100 on 3:05 Kick on back w/fins	EN2	
100	4 x 25 on :45 Backstroke Drill	REC	
550	1x{3 x 50 on 2:15 Backstroke-descend	EN2	
	{1 x 50 on 1:15 EZ Free	REC	
	{3 x 50 on 2:10 Backstroke-descend	EN2	
	{1 x 50 on 1:15 EZ Free	REC	
	{3 x 50 on 2:05 Backstroke-descend	EN2	
	1 on 10:00 Techniques-starts		
7:16 PM	1,700 Yards - Stress Value = 27		

Yards	Set Description	EGY
5:30 PM	Start	
450	1 on 26:00 DS/Abs/Tm Mtg	
150	1 x 450 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
750	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 50 on 1:30 Sprint fly kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 50 on 1:30 Sprint back kick-no board	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 50 on 1:30 Sprint breast kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 50 on 1:00 Sprint fee kick	EN2
100	4 x 25 on :45 Stroke Drills IMO	REC
1,400	7x{1 x 100 on 1:40 Individual Medley	EN2
	{1 x 50 on :50 Freestyle	EN2
	{1 x 50 on 1:00 Freestyle	REC
	Only do the 100 IM in 7th set	
	1 on 10:00 Game	
7:17 PM	2,850 Yards - Stress Value = 42	

**Workout #13954 - Wednesday, 02 October 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
500	1 on 26:00 DS/Abs/Tm Mtg	
150	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 50 on 1:15 Sprint fly kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 50 on 1:15 Sprint back kick-no board	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 50 on 1:15 Sprint breast kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 50 on 1:15 Sprint free kick	EN2
100	4 x 25 on :45 Stroke Drills IMO	REC
1,600	8x{1 x 100 on 1:20 Individual Medley	EN2
	{1 x 50 on :40 Freestyle	EN2
	{1 x 50 on :50 Freestyle	REC
	1 on 10:00 Game	
7:15 PM	3,150 Yards - Stress Value = 46	

**Workout #13957 - Wednesday, 02 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
400	1 on 26:00 DS/Abs/Tm Mtg	
150	1 x 400 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
750	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 50 on 1:30 Sprint fly kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 50 on 1:30 Sprint back kick-no board	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 50 on 1:30 Sprint breast kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 50 on 1:00 Sprint fee kick	EN2
100	4 x 25 on :45 Stroke Drills IMO	REC
1,000	5x{1 x 100 on 2:00 Individual Medley	EN2
	{1 x 50 on 1:00 Freestyle	EN2
	{1 x 50 on 1:15 Freestyle	REC
	5th set do 2X 50 @ 1:00	
	1 on 10:00 Game	
7:14 PM	2,400 Yards - Stress Value = 36	

**Workout #13955 - Wednesday, 02 October 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
500	1 on 26:00 DS/Abs/Tm Mtg	
150	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 50 on 1:15 Sprint fly kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 50 on 1:15 Sprint back kick-no board	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 50 on 1:15 Sprint breast kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 50 on 1:15 Sprint free kick	EN2
100	4 x 25 on :45 Stroke Drills IMO	REC
1,400	7x{1 x 100 on 1:30 Individual Medley	EN2
	{1 x 50 on :45 Freestyle	EN2
	{1 x 50 on :55 Freestyle	REC
	1 on 10:00 Game	
7:15 PM	2,950 Yards - Stress Value = 43	

**Workout #13958 - Wednesday, 02 October 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
350	1 on 26:00 DS/Abs/Tm Mtg	
150	1 x 350 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
550	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 50 on 2:00 Sprint fly kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 50 on 2:00 Sprint back kick-no board	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 50 on 2:00 Sprint breast kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
100	4 x 25 on :45 Stroke Drills IMO	REC
800	4x{1 x 100 on 3:00 Individual Medley	EN2
	{1 x 50 on 1:15 Freestyle	EN2
	{1 x 50 on 1:45 Freestyle	REC
	Only do the IM on the 4th set	
	1 on 10:00 Game	
7:17 PM	1,950 Yards - Stress Value = 29	

**Workout #13956 - Wednesday, 02 October 2013**

**Group 2 - Silver**

**Workout #13959 - Wednesday, 02 October 2013**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Abs/Spotlight  
 150 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 1,900 10 x 15 on :45 Shooters  
 1x{1 x 100 on 1:30 Kick  
 {2 x 50 on 1:00 Kick-good effort  
 {2 x 100 on 1:30 Kick  
 {2 x 50 on 1:00 Kick-good effort  
 {3 x 100 on 1:30 Kick  
 {2 x 50 on 1:00 Kick good effort  
 {4 x 100 on 1:30 Kick  
 {2 x 50 on 1:00 Kick good effort  
 {5 x 100 on 1:30 Kick  
 1,400 1x{ Breathe 3-5-7-5 by the 50  
 {1 x 200 on 2:20 Lungbuster pulls  
 {1 x 200 on 2:25 Lungbuster pulls  
 {1 x 200 on 2:30 Lungbuster pulls  
 {1 x 200 on 2:35 Lungbuster pulls  
 {1 x 200 on 2:40 Lungbuster pulls  
 {1 x 200 on 2:45 Lungbuster pulls  
 {1 x 200 on 2:50 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{6 x 100 on 1:25 Breaststroke  
 {1 on 1:00 Rest  
 {5 x 100 on 1:25 Breaststroke  
 {1 on 1:00 Rest  
 {4 x 100 on 1:25 Breaststroke  
 {1 on 1:00 Rest  
 {3 x 100 on 1:25 Breaststroke  
 {1 on 1:00 Rest  
 {2 x 100 on 1:25 Breaststroke  
 {1 on 1:00 Rest  
 {1 x 100 on 1:35 Breaststroke  
 250 1 x 250 on 4:00 Stroke Drills  
 5:59 PM 6,600 Yards - Stress Value = 116

**Workout #13960 - Wednesday, 02 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Abs/Spotlight  
 150 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 1,700 10 x 15 on :45 Shooters  
 1x{1 x 100 on 1:45 Kick  
 {2 x 50 on 1:00 Kick-good effort  
 {2 x 100 on 1:45 Kick  
 {2 x 50 on 1:00 Kick-good effort  
 {3 x 100 on 1:45 Kick  
 {2 x 50 on 1:00 Kick good effort  
 {4 x 100 on 1:45 Kick  
 {2 x 50 on 1:00 Kick food effort  
 {3 x 100 on 1:45 Kick  
 1,300 1x{ Breathe 3-5-7-5 by the 50  
 {1 x 200 on 2:35 Lungbuster pulls  
 {1 x 200 on 2:40 Lungbuster pulls  
 {1 x 200 on 2:55 Lungbuster pulls  
 {1 x 200 on 3:00 Lungbuster pulls  
 {1 x 200 on 3:05 Lungbuster pulls  
 {1 x 200 on 3:10 Lungbuster pulls  
 {1 x 100 on 1:35 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{6 x 100 on 1:35 Breaststroke  
 {1 on 1:00 Rest  
 {5 x 100 on 1:35 Breaststroke  
 {1 on 1:00 Rest

{4 x 100 on 1:35 Breaststroke  
 {1 on 1:00 Rest  
 {3 x 100 on 1:35 Breaststroke  
 {1 on 1:00 Rest  
 {2 x 100 on 1:35 Breaststroke  
 250 1 x 250 on 4:00 Stroke Drills  
 6:00 PM 6,200 Yards - Stress Value = 108

**Workout #13961 - Wednesday, 02 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 DS/Abs/Spotlight  
 150 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 1,500 10 x 15 on :45 Shooters  
 1x{1 x 100 on 2:00 Kick  
 {2 x 50 on 1:05 Kick-good effort  
 {2 x 100 on 2:00 Kick  
 {2 x 50 on 1:05 Kick-good effort  
 {3 x 100 on 2:00 Kick  
 {2 x 50 on 1:05 Kick good effort  
 {4 x 100 on 2:00 Kick  
 {2 x 50 on 1:05 Kick good effort  
 {1 x 100 on 2:00 Kick  
 1,300 1x{ Breathe 3-5-7-5 by the 50  
 {1 x 200 on 2:55 Lungbuster pulls  
 {1 x 200 on 3:00 Lungbuster pulls  
 {1 x 200 on 3:05 Lungbuster pulls  
 {1 x 200 on 3:10 Lungbuster pulls  
 {1 x 200 on 3:05 Lungbuster pulls  
 {1 x 200 on 3:10 Lungbuster pulls  
 {1 x 100 on 1:35 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{6 x 100 on 1:45 Breaststroke  
 {1 on 1:00 Rest  
 {5 x 100 on 1:45 Breaststroke  
 {1 on 1:00 Rest  
 {4 x 100 on 1:45 Breaststroke  
 {1 on 1:00 Rest  
 {3 x 100 on 1:45 Breaststroke  
 250 1 x 250 on 4:00 Stroke Drills  
 6:00 PM 5,750 Yards - Stress Value = 100

**Workout #13962 - Wednesday, 02 October 2013**

5:59 PM 6,725 Yards - Stress Value = 107

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs/Spotlight
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,300	1x{1 x 100 on 2:20 Kick
	{2 x 50 on 1:15 Kick-good effort
	{2 x 100 on 2:20 Kick
	{2 x 50 on 1:15 Kick-good effort
	{3 x 100 on 2:20 Kick
	{2 x 50 on 1:15 Kick good effort
	{3 x 100 on 2:20 Kick
	{2 x 50 on 1:15 Kick-good effort
950	1x{ Breathe 3-5-7-5 by the 50
	{1 x 200 on 3:30 Lungbuster pulls
	{1 x 200 on 3:35 Lungbuster pulls
	{1 x 200 on 3:40 Lungbuster pulls
	{1 x 200 on 3:45 Lungbuster pulls
	{1 x 150 on 2:50 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{6 x 100 on 1:55 Breaststroke
	{1 on 1:00 Rest
	{5 x 100 on 1:55 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:55 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:55 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	5:59 PM 5,050 Yards - Stress Value = 87

**Workout #13963 - Thursday, 03 October 2013**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,750	1x{5 x 50 on :45 Kick
	{2 x 100 on 2:00 Kick 2 weakest kicks
	{4 x 50 on :45 Kick
	{2 x 100 on 1:55 Kick 2 weakest kicks
	{3 x 50 on :45 Kick
	{2 x 100 on 1:50 Kick 2 weakest kicks
	{2 x 50 on :45 Kick
	{2 x 100 on 1:45 Kick 2 weakest kicks
	{1 x 50 on :45 Kick
	{2 x 100 on 1:40 Kick 2 weakest kicks
1,400	2x{2 x 125 on 1:40 Pulls
	{2 x 100 on 1:20 Pulls
	{2 x 75 on 1:00 Pulls
	{2 x 50 on :40 Pulls
	{ 1st set BTB, 2nd set BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,625	3x{1 x 25 on :20 Butterfly
	{1 x 25 on :30 Freestyle
	{2 x 25 on :20 Butterfly
	{1 x 25 on :30 Freestyle
	{3 x 25 on :20 Butterfly
	{1 x 25 on :30 Freestyle
	{4 x 25 on :20 Butterfly
	{1 x 25 on :30 Freestyle
	{6 x 25 on :20 Butterfly
	{1 x 25 on :30 Freestyle
	{8 x 25 on :20 Butterfly
	{1 x 150 on 3:00 Freestyle

**Workout #13964 - Thursday, 03 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,500	1x{5 x 50 on :55 Kick
	{2 x 100 on 2:10 Kick 2 weakest kicks
	{4 x 50 on :55 Kick
	{2 x 100 on 2:05 Kick 2 weakest kicks
	{3 x 50 on :55 Kick
	{2 x 100 on 2:00 Kick 2 weakest kicks
	{2 x 50 on :55 Kick
	{2 x 100 on 1:55 Kick 2 weakest kicks
1,250	2x{2 x 125 on 1:55 Pulls
	{2 x 100 on 1:30 Pulls
	{2 x 75 on 1:05 Pulls
	{1 x 25 on :25 Pulls
	{ 1st set BTB, 2nd set BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,325	3x{1 x 25 on :25 Butterfly
	{1 x 25 on :30 Freestyle
	{2 x 25 on :25 Butterfly
	{1 x 25 on :30 Freestyle
	{3 x 25 on :25 Butterfly
	{1 x 25 on :30 Freestyle
	{4 x 25 on :25 Butterfly
	{1 x 25 on :30 Freestyle
	{6 x 25 on :25 Butterfly
	{1 x 25 on :30 Freestyle
	{6 x 25 on :25 Butterfly
	{1 x 100 on 2:00 Freestyle
	5:59 PM 6,025 Yards - Stress Value = 96

**Workout #13965 - Thursday, 03 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 DS/Shoulders/Spotlight  
 1 x 550 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,350 1x{3 x 50 on 1:05 Kick  
 {2 x 100 on 2:20 Kick 2 weakest kicks  
 {4 x 50 on 1:05 Kick  
 {2 x 100 on 2:15 Kick 2 weakest kicks  
 {3 x 50 on 1:05 Kick  
 {2 x 100 on 2:10 Kick 2 weakest kicks  
 {2 x 50 on 1:05 Kick  
 {2 x 75 on 1:30 Kick 2 weakest kicks  
 1,100 2x{2 x 125 on 2:05 Pulls  
 {2 x 100 on 1:40 Pulls  
 {2 x 50 on :50 Pulls  
 {1st set BTB, 2nd set BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 3x{1 x 25 on :30 Butterfly  
 {1 x 25 on :40 Freestyle  
 {2 x 25 on :30 Butterfly  
 {1 x 25 on :40 Freestyle  
 {3 x 25 on :30 Butterfly  
 {1 x 25 on :40 Freestyle  
 {4 x 25 on :30 Butterfly  
 {1 x 25 on :40 Freestyle  
 {8 x 25 on :30 Butterfly  
 {1 x 50 on 2:00 Freestyle  
 5:59 PM 5,150 Yards - Stress Value = 84

5:30 PM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/Shoulders/TmMtg  
 150 1 x 500 on 10:00 Underwater Trn Drills  
 100 10 x 15 on :45 Shooters  
 4 x 25 on 1:00 Perfect Fly  
 600 1x{1 x 200 on 8:00 Stroke Drlls  
 {1 x 200 on 8:00 Stroke Drills  
 {1 x 200 on 8:00 Stroke Drills  
 100 4 x 25 on 1:00 Perfect Fly  
 200 4 x 50 on 1:15 Fly-descend  
 1 on 15:00 Tech/Game-relay starts/killer re  
 7:15 PM 1,650 Yards - Stress Value = 12

**Workout #13968 - Friday, 04 October 2013**

**Group 3 - IM's**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 800 1 on 10:00 Dynamic Stretch  
 150 1 x 800 on 12:00 Reverse IM drill  
 750 10 x 15 on :45 Shooters  
 1 x 750 on 15:00 Vertical Kicking  
 2,000 1x{16 x 50 on :45 Freestyle every 4th one 100%  
 {12 x 50 on :50 Freestyle every 3rd one 100%  
 {8 x 50 on :55 Freestyle every 2nd one 100%  
 {4 x 50 on 1:00 Freestyle all 100%  
 300 6 x 50 on 1:00 Stroke Drills  
 4:59 PM 4,000 Yards - Stress Value = 69

**Workout #13969 - Friday, 04 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 800 1 on 10:00 Dynamic Stretch  
 150 1 x 800 on 12:00 Reverse IM drill  
 750 10 x 15 on :45 Shooters  
 1 x 750 on 15:00 Vertical Kicking  
 1,850 1x{16 x 50 on :50 Freestyle every 4th one 100%  
 {9 x 50 on :55 Freestyle every 3rd one 100%  
 {8 x 50 on 1:00 Freestyle every 2nd one 100%  
 {4 x 50 on 1:05 Freestyle all 100%  
 300 6 x 50 on 1:00 Stroke Drills  
 4:59 PM 3,850 Yards - Stress Value = 66

**Workout #13970 - Friday, 04 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/Shoulders/Spotlight  
 1 x 500 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,150 1x{1 x 50 on 1:15 Kick  
 {2 x 100 on 2:45 Kick 2 weakest kicks  
 {2 x 50 on 1:15 Kick  
 {2 x 100 on 2:40 Kick 2 weakest kicks  
 {3 x 50 on 1:15 Kick  
 {2 x 100 on 2:35 Kick 2 weakest kicks  
 {2 x 50 on 1:15 Kick  
 {2 x 75 on 1:45 Kick 2 weakest kicks  
 900 2x{2 x 125 on 2:30 Pulls  
 {2 x 100 on 2:00 Pulls  
 {1st set BTB, 2nd set BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,275 3x{1 x 25 on :45 Butterfly  
 {1 x 25 on :45 Freestyle  
 {2 x 25 on :45 Butterfly  
 {1 x 25 on :45 Freestyle  
 {3 x 25 on :45 Butterfly  
 {1 x 25 on :45 Freestyle  
 {6 x 25 on :45 Butterfly  
 {1 x 50 on 2:30 Freestyle  
 5:59 PM 4,175 Yards - Stress Value = 67

3:30 PM Start  
 Yards Set Description  
 =====  
 700 1 on 10:00 Dynamic Stretch  
 150 1 x 700 on 12:00 Reverse IM drill  
 750 10 x 15 on :45 Shooters  
 1 x 750 on 15:00 Vertical Kicking  
 1,650 1x{12 x 50 on :55 Freestyle every 4th one 100%  
 {9 x 50 on 1:00 Freestyle every 3rd one 100%  
 {8 x 50 on 1:05 Freestyle every 2nd one 100%  
 {4 x 50 on 1:10 Freestyle all 100%  
 300 6 x 50 on 1:00 Stroke Drills  
 4:59 PM 3,550 Yards - Stress Value = 62

**Workout #13967 - Thursday, 03 October 2013**

**Group 2 - Fly**

**1 minute rest between sets**

**Workout #13971 - Friday, 04 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
3:30 PM	Start			
600	1 on 10:00 Dynamic Stretch		L	DF
150	1 x 600 on 12:00 Reverse IM drill	REC	D	I
750	10 x 15 on :45 Shooters	SP3	S	F
1,550	1 x 750 on 15:00 Vertical Kicking	EN2	S	F
	1x{12 x 50 on 1:00 Freestyle every 4th one 100%		M	
	{9 x 50 on 1:05 Freestyle every 3rd one 100%		S	F
	{6 x 50 on 1:10 Freestyle every 2nd one 100%		M	
	{4 x 50 on 1:15 Freestyle all 100%		S	F
300	6 x 50 on 1:00 Stroke Drills	REC	D	C
4:59 PM	3,350 Yards - Stress Value = 60			

	{4 x 100 on 2:00 Breaststroke	EN2	S	F
	{1 on 1:00 Rest		M	
	{3 x 100 on 2:00 Breaststroke	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 50 on 1:00 Breaststroke	EN2	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
6:30 PM	1,950 Yards - Stress Value = 31			

**Workout #13975 - Friday, 04 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
	1 on 40:00 DS/Dryland		L	DF
300	1 x 300 on 8:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
1,100	1x{5 x 100 on 2:15 Breaststroke	EN2	S	F
	{1 on 1:00 Rest		M	
	{3 x 100 on 2:15 Breaststroke	EN2	S	F
	{1 on 1:00 Rest		M	
	{2 x 100 on 2:15 Breaststroke	EN2	S	F
	{1 on 1:00 Rest		M	
200	1 x 100 on 2:15 Breaststroke	EN2	S	F
	1 x 200 on 3:00 Stroke Drills	REC	D	C
6:30 PM	1,750 Yards - Stress Value = 28			

**Workout #13972 - Friday, 04 October 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
	1 on 40:00 DS/Dryland		L	DF
400	1 x 400 on 8:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
1,500	1x{5 x 100 on 1:35 Breaststroke	EN2	S	F
	{1 on 1:00 Rest		M	
	{4 x 100 on 1:35 Breaststroke	EN2	S	F
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:35 Breaststroke	EN2	S	F
	{1 on 1:00 Rest		M	
	{2 x 100 on 1:35 Breaststroke	EN2	S	F
	{1 on 1:00 Rest		M	
200	1 x 100 on 1:35 Breaststroke	EN2	S	F
	1 x 200 on 3:00 Stroke Drills	REC	D	C
6:30 PM	2,250 Yards - Stress Value = 36			

**Workout #13976 - Friday, 04 October 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
	1 on 40:00 DS/Dryland		L	DF
250	1 x 250 on 8:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
900	1x{4 x 100 on 3:00 Breaststroke	EN2	S	F
	{1 on 1:00 Rest		M	
	{3 x 100 on 3:00 Breaststroke	EN2	S	F
	{1 on 1:00 Rest		M	
	{2 x 100 on 3:00 Breaststroke	EN2	S	F
100	1 x 100 on 2:00 Stroke Drills	REC	D	C
6:30 PM	1,400 Yards - Stress Value = 24			

**Workout #13973 - Friday, 04 October 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
	1 on 40:00 DS/Dryland		L	DF
400	1 x 400 on 8:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
1,350	1x{5 x 100 on 1:45 Breaststroke	EN2	S	F
	{1 on 1:00 Rest		M	
	{4 x 100 on 1:45 Breaststroke	EN2	S	F
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:45 Breaststroke	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:45 Breaststroke	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 50 on :50 Breaststroke	EN2	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
6:30 PM	2,100 Yards - Stress Value = 33			

**Workout #13977 - Friday, 04 October 2013**

**Group 3 - Sprint**

**1 minute rest between sets**

Meters	Set Description	EGY	WORK	ST
6:00 AM	Start			
	1 on 10:00 Dynamic Stretch		L	
600	1 x 600 on 10:00 Choice	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
900	3x{1 x 150 on 3:00 Kick	EN1	K	
	{1 x 100 on 2:00 Kick	EN1	K	
	{1 x 50 on 1:00 Kick	EN1	K	
	{ drop 5 seconds off each repeat each set			
500	2x{1 x 50 on :50 Pulls 8 breaths	EN1	P	
	{1 x 50 on :50 Pulls 7 breaths	EN1	P	
	{1 x 50 on :50 Pulls 6 breaths	EN1	P	
	{1 x 50 on :50 Pulls 5 breaths	EN1	P	
	{1 x 50 on :50 Pulls 4 breaths	EN1	P	
400	2 x 200 on 3:30 Individual Medley	EN1	S	
	25 kick 25 drill			
1,800	1x{4 x 150 on 2:10 Freestyle	EN2	S	
	{4 x 150 on 2:05 Freestyle	EN2	S	
	{4 x 150 on 2:00 Freestyle	EN2	S	
	descend 1-3 #4 DPS w/ 5 KOW +1			
250	1 x 250 on 5:00 Stroke Drills	REC	D	
7:38 AM	4,600 Meters - Stress Value = 64			

**Workout #13974 - Friday, 04 October 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
	1 on 40:00 DS/Dryland		L	DF
350	1 x 350 on 8:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
1,250	1x{5 x 100 on 2:00 Breaststroke	EN2	S	F
	{1 on 1:00 Rest		M	

**Workout #13978 - Saturday, 05 October 2013**

**Group 3 - Fly**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
=====	=====	===	===
	1 on 10:00 Dynamic Stretch		
600	1 x 600 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,600	1x{1 x 400 on 6:00 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 300 on 4:30 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 200 on 3:00 Pulls-nbbf&w + 2 yds	EN1	
300	6 x 50 on :50 Descend in sets of 3	EN1	
2,000	2x{1 x 200 on 3:20 Freestyle	EN1	
	{1 x 200 on 3:15 150 free 50 fly	EN1	
	{1 x 200 on 3:10 100 free 100 fly	EN2	
	{1 x 200 on 3:05 50 free 150 fly	EN2	
	{1 x 200 on 3:00 Butterfly	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:39 AM 4,900 Meters - Stress Value = 63		

{1 x 50 on :55 Kick		
{4 x 25 on :35 Kick no board BSLR		
{1 x 150 on 2:50 Kick		
{1 x 100 on 1:50 Kick		
{1 x 50 on :50 Kick		
{4 x 25 on :35 Kick no board BSLR		
{1 x 150 on 2:45 Kick		
{1 x 100 on 1:45 Kick		
{1 x 50 on :45 Kick		
{4 x 25 on :35 Kick no board BSLR		
{1 x 50 on :40 Kick		
1,300 1x{ Hold breath L.12yds of each 100		
{1 x 500 on 7:05 Pulls-no br L.12 yds		
{1 x 400 on 5:40 Pulls-no br L.12 yds		
{1 x 300 on 4:15 Pulls-no br L.12 yds		
{1 x 100 on 1:25 Pulls-no br L.12 yds		
200 4x{1 x 25 on :50 Sculling drills		
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,900 4 x 725 on 10:00 Free-descend		
250 1 x 250 on 4:00 Stroke Drills		
6:00 PM 6,750 Yards - Stress Value = 119		

**Workout #13979 - Monday, 07 October 2013**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball/Sptlght
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,600	1x{ All BSLR's 12 KOW
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{1 x 100 on 1:40 Kick
	{1 x 50 on :50 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:25 Kick
	{1 x 100 on 1:35 Kick
	{1 x 50 on :45 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{1 x 100 on 1:30 Kick
	{1 x 50 on :40 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:15 Kick
	{1 x 100 on 1:25 Kick
	{1 x 50 on :35 Kick
1,500	1x{ Hold breath L.12yds of each 100
	{1 x 500 on 6:15 Pulls-no br L.12 yds
	{1 x 400 on 5:00 Pulls-no br L.12 yds
	{1 x 300 on 3:45 Pulls-no br L.12 yds
	{1 x 200 on 2:30 Pulls-no br L.12 yds
	{1 x 100 on 1:15 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,200	4 x 800 on 10:00 Free-descend
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 7,500 Yards - Stress Value = 134

**Workout #13981 - Monday, 07 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball/Sptlght
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,150	1x{ All BSLR's 12 KOW
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:10 Kick
	{1 x 100 on 2:10 Kick
	{1 x 50 on 1:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:05 Kick
	{1 x 100 on 2:05 Kick
	{1 x 50 on 1:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{1 x 50 on :55 Kick
	{4 x 25 on :40 Kick no board BSLR
1,200	1x{ Hold breath L.12yds of each 100
	{1 x 500 on 7:55 Pulls-no br L.12 yds
	{1 x 400 on 6:20 Pulls-no br L.12 yds
	{1 x 200 on 3:10 Pulls-no br L.12 yds
	{1 x 100 on 1:35 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	4 x 625 on 10:00 Free-descend
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 6,000 Yards - Stress Value = 105

**Workout #13980 - Monday, 07 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball/Sptlght
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,350	1x{ All BSLR's 12 KOW
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{1 x 100 on 1:55 Kick

**Workout #13982 - Monday, 07 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Ball/Spltlght  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,050 1x{ All BSLR's 12 KOW  
 { 4 x 25 on :45 Kick no board BSLR  
 { 1 x 150 on 3:30 Kick  
 { 1 x 100 on 2:20 Kick  
 { 1 x 50 on 1:10 Kick  
 { 4 x 25 on :45 Kick no board BSLR  
 { 1 x 150 on 3:25 Kick  
 { 1 x 100 on 2:15 Kick  
 { 1 x 50 on 1:05 Kick  
 { 4 x 25 on :45 Kick no board BSLR  
 { 1 x 150 on 3:20 Kick  
 1,000 1x{ Hold breath L.12yds of each 100  
 { 1 x 400 on 7:30 Pulls-no br L.12 yds  
 { 1 x 300 on 5:40 Pulls-no br L.12 yds  
 { 1 x 200 on 3:45 Pulls-no br L.12 yds  
 { 1 x 100 on 1:50 Pulls-no br L.12 yds  
 200 4x{ 1 x 25 on :50 Sculling drills  
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,200 4 x 550 on 10:00 Free-descend  
 250 1 x 250 on 4:00 Stroke Drills  
 6:00 PM 5,350 Yards - Stress Value = 93

**Workout #13983 - Monday, 07 October 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio BallsTm Mtg  
 500 1 x 500 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,000 1x{ 4 x 25 on :45 Kick no board B  
 { 2 x 100 on 2:00 Kick-on back  
 { 4 x 25 on :45 Kick no board B  
 { 2 x 100 on 2:00 Kick on left side  
 { 4 x 25 on :45 Kick no board B  
 { 2 x 100 on 2:00 Kick on right side  
 { 4 x 25 on :45 Kick no board B  
 { 25's 10KOW+1  
 150 6 x 25 on :45 Stroke Drills  
 1,050 1x{ 2 x 125 on 2:00 Back L.25 15 KOW  
 { 4 x 25 on :40 Back-build to great finishes  
 { 2 x 125 on 1:55 Back L.25 15KOW  
 { 4 x 25 on :40 Back build to great finishes  
 { 2 x 125 on 1:50 Back L.25 15KOW  
 { 4 x 25 on :40 Back build to great finishes  
 1 on 10:00 Game  
 7:15 PM 2,850 Yards - Stress Value = 47

**Workout #13984 - Monday, 07 October 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Ball/Tm Mtg  
 500 1 x 500 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 950 1x{ 4 x 25 on :45 Kick no board B  
 { 2 x 100 on 2:10 Kick-on back  
 { 4 x 25 on :45 Kick no board B  
 { 2 x 100 on 2:10 Kick on left side  
 { 4 x 25 on :45 Kick no board B

{ 2 x 100 on 2:10 Kick on right side  
 { 2 x 25 on :45 Kick no board B  
 { 25's 10KOW+1  
 150 6 x 25 on :45 Stroke Drills  
 1,000 1x{ 2 x 125 on 2:15 Back L.25 15 KOW  
 { 4 x 25 on :40 Back-build to great finishes  
 { 2 x 125 on 2:10 Back L.25 15KOW  
 { 4 x 25 on :40 Back build to great finishes  
 { 2 x 125 on 2:05 Back L.25 15KOW  
 { 2 x 25 on :40 Back build to great finishes  
 1 on 10:00 Game  
 7:15 PM 2,750 Yards - Stress Value = 45

**Workout #13985 - Monday, 07 October 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Balls/Tm Mtg  
 450 1 x 450 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 950 1x{ 4 x 25 on :45 Kick no board B  
 { 2 x 100 on 2:20 Kick-on back  
 { 4 x 25 on :45 Kick no board B  
 { 2 x 100 on 2:20 Kick on left side  
 { 4 x 25 on :45 Kick no board B  
 { 2 x 100 on 2:20 Kick on right side  
 { 2 x 25 on :45 Kick no board B  
 { 25's 10KOW+1  
 150 6 x 25 on :45 Stroke Drills  
 900 1x{ 2 x 125 on 2:30 Back L.25 15 KOW  
 { 4 x 25 on :40 Back-build to great finishes  
 { 2 x 125 on 2:25 Back L.25 15KOW  
 { 4 x 25 on :40 Back build to great finishes  
 { 2 x 100 on 1:50 Back L.25 15KOW  
 1 on 10:00 Game  
 7:15 PM 2,600 Yards - Stress Value = 43

**Workout #13986 - Monday, 07 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Balls/Tm Mtg  
 400 1 x 400 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 800 1x{ 4 x 25 on 1:00 Kick no board B  
 { 2 x 100 on 2:30 Kick-on back  
 { 4 x 25 on 1:00 Kick no board B  
 { 2 x 100 on 2:30 Kick on left side  
 { 4 x 25 on 1:00 Kick no board B  
 { 1 x 100 on 2:00 Kick on right side  
 { 25's 10KOW+1  
 150 6 x 25 on :45 Stroke Drills  
 800 1x{ 2 x 100 on 2:15 Back L.25 15 KOW  
 { 4 x 25 on :45 Back-build to great finishes  
 { 2 x 100 on 2:10 Back L.25 15KOW  
 { 4 x 25 on :45 Back build to great finishes  
 { 2 x 100 on 2:05 Back L.25 15KOW  
 1 on 10:00 Game  
 7:15 PM 2,300 Yards - Stress Value = 38

**Workout #13987 - Monday, 07 October 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Physio Balls/Tm Mtg  
 350 1 x 350 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 700 1x{4 x 25 on 1:00 Kick no board B  
 {2 x 100 on 3:30 Kick-on back  
 {4 x 25 on 1:00 Kick no board B  
 {2 x 100 on 3:30 Kick on left side  
 {4 x 25 on 1:00 Kick no board B  
 { 25's 10KOW+1  
 150 6 x 25 on :45 Stroke Drills  
 550 1x{2 x 100 on 3:00 Back L.25 15 KOW  
 {4 x 25 on 1:00 Back-build to great finishes  
 {2 x 100 on 2:55 Back L.25 15KOW  
 {2 x 25 on 1:00 Back build to great finishes  
 1 on 10:00 Game  
 7:15 PM 1,900 Yards - Stress Value = 31

{4 x 75 on 1:25 Kick hold time I give  
 {6 x 25 on :35 Kick no board L  
 {4 x 75 on 1:25 Kick hold time I give  
 {6 x 25 on :35 Kick no board R  
 1,125 1x{2 x 125 on 2:00 Lungbuster pulls  
 {2 x 125 on 1:55 Lungbuster pulls  
 {2 x 125 on 1:50 Lungbuster pulls  
 {2 x 125 on 1:45 Lungbuster pulls  
 {1 x 125 on 1:40 Lungbuster pulls  
 odds breathe 3-5-3-7-3 by 25  
 evens breathe 3-7-3-9-3 by 25  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{2 x 200 on 3:05 Backstroke  
 {8 x 25 on :35 Back-great effort 7KOW+1  
 {2 x 175 on 2:35 Backstroke  
 {8 x 25 on :35 Back-great effort 7KOW+1  
 {2 x 150 on 2:10 Backstroke  
 {8 x 25 on :35 Back-great effort 7KOW+1  
 {2 x 125 on 1:45 Backstroke  
 {4 x 25 on :35 Back-great effort 7KOW+1  
 300 6 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,825 Yards - Stress Value = 90

**Workout #13988 - Wednesday, 09 October 2013**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Abs/Spotlight  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,700 1x{8 x 25 on :30 Kick no board B  
 {2 x 75 on 1:15 Kick hold time I give  
 {8 x 25 on :30 Kick no board S  
 {4 x 75 on 1:15 Kick hold time I give  
 {8 x 25 on :30 Kick no board L  
 {6 x 75 on 1:15 Kick hold time I give  
 {8 x 25 on :30 Kick no board R  
 1,250 1x{2 x 125 on 1:50 Lungbuster pulls  
 {2 x 125 on 1:45 Lungbuster pulls  
 {2 x 125 on 1:40 Lungbuster pulls  
 {2 x 125 on 1:35 Lungbuster pulls  
 {2 x 125 on 1:30 Lungbuster pulls  
 odds breathe 3-5-3-7-3 by 25  
 evens breathe 3-7-3-9-3 by 25  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,300 1x{2 x 200 on 2:45 Backstroke  
 {8 x 25 on :30 Back-great effort 7KOW+1  
 {2 x 175 on 2:20 Backstroke  
 {8 x 25 on :30 Back-great effort 7KOW+1  
 {2 x 150 on 1:55 Backstroke  
 {8 x 25 on :30 Back-great effort 7KOW+1  
 {2 x 125 on 1:35 Backstroke  
 {8 x 25 on :30 Back-great effort 7KOW+1  
 {2 x 100 on 1:15 Backstroke  
 300 6 x 50 on 1:00 Stroke Drills  
 6:00 PM 6,500 Yards - Stress Value = 104

**Workout #13990 - Wednesday, 09 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Abs/Spotlight  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,300 1x{8 x 25 on :40 Kick no board B  
 {2 x 75 on 1:35 Kick hold time I give  
 {8 x 25 on :40 Kick no board S  
 {4 x 75 on 1:35 Kick hold time I give  
 {4 x 25 on :40 Kick no board L  
 {4 x 75 on 1:35 Kick hold time I give  
 {2 x 25 on :40 Kick no board R  
 1,000 1x{2 x 125 on 2:15 Lungbuster pulls  
 {2 x 125 on 2:10 Lungbuster pulls  
 {2 x 125 on 2:05 Lungbuster pulls  
 {2 x 125 on 2:00 Lungbuster pulls  
 odds breathe 3-5-3-7-3 by 25  
 evens breathe 3-7-3-9-3 by 25  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{2 x 200 on 3:20 Backstroke  
 {6 x 25 on :40 Back-great effort 7KOW+1  
 {2 x 175 on 2:55 Backstroke  
 {6 x 25 on :40 Back-great effort 7KOW+1  
 {2 x 150 on 2:30 Backstroke  
 {6 x 25 on :40 Back-great effort 7KOW+1  
 {2 x 100 on 1:40 Backstroke  
 {4 x 25 on :40 Back-great effort 7KOW+1  
 300 6 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,300 Yards - Stress Value = 81

**Workout #13989 - Wednesday, 09 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Abs/Spotlight  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,450 1x{8 x 25 on :35 Kick no board B  
 {2 x 75 on 1:25 Kick hold time I give  
 {8 x 25 on :35 Kick no board S

**Workout #13991 - Wednesday, 09 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Abs/Spotlight
150	1 x 500 on 10:00 Free L.25 of each 100 Non F
1,100	10 x 15 on :45 Shooters
	1x{6 x 25 on :45 Kick no board B
	{2 x 50 on 1:15 Kick hold time I give
	{6 x 25 on :45 Kick no board S
	{4 x 50 on 1:15 Kick hold time I give
	{6 x 25 on :45 Kick no board L
	{4 x 50 on 1:15 Kick hold time I give
	{6 x 25 on :45 Kick no board R
825	1x{2 x 125 on 2:40 Lungbuster pulls
	{2 x 125 on 2:35 Lungbuster pulls
	{2 x 125 on 2:30 Lungbuster pulls
	{1 x 75 on 1:25 Lungbuster pulls
	odds breathe 3-5-3-7-3 by 25
	evens breathe 3-7-3-9-3 by 25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{2 x 200 on 4:15 Backstroke
	{6 x 25 on :45 Back-great effort 7KOW+1
	{2 x 175 on 3:40 Backstroke
	{6 x 25 on :45 Back-great effort 7KOW+1
	{2 x 150 on 3:05 Backstroke
	{6 x 25 on :45 Back-great effort 7KOW+1
300	6 x 50 on 1:00 Stroke Drills
	6:00 PM 4,575 Yards - Stress Value = 70

**Workout #13992 - Wednesday, 09 October 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
500	1 on 27:00 DS/Core/Tm Mtg
150	1 x 500 on 10:00 Swim-kick-pull-swim
100	10 x 15 on :45 Shooters
100	1 x 100 on 2:00 Kick for time your best strc
900	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:00 IM kick-no board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 3:50 IM kick no board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 3:40 IM kick no board
200	8 x 25 on :45 Stroke Drills 2 on each
500	5 x 100 on 4:00 Individual Medley
250	1 x 250 on 5:00 Stroke Drills
	7:15 PM 2,600 Yards - Stress Value = 70

**Workout #13993 - Wednesday, 09 October 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
500	1 on 27:00 DS/Core/Tm Mtg
150	1 x 500 on 10:00 Swim-kick-pull-swim
100	10 x 15 on :45 Shooters
100	1 x 100 on 2:00 Kick for time your best strc
850	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:20 IM kick-no board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:10 IM kick no board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:00 IM kick no board
200	8 x 25 on :45 Stroke Drills 2 on each
500	5 x 100 on 4:00 Individual Medley

250 1 x 250 on 5:00 Stroke Drills  
7:15 PM 2,550 Yards - Stress Value = 63

**Workout #13994 - Wednesday, 09 October 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
450	1 on 27:00 DS/Core/Tm Mtg
150	1 x 450 on 10:00 Swim-kick-pull-swim
100	10 x 15 on :45 Shooters
100	1 x 100 on 2:00 Kick for time your best strc
800	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:45 IM kick-no board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:35 IM kick no board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:10 IM kick no board
200	8 x 25 on :45 Stroke Drills 2 on each
500	5 x 100 on 4:00 Individual Medley
250	1 x 250 on 5:00 Stroke Drills
	7:15 PM 2,450 Yards - Stress Value = 68

**Workout #13995 - Wednesday, 09 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
400	1 on 27:00 DS/Core/Tm Mtg
150	1 x 400 on 10:00 Swim-kick-pull-swim
100	10 x 15 on :45 Shooters
100	1 x 100 on 2:00 Kick for time your best strc
750	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 5:00 IM kick-no board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:55 IM kick no board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:30 Choice kick no board
200	8 x 25 on :45 Stroke Drills 2 on each
500	5 x 100 on 4:00 Individual Medley
250	1 x 250 on 5:00 Stroke Drills
	7:15 PM 2,350 Yards - Stress Value = 67

**Workout #13996 - Wednesday, 09 October 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
350	1 on 27:00 DS/Core/Tm Mtg
150	1 x 350 on 10:00 Swim-kick-pull-swim
100	10 x 15 on :45 Shooters
100	1 x 100 on 2:00 Kick for time your best strc
600	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 200 on 6:00 IM kick-no board
	{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 3:00 IM kick no board
	{4 x 25 on 1:00 Kick no board BSLR
200	8 x 25 on :45 Stroke Drills 2 on each
500	5 x 100 on 4:00 Individual Medley
250	1 x 250 on 5:00 Stroke Drills
	7:15 PM 2,150 Yards - Stress Value = 64

**Workout #13997 - Thursday, 10 October 2013**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Shoulders/Spotlight  
 150 1 x 600 on 10:00 Underwater trn drill  
 10 x 15 on :45 Shooters  
 1-5 fly 6-10 breast  
 1,600 1x{1 x 100 on 2:00 Kick-non #1 kick  
 {3 x 50 on :50 Kick-descend  
 {2 x 100 on 1:55 Kick-non #1 kick  
 {3 x 50 on :50 Kick-descend  
 {3 x 100 on 1:50 Kick-non #1 kick  
 {3 x 50 on :50 Kick-descend  
 {4 x 100 on 1:45 Kick-non #1 kick  
 {3 x 50 on :50 Kick-descend  
 1,500 1x{1 x 150 on 2:00 Pulls BWFPF  
 {2 x 150 on 1:55 Pulls BWKPF  
 {3 x 150 on 1:50 Pulls BWHPF  
 {4 x 150 on 1:45 Pulls BWSPF  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{6 x 25 on :25 Butterfly  
 {1 x 200 on 3:00 Breaststroke  
 {1 x 100 on 1:15 Freestyle  
 {6 x 25 on :25 Breaststroke  
 {1 x 200 on 3:00 Butterfly  
 {1 x 100 on 1:15 Freestyle  
 {6 x 25 on :25 Butterfly  
 {2 x 150 on 2:15 Breaststroke  
 {1 x 100 on 1:15 Freestyle  
 {6 x 25 on :25 Breaststroke  
 {2 x 150 on 2:15 Butterfly  
 {1 x 100 on 1:15 Freestyle  
 100 1 x 100 on 3:00 Individual Medley  
 400 8 x 50 on 1:00 Stroke Drills  
 6:00 PM 6,550 Yards - Stress Value = 119

**Workout #13998 - Thursday, 10 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Shoulders/Spotlight  
 150 1 x 600 on 10:00 Underwater trn drill  
 10 x 15 on :45 Shooters  
 1-5 fly 6-10 breast  
 1,450 1x{1 x 100 on 2:10 Kick-non #1 kick  
 {3 x 50 on :55 Kick-descend  
 {2 x 100 on 2:05 Kick-non #1 kick  
 {3 x 50 on :55 Kick-descend  
 {3 x 100 on 2:00 Kick-non #1 kick  
 {3 x 50 on :55 Kick-descend  
 {4 x 100 on 1:55 Kick-non #1 kick  
 1,300 1x{1 x 150 on 2:15 Pulls BWFPF  
 {2 x 150 on 2:10 Pulls BWKPF  
 {3 x 150 on 2:05 Pulls BWHPF  
 {4 x 100 on 1:20 Pulls BWSPF  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,750 1x{6 x 25 on :30 Butterfly  
 {1 x 200 on 3:10 Breaststroke  
 {1 x 100 on 1:20 Freestyle  
 {6 x 25 on :30 Breaststroke  
 {1 x 200 on 3:10 Butterfly  
 {1 x 100 on 1:20 Freestyle  
 {6 x 25 on :30 Butterfly  
 {2 x 150 on 2:25 Breaststroke  
 {1 x 100 on 1:20 Freestyle  
 {6 x 25 on :30 Breaststroke  
 {1 x 150 on 2:25 Butterfly

100 1 x 100 on 3:00 Individual Medley  
 400 8 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,950 Yards - Stress Value = 107

**Workout #13999 - Thursday, 10 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 DS/Shoulders/Spotlight  
 150 1 x 550 on 10:00 Underwater trn drill  
 10 x 15 on :45 Shooters  
 1-5 fly 6-10 breast  
 1,300 1x{1 x 100 on 2:20 Kick-non #1 kick  
 {3 x 50 on 1:05 Kick-descend  
 {2 x 100 on 2:15 Kick-non #1 kick  
 {3 x 50 on 1:05 Kick-descend  
 {3 x 100 on 2:10 Kick-non #1 kick  
 {2 x 50 on 1:05 Kick-descend  
 {3 x 100 on 2:05 Kick-non #1 kick  
 1,100 1x{1 x 150 on 2:35 Pulls BWFPF  
 {2 x 150 on 2:30 Pulls BWKPF  
 {3 x 150 on 2:25 Pulls BWHPF  
 {2 x 100 on 1:35 Pulls BWSPF  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,700 1x{6 x 25 on :30 Butterfly  
 {1 x 150 on 2:40 Breaststroke  
 {1 x 100 on 1:30 Freestyle  
 {6 x 25 on :30 Breaststroke  
 {1 x 150 on 2:40 Butterfly  
 {1 x 100 on 1:30 Freestyle  
 {6 x 25 on :30 Butterfly  
 {2 x 100 on 1:45 Breaststroke  
 {1 x 100 on 1:30 Freestyle  
 {6 x 25 on :30 Breaststroke  
 {2 x 100 on 1:45 Butterfly  
 {1 x 100 on 1:30 Freestyle  
 100 1 x 100 on 3:00 Individual Medley  
 400 8 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,500 Yards - Stress Value = 99

**Workout #14000 - Thursday, 10 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders/Spotlight
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
	1-5 fly 6-10 breast
1,150	1x{1 x 100 on 2:40 Kick-non #1 kick
	{3 x 50 on 1:10 Kick-descend
	{2 x 100 on 2:35 Kick-non #1 kick
	{3 x 50 on 1:10 Kick-descend
	{3 x 100 on 2:30 Kick-non #1 kick
	{3 x 50 on 1:10 Kick-descend
	{1 x 100 on 2:25 Kick-non #1 kick
1,000	1x{1 x 150 on 2:50 Pulls BWFPF
	{2 x 150 on 2:45 Pulls BWKPF
	{3 x 150 on 2:40 Pulls BWHPF
	{1 x 100 on 1:45 Pulls BWSPF
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{4 x 25 on :35 Butterfly
	{1 x 150 on 3:00 Breaststroke
	{1 x 100 on 1:45 Freestyle
	{4 x 25 on :35 Breaststroke
	{1 x 150 on 3:00 Butterfly
	{1 x 100 on 1:45 Freestyle
	{4 x 25 on :35 Butterfly
	{2 x 100 on 2:00 Breaststroke
	{1 x 100 on 1:45 Freestyle
	{4 x 25 on :35 Breaststroke
	{2 x 100 on 2:00 Butterfly
	{1 x 50 on :50 Freestyle
100	1 x 100 on 3:00 Individual Medley
400	8 x 50 on 1:00 Stroke Drills
6:00	PM 4,950 Yards - Stress Value = 89

**Workout #14001 - Thursday, 10 October 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg
500	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
100	4 x 25 on :45 Perfect Freestyle
600	1x{1 x 200 on 8:00 Stroke Drills-body position
	{1 x 200 on 8:00 Stroke Drills-recovery
	{1 x 200 on 8:00 Stroke Drills-comb
100	4 x 25 on :45 Perfect Freestyle
	1 on 8:00 Techniques-finishes
200	4 x 50 on 1:00 Freestyle-descend
	1 on 10:00 Techniques-Starts
7:15	PM 1,650 Yards - Stress Value = 12

**Workout #14002 - Friday, 11 October 2013**

**Group 3 - IM'ers**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
400	1 x 400 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,200	8 x 150 on 2:00 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	10x{1 x 100 on 1:15 Individual Medley

	{1 x 50 on :35 Freestyle
	{1 x 50 on :45 Freestyle
100	1 x 100 on 2:00 Freestyle
400	4 x 100 on 1:30 Free-Descend to Ludicrous
200	1 x 200 on 3:00 Stroke Drills
5:01	PM 4,650 Yards - Stress Value = 58

**Workout #14003 - Friday, 11 October 2013**

**Group 3 - Platinum-Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
400	1 x 400 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,200	8 x 150 on 2:00 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	9x{1 x 100 on 1:20 Individual Medley
	{1 x 50 on :40 Freestyle
	{1 x 50 on :50 Freestyle
100	1 x 100 on 2:00 Freestyle
400	4 x 100 on 1:30 Free-Descend to Ludicrous
200	1 x 200 on 3:00 Stroke Drills
5:01	PM 4,450 Yards - Stress Value = 55

**Workout #14004 - Friday, 11 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
400	1 x 400 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,050	7 x 150 on 2:10 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	9x{1 x 100 on 1:25 Individual Medley
	{1 x 50 on :40 Freestyle
	{1 x 50 on :55 Freestyle
100	1 x 100 on 2:00 Freestyle
400	4 x 100 on 1:30 Free-Descend to Ludicrous
200	1 x 200 on 3:00 Stroke Drills
5:02	PM 4,300 Yards - Stress Value = 53

**Workout #14005 - Friday, 11 October 2013**

**Group 3 - Gold/Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
400	1 x 400 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,050	7 x 150 on 2:15 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	8x{1 x 100 on 1:30 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
100	1 x 100 on 2:00 Freestyle
400	4 x 100 on 1:30 Free-Descend to Ludicrous
200	1 x 200 on 3:00 Stroke Drills
5:01	PM 4,100 Yards - Stress Value = 50

**Workout #14006 - Friday, 11 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
350	1 x 350 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,000	8 x 125 on 2:00 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	8x{1 x 100 on 1:40 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
100	1 x 100 on 2:00 Freestyle
300	3 x 100 on 1:45 Free-Descend to Ludicrous
200	1 x 200 on 3:00 Stroke Drills
5:02	PM 3,900 Yards - Stress Value = 48

**Workout #14007 - Friday, 11 October 2013**

**Group 3 - Silver/Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
350	1 x 350 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters
875	7 x 125 on 2:10 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	7x{1 x 100 on 1:50 Individual Medley
	{1 x 50 on :50 Freestyle
	{1 x 50 on 1:00 Freestyle
100	1 x 100 on 2:00 Freestyle
300	3 x 100 on 1:45 Free-Descend to Ludicrous
200	1 x 200 on 3:00 Stroke Drills
5:01	PM 3,575 Yards - Stress Value = 44

**Workout #14008 - Friday, 11 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
300	1 x 300 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters
800	8 x 100 on 2:00 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	6x{1 x 100 on 2:05 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:15 Freestyle
100	1 x 100 on 2:00 Freestyle
300	3 x 100 on 2:00 Free-Descend to Ludicrous
200	1 x 200 on 3:00 Stroke Drills
5:01	PM 3,250 Yards - Stress Value = 40

**Workout #14009 - Friday, 11 October 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	Σ
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland			L I
500	1 x 500 on 10:00 Reverse IM drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S C
	1-5 fly 6-10 breast			

1,400	1x{4 x 25 on :30 Butterfly	EN2	S	F
	{1 x 200 on 3:10 Breaststroke	EN2		S
	{1 x 100 on 1:25 Freestyle	EN2		S
	{4 x 25 on :30 Breaststroke	EN2		S
	{1 x 200 on 3:10 Butterfly	EN2		S F
	{1 x 100 on 1:25 Freestyle	EN2		S
	{4 x 25 on :30 Butterfly	EN2		S F
	{1 x 150 on 2:25 Breaststroke	EN2		S
	{1 x 100 on 1:25 Freestyle	EN2		S
	{4 x 25 on :30 Breaststroke	EN2		S
	{1 x 150 on 2:25 Butterfly	EN2		S F
250	1 x 250 on 5:00 Stroke Drills	REC		D
6:30	PM 2,300 Yards - Stress Value = 34			

**Workout #14010 - Friday, 11 October 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	Σ
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland			L I
500	1 x 500 on 10:00 Reverse IM drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S C
	1-5 fly 6-10 breast			
1,350	1x{4 x 25 on :30 Butterfly	EN2	S	F
	{1 x 200 on 3:25 Breaststroke	EN2		S
	{1 x 100 on 1:30 Freestyle	EN2		S
	{4 x 25 on :30 Breaststroke	EN2		S
	{1 x 200 on 3:25 Butterfly	EN2		S F
	{1 x 100 on 1:30 Freestyle	EN2		S
	{4 x 25 on :30 Butterfly	EN2		S F
	{1 x 150 on 2:35 Breaststroke	EN2		S
	{1 x 100 on 1:30 Freestyle	EN2		S
	{4 x 25 on :30 Breaststroke	EN2		S
	{1 x 100 on 1:40 Butterfly	EN2		S F
250	1 x 250 on 5:00 Stroke Drills	REC		D
6:30	PM 2,250 Yards - Stress Value = 33			

**Workout #14011 - Friday, 11 October 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	Σ
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland			L I
450	1 x 450 on 10:00 Reverse IM drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S C
	1-5 fly 6-10 breast			
1,200	1x{4 x 25 on :35 Butterfly	EN2	S	F
	{1 x 200 on 3:45 Breaststroke	EN2		S
	{1 x 100 on 1:40 Freestyle	EN2		S
	{4 x 25 on :35 Breaststroke	EN2		S
	{1 x 200 on 3:45 Butterfly	EN2		S F
	{1 x 100 on 1:40 Freestyle	EN2		S
	{4 x 25 on :35 Butterfly	EN2		S F
	{1 x 100 on 1:50 Breaststroke	EN2		S
	{1 x 100 on 1:30 Freestyle	EN2		S
	{4 x 25 on :35 Breaststroke	EN2		S
250	1 x 250 on 5:00 Stroke Drills	REC		D
6:30	PM 2,050 Yards - Stress Value = 30			

**Workout #14012 - Friday, 11 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	S
400	1 on 40:00 DS/Dryland			L I
150	1 x 400 on 10:00 Reverse IM drill	REC		D
	10 x 15 on :45 Shooters	SP3		S C
	1-5 fly 6-10 breast			
1,000	1x{4 x 25 on :45 Butterfly	EN2		S F
	{1 x 200 on 4:15 Breaststroke	EN2		S
	{1 x 100 on 2:00 Freestyle	EN2		S
	{4 x 25 on :45 Breaststroke	EN2		S
	{1 x 200 on 4:15 Butterfly	EN2		S F
	{1 x 100 on 2:00 Freestyle	EN2		S
	{4 x 25 on :45 Butterfly	EN2		S F
	{1 x 100 on 2:00 Breaststroke	EN2		S
250	1 x 250 on 5:00 Stroke Drills	REC		D
	6:30 PM 1,800 Yards - Stress Value = 26			

**Workout #14013 - Monday, 14 October 2013**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	S
600	1 on 30:00 DS/Physio Balls/Spotlight			
150	1 x 600 on 10:00 Swim-kick-pull-swim			
1,500	10 x 15 on :45 Shooters			
1,500	1x{4 x 25 on :30 Kick no board BSLR			
	{2 x 100 on 1:45 Kick-1 fast 1 jmi			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 100 on 1:40 Kick 1 fast 1 jmi			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 100 on 1:35 Kick 1 fast 1 jmi			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 100 on 1:30 Kick 1 fast 1 jmi			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 100 on 1:25 Kick 1 fast 1 jmi			
1,500	1x{4 x 125 on 1:45 Pulls-no br L.12/14/16/18 yc			
	{4 x 125 on 1:40 Pulls-no br L.12/14/16/18 yc			
	{4 x 125 on 1:35 Pulls-no br L.12/14/16/18 yc			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
3,000	1x{5 x 200 on 2:25 Freestyle			
	{4 x 200 on 2:20 Freestyle			
	{3 x 200 on 2:15 Freestyle			
	{2 x 200 on 2:10 Freestyle			
	{1 x 200 on 2:05 Freestyle			
400	1 x 400 on 6:00 Stroke Drills			
	5:57 PM 7,350 Yards - Stress Value = 128			

**Workout #14014 - Monday, 14 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	S
600	1 on 30:00 DS/Physio Balls/Spotlight			
150	1 x 600 on 10:00 Swim-kick-pull-swim			
1,250	10 x 15 on :45 Shooters			
1,250	1x{4 x 25 on :35 Kick no board BSLR			
	{2 x 100 on 1:55 Kick-1 fast 1 jmi			
	{4 x 25 on :35 Kick no board BSLR			
	{2 x 100 on 1:50 Kick 1 fast 1 jmi			
	{4 x 25 on :35 Kick no board BSLR			
	{2 x 100 on 1:45 Kick 1 fast 1 jmi			
	{4 x 25 on :35 Kick no board BSLR			
	{2 x 75 on 1:15 Kick 1 fast 1 jmi			
	{4 x 25 on :35 Kick no board BSLR			
1,300	1x{4 x 125 on 1:55 Pulls-no br L.12/14/16/18 yc			

	{4 x 125 on 1:50 Pulls-no br L.12/14/16/18 yc			
	{4 x 75 on 1:05 Pulls-no br L.12/14/16/18 yds			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,600	1x{5 x 200 on 2:45 Freestyle			
	{4 x 200 on 2:40 Freestyle			
	{2 x 200 on 2:35 Freestyle			
	{1 x 200 on 2:30 Freestyle			
	{1 x 200 on 2:25 Freestyle			
400	1 x 400 on 6:00 Stroke Drills			
	5:57 PM 6,500 Yards - Stress Value = 111			

**Workout #14015 - Monday, 14 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	S
550	1 on 30:00 DS/Physio Balls/Spotlight			
150	1 x 550 on 10:00 Swim-kick-pull-swim			
1,150	10 x 15 on :45 Shooters			
1,150	1x{4 x 25 on :40 Kick no board BSLR			
	{2 x 100 on 2:10 Kick-1 fast 1 jmi			
	{4 x 25 on :40 Kick no board BSLR			
	{2 x 100 on 2:05 Kick 1 fast 1 jmi			
	{4 x 25 on :40 Kick no board BSLR			
	{2 x 100 on 2:00 Kick 1 fast 1 jmi			
	{4 x 25 on :40 Kick no board BSLR			
	{2 x 75 on 1:25 Kick 1 fast 1 jmi			
1,200	1x{4 x 100 on 1:45 Pulls-no br L.12/14/16/18 yc			
	{4 x 100 on 1:40 Pulls-no br L.12/14/16/18 yc			
	{4 x 100 on 1:35 Pulls-no br L.12/14/16/18 yc			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,300	1x{4 x 200 on 3:10 Freestyle			
	{3 x 200 on 3:05 Freestyle			
	{2 x 200 on 3:00 Freestyle			
	{2 x 200 on 2:55 Freestyle			
	{1 x 100 on 1:25 Freestyle			
400	1 x 400 on 6:00 Stroke Drills			
	5:58 PM 5,950 Yards - Stress Value = 101			

**Workout #14016 - Monday, 14 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	S
500	1 on 30:00 DS/Physio Balls/Spotlight			
150	1 x 500 on 10:00 Swim-kick-pull-swim			
1,000	10 x 15 on :45 Shooters			
1,000	1x{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:30 Kick-1 fast 1 jmi			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:25 Kick 1 fast 1 jmi			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:20 Kick 1 fast 1 jmi			
	{2 x 25 on :45 Kick no board BS			
	{1 x 50 on 1:00 Kick 1 fast			
1,000	1x{4 x 100 on 1:55 Pulls-no br L.12/14/16/18 yc			
	{4 x 100 on 1:50 Pulls-no br L.12/14/16/18 yc			
	{4 x 50 on 1:05 Pulls-no br L.12/14/16/18 yds			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,900	1x{4 x 200 on 3:50 Freestyle			
	{3 x 200 on 3:45 Freestyle			
	{2 x 200 on 3:40 Freestyle			
	{1 x 100 on 1:45 Freestyle			
400	1 x 400 on 6:00 Stroke Drills			
	5:58 PM 5,150 Yards - Stress Value = 86			

**Workout #14017 - Monday, 14 October 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time	EN2	
1,250	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:10 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:05 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 2:55 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 2:50 Kick	EN2	
600	1 x 600 on 10:00 Pulls	EN1	
	Last 12.5 yds of each 100 hold breath		
100	4 x 25 on :45 Stroke Drills	REC	
350	7 x 50 on 2:00 Butterfly	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 3,300 Yards - Stress Value = 46		

**Workout #14018 - Monday, 14 October 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time	EN2	
1,150	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:25 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:20 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:15 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 50 on 1:05 Kick	EN2	
600	1 x 600 on 10:00 Pulls	EN1	
	Last 12.5 yds of each 100 hold breath		
100	4 x 25 on :45 Stroke Drills	REC	
350	7 x 50 on 2:00 Butterfly	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 3,200 Yards - Stress Value = 44		

**Workout #14019 - Monday, 14 October 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Abs/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time	EN2	
1,050	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 4:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:55 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:50 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:25 Kick	EN2	

	{4 x 25 on :45 Kick no board BSLR	EN2
550	1 x 550 on 10:00 Pulls	EN1
	Last 12.5 yds of each 100 hold breath	
100	4 x 25 on :45 Stroke Drills	REC
350	7 x 50 on 2:00 Butterfly	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	7:30 PM 3,000 Yards - Stress Value = 42	

**Workout #14020 - Monday, 14 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Abs/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time	EN2	
1,000	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 4:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 4:25 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:50 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:45 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
450	1 x 450 on 10:00 Pulls	EN1	
	Last 12.5 yds of each 100 hold breath		
100	4 x 25 on :45 Stroke Drills	REC	
350	7 x 50 on 2:00 Butterfly	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 2,800 Yards - Stress Value = 39		

**Workout #14021 - Monday, 14 October 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Abs/Tm Mtg		
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time	EN2	
800	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 150 on 5:15 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 3:25 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 3:20 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 50 on 1:20 Kick	EN2	
400	1 x 400 on 10:00 Pulls	EN1	
	Last 12.5 yds of each 100 hold breath		
100	4 x 25 on :45 Stroke Drills	REC	
350	7 x 50 on 2:00 Butterfly	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 2,500 Yards - Stress Value = 35		

**Workout #14022 - Tuesday, 15 October 2013**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Core/Spotlight  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 5 x 100 on 2:00 Kick @ Fastest Interval  
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30  
 {4 x 30 on :45 15 underwater 15 sprint free  
 {2 x 50 on 1:00 Vertical Kick 35/25  
 {4 x 30 on :45 15 undwater 15 sprint free  
 {3 x 50 on 1:00 Vertical Kick 40/20  
 {4 x 30 on :45 15 underwater 15 sprint free  
 {4 x 50 on 1:00 Vertical Kick 45/15  
 {4 x 30 on :45 15 underwater 15 sprint free  
 1,500 1x{1 x 500 on 6:25 Pulls  
 {1 x 400 on 5:05 Pulls  
 {1 x 300 on 3:45 Pulls  
 {1 x 200 on 2:25 Pulls  
 {1 x 100 on 1:10 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,700 1x{3 x 25 on :40 Back -6 kick switch  
 {3 x 50 on :45 Back-descend 3/5/7 KOW  
 {1 x 200 on 2:35 Backstroke  
 {3 x 25 on :40 Back-6 kick switch  
 {3 x 50 on :45 Back-descend 3/5/7/ KOW  
 {1 x 200 on 2:30 Backstroke  
 {3 x 25 on :40 Back-6 kick switch  
 {3 x 50 on :45 Back-descend 3/5/7 KOW  
 {1 x 200 on 2:25 Backstroke  
 {3 x 25 on :40 Back-6 kick switch  
 {3 x 50 on :45 Back-descend 3/5/7 KOW  
 {1 x 200 on 2:20 Backstroke  
 500 10 x 50 on 1:00 Stroke Drills  
 5:59 PM 6,130 Yards - Stress Value = 84

{3 x 50 on :50 Back-descend 3/5/7 KOW

500 10 x 50 on 1:00 Stroke Drills

5:59 PM 5,830 Yards - Stress Value = 79

**Workout #14024 - Tuesday, 15 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Core/Spotlight  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 5 x 100 on 2:00 Kick @ Fastest Interval  
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30  
 {4 x 30 on :45 15 underwater 15 sprint free  
 {2 x 50 on 1:00 Vertical Kick 35/25  
 {4 x 30 on :45 15 undwater 15 sprint free  
 {3 x 50 on 1:00 Vertical Kick 40/20  
 {4 x 30 on :45 15 underwater 15 sprint free  
 {4 x 50 on 1:00 Vertical Kick 45/15  
 {4 x 30 on :45 15 underwater 15 sprint free  
 1,250 1x{1 x 500 on 7:30 Pulls  
 {1 x 400 on 5:55 Pulls  
 {1 x 300 on 4:25 Pulls  
 {1 x 50 on :45 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 1x{3 x 25 on :40 Back -6 kick switch  
 {3 x 50 on :55 Back-descend 3/5/7 KOW  
 {1 x 200 on 3:15 Backstroke  
 {3 x 25 on :40 Back-6 kick switch  
 {3 x 50 on :55 Back-descend 3/5/7/ KOW  
 {1 x 200 on 3:10 Backstroke  
 {3 x 25 on :40 Back-6 kick switch  
 {3 x 50 on :55 Back-descend 3/5/7 KOW  
 {1 x 200 on 3:05 Backstroke  
 {3 x 25 on :40 Back-6 kick switch  
 {1 x 50 on :55 Back-fast 7 KOW  
 500 10 x 50 on 1:00 Stroke Drills  
 5:59 PM 5,530 Yards - Stress Value = 75

**Workout #14023 - Tuesday, 15 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Core/Spotlight  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 5 x 100 on 2:00 Kick @ Fastest Interval  
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30  
 {4 x 30 on :45 15 underwater 15 sprint free  
 {2 x 50 on 1:00 Vertical Kick 35/25  
 {4 x 30 on :45 15 undwater 15 sprint free  
 {3 x 50 on 1:00 Vertical Kick 40/20  
 {4 x 30 on :45 15 underwater 15 sprint free  
 {4 x 50 on 1:00 Vertical Kick 45/15  
 {4 x 30 on :45 15 underwater 15 sprint free  
 1,400 1x{1 x 500 on 6:55 Pulls  
 {1 x 400 on 5:30 Pulls  
 {1 x 300 on 4:00 Pulls  
 {1 x 200 on 2:35 Pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 1x{3 x 25 on :40 Back -6 kick switch  
 {3 x 50 on :50 Back-descend 3/5/7 KOW  
 {1 x 200 on 2:55 Backstroke  
 {3 x 25 on :40 Back-6 kick switch  
 {3 x 50 on :50 Back-descend 3/5/7/ KOW  
 {1 x 200 on 2:50 Backstroke  
 {3 x 25 on :40 Back-6 kick switch  
 {3 x 50 on :50 Back-descend 3/5/7 KOW  
 {1 x 200 on 2:45 Backstroke  
 {3 x 25 on :40 Back-6 kick switch



**Workout #14029 - Tuesday, 15 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
400	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 400 on 10:00 Underwater trn drill	REC	
700	10 x 15 on :45 Shooters	SP3	
1x	{ 2 x 75 on 2:15 Kick on rt side	EN2	
	{ 2 x 25 on :45 Sprint kick on back	EN2	
	{ 2 x 75 on 2:15 Kick on left side	EN2	
	{ 2 x 25 on :45 Sprnt kick on back	EN2	
	{ 2 x 50 on 1:25 Kick on rt side	EN2	
	{ 2 x 25 on :45 Sprint kick on back	EN2	
	{ 2 x 50 on 1:25 Kick on left side	EN2	
	{ 2 x 25 on :45 Sprint kick on back	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,000	1x{ 1 x 150 on 3:30 Backstroke 3KOLW	EN2	
	{ 2 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
	{ 2 x 125 on 2:55 Backstroke 5KOLW	EN2	
	{ 2 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
	{ 1 x 100 on 2:20 Backstroke 7KOLW	EN2	
	{ 2 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
	{ 2 x 75 on 1:45 Backstroke 9KOLW	EN2	
	{ 1 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:29 PM 2,650 Yards - Stress Value = 40		

**Workout #14030 - Tuesday, 15 October 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
350	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 350 on 10:00 Underwater trn drill	REC	
650	10 x 15 on :45 Shooters	SP3	
1x	{ 2 x 75 on 2:30 Kick on rt side	EN2	
	{ 2 x 25 on 1:00 Sprint kick on back	EN2	
	{ 2 x 75 on 2:30 Kick on left side	EN2	
	{ 2 x 25 on 1:00 Sprnt kick on back	EN2	
	{ 2 x 50 on 1:30 Kick on rt side	EN2	
	{ 2 x 25 on 1:00 Sprint kick on back	EN2	
	{ 2 x 50 on 1:30 Kick on left side	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
950	1x{ 1 x 150 on 4:00 Backstroke 3KOLW	EN2	
	{ 1 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
	{ 2 x 125 on 3:20 Backstroke 5KOLW	EN2	
	{ 2 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
	{ 1 x 100 on 2:40 Backstroke 7KOLW	EN2	
	{ 2 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
	{ 2 x 75 on 2:00 Backstroke 9KOLW	EN2	
	{ 1 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:31 PM 2,450 Yards - Stress Value = 38		

**Workout #14031 - Wednesday, 17 October 2012**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM	Start		
600	1 on 30:00 DS/Abs/Spotlight		
150	1 x 600 on 10:00 Free L.25 of each 100 Non F		
1,100	10 x 15 on :45 Shooters		
900	11 x 100 on 2:00 Challenge Kick Set		
1x	{ 1 x 150 on 3:00 100 Breast Pull 50 Sprint Fr		
	{ 1 x 150 on 2:50 100 Breast Pull 50 Sprint Fr		
	{ 1 x 150 on 2:40 100 Breast Pull 50 Sprint Fr		

	{ 1 x 150 on 2:30 100 Breast Pull 50 Sprint Fr		
	{ 1 x 150 on 2:20 100 Breast Pull 50 Sprint Fr		
	{ 1 x 150 on 2:10 100 Breast Pull 50 Sprint Fr		
200	4x{ 1 x 25 on :50 Sculling drills		
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
3,000	2x{ 1 x 200 on 3:00 Breaststroke		
	{ 2 x 25 on :30 Breast 2X pullouts		
	{ 2 x 150 on 2:15 Breaststroke		
	{ 4 x 25 on :30 Breast 2X pullouts		
	{ 3 x 100 on 1:30 Breaststroke		
	{ 6 x 25 on :30 Breast 2X pullouts		
	{ 4 x 50 on :45 Breaststroke		
	{ 8 x 25 on :30 Breast 2X pullouts		
200	1 x 200 on 3:00 Stroke Drills		
	6:01 PM 6,150 Yards - Stress Value = 75		

**Workout #14032 - Wednesday, 16 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM	Start		
600	1 on 30:00 DS/Abs/Spotlight		
150	1 x 600 on 10:00 Free L.25 of each 100 Non F		
1,100	10 x 15 on :45 Shooters		
850	11 x 100 on 2:00 Challenge Kick Set		
1x	{ 1 x 150 on 3:00 100 Breast Pull 50 Sprint Fr		
	{ 1 x 150 on 2:55 100 Breast Pull 50 Sprint Fr		
	{ 1 x 150 on 2:50 100 Breast Pull 50 Sprint Fr		
	{ 1 x 150 on 2:45 100 Breast Pull 50 Sprint Fr		
	{ 1 x 150 on 2:40 100 Breast Pull 50 Sprint Fr		
	{ 1 x 100 on 1:45 50 Breast Pull 50 Sprint Fre		
200	4x{ 1 x 25 on :50 Sculling drills		
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,800	2x{ 1 x 200 on 3:20 Breaststroke		
	{ 2 x 25 on :30 Breast 2X pullouts		
	{ 2 x 150 on 2:30 Breaststroke		
	{ 4 x 25 on :30 Breast 2X pullouts		
	{ 3 x 100 on 1:40 Breaststroke		
	{ 6 x 25 on :30 Breast 2X pullouts		
	{ 4 x 50 on :50 Breaststroke		
	{ 4 x 25 on :30 Breast 2X pullouts		
200	1 x 200 on 3:00 Stroke Drills		
	6:01 PM 5,900 Yards - Stress Value = 72		

**Workout #14033 - Wednesday, 16 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM	Start		
550	1 on 30:00 DS/Abs/Spotlight		
150	1 x 550 on 10:00 Free L.25 of each 100 Non F		
1,100	10 x 15 on :45 Shooters		
750	11 x 100 on 2:00 Challenge Kick Set		
1x	{ 1 x 150 on 3:20 100 Breast Pull 50 Sprint Fr		
	{ 1 x 150 on 3:15 100 Breast Pull 50 Sprint Fr		
	{ 1 x 150 on 3:10 100 Breast Pull 50 Sprint Fr		
	{ 1 x 150 on 3:05 100 Breast Pull 50 Sprint Fr		
	{ 1 x 150 on 3:00 100 Breast Pull 50 Sprint Fr		
200	4x{ 1 x 25 on :50 Sculling drills		
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,500	2x{ 1 x 200 on 3:40 Breaststroke		
	{ 2 x 25 on :35 Breast 2X pullouts		
	{ 1 x 150 on 2:45 Breaststroke		
	{ 4 x 25 on :35 Breast 2X pullouts		
	{ 3 x 100 on 1:50 Breaststroke		
	{ 6 x 25 on :35 Breast 2X pullouts		
	{ 4 x 50 on :55 Breaststroke		
	{ 4 x 25 on :35 Breast 2X pullouts		
200	1 x 200 on 3:00 Stroke Drills		
	6:01 PM 5,450 Yards - Stress Value = 65		

**Workout #14034 - Wednesday, 16 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 DS/Abs/Spotlight		I
500	1 x 500 on 10:00 Free L.25 of each 100 Non F	REC	£
150	10 x 15 on :45 Shooters	SP3	£
1,100	11 x 100 on 2:00 Challenge Kick Set	EN2	F
700	1x{1 x 150 on 3:35 100 Breast Pull 50 Sprint Fr	EN2	F
	{1 x 150 on 3:30 100 Breast Pull 50 Sprint Fr	EN2	F
	{1 x 150 on 3:25 100 Breast Pull 50 Sprint Fr	EN2	F
	{1 x 150 on 3:20 100 Breast Pull 50 Sprint Fr	EN2	F
	{1 x 100 on 2:05 50 Breast Pull 50 Sprint Fre	EN2	F
200	4x{1 x 25 on :50 Sculling drills	EN2	F
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN2	F
2,200	2x{1 x 200 on 4:00 Breaststroke	EN2	F
	{2 x 25 on :40 Breast 2X pullouts	EN2	F
	{1 x 150 on 3:00 Breaststroke	EN2	F
	{4 x 25 on :40 Breast 2X pullouts	EN2	F
	{2 x 100 on 2:00 Breaststroke	EN2	F
	{6 x 25 on :40 Breast 2X pullouts	EN2	F
	{3 x 50 on 1:00 Breaststroke	EN2	F
	{4 x 25 on :40 Breast 2X pullouts	EN2	F
200	1 x 200 on 3:00 Stroke Drills	EN2	F
	6:01 PM 5,050 Yards - Stress Value = 61		

{2 x 50 on :55 25 Back 25 Breast EN2 £  
 1 on 10:00 Game  
 7:27 PM 3,700 Yards - Stress Value = 67

**Workout #14037 - Wednesday, 16 October 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 DS/Abs/Spotlight		I
450	1 x 450 on 10:00 Choice	REC	£
150	10 x 15 on :45 Shooters	SP3	£
850	1x{1 x 150 on 3:15 Kick	EN2	F
	{2 x 125 on 2:45 Kick	EN2	F
	{2 x 100 on 2:10 Kick	EN2	F
	{2 x 75 on 1:40 Kick	EN2	F
	{2 x 50 on 1:05 Kick	EN2	F
1,900	1x{4 x 125 on 2:30 100 Breast 25 free	EN2	£
	{3 x 100 on 2:00 Breast	EN2	£
	{4 x 100 on 2:00 25 back 75 breast	EN2	£
	{3 x 100 on 1:55 Breast	EN2	£
	{4 x 75 on 1:30 50 Breast 25 free	EN2	£
	{1 x 100 on 1:50 Breaststroke	EN2	£
	1 on 10:00 Game		
	7:27 PM 3,350 Yards - Stress Value = 61		

**Workout #14035 - Wednesday, 16 October 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 DS/Abs/Spotlight		I
500	1 x 500 on 10:00 Choice	REC	£
150	10 x 15 on :45 Shooters	SP3	£
1,000	1x{2 x 150 on 2:45 Kick	EN2	F
	{2 x 125 on 2:15 Kick	EN2	F
	{2 x 100 on 1:50 Kick	EN2	F
	{2 x 75 on 1:20 Kick	EN2	F
	{2 x 50 on :55 Kick	EN2	F
2,300	1x{4 x 125 on 2:05 100 Breast 25 free	EN2	£
	{3 x 100 on 1:40 Breast	EN2	£
	{4 x 100 on 1:40 25 back 75 breast	EN2	£
	{3 x 100 on 1:35 Breast	EN2	£
	{4 x 75 on 1:15 50 Breast 25 free	EN2	£
	{3 x 100 on 1:30 Breaststroke	EN2	£
	{4 x 50 on :50 25 Back 25 Breast	EN2	£
	1 on 10:00 Game		
	7:27 PM 3,950 Yards - Stress Value = 72		

**Workout #14038 - Wednesday, 16 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 DS/Abs/Spotlight		I
400	1 x 400 on 10:00 Choice	REC	£
150	10 x 15 on :45 Shooters	SP3	£
800	1x{1 x 150 on 3:30 Kick	EN2	F
	{2 x 125 on 2:55 Kick	EN2	F
	{2 x 100 on 2:20 Kick	EN2	F
	{2 x 75 on 1:45 Kick	EN2	F
	{1 x 50 on 1:10 Kick	EN2	F
1,700	1x{4 x 125 on 2:50 100 Breast 25 free	EN2	£
	{2 x 100 on 2:10 Breast	EN2	£
	{4 x 100 on 2:15 25 back 75 breast	EN2	£
	{2 x 100 on 2:05 Breast	EN2	£
	{4 x 75 on 1:40 50 Breast 25 free	EN2	£
	{1 x 100 on 2:00 Breaststroke	EN2	£
	1 on 10:00 Game		
	7:27 PM 3,050 Yards - Stress Value = 56		

**Workout #14036 - Wednesday, 16 October 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 DS/Abs/Spotlight		I
500	1 x 500 on 10:00 Choice	REC	£
150	10 x 15 on :45 Shooters	SP3	£
950	1x{2 x 150 on 3:00 Kick	EN2	F
	{2 x 125 on 2:30 Kick	EN2	F
	{2 x 100 on 2:00 Kick	EN2	F
	{2 x 75 on 1:30 Kick	EN2	F
	{1 x 50 on 1:00 Kick	EN2	F
2,100	1x{4 x 125 on 2:20 100 Breast 25 free	EN2	£
	{3 x 100 on 1:50 Breast	EN2	£
	{4 x 100 on 1:50 25 back 75 breast	EN2	£
	{3 x 100 on 1:45 Breast	EN2	£
	{4 x 75 on 1:20 50 Breast 25 free	EN2	£
	{2 x 100 on 1:40 Breaststroke	EN2	£

**Workout #14039 - Wednesday, 16 October 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK
600	1 on 30:00 DS/Abs/Spotlight		I
350	1 x 350 on 10:00 Choice	REC	£
150	10 x 15 on :45 Shooters	SP3	£
600	1x{1 x 150 on 4:30 Kick	EN2	£
	{2 x 125 on 3:45 Kick	EN2	£
	{1 x 100 on 3:00 Kick	EN2	£
	{2 x 50 on 1:45 Kick	EN2	£
1,350	1x{4 x 125 on 3:30 100 Breast 25 free	EN2	£
	{1 x 100 on 2:30 Breast	EN2	£
	{3 x 100 on 2:45 25 back 75 breast	EN2	£
	{2 x 100 on 2:30 Breast	EN2	£
	{2 x 75 on 2:00 50 Breast 25 free	EN2	£
	{1 x 100 on 2:30 Breaststroke	EN2	£
	1 on 10:00 Game		

7:26 PM 2,450 Yards - Stress Value = 45

Yards	Set Description
600	1 on 25:00 DS/ShouldersSpotlight
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,450	1x{1 x 50 on :55 Kick
	{8 x 25 on :35 Kick your weakest kick
	{4 x 50 on :55 Kick
	{8 x 25 on :35 Kick your weakest kick
	{3 x 50 on :55 Kick
	{6 x 25 on :35 Kick your weakest kick
	{2 x 50 on :55 Kick
	{6 x 25 on :35 Kick your weakest kick
	{1 x 50 on :55 Kick
	{8 x 25 on :35 Kick your weakest kick
1,300	1x{1 x 100 on 1:30 Pulls BWFPF
	{4 x 25 on :30 Pulls HB 5 SOW +1
	{2 x 100 on 1:30 Pulls BWFPF
	{4 x 25 on :30 Pulls HB 6 SOW+1
	{2 x 100 on 1:30 Pulls BWHPF
	{4 x 25 on :30 Pulls HB 7 SOW+1
	{2 x 100 on 1:30 Pulls BWFPF
	{4 x 25 on :30 Pulls HB 8 SOW+1
	{1 x 100 on 1:30 Pulls BWFPF
	{4 x 25 on :30 Pulls HB 9 SOW+1
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,475	1x{4 x 100 on 1:35 Fly 2-3-4-5 SOW
	{4 x 100 on 1:30 Fly 2-3-4-5 SOW
	{4 x 100 on 1:25 Fly 2-3-4-5 SOW
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW
	{1 x 200 on 4:00 Stroke Drills
	{3 x 75 on 1:10 Fly 3-4-5 SOW
	{3 x 75 on 1:05 Fly 3-4-5 SOW
	{3 x 75 on 1:00 Fly 3-4-5 SOW
200	1 x 200 on 3:00 Stroke Drills

6:00 PM 6,375 Yards - Stress Value = 94

**Workout #14040 - Thursday, 17 October 2013**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/ShouldersSpotlight
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,750	1x{5 x 50 on :45 Kick
	{8 x 25 on :30 Kick your weakest kick
	{4 x 50 on :45 Kick
	{8 x 25 on :30 Kick your weakest kick
	{3 x 50 on :45 Kick
	{8 x 25 on :30 Kick your weakest kick
	{2 x 50 on :45 Kick
	{8 x 25 on :30 Kick your weakest kick
	{1 x 50 on :45 Kick
	{8 x 25 on :30 Kick your weakest kick
1,400	1x{1 x 100 on 1:20 Pulls BWFPF
	{4 x 25 on :30 Pulls HB 5 SOW +1
	{2 x 100 on 1:20 Pulls BWFPF
	{4 x 25 on :30 Pulls HB 6 SOW+1
	{3 x 100 on 1:20 Pulls BWHPF
	{4 x 25 on :30 Pulls HB 7 SOW+1
	{2 x 100 on 1:20 Pulls BWFPF
	{4 x 25 on :30 Pulls HB 8 SOW+1
	{1 x 100 on 1:20 Pulls BWFPF
	{4 x 25 on :30 Pulls HB 9 SOW+1
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,875	1x{4 x 100 on 1:25 Fly 2-3-4-5 SOW
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW
	{4 x 100 on 1:15 Fly 2-3-4-5 SOW
	{4 x 100 on 1:10 Fly 2-3-4-5 SOW
	{1 x 200 on 3:00 Stroke Drills
	{3 x 75 on 1:00 Fly 3-4-5 SOW
	{3 x 75 on :55 Fly 3-4-5 SOW
	{3 x 75 on :50 Fly 3-4-5 SOW
	{1 x 200 on 3:00 Stroke Drills
	{2 x 50 on :40 Fly 4-5 SOW
	{2 x 50 on :35 Fly 4-5 SOW
200	1 x 200 on 3:00 Stroke Drills

6:00 PM 7,175 Yards - Stress Value = 105

**Workout #14041 - Thursday, 17 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

**Workout #14042 - Thursday, 17 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 25:00 DS/ShouldersSpotlight 1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,350	1x{2 x 50 on 1:00 Kick {8 x 25 on :40 Kick your weakest kick {4 x 50 on 1:00 Kick {8 x 25 on :40 Kick your weakest kick {3 x 50 on 1:00 Kick {6 x 25 on :40 Kick your weakest kick {2 x 50 on 1:00 Kick {6 x 25 on :40 Kick your weakest kick {1 x 50 on 1:00 Kick {2 x 25 on :40 Kick your weakest kick
1,150	1x{1 x 100 on 1:40 Pulls BWFPF {4 x 25 on :35 Pulls HB 5 SOW +1 {2 x 100 on 1:40 Pulls BWFPF {4 x 25 on :35 Pulls HB 6 SOW+1 {2 x 100 on 1:40 Pulls BWHPF {4 x 25 on :35 Pulls HB 7 SOW+1 {2 x 100 on 1:40 Pulls BWFPF {2 x 25 on :35 Pulls HB 8 SOW+1 {1 x 100 on 1:40 Pulls BWFPF
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,125	1x{4 x 100 on 1:50 Fly 2-3-4-5 SOW {4 x 100 on 1:45 Fly 2-3-4-5 SOW {4 x 100 on 1:40 Fly 2-3-4-5 SOW {1 x 150 on 3:00 Stroke Drills {3 x 75 on 1:20 Fly 3-4-5 SOW {3 x 75 on 1:15 Fly 3-4-5 SOW {3 x 75 on 1:10 Fly 3-4-5 SOW {2 x 50 on :55 Fly 4-5 SOW
200	1 x 200 on 3:00 Stroke Drills
6:00 PM 5,725 Yards - Stress Value = 82	

{2 x 50 on 1:05 Fly 4-5 SOW

{2 x 50 on 1:00 Fly 4-5 SOW

{2 x 50 on :55 Fly 4-5 SOW

200 1 x 200 on 3:00 Stroke Drills

6:00 PM 5,000 Yards - Stress Value = 74

**Workout #14044 - Thursday, 17 October 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
500	1 on 29:00 DS/Shoulders/Tm Mtg 1 x 500 on 10:00 Underwater trn drill
150	1 on 10:00 Techniques-bucket turns
150	10 x 15 on :45 Shooters
100	4 x 25 on :45 Perfect Strokes IMO
800	1x{1 x 200 on 8:00 Stroke Drills-Fly {1 x 200 on 8:00 Stroke Drills-Back {1 x 200 on 8:00 Stroke Drills-Breast {1 x 200 on 8:00 Stroke Drills-Free
100	4 x 25 on :45 Perfect Strokes IMO
400	8 x 50 on 1:15 1st 4-fly/back, 2nd 4-brst/fr
1 on 10:00 Techniques-Starts	
7:30 PM 2,050 Yards - Stress Value = 16	

**Workout #14043 - Thursday, 17 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 25:00 DS/ShouldersSpotlight 1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200	1x{1 x 50 on 1:10 Kick {6 x 25 on :45 Kick your weakest kick {2 x 50 on 1:10 Kick {6 x 25 on :45 Kick your weakest kick {4 x 50 on 1:10 Kick {6 x 25 on :45 Kick your weakest kick {5 x 50 on 1:10 Kick {6 x 25 on :45 Kick your weakest kick
1,000	1x{1 x 100 on 1:55 Pulls BWFPF {4 x 25 on :40 Pulls HB 5 SOW +1 {2 x 100 on 1:55 Pulls BWFPF {4 x 25 on :40 Pulls HB 6 SOW+1 {2 x 100 on 1:55 Pulls BWHPF {4 x 25 on :40 Pulls HB 7 SOW+1 {2 x 100 on 1:55 Pulls BWFPF
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{4 x 100 on 2:10 Fly 2-3-4-5 SOW {4 x 100 on 2:05 Fly 2-3-4-5 SOW {4 x 100 on 2:00 Fly 2-3-4-5 SOW {1 x 150 on 4:00 Stroke Drills {2 x 50 on 1:10 Fly 4-5 SOW

**Workout #14045 - Friday, 18 October 2013**

**Group 3 - IM'ers**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 10:00 Dynamic Stretch	
600	1 x 600 on 10:00 Reverse IM drill	F
150	10 x 15 on :45 Shooters	S
900	1x{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{2 x 100 on 2:00 Kick-all under 1:20	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{2 x 100 on 1:55 Kick-all under 1:20	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{2 x 100 on 1:50 Kick-all under 1:20	F
100	1 x 100 on 1:30 Freestyle	
2,400	1x{1 x 200 on 3:00 Individual Medley	F
	{1 x 100 on 1:30 Individual Medley	F
	{1 x 100 on 1:05 Freestyle	F
	{1 x 100 on 1:25 Individual Medley	F
	{1 x 100 on 1:10 Freestyle	F
	{1 x 100 on 1:20 Individual Medley	F
	{1 x 100 on 1:15 Freestyle	F
	{1 x 100 on 1:15 Individual Medley	F
	{1 x 100 on 1:20 Freestyle	F
	{1 x 200 on 3:00 Individual Medley	F
	{1 x 100 on 1:25 Individual Medley	F
	{1 x 100 on 1:05 Freestyle	F
	{1 x 100 on 1:20 Individual Medley	F
	{1 x 100 on 1:10 Freestyle	F
	{1 x 100 on 1:15 Individual Medley	F
	{1 x 100 on 1:15 Freestyle	F
	{1 x 200 on 3:00 Individual Medley	F
	{1 x 100 on 1:20 Individual Medley	F
	{1 x 100 on 1:05 Freestyle	F
	{1 x 100 on 1:15 Freestyle	F
	{1 x 100 on 1:10 Freestyle	F
200	1 x 200 on 3:00 Stroke Drills	F
	5:01 PM 4,350 Yards - Stress Value = 66	

2,100	1x{1 x 200 on 3:20 Individual Medley	F
	{1 x 100 on 1:40 Individual Medley	F
	{1 x 100 on 1:15 Freestyle	F
	{1 x 100 on 1:35 Individual Medley	F
	{1 x 100 on 1:20 Freestyle	F
	{1 x 100 on 1:30 Individual Medley	F
	{1 x 100 on 1:25 Freestyle	F
	{1 x 100 on 1:25 Individual Medley	F
	{1 x 100 on 1:30 Freestyle	F
	{1 x 200 on 3:20 Individual Medley	F
	{1 x 100 on 1:35 Individual Medley	F
	{1 x 100 on 1:15 Freestyle	F
	{1 x 100 on 1:30 Individual Medley	F
	{1 x 100 on 1:20 Freestyle	F
	{1 x 100 on 1:25 Individual Medley	F
	{1 x 100 on 1:25 Freestyle	F
	{1 x 200 on 3:20 Individual Medley	F
	{1 x 100 on 1:15 Freestyle	F
200	1 x 200 on 3:00 Stroke	F
	5:01 PM 4,050 Yards - Stress Value = 60	

**Workout #14047 - Friday, 18 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 10:00 Dynamic Stretch	
550	1 x 550 on 10:00 Reverse IM drill	F
150	10 x 15 on :45 Shooters	S
850	1x{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{2 x 100 on 2:15 Kick-all under 1:45	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{2 x 100 on 2:10 Kick-all under 1:45	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{3 x 50 on 1:05 Kick-all under :52	F
100	1 x 100 on 1:30 Freestyle	
1,800	1x{1 x 200 on 3:40 Individual Medley	F
	{1 x 100 on 1:50 Individual Medley	F
	{1 x 100 on 1:25 Freestyle	F
	{1 x 100 on 1:45 Individual Medley	F
	{1 x 100 on 1:30 Freestyle	F
	{1 x 100 on 1:40 Individual Medley	F
	{1 x 100 on 1:35 Freestyle	F
	{1 x 200 on 3:40 Individual Medley	F
	{1 x 100 on 1:45 Individual Medley	F
	{1 x 100 on 1:25 Freestyle	F
	{1 x 100 on 1:40 Individual Medley	F
	{1 x 100 on 1:30 Freestyle	F
	{1 x 100 on 1:35 Individual Medley	F
	{1 x 100 on 1:35 Freestyle	F
	{1 x 200 on 3:40 Individual Medley	F
200	1 x 200 on 3:00 Stroke	F
	5:01 PM 3,650 Yards - Stress Value = 53	

550	1 x 550 on 10:00 Reverse IM drill	F
150	10 x 15 on :45 Shooters	S
850	1x{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{2 x 100 on 2:15 Kick-all under 1:45	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{2 x 100 on 2:10 Kick-all under 1:45	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{3 x 50 on 1:05 Kick-all under :52	F
100	1 x 100 on 1:30 Freestyle	
1,800	1x{1 x 200 on 3:40 Individual Medley	F
	{1 x 100 on 1:50 Individual Medley	F
	{1 x 100 on 1:25 Freestyle	F
	{1 x 100 on 1:45 Individual Medley	F
	{1 x 100 on 1:30 Freestyle	F
	{1 x 100 on 1:40 Individual Medley	F
	{1 x 100 on 1:35 Freestyle	F
	{1 x 200 on 3:40 Individual Medley	F
	{1 x 100 on 1:45 Individual Medley	F
	{1 x 100 on 1:25 Freestyle	F
	{1 x 100 on 1:40 Individual Medley	F
	{1 x 100 on 1:30 Freestyle	F
	{1 x 100 on 1:35 Individual Medley	F
	{1 x 100 on 1:35 Freestyle	F
	{1 x 200 on 3:40 Individual Medley	F
200	1 x 200 on 3:00 Stroke	F
	5:01 PM 3,650 Yards - Stress Value = 53	

**Workout #14046 - Friday, 18 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 10:00 Dynamic Stretch	
600	1 x 600 on 10:00 Reverse IM drill	F
150	10 x 15 on :45 Shooters	S
900	1x{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{2 x 100 on 2:00 Kick-all under 1:30	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{2 x 100 on 1:55 Kick-all under 1:30	F
	{1 x 25 on :45 Kick on left side face down	F
	{1 x 25 on :45 Kick on right side face down	F
	{1 x 25 on :45 Kick on left side face up	F
	{1 x 25 on :45 Kick on right side face up	F
	{2 x 100 on 1:50 Kick-all under 1:30	F
100	1 x 100 on 1:30 Freestyle	

**Workout #14048 - Friday, 18 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	ST
500	1 on 10:00 Dynamic Stretch			
150	1 x 500 on 10:00 Reverse IM drill	REC	D	
800	10 x 15 on :45 Shooters	SP3	S	
1x{	1 x 25 on :45 Kick on left side face down	EN2	S	
	{1 x 25 on :45 Kick on right side face down			
	{1 x 25 on :45 Kick on left side face up			
	{1 x 25 on :45 Kick on right side face up			
	{2 x 100 on 2:30 Kick-all under 2:15			
	{1 x 25 on :45 Kick on left side face down			
	{1 x 25 on :45 Kick on right side face down			
	{1 x 25 on :45 Kick on left side face up			
	{1 x 25 on :45 Kick on right side face up			
	{2 x 100 on 2:25 Kick-all under 2:10			
	{1 x 25 on :45 Kick on left side face down			
	{1 x 25 on :45 Kick on right side face down			
	{1 x 25 on :45 Kick on left side face up			
	{1 x 25 on :45 Kick on right side face up			
	{2 x 50 on 1:10 Kick-all under 1:00			
100	1 x 100 on 1:30 Freestyle			
1,500	1x{1 x 200 on 4:15 Individual Medley			
	{1 x 100 on 2:10 Individual Medley			
	{1 x 100 on 1:40 Freestyle			
	{1 x 100 on 2:05 Individual Medley			
	{1 x 100 on 1:45 Freestyle			
	{1 x 100 on 2:00 Individual Medley			
	{1 x 100 on 1:50 Freestyle			
	{1 x 200 on 4:15 Individual Medley			
	{1 x 100 on 2:05 Individual Medley			
	{1 x 100 on 1:40 Freestyle			
	{1 x 100 on 2:00 Individual Medley			
	{1 x 100 on 1:45 Freestyle			
	{1 x 100 on 1:55 Individual Medley			
200	1 x 200 on 3:00 Stroke			
	5:00 PM 3,250 Yards - Stress Value = 46			

**Workout #14049 - Friday, 18 October 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS/Circuit			
150	1 x 400 on 8:00 Reverse IM drill	REC	D	
1,800	10 x 15 on :45 Shooters	SP3	S	
250	12 x 150 on 2:15 Free-descend in 3's	EN2	S	
	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:30 PM 2,600 Yards - Stress Value = 42			

**Workout #14050 - Friday, 18 October 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS/Circuit			
150	1 x 400 on 8:00 Reverse IM drill	REC	D	
1,500	10 x 15 on :45 Shooters	SP3	S	
250	12 x 125 on 2:15 Free-descend in 3's	EN2	S	
	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:30 PM 2,300 Yards - Stress Value = 36			

**Workout #14051 - Friday, 18 October 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS/Circuit			
150	1 x 400 on 8:00 Reverse IM drill	REC	D	
1,200	10 x 15 on :45 Shooters	SP3	S	
250	12 x 100 on 2:15 Free-descend in 3's	EN2	S	
	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:30 PM 2,000 Yards - Stress Value = 30			

**Workout #14052 - Friday, 18 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS/Circuit			
150	1 x 400 on 8:00 Reverse IM drill	REC	D	
1,200	10 x 15 on :45 Shooters	SP3	S	
250	12 x 100 on 2:15 Free-descend in 3's	EN2	S	
	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:30 PM 2,000 Yards - Stress Value = 30			

**Workout #14053 - Friday, 18 October 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS/Circuit			
150	1 x 400 on 8:00 Reverse IM drill	REC	D	
900	10 x 15 on :45 Shooters	SP3	S	
250	12 x 75 on 2:15 Free-descend in 3's	EN2	S	
	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:30 PM 1,700 Yards - Stress Value = 24			

**Workout #14054 - Monday, 21 October 2013**

**Group 3 - Freestylers**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	ST
600	1 on 25:00 DS/Physio Ball/Shoulders			
150	1 x 600 on 10:00 Swim-kick-pull-swim			
1,800	10 x 15 on :45 Shooters			
	1x{4 x 25 on :30 Kick no board BSLR			
	{4 x 125 on 2:05 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{4 x 100 on 1:35 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{4 x 75 on 1:10 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{4 x 50 on :45 Kick			
2,000	1x{16 x 50 on :45 Pulls every 4th one 4 breaths			
	{12 x 50 on :50 Pulls every 3rd one 4 breaths			
	{8 x 50 on :55 Pulls every 2nd one 4 breaths			
	{4 x 50 on 1:00 Pulls every one 4th breaths			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,800	12 x 150 on 2:00 Free-descend			
300	6 x 50 on 1:00 Stroke Drills			
	6:00 PM 6,850 Yards - Stress Value = 118			

**Workout #14055 - Monday, 21 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Physio Balll Shoulders
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,500	10 x 15 on :45 Shooters
1,500	1x{4 x 25 on :35 Kick no board BSLR
	{4 x 125 on 2:25 Kick
	{4 x 25 on :35 Kick no board BSLR
	{4 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:25 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on :55 Kick
1,850	1x{16 x 50 on :50 Pulls every 4tn one 4 breaths
	{12 x 50 on :55 Pulls every 3rd one 4 breaths
	{6 x 50 on 1:00 Pulls every 2nd one 4 breaths
	{3 x 50 on 1:05 Pulls every one 4th breaths
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	11 x 150 on 2:15 Freestyle-descend
300	6 x 50 on 1:00 Stroke Drills
	6:01 PM 6,250 Yards - Stress Value = 107

**Workout #14056 - Monday, 21 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 25:00 DS/Physio Balll Shoulders
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,350	10 x 15 on :45 Shooters
1,350	1x{4 x 25 on :40 Kick no board BSLR
	{4 x 125 on 2:40 Kick
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR
1,650	1x{12 x 50 on :55 Pulls every 4tn one 4 breaths
	{12 x 50 on 1:00 Pulls every 3rd one 4 breaths
	{6 x 50 on 1:05 Pulls every 2nd one 4 breaths
	{3 x 50 on 1:10 Pulls every one 4th breaths
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	10 x 150 on 2:30 Freestyle-descend
300	6 x 50 on 1:00 Stroke Drills
	6:00 PM 5,700 Yards - Stress Value = 97

**Workout #14057 - Monday, 21 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 25:00 DS/Physio Balll Shoulders
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,150	10 x 15 on :45 Shooters
1,150	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:25 Kick
	{2 x 25 on :45 Kick no board BS
1,500	1x{12 x 50 on 1:00 Pulls every 4tn one 4 breaths
	{9 x 50 on 1:05 Pulls every 3rd one 4 breaths
	{6 x 50 on 1:10 Pulls every 2nd one 4 breaths

	{3 x 50 on 1:15 Pulls every one 4th breaths
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	9 x 150 on 2:45 Freestyle-descend
300	6 x 50 on 1:00 Stroke Drills
	6:00 PM 5,150 Yards - Stress Value = 87

**Workout #14058 - Monday, 21 October 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Physio Ball Shldrs/Tm Mtg	===
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
900	1x{4 x 25 on :45 Sprint Kick	EN2
	{1 x 50 on 1:00 Kick	EN2
	{4 x 25 on :45 Sprint Kick	EN2
	{1 x 100 on 1:55 kick	EN2
	{4 x 25 on :45 Sprint Kick	EN2
	{1 x 150 on 2:50 Kick	EN2
	{4 x 25 on :45 Sprint Kick	EN2
	{1 x 200 on 3:45 Kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,800	3x{1 x 300 on 4:30 Free-descend the 100's	EN2
	{1 x 200 on 3:00 Free neg split	EN2
	{1 x 100 on 3:00 Free-100%	EN3
	1 on 10:00 Game	
	7:30 PM 3,500 Yards - Stress Value = 72	

**Workout #14059 - Monday, 21 October 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Physio Ball Shldrs/Tm Mtg	===
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
850	1x{4 x 25 on :45 Sprint Kick	EN2
	{1 x 50 on 1:10 Kick	EN2
	{4 x 25 on :45 Sprint Kick	EN2
	{1 x 100 on 2:05 Kick	EN2
	{4 x 25 on :45 Sprint Kick	EN2
	{1 x 150 on 3:00 Kick	EN2
	{4 x 25 on :45 Sprint Kick	EN2
	{1 x 150 on 2:55 Kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,650	3x{1 x 300 on 5:00 Free-descend the 100's	EN2
	{1 x 150 on 2:30 Free neg split	EN2
	{1 x 100 on 3:00 Free-100%	EN3
	1 on 10:00 Game	
	7:30 PM 3,300 Yards - Stress Value = 68	

**Workout #14060 - Monday, 21 October 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY  
 =====  
 1 on 30:00 DS/Physio Ball Shldrs/Tm Mtg  
 450 1 x 450 on 10:00 Choice REC  
 150 10 x 15 on :45 Shooters SP3  
 800 1x{4 x 25 on :45 Sprint Kick EN2  
 {1 x 50 on 1:15 Kick EN2  
 {4 x 25 on :45 Sprint Kick EN2  
 {1 x 100 on 2:15 Kick EN2  
 {4 x 25 on :45 Sprint Kick EN2  
 {1 x 150 on 3:20 Kick EN2  
 {4 x 25 on :45 Sprint Kick EN2  
 {1 x 100 on 2:10 Kick EN2  
 150 6 x 25 on :45 Stroke Drills REC  
 1,500 3x{1 x 250 on 4:35 Free-descend the 100's EN2  
 {1 x 150 on 2:45 Free neg split EN2  
 {1 x 100 on 3:00 Free-100% EN3  
 1 on 10:00 Game  
 7:29 PM 3,050 Yards - Stress Value = 64

**Workout #14061 - Monday, 21 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY  
 =====  
 1 on 30:00 DS/Physio Ball Shldrs/Tm Mtg  
 400 1 x 400 on 10:00 Choice REC  
 150 10 x 15 on :45 Shooters SP3  
 650 1x{4 x 25 on 1:00 Sprint kick EN2  
 {1 x 50 on 1:30 Kick EN2  
 {4 x 25 on 1:00 Sprint kick EN2  
 {1 x 100 on 2:50 Kick EN2  
 {4 x 25 on 1:00 Sprint kick EN2  
 {1 x 150 on 4:00 Kick EN2  
 {2 x 25 on 1:00 Sprint kick EN2  
 150 6 x 25 on :45 Stroke Drills REC  
 1,050 3x{1 x 200 on 4:30 Free-descend the 100's EN2  
 {1 x 100 on 2:15 Free neg split EN2  
 {1 x 50 on 3:00 Free-100% EN3  
 1 on 10:00 Game  
 7:29 PM 2,400 Yards - Stress Value = 46

**Workout #14062 - Monday, 21 October 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY  
 =====  
 1 on 30:00 DS/Physio Ball Shldrs/Tm Mtg  
 350 1 x 350 on 10:00 Choice REC  
 150 10 x 15 on :45 Shooters SP3  
 650 1x{4 x 25 on 1:00 Sprint kick EN2  
 {1 x 50 on 1:30 Kick EN2  
 {4 x 25 on 1:00 Sprint kick EN2  
 {1 x 100 on 2:50 Kick EN2  
 {4 x 25 on 1:00 Sprint kick EN2  
 {1 x 150 on 4:00 Kick EN2  
 {2 x 25 on 1:00 Sprint kick EN2  
 150 6 x 25 on :45 Stroke Drills REC  
 1,050 3x{1 x 200 on 5:30 Free-descend the 100's EN2  
 {1 x 100 on 2:45 Free neg split EN2  
 {1 x 50 on 3:00 Free-100% EN3  
 1 on 10:00 Game  
 7:33 PM 2,350 Yards - Stress Value = 46

**Workout #14063 - Tuesday, 22 October 2013**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Core/Spotlight  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 5 x 100 on 2:00 Kick @ fastest interval  
 840 2x{ Alt 15 Tombstone Kick 15 underwa  
 {2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 1,100 1 x 1100 on 14:00 Pull 1st half br toward sc  
 2nd half br toward blchr  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 100 1 x 100 on 3:00 Back for time from a push  
 2,200 1x{3 x 150 on 2:20 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 5 secs  
 {3 x 150 on 2:15 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 4 secs  
 {3 x 150 on 2:10 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 3 secs  
 {3 x 150 on 2:05 Backstroke  
 {1 x 100 on 2:30 Backstroke afof  
 200 1 x 200 on 3:00 Stroke Drills  
 6:00 PM 5,890 Yards - Stress Value = 111

**Workout #14064 - Tuesday, 22 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Core/Spotlight  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 5 x 100 on 2:00 Kick @ fastest interval  
 840 2x{ Alt 15 Tombstone Kick 15 underwa  
 {2 x 30 on 1:00 Kick  
 {2 x 30 on :55 Kick  
 {2 x 30 on :50 Kick  
 {2 x 30 on :45 Kick  
 {2 x 30 on :40 Kick  
 {2 x 30 on :35 Kick  
 {2 x 30 on :30 Kick  
 1,000 1 x 1000 on 14:00 Pull 1st half br toward sc  
 2nd half br toward blchr  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 100 1 x 100 on 3:00 Back for time from a push  
 2,000 1x{3 x 150 on 2:35 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 5 secs  
 {3 x 150 on 2:30 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 4 secs  
 {3 x 150 on 2:25 Backstroke  
 {1 x 100 on 2:30 Backstroke w/in 3 secs  
 {2 x 125 on 1:55 Backstroke  
 {1 x 100 on 2:30 Backstroke afof  
 200 1 x 200 on 3:00 Stroke Drills  
 6:00 PM 5,590 Yards - Stress Value = 106

**Workout #14065 - Tuesday, 22 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	Yards	Set Description	EGY	WC
550	1 on 30:00 DS/Core/Spotlight				
150	1 x 550 on 10:00 Underwater trn drill			REC	
150	10 x 15 on :45 Shooters			SP3	
500	5 x 100 on 2:00 Kick @ fastest interval			EN2	
840	2x{ Alt 15 Tombstone Kick 15 underwa			EN2	
	{2 x 30 on 1:00 Kick			EN2	
	{2 x 30 on :55 Kick			REC	
	{2 x 30 on :50 Kick			EN2	
	{2 x 30 on :45 Kick			EN1	
	{2 x 30 on :40 Kick			EN2	
	{2 x 30 on :35 Kick			EN1	
	{2 x 30 on :30 Kick			REC	
900	1 x 900 on 14:00 Pull 1st half br toward scr	200	1 x 200 on 3:00 Stroke Drills		
	2nd half br toward blchr				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
100	1 x 100 on 3:00 Back for time from a push				
1,800	1x{3 x 150 on 2:55 Backstroke				
	{1 x 100 on 2:30 Backstroke w/in 5 secs				
	{3 x 150 on 2:50 Backstroke				
	{1 x 100 on 2:30 Backstroke w/in 4 secs				
	{3 x 100 on 1:50 Backstroke				
	{1 x 100 on 2:30 Backstroke w/in 3 secs				
	{2 x 100 on 1:45 Backstroke				
	{1 x 100 on 2:30 Backstroke afof				
200	1 x 200 on 3:00 Stroke Drills				
6:00	PM 5,240 Yards - Stress Value = 101				

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{2 x 150 on 3:00 Kick L.50 100%	EN2	
	{2 x 150 on 2:55 Kick L.50 100%	EN2	
	{2 x 150 on 2:50 Kick L.50 100%	EN2	
	{2 x 150 on 2:45 Kick L.50 100%	EN2	
150	6 x 25 on 1:00 Stroke Drills	REC	
1,200	1x{2 x 125 on 2:30 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{ all 25 drills should be fast		
	{2 x 125 on 2:25 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	REC	
	{2 x 125 on 2:20 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{2 x 125 on 2:15 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
7:30	PM 3,400 Yards - Stress Value = 50		

**Workout #14068 - Tuesday, 22 October 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	Yards	Set Description	EGY	WC
	1 on 30:00 DS/Core/Tm Mtg				
500	1 x 500 on 10:00 Underwater trn drill			REC	
150	10 x 15 on :45 Shooters			SP3	
1,200	1x{2 x 150 on 3:00 Kick L.50 100%			EN2	
	{2 x 150 on 2:55 Kick L.50 100%			EN2	
	{2 x 150 on 2:50 Kick L.50 100%			EN2	
	{2 x 150 on 2:45 Kick L.50 100%			EN2	
150	6 x 25 on 1:00 Stroke Drills			REC	
1,100	1x{2 x 125 on 2:30 Breast L.25 100%			EN2	
	{2 x 25 on :45 Stroke Drills			EN1	
	{ all 25 drills should be fast				
	{2 x 125 on 2:25 Breast L.25 100%			EN2	
	{2 x 25 on :45 Stroke Drills			REC	
	{2 x 100 on 2:20 Breast L.25 100%			EN2	
	{2 x 25 on :45 Stroke Drills			EN1	
	{2 x 100 on 2:15 Breast L.25 100%			EN2	
	{2 x 25 on :45 Stroke Drills			EN1	
200	1 x 200 on 3:00 Stroke Drills			REC	
	1 on 10:00 Techniques-Starts				
7:30	PM 3,300 Yards - Stress Value = 48				

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{2 x 150 on 3:00 Kick L.50 100%	EN2	
	{2 x 150 on 2:55 Kick L.50 100%	EN2	
	{2 x 150 on 2:50 Kick L.50 100%	EN2	
	{2 x 150 on 2:45 Kick L.50 100%	EN2	
150	6 x 25 on 1:00 Stroke Drills	REC	
1,100	1x{2 x 125 on 2:30 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{ all 25 drills should be fast		
	{2 x 125 on 2:25 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	REC	
	{2 x 100 on 2:20 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{2 x 100 on 2:15 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
7:30	PM 3,300 Yards - Stress Value = 48		

**Workout #14066 - Tuesday, 22 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	Yards	Set Description	EGY	WC
	1 on 30:00 DS/Core/Spotlight				
500	1 x 500 on 10:00 Underwater trn drill			REC	
150	10 x 15 on :45 Shooters			SP3	
500	5 x 100 on 2:00 Kick @ fastest interval			EN2	
840	2x{ Alt 15 Tombstone Kick 15 underwa			EN2	
	{2 x 30 on 1:00 Kick			EN2	
	{2 x 30 on :55 Kick			REC	
	{2 x 30 on :50 Kick			EN2	
	{2 x 30 on :45 Kick			EN1	
	{2 x 30 on :40 Kick			EN2	
	{2 x 30 on :35 Kick			EN1	
	{2 x 30 on :30 Kick			REC	
750	1 x 750 on 14:00 Pull 1st half br toward scr	200	1 x 200 on 3:00 Stroke Drills		
	2nd half br toward blchr				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
100	1 x 100 on 3:00 Back for time from a push				
1,650	1x{3 x 150 on 3:15 Backstroke				
	{1 x 100 on 2:30 Backstroke w/in 10 secs				
	{2 x 150 on 3:10 Backstroke				
	{1 x 100 on 2:30 Backstroke w/in 8 secs				
	{2 x 150 on 3:05 Backstroke				
	{1 x 100 on 2:30 Backstroke w/in 6 secs				
	{2 x 100 on 2:00 Backstroke				
	{1 x 100 on 2:30 Backstroke afof				
200	1 x 200 on 3:00 Stroke Drills				
6:00	PM 4,890 Yards - Stress Value = 97				

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{2 x 150 on 3:00 Kick L.50 100%	EN2	
	{2 x 150 on 2:55 Kick L.50 100%	EN2	
	{2 x 150 on 2:50 Kick L.50 100%	EN2	
	{2 x 150 on 2:45 Kick L.50 100%	EN2	
150	6 x 25 on 1:00 Stroke Drills	REC	
1,100	1x{2 x 125 on 2:30 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{ all 25 drills should be fast		
	{2 x 125 on 2:25 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	REC	
	{2 x 100 on 2:20 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{2 x 100 on 2:15 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
7:30	PM 3,300 Yards - Stress Value = 48		

**Workout #14067 - Tuesday, 22 October 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:30 PM Start

**Workout #14069 - Tuesday, 22 October 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	===	==
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{2 x 125 on 3:00 Kick L.50 100%	EN2	
	{2 x 125 on 2:55 Kick L.50 100%	EN2	
	{2 x 125 on 2:50 Kick L.50 100%	EN2	
	{2 x 125 on 2:45 Kick L.50 100%	EN2	
150	6 x 25 on 1:00 Stroke Drills	REC	
1,000	1x{2 x 100 on 2:30 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{ all 25 drills should be fast		
	{2 x 100 on 2:25 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	REC	
	{2 x 100 on 2:20 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{2 x 100 on 2:15 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
7:30 PM	2,950 Yards - Stress Value = 42		

**Workout #14070 - Tuesday, 22 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	===	==
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{2 x 100 on 3:00 Kick L.50 100%	EN2	
	{2 x 100 on 2:55 Kick L.50 100%	EN2	
	{2 x 100 on 2:50 Kick L.50 100%	EN2	
	{2 x 100 on 2:45 Kick L.50 100%	EN2	
150	6 x 25 on 1:00 Stroke Drills	REC	
900	1x{2 x 100 on 2:30 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{ all 25 drills should be fast		
	{2 x 100 on 2:25 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	REC	
	{2 x 75 on 2:20 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{2 x 75 on 2:15 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
7:30 PM	2,600 Yards - Stress Value = 36		

**Workout #14071 - Tuesday, 22 October 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	===	==
	1 on 30:00 DS/Core/Tm Mtg		
350	1 x 350 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{2 x 75 on 3:00 Kick L.50 100%	EN2	
	{2 x 75 on 2:55 Kick L.50 100%	EN2	
	{2 x 75 on 2:50 Kick L.50 100%	EN2	
	{2 x 75 on 2:45 Kick L.50 100%	EN2	
150	6 x 25 on 1:00 Stroke Drills	REC	
800	1x{2 x 75 on 2:30 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	EN1	
	{ all 25 drills should be fast		
	{2 x 75 on 2:25 Breast L.25 100%	EN2	

{2 x 25 on :45 Stroke Drills	REC
{2 x 75 on 2:20 Breast L.25 100%	EN2
{2 x 25 on :45 Stroke Drills	EN1
{2 x 75 on 2:15 Breast L.25 100%	EN2
{2 x 25 on :45 Stroke Drills	EN1
1 x 200 on 3:00 Stroke Drills	REC
1 on 10:00 Techniques-Starts	
7:30 PM	2,250 Yards - Stress Value = 30

**Workout #14072 - Wednesday, 23 October 2013**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 30:00 DS/ABs/Spotlight
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :30 Kick no board BSLR-15 KOW
	{1 x 150 on 2:20 Kick
	{4 x 25 on :30 Kick no board BSLR-14 KOW
	{1 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW
	{1 x 150 on 2:10 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{1 x 150 on 2:05 Kick
	{4 x 25 on :30 Kick no board BSLR-11 KOW
	{1 x 150 on 2:00 Kick
	{4 x 50 on :30 Kick no board BSLR-10 KOW
1,600	2x{1 x 100 on 2:00 Breast Pull
	{1 x 100 on 1:25 Breaststroke
	{1 x 100 on 1:55 Breast Pull
	{1 x 100 on 1:30 Breaststroke
	{1 x 100 on 1:50 Breast Pull
	{1 x 100 on 1:35 Breaststroke
	{1 x 100 on 1:45 Breast Pull
	{1 x 100 on 1:40 Breaststroke
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	1x{3 x 125 on 2:00 Breast L.25 3X pullouts
	{3 x 50 on :45 Breaststroke
	{3 x 125 on 1:55 Breast L.25 3X pullouts
	{3 x 50 on :50 Breaststroke
	{3 x 125 on 1:50 Breast L.25 3X pullouts
	{3 x 50 on :55 Breaststroke
	{3 x 125 on 1:45 Breast L.25 3X pullouts
50	1 x 50 on 1:00 Freestyle
100	1 x 100 on 3:00 Breast OTB
200	1 x 200 on 3:00 Stroke Drills
6:00 PM	6,300 Yards - Stress Value = 114

**Workout #14073 - Wednesday, 23 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/ABS  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :35 Kick no board BSLR-15 KOW  
 {1 x 150 on 2:50 Kick  
 {4 x 25 on :35 Kick no board BSLR-14 KOW  
 {1 x 150 on 2:45 Kick  
 {4 x 25 on :35 Kick no board BSLR 13 KOW  
 {1 x 150 on 2:40 Kick  
 {4 x 25 on :35 Kick no board BSLR-12 KOW  
 {1 x 150 on 2:35 Kick  
 {4 x 25 on :35 Kick no board BSLR-11 KOW  
 1,500 2x{1 x 100 on 2:10 Breast Pull  
 {1 x 100 on 1:35 Breaststroke  
 {1 x 100 on 2:05 Breast Pull  
 {1 x 100 on 1:40 Breaststroke  
 {1 x 100 on 2:00 Breast Pull  
 {1 x 100 on 1:45 Breaststroke  
 {1 x 100 on 1:55 Breast Pull  
 {1 x 50 on :55 Breast (1st set only)  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{3 x 125 on 2:10 Breast L.25 3X pullouts  
 {2 x 50 on :50 Breaststroke  
 {3 x 125 on 2:05 Breast L.25 3X pullouts  
 {2 x 50 on :55 Breaststroke  
 {3 x 125 on 2:00 Breast L.25 3X pullouts  
 {2 x 50 on 1:00 Breaststroke  
 {3 x 125 on 1:55 Breast L.25 3X pullouts  
 50 1 x 50 on 1:00 Freestyle  
 100 1 x 100 on 3:00 Breaststroke OTB  
 200 1 x 200 on 3:00 Stroke Drills  
 6:01 PM 5,700 Yards - Stress Value = 106

**Workout #14074 - Wednesday, 23 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/ABS  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,000 1x{4 x 25 on :40 Kick no board BSLR-15 KOW  
 {1 x 150 on 3:05 Kick  
 {4 x 25 on :40 Kick no board BSLR-14 KOW  
 {1 x 150 on 3:00 Kick  
 {4 x 25 on :40 Kick no board BSLR 13 KOW  
 {1 x 150 on 2:55 Kick  
 {4 x 25 on :40 Kick no board BSLR-12 KOW  
 {1 x 100 on 1:55 Kick  
 {2 x 25 on :40 Kick no board BSLR-11 KOW  
 1,400 2x{1 x 100 on 2:20 Breast Pull  
 {1 x 100 on 1:45 Breaststroke  
 {1 x 100 on 2:15 Breast Pull  
 {1 x 100 on 1:50 Breaststroke  
 {1 x 100 on 2:10 Breast Pull  
 {1 x 100 on 1:55 Breaststroke  
 {1 x 100 on 2:00 Breaststroke  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,625 1x{3 x 125 on 2:20 Breast L.25 3X pullouts  
 {2 x 50 on :55 Breaststroke  
 {3 x 125 on 2:15 Breast L.25 3X pullouts  
 {2 x 50 on 1:00 Breaststroke  
 {3 x 125 on 2:10 Breast L.25 3X pullouts  
 {2 x 50 on 1:05 Breaststroke  
 {2 x 100 on 1:40 Breast L.25 3X pullouts

50 1 x 50 on 1:00 Freestyle  
 100 1 x 100 on 3:00 Breast OTB  
 200 1 x 200 on 3:00 Stroke Drills  
 6:01 PM 5,275 Yards - Stress Value = 96

**Workout #14075 - Wednesday, 23 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/ABS/Spotlight  
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 850 1x{4 x 25 on :45 Kick no board BSLR-15 KOW  
 {1 x 150 on 3:30 Kick  
 {4 x 25 on :45 Kick no board BSLR-14 KOW  
 {1 x 150 on 3:25 Kick  
 {4 x 25 on :45 Kick no board BSLR 13 KOW  
 {1 x 150 on 3:20 Kick  
 {4 x 25 on :45 Kick no board BSLR-12 KOW  
 1,300 2x{1 x 100 on 2:30 Breast Pull  
 {1 x 100 on 1:50 Breaststroke  
 {1 x 100 on 2:25 Breast Pull  
 {1 x 100 on 1:55 Breaststroke  
 {1 x 100 on 2:20 Breast Pull  
 {1 x 100 on 2:00 Breaststroke  
 {1 x 50 on 1:00 Freestyle  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,350 1x{3 x 100 on 2:20 Breast L.25 3X pullouts  
 {2 x 50 on 1:10 Breaststroke  
 {3 x 100 on 2:15 Breast L.25 3X pullouts  
 {2 x 50 on 1:10 Breaststroke  
 {3 x 100 on 2:10 Breast L.25 3X pullouts  
 {1 x 50 on 1:10 Breaststroke  
 {2 x 100 on 2:05 Breast L.25 3X pullouts  
 50 1 x 50 on 1:00 Freestyle  
 100 1 x 100 on 3:00 Breast OTB  
 200 1 x 200 on 3:00 Stroke Drills  
 6:01 PM 4,700 Yards - Stress Value = 84

**Workout #14076 - Wednesday, 23 October 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 30:00 DS/Physio Ball/Tm Mtg  
 500 1 x 500 on 10:00 Swim-kick-pull-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 1,050 1x{6 x 25 on :45 Kick no board B 10KOW+1 EN2  
 {3 x 50 on 1:10 Kick no board on back EN2  
 {6 x 25 on :45 Kick no board B 10KOW+1 EN2  
 {3 x 50 on 1:05 Kick no board on back EN2  
 {6 x 25 on :45 Kick no board B 10KOW+1 EN2  
 {3 x 50 on 1:00 Kick no board on back EN2  
 {6 x 25 on :45 Kick no board B 10KOW+1 EN2  
 { 50's=#1 on back hands seperated, #2 on right  
 { #3 on left side  
 100 1 x 100 on 2:00 Kick on back for time SP2  
 750 1 x 750 on 12:00 Back Pull EN1  
 150 6 x 25 on :45 Back drills REC  
 350 7 x 50 on 2:00 Backstroke SP1  
 200 1 x 200 on 4:00 Stroke Drills REC  
 7:30 PM 3,250 Yards - Stress Value = 73

**Workout #14077 - Wednesday, 23 October 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:15 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:10 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{2 x 50 on 1:05 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{ 50's=#1 on back hands seperated, #2 on right		
	{ #3 on left side		
100	1 x 100 on 2:00 Kick on back for time	SP2	
700	1 x 700 on 12:00 Back Pull	EN1	
150	6 x 25 on :45 Back drills	REC	
350	7 x 50 on 2:00 Backstroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:30 PM 3,150 Yards - Stress Value = 71		

**Workout #14078 - Wednesday, 23 October 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:20 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:15 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:10 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{ 50's=#1 on back hands seperated, #2 on right		
	{ #3 on left side		
100	1 x 100 on 2:00 Kick on back for time	SP2	
650	1 x 650 on 12:00 Back Pull	EN1	
150	6 x 25 on :45 Back drills	REC	
350	7 x 50 on 2:00 Backstroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:30 PM 3,050 Yards - Stress Value = 70		

**Workout #14079 - Wednesday, 23 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
950	1x{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:30 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:25 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:20 Kick no board on back	EN2	
	{2 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{ 50's=#1 on back hands seperated, #2 on right		
	{ #3 on left side		
100	1 x 100 on 2:00 Kick on back for time	SP2	
550	1 x 550 on 12:00 Back Pull	EN1	
150	6 x 25 on :45 Back drills	REC	
350	7 x 50 on 2:00 Backstroke	SP1	

200 1 x 200 on 4:00 Stroke Drills REC  
7:30 PM 2,850 Yards - Stress Value = 69

**Workout #14080 - Wednesday, 23 October 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg		
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{4 x 25 on 1:00 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:45 Kick no board on back	EN2	
	{4 x 25 on 1:00 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:40 Kick no board on back	EN2	
	{4 x 25 on 1:00 Kick no board B 10KOW+1	EN2	
	{2 x 50 on 1:35 Kick no board on back	EN2	
	{2 x 25 on 1:00 Kick no board B 10KOW+1	EN2	
	{ 50's=#1 on back hands seperated, #2 on right		
	{ #3 on left side		
100	1 x 100 on 2:00 Kick on back for time	SP2	
400	1 x 400 on 12:00 Back Pull	EN1	
150	6 x 25 on :45 Back drills	REC	
350	7 x 50 on 2:00 Backstroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:30 PM 2,450 Yards - Stress Value = 63		

**Workout #14081 - Thursday, 24 October 2013**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Spotlight  
 1 x 600 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 900 1x{1 x 50 on :45 Butterfly 2-2  
 {4 x 25 on :25 Butterfly lup 1down  
 {2 x 50 on :45 Butterfly 2-3  
 {4 x 25 on :25 Butterfly lup 2down  
 {3 x 50 on :45 Butterfly 2-4  
 {4 x 25 on :25 Butterfly lup 3down  
 {4 x 50 on :45 Butterfly 2-5  
 {4 x 25 on :25 Butterfly-descend  
 1,200 1x{3 x 100 on 1:40 Kick  
 {3 x 100 on 1:35 Kick  
 {3 x 100 on 1:30 Kick  
 {3 x 100 on 1:25 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{1 x 50 on :45 Butterfly 2-2  
 {4 x 25 on :25 Butterfly lup 1down  
 {2 x 50 on :45 Butterfly 2-3  
 {4 x 25 on :25 Butterfly lup 2down  
 {3 x 50 on :45 Butterfly 2-4  
 {4 x 25 on :25 Butterfly lup 3down  
 {4 x 50 on :45 Butterfly 2-5  
 {4 x 25 on :25 Butterfly-descend  
 1,400 1x{2 x 200 on 2:45 Pulls  
 {2 x 200 on 2:40 Pulls  
 {2 x 200 on 2:35 Pulls  
 {1 x 200 on 2:30 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{1 x 50 on :45 Butterfly 2-2  
 {4 x 25 on :25 Butterfly lup 1down  
 {2 x 50 on :45 Butterfly 2-3  
 {4 x 25 on :25 Butterfly lup 2down  
 {3 x 50 on :45 Butterfly 2-4  
 {4 x 25 on :25 Butterfly lup 3down  
 {4 x 50 on :45 Butterfly 2-5  
 {4 x 25 on :25 Butterfly-descend  
 250 1 x 250 on 4:00 Stroke Drills  
 6:00 PM 6,500 Yards - Stress Value = 99

{4 x 25 on :30 Butterfly lup 1down  
 {2 x 50 on :50 Butterfly 2-3  
 {4 x 25 on :30 Butterfly lup 2down  
 {3 x 50 on :50 Butterfly 2-4  
 {4 x 25 on :30 Butterfly lup 3down  
 {2 x 50 on :50 Butterfly 2-5  
 {4 x 25 on :30 Butterfly-descend  
 1,250 1x{2 x 200 on 3:00 Pulls  
 {2 x 200 on 2:55 Pulls  
 {2 x 200 on 2:50 Pulls  
 {1 x 50 on :40 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 800 1x{1 x 50 on :50 Butterfly 2-2  
 {4 x 25 on :30 Butterfly lup 1down  
 {2 x 50 on :50 Butterfly 2-3  
 {4 x 25 on :30 Butterfly lup 2down  
 {3 x 50 on :50 Butterfly 2-4  
 {4 x 25 on :30 Butterfly lup 3down  
 {2 x 50 on :50 Butterfly 2-5  
 {4 x 25 on :30 Butterfly-descend  
 250 1 x 250 on 4:00 Stroke Drills  
 6:00 PM 5,950 Yards - Stress Value = 86

**Workout #14083 - Thursday, 24 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Spotlight  
 1 x 600 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 700 1x{1 x 50 on :55 Butterfly 2-2  
 {4 x 25 on :35 Butterfly lup 1down  
 {2 x 50 on :55 Butterfly 2-3  
 {4 x 25 on :35 Butterfly lup 2down  
 {3 x 50 on :55 Butterfly 2-4  
 {4 x 25 on :35 Butterfly lup 3down  
 {1 x 50 on :55 Butterfly 2-5  
 {2 x 25 on :35 Butterfly-descend  
 950 1x{3 x 100 on 2:00 Kick  
 {3 x 100 on 1:55 Kick  
 {3 x 100 on 1:50 Kick  
 {1 x 50 on :55 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 700 1x{1 x 50 on :55 Butterfly 2-2  
 {4 x 25 on :35 Butterfly lup 1down  
 {2 x 50 on :55 Butterfly 2-3  
 {4 x 25 on :35 Butterfly lup 2down  
 {3 x 50 on :55 Butterfly 2-4  
 {4 x 25 on :35 Butterfly lup 3down  
 {1 x 50 on :55 Butterfly 2-5  
 {2 x 25 on :35 Butterfly-descend  
 1,150 1x{2 x 200 on 3:15 Pulls  
 {2 x 200 on 3:10 Pulls  
 {2 x 175 on 2:40 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 700 1x{1 x 50 on :55 Butterfly 2-2  
 {4 x 25 on :35 Butterfly lup 1down  
 {2 x 50 on :55 Butterfly 2-3  
 {4 x 25 on :35 Butterfly lup 2down  
 {3 x 50 on :55 Butterfly 2-4  
 {4 x 25 on :35 Butterfly lup 3down  
 {1 x 50 on :55 Butterfly 2-5  
 {2 x 25 on :35 Butterfly-descend  
 250 1 x 250 on 4:00 Stroke Drills  
 6:00 PM 5,400 Yards - Stress Value = 76

1,400 1x{2 x 200 on 2:45 Pulls  
 {2 x 200 on 2:40 Pulls  
 {2 x 200 on 2:35 Pulls  
 {1 x 200 on 2:30 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 900 1x{1 x 50 on :45 Butterfly 2-2  
 {4 x 25 on :25 Butterfly lup 1down  
 {2 x 50 on :45 Butterfly 2-3  
 {4 x 25 on :25 Butterfly lup 2down  
 {3 x 50 on :45 Butterfly 2-4  
 {4 x 25 on :25 Butterfly lup 3down  
 {4 x 50 on :45 Butterfly 2-5  
 {4 x 25 on :25 Butterfly-descend  
 250 1 x 250 on 4:00 Stroke Drills  
 6:00 PM 6,500 Yards - Stress Value = 99

**Workout #14082 - Thursday, 24 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Spotlight  
 1 x 600 on 10:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 800 1x{1 x 50 on :50 Butterfly 2-2  
 {4 x 25 on :30 Butterfly lup 1down  
 {2 x 50 on :50 Butterfly 2-3  
 {4 x 25 on :30 Butterfly lup 2down  
 {3 x 50 on :50 Butterfly 2-4  
 {4 x 25 on :30 Butterfly lup 3down  
 {2 x 50 on :50 Butterfly 2-5  
 {4 x 25 on :30 Butterfly-descend  
 1,100 1x{3 x 100 on 1:50 Kick  
 {3 x 100 on 1:45 Kick  
 {3 x 100 on 1:40 Kick  
 {2 x 100 on 1:35 Kick  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 800 1x{1 x 50 on :50 Butterfly 2-2

{4 x 25 on :30 Butterfly lup 1down  
 {2 x 50 on :50 Butterfly 2-3  
 {4 x 25 on :30 Butterfly lup 2down  
 {3 x 50 on :50 Butterfly 2-4  
 {4 x 25 on :30 Butterfly lup 3down  
 {2 x 50 on :50 Butterfly 2-5  
 {4 x 25 on :30 Butterfly-descend  
 1,250 1x{2 x 200 on 3:00 Pulls  
 {2 x 200 on 2:55 Pulls  
 {2 x 200 on 2:50 Pulls  
 {1 x 50 on :40 Pulls  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 800 1x{1 x 50 on :50 Butterfly 2-2  
 {4 x 25 on :30 Butterfly lup 1down  
 {2 x 50 on :50 Butterfly 2-3  
 {4 x 25 on :30 Butterfly lup 2down  
 {3 x 50 on :50 Butterfly 2-4  
 {4 x 25 on :30 Butterfly lup 3down  
 {2 x 50 on :50 Butterfly 2-5  
 {4 x 25 on :30 Butterfly-descend  
 250 1 x 250 on 4:00 Stroke Drills  
 6:00 PM 5,400 Yards - Stress Value = 76

**Workout #14084 - Thursday, 24 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Spolight
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
650	1x{1 x 50 on 1:00 Butterfly 2-2
	{4 x 25 on :40 Butterfly lup 1down
	{2 x 50 on 1:00 Butterfly 2-3
	{4 x 25 on :40 Butterfly lup 2down
	{3 x 50 on 1:00 Butterfly 2-4
	{4 x 25 on :40 Butterfly lup 3down
	{1 x 50 on 1:00 Butterfly 2-5
850	1x{2 x 100 on 2:20 Kick
	{3 x 100 on 2:15 Kick
	{3 x 100 on 2:10 Kick
	{1 x 50 on 1:05 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
650	1x{1 x 50 on 1:00 Butterfly 2-2
	{4 x 25 on :40 Butterfly lup 1down
	{2 x 50 on 1:00 Butterfly 2-3
	{4 x 25 on :40 Butterfly lup 2down
	{3 x 50 on 1:00 Butterfly 2-4
	{4 x 25 on :40 Butterfly lup 3down
	{1 x 50 on 1:00 Butterfly 2-5
1,050	1x{2 x 200 on 3:30 Pulls
	{2 x 200 on 3:25 Pulls
	{2 x 125 on 2:10 Pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
650	1x{1 x 50 on 1:00 Butterfly 2-2
	{4 x 25 on :40 Butterfly lup 1down
	{2 x 50 on 1:00 Butterfly 2-3
	{4 x 25 on :40 Butterfly lup 2down
	{3 x 50 on 1:00 Butterfly 2-4
	{4 x 25 on :40 Butterfly lup 3down
	{1 x 50 on 1:00 Butterfly 2-5
250	1 x 250 on 4:00 Stroke Drills

6:00 PM 5,050 Yards - Stress Value = 69

Yards	Set Description
600	1 on 10:00 Dynamic Stretch
165	1 x 600 on 10:00 Choice
750	11 x 15 on :45 Cross pool sprints
200	4x{1 x 25 on 15:00 Vertical Kicking w/weight k
	{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 200 on 2:30 Individual Medley
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:05 Freestyle
	{1 x 100 on 1:20 Individual Medley
	{1 x 100 on 1:10 Freestyle
	{1 x 100 on 1:15 Individual Medley
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:10 Individual Medley
	{1 x 100 on 1:20 Freestyle
	{1 x 200 on 2:30 Individual Medley
	{1 x 100 on 1:20 Individual Medley
	{1 x 100 on 1:05 Freestyle
	{1 x 100 on 1:15 Individual Medley
	{1 x 100 on 1:10 Freestyle
	{1 x 100 on 1:10 Individual Medley
	{1 x 100 on 1:05 Freestyle
	{1 x 100 on 1:10 Individual Medley
	{1 x 100 on 1:10 Freestyle
250	1 x 250 on 5:00 Stroke Drills

8:30 AM 4,365 Yards - Stress Value = 72

**Workout #14087 - Friday, 25 October 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description
400	1 on 45:00 DS/Dryland
150	1 x 400 on 8:00 Reverse IM drill
	10 x 15 on :45 Shooters
1,500	1x{1 x 150 on 2:30 IM w/out the free
	{3 x 50 on :45 Free-descend
	{1 x 150 on 2:25 IM w/out the free
	{3 x 50 on :45 Free-descend
	{1 x 150 on 2:20 IM w/out the free
	{3 x 50 on :45 Free-descend
	{1 x 150 on 2:15 IM w/out the free
	{3 x 50 on :45 Free-descend
	{1 x 150 on 2:10 IM w/out the free
	{3 x 50 on :45 Free-descend
200	1 x 200 on 3:00 Stroke Drills

6:30 PM 2,250 Yards - Stress Value = 36

Yards	Set Description	EGY	WORK	SE
400	1 on 45:00 DS/Dryland			
150	1 x 400 on 8:00 Reverse IM drill	REC		D
	10 x 15 on :45 Shooters	SP3		S
1,500	1x{1 x 150 on 2:30 IM w/out the free	EN2		S
	{3 x 50 on :45 Free-descend	EN2		S
	{1 x 150 on 2:25 IM w/out the free	EN2		S
	{3 x 50 on :45 Free-descend	EN2		S
	{1 x 150 on 2:20 IM w/out the free	EN2		S
	{3 x 50 on :45 Free-descend	EN2		S
	{1 x 150 on 2:15 IM w/out the free	EN2		S
	{3 x 50 on :45 Free-descend	EN2		S
	{1 x 150 on 2:10 IM w/out the free	EN2		S
	{3 x 50 on :45 Free-descend	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D

**Workout #14085 - Thursday, 24 October 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
500	1 on 30:00 DS/Soulders/Tm Mtg	
	1 x 500 on 10:00 Underwater trn drill	REC
	Odd 100's free even 100's back	
	1 on 12:00 Techniques-breakouts/finishes	REC
150	10 x 15 on :45 Shooters	SP3
100	4 x 25 on 1:00 Butterfly	EN1
750	1x{1 x 200 on 8:00 Stroke Drills	REC
	{1 x 50 on 2:00 Fly-100%	EN2
	{1 x 200 on 8:00 Stroke Drills	REC
	{1 x 50 on 2:00 Fly-100%	EN2
	{1 x 200 on 8:00 Stroke Drills	REC
	{1 x 50 on 2:00 Fly-100%	EN2
100	4 x 25 on 1:00 Perfect Fly-descend	EN2
200	1 x 200 on 5:00 Fly-great effort	EN2
	1 on 12:00 Techniques-Starts	REC

7:30 PM 1,800 Yards - Stress Value = 16

**Workout #14086 - Friday, 25 October 2013**

**Group 3 - IM'ers**

**1 minute rest between sets**

7:00 AM Start

**Workout #14088 - Friday, 25 October 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 45:00 DS/Dryland		L I	
400	1 x 400 on 8:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,300	1x{1 x 150 on 2:45 IM w/out the free	EN2	S	
	{3 x 50 on :50 Free-descend	EN2	S	
	{1 x 150 on 2:40 IM w/out the free	EN2	S	
	{3 x 50 on :50 Free-descend	EN2	S	
	{1 x 150 on 2:35 IM w/out the free	EN2	S	
	{3 x 50 on :50 Free-descend	EN2	S	
	{1 x 150 on 2:30 IM w/out the free	EN2	S	
	{3 x 50 on :50 Free-descend	EN2	S	
	{1 x 100 on 1:35 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:30 PM	2,050 Yards - Stress Value = 32			

**Workout #14089 - Friday, 25 October 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 45:00 DS/Dryland		L I	
350	1 x 350 on 8:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,200	1x{1 x 150 on 3:00 IM w/out the free	EN2	S	
	{3 x 50 on :55 Free-descend	EN2	S	
	{1 x 150 on 2:55 IM w/out the free	EN2	S	
	{3 x 50 on :55 Free-descend	EN2	S	
	{1 x 150 on 2:50 IM w/out the free	EN2	S	
	{3 x 50 on :55 Free-descend	EN2	S	
	{1 x 150 on 2:45 IM w/out the free	EN2	S	
	{3 x 50 on :55 Free-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:30 PM	1,900 Yards - Stress Value = 30			

**Workout #14090 - Friday, 25 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 45:00 DS/Dryland		L I	
300	1 x 300 on 8:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,050	1x{1 x 150 on 3:30 IM w/out the free	EN2	S	
	{3 x 50 on 1:00 Free-descend	EN2	S	
	{1 x 150 on 3:25 IM w/out the free	EN2	S	
	{3 x 50 on 1:00 Free-descend	EN2	S	
	{1 x 150 on 3:20 IM w/out the free	EN2	S	
	{3 x 50 on 1:00 Free-descend	EN2	S	
	{1 x 150 on 3:15 IM w/out the free	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:30 PM	1,700 Yards - Stress Value = 27			

**Workout #14091 - Friday, 25 October 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 45:00 DS/Dryland		L I	
250	1 x 250 on 8:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
900	1x{1 x 150 on 4:00 IM w/out the free	EN2	S	

{3 x 50 on 1:15 Free-descend	EN2	S
{1 x 150 on 4:00 IM w/out the free	EN2	S
{3 x 50 on 1:15 Free-descend	EN2	S
{1 x 150 on 4:00 IM w/out the free	EN2	S
{3 x 50 on 1:15 Free-descend	EN2	S
1 x 200 on 3:00 Stroke Drills	REC	D
6:31 PM	1,500 Yards - Stress Value = 24	

**Workout #14092 - Monday, 28 October 2013**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
3:30 PM	Start			
=====	=====	=====	=====	=====
	1 on 30:00 DS/Phyio Ball/Spotlight			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
1,850	1x{4 x 25 on :30 Kick no board BSLR			
	{1 x 100 on 1:20 Kick			
	{1 x 100 on 1:30 Kick			
	{1 x 100 on 1:45 Kick			
	{1 x 100 on 2:00 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{2 x 75 on 1:10 Kick			
	{2 x 75 on 1:20 Kick			
	{2 x 75 on 1:30 Kick			
	{4 x 25 on :30 Kick no board BSLR			
	{3 x 50 on :40 Kik			
	{3 x 50 on :45 Kick			
	{3 x 50 on :50 Kick			
	{3 x 50 on :55 Kick			
	{4 x 25 on :30 Kick no board BSLR			
100	1 x 100 on 2:00 Kick for time			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
3,200	1x{1 x 400 on 6:00 Freestyle			
	{4 x 100 on 1:15 Freestyle			
	{1 x 400 on 5:45 Freestyle			
	{4 x 100 on 1:20 Freestyle			
	{1 x 400 on 5:30 Freestyle			
	{4 x 100 on 1:25 Freestyle			
	{1 x 400 on 5:15 Freestyle			
	{4 x 100 on 1:30 Freestyle			
500	10 x 50 on 1:00 Stroke Drills			
6:00 PM	6,600 Yards - Stress Value = 111			

**Workout #14093 - Monday, 28 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
600	1 on 30:00 DS/Physio Ball/Spotlight
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,600	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:45 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:15 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:30 Kick
	{2 x 75 on 1:40 Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on :50 Kick
	{3 x 50 on :55 Kick
	{3 x 50 on 1:00 Kick
	{4 x 25 on :35 Kick no board BSLR
100	1 x 100 on 2:00 Kick for time
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,900	1x{1 x 400 on 6:40 Freestyle
	{4 x 100 on 1:25 Freestyle
	{1 x 400 on 6:20 Freestyle
	{4 x 100 on 1:30 Freestyle
	{1 x 400 on 6:00 Freestyle
	{4 x 100 on 1:35 Freestyle
	{1 x 400 on 5:40 Freestyle
	{1 x 100 on 1:40 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 6,050 Yards - Stress Value = 100

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Physio Balls/Spotlight
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,250	10 x 15 on :45 Shooters
1,250	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 75 on 1:45 Kick
	{1 x 75 on 1:50 Kick
	{2 x 75 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:05 Kick
	{2 x 50 on 1:10 Kick
	{1 x 50 on 1:15 Freestyle
	{4 x 25 on :45 Kick no board BSLR
100	1 x 100 on 2:00 Kick for time
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,600	1x{1 x 400 on 8:00 Freestyle
	{4 x 100 on 1:45 Freestyle
	{1 x 400 on 7:40 Freestyle
	{4 x 100 on 1:50 Freestyle
	{1 x 400 on 7:20 Freestyle
	{4 x 100 on 1:55 Freestyle
	{1 x 200 on 3:30 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	6:00 PM 5,100 Yards - Stress Value = 87

**Workout #14096 - Monday, 28 October 2013**

**Group 2 - Breast**

**1 minute rest between sets**

**Workout #14094 - Monday, 28 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
550	1 on 30:00 DS/Physio Balls/Spotlight
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,400	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:20 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{2 x 75 on 1:40 Kick
	{2 x 75 on 1:50 Kick
	{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:00 Kick
	{2 x 50 on 1:05 Kick
	{4 x 25 on :40 Kick no board BSLR
100	1 x 100 on 2:00 Kick for time
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	1x{1 x 400 on 7:20 Freestyle
	{4 x 100 on 1:35 Freestyle
	{1 x 400 on 7:00 Freestyle
	{4 x 100 on 1:40 Freestyle
	{1 x 400 on 6:40 Freestyle
	{4 x 100 on 1:45 Freestyle
	{1 x 400 on 6:20 Freestyle
350	7 x 50 on 1:00 Stroke Drills
	6:00 PM 5,550 Yards - Stress Value = 94

5:30 PM Start

Yards	Set Description	EGY	WOF
500	1 on 30:00 DS/Physio Balls/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
100	10 x 15 on :45 Shooters	SP3	
1,200	1 x 100 on 2:00 Kick for time	EN2	
1,200	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 1:45 Kick	EN2	
400	2x{4 x 25 on 1:00 Breast Pulls	EN2	
	{4 x 25 on :30 Free w/6bk	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
350	7 x 50 on 2:00 Breaststroke	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 3,100 Yards - Stress Value = 68		

**Workout #14095 - Monday, 28 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

**Workout #14097 - Monday, 28 October 2013**

7:30 PM 2,800 Yards - Stress Value = 64

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start		
Yards	Set Description	EGY WOF
500	1 on 30:00 DS/Physio Balls/Tm Mtg	
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC
100	10 x 15 on :45 Shooters	SP3
100	1 x 100 on 2:00 Kick for time	EN2
1,100	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:10 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:05 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 50 on :55 Kick	EN2
400	2x{4 x 25 on 1:00 Breast Pulls	EN2
	{4 x 25 on :30 Free w/6bk	EN2
150	6 x 25 on :45 Stroke Drills	REC
350	7 x 50 on 2:00 Breaststroke	SP1
250	1 x 250 on 5:00 Stroke Drills	REC
7:30 PM 3,000 Yards - Stress Value = 66		

**Workout #14100 - Monday, 28 October 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start		
Yards	Set Description	EGY WOF
350	1 on 30:00 DS/Physio Balls/Tm Mtg	
150	1 x 350 on 10:00 Swim-kick-pull-swim	REC
100	10 x 15 on :45 Shooters	SP3
100	1 x 100 on 2:00 Kick for time	EN2
750	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{2 x 100 on 3:15 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{2 x 100 on 3:10 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 50 on 1:30 Kick	EN2
300	2x{2 x 25 on 1:30 Breast Pulls	EN2
	{4 x 25 on :45 Free w/6bk	EN2
150	6 x 25 on :45 Stroke Drills	REC
350	7 x 50 on 2:00 Breaststroke	SP1
250	1 x 250 on 5:00 Stroke Drills	REC
7:30 PM 2,400 Yards - Stress Value = 57		

**Workout #14098 - Monday, 28 October 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start		
Yards	Set Description	EGY WOF
450	1 on 30:00 DS/Physio Balls/Tm Mtg	
150	1 x 450 on 10:00 Swim-kick-pull-swim	REC
100	10 x 15 on :45 Shooters	SP3
100	1 x 100 on 2:00 Kick for time	EN2
1,050	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:20 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:15 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:10 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 50 on 1:05 Kick	EN2
400	2x{4 x 25 on 1:00 Breast Pulls	EN2
	{4 x 25 on :30 Free w/6bk	EN2
150	6 x 25 on :45 Stroke Drills	REC
350	7 x 50 on 2:00 Breaststroke	SP1
250	1 x 250 on 5:00 Stroke Drills	REC
7:30 PM 2,900 Yards - Stress Value = 65		

**Workout #14101 - Tuesday, 29 October 2013**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start		
Yards	Set Description	EGY WOF
600	1 on 25:00 DS/Core	
150	1 x 600 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
600	6 x 100 on 2:00 Kick @ fastest interval	
600	10x{1 x 30 on :01 Sprint kick	
	{1 x 30 on 1:59 Sprint free no 1 breath	
	{15 yd under water fly kick	
1,200	1x{1 x 250 on 3:20 Pulls	
	{2 x 125 on 1:40 Pulls	
	{1 x 200 on 2:40 Pulls	
	{2 x 100 on 1:20 Pulls	
	{1 x 150 on 2:00 Pulls	
	{2 x 75 on 1:00 Pulls	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe	
2,200	1x{4 x 100 on 1:30 Backstroke	
	{1 x 50 on :50 Backstroke	
	{1 x 50 on :45 Backstroke	
	{1 x 50 on :40 Backstroke	
	{4 x 100 on 1:25 Backstroke	
	{1 x 50 on :50 Backstroke	
	{1 x 50 on :45 Backstroke	
	{1 x 50 on :40 Backstroke	
	{4 x 100 on 1:20 Backstroke	
	{1 x 50 on :50 Backstroke	
	{1 x 50 on :45 Backstroke	
	{1 x 50 on :40 Backstroke	
	{4 x 100 on 1:15 Backstroke	
	{1 x 50 on :50 Backstroke	
	{1 x 50 on :45 Backstroke	
	{1 x 50 on :40 Backstroke	
400	4 x 100 on 1:30 Free-Descend to Ludicrous	
400	8 x 50 on 1:00 Stroke Drills	
6:00 PM 6,350 Yards - Stress Value = 76		

**Workout #14099 - Monday, 28 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start		
Yards	Set Description	EGY WOF
400	1 on 30:00 DS/Physio Balls/Tm Mtg	
150	1 x 400 on 10:00 Swim-kick-pull-swim	REC
100	10 x 15 on :45 Shooters	SP3
100	1 x 100 on 2:00 Kick for time	EN2
1,000	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:30 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:25 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:20 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
400	2x{4 x 25 on 1:00 Breast Pulls	EN2
	{4 x 25 on :30 Free w/6bk	EN2
150	6 x 25 on :45 Stroke Drills	REC
350	7 x 50 on 2:00 Breaststroke	SP1
250	1 x 250 on 5:00 Stroke Drills	REC

**Workout #14102 - Tuesday, 29 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
=====	=====
600	1 on 25:00 DS/Core
150	1 x 600 on 10:00 Underwater trn drill
600	10 x 15 on :45 Shooters
600	6 x 100 on 2:00 Kick @ fastest interval
600	10x{1 x 30 on :01 Sprint kick
	{1 x 30 on 1:59 Sprint free no 1 breath
	{ 15 yd under water fly kick
1,050	1x{1 x 250 on 3:40 Pulls
	{2 x 125 on 1:55 Pulls
	{1 x 150 on 2:15 Pulls
	{1 x 200 on 3:00 Pulls
	{2 x 100 on 1:30 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,900	1x{4 x 100 on 1:40 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on :45 Backstroke
	{4 x 100 on 1:35 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on :45 Backstroke
	{4 x 100 on 1:30 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 50 on :45 Backstroke
	{2 x 100 on 1:30 Backstroke
	{1 x 50 on :55 Backstroke
400	4 x 100 on 1:30 Free-Descend to Ludicrous
400	8 x 50 on 1:00 Stroke Drills
6:00 PM	5,900 Yards - Stress Value = 70

**Workout #14103 - Tuesday, 29 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
=====	=====
550	1 on 25:00 DS/Core
150	1 x 550 on 10:00 Underwater trn drill
600	10 x 15 on :45 Shooters
600	6 x 100 on 2:00 Kick @ fastest interval
600	10x{1 x 30 on :01 Sprint kick
	{1 x 30 on 1:59 Sprint free no 1 breath
	{ 15 yd under water fly kick
950	1x{1 x 250 on 4:10 Pulls
	{2 x 125 on 2:05 Pulls
	{1 x 150 on 2:30 Pulls
	{1 x 200 on 3:20 Pulls
	{2 x 50 on :50 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,750	1x{4 x 100 on 1:50 Backstroke
	{1 x 50 on 1:00 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on :50 Backstroke
	{4 x 100 on 1:45 Backstroke
	{1 x 50 on 1:00 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on :50 Backstroke
	{4 x 100 on 1:40 Backstroke
	{1 x 50 on 1:00 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on :50 Backstroke
	{1 x 100 on 1:35 Backstroke
400	4 x 100 on 1:40 Free-Descend to Ludicrous
400	8 x 50 on 1:00 Stroke Drills
6:01 PM	5,600 Yards - Stress Value = 67

**Workout #14104 - Tuesday, 29 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
3:30 PM	Start
=====	=====
500	1 on 25:00 DS/Core
150	1 x 500 on 10:00 Underwater trn drill
600	10 x 15 on :45 Shooters
600	6 x 100 on 2:00 Kick @ fastest interval
600	10x{1 x 30 on :01 Sprint kick
	{1 x 30 on 1:59 Sprint free 2 breaths
	{ 15 yd under water fly kick
850	1x{1 x 250 on 4:35 Pulls
	{2 x 125 on 2:15 Pulls
	{1 x 150 on 2:45 Pulls
	{1 x 200 on 3:40 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,550	1x{4 x 100 on 2:00 Backstroke
	{1 x 50 on 1:05 Backstroke
	{1 x 50 on 1:00 Backstroke
	{1 x 50 on :55 Backstroke
	{4 x 100 on 1:55 Backstroke
	{1 x 50 on 1:05 Backstroke
	{1 x 50 on 1:00 Backstroke
	{1 x 50 on :55 Backstroke
	{4 x 100 on 1:50 Backstroke
	{1 x 50 on 1:05 Backstroke
400	4 x 100 on 1:50 Free-Descend to Ludicrous
400	8 x 50 on 1:00 Stroke Drills
6:02 PM	5,250 Yards - Stress Value = 64

**Workout #14105 - Tuesday, 29 October 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	===	==
500	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
700	10 x 15 on :45 Shooters	SP3	
900	7 x 100 on 2:00 Kick-odds 100%	EN2	
900	1x{3 x 75 on 1:20 Pull 3-3-5	EN1	
	{3 x 75 on 1:15 Pull 3-5-5	EN1	
	{3 x 75 on 1:10 Pull 3-5-7	EN1	
	{3 x 75 on 1:05 Pulls 3-7-7	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
1,600	1x{2 x 200 on 3:00 Freestyle	EN1	
	{2 x 200 on 2:55 Freestyle	EN1	
	{2 x 200 on 2:50 Freestyle	EN2	
	{2 x 200 on 2:45 Freestyle	EN2	
	1 on 10:00 Techniques-Starts		
7:30 PM	4,000 Yards - Stress Value = 52		

**Workout #14106 - Tuesday, 29 October 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start		EGY	WC
Yards	Set Description		
=====	=====	===	==
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
650	1x{6 x 100 on 2:10 Kick-odds 100%	EN2	
	{1 x 50 on 1:00 Kick-Fast	EN2	
825	1x{3 x 75 on 1:25 Pull 3-3-5	EN1	
	{3 x 75 on 1:20 Pull 3-5-5	EN1	
	{3 x 75 on 1:15 Pull 3-5-7	EN1	
	{2 x 75 on 1:10 Pulls 3-7-7	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
1,400	1x{2 x 175 on 3:00 Freestyle	EN1	
	{2 x 175 on 2:55 Freestyle	EN1	
	{2 x 175 on 2:50 Freestyle	EN2	
	{2 x 175 on 2:45 Freestyle	EN2	
	1 on 10:00 Techniques-Starts		
7:30 PM	3,675 Yards - Stress Value = 49		

**Workout #14107 - Tuesday, 29 October 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start		EGY	WC
Yards	Set Description		
=====	=====	===	==
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	6 x 100 on 2:20 Kick-odds 100%	EN2	
750	1x{3 x 75 on 1:30 Pull 3-3-5	EN1	
	{3 x 75 on 1:25 Pull 3-5-5	EN1	
	{3 x 75 on 1:20 Pull 3-5-7	EN1	
	{1 x 75 on 1:10 Pulls 3-7-7	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
1,200	1x{2 x 150 on 3:00 Freestyle	EN1	
	{2 x 150 on 2:55 Freestyle	EN1	
	{2 x 150 on 2:50 Freestyle	EN2	
	{2 x 150 on 2:45 Freestyle	EN2	
	1 on 10:00 Techniques-Starts		
7:29 PM	3,300 Yards - Stress Value = 43		

**Workout #14108 - Tuesday, 29 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start		EGY	WC
Yards	Set Description		
=====	=====	===	==
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
550	1x{5 x 100 on 2:30 Kick-odds 100%	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
750	1x{3 x 75 on 1:35 Pull 3-3-5	EN1	
	{3 x 75 on 1:30 Pull 3-5-5	EN1	
	{3 x 75 on 1:25 Pull 3-5-7	EN1	
	{1 x 75 on 1:20 Pulls 3-7-7	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
1,000	1x{2 x 125 on 3:00 Freestyle	EN1	
	{2 x 125 on 2:55 Freestyle	EN1	
	{2 x 125 on 2:50 Freestyle	EN2	
	{2 x 125 on 2:45 Freestyle	EN2	
	1 on 10:00 Techniques-Starts		
7:30 PM	3,000 Yards - Stress Value = 38		

**Workout #14109 - Tuesday, 29 October 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start		EGY	WC
Yards	Set Description		
=====	=====	===	==
	1 on 30:00 DS/Core/Tm Mtg		
350	1 x 350 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
500	5 x 100 on 3:00 Kick-odds 100%	EN2	
550	1x{3 x 75 on 2:00 Pull 3-3-5	EN1	
	{3 x 75 on 1:55 Pull 3-5-5	EN1	
	{2 x 50 on 1:15 Pull 5-7	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
800	1x{2 x 100 on 3:00 Freestyle	EN1	
	{2 x 100 on 2:55 Freestyle	EN1	
	{2 x 100 on 2:50 Freestyle	EN2	
	{2 x 100 on 2:45 Freestyle	EN2	
	1 on 10:00 Techniques-Starts		
7:31 PM	2,500 Yards - Stress Value = 33		

**Workout #14110 - Wednesday, 30 October 2013**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start		EGY	WC
Yards	Set Description		
=====	=====	===	==
	1 on 25:00 DS/Abs		
600	1 x 600 on 10:00 Free L.25 of each 100 Non F		
150	10 x 15 on :45 Shooters		
1,900	1x{4 x 25 on :30 Kick no board BSLR		
	{4 x 75 on 1:10 Kick		
	{6 x 25 on :35 Kick no board BSLRBS		
	{4 x 75 on 1:10 Kick		
	{8 x 25 on :40 Kick no board BSLRx2		
	{4 x 75 on 1:10 Kick		
	{10 x 25 on :45 Kick no board BSLRX2+LR		
	{4 x 75 on 1:10 Kick		
250	10 x 25 on 1:00 Fly Drills		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,600	1x{1 x 200 on 3:00 Butterfly		
	{1 x 200 on 2:45 Freestyle		
	{2 x 200 on 3:00 Butterfly		
	{1 x 200 on 2:45 Freestyle		
	{3 x 200 on 3:00 Butterfly		
	{1 x 200 on 2:45 Freestyle		
	{4 x 200 on 3:00 Butterfly		
500	10 x 50 on 1:00 Stroke Drills		
6:01 PM	6,200 Yards - Stress Value = 94		

**Workout #14111 - Wednesday, 30 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,750 1x{4 x 25 on :30 Kick no board BSLR  
 {4 x 75 on 1:20 Kick  
 {6 x 25 on :35 Kick no board BSLRBS  
 {4 x 75 on 1:20 Kick  
 {8 x 25 on :40 Kick no board BSLRx2  
 {4 x 75 on 1:20 Kick  
 {10 x 25 on :45 Kick no board BSLRX2+LR  
 {2 x 75 on 1:20 Kick  
 250 10 x 25 on 1:00 Fly Drills  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,300 1x{1 x 200 on 3:25 Butterfly  
 {1 x 200 on 3:00 Freestyle  
 {2 x 200 on 3:25 Butterfly  
 {1 x 200 on 3:00 Freestyle  
 {3 x 200 on 3:25 Butterfly  
 {1 x 100 on 1:30 Freestyle  
 {3 x 200 on 3:25 Butterfly  
 500 10 x 50 on 1:00 Stroke Drills  
 6:01 PM 5,750 Yards - Stress Value = 84

250 10 x 25 on 1:00 Fly Drills  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,850 1x{1 x 150 on 3:15 Butterfly  
 {1 x 200 on 3:30 Freestyle  
 {2 x 150 on 3:15 Butterfly  
 {1 x 200 on 3:30 Freestyle  
 {3 x 150 on 3:15 Butterfly  
 {1 x 100 on 1:45 Freestyle  
 {3 x 150 on 3:15 Butterfly  
 500 10 x 50 on 1:00 Stroke Drills  
 6:00 PM 4,800 Yards - Stress Value = 67

**Workout #14114 - Wednesday, 30 October 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WORK  
 =====  
 1 on 30:00 DS/Abs/Tm Mtg L  
 500 1 x 500 on 10:00 Choice REC S  
 150 10 x 15 on :45 Shooters SP3 S  
 1,000 1x{4 x 25 on :45 Kick no board BSLR EN2 K  
 {3 x 50 on 1:00 Fly Kick EN2 K  
 {4 x 25 on :45 Kick no board BSLR EN2 K  
 {3 x 50 on 1:00 Kick on back/side EN2 K  
 {4 x 25 on :45 Kick no board BSLR EN2 K  
 {3 x 50 on 1:00 Breast Kick EN2 K  
 {4 x 25 on :45 Kick no board BSLR EN2 K  
 {3 x 50 on 1:00 Free Kick EN2 K  
 200 8 x 25 on :45 Stroke Drills 2 on E EN1 S  
 1,700 1x{1 x 200 on 3:30 Butterfly EN2 S  
 {3 x 100 on 1:30 IM-descend EN2 S  
 {1 x 200 on 3:15 Backstroke EN2 S  
 {3 x 100 on 1:30 IM-descend EN2 S  
 {1 x 200 on 3:45 Breaststroke EN2 S  
 {3 x 100 on 1:30 IM-descend EN2 S  
 {1 x 200 on 3:00 Freestyle EN2 S  
 1 on 10:00 Game  
 7:29 PM 3,550 Yards - Stress Value = 62

**Workout #14112 - Wednesday, 30 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,600 1x{4 x 25 on :30 Kick no board BSLR  
 {4 x 75 on 1:30 Kick  
 {6 x 25 on :35 Kick no board BSLRBS  
 {4 x 75 on 1:30 Kick  
 {8 x 25 on :40 Kick no board BSLRx2  
 {4 x 75 on 1:30 Kick  
 {10 x 25 on :45 Kick no board BSLRX2+LR  
 250 10 x 25 on 1:00 Fly Drills  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{1 x 200 on 3:40 Butterfly  
 {1 x 200 on 3:15 Freestyle  
 {2 x 200 on 3:40 Butterfly  
 {1 x 200 on 3:15 Freestyle  
 {3 x 200 on 3:40 Butterfly  
 {1 x 100 on 1:40 Freestyle  
 {2 x 200 on 3:40 Butterfly  
 500 10 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,350 Yards - Stress Value = 77

**Workout #14115 - Wednesday, 30 October 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY WORK  
 =====  
 1 on 30:00 DS/Abs/Tm Mtg L  
 500 1 x 500 on 10:00 Choice REC S  
 150 10 x 15 on :45 Shooters SP3 S  
 900 1x{4 x 25 on :45 Kick no board BSLR EN2 K  
 {3 x 50 on 1:10 Fly Kick EN2 K  
 {4 x 25 on :45 Kick no board BSLR EN2 K  
 {3 x 50 on 1:05 Kick on back/side EN2 K  
 {4 x 25 on :45 Kick no board BSLR EN2 K  
 {3 x 50 on 1:05 Breast Kick EN2 K  
 {4 x 25 on :45 Kick no board BSLR EN2 K  
 {1 x 50 on 1:05 Free Kick EN2 K  
 200 8 x 25 on :45 Stroke Drills 2 on E EN1 S  
 1,600 1x{1 x 200 on 3:50 Butterfly EN2 S  
 {3 x 100 on 1:40 IM-descend EN2 S  
 {1 x 200 on 3:30 Backstroke EN2 S  
 {3 x 100 on 1:40 IM-descend EN2 S  
 {1 x 200 on 4:00 Breaststroke EN2 S  
 {3 x 100 on 1:40 IM-descend EN2 S  
 {1 x 100 on 1:35 Freestyle EN2 S  
 1 on 10:00 Game  
 7:29 PM 3,350 Yards - Stress Value = 58

**Workout #14113 - Wednesday, 30 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,350 1x{4 x 25 on :45 Kick no board BSLR  
 {4 x 50 on 1:10 Kick  
 {6 x 25 on :45 Kick no board BSLRBS  
 {4 x 50 on 1:10 Kick

**Workout #14116 - Wednesday, 30 October 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 DS/Abs/Tm Mtg		L
450	1 x 450 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
900	1x{4 x 25 on :45 Kick no board BSLR	EN2	K
	{3 x 50 on 1:15 Fly Kick	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K
	{3 x 50 on 1:10 Kick on back/side	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K
	{3 x 50 on 1:10 Breast Kick	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K
	{1 x 50 on 1:10 Free Kick	EN2	K
200	8 x 25 on :45 Stroke Drills 2 on E	EN1	S
1,500	1x{1 x 200 on 4:15 Butterfly	EN2	S
	{3 x 100 on 1:45 IM-descend	EN2	S
	{1 x 200 on 3:45 Backstroke	EN2	S
	{3 x 100 on 1:45 IM-descend	EN2	S
	{1 x 200 on 4:15 Breaststroke	EN2	S
	{3 x 100 on 1:45 IM-descend	EN2	S
	1 on 10:00 Game		
7:30 PM	3,200 Yards - Stress Value = 56		

**Workout #14117 - Wednesday, 30 October 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 DS/Abs/Tm Mtg		L
400	1 x 400 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
850	1x{4 x 25 on :45 Kick no board BSLR	EN2	K
	{3 x 50 on 1:20 Fly Kick	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K
	{3 x 50 on 1:15 Kick on back/side	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K
	{3 x 50 on 1:15 Breast Kick	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K
200	8 x 25 on :45 Stroke Drills 2 on E	EN1	S
1,250	1x{1 x 150 on 3:30 Butterfly	EN2	S
	{3 x 100 on 2:15 IM-descend	EN2	S
	{1 x 150 on 3:00 Backstroke	EN2	S
	{3 x 100 on 2:15 IM-descend	EN2	S
	{1 x 150 on 3:30 Breaststroke	EN2	S
	{2 x 100 on 2:15 IM-descend	EN2	S
	1 on 10:00 Game		
7:30 PM	2,850 Yards - Stress Value = 50		

**Workout #14118 - Wednesday, 30 October 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 DS/Abs/Tm Mtg		L
350	1 x 350 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
650	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	K
	{2 x 50 on 1:40 Fly Kick	EN2	K
	{4 x 25 on 1:00 Kick no board BSLR	EN2	K
	{2 x 50 on 1:30 Kick on back/side	EN2	K
	{4 x 25 on 1:00 Kick no board BSLR	EN2	K
	{2 x 50 on 1:30 Breast Kick	EN2	K
	{2 x 25 on 1:00 Kick no board BS	EN2	K
200	8 x 25 on :45 Stroke Drills 2 on E	EN1	S
950	1x{1 x 150 on 4:00 Butterfly	EN2	S
	{2 x 100 on 3:00 IM-descend	EN2	S

{1 x 150 on 4:00 Backstroke EN2 S  
 {3 x 100 on 3:00 IM-descend EN2 S  
 {1 x 150 on 4:00 Breaststroke EN2 S  
 1 on 10:00 Game  
 7:29 PM 2,300 Yards - Stress Value = 40

**Workout #14119 - Thursday, 31 October 2013**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 1:30 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
	{1 x 100 on 1:35 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
	{1 x 100 on 1:40 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
	{1 x 100 on 1:45 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
1,600	16 x 100 on 1:20 Pulls
	Every 3rd one breakout WFPF
	On each 3rd one build each 25 to 100%
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 200 on 4:00 Breast 2K1P
	{3 x 50 on 1:00 Breast descend
	{1 x 200 on 4:00 Breast 3-4-5-6 sec glide
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 4:00 Breast-Kick on back
	{3 x 50 on :50 Breast-descend
	{1 x 200 on 4:00 Breast-Kick on back
	{3 x 50 on :50 Breast-descend
	{1 x 200 on 4:00 Breast 3-4-5-6 glide
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 4:00 Breast 2K1P
	{3 x 50 on 1:00 Breast-descend
350	7 x 50 on 1:00 Stroke Drills
5:59 PM	6,200 Yards - Stress Value = 66

**Workout #14120 - Thursday, 31 October 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Shoulders
150	1 x 600 on 10:00 Underwater trn drill
1,100	10 x 15 on :45 Shooters
1,100	1x{1 x 100 on 1:45 Kick your best kick
	{2 x 50 on 1:05 Kick your 2nd best kick
	{2 x 50 on 1:10 Kick your 3rd best kick
	{1 x 100 on 1:50 Kick your best kick
	{2 x 50 on 1:05 Kick your 2nd best kick
	{2 x 50 on 1:10 Kick your 3rd best kick
	{1 x 100 on 1:55 Kick your best kick
	{2 x 50 on 1:05 Kick your 2nd best kick
	{2 x 50 on 1:10 Kick your 3rd best kick
	{1 x 100 on 2:00 Kick your best kick
	{2 x 50 on 1:05 Kick your 2nd best kick
1,500	15 x 100 on 1:30 Pulls
	Every 3rd one breakout WFPF
	On each 3rd one build each 25 to 100%
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	1x{1 x 200 on 4:15 Breast 2K1P
	{3 x 50 on 1:05 Breast descend
	{1 x 200 on 4:15 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:00 Breast-descend
	{1 x 200 on 4:15 Breast-Kick on back
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 4:15 Breast-Kick on back
	{3 x 50 on :55 Breast-descend
	{1 x 150 on 3:10 Breast 3-4-5-6 glide
	{3 x 50 on 1:00 Breast-descend
	{1 x 100 on 2:05 Breast 2K1P
	{3 x 50 on 1:05 Breast-descend
350	7 x 50 on 1:00 Stroke Drills
	6:00 PM 5,850 Yards - Stress Value = 63

350	{3 x 50 on 1:05 Breast-descend
	{1 x 150 on 3:25 Breast 2K1P
	{3 x 50 on 1:10 Breast-descend
350	7 x 50 on 1:00 Stroke Drills
	5:59 PM 5,500 Yards - Stress Value = 62

**Workout #14122 - Thursday, 31 October 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 25:00 DS/Shoulders
150	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	1x{1 x 100 on 2:15 Kick your best kick
	{2 x 50 on 1:20 Kick your 2nd best kick
	{1 x 50 on 1:25 Kick your 3rd best kick
	{1 x 100 on 2:20 Kick your best kick
	{2 x 50 on 1:20 Kick your 2nd best kick
	{1 x 50 on 1:25 Kick your 3rd best kick
	{1 x 100 on 2:25 Kick your best kick
	{2 x 50 on 1:20 Kick your 2nd best kick
	{1 x 50 on 1:25 Kick your 3rd best kick
	{1 x 100 on 2:30 Kick your best kick
	{1 x 50 on 1:20 Kick your 2nd best kick
1,200	12 x 100 on 1:50 Pulls
	Every 3rd one breakout WFPF
	On each 3rd one build each 25 to 100%
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 150 on 3:45 Breast 2K1P
	{3 x 50 on 1:15 Breast descend
	{1 x 150 on 3:45 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:10 Breast-descend
	{1 x 150 on 3:45 Breast-Kick on back
	{3 x 50 on 1:05 Breast-descend
	{1 x 150 on 3:45 Breast-Kick on back
	{3 x 50 on 1:05 Breast-descend
	{1 x 100 on 2:30 Breast 3-4-5-6 glide
	{3 x 50 on 1:10 Breast-descend
	{1 x 100 on 2:30 Breast 2K1P
	{3 x 50 on 1:15 Breast-descend
350	7 x 50 on 1:00 Stroke Drills
	5:59 PM 5,000 Yards - Stress Value = 55

**Workout #14121 - Thursday, 31 October 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 25:00 DS/Shoulders
150	1 x 550 on 10:00 Underwater trn drill
1,050	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 1:55 Kick your best kick
	{2 x 50 on 1:10 Kick your 2nd best kick
	{2 x 50 on 1:15 Kick your 3rd best kick
	{1 x 100 on 2:00 Kick your best kick
	{2 x 50 on 1:10 Kick your 2nd best kick
	{2 x 50 on 1:15 Kick your 3rd best kick
	{1 x 100 on 2:05 Kick your best kick
	{2 x 50 on 1:10 Kick your 2nd best kick
	{2 x 50 on 1:15 Kick your 3rd best kick
	{1 x 100 on 2:10 Kick your best kick
	{1 x 50 on 1:10 Kick your 2nd best kick
1,400	14 x 100 on 1:35 Pulls
	Every 3rd one breakout WFPF
	On each 3rd one build each 25 to 100%
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{1 x 150 on 3:25 Breast 2K1P
	{3 x 50 on 1:10 Breast descend
	{1 x 150 on 3:25 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:05 Breast-descend
	{1 x 150 on 3:25 Breast-Kick on back
	{3 x 50 on 1:00 Breast-descend
	{1 x 150 on 3:25 Breast-Kick on back
	{3 x 50 on 1:00 Breast-descend
	{1 x 150 on 3:25 Breast 3-4-5-6 glide

**Workout #14123 - Friday, 01 November 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	S
500	1 on 35:00 DS/Circuit			L I
150	1 x 500 on 10:00 Reverse IM drill	REC		D
1,700	10 x 15 on :45 Shooters	SP3		S F
1,700	1x{3 x 150 on 2:30 Butterfly	EN2		S F
	{1 x 50 on 1:30 Freestyle	REC		S
	{3 x 125 on 2:05 Butterfly	EN2		S F
	{1 x 50 on 1:30 Freestyle	REC		S
	{3 x 100 on 1:40 Butterfly	EN2		S F
	{1 x 50 on 1:30 Freestyle	REC		S
	{3 x 75 on 1:15 Butterfly	EN2		S F
	{1 x 50 on 1:30 Freestyle	REC		S
	{3 x 50 on :50 Butterfly	EN2		S F
200	1 x 200 on 3:00 Stroke Drills	REC		D
	6:30 PM 2,550 Yards - Stress Value = 36			

**Workout #14124 - Friday, 01 November 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	Σ
500	1 on 35:00 DS/Circuit			
150	1 x 500 on 10:00 Reverse IM drill	REC	D	
1,575	10 x 15 on :45 Shooters	SP3	S F	
	1x{3 x 150 on 2:45 Butterfly	EN2	S F	
	{1 x 50 on 1:30 Freestyle	REC	S	
	{3 x 125 on 2:15 Butterfly	EN2	S F	
	{1 x 50 on 1:30 Freestyle	REC	S	
	{3 x 100 on 1:50 Butterfly	EN2	S F	
	{1 x 50 on 1:30 Freestyle	REC	S	
	{4 x 75 on 1:25 Butterfly	EN2	S F	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:30 PM 2,425 Yards - Stress Value = 35			

**Workout #14125 - Friday, 01 November 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	Σ
450	1 on 35:00 DS/Circuit			
150	1 x 450 on 10:00 Reverse IM drill	REC	D	
1,425	10 x 15 on :45 Shooters	SP3	S F	
	1x{3 x 150 on 3:00 Butterfly	EN2	S F	
	{1 x 50 on 1:30 Freestyle	REC	S	
	{3 x 125 on 2:30 Butterfly	EN2	S F	
	{1 x 50 on 1:30 Freestyle	REC	S	
	{3 x 100 on 2:00 Butterfly	EN2	S F	
	{1 x 50 on 1:30 Freestyle	REC	S	
	{3 x 50 on 1:00 Butterfly	EN2	S F	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:29 PM 2,225 Yards - Stress Value = 32			

**Workout #14126 - Friday, 01 November 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	Σ
400	1 on 35:00 DS/Circuit			
150	1 x 400 on 10:00 Reverse IM drill	REC	D	
1,325	10 x 15 on :45 Shooters	SP3	S F	
	1x{3 x 150 on 3:30 Butterfly	EN2	S F	
	{1 x 50 on 1:30 Freestyle	REC	S	
	{3 x 125 on 2:55 Butterfly	EN2	S F	
	{1 x 50 on 1:30 Freestyle	REC	S	
	{3 x 100 on 2:20 Butterfly	EN2	S F	
	{1 x 50 on 1:30 Freestyle	REC	S	
	{1 x 50 on 1:10 Butterfly	EN2	S F	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:31 PM 2,075 Yards - Stress Value = 30			

**Workout #14127 - Friday, 01 November 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	Σ
350	1 on 35:00 DS/Circuit			
150	1 x 350 on 10:00 Reverse IM drill	REC	D	
1,050	10 x 15 on :45 Shooters	SP3	S F	
	1x{3 x 150 on 4:00 Butterfly	EN2	S F	
	{1 x 50 on 2:00 Freestyle	REC	S	
	{3 x 100 on 2:40 Butterfly	EN2	S F	
	{1 x 50 on 2:00 Freestyle	REC	S	

	{3 x 50 on 1:20 Butterfly	EN2	S F
	{1 on 1:00 Rest		M
	{2 x 25 on :45 Butterfly	EN2	S F
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:30 PM 1,750 Yards - Stress Value = 25		

**Workout #14128 - Friday, 01 November 2013**

**Group 3 - IM'ers**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	Σ
600	1 on 10:00 Dynamic Stretch			
180	1 x 600 on 10:00 Reverse IM drill			
	9x{1 on :30 Flutter Kick on Wall			
	{1 x 20 on 1:30 Flip on whistle underwater fl			
	{ kick to other side easy swim aft			
	{ every line you don't make = 5 pu			
	{ ex. made it to lane 4 underwater			
	{ made it to lane 3-you missed 5 l			
150	10 x 15 on :45 Shooters			
2,400	1x{4 x 100 on 1:16 Individual Medley			
	{4 x 50 on 1:00 Fly-100%			
	{4 x 100 on 1:15 Individual Medley			
	{4 x 50 on 1:00 Back-100%			
	{4 x 100 on 1:14 Individual Medley			
	{4 x 50 on 1:00 Breast-100%			
	{4 x 100 on 1:13 Individual Medley			
	{4 x 50 on 1:00 Free-100%			
250	1 x 250 on 4:00 Stroke Drills			
	5:00 PM 3,580 Yards - Stress Value = 90			

**Workout #14129 - Friday, 01 November 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	Σ
600	1 on 10:00 Dynamic Stretch			
180	1 x 600 on 10:00 Reverse IM drill			
	9x{1 on :30 Flutter Kick on Wall			
	{1 x 20 on 1:30 Flip on whistle underwater fl			
	{ kick to other side easy swim aft			
	{ every line you don't make = 5 pu			
	{ ex. made it to lane 4 underwater			
	{ made it to lane 3-you missed 5 l			
150	10 x 15 on :45 Shooters			
2,300	1x{4 x 100 on 1:23 Individual Medley			
	{4 x 50 on 1:00 Fly-100%			
	{4 x 100 on 1:22 Individual Medley			
	{4 x 50 on 1:00 Back-100%			
	{4 x 100 on 1:21 Individual Medley			
	{4 x 50 on 1:00 Breast-100%			
	{3 x 100 on 1:20 Individual Medley			
	{4 x 50 on 1:00 Free-100%			
250	1 x 250 on 4:00 Stroke Drills			
	5:01 PM 3,480 Yards - Stress Value = 88			

**Workout #14130 - Friday, 01 November 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Dynamic Stretch  
 550 1 x 550 on 10:00 Reverse IM drill  
 180 9x{1 on :30 Flutter Kick on Wall  
 {1 x 20 on 1:30 Flip on whistle underwater fl  
 { kick to other side easy swim aft  
 { every line you don't make = 5 pu  
 { ex. made it to lane 4 underwater  
 { made it to lane 3-you missed 5 l  
 150 10 x 15 on :45 Shooters  
 2,150 1x{4 x 100 on 1:34 Individual Medley  
 {4 x 50 on 1:00 Fly-100%  
 {4 x 100 on 1:33 Individual Medley  
 {4 x 50 on 1:00 Back-100%  
 {3 x 100 on 1:32 Individual Medley  
 {4 x 50 on 1:00 Breast-100%  
 {3 x 100 on 1:31 Individual Medley  
 {3 x 50 on 1:00 Free-100%  
 250 1 x 250 on 4:00 Stroke Drills  
 5:01 PM 3,280 Yards - Stress Value = 83

**Workout #14131 - Friday, 01 November 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 10:00 Dynamic Stretch  
 500 1 x 500 on 10:00 Reverse IM drill  
 180 9x{1 on :30 Flutter Kick on Wall  
 {1 x 20 on 1:30 Flip on whistle underwater fl  
 { kick to other side easy swim aft  
 { every line you don't make = 5 pu  
 { ex. made it to lane 4 underwater  
 { made it to lane 3-you missed 5 l  
 150 10 x 15 on :45 Shooters  
 1,800 1x{3 x 100 on 1:53 Individual Medley  
 {3 x 50 on 1:10 Fly-100%  
 {3 x 100 on 1:52 Individual Medley  
 {3 x 50 on 1:10 Back-100%  
 {3 x 100 on 1:51 Individual Medley  
 {3 x 50 on 1:10 Breast-100%  
 {3 x 100 on 1:50 Individual Medley  
 {3 x 50 on 1:10 Free-100%  
 250 1 x 250 on 4:00 Stroke Drills  
 5:01 PM 2,880 Yards - Stress Value = 70

**Workout #14132 - Monday, 04 November 2013**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Ball/Spotlight  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 2,250 1x{4 x 25 on :30 Kick no board BSLR  
 {1 x 150 on 2:30 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 50 on :50 Kick  
 {6 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:30 Kick  
 {2 x 100 on 1:40 Kick  
 {2 x 50 on :50 Kick  
 {8 x 25 on :30 Kick no board BSLR  
 {3 x 150 on 2:30 Kick  
 {3 x 100 on 1:40 Kick

{3 x 50 on :50 Kick  
 1,600 1x{1 x 100 on 1:10 Pulls  
 {3 x 50 on 1:00 Pulls-no br L.12 yds  
 {2 x 100 on 1:15 Pulls  
 {3 x 50 on :55 Pulls-no br L.13 yds  
 {3 x 100 on 1:20 Pulls  
 {3 x 50 on :50 Pulls-no br L.14 yds  
 {4 x 100 on 1:25 Pulls  
 {3 x 50 on :45 Pulls-no br L.15 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,100 1x{1 x 600 on 8:00 Free Neg Split  
 {1 x 500 on 6:40 Free L.25 of each 100 6BK  
 {1 x 400 on 5:20 Free descend 100's  
 {1 x 300 on 4:00 Free SFBO SW/3KOBHW  
 {1 x 200 on 2:40 Free-build each 50  
 {1 x 100 on 1:20 Free-100%  
 250 1 x 250 on 4:00 Stroke Drills  
 6:05 PM 7,150 Yards - Stress Value = 96

**Workout #14133 - Monday, 04 November 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Ball/Spotlight  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 2,000 1x{4 x 25 on :35 Kick no board BSLR  
 {1 x 150 on 2:45 Kick  
 {1 x 100 on 1:50 Kick  
 {1 x 50 on :55 Kick  
 {6 x 25 on :35 Kick no board BSLR  
 {2 x 150 on 2:45 Kick  
 {2 x 100 on 1:50 Kick  
 {2 x 50 on :55 Kick  
 {8 x 25 on :35 Kick no board BSLR  
 {3 x 150 on 2:45 Kick  
 {1 x 100 on 1:50 Kick  
 {2 x 50 on :55 Kick  
 1,500 1x{1 x 100 on 1:20 Pulls  
 {3 x 50 on 1:00 Pulls-no br L.12 yds  
 {2 x 100 on 1:25 Pulls  
 {3 x 50 on :55 Pulls-no br L.13 yds  
 {3 x 100 on 1:30 Pulls  
 {3 x 50 on :50 Pulls-no br L.14 yds  
 {3 x 100 on 1:35 Pulls  
 {3 x 50 on :45 Pulls-no br L.15 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{1 x 600 on 9:00 Free Neg Split  
 {1 x 500 on 7:30 Free L.25 of each 100 6BK  
 {1 x 400 on 6:00 Free descend 100's  
 {1 x 200 on 2:40 Free-build each 50  
 {1 x 100 on 1:30 Free-100%  
 250 1 x 250 on 4:00 Stroke Drills  
 6:04 PM 6,500 Yards - Stress Value = 87

**Workout #14134 - Monday, 04 November 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Physio Ball/Spotlight
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,800	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
	{6 x 25 on :40 Kick no board BSLR
	{2 x 150 on 3:00 Kick
	{2 x 100 on 2:00 Kick
	{2 x 50 on 1:00 Kick
	{8 x 25 on :40 Kick no board BSLR
	{2 x 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
1,400	1x{1 x 100 on 1:30 Pulls
	{3 x 50 on 1:00 Pulls-no br L.12 yds
	{2 x 100 on 1:35 Pulls
	{3 x 50 on :55 Pulls-no br L.13 yds
	{3 x 100 on 1:40 Pulls
	{3 x 50 on :50 Pulls-no br L.14 yds
	{3 x 100 on 1:45 Pulls
	{1 x 50 on :45 Pulls-no br L.15 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 600 on 10:00 Free Neg Split
	{1 x 500 on 8:20 Free L.25 of each 100 6BK
	{1 x 400 on 6:40 Free descend 100's
	{1 x 100 on 1:40 Free-100%
250	1 x 250 on 4:00 Stroke Drills
	6:04 PM 5,950 Yards - Stress Value = 79

**Workout #14135 - Monday, 04 November 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Physio Ball/Spotlight
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,600	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:10 Kick
	{6 x 25 on :45 Kick no board BSLR
	{2 x 150 on 3:20 Kick
	{2 x 100 on 2:15 Kick
	{2 x 50 on 1:05 Kick
	{8 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:15 Kick
	{2 x 50 on 1:05 Kick
1,250	1x{1 x 100 on 1:45 Pulls
	{2 x 50 on 1:00 Pulls-no br L.12 yds
	{2 x 100 on 1:50 Pulls
	{2 x 50 on 1:00 Pulls-no br L.13 yds
	{3 x 100 on 1:55 Pulls
	{2 x 50 on 1:00 Pulls-no br L.14 yds
	{3 x 100 on 2:00 Pulls
	{1 x 50 on :50 Pulls-no br L.15 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 600 on 11:00 Free Neg Split
	{1 x 500 on 9:10 Free L.25 of each 100 6BK
	{1 x 300 on 5:30 Free descend 100's
	{1 x 100 on 1:50 Free-100%
250	1 x 250 on 4:00 Stroke Drills
	6:05 PM 5,500 Yards - Stress Value = 71

**Workout #14136 - Monday, 04 November 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EC
500	1 on 25:00 DS/Physio Ball/Tm Mtg	==
150	1 x 500 on 10:00 Choice	RF
150	10 x 15 on :45 Shooters	SF
900	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 200 on 4:00 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{2 x 150 on 2:50 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{1 x 100 on 1:50 Kick alt 25 ly 25 choice	EN
150	6 x 25 on :45 Fly Drills	RF
2,350	1x{3 x 100 on 1:35 2 strokes fly off walls	EN
	{2 x 100 on 1:30 2 strokes fly off walls	EN
	{1 x 100 on 1:25 2 strokes fly off walls	EN
	{6 x 25 on :30 Fly lupdown +1	EN
	{1 x 50 on 1:00 Freestyle	RF
	{3 x 100 on 1:30 3 strokes fly off walls	EN
	{2 x 100 on 1:25 3 strokes fly off walls	EN
	{1 x 100 on 1:20 3 strokes fly off walls	EN
	{6 x 25 on :30 Fly lupdown +1	EN
	{1 x 50 on 1:00 Freestyle	RF
	{3 x 100 on 1:25 4 strokes fly off walls	EN
	{2 x 100 on 1:20 4 strokes fly off walls	EN
	{1 x 100 on 1:15 4 strokes fly off walls	EN
	{6 x 25 on :30 Fly lupdown +1	EN
	1 on 10:00 Game	
	7:30 PM 4,050 Yards - Stress Value = 69	

**Workout #14137 - Monday, 04 November 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EC
500	1 on 25:00 DS/Physio Ball/Tm Mtg	==
150	1 x 500 on 10:00 Swim-kick-pull-swim	RF
150	10 x 15 on :45 Shooters	SF
850	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 200 on 4:20 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{1 x 150 on 3:10 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{2 x 100 on 2:05 Kick alt 25 ly 25 choice	EN
150	6 x 25 on :45 Fly Drills	RF
2,100	1x{3 x 100 on 1:45 2 strokes fly off walls	EN
	{2 x 100 on 1:40 2 strokes fly off walls	EN
	{1 x 100 on 1:35 2 strokes fly off walls	EN
	{4 x 25 on :35 Fly lupdown +1	EN
	{1 x 50 on 1:00 Freestyle	RF
	{3 x 100 on 1:40 3 strokes fly off walls	EN
	{2 x 100 on 1:35 3 strokes fly off walls	EN
	{1 x 100 on 1:30 3 strokes fly off walls	EN
	{4 x 25 on :35 Fly lupdown +1	EN
	{1 x 50 on 1:00 Freestyle	RF
	{2 x 100 on 1:35 4 strokes fly off walls	EN
	{2 x 100 on 1:30 4 strokes fly off walls	EN
	{1 x 100 on 1:25 4 strokes fly off walls	EN
	{4 x 25 on :35 Fly lupdown +1	EN
	1 on 10:00 Game	RF
	7:29 PM 3,750 Yards - Stress Value = 63	

**Workout #14138 - Monday, 04 November 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Physio Ball/Tm Mtg	
450	1 x 450 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SE
800	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 200 on 4:40 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{2 x 150 on 3:25 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
150	6 x 25 on :45 Fly Drills	RE
1,800	1x{3 x 100 on 2:00 2 strokes fly off walls	EN
	{2 x 100 on 1:55 2 strokes fly off walls	EN
	{1 x 100 on 1:50 2 strokes fly off walls	EN
	{4 x 25 on :40 Fly lupldown +1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{3 x 100 on 1:55 3 strokes fly off walls	EN
	{2 x 100 on 1:50 3 strokes fly off walls	EN
	{1 x 100 on 1:45 3 strokes fly off walls	EN
	{4 x 25 on :40 Fly lupldown+1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{1 x 100 on 1:50 4 strokes fly off walls	EN
	{1 x 100 on 1:45 4 strokes fly off walls	EN
	{4 x 25 on :35 Fly lupldown+1	EN
	1 on 10:00 Game	RE
	7:29 PM 3,350 Yards - Stress Value = 56	

**Workout #14139 - Monday, 04 November 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Physio Ball/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SE
750	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 150 on 4:15 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{3 x 100 on 2:45 Kick alt 25 fly 25 choice	EN
	{2 x 25 on :45 Kick no board S	EN
	{1 x 50 on 1:00 Kick alt 25 fly 25 choice	EN
150	6 x 25 on :45 Fly Drills	RE
1,600	1x{3 x 100 on 2:15 2 strokes fly off walls	EN
	{2 x 100 on 2:10 2 strokes fly off walls	EN
	{1 x 100 on 2:05 2 strokes fly off walls	EN
	{4 x 25 on :45 Fly lupldown +1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{3 x 100 on 2:10 3 strokes fly off walls	EN
	{2 x 100 on 2:05 3 strokes fly off walls	EN
	{1 x 100 on 2:00 3 strokes fly off walls	EN
	{4 x 25 on :45 Fly lupldown+1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{1 x 100 on 2:00 4 strokes fly off walls	EN
	1 on 10:00 Game	RE
	7:29 PM 3,050 Yards - Stress Value = 51	

**Workout #14140 - Monday, 04 November 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Physio Ball/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SE
600	1x{4 x 25 on 1:00 Kick no board S	EN
	{1 x 150 on 4:30 Kick alt 25 fly 25 choice	EN

	{4 x 25 on 1:00 Kick no board S	EN
	{2 x 100 on 2:55 Kick alt 25 fly 25 choice	EN
	{2 x 25 on 1:00 Kick no board S	EN
150	6 x 25 on :45 Fly Drills	RE
1,400	1x{3 x 100 on 2:40 2 strokes fly off walls	EN
	{2 x 100 on 2:35 2 strokes fly off walls	EN
	{1 x 100 on 2:30 2 strokes fly off walls	EN
	{4 x 25 on :45 Fly lupldown +1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{3 x 100 on 2:35 3 strokes fly off walls	EN
	{1 x 100 on 2:30 3 strokes fly off walls	EN
	{1 x 100 on 2:25 3 strokes fly off walls	EN
	{6 x 25 on :45 Fly lupldown+1	EN
	1 on 10:00 Game	RE
	7:30 PM 2,700 Yards - Stress Value = 45	

**Workout #14141 - Tuesday, 05 November 2013**

**Group 3 - Back**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Core	
600	1 x 600 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
750	1 x 750 on 10:00 Kick as far as you can in 1	
980	1x{1 x 50 on 1:00 Vertical Kick-30/30	
	{4 x 30 on 1:00 15 underwater 15 sprint free	
	{2 x 50 on 1:00 Vertical Kick 35/25	
	{4 x 30 on :55 15 underwater 15 sprint free	
	{3 x 50 on 1:00 Vertical Kick 40/20	
	{4 x 30 on :50 15 underwater 15 sprint free	
	{4 x 50 on 1:00 Vertical Kick 45/15	
	{4 x 30 on :45 15 underwater 15 sprint free	
1,250	1x{2 x 200 on 2:40 Pulls BTB	
	{3 x 150 on 2:00 Pulls BTB	
	{4 x 100 on 1:20 Pulls BTB	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,200	4x{4 x 25 on :45 Bathtub Drill with fins	
	{1 x 100 on 1:20 Backstroke	
	{1 x 100 on 1:15 Backstroke	
	{1 x 100 on 1:10 Backstroke	
	{1 x 100 on 1:30 Freestyle	
	{1 x 50 on 2:00 Back-100%, min 8 KOW	
200	1 x 200 on 3:00 Stroke Drills	
	6:01 PM 6,330 Yards - Stress Value = 102	

**Workout #14142 - Tuesday, 05 November 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Core
150	1 x 600 on 10:00 Underwater trn drill
750	10 x 15 on :45 Shooters
980	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 undwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
1,150	1x{2 x 200 on 2:55 Pulls BTB
	{3 x 150 on 2:10 Pulls BTB
	{3 x 100 on 1:25 Pulls BTB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	4x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:25 Backstroke
	{1 x 100 on 1:20 Backstroke
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
200	1 x 200 on 3:00 Stroke Drills
6:01 PM	6,030 Yards - Stress Value = 100

**Workout #14143 - Tuesday, 05 November 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
550	1 on 25:00 DS/Core
150	1 x 550 on 10:00 Underwater trn drill
750	10 x 15 on :45 Shooters
980	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 undwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
1,050	1x{2 x 200 on 3:15 Pulls BTB
	{3 x 150 on 2:25 Pulls BTB
	{2 x 100 on 1:35 Pulls BTB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	4x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 50 on :50 Backstroke
	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
200	1 x 200 on 3:00 Stroke Drills
6:01 PM	5,680 Yards - Stress Value = 96

**Workout #14144 - Tuesday, 05 November 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description
500	1 on 25:00 DS/Core
	1 x 500 on 10:00 Underwater trn drill

150	10 x 15 on :45 Shooters
750	1 x 750 on 10:00 Kick as far as you can in 1
980	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 undwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
900	1x{1 x 200 on 3:45 Pulls BTB
	{2 x 150 on 2:45 Pulls BTB
	{4 x 100 on 1:50 Pulls BTB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	4x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 2:05 Backstroke
	{1 x 50 on 1:00 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on 1:15 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
200	1 x 200 on 3:00 Stroke Drills
6:01 PM	5,280 Yards - Stress Value = 89

**Workout #14145 - Tuesday, 05 November 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Core/Tm Mtg	REC
500	1 x 500 on 10:00 Underwater trn drill	SP3
150	10 x 15 on :45 Shooters	EN2
800	1x{4 x 50 on 1:00 Kick IM order Fly fast	EN2
	{4 x 50 on 1:00 Kick IM order back fast	EN2
	{4 x 50 on 1:00 Kick IM order breast fast	EN2
	{4 x 50 on 1:00 Kick IM order free fast	EN2
300	12 x 25 on 1:00 Drill 3 on each stroke	EN1
1,500	1x{4 x 25 on :30 Freestyle	EN1
	{1 x 100 on 1:30 Individual Medley	EN2
	{4 x 25 on :30 odds free evens fly	EN1
	{1 x 100 on 1:30 Individual Medley	EN2
	{4 x 25 on :30 odds free evens back	EN1
	{1 x 100 on 1:30 Individual Medley	EN2
	{4 x 25 on :30 odds free evens brst	EN1
	{1 x 100 on 1:30 Individual Medley	EN2
	{4 x 25 on :30 odds free evens fly	EN2
	{1 x 100 on 1:30 Individual Medley	EN2
	{4 x 25 on :30 odds free evens back	EN2
	{1 x 100 on 1:30 Individual Medley	EN2
	{4 x 25 on :30 odds free evens brst	EN2
	{1 x 100 on 1:30 Individual Medley	EN2
	{4 x 25 on :30 Freestyle	EN1
	1 on 14:00 Techniques-Starts	
7:30 PM	3,250 Yards - Stress Value = 50	

**Workout #14146 - Tuesday, 05 November 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
800	1x{4 x 50 on 1:00 Kick IM order Fly fast	EN2
	{4 x 50 on 1:00 Kick IM order back fast	EN2
	{4 x 50 on 1:00 Kick IM order breast fast	EN2
	{4 x 50 on 1:00 Kick IM order free fast	EN2
300	12 x 25 on 1:00 Drill 3 on each stroke	EN1
1,450	1x{4 x 25 on :30 Freestyle	EN1
	{1 x 100 on 1:40 Individual Medley	EN2
	{4 x 25 on :30 odds free evens fly	EN1
	{1 x 100 on 1:40 Individual Medley	EN2
	{4 x 25 on :30 odds free evens back	EN1
	{1 x 100 on 1:40 Individual Medley	EN2
	{4 x 25 on :30 odds free evens brst	EN1
	{1 x 100 on 1:40 Individual Medley	EN2
	{4 x 25 on :30 odds free evens fly	EN2
	{1 x 100 on 1:40 Individual Medley	EN2
	{4 x 25 on :30 odds free evens back	EN2
	{1 x 100 on 1:40 Individual Medley	EN2
	{4 x 25 on :30 odds free evens brst	EN2
	{1 x 100 on 1:40 Individual Medley	EN2
	{2 x 25 on :30 Freestyle	EN1
	1 on 14:00 Techniques-Starts	
7:30 PM	3,200 Yards - Stress Value = 49	

	{4 x 50 on 1:20 Kick IM order back fast	EN2
	{4 x 50 on 1:20 Kick IM order breast fast	EN2
300	12 x 25 on 1:00 Drill 3 on each stroke	EN1
1,100	1x{4 x 25 on :40 Freestyle	EN1
	{1 x 100 on 2:10 Individual Medley	EN2
	{4 x 25 on :40 odds free evens fly	EN1
	{1 x 100 on 2:10 Individual Medley	EN2
	{4 x 25 on :40 odds free evens back	EN1
	{1 x 100 on 2:10 Individual Medley	EN2
	{4 x 25 on :40 odds free evens brst	EN1
	{1 x 100 on 2:10 Individual Medley	EN2
	{4 x 25 on :40 odds free evens fly	EN2
	{1 x 100 on 2:10 Individual Medley	EN2
	{4 x 25 on :40 odds free evens back	EN2
	1 on 14:00 Techniques-Starts	
7:30 PM	2,550 Yards - Stress Value = 39	

**Workout #14149 - Tuesday, 05 November 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
350	1 x 350 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
450	1x{3 x 50 on 1:45 Kick IM order Fly fast	EN2
	{3 x 50 on 1:45 Kick IM order back fast	EN2
	{3 x 50 on 1:45 Kick IM order breast fast	EN2
300	12 x 25 on 1:00 Drill 3 on each stroke	EN1
900	1x{4 x 25 on :45 Freestyle	EN1
	{1 x 100 on 3:00 Individual Medley	EN2
	{4 x 25 on :45 odds free evens fly	EN1
	{1 x 100 on 3:00 Individual Medley	EN2
	{4 x 25 on :45 odds free evens back	EN1
	{1 x 100 on 3:00 Individual Medley	EN2
	{4 x 25 on :45 odds free evens brst	EN1
	{1 x 100 on 3:00 Individual Medley	EN2
	{4 x 25 on :45 odds free evens fly	EN2
	1 on 14:00 Techniques-Starts	
7:31 PM	2,150 Yards - Stress Value = 32	

**Workout #14147 - Tuesday, 05 November 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
450	1 x 450 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
650	1x{4 x 50 on 1:10 Kick IM order Fly fast	EN2
	{4 x 50 on 1:10 Kick IM order back fast	EN2
	{4 x 50 on 1:10 Kick IM order breast fast	EN2
	{1 x 50 on 1:10 Kick free fast	EN2
300	12 x 25 on 1:00 Drill 3 on each stroke	EN1
1,300	1x{4 x 25 on :35 Freestyle	EN1
	{1 x 100 on 1:50 Individual Medley	EN2
	{4 x 25 on :35 odds free evens fly	EN1
	{1 x 100 on 1:50 Individual Medley	EN2
	{4 x 25 on :35 odds free evens back	EN1
	{1 x 100 on 1:50 Individual Medley	EN2
	{4 x 25 on :35 odds free evens brst	EN1
	{1 x 100 on 1:50 Individual Medley	EN2
	{4 x 25 on :35 odds free evens fly	EN2
	{1 x 100 on 1:50 Individual Medley	EN2
	{4 x 25 on :35 odds free evens back	EN2
	{1 x 100 on 1:50 Individual Medley	EN2
	{4 x 25 on :35 odds free evens brst	EN2
	1 on 14:00 Techniques-Starts	
7:31 PM	2,850 Yards - Stress Value = 44	

**Workout #14148 - Tuesday, 05 November 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
600	1x{4 x 50 on 1:20 Kick IM order Fly fast	EN2

**Workout #14150 - Wednesday, 06 November 2013**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
600	1 on 25:00 DS/Abs
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
2,000	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{4 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR-14
	{4 x 75 on 1:00 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{4 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
1,200	1x{2 x 150 on 2:10 Lungbuster pulls
	{2 x 150 on 2:05 Lungbuster pulls
	{2 x 150 on 2:00 Lungbuster pulls
	{2 x 150 on 1:55 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 150 on 2:15 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 1:50 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:25 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:00 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 50 on :40 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
	6:01 PM 6,950 Yards - Stress Value = 120

**Workout #14152 - Tuesday, 05 November 2013**

**Group 3 - Silver**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
550	1 on 25:00 DS/Abs
150	1 x 550 on 10:00 Free L.25 of each 100 Non F
1,400	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 1:35 Kick
	{4 x 25 on :40 Kick no board BSLR-12
	{4 x 75 on 1:30 Kick
	{4 x 25 on :40 Kick no board BSLR-14
	{2 x 75 on 1:25 Kick
	{4 x 25 on :40 Kick no board BSLR-12
	{2 x 75 on 1:30 Kick
1,000	1x{2 x 150 on 2:35 Lungbuster pulls
	{2 x 150 on 2:30 Lungbuster pulls
	{2 x 150 on 2:25 Lungbuster pulls
	{1 x 100 on 1:35 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{1 x 150 on 2:45 Breaststroke
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 2:15 Breaststroke
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:45 Breaststroke
	{4 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:15 Breaststroke
	{2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
400	8 x 50 on 1:00 Stroke Drills
	6:01 PM 5,750 Yards - Stress Value = 97

**Workout #14153 - Tuesday, 05 November 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
500	1 on 25:00 DS/Abs
150	1 x 500 on 10:00 Free L.25 of each 100 Non F
1,150	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 75 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR-12
	{4 x 75 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR-14
	{2 x 75 on 1:50 Kick
	{4 x 25 on :45 Kick no board BSLR-12
900	1x{2 x 150 on 3:00 Lungbuster pulls
	{2 x 150 on 2:55 Lungbuster pulls
	{2 x 150 on 2:50 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 150 on 3:15 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 2:40 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 2:05 Breaststroke
	{4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst
	{2 x 50 on 1:00 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
	6:01 PM 5,000 Yards - Stress Value = 83

**Workout #14151 - Wednesday, 06 November 2013**

**Group 3 - Gold**

**1 minute rest between sets**

Yards	Set Description
	3:30 PM Start
600	1 on 25:00 DS/Abs
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,700	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{4 x 75 on 1:20 Kick
	{4 x 25 on :35 Kick no board BSLR-12
	{4 x 75 on 1:15 Kick
	{4 x 25 on :35 Kick no board BSLR-14
	{4 x 75 on 1:10 Kick
	{4 x 25 on :35 Kick no board BSLR-12
	{4 x 75 on 1:15 Kick
	{4 x 25 on :35 Kick no board BSLR
1,100	1x{2 x 150 on 2:20 Lungbuster pulls
	{2 x 150 on 2:15 Lungbuster pulls
	{2 x 150 on 2:10 Lungbuster pulls
	{2 x 100 on 1:25 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	1x{1 x 150 on 2:30 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 2:00 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:35 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:10 Breaststroke
	{4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{2 x 50 on :45 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
	6:01 PM 6,450 Yards - Stress Value = 110

**Workout #14154 - Wednesday, 06 November 2013**

**1 minute rest between sets**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:30 PM Start				5:30 PM Start			
Yards	Set Description	EGY	WOF	Yards	Set Description	EGY	WOF
500	1 on 30:00 DS/Abs/Tm Mtg			400	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC		150	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
100	10 x 15 on :45 Shooters	SP3		100	10 x 15 on :45 Shooters	SP3	
2,000	1 x 100 on 3:00 Kick for time	EN2		1,350	1 x 100 on 3:00 Kick for time	EN2	
	1x{1 x 100 on 2:00 Kick	EN2			{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 1:15 Pulls	EN2			{1 x 100 on 2:00 Pulls	EN2	
	{2 x 100 on 1:55 Kick	EN2			{2 x 100 on 2:40 Kick	EN2	
	{2 x 100 on 1:20 Pulls	EN2			{2 x 100 on 2:05 Pulls	EN2	
	{3 x 100 on 1:50 Kick	EN2			{3 x 100 on 2:35 Kick	EN2	
	{3 x 100 on 1:25 Pulls	EN2			{3 x 100 on 2:10 Pulls	EN2	
	{4 x 100 on 1:45 Kick	EN2			{1 x 100 on 2:30 Kick	EN2	
	{4 x 100 on 1:30 Pulls	EN2			{1 x 50 on 1:10 Pulls	EN2	
150	6 x 25 on :45 Stroke Drills	REC		150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Freestyle	SP1		500	10 x 50 on 2:00 Freestyle	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC		250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 3,650 Yards - Stress Value = 88				7:30 PM 2,900 Yards - Stress Value = 75		

**Workout #14158 - Wednesday, 06 November 2013**

**Group 2 - Copper**

**1 minute rest between sets**

**Workout #14155 - Wednesday, 06 November 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start				5:30 PM Start			
Yards	Set Description	EGY	WOF	Yards	Set Description	EGY	WOF
500	1 on 30:00 DS/Abs/Tm Mtg			400	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC		150	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
100	10 x 15 on :45 Shooters	SP3		100	10 x 15 on :45 Shooters	SP3	
1,800	1 x 100 on 3:00 Kick for time	EN2		1,100	1 x 100 on 3:00 Kick for time	EN2	
	1x{1 x 100 on 2:10 Kick	EN2			{1 x 100 on 3:15 Kick	EN2	
	{1 x 100 on 1:25 Pulls	EN2			{1 x 100 on 2:30 Pulls	EN2	
	{2 x 100 on 2:05 Kick	EN2			{2 x 100 on 3:10 Kick	EN2	
	{2 x 100 on 1:30 Pulls	EN2			{2 x 100 on 2:35 Pulls	EN2	
	{3 x 100 on 2:00 Kick	EN2			{3 x 100 on 3:05 Kick	EN2	
	{3 x 100 on 1:35 Pulls	EN2			{2 x 100 on 2:40 Pulls	EN2	
	{3 x 100 on 1:55 Kick	EN2		150	6 x 25 on :45 Stroke Drills	REC	
	{3 x 100 on 1:40 Pulls	EN2		500	10 x 50 on 2:00 Freestyle	SP1	
150	6 x 25 on :45 Stroke Drills	REC		250	1 x 250 on 5:00 Stroke Drills	REC	
500	10 x 50 on 2:00 Freestyle	SP1			7:29 PM 2,650 Yards - Stress Value = 70		
250	1 x 250 on 5:00 Stroke Drills	REC					
	7:30 PM 3,450 Yards - Stress Value = 84						

**Workout #14156 - Wednesday, 06 November 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start			
Yards	Set Description	EGY	WOF
450	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
100	10 x 15 on :45 Shooters	SP3	
1,600	1 x 100 on 3:00 Kick for time	EN2	
	1x{1 x 100 on 2:25 Kick	EN2	
	{1 x 100 on 1:40 Pulls	EN2	
	{2 x 100 on 2:20 Kick	EN2	
	{2 x 100 on 1:45 Pulls	EN2	
	{3 x 100 on 2:15 Kick	EN2	
	{3 x 100 on 1:50 Pulls	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 100 on 1:55 Pulls	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Freestyle	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 3,200 Yards - Stress Value = 80		

**Workout #14157 - Wednesday, 06 November 2013**

**Group 2 - Bronze**

**Workout #14159 - Thursday, 07 November 2013**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Shoulders  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,600 1x{1 x 200 on 3:05 Kick  
 {6 x 25 on :30 Kick weak kick  
 {2 x 150 on 2:15 Kick  
 {6 x 25 on :30 Kick weak kick  
 {3 x 100 on 1:25 Kick  
 {6 x 25 on :30 Kick weak kick  
 {4 x 50 on :40 Kick  
 {6 x 25 on :30 Kick weak kick  
 1,250 1x{1 x 125 on 1:35 Pulls BWSPF  
 {2 x 125 on 1:35 Pulls BWHPF  
 {3 x 125 on 1:35 Pulls BWKPF  
 {4 x 125 on 1:35 Pulls BWFPF  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 3,100 1x{4 x 100 on 1:30 2 strokes fly off walls  
 {3 x 100 on 1:25 2 strokes fly off walls  
 {2 x 100 on 1:20 2 strokes fly off walls  
 {1 x 100 on 1:15 2 strokes fly off walls  
 {1 x 50 on 1:00 Freestyle  
 {4 x 100 on 1:25 3 strokes fly off walls  
 {3 x 100 on 1:20 3 strokes fly off walls  
 {2 x 100 on 1:15 3 strokes fly off walls  
 {1 x 100 on 1:10 3 strokes fly off walls  
 {1 x 50 on 1:00 Freestyle  
 {4 x 100 on 1:20 4 strokes fly off walls  
 {3 x 100 on 1:15 4 strokes fly off walls  
 {2 x 100 on 1:10 4 strokes fly off walls  
 {1 x 100 on 1:05 4 strokes fly off walls  
 500 10 x 50 on 1:00 Stroke Drills  
 6:00 PM 7,400 Yards - Stress Value = 112

{1 x 100 on 1:30 4 strokes fly off walls  
 {3 x 100 on 1:25 4 strokes fly off walls  
 {2 x 100 on 1:20 4 strokes fly off walls  
 {1 x 100 on 1:15 4 strokes fly off walls  
 500 10 x 50 on 1:00 Stroke Drills  
 6:01 PM 6,800 Yards - Stress Value = 102

**Workout #14161 - Thursday, 07 November 2013**

**Group 3 - Silver**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Shoulders  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,150 1x{1 x 200 on 4:10 Kick  
 {6 x 25 on :40 Kick weak kick  
 {2 x 150 on 3:05 Kick  
 {6 x 25 on :40 Kick weak kick  
 {2 x 100 on 2:00 Kick  
 {6 x 25 on :40 Kick weak kick  
 950 1x{1 x 125 on 2:00 Pulls BWSPF  
 {2 x 125 on 2:00 Pulls BWHPF  
 {3 x 125 on 2:00 Pulls BWKPF  
 {2 x 100 on 2:00 Pulls BWFPF  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,300 1x{4 x 100 on 1:55 2 strokes fly off walls  
 {3 x 100 on 1:50 2 strokes fly off walls  
 {2 x 100 on 1:45 2 strokes fly off walls  
 {1 x 100 on 1:40 2 strokes fly off walls  
 {1 x 50 on 1:15 Freestyle  
 {3 x 100 on 1:50 3 strokes fly off walls  
 {2 x 100 on 1:45 3 strokes fly off walls  
 {1 x 100 on 1:40 3 strokes fly off walls  
 {1 x 50 on 1:15 Freestyle  
 {3 x 100 on 1:45 4 strokes fly off walls  
 {2 x 100 on 1:40 4 strokes fly off walls  
 {1 x 100 on 1:35 4 strokes fly off walls  
 500 10 x 50 on 1:00 Stroke Drills  
 6:00 PM 5,800 Yards - Stress Value = 84

**Workout #14160 - Thursday, 07 November 2013**

**Group 3 - Gold**

**1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Shoulders  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,450 1x{1 x 200 on 3:30 Kick  
 {6 x 25 on :30 Kick weak kick  
 {2 x 150 on 2:35 Kick  
 {6 x 25 on :30 Kick weak kick  
 {3 x 100 on 1:40 Kick  
 {6 x 25 on :30 Kick weak kick  
 {1 x 50 on :50 Kick  
 {6 x 25 on :30 Kick weak kick  
 1,100 1x{1 x 125 on 1:45 Pulls BWSPF  
 {2 x 125 on 1:45 Pulls BWHPF  
 {3 x 125 on 1:45 Pulls BWKPF  
 {3 x 100 on 1:25 Pulls BWFPF  
 {1 x 50 on :50 Pulls BWFPF  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,800 1x{4 x 100 on 1:40 2 strokes fly off walls  
 {3 x 100 on 1:35 2 strokes fly off walls  
 {2 x 100 on 1:30 2 strokes fly off walls  
 {1 x 100 on 1:25 2 strokes fly off walls  
 {1 x 50 on 1:00 Freestyle  
 {4 x 100 on 1:35 3 strokes fly off walls  
 {3 x 100 on 1:30 3 strokes fly off walls  
 {2 x 100 on 1:25 3 strokes fly off walls  
 {1 x 100 on 1:20 3 strokes fly off walls  
 {1 x 50 on 1:00 Freestyle

**Workout #14162 - Thursday, 07 November 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:30 PM Start			
500	1 on 25:00 DS/Shoulders		
500	1 x 500 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
1,100	1x{1 x 200 on 5:00 Kick		
	{6 x 25 on :40 Kick weak kick		
	{2 x 150 on 3:30 Kick		
	{6 x 25 on :40 Kick weak kick		
	{3 x 100 on 2:10 Kick		
850	1x{1 x 125 on 2:20 Pulls BWSPPF		
	{2 x 125 on 2:20 Pulls BWHPPF		
	{3 x 125 on 2:20 Pulls BWKPPF		
	{1 x 100 on 1:50 Pulls BWFPF		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,000	1x{4 x 100 on 2:10 2 strokes fly off walls		
	{2 x 100 on 2:05 2 strokes fly off walls		
	{1 x 100 on 2:00 2 strokes fly off walls		
	{1 x 50 on 1:15 Freestyle		
	{3 x 100 on 2:05 3 strokes fly off walls		
	{2 x 100 on 2:00 3 strokes fly off walls		
	{1 x 100 on 1:55 3 strokes fly off walls		
	{1 x 50 on 1:15 Freestyle		
	{3 x 100 on 2:00 4 strokes fly off walls		
	{2 x 100 on 1:55 4 strokes fly off walls		
	{1 x 100 on 1:50 4 strokes fly off walls		
500	10 x 50 on 1:00 Stroke Drills		
6:00 PM 5,300 Yards - Stress Value = 76			

**Workout #14163 - Thursday, 07 November 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM Start			
400	1 on 30:00 DS/Shoulders/Tm Mtg		
400	1 x 400 on 8:00 Underwater trn drill		
150	1 on 15:00 Techniques-underwater pullouts		
150	10 x 15 on :45 Shooters		
150	1 on 2:30 Breaststroke Points		
600	6 x 25 on 1:00 Perfect Breaststroke		
600	1x{1 x 200 on 8:00 Breast Kick Drill		
	{1 x 200 on 8:00 2 Kick 1 Pull		
	{1 x 200 on 8:00 Breast Drill w/fins		
150	6 x 25 on 1:00 Perfect Breaststroke		
50	1 x 50 on 2:00 Breast OTB		
200	1 x 200 on 4:00 Stroke Drills		
	1 on 10:00 Techniques-Starts		
7:31 PM 1,700 Yards - Stress Value = 11			

**Workout #14164 - Friday, 08 November 2013**

**Group 3 - Swim Like A Champion Day**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:30 PM Start			
	1 on 10:00 Dynamic Stretch		
600	1 x 600 on 10:00 Choice		
150	10 x 15 on :45 Shooters		
100	1 x 100 on 5:00 IM from a push for time		
500	1 x 500 on 10:00 Social Kick		
750	1 x 750 on 40:00 IM Relay Game		
200	1 x 200 on 3:00 Stroke Drills		
5:01 PM 2,300 Yards - Stress Value = 16			

**Workout #14165 - Friday, 08 November 2013**

**Group 2 - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:00 PM Start				
	1 on 40:00 DS/Dryland			
500	1 x 500 on 10:00 Reverse IM drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S
1,200	1x{4 x 75 on 1:20 Back 1/2/3 KOW	EN1		S
	{4 x 25 on :45 Bathtub drill-8	EN2		S
	{4 x 75 on 1:15 Back 2/3/4 KOW	EN1		S
	{4 x 25 on :45 Bathtub drill 7	EN2		S
	{4 x 75 on 1:10 Back 3/4/5 KOW	EN1		S
	{4 x 25 on :45 Bathtub drill-6	EN2		S
250	1 x 250 on 5:00 Stroke Drills	REC		D
6:30 PM 2,100 Yards - Stress Value = 21				

**Workout #14166 - Friday, 08 November 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:00 PM Start				
	1 on 40:00 DS/Dryland			
500	1 x 500 on 10:00 Reverse IM drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S
1,050	1x{4 x 75 on 1:30 Back 1/2/3 KOW	EN1		S
	{4 x 25 on :45 Bathtub drill-8	EN2		S
	{4 x 75 on 1:25 Back 2/3/4 KOW	EN1		S
	{4 x 25 on :45 Bathtub drill 7	EN2		S
	{2 x 75 on 1:20 Back 3/4/5 KOW	EN1		S
	{4 x 25 on :45 Bathtub drill-6	EN2		S
250	1 x 250 on 5:00 Stroke Drills	REC		D
6:30 PM 1,950 Yards - Stress Value = 20				

**Workout #14167 - Friday, 08 November 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:00 PM Start				
	1 on 40:00 DS/Dryland			
450	1 x 450 on 10:00 Reverse IM drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S
1,050	1x{2 x 75 on 1:40 Back 1/2/3 KOW	EN1		S
	{4 x 25 on :45 Bathtub drill-8	EN2		S
	{4 x 75 on 1:35 Back 2/3/4 KOW	EN1		S
	{4 x 25 on :45 Bathtub drill 7	EN2		S
	{4 x 75 on 1:30 Back 3/4/5 KOW	EN1		S
	{4 x 25 on :45 Bathtub drill-6	EN2		S
250	1 x 250 on 5:00 Stroke Drills	REC		D
6:31 PM 1,900 Yards - Stress Value = 20				

**Workout #14168 - Friday, 08 November 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	SE
400	1 on 40:00 DS/Dryland			L I
150	1 x 400 on 10:00 Reverse IM drill	REC		D
950	10 x 15 on :45 Shooters	SP3		S
	1x{2 x 75 on 1:50 Back 1/2/3 KOW	EN1		S
	{4 x 25 on :45 Bathtub drill-8	EN2		S
	{4 x 75 on 1:45 Back 2/3/4 KOW	EN1		S
	{4 x 25 on :45 Bathtub drill 7	EN2		S
	{3 x 75 on 1:40 Back 3/4/5 KOW	EN1		S
	{3 x 25 on :45 Bathtub drill-6	EN2		S
250	1 x 250 on 5:00 Stroke Drills	REC		D
6:30 PM 1,750 Yards - Stress Value = 19				

600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,650	1x{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:00 Kick
	{2 x 100 on 1:55 Kick
	{6 x 25 on :35 Kick no board BSLRBS
	{2 x 100 on 1:55 Kick
	{2 x 100 on 1:50 Kick
	{8 x 25 on :35 Kick no board BSLR X2
	{2 x 100 on 1:50 Kick
	{1 x 50 on :50 Kick
	{6 x 25 on :35 Kick no board BSLRBS
750	3x{1 x 50 on :45 Pull 8 SOT-HB
	{1 x 50 on :45 Pull 7 SOT-HB
	{1 x 50 on :45 Pull 6 SOT-HB
	{1 x 50 on :45 Pull 5 SOT-HB
	{1 x 50 on :45 Pull 4 SOT-HB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:54 PM 3,350 Yards - Stress Value = 51	

**Workout #14169 - Friday, 08 November 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	SE
350	1 on 40:00 DS/Dryland			L I
150	1 x 350 on 10:00 Reverse IM drill	REC		D
800	10 x 15 on :45 Shooters	SP3		S
	1x{2 x 75 on 2:00 Back 1/2/3 KOW	EN1		S
	{4 x 25 on 1:00 Bathtub drill-8	EN2		S
	{4 x 75 on 1:55 Back 2/3/4 KOW	EN1		S
	{4 x 25 on 1:00 Bathtub drill 7	EN2		S
	{2 x 75 on 1:50 Back 3/4/5 KOW	EN1		S
250	1 x 250 on 5:00 Stroke Drills	REC		D
6:30 PM 1,550 Yards - Stress Value = 17				

**Workout #14172 - Monday, 11 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
550	1 on 40:00 DS/Physio Balls/Tm Mtg
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,450	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:10 Kick
	{2 x 100 on 2:05 Kick
	{6 x 25 on :40 Kick no board BSLRBS
	{2 x 100 on 2:05 Kick
	{1 x 100 on 2:00 Kick
	{8 x 25 on :40 Kick no board BSLR X2
	{2 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLRBS
750	3x{1 x 50 on :50 Pull 8 SOT-HB
	{1 x 50 on :50 Pull 7 SOT-HB
	{1 x 50 on :50 Pull 6 SOT-HB
	{1 x 50 on :50 Pull 5 SOT-HB
	{1 x 50 on :50 Pull 4 SOT-HB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:55 PM 3,100 Yards - Stress Value = 47	

**Workout #14170 - Monday, 11 November 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
600	1 on 40:00 DS/Physio Balls/Tm Mtg
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,900	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:45 Kick
	{2 x 100 on 1:40 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{2 x 100 on 1:40 Kick
	{2 x 100 on 1:35 Kick
	{8 x 25 on :30 Kick no board BSLR X2
	{2 x 100 on 1:35 Kick
	{2 x 100 on 1:30 Kick
	{10 x 25 on :30 Kick no board BSLRX2 LR
750	3x{1 x 50 on :45 Pull 8 SOT-HB
	{1 x 50 on :45 Pull 7 SOT-HB
	{1 x 50 on :45 Pull 6 SOT-HB
	{1 x 50 on :45 Pull 5 SOT-HB
	{1 x 50 on :45 Pull 4 SOT-HB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:54 PM 3,600 Yards - Stress Value = 56	

**Workout #14171 - Monday, 11 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
	1 on 40:00 DS/Physio Balls/Tm Mtg

**Workout #14173 - Monday, 11 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY
500	1 on 40:00 DS/Physio Balls/Tm Mtg	
150	1 x 500 on 10:00 Swim-kick-pull-swim	
1,350	10 x 15 on :45 Shooters	
	1x{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:20 Kick	
	{2 x 100 on 2:15 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:15 Kick	
	{2 x 100 on 2:10 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 75 on 1:35 Kick	
	{4 x 25 on :45 Kick no board BSLRBS	
600	3x{1 x 50 on :55 Pull 8 SOT-HB	
	{1 x 50 on :55 Pull 7 SOT-HB	
	{1 x 50 on :55 Pull 6 SOT-HB	
	{1 x 50 on :55 Pull 5 SOT-HB	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4:53 PM 2,800 Yards - Stress Value = 43	

**Workout #14174 - Monday, 11 November 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:55 PM Start

Yards	Set Description	EGY
1,800	1x{1 x 300 on 3:30 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under 105	EN2
	{1 x 300 on 3:30 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under 105	EN2
	{1 x 300 on 3:30 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle hold under 105	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 2,100 Yards - Stress Value = 36	

**Workout #14175 - Monday, 11 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:55 PM Start

Yards	Set Description	EGY
1,700	1x{1 x 300 on 4:00 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under 112	EN2
	{1 x 300 on 4:00 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under 112	EN2
	{1 x 300 on 4:00 Freestyle	EN2
	{2 x 100 on 1:25 Freestyle hold under 112	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:36 PM 2,000 Yards - Stress Value = 34	

**Workout #14176 - Monday, 11 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:55 PM Start

Yards	Set Description	EGY
1,500	1x{1 x 300 on 4:30 Freestyle	EN2
	{2 x 100 on 1:45 Freestyle hold under 125	EN2
	{1 x 300 on 4:30 Freestyle	EN2
	{2 x 100 on 1:40 Freestyle hold under 125	EN2
	{1 x 300 on 4:30 Freestyle	EN2
	{2 x 100 on 1:35 Freestyle hold under 125	EN2

Yards	Set Description	EGY
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 1,800 Yards - Stress Value = 30	

**Workout #14177 - Monday, 11 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:55 PM Start

Yards	Set Description	EGY
1,300	1x{1 x 200 on 3:40 Freestyle	EN2
	{3 x 100 on 1:55 Freestyle hold under 130	EN2
	{1 x 200 on 3:40 Freestyle	EN2
	{2 x 100 on 1:50 Freestyle hold under 130	EN2
	{1 x 200 on 3:40 Freestyle	EN2
	{2 x 100 on 1:45 Freestyle hold under 130	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 1,600 Yards - Stress Value = 26	

**Workout #14178 - Monday, 11 November 2013**

**HighSchl - Fly**

**1 minute rest between sets**

4:55 PM Start

Yards	Set Description	EGY
1,650	1x{6 x 25 on :25 Fly-descend in 3s	EN2
	{2 x 100 on 1:25 3 strokes off walls	EN1
	{6 x 25 on :25 Fly-descend in 3s	EN2
	{3 x 100 on 1:20 3 strokes off walls	EN2
	{9 x 25 on :25 Fly-descend in 3s	EN2
	{4 x 100 on 1:15 3 strokes fly off walls	EN2
	{9 x 25 on :25 Fly-descend in 3s	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:34 PM 1,850 Yards - Stress Value = 30	

**Workout #14179 - Monday, 11 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:55 PM Start

Yards	Set Description	EGY
1,550	1x{1 x 100 on 1:35 3 strokes off walls	EN1
	{6 x 25 on :30 Fly-descend in 3s	EN2
	{2 x 100 on 1:30 3 strokes off walls	EN1
	{6 x 25 on :30 Fly-descend in 3s	EN2
	{3 x 100 on 1:25 3 strokes off walls	EN2
	{6 x 25 on :30 Fly-descend in 3s	EN2
	{4 x 100 on 1:20 3 strokes fly off walls	EN2
	{4 x 25 on :30 Fly-descend	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 1,750 Yards - Stress Value = 28	

**Workout #14180 - Monday, 11 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:55 PM Start  
 Yards Set Description EGY  
 =====  
 1,400 1x{1 x 100 on 1:45 3 strokes off walls EN1  
 {6 x 25 on :35 Fly-descend in 3s EN2  
 {2 x 100 on 1:40 3 strokes off walls EN1  
 {6 x 25 on :35 Fly-descend in 3s EN2  
 {3 x 100 on 1:35 3 strokes off walls EN2  
 {4 x 25 on :35 Fly-descend EN2  
 {4 x 100 on 1:30 3 strokes fly off walls EN2  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:35 PM 1,600 Yards - Stress Value = 25

500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 100 1 x 100 on 3:00 Kick for time-your best kick  
 1,150 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:10 Kick-fly  
 {1 x 100 on 2:10 Kick-breast  
 {1 x 100 on 2:10 Kick-free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:05 Kick-fly  
 {1 x 100 on 2:05 Kick-breast  
 {1 x 100 on 2:05 Kick-free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:00 Kick-fly  
 {1 x 100 on 2:00 Kick-breast  
 {1 x 50 on 1:00 Kick-free  
 200 8 x 25 on :45 Stroke Drills 2 on each  
 600 6 x 100 on 4:00 Individual Medley  
 850 34 x 25 on :35 Fly-odds fly kick evens norma  
 200 1 x 200 on 4:00 Stroke Drills  
 1 on 11:00 Starts-Fly  
 7:30 PM 3,750 Yards - Stress Value = 64

**Workout #14181 - Monday, 11 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:55 PM Start  
 Yards Set Description EGY  
 =====  
 1,100 1x{1 x 100 on 2:00 3 strokes off walls EN1  
 {4 x 25 on :45 Fly-descend EN2  
 {2 x 100 on 2:00 3 strokes off walls EN1  
 {4 x 25 on :45 Fly-descend EN2  
 {3 x 100 on 2:00 3 strokes off walls EN2  
 {4 x 25 on :45 Fly-descend EN2  
 {2 x 100 on 2:00 3 strokes fly off walls EN2  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:34 PM 1,300 Yards - Stress Value = 19

**Workout #14184 - Monday, 11 November 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Phyiso Balls/Tm Mtg  
 450 1 x 450 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 100 1 x 100 on 3:00 Kick for time-your best kick  
 1,100 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:20 Kick-fly  
 {1 x 100 on 2:20 Kick-breast  
 {1 x 100 on 2:20 Kick-free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:15 Kick-fly  
 {1 x 100 on 2:15 Kick-breast  
 {1 x 100 on 2:15 Kick-free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:10 Kick-fly  
 {1 x 50 on 1:05 Kick-breast  
 {1 x 50 on 1:05 Kick-free  
 200 8 x 25 on :45 Stroke Drills 2 on each  
 600 6 x 100 on 4:00 Individual Medley  
 700 28 x 25 on :40 Fly-odds fly kick evens norma  
 200 1 x 200 on 4:00 Stroke Drills  
 1 on 11:00 Starts-Fly  
 7:30 PM 3,500 Yards - Stress Value = 60

**Workout #14182 - Monday, 11 November 2013**

**Group 2 - IM's**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Phyiso Balls/Tm Mtg  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 100 1 x 100 on 3:00 Kick for time-your best kick  
 1,200 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:00 Kick-fly  
 {1 x 100 on 2:00 Kick-breast  
 {1 x 100 on 2:00 Kick-free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:55 Kick-fly  
 {1 x 100 on 1:55 Kick-breast  
 {1 x 100 on 1:55 Kick-free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:50 Kick-fly  
 {1 x 100 on 1:50 Kick-breast  
 {1 x 100 on 1:50 Kick-free  
 200 8 x 25 on :45 Stroke Drills 2 on each  
 600 6 x 100 on 4:00 Individual Medley  
 1,000 40 x 25 on :30 Fly-odds fly kick evens norma  
 200 1 x 200 on 4:00 Stroke Drills  
 1 on 11:00 Starts-Fly  
 7:30 PM 3,950 Yards - Stress Value = 68

**Workout #14183 - Monday, 11 November 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Phyiso Balls/Tm Mtg

**Workout #14185 - Monday, 11 November 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
100	1 x 100 on 3:00 Kick for time-your best kick		
1,000	1x{4 x 25 on :45 Kick no board BSLR		
	{1 x 100 on 2:35 Kick-fly		
	{1 x 100 on 2:35 Kick-breast		
	{1 x 100 on 2:35 Kick-free		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 100 on 2:30 Kick-fly		
	{1 x 100 on 2:30 Kick-breast		
	{1 x 100 on 2:30 Kick-free		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 50 on 1:15 Kick-fly		
	{1 x 50 on 1:15 Kick-breast		
200	8 x 25 on :45 Stroke Drills 2 on each		
600	6 x 100 on 4:00 Individual Medley		
650	26 x 25 on :45 Fly-odds fly kick evens norma		
200	1 x 200 on 4:00 Stroke Drills		
	1 on 11:00 Starts-Fly		
7:30 PM	3,300 Yards - Stress Value = 57		

**Workout #14186 - Monday, 11 November 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
100	1 x 100 on 3:00 Kick for time-your best kick		
800	1x{4 x 25 on 1:00 Kick no board BSLR		
	{1 x 100 on 3:00 Kick-fly		
	{1 x 100 on 3:00 Kick-breast		
	{1 x 100 on 3:00 Kick-free		
	{4 x 25 on 1:00 Kick no board BSLR		
	{1 x 50 on 1:25 Kick-fly		
	{1 x 50 on 1:25 Kick-breast		
	{1 x 100 on 2:55 Kick-free		
	{4 x 25 on 1:00 Kick no board BSLR		
200	8 x 25 on :45 Stroke Drills 2 on each		
600	6 x 100 on 4:00 Individual Medley		
500	20 x 25 on 1:00 Fly-odds fly kick evens norm		
200	1 x 200 on 4:00 Stroke Drills		
	1 on 11:00 Starts-Fly		
7:30 PM	2,950 Yards - Stress Value = 50		

**Workout #14187 - Tuesday, 12 November 2013**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
2,450	1x{2 x 225 on 2:50 Free L.25 6bk	EN2	
	{2 x 225 on 2:45 Free L.25 6bk	EN2	
	{2 x 225 on 2:40 Free L.25 6bk	EN2	
	{2 x 225 on 2:35 Free L.25 6bk	EN2	
	{2 x 225 on 2:30 Free L.25 6bk	EN2	
	{1 x 200 on 2:10 Free L.25 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	3,200 Yards - Stress Value = 55		

**Workout #14188 - Tuesday, 12 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
2,200	1x{2 x 225 on 3:05 Free L.25 6bk	EN2	
	{2 x 225 on 3:00 Free L.25 6bk	EN2	
	{2 x 225 on 2:55 Free L.25 6bk	EN2	
	{2 x 225 on 2:50 Free L.25 6bk	EN2	
	{2 x 100 on 1:15 Free L.25 6bk	EN2	
	{1 x 200 on 2:30 Free L.25 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,950 Yards - Stress Value = 50		

**Workout #14189 - Tuesday, 12 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
2,000	1x{2 x 200 on 3:05 Free L.25 6bk	EN2	
	{2 x 200 on 3:00 Free L.25 6bk	EN2	
	{2 x 200 on 2:55 Free L.25 6bk	EN2	
	{2 x 200 on 2:50 Free L.25 6bk	EN2	
	{1 x 200 on 2:45 Free L.25 6bk	EN2	
	{1 x 200 on 2:40 Free L.25 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:06 AM	2,750 Yards - Stress Value = 46		

**Workout #14190 - Tuesday, 12 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,650	1x{2 x 200 on 3:35 Free L.25 6bk	EN2	
	{2 x 200 on 3:30 Free L.25 6bk	EN2	
	{2 x 200 on 3:25 Free L.25 6bk	EN2	
	{2 x 200 on 3:20 Free L.25 6bk	EN2	
	{1 x 50 on :50 Free L.25 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,350 Yards - Stress Value = 39		

**Workout #14191 - Tuesday, 12 November 2013**

**HighSchl - Back**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS and Weights
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,800	1x{5 x 125 on 1:45 Backstroke-Alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{4 x 100 on 1:25 Back alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{3 x 75 on 1:00 Back Alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{2 x 50 on :40 Back Alt 25 of 10 KOW
	{6 x 25 on :30 Back 8-9-10-11-12-13 KOW
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
7:05 AM	2,600 Yards - Stress Value = 41

**Workout #14192 - Tuesday, 12 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS and Weights
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,700	1x{5 x 125 on 1:55 Backstroke-Alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{4 x 100 on 1:30 Back alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{3 x 75 on 1:05 Back Alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{2 x 50 on :40 Back Alt 25 of 10 KOW
	{2 x 25 on :30 Back 8-9 KOW
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
7:05 AM	2,500 Yards - Stress Value = 39

**Workout #14193 - Tuesday, 12 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS and Weights
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,550	1x{5 x 125 on 2:10 Backstroke-Alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{4 x 100 on 1:45 Back alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{3 x 75 on 1:15 Back Alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
7:05 AM	2,350 Yards - Stress Value = 36

**Workout #14194 - Tuesday, 12 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS and Weights
350	1 x 350 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters

1,275	1x{5 x 125 on 2:35 Backstroke-Alt 25 of 10 KOW
	{4 x 25 on :40 Back 8-9-10-11 KOW
	{4 x 100 on 2:00 Back alt 25 of 10 KOW
	{6 x 25 on :40 Back 8-9-10-11-12-13 KOW
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
7:05 AM	2,025 Yards - Stress Value = 31

**Workout #14195 - Tuesday, 12 November 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Tm Mtg
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
650	1 x 650 on 10:00 Kick as far as possible
1,100	11 x 100 on 2:00 Kick-odds100%
1,650	1x{4 x 150 on 2:00 Pulls
	{4 x 125 on 1:40 Pulls
	{4 x 100 on 1:20 Pulls
	{3 x 50 on :40 Pulls
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:49 PM	4,200 Yards - Stress Value = 56

**Workout #14196 - Tuesday, 12 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Tm Mtg
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1 x 600 on 10:00 Kick as far as possible
1,100	11 x 100 on 2:00 Kick-odds 100%
1,450	1x{4 x 150 on 2:15 Pulls
	{4 x 125 on 1:50 Pulls
	{3 x 100 on 1:30 Pulls
	{1 x 50 on :45 Pulls
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:49 PM	3,950 Yards - Stress Value = 54

**Workout #14197 - Tuesday, 12 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core/Tm Mtg
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
550	1 x 550 on 10:00 Kick as far as possible
1,100	11 x 100 on 2:00 Kick odds 100%
1,300	1x{4 x 150 on 2:30 Pulls
	{4 x 125 on 2:05 Pulls
	{2 x 100 on 1:40 Pulls
50	1x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:49 PM	3,700 Yards - Stress Value = 52

**Workout #14198 - Tuesday, 12 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:00 PM	Start			
500	1 on 30:00 DS/Core/Tm Mtg			
150	1 x 500 on 10:00 Underwater trn drill			
500	10 x 15 on :45 Shooters			
1,100	1 x 500 on 10:00 Kick as far as possible			
1,150	11 x 100 on 2:00 Kick-odds 100%			
1x{3 x 150 on 2:45 Pulls				
{2 x 125 on 2:20 Pulls				
{4 x 100 on 1:50 Pulls				
{1 x 50 on :55 Pulls				
50 1x{1 x 25 on :50 Sculling drills				
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
4:49 PM	3,450 Yards - Stress Value = 48			

**Workout #14199 - Tuesday, 12 November 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:50 PM	Start			
2,400	1x{1 x 800 on 9:45 Freestyle	EN2	S	FR
{1 x 800 on 9:30 Freestyle		EN2	S	FR
{1 x 800 on 9:15 Freestyle		EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice/Tm Mtg			L	DRY
5:35 PM	2,700 Yards - Stress Value = 48			

**Workout #14200 - Tuesday, 12 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:50 PM	Start			
2,250	1x{1 x 750 on 9:45 Freestyle	EN2	S	FR
{1 x 750 on 9:30 Freestyle		EN2	S	FR
{1 x 750 on 9:15 Freestyle		EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice/Tm Mtg			L	DRY
5:35 PM	2,550 Yards - Stress Value = 45			

**Workout #14201 - Tuesday, 12 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:50 PM	Start			
1,950	1x{1 x 650 on 9:45 Freestyle	EN2	S	FR
{1 x 650 on 9:30 Freestyle		EN2	S	FR
{1 x 650 on 9:15 Freestyle		EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice/Tm Mtg			L	DRY
5:35 PM	2,250 Yards - Stress Value = 39			

**Workout #14202 - Tuesday, 12 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:50 PM	Start			
1,650	1x{1 x 550 on 9:45 Freestyle	EN2	S	FR
{1 x 550 on 9:30 Freestyle		EN2	S	FR
{1 x 550 on 9:15 Freestyle		EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD

1 on 10:00 Ice/Tm Mtg L DRY  
5:35 PM 1,950 Yards - Stress Value = 33

**Workout #14203 - Tuesday, 12 November 2013**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:50 PM	Start			
1,900	1x{1 x 200 on 2:50 Breaststroke	EN2	S	BR
{5 x 50 on 1:00 Breast		EN3	S	BR
{2 x 175 on 2:25 Breaststroke		EN2	S	BR
{4 x 50 on 1:00 Breaststroke		EN3	S	BR
{3 x 150 on 2:00 Breaststroke		EN2	S	BR
{4 x 50 on 1:00 Breaststroke		EN3	S	BR
{2 x 125 on 1:35 Breaststroke		EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice				M
5:35 PM	2,150 Yards - Stress Value = 64			

**Workout #14204 - Tuesday, 12 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:50 PM	Start			
1,800	1x{1 x 200 on 3:00 Breaststroke	EN2	S	BR
{5 x 50 on 1:00 Breast		EN3	S	BR
{2 x 175 on 2:35 Breaststroke		EN2	S	BR
{4 x 50 on 1:00 Breaststroke		EN3	S	BR
{3 x 150 on 2:10 Breaststroke		EN2	S	BR
{4 x 50 on 1:00 Breaststroke		EN3	S	BR
{2 x 75 on 1:05 Breaststroke		EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice				M
5:35 PM	2,050 Yards - Stress Value = 62			

**Workout #14205 - Tuesday, 12 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:50 PM	Start			
1,650	1x{1 x 200 on 3:30 Breaststroke	EN2	S	BR
{5 x 50 on 1:00 Breast		EN3	S	BR
{2 x 175 on 3:00 Breaststroke		EN2	S	BR
{4 x 50 on 1:00 Breaststroke		EN3	S	BR
{3 x 150 on 2:30 Breaststroke		EN2	S	BR
{4 x 50 on 1:00 Breaststroke		EN3	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice				M
5:35 PM	1,900 Yards - Stress Value = 59			

**Workout #14206 - Tuesday, 12 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:50 PM	Start			
1,300	1x{1 x 200 on 4:15 Breaststroke	EN2	S	BR
{3 x 50 on 1:15 Breast		EN3	S	BR
{2 x 150 on 3:10 Breaststroke		EN2	S	BR
{3 x 50 on 1:15 Breaststroke		EN3	S	BR
{3 x 100 on 2:05 Breaststroke		EN2	S	BR
{4 x 50 on 1:15 Breaststroke		EN3	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice				M
5:35 PM	1,550 Yards - Stress Value = 46			

**Workout #14207 - Tuesday, 12 November 2013**

**Group 2 - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM	Start		
500	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
2,400	10 x 15 on :45 Shooters	SP3	
	odds free evens back		
2,400	1x{3 x 100 on 1:35 Backstroke	EN2	
	{2 x 100 on 1:30 Backstroke	EN2	
	{1 x 100 on 1:15 Backstroke	EN2	
	{8 x 25 on :30 Back 4 KOW +1	EN2	
	{3 x 100 on 1:30 Backstroke	EN2	
	{2 x 100 on 1:25 Backstroke	EN2	
	{1 x 100 on 1:20 Backstroke	EN2	
	{8 x 25 on :30 Back 4 KOW +1	EN2	
	{3 x 100 on 1:25 Backstroke	EN2	
	{2 x 100 on 1:20 Backstroke	EN2	
	{1 x 100 on 1:15 Backstroke	EN2	
	{8 x 25 on :30 Back 4 KOW +1	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
100	4 x 25 on 1:00 Perfect backstroke	REC	
600	1x{1 x 200 on 7:00 Stroke Drills	REC	
	{1 x 200 on 7:00 Stroke Drills	REC	
	{1 x 200 on 8:00 Stroke Drills	REC	
100	4 x 25 on :45 Perfect backstroke	REC	
200	4 x 50 on 1:15 Back-descend	EN2	
	1 on 10:00 Techniques-Back Starts		
	1 on 10:00 Game		
7:30 PM	4,250 Yards - Stress Value = 58		

**Workout #14208 - Tuesday, 12 November 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM	Start		
500	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill	REC	
2,300	10 x 15 on :45 Shooters	SP3	
	odds free evens back		
2,300	1x{3 x 100 on 1:40 Backstroke	EN2	
	{2 x 100 on 1:35 Backstroke	EN2	
	{1 x 100 on 1:30 Backstroke	EN2	
	{8 x 25 on :30 Back 4 KOW +1	EN2	
	{3 x 100 on 1:35 Backstroke	EN2	
	{2 x 100 on 1:30 Backstroke	EN2	
	{1 x 100 on 1:25 Backstroke	EN2	
	{8 x 25 on :30 Back 4 KOW +1	EN2	
	{3 x 100 on 1:30 Backstroke	EN2	
	{2 x 100 on 1:25 Backstroke	EN2	
	{1 x 100 on 1:20 Backstroke	EN2	
	{4 x 25 on :30 Back 4 KOW +1	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
100	4 x 25 on 1:00 Perfect backstroke	REC	
600	1x{1 x 200 on 7:00 Stroke Drills	REC	
	{1 x 200 on 7:00 Stroke Drills	REC	
	{1 x 200 on 8:00 Stroke Drills	REC	
100	4 x 25 on :45 Perfect backstroke	REC	
200	4 x 50 on 1:15 Back-descend	EN2	
	1 on 10:00 Techniques-Back Starts		
	1 on 10:00 Game		
7:30 PM	4,150 Yards - Stress Value = 56		

**Workout #14209 - Tuesday, 12 November 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM	Start		

	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	odds free evens back		
2,150	1x{3 x 100 on 1:50 Backstroke	EN2	
	{2 x 100 on 1:45 Backstroke	EN2	
	{1 x 100 on 1:40 Backstroke	EN2	
	{4 x 25 on :30 Back 4 KOW +1	EN2	
	{3 x 100 on 1:45 Backstroke	EN2	
	{2 x 100 on 1:40 Backstroke	EN2	
	{1 x 100 on 1:35 Backstroke	EN2	
	{6 x 25 on :30 Back 4 KOW +1	EN2	
	{3 x 100 on 1:40 Backstroke	EN2	
	{2 x 100 on 1:35 Backstroke	EN2	
	{1 x 100 on 1:30 Backstroke	EN2	
	{4 x 25 on :30 Back 4 KOW +1	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
100	4 x 25 on 1:00 Perfect backstroke	REC	
600	1x{1 x 200 on 7:00 Stroke Drills	REC	
	{1 x 200 on 7:00 Stroke Drills	REC	
	{1 x 200 on 8:00 Stroke Drills	REC	
100	4 x 25 on :45 Perfect backstroke	REC	
200	4 x 50 on 1:15 Back-descend	EN2	
	1 on 10:00 Techniques-Back Starts		
	1 on 10:00 Game		
7:30 PM	3,950 Yards - Stress Value = 53		

**Workout #14210 - Tuesday, 12 November 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM	Start		
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	odds free evens back		
1,800	1x{3 x 100 on 2:00 Backstroke	EN2	
	{2 x 100 on 1:55 Backstroke	EN2	
	{1 x 100 on 1:50 Backstroke	EN2	
	{4 x 25 on :45 Back 4 KOW +1	EN2	
	{3 x 100 on 1:55 Backstroke	EN2	
	{2 x 100 on 1:50 Backstroke	EN2	
	{1 x 100 on 1:45 Backstroke	EN2	
	{4 x 25 on :45 Back 4 KOW +1	EN2	
	{1 x 100 on 1:50 Backstroke	EN2	
	{1 x 100 on 1:45 Backstroke	EN2	
	{1 x 100 on 1:40 Backstroke	EN2	
	{4 x 25 on :45 Back 4 KOW +1	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
100	4 x 25 on 1:00 Perfect backstroke	REC	
600	1x{1 x 200 on 7:00 Stroke Drills	REC	
	{1 x 200 on 7:00 Stroke Drills	REC	
	{1 x 200 on 8:00 Stroke Drills	REC	
100	4 x 25 on :45 Perfect backstroke	REC	
200	4 x 50 on 1:15 Back-descend	EN2	
	1 on 10:00 Techniques-Back Starts		
	1 on 10:00 Game		
7:30 PM	3,550 Yards - Stress Value = 46		

**Workout #14211 - Tuesday, 12 November 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description EGY WC  
 =====  
 350 1 on 30:00 DS/Core/Tm Mtg  
 150 1 x 350 on 10:00 Underwater trn drill REC  
 10 x 15 on :45 Shooters SP3  
 odds free evens back  
 1,300 1x{1 x 100 on 2:40 Backstroke EN2  
 {2 x 100 on 2:35 Backstroke EN2  
 {1 x 100 on 2:30 Backstroke EN2  
 {4 x 25 on 1:00 Back 4 KOW +1 EN2  
 {1 x 100 on 2:35 Backstroke EN2  
 {2 x 100 on 2:30 Backstroke EN2  
 {1 x 100 on 2:25 Backstroke EN2  
 {4 x 25 on 1:00 Back 4 KOW +1 EN2  
 {1 x 100 on 2:30 Backstroke EN2  
 {1 x 100 on 2:25 Backstroke EN2  
 {4 x 25 on 1:00 Back 4 KOW +1 EN2  
 200 1 x 200 on 3:00 Stroke Drills REC  
 100 4 x 25 on 1:00 Perfect backstroke REC  
 600 1x{1 x 200 on 7:00 Stroke Drills REC  
 {1 x 200 on 7:00 Stroke Drills REC  
 {1 x 200 on 8:00 Stroke Drills REC  
 100 4 x 25 on :45 Perfect backstroke REC  
 200 4 x 50 on 1:15 Back-descend EN2  
 1 on 10:00 Techniques-Back Starts  
 1 on 10:00 Game  
 7:30 PM 3,000 Yards - Stress Value = 36

**Workout #14212 - Wednesday, 13 November 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 10:00 DS/Tm Mtg  
 150 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 10 x 15 on :45 Shooters  
 1,950 1x{4 x 25 on :30 Kick no board BSLR 15 KOW  
 {6 x 75 on 1:10 Kick  
 {4 x 25 on :30 Kick no board BSLR 14 KOW  
 {5 x 100 on 1:30 Kick  
 {4 x 25 on :30 Kick no board BSLR 13 KOW  
 {4 x 125 on 1:50 Kick  
 {8 x 25 on :30 Kick no board BSLRX2 12 KOW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:09 PM 2,900 Yards - Stress Value = 47

**Workout #14213 - Wednesday, 13 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 10:00 DS/Tm Mtg  
 150 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 10 x 15 on :45 Shooters  
 1,650 1x{4 x 25 on :35 Kick no board BSLR 15 KOW  
 {6 x 75 on 1:20 Kick  
 {4 x 25 on :35 Kick no board BSLR 14 KOW  
 {5 x 100 on 1:45 Kick  
 {4 x 25 on :35 Kick no board BSLR 13 KOW  
 {4 x 75 on 1:15 Kick  
 {4 x 25 on :35 Kick no board BSLR 12 KOW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:09 PM 2,600 Yards - Stress Value = 41

**Workout #14214 - Wednesday, 13 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 550 1 on 10:00 DS/Tm Mtg  
 150 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :40 Kick no board BSLR 15 KOW  
 {6 x 75 on 1:35 Kick  
 {4 x 25 on :40 Kick no board BSLR 14 KOW  
 {3 x 100 on 2:05 Kick  
 {4 x 25 on :40 Kick no board BSLR 13 KOW  
 {2 x 125 on 2:35 Kick  
 {4 x 25 on :40 Kick no board BSLR 12 KOW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:09 PM 2,300 Yards - Stress Value = 36

**Workout #14215 - Wednesday, 13 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 500 1 on 10:00 DS/Tm Mtg  
 150 1 x 500 on 10:00 Free L.25 of each 100 Non F  
 10 x 15 on :45 Shooters  
 1,250 1x{4 x 25 on :45 Kick no board BSLR 15 KOW  
 {4 x 75 on 1:45 Kick  
 {4 x 25 on :45 Kick no board BSLR 14 KOW  
 {3 x 100 on 2:20 Kick  
 {4 x 25 on :40 Kick no board BSLR 13 KOW  
 {2 x 125 on 2:50 Kick  
 {4 x 25 on :40 Kick no board BSLR 12 KOW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:08 PM 2,100 Yards - Stress Value = 33

**Workout #14216 - Wednesday, 13 November 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:10 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 3,000 1x{2 x 200 on 2:40 Freestyle EN2 S FR  
 {1 x 100 on 1:30 Freestyle EN3 S FR  
 {2 x 200 on 2:35 Freestyle EN2 S FR  
 {1 x 100 on 1:30 Freestyle EN3 S FR  
 {2 x 200 on 2:30 Freestyle EN2 S FR  
 {1 x 100 on 1:30 Freestyle EN3 S FR  
 {2 x 200 on 2:25 Freestyle EN2 S FR  
 {1 x 100 on 1:30 Freestyle EN3 S FR  
 {2 x 200 on 2:20 Freestyle EN2 S FR  
 {1 x 100 on 1:30 Freestyle EN3 S FR  
 {2 x 200 on 2:15 Freestyle EN2 S FR  
 {1 x 100 on 1:30 Freestyle EN3 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 5:04 PM 3,250 Yards - Stress Value = 84

**Workout #14217 - Wednesday, 13 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
2,800	1x{2 x 200 on 2:55 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:50 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 200 on 2:35 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 100 on 1:15 Freestyle	EN2	S	FR
250	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:05 PM 3,050 Yards - Stress Value = 80				

**Workout #14218 - Wednesday, 13 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
2,500	1x{2 x 200 on 3:10 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 Freestyle	EN3	S	FR
	{2 x 200 on 3:05 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 Freestyle	EN3	S	FR
	{2 x 200 on 3:00 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 Freestyle	EN3	S	FR
	{2 x 200 on 2:55 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 Freestyle	EN3	S	FR
	{2 x 200 on 2:50 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 Freestyle	EN3	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:05 PM 2,750 Yards - Stress Value = 70				

**Workout #14219 - Wednesday, 13 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
2,250	1x{2 x 200 on 3:30 Freestyle	EN2	S	FR
	{1 x 100 on 2:00 Freestyle	EN3	S	FR
	{2 x 200 on 3:25 Freestyle	EN2	S	FR
	{1 x 100 on 2:00 Freestyle	EN3	S	FR
	{2 x 200 on 3:20 Freestyle	EN2	S	FR
	{1 x 100 on 2:00 Freestyle	EN3	S	FR
	{2 x 200 on 3:15 Freestyle	EN2	S	FR
	{1 x 100 on 2:00 Freestyle	EN3	S	FR
	{1 x 150 on 2:20 Freestyle	EN2	S	FR
	{1 x 100 on 2:00 Freestyle	EN3	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:05 PM 2,500 Yards - Stress Value = 65				

**Workout #14220 - Wednesday, 13 November 2013**

**HighSchl - IM'ers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
2,700	1x{1 x 100 on 1:15 Individual Medley			F
	{4 x 75 on 1:10 Fly-25L 25R 25 B			F

	{2 x 100 on 1:15 Individual Medley			F
	{4 x 75 on 1:10 Back 25L 25R 25B			F
	{3 x 100 on 1:15 Individual Medley			F
	{4 x 75 on 1:15 Brst 25FlK 25FrK 25Rk			F
	{4 x 100 on 1:15 Individual Medley			F
	{4 x 75 on 1:05 Fr 25scldsdfst25catchup25reg			F
	{5 x 100 on 1:15 Individual Medley			F
250	1 x 250 on 4:00 Stroke Drills			F
	1 on 10:00 Ice			
5:03 PM 2,950 Yards - Stress Value = 54				

**Workout #14221 - Wednesday, 13 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
2,700	1x{1 x 100 on 1:20 Individual Medley			F
	{4 x 75 on 1:10 Fly-25L 25R 25 B			F
	{2 x 100 on 1:20 Individual Medley			F
	{4 x 75 on 1:10 Back 25L 25R 25B			F
	{3 x 100 on 1:20 Individual Medley			F
	{4 x 75 on 1:15 Brst 25FlK 25FrK 25Rk			F
	{4 x 100 on 1:20 Individual Medley			F
	{4 x 75 on 1:05 Fr 25scldsdfst25catchup25reg			F
	{5 x 100 on 1:20 Individual Medley			F
250	1 x 250 on 4:00 Stroke Drills			F
	1 on 10:00 Ice			
5:04 PM 2,950 Yards - Stress Value = 54				

**Workout #14222 - Wednesday, 13 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
2,500	1x{1 x 100 on 1:30 Individual Medley			F
	{4 x 75 on 1:15 Fly-25L 25R 25 B			F
	{2 x 100 on 1:30 Individual Medley			F
	{4 x 75 on 1:15 Back 25L 25R 25B			F
	{3 x 100 on 1:30 Individual Medley			F
	{4 x 75 on 1:20 Brst 25FlK 25FrK 25Rk			F
	{4 x 100 on 1:30 Individual Medley			F
	{4 x 75 on 1:10 Fr 25scldsdfst25catchup25reg			F
	{3 x 100 on 1:30 Individual Medley			F
250	1 x 250 on 4:00 Stroke Drills			F
	1 on 10:00 Ice			
5:05 PM 2,750 Yards - Stress Value = 50				

**Workout #14223 - Wednesday, 13 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
2,200	1x{1 x 100 on 1:45 Individual Medley			F
	{4 x 75 on 1:20 Fly-25L 25R 25 B			F
	{2 x 100 on 1:45 Individual Medley			F
	{4 x 75 on 1:20 Back 25L 25R 25B			F
	{3 x 100 on 1:45 Individual Medley			F
	{4 x 75 on 1:25 Brst 25FlK 25FrK 25Rk			F
	{4 x 100 on 1:45 Individual Medley			F
	{4 x 75 on 1:20 Fr 25scldsdfst25catchup25reg			F
250	1 x 250 on 4:00 Stroke Drills			F
	1 on 10:00 Ice			
5:05 PM 2,450 Yards - Stress Value = 44				

**Workout #14224 - Thursday, 14 November 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters Your primary stroke(s)	SP3	
2,250	1x{3 x 225 on 3:00 Free-descend {3 x 200 on 2:40 Free-descend {3 x 175 on 2:20 Free-descend {3 x 150 on 2:00 Free-descend	EN2 EN2 EN2 EN2	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	
	7:06 AM 3,000 Yards - Stress Value = 51		

**Workout #14225 - Thursday, 14 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters Your primary stroke(s)	SP3	
2,025	1x{3 x 225 on 3:15 Free-descend {3 x 200 on 2:50 Free-descend {3 x 175 on 2:30 Free-descend {3 x 75 on 1:05 Free-descend	EN2 EN2 EN2 EN2	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	
	7:05 AM 2,775 Yards - Stress Value = 46		

**Workout #14226 - Thursday, 14 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters Your primary stroke(s)	SP3	
1,800	1x{3 x 225 on 3:35 Free-descend {3 x 200 on 3:10 Free-descend {3 x 175 on 2:45 Free-descend	EN2 EN2 EN2	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	
	7:05 AM 2,550 Yards - Stress Value = 42		

**Workout #14227 - Thursday, 14 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill Odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters Your primary stroke(s)	SP3	
1,575	1x{3 x 200 on 3:35 Free-descend {3 x 175 on 3:10 Free-descend {3 x 150 on 2:45 Free-descend	EN2 EN2 EN2	

200 1 x 200 on 3:00 Stroke Drills REC  
1 on 10:00 Ice  
7:05 AM 2,275 Yards - Stress Value = 37

**Workout #14228 - Thursday, 14 November 2013**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill Odd 100s free even 100's back	REC	
150	10 x 15 on :45 Shooters Your primary stroke(s)	SP3	
1,750	1x{1 x 125 on 1:55 Breaststroke {4 x 50 on 1:00 Breast under/over {2 x 125 on 1:50 Breaststroke {3 x 50 on :55 Breast under/over {3 x 125 on 1:45 Breaststroke {2 x 50 on :50 Breast under/over {4 x 125 on 1:40 Breaststroke-descend {1 x 50 on :45 Breast unde/over	EN1 EN2 EN1 EN2 EN1 EN2 EN2 EN2	
250	1 x 250 on 5:00 Stroke Drills 1 on 10:00 Ice	REC	
	7:05 AM 2,550 Yards - Stress Value = 33		

**Workout #14229 - Thursday, 14 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill Odd 100s free even 100's back	REC	
150	10 x 15 on :45 Shooters Your primary stroke(s)	SP3	
1,750	1x{1 x 125 on 2:00 Breaststroke {4 x 50 on 1:00 Breast under/over {2 x 125 on 1:55 Breaststroke {3 x 50 on 1:00 Breast under/over {3 x 125 on 1:50 Breaststroke {2 x 50 on 1:00 Breast under/over {4 x 125 on 1:45 Breaststroke-descend {1 x 50 on 1:00 Breast unde/over	EN1 EN2 EN1 EN2 EN1 EN2 EN2 EN2	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	
	7:05 AM 2,500 Yards - Stress Value = 33		

**Workout #14230 - Thursday, 14 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

				3:00 PM Start
Yards	Set Description	EGY	WOF	Yards Set Description
=====	=====	=====	=====	=====
	5:30 AM Start			1 on 10:00 DS
600	1 x 600 on 10:00 Underwater trn drill			1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back			Odd 100's free even 100's back
150	10 x 15 on :45 Shooters			10 x 15 on :45 Shooters
1,550	1x{2 x 150 on 2:55 Kick your #1			1x{2 x 150 on 2:55 Kick your #1
	{2 x 50 on 1:05 Kick your #2			{2 x 50 on 1:05 Kick your #2
	{2 x 50 on 1:10 Kick your #3			{2 x 50 on 1:10 Kick your #3
	{2 x 150 on 2:50 Kick your #1			{2 x 150 on 2:50 Kick your #1
	{1 x 50 on 1:05 Kick you #2			{1 x 50 on 1:05 Kick you #2
	{2 x 50 on 1:10 Kick your #3			{2 x 50 on 1:10 Kick your #3
	{2 x 150 on 2:45 Kick your #1			{2 x 150 on 2:45 Kick your #1
	{1 x 50 on 1:05 Kick your #2			{1 x 50 on 1:05 Kick your #2
	{2 x 50 on 1:10 Kick your #3			{2 x 50 on 1:10 Kick your #3
	{1 x 150 on 2:40 Kick your#1			{1 x 150 on 2:40 Kick your#1
200	4x{1 x 25 on :50 Sculling drills			4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:08 PM	2,500 Yards - Stress Value = 39			4:08 PM 2,500 Yards - Stress Value = 39
7:05 AM	2,450 Yards - Stress Value = 32			

**Workout #14234 - Thursday, 14 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

				3:00 PM Start
Yards	Set Description	EGY	WOF	Yards Set Description
=====	=====	=====	=====	=====
	5:30 AM Start			1 on 10:00 DS
550	1 x 550 on 10:00 Underwater trn drill			1 x 550 on 10:00 Underwater trn drill
	Odd 100's free even 100's back			Odd 100's free even 100's back
150	10 x 15 on :45 Shooters			10 x 15 on :45 Shooters
1,400	1x{2 x 150 on 3:15 Kick your #1			1x{2 x 150 on 3:15 Kick your #1
	{1 x 50 on 1:10 Kick your #2			{1 x 50 on 1:10 Kick your #2
	{1 x 50 on 1:15 Kick your #3			{1 x 50 on 1:15 Kick your #3
	{2 x 150 on 3:10 Kick your #1			{2 x 150 on 3:10 Kick your #1
	{2 x 50 on 1:10 Kick you #2			{2 x 50 on 1:10 Kick you #2
	{1 x 50 on 1:15 Kick your #3			{1 x 50 on 1:15 Kick your #3
	{2 x 150 on 3:05 Kick your #1			{2 x 150 on 3:05 Kick your #1
	{2 x 50 on 1:10 Kick your #2			{2 x 50 on 1:10 Kick your #2
	{1 x 50 on 1:15 Kick your #3			{1 x 50 on 1:15 Kick your #3
	{1 x 100 on 2:00 Kick your#1			{1 x 100 on 2:00 Kick your#1
200	4x{1 x 25 on :50 Sculling drills			4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:08 PM	2,300 Yards - Stress Value = 36			4:08 PM 2,300 Yards - Stress Value = 36
7:05 AM	2,000 Yards - Stress Value = 26			

**Workout #14232 - Thursday, 14 November 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

		3:00 PM Start
Yards	Set Description	Yards Set Description
=====	=====	=====
	1 on 10:00 DS	1 on 10:00 DS
600	1 x 600 on 10:00 Underwater trn drill	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters	10 x 15 on :45 Shooters
1,800	1x{2 x 150 on 2:25 Kick your #1	1x{2 x 150 on 2:25 Kick your #1
	{2 x 50 on 1:00 Kick your #2	{2 x 50 on 1:00 Kick your #2
	{2 x 50 on 1:05 Kick your #3	{2 x 50 on 1:05 Kick your #3
	{2 x 150 on 2:20 Kick your #1	{2 x 150 on 2:20 Kick your #1
	{2 x 50 on 1:00 Kick you #2	{2 x 50 on 1:00 Kick you #2
	{2 x 50 on 1:05 Kick your #3	{2 x 50 on 1:05 Kick your #3
	{2 x 150 on 2:15 Kick your #1	{2 x 150 on 2:15 Kick your #1
	{2 x 50 on 1:00 Kick your #2	{2 x 50 on 1:00 Kick your #2
	{2 x 50 on 1:05 Kick your #3	{2 x 50 on 1:05 Kick your #3
	{2 x 150 on 2:10 Kick your#1	{2 x 150 on 2:10 Kick your#1
200	4x{1 x 25 on :50 Sculling drills	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:08 PM	2,750 Yards - Stress Value = 44	4:08 PM 2,750 Yards - Stress Value = 44

**Workout #14235 - Thursday, 14 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

				3:00 PM Start
Yards	Set Description	Yards	Set Description	Yards Set Description
=====	=====	=====	=====	=====
	1 on 10:00 DS			1 on 10:00 DS
500	1 x 500 on 10:00 Underwater trn drill	500		1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back			Odd 100's free even 100's back
150	10 x 15 on :45 Shooters	150		10 x 15 on :45 Shooters
1,300	1x{2 x 125 on 3:00 Kick your #1	1,300		1x{2 x 125 on 3:00 Kick your #1
	{1 x 50 on 1:15 Kick your #2			{1 x 50 on 1:15 Kick your #2
	{1 x 50 on 1:20 Kick your #3			{1 x 50 on 1:20 Kick your #3
	{2 x 125 on 2:55 Kick your #1			{2 x 125 on 2:55 Kick your #1
	{1 x 50 on 1:15 Kick you #2			{1 x 50 on 1:15 Kick you #2
	{1 x 50 on 1:20 Kick your #3			{1 x 50 on 1:20 Kick your #3
	{2 x 150 on 3:25 Kick your #1			{2 x 150 on 3:25 Kick your #1
	{2 x 50 on 1:15 Kick your #2			{2 x 50 on 1:15 Kick your #2
	{1 x 50 on 1:20 Kick your #3			{1 x 50 on 1:20 Kick your #3
	{1 x 150 on 3:20 Kick your#1			{1 x 150 on 3:20 Kick your#1
200	4x{1 x 25 on :50 Sculling drills	200		4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:08 PM	2,150 Yards - Stress Value = 34			4:08 PM 2,150 Yards - Stress Value = 34

**Workout #14233 - Thursday, 14 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

**Workout #14236 - Thursday, 14 November 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:09 PM Start				
3,500	1x{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 6:00 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:55 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:50 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:05 PM	3,700 Yards - Stress Value = 60			

**Workout #14237 - Thursday, 14 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:09 PM Start				
3,000	1x{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 500 on 6:55 Freestyle	EN2	S	FR
	{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 500 on 6:45 Freestyle	EN2	S	FR
	{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 500 on 6:35 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:05 PM	3,200 Yards - Stress Value = 60			

**Workout #14238 - Thursday, 14 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:09 PM Start				
2,800	1x{4 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 400 on 6:00 Freestyle	EN2	S	FR
	{4 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 400 on 5:55 Freestyle	EN2	S	FR
	{4 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 400 on 5:50 Freestyle	EN2	S	FR
	{4 x 100 on 1:30 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:05 PM	3,000 Yards - Stress Value = 48			

**Workout #14239 - Thursday, 14 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:09 PM Start				
2,400	1x{4 x 100 on 1:45 Freestyle	EN2	S	FR
	{1 x 400 on 6:55 Freestyle	EN2	S	FR
	{4 x 100 on 1:45 Freestyle	EN2	S	FR
	{1 x 400 on 6:45 Freestyle	EN2	S	FR
	{4 x 100 on 1:45 Freestyle	EN2	S	FR
	{1 x 400 on 6:35 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:05 PM	2,600 Yards - Stress Value = 48			

**Workout #14240 - Thursday, 14 November 2013**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description	EGY
4:09 PM Start		
2,850	1x{1 x 125 on 1:50 Backstroke	EN1
	{1 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{2 x 125 on 1:45 Backstroke	EN1
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{3 x 125 on 1:40 Backstroke	EN1
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{4 x 125 on 1:35 Backstroke	EN2
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{4 x 100 on 1:20 Backstroke	EN2
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{3 x 100 on 1:15 Backstroke	EN2
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{2 x 100 on 1:10 Backstroke	EN2
	{1 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{1 x 100 on 1:05 Backstroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:05 PM	3,050 Yards - Stress Value = 73	

**Workout #14241 - Thursday, 14 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
4:09 PM Start		
2,650	1x{1 x 125 on 2:00 Backstroke	EN1
	{1 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{2 x 125 on 1:55 Backstroke	EN1
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{3 x 125 on 1:50 Backstroke	EN1
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{4 x 125 on 1:45 Backstroke	EN2
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{3 x 100 on 1:30 Backstroke	EN2
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{3 x 100 on 1:25 Backstroke	EN2
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{1 x 100 on 1:20 Backstroke	EN2
	{1 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{1 x 100 on 1:05 Backstroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:05 PM	2,850 Yards - Stress Value = 69	

**Workout #14242 - Thursday, 14 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
4:09 PM Start		
2,375	1x{1 x 125 on 2:15 Backstroke	EN1
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{2 x 125 on 2:10 Backstroke	EN1
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{3 x 125 on 2:05 Backstroke	EN1
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{3 x 125 on 2:00 Backstroke	EN2
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{3 x 100 on 1:45 Backstroke	EN2
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{3 x 100 on 1:40 Backstroke	EN2
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{2 x 100 on 1:35 Backstroke	EN2
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{1 x 100 on 1:00 Backstroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:05 PM	2,575 Yards - Stress Value = 54	

**Workout #14243 - Thursday, 14 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:09 PM Start

Yards	Set Description	EGY
1,950	1x{1 x 100 on 2:15 Backstroke	EN1
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{2 x 100 on 2:10 Backstroke	EN1
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{3 x 100 on 2:05 Backstroke	EN1
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{3 x 100 on 2:00 Backstroke	EN2
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{3 x 75 on 1:45 Backstroke	EN2
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{3 x 75 on 1:40 Backstroke	EN2
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{2 x 75 on 1:35 Backstroke	EN2
	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3
	{1 x 100 on 1:00 Backstroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	

5:05 PM 2,150 Yards - Stress Value = 46

**Workout #14244 - Friday, 15 November 2013**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Teds Abs	
600	1 x 600 on 12:00 Indvdl Prsrctns	
150	10 x 15 on :45 Shooters	
750	1 x 750 on 15:00 Kick 10/50, 15/45, 20/40 X Social Kick on easy part	
250	1 x 250 on 15:00 Techniques-TN Turn Drills	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
800	1x{2 x 100 on 1:45 Fly 75 Drill 25 build	
	{2 x 100 on 1:45 Back 75 Drill 25 build	
	{2 x 100 on 1:45 Breast 75 Drill 25 build	
	{2 x 100 on 1:45 Free 75 drill 25 build	
	1 on 10:00 Techniques-Relay Starts	
	1 on 10:00 Ice	

5:05 PM 2,750 Yards - Stress Value = 24

**Workout #14245 - Friday, 15 November 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland		D
300	1 x 300 on 5:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,250	1x{2 x 100 on 1:45 Breaststroke	EN2	S
	{6 x 25 on 1:00 From dive/6 pushups	EN2	S
	{2 x 100 on 1:40 Breaststroke	EN2	S
	{6 x 25 on 1:00 From dive/6 pushups	EN2	S
	{2 x 100 on 1:35 Breaststroke	EN2	S
	{6 x 25 on 1:00 From dive/6 pushups	EN2	S
	{2 x 100 on 1:30 Breaststroke	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D

6:30 PM 1,900 Yards - Stress Value = 31

**Workout #14246 - Saturday, 16 November 2013**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 40:00 DS and Weights
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,600	2x{1 x 100 on 1:35 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:20 Kick
	{1 x 100 on 1:50 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,625	1x{5 x 125 on 1:27 Freestyle
	{1 x 50 on 1:00 Freestyle
	{4 x 125 on 1:26 Freestyle
	{2 x 50 on 1:00 Freestyle
	{3 x 125 on 1:25 Freestyle
	{3 x 50 on 1:00 Freestyle
	{2 x 125 on 1:24 Freestyle
	{4 x 50 on 1:00 Freestyle
	{1 x 125 on 1:23 Freestyle
	{5 x 50 on 1:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	9:27 AM 5,425 Yards - Stress Value = 114

**Workout #14247 - Saturday, 16 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
	7:00 AM Start
	1 on 40:00 DS and Weights
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	Your primary stroke or free
1,400	2x{1 x 100 on 1:55 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 2:05 Kick
	{1 x 50 on :50 Kick
	{1 x 50 on 1:05 Kick(Dont do this 50 2nd rour
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,475	1x{5 x 125 on 1:42 Freestyle
	{1 x 50 on 1:00 Freestyle
	{4 x 125 on 1:41 Freestyle
	{2 x 50 on 1:00 Freestyle
	{3 x 125 on 1:40 Freestyle
	{3 x 50 on 1:00 Freestyle
	{2 x 125 on 1:39 Freestyle
	{4 x 50 on 1:00 Freestyle
	{1 x 125 on 1:38 Freestyle
	{2 x 50 on 1:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	9:29 AM 5,075 Yards - Stress Value = 102

**Workout #14248 - Saturday, 16 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
550	1 on 40:00 DS and Weights
150	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters Your primary stroke or free
1,300	2x{1 x 100 on 2:05 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:00 Kick {1 x 100 on 2:15 Kick {1 x 100 on 1:55 Kick {1 x 100 on 2:15 Kick {1 x 25 on :25 Kick(Dont do this 2nd round) {1 x 25 on :40 Kick(Dont do this 2nd round)
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,150	1x{5 x 125 on 1:57 Freestyle {1 x 50 on 1:10 Freestyle {4 x 125 on 1:56 Freestyle {2 x 50 on 1:10 Freestyle {3 x 125 on 1:55 Freestyle {3 x 50 on 1:10 Freestyle {2 x 125 on 1:54 Freestyle {2 x 50 on 1:10 Freestyle
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
9:28 AM 4,600 Yards - Stress Value = 86	

**Workout #14249 - Saturday, 16 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
25	1 x 25 on :40 Kick(Dont do this 2nd round) 1 on 40:00 DS and Weights
500	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters Your primary stroke or free
1,250	2x{1 x 100 on 2:10 Kick {1 x 100 on 2:20 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:00 Kick {1 x 100 on 2:15 Kick {1 x 25 on :25 Kick(Dont do this 2nd round)
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{4 x 125 on 2:17 Freestyle {2 x 50 on 1:15 Freestyle {3 x 125 on 2:16 Freestyle {2 x 50 on 1:15 Freestyle {2 x 125 on 2:15 Freestyle {3 x 50 on 1:15 Freestyle {1 x 125 on 2:14 Freestyle {4 x 50 on 1:15 Freestyle
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
9:29 AM 4,175 Yards - Stress Value = 85	

**Workout #14250 - Monday, 18 November 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/ Physio Balls 1 x 600 on 10:00 Swim-kick-pull-swim

150	10 x 15 on :45 Shooters
1,750	1x{4 x 25 on :30 Kick no board BSLR {2 x 125 on 1:40 Kick {4 x 25 on :30 Kick no board BSLR {2 x 125 on 1:45 Kick {4 x 25 on :30 Kick no board BSLR {2 x 125 on 1:50 Kick {4 x 25 on :30 Kick no board BSLR {2 x 125 on 1:55 Kick {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:00 Kick
1,100	1x{2 x 100 on 1:15 Pull 7 SOLW {2 x 125 on 1:35 Pull 6 SOLW {2 x 150 on 1:50 Pull 5 SOLW {2 x 175 on 2:15 Pull 4 SOLW
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:41 PM 3,800 Yards - Stress Value = 54	

**Workout #14251 - Monday, 18 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS/ Physio Ball 1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :35 Kick no board BSLR {2 x 125 on 2:05 Kick {4 x 25 on :35 Kick no board BSLR {2 x 125 on 2:10 Kick {4 x 25 on :35 Kick no board BSLR {2 x 125 on 2:15 Kick {4 x 25 on :35 Kick no board BSLR {2 x 75 on 1:20 Kick {4 x 25 on :35 Kick no board BSLR {1 x 50 on 1:00 Kick
1,000	1x{1 x 100 on 1:25 Pull 7 SOLW {2 x 125 on 1:50 Pull 6 SOLW {2 x 150 on 2:05 Pull 5 SOLW {2 x 175 on 2:30 Pull 4 SOLW
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:42 PM 3,400 Yards - Stress Value = 47	

**Workout #14252 - Monday, 18 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
550	1 on 30:00 DS/ Physio Ball 1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,250	1x{4 x 25 on :40 Kick no board BSLR {2 x 125 on 2:25 Kick {4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:00 Kick {4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:05 Kick {4 x 25 on :40 Kick no board BSLR {2 x 50 on 1:05 Kick {4 x 25 on :40 Kick no board BSLR
850	1x{1 x 100 on 1:35 Pull 7 SOLW {2 x 125 on 2:00 Pull 6 SOLW {1 x 150 on 2:25 Pull 5 SOLW {2 x 175 on 2:50 Pull 4 SOLW
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:41 PM 3,000 Yards - Stress Value = 42	

**Workout #14253 - Monday, 18 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
	1 on 30:00 DS/ Physio Ball				
500	1 x 500 on 10:00 Swim-kick-pull-swim				
150	10 x 15 on :45 Shooters				
1,100	1x{4 x 25 on :45 Kick no board BSLR				
	{2 x 100 on 2:15 Kick				
	{4 x 25 on :45 Kick no board BSLR				
	{2 x 100 on 2:20 Kick				
	{4 x 25 on :45 Kick no board BSLR				
	{2 x 100 on 2:25 Kick				
	{4 x 25 on :45 Kick no board BSLR				
	{2 x 50 on 1:15 Kick				
800	1x{2 x 100 on 1:50 Pull 7 SOLW				
	{1 x 125 on 2:20 Pull 6 SOLW				
	{2 x 150 on 2:45 Pull 5 SOLW				
	{1 x 175 on 3:15 Pull 4 SOLW				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
	4:42 PM 2,750 Yards - Stress Value = 38				

**Workout #14254 - Monday, 18 November 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:42 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
3,000	1x{2 x 150 on 1:55 Freestyle	EN1	S	FR	1
	{5 x 100 on 1:10 Freestyle	EN2	S	FR	1
	{2 x 150 on 1:55 Freestyle	EN1	S	FR	1
	{4 x 100 on 1:10 Freestyle	EN2	S	FR	1
	{2 x 150 on 1:55 Freestyle	EN2	S	FR	1
	{3 x 100 on 1:10 Freestyle	EN2	S	FR	1
	{2 x 150 on 1:55 Freestyle	EN1	S	FR	1
	{2 x 100 on 1:10 Freestyle	EN2	S	FR	1
	{2 x 150 on 1:55 Freestyle	EN1	S	FR	1
	{1 x 100 on 1:10 Freestyle	EN2	S	FR	1
250	5 x 50 on 1:00 Stroke Drills REC		D	CD	2
	1 on 10:00 Ice				M
	5:35 PM 3,250 Yards - Stress Value = 48				

**Workout #14255 - Monday, 18 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:42 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
2,750	1x{2 x 150 on 2:05 Freestyle	EN1	S	FR	1
	{5 x 100 on 1:20 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:05 Freestyle	EN1	S	FR	1
	{4 x 100 on 1:20 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:05 Freestyle	EN2	S	FR	1
	{3 x 100 on 1:20 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:05 Freestyle	EN1	S	FR	1
	{2 x 100 on 1:20 Freestyle	EN2	S	FR	1
	{1 x 150 on 2:10 Freestyle	EN1	S	FR	1
250	5 x 50 on 1:00 Stroke Drills REC		D	CD	2
	1 on 10:00 Ice				M
	5:36 PM 3,000 Yards - Stress Value = 45				

**Workout #14256 - Monday, 18 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:42 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====

2,250	1x{2 x 150 on 2:35 Freestyle	EN1	S	FR	1
	{5 x 100 on 1:30 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:35 Freestyle	EN1	S	FR	1
	{4 x 100 on 1:30 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:35 Freestyle	EN2	S	FR	1
	{3 x 100 on 1:30 Freestyle	EN2	S	FR	1
	{1 x 150 on 2:35 Freestyle	EN1	S	FR	1
250	5 x 50 on 1:00 Stroke Drills REC		D	CD	2
	1 on 10:00 Ice				M
	5:35 PM 2,500 Yards - Stress Value = 38				

**Workout #14257 - Monday, 18 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:42 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
2,100	1x{2 x 150 on 2:45 Freestyle	EN1	S	FR	1
	{5 x 100 on 1:45 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:45 Freestyle	EN1	S	FR	1
	{4 x 100 on 1:45 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:45 Freestyle	EN2	S	FR	1
	{3 x 100 on 1:45 Freestyle	EN2	S	FR	1
250	5 x 50 on 1:00 Stroke Drills REC		D	CD	2
	1 on 10:00 Ice				M
	5:36 PM 2,350 Yards - Stress Value = 36				

**Workout #14258 - Monday, 18 November 2013**

**HighSchl - Fly**

**1 minute rest between sets**

4:42 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
2,750	1x{1 x 250 on 3:45 Fly 1+1 stroke off walls	EN			
	{2 x 225 on 3:20 Fly 2+1 stroke off walls	EN			
	{3 x 200 on 2:55 Fly 3+1 stroke off walls	EN			
	{4 x 175 on 2:30 Fly 4+1 strokes off walls	EN			
	{5 x 150 on 2:05 Fly 5+1 stroke off walls	EN			
200	1 x 200 on 3:00 Stroke Drills				RE
	1 on 10:00 Ice				
	5:36 PM 2,950 Yards - Stress Value = 55				

**Workout #14259 - Monday, 18 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:42 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
2,450	1x{1 x 250 on 4:05 Fly 1+1 stroke off walls	EN			
	{2 x 225 on 3:35 Fly 2+1 stroke off walls	EN			
	{3 x 200 on 3:10 Fly 3+1 stroke off walls	EN			
	{4 x 175 on 2:45 Fly 4+1 strokes off walls	EN			
	{3 x 150 on 2:15 Fly 5+1 stroke off walls	EN			
200	1 x 200 on 3:00 Stroke Drills				RE
	1 on 10:00 Ice				
	5:35 PM 2,650 Yards - Stress Value = 49				

**Workout #14260 - Monday, 18 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EG
4:42 PM	Start	
2,200	1x{1 x 250 on 4:30 Fly 1+1 stroke off walls	EN
	{2 x 225 on 4:00 Fly 2+1 stroke off walls	EN
	{3 x 200 on 3:30 Fly 3+1 stroke off walls	EN
	{4 x 175 on 3:00 Fly 4+1 strokes off walls	EN
	{2 x 100 on 1:40 Fly 5+1 stroke off walls	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
5:35 PM	2,400 Yards - Stress Value = 44	

**Workout #14261 - Monday, 18 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EG
4:42 PM	Start	
1,900	1x{1 x 250 on 5:15 Fly 1+1 stroke off walls	EN
	{2 x 225 on 4:35 Fly 2+1 stroke off walls	EN
	{3 x 200 on 4:00 Fly 3+1 stroke off walls	EN
	{4 x 150 on 2:55 Fly 4+1 strokes off walls	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
5:35 PM	2,100 Yards - Stress Value = 38	

**Workout #14262 - Monday, 18 November 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 PM	Start		
500	1 on 30:00 DS/Physio Balls/Tm Mtg	I	
150	1 x 500 on 10:00 Choice	REC	£
1,000	10 x 15 on :45 Shooters	SP3	£
	1x{2 x 150 on 2:40 Kick	EN2	£
	{2 x 125 on 2:10 Kick	EN2	£
	{2 x 100 on 1:45 Kick	EN2	£
	{2 x 75 on 1:15 Kick	EN2	£
	{2 x 50 on :50 Kick	EN2	£
150	6 x 25 on :45 Stroke Drills	REC	I
2,300	1x{4 x 125 on 2:05 100 Breast 25 free	EN2	£
	{3 x 100 on 1:35 Breast	EN2	£
	{4 x 100 on 1:40 25 back 75 breast	EN2	£
	{3 x 100 on 1:30 Breast	EN2	£
	{4 x 75 on 1:15 50 Breast 25 free	EN2	£
	{3 x 100 on 1:25 Breaststroke	EN2	£
	{4 x 50 on :50 25 Back 25 Breast	EN2	£
	1 on 10:00 Game		
7:31 PM	4,100 Yards - Stress Value = 72		

**Workout #14263 - Monday, 18 November 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 PM	Start		
500	1 on 30:00 DS/Physio Balls/Tm Mtg	I	
150	1 x 500 on 10:00 Choice	REC	£
900	10 x 15 on :45 Shooters	SP3	£
	1x{2 x 150 on 2:55 Kick	EN2	£
	{2 x 125 on 2:25 Kick	EN2	£
	{2 x 100 on 1:55 Kick	EN2	£
	{2 x 75 on 1:25 Kick	EN2	£
150	6 x 25 on :45 Stroke Drills	REC	I
2,050	1x{4 x 125 on 2:15 100 Breast 25 free	EN2	£
	{3 x 100 on 1:50 Breast	EN2	£

{4 x 100 on 1:50 25 back 75 breast	EN2	£
{3 x 100 on 1:45 Breast	EN2	£
{4 x 75 on 1:20 50 Breast 25 free	EN2	£
{2 x 100 on 1:40 Breaststroke	EN2	£
{1 x 50 on :55 25 Back 25 Breast	EN2	£
1 on 10:00 Game		
7:31 PM	3,750 Yards - Stress Value = 65	

**Workout #14264 - Monday, 18 November 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 PM	Start		
450	1 on 30:00 DS/Physio Balls/Tm Mtg	I	
150	1 x 450 on 10:00 Choice	REC	£
800	10 x 15 on :45 Shooters	SP3	£
	1x{1 x 150 on 3:15 Kick	EN2	£
	{2 x 125 on 2:45 Kick	EN2	£
	{2 x 100 on 2:10 Kick	EN2	£
	{2 x 75 on 1:40 Kick	EN2	£
	{1 x 50 on 1:05 Kick	EN2	£
150	6 x 25 on :45 Stroke Drills	REC	I
1,850	1x{4 x 125 on 2:30 100 Breast 25 free	EN2	£
	{3 x 100 on 2:00 Breast	EN2	£
	{4 x 100 on 2:00 25 back 75 breast	EN2	£
	{3 x 100 on 1:55 Breast	EN2	£
	{4 x 75 on 1:30 50 Breast 25 free	EN2	£
	{1 x 50 on :55 Breaststroke	EN2	£
	1 on 10:00 Game		
7:31 PM	3,400 Yards - Stress Value = 59		

**Workout #14265 - Monday, 18 November 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 PM	Start		
400	1 on 30:00 DS/Physio Balls/Tm Mtg	I	
150	1 x 400 on 10:00 Choice	REC	£
750	10 x 15 on :45 Shooters	SP3	£
	1x{1 x 150 on 3:30 Kick	EN2	£
	{2 x 125 on 2:55 Kick	EN2	£
	{2 x 100 on 2:20 Kick	EN2	£
	{2 x 75 on 1:45 Kick	EN2	£
150	6 x 25 on :45 Stroke Drills	REC	I
1,650	1x{4 x 125 on 2:50 100 Breast 25 free	EN2	£
	{2 x 100 on 2:10 Breast	EN2	£
	{4 x 100 on 2:15 25 back 75 breast	EN2	£
	{2 x 100 on 2:05 Breast	EN2	£
	{4 x 75 on 1:40 50 Breast 25 free	EN2	£
	{1 x 50 on 1:00 Breaststroke	EN2	£
	1 on 10:00 Game		
7:31 PM	3,100 Yards - Stress Value = 54		

**Workout #14266 - Monday, 18 November 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
350	1 on 30:00 DS/Physio Balls/Tm Mtg		I
150	1 x 350 on 10:00 Choice	REC	ε
550	10 x 15 on :45 Shooters	SP3	ε
	1x{1 x 150 on 4:30 Kick	EN2	κ
	{2 x 125 on 3:45 Kick	EN2	κ
	{1 x 100 on 3:00 Kick	EN2	κ
	{1 x 50 on 1:45 Kick	EN2	κ
150	6 x 25 on :45 Stroke Drills	REC	I
1,350	1x{4 x 125 on 3:30 100 Breast 25 free	EN2	ε
	{1 x 100 on 2:30 Breast	EN2	ε
	{3 x 100 on 2:45 25 back 75 breast	EN2	ε
	{2 x 100 on 2:30 Breast	EN2	ε
	{2 x 75 on 2:00 50 Breast 25 free	EN2	ε
	{1 x 100 on 2:30 Breaststroke	EN2	ε
	1 on 10:00 Game		
7:30 PM	2,550 Yards - Stress Value = 44		

**Workout #14267 - Tuesday, 19 November 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,150	1x{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 1:05	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 1:04	EN2	
	{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 100 on 1:20 Free hold 1:03	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 400 on 5:00 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold :55	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,950 Yards - Stress Value = 46		

**Workout #14268 - Tuesday, 19 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,000	1x{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:12	EN2	
	{1 x 300 on 4:00 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 200 on 2:40 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:11	EN2	
	{1 x 200 on 2:40 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 300 on 4:00 Freestyle	EN2	
	{1 x 100 on 1:30 Free hold 1:10	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	

	{1 x 50 on :50 Freestyle	REC	
	{1 x 250 on 3:20 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 1:00	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,800 Yards - Stress Value = 43		

**Workout #14269 - Tuesday, 19 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,750	1x{1 x 100 on 1:30 Freestyle	EN2	
	{1 x 100 on 1:40 Free Hold 1:22	EN2	
	{1 x 300 on 4:30 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 200 on 3:00 Freestyle	EN2	
	{1 x 100 on 1:40 Free Hold 1:21	EN2	
	{1 x 200 on 3:00 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 300 on 4:30 Freestyle	EN2	
	{1 x 100 on 1:40 Free hold 1:20	EN2	
	{1 x 100 on 1:30 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 100 on 1:40 Free Hold 1:10	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,550 Yards - Stress Value = 38		

**Workout #14270 - Tuesday, 19 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,550	1x{1 x 100 on 1:45 Freestyle	EN2	
	{1 x 100 on 1:55 Free Hold 1:30	EN2	
	{1 x 300 on 5:15 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 200 on 3:30 Freestyle	EN2	
	{1 x 100 on 1:55 Free Hold 1:26	EN2	
	{1 x 200 on 3:30 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 300 on 5:15 Freestyle	EN2	
	{1 x 100 on 1:55 Free hold 1:15	EN2	
	{1 x 50 on :50 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,300 Yards - Stress Value = 35		

**Workout #14271 - Tuesday, 19 November 2013**

**HighSchl - Back**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 35:00 DS and Weights  
 400 1 x 400 on 7:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 Your primary stroke or free  
 2,000 1x{3 x 100 on 1:30 Backstroke-descend EN2  
 {1 x 200 on 2:30 Backstroke EN2  
 {3 x 100 on 1:30 Backstroke-descend EN2  
 {1 x 200 on 2:35 Backstroke EN2  
 {3 x 100 on 1:30 Backstroke-descend EN2  
 {1 x 200 on 2:40 Backstroke EN2  
 {3 x 100 on 1:30 Backstroke-descend EN2  
 {1 x 200 on 2:45 Backstroke EN2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:06 AM 2,800 Yards - Stress Value = 46

**Workout #14272 - Tuesday, 19 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 35:00 DS and Weights  
 400 1 x 400 on 7:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 Your primary stroke or free  
 1,900 1x{3 x 100 on 1:35 Backstroke-descend EN2  
 {1 x 200 on 2:40 Backstroke EN2  
 {3 x 100 on 1:35 Backstroke-descend EN2  
 {1 x 200 on 2:45 Backstroke EN2  
 {3 x 100 on 1:35 Backstroke-descend EN2  
 {1 x 200 on 2:50 Backstroke EN2  
 {3 x 100 on 1:35 Backstroke-descend EN2  
 {1 x 100 on 1:30 Backstroke EN2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:06 AM 2,700 Yards - Stress Value = 44

**Workout #14273 - Tuesday, 19 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 35:00 DS and Weights  
 400 1 x 400 on 7:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 Your primary stroke or free  
 1,700 1x{3 x 100 on 1:45 Backstroke-descend EN2  
 {1 x 200 on 3:00 Backstroke EN2  
 {3 x 100 on 1:45 Backstroke-descend EN2  
 {1 x 200 on 3:05 Backstroke EN2  
 {3 x 100 on 1:45 Backstroke-descend EN2  
 {1 x 200 on 3:10 Backstroke EN2  
 {2 x 100 on 1:45 Backstroke-descend EN2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:06 AM 2,500 Yards - Stress Value = 40

**Workout #14274 - Tuesday, 19 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF

===== =====  
 1 on 35:00 DS and Weights  
 350 1 x 350 on 7:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 Your primary stroke or free  
 1,500 1x{3 x 100 on 2:00 Backstroke-descend EN2  
 {1 x 200 on 3:30 Backstroke EN2  
 {3 x 100 on 2:00 Backstroke-descend EN2  
 {1 x 200 on 3:35 Backstroke EN2  
 {3 x 100 on 2:00 Backstroke-descend EN2  
 {1 x 200 on 3:40 Backstroke EN2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:06 AM 2,250 Yards - Stress Value = 36

**Workout #14275 - Tuesday, 19 November 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS and Core  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 750 1 x 750 on 10:00 Kick as far as you can  
 560 1x{8 x 20 on 1:00 Kick underwater w/fins  
 {1 on 1:00 Change  
 {16 x 25 on :30 Sprint Kick w/fins  
 1,350 1x{2 x 250 on 3:15 Pulls Alt BTB/S  
 {2 x 225 on 2:55 Pulls Alt BTB/S  
 {2 x 200 on 2:35 Pulls-Alt- BTB/S  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:44 PM 3,610 Yards - Stress Value = 47

**Workout #14276 - Tuesday, 19 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS and Core  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 750 1 x 750 on 10:00 Kick as far as you can  
 560 1x{8 x 20 on 1:00 Kick underwater w/fins  
 {1 on 1:00 Change  
 {16 x 25 on :30 Sprint Kick w/fins  
 1,250 1x{2 x 250 on 3:35 Pulls Alt BTB/S  
 {2 x 225 on 3:10 Pulls Alt BTB/S  
 {2 x 150 on 2:05 Pulls-Alt- BTB/S  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:44 PM 3,510 Yards - Stress Value = 46

**Workout #14277 - Tuesday, 19 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS and Core
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	1 x 750 on 10:00 Kick as far as you can
560	1x{8 x 20 on 1:00 Kick underwater w/fins {1 on 1:00 Change
	{16 x 25 on :30 Sprint Kick w/fins
1,100	1x{2 x 225 on 3:35 Pulls Alt BTB/S {2 x 200 on 3:10 Pulls Alt BTB/S {2 x 125 on 2:00 Pulls-Alt- BTB/S
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:44	PM 3,310 Yards - Stress Value = 44

300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35	PM 2,850 Yards - Stress Value = 51	

**Workout #14281 - Tuesday, 19 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
2,250	1x{1 x 400 on 6:00 Free L.100 6-7-8-9 KOW	EN2	
	{1 x 400 on 5:55 Free L.100 des 25's	EN2	
	{1 x 400 on 5:50 Free L.100 BWHPF	EN2	
	{1 x 400 on 5:45 Free L.100 SFBO	EN2	
	{1 x 400 on 5:40 Free L.100 Br on 5	EN2	
	{1 x 250 on 3:25 Free L.100-6bk	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35	PM 2,550 Yards - Stress Value = 45		

**Workout #14278 - Tuesday, 19 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS and Core
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	1 x 750 on 10:00 Kick as far as you can
560	1x{8 x 20 on 1:00 Kick underwater w/fins {1 on 1:00 Change
	{16 x 25 on :30 Sprint Kick w/fins
1,000	1x{2 x 225 on 3:55 Pulls Alt BTB/S {2 x 200 on 3:30 Pulls Alt BTB/S {2 x 75 on 1:20 Pulls-Alt- BTB/S
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:44	PM 3,160 Yards - Stress Value = 44

**Workout #14282 - Tuesday, 19 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
1,900	1x{1 x 400 on 7:00 Free L.100 6-7-8-9 KOW	EN2	
	{1 x 400 on 6:55 Free L.100 des 25's	EN2	
	{1 x 400 on 6:50 Free L.100 BWHPF	EN2	
	{1 x 400 on 6:45 Free L.100 SFBO	EN2	
	{1 x 300 on 5:00 Free L.100 Br on 5	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35	PM 2,200 Yards - Stress Value = 38		

**Workout #14283 - Tuesday, 19 November 2013**

**HighSchl - Breast**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,150	1x{1 x 200 on 3:00 Breaststroke	EN2	S	BR
	{2 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 2:55 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 2:50 Breaststroke	EN2	S	BR
	{6 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 2:45 Breaststroke	EN2	S	BR
	{6 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 2:40 Breaststroke	EN2	S	BR
	{6 x 25 on :30 Breast 2K1P	EN1	S	BR
	{1 x 200 on 2:35 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	S	BR
	{1 x 200 on 2:30 Breaststroke	EN2	S	BR
	{2 x 25 on :30 Breast 2K1P	EN1	D	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:35	PM 2,400 Yards - Stress Value = 36			

**Workout #14280 - Tuesday, 19 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
2,550	1x{1 x 400 on 5:20 Free L.100 6-7-8-9 KOW	EN2	
	{1 x 400 on 5:15 Free L.100 des 25's	EN2	
	{1 x 400 on 5:10 Free L.100 BWHPF	EN2	
	{1 x 400 on 5:05 Free L.100 SFBO	EN2	
	{1 x 400 on 5:00 Free L.100 Br on 5	EN2	
	{1 x 400 on 4:55 Free L.100-6bk	EN2	
	{1 x 150 on 1:45 Free-best effort	EN2	

**Workout #14284 - Tuesday, 19 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
2,050	1x{1 x 200 on 3:20 Breaststroke	EN2	S	BR
	{2 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:15 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:10 Breaststroke	EN2	S	BR
	{6 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:05 Breaststroke	EN2	S	BR
	{6 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 2:55 Breaststroke	EN2	S	BR
	{6 x 25 on :30 Breast 2K1P	EN1	S	BR
	{1 x 200 on 2:50 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	S	BR
	{1 x 150 on 2:05 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,300 Yards - Stress Value = 35

1 on 30:00 DS/Core/Tm Mtg

500 1 x 500 on 10:00 Underwater trn drill REC

150 10 x 15 on :45 Shooters SP3

1,000 1x{2 x 100 on 2:00 Kick on rt side EN2

{2 x 25 on :45 Sprint kick on back EN2

{2 x 100 on 1:55 Kick on left side EN2

{2 x 25 on :45 Sprnt kick on back EN2

{2 x 100 on 1:50 Kick on rt side EN2

{2 x 25 on :45 Sprint kick on back EN2

{2 x 100 on 1:45 Kick on left side EN2

{2 x 25 on :45 Sprint kick on back EN2

200 8 x 25 on :45 Stroke Drills REC

1,400 1x{2 x 150 on 2:20 Backstroke 3KOLW EN2

{2 x 50 on 1:15 12.5 BT 12.5 6ks X2 EN2

{2 x 125 on 1:55 Backstroke 5KOLW EN2

{2 x 50 on 1:15 12.5 BT 12.5 6ks X2 EN2

{2 x 100 on 1:30 Backstroke 7KOLW EN2

{2 x 50 on 1:15 12.5 BT 12.5 6ks X2 EN2

{2 x 75 on 1:05 Backstroke 9KOLW EN2

{2 x 50 on 1:15 12.5 BT 12.5 6ks X2 EN2

{2 x 50 on :40 Backstroke 11KOLW EN2

250 1 x 250 on 5:00 Stroke Drills REC

1 on 10:00 Techniques-Starts

7:30 PM 3,500 Yards - Stress Value = 54

**Workout #14285 - Tuesday, 19 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{1 x 200 on 3:40 Breaststroke	EN2	S	BR
	{2 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:35 Breaststroke	EN2	S	BR
	{4 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:30 Breaststroke	EN2	S	BR
	{6 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:25 Breaststroke	EN2	S	BR
	{6 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:20 Breaststroke	EN2	S	BR
	{6 x 25 on :35 Breast 2K1P	EN1	S	BR
	{1 x 200 on 3:15 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,050 Yards - Stress Value = 31

**Workout #14288 - Tuesday, 19 November 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
500	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Underwater trn drill REC		
900	10 x 15 on :45 Shooters SP3		
	1x{2 x 100 on 2:10 Kick on rt side EN2		
	{2 x 25 on :45 Sprint kick on back EN2		
	{2 x 100 on 2:10 Kick on left side EN2		
	{2 x 25 on :45 Sprnt kick on back EN2		
	{2 x 75 on 1:30 Kick on rt side EN2		
	{2 x 25 on :45 Sprint kick on back EN2		
	{2 x 75 on 1:30 Kick on left side EN2		
	{2 x 25 on :45 Sprint kick on back EN2		
200	8 x 25 on :45 Stroke Drills REC		
1,300	1x{2 x 150 on 2:35 Backstroke 3KOLW EN2		
	{2 x 50 on 1:15 12.5 BT 12.5 6ks X2 EN2		
	{2 x 125 on 2:05 Backstroke 5KOLW EN2		
	{2 x 50 on 1:15 12.5 BT 12.5 6ks X2 EN2		
	{2 x 100 on 1:40 Backstroke 7KOLW EN2		
	{2 x 50 on 1:15 12.5 BT 12.5 6ks X2 EN2		
	{2 x 75 on 1:10 Backstroke 9KOLW EN2		
	{2 x 50 on 1:15 12.5 BT 12.5 6ks X2 EN2		
250	1 x 250 on 5:00 Stroke Drills REC		
	1 on 10:00 Techniques-Starts		

7:30 PM 3,300 Yards - Stress Value = 50

**Workout #14286 - Tuesday, 19 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:45 PM Start

Yards	Set Description	EGY	WORK	STK
1,550	1x{1 x 200 on 4:05 Breaststroke	EN2	S	BR
	{2 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 4:00 Breaststroke	EN2	S	BR
	{4 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:55 Breaststroke	EN2	S	BR
	{6 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:50 Breaststroke	EN2	S	BR
	{6 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:45 Breaststroke	EN2	S	BR
	{4 x 25 on :40 Breast 2K1P	EN1	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 1,800 Yards - Stress Value = 26

**Workout #14287 - Tuesday, 19 November 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC

**Workout #14289 - Tuesday, 19 November 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{2 x 75 on 2:00 Kick on rt side	EN2	
	{2 x 25 on :45 Sprint kick on back	EN2	
	{2 x 75 on 1:55 Kick on left side	EN2	
	{2 x 25 on :45 Sprnt kick on back	EN2	
	{2 x 75 on 1:50 Kick on rt side	EN2	
	{2 x 25 on :45 Sprint kick on back	EN2	
	{2 x 75 on 1:45 Kick on left side	EN2	
	{2 x 25 on :45 Sprint kick on back	EN2	
200	8 x 25 on :45 Stroke Drills	REC	
1,200	1x{2 x 150 on 3:00 Backstroke 3KOLW	EN2	
	{2 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
	{2 x 125 on 2:25 Backstroke 5KOLW	EN2	
	{2 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
	{2 x 100 on 1:55 Backstroke 7KOLW	EN2	
	{1 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
	{2 x 75 on 1:25 Backstroke 9KOLW	EN2	
	{1 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:30 PM 3,050 Yards - Stress Value = 46		

**Workout #14290 - Tuesday, 19 November 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{2 x 75 on 2:15 Kick on rt side	EN2	
	{2 x 25 on :45 Sprint kick on back	EN2	
	{2 x 75 on 2:15 Kick on left side	EN2	
	{2 x 25 on :45 Sprnt kick on back	EN2	
	{2 x 50 on 1:25 Kick on rt side	EN2	
	{2 x 25 on :45 Sprint kick on back	EN2	
	{2 x 50 on 1:25 Kick on left side	EN2	
	{2 x 25 on :45 Sprint kick on back	EN2	
200	8 x 25 on :45 Stroke Drills	REC	
950	1x{1 x 150 on 3:30 Backstroke 3KOLW	EN2	
	{2 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
	{2 x 125 on 2:55 Backstroke 5KOLW	EN2	
	{2 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
	{1 x 100 on 2:20 Backstroke 7KOLW	EN2	
	{2 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
	{2 x 75 on 1:45 Backstroke 9KOLW	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:30 PM 2,650 Yards - Stress Value = 39		

**Workout #14291 - Tuesday, 19 November 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	====	====
	1 on 30:00 DS/Core/Tm Mtg		
350	1 x 350 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	1x{2 x 75 on 2:30 Kick on rt side	EN2	
	{2 x 25 on 1:00 Sprint kick on back	EN2	
	{2 x 75 on 2:30 Kick on left side	EN2	
	{2 x 25 on 1:00 Sprnt kick on back	EN2	

	{2 x 50 on 1:30 Kick on rt side	EN2	
	{2 x 25 on 1:00 Sprint kick on back	EN2	
	{1 x 50 on 1:30 Kick on left side	EN2	
200	8 x 25 on :45 Stroke Drills	REC	
900	1x{1 x 150 on 4:00 Backstroke 3KOLW	EN2	
	{1 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
	{2 x 125 on 3:20 Backstroke 5KOLW	EN2	
	{2 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
	{1 x 100 on 2:40 Backstroke 7KOLW	EN2	
	{2 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
	{2 x 75 on 2:00 Backstroke 9KOLW	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:30 PM 2,450 Yards - Stress Value = 36		

**Workout #14292 - Wednesday, 20 November 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
=====	=====
	1 on 25:00 DS/ABs
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,800	1x{ Hold avg 50 time under :45 for entire set
	{4 x 25 on :30 Kick no board BSLR-10 KOW
	{1 x 200 on 3:15 Kick
	{4 x 25 on :35 Kick no board BSLR 12 KOW
	{2 x 175 on 2:55 Kick
	{4 x 25 on :40 Kick no board BSLR 14 KOW
	{3 x 150 on 2:35 Kick
	{4 x 25 on :45 Kick no board BSLR 16 KOW
	{4 x 100 on 1:45 Kick
1,250	1x{ Br 3-5-7 cont/L.25 2 breaths
	{2 x 125 on 1:50 Lungbuster pulls
	{2 x 125 on 1:45 Lungbuster pulls
	{2 x 125 on 1:40 Lungbuster pulls
	{2 x 125 on 1:35 Lungbuster pulls
	{2 x 125 on 1:30 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:44 PM 4,000 Yards - Stress Value = 66

**Workout #14293 - Wednesday, 20 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
=====	=====
	1 on 25:00 DS/Abs
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,650	1x{ Hold avg 50 time under :50 for entire set
	{4 x 25 on :35 Kick no board BSLR-10 KOW
	{1 x 200 on 3:35 Kick
	{4 x 25 on :35 Kick no board BSLR 12 KOW
	{2 x 175 on 3:15 Kick
	{4 x 25 on :40 Kick no board BSLR 14 KOW
	{2 x 150 on 2:50 Kick
	{4 x 25 on :45 Kick no board BSLR 16 KOW
	{4 x 100 on 1:55 Kick
1,100	1x{ Br 3-5-7 cont/L.25 2 breaths
	{2 x 125 on 2:00 Lungbuster pulls
	{2 x 125 on 1:55 Lungbuster pulls
	{2 x 125 on 1:50 Lungbuster pulls
	{2 x 125 on 1:45 Lungbuster pulls
	{1 x 100 on 1:20 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:44 PM 3,700 Yards - Stress Value = 57

**Workout #14294 - Wednesday, 20 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 25:00 DS/Abs			
550	1 x 550 on 10:00 Free L.25 of each 100 Non F			
150	10 x 15 on :45 Shooters			
1,500	1x{ Hold avg 50 time under :55 for entire set			
	{ 4 x 25 on :40 Kick no board BSLR-10 KOW			
	{ 1 x 200 on 4:00 Kick			
	{ 4 x 25 on :40 Kick no board BSLR 12 KOW			
	{ 2 x 175 on 3:35 Kick			
	{ 4 x 25 on :40 Kick no board BSLR 14 KOW			
	{ 3 x 150 on 3:10 Kick			
	{ 4 x 25 on :45 Kick no board BSLR 16 KOW			
	{ 1 x 100 on 2:10 Kick			
1,000	1x{ Br 3-5-7 cont/L.25 2 breaths			
	{ 2 x 125 on 2:10 Lungbuster pulls			
	{ 2 x 125 on 2:05 Lungbuster pulls			
	{ 2 x 125 on 2:00 Lungbuster pulls			
	{ 2 x 100 on 1:35 Lungbuster pulls			
	{ 1 x 50 on :45 Lungbuster pulls			
200	4x{ 1 x 25 on :50 Sculling drills			
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:44 PM 3,400 Yards - Stress Value = 53			

**Workout #14295 - Wednesday, 20 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 25:00 DS/Abs			
500	1 x 500 on 10:00 Free L.25 of each 100 Non F			
150	10 x 15 on :45 Shooters			
1,400	1x{ Hold avg 50 time under 1:00 for entire set			
	{ 4 x 25 on :45 Kick no board BSLR-10 KOW			
	{ 1 x 200 on 4:20 Kick			
	{ 4 x 25 on :40 Kick no board BSLR 12 KOW			
	{ 2 x 175 on 3:55 Kick			
	{ 4 x 25 on :40 Kick no board BSLR 14 KOW			
	{ 2 x 150 on 3:30 Kick			
	{ 4 x 25 on :45 Kick no board BSLR 16 KOW			
	{ 3 x 50 on 1:10 Kick			
900	1x{ Br 3-5-7 cont/L.25 2 breaths			
	{ 2 x 125 on 2:20 Lungbuster pulls			
	{ 2 x 125 on 2:15 Lungbuster pulls			
	{ 2 x 100 on 1:45 Lungbuster pulls			
	{ 2 x 100 on 1:40 Lungbuster pulls			
200	4x{ 1 x 25 on :50 Sculling drills			
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:43 PM 3,150 Yards - Stress Value = 49			

**Workout #14296 - Wednesday, 20 November 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,700	1x{ 1 x 250 on 2:55 Freestyle	EN2	S	FR
	{ 6 x 25 on :30 Freestyle	EN3	S	FR
	{ 2 x 225 on 2:40 Freestyle	EN2	S	FR
	{ 5 x 50 on :55 Freestyle	EN3	S	FR
	{ 3 x 200 on 2:25 Freestyle	EN2	S	FR
	{ 4 x 75 on 1:20 Freestyle	EN3	S	FR
	{ 4 x 175 on 2:10 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:36 PM 2,900 Yards - Stress Value = 82			

**Workout #14297 - Wednesday, 20 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,350	1x{ 1 x 250 on 3:15 Freestyle	EN2	S	FR
	{ 6 x 25 on :30 Freestyle	EN3	S	FR
	{ 2 x 225 on 3:00 Freestyle	EN2	S	FR
	{ 5 x 50 on :55 Freestyle	EN3	S	FR
	{ 3 x 200 on 2:45 Freestyle	EN2	S	FR
	{ 4 x 75 on 1:20 Freestyle	EN3	S	FR
	{ 2 x 175 on 2:30 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:34 PM 2,550 Yards - Stress Value = 75			

**Workout #14298 - Wednesday, 20 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,150	1x{ 1 x 250 on 3:45 Freestyle	EN2	S	FR
	{ 6 x 25 on :35 Freestyle	EN3	S	FR
	{ 2 x 225 on 3:25 Freestyle	EN2	S	FR
	{ 5 x 50 on 1:00 Freestyle	EN3	S	FR
	{ 3 x 200 on 3:05 Freestyle	EN2	S	FR
	{ 4 x 75 on 1:30 Freestyle	EN3	S	FR
	{ 1 x 150 on 2:20 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,350 Yards - Stress Value = 71			

**Workout #14299 - Wednesday, 20 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
1,850	1x{ 1 x 250 on 4:30 Freestyle	EN2	S	FR
	{ 6 x 25 on :40 Freestyle	EN3	S	FR
	{ 2 x 225 on 4:05 Freestyle	EN2	S	FR
	{ 5 x 50 on 1:10 Freestyle	EN3	S	FR
	{ 3 x 200 on 3:40 Freestyle	EN2	S	FR
	{ 3 x 50 on 1:10 Freestyle	EN3	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,050 Yards - Stress Value = 59			

**Workout #14300 - Wednesday, 20 November 2013**

**HighSchl - IM'ers**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,600	1x{ 1 x 200 on 2:45 Individual Medley			
	{ 1 x 150 on 2:15 IM w75 fly drill/75 fast			
	{ 2 x 200 on 2:40 Individual Medley			
	{ 1 x 150 on 2:15 IM w/75 back drill/75 fast			
	{ 3 x 200 on 2:35 Individual Medley			
	{ 1 x 150 on 2:15 IMw/75 breast drill/75 fast			
	{ 4 x 200 on 2:30 Individual Medley			
	{ 1 x 150 on 2:15 IM w/75 free drill/75 fast			
300	1 x 300 on 5:00 Stroke Drills			
	1 on 10:00 Ice			
	5:35 PM 2,900 Yards - Stress Value = 52			

**Workout #14301 - Wednesday, 20 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description
2,450	1x{1 x 200 on 3:00 Individual Medley {1 x 150 on 2:25 IM w75 fly drill/75 fast {2 x 200 on 2:55 Individual Medley {1 x 150 on 2:25 IM w/75 back drill/75 fast {3 x 200 on 2:50 Individual Medley {1 x 150 on 2:25 IMw/75 breast drill/75 fast {4 x 200 on 2:45 Individual Medley
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
5:35 PM 2,700 Yards - Stress Value = 49	

**Workout #14302 - Wednesday, 20 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description
2,250	1x{1 x 200 on 3:20 Individual Medley {1 x 150 on 2:35 IM w75 fly drill/75 fast {2 x 200 on 3:15 Individual Medley {1 x 150 on 2:35 IM w/75 back drill/75 fast {3 x 200 on 3:10 Individual Medley {1 x 150 on 2:35 IMw/75 breast drill/75 fast {3 x 200 on 3:05 Individual Medley
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
5:35 PM 2,450 Yards - Stress Value = 45	

**Workout #14303 - Wednesday, 20 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description
1,850	1x{1 x 200 on 4:00 Individual Medley {1 x 150 on 3:00 IM w75 fly drill/75 fast {2 x 200 on 3:55 Individual Medley {1 x 150 on 3:00 IM w/75 back drill/75 fast {3 x 200 on 3:50 Individual Medley {1 x 150 on 3:00 IMw/75 breast drill/75 fast {1 x 200 on 3:45 Individual Medley
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
5:35 PM 2,050 Yards - Stress Value = 37	

**Workout #14304 - Tuesday, 19 November 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time	EN2	
1,100	1x{4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:15 Kick {4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:10 Kick {4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:05 Kick {4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:00 Kick {4 x 25 on :45 Kick no board BSLR	EN2	EN2

600	1 x 600 on 9:00 Lungbuster pulls	EN2
150	6 x 25 on :45 Stroke Drills	REC
400	8 x 50 on 2:00 Butterfly	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
7:31 PM 3,250 Yards - Stress Value = 50		

**Workout #14305 - Wednesday, 20 November 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time	EN2	
1,050	1x{4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:35 Kick {4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:30 Kick {4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:25 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:15 Kick {4 x 25 on :45 Kick no board BSLR	EN2	EN2
550	1 x 550 on 9:00 Lungbuster pulls	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
400	8 x 50 on 2:00 Butterfly	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:31 PM 3,150 Yards - Stress Value = 48			

**Workout #14306 - Wednesday, 20 November 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Abs/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time	EN2	
1,000	1x{4 x 25 on :45 Kick no board BSLR {1 x 150 on 4:00 Kick {4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:55 Kick {4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:50 Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:15 Kick {4 x 25 on :45 Kick no board BSLR	EN2	EN2
500	1 x 500 on 9:00 Lungbuster pulls	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
400	8 x 50 on 2:00 Butterfly	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:31 PM 3,000 Yards - Stress Value = 46			

**Workout #14307 - Wednesday, 20 November 2013**

**Group 2 - Bronze**  
**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM Start			
400	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
100	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time	EN2	
950	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 4:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:55 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:50 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:45 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
450	1 x 450 on 9:00 Lungbuster pulls	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
400	8 x 50 on 2:00 Butterfly	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:31 PM 2,850 Yards - Stress Value = 44			

**Workout #14310 - Thursday, 21 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
400	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,100	1x{ Hold all 1:30 base swims under 1:15		
	{1 x 250 on 3:20 Freestyle	EN2	
	{2 x 150 on 2:15 Freestyle	EN2	
	{1 x 250 on 3:20 Freestyle	EN2	
	{4 x 75 on 1:10 Freestyle	EN2	
	{1 x 250 on 3:20 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
	{1 x 250 on 3:20 Freestyle	EN2	
	{4 x 50 on :45 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 9:00 Ice		
7:05 AM 2,850 Yards - Stress Value = 48			

**Workout #14308 - Wednesday, 20 November 2013**

**Group 2 - Copper**  
**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM Start			
350	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
100	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time	EN2	
750	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 3:30 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 3:25 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 3:20 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{1 x 50 on 1:35 Kick	EN2	
400	1 x 400 on 9:00 Lungbuster pulls	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
400	8 x 50 on 2:00 Butterfly	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:31 PM 2,550 Yards - Stress Value = 39			

**Workout #14311 - Thursday, 21 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
400	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,850	1x{ Hold all 1:40 base swims under 1:25		
	{1 x 200 on 3:00 Freestyle	EN2	
	{2 x 150 on 2:30 Freestyle	EN2	
	{1 x 200 on 3:00 Freestyle	EN2	
	{4 x 75 on 1:15 Freestyle	EN2	
	{1 x 200 on 3:00 Freestyle	EN2	
	{3 x 100 on 1:40 Freestyle	EN2	
	{1 x 200 on 3:00 Freestyle	EN2	
	{3 x 50 on :50 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 9:00 Ice		
7:05 AM 2,600 Yards - Stress Value = 43			

**Workout #14309 - Thursday, 21 November 2013**

**HighSchl - Distance**  
**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
400	1 on 35:00 DS/Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,400	1x{ Hold all 1:20 base swims under 1:05		
	{1 x 300 on 3:30 Freestyle	EN2	
	{2 x 150 on 2:00 Freestyle	EN2	
	{1 x 300 on 3:30 Freestyle	EN2	
	{4 x 75 on 1:00 Freestyle	EN2	
	{1 x 300 on 3:30 Freestyle	EN2	
	{3 x 100 on 1:20 Freestyle	EN2	
	{1 x 300 on 3:30 Freestyle	EN2	
	{6 x 50 on :40 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 9:00 Ice		
7:05 AM 3,150 Yards - Stress Value = 54			

**Workout #14312 - Thursday, 21 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 35:00 DS/Weights  
 400 1 x 400 on 7:00 Underwater trn drill REC  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters SP3  
 Your primary stroke or free  
 1,700 1x{ Hold all 1:50 base swims under 1:35  
 {1 x 200 on 3:35 Freestyle EN2  
 {2 x 150 on 2:45 Freestyle EN2  
 {1 x 200 on 3:35 Freestyle EN2  
 {4 x 75 on 1:25 Freestyle EN2  
 {1 x 200 on 3:35 Freestyle EN2  
 {3 x 100 on 1:50 Freestyle EN2  
 {1 x 200 on 3:35 Freestyle EN2  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 9:00 Ice  
 7:06 AM 2,450 Yards - Stress Value = 40

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS and Weights  
 400 1 x 400 on 7:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 Your primary stroke free  
 1,500 1x{3 x 100 on 1:50 Breaststroke  
 {1 x 50 on 1:00 Under/Overs-2X Pullouts-turn  
 {3 x 100 on 1:50 Breaststroke  
 {2 x 50 on 1:05 Under/overs-2X pullouts-turn  
 {3 x 100 on 1:50 Breaststroke  
 {3 x 50 on 1:10 Under/overs-2X pullouts-turn  
 {3 x 100 on 1:50 Breaststroke  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 7:05 AM 2,250 Yards - Stress Value = 42

**Workout #14316 - Thursday, 21 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS and Weights  
 400 1 x 400 on 7:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 Your primary stroke free  
 1,700 1x{3 x 100 on 1:25 Breaststroke  
 {1 x 50 on 1:00 Under/Overs-2X Pullouts-turn  
 {3 x 100 on 1:25 Breaststroke  
 {2 x 50 on 1:05 Under/overs-2X pullouts-turn  
 {3 x 100 on 1:25 Breaststroke  
 {3 x 50 on 1:10 Under/overs-2X pullouts-turn  
 {3 x 100 on 1:25 Breaststroke  
 {4 x 50 on 1:15 Under/overs-2X pullout-turn  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 7:05 AM 2,450 Yards - Stress Value = 46

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS and Weights  
 350 1 x 350 on 7:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 Your primary stroke free  
 1,350 1x{3 x 100 on 2:05 Breaststroke  
 {1 x 50 on 1:00 Under/Overs-2X Pullouts-turn  
 {3 x 100 on 2:05 Breaststroke  
 {2 x 50 on 1:05 Under/overs-2X pullouts-turn  
 {3 x 100 on 2:05 Breaststroke  
 {2 x 50 on 1:10 Under/overs-2X pullouts-turn  
 {2 x 100 on 2:05 Breaststroke  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 7:05 AM 2,050 Yards - Stress Value = 39

**Workout #14314 - Thursday, 21 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS and Weights  
 400 1 x 400 on 7:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 Your primary stroke free  
 1,650 1x{3 x 100 on 1:35 Breaststroke  
 {1 x 50 on 1:00 Under/Overs-2X Pullouts-turn  
 {3 x 100 on 1:35 Breaststroke  
 {2 x 50 on 1:05 Under/overs-2X pullouts-turn  
 {3 x 100 on 1:35 Breaststroke  
 {3 x 50 on 1:10 Under/overs-2X pullouts-turn  
 {3 x 100 on 1:35 Breaststroke  
 {3 x 50 on 1:15 Under/overs-2X pullout-turn  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 7:06 AM 2,400 Yards - Stress Value = 45

**Workout #14315 - Thursday, 21 November 2013**

**HighSchl - Silver**

**Workout #14317 - Thursday, 21 November 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :30 Kick IM order no board
	{2 x 125 on 2:05 Kick
	{2 x 100 on 2:05 Kick your non #1
	{4 x 25 on :30 Kick IM order no board
	{2 x 125 on 2:00 Kick
	{2 x 100 on 2:00 Kick your non #1
1,200	1x{1 x 100 on 1:30 Pulls BWSPF-6
	{1 x 100 on 1:30 Pulls BWHPF-5
	{1 x 100 on 1:30 Pulls BWKPF-4
	{1 x 100 on 1:30 Pulls BWFPF-3
	{1 x 100 on 1:25 Pulls BWSPF-5
	{1 x 100 on 1:25 Pulls BWHPF-4
	{1 x 100 on 1:25 Pulls BWKPF-3
	{1 x 100 on 1:25 Pulls BWFPF-2
	{1 x 100 on 1:20 Pulls BWSPF-4
	{1 x 100 on 1:20 Pulls BWHPF-3
	{1 x 100 on 1:20 Pulls BWKPF-2
	{1 x 100 on 1:20 Pulls BWFPF-1
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:36 PM 3,250 Yards - Stress Value = 42

**Workout #14318 - Thursday, 21 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :35 Kick IM order no board
	{2 x 125 on 2:30 Kick
	{2 x 100 on 2:20 Kick your non #1
	{4 x 25 on :35 Kick IM order no board
	{2 x 125 on 2:25 Kick
	{1 x 50 on 1:10 Kick your non #1
1,050	1x{1 x 100 on 1:40 Pulls BWSPF-6
	{1 x 100 on 1:40 Pulls BWHPF-5
	{1 x 100 on 1:40 Pulls BWKPF-4
	{1 x 100 on 1:40 Pulls BWFPF-3
	{1 x 100 on 1:35 Pulls BWSPF-5
	{1 x 100 on 1:35 Pulls BWHPF-4
	{1 x 100 on 1:35 Pulls BWKPF-3
	{1 x 100 on 1:35 Pulls BWFPF-2
	{1 x 100 on 1:30 Pulls BWSPF-4
	{1 x 100 on 1:30 Pulls BWHPF-3
	{1 x 50 on :45 Pulls BWKPF-2
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:36 PM 2,950 Yards - Stress Value = 37

**Workout #14319 - Thursday, 21 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick IM order no board
	{2 x 100 on 2:30 Kick

	{2 x 75 on 2:15 Kick your non #1
	{4 x 25 on :45 Kick IM order no board
	{2 x 100 on 2:25 Kick
900	1x{1 x 100 on 1:55 Pulls BWSPF-6
	{1 x 100 on 1:55 Pulls BWHPF-5
	{1 x 100 on 1:55 Pulls BWKPF-4
	{1 x 100 on 1:55 Pulls BWFPF-3
	{1 x 100 on 1:50 Pulls BWSPF-5
	{1 x 100 on 1:50 Pulls BWHPF-4
	{1 x 100 on 1:50 Pulls BWKPF-3
	{1 x 100 on 1:50 Pulls BWFPF-2
	{1 x 100 on 1:50 Pulls BWSPF-4
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:36 PM 2,500 Yards - Stress Value = 32

**Workout #14320 - Thursday, 21 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :40 Kick IM order no board
	{2 x 125 on 2:45 Kick
	{2 x 100 on 2:30 Kick your non #1
	{4 x 25 on :40 Kick IM order no board
	{2 x 100 on 2:25 Kick your non #1
950	1x{1 x 100 on 1:50 Pulls BWSPF-6
	{1 x 100 on 1:50 Pulls BWHPF-5
	{1 x 100 on 1:50 Pulls BWKPF-4
	{1 x 100 on 1:50 Pulls BWFPF-3
	{1 x 100 on 1:45 Pulls BWSPF-5
	{1 x 100 on 1:45 Pulls BWHPF-4
	{1 x 100 on 1:45 Pulls BWKPF-3
	{1 x 100 on 1:45 Pulls BWFPF-2
	{1 x 100 on 1:35 Pulls BWSPF-4
	{1 x 50 on :45 Pulls BWHPF-3
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:36 PM 2,700 Yards - Stress Value = 34

**Workout #14321 - Thursday, 21 November 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:36 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
4,000	1x{4 x 400 on 4:40 Freestyle #3 100% EN2			S
	{4 x 300 on 3:25 Freestyle #3 100% EN2			S
	{4 x 200 on 2:15 Freestyle #3 100% EN2			S
	{4 x 100 on 1:05 Freestyle #3 100% EN2			S
	{1st and last 25 of each swim 6bk			
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 10:00 Ice			M
	5:36 PM 4,200 Yards - Stress Value = 80			

**Workout #14319 - Thursday, 21 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick IM order no board
	{2 x 100 on 2:30 Kick

**Workout #14322 - Thursday, 21 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:36 PM Start				
Yards	Set Description	EGY	WORK	STK
3,400	1x{4 x 400 on 5:20 Freestyle #3 100%	EN2	S	
	{4 x 300 on 3:55 Freestyle #3 100%	EN2	S	
	{3 x 200 on 2:35 Freestyle #3 100%	EN2	S	
	{ 1st and last 25 of each swim 6bk			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:35 PM 3,600 Yards - Stress Value = 68				

**Workout #14323 - Thursday, 21 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:36 PM Start				
Yards	Set Description	EGY	WORK	STK
2,800	1x{4 x 300 on 5:00 Freestyle #3 100%	EN2	S	
	{4 x 250 on 4:05 Freestyle #3 100%	EN2	S	
	{3 x 200 on 3:10 Freestyle #3 100%	EN2	S	
	{ 1st and last 25 of each swim 6bk			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:36 PM 3,000 Yards - Stress Value = 56				

**Workout #14324 - Thursday, 21 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:36 PM Start				
Yards	Set Description	EGY	WORK	STK
2,400	1x{4 x 250 on 4:40 Freestyle #3 100%	EN2	S	
	{4 x 200 on 3:40 Freestyle #3 100%	EN2	S	
	{4 x 150 on 2:40 Freestyle #3 100%	EN2	S	
	{ 1st and last 25 of each swim 6bk			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:34 PM 2,600 Yards - Stress Value = 48				

**Workout #14325 - Thursday, 21 November 2013**

**HighSchl - Fly**

**1 minute rest between sets**

4:36 PM Start				
Yards	Set Description	EGY	WORK	STK
3,150	1x{7 x 50 on :45 Fly 2-2, 9 KOW	EN1	S FLY	
	{2 x 125 on 1:35 Freestyle	EN1	S FR	
	{6 x 50 on :45 Fly 2-3, 8 KOW	EN1	S FLY	
	{2 x 125 on 1:35 Freestyle	EN1	S FR	
	{5 x 50 on :45 Fly 2-4, 7 KOW	EN1	S FLY	
	{2 x 125 on 1:35 Freestyle	EN1	S FR	
	{4 x 50 on :45 Fly 2-5 6 KOW	EN2	S FLY	
	{2 x 125 on 1:35 Freestyle	EN2	S FR	
	{3 x 50 on :45 Fly 2-4, 5 KOW	EN1	S FLY	
	{2 x 125 on 1:35 Freestyle	EN1	S FR	
	{2 x 50 on :45 Fly 2-3, 4 KOW	EN1	S FLY	
	{2 x 125 on 1:35 Freestyle	EN1	S FR	
	{1 x 50 on :45 Fly 2-2, 3 KOW	EN1	S FLY	
	{2 x 125 on 1:35 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
5:34 PM 3,350 Yards - Stress Value = 36				

**Workout #14326 - Thursday, 21 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:36 PM Start				
Yards	Set Description	EGY	WORK	STK
2,900	1x{7 x 50 on :50 Fly 2-2, 9 KOW	EN1	S FLY	
	{2 x 125 on 1:45 Freestyle	EN1	S FR	
	{6 x 50 on :50 Fly 2-3, 8 KOW	EN1	S FLY	
	{2 x 125 on 1:45 Freestyle	EN1	S FR	
	{5 x 50 on :50 Fly 2-4, 7 KOW	EN1	S FLY	
	{2 x 125 on 1:45 Freestyle	EN1	S FR	
	{4 x 50 on :50 Fly 2-5 6 KOW	EN2	S FLY	
	{2 x 125 on 1:45 Freestyle	EN2	S FR	
	{3 x 50 on :50 Fly 2-4, 5 KOW	EN1	S FLY	
	{2 x 125 on 1:45 Freestyle	EN1	S FR	
	{2 x 50 on :50 Fly 2-3, 4 KOW	EN1	S FLY	
	{2 x 125 on 1:45 Freestyle	EN1	S FR	
	{1 x 50 on :50 Fly 2-2, 3 KOW	EN1	S FLY	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
5:35 PM 3,100 Yards - Stress Value = 31				

**Workout #14327 - Thursday, 21 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:36 PM Start				
Yards	Set Description	EGY	WORK	STK
2,600	1x{7 x 50 on :55 Fly 2-2, 9 KOW	EN1	S FLY	
	{2 x 100 on 1:35 Freestyle	EN1	S FR	
	{6 x 50 on :55 Fly 2-3, 8 KOW	EN1	S FLY	
	{2 x 100 on 1:35 Freestyle	EN1	S FR	
	{5 x 50 on :55 Fly 2-4, 7 KOW	EN1	S FLY	
	{2 x 100 on 1:35 Freestyle	EN1	S FR	
	{4 x 50 on :55 Fly 2-5 6 KOW	EN2	S FLY	
	{2 x 100 on 1:35 Freestyle	EN2	S FR	
	{3 x 50 on :55 Fly 2-4, 5 KOW	EN1	S FLY	
	{2 x 100 on 1:35 Freestyle	EN1	S FR	
	{2 x 50 on :55 Fly 2-3, 4 KOW	EN1	S FLY	
	{2 x 100 on 1:35 Freestyle	EN1	S FR	
	{1 x 50 on :55 Fly 2-2, 3 KOW	EN1	S FLY	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
5:35 PM 2,800 Yards - Stress Value = 30				

**Workout #14328 - Thursday, 21 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:36 PM Start				
Yards	Set Description	EGY	WORK	STK
2,100	1x{7 x 50 on 1:10 Fly 2-2, 9 KOW	EN1	S FLY	
	{2 x 75 on 1:20 Freestyle	EN1	S FR	
	{6 x 50 on 1:10 Fly 2-3, 8 KOW	EN1	S FLY	
	{2 x 75 on 1:20 Freestyle	EN1	S FR	
	{5 x 50 on 1:10 Fly 2-4, 7 KOW	EN1	S FLY	
	{2 x 75 on 1:20 Freestyle	EN1	S FR	
	{4 x 50 on 1:10 Fly 2-5 6 KOW	EN2	S FLY	
	{2 x 75 on 1:20 Freestyle	EN2	S FR	
	{3 x 50 on 1:10 Fly 2-4, 5 KOW	EN1	S FLY	
	{2 x 75 on 1:20 Freestyle	EN1	S FR	
	{2 x 50 on 1:10 Fly 2-3, 4 KOW	EN1	S FLY	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
5:35 PM 2,300 Yards - Stress Value = 27				

**Workout #14326 - Thursday, 21 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

**Workout #14329 - Thursday, 21 November 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK	§
500	1 on 29:00 DS/Shoulders/Tm Mtg			
	1 x 500 on 10:00 Underwater trn drill	REC	D	
	1 on 10:00 Techniques-bucket turns			
150	10 x 15 on :45 Shooters	SP3	S	
100	4 x 25 on :45 Perfect Strokes IMO			
800	1x{1 x 200 on 8:00 Stroke Drills-Fly	EN2	S	
	{1 x 200 on 8:00 Stroke Drills-Back	EN1	D	
	{1 x 200 on 8:00 Stroke Drills-Breast	EN2	S	
	{1 x 200 on 8:00 Stroke Drills-Free	EN1	D	
100	4 x 25 on :45 Perfect Strokes IMO			
400	8 x 50 on 1:15 1st 4-fly/back, 2nd 4-brst/fr			
	1 on 10:00 Techniques-Starts			
	7:30 PM 2,050 Yards - Stress Value = 16			

**Workout #14330 - Friday, 22 November 2013**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	§
400	1 on 30:00 DS/Ted's Abs			
	1 x 400 on 6:00 Choice	REC	D	
	1 on 15:00 Techniques-Turn drills	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,200	1x{1 x 200 on 4:00 IM-25 kick 25 drill	EN1	D	
	{4 x 25 on :45 Fly easy speed	EN1	D	
	{1 x 200 on 4:00 IM 25 kick 25 drill	EN1	D	
	{4 x 25 on :45 Back easy speed	EN1	D	
	{1 x 200 on 4:00 IM 25 kick 25 drill	EN1	D	
	{4 x 25 on :45 Breast easy speed	EN1	D	
	{1 x 200 on 4:00 IM 25 kick 25 drill	EN1	D	
	{4 x 25 on :45 Free-easy speed	EN1	D	
400	16 x 25 on :45 Goggle Malfunction	EN1	D	
	1 on 9:00 Relay Starts			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice			
	5:05 PM 2,350 Yards - Stress Value = 22			

**Workout #14331 - Friday, 22 November 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	§
500	1 on 40:00 DS/Dryland			
	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,200	1x{2 x 125 on 2:30 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	EN1	D	
	{ all 25 drills should be fast			
	{2 x 125 on 2:25 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	REC	D	
	{2 x 125 on 2:20 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	EN1	D	
	{2 x 125 on 2:15 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	EN1	D	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:30 PM 2,100 Yards - Stress Value = 26			

**Workout #14332 - Friday, 22 November 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	§
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Yards	Set Description	EGY	WORK	§
	1 on 40:00 DS/Dryland			
500	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,200	1x{2 x 125 on 2:30 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	EN1	D	
	{ all 25 drills should be fast			
	{2 x 125 on 2:25 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	REC	D	
	{2 x 125 on 2:20 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	EN1	D	
	{2 x 125 on 2:15 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	EN1	D	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:30 PM 2,100 Yards - Stress Value = 26			

**Workout #14333 - Friday, 22 November 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	§
	1 on 40:00 DS/Dryland			
450	1 x 450 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,000	1x{2 x 100 on 2:30 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	EN1	D	
	{ all 25 drills should be fast			
	{2 x 100 on 2:25 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	REC	D	
	{2 x 100 on 2:20 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	EN1	D	
	{2 x 100 on 2:15 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	EN1	D	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:30 PM 1,850 Yards - Stress Value = 22			

**Workout #14334 - Wednesday, 20 November 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	§
	1 on 40:00 DS/Dryland			
400	1 x 400 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,000	1x{2 x 100 on 2:30 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	EN1	D	
	{ all 25 drills should be fast			
	{2 x 100 on 2:25 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	REC	D	
	{2 x 100 on 2:20 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	EN1	D	
	{2 x 100 on 2:15 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	EN1	D	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:30 PM 1,800 Yards - Stress Value = 22			

**Workout #14335 - Wednesday, 20 November 2013**

**Group 2 - Copper**  
**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:00 PM	Start			
400	1 on 40:00 DS/Dryland		L	I
150	1 x 400 on 10:00 Reverse IM drill	REC	D	
800	10 x 15 on :45 Shooters	SP3	S	
	1x{2 x 75 on 2:30 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	EN1	D	
	{ all 25 drills should be fast			
	{2 x 75 on 2:25 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	REC	D	
	{2 x 75 on 2:20 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	EN1	D	
	{2 x 75 on 2:15 Breast L.25 100%	EN2	S	
	{2 x 25 on :45 Stroke Drills	EN1	D	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
6:30 PM	1,600 Yards - Stress Value = 18			

**Workout #14336 - Saturday, 23 November 2013**

**HighSchl - Swim Like A Champion Day**  
**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 40:00 DS/Weights
150	1 x 600 on 10:00 Choice
2,000	10 x 15 on :45 Shooters
	1x{16 x 50 on :45 Freestyle every 4th one 100%
	{12 x 50 on :50 Freestyle every 3rd one 100%
	{8 x 50 on :55 Freestyle every 2nd one 100%
	{4 x 50 on 1:00 Freestyle all 100%
900	9 x 100 on 2:00 Odds fast-hold time I give
1,800	3x{1 x 25 on :30 Freestyle
	{1 x 25 on :40 Freestyle
	{1 x 25 on :50 Freestyle
	{1 x 25 on 1:00 Freestyle
	{1 x 150 on 1:40 Freestyle
	{1 x 100 on 1:05 Freestyle
	{1 x 50 on :30 Freestyle
	{1 x 200 on 4:00 Stroke Drills
	1 on 10:00 Ice
9:34 AM	5,450 Yards - Stress Value = 122

**Workout #14337 - Saturday, 23 November 2013**

**HighSchl - Gold**  
**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 40:00 DS/Weights
150	1 x 600 on 10:00 Choice
1,850	10 x 15 on :45 Shooters
	1x{16 x 50 on :50 Freestyle every 4th one 100%
	{9 x 50 on :55 Freestyle every 3rd one 100%
	{8 x 50 on 1:00 Freestyle every 2nd one 100%
	{4 x 50 on 1:05 Freestyle all 100%
900	9 x 100 on 2:00 Odds fast-hold time I give
1,650	3x{1 x 25 on :30 Freestyle
	{1 x 25 on :40 Freestyle
	{1 x 25 on :50 Freestyle
	{1 x 25 on 1:00 Freestyle
	{1 x 150 on 1:55 Freestyle
	{1 x 100 on 1:15 Freestyle
	{1 x 50 on :35 Freestyle
	{1 x 150 on 3:30 Stroke Drills
	1 on 10:00 Ice
9:34 AM	5,150 Yards - Stress Value = 119

**Workout #14338 - Saturday, 23 November 2013**

**HighSchl - Silver**  
**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
550	1 on 40:00 DS/Weights
150	1 x 550 on 10:00 Choice
1,650	10 x 15 on :45 Shooters
	1x{12 x 50 on :55 Freestyle every 4th one 100%
	{9 x 50 on 1:00 Freestyle every 3rd one 100%
	{8 x 50 on 1:05 Freestyle every 2nd one 100%
	{4 x 50 on 1:10 Freestyle all 100%
900	9 x 100 on 2:00 Odds fast-hold time I give
1,500	3x{1 x 25 on :30 Freestyle
	{1 x 25 on :40 Freestyle
	{1 x 25 on :50 Freestyle
	{1 x 25 on 1:00 Freestyle
	{1 x 150 on 2:10 Freestyle
	{1 x 100 on 1:25 Freestyle
	{1 x 50 on :45 Freestyle
	{1 x 100 on 2:55 Stroke Drills
	1 on 10:00 Ice
9:34 AM	4,750 Yards - Stress Value = 115

**Workout #14339 - Saturday, 23 November 2013**

**HighSchl - Bronze**  
**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 40:00 DS/Weights
150	1 x 600 on 10:00 Choice
1,550	10 x 15 on :45 Shooters
	1x{12 x 50 on 1:00 Freestyle every 4th one 100%
	{9 x 50 on 1:05 Freestyle every 3rd one 100%
	{6 x 50 on 1:10 Freestyle every 2nd one 100%
	{4 x 50 on 1:15 Freestyle all 100%
900	9 x 100 on 2:00 Odds fast-hold time I give
1,350	3x{1 x 25 on :30 Freestyle
	{1 x 25 on :40 Freestyle
	{1 x 25 on :50 Freestyle
	{1 x 25 on 1:00 Freestyle
	{1 x 150 on 2:45 Freestyle
	{1 x 100 on 1:50 Freestyle
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:45 Stroke Drills
	1 on 10:00 Ice
9:34 AM	4,550 Yards - Stress Value = 113

**Workout #14340 - Monday, 25 November 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Physio Balls/Tm Mtg  
 150 1 x 600 on 10:00 Swim-kick-pull-swim  
 1,500 10 x 15 on :45 Shooters  
 1x{8 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:20 Kick  
 {8 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:15 Kick  
 {8 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:10 Kick  
 1,500 1x{2 x 125 on 1:40 Pulls 8 SOLW  
 {2 x 125 on 1:40 Pulls 7 SOLW  
 {2 x 125 on 1:40 Pulls 6 SOLW  
 {2 x 125 on 1:40 Pulls 5 SOLW  
 {2 x 125 on 1:40 Pulls 4 SOLW  
 {2 x 125 on 1:40 Pulls 3 SOLW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:44 PM 3,950 Yards - Stress Value = 50

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:44 PM 3,150 Yards - Stress Value = 41

**Workout #14343 - Monday, 25 November 2013**

**Group 3 - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 500 1 on 30:00 DS/Physio Balls/Tm Mtg  
 150 1 x 500 on 10:00 Swim-kick-pull-swim  
 1,000 10 x 15 on :45 Shooters  
 1x{8 x 25 on :45 Kick no board BSLR  
 {2 x 150 on 3:30 Freestyle  
 {4 x 25 on :45 Kick no board BSLR  
 {2 x 150 on 3:25 Freestyle  
 {4 x 25 on :45 Kick no board BSLR  
 1,000 1x{2 x 100 on 1:55 Pulls 8 SOLW  
 {2 x 100 on 1:55 Pulls 7 SOLW  
 {2 x 100 on 1:55 Pulls 6 SOLW  
 {2 x 100 on 1:55 Pulls 5 SOLW  
 {2 x 100 on 1:55 Pulls 4 SOLW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:44 PM 2,850 Yards - Stress Value = 38

**Workout #14341 - Monday, 25 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 600 1 on 30:00 DS/Physio Balls/Tm Mtg  
 150 1 x 600 on 10:00 Swim-kick-pull-swim  
 1,250 10 x 15 on :45 Shooters  
 1x{8 x 25 on :35 Kick no board BSLR  
 {2 x 150 on 2:50 Kick  
 {8 x 25 on :35 Kick no board BSLR  
 {2 x 150 on 2:45 Kick  
 {8 x 25 on :35 Kick no board BSLR  
 {1 x 50 on :50 Kick  
 1,350 1x{2 x 125 on 1:50 Pulls 8 SOLW  
 {2 x 125 on 1:50 Pulls 7 SOLW  
 {2 x 125 on 1:50 Pulls 6 SOLW  
 {2 x 125 on 1:50 Pulls 5 SOLW  
 {2 x 125 on 1:50 Pulls 4 SOLW  
 {1 x 100 on 1:30 Pulls 3 SOLW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:44 PM 3,550 Yards - Stress Value = 44

**Workout #14344 - Monday, 25 November 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:46 PM Start  
 Yards Set Description  
 =====  
 2,500 1x{1 x 250 on 3:15 Freestyle  
 {2 x 250 on 3:10 Free #2-3 KOW  
 {3 x 250 on 3:05 Free #3 4 strokes off each w  
 {4 x 250 on 3:00 Free #4 descend each 50  
 350 7 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 2,850 Yards - Stress Value = 42

**Workout #14345 - Monday, 25 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:46 PM Start  
 Yards Set Description  
 =====  
 2,300 1x{1 x 250 on 3:30 Freestyle  
 {2 x 250 on 3:25 Free #2-3 KOW  
 {3 x 250 on 3:20 Free #3 4 strokes off each w  
 {4 x 200 on 2:40 Free #4 descend each 50  
 350 7 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 2,650 Yards - Stress Value = 38

**Workout #14342 - Monday, 25 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 550 1 on 30:00 DS/Physio Balls/Tm Mtg  
 150 1 x 550 on 10:00 Swim-kick-pull-swim  
 1,050 10 x 15 on :45 Shooters  
 1x{8 x 25 on :40 Kick no board BSLR  
 {1 x 150 on 3:15 Freestyle  
 {8 x 25 on :40 Kick no board BSLR  
 {1 x 150 on 3:10 Freestyle  
 {8 x 25 on :40 Kick no board BSLR  
 {1 x 150 on 3:05 Kick  
 1,200 1x{2 x 100 on 1:40 Pulls 8 SOLW  
 {2 x 100 on 1:40 Pulls 7 SOLW  
 {2 x 100 on 1:40 Pulls 6 SOLW  
 {2 x 100 on 1:40 Pulls 5 SOLW  
 {2 x 100 on 1:40 Pulls 4 SOLW  
 {2 x 100 on 1:40 Pulls 3 SOLW  
 200 4x{1 x 25 on :50 Sculling drills

**Workout #14346 - Monday, 25 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:46 PM Start  
 Yards Set Description  
 =====  
 2,000 1x{1 x 200 on 3:15 Freestyle  
 {2 x 200 on 3:10 Free #2-3 KOW  
 {3 x 200 on 3:05 Free #3 4 strokes off each w  
 {4 x 200 on 3:00 Free #4 descend each 50  
 350 7 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 5:35 PM 2,350 Yards - Stress Value = 34

**Workout #14347 - Monday, 25 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
4:46 PM	Start	
1,800	1x{1 x 200 on 3:40 Freestyle	EN2
	{2 x 200 on 3:35 Free #2-3 KOW	EN2
	{3 x 200 on 3:30 Free #3 4 strokes off each w	EN2
	{4 x 150 on 2:35 Free #4 descend each 50	EN2
300	6 x 50 on 1:00 Stroke Drills	EN2
	1 on 10:00 Ice	EN2
5:35 PM	2,100 Yards - Stress Value = 30	REC

**Workout #14348 - Monday, 25 November 2013**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY
4:46 PM	Start	
2,000	1x{1 x 200 on 2:50 3 strokes fly off walls	EN2
	{8 x 25 on :30 Fly-Great effort	EN2
	{2 x 175 on 2:25 3 strokes fly off wallls	EN2
	{6 x 25 on :35 Fly-Great Effort	EN2
	{3 x 150 on 2:00 3 strokes fly off walls	EN2
	{4 x 25 on :40 Fly-Great effort	EN2
	{4 x 125 on 1:35 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great effort	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM	2,300 Yards - Stress Value = 52	

**Workout #14349 - Monday, 25 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
4:46 PM	Start	
1,800	1x{1 x 200 on 3:05 3 strokes fly off walls	EN2
	{8 x 25 on :30 Fly-Great effort	EN2
	{2 x 175 on 2:40 3 strokes fly off wallls	EN2
	{6 x 25 on :35 Fly-Great Effort	EN2
	{3 x 150 on 2:15 3 strokes fly off walls	EN2
	{4 x 25 on :40 Fly-Great effort	EN2
	{4 x 75 on 1:05 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great effort	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM	2,100 Yards - Stress Value = 48	

**Workout #14350 - Monday, 25 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
4:46 PM	Start	
1,700	1x{1 x 200 on 3:20 3 strokes fly off walls	EN2
	{8 x 25 on :30 Fly-Great effort	EN2
	{2 x 175 on 2:55 3 strokes fly off wallls	EN2
	{6 x 25 on :35 Fly-Great Effort	EN2
	{3 x 150 on 2:30 3 strokes fly off walls	EN2
	{4 x 25 on :40 Fly-Great effort	EN2
	{4 x 50 on :50 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great effort	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM	2,000 Yards - Stress Value = 46	

**Workout #14351 - Monday, 25 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
4:46 PM	Start	
1,500	1x{1 x 200 on 4:00 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN2
	{2 x 175 on 3:30 3 strokes fly off wallls	EN2
	{4 x 25 on :45 Fly-Great Effort	EN2
	{3 x 150 on 2:30 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-Great effort	EN2
	{4 x 50 on 1:00 3 strokes fly off walls	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM	1,800 Yards - Stress Value = 38	

**Workout #14352 - Monday, 25 November 2013**

**Group 2 - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
500	1 on 30:00 DS/Physio Ball/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
100	10 x 15 on :45 Shooters	SP3	
1,050	1 x 100 on 2:00 Kick on back for time	SP2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:10 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:05 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:00 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{ 50's=#1 on back hands seperated, #2 on right		
	{ #3 on left side		
600	1 x 600 on 9:00 Back Pull	EN1	
150	6 x 25 on :45 Back drills	REC	
400	8 x 50 on 2:00 Backstroke	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:30 PM	3,200 Yards - Stress Value = 75		

**Workout #14353 - Monday, 25 November 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
1,000	1x{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:15 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:10 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{2 x 50 on 1:05 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{ 50's=#1 on back hands seperated, #2 on right		
	{ #3 on left side		
550	1 x 550 on 9:00 Back Pull	EN1	
150	6 x 25 on :45 Back drills	REC	
400	8 x 50 on 2:00 Backstroke	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:30 PM	3,100 Yards - Stress Value = 74		

**Workout #14354 - Monday, 25 November 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
100	1 x 100 on 2:00 Kick on back for time	SP2	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:20 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:15 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:10 Kick no board on back	EN2	
	{4 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{ 50's=#1 on back hands seperated, #2 on right		
	{ #3 on left side		
500	1 x 500 on 9:00 Back Pull	EN1	
150	6 x 25 on :45 Back drills	REC	
400	8 x 50 on 2:00 Backstroke	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:30 PM	3,000 Yards - Stress Value = 73		

250 1 x 250 on 5:00 Stroke Drills REC  
7:30 PM 2,450 Yards - Stress Value = 66

**Workout #14357 - Tuesday, 26 November 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,000	1x{1 x 350 on 4:10 Freestyle	EN2	
	{3 x 50 on :45 Free-Great Effort	EN3	
	{1 x 350 on 4:05 Freestyle	EN2	
	{3 x 50 on :50 Free-Great Effort	EN2	
	{1 x 350 on 4:00 Freestyle	EN2	
	{3 x 50 on :55 Free-Great Effort	EN3	
	{1 x 350 on 3:55 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Great Effort	EN3	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,800 Yards - Stress Value = 64		

**Workout #14355 - Monday, 25 November 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 2:00 Kick on back for time	SP2	
950	1x{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:30 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:25 Kick no board on back	EN2	
	{6 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:20 Kick no board on back	EN2	
	{2 x 25 on :45 Kick no board B 10KOW+1	EN2	
	{ 50's=#1 on back hands seperated, #2 on right		
	{ #3 on left side		
450	1 x 450 on 9:00 Back Pull	EN1	
150	6 x 25 on :45 Back drills	REC	
400	8 x 50 on 2:00 Backstroke	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:30 PM	2,850 Yards - Stress Value = 71		

**Workout #14358 - Tuesday, 26 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,800	1x{1 x 350 on 4:55 Freestyle	EN2	
	{3 x 50 on :45 Free-Great Effort	EN3	
	{1 x 350 on 4:50 Freestyle	EN2	
	{3 x 50 on :50 Free-Great Effort	EN2	
	{1 x 350 on 4:45 Freestyle	EN2	
	{3 x 50 on :55 Free-Great Effort	EN3	
	{1 x 150 on 2:00 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Great Effort	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM	2,600 Yards - Stress Value = 60		

**Workout #14356 - Monday, 25 November 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg		
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 2:00 Kick on back for time	SP2	
750	1x{4 x 25 on 1:00 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:45 Kick no board on back	EN2	
	{4 x 25 on 1:00 Kick no board B 10KOW+1	EN2	
	{3 x 50 on 1:40 Kick no board on back	EN2	
	{4 x 25 on 1:00 Kick no board B 10KOW+1	EN2	
	{2 x 50 on 1:35 Kick no board on back	EN2	
	{2 x 25 on 1:00 Kick no board B 10KOW+1	EN2	
	{ 50's=#1 on back hands seperated, #2 on right		
	{ #3 on left side		
300	1 x 300 on 9:00 Back Pull	EN1	
150	6 x 25 on :45 Back drills	REC	
400	8 x 50 on 2:00 Backstroke	SP1	

**Workout #14359 - Tuesday, 26 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,700	1x{1 x 350 on 5:30 Freestyle	EN2	
	{3 x 50 on :50 Free-Great Effort	EN3	
	{1 x 350 on 5:25 Freestyle	EN2	
	{3 x 50 on :55 Free-Great Effort	EN3	
	{1 x 350 on 5:20 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Great Effort	EN3	
	{1 x 200 on 3:00 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,450 Yards - Stress Value = 58		

**Workout #14360 - Monday, 25 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,600	1x{1 x 350 on 6:05 Freestyle	EN2	
	{3 x 50 on :50 Free-Great Effort	EN3	
	{1 x 350 on 6:00 Freestyle	EN2	
	{3 x 50 on :55 Free-Great Effort	EN3	
	{1 x 350 on 5:55 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Great Effort	EN3	
	{1 x 100 on 1:40 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,350 Yards - Stress Value = 56		

**Workout #14361 - Tuesday, 26 November 2013**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,875	1x{1 x 150 on 2:10 Backstroke	EN1	
	{2 x 150 on 2:05 Back #2 5 KOW	EN2	
	{3 x 150 on 2:00 Back #3 descend 50's	EN2	
	{4 x 150 on 1:55 Back #4 odd 50's fast	EN2	
	{5 x 75 on :55 Back #5 100%	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,775 Yards - Stress Value = 43		

**Workout #14362 - Tuesday, 26 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	your primary stroke or free		
150	10 x 15 on :45 Shooters	SP3	
1,750	1x{1 x 150 on 2:20 Backstroke	EN1	
	{2 x 150 on 2:15 Back #2 5 KOW	EN2	
	{3 x 150 on 2:10 Back #3 descend 50's	EN2	
	{4 x 150 on 2:05 Back #4 odd 50's fast	EN2	
	{5 x 50 on :45 Back #5 100%	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,600 Yards - Stress Value = 40		

**Workout #14363 - Tuesday, 26 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	your primary stroke or free		
150	10 x 15 on :45 Shooters	SP3	
1,500	1x{1 x 100 on 1:55 Backstroke	EN1	
	{2 x 100 on 1:50 Back #2 5 KOW	EN2	

	{3 x 100 on 1:45 Back #3 descend 50's	EN2
	{4 x 100 on 1:40 Back #4 odd 50's fast	EN2
	{5 x 100 on 1:35 Back #5 100%	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:05 AM	2,350 Yards - Stress Value = 35	

**Workout #14364 - Tuesday, 26 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	your primary stroke or free		
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{1 x 100 on 2:10 Backstroke	EN1	
	{2 x 100 on 2:05 Back #2 5 KOW	EN2	
	{3 x 100 on 2:00 Back #3 descend 50's	EN2	
	{4 x 100 on 1:55 Back #4 odd 50's fast	EN2	
	{5 x 50 on 1:00 Back #5 100%	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM	2,100 Yards - Stress Value = 30		

**Workout #14365 - Tuesday, 26 November 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Core		
600	1 x 600 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
500	5 x 100 on 2:00 Kick @ fastest interval		
1,400	1x{1 x 200 on 3:10 Kick		
	{1 x 200 on 3:05 Kick		
	{1 x 200 on 3:00 Kick		
	{1 x 200 on 2:55 Kick		
	{1 x 200 on 2:50 Kick		
	{1 x 200 on 2:45 Kick		
	{1 x 200 on 2:40 Kick		
1,300	1 x 1300 on 16:30 Pulls-odd 100's btb		
	Even 100's BTS		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:42 PM	4,150 Yards - Stress Value = 72		

**Workout #14366 - Monday, 25 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Core		
600	1 x 600 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
500	5 x 100 on 2:00 Kick @ fastest interval		
1,200	1x{1 x 200 on 3:40 Kick		
	{1 x 200 on 3:35 Kick		
	{1 x 200 on 3:30 Kick		
	{1 x 200 on 3:25 Kick		
	{1 x 200 on 3:20 Kick		
	{1 x 200 on 3:15 Kick		
1,200	1 x 1200 on 16:30 Pulls-odd 100's btb		
	Even 100's BTS		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:42 PM	3,850 Yards - Stress Value = 66		

**Workout #14367 - Monday, 25 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
550	1 on 25:00 DS/Core
150	1 x 550 on 10:00 Underwater trn drill
500	10 x 15 on :45 Shooters
1,050	5 x 100 on 2:00 Kick @ fastest interval
1x{1 x 200 on 4:10 Kick	
{1 x 200 on 4:05 Kick	
{1 x 200 on 4:00 Kick	
{1 x 200 on 3:55 Kick	
{1 x 200 on 3:50 Kick	
{1 x 50 on :55 Kick	
1,050	1 x 1050 on 16:30 Pulls-odd 100's btb
	Even 100's BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:42 PM	3,500 Yards - Stress Value = 60

**Workout #14368 - Monday, 25 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
500	1 on 25:00 DS/Core
150	1 x 500 on 10:00 Underwater trn drill
500	10 x 15 on :45 Shooters
900	5 x 100 on 2:00 Kick @ fastest interval
1x{1 x 150 on 3:35 Kick	
{1 x 150 on 3:30 Kick	
{1 x 150 on 3:25 Kick	
{1 x 150 on 3:20 Kick	
{1 x 150 on 3:15 Kick	
{1 x 150 on 3:10 Kick	
900	1 x 900 on 16:30 Pulls-odd 100's btb
	Even 100's BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:42 PM	3,150 Yards - Stress Value = 54

**Workout #14369 - Tuesday, 26 November 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
3,000	1x{1 x 600 on 7:40 Free L.25 6bk	EN2	S	FR
	{1 x 600 on 7:25 Free L.50 6bk	EN2	S	FR
	{1 x 600 on 7:10 Free L.75 6bk	EN2	S	FR
	{1 x 600 on 6:55 Free L.100 6bk	EN2	S	FR
	{1 x 600 on 6:40 Free L.125 6bk	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:34 PM	3,250 Yards - Stress Value = 60			

**Workout #14370 - Tuesday, 26 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
2,800	1x{1 x 600 on 8:30 Free L.25 6bk	EN2	S	FR
	{1 x 600 on 8:15 Free L.50 6bk	EN2	S	FR
	{1 x 600 on 7:45 Free L.75 6bk	EN2	S	FR
	{1 x 600 on 7:30 Free L.100 6bk	EN2	S	FR
	{1 x 400 on 5:00 Free L.125 6bk	EN2	S	FR

250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:35 PM	3,050 Yards - Stress Value = 56			

**Workout #14371 - Tuesday, 26 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
2,400	1x{1 x 600 on 9:30 Free L.25 6bk	EN2	S	FR
	{1 x 600 on 9:15 Free L.50 6bk	EN2	S	FR
	{1 x 600 on 9:00 Free L.75 6bk	EN2	S	FR
	{1 x 600 on 8:45 Free L.100 6bk	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:35 PM	2,650 Yards - Stress Value = 48			

**Workout #14372 - Tuesday, 26 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
2,150	1x{1 x 500 on 9:00 Free L.25 6bk	EN2	S	FR
	{1 x 500 on 8:45 Free L.50 6bk	EN2	S	FR
	{1 x 500 on 8:30 Free L.75 6bk	EN2	S	FR
	{1 x 500 on 8:15 Free L.100 6bk	EN2	S	FR
	{1 x 150 on 2:25 Free-L.125 6bk	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:35 PM	2,400 Yards - Stress Value = 43			

**Workout #14373 - Tuesday, 26 November 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 30:00 DS/Core/Tm Mtg			F
500	1 x 500 on 10:00 Underwater trn drill			F
150	10 x 15 on :45 Shooters			F
	Alt breast and fly			
700	1x{4 x 25 on :45 Kick no board BSLR			F
	{2 x 100 on 2:00 Kick 1fly 2breast			F
	{4 x 25 on :45 Kick no board BSLR			F
	{2 x 100 on 1:55 Kick 1fly 2br			F
	{4 x 25 on :45 Kick no board BSLR			F
150	6 x 25 on :45 Stroke Drills			F
2,200	1x{8 x 25 on :30 Butterfly			F
	{4 x 50 on 1:00 Breaststroke			F
	{6 x 25 on :30 Butterfly			F
	{3 x 50 on :55 Breaststroke			F
	{4 x 25 on :30 Butterfly			F
	{2 x 50 on :50 Breaststroke			F
	{2 x 25 on :30 Butterfly			F
	{1 x 50 on :45 Breaststroke			F
	{1 x 200 on 4:00 Stroke Drill alt 25 br/fly			F
	{2 x 25 on :30 Breaststroke			F
	{1 x 50 on :45 Butterfly			F
	{4 x 25 on :30 Breaststroke			F
	{2 x 50 on :50 Butterfly			F
	{6 x 25 on :30 Breaststroke			F
	{3 x 50 on :55 Butterfly			F
	{8 x 25 on :30 Breaststroke			F
	{4 x 50 on 1:00 Butterfly			F
200	1 x 200 on 3:00 Stroke Drills			F
7:31 PM	3,900 Yards - Stress Value = 60			

**Workout #14374 - Tuesday, 26 November 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	E
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	F
150	10 x 15 on :45 Shooters	F
	Alt breast and fly	
650	1x{4 x 25 on :45 Kick no board BSLR	F
	{2 x 100 on 2:10 Kick 1fly 2breast	F
	{4 x 25 on :45 Kick no board BSLR	F
	{2 x 75 on 1:35 Kick 1fly 2br	F
	{4 x 25 on :45 Kick no board BSLR	F
150	6 x 25 on :45 Stroke Drills	F
2,200	1x{8 x 25 on :30 Butterfly	F
	{4 x 50 on 1:00 Breaststroke	F
	{6 x 25 on :30 Butterfly	F
	{3 x 50 on :55 Breaststroke	F
	{4 x 25 on :30 Butterfly	F
	{2 x 50 on :50 Breaststroke	F
	{2 x 25 on :30 Butterfly	F
	{1 x 50 on :45 Breaststroke	F
	{1 x 200 on 4:00 Stroke Drill alt 25 br/fly	F
	{2 x 25 on :30 Breaststroke	F
	{1 x 50 on :45 Butterfly	F
	{4 x 25 on :30 Breaststroke	F
	{2 x 50 on :50 Butterfly	F
	{6 x 25 on :30 Breaststroke	F
	{3 x 50 on :55 Butterfly	F
	{8 x 25 on :30 Breaststroke	F
	{4 x 50 on 1:00 Butterfly	F
200	1 x 200 on 3:00 Stroke Drills	F
7:31 PM	3,850 Yards - Stress Value = 59	

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	E
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SE
	Alt breast and fly	
600	1x{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 100 on 2:40 Kick 1fly 2breast	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 50 on 1:15 Kick 1fly 2br	EN
	{4 x 25 on :45 Kick no board BSLR	EN
150	6 x 25 on :45 Stroke Drills	RE
1,550	1x{8 x 25 on :40 Butterfly	EN
	{4 x 50 on 1:20 Breaststroke	EN
	{6 x 25 on :40 Butterfly	EN
	{3 x 50 on 1:15 Breaststroke	EN
	{4 x 25 on :40 Butterfly	EN
	{2 x 50 on 1:10 Breaststroke	EN
	{2 x 25 on :40 Butterfly	EN
	{1 x 50 on 1:05 Breaststroke	EN
	{1 x 50 on 2:30 Stroke Drill alt 25 br/fly	RE
	{2 x 25 on :40 Breaststroke	EN
	{1 x 50 on 1:05 Butterfly	EN
	{4 x 25 on :40 Breaststroke	EN
	{2 x 50 on 1:10 Butterfly	EN
	{4 x 25 on :40 Breaststroke	EN
	{2 x 50 on 1:15 Butterfly	EN
200	1 x 200 on 3:00 Stroke Drills	RE
7:29 PM	3,050 Yards - Stress Value = 48	

**Workout #14377 - Tuesday, 26 November 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	E
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
450	1 x 450 on 10:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SE
	Alt breast and fly	
600	1x{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 75 on 1:45 Kick 1fly 2breast	EN
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 75 on 1:40 Kick 1fly 2br	EN
	{4 x 25 on :45 Kick no board BSLR	EN
150	6 x 25 on :45 Stroke Drills	RE
1,850	1x{8 x 25 on :35 Butterfly	EN
	{4 x 50 on 1:10 Breaststroke	EN
	{6 x 25 on :35 Butterfly	EN
	{3 x 50 on 1:05 Breaststroke	EN
	{4 x 25 on :35 Butterfly	EN
	{2 x 50 on 1:00 Breaststroke	EN
	{2 x 25 on :35 Butterfly	EN
	{1 x 50 on :55 Breaststroke	EN
	{1 x 50 on 2:30 Stroke Drill alt 25 br/fly	RE
	{2 x 25 on :35 Breaststroke	EN
	{1 x 50 on :55 Butterfly	EN
	{4 x 25 on :35 Breaststroke	EN
	{2 x 50 on 1:00 Butterfly	EN
	{6 x 25 on :35 Breaststroke	EN
	{3 x 50 on 1:05 Butterfly	EN
	{4 x 25 on :35 Breaststroke	EN
	{2 x 50 on 1:00 Butterfly	EN
200	1 x 200 on 3:00 Stroke Drills	RE
7:30 PM	3,400 Yards - Stress Value = 54	

Yards	Set Description	E
5:30 PM Start		
=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg	
350	1 x 350 on 10:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SE
	Alt breast and fly	
500	1x{4 x 25 on 1:00 Kick no board BSLR	EN
	{2 x 50 on 1:30 Kick 1fly 2breast	EN
	{4 x 25 on 1:00 Kick no board BSLR	EN
	{2 x 50 on 1:25 Kick 1fly 2br	EN
	{4 x 25 on 1:00 Kick no board BSLR	EN
150	6 x 25 on :45 Stroke Drills	RE
1,150	1x{8 x 25 on 1:00 Butterfly	EN
	{4 x 50 on 1:30 Breaststroke	EN
	{6 x 25 on 1:00 Butterfly	EN
	{3 x 50 on 1:30 Breaststroke	EN
	{4 x 25 on 1:00 Butterfly	EN
	{2 x 50 on 1:30 Breaststroke	EN
	{2 x 25 on 1:00 Butterfly	EN
	{1 x 50 on 1:30 Breaststroke	EN
	{1 x 50 on 2:30 Stroke Drill alt 25 br/fly	RE
	{2 x 25 on 1:00 Breaststroke	EN
	{1 x 50 on 1:30 Butterfly	EN
200	1 x 200 on 3:00 Stroke Drills	RE
7:30 PM	2,500 Yards - Stress Value = 38	

**Workout #14376 - Tuesday, 26 November 2013**

**Workout #14378 - Wednesday, 27 November 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:30 AM	Start			
400	1 on 35:00 DS and Weights		L I	
400	1 x 400 on 7:00 Underwater trn drill	REC	D	
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters	SP3	S ε	
	Your primary stroke or free			
2,400	4 x 600 on 7:30 Freestyle-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 ice		M	
	7:06 AM 3,150 Yards - Stress Value = 54			

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
2,000	1x{2 x 200 on 3:00 Breaststroke		EN2
	{2 x 200 on 2:55 Breaststroke		EN2
	{2 x 200 on 2:50 Breaststroke		EN2
	{2 x 200 on 2:45 Breaststroke		EN2
	{2 x 200 on 2:40 Breaststroke		EN2
200	1 x 200 on 3:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:05 AM 2,750 Yards - Stress Value = 46		

**Workout #14383 - Monday, 25 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:30 AM	Start			
400	1 on 35:00 DS and Weights		L I	
400	1 x 400 on 7:00 Underwater trn drill	REC	D	
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters	SP3	S ε	
	Your primary stroke or free			
2,200	4 x 550 on 7:30 Freestyle-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 ice		M	
	7:06 AM 2,950 Yards - Stress Value = 50			

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
1,850	1x{2 x 200 on 3:15 Breaststroke		EN2
	{2 x 200 on 3:10 Breaststroke		EN2
	{2 x 200 on 3:05 Breaststroke		EN2
	{2 x 200 on 3:00 Breaststroke		EN2
	{2 x 125 on 1:50 Breaststroke		EN2
200	1 x 200 on 3:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:05 AM 2,600 Yards - Stress Value = 43		

**Workout #14380 - Wednesday, 27 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:30 AM	Start			
400	1 on 35:00 DS and Weights		L I	
400	1 x 400 on 7:00 Underwater trn drill	REC	D	
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters	SP3	S ε	
	Your primary stroke or free			
2,000	4 x 500 on 7:30 Freestyle-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 ice		M	
	7:06 AM 2,750 Yards - Stress Value = 46			

**Workout #14384 - Wednesday, 27 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:30 AM	Start			
400	1 on 35:00 DS and Weights		L I	
400	1 x 400 on 7:00 Underwater trn drill	REC	D	
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters	SP3	S ε	
	Your primary stroke or free			
2,000	4 x 500 on 7:30 Freestyle-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 ice		M	
	7:06 AM 2,750 Yards - Stress Value = 46			

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
1,550	1x{2 x 200 on 3:40 Breaststroke		EN2
	{2 x 200 on 3:45 Breaststroke		EN2
	{2 x 200 on 3:40 Breaststroke		EN2
	{2 x 175 on 3:10 Breaststroke		EN2
200	1 x 200 on 3:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:05 AM 2,300 Yards - Stress Value = 37		

**Workout #14381 - Wednesday, 27 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:30 AM	Start			
400	1 on 35:00 DS and Weights		L I	
400	1 x 400 on 7:00 Underwater trn drill	REC	D	
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters	SP3	S ε	
	Your primary stroke or free			
1,800	4 x 450 on 7:30 Freestyle-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 ice		M	
	7:06 AM 2,550 Yards - Stress Value = 42			

**Workout #14382 - Wednesday, 27 November 2013**

**HighSchl - Breast**

**1 minute rest between sets**

5:30 AM Start

**Workout #14385 - Wednesday, 27 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS/Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,400	1x{2 x 200 on 4:15 Breaststroke	EN2	
	{2 x 200 on 4:10 Breaststroke	EN2	
	{2 x 200 on 4:00 Breaststroke	EN2	
	{2 x 100 on 1:55 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,150 Yards - Stress Value = 34		

**Workout #14386 - Tuesday, 26 November 2013**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
4:43 PM	Start			
2,400	1x{4 x 50 on 1:00 Breast under/overs	EN2	S	
	{4 x 100 on 1:15 25 breast 75 free	EN1	S	C
	{4 x 50 on 1:00 Breast under/overs	EN3	S	
	{4 x 100 on 1:15 50 breast 50 free	EN2	S	C
	{4 x 50 on 1:00 Breast under/overs	EN3	S	
	{4 x 100 on 1:15 75 Breast 25 free	EN2	S	C
	{4 x 50 on 1:00 Breast under/overs	EN3	S	
	{4 x 100 on 1:20 Breaststroke	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:35 PM	2,650 Yards - Stress Value = 68			

**Workout #14387 - Tuesday, 26 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
4:43 PM	Start			
2,100	1x{3 x 50 on 1:10 Breast under/overs	EN2	S	
	{4 x 100 on 1:25 25 breast 75 free	EN1	S	C
	{3 x 50 on 1:10 Breast under/overs	EN3	S	
	{4 x 100 on 1:25 50 breast 50 free	EN2	S	C
	{3 x 50 on 1:10 Breast under/overs	EN3	S	
	{4 x 100 on 1:25 75 Breast 25 free	EN2	S	C
	{3 x 50 on 1:10 Breast under/overs	EN3	S	
	{3 x 100 on 1:30 Breaststroke	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:34 PM	2,350 Yards - Stress Value = 56			

**Workout #14388 - Tuesday, 26 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
4:43 PM	Start			
1,800	1x{3 x 50 on 1:15 Breast under/overs	EN2	S	
	{3 x 100 on 1:45 25 breast 75 free	EN1	S	C
	{3 x 50 on 1:15 Breast under/overs	EN3	S	
	{3 x 100 on 1:45 50 breast 50 free	EN2	S	C
	{3 x 50 on 1:15 Breast under/overs	EN3	S	
	{3 x 100 on 1:45 75 Breast 25 free	EN2	S	C
	{3 x 50 on 1:15 Breast under/overs	EN3	S	
	{3 x 100 on 1:45 Breaststroke	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	

1 on 10:00 Ice M  
5:34 PM 2,050 Yards - Stress Value = 51

**Workout #14389 - Tuesday, 26 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
4:43 PM	Start			
1,650	1x{3 x 50 on 1:20 Breast under/overs	EN2	S	
	{3 x 100 on 1:55 25 breast 75 free	EN1	S	C
	{3 x 50 on 1:20 Breast under/overs	EN3	S	
	{3 x 100 on 1:55 50 breast 50 free	EN2	S	C
	{3 x 50 on 1:20 Breast under/overs	EN3	S	
	{3 x 100 on 1:55 75 Breast 25 free	EN2	S	C
	{2 x 50 on 1:20 Breast under/overs	EN3	S	
	{2 x 100 on 2:00 Breaststroke	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:34 PM	1,900 Yards - Stress Value = 46			

**Workout #14390 - Wednesday, 27 November 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
3:00 PM	Start			
600	1 on 20:00 DS/Tm Mtg			
150	1 x 600 on 10:00 Free L.25 of each 100 Non F			
1,900	10 x 15 on :45 Shooters			
	1x{4 x 25 on :30 Kick no board BSLR 16KOW			
	{1 x 250 on 3:45 Kick			
	{4 x 25 on :30 Kick no board BSLR 14KOW			
	{2 x 200 on 2:55 Kick			
	{4 x 25 on :30 Kick no board BSLR 12KOW			
	{3 x 150 on 2:10 Kick			
	{4 x 25 on :30 Kick no board BSLR 10KOW			
	{4 x 100 on 1:25 Kick			
1,600	8x{1 x 150 on 1:40 Pull w/paddles hold 1:40			
	{1 x 50 on 1:00 Pull-no paddles			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:40 PM	4,450 Yards - Stress Value = 94			

**Workout #14391 - Wednesday, 27 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
3:00 PM	Start			
600	1 on 20:00 DS/Tm Mtg			
150	1 x 600 on 10:00 Free L.25 of each 100 Non F			
1,500	10 x 15 on :45 Shooters			
	1x{4 x 25 on :35 Kick no board BSLR 16KOW			
	{1 x 250 on 4:40 Kick			
	{4 x 25 on :35 Kick no board BSLR 14KOW			
	{2 x 200 on 3:40 Kick			
	{4 x 25 on :35 Kick no board BSLR 12KOW			
	{3 x 150 on 2:40 Kick			
	{4 x 25 on :35 Kick no board BSLR 10KOW			
1,400	7x{1 x 150 on 2:15 Pull w/paddles hold 2:00			
	{1 x 50 on 1:05 Pull-no paddles			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:42 PM	3,850 Yards - Stress Value = 80			

**Workout #14392 - Wednesday, 27 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STP
550	1 on 20:00 DS/Tm Mtg			
150	1 x 550 on 10:00 Free L.25 of each 100 Non F			
1,350	10 x 15 on :45 Shooters			
	1x{4 x 25 on :40 Kick no board BSLR 16KOW			
	{1 x 250 on 5:15 Kick			
	{4 x 25 on :40 Kick no board BSLR 14KOW			
	{1 x 200 on 4:05 Kick			
	{4 x 25 on :40 Kick no board BSLR 12KOW			
	{3 x 150 on 3:00 Kick			
	{4 x 25 on :40 Kick no board BSLR 10KOW			
	{1 x 50 on :55 Kick			
1,200	6x{1 x 150 on 2:35 Pull w/paddles hold 2:15			
	{1 x 50 on 1:10 Pull-no paddles			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:41 PM 3,450 Yards - Stress Value = 71			

**Workout #14393 - Wednesday, 27 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STP
550	1 on 20:00 DS/Tm Mtg			
150	1 x 550 on 10:00 Free L.25 of each 100 Non F			
1,150	10 x 15 on :45 Shooters			
	1x{4 x 25 on :45 Kick no board BSLR 16KOW			
	{1 x 250 on 6:00 Kick			
	{4 x 25 on :45 Kick no board BSLR 14KOW			
	{1 x 200 on 4:40 Kick			
	{4 x 25 on :45 Kick no board BSLR 12KOW			
	{1 x 150 on 3:25 Kick			
	{4 x 25 on :45 Kick no board BSLR 10KOW			
	{2 x 75 on 1:40 Kick			
1,200	6x{1 x 150 on 2:50 Pull w/paddles hold 2:35			
	{1 x 50 on 1:15 Pull-no paddles			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:43 PM 3,250 Yards - Stress Value = 67			

**Workout #14394 - Wednesday, 27 November 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	WORK	STP
1,950	1x{8 x 50 on 1:00 Free best effort	EN3	S	FF
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
	{8 x 50 on 1:00 Free best effort	EN3	S	FF
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
	{8 x 50 on 1:00 Free best effort	EN3	S	FF
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
	1 on 10:00 Ice		M	
	5:33 PM 1,950 Yards - Stress Value = 72			

**Workout #14395 - Wednesday, 27 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	WORK	STP
1,950	1x{8 x 50 on 1:05 Free best effort	EN3	S	FF
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
	{8 x 50 on 1:05 Free best effort	EN3	S	FF

{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
{8 x 50 on 1:05 Free best effort	EN3	S	FF
{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
1 on 10:00 Ice		M	
5:35 PM 1,950 Yards - Stress Value = 72			

**Workout #14396 - Wednesday, 27 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	WORK	STP
1,800	1x{8 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FF
	{8 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FF
	{8 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FF
	{8 x 50 on 1:10 Free best effort	EN3	S	FF
	1 on 10:00 Ice		M	
	5:35 PM 1,800 Yards - Stress Value = 72			

**Workout #14397 - Wednesday, 27 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	WORK	STP
1,800	1x{8 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FF
	{8 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FF
	{8 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FF
	1 on 10:00 Ice		M	
	5:35 PM 1,800 Yards - Stress Value = 72			

**Workout #14398 - Wednesday, 27 November 2013**

**HighSchl - IM'ers**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	WC
2,100	1x{3 x 50 on 1:00 Fly great effort	EN3	
	{3 x 100 on 1:30 50 back 50 breast	EN2	
	{6 x 25 on :30 Free-6bk great finishes	SP2	
	{3 x 50 on :45 Fly	EN2	
	{3 x 50 on 1:00 Back great effort	EN3	
	{3 x 50 on :50 Breast	EN2	
	{6 x 25 on :30 Free 6bk great finishes	SP2	
	{3 x 100 on 1:30 50 fly 50 back	EN2	
	{3 x 50 on 1:00 Breast great effort	EN3	
	{6 x 25 on :30 Free 6bk great finishes	SP2	
	{3 x 100 on 1:20 Individual Medley	EN2	
	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 2,350 Yards - Stress Value = 96		

**Workout #14399 - Wednesday, 27 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	WC
1,900	1x{3 x 50 on 1:05 Fly great effort	EN3	
	{3 x 100 on 1:40 50 back 50 breast	EN2	
	{6 x 25 on :30 Free-6bk great finishes	SP2	
	{3 x 50 on :50 Fly	EN2	
	{3 x 50 on 1:05 Back great effort	EN3	
	{3 x 50 on :55 Breast	EN2	
	{6 x 25 on :30 Free 6bk great finishes	SP2	
	{3 x 100 on 1:40 50 fly 50 back	EN2	
	{3 x 50 on 1:05 Breast great effort	EN3	
	{6 x 25 on :30 Free 6bk great finishes	SP2	
	{1 x 100 on 1:30 Individual Medley	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:35 PM 2,150 Yards - Stress Value = 92

**Workout #14400 - Wednesday, 27 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	WC
1,750	1x{3 x 50 on 1:10 Fly great effort	EN3	
	{3 x 100 on 1:50 50 back 50 breast	EN2	
	{6 x 25 on :30 Free-6bk great finishes	SP2	
	{3 x 50 on :55 Fly	EN2	
	{3 x 50 on 1:10 Back great effort	EN3	
	{3 x 50 on 1:00 Breast	EN2	
	{6 x 25 on :30 Free 6bk great finishes	SP2	
	{3 x 100 on 1:50 50 fly 50 back	EN2	
	{3 x 50 on 1:10 Breast great effort	EN3	
	{4 x 25 on :30 Free 6bk great finishes	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:35 PM 2,000 Yards - Stress Value = 85

**Workout #14401 - Wednesday, 27 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:44 PM Start

Yards	Set Description	EGY	WC
1,600	1x{3 x 50 on 1:15 Fly geat effort	EN3	
	{3 x 100 on 2:00 50 back 50 breast	EN2	
	{4 x 25 on :40 Free-6bk great finishes	SP2	
	{3 x 50 on 1:00 Fly	EN2	
	{3 x 50 on 1:15 Back great effort	EN3	
	{3 x 50 on 1:05 Breast	EN2	
	{4 x 25 on :40 Free 6bk great finishes	SP2	
	{3 x 100 on 2:00 50 fly 50 back	EN2	
	{3 x 50 on 1:15 Breast great effort	EN3	
	{2 x 25 on :40 Free 6bk great finishes	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:36 PM 1,850 Yards - Stress Value = 70

**Workout #14402 - Wednesday, 27 November 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	

900	1x{4 x 25 on :45 Sprint Kick	EN2
	{1 x 50 on 1:00 Kick	EN2
	{4 x 25 on :45 Sprint Kick	EN2
	{1 x 100 on 1:55 kick	EN2
	{4 x 25 on :45 Sprint Kick	EN2
	{1 x 150 on 2:50 Kick	EN2
	{4 x 25 on :45 Sprint Kick	EN2
	{1 x 200 on 3:45 Kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,800	3x{1 x 300 on 4:30 Free-descend the 100's	EN2
	{1 x 200 on 3:00 Free neg split	EN2
	{1 x 100 on 3:00 Free-100%	EN3
	1 on 10:00 Game	
	7:30 PM 3,500 Yards - Stress Value = 72	

**Workout #14403 - Wednesday, 27 November 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Abs/Tm Mtg		
500	1 x 500 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
850	1x{4 x 25 on :45 Sprint Kick	EN2	
	{1 x 50 on 1:10 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
	{1 x 150 on 2:55 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,650	3x{1 x 300 on 5:00 Free-descend the 100's	EN2	
	{1 x 150 on 2:30 Free neg split	EN2	
	{1 x 100 on 3:00 Free-100%	EN3	
	1 on 10:00 Game		
	7:30 PM 3,300 Yards - Stress Value = 68		

**Workout #14404 - Wednesday, 27 November 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Abs/Tm Mtg		
450	1 x 450 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{4 x 25 on :45 Sprint Kick	EN2	
	{1 x 50 on 1:15 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
	{1 x 150 on 3:20 Kick	EN2	
	{4 x 25 on :45 Sprint Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,500	3x{1 x 250 on 4:35 Free-descend the 100's	EN2	
	{1 x 150 on 2:45 Free neg split	EN2	
	{1 x 100 on 3:00 Free-100%	EN3	
	1 on 10:00 Game		
	7:29 PM 3,050 Yards - Stress Value = 64		

**Workout #14405 - Wednesday, 27 November 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
400	1 on 30:00 DS/Abs/Tm Mtg	REC
150	1 x 400 on 10:00 Choice	SP3
650	10 x 15 on :45 Shooters	EN2
	1x{4 x 25 on 1:00 Sprint kick	EN2
	{1 x 50 on 1:30 Kick	EN2
	{4 x 25 on 1:00 Sprint kick	EN2
	{1 x 100 on 2:50 Kick	EN2
	{4 x 25 on 1:00 Sprint kick	EN2
	{1 x 150 on 4:00 Kick	EN2
	{2 x 25 on 1:00 Sprint kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,050	3x{1 x 200 on 4:30 Free-descend the 100's	EN2
	{1 x 100 on 2:15 Free neg split	EN2
	{1 x 50 on 3:00 Free-100%	EN3
	1 on 10:00 Game	
7:29 PM	2,400 Yards - Stress Value = 46	

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Shoulders
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
2,000	1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:15 Alt 50 fly kick on back
	{ 50 tombstone kick
	{3 x 100 on 1:55 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:10 Kick same as above
	{3 x 100 on 1:50 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:05 Kick-Same as above
	{3 x 100 on 1:45 Kick 25 fly/fr/br/cho
	{4 x 50 on 1:00 Kick-Same as above
900	1 x 900 on 12:30 Pulls alt breakouts
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:47 AM	3,850 Yards - Stress Value = 66

**Workout #14406 - Wednesday, 27 November 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 PM	Start	
350	1 on 30:00 DS/Abs/Tm Mtg	REC
150	1 x 350 on 10:00 Choice	SP3
650	10 x 15 on :45 Shooters	EN2
	1x{4 x 25 on 1:00 Sprint kick	EN2
	{1 x 50 on 1:30 Kick	EN2
	{4 x 25 on 1:00 Sprint kick	EN2
	{1 x 100 on 2:50 Kick	EN2
	{4 x 25 on 1:00 Sprint kick	EN2
	{1 x 150 on 4:00 Kick	EN2
	{2 x 25 on 1:00 Sprint kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,050	3x{1 x 200 on 5:30 Free-descend the 100's	EN2
	{1 x 100 on 2:45 Free neg split	EN2
	{1 x 50 on 3:00 Free-100%	EN3
	1 on 10:00 Game	
7:33 PM	2,350 Yards - Stress Value = 46	

**Workout #14409 - Friday, 29 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
550	1 on 25:00 DS/Shoulders
	1 x 550 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,650	1x{3 x 100 on 2:20 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:30 Alt 50 fly kick on back
	{ 50 tombstone kick
	{3 x 100 on 2:15 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:25 Kick same as above
	{3 x 100 on 2:10 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:20 Kick-Same as above
	{1 x 100 on 2:05 Kick 25 fly/fr/br/cho
	{1 x 50 on 1:15 Kick fly kick on back
800	1 x 800 on 12:30 Pulls alt breakouts
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:47 AM	3,350 Yards - Stress Value = 57

**Workout #14407 - Friday, 29 November 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Shoulders
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
2,000	1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:15 Alt 50 fly kick on back
	{ 50 tombstone kick
	{3 x 100 on 1:55 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:10 Kick same as above
	{3 x 100 on 1:50 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:05 Kick-Same as above
	{3 x 100 on 1:45 Kick 25 fly/fr/br/cho
	{4 x 50 on 1:00 Kick-Same as above
1,000	1 x 1000 on 12:30 Pulls alt breakouts
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:47 AM	3,950 Yards - Stress Value = 68

**Workout #14410 - Friday, 29 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
500	1 on 25:00 DS/Shoulders
	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,600	1x{3 x 100 on 2:30 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:30 Alt 50 fly kick on back
	{ 50 tombstone kick
	{3 x 100 on 2:25 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:25 Kick same as above
	{3 x 100 on 2:20 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:20 Kick-Same as above
	{1 x 100 on 2:15 Kick 25 fly/fr/br/cho
700	1 x 700 on 12:30 Pulls alt breakouts
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:47 AM	3,150 Yards - Stress Value = 54

**Workout #14408 - Friday, 29 November 2013**

**Workout #14411 - Friday, 29 November 2013**

**HighSchl - Distance**

**1 minute rest between sets**

8:48 AM Start

Yards	Set Description	EGY	WORK	STK
2,000	1x{4 x 125 on 2:00 Freestyle	EN3	S	FR
	{1 on 1:00 Rest		M	
	{4 x 125 on 1:55 Freestyle	EN3	S	FR
	{1 on 1:00 Rest		M	
	{4 x 125 on 1:50 Freestyle	EN3	S	FR
	{1 on 1:00 Rest		M	
	{4 x 125 on 1:45 Freestyle	EN3	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

9:36 AM 2,250 Yards - Stress Value = 120

{1 x 100 on 1:50 Kick
{1 x 100 on 2:05 Kick
{2 x 100 on 1:50 Kick
{1 x 100 on 2:05 Kick
{3 x 100 on 1:50 Kick
{1 x 100 on 2:05 Kick
{4 x 100 on 1:50 Kick
{1 x 50 on 1:10 Kick
{3 x 100 on 1:50 Kick
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,550 17 x 150 on 2:15 Freestyle
300 6 x 50 on 1:00 Stroke Drills
1 on 10:00 Ice

9:38 AM 5,550 Yards - Stress Value = 89

**Workout #14412 - Friday, 29 November 2013**

**HighSchl - Fly & Back**

**1 minute rest between sets**

8:48 AM Start

Yards	Set Description	EGY	WORK
2,000	1x{4 x 125 on 2:00 Alt 25 fly 25 back	EN3	S
	{1 on 1:00 Rest		M
	{4 x 125 on 1:55 Alt 25 fly 25 back	EN3	S
	{1 on 1:00 Rest		M
	{4 x 125 on 1:50 Alt 25 fly 25 back	EN3	S
	{1 on 1:00 Rest		M
	{4 x 125 on 1:45 Alt 25 fly 25 back	EN3	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

9:36 AM 2,250 Yards - Stress Value = 120

**Workout #14415 - Saturday, 30 November 2013**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
550	1 on 40:00 DS/Weights
150	1 x 550 on 10:00 Choice
1,550	10 x 15 on :45 Shooters
1,550	1x{1 x 100 on 2:20 Kick
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:20 Kick
	{2 x 100 on 2:05 Kick
	{1 x 100 on 2:20 Kick
	{3 x 100 on 2:05 Kick
	{1 x 100 on 2:20 Kick
	{4 x 100 on 2:05 Kick
	{1 x 50 on 1:10 Kick
	{1 x 100 on 2:05 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	14 x 150 on 2:30 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice

9:34 AM 4,850 Yards - Stress Value = 76

**Workout #14413 - Saturday, 30 November 2013**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 40:00 DS/Weights
150	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
2,000	1x{1 x 100 on 2:00 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 2:00 Kick
	{2 x 100 on 1:35 Kick
	{1 x 100 on 2:00 Kick
	{3 x 100 on 1:35 Kick
	{1 x 100 on 2:00 Kick
	{4 x 100 on 1:35 Kick
	{1 x 100 on 2:00 Kick
	{5 x 100 on 1:35 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,700	18 x 150 on 2:00 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice

9:35 AM 5,950 Yards - Stress Value = 97

**Workout #14416 - Saturday, 30 November 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
500	1 on 40:00 DS/Weights
150	1 x 500 on 10:00 Choice
1,350	10 x 15 on :45 Shooters
1,350	1x{1 x 100 on 2:45 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:45 Kick
	{2 x 100 on 2:20 Kick
	{1 x 100 on 2:45 Kick
	{3 x 100 on 2:20 Kick
	{1 x 50 on 1:30 Kick
	{4 x 100 on 2:20 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	12 x 150 on 3:00 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice

9:35 AM 4,300 Yards - Stress Value = 67

**Workout #14414 - Saturday, 30 November 2013**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 40:00 DS/Weights
150	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,750	1x{1 x 100 on 2:05 Kick

**Workout #14417 - Monday, 02 December 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders/Cheer
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,900	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:35 Kick
	{2 x 100 on 1:30 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{2 x 100 on 1:30 Kick
	{2 x 100 on 1:25 Kick
	{8 x 25 on :30 Kick no board BSLR X2
	{2 x 100 on 1:25 Kick
	{2 x 100 on 1:20 Kick
	{10 x 25 on :30 Kick no board BSLRX2 LR
750	3x{1 x 50 on :40 Pull 7 SOT-HB
	{1 x 50 on :40 Pull 6 SOT-HB
	{1 x 50 on :40 Pull 5 SOT-HB
	{1 x 50 on :40 Pull 4 SOT-HB
	{1 x 50 on :40 Pull 3 SOT-HB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:40 PM 3,600 Yards - Stress Value = 56

**Workout #14418 - Monday, 02 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders/Cheer
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 1:50 Kick
	{2 x 100 on 1:45 Kick
	{6 x 25 on :35 Kick no board BSLRBS
	{2 x 100 on 1:50 Kick
	{2 x 100 on 1:45 Kick
	{8 x 25 on :35 Kick no board BSLR X2
	{2 x 100 on 1:45 Kick
	{6 x 25 on :35 Kick no board BSLRBS
750	3x{1 x 50 on :45 Pull 7 SOT-HB
	{1 x 50 on :45 Pull 6 SOT-HB
	{1 x 50 on :45 Pull 5 SOT-HB
	{1 x 50 on :45 Pull 4 SOT-HB
	{1 x 50 on :45 Pull 3 SOT-HB
	dont do last two on third set
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:42 PM 3,300 Yards - Stress Value = 51

**Workout #14419 - Monday, 02 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders/Cheer
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:05 Kick
	{2 x 100 on 2:00 Kick
	{6 x 25 on :40 Kick no board BSLRBS
	{2 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{8 x 25 on :40 Kick no board BSLR X2

	{2 x 100 on 1:55 Kick
	{4 x 25 on :40 Kick no board BSLRBS
600	3x{1 x 50 on :50 Pull 7 SOT-HB
	{1 x 50 on :50 Pull 6 SOT-HB
	{1 x 50 on :50 Pull 5 SOT-HB
	{1 x 50 on :50 Pull 4 SOT-HB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:41 PM 2,950 Yards - Stress Value = 45

**Workout #14420 - Monday, 02 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders/Cheer
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:20 Kick
	{2 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:15 Kick
	{2 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:05 Kick
	{2 x 25 on :45 Kick no board BS
600	3x{1 x 50 on :55 Pull 7 SOT-HB
	{1 x 50 on :55 Pull 6 SOT-HB
	{1 x 50 on :55 Pull 5 SOT-HB
	{1 x 50 on :55 Pull 4 SOT-HB
	don't do last 50 on third set
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:41 PM 2,750 Yards - Stress Value = 42

**Workout #14421 - Monday, 02 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:40 PM Start

Yards	Set Description	EGY
=====	=====	=====
3,000	1x{1 x 300 on 3:25 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under 105	EN2
	{1 x 300 on 3:25 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under 104	EN2
	{1 x 300 on 3:25 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle hold under 103	EN2
	{1 x 300 on 3:25 Freestyle	EN2
	{3 x 100 on 1:15 Freestyle hold under 102	EN2
	{1 x 300 on 3:25 Freestyle	EN2
	{3 x 100 on 1:10 Free hold afap	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:36 PM 3,350 Yards - Stress Value = 60	

**Workout #14422 - Monday, 02 December 2013**

5:35 PM 2,350 Yards - Stress Value = 67

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
2,500	1x{1 x 300 on 4:00 Freestyle	EN2
	{3 x 100 on 1:40 Freestyle hold under 113	EN2
	{1 x 300 on 4:00 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under 112	EN2
	{1 x 300 on 4:00 Freestyle	EN2
	{1 x 100 on 1:30 Freestyle hold under 111	EN2
	{1 x 300 on 4:00 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold afap	EN2
	{1 x 300 on 4:00 Freestyle	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	

**Workout #14423 - Monday, 02 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
2,300	1x{1 x 300 on 4:30 Freestyle	EN2
	{3 x 100 on 1:50 Freestyle hold under 125	EN2
	{1 x 300 on 4:30 Freestyle	EN2
	{3 x 100 on 1:45 Freestyle hold under 124	EN2
	{1 x 300 on 4:30 Freestyle	EN2
	{3 x 100 on 1:40 Freestyle hold under 123	EN2
	{1 x 300 on 4:30 Freestyle	EN2
	{2 x 100 on 1:35 Freestyle afap	EN2
350	7 x 50 on 1:00 Freestyle	REC
	1 on 10:00 Ice	

**Workout #14424 - Monday, 02 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
1,950	1x{1 x 300 on 5:30 Freestyle	EN2
	{3 x 100 on 2:00 Freestyle hold under 140	EN2
	{1 x 300 on 5:35 Freestyle	EN2
	{3 x 100 on 1:55 Freestyle hold under 139	EN2
	{1 x 300 on 5:40 Freestyle	EN2
	{3 x 100 on 1:50 Freestyle hold afap	EN2
	{1 x 150 on 2:55 Freestyle	EN2
350	7 x 50 on 1:00 Freestyle	REC
	1 on 10:00 Ice	

**Workout #14425 - Monday, 02 December 2013**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
2,050	1x{1 x 200 on 3:00 Butterfly	EN2	S	FLY	1
	{6 x 25 on :40 Fly 15m under	EN3	S	FLY	2
	{2 x 175 on 2:35 Butterfly	EN2	S	FLY	1
	{6 x 25 on :40 Fly 12m under	EN3	S	FLY	2
	{3 x 150 on 2:10 Butterfly	EN2	P	FLY	1
	{6 x 25 on :40 Fly 9m under	EN3	S	FLY	2
	{4 x 100 on 1:25 Butterfly	EN2	S	FR	1
	{8 x 25 on :40 Fly 6m under	EN3	S	FLY	2
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

**Workout #14426 - Monday, 02 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
1,950	1x{1 x 200 on 3:20 Butterfly	EN2	S	FLY	1
	{6 x 25 on :40 Fly 15m under	EN3	S	FLY	2
	{2 x 175 on 2:55 Butterfly	EN2	S	FLY	1
	{6 x 25 on :40 Fly 12m under	EN3	S	FLY	2
	{3 x 150 on 2:25 Butterfly	EN2	P	FLY	1
	{6 x 25 on :40 Fly 9m under	EN3	S	FLY	2
	{3 x 100 on 1:30 Butterfly	EN2	S	FR	1
	{8 x 25 on :40 Fly 6m under	EN3	S	FLY	2
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

**Workout #14427 - Monday, 02 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
1,650	1x{1 x 200 on 3:45 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 15m under	EN3	S	FLY	3
	{2 x 175 on 3:15 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 12m under	EN3	S	FLY	3
	{2 x 150 on 2:40 Butterfly	EN2	P	FLY	1
	{6 x 25 on :45 Fly 9m under	EN3	S	FLY	3
	{2 x 100 on 1:45 Butterfly	EN2	S	FR	1
	{6 x 25 on :45 Fly 6m under	EN3	S	FLY	3
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

**Workout #14428 - Monday, 02 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
1,500	1x{1 x 200 on 4:30 Butterfly	EN2	S	FLY	2
	{6 x 25 on :45 Fly 15m under	EN3	S	FLY	3
	{2 x 175 on 3:55 Butterfly	EN2	S	FLY	2
	{6 x 25 on :45 Fly 12m under	EN3	S	FLY	3
	{2 x 150 on 3:20 Butterfly	EN2	P	FLY	2
	{6 x 25 on :45 Fly 9m under	EN3	S	FLY	3
	{2 x 100 on 2:10 Butterfly	EN2	S	FR	2
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

**Workout #14429 - Monday, 02 December 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY
5:00 PM	Start	
500	1 on 30:00 DS/Physio Ball Shldrs/Tm Mtg	REC
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC
	10 x 15 on :45 Shooters	SP3
	Alt free and back	
1,100	1x{4 x 25 on :45 Kick no board BSLR-11	EN2
	{1 x 200 on 4:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR-12	EN2
	{2 x 150 on 3:00 Kick	EN2
	{4 x 25 on :45 Kick no board -13	EN2
	{3 x 100 on 1:50 Kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
2,000	4x{3 x 100 on 1:30 Back-descend	EN2
	{8 x 25 on :30 Back 3 KOW+1	EN2
200	8 x 25 on :45 Stroke Drills	REC
1,600	16 x 100 on 1:20 Freestyle	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
7:30 PM	5,900 Yards - Stress Value = 100	

**Workout #14430 - Monday, 02 December 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
5:00 PM	Start	
500	1 on 30:00 DS/Physio Ball Shldrs/Tm Mtg	REC
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC
	10 x 15 on :45 Shooters	SP3
	Alt free and back	
1,000	1x{4 x 25 on :45 Kick no board BSLR-11	EN2
	{1 x 200 on 4:20 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR-12	EN2
	{2 x 150 on 3:10 Kick	EN2
	{4 x 25 on :45 Kick no board -13	EN2
	{2 x 100 on 2:05 Kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,900	4x{3 x 100 on 1:40 Back-descend	EN2
	{7 x 25 on :30 Back 3 KOW+1	EN2
200	8 x 25 on :45 Stroke Drills	REC
1,400	14 x 100 on 1:30 Freestyle	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
7:28 PM	5,500 Yards - Stress Value = 92	

**Workout #14431 - Monday, 02 December 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
5:00 PM	Start	
450	1 on 30:00 DS/Physio Ball Shldrs/Tm Mtg	REC
150	1 x 450 on 10:00 Swim-kick-pull-swim	REC
	10 x 15 on :45 Shooters	SP3
	Alt free and back	
1,000	1x{4 x 25 on :45 Kick no board BSLR-11	EN2
	{1 x 200 on 4:40 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR-12	EN2
	{2 x 150 on 3:25 Kick	EN2
	{4 x 25 on :45 Kick no board -13	EN2
	{2 x 100 on 2:15 Kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,700	4x{3 x 100 on 1:55 Back-descend	EN2
	{5 x 25 on :35 Back 3 KOW+1	EN2
200	8 x 25 on :45 Stroke Drills	REC
1,200	12 x 100 on 1:45 Freestyle	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
7:30 PM	5,050 Yards - Stress Value = 84	

**Workout #14432 - Monday, 02 December 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
5:00 PM	Start	
400	1 on 30:00 DS/Physio Ball Shldrs/Tm Mtg	REC
150	1 x 400 on 10:00 Swim-kick-pull-swim	REC
	10 x 15 on :45 Shooters	SP3
	Alt free and back	
950	1x{4 x 25 on :45 Kick no board BSLR-11	EN2
	{1 x 200 on 5:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR-12	EN2
	{2 x 150 on 3:45 Kick	EN2
	{4 x 25 on :45 Kick no board -13	EN2
	{2 x 75 on 1:45 Kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,600	4x{3 x 100 on 2:05 Back-descend	EN2
	{4 x 25 on :40 Back 3 KOW+1	EN2
200	8 x 25 on :45 Stroke Drills	REC
1,000	10 x 100 on 1:55 Freestyle	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
7:30 PM	4,650 Yards - Stress Value = 77	

**Workout #14433 - Monday, 02 December 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY
5:00 PM	Start	
350	1 on 30:00 DS/Physio Ball Shldrs/Tm Mtg	REC
150	1 x 350 on 10:00 Swim-kick-pull-swim	REC
	10 x 15 on :45 Shooters	SP3
	Alt free and back	
700	1x{4 x 25 on 1:00 Kick no board BSLR-11	EN2
	{1 x 150 on 4:30 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR-12	EN2
	{2 x 100 on 3:00 Kick	EN2
	{4 x 25 on 1:00 Kick no board -13	EN2
	{1 x 50 on 1:20 Kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,350	3x{3 x 100 on 2:30 Back-descend	EN2
	{6 x 25 on :45 Back 3 KOW+1	EN2
200	8 x 25 on :45 Stroke Drills	REC
1,000	10 x 100 on 1:55 Freestyle	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
7:29 PM	4,100 Yards - Stress Value = 67	

**Workout #14434 - Tuesday, 03 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 AM	Start	
400	1 on 35:00 DS/Weights	REC
150	1 x 400 on 7:00 Underwater trn drill	REC
	10 x 15 on :45 Shooters	SP3
1,900	1x{4 x 25 on :30 2 breaths each	EN1
	{1 x 150 on 2:00 Pulls-br on 7 L.25	EN1
	{4 x 25 on :30 2 breaths each	EN1
	{2 x 150 on 1:55 Pulls-no br on 7 L.50	EN2
	{4 x 25 on :30 2 breaths each	EN2
	{3 x 150 on 1:50 Pulls-no br on 7 L.75	EN2
	{4 x 25 on :30 2 breaths each	EN1
	{4 x 150 on 1:45 Pulls-no br on 7 L.100	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:04 AM	2,700 Yards - Stress Value = 40	

**Workout #14435 - Tuesday, 03 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 35:00 DS/Weights  
 400 1 x 400 on 7:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 1,900 1x{4 x 25 on :30 2 breaths each EN1  
 {1 x 150 on 2:10 Pulls-br on 7 L.25 EN1  
 {4 x 25 on :30 2 breaths each EN1  
 {2 x 150 on 2:05 Pulls-no br on 7 L.50 EN2  
 {4 x 25 on :30 2 breaths each EN2  
 {3 x 150 on 2:00 Pulls-no br on 7 L.75 EN2  
 {4 x 25 on :30 2 breaths each EN1  
 {4 x 150 on 1:55 Pulls-no br on 7 L.100 EN2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 2,700 Yards - Stress Value = 40

400 1 x 400 on 7:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 1,950 3x{1 x 125 on 1:45 Back L.25 15 KOW EN2  
 {1 x 125 on 1:40 Back L.25 14 KOW EN2  
 {1 x 125 on 1:35 Back L.25 13 KOW EN2  
 {1 x 125 on 1:30 Back L.25 12 KOW EN2  
 {1 x 150 on 3:10 Stroke Drills REC  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:06 AM 2,750 Yards - Stress Value = 38

**Workout #14439 - Tuesday, 03 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 35:00 DS/Weights  
 400 1 x 400 on 7:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 1,800 3x{1 x 125 on 1:55 Back L.25 15 KOW EN2  
 {1 x 125 on 1:50 Back L.25 14 KOW EN2  
 {1 x 125 on 1:45 Back L.25 13 KOW EN2  
 {1 x 125 on 1:40 Back L.25 12 KOW EN2  
 {1 x 100 on 2:30 Stroke Drills REC  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:06 AM 2,600 Yards - Stress Value = 38

**Workout #14436 - Tuesday, 03 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 35:00 DS/Weights  
 400 1 x 400 on 7:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 1,600 1x{4 x 25 on :35 2 breaths each EN1  
 {1 x 150 on 2:25 Pulls-br on 7 L.25 EN1  
 {4 x 25 on :35 2 breaths each EN1  
 {2 x 150 on 2:20 Pulls-no br on 7 L.50 EN2  
 {4 x 25 on :35 2 breaths each EN2  
 {3 x 150 on 2:15 Pulls-no br on 7 L.75 EN2  
 {4 x 25 on :35 2 breaths each EN1  
 {2 x 150 on 2:10 Pulls-no br on 7 L.100 EN2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 2,400 Yards - Stress Value = 34

**Workout #14440 - Tuesday, 03 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 35:00 DS/Weights  
 400 1 x 400 on 7:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 1,500 3x{1 x 100 on 1:45 Back L.25 15 KOW EN2  
 {1 x 100 on 1:40 Back L.25 14 KOW EN2  
 {1 x 100 on 1:35 Back L.25 13 KOW EN2  
 {1 x 100 on 1:30 Back L.25 12 KOW EN2  
 {1 x 100 on 3:10 Stroke Drills REC  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:06 AM 2,300 Yards - Stress Value = 30

**Workout #14437 - Tuesday, 03 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 35:00 DS/Weights  
 400 1 x 400 on 7:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 1,450 1x{4 x 25 on :35 2 breaths each EN1  
 {1 x 150 on 2:45 Pulls-br on 7 L.25 EN1  
 {4 x 25 on :35 2 breaths each EN1  
 {2 x 150 on 2:40 Pulls-no br on 7 L.50 EN2  
 {4 x 25 on :35 2 breaths each EN2  
 {3 x 150 on 2:35 Pulls-no br on 7 L.75 EN2  
 {4 x 25 on :35 2 breaths each EN1  
 {1 x 150 on 2:30 Pulls-no br on 7 L.100 EN2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:05 AM 2,250 Yards - Stress Value = 31

**Workout #14441 - Tuesday, 03 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 35:00 DS/Weights  
 400 1 x 400 on 7:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 1,350 3x{1 x 100 on 1:55 Back L.25 15 KOW EN2  
 {1 x 100 on 1:50 Back L.25 14 KOW EN2  
 {1 x 100 on 1:45 Back L.25 13 KOW EN2  
 {1 x 100 on 1:40 Back L.25 12 KOW EN2  
 {1 x 50 on 2:30 Stroke Drills REC  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 7:06 AM 2,150 Yards - Stress Value = 30

**Workout #14438 - Tuesday, 03 December 2013**

**HighSchl - Back**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 35:00 DS/Weights

**Workout #14442 - Wednesday, 04 December 2013**

4:39 PM 3,100 Yards - Stress Value = 50

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,850 1x{4 x 25 on :30 Kick no board BSLR 15 KOW  
 {6 x 75 on 1:15 Kick  
 {4 x 25 on :30 Kick no board BSLR 14 KOW  
 {5 x 100 on 1:40 Kick  
 {4 x 25 on :30 Kick no board BSLR 13 KOW  
 {4 x 125 on 2:05 Kick  
 {4 x 25 on :30 Kick no board BSLR 12 KOW  
 1,000 1x{1 x 200 on 2:40 Lungbuster pulls  
 {2 x 150 on 2:00 Lungbuster pulls  
 {3 x 100 on 1:20 Lungbuster pulls  
 {4 x 50 on :40 Lungbuster pulls  
 Br 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:40 PM 3,800 Yards - Stress Value = 63

**Workout #14443 - Wednesday, 04 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs/Tm Mtg  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,650 1x{4 x 25 on :35 Kick no board BSLR 15 KOW  
 {6 x 75 on 1:25 Kick  
 {4 x 25 on :35 Kick no board BSLR 14 KOW  
 {5 x 100 on 1:50 Kick  
 {4 x 25 on :35 Kick no board BSLR 13 KOW  
 {6 x 50 on :55 Kick  
 {4 x 25 on :35 Kick no board BSLR 12 KOW  
 900 1x{1 x 200 on 3:00 Lungbuster pulls  
 {2 x 150 on 2:15 Lungbuster pulls  
 {3 x 100 on 1:30 Lungbuster pulls  
 {2 x 50 on :45 Lungbuster pulls  
 Br 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:40 PM 3,500 Yards - Stress Value = 57

**Workout #14444 - Wednesday, 04 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,400 1x{4 x 25 on :40 Kick no board BSLR 15 KOW  
 {6 x 75 on 1:35 Kick  
 {4 x 25 on :40 Kick no board BSLR 14 KOW  
 {3 x 100 on 2:05 Kick  
 {4 x 25 on :40 Kick no board BSLR 13 KOW  
 {2 x 125 on 2:35 Kick  
 {4 x 25 on :40 Kick no board BSLR 12 KOW  
 800 1x{1 x 200 on 3:20 Lungbuster pulls  
 {2 x 150 on 2:30 Lungbuster pulls  
 {3 x 100 on 1:40 Lungbuster pulls  
 Br 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

**Workout #14445 - Wednesday, 04 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,350 1x{4 x 25 on :40 Kick no board BSLR 15 KOW  
 {4 x 75 on 1:45 Kick  
 {4 x 25 on :40 Kick no board BSLR 14 KOW  
 {3 x 100 on 2:20 Kick  
 {4 x 25 on :40 Kick no board BSLR 13 KOW  
 {2 x 125 on 2:55 Kick  
 {4 x 25 on :40 Kick no board BSLR 12 KOW  
 {2 x 50 on 1:10 Kick  
 650 1x{1 x 200 on 4:10 Lungbuster pulls  
 {2 x 150 on 3:05 Lungbuster pulls  
 {1 x 100 on 2:00 Lungbuster pulls  
 {1 x 50 on :55 Lungbuster pulls  
 Br 3-5-7-9 continuous  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:40 PM 2,850 Yards - Stress Value = 46

**Workout #14446 - Wednesday, 04 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:40 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 2,925 1x{3 x 225 on 3:00 Freestyle EN2 S FR  
 {3 x 200 on 2:40 Freestyle EN2 S FR  
 {3 x 175 on 2:20 Freestyle EN2 S FR  
 {3 x 150 on 2:00 Freestyle EN2 S FR  
 {3 x 125 on 1:40 Freestyle EN2 S FR  
 {3 x 100 on 1:20 Freestyle EN2 S FR  
 #1 3kow w/expl breakouts  
 #2 build bowfpf  
 #3 DPS  
 250 1 x 250 on 5:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 5:35 PM 3,175 Yards - Stress Value = 59

**Workout #14447 - Wednesday, 04 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:40 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 2,550 1x{3 x 225 on 3:25 Freestyle EN2 S FR  
 {3 x 200 on 3:00 Freestyle EN2 S FR  
 {3 x 175 on 2:35 Freestyle EN2 S FR  
 {3 x 150 on 2:15 Freestyle EN2 S FR  
 {3 x 100 on 1:30 Freestyle EN2 S FR  
 #1 3kow w/expl breakouts  
 #2 build bowfpf  
 #3 DPS  
 250 1 x 250 on 5:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 5:35 PM 2,800 Yards - Stress Value = 51

**Workout #14448 - Wednesday, 04 December 2013**

5:35 PM 2,500 Yards - Stress Value = 44

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:40 PM	Start			
2,325	1x{3 x 225 on 3:45 Freestyle	EN2	S	FR
	{3 x 200 on 3:20 Freestyle	EN2	S	FR
	{3 x 175 on 2:55 Freestyle	EN2	S	FR
	{3 x 125 on 2:05 Freestyle	EN2	S	FR
	{3 x 50 on :50 Freestyle	EN2	S	FR
	#1 3kow w/expl breakouts			
	#2 build bowfpf			
	#3 DPS			
250	1 x 250 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM	2,575 Yards - Stress Value = 47			

**Workout #14449 - Wednesday, 04 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:40 PM	Start			
2,025	1x{3 x 200 on 3:50 Freestyle	EN2	S	FR
	{3 x 175 on 3:20 Freestyle	EN2	S	FR
	{3 x 150 on 2:50 Freestyle	EN2	S	FR
	{3 x 100 on 1:50 Freestyle	EN2	S	FR
	{3 x 50 on :55 Freestyle	EN2	S	FR
	#1 3kow w/expl breakouts			
	#2 build bowfpf			
	#3 DPS			
250	1 x 250 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM	2,275 Yards - Stress Value = 40			

**Workout #14450 - Wednesday, 04 December 2013**

**HighSchl - IM'ers**

**1 minute rest between sets**

Yards	Set Description
4:40 PM	Start
2,450	1x{3 x 150 on 2:15 Individual Medley no free
	{8 x 25 on :30 Variable Speed-free
	{3 x 150 on 2:15 Individual Medley no breast
	{8 x 25 on :30 Variable Speed-breast
	{3 x 150 on 2:15 Individual Medley-no back
	{8 x 25 on :30 Variable Speed back
	{2 x 150 on 2:15 Individual Medley
	{8 x 25 on :30 Variable Speed -fly
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
5:35 PM	2,650 Yards - Stress Value = 47

**Workout #14451 - Wednesday, 04 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
4:40 PM	Start
2,300	1x{3 x 150 on 2:30 Individual Medley no free
	{8 x 25 on :30 Variable Speed-free
	{3 x 150 on 2:30 Individual Medley no breast
	{8 x 25 on :30 Variable Speed-breast
	{2 x 150 on 2:30 Individual Medley-no back
	{8 x 25 on :30 Variable Speed back
	{2 x 150 on 2:30 Individual Medley
	{8 x 25 on :30 Variable Speed -fly
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice

**Workout #14452 - Wednesday, 04 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
4:40 PM	Start
2,050	1x{3 x 150 on 2:45 Individual Medley no free
	{8 x 25 on :35 Variable Speed-free
	{2 x 150 on 2:45 Individual Medley no breast
	{8 x 25 on :35 Variable Speed-breast
	{2 x 150 on 2:45 Individual Medley-no back
	{8 x 25 on :35 Variable Speed back
	{2 x 150 on 2:45 Individual Medley
	{4 x 25 on :35 Variable Speed -fly
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
5:36 PM	2,250 Yards - Stress Value = 39

**Workout #14453 - Wednesday, 04 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description
4:40 PM	Start
1,700	1x{2 x 150 on 3:15 Individual Medley no free
	{8 x 25 on :40 Variable Speed-free
	{2 x 150 on 3:15 Individual Medley no breast
	{4 x 25 on :40 Variable Speed-breast
	{2 x 150 on 3:15 Individual Medley-no back
	{4 x 25 on :40 Variable Speed back
	{2 x 150 on 3:15 Individual Medley
	{4 x 25 on :40 Variable Speed -fly
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
5:34 PM	1,900 Yards - Stress Value = 32

**Workout #14454 - Wednesday, 04 December 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM	Start		
500	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
	10 x 15 on :45 Shooters		SP3
	Alt Fly and Breast		
1,200	1x{2 x 100 on 2:00 Kick-breast	EN2	
	{4 x 25 on :45 Sprint fly kick	EN2	
	{2 x 100 on 1:55 Breast Kick	EN2	
	{4 x 25 on :45 Sprint Fly Kick	EN2	
	{2 x 100 on 1:50 Kick-breast	EN2	
	{4 x 25 on :45 Sprint Fly Kick	EN2	
	{2 x 100 on 1:45 Kick-breast	EN2	
	{4 x 25 on :45 Sprint Fly Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,200	6x{8 x 25 on :25 Butterfly	EN2	
	{1 on 1:00 Rest		
150	6 x 25 on :45 Stroke Drills	REC	
1,400	1x{1 x 250 on 4:30 Breaststroke	EN2	
	{5 x 50 on 1:00 Breast 2X Pullouts	EN2	
	{1 x 200 on 3:30 Breaststroke	EN2	
	{4 x 50 on 1:00 Breast 2X pullouts	EN2	
	{1 x 150 on 2:35 Breaststroke	EN2	
	{3 x 50 on 1:00 Breast 2X pullouts	EN2	
	{1 x 100 on 1:40 Breaststroke	EN2	
	{2 x 50 on 1:00 Breast 2X Pullouts	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:30 PM	5,000 Yards - Stress Value = 82		

**Workout #14455 - Wednesday, 04 December 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
	Alt Fly and Breast		
1,100	1x{2 x 100 on 2:10 Kick-breast	EN2	
	{4 x 25 on :45 Sprint fly kick	EN2	
	{2 x 100 on 2:05 Breast Kick	EN2	
	{4 x 25 on :45 Sprint Fly Kick	EN2	
	{2 x 100 on 2:00 Kick-breast	EN2	
	{4 x 25 on :45 Sprint Fly Kick	EN2	
	{1 x 100 on 1:55 Kick-breast	EN2	
	{4 x 25 on :45 Sprint Fly Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,200	6x{8 x 25 on :30 Butterfly	EN2	
	{1 on 1:00 Rest		
	6th set do 4X25		
150	6 x 25 on :45 Stroke Drills	REC	
1,150	1x{1 x 250 on 4:45 Breaststroke	EN2	
	{5 x 50 on 1:00 Breast 2X Pullouts	EN2	
	{1 x 200 on 3:45 Breaststroke	EN2	
	{4 x 50 on 1:00 Breast 2X pullouts	EN2	
	{1 x 150 on 2:45 Breaststroke	EN2	
	{2 x 50 on 1:00 Breast 2X pullouts	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 4,650 Yards - Stress Value = 75		

**Workout #14456 - Wednesday, 04 December 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
	Alt Fly and Breast		
1,050	1x{2 x 100 on 2:20 Kick-breast	EN2	
	{4 x 25 on :45 Sprint fly kick	EN2	
	{2 x 100 on 2:15 Breast Kick	EN2	
	{4 x 25 on :45 Sprint Fly Kick	EN2	
	{2 x 100 on 2:10 Kick-breast	EN2	
	{4 x 25 on :45 Sprint Fly Kick	EN2	
	{1 x 100 on 2:05 Kick-breast	EN2	
	{2 x 25 on :45 Sprint Fly Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,000	5x{8 x 25 on :35 Butterfly	EN2	
	{1 on 1:00 Rest		
	5th set do 4X25		
150	6 x 25 on :45 Stroke Drills	REC	
1,100	1x{1 x 250 on 5:00 Breaststroke	EN2	
	{5 x 50 on 1:10 Breast 2X Pullouts	EN2	
	{1 x 200 on 3:55 Breaststroke	EN2	
	{4 x 50 on 1:10 Breast 2X pullouts	EN2	
	{1 x 150 on 2:55 Breaststroke	EN2	
	{1 x 50 on 1:10 Breast 2X pullouts	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 4,300 Yards - Stress Value = 69		

**Workout #14457 - Wednesday, 04 December 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	

150	10 x 15 on :45 Shooters	SP3	
	Alt Fly and Breast		
1,050	1x{2 x 100 on 2:30 Kick-breast	EN2	
	{4 x 25 on :45 Sprint fly kick	EN2	
	{2 x 100 on 2:25 Breast Kick	EN2	
	{4 x 25 on :45 Sprint Fly Kick	EN2	
	{2 x 100 on 2:20 Kick-breast	EN2	
	{4 x 25 on :45 Sprint Fly Kick	EN2	
	{3 x 50 on 1:10 Kick-breast	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
800	4x{8 x 25 on :45 Butterfly	EN2	
	{1 on 1:00 Rest		
	4th set do 6X25		
150	6 x 25 on :45 Stroke Drills	REC	
1,050	1x{1 x 250 on 5:40 Breaststroke	EN2	
	{5 x 50 on 1:15 Breast 2X Pullouts	EN2	
	{1 x 200 on 4:30 Breaststroke	EN2	
	{4 x 50 on 1:15 Breast 2X pullouts	EN2	
	{1 x 100 on 2:15 Breaststroke	EN2	
	{1 x 50 on 1:15 Breast 2X pullouts	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 4,000 Yards - Stress Value = 64		

**Workout #14458 - Wednesday, 04 December 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 30:00 DS/Core/Tm Mtg		
350	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
	Alt Fly and Breast		
800	1x{2 x 100 on 3:00 Kick-breast	EN2	
	{4 x 25 on 1:00 Sprint fly kick	EN2	
	{2 x 100 on 2:55 Breast Kick	EN2	
	{4 x 25 on 1:00 Sprint Fly Kick	EN2	
	{2 x 100 on 2:50 Kick-breast	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
600	3x{8 x 25 on 1:00 Butterfly	EN2	
	{1 on 1:00 Rest		
150	6 x 25 on :45 Stroke Drills	REC	
900	1x{1 x 200 on 5:30 Breaststroke	EN2	
	{4 x 50 on 1:30 Breast 2X Pullouts	EN2	
	{1 x 150 on 4:00 Breaststroke	EN2	
	{3 x 50 on 1:30 Breast 2X pullouts	EN2	
	{1 x 100 on 2:45 Breaststroke	EN2	
	{2 x 50 on 1:30 Breast 2X pullouts	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:29 PM 3,350 Yards - Stress Value = 52		

**Workout #14459 - Thursday, 05 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	S
=====	=====	====	=====	=====
	1 on 35:00 DSWeights		L	W
400	1 x 400 on 7:00 Underwater trn drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	S
	Your primary stroke or free			
2,250	3 x 750 on 10:00 Freestyle	EN2	S	
	#1 3 KOW +1 up to 7-repeat			
	#2 Alt breakouts			
	#3 hb 2 strokes off wall +1 up to 5- repeat			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	7:06 AM 3,000 Yards - Stress Value = 51			

**Workout #14460 - Thursday, 05 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
	5:30 AM Start			
1	on 35:00 DSWeights		L	W
400	1 x 400 on 7:00 Underwater trn drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	ε
	Your primary stroke or free			
2,025	3 x 675 on 10:00 Freestyle	EN2	S	
	#1 3 KOW +1 up to 7-repeat			
	#2 Alt breakouts			
	#3 hb 2 strokes off wall +1 up to 5- repeat			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	7:06 AM 2,775 Yards - Stress Value = 46			

**Workout #14461 - Thursday, 05 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
	5:30 AM Start			
1	on 35:00 DSWeights		L	W
400	1 x 400 on 7:00 Underwater trn drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	ε
	Your primary stroke or free			
1,800	3 x 600 on 10:00 Freestyle	EN2	S	
	#1 3 KOW +1 up to 7-repeat			
	#2 Alt breakouts			
	#3 hb 2 strokes off wall +1 up to 5- repeat			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	7:06 AM 2,550 Yards - Stress Value = 42			

**Workout #14462 - Thursday, 05 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
	5:30 AM Start			
1	on 35:00 DSWeights		L	W
400	1 x 400 on 7:00 Underwater trn drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	ε
	Your primary stroke or free			
1,650	3 x 550 on 10:00 Freestyle	EN2	S	
	#1 3 KOW +1 up to 7-repeat			
	#2 Alt breakouts			
	#3 hb 2 strokes off wall +1 up to 5- repeat			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	7:06 AM 2,400 Yards - Stress Value = 39			

**Workout #14463 - Thursday, 05 December 2013**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF	ε
	5:30 AM Start			
1	on 35:00 DSWeights			
400	1 x 400 on 7:00 Underwater trn drill	REC		
150	10 x 15 on :45 Shooters	SP3		
	Your primary stroke or free			
1,700	1x{4 x 125 on 2:05 100 Breast 25 free	EN2		
	{1 x 100 on 1:40 Breast	EN2		
	{4 x 100 on 1:40 25 back 75 breast	EN2		
	{1 x 100 on 1:35 Breast	EN2		
	{4 x 75 on 1:15 50 Breast 25 free	EN2		
	{1 x 100 on 1:30 Breaststroke	EN2		

{4 x 50 on :50 25 Back 25 Breast	EN2
250 1 x 250 on 4:00 Stroke Drills	REC
1 on 10:00 Ice	
7:06 AM 2,500 Yards - Stress Value = 40	

**Workout #14464 - Thursday, 05 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF	ε
	5:30 AM Start			
1	on 35:00 DSWeights			
400	1 x 400 on 7:00 Underwater trn drill	REC		
150	10 x 15 on :45 Shooters	SP3		
	Your primary stroke or free			
1,600	1x{4 x 125 on 2:15 100 Breast 25 free	EN2		
	{1 x 100 on 1:45 Breast	EN2		
	{4 x 100 on 1:45 25 back 75 breast	EN2		
	{1 x 100 on 1:40 Breast	EN2		
	{4 x 75 on 1:20 50 Breast 25 free	EN2		
	{1 x 100 on 1:35 Breast	EN2		
	{2 x 50 on :55 25 Back 25 Breast	EN2		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	7:06 AM 2,400 Yards - Stress Value = 38			

**Workout #14465 - Thursday, 05 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF	ε
	5:30 AM Start			
1	on 35:00 DSWeights			
400	1 x 400 on 7:00 Underwater trn drill	REC		
150	10 x 15 on :45 Shooters	SP3		
	Your primary stroke or free			
1,450	1x{4 x 125 on 2:25 100 Breast 25 free	EN2		
	{1 x 100 on 1:50 Breast	EN2		
	{4 x 100 on 1:55 25 back 75 breast	EN2		
	{1 x 100 on 1:45 Breast	EN2		
	{2 x 75 on 1:25 50 Breast 25 free	EN2		
	{1 x 100 on 1:40 Breast	EN2		
	{2 x 50 on 1:00 25 Back 25 Breast	EN2		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	7:05 AM 2,250 Yards - Stress Value = 35			

**Workout #14466 - Thursday, 05 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF	ε
	5:30 AM Start			
1	on 35:00 DSWeights			
400	1 x 400 on 7:00 Underwater trn drill	REC		
150	10 x 15 on :45 Shooters	SP3		
	Your primary stroke or free			
1,250	1x{2 x 125 on 2:45 100 Breast 25 free	EN2		
	{1 x 100 on 2:10 Breast	EN2		
	{4 x 100 on 2:10 25 back 75 breast	EN2		
	{1 x 100 on 2:05 Breast	EN2		
	{2 x 75 on 1:40 50 Breast 25 free	EN2		
	{1 x 100 on 2:00 Breast	EN2		
	{3 x 50 on 1:10 25 Back 25 Breast	EN2		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	7:05 AM 2,050 Yards - Stress Value = 31			

**Workout #14467 - Friday, 06 December 2013**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description EGY  
 =====  
 600 1 on 35:00 DS/Ted's abs/Tm Mtg REC  
 150 1 x 600 on 10:00 Reverse IM drill SP3  
 2,000 10 x 15 on :45 Shooters EN2  
 20 x 100 on 1:15 Freestyle bel  
 If you cant make 100's @115-see choices  
 1,250 1x{1 x 50 on 1:30 Free Sprint Count Strokes SP2  
 {1 x 25 on :40 Free 15 strokes EN1  
 {1 x 25 on :40 Free 14 strokes EN1  
 {1 x 25 on :40 Free 13 strokes EN1  
 {1 x 25 on :40 Free 12 strokes EN1  
 {1 x 25 on :40 Free 11 strokes EN1  
 {1 x 25 on :40 Free 10 strokes EN1  
 {1 x 25 on :40 Free 9 strokes EN1  
 {1 x 25 on :40 Free 8 strokes EN1  
 {1 x 25 on :40 Free 7 strokes EN1  
 {1 x 25 on :40 Free 6 strokes EN1  
 {1 x 50 on 1:30 Free Sprint Count Strokes SP2  
 {1 x 25 on :35 Free 15 strokes EN1  
 {1 x 25 on :35 Free 14 strokes EN1  
 {1 x 25 on :35 Free 13 strokes EN1  
 {1 x 25 on :35 Free 12 strokes EN1  
 {1 x 25 on :35 Free 11 strokes EN1  
 {1 x 25 on :35 Free 10 strokes EN1  
 {1 x 25 on :35 Free 9 strokes EN1  
 {1 x 25 on :35 Free 8 strokes EN1  
 {1 x 25 on :35 Free 7 strokes EN1  
 {1 x 25 on :35 Free 6 strokes EN1  
 {1 x 50 on 1:30 Free Sprint Count Strokes SP2  
 {1 x 25 on :30 Free 15 strokes EN1  
 {1 x 25 on :30 Free 14 strokes EN1  
 {1 x 25 on :30 Free 13 strokes EN1  
 {1 x 25 on :30 Free 12 strokes EN1  
 {1 x 25 on :30 Free 11 strokes EN1  
 {1 x 25 on :30 Free 10 strokes EN1  
 {1 x 25 on :30 Free 9 strokes EN1  
 {1 x 25 on :30 Free 8 strokes EN1  
 {1 x 25 on :30 Free 7 strokes EN1  
 {1 x 25 on :30 Free 6 strokes EN1  
 {1 x 50 on 1:30 Free Sprint Count Strokes SP2  
 {1 x 25 on :25 Free 15 strokes EN1  
 {1 x 25 on :25 Free 14 strokes EN1  
 {1 x 25 on :25 Free 13 strokes EN1  
 {1 x 25 on :25 Free 12 strokes EN1  
 {1 x 25 on :25 Free 11 strokes EN1  
 {1 x 25 on :25 Free 10 strokes EN1  
 {1 x 25 on :25 Free 9 strokes EN1  
 {1 x 25 on :25 Free 8 strokes EN1  
 {1 x 25 on :25 Free 7 strokes EN1  
 {1 x 25 on :25 Free 6 strokes EN1  
 {1 x 50 on 1:30 Sprint Free Count Strokes SP2  
 250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:06 PM 4,250 Yards - Stress Value = 71

{3 x 50 on :55 Kick-descend  
 {4 x 25 on :30 Kick no board BSLR-13  
 {3 x 50 on 1:00 Kick-descend  
 900 3 x 300 on 3:45 Pulls-nbbf&w + 2 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,900 1x{4 x 25 on :30 IM order  
 {1 x 250 on 3:20 Freestyle  
 {4 x 25 on :30 IM order  
 {2 x 200 on 2:40 Freestyle  
 {4 x 25 on :30 IM order  
 {3 x 150 on 2:00 Freestyle  
 {4 x 25 on :30 IM order  
 {4 x 100 on 1:20 Freestyle  
 75 3 x 25 on 2:00 Walkbacks  
 1 on 5:00 Relay starts  
 2:44 PM 4,725 Yards - Stress Value = 72

**Workout #14469 - Saturday, 07 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

1:00 PM Start  
 Yards Set Description  
 =====  
 1 on 7:30 Dynamic Stretch  
 500 1 x 500 on 8:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,050 1x{4 x 25 on :45 Kick no board BSLR-16  
 {3 x 50 on :50 Kick-descend  
 {4 x 25 on :40 Kick no board BSLR-15  
 {3 x 50 on :55 Kick-descend  
 {4 x 50 on :35 Kick no board BSLR-14  
 {3 x 50 on 1:00 Kick-descend  
 {4 x 25 on :30 Kick no board BSLR-13  
 {2 x 50 on 1:05 Kick-descend  
 750 3 x 250 on 3:45 Pulls-nbbf&w + 2 yds  
 100 2x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 1x{4 x 25 on :30 IM order  
 {1 x 250 on 3:35 Freestyle  
 {4 x 25 on :30 IM order  
 {2 x 200 on 2:50 Freestyle  
 {4 x 25 on :30 IM order  
 {3 x 150 on 2:10 Freestyle  
 {4 x 25 on :30 IM order  
 {3 x 100 on 1:25 Freestyle  
 75 3 x 25 on 2:00 Walkbacks  
 1 on 5:00 Relay starts  
 2:44 PM 4,425 Yards - Stress Value = 67

**Workout #14468 - Saturday, 07 December 2013**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

1:00 PM Start  
 Yards Set Description  
 =====  
 1 on 7:30 Dynamic Stretch  
 500 1 x 500 on 8:00 Choice  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :45 Kick no board BSLR-16  
 {3 x 50 on :45 Kick-descend  
 {4 x 25 on :40 Kick no board BSLR-15  
 {3 x 50 on :50 Kick-descend  
 {4 x 50 on :35 Kick no board BSLR-14

**Workout #14470 - Friday, 06 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

1:00 PM Start

Yards	Set Description
=====	=====
	1 on 7:30 Dynamic Stretch
500	1 x 500 on 8:00 Choice
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR-16
	{3 x 50 on :55 Kick-descend
	{4 x 25 on :40 Kick no board BSLR-15
	{3 x 50 on 1:00 Kick-descend
	{4 x 50 on :35 Kick no board BSLR-14
	{3 x 50 on 1:05 Kick-descend
	{4 x 25 on :30 Kick no board BSLR-13
	{1 x 50 on 1:10 Kick-fast
675	3 x 225 on 3:45 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{4 x 25 on :30 IM order
	{1 x 250 on 3:55 Freestyle
	{4 x 25 on :30 IM order
	{2 x 200 on 3:10 Freestyle
	{4 x 25 on :30 IM order
	{3 x 150 on 2:20 Freestyle
	{4 x 25 on :30 IM order
	{1 x 100 on 1:35 Freestyle
75	3 x 25 on 2:00 Walkbacks
	1 on 5:00 Relay starts
	2:43 PM 4,100 Yards - Stress Value = 63

	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{1 x 50 on :55 Kick
1,500	1x{2 x 200 on 2:55 Pull no br L.12 yds
	{2 x 200 on 2:50 Pull no br L.12 yds
	{2 x 200 on 2:45 Pull no br L.12 yds
	{2 x 150 on 2:00 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:45 PM 3,800 Yards - Stress Value = 53

**Workout #14473 - Monday, 09 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Phyiso Balls
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :40 Kick no board BSLR-12 KOW
	{3 x 100 on 1:50 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
	{3 x 100 on 1:55 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
	{2 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
1,250	1x{2 x 200 on 3:20 Pull no br L.12 yds
	{2 x 200 on 3:15 Pull no br L.12 yds
	{2 x 200 on 3:10 Pull no br L.12 yds
	{1 x 50 on :45 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:45 PM 3,350 Yards - Stress Value = 44

**Workout #14471 - Monday, 09 December 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Phyiso Balls
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:20 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:25 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:35 Kick
1,600	1x{2 x 200 on 2:40 Pull no br L.12 yds
	{2 x 200 on 2:35 Pull no br L.12 yds
	{2 x 200 on 2:30 Pull no br L.12 yds
	{2 x 200 on 2:25 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:45 PM 4,150 Yards - Stress Value = 64

**Workout #14474 - Monday, 09 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Phyiso Balls
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR-12 KOW
	{3 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{2 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{1 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
1,150	1x{2 x 200 on 3:40 Pull no br L.12 yds
	{2 x 200 on 3:35 Pull no br L.12 yds
	{2 x 175 on 3:05 Pull no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:45 PM 3,050 Yards - Stress Value = 40

**Workout #14472 - Monday, 09 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Phyiso Balls
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,350	1x{4 x 25 on :35 Kick no board BSLR-12 KOW
	{3 x 100 on 1:35 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{3 x 100 on 1:40 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{3 x 100 on 1:45 Kick

**Workout #14475 - Monday, 09 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY
4:46 PM	Start	
2,400	1x{1 x 300 on 3:25 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under 104	EN2
	{1 x 300 on 3:25 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under 104	EN2
	{1 x 300 on 3:25 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle hold under 104	EN2
	{1 x 300 on 3:25 Freestyle	EN2
	{3 x 100 on 1:15 Freestyle hold under 104	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM	2,750 Yards - Stress Value = 48	

**Workout #14479 - Monday, 09 December 2013**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY
4:46 PM	Start	
2,050	1x{1 x 100 on 1:30 Fly 3 strokes off walls	EN2
	{9 x 25 on :25 Fly-descend in 3s	EN2
	{2 x 100 on 1:25 3 strokes off walls	EN1
	{12 x 25 on :25 Fly-descend in 3s	EN2
	{3 x 100 on 1:20 3 strokes off walls	EN2
	{12 x 25 on :25 Fly-descend in 3s	EN2
	{4 x 100 on 1:15 3 strokes fly off walls	EN2
	{9 x 25 on :25 Fly-descend in 3s	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM	2,400 Yards - Stress Value = 38	

**Workout #14476 - Monday, 09 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
4:46 PM	Start	
2,200	1x{1 x 300 on 3:55 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under 110	EN2
	{1 x 300 on 3:55 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under 110	EN2
	{1 x 300 on 3:55 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under 110	EN2
	{1 x 300 on 3:55 Freestyle	EN2
	{1 x 100 on 1:20 Freestyle hold under 110	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM	2,550 Yards - Stress Value = 44	

**Workout #14480 - Monday, 09 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY
4:46 PM	Start	
1,800	1x{1 x 100 on 1:35 3 strokes off walls	EN1
	{9 x 25 on :30 Fly-descend in 3s	EN2
	{2 x 100 on 1:30 3 strokes off walls	EN1
	{9 x 25 on :30 Fly-descend in 3s	EN2
	{3 x 100 on 1:25 3 strokes off walls	EN2
	{6 x 25 on :30 Fly-descend in 3s	EN2
	{4 x 100 on 1:20 3 strokes fly off walls	EN2
	{8 x 25 on :30 Fly-descend in 4's	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM	2,150 Yards - Stress Value = 32	

**Workout #14477 - Monday, 09 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
4:46 PM	Start	
2,100	1x{1 x 300 on 4:25 Freestyle	EN2
	{2 x 100 on 1:45 Freestyle hold under 123	EN2
	{1 x 300 on 4:25 Freestyle	EN2
	{2 x 100 on 1:40 Freestyle hold under 123	EN2
	{1 x 300 on 4:25 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under 123	EN2
	{1 x 300 on 4:25 Freestyle	EN2
	{2 x 100 on 1:30 Freestyle hold under 123	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM	2,400 Yards - Stress Value = 42	

**Workout #14481 - Monday, 09 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
4:46 PM	Start	
1,650	1x{1 x 100 on 1:45 3 strokes off walls	EN1
	{9 x 25 on :35 Fly-descend in 3s	EN2
	{2 x 100 on 1:40 3 strokes off walls	EN1
	{9 x 25 on :35 Fly-descend in 3s	EN2
	{3 x 100 on 1:35 3 strokes off walls	EN2
	{8 x 25 on :35 Fly-descend in 4's	EN2
	{4 x 100 on 1:30 3 strokes fly off walls	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM	2,000 Yards - Stress Value = 29	

**Workout #14478 - Monday, 09 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
4:46 PM	Start	
1,650	1x{1 x 300 on 5:30 Freestyle	EN2
	{3 x 100 on 1:55 Freestyle hold under 130	EN2
	{1 x 300 on 5:30 Freestyle	EN2
	{3 x 100 on 1:50 Freestyle hold under 130	EN2
	{1 x 250 on 4:35 Freestyle	EN2
	{2 x 100 on 1:45 Freestyle hold under 130	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM	2,000 Yards - Stress Value = 33	

**Workout #14482 - Monday, 09 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
4:46 PM	Start	
1,300	1x{1 x 100 on 2:10 3 strokes off walls	EN1
	{4 x 25 on :45 Fly-descend	EN2
	{2 x 100 on 2:10 3 strokes off walls	EN1
	{4 x 25 on :45 Fly-descend	EN2
	{3 x 100 on 2:10 3 strokes off walls	EN2
	{4 x 25 on :45 Fly-descend	EN2
	{4 x 100 on 2:10 3 strokes fly off walls	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM	1,650 Yards - Stress Value = 23	

**Workout #14483 - Monday, 09 December 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 29:00 DS/Physio Ball/Tm Mtg
500	1 x 500 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,450	1x{2 x 100 on 2:00 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmact
	{2 x 125 on 2:25 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmact
	{2 x 150 on 2:50 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmact
	{2 x 150 on 2:45 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmact
150	6 x 25 on :45 Stroke Drills
1,200	1x{1 x 50 on 1:15 Breast Pull
	{4 x 75 on 1:15 Breaststroke
	{2 x 50 on 1:15 Breast Pull
	{4 x 75 on 1:15 Breaststroke
	{3 x 50 on 1:15 Breast Pull
	{4 x 75 on 1:15 Breaststroke
	1 on 10:00 Game
7:30 PM	3,450 Yards - Stress Value = 59

**Workout #14484 - Monday, 09 December 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 29:00 DS/Physio Ball/Tm Mtg
500	1 x 500 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,350	1x{2 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmact
	{2 x 125 on 2:35 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmact
	{2 x 150 on 3:00 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmact
	{2 x 100 on 2:00 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmact
150	6 x 25 on :45 Stroke Drills
1,100	1x{1 x 50 on 1:20 Breast Pull
	{4 x 75 on 1:20 Breaststroke
	{2 x 50 on 1:20 Breast Pull
	{4 x 75 on 1:20 Breaststroke
	{3 x 50 on 1:20 Breast Pull
	{4 x 50 on :55 Breaststroke
	1 on 10:00 Game
7:30 PM	3,250 Yards - Stress Value = 55

**Workout #14485 - Monday, 09 December 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 29:00 DS/Physio Ball/Tm Mtg
450	1 x 450 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,300	1x{2 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmact
	{2 x 125 on 2:45 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmact
	{2 x 150 on 3:15 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmact
	{1 x 150 on 3:10 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmact
150	6 x 25 on :45 Stroke Drills

950	1x{1 x 50 on 1:30 Breast Pull
	{4 x 75 on 1:30 Breaststroke
	{2 x 50 on 1:30 Breast Pull
	{4 x 75 on 1:30 Breaststroke
	{3 x 50 on 1:30 Breast Pull
	{1 x 50 on 1:00 Breaststroke
	1 on 10:00 Game
7:30 PM	3,000 Yards - Stress Value = 51

**Workout #14486 - Monday, 09 December 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 29:00 DS/Physio Ball/Tm Mtg
400	1 x 400 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,150	1x{2 x 100 on 2:45 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmact
	{2 x 100 on 2:40 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmact
	{2 x 100 on 2:35 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmact
	{3 x 50 on 1:15 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmact
150	6 x 25 on :45 Stroke Drills
800	1x{1 x 50 on 1:45 Breast Pull
	{4 x 50 on 1:15 Breaststroke
	{2 x 50 on 1:45 Breast Pull
	{4 x 50 on 1:15 Breaststroke
	{3 x 50 on 1:45 Breast Pull
	{2 x 50 on 1:15 Breaststroke
	1 on 10:00 Game
7:31 PM	2,650 Yards - Stress Value = 45

**Workout #14487 - Monday, 09 December 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 29:00 DS/Physio Ball/Tm Mtg
350	1 x 350 on 10:00 Choice
150	10 x 15 on :45 Shooters
900	1x{2 x 100 on 3:15 Kick
	{4 x 25 on 1:00 Kick no brd-alt on back/stmac
	{2 x 100 on 3:10 Kick
	{4 x 25 on 1:00 Kick no brd-alt on back/stmac
	{2 x 100 on 3:05 Kick
	{4 x 25 on 1:00 Kick no brd-alt on back/stmac
150	6 x 25 on :45 Stroke Drills
700	1x{1 x 50 on 2:00 Breast Pull
	{4 x 50 on 1:30 Breaststroke
	{2 x 50 on 2:00 Breast Pull
	{4 x 50 on 1:30 Breaststroke
	{3 x 50 on 2:00 Breast Pull
	1 on 10:00 Game
7:31 PM	2,250 Yards - Stress Value = 38

**Workout #14488 - Tuesday, 10 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
2,475	1x{2 x 225 on 2:45 Free L.25 6bk	EN2	
	{2 x 225 on 2:40 Free L.25 6bk	EN2	
	{2 x 225 on 2:35 Free L.25 6bk	EN2	
	{2 x 225 on 2:30 Free L.25 6bk	EN2	
	{2 x 225 on 2:25 Free L.25 6bk	EN2	
	{1 x 225 on 2:20 Free L.25 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	3,225 Yards - Stress Value = 55		

**Workout #14489 - Tuesday, 10 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
2,250	1x{2 x 225 on 3:00 Free L.25 6bk	EN2	
	{2 x 225 on 2:55 Free L.25 6bk	EN2	
	{2 x 225 on 2:50 Free L.25 6bk	EN2	
	{2 x 225 on 2:45 Free L.25 6bk	EN2	
	{2 x 225 on 2:40 Free L.25 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	3,000 Yards - Stress Value = 51		

**Workout #14490 - Tuesday, 10 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
2,000	1x{2 x 200 on 3:00 Free L.25 6bk	EN2	
	{2 x 200 on 2:55 Free L.25 6bk	EN2	
	{2 x 200 on 2:50 Free L.25 6bk	EN2	
	{2 x 200 on 2:45 Free L.25 6bk	EN2	
	{2 x 200 on 2:40 Free L.25 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,750 Yards - Stress Value = 46		

**Workout #14491 - Tuesday, 10 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
350	1 x 350 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,650	1x{2 x 200 on 3:35 Free L.25 6bk	EN2	
	{2 x 200 on 3:30 Free L.25 6bk	EN2	
	{2 x 200 on 3:25 Free L.25 6bk	EN2	
	{2 x 200 on 3:20 Free L.25 6bk	EN2	
	{1 x 50 on :50 Free L.25 6bk	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	

1 on 10:00 Ice  
7:05 AM 2,350 Yards - Stress Value = 39

**Workout #14492 - Tuesday, 10 December 2013**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description
5:30 AM	Start
=====	=====
	1 on 35:00 DS and Weights
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,800	1x{5 x 125 on 1:45 Backstroke-Alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{4 x 100 on 1:25 Back alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{3 x 75 on 1:00 Back Alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{2 x 50 on :40 Back Alt 25 of 10 KOW
	{6 x 25 on :30 Back 8-9-10-11-12-13 KOW
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
7:05 AM	2,600 Yards - Stress Value = 41

**Workout #14493 - Tuesday, 10 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
5:30 AM	Start
=====	=====
	1 on 35:00 DS and Weights
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,700	1x{5 x 125 on 1:55 Backstroke-Alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{4 x 100 on 1:30 Back alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{3 x 75 on 1:05 Back Alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{2 x 50 on :40 Back Alt 25 of 10 KOW
	{2 x 25 on :30 Back 8-9 KOW
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
7:05 AM	2,500 Yards - Stress Value = 39

**Workout #14494 - Tuesday, 10 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
5:30 AM	Start
=====	=====
	1 on 35:00 DS and Weights
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,550	1x{5 x 125 on 2:10 Backstroke-Alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{4 x 100 on 1:45 Back alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
	{3 x 75 on 1:15 Back Alt 25 of 10 KOW
	{4 x 25 on :30 Back 8-9-10-11 KOW
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
7:05 AM	2,350 Yards - Stress Value = 36



**Workout #14501 - Wednesday, 11 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:40 PM	Start				
2,700	1x{2 x 200 on 2:50 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:45 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:40 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:35 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:30 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:40 Freestyle	EN3	S	FR	1
	{1 x 200 on 2:25 Freestyle	EN2	S	FR	1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
5:35 PM	3,000 Yards - Stress Value = 74				

**Workout #14502 - Wednesday, 11 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:40 PM	Start				
2,450	1x{2 x 200 on 3:05 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:50 Freestyle	EN3	S	FR	1
	{2 x 200 on 3:00 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:50 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:55 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:50 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:50 Freestyle	EN2	S	FR	1
	{1 x 100 on 1:50 Freestyle	EN3	S	FR	1
	{2 x 200 on 2:45 Freestyle	EN2	S	FR	1
	{1 x 50 on :50 Freestyle	EN3	S	FR	1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
5:35 PM	2,750 Yards - Stress Value = 67				

**Workout #14503 - Wednesday, 11 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:40 PM	Start				
2,050	1x{2 x 200 on 3:40 Freestyle	EN2	S	FR	1
	{1 x 100 on 2:00 Freestyle	EN3	S	FR	2
	{2 x 200 on 3:35 Freestyle	EN2	S	FR	1
	{1 x 100 on 2:00 Freestyle	EN3	S	FR	2
	{2 x 200 on 3:30 Freestyle	EN2	S	FR	1
	{1 x 100 on 2:00 Freestyle	EN3	S	FR	2
	{2 x 200 on 3:25 Freestyle	EN2	S	FR	1
	{1 x 100 on 2:00 Freestyle	EN3	S	FR	2
	{1 x 50 on :50 Freestyle	EN2	S	FR	1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
5:35 PM	2,350 Yards - Stress Value = 57				

**Workout #14504 - Wednesday, 11 December 2013**

**HighSchl - IM'ers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:40 PM	Start				
2,700	1x{1 x 100 on 1:15 Individual Medley				F
	{4 x 75 on 1:05 Fly-25L 25R 25 B				F
	{2 x 100 on 1:15 Individual Medley				F
	{4 x 75 on 1:05 Back 25L 25R 25B				F

{3 x 100 on 1:15 Individual Medley	F
{4 x 75 on 1:10 Brst 25FlK 25FrK 25Rk	F
{4 x 100 on 1:15 Individual Medley	F
{4 x 75 on 1:00 Fr 25scldsdfst25catchup25reg	F
{5 x 100 on 1:10 Individual Medley	F
8 x 50 on 1:00 Stroke Drills	F
1 on 10:00 Ice	
5:35 PM 3,100 Yards - Stress Value = 54	

**Workout #14505 - Wednesday, 11 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:40 PM	Start				
2,700	1x{1 x 100 on 1:20 Individual Medley				F
	{4 x 75 on 1:05 Fly-25L 25R 25 B				F
	{2 x 100 on 1:20 Individual Medley				F
	{4 x 75 on 1:05 Back 25L 25R 25B				F
	{3 x 100 on 1:20 Individual Medley				F
	{4 x 75 on 1:10 Brst 25FlK 25FrK 25Rk				F
	{4 x 100 on 1:20 Individual Medley				F
	{4 x 75 on 1:05 Fr 25scldsdfst25catchup25reg				F
	{5 x 100 on 1:15 Individual Medley				F
300	6 x 50 on 1:00 Stroke Drills				F
	1 on 10:00 Ice				
5:35 PM	3,000 Yards - Stress Value = 54				

**Workout #14506 - Wednesday, 11 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:40 PM	Start				
2,500	1x{1 x 100 on 1:30 Individual Medley				F
	{4 x 75 on 1:10 Fly-25L 25R 25 B				F
	{2 x 100 on 1:30 Individual Medley				F
	{4 x 75 on 1:10 Back 25L 25R 25B				F
	{3 x 100 on 1:30 Individual Medley				F
	{4 x 75 on 1:15 Brst 25FlK 25FrK 25Rk				F
	{4 x 100 on 1:30 Individual Medley				F
	{4 x 75 on 1:05 Fr 25scldsdfst25catchup25reg				F
	{3 x 100 on 1:25 Individual Medley				F
300	6 x 50 on 1:00 Stroke Drills				F
	1 on 10:00 Ice				
5:35 PM	2,800 Yards - Stress Value = 50				

**Workout #14507 - Wednesday, 11 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
4:40 PM	Start				
2,050	1x{1 x 100 on 2:00 Individual Medley				F
	{4 x 75 on 1:20 Fly-25L 25R 25 B				F
	{2 x 100 on 2:00 Individual Medley				F
	{4 x 75 on 1:20 Back 25L 25R 25B				F
	{3 x 100 on 2:00 Individual Medley				F
	{4 x 75 on 1:25 Brst 25FlK 25FrK 25Rk				F
	{4 x 100 on 2:00 Individual Medley				F
	{2 x 75 on 1:20 Fr 25scldsdfst25catchup25reg				F
250	5 x 50 on 1:00 Stroke Drills				F
	1 on 10:00 Ice				
5:35 PM	2,300 Yards - Stress Value = 41				

**Workout #14508 - Wednesday, 11 December 2013**

**Group 2 - IM'ers**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Abs/Tm Mtg  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 100 1 x 100 on 3:00 Kick for time-your best kick  
 1,200 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:00 Kick-fly  
 {1 x 100 on 2:00 Kick-breast  
 {1 x 100 on 2:00 Kick-free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:55 Kick-fly  
 {1 x 100 on 1:55 Kick-breast  
 {1 x 100 on 1:55 Kick-free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 1:50 Kick-fly  
 {1 x 100 on 1:50 Kick-breast  
 {1 x 100 on 1:50 Kick-free  
 200 8 x 25 on :45 Stroke Drills 2 on each  
 600 6 x 100 on 4:00 Individual Medley  
 250 1 x 250 on 5:00 Stroke Drills  
 7:29 PM 3,000 Yards - Stress Value = 48

**Workout #14509 - Wednesday, 11 December 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Abs/Tm Mtg  
 500 1 x 500 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 100 1 x 100 on 3:00 Kick for time-your best kick  
 1,150 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:10 Kick-fly  
 {1 x 100 on 2:10 Kick-breast  
 {1 x 100 on 2:10 Kick-free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:05 Kick-fly  
 {1 x 100 on 2:05 Kick-breast  
 {1 x 100 on 2:05 Kick-free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:00 Kick-fly  
 {1 x 100 on 2:00 Kick-breast  
 {1 x 50 on 1:00 Kick-free  
 200 8 x 25 on :45 Stroke Drills 2 on each  
 600 6 x 100 on 4:00 Individual Medley  
 250 1 x 250 on 5:00 Stroke Drills  
 7:29 PM 2,950 Yards - Stress Value = 47

**Workout #14510 - Wednesday, 11 December 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Abs/Tm Mtg  
 450 1 x 450 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 100 1 x 100 on 3:00 Kick for time-your best kick  
 1,100 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:20 Kick-fly  
 {1 x 100 on 2:20 Kick-breast  
 {1 x 100 on 2:20 Kick-free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:15 Kick-fly  
 {1 x 100 on 2:15 Kick-breast  
 {1 x 100 on 2:15 Kick-free

{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:10 Kick-fly  
 {1 x 50 on 1:05 Kick-breast  
 {1 x 50 on 1:00 Kick-free  
 200 8 x 25 on :45 Stroke Drills 2 on each  
 600 6 x 100 on 4:00 Individual Medley  
 250 1 x 250 on 5:00 Stroke Drills  
 7:29 PM 2,850 Yards - Stress Value = 46

**Workout #14511 - Wednesday, 11 December 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Abs/Tm Mtg  
 400 1 x 400 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 100 1 x 100 on 3:00 Kick for time-your best kick  
 1,000 1x{4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:35 Kick-fly  
 {1 x 100 on 2:35 Kick-breast  
 {1 x 100 on 2:35 Kick-free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 100 on 2:30 Kick-fly  
 {1 x 100 on 2:30 Kick-breast  
 {1 x 100 on 2:30 Kick-free  
 {4 x 25 on :45 Kick no board BSLR  
 {1 x 50 on 1:15 Kick-fly  
 {1 x 50 on 1:15 Kick-breast  
 200 8 x 25 on :45 Stroke Drills 2 on each  
 600 6 x 100 on 4:00 Individual Medley  
 250 1 x 250 on 5:00 Stroke Drills  
 7:29 PM 2,700 Yards - Stress Value = 44

**Workout #14512 - Wednesday, 11 December 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Abs/Tm Mtg  
 400 1 x 400 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 100 1 x 100 on 3:00 Kick for time-your best kick  
 800 1x{4 x 25 on 1:00 Kick no board BSLR  
 {1 x 100 on 3:00 Kick-fly  
 {1 x 100 on 3:00 Kick-breast  
 {1 x 100 on 3:00 Kick-free  
 {4 x 25 on 1:00 Kick no board BSLR  
 {1 x 50 on 1:25 Kick-fly  
 {1 x 50 on 1:25 Kick-breast  
 {1 x 100 on 2:55 Kick-free  
 {4 x 25 on 1:00 Kick no board BSLR  
 200 8 x 25 on :45 Stroke Drills 2 on each  
 600 6 x 100 on 4:00 Individual Medley  
 250 1 x 250 on 5:00 Stroke Drills  
 7:29 PM 2,500 Yards - Stress Value = 40

**Workout #14513 - Thursday, 12 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters Your primary stroke(s)	SP3	
2,250	1x{3 x 225 on 2:55 Free-descend {3 x 200 on 2:35 Free-descend {3 x 175 on 2:15 Free-descend {3 x 150 on 1:55 Free-descend	EN2 EN2 EN2 EN2	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	
	7:05 AM 3,000 Yards - Stress Value = 51		

**Workout #14514 - Thursday, 12 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters Your primary stroke(s)	SP3	
2,100	1x{3 x 225 on 3:10 Free-descend {3 x 200 on 2:45 Free-descend {3 x 175 on 2:25 Free-descend {3 x 100 on 1:20 Free-descend	EN2 EN2 EN2 EN2	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	
	7:05 AM 2,850 Yards - Stress Value = 48		

**Workout #14515 - Thursday, 12 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill Odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters Your primary stroke(s)	SP3	
1,875	1x{3 x 225 on 3:30 Free-descend {3 x 200 on 3:05 Free-descend {3 x 150 on 2:15 Free-descend {3 x 50 on :45 Free-descend	EN2 EN2 EN2 EN2	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	
	7:05 AM 2,625 Yards - Stress Value = 44		

**Workout #14516 - Thursday, 12 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
350	1 x 350 on 7:00 Underwater trn drill Odd 100's free even 100's back	REC	
150	10 x 15 on :45 Shooters Your primary stroke(s)	SP3	
1,575	1x{3 x 200 on 3:35 Free-descend {3 x 175 on 3:10 Free-descend	EN2 EN2	

	{3 x 150 on 2:45 Free-descend	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,275 Yards - Stress Value = 37	

**Workout #14517 - Thursday, 12 December 2013**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill Odd 100s free even 100's back	REC	
150	10 x 15 on :45 Shooters Your primary stroke(s)	SP3	
1,800	1x{1 x 125 on 1:50 Breaststroke {4 x 50 on 1:00 Breast under/over {2 x 125 on 1:45 Breaststroke {4 x 50 on :55 Breast under/over {3 x 125 on 1:40 Breaststroke {2 x 50 on :50 Breast under/over {4 x 125 on 1:35 Breaststroke-descend {1 x 50 on :45 Breast unde/over	EN1 EN2 EN1 EN2 EN1 EN2 EN2 EN2	
250	1 x 250 on 5:00 Stroke Drills 1 on 10:00 Ice	REC	
	7:05 AM 2,600 Yards - Stress Value = 34		

**Workout #14518 - Thursday, 12 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill Odd 100s free even 100's back	REC	
150	10 x 15 on :45 Shooters Your primary stroke(s)	SP3	
1,800	1x{1 x 125 on 1:55 Breaststroke {4 x 50 on 1:00 Breast under/over {2 x 125 on 1:50 Breaststroke {4 x 50 on 1:00 Breast under/over {3 x 125 on 1:45 Breaststroke {2 x 50 on 1:00 Breast under/over {4 x 125 on 1:40 Breaststroke-descend {1 x 50 on 1:00 Breast unde/over	EN1 EN2 EN1 EN2 EN1 EN2 EN2 EN2	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	
	7:05 AM 2,550 Yards - Stress Value = 34		

**Workout #14519 - Thursday, 12 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS/Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100s free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
1,700	1x{1 x 125 on 2:10 Breaststroke	EN1	
	{4 x 50 on 1:00 Breast under/over	EN2	
	{2 x 125 on 2:05 Breaststroke	EN1	
	{3 x 50 on 1:00 Breast under/over	EN2	
	{3 x 125 on 2:00 Breaststroke	EN1	
	{2 x 50 on 1:00 Breast under/over	EN2	
	{4 x 125 on 1:55 Breaststroke-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,450 Yards - Stress Value = 32		

**Workout #14520 - Thursday, 12 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS/Weights		
	1 x 350 on 7:00 Underwater trn drill	REC	
	Odd 100s free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
1,300	1x{1 x 100 on 2:10 Breaststroke	EN1	
	{3 x 50 on 1:15 Breast under/over	EN2	
	{2 x 100 on 2:05 Breaststroke	EN1	
	{2 x 50 on 1:15 Breast under/over	EN2	
	{3 x 100 on 2:00 Breaststroke	EN1	
	{1 x 50 on 1:15 Breast under/over	EN2	
	{4 x 100 on 1:55 Breaststroke-descend	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,000 Yards - Stress Value = 26		

**Workout #14521 - Thursday, 12 December 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
600	1 on 25:00 DS/Shoulders
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,800	1x{2 x 150 on 2:25 Kick your #1
	{2 x 50 on 1:00 Kick your #2
	{2 x 50 on 1:05 Kick your #3
	{2 x 150 on 2:20 Kick your #1
	{2 x 50 on 1:00 Kick you #2
	{2 x 50 on 1:05 Kick your #3
	{2 x 150 on 2:15 Kick your #1
	{2 x 50 on 1:00 Kick your #2
	{2 x 50 on 1:05 Kick your #3
	{2 x 150 on 2:10 Kick your#1
1,000	5 x 200 on 3:00 Pulls BWFPF
	hold 230
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:39 PM	3,750 Yards - Stress Value = 64

**Workout #14522 - Thursday, 12 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
600	1 on 25:00 DS/Shoulders
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,550	1x{2 x 150 on 2:55 Kick your #1
	{2 x 50 on 1:05 Kick your #2
	{2 x 50 on 1:10 Kick your #3
	{2 x 150 on 2:50 Kick your #1
	{1 x 50 on 1:05 Kick you #2
	{2 x 50 on 1:10 Kick your #3
	{2 x 150 on 2:45 Kick your #1
	{1 x 50 on 1:05 Kick your #2
	{2 x 50 on 1:10 Kick your #3
	{1 x 150 on 2:40 Kick your#1
1,000	5 x 200 on 3:00 Pulls BWFPF
	hold 2:40
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:39 PM	3,500 Yards - Stress Value = 59

**Workout #14523 - Thursday, 12 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
3:00 PM	Start
550	1 on 25:00 DS/Shoulders
	1 x 550 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,400	1x{2 x 150 on 3:15 Kick your #1
	{1 x 50 on 1:10 Kick your #2
	{1 x 50 on 1:15 Kick your #3
	{2 x 150 on 3:10 Kick your #1
	{2 x 50 on 1:10 Kick you #2
	{1 x 50 on 1:15 Kick your #3
	{2 x 150 on 3:05 Kick your #1
	{2 x 50 on 1:10 Kick your #2
	{1 x 50 on 1:15 Kick your #3
	{1 x 100 on 2:00 Kick your#1
1,000	5 x 200 on 3:00 Pulls BWFPF
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:39 PM	3,300 Yards - Stress Value = 56

**Workout #14524 - Thursday, 12 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 25:00 DS/Shoulders			
	1 x 500 on 10:00 Underwater trn drill			
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters			
1,300	1x{2 x 125 on 3:00 Kick your #1			
	{1 x 50 on 1:15 Kick your #2			
	{1 x 50 on 1:20 Kick your #3			
	{2 x 125 on 2:55 Kick your #1			
	{1 x 50 on 1:15 Kick you #2			
	{1 x 50 on 1:20 Kick your #3			
	{2 x 150 on 3:25 Kick your #1			
	{2 x 50 on 1:15 Kick your #2			
	{1 x 50 on 1:20 Kick your #3			
	{1 x 150 on 3:20 Kick your#1			
750	5 x 150 on 3:00 Pulls BWFPF			
	Hold 2:35			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:39 PM 2,900 Yards - Stress Value = 49			

**Workout #14525 - Thursday, 12 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
3,500	1x{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:55 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:50 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 500 on 5:45 Freestyle	EN2	S	FR
	{4 x 125 on 1:30 Freestyle			
200	1 x 200 on 3:00 Stroke Drills REC		D	CD
	1 on 10:00 Ice			M
	5:36 PM 3,700 Yards - Stress Value = 60			

**Workout #14526 - Thursday, 12 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
3,000	1x{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 500 on 6:45 Freestyle	EN2	S	FR
	{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 500 on 6:40 Freestyle	EN2	S	FR
	{4 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 500 on 6:35 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills REC		D	CD
	1 on 10:00 Ice			M
	5:35 PM 3,200 Yards - Stress Value = 60			

**Workout #14527 - Thursday, 12 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,800	1x{4 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 400 on 5:55 Freestyle	EN2	S	FR
	{4 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 400 on 5:50 Freestyle	EN2	S	FR
	{4 x 100 on 1:30 Freestyle	EN2	S	FR

	{1 x 400 on 5:45 Freestyle	EN2	S	FR
	{4 x 100 on 1:30 Freestyle			
200	1 x 200 on 3:00 Stroke Drills REC		D	CD
	1 on 10:00 Ice			M
	5:36 PM 3,000 Yards - Stress Value = 48			

**Workout #14528 - Thursday, 12 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,400	1x{4 x 100 on 1:45 Freestyle	EN2	S	FR
	{1 x 400 on 6:45 Freestyle	EN2	S	FR
	{4 x 100 on 1:45 Freestyle	EN2	S	FR
	{1 x 400 on 6:40 Freestyle	EN2	S	FR
	{4 x 100 on 1:45 Freestyle	EN2	S	FR
	{1 x 400 on 6:35 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills REC		D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,600 Yards - Stress Value = 48			

**Workout #14529 - Thursday, 12 December 2013**

**HighSchl - Back**

**1 minute rest between sets**

4:40 PM Start

Yards	Set Description	EGY
2,850	1x{1 x 125 on 1:45 Backstroke	EN1
	{1 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{2 x 125 on 1:40 Backstroke	EN1
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{3 x 125 on 1:35 Backstroke	EN1
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{4 x 125 on 1:30 Backstroke	EN2
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{4 x 100 on 1:15 Backstroke	EN2
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{3 x 100 on 1:15 Backstroke	EN2
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{2 x 100 on 1:10 Backstroke	EN2
	{1 x 50 on 1:00 Back 10 KOW-Great effort	EN3
	{1 x 100 on 1:05 Backstroke	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 3,100 Yards - Stress Value = 73	

**Workout #14530 - Thursday, 12 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:40 PM Start  
 Yards Set Description EGY  
 =====  
 2,650 1x{1 x 125 on 1:55 Backstroke EN1  
 {1 x 50 on 1:00 Back 10 KOW-Great effort EN3  
 {2 x 125 on 1:50 Backstroke EN1  
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3  
 {3 x 125 on 1:45 Backstroke EN1  
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3  
 {4 x 125 on 1:40 Backstroke EN2  
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3  
 {3 x 100 on 1:25 Backstroke EN2  
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3  
 {3 x 100 on 1:20 Backstroke EN2  
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3  
 {1 x 100 on 1:20 Backstroke EN2  
 {1 x 50 on 1:00 Back 10 KOW-Great effort EN3  
 {1 x 100 on 1:05 Backstroke EN2  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:35 PM 2,850 Yards - Stress Value = 69

**Workout #14531 - Thursday, 12 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:40 PM Start  
 Yards Set Description EGY  
 =====  
 2,275 1x{1 x 125 on 2:10 Backstroke EN1  
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3  
 {2 x 125 on 2:05 Backstroke EN1  
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3  
 {3 x 125 on 2:00 Backstroke EN1  
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3  
 {3 x 125 on 1:55 Backstroke EN2  
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3  
 {3 x 100 on 1:45 Backstroke EN2  
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3  
 {3 x 100 on 1:40 Backstroke EN2  
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3  
 {2 x 100 on 1:35 Backstroke EN2  
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:35 PM 2,475 Yards - Stress Value = 52

**Workout #14532 - Thursday, 12 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:40 PM Start  
 Yards Set Description EGY  
 =====  
 1,850 1x{1 x 100 on 2:15 Backstroke EN1  
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3  
 {2 x 100 on 2:10 Backstroke EN1  
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3  
 {3 x 100 on 2:05 Backstroke EN1  
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3  
 {3 x 100 on 2:00 Backstroke EN2  
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3  
 {3 x 75 on 1:45 Backstroke EN2  
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3  
 {3 x 75 on 1:40 Backstroke EN2  
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3  
 {2 x 75 on 1:35 Backstroke EN2  
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3  
 200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:35 PM 2,050 Yards - Stress Value = 44

**Workout #14533 - Friday, 13 December 2013**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Ted's Abs  
 1 x 500 on 15:00 5 min swim/10 min IP  
 150 10 x 15 on :45 Shooters-fly  
 200 10 x 20 on 1:15 Stremline-out/scull back in  
 #1-5 3KOW, 1 sec glide +1  
 #6-10 5sec glide 3kow +1  
 build tempo with each kick  
 1,100 1x{1 x 250 on 4:10 Stroke Drills  
 {4 x 25 on :40 Variable Speed  
 {1 x 200 on 3:20 Stroke Drills  
 {4 x 25 on :40 Variable Speed  
 {1 x 150 on 2:30 Stroke Drills  
 {4 x 25 on :40 Variable Speed  
 {1 x 100 on 1:40 Stroke Drills  
 {4 x 25 on :40 Variable Speed  
 200 1 x 200 on 15:00 Rabbit Game  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:03 PM 2,400 Yards - Stress Value = 10

**Workout #14534 - Saturday, 14 December 2013**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

6:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS and Weights  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Your primary stroke or free  
 1,650 1x{1 x 100 on 1:45 Kick  
 {1 x 100 on 1:40 Kick  
 {1 x 100 on 1:35 Kick  
 {6 x 25 on :40 Tombstone Kick  
 {2 x 75 on 1:20 Kick  
 {2 x 75 on 1:10 Kick  
 {2 x 75 on 1:05 Kick  
 {6 x 25 on :40 Tombstone Kick  
 {3 x 50 on :50 Kick  
 {3 x 50 on :45 Kick  
 {3 x 50 on :40 Kick  
 {6 x 25 on :40 Tombstone Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 6 x 100 on 6:00 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 8:36 AM 3,700 Yards - Stress Value = 89

**Workout #14535 - Saturday, 14 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

6:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS and Weights  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Your primary stroke or free  
 1,450 1x{1 x 100 on 2:00 Kick  
 {1 x 100 on 1:55 Kick  
 {1 x 100 on 1:50 Kick  
 {6 x 25 on :40 Tombstone Kick  
 {2 x 75 on 1:30 Kick  
 {2 x 75 on 1:25 Kick  
 {2 x 75 on 1:20 Kick  
 {6 x 25 on :40 Tombstone Kick  
 {2 x 50 on 1:00 Kick  
 {2 x 50 on :55 Kick  
 {2 x 50 on :50 Kick  
 {4 x 25 on :40 Tombstone Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 6 x 100 on 6:00 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 8:36 AM 3,500 Yards - Stress Value = 85

{2 x 75 on 1:45 Kick  
 {2 x 75 on 1:40 Kick  
 {4 x 25 on :45 Tombstone Kick  
 {2 x 50 on 1:10 Kick  
 {2 x 50 on 1:05 Kick  
 {1 x 50 on 1:00 Kick  
 {2 x 25 on :45 Tombstone Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 6 x 100 on 6:00 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 8:36 AM 3,300 Yards - Stress Value = 81

**Workout #14538 - Wednesday, 11 December 2013**

**Group 2 - Fly**

**1 minute rest between sets**

No workout sets have been created

**Workout #14539 - Thursday, 12 December 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EGY  
 =====  
 1 on 30:00 DS/Soulders/Tm Mtg  
 500 1 x 500 on 10:00 Underwater trn drill REC  
 Odd 100's free even 100's back  
 1 on 12:00 Techniques-breakouts/finishes REC  
 150 10 x 15 on :45 Shooters SP3  
 100 4 x 25 on 1:00 Butterfly EN1  
 750 1x{1 x 200 on 8:00 Stroke Drills REC  
 {1 x 50 on 2:00 Fly-100% EN2  
 {1 x 200 on 8:00 Stroke Drills REC  
 {1 x 50 on 2:00 Fly-100% EN2  
 {1 x 200 on 8:00 Stroke Drills REC  
 {1 x 50 on 2:00 Fly-100% EN2  
 100 4 x 25 on 1:00 Perfect Fly-descend EN2  
 200 1 x 200 on 5:00 Fly-great effort EN2  
 1 on 12:00 Techniques-Starts REC  
 7:30 PM 1,800 Yards - Stress Value = 16

**Workout #14536 - Saturday, 14 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

6:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS and Weights  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Your primary stroke or free  
 1,350 1x{1 x 100 on 2:10 Kick  
 {1 x 100 on 2:05 Kick  
 {1 x 100 on 2:00 Kick  
 {4 x 25 on :45 Tombstone Kick  
 {2 x 75 on 1:35 Kick  
 {2 x 75 on 1:30 Kick  
 {2 x 75 on 1:25 Kick  
 {4 x 25 on :45 Tombstone Kick  
 {3 x 50 on 1:05 Kick  
 {3 x 50 on 1:00 Kick  
 {4 x 25 on :45 Tombstone Kick  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 600 6 x 100 on 6:00 Freestyle  
 500 10 x 50 on 1:00 Stroke Drills  
 1 on 10:00 Ice  
 8:36 AM 3,400 Yards - Stress Value = 83

**Workout #14540 - Friday, 13 December 2013**

**Group 2 - Back**

**1 minute rest between sets**

5:00 PM Start  
 Yards Set Description EGY WORK S  
 =====  
 1 on 40:00 DS/Dryland L I  
 500 1 x 500 on 10:00 Reverse IM drill REC D  
 150 10 x 15 on :45 Shooters SP3 S  
 1,250 1x{ Bath tub drills start w/ 5 KOW+1  
 {4 x 75 on 1:15 Back 1/2/3 KOW EN1 S  
 {4 x 25 on :45 Bathtub drill-8 EN2 S  
 {4 x 75 on 1:10 Back 2/3/4 KOW EN1 S  
 {4 x 25 on :45 Bathtub drill 7 EN2 S  
 {4 x 75 on 1:05 Back 3/4/5 KOW EN1 S  
 {6 x 25 on :45 Bathtub drill-6 EN2 S  
 250 1 x 250 on 5:00 Stroke Drills REC D  
 6:31 PM 2,150 Yards - Stress Value = 22

**Workout #14537 - Saturday, 14 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

6:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS and Weights  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 Your primary stroke or free  
 1,250 1x{1 x 100 on 2:30 Kick  
 {1 x 100 on 2:20 Kick  
 {1 x 100 on 2:15 Kick  
 {4 x 25 on :45 Tombstone Kick  
 {2 x 75 on 1:50 Kick

**Workout #14541 - Friday, 13 December 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	Σ
5:00 PM	Start			
=====	=====	===	=====	=
	1 on 40:00 DS/Dryland		L I	
500	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,125	1x{ Bathtub drills start w/ 5 KOW+1			
	{ 4 x 75 on 1:25 Back 1/2/3 KOW	EN1	S	
	{ 4 x 25 on :45 Bathtub drill-8	EN2	S	
	{ 4 x 75 on 1:20 Back 2/3/4 KOW	EN1	S	
	{ 4 x 25 on :45 Bathtub drill 7	EN2	S	
	{ 3 x 75 on 1:15 Back 3/4/5 KOW	EN1	S	
	{ 4 x 25 on :45 Bathtub drill-6	EN2	S	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
6:30 PM	2,025 Yards - Stress Value = 20			

**Workout #14542 - Friday, 13 December 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	Σ
5:00 PM	Start			
=====	=====	===	=====	=
	1 on 40:00 DS/Dryland		L I	
450	1 x 450 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,050	1x{ 2 x 75 on 1:35 Back 1/2/3 KOW	EN1	S	
	{ Bathtub drills start w/ 5 KOW+1			
	{ 4 x 25 on :45 Bathtub drill-8	EN2	S	
	{ 4 x 75 on 1:30 Back 2/3/4 KOW	EN1	S	
	{ 4 x 25 on :45 Bathtub drill 7	EN2	S	
	{ 4 x 75 on 1:25 Back 3/4/5 KOW	EN1	S	
	{ 4 x 25 on :45 Bathtub drill-6	EN2	S	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
6:30 PM	1,900 Yards - Stress Value = 20			

**Workout #14543 - Friday, 13 December 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	Σ
5:00 PM	Start			
=====	=====	===	=====	=
	1 on 40:00 DS/Dryland		L I	
400	1 x 400 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
950	1x{ 2 x 75 on 1:50 Back 1/2/3 KOW	EN1	S	
	{ Bathtub drills start w/ 5 KOW+1			
	{ 4 x 25 on :45 Bathtub drill-8	EN2	S	
	{ 4 x 75 on 1:45 Back 2/3/4 KOW	EN1	S	
	{ 4 x 25 on :45 Bathtub drill 7	EN2	S	
	{ 3 x 75 on 1:40 Back 3/4/5 KOW	EN1	S	
	{ 3 x 25 on :45 Bathtub drill-6	EN2	S	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
6:30 PM	1,750 Yards - Stress Value = 19			

**Workout #14544 - Friday, 13 December 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	Σ
5:00 PM	Start			
=====	=====	===	=====	=
	1 on 40:00 DS/Dryland		L I	
350	1 x 350 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
800	1x{ 2 x 75 on 2:00 Back 1/2/3 KOW	EN1	S	
	{ Bathtub drills start w/ 5 KOW+1			
	{ 4 x 25 on 1:00 Bathtub drill-8	EN2	S	
	{ 4 x 75 on 1:55 Back 2/3/4 KOW	EN1	S	

	{ 4 x 25 on 1:00 Bathtub drill 7	EN2	S
	{ 2 x 75 on 1:50 Back 3/4/5 KOW	EN1	S
250	1 x 250 on 5:00 Stroke Drills	REC	D
6:30 PM	1,550 Yards - Stress Value = 17		

**Workout #14545 - Monday, 16 December 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	Σ
3:00 PM	Start			
=====	=====	===	=====	=
	1 on 30:00 DS/ Physio Balls			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
1,750	1x{ 4 x 25 on :30 Kick no board BSLR			
	{ 2 x 125 on 1:35 Kick			
	{ 4 x 25 on :30 Kick no board BSLR			
	{ 2 x 125 on 1:40 Kick			
	{ 4 x 25 on :30 Kick no board BSLR			
	{ 2 x 125 on 1:45 Kick			
	{ 4 x 25 on :30 Kick no board BSLR			
	{ 2 x 125 on 1:50 Kick			
	{ 4 x 25 on :30 Kick no board BSLR			
	{ 2 x 125 on 1:55 Kick			
1,100	1x{ 2 x 100 on 1:15 Pull 7 SOLW			
	{ 2 x 125 on 1:30 Pull 6 SOLW			
	{ 2 x 150 on 1:50 Pull 5 SOLW			
	{ 2 x 175 on 2:10 Pull 4 SOLW			
200	4x{ 1 x 25 on :50 Sculling drills			
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:40 PM	3,800 Yards - Stress Value = 54			

**Workout #14546 - Monday, 16 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	Σ
3:00 PM	Start			
=====	=====	===	=====	=
	1 on 30:00 DS/ Physio Ball			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
1,450	1x{ 4 x 25 on :35 Kick no board BSLR			
	{ 2 x 125 on 2:00 Kick			
	{ 4 x 25 on :35 Kick no board BSLR			
	{ 2 x 125 on 2:05 Kick			
	{ 4 x 25 on :35 Kick no board BSLR			
	{ 2 x 125 on 2:10 Kick			
	{ 4 x 25 on :35 Kick no board BSLR			
	{ 2 x 75 on 1:20 Kick			
	{ 4 x 25 on :35 Kick no board BSLR			
	{ 1 x 50 on :55 Kick			
1,000	1x{ 1 x 100 on 1:25 Pull 7 SOLW			
	{ 2 x 125 on 1:45 Pull 6 SOLW			
	{ 2 x 150 on 2:05 Pull 5 SOLW			
	{ 2 x 175 on 2:25 Pull 4 SOLW			
200	4x{ 1 x 25 on :50 Sculling drills			
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:40 PM	3,400 Yards - Stress Value = 47			

**Workout #14547 - Monday, 16 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
	1 on 30:00 DS/ Physio Ball				
550	1 x 550 on 10:00 Swim-kick-pull-swim				
150	10 x 15 on :45 Shooters				
1,250	1x{4 x 25 on :40 Kick no board BSLR				
	{2 x 125 on 2:20 Kick				
	{4 x 25 on :40 Kick no board BSLR				
	{2 x 100 on 1:55 Kick				
	{4 x 25 on :40 Kick no board BSLR				
	{2 x 100 on 2:00 Kick				
	{4 x 25 on :40 Kick no board BSLR				
	{2 x 50 on 1:00 Kick				
	{4 x 25 on :40 Kick no board BSLR				
850	1x{1 x 100 on 1:35 Pull 7 SOLW				
	{2 x 125 on 1:55 Pull 6 SOLW				
	{1 x 150 on 2:20 Pull 5 SOLW				
	{2 x 175 on 2:45 Pull 4 SOLW				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
	4:40 PM 3,000 Yards - Stress Value = 42				

**Workout #14548 - Monday, 16 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
	1 on 30:00 DS/ Physio Ball				
500	1 x 500 on 10:00 Swim-kick-pull-swim				
150	10 x 15 on :45 Shooters				
1,050	1x{4 x 25 on :45 Kick no board BSLR				
	{2 x 100 on 2:15 Kick				
	{4 x 25 on :45 Kick no board BSLR				
	{2 x 100 on 2:20 Kick				
	{4 x 25 on :45 Kick no board BSLR				
	{2 x 100 on 2:25 Kick				
	{4 x 25 on :45 Kick no board BSLR				
	{1 x 50 on 1:15 Kick				
800	1x{2 x 100 on 1:45 Pull 7 SOLW				
	{1 x 125 on 2:10 Pull 6 SOLW				
	{2 x 150 on 2:40 Pull 5 SOLW				
	{1 x 175 on 3:05 Pull 4 SOLW				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
	4:41 PM 2,700 Yards - Stress Value = 37				

**Workout #14549 - Monday, 16 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

2:16 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
3,000	1x{2 x 150 on 1:50 Freestyle	EN1	S	FR	1
	{5 x 100 on 1:10 Freestyle	EN2	S	FR	1
	{2 x 150 on 1:50 Freestyle	EN1	S	FR	1
	{4 x 100 on 1:10 Freestyle	EN2	S	FR	1
	{2 x 150 on 1:50 Freestyle	EN2	S	FR	1
	{3 x 100 on 1:10 Freestyle	EN2	S	FR	1
	{2 x 150 on 1:50 Freestyle	EN1	S	FR	1
	{2 x 100 on 1:10 Freestyle	EN2	S	FR	1
	{2 x 150 on 1:50 Freestyle	EN1	S	FR	1
	{1 x 100 on 1:10 Freestyle	EN2	S	FR	1
	Hold 100's 1:05 or faster				
350	7 x 50 on 1:00 Stroke Drills REC		D	CD	2
	1 on 10:00 Ice			M	
	3:10 PM 3,350 Yards - Stress Value = 48				

**Workout #14550 - Monday, 16 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:41 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
2,750	1x{2 x 150 on 2:05 Freestyle	EN1	S	FR	1
	{5 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:05 Freestyle	EN1	S	FR	1
	{4 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:05 Freestyle	EN2	S	FR	1
	{3 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:00 Freestyle	EN1	S	FR	1
	{2 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{1 x 150 on 2:00 Freestyle	EN1	S	FR	1
	Hold 100's 1:12 or faster				
350	7 x 50 on 1:00 Stroke Drills REC		D	CD	2
	1 on 10:00 Ice			M	
	5:35 PM 3,100 Yards - Stress Value = 45				

**Workout #14551 - Monday, 16 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:41 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
2,250	1x{2 x 150 on 2:30 Freestyle	EN1	S	FR	1
	{5 x 100 on 1:30 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:30 Freestyle	EN1	S	FR	1
	{4 x 100 on 1:30 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:30 Freestyle	EN2	S	FR	1
	{3 x 100 on 1:30 Freestyle	EN2	S	FR	1
	{1 x 150 on 2:30 Freestyle	EN1	S	FR	1
	hold 100's 1:22 or faster				
350	7 x 50 on 1:00 Stroke Drills REC		D	CD	2
	1 on 10:00 Ice			M	
	5:35 PM 2,600 Yards - Stress Value = 38				

**Workout #14552 - Monday, 16 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:41 PM Start

Yards	Set Description	EGY	WORK	STK	F
=====	=====	=====	=====	=====	=====
2,000	1x{2 x 150 on 2:45 Freestyle	EN1	S	FR	1
	{5 x 100 on 1:45 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:45 Freestyle	EN1	S	FR	1
	{4 x 100 on 1:45 Freestyle	EN2	S	FR	1
	{2 x 150 on 2:45 Freestyle	EN2	S	FR	1
	{2 x 100 on 1:45 Freestyle	EN2	S	FR	1
	Hold 100's 1:39 or faster				
350	7 x 50 on 1:00 Stroke Drills REC		D	CD	2
	1 on 10:00 Ice			M	
	5:35 PM 2,350 Yards - Stress Value = 34				

**Workout #14553 - Monday, 16 December 2013**

**HighSchl - Fly**

**1 minute rest between sets**

4:41 PM Start  
 Yards Set Description EC  
 =====  
 2,750 1x{1 x 250 on 3:40 Fly 1+1 stroke off walls EN  
 {2 x 225 on 3:15 Fly 2+1 stroke off walls EN  
 {3 x 200 on 2:50 Fly 3+1 stroke off walls EN  
 {4 x 175 on 2:25 Fly 4+1 strokes off walls EN  
 {5 x 150 on 2:00 Fly 5+1 stroke off walls EN  
 250 1 x 250 on 4:00 Stroke Drills RE  
 1 on 10:00 Ice  
 5:35 PM 3,000 Yards - Stress Value = 55

900 1x{4 x 25 on :45 Kick no board S EN  
 {1 x 200 on 4:00 Kick alt 25 fly 25 choice EN  
 {4 x 25 on :45 Kick no board S EN  
 {2 x 150 on 2:50 Kick alt 25 fly 25 choice EN  
 {4 x 25 on :45 Kick no board S EN  
 {1 x 100 on 1:50 Kick alt 25 ly 25 choice EN  
 150 6 x 25 on :45 Fly Drills RE  
 2,350 1x{3 x 100 on 1:35 2 strokes fly off walls EN  
 {2 x 100 on 1:30 2 strokes fly off walls EN  
 {1 x 100 on 1:25 2 strokes fly off walls EN  
 {6 x 25 on :30 Fly lupdown +1 EN  
 {1 x 50 on 1:00 Freestyle RE  
 {3 x 100 on 1:30 3 strokes fly off walls EN  
 {2 x 100 on 1:25 3 strokes fly off walls EN  
 {1 x 100 on 1:20 3 strokes fly off walls EN  
 {6 x 25 on :30 Fly lupdown+1 EN  
 {1 x 50 on 1:00 Freestyle RE  
 {3 x 100 on 1:25 4 strokes fly off walls EN  
 {2 x 100 on 1:20 4 strokes fly off walls EN  
 {1 x 100 on 1:15 4 strokes fly off walls EN  
 {6 x 25 on :30 Fly lupdown+1 EN  
 1 on 10:00 Game  
 7:30 PM 4,050 Yards - Stress Value = 69

**Workout #14554 - Monday, 16 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:41 PM Start  
 Yards Set Description EC  
 =====  
 2,600 1x{1 x 250 on 4:00 Fly 1+1 stroke off walls EN  
 {2 x 225 on 3:30 Fly 2+1 stroke off walls EN  
 {3 x 200 on 3:05 Fly 3+1 stroke off walls EN  
 {4 x 175 on 2:40 Fly 4+1 strokes off walls EN  
 {4 x 150 on 2:15 Fly 5+1 stroke off walls EN  
 250 1 x 250 on 4:00 Stroke Drills RE  
 1 on 10:00 Ice  
 5:36 PM 2,850 Yards - Stress Value = 52

**Workout #14558 - Monday, 16 December 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EC  
 =====  
 1 on 25:00 DS/Physio Ball/Tm Mtg  
 500 1 x 500 on 10:00 Swim-kick-pull-swim RE  
 150 10 x 15 on :45 Shooters SE  
 850 1x{4 x 25 on :45 Kick no board S EN  
 {1 x 200 on 4:20 Kick alt 25 fly 25 choice EN  
 {4 x 25 on :45 Kick no board S EN  
 {1 x 150 on 3:10 Kick alt 25 fly 25 choice EN  
 {4 x 25 on :45 Kick no board S EN  
 {2 x 100 on 2:05 Kick alt 25 ly 25 choice EN  
 150 6 x 25 on :45 Fly Drills RE  
 2,100 1x{3 x 100 on 1:45 2 strokes fly off walls EN  
 {2 x 100 on 1:40 2 strokes fly off walls EN  
 {1 x 100 on 1:35 2 strokes fly off walls EN  
 {4 x 25 on :35 Fly lupdown +1 EN  
 {1 x 50 on 1:00 Freestyle RE  
 {3 x 100 on 1:40 3 strokes fly off walls EN  
 {2 x 100 on 1:35 3 strokes fly off walls EN  
 {1 x 100 on 1:30 3 strokes fly off walls EN  
 {4 x 25 on :35 Fly lupdown+1 EN  
 {1 x 50 on 1:00 Freestyle RE  
 {2 x 100 on 1:35 4 strokes fly off walls EN  
 {2 x 100 on 1:30 4 strokes fly off walls EN  
 {1 x 100 on 1:25 4 strokes fly off walls EN  
 {4 x 25 on :35 Fly lupdown+1 EN  
 1 on 10:00 Game RE  
 7:29 PM 3,750 Yards - Stress Value = 63

**Workout #14555 - Monday, 16 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:41 PM Start  
 Yards Set Description EC  
 =====  
 2,300 1x{1 x 250 on 4:25 Fly 1+1 stroke off walls EN  
 {2 x 225 on 3:55 Fly 2+1 stroke off walls EN  
 {3 x 200 on 3:25 Fly 3+1 stroke off walls EN  
 {4 x 175 on 2:55 Fly 4+1 strokes off walls EN  
 {3 x 100 on 1:35 Fly 5+1 stroke off walls EN  
 250 1 x 250 on 4:00 Stroke Drills RE  
 1 on 10:00 Ice  
 5:35 PM 2,550 Yards - Stress Value = 46

**Workout #14556 - Monday, 16 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:41 PM Start  
 Yards Set Description EC  
 =====  
 1,900 1x{1 x 250 on 5:15 Fly 1+1 stroke off walls EN  
 {2 x 225 on 4:35 Fly 2+1 stroke off walls EN  
 {3 x 200 on 4:00 Fly 3+1 stroke off walls EN  
 {4 x 150 on 2:55 Fly 4+1 strokes off walls EN  
 250 1 x 250 on 4:00 Stroke Drills RE  
 1 on 10:00 Ice  
 5:35 PM 2,150 Yards - Stress Value = 38

**Workout #14557 - Monday, 16 December 2013**

**Group 2 - Fly**

**1 minute rest between sets**

5:30 PM Start  
 Yards Set Description EC  
 =====  
 1 on 25:00 DS/Physio Ball/Tm Mtg  
 500 1 x 500 on 10:00 Choice RE  
 150 10 x 15 on :45 Shooters SE

**Workout #14559 - Monday, 16 December 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EC
5:30 PM	Start	
=====	=====	==
	1 on 25:00 DS/Physio Ball/Tm Mtg	
450	1 x 450 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SE
800	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 200 on 4:40 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{2 x 150 on 3:25 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
150	6 x 25 on :45 Fly Drills	RE
1,800	1x{3 x 100 on 2:00 2 strokes fly off walls	EN
	{2 x 100 on 1:55 2 strokes fly off walls	EN
	{1 x 100 on 1:50 2 strokes fly off walls	EN
	{4 x 25 on :40 Fly lupldown +1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{3 x 100 on 1:55 3 strokes fly off walls	EN
	{2 x 100 on 1:50 3 strokes fly off walls	EN
	{1 x 100 on 1:45 3 strokes fly off walls	EN
	{4 x 25 on :40 Fly lupldown+1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{1 x 100 on 1:50 4 strokes fly off walls	EN
	{1 x 100 on 1:45 4 strokes fly off walls	EN
	{4 x 25 on :35 Fly lupldown+1	EN
	1 on 10:00 Game	RE
7:29 PM	3,350 Yards - Stress Value = 56	

**Workout #14560 - Monday, 16 December 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EC
5:30 PM	Start	
=====	=====	==
	1 on 25:00 DS/Physio Ball/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SE
750	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 150 on 4:15 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{3 x 100 on 2:45 Kick alt 25 fly 25 choice	EN
	{2 x 25 on :45 Kick no board S	EN
	{1 x 50 on 1:00 Kick alt 25 fly 25 choice	EN
150	6 x 25 on :45 Fly Drills	RE
1,600	1x{3 x 100 on 2:15 2 strokes fly off walls	EN
	{2 x 100 on 2:10 2 strokes fly off walls	EN
	{1 x 100 on 2:05 2 strokes fly off walls	EN
	{4 x 25 on :45 Fly lupldown +1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{3 x 100 on 2:10 3 strokes fly off walls	EN
	{2 x 100 on 2:05 3 strokes fly off walls	EN
	{1 x 100 on 2:00 3 strokes fly off walls	EN
	{4 x 25 on :45 Fly lupldown+1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{1 x 100 on 2:00 4 strokes fly off walls	EN
	1 on 10:00 Game	RE
7:29 PM	3,050 Yards - Stress Value = 51	

**Workout #14561 - Monday, 16 December 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EC
5:30 PM	Start	
=====	=====	==
	1 on 25:00 DS/Physio Ball/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SE
600	1x{4 x 25 on 1:00 Kick no board S	EN
	{1 x 150 on 4:30 Kick alt 25 fly 25 choice	EN

	{4 x 25 on 1:00 Kick no board S	EN
	{2 x 100 on 2:55 Kick alt 25 fly 25 choice	EN
	{2 x 25 on 1:00 Kick no board S	EN
150	6 x 25 on :45 Fly Drills	RE
1,400	1x{3 x 100 on 2:40 2 strokes fly off walls	EN
	{2 x 100 on 2:35 2 strokes fly off walls	EN
	{1 x 100 on 2:30 2 strokes fly off walls	EN
	{4 x 25 on :45 Fly lupldown +1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{3 x 100 on 2:35 3 strokes fly off walls	EN
	{1 x 100 on 2:30 3 strokes fly off walls	EN
	{1 x 100 on 2:25 3 strokes fly off walls	EN
	{6 x 25 on :45 Fly lupldown+1	EN
	1 on 10:00 Game	RE
7:30 PM	2,700 Yards - Stress Value = 45	

**Workout #14562 - Tuesday, 17 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	==	==
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,150	1x{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 104	EN2	
	{1 x 300 on 3:40 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 200 on 2:25 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 103	EN2	
	{1 x 200 on 2:25 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 300 on 3:40 Freestyle	EN2	
	{1 x 100 on 1:20 Free hold 102	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 400 on 4:55 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold :55	EN2	
	1 on 10:00 Ice	REC	
7:05 AM	2,950 Yards - Stress Value = 46		

**Workout #14563 - Tuesday, 17 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	==	==
	1 on 35:00 DS and Weights		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,000	1x{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 110	EN2	
	{1 x 300 on 3:55 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 200 on 2:35 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 109	EN2	
	{1 x 200 on 2:35 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 300 on 3:55 Freestyle	EN2	
	{1 x 100 on 1:30 Free hold 108	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 250 on 3:20 Freestyle	EN2	
	{1 x 100 on 1:30 Free Hold 59	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,800 Yards - Stress Value = 43		

**Workout #14564 - Tuesday, 17 December 2013**

7:05 AM 2,800 Yards - Stress Value = 46

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,750	1x{1 x 100 on 1:30 Freestyle	EN2	
	{1 x 100 on 1:40 Free Hold 120	EN2	
	{1 x 300 on 4:25 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 200 on 2:55 Freestyle	EN2	
	{1 x 100 on 1:40 Free Hold 119	EN2	
	{1 x 200 on 2:55 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
	{1 x 300 on 4:25 Freestyle	EN2	
	{1 x 100 on 1:40 Free hold 118	EN2	
	{1 x 100 on 1:30 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
250	{1 x 100 on 1:40 Free Hold 105	EN2	
	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,550 Yards - Stress Value = 38		

**Workout #14565 - Tuesday, 17 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS and Weights		
150	1 x 350 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,550	1x{1 x 100 on 1:45 Freestyle	EN2	
	{1 x 100 on 1:55 Free Hold 1:30	EN2	
	{1 x 300 on 5:15 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 200 on 3:30 Freestyle	EN2	
	{1 x 100 on 1:55 Free Hold 1:26	EN2	
	{1 x 200 on 3:30 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 300 on 5:15 Freestyle	EN2	
	{1 x 100 on 1:55 Free hold 1:15	EN2	
	{1 x 50 on :50 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,300 Yards - Stress Value = 35		

**Workout #14566 - Tuesday, 17 December 2013**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,000	1x{3 x 100 on 1:25 Backstroke-descend	EN2	
	{1 x 200 on 2:25 Backstroke	EN2	
	{3 x 100 on 1:25 Backstroke-descend	EN2	
	{1 x 200 on 2:30 Backstroke	EN2	
	{3 x 100 on 1:25 Backstroke-descend	EN2	
	{1 x 200 on 2:35 Backstroke	EN2	
	{3 x 100 on 1:25 Backstroke-descend	EN2	
	{1 x 200 on 2:40 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

**Workout #14567 - Tuesday, 17 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,900	1x{3 x 100 on 1:30 Backstroke-descend	EN2	
	{1 x 200 on 2:40 Backstroke	EN2	
	{3 x 100 on 1:30 Backstroke-descend	EN2	
	{1 x 200 on 2:45 Backstroke	EN2	
	{3 x 100 on 1:30 Backstroke-descend	EN2	
	{1 x 200 on 2:50 Backstroke	EN2	
	{3 x 100 on 1:30 Backstroke-descend	EN2	
	{1 x 100 on 1:30 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,700 Yards - Stress Value = 44		

**Workout #14568 - Tuesday, 17 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS and Weights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,700	1x{3 x 100 on 1:40 Backstroke-descend	EN2	
	{1 x 200 on 3:00 Backstroke	EN2	
	{3 x 100 on 1:40 Backstroke-descend	EN2	
	{1 x 200 on 3:05 Backstroke	EN2	
	{3 x 100 on 1:40 Backstroke-descend	EN2	
	{1 x 200 on 3:10 Backstroke	EN2	
	{2 x 100 on 1:40 Backstroke-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,500 Yards - Stress Value = 40		

**Workout #14569 - Tuesday, 17 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS and Weights		
150	1 x 350 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,400	1x{3 x 100 on 2:00 Backstroke-descend	EN2	
	{1 x 200 on 3:40 Backstroke	EN2	
	{3 x 100 on 2:00 Backstroke-descend	EN2	
	{1 x 200 on 3:45 Backstroke	EN2	
	{3 x 100 on 2:00 Backstroke-descend	EN2	
	{1 x 100 on 1:55 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,150 Yards - Stress Value = 34		

**Workout #14570 - Wednesday, 18 December 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,800 1x{ Hold avg 50 time under :45 for entire set  
 {4 x 25 on :30 Kick no board BSLR-10 KOW  
 {1 x 200 on 3:10 Kick  
 {4 x 25 on :35 Kick no board BSLR 12 KOW  
 {2 x 175 on 2:50 Kick  
 {4 x 25 on :40 Kick no board BSLR 14 KOW  
 {3 x 150 on 2:30 Kick  
 {4 x 25 on :45 Kick no board BSLR 16 KOW  
 {4 x 100 on 1:45 Kick  
 1,250 1x{ Br 3-5-7 cont/L.25 2 breaths  
 {2 x 125 on 1:45 Lungbuster pulls  
 {2 x 125 on 1:40 Lungbuster pulls  
 {2 x 125 on 1:35 Lungbuster pulls  
 {2 x 125 on 1:30 Lungbuster pulls  
 {2 x 125 on 1:25 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:43 PM 4,000 Yards - Stress Value = 69

**Workout #14571 - Wednesday, 18 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,650 1x{ Hold avg 50 time under :50 for entire set  
 {4 x 25 on :35 Kick no board BSLR-10 KOW  
 {1 x 200 on 3:30 Kick  
 {4 x 25 on :35 Kick no board BSLR 12 KOW  
 {2 x 175 on 3:10 Kick  
 {4 x 25 on :40 Kick no board BSLR 14 KOW  
 {2 x 150 on 2:45 Kick  
 {4 x 25 on :45 Kick no board BSLR 16 KOW  
 {4 x 100 on 1:55 Kick  
 1,100 1x{ Br 3-5-7 cont/L.25 2 breaths  
 {2 x 125 on 1:55 Lungbuster pulls  
 {2 x 125 on 1:50 Lungbuster pulls  
 {2 x 125 on 1:45 Lungbuster pulls  
 {2 x 125 on 1:40 Lungbuster pulls  
 {1 x 100 on 1:20 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:43 PM 3,700 Yards - Stress Value = 57

**Workout #14572 - Wednesday, 18 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,500 1x{ Hold avg 50 time under :55 for entire set  
 {4 x 25 on :40 Kick no board BSLR-10 KOW  
 {1 x 200 on 4:00 Kick  
 {4 x 25 on :40 Kick no board BSLR 12 KOW  
 {2 x 175 on 3:35 Kick  
 {4 x 25 on :40 Kick no board BSLR 14 KOW  
 {3 x 150 on 3:10 Kick

{4 x 25 on :45 Kick no board BSLR 16 KOW  
 {1 x 100 on 2:10 Kick  
 1,000 1x{ Br 3-5-7 cont/L.25 2 breaths  
 {2 x 125 on 2:05 Lungbuster pulls  
 {2 x 125 on 2:00 Lungbuster pulls  
 {2 x 125 on 1:55 Lungbuster pulls  
 {2 x 125 on 1:50 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:43 PM 3,400 Yards - Stress Value = 52

**Workout #14573 - Wednesday, 18 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Abs  
 500 1 x 500 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,400 1x{ Hold avg 50 time under 1:00 for entire set  
 {4 x 25 on :45 Kick no board BSLR-10 KOW  
 {1 x 200 on 4:20 Kick  
 {4 x 25 on :40 Kick no board BSLR 12 KOW  
 {2 x 175 on 3:55 Kick  
 {4 x 25 on :40 Kick no board BSLR 14 KOW  
 {2 x 150 on 3:30 Kick  
 {4 x 25 on :45 Kick no board BSLR 16 KOW  
 {3 x 50 on 1:10 Kick  
 900 1x{ Br 3-5-7 cont/L.25 2 breaths  
 {2 x 125 on 2:20 Lungbuster pulls  
 {2 x 125 on 2:15 Lungbuster pulls  
 {2 x 100 on 1:45 Lungbuster pulls  
 {2 x 100 on 1:40 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:43 PM 3,150 Yards - Stress Value = 49

**Workout #14574 - Wednesday, 18 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:43 PM Start  
 Yards Set Description EGY WORK STK  
 =====  
 2,700 1x{1 x 250 on 2:55 Freestyle EN2 S FR  
 {6 x 25 on :30 Freestyle EN3 S FR  
 {2 x 225 on 2:35 Freestyle EN2 S FR  
 {5 x 50 on :55 Freestyle EN3 S FR  
 {3 x 200 on 2:20 Freestyle EN2 S FR  
 {4 x 75 on 1:20 Freestyle EN3 S FR  
 {4 x 175 on 2:05 Freestyle EN2 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 5:35 PM 2,950 Yards - Stress Value = 82

**Workout #14572 - Wednesday, 18 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

**Workout #14575 - Wednesday, 18 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:43 PM	Start			
2,525	1x{1 x 250 on 3:10 Freestyle	EN2	S	FR
	{6 x 25 on :30 Freestyle	EN3	S	FR
	{2 x 225 on 2:55 Freestyle	EN2	S	FR
	{5 x 50 on :55 Freestyle	EN3	S	FR
	{3 x 200 on 2:40 Freestyle	EN2	S	FR
	{4 x 75 on 1:20 Freestyle	EN3	S	FR
	{3 x 175 on 2:25 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:36 PM	2,775 Yards - Stress Value = 78			

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
4:43 PM	Start
2,450	1x{1 x 200 on 2:55 Individual Medley
	{1 x 150 on 2:20 IM w75 fly drill/75 fast
	{2 x 200 on 2:50 Individual Medley
	{1 x 150 on 2:20 IM w/75 back drill/75 fast
	{3 x 200 on 2:45 Individual Medley
	{1 x 150 on 2:20 IMw/75 breast drill/75 fast
	{4 x 200 on 2:45 Individual Medley
300	6 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
5:35 PM	2,750 Yards - Stress Value = 49

**Workout #14576 - Wednesday, 18 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:43 PM	Start			
2,150	1x{1 x 250 on 3:45 Freestyle	EN2	S	FR
	{6 x 25 on :35 Freestyle	EN3	S	FR
	{2 x 225 on 3:25 Freestyle	EN2	S	FR
	{5 x 50 on 1:00 Freestyle	EN3	S	FR
	{3 x 200 on 3:00 Freestyle	EN2	S	FR
	{4 x 75 on 1:30 Freestyle	EN3	S	FR
	{1 x 150 on 2:15 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM	2,400 Yards - Stress Value = 71			

**Workout #14580 - Wednesday, 18 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
4:43 PM	Start
2,250	1x{1 x 200 on 3:15 Individual Medley
	{1 x 150 on 2:30 IM w75 fly drill/75 fast
	{2 x 200 on 3:10 Individual Medley
	{1 x 150 on 2:30 IM w/75 back drill/75 fast
	{3 x 200 on 3:05 Individual Medley
	{1 x 150 on 2:30 IMw/75 breast drill/75 fast
	{3 x 200 on 3:00 Individual Medley
250	5 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
5:35 PM	2,500 Yards - Stress Value = 45

**Workout #14577 - Wednesday, 18 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
4:43 PM	Start			
1,850	1x{1 x 250 on 4:30 Freestyle	EN2	S	FR
	{6 x 25 on :40 Freestyle	EN3	S	FR
	{2 x 225 on 4:05 Freestyle	EN2	S	FR
	{5 x 50 on 1:10 Freestyle	EN3	S	FR
	{3 x 200 on 3:40 Freestyle	EN2	S	FR
	{3 x 50 on 1:10 Freestyle	EN3	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM	2,100 Yards - Stress Value = 59			

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description
4:43 PM	Start
1,850	1x{1 x 200 on 4:00 Individual Medley
	{1 x 150 on 3:00 IM w75 fly drill/75 fast
	{2 x 200 on 3:55 Individual Medley
	{1 x 150 on 3:00 IM w/75 back drill/75 fast
	{3 x 200 on 3:50 Individual Medley
	{1 x 150 on 3:00 IMw/75 breast drill/75 fast
	{1 x 200 on 3:45 Individual Medley
200	4 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
5:35 PM	2,050 Yards - Stress Value = 37

**Workout #14578 - Wednesday, 18 December 2013**

**HighSchl - IM'ers**

**1 minute rest between sets**

Yards	Set Description
4:43 PM	Start
2,600	1x{1 x 200 on 2:40 Individual Medley
	{1 x 150 on 2:10 IM w75 fly drill/75 fast
	{2 x 200 on 2:35 Individual Medley
	{1 x 150 on 2:10 IM w/75 back drill/75 fast
	{3 x 200 on 2:30 Individual Medley
	{1 x 150 on 2:10 IMw/75 breast drill/75 fast
	{4 x 200 on 2:30 Individual Medley
	{1 x 150 on 2:10 IM w/75 free drill/75 fast
350	7 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
5:35 PM	2,950 Yards - Stress Value = 52

**Workout #14579 - Wednesday, 18 December 2013**

**Workout #14582 - Wednesday, 18 December 2013**

**1 minute rest between sets**

**Group 2 - Freestylers**

**1 minute rest between sets**

5:30 PM Start				5:30 PM Start			
Yards	Set Description	EGY	WOF	Yards	Set Description	EGY	WOF
500	1 on 30:00 DS/Abs/Tm Mtg			400	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC		150	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
100	10 x 15 on :45 Shooters	SP3		100	10 x 15 on :45 Shooters	SP3	
2,000	1 x 100 on 3:00 Kick for time	EN2		1,350	1 x 100 on 3:00 Kick for time	EN2	
	1x{1 x 100 on 1:55 Kick	EN2			{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 1:15 Pulls	EN2			{1 x 100 on 2:00 Pulls	EN2	
	{2 x 100 on 1:50 Kick	EN2			{2 x 100 on 2:40 Kick	EN2	
	{2 x 100 on 1:20 Pulls	EN2			{2 x 100 on 2:05 Pulls	EN2	
	{3 x 100 on 1:45 Kick	EN2			{3 x 100 on 2:35 Kick	EN2	
	{3 x 100 on 1:25 Pulls	EN2			{3 x 100 on 2:10 Pulls	EN2	
	{4 x 100 on 1:40 Kick	EN2			{1 x 100 on 2:30 Kick	EN2	
	{4 x 100 on 1:30 Pulls	EN2		150	{1 x 50 on 1:00 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC		150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Freestyle	SP1		500	10 x 50 on 2:00 Freestyle	SP1	
300	6 x 50 on 1:00 Stroke Drills	REC		300	6 x 50 on 1:00 Stroke Drills	REC	
	7:30 PM 3,700 Yards - Stress Value = 88				7:30 PM 2,950 Yards - Stress Value = 75		

**Workout #14586 - Monday, 16 December 2013**

**Group 2 - Copper**

**1 minute rest between sets**

**Workout #14583 - Wednesday, 18 December 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:30 PM Start				5:30 PM Start			
Yards	Set Description	EGY	WOF	Yards	Set Description	EGY	WOF
500	1 on 30:00 DS/Abs/Tm Mtg			400	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC		150	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
100	10 x 15 on :45 Shooters	SP3		100	10 x 15 on :45 Shooters	SP3	
1,800	1 x 100 on 3:00 Kick for time	EN2		1,100	1 x 100 on 3:00 Kick for time	EN2	
	1x{1 x 100 on 2:05 Kick	EN2			{1 x 100 on 3:15 Kick	EN2	
	{1 x 100 on 1:25 Pulls	EN2			{1 x 100 on 2:30 Pulls	EN2	
	{2 x 100 on 2:00 Kick	EN2			{2 x 100 on 3:10 Kick	EN2	
	{2 x 100 on 1:30 Pulls	EN2			{2 x 100 on 2:35 Pulls	EN2	
	{3 x 100 on 1:55 Kick	EN2		150	{3 x 100 on 3:05 Kick	EN2	
	{3 x 100 on 1:35 Pulls	EN2		150	{2 x 100 on 2:40 Pulls	EN2	
	{3 x 100 on 1:50 Kick	EN2		500	6 x 25 on :45 Stroke Drills	REC	
	{3 x 100 on 1:40 Pulls	EN2		500	10 x 50 on 2:00 Freestyle	SP1	
150	6 x 25 on :45 Stroke Drills	REC		300	6 x 50 on 1:00 Stroke Drills	REC	
500	10 x 50 on 2:00 Freestyle	SP1			7:30 PM 2,700 Yards - Stress Value = 70		
300	6 x 50 on 1:00 Stroke Drills	REC					
	7:30 PM 3,500 Yards - Stress Value = 84						

**Workout #14587 - Thursday, 19 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

**Workout #14584 - Wednesday, 18 December 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:30 AM Start				5:30 AM Start			
Yards	Set Description	EGY	WOF	Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Weights			400	1 on 35:00 DS/Weights		
	1 x 450 on 7:00 Underwater trn drill	REC		150	1 x 400 on 7:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters	SP3		150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free				Odd 100's free even 100's back		
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC		2,400	1x{ Hold all 1:20 base swims under 1:05		
150	10 x 15 on :45 Shooters	SP3			{1 x 300 on 3:25 Freestyle	EN2	
100	1 x 100 on 3:00 Kick for time	EN2			{2 x 150 on 2:00 Freestyle	EN2	
1,600	1x{1 x 100 on 2:20 Kick	EN2			{1 x 300 on 3:25 Freestyle	EN2	
	{1 x 100 on 1:40 Pulls	EN2			{4 x 75 on 1:00 Freestyle	EN2	
	{2 x 100 on 2:15 Kick	EN2			{1 x 300 on 3:25 Freestyle	EN2	
	{2 x 100 on 1:45 Pulls	EN2			{3 x 100 on 1:20 Freestyle	EN2	
	{3 x 100 on 2:10 Kick	EN2			{1 x 300 on 3:25 Freestyle	EN2	
	{3 x 100 on 1:50 Pulls	EN2			{6 x 50 on :40 Freestyle	EN2	
	{2 x 100 on 2:05 Kick	EN2		200	1 x 200 on 3:00 Stroke Drills	REC	
	{2 x 100 on 1:55 Pulls	EN2			1 on 9:00 Ice		
150	6 x 25 on :45 Stroke Drills	REC			7:05 AM 3,150 Yards - Stress Value = 54		
500	10 x 50 on 2:00 Freestyle	SP1					
300	6 x 50 on 1:00 Stroke Drills	REC					
	7:30 PM 3,250 Yards - Stress Value = 80						

**Workout #14585 - Wednesday, 18 December 2013**

**Group 2 - Bronze**

**Workout #14588 - Thursday, 19 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS/Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
2,100	1x{ Hold all 1:30 base swims under 1:15		
	{1 x 250 on 3:15 Freestyle	EN2	
	{2 x 150 on 2:15 Freestyle	EN2	
	{1 x 250 on 3:15 Freestyle	EN2	
	{4 x 75 on 1:10 Freestyle	EN2	
	{1 x 250 on 3:15 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
	{1 x 250 on 3:15 Freestyle	EN2	
	{4 x 50 on :45 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 9:00 Ice		
	7:05 AM 2,850 Yards - Stress Value = 48		

**Workout #14591 - Thursday, 19 December 2013**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description
5:30 AM	Start
400	1 on 35:00 DS and Weights
	1 x 400 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
	Your primary stroke free
1,700	1x{3 x 100 on 1:25 Breaststroke
	{1 x 50 on :55 Under/Overs-2X Pullouts-turn
	{3 x 100 on 1:25 Breaststroke
	{2 x 50 on 1:00 Under/overs-2X pullouts-turn
	{3 x 100 on 1:25 Breaststroke
	{3 x 50 on 1:05 Under/overs-2X pullouts-turn
	{3 x 100 on 1:20 Breaststroke
	{4 x 50 on 1:10 Under/overs-2X pullout-turn
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	7:05 AM 2,500 Yards - Stress Value = 46

**Workout #14589 - Thursday, 19 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS/Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,850	1x{ Hold all 1:40 base swims under 1:25		
	{1 x 200 on 2:55 Freestyle	EN2	
	{2 x 150 on 2:30 Freestyle	EN2	
	{1 x 200 on 2:55 Freestyle	EN2	
	{4 x 75 on 1:15 Freestyle	EN2	
	{1 x 200 on 2:55 Freestyle	EN2	
	{3 x 100 on 1:40 Freestyle	EN2	
	{1 x 200 on 2:55 Freestyle	EN2	
	{3 x 50 on :50 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 9:00 Ice		
	7:05 AM 2,600 Yards - Stress Value = 43		

**Workout #14592 - Thursday, 19 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
5:30 AM	Start
400	1 on 35:00 DS and Weights
	1 x 400 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
	Your primary stroke free
1,650	1x{3 x 100 on 1:35 Breaststroke
	{1 x 50 on :55 Under/Overs-2X Pullouts-turn
	{3 x 100 on 1:35 Breaststroke
	{2 x 50 on 1:00 Under/overs-2X pullouts-turn
	{3 x 100 on 1:35 Breaststroke
	{3 x 50 on 1:05 Under/overs-2X pullouts-turn
	{3 x 100 on 1:30 Breaststroke
	{3 x 50 on 1:10 Under/overs-2X pullout-turn
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	7:05 AM 2,400 Yards - Stress Value = 45

**Workout #14590 - Thursday, 19 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS/Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,700	1x{ Hold all 1:50 base swims under 1:35		
	{1 x 200 on 3:35 Freestyle	EN2	
	{2 x 150 on 2:45 Freestyle	EN2	
	{1 x 200 on 3:35 Freestyle	EN2	
	{4 x 75 on 1:25 Freestyle	EN2	
	{1 x 200 on 3:35 Freestyle	EN2	
	{3 x 100 on 1:50 Freestyle	EN2	
	{1 x 200 on 3:35 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 9:00 Ice		
	7:06 AM 2,450 Yards - Stress Value = 40		

**Workout #14593 - Thursday, 19 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description
5:30 AM	Start
400	1 on 35:00 DS and Weights
	1 x 400 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
	Your primary stroke free
1,500	1x{3 x 100 on 1:50 Breaststroke
	{1 x 50 on 1:00 Under/Overs-2X Pullouts-turn
	{3 x 100 on 1:50 Breaststroke
	{2 x 50 on 1:05 Under/overs-2X pullouts-turn
	{3 x 100 on 1:50 Breaststroke
	{3 x 50 on 1:10 Under/overs-2X pullouts-turn
	{3 x 100 on 1:50 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	7:05 AM 2,250 Yards - Stress Value = 42

**Workout #14594 - Thursday, 19 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS and Weights  
 350 1 x 350 on 7:00 Underwater trn drill  
 Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 Your primary stroke free  
 1,300 1x{3 x 100 on 2:10 Breaststroke  
 {1 x 50 on 1:10 Under/Overs-2X Pullouts-turn  
 {3 x 100 on 2:10 Breaststroke  
 {2 x 50 on 1:15 Under/overs-2X pullouts-turn  
 {3 x 100 on 2:10 Breaststroke  
 {1 x 50 on 1:20 Under/overs-2X pullouts-turn  
 {2 x 100 on 2:10 Breaststroke  
 200 1 x 200 on 3:00 Stroke Drills  
 1 on 10:00 Ice  
 7:05 AM 2,000 Yards - Stress Value = 38

{1 x 100 on 1:30 Pulls BWSPF-5  
 {1 x 100 on 1:30 Pulls BWHPF-4  
 {1 x 100 on 1:30 Pulls BWKPF-3  
 {1 x 100 on 1:30 Pulls BWFPPF-2  
 {1 x 100 on 1:25 Pulls BWSPF-4  
 {1 x 100 on 1:25 Pulls BWHPF-3  
 {1 x 50 on :40 Pulls BWKPF-2  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:34 PM 2,950 Yards - Stress Value = 37

**Workout #14597 - Thursday, 19 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 850 1x{4 x 25 on :40 Kick IM order no board  
 {2 x 125 on 2:35 Kick  
 {2 x 100 on 2:20 Kick your non #1  
 {4 x 25 on :40 Kick IM order no board  
 {2 x 100 on 2:15 Kick your non #1  
 950 1x{1 x 100 on 1:45 Pulls BWSPF-6  
 {1 x 100 on 1:45 Pulls BWHPF-5  
 {1 x 100 on 1:45 Pulls BWKPF-4  
 {1 x 100 on 1:45 Pulls BWFPPF-3  
 {1 x 100 on 1:40 Pulls BWSPF-5  
 {1 x 100 on 1:40 Pulls BWHPF-4  
 {1 x 100 on 1:40 Pulls BWKPF-3  
 {1 x 100 on 1:40 Pulls BWFPPF-2  
 {1 x 100 on 1:35 Pulls BWSPF-4  
 {1 x 50 on :45 Pulls BWHPF-3  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:34 PM 2,700 Yards - Stress Value = 34

**Workout #14595 - Thursday, 19 December 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,100 1x{4 x 25 on :30 Kick IM order no board  
 {2 x 125 on 2:00 Kick  
 {2 x 100 on 2:00 Kick your non #1  
 {4 x 25 on :30 Kick IM order no board  
 {2 x 125 on 1:55 Kick  
 {2 x 100 on 1:55 Kick your non #1  
 1,200 1x{1 x 100 on 1:25 Pulls BWSPF-6  
 {1 x 100 on 1:25 Pulls BWHPF-5  
 {1 x 100 on 1:25 Pulls BWKPF-4  
 {1 x 100 on 1:25 Pulls BWFPPF-3  
 {1 x 100 on 1:20 Pulls BWSPF-5  
 {1 x 100 on 1:20 Pulls BWHPF-4  
 {1 x 100 on 1:20 Pulls BWKPF-3  
 {1 x 100 on 1:20 Pulls BWFPPF-2  
 {1 x 100 on 1:15 Pulls BWSPF-4  
 {1 x 100 on 1:15 Pulls BWHPF-3  
 {1 x 100 on 1:15 Pulls BWKPF-2  
 {1 x 100 on 1:15 Pulls BWFPPF-1  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:34 PM 3,250 Yards - Stress Value = 42

**Workout #14598 - Thursday, 19 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 750 1x{4 x 25 on :45 Kick IM order no board  
 {2 x 100 on 2:25 Kick  
 {2 x 75 on 2:10 Kick your non #1  
 {4 x 25 on :45 Kick IM order no board  
 {2 x 100 on 2:20 Kick  
 900 1x{1 x 100 on 1:50 Pulls BWSPF-6  
 {1 x 100 on 1:50 Pulls BWHPF-5  
 {1 x 100 on 1:50 Pulls BWKPF-4  
 {1 x 100 on 1:50 Pulls BWFPPF-3  
 {1 x 100 on 1:45 Pulls BWSPF-5  
 {1 x 100 on 1:45 Pulls BWHPF-4  
 {1 x 100 on 1:45 Pulls BWKPF-3  
 {1 x 100 on 1:45 Pulls BWFPPF-2  
 {1 x 100 on 1:40 Pulls BWSPF-4  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 4:34 PM 2,500 Yards - Stress Value = 32

**Workout #14596 - Thursday, 19 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 950 1x{4 x 25 on :35 Kick IM order no board  
 {2 x 125 on 2:25 Kick  
 {2 x 100 on 2:15 Kick your non #1  
 {4 x 25 on :35 Kick IM order no board  
 {2 x 125 on 2:20 Kick  
 {1 x 50 on 1:05 Kick your non #1  
 1,050 1x{1 x 100 on 1:35 Pulls BWSPF-6  
 {1 x 100 on 1:35 Pulls BWHPF-5  
 {1 x 100 on 1:35 Pulls BWKPF-4  
 {1 x 100 on 1:35 Pulls BWFPPF-3

**Workout #14599 - Thursday, 19 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

4:35 PM Start

Yards	Set Description	EGY	WORK	STK
4,000	1x{4 x 400 on 4:40 Freestyle #3 100%	EN2	S	
	{4 x 300 on 3:25 Freestyle #3 100%	EN2	S	
	{4 x 200 on 2:15 Freestyle #3 100%	EN2	S	200
	{4 x 100 on 1:05 Freestyle #3 100%	EN2	S	
	{ 1st and last 25 of each swim 6bk			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

5:35 PM 4,200 Yards - Stress Value = 80

{2 x 125 on 1:35 Freestyle	EN1	S	FR
{4 x 50 on :45 Fly 2-5 6 KOW	EN2	S	FLY
{2 x 125 on 1:35 Freestyle	EN2	S	FR
{3 x 50 on :45 Fly 2-4, 5 KOW	EN1	S	FLY
{2 x 125 on 1:35 Freestyle	EN1	S	FR
{2 x 50 on :45 Fly 2-3, 4 KOW	EN1	S	FLY
{2 x 125 on 1:35 Freestyle	EN1	S	FLY
{1 x 50 on :45 Fly 2-2, 3 KOW	EN1	S	FLY
{2 x 125 on 1:35 Freestyle	EN2	S	FR
1 x 200 on 3:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice			M

5:34 PM 3,350 Yards - Stress Value = 36

**Workout #14604 - Thursday, 19 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

**Workout #14600 - Thursday, 19 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

4:35 PM Start

Yards	Set Description	EGY	WORK	STK
3,400	1x{4 x 400 on 5:20 Freestyle #3 100%	EN2	S	
	{4 x 300 on 3:55 Freestyle #3 100%	EN2	S	
	{3 x 200 on 2:35 Freestyle #3 100%	EN2	S	
	{ 1st and last 25 of each swim 6bk			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

5:34 PM 3,600 Yards - Stress Value = 68

4:35 PM Start

Yards	Set Description	EGY	WORK	STK
2,900	1x{7 x 50 on :50 Fly 2-2, 9 KOW	EN1	S	FLY
	{2 x 125 on 1:45 Freestyle	EN1	S	FR
	{6 x 50 on :50 Fly 2-3, 8 KOW	EN1	S	FLY
	{2 x 125 on 1:45 Freestyle	EN1	S	FR
	{5 x 50 on :50 Fly 2-4, 7 KOW	EN1	S	FLY
	{2 x 125 on 1:45 Freestyle	EN1	S	FR
	{4 x 50 on :50 Fly 2-5 6 KOW	EN2	S	FLY
	{2 x 125 on 1:45 Freestyle	EN2	S	FR
	{3 x 50 on :50 Fly 2-4, 5 KOW	EN1	S	FLY
	{2 x 125 on 1:45 Freestyle	EN1	S	FR
	{2 x 50 on :50 Fly 2-3, 4 KOW	EN1	S	FLY
	{2 x 125 on 1:45 Freestyle	EN1	S	FLY
200	{1 x 50 on :50 Fly 2-2, 3 KOW	EN1	S	FLY
	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:34 PM 3,100 Yards - Stress Value = 31

**Workout #14601 - Thursday, 19 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:35 PM Start

Yards	Set Description	EGY	WORK	STK
2,800	1x{4 x 300 on 5:00 Freestyle #3 100%	EN2	S	
	{4 x 250 on 4:05 Freestyle #3 100%	EN2	S	
	{3 x 200 on 3:10 Freestyle #3 100%	EN2	S	
	{ 1st and last 25 of each swim 6bk			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

5:35 PM 3,000 Yards - Stress Value = 56

**Workout #14605 - Thursday, 19 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

4:35 PM Start

Yards	Set Description	EGY	WORK	STK
2,600	1x{7 x 50 on :55 Fly 2-2, 9 KOW	EN1	S	FLY
	{2 x 100 on 1:35 Freestyle	EN1	S	FR
	{6 x 50 on :55 Fly 2-3, 8 KOW	EN1	S	FLY
	{2 x 100 on 1:35 Freestyle	EN1	S	FR
	{5 x 50 on :55 Fly 2-4, 7 KOW	EN1	S	FLY
	{2 x 100 on 1:35 Freestyle	EN1	S	FR
	{4 x 50 on :55 Fly 2-5 6 KOW	EN2	S	FLY
	{2 x 100 on 1:35 Freestyle	EN2	S	FR
	{3 x 50 on :55 Fly 2-4, 5 KOW	EN1	S	FLY
	{2 x 100 on 1:35 Freestyle	EN1	S	FR
	{2 x 50 on :55 Fly 2-3, 4 KOW	EN1	S	FLY
	{2 x 100 on 1:35 Freestyle	EN1	S	FLY
200	{1 x 50 on :55 Fly 2-2, 3 KOW	EN1	S	FLY
	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:34 PM 2,800 Yards - Stress Value = 30

**Workout #14602 - Thursday, 19 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:35 PM Start

Yards	Set Description	EGY	WORK	STK
2,400	1x{4 x 250 on 4:40 Freestyle #3 100%	EN2	S	
	{4 x 200 on 3:40 Freestyle #3 100%	EN2	S	
	{4 x 150 on 2:40 Freestyle #3 100%	EN2	S	
	{ 1st and last 25 of each swim 6bk			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

5:33 PM 2,600 Yards - Stress Value = 48

**Workout #14603 - Thursday, 19 December 2013**

**HighSchl - Fly**

**1 minute rest between sets**

4:36 PM Start

Yards	Set Description	EGY	WORK	STK
3,150	1x{7 x 50 on :45 Fly 2-2, 9 KOW	EN1	S	FLY
	{2 x 125 on 1:35 Freestyle	EN1	S	FR
	{6 x 50 on :45 Fly 2-3, 8 KOW	EN1	S	FLY
	{2 x 125 on 1:35 Freestyle	EN1	S	FR
	{5 x 50 on :45 Fly 2-4, 7 KOW	EN1	S	FLY

**Workout #14606 - Thursday, 19 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

4:35 PM Start

Yards	Set Description	EGY	WORK	STK
2,100	1x{7 x 50 on 1:10 Fly 2-2, 9 KOW	EN1	S	FLY
	{2 x 75 on 1:20 Freestyle	EN1	S	FR
	{6 x 50 on 1:10 Fly 2-3, 8 KOW	EN1	S	FLY
	{2 x 75 on 1:20 Freestyle	EN1	S	FR
	{5 x 50 on 1:10 Fly 2-4, 7 KOW	EN1	S	FLY
	{2 x 75 on 1:20 Freestyle	EN1	S	FR
	{4 x 50 on 1:10 Fly 2-5 6 KOW	EN2	S	FLY
	{2 x 75 on 1:20 Freestyle	EN2	S	FR
	{3 x 50 on 1:10 Fly 2-4, 5 KOW	EN1	S	FLY
	{2 x 75 on 1:20 Freestyle	EN1	S	FR
200	{2 x 50 on 1:10 Fly 2-3, 4 KOW	EN1	S	FLY
	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:34 PM 2,300 Yards - Stress Value = 27

**Workout #14607 - Friday, 20 December 2013**

**HighSchl - Recovery/Technique Day**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 28:00 DS/Ted's Abs			
750	1 x 750 on 15:00 5 min choice 10 min IP			
150	10 x 15 on :45 Shooters			
	Finish at bulkhead			
500	1 x 500 on 10:00 Sculling Drills in Diving Well			
800	1 x 800 on 16:00 Vertical Kicking			
	1 on 20:00 Brian's Basic Training			
500	20 x 25 on :30 Variable Speed			
200	1 x 200 on 3:00 Stroke Drills			
	1 on 10:00 Ice			

5:05 PM 2,900 Yards - Stress Value = 47

**Workout #14608 - Friday, 20 December 2013**

**Group 2 - Breast**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Dryland		L	DRY
500	1 x 500 on 10:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,350	9 x 150 on 2:45 Breaststroke	EN2	S	BR
	Descend in 3's and descend each sets avg time			
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD

6:30 PM 2,200 Yards - Stress Value = 33

**Workout #14609 - Friday, 20 December 2013**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Dryland		L	DRY
500	1 x 500 on 10:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,350	9 x 150 on 3:00 Breaststroke	EN2	S	BR
	Descend in 3's and descend each sets avg time			
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD

6:32 PM 2,200 Yards - Stress Value = 33

**Workout #14610 - Friday, 20 December 2013**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Dryland		L	DRY
450	1 x 450 on 10:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,125	9 x 125 on 2:45 Breaststroke	EN2	S	BR
	Descend in 3's and descend each sets avg time			
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD

6:30 PM 1,925 Yards - Stress Value = 28

**Workout #14611 - Friday, 20 December 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Dryland		L	DRY
400	1 x 400 on 10:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,125	9 x 125 on 3:00 Breaststroke	EN2	S	BR
	Descend in 3's and descend each sets avg time			
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD

6:32 PM 1,875 Yards - Stress Value = 28

**Workout #14612 - Friday, 20 December 2013**

**Group 2 - Copper**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Dryland		L	DRY
400	1 x 400 on 10:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
900	9 x 100 on 3:00 Breaststroke	EN2	S	BR
	Descend in 3's and descend each sets avg time			
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD

6:32 PM 1,650 Yards - Stress Value = 24

**Workout #14613 - Saturday, 21 December 2013**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS and Weights			
600	1 x 600 on 10:00 Reverse IM drill			
150	10 x 15 on :45 Shooters			
	IM, primary stroke, or free			
100	1 x 100 on 1:00 Kick for time			
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins			
1,800	1x{1 x 400 on 5:00 Pulls-nbbf&w + 2 yds			
	{2 x 300 on 3:45 Pulls-nbbf&w + 2 yds			
	{3 x 200 on 2:30 Pulls-nbbf&w + 2 yds			
	{2 x 100 on 1:15 Pulls 5 breaths each			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,200	16 x 75 on 1:30 Freestyle			
250	1 x 250 on 4:00 Stroke Drills			
	1 on 10:00 Ice			

9:35 AM 5,400 Yards - Stress Value = 124

**Workout #14614 - Saturday, 21 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS and Weights  
 600 1 x 600 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 IM, primary stroke, or free  
 100 1 x 100 on 1:00 Kick for time  
 1,100 11 x 100 on 2:00 Challenge Kick Set w/fins  
 1,650 1x{1 x 400 on 5:30 Pulls-nbbf&w + 2 yds  
 {2 x 300 on 4:05 Pulls-nbbf&w + 2 yds  
 {3 x 200 on 2:45 Pulls-nbbf&w + 2 yds  
 {1 x 50 on :40 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 16 x 75 on 1:30 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 5,250 Yards - Stress Value = 121

7:00 AM Start

Yards Set Description  
 =====  
 1 on 35:00 DS/Weights  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,500 1x{8 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:15 Kick  
 {8 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:10 Kick  
 {8 x 25 on :30 Kick no board BSLR  
 {2 x 150 on 2:05 Kick  
 1,500 1x{2 x 125 on 1:35 Pulls 8 SOLW  
 {2 x 125 on 1:35 Pulls 7 SOLW  
 {2 x 125 on 1:35 Pulls 6 SOLW  
 {2 x 125 on 1:35 Pulls 5 SOLW  
 {2 x 125 on 1:35 Pulls 4 SOLW  
 {2 x 125 on 1:35 Pulls 3 SOLW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:47 AM 3,950 Yards - Stress Value = 50

**Workout #14618 - Monday, 23 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS and Weights  
 550 1 x 550 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 IM, primary stroke, or free  
 100 1 x 100 on 1:00 Kick for time  
 1,100 11 x 100 on 2:00 Challenge Kick Set w/fins  
 1,500 1x{1 x 400 on 6:00 Pulls-nbbf&w + 2 yds  
 {2 x 300 on 4:30 Pulls-nbbf&w + 2 yds  
 {2 x 200 on 3:00 Pulls-nbbf&w + 2 yds  
 {1 x 100 on 1:30 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 16 x 75 on 1:30 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 5,050 Yards - Stress Value = 120

7:00 AM Start

Yards Set Description  
 =====  
 1 on 35:00 DS/Weights  
 600 1 x 600 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,200 1x{8 x 25 on :35 Kick no board BSLR  
 {2 x 150 on 2:45 Kick  
 {8 x 25 on :35 Kick no board BSLR  
 {2 x 150 on 2:35 Kick  
 {8 x 25 on :35 Kick no board BSLR  
 1,350 1x{2 x 125 on 1:45 Pulls 8 SOLW  
 {2 x 125 on 1:45 Pulls 7 SOLW  
 {2 x 125 on 1:45 Pulls 6 SOLW  
 {2 x 125 on 1:45 Pulls 5 SOLW  
 {2 x 125 on 1:45 Pulls 4 SOLW  
 {1 x 100 on 1:25 Pulls 3 SOLW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:47 AM 3,500 Yards - Stress Value = 43

**Workout #14616 - Saturday, 21 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 40:00 DS and Weights  
 500 1 x 500 on 10:00 Reverse IM drill  
 150 10 x 15 on :45 Shooters  
 IM, primary stroke, or free  
 100 1 x 100 on 1:00 Kick for time  
 1,100 11 x 100 on 2:00 Challenge Kick Set w/fins  
 1,300 1x{1 x 400 on 7:00 Pulls-nbbf&w + 2 yds  
 {2 x 300 on 5:15 Pulls-nbbf&w + 2 yds  
 {3 x 100 on 1:45 Pulls-nbbf&w + 2 yds  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,200 16 x 75 on 1:30 Freestyle  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 9:35 AM 4,800 Yards - Stress Value = 117

**Workout #14619 - Monday, 23 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Weights  
 550 1 x 550 on 10:00 Swim-kick-pull-swim  
 150 10 x 15 on :45 Shooters  
 1,000 1x{8 x 25 on :40 Kick no board BSLR  
 {1 x 150 on 3:10 Kick  
 {8 x 25 on :40 Kick no board BSLR  
 {1 x 150 on 3:05 Kick  
 {8 x 25 on :40 Kick no board BSLR  
 {1 x 100 on 2:00 Kick  
 1,200 1x{2 x 100 on 1:35 Pulls 8 SOLW  
 {2 x 100 on 1:35 Pulls 7 SOLW  
 {2 x 100 on 1:35 Pulls 6 SOLW  
 {2 x 100 on 1:35 Pulls 5 SOLW  
 {2 x 100 on 1:35 Pulls 4 SOLW  
 {2 x 100 on 1:35 Pulls 3 SOLW  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:47 AM 3,100 Yards - Stress Value = 40

**Workout #14617 - Monday, 23 December 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

**Workout #14620 - Monday, 23 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
950	1x{8 x 25 on :45 Kick no board BSLR {2 x 150 on 3:30 Kick {4 x 25 on :45 Kick no board BSLR {2 x 125 on 2:50 Kick {4 x 25 on :45 Kick no board BSLR
1,000	1x{2 x 100 on 1:55 Pulls 8 SOLW {2 x 100 on 1:55 Pulls 7 SOLW {2 x 100 on 1:55 Pulls 6 SOLW {2 x 100 on 1:55 Pulls 5 SOLW {2 x 100 on 1:50 Pulls 4 SOLW
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:47 AM 2,800 Yards - Stress Value = 37	

**Workout #14621 - Monday, 23 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

8:47 AM Start

Yards	Set Description
2,500	1x{1 x 250 on 3:10 Freestyle {2 x 250 on 3:05 Free #2-3 KOW {3 x 250 on 3:00 Free #3 4 strokes off each w {4 x 250 on 2:55 Free #4 descend each 50
350	7 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
9:35 AM 2,850 Yards - Stress Value = 42	

**Workout #14622 - Monday, 23 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

8:47 AM Start

Yards	Set Description
2,300	1x{1 x 250 on 3:25 Freestyle {2 x 250 on 3:20 Free #2-3 KOW {3 x 250 on 3:15 Free #3 4 strokes off each w {4 x 200 on 2:35 Free #4 descend each 50
300	6 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
9:35 AM 2,600 Yards - Stress Value = 38	

**Workout #14623 - Monday, 23 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

8:47 AM Start

Yards	Set Description
2,000	1x{1 x 200 on 3:10 Freestyle {2 x 200 on 3:05 Free #2-3 KOW {3 x 200 on 3:00 Free #3 4 strokes off each w {4 x 200 on 2:55 Free #4 descend each 50
350	7 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
9:35 AM 2,350 Yards - Stress Value = 34	

**Workout #14624 - Monday, 23 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

8:47 AM Start

Yards	Set Description
1,700	1x{1 x 200 on 3:40 Freestyle {2 x 200 on 3:35 Free #2-3 KOW {3 x 200 on 3:30 Free #3 4 strokes off each w {4 x 125 on 2:10 Free #4 descend each 50
350	7 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
9:35 AM 2,050 Yards - Stress Value = 28	

**Workout #14625 - Monday, 23 December 2013**

**HighSchl - Fly**

**1 minute rest between sets**

8:47 AM Start

Yards	Set Description	EGY
2,000	1x{1 x 200 on 2:50 3 strokes fly off walls {8 x 25 on :30 Fly-with free kick {2 x 175 on 2:25 3 strokes fly off walls {6 x 25 on :35 Fly-with free kick {3 x 150 on 2:00 3 strokes fly off walls {4 x 25 on :40 Fly-with free kick {4 x 125 on 1:35 3 strokes fly off walls {2 x 25 on :45 Fly-with free kick	EN2 EN2 EN2 EN2 EN2 EN2 EN2
350	7 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC
9:37 AM 2,350 Yards - Stress Value = 52		

**Workout #14626 - Monday, 23 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

8:47 AM Start

Yards	Set Description	EGY
1,800	1x{1 x 200 on 3:05 3 strokes fly off walls {8 x 25 on :30 Fly-with free kick {2 x 175 on 2:40 3 strokes fly off walls {6 x 25 on :35 Fly-with free kick {3 x 150 on 2:15 3 strokes fly off walls {4 x 25 on :35 Fly-with free kick {4 x 75 on 1:05 3 strokes fly off walls {2 x 25 on :40 Fly-with free kick	EN2 EN2 EN2 EN2 EN2 EN2 EN2
350	7 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC
9:36 AM 2,150 Yards - Stress Value = 48		

**Workout #14627 - Monday, 23 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

8:47 AM Start

Yards	Set Description	EGY
1,700	1x{1 x 200 on 3:20 3 strokes fly off walls {8 x 25 on :30 Fly-with free kick {2 x 175 on 2:55 3 strokes fly off walls {6 x 25 on :35 Fly-with free kick {3 x 150 on 2:30 3 strokes fly off walls {4 x 25 on :40 Fly-with free kick {4 x 50 on :50 3 strokes fly off walls {2 x 25 on :45 Fly-with free kick	EN2 EN2 EN2 EN2 EN2 EN2 EN2
300	6 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC
9:36 AM 2,000 Yards - Stress Value = 46		

**Workout #14628 - Monday, 23 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

8:47 AM Start  
 Yards Set Description EGY  
 =====  
 1,500 1x{1 x 200 on 4:00 3 strokes fly off walls EN2  
 {4 x 25 on :45 Fly-with free kick EN2  
 {2 x 175 on 3:30 3 strokes fly off walls EN2  
 {4 x 25 on :45 Fly-with free kick EN3  
 {3 x 150 on 2:30 3 strokes fly off walls EN2  
 {4 x 25 on :45 Fly with free kick EN3  
 {4 x 50 on 1:00 3 strokes fly off walls EN2  
 300 6 x 50 on 1:00 Stroke Drills REC  
 1 on 10:00 Ice  
 9:36 AM 1,800 Yards - Stress Value = 38

**1 minute rest between sets**

9:00 AM Start  
 Yards Set Description E  
 =====  
 500 1 on 30:00 DS/Physio Ball/Tm Mtg F  
 1 x 500 on 10:00 Choice F  
 150 10 x 15 on :45 Shooters S  
 950 1x{4 x 25 on :45 Kick no board B E  
 {2 x 100 on 2:10 Kick-on back E  
 {4 x 25 on :45 Kick no board B E  
 {2 x 100 on 2:10 Kick on left side E  
 {4 x 25 on :45 Kick no board B E  
 {2 x 100 on 2:10 Kick on right side E  
 {2 x 25 on :45 Kick no board B E  
 { 25's 10KOW+1  
 150 6 x 25 on :45 Stroke Drills F  
 1,800 1x{4 x 125 on 2:15 Back L.25 10 KOW+1 E  
 {6 x 25 on :40 Back-build to great finishes E  
 {4 x 125 on 2:10 Back L.25 10 KOW+1 E  
 {6 x 25 on :40 Back build to great finishes E  
 {4 x 125 on 2:05 Back L.25 10 KOW+1 E  
 200 1 x 200 on 3:00 Stroke Drills F  
 10:59 AM 3,750 Yards - Stress Value = 61

**Workout #14629 - Monday, 23 December 2013**

**Group 2 - Back**

**1 minute rest between sets**

9:00 AM Start  
 Yards Set Description EGY WC  
 =====  
 500 1 on 30:00 DS/Physio Ball/Tm Mtg  
 1 x 500 on 10:00 Swim-kick-pull-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 100 1 x 100 on 2:00 Kick on back for time SP2  
 1,050 1x{6 x 25 on :45 Kick no board B 10KOW+1 EN2  
 {3 x 50 on 1:10 Kick no board on back EN2  
 {6 x 25 on :45 Kick no board B 10KOW+1 EN2  
 {3 x 50 on 1:05 Kick no board on back EN2  
 {6 x 25 on :45 Kick no board B 10KOW+1 EN2  
 {3 x 50 on 1:00 Kick no board on back EN2  
 {6 x 25 on :45 Kick no board B 10KOW+1 EN2  
 { 50's=#1 on back hands seperated, #2 on right  
 { #3 on left side  
 600 1 x 600 on 9:00 Back Pull EN1  
 150 6 x 25 on :45 Back drills REC  
 400 8 x 50 on 2:00 Backstroke SP1  
 250 1 x 250 on 5:00 Stroke Drills REC  
 11:00 AM 3,200 Yards - Stress Value = 75

**Workout #14632 - Monday, 23 December 2013**

**Group 2 - Silver**

**1 minute rest between sets**

9:00 AM Start  
 Yards Set Description E  
 =====  
 450 1 on 30:00 DS/Physio Balls/Tm Mtg F  
 1 x 450 on 10:00 Choice F  
 150 10 x 15 on :45 Shooters S  
 950 1x{4 x 25 on :45 Kick no board B E  
 {2 x 100 on 2:20 Kick-on back E  
 {4 x 25 on :45 Kick no board B E  
 {2 x 100 on 2:20 Kick on left side E  
 {4 x 25 on :45 Kick no board B E  
 {2 x 100 on 2:20 Kick on right side E  
 {2 x 25 on :45 Kick no board B E  
 { 25's 10KOW+1  
 150 6 x 25 on :45 Stroke Drills F  
 1,600 1x{4 x 125 on 2:30 Back L.25 10 KOW+1 E  
 {6 x 25 on :40 Back-build to great finishes E  
 {4 x 125 on 2:25 Back L.25 10 KOW+1 E  
 {6 x 25 on :40 Back build to great finishes E  
 {3 x 100 on 1:50 Back L.25 10 KOW+1 E  
 200 1 x 200 on 3:00 Stroke Drills F  
 11:00 AM 3,500 Yards - Stress Value = 57

**Workout #14630 - Monday, 23 December 2013**

**Group 2 - Back**

**1 minute rest between sets**

9:00 AM Start  
 Yards Set Description E  
 =====  
 500 1 on 30:00 DS/Physio BallsTm Mtg  
 1 x 500 on 10:00 Choice F  
 150 10 x 15 on :45 Shooters S  
 1,000 1x{4 x 25 on :45 Kick no board B E  
 {2 x 100 on 2:00 Kick-on back E  
 {4 x 25 on :45 Kick no board B E  
 {2 x 100 on 2:00 Kick on left side E  
 {4 x 25 on :45 Kick no board B E  
 {2 x 100 on 2:00 Kick on right side E  
 {4 x 25 on :45 Kick no board B E  
 { 25's 10KOW+1  
 150 6 x 25 on :45 Stroke Drills F  
 1,950 1x{4 x 125 on 2:00 Back L.25 10 KOW+1 E  
 {6 x 25 on :40 Back-build to great finishes E  
 {4 x 125 on 1:55 Back L.25 10 KOW+1 E  
 {6 x 25 on :40 Back build to great finishes E  
 {4 x 125 on 1:50 Back L.25 10 KOW+1 E  
 {6 x 25 on :40 Back build to great finishes E  
 200 1 x 200 on 3:00 Stroke Drills F  
 11:00 AM 3,950 Yards - Stress Value = 65

**Workout #14631 - Monday, 23 December 2013**

**Group 2 - Gold**

**Workout #14633 - Monday, 23 December 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

9:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls/Tm Mtg  
 400 1 x 400 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 800 1x{4 x 25 on 1:00 Kick no board B  
 {2 x 100 on 2:30 Kick-on back  
 {4 x 25 on 1:00 Kick no board B  
 {2 x 100 on 2:30 Kick on left side  
 {4 x 25 on 1:00 Kick no board B  
 {1 x 100 on 2:00 Kick on right side  
 { 25's 10KOW+1  
 150 6 x 25 on :45 Stroke Drills  
 1,300 1x{4 x 100 on 2:15 Back L.25 10 KOW+1  
 {4 x 25 on :45 Back-build to great finishes  
 {4 x 100 on 2:10 Back L.25 10 KOW+1  
 {4 x 25 on :45 Back build to great finishes  
 {3 x 100 on 2:05 Back L.25 10 KOW+1  
 1 on 10:00 Game  
 11:00 AM 2,800 Yards - Stress Value = 48

**Workout #14634 - Monday, 23 December 2013**

**Group 2 - Copper**

**1 minute rest between sets**

9:00 AM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Physio Balls/Tm Mtg  
 350 1 x 350 on 10:00 Choice  
 150 10 x 15 on :45 Shooters  
 700 1x{4 x 25 on 1:00 Kick no board B  
 {2 x 100 on 3:30 Kick-on back  
 {4 x 25 on 1:00 Kick no board B  
 {2 x 100 on 3:30 Kick on left side  
 {4 x 25 on 1:00 Kick no board B  
 { 25's 10KOW+1  
 150 6 x 25 on :45 Stroke Drills  
 1,000 1x{4 x 100 on 3:00 Back L.25 10 KOW+1  
 {4 x 25 on 1:00 Back-build to great finishes  
 {4 x 100 on 2:55 Back L.25 15KOW  
 {4 x 25 on 1:00 Back build to great finishes  
 200 1 x 200 on 3:00 Stroke Drills  
 10:59 AM 2,550 Yards - Stress Value = 40

**Workout #14635 - Tuesday, 24 December 2013**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description EGY WORK STK PACE  
 =====  
 10,000 100 x 100 on 1:20 Freestyle EN2 S FR 1:20  
 1 on 10:00 Ice M  
 9:23 AM 10,000 Yards - Stress Value = 200

**Workout #14636 - Thursday, 26 December 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Weights  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,900 1x{4 x 25 on :30 Kick no board BSLR 16KOW  
 {1 x 250 on 3:45 Kick  
 {4 x 25 on :30 Kick no board BSLR 14KOW

{2 x 200 on 2:55 Kick  
 {4 x 25 on :30 Kick no board BSLR 12KOW  
 {3 x 150 on 2:10 Kick  
 {4 x 25 on :30 Kick no board BSLR 10KOW  
 {4 x 100 on 1:25 Kick  
 1,000 1 x 1000 on 13:00 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:46 AM 3,850 Yards - Stress Value = 66

**Workout #14637 - Thursday, 26 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Weights  
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,500 1x{4 x 25 on :35 Kick no board BSLR 16KOW  
 {1 x 250 on 4:40 Kick  
 {4 x 25 on :35 Kick no board BSLR 14KOW  
 {2 x 200 on 3:40 Kick  
 {4 x 25 on :35 Kick no board BSLR 12KOW  
 {3 x 150 on 2:40 Kick  
 {4 x 25 on :35 Kick no board BSLR 10KOW  
 950 1 x 950 on 13:00 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:46 AM 3,400 Yards - Stress Value = 57

**Workout #14638 - Thursday, 26 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Weights  
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F  
 150 10 x 15 on :45 Shooters  
 1,350 1x{4 x 25 on :40 Kick no board BSLR 16KOW  
 {1 x 250 on 5:15 Kick  
 {4 x 25 on :40 Kick no board BSLR 14KOW  
 {1 x 200 on 4:05 Kick  
 {4 x 25 on :40 Kick no board BSLR 12KOW  
 {3 x 150 on 3:00 Kick  
 {4 x 25 on :40 Kick no board BSLR 10KOW  
 {1 x 50 on :55 Kick  
 850 1 x 850 on 13:00 Lungbuster pulls  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:46 AM 3,100 Yards - Stress Value = 52

**Workout #14639 - Thursday, 26 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
7:00 AM	Start			
1,800	1 x 800 on 10:00 Free L.25 of each 100 Non F			
550	10 x 15 on :45 Shooters			
1,150	1x{4 x 25 on :45 Kick no board BSLR 16KOW			
	{1 x 250 on 6:00 Kick			
	{4 x 25 on :45 Kick no board BSLR 14KOW			
	{1 x 200 on 4:40 Kick			
	{4 x 25 on :45 Kick no board BSLR 12KOW			
	{1 x 150 on 3:25 Kick			
	{4 x 25 on :45 Kick no board BSLR 10KOW			
	{2 x 75 on 1:40 Kick			
800	1 x 800 on 13:00 Lungbuster pulls			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
8:46 AM	2,850 Yards - Stress Value = 47			

**Workout #14640 - Thursday, 26 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
8:47 AM	Start			
1,950	1x{8 x 50 on 1:00 Free best effort	EN3	S	FF
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
	{8 x 50 on 1:00 Free best effort	EN3	S	FF
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
	{8 x 50 on 1:00 Free best effort	EN3	S	FF
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
	1 on 10:00 Ice			M
9:36 AM	1,950 Yards - Stress Value = 72			

**Workout #14641 - Thursday, 26 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
8:47 AM	Start			
1,950	1x{8 x 50 on 1:05 Free best effort	EN3	S	FF
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
	{8 x 50 on 1:05 Free best effort	EN3	S	FF
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
	{8 x 50 on 1:05 Free best effort	EN3	S	FF
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
	1 on 10:00 Ice			M
9:38 AM	1,950 Yards - Stress Value = 72			

**Workout #14642 - Thursday, 26 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
8:47 AM	Start			
1,800	1x{8 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FF
	{8 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FF
	{8 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FF
	1 on 10:00 Ice			M
9:38 AM	1,800 Yards - Stress Value = 72			

**Workout #14643 - Thursday, 26 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
8:47 AM	Start			
1,800	1x{8 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FF
	{8 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FF
	{8 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FF
	1 on 10:00 Ice			M
9:38 AM	1,800 Yards - Stress Value = 72			

**Workout #14644 - Thursday, 26 December 2013**

**HighSchl - IM'ers**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
8:47 AM	Start		
2,100	1x{3 x 50 on 1:00 Fly great effort	EN3	
	{3 x 100 on 1:30 50 back 50 breast	EN2	
	{6 x 25 on :30 Free-6bk great finishes	SP2	
	{3 x 50 on :45 Fly	EN2	
	{3 x 50 on 1:00 Back great effort	EN3	
	{3 x 50 on :50 Breast	EN2	
	{6 x 25 on :30 Free 6bk great finishes	SP2	
	{3 x 100 on 1:30 50 fly 50 back	EN2	
	{3 x 50 on 1:00 Breast great effort	EN3	
	{6 x 25 on :30 Free 6bk great finishes	SP2	
	{3 x 100 on 1:20 Individual Medley	EN2	
	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:38 AM	2,350 Yards - Stress Value = 96		

**Workout #14645 - Thursday, 26 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
8:47 AM	Start		
1,900	1x{3 x 50 on 1:05 Fly great effort	EN3	
	{3 x 100 on 1:40 50 back 50 breast	EN2	
	{6 x 25 on :30 Free-6bk great finishes	SP2	
	{3 x 50 on :50 Fly	EN2	
	{3 x 50 on 1:05 Back great effort	EN3	
	{3 x 50 on :55 Breast	EN2	
	{6 x 25 on :30 Free 6bk great finishes	SP2	
	{3 x 100 on 1:40 50 fly 50 back	EN2	
	{3 x 50 on 1:05 Breast great effort	EN3	
	{6 x 25 on :30 Free 6bk great finishes	SP2	
	{1 x 100 on 1:30 Individual Medley	EN2	
	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:38 AM	2,150 Yards - Stress Value = 92		

**Workout #14646 - Thursday, 26 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
1,750	1x{3 x 50 on 1:10 Fly great effort	EN3	
	{3 x 100 on 1:50 50 back 50 breast	EN2	
	{6 x 25 on :30 Free-6bk great finishes	SP2	
	{3 x 50 on :55 Fly	EN2	
	{3 x 50 on 1:10 Back great effort	EN3	
	{3 x 50 on 1:00 Breast	EN2	
	{6 x 25 on :30 Free 6bk great finishes	SP2	
	{3 x 100 on 1:50 50 fly 50 back	EN2	
	{3 x 50 on 1:10 Breast great effort	EN3	
	{4 x 25 on :30 Free 6bk great finishes	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:38 AM 2,000 Yards - Stress Value = 85			

**Workout #14647 - Thursday, 26 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
1,600	1x{3 x 50 on 1:15 Fly geat effort	EN3	
	{3 x 100 on 2:00 50 back 50 breast	EN2	
	{4 x 25 on :40 Free-6bk great finishes	SP2	
	{3 x 50 on 1:00 Fly	EN2	
	{3 x 50 on 1:15 Back great effort	EN3	
	{3 x 50 on 1:05 Breast	EN2	
	{4 x 25 on :40 Free 6bk great finishes	SP2	
	{3 x 100 on 2:00 50 fly 50 back	EN2	
	{3 x 50 on 1:15 Breast great effort	EN3	
	{2 x 25 on :40 Free 6bk great finishes	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:39 AM 1,850 Yards - Stress Value = 70			

**Workout #14648 - Thursday, 26 December 2013**

**Group 2 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
500	1 on 30:00 DS/Core/Tm Mtg		F
150	1 x 500 on 10:00 Underwater trn drill		F
	10 x 15 on :45 Shooters		S
	Alt breast and fly		
700	1x{4 x 25 on :45 Kick no board BSLR		F
	{2 x 100 on 2:00 Kick 1fly 2breast		F
	{4 x 25 on :45 Kick no board BSLR		F
	{2 x 100 on 1:55 Kick 1fly 2br		F
	{4 x 25 on :45 Kick no board BSLR		F
150	6 x 25 on :45 Stroke Drills		F
2,200	1x{8 x 25 on :30 Butterfly		F
	{4 x 50 on 1:00 Breaststroke		F
	{6 x 25 on :30 Butterfly		F
	{3 x 50 on :55 Breaststroke		F
	{4 x 25 on :30 Butterfly		F
	{2 x 50 on :50 Breaststroke		F
	{2 x 25 on :30 Butterfly		F
	{1 x 50 on :45 Breaststroke		F
	{1 x 200 on 4:00 Stroke Drill alt 25 br/fly		F
	{2 x 25 on :30 Breaststroke		F
	{1 x 50 on :45 Butterfly		F
	{4 x 25 on :30 Breaststroke		F
	{2 x 50 on :50 Butterfly		F
	{6 x 25 on :30 Breaststroke		F
	{3 x 50 on :55 Butterfly		F
	{8 x 25 on :30 Breaststroke		F

{4 x 50 on 1:00 Butterfly F  
 200 1 x 200 on 3:00 Stroke Drills F  
 11:31 AM 3,900 Yards - Stress Value = 60

**Workout #14649 - Thursday, 26 December 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
9:30 AM Start			
500	1 on 30:00 DS/Core/Tm Mtg		F
150	1 x 500 on 10:00 Underwater trn drill		F
	10 x 15 on :45 Shooters		S
	Alt breast and fly		
650	1x{4 x 25 on :45 Kick no board BSLR		F
	{2 x 100 on 2:10 Kick 1fly 2breast		F
	{4 x 25 on :45 Kick no board BSLR		F
	{2 x 75 on 1:35 Kick 1fly 2br		F
	{4 x 25 on :45 Kick no board BSLR		F
150	6 x 25 on :45 Stroke Drills		F
2,200	1x{8 x 25 on :30 Butterfly		F
	{4 x 50 on 1:00 Breaststroke		F
	{6 x 25 on :30 Butterfly		F
	{3 x 50 on :55 Breaststroke		F
	{4 x 25 on :30 Butterfly		F
	{2 x 50 on :50 Breaststroke		F
	{2 x 25 on :30 Butterfly		F
	{1 x 50 on :45 Breaststroke		F
	{1 x 200 on 4:00 Stroke Drill alt 25 br/fly		F
	{2 x 25 on :30 Breaststroke		F
	{1 x 50 on :45 Butterfly		F
	{4 x 25 on :30 Breaststroke		F
	{2 x 50 on :50 Butterfly		F
	{6 x 25 on :30 Breaststroke		F
	{3 x 50 on :55 Butterfly		F
	{8 x 25 on :30 Breaststroke		F
	{4 x 50 on 1:00 Butterfly		F
200	1 x 200 on 3:00 Stroke Drills		F
11:31 AM 3,850 Yards - Stress Value = 59			

**Workout #14650 - Thursday, 26 December 2013**

**Group 2 - Silver**

**1 minute rest between sets**

9:30 AM Start		Yards	Set Description	EC
450	1 x 450 on 10:00 Underwater trn drill	350	1 on 30:00 DS/Core/Tm Mtg	RE
150	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters	SE
600	1x{4 x 25 on :45 Kick no board BSLR	500	Alt breast and fly	EN
	{2 x 75 on 1:45 Kick 1fly 2breast		{2 x 50 on 1:30 Kick 1fly 2breast	EN
	{4 x 25 on :45 Kick no board BSLR		{4 x 25 on 1:00 Kick no board BSLR	EN
	{2 x 75 on 1:40 Kick 1fly 2br		{2 x 50 on 1:25 Kick 1fly 2br	EN
	{4 x 25 on :45 Kick no board BSLR		{4 x 25 on 1:00 Kick no board BSLR	EN
150	6 x 25 on :45 Stroke Drills	150	6 x 25 on :45 Stroke Drills	RE
1,850	1x{8 x 25 on :35 Butterfly	1,150	1x{8 x 25 on 1:00 Butterfly	EN
	{4 x 50 on 1:10 Breaststroke		{4 x 50 on 1:30 Breaststroke	EN
	{6 x 25 on :35 Butterfly		{6 x 25 on 1:00 Butterfly	EN
	{3 x 50 on 1:05 Breaststroke		{3 x 50 on 1:30 Breaststroke	EN
	{4 x 25 on :35 Butterfly		{4 x 25 on 1:00 Butterfly	EN
	{2 x 50 on 1:00 Breaststroke		{2 x 50 on 1:30 Breaststroke	EN
	{2 x 25 on :35 Butterfly		{2 x 25 on 1:00 Butterfly	EN
	{1 x 50 on :55 Breaststroke		{1 x 50 on 1:30 Butterfly	EN
	{1 x 50 on 2:30 Stroke Drill alt 25 br/fly	200	1 x 200 on 3:00 Stroke Drills	RE
	{2 x 25 on :35 Breaststroke		11:30 AM 2,500 Yards - Stress Value = 38	
	{1 x 50 on :55 Butterfly			
	{4 x 25 on :35 Breaststroke			
	{2 x 50 on 1:00 Butterfly			
	{6 x 25 on :35 Breaststroke			
	{3 x 50 on 1:05 Butterfly			
	{4 x 25 on :35 Breaststroke			
	{2 x 50 on 1:00 Butterfly			
200	1 x 200 on 3:00 Stroke Drills			
	11:30 AM 3,400 Yards - Stress Value = 54			

**Workout #14651 - Thursday, 26 December 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

9:30 AM Start		Yards	Set Description	EC
400	1 x 400 on 10:00 Underwater trn drill	400	1 on 30:00 DS/Shoulders	RE
150	10 x 15 on :45 Shooters	150	10 x 15 on :45 Shooters	SE
600	1x{4 x 25 on :45 Kick no board BSLR	1,000	10 x 100 on 2:00 Kick-evens 100%	EN
	{2 x 100 on 2:40 Kick 1fly 2breast	200	4x{1 x 25 on :50 Sculling drills	EN
	{4 x 25 on :45 Kick no board BSLR		{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN
	{2 x 50 on 1:15 Kick 1fly 2br	2,400	4 x 600 on 7:15 Freestyle-descend	EN
	{4 x 25 on :45 Kick no board BSLR	500	10 x 50 on 1:00 Stroke Drills	EN
150	6 x 25 on :45 Stroke Drills		1 on 10:00 ice	RE
1,550	1x{8 x 25 on :40 Butterfly		5:05 PM 4,650 Yards - Stress Value = 76	
	{4 x 50 on 1:20 Breaststroke			
	{6 x 25 on :40 Butterfly			
	{3 x 50 on 1:15 Breaststroke			
	{4 x 25 on :40 Butterfly			
	{2 x 50 on 1:10 Breaststroke			
	{2 x 25 on :40 Butterfly			
	{1 x 50 on 1:05 Breaststroke			
	{1 x 50 on 2:30 Stroke Drill alt 25 br/fly	2,200	4 x 550 on 7:15 Freestyle-descend	RE
	{2 x 25 on :40 Breaststroke	500	10 x 50 on 1:00 Stroke Drills	EN
	{1 x 50 on 1:05 Butterfly		1 on 10:00 ice	EN
	{4 x 25 on :40 Breaststroke		5:05 PM 4,450 Yards - Stress Value = 72	
	{2 x 50 on 1:10 Butterfly			
	{4 x 25 on :40 Breaststroke			
	{2 x 50 on 1:15 Butterfly			
200	1 x 200 on 3:00 Stroke Drills			RE
	11:29 AM 3,050 Yards - Stress Value = 48			

**Workout #14652 - Thursday, 26 December 2013**

**Group 2 - Copper**

**1 minute rest between sets**

**Workout #14655 - Thursday, 26 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 400 1 x 400 on 7:00 Underwater trn drill  
     Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,000 10 x 100 on 2:00 Kick-evens 100%  
 200 4x{1 x 25 on :50 Sculling drills  
     {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 4 x 500 on 7:15 Freestyle-descend  
 500 10 x 50 on 1:00 Stroke Drills  
     1 on 10:00 ice  
 5:05 PM 4,250 Yards - Stress Value = 68

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,850 1x{2 x 200 on 3:10 Breaststroke  
     {2 x 200 on 3:05 Breaststroke  
     {2 x 200 on 3:00 Breaststroke  
     {2 x 200 on 2:55 Breaststroke  
     {2 x 125 on 1:45 Breaststroke  
 500 10 x 50 on 1:00 Stroke Drills  
     1 on 10:00 Ice  
 5:04 PM 4,100 Yards - Stress Value = 65

**Workout #14656 - Thursday, 26 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 400 1 x 400 on 7:00 Underwater trn drill  
     Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 800 8 x 100 on 2:30 Kick-evens 100%  
 200 4x{1 x 25 on :50 Sculling drills  
     {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 4 x 400 on 7:15 Freestyle-descend  
 500 10 x 50 on 1:00 Stroke Drills  
     1 on 10:00 ice  
 5:05 PM 3,650 Yards - Stress Value = 56

**Workout #14659 - Thursday, 26 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 400 1 x 400 on 7:00 Underwater trn drill  
     Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,000 10 x 100 on 2:00 Kick-evens 100%  
 200 4x{1 x 25 on :50 Sculling drills  
     {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,550 1x{2 x 200 on 3:45 Breaststroke  
     {2 x 200 on 3:40 Breaststroke  
     {2 x 200 on 3:35 Breaststroke  
     {2 x 175 on 3:05 Breaststroke  
 500 10 x 50 on 1:00 Stroke Drills  
     1 on 10:00 Ice  
 5:05 PM 3,800 Yards - Stress Value = 59

**Workout #14657 - Thursday, 26 December 2013**

**HighSchl - Breast**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 400 1 x 400 on 7:00 Underwater trn drill  
     Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,000 10 x 100 on 2:00 Kick-evens fast  
 200 4x{1 x 25 on :50 Sculling drills  
     {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 2,000 1x{2 x 200 on 2:55 Breaststroke  
     {2 x 200 on 2:50 Breaststroke  
     {2 x 200 on 2:45 Breaststroke  
     {2 x 200 on 2:40 Breaststroke  
     {2 x 200 on 2:35 Breaststroke  
 500 10 x 50 on 1:00 Stroke Drills  
     1 on 10:00 Ice  
 5:04 PM 4,250 Yards - Stress Value = 68

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 400 1 x 400 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 800 8 x 100 on 2:30 Kick-evens 100%  
 200 4x{1 x 25 on :50 Sculling drills  
     {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,400 1x{2 x 200 on 4:15 Breaststroke  
     {2 x 200 on 4:10 Breaststroke  
     {2 x 200 on 4:00 Breaststroke  
     {2 x 100 on 1:55 Breaststroke  
 500 10 x 50 on 1:00 Stroke Drills  
     1 on 10:00 Ice  
 5:05 PM 3,450 Yards - Stress Value = 52

**Workout #14658 - Thursday, 26 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Shoulders  
 400 1 x 400 on 7:00 Underwater trn drill  
     Odd 100's free even 100's back  
 150 10 x 15 on :45 Shooters  
 1,000 10 x 100 on 2:00 Kick-evens 100%  
 200 4x{1 x 25 on :50 Sculling drills

**Workout #14661 - Friday, 27 December 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 5 x 100 on 2:00 Kick @ fastest interval  
 1,400 1x{1 x 200 on 3:05 Kick  
 {1 x 200 on 3:00 Kick  
 {1 x 200 on 2:55 Kick  
 {1 x 200 on 2:50 Kick  
 {1 x 200 on 2:45 Kick  
 {1 x 200 on 2:40 Kick  
 {1 x 200 on 2:35 Kick  
 1,400 14 x 100 on 1:15 Pulls-odd 100's btb  
 Even 100's BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:42 AM 4,250 Yards - Stress Value = 74

**Workout #14662 - Friday, 27 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 5 x 100 on 2:00 Kick @ fastest interval  
 1,200 1x{1 x 200 on 3:35 Kick  
 {1 x 200 on 3:30 Kick  
 {1 x 200 on 3:25 Kick  
 {1 x 200 on 3:20 Kick  
 {1 x 200 on 3:15 Kick  
 {1 x 200 on 3:10 Kick  
 1,200 12 x 100 on 1:20 Pulls-odd 100's btb  
 Even 100's BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:41 AM 3,850 Yards - Stress Value = 66

**Workout #14663 - Friday, 27 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 5 x 100 on 2:00 Kick @ fastest interval  
 1,050 1x{1 x 200 on 4:05 Kick  
 {1 x 200 on 4:00 Kick  
 {1 x 200 on 3:55 Kick  
 {1 x 200 on 3:50 Kick  
 {1 x 200 on 3:45 Kick  
 {1 x 50 on :55 Kick  
 1,100 11 x 100 on 1:30 Pulls-odd 100's btb  
 Even 100's BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:42 AM 3,550 Yards - Stress Value = 61

**Workout #14664 - Friday, 27 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 25:00 DS/Core  
 500 1 x 500 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 500 5 x 100 on 2:00 Kick @ fastest interval  
 900 1x{1 x 150 on 3:30 Kick  
 {1 x 150 on 3:25 Kick  
 {1 x 150 on 3:20 Kick  
 {1 x 150 on 3:15 Kick  
 {1 x 150 on 3:10 Kick  
 {1 x 150 on 3:05 Kick  
 900 9 x 100 on 1:50 Pulls-odd 100's btb  
 Even 100's BTS  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 8:41 AM 3,150 Yards - Stress Value = 54

**Workout #14665 - Friday, 27 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

8:43 AM Start  
 Yards Set Description EGY WORK STK  
 =====  
 3,000 1x{1 x 600 on 7:35 Free L.25 6bk EN2 S FR  
 {1 x 600 on 7:20 Free L.50 6bk EN2 S FR  
 {1 x 600 on 7:05 Free L.75 6bk EN2 S FR  
 {1 x 600 on 6:50 Free L.100 6bk EN2 S FR  
 {1 x 600 on 6:35 Free L.125 6bk EN2 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 9:34 AM 3,250 Yards - Stress Value = 60

**Workout #14666 - Friday, 27 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

8:43 AM Start  
 Yards Set Description EGY WORK STK  
 =====  
 2,800 1x{1 x 600 on 8:25 Free L.25 6bk EN2 S FR  
 {1 x 600 on 8:10 Free L.50 6bk EN2 S FR  
 {1 x 600 on 7:40 Free L.75 6bk EN2 S FR  
 {1 x 600 on 7:25 Free L.100 6bk EN2 S FR  
 {1 x 400 on 4:55 Free L.125 6bk EN2 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 9:35 AM 3,050 Yards - Stress Value = 56

**Workout #14667 - Friday, 27 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

8:43 AM Start  
 Yards Set Description EGY WORK STK  
 =====  
 2,400 1x{1 x 600 on 9:25 Free L.25 6bk EN2 S FR  
 {1 x 600 on 9:10 Free L.50 6bk EN2 S FR  
 {1 x 600 on 8:55 Free L.75 6bk EN2 S FR  
 {1 x 600 on 8:40 Free L.100 6bk EN2 S FR  
 250 1 x 250 on 4:00 Stroke Drills REC D CD  
 1 on 10:00 Ice M  
 9:35 AM 2,650 Yards - Stress Value = 48

**Workout #14668 - Friday, 27 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
8:43 AM	Start			
2,150	1x{1 x 500 on 8:55 Free L.25 6bk EN2 S FR			
	{1 x 500 on 8:40 Free L.50 6bk EN2 S FR			
	{1 x 500 on 8:25 Free L.75 6bk EN2 S FR			
	{1 x 500 on 8:10 Free L.100 6bk EN2 S FR			
	{1 x 150 on 2:20 Free-L.125 6bk EN2 S FR			
250	1 x 250 on 4:00 Stroke Drills REC D CD			
	1 on 10:00 Ice M			
9:35 AM	2,400 Yards - Stress Value = 43			

**Workout #14669 - Friday, 27 December 2013**

**HighSchl - Breast**

**1 minute rest between sets**

Meters	Set Description	EGY	WORK	STK
8:43 AM	Start			
2,400	1x{4 x 50 on :55 Breast under/overs EN2 S			
	{4 x 100 on 1:10 25 breast 75 free EN1 S C			
	{4 x 50 on :55 Breast under/overs EN3 S			
	{4 x 100 on 1:15 50 breast 50 free EN2 S C			
	{4 x 50 on :55 Breast under/overs EN3 S			
	{4 x 100 on 1:15 75 Breast 25 free EN2 S C			
	{4 x 50 on :55 Breast under/overs EN3 S			
	{4 x 100 on 1:20 Breaststroke EN2 S			
300	6 x 50 on 1:00 Stroke Drills REC D			
	1 on 10:00 Ice M			
9:35 AM	2,700 Meters - Stress Value = 74			

**Workout #14670 - Friday, 27 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
8:43 AM	Start			
2,100	1x{3 x 50 on 1:05 Breast under/overs EN2 S			
	{4 x 100 on 1:20 25 breast 75 free EN1 S C			
	{3 x 50 on 1:05 Breast under/overs EN3 S			
	{4 x 100 on 1:25 50 breast 50 free EN2 S C			
	{3 x 50 on 1:05 Breast under/overs EN3 S			
	{4 x 100 on 1:25 75 Breast 25 free EN2 S C			
	{3 x 50 on 1:05 Breast under/overs EN3 S			
	{3 x 100 on 1:30 Breaststroke EN2 S			
300	6 x 50 on 1:00 Stroke Drills REC D			
	1 on 10:00 Ice M			
9:35 AM	2,400 Yards - Stress Value = 56			

**Workout #14671 - Friday, 27 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
8:43 AM	Start			
1,800	1x{3 x 50 on 1:10 Breast under/overs EN2 S			
	{3 x 100 on 1:40 25 breast 75 free EN1 S C			
	{3 x 50 on 1:10 Breast under/overs EN3 S			
	{3 x 100 on 1:45 50 breast 50 free EN2 S C			
	{3 x 50 on 1:10 Breast under/overs EN3 S			
	{3 x 100 on 1:45 75 Breast 25 free EN2 S C			
	{3 x 50 on 1:10 Breast under/overs EN3 S			
	{3 x 100 on 1:45 Breaststroke EN2 S			
300	6 x 50 on 1:00 Stroke Drills REC D			
	1 on 10:00 Ice M			
9:35 AM	2,100 Yards - Stress Value = 51			

**Workout #14672 - Friday, 27 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
8:43 AM	Start			
1,550	1x{3 x 50 on 1:20 Breast under/overs EN2 S			
	{3 x 100 on 1:55 25 breast 75 free EN1 S C			
	{3 x 50 on 1:20 Breast under/overs EN3 S			
	{3 x 100 on 1:55 50 breast 50 free EN2 S C			
	{3 x 50 on 1:20 Breast under/overs EN3 S			
	{3 x 100 on 1:55 75 Breast 25 free EN2 S C			
	{2 x 50 on 1:20 Breast under/overs EN3 S			
	{1 x 100 on 2:00 Breaststroke EN2 S			
300	6 x 50 on 1:00 Stroke Drills REC D			
	1 on 10:00 Ice M			
9:34 AM	1,850 Yards - Stress Value = 44			

**Workout #14673 - Friday, 27 December 2013**

**Group 2 - Freestylers**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
9:00 AM	Start			
	1 on 30:00 DS/Abs/Tm Mtg			
500	1 x 500 on 10:00 Choice REC			
150	10 x 15 on :45 Shooters SP3			
900	1x{4 x 25 on :45 Sprint Kick EN2			
	{1 x 50 on 1:00 Kick EN2			
	{4 x 25 on :45 Sprint Kick EN2			
	{1 x 100 on 1:55 kick EN2			
	{4 x 25 on :45 Sprint Kick EN2			
	{1 x 150 on 2:50 Kick EN2			
	{4 x 25 on :45 Sprint Kick EN2			
	{1 x 200 on 3:45 Kick EN2			
150	6 x 25 on :45 Stroke Drills REC			
1,800	3x{1 x 300 on 4:30 Free-descend the 100's EN2			
	{1 x 200 on 3:00 Free neg split EN2			
	{1 x 100 on 3:00 Free-100% EN3			
	1 on 10:00 Game			
11:00 AM	3,500 Yards - Stress Value = 72			

**Workout #14674 - Friday, 27 December 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
9:00 AM	Start			
	1 on 30:00 DS/Abs/Tm Mtg			
500	1 x 500 on 10:00 Choice REC			
150	10 x 15 on :45 Shooters SP3			
850	1x{4 x 25 on :45 Sprint Kick EN2			
	{1 x 50 on 1:10 Kick EN2			
	{4 x 25 on :45 Sprint Kick EN2			
	{1 x 100 on 2:05 Kick EN2			
	{4 x 25 on :45 Sprint Kick EN2			
	{1 x 150 on 3:00 Kick EN2			
	{4 x 25 on :45 Sprint Kick EN2			
	{1 x 150 on 2:55 Kick EN2			
150	6 x 25 on :45 Stroke Drills REC			
1,650	3x{1 x 300 on 5:00 Free-descend the 100's EN2			
	{1 x 150 on 2:30 Free neg split EN2			
	{1 x 100 on 3:00 Free-100% EN3			
	1 on 10:00 Game			
11:00 AM	3,300 Yards - Stress Value = 68			

**Workout #14675 - Friday, 27 December 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY
9:00 AM	Start	
450	1 on 30:00 DS/Abs/Tm Mtg	REC
150	1 x 450 on 10:00 Choice	SP3
800	10 x 15 on :45 Shooters	EN2
	1x{4 x 25 on :45 Sprint Kick	EN2
	{1 x 50 on 1:15 Kick	EN2
	{4 x 25 on :45 Sprint Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{4 x 25 on :45 Sprint Kick	EN2
	{1 x 150 on 3:20 Kick	EN2
	{4 x 25 on :45 Sprint Kick	EN2
	{1 x 100 on 2:10 Kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,500	3x{1 x 250 on 4:35 Free-descend the 100's	EN2
	{1 x 150 on 2:45 Free neg split	EN2
	{1 x 100 on 3:00 Free-100%	EN3
	1 on 10:00 Game	
	10:59 AM 3,050 Yards - Stress Value = 64	

**Workout #14676 - Friday, 27 December 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY
9:00 AM	Start	
400	1 on 30:00 DS/Abs/Tm Mtg	REC
150	1 x 400 on 10:00 Choice	SP3
650	10 x 15 on :45 Shooters	EN2
	1x{4 x 25 on 1:00 Sprint kick	EN2
	{1 x 50 on 1:30 Kick	EN2
	{4 x 25 on 1:00 Sprint kick	EN2
	{1 x 100 on 2:50 Kick	EN2
	{4 x 25 on 1:00 Sprint kick	EN2
	{1 x 150 on 4:00 Kick	EN2
	{2 x 25 on 1:00 Sprint kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,050	3x{1 x 200 on 4:30 Free-descend the 100's	EN2
	{1 x 100 on 2:15 Free neg split	EN2
	{1 x 50 on 3:00 Free-100%	EN3
	1 on 10:00 Game	
	10:59 AM 2,400 Yards - Stress Value = 46	

**Workout #14677 - Friday, 27 December 2013**

**Group 2 - Copper**

**1 minute rest between sets**

Yards	Set Description	EGY
9:00 AM	Start	
350	1 on 30:00 DS/Abs/Tm Mtg	REC
150	1 x 350 on 10:00 Choice	SP3
650	10 x 15 on :45 Shooters	EN2
	1x{4 x 25 on 1:00 Sprint kick	EN2
	{1 x 50 on 1:30 Kick	EN2
	{4 x 25 on 1:00 Sprint kick	EN2
	{1 x 100 on 2:50 Kick	EN2
	{4 x 25 on 1:00 Sprint kick	EN2
	{1 x 150 on 4:00 Kick	EN2
	{2 x 25 on 1:00 Sprint kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,050	3x{1 x 200 on 5:30 Free-descend the 100's	EN2
	{1 x 100 on 2:45 Free neg split	EN2
	{1 x 50 on 3:00 Free-100%	EN3
	1 on 10:00 Game	
	11:03 AM 2,350 Yards - Stress Value = 46	

**Workout #14678 - Saturday, 28 December 2013**

**HighSchl - Swim Like A Champion Day**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 40:00 DS/Weights
180	1 x 600 on 10:00 Freestyle
1,800	12 x 15 on :45 Start/Shooter/Finish
	1x{1 x 400 on 6:40 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:20 Kick
	{1 x 300 on 5:00 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:20 Kick
	{1 x 200 on 3:20 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:20 Kick
600	1x{2 x 100 on 1:25 Pulls-nbbf&w + 2 yds
	{2 x 100 on 1:20 Pulls-nbbf&w + 2 yds
	{2 x 100 on 1:15 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	11 x 200 on 3:00 Challenge Set
300	1 x 300 on 5:00 Stroke Drills
	1 on 10:00 Ice
	9:35 AM 5,880 Yards - Stress Value = 95

**Workout #14679 - Saturday, 28 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description
7:00 AM	Start
600	1 on 40:00 DS/Weights
180	1 x 600 on 10:00 Freestyle
1,550	12 x 15 on :45 Start/Shooter/Finish
	1x{1 x 400 on 7:40 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:35 Kick
	{1 x 300 on 5:45 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:35 Kick
	{1 x 150 on 2:45 Kick
500	1x{2 x 100 on 1:35 Pulls-nbbf&w + 2 yds
	{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds
	{1 x 100 on 1:25 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	11 x 200 on 3:00 Challenge Set
300	1 x 300 on 5:00 Stroke Drills
	1 on 10:00 Ice
	9:35 AM 5,530 Yards - Stress Value = 89

**Workout #14680 - Saturday, 28 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
550	1 on 40:00 DS/Weights
180	1 x 550 on 10:00 Freestyle
1,350	12 x 15 on :45 Start/Shooter/Finish
	1x{1 x 400 on 8:20 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 300 on 6:15 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:50 Kick
	{1 x 150 on 3:10 Kick
400	1x{2 x 100 on 1:45 Pulls-nbbf&w + 2 yds
	{1 x 100 on 1:40 Pulls-nbbf&w + 2 yds
	{1 x 100 on 1:35 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,925	11 x 175 on 3:00 Challenge Set
300	1 x 300 on 5:00 Stroke Drills
	1 on 10:00 Ice
	9:34 AM 4,905 Yards - Stress Value = 78

**Workout #14681 - Saturday, 28 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
500	1 on 40:00 DS/Weights
180	1 x 500 on 10:00 Freestyle
1,150	12 x 15 on :45 Start/Shooter/Finish
	1x{1 x 300 on 7:30 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 200 on 5:00 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 150 on 3:30 Kick
400	1x{1 x 100 on 2:00 Pulls-nbbf&w + 2 yds
	{1 x 100 on 1:55 Pulls-nbbf&w + 2 yds
	{2 x 100 on 1:50 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	11 x 150 on 3:00 Challenge Set
300	1 x 300 on 5:00 Stroke Drills
	1 on 10:00 Ice
	9:35 AM 4,380 Yards - Stress Value = 69

**Workout #14682 - Monday, 30 December 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Balls
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,900	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:30 Kick
	{2 x 100 on 1:25 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{2 x 100 on 1:25 Kick
	{2 x 100 on 1:20 Kick
	{8 x 25 on :30 Kick no board BSLR X2
	{2 x 100 on 1:20 Kick
	{2 x 100 on 1:15 Kick

	{10 x 25 on :30 Kick no board BSLRX2 LR
750	3x{1 x 50 on :40 Pull 7 SOT-HB
	{1 x 50 on :40 Pull 6 SOT-HB
	{1 x 50 on :40 Pull 5 SOT-HB
	{1 x 50 on :40 Pull 4 SOT-HB
	{1 x 50 on :40 Pull 3 SOT-HB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:39 AM 3,600 Yards - Stress Value = 56

**Workout #14683 - Monday, 30 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 DS/Physio Balls
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 1:45 Kick
	{2 x 100 on 1:40 Kick
	{6 x 25 on :35 Kick no board BSLRBS
	{2 x 100 on 1:45 Kick
	{2 x 100 on 1:40 Kick
	{8 x 25 on :35 Kick no board BSLR X2
	{2 x 100 on 1:40 Kick
	{6 x 25 on :35 Kick no board BSLRBS
750	3x{1 x 50 on :45 Pull 7 SOT-HB
	{1 x 50 on :45 Pull 6 SOT-HB
	{1 x 50 on :45 Pull 5 SOT-HB
	{1 x 50 on :45 Pull 4 SOT-HB
	{1 x 50 on :45 Pull 3 SOT-HB
	dont do last two on third set
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:41 AM 3,300 Yards - Stress Value = 51

**Workout #14684 - Monday, 30 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description
	1 on 30:00 DS/Physio Balls
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,350	1x{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:05 Kick
	{2 x 100 on 2:00 Kick
	{6 x 25 on :40 Kick no board BSLRBS
	{2 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{8 x 25 on :40 Kick no board BSLR X2
	{1 x 100 on 1:55 Kick
	{4 x 25 on :40 Kick no board BSLR
600	3x{1 x 50 on :50 Pull 7 SOT-HB
	{1 x 50 on :50 Pull 6 SOT-HB
	{1 x 50 on :50 Pull 5 SOT-HB
	{1 x 50 on :50 Pull 4 SOT-HB
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:39 AM 2,850 Yards - Stress Value = 43

**Workout #14685 - Monday, 30 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY
500	1 on 30:00 DS/Physio Balls	
150	1 x 500 on 10:00 Swim-kick-pull-swim	
1,250	10 x 15 on :45 Shooters	
	1x{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:20 Kick	
	{2 x 100 on 2:15 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:15 Kick	
	{2 x 100 on 2:10 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{2 x 50 on 1:05 Kick	
600	3x{2 x 25 on :45 Kick no board BS	
	{1 x 50 on :55 Pull 7 SOT-HB	
	{1 x 50 on :55 Pull 6 SOT-HB	
	{1 x 50 on :55 Pull 5 SOT-HB	
	{1 x 50 on :55 Pull 4 SOT-HB	
	don't do last 50 on third set	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	8:40 AM 2,700 Yards - Stress Value = 41	

Yards	Set Description	EGY
2,300	1x{1 x 300 on 4:25 Freestyle	EN2
	{3 x 100 on 1:50 Freestyle hold under 125	EN2
	{1 x 300 on 4:25 Freestyle	EN2
	{3 x 100 on 1:45 Freestyle hold under 124	EN2
	{1 x 300 on 4:25 Freestyle	EN2
	{3 x 100 on 1:40 Freestyle hold under 123	EN2
	{1 x 300 on 4:25 Freestyle	EN2
350	{2 x 100 on 1:35 Freestyle afap	EN2
	7 x 50 on 1:00 Freestyle	REC
	1 on 10:00 Ice	
	9:35 AM 2,650 Yards - Stress Value = 46	

**Workout #14689 - Monday, 30 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

8:40 AM Start

Yards	Set Description	EGY
1,950	1x{1 x 300 on 5:30 Freestyle	EN2
	{3 x 100 on 2:00 Freestyle hold under 140	EN2
	{1 x 300 on 5:35 Freestyle	EN2
	{3 x 100 on 1:55 Freestyle hold under 139	EN2
	{1 x 300 on 5:40 Freestyle	EN2
	{3 x 100 on 1:50 Freestyle hold afap	EN2
	{1 x 150 on 2:55 Freestyle	EN2
350	7 x 50 on 1:00 Freestyle	REC
	1 on 10:00 Ice	
	9:35 AM 2,300 Yards - Stress Value = 39	

Yards	Set Description	EGY
1,950	1x{1 x 300 on 5:30 Freestyle	EN2
	{3 x 100 on 2:00 Freestyle hold under 140	EN2
	{1 x 300 on 5:35 Freestyle	EN2
	{3 x 100 on 1:55 Freestyle hold under 139	EN2
	{1 x 300 on 5:40 Freestyle	EN2
	{3 x 100 on 1:50 Freestyle hold afap	EN2
	{1 x 150 on 2:55 Freestyle	EN2
350	7 x 50 on 1:00 Freestyle	REC
	1 on 10:00 Ice	
	9:35 AM 2,300 Yards - Stress Value = 39	

**Workout #14686 - Monday, 30 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

8:40 AM Start

Yards	Set Description	EGY
3,000	1x{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under 103	EN2
	{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold under 102	EN2
	{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle hold under 101	EN2
	{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:15 Freestyle hold under 59	EN2
	{1 x 300 on 3:20 Freestyle	EN2
	{3 x 100 on 1:10 Free hold afap	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	9:35 AM 3,350 Yards - Stress Value = 60	

8:40 AM Start

Yards	Set Description	EGY	WORK	STK	F
2,050	1x{1 x 200 on 2:55 Butterfly	EN2	S FLY	1	
	{6 x 25 on :40 Fly 15m under	EN3	S FLY	2	
	{2 x 175 on 2:30 Butterfly	EN2	S FLY	1	
	{6 x 25 on :40 Fly 12m under	EN3	S FLY	2	
	{3 x 150 on 2:05 Butterfly	EN2	P FLY	1	
	{6 x 25 on :40 Fly 9m under	EN3	S FLY	2	
	{4 x 100 on 1:20 Butterfly	EN2	S FR	1	
	{8 x 25 on :40 Fly 6m under	EN3	S FLY	2	
350	7 x 50 on 1:00 Stroke Drills	REC	D CD	2	
	1 on 10:00 Ice		M		
	9:35 AM 2,400 Yards - Stress Value = 67				

**Workout #14687 - Monday, 30 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

8:40 AM Start

Yards	Set Description	EGY
2,550	1x{1 x 300 on 3:55 Freestyle	EN2
	{3 x 100 on 1:40 Freestyle hold under 110	EN2
	{1 x 300 on 3:55 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle hold under 109	EN2
	{1 x 300 on 3:55 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle hold under 108	EN2
	{1 x 300 on 3:55 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle hold afap	EN2
	{1 x 150 on 1:55 Freestyle	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	9:35 AM 2,900 Yards - Stress Value = 51	

8:40 AM Start

Yards	Set Description	EGY	WORK	STK	F
1,900	1x{1 x 200 on 3:15 Butterfly	EN2	S FLY	1	
	{6 x 25 on :40 Fly 15m under	EN3	S FLY	2	
	{2 x 175 on 2:50 Butterfly	EN2	S FLY	1	
	{6 x 25 on :40 Fly 12m under	EN3	S FLY	2	
	{3 x 150 on 2:20 Butterfly	EN2	P FLY	1	
	{6 x 25 on :40 Fly 9m under	EN3	S FLY	2	
	{3 x 100 on 1:25 Butterfly	EN2	S FR	1	
	{6 x 25 on :40 Fly 6m under	EN3	S FLY	2	
350	7 x 50 on 1:00 Stroke Drills	REC	D CD	2	
	1 on 10:00 Ice		M		
	9:35 AM 2,250 Yards - Stress Value = 62				

**Workout #14688 - Monday, 30 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

8:40 AM Start

**Workout #14692 - Monday, 30 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

8:40 AM Start

Yards	Set Description	EGY	WORK	STK	F
1,650	1x{1 x 200 on 3:40 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 15m under	EN3	S	FLY	3
	{2 x 175 on 3:10 Butterfly	EN2	S	FLY	1
	{6 x 25 on :45 Fly 12m under	EN3	S	FLY	3
	{2 x 150 on 2:35 Butterfly	EN2	P	FLY	1
	{6 x 25 on :45 Fly 9m under	EN3	S	FLY	3
	{2 x 100 on 1:40 Butterfly	EN2	S	FR	1
	{6 x 25 on :45 Fly 6m under	EN3	S	FLY	3
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

9:35 AM 2,000 Yards - Stress Value = 57

1,150	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 150 on 3:30 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 150 on 3:25 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 150 on 3:20 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 150 on 3:15 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 50 on 1:05 Kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
500	10 x 50 on 2:00 Butterfly	EN2
300	6 x 50 on 1:15 Stroke Drills	REC

11:00 AM 2,850 Yards - Stress Value = 41

**Workout #14696 - Monday, 30 December 2013**

**Group 2 - Silver**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY	WOF
450	1 on 30:00 DS/Physio Balls/Tm Mtg		
150	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
100	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time	EN2	
1,050	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 4:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:55 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:50 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Butterfly	EN2	
300	6 x 50 on 1:15 Stroke Drills	REC	

11:00 AM 2,700 Yards - Stress Value = 39

**Workout #14694 - Monday, 30 December 2013**

**Group 2 - Fly**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time	EN2	
1,250	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:10 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:05 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 2:55 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 2:50 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Butterfly	EN2	
300	6 x 50 on 1:15 Stroke Drills	REC	

11:00 AM 2,950 Yards - Stress Value = 43

**Workout #14697 - Monday, 30 December 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Physio Balls/Tm Mtg		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time	EN2	
1,000	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 4:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 150 on 4:25 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:50 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:45 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Butterfly	EN2	
300	6 x 50 on 1:15 Stroke Drills	REC	

11:00 AM 2,600 Yards - Stress Value = 38

**Workout #14695 - Monday, 30 December 2013**

**Group 2 - Gold**

**1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Physio Balls/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 3:00 Kick for time	EN2	

**Workout #14698 - Monday, 30 December 2013**

**Group 2 - Copper**

**1 minute rest between sets**

9:00 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 30:00 DS/Physio Balls/Tm Mtg  
 350 1 x 350 on 10:00 Swim-kick-pull-swim REC  
 150 10 x 15 on :45 Shooters SP3  
 100 1 x 100 on 3:00 Kick for time EN2  
 800 1x{4 x 25 on 1:00 Kick no board BSLR EN2  
 {1 x 150 on 5:15 Kick EN2  
 {4 x 25 on 1:00 Kick no board BSLR EN2  
 {1 x 100 on 3:25 Kick EN2  
 {4 x 25 on 1:00 Kick no board BSLR EN2  
 {1 x 100 on 3:20 Kick EN2  
 {4 x 25 on 1:00 Kick no board BSLR EN2  
 {1 x 100 on 3:20 Kick EN2  
 {4 x 25 on 1:00 Kick no board BSLR EN2  
 {1 x 50 on 1:20 Kick EN2  
 150 6 x 25 on :45 Stroke Drills REC  
 500 10 x 50 on 2:00 Butterfly EN2  
 300 6 x 50 on 1:15 Stroke Drills REC  
 11:00 AM 2,350 Yards - Stress Value = 34

**Workout #14699 - Tuesday, 31 December 2013**

**HighSchl - Platinum**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Weights  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 100 1 x 100 on 3:00 Kick for time  
 1,750 1x{2 x 125 on 2:00 Kick  
 {4 x 25 on :30 Sprint Kick  
 {2 x 125 on 1:55 Kick  
 {4 x 25 on :30 Sprint kick  
 {2 x 125 on 1:50 Kick  
 {4 x 25 on :30 Sprint kick  
 {2 x 125 on 1:45 Kick  
 {4 x 25 on :30 Sprint kick  
 {2 x 125 on 1:40 Kick  
 {4 x 25 on :30 Sprint kick  
 1,750 1x{2 x 125 on 1:50 Pulls btb  
 {4 x 25 on :30 Pulls 2 breaths total  
 {2 x 125 on 1:45 Pulls bts  
 {4 x 25 on :30 Pulls 2 breaths total  
 {2 x 125 on 1:40 Pulls btb  
 {4 x 25 on :30 Pulls 2 breaths total  
 {2 x 125 on 1:35 Pulls bts  
 {4 x 25 on :30 Pulls 2 breaths total  
 {2 x 125 on 1:30 Pull btb  
 {4 x 25 on :30 Pulls 2 breaths total  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 9:03 AM 4,550 Yards - Stress Value = 80

**Workout #14700 - Tuesday, 31 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Weights  
 600 1 x 600 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 100 1 x 100 on 3:00 Kick for time  
 1,550 1x{2 x 125 on 2:15 Kick  
 {4 x 25 on :35 Sprint kick  
 {2 x 125 on 2:10 Kick  
 {4 x 25 on :35 Sprint kick  
 {2 x 125 on 2:05 Kick

{4 x 25 on :35 Sprint kick  
 {2 x 125 on 2:00 Kick  
 {4 x 25 on :35 Sprint kick  
 {2 x 75 on 1:10 Kick  
 1,650 1x{2 x 125 on 2:00 Pulls BTB  
 {4 x 25 on :30 Pulls 2 breaths total  
 {2 x 125 on 1:55 Pulls BTS  
 {4 x 25 on :30 Pulls 2 breaths total  
 {2 x 125 on 1:50 Pulls BTB  
 {4 x 25 on :30 Pulls 2 breaths total  
 {2 x 125 on 1:45 Pulls BTS  
 {4 x 25 on :30 Pulls 2 breaths total  
 {2 x 125 on 1:40 Pull BTB  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 9:03 AM 4,250 Yards - Stress Value = 74

**Workout #14701 - Tuesday, 31 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Weights  
 550 1 x 550 on 10:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 100 1 x 100 on 3:00 Kick for time  
 1,350 1x{2 x 125 on 2:35 Kick  
 {4 x 25 on :40 Sprint kick  
 {2 x 125 on 2:30 Kick  
 {4 x 25 on :40 Sprint kick  
 {2 x 125 on 2:25 Kick  
 {4 x 25 on :40 Sprint kick  
 {2 x 125 on 2:20 Kick  
 {2 x 25 on :40 Sprint kick  
 1,400 1x{2 x 125 on 2:15 Pulls BTB  
 {4 x 25 on :35 Pulls 2 breaths total  
 {2 x 125 on 2:10 Pulls BTS  
 {4 x 25 on :35 Pulls 2 breaths total  
 {2 x 125 on 2:05 Pulls BTB  
 {4 x 25 on :35 Pulls 2 breaths total  
 {2 x 125 on 2:00 Pulls BTS  
 {4 x 25 on :35 Pulls 2 breaths total  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 9:03 AM 3,750 Yards - Stress Value = 65

**Workout #14702 - Tuesday, 31 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
7:00 AM	Start				
500	1 on 35:00 DS/Weights				
150	1 x 500 on 10:00 Underwater trn drill				
100	10 x 15 on :45 Shooters				
1,200	1 x 100 on 3:00 Kick for time				
1x{2	2 x 125 on 3:00 Kick				
{4	x 25 on :40 Sprint kick				
{2	x 125 on 2:55 Kick				
{4	x 25 on :40 Sprint kick				
{2	x 125 on 2:50 Kick				
{4	x 25 on :40 Sprint kick				
{2	x 75 on 1:40 Kick				
1,250	1x{2 x 125 on 2:30 Pulls BTB				
{4	x 25 on :45 Pulls 2 breaths total				
{2	x 125 on 2:25 Pulls BTS				
{4	x 25 on :45 Pulls 2 breaths total				
{2	x 125 on 2:20 Pulls BTB				
{4	x 25 on :45 Pulls 2 breaths total				
{2	x 100 on 1:45 Pulls BTS				
200	4x{1 x 25 on :50 Sculling drills				
{1	x 25 on :40 12.5 ez 12.5 fast grt finishes				
9:03 AM	3,400 Yards - Stress Value = 59				

**Workout #14703 - Tuesday, 31 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
9:04 AM	Start				
1,500	1 x 1500 on 20:00 Swim for time	EN3	S	FR	1
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	1
	1 on 5:00 Ice				M
9:34 AM	1,750 Yards - Stress Value = 90				

**Workout #14704 - Tuesday, 31 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
9:04 AM	Start				
1,500	1 x 1500 on 20:00 Swim for time	EN3	S	FR	1
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	1
	1 on 5:00 Ice				M
9:34 AM	1,750 Yards - Stress Value = 90				

**Workout #14705 - Tuesday, 31 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
9:04 AM	Start				
1,500	1 x 1500 on 20:00 Swim for time	EN3	S	FR	1
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	1
	1 on 5:00 Ice				M
9:34 AM	1,750 Yards - Stress Value = 90				

**Workout #14706 - Tuesday, 31 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
9:04 AM	Start				
1,500	1 x 1500 on 20:00 Swim for time	EN3	S	FR	1

250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	1
	1 on 5:00 Ice				M
9:34 AM	1,750 Yards - Stress Value = 90				

**Workout #14707 - Tuesday, 31 December 2013**

**HighSchl - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
9:04 AM	Start			
1,800	1x{2 x 200 on 2:30 Back w/fins	EN2	S	BK
	{2 x 200 on 2:25 Back w/fins	EN2	S	BK
	{2 x 200 on 2:20 Back w/fins	EN2	S	BK
	{2 x 200 on 2:15 Back w/fins	EN2	S	BK
	{1 x 200 on 2:10 Back w/fins	EN2	S	BK
	5 KOW 1st wall through125 wall			
	7 KOW @150---12 KOW @175			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 5:00 Ice			M
9:36 AM	2,050 Yards - Stress Value = 36			

**Workout #14708 - Tuesday, 31 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
9:04 AM	Start			
1,600	1x{2 x 200 on 2:45 Back w/fins	EN2	S	BK
	{2 x 200 on 2:40 Back w/fins	EN2	S	BK
	{2 x 200 on 2:35 Back w/fins	EN2	S	BK
	{2 x 200 on 2:30 Back w/fins	EN2	S	BK
	5 KOW 1st wall through125 wall			
	7 KOW @150---12 KOW @175			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 5:00 Ice			M
9:35 AM	1,850 Yards - Stress Value = 32			

**Workout #14709 - Tuesday, 31 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
9:04 AM	Start			
1,400	1x{2 x 200 on 3:00 Back w/fins	EN2	S	BK
	{2 x 200 on 2:55 Back w/fins	EN2	S	BK
	{2 x 200 on 2:50 Back w/fins	EN2	S	BK
	{1 x 200 on 2:45 Back w/fins	EN2	S	BK
	5 KOW 1st wall through125 wall			
	7 KOW @150---12 KOW @175			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 5:00 Ice			M
9:35 AM	1,650 Yards - Stress Value = 28			

**Workout #14710 - Tuesday, 31 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
9:04 AM	Start			
1,300	1x{2 x 200 on 3:20 Back w/fins	EN2	S	BK
	{2 x 200 on 3:15 Back w/fins	EN2	S	BK
	{2 x 200 on 3:10 Back w/fins	EN2	S	BK
	{1 x 100 on 1:35 Back w/fins	EN2	S	BK
	5 KOW 1st wall through125 wall			
	7 KOW @150---12 KOW @175			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 5:00 Ice			M
9:36 AM	1,550 Yards - Stress Value = 26			

**Workout #14711 - Tuesday, 31 December 2013**

**Group 2 - Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
9:00 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{2 x 100 on 2:00 Kick on rt side	EN2	
	{2 x 25 on :45 Sprint kick on back	EN2	
	{2 x 100 on 1:55 Kick on left side	EN2	
	{2 x 25 on :45 Sprnt kick on back	EN2	
	{2 x 100 on 1:50 Kick on rt side	EN2	
	{2 x 25 on :45 Sprint kick on back	EN2	250
	{2 x 100 on 1:45 Kick on left side	EN2	
	{2 x 25 on :45 Sprint kick on back	EN2	
200	8 x 25 on :45 Stroke Drills	REC	
1,400	1x{2 x 150 on 2:20 Backstroke 3KOLW	EN2	
	{2 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
	{2 x 125 on 1:55 Backstroke 5KOLW	EN2	
	{2 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
	{2 x 100 on 1:30 Backstroke 7KOLW	EN2	
	{2 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
	{2 x 75 on 1:05 Backstroke 9KOLW	EN2	
	{2 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
250	{2 x 50 on :40 Backstroke 11KOLW	EN2	
	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	11:00 PM 3,500 Yards - Stress Value = 54		

{2 x 75 on 1:55 Kick on left side	EN2
{2 x 25 on :45 Sprnt kick on back	EN2
{2 x 75 on 1:50 Kick on rt side	EN2
{2 x 25 on :45 Sprint kick on back	EN2
{2 x 75 on 1:45 Kick on left side	EN2
{2 x 25 on :45 Sprint kick on back	EN2
8 x 25 on :45 Stroke Drills	REC
1,200 1x{2 x 150 on 3:00 Backstroke 3KOLW	EN2
{2 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2
{2 x 125 on 2:25 Backstroke 5KOLW	EN2
{2 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2
{2 x 100 on 1:55 Backstroke 7KOLW	EN2
{1 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2
{2 x 75 on 1:25 Backstroke 9KOLW	EN2
{1 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2
1 x 250 on 5:00 Stroke Drills	REC
1 on 10:00 Techniques-Starts	
11:00 AM 3,050 Yards - Stress Value = 46	

**Workout #14714 - Tuesday, 31 December 2013**

**Group 2 - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{2 x 75 on 2:15 Kick on rt side	EN2	
	{2 x 25 on :45 Sprint kick on back	EN2	
	{2 x 75 on 2:15 Kick on left side	EN2	
	{2 x 25 on :45 Sprnt kick on back	EN2	
	{2 x 50 on 1:25 Kick on rt side	EN2	
	{2 x 25 on :45 Sprint kick on back	EN2	
	{2 x 50 on 1:25 Kick on left side	EN2	
	{2 x 25 on :45 Sprint kick on back	EN2	
	8 x 25 on :45 Stroke Drills	REC	
950	1x{1 x 150 on 3:30 Backstroke 3KOLW	EN2	
	{2 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
	{2 x 125 on 2:55 Backstroke 5KOLW	EN2	
	{2 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
	{1 x 100 on 2:20 Backstroke 7KOLW	EN2	
	{2 x 50 on 1:30 12.5 BT 12.5 6ks X2	EN2	
	{2 x 75 on 1:45 Backstroke 9KOLW	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	7:30 PM 2,650 Yards - Stress Value = 39		

**Workout #14712 - Tuesday, 31 December 2013**

**Group 2 - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
9:00 AM	Start		
=====	=====	====	==
	1 on 30:00 DS/Core/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
900	1x{2 x 100 on 2:10 Kick on rt side	EN2	
	{2 x 25 on :45 Sprint kick on back	EN2	
	{2 x 100 on 2:10 Kick on left side	EN2	
	{2 x 25 on :45 Sprnt kick on back	EN2	
	{2 x 75 on 1:30 Kick on rt side	EN2	
	{2 x 25 on :45 Sprint kick on back	EN2	
	{2 x 75 on 1:30 Kick on left side	EN2	
	{2 x 25 on :45 Sprint kick on back	EN2	
200	8 x 25 on :45 Stroke Drills	REC	
1,300	1x{2 x 150 on 2:35 Backstroke 3KOLW	EN2	
	{2 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
	{2 x 125 on 2:05 Backstroke 5KOLW	EN2	
	{2 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
	{2 x 100 on 1:40 Backstroke 7KOLW	EN2	
	{2 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
	{2 x 75 on 1:10 Backstroke 9KOLW	EN2	
	{2 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	11:00 AM 3,300 Yards - Stress Value = 50		

**Workout #14713 - Tuesday, 31 December 2013**

**Group 2 - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
9:00 AM	Start		
=====	=====	====	==
	1 on 30:00 DS/Core/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{2 x 75 on 2:00 Kick on rt side	EN2	
	{2 x 25 on :45 Sprint kick on back	EN2	

**Workout #14715 - Tuesday, 31 December 2013**

**Group 2 - Copper**

**1 minute rest between sets**

9:00 AM Start  
 Yards Set Description EGY WC  
 =====  
 1 on 30:00 DS/Core/Tm Mtg  
 350 1 x 350 on 10:00 Underwater trn drill REC  
 150 10 x 15 on :45 Shooters SP3  
 600 1x{2 x 75 on 2:30 Kick on rt side EN2  
 {2 x 25 on 1:00 Sprint kick on back EN2  
 {2 x 75 on 2:30 Kick on left side EN2  
 {2 x 25 on 1:00 Sprnt kick on back EN2  
 {2 x 50 on 1:30 Kick on rt side EN2  
 {2 x 25 on 1:00 Sprint kick on back EN2  
 {1 x 50 on 1:30 Kick on left side EN2  
 200 8 x 25 on :45 Stroke Drills REC  
 900 1x{1 x 150 on 4:00 Backstroke 3KOLW EN2  
 {1 x 50 on 1:30 12.5 BT 12.5 6ks X2 EN2  
 {2 x 125 on 3:20 Backstroke 5KOLW EN2  
 {2 x 50 on 1:30 12.5 BT 12.5 6ks X2 EN2  
 {1 x 100 on 2:40 Backstroke 7KOLW EN2  
 {2 x 50 on 1:30 12.5 BT 12.5 6ks X2 EN2  
 {2 x 75 on 2:00 Backstroke 9KOLW EN2  
 250 1 x 250 on 5:00 Stroke Drills REC  
 1 on 10:00 Techniques-Starts  
 11:00 AM 2,450 Yards - Stress Value = 36

**Workout #14716 - Tuesday, 31 December 2013**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Circuit  
 400 1 x 400 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,200 1x{1 x 100 on 1:40 Kick #1  
 {1 x 100 on 1:50 Kick #2  
 {1 x 100 on 2:00 Kick #3  
 {2 x 100 on 1:40 Kick #1  
 {2 x 100 on 1:50 Kick #2  
 {2 x 100 on 2:00 Kick #3  
 {1 x 100 on 1:40 Kick #1  
 {1 x 100 on 1:50 Kick #2  
 {1 x 100 on 2:00 Kick #3  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,900 1x{4 x 25 on :30 2 breaths each  
 {1 x 150 on 2:00 Pulls-br on 7 L.25  
 {4 x 25 on :30 2 breaths each  
 {2 x 150 on 1:55 Pulls-no br on 7 L.50  
 {4 x 25 on :30 2 breaths each  
 {3 x 150 on 1:50 Pulls-no br on 7 L.75  
 {4 x 25 on :30 2 breaths each  
 {4 x 150 on 1:45 Pulls-no br on 7 L.100  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:04 PM 4,100 Yards - Stress Value = 66

**Workout #14717 - Tuesday, 31 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Circuit  
 400 1 x 400 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,050 1x{1 x 100 on 1:50 Kick #1  
 {1 x 100 on 2:00 Kick #2  
 {1 x 100 on 2:10 Kick #3

{2 x 50 on :55 Kick #1  
 {2 x 100 on 2:00 Kick #2  
 {2 x 100 on 2:10 Kick #3  
 {1 x 50 on :55 Kick #1  
 {1 x 100 on 2:00 Kick #2  
 {1 x 100 on 2:10 Kick #3  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,900 1x{4 x 25 on :30 2 breaths each  
 {1 x 150 on 2:10 Pulls-br on 7 L.25  
 {4 x 25 on :30 2 breaths each  
 {2 x 150 on 2:05 Pulls-no br on 7 L.50  
 {4 x 25 on :30 2 breaths each  
 {3 x 150 on 2:00 Pulls-no br on 7 L.75  
 {4 x 25 on :30 2 breaths each  
 {4 x 150 on 1:55 Pulls-no br on 7 L.100  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:05 PM 3,950 Yards - Stress Value = 63

**Workout #14718 - Tuesday, 31 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Weights  
 400 1 x 400 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,000 1x{1 x 50 on 1:00 Kick #1  
 {1 x 100 on 2:10 Kick #2  
 {1 x 100 on 2:00 Kick #3  
 {2 x 50 on 1:00 Kick #1  
 {2 x 100 on 2:10 Kick #2  
 {2 x 100 on 2:20 Kick #3  
 {1 x 50 on 1:00 Kick #1  
 {1 x 100 on 2:10 Kick #2  
 {1 x 100 on 2:20 Kick #3  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,600 1x{4 x 25 on :35 2 breaths each  
 {1 x 150 on 2:25 Pulls-br on 7 L.25  
 {4 x 25 on :35 2 breaths each  
 {2 x 150 on 2:20 Pulls-no br on 7 L.50  
 {4 x 25 on :35 2 breaths each  
 {3 x 150 on 2:15 Pulls-no br on 7 L.75  
 {4 x 25 on :35 2 breaths each  
 {2 x 150 on 2:10 Pulls-no br on 7 L.100  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:05 PM 3,600 Yards - Stress Value = 56

**Workout #14719 - Tuesday, 31 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Circuit  
 400 1 x 400 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 900 1x{1 x 50 on 1:05 Kick #1  
 {1 x 100 on 2:20 Kick #2  
 {1 x 50 on 1:15 Kick #3  
 {1 x 50 on 1:05 Kick #1  
 {2 x 100 on 2:20 Kick #2  
 {2 x 100 on 2:30 Kick #3  
 {1 x 50 on 1:05 Kick #1  
 {1 x 100 on 2:20 Kick #2  
 {1 x 100 on 2:30 Kick #3  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,450 1x{4 x 25 on :35 2 breaths each  
 {1 x 150 on 2:45 Pulls-br on 7 L.25  
 {4 x 25 on :35 2 breaths each  
 {2 x 150 on 2:40 Pulls-no br on 7 L.50  
 {4 x 25 on :35 2 breaths each  
 {3 x 150 on 2:35 Pulls-no br on 7 L.75  
 {4 x 25 on :35 2 breaths each  
 {1 x 150 on 2:30 Pulls-no br on 7 L.100  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:05 PM 3,350 Yards - Stress Value = 51

**Workout #14720 - Tuesday, 31 December 2013**

**HighSchl - Back**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Circuit  
 400 1 x 400 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,200 1x{1 x 100 on 1:40 Kick #1  
 {1 x 100 on 1:50 Kick #2  
 {1 x 100 on 2:00 Kick #3  
 {2 x 100 on 1:40 Kick #1  
 {2 x 100 on 1:50 Kick #2  
 {2 x 100 on 2:00 Kick #3  
 {1 x 100 on 1:40 Kick #1  
 {1 x 100 on 1:50 Kick #2  
 {1 x 100 on 2:00 Kick #3  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,950 3x{1 x 125 on 1:45 Back L.25 15 KOW  
 {1 x 125 on 1:40 Back L.25 14 KOW  
 {1 x 125 on 1:35 Back L.25 13 KOW  
 {1 x 125 on 1:30 Back L.25 12 KOW  
 {1 x 150 on 3:10 Stroke Drills  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:06 PM 4,150 Yards - Stress Value = 64

**Workout #14721 - Tuesday, 31 December 2013**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Circuit  
 400 1 x 400 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,050 1x{1 x 100 on 1:50 Kick #1  
 {1 x 100 on 2:00 Kick #2

{1 x 100 on 2:10 Kick #3  
 {2 x 50 on :55 Kick #1  
 {2 x 100 on 2:00 Kick #2  
 {2 x 100 on 2:10 Kick #3  
 {1 x 50 on :55 Kick #1  
 {1 x 100 on 2:00 Kick #2  
 {1 x 100 on 2:10 Kick #3  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,800 3x{1 x 125 on 1:55 Back L.25 15 KOW  
 {1 x 125 on 1:50 Back L.25 14 KOW  
 {1 x 125 on 1:45 Back L.25 13 KOW  
 {1 x 125 on 1:40 Back L.25 12 KOW  
 {1 x 100 on 2:30 Stroke Drills  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:06 PM 3,850 Yards - Stress Value = 61

**Workout #14722 - Tuesday, 31 December 2013**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start  
 Yards Set Description  
 =====  
 1 on 35:00 DS/Circuit  
 400 1 x 400 on 7:00 Underwater trn drill  
 150 10 x 15 on :45 Shooters  
 1,000 1x{1 x 50 on 1:00 Kick #1  
 {1 x 100 on 2:10 Kick #2  
 {1 x 100 on 2:00 Kick #3  
 {2 x 50 on 1:00 Kick #1  
 {2 x 100 on 2:10 Kick #2  
 {2 x 100 on 2:20 Kick #3  
 {1 x 50 on 1:00 Kick #1  
 {1 x 100 on 2:10 Kick #2  
 {1 x 100 on 2:20 Kick #3  
 200 4x{1 x 25 on :50 Sculling drills  
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes  
 1,500 3x{1 x 100 on 1:45 Back L.25 15 KOW  
 {1 x 100 on 1:40 Back L.25 14 KOW  
 {1 x 100 on 1:35 Back L.25 13 KOW  
 {1 x 100 on 1:30 Back L.25 12 KOW  
 {1 x 100 on 3:10 Stroke Drills  
 250 1 x 250 on 4:00 Stroke Drills  
 1 on 10:00 Ice  
 5:06 PM 3,500 Yards - Stress Value = 52

**Workout #14723 - Tuesday, 31 December 2013**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Circuit
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	1x{1 x 50 on 1:05 Kick #1
	{1 x 100 on 2:20 Kick #2
	{1 x 50 on 1:15 Kick #3
	{1 x 50 on 1:05 Kick #1
	{2 x 100 on 2:20 Kick #2
	{2 x 100 on 2:30 Kick #3
	{1 x 50 on 1:05 Kick #1
	{1 x 100 on 2:20 Kick #2
	{1 x 100 on 2:30 Kick #3
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	3x{1 x 100 on 1:55 Back L.25 15 KOW
	{1 x 100 on 1:50 Back L.25 14 KOW
	{1 x 100 on 1:45 Back L.25 13 KOW
	{1 x 100 on 1:40 Back L.25 12 KOW
	{1 x 50 on 2:30 Stroke Drills
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	5:06 PM 3,250 Yards - Stress Value = 50