

Workout #14734 - Wednesday, 01 January 2014

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
9:00 AM	Start			
=====	=====	===	=====	=
	1 on 30:00 DS/Abs/Tm Mtg		L I	
500	1 x 500 on 10:00 Choice	REC	S	
150	10 x 15 on :45 Shooters	SP3	S C	
1,200	1x{4 x 25 on :45 Sprint kick	EN2	K	
	{2 x 100 on 1:55 Breast Kick	EN2	K	
	{4 x 25 on :45 Sprint kick	EN2	K	
	{2 x 100 on 1:50 Kick-breast	EN2	K	
	{4 x 25 on :45 Sprint kick	EN2	K	
	{2 x 100 on 1:45 Kick-breast	EN2	K	
	{4 x 25 on :45 Sprint kick	EN2	K	
	{2 x 100 on 1:40 Kick-breast	EN2	K	
150	6 x 25 on :45 Stroke Drills	REC	D F	
1,400	1x{1 x 250 on 4:30 Breaststroke	EN2	S	
	{5 x 50 on 1:00 Breast 2X Pullouts	EN2	S	
	{1 x 200 on 3:30 Breaststroke	EN2	S	
	{4 x 50 on 1:00 Breast 2X pullouts	EN2	S	
	{1 x 150 on 2:35 Breaststroke	EN2	S	
	{3 x 50 on 1:00 Breast 2X pullouts	EN2	S	
	{1 x 100 on 1:40 Breaststroke	EN2	S	
	{2 x 50 on 1:00 Breast 2X Pullouts	EN2	S	
	1 on 10:00 Game		S	
	11:00 AM 3,400 Yards - Stress Value = 58			

Workout #14738 - Wednesday, 01 January 2014

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
9:00 AM	Start			
=====	=====	===	=====	=
	1 on 30:00 DS/Abs/Tm Mtg		L I	
350	1 x 350 on 10:00 Choice	REC	S	
150	10 x 15 on :45 Shooters	SP3	S C	
800	1x{2 x 100 on 3:00 Kick-breast	EN2	K	
	{4 x 25 on 1:00 Sprint kick	EN2	K	
	{2 x 100 on 2:55 Breast Kick	EN2	K	
	{4 x 25 on 1:00 Sprint Kick	EN2	K	
	{2 x 100 on 2:50 Kick-breast	EN2	K	
150	6 x 25 on :45 Stroke Drills	REC	D F	
950	1x{1 x 200 on 5:30 Breaststroke	EN2	S	
	{4 x 50 on 1:30 Breast 2X Pullouts	EN2	S	
	{1 x 150 on 4:00 Breaststroke	EN2	S	
	{3 x 50 on 1:30 Breast 2X pullouts	EN2	S	
	{1 x 100 on 2:45 Breaststroke	EN2	S	
	{3 x 50 on 1:30 Breast 2X pullouts	EN2	S	
	1 on 10:00 Game		S	
	11:00 AM 2,400 Yards - Stress Value = 41			

Workout #14735 - Wednesday, 01 January 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
9:00 AM	Start			
=====	=====	===	=====	=
	1 on 30:00 DS/Abs/Tm Mtg		L I	
500	1 x 500 on 10:00 Choice	REC	S	
150	10 x 15 on :45 Shooters	SP3	S C	
1,100	1x{2 x 100 on 2:10 Kick-breast	EN2	K	
	{4 x 25 on :45 Sprint kick	EN2	K	
	{2 x 100 on 2:05 Breast Kick	EN2	K	
	{4 x 25 on :45 Sprint Kick	EN2	K	
	{2 x 100 on 2:00 Kick-breast	EN2	K	
	{4 x 25 on :45 Sprint Kick	EN2	K	
	{1 x 100 on 1:55 Kick-breast	EN2	K	
	{4 x 25 on :45 Sprint Kick	EN2	K	
150	6 x 25 on :45 Stroke Drills	REC	D	
1,350	1x{1 x 250 on 4:45 Breaststroke	EN2	S	

{5 x 50 on 1:00 Breast 2X Pullouts	EN2	S
{1 x 200 on 3:45 Breaststroke	EN2	S
{4 x 50 on 1:00 Breast 2X pullouts	EN2	S
{1 x 150 on 2:45 Breaststroke	EN2	S
{3 x 50 on 1:00 Breast 2X pullouts	EN2	S
{1 x 100 on 1:45 Breaststroke	EN2	S
{1 x 50 on 1:00 Breast 2X pullouts	EN2	S
1 on 10:00 Game		S
11:00 AM 3,250 Yards - Stress Value = 55		

Workout #14736 - Wednesday, 01 January 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
9:00 AM	Start			
=====	=====	===	=====	=
	1 on 30:00 DS/Abs/Tm Mtg		L I	
450	1 x 450 on 10:00 Choice	REC	S	
150	10 x 15 on :45 Shooters	SP3	S C	
1,050	1x{2 x 100 on 2:20 Kick-breast	EN2	K	
	{4 x 25 on :45 Sprint kick	EN2	K	
	{2 x 100 on 2:15 Breast Kick	EN2	K	
	{4 x 25 on :45 Sprint Kick	EN2	K	
	{2 x 100 on 2:10 Kick-breast	EN2	K	
	{4 x 25 on :45 Sprint Kick	EN2	K	
	{1 x 100 on 2:05 Kick-breast	EN2	K	
	{2 x 25 on :45 Sprint Kick	EN2	K	
150	6 x 25 on :45 Stroke Drills	REC	D	
1,200	1x{1 x 250 on 5:00 Breaststroke	EN2	S	
	{5 x 50 on 1:10 Breast 2X Pullouts	EN2	S	
	{1 x 200 on 3:55 Breaststroke	EN2	S	
	{4 x 50 on 1:10 Breast 2X pullouts	EN2	S	
	{1 x 150 on 2:55 Breaststroke	EN2	S	
	{3 x 50 on 1:10 Breast 2X pullouts	EN2	S	
	1 on 10:00 Game		S	
	10:59 AM 3,000 Yards - Stress Value = 51			

Workout #14737 - Wednesday, 01 January 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
9:00 AM	Start			
=====	=====	===	=====	=
	1 on 30:00 DS/Abs/Tm Mtg		L I	
400	1 x 400 on 10:00 Choice	REC	S	
150	10 x 15 on :45 Shooters	SP3	S C	
1,050	1x{2 x 100 on 2:30 Kick-breast	EN2	K	
	{4 x 25 on :45 Sprint kick	EN2	K	
	{2 x 100 on 2:25 Breast Kick	EN2	K	
	{4 x 25 on :45 Sprint Kick	EN2	K	
	{2 x 100 on 2:20 Kick-breast	EN2	K	
	{4 x 25 on :45 Sprint Kick	EN2	K	
	{3 x 50 on 1:10 Kick-breast	EN2	K	
150	6 x 25 on :45 Stroke Drills	REC	D F	
1,100	1x{1 x 250 on 5:40 Breaststroke	EN2	S	
	{5 x 50 on 1:15 Breast 2X Pullouts	EN2	S	
	{1 x 200 on 4:30 Breaststroke	EN2	S	
	{4 x 50 on 1:15 Breast 2X pullouts	EN2	S	
	{1 x 100 on 2:15 Breaststroke	EN2	S	
	{2 x 50 on 1:15 Breast 2X pullouts	EN2	S	
	1 on 10:00 Game		S	
	11:00 AM 2,850 Yards - Stress Value = 49			

Workout #14726 - Wednesday, 01 January 2014

HighSchl - Distance

1 minute rest between sets

8:40 AM 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	
9:35 AM 3,175 Yards - Stress Value = 59				

Workout #14730 - Wednesday, 01 January 2014

HighSchl - IM's

1 minute rest between sets

8:40 AM Start

Yards	Set Description
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
9:35 AM 2,650 Yards - Stress Value = 47	

Workout #14722 - Wednesday, 01 January 2014

HighSchl - Platinum

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
1,850	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
8:40 AM 3,800 Yards - Stress Value = 63	

Workout #14739 - Wednesday, 01 January 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 10:00 Dynamic Stretch
400	1 x 400 on 5:00 Choice

210	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 towarc
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
5:06 PM 5,610 Yards - Stress Value = 72	

Workout #14723 - Wednesday, 01 January 2014

HighSchl - Gold

1 minute rest between sets

7:00 AM 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
8:40 AM 3,500 Yards - Stress Value = 57	

Workout #14727 - Wednesday, 01 January 2014

HighSchl - Gold

1 minute rest between sets

8:40 AM 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	
9:35 AM 2,800 Yards - Stress Value = 51				

Workout #14731 - Wednesday, 01 January 2014

HighSchl - Gold

1 minute rest between sets

8:40 AM Start

Yards	Set Description
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
9:35 AM 2,500 Yards - Stress Value = 44	

Workout #14740 - Wednesday, 01 January 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
400	1 on 10:00 Dynamic Stretch
210	1 x 400 on 5:00 Choice
700	14 x 15 on :45 LN1-Shooters
800	7 x 100 on 1:30 LN2-Kick w/fins
750	4 x 200 on 2:45 LN3-Pulls odd 50's br towarc
375	6 x 125 on 1:50 LN4-IM alt +25 free/#1stroke
600	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 50rec 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
5:04 PM 5,335 Yards - Stress Value = 68	

Workout #14724 - Wednesday, 01 January 2014

HighSchl - Silver

1 minute rest between sets

7:00 AM 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
1,400	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
8:39 AM 3,100 Yards - Stress Value = 50	

Workout #14728 - Wednesday, 01 January 2014

HighSchl - Silver

1 minute rest between sets

8:40 AM Start

Yards	Set Description
=====	=====
	EGY WORK STK
=====	=====

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
9:35 AM 2,575 Yards - Stress Value = 47				

Workout #14732 - Wednesday, 01 January 2014

HighSchl - Silver

1 minute rest between sets

8:40 AM Start

Yards	Set Description
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
9:36 AM 2,250 Yards - Stress Value = 39	

Workout #14741 - Wednesday, 01 January 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
400	1 on 10:00 Dynamic Stretch
210	1 x 400 on 5:00 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 towarc
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 50rec 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
5:05 PM 4,885 Yards - Stress Value = 63	

Workout #14725 - Wednesday, 01 January 2014

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 25:00 DS/Abs
150	1 x 500 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 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
	8:40 AM 2,850 Yards - Stress Value = 46

Workout #14729 - Wednesday, 01 January 2014

HighSchl - Bronze

1 minute rest between sets

8:40 AM Start

Yards	Set Description	EGY	WORK	STK
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	
	9:35 AM 2,275 Yards - Stress Value = 40			

Workout #14733 - Wednesday, 01 January 2014

HighSchl - Bronze

1 minute rest between sets

8:40 AM Start

Yards	Set Description
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
	9:34 AM 1,900 Yards - Stress Value = 32

Workout #14742 - Wednesday, 01 January 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
400	1 on 10:00 Dynamic Stretch
	1 x 400 on 5:00 Choice

210	14 x 15 on :45 LN1-Shooters
600	1x{6 x 100 on 1:45 LN2-kick w/fins
600	1x{4 x 150 on 2:40 LN3-Pulls odds/evens bre twr
500	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
	5:03 PM 4,410 Yards - Stress Value = 55

Workout #14747 - Thursday, 02 January 2014

Group 2 - Copper

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
	1 on 8:00 Dynamic Stretch		
350	1 x 350 on 10:00 Underwater trn drill	REC	
	Odd 100s free even 100's bak		
150	10 x 15 on :45 Shooters		SP3
1,000	1x{1 x 100 on 2:30 Freestyle		EN1
	{1 x 50 on 1:30 Kick		EN2
	{1 x 50 on 1:15 Pulls		EN1
	{2 x 100 on 2:30 Freestyle		EN1
	{1 x 50 on 1:30 Kick		EN1
	{1 x 50 on 1:15 Pulls		EN1
	{3 x 100 on 2:30 Freestyle		EN1
	{1 x 50 on 1:30 Kick		EN1
	{1 x 50 on 1:15 Pulls		EN1
	{1 x 100 on 2:30 Freestyle		EN1
250	1 x 250 on 5:00 Stroke Drills		REC
	8:00 AM 1,750 Yards - Stress Value = 14		

Workout #14743 - Thursday, 02 January 2014

Group 2 - Freestylers

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
	1 on 8:00 Dynamic Stretch		
500	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100s free even 100's bak		
150	10 x 15 on :45 Shooters		SP3
1,600	1x{1 x 100 on 1:30 Freestyle		EN1
	{1 x 100 on 2:00 Kick		EN2
	{1 x 100 on 1:30 Pulls		EN1
	{2 x 100 on 1:30 Freestyle		EN1
	{1 x 100 on 2:00 Kick		EN1
	{1 x 100 on 1:30 Pulls		EN1
	{3 x 100 on 1:30 Freestyle		EN1
	{1 x 100 on 2:00 Kick		EN1
	{1 x 100 on 1:30 Pulls		EN1
	{4 x 100 on 1:30 Freestyle		EN1
250	1 x 250 on 5:00 Stroke Drills		REC
	8:00 AM 2,500 Yards - Stress Value = 23		

Workout #14744 - Thursday, 02 January 2014

1 minute rest between sets

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM Start			
500	1 on 8:00 Dynamic Stretch		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,450	1x{1 x 100 on 1:40 Freestyle	EN1	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on :50 Pulls	EN1	
	{2 x 100 on 1:40 Freestyle	EN1	
	{1 x 100 on 2:10 Kick	EN1	
	{1 x 50 on :50 Pulls	EN1	
	{3 x 100 on 1:40 Freestyle	EN1	
	{1 x 100 on 2:10 Kick	EN1	
	{1 x 50 on :50 Pulls	EN1	
	{4 x 100 on 1:40 Freestyle	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
8:00 AM 2,350 Yards - Stress Value = 20			

Yards	Set Description
8:30 AM Start	
400	1 on 35:00 DS/Weights
150	1 x 400 on 7:00 Underwater trn drill
300	Odd 100's free even 100's back
400	10 x 15 on :45 shooters
300	3 x 100 on 2:00 Kick
50	8 x 50 on 1:00 Down drill back build
200	Odds free evens non free
300	3 x 100 on 1:45 Descend
50	2 x 25 on 2:00 Walk backs
200	1 x 200 on 3:00 Freestyle
100	1 x 100 on 10:00 Free OTB for time
10,000	1 x 10000 on 50:00 Get Ready For Fast Swmming!!
250	1 x 250 on 4:00 Stroke Drills
11:00 AM 12,150 Yards - Stress Value = 1030	

Workout #14749 - Friday, 03 January 2014

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Workout #14745 - Thursday, 02 January 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM Start			
450	1 on 8:00 Dynamic Stretch		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{1 x 100 on 1:50 Freestyle	EN1	
	{1 x 50 on 1:10 Kick	EN2	
	{1 x 50 on :55 Pulls	EN1	
	{2 x 100 on 1:50 Freestyle	EN1	
	{1 x 50 on 1:10 Kick	EN1	
	{1 x 50 on :55 Pulls	EN1	
	{3 x 100 on 1:50 Freestyle	EN1	
	{1 x 50 on 1:10 Kick	EN1	
	{1 x 50 on :55 Pulls	EN1	
	{4 x 100 on 1:50 Freestyle	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:59 AM 2,150 Yards - Stress Value = 17			

Yards	Set Description
7:00 AM Start	
600	1 on 30:00 DS/Ted's Abs
150	1 x 600 on 10:00 Reverse IM drill
2,000	10 x 15 on :45 Shooters
	The entire kick set is with fins
2,000	1x{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:30 Kick-descend
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:25 Kick-descend
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:20 Kick-descend
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:15 KICK-descend
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:10 Kick-descend
1,500	1x{1 x 500 on 6:15 Pulls-nbbf&w + 2 yds
	{1 x 400 on 5:00 Pulls-nbbf&w + 2 yds
	{1 x 300 on 3:45 Pulls-nbbf&w + 2 yds
	{1 x 200 on 2:30 Pulls-nbbf&w + 2 yds
	{1 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 finishe
2,400	12x{1 x 100 on 1:15 Individual Medley
	{1 x 50 on :35 Freestyle
	{1 x 50 on :45 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
9:34 AM 7,100 Yards - Stress Value = 114	

Workout #14746 - Thursday, 02 January 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM Start			
400	1 on 8:00 Dynamic Stretch		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{1 x 100 on 2:00 Freestyle	EN1	
	{1 x 50 on 1:20 Kick	EN2	
	{1 x 50 on 1:00 Pulls	EN1	
	{2 x 100 on 2:00 Freestyle	EN1	
	{1 x 50 on 1:20 Kick	EN1	
	{1 x 50 on 1:00 Pulls	EN1	
	{3 x 100 on 2:00 Freestyle	EN1	
	{1 x 50 on 1:20 Kick	EN1	
	{1 x 50 on 1:00 Pulls	EN1	
	{3 x 100 on 2:00 Freestyle	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:59 AM 2,000 Yards - Stress Value = 16			

Workout #14748 - Thursday, 02 January 2014

HS Boys - All

Workout #14750 - Friday, 03 January 2014

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
 10 x 15 on :45 Shooters
 The entire kick set is with fins
 2,000 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:30 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:25 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:20 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:15 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:10 Kick-descend
 1,400 1x{1 x 500 on 6:40 Pulls-nbbf&w + 2 yds
 {1 x 400 on 5:20 Pulls-nbbf&w + 2 yds
 {1 x 300 on 4:00 Pulls-nbbf&w + 2 yds
 {1 x 200 on 2:40 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
 2,200 11x{1 x 100 on 1:20 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 6,800 Yards - Stress Value = 109

Workout #14751 - Friday, 03 January 2014

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
 10 x 15 on :45 Shooters
 The entire kick set is with fins
 2,000 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:30 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:25 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:20 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:15 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:10 Kick-descend
 1,250 1x{1 x 500 on 7:30 Pulls-nbbf&w + 2 yds
 {1 x 400 on 6:00 Pulls-nbbf&w + 2 yds
 {1 x 300 on 4:30 Pulls-nbbf&w + 2 yds
 {1 x 50 on :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
 2,000 10x{1 x 100 on 1:30 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 6,400 Yards - Stress Value = 103

Workout #14752 - Friday, 03 January 2014

HighSchl - Bronze

1 minute rest between sets

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

1 on 30:00 DS/Ted's Abs
 550 1 x 550 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 The entire kick set is with fins
 2,000 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:30 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:25 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:20 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:15 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:10 Kick-descend
 1,100 1x{1 x 500 on 8:20 Pulls-nbbf&w + 2 yds
 {1 x 400 on 6:40 Pulls-nbbf&w + 2 yds
 {1 x 200 on 3:20 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
 1,800 9x{1 x 100 on 1:45 Individual Medley
 {1 x 50 on :50 Freestyle
 {1 x 50 on 1:00 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:36 AM 6,050 Yards - Stress Value = 97

Workout #14753 - Saturday, 04 January 2014

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 40:00 DS and Weights
 150 1 x 600 on 10:00 Reverse IM drill
 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

Workout #14754 - Saturday, 04 January 2014

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 40:00 DS and Weights
150	1 x 600 on 10:00 Reverse IM drill
	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	

Yards	Set Description
500	1 on 40:00 DS and Weights
150	1 x 500 on 10:00 Reverse IM drill
	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 #14761 - Tuesday, 07 January 2014

HighSchl - Distance

1 minute rest between sets

2:13 PM Start

Yards	Set Description	EGY	WORK	STK
3,000	1x{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
	{2 x 200 on 2:10 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Freestyle	EN3	S	FR
	{2 x 200 on 2:05 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	
3:05 PM 3,250 Yards - Stress Value = 84				

Workout #14765 - Tuesday, 07 January 2014

HighSchl - IM'ers

1 minute rest between sets

2:13 PM Start

Yards	Set Description	F
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 1:10 Individual Medley	F
	{4 x 75 on 1:00 Fr 25scldsdfst25catchup25reg	F
	{5 x 100 on 1:10 Individual Medley	F
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	
3:04 PM 2,950 Yards - Stress Value = 54		

Workout #14756 - Saturday, 04 January 2014

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Workout #14757 - Tuesday, 07 January 2014

HighSchl - Platinum

1 minute rest between sets

12:30 PM 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
 1,850 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
 {4 x 25 on :30 Kick no board BSLRX2 12 KOW
 700 7 x 100 on 1:20 Pulls odd btb even bts
 hold under 1:10
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2:13 PM 3,500 Yards - Stress Value = 59

Workout #14758 - Tuesday, 07 January 2014

HighSchl - Gold

1 minute rest between sets

12:30 PM 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
 1,650 1x{4 x 25 on :35 Kick no board BSLR 15 KOW
 {6 x 75 on 1:15 Kick
 {4 x 25 on :35 Kick no board BSLR 14 KOW
 {5 x 100 on 1:40 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
 600 6 x 100 on 1:25 Pulls odd btb even bts
 hold under 1:15
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2:13 PM 3,200 Yards - Stress Value = 53

Workout #14762 - Tuesday, 07 January 2014

HighSchl - Gold

1 minute rest between sets

2:13 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,700 1x{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 200 on 2:30 Freestyle EN2 S FR
 {1 x 100 on 1:40 Freestyle EN3 S FR
 {2 x 200 on 2:25 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
 3:05 PM 2,950 Yards - Stress Value = 74

Workout #14766 - Tuesday, 07 January 2014

HighSchl - Gold

1 minute rest between sets

2:13 PM Start
 Yards Set Description E

===== =
 2,700 1x{1 x 100 on 1:20 Individual Medley E
 {4 x 75 on 1:05 Fly-25L 25R 25 B E
 {2 x 100 on 1:20 Individual Medley F
 {4 x 75 on 1:05 Back 25L 25R 25B E
 {3 x 100 on 1:20 Individual Medley E
 {4 x 75 on 1:10 Brst 25FlK 25FrK 25Rk E
 {4 x 100 on 1:15 Individual Medley E
 {4 x 75 on 1:05 Fr 25scldsdfst25catchup25reg F
 {5 x 100 on 1:15 Individual Medley E
 250 1 x 250 on 4:00 Stroke Drills F
 1 on 10:00 Ice
 3:05 PM 2,950 Yards - Stress Value = 54

Workout #14759 - Tuesday, 07 January 2014

HighSchl - Silver

1 minute rest between sets

12:30 PM 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
 1,400 1x{4 x 25 on :40 Kick no board BSLR 15 KOW
 {6 x 75 on 1:30 Kick
 {4 x 25 on :40 Kick no board BSLR 14 KOW
 {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
 500 5 x 100 on 1:40 Pulls odd btb even bts
 hold under 1:25
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2:13 PM 2,800 Yards - Stress Value = 46

Workout #14763 - Tuesday, 07 January 2014

HighSchl - Silver

1 minute rest between sets

2:13 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,400 1x{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
 {2 x 200 on 2:45 Freestyle EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 3:05 PM 2,650 Yards - Stress Value = 64

Workout #14767 - Tuesday, 07 January 2014

HighSchl - Silver

1 minute rest between sets

2:13 PM Start

Yards	Set Description	F
2,400	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
	{2 x 100 on 1:25 Individual Medley	F
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	
	3:05 PM 2,650 Yards - Stress Value = 48	

Workout #14760 - Tuesday, 07 January 2014

HighSchl - Bronze

1 minute rest between sets

12:30 PM Start

Yards	Set Description	F
	1 on 35:00 DS/Weights	
500	1 x 500 on 10:00 Free L.25 of each 100 Non F	F
150	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	
400	4 x 100 on 1:50 Pulls odd btb even bts	
	hold under 1:40	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	2:12 PM 2,500 Yards - Stress Value = 41	

Workout #14764 - Tuesday, 07 January 2014

HighSchl - Bronze

1 minute rest between sets

2:13 PM Start

Yards	Set Description	EGY	WORK	STK
2,000	1x{2 x 200 on 3:40 Freestyle	EN2	S	FR
	{1 x 100 on 2:00 Freestyle	EN3	S	FR
	{2 x 200 on 3:35 Freestyle	EN2	S	FR
	{1 x 100 on 2:00 Freestyle	EN3	S	FR
	{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
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	3:05 PM 2,250 Yards - Stress Value = 56			

Workout #14768 - Tuesday, 07 January 2014

HighSchl - Bronze

1 minute rest between sets

2:13 PM Start

Yards	Set Description	F
1,950	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
	{3 x 100 on 2:00 Individual Medley	F
	{2 x 75 on 1:20 Fr 25scldsdfst25catchup25reg	F
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	
	3:05 PM 2,200 Yards - Stress Value = 39	

Workout #14769 - Tuesday, 07 January 2014

HighSchl - Lance Fozo

1 minute rest between sets

1:25 PM Start

Yards	Set Description	EC
1,950	1x{4 x 25 on :30 Kick no board BSLR 15 KOW	EN
	{6 x 75 on 1:05 Kick	EN
	{4 x 25 on :30 Kick no board BSLR 14 KOW	EN
	{5 x 100 on 1:25 Kick	EN
	{4 x 25 on :30 Kick no board BSLR 13 KOW	EN
	{4 x 125 on 1:40 Kick	EN
	{8 x 25 on :30 Kick no board BSLRX2 12 KOW	EN
	1:56 PM 1,950 Yards - Stress Value = 39	

Workout #14779 - Wednesday, 08 January 2014

HighSchl - Distance

1 minute rest between sets

2:16 PM Start

Yards	Set Description	EGY	WORK	STK
3,000	1x{2 x 150 on 1:50 Freestyle	EN1	S	FR
	{5 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:50 Freestyle	EN1	S	FR
	{4 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:50 Freestyle	EN2	S	FR
	{3 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:50 Freestyle	EN1	S	FR
	{2 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:50 Freestyle	EN1	S	FR
	{1 x 100 on 1:10 Freestyle	EN2	S	FR
	Hold 100's 1:04 or faster			
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	3:06 PM 3,200 Yards - Stress Value = 48			

Workout #14774 - Wednesday, 08 January 2014

HighSchl - Fly

1 minute rest between sets

2:16 PM Start

Yards	Set Description	EGY
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	
	3:05 PM 2,400 Yards - Stress Value = 38	

Workout #14770 - Wednesday, 08 January 2014

HighSchl - Platinum

1 minute rest between sets

12:30 PM Start		2:16 PM Start			
Yards	Set Description	Yards	Set Description	EGY	WORK STK
2,750	1x{2 x 150 on 2:05 Freestyle	EN1	S	FR	
	{5 x 100 on 1:15 Freestyle	EN2	S	FR	
	{2 x 150 on 2:05 Freestyle	EN1	S	FR	
	{4 x 100 on 1:15 Freestyle	EN2	S	FR	
600	1 x 600 on 10:00 DS/Physio Balls	EN2	S	FR	
150	10 x 15 on 10:00 Swim-kick-pull-swim	EN2	S	FR	
1,500	1x{4 x 25 on :30 Kick no board BSLR-12 KOW	EN1	S	FR	
	{3 x 100 on 1:30 Kick	EN2	S	FR	
	{4 x 25 on :30 Kick no board BSLR-12 KOW	EN1	S	FR	
	{3 x 100 on 1:35 Kick	EN2	S	FR	
	{4 x 25 on :30 Kick no board BSLR-12 KOW	EN1	S	FR	
	{3 x 100 on 1:40 Kick	EN2	S	FR	
	{4 x 25 on :30 Kick no board BSLR-12 KOW	EN1	S	FR	
	{2 x 100 on 1:45 Kick	EN2	S	FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD	
	1 on 10:00 Ice	M			
	3:06 PM 2,950 Yards - Stress Value = 45				

Workout #14772 - Wednesday, 08 January 2014

HighSchl - Silver

1 minute rest between sets

12:30 PM Start		Yards	Set Description			
	1 on 30:00 DS/Physio Balls	550	1 x 550 on 10:00 Swim-kick-pull-swim			
	1 x 600 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			
	{3 x 100 on 1:40 Kick		{4 x 25 on :40 Kick no board BSLR-12 KOW			
	{4 x 25 on :35 Kick no board BSLR-12 KOW		{2 x 100 on 2:00 Kick			
	{3 x 100 on 1:40 Kick		{4 x 25 on :40 Kick no board BSLR-12 KOW			
	{4 x 25 on :35 Kick no board BSLR-12 KOW	1,250	1x{2 x 200 on 3:20 Pull no br L.12 yds			
	{3 x 100 on 1:45 Kick		{2 x 200 on 3:15 Pull no br L.12 yds			
	{4 x 25 on :35 Kick no board BSLR-12 KOW		{2 x 200 on 3:10 Pull no br L.12 yds			
	{3 x 100 on 1:45 Kick		{1 x 50 on :45 Pulls-no br L.12 yds			
	{4 x 25 on :35 Kick no board BSLR-12 KOW	200	4x{1 x 25 on :50 Sculling drills			
	{1 x 50 on :55 Kick		{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	1 x 50 on :55 Kick		2:15 PM 3,350 Yards - Stress Value = 44			

Workout #14771 - Wednesday, 08 January 2014

HighSchl - Gold

1 minute rest between sets

12:30 PM Start		Yards	Set Description			
	1 on 30:00 DS/Physio Balls	550	1 x 550 on 10:00 Swim-kick-pull-swim			
	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 1:50 Kick			
	{3 x 100 on 1:35 Kick		{4 x 25 on :40 Kick no board BSLR-12 KOW			
	{4 x 25 on :35 Kick no board BSLR-12 KOW		{3 x 100 on 1:55 Kick			
	{3 x 100 on 1:40 Kick		{4 x 25 on :40 Kick no board BSLR-12 KOW			
	{4 x 25 on :35 Kick no board BSLR-12 KOW		{2 x 100 on 2:00 Kick			
	{3 x 100 on 1:45 Kick		{4 x 25 on :40 Kick no board BSLR-12 KOW			
	{4 x 25 on :35 Kick no board BSLR-12 KOW	1,250	1x{2 x 200 on 3:20 Pull no br L.12 yds			
	{1 x 50 on :55 Kick		{2 x 200 on 3:15 Pull no br L.12 yds			
	1 x 50 on :55 Kick		{2 x 200 on 3:10 Pull no br L.12 yds			
	1 x 50 on :55 Kick		{1 x 50 on :45 Pulls-no br L.12 yds			
	1 x 50 on :55 Kick	200	4x{1 x 25 on :50 Sculling drills			
	1 x 50 on :55 Kick		{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	1 x 50 on :55 Kick		2:15 PM 3,350 Yards - Stress Value = 44			
	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					
	2:15 PM 3,800 Yards - Stress Value = 53					

Workout #14775 - Wednesday, 08 January 2014

HighSchl - Gold

1 minute rest between sets

2:16 PM Start		Yards	Set Description	EGY		
	1 on 10:00 Ice	350	7 x 50 on 1:00 Stroke Drills	REC		
	1 on 10:00 Ice		1 on 10:00 Ice			
	1 on 10:00 Ice		3:05 PM 2,000 Yards - Stress Value = 29			
1,800	1x{1 x 100 on 1:35 3 strokes off walls		{9 x 25 on :35 Fly-descend in 3s	EN1		
	{9 x 25 on :30 Fly-descend in 3s		{2 x 100 on 1:40 3 strokes off walls	EN2		
	{2 x 100 on 1:30 3 strokes off walls		{9 x 25 on :35 Fly-descend in 3s	EN1		
	{9 x 25 on :30 Fly-descend in 3s		{3 x 100 on 1:35 3 strokes off walls	EN2		
	{3 x 100 on 1:25 3 strokes off walls		{8 x 25 on :35 Fly-descend in 4's	EN2		
	{6 x 25 on :30 Fly-descend in 3s		{4 x 100 on 1:30 3 strokes fly off walls	EN2		
	{4 x 100 on 1:20 3 strokes fly off walls					
	{8 x 25 on :30 Fly-descend in 4's					
350	7 x 50 on 1:00 Stroke Drills					
	1 on 10:00 Ice					
	1 on 10:00 Ice					
	3:05 PM 2,150 Yards - Stress Value = 32					

Workout #14780 - Wednesday, 08 January 2014

HighSchl - Gold

1 minute rest between sets

Workout #14781 - Wednesday, 08 January 2014

HighSchl - Silver

1 minute rest between sets

2:16 PM Start

Yards	Set Description	EGY	WORK	STK
2,250	1x{2 x 150 on 2:30 Freestyle	EN1	S	FR
	{5 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:30 Freestyle	EN1	S	FR
	{4 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:30 Freestyle	EN2	S	FR
	{3 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 150 on 2:30 Freestyle	EN1	S	FR
	hold 100's 1:21 or faster			
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	3:06 PM 2,450 Yards - Stress Value = 38			

Workout #14773 - Wednesday, 08 January 2014

HighSchl - Bronze

1 minute rest between sets

12:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Physiso 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
	2:15 PM 3,050 Yards - Stress Value = 40

Workout #14777 - Wednesday, 08 January 2014

HighSchl - Bronze

1 minute rest between sets

2:16 PM Start

Yards	Set Description	EGY
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	
	3:05 PM 1,650 Yards - Stress Value = 23	

Workout #14782 - Wednesday, 08 January 2014

HighSchl - Bronze

1 minute rest between sets

2:16 PM Start

Yards	Set Description	EGY	WORK	STK
2,000	1x{2 x 150 on 2:45 Freestyle	EN1	S	FR
	{5 x 100 on 1:45 Freestyle	EN2	S	FR
	{2 x 150 on 2:45 Freestyle	EN1	S	FR
	{4 x 100 on 1:45 Freestyle	EN2	S	FR
	{2 x 150 on 2:45 Freestyle	EN2	S	FR
	{2 x 100 on 1:45 Freestyle	EN2	S	FR

Hold 100's 1:38 or faster

200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	3:06 PM 2,200 Yards - Stress Value = 34			

Workout #14778 - Wednesday, 08 January 2014

HighSchl - Lance Fozo

1 minute rest between sets

1:20 PM Start

Yards	Set Description	EGY
1,700	1x{4 x 25 on :30 Kick no board BSLR-12 KOW	EN2
	{3 x 100 on 1:15 Kick	EN2
	{4 x 25 on :30 Kick no board BSLR-12 KOW	EN2
	{3 x 100 on 1:20 Kick	EN2
	{4 x 25 on :30 Kick no board BSLR-12 KOW	EN2
	{3 x 100 on 1:25 Kick	EN2
	{4 x 25 on :30 Kick no board BSLR-12 KOW	EN2
	{4 x 100 on 1:30 Kick	EN2
	1:46 PM 1,700 Yards - Stress Value = 34	

Workout #14807 - Thursday, 09 January 2014

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 28:00 DS/Shoulders/Tm Mtg
350	1 x 350 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	1x{2 x 50 on 1:30 Kick
	{2 x 25 on 1:00 Side Kicking
	{2 x 75 on 2:15 Kick
	{2 x 25 on 1:00 Side Kicking
	{2 x 100 on 3:00 Kick
	{2 x 25 on 1:00 Side Kicking
	{1 x 200 on 6:00 Kick
150	6 x 25 on :45 Stroke Drills
900	1x{1 x 100 on 2:50 Free L.25 6BK
	{1 x 100 on 2:50 Free L.25 2 breaths
	{1 x 100 on 2:50 Free L.25 5 KOW-Sprint to fi
	{1 x 100 on 2:45 Free L.25 6BK
	{1 x 100 on 2:45 Free L.25 2 breaths
	{1 x 100 on 2:45 Free L.25 5 KOW-Sprint to fi
	{1 x 100 on 2:40 Free L.25 6bk
	{1 x 100 on 2:40 Free L.25 2 breaths
	{1 x 100 on 2:40 Free L.25 5 KOW-Sprint to fi
200	1 x 200 on 4:00 Stroke Drills
	1 on 10:00 Techniques-Starts
	7:31 PM 2,550 Yards - Stress Value = 40

Workout #14803 - Thursday, 09 January 2014

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 28:00 DS/Shoulders/Tm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,250 1x{2 x 50 on 1:00 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 75 on 1:25 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 100 on 1:50 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 125 on 2:15 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 150 on 2:40 Kick
 {2 x 25 on :45 Side Kicking
 150 6 x 25 on :45 Stroke Drills
 1,500 1x{1 x 100 on 1:40 Free L.25 6BK
 {1 x 100 on 1:40 Free L.25 2 breaths
 {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:35 Free L.25 6BK
 {1 x 100 on 1:35 Free L.25 2 breaths
 {1 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:30 Free L.25 6bk
 {1 x 100 on 1:30 Free L.25 2 breaths
 {1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:25 Free L.25 6bk
 {1 x 100 on 1:25 Free L.25 2 breaths
 {1 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:20 Free L.25 BK
 {1 x 100 on 1:20 Free L.25 2 breaths
 {1 x 100 on 1:20 L.25 5 KOW-Sprint to finish
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Techniques-Starts
 7:30 PM 3,800 Yards - Stress Value = 61

1 on 10:00 Techniques-Starts
 7:30 PM 3,550 Yards - Stress Value = 57

Workout #14805 - Thursday, 09 January 2014

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 28:00 DS/Shoulders/Tm Mtg
 450 1 x 450 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,050 1x{2 x 50 on 1:10 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 75 on 1:45 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 100 on 2:15 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 125 on 2:45 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 75 on 1:40 Kick
 150 6 x 25 on :45 Stroke Drills
 1,350 1x{1 x 100 on 2:00 Free L.25 6BK
 {1 x 100 on 2:00 Free L.25 2 breaths
 {1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:55 Free L.25 6BK
 {1 x 100 on 1:55 Free L.25 2 breaths
 {1 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:50 Free L.25 6bk
 {1 x 100 on 1:50 Free L.25 2 breaths
 {1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:45 Free L.25 6bk
 {1 x 100 on 1:45 Free L.25 2 breaths
 {1 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
 {1 x 50 on :50 Free L.25 BK
 {1 x 50 on :50 Free L.25 2 breaths
 {1 x 50 on :50 L.25 5 KOW-Sprint to finish
 200 1 x 200 on 4:00 Stroke Drills
 1 on 10:00 Techniques-Starts
 7:31 PM 3,350 Yards - Stress Value = 54

Workout #14804 - Thursday, 09 January 2014

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 28:00 DS/Shoulders/Tm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,150 1x{2 x 50 on 1:05 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 75 on 1:35 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 100 on 2:05 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 125 on 2:30 Kick
 {2 x 25 on :45 Side Kicking
 {2 x 125 on 2:25 Kick
 150 6 x 25 on :45 Stroke Drills
 1,400 1x{1 x 100 on 1:50 Free L.25 6BK
 {1 x 100 on 1:50 Free L.25 2 breaths
 {1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:45 Free L.25 6BK
 {1 x 100 on 1:45 Free L.25 2 breaths
 {1 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:40 Free L.25 6bk
 {1 x 100 on 1:40 Free L.25 2 breaths
 {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:35 Free L.25 6bk
 {1 x 100 on 1:35 Free L.25 2 breaths
 {1 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:30 Free L.25 BK
 {1 x 50 on :45 Free L.25 2 breaths
 {1 x 50 on :45 L.25 5 KOW-Sprint to finish
 200 1 x 200 on 4:00 Stroke Drills

Workout #14806 - Thursday, 09 January 2014

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 28:00 DS/Shoulders/Tm Mtg
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	1x{2 x 50 on 1:20 Kick
	{2 x 25 on :45 Side Kicking
	{2 x 75 on 1:55 Kick
	{2 x 25 on :45 Side Kicking
	{2 x 100 on 2:30 Kick
	{2 x 25 on :45 Side Kicking
	{2 x 125 on 3:05 Kick
	{2 x 25 on :45 Side Kicking
	{2 x 50 on 1:10 Kick
150	6 x 25 on :45 Stroke Drills
1,050	1x{1 x 100 on 2:15 Free L.25 6BK
	{1 x 100 on 2:15 Free L.25 2 breaths
	{1 x 100 on 2:15 Free L.25 5 KOW-Sprint to fi
	{1 x 100 on 2:10 Free L.25 6BK
	{1 x 100 on 2:10 Free L.25 2 breaths
	{1 x 100 on 2:10 Free L.25 5 KOW-Sprint to fi
	{1 x 50 on 1:05 Free L.25 6bk
	{1 x 50 on 1:05 Free L.25 2 breaths
	{1 x 50 on 1:05 Free L.25 5 KOW-Sprint to fir
	{1 x 50 on 1:00 Free L.25 6bk
	{1 x 50 on 1:00 Free L.25 2 breaths
	{1 x 50 on 1:00 Free L.25 5 KOW-Sprint to fir
	{1 x 50 on :55 Free L.25 BK
	{1 x 50 on :55 Free L.25 2 breaths
	{1 x 50 on :55 L.25 5 KOW-Sprint to finish
200	1 x 200 on 4:00 Stroke Drills
	1 on 10:00 Techniques-Starts
	7:29 PM 2,950 Yards - Stress Value = 47

{2 x 50 on :55 Back 10 KOW-Great effort	EN3
{4 x 100 on 1:15 Backstroke	EN2
{2 x 50 on :55 Back 10 KOW-Great effort	EN3
{3 x 100 on 1:15 Backstroke	EN2
{2 x 50 on :55 Back 10 KOW-Great effort	EN3
{2 x 100 on 1:10 Backstroke	EN2
{2 x 50 on :55 Back 10 KOW-Great effort	EN3
{1 x 100 on 1:05 Backstroke	EN2
1 x 250 on 4:00 Stroke Drills	REC
1 on 10:00 Ice	
5:36 PM 3,200 Yards - Stress Value = 79	

Workout #14812 - Thursday, 09 January 2014

HighSchl - Breast

1 minute rest between sets

5:30 AM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Teds abs
400	1 x 400 on 7:00 Underwater trn drill
	Odd 100s free even 100's back
150	10 x 15 on :45 Shooters
	Your primary stroke(s)
2,050	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
	{4 x 50 on :50 Breast under/over
	{4 x 125 on 1:35 Breaststroke-descend
	{4 x 50 on :45 Breast unde/over
250	1 x 250 on 5:00 Stroke Drills
	1 on 10:00 Ice
	7:04 AM 2,850 Yards - Stress Value = 39

Workout #14783 - Thursday, 09 January 2014

HighSchl - Distance

1 minute rest between sets

5:30 AM 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
2,475	1x{2 x 225 on 2:45 Free L.25 6bk
	{2 x 225 on 2:40 Free L.25 6bk
	{2 x 225 on 2:35 Free L.25 6bk
	{2 x 225 on 2:30 Free L.25 6bk
	{2 x 225 on 2:25 Free L.25 6bk
	{1 x 225 on 2:20 Free L.25 6bk
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	7:05 AM 3,225 Yards - Stress Value = 55

Workout #14795 - Thursday, 09 January 2014

HighSchl - Distance

1 minute rest between sets

4:40 PM Start	
Yards	Set Description
=====	=====
3,500	1x{4 x 125 on 1:30 Freestyle
	{1 x 500 on 5:50 Freestyle
	{4 x 125 on 1:30 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
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	5:36 PM 3,700 Yards - Stress Value = 60

Workout #14799 - Thursday, 09 January 2014

HighSchl - Back

1 minute rest between sets

4:40 PM Start	
Yards	Set Description
=====	=====
2,950	1x{1 x 125 on 1:45 Backstroke
	{2 x 50 on :55 Back 10 KOW-Great effort
	{2 x 125 on 1:40 Backstroke
	{2 x 50 on :55 Back 10 KOW-Great effort
	{3 x 125 on 1:35 Backstroke
	{2 x 50 on :55 Back 10 KOW-Great effort
	{4 x 125 on 1:30 Backstroke

EGY	WORK	STK
=====	=====	=====
EN1	S	FR
EN3	S	FR
EN1	S	FR
EN3	S	FR
EN1	S	FR
EN3	S	FR
EN1	S	FR
EN3	S	FR
EN3	S	FR
EN2	S	FR
REC	D	CD
	M	

Workout #14791 - Thursday, 09 January 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 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 2:25
 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

===== 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
 1,550 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 2:35
 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 3,500 Yards - Stress Value = 59

Workout #14796 - Thursday, 09 January 2014

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 6:40 Freestyle EN2 S FR
 {4 x 125 on 1:45 Freestyle EN2 S FR
 {1 x 500 on 6:35 Freestyle EN2 S FR
 {4 x 125 on 1:45 Freestyle EN2 S FR
 {1 x 500 on 6:30 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 #14784 - Thursday, 09 January 2014

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
 2,250 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 #14800 - Thursday, 09 January 2014

HighSchl - Gold

1 minute rest between sets

4:40 PM Start
 Yards Set Description EGY W
 =====
 2,750 1x{1 x 125 on 1:55 Backstroke EN1
 {2 x 50 on :55 Back 10 KOW-Great effort EN3
 {2 x 125 on 1:50 Backstroke EN1
 {2 x 50 on :55 Back 10 KOW-Great effort EN3
 {3 x 125 on 1:45 Backstroke EN1
 {2 x 50 on :55 Back 10 KOW-Great effort EN3
 {4 x 125 on 1:40 Backstroke EN2
 {2 x 50 on :55 Back 10 KOW-Great effort EN3
 {3 x 100 on 1:25 Backstroke EN2
 {2 x 50 on :55 Back 10 KOW-Great effort EN3
 {3 x 100 on 1:20 Backstroke EN2
 {2 x 50 on :55 Back 10 KOW-Great effort EN3
 {1 x 100 on 1:20 Backstroke EN2
 {2 x 50 on :55 Back 10 KOW-Great effort EN3
 {1 x 100 on 1:15 Backstroke EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:36 PM 2,950 Yards - Stress Value = 75

Workout #14788 - Thursday, 09 January 2014

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 #14792 - Thursday, 09 January 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description

Workout #14785 - Thursday, 09 January 2014

HighSchl - Silver

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	
2,000	10 x 15 on :45 Shooters	SP3	
	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 #14789 - Thursday, 09 January 2014

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		
1,550	10 x 15 on :45 Shooters		
	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 #14793 - Thursday, 09 January 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
550	1 on 25:00 DS/Shoulders		
150	1 x 550 on 10:00 Underwater trn drill		
	Odd 100's free even 100's back		
1,400	10 x 15 on :45 Shooters		
	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 #14797 - Thursday, 09 January 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:40 PM	Start			
2,800	1x{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	EN2	S	FR
{1 x 400 on 5:40 Freestyle	EN2	S	FR
{4 x 100 on 1:30 Freestyle			
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 #14801 - Thursday, 09 January 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY
4:40 PM	Start	
2,275	1x{1 x 125 on 2:10 Backstroke	EN1
	{1 x 50 on 1:10 Back 10 KOW-Great effort	EN3
	{2 x 125 on 2:05 Backstroke	EN1
	{1 x 50 on 1:10 Back 10 KOW-Great effort	EN3
	{3 x 125 on 2:00 Backstroke	EN1
	{1 x 50 on 1:10 Back 10 KOW-Great effort	EN3
	{3 x 125 on 1:55 Backstroke	EN2
	{1 x 50 on 1:10 Back 10 KOW-Great effort	EN3
	{3 x 100 on 1:45 Backstroke	EN2
	{1 x 50 on 1:10 Back 10 KOW-Great effort	EN3
	{3 x 100 on 1:40 Backstroke	EN2
	{1 x 50 on 1:10 Back 10 KOW-Great effort	EN3
	{2 x 100 on 1:35 Backstroke	EN2
	{1 x 50 on 1:10 Back 10 KOW-Great effort	EN3
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM	2,525 Yards - Stress Value = 52	

Workout #14786 - Thursday, 09 January 2014

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	
1,650	10 x 15 on :45 Shooters	SP3	
	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 #14790 - Thursday, 09 January 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
350	1 on 35:00 DS and Weights	
150	1 x 350 on 7:00 Underwater trn drill	
1,275	10 x 15 on :45 Shooters	
	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 #14794 - Thursday, 09 January 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
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			
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 2:30			
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			

Yards	Set Description	EGY
500	1 on 10:00 Dynamic Stretch	
150	1 x 500 on 10:00 Reverse IM drill	REC
1,000	10 x 15 on :45 Shooters	SP3
	1x{8 x 25 on :45 Kick no board B	EN2
	{1 x 200 on 4:00 Kick-alt 50 free 50 back	EN2
	{6 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:00 Kick-alt 50 free 50 back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{1 x 100 on 2:00 Kick-alt 50 free 50 back	EN2
	{2 x 25 on :45 Kick no board B	EN2
	{1 x 50 on 1:00 Kick-on back	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,400	1x{1 x 200 on 3:10 Backstroke	EN2
	{4 x 25 on :30 Back-descend	EN2
	{1 x 200 on 3:05 Backstroke	EN2
	{4 x 25 on :30 Back-descend	EN2
	{1 x 200 on 3:00 Backstroke	EN2
	{4 x 25 on :30 Back-descend	EN2
	{1 x 200 on 2:55 Backstroke	EN2
	{4 x 25 on :30 Back-descend	EN2
	{1 x 200 on 2:50 Backstroke	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	6:30 PM 3,450 Yards - Stress Value = 54	

Workout #14832 - Friday, 10 January 2014

Group 2 - Copper

1 minute rest between sets

5:00 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 6:40 Freestyle	EN2	S	FR
	{4 x 100 on 1:45 Freestyle	EN2	S	FR
	{1 x 400 on 6:35 Freestyle	EN2	S	FR
	{4 x 100 on 1:45 Freestyle	EN2	S	FR
	{1 x 400 on 6:30 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			

Yards	Set Description	EGY
350	1 on 10:00 DS/Phsyio Balls Shldr/Tm Mtg	
150	1 x 350 on 10:00 Swim-kick-pull-swim	REC
700	10 x 15 on :45 Shooters	SP3
	1x{6 x 25 on 1:00 Kick no board B	EN2
	{1 x 200 on 6:00 Kick-alt 50 free 50 back	EN2
	{6 x 25 on 1:00 Kick no board B	EN2
	{1 x 150 on 4:30 Kick-alt 50 free 50 back	EN2
	{2 x 25 on 1:00 Kick no board B	EN2
150	6 x 25 on :45 Stroke Drills	REC
900	1x{1 x 200 on 5:00 Backstroke	EN2
	{4 x 25 on :45 Back-descend	EN2
	{1 x 200 on 4:50 Backstroke	EN2
	{4 x 25 on :45 Back-descend	EN2
	{1 x 200 on 4:40 Backstroke	EN2
	{4 x 25 on :45 Back-descend	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	6:31 PM 2,500 Yards - Stress Value = 38	

Workout #14802 - Thursday, 09 January 2014

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 1:10 Back 10 KOW-Great effort	EN3
	{2 x 100 on 2:10 Backstroke	EN1
	{1 x 50 on 1:10 Back 10 KOW-Great effort	EN3
	{3 x 100 on 2:05 Backstroke	EN1
	{1 x 50 on 1:10 Back 10 KOW-Great effort	EN3
	{3 x 100 on 2:00 Backstroke	EN2
	{1 x 50 on 1:10 Back 10 KOW-Great effort	EN3
	{3 x 75 on 1:45 Backstroke	EN2
	{1 x 50 on 1:10 Back 10 KOW-Great effort	EN3
	{3 x 75 on 1:40 Backstroke	EN2
	{1 x 50 on 1:10 Back 10 KOW-Great effort	EN3
	{2 x 75 on 1:35 Backstroke	EN2
	{1 x 50 on 1:10 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 #14828 - Friday, 10 January 2014

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Workout #14829 - Friday, 10 January 2014

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
	1 on 10:00 Dynamic Stretch	
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
950	1x{8 x 25 on :45 Kick no board B	EN2
	{1 x 200 on 4:20 Kick-alt 50 free 50 back	EN2
	{6 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:15 Kick-alt 50 free 50 back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{1 x 100 on 2:10 Kick-alt 50 free 50 back	EN2
	{2 x 25 on :45 Kick no board B	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,200	1x{1 x 200 on 3:20 Backstroke	EN2
	{4 x 25 on :35 Back-descend	EN2
	{1 x 200 on 3:15 Backstroke	EN2
	{4 x 25 on :35 Back-descend	EN2
	{1 x 200 on 3:10 Backstroke	EN2
	{4 x 25 on :35 Back-descend	EN2
	{1 x 200 on 3:05 Backstroke	EN2
	{4 x 25 on :35 Back-descend	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	6:30 PM 3,200 Yards - Stress Value = 49	

Workout #14830 - Friday, 10 January 2014

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
	1 on 10:00 Dynamic Stretch	
450	1 x 450 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
900	1x{8 x 25 on :45 Kick no board B	EN2
	{1 x 200 on 5:00 Kick-alt 50 free 50 back	EN2
	{6 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:40 Kick-alt 50 free 50 back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{1 x 100 on 2:25 Kick-alt 50 free 50 back	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,100	1x{1 x 200 on 3:50 Backstroke	EN2
	{4 x 25 on :40 Back-descend	EN2
	{1 x 200 on 3:45 Backstroke	EN2
	{4 x 25 on :40 Back-descend	EN2
	{1 x 200 on 3:40 Backstroke	EN2
	{4 x 25 on :40 Back-descend	EN2
	{1 x 200 on 3:35 Backstroke	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	6:30 PM 3,000 Yards - Stress Value = 46	

Workout #14831 - Friday, 10 January 2014

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
	1 on 10:00 DS/Phsyio Balls Shldr/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
900	1x{6 x 25 on :45 Kick no board B	EN2
	{1 x 200 on 5:00 Kick-alt 50 free 50 back	EN2
	{6 x 25 on :45 Kick no board B	EN2
	{1 x 200 on 4:45 Kick-alt 50 free 50 back	EN2
	{8 x 25 on :45 Kick no board B	EN2
150	6 x 25 on :45 Stroke Drills	REC
950	1x{1 x 200 on 4:30 Backstroke	EN2
	{4 x 25 on :40 Back-descend	EN2
	{1 x 200 on 4:25 Backstroke	EN2

	{4 x 25 on :40 Back-descend	EN2
	{1 x 200 on 4:20 Backstroke	EN2
	{6 x 25 on :40 Back-descend	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	6:30 PM 2,800 Yards - Stress Value = 43	

Workout #14808 - Friday, 10 January 2014

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Teds abs		
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(s)		
2,625	1x{3 x 225 on 2:50 Free-descend	EN2	
	{3 x 200 on 2:30 Free-descend	EN2	
	{3 x 175 on 2:10 Free-descend	EN2	
	{3 x 150 on 1:55 Free-descend	EN2	
	{3 x 125 on 1:35 Free-desend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 AM 3,375 Yards - Stress Value = 59		

Workout #14820 - Friday, 10 January 2014

HighSchl - Distance

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,400	1x{1 x 400 on 4:35 Freestyle	EN2	S	FR	1
	{1 x 400 on 4:30 Freestyle	EN2	S	FR	1
	{1 x 400 on 4:25 Freestyle	EN2	S	FR	1
	{1 x 400 on 4:20 Freestyle	EN2	S	FR	1
	{1 x 400 on 4:15 Freestyle	EN2	S	FR	1
	{1 x 400 on 4:10 Freestyle	EN2	S	FR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
	5:00 PM 2,750 Yards - Stress Value = 48				

Workout #14824 - Friday, 10 January 2014

HighSchl - Fly

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	SI
1,650	1x{3 x 150 on 2:10 Fly w/fins	EN2	S	FI
	{4 x 25 on :30 Fly w/tennis balls	EN2	S	FI
	{1 on 1:00 Put fins back on		M	
	{3 x 150 on 2:05 Fly w/fins	EN2	S	FI
	{4 x 25 on :30 Fly w/tennis balls	EN2	S	FI
	{1 on 1:00 Put fins back on		M	FI
	{3 x 150 on 2:00 Fly w/fins	EN2	S	FI
	{4 x 25 on :30 Fly w/tennis balls	EN2	S	FI
350	7 x 50 on 1:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
	5:00 PM 2,000 Yards - Stress Value = 33			

Workout #14816 - Friday, 10 January 2014

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
600	1 on 10:00 Dynamic Stretch		
150	1 x 600 on 10:00 Reverse IM drill		
1,300	10 x 15 on :45 Shooters		
	1x{1 x 100 on 1:35 Kick		
	{1 x 25 on :45 Tombstone Kicking		
	{8 x 15 on :45 Underwater Fly Kick		
	{1 x 100 on 1:35 Kick		
	{4 x 25 on :45 Tombstone Kicking		
	{6 x 15 on :40 Underwater Fly Kick		
	{1 x 100 on 1:35 Kick		
	{6 x 25 on :45 Tombstone Kicking		
	{4 x 15 on :35 Underwater Fly Kick		
	{1 x 100 on 1:35 Kick		
	{8 x 25 on :45 Tombstone Kicking		
	{2 x 15 on :30 Underwater Fly Kicking		
	{1 x 100 on 1:35 Kick		
	{1 x 25 on :45 Tomstone Kicking		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:14 PM	2,250 Yards - Stress Value = 33		

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
3:00 PM	Start				
600	1 on 10:00 Dynamic Stretch				
150	1 x 600 on 10:00 Reverse IM drill				
1,250	10 x 15 on :45 Shooters				
	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 50 on :50 Kick				
	{1 x 25 on :45 Tomstone Kicking				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
4:14 PM	2,200 Yards - Stress Value = 32				

Workout #14809 - Friday, 10 January 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 30:00 DS/Teds abs		
	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(s)		
2,325	1x{3 x 225 on 3:10 Free-descend		EN2
	{3 x 200 on 2:45 Free-descend		EN2
	{3 x 175 on 2:25 Free-descend		EN2
	{3 x 125 on 1:45 Free-descend		EN2
	{3 x 50 on :45 Free-descend		EN2
200	1 x 200 on 3:00 Stroke Drills		REC
	1 on 10:00 Ice		
7:04 AM	3,075 Yards - Stress Value = 53		

Workout #14821 - Friday, 10 January 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:15 PM	Start				
2,000	1x{1 x 400 on 5:20 Freestyle	EN2	S	FR	1
	{1 x 400 on 5:15 Freestyle	EN2	S	FR	1
	{1 x 400 on 5:10 Freestyle	EN2	S	FR	1
	{1 x 400 on 5:05 Freestyle	EN2	S	FR	1
350	{1 x 400 on 5:00 Freestyle	EN2	S	FR	1
	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
4:59 PM	2,350 Yards - Stress Value = 40				

Workout #14825 - Friday, 10 January 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
4:15 PM	Start			
1,500	1x{3 x 150 on 2:25 Fly w/fins	EN2	S	FI
	{4 x 25 on :30 Fly w/tennis balls	EN2	S	FI
	{1 on 1:00 Put fins back on			M
	{3 x 150 on 2:20 Fly w/fins	EN2	S	FI
	{4 x 25 on :30 Fly w/tennis balls	EN2	S	FI
	{1 on 1:00 Put fins back on			M
	{3 x 100 on 1:30 Fly w/fins	EN2	S	FI
	{4 x 25 on :30 Fly w/tennis balls	EN2	S	FI
350	7 x 50 on 1:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
5:00 PM	1,850 Yards - Stress Value = 30			

Workout #14813 - Friday, 10 January 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 30:00 DS/Teds abs		
	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)		
2,050	1x{1 x 125 on 1:55 Breaststroke		EN1
	{4 x 50 on 1:00 Breast under/over		EN2
	{2 x 125 on 1:50 Breaststroke		EN1
	{4 x 50 on 1:00 Breast under/over		EN2
	{3 x 125 on 1:45 Breaststroke		EN1
	{4 x 50 on 1:00 Breast under/over		EN2
	{4 x 125 on 1:40 Breaststroke-descend		EN2
	{4 x 50 on 1:00 Breast unde/over		EN2
200	1 x 200 on 3:00 Stroke Drills		REC
	1 on 10:00 Ice		
7:05 AM	2,800 Yards - Stress Value = 39		

Workout #14817 - Friday, 10 January 2014

Workout #14810 - Friday, 10 January 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 30:00 DS/Teds abs		
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(s)		
2,175	1x{3 x 225 on 3:30 Free-descend	EN2	
	{3 x 200 on 3:05 Free-descend	EN2	
	{3 x 175 on 2:40 Free-descend	EN2	
	{3 x 125 on 2:00 Free-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,925 Yards - Stress Value = 50		

Workout #14814 - Friday, 10 January 2014

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 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 #14818 - Friday, 10 January 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
550	1 on 10:00 Dynamic Stretch		
550	1 x 550 on 10:00 Reverse IM drill		
150	10 x 15 on :45 Shooters		
1,270	1x{1 x 100 on 2:00 Kick		
	{1 x 25 on :45 Tombstone Kicking		
	{6 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 100 on 2:00 Kick		
	{1 x 25 on :45 Tomstone Kicking		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:14 PM	2,170 Yards - Stress Value = 33		

Workout #14822 - Friday, 10 January 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:15 PM	Start				
1,800	1x{1 x 400 on 6:00 Freestyle	EN2	S	FR	1
	{1 x 400 on 5:55 Freestyle	EN2	S	FR	1
	{1 x 400 on 5:50 Freestyle	EN2	S	FR	1
	{1 x 400 on 5:45 Freestyle	EN2	S	FR	1
	{1 x 200 on 2:50 Freestyle	EN2	S	FR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:00 PM	2,150 Yards - Stress Value = 36				

Workout #14826 - Friday, 10 January 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
4:15 PM	Start			
1,350	1x{3 x 150 on 2:40 Fly w/fins	EN2	S	FI
	{4 x 25 on :35 Fly w/tennis balls	EN2	S	FI
	{1 on 1:00 Put fins back on		M	
	{2 x 150 on 2:35 Fly w/fins	EN2	S	FI
	{4 x 25 on :35 Fly w/tennis balls	EN2	S	FI
	{1 on 1:00 Put fins back on		M	FI
	{2 x 150 on 2:30 Fly w/fins	EN2	S	FI
	{4 x 25 on :35 Fly w/tennis balls	EN2	S	FI
350	7 x 50 on 1:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
5:01 PM	1,700 Yards - Stress Value = 27			

Workout #14811 - Friday, 10 January 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 30:00 DS/Teds abs		
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(s)		
1,875	1x{3 x 200 on 3:35 Free-descend	EN2	
	{3 x 175 on 3:10 Free-descend	EN2	
	{3 x 150 on 2:45 Free-descend	EN2	
	{3 x 100 on 1:50 Free-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,575 Yards - Stress Value = 43		

Workout #14815 - Friday, 10 January 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF	350
5:30 AM	Start			
1	on 30:00 DS/Teds abs			
350	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)			
1,500	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		
	{4 x 50 on 1:15 Breast under/over	EN2		
	{3 x 100 on 2:00 Breaststroke	EN1		
	{3 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	2,200 Yards - Stress Value = 30			

Workout #14819 - Friday, 10 January 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
3:00 PM	Start				
1	on 10:00 Dynamic Stretch				
550	1 x 550 on 10:00 Reverse IM drill				
150	10 x 15 on :45 Shooters				
1,030	1x{1 x 100 on 2:30 Kick				
	{1 x 25 on 1:00 Tombstone Kicking				
	{8 x 15 on :45 Underwater Fly Kick				
	{1 x 100 on 2:30 Kick				
	{4 x 25 on 1:00 Tombstone Kicking				
	{6 x 15 on :40 Underwater Fly Kick				
	{1 x 100 on 2:30 Kick				
	{6 x 25 on 1:00 Tombstone Kicking				
	{4 x 15 on :35 Underwater Fly Kick				
	{1 x 100 on 2:30 Kick				
	{4 x 15 on :35 Underwater Fly Kick				
	{1 x 25 on :45 Tomstone Kicking				
200	4x{1 x 25 on :50 Sculling drills				
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes				
4:14 PM	1,930 Yards - Stress Value = 27				

Workout #14823 - Friday, 10 January 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:15 PM	Start				
1,600	1x{1 x 400 on 6:40 Freestyle	EN2	S	FR	1
	{1 x 400 on 6:35 Freestyle	EN2	S	FR	1
	{1 x 400 on 6:30 Freestyle	EN2	S	FR	1
	{1 x 400 on 6:25 Freestyle	EN2	S	FR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:00 PM	1,950 Yards - Stress Value = 32				

Workout #14827 - Friday, 10 January 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
4:15 PM	Start			
1,150	1x{3 x 150 on 3:10 Fly w/fins	EN2	S	FI
	{4 x 25 on :40 Fly w/tennis balls	EN2	S	FI
	{1 on 1:00 Put fins back on		M	

{2 x 150 on 3:05 Fly w/fins	EN2	S	FI
{4 x 25 on :40 Fly w/tennis balls	EN2	S	FI
{1 on 1:00 Put fins back on		M	FI
{1 x 150 on 3:00 Fly w/fins	EN2	S	FI
{2 x 25 on :40 Fly w/tennis balls	EN2	S	FI
7 x 50 on 1:00 Stroke Drills	REC	D	C
1 on 10:00 Ice		M	
5:01 PM	1,500 Yards - Stress Value = 23		

Workout #14837 - Friday, 10 January 2014

HighSchl - Lance Fozo

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK
2,200	8:00 AM	1x{1 x 100 on 2:00 Kick	EN1	K	CHO
		{1 x 100 on 1:20 Kick	EN2	K	CHO
		{1 x 100 on 2:00 Kick	EN1	K	CHO
		{2 x 100 on 1:20 Kick	EN2	K	CHO
		{1 x 100 on 2:00 Kick	EN1	K	CHO
		{3 x 100 on 1:20 Kick	EN2	K	CHO
		{1 x 100 on 2:00 Kick	EN1	K	CHO
		{4 x 100 on 1:20 Kick	EN2	K	CHO
		{1 x 100 on 2:00 Kick	EN1	K	CHO
		{5 x 100 on 1:20 Kick	EN2	K	CHO
		{1 x 100 on 2:00 Kick	EN1	K	CHO
		{1 x 100 on 1:20 Kick	EN2	K	CHO
8:34 AM	2,200 Yards - Stress Value = 38				

Workout #14838 - Saturday, 11 January 2014

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	F
9:00 AM	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	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
	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
11:01 AM	3,900 Yards - Stress Value = 60	

Workout #14842 - Saturday, 11 January 2014

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EC
9:00 AM	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
	11:00 AM 2,500 Yards - Stress Value = 38	

	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
	11:00 AM 3,400 Yards - Stress Value = 54	

Workout #14841 - Saturday, 11 January 2014

Group 2 - Bronze

1 minute rest between sets

Workout #14839 - Saturday, 11 January 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
9:00 AM	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	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
	11:01 AM 3,850 Yards - Stress Value = 59	

Yards	Set Description	EC
9:00 AM	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
	10:59 AM 3,050 Yards - Stress Value = 48	

Workout #14840 - Saturday, 11 January 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
9:00 AM	Start	
=====	=====	==

Workout #14833 - Saturday, 11 January 2014

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 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 #14834 - Saturday, 11 January 2014

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 Choice
150	10 x 15 on :45 Shooters
1,750	1x{1 x 100 on 2:00 Kick
	{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 #14835 - Saturday, 11 January 2014

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 Choice
150	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 #14836 - Saturday, 11 January 2014

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 Choice
150	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 #14856 - Monday, 13 January 2014

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/stmach
	{2 x 125 on 2:25 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmach
	{2 x 150 on 2:50 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmach
	{2 x 150 on 2:45 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmach
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 #14860 - Monday, 13 January 2014

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 #14857 - Monday, 13 January 2014

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/stmach
	{2 x 125 on 2:35 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmach
	{2 x 150 on 3:00 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmach
	{2 x 100 on 2:00 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmach
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 #14858 - Monday, 13 January 2014

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/stmach
	{2 x 125 on 2:45 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmach
	{2 x 150 on 3:15 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmach
	{1 x 150 on 3:10 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmach
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 #14859 - Monday, 13 January 2014

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 29:00 DS/Physio Ball/Tm Mtg
	1 x 400 on 10:00 Choice
	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/stmach
	{2 x 100 on 2:40 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmach
	{2 x 100 on 2:35 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmach
	{3 x 50 on 1:15 Kick
	{4 x 25 on :45 Kick no brd-alt on back/stmach
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 #14847 - Monday, 13 January 2014

HighSchl - Distance

1 minute rest between sets

4:41 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
3,000	1x{1 x 350 on 4:10 Freestyle	EN2	S	F
	{3 x 50 on :35 Free-Great Effort	EN3	S	F
	{1 x 350 on 4:05 Freestyle	EN2	S	F
	{3 x 50 on :40 Free-Great Effort	EN2	S	F
	{1 x 350 on 4:00 Freestyle	EN2	S	F
	{3 x 50 on :45 Free-Great Effort	EN3	S	F
	{1 x 350 on 3:55 Freestyle	EN2	S	F
	{3 x 50 on :50 Free-Great Effort	EN3	S	F
	{1 x 350 on 3:50 Freestyle	EN2	S	F
	{3 x 50 on :55 Free-Great Effort	EN3	S	F
	{1 x 350 on 3:45 Freestyle	EN2	S	F
	{3 x 50 on 1:00 Free-Great Effort	EN3	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
5:34 PM	3,250 Yards - Stress Value = 90			

Workout #14851 - Monday, 13 January 2014

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	

Workout #14843 - Monday, 13 January 2014

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
 1,600 1x{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 1:55 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 1:55 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 50 on :45 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
 4:39 PM 3,650 Yards - Stress Value = 51

Workout #14866 - Monday, 13 January 2014

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 1:30 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 #14844 - Monday, 13 January 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 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
 1,400 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 50 on :55 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 3,350 Yards - Stress Value = 46

Workout #14852 - Monday, 13 January 2014

HighSchl - Gold

1 minute rest between sets

4:41 PM Start
 Yards Set Description EGY
 =====
 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 #14848 - Monday, 13 January 2014

HighSchl - Gold

1 minute rest between sets

4:41 PM Start
 Yards Set Description EGY WORK ST
 =====
 2,850 1x{1 x 350 on 4:35 Freestyle EN2 S F
 {3 x 50 on :40 Free-Great Effort EN3 S F
 {1 x 350 on 4:30 Freestyle EN2 S F
 {3 x 50 on :45 Free-Great Effort EN2 S F
 {1 x 350 on 4:25 Freestyle EN2 S F
 {3 x 50 on :50 Free-Great Effort EN3 S F
 {1 x 350 on 4:20 Freestyle EN2 S F
 {3 x 50 on :55 Free-Great Effort EN3 S F
 {1 x 350 on 4:15 Freestyle EN2 S F
 {3 x 50 on 1:00 Free-Great Effort EN3 S F
 {1 x 350 on 4:10 Freestyle EN2 S F
 250 1 x 250 on 4:00 Stroke Drills REC D C
 1 on 10:00 Ice M
 5:35 PM 3,100 Yards - Stress Value = 81

Workout #14863 - Monday, 13 January 2014

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
 1,750 1x{1 x 100 on 1:30 Freestyle EN2
 {1 x 100 on 1:35 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 1:35 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 1:35 Free hold 118 EN2
 {1 x 100 on 1:30 Freestyle EN2
 {1 x 50 on :55 Freestyle REC
 {1 x 100 on 1:35 Free Hold 105 EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:04 AM 2,550 Yards - Stress Value = 38

Workout #14867 - Monday, 13 January 2014

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
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 #14845 - Monday, 13 January 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
550	1 on 30:00 DS/ Physio Ball		
150	1 x 550 on 10:00 Swim-kick-pull-swim		
1,250	1x{4 x 25 on :45 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 #14853 - Monday, 13 January 2014

HighSchl - Silver

1 minute rest between sets

4:41 PM Start

Yards	Set Description	EGY	WOF
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 #14849 - Monday, 13 January 2014

HighSchl - Silver

1 minute rest between sets

4:41 PM Start

Yards	Set Description	EGY	WORK	ST
2,500	1x{1 x 350 on 5:15 Freestyle	EN2	S	F
	{3 x 50 on :45 Free-Great Effort	EN3	S	F

	{1 x 350 on 5:10 Freestyle	EN2	S	F
	{3 x 50 on :50 Free-Great Effort	EN2	S	F
	{1 x 350 on 5:05 Freestyle	EN2	S	F
	{3 x 50 on :55 Free-Great Effort	EN3	S	F
	{1 x 350 on 5:00 Freestyle	EN2	S	F
	{3 x 50 on 1:00 Free-Great Effort	EN3	S	F
	{1 x 350 on 4:55 Freestyle	EN2	S	F
	{3 x 50 on 1:00 Free-Great Effort	EN3	S	F
	1 on 10:00 Ice		M	
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	5:35 PM 2,750 Yards - Stress Value = 74			

Workout #14846 - Monday, 13 January 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
500	1 on 30:00 DS/ Physio Ball		
150	1 x 500 on 10:00 Swim-kick-pull-swim		
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 #14854 - Monday, 13 January 2014

HighSchl - Bronze

1 minute rest between sets

4:41 PM Start

Yards	Set Description	EGY	WOF
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 #14850 - Monday, 13 January 2014

HighSchl - Bronze

1 minute rest between sets

4:41 PM Start

Yards	Set Description	EGY	WORK	ST
2,250	1x{1 x 350 on 6:00 Freestyle	EN2	S	F
	{3 x 50 on :50 Free-Great Effort	EN3	S	F
	{1 x 350 on 5:55 Freestyle	EN2	S	F
	{3 x 50 on :55 Free-Great Effort	EN2	S	F
	{1 x 350 on 5:50 Freestyle	EN2	S	F
	{3 x 50 on 1:00 Free-Great Effort	EN3	S	F
	{1 x 350 on 5:45 Freestyle	EN2	S	F
	{3 x 50 on 1:05 Free-Great Effort	EN3	S	F
	{1 x 250 on 4:00 Freestyle	EN2	S	F
	1 on 10:00 Ice		M	
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	5:35 PM 2,500 Yards - Stress Value = 63			

Workout #14855 - Monday, 13 January 2014

HighSchl - Lance Foza

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
3:00 PM	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{4 x 25 on :30 Kick no board BSLR	EN2	K	FI
	{2 x 125 on 1:35 Kick	EN2	K	CF
	{4 x 25 on :30 Kick no board BSLR	EN2	K	FI
	{2 x 125 on 1:40 Kick	EN2	K	CF
	{4 x 25 on :30 Kick no board BSLR	EN2	K	FI
	{2 x 125 on 1:45 Kick	EN2	K	CF
	{4 x 25 on :30 Kick no board BSLR	EN2	K	FI
	{2 x 125 on 1:45 Kick	EN2	K	CF
	{4 x 25 on :30 Kick no board BSLR	EN2	K	FI
	{2 x 125 on 1:45 Kick	EN2	K	CF
3:27 PM	1,750 Yards - Stress Value = 35			

5:30 AM Start

Yards	Set Description	EGY	WOF
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 1:25 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 1:25 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 1:25 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 1:25 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 #14865 - Tuesday, 14 January 2014

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

Workout #14864 - Tuesday, 14 January 2014

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 1:25	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 1:24	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 #14861 - Tuesday, 14 January 2014

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 102	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 101	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 100	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	
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 #14868 - Tuesday, 14 January 2014

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 #14862 - Tuesday, 14 January 2014

HighSchl - Gold

1 minute rest between sets

Workout #14882 - Wednesday, 15 January 2014

Group 2 - Breast

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 2:00 Kick for time	EN2	
		1,400	1x{4 x 25 on :45 Kick no board BSLR	EN2	
			{3 x 100 on 2:00 Kick	EN2	
			{4 x 25 on :45 Kick no board BSLR	EN2	
			{3 x 100 on 2:15 Kick	EN2	
			{4 x 25 on :45 Kick no board BSLR	EN2	
			{3 x 100 on 2:10 Kick	EN2	
			{4 x 25 on :45 Kick no board BSLR	EN2	
			{1 x 100 on 2:05 Kick	EN2	
		150	6 x 25 on :45 Stroke Drills	REC	
		500	10 x 50 on 2:00 Breaststroke	SP1	
		200	1 x 200 on 4:00 Stroke Drills	REC	
			7:30 PM 2,950 Yards - Stress Value = 76		

Workout #14885 - Wednesday, 15 January 2014

Group 2 - Bronze

1 minute rest between sets

Workout #14886 - Wednesday, 15 January 2014

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		
		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 for time	EN2	
		1,350	1x{4 x 25 on :45 Kick no board BSLR	EN2	
			{3 x 100 on 2:30 Kick	EN2	
			{4 x 25 on :45 Kick no board BSLR	EN2	
			{3 x 100 on 2:25 Kick	EN2	
			{4 x 25 on :45 Kick no board BSLR	EN2	
			{3 x 100 on 2:20 Kick	EN2	
			{4 x 25 on :45 Kick no board BSLR	EN2	
			{1 x 50 on 1:10 Kick	EN2	
		150	6 x 25 on :45 Stroke Drills	REC	
		500	10 x 50 on 2:00 Breaststroke	SP1	
		200	1 x 200 on 4:00 Stroke Drills	REC	
			7:30 PM 2,850 Yards - Stress Value = 75		

Workout #14873 - Wednesday, 15 January 2014

HighSchl - Distance

1 minute rest between sets

Workout #14883 - Wednesday, 15 January 2014

Group 2 - Gold

1 minute rest between sets

4:43 PM Start		Yards	Set Description	EGY	WORK	STK
=====		=====	=====	=====	=====	=====
		2,700	1x{1 x 250 on 2:50 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 #14884 - Wednesday, 15 January 2014

Group 2 - Silver

1 minute rest between sets

Workout #14877 - Wednesday, 15 January 2014

4:43 PM 3,700 Yards - Stress Value = 57

HighSchl - IM'ers

1 minute rest between sets

4:43 PM Start

Yards	Set Description
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 #14874 - Wednesday, 15 January 2014

HighSchl - Gold

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
2,525	1x{1 x 250 on 3:05 Freestyle {6 x 25 on :30 Freestyle {2 x 225 on 2:50 Freestyle {5 x 50 on :55 Freestyle {3 x 200 on 2:35 Freestyle {4 x 75 on 1:20 Freestyle {3 x 175 on 2:20 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
5:35 PM 2,775 Yards - Stress Value = 78				

Workout #14869 - Wednesday, 15 January 2014

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
1,800	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 #14878 - Wednesday, 15 January 2014

HighSchl - Gold

1 minute rest between sets

4:43 PM Start

Yards	Set Description
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 #14871 - Wednesday, 15 January 2014

HighSchl - Silver

1 minute rest between sets

3:00 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 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 #14870 - Wednesday, 15 January 2014

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
1,650	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

Workout #14875 - Wednesday, 15 January 2014

HighSchl - Silver

1 minute rest between sets

4:43 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 :35 Freestyle	EN3	S	FR
	{2 x 225 on 3:20 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 2:20 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 #14879 - Wednesday, 15 January 2014

HighSchl - Silver

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
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 #14872 - Wednesday, 15 January 2014

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 #14876 - Wednesday, 15 January 2014

HighSchl - Bronze

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
1,850	1x{1 x 250 on 4:25 Freestyle	EN2	S	FR
	{6 x 25 on :40 Freestyle	EN3	S	FR
	{2 x 225 on 4:00 Freestyle	EN2	S	FR

	{5 x 50 on 1:10 Freestyle	EN3	S	FR
	{3 x 200 on 3:35 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				

Workout #14880 - Wednesday, 15 January 2014

HighSchl - Bronze

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
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 #14881 - Wednesday, 15 January 2014

HighSchl - Lance Fozo

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WORK	STK
1,900	1x{ Hold avg 50 time under :40 for entire set			
	{4 x 25 on :30 Kick no board BSLR-10 KOW	EN2		
	{1 x 200 on 2:55 Kick	EN2		
	{4 x 25 on :35 Kick no board BSLR 12 KOW	EN2		
	{2 x 175 on 2:35 Kick	EN2		
	{4 x 25 on :40 Kick no board BSLR 14 KOW	EN2		
	{3 x 150 on 2:15 Kick	EN2		
	{4 x 25 on :45 Kick no board BSLR 16 KOW	EN2		
	{4 x 100 on 1:35 Kick	EN2		
	{4 x 25 on :30 Kick no board BSLR-10 KOW	EN2		
4:19 PM 1,900 Yards - Stress Value = 38				

Workout #14895 - Thursday, 16 January 2014

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	STK
	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 #14891 - Thursday, 16 January 2014

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
400	1 on 35:00 DS and 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 free		
1,700	1x{3 x 100 on 1:25 Breaststroke	EN2	
	{1 x 50 on :55 U/O #repeat=#pullouts	EN3	
	{3 x 100 on 1:25 Breaststroke	EN2	
	{2 x 50 on 1:00 U/O #repeat=#pullouts	EN3	
	{3 x 100 on 1:20 Breaststroke	EN2	
	{3 x 50 on 1:05 U/O #repeat=#pullouts	EN2	
	{3 x 100 on 1:20 Breaststroke	EN2	
	{4 x 50 on 1:10 U/O #repeat=#pullouts	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,500 Yards - Stress Value = 46		

Workout #14892 - Thursday, 16 January 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
400	1 on 35:00 DS and 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 free		
1,650	1x{3 x 100 on 1:35 Breaststroke	EN2	
	{1 x 50 on :55 U/O #repeat=#pullouts	EN3	
	{3 x 100 on 1:35 Breaststroke	EN2	
	{2 x 50 on 1:00 U/O #repeat=#pullouts	EN3	
	{3 x 100 on 1:35 Breaststroke	EN2	
	{3 x 50 on 1:05 U/O #repeat=#pullouts	EN2	
	{3 x 100 on 1:30 Breaststroke	EN2	
	{3 x 50 on 1:10 U/O #repeat=#pullouts	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,400 Yards - Stress Value = 45		

Workout #14887 - Thursday, 16 January 2014

HighSchl - Distance

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		
2,400	1x{ Hold all 1:20 base swims under 1:05		
	{1 x 300 on 3:20 Freestyle	EN2	
	{2 x 150 on 2:00 Freestyle	EN2	
	{1 x 300 on 3:20 Freestyle	EN2	
	{4 x 75 on 1:00 Freestyle	EN2	
	{1 x 300 on 3:20 Freestyle	EN2	
	{3 x 100 on 1:20 Freestyle	EN2	
	{1 x 300 on 3:20 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 #14889 - Thursday, 16 January 2014

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		
1,900	1x{ Hold all 1:40 base swims under 1:25		
	{1 x 200 on 2:50 Freestyle	EN2	
	{2 x 150 on 2:30 Freestyle	EN2	
	{1 x 200 on 2:50 Freestyle	EN2	
	{4 x 75 on 1:15 Freestyle	EN2	
	{1 x 200 on 2:50 Freestyle	EN2	
	{3 x 100 on 1:40 Freestyle	EN2	
	{1 x 200 on 2:50 Freestyle	EN2	
	{4 x 50 on :50 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 9:00 Ice		
	7:05 AM 2,650 Yards - Stress Value = 44		

Workout #14888 - Thursday, 16 January 2014

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 3:10 Freestyle	EN2	
	{2 x 150 on 2:15 Freestyle	EN2	
	{1 x 250 on 3:10 Freestyle	EN2	
	{4 x 75 on 1:10 Freestyle	EN2	
	{1 x 250 on 3:10 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
	{1 x 250 on 3:10 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 #14893 - Thursday, 16 January 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
400	1 on 35:00 DS and 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 free		
1,500	1x{3 x 100 on 1:50 Breaststroke	EN2	
	{1 x 50 on 1:00 U/O #repeat=#pullouts	EN3	
	{3 x 100 on 1:50 Breaststroke	EN2	
	{2 x 50 on 1:05 U/O #repeat=#pullouts	EN3	
	{3 x 100 on 1:50 Breaststroke	EN2	
	{3 x 50 on 1:10 U/O #repeat=#pullouts	EN2	
	{3 x 100 on 1:45 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,250 Yards - Stress Value = 42		

Workout #14890 - Thursday, 16 January 2014

HighSchl - Bronze

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		
1,700	1x{ Hold all 1:50 base swims under 1:35		
	{1 x 200 on 3:20 Freestyle	EN2	
	{2 x 150 on 2:40 Freestyle	EN2	
	{1 x 200 on 3:20 Freestyle	EN2	
	{4 x 75 on 1:20 Freestyle	EN2	
	{1 x 200 on 3:20 Freestyle	EN2	
	{3 x 100 on 1:45 Freestyle	EN2	
200	{1 x 200 on 3:20 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 9:00 Ice		
	7:05 AM 2,450 Yards - Stress Value = 40		

Workout #14894 - Thursday, 16 January 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS and 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 free		
1,300	1x{3 x 100 on 2:05 Breaststroke	EN2	
	{1 x 50 on 1:10 U/O #repeat=#pullouts	EN3	
	{3 x 100 on 2:05 Breaststroke	EN2	
	{2 x 50 on 1:15 U/O #repeat=#pullouts	EN3	
	{3 x 100 on 2:05 Breaststroke	EN2	
	{1 x 50 on 1:20 U/O #repeat=#pullouts	EN2	
	{2 x 100 on 2:05 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 AM 2,000 Yards - Stress Value = 38		

Workout #14901 - Friday, 17 January 2014

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
350	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 F
900	1x{3 x 150 on 4:00 Butterfly	EN2	S F
	{1 x 50 on 2:00 Freestyle	REC	S
	{2 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
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:30 PM 1,600 Yards - Stress Value = 22		

Workout #14897 - Friday, 17 January 2014

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
500	1 on 40:00 DS-Dryland	L I	
500	1 x 500 on 10:00 Reverse IM drill	REC	D

Yards	Set Description	EGY	WOF
150	10 x 15 on :45 Shooters	SP3	S F
1,500	1x{3 x 150 on 2:25 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{3 x 125 on 2:00 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{3 x 100 on 1:35 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{3 x 75 on 1:10 Butterfly	EN2	S F
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:30 PM 2,350 Yards - Stress Value = 33		

Workout #14898 - Friday, 17 January 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
500	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 F
1,325	1x{3 x 150 on 2:40 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{3 x 125 on 2:10 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{3 x 100 on 1:45 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :50 Butterfly	EN2	S F
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:30 PM 2,175 Yards - Stress Value = 30		

Workout #14899 - Friday, 17 January 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
450	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 F
1,225	1x{3 x 150 on 3:00 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{3 x 125 on 2:25 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{3 x 100 on 1:55 Butterfly	EN2	S F
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:29 PM 2,025 Yards - Stress Value = 29		

Workout #14900 - Friday, 17 January 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
400	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 F
1,125	1x{3 x 150 on 3:25 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{3 x 125 on 2:50 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{2 x 100 on 2:15 Butterfly	EN2	S F
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:31 PM 1,875 Yards - Stress Value = 27		

Workout #14896 - Friday, 17 January 2014

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	F
600	1 on 30:00 DS/Ted's abs	F
150	1 x 600 on 10:00 Choice	F
300	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
	{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 10:00 Indvdl Prsrctns	F
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice Team Mtg	F
	4:59 PM 2,900 Yards - Stress Value = 15	

Workout #14902 - Saturday, 18 January 2014

HighSchl - Swim Like A Champion Day

1 minute rest between sets

6:30 AM Start

Yards	Set Description	F
600	1 on 40:00 DS/Weights	F
150	1 x 600 on 10:00 Reverse IM drill	F
1,600	10 x 15 on :45 Shooters	F
1x{	1 x 200 on 3:20 Kick	F
	{8 x 25 on :30 Kick no board S 10+1	F
	{2 x 175 on 2:50 Kick	F
	{8 x 25 on :30 Kick no board L 10+1	F
	{3 x 150 on 2:20 Kick	F
	{8 x 25 on :30 Kick no board R 10+1	F
800	1 x 800 on 10:00 Pulls-nbbf&w + 2 yds	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
2,000	1x{4 x 125 on 2:00 Freestyle	F
	{1 on 1:00 Rest	F
	{4 x 125 on 1:55 Freestyle	F
	{1 on 1:00 Rest	F
	{4 x 125 on 1:50 Freestyle	F
	{1 on 1:00 Rest	F
	{4 x 125 on 1:45 Freestyle	F
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	F
	9:05 AM 5,600 Yards - Stress Value = 176	

Workout #14903 - Saturday, 18 January 2014

HighSchl - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description	F
600	1 on 40:00 DS/Weights	F
150	1 x 600 on 10:00 Reverse IM drill	F
1,450	10 x 15 on :45 Shooters	F
1x{	1 x 200 on 3:45 Kick	F
	{8 x 25 on :30 Kick no board S 10+1	F
	{2 x 175 on 3:15 Kick	F
	{8 x 25 on :30 Kick no board L 10+1	F
	{3 x 100 on 1:50 Kick	F
	{8 x 25 on :30 Kick no board R 10+1	F
750	1 x 750 on 10:00 Pulls-nbbf&w + 2 yds	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
2,000	1x{4 x 125 on 2:00 Freestyle	F
	{1 on 1:00 Rest	F
	{4 x 125 on 1:55 Freestyle	F
	{1 on 1:00 Rest	F
	{4 x 125 on 1:50 Freestyle	F
	{1 on 1:00 Rest	F
	{4 x 125 on 1:45 Freestyle	F
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	F
	9:05 AM 5,400 Yards - Stress Value = 172	

Workout #14904 - Saturday, 18 January 2014

HighSchl - Silver

1 minute rest between sets

6:30 AM Start

Yards	Set Description	F
550	1 on 40:00 DS/Weights	F
150	1 x 550 on 10:00 Reverse IM drill	F
1,400	10 x 15 on :45 Shooters	F
1x{	1 x 200 on 4:10 Kick	F
	{8 x 25 on :30 Kick no board S 10+1	F
	{2 x 150 on 3:00 Kick	F
	{8 x 25 on :30 Kick no board L 10+1	F
	{3 x 100 on 1:55 Kick	F
	{8 x 25 on :30 Kick no board R 10+1	F
700	1 x 700 on 10:00 Pulls-nbbf&w + 2 yds	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
2,000	1x{4 x 125 on 2:00 Freestyle	F
	{1 on 1:00 Rest	F
	{4 x 125 on 1:55 Freestyle	F
	{1 on 1:00 Rest	F
	{4 x 125 on 1:50 Freestyle	F
	{1 on 1:00 Rest	F
	{4 x 125 on 1:45 Freestyle	F
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	F
	9:05 AM 5,250 Yards - Stress Value = 170	

Workout #14905 - Saturday, 18 January 2014

HighSchl - Bronze

1 minute rest between sets

6:30 AM Start

Yards	Set Description	F
500	1 on 40:00 DS/Weights	F
150	1 x 500 on 10:00 Reverse IM drill	F
1,200	10 x 15 on :45 Shooters	F
1x{	1 x 200 on 5:00 Kick	F
	{8 x 25 on :30 Kick no board S 10+1	F
	{2 x 150 on 3:45 Kick	F
	{8 x 25 on :30 Kick no board L 10+1	F
	{3 x 100 on 2:30 Kick	F
500	1 x 500 on 10:00 Pulls-nbbf&w + 2 yds	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
1,600	1x{4 x 100 on 2:00 Freestyle	F
	{1 on 1:00 Rest	F
	{4 x 100 on 1:55 Freestyle	F
	{1 on 1:00 Rest	F
	{4 x 100 on 1:50 Freestyle	F
	{1 on 1:00 Rest	F
	{4 x 100 on 1:45 Freestyle	F
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	F
	9:05 AM 4,400 Yards - Stress Value = 138	

Workout #14919 - Monday, 20 January 2014

Group 2 - Back

1 minute rest between sets

Yards	Set Description	F
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg	
500	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	F
	{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	F
	{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
200	1 x 200 on 3:00 Stroke Drills	F
7:30 PM	3,950 Yards - Stress Value = 65	

Workout #14923 - Monday, 20 January 2014

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	F
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg	
350	1 x 350 on 10:00 Choice	F
150	10 x 15 on :45 Shooters	S
700	1x{4 x 25 on 1:00 Kick no board B	F
	{2 x 100 on 3:30 Kick-on back	E
	{4 x 25 on 1:00 Kick no board B	E
	{2 x 100 on 3:30 Kick on left side	E
	{4 x 25 on 1:00 Kick no board B	E
	{ 25's 10KOW+1	
150	6 x 25 on :45 Stroke Drills	F
1,000	1x{4 x 100 on 3:00 Back L.25 10 KOW+1	F
	{4 x 25 on 1:00 Back-build to great finishes	E
	{4 x 100 on 2:55 Back L.25 15KOW	E
	{4 x 25 on 1:00 Back build to great finishes	E
200	1 x 200 on 3:00 Stroke Drills	F
7:29 PM	2,550 Yards - Stress Value = 40	

Workout #14920 - Monday, 20 January 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	F
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg	
500	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	F
	{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	F
	{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 F
 200 1 x 200 on 3:00 Stroke Drills F
 7:29 PM 3,750 Yards - Stress Value = 61

Workout #14921 - Monday, 20 January 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	F
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg	
450	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	F
	{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	F
	{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
7:30 PM	3,500 Yards - Stress Value = 57	

Workout #14922 - Monday, 20 January 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	F
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Physio Balls/Tm Mtg	
400	1 x 400 on 10:00 Choice	F
150	10 x 15 on :45 Shooters	S
800	1x{4 x 25 on 1:00 Kick no board B	F
	{2 x 100 on 2:30 Kick-on back	E
	{4 x 25 on 1:00 Kick no board B	E
	{2 x 100 on 2:30 Kick on left side	E
	{4 x 25 on 1:00 Kick no board B	E
	{1 x 100 on 2:00 Kick on right side	E
	{ 25's 10KOW+1	
150	6 x 25 on :45 Stroke Drills	F
1,300	1x{4 x 100 on 2:15 Back L.25 10 KOW+1	F
	{4 x 25 on :45 Back-build to great finishes	E
	{4 x 100 on 2:10 Back L.25 10 KOW+1	E
	{4 x 25 on :45 Back build to great finishes	E
	{3 x 100 on 2:05 Back L.25 10 KOW+1	E
	1 on 10:00 Game	F
7:30 PM	2,800 Yards - Stress Value = 48	

Workout #14910 - Monday, 20 January 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	F
8:47 AM	Start	
=====	=====	=====
2,500	1x{1 x 250 on 3:05 Freestyle	F
	{2 x 250 on 3:00 Free #2-3 KOW	E
	{3 x 250 on 2:55 Free #3 4 strokes off each w	E
	{4 x 250 on 2:50 Free #4 descend each 50	E
350	7 x 50 on 1:00 Stroke Drills	F
	1 on 10:00 Ice	F
9:35 AM	2,850 Yards - Stress Value = 42	

Workout #14914 - Monday, 20 January 2014

HighSchl - Fly

1 minute rest between sets

8:47 AM Start
 Yards Set Description
 =====
 2,000 1x{1 x 200 on 2:50 3 strokes fly off walls EN2
 {8 x 25 on :30 Fly-with free kick EN2
 {2 x 175 on 2:25 3 strokes fly off walls EN2
 {6 x 25 on :30 Fly-with free kick EN3
 {3 x 150 on 2:00 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly-with free kick EN3
 {4 x 125 on 1:35 3 strokes fly off walls EN2
 {2 x 25 on :30 Fly-with free kick EN3
 350 7 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,350 Yards - Stress Value = 52

Workout #14906 - Monday, 20 January 2014

HighSchl - Platinum

1 minute rest between sets

7:00 AM 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
 1,600 1x{8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:30 Kick
 {8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:25 Kick
 {8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:20 Kick
 {4 x 25 on :30 Kick no board BSLR
 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
 8:46 AM 4,050 Yards - Stress Value = 52

Workout #14907 - Monday, 20 January 2014

HighSchl - Gold

1 minute rest between sets

7:00 AM 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
 1,450 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
 {2 x 125 on 2:00 Kick
 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
 8:46 AM 3,750 Yards - Stress Value = 48

Workout #14911 - Monday, 20 January 2014

HighSchl - Gold

1 minute rest between sets

8:47 AM Start
 Yards Set Description
 =====
 2,300 1x{1 x 250 on 3:20 Freestyle
 {2 x 250 on 3:15 Free #2-3 KOW
 {3 x 250 on 3:10 Free #3 4 strokes off each w
 {4 x 200 on 2:30 Free #4 descend each 50
 350 7 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 2,650 Yards - Stress Value = 38

Workout #14915 - Monday, 20 January 2014

HighSchl - Gold

1 minute rest between sets

8:47 AM Start
 Yards Set Description
 =====
 1,800 1x{1 x 200 on 3:05 3 strokes fly off walls EN2
 {8 x 25 on :30 Fly-with free kick EN2
 {2 x 175 on 2:40 3 strokes fly off walls EN2
 {6 x 25 on :30 Fly-with free kick EN3
 {3 x 150 on 2:15 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly-with free kick EN3
 {4 x 75 on 1:05 3 strokes fly off walls EN2
 {2 x 25 on :30 Fly-with free kick EN3
 350 7 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,150 Yards - Stress Value = 48

Workout #14908 - Monday, 20 January 2014

HighSchl - Silver

1 minute rest between sets

7:00 AM 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
 1,200 1x{8 x 25 on :40 Kick no board BSLR
 {2 x 150 on 3:10 Kick
 {8 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:05 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
 8:46 AM 3,300 Yards - Stress Value = 44

Workout #14912 - Monday, 20 January 2014

HighSchl - Silver

1 minute rest between sets

8:47 AM 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
 350 7 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 2,350 Yards - Stress Value = 34

Workout #14916 - Monday, 20 January 2014

HighSchl - Silver

1 minute rest between sets

8:47 AM Start
 Yards Set Description EGY
 =====
 1,650 1x{1 x 200 on 3:20 3 strokes fly off walls EN2
 {8 x 25 on :35 Fly-with free kick EN2
 {2 x 175 on 2:55 3 strokes fly off walls EN2
 {6 x 25 on :35 Fly-with free kick EN3
 {3 x 150 on 2:30 3 strokes fly off walls EN2
 {4 x 25 on :35 Fly-with free kick EN3
 {3 x 50 on :50 3 strokes fly off walls EN2
 {2 x 25 on :35 Fly-with free kick EN3
 300 6 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 1,950 Yards - Stress Value = 45

1 on 10:00 Ice
 9:35 AM 1,750 Yards - Stress Value = 37

Workout #14918 - Monday, 20 January 2014

HighSchl - Lance Fozo

1 minute rest between sets

7:50 AM Start
 Yards Set Description EGY WORK ST
 =====
 1,700 1x{8 x 25 on :30 Kick no board BSLR EN2 K FI
 {2 x 150 on 2:10 Kick EN2 K CF
 {8 x 25 on :30 Kick no board BSLR EN2 K FI
 {2 x 150 on 2:05 Kick EN2 K CF
 {8 x 25 on :30 Kick no board BSLR EN2 K FI
 {2 x 150 on 2:00 Kick EN2 K CF
 {8 x 25 on :30 Kick no board BSLR EN2 K FI
 8:19 AM 1,700 Yards - Stress Value = 34

Workout #14909 - Monday, 20 January 2014

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WC
 =====
 500 1 on 30:00 DS/Physio Balls
 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,100 1x{8 x 25 on :45 Kick no board BSLR
 {2 x 150 on 3:30 Kick
 {8 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 x 50 on 1:10 KICK
 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
 8:46 AM 2,950 Yards - Stress Value = 40

Workout #14928 - Tuesday, 21 January 2014

HighSchl - Back

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WC
 =====
 400 1 on 35:00 DS/Weights
 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 #14924 - Tuesday, 21 January 2014

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 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 350 on 4:05 Freestyle EN2
 {3 x 50 on :45 Free-Great Effort EN3
 {1 x 350 on 4:00 Freestyle EN2
 {3 x 50 on :50 Free-Great Effort EN2
 {1 x 350 on 3:55 Freestyle EN2
 {3 x 50 on :55 Free-Great Effort EN3
 {1 x 350 on 3:50 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 #14913 - Monday, 20 January 2014

HighSchl - Bronze

1 minute rest between sets

8:47 AM Start
 Yards Set Description EGY
 =====
 1,700 1x{1 x 200 on 3:35 Freestyle
 {2 x 200 on 3:30 Free #2-3 KOW
 {3 x 200 on 3:25 Free #3 4 strokes off each w
 {4 x 125 on 2:05 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 #14917 - Monday, 20 January 2014

HighSchl - Bronze

1 minute rest between sets

8:47 AM Start
 Yards Set Description EGY
 =====
 1,450 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
 {3 x 50 on 1:00 3 strokes fly off walls EN2
 300 6 x 50 on 1:00 Stroke Drills REC

Workout #14932 - Tuesday, 21 January 2014

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:45 PM Start		
600	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 600 on 10:00 Underwater trn drill		
1,300	10 x 15 on :45 Shooters		
	1x{1 x 100 on 1:40 Kick		
	{1 x 100 on 2:00 Kick		
	{2 x 100 on 1:40 Kick		
	{1 x 100 on 2:00 Kick		
	{3 x 100 on 1:40 Kick		
	{1 x 100 on 2:00 Kick		
	{4 x 100 on 1:40 Kick		
150	3x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,600	1x{3 x 100 on 1:20 Individual Medley		
	{4 x 25 on :30 VS-fast parts fly		
	{3 x 100 on 1:20 Individual Medley		
	{4 x 25 on :30 VS-fast parts back		
	{3 x 100 on 1:20 Individual Medley		
	{4 x 25 on :30 VS-fast parts breast		
	{3 x 100 on 1:20 Individual Medley		
	{4 x 25 on :30 Variable Speed		
50	2 x 25 on 2:00 Starts		
200	1 x 200 on 3:00 Stroke Drills		
	1 on 5:00 locker room/change		
	1 on 10:00 Meet w/coaches in LR		
	1 on 7:00 March out/Kickboard Cheer		
	1 on 59:59 Meet Starts		
	7:30 PM 4,050 Yards - Stress Value = 67		

Workout #14925 - Tuesday, 21 January 2014

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		
1,850	1x{1 x 350 on 4:50 Freestyle	EN2	
	{3 x 50 on :45 Free-Great Effort	EN3	
	{1 x 350 on 4:45 Freestyle	EN2	
	{3 x 50 on :50 Free-Great Effort	EN2	
	{1 x 350 on 4:40 Freestyle	EN2	
	{3 x 50 on :55 Free-Great Effort	EN3	
	{1 x 200 on 2:35 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		
	7:05 AM 2,650 Yards - Stress Value = 61		

Workout #14929 - Tuesday, 21 January 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:30 AM Start		
400	1 on 35:00 DS/Weights		
	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 #14933 - Tuesday, 21 January 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:45 PM Start		
600	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 600 on 10:00 Underwater trn drill		
1,200	10 x 15 on :45 Shooters		
	1x{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		
	{3 x 100 on 1:50 Kick		
150	3x{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 Individual Medley		
	{4 x 25 on :30 VS-fast parts fly		
	{3 x 100 on 1:30 Individual Medley		
	{4 x 25 on :30 VS-fast parts back		
	{3 x 100 on 1:30 Individual Medley		
	{4 x 25 on :30 VS-fast parts breast		
	{1 x 100 on 1:30 Individual Medley		
	{4 x 25 on :30 Variable Speed		
50	2 x 25 on 2:00 Starts		
200	1 x 200 on 3:00 Stroke Drills		
	1 on 5:00 locker room/change		
	1 on 10:00 Meet w/coaches in LR		
	1 on 7:00 March out/Kickboard Cheer		
	1 on 59:59 Meet Starts		
	7:29 PM 3,750 Yards - Stress Value = 61		

Workout #14926 - Tuesday, 21 January 2014

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	REC	
	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,700	1x{1 x 350 on 5:25 Freestyle	EN2	
	{3 x 50 on :50 Free-Great Effort	EN3	
	{1 x 350 on 5:20 Freestyle	EN2	
	{3 x 50 on :55 Free-Great Effort	EN3	
	{1 x 350 on 5:15 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Great Effort	EN3	
	{1 x 200 on 2:55 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 #14930 - Tuesday, 21 January 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
400	1 on 35:00 DS/Weights		
	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 #14931 - Tuesday, 21 January 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
400	1 on 35:00 DS/Weights		
	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 #14934 - Tuesday, 21 January 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
3:45 PM	Start		
550	1 on 30:00 DS/Core/Tm Mtg		
	1 x 550 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
1,100	1x{1 x 100 on 2:00 Kick		
	{1 x 100 on 2:15 Kick		
	{2 x 100 on 2:00 Kick		
	{1 x 100 on 2:15 Kick		
	{3 x 100 on 2:00 Kick		
	{1 x 100 on 2:15 Kick		
	{2 x 100 on 2:00 Kick		
150	3x{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 1:45 Individual Medley		
	{4 x 25 on :35 VS-fast parts fly		
	{3 x 100 on 1:45 Individual Medley		
	{4 x 25 on :35 VS-fast parts back		
	{3 x 100 on 1:45 Individual Medley		
	{4 x 25 on :35 VS-fast parts breast		
50	2 x 25 on 2:00 Starts		
200	1 x 200 on 3:00 Stroke Drills		
	1 on 5:00 locker room/change		
	1 on 10:00 Meet w/coaches in LR		
	1 on 7:00 March out/Kickboard Cheer		
	1 on 59:59 Meet Starts		
7:29 PM	3,400 Yards - Stress Value = 55		

Workout #14935 - Tuesday, 21 January 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
3:45 PM	Start		
500	1 on 30:00 DS/Core/Tm Mtg		
	1 x 500 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
950	1x{1 x 100 on 2:15 Kick		
	{1 x 100 on 2:45 Kick		
	{2 x 100 on 2:15 Kick		
	{1 x 100 on 2:45 Kick		
	{3 x 100 on 2:15 Kick		
	{1 x 100 on 2:45 Kick		
	{1 x 50 on 1:05 Kick		
150	3x{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 2:15 Individual Medley		
	{4 x 25 on :40 VS-fast parts fly		
	{2 x 100 on 2:15 Individual Medley		
	{4 x 25 on :40 VS-fast parts back		
	{2 x 100 on 2:15 Individual Medley		
	{4 x 25 on :40 VS-fast parts breast		
50	2 x 25 on 2:00 Starts		
200	1 x 200 on 3:00 Stroke Drills		
	1 on 5:00 locker room/change		
	1 on 10:00 Meet w/coaches in LR		
	1 on 7:00 March out/Kickboard Cheer		
	1 on 59:59 Meet Starts		
7:30 PM	3,000 Yards - Stress Value = 48		

Workout #14927 - Tuesday, 21 January 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 35:00 DS and Weights		
	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 #14942 - Wednesday, 22 January 2014

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 26:00 DS/Absl/Tm Mtg		
500	1 x 500 on 10:00 Choice	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		
150	6 x 25 on :45 Back drills	REC	
500	10 x 50 on 2:00 Backstroke	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Game		
7:30 PM	2,700 Yards - Stress Value = 77		

Workout #14946 - Wednesday, 22 January 2014

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 26:00 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 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		
150	6 x 25 on :45 Back drills	REC	
500	10 x 50 on 2:00 Backstroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Game		
7:29 PM	2,200 Yards - Stress Value = 71		

Workout #14943 - Wednesday, 22 January 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 26:00 DS/Absl/Tm Mtg		
500	1 x 500 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
100	1 x 100 on 2:00 Kick on back for time	SP2	
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		
150	6 x 25 on :45 Back drills	REC	
500	10 x 50 on 2:00 Backstroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	

1 on 10:00 Game
7:29 PM 2,600 Yards - Stress Value = 76

Workout #14944 - Wednesday, 22 January 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 26:00 DS/Absl/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 2:00 Kick on back for time	SP2	
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		
150	6 x 25 on :45 Back drills	REC	
500	10 x 50 on 2:00 Backstroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Game		
7:29 PM	2,550 Yards - Stress Value = 76		

Workout #14945 - Wednesday, 22 January 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	=====	=====
	1 on 26:00 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 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		
150	6 x 25 on :45 Back drills	REC	
500	10 x 50 on 2:00 Backstroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Game		
7:29 PM	2,450 Yards - Stress Value = 75		

Workout #14937 - Wednesday, 22 January 2014

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WC
4:44 PM	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	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM	2,350 Yards - Stress Value = 96		

Workout #14938 - Wednesday, 22 January 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
4:44 PM	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	
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 #14939 - Wednesday, 22 January 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
4:44 PM	Start		
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 #14936 - Wednesday, 22 January 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM	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
50's=alt focus each 25-long vs. turnover			
1 on 10:00 Ice		M	
5:35 PM	1,800 Yards - Stress Value = 72		

Workout #14940 - Wednesday, 22 January 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:44 PM	Start		
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 #14941 - Wednesday, 22 January 2014

HighSchl - Lance Fozo

1 minute rest between sets

Yards	Set Description	EGY	WC
3:40 PM	Start		
2,000	1x{4 x 25 on :30 Kick no board BSLR 16KOW	EN2	
	{1 x 300 on 4:30 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR 14KOW	EN2	
	{2 x 250 on 3:35 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR 12KOW	EN2	
	{3 x 200 on 2:50 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR 10KOW	EN2	
	{2 x 100 on 1:20 Kick	EN2	
4:11 PM	2,000 Yards - Stress Value = 40		

Workout #14967 - Thursday, 23 January 2014

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
500	1 on 30:00 DS/Physio Ball Abs/Tm Mtg		F
	1 x 500 on 10:00 Underwater trn drill		F
	Odd 100's free even 100's back		
150	1 on 10:00 Techniques-Stanford turn drills		S
	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		F
	{1 x 250 on 8:00 Free Drill		F
	{1 x 250 on 8:00 Free Drill		F
	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		E
	25-100% Straight arm		
200	1 x 200 on 3:00 Stroke Drills		F
7:30 PM	2,275 Yards - Stress Value = 12		

Workout #14963 - Thursday, 23 January 2014

5:34 PM 3,150 Yards - Stress Value = 54

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WC
4:43 PM	Start		
1,950	3x{4 x 25 on :45 Bathtub Drill with fins	EN2	
	{1 x 100 on 1:20 Backstroke	EN1	
	{1 x 100 on 1:15 Backstroke	EN1	
	{1 x 100 on 1:10 Backstroke	EN2	
	{1 x 100 on 1:05 Backstroke	EN2	
	{1 x 100 on 2:00 Freestyle	REC	
	{1 x 50 on 2:00 Back-100%, min 8 KOW	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM	2,200 Yards - Stress Value = 33		

Workout #14955 - Thursday, 23 January 2014

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
600	1 on 30:00 DS/Shoulders		
	1 x 600 on 10:00 Underwater trn drill		
	Odd 100's free evens 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		
1,000	1x{1 x 100 on 1:10 Pulls BWSPF		
	{2 x 100 on 1:15 Pulls BWKPF		
	{3 x 100 on 1:20 Pulls BWHPF		
	{4 x 100 on 1:25 Pulls BWFPF		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:42 PM	3,700 Yards - Stress Value = 63		

Workout #14951 - Thursday, 23 January 2014

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	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
2,000	1x{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	
	{2 x 200 on 2:30 Breaststroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM	2,800 Yards - Stress Value = 46		

Workout #14948 - Thursday, 23 January 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:30 AM	Start			
	1 on 35:00 DS/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 S
2,200	4 x 550 on 7:10 Freestyle-descend	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 10:00 ice			M
7:05 AM	2,950 Yards - Stress Value = 50			

Workout #14947 - Thursday, 23 January 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:30 AM	Start			
	1 on 35:00 DS/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 S
2,400	4 x 600 on 7:10 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 #14952 - Thursday, 23 January 2014

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 Shooters	SP3	
1,850	1x{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 200 on 2:55 Breaststroke	EN2	
	{2 x 125 on 1:45 Breaststroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,650 Yards - Stress Value = 43		

Workout #14959 - Thursday, 23 January 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:43 PM	Start			
	1 on 35:00 DS/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 S
2,900	1x{1 x 300 on 3:40 Freestyle	EN2	S	FR
	{1 x 300 on 3:30 Freestyle	EN2	S	FR
	{1 x 300 on 3:20 Freestyle	EN2	S	FR
	{1 x 100 on 2:30 Freestyle	REC	S	FR
	{1 x 300 on 3:35 Freestyle	EN2	S	FR
	{1 x 300 on 3:25 Freestyle	EN2	S	FR
	{1 x 300 on 3:15 Freestyle	EN2	S	FR
	{1 x 100 on 2:30 Freestyle	REC	S	FR
	{1 x 300 on 3:20 Freestyle	EN2	S	FR
	{1 x 300 on 3:10 Freestyle	EN2	S	FR
	{1 x 300 on 3:00 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

Workout #14956 - Thursday, 23 January 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 30:00 DS/Shoulders			
	1 x 600 on 10:00 Underwater trn drill			
	Odd 100's free evens back			
150	10 x 15 on :45 Shooters			
1,600	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			
	{1 x 50 on :55 Kick- weakest			
900	1x{1 x 100 on 1:15 Pulls BWSPF			
	{2 x 100 on 1:20 Pulls BWKPF			
	{3 x 100 on 1:25 Pulls BWHPF			
	{3 x 100 on 1:30 Pulls BWFPF			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:41 PM 3,450 Yards - Stress Value = 58			

Workout #14960 - Thursday, 23 January 2014

HighSchl - Gold

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK
2,750	1x{1 x 300 on 4:00 Freestyle	EN2	S	FR
	{1 x 300 on 3:50 Freestyle	EN2	S	FR
	{1 x 300 on 3:40 Freestyle	EN2	S	FR
	{1 x 100 on 2:30 Freestyle	REC	S	FR
	{1 x 300 on 3:55 Freestyle	EN2	S	FR
	{1 x 300 on 3:45 Freestyle	EN2	S	FR
	{1 x 300 on 3:35 Freestyle	EN2	S	FR
	{1 x 100 on 2:30 Freestyle	REC	S	FR
	{1 x 250 on 3:10 Freestyle	EN2	S	FR
	{1 x 250 on 3:00 Freestyle	EN2	S	FR
	{1 x 250 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
	5:35 PM 3,000 Yards - Stress Value = 51			

Workout #14964 - Thursday, 23 January 2014

HighSchl - Gold

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WC
1,800	3x{4 x 25 on :45 Bathtub Drill with fins	EN2	
	{1 x 100 on 1:30 Backstroke	EN1	
	{1 x 100 on 1:25 Backstroke	EN1	
	{1 x 100 on 1:20 Backstroke	EN2	
	{1 x 50 on :35 Backstroke	EN2	
	{1 x 100 on 2:00 Freestyle	REC	
	{1 x 50 on 2:00 Back-100%, min 8 KOW	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 2,050 Yards - Stress Value = 30		

Workout #14949 - Thursday, 23 January 2014

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/Weights			L I
350	1 x 350 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 S
2,000	4 x 500 on 7:10 Freestyle-descend	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 10:00 ice			M
	7:05 AM 2,700 Yards - Stress Value = 46			

Workout #14953 - Thursday, 23 January 2014

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Shoulders		
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	
1,500	1x{2 x 200 on 3:45 Breaststroke	EN2	
	{2 x 200 on 3:40 Breaststroke	EN2	
	{2 x 200 on 3:35 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 2,250 Yards - Stress Value = 36		

Workout #14957 - Thursday, 23 January 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Shoulders		
550	1 x 550 on 10:00 Underwater trn drill		
	Odd 100's free evens 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- weakest kicks		
800	1x{1 x 100 on 1:25 Pulls BWSPF		
	{2 x 100 on 1:30 Pulls BWKPF		
	{3 x 100 on 1:35 Pulls BWHPF		
	{2 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		
	4:41 PM 3,100 Yards - Stress Value = 52		

Workout #14961 - Thursday, 23 January 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:43 PM	Start			
2,350	1x{1 x 300 on 4:35 Freestyle	EN2	S	FR
	{1 x 300 on 4:25 Freestyle	EN2	S	FR
	{1 x 300 on 4:15 Freestyle	EN2	S	FR
	{1 x 50 on 2:00 Freestyle	REC	S	FR
	{1 x 250 on 3:45 Freestyle	EN2	S	FR
	{1 x 250 on 3:35 Freestyle	EN2	S	FR
	{1 x 250 on 3:25 Freestyle	EN2	S	FR
	{1 x 50 on 2:00 Freestyle	REC	S	FR
	{1 x 200 on 2:55 Freestyle	EN2	S	FR
	{1 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 200 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	
5:35 PM	2,600 Yards - Stress Value = 45			

Workout #14965 - Thursday, 23 January 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
4:43 PM	Start		
1,650	3x{4 x 25 on :45 Bathtub Drill with fins	EN2	
	{1 x 100 on 1:40 Backstroke	EN1	
	{1 x 100 on 1:35 Backstroke	EN1	
	{1 x 100 on 1:30 Backstroke	EN2	
	{1 x 100 on 2:05 Freestyle	REC	
	{1 x 50 on 2:00 Back-100%, min 8 KOW	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM	1,900 Yards - Stress Value = 27		

Workout #14950 - Thursday, 23 January 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
350	1 x 350 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	FR
1,700	4 x 425 on 7:10 Freestyle-descend	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 ice		M	
7:05 AM	2,400 Yards - Stress Value = 40			

Workout #14954 - Thursday, 23 January 2014

HighSchl - Bronze

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	
1,350	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 75 on 1:30 Breaststroke	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,050 Yards - Stress Value = 33		

Workout #14958 - Thursday, 23 January 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM	Start			
500	1 on 30:00 DS/Shoulders			
	1 x 500 on 10:00 Underwater trn drill			
	Odd 100's free evens back			
150	10 x 15 on :45 Shooters			
1,250	1x{5 x 50 on 1:10 Kick			
	{2 x 100 on 2:35 Kick 2 weakest kicks			
	{4 x 50 on 1:10 Kick			
	{2 x 100 on 2:30 Kick 2 weakest kicks			
	{3 x 50 on 1:10 Kick			
	{2 x 100 on 2:25 Kick 2 weakest kicks			
	{1 x 50 on 1:10 Kick			
800	1x{1 x 100 on 1:25 Pulls BWSPF			
	{2 x 100 on 1:30 Pulls BWKPF			
	{3 x 100 on 1:35 Pulls BWHPF			
	{2 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			
4:42 PM	2,900 Yards - Stress Value = 49			

Workout #14962 - Thursday, 23 January 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:43 PM	Start			
2,000	1x{1 x 250 on 4:30 Freestyle	EN2	S	FR
	{1 x 250 on 4:20 Freestyle	EN2	S	FR
	{1 x 250 on 4:10 Freestyle	EN2	S	FR
	{1 x 50 on 2:00 Freestyle	REC	S	FR
	{1 x 250 on 4:25 Freestyle	EN2	S	FR
	{1 x 250 on 4:15 Freestyle	EN2	S	FR
	{1 x 250 on 4:05 Freestyle	EN2	S	FR
	{1 x 50 on 2:00 Freestyle	REC	S	FR
	{1 x 150 on 2:35 Freestyle	EN2	S	FR
	{1 x 150 on 2:25 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 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	2,250 Yards - Stress Value = 38			

Workout #14966 - Thursday, 23 January 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:43 PM	Start		
1,350	3x{4 x 25 on :45 Bathtub Drill with fins	EN2	
	{1 x 100 on 2:10 Backstroke	EN1	
	{1 x 100 on 2:05 Backstroke	EN1	
	{1 x 50 on 1:00 Backstroke	EN2	
	{1 x 50 on 1:35 Freestyle	REC	
	{1 x 50 on 2:00 Back-100%, min 8 KOW	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM	1,600 Yards - Stress Value = 24		

Workout #14973 - Friday, 24 January 2014

Group 2 - Copper
1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
300	1 on 40:00 DS/Drylad		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
1,000	1x{4 x 100 on 2:00 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{3 x 100 on 2:00 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{2 x 100 on 2:00 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 2:00 Freestyle	EN2	S	F
250	5 x 50 on 1:15 Stroke Drills	REC	D	C
	6:29 PM 1,700 Yards - Stress Value = 26			

1,300	1x{5 x 100 on 1:30 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{4 x 100 on 1:30 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{2 x 100 on 1:30 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:30 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:30 Freestyle	EN2	S	F
250	5 x 50 on 1:15 Stroke Drills	REC	D	C
	6:30 PM 2,100 Yards - Stress Value = 32			

Workout #14972 - Friday, 24 January 2014

Group 2 - Bronze
1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS/Drylad		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
1,100	1x{4 x 100 on 1:45 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:45 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{2 x 100 on 1:45 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:45 Freestyle	EN2	S	F
250	5 x 50 on 1:15 Stroke Drills	REC	D	C
	6:30 PM 1,900 Yards - Stress Value = 28			

Workout #14969 - Friday, 24 January 2014

Group 2 - Freestylers
1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS/Drylad		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 1:20 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{4 x 100 on 1:20 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:20 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{2 x 100 on 1:20 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:20 Freestyle	EN2	S	F
250	5 x 50 on 1:15 Stroke Drills	REC	D	C
	6:30 PM 2,300 Yards - Stress Value = 36			

Workout #14968 - Friday, 24 January 2014

HighSchl - Recovery/Technique Day
1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	ST
500	1 on 30:00 DS/Ted's Abs			
500	1 x 500 on 15:00 5min ez swim/10min IP	REC		
150	10 x 15 on :45 Shooters	SP3	S	F
1,200	1x{1 x 200 on 4:00 IM-25 kick 25 drill	EN1		
	{4 x 25 on :45 Fly easy speed	EN1		
	{1 x 200 on 4:00 IM 25 kick 25 drill	EN1		
	{4 x 25 on :45 Back easy speed	EN1		
	{1 x 200 on 4:00 IM 25 kick 25 drill	EN1		
	{4 x 25 on :45 Breast easy speed	EN1		
	{1 x 200 on 4:00 IM 25 kick 25 drill	EN1		
	{4 x 25 on :45 Free-easy speed	EN1		
300	12 x 25 on 1:00 Goggle Malfunction	EN1		
	1 on 15:00 Relay Starts			
200	1 x 200 on 3:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	5:05 PM 2,350 Yards - Stress Value = 21			

Workout #14970 - Friday, 24 January 2014

Group 2 - Gold
1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS/Drylad		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
1,400	1x{5 x 100 on 1:25 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{4 x 100 on 1:25 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:25 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:25 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:25 Freestyle	EN2	S	F
250	5 x 50 on 1:15 Stroke Drills	REC	D	C
	6:30 PM 2,200 Yards - Stress Value = 34			

Workout #14971 - Friday, 24 January 2014

Group 2 - Silver
1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS/Drylad		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

Workout #14974 - Saturday, 25 January 2014

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
10:00 AM	Start			
400	1 x 40:00 DS/Weghts		L	W
400	1 x 400 on 7:00 Freestyle Drill	REC	D	
120	8 x 15 on :45 Shooters	SP3	S	C
300	3 x 100 on 2:00 Kick	EN1	K	C
400	8 x 50 on 1:00 Down Drill/Back Build	EN1	D	C
300	12 x 25 on :40 Variable Speed	EN1	S	
400	4 x 100 on 1:30 Free-descend	EN2	S	
50	2 x 25 on 2:00 Off the blocks	EN2	S	C
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
Meet in locker room at 11:45				
11:36 AM 2,170 Yards - Stress Value = 24				

Workout #14979 - Wednesday, 29 January 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2:51 PM	Start			
4,050	1x{3 x 250 on 3:20 Freestyle	EN2	S	FR
	{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
	{3 x 75 on 1:00 Freestyle	EN2	S	FR
	{3 x 50 on :40 Freestyle	EN2	S	FR
	#1 3kow w/expl breakouts			
	#2 build bowfpf			
	#3 DPS			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:00 PM 4,300 Yards - Stress Value = 81				

Workout #14983 - Wednesday, 29 January 2014

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2:51 PM	Start			
3,300	1x{4 x 150 on 2:15 Individual Medley no free			
	{12 x 25 on :30 Variable Speed-free			
	{4 x 150 on 2:15 Individual Medley no breast			
	{8 x 25 on :30 Variable Speed-breast			
	{4 x 150 on 2:15 Individual Medley-no back			
	{8 x 25 on :30 Variable Speed back			
	{4 x 150 on 2:15 Individual Medley-no fly			
	{8 x 25 on :30 Variable Speed -fly			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:00 PM 3,550 Yards - Stress Value = 63				

Workout #14975 - Wednesday, 29 January 2014

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
1:00 PM	Start			
	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			
1,850	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			
2:50 PM 3,800 Yards - Stress Value = 63				

Workout #14976 - Wednesday, 29 January 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
1:00 PM	Start			
	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			
1,650	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			
2:50 PM 3,500 Yards - Stress Value = 57				

Workout #14980 - Wednesday, 29 January 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2:51 PM	Start			
3,600	1x{3 x 250 on 3:45 Freestyle	EN2	S	FR
	{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 125 on 1:50 Freestyle	EN2	S	FR
	{3 x 75 on 1:05 Freestyle	EN2	S	FR
	#1 3kow w/expl breakouts			
	#2 build bowfpf			
	#3 DPS			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:00 PM 3,850 Yards - Stress Value = 72				

Workout #14984 - Wednesday, 29 January 2014

HighSchl - Gold

1 minute rest between sets

2:51 PM Start

Yards	Set Description
3,100	1x{4 x 150 on 2:30 Individual Medley no free {8 x 25 on :30 Variable Speed-free {4 x 150 on 2:30 Individual Medley no breast {8 x 25 on :30 Variable Speed-breast {4 x 150 on 2:30 Individual Medley-no back {8 x 25 on :30 Variable Speed back {4 x 150 on 2:30 Individual Medley-no fly {4 x 25 on :30 Variable Speed -fly
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
4:00 PM	3,350 Yards - Stress Value = 60

Workout #14993 - Wednesday, 29 January 2014

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 35:00 DSWeights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
1,550	10 x 15 on :45 Shooters Your primary stroke or free	SP3	
1,550	1x{2 x 125 on 2:15 100 Breast 25 free {1 x 100 on 1:50 Breast {3 x 100 on 1:50 25 back 75 breast {2 x 100 on 1:45 Breast {4 x 75 on 1:20 50 Breast 25 free {3 x 100 on 1:40 Breast {2 x 50 on 1:00 25 Back 25 Breast	EN2	EN2
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	
7:05 AM	2,350 Yards - Stress Value = 37		

Workout #14977 - Wednesday, 29 January 2014

HighSchl - Silver

1 minute rest between sets

1:00 PM Start

Yards	Set Description
550	1 on 35:00 DS/Weights
150	1 x 550 on 10:00 Free L.25 of each 100 Non F
1,400	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
2:49 PM	3,100 Yards - Stress Value = 50

Workout #14981 - Wednesday, 29 January 2014

HighSchl - Silver

1 minute rest between sets

2:51 PM Start

Yards	Set Description	EGY	WORK	STK
3,225	1x{3 x 250 on 4:10 Freestyle	EN2	S	FR

{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 100 on 1:40 Freestyle	EN2	S	FR
#1 3kow w/expl breakouts			
#2 build bowfpf			
#3 DPS			

250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
4:00 PM	3,475 Yards - Stress Value = 65			

Workout #14985 - Wednesday, 29 January 2014

HighSchl - Silver

1 minute rest between sets

2:51 PM Start

Yards	Set Description
2,800	1x{4 x 150 on 2:45 Individual Medley no free {8 x 25 on :35 Variable Speed-free {4 x 150 on 2:45 Individual Medley no breast {8 x 25 on :35 Variable Speed-breast {3 x 150 on 2:45 Individual Medley-no back {8 x 25 on :35 Variable Speed back {3 x 150 on 2:45 Individual Medley-no fly {4 x 25 on :35 Variable Speed -fly
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
4:00 PM	3,000 Yards - Stress Value = 54

Workout #14994 - Wednesday, 29 January 2014

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 35:00 DSWeights		
150	1 x 400 on 7:00 Underwater trn drill	REC	
1,400	10 x 15 on :45 Shooters Your primary stroke or free	SP3	
1,400	1x{2 x 125 on 2:30 100 Breast 25 free {1 x 100 on 2:00 Breast {4 x 100 on 2:00 25 back 75 breast {2 x 100 on 1:55 Breast {2 x 75 on 1:30 50 Breast 25 free {1 x 100 on 2:00 Breast {4 x 50 on 1:00 25 Back 25 Breast	EN2	EN2
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	
7:05 AM	2,200 Yards - Stress Value = 34		

Workout #14978 - Wednesday, 29 January 2014

HighSchl - Bronze

1 minute rest between sets

1:00 PM Start

Yards	Set Description
500	1 on 35:00 DS/Weights
1,350	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
2:50 PM 2,850 Yards - Stress Value = 46	

Workout #14982 - Wednesday, 29 January 2014

HighSchl - Bronze

1 minute rest between sets

2:51 PM Start

Yards	Set Description	EGY	WORK	STK
3,000	1x{3 x 250 on 4:20 Freestyle {3 x 225 on 3:55 Freestyle {3 x 200 on 3:30 Freestyle {3 x 175 on 3:05 Freestyle {3 x 150 on 2:35 Freestyle #1 3kow w/expl breakouts #2 build bowfpf #3 DPS	EN2	S	FR
250	1 x 250 on 5:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
4:00 PM 3,250 Yards - Stress Value = 60				

Workout #14986 - Wednesday, 29 January 2014

HighSchl - Bronze

1 minute rest between sets

2:51 PM Start

Yards	Set Description
2,400	1x{3 x 150 on 3:15 Individual Medley no free {8 x 25 on :40 Variable Speed-free {3 x 150 on 3:15 Individual Medley no breast {4 x 25 on :40 Variable Speed-breast {3 x 150 on 3:15 Individual Medley-no back {8 x 25 on :40 Variable Speed back {3 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
4:00 PM 2,600 Yards - Stress Value = 46	

Workout #14999 - Thursday, 30 January 2014

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
350	1 on 30:00 DS/Abs/Tm Mtg 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 Kiking {1 x 100 on 3:00 Kick {4 x 25 on 1:00 Tombstone Kicking {2 x 100 on 3:00 Kick {4 x 25 on 1:00 Tombstone Kicking {3 x 100 on 3:00 Kick	EN2 EN2 EN2 EN2 EN2 EN2
150	6 x 25 on :45 Stroke Drills	REC
1,300	1x{1 x 200 on 4:00 Freestyle {1 x 50 on 1:15 Pull-100% {1 x 200 on 4:00 Freestyle {2 x 50 on 1:15 Pull-100% {1 x 200 on 4:00 Freestyle {3 x 50 on 1:15 Pull 100% {1 x 200 on 4:00 Freestyle {4 x 50 on 1:15 Pull-100%	EN2 EN3 EN2 EN3 EN2 EN3 EN2 EN3
200	1 x 200 on 3:00 Stroke Drills	REC
7:30 PM 3,050 Yards - Stress Value = 70		

Workout #14995 - Thursday, 30 January 2014

Group 2 - Freestylers

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
1,400	1x{4 x 25 on :45 Tombstone Kiking {1 x 100 on 1:50 Kick {4 x 25 on :45 Tombstone Kicking {2 x 100 on 1:50 Kick {4 x 25 on :45 Tombstone Kicking {3 x 100 on 1:50 Kick {4 x 25 on :45 Tombstone Kicking {4 x 100 on 1:50 Kick	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
150	6 x 25 on :45 Stroke Drills		REC
1,750	1x{1 x 200 on 2:45 Freestyle {1 x 50 on 1:00 Pull-100% {1 x 200 on 2:45 Freestyle {2 x 50 on 1:00 Pull-100% {1 x 200 on 2:45 Freestyle {3 x 50 on 1:00 Pull 100% {1 x 200 on 2:45 Freestyle {4 x 50 on 1:00 Pull-100% {1 x 200 on 2:45 Freestyle {5 x 50 on 1:00 Pull-100%	EN2 EN3 EN2 EN3 EN2 EN3 EN3 EN2 EN3 EN2 EN3	
200	1 x 200 on 3:00 Stroke Drills		REC
7:31 PM 4,150 Yards - Stress Value = 99			

Workout #14996 - Thursday, 30 January 2014

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 #14997 - Thursday, 30 January 2014

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 #14998 - Thursday, 30 January 2014

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 #14991 - Thursday, 30 January 2014

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
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		
2,000	1x{4 x 125 on 1:50 100 Breast 25 free	EN2	
	{1 x 100 on 1:25 Breast	EN2	
	{4 x 100 on 1:30 25 back 75 breast	EN2	
	{2 x 100 on 1:20 Breast	EN2	
	{4 x 75 on 1:05 50 Breast 25 free	EN2	
	{3 x 100 on 1:15 Breaststroke	EN2	
	{4 x 50 on :45 25 Back 25 Breast	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 #14987 - Thursday, 30 January 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
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			
2,250	3 x 750 on 9:30 Freestyle	EN2		
	#1 3 KOW +1 up to 7-repeat			
	#2 Alt btb/bts by 100			
	#3 hb 2 strokes off wall +1 up to 5- repeat			
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 #14988 - Thursday, 30 January 2014

HighSchl - Gold

1 minute rest between sets

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			
2,025	3 x 675 on 9:30 Freestyle	EN2		S
	#1 3 KOW +1 up to 7-repeat			
	#2 Alt btb/bts by 100			
	#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
	7:05 AM 2,775 Yards - Stress Value = 46			

Workout #14992 - Thursday, 30 January 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF	S
	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 1:35 Breast	EN2		
	{3 x 100 on 1:40 25 back 75 breast	EN2		
	{2 x 100 on 1:30 Breast	EN2		
	{4 x 75 on 1:15 50 Breast 25 free	EN2		
	{2 x 100 on 1:25 Breast	EN2		
	{2 x 50 on :50 25 Back 25 Breast	EN2		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	7:05 AM 2,500 Yards - Stress Value = 40			

Workout #14989 - Thursday, 30 January 2014

HighSchl - Silver

1 minute rest between sets

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			
1,800	3 x 600 on 9:30 Freestyle	EN2		S
	#1 3 KOW +1 up to 7-repeat			
	#2 Alt btb/bts by 100			
	#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
	7:05 AM 2,550 Yards - Stress Value = 42			

Workout #14990 - Thursday, 30 January 2014

HighSchl - Bronze

1 minute rest between sets

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			
1,725	3 x 575 on 9:30 Freestyle	EN2		S
	#1 3 KOW +1 up to 7-repeat			
	#2 Alt btb/bts by 100			

#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
 7:05 AM 2,475 Yards - Stress Value = 40

Workout #15018 - Friday, 31 January 2014

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	S	I
	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
800	8 x 100 on 2:45 Kick-odds fast	EN2			K F
1,450	1x{5 x 100 on 2:00 Freestyle	EN2			S F
	{1 on 1:00 Rest				M
	{4 x 100 on 2:00 Freestyle	EN2			S F
	{1 on 1:00 Rest				M
	{3 x 100 on 2:00 Freestyle	EN2			S F
	{1 on 1:00 Rest				M
	{2 x 100 on 2:00 Freestyle	EN2			S F
	{1 on 1:00 Rest				M
	{1 x 50 on 1:00 Freestyle	EN2			S F
250	1 x 250 on 5:00 Stroke Drills	REC			D C
	7:00 PM 2,950 Yards - Stress Value = 51				

Workout #15014 - Friday, 31 January 2014

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK	S	I
	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
1,100	11 x 100 on 2:00 Kick-odds fast	EN2			K F
2,100	1x{6 x 100 on 1:20 Freestyle	EN2			S F
	{1 on 1:00 Rest				M
	{5 x 100 on 1:20 Freestyle	EN2			S F
	{1 on 1:00 Rest				M
	{4 x 100 on 1:20 Freestyle	EN2			S F
	{1 on 1:00 Rest				M
	{3 x 100 on 1:20 Freestyle	EN2			S F
	{1 on 1:00 Rest				M
	{2 x 100 on 1:20 Freestyle	EN2			S F
	{1 on 1:00 Rest				M
	{1 x 100 on 1:20 Freestyle	EN2			S F
250	1 x 250 on 5:00 Stroke Drills	REC			D C
	7:00 PM 4,000 Yards - Stress Value = 70				

Workout #15015 - Friday, 31 January 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
400	1 x 400 on 8:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
1,000	10 x 100 on 2:10 Kick-odds fast	EN2	K	F
2,000	1x{6 x 100 on 1:25 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{5 x 100 on 1:25 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{4 x 100 on 1:25 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:25 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
250	1 x 250 on 5:00 Stroke Drills	REC	D	C
7:00 PM	3,800 Yards - Stress Value = 66			

Workout #15016 - Friday, 31 January 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
400	1 x 400 on 8:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
900	9 x 100 on 2:20 Kick-odds fast	EN2	K	F
2,000	1x{6 x 100 on 1:30 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{5 x 100 on 1:30 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{4 x 100 on 1:30 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:30 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{2 x 100 on 1:30 Freestyle	EN2	S	F
250	1 x 250 on 5:00 Stroke Drills	REC	D	C
7:00 PM	3,700 Yards - Stress Value = 64			

Workout #15017 - Friday, 31 January 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
400	1 x 400 on 8:00 Reverse IM drill	REC	D	I
150	10 x 15 on :45 Shooters	SP3	S	F
900	9 x 100 on 2:30 Kick-odds fast	EN2	S	F
	only do a 50 on the 9th one			
1,600	1x{6 x 100 on 1:45 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{5 x 100 on 1:45 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{4 x 100 on 1:45 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:45 Freestyle	EN2	S	F
250	1 x 250 on 5:00 Stroke Drills	REC	D	C
6:59 PM	3,300 Yards - Stress Value = 56			

Workout #15007 - Friday, 31 January 2014

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK
6:21 AM	Start		

Yards	Set Description	EGY	WORK
2,025	1x{6 x 150 on 2:10 Back Alt 25 of FTO	EN2	S
	{5 x 125 on 1:45 Back Alt 25 of FTO	EN2	S
	{4 x 100 on 1:20 Back Alt 25 of FTO	EN2	S
	{2 x 50 on :40 Back Alt 25 of FTO	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
7:05 AM	2,275 Yards - Stress Value = 40		

Workout #15004 - Friday, 31 January 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK
6:21 AM	Start		
2,250	1x{6 x 150 on 1:55 Free Alt 25 of 6bk	EN2	S
	{5 x 125 on 1:35 Free-Alt 25 of 6bk	EN2	S
	{4 x 100 on 1:15 Free-Alt 25 of 6bk	EN2	S
	{3 x 75 on :55 Free-Alt 25 of 6bk	EN2	S
	{2 x 50 on :35 Free alt 25 of 6bk	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
7:05 AM	2,500 Yards - Stress Value = 44		

Workout #15010 - Friday, 31 January 2014

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:00 PM	Start		
600	1 on 25:00 DS/Physio Ball Abs		
150	1 x 600 on 10:00 Reverse IM drill		
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		
1,000	1 x 1000 on 12:30 Pull-alt breakouts		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe		
2,000	10x{8 x 25 on :25 Butterfly		
	{1 on 1:00 Rest		
250	1 x 250 on 4:00 Stroke Drills		
	1 on 10:00 Ice		
5:36 PM	5,950 Yards - Stress Value = 93		

Workout #15001 - Friday, 31 January 2014

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM	Start		
400	1 on 10:00 Dynamic Stretch		L
150	1 x 400 on 7:00 Reverse IM drill	REC	D
1,050	3x{4 x 25 on :30 Kick no board BSLR	EN2	K
	{1 x 100 on 1:40 Kick	EN2	K
	{1 x 100 on 1:35 Kick	EN2	K
	{1 x 50 on 1:00 Kick-hold under :43	EN2	K
200	4 x 50 on :45 Free-descend	EN2	S
6:20 AM	1,800 Yards - Stress Value = 31		

Workout #15002 - Friday, 31 January 2014

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 10:00 Dynamic Stretch		L DF	
400	1 x 400 on 7:00 Reverse IM drill	REC	D I	
150	10 x 15 on :45 Shooters	SP3	S ST	
900	3x{4 x 25 on :35 Kick no board	BSLR EN2	K FI	
	{1 x 100 on 1:50 Kick	EN2	K CF	
	{1 x 100 on 1:45 Kick	EN2	K CF	
	Round 3 add a 50@ 1:00			
200	4 x 50 on :45 Free-descend	EN2	S F	
	6:19 AM 1,650 Yards - Stress Value = 28			

Workout #15005 - Friday, 31 January 2014

HighSchl - Gold

1 minute rest between sets

6:21 AM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
2,025	1x{6 x 150 on 2:10 Free Alt 25 of 6bk	EN2	S
	{5 x 125 on 1:45 Free-Alt 25 of 6bk	EN2	S
	{4 x 100 on 1:20 Free-Alt 25 of 6bk	EN2	S
	{2 x 50 on :40 Free-Alt 25 of 6bk	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	7:05 AM 2,275 Yards - Stress Value = 40		

Workout #15008 - Friday, 31 January 2014

HighSchl - Gold

1 minute rest between sets

6:21 AM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
1,925	1x{6 x 150 on 2:20 Back Alt 25 of FTO	EN2	S
	{5 x 125 on 1:55 Back Alt 25 of FTO	EN2	S
	{4 x 100 on 1:30 Back Alt 25 of FTO	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	7:06 AM 2,175 Yards - Stress Value = 38		

Workout #15011 - Friday, 31 January 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Physio Ball Abs
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,600	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
	{2 x 50 on :50 Kick
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
1,800	9x{8 x 25 on :30 Butterfly
	{1 on 1:00 Rest
	only do 6 on round 9
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	5:37 PM 5,500 Yards - Stress Value = 85

Workout #15003 - Friday, 31 January 2014

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 10:00 Dynamic Stretch		L DF	
400	1 x 400 on 7:00 Reverse IM drill	REC	D I	
150	10 x 15 on :45 Shooters	SP3	S ST	
825	3x{4 x 25 on :40 Kick no board	BSLR EN2	K FI	
	{1 x 100 on 2:00 Kick	EN2	K CF	
	{1 x 75 on 1:25 Kick	EN2	K CF	
	Round 3 add a 25 @ :30			
200	4 x 50 on :45 Free-descend	EN2	S F	
	6:20 AM 1,575 Yards - Stress Value = 26			

Workout #15006 - Friday, 31 January 2014

HighSchl - Silver

1 minute rest between sets

6:21 AM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
1,925	1x{6 x 150 on 2:20 Free Alt 25 of 6bk	EN2	S
	{5 x 125 on 1:55 Free-Alt 25 of 6bk	EN2	S
	{4 x 100 on 1:30 Free-Alt 25 of 6bk	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	7:06 AM 2,175 Yards - Stress Value = 38		

Workout #15009 - Friday, 31 January 2014

HighSchl - Silver

1 minute rest between sets

6:21 AM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
1,750	1x{6 x 150 on 2:35 Back Alt 25 of FTO	EN2	S
	{5 x 125 on 2:05 Back Alt 25 of FTO	EN2	S
	{3 x 75 on 1:10 Back Alt 25 of FTO	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	7:06 AM 2,000 Yards - Stress Value = 34		

Workout #15012 - Friday, 31 January 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 550 1 on 25:00 DS/Physio Ball Abs
 150 1 x 550 on 10:00 Reverse IM drill
 1,400 10 x 15 on :45 Shooters
 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
 850 1 x 850 on 12:30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 8x{8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 only do 4 on round 8
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:38 PM 5,000 Yards - Stress Value = 76

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY
 =====
 400 1 on 28:00 DS/Shoulders/Tm Mtg
 150 1 x 400 on 10:00 Choice REC
 650 10 x 15 on :45 Shooters SP3
 1x{4 x 50 on 1:30 Kick IM order Fly fast EN2
 {4 x 50 on 1:30 Kick IM order back fast EN2
 {4 x 50 on 1:30 Kick IM order breast fast EN2
 {1 x 50 on 1:30 Choice-fast EN2
 300 12 x 25 on :45 Drill 3 on each stroke EN1
 1,250 1x{4 x 25 on :45 Freestyle EN1
 {1 x 100 on 2:30 Individual Medley EN2
 {4 x 25 on :45 odds free evens fly EN1
 {1 x 100 on 2:30 Individual Medley EN2
 {4 x 25 on :45 odds free evens back EN1
 {1 x 100 on 2:30 Individual Medley EN2
 {4 x 25 on :45 odds free evens brst EN1
 {1 x 100 on 2:30 Individual Medley EN2
 {4 x 25 on :45 odds free evens fly EN2
 {1 x 100 on 2:30 Individual Medley EN2
 {4 x 25 on :45 odds free evens back EN2
 {1 x 100 on 2:30 Individual Medley EN2
 {2 x 25 on :45 odds free evens brst EN2
 250 1 x 250 on 5:00 Stroke Drills REC
 9:00 AM 3,000 Yards - Stress Value = 43

Workout #15013 - Friday, 31 January 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 25:00 DS/Physio Ball Abs
 150 1 x 500 on 10:00 Reverse IM drill
 1,200 10 x 15 on :45 Shooters
 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
 750 1 x 750 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
 1,400 7x{8 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 only do 6 on round 7
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:37 PM 4,450 Yards - Stress Value = 68

Workout #15019 - Saturday, 01 February 2014

Group 2 - IM'ers

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY
 =====
 500 1 on 28:00 DS/Shoulders/Tm Mtg
 150 1 x 500 on 10:00 Choice F
 1,000 10 x 15 on :45 Shooters S
 1x{5 x 50 on 1:00 Kick IM order 2 Fly fast F
 {5 x 50 on 1:00 Kick IM order 2 back fast F
 {5 x 50 on 1:00 Kick IM order 2 breast fast F
 {5 x 50 on 1:00 Kick IM order 2 free fast F
 300 12 x 25 on :45 Drill 3 on each stroke F
 1,900 1x{6 x 25 on :30 Freestyle F
 {1 x 100 on 1:30 Individual Medley F
 {6 x 25 on :30 odds free evens fly F
 {1 x 100 on 1:30 Individual Medley F
 {6 x 25 on :30 odds free evens back F
 {1 x 100 on 1:30 Individual Medley F
 {6 x 25 on :30 odds free evens brst F
 {1 x 100 on 1:30 Individual Medley F
 {6 x 25 on :30 odds free evens fly F
 {1 x 100 on 1:30 Individual Medley F
 {6 x 25 on :30 odds free evens back F
 {1 x 100 on 1:30 Individual Medley F
 {6 x 25 on :30 odds free evens brst F
 {1 x 100 on 1:30 Individual Medley F
 {6 x 25 on :30 Freestyle F
 250 1 x 250 on 5:00 Stroke Drills F
 9:00 AM 4,100 Yards - Stress Value = 62

Workout #15000 - Friday, 31 January 2014

HighSchl - Lance Fozo

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK ST
 =====
 400 1 on 10:00 Dynamic Stretch L DF
 150 1 x 400 on 7:00 Reverse IM drill REC D I
 1,200 10 x 15 on :45 Shooters SP3 S ST
 3x{4 x 25 on :30 Kick no board BSLR EN2 K FI
 {1 x 100 on 1:30 Kick EN2 K CF
 {1 x 100 on 1:25 Kick EN2 K CF
 {1 x 100 on 1:20 Kick EN2 K CF
 200 4 x 50 on :45 Free-descend EN2 S F
 6:20 AM 1,950 Yards - Stress Value = 34

Workout #15023 - Saturday, 01 February 2014

Group 2 - Copper

Workout #15020 - Saturday, 01 February 2014

Group 2 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 28:00 DS/Shoulders/Tm Mtg	
500	1 x 500 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
900	1x{5 x 50 on 1:05 Kick IM order 2 Fly fast	EN2
	{5 x 50 on 1:05 Kick IM order 2 back fast	EN2
	{4 x 50 on 1:05 Kick IM order breast fast	EN2
	{4 x 50 on 1:05 Kick IM order free fast	EN2
300	12 x 25 on :45 Drill 3 on each stroke	EN1
1,850	1x{6 x 25 on :30 Freestyle	EN1
	{1 x 100 on 1:40 Individual Medley	EN2
	{6 x 25 on :30 odds free evens fly	EN1
	{1 x 100 on 1:40 Individual Medley	EN2
	{6 x 25 on :30 odds free evens back	EN1
	{1 x 100 on 1:40 Individual Medley	EN2
	{6 x 25 on :30 odds free evens brst	EN1
	{1 x 100 on 1:40 Individual Medley	EN2
	{6 x 25 on :30 odds free evens fly	EN2
	{1 x 100 on 1:40 Individual Medley	EN2
	{6 x 25 on :30 odds free evens back	EN2
	{1 x 100 on 1:40 Individual Medley	EN2
	{6 x 25 on :30 odds free evens brst	EN2
	{1 x 100 on 1:40 Individual Medley	EN2
	{4 x 25 on :30 Freestyle	EN1
250	1 x 250 on 5:00 Stroke Drills	REC
	9:00 AM 3,950 Yards - Stress Value = 59	

Workout #15021 - Saturday, 01 February 2014

Group 2 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 28:00 DS/Shoulders/Tm Mtg	
450	1 x 450 on 10:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
850	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
	{5 x 50 on 1:10 Kick IM order 2 free fast	EN2
300	12 x 25 on :45 Drill 3 on each stroke	EN1
1,600	1x{6 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 x 100 on 1:50 Individual Medley	EN2
	{6 x 25 on :35 Freestyle	EN1
250	1 x 250 on 5:00 Stroke Drills	REC
	8:59 AM 3,600 Yards - Stress Value = 53	

Workout #15022 - Saturday, 01 February 2014

Group 2 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 28:00 DS/Shoulders/Tm Mtg	
400	1 x 400 on 10:00 Choice	REC

150	10 x 15 on :45 Shooters	SP3
800	1x{4 x 50 on 1:15 Kick IM order Fly fast	EN2
	{4 x 50 on 1:15 Kick IM order back fast	EN2
	{4 x 50 on 1:15 Kick IM order breast fast	EN2
	{4 x 50 on 1:15 Kick IM order free fast	EN2
300	12 x 25 on :45 Drill 3 on each stroke	EN1
1,450	1x{4 x 25 on :40 Freestyle	EN1
	{1 x 100 on 2:00 Individual Medley	EN2
	{4 x 25 on :40 odds free evens fly	EN1
	{1 x 100 on 2:00 Individual Medley	EN2
	{4 x 25 on :40 odds free evens back	EN1
	{1 x 100 on 2:00 Individual Medley	EN2
	{4 x 25 on :40 odds free evens brst	EN1
	{1 x 100 on 2:00 Individual Medley	EN2
	{4 x 25 on :40 odds free evens fly	EN2
	{1 x 100 on 2:00 Individual Medley	EN2
	{4 x 25 on :40 odds free evens back	EN2
	{1 x 100 on 2:00 Individual Medley	EN2
	{2 x 25 on :40 Freestyle	EN1
250	1 x 250 on 5:00 Stroke Drills	REC
	8:59 AM 3,350 Yards - Stress Value = 49	

Workout #15041 - Monday, 03 February 2014

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	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
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
	{2 x 100 on 2:20 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 lupdown +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 lupdown+1	EN
300	6 x 50 on 1:00 Stroke Drills	RE
	7:28 PM 3,950 Yards - Stress Value = 61	

Workout #15037 - Monday, 03 February 2014

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg	
500	1 x 500 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SF
1,400	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
	{3 x 100 on 1:50 Kick alt 25 ly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{4 x 50 on :50 Kick alt 25 fly 25 choice	EN
1,000	1x{2 x 125 on 2:00 Pulls-no br L.12 yds	EN
	{2 x 125 on 1:55 Pulls-no br L.12 yds	EN
	{2 x 125 on 1:50 Pulls-no br L.12 yds	EN
	{2 x 125 on 1:45 Pulls-no br L.12 yds	EN
200	8 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 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
	{6 x 25 on :30 Fly lupldown+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 lupldown+1	EN
300	6 x 50 on 1:00 Stroke Drills	RE
	7:29 PM 5,900 Yards - Stress Value = 96	

Workout #15038 - Monday, 03 February 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
=====	=====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg	
500	1 x 500 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SF
1,300	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 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
	{1 x 100 on 1:30 3 strokes fly off walls	EN
	{4 x 25 on :35 Fly lupldown+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 lupldown+1 EN
 300 6 x 50 on 1:00 Stroke Drills RE
 7:29 PM 5,450 Yards - Stress Value = 87

Workout #15039 - Monday, 03 February 2014

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 #15040 - Monday, 03 February 2014

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY
 =====
 400 1 on 30:00 DS/Physio Ball/Tm Mtg EN2
 150 1 x 400 on 10:00 Swim-kick-pull-swim RE
 1,050 10 x 15 on :45 Shooters SF
 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 #15029 - Monday, 03 February 2014

HighSchl - Distance

1 minute rest between sets

4:22 PM Start
 Yards Set Description EGY
 =====
 1,400 1x{1 x 300 on 3:25 Freestyle EN2
 {2 x 100 on 1:20 Freestyle hold under 101 EN2
 {1 x 300 on 3:25 Freestyle EN2
 {2 x 100 on 1:15 Freestyle hold under 101 EN2
 {1 x 300 on 3:25 Freestyle EN2
 {1 x 100 on 1:10 Freestyle hold under 55 EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 4:54 PM 1,650 Yards - Stress Value = 28

Workout #15033 - Monday, 03 February 2014

HighSchl - Fly

1 minute rest between sets

4:22 PM Start
 Yards Set Description EGY
 =====
 1,150 1x{1 x 100 on 1:25 Fly 3 strokes off walls EN2
 {6 x 25 on :25 Fly-descend in 3s EN2
 {1 x 100 on 1:20 3 strokes off walls EN1
 {6 x 25 on :25 Fly-descend in 3s EN2
 {2 x 100 on 1:20 3 strokes off walls EN2
 {6 x 25 on :25 Fly-descend in 3s EN2
 {2 x 100 on 1:15 3 strokes fly off walls EN2
 {4 x 25 on :25 Fly-descend EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 4:55 PM 1,400 Yards - Stress Value = 22

Workout #15024 - Monday, 03 February 2014

HighSchl - Platinum

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
 800 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR-12 KOW
 {1 x 100 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {1 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {1 x 100 on 1:40 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {1 x 100 on 1:45 Kick
 800 1x{1 x 200 on 2:35 Pull no br L.12 yds
 {1 x 200 on 2:30 Pull no br L.12 yds
 {1 x 200 on 2:25 Pulls-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
 4:20 PM 2,250 Yards - Stress Value = 34

Workout #15025 - Monday, 03 February 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Phyiso Balls
 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-12 KOW
 {1 x 100 on 1:40 Kick
 {4 x 25 on :35 Kick no board BSLR-12 KOW
 {1 x 100 on 1:45 Kick
 {4 x 25 on :35 Kick no board BSLR-12 KOW
 {1 x 100 on 1:50 Kick
 {4 x 25 on :35 Kick no board BSLR-12 KOW
 700 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 200 on 2:40 Pull no br L.12 yds
 {1 x 100 on 1:15 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
 4:20 PM 2,050 Yards - Stress Value = 28

Workout #15030 - Monday, 03 February 2014

HighSchl - Gold

1 minute rest between sets

4:22 PM Start
 Yards Set Description EGY
 =====
 1,250 1x{1 x 250 on 3:15 Freestyle EN2
 {2 x 100 on 1:30 Freestyle hold under 107 EN2
 {1 x 250 on 3:15 Freestyle EN2
 {2 x 100 on 1:25 Freestyle hold under 107 EN2
 {1 x 250 on 3:15 Freestyle EN2
 {1 x 100 on 1:20 Freestyle hold under 110 EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 4:54 PM 1,500 Yards - Stress Value = 25

Workout #15034 - Monday, 03 February 2014

HighSchl - Gold

1 minute rest between sets

4:22 PM Start
 Yards Set Description EGY
 =====
 1,000 1x{1 x 100 on 1:35 3 strokes off walls EN1
 {6 x 25 on :30 Fly-descend in 3s EN2
 {1 x 100 on 1:30 3 strokes off walls EN1
 {6 x 25 on :30 Fly-descend in 3s EN2
 {1 x 100 on 1:25 3 strokes off walls EN2
 {6 x 25 on :30 Fly-descend in 3s EN2
 {2 x 100 on 1:20 3 strokes fly off walls EN2
 {2 x 25 on :30 Fly-descend EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 4:55 PM 1,250 Yards - Stress Value = 18

Workout #15026 - Monday, 03 February 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Phyiso Balls
 150 1 x 400 on 10:00 Swim-kick-pull-swim
 650 10 x 15 on :45 Shooters
 650 1x{4 x 25 on :40 Kick no board BSLR-12 KOW
 {1 x 100 on 1:50 Kick
 {4 x 25 on :40 Kick no board BSLR-12 KOW
 {1 x 100 on 1:55 Kick
 {4 x 25 on :40 Kick no board BSLR-12 KOW
 {1 x 150 on 3:00 Kick
 650 1x{1 x 200 on 3:10 Pull no br L.12 yds
 {1 x 200 on 3:05 Pull no br L.12 yds
 {1 x 200 on 3:00 Pull no br L.12 yds
 {1 x 50 on :40 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
 4:20 PM 1,950 Yards - Stress Value = 25

Workout #15031 - Monday, 03 February 2014

HighSchl - Silver

1 minute rest between sets

4:22 PM Start
 Yards Set Description EGY
 =====
 1,100 1x{1 x 200 on 2:55 Freestyle EN2
 {2 x 100 on 1:40 Freestyle hold under 117 EN2
 {1 x 200 on 2:55 Freestyle EN2
 {2 x 100 on 1:35 Freestyle hold under 117 EN2
 {1 x 200 on 2:55 Freestyle EN2
 {1 x 100 on 1:30 Freestyle hold under 105 EN2
 240 1 x 240 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 4:54 PM 1,340 Yards - Stress Value = 22

Workout #15035 - Monday, 03 February 2014

HighSchl - Silver

1 minute rest between sets

4:22 PM Start
 Yards Set Description EGY WC
 =====
 900 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
 {1 x 100 on 1:35 3 strokes off walls EN2
 {6 x 25 on :35 Fly-descend in 3's EN2
 {1 x 50 on :45 3 strokes fly off walls EN2

250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 4:55 PM 1,150 Yards - Stress Value = 15

Workout #15027 - Monday, 03 February 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Phyiso Balls
 350 1 x 350 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-12 KOW
 {1 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board BSLR-12 KOW
 {1 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board BSLR-12 KOW
 {1 x 50 on 1:10 Kick
 575 1x{1 x 200 on 3:40 Pull no br L.12 yds
 {1 x 200 on 3:35 Pull no br L.12 yds
 {1 x 175 on 3:05 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
 4:21 PM 1,725 Yards - Stress Value = 23

Workout #15032 - Monday, 03 February 2014

HighSchl - Bronze

1 minute rest between sets

4:22 PM Start
 Yards Set Description EGY
 =====
 900 1x{1 x 200 on 3:35 Freestyle EN2
 {2 x 100 on 1:55 Freestyle hold under 130 EN2
 {1 x 200 on 3:35 Freestyle EN2
 {1 x 100 on 1:50 Freestyle hold under 130 EN2
 {1 x 200 on 3:35 Freestyle EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 4:54 PM 1,150 Yards - Stress Value = 18

Workout #15036 - Monday, 03 February 2014

HighSchl - Bronze

1 minute rest between sets

4:22 PM Start
 Yards Set Description EGY
 =====
 700 1x{1 x 100 on 2:10 3 strokes off walls EN1
 {4 x 25 on :45 Fly-descend EN2
 {1 x 100 on 2:10 3 strokes off walls EN1
 {4 x 25 on :45 Fly-descend EN2
 {1 x 100 on 2:10 3 strokes off walls EN2
 {4 x 25 on :45 Fly-descend EN2
 {1 x 100 on 2:10 3 strokes fly off walls EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 4:55 PM 950 Yards - Stress Value = 12

Workout #15028 - Monday, 03 February 2014

HighSchl - Lance Foza

1 minute rest between sets

Group 2 - Gold

1 minute rest between sets

3:50 PM Start

Yards	Set Description	EGY	WORK	ST
900	1x{4 x 25 on :30 Kick no board BSLR-12 KOW	EN2		
	{1 x 100 on 1:15 Kick	EN2		
	{4 x 25 on :30 Kick no board BSLR-12 KOW	EN2		
	{1 x 100 on 1:20 Kick	EN2		
	{4 x 25 on :30 Kick no board BSLR-12 KOW	EN2		
	{1 x 100 on 1:25 Kick	EN2		
	{4 x 25 on :30 Kick no board BSLR-12 KOW	EN2		
	{2 x 100 on 1:30 Kick	EN2		

4:05 PM 900 Yards - Stress Value = 18

5:30 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 DS/Core/Tm Mtg			L DF
500	1 x 500 on 10:00 Choice	REC	D	CF
150	10 x 15 on :45 Shooters	SP3	S	F
1,200	1x{2 x 150 on 3:00 Kick L.50 100%	EN2	K	F
	{2 x 150 on 2:55 Kick L.50 100%	EN2	K	F
	{2 x 150 on 2:50 Kick L.50 100%	EN2	K	F
	{2 x 150 on 2:45 Kick L.50 100%	EN2	K	F
150	6 x 25 on 1:00 Stroke Drills	REC	D	F
1,100	1x{2 x 125 on 2:30 Breast L.25 100%	EN2	S	F
	{2 x 25 on :45 Stroke Drills	EN1	D	F
	{ all 25 drills should be fast			
	{2 x 125 on 2:25 Breast L.25 100%	EN2	S	F
	{2 x 25 on :45 Stroke Drills	REC	D	F
	{2 x 100 on 2:20 Breast L.25 100%	EN2	S	F
	{2 x 25 on :45 Stroke Drills	EN1	D	F
	{2 x 100 on 2:15 Breast L.25 100%	EN2	S	F
	{2 x 25 on :45 Stroke Drills	EN1	D	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	F
	1 on 10:00 Game			S

7:30 PM 3,300 Yards - Stress Value = 48

Workout #15054 - Tuesday, 04 February 2014

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 DS/Core/Tm Mtg			L DF
500	1 x 500 on 10:00 Choice	REC	D	F
150	10 x 15 on :45 Shooters	SP3	S	F
1,200	1x{2 x 150 on 3:00 Kick L.50 100%	EN2	K	F
	{2 x 150 on 2:55 Kick L.50 100%	EN2	K	F
	{2 x 150 on 2:50 Kick L.50 100%	EN2	K	F
	{2 x 150 on 2:45 Kick L.50 100%	EN2	K	F
150	6 x 25 on 1:00 Stroke Drills	REC	D	F
1,200	1x{2 x 125 on 2:30 Breast L.25 100%	EN2	S	F
	{2 x 25 on :45 Stroke Drills	EN1	D	F
	{ all 25 drills should be fast			
	{2 x 125 on 2:25 Breast L.25 100%	EN2	S	F
	{2 x 25 on :45 Stroke Drills	REC	D	F
	{2 x 125 on 2:20 Breast L.25 100%	EN2	S	F
	{2 x 25 on :45 Stroke Drills	EN1	D	F
	{2 x 125 on 2:15 Breast L.25 100%	EN2	S	F
	{2 x 25 on :45 Stroke Drills	EN1	D	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	F
	1 on 10:00 Game			S

7:30 PM 3,400 Yards - Stress Value = 50

Workout #15056 - Tuesday, 04 February 2014

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 DS/Core/Tm Mtg			L DF
450	1 x 450 on 10:00 Choice	REC	D	F
150	10 x 15 on :45 Shooters	SP3	S	F
1,000	1x{2 x 125 on 3:00 Kick L.50 100%	EN2	K	F
	{2 x 125 on 2:55 Kick L.50 100%	EN2	K	F
	{2 x 125 on 2:50 Kick L.50 100%	EN2	K	F
	{2 x 125 on 2:45 Kick L.50 100%	EN2	K	F
150	6 x 25 on 1:00 Stroke Drills	REC	D	F
1,000	1x{2 x 100 on 2:30 Breast L.25 100%	EN2	S	F
	{2 x 25 on :45 Stroke Drills	EN1	D	F
	{ all 25 drills should be fast			
	{2 x 100 on 2:25 Breast L.25 100%	EN2	S	F
	{2 x 25 on :45 Stroke Drills	REC	D	F
	{2 x 100 on 2:20 Breast L.25 100%	EN2	S	F
	{2 x 25 on :45 Stroke Drills	EN1	D	F
	{2 x 100 on 2:15 Breast L.25 100%	EN2	S	F
	{2 x 25 on :45 Stroke Drills	EN1	D	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	F
	1 on 10:00 Game			D

7:30 PM 2,950 Yards - Stress Value = 42

Workout #15058 - Tuesday, 04 February 2014

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 DS/Core/Tm Mtg			L DRY
350	1 x 350 on 10:00 Choice	REC	D	FF
150	10 x 15 on :45 Shooters	SP3	S	BF
600	1x{2 x 75 on 3:00 Kick L.50 100%	EN2	K	BF
	{2 x 75 on 2:55 Kick L.50 100%	EN2	K	BF
	{2 x 75 on 2:50 Kick L.50 100%	EN2	K	BF
	{2 x 75 on 2:45 Kick L.50 100%	EN2	K	BF
150	6 x 25 on 1:00 Stroke Drills	REC	D	BF
800	1x{2 x 75 on 2:30 Breast L.25 100%	EN2	S	BF
	{2 x 25 on :45 Stroke Drills	EN1	D	BF
	{ all 25 drills should be fast			
	{2 x 75 on 2:25 Breast L.25 100%	EN2	S	BF
	{2 x 25 on :45 Stroke Drills	REC	D	BF
	{2 x 75 on 2:20 Breast L.25 100%	EN2	S	BF
	{2 x 25 on :45 Stroke Drills	EN1	D	BF
	{2 x 75 on 2:15 Breast L.25 100%	EN2	S	BF
	{2 x 25 on :45 Stroke Drills	EN1	D	BF
200	1 x 200 on 3:00 Stroke Drills	REC	D	BF
	1 on 10:00 Game			D

7:30 PM 2,250 Yards - Stress Value = 30

Workout #15055 - Tuesday, 04 February 2014

Workout #15057 - Tuesday, 04 February 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 PM Start				
400	1 on 30:00 DS/Core/Tm Mtg		L	DF
150	1 x 400 on 10:00 Choice	REC	D	F
800	10 x 15 on :45 Shooters	SP3	S	F
1x{2 x 100 on 3:00 Kick L.50 100%	EN2	K	F	
{2 x 100 on 2:55 Kick L.50 100%	EN2	K	F	
{2 x 100 on 2:50 Kick L.50 100%	EN2	K	F	
{2 x 100 on 2:45 Kick L.50 100%	EN2	K	F	
150	6 x 25 on 1:00 Stroke Drills	REC	D	F
900	1x{2 x 100 on 2:30 Breast L.25 100%	EN2	S	F
{2 x 25 on :45 Stroke Drills	EN1	D	F	
{ all 25 drills should be fast				
{2 x 100 on 2:25 Breast L.25 100%	EN2	S	F	
{2 x 25 on :45 Stroke Drills	REC	D	F	
{2 x 75 on 2:20 Breast L.25 100%	EN2	S	F	
{2 x 25 on :45 Stroke Drills	EN1	D	F	
{2 x 75 on 2:15 Breast L.25 100%	EN2	S	F	
{2 x 25 on :45 Stroke Drills	EN1	D	F	
200	1 x 200 on 3:00 Stroke Drills	REC	D	F
1 on 10:00 Game			S	
7:30 PM 2,600 Yards - Stress Value = 36				

{1 x 225 on 2:40 Free L.25 6bk	EN2
{1 x 225 on 2:35 Free L.25 6bk	EN2
{1 x 225 on 2:30 Free L.25 6bk	EN2
{1 x 225 on 2:25 Free L.25 6bk	EN2
{1 x 225 on 2:20 Free L.25 6bk	EN2
1 x 200 on 3:00 Stroke Drills	REC
1 on 10:00 Ice	
7:00 AM 1,950 Yards - Stress Value = 30	

Workout #15059 - Tuesday, 04 February 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:24 PM Start				
1,350	1x{1 x 450 on 5:20 Freestyle	EN2	S	FR
{1 x 450 on 5:10 Freestyle	EN2	S	FR	
{1 x 450 on 5:00 Freestyle	EN2	S	FR	
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice/Tm Mtg			L	DRY
4:55 PM 1,600 Yards - Stress Value = 27				

Workout #15050 - Tuesday, 04 February 2014

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM Start	
400	1 on 30:00 DS/Core/Tm Mtg
150	1 x 400 on 10:00 Underwater trn drill
300	10 x 15 on :45 Shooters
500	1 x 300 on 5:00 Kick as far as possible
850	5 x 100 on 2:00 Kick-odds100%
1x{2 x 150 on 2:00 Pulls	
{2 x 125 on 1:40 Pulls	
{2 x 100 on 1:20 Pulls	
{2 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	
4:23 PM 2,300 Yards - Stress Value = 29	

Workout #15043 - Tuesday, 04 February 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:45 AM Start			
250	1 on 30:00 DS/Weights		
150	1 x 250 on 5:00 Underwater trn drill	REC	
1,125	10 x 15 on :45 Shooters	SP3	
1x{1 x 225 on 3:00 Free L.25 6bk	EN2		
{1 x 225 on 2:55 Free L.25 6bk	EN2		
{1 x 225 on 2:50 Free L.25 6bk	EN2		
{1 x 225 on 2:45 Free L.25 6bk	EN2		
{1 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			M
6:59 AM 1,725 Yards - Stress Value = 26			

Workout #15042 - Tuesday, 04 February 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:45 AM Start			
250	1 on 30:00 DS/Weights		
150	1 x 250 on 5:00 Underwater trn drill	REC	
1,350	10 x 15 on :45 Shooters	SP3	
1x{1 x 225 on 2:45 Free L.25 6bk	EN2		

Workout #15047 - Tuesday, 04 February 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:45 AM Start				
250	1 on 30:00 DS and Weights			
150	1 x 250 on 5:00 Underwater trn drill			
900	10 x 15 on :45 Shooters			
1x{4	1 x 125 on 1:55 Backstroke-Alt 25 of 10 KOW			
	{2 x 25 on :30 Back 10-11 KOW			
	{3 x 100 on 1:30 Back alt 25 of 10 KOW			
	{2 x 25 on :30 Back 10-11 KOW			
200	1 x 200 on 3:00 Stroke Drills			
	1 on 10:00 Ice			
6:59 AM 1,500 Yards - Stress Value = 24				

Yards	Set Description	EGY	WOF
5:45 AM Start			
250	1 on 30:00 DS/Weights		
150	1 x 250 on 5:00 Underwater trn drill	REC	
1,000	10 x 15 on :45 Shooters		SP3
1x{1	1 x 200 on 3:00 Free L.25 6bk		EN2
	{1 x 200 on 2:55 Free L.25 6bk		EN2
	{1 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		
6:59 AM 1,600 Yards - Stress Value = 26			

Workout #15048 - Tuesday, 04 February 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
400	1 on 30:00 DS/Core/Tm Mtg			
150	1 x 400 on 10:00 Underwater trn drill			
300	10 x 15 on :45 Shooters			
500	1 x 300 on 5:00 Kick as far as possible			
800	5 x 100 on 2:00 Kick-odds 100%			
1x{2	1 x 150 on 2:15 Pulls			
	{2 x 125 on 1:50 Pulls			
	{2 x 100 on 1:30 Pulls			
	{1 x 50 on :45 Pulls			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:23 PM 2,250 Yards - Stress Value = 29				

Yards	Set Description	EGY	WOF
5:45 AM Start			
250	1 on 30:00 DS and Weights		
150	1 x 250 on 5:00 Underwater trn drill		
825	10 x 15 on :45 Shooters		
1x{3	1 x 125 on 2:10 Backstroke-Alt 25 of 10 KOW		
	{4 x 25 on :30 Back 8-9-10-11 KOW		
	{3 x 100 on 1:45 Back alt 25 of 10 KOW		
	{2 x 25 on :30 Back 10-11 KOW		
200	1 x 200 on 3:00 Stroke Drills		
	1 on 10:00 Ice		
6:59 AM 1,425 Yards - Stress Value = 23			

Workout #15052 - Tuesday, 04 February 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:24 PM Start				
1,200	1 on 30:00 DS/Core/Tm Mtg			
	1 x 400 on 10:00 Underwater trn drill			
	10 x 15 on :45 Shooters			
	1 x 300 on 5:00 Kick as far as possible			
	5 x 100 on 2:00 Kick odds 100%			
	1x{2 x 150 on 2:30 Pulls			
	{2 x 125 on 2:05 Pulls			
	{2 x 75 on 1:15 Pulls			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:55 PM 1,450 Yards - Stress Value = 24				

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
400	1 on 30:00 DS/Core/Tm Mtg			
150	1 x 400 on 10:00 Underwater trn drill			
300	10 x 15 on :45 Shooters			
500	1 x 300 on 5:00 Kick as far as possible			
700	5 x 100 on 2:00 Kick odds 100%			
1x{2	1 x 150 on 2:30 Pulls			
	{2 x 125 on 2:05 Pulls			
	{2 x 75 on 1:15 Pulls			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:23 PM 2,150 Yards - Stress Value = 29				

Workout #15064 - Tuesday, 04 February 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:24 PM Start				
950	1x{1 x 200 on 3:00 Breaststroke	EN2	S	FR
	{1 x 50 on 1:00 Breast	EN3	S	BR
	{2 x 175 on 2:30 Breaststroke	EN2	S	BR
	{2 x 50 on 1:00 Breaststroke	EN3	S	BR
	{1 x 150 on 2:05 Breaststroke	EN2	S	BR
	{2 x 50 on 1:00 Breaststroke	EN3	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
4:54 PM 1,150 Yards - Stress Value = 29				

Yards	Set Description	EGY	WORK	STK
4:24 PM Start				
1,050	1x{1 x 350 on 5:20 Freestyle	EN2	S	FR
	{1 x 350 on 5:10 Freestyle	EN2	S	FR
	{1 x 350 on 5:00 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice/Tm Mtg			L DRY
4:55 PM 1,300 Yards - Stress Value = 21				

Workout #15044 - Tuesday, 04 February 2014

HighSchl - Silver

1 minute rest between sets

Workout #15065 - Tuesday, 04 February 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:24 PM	Start			
900	1x{1 x 200 on 3:30 Breaststroke	EN2	S	BR
	{1 x 50 on 1:00 Breast	EN3	S	BR
	{2 x 175 on 3:00 Breaststroke	EN2	S	BR
	{1 x 50 on 1:00 Breaststroke	EN3	S	BR
	{1 x 150 on 2:30 Breaststroke	EN2	S	BR
	{2 x 50 on 1:00 Breaststroke	EN3	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:54 PM	1,100 Yards - Stress Value = 26			

Workout #15045 - Tuesday, 04 February 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:45 AM	Start		
	1 on 30:00 DS/Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
850	1x{1 x 200 on 3:35 Free L.25 6bk	EN2	
	{1 x 200 on 3:30 Free L.25 6bk	EN2	
	{1 x 200 on 3:25 Free L.25 6bk	EN2	
	{1 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		
6:59 AM	1,450 Yards - Stress Value = 23		

Workout #15049 - Tuesday, 04 February 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:45 AM	Start			
	1 on 30:00 DS and Weights			
250	1 x 250 on 5:00 Underwater trn drill			
150	10 x 15 on :45 Shooters			
675	1x{3 x 125 on 2:35 Backstroke-Alt 25 of 10 KOW			
	{4 x 25 on :40 Back 8-9-10-11 KOW			
	{2 x 100 on 2:00 Back alt 25 of 10 KOW			
250	1 x 250 on 4:00 Stroke Drills			
	1 on 10:00 Ice			
7:00 AM	1,325 Yards - Stress Value = 20			

Workout #15053 - Tuesday, 04 February 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM	Start			
	1 on 30:00 DS/Core/Tm Mtg			
350	1 x 350 on 10:00 Underwater trn drill			
150	10 x 15 on :45 Shooters			
250	1 x 250 on 5:00 Kick as far as possible			
500	5 x 100 on 2:00 Kick-odds 100%			
650	1x{2 x 150 on 2:45 Pulls			
	{2 x 125 on 2:20 Pulls			
	{1 x 100 on 1:50 Pulls			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:23 PM	2,000 Yards - Stress Value = 27			

Workout #15062 - Tuesday, 04 February 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:24 PM	Start			
900	1x{1 x 300 on 5:20 Freestyle	EN2	S	FR
	{1 x 300 on 5:10 Freestyle	EN2	S	FR
	{1 x 300 on 5:00 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
4:56 PM	1,200 Yards - Stress Value = 18			

Workout #15066 - Tuesday, 04 February 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:24 PM	Start			
700	1x{1 x 200 on 4:15 Breaststroke	EN2	S	BR
	{1 x 50 on 1:15 Breast	EN3	S	BR
	{2 x 150 on 3:10 Breaststroke	EN2	S	BR
	{1 x 50 on 1:15 Breaststroke	EN3	S	BR
	{1 x 100 on 2:05 Breaststroke	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:54 PM	900 Yards - Stress Value = 18			

Workout #15092 - Wednesday, 05 February 2014

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY
5:00 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{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	

Workout #15096 - Wednesday, 05 February 2014

Group 2 - Copper

1 minute rest between sets

5:00 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
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
500	1x{2 x 100 on 2:30 Pulls	EN1
	{2 x 100 on 2:25 Pulls	EN1
	{2 x 50 on 1:20 Pulls	EN1
	Odds BTB, evens BTS	
200	8 x 25 on :45 Backstroke Drills	REC
1,350	1x{1 x 50 on 1:30 Back 2+1	EN2
	{4 x 100 on 3:00 Backstroke	EN2
	{2 x 50 on 1:30 Back 3+1	EN2
	{3 x 100 on 2:55 Backstroke	EN2
	{3 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
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
	7:29 PM 3,400 Yards - Stress Value = 51	

Workout #15093 - Wednesday, 05 February 2014

Group 2 - Gold

1 minute rest between sets

5:00 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
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 2:20 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 #15094 - Wednesday, 05 February 2014

Group 2 - Silver

1 minute rest between sets

5:00 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
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
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 #15095 - Wednesday, 05 February 2014

Group 2 - Bronze

1 minute rest between sets

5:00 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
800	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 4:00 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:35 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:45 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 4,150 Yards - Stress Value = 63	

Workout #15075 - Wednesday, 05 February 2014

HighSchl - Back

1 minute rest between sets

6:25 AM Start

Yards	Set Description	EGY	W
1,650	1x{1 x 125 on 1:40 Backstroke	EN1	
	{2 x 50 on :55 Back 10 KOW-Great effort	EN3	
	{2 x 125 on 1:35 Backstroke	EN1	
	{2 x 50 on :55 Back 10 KOW-Great effort	EN3	
	{3 x 125 on 1:30 Backstroke	EN1	
	{2 x 50 on :55 Back 10 KOW-Great effort	EN3	
	{4 x 125 on 1:25 Backstroke	EN2	
	{2 x 50 on :55 Back 10 KOW-Great effort	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:02 AM 1,850 Yards - Stress Value = 41			

Workout #15084 - Wednesday, 05 February 2014

HighSchl - Distance

1 minute rest between sets

4:19 PM Start

Yards	Set Description	EGY	WORK	STK
1,600	1x{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
	{2 x 200 on 2:10 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	
4:54 PM 1,850 Yards - Stress Value = 48				

Workout #15071 - Wednesday, 05 February 2014

HighSchl - Distance

1 minute rest between sets

6:25 PM Start

Yards	Set Description	EGY	WORK	STK
1,750	1x{2 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 250 on 2:55 Freestyle	EN2	S	FR
	{2 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 250 on 2:50 Freestyle	EN2	S	FR
	{2 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 250 on 2:45 Freestyle	EN2	S	FR
	{2 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	
7:00 PM 1,950 Yards - Stress Value = 30				

Workout #15088 - Wednesday, 05 February 2014

HighSchl - IM'ers

1 minute rest between sets

4:19 PM Start

Yards	Set Description	F
1,500	1x{1 x 100 on 1:15 Individual Medley	F
	{2 x 75 on 1:05 Fly-25L 25R 25 B	F
	{2 x 100 on 1:15 Individual Medley	F
	{2 x 75 on 1:05 Back 25L 25R 25B	F
	{2 x 100 on 1:15 Individual Medley	F
	{2 x 75 on 1:10 Brst 25FlK 25FrK 25Rk	F
	{2 x 100 on 1:15 Individual Medley	F
	{2 x 75 on 1:00 Fr 25sclsdfst25catchup25reg	F
	{2 x 100 on 1:10 Individual Medley	F
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	
4:54 PM 1,750 Yards - Stress Value = 30		

Workout #15067 - Wednesday, 05 February 2014

HighSchl - Platinum

1 minute rest between sets

5:30 AM Start

Yards	Set Description
250	1 on 10:00 Dynamic Stretch
	1 x 250 on 5:00 Underwater trn drill
	Odd 50's free even 50's back
150	10 x 15 on :45 Shooters
900	1x{1 x 150 on 2:25 Kick your #1
	{1 x 50 on 1:00 Kick your #2
	{1 x 50 on 1:05 Kick your #3
	{1 x 150 on 2:20 Kick your #1
	{1 x 50 on 1:00 Kick you #2
	{1 x 50 on 1:05 Kick your #3
	{1 x 150 on 2:15 Kick your #1
	{1 x 50 on 1:00 Kick your #2
	{1 x 50 on 1:05 Kick your #3
	{1 x 150 on 2:10 Kick your#1
500	5 x 100 on 1:30 Pulls BWFPF
	Hold under 1:10
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
6:24 AM 1,900 Yards - Stress Value = 34	

Workout #15079 - Wednesday, 05 February 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
400	1 on 25:00 DS/Abs
150	1 x 400 on 10:00 Free L.25 of each 100 Non F
1,150	1x{4 x 25 on :30 Kick no board BSLR 15 KOW
	{4 x 75 on 1:15 Kick
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW
	{2 x 125 on 1:55 Kick
500	5 x 100 on 1:30 Pulls odd btb even bts
	hold under 1:10
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 2,300 Yards - Stress Value = 39	

Workout #15068 - Wednesday, 05 February 2014

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
250	1 on 10:00 Dynamic Stretch			
	1 x 250 on 5:00 Underwater trn drill			
	Odd 50's free even 50's back			
150	10 x 15 on :45 Shooters			
750	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 you #2			
	{1 x 50 on 1:10 Kick your #3			
	{1 x 150 on 2:45 Kick your #1			
	{1 x 50 on 1:05 Kick your #2			
	{1 x 50 on 1:10 Kick your #3			
500	5 x 100 on 1:30 Pulls BWFPF			
	hold under 1:15			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	6:24 AM 1,750 Yards - Stress Value = 31			

	{4 x 100 on 1:45 Kick			
	{4 x 25 on :35 Kick no board BSLR 13 KOW			
500	5 x 100 on 1:30 Pulls odd btb even bts			
	hold under 1:15			
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 = 36			

Workout #15085 - Wednesday, 05 February 2014

HighSchl - Gold

1 minute rest between sets

4:19 PM Start

Yards	Set Description	EGY	WORK	STK
1,500	1x{1 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 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{1 x 200 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
	4:55 PM 1,750 Yards - Stress Value = 42			

Workout #15072 - Wednesday, 05 February 2014

HighSchl - Gold

1 minute rest between sets

6:25 AM Start

Yards	Set Description	EGY	WORK	STK
1,500	1x{2 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 250 on 3:15 Freestyle	EN2	S	FR
	{2 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 250 on 3:10 Freestyle	EN2	S	FR
	{2 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 250 on 3:00 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	6:59 AM 1,700 Yards - Stress Value = 30			

Workout #15089 - Wednesday, 05 February 2014

HighSchl - Gold

1 minute rest between sets

4:19 PM Start

Yards	Set Description	EGY	WORK	STK
1,400	1x{1 x 100 on 1:20 Individual Medley			F
	{2 x 75 on 1:05 Fly-25L 25R 25 B			F
	{1 x 100 on 1:20 Individual Medley			F
	{2 x 75 on 1:05 Back 25L 25R 25B			F
	{2 x 100 on 1:20 Individual Medley			F
	{2 x 75 on 1:10 Brst 25FlK 25FrK 25Rk			F
	{2 x 100 on 1:20 Individual Medley			F
	{2 x 75 on 1:05 Fr 25scldsfst25catchup25reg			F
	{2 x 100 on 1:15 Individual Medley			F
250	1 x 250 on 4:00 Stroke Drills			F
	1 on 10:00 Ice			
	4:54 PM 1,650 Yards - Stress Value = 28			

Workout #15076 - Wednesday, 05 February 2014

HighSchl - Gold

1 minute rest between sets

6:25 AM Start

Yards	Set Description	EGY	WORK	STK
1,550	1x{1 x 125 on 1:50 Backstroke	EN1		
	{2 x 50 on :55 Back 10 KOW-Great effort	EN3		
	{2 x 125 on 1:45 Backstroke	EN1		
	{2 x 50 on :55 Back 10 KOW-Great effort	EN3		
	{3 x 125 on 1:40 Backstroke	EN1		
	{2 x 50 on :55 Back 10 KOW-Great effort	EN3		
	{4 x 125 on 1:35 Backstroke	EN2		
200	1 x 200 on 3:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	7:02 AM 1,750 Yards - Stress Value = 35			

Workout #15069 - Wednesday, 05 February 2014

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
250	1 on 10:00 Dynamic Stretch			
	1 x 250 on 5:00 Underwater trn drill			
	Odd 50's free even 50's back			
150	10 x 15 on :45 Shooters			
700	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			
500	5 x 100 on 1:30 Pulls BWFPF			
	Hold under 1:22			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	6:24 AM 1,700 Yards - Stress Value = 30			

Workout #15080 - Wednesday, 05 February 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	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			
1,000	1x{4 x 25 on :35 Kick no board BSLR 15 KOW			
	{4 x 75 on 1:20 Kick			
	{4 x 25 on :35 Kick no board BSLR 14 KOW			

Workout #15073 - Wednesday, 05 February 2014

4:55 PM 1,600 Yards - Stress Value = 41

HighSchl - Silver

1 minute rest between sets

6:25 AM Start

Yards	Set Description	EGY	WORK	STK
1,400	1x{2 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 200 on 2:55 Freestyle	EN2	S	FR
	{2 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 200 on 2:50 Freestyle	EN2	S	FR
	{2 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 200 on 2:45 Freestyle	EN2	S	FR
	{2 x 100 on 1:30 Freestyle			
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

7:00 AM 1,600 Yards - Stress Value = 24

Workout #15077 - Wednesday, 05 February 2014

HighSchl - Silver

1 minute rest between sets

6:25 AM Start

Yards	Set Description	EGY
1,375	1x{1 x 125 on 2:05 Backstroke	EN1
	{1 x 50 on 1:05 Back 10 KOW-Great effort	EN3
	{2 x 125 on 2:00 Backstroke	EN1
	{1 x 50 on 1:05 Back 10 KOW-Great effort	EN3
	{3 x 125 on 1:55 Backstroke	EN1
	{1 x 50 on 1:05 Back 10 KOW-Great effort	EN3
	{3 x 125 on 1:50 Backstroke	EN2
	{2 x 50 on 1:05 Back 10 KOW-Great effort	EN3
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	

7:02 AM 1,575 Yards - Stress Value = 30

Workout #15081 - Wednesday, 05 February 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	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			
950	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 1:55 Kick			
	{2 x 25 on :30 Kick no board BS			
500	5 x 100 on 1:40 Pulls odd btb even bts			
	hold under 1:25			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

4:19 PM 2,100 Yards - Stress Value = 35

Workout #15086 - Wednesday, 05 February 2014

HighSchl - Silver

1 minute rest between sets

4:19 PM Start

Yards	Set Description	EGY	WORK	STK
1,350	1x{1 x 100 on 1:50 Freestyle	EN3	S	FR
	{1 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
	{2 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 50 on :50 Freestyle	EN3	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

Workout #15090 - Wednesday, 05 February 2014
HighSchl - Silver

1 minute rest between sets

4:19 PM Start

Yards	Set Description	EGY	WORK	STK
1,300	1x{1 x 100 on 1:30 Individual Medley			F
	{2 x 75 on 1:10 Fly-25L 25R 25 B			F
	{1 x 100 on 1:30 Individual Medley			F
	{2 x 75 on 1:10 Back 25L 25R 25B			F
	{2 x 100 on 1:30 Individual Medley			F
	{2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk			F
	{2 x 100 on 1:30 Individual Medley			F
	{2 x 75 on 1:05 Fr 25scldsfst25catchup25reg			F
	{1 x 100 on 1:25 Individual Medley			F
250	1 x 250 on 4:00 Stroke Drills			F
	1 on 10:00 Ice			

4:54 PM 1,550 Yards - Stress Value = 26

Workout #15070 - Wednesday, 05 February 2014

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 10:00 Dynamic Stretch			
250	1 x 250 on 5:00 Underwater trn drill			
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters			
650	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 150 on 3:25 Kick your #1			
	{1 x 50 on 1:20 Kick your #3			
500	5 x 100 on 1:30 Pulls BWFPF			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

6:24 AM 1,650 Yards - Stress Value = 28

Workout #15074 - Wednesday, 05 February 2014

HighSchl - Bronze

1 minute rest between sets

6:25 AM Start

Yards	Set Description	EGY	WORK	STK
1,200	1x{2 x 100 on 1:45 Freestyle	EN2	S	FR
	{1 x 200 on 3:15 Freestyle	EN2	S	FR
	{2 x 100 on 1:45 Freestyle	EN2	S	FR
	{1 x 200 on 3:10 Freestyle	EN2	S	FR
	{2 x 100 on 1:45 Freestyle	EN2	S	FR
	{1 x 200 on 3:05 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

6:59 AM 1,400 Yards - Stress Value = 24

Workout #15078 - Wednesday, 05 February 2014

HighSchl - Bronze

1 minute rest between sets

6:25 AM Start

Yards	Set Description	EGY
1,100	1x{1 x 100 on 2:10 Backstroke	EN1
	{1 x 50 on 1:10 Back 10 KOW-Great effort	EN3
	{2 x 100 on 2:05 Backstroke	EN1
	{1 x 50 on 1:10 Back 10 KOW-Great effort	EN3
	{3 x 100 on 2:00 Backstroke	EN1
	{1 x 50 on 1:10 Back 10 KOW-Great effort	EN3
	{3 x 100 on 1:55 Backstroke	EN2
	{1 x 50 on 1:10 Back 10 KOW-Great effort	EN3
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:02 AM	1,300 Yards - Stress Value = 24	

Workout #15082 - Wednesday, 05 February 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	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 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		
400	4 x 100 on 1:50 Pulls odd btb even bts hold under 1:40		
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	1,850 Yards - Stress Value = 30		

Workout #15087 - Wednesday, 05 February 2014

HighSchl - Bronze

1 minute rest between sets

4:19 PM Start

Yards	Set Description	EGY	WORK	STK
1,100	1x{1 x 100 on 2:00 Freestyle	EN3	S	FR
	{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
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:54 PM	1,350 Yards - Stress Value = 34			

Workout #15091 - Wednesday, 05 February 2014

HighSchl - Bronze

1 minute rest between sets

4:19 PM Start

Yards	Set Description	F
1,000	1x{1 x 100 on 2:00 Individual Medley	F
	{2 x 75 on 1:20 Fly-25L 25R 25 B	F
	{1 x 100 on 2:00 Individual Medley	F
	{2 x 75 on 1:20 Back 25L 25R 25B	F
	{1 x 100 on 2:00 Individual Medley	F
	{2 x 75 on 1:25 Brst 25FlK 25FrK 25Rk	F
	{1 x 100 on 2:00 Individual Medley	F
	{2 x 75 on 1:20 Fr 25scldsfst25catchup25reg	F
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	
4:53 PM	1,250 Yards - Stress Value = 20	

Workout #15083 - Wednesday, 05 February 2014

HighSchl - Lance Foza

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
1,250	1x{4 x 25 on :30 Kick no board BSLR 15 KOW	EN2
	{4 x 75 on 1:05 Kick	EN2
	{4 x 25 on :30 Kick no board BSLR 14 KOW	EN2
	{3 x 100 on 1:25 Kick	EN2
	{4 x 25 on :30 Kick no board BSLR 13 KOW	EN2
	{2 x 125 on 1:45 Kick	EN2
	{4 x 25 on :30 Kick no board BSLR 12 KOW	EN2
4:06 PM	1,250 Yards - Stress Value = 25	

Workout #15101 - Thursday, 06 February 2014

HighSchl - Breast

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
	Odd 50's free even 50's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke(s)		
1,000	1x{2 x 125 on 1:45 Breaststroke	EN1	
	{2 x 50 on :55 Breast under/over	EN2	
	{2 x 125 on 1:40 Breaststroke	EN1	
	{2 x 50 on :50 Breast under/over	EN2	
	{2 x 125 on 1:35 Breaststroke-descend	EN2	
	{1 x 50 on :45 Breast unde/over	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM	1,600 Yards - Stress Value = 20		

Workout #15097 - Thursday, 06 February 2014

HighSchl - Distance

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
	Odd 50's free even 50's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke(s)		
1,200	1x{3 x 225 on 2:55 Free-descend	EN2	
	{3 x 175 on 2:15 Free-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	1,800 Yards - Stress Value = 30		

Workout #15098 - Thursday, 06 February 2014

HighSchl - Gold

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
	Odd 50's free even 50's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke(s)		
1,125	1x{3 x 200 on 2:45 Free-descend	EN2	
	{3 x 175 on 2:20 Free-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	1,725 Yards - Stress Value = 28		

Workout #15102 - Thursday, 06 February 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS/Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
	Odd 50's free even 50's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
950	1x{2 x 125 on 1:55 Breaststroke	EN1	
	{1 x 50 on 1:00 Breast under/over	EN2	
	{2 x 125 on 1:50 Breaststroke	EN1	
	{2 x 50 on 1:00 Breast under/over	EN2	
	{2 x 125 on 1:45 Breaststroke-descend	EN2	
	{1 x 50 on 1:00 Breast unde/over	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 AM 1,550 Yards - Stress Value = 19		

Workout #15099 - Thursday, 06 February 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
	Odd 50's free even 50's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
1,050	1x{3 x 200 on 3:00 Free-descend	EN2	
	{3 x 150 on 2:10 Free-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 1,650 Yards - Stress Value = 27		

Workout #15103 - Thursday, 06 February 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS/Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
	Odd 50's free even 50's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
900	1x{2 x 125 on 2:05 Breaststroke	EN1	
	{1 x 50 on 1:00 Breast under/over	EN2	
	{2 x 125 on 2:00 Breaststroke	EN1	
	{2 x 50 on 1:00 Breast under/over	EN2	
	{2 x 125 on 1:55 Breaststroke-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 PM 1,500 Yards - Stress Value = 18		

Workout #15100 - Thursday, 06 February 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	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		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
900	1x{3 x 200 on 3:25 Free-descend	EN2	

	{3 x 100 on 1:40 Free-descend	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 1,500 Yards - Stress Value = 24	

Workout #15104 - Thursday, 06 February 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 35:00 DS/Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
	Odd 50's free even 50's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke(s)		
650	1x{2 x 100 on 2:05 Breaststroke	EN1	
	{1 x 50 on 1:15 Breast under/over	EN2	
	{2 x 100 on 2:00 Breaststroke	EN1	
	{1 x 50 on 1:15 Breast under/over	EN2	
	{2 x 75 on 1:25 Breaststroke	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 AM 1,250 Yards - Stress Value = 15		

Workout #15110 - Friday, 07 February 2014

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
=====	=====	===	===	===
	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 5:30 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Freestyle	REC	D	FR
	6:30 PM 1,550 Yards - Stress Value = 22			

Workout #15106 - Friday, 07 February 2014

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
=====	=====	===	===	===
	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
1,600	4 x 400 on 5:30 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Freestyle	REC	D	FR
	6:30 PM 2,500 Yards - Stress Value = 38			

Workout #15107 - Friday, 07 February 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
=====	=====	===	===	===
	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 5:30 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Freestyle	REC	D	FR
	6:30 PM 2,300 Yards - Stress Value = 34			

Workout #15108 - Friday, 07 February 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
1	on 43:00 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 5:30 Freestyle	EN2	S FR	
250	1 x 250 on 4:00 Freestyle	REC	D FR	
6:30 PM 2,050 Yards - Stress Value = 30				

Workout #15109 - Friday, 07 February 2014

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 5:30 Freestyle	EN2	S FR	
250	1 x 250 on 4:00 Freestyle	REC	D FR	
6:30 PM 1,800 Yards - Stress Value = 26				

Workout #15105 - Friday, 07 February 2014

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
1	on 20:00 DS/Ted's Abs		
800	1 x 800 on 15:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
500	10 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	1 on 10:00 Indvdl Prsrctps	REC	
	(200 Fr Relay work on starts)		
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 #15111 - Saturday, 08 February 2014

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	F
6:00 AM Start		
1	on 40:00 DS/Weights	
400	1 x 400 on 10:00 Choice	F
150	10 x 15 on :45 Shooters	S
1,000	1x{8 x 50 on :45 Freestyle every 4th one 100%	F
	{6 x 50 on :50 Freestyle every 3rd one 100%	F
	{4 x 50 on :55 Freestyle every 2nd one 100%	F
	{2 x 50 on 1:00 All-100%	F
500	1 x 500 on 10:00 25 swim 25 kick no board	F
400	1x{1 x 25 on :30 Freestyle	S
	{1 x 25 on :40 Freestyle	S
	{1 x 25 on :50 Freestyle	S

250	{1 x 25 on 1:00 Freestyle	S
	{1 x 150 on 1:40 Freestyle	F
	{1 x 100 on 1:05 Freestyle	F
	{1 x 50 on :30 Freestyle	F
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	
7:51 AM 2,700 Yards - Stress Value = 45		

Workout #15112 - Saturday, 08 February 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
6:00 AM Start	
1	on 40:00 DS/Weights
400	1 x 400 on 10:00 Choice
150	10 x 15 on :45 Shooters
900	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
7:51 AM 2,600 Yards - Stress Value = 43	

Workout #15113 - Saturday, 08 February 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
6:00 AM Start	
1	on 40:00 DS/Weights
400	1 x 400 on 10:00 Choice
150	10 x 15 on :45 Shooters
850	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
7:52 AM 2,500 Yards - Stress Value = 41	

Workout #15114 - Saturday, 08 February 2014

HighSchl - Bronze

1 minute rest between sets

6:00 AM Start

Yards	Set Description	EGY	WC
400	1 on 40:00 DS/Weights		
150	1 x 400 on 10:00 Choice		
800	10 x 15 on :45 Shooters		
800	1x{8 x 50 on 1:00 Freestyle every 4th one 100%		
	{6 x 50 on 1:05 Freestyle every 3rd one 100%		
	{2 x 50 on 1:10 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 2:45 Freestyle		
	{1 x 100 on 1:50 Freestyle		
	{1 x 50 on :55 Freestyle		
250	1 x 250 on 4:00 Stroke Drills		
	1 on 10:00 Ice		
7:53 AM	2,450 Yards - Stress Value = 40		

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	
650	10 x 15 on :45 Shooters		SP3
	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 2:55 Freestyle		EN1
	{2 x 175 on 2:50 Freestyle		EN2
	{2 x 175 on 2:45 Freestyle		EN2
	{2 x 175 on 2:40 Freestyle		EN1
	1 on 10:00 Techniques-Starts		
7:29 PM	3,675 Yards - Stress Value = 49		

Workout #15137 - Tuesday, 11 February 2014

Group 2 - Silver

1 minute rest between sets

5:30 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	
150	10 x 15 on :45 Shooters		SP3
500	6 x 100 on 2:20 Kick-odds 100%		EN2
550	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
800	1x{2 x 150 on 2:55 Freestyle		EN1
	{2 x 150 on 2:50 Freestyle		EN2
	{2 x 150 on 2:45 Freestyle		EN2
	{2 x 150 on 2:40 Freestyle		EN1
	1 on 10:00 Techniques-Starts		
7:30 PM	3,300 Yards - Stress Value = 43		

5:30 PM Start

Yards	Set Description	EGY	WC
450	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 450 on 10:00 Underwater trn drill	REC	
600	10 x 15 on :45 Shooters		SP3
750	6 x 100 on 2:20 Kick-odds 100%		EN2
	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 2:55 Freestyle		EN1
	{2 x 150 on 2:50 Freestyle		EN2
	{2 x 150 on 2:45 Freestyle		EN2
	{2 x 150 on 2:40 Freestyle		EN1
	1 on 10:00 Techniques-Starts		
7:28 PM	3,300 Yards - Stress Value = 43		

Workout #15138 - Tuesday, 11 February 2014

Group 2 - Bronze

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	
150	10 x 15 on :45 Shooters		SP3
700	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 2:55 Freestyle		EN1
	{2 x 200 on 2:50 Freestyle		EN2
	{2 x 200 on 2:45 Freestyle		EN2
	{2 x 200 on 2:40 Freestyle		EN1
	1 on 10:00 Techniques-Starts		
7:29 PM	4,000 Yards - Stress Value = 52		

5:30 PM Start

Yards	Set Description	EGY	WC
400	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 400 on 10:00 Underwater trn drill	REC	
550	10 x 15 on :45 Shooters		SP3
750	1x{5 x 100 on 2:30 Kick-odds 100%		EN2
	{1 x 50 on 1:00 Kick-100%		EN2
	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 2:55 Freestyle		EN1
	{2 x 125 on 2:50 Freestyle		EN2
	{2 x 125 on 2:45 Freestyle		EN2
	{2 x 125 on 2:40 Freestyle		EN1
	1 on 10:00 Techniques-Starts		
7:29 PM	3,000 Yards - Stress Value = 38		

Workout #15136 - Tuesday, 11 February 2014

Group 2 - Gold

1 minute rest between sets

Workout #15119 - Tuesday, 11 February 2014

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,000	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 2:20 Backstroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:03 AM 1,600 Yards - Stress Value = 26		

Workout #15131 - Tuesday, 11 February 2014

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1x{1 x 200 on 2:45 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 2:40 Breaststroke	EN2	S	BR
	{4 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	
	4:53 PM 1,400 Yards - Stress Value = 19			

Workout #15115 - Tuesday, 11 February 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,050	1x{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 59	EN2	
	{1 x 300 on 3:30 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
	{1 x 200 on 2:20 Freestyle	EN2	
	{1 x 100 on 1:20 Free Hold 58	EN2	
	{1 x 200 on 2:20 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:02 AM 1,650 Yards - Stress Value = 26		

Workout #15127 - Tuesday, 11 February 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
1,500	1x{1 x 100 on 1:15 Freestyle	REC	
	{1 x 200 on 2:25 Free L.100 6-7-8-9 KOW	EN2	
	{1 x 200 on 2:25 Free L.100 des 25's	EN2	
	{1 x 200 on 2:20 Free L.100 BWHPF	EN2	
	{1 x 200 on 2:20 Free L.100 SFBO	EN2	
	{1 x 200 on 2:15 Free L.100 Br on 5	EN2	
	{1 x 200 on 2:15 Free L.100-6bk	EN2	

	{1 x 200 on 2:10 Free-best effort	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	4:53 PM 1,750 Yards - Stress Value = 28	

Workout #15123 - Tuesday, 11 February 2014

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 DS and 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		
280	1x{4 x 20 on 1:00 Kick underwater w/fins		
	{1 on 1:00 Change		
	{8 x 25 on :30 Sprint Kick w/fins		
675	1x{1 x 250 on 3:10 Pulls Alt by 50 BTB/S		
	{1 x 225 on 2:50 Pulls Alt by 50 BTB/S		
	{1 x 200 on 2:30 Pulls Alt by 50 BTB/S		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:19 PM 1,955 Yards - Stress Value = 25		

Workout #15116 - Tuesday, 11 February 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,050	1x{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:25 Free Hold 106	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 100 on 1:25 Free Hold 105	EN2	
	{1 x 200 on 2:30 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:03 AM 1,650 Yards - Stress Value = 26		

Workout #15120 - Tuesday, 11 February 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,000	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 2:40 Backstroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 AM 1,600 Yards - Stress Value = 26		

Workout #15124 - Tuesday, 11 February 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS and 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
 280 1x{4 x 20 on 1:00 Kick underwater w/fins
 {1 on 1:00 Change
 {8 x 25 on :30 Sprint Kick w/fins
 625 1x{1 x 250 on 3:25 Pulls Alt BTB/S
 {1 x 225 on 3:05 Pulls Alt BTB/S
 {1 x 150 on 2:05 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
 4:19 PM 1,905 Yards - Stress Value = 25

Workout #15128 - Tuesday, 11 February 2014

HighSchl - Gold

1 minute rest between sets

4:20 PM Start
 Yards Set Description EGY W
 =====
 1,400 1x{1 x 200 on 2:40 Free L.100 6-7-8-9 KOW EN2
 {1 x 200 on 2:40 Free L.100 des 25's EN2
 {1 x 200 on 2:35 Free L.100 BWHPF EN2
 {1 x 200 on 2:35 Free L.100 SFBO EN2
 {1 x 200 on 2:25 Free L.100 Br on 5 EN2
 {1 x 200 on 2:25 Free L.100-6bk EN2
 {1 x 200 on 2:20 Free-best effort EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 4:53 PM 1,650 Yards - Stress Value = 28

Workout #15132 - Tuesday, 11 February 2014

HighSchl - Gold

1 minute rest between sets

4:20 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,100 1x{1 x 200 on 3:05 Breaststroke EN2 S BR
 {4 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 S BR
 {1 x 200 on 2:50 Breaststroke EN2 S BR
 {4 x 25 on :30 Breast 2K1P EN1 S BR
 {1 x 200 on 2:45 Breaststroke EN2 S BR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 4:53 PM 1,350 Yards - Stress Value = 19

Workout #15117 - Tuesday, 11 February 2014

HighSchl - Silver

1 minute rest between sets

5:45 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 250 1 x 250 on 5:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 1,050 1x{1 x 100 on 1:30 Freestyle EN2
 {1 x 100 on 1:35 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 1:35 Free Hold 119 EN2

{1 x 200 on 2:55 Freestyle EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 1,650 Yards - Stress Value = 26

Workout #15121 - Tuesday, 11 February 2014

HighSchl - Silver

1 minute rest between sets

5:45 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DS and Weights
 250 1 x 250 on 5:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 Your primary stroke or free
 950 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 150 on 2:15 Backstroke EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 1,550 Yards - Stress Value = 25

Workout #15125 - Tuesday, 11 February 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS and 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
 280 1x{4 x 20 on 1:00 Kick underwater w/fins
 {1 on 1:00 Change
 {8 x 25 on :30 Sprint Kick w/fins
 550 1x{1 x 225 on 3:25 Pulls Alt BTB/S
 {1 x 200 on 3:05 Pulls Alt BTB/S
 {1 x 125 on 1:55 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
 4:19 PM 1,830 Yards - Stress Value = 24

Workout #15129 - Tuesday, 11 February 2014

HighSchl - Silver

1 minute rest between sets

4:20 PM Start
 Yards Set Description EGY W
 =====
 1,200 1x{1 x 200 on 3:00 Free L.100 6-7-8-9 KOW EN2
 {1 x 200 on 3:00 Free L.100 des 25's EN2
 {1 x 200 on 2:55 Free L.100 BWHPF EN2
 {1 x 200 on 2:50 Free L.100 SFBO EN2
 {1 x 200 on 2:50 Free L.100 Br on 5 EN2
 {1 x 200 on 2:45 Free L.100-6bk EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 4:53 PM 1,450 Yards - Stress Value = 24

Workout #15133 - Tuesday, 11 February 2014

HighSchl - Silver

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
950	1x{1 x 200 on 3:25 Breaststroke	EN2	S	BR
	{4 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:20 Breaststroke	EN2	S	BR
	{4 x 25 on :35 Breast 2K1P	EN1	S	BR
	{1 x 200 on 3:15 Breaststroke	EN2	S	BR
	{6 x 25 on :35 Breast 2K1p	EN1	D	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:54 PM 1,200 Yards - Stress Value = 16

Workout #15118 - Tuesday, 11 February 2014

HighSchl - Bronze

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
850	1x{1 x 100 on 1:45 Freestyle	EN2	
	{1 x 100 on 1:55 Free Hold 1:25	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 1:24	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 1,450 Yards - Stress Value = 22

Workout #15122 - Tuesday, 11 February 2014

HighSchl - Bronze

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
800	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	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 1,400 Yards - Stress Value = 22

Workout #15126 - Tuesday, 11 February 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 DS and 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
280	1x{4 x 20 on 1:00 Kick underwater w/fins
	{1 on 1:00 Change
	{8 x 25 on :30 Sprint Kick w/fins
500	1x{1 x 225 on 3:55 Pulls Alt BTB/S
	{1 x 200 on 3:30 Pulls Alt BTB/S
	{1 x 75 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
4:19 PM 1,780 Yards - Stress Value = 24

Workout #15130 - Tuesday, 11 February 2014

HighSchl - Bronze

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
1,000	1x{1 x 200 on 3:30 Free L.100 6-7-8-9 KOW	EN2		
	{1 x 200 on 3:30 Free L.100 des 25's	EN2		
	{1 x 200 on 3:25 Free L.100 BWHPF	EN2		
	{1 x 200 on 3:25 Free L.100 SFBO	EN2		
	{1 x 200 on 3:20 Free L.100 Br on 5	EN2		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			

4:53 PM 1,250 Yards - Stress Value = 20

Workout #15134 - Tuesday, 11 February 2014

HighSchl - Bronze

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
800	1x{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
	{4 x 25 on :40 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:50 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:53 PM 1,050 Yards - Stress Value = 14

Workout #15156 - Wednesday, 12 February 2014

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 #15152 - Wednesday, 12 February 2014

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:30 PM Start		
500	1 on 30:00 DS/Abs/Tm Mtg		L
150	1 x 500 on 10:00 Choice	REC	S
1,000	10 x 15 on :45 Shooters	SP3	S
	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 #15153 - Wednesday, 12 February 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:30 PM Start		
500	1 on 30:00 DS/Abs/Tm Mtg		L
150	1 x 500 on 10:00 Choice	REC	S
900	10 x 15 on :45 Shooters	SP3	S
	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 #15154 - Wednesday, 12 February 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:30 PM Start		
450	1 on 30:00 DS/Abs/Tm Mtg		L
150	1 x 450 on 10:00 Choice	REC	S
900	10 x 15 on :45 Shooters	SP3	S
	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 #15155 - Wednesday, 12 February 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:30 PM Start		
	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 #15144 - Wednesday, 12 February 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	4:20 PM Start			
1,550	1x{1 x 250 on 2:50 Freestyle	EN2	S	FR
	{6 x 25 on :30 Freestyle	EN3	S	FR
	{1 x 225 on 2:35 Freestyle	EN2	S	FR
	{5 x 50 on :55 Freestyle	EN3	S	FR
	{1 x 200 on 2:20 Freestyle	EN2	S	FR
	{4 x 75 on 1:20 Freestyle	EN3	S	FR
	{1 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	
	4:58 PM 1,800 Yards - Stress Value = 59			

Workout #15154 - Wednesday, 12 February 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:30 PM Start		
450	1 on 30:00 DS/Abs/Tm Mtg		L
150	1 x 450 on 10:00 Choice	REC	S
900	10 x 15 on :45 Shooters	SP3	S
	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

Workout #15148 - Wednesday, 12 February 2014

4:19 PM 2,150 Yards - Stress Value = 32

HighSchl - IM'ers

1 minute rest between sets

4:20 PM Start

Yards	Set Description
1,400	1x{1 x 200 on 2:40 Individual Medley {1 x 150 on 2:10 IM w75 fly drill/75 fast {1 x 200 on 2:35 Individual Medley {1 x 150 on 2:10 IM w/75 back drill/75 fast {1 x 200 on 2:30 Individual Medley {1 x 150 on 2:10 IMw/75 breast drill/75 fast {1 x 200 on 2:30 Individual Medley {1 x 150 on 2:10 IM w/75 free drill/75 fast
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
4:54 PM 1,650 Yards - Stress Value = 28	

Workout #15145 - Wednesday, 12 February 2014

HighSchl - Gold

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
1,450	1x{1 x 250 on 3:05 Freestyle {6 x 25 on :30 Freestyle {1 x 225 on 2:50 Freestyle {5 x 50 on :55 Freestyle {1 x 200 on 2:35 Freestyle {4 x 75 on 1:20 Freestyle {1 x 75 on 1:15 Freestyle	EN2	S	FR
		EN3	S	FR
		EN2	S	FR
		EN3	S	FR
		EN2	S	FR
		EN3	S	FR
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
			M	
4:58 PM 1,700 Yards - Stress Value = 57				

Workout #15140 - Wednesday, 12 February 2014

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 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,025	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 {1 x 175 on 2:50 Kick {4 x 25 on :40 Kick no board BSLR 14 KOW {1 x 150 on 2:30 Kick {4 x 25 on :45 Kick no board BSLR 16 KOW {1 x 100 on 1:45 Kick
625	1x{ Br 3-5-7 cont/L.25 2 breaths {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls {1 x 125 on 1:35 Lungbuster pulls {1 x 125 on 1:30 Lungbuster pulls {1 x 125 on 1:25 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:19 PM 2,300 Yards - Stress Value = 37	

Workout #15149 - Wednesday, 12 February 2014

HighSchl - Gold

1 minute rest between sets

4:20 PM Start

Yards	Set Description
1,250	1x{1 x 200 on 2:55 Individual Medley {1 x 150 on 2:20 IM w75 fly drill/75 fast {1 x 200 on 2:50 Individual Medley {1 x 150 on 2:20 IM w/75 back drill/75 fast {1 x 200 on 2:45 Individual Medley {1 x 150 on 2:20 IMw/75 breast drill/75 fast {1 x 200 on 2:45 Individual Medley
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
4:54 PM 1,500 Yards - Stress Value = 25	

Workout #15142 - Wednesday, 12 February 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM 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
900	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 {1 x 150 on 3:15 Kick {4 x 25 on :40 Kick no board BSLR 14 KOW {1 x 150 on 3:10 Kick {2 x 25 on :45 Kick no board BSLR 16 KOW {1 x 50 on 1:00 Kick
500	1x{ Br 3-5-7 cont/L.25 2 breaths {1 x 125 on 2:05 Lungbuster pulls {1 x 125 on 2:00 Lungbuster pulls {1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:19 PM 2,050 Yards - Stress Value = 30	

Workout #15141 - Wednesday, 12 February 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM 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
950	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 {1 x 150 on 2:50 Kick {4 x 25 on :40 Kick no board BSLR 14 KOW {1 x 150 on 2:45 Kick {4 x 25 on :45 Kick no board BSLR 16 KOW {1 x 50 on :55 Kick
550	1x{ Br 3-5-7 cont/L.25 2 breaths {1 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls {1 x 125 on 1:40 Lungbuster pulls {1 x 50 on :40 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

Workout #15146 - Wednesday, 12 February 2014

HighSchl - Silver

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
1,325	1x{1 x 250 on 3:40 Freestyle	EN2	S	FR
	{6 x 25 on :35 Freestyle	EN3	S	FR
	{1 x 225 on 3:20 Freestyle	EN2	S	FR
	{4 x 50 on 1:00 Freestyle	EN3	S	FR
	{1 x 200 on 3:00 Freestyle	EN2	S	FR
	{2 x 75 on 1:30 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
4:58 PM 1,575 Yards - Stress Value = 46				

Workout #15150 - Wednesday, 12 February 2014

HighSchl - Silver

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
1,250	1x{1 x 200 on 3:15 Individual Medley			
	{1 x 150 on 2:30 IM w75 fly drill/75 fast			
	{1 x 200 on 3:10 Individual Medley			
	{1 x 150 on 2:30 IM w/75 back drill/75 fast			
	{1 x 200 on 3:05 Individual Medley			
	{1 x 150 on 2:30 IMw/75 breast drill/75 fast			
	{1 x 200 on 3:00 Individual Medley			
250	1 x 250 on 4:00 Stroke Drills			
	1 on 10:00 Ice			
4:55 PM 1,500 Yards - Stress Value = 25				

Workout #15143 - Wednesday, 12 February 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	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{ 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			
	{1 x 150 on 3:20 Kick			
	{4 x 25 on :40 Kick no board BSLR 14 KOW			
	{1 x 50 on 1:10 Kick			
	{4 x 25 on :45 Kick no board BSLR 16 KOW			
450	1x{ Br 3-5-7 cont/L.25 2 breaths			
	{1 x 125 on 2:20 Lungbuster pulls			
	{1 x 125 on 2:15 Lungbuster pulls			
	{1 x 100 on 1:45 Lungbuster pulls			
	{1 x 100 on 1:40 Lungbuster pulls			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
4:19 PM 1,900 Yards - Stress Value = 28				

Workout #15147 - Wednesday, 12 February 2014

HighSchl - Bronze

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
1,125	1x{1 x 250 on 4:25 Freestyle	EN2	S	FR
	{6 x 25 on :40 Freestyle	EN3	S	FR
	{1 x 225 on 4:00 Freestyle	EN2	S	FR
	{5 x 50 on 1:10 Freestyle	EN3	S	FR

	{1 x 200 on 3:35 Freestyle	EN2	S	FR
	{1 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
4:58 PM 1,375 Yards - Stress Value = 40				

Workout #15151 - Wednesday, 12 February 2014

HighSchl - Bronze

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
1,050	1x{1 x 200 on 4:00 Individual Medley			
	{1 x 150 on 3:00 IM w75 fly drill/75 fast			
	{1 x 200 on 3:55 Individual Medley			
	{1 x 150 on 3:00 IM w/75 back drill/75 fast			
	{1 x 200 on 3:50 Individual Medley			
	{1 x 150 on 3:00 IMw/75 breast drill/75 fast			
250	1 x 250 on 4:00 Stroke Drills			
	1 on 10:00 Ice			
4:56 PM 1,300 Yards - Stress Value = 21				

Workout #15177 - Thursday, 13 February 2014

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	STK
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 #15161 - Thursday, 13 February 2014

HighSchl - Breast

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS and Weights			
250	1 x 250 on 5:00 Underwater trn drill		REC	
	Odd 50's free even 50's back			
150	10 x 15 on :45 Shooters		SP3	
	Your primary stroke free			
850	1x{1 x 100 on 1:25 Breaststroke		EN2	
	{1 x 50 on :55 U/O #repeat=#pullouts		EN3	
	{1 x 100 on 1:25 Breaststroke		EN2	
	{2 x 50 on 1:00 U/O #repeat=#pullouts		EN3	
	{1 x 100 on 1:20 Breaststroke		EN2	
	{3 x 50 on 1:05 U/O #repeat=#pullouts		EN2	
	{1 x 100 on 1:15 Breaststroke		EN2	
	{3 x 50 on 1:10 U/O #repeat=#pullouts		EN2	
200	1 x 200 on 3:00 Stroke Drills		REC	
	1 on 10:00 Ice			
7:05 AM 1,450 Yards - Stress Value = 29				

Workout #15157 - Thursday, 13 February 2014

HighSchl - Distance

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
	Odd 50's free even 50's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,200	1x{ Hold all 1:20 base swims under 1:02		
	{1 x 300 on 3:20 Freestyle	EN2	
	{4 x 75 on 1:00 Freestyle	EN2	
	{1 x 300 on 3:20 Freestyle	EN2	
	{3 x 100 on 1:20 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 AM 1,800 Yards - Stress Value = 30		

Workout #15169 - Thursday, 13 February 2014

HighSchl - Distance

1 minute rest between sets

4:16 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
2,200	1x{1 x 400 on 4:40 Freestyle	EN2		S
	{3 x 300 on 3:25 Freestyle #2 100%	EN2		S
	{3 x 200 on 2:15 Freestyle #2 100%	EN2		S
	{3 x 100 on 1:05 Freestyle #2 100%	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
	4:55 PM 2,400 Yards - Stress Value = 44			

Workout #15173 - Thursday, 13 February 2014

HighSchl - Fly

1 minute rest between sets

4:16 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
1,750	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
	{2 x 50 on :45 Fly 2-5 6 KOW	EN2		S FLY
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	4:55 PM 1,950 Yards - Stress Value = 17			

Workout #15165 - Thursday, 13 February 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :30 Kick IM order no board
	{1 x 125 on 2:00 Kick
	{1 x 100 on 2:00 Kick your non #1
	{4 x 25 on :30 Kick IM order no board
	{1 x 125 on 1:55 Kick
	{1 x 100 on 1:55 Kick your non #1
600	1x{1 x 100 on 1:25 Pulls BWKPF-4
	{1 x 100 on 1:25 Pulls BWFPF-3
	{1 x 100 on 1:20 Pulls BWKPF-3

	{1 x 100 on 1:20 Pulls BWFPF-2
	{1 x 100 on 1:15 Pulls BWKPF-2
	{1 x 100 on 1:15 Pulls BWFPF-1
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	4:15 PM 1,900 Yards - Stress Value = 24

Workout #15158 - Thursday, 13 February 2014

HighSchl - Gold

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS/Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
	Odd 50's free even 50's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
1,100	1x{ Hold all 1:30 base swims under 1:10		
	{1 x 250 on 3:10 Freestyle	EN2	
	{4 x 75 on 1:10 Freestyle	EN2	
	{1 x 250 on 3:10 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 1,700 Yards - Stress Value = 28		

Workout #15162 - Thursday, 13 February 2014

HighSchl - Gold

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
	Odd 50's free even 50's back		
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke free		
850	1x{1 x 100 on 1:35 Breaststroke	EN2	
	{1 x 50 on :55 U/O #repeat=#pullouts	EN3	
	{1 x 100 on 1:35 Breaststroke	EN2	
	{2 x 50 on 1:00 U/O #repeat=#pullouts	EN3	
	{1 x 100 on 1:35 Breaststroke	EN2	
	{3 x 50 on 1:05 U/O #repeat=#pullouts	EN2	
	{1 x 100 on 1:25 Breaststroke	EN2	
	{3 x 50 on 1:10 U/O #repeat=#pullouts	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 1,450 Yards - Stress Value = 29		

Workout #15166 - Thursday, 13 February 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 30:00 DS/Shoulders			
150	1 x 400 on 10:00 Underwater trn drill			
550	10 x 15 on :45 Shooters			
1x{4	x 25 on :35 Kick IM order no board			
	{1 x 125 on 2:25 Kick			
	{1 x 100 on 2:15 Kick your non #1			
	{4 x 25 on :35 Kick IM order no board			
	{1 x 125 on 2:20 Kick			
500	1x{1 x 100 on 1:35 Pulls BWKPF-4			
	{1 x 100 on 1:35 Pulls BWFPF-3			
	{1 x 100 on 1:30 Pulls BWKPF-3			
	{1 x 100 on 1:30 Pulls BWFPF-2			
	{1 x 50 on :40 Pulls BWHPPF-3			
	{1 x 50 on :40 Pulls BWKPF-2			
100	2x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:15 PM 1,700 Yards - Stress Value = 20			

Workout #15170 - Thursday, 13 February 2014

HighSchl - Gold

1 minute rest between sets

4:16 PM Start

Yards	Set Description	EGY	WORK	STK
1,950	1x{3 x 300 on 3:55 Freestyle #2 100%	EN2	S	
	{3 x 200 on 2:35 Freestyle #2 100%	EN2	S	
	{3 x 150 on 1:55 Freestyle #2 100%	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	
	4:56 PM 2,150 Yards - Stress Value = 39			

Workout #15174 - Thursday, 13 February 2014

HighSchl - Gold

1 minute rest between sets

4:16 PM Start

Yards	Set Description	EGY	WORK	STK
1,600	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 100 on 1:20 Freestyle	EN1	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	4:55 PM 1,800 Yards - Stress Value = 15			

Workout #15159 - Thursday, 13 February 2014

HighSchl - Silver

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
	Odd 50's free even 50's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
1,000	1x{ Hold all 1:40 base swims under 1:22		
	{1 x 200 on 2:50 Freestyle	EN2	
	{4 x 75 on 1:15 Freestyle	EN2	
	{1 x 200 on 2:50 Freestyle	EN2	
	{3 x 100 on 1:40 Freestyle	EN2	

200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 1,600 Yards - Stress Value = 26		

Workout #15163 - Thursday, 13 February 2014

HighSchl - Silver

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
	Odd 50's free even 50's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke free		
750	1x{1 x 100 on 1:50 Breaststroke	EN2	
	{1 x 50 on 1:00 U/O #repeat=#pullouts	EN3	
	{1 x 100 on 1:50 Breaststroke	EN2	
	{2 x 50 on 1:05 U/O #repeat=#pullouts	EN3	
	{1 x 100 on 1:50 Breaststroke	EN2	
	{3 x 50 on 1:10 U/O #repeat=#pullouts	EN2	
	{1 x 100 on 1:45 Breaststroke	EN2	
	{1 x 50 on 1:10 U/O #repeat=#pullouts	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 1,350 Yards - Stress Value = 27		

Workout #15167 - Thursday, 13 February 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Shoulders		
400	1 x 400 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
475	1x{4 x 25 on :40 Kick IM order no board		
	{1 x 125 on 2:35 Kick		
	{1 x 100 on 2:20 Kick your non #1		
	{4 x 25 on :40 Kick IM order no board		
	{1 x 50 on 1:05 Kick your non #1		
450	1x{1 x 100 on 1:45 Pulls BWKPF-4		
	{1 x 100 on 1:45 Pulls BWFPF-3		
	{1 x 100 on 1:40 Pulls BWKPF-3		
	{1 x 100 on 1:40 Pulls BWFPF-2		
	{1 x 50 on :45 Pulls BWFPF-3		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:15 PM 1,575 Yards - Stress Value = 19		

Workout #15171 - Thursday, 13 February 2014

HighSchl - Silver

1 minute rest between sets

4:16 PM Start

Yards	Set Description	EGY	WOF
1,500	1x{3 x 250 on 4:05 Freestyle #2 100%	EN2	S
	{3 x 150 on 2:20 Freestyle #2 100%	EN2	S
	{3 x 100 on 1:30 Freestyle #2 100%	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
	4:54 PM 1,700 Yards - Stress Value = 30		

Workout #15175 - Thursday, 13 February 2014

HighSchl - Silver

1 minute rest between sets

4:16 PM Start

Yards	Set Description	EGY	WORK	STK
1,450	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 75 on 1:10 Freestyle	EN1	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:56 PM 1,650 Yards - Stress Value = 15

Workout #15160 - Thursday, 13 February 2014

HighSchl - Bronze

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
	Odd 50's free even 50's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
900	1x{ Hold all 1:50 base swims under 1:35		
	{1 x 200 on 3:20 Freestyle	EN2	
	{4 x 75 on 1:20 Freestyle	EN2	
	{1 x 200 on 3:20 Freestyle	EN2	
	{2 x 100 on 1:45 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 1,500 Yards - Stress Value = 24

Workout #15164 - Thursday, 13 February 2014

HighSchl - Bronze

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
	Odd 50's free even 50's back		
150	10 x 15 on :45 Shooters		SP3
	Your primary stroke free		
700	1x{1 x 100 on 2:05 Breaststroke	EN2	
	{1 x 50 on 1:10 U/O #repeat=#pullouts	EN3	
	{1 x 100 on 2:05 Breaststroke	EN2	
	{2 x 50 on 1:15 U/O #repeat=#pullouts	EN3	
	{1 x 100 on 2:05 Breaststroke	EN2	
	{3 x 50 on 1:20 U/O #repeat=#pullouts	EN2	
	{1 x 100 on 2:05 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 1,300 Yards - Stress Value = 26

Workout #15168 - Thursday, 13 February 2014

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 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on :45 Kick IM order no board
	{1 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick IM order no board

	{1 x 150 on 3:30 Kick
450	1x{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 BWKPF-3
	{1 x 100 on 1:45 Pulls BWFPF-2
	{1 x 50 on :50 Pulls BWSPF-4
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:15 PM 1,550 Yards - Stress Value = 19

Workout #15172 - Thursday, 13 February 2014

HighSchl - Bronze

1 minute rest between sets

4:16 PM Start

Yards	Set Description	EGY	WORK	STK
1,350	1x{3 x 250 on 4:40 Freestyle #2 100%	EN2	S	
	{3 x 200 on 3:40 Freestyle #2 100%	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	

4:55 PM 1,550 Yards - Stress Value = 27

Workout #15176 - Thursday, 13 February 2014

HighSchl - Bronze

1 minute rest between sets

4:16 PM Start

Yards	Set Description	EGY	WORK	STK
1,150	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
	{4 x 50 on 1:10 Fly 2-4, 7 KOW	EN1	S	FLY
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:56 PM 1,350 Yards - Stress Value = 13

Workout #15179 - Friday, 14 February 2014

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
	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{ Bathtub 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 #15168 - Thursday, 13 February 2014

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 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on :45 Kick IM order no board
	{1 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick IM order no board

Workout #15183 - Friday, 14 February 2014

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 #15180 - Friday, 14 February 2014

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 #15181 - Friday, 14 February 2014

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 #15182 - Friday, 14 February 2014

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 #15178 - Friday, 14 February 2014

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
=====	=====	=====	=====
	1 on 20:00 DS/Ted's Abs		
1,000	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		
250	1 x 250 on 15:00 Indvdl Prsrctns		
250	1 x 250 on 4:00 Stroke Drills		
	1 on 10:00 Ice		
4:50 PM	2,850 Yards - Stress Value = 12		

Workout #15188 - Saturday, 15 February 2014

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
8:00 AM	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	
100	1 x 100 on 2:00 Kick for time	EN2	
1,600	1x{ 4 x 25 on :45 Kick no board BSLR	EN2	
	{ 3 x 100 on 2:00 Kick	EN2	
	{ 4 x 25 on :45 Kick no board BSLR	EN2	
	{ 3 x 100 on 1:55 Kick	EN2	
	{ 4 x 25 on :45 Kick no board BSLR	EN2	
	{ 3 x 100 on 1:50 Kick	EN2	
	{ 4 x 25 on :45 Kick no board BSLR	EN2	
	{ 3 x 100 on 1:45 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Breaststroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
10:00 AM	3,200 Yards - Stress Value = 80		

Workout #15192 - Saturday, 15 February 2014

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WOF
8:00 AM	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	
100	1 x 100 on 2:00 Kick for time	EN2	
1,000	1x{ 4 x 25 on 1:00 Kick no board BSLR	EN2	
	{ 3 x 100 on 3:15 Kick	EN2	
	{ 4 x 25 on 1:00 Kick no board BSLR	EN2	
	{ 3 x 100 on 3:10 Kick	EN2	
	{ 4 x 25 on 1:00 Kick no board BSLR	EN2	
	{ 1 x 100 on 3:05 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Breaststroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
10:00 AM	2,450 Yards - Stress Value = 68		

Workout #15189 - Saturday, 15 February 2014

1 minute rest between sets

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
8:00 AM	Start		
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 2:00 Kick for time	EN2	
1,500	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:10 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:05 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 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	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Breaststroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
10:00 AM	3,100 Yards - Stress Value = 78		

Yards	Set Description
7:00 AM	Start
400	1 on 40:00 DS and Weights
150	1 x 400 on 7:00 Reverse IM drill
	10 x 15 on :45 Shooters
	Your primary stroke or free
600	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
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{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
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
8:50 AM	3,200 Yards - Stress Value = 67

Workout #15190 - Saturday, 15 February 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
8:00 AM	Start		
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 2:00 Kick for time	EN2	
1,400	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:20 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:15 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:10 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:05 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Breaststroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
10:00 AM	2,950 Yards - Stress Value = 76		

Workout #15185 - Saturday, 15 February 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
400	1 on 40:00 DS and Weights
150	1 x 400 on 7:00 Reverse IM drill
	10 x 15 on :45 Shooters
	Your primary stroke or free
500	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
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 125 on 1:35 Freestyle
	{2 x 50 on 1:00 Freestyle
	{3 x 125 on 1:34 Freestyle
	{2 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
8:50 AM	3,000 Yards - Stress Value = 60

Workout #15191 - Saturday, 15 February 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
8:00 AM	Start		
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 for time	EN2	
1,350	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:25 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:20 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 50 on 1:10 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Breaststroke	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
10:00 AM	2,850 Yards - Stress Value = 75		

Workout #15184 - Saturday, 15 February 2014

HighSchl - Swim Like A Champion Day

Workout #15186 - Saturday, 15 February 2014

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS and Weights
350	1 x 350 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters Your primary stroke or free
450	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 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
1,425	1x{4 x 125 on 1:48 Freestyle {2 x 50 on 1:10 Freestyle {3 x 125 on 1:47 Freestyle {2 x 50 on 1:10 Freestyle {2 x 125 on 1:46 Freestyle {2 x 50 on 1:10 Freestyle
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
	8:51 AM 2,725 Yards - Stress Value = 54

Workout #15187 - Saturday, 15 February 2014

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS and Weights
350	1 x 350 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters Your primary stroke or free
450	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 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
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
	8:50 AM 2,500 Yards - Stress Value = 45

Workout #15211 - Monday, 17 February 2014

Group 3 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,500	1x{3 x 200 on 3:30 Kick {3 x 150 on 2:35 Kick {3 x 100 on 1:40 Kick {3 x 50 on :45 Kick
1,000	10 x 100 on 1:30 Pulls odds no breath L.25 Evens 1 breath L. 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{4 x 200 on 3:10 Breaststroke {2 x 25 on :30 Breast 2X pullouts

	{3 x 150 on 2:20 Breaststroke
	{4 x 25 on :30 Breast 2X pullouts
	{2 x 100 on 1:35 Breaststroke
	{6 x 25 on :30 Breast 2X pullouts
	{1 x 50 on :50 Breaststroke
	{8 x 25 on :30 Breast 2X pullouts
300	1 x 300 on 5:00 Stroke Drills
	7:30 PM 5,750 Yards - Stress Value = 67

Workout #15212 - Monday, 17 February 2014

Group 3 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,400	1x{3 x 200 on 3:40 Kick {3 x 150 on 2:45 Kick {3 x 100 on 1:50 Kick {1 x 50 on :50 Kick
1,000	10 x 100 on 1:30 Pulls odds no breath L.25 Evens 1 breath L. 25
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 200 on 3:20 Breaststroke {2 x 25 on :30 Breast 2X pullouts {3 x 150 on 2:30 Breaststroke {4 x 25 on :30 Breast 2X pullouts {2 x 100 on 1:40 Breaststroke {6 x 25 on :30 Breast 2X pullouts {1 x 50 on :55 Breaststroke {6 x 25 on :30 Breast 2X pullouts
300	1 x 300 on 5:00 Stroke Drills
	7:31 PM 5,600 Yards - Stress Value = 65

Workout #15213 - Monday, 17 February 2014

Group 3 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
550	1 x 550 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,350	1x{3 x 200 on 3:50 Kick {3 x 150 on 2:50 Kick {3 x 100 on 1:55 Kick
900	9 x 100 on 1:40 Pulls odds no breath L.25 Evens 1 breath L. 25
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 200 on 3:35 Breaststroke {2 x 25 on :35 Breast 2X pullouts {3 x 150 on 2:45 Breaststroke {4 x 25 on :35 Breast 2X pullouts {2 x 100 on 1:50 Breaststroke {6 x 25 on :35 Breast 2X pullouts
300	1 x 300 on 5:00 Stroke Drills
	7:30 PM 5,200 Yards - Stress Value = 61

Workout #15206 - Monday, 17 February 2014

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 DS/Physio Ball/Tm Mtg		L	DF
500	1 x 500 on 10:00 Choice	REC	S	CF
150	10 x 15 on :45 Shooters	SP3	S	F
1,250	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 #15210 - Monday, 17 February 2014

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	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 #15207 - Monday, 17 February 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 DS/Physio Ball/Tm Mtg		L	DF
500	1 x 500 on 10:00 Choice	REC	S	CF
150	10 x 15 on :45 Shooters	SP3	S	F
1,100	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 #15208 - Monday, 17 February 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	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 #15209 - Monday, 17 February 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	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 #15197 - Monday, 17 February 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	8:22 AM Start			
	1x{1 x 250 on 3:05 Freestyle			
	{1 x 250 on 3:00 Free 3 KOW			
	{1 x 250 on 2:55 Free hb 4 strokes off each w			
	{2 x 250 on 2:50 Free descend each 50			
250	1 x 250 on 4:00 Stroke Drills			
	1 on 10:00 Ice			
	8:52 AM 1,500 Yards - Stress Value = 19			

Workout #15201 - Monday, 17 February 2014

HighSchl - Fly

1 minute rest between sets

8:22 AM Start
 Yards Set Description
 =====
 1,050 1x{1 x 200 on 2:50 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly-with free kick EN2
 {1 x 175 on 2:25 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly-with free kick EN3
 {1 x 150 on 2:00 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly-with free kick EN3
 {1 x 125 on 1:35 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly-with free kick EN3
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 8:54 AM 1,300 Yards - Stress Value = 33

Workout #15193 - Monday, 17 February 2014

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Physio Balls
 1 x 400 on 10:00 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 2:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:25 Kick
 {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
 750 1x{1 x 125 on 1:35 Pulls 8 SOLW
 {1 x 125 on 1:35 Pulls 7 SOLW
 {1 x 125 on 1:35 Pulls 6 SOLW
 {1 x 125 on 1:35 Pulls 5 SOLW
 {1 x 125 on 1:35 Pulls 4 SOLW
 {1 x 125 on 1:35 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
 8:21 AM 2,250 Yards - Stress Value = 29

Workout #15194 - Monday, 17 February 2014

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Physio Balls
 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 800 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 2:35 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on :50 Kick
 675 1x{1 x 125 on 1:45 Pulls 8 SOLW
 {1 x 125 on 1:45 Pulls 7 SOLW
 {1 x 125 on 1:45 Pulls 6 SOLW
 {1 x 125 on 1:45 Pulls 5 SOLW
 {1 x 125 on 1:45 Pulls 4 SOLW
 {1 x 50 on :40 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
 8:21 AM 2,125 Yards - Stress Value = 27

Workout #15198 - Monday, 17 February 2014

HighSchl - Gold

1 minute rest between sets

8:22 AM Start
 Yards Set Description
 =====
 1,150 1x{1 x 250 on 3:20 Freestyle
 {1 x 250 on 3:15 Free 3 KOW
 {1 x 250 on 3:10 Free hb 4 strokes off each w
 {2 x 200 on 2:30 Free descend each 50
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 8:52 AM 1,400 Yards - Stress Value = 17

Workout #15202 - Monday, 17 February 2014

HighSchl - Gold

1 minute rest between sets

8:22 AM Start
 Yards Set Description
 =====
 950 1x{1 x 200 on 3:05 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly-with free kick EN2
 {1 x 175 on 2:40 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly-with free kick EN3
 {1 x 150 on 2:15 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly-with free kick EN3
 {1 x 75 on 1:05 3 strokes fly off walls EN2
 {2 x 25 on :30 Fly-with free kick EN3
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 8:54 AM 1,200 Yards - Stress Value = 30

Workout #15195 - Monday, 17 February 2014

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Physio Balls
 1 x 400 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 150 on 3:10 Kick
 {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
 {1 x 100 on 2:00 Kick
 600 1x{1 x 100 on 1:35 Pulls 8 SOLW
 {1 x 100 on 1:35 Pulls 7 SOLW
 {1 x 100 on 1:35 Pulls 6 SOLW
 {1 x 100 on 1:35 Pulls 5 SOLW
 {1 x 100 on 1:35 Pulls 4 SOLW
 {1 x 100 on 1:35 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
 8:21 AM 1,900 Yards - Stress Value = 25

Workout #15199 - Monday, 17 February 2014

HighSchl - Silver

1 minute rest between sets

8:22 AM Start
 Yards Set Description
 =====
 1,000 1x{1 x 200 on 3:05 Freestyle
 {1 x 200 on 3:00 Free 3 KOW
 {1 x 200 on 2:55 Free 4 strokes off each wall
 {2 x 200 on 2:50 Free descend each 50
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 8:52 AM 1,250 Yards - Stress Value = 16

Workout #15203 - Monday, 17 February 2014

HighSchl - Silver

1 minute rest between sets

8:22 AM Start

Yards	Set Description	EGY
875	1x{1 x 200 on 3:20 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly-with free kick	EN2
	{1 x 175 on 2:55 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly-with free kick	EN2
	{1 x 150 on 2:30 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly-with free kick	EN2
	{1 x 50 on :50 3 strokes fly off walls	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
8:54 AM 1,125 Yards - Stress Value = 26		

Workout #15205 - Monday, 17 February 2014

HighSchl - Lance Foza

1 minute rest between sets

7:50 AM Start

Yards	Set Description	EGY	WORK	ST
900	1x{4 x 25 on :30 Kick no board BSLR	EN2	K	FI
	{1 x 150 on 2:10 Kick	EN2	K	CF
	{4 x 25 on :30 Kick no board BSLR	EN2	K	FI
	{1 x 150 on 2:05 Kick	EN2	K	CF
	{4 x 25 on :30 Kick no board BSLR	EN2	K	FI
	{1 x 150 on 2:00 Kick	EN2	K	CF
	{6 x 25 on :30 Kick no board BSLR	EN2	K	FI
8:06 AM 900 Yards - Stress Value = 18				

Workout #15196 - Monday, 17 February 2014

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
	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	
600	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	
	{1 x 100 on 2:15 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{1 x 50 on 1:10 Kick	
500	1x{1 x 100 on 1:55 Pulls 8 SOLW	
	{1 x 100 on 1:55 Pulls 7 SOLW	
	{1 x 100 on 1:55 Pulls 6 SOLW	
	{1 x 100 on 1:55 Pulls 5 SOLW	
	{1 x 100 on 1:50 Pulls 4 SOLW	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
8:21 AM 1,750 Yards - Stress Value = 23		

Workout #15241 - Tuesday, 18 February 2014

Group 3 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	ST
	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			
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			
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			
1,950	3x{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	1 x 250 on 4:00 Stroke Drills			
7:29 PM 5,900 Yards - Stress Value = 104				

Workout #15200 - Monday, 17 February 2014

HighSchl - Bronze

1 minute rest between sets

8:22 AM Start

Yards	Set Description	EGY
850	1x{1 x 200 on 3:35 Freestyle	
	{1 x 200 on 3:30 Free 3 KOW	
	{1 x 200 on 3:25 Free hb 4 strokes off each w	
	{2 x 125 on 2:05 Free descend each 50	
250	1 x 250 on 4:00 Stroke Drills	
	1 on 10:00 Ice	
8:52 AM 1,100 Yards - Stress Value = 13		

Workout #15204 - Monday, 17 February 2014

HighSchl - Bronze

1 minute rest between sets

8:22 AM Start

Yards	Set Description	EGY
725	1x{1 x 200 on 4:00 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-with free kick	EN2
	{1 x 175 on 3:30 3 strokes fly off walls	EN2
	{4 x 25 on :45 Fly-with free kick	EN2
	{1 x 100 on 1:40 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly with free kick	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
8:54 AM 975 Yards - Stress Value = 21		

Workout #15242 - Tuesday, 18 February 2014

Group 3 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
600	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
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
1,800	3x{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	1 x 250 on 4:00 Stroke Drills
7:29 PM 5,450 Yards - Stress Value = 98	

150	10 x 15 on :45 Shooters	SP3
600	1x{4 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:00 Kick no board Alt s/b/s	EN2
	{4 x 25 on :40 Kick no board B	EN2
	{3 x 50 on 1:00 Kick no board Alt s/b/s	EN2
	{4 x 25 on :35 Kick no board B	EN2
150	6 x 25 on :45 Stroke Drills	REC
2,250	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
	{6 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
	{6 x 25 on :30 Back 4 KOW +1	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
7:30 PM 3,850 Yards - Stress Value = 63		

Workout #15240 - Tuesday, 18 February 2014

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	== =
350	1 x 350 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
450	1x{4 x 25 on 1:00 Kick no board B	EN2
	{3 x 50 on 1:30 Kick no board Alt s/b/s	EN2
	{2 x 25 on 1:00 Kick no board B	EN2
	{3 x 50 on 1:30 Kick no board Alt s/b/s	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,300	1x{3 x 100 on 2:45 Backstroke	EN2
	{2 x 100 on 2:40 Backstroke	EN2
	{1 x 100 on 2:35 Backstroke	EN2
	{4 x 25 on :45 Back 4 KOW +1	EN2
	{3 x 100 on 2:40 Backstroke	EN2
	{2 x 100 on 2:35 Backstroke	EN2
	{1 x 100 on 2:30 Backstroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
7:31 PM 2,600 Yards - Stress Value = 41		

150	10 x 15 on :45 Shooters	SP3
450	1x{4 x 25 on 1:00 Kick no board B	EN2
	{3 x 50 on 1:30 Kick no board Alt s/b/s	EN2
	{2 x 25 on 1:00 Kick no board B	EN2
	{3 x 50 on 1:30 Kick no board Alt s/b/s	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,300	1x{3 x 100 on 2:45 Backstroke	EN2
	{2 x 100 on 2:40 Backstroke	EN2
	{1 x 100 on 2:35 Backstroke	EN2
	{4 x 25 on :45 Back 4 KOW +1	EN2
	{3 x 100 on 2:40 Backstroke	EN2
	{2 x 100 on 2:35 Backstroke	EN2
	{1 x 100 on 2:30 Backstroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
7:31 PM 2,600 Yards - Stress Value = 41		

Workout #15245 - Tuesday, 18 February 2014

Group 2 - CON Taper-B

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY W
	1 on 30:00 DS/Core/Tm Mtg	== =
250	1 x 250 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
400	1x{2 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:20 Kick no board Alt s/b/s	EN2
	{2 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:20 Kick no board Alt s/b/s	EN2
100	4 x 25 on :45 Stroke Drills	REC
1,300	1x{3 x 100 on 2:05 Backstroke	EN2
	{2 x 100 on 2:00 Backstroke	EN2
	{1 x 100 on 1:55 Backstroke	EN2
	{4 x 25 on :40 Back 4 KOW +1	EN2
	{3 x 100 on 2:00 Backstroke	EN2
	{2 x 100 on 1:55 Backstroke	EN2
	{1 x 100 on 1:50 Backstroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
7:07 PM 2,400 Yards - Stress Value = 40		

250	1 x 250 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
400	1x{2 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:20 Kick no board Alt s/b/s	EN2
	{2 x 25 on :45 Kick no board B	EN2
	{3 x 50 on 1:20 Kick no board Alt s/b/s	EN2
100	4 x 25 on :45 Stroke Drills	REC
1,300	1x{3 x 100 on 2:05 Backstroke	EN2
	{2 x 100 on 2:00 Backstroke	EN2
	{1 x 100 on 1:55 Backstroke	EN2
	{4 x 25 on :40 Back 4 KOW +1	EN2
	{3 x 100 on 2:00 Backstroke	EN2
	{2 x 100 on 1:55 Backstroke	EN2
	{1 x 100 on 1:50 Backstroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
7:07 PM 2,400 Yards - Stress Value = 40		

Workout #15236 - Tuesday, 18 February 2014

Group 2 - Back

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

	1 on 30:00 DS/Core/Tm Mtg	== =
500	1 x 500 on 10:00 Underwater trn drill	REC

Workout #15244 - Tuesday, 18 February 2014

Group 2 - CON Taper-S

1 minute rest between sets

Yards	Set Description	EGY	W
5:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Core/Tm Mtg		
250	1 x 250 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
450	1x{2 x 25 on :45 Kick no board B	EN2	200
	{3 x 50 on 1:10 Kick no board Alt s/b/s	EN2	
	{2 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:10 Kick no board Alt s/b/s	EN2	
	{2 x 25 on :45 Kick no board B	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
1,400	1x{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 :35 Back 4 KOW +1	EN2	
	{3 x 100 on 1:50 Backstroke	EN2	
	{2 x 100 on 1:45 Backstroke	EN2	
	{1 x 100 on 1:40 Backstroke	EN2	
200	{4 x 25 on :35 Back 4 KOW +1	EN2	
	1 x 200 on 3:00 Stroke Drills	REC	
7:08 PM	2,550 Yards - Stress Value = 43		

{2 x 100 on 1:50 Backstroke	EN2
{1 x 100 on 1:45 Backstroke	EN2
{4 x 25 on :35 Back 4 KOW +1	EN2
{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 :35 Back 4 KOW +1	EN2
{2 x 100 on 1:45 Backstroke	EN2
{1 x 100 on 1:40 Backstroke	EN2
{1 x 100 on 1:35 Backstroke	EN2
1 x 200 on 3:00 Stroke Drills	REC
1 on 10:00 Techniques-Back Starts	
7:30 PM	3,300 Yards - Stress Value = 53

Workout #15237 - Tuesday, 18 February 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	W
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	
600	1x{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:00 Kick no board Alt s/b/s	EN2	
	{4 x 25 on :40 Kick no board B	EN2	
	{3 x 50 on 1:00 Kick no board Alt s/b/s	EN2	200
	{4 x 25 on :35 Kick no board B	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
2,100	1x{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	
	{6 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	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Back Starts		
7:30 PM	3,700 Yards - Stress Value = 60		

Workout #15239 - Tuesday, 18 February 2014

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	
500	1x{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:20 Kick no board Alt s/b/s	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:20 Kick no board Alt s/b/s	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,700	1x{3 x 100 on 2:05 Backstroke	EN2	
	{2 x 100 on 2:00 Backstroke	EN2	
	{1 x 100 on 1:55 Backstroke	EN2	
	{4 x 25 on :40 Back 4 KOW +1	EN2	
	{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 :40 Back 4 KOW +1	EN2	
	{1 x 100 on 1:55 Backstroke	EN2	
	{1 x 100 on 1:50 Backstroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Back Starts		
7:30 PM	3,100 Yards - Stress Value = 50		

Workout #15218 - Tuesday, 18 February 2014

HighSchl - Back

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	REC	
150	10 x 15 on :45 Shooters	SP3	
950	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	
	{1 x 50 on 1:00 Back-Good Effort	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM	1,550 Yards - Stress Value = 24		

Workout #15238 - Tuesday, 18 February 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	W
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	
550	1x{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:10 Kick no board Alt s/b/s	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:10 Kick no board Alt s/b/s	EN2	
	{2 x 25 on :45 Kick no board B	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,800	1x{3 x 100 on 1:55 Backstroke	EN2	

Workout #15232 - Tuesday, 18 February 2014

HighSchl - Breast

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
1,400	1x{2 x 200 on 3:05 Breaststroke	EN2	S	BR
	{2 x 200 on 3:00 Breaststroke	EN2	S	BR
	{2 x 200 on 2:55 Breaststroke	EN2	S	BR
	{1 x 200 on 2:50 Breaststroke	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

4:55 PM 1,600 Yards - Stress Value = 28

5:45 AM Start

Yards	Set Description	EGY	WOF
250	1 on 35:00 DS and Weights		
150	1 x 250 on 5:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
1,000	1x{1 x 350 on 5:00 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Good Effort	EN3	
	{1 x 350 on 4:55 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Good Effort	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 1,600 Yards - Stress Value = 32

Workout #15214 - Tuesday, 18 February 2014

HighSchl - Distance

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WOF
250	1 on 35:00 DS and Weights		
150	1 x 250 on 5:00 Underwater trn drill	REC	
	10 x 15 on :45 Shooters		SP3
	Your primary stroke or free		
1,000	1x{1 x 350 on 4:15 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Good Effort	EN3	
	{1 x 350 on 4:10 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Good Effort	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:04 AM 1,600 Yards - Stress Value = 32

Workout #15219 - Tuesday, 18 February 2014

HighSchl - Gold

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WOF
250	1 on 35:00 DS/Weights		
150	1 x 250 on 5:00 Underwater trn drill	REC	
	your primary stroke or free		
150	10 x 15 on :45 Shooters		SP3
950	1x{1 x 150 on 2:30 Backstroke	EN1	
	{2 x 150 on 2:25 Back #2 5 KOW	EN2	
	{3 x 150 on 2:20 Back #3 descend 50's	EN2	
	{1 x 50 on 1:00 Back-Good Effort	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 1,550 Yards - Stress Value = 26

Workout #15228 - Tuesday, 18 February 2014

HighSchl - Distance

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
1,500	1x{1 x 500 on 6:40 Free L.25 6bk	EN2	S	FR
	{1 x 500 on 6:35 Free L.50 6bk	EN2	S	FR
	{1 x 500 on 6:30 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	

4:55 PM 1,750 Yards - Stress Value = 30

Workout #15225 - Tuesday, 18 February 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
400	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 400 on 10:00 Underwater trn drill		
	10 x 15 on :45 Shooters		
800	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		
600	1 x 600 on 9:00 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		

4:19 PM 2,050 Yards - Stress Value = 34

Workout #15224 - Tuesday, 18 February 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 30:00 DS/Core/Tm Mtg			
150	1 x 400 on 10:00 Underwater trn drill			
	10 x 15 on :45 Shooters			
1,000	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			
600	1 x 600 on 9:00 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			

4:19 PM 2,250 Yards - Stress Value = 38

Workout #15229 - Tuesday, 18 February 2014

HighSchl - Gold

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
1,400	1x{1 x 500 on 7:05 Free L.25 6bk	EN2	S	FR
	{1 x 500 on 7:00 Free L.50 6bk	EN2	S	FR
	{1 x 400 on 5:30 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	

4:55 PM 1,650 Yards - Stress Value = 28

Workout #15215 - Tuesday, 18 February 2014

HighSchl - Gold

1 minute rest between sets

Workout #15233 - Tuesday, 18 February 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:20 PM	Start			
1,300	1x{2 x 200 on 3:15 Breaststroke	EN2	S	BR
	{2 x 200 on 3:10 Breaststroke	EN2	S	BR
	{2 x 200 on 3:05 Breaststroke	EN2	S	BR
	{1 x 100 on 1:30 Breaststroke	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:55 PM	1,500 Yards - Stress Value = 26			

Workout #15216 - Tuesday, 18 February 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:45 AM	Start		
	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
900	1x{1 x 350 on 5:35 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Good Effort	EN3	
	{1 x 250 on 3:50 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Good Effort	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	1,500 Yards - Stress Value = 36		

Workout #15220 - Tuesday, 18 February 2014

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	REC	
	your primary stroke or free		
150	10 x 15 on :45 Shooters	SP3	
800	1x{1 x 150 on 3:00 Backstroke	EN1	
	{2 x 150 on 2:50 Back #2 5 KOW	EN2	
	{3 x 100 on 1:50 Back #3 descend 50's	EN2	
	{1 x 50 on 1:00 Back-Good Effort	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	1,400 Yards - Stress Value = 23		

Workout #15226 - Tuesday, 18 February 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
	1 on 30:00 DS/Core/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
700	1x{1 x 200 on 4:10 Kick		
	{1 x 200 on 4:05 Kick		
	{1 x 200 on 4:00 Kick		
	{1 x 100 on 1:55 Kick		
550	1 x 550 on 9:00 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		
4:19 PM	1,900 Yards - Stress Value = 31		

Workout #15230 - Tuesday, 18 February 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:20 PM	Start			
1,250	1x{1 x 500 on 7:55 Free L.25 6bk	EN2	S	FR
	{1 x 400 on 6:15 Free L.50 6bk	EN2	S	FR
	{1 x 350 on 5:25 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	
4:55 PM	1,500 Yards - Stress Value = 25			

Workout #15234 - Tuesday, 18 February 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:20 PM	Start			
1,200	1x{2 x 200 on 3:30 Breaststroke	EN2	S	BR
	{2 x 200 on 3:25 Breaststroke	EN2	S	BR
	{2 x 200 on 3:20 Breaststroke	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:55 PM	1,400 Yards - Stress Value = 24			

Workout #15217 - Tuesday, 18 February 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:45 AM	Start		
	1 on 35:00 DS and Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
850	1x{1 x 350 on 6:05 Freestyle	EN2	
	{3 x 50 on 1:00 Free-Good Effort	EN3	
	{1 x 350 on 6:00 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	1,450 Yards - Stress Value = 29		

Workout #15221 - Tuesday, 18 February 2014

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	REC	
	your primary stroke or free		
150	10 x 15 on :45 Shooters	SP3	
650	1x{1 x 100 on 2:15 Backstroke	EN1	
	{2 x 100 on 2:10 Back #2 5 KOW	EN2	
	{3 x 100 on 2:05 Back #3 descend 50's	EN2	
	{1 x 50 on 1:00 Back-Good Effort	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:03 AM	1,250 Yards - Stress Value = 18		

Workout #15222 - Tuesday, 18 February 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 30:00 DS/Core/Tm Mtg
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
950	1x{1 x 100 on 2:15 Kick {1 x 100 on 2:45 Kick {2 x 100 on 2:15 Kick {1 x 100 on 2:45 Kick {3 x 100 on 2:15 Kick {1 x 100 on 2:45 Kick {1 x 50 on 1:05 Kick
150	3x{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 2:15 Individual Medley {4 x 25 on :40 VS-fast parts fly {2 x 100 on 2:15 Individual Medley {4 x 25 on :40 VS-fast parts back {2 x 100 on 2:15 Individual Medley {4 x 25 on :40 VS-fast parts breast
50	2 x 25 on 2:00 Starts
200	1 x 200 on 3:00 Stroke Drills 1 on 5:00 locker room/change 1 on 10:00 Meet w/coaches in LR 1 on 7:00 March out/Kickboard Cheer 1 on 59:59 Meet Starts
6:45 PM	3,000 Yards - Stress Value = 48

Workout #15223 - Tuesday, 18 February 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 30:00 DS/Core/Tm Mtg
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
950	1x{1 x 100 on 2:15 Kick {1 x 100 on 2:45 Kick {2 x 100 on 2:15 Kick {1 x 100 on 2:45 Kick {3 x 100 on 2:15 Kick {1 x 100 on 2:45 Kick {1 x 50 on 1:05 Kick
150	3x{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 2:15 Individual Medley {4 x 25 on :40 VS-fast parts fly {2 x 100 on 2:15 Individual Medley {4 x 25 on :40 VS-fast parts back {2 x 100 on 2:15 Individual Medley {4 x 25 on :40 VS-fast parts breast
50	2 x 25 on 2:00 Starts
200	1 x 200 on 3:00 Stroke Drills 1 on 5:00 locker room/change 1 on 10:00 Meet w/coaches in LR 1 on 7:00 March out/Kickboard Cheer 1 on 59:59 Meet Starts
6:45 PM	3,000 Yards - Stress Value = 48

Workout #15227 - Tuesday, 18 February 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
400	1 on 30:00 DS/Core/Tm Mtg
400	1 x 400 on 10:00 Underwater trn drill

150	10 x 15 on :45 Shooters
650	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 50 on 1:05 Kick
500	1 x 500 on 9:00 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
4:19 PM	1,800 Yards - Stress Value = 29

Workout #15231 - Tuesday, 18 February 2014

HighSchl - Bronze

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
1,100	1x{1 x 400 on 7:10 Free L.25 6bk EN2 {1 x 400 on 7:05 Free L.50 6bk EN2 {1 x 300 on 5:15 Free L.75 6bk EN2		S	FR
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
4:55 PM	1,350 Yards - Stress Value = 22			M

Workout #15235 - Tuesday, 18 February 2014

HighSchl - Bronze

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
1,000	1x{2 x 200 on 4:00 Breaststroke EN2 {2 x 200 on 3:55 Breaststroke EN2 {1 x 200 on 3:50 Breaststroke EN2		S	BR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
4:54 PM	1,200 Yards - Stress Value = 20			M

Workout #15247 - Wednesday, 19 February 2014

Group 3 - Fly

1 minute rest between sets

4:30 PM Start

Yards	Set Description
600	1 on 10:00 Dynamic Stretch 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
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
250	1 x 250 on 4:00 Stroke Drills
6:30 PM	5,900 Yards - Stress Value = 100

Workout #15248 - Wednesday, 19 February 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
4:30 PM	Start
=====	=====
	1 on 10:00 Dynamic Stretch
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
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
250	1 x 250 on 4:00 Stroke Drills
6:31 PM	5,600 Yards - Stress Value = 93

{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
6 x 50 on 1:15 Stroke Drills	REC
7:30 PM	2,350 Yards - Stress Value = 34

Workout #15256 - Wednesday, 19 February 2014

Group 2 - CON Taper-B

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
=====	=====	===	===
	1 on 30:00 DS/Abs/Tm Mtg		
250	1 x 250 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
250	5 x 50 on 2:00 Butterfly	EN2	
150	1 x 150 on 4:30 Stroke Drills	REC	
100	1 x 100 on 3:00 Kick for time	EN2	
500	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	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:01 PM	1,600 Yards - Stress Value = 23		

Workout #15249 - Wednesday, 19 February 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
4:30 PM	Start
=====	=====
	1 on 10:00 Dynamic Stretch
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
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
250	1 x 250 on 4:00 Stroke Drills
6:29 PM	4,900 Yards - Stress Value = 80

Workout #15255 - Wednesday, 19 February 2014

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		
250	1 x 250 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
250	5 x 50 on 2:00 Butterfly	EN2	
200	1 x 200 on 4:30 Stroke Drills	REC	
100	1 x 100 on 3:00 Kick for time	EN2	
500	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	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:00 PM	1,650 Yards - Stress Value = 23		

Workout #15254 - Wednesday, 19 February 2014

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	
500	10 x 50 on 2:00 Butterfly	EN2	
150	1 x 150 on 4:30 Stroke Drills	REC	
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	

Workout #15250 - Wednesday, 19 February 2014

7:30 PM 2,750 Yards - Stress Value = 39

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
500	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
500	10 x 15 on :45 Shooters	SP3	
300	10 x 50 on 2:00 Butterfly	EN2	
100	1 x 300 on 4:30 Stroke Drills	REC	
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	
300	6 x 50 on 1:15 Stroke Drills	REC	
7:30 AM	3,100 Yards - Stress Value = 43		

Workout #15253 - Wednesday, 19 February 2014

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	
500	10 x 15 on :45 Shooters	SP3	
150	10 x 50 on 2:00 Butterfly	EN2	
100	1 x 150 on 4:30 Stroke Drills	REC	
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	
300	6 x 50 on 1:15 Stroke Drills	REC	
7:30 PM	2,600 Yards - Stress Value = 38		

Workout #15251 - Wednesday, 19 February 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
500	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
500	10 x 15 on :45 Shooters	SP3	
250	10 x 50 on 2:00 Butterfly	EN2	
100	1 x 250 on 4:30 Stroke Drills	REC	
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	
300	6 x 50 on 1:15 Stroke Drills	REC	
7:30 PM	2,950 Yards - Stress Value = 41		

Workout #15246 - Wednesday, 19 February 2014

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
3:00 PM	Start			
400	1 on 15:00 Dynamic Stretch		L	I
150	1 x 400 on 8:00 Freestyle Drill	REC	D	
300	10 x 15 on :45 Shooters	SP3	S	C
300	3 x 100 on 2:15 Kick	EN1	K	C
400	1 on 10:00 Techniques-RelayStarts		D	
400	8 x 50 on 1:00 Down drill-back build	EN1	S	S
300	3 x 100 on 1:45 Free-descend	EN1	S	
250	2 x 25 on 2:00 OTB-Walk backs	EN2	S	C
250	1 x 250 on 4:00 Stroke Drills	REC	D	
1 on 10:00	Ice/Tm Mtg		M	
4:26 PM	1,850 Yards - Stress Value = 17			

Workout #15252 - Wednesday, 19 February 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
450	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 450 on 10:00 Swim-kick-pull-swim	REC	
500	10 x 15 on :45 Shooters	SP3	
200	10 x 50 on 2:00 Butterfly	EN2	
100	1 x 200 on 4:30 Stroke Drills	REC	
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	
300	6 x 50 on 1:15 Stroke Drills	REC	

Workout #15258 - Thursday, 20 February 2014

Group 3 - Distance

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 10:00 Dynamic Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
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
250	1 x 250 on 5:00 Stroke Drills
4:40 PM	5,500 Yards - Stress Value = 85

Workout #15259 - Thursday, 20 February 2014

Group 3 - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 10:00 Dynamic Stretch
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
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
250	1 x 250 on 5:00 Stroke Drills
4:40 PM	4,900 Yards - Stress Value = 75

Workout #15260 - Thursday, 20 February 2014

Group 3 - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
550	1 on 10:00 Dynamic Stretch
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
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
 250 1 x 250 on 5:00 Stroke Drills
 4:40 PM 4,450 Yards - Stress Value = 68

Workout #15261 - Thursday, 20 February 2014

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
500	1 on 30:00 DS/Physio Ball Abs/Tm Mtg	F
	1 x 500 on 10:00 Underwater trn drill	F
	Odd 100's free even 100's back	
150	1 on 10:00 Techniques-Stanford turn drills	E
	10 x 15 on :45 Shooters	E
	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	F
	{1 x 250 on 8:00 Free Drill	F
	{1 x 250 on 8:00 Free Drill	F
150	6 x 25 on :45 Perfect Freestyle	F
75	5 x 15 on :45 Spinners	E
300	6 x 50 on 2:00 Free 25 great technique	E
	25-100% Straight arm	
200	1 x 200 on 3:00 Stroke Drills	F
7:30 PM	2,275 Yards - Stress Value = 12	

Workout #15257 - Thursday, 20 February 2014

HighSchl - Recovery/Technique Day

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WORK	STK	PAC
1,075	1 on 10:00 Dynamic Stretch			L DRY	
	{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 30:00 Touch up shave				
7:05 AM	1,075 Yards - Stress Value = 3				

Workout #15264 - Friday, 21 February 2014

Group 3 - IM'ers

1 minute rest between sets

4:30 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
 1,600 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 :55 Kick-descend in 3's
 {4 x 25 on :30 Kick no board BSLR
 {6 x 50 on :50 Kick-descend in 3's
 {4 x 25 on :30 Kick no board BSLR
 {6 x 50 on :45 Kick-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
 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
 500 10 x 50 on 1:00 Stroke Drills
 6:29 PM 6,050 Yards - Stress Value = 100

Workout #15265 - Friday, 21 February 2014

Group 3 - Gold

1 minute rest between sets

4:30 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
 1,400 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
 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
 500 10 x 50 on 1:00 Stroke Drills
 6:31 PM 5,650 Yards - Stress Value = 92

Workout #15266 - Friday, 21 February 2014

Group 3 - Silver

1 minute rest between sets

4:30 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 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

{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
 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
 500 10 x 50 on 1:00 Stroke Drills
 6:32 PM 5,125 Yards - Stress Value = 82

Workout #15271 - Friday, 21 February 2014

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK S
 =====
 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
 200 1 x 200 on 3:00 Stroke Drills REC D
 6:31 PM 1,500 Yards - Stress Value = 24

Workout #15267 - Friday, 21 February 2014

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK S
 =====
 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
 1,500 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
 6:30 PM 2,250 Yards - Stress Value = 36

Workout #15268 - Friday, 21 February 2014

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	=====	=====	=====
	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 #15269 - Friday, 21 February 2014

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	=====	=====	=====
	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 #15270 - Friday, 21 February 2014

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	=====	=====	=====
	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 #15262 - Friday, 21 February 2014

HighSchl - All

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 6:00 Dynamic Stretch
1,000	1 x 1000 on 15:00 Choice-mix of swim, kick no k
	drill, and non free
	1 on 6:00 Static Stretch

1 on 8:00 Ice
7:05 AM 1,000 Yards

Workout #15263 - Friday, 21 February 2014

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 10:00 Dynamic Stretch		
600	1 x 600 on 12:00 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 Prsrcptns-nothing hard		
	no starts		
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		
500	1 x 500 on 10:00 Stroke Drills		
	every 3rd 25 closed fist		
	1 on 17:00 Ice/Tm Mtg		
	4:45 PM 2,600 Yards - Stress Value = 13		

Workout #15276 - Saturday, 22 February 2014

Group 2 - Copper

1 minute rest between sets

7:00 AM 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	
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	
	9:00 AM 3,050 Yards - Stress Value = 70		

Workout #15277 - Saturday, 22 February 2014

Group 2 - CON Taper-G

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
250	1 x 250 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
600	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	
150	6 x 25 on :45 Stroke Drills	REC	
850	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	
	{2 x 50 on 1:00 Pull 100%	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
	8:30 AM 2,200 Yards - Stress Value = 45		

Workout #15278 - Saturday, 22 February 2014

Group 2 - CON Taper-S

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
250	1 x 250 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
550	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	
	{2 x 25 on :45 Tombstone Kicking	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
750	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	
200	1 x 200 on 3:00 Stroke Drills	REC	
	8:30 AM 2,050 Yards - Stress Value = 38		

Workout #15279 - Saturday, 22 February 2014

Group 2 - CON Taper-S

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Abs/Tm Mtg		
250	1 x 250 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
550	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	
	{2 x 25 on :45 Tombstone Kicking	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
750	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	
200	1 x 200 on 3:00 Stroke Drills	REC	
	8:30 AM 2,050 Yards - Stress Value = 38		

Workout #15272 - Saturday, 22 February 2014

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	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	
1,400	1x{4 x 25 on :45 Tombstone Kicking	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	
	9:00 AM 4,150 Yards - Stress Value = 99		

Workout #15273 - Saturday, 22 February 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	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	
	{4 x 50 on 1:00 Pull-100%	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
	9:00 AM 4,000 Yards - Stress Value = 94		

Workout #15274 - Saturday, 22 February 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	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	
9:00 AM	3,700 Yards - Stress Value = 83		

Workout #15275 - Saturday, 22 February 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	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	
9:00 AM	3,500 Yards - Stress Value = 78		

Workout #15287 - Monday, 24 February 2014

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
=====	=====	=====	=====
	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		
3,125	1x{1 x 125 on 2:00 Freestyle		
	{2 x 250 on 2:55 Freestyle		
	{1 x 125 on 2:00 Freestyle		
	{2 x 250 on 2:50 Freestyle		
	{1 x 125 on 2:00 Freestyle		
	{2 x 250 on 2:45 Freestyle		
	{1 x 125 on 2:00 Freestyle		
	{2 x 250 on 2:40 Freestyle		
	{1 x 125 on 2:00 Freestyle		
	{2 x 250 on 2:35 Freestyle		
500	10 x 50 on 1:00 Stroke Drills		
5:59 PM	7,375 Yards - Stress Value = 146		

Workout #15288 - Monday, 24 February 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 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		
1,350	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		
2,625	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		
	{2 x 250 on 3:15 Freestyle		
	{1 x 125 on 2:15 Freestyle		
	{2 x 250 on 3:10 Freestyle		
	{1 x 125 on 2:15 Freestyle		
500	10 x 50 on 1:00 Stroke Drills		
5:59 PM	6,475 Yards - Stress Value = 125		

Workout #15289 - Monday, 24 February 2014

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		L I
150	1 x 550 on 10:00 Swim-kick-pull-swim	150	6 x 25 on :45 Stroke Drills
1,150	10 x 15 on :45 Shooters	900	1x{1 x 100 on 2:45 Backstroke
	1x{4 x 25 on :40 Kick no board BSLR-12 KOW		{4 x 25 on :45 Back-descend
	{3 x 100 on 1:55 Kick		{2 x 100 on 2:40 Backstroke
	{4 x 25 on :40 Kick no board BSLR-12 KOW		{4 x 25 on :45 Backstroke-descend
	{3 x 100 on 2:00 Kick		{3 x 100 on 2:35 Backstroke
	{4 x 25 on :40 Kick no board BSLR-12 KOW		{4 x 25 on :45 Backstroke-descend
	{2 x 100 on 2:05 Kick		1 on 10:00 Game
	{2 x 25 on :40 Kick no board BS-12 KOW		7:29 PM 2,400 Yards - Stress Value = 41
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		
2,225	1x{1 x 125 on 2:30 Freestyle		
	{2 x 200 on 3:15 Freestyle		
	{1 x 125 on 2:30 Freestyle		
	{2 x 200 on 3:10 Freestyle		
	{1 x 125 on 2:30 Freestyle		
	{2 x 200 on 3:05 Freestyle		
	{1 x 125 on 2:30 Freestyle		
	{2 x 200 on 3:00 Freestyle		
	{1 x 125 on 2:30 Freestyle		
500	10 x 50 on 1:00 Stroke Drills		
	5:59 PM 5,675 Yards - Stress Value = 112		

Workout #15290 - Monday, 24 February 2014

Group 2 - Back

1 minute rest between sets

5:30 PM 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
	{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
150	6 x 25 on :45 Stroke Drills	REC	D
1,550	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		
	7:30 PM 3,550 Yards - Stress Value = 61		

Workout #15294 - Monday, 24 February 2014

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 Balls/Tm Mtg		L I
150	1 x 350 on 10:00 Choice	REC	S C
850	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
	{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
	6 x 25 on :45 Stroke Drills	REC	D
	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		
	7:29 PM 2,400 Yards - Stress Value = 41		

Workout #15297 - Monday, 24 February 2014

Group 2 - CON Taper-B

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK S
400	1 on 30:00 DS/Physio Balls/Tm Mtg		L I
150	1 x 400 on 10:00 Choice	REC	S C
500	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 2:30 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
	7:02 PM 2,150 Yards - Stress Value = 32		

Workout #15295 - Monday, 24 February 2014

Group 2 - CON Taper-G

1 minute rest between sets

5:30 PM 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
500	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
	{4 x 25 on :45 Kick no board B	EN2	K F
100	4 x 25 on :45 Stroke Drills	REC	D
1,100	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
	{6 x 25 on :30 Backstroke-descend	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	7:02 PM 2,550 Yards - Stress Value = 38		

Workout #15296 - Monday, 24 February 2014

Group 2 - CON Taper-S

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
450	1 on 30:00 DS/Physio Balls/Tm Mtg	REC	S	C
150	1 x 450 on 10:00 Choice	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	
7:02 PM	2,350 Yards - Stress Value = 35			

{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		
7:29 PM	3,025 Yards - Stress Value = 51	

Workout #15293 - Monday, 24 February 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	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			
7:30 PM	2,850 Yards - Stress Value = 49			

Workout #15282 - Monday, 24 February 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:16 PM	Start			
1,400	1x{2 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		
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
4:48 PM	1,650 Yards - Stress Value = 28			

Workout #15292 - Monday, 24 February 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	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	

Workout #15284 - Monday, 24 February 2014

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:16 PM	Start			
1,000	1x{2 x 150 on 2:05 Butterfly	EN2	P	FLY
	{6 x 25 on :40 Fly 9m under	EN3	S	FLY
	{4 x 100 on 1:20 Butterfly	EN2	S	FR
	{6 x 25 on :40 Fly 6m under	EN3	S	FLY
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
4:49 PM	1,250 Yards - Stress Value = 32			

Workout #15280 - Monday, 24 February 2014

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
800	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:30 Kick
	{2 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 1:20 Kick
250	1x{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
	4:15 PM 1,800 Yards - Stress Value = 24

900	1x{2 x 150 on 2:20 Butterfly	EN2	P FLY
	{6 x 25 on :40 Fly 9m under	EN3	S FLY
	{3 x 100 on 1:25 Butterfly	EN2	S FR
	{6 x 25 on :40 Fly 6m under	EN3	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 = 30		

Workout #15286 - Monday, 24 February 2014

HighSchl - Silver

1 minute rest between sets

4:16 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
800	1x{2 x 150 on 2:35 Butterfly	EN2	P FLY	
	{6 x 25 on :45 Fly 9m under	EN3	S FLY	
	{2 x 100 on 1:40 Butterfly	EN2	S FR	
	{6 x 25 on :45 Fly 6m under	EN3	S FLY	
250	1 x 250 on 4:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	
	4:49 PM 1,050 Yards - Stress Value = 28			

Workout #15308 - Tuesday, 25 February 2014

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
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 #15283 - Monday, 24 February 2014

HighSchl - Gold

1 minute rest between sets

4:16 PM Start

Yards	Set Description	EGY
=====	=====	=====
1,200	1x{1 x 150 on 1:55 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
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	4:48 PM 1,450 Yards - Stress Value = 24	

Workout #15285 - Monday, 24 February 2014

HighSchl - Gold

1 minute rest between sets

4:16 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====

Workout #15309 - Tuesday, 25 February 2014

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 #15310 - Tuesday, 25 February 2014

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 #15311 - Tuesday, 25 February 2014

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 30:00 DS/Core/Tm Mtg
 250 1 x 250 on 5:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 600 1x{1 x 150 on 3:00 Kick L.50 100% EN2
 { 1 x 150 on 2:55 Kick L.50 100% EN2
 { 1 x 150 on 2:50 Kick L.50 100% EN2
 { 1 x 150 on 2:45 Kick L.50 100% EN2
 100 4 x 25 on 1:00 Stroke Drills REC
 900 1x{2 x 125 on 2:25 Breast L.25 100% EN2
 { 2 x 25 on :45 Stroke Drills REC

{ all 25 drills should be fast
 { 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
 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Techniques-Starts
 7:06 PM 2,200 Yards - Stress Value = 33

Workout #15315 - Tuesday, 25 February 2014

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 30:00 DS/Core/Tm Mtg
 250 1 x 250 on 5:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 300 1x{1 x 75 on 3:00 Kick L.50 100% EN2
 { 1 x 75 on 2:55 Kick L.50 100% EN2
 { 1 x 75 on 2:50 Kick L.50 100% EN2
 { 1 x 75 on 2:45 Kick L.50 100% EN2
 100 4 x 25 on 1:00 Stroke Drills REC
 600 1x{2 x 75 on 2:25 Breast L.25 100% EN2
 { 2 x 25 on :45 Stroke Drills REC
 { all 25 drills should be fast
 { 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
 7:06 PM 1,600 Yards - Stress Value = 23

Workout #15312 - Tuesday, 25 February 2014

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
 250 1 x 250 on 5:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 600 1x{1 x 150 on 3:00 Kick L.50 100% EN2
 { 1 x 150 on 2:55 Kick L.50 100% EN2
 { 1 x 150 on 2:50 Kick L.50 100% EN2
 { 1 x 150 on 2:45 Kick L.50 100% EN2
 100 4 x 25 on 1:00 Stroke Drills REC
 800 1x{2 x 125 on 2:25 Breast L.25 100% EN2
 { 2 x 25 on :45 Stroke Drills REC
 { all 25 drills should be fast
 { 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
 7:06 PM 2,100 Yards - Stress Value = 31

Workout #15313 - Tuesday, 25 February 2014

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
250	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
500	1x{1 x 125 on 3:00 Kick L.50 100%	EN2	
	{1 x 125 on 2:55 Kick L.50 100%	EN2	
	{1 x 125 on 2:50 Kick L.50 100%	EN2	
	{1 x 125 on 2:45 Kick L.50 100%	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
750	1x{2 x 100 on 2:25 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	REC	
	{ all 25 drills should be fast		
	{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		

7:06 PM 1,950 Yards - Stress Value = 26

Workout #15314 - Tuesday, 25 February 2014

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
250	1 on 30:00 DS/Core/Tm Mtg		
150	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
400	1x{1 x 100 on 3:00 Kick L.50 100%	EN2	
	{1 x 100 on 2:55 Kick L.50 100%	EN2	
	{1 x 100 on 2:50 Kick L.50 100%	EN2	
	{1 x 100 on 2:45 Kick L.50 100%	EN2	
100	4 x 25 on 1:00 Stroke Drills	REC	
650	1x{2 x 100 on 2:25 Breast L.25 100%	EN2	
	{2 x 25 on :45 Stroke Drills	REC	
	{ all 25 drills should be fast		
	{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		

7:06 PM 1,750 Yards - Stress Value = 24

Workout #15300 - Tuesday, 25 February 2014

HighSchl - Back

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WOF
400	1 on 35:00 DS/Weights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
700	2x{1 x 100 on 1:20 Back L.25 14 KOW	EN2	
	{1 x 100 on 1:15 Back L.25 13 KOW	EN2	
	{1 x 100 on 1:10 Back L.25 12 KOW	EN2	
	{1 x 50 on 1:30 Stroke Drills	REC	
150	1 x 150 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:00 AM 1,250 Yards - Stress Value = 18

Workout #15306 - Tuesday, 25 February 2014

HighSchl - Breast

1 minute rest between sets

4:11 PM Start

Yards	Set Description	EGY	WOF
1,200	1x{2 x 50 on 1:00 Breast under/overs	EN2	S
	{2 x 100 on 1:15 25 breast 75 free	EN1	S C
	{2 x 50 on 1:00 Breast under/overs	EN3	S
	{2 x 100 on 1:15 50 breast 50 free	EN2	S C
	{2 x 50 on 1:00 Breast under/overs	EN3	S
	{2 x 100 on 1:15 75 Breast 25 free	EN2	S C
	{2 x 50 on 1:00 Breast under/overs	EN3	S
	{2 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

4:45 PM 1,450 Yards - Stress Value = 34

Workout #15298 - Tuesday, 25 February 2014

HighSchl - Distance

1 minute rest between sets

5:45 AM Start

Yards	Set Description	EGY	WOF
250	1 on 35:00 DS/Weights		
150	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
650	1x{4 x 25 on :30 2 breaths each	EN1	
	{1 x 150 on 1:55 Pulls-no br on 7 L.50	EN2	
	{2 x 25 on :30 2 breaths each	EN2	
	{1 x 150 on 1:50 Pulls-no br on 7 L.75	EN2	
	{2 x 25 on :30 2 breaths each	EN1	
	{1 x 150 on 1:45 Pulls-no br on 7 L.100	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

6:59 AM 1,250 Yards - Stress Value = 17

Workout #15304 - Tuesday, 25 February 2014

HighSchl - Distance

1 minute rest between sets

4:11 PM Start

Yards	Set Description	EGY	WOF
1,400	1x{1 x 500 on 6:15 Free L.25 of each 100	6bk	EN
	{1 x 400 on 4:55 Free L.25 of each 100	6bk	EN
	{1 x 300 on 3:40 Free L.25 of each 100	6bk	EN
	{1 x 200 on 2:25 Free L.25 of each 100	6bk	EN
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

4:44 PM 1,650 Yards - Stress Value = 28

Workout #15302 - Tuesday, 25 February 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
400	1 on 25:00 DS/Core		
150	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1x{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		
600	1 x 600 on 7:30 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		

4:10 PM 2,050 Yards - Stress Value = 34

Workout #15299 - Tuesday, 25 February 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY W
5:45 AM Start		
=====	=====	=====
	1 on 35:00 DS/Weights	
250	1 x 250 on 5:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
650	1x{4 x 25 on :30 2 breaths each	EN1
	{1 x 150 on 2:05 Pulls-no br on 7 L.50	EN2
	{2 x 25 on :30 2 breaths each	EN2
	{1 x 150 on 2:00 Pulls-no br on 7 L.75	EN2
	{2 x 25 on :30 2 breaths each	EN1
	{1 x 150 on 1:55 Pulls-no br on 7 L.100	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
6:59 AM	1,250 Yards - Stress Value = 17	

Workout #15307 - Tuesday, 25 February 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY WORK S
4:11 PM Start		
=====	=====	=====
1,050	1x{2 x 50 on 1:10 Breast under/overs	EN2 S
	{2 x 100 on 1:25 25 breast 75 free	EN1 S C
	{2 x 50 on 1:10 Breast under/overs	EN3 S
	{2 x 100 on 1:25 50 breast 50 free	EN2 S C
	{2 x 50 on 1:10 Breast under/overs	EN3 S
	{2 x 100 on 1:25 75 Breast 25 free	EN2 S C
	{1 x 50 on 1:10 Breast under/overs	EN3 S
	{1 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
4:45 PM	1,300 Yards - Stress Value = 29	

Workout #15301 - Tuesday, 25 February 2014

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	REC
150	10 x 15 on :45 Shooters	SP3
700	2x{1 x 100 on 1:30 Back L.25 14 KOW	EN2
	{1 x 100 on 1:25 Back L.25 13 KOW	EN2
	{1 x 100 on 1:20 Back L.25 12 KOW	EN2
	{1 x 50 on 1:30 Stroke Drills	REC
150	1 x 150 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:01 AM	1,250 Yards - Stress Value = 18	

Workout #15326 - Wednesday, 26 February 2014

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
1,900	10 x 15 on :45 Shooters
	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 #15303 - Tuesday, 25 February 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
3:00 PM Start	
=====	=====
	1 on 25:00 DS/Core
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	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
550	1 x 550 on 7:30 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
4:10 PM	1,900 Yards - Stress Value = 31

Workout #15305 - Tuesday, 25 February 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY
4:11 PM Start		
=====	=====	=====
1,300	1x{1 x 500 on 6:55 Free L.25 of each 100 6bk	EN
	{1 x 400 on 5:20 Free L.25 of each 100 6bk	EN
	{1 x 300 on 3:55 Free L.25 of each 100 6bk	EN
	{1 x 100 on 1:15 Free L.25 of each 100 6bk	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
4:44 PM	1,550 Yards - Stress Value = 26	

Workout #15329 - Wednesday, 26 February 2014

Group 3 - Divisionals

1 minute rest between sets

3:30 PM 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-12 KOW
 {2 x 75 on 1:30 Kick #1-100%
 {4 x 25 on :35 Kick no board BSLR-14 KOW
 {2 x 75 on 1:30 Kick #2-100%
 {4 x 25 on :35 Kick no board BSLR-16 KOW
 {2 x 75 on 1:30 Kick #3 100%
 600 1x{1 x 200 on 3:00 Lungbuster pulls
 {1 x 200 on 3:05 Lungbuster pulls
 {1 x 200 on 3:10 Lungbuster pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 850 1x{1 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
 250 1 x 250 on 4:00 Stroke Drills
 5:10 PM 3,100 Yards - Stress Value = 50

Workout #15327 - Wednesday, 26 February 2014

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 #15328 - Wednesday, 26 February 2014

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
 300 6 x 50 on 1:00 Stroke Drills
 6:01 PM 5,750 Yards - Stress Value = 99

Workout #15334 - Wednesday, 26 February 2014

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
 300 1 x 300 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
 400 1x{1 x 100 on 3:15 Kick EN2
 {1 x 100 on 2:30 Pulls EN2
 {1 x 100 on 3:10 Kick EN2
 {1 x 100 on 2:35 Pulls EN2
 150 6 x 25 on :45 Stroke Drills REC
 250 5 x 50 on 2:00 Freestyle SP1
 250 1 x 250 on 5:00 Stroke Drills REC
 1 on 10:00 Techniques-Starts
 7:09 PM 1,600 Yards - Stress Value = 36

Workout #15330 - Wednesday, 26 February 2014

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
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	
800	1x{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:15 Pulls	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:20 Pulls	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:25 Pulls	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
250	5 x 50 on 2:00 Freestyle	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
7:10 PM 2,100 Yards - Stress Value = 44			

Workout #15331 - Wednesday, 26 February 2014

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
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	
700	1x{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 1:25 Pulls	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:30 Pulls	EN2	
	{1 x 100 on 1:55 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
250	5 x 50 on 2:00 Freestyle	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
7:10 PM 2,000 Yards - Stress Value = 42			

Workout #15332 - Wednesday, 26 February 2014

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
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	
650	1x{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 1:40 Pulls	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{2 x 100 on 1:45 Pulls	EN2	
	{1 x 50 on 1:00 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
250	5 x 50 on 2:00 Freestyle	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-starts		
7:10 PM 1,950 Yards - Stress Value = 41			

Workout #15333 - Wednesday, 26 February 2014

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		
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	
500	1x{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 2:00 Pulls	EN2	
	{2 x 100 on 2:40 Kick	EN2	
	{1 x 100 on 2:05 Pulls	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
250	5 x 50 on 2:00 Freestyle	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-starts		
7:10 PM 1,750 Yards - Stress Value = 38			

Workout #15318 - Wednesday, 26 February 2014

HighSchl - Breast

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DSWeights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	Your primary stroke or free		
800	1x{2 x 125 on 1:50 100 Breast 25 free	EN2	
	{1 x 50 on :40 Breast	EN2	
	{2 x 100 on 1:30 25 back 75 breast	EN2	
	{1 x 50 on :40 Breast	EN2	
	{2 x 75 on 1:05 50 Breast 25 free	EN2	
	{2 x 50 on :40 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:46 AM 1,400 Yards - Stress Value = 22			

Workout #15316 - Wednesday, 26 February 2014

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DSWeights			L W
250	1 x 250 on 5:00 Underwater trn drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S S
	Your primary stroke or free			
900	3 x 300 on 3:45 Freestyle	EN2		S
	#1 3 KOW +1 up to 7-repeat			
	#2 Alt btb/bts by 100			
	#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
6:46 AM 1,500 Yards - Stress Value = 24				

Workout #15322 - Wednesday, 26 February 2014

HighSchl - Distance

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WORK	STK
1,350	1x{3 x 200 on 2:40 Freestyle	EN2		S FR
	{3 x 150 on 2:00 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
4:44 PM 1,600 Yards - Stress Value = 27				

Workout #15324 - Wednesday, 26 February 2014

HighSchl - IM'ers

1 minute rest between sets

4:10 PM Start

Yards	Set Description
1,000	1x{1 x 150 on 2:15 Individual Medley no free 4 x 25 on :30 Variable Speed-free 1 x 150 on 2:15 Individual Medley no breast 4 x 25 on :30 Variable Speed-breast 1 x 150 on 2:15 Individual Medley-no back 4 x 25 on :30 Variable Speed back 1 x 150 on 2:15 Individual Medley 4 x 25 on :30 Variable Speed -fly
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
4:42 PM 1,250 Yards - Stress Value = 19	

Workout #15320 - Wednesday, 26 February 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
400	1 on 25:00 DS/Abs 1 x 400 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
650	1x{2 x 100 on 1:40 Kick 4 x 25 on :30 Kick no board BSLR 2 x 125 on 2:05 Kick 4 x 25 on :30 Kick no board BSLR 12
500	1x{1 x 200 on 2:40 Lungbuster pulls 1 x 150 on 2:00 Lungbuster pulls 1 x 100 on 1:20 Lungbuster pulls 1 x 50 on :40 Lungbuster pulls Br 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
4:09 PM 1,800 Yards - Stress Value = 27	

Workout #15317 - Wednesday, 26 February 2014

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
250	1 on 35:00 DSWeights		L	W
250	1 x 250 on 5:00 Underwater trn drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S
Your primary stroke or free				
825	3 x 275 on 3:45 Freestyle	EN2		S
#1 3 KOW +1 up to 7-repeat				
#2 Alt btb/bts by 100				
#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				
6:46 AM 1,425 Yards - Stress Value = 22				

Workout #15319 - Wednesday, 26 February 2014

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
250	1 on 35:00 DSWeights		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
Your primary stroke or free			
750	1x{2 x 125 on 2:05 100 Breast 25 free	EN2	
1 x 50 on :45 Breast			
EN2			

{1 x 100 on 1:35 25 back 75 breast	EN2
{2 x 50 on :45 Breast	EN2
{2 x 75 on 1:15 50 Breast 25 free	EN2
{2 x 50 on :45 Breast	EN2
200 1 x 200 on 3:00 Stroke Drills	REC
1 on 10:00 Ice	
6:46 AM 1,350 Yards - Stress Value = 21	

Workout #15321 - Wednesday, 26 February 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
400	1 on 25:00 DS/Abs/Tm Mtg 1 x 400 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
550	1x{2 x 100 on 1:50 Kick 4 x 25 on :35 Kick no board BSLR 13 KOW 3 x 50 on :55 Kick 4 x 25 on :35 Kick no board BSLR 12 KOW
450	1x{1 x 200 on 3:00 Lungbuster pulls 1 x 150 on 2:15 Lungbuster pulls 1 x 100 on 1:30 Lungbuster pulls Br 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
4:09 PM 1,650 Yards - Stress Value = 24	

Workout #15323 - Wednesday, 26 February 2014

HighSchl - Gold

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WORK	STK
1,200	1x{3 x 200 on 3:00 Freestyle 3 x 150 on 2:15 Freestyle 3 x 50 on :45 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				
4:44 PM 1,450 Yards - Stress Value = 24				

Workout #15325 - Wednesday, 26 February 2014

HighSchl - Gold

1 minute rest between sets

4:10 PM Start

Yards	Set Description
1,000	1x{1 x 150 on 2:30 Individual Medley no free 4 x 25 on :30 Variable Speed-free 1 x 150 on 2:30 Individual Medley no breast 4 x 25 on :30 Variable Speed-breast 1 x 150 on 2:30 Individual Medley-no back 4 x 25 on :30 Variable Speed back 1 x 150 on 2:30 Individual Medley 4 x 25 on :30 Variable Speed -fly
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
4:43 PM 1,250 Yards - Stress Value = 19	

Workout #15335 - Thursday, 27 February 2014

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
 900 1 x 900 on 12:00 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{8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,850 Yards - Stress Value = 92

Workout #15336 - Thursday, 27 February 2014

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
 1,600 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
 {2 x 50 on :50 Kick
 850 1 x 850 on 12:00 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{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 only do 4 on 9th round
 250 1 x 250 on 5:00 Stroke Drills
 6:02 PM 5,450 Yards - Stress Value = 84

Workout #15337 - Thursday, 27 February 2014

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
 750 1 x 750 on 12:00 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{8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 only do 4 on 8th round
 250 1 x 250 on 5:00 Stroke Drills
 6:03 PM 4,900 Yards - Stress Value = 76

Workout #15338 - Thursday, 27 February 2014

Group 3 - Taper-Gold

1 minute rest between sets

3:30 PM 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
 700 1x{2 x 50 on :50 Kick
 {1 x 100 on 2:10 Kick 2 weakest kicks
 {2 x 50 on :50 Kick
 {1 x 100 on 2:05 Kick 2 weakest kicks
 {2 x 50 on :50 Kick
 {1 x 100 on 2:00 Kick 2 weakest kicks
 {2 x 50 on :50 Kick
 400 1 x 400 on 5:40 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
 1,000 5x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 5:00 Stroke Drills
 5:16 PM 3,000 Yards - Stress Value = 44

Workout #15339 - Thursday, 27 February 2014

Group 3 - Taper-Silver

1 minute rest between sets

3:30 PM 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
 600 1x{2 x 50 on 1:00 Kick
 {1 x 100 on 2:20 Kick 2 weakest kicks
 {2 x 50 on 1:00 Kick
 {1 x 100 on 2:15 Kick 2 weakest kicks
 {2 x 50 on 1:00 Kick
 {1 x 100 on 2:05 Kick 2 weakest kicks
 750 1 x 750 on 12:00 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
 800 4x{8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 5:00 Stroke Drills
 5:20 PM 3,050 Yards - Stress Value = 42

Workout #15340 - Thursday, 27 February 2014

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
 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

{8 x 25 on :30 Kick no board BSLRx2
 { 13 KOW
 {2 x 75 on 1:10 Kick
 {12 x 25 on :30 Kick no board BSLRx3
 { 14 KOW
 1,250 1x{1 x 250 on 3:20 Pulls-no br L.12 yds
 {1 x 250 on 3:15 Pulls-no br L.14 yds
 {1 x 250 on 3:10 Pulls-no br L.16 yds
 {1 x 250 on 3:05 Pulls-no br L.18 yds
 {1 x 250 on 3:00 Pulls-no br L.20 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 Free-descend in 3's
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 6,900 Yards - Stress Value = 110

Workout #15345 - Monday, 03 March 2014

Group 3 - Divisionals

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Physio Ball Shoulders
 150 1 x 400 on 10:00 Swim-kick-pull-swim
 750 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :30 Kick no board BSLR
 { 10 KOW
 {2 x 75 on 1:10 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 { 11 KOW
 {2 x 75 on 1:10 Kick
 {8 x 25 on :30 Kick no board BSLRx2
 { 12 KOW
 500 1x{1 x 250 on 3:05 Pulls-no br L.18 yds
 {1 x 250 on 3:00 Pulls-no br L.20 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 9 x 150 on 2:00 Free-descend in 3's
 400 8 x 50 on 1:00 Stroke Drills
 5:14 PM 3,650 Yards - Stress Value = 58

Workout #15341 - Friday, 28 February 2014

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Teds Abs
 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 2,800 1x{1 x 100 on 1:25 Individual Medley
 {6 x 75 on 1:10 Fly-25L 25R 25 B
 {2 x 100 on 1:20 Individual Medley
 {6 x 75 on 1:10 Back 25L 25R 25B
 {3 x 100 on 1:15 Individual Medley
 {6 x 75 on 1:15 Brst 25FlK 25FrK 25Rk
 {4 x 100 on 1:10 Individual Medley
 {6 x 75 on 1:05 Fr 25sclsdfst25catchup25reg
 100 1 x 100 on 1:30 Freestyle
 1,500 1x{2 x 200 on 2:40 Pulls-nbbf&w + 2 yds
 {2 x 175 on 2:20 Pulls-nbbf&w + 2 yds
 {2 x 150 on 2:00 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:40 Pulls-nbbf&w + 2 yds
 {2 x 100 on 1:20 Pulls-nbbf&w + 2 yds
 2,100 1x{6 x 25 on :30 Kick no board B
 {1 x 200 on 3:00 Kick
 {6 x 25 on :30 Kick no board S
 {2 x 175 on 2:40 Kick
 {6 x 25 on :30 Kick no board L
 {3 x 150 on 2:15 Kick
 {6 x 25 on :30 Kick no board R
 {4 x 125 on 1:50 Kick
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 7,500 Yards - Stress Value = 119

Workout #15342 - Monday, 03 March 2014

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Ball Shoulders
 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
 { 10 KOW
 {2 x 75 on 1:10 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 { 11 KOW
 {2 x 75 on 1:10 Kick
 { 12 KOW
 {2 x 75 on 1:10 Kick
 {10 x 25 on :30 Kick no board BSLRx2BS

Workout #15343 - Monday, 03 March 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Ball Shoulders
 150 1 x 600 on 10:00 Swim-kick-pull-swim
 1,550 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR
 { 10 KOW
 { 2 x 75 on 1:20 Kick
 { 6 x 25 on :30 Kick no board BSLRBS
 { 11 KOW
 { 2 x 75 on 1:20 Kick
 { 8 x 25 on :30 Kick no board BSLRx2
 { 12 KOW
 { 2 x 75 on 1:20 Kick
 { 10 x 25 on :30 Kick no board BSLRx2BS
 { 13 KOW
 { 2 x 75 on 1:20 Kick
 { 10 x 25 on :30 Kick no board BSLRx3
 { 14 KOW
 1,150 1x{1 x 250 on 3:35 Pulls-no br L.12 yds
 { 1 x 250 on 3:30 Pulls-no br L.14 yds
 { 1 x 250 on 3:25 Pulls-no br L.16 yds
 { 1 x 250 on 3:20 Pulls-no br L.18 yds
 { 1 x 150 on 1:55 Pulls-no br L.20 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 2:10 Free-descend in 3's
 400 8 x 50 on 1:00 Stroke Drills
 5:59 PM 6,450 Yards - Stress Value = 101

Workout #15346 - Monday, 03 March 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Physio Ball Shoulders
 150 1 x 400 on 10:00 Swim-kick-pull-swim
 700 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR
 { 10 KOW
 { 2 x 75 on 1:20 Kick
 { 6 x 25 on :30 Kick no board BSLRBS
 { 11 KOW
 { 2 x 50 on :55 Kick
 { 8 x 25 on :30 Kick no board BSLRx2
 { 12 KOW
 450 1x{1 x 225 on 3:05 Pulls-no br L.18 yds
 { 1 x 225 on 3:00 Pulls-no br L.20 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 9 x 150 on 2:10 Free-descend in 3's
 300 6 x 50 on 1:00 Stroke Drills
 5:14 PM 3,450 Yards - Stress Value = 55

Workout #15344 - Monday, 03 March 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Physio Ball Shoulders
 150 1 x 550 on 10:00 Swim-kick-pull-swim
 1,350 10 x 15 on :45 Shooters
 1x{4 x 25 on :35 Kick no board BSLR
 { 10 KOW
 { 2 x 75 on 1:30 Kick
 { 6 x 25 on :35 Kick no board BSLRBS

{ 11 KOW
 { 2 x 75 on 1:30 Kick
 { 8 x 25 on :35 Kick no board BSLRx2
 { 12 KOW
 { 2 x 75 on 1:30 Kick
 { 10 x 25 on :35 Kick no board BSLRx2BS
 { 13 KOW
 { 2 x 75 on 1:30 Kick
 { 2 x 25 on :35 Kick no board BS
 { 14 KOW
 1,000 1x{1 x 250 on 3:55 Pulls-no br L.12 yds
 { 1 x 250 on 3:50 Pulls-no br L.14 yds
 { 1 x 250 on 3:45 Pulls-no br L.16 yds
 { 1 x 250 on 3:40 Pulls-no br L.18 yds
 200 4x{1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,250 15 x 150 on 2:25 Free-descend in 3's
 400 8 x 50 on 1:00 Stroke Drills
 6:01 PM 5,900 Yards - Stress Value = 91

Workout #15347 - Monday, 03 March 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 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
 { 10 KOW
 { 2 x 75 on 1:30 Kick
 { 6 x 25 on :35 Kick no board BSLRBS
 { 11 KOW
 { 2 x 50 on 1:00 Kick
 { 4 x 25 on :35 Kick no board BSLRx2
 { 12 KOW
 400 1x{1 x 200 on 3:05 Pulls-no br L.18 yds
 { 1 x 200 on 3:00 Pulls-no br L.20 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 8 x 150 on 2:25 Free-descend in 3's
 300 6 x 50 on 1:00 Stroke Drills
 5:14 PM 3,150 Yards - Stress Value = 50

Workout #15348 - Monday, 03 March 2014

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	
400	1 x 400 on 10:00 Choice	RE
150	10 x 15 on :45 Shooters	SE
400	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 100 on 2:00 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{1 x 100 on 1:55 Kick alt 25 fly 25 choice	EN
100	4 x 25 on 1:00 Fly Drills	RE
1,150	1x{1 x 100 on 1:35 2 strokes fly off walls	EN
	{1 x 100 on 1:30 2 strokes fly off walls	EN
	{1 x 100 on 1:25 2 strokes fly off walls	EN
	{2 x 25 on :30 Fly lupldown +1	EN
	{1 x 50 on 1:00 Freestyle	RE
	{1 x 100 on 1:30 3 strokes fly off walls	EN
	{1 x 100 on 1:25 3 strokes fly off walls	EN
	{1 x 100 on 1:20 3 strokes fly off walls	EN
	{2 x 25 on :30 Fly lupldown+1	EN
	{1 x 50 on 1:00 Freestyle	RE
	{1 x 100 on 1:25 4 strokes fly off walls	EN
	{1 x 100 on 1:20 4 strokes fly off walls	EN
	{1 x 100 on 1:15 4 strokes fly off walls	EN
	{2 x 25 on :30 Fly lupldown+1	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	6:53 PM 2,400 Yards - Stress Value = 35	

Workout #15349 - Monday, 03 March 2014

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	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SE
350	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 100 on 2:10 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{1 x 50 on 1:05 Kick alt 25 fly 25 choice	EN
100	4 x 25 on 1:00 Fly Drills	RE
1,050	1x{1 x 100 on 1:45 2 strokes fly off walls	EN
	{1 x 100 on 1:40 2 strokes fly off walls	EN
	{1 x 100 on 1:35 2 strokes fly off walls	EN
	{2 x 25 on :35 Fly lupldown +1	EN
	{1 x 50 on 1:00 Freestyle	RE
	{1 x 100 on 1:40 3 strokes fly off walls	EN
	{1 x 100 on 1:35 3 strokes fly off walls	EN
	{1 x 100 on 1:30 3 strokes fly off walls	EN
	{2 x 25 on :35 Fly lupldown+1	EN
	{1 x 50 on 1:00 Freestyle	RE
	{1 x 100 on 1:35 4 strokes fly off walls	EN
	{1 x 100 on 1:30 4 strokes fly off walls	EN
	{1 x 50 on :45 4 strokes fly off walls	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	6:53 PM 2,250 Yards - Stress Value = 32	

Workout #15350 - Monday, 03 March 2014

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	
350	1 x 350 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SE
350	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 100 on 2:20 Kick alt 25 fly 25 choice	EN

	{4 x 25 on :45 Kick no board S	EN
	{1 x 50 on 1:10 Kick alt 25 fly 25 choice	EN
100	4 x 25 on 1:00 Fly Drills	RE
850	1x{1 x 100 on 2:00 2 strokes fly off walls	EN
	{1 x 100 on 1:55 2 strokes fly off walls	EN
	{1 x 100 on 1:50 2 strokes fly off walls	EN
	{2 x 25 on :40 Fly lupldown +1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{1 x 100 on 1:55 3 strokes fly off walls	EN
	{1 x 100 on 1:50 3 strokes fly off walls	EN
	{1 x 100 on 1:45 3 strokes fly off walls	EN
	{2 x 25 on :40 Fly lupldown+1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{1 x 50 on :55 4 strokes fly off walls	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	6:53 PM 2,000 Yards - Stress Value = 28	

Workout #15351 - Monday, 03 March 2014

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	
300	1 x 300 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SE
350	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 100 on 2:50 Kick alt 25 fly 25 choice	EN
	{2 x 25 on :45 Kick no board S	EN
	{1 x 100 on 2:15 Kick alt 25 fly 25 choice	EN
100	4 x 25 on 1:00 Fly Drills	RE
750	1x{1 x 100 on 2:15 2 strokes fly off walls	EN
	{1 x 100 on 2:10 2 strokes fly off walls	EN
	{1 x 100 on 2:05 2 strokes fly off walls	EN
	{2 x 25 on :45 Fly lupldown +1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{1 x 100 on 2:10 3 strokes fly off walls	EN
	{1 x 100 on 2:05 3 strokes fly off walls	EN
	{1 x 50 on 1:00 3 strokes fly off walls	EN
	{4 x 25 on :45 Fly lupldown+1	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	6:53 PM 1,850 Yards - Stress Value = 27	

Workout #15352 - Tuesday, 04 March 2014

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 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 2:35 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
 6:00 PM 6,440 Yards - Stress Value = 130

Workout #15356 - Tuesday, 04 March 2014

Group 3 - Divisionals

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
 500 1 x 500 on 10:00 Kick as far as you can
 500 1 x 500 on 6:45 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
 1,600 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
 250 1 x 250 on 4:00 Stroke Drills
 5:08 PM 3,500 Yards - Stress Value = 77

Workout #15353 - Tuesday, 04 March 2014

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 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
 6:01 PM 6,240 Yards - Stress Value = 126

Workout #15357 - Tuesday, 04 March 2014

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
 500 1 x 500 on 10:00 Kick as far as you can
 500 1 x 500 on 6:45 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 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
 {1 x 50 on 1:00 Back 11 KOW
 250 1 x 250 on 4:00 Stroke Drills
 5:08 PM 3,350 Yards - Stress Value = 68

Workout #15354 - Tuesday, 04 March 2014

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 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
 6:01 PM 5,990 Yards - Stress Value = 122

Workout #15358 - Tuesday, 04 March 2014

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
 500 1 x 500 on 10:00 Kick as far as you can
 450 1 x 450 on 6:45 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
 1,400 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
 250 1 x 250 on 4:00 Stroke Drills
 5:08 PM 3,250 Yards - Stress Value = 64

Workout #15355 - Tuesday, 04 March 2014

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 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
 6:00 PM 5,590 Yards - Stress Value = 105

Workout #15359 - Tuesday, 04 March 2014

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
 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 1:00 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
 100 4 x 25 on 1:00 Drill 1 on each stroke EN1
 800 1x{2 x 25 on :30 odds free evens fly EN1
 {1 x 100 on 1:30 Individual Medley EN2
 {2 x 25 on :30 odds free evens back EN1
 {1 x 100 on 1:30 Individual Medley EN2
 {2 x 25 on :30 odds free evens brst EN1
 {1 x 100 on 1:30 Individual Medley EN2
 {2 x 25 on :30 odds free evens fly EN2
 {1 x 100 on 1:30 Individual Medley EN2
 {2 x 25 on :30 odds free evens back EN2
 {1 x 100 on 1:30 Individual Medley EN2
 {2 x 25 on :30 odds free evens brst EN2
 200 1 x 200 on 4:00 Stroke Drills REC
 1 on 10:00 Techniques-Starts
 7:07 PM 2,250 Yards - Stress Value = 32

Workout #15360 - Tuesday, 04 March 2014

Group 2 - Gold

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 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
 100 4 x 25 on 1:00 Drill 1 on each stroke EN1
 750 1x{2 x 25 on :30 odds free evens fly EN1
 {1 x 100 on 1:40 Individual Medley EN2
 {2 x 25 on :30 odds free evens back EN1
 {1 x 100 on 1:40 Individual Medley EN2
 {2 x 25 on :30 odds free evens brst EN1
 {1 x 100 on 1:40 Individual Medley EN2
 {2 x 25 on :30 odds free evens fly EN2
 {1 x 100 on 1:40 Individual Medley EN2
 {2 x 25 on :30 odds free evens back EN2
 {1 x 100 on 1:40 Individual Medley EN2
 200 1 x 200 on 4:00 Stroke Drills REC
 1 on 10:00 Techniques-Starts
 7:07 PM 2,200 Yards - Stress Value = 31

Workout #15361 - Tuesday, 04 March 2014

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
 350 1 x 350 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 500 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
 {2 x 50 on 1:10 Kick IM order by 25 EN2
 100 4 x 25 on 1:00 Drill 1 on each stroke EN1
 650 1x{2 x 25 on :35 odds free evens fly EN1
 {1 x 100 on 1:50 Individual Medley EN2
 {2 x 25 on :35 odds free evens back EN1
 {1 x 100 on 1:50 Individual Medley EN2
 {2 x 25 on :35 odds free evens brst EN1
 {1 x 100 on 1:50 Individual Medley EN2
 {2 x 25 on :35 odds free evens fly EN2
 {1 x 100 on 1:50 Individual Medley EN2
 {2 x 25 on :35 odds free evens back EN2
 200 1 x 200 on 4:00 Stroke Drills REC
 1 on 10:00 Techniques-Starts
 7:07 PM 1,950 Yards - Stress Value = 27

Workout #15362 - Tuesday, 04 March 2014

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
 300 1 x 300 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 450 1x{4 x 50 on 1:20 Kick IM order Fly fast EN2
 {4 x 50 on 1:20 Kick IM order back fast EN2
 {1 x 50 on 1:20 Kick breast fast EN2
 100 4 x 25 on 1:00 Drill 1 on each stroke EN1
 550 1x{2 x 25 on :40 odds free evens fly EN1
 {1 x 100 on 2:10 Individual Medley EN2
 {2 x 25 on :40 odds free evens back EN1
 {1 x 100 on 2:10 Individual Medley EN2
 {2 x 25 on :40 odds free evens brst EN1
 {1 x 100 on 2:10 Individual Medley EN2
 {2 x 25 on :40 odds free evens fly EN2
 {2 x 25 on :40 odds free evens back EN2
 200 1 x 200 on 4:00 Stroke Drills REC
 1 on 10:00 Techniques-Starts
 7:07 PM 1,750 Yards - Stress Value = 24

Workout #15363 - Wednesday, 05 March 2014

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
 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
 6:01 PM 6,950 Yards - Stress Value = 120

Workout #15364 - Wednesday, 05 March 2014

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
 1,700 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
 6:01 PM 6,450 Yards - Stress Value = 110

Workout #15368 - Wednesday, 05 March 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM 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 :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
 550 1x{1 x 150 on 2:20 Lungbuster pulls
 {1 x 150 on 2:15 Lungbuster pulls
 {1 x 150 on 2:10 Lungbuster pulls
 {1 x 100 on 1:25 Lungbuster pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 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
 {2 x 100 on 1:35 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:11 PM 3,450 Yards - Stress Value = 57

{4 x 75 on 1:35 Kick
 {4 x 25 on :40 Kick no board BSLR-12
 {2 x 75 on 1:30 Kick
 550 1x{1 x 150 on 2:35 Lungbuster pulls
 {1 x 150 on 2:30 Lungbuster pulls
 {1 x 150 on 2:25 Lungbuster pulls
 {1 x 100 on 1:35 Lungbuster pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 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
 {1 x 100 on 1:45 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:12 PM 3,150 Yards - Stress Value = 52

Workout #15366 - Wednesday, 05 March 2014

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
 1,150 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
 6:01 PM 5,000 Yards - Stress Value = 83

Workout #15365 - Wednesday, 05 March 2014

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
 1,400 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
 6:01 PM 5,750 Yards - Stress Value = 97

Workout #15369 - Wednesday, 05 March 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM 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 :40 Kick no board BSLR

Workout #15367 - Wednesday, 05 March 2014

Group 3 - Divisionals

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:30 PM Start			
300	1 on 30:00 DS/Abs		I
400	1 x 400 on 10:00 Free L.25 of each 100 Non F	REC	S
150	10 x 15 on :45 Shooters	SP3	S
900	1x{4 x 25 on :30 Kick no board BSLR	EN2	F
	{4 x 75 on 1:10 Kick	EN2	F
	{4 x 25 on :30 Kick no board BSLR-12	EN2	F
	{4 x 75 on 1:05 Kick	EN2	F
	{4 x 25 on :30 Kick no board BSLR-14	EN2	F
600	1x{1 x 150 on 2:10 Lungbuster pulls	REC	I
	{1 x 150 on 2:05 Lungbuster pulls	REC	I
	{1 x 150 on 2:00 Lungbuster pulls	SP1	S
	{1 x 150 on 1:55 Lungbuster pulls	REC	I
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 2:15 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		
250	1 x 250 on 4:00 Stroke Drills	REC	I
5:11 PM 3,700 Yards - Stress Value = 62			

Workout #15370 - Wednesday, 05 March 2014

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 PM Start			
300	1 on 30:00 DS/Abs/Tm Mtg		I
150	1 x 300 on 5:00 Swim-kick-pull-swim	REC	S
50	10 x 15 on :45 Shooters	SP3	S
900	1x{4 x 25 on 2:00 Kick for time	EN2	F
	{3 x 100 on 2:00 Kick	EN2	F
	{4 x 25 on :45 Kick no board BSLR	EN2	F
	{3 x 100 on 1:55 Kick	EN2	F
	{4 x 25 on :45 Kick no board BSLR	EN2	F
150	6 x 25 on :45 Stroke Drills	REC	I
200	4 x 50 on 2:00 Breaststroke	SP1	S
250	1 x 250 on 5:00 Stroke Drills	REC	I
7:00 PM 2,000 Yards - Stress Value = 41			

Workout #15371 - Wednesday, 05 March 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 PM Start			
300	1 on 30:00 DS/Abs/Tm Mtg		I
150	1 x 300 on 5:00 Swim-kick-pull-swim	REC	S
50	10 x 15 on :45 Shooters	SP3	S
850	1x{4 x 25 on 2:00 Kick for time	EN2	F
	{3 x 100 on 2:10 Kick	EN2	F
	{4 x 25 on :45 Kick no board BSLR	EN2	F
	{3 x 100 on 2:05 Kick	EN2	F
	{2 x 25 on :45 Kick no board BSLR	EN2	F
150	6 x 25 on :45 Stroke Drills	REC	I
200	4 x 50 on 2:00 Breaststroke	SP1	S
250	1 x 250 on 5:00 Stroke Drills	REC	I
7:00 PM 1,950 Yards - Stress Value = 40			

Workout #15372 - Wednesday, 05 March 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 PM Start			
300	1 on 30:00 DS/Abs/Tm Mtg		I
150	1 x 300 on 5:00 Swim-kick-pull-swim	REC	S
50	10 x 15 on :45 Shooters	SP3	S
850	1x{4 x 25 on 2:00 Kick for time	EN2	F
	{3 x 100 on 2:20 Kick	EN2	F
	{4 x 25 on :45 Kick no board BSLR	EN2	F
	{3 x 100 on 2:15 Kick	EN2	F
	{1 x 50 on 1:00 KICK	EN2	F
150	6 x 25 on :45 Stroke Drills	REC	I
200	4 x 50 on 2:00 Breaststroke	SP1	S
250	1 x 250 on 5:00 Stroke Drills	REC	I
7:00 PM 1,950 Yards - Stress Value = 40			

Workout #15373 - Wednesday, 05 March 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 PM Start			
300	1 on 30:00 DS/Abs/Tm Mtg		I
150	1 x 300 on 5:00 Swim-kick-pull-swim	REC	S
50	10 x 15 on :45 Shooters	SP3	S
800	1x{4 x 25 on 2:00 Kick for time	EN2	F
	{3 x 100 on 2:30 Kick	EN2	F
	{4 x 25 on :45 Kick no board BSLR	EN2	F
	{3 x 100 on 2:25 Kick	EN2	F
150	6 x 25 on :45 Stroke Drills	REC	I
200	4 x 50 on 2:00 Breaststroke	SP1	S
250	1 x 250 on 5:00 Stroke Drills	REC	I
7:00 PM 1,900 Yards - Stress Value = 39			

Workout #15381 - Thursday, 06 March 2014

Group 3 - Divisionals

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:30 PM Start			
400	1 on 30:00 DS/Physio Ball Abs		L
150	1 x 400 on 10:00 Choice	REC	S
300	10 x 15 on :45 Shooters	SP3	S
500	3 x 100 on 2:15 Kick	EN1	K
300	10 x 50 on 1:00 Down Drill back build	EN1	S
300	12 x 25 on :45 Variable Speed	EN1	S
50	2 x 25 on 2:00 Walk backs	EN1	S
400	1 x 400 on 6:00 Stroke Drills	REC	D
5:00 PM 2,100 Yards - Stress Value = 17			

Workout #15372 - Wednesday, 05 March 2014

Group 2 - Silver

1 minute rest between sets

Workout #15374 - Thursday, 06 March 2014

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Ball Abs 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 #15375 - Thursday, 06 March 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Ball Abs 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 #15376 - Thursday, 06 March 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Physio Ball Abs 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 #15377 - Thursday, 06 March 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Physio Ball Abs
 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

{2 x 25 on :30 Sprint kick
 {2 x 50 on :50 Kick #2
 {2 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
 400 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
 800 2 x 400 on 5:15 Pulll-alt breakouts
 250 1 x 250 on 4:00 Stroke Drills
 5:10 PM 3,300 Yards - Stress Value = 54

Workout #15379 - Thursday, 06 March 2014

Taper 1 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Physio Ball Abs
 1 x 400 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 1:40 Butterfly
 {1 x 100 on 1:35 Butterfly
 {1 x 100 on 1:30 Butterfly
 {1 x 50 on :40 Butterfly
 700 1x{2 x 25 on :35 Sprint kick
 {2 x 100 on 1:55 Kick #2
 {2 x 25 on :35 Sprint kick
 {2 x 100 on 2:05 Kick #3
 {2 x 25 on :35 Sprint kick
 {2 x 50 on 1:00 Kick #2
 {2 x 25 on :35 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 1:35 Butterfly
 {1 x 100 on 1:30 Butterfly
 {1 x 100 on 1:25 Butterfly
 {1 x 50 on :40 Butterfly
 750 2 x 375 on 5:15 Pulll-alt breakouts
 250 1 x 250 on 4:00 Stroke Drills
 5:10 PM 3,050 Yards - Stress Value = 49

1 on 30:00 DS/Physio Ball Abs
 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 10 x 15 on :45 Shooters
 1x{1 x 100 on 1:40 Butterfly
 {1 x 100 on 1:35 Butterfly
 {1 x 100 on 1:30 Butterfly
 {1 x 50 on :40 Butterfly
 1x{2 x 25 on :35 Sprint kick
 {2 x 100 on 1:55 Kick #2
 {2 x 25 on :35 Sprint kick
 {2 x 100 on 2:05 Kick #3
 {2 x 25 on :35 Sprint kick
 {2 x 50 on 1:00 Kick #2
 {2 x 25 on :35 Sprint kick
 2x{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 1:35 Butterfly
 {1 x 100 on 1:30 Butterfly
 {1 x 100 on 1:25 Butterfly
 {1 x 50 on :40 Butterfly
 2 x 375 on 5:15 Pulll-alt breakouts
 1 x 250 on 4:00 Stroke Drills
 5:10 PM 3,050 Yards - Stress Value = 49

Workout #15382 - Thursday, 06 March 2014

Group 2 - Divisionals

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 DS/Shoulers/Tm Mtg
 400 1 x 400 on 10:00 Choice REC
 250 1 x 250 on 15:00 Techniques-TN Turn drills REC
 150 10 x 15 on :45 Shooters SP3
 300 3 x 100 on 2:15 Kick EN1
 400 8 x 50 on 1:00 Down Drill back build EN1
 200 8 x 25 on :45 Variable Speed EN1
 50 2 x 25 on 2:00 Walk backs EN1
 200 1 x 200 on 3:00 Stroke Drills REC
 7:08 PM 1,950 Yards - Stress Value = 15

Workout #15378 - Thursday, 06 March 2014

Taper 1 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Physio Ball Abs
 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 400 1x{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
 800 1x{2 x 25 on :30 Sprint kick
 {2 x 100 on 1:45 Kick #2
 {2 x 25 on :30 Sprint kick
 {2 x 100 on 2:00 Kick #3

Workout #15380 - Thursday, 06 March 2014

Taper 1 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Physio Ball Abs
 1 x 550 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 1:55 Butterfly
 {1 x 100 on 1:50 Butterfly
 {1 x 100 on 1:45 Butterfly
 600 1x{2 x 25 on :40 Sprint kick
 {1 x 100 on 2:10 Kick #2
 {2 x 25 on :40 Sprint kick
 {1 x 100 on 2:20 Kick #3
 {4 x 25 on :40 Sprint kick
 {1 x 50 on 1:05 Kick #2
 {4 x 25 on :35 Sprint kick
 {1 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 1:55 Butterfly
 {1 x 100 on 1:50 Butterfly
 {1 x 100 on 1:45 Butterfly
 650 2 x 325 on 5:15 Pull-alt breakouts
 250 1 x 250 on 4:00 Stroke Drills
 5:10 PM 2,900 Yards - Stress Value = 43

Workout #15387 - Friday, 07 March 2014

Group 3 - Divisionals

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 30:00 DS/Physio Ball Abs L
 400 1 x 400 on 10:00 Choice REC S
 150 10 x 15 on :45 Shooters SP3 S
 300 3 x 100 on 2:15 Kick EN1 K
 500 10 x 50 on 1:00 Down Drill back build EN1 S
 300 12 x 25 on :45 Variable Speed EN1 S
 50 2 x 25 on 2:00 Walk backs EN1 S
 400 1 x 400 on 6:00 Stroke Drills REC D
 5:00 PM 2,100 Yards - Stress Value = 17

Workout #15383 - Friday, 07 March 2014

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 600 1 x 600 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
 2,400 1x{4 x 100 on 1:14 Individual Medley
 {4 x 50 on 1:00 Fly-100%
 {4 x 100 on 1:13 Individual Medley
 {4 x 50 on 1:00 Back-100%
 {4 x 100 on 1:12 Individual Medley
 {4 x 50 on 1:00 Breast-100%
 {4 x 100 on 1:11 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 #15384 - Friday, 07 March 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 600 1 x 600 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
 2,250 1x{4 x 100 on 1:22 Individual Medley
 {4 x 50 on 1:00 Fly-100%
 {4 x 100 on 1:21 Individual Medley
 {4 x 50 on 1:00 Back-100%
 {4 x 100 on 1:20 Individual Medley
 {4 x 50 on 1:00 Breast-100%
 {3 x 100 on 1:19 Individual Medley
 {3 x 50 on 1:00 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 3,430 Yards - Stress Value = 85

Workout #15385 - Friday, 07 March 2014

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
 2,100 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
 {3 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
 5:00 PM 3,230 Yards - Stress Value = 80

Workout #15386 - Friday, 07 March 2014

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 after
 { every line you don't make = 5 pushups
 { ex. made it to lane 4 underwater=20 pushups
 { made it to lane 3-you missed 5 lanes=25 pus
 150 10 x 15 on :45 Shooters
 1,750 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
 { 2 x 50 on 1:10 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 2,830 Yards - Stress Value = 67

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
 6:00 PM 6,700 Yards - Stress Value = 159

Workout #15388 - Monday, 10 March 2014

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
 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
 6:00 PM 7,150 Yards - Stress Value = 172

Workout #15390 - Monday, 10 March 2014

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
 1,500 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
 6:01 PM 6,050 Yards - Stress Value = 141

Workout #15389 - Monday, 10 March 2014

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

Workout #15391 - Monday, 10 March 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM 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	
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	
	6:00 PM 5,400 Yards - Stress Value = 121	

	{2 x 25 on :45 Fly-Great effort	EN2
	{1 x 175 on 3:00 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great Effort	EN3
	{1 x 150 on 2:30 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great effort	EN3
	{1 x 50 on :50 3 strokes fly off walls	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 9:00 Techniques-Starts	
	7:00 PM 2,175 Yards - Stress Value = 39	

Workout #15397 - Monday, 10 March 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
	1 on 25:00 DS/Core/Tm Mtg	
250	1 x 250 on 5:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
400	1 x 400 on 8:00 Vertical Kicking	EN2
250	1 x 250 on 4:30 Lungbuster pulls	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
675	1x{1 x 200 on 3:50 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great effort	EN2
	{1 x 175 on 3:20 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great Effort	EN3
	{1 x 150 on 2:50 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great effort	EN3
	{1 x 250 on 5:00 Stroke Drills	REC
	1 on 9:00 Techniques-Starts	
	7:00 PM 2,075 Yards - Stress Value = 37	

Workout #15392 - Monday, 10 March 2014

Taper 1 - Distance

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM Start		
	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 2:30 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	
	{1 x 150 on 2:20 Kick	
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	
	{1 x 150 on 1:50 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	
250	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	
250	1 x 250 on 4:00 Stroke Drills	
	5:15 PM 4,050 Yards - Stress Value = 90	

Workout #15396 - Monday, 10 March 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
	1 on 25:00 DS/Core/Tm Mtg	
250	1 x 250 on 5:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
400	1 x 400 on 8:00 Vertical Kicking	EN2
300	1 x 300 on 4:30 Lungbuster pulls	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
725	1x{1 x 200 on 3:30 3 strokes fly off walls	EN2

Workout #15393 - Monday, 10 March 2014

Taper 1 - Gold

1 minute rest between sets

3:30 PM 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
 850 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 100 on 1:45 Kick
 800 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
 {6 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
 1,300 1x{1 x 250 on 3:20 Freestyle
 {6 x 50 on :45 Freestyle
 {1 x 250 on 3:20 Freestyle
 {5 x 50 on :50 Freestyle
 {1 x 250 on 3:20 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,850 Yards - Stress Value = 84

Workout #15394 - Monday, 10 March 2014

Taper 1 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 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
 700 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
 {2 x 25 on :35 Kick no board BS
 700 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
 {2 x 25 on :35 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
 1,200 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 200 on 2:45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,450 Yards - Stress Value = 75

Workout #15398 - Tuesday, 11 March 2014

Group 3 - Back

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
 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
 250 1 x 250 on 4:00 Stroke Drills
 5:07 PM 3,900 Yards - Stress Value = 53

Workout #15399 - Tuesday, 11 March 2014

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
 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
 250 1 x 250 on 4:00 Stroke Drills
 5:06 PM 3,625 Yards - Stress Value = 48

Workout #15400 - Tuesday, 11 March 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM 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
 250 1 x 250 on 4:00 Stroke Drills
 5:07 PM 3,375 Yards - Stress Value = 45

Workout #15401 - Tuesday, 11 March 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM 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
500	1 x 500 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
900	1x{3 x 100 on 2:05 Backstroke
	{4 x 25 on :45 Back Drill
	{3 x 100 on 2:00 Backstroke
	{4 x 25 on :45 Back Drill
	{1 x 100 on 1:55 Backstroke
250	1 x 250 on 4:00 Stroke Drills
5:07 PM 3,000 Yards - Stress Value = 40	

{1 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2
{1 x 125 on 2:05 Backstroke 5KOLW	EN2
{1 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2
{1 x 100 on 1:40 Backstroke 7KOLW	EN2
{1 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2
{1 x 75 on 1:10 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	
6:55 PM 1,850 Yards - Stress Value = 27	

Workout #15404 - Tuesday, 11 March 2014

Group 2 - Silver

1 minute rest between sets

5:30 PM Start		EGY	WOF
Yards	Set Description	=====	=====
=====	=====	=====	=====
	1 on 25:00 DS/Core/Tm Mtg		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
400	1x{1 x 75 on 2:00 Kick on rt side	EN2	
	{1 x 25 on :45 Sprint kick on back	EN2	
	{1 x 75 on 1:55 Kick on left side	EN2	
	{1 x 25 on :45 Sprnt kick on back	EN2	
	{1 x 75 on 1:50 Kick on rt side	EN2	
	{1 x 25 on :45 Sprint kick on back	EN2	
	{1 x 75 on 1:45 Kick on left side	EN2	
	{1 x 25 on :45 Sprint kick on back	EN2	
	{1 x 75 on 1:45 Kick on left side	EN2	
	{1 x 25 on :45 Sprint kick on back	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
575	1x{1 x 150 on 3:00 Backstroke 3KOLW	EN2	
	{1 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
	{1 x 125 on 2:25 Backstroke 5KOLW	EN2	
	{1 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
	{1 x 100 on 1:55 Backstroke 7KOLW	EN2	
	{1 x 50 on 1:15 12.5 BT 12.5 6ks X2	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		
6:55 PM 1,725 Yards - Stress Value = 25			

Workout #15402 - Tuesday, 11 March 2014

Group 2 - Back

1 minute rest between sets

5:30 PM Start		EGY	WOF
Yards	Set Description	=====	=====
=====	=====	=====	=====
	1 on 25:00 DS/Core/Tm Mtg		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
500	1x{1 x 100 on 2:00 Kick on rt side	EN2	
	{1 x 25 on :45 Sprint kick on back	EN2	
	{1 x 100 on 1:55 Kick on left side	EN2	
	{1 x 25 on :45 Sprnt kick on back	EN2	
	{1 x 100 on 1:50 Kick on rt side	EN2	
	{1 x 25 on :45 Sprint kick on back	EN2	
	{1 x 100 on 1:45 Kick on left side	EN2	
	{1 x 25 on :45 Sprint kick on back	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
700	1x{1 x 150 on 2:20 Backstroke 3KOLW	EN2	
	{1 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
	{1 x 125 on 1:55 Backstroke 5KOLW	EN2	
	{1 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
	{1 x 100 on 1:30 Backstroke 7KOLW	EN2	
	{1 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
	{1 x 75 on 1:05 Backstroke 9KOLW	EN2	
	{1 x 50 on 1:15 12.5 BT 12.5 6ks X2	EN2	
	{1 x 50 on :40 Backstroke 11KOLW	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Relay Starts		
6:55 PM 1,950 Yards - Stress Value = 28			

Workout #15403 - Tuesday, 11 March 2014

Group 2 - Gold

1 minute rest between sets

5:30 PM Start		EGY	WOF
Yards	Set Description	=====	=====
=====	=====	=====	=====
	1 on 25:00 DS/Core/Tm Mtg		
250	1 x 250 on 5:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
450	1x{1 x 100 on 2:10 Kick on rt side	EN2	
	{1 x 25 on :45 Sprint kick on back	EN2	
	{1 x 100 on 2:10 Kick on left side	EN2	
	{1 x 25 on :45 Sprnt kick on back	EN2	
	{1 x 75 on 1:30 Kick on rt side	EN2	
	{1 x 25 on :45 Sprint kick on back	EN2	
	{1 x 75 on 1:30 Kick on left side	EN2	
	{1 x 25 on :45 Sprint kick on back	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
650	1x{1 x 150 on 2:35 Backstroke 3KOLW	EN2	

Workout #15405 - Wednesday, 12 March 2014

Group 3 - Breast

1 minute rest between sets

3:30 PM 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
 900 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 2k1p
 {2 x 125 on 1:40 Breast L.25 3X pullouts
 {3 x 50 on :50 Breast 3k1p
 {2 x 125 on 1:35 Breast L.25 3X pullouts
 {3 x 50 on :55 Breast 4k1p
 {2 x 125 on 1:30 Breast L.25 3X pullouts
 200 1 x 200 on 3:00 Stroke Drills
 5:11 PM 3,950 Yards - Stress Value = 60

3:30 PM 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
 5:11 PM 3,300 Yards - Stress Value = 49

Workout #15408 - Wednesday, 12 March 2014

Group 3 - Bronze

1 minute rest between sets

Workout #15406 - Wednesday, 12 March 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM 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
 5:11 PM 3,550 Yards - Stress Value = 53

3:30 PM 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
 5:12 PM 2,725 Yards - Stress Value = 40

Workout #15407 - Wednesday, 12 March 2014

Group 3 - Silver

1 minute rest between sets

Workout #15409 - Wednesday, 12 March 2014

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Abs/Tm Mtg
150	1 x 250 on 5:00 Swim-kick-pull-swim
100	10 x 15 on :45 Shooters
100	1 x 100 on 3:00 Kick for time-your best kick
600	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-choice
100	4 x 25 on 1:00 Stroke Drills
200	2 x 100 on 4:00 Individual Medley
250	1 x 250 on 5:00 Stroke Drills
	1 on 12:00 Techniques-Relay starts
	7:00 PM 1,650 Yards - Stress Value = 28

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
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
	5:13 PM 3,750 Yards - Stress Value = 59

Workout #15410 - Wednesday, 12 March 2014

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Abs/Tm Mtg
150	1 x 250 on 5:00 Swim-kick-pull-swim
100	10 x 15 on :45 Shooters
100	1 x 100 on 3:00 Kick for time-your best kick
550	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 50 on 1:00 Kick-choice
100	4 x 25 on 1:00 Stroke Drills 2 on each
200	2 x 100 on 4:00 Individual Medley
250	1 x 250 on 5:00 Stroke Drills
	1 on 12:00 Techniques-Relay Starts
	7:00 PM 1,600 Yards - Stress Value = 27

Workout #15413 - Thursday, 13 March 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM 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
	5:13 PM 3,350 Yards - Stress Value = 53

Workout #15411 - Wednesday, 12 March 2014

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Abs/Tm Mtg
150	1 x 250 on 5:00 Swim-kick-pull-swim
100	10 x 15 on :45 Shooters
100	1 x 100 on 3:00 Kick for time-your best kick
550	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 50 on 1:00 Kick-choice
100	4 x 25 on 1:00 Stroke Drills 2 on each
200	2 x 100 on 4:00 Individual Medley
250	1 x 250 on 5:00 Stroke Drills
	1 on 12:00 Techniques-Relay Starts
	7:00 PM 1,600 Yards - Stress Value = 27

Workout #15414 - Thursday, 13 March 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM 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
	5:13 PM 3,200 Yards - Stress Value = 50

Workout #15412 - Thursday, 13 March 2014

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Workout #15415 - Thursday, 13 March 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
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
5:14 PM	2,800 Yards - Stress Value = 42

Workout #15418 - Friday, 14 March 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 15:00 Dynamic Stretch
	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
4:59 PM	3,475 Yards - Stress Value = 59

Workout #15416 - Thursday, 13 March 2014

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
250	1 on 25:00 DS/Physio Ball Abs/Tm Mtg	REC
	1 x 250 on 5:00 Underwater trn drill	
	Odd 50's free even 50's back	
150	10 x 15 on :45 Shooters	SP3
100	4 x 25 on :45 Perfect Freestyle	REC
600	1x{1 x 200 on 6:00 Free Drill	REC
	{1 x 200 on 6:00 Free Drill	REC
	{1 x 200 on 6:00 Free Drill	REC
100	4 x 25 on :45 Perfect Freestyle	REC
150	3 x 50 on 2:15 Free 25 great technique	EN1
	25-100% Straight arm	
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Techniques-Relay Starts	
7:00 PM	1,600 Yards - Stress Value = 8	

Workout #15419 - Friday, 14 March 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 Dynamic Stretch
	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
5:09 PM	3,125 Yards - Stress Value = 52

Workout #15417 - Friday, 14 March 2014

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 15:00 Dynamic Stretch
	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
4:59 PM	3,800 Yards - Stress Value = 65

Workout #15420 - Friday, 14 March 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 15:00 Dynamic Stretch
	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
4:59 PM	2,850 Yards - Stress Value = 46

Workout #15421 - Monday, 17 March 2014

Group 3 - Distance

1 minute rest between sets

3:30 PM 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
 {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
 5:15 PM 3,700 Yards - Stress Value = 107

Workout #15422 - Monday, 17 March 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM 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
 700 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
 5:15 PM 3,600 Yards - Stress Value = 105

Workout #15423 - Monday, 17 March 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM 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
 600 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
 5:15 PM 3,200 Yards - Stress Value = 87

Workout #15424 - Monday, 17 March 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 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
 500 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
 5:15 PM 2,700 Yards - Stress Value = 69

Workout #15428 - Monday, 17 March 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM 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
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
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
	5:32 PM 3,590 Yards - Stress Value = 60

Workout #15425 - Tuesday, 18 March 2014

Group 3 - Back

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
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
	5:11 PM 3,390 Yards - Stress Value = 52

Workout #15426 - Tuesday, 18 March 2014

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
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
	5:11 PM 3,240 Yards - Stress Value = 51

Workout #15427 - Tuesday, 18 March 2014

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
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
	5:11 PM 3,140 Yards - Stress Value = 50

Workout #15429 - Wednesday, 19 March 2014

Group 3 - Breast

1 minute rest between sets

3:30 PM 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
 {3 x 100 on 1:15 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 5:09 PM 3,350 Yards - Stress Value = 55

Workout #15430 - Wednesday, 19 March 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM 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
 5:10 PM 3,200 Yards - Stress Value = 53

Workout #15431 - Wednesday, 19 March 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM 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
 5:10 PM 2,900 Yards - Stress Value = 47

Workout #15432 - Wednesday, 19 March 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM 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
 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
 5:09 PM 2,600 Yards - Stress Value = 42

Workout #15433 - Thursday, 20 March 2014

Group 3 - Fly

1 minute rest between sets

3:00 PM 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
 4:47 PM 3,750 Yards - Stress Value = 56

{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
 5:17 PM 3,200 Yards - Stress Value = 47

Workout #15436 - Thursday, 20 March 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM 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
 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
 5:17 PM 2,675 Yards - Stress Value = 39

3:30 PM 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
 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
 5:17 PM 2,675 Yards - Stress Value = 39

Workout #15434 - Thursday, 20 March 2014

Group 3 - Gold

1 minute rest between sets

3:00 PM 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
 4:47 PM 3,550 Yards - Stress Value = 53

3:30 PM 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
 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%

Workout #15435 - Thursday, 20 March 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM 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
 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%

Workout #15437 - Friday, 21 March 2014

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 10:00 Dynamic Stretch		
400	1 x 400 on 10:00 Reverse IM drill	F	
150	10 x 15 on :45 Shooters	F	
1,400	1x{1 x 100 on 1:25 Individual Medley	F	
	{2 x 75 on 1:10 Fly-25L 25R 25 B	F	
	{2 x 100 on 1:20 Individual Medley	F	
	{2 x 75 on 1:10 Back 25L 25R 25B	F	
	{3 x 100 on 1:15 Individual Medley	F	
	{2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk	F	
	{2 x 100 on 1:10 Individual Medley	F	
	{2 x 75 on 1:05 Fr 25sclsdfst25catchup25reg	F	
750	1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds	F	
	{1 x 175 on 2:20 Pulls-nbbf&w + 2 yds	F	
	{1 x 150 on 2:00 Pulls-nbbf&w + 2 yds	F	
	{1 x 125 on 1:40 Pulls-nbbf&w + 2 yds	F	
	{1 x 100 on 1:20 Pulls-nbbf&w + 2 yds	F	
800	1x{2 x 25 on :30 Kick no board B	F	
	{1 x 100 on 1:30 Kick	F	
	{2 x 25 on :30 Kick no board S	F	
	{2 x 100 on 1:30 Kick	F	
	{2 x 25 on :30 Kick no board L	F	
	{3 x 100 on 1:30 Kick	F	
	{2 x 25 on :30 Kick no board R	F	
250	1 x 250 on 4:00 Stroke Drills	F	
	4:20 PM 3,750 Yards - Stress Value = 58		

Workout #15438 - Friday, 21 March 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 10:00 Dynamic Stretch		
400	1 x 400 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{1 x 100 on 1:30 Individual Medley	EN2	
	{2 x 75 on 1:15 Fly-25L 25R 25 B	EN2	
	{2 x 100 on 1:25 Individual Medley	EN2	
	{2 x 75 on 1:15 Back 25L 25R 25B	EN2	
	{3 x 100 on 1:20 Individual Medley	EN2	
	{2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk	EN2	
	{2 x 100 on 1:15 Individual Medley	EN2	
	{2 x 50 on :50 Fr 25sclsdfst25catchup	EN2	
700	1x{1 x 200 on 2:50 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 175 on 2:30 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:05 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	
700	1x{2 x 25 on :30 Kick no board B	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{2 x 25 on :30 Kick no board S	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 25 on :30 Kick no board L	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 25 on :30 Kick no board R	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	4:20 PM 3,550 Yards - Stress Value = 54		

Workout #15439 - Friday, 21 March 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 10:00 Dynamic Stretch		
400	1 x 400 on 10:00 Reverse IM drill	REC	

150	10 x 15 on :45 Shooters	SP3
1,250	1x{1 x 100 on 1:40 Individual Medley	EN2
	{2 x 75 on 1:15 Fly-25L 25R 25 B	EN2
	{2 x 100 on 1:35 Individual Medley	EN2
	{2 x 75 on 1:15 Back 25L 25R 25B	EN2
	{3 x 100 on 1:30 Individual Medley	EN2
	{2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk	EN2
	{2 x 100 on 1:25 Individual Medley	EN2
650	1x{1 x 200 on 3:00 Pulls-nbbf&w + 2 yds	EN1
	{1 x 175 on 2:40 Pulls-nbbf&w + 2 yds	EN1
	{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds	EN1
	{1 x 125 on 1:55 Pulls-nbbf&w + 2 yds	EN1
600	1x{2 x 25 on :35 Kick no board B	EN2
	{1 x 100 on 2:00 Kick	EN2
	{2 x 25 on :35 Kick no board S	EN2
	{1 x 100 on 2:00 Kick	EN2
	{2 x 25 on :35 Kick no board L	EN2
	{2 x 100 on 2:00 Kick	EN2
	{2 x 25 on :35 Kick no board R	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	4:20 PM 3,300 Yards - Stress Value = 50	

Workout #15440 - Friday, 21 March 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 10:00 Dynamic Stretch		
400	1 x 400 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
950	1x{1 x 100 on 2:10 Individual Medley	EN2	
	{2 x 75 on 1:30 Fly-25L 25R 25 B	EN2	
	{1 x 100 on 2:05 Individual Medley	EN2	
	{2 x 75 on 1:30 Back 25L 25R 25B	EN2	
	{2 x 100 on 2:00 Individual Medley	EN2	
	{2 x 75 on 1:30 Brst 25FlK 25FrK 25Rk	EN2	
	{1 x 100 on 1:55 Individual Medley	EN2	
550	1x{1 x 200 on 3:40 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:45 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 100 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 100 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
500	1x{2 x 25 on :45 Kick no board B	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{2 x 25 on :45 Kick no board S	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{2 x 25 on :45 Kick no board L	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{2 x 25 on :45 Kick no board R	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	4:20 PM 2,800 Yards - Stress Value = 41		

Workout #15441 - Monday, 24 March 2014

Group 3 - Distance

1 minute rest between sets

3:00 PM 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
 1,200 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
 {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
 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 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
 4:36 PM 3,600 Yards - Stress Value = 46

Workout #15442 - Monday, 24 March 2014

Group 3 - Gold

1 minute rest between sets

3:00 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
 1,050 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 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
 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 500 on 7:30 Free L.25 of each 100 6BK
 {1 x 400 on 6:00 Free descend 100's
 {1 x 300 on 4:30 Free SFBO SW/3KOBHW
 {1 x 100 on 1:30 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 4:36 PM 3,450 Yards - Stress Value = 41

Workout #15443 - Monday, 24 March 2014

Group 3 - Silver

1 minute rest between sets

3:00 PM 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
 950 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 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 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
 1,200 1x{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 200 on 3:20 Free build each 50
 {1 x 100 on 1:40 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 4:36 PM 3,050 Yards - Stress Value = 38

Workout #15444 - Monday, 24 March 2014

Group 3 - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 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
 800 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
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:20 Kick
 {1 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 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{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 150 on 2:45 Free build each 50
 {1 x 100 on 1:50 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 4:36 PM 2,700 Yards - Stress Value = 35

Workout #15445 - Tuesday, 25 March 2014

Group 3 - Breast

1 minute rest between sets

3:00 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
 1,000 1x{4 x 25 on :45 Kick no board BSLR-16
 {2 x 100 on 1:20 Kick
 {4 x 25 on :40 Kick no board BSLR-15
 {2 x 100 on 1:25 Kick
 {4 x 25 on :35 Kick no board BSLR-14
 {2 x 100 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR-13
 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 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
 4:39 PM 3,400 Yards - Stress Value = 41

Workout #15446 - Tuesday, 25 March 2014

Group 3 - Gold

1 minute rest between sets

3:00 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
 950 1x{4 x 25 on :45 Kick no board BSLR-16
 {2 x 100 on 1:35 Kick
 {4 x 25 on :40 Kick no board BSLR-15
 {2 x 100 on 1:40 Kick
 {4 x 25 on :35 Kick no board BSLR-14
 {2 x 100 on 1:45 Kick
 {2 x 25 on :30 Kick no board BS-13
 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 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
 4:39 PM 3,300 Yards - Stress Value = 40

Workout #15447 - Tuesday, 25 March 2014

Group 3 - Silver

1 minute rest between sets

3:00 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
 850 1x{4 x 25 on :45 Kick no board BSLR-16
 {2 x 100 on 1:50 Kick
 {4 x 25 on :40 Kick no board BSLR-15
 {2 x 100 on 1:55 Kick
 {4 x 25 on :35 Kick no board BSLR-14
 {1 x 100 on 2:00 Kick
 {2 x 25 on :35 Kick no board BS-13
 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 3:40 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
 4:39 PM 3,050 Yards - Stress Value = 36

Workout #15448 - Tuesday, 25 March 2014

Group 3 - Bronze

1 minute rest between sets

3:00 PM 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 1x{4 x 25 on :45 Kick no board BSLR-16
 {2 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board BSLR-15
 {2 x 100 on 2:20 Kick
 {4 x 25 on :40 Kick no board BSLR-14
 {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
 1,050 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
 {3 x 100 on 2:00 Breaststroke
 {4 x 25 on :45 Breast 2X pullouts
 250 1 x 250 on 4:00 Stroke Drills
 4:38 PM 2,650 Yards - Stress Value = 31

Workout #15449 - Wednesday, 26 March 2014

Group 3 - All

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 25:00 DS/Abs L
 400 1 x 400 on 10:00 Choice REC S
 150 10 x 15 on :45 Shooters SP3 S
 300 3 x 100 on 2:15 Kick EN1 K
 500 10 x 50 on 1:00 Down Drill back build EN1 S
 300 12 x 25 on :45 Variable Speed EN1 S
 50 2 x 25 on 2:00 Walk backs EN1 S
 400 1 x 400 on 6:00 Stroke Drills REC D
 4:25 PM 2,100 Yards - Stress Value = 17

Workout #15450 - Monday, 31 March 2014

Group 3 - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 600 1 x 600 on 10:00 Swim-kick-pull-swim REC
 150 10 x 15 on :45 Shooters SP3
 3,000 1x{2 x 200 on 2:40 Freestyle EN2
 {1 x 100 on 1:30 Freestyle EN3
 {2 x 200 on 2:35 Freestyle EN2
 {1 x 100 on 1:30 Freestyle EN3
 {2 x 200 on 2:30 Freestyle EN2
 {1 x 100 on 1:30 Freestyle EN3
 {2 x 200 on 2:25 Freestyle EN2
 {1 x 100 on 1:30 Freestyle EN3
 {2 x 200 on 2:20 Freestyle EN2
 {1 x 100 on 1:30 Freestyle 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
 6:34 AM 4,000 Yards - Stress Value = 90

Workout #15451 - Tuesday, 01 April 2014

Group 3 - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	W
600	1 x 600 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
2,950	1x{1 x 125 on 1:45 Backstroke	EN1	
	{2 x 50 on :55 Back 10 KOW-Great effort	EN3	
	{2 x 125 on 1:40 Backstroke	EN1	
	{2 x 50 on :55 Back 10 KOW-Great effort	EN3	
	{3 x 125 on 1:35 Backstroke	EN1	
	{2 x 50 on :55 Back 10 KOW-Great effort	EN3	
	{4 x 125 on 1:30 Backstroke	EN2	
	{2 x 50 on :55 Back 10 KOW-Great effort	EN3	
	{4 x 100 on 1:15 Backstroke	EN2	
	{2 x 50 on :55 Back 10 KOW-Great effort	EN3	
	{3 x 100 on 1:15 Backstroke	EN2	
	{2 x 50 on :55 Back 10 KOW-Great effort	EN3	
	{2 x 100 on 1:10 Backstroke	EN2	
	{1 x 50 on :55 Back 10 KOW-Great effort	EN3	
	{1 x 100 on 1:05 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
6:36 AM 3,950 Yards - Stress Value = 85			

Workout #15452 - Wednesday, 02 April 2014

Group 3 - Breast

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	W
600	1 x 600 on 10:00 Free L.25 of each 100 Non F		
150	10 x 15 on :45 Shooters		
2,250	1x{3 x 100 on 1:25 Breaststroke		
	{1 x 50 on :50 U/O #repeat=#pullouts		
	{3 x 100 on 1:25 Breaststroke		
	{2 x 50 on :55 U/O #repeat=#pullouts		
	{3 x 100 on 1:20 Breaststroke		
	{3 x 50 on 1:00 U/O #repeat=#pullouts		
	{3 x 100 on 1:20 Breaststroke		
	{4 x 50 on 1:05 U/O #repeat=#pullouts		
	{3 x 100 on 1:15 Breaststroke		
	{5 x 50 on 1:10 U/O #repeat=#pullouts		
250	1 x 250 on 4:00 Stroke Drills		
6:32 AM 3,250 Yards - Stress Value = 57			

Workout #15453 - Thursday, 03 April 2014

Group 3 - Fly

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	W
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	
2,200	1x{1 x 100 on 1:30 Fly 3 strokes off walls	EN2	
	{12 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	
	{12 x 25 on :25 Fly-descend in 3s	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
6:29 AM 3,200 Yards - Stress Value = 48			

Workout #15454 - Friday, 04 April 2014

Group 3 - IM'ers

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	W
600	1 x 600 on 10:00 Reverse IM drill		
150	10 x 15 on :45 Shooters		
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		
250	1 x 250 on 4:00 Stroke Drills		
6:29 AM 3,600 Yards - Stress Value = 58			

Workout #15455 - Monday, 07 April 2014

Group 3 - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	W
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
2,925	1x{3 x 225 on 3:00 Freestyle	EN2	
	{3 x 200 on 2:40 Freestyle	EN2	
	{3 x 175 on 2:20 Freestyle	EN2	
	{3 x 150 on 2:00 Freestyle	EN2	
	{3 x 125 on 1:40 Freestyle	EN2	
	{3 x 100 on 1:20 Freestyle	EN2	
	#1 3kow w/expl breakouts		
	#2 build bowfpf		
	#3 DPS		
250	1 x 250 on 4:00 Stroke Drills	REC	
6:34 AM 3,925 Yards - Stress Value = 65			

Workout #15456 - Tuesday, 08 April 2014

Group 3 - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	W
600	1 x 600 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
	desced 25's in sets of 4		
2,150	1x{5 x 125 on 1:40 Backstroke-Alt 25 of 10 KOW		
	{8 x 25 on :25 Back 8 KOW +1		
	{4 x 100 on 1:20 Back alt 25 of 10 KOW		
	{8 x 25 on :25 Back 8 KOW +1		
	{3 x 75 on 1:00 Back Alt 25 of 10 KOW		
	{8 x 25 on :25 Back 8 KOW +1		
	{2 x 50 on :40 Back Alt 25 of 10 KOW		
	{8 x 25 on :25 Back 8 KOW +1		
250	1 x 250 on 4:00 Stroke Drills		
6:27 AM 3,150 Yards - Stress Value = 48			

Workout #15457 - Wednesday, 09 April 2014

Group 3 - Breast

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
600	1 x 600 on 10:00 Free L.25 of each 100 Non F		
150	10 x 15 on :45 Shooters		
2,400	1x{4 x 125 on 1:50 100 Breast 25 free		
	{1 x 100 on 1:20 Breast		
	{4 x 100 on 1:30 25 back 75 breast		
	{2 x 100 on 1:20 Breast		
	{4 x 75 on 1:05 50 Breast 25 free		
	{3 x 100 on 1:15 Breaststroke		
	{4 x 50 on :45 25 Back 25 Breast		
	{4 x 100 on 1:15 Breaststroke		
250	1 x 250 on 4:00 Stroke Drills		
6:29 AM 3,400 Yards - Stress Value = 54			

Workout #15458 - Monday, 14 April 2014

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 DS/Physio Balls		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
2,250	1x{1 x 50 on 1:00 Kick	EN1	
	{1 x 50 on :45 Pulls	EN1	
	{1 x 50 on :45 Freestyle	EN1	
	{2 x 50 on 1:00 Kick	EN1	
	{2 x 50 on :45 Pulls	EN1	
	{2 x 50 on :45 Freestyle	EN1	
	{3 x 50 on 1:00 Kick	EN1	
	{3 x 50 on :45 Pulls	EN1	
	{3 x 50 on :45 Freestyle	EN1	
	{4 x 50 on 1:00 Kick	EN1	
	{4 x 50 on :45 Pulls	EN1	
	{4 x 50 on :45 Freestyle	EN1	
	{5 x 50 on 1:00 Kick	EN1	
	{5 x 50 on :45 Pulls	EN1	
	{5 x 50 on :45 Freestyle	EN1	
200	8 x 25 on :40 Stroke Drills	REC	
5:00 PM 3,200 Yards - Stress Value = 27			

Workout #15459 - Monday, 14 April 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 DS/Physio Balls		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
2,100	1x{1 x 50 on 1:00 Kick	EN1	
	{1 x 50 on :50 Pulls	EN1	
	{1 x 50 on :50 Freestyle	EN1	
	{2 x 50 on 1:00 Kick	EN1	
	{2 x 50 on :50 Pulls	EN1	
	{2 x 50 on :50 Freestyle	EN1	
	{3 x 50 on 1:00 Kick	EN1	
	{3 x 50 on :50 Pulls	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	{4 x 50 on 1:00 Kick	EN1	
	{4 x 50 on :50 Pulls	EN1	
	{4 x 50 on :50 Freestyle	EN1	
	{5 x 50 on 1:00 Kick	EN1	
	{4 x 50 on :50 Pulls	EN1	
	{3 x 50 on :50 Freestyle	EN1	
200	8 x 25 on :40 Stroke Drills	REC	
5:00 PM 3,050 Yards - Stress Value = 27			

Workout #15460 - Monday, 14 April 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 DS/Physio Balls		
550	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,900	1x{1 x 50 on 1:05 Kick	EN1	
	{1 x 50 on :55 Pulls	EN1	
	{1 x 50 on :55 Freestyle	EN1	
	{2 x 50 on 1:05 Kick	EN1	
	{2 x 50 on :55 Pulls	EN1	
	{2 x 50 on :55 Freestyle	EN1	
	{3 x 50 on 1:05 Kick	EN1	
	{3 x 50 on :55 Pulls	EN1	
	{3 x 50 on :55 Freestyle	EN1	
	{4 x 50 on 1:05 Kick	EN1	
	{4 x 50 on :55 Pulls	EN1	
	{4 x 50 on :55 Freestyle	EN1	
	{4 x 50 on 1:05 Kick	EN1	
	{2 x 50 on :55 Pulls	EN1	
	{2 x 50 on :55 Freestyle	EN1	
200	8 x 25 on :40 Stroke Drills	REC	
5:00 PM 2,800 Yards - Stress Value = 25			

Workout #15461 - Monday, 14 April 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 DS/Physio Balls		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,750	1x{1 x 50 on 1:15 Kick	EN1	
	{1 x 50 on 1:00 Pulls	EN1	
	{1 x 50 on 1:00 Freestyle	EN1	
	{2 x 50 on 1:15 Kick	EN1	
	{2 x 50 on 1:00 Pulls	EN1	
	{2 x 50 on 1:00 Freestyle	EN1	
	{3 x 50 on 1:15 Kick	EN1	
	{3 x 50 on 1:00 Pulls	EN1	
	{3 x 50 on 1:00 Freestyle	EN1	
	{4 x 50 on 1:15 Kick	EN1	
	{4 x 50 on 1:00 Pulls	EN1	
	{4 x 50 on 1:00 Freestyle	EN1	
	{2 x 50 on 1:15 Kick	EN1	
	{2 x 50 on 1:00 Pulls	EN1	
	{1 x 50 on 1:00 Freestyle	EN1	
200	8 x 25 on :40 Stroke Drills	REC	
5:00 PM 2,600 Yards - Stress Value = 23			

Workout #15466 - Monday, 14 April 2014

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
350	1 on 27:00 DS/Physio Ball/Tm Mtg
150	1 x 350 on 10:00 Swim-kick-pull-swim
500	10 x 15 on :45 Shooters
1,050	1 x 500 on 10:00 Kick-random 30sec bursts of good effort
1,050	1x{1 x 300 on 6:00 Freestyle
	{4 x 25 on :45 Variable Speed
	{1 x 200 on 4:30 Freestyle
	{4 x 25 on :45 Variable Speed
	{1 x 100 on 3:00 Freestyle
	{4 x 25 on :45 Variable Speed
	{1 x 50 on 1:30 Freestyle
	{4 x 25 on :45 Variable Speed
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,250 Yards - Stress Value = 22

Yards	Set Description
450	1 on 27:00 DS/Physio Ball/Tm Mtg
150	1 x 450 on 10:00 Swim-kick-pull-swim
500	10 x 15 on :45 Shooters
1,225	1 x 500 on 10:00 Kick-random 30sec bursts of good effort
1,225	1x{1 x 350 on 6:00 Freestyle
	{4 x 25 on :45 Variable Speed
	{1 x 250 on 4:30 Freestyle
	{4 x 25 on :45 Variable Speed
	{1 x 150 on 3:00 Freestyle
	{4 x 25 on :45 Variable Speed
	{1 x 75 on 1:30 Freestyle
	{4 x 25 on :45 Variable Speed
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,525 Yards - Stress Value = 25

Workout #15465 - Monday, 14 April 2014

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
400	1 on 27:00 DS/Physio Ball/Tm Mtg
150	1 x 400 on 10:00 Swim-kick-pull-swim
500	10 x 15 on :45 Shooters
1,400	1 x 500 on 10:00 Kick-random 30sec bursts of good effort
1,400	1x{1 x 400 on 6:00 Freestyle
	{4 x 25 on :45 Variable Speed
	{1 x 300 on 4:30 Freestyle
	{4 x 25 on :45 Variable Speed
	{1 x 200 on 3:00 Freestyle
	{4 x 25 on :45 Variable Speed
	{1 x 100 on 1:30 Freestyle
	{4 x 25 on :45 Variable Speed
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,750 Yards - Stress Value = 26

Yards	Set Description
400	1 on 27:00 DS/Physio Ball/Tm Mtg
150	1 x 400 on 10:00 Swim-kick-pull-swim
500	10 x 15 on :45 Shooters
1,125	1 x 500 on 10:00 Kick-random 30sec bursts of good effort
1,125	1x{1 x 325 on 6:00 Freestyle
	{4 x 25 on :45 Variable Speed
	{1 x 225 on 4:30 Freestyle
	{4 x 25 on :45 Variable Speed
	{1 x 125 on 3:00 Freestyle
	{4 x 25 on :45 Variable Speed
	{1 x 50 on 1:30 Freestyle
	{4 x 25 on :45 Variable Speed
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,375 Yards - Stress Value = 22

Workout #15467 - Tuesday, 15 April 2014

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
400	10 x 15 on :45 Shooters
100	1 x 400 on 5:00 Kick as far as you can
1,400	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 100 on 1:30 Backstroke
	{4 x 25 on :40 Back 12yds under -1 kick
	{2 x 100 on 1:30 Backstroke
	{4 x 25 on :40 Back 12yds under -1 kick
	{3 x 100 on 1:30 Backstroke
	{4 x 25 on :40 Back 12yds under -1 kick
	{4 x 100 on 1:30 Backstroke
	{4 x 25 on :40 Back 12yds under -1 kick
400	8 x 50 on 1:00 Stroke Drills
	5:00 PM 3,050 Yards - Stress Value = 32

Yards	Set Description
600	1 on 25:00 DS/Core
150	1 x 600 on 10:00 Underwater trn drill
400	10 x 15 on :45 Shooters
100	1 x 400 on 5:00 Kick as far as you can
1,400	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 100 on 1:30 Backstroke
	{4 x 25 on :40 Back 12yds under -1 kick
	{2 x 100 on 1:30 Backstroke
	{4 x 25 on :40 Back 12yds under -1 kick
	{3 x 100 on 1:30 Backstroke
	{4 x 25 on :40 Back 12yds under -1 kick
	{4 x 100 on 1:30 Backstroke
	{4 x 25 on :40 Back 12yds under -1 kick
400	8 x 50 on 1:00 Stroke Drills
	5:00 PM 3,050 Yards - Stress Value = 32

Workout #15464 - Monday, 14 April 2014

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Workout #15468 - Tuesday, 15 April 2014

1 minute rest between sets

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 1 x 400 on 5:00 Kick as far as you can
 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 100 on 1:40 Backstroke
 {4 x 25 on :40 Back 12yds under -1 kick
 {2 x 100 on 1:40 Backstroke
 {4 x 25 on :40 Back 12yds under -1 kick
 {3 x 100 on 1:40 Backstroke
 {4 x 25 on :40 Back 12yds under -1 kick
 {3 x 100 on 1:40 Backstroke
 {4 x 25 on :40 Back 12yds under -1 kick
 400 8 x 50 on 1:00 Stroke Drills
 5:00 PM 2,950 Yards - Stress Value = 31

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
 1,350 1x{4 x 25 on :45 Kick no board B EN2
 {3 x 50 on 1:00 Back-descend EN2
 {4 x 25 on :45 Kick no board B EN2
 {3 x 50 on :55 Back-descend EN2
 {4 x 25 on :45 Kick no board B EN2
 {3 x 50 on :50 Back-descend EN2
 {4 x 25 on :45 Kick no board B EN2
 {3 x 50 on :45 Back-descend EN2
 {4 x 25 on :45 Kick no board B EN2
 {3 x 50 on :40 Back-descend EN2
 1 on 10:00 Techniques-Back Starts EN2
 7:00 PM 2,000 Yards - Stress Value = 33

Workout #15475 - Tuesday, 15 April 2014

Group 2 - Copper

1 minute rest between sets

Workout #15469 - Tuesday, 15 April 2014

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 1 x 400 on 5:00 Kick as far as you can
 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 100 on 1:50 Backstroke
 {4 x 25 on :45 Back 12yds under -1 kick
 {2 x 100 on 1:50 Backstroke
 {4 x 25 on :45 Back 12yds under -1 kick
 {3 x 100 on 1:50 Backstroke
 {4 x 25 on :45 Back 12yds under -1 kick
 {2 x 100 on 1:50 Backstroke
 {2 x 25 on :45 Back 12yds under -1 kick
 400 8 x 50 on 1:00 Stroke Drills
 5:00 PM 2,750 Yards - Stress Value = 29

5:30 PM 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
 900 1x{4 x 25 on 1:00 Kick no board B EN2
 {3 x 50 on 1:30 Back-descend EN2
 {4 x 25 on 1:00 Kick no board B EN2
 {3 x 50 on 1:25 Back-descend EN2
 {4 x 25 on 1:00 Kick no board B EN2
 {3 x 50 on 1:20 Back-descend EN2
 {4 x 25 on 1:00 Kick no board B EN2
 {1 x 50 on 1:15 Back-fast EN2
 1 on 10:00 Techniques-Back Starts
 7:00 PM 1,400 Yards - Stress Value = 24

Workout #15472 - Tuesday, 15 April 2014

Group 2 - Gold

1 minute rest between sets

Workout #15470 - Tuesday, 15 April 2014

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 1 x 400 on 5:00 Kick as far as you can
 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{1 x 100 on 2:05 Backstroke
 {4 x 25 on :45 Back 12yds under -1 kick
 {2 x 100 on 2:05 Backstroke
 {4 x 25 on :45 Back 12yds under -1 kick
 {3 x 100 on 2:05 Backstroke
 {4 x 25 on :45 Back 12yds under -1 kick
 {1 x 100 on 2:05 Backstroke
 {2 x 25 on :45 Back 12yds under -1 kick
 400 8 x 50 on 1:00 Stroke Drills
 5:00 PM 2,600 Yards - Stress Value = 28

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
 1,300 1x{4 x 25 on :45 Kick no board B EN2
 {3 x 50 on 1:05 Back-descend EN2
 {4 x 25 on :45 Kick no board B EN2
 {3 x 50 on 1:00 Back-descend EN2
 {4 x 25 on :45 Kick no board B EN2
 {3 x 50 on :55 Back-descend EN2
 {4 x 25 on :45 Kick no board B EN2
 {3 x 50 on :50 Back-descend EN2
 {4 x 25 on :45 Kick no board B EN2
 {3 x 50 on :45 Back-descend EN2
 {2 x 25 on :45 Kick no board B EN2
 1 on 10:00 Techniques-Back Starts
 7:00 PM 1,950 Yards - Stress Value = 32

Workout #15471 - Tuesday, 15 April 2014

Group 2 - Back

Workout #15473 - Tuesday, 15 April 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM Start			
600	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	
1,250	1x{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:10 Back-descend	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:05 Back-descend	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:00 Back-descend	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on :55 Back-descend	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on :50 Back-descend	EN2	
	1 on 10:00 Techniques-Back Starts		
7:00 PM	1,850 Yards - Stress Value = 31		

Yards	Set Description
3:30 PM Start	
600	1 on 25:00 DS/Shoulders
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
550	10 x 15 on :45 Shooters
100	1x{2 x 100 on 2:00 Kick
	{2 x 100 on 1:55 Kick
	{2 x 75 on 1:25 Kick
1,300	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{2 x 150 on 2:45 2K1P w/ tennis balls
	{4 x 25 on :40 Brst with paddles "X"pullouts
	{2 x 150 on 2:40 2K1P w/ tennis balls
	{4 x 25 on :40 Brst w/paddles "X"pullouts
	{2 x 150 on 2:35 2K1P w/ tennis balls
	{4 x 25 on :40 Brst w/paddles "X"pullouts
200	{1 x 100 on 1:40 2K1P w/tennis balls
	1 x 200 on 3:00 Stroke Drills
5:01 PM	2,900 Yards - Stress Value = 30

Workout #15478 - Wednesday, 16 April 2014

Group 3 - Silver

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	
1,200	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:15 Back-descend	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:10 Back-descend	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:05 Back-descend	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{3 x 50 on 1:00 Back-descend	EN2	
	{4 x 25 on :45 Kick no board B	EN2	
	{2 x 50 on :55 Back-descend	EN2	
	1 on 10:00 Techniques-Back Starts		
7:00 PM	1,750 Yards - Stress Value = 30		

Yards	Set Description
3:30 PM Start	
550	1 on 25:00 DS/Shoulders
150	1 x 550 on 10:00 Free L.25 of each 100 Non F
500	10 x 15 on :45 Shooters
100	1x{2 x 100 on 2:10 Kick
	{2 x 100 on 2:05 Kick
	{2 x 50 on 1:00 Kick
1,250	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{2 x 150 on 2:55 2K1P w/ tennis balls
	{4 x 25 on :40 Brst with paddles "X"pullouts
	{2 x 150 on 2:50 2K1P w/ tennis balls
	{4 x 25 on :40 Brst w/paddles "X"pullouts
	{2 x 150 on 2:45 2K1P w/ tennis balls
	{4 x 25 on :40 Brst w/paddles "X"pullouts
	{1 x 50 on :55 2K1P w/tennis balls
200	1 x 200 on 3:00 Stroke Drills
5:01 PM	2,750 Yards - Stress Value = 28

Workout #15476 - Wednesday, 16 April 2014

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
600	1 on 25:00 DS/Shoulders
150	1 x 600 on 10:00 Free L.25 of each 100 Non F
600	10 x 15 on :45 Shooters
600	1x{2 x 100 on 1:50 Kick
	{2 x 100 on 1:45 Kick
	{2 x 100 on 1:40 Kick
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 150 on 2:35 2K1P w/ tennis balls
	{4 x 25 on :40 Brst with paddles "X"pullouts
	{2 x 150 on 2:30 2K1P w/ tennis balls
	{4 x 25 on :40 Brst w/paddles "X"pullouts
	{2 x 150 on 2:25 2K1P w/ tennis balls
	{4 x 25 on :40 Brst w/paddles "X"pullouts
	{1 x 150 on 2:20 2K1P w/tennis balls
200	1 x 200 on 3:00 Stroke Drills
5:01 PM	3,000 Yards - Stress Value = 32

Workout #15479 - Wednesday, 16 April 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
500	1 on 25:00 DS/Shoulders
150	1 x 500 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
450	1x{2 x 100 on 2:25 Kick
	{2 x 100 on 2:20 Kick
	{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
1,050	1x{1 x 150 on 3:30 2K1P w/ tennis balls
	{4 x 25 on :45 Brst with paddles "X"pullouts
	{2 x 150 on 3:25 2K1P w/ tennis balls
	{4 x 25 on :45 Brst w/paddles "X"pullouts
	{2 x 150 on 3:20 2K1P w/ tennis balls
	{4 x 25 on :45 Brst w/paddles "X"pullouts
200	1 x 200 on 3:00 Stroke Drills
5:01 PM	2,450 Yards - Stress Value = 26

Workout #15477 - Wednesday, 16 April 2014

Group 3 - Gold

1 minute rest between sets

Workout #15480 - Wednesday, 16 April 2014

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Shoulders/Tm Mtg
150	10 x 15 on :45 Shooters
100	1 x 100 on 2:00 Kick for time
900	1 x 900 on 16:00 Vertical Kick
150	6 x 25 on :45 Stroke Drills
250	5 x 50 on 2:00 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
7:01 PM	2,300 Yards - Stress Value = 54

{1 x 50 on 1:00 Fly w/free kick 30
{1 x 50 on 1:00 Fly w/free kick 35
{1 x 50 on 1:00 Fly w/free kick 40
{1 x 50 on 1:00 Fly w/free kick 45
{1 x 50 on 1:00 Fly w/free kick 50
{1 x 50 on :55 Fly w/free kick 25
{1 x 50 on :55 Fly w/free kick 30
{1 x 50 on :55 Fly w/free kick 35
{1 x 50 on :55 Fly w/free kick 40
{1 x 50 on :55 Fly w/free kick 45
{1 x 50 on :55 Fly w/free kick 50
1 x 200 on 3:00 Stroke Drills
5:01 PM 2,700 Yards - Stress Value = 39

Workout #15483 - Thursday, 17 April 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 25:00 DS/Shoulders
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board S
100	2x{1 x 25 on :50 Sculling drills
550	1x{1 x 50 on 1:05 Fly w/free kick 25
200	1 x 200 on 3:00 Stroke Drills
5:01 PM	2,550 Yards - Stress Value = 37

Workout #15481 - Thursday, 17 April 2014

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,150	1x{4 x 25 on :45 Kick no board S
100	2x{1 x 25 on :50 Sculling drills
600	1x{1 x 50 on 1:00 Fly w/free kick 25
200	1 x 200 on 3:00 Stroke Drills
5:01 PM	2,800 Yards - Stress Value = 41

Workout #15482 - Thursday, 17 April 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :45 Kick no board S
100	2x{1 x 25 on :50 Sculling drills
600	1x{1 x 50 on 1:00 Fly w/free kick 25

Workout #15484 - Thursday, 17 April 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
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		
	All kick no boards must go min 15m underwat		
950	1x{4 x 25 on :45 Kick no board S		
	{2 x 100 on 2:25 Kick		
	{4 x 25 on :45 Kick no board S		
	{2 x 100 on 2:15 Kick		
	{4 x 25 on :45 Kick no board S		
	{2 x 75 on 1:40 Kick		
	{4 x 25 on :45 Kick no board S		
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 50 on 1:15 Fly w/free kick 25		
	{1 x 50 on 1:15 Fly w/free kick 30		
	{1 x 50 on 1:15 Fly w/free kick 35		
	{1 x 50 on 1:15 Fly w/free kick 40		
	{1 x 50 on 1:15 Fly w/free kick 45		
	{1 x 50 on 1:10 Fly w/free kick 25		
	{1 x 50 on 1:10 Fly w/free kick 30		
	{1 x 50 on 1:10 Fly w/free kick 35		
	{1 x 50 on 1:10 Fly w/free kick 40		
	{1 x 50 on 1:10 Fly w/free kick 45		
200	1 x 200 on 3:00 Stroke Drills		
5:02 PM	2,400 Yards - Stress Value = 35		

Workout #15489 - Thursday, 17 April 2014

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
350	1 on 30:00 DS/Shoulders/Tm Mtg		
	1 x 350 on 10:00 Underwater trn drill		
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
	All kick nb must go min 12y underwater		
450	1x{4 x 25 on 1:00 Kick no board S		
	{2 x 50 on 1:40 Kick		
	{4 x 25 on 1:00 Kick no board S		
	{2 x 50 on 1:35 Kick		
	{2 x 25 on 1:00 Kick no board S		
150	6 x 25 on :45 Stroke Drills		
350	1x{1 x 50 on 1:45 Fly w/free kick 25		
	{1 x 50 on 1:45 Fly w/free kick 30		
	{1 x 50 on 1:45 Fly w/free kick 35		
	{1 x 50 on 1:45 Fly w/free kick 40		
	{1 x 50 on 1:45 Fly w/free kick 25		
	{1 x 50 on 1:45 Fly w/free kick 30		
	{1 x 50 on 1:45 Fly w/free kick 35		
200	1 x 200 on 3:00 Stroke Drills		
7:01 PM	1,650 Yards - Stress Value = 22		

Workout #15485 - Thursday, 17 April 2014

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		
	1 x 500 on 10:00 Underwater trn drill		
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters		
	All kick nb must go min 12y underwater		
750	1x{4 x 25 on :45 Kick no board S		
	{2 x 75 on 1:35 Kick		

	{4 x 25 on :45 Kick no board S		EN2
	{2 x 75 on 1:30 Kick		EN2
	{4 x 25 on :45 Kick no board S		EN2
	{2 x 75 on 1:25 Kick		EN2
150	6 x 25 on :45 Stroke Drills		REC
600	1x{1 x 50 on 1:00 Fly w/free kick 25		EN2
	{1 x 50 on 1:00 Fly w/free kick 30		EN2
	{1 x 50 on 1:00 Fly w/free kick 35		EN2
	{1 x 50 on 1:00 Fly w/free kick 40		EN2
	{1 x 50 on 1:00 Fly w/free kick 45		EN2
	{1 x 50 on 1:00 Fly w/free kick 50		EN2
	{1 x 50 on :55 Fly w/free kick 25		EN2
	{1 x 50 on :55 Fly w/free kick 30		EN2
	{1 x 50 on :55 Fly w/free kick 35		EN2
	{1 x 50 on :55 Fly w/free kick 40		EN2
	{1 x 50 on :55 Fly w/free kick 45		EN2
	{1 x 50 on :55 Fly w/free kick 50		EN2
200	1 x 200 on 3:00 Stroke Drills		REC
7:01 PM	2,350 Yards - Stress Value = 33		

Workout #15486 - Thursday, 17 April 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
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	10 x 15 on :45 Shooters		
	All kick nb must go min 12y underwater		
700	1x{4 x 25 on :45 Kick no board S		
	{2 x 75 on 1:45 Kick		
	{4 x 25 on :45 Kick no board S		
	{2 x 75 on 1:40 Kick		
	{4 x 25 on :45 Kick no board S		
	{2 x 50 on 1:05 Kick		
150	6 x 25 on :45 Stroke Drills		
550	1x{1 x 50 on 1:05 Fly w/free kick 25		
	{1 x 50 on 1:05 Fly w/free kick 30		
	{1 x 50 on 1:05 Fly w/free kick 35		
	{1 x 50 on 1:05 Fly w/free kick 40		
	{1 x 50 on 1:05 Fly w/free kick 45		
	{1 x 50 on 1:05 Fly w/free kick 50		
	{1 x 50 on 1:00 Fly w/free kick 25		
	{1 x 50 on 1:00 Fly w/free kick 30		
	{1 x 50 on 1:00 Fly w/free kick 35		
	{1 x 50 on 1:00 Fly w/free kick 40		
	{1 x 50 on 1:00 Fly w/free kick 45		
200	1 x 200 on 3:00 Stroke Drills		
7:01 PM	2,250 Yards - Stress Value = 31		

Workout #15487 - Thursday, 17 April 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Shoulders/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	All kick nb must go min 12y underwater		
650	1x{4 x 25 on :45 Kick no board S	EN2	
	{2 x 75 on 1:55 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{2 x 50 on 1:15 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{2 x 50 on 1:10 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
500	1x{1 x 50 on 1:15 Fly w/free kick 25	EN2	
	{1 x 50 on 1:15 Fly w/free kick 30	EN2	
	{1 x 50 on 1:15 Fly w/free kick 35	EN2	
	{1 x 50 on 1:15 Fly w/free kick 40	EN2	
	{1 x 50 on 1:15 Fly w/free kick 45	EN2	
	{1 x 50 on 1:10 Fly w/free kick 25	EN2	
	{1 x 50 on 1:10 Fly w/free kick 30	EN2	
	{1 x 50 on 1:10 Fly w/free kick 35	EN2	
	{1 x 50 on 1:10 Fly w/free kick 40	EN2	
	{1 x 50 on 1:00 Fly w/free kick 45	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:01 PM	2,100 Yards - Stress Value = 29		

Workout #15488 - Thursday, 17 April 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Shoulders/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
	All kick nb must go min 12y underwater		
650	1x{4 x 25 on :45 Kick no board S	EN2	
	{2 x 75 on 2:00 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{2 x 50 on 1:15 Kick	EN2	
	{4 x 25 on :45 Kick no board S	EN2	
	{2 x 50 on 1:15 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
450	1x{1 x 50 on 1:25 Fly w/free kick 25	EN2	
	{1 x 50 on 1:25 Fly w/free kick 30	EN2	
	{1 x 50 on 1:25 Fly w/free kick 35	EN2	
	{1 x 50 on 1:25 Fly w/free kick 40	EN2	
	{1 x 50 on 1:20 Fly w/free kick 25	EN2	
	{1 x 50 on 1:20 Fly w/free kick 30	EN2	
	{1 x 50 on 1:20 Fly w/free kick 35	EN2	
	{1 x 50 on 1:20 Fly w/free kick 40	EN2	
	{1 x 50 on 1:00 Fly w/free kick 45	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:01 PM	2,000 Yards - Stress Value = 28		

Workout #15490 - Monday, 21 April 2014

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	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
	All KNB, min 15m underwater
800	1x{4 x 25 on :45 Kick no board BSLR

{1 x 100 on 1:30 Kick best effort
{4 x 25 on :40 Kick no board BSLR
{1 x 100 on 1:35 Kick best effort
{4 x 25 on :35 Kick no board BSLR
{1 x 100 on 1:40 Kick best effort
{4 x 25 on :30 Kick no board BSLR
{1 x 100 on 1:45 Kick best effort
600 1 x 600 on 8:00 Pulls-no br L.12 yds of each 100
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 150 on 2:00 Freestyle
{4 x 125 on 1:40 Freestyle
{4 x 100 on 1:20 Freestyle
{4 x 75 on 1:00 Freestyle
Last 25 of each repeat alt between 10 KOW +Exp BO and 6 beat kick
250 1 x 250 on 4:00 Stroke Drills
5:15 PM 4,300 Yards - Stress Value = 62

Workout #15491 - Monday, 21 April 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	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
	All KNB, min 15m underwater
750	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:45 Kick best effort
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:50 Kick best effort
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:55 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on 1:00 Kick best effort
550	1 x 550 on 8:00 Pulls-no br L.12 yds of each 100
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 150 on 2:10 Freestyle
	{4 x 125 on 1:50 Freestyle
	{4 x 100 on 1:25 Freestyle
	{2 x 50 on :45 Freestyle
	Last 25 of each repeat alt between 10 KOW +Exp BO and 6 beat kick
250	1 x 250 on 4:00 Stroke Drills
5:15 PM	4,000 Yards - Stress Value = 57

Workout #15492 - Monday, 21 April 2014

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
 All KNB, min 15m underwater
 650 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:00 Kick best effort
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:05 Kick best effort
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Kick best effort
 {2 x 25 on :35 Kick no board BS
 500 1 x 500 on 8:00 Pulls-no br L.12 yds
 of each 100
 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{4 x 150 on 2:25 Freestyle
 {4 x 125 on 2:00 Freestyle
 {4 x 100 on 1:35 Freestyle
 {1 x 50 on :50 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,750 Yards - Stress Value = 51

{4 x 25 on :45 Kick no board BSLR EN2
 150 6 x 25 on :45 Stroke Drills REC
 1,700 1x{3 x 100 on 1:35 Back 9 KLW+1 EN2
 {1 x 50 on 1:00 Stroke Drills REC
 {3 x 100 on 1:30 Back 10KLW +1 EN2
 {1 x 50 on 1:00 Stroke Drill REC
 {3 x 100 on 1:25 Back 11KLW +1 EN2
 {1 x 50 on 1:00 Stroke Drills REC
 {3 x 100 on 1:20 Back 12KLW +1 EN2
 {1 x 50 on 1:00 Stroke Drills REC
 {3 x 100 on 1:15 Back 13KLW +1 EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 7:15 PM 3,450 Yards - Stress Value = 50

Workout #15498 - Monday, 21 April 2014

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 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
 All BSLR's min 12yd underwater
 500 1x{4 x 25 on 1:00 Kick no board BSLR EN2
 {1 x 100 on 3:00 Kick on back strmln EN2
 {4 x 25 on 1:00 Kick no board BSLR EN2
 {1 x 100 on 3:00 Kick on back hands seper EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 150 6 x 25 on :45 Stroke Drills REC
 900 1x{3 x 100 on 3:00 Back 9 KLW+1 EN2
 {1 x 50 on 1:30 Stroke Drills REC
 {3 x 100 on 2:50 Back 10KLW +1 EN2
 {1 x 50 on 1:30 Stroke Drill REC
 {4 x 50 on 1:20 Back 11KLW +1 EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 7:15 PM 2,300 Yards - Stress Value = 32

5:30 PM Start
 Yards Set Description
 =====
 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
 All BSLR's min 12yd underwater
 500 1x{4 x 25 on 1:00 Kick no board BSLR EN2
 {1 x 100 on 3:00 Kick on back strmln EN2
 {4 x 25 on 1:00 Kick no board BSLR EN2
 {1 x 100 on 3:00 Kick on back hands seper EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 150 6 x 25 on :45 Stroke Drills REC
 900 1x{3 x 100 on 3:00 Back 9 KLW+1 EN2
 {1 x 50 on 1:30 Stroke Drills REC
 {3 x 100 on 2:50 Back 10KLW +1 EN2
 {1 x 50 on 1:30 Stroke Drill REC
 {4 x 50 on 1:20 Back 11KLW +1 EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 7:15 PM 2,300 Yards - Stress Value = 32

Workout #15493 - Monday, 21 April 2014

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
 All KNB, min 15m underwater
 600 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:15 Kick best effort
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:20 Kick best effort
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:15 Kick best effort
 450 1 x 450 on 8:00 Pulls-no br L.12 yds
 of each 100
 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 150 on 2:45 Freestyle
 {4 x 125 on 2:20 Freestyle
 {4 x 50 on :55 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 250 1 x 250 on 4:00 Stroke Drills
 5:14 PM 3,350 Yards - Stress Value = 47

Workout #15495 - Monday, 21 April 2014
Group 2 - Gold
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 Swim-kick-pull-swim REC
 150 10 x 15 on :45 Shooters SP3
 All BSLR's min 12yd underwater
 650 1x{4 x 25 on :45 Kick no board BSLR EN2
 {2 x 100 on 2:10 Kick on back strmln EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {2 x 75 on 1:40 Kick on back hands seper EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 150 6 x 25 on :45 Stroke Drills REC
 1,550 1x{3 x 100 on 1:45 Back 9 KLW+1 EN2
 {1 x 50 on 1:00 Stroke Drills REC
 {3 x 100 on 1:40 Back 10KLW +1 EN2
 {1 x 50 on 1:00 Stroke Drill REC
 {3 x 100 on 1:35 Back 11KLW +1 EN2
 {1 x 50 on 1:00 Stroke Drills REC
 {3 x 100 on 1:30 Back 12KLW +1 EN2
 {1 x 50 on 1:00 Stroke Drills REC
 {2 x 75 on 1:10 Back 13KLW +1 EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 7:15 PM 3,250 Yards - Stress Value = 46

Workout #15494 - Monday, 21 April 2014

Group 2 - Back

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 Swim-kick-pull-swim REC
 150 10 x 15 on :45 Shooters SP3
 All BSLR's min 12yd underwater
 700 1x{4 x 25 on :45 Kick no board BSLR EN2
 {2 x 100 on 2:00 Kick on back strmln EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {2 x 100 on 2:00 Kick on back hands seper EN2

Workout #15496 - Monday, 21 April 2014

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY
 =====
 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
 All BSLR's min 12yd underwater
 600 1x{4 x 25 on :45 Kick no board BSLR EN2
 {2 x 75 on 1:50 Kick on back strmln EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {2 x 75 on 1:50 Kick on back hands seper EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 150 6 x 25 on :45 Stroke Drills REC
 1,350 1x{3 x 100 on 1:55 Back 9 KLW+1 EN2
 {1 x 50 on 1:10 Stroke Drills REC
 {3 x 100 on 1:50 Back 10KLW +1 EN2
 {1 x 50 on 1:10 Stroke Drill REC
 {3 x 100 on 1:45 Back 11KLW +1 EN2
 {1 x 50 on 1:10 Stroke Drills REC
 {3 x 50 on :55 Back 12KLW +1 EN2
 {1 x 50 on 1:00 Stroke Drills REC
 {2 x 50 on :50 Back 13KLW +1 EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 7:15 PM 2,950 Yards - Stress Value = 41

Workout #15497 - Monday, 21 April 2014

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY
 =====
 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
 All BSLR's min 12yd underwater
 600 1x{4 x 25 on :45 Kick no board BSLR EN2
 {2 x 75 on 2:00 Kick on back strmln EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 {2 x 75 on 2:00 Kick on back hands seper EN2
 {4 x 25 on :45 Kick no board BSLR EN2
 150 6 x 25 on :45 Stroke Drills REC
 1,200 1x{3 x 100 on 2:10 Back 9 KLW+1 EN2
 {1 x 50 on 1:15 Stroke Drills REC
 {3 x 100 on 2:10 Back 10KLW +1 EN2
 {1 x 50 on 1:15 Stroke Drill REC
 {3 x 100 on 2:05 Back 11KLW +1 EN2
 {1 x 50 on 1:15 Stroke Drills REC
 {3 x 50 on 1:00 Back 12KLW +1 EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 7:15 PM 2,750 Yards - Stress Value = 39

Workout #15499 - Tuesday, 22 April 2014

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 1 x 400 on 5:30 Kick
 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

100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 1,200 1x{2 x 100 on 1:30 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:25 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:20 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:15 Back w/fins
 {2 x 50 on 1:00 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,680 Yards - Stress Value = 56

Workout #15500 - Tuesday, 22 April 2014

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 1 x 400 on 5:30 Kick
 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
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 1,100 1x{2 x 100 on 1:40 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:35 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:30 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:25 Back w/fins
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,580 Yards - Stress Value = 54

Workout #15501 - Tuesday, 22 April 2014

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 1 x 400 on 5:30 Kick
 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
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 1,000 1x{2 x 100 on 1:50 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {2 x 100 on 1:45 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {2 x 100 on 1:40 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {1 x 100 on 1:35 Back w/fins
 250 1 x 250 on 4:00 Stroke Drills
 5:16 PM 3,430 Yards - Stress Value = 52

750 1x{1 x 250 on 5:00 Kick EN2
 {1 x 200 on 3:50 Kick EN2
 {1 x 150 on 2:45 Kick EN2
 {1 x 100 on 1:45 Kick EN2
 {1 x 50 on :50 Kick EN2
 150 6 x 25 on :45 Stroke Drills REC
 1,350 1x{1 x 150 on 2:30 Breaststroke EN2
 {3 x 50 on 1:10 Breast Pulls EN1
 {2 x 150 on 2:25 Breaststroke EN2
 {3 x 50 on 1:10 Breast Pulls EN1
 {3 x 150 on 2:20 Breaststroke EN2
 {3 x 50 on 1:10 Breast Pulls EN2
 1 on 9:00 Techniques-Brst starts
 7:15 PM 2,900 Yards - Stress Value = 46

Workout #15507 - Tuesday, 22 April 2014

Group 2 - Copper

1 minute rest between sets

5:30 PM 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
 550 1x{1 x 250 on 7:00 Kick EN2
 {1 x 150 on 4:00 Kick EN2
 {1 x 100 on 2:35 Kick EN2
 {1 x 50 on 1:15 Kick EN2
 150 6 x 25 on :45 Stroke Drills REC
 900 1x{1 x 150 on 4:00 Breaststroke EN2
 {1 x 50 on 1:45 Breast Pulls EN1
 {2 x 150 on 3:55 Breaststroke EN2
 {2 x 50 on 1:45 Breast Pulls EN1
 {2 x 150 on 3:50 Breaststroke EN2
 1 on 9:00 Techniques-Brst starts
 7:15 PM 2,100 Yards - Stress Value = 33

Workout #15502 - Tuesday, 22 April 2014

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 1 x 400 on 5:30 Kick
 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
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 850 1x{2 x 100 on 2:00 Back w/fins
 {2 x 50 on 1:20 Backstroke
 {2 x 100 on 1:55 Back w/fins
 {2 x 50 on 1:20 Backstroke
 {2 x 100 on 1:50 Back w/fins
 {1 x 50 on 1:20 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 3,230 Yards - Stress Value = 49

Workout #15504 - Tuesday, 22 April 2014

Group 2 - Gold

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
 700 1x{1 x 250 on 5:20 Kick EN2
 {1 x 200 on 4:10 Kick EN2
 {1 x 150 on 3:05 Kick EN2
 {1 x 100 on 2:00 Kick EN2
 150 6 x 25 on :45 Stroke Drills REC
 1,300 1x{1 x 150 on 2:40 Breaststroke EN2
 {3 x 50 on 1:10 Breast Pulls EN1
 {2 x 150 on 2:35 Breaststroke EN2
 {3 x 50 on 1:10 Breast Pulls EN1
 {3 x 150 on 2:30 Breaststroke EN2
 {2 x 50 on 1:10 Breast Pulls EN2
 1 on 9:00 Techniques-Brst starts
 7:15 PM 2,800 Yards - Stress Value = 44

Workout #15503 - Tuesday, 22 April 2014

Group 2 - Breast

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

Workout #15505 - Tuesday, 22 April 2014

1 minute rest between sets

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	
650	10 x 15 on :45 Shooters	SP3	
	1x{1 x 250 on 5:45 Kick	EN2	
	{1 x 200 on 4:30 Kick	EN2	
	{1 x 150 on 3:20 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,150	1x{1 x 150 on 2:55 Breaststroke	EN2	
	{3 x 50 on 1:20 Breast Pulls	EN1	
	{2 x 150 on 2:50 Breaststroke	EN2	
	{3 x 50 on 1:20 Breast Pulls	EN1	
	{2 x 150 on 2:45 Breaststroke	EN2	
	{2 x 50 on 1:20 Breast Pulls	EN2	
	1 on 9:00 Techniques-Brst starts		
7:15 PM	2,550 Yards - Stress Value = 40		

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
950	10 x 15 on :45 Shooters
	1x{1 x 150 on 2:55 Kick
	{4 x 25 on :45 Sprint kick
	{2 x 125 on 2:25 Kick
	{4 x 25 on :40 Sprint kick
	{2 x 100 on 1:55 Kick
	{1 x 50 on :55 Kick
	{4 x 25 on :35 Sprint kick
600	12 x 50 on :45 Lungbuster pulls
	breathe 3-5-7 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	6x{3 x 50 on :45 3 strokes fly off walls
	{1 x 50 on 1:45 Fly Drill
5:15 PM	3,600 Yards - Stress Value = 55

Workout #15510 - Wednesday, 23 April 2014

Group 3 - Silver

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	
600	10 x 15 on :45 Shooters	SP3	
	1x{1 x 250 on 6:00 Kick	EN2	
	{1 x 200 on 4:45 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
1,000	1x{1 x 150 on 3:30 Breaststroke	EN2	
	{2 x 50 on 1:30 Breast Pulls	EN1	
	{2 x 150 on 3:25 Breaststroke	EN2	
	{2 x 50 on 1:30 Breast Pulls	EN1	
	{2 x 150 on 3:20 Breaststroke	EN2	
	{1 x 50 on 1:30 Breast Pulls	EN2	
	1 on 9:00 Techniques-Brst starts		
7:15 PM	2,300 Yards - Stress Value = 36		

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
900	10 x 15 on :45 Shooters
	1x{1 x 150 on 3:15 Kick
	{4 x 25 on :45 Sprint kick
	{2 x 125 on 2:35 Kick
	{4 x 25 on :40 Sprint kick
	{2 x 100 on 2:00 Kick
	{4 x 25 on :35 Sprint kick
450	9 x 50 on :55 Lungbuster pulls
	breathe 3-5-7 continuous
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	5x{3 x 50 on :50 3 strokes fly off walls
	{1 x 100 on 2:10 Fly Drill
5:15 PM	3,400 Yards - Stress Value = 53

Workout #15511 - Wednesday, 23 April 2014

Group 3 - Bronze

1 minute rest between sets

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		
1,000	10 x 15 on :45 Shooters		
	1x{1 x 150 on 2:35 Kick		
	{4 x 25 on :45 Sprint kick		
	{2 x 125 on 2:10 Kick		
	{4 x 25 on :40 Sprint kick		
	{3 x 100 on 1:45 Kick		
	{4 x 25 on :35 Sprint kick		
600	12 x 50 on :45 Lungbuster pulls		
	breathe 3-5-7 continuous		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,500	6x{3 x 50 on :40 3 strokes fly off walls		
	{1 x 100 on 2:00 Fly Drill		
5:15 PM	3,950 Yards - Stress Value = 62		

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
800	10 x 15 on :45 Shooters
	1x{1 x 150 on 3:40 Kick
	{4 x 25 on :45 Sprint kick
	{2 x 125 on 3:00 Kick
	{4 x 25 on :45 Sprint kick
	{1 x 100 on 2:20 Kick
	{4 x 25 on :45 Sprint kick
450	9 x 50 on 1:00 Lungbuster pulls
	breathe 3-5-7 continuous
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	5x{3 x 50 on 1:00 3 strokes fly off walls
	{1 x 50 on 1:45 Fly Drill
5:15 PM	3,000 Yards - Stress Value = 46

Workout #15509 - Wednesday, 23 April 2014

Group 3 - Gold

Workout #15516 - Wednesday, 23 April 2014

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards Set Description

```

=====
1 on 30:00 DS/Abs/Tm Mtg
350 1 x 350 on 10:00 Free L.25 of each 100 Non Free
150 10 x 15 on :45 Shooters
100 1 x 100 on 3:00 Kick for time
400 16 x 25 on 1:00 Kick no board S
    10KOW +1 until you reach 18
    then -1
500 5 x 100 on 2:45 Lungbuster pulls
    breathe 3-5-5-3 by the 25
150 6 x 25 on :45 Stroke Drills
250 5 x 50 on 2:00 Butterfly
200 1 x 200 on 3:00 Stroke Drills
7:16 PM 2,100 Yards - Stress Value = 54
    
```

Workout #15512 - Wednesday, 23 April 2014

Group 2 - Fly

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 Free
150 10 x 15 on :45 Shooters
100 1 x 100 on 3:00 Kick for time
500 20 x 25 on :45 Kick no board S
    10KOW +1 until you reach 20
    then -1
900 9 x 100 on 1:30 Lungbuster pulls
    breathe 3-5-5-3 by the 25
150 6 x 25 on :45 Stroke Drills
250 5 x 50 on 2:00 Butterfly
200 1 x 200 on 3:00 Stroke Drills
7:15 PM 2,750 Yards - Stress Value = 64
    
```

Workout #15513 - Wednesday, 23 April 2014

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 Free
150 10 x 15 on :45 Shooters
100 1 x 100 on 3:00 Kick for time
500 20 x 25 on :45 Kick no board S
    10KOW +1 until you reach 20
    then -1
800 8 x 100 on 1:40 Lungbuster pulls
    breathe 3-5-5-3 by the 25
150 6 x 25 on :45 Stroke Drills
250 5 x 50 on 2:00 Butterfly
200 1 x 200 on 3:00 Stroke Drills
7:15 PM 2,650 Yards - Stress Value = 62
    
```

Workout #15514 - Wednesday, 23 April 2014

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 Free L.25 of each 100 Non Free
150 10 x 15 on :45 Shooters
100 1 x 100 on 3:00 Kick for time
    
```

```

500 20 x 25 on :45 Kick no board S
    10KOW +1 until you reach 20
    then -1
700 7 x 100 on 1:50 Lungbuster pulls
    breathe 3-5-5-3 by the 25
150 6 x 25 on :45 Stroke Drills
250 5 x 50 on 2:00 Butterfly
200 1 x 200 on 3:00 Stroke Drills
7:14 PM 2,500 Yards - Stress Value = 60
    
```

Workout #15515 - Wednesday, 23 April 2014

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 Free L.25 of each 100 Non Free
150 10 x 15 on :45 Shooters
100 1 x 100 on 3:00 Kick for time
500 20 x 25 on :45 Kick no board S
    10KOW +1 until you reach 20
    then -1
700 7 x 100 on 2:00 Lungbuster pulls
    breathe 3-5-5-3 by the 25
150 6 x 25 on :45 Stroke Drills
250 5 x 50 on 2:00 Butterfly
200 1 x 200 on 3:00 Stroke Drills
7:15 PM 2,450 Yards - Stress Value = 60
    
```

Workout #15517 - Thursday, 24 April 2014

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
    Odd 100's free even 100's back
150 10 x 15 on :45 Shooters
1,400 1x{1 x 100 on 2:00 Kick
    {1 x 100 on 1:30 Kick
    {2 x 50 on 1:00 Kick
    {2 x 100 on 1:35 Kick
    {4 x 25 on :30 Kick
    {3 x 100 on 1:40 Kick
    {2 x 50 on 1:00 Kick
    {4 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
1,350 1x{1 x 200 on 3:20 Breast 2K1P+1K upto4
    {6 x 50 on 1:00 Descend 2X pullouts
    {1 x 200 on 3:20 Breast 2K1P+1K upto4
    {5 x 50 on :55 Desced 2X pullouts
    {1 x 200 on 3:20 Breast 2K1P+1K upto4
    {4 x 50 on :50 Descend 2X pullouts
200 1 x 200 on 3:00 Stroke Drills
5:16 PM 3,900 Yards - Stress Value = 60
    
```

Workout #15518 - Thursday, 24 April 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 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
 1,300 1x{1 x 100 on 2:00 Kick
 {1 x 100 on 1:40 Kick
 {2 x 50 on 1:00 Kick
 {2 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick
 {3 x 100 on 1:50 Kick
 {2 x 50 on 1:00 Kick
 {3 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
 1,200 1x{1 x 200 on 3:35 Breast 2K1P+1K upto4
 {6 x 50 on 1:05 Descend 2X pullouts
 {1 x 200 on 3:35 Breast 2K1P+1K upto4
 {5 x 50 on 1:00 Descend 2X pullouts
 {1 x 150 on 2:40 Breast 2K1P+1K upto4
 {2 x 50 on :55 Descend 2X pullouts
 200 1 x 200 on 3:00 Stroke Drills
 5:16 PM 3,650 Yards - Stress Value = 55

{4 x 25 on :40 Kick
 {3 x 100 on 2:10 Kick
 {2 x 50 on 1:15 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
 1,050 1x{1 x 150 on 3:15 Breast 2K1P+1K upto4
 {5 x 50 on 1:15 Descend 2X pullouts
 {1 x 150 on 3:15 Breast 2K1P+1K upto4
 {4 x 50 on 1:10 Descend 2X pullouts
 {1 x 150 on 3:15 Breast 2K1P+1K upto4
 {3 x 50 on 1:05 Descend 2X pullouts
 200 1 x 200 on 3:00 Stroke Drills
 5:16 PM 3,200 Yards - Stress Value = 48

Workout #15521 - Thursday, 24 April 2014

Group 2 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 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
 1 on 15:00 Techniques-TN turn drills
 150 10 x 15 on :45 Shooters SP3
 800 1x{4 x 25 on 1:00 Perfect freestyle REC
 {1 x 200 on 8:00 Stroke Drills REC
 {1 x 200 on 8:00 Stroke Drills REC
 {1 x 200 on 8:00 Stroke Drills REC
 {4 x 25 on 1:00 Perfect free EN1
 100 1 x 100 on 3:00 Free OTB for time SP2
 200 1 x 200 on 3:00 Stroke Drills REC
 7:15 PM 1,750 Yards - Stress Value = 17

5:30 PM Start
 Yards Set Description EGY WC
 =====
 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
 1 on 15:00 Techniques-TN turn drills
 150 10 x 15 on :45 Shooters SP3
 800 1x{4 x 25 on 1:00 Perfect freestyle REC
 {1 x 200 on 8:00 Stroke Drills REC
 {1 x 200 on 8:00 Stroke Drills REC
 {1 x 200 on 8:00 Stroke Drills REC
 {4 x 25 on 1:00 Perfect free EN1
 100 1 x 100 on 3:00 Free OTB for time SP2
 200 1 x 200 on 3:00 Stroke Drills REC
 7:15 PM 1,750 Yards - Stress Value = 17

Workout #15519 - Thursday, 24 April 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 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
 1,200 1x{1 x 100 on 2:10 Kick
 {1 x 100 on 1:50 Kick
 {2 x 50 on 1:05 Kick
 {2 x 100 on 1:55 Kick
 {4 x 25 on :35 Kick
 {3 x 100 on 2:00 Kick
 {2 x 50 on 1:05 Kick
 {2 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
 1,200 1x{1 x 200 on 3:50 Breast 2K1P+1K upto4
 {6 x 50 on 1:05 Descend 2X pullouts
 {1 x 150 on 2:50 Breast 2K1P+1K upto4
 {5 x 50 on 1:00 Descend 2X pullouts
 {1 x 150 on 2:50 Breast 2K1P+1K upto4
 {3 x 50 on :55 Descend 2X pullouts
 200 1 x 200 on 3:00 Stroke Drills
 5:16 PM 3,500 Yards - Stress Value = 53

Workout #15522 - Friday, 25 April 2014

Group 3 - IM'ers

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
 150 10 x 15 on :45 Shooters
 600 1 x 600 on 12:00 Kick w/random 10 sec sprint
 2,100 1x{4 x 75 on 1:10 Individual Medley
 {4 x 75 on :55 Free L.25 6bk
 {4 x 75 on 1:05 Individual Medley
 {4 x 75 on :55 Free L.25 6bk
 {4 x 75 on 1:00 Individual Medley
 {4 x 75 on :55 Free L.25 6bk
 {4 x 75 on :55 Individual Medley
 250 1 x 250 on 4:00 Stroke Drills
 5:01 PM 3,700 Yards - Stress Value = 60

Workout #15520 - Thursday, 24 April 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 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
 1,100 1x{1 x 100 on 2:30 Kick
 {1 x 100 on 2:00 Kick
 {2 x 50 on 1:15 Kick
 {2 x 100 on 2:05 Kick

Workout #15523 - Friday, 25 April 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Ted's Abs
150	1 x 600 on 10:00 Reverse IM drill
600	10 x 15 on :45 Shooters
1,900	1 x 600 on 12:00 Kick w/random 10 sec sprint
	1x{4 x 75 on 1:15 Individual Medley
	{4 x 75 on 1:00 Free L.25 6bk
	{4 x 75 on 1:10 Individual Medley
	{4 x 75 on 1:00 Free L.25 6bk
	{4 x 75 on 1:05 Individual Medley
	{2 x 50 on :40 Free L.25 6bk
	{4 x 75 on 1:00 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
5:01 PM	3,500 Yards - Stress Value = 56

Workout #15524 - Friday, 25 April 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 25:00 DS/Ted's Abs
150	1 x 550 on 10:00 Reverse IM drill
600	10 x 15 on :45 Shooters
1,750	1 x 600 on 12:00 Kick w/random 10 sec sprint
	1x{4 x 75 on 1:20 Individual Medley
	{4 x 75 on 1:05 Free L.25 6bk
	{4 x 75 on 1:15 Individual Medley
	{4 x 75 on 1:05 Free L.25 6bk
	{4 x 75 on 1:10 Individual Medley
	{2 x 50 on :45 Free L.25 6bk
	{2 x 75 on 1:05 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
5:01 PM	3,300 Yards - Stress Value = 53

Workout #15525 - Friday, 25 April 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 25:00 DS/Ted's Abs
150	1 x 550 on 10:00 Reverse IM drill
600	10 x 15 on :45 Shooters
1,400	1 x 600 on 12:00 Kick w/random 10 sec sprint
	1x{4 x 75 on 1:30 Individual Medley
	{4 x 50 on 1:05 Free L.25 6bk
	{4 x 75 on 1:25 Individual Medley
	{4 x 50 on 1:00 Free L.25 6bk
	{4 x 75 on 1:20 Individual Medley
	{2 x 50 on :55 Free L.25 6bk
250	1 x 250 on 4:00 Stroke Drills
5:01 PM	2,950 Yards - Stress Value = 46

Workout #15530 - Friday, 25 April 2014

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
	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
950	1x{4 x 75 on 2:15 Individual Medley	EN2		S
	{2 x 50 on 1:15 Free L.25 6bk	EN2		S

	{4 x 75 on 2:10 Individual Medley	EN2		S
	{2 x 50 on 1:15 Free L.25 6bk	EN2		S
	{2 x 75 on 2:05 Individual Medley	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
6:31 PM	1,650 Yards - Stress Value = 25			

Workout #15526 - Friday, 25 April 2014

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
	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
1,800	1x{4 x 75 on 1:15 Individual Medley	EN2		S
	{4 x 75 on 1:05 Free L.25 6bk	EN2		S
	{4 x 75 on 1:10 Individual Medley	EN2		S
	{4 x 75 on 1:05 Free L.25 6bk	EN2		S
	{4 x 75 on 1:05 Individual Medley	EN2		S
	{4 x 75 on 1:05 Free L.25 6bk	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
6:31 PM	2,650 Yards - Stress Value = 42			

Workout #15527 - Friday, 25 April 2014

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
	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
1,550	1x{4 x 75 on 1:25 Individual Medley	EN2		S
	{4 x 75 on 1:10 Free L.25 6bk	EN2		S
	{4 x 75 on 1:20 Individual Medley	EN2		S
	{4 x 75 on 1:10 Free L.25 6bk	EN2		S
	{4 x 75 on 1:15 Individual Medley	EN2		S
	{1 x 50 on :45 Free L.25 6bk	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
6:31 PM	2,400 Yards - Stress Value = 37			

Workout #15528 - Friday, 25 April 2014

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
	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
1,400	1x{4 x 75 on 1:35 Individual Medley	EN2		S
	{4 x 75 on 1:20 Free L.25 6bk	EN2		S
	{4 x 75 on 1:30 Individual Medley	EN2		S
	{4 x 50 on :50 Free L.25 6bk	EN2		S
	{4 x 75 on 1:25 Individual Medley	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
6:31 PM	2,200 Yards - Stress Value = 34			

Workout #15529 - Friday, 25 April 2014

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
	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	
1,200	1x{4 x 75 on 1:50 Individual Medley	EN2	S	
	{2 x 75 on 1:30 Free L.25 6bk	EN2	S	
	{4 x 75 on 1:45 Individual Medley	EN2	S	
	{2 x 75 on 1:30 Free L.25 6bk	EN2	S	
	{4 x 75 on 1:40 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:31 PM 1,950 Yards - Stress Value = 30			

Workout #15531 - Monday, 28 April 2014

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Physio Ball Shldr
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,400	1x{1 x 100 on 2:00 Kick-100%
	{4 x 25 on :30 Kick no board BSLR-15m
	{2 x 100 on 1:55 Kick-100%
	{4 x 25 on :35 Kick no board BSLR-14m
	{3 x 100 on 1:50 Kick-100%
	{4 x 25 on :40 Kick no board BSLR-13M
	{4 x 100 on 1:45 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-12m
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 2:30 Free 3KOW
	{2 x 200 on 2:35 Free 5KOW+6BKL25
	{3 x 200 on 2:40 Free 7KOW+NBL12.5
	{1 x 100 on 3:00 Free
	{1 x 200 on 2:25 Free
	{2 x 200 on 2:30 Free
	{3 x 200 on 2:35 Free
250	1 x 250 on 4:00 Stroke Drills
	5:31 PM 5,100 Yards - Stress Value = 84

Workout #15532 - Monday, 28 April 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Physio Ball Shldr
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,350	1x{1 x 100 on 2:05 Kick-100%
	{4 x 25 on :35 Kick no board BSLR-15m
	{2 x 100 on 2:00 Kick-100%
	{4 x 25 on :40 Kick no board BSLR-14m
	{3 x 100 on 1:55 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-13M
	{4 x 100 on 1:50 Kick-100%
	{2 x 25 on :45 Kick no board BSLR-12m
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 2:45 Free 3KOW
	{2 x 200 on 2:50 Free 5KOW+6BKL25
	{3 x 150 on 2:10 Free 7KOW+NBL12.5
	{1 x 100 on 3:00 Free
	{1 x 200 on 2:40 Free
	{2 x 200 on 2:45 Free
	{3 x 150 on 2:05 Free

250 1 x 250 on 4:00 Stroke Drills
5:30 PM 4,750 Yards - Stress Value = 77

Workout #15533 - Monday, 28 April 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Physio Ball Shldr
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,250	1x{1 x 100 on 2:15 Kick-100%
	{4 x 25 on :40 Kick no board BSLR-15m
	{2 x 100 on 2:10 Kick-100%
	{4 x 25 on :40 Kick no board BSLR-14m
	{3 x 100 on 2:05 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-13M
	{3 x 100 on 2:00 Kick-100%
	{2 x 25 on :45 Kick no board BSLR-12m
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 3:00 Free 3KOW
	{2 x 200 on 3:05 Free 5KOW+6BKL25
	{3 x 150 on 2:20 Free 7KOW+NBL12.5
	{1 x 50 on 2:00 Free
	{1 x 200 on 2:55 Free
	{2 x 200 on 3:00 Free
	{3 x 150 on 2:15 Free
250	1 x 250 on 4:00 Stroke Drills
	5:31 PM 4,550 Yards - Stress Value = 75

Workout #15534 - Monday, 28 April 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Physio Ball Shldr
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,100	1x{1 x 100 on 2:30 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-15m
	{2 x 100 on 2:25 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-14m
	{3 x 100 on 2:20 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-13M
	{1 x 100 on 2:15 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-12m
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 2:45 Free 3KOW
	{2 x 100 on 1:55 Free 5KOW+6BKL25
	{3 x 150 on 2:55 Free 7KOW+NBL12.5
	{1 x 50 on 2:00 Free
	{1 x 150 on 2:40 Free
	{2 x 100 on 1:55 Free
	{3 x 150 on 2:50 Free
250	1 x 250 on 4:00 Stroke Drills
	5:30 PM 3,850 Yards - Stress Value = 62

Workout #15535 - Monday, 28 April 2014

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EC
500	1 on 30:00 DS/Physio BallsTm Mtg	RE
150	1 x 500 on 10:00 Choice	RE
1,000	10 x 15 on :45 Shooters	SE
150	10 x 100 on 2:00 Kick-Odds-100%	EN
	6 x 25 on :45 Stroke Drills	RE
	L.25 of each 100 2K1P+1K	
1,450	1x{1 x 100 on 1:45 Breaststroke	EN
	{2 x 25 on :45 Breast TO Drill w/free kick	EN
	{2 x 50 on 1:15 Breast Pulls	EN
	{2 x 100 on 1:45 Breaststroke	EN
	{2 x 25 on :45 Breast TO Drill w/free kick	EN
	{2 x 50 on 1:15 Breast Pull	EN
	{3 x 100 on 1:45 Breaststroke	EN
	{2 x 25 on :45 Breast TO Drill w/free kick	EN
	{2 x 50 on 1:15 Pulls	EN
	{4 x 100 on 1:45 Breaststroke	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Game	RE
	7:31 PM 3,450 Yards - Stress Value = 54	

Workout #15539 - Monday, 28 April 2014

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	E
350	1 on 30:00 DS/Physio BallsTm Mtg	F
150	1 x 350 on 10:00 Choice	F
700	10 x 15 on :45 Shooters	SE
150	7 x 100 on 2:45 Kick-Odds-100%	EN
	6 x 25 on :45 Stroke Drills	F
	L.25 of each 100 2K1P+1K	
925	1x{1 x 100 on 2:45 Breaststroke	F
	{2 x 25 on 1:00 Breast TO Drill w/free kick	F
	{2 x 50 on 2:00 Breast Pulls	F
	{2 x 100 on 2:45 Breaststroke	F
	{2 x 25 on 1:00 Breast TO Drill w/free kick	F
	{2 x 50 on 2:00 Breast Pull	F
	{3 x 100 on 2:45 Breaststroke	F
	{1 x 25 on 1:00 Breast TO Drill w/free kick	F
175	1 x 175 on 3:00 Stroke Drills	F
	1 on 10:00 Game	F
	7:31 PM 2,450 Yards - Stress Value = 38	

Workout #15536 - Monday, 28 April 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
500	1 on 30:00 DS/Physio BallsTm Mtg	RE
150	1 x 500 on 10:00 Choice	RE
900	10 x 15 on :45 Shooters	SE
150	9 x 100 on 2:10 Kick-Odds-100%	EN
	6 x 25 on :45 Stroke Drills	RE
	L.25 of each 100 2K1P+1K	
1,350	1x{1 x 100 on 1:55 Breaststroke	EN
	{2 x 25 on :45 Breast TO Drill w/free kick	EN
	{2 x 50 on 1:15 Breast Pulls	EN
	{2 x 100 on 1:55 Breaststroke	EN
	{2 x 25 on :45 Breast TO Drill w/free kick	EN
	{2 x 50 on 1:15 Breast Pull	EN
	{3 x 100 on 1:55 Breaststroke	EN
	{2 x 25 on :45 Breast TO Drill w/free kick	EN
	{2 x 50 on 1:15 Pulls	EN
	{3 x 100 on 1:55 Breaststroke	EN

200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Game	RE
	7:31 PM 3,250 Yards - Stress Value = 50	

Workout #15537 - Monday, 28 April 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
450	1 on 30:00 DS/Physio BallsTm Mtg	RE
150	1 x 450 on 10:00 Choice	RE
900	10 x 15 on :45 Shooters	SE
150	9 x 100 on 2:10 Kick-Odds-100%	EN
	6 x 25 on :45 Stroke Drills	RE
	L.25 of each 100 2K1P+1K	
1,250	1x{1 x 100 on 2:05 Breaststroke	EN
	{2 x 25 on :45 Breast TO Drill w/free kick	EN
	{2 x 50 on 1:25 Breast Pulls	EN
	{2 x 100 on 2:05 Breaststroke	EN
	{2 x 25 on :45 Breast TO Drill w/free kick	EN
	{2 x 50 on 1:25 Breast Pull	EN
	{3 x 100 on 2:05 Breaststroke	EN
	{2 x 25 on :45 Breast TO Drill w/free kick	EN
	{2 x 50 on 1:25 Pulls	EN
	{2 x 100 on 2:05 Breaststroke	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Game	RE
	7:31 PM 3,100 Yards - Stress Value = 48	

Workout #15538 - Monday, 28 April 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
400	1 on 30:00 DS/Physio BallsTm Mtg	RE
150	1 x 400 on 10:00 Choice	RE
800	10 x 15 on :45 Shooters	SE
150	8 x 100 on 2:30 Kick-Odds-100%	EN
	6 x 25 on :45 Stroke Drills	RE
	L.25 of each 100 2K1P+1K	
1,150	1x{1 x 100 on 2:20 Breaststroke	EN
	{2 x 25 on :45 Breast TO Drill w/free kick	EN
	{2 x 50 on 1:30 Breast Pulls	EN
	{2 x 100 on 2:20 Breaststroke	EN
	{2 x 25 on :45 Breast TO Drill w/free kick	EN
	{2 x 50 on 1:30 Breast Pull	EN
	{3 x 100 on 2:20 Breaststroke	EN
	{2 x 25 on :45 Breast TO Drill w/free kick	EN
	{2 x 50 on 1:30 Pulls	EN
	{1 x 100 on 2:20 Breaststroke	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Game	RE
	7:31 PM 2,850 Yards - Stress Value = 44	

Workout #15540 - Tuesday, 29 April 2014

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
 500 10 x 15 on :45 Shooters
 420 1x{2 x 30 on 6:00 Kick as far as you can
 {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 20 x 50 on :45 Pulls odds BTB
 evens 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 125 on 1:50 Backstroke
 {3 x 50 on :45 Back-descend
 {1 x 125 on 1:45 Backstroke
 {4 x 50 on :45 Back-descend
 {1 x 125 on 1:40 Backstroke
 {5 x 50 on :45 Back-descend
 {1 x 125 on 1:35 Backstroke
 {4 x 50 on :45 Back-descend
 {1 x 125 on 1:30 Backstroke
 {3 x 50 on :45 Back-descend
 {1 x 125 on 1:25 Backstroke
 400 8 x 50 on 1:00 Stroke Drills
 5:30 PM 4,970 Yards - Stress Value = 66

Workout #15542 - Tuesday, 29 April 2014

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
 500 10 x 15 on :45 Shooters
 420 1x{2 x 30 on 6:00 Kick as far as you can
 {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 18 x 50 on :50 Pulls odds BTB
 evens BTS
 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 100 on 1:45 Backstroke
 {3 x 50 on :55 Back-descend
 {1 x 100 on 1:40 Backstroke
 {4 x 50 on :55 Back-descend
 {1 x 100 on 1:35 Backstroke
 {4 x 50 on :55 Back-descend
 {1 x 100 on 1:30 Backstroke
 {4 x 50 on :55 Back-descend
 {1 x 100 on 1:25 Backstroke
 {3 x 50 on :55 Back-descend
 350 7 x 50 on 1:00 Stroke Drills
 5:30 PM 4,470 Yards - Stress Value = 62

Workout #15541 - Tuesday, 29 April 2014

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
 500 10 x 15 on :45 Shooters
 420 1x{2 x 30 on 6:00 Kick as far as you can
 {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 20 x 50 on :45 Pulls odds BTB
 evens BTS
 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 125 on 2:00 Backstroke
 {3 x 50 on :50 Back-descend
 {1 x 125 on 1:55 Backstroke
 {4 x 50 on :50 Back-descend
 {1 x 125 on 1:50 Backstroke
 {4 x 50 on :50 Back-descend
 {1 x 125 on 1:45 Backstroke
 {4 x 50 on :50 Back-descend
 {1 x 100 on 1:15 Backstroke
 {3 x 50 on :50 Back-descend
 {1 x 100 on 1:15 Backstroke
 350 7 x 50 on 1:00 Stroke Drills
 5:30 PM 4,820 Yards - Stress Value = 65

Workout #15543 - Tuesday, 29 April 2014

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
 420 1x{2 x 30 on 6:00 Kick as far as you can
 {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 16 x 50 on :55 Pulls odds BTB
 evens BTS
 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 2:05 Backstroke
 {3 x 50 on 1:05 Back-descend
 {1 x 100 on 2:00 Backstroke
 {4 x 50 on 1:05 Back-descend
 {1 x 100 on 1:55 Backstroke
 {4 x 50 on 1:05 Back-descend
 {1 x 100 on 1:50 Backstroke
 {3 x 50 on 1:05 Back-descend
 {1 x 100 on 1:45 Backstroke
 350 7 x 50 on 1:00 Stroke Drills
 5:30 PM 4,120 Yards - Stress Value = 57

Workout #15548 - Tuesday, 29 April 2014

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	
5:30 PM	Start	
350	1 x 350 on 10:00 Underwater trn drill	F
150	10 x 15 on :45 Shooters	S
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins	F
300	6 x 50 on 1:30 Lungbuster pulls breathe 3-5-7 continuous	F
150	6 x 25 on :45 Stroke Drills	F
750	1x{2 x 150 on 4:00 Free L.12yds NBw/SA {2 x 125 on 3:20 Free L.12yds NBw/SA {2 x 100 on 2:40 Free L.12yds NBw/SA 1 on 10:00 Techniques-Starts	F F F F
7:29 PM	2,800 Yards - Stress Value = 46	

Workout #15544 - Tuesday, 29 April 2014

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	
5:30 PM	Start	
500	1 x 500 on 10:00 Underwater trn drill	F
150	10 x 15 on :45 Shooters	S
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins	F
600	12 x 50 on :50 Lungbuster pulls breathe 3-5-7 continuous	F
150	6 x 25 on :45 Stroke Drills	F
1,350	1x{2 x 175 on 2:40 Free L.12yds NBw/SA {2 x 150 on 2:15 Free L.12yds NBw/SA {2 x 125 on 1:55 Free L.12yds NBw/SA {2 x 100 on 1:30 Free L.12yds NBw/SA {2 x 75 on 1:05 Free L.12yds NBw/SA {2 x 50 on :45 Free L.12yds NBw/SA 1 on 10:00 Techniques-Starts	F F F F F F F
7:30 PM	3,850 Yards - Stress Value = 61	

Workout #15545 - Tuesday, 29 April 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	
5:30 PM	Start	
500	1 x 500 on 10:00 Underwater trn drill	F
150	10 x 15 on :45 Shooters	S
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins	F
500	10 x 50 on :55 Lungbuster pulls breathe 3-5-7 continuous	F
150	6 x 25 on :45 Stroke Drills	F
1,250	1x{2 x 175 on 2:55 Free L.12yds NBw/SA {2 x 150 on 2:30 Free L.12yds NBw/SA {2 x 125 on 2:05 Free L.12yds NBw/SA {2 x 100 on 1:40 Free L.12yds NBw/SA {2 x 75 on 1:15 Free L.12yds NBw/SA 1 on 10:00 Techniques-Starts	F F F F F F
7:30 PM	3,650 Yards - Stress Value = 58	

Workout #15546 - Tuesday, 29 April 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	
5:30 PM	Start	
450	1 x 450 on 10:00 Underwater trn drill	F

150	10 x 15 on :45 Shooters	S
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins	F
500	10 x 50 on 1:00 Lungbuster pulls breathe 3-5-7 continuous	F
150	6 x 25 on :45 Stroke Drills	F
1,100	1x{2 x 175 on 3:15 Free L.12yds NBw/SA {2 x 150 on 2:45 Free L.12yds NBw/SA {2 x 125 on 2:15 Free L.12yds NBw/SA {2 x 100 on 1:50 Free L.12yds NBw/SA 1 on 10:00 Techniques-Starts	F F F F F
7:30 PM	3,450 Yards - Stress Value = 55	

Workout #15547 - Tuesday, 29 April 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	
5:30 PM	Start	
400	1 x 400 on 10:00 Underwater trn drill	F
150	10 x 15 on :45 Shooters	S
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins	F
400	8 x 50 on 1:10 Lungbuster pulls breathe 3-5-7 continuous	F
150	6 x 25 on :45 Stroke Drills	F
950	1x{2 x 175 on 3:45 Free L.12yds NBw/SA {2 x 150 on 3:15 Free L.12yds NBw/SA {2 x 100 on 2:10 Free L.12yds NBw/SA {2 x 50 on 1:05 Free L.12yds NBw/SA 1 on 10:00 Techniques-Starts	F F F F F
7:30 PM	3,150 Yards - Stress Value = 51	

Workout #15549 - Wednesday, 30 April 2014

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	
3:30 PM	Start	
600	1 x 600 on 10:00 Free L.25 of each 100 Non	F
150	10 x 15 on :45 Shooters	S
100	1 x 100 on 2:00 Kick for time All BSLR's 100%, others: hold time based on kick for time	F
1,400	1x{4 x 25 on :30 Kick no board BSLR {1 x 50 on 1:00 Kick {4 x 25 on :30 Kick no board BSLR {2 x 75 on 1:30 Kick {4 x 25 on :30 Kick no board BSLR {3 x 100 on 2:00 Kick {4 x 25 on :30 Kick no board BSLR {4 x 125 on 2:30 Kick	F F F F F F F
400	1 x 400 on 7:00 Pull alt Fr br 7/Brst Pull	F
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	F F
1,300	1x{4 x 100 on 1:25 Breaststroke {1 x 30 on 1:00 15underBrst/15sprFR {3 x 100 on 1:25 Breaststroke {2 x 30 on 1:00 15underBrst/15sprFR {2 x 100 on 1:25 Breaststroke {3 x 30 on 1:00 15underBrst/15sprFR {1 x 100 on 1:25 Breaststroke {4 x 30 on 1:00 15underBrst/15sprFR	F F F F F F F
200	1 x 200 on 3:00 Stroke Drills	F
5:31 PM	4,350 Yards - Stress Value = 68	

Workout #15550 - Wednesday, 30 April 2014

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
100	10 x 15 on :45 Shooters
100	1 x 100 on 2:00 Kick for time
	All BSLR's 100%, others: hold time based on kick for time
1,400	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on 1:00 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 2:00 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 125 on 2:30 Kick
400	1 x 400 on 7:00 Pull alt Fr br 7/Brst Pull
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,270	1x{4 x 100 on 1:35 Breaststroke
	{1 x 30 on 1:00 15underBrst/15sprFR
	{3 x 100 on 1:35 Breaststroke
	{2 x 30 on 1:00 15underBrst/15sprFR
	{2 x 100 on 1:35 Breaststroke
	{3 x 30 on 1:00 15underBrst/15sprFR
	{1 x 100 on 1:35 Breaststroke
	{3 x 30 on 1:00 15underBrst/15sprFR
200	1 x 200 on 3:00 Stroke Drills
	5:31 PM 4,320 Yards - Stress Value = 68

Workout #15551 - Wednesday, 30 April 2014

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
100	10 x 15 on :45 Shooters
100	1 x 100 on 2:00 Kick for time
	All BSLR's 100%, others: hold time based on kick for time
1,150	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 75 on 1:40 Kick
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:10 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 125 on 2:45 Kick
350	1 x 350 on 7:00 Pull alt Fr br 7/Brst Pull
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,180	1x{4 x 100 on 1:50 Breaststroke
	{1 x 30 on 1:00 15underBrst/15sprFR
	{3 x 100 on 1:50 Breaststroke
	{2 x 30 on 1:00 15underBrst/15sprFR
	{2 x 100 on 1:50 Breaststroke
	{3 x 30 on 1:00 15underBrst/15sprFR
	{1 x 100 on 1:50 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	5:31 PM 3,880 Yards - Stress Value = 61

Workout #15552 - Wednesday, 30 April 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
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Yards	Set Description
500	1 on 25:00 DS/Abs
150	1 x 500 on 10:00 Free L.25 of each 100 Non F
100	10 x 15 on :45 Shooters
100	1 x 100 on 2:00 Kick for time
	All BSLR's 100%, others: hold time based on kick for time
1,000	1x{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
	{2 x 75 on 1:55 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 100 on 2:30 Kick
350	1 x 350 on 7:00 Pull alt Fr br 7/Brst Pull
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{4 x 100 on 2:10 Breaststroke
	{1 x 30 on 1:00 15underBrst/15sprFR
	{3 x 100 on 2:10 Breaststroke
	{2 x 30 on 1:00 15underBrst/15sprFR
	{2 x 100 on 2:10 Breaststroke
	{2 x 30 on 1:00 15underBrst/15sprFR
200	1 x 200 on 3:00 Stroke Drills
	5:31 PM 3,550 Yards - Stress Value = 55

Workout #15557 - Wednesday, 30 April 2014

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
100	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
300	12 x 25 on :45 Stroke Drills 3 on each
400	4 x 100 on 4:00 Individual Medley
500	10 x 50 on 1:00 Stroke Drills
	7:29 PM 2,650 Yards - Stress Value = 36

Workout #15553 - Wednesday, 30 April 2014

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
 300 12 x 25 on :45 Stroke Drills 3 on each
 400 4 x 100 on 4:00 Individual Medley
 500 10 x 50 on 1:00 Stroke Drills
 7:29 PM 3,150 Yards - Stress Value = 44

{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
 300 12 x 25 on :45 Stroke Drills 3 on each
 400 4 x 100 on 4:00 Individual Medley
 500 10 x 50 on 1:00 Stroke Drills
 7:29 PM 3,000 Yards - Stress Value = 42

Workout #15556 - Wednesday, 30 April 2014

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
 300 12 x 25 on :45 Stroke Drills 3 on each
 400 4 x 100 on 4:00 Individual Medley
 500 10 x 50 on 1:00 Stroke Drills
 7:29 PM 2,850 Yards - Stress Value = 40

Workout #15554 - Wednesday, 30 April 2014

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
 300 12 x 25 on :45 Stroke Drills 3 on each
 400 4 x 100 on 4:00 Individual Medley
 500 10 x 50 on 1:00 Stroke Drills
 7:29 PM 3,100 Yards - Stress Value = 43

Workout #15558 - Thursday, 01 May 2014

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
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,100 11 x 100 on 2:00 Challenge Kick Set
 800 1x{1 x 200 on 2:30 Pulls BWSPF
 {1 x 200 on 2:35 Pulls BWHPF
 {1 x 200 on 2:40 Pulls BWKPF
 {1 x 200 on 2:45 Pulls BWFPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{1 x 200 on 2:40 3 strokes fly off walls-NB
 {4 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
 {2 x 200 on 2:40 3 strokes fly off walls-NB
 {3 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
 {3 x 200 on 2:40 3 strokes fly off walls-NB
 250 1 x 250 on 4:00 Stroke Drills
 5:29 PM 5,000 Yards - Stress Value = 84

Workout #15555 - Wednesday, 30 April 2014

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

Workout #15559 - Thursday, 01 May 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
600	1 on 25:00 DS/Shoulders
150	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
1,100	10 x 15 on :45 Shooters
700	11 x 100 on 2:00 Challenge Kick Set
1x{	1 x 175 on 2:30 Pulls BWSPF
	1 x 175 on 2:35 Pulls BWHPPF
	1 x 175 on 2:40 Pulls BWKPPF
	1 x 175 on 2:45 Pulls BWFPF
200	4x{1 x 25 on :50 Sculling drills
	1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{1 x 200 on 3:00 3 strokes fly off walls-NB
	{4 x 100 on 1:40 Alt 25fr br 5/25fl w/fr kick
	{2 x 200 on 3:00 3 strokes fly off walls-NB
	{3 x 100 on 1:40 Alt 25fr br 5/25fl w/fr kick
	{2 x 200 on 3:00 3 strokes fly off walls-NB
250	1 x 250 on 4:00 Stroke Drills
	5:29 PM 4,700 Yards - Stress Value = 80

Workout #15560 - Thursday, 01 May 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
550	1 on 25:00 DS/Shoulders
150	1 x 550 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
1,100	10 x 15 on :45 Shooters
600	11 x 100 on 2:00 Challenge Kick Set
1x{	1 x 150 on 2:30 Pulls BWSPF
	1 x 150 on 2:35 Pulls BWHPPF
	1 x 150 on 2:40 Pulls BWKPPF
	1 x 150 on 2:45 Pulls BWFPF
200	4x{1 x 25 on :50 Sculling drills
	1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 200 on 3:15 3 strokes fly off walls-NB
	{4 x 100 on 1:50 Alt 25fr br 5/25fl w/fr kick
	{2 x 200 on 3:15 3 strokes fly off walls-NB
	{2 x 100 on 1:50 Alt 25fr br 5/25fl w/fr kick
	{2 x 200 on 3:15 3 strokes fly off walls-NB
250	1 x 250 on 4:00 Stroke Drills
	5:30 PM 4,450 Yards - Stress Value = 74

Workout #15561 - Thursday, 01 May 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
500	1 on 25:00 DS/Shoulders
150	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
1,100	10 x 15 on :45 Shooters
500	11 x 100 on 2:00 Challenge Kick Set
1x{	1 x 125 on 2:30 Pulls BWSPF
	1 x 125 on 2:35 Pulls BWHPPF
	1 x 125 on 2:40 Pulls BWKPPF
	1 x 125 on 2:45 Pulls BWFPF
200	4x{1 x 25 on :50 Sculling drills
	1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{1 x 200 on 3:45 3 strokes fly off walls-NB
	{2 x 100 on 2:00 Alt 25fr br 5/25fl w/fr kick
	{2 x 200 on 3:45 3 strokes fly off walls-NB
	{2 x 100 on 2:00 Alt 25fr br 5/25fl w/fr kick
	{2 x 200 on 3:45 3 strokes fly off walls-NB

250 1 x 250 on 4:00 Stroke Drills
5:29 PM 4,100 Yards - Stress Value = 66

Workout #15562 - Thursday, 01 May 2014

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY
500	1 on 30:00 DS/Soulders/Tm Mtg	
150	1 x 500 on 10:00 Underwater trn drill	REC
	Odd 100's free even 100's back	
100	1 on 12:00 Techniques-breakouts/finishes	REC
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 #15563 - Friday, 02 May 2014

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK
600	1 on 22:00 DS/Ted's Abs		L
150	1 x 600 on 10:00 Reverse IM drill	REC	D
2,300	10 x 15 on :45 Shooters	SP3	S
1x{	1 x 200 on 2:30 Individual Medley	EN2	S
	{8 x 25 on :30 IM order fly 100%	EN2	S
	{2 x 175 on 2:10 IM	EN2	S
	{8 x 25 on :30 IM order back 100%	EN2	S
	{3 x 150 on 1:50 Individual Medley	EN2	S
	{8 x 25 on :30 IM order breast 100%	EN2	S
	{4 x 125 on 1:30 Individual Medley	EN2	S
	{8 x 25 on :30 IM order free 100%	EN2	S
100	1 x 100 on 2:00 Freestyle	REC	S
200	1 x 200 on 5:00 IM OTB for time	SP2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	5:00 PM 3,550 Yards - Stress Value = 72		

Workout #15564 - Friday, 02 May 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
600	1 on 22:00 DS/Ted's Abs		L
150	1 x 600 on 10:00 Reverse IM drill	REC	D
2,150	10 x 15 on :45 Shooters	SP3	S
1x{	1 x 200 on 2:50 Individual Medley	EN2	S
	{8 x 25 on :30 IM order fly 100%	EN2	S
	{2 x 175 on 2:25 IM	EN2	S
	{8 x 25 on :30 IM order back 100%	EN2	S
	{2 x 150 on 2:05 Individual Medley	EN2	S
	{8 x 25 on :30 IM order breast 100%	EN2	S
	{4 x 125 on 1:40 Individual Medley	EN2	S
	{8 x 25 on :30 IM order free 100%	EN2	S
100	1 x 100 on 2:00 Freestyle	REC	S
200	1 x 200 on 5:00 IM OTB for time	SP2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	5:00 PM 3,400 Yards - Stress Value = 69		

Workout #15565 - Friday, 02 May 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 22:00 DS/Ted's Abs		L
550	1 x 550 on 10:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,900	1x{1 x 200 on 3:15 Individual Medley	EN2	S
	{8 x 25 on :30 IM order fly 100%	EN2	S
	{2 x 175 on 2:50 IM	EN2	S
	{8 x 25 on :30 IM order back 100%	EN2	S
	{2 x 150 on 2:20 Individual Medley	EN2	S
	{8 x 25 on :30 IM order breast 100%	EN2	S
	{2 x 125 on 1:55 Individual Medley	EN2	S
	{8 x 25 on :30 IM order free 100%	EN2	S
100	1 x 100 on 2:00 Freestyle	REC	S
200	1 x 200 on 5:00 IM OTB for time	SP2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
4:59 PM 3,100 Yards - Stress Value = 64			

Workout #15566 - Friday, 02 May 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 22:00 DS/Ted's Abs		L
500	1 x 500 on 10:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,450	1x{1 x 200 on 4:00 Individual Medley	EN2	S
	{8 x 25 on :40 IM order fly 100%	EN2	S
	{1 x 175 on 3:25 IM	EN2	S
	{8 x 25 on :40 IM order back 100%	EN2	S
	{1 x 150 on 2:50 Individual Medley	EN2	S
	{8 x 25 on :40 IM order breast 100%	EN2	S
	{1 x 125 on 2:20 Individual Medley	EN2	S
	{8 x 25 on :40 IM order free 100%	EN2	S
100	1 x 100 on 2:00 Freestyle	REC	S
200	1 x 200 on 5:00 IM OTB for time	SP2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
4:59 PM 2,600 Yards - Stress Value = 55			

Workout #15567 - Friday, 02 May 2014

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 44:00 DS/Dryland/Tm Mtg		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
1,600	1x{2 x 200 on 3:00 Backstroke	EN2	S	F
	{2 x 200 on 2:55 Backstroke	EN2	S	F
	{2 x 200 on 2:50 Backstroke	EN2	S	F
	{2 x 200 on 2:45 Backstroke	EN2	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
6:30 PM 2,400 Yards - Stress Value = 38				

Workout #15571 - Friday, 02 May 2014

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 44:00 DS/Dryland/Tm Mtg		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
800	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 #15568 - Friday, 02 May 2014

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 44:00 DS/Dryland/Tm Mtg		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
1,400	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				

Workout #15569 - Friday, 02 May 2014

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 44:00 DS/Dryland/Tm Mtg		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
1,200	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				

Workout #15570 - Friday, 02 May 2014

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 44:00 DS/Dryland/Tm Mtg		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
1,000	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 #15572 - Monday, 05 May 2014

Group 3 - Freestylers

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
 1,900 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board B
 {1 x 150 on 2:30 Kick
 {4 x 25 on :30 Kick no board S
 {2 x 150 on 2:25 Kick
 {4 x 25 on :30 Kick no board L
 {3 x 150 on 2:20 Kick
 {4 x 25 on :30 Kick no board R
 {4 x 150 on 2:15 Kick
 1,500 1x{1 x 500 on 6:15 Pulls-no br L.12 yds
 {1 x 400 on 5:05 Pulls-no br L.14 yds
 {1 x 300 on 3:50 Pulls-no br L.16 yds
 {1 x 200 on 2:35 Pulls-no br L.18 yds
 {1 x 100 on 1:20 Pulls-no br L.20 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 12 x 150 on 2:00 Freestyle-Descend
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 6,400 Yards - Stress Value = 112

Workout #15573 - Monday, 05 May 2014

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
 1,750 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board B
 {1 x 150 on 2:45 Kick
 {4 x 25 on :30 Kick no board S
 {2 x 150 on 2:40 Kick
 {4 x 25 on :30 Kick no board L
 {3 x 150 on 2:35 Kick
 {6 x 25 on :30 Kick no board R
 {4 x 100 on 1:40 Kick
 1,450 1x{1 x 500 on 6:40 Pulls-no br L.12 yds
 {1 x 400 on 5:25 Pulls-no br L.14 yds
 {1 x 300 on 4:05 Pulls-no br L.16 yds
 {1 x 200 on 2:50 Pulls-no br L.18 yds
 {1 x 50 on :45 Pulls-no br L.20 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 2:15 Freestyle-Descend
 250 1 x 250 on 4:00 Stroke Drills
 5:46 PM 6,050 Yards - Stress Value = 105

Workout #15574 - Monday, 05 May 2014

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
 1,500 10 x 15 on :45 Shooters
 1x{4 x 25 on :35 Kick no board B
 {1 x 150 on 2:55 Kick
 {4 x 25 on :35 Kick no board S
 {2 x 150 on 3:00 Kick
 {4 x 25 on :35 Kick no board L
 {3 x 150 on 3:05 Kick
 {6 x 25 on :35 Kick no board R

{1 x 150 on 3:10 Kick
 1,250 1x{1 x 500 on 7:05 Pulls-no br L.12 yds
 {1 x 400 on 5:50 Pulls-no br L.14 yds
 {1 x 300 on 4:30 Pulls-no br L.16 yds
 {1 x 50 on :50 Pulls-no br L.20 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 10 x 150 on 2:30 Freestyle-Descend
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 5,400 Yards - Stress Value = 93

Workout #15575 - Monday, 05 May 2014

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
 1,200 10 x 15 on :45 Shooters
 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board S
 {2 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board L
 {3 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board R
 {2 x 100 on 2:35 Kick
 1,000 1x{1 x 400 on 7:15 Pulls-no br L.12 yds
 {1 x 300 on 5:30 Pulls-no br L.14 yds
 {1 x 200 on 3:45 Pulls-no br L.16 yds
 {1 x 100 on 1:55 Pulls-no br L.20 yds
 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
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 4,650 Yards - Stress Value = 79

Workout #15580 - Monday, 05 May 2014

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WORK S
 =====
 350 1 on 30:00 DS/Phyiso Balls/TM Mtg L I
 150 1 x 350 on 10:00 Choice REC S C
 850 10 x 15 on :45 shooters SP3 S F
 1x{4 x 25 on :45 Kick no board S EN2 K F
 {3 x 100 on 3:30 Kick-descend EN2 K F
 {4 x 25 on :45 Kick no board S EN2 K F
 {3 x 50 on 1:40 Kick-descend EN2 K F
 {4 x 25 on :45 Kick no board S EN2 K F
 {4 x 25 on 1:00 Kick-descend EN2 K F
 100 4 x 25 on 1:00 Stroke Drills REC D F
 600 3x{8 x 25 on 1:00 Butterfly EN2 S F
 {1 on 1:00 Rest M
 100 1 x 100 on 2:00 Stroke Drills REC D
 1 on 10:00 Game S F
 7:35 PM 2,150 Yards - Stress Value = 35

Workout #15576 - Monday, 05 May 2014

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	S
500	1 x 500 on 10:00 Choice	REC	S	C
150	10 x 15 on :45 shooters	SP3	S	F
1,200	1x{4 x 25 on :45 Kick no board S	EN2	K	F
	{3 x 100 on 2:15 Kick-descend	EN2	K	F
	{4 x 25 on :45 Kick no board S	EN2	K	F
	{3 x 100 on 2:10 Kick-descend	EN2	K	F
	{4 x 25 on :45 Kick no board S	EN2	K	F
	{3 x 100 on 2:05 Kick-descend	EN2	K	F
150	6 x 25 on :45 Stroke Drills	REC	D	F
1,000	5x{8 x 25 on :25 Butterfly	EN2	S	F
	{1 on 1:00 Rest	M		
100	1 x 100 on 2:00 Stroke Drills	REC	D	
	1 on 10:00 Game	S	F	
7:31 PM 3,100 Yards - Stress Value = 50				

Yards	Set Description	EGY	WORK	S
400	1 on 30:00 DS/Phyiso Balls/TM Mtg		L	I
150	1 x 400 on 10:00 Choice	REC	S	C
1,000	10 x 15 on :45 shooters	SP3	S	F
	1x{4 x 25 on :45 Kick no board S	EN2	K	F
	{4 x 100 on 2:45 Kick-descend	EN2	K	F
	{4 x 25 on :45 Kick no board S	EN2	K	F
	{3 x 50 on 1:25 Kick-descend	EN2	K	F
	{4 x 25 on :45 Kick no board S	EN2	K	F
	{3 x 50 on 1:20 Kick-descend	EN2	K	F
150	6 x 25 on :45 Stroke Drills	REC	D	F
600	3x{8 x 25 on :45 Butterfly	EN2	S	F
	{1 on 1:00 Rest	M		
100	1 x 100 on 2:00 Stroke Drills	REC	D	
	1 on 10:00 Game	S	F	
7:30 PM 2,400 Yards - Stress Value = 38				

Workout #15581 - Tuesday, 06 May 2014

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	S
500	1 x 500 on 10:00 Choice	REC	S	C
150	10 x 15 on :45 shooters	SP3	S	F
1,200	1x{4 x 25 on :45 Kick no board S	EN2	K	F
	{3 x 100 on 2:15 Kick-descend	EN2	K	F
	{4 x 25 on :45 Kick no board S	EN2	K	F
	{3 x 100 on 2:10 Kick-descend	EN2	K	F
	{4 x 25 on :45 Kick no board S	EN2	K	F
	{3 x 100 on 2:05 Kick-descend	EN2	K	F
150	6 x 25 on :45 Stroke Drills	REC	D	F
1,000	5x{8 x 25 on :30 Butterfly	EN2	S	F
	{1 on 1:00 Rest	M		
100	1 x 100 on 2:00 Stroke Drills	REC	D	
	1 on 10:00 Game	S	F	
7:34 PM 3,100 Yards - Stress Value = 50				

Yards	Set Description	EGY	WORK	S
600	1 on 25:00 DS/Core		L	I
150	1 x 600 on 10:00 Underwater trn drill		S	C
500	10 x 15 on :45 Shooters	SP3	S	F
360	1 x 500 on 6:30 Kick as far as you can		S	C
1,500	1x{12 x 30 on 1:00 15y BSLR underwater		S	F
	{ Vertical Kick (Fr) for 20 kIcks			
	{ 15y flutter Kick BSLR			
	1x{1 x 250 on 3:15 Pulls BTB		S	F
	{3 x 50 on :50 Pull 6/5/4 breaths			
	{1 x 250 on 3:15 Pulls BTS		S	F
	{3 x 50 on :50 Pulls 6/5/4 breaths			
	{1 x 200 on 2:30 Pulls BTS		S	F
	{3 x 50 on :50 Pulls 6/5/4 breaths			
	{1 x 200 on 2:30 Pulls BTS		S	F
	{3 x 50 on :50 Pulls 6/5/4 breaths			
200	4x{1 x 25 on :50 Sculling drills		S	F
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,100	1x{6 x 100 on 1:15 Backstroke		S	F
	{1 on 1:00 Rest			
	{5 x 100 on 1:15 Backstroke		S	F
	{1 on 1:00 Rest			
	{4 x 100 on 1:15 Backstroke		S	F
	{1 on 1:00 Rest			
	{3 x 100 on 1:15 Backstroke		S	F
	{1 on 1:00 Rest			
	{2 x 100 on 1:15 Backstroke		S	F
	{1 on 1:00 Rest			
	{1 x 100 on 1:15 Backstroke		S	F
300	6 x 50 on 1:00 Stroke Drills		S	F
5:45 PM 5,710 Yards - Stress Value = 97				

Workout #15578 - Monday, 05 May 2014

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	S
450	1 x 450 on 10:00 Choice	REC	S	C
150	10 x 15 on :45 shooters	SP3	S	F
1,100	1x{4 x 25 on :45 Kick no board S	EN2	K	F
	{3 x 100 on 2:30 Kick-descend	EN2	K	F
	{4 x 25 on :45 Kick no board S	EN2	K	F
	{3 x 100 on 2:25 Kick-descend	EN2	K	F
	{4 x 25 on :45 Kick no board S	EN2	K	F
	{4 x 50 on 1:10 Kick-descend	EN2	K	F
150	6 x 25 on :45 Stroke Drills	REC	D	F
800	4x{8 x 25 on :35 Butterfly	EN2	S	F
	{1 on 1:00 Rest	M		
100	1 x 100 on 2:00 Stroke Drills	REC	D	
	1 on 10:00 Game	S	F	
7:32 PM 2,750 Yards - Stress Value = 44				

Workout #15579 - Monday, 05 May 2014

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Workout #15582 - Tuesday, 06 May 2014

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
500	10 x 15 on :45 Shooters
360	1 x 500 on 6:30 Kick as far as you can
1,350	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
1,350	1x{1 x 250 on 3:35 Pulls BTB { 3 x 50 on :55 Pull 6/5/4 breaths { 1 x 250 on 3:35 Pulls BTS { 3 x 50 on :55 Pulls 6/5/4 breaths { 1 x 150 on 2:05 Pulls BTS { 3 x 50 on :55 Pulls 6/5/4 breaths { 1 x 150 on 2:05 Pulls BTS { 2 x 50 on :55 Pulls 5/4 breaths
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 1:20 Backstroke { 1 on 1:00 Rest { 5 x 100 on 1:20 Backstroke { 1 on 1:00 Rest { 4 x 100 on 1:20 Backstroke { 1 on 1:00 Rest { 3 x 100 on 1:20 Backstroke { 1 on 1:00 Rest { 2 x 100 on 1:20 Backstroke { 1 on :30 Rest { 1 x 100 on 1:20 Backstroke
300	6 x 50 on 1:00 Stroke Drills
	5:46 PM 5,560 Yards - Stress Value = 94

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
500	10 x 15 on :45 Shooters
360	1 x 500 on 6:30 Kick as far as you can
1,050	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
1,050	1x{1 x 150 on 2:45 Pulls BTB { 3 x 50 on 1:10 Pull 6/5/4 breaths { 1 x 150 on 2:45 Pulls BTS { 3 x 50 on 1:10 Pulls 6/5/4 breaths { 1 x 100 on 1:50 Pulls BTS { 3 x 50 on 1:10 Pulls 6/5/4 breaths { 1 x 100 on 1:50 Pulls BTS { 2 x 50 on 1:10 Pulls 5/4 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	1x{6 x 100 on 1:55 Backstroke { 1 on 1:00 Rest { 5 x 100 on 1:55 Backstroke { 1 on 1:00 Rest { 3 x 100 on 1:55 Backstroke { 1 on 1:00 Rest { 1 x 100 on 1:55 Backstroke
300	6 x 50 on 1:00 Stroke Drills
	5:45 PM 4,560 Yards - Stress Value = 76

Workout #15585 - Tuesday, 06 May 2014

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
500	1 on 30:00 DS/Core/Tm Mtg	REC
150	1 x 500 on 10:00 Underwater trn drill	SP3
900	10 x 15 on :45 Shooters	EN2
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 { 1 x 50 on 1:00 Back 3+1 { 2 x 125 on 2:05 Backstroke { 2 x 50 on 1:00 Back 4+1 { 2 x 125 on 2:00 Backstroke { 3 x 50 on 1:00 Back 5+! { 2 x 125 on 1:55 Backstroke { 4 x 50 on 1:00 Back 6+1	EN2
200	1 on 10:00 Techniques-Back Starts	
200	1 x 200 on 4:00 Stroke Drills	REC
	7:31 PM 3,400 Yards - Stress Value = 54	

Workout #15583 - Tuesday, 06 May 2014

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
500	10 x 15 on :45 Shooters
360	1 x 500 on 6:30 Kick as far as you can
1,250	1x{12 x 30 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
1,250	1x{1 x 200 on 3:10 Pulls BTB { 3 x 50 on 1:00 Pull 6/5/4 breaths { 1 x 200 on 3:10 Pulls BTS { 3 x 50 on 1:00 Pulls 6/5/4 breaths { 1 x 150 on 2:15 Pulls BTS { 3 x 50 on 1:00 Pulls 6/5/4 breaths { 1 x 150 on 2:15 Pulls BTS { 2 x 50 on 1:00 Pulls 5/4 breaths
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{6 x 100 on 1:30 Backstroke { 1 on 1:00 Rest { 5 x 100 on 1:30 Backstroke { 1 on 1:00 Rest { 4 x 100 on 1:30 Backstroke { 1 on 1:00 Rest { 3 x 100 on 1:30 Backstroke { 1 on 1:00 Rest { 1 x 100 on 1:30 Backstroke
300	6 x 50 on 1:00 Stroke Drills
	5:46 PM 5,210 Yards - Stress Value = 88

Workout #15584 - Tuesday, 06 May 2014

Workout #15589 - Tuesday, 06 May 2014

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 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 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	
200	1 x 200 on 4:00 Stroke Drills	REC
	7:31 PM 2,450 Yards - Stress Value = 37	

Workout #15586 - Tuesday, 06 May 2014

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
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
	1 on 10:00 Techniques-Back Starts	
200	1 x 200 on 4:00 Stroke Drills	REC
	7:31 PM 3,250 Yards - Stress Value = 51	

Workout #15587 - Tuesday, 06 May 2014

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 #15588 - Tuesday, 06 May 2014

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 streamline 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 #15590 - Wednesday, 07 May 2014

Group 3 - Fly

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	
1,550	1x{4 x 25 on :30 Kick no board BSLR-20KOW	
	{3 x 125 on 2:00 Kick	
	{4 x 25 on :30 Kick no board BSLR-18KOW	
	{3 x 100 on 1:35 Kick	
	{4 x 25 on :30 Kick no board BSLR-16KOW	
	{3 x 75 on 1:10 Kick	
	{4 x 25 on :30 Kick no board BSLR-14KOW	
	{3 x 50 on :45 Kick	
	{4 x 25 on :30 Kick no board BSLR-12KOW	
1,250	1x{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	
	breathe 3-5-7 continuos, only 2 breaths L.2	
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	
200	1 x 200 on 3:00 Stroke Drills	
	5:46 PM 5,550 Yards - Stress Value = 93	

Workout #15591 - Wednesday, 07 May 2014

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
 1,400 1x{4 x 25 on :30 Kick no board BSLR-20KOW
 {3 x 125 on 2:20 Kick
 {4 x 25 on :30 Kick no board BSLR-18KOW
 {3 x 100 on 1:50 Kick
 {4 x 25 on :30 Kick no board BSLR-16KOW
 {3 x 75 on 1:20 Kick
 {4 x 25 on :30 Kick no board BSLR-14KOW
 {1 x 50 on :50 Kick
 {2 x 25 on :30 Kick no board BS-12KOW
 1,100 1x{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
 breathe 3-5-7 continuous, only 2 breaths L.2
 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
 200 1 x 200 on 3:00 Stroke Drills
 5:46 PM 5,050 Yards - Stress Value = 83

{2 x 75 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR-16KOW
 {3 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR-14KOW
 {4 x 25 on :35 Kick
 700 1x{2 x 100 on 2:00 Lungbuster pulls
 {2 x 100 on 1:55 Lungbuster pulls
 {2 x 100 on 1:50 Lungbuster pulls
 {2 x 50 on :50 Lungbuster pulls
 breathe 3-5-7 continuous, only 2 breaths L.2
 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 :40 Butterfly
 {1 on 1:00 Rest
 Only do 5 X 25's on the last round
 200 1 x 200 on 3:00 Stroke Drills
 5:49 PM 4,050 Yards - Stress Value = 66

Workout #15598 - Wednesday, 07 May 2014

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
 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
 1,100 1x{1 x 100 on 3:15 Kick EN2
 {1 x 100 on 2:30 Pulls EN2
 {2 x 100 on 3:10 Kick EN2
 {2 x 100 on 2:35 Pulls EN2
 {3 x 100 on 3:05 Kick EN2
 {2 x 100 on 2:40 Pulls EN2
 150 6 x 25 on :45 Stroke Drills REC
 500 10 x 50 on 2:00 Freestyle SP1
 300 6 x 50 on 1:00 Stroke Drills REC
 7:30 PM 2,700 Yards - Stress Value = 70

Workout #15592 - Wednesday, 07 May 2014

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
 1,250 1x{4 x 25 on :35 Kick no board BSLR-20KOW
 {3 x 125 on 2:35 Kick
 {4 x 25 on :35 Kick no board BSLR-18KOW
 {2 x 100 on 2:00 Kick
 {4 x 25 on :35 Kick no board BSLR-16KOW
 {3 x 75 on 1:30 Kick
 {4 x 25 on :35 Kick no board BSLR-14KOW
 {1 x 50 on :55 Kick
 950 1x{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
 breathe 3-5-7 continuous, only 2 breaths L.2
 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
 200 1 x 200 on 3:00 Stroke Drills
 5:45 PM 4,500 Yards - Stress Value = 73

Workout #15594 - Wednesday, 07 May 2014

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
 100 1 x 100 on 3:00 Kick for time EN2
 2,000 1x{1 x 100 on 1:55 Kick EN2
 {1 x 100 on 1:15 Pulls EN2
 {2 x 100 on 1:50 Kick EN2
 {2 x 100 on 1:20 Pulls EN2
 {3 x 100 on 1:45 Kick EN2
 {3 x 100 on 1:25 Pulls EN2
 {4 x 100 on 1:40 Kick EN2
 {4 x 100 on 1:30 Pulls EN2
 150 6 x 25 on :45 Stroke Drills REC
 500 10 x 50 on 2:00 Freestyle SP1
 300 6 x 50 on 1:00 Stroke Drills REC
 7:30 PM 3,700 Yards - Stress Value = 88

Workout #15593 - Wednesday, 07 May 2014

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
 1,100 1x{4 x 25 on :45 Kick no board BSLR-20KOW
 {3 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR-18KOW

Workout #15595 - Wednesday, 07 May 2014

1 minute rest between sets

Group 2 - Gold

1 minute rest between sets

5:30 PM Start		EGY	WOF
Yards	Set Description		
500	1 on 30:00 DS/Abs/Tm Mtg	REC	
150	1 x 500 on 10:00 Swim-kick-pull-swim	SP3	
100	10 x 15 on :45 Shooters	EN2	
1,800	1 x 100 on 3:00 Kick for time	EN2	
	1x{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 1:25 Pulls	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:30 Pulls	EN2	
	{3 x 100 on 1:55 Kick	EN2	
	{3 x 100 on 1:35 Pulls	EN2	
	{3 x 100 on 1:50 Kick	EN2	
	{3 x 100 on 1:40 Pulls	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Freestyle	SP1	
300	6 x 50 on 1:00 Stroke Drills	REC	
7:30 PM 3,500 Yards - Stress Value = 84			

3:30 PM Start	
Yards	Set Description
600	1 on 30:00 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
1,200	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
2,000	5 x 400 on 5:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
5:46 PM 5,550 Yards - Stress Value = 84	

Workout #15596 - Wednesday, 07 May 2014

Group 2 - Silver

1 minute rest between sets

5:30 PM Start		EGY	WOF
Yards	Set Description		
450	1 on 30:00 DS/Abs/Tm Mtg	REC	
150	1 x 450 on 10:00 Swim-kick-pull-swim	SP3	
100	10 x 15 on :45 Shooters	EN2	
1,600	1 x 100 on 3:00 Kick for time	EN2	
	1x{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 1:40 Pulls	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{2 x 100 on 1:45 Pulls	EN2	
	{3 x 100 on 2:10 Kick	EN2	
	{3 x 100 on 1:50 Pulls	EN2	
	{2 x 100 on 2:05 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	
300	6 x 50 on 1:00 Stroke Drills	REC	
7:30 PM 3,250 Yards - Stress Value = 80			

Workout #15600 - Thursday, 08 May 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
600	1 on 30:00 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
1,200	1x{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 x 100 on 1:50 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 1:55 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
1,875	5 x 375 on 5:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
5:46 PM 5,425 Yards - Stress Value = 82	

Workout #15597 - Wednesday, 07 May 2014

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start		EGY	WOF
Yards	Set Description		
400	1 on 30:00 DS/Abs/Tm Mtg	REC	
150	1 x 400 on 10:00 Swim-kick-pull-swim	SP3	
100	10 x 15 on :45 Shooters	EN2	
1,350	1 x 100 on 3:00 Kick for time	EN2	
	1x{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 2:00 Pulls	EN2	
	{2 x 100 on 2:40 Kick	EN2	
	{2 x 100 on 2:05 Pulls	EN2	
	{3 x 100 on 2:35 Kick	EN2	
	{3 x 100 on 2:10 Pulls	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Freestyle	SP1	
300	6 x 50 on 1:00 Stroke Drills	REC	
7:30 PM 2,950 Yards - Stress Value = 75			

Workout #15599 - Thursday, 08 May 2014

Group 3 - Breast

Workout #15601 - Thursday, 08 May 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Shoulders
150	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,100	10 x 15 on :45 Shooters
1x	{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
	{2 x 50 on 1:10 Kick your 3rd best kick
	{1 x 100 on 2:05 Kick your best kick
	{1 x 50 on 1:05 Kick your 2nd best kick
	{1 x 50 on 1:10 Kick your 3rd best kick
1,625	5 x 325 on 5:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	5:46 PM 5,025 Yards - Stress Value = 74

Workout #15602 - Thursday, 08 May 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Shoulders
150	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
950	10 x 15 on :45 Shooters
1x	{1 x 100 on 2:15 Kick your best kick
	{2 x 50 on 1:15 Kick your 2nd best kick
	{2 x 50 on 1:20 Kick your 3rd best kick
	{1 x 100 on 2:20 Kick your best kick
	{2 x 50 on 1:15 Kick your 2nd best kick
	{2 x 50 on 1:20 Kick your 3rd best kick
	{1 x 100 on 2:25 Kick your best kick
	{2 x 50 on 1:15 Kick your 2nd best kick
	{2 x 50 on 1:20 Kick your 3rd best kick
	{1 x 50 on 1:15 Kick your best kick
1,375	5 x 275 on 5:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	5:46 PM 4,575 Yards - Stress Value = 69

Workout #15603 - Thursday, 08 May 2014

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
150	1 x 500 on 10:00 Underwater trn drill
100	1 on 10:00 Techniques-bucket turns
100	10 x 15 on :45 Shooters
800	4 x 25 on :45 Perfect Strokes IMO
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 #15604 - Friday, 09 May 2014

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	S
600	1 on 28:00 DS/TM Mtg			L I
150	1 x 600 on 10:00 Reverse IM drill	REC		D
800	10 x 15 on :45 Shooters	SP3		S
1,600	1 x 800 on 16:00 Vertical Kick	EN2		K C
8x	{1 x 100 on 1:15 Individual Medley	EN2		S
	{1 x 50 on :35 Freestyle	EN2		S
	{1 x 50 on :45 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	5:00 PM 3,350 Yards - Stress Value = 50			

Workout #15605 - Friday, 09 May 2014

Group 3 - Lane 2

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	S
600	1 on 28:00 DS/TM Mtg			L I
150	1 x 600 on 10:00 Reverse IM drill	REC		D
800	10 x 15 on :45 Shooters	SP3		S
1,600	1 x 800 on 16:00 Vertical Kick	EN2		K C
8x	{1 x 100 on 1:20 Individual Medley	EN2		S
	{1 x 50 on :40 Freestyle	EN2		S
	{1 x 50 on :50 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	5:02 PM 3,350 Yards - Stress Value = 50			

Workout #15606 - Friday, 09 May 2014

Group 3 - Lane 3

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	S
600	1 on 28:00 DS/TM Mtg			L I
150	1 x 600 on 10:00 Reverse IM drill	REC		D
800	10 x 15 on :45 Shooters	SP3		S
1,400	1 x 800 on 16:00 Vertical Kick	EN2		K C
7x	{1 x 100 on 1:25 Individual Medley	EN2		S
	{1 x 50 on :40 Freestyle	EN2		S
	{1 x 50 on :50 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	5:00 PM 3,150 Yards - Stress Value = 47			

Workout #15607 - Friday, 09 May 2014

Group 3 - Lane 4

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	S
600	1 on 28:00 DS/TM Mtg			L I
150	1 x 600 on 10:00 Reverse IM drill	REC		D
800	10 x 15 on :45 Shooters	SP3		S
1,400	1 x 800 on 16:00 Vertical Kick	EN2		K C
7x	{1 x 100 on 1:30 Individual Medley	EN2		S
	{1 x 50 on :40 Freestyle	EN2		S
	{1 x 50 on :50 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	5:00 PM 3,150 Yards - Stress Value = 47			

Workout #15608 - Friday, 09 May 2014

Group 3 - Lane 5

1 minute rest between sets

Yards	Set Description	EGY	WORK	Yards	Set Description	EGY	WORK
	1 on 28:00 DS/TM Mtg		L I		1 on 42:00 DS/Dryland		L
500	1 x 500 on 10:00 Reverse IM drill	REC	D	500	1 x 500 on 10:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S	150	10 x 15 on :45 Shooters	SP3	S
800	1 x 800 on 16:00 Vertical Kick	EN2	K C	1,350	1x{1 x 250 on 4:10 225 breast 25 free	EN2	S
1,400	7x{1 x 100 on 1:35 Individual Medley	EN2	S		{1 x 225 on 3:45 200 breast 25 free	EN2	S
	{1 x 50 on :45 Freestyle	EN2	S		{1 x 200 on 3:20 175 breast 25 free	EN2	S
	{1 x 50 on :55 Freestyle	EN1	S		{1 x 175 on 2:55 150 breast 25 free	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D	250	1 x 150 on 2:30 125 breast 25 free	EN2	S
	5:02 PM 3,100 Yards - Stress Value = 47				{1 x 125 on 2:05 100 breast 25 free	EN2	S
					{1 x 100 on 1:40 75 breast 25 free	EN2	S
					{1 x 75 on 1:15 50 breast 25 free	EN2	S
					{1 x 50 on :50 25 breast 25 free	EN2	S
					1 x 250 on 4:00 Stroke Drills	REC	D
					6:30 PM 2,250 Yards - Stress Value = 33		

Workout #15616 - Friday, 09 May 2014

Group 2 - Copper

1 minute rest between sets

Workout #15609 - Friday, 09 May 2014

Group 3 - Lane 6

1 minute rest between sets

Yards	Set Description	EGY	WORK	Yards	Set Description	EGY	WORK
	1 on 28:00 DS/TM Mtg		L I		1 on 42:00 DS/Dryland		L
500	1 x 500 on 10:00 Reverse IM drill	REC	D	350	1 x 350 on 10:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S	150	10 x 15 on :45 Shooters	SP3	S
800	1 x 800 on 16:00 Vertical Kick	EN2	K C	1,000	1x{1 x 250 on 5:40 225 breast 25 free	EN2	S
1,400	7x{1 x 100 on 1:40 Individual Medley	EN2	S		{1 x 225 on 5:05 200 breast 25 free	EN2	S
	{1 x 50 on :45 Freestyle	EN2	S		{1 x 200 on 4:30 175 breast 25 free	EN2	S
	{1 x 50 on :55 Freestyle	EN1	S		{1 x 175 on 3:55 150 breast 25 free	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D	250	{1 x 150 on 3:20 125 breast 25 free	EN2	S
	5:03 PM 3,100 Yards - Stress Value = 47				1 x 250 on 4:00 Stroke Drills	REC	D
					6:30 PM 1,750 Yards - Stress Value = 26		

Workout #15610 - Friday, 09 May 2014

Group 3 - Lane 7

1 minute rest between sets

Yards	Set Description	EGY	WORK	Yards	Set Description	EGY	WORK
	1 on 28:00 DS/TM Mtg		L I		1 on 42:00 DS/Dryland		L
500	1 x 500 on 10:00 Reverse IM drill	REC	D	500	1 x 500 on 10:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S	150	10 x 15 on :45 Shooters	SP3	S
800	1 x 800 on 16:00 Vertical Kick	EN2	K C	1,300	1x{1 x 250 on 4:25 225 breast 25 free	EN2	S
1,400	7x{1 x 100 on 1:45 Individual Medley	EN2	S		{1 x 225 on 3:55 200 breast 25 free	EN2	S
	{1 x 50 on :50 Freestyle	EN2	S		{1 x 200 on 3:30 175 breast 25 free	EN2	S
	{1 x 50 on 1:00 Freestyle	EN1	S		{1 x 175 on 3:05 150 breast 25 free	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D		{1 x 150 on 2:40 125 breast 25 free	EN2	S
	5:05 PM 3,050 Yards - Stress Value = 47				{1 x 125 on 2:10 100 breast 25 free	EN2	S
					{1 x 100 on 1:45 75 breast 25 free	EN2	S
					{1 x 75 on 1:20 50 breast 25 free	EN2	S
					1 x 250 on 4:00 Stroke Drills	REC	D
					6:30 PM 2,200 Yards - Stress Value = 32		

Workout #15613 - Friday, 09 May 2014

Group 2 - Gold

1 minute rest between sets

Workout #15611 - Friday, 09 May 2014

Group 3 - Lane 8

1 minute rest between sets

Yards	Set Description	EGY	WORK	Yards	Set Description	EGY	WORK
	1 on 28:00 DS/TM Mtg		L I		1 on 42:00 DS/Dryland		L
500	1 x 500 on 10:00 Reverse IM drill	REC	D	500	1 x 500 on 10:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S	150	10 x 15 on :45 Shooters	SP3	S
800	1 x 800 on 16:00 Vertical Kick	EN2	K C	1,300	1x{1 x 250 on 4:25 225 breast 25 free	EN2	S
1,400	7x{1 x 100 on 1:55 Individual Medley	EN2	S		{1 x 225 on 3:55 200 breast 25 free	EN2	S
	{1 x 50 on :50 Freestyle	EN2	S		{1 x 200 on 3:30 175 breast 25 free	EN2	S
	{1 x 50 on 1:00 Freestyle	EN1	S		{1 x 175 on 3:05 150 breast 25 free	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D		{1 x 150 on 2:40 125 breast 25 free	EN2	S
	5:06 PM 3,050 Yards - Stress Value = 47				{1 x 125 on 2:10 100 breast 25 free	EN2	S
					{1 x 100 on 1:45 75 breast 25 free	EN2	S
					{1 x 75 on 1:20 50 breast 25 free	EN2	S
					1 x 250 on 4:00 Stroke Drills	REC	D
					6:30 PM 2,200 Yards - Stress Value = 32		

Workout #15612 - Friday, 09 May 2014

Group 2 - Breast

1 minute rest between sets

5:00 PM Start

Workout #15614 - Friday, 09 May 2014

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 42:00 DS/Dryland		L
450	1 x 450 on 10:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,225	1x{1 x 250 on 4:35 225 breast 25 free	EN2	S
	{1 x 225 on 4:05 200 breast 25 free	EN2	S
	{1 x 200 on 3:40 175 breast 25 free	EN2	S
	{1 x 175 on 3:15 150 breast 25 free	EN2	S
	{1 x 150 on 2:45 125 breast 25 free	EN2	S
	{1 x 125 on 2:20 100 breast 25 free	EN2	S
	{1 x 100 on 1:50 75 breast 25 free	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	6:30 PM 2,075 Yards - Stress Value = 30		

Workout #15615 - Friday, 09 May 2014

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 42:00 DS/Dryland		L
400	1 x 400 on 10:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,125	1x{1 x 250 on 5:00 225 breast 25 free	EN2	S
	{1 x 225 on 4:30 200 breast 25 free	EN2	S
	{1 x 200 on 4:00 175 breast 25 free	EN2	S
	{1 x 175 on 3:30 150 breast 25 free	EN2	S
	{1 x 150 on 3:00 125 breast 25 free	EN2	S
	{1 x 125 on 2:30 100 breast 25 free	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	6:30 PM 1,925 Yards - Stress Value = 28		

Workout #15617 - Monday, 12 May 2014

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	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
1,650	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{1 x 100 on 1:35 Kick
	{1 x 50 on :45 Kick
	{6 x 25 on :30 Kick no board BSLRLR
	{2 x 150 on 2:20 Kick
	{2 x 100 on 1:35 Kick
	{2 x 50 on :45 Kick
	{8 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{1 x 100 on 1:35 Kick
	{1 x 50 on :45 Kick
1,600	2x{1 x 100 on 1:20 Pulls-no br L.12 yds
	{1 x 100 on 1:20 Pulls-no br L.13 yds
	{1 x 100 on 1:20 Pulls-no br L.14 yds
	{1 x 100 on 1:20 Pulls-no br L.15 yds
	{1 x 100 on 1:20 Pulls-no br L.16 yds
	{1 x 100 on 1:20 Pulls-no br L.17 yds
	{1 x 100 on 1:20 Pulls-no br L.18 yds
	{1 x 100 on 1:20 Pulls-no br L.19 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	6 x 400 on 5:15 Free-R.10 @200/Neg split
	dscnd in 3's, 2nd set of 3 fstr then 1st
400	8 x 50 on 1:00 Stroke Drills
	6:00 PM 7,000 Yards - Stress Value = 113

Workout #15618 - Monday, 12 May 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	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
1,550	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:35 Kick
	{1 x 100 on 1:45 Kick
	{1 x 50 on :50 Kick
	{6 x 25 on :30 Kick no board BSLRLR
	{2 x 150 on 2:35 Kick
	{2 x 100 on 1:45 Kick
	{2 x 50 on :50 Kick
	{8 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:35 Kick
	{1 x 50 on :50 Kick
1,500	2x{1 x 100 on 1:25 Pulls-no br L.12 yds
	{1 x 100 on 1:25 Pulls-no br L.13 yds
	{1 x 100 on 1:25 Pulls-no br L.14 yds
	{1 x 100 on 1:25 Pulls-no br L.15 yds
	{1 x 100 on 1:25 Pulls-no br L.16 yds
	{1 x 100 on 1:25 Pulls-no br L.17 yds
	{1 x 100 on 1:25 Pulls-no br L.18 yds
	{1 x 50 on :45 Pulls-no br L.19 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	6 x 400 on 5:45 Free-R.10 @200/Neg split
	dscnd in 3's, 2nd set of 3 fstr then 1st
250	5 x 50 on 1:00 Stroke Drills
	6:00 PM 6,650 Yards - Stress Value = 111

Workout #15619 - Monday, 12 May 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	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
1,350	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{1 x 100 on 1:55 Kick
	{1 x 50 on :55 Kick
	{6 x 25 on :35 Kick no board BSLRLR
	{1 x 150 on 2:55 Kick
	{1 x 100 on 1:55 Kick
	{1 x 50 on :55 Kick
	{8 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{1 x 100 on 1:55 Kick
	{1 x 50 on :55 Kick
1,300	2x{1 x 100 on 1:35 Pulls-no br L.12 yds
	{1 x 100 on 1:35 Pulls-no br L.13 yds
	{1 x 100 on 1:35 Pulls-no br L.14 yds
	{1 x 100 on 1:35 Pulls-no br L.15 yds
	{1 x 100 on 1:35 Pulls-no br L.16 yds
	{1 x 50 on :50 Pulls-no br L.17 yds
	{1 x 50 on :50 Pulls-no br L.18 yds
	{1 x 50 on :50 Pulls-no br L.19 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	6 x 400 on 6:15 Free-R.10 @200/Neg split
	dscnd in 3's, 2nd set of 3 fstr then 1st
200	1 x 200 on 3:00 Stroke Drills
	6:00 PM 6,150 Yards - Stress Value = 104

Workout #15620 - Monday, 12 May 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	====	=====
	1 on 30:00 DS/Physio Ball		L I
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,100	1x{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{1 x 150 on 3:25 Kick	EN2	K
	{1 x 100 on 2:15 Kick	EN2	K F
	{1 x 50 on 1:10 Kick	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{1 x 150 on 3:25 Kick	EN2	K
	{1 x 100 on 2:15 Kick	EN2	K F
	{1 x 50 on 1:10 Kick	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{1 x 150 on 3:25 Kick	EN2	K
	{1 x 50 on 1:10 Kick	EN2	K F
1,200	2x{1 x 100 on 1:50 Pulls-no br L.12 yds	EN2	K F
	{1 x 100 on 1:50 Pulls-no br L.13 yds	EN2	K
	{1 x 100 on 1:50 Pulls-no br L.14 yds	EN2	K F
	{1 x 100 on 1:50 Pulls-no br L.15 yds	EN2	K
	{1 x 50 on :55 Pulls-no br L.16 yds	EN2	K F
	{1 x 50 on :55 Pulls-no br L.17 yds	EN2	K
	{1 x 50 on :55 Pulls-no br L.18 yds	EN2	K F
	{1 x 50 on :55 Pulls-no br L.19 yds	EN2	K
200	4x{1 x 25 on :50 Sculling drills	REC	D
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	REC	D
1,800	6 x 300 on 5:45 Free-R.10 @150/Neg split	EN2	S
	dscnd in 3's, 2nd set of 3 fstr then 1st	EN2	S
250	5 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Game	S	S
	7:30 PM 5,200 Yards - Stress Value = 85		

	{4 x 50 on :55 Kick no board IMO	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K F
150	6 x 25 on :45 Stroke Drills	REC	D
2,000	1x{1 x 400 on 6:00 Individual Medley	EN2	S
	{2 x 300 on 4:30 Individual Medley	EN2	S
	{3 x 200 on 3:00 Individual Medley	EN2	S
	{4 x 100 on 1:30 Individual Medley	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Game		
	7:30 PM 4,300 Yards - Stress Value = 72		

Workout #15622 - Monday, 12 May 2014

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK
=====	=====	====	=====
	1 on 35:00 DS/Physio Balls/Tm Mtg		L I
500	1 x 500 on 10:00 Choice in DW	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,200	1x{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{4 x 100 on 2:05 Kick-no board IMO	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{4 x 75 on 1:35 Kick no board IMO	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{2 x 50 on 1:05 Kick no board IMO	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K F
	6 x 25 on :45 Stroke Drills	REC	D
1,800	1x{1 x 400 on 6:40 Individual Medley	EN2	S
	{2 x 300 on 5:00 Individual Medley	EN2	S
	{3 x 200 on 3:20 Individual Medley	EN2	S
	{2 x 100 on 1:40 Individual Medley	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Game	S	S
	7:30 PM 4,000 Yards - Stress Value = 66		

Workout #15625 - Monday, 12 May 2014

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK
=====	=====	====	=====
	1 on 35:00 DS/Physio Balls/Tm Mtg		L I
350	1 x 350 on 10:00 Choice in DW	REC	S
150	10 x 15 on :45 Shooters	SP3	S
900	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	K F
	{4 x 100 on 3:00 Kick-no board IMO	EN2	K
	{4 x 25 on 1:00 Kick no board BSLR	EN2	K F
	{4 x 50 on 1:30 Kick no board IMO	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K F
150	6 x 25 on :45 Stroke Drills	REC	D
1,000	1x{1 x 200 on 6:00 Individual Medley	EN2	S
	{2 x 100 on 3:00 Individual Medley	EN2	S
	{2 x 200 on 6:00 Individual Medley	EN2	S
	{2 x 100 on 3:00 Individual Medley	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Game	S	S
	7:30 PM 2,750 Yards - Stress Value = 44		

Workout #15623 - Monday, 12 May 2014

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK
=====	=====	====	=====
	1 on 35:00 DS/Physio Balls/Tm Mtg		L I
450	1 x 450 on 10:00 Choice in DW	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,150	1x{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{4 x 100 on 2:15 Kick-no board IMO	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{4 x 75 on 1:45 Kick no board IMO	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{3 x 50 on 1:10 Kick no board IMO	EN2	K
	6 x 25 on :45 Stroke Drills	REC	D
1,600	1x{1 x 400 on 7:30 Individual Medley	EN2	S
	{2 x 300 on 5:30 Individual Medley	EN2	S
	{2 x 200 on 3:40 Individual Medley	EN2	S
	{2 x 100 on 1:50 Individual Medley	EN2	S
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 #15621 - Monday, 12 May 2014

Group 2 - IM'ers

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK
=====	=====	====	=====
	1 on 35:00 DS/Physio Balls/Tm Mtg		L I
500	1 x 500 on 10:00 Choice in DW	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,300	1x{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{4 x 100 on 1:55 Kick-no board IMO	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K F
	{4 x 75 on 1:25 Kick no board IMO	EN2	K
	{4 x 25 on :45 Kick no board BSLR	EN2	K F

Workout #15624 - Monday, 12 May 2014

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	S
400	1 on 35:00 DS/Physio Balls/Tm Mtg	REC	S	
150	1 x 400 on 10:00 Choice in DW	SP3	S	
1,050	10 x 15 on :45 Shooters	EN2	K	F
	{ 4 x 25 on :45 Kick no board BSLR	EN2	K	F
	{ 4 x 100 on 2:30 Kick-no board IMO	EN2	K	F
	{ 4 x 25 on :45 Kick no board BSLR	EN2	K	F
	{ 4 x 75 on 2:00 Kick no board IMO	EN2	K	F
	{ 4 x 25 on :45 Kick no board BSLR	EN2	K	F
	{ 1 x 50 on 1:10 Kick no board IMO	EN2	K	F
150	6 x 25 on :45 Stroke Drills	REC	D	
1,500	1x{1 x 400 on 8:00 Individual Medley	EN2	S	
	{ 1 x 300 on 6:00 Individual Medley	EN2	S	
	{ 2 x 200 on 4:00 Individual Medley	EN2	S	
	{ 4 x 100 on 2:00 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Game		S	
	7:30 PM 3,450 Yards - Stress Value = 57			

150	10 x 15 on :45 Shooters			
1,650	1x{2 x 150 on 2:10 Backstroke			
	{ 3 x 100 on 1:35 Back-descend 2/3/4 KOW			
	{ 2 x 150 on 2:05 Backstroke			
	{ 3 x 100 on 1:35 Back descend 3/4/5 KOW			
	{ 2 x 150 on 2:00 Backstroke			
	{ 3 x 50 on :45 Back descend 4//5/6 KOW			
550	1 x 550 on 7:00 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			
1,100	1x{4 x 75 on 1:10 Pulls BTB			
	{ 4 x 50 on :45 Pulls			
	{ 4 x 75 on 1:10 Pulls BTS			
	{ 3 x 50 on :40 Pulls			
	{ 2 x 75 on 1:10 Pulls alt BT S/B			
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 150 on 2:10 Backstroke			
	{ 3 x 100 on 1:35 Back-descend 2/3/4 KOW			
	{ 2 x 150 on 2:05 Backstroke			
	{ 3 x 100 on 1:35 Back descend 3/4/5 KOW			
	{ 2 x 150 on 2:00 Backstroke			
	{ 3 x 50 on :45 Back descend 4//5/6 KOW			
200	1 x 200 on 3:00 Stroke Drills			
	6:00 PM 6,520 Yards - Stress Value = 114			

Workout #15626 - Tuesday, 13 May 2014

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	S
600	1 on 30:00 DS/Core			
150	1 x 600 on 10:00 Underwater trn drill			
1,800	10 x 15 on :45 Shooters			
	1x{2 x 150 on 2:00 Backstroke			
	{ 3 x 100 on 1:25 Back-descend 2/3/4 KOW			
	{ 2 x 150 on 1:55 Backstroke			
	{ 3 x 100 on 1:25 Back descend 3/4/5 KOW			
	{ 2 x 150 on 1:50 Backstroke			
	{ 3 x 100 on 1:25 Back descend 4//5/6 KOW			
550	1 x 550 on 7:00 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			
1,300	1x{4 x 75 on 1:00 Pulls BTB			
	{ 4 x 50 on :40 Pulls			
	{ 4 x 75 on 1:00 Pulls BTS			
	{ 4 x 50 on :35 Pulls			
	{ 4 x 75 on 1:00 Pulls alt BT S/B			
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 150 on 2:00 Backstroke			
	{ 3 x 100 on 1:25 Back-descend 2/3/4 KOW			
	{ 2 x 150 on 1:55 Backstroke			
	{ 3 x 100 on 1:25 Back descend 3/4/5 KOW			
	{ 2 x 150 on 1:50 Backstroke			
	{ 3 x 100 on 1:25 Back descend 4//5/6 KOW			
200	1 x 200 on 3:00 Stroke Drills			
	6:00 PM 7,020 Yards - Stress Value = 124			

Workout #15628 - Tuesday, 13 May 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	S
600	1 on 30:00 DS/Core			
150	1 x 600 on 10:00 Underwater trn drill			
1,800	10 x 15 on :45 Shooters			
	1x{2 x 150 on 2:25 Backstroke			
	{ 3 x 100 on 1:45 Back-descend 2/3/4 KOW			
	{ 2 x 150 on 2:20 Backstroke			
	{ 3 x 100 on 1:45 Back descend 3/4/5 KOW			
	{ 1 x 150 on 2:15 Backstroke			
	{ 3 x 50 on :50 Back descend 4//5/6 KOW			
550	1 x 550 on 7:00 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			
1,000	1x{4 x 75 on 1:15 Pulls BTB			
	{ 3 x 50 on :50 Pulls			
	{ 4 x 75 on 1:15 Pulls BTS			
	{ 2 x 50 on :45 Pulls			
	{ 2 x 75 on 1:15 Pulls alt BT S/B			
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 150 on 2:25 Backstroke			
	{ 3 x 100 on 1:45 Back-descend 2/3/4 KOW			
	{ 2 x 150 on 2:20 Backstroke			
	{ 3 x 100 on 1:45 Back descend 3/4/5 KOW			
	{ 1 x 150 on 2:15 Backstroke			
	{ 3 x 50 on :50 Back descend 4//5/6 KOW			
200	1 x 200 on 3:00 Stroke Drills			
	6:00 PM 6,070 Yards - Stress Value = 106			

Workout #15627 - Tuesday, 13 May 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	S
600	1 on 30:00 DS/Core			
	1 x 600 on 10:00 Underwater trn drill			

Workout #15629 - Tuesday, 13 May 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
3:30 PM Start			
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{1 x 150 on 3:00 Backstroke	EN2	
	{3 x 100 on 2:05 Back-descend 2/3/4 KOW	EN2	
	{1 x 150 on 2:55 Backstroke	EN2	
	{3 x 100 on 2:05 Back descend 3/4/5 KOW	EN2	
	{1 x 150 on 2:50 Backstroke	EN2	
	{3 x 50 on 1:00 Back descend 4//5/6 KOW	EN2	
550	1 x 550 on 7:00 Kick as far as you can	REC	
420	1x{ Alt 15 Tombstone Kick 15 underwa	EN2	
	{2 x 30 on 1:00 Kick	EN2	
	{2 x 30 on :55 Kick	EN2	
	{2 x 30 on :50 Kick	EN2	
	{2 x 30 on :45 Kick	EN2	
	{2 x 30 on :40 Kick	EN2	
	{2 x 30 on :35 Kick	EN2	
	{2 x 30 on :30 Kick	EN2	
850	1x{4 x 75 on 1:25 Pulls BTB	EN2	
	{2 x 50 on 1:00 Pulls	EN2	
	{4 x 75 on 1:25 Pulls BTS	EN2	
	{3 x 50 on :55 Pulls	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	1x{1 x 150 on 3:00 Backstroke	EN2	
	{3 x 100 on 2:05 Back-descend 2/3/4 KOW	EN2	
	{1 x 150 on 2:55 Backstroke	EN2	
	{3 x 100 on 2:05 Back descend 3/4/5 KOW	EN2	
	{1 x 150 on 2:50 Backstroke	EN2	
	{3 x 50 on 1:00 Back descend 4//5/6 KOW	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:00 PM 5,270 Yards - Stress Value = 91			

Workout #15630 - Tuesday, 13 May 2014

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM Start			
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{1 x 150 on 2:30 Kick	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
	{1 x 150 on 2:35 Kick	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
	{1 x 150 on 2:40 Kick	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
	{1 x 150 on 2:45 Kick	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
600	3x{3 x 50 on 1:15 Breast Pulls	EN2	
	{1 x 50 on :45 Free pull alt BT B/S	EN2	
200	8 x 25 on :45 Stroke Drills	REC	
1,400	1x{3 x 100 on 1:45 Breast 2/3/4 POLW	EN2	
	{2 x 25 on :30 Free w/6BK	EN2	
	{3 x 100 on 1:40 Breast 2/3/4 POLW	EN2	
	{2 x 25 on :30 Free w/6BK	EN2	
	{3 x 100 on 1:35 Breast 2/3/4 POLW	EN2	
	{2 x 25 on :30 Free w/6BK	EN2	
	{3 x 100 on 1:30 Breast 2/3/4 POLW	EN2	
	{2 x 25 on :30 Free w/6BK	EN2	
	1 on 10:00 Starts	EN2	
7:29 PM 4,050 Yards - Stress Value = 70			

Workout #15634 - Tuesday, 13 May 2014

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM Start			
	1 on 35:00 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{1 x 100 on 3:00 Kick	EN2	
	{3 x 50 on 1:30 Kick-descend	EN2	
	{1 x 100 on 3:05 Kick	EN2	
	{3 x 50 on 1:30 Kick-descend	EN2	
	{1 x 100 on 3:10 Kick	EN2	
	{3 x 50 on 1:30 Kick-descend	EN2	
350	2x{3 x 50 on 2:00 Breast Pulls	EN2	
	{1 x 25 on :45 Free pull alt BT B/S	EN2	
200	8 x 25 on :45 Stroke Drills	REC	
900	1x{3 x 100 on 2:45 Breast 2/3/4 POLW	EN2	
	{2 x 25 on :45 Free w/6BK	EN2	
	{3 x 100 on 2:40 Breast 2/3/4 POLW	EN2	
	{2 x 25 on :45 Free w/6BK	EN2	
	{2 x 100 on 2:35 Breast /3/4 POLW	EN2	
	1 on 10:00 Starts	EN2	
7:30 PM 2,700 Yards - Stress Value = 46			

Workout #15631 - Tuesday, 13 May 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM Start			
	1 on 35:00 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 150 on 2:45 Kick	EN2	
	{3 x 50 on 1:05 Kick-descend	EN2	
	{1 x 150 on 2:50 Kick	EN2	
	{3 x 50 on 1:05 Kick-descend	EN2	
	{1 x 150 on 2:55 Kick	EN2	
	{3 x 50 on 1:05 Kick-descend	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{1 x 50 on 1:05 Kick-fast	EN2	
600	3x{3 x 50 on 1:15 Breast Pulls	EN2	
	{1 x 50 on :45 Free pull alt BT B/S	EN2	
200	8 x 25 on :45 Stroke Drills	REC	
1,300	1x{3 x 100 on 1:55 Breast 2/3/4 POLW	EN2	
	{2 x 25 on :30 Free w/6BK	EN2	
	{3 x 100 on 1:50 Breast 2/3/4 POLW	EN2	
	{2 x 25 on :30 Free w/6BK	EN2	
	{3 x 100 on 1:45 Breast 2/3/4 POLW	EN2	
	{2 x 25 on :30 Free w/6BK	EN2	
	{2 x 100 on 1:40 Breast /3/4 POLW	EN2	
	{2 x 25 on :30 Free w/6BK	EN2	
	1 on 10:00 Starts	EN2	
7:29 PM 3,850 Yards - Stress Value = 66			

Workout #15632 - Tuesday, 13 May 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
=====	=====	=====	=====
	1 on 35:00 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 150 on 3:00 Kick	EN2	
	{3 x 50 on 1:10 Kick-descend	EN2	
	{1 x 150 on 3:05 Kick	EN2	
	{3 x 50 on 1:10 Kick-descend	EN2	
	{1 x 150 on 3:10 Kick	EN2	
	{3 x 50 on 1:10 Kick-descend	EN2	
	{1 x 150 on 3:15 Kick	EN2	
450	3x{2 x 50 on 1:40 Breast Pulls	EN2	
	{1 x 50 on 1:00 Free pull alt BT B/S	EN2	
200	8 x 25 on :45 Stroke Drills	REC	
1,100	1x{3 x 100 on 2:10 Breast 2/3/4 POLW	EN2	
	{2 x 25 on :35 Free w/6BK	EN2	
	{3 x 100 on 2:05 Breast 2/3/4 POLW	EN2	
	{2 x 25 on :35 Free w/6BK	EN2	
	{3 x 100 on 2:00 Breast 2/3/4 POLW	EN2	
	{2 x 25 on :30 Free w/6BK	EN2	
	{1 x 50 on 1:00 Breast /4 POLW	EN2	
	1 on 10:00 Starts		
7:28 PM	3,400 Yards - Stress Value = 58		

	{4 x 50 on :45 Kick-100%		
	{4 x 25 on :30 Kick no board BSLR		
	{4 x 50 on :50 Kick-100%		
	{4 x 25 on :30 Kick no board BSLR		
	{4 x 50 on :55 Kick-100%		
1,800	1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3		
	{1 x 300 on 4:00 Lungbuster pulls		
	{1 x 300 on 3:55 Lungbuster pulls		
	{1 x 300 on 3:50 Lungbuster pulls		
	{1 x 300 on 3:45 Lungbuster pulls		
	{1 x 300 on 3:40 Lungbuster pulls		
	{1 x 300 on 3:35 Lungbuster pulls		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,600	1x{2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr		
	{2 x 75 on 1:10 Breast 2/3/4 PO		
	{2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr		
	{2 x 75 on 1:10 Breast 2/3/4 PO		
	{2 x 100 on 1:30 75-2k1p+1to4 25 TOdrill w/fr		
	{2 x 75 on 1:10 Breast 2/3/4 PO		
	{2 x 100 on 1:25 75-2k1p+1to4 25 TOdrill w/fr		
	{2 x 75 on 1:10 Breast 2/3/4 PO		
100	1 x 100 on 2:00 EZ free		
100	1 x 100 on 2:00 Breast OTB		
250	1 x 250 on 4:00 Stroke Drills		
6:00 PM	6,600 Yards - Stress Value = 114		

Workout #15636 - Wednesday, 14 May 2014

Group 3 - Gold

1 minute rest between sets

Workout #15633 - Tuesday, 13 May 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
=====	=====	=====	=====
	1 on 35:00 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 150 on 3:30 Kick	EN2	
	{3 x 50 on 1:20 Kick-descend	EN2	
	{1 x 150 on 3:35 Kick	EN2	
	{3 x 50 on 1:20 Kick-descend	EN2	
	{1 x 150 on 3:40 Kick	EN2	
	{3 x 50 on 1:20 Kick-descend	EN2	
450	3x{2 x 50 on 1:50 Breast Pulls	EN2	
	{1 x 50 on 1:00 Free pull alt BT B/S	EN2	
200	8 x 25 on :45 Stroke Drills	REC	
1,000	1x{3 x 100 on 2:25 Breast 2/3/4 POLW	EN2	
	{2 x 25 on :40 Free w/6BK	EN2	
	{3 x 100 on 2:20 Breast 2/3/4 POLW	EN2	
	{2 x 25 on :40 Free w/6BK	EN2	
	{3 x 100 on 2:15 Breast 2/3/4 POLW	EN2	
	1 on 10:00 Starts		
7:29 PM	3,100 Yards - Stress Value = 53		

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 30:00 DS/Physio Ball 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{ BSLR 100%-Make all underwater= - 1 X 50
	{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on :50 Kick-100%
	{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on :55 Kick-100%
	{4 x 25 on :30 Kick no board BSLR
	{3 x 50 on 1:00 Kick-100%
	{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on :50 Kick-100%
	{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on :55 Kick-100%
	{4 x 25 on :30 Kick no board BSLR
	{3 x 50 on 1:00 Kick-100%
1,650	1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3
	{1 x 300 on 4:20 Lungbuster pulls
	{1 x 300 on 4:15 Lungbuster pulls
	{1 x 300 on 4:10 Lungbuster pulls
	{1 x 300 on 4:05 Lungbuster pulls
	{1 x 300 on 4:00 Lungbuster pulls
	{1 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
1,450	1x{2 x 100 on 1:50 75-2k1p+1to4 25 TOdrill w/fr
	{2 x 75 on 1:15 Breast 2/3/4 PO
	{2 x 100 on 1:45 75-2k1p+1to4 25 TOdrill w/fr
	{2 x 75 on 1:15 Breast 2/3/4 PO
	{2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr
	{2 x 50 on :50 Breast 3/4 PO
	{1 x 100 on 1:30 75-2k1p+1to4 25 TOdrill w/fr
100	1 x 100 on 2:00 EZ free
100	1 x 100 on 2:00 Breast OTB
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	6,200 Yards - Stress Value = 106

Workout #15635 - Wednesday, 14 May 2014

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
3:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball 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{ BSLR 100%-Make all underwater= - 1 X 50		
	{4 x 25 on :30 Kick no board BSLR		
	{4 x 50 on :45 Kick-100%		
	{4 x 25 on :30 Kick no board BSLR		
	{4 x 50 on :50 Kick-100%		
	{4 x 25 on :30 Kick no board BSLR		
	{4 x 50 on :55 Kick-100%		
	{4 x 25 on :30 Kick no board BSLR		

Workout #15637 - Wednesday, 14 May 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball 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{ BSLR 100%-Make all underwater= - 1 X 50
 {4 x 25 on :35 Kick no board BSLR
 {3 x 50 on :55 Kick-100%
 {4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:00 Kick-100%
 {4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:05 Kick-100%
 {4 x 25 on :35 Kick no board BSLR
 {3 x 50 on :55 Kick-100%
 {4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:00 Kick-100%
 {4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:05 Kick-100%
 1,500 1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3
 {1 x 300 on 4:40 Lungbuster pulls
 {1 x 300 on 4:35 Lungbuster pulls
 {1 x 300 on 4:30 Lungbuster pulls
 {1 x 300 on 4:20 Lungbuster pulls
 {1 x 300 on 4:15 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{2 x 100 on 2:00 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:20 Breast 2/3/4 PO
 {2 x 100 on 1:55 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:20 Breast 2/3/4 PO
 {2 x 100 on 1:50 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:20 Breast 2/3/4 PO
 {2 x 100 on 1:45 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 50 on :55 Breast 3/4 PO
 100 1 x 100 on 2:00 EZ free
 100 1 x 100 on 2:00 Breast OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,700 Yards - Stress Value = 97

Workout #15638 - Wednesday, 14 May 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball 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{ BSLR 100%-Make all underwater= - 1 X 50
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:05 Kick-100%
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:10 Kick-100%
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:15 Kick-100%
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:20 Kick-100%
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:15 Kick-100%
 1,200 1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3
 {1 x 300 on 5:35 Lungbuster pulls
 {1 x 300 on 5:30 Lungbuster pulls
 {1 x 300 on 5:25 Lungbuster pulls
 {1 x 300 on 5:20 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,150 1x{2 x 100 on 2:15 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:35 Breast 2/3/4 PO
 {2 x 100 on 2:10 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:35 Breast 2/3/4 PO

{2 x 100 on 2:05 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:35 Breast 2/3/4 PO
 {1 x 100 on 2:00 75-2k1p+1to4 25 TOdrill w/fr
 100 1 x 100 on 2:00 EZ free
 100 1 x 100 on 2:00 Breast OTB
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 4,850 Yards - Stress Value = 81

Workout #15639 - Wednesday, 14 May 2014

Group 2 - Back

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Core/Tm Mtg
 500 1 x 500 on 10:00 Swim-kick-pull-swim F
 250 1 x 250 on 15:00 Techniques-TN turn drills F
 150 10 x 15 on :45 Shooters S
 100 1 x 100 on 2:00 Kick for time-no board E
 1,200 1x{6 x 25 on :45 Kick no board B E
 {1 x 150 on 3:00 Kick E
 {6 x 25 on :40 Kick no board B E
 {1 x 150 on 2:55 Kick E
 {6 x 25 on :35 Kick no board B E
 {1 x 150 on 2:50 Kick E
 {6 x 25 on :30 Kick no board B E
 {1 x 150 on 2:45 Kick E
 150's=50 on left side, 50 on rt side,
 25 streanline, 25 hands seperated
 200 8 x 25 on :45 Stroke Drills F
 500 10 x 50 on 2:00 Back S
 250 1 x 250 on 5:00 stroke drill F
 7:30 PM 3,150 Yards - Stress Value = 82

Workout #15643 - Wednesday, 14 May 2014

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Core/Tm Mtg
 350 1 x 350 on 10:00 Swim-kick-pull-swim F
 250 1 x 250 on 15:00 Techniques-TN turn drills F
 150 10 x 15 on :45 Shooters S
 100 1 x 100 on 2:00 Kick for time-no board E
 750 1x{4 x 25 on 1:00 Kick no board B E
 {1 x 150 on 4:30 Kick E
 {4 x 25 on 1:00 Kick no board B E
 {1 x 150 on 4:25 Kick E
 {4 x 25 on 1:00 Kick no board B E
 {1 x 150 on 4:20 Kick E
 150's=50 on left side, 50 on rt side,
 25 streanline, 25 hands seperated
 200 8 x 25 on :45 Stroke Drills F
 500 10 x 50 on 2:00 Back S
 250 1 x 250 on 5:00 stroke drill F
 7:29 PM 2,550 Yards - Stress Value = 73

Workout #15640 - Wednesday, 14 May 2014

Group 2 - Gold

1 minute rest between sets

5:15 PM Start		
Yards	Set Description	E
=====	=====	=
	1 on 35:00 DS/Core/Tm Mtg	
500	1 x 500 on 10:00 Swim-kick-pull-swim	F
250	1 x 250 on 15:00 Techniques-TN turn drills	F
150	10 x 15 on :45 Shooters	E
100	1 x 100 on 2:00 Kick for time-no board	E
1,150	1x{6 x 25 on :45 Kick no board B	E
	{1 x 150 on 3:15 Kick	E
	{6 x 25 on :40 Kick no board B	E
	{1 x 150 on 3:10 Kick	E
	{6 x 25 on :35 Kick no board B	E
	{1 x 150 on 3:05 Kick	E
	{4 x 25 on :30 Kick no board B	E
	{1 x 150 on 3:00 Kick	E
	150's=50 on left side, 50 on rt side,	
	25 streanline, 25 hands seperated	
200	8 x 25 on :45 Stroke Drills	F
500	10 x 50 on 2:00 Back	E
250	1 x 250 on 5:00 stroke drill	F
7:30 PM 3,100 Yards - Stress Value = 81		

Workout #15641 - Wednesday, 14 May 2014

Group 2 - Silver

1 minute rest between sets

5:15 PM Start		
Yards	Set Description	E
=====	=====	=
	1 on 35:00 DS/Core/Tm Mtg	
450	1 x 450 on 10:00 Swim-kick-pull-swim	F
250	1 x 250 on 15:00 Techniques-TN turn drills	F
150	10 x 15 on :45 Shooters	E
100	1 x 100 on 2:00 Kick for time-no board	E
1,050	1x{6 x 25 on :45 Kick no board B	E
	{1 x 150 on 3:30 Kick	E
	{4 x 25 on :45 Kick no board B	E
	{1 x 150 on 3:25 Kick	E
	{4 x 25 on :45 Kick no board B	E
	{1 x 150 on 3:20 Kick	E
	{4 x 25 on :45 Kick no board B	E
	{1 x 150 on 3:15 Kick	E
	150's=50 on left side, 50 on rt side,	
	25 streanline, 25 hands seperated	
200	8 x 25 on :45 Stroke Drills	F
500	10 x 50 on 2:00 Back	E
250	1 x 250 on 5:00 stroke drill	F
7:30 PM 2,950 Yards - Stress Value = 79		

Workout #15642 - Wednesday, 14 May 2014

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start		
Yards	Set Description	E
=====	=====	=
	1 on 35:00 DS/Core/Tm Mtg	
400	1 x 400 on 10:00 Swim-kick-pull-swim	F
250	1 x 250 on 15:00 Techniques-TN turn drills	F
150	10 x 15 on :45 Shooters	E
100	1 x 100 on 2:00 Kick for time-no board	E
1,000	1x{6 x 25 on :45 Kick no board B	E
	{1 x 150 on 3:45 Kick	E
	{4 x 25 on :45 Kick no board B	E
	{1 x 150 on 3:40 Kick	E
	{4 x 25 on :45 Kick no board B	E
	{1 x 150 on 3:35 Kick	E
	{4 x 25 on :45 Kick no board B	E
	{1 x 100 on 2:20 Kick	E
	150's=50 on left side, 50 on rt side,	

	25 streanline, 25 hands seperated	
200	8 x 25 on :45 Stroke Drills	F
500	10 x 50 on 2:00 Back	E
250	1 x 250 on 5:00 stroke drill	F
7:30 PM 2,850 Yards - Stress Value = 78		

Workout #15644 - Thursday, 15 May 2014

Group 3 - Fly

1 minute rest between sets

3:30 PM Start		
Yards	Set Description	EGY
=====	=====	===
	1 on 25:00 DS/Shoulders	
600	1 x 600 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
2,300	10x{1 x 200 on 3:00 Butterfly	EN2
	{1 on :30 5 squats	EN1
	{1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2
	{1 on :30 5 squats	EN1
	After every 2nd round drop 200 flys by 5 s	
1,700	1x{1 x 100 on 1:25 Kick	EN2
	{4 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{2 x 100 on 1:30 Kick	EN2
	{6 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 1:35 Kick	EN2
	{8 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{4 x 100 on 1:40 Kick	EN2
	{10 x 25 on :30 Alt 2nd and 3rd kicks	EN2
1,300	1x{2 x 200 on 2:40 Pulls BWFPF	EN2
	{2 x 175 on 2:20 Pulls BWFPF	EN2
	{2 x 150 on 2:00 Pulls BWFPF	EN2
	{2 x 125 on 1:40 Pulls BWFPF	EN2
	hold 1:10 base	
500	10 x 50 on 1:00 Stroke Drills	REC
6:04 PM 6,550 Yards - Stress Value = 112		

Workout #15645 - Thursday, 15 May 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start		
Yards	Set Description	EGY
=====	=====	===
	1 on 25:00 DS/Shoulders	
600	1 x 600 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
2,300	10x{1 x 200 on 3:15 Butterfly	EN2
	{1 on :30 5 squats	EN1
	{1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2
	{1 on :30 5 squats	EN1
	After every 2nd round drop 200 flys by 5 s	
1,600	1x{1 x 100 on 1:35 Kick	EN2
	{4 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{2 x 100 on 1:40 Kick	EN2
	{6 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 1:45 Kick	EN2
	{8 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 1:50 Kick	EN2
	{10 x 25 on :30 Alt 2nd and 3rd kicks	EN2
1,250	1x{2 x 200 on 2:55 Pulls BWFPF	EN2
	{2 x 175 on 2:30 Pulls BWFPF	EN2
	{2 x 150 on 2:10 Pulls BWFPF	EN2
	{2 x 100 on 1:25 Pulls BWFPF	EN2
	hold 1:16 base	
500	10 x 50 on 1:00 Stroke Drills	REC
6:06 PM 6,400 Yards - Stress Value = 109		

Workout #15646 - Thursday, 15 May 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	W
3:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Shoulders		
550	1 x 550 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
2,070	9x{1 x 200 on 3:35 Butterfly	EN2	
	{1 on :30 5 squats	EN1	
	{1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2	
	{1 on :30 5 squats	EN1	
	After every 2nd round drop 200 flys by 5 se		
1,400	1x{1 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :35 Alt 2nd and 3rd kicks	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{6 x 25 on :35 Alt 2nd and 3rd kicks	EN2	
	{3 x 100 on 2:00 Kick	EN2	
	{8 x 25 on :35 Alt 2nd and 3rd kicks	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{6 x 25 on :35 Alt 2nd and 3rd kicks	EN2	
1,100	1x{2 x 200 on 3:10 Pulls BWFPF	EN2	
	{2 x 175 on 2:45 Pulls BWFPF	EN2	
	{2 x 125 on 2:00 Pulls BWFPF	EN2	
	{2 x 50 on :50 Pulls BWFPF	EN2	
	hold 1:23 base		
500	10 x 50 on 1:00 Stroke Drills	REC	
6:04 PM	5,770 Yards - Stress Value = 97		

Workout #15647 - Thursday, 15 May 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	W
3:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Shoulders		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,840	8x{1 x 200 on 4:15 Butterfly	EN2	
	{1 on :30 5 squats	EN1	
	{1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2	
	{1 on :30 5 squats	EN1	
1,150	1x{1 x 100 on 2:10 Kick	EN2	
	{4 x 25 on :45 Alt 2nd and 3rd kicks	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{6 x 25 on :45 Alt 2nd and 3rd kicks	EN2	
	{3 x 100 on 2:20 Kick	EN2	
	{8 x 25 on :45 Alt 2nd and 3rd kicks	EN2	
	{1 x 100 on 2:25 Kick	EN2	
950	1x{2 x 200 on 3:40 Pulls BWFPF	EN2	
	{2 x 150 on 2:45 Pulls BWFPF	EN2	
	{2 x 100 on 1:50 Pulls BWFPF	EN2	
	{1 x 50 on :55 Pulls BWFPF	EN2	
	hold 1:35 base		
500	10 x 50 on 1:00 Stroke Drills	REC	
6:04 PM	5,090 Yards - Stress Value = 85		

Workout #15648 - Thursday, 15 May 2014

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	F
5:15 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Physio Ball Abs/Tm Mtg	
500	1 x 500 on 10:00 Underwater trn drill	F
	Odd 100's free even 100's back	
	1 on 10:00 Techniques-Stanford turn drills	
150	10 x 15 on :45 Shooters	S
300	6 x 50 on 2:00 Free 25 great technique	F
	25-100% straight arm	
	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	F
	{1 x 250 on 8:00 Free Drill	F
	{1 x 250 on 8:00 Free Drill	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	F
	25-100% Straight arm	
250	1 x 250 on 5:00 Stroke Drills	F
7:30 PM	2,625 Yards - Stress Value = 15	

Workout #15649 - Friday, 16 May 2014

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	W
3:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Ted's Abs		
600	1 x 600 on 10:00 Reverse IM drill	REC	
180	12 x 15 on :45 Start/Shooter/Finish	SP3	
500	20 x 25 on :45 Kick no board BSLR w/fins	EN2	
	All 100%		
1,400	1x{1 x 500 on 7:30 Individual Medley	EN2	
	{1 x 400 on 6:00 Individual Medley	EN2	
	{1 x 300 on 4:30 Individual Medley	EN2	
	{1 x 200 on 3:00 Individual Medley	EN2	
	{ IM's are 25 drill 25 swim		
200	1 x 200 on 3:00 IM-Broken at the 50's	SP2	
	Rest 10-20-30 seconds		
200	1 x 200 on 3:00 Stroke Drills	REC	
5:01 PM	3,080 Yards - Stress Value = 65		

Workout #15650 - Friday, 16 May 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	W
3:30 PM	Start		
=====	=====	=====	=====
	1 on 25:00 DS/Ted's Abs		
600	1 x 600 on 10:00 Reverse IM drill	REC	
180	12 x 15 on :45 Start/Shooter/Finish	SP3	
500	20 x 25 on :45 Kick no board BSLR w/fins	EN2	
	All 100%		
1,250	1x{1 x 500 on 8:10 Individual Medley	EN2	
	{1 x 400 on 6:30 Individual Medley	EN2	
	{1 x 300 on 4:55 Individual Medley	EN2	
	{1 x 50 on :50 Your #1 stroke	EN2	
	{ IM's are 25 drill 25 swim		
200	1 x 200 on 3:00 IM-Broken at the 50's	SP2	
	Rest 10-20-30 seconds		
200	1 x 200 on 3:00 Stroke Drills	REC	
5:01 PM	2,930 Yards - Stress Value = 62		

Workout #15651 - Friday, 16 May 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
550	1 on 25:00 DS/Ted's Abs	
180	1 x 550 on 10:00 Reverse IM drill	REC
500	12 x 15 on :45 Start/Shooter/Finish	SP3
	20 x 25 on :45 Kick no board BSLR w/fins	EN2
	All 100%	
1,200	1x{1 x 500 on 8:45 Individual Medley	EN2
	{1 x 400 on 7:00 Individual Medley	EN2
	{1 x 300 on 5:15 Individual Medley	EN2
	{ IM's are 25 drill 25 swim	
200	1 x 200 on 3:00 IM-Broken at the 50's	SP2
	Rest 10-20-30 seconds	
200	1 x 200 on 3:00 Stroke Drills	REC
5:01 PM	2,830 Yards - Stress Value = 61	

Workout #15652 - Friday, 16 May 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
500	1 on 25:00 DS/Ted's Abs	
180	1 x 500 on 10:00 Reverse IM drill	REC
500	12 x 15 on :45 Start/Shooter/Finish	SP3
	20 x 25 on :45 Kick no board BSLR w/fins	EN2
	All 100%	
1,000	1x{1 x 400 on 8:00 Individual Medley	EN2
	{1 x 300 on 6:00 Individual Medley	EN2
	{1 x 200 on 4:00 Individual Medley	EN2
	{1 x 100 on 2:00 Individual Medley	EN2
	{ IM's are 25 drill 25 swim	
200	1 x 200 on 3:00 IM-Broken at the 50's	SP2
	Rest 10-20-30 seconds	
200	1 x 200 on 3:00 Stroke Drills	REC
5:00 PM	2,580 Yards - Stress Value = 57	

Workout #15657 - Friday, 16 May 2014

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM	Start		
350	1 on 40:00 DS-Dryland		L I
150	1 x 350 on 10:00 Reverse IM drill	REC	D
900	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
	{2 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
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:30 PM	1,600 Yards - Stress Value = 22		

Workout #15653 - Friday, 16 May 2014

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM	Start		
500	1 on 40:00 DS-Dryland		L I
150	1 x 500 on 10:00 Reverse IM drill	REC	D
1,500	10 x 15 on :45 Shooters	SP3	S F
	1x{3 x 150 on 2:25 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{3 x 125 on 2:00 Butterfly	EN2	S F

{1 x 50 on 1:30 Freestyle	REC	S	
{3 x 100 on 1:35 Butterfly	EN2	S F	
{1 x 50 on 1:30 Freestyle	REC	S	
{3 x 75 on 1:10 Butterfly	EN2	S F	
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:30 PM	2,350 Yards - Stress Value = 33		

Workout #15654 - Friday, 16 May 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
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 F
1,325	1x{3 x 150 on 2:40 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{3 x 125 on 2:10 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{3 x 100 on 1:45 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :50 Butterfly	EN2	S F
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:30 PM	2,175 Yards - Stress Value = 30		

Workout #15655 - Friday, 16 May 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
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 F
1,225	1x{3 x 150 on 3:00 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{3 x 125 on 2:25 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{3 x 100 on 1:55 Butterfly	EN2	S F
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:29 PM	2,025 Yards - Stress Value = 29		

Workout #15656 - Friday, 16 May 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
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 F
1,125	1x{3 x 150 on 3:25 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{3 x 125 on 2:50 Butterfly	EN2	S F
	{1 x 50 on 1:30 Freestyle	REC	S
	{2 x 100 on 2:15 Butterfly	EN2	S F
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:31 PM	1,875 Yards - Stress Value = 27		

Workout #15658 - Monday, 19 May 2014

Group 3 - Freestylers

1 minute rest between sets

3:30 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
1,750	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 125 on 1:55 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:30 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
	{5 x 50 on :45 Kick
1,500	1x{2 x 150 on 2:05 Pulls-no br L.12/25 yds
	{2 x 150 on 2:00 Pulls-no br L.12/25 yds
	{2 x 150 on 1:55 Pulls-no br L.12/25 yds
	{2 x 150 on 1:50 Pulls-no br L.12/25 yds
	{2 x 150 on 1:45 Pulls-no br L.12/25 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	6x{1 x 400 on 5:00 Freestyle
	{1 x 100 on 1:30 Freestyle
	Each round 400 drops 5 seconds
200	1 x 200 on 3:00 Stroke Drills
	6:01 PM 7,400 Yards - Stress Value = 157

Workout #15659 - Monday, 19 May 2014

Group 3 - Gold

1 minute rest between sets

3:30 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
1,550	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:35 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:10 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on :50 Kick
1,400	1x{2 x 150 on 2:15 Pulls-no br L.12/25 yds
	{2 x 150 on 2:10 Pulls-no br L.12/25 yds
	{2 x 150 on 2:05 Pulls-no br L.12/25 yds
	{2 x 150 on 2:00 Pulls-no br L.12/25 yds
	{2 x 100 on 1:20 Pulls-no br L.12/25 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	6x{1 x 400 on 5:25 Freestyle
	{1 x 100 on 1:45 Freestyle
	Each round 400 drops 5 seconds
	6th round do a 100@1:20, then 100 all out
200	1 x 200 on 3:00 Stroke Drills
	6:05 PM 7,100 Yards - Stress Value = 151

Workout #15660 - Monday, 19 May 2014

Group 3 - Silver

1 minute rest between sets

3:30 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
1,400	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:25 Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{4 x 75 on 1:30 Kick
1,250	1x{2 x 150 on 2:30 Pulls-no br L.12/25 yds
	{2 x 150 on 2:25 Pulls-no br L.12/25 yds
	{2 x 150 on 2:20 Pulls-no br L.12/25 yds
	{2 x 150 on 2:15 Pulls-no br L.12/25 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
2,500	5x{1 x 400 on 6:00 Freestyle
	{1 x 100 on 2:00 Freestyle
	Each round 400 drops 5 seconds
	5th round do a 250@3:45, then 100 all out
200	1 x 200 on 3:00 Stroke Drills
	6:02 PM 6,250 Yards - Stress Value = 131

Workout #15661 - Monday, 19 May 2014

Group 3 - Bronze

1 minute rest between sets

3:30 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
1,150	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 125 on 2:50 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:00 Kick
1,100	1x{2 x 150 on 2:50 Pulls-no br L.12/25 yds
	{2 x 150 on 2:45 Pulls-no br L.12/25 yds
	{2 x 150 on 2:40 Pulls-no br L.12/25 yds
	{2 x 100 on 1:40 Pulls-no br L.12/25 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	4x{1 x 400 on 7:30 Freestyle
	{1 x 100 on 2:30 Freestyle
	Each round 400 drops 5 seconds
	4th round do a 300@5:30, then 100 all out
200	1 x 200 on 3:00 Stroke Drills
	6:02 PM 5,300 Yards - Stress Value = 109

Workout #15666 - Monday, 19 May 2014

7:30 PM 4,050 Yards - Stress Value = 83

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY
5:15 PM	Start	
=====	=====	=====
	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
600	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 100 on 2:45 Kick	EN2
	{2 x 25 on 1:00 Sprint kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,400	4x{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 2:15 Free-100%	EN3
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:30 PM 2,850 Yards - Stress Value = 54	

Workout #15662 - Monday, 19 May 2014

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY
5:15 PM	Start	
=====	=====	=====
	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
2,400	4x{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
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:30 PM 4,300 Yards - Stress Value = 88	

Workout #15663 - Monday, 19 May 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:15 PM	Start	
=====	=====	=====
	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
2,200	4x{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
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Game	

Workout #15664 - Monday, 19 May 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:15 PM	Start	
=====	=====	=====
	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
850	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 150 on 3:10 Kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
2,000	4x{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 3:10 Free-100%	EN3
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:30 PM 3,800 Yards - Stress Value = 79	

Workout #15665 - Monday, 19 May 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:15 PM	Start	
=====	=====	=====
	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
750	1x{4 x 25 on :45 Sprint kick	EN2
	{1 x 50 on 1:30 Kick	EN2
	{4 x 25 on :45 Sprint kick	EN2
	{1 x 100 on 2:50 Kick	EN2
	{4 x 25 on :45 Sprint kick	EN2
	{1 x 150 on 4:00 Kick	EN2
	{4 x 25 on :45 Sprint kick	EN2
	{1 x 50 on 1:25 Kick	EN2
150	6 x 25 on :45 Stroke Drills	REC
1,600	4x{1 x 200 on 4:30 Free-descend the 100's	EN2
	{1 x 150 on 3:30 Free neg split	EN2
	{1 x 50 on 2:30 Free-100%	EN3
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Game	
	7:30 PM 3,250 Yards - Stress Value = 61	

Workout #15667 - Tuesday, 20 May 2014

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 1 x 500 on 8:00 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-desce
 {4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
 1,650 1 x 1650 on 22:00 Pulls
 BTB for 1st half and BTS for 2nd half
 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%
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 6,390 Yards - Stress Value = 83

{2 x 75 on 1:05 Backstroke
 {2 x 75 on 1:00 Backstroke
 {1 x 150 on 2:35 Backstroke Drill
 {1 x 50 on :50 Backstroke
 {3 x 50 on :45 Backstroke
 {3 x 50 on :40 Backstroke
 {1 x 100 on 1:45 Backstroke
 {4 x 25 on :30 Backstroke-100%
 {4 x 25 on :25 Backstroke-100%
 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,190 Yards - Stress Value = 81

Workout #15669 - Tuesday, 20 May 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 1 x 500 on 8:00 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-desce
 {4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
 1,450 1 x 1450 on 22:00 Pulls
 BTB for 1st half and BTS for 2nd half
 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 100 on 1:30 Backstroke
 {1 x 150 on 3:30 Backstroke Drill
 {2 x 75 on 1:25 Backstroke
 {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 2:35 Backstroke Drill
 {3 x 50 on 1:00 Backstroke
 {3 x 50 on :55 Backstroke
 {3 x 50 on :45 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 5,740 Yards - Stress Value = 76

Workout #15668 - Tuesday, 20 May 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 1 x 500 on 8:00 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-desce
 {4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
 1,550 1 x 1550 on 22:00 Pulls
 BTB for 1st half and BTS for 2nd half
 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 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 100 on 1:20 Backstroke
 {1 x 200 on 3:30 Backstroke Drill
 {2 x 75 on 1:15 Backstroke
 {2 x 75 on 1:10 Backstroke

Workout #15670 - Tuesday, 20 May 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY
500	1 on 30:00 DS/Core	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
500	1 x 500 on 8:00 Kick as far as you can	
840	1x{4 x 30 on 1:00 Gssr/Spr br on 3/15 undr-desc	EN2
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr	EN2
	{4 x 30 on :55 Gssr/Spr br on 3/15 undr-desce	EN2
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr	EN2
	{4 x 30 on :50 Gssr/Spr br on 3/15 undr-desce	EN2
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr	EN2
	{4 x 30 on :45 Gssr/Spr br on 3/15 undr-desce	EN2
	{2 x 30 on :30 Gssr/Spr br on 3/15 undr-desce	EN2
	{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce	EN2
1,250	1 x 1250 on 22:00 Pulls	EN1
	BTB for 1st half and BTS for 2nd half	
200	4x{1 x 25 on :50 Sculling drills	REC
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,500	1x{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 x 100 on 1:50 Backstroke	EN2
	{1 x 100 on 3:00 Backstroke Drill	EN2
	{2 x 75 on 1:45 Backstroke	EN2
	{2 x 75 on 1:40 Backstroke	EN2
	{2 x 75 on 1:35 Backstroke	EN2
	{2 x 75 on 1:30 Backstroke	EN2
	{1 x 100 on 3:00 Backstroke Drill	EN2
	{1 x 50 on 1:05 Backstroke	EN2
	{1 x 50 on 1:00 Backstroke	EN2
	{2 x 50 on :55 Backstroke	EN2
250	1 x 250 on 4:00 Stroke Drills	REC

5:59 PM 5,190 Yards - Stress Value = 69

Workout #15675 - Tuesday, 20 May 2014

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
950	1 on 30:00 DS/Core/Tm Mtg	
150	6 x 25 on :45 Stroke Drills	REC
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
650	1 x 650 on 15:00 Pulls BTB/BTS	EN1
150	6 x 25 on :45 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

7:32 PM 3,200 Yards - Stress Value = 45

Workout #15671 - Tuesday, 20 May 2014

Group 2 - Fly

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
1,100	1 on 30:00 DS/Core/Tm Mtg	
	1 x 500 on 10:00 Underwater trn drill	REC
	10 x 15 on :45 Shooters	SP3
	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
1,000	1 x 1000 on 15:00 Pulls BTB/BTS	EN1
150	6 x 25 on :45 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
200	1 x 200 on 3:00 Stroke Drills	REC

7:30 PM 5,125 Yards - Stress Value = 77

Workout #15672 - Tuesday, 20 May 2014

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
950	1 on 30:00 DS/Core/Tm Mtg	
150	6 x 25 on :45 Stroke Drills	REC
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
950	1 x 950 on 15:00 Pulls BTB/BTS	EN1
150	6 x 25 on :45 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
200	1 x 200 on 3:00 Stroke Drills	REC

7:30 PM 4,750 Yards - Stress Value = 72

Workout #15673 - Tuesday, 20 May 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:15 PM	Start	
450	1 on 30:00 DS/Core/Tm Mtg	REC
150	1 x 450 on 10:00 Underwater trn drill	REC
950	10 x 15 on :45 Shooters	SP3
1x{2	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
850	1 x 850 on 15:00 Pulls BTB/BTS	EN1
150	6 x 25 on :45 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
200	1 x 200 on 3:00 Stroke Drills	REC
7:30 PM	4,325 Yards - Stress Value = 66	

Workout #15674 - Tuesday, 20 May 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:15 PM	Start	
400	1 on 30:00 DS/Core/Tm Mtg	REC
150	1 x 400 on 10:00 Underwater trn drill	REC
950	10 x 15 on :45 Shooters	SP3
1x{2	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
750	1 x 750 on 15:00 Pulls BTB/BTS	EN1
150	6 x 25 on :45 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
200	1 x 200 on 3:00 Stroke Drills	REC
7:30 PM	3,950 Yards - Stress Value = 60	

Workout #15676 - Wednesday, 21 May 2014

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY
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	
2,100	10 x 15 on :45 Shooters	
1x{3	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	
7 x 200 on 2:35 Lungbuster pulls	1,400
Breathe 3-5-7-9 continuous	
200 4x{1 x 25 on :50 Sculling drills	200
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,200 1x{4 x 100 on 1:20 Fly 2-3-4-5 SOW	2,200
{4 x 25 on :25 Fly 5KOW+1 HB@F	
{4 x 100 on 1:20 Fly 2-3-4-5 SOW	
{6 x 25 on :25 Fly 5KOW+1 HB@F	
{4 x 100 on 1:20 Fly 2-3-4-5 SOW	
{8 x 25 on :25 Fly 5KOW+1 HB@F	
{4 x 100 on 1:20 Fly 2-3-4-5 SOW	
{6 x 25 on :25 Fly 5KOW+1 HB@F	
400 8 x 50 on 1:00 Stroke Drills	400
6:00 PM 7,050 Yards - Stress Value = 102	

Workout #15677 - Wednesday, 21 May 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
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{3	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 125 on 2:00 Kick L.25 100%	
	{4 x 25 on :30 Kick no board R	
7 x 200 on 2:50 Lungbuster pulls	1,400	
Breathe 3-5-7-9 continuous		
Only do a 150 on 7th one		
200 4x{1 x 25 on :50 Sculling drills	200	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,950 1x{4 x 100 on 1:30 Fly 2-3-4-5 SOW	1,950	
{2 x 25 on :30 Fly 5KOW+1 HB@F		
{4 x 100 on 1:30 Fly 2-3-4-5 SOW		
{4 x 25 on :30 Fly 5KOW+1 HB@F		
{4 x 100 on 1:30 Fly 2-3-4-5 SOW		
{6 x 25 on :30 Fly 5KOW+1 HB@F		
{3 x 100 on 1:30 Fly 2-3-4 SOW		
{6 x 25 on :30 Fly 5KOW+1 HB@F		
400 8 x 50 on 1:00 Stroke Drills	400	
6:01 PM 6,700 Yards - Stress Value = 97		

Workout #15678 - Wednesday, 21 May 2014

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{3 x 125 on 2:30 Kick L.25 100%
	{4 x 25 on :35 Kick no board B
	{3 x 125 on 2:25 Kick L.25 100%
	{4 x 25 on :35 Kick no board S
	{3 x 125 on 2:20 Kick L.25 100%
	{4 x 25 on :35 Kick no board L
	{3 x 75 on 1:25 Kick L.25 100%
	{4 x 25 on :35 Kick no board R
1,200	6 x 200 on 3:10 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
1,800	1x{4 x 100 on 1:40 Fly 2-3-4-5 SOW
	{2 x 25 on :35 Fly 5KOW+1 HB@F
	{4 x 100 on 1:40 Fly 2-3-4-5 SOW
	{4 x 25 on :35 Fly 5KOW+1 HB@F
	{4 x 100 on 1:40 Fly 2-3-4-5 SOW
	{6 x 25 on :35 Fly 5KOW+1 HB@F
	{3 x 100 on 1:40 Fly 2-3-4 SOW
400	8 x 50 on 1:00 Stroke Drills
	6:00 PM 6,050 Yards - Stress Value = 86

	{3 x 100 on 2:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 100 on 1:55 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 100 on 1:50 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 100 on 1:45 Kick	EN2
600	1x{1 x 100 on 2:15 Alt 50 BR pull/50 2k1p	EN1
	{2 x 100 on 2:10 Alt 50 BR pull/50 2k1p	EN1
	{3 x 100 on 2:05 Alt 50 BR pull/50 2k1p	EN1
150	6 x 25 on :45 Stroke Drills	REC
500	10 x 50 on 2:00 Breaststroke	SP1
250	1 x 250 on 5:00 Stroke Drills	REC
	7:30 PM 3,850 Yards - Stress Value = 86	

Workout #15684 - Wednesday, 21 May 2014

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
	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 2:00 Kick for time	EN2	
1,050	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 no board BSLR	EN2	
	{2 x 100 on 2:55 Kick	EN2	
	{4 x 25 on 1:00 Kick no board BSLR	EN2	
	{2 x 100 on 2:50 Kick	EN2	
	{2 x 25 on 1:00 Kick no board BS	EN2	
	{1 x 100 on 2:45 Kick	EN2	
450	1x{1 x 100 on 3:00 Alt 50 BR pull/50 2k1p	EN1	
	{2 x 100 on 2:55 Alt 50 BR pull/50 2k1p	EN1	
	{1 x 100 on 2:50 Alt 50 BR pull/50 2k1p	EN1	
	{1 x 50 on 1:20 Alt 25 BR pull/25 2k1p	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 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 = 73		

Workout #15679 - Wednesday, 21 May 2014

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
1,450	1x{3 x 100 on 2:30 Kick L.25 100%
	{4 x 25 on :40 Kick no board B
	{3 x 100 on 2:25 Kick L.25 100%
	{4 x 25 on :40 Kick no board S
	{3 x 100 on 2:20 Kick L.25 100%
	{4 x 25 on :40 Kick no board L
	{3 x 50 on 1:05 Kick L.25 100%
	{4 x 25 on :40 Kick no board R
1,000	5 x 200 on 3:45 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	1x{4 x 100 on 2:05 Fly 2-3-4-5 SOW
	{2 x 25 on :45 Fly 5KOW+1 HB@F
	{4 x 100 on 2:05 Fly 2-3-4-5 SOW
	{4 x 25 on :45 Fly 5KOW+1 HB@F
	{4 x 100 on 2:05 Fly 2-3-4-5 SOW
	{2 x 25 on :45 Fly 5KOW+1 HB@F
400	8 x 50 on 1:00 Stroke Drills
	5:59 PM 5,100 Yards - Stress Value = 75

Workout #15681 - Wednesday, 21 May 2014

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
	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 2:00 Kick for time	EN2	
1,500	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:10 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:05 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 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	
600	1x{1 x 100 on 2:15 Alt 50 BR pull/50 2k1p	EN1	
	{2 x 100 on 2:10 Alt 50 BR pull/50 2k1p	EN1	
	{3 x 100 on 2:05 Alt 50 BR pull/50 2k1p	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Breaststroke	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 3,750 Yards - Stress Value = 84		

Workout #15680 - Wednesday, 21 May 2014

Group 2 - Breast

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
	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 2:00 Kick for time	EN2	
1,600	1x{4 x 25 on :45 Kick no board BSLR	EN2	

Workout #15682 - Wednesday, 21 May 2014

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	V
=====	=====	=====	=====
	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 2:00 Kick for time	EN2	
1,350	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:25 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:20 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:15 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 50 on 1:05 Kick	EN2	
550	1x{1 x 100 on 2:30 Alt 50 BR pull/50 2k1p	EN1	
	{2 x 100 on 2:25 Alt 50 BR pull/50 2k1p	EN1	
	{2 x 100 on 2:20 Alt 50 BR pull/50 2k1p	EN1	
	{1 x 50 on 1:00 Alt 25 BR pull/25 2k1p	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Breaststroke	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 3,500 Yards - Stress Value = 80		

Workout #15683 - Wednesday, 21 May 2014

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	V
=====	=====	=====	=====
	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 2:00 Kick for time	EN2	
1,300	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:40 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:35 Kick	EN2	
	{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	
	{3 x 100 on 2:25 Kick	EN2	
450	1x{1 x 100 on 2:45 Alt 50 BR pull/50 2k1p	EN1	
	{2 x 100 on 2:40 Alt 50 BR pull/50 2k1p	EN1	
	{1 x 100 on 2:35 Alt 50 BR pull/50 2k1p	EN1	
	{1 x 50 on 1:20 Alt 25 BR pull/25 2k1p	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Breaststroke	SP1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:29 PM 3,300 Yards - Stress Value = 78		

Workout #15685 - Thursday, 22 May 2014

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	V
=====	=====	=====	=====
	1 on 30:00 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		
1,750	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 1:40 Alt 50brpull/50frpull		
	{3 x 100 on 1:35 Alt 50brpull/50frpull		
	{2 x 100 on 1:30 Alt 50brpull/50frpull		
	{1 x 100 on 1:25 Alt 50brpull/50frpull		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,675	1x{4 x 125 on 1:55 100 Breast 25 free		
	{3 x 75 on 1:00 25 back 50 breast		
	{4 x 125 on 1:50 100 Breast 25 free		
	{3 x 75 on 1:05 25 back 50 breast		
	{4 x 125 on 1:45 100 Breast 25 free		
	{3 x 75 on 1:10 25 back 50 breast		
	{4 x 125 on 1:40 100 Breast 25 free		
200	1 x 200 on 3:00 Stroke Drills		
	6:00 PM 6,575 Yards - Stress Value = 106		

Workout #15686 - Thursday, 22 May 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	V
=====	=====	=====	=====
	1 on 30:00 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		
1,700	1x{5 x 50 on :50 Kick		
	{8 x 25 on :30 Kick your weakest kick		
	{4 x 50 on :50 Kick		
	{8 x 25 on :30 Kick your weakest kick		
	{3 x 50 on :50 Kick		
	{8 x 25 on :30 Kick your weakest kick		
	{2 x 50 on :50 Kick		
	{8 x 25 on :30 Kick your weakest kick		
	{1 x 50 on :50 Kick		
	{6 x 25 on :30 Kick your weakest kick		
900	1x{4 x 100 on 1:50 Alt 50brpull/50frpull		
	{3 x 100 on 1:45 Alt 50brpull/50frpull		
	{1 x 100 on 1:40 Alt 50brpull/50frpull		
	{1 x 100 on 1:35 Alt 50brpull/50frpull		
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 125 on 2:05 100 Breast 25 free		
	{3 x 75 on 1:10 25 back 50 breast		
	{4 x 125 on 2:00 100 Breast 25 free		
	{3 x 75 on 1:15 25 back 50 breast		
	{4 x 125 on 1:55 100 Breast 25 free		
	{3 x 75 on 1:20 25 back 50 breast		
	{2 x 125 on 1:50 100 Breast 25 free		
200	1 x 200 on 3:00 Stroke Drills		
	6:00 PM 6,175 Yards - Stress Value = 99		

Workout #15687 - Thursday, 22 May 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
550	1 on 30:00 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
1,450	1x{5 x 50 on 1:00 Kick {6 x 25 on :35 Kick your weakest kick {4 x 50 on 1:00 Kick {6 x 25 on :35 Kick your weakest kick {3 x 50 on 1:00 Kick {6 x 25 on :35 Kick your weakest kick {2 x 50 on 1:00 Kick {6 x 25 on :35 Kick your weakest kick {1 x 50 on 1:00 Kick {4 x 25 on :35 Kick your weakest kick
800	1x{3 x 100 on 2:05 Alt 50brpull/50frpull {2 x 100 on 2:00 Alt 50brpull/50frpull {2 x 100 on 1:55 Alt 50brpull/50frpull {1 x 100 on 1:50 Alt 50brpull/50frpull
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{4 x 125 on 2:20 100 Breast 25 free {3 x 75 on 1:20 25 back 50 breast {4 x 125 on 2:15 100 Breast 25 free {3 x 75 on 1:25 25 back 50 breast {2 x 125 on 2:10 100 Breast 25 free {2 x 75 on 1:30 25 back 50 breast {2 x 125 on 2:05 100 Breast 25 free
200	1 x 200 on 3:00 Stroke Drills
6:00 PM	5,450 Yards - Stress Value = 87

Workout #15688 - Thursday, 22 May 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
500	1 on 30:00 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
1,200	1x{5 x 50 on 1:10 Kick {4 x 25 on :45 Kick your weakest kick {4 x 50 on 1:10 Kick {4 x 25 on :45 Kick your weakest kick {3 x 50 on 1:10 Kick {4 x 25 on :45 Kick your weakest kick {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick your weakest kick {1 x 50 on 1:10 Kick {2 x 25 on :45 Kick your weakest kick
650	1x{1 x 100 on 2:30 Alt 50brpull/50frpull {2 x 100 on 2:25 Alt 50brpull/50frpull {2 x 100 on 2:20 Alt 50brpull/50frpull {2 x 75 on 1:40 Alt 50brpull/25frpull
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 125 on 2:40 100 Breast 25 free {3 x 75 on 1:30 25 back 50 breast {2 x 125 on 2:35 100 Breast 25 free {3 x 75 on 1:35 25 back 50 breast {2 x 125 on 2:30 100 Breast 25 free {2 x 75 on 1:40 25 back 50 breast {2 x 125 on 2:25 100 Breast 25 free
200	1 x 200 on 3:00 Stroke Drills
5:59 PM	4,750 Yards - Stress Value = 76

Workout #15689 - Thursday, 22 May 2014

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:15 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 15:00 Techniques-TN turn drills(back) 10 x 15 on :45 Shooters
400	8 x 50 on 1:30 Mid pool backstroke swims Alt. varying number of kicks off each wall Concentratre on being EXPLOSIVE on breakout
100	4 x 25 on 1:00 Perfect Backstroke
750	1x{1 x 250 on 8:00 Back drill-double arm {1 x 250 on 8:00 Back drill-wave {1 x 250 on 8:00 Back drill-1 arm w/some clsc
125	5 x 25 on 1:00 Pefect backstroke
300	1 on 10:00 Back starts in diving well 3 x 100 on 1:45 Backstroke-descend to ludicr SPEED!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	2,575 Yards - Stress Value = 17

Workout #15690 - Friday, 23 May 2014

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
3:30 PM Start				
600	1 on 25:00 DS/Ted's Abs		L	I
150	1 x 600 on 10:00 Reverse IM drill	REC	D	
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	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
5:00 PM	3,950 Yards - Stress Value = 66			

Workout #15691 - Friday, 23 May 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
3:30 PM Start				
600	1 on 25:00 DS/Ted's Abs		L	I
150	1 x 600 on 10:00 Reverse IM drill	REC	D	
2,800	1x{4 x 100 on 1:20 Individual Medley {1 on 1:00 Rest {4 x 125 on 1:40 IM w/50 free {1 on 1:00 Rest {4 x 150 on 2:00 IM 25,25 50, 50 {1 on 1:00 Rest {4 x 175 on 2:20 IM 25, 50, 50, 50 {1 on 1:00 Rest {3 x 200 on 2:40 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
5:01 PM	3,750 Yards - Stress Value = 62			

Workout #15692 - Friday, 23 May 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ε
550	1 on 25:00 DS/Ted's Abs			L I
150	1 x 550 on 10:00 Reverse IM drill	REC	D	
2,350	10 x 15 on :45 Shooters	SP3	S	
	1x{4 x 100 on 1:30 Individual Medley	EN2	S	
	{1 on 1:00 Rest		M	
	{3 x 125 on 1:55 IM w/50 free	EN2	S	
	{1 on 1:00 Rest		M	
	{3 x 150 on 2:15 IM 25,25 50, 50	EN2	S	
	{1 on 1:00 Rest		M	
	{3 x 175 on 2:40 IM 25, 50, 50, 50	EN2	S	
	{1 on 1:00 Rest		S	
	{3 x 200 on 3:00 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	4:59 PM 3,250 Yards - Stress Value = 53			

Workout #15693 - Friday, 23 May 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ε
500	1 on 25:00 DS/Ted's Abs			L I
150	1 x 500 on 10:00 Reverse IM drill	REC	D	
1,850	10 x 15 on :45 Shooters	SP3	S	
	1x{3 x 100 on 2:00 Individual Medley	EN2	S	
	{1 on 1:00 Rest		M	
	{3 x 125 on 2:30 IM w/50 free	EN2	S	
	{1 on 1:00 Rest		M	
	{3 x 150 on 3:00 IM 25,25 50, 50	EN2	S	
	{1 on 1:00 Rest		M	
	{3 x 175 on 3:30 IM 25, 50, 50, 50	EN2	S	
	{1 on 1:00 Rest		S	
	{1 x 200 on 4:00 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	5:00 PM 2,700 Yards - Stress Value = 43			

Workout #15698 - Friday, 23 May 2014

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
250	1 on 45:00 DS/Dryland			L I
150	1 x 250 on 8:00 Reverse IM drill	REC	D	
900	10 x 15 on :45 Shooters	SP3	S	
	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	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:31 PM 1,500 Yards - Stress Value = 24			

Workout #15694 - Friday, 23 May 2014

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
400	1 on 45:00 DS/Dryland			L I
150	1 x 400 on 8:00 Reverse IM drill	REC	D	
1,500	10 x 15 on :45 Shooters	SP3	S	
	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
	1 x 200 on 3:00 Stroke Drills	REC	D
	6:30 PM 2,250 Yards - Stress Value = 36		

Workout #15695 - Friday, 23 May 2014

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
400	1 on 45:00 DS/Dryland			L I
150	1 x 400 on 8:00 Reverse IM drill	REC	D	
1,300	10 x 15 on :45 Shooters	SP3	S	
	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	
	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:30 PM 2,050 Yards - Stress Value = 32			

Workout #15696 - Friday, 23 May 2014

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
350	1 on 45:00 DS/Dryland			L I
150	1 x 350 on 8:00 Reverse IM drill	REC	D	
1,200	10 x 15 on :45 Shooters	SP3	S	
	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	
	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:30 PM 1,900 Yards - Stress Value = 30			

Workout #15697 - Friday, 23 May 2014

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
300	1 on 45:00 DS/Dryland			L I
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 #15699 - Tuesday, 27 May 2014

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ε
600	1 on 25:00 DS/Core			
150	10 x 15 on :45 Shooters			
650	1 x 650 on 8:30 Kick as far as you can			
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			
1,500	12 x 125 on 1:40 Pull HB 2 SOW +1			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,100	1x{1 x 100 on 1:20 Backstroke			
	{6 x 25 on :30 Back 12yds under -1 kick			
	{2 x 100 on 1:20 Backstroke			
	{6 x 25 on :30 Back 12yds under -1 kick			
	{3 x 100 on 1:20 Backstroke			
	{6 x 25 on :30 Back 12yds under -1 kick			
	{4 x 100 on 1:20 Backstroke			
	{6 x 25 on :30 Back 12yds under -1 kick			
	{5 x 100 on 1:20 Backstroke			
400	8 x 50 on 1:00 Stroke Drills			
5:59 PM 6,580 Yards - Stress Value = 101				

Workout #15700 - Tuesday, 27 May 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ε
600	1 on 25:00 DS/Core			
150	10 x 15 on :45 Shooters			
600	1 x 600 on 8:30 Kick as far as you can			
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			
1,375	11 x 125 on 1:50 Pull 2 SOW +1			
	only do a 100 on the 11th one			

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 100 on 1:30 Backstroke			
	{6 x 25 on :30 Back 12yds under -1 kick			
	{2 x 100 on 1:30 Backstroke			
	{6 x 25 on :30 Back 12yds under -1 kick			
	{3 x 100 on 1:30 Backstroke			
	{6 x 25 on :30 Back 12yds under -1 kick			
	{4 x 100 on 1:30 Backstroke			
	{6 x 25 on :30 Back 12yds under -1 kick			
	{3 x 100 on 1:30 Backstroke			
400	8 x 50 on 1:00 Stroke Drills			
6:00 PM 6,205 Yards - Stress Value = 94				

Workout #15701 - Tuesday, 27 May 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ε
550	1 on 25:00 DS/Core			
150	10 x 15 on :45 Shooters			
600	1 x 600 on 8:30 Kick as far as you can			
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			
1,250	10 x 125 on 2:00 Pull HB 2 SOW+1			
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 100 on 1:40 Backstroke			
	{6 x 25 on :35 Back 12yds under -1 kick			
	{2 x 100 on 1:40 Backstroke			
	{6 x 25 on :35 Back 12yds under -1 kick			
	{3 x 100 on 1:40 Backstroke			
	{6 x 25 on :35 Back 12yds under -1 kick			
	{4 x 100 on 1:40 Backstroke			
	{6 x 25 on :35 Back 12yds under -1 kick			
	{1 x 50 on :50 Backstroke			
400	8 x 50 on 1:00 Stroke Drills			
5:59 PM 5,780 Yards - Stress Value = 86				

Workout #15702 - Tuesday, 27 May 2014

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
600	1 x 600 on 8:30 Kick as far as you can
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
1,000	10 x 100 on 1:50 Pull HB 2 SOW+1
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 100 on 2:00 Backstroke
	{4 x 25 on :45 Back 12yds under -1 kick
	{2 x 100 on 2:00 Backstroke
	{4 x 25 on :45 Back 12yds under -1 kick
	{3 x 100 on 2:00 Backstroke
	{4 x 25 on :45 Back 12yds under -1 kick
	{4 x 100 on 2:00 Backstroke
	{4 x 25 on :45 Back 12yds under -1 kick
400	8 x 50 on 1:00 Stroke Drills
	5:58 PM 5,230 Yards - Stress Value = 76

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
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 8:00 Techniques-Starts	
	7:30 PM 4,250 Yards - Stress Value = 66	

Workout #15704 - Tuesday, 27 May 2014

Group 2 - Gold

1 minute rest between sets

5:15 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
1,600	1x{8 x 50 on 1:00 Kick IM order Fly fast	EN2
	{8 x 50 on 1:00 Kick IM order back fast	EN2
	{8 x 50 on 1:00 Kick IM order breast fast	EN2
	{8 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 brst	EN2
	{1 x 100 on 1:40 Individual Medley	EN2
	{2 x 25 on :30 Freestyle	EN1
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 8:00 Techniques-Starts	
	7:30 PM 4,200 Yards - Stress Value = 65	

=====	=====	=====
	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
1,600	1x{8 x 50 on 1:00 Kick IM order Fly fast	EN2
	{8 x 50 on 1:00 Kick IM order back fast	EN2
	{8 x 50 on 1:00 Kick IM order breast fast	EN2
	{8 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 brst	EN2
	{1 x 100 on 1:40 Individual Medley	EN2
	{2 x 25 on :30 Freestyle	EN1
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 8:00 Techniques-Starts	
	7:30 PM 4,200 Yards - Stress Value = 65	

Workout #15707 - Tuesday, 27 May 2014

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	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
900	1x{6 x 50 on 1:45 Kick IM order Fly fast	EN2
	{6 x 50 on 1:45 Kick IM order back fast	EN2
	{6 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
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 8:00 Techniques-Starts	
	7:30 PM 2,800 Yards - Stress Value = 41	

=====	=====	=====
	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
900	1x{6 x 50 on 1:45 Kick IM order Fly fast	EN2
	{6 x 50 on 1:45 Kick IM order back fast	EN2
	{6 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
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 8:00 Techniques-Starts	
	7:30 PM 2,800 Yards - Stress Value = 41	

Workout #15703 - Tuesday, 27 May 2014

Group 2 - IM'ers

1 minute rest between sets

5:15 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
1,600	1x{8 x 50 on 1:00 Kick IM order Fly fast	EN2
	{8 x 50 on 1:00 Kick IM order back fast	EN2
	{8 x 50 on 1:00 Kick IM order breast fast	EN2
	{8 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 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
1,600	1x{8 x 50 on 1:00 Kick IM order Fly fast	EN2
	{8 x 50 on 1:00 Kick IM order back fast	EN2
	{8 x 50 on 1:00 Kick IM order breast fast	EN2
	{8 x 50 on 1:00 Kick IM order free fast	EN2
300	12 x 25 on 1:00 Drill 3 on each stroke	EN1

Workout #15705 - Tuesday, 27 May 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:15 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{8 x 50 on 1:10 Kick IM order Fly fast	EN2
	{8 x 50 on 1:10 Kick IM order back fast	EN2
	{8 x 50 on 1:10 Kick IM order breast fast	EN2
	{3 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
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 8:00 Techniques-Starts	
7:31 PM	3,750 Yards - Stress Value = 58	

Workout #15706 - Tuesday, 27 May 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:15 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
1,200	1x{8 x 50 on 1:20 Kick IM order Fly fast	EN2
	{8 x 50 on 1:20 Kick IM order back fast	EN2
	{8 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
200	1 x 200 on 3:00 Freestyle	REC
	1 on 8:00 Techniques-Starts	
7:30 PM	3,350 Yards - Stress Value = 51	

Workout #15708 - Wednesday, 28 May 2014

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	1 on 25:00 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{3 x 100 on 1:45 Kick	
	{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	
	{3 x 100 on 1:20 Kick	
1,500	1x{4 x 150 on 2:00 Lungbuster pulls	
	{3 x 150 on 1:55 Lungbuster pulls	
	{2 x 150 on 1:50 Lungbuster pulls	
	{1 x 150 on 1:45 Lungbuster pulls	
	Odds br 3-5-7 by the 50	
	Evens br 2-4-6 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	
2,250	1x{3 x 150 on 2:35 2K1P w/ tennis balls	
	{6 x 25 on :40 Brst with paddles alt 2/3 PO	
	{3 x 150 on 2:30 2K1P w/ tennis balls	
	{6 x 25 on :40 Brst with paddles alt 2/3 PO	
	{3 x 150 on 2:25 2K1P w/ tennis balls	
	{6 x 25 on :40 Brst with paddles alt 2/3 PO	
	{3 x 150 on 2:20 2K1P w/tennis balls	
250	1 x 250 on 4:00 Stroke Drills	
5:59 PM	6,750 Yards - Stress Value = 96	

Workout #15709 - Wednesday, 28 May 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Shoulders	
600	1 x 600 on 10:00 Free L.25 of each 100 Non F	
150	10 x 15 on :45 Shooters	
1,600	1x{3 x 100 on 1:55 Kick	
	{3 x 100 on 1:50 Kick	
	{3 x 100 on 1:45 Kick	
	{3 x 100 on 1:40 Kick	
	{3 x 100 on 1:35 Kick	
	{1 x 100 on 1:30 Kick	
1,400	1x{4 x 150 on 2:10 Lungbuster pulls	
	{3 x 150 on 2:05 Lungbuster pulls	
	{2 x 150 on 2:00 Lungbuster pulls	
	{1 x 50 on :40 Lungbuster pulls	
	Odds br 3-5-7 by the 50	
	Evens br 2-4-6 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	
2,150	1x{3 x 150 on 2:45 2K1P w/ tennis balls	
	{6 x 25 on :40 Brst with paddles alt 2/3 PO	
	{3 x 150 on 2:40 2K1P w/ tennis balls	
	{6 x 25 on :40 Brst w/paddles "X"pullouts	
	{3 x 150 on 2:35 2K1P w/ tennis balls	
	{6 x 25 on :40 Brst with paddles alt 2/3 PO	
	{2 x 150 on 2:30 2K1P w/tennis balls	
	{2 x 25 on :40 Brst with paddles alt 2/3 PO	
250	1 x 250 on 4:00 Stroke Drills	
6:00 PM	6,350 Yards - Stress Value = 89	

Workout #15710 - Wednesday, 28 May 2014

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 Free L.25 of each 100 Non F
1,450	10 x 15 on :45 Shooters
1,450	1x{3 x 100 on 2:05 Kick
	{3 x 100 on 2:00 Kick
	{3 x 100 on 1:55 Kick
	{3 x 100 on 1:50 Kick
	{2 x 100 on 1:45 Kick
	{1 x 50 on :50 Kick
1,300	1x{4 x 150 on 2:20 Lungbuster pulls
	{3 x 150 on 2:15 Lungbuster pulls
	{2 x 125 on 1:50 Lungbuster pulls
	Odds br 3-5-7 by the 50
	Evens br 2-4-6 by the 50
200	4x{1 x 25 on :50 Sculling drills
2,000	1x{3 x 150 on 2:55 2K1P w/ tennis balls
	{6 x 25 on :40 Brst with paddles alt 2/3 PO
	{3 x 150 on 2:50 2K1P w/tennis balls
	{6 x 25 on :40 Brst with paddles alt 2/3 PO
	{3 x 150 on 2:45 2K1P w/ tennis balls
	{6 x 25 on :40 Brst with paddles alt 2/3 PO
250	2 x 100 on 1:50 2K1P w/tennis balls
	1 x 250 on 4:00 Stroke Drills
	5:59 PM 5,900 Yards - Stress Value = 83

Workout #15711 - Wednesday, 28 May 2014

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 Free L.25 of each 100 Non F
1,200	10 x 15 on :45 Shooters
1,200	1x{3 x 100 on 2:25 Kick
	{3 x 100 on 2:20 Kick
	{3 x 100 on 2:15 Kick
	{3 x 100 on 2:10 Kick
1,100	1x{4 x 150 on 2:40 Lungbuster pulls
	{2 x 150 on 2:35 Lungbuster pulls
	{2 x 100 on 1:40 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
1,700	1x{3 x 150 on 3:30 2K1P w/ tennis balls
	{6 x 25 on :45 Brst with paddles alt 2/3 PO
	{3 x 150 on 3:25 2K1P w/ tennis balls
	{6 x 25 on :45 Brst with paddles alt 2/3 PO
	{3 x 150 on 3:20 2K1P w/ tennis balls
	{2 x 25 on :45 Brst with paddles alt 2/3 PO
250	1 x 250 on 4:00 Stroke Drills
	5:59 PM 5,100 Yards - Stress Value = 64

Workout #15716 - Wednesday, 28 May 2014

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
350	1 on 30:00 DS/Abs/Tm Mtg		
150	1 x 350 on 10:00 Swim-kick-pull-swim	REC	
300	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	
650	1x{3 x 100 on 3:00 Kick	EN2	

	{2 x 75 on 2:15 Kick	EN2
	{4 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
500	1 x 500 on 12:00 Lungbuster pulls	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 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:30 PM 2,950 Yards - Stress Value = 47	

Workout #15712 - Wednesday, 28 May 2014

Group 2 - Fly

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	S
500	1 on 30:00 DS/Abs/Tm Mtg			L I
500	1 x 500 on 10:00 Choice	REC		S
150	10 x 15 on :45 Shooters	SP3		S F
500	1x{1 x 200 on 3:00 Butterfly	EN2		S F
	{1 x 150 on 2:15 Butterfly	EN2		S F
	{1 x 100 on 1:30 Butterfly	EN2		S F
	{1 x 50 on :45 Butterfly	EN2		S F
1,000	1x{4 x 100 on 2:00 Kick	EN2		K F
	{4 x 75 on 1:30 Kick	EN2		K F
	{4 x 50 on 1:00 Kick	EN2		K F
	{4 x 25 on :30 Kick	EN2		K F
100	4 x 25 on 1:00 Stroke Drills	REC		D F
500	1x{1 x 200 on 3:00 Butterfly	EN2		S F
	{1 x 150 on 2:15 Butterfly	EN2		S F
	{1 x 100 on 1:30 Butterfly	EN2		S F
	{1 x 50 on :45 Butterfly	EN2		S F
800	1 x 800 on 12:00 Lungbuster pulls	EN1		P
100	4 x 25 on 1:00 Stroke Drills	REC		D F
500	1x{1 x 200 on 3:00 Butterfly	EN2		S F
	{1 x 150 on 2:15 Butterfly	EN2		S F
	{1 x 100 on 1:30 Butterfly	EN2		S F
	{1 x 50 on :45 Butterfly	EN2		S F
200	1 x 200 on 4:00 Stroke Drills	REC		D
	1 on 10:00 Techniques-Starts			D
	7:30 PM 4,350 Yards - Stress Value = 64			

Workout #15713 - Wednesday, 28 May 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:15 PM	Start			
1	on 30:00 DS/Abs/Tm Mtg			L I
500	1 x 500 on 10:00 Choice	REC		S
150	10 x 15 on :45 Shooters	SP3		S F
450	1x{1 x 200 on 3:20 Butterfly	EN2		S F
	{1 x 150 on 2:30 Butterfly	EN2		S F
	{1 x 100 on 1:40 Butterfly	EN2		S F
900	1x{4 x 100 on 2:10 Kick	EN2		K F
	{4 x 75 on 1:40 Kick	EN2		K F
	{4 x 50 on 1:05 Kick	EN2		K F
100	4 x 25 on 1:00 Stroke Drills	REC		D F
450	1x{1 x 200 on 3:20 Butterfly	EN2		S F
	{1 x 150 on 2:30 Butterfly	EN2		S F
	{1 x 100 on 1:40 Butterfly	EN2		S F
750	1 x 750 on 12:00 Lungbuster pulls	EN2		P
100	4 x 25 on 1:00 Stroke Drills	REC		D F
450	1x{1 x 200 on 3:20 Butterfly	EN2		S F
	{1 x 150 on 2:30 Butterfly	EN2		S F
	{1 x 100 on 1:40 Butterfly	EN2		S F
200	1 x 200 on 4:00 Stroke Drills	REC		D
	1 on 10:00 Techniques-Starts			D
7:30 PM	4,050 Yards - Stress Value = 66			

Workout #15714 - Wednesday, 28 May 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF	S
5:15 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		
850	1x{4 x 100 on 2:20 Kick	EN2		
	{4 x 75 on 1:45 Kick	EN2		
	{2 x 50 on 1:10 Kick	EN2		
	{2 x 25 on :35 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		
700	1 x 700 on 12:00 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 4:00 Stroke Drills	REC		
	1 on 10:00 Techniques-Starts			
7:30 PM	3,750 Yards - Stress Value = 61			

Workout #15715 - Wednesday, 28 May 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF	S
5:15 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		
800	1x{4 x 100 on 2:30 Kick	EN2		
	{2 x 75 on 1:50 Kick	EN2		
	{4 x 50 on 1:15 Kick	EN2		

	{2 x 25 on :40 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		
600	1 x 600 on 12:00 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 4:00 Stroke Drills	REC		
	1 on 10:00 Techniques-Starts			
7:30 PM	3,550 Yards - Stress Value = 58			

Workout #15717 - Thursday, 29 May 2014

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	S
5:15 PM	Start	
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	
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	
2,000	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	
	{5 x 100 on 1:20 Pull Alt BO	
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 50 on 1:00 Fly w/free kick 25	
	{1 x 50 on 1:00 Fly w/free kick 30	
	{1 x 50 on 1:00 Fly w/free kick 35	
	{1 x 50 on 1:00 Fly w/free kick 40	
	{1 x 50 on 1:00 Fly w/free kick 45	
	{1 x 50 on 1:00 Fly w/free kick 50	
	{1 x 50 on :55 Fly w/free kick 25	
	{1 x 50 on :55 Fly w/free kick 30	
	{1 x 50 on :55 Fly w/free kick 35	
	{1 x 50 on :55 Fly w/free kick 40	
	{1 x 50 on :55 Fly w/free kick 45	
	{1 x 50 on :55 Fly w/free kick 50	
	{1 x 50 on :50 Fly w/free kick 25	
	{1 x 50 on :50 Fly w/free kick 30	
	{1 x 50 on :50 Fly w/free kick 35	
	{1 x 50 on :50 Fly w/free kick 40	
	{1 x 50 on :50 Fly w/free kick 45	
	{1 x 50 on :50 Fly w/free kick 50	
	{1 x 50 on :45 Fly w/free kick 25	
	{1 x 50 on :45 Fly w/free kick 30	
	{1 x 50 on :45 Fly w/free kick 35	
	{1 x 50 on :45 Fly w/free kick 40	
	{1 x 50 on :45 Fly w/free kick 45	
	{1 x 50 on :45 Fly w/free kick 50	
500	10 x 50 on 1:00 Stroke Drills	
6:01 PM	6,650 Yards - Stress Value = 112	

Workout #15718 - Thursday, 29 May 2014

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 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 125 on 2:20 Kick #2 {4 x 25 on :30 Kick #1-100% {2 x 50 on :55 Kick #3
1,800	1x{1 x 200 on 2:55 Pulls BWFPF {2 x 175 on 2:35 Pulls BWKPF {3 x 150 on 2:10 Pulls BWHPF {4 x 125 on 1:50 Pulls BWSPF {3 x 100 on 1:30 Pull Alt BO
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 50 on 1:00 Fly w/free kick 25 {1 x 50 on 1:00 Fly w/free kick 30 {1 x 50 on 1:00 Fly w/free kick 35 {1 x 50 on 1:00 Fly w/free kick 40 {1 x 50 on 1:00 Fly w/free kick 45 {1 x 50 on 1:00 Fly w/free kick 50 {1 x 50 on :55 Fly w/free kick 25 {1 x 50 on :55 Fly w/free kick 30 {1 x 50 on :55 Fly w/free kick 35 {1 x 50 on :55 Fly w/free kick 40 {1 x 50 on :55 Fly w/free kick 45 {1 x 50 on :55 Fly w/free kick 50 {1 x 50 on :50 Fly w/free kick 25 {1 x 50 on :50 Fly w/free kick 30 {1 x 50 on :50 Fly w/free kick 35 {1 x 50 on :50 Fly w/free kick 40 {1 x 50 on :50 Fly w/free kick 45 {1 x 50 on :50 Fly w/free kick 50 {1 x 50 on :45 Fly w/free kick 25 {1 x 50 on :45 Fly w/free kick 30 {1 x 50 on :45 Fly w/free kick 35 {1 x 50 on :45 Fly w/free kick 40 {1 x 50 on :45 Fly w/free kick 45 {1 x 50 on :45 Fly w/free kick 50
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 6,300 Yards - Stress Value = 105

1,600	1x{1 x 200 on 3:15 Pulls BWFPF {2 x 175 on 2:50 Pulls BWKPF {3 x 150 on 2:25 Pulls BWHPF {4 x 125 on 2:05 Pulls BWSPF {1 x 100 on 1:40 Pull Alt BO
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 50 on 1:05 Fly w/free kick 25 {1 x 50 on 1:05 Fly w/free kick 30 {1 x 50 on 1:05 Fly w/free kick 35 {1 x 50 on 1:05 Fly w/free kick 40 {1 x 50 on 1:05 Fly w/free kick 45 {1 x 50 on 1:05 Fly w/free kick 50 {1 x 50 on 1:00 Fly w/free kick 25 {1 x 50 on 1:00 Fly w/free kick 30 {1 x 50 on 1:00 Fly w/free kick 35 {1 x 50 on 1:00 Fly w/free kick 40 {1 x 50 on 1:00 Fly w/free kick 45 {1 x 50 on 1:00 Fly w/free kick 50 {1 x 50 on :55 Fly w/free kick 25 {1 x 50 on :55 Fly w/free kick 30 {1 x 50 on :55 Fly w/free kick 35 {1 x 50 on :55 Fly w/free kick 40 {1 x 50 on :55 Fly w/free kick 45 {1 x 50 on :55 Fly w/free kick 50 {1 x 50 on :50 Fly w/free kick 25 {1 x 50 on :50 Fly w/free kick 30 {1 x 50 on :50 Fly w/free kick 35 {1 x 50 on :50 Fly w/free kick 40 {1 x 50 on :50 Fly w/free kick 45 {1 x 50 on :50 Fly w/free kick 50
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 5,700 Yards - Stress Value = 94

Workout #15719 - Thursday, 29 May 2014

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 Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,650	1x{2 x 125 on 2:55 Kick #2 {4 x 25 on :35 Kick #1-100% {2 x 125 on 2:55 Kick #2 {4 x 25 on :35 Kick #1-100% {2 x 125 on 2:55 Kick #2 {4 x 25 on :35 Kick #1-100% {2 x 125 on 2:45 Kick #3 {4 x 25 on :35 Kick #1-100% {2 x 125 on 2:35 Kick #2

Workout #15720 - Thursday, 29 May 2014

1 minute rest between sets

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 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
 1,450 1x{2 x 125 on 3:15 Kick #2
 {4 x 25 on :40 Kick #1-100%
 {2 x 125 on 3:15 Kick #2
 {4 x 25 on :40 Kick #1-100%
 {2 x 125 on 3:15 Kick #2
 {4 x 25 on :40 Kick #1-100%
 {2 x 125 on 3:05 Kick #3
 {4 x 25 on :40 Kick #1-100%
 {1 x 50 on 1:15 Kick #3
 1,500 1x{1 x 200 on 3:35 Pulls BWFPF
 {2 x 175 on 3:10 Pulls BWKPF
 {3 x 150 on 2:40 Pulls BWHPF
 {4 x 125 on 2:15 Pulls BWSPF
 200 4x{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 1:15 Fly w/free kick 25
 {1 x 50 on 1:15 Fly w/free kick 30
 {1 x 50 on 1:15 Fly w/free kick 35
 {1 x 50 on 1:15 Fly w/free kick 40
 {1 x 50 on 1:15 Fly w/free kick 45
 {1 x 50 on 1:15 Fly w/free kick 50
 {1 x 50 on 1:10 Fly w/free kick 25
 {1 x 50 on 1:10 Fly w/free kick 30
 {1 x 50 on 1:10 Fly w/free kick 35
 {1 x 50 on 1:10 Fly w/free kick 40
 {1 x 50 on 1:10 Fly w/free kick 45
 {1 x 50 on 1:10 Fly w/free kick 50
 {1 x 50 on 1:05 Fly w/free kick 25
 {1 x 50 on 1:05 Fly w/free kick 30
 {1 x 50 on 1:05 Fly w/free kick 35
 {1 x 50 on 1:05 Fly w/free kick 40
 {1 x 50 on 1:05 Fly w/free kick 45
 {1 x 50 on 1:05 Fly w/free kick 50
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 5,200 Yards - Stress Value = 85

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
 10 x 15 on :45 Shooters
 All KNB, min 15m underwater
 1,500 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:30 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Kick best effort
 1,200 6 x 200 on 2:35 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
 3,600 1x{4 x 150 on 1:55 Freestyle
 {1 x 600 on 8:00 Freestyle
 {4 x 125 on 1:35 Freestyle
 {1 x 500 on 6:40 Freestyle
 {4 x 100 on 1:15 Freestyle
 {1 x 400 on 5:20 Freestyle
 {4 x 75 on :55 Freestyle
 {1 x 300 on 4:00 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 7,500 Yards - Stress Value = 154

Workout #15723 - Monday, 02 June 2014

Group 3 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Shoulders/Tm Mtg
 1 x 500 on 10:00 Underwater trn drill
 1 on 15:00 Techniques-underwater pullouts
 150 10 x 15 on :45 Shooters
 1 on 2:30 Breaststroke Points
 100 4 x 25 on 1:00 Perfect Breaststroke
 1,175 1x{1 x 200 on 8:00 Breast Kick Drill
 {3 x 25 on 1:00 Perfect Breaststroke
 {1 x 200 on 8:00 Breast drill 2K1P
 {3 x 25 on 1:00 Perfect Breast
 {1 x 200 on 8:00 Breast Drill w/fins
 {3 x 25 on 1:00 Perfect Breaststroke
 {1 x 200 on 8:00 Breast Drill
 {3 x 50 on 1:00 Perfect Breaststroke
 50 1 x 50 on 2:00 Breast OTB
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Techniques-Starts
 7:30 PM 2,225 Yards - Stress Value = 16

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
 10 x 15 on :45 Shooters
 All KNB, min 15m underwater
 1,400 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Kick-best effort
 6 x 175 on 2:35 Pulls-no br L.12 yds
 Hold under 1:20 base
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,400 1x{4 x 150 on 2:05 Freestyle
 {1 x 600 on 8:30 Freestyle
 {4 x 125 on 1:45 Freestyle
 {1 x 500 on 7:05 Freestyle
 {4 x 100 on 1:20 Freestyle
 {1 x 500 on 5:40 Freestyle
 {4 x 75 on 1:00 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 250 1 x 250 on 4:00 Stroke Drills
 5:58 PM 7,050 Yards - Stress Value = 136

Workout #15722 - Monday, 02 June 2014

Group 3 - Freestylers

Workout #15724 - Monday, 02 June 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ST
550	1 on 25:00 DS/Physio Balls			
150	1 x 550 on 10:00 Swim-kick-pull-swim			
1,250	10 x 15 on :45 Shooters All KNB, min 15m underwater			
1,250	1x{4 x 25 on :35 Kick no board BSLR {2 x 100 on 1:55 Kick best effort {4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:00 Kick best effort {4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:05 Kick best effort {4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:10 Kick {2 x 25 on :35 Kick no board BS			
1,050	6 x 175 on 2:35 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			
3,000	1x{4 x 150 on 2:20 Freestyle {1 x 600 on 9:30 Freestyle {4 x 125 on 1:55 Freestyle {1 x 500 on 7:55 Freestyle {4 x 100 on 1:30 Freestyle {1 x 400 on 6:20 Freestyle Last 25 of each repeat alt between 10 KOW +Exp BO and 6 beat kick			
250	1 x 250 on 4:00 Stroke Drills			
	5:59 PM 6,450 Yards - Stress Value = 135			

150	10 x 15 on :45 Shooters	SP3	S	E
1,600	1x{1 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick {3 x 100 on 1:50 Kick {4 x 100 on 1:45 Kick {3 x 100 on 1:40 Kick {2 x 100 on 1:35 Kick {1 x 100 on 1:30 Kick	EN2	K	E
200	8 x 25 on :45 Breast Drill	REC	D	E
1,600	1x{1 x 100 on 2:00 Breast Pull {6 x 50 on 1:05 BR 2K1P {1 x 100 on 2:00 Breast Pull {5 x 50 on 1:00 BR 3K1P {1 x 100 on 2:00 Breast Pull {4 x 50 on :55 BR 4K1P {1 x 100 on 2:00 Breast Pull {3 x 50 on :50 BR 5K1P {1 x 100 on 2:00 Breast Pull {2 x 50 on :45 BR 6K1P {1 x 100 on 2:00 Breast Pull	EN1	P	E
250	5 x 50 on 1:15 Stroke Drills	REC	D	E
	1 on 10:00 Game	REC	D	E
	7:30 PM 4,300 Yards - Stress Value = 69			

Workout #15730 - Monday, 02 June 2014

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	ST
250	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	E
1,000	1x{1 x 100 on 3:00 Kick {2 x 100 on 2:55 Kick {3 x 100 on 2:50 Kick {3 x 100 on 2:45 Kick {1 x 100 on 2:25 Kick	EN2	K	E
200	8 x 25 on :45 Breast Drill	REC	D	E
1,050	1x{1 x 100 on 3:00 Breast Pull {5 x 50 on 1:30 BR 2K1P {1 x 100 on 3:00 Breast Pull {4 x 50 on 1:30 BR 3K1P {1 x 100 on 3:00 Breast Pull {3 x 50 on 1:30 BR 4K1P {1 x 100 on 3:00 Breast Pull {1 x 50 on 1:30 BR 5K1P	EN1	P	E
250	5 x 50 on 1:15 Stroke Drills	REC	D	E
	1 on 10:00 Game	REC	D	E
	7:30 PM 3,050 Yards - Stress Value = 46			
900	6 x 150 on 2:35 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	1x{4 x 150 on 2:45 Freestyle {1 x 600 on 11:30 Freestyle {4 x 125 on 2:20 Freestyle {1 x 500 on 9:30 Freestyle {3 x 100 on 1:50 Freestyle Last 25 of each repeat alt between 10 KOW +Exp BO and 6 beat kick			
250	1 x 250 on 4:00 Stroke Drills			
	5:59 PM 5,550 Yards - Stress Value = 100			

Workout #15726 - Monday, 02 June 2014

Group 2 - Breast

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	ST
500	1 on 30:00 DS/Physio Ball/Tm Mtg			L DF
	1 x 500 on 10:00 Choice	REC	S	CF

Workout #15727 - Monday, 02 June 2014

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	===	====	==
	1 on 30:00 DS/Physio Ball/Tm Mtg		L DF	
500	1 x 500 on 10:00 Choice	REC	S CF	
150	10 x 15 on :45 Shooters	SP3	S F	
1,400	1x{1 x 100 on 2:10 Kick	EN2	K F	
	{2 x 100 on 2:05 Kick	EN2	K F	
	{3 x 100 on 2:00 Kick	EN2	K F	
	{4 x 100 on 1:55 Kick	EN2	K CF	
	{3 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	
1,400	1x{1 x 100 on 2:15 Breast Pull	EN1	P F	
	{6 x 50 on 1:15 BR 2K1P	EN2	D F	
	{1 x 100 on 2:15 Breast Pull	EN2	P F	
	{5 x 50 on 1:10 BR 3K1P	EN2	D F	
	{1 x 100 on 2:15 Breast Pull	EN2	P F	
	{4 x 50 on 1:05 BR 4K1P	EN2	D F	
	{1 x 100 on 2:15 Breast Pull	EN2	P F	
	{3 x 50 on 1:00 BR 5K1P	EN2	D F	
	{1 x 100 on 2:15 Breast Pull	EN2	P F	
250	5 x 50 on 1:15 Stroke Drills	REC	D F	
	1 on 10:00 Game	REC	D F	
	7:30 PM 3,900 Yards - Stress Value = 61			

1,150	1x{1 x 100 on 2:45 Breast Pull	EN1	P F
	{5 x 50 on 1:30 BR 2K1P	EN2	D F
	{1 x 100 on 2:45 Breast Pull	EN2	P F
	{4 x 50 on 1:25 BR 3K1P	EN2	D F
	{1 x 100 on 2:45 Breast Pull	EN2	P F
	{3 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	5 x 50 on 1:15 Stroke Drills	REC	D F
	1 on 10:00 Game	REC	D F
	7:30 PM 3,250 Yards - Stress Value = 50		

Workout #15731 - Tuesday, 03 June 2014

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
700	1 x 700 on 9:00 Kick
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
1,500	10 x 150 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
	100's 15m under, 50's 12.5yds under
	off last wall
2,400	2x{2 x 100 on 1:30 Back w/fins
	{2 x 50 on 1:00 Backstroke
	{2 x 100 on 1:25 Back w/fins
	{2 x 50 on 1:00 Backstroke
	{2 x 100 on 1:20 Back w/fins
	{2 x 50 on 1:00 Backstroke
	{2 x 100 on 1:15 Back w/fins
	{2 x 50 on 1:00 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 6,780 Yards - Stress Value = 118

Workout #15728 - Monday, 02 June 2014

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	===	====	==
	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	
1,300	1x{1 x 100 on 2:20 Kick	EN2	K CF	
	{2 x 100 on 2:15 Kick	EN2	K F	
	{3 x 100 on 2:10 Kick	EN2	K F	
	{4 x 100 on 2:05 Kick	EN2	K F	
	{3 x 100 on 2:00 Kick	EN2	K F	
200	8 x 25 on :45 Breast Drill	REC	D F	
1,250	1x{1 x 100 on 2:30 Breast Pull	EN1	P F	
	{6 x 50 on 1:20 BR 2K1P	EN2	D F	
	{1 x 100 on 2:30 Breast Pull	EN2	P F	
	{5 x 50 on 1:15 BR 3K1P	EN2	D F	
	{1 x 100 on 2:30 Breast Pull	EN2	P F	
	{3 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	5 x 50 on 1:15 Stroke Drills	REC	D F	
	1 on 10:00 Game	REC	D F	
	7:30 PM 3,600 Yards - Stress Value = 56			

Workout #15729 - Monday, 02 June 2014

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	===	====	==
	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	
1,100	1x{1 x 100 on 2:40 Kick	EN2	K CF	
	{2 x 100 on 2:35 Kick	EN2	K F	
	{3 x 100 on 2:30 Kick	EN2	K F	
	{4 x 100 on 2:25 Kick	EN2	K F	
	{1 x 100 on 2:20 Kick	EN2	K F	
200	8 x 25 on :45 Breast Drill	REC	D F	

Workout #15732 - Tuesday, 03 June 2014

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
 700 1 x 700 on 9:00 Kick
 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
 1,350 9 x 150 on 2:05 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 2,200 2x{2 x 100 on 1:40 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:35 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:30 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:25 Back w/fins
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,430 Yards - Stress Value = 111

1 on 25:00 DS/Core
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 700 1 x 700 on 9:00 Kick
 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 7 x 150 on 2:45 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 1,700 2x{2 x 100 on 2:00 Back w/fins
 {2 x 50 on 1:20 Backstroke
 {2 x 100 on 1:55 Back w/fins
 {2 x 50 on 1:20 Backstroke
 {2 x 100 on 1:50 Back w/fins
 {1 x 50 on 1:20 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,530 Yards - Stress Value = 95

Workout #15739 - Tuesday, 03 June 2014

Group 2 - Copper

1 minute rest between sets

5:15 PM 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
 300 1 x 300 on 7:00 Pulls EN1
 Alt 100 breathe toward bleacher and
 100 breathe toward scoreboard
 750 1x{1 x 125 on 4:00 Kick EN2
 {1 x 125 on 3:55 Kick EN2
 {1 x 125 on 3:50 Kick EN2
 {1 x 125 on 3:45 Kick EN2
 {1 x 125 on 3:40 Kick EN2
 {1 x 125 on 3:35 Kick EN2
 200 8 x 25 on :45 Free Drills REC
 1,000 20 x 50 on 1:30 Freestyle EN2
 250 1 x 250 on 5:00 Stroke Drills REC
 1 on 10:00 Techniques-Starts
 7:30 PM 3,000 Yards - Stress Value = 41

Workout #15733 - Tuesday, 03 June 2014

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
 700 1 x 700 on 9:00 Kick
 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
 1,200 8 x 150 on 2:20 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 2,000 2x{2 x 100 on 1:50 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {2 x 100 on 1:45 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {2 x 100 on 1:40 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {1 x 100 on 1:35 Back w/fins
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 6,030 Yards - Stress Value = 104

Workout #15734 - Tuesday, 03 June 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====

Workout #15735 - Tuesday, 03 June 2014

Group 2 - Freestylers

1 minute rest between sets

5:15 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
500	1 x 500 on 7:00 Pulls	EN1
	Alt 100 breathe toward bleacher and 100 breathe toward scoreboard	
1,200	1x{1 x 200 on 4:00 Kick	EN2
	{1 x 200 on 3:55 Kick	EN2
	{1 x 200 on 3:50 Kick	EN2
	{1 x 200 on 3:45 Kick	EN2
	{1 x 200 on 3:40 Kick	EN2
	{1 x 200 on 3:35 Kick	EN2
200	8 x 25 on :45 Free Drills	REC
1,500	20 x 75 on 1:30 Freestyle	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:30 PM 4,300 Yards - Stress Value = 65	

Workout #15736 - Tuesday, 03 June 2014

Group 2 - Gold

1 minute rest between sets

5:15 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
450	1 x 450 on 7:00 Pulls	EN1
	Alt 100 breathe toward bleacher and 100 breathe toward scoreboard	
1,050	1x{1 x 175 on 4:00 Kick	EN2
	{1 x 175 on 3:55 Kick	EN2
	{1 x 175 on 3:50 Kick	EN2
	{1 x 175 on 3:45 Kick	EN2
	{1 x 175 on 3:40 Kick	EN2
	{1 x 175 on 3:35 Kick	EN2
200	8 x 25 on :45 Free Drills	REC
1,500	20 x 75 on 1:30 Freestyle	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:30 PM 4,100 Yards - Stress Value = 64	

Workout #15737 - Tuesday, 03 June 2014

Group 2 - Silver

1 minute rest between sets

5:15 PM Start		
Yards	Set Description	EGY WC
=====	=====	==== ==
	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
400	1 x 400 on 7:00 Pulls	EN1
	Alt 100 breathe toward bleacher and 100 breathe toward scoreboard	
900	1x{1 x 150 on 4:00 Kick	EN2
	{1 x 150 on 3:55 Kick	EN2
	{1 x 150 on 3:50 Kick	EN2
	{1 x 150 on 3:45 Kick	EN2
	{1 x 150 on 3:40 Kick	EN2
	{1 x 150 on 3:35 Kick	EN2
200	8 x 25 on :45 Free Drills	REC
1,500	20 x 75 on 1:30 Freestyle	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:30 PM 3,850 Yards - Stress Value = 58	

Workout #15738 - Tuesday, 03 June 2014

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start		
Yards	Set Description	EGY WC
=====	=====	==== ==
	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
350	1 x 350 on 7:00 Pulls	EN1
	Alt 100 breathe toward bleacher and 100 breathe toward scoreboard	
750	1x{1 x 125 on 4:00 Kick	EN2
	{1 x 125 on 3:55 Kick	EN2
	{1 x 125 on 3:50 Kick	EN2
	{1 x 125 on 3:45 Kick	EN2
	{1 x 125 on 3:40 Kick	EN2
	{1 x 125 on 3:35 Kick	EN2
200	8 x 25 on :45 Free Drills	REC
1,000	20 x 50 on 1:30 Freestyle	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	7:30 PM 3,100 Yards - Stress Value = 42	

Workout #15740 - Wednesday, 04 June 2014

Group 3 - Fly

1 minute rest between sets

3:30 PM Start		
Yards	Set Description	EGY WC
=====	=====	==== ==
	1 on 25:00 DS/Abs	
600	1 x 600 on 10:00 Free L.25 of each 100 Non	
150	10 x 15 on :45 Shooters	
1,900	1x{1 x 200 on 3:20 Kick	
	{4 x 25 on :45 Sprint kick	
	{2 x 175 on 2:55 Kick	
	{4 x 25 on :40 Sprint kick	
	{3 x 150 on 2:30 Kick	
	{4 x 25 on :35 Sprint kick	
	{4 x 125 on 2:05 Kick	
	{4 x 25 on :30 Sprint Kick	
1,200	24 x 50 on :45 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 finishe	
2,500	10x{3 x 50 on :40 3-4-5 strokes fly off walls	
	{1 x 100 on 2:00 Fly Drill	
200	1 x 200 on 3:00 Stroke Drills	
	6:01 PM 6,750 Yards - Stress Value = 108	

Workout #15741 - Wednesday, 04 June 2014

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
1,750	10 x 15 on :45 Shooters
	1x{1 x 200 on 3:40 Kick
	{4 x 25 on :45 Sprint kick
	{2 x 175 on 3:15 Kick
	{4 x 25 on :40 Sprint kick
	{3 x 150 on 2:45 Kick
	{4 x 25 on :35 Sprint kick
	{4 x 100 on 1:50 Kick
	{2 x 25 on :30 Sprint kick
1,200	24 x 50 on :45 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 finishe
2,250	10x{3 x 50 on :45 3-4-5 strokes fly off walls
	{1 x 75 on 1:45 Fly Drill
200	1 x 200 on 3:00 Stroke Drills
	6:01 PM 6,350 Yards - Stress Value = 100

Workout #15742 - Wednesday, 04 June 2014

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
1,650	10 x 15 on :45 Shooters
	1x{1 x 200 on 4:00 Kick
	{4 x 25 on :45 Sprint kick
	{2 x 175 on 3:30 Kick
	{4 x 25 on :40 Sprint kick
	{3 x 150 on 3:00 Kick
	{4 x 25 on :35 Sprint kick
	{3 x 100 on 2:00 Kick
	{2 x 25 on :30 Sprint kick
950	19 x 50 on :55 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 finishe
2,000	10x{3 x 50 on :50 3-4-5 strokes fly off walls
	{1 x 50 on 1:30 Fly Drill
200	1 x 200 on 3:00 Stroke Drills
	6:01 PM 5,700 Yards - Stress Value = 91

Workout #15743 - Wednesday, 04 June 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 25:00 DS/Abs
150	1 x 500 on 10:00 Free L.25 of each 100 Non
1,400	10 x 15 on :45 Shooters
	1x{1 x 200 on 4:40 Kick
	{4 x 25 on :45 Sprint kick
	{2 x 175 on 4:05 Kick
	{4 x 25 on :45 Sprint kick
	{3 x 150 on 3:30 Kick
	{4 x 25 on :45 Sprint kick
	{2 x 50 on 1:10 Kick
900	18 x 50 on 1:00 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 finishe

2,000 10x{3 x 50 on 1:00 3-4-5 strokes fly off walls
 {1 x 50 on 1:00 Free drill
 200 1 x 200 on 3:00 Stroke Drills
 6:01 PM 5,350 Yards - Stress Value = 85

Workout #15748 - Wednesday, 04 June 2014

Group 2 - Copper

1 minute rest between sets

5:15 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
1,600	1x{2 x 150 on 4:00 Butterfly	EN2	S
	{3 x 100 on 3:00 IM-descend	EN2	S
	{2 x 150 on 4:00 Backstroke	EN2	S
	{3 x 100 on 3:00 IM-descend	EN2	S
	{1 x 100 on 3:00 IM-fast	EN2	S
	{2 x 150 on 4:00 Breaststroke	EN2	S
250	5 x 50 on 1:15 Stroke Drills	REC	D
	7:30 PM 3,200 Yards - Stress Value = 53		

Workout #15744 - Wednesday, 04 June 2014

Group 2 - IM'ers

1 minute rest between sets

5:15 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
2,800	1x{2 x 200 on 3:30 Butterfly	EN2	S
	{4 x 100 on 1:30 IM-descend	EN2	S
	{2 x 200 on 3:15 Backstroke	EN2	S
	{4 x 100 on 1:30 IM-descend	EN2	S
	{2 x 200 on 3:45 Breaststroke	EN2	S
	{4 x 100 on 1:30 IM-descend	EN2	S
	{2 x 200 on 3:00 Freestyle	EN2	S
250	5 x 50 on 1:15 Freestyle		
	7:30 PM 4,900 Yards - Stress Value = 84		

Workout #15745 - Wednesday, 04 June 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM	Start		
=====	=====	=====	=====
	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
2,550	1x{2 x 200 on 3:50 Butterfly	EN2	S
	{4 x 100 on 1:40 IM-descend	EN2	S
	{2 x 200 on 3:30 Backstroke	EN2	S
	{4 x 100 on 1:40 IM-descend	EN2	S
	{2 x 200 on 4:00 Breaststroke	EN2	S
	{4 x 100 on 1:40 IM-descend	EN2	S
	{1 x 150 on 2:20 Freestyle	EN2	S
250	5 x 50 on 1:15 Stroke Drills	REC	D
	7:30 PM 4,550 Yards - Stress Value = 77		

Workout #15746 - Wednesday, 04 June 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM	Start		
=====	=====	=====	=====
	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
2,350	1x{2 x 200 on 4:15 Butterfly	EN2	S
	{3 x 100 on 1:45 IM-descend	EN2	S
	{2 x 200 on 3:45 Backstroke	EN2	S
	{3 x 100 on 1:45 IM-descend	EN2	S
	{2 x 200 on 4:15 Breaststroke	EN2	S
	{3 x 100 on 1:45 IM-descend	EN2	S
	{2 x 125 on 2:15 Freestyle	EN2	S
250	5 x 50 on 1:15 Stroke Drills	REC	D
	7:30 PM 4,300 Yards - Stress Value = 73		

Workout #15747 - Wednesday, 04 June 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM	Start		
=====	=====	=====	=====
	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
2,000	1x{2 x 150 on 3:30 Butterfly	EN2	S
	{3 x 100 on 2:15 IM-descend	EN2	S
	{2 x 150 on 3:00 Backstroke	EN2	S
	{4 x 100 on 2:15 IM-descend	EN2	S
	{2 x 150 on 3:30 Breaststroke	EN2	S
	{4 x 100 on 2:15 IM-descend	EN2	S
250	5 x 50 on 1:15 Stroke Drills	REC	D
	7:30 PM 3,850 Yards - Stress Value = 65		

Workout #15749 - Thursday, 05 June 2014

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	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
2,000	1x{1 x 100 on 2:00 Kick
	{1 x 100 on 1:30 Kick
	{2 x 50 on 1:00 Kick
	{2 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick
	{3 x 100 on 1:40 Kick
	{2 x 50 on 1:00 Kick
	{4 x 100 on 1:45 Kick
	{1 x 100 on 2:00 Kick
	{5 x 100 on 1:50 Kick
1,500	1 x 1500 on 18:00 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
2,250	1x{1 x 200 on 3:10 Breast 2K1P+1K upto4
	{6 x 50 on 1:00 Descend 2X pullouts
	{1 x 200 on 3:10 Breast 2K1P+1K upto4
	{5 x 50 on :55 Descend 2X pullouts
	{1 x 200 on 3:10 Breast 2K1P+1K upto4
	{4 x 50 on :50 Descend 2X pullouts
	{1 x 200 on 3:10 Breast 2K1P+1K upto4
	{3 x 50 on :50 Descend 2X pullouts
	{1 x 200 on 3:10 Breast 2K1P+1K upto4
	{2 x 50 on :50 Descend 2X pullouts
	{1 x 200 on 3:10 Breast 2K1P+1K upto4
	{1 x 50 on :50 Breast-100%
200	1 x 200 on 3:00 Stroke Drills
	6:00 PM 6,900 Yards - Stress Value = 103

Workout #15750 - Thursday, 05 June 2014

1 minute rest between sets

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
600	1 on 25:00 DS/Shoulders
1,900	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,900	1x{1 x 100 on 2:00 Kick {1 x 100 on 1:35 Kick {2 x 50 on 1:00 Kick {2 x 100 on 1:40 Kick {4 x 25 on :30 Kick {3 x 100 on 1:45 Kick {2 x 50 on 1:00 Kick {4 x 100 on 1:50 Kick {1 x 100 on 2:00 Kick {4 x 100 on 1:55 Kick
1,400	1 x 1400 on 18:00 Pulls alt BO
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 3:30 Breast 2K1P+1K upto4 {6 x 50 on 1:05 Descend 2X pullouts {1 x 200 on 3:30 Breast 2K1P+1K upto4 {5 x 50 on 1:00 Descend 2X pullouts {1 x 200 on 3:30 Breast 2K1P+1K upto4 {4 x 50 on :55 Descend 2X pullouts {1 x 200 on 3:30 Breast 2K1P+1K upto4 {3 x 50 on :55 Descend 2X pullouts {1 x 200 on 3:30 Breast 2K1P+1K upto4 {2 x 50 on :55 Breast-100%
200	1 x 200 on 3:00 Stroke Drills
6:00 PM	6,450 Yards - Stress Value = 111

3:30 PM Start

Yards	Set Description
500	1 on 25:00 DS/Shoulders
1,550	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,700	1x{1 x 100 on 2:30 Kick {1 x 100 on 2:00 Kick {2 x 50 on 1:15 Kick {2 x 100 on 2:05 Kick {4 x 25 on :40 Kick {3 x 100 on 2:10 Kick {2 x 50 on 1:15 Kick {4 x 100 on 2:10 Kick {6 x 25 on :40 Kick
1,000	1 x 1000 on 18:00 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
1,700	1x{1 x 200 on 4:20 Breast 2K1P+1K upto4 {5 x 50 on 1:15 Descend 2X pullouts {1 x 200 on 4:20 Breast 2K1P+1K upto4 {4 x 50 on 1:10 Descend 2X pullouts {1 x 200 on 4:20 Breast 2K1P+1K upto4 {3 x 50 on 1:05 Descend 2X pullouts {1 x 200 on 4:20 Breast 2K1P+1K upto4 {2 x 50 on 1:05 Descend 2X pullouts {1 x 200 on 4:20 Breast 2K1P+1K upto4
200	1 x 200 on 3:00 Stroke Drills
6:00 PM	5,300 Yards - Stress Value = 89

Workout #15753 - Thursday, 05 June 2014

Group 2 - Fly

1 minute rest between sets

Workout #15751 - Thursday, 05 June 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
550	1 on 25:00 DS/Shoulders
1,800	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,800	1x{1 x 100 on 2:10 Kick {1 x 100 on 1:50 Kick {2 x 50 on 1:05 Kick {2 x 100 on 1:55 Kick {4 x 25 on :35 Kick {3 x 100 on 2:00 Kick {2 x 50 on 1:05 Kick {4 x 100 on 1:55 Kick {1 x 100 on 2:10 Kick {3 x 100 on 1:50 Kick
1,250	1 x 1250 on 18:00 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
1,900	1x{1 x 200 on 3:45 Breast 2K1P+1K upto4 {6 x 50 on 1:05 Descend 2X pullouts {1 x 200 on 3:45 Breast 2K1P+1K upto4 {5 x 50 on 1:00 Descend 2X pullouts {1 x 200 on 3:45 Breast 2K1P+1K upto4 {4 x 50 on 1:00 Descend 2X pullouts {1 x 200 on 3:45 Breast 2K1P+1K upto4 {3 x 50 on 1:00 Descend 2X pullouts {1 x 200 on 3:45 Breast 2K1P+1K upto4
200	1 x 200 on 3:00 Stroke Drills
6:00 PM	6,050 Yards - Stress Value = 103

5:15 PM Start

Yards	Set Description	EGY
500	1 on 30:00 DS/Soulders/Tm Mtg	
800	1 x 500 on 10:00 Underwater trn drill	REC
750	4x{8 x 25 on :30 Butterfly {1 on 1:00 Rest Odd 100's free even 100's back	EN2
150	1 on 12:00 Techniques-breakouts/finishes	REC
100	10 x 15 on :45 Shooters	SP3
750	4 x 25 on 1:00 Butterfly	EN1
100	1x{1 x 200 on 8:00 Stroke Drills {1 x 50 on 2:00 Fly-100%	REC
100	{1 x 200 on 8:00 Stroke Drills {1 x 50 on 2:00 Fly-100%	REC
200	{1 x 200 on 8:00 Stroke Drills {1 x 50 on 2:00 Fly-100%	REC
200	4 x 25 on 1:00 Perfect Fly-descend	EN2
200	1 x 200 on 5:00 Fly-great effort	EN2
7:30 PM	1 on 6:00 Techniques-Starts	REC
7:30 PM	2,600 Yards - Stress Value = 32	

Workout #15752 - Thursday, 05 June 2014

Group 3 - Bronze

Workout #15800 - Friday, 06 June 2014

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		

	{4 x 25 on :45 Kick no board BSLR-13M		
	{4 x 100 on 1:50 Kick-100%		
	{2 x 25 on :45 Kick no board BSLR-12m		
650	13 x 50 on :45 Pull HB 1SOW+1		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
3,400	1x{1 x 200 on 2:45 Free 3KOW		
	{2 x 200 on 2:50 Free 5KOW+6BKL25		
	{3 x 200 on 2:55 Free 7KOW+NBL12.5		
	{1 x 100 on 3:00 Free		
	{1 x 200 on 2:40 Free		
	{2 x 200 on 2:45 Free		
	{3 x 200 on 2:50 Free		
	{1 x 100 on 3:00 Free		
	{1 x 200 on 2:35 Free		
	{2 x 200 on 2:40 Free		
	{1 x 200 on 2:45 Free		
250	1 x 250 on 4:00 Stroke Drills		
5:59 PM	6,600 Yards - Stress Value = 112		

Workout #15756 - Monday, 09 June 2014

Group 3 - Silver

1 minute rest between sets

Workout #15754 - Monday, 09 June 2014

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 25:00 DS/Physio Ball Shldrs
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,400	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:00 Kick-100%
	{4 x 25 on :30 Kick no board BSLR-15m
	{2 x 100 on 1:55 Kick-100%
	{4 x 25 on :35 Kick no board BSLR-14m
	{3 x 100 on 1:50 Kick-100%
	{4 x 25 on :40 Kick no board BSLR-13M
	{4 x 100 on 1:45 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-12m
750	15 x 50 on :40 Pull HB 1SOW+1
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,800	1x{1 x 200 on 2:30 Free 3KOW
	{2 x 200 on 2:35 Free 5KOW+6BKL25
	{3 x 200 on 2:40 Free 7KOW+BL12.5
	{1 x 100 on 3:00 Free
	{1 x 200 on 2:25 Free
	{2 x 200 on 2:30 Free
	{3 x 200 on 2:35 Free
	{1 x 100 on 3:00 Free
	{1 x 200 on 2:25 Free
	{2 x 200 on 2:30 Free
	{3 x 200 on 2:35 Free
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	7,150 Yards - Stress Value = 123

Yards	Set Description
3:30 PM	Start
	1 on 25:00 DS/Physio Ball Shldrs
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,250	1x{1 x 100 on 2:15 Kick-100%
	{4 x 25 on :40 Kick no board BSLR-15m
	{2 x 100 on 2:10 Kick-100%
	{4 x 25 on :40 Kick no board BSLR-14m
	{3 x 100 on 2:05 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-13M
	{3 x 100 on 2:00 Kick-100%
	{2 x 25 on :45 Kick no board BSLR-12m
600	12 x 50 on :50 Pull HB 1SOW+1
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 200 on 3:00 Free 3KOW
	{2 x 200 on 3:05 Free 5KOW+6BKL25
	{3 x 200 on 3:10 Free 7KOW+NBL12.5
	{1 x 50 on 2:00 Free
	{1 x 200 on 2:55 Free
	{2 x 200 on 3:00 Free
	{3 x 200 on 3:05 Free
	{1 x 50 on 2:00 Freestyle
	{1 x 200 on 2:55 Free
	{2 x 200 on 2:50 Free
	{1 x 100 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
5:59 PM	6,200 Yards - Stress Value = 107

Workout #15755 - Monday, 09 June 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
	1 on 25:00 DS/Physio Ball Shldrs
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,350	1x{1 x 100 on 2:05 Kick-100%
	{4 x 25 on :35 Kick no board BSLR-15m
	{2 x 100 on 2:00 Kick-100%
	{4 x 25 on :40 Kick no board BSLR-14m
	{3 x 100 on 1:55 Kick-100%

Workout #15757 - Monday, 09 June 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EC
600	1 on 25:00 DS/Physio Ball Shldrs	EN
500	1 x 500 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SE
1,100	1x{1 x 100 on 2:30 Kick-100%	EN
	{4 x 25 on :45 Kick no board BSLR-15m	EN
	{2 x 100 on 2:25 Kick-100%	EN
	{4 x 25 on :45 Kick no board BSLR-14m	EN
	{3 x 100 on 2:20 Kick-100%	EN
	{4 x 25 on :45 Kick no board BSLR-13M	EN
	{1 x 100 on 2:15 Kick-100%	EN
	{4 x 25 on :45 Kick no board BSLR-12m	EN
500	10 x 50 on 1:00 Pull HB 1SOW+1	EN
200	4x{1 x 25 on :50 Sculling drills	EN
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN
2,650	1x{1 x 150 on 2:45 Free 3KOW	EN
	{2 x 150 on 2:50 Free 5KOW+6BKL25	EN
	{3 x 150 on 2:55 Free 7KOW+NBL12.5	EN
	{1 x 50 on 2:00 Free	EN
	{1 x 150 on 2:40 Free	EN
	{2 x 150 on 2:45 Free	EN
	{3 x 150 on 2:50 Free	EN
	{1 x 50 on 2:00 Free	EN
	{1 x 150 on 2:40 Free	EN
	{2 x 150 on 2:45 Free	EN
	{2 x 150 on 2:50 Free	EN
250	1 x 250 on 4:00 Stroke Drills	RE
6:00 PM	5,350 Yards - Stress Value = 91	

{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
12 x 50 on :45 Pull HB 1SOW+1	EN
6 x 25 on :45 Fly Drills	RE
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
{6 x 25 on :30 Fly lupldown+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 lupldown+1	EN
1 on 10:00 Game	RE
7:30 PM	4,650 Yards - Stress Value = 81

Workout #15759 - Monday, 09 June 2014

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EC
500	1 on 30:00 DS/Physio Ball/Tm Mtg	EN
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
500	10 x 50 on :50 Pull HB 1SOW+1	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 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
	{1 x 100 on 1:30 3 strokes fly off walls	EN
	{4 x 25 on :35 Fly lupldown+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 lupldown+1	EN
	1 on 10:00 Game	RE
7:29 PM	4,250 Yards - Stress Value = 73	

Workout #15762 - Monday, 09 June 2014

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EC
500	1 on 30:00 DS/Physio Ball/Tm Mtg	EN
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
350	7 x 50 on 1:15 Pull HB 1SOW+1	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	3,050 Yards - Stress Value = 52	

Workout #15758 - Monday, 09 June 2014

Group 2 - Fly

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EC
500	1 on 30:00 DS/Physio Ball/Tm Mtg	EN
500	1 x 500 on 10:00 Choice	RE
150	10 x 15 on :45 Shooters	SE
900	1x{4 x 25 on :45 Kick no board S	EN

Workout #15760 - Monday, 09 June 2014

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EC
=====	=====	==
	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
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
450	9 x 50 on :55 Pull HB 1SOW+1	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	3,800 Yards - Stress Value = 65	

750	1 x 750 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	
1,000	20 x 50 on :40 Pulls odds BTB	
	evens BTS	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
3,050	1x{1 x 125 on 1:50 Backstroke	
	{3 x 50 on :45 Back-descend	
	{2 x 125 on 1:45 Backstroke	
	{4 x 50 on :45 Back-descend	
	{3 x 125 on 1:40 Backstroke	
	{5 x 50 on :45 Back-descend	
	{4 x 125 on 1:35 Backstroke	
	{4 x 50 on :45 Back-descend	
	{3 x 125 on 1:30 Backstroke	
	{3 x 50 on :45 Back-descend	
	{2 x 125 on 1:25 Backstroke	
	{2 x 50 on :45 Back-descend	
	{1 x 125 on 1:20 Backstroke	
400	8 x 50 on 1:00 Stroke Drills	
6:01 PM	6,990 Yards - Stress Value = 108	

Workout #15772 - Tuesday, 10 June 2014

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EC
=====	=====	==
	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
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
450	9 x 50 on 1:00 Pull HB 1SOW+1	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	3,500 Yards - Stress Value = 60	

Yards	Set Description	EC
=====	=====	==
600	1 on 25:00 DS/Abs	
150	1 x 600 on 10:00 Free L.25 of each 100 Non F	
100	10 x 15 on :45 Shooters	
	1 x 100 on 2:00 Kick for time	
	All BSLR's 100%, others: hold time based	
	on kick for time	
1,400	1x{4 x 25 on :30 Kick no board BSLR	
	{1 x 50 on 1:00 Kick	
	{4 x 25 on :30 Kick no board BSLR	
	{2 x 75 on 1:30 Kick	
	{4 x 25 on :30 Kick no board BSLR	
	{3 x 100 on 2:00 Kick	
	{4 x 25 on :30 Kick no board BSLR	
	{4 x 125 on 2:30 Kick	
800	1 x 800 on 14:00 Pull alt Fr br 7/Brst Pull	
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{6 x 100 on 1:25 Breaststroke	
	{1 x 30 on 1:00 15underBrst/15sprFR	
	{5 x 100 on 1:25 Breaststroke	
	{2 x 30 on 1:00 15underBrst/15sprFR	
	{4 x 100 on 1:25 Breaststroke	
	{3 x 30 on 1:00 15underBrst/15sprFR	
	{3 x 100 on 1:25 Breaststroke	
	{4 x 30 on 1:00 15underBrst/15sprFR	
	{2 x 100 on 1:25 Breaststroke	
	{5 x 30 on 1:00 15underBrst/15sprFR	
	{1 x 100 on 1:25 Breaststroke	
250	5 x 50 on 1:00 Stroke Drills	
6:00 PM	6,050 Yards - Stress Value = 97	

Workout #15763 - Tuesday, 10 June 2014

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	

Workout #15764 - Tuesday, 10 June 2014

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
 840 1 x 750 on 10:00 Kick as far as you can
 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
 950 19 x 50 on :45 Pulls odds BTB
 evens BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,650 1x{1 x 125 on 2:00 Backstroke
 {3 x 50 on :50 Back-descend
 {2 x 125 on 1:55 Backstroke
 {4 x 50 on :50 Back-descend
 {3 x 125 on 1:50 Backstroke
 {4 x 50 on :50 Back-descend
 {4 x 125 on 1:45 Backstroke
 {4 x 50 on :50 Back-descend
 {3 x 125 on 1:40 Backstroke
 {3 x 50 on :50 Back-descend
 {1 x 125 on 1:35 Backstroke
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 6,540 Yards - Stress Value = 100

Workout #15765 - Tuesday, 10 June 2014

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
 840 1 x 750 on 10:00 Kick as far as you can
 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
 800 16 x 50 on :50 Pulls odds BTB
 evens 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 100 on 1:45 Backstroke
 {3 x 50 on :55 Back-descend
 {2 x 100 on 1:40 Backstroke
 {4 x 50 on :55 Back-descend
 {3 x 100 on 1:35 Backstroke
 {4 x 50 on :55 Back-descend
 {4 x 100 on 1:30 Backstroke
 {4 x 50 on :55 Back-descend
 {3 x 100 on 1:25 Backstroke
 {3 x 50 on :55 Back-descend
 {2 x 100 on 1:20 Backstroke
 {2 x 50 on :55 Back-descend
 400 8 x 50 on 1:00 Stroke Drills
 6:01 PM 6,190 Yards - Stress Value = 95

Workout #15773 - Tuesday, 10 June 2014

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
 100 10 x 15 on :45 Shooters
 100 1 x 100 on 2:00 Kick for time
 All BSLR's 100%, others: hold time based
 on kick for time
 1,400 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 50 on 1:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 125 on 2:30 Kick
 800 1 x 800 on 14:00 Pull alt Fr br 7/Brst Pull
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,390 1x{6 x 100 on 1:35 Breaststroke
 {1 x 30 on 1:00 15underBrst/15sprFr
 {5 x 100 on 1:35 Breaststroke
 {2 x 30 on 1:00 15underBrst/15sprFr
 {4 x 100 on 1:35 Breaststroke
 {3 x 30 on 1:00 15underBrst/15sprFR
 {3 x 100 on 1:35 Breaststroke
 {4 x 30 on 1:00 15underBrst/15sprFR
 {2 x 100 on 1:35 Breaststroke
 {3 x 30 on 1:00 15underBrst/15sprFR
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 5,890 Yards - Stress Value = 94

Workout #15774 - Tuesday, 10 June 2014

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
 100 10 x 15 on :45 Shooters
 100 1 x 100 on 2:00 Kick for time
 All BSLR's 100%, others: hold time based
 on kick for time
 1,150 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:40 Kick
 {4 x 25 on :40 Kick no board BSLR
 {3 x 100 on 2:10 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 125 on 2:45 Kick
 700 1 x 700 on 14:00 Pull alt Fr br 7/Brst Pull
 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{6 x 100 on 1:50 Breaststroke
 {1 x 30 on 1:00 15underBrst/15sprFr
 {5 x 100 on 1:50 Breaststroke
 {2 x 30 on 1:00 15underBrst/15sprFr
 {4 x 100 on 1:50 Breaststroke
 {3 x 30 on 1:00 15underBrst/15sprFR
 {3 x 100 on 1:50 Breaststroke
 {4 x 30 on 1:00 15underBrst/15sprFR
 {1 x 100 on 1:50 Breaststroke
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 5,300 Yards - Stress Value = 84

Workout #15766 - Tuesday, 10 June 2014

1 minute rest between sets

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
750	1 x 750 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
750	15 x 50 on :55 Pulls odds BTB evens 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 100 on 2:05 Backstroke
	{3 x 50 on 1:05 Back-descend
	{2 x 100 on 2:00 Backstroke
	{4 x 50 on 1:05 Back-descend
	{3 x 100 on 1:55 Backstroke
	{4 x 50 on 1:05 Back-descend
	{4 x 100 on 1:50 Backstroke
	{3 x 50 on 1:05 Back-descend
	{3 x 100 on 1:45 Backstroke
	{2 x 50 on 1:05 Back-descend
400	8 x 50 on 1:00 Stroke Drills
6:01 PM 5,690 Yards - Stress Value = 87	

5:15 PM Start	
Yards	Set Description
500	1 on 30:00 DS/Core/Tm Mtg
150	1 x 500 on 10:00 Underwater trn drill
900	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board B
	{1 x 150 on 3:00 Kick streamline on back
	{4 x 25 on :45 Kick no board B
	{2 x 100 on 2:00 Kick streamline on back
	{4 x 25 on :45 Kick no board B
	{3 x 50 on 1:00 Kick streamline on back
	{4 x 25 on :45 Kick no board B
750	5 x 150 on 2:40 Pull 50ba/50br/50fr
150	6 x 25 on :45 Backstroke Drills
1,500	1x{2 x 125 on 2:10 Backstroke
	{1 x 50 on 1:00 Back 3+1
	{2 x 125 on 2:05 Backstroke
	{2 x 50 on 1:00 Back 4+1
	{2 x 125 on 2:00 Backstroke
	{3 x 50 on 1:00 Back 5+1
	{2 x 125 on 1:55 Backstroke
	{4 x 50 on 1:00 Back 6+1
	1 on 10:00 Techniques-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:31 PM 4,150 Yards - Stress Value = 62	

Workout #15771 - Tuesday, 10 June 2014

Group 2 - Copper

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
500	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
100	1 x 100 on 2:00 Kick for time
	All BSLR's 100%, others: hold time based on kick for time
1,000	1x{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
	{2 x 75 on 1:55 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 100 on 2:30 Kick
700	1 x 700 on 14:00 Pull alt Fr br 7/Brst Pull
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 2:10 Breaststroke
	{1 x 30 on 1:00 15underBrst/15sprFr
	{4 x 100 on 2:10 Breaststroke
	{2 x 30 on 1:00 15underBrst/15sprFR
	{3 x 100 on 2:10 Breaststroke
	{3 x 30 on 1:00 15underBrst/15sprFR
	{2 x 100 on 2:10 Breaststroke
	{4 x 30 on 1:00 15underBrst/15sprFR
	{2 x 100 on 2:10 Breaststroke
250	5 x 50 on 1:00 Stroke Drills
6:00 PM 4,800 Yards - Stress Value = 75	

5:15 PM Start	
Yards	Set Description
400	1 on 30:00 DS/Core/Tm Mtg
150	1 x 400 on 10:00 Underwater trn drill
650	10 x 15 on :45 Shooters
	1x{4 x 25 on 1:00 Kick no board B
	{1 x 150 on 4:30 Kick streamline on back
	{4 x 25 on 1:00 Kick no board B
	{2 x 100 on 3:00 Kick streamline on back
	{2 x 25 on 1:00 Kick no board B
	{1 x 50 on 1:20 Kick streamline on back
450	3 x 150 on 5:00 Pull 50ba/50br/50fr
150	6 x 25 on :45 Backstroke Drills
900	1x{2 x 100 on 3:00 Backstroke
	{1 x 50 on 1:30 Back 3+1
	{2 x 100 on 2:55 Backstroke
	{2 x 50 on 1:30 Back 4+1
	{2 x 100 on 2:50 Backstroke
	{3 x 50 on 1:30 Back 5+1
	1 on 10:00 Techniques-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:32 PM 2,900 Yards - Stress Value = 46	

Workout #15767 - Tuesday, 10 June 2014

Group 2 - Back

Workout #15768 - Tuesday, 10 June 2014

Group 2 - Gold

1 minute rest between sets

5:15 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
750	5 x 150 on 2:55 Pull 50ba/50br/50fr	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
	1 on 10:00 Techniques-Back Starts	
200	1 x 200 on 4:00 Stroke Drills	REC
	7:32 PM 4,000 Yards - Stress Value = 66	

	{2 x 50 on 1:15 Kick streamline on back	EN2
600	4 x 150 on 3:45 Pull 50ba/50br/50fr	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
	7:32 PM 3,350 Yards - Stress Value = 55	

Workout #15780 - Wednesday, 11 June 2014

Group 2 - Copper

1 minute rest between sets

5:15 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	
1,600	1x{1 x 100 on 3:15 Kick	EN2	
	{1 x 100 on 2:30 Pulls	EN2	
	{2 x 100 on 3:10 Kick	EN2	
	{2 x 100 on 2:35 Pulls	EN2	
	{3 x 100 on 3:05 Kick	EN2	
	{3 x 100 on 2:40 Pulls	EN2	
	{2 x 100 on 3:00 Kick	EN2	
	{2 x 100 on 2:45 Pulls	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Freestyle	SP1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:29 PM 3,200 Yards - Stress Value = 80		

	{2 x 100 on 2:35 Pulls	EN2	
	{3 x 100 on 3:05 Kick	EN2	
	{3 x 100 on 2:40 Pulls	EN2	
	{2 x 100 on 3:00 Kick	EN2	
	{2 x 100 on 2:45 Pulls	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Freestyle	SP1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:29 PM 3,200 Yards - Stress Value = 80		

Workout #15769 - Tuesday, 10 June 2014

Group 2 - Silver

1 minute rest between sets

5:15 PM 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
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
600	4 x 150 on 3:20 Pull 50ba/50br/50fr	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 3,600 Yards - Stress Value = 59	

5:15 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	
3,000	1x{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:15 Pulls	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:20 Pulls	EN2	
	{3 x 100 on 1:45 Kick	EN2	
	{3 x 100 on 1:25 Pulls	EN2	
	{4 x 100 on 1:40 Kick	EN2	
	{4 x 100 on 1:30 Pulls	EN2	
	{5 x 100 on 1:35 Kick	EN2	
	{5 x 100 on 1:35 Pulls	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Freestyle	SP1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:31 PM 4,700 Yards - Stress Value = 103		

Workout #15770 - Tuesday, 10 June 2014

Group 2 - Bronze

1 minute rest between sets

5:15 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
750	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 4:10 Kick streamline 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

Workout #15777 - Wednesday, 11 June 2014

Group 2 - Gold

1 minute rest between sets

5:15 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	
2,700	1x{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 1:25 Pulls	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:30 Pulls	EN2	
	{3 x 100 on 1:55 Kick	EN2	
	{3 x 100 on 1:35 Pulls	EN2	
	{4 x 100 on 1:50 Kick	EN2	
	{4 x 100 on 1:40 Pulls	EN2	
	{4 x 100 on 1:45 Kick	EN2	
	{3 x 100 on 1:45 Pulls	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Freestyle	SP1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:31 PM 4,400 Yards - Stress Value = 99		

Workout #15778 - Wednesday, 11 June 2014

Group 2 - Silver

1 minute rest between sets

5:15 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	
2,300	1x{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 1:40 Pulls	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{2 x 100 on 1:45 Pulls	EN2	
	{3 x 100 on 2:10 Kick	EN2	
	{3 x 100 on 1:50 Pulls	EN2	
	{4 x 100 on 2:05 Kick	EN2	
	{4 x 100 on 1:55 Pulls	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:00 Pulls	EN1	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Freestyle	SP1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:30 PM 3,950 Yards - Stress Value = 93		

Workout #15779 - Wednesday, 11 June 2014

Group 2 - Bronze

1 minute rest between sets

5:15 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	
1,900	1x{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 2:00 Pulls	EN2	
	{2 x 100 on 2:40 Kick	EN2	
	{2 x 100 on 2:05 Pulls	EN2	
	{3 x 100 on 2:35 Kick	EN2	
	{3 x 100 on 2:10 Pulls	EN2	
	{4 x 100 on 2:30 Kick	EN2	
	{3 x 100 on 2:15 Pulls	EN2	
150	6 x 25 on :45 Stroke Drills	REC	
500	10 x 50 on 2:00 Freestyle	SP1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:29 PM 3,500 Yards - Stress Value = 86		

Workout #15781 - Thursday, 12 June 2014

Group 3 - Fly

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
1,100	11 x 100 on 2:00 Challenge Kick Set
1,600	2x{1 x 200 on 2:30 Pulls BWSPF
	{1 x 200 on 2:35 Pulls BWHPPF
	{1 x 200 on 2:40 Pulls BWKPPF
	{1 x 200 on 2:45 Pulls BWFPF
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,000	1x{1 x 200 on 2:40 3 strokes fly off walls-NB
	{4 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
	{2 x 200 on 2:40 3 strokes fly off walls-NB
	{3 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
	{3 x 200 on 2:40 3 strokes fly off walls-NB
	{2 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
	{4 x 200 on 2:40 3 strokes fly off walls-NB
	{1 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 7,150 Yards - Stress Value = 122

Workout #15782 - Thursday, 12 June 2014

Group 3 - 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
1,100	11 x 100 on 2:00 Challenge Kick Set
1,400	2x{1 x 175 on 2:30 Pulls BWSPF
	{1 x 175 on 2:35 Pulls BWHPPF
	{1 x 175 on 2:40 Pulls BWKPPF
	{1 x 175 on 2:45 Pulls BWFPF
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,700	1x{1 x 200 on 3:00 3 strokes fly off walls-NB
	{4 x 100 on 1:40 Alt 25fr br 5/25fl w/fr kick
	{2 x 200 on 3:00 3 strokes fly off walls-NB
	{3 x 100 on 1:40 Alt 25fr br 5/25fl w/fr kick
	{3 x 200 on 3:00 3 strokes fly off walls-NB
	{2 x 100 on 1:40 Alt 25fr br 5/25fl w/fr kick
	{3 x 200 on 3:00 3 strokes fly off walls
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 6,650 Yards - Stress Value = 112

Workout #15783 - Thursday, 12 June 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
550	1 on 25:00 DS/Shoulders
1,100	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,100	11 x 100 on 2:00 Challenge Kick Set
1,200	2x{1 x 150 on 2:30 Pulls BWSPF {1 x 150 on 2:35 Pulls BWHPF {1 x 150 on 2:40 Pulls BWKPF {1 x 150 on 2:45 Pulls BWFPP
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 200 on 3:15 3 strokes fly off walls-NB {4 x 100 on 1:50 Alt 25fr br 5/25fl w/fr kick {2 x 200 on 3:15 3 strokes fly off walls-NB {3 x 100 on 1:50 Alt 25fr br 5/25fl w/fr kick {3 x 200 on 3:15 3 strokes fly off walls-NB {4 x 100 on 1:50 Alt 25fr br 5/25fl w/fr kick {1 x 150 on 2:20 3 strokes fly off walls-NB
500	10 x 50 on 1:00 Stroke Drills
9:30 AM 6,150 Yards - Stress Value = 103	

Workout #15784 - Thursday, 12 June 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 25:00 DS/Shoulders
1,100	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	11 x 100 on 2:00 Challenge Kick Set
1,000	2x{1 x 125 on 2:30 Pulls BWSPF {1 x 125 on 2:35 Pulls BWHPF {1 x 125 on 2:40 Pulls BWKPF {1 x 125 on 2:45 Pulls BWFPP
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 3:45 3 strokes fly off walls-NB {2 x 100 on 2:00 Alt 25fr br 5/25fl w/fr kick {2 x 200 on 3:45 3 strokes fly off walls-NB {3 x 100 on 2:00 Alt 25fr br 5/25fl w/fr kick {3 x 200 on 3:45 3 strokes fly off walls-NB {4 x 100 on 2:00 Alt 25fr br 5/25fl w/fr kick
500	10 x 50 on 1:00 Stroke Drills
9:29 AM 5,550 Yards - Stress Value = 92	

Workout #15785 - Thursday, 12 June 2014

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
600	1 on 12:00 Dynamic Stretch		L	I
150	1 x 600 on 10:00 Reverse IM drill	REC	D	
800	10 x 15 on :45 Shooters	SP3	S	
800	4x{3 x 50 on 1:10 Freestyle {1 x 50 on 1:30 Freestyle { #1 20yds sprint-30yds easy, #2 30yds sprint { #3 all easy, #4 sprint, #4 of 4th set OTB	SP1	S	
500	10 x 50 on :50 Kick-ALL OUT 100%	EN2	K	C
800	4x{3 x 50 on 1:10 Stroke {1 x 50 on 1:30 Stroke { Same as above --#3 can be free	SP1	S	S
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 PM 3,250 Yards - Stress Value = 138

Workout #15786 - Thursday, 12 June 2014

Group 2 - IM'ers

1 minute rest between sets

5:15 PM Start

Yards	Set Description
500	1 on 29:00 DS/Shoulders/Tm Mtg
1,600	1 x 500 on 10:00 Underwater trn drill 1 on 10:00 Techniques-bucket turns 10 x 15 on :45 Shooters
100	4 x 25 on 1:00 Perfect Strokes IMO
1,600	1x{1 x 200 on 6:00 Stroke Drills-Fly {4 x 25 on :45 Perfect fly {4 x 25 on :30 Fly-100% {1 x 200 on 6:00 Stroke Drills-Back {4 x 25 on :45 Perfect backstroke {4 x 25 on :30 Back-100% {1 x 200 on 6:00 Stroke Drills-Breast {4 x 25 on :45 Perfect breaststroke {4 x 25 on :30 Breast-100% {1 x 200 on 6:00 Stroke Drills-Free {4 x 25 on :45 Perfect Freestyle {4 x 25 on :30 Free-100%
100	4 x 25 on 1:00 Perfect Strokes IMO
400	8 x 50 on 1:15 1st 4-fly/back, 2nd 4-brst/fr
1 on 10:00 Techniques-Starts	
7:29 PM 2,850 Yards - Stress Value = 24	

Workout #15787 - Friday, 13 June 2014

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start

Yards	Set Description	F
600	1 on 25:00 DS/Teds Abs	
150	1 x 600 on 10:00 Reverse IM drill	F
2,800	10 x 15 on :45 Shooters	S
1,500	1x{1 x 100 on 1:25 Individual Medley {6 x 75 on 1:10 Fly-25L 25R 25 B {2 x 100 on 1:20 Individual Medley {6 x 75 on 1:10 Back 25L 25R 25B {3 x 100 on 1:15 Individual Medley {6 x 75 on 1:15 Brst 25FlK 25FrK 25Rk {4 x 100 on 1:10 Individual Medley {6 x 75 on 1:05 Fr 25scldsfst25catchup25reg	F
100	1 x 100 on 1:30 Freestyle	F
1,500	1x{2 x 200 on 2:40 Pulls-nbbf&w + 2 yds {2 x 175 on 2:20 Pulls-nbbf&w + 2 yds {2 x 150 on 2:00 Pulls-nbbf&w + 2 yds {2 x 125 on 1:40 Pulls-nbbf&w + 2 yds {2 x 100 on 1:20 Pulls-nbbf&w + 2 yds	F
2,100	1x{6 x 25 on :30 Kick no board B {1 x 200 on 3:00 Kick {6 x 25 on :30 Kick no board S {2 x 175 on 2:40 Kick {6 x 25 on :30 Kick no board L {3 x 150 on 2:15 Kick {6 x 25 on :30 Kick no board R {4 x 125 on 1:50 Kick	F
250	1 x 250 on 4:00 Stroke Drills	F
9:31 AM 7,500 Yards - Stress Value = 119		

Workout #15788 - Friday, 13 June 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description	
600	1 on 25:00 DS/Teds Abs	F
150	1 x 600 on 10:00 Reverse IM drill	F
2,550	10 x 15 on :45 Shooters	S
	1x{1 x 100 on 1:35 Individual Medley	F
	{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
	{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 25sclsdfst25catchup25reg	F
100	1 x 100 on 1:30 Freestyle	F
1,300	1x{2 x 200 on 3:00 Pulls-nbbf&w + 2 yds	F
	{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	F
	{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	

	1 on 25:00 DS/Teds Abs	
500	1 x 500 on 10:00 Reverse IM drill	F
150	10 x 15 on :45 Shooters	S
1,950	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	E
	{4 x 75 on 1:40 Back 25L 25R 25B	E
	{3 x 100 on 1:50 Individual Medley	E
	{4 x 75 on 1:45 Brst 25FlK 25FrK 25Rk	E
	{3 x 100 on 1:45 Individual Medley	E
	{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	E
	{2 x 175 on 3:15 Pulls-nbbf&w + 2 yds	E
	{2 x 150 on 2:45 Pulls-nbbf&w + 2 yds	E
	{2 x 100 on 1:50 Pulls-nbbf&w + 2 yds	E
1,350	1x{4 x 25 on :45 Kick no board B	F
	{1 x 200 on 4:40 Kick	E
	{4 x 25 on :45 Kick no board S	E
	{2 x 175 on 4:05 Kick	E
	{4 x 25 on :45 Kick no board L	E
	{4 x 100 on 2:20 Kick	E
	{4 x 25 on :45 Kick no board R	E
250	1 x 250 on 4:00 Stroke Drills	F
	9:30 AM 5,350 Yards - Stress Value = 83	

Workout #15791 - Monday, 16 June 2014

Group 3 - Freestylers

1 minute rest between sets

7:00 AM Start

Yards	Set Description	
	1 on 25:00 DS/Physio Balls	
600	1 x 600 on 10:00 Swim-kick-pull-swim	F
150	10 x 15 on :45 Shooters	S
2,100	1x{6 x 25 on :30 Kick no board B	F
	{1 x 150 on 2:25 Kick	E
	{6 x 25 on :30 Kick no board S	E
	{2 x 150 on 2:20 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 150 on 2:10 Kick	E
1,500	1x{1 x 500 on 6:15 Pulls-no br L.12 yds	F
	{1 x 400 on 5:00 Pulls-no br L.14 yds	E
	{1 x 300 on 3:45 Pulls-no br L.16 yds	E
	{1 x 200 on 2:30 Pulls-no br L.18 yds	E
	{1 x 100 on 1:15 Pulls-no br L.20 yds	E
200	4x{1 x 25 on :50 Sculling drills	F
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	E
2,700	18 x 150 on 2:00 Freestyle-Descend	F
250	5 x 50 on 1:00 Stroke Drills	F
	9:30 AM 7,500 Yards - Stress Value = 134	

Yards	Set Description	
	1 on 25:00 DS/Physio Balls	
600	1 x 600 on 10:00 Swim-kick-pull-swim	F
150	10 x 15 on :45 Shooters	S
2,100	1x{6 x 25 on :30 Kick no board B	F
	{1 x 150 on 2:25 Kick	E
	{6 x 25 on :30 Kick no board S	E
	{2 x 150 on 2:20 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 150 on 2:10 Kick	E
1,500	1x{1 x 500 on 6:15 Pulls-no br L.12 yds	F
	{1 x 400 on 5:00 Pulls-no br L.14 yds	E
	{1 x 300 on 3:45 Pulls-no br L.16 yds	E
	{1 x 200 on 2:30 Pulls-no br L.18 yds	E
	{1 x 100 on 1:15 Pulls-no br L.20 yds	E
200	4x{1 x 25 on :50 Sculling drills	F
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	E
2,700	18 x 150 on 2:00 Freestyle-Descend	F
250	5 x 50 on 1:00 Stroke Drills	F
	9:30 AM 7,500 Yards - Stress Value = 134	

Workout #15790 - Friday, 13 June 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	
	1 on 25:00 DS/Physio Balls	

Workout #15792 - Monday, 16 June 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM 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
 1,950 1x{6 x 25 on :30 Kick no board B
 {1 x 150 on 2:40 Kick
 {6 x 25 on :30 Kick no board S
 {2 x 150 on 2:35 Kick
 {6 x 25 on :30 Kick no board L
 {3 x 150 on 2:30 Kick
 {6 x 25 on :30 Kick no board R
 {3 x 150 on 2:25 Kick
 1,400 1x{1 x 500 on 6:40 Pulls-no br L.12 yds
 {1 x 400 on 5:20 Pulls-no br L.14 yds
 {1 x 300 on 4:00 Pulls-no br L.16 yds
 {1 x 200 on 2:40 Pulls-no br L.18 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 16 x 150 on 2:15 Freestyle-Descend
 250 5 x 50 on 1:00 Stroke Drills
 9:30 AM 6,950 Yards - Stress Value = 123

Workout #15793 - Monday, 16 June 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM 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
 1,700 1x{4 x 25 on :35 Kick no board B
 {1 x 150 on 3:05 Kick
 {4 x 25 on :35 Kick no board S
 {2 x 150 on 3:00 Kick
 {4 x 25 on :35 Kick no board L
 {3 x 150 on 2:55 Kick
 {4 x 25 on :35 Kick no board R
 {4 x 100 on 1:55 Kick
 1,250 1x{1 x 500 on 7:05 Pulls-no br L.12 yds
 {1 x 400 on 5:50 Pulls-no br L.14 yds
 {1 x 300 on 4:30 Pulls-no br L.16 yds
 {1 x 50 on :50 Pulls-no br L.20 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-Descend
 250 5 x 50 on 1:00 Stroke Drills
 9:29 AM 6,200 Yards - Stress Value = 109

Workout #15794 - Monday, 16 June 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM 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
 1,400 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board S
 {2 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board L
 {3 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board R
 {4 x 100 on 2:05 Kick
 1,000 1x{1 x 400 on 7:15 Pulls-no br L.12 yds

{1 x 300 on 5:30 Pulls-no br L.14 yds
 {1 x 200 on 3:45 Pulls-no br L.16 yds
 {1 x 100 on 1:55 Pulls-no br L.20 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-Descend
 250 5 x 50 on 1:00 Stroke Drills
 9:29 AM 5,450 Yards - Stress Value = 95

Workout #15795 - Monday, 16 June 2014

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 750 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 #15796 - Monday, 16 June 2014

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 #15797 - Monday, 16 June 2014

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
500	1 on 30:00 DS/Physio Ball/Tm Mtg	REC	L
150	1 x 500 on 10:00 Choice	SP3	S
1,350	10 x 15 on :45 Shooters	EN2	K
	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 #15798 - Monday, 16 June 2014

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
450	1 on 30:00 DS/Physio Ball/Tm Mtg	REC	L
150	1 x 450 on 10:00 Choice	SP3	S
1,250	10 x 15 on :45 Shooters	EN2	K
	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 #15799 - Monday, 16 June 2014

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
400	1 on 30:00 DS/Physio Ball/Tm Mtg	REC	L
150	1 x 400 on 10:00 Choice	SP3	S
1,100	10 x 15 on :45 Shooters	EN2	K
	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
7:29 PM 3,950 Yards - Stress Value = 63

D

Workout #15801 - Tuesday, 17 June 2014

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
400	10 x 15 on :45 Shooters
600	4 x 100 on 2:00 Kick @fastest interval
	1x{20 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
1,700	1x{1 x 250 on 3:10 Pulls BTB
	{4 x 50 on :45 Pull 7/6/5/4 breaths
	{1 x 250 on 3:10 Pulls BTS
	{4 x 50 on :45 Pull 7/6/5/4 breaths
	{1 x 200 on 2:25 Pulls BTS
	{4 x 50 on :45 Pull 7/6/5/4 breaths
	{1 x 200 on 2:25 Pulls BTS
	{4 x 50 on :45 Pull 7/6/5/4 breaths
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 1:15 Backstroke
	{1 on 1:00 Rest
	{5 x 100 on 1:15 Backstroke
	{1 on 1:00 Rest
	{4 x 100 on 1:15 Backstroke
	{1 on 1:00 Rest
	{3 x 100 on 1:15 Backstroke
	{1 on 1:00 Rest
	{2 x 100 on 1:15 Backstroke
	{1 on 1:00 Rest
	{1 x 100 on 1:15 Backstroke
500	10 x 50 on 1:00 Stroke Drills

9:30 AM 6,250 Yards - Stress Value = 104

Workout #15802 - Tuesday, 17 June 2014

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
 400 10 x 15 on :45 Shooters
 600 4 x 100 on 2:00 Kick @fasteste interval
 600 1x{20 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 1,500 1x{1 x 250 on 3:30 Pulls BTB
 { 4 x 50 on :50 Pull 7/6/5/4 breaths
 { 1 x 250 on 3:30 Pulls BTS
 { 3 x 50 on :55 Pull 7/6/5/4 breaths
 { 1 x 150 on 2:05 Pulls BTS
 { 4 x 50 on :55 Pull 7/6/5/4 breaths
 { 1 x 150 on 2:05 Pulls BTS
 { 3 x 50 on :50 Pull 6/5/4 breaths
 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 1:20 Backstroke
 { 1 on 1:00 Rest
 { 5 x 100 on 1:20 Backstroke
 { 1 on 1:00 Rest
 { 4 x 100 on 1:20 Backstroke
 { 1 on 1:00 Rest
 { 3 x 100 on 1:20 Backstroke
 { 1 on 1:00 Rest
 { 2 x 100 on 1:20 Backstroke
 { 1 on :30 Rest
 { 1 x 100 on 1:20 Backstroke
 450 9 x 50 on 1:00 Stroke Drills
 9:30 AM 6,000 Yards - Stress Value = 100

Workout #15803 - Tuesday, 17 June 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 25:00 DS/Core
 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
 600 1x{20 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 1,400 1x{1 x 200 on 3:05 Pulls BTB
 { 4 x 50 on :55 Pull 7/6/5/4 breaths
 { 1 x 200 on 3:05 Pulls BTS
 { 4 x 50 on :55 Pull 7/6/5/4 breaths
 { 1 x 150 on 2:10 Pulls BTS
 { 4 x 50 on :55 Pull 7/6/5/4 breaths
 { 1 x 150 on 2:10 Pulls BTS
 { 2 x 50 on :55 Pulls 5/4 breaths
 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 1:30 Backstroke
 { 1 on 1:00 Rest
 { 5 x 100 on 1:30 Backstroke
 { 1 on 1:00 Rest
 { 4 x 100 on 1:30 Backstroke
 { 1 on 1:00 Rest
 { 3 x 100 on 1:30 Backstroke
 { 1 on 1:00 Rest
 { 2 x 100 on 1:30 Backstroke
 { 1 on 1:00 Rest
 { 1 x 100 on 1:30 Backstroke
 250 5 x 50 on 1:00 Stroke Drills
 9:30 AM 5,650 Yards - Stress Value = 98

Workout #15804 - Tuesday, 17 June 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 25:00 DS/Core
 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
 600 1x{20 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 1,150 1x{1 x 150 on 2:45 Pulls BTB
 { 4 x 50 on 1:05 Pull 7/6/5/4 breaths
 { 1 x 150 on 2:45 Pulls BTS
 { 4 x 50 on 1:05 Pull 7/6/5/4 breaths
 { 1 x 100 on 1:50 Pulls BTS
 { 4 x 50 on 1:05 Pull 7/6/5/4 breaths
 { 1 x 100 on 1:50 Pulls BTS
 { 1 x 50 on 1:05 Pulls 4 breaths
 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 Backstroke
 { 1 on 1:00 Rest
 { 5 x 100 on 1:55 Backstroke
 { 1 on 1:00 Rest
 { 4 x 100 on 1:55 Backstroke
 { 1 on 1:00 Rest
 { 2 x 100 on 1:55 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 5,000 Yards - Stress Value = 85

Workout #15805 - Tuesday, 17 June 2014

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 600 1 on 10:00 Dynamic Stretch
 150 1 x 600 on 10:00 Underwater trn drill
 700 10 x 15 on :45 Shooters
 700 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 #15806 - Tuesday, 17 June 2014

1 minute rest between sets

Group 2 - Breast

1 minute rest between sets

5:00 PM Start		Yards	Set Description	EC
500	1 x 500 on 10:00 Underwater trn drill	500	1 on 25:00 DS/Core	RE
150	10 x 15 on :45 Shooters	150	1 x 500 on 10:00 Underwater trn drill	RE
1,400	1x{4 x 25 on :45 Kick no board BSLR	1,300	10 x 15 on :45 Shooters	SE
	{1 x 100 on 1:40 Kick		{4 x 25 on :45 Kick no board BSLR	EN
	{4 x 25 on :45 Kick no board BSLR		{1 x 100 on 1:55 Kick	EN
	{2 x 100 on 1:45 Kick		{4 x 25 on :45 Kick no board BSLR	EN
	{4 x 25 on :45 Kick no board BSLR		{2 x 100 on 2:00 Kick	EN
	{3 x 100 on 1:50 Kick		{4 x 25 on :45 Kick no board BSLR	EN
	{4 x 25 on :45 Kick no board BSLR		{3 x 100 on 2:05 Kick	EN
	{4 x 100 on 1:55 Kick		{4 x 25 on :45 Kick no board BSLR	EN
	{4 x 25 on :45 Kick no board BSLR		{3 x 100 on 2:10 Kick	EN
	{4 x 100 on 1:55 Kick		1,000 1x{5 x 50 on 1:45 Breast Pull	EN
1,150	1x{5 x 50 on 1:30 Breast Pull		{4 x 25 on :30 Free 6BK	EN
	{4 x 25 on :30 Free 6BK		{4 x 50 on 1:45 Breast Pull	EN
	{4 x 50 on 1:30 Breast Pull		{4 x 25 on :30 Free 6BK	EN
	{4 x 25 on :30 Free 6BK		{3 x 50 on 1:45 Breast Pull	EN
	{3 x 50 on 1:30 Breast Pull		{4 x 25 on :30 Free 6BK	EN
	{4 x 25 on :30 Free 6BK		{2 x 50 on 1:45 Breast Pull	EN
	{2 x 50 on 1:30 Breast Pull		150 6 x 25 on :45 Stroke Drill	RE
	{4 x 25 on :30 Free 6BK		1,550 1x{2 x 125 on 2:35 Breast 2X pullouts L.wall	EN
	{1 x 50 on 1:30 Breast Pull		{2 x 125 on 2:30 Breast 2X pullouts L.wall	EN
150	6 x 25 on :45 Stroke Drill		{2 x 125 on 2:25 Breast 2X pullouts L.wall	EN
1,800	1x{2 x 125 on 2:20 Breast 2X pullouts L.wall		{2 x 100 on 2:00 Breast 2X pullouts L.wall	EN
	{2 x 125 on 2:15 Breast 2X pullouts L.wall		{2 x 100 on 1:55 Breast 2X pullouts L.wall	EN
	{2 x 125 on 2:10 Breast 2X pullouts L.wall		{2 x 100 on 1:50 Breast 2X pullouts L.wall	EN
	{2 x 100 on 1:45 Breast 2X pullouts L.wall		{2 x 50 on 1:00 Breast 2X pullouts L.wall	EN
	{2 x 100 on 1:40 Breast 2X pullouts L.wall		{2 x 50 on :55 Breast 2X pullouts L.wall	EN
	{2 x 100 on 1:35 Breast 2X pullouts L.wall		200 1 x 200 on 4:00 Stroke Drills	RE
	{2 x 75 on 1:15 Breast 2X pullouts L.wall		7:31 PM 4,850 Yards - Stress Value = 83	
	{2 x 75 on 1:10 Breast 2X pullouts L.wall			
	{2 x 75 on 1:05 Breast 2X pullouts L.wall			
200	1 x 200 on 4:00 Stroke Drills			
	7:31 PM 5,350 Yards - Stress Value = 93			

Workout #15808 - Tuesday, 17 June 2014

Group 2 - Silver

1 minute rest between sets

5:00 PM Start		Yards	Set Description	EC
450	1 x 450 on 10:00 Underwater trn drill	450	1 on 25:00 DS/Core	RE
150	10 x 15 on :45 Shooters	150	1 x 450 on 10:00 Underwater trn drill	RE
900	1x{4 x 25 on 1:00 Kick no board BSLR	1,150	10 x 15 on :45 Shooters	SE
	{1 x 100 on 2:45 Kick		{4 x 25 on :45 Kick no board BSLR	EN
	{4 x 25 on 1:00 Kick no board BSLR		{1 x 100 on 2:15 Kick	EN
	{2 x 100 on 2:50 Kick		{4 x 25 on :45 Kick no board BSLR	EN
	{4 x 25 on 1:00 Kick no board BSLR		{2 x 100 on 2:20 Kick	EN
	{2 x 100 on 2:55 Kick		{4 x 25 on :45 Kick no board BSLR	EN
	{4 x 25 on 1:00 Kick no board BSLR		{3 x 100 on 2:25 Kick	EN
	{2 x 100 on 2:55 Kick		{4 x 25 on :45 Kick no board BSLR	EN
	{4 x 25 on 1:00 Kick no board BSLR		{2 x 75 on 2:00 Kick	EN
	{2 x 100 on 2:55 Kick		900 1x{3 x 50 on 2:00 Breast Pull	EN
700	1x{3 x 50 on 2:30 Breast Pull		{4 x 25 on :40 Free 6BK	EN
	{4 x 25 on :45 Free 6BK		{4 x 50 on 2:00 Breast Pull	EN
	{4 x 50 on 2:30 Breast Pull		{4 x 25 on :40 Free 6BK	EN
	{4 x 25 on :45 Free 6BK		{3 x 50 on 2:00 Breast Pull	EN
	{2 x 50 on 2:30 Breast Pull		{4 x 25 on :40 Free 6BK	EN
	{2 x 25 on :45 Free 6BK		{1 x 50 on 2:00 Breast Pull	EN
150	6 x 25 on :45 Stroke Drill		{2 x 25 on :30 Free 6BK	EN
1,100	1x{2 x 100 on 3:00 Breast 2X pullouts L.wall		150 6 x 25 on :45 Stroke Drill	RE
	{2 x 100 on 2:55 Breast 2X pullouts L.wall		1,400 1x{2 x 125 on 2:50 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:50 Breast 2X pullouts L.wall		{2 x 125 on 2:45 Breast 2X pullouts L.wall	EN
	{2 x 100 on 2:45 Breast 2X pullouts L.wall		{2 x 125 on 2:40 Breast 2X pullouts L.wall	EN
	{2 x 75 on 2:00 Breast 2X pullouts L.wall		{2 x 100 on 2:15 Breast 2X pullouts L.wall	EN
	{2 x 75 on 1:55 Breast 2X pullouts L.wall		{2 x 100 on 2:10 Breast 2X pullouts L.wall	EN
	1 x 200 on 4:00 Stroke Drills		{2 x 100 on 2:05 Breast 2X pullouts L.wall	EN
	7:30 PM 3,550 Yards - Stress Value = 60		{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 #15807 - Tuesday, 17 June 2014

Group 2 - Gold

Workout #15809 - Tuesday, 17 June 2014

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

Workout #15811 - Wednesday, 18 June 2014

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
 150 10 x 15 on :45 Shooters
 1,550 1x{4 x 25 on :30 Kick no board BSLR-20KOW
 {3 x 125 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR-18KOW
 {3 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR-16KOW
 {3 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR-14KOW
 {3 x 50 on :45 Kick
 {4 x 25 on :30 Kick no board BSLR-12KOW
 1,250 1x{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
 breathe 3-5-7 continuos, only 2 breaths L.
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,000 10x{8 x 25 on :20 Butterfly
 {1 on 1:00 Rest
 200 1 x 200 on 3:00 Stroke Drills
 100 1 x 100 on 2:00 Fly OTB
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 6,450 Yards - Stress Value = 111

Workout #15812 - Wednesday, 18 June 2014

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
 1,400 1x{4 x 25 on :30 Kick no board BSLR-20KOW
 {3 x 125 on 2:20 Kick
 {4 x 25 on :30 Kick no board BSLR-18KOW
 {3 x 100 on 1:50 Kick
 {4 x 25 on :30 Kick no board BSLR-16KOW
 {3 x 75 on 1:20 Kick
 {4 x 25 on :30 Kick no board BSLR-14KOW
 {1 x 50 on :50 Kick
 {2 x 25 on :30 Kick no board BS-12KOW
 1,100 1x{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
 breathe 3-5-7 continuos, only 2 breaths L.2
 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{8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 200 1 x 200 on 3:00 Stroke Drills
 100 1 x 100 on 2:00 Fly OTB
 400 8 x 50 on 1:00 Stroke Drills
 9:32 AM 5,950 Yards - Stress Value = 101

Workout #15813 - Wednesday, 18 June 2014

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 :35 Kick no board BSLR-20KOW
 {3 x 125 on 2:35 Kick
 {4 x 25 on :35 Kick no board BSLR-18KOW
 {2 x 100 on 2:00 Kick
 {4 x 25 on :35 Kick no board BSLR-16KOW
 {3 x 75 on 1:30 Kick
 {4 x 25 on :35 Kick no board BSLR-14KOW
 {1 x 50 on :55 Kick
 950 1x{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
 breathe 3-5-7 continuos, only 2 breaths L.2
 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 :30 Butterfly
 {1 on 1:00 Rest
 200 1 x 200 on 3:00 Stroke Drills
 100 1 x 100 on 2:00 Fly OTB
 400 8 x 50 on 1:00 Stroke Drills
 9:33 AM 5,400 Yards - Stress Value = 91

Workout #15814 - Wednesday, 18 June 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 25:00 DS/Abs
150	1 x 500 on 10:00 Free L.25 of each 100 Non F
1,100	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :45 Kick no board BSLR-20KOW
	{3 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR-18KOW
	{2 x 75 on 1:50 Kick
	{4 x 25 on :45 Kick no board BSLR-16KOW
	{3 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR-14KOW
	{4 x 25 on :35 Kick
700	1x{2 x 100 on 2:00 Lungbuster pulls
	{2 x 100 on 1:55 Lungbuster pulls
	{2 x 100 on 1:50 Lungbuster pulls
	{2 x 50 on :50 Lungbuster pulls
	breathe 3-5-7 continuous, only 2 breaths L.2
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 :40 Butterfly
	{1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
100	1 x 100 on 2:00 Fly OTB
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 4,550 Yards - Stress Value = 76

Workout #15815 - Thursday, 19 June 2014

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 30:00 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
1,500	1x{1 x 100 on 1:25 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 1:30 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
2,400	6 x 400 on 5:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 6,450 Yards - Stress Value = 98

Workout #15816 - Thursday, 19 June 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 30:00 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
1,450	1x{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 1:40 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 x 100 on 1:50 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 1:55 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{1 x 50 on 1:05 Kick your 3rd best kick
2,250	6 x 375 on 5:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 6,250 Yards - Stress Value = 94

Workout #15817 - Thursday, 19 June 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
550	1 on 30:00 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
1,350	1x{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 1:50 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
	{2 x 50 on 1:10 Kick your 3rd best kick
	{1 x 100 on 2:05 Kick your best kick
	{1 x 50 on 1:05 Kick your 2nd best kick
1,950	6 x 325 on 5:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 5,800 Yards - Stress Value = 87

Workout #15818 - Thursday, 19 June 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 30:00 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
1,150	1x{1 x 100 on 2:15 Kick your best kick
	{2 x 50 on 1:15 Kick your 2nd best kick
	{2 x 50 on 1:20 Kick your 3rd best kick
	{1 x 100 on 2:15 Kick your best kick
	{2 x 50 on 1:15 Kick your 2nd best kick
	{2 x 50 on 1:20 Kick your 3rd best kick
	{1 x 100 on 2:20 Kick your best kick
	{2 x 50 on 1:15 Kick your 2nd best kick
	{2 x 50 on 1:20 Kick your 3rd best kick
	{1 x 100 on 2:25 Kick your best kick
	{2 x 50 on 1:15 Kick your 2nd best kick
	{1 x 50 on 1:20 Kick your 3rd best kick
1,650	6 x 275 on 5:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 5,250 Yards - Stress Value = 79

	{5 x 100 on 2:30 Freestyle	EN2
	{1 on 1:00 Rest	
	{3 x 100 on 2:30 Freestyle	EN2
250	5 x 50 on 1:00 Stroke Drills	REC
	7:28 PM 3,800 Yards - Stress Value = 60	

Workout #15820 - Thursday, 19 June 2014

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
500	1 on 30:00 DS/Physio Ball Abs/Tm Mtg		
150	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
1,400	10 x 15 on :45 Shooters		SP3
	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
	{3 x 100 on 1:50 Kick		EN2
	{4 x 25 on :45 Kick no board BSLR		EN2
	{4 x 100 on 1:55 Kick		EN2
1,000	1x{2 x 125 on 2:05 Pulls-no br L.12 yds		EN1
	{2 x 125 on 2:00 Pulls-no br L.12 yds		EN1
	{2 x 125 on 1:55 Pulls-no br L.12 yds		EN2
	{2 x 125 on 1:50 Pulls-no br L.12 yds		EN2
150	6 x 25 on :45 Free Stroke Drills		REC
2,100	1x{6 x 100 on 1:20 Freestyle		EN2
	{1 on 1:00 Rest		
	{5 x 100 on 1:20 Freestyle		EN2
	{1 on 1:00 Rest		
	{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		
500	1 x 100 on 1:20 Freestyle		EN2
	10 x 50 on 1:00 Stroke Drills		REC
	7:29 PM 5,800 Yards - Stress Value = 90		

Workout #15819 - Thursday, 19 June 2014

Group 3 - 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 7:00 Choice		F
150	10 x 15 on :45 Shooters		S
1,000	10 x 100 on 2:00 Challenge Kick Set w/fins		F
1,230	1x{9 x 30 on 1:00 Freestyle		S
	{1 x 120 on 3:00 Freestyle (8 LAPS)		F
	{7 x 30 on 1:00 Freestyle		S
	{1 x 120 on 3:00 Freestyle		F
	{5 x 30 on 1:00 Freestyle		S
	{1 x 120 on 3:00 Freestyle		F
	{3 x 30 on 1:00 Freestyle		S
	{1 x 120 on 3:00 Freestyle		F
	{1 x 30 on 1:00 Freestyle		S
250	1 x 250 on 4:00 Stroke Drills		F
	6:30 PM 3,030 Yards - Stress Value = 101		

Workout #15824 - Thursday, 19 June 2014

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Physio Ball 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 Kick no board BSLR		EN2
	{1 x 100 on 3:00 Kick		EN2
	{4 x 25 on 1:00 Kick no board BSLR		EN2
	{2 x 100 on 3:05 Kick		EN2
	{4 x 25 on 1:00 Kick no board BSLR		EN2
	{3 x 100 on 3:10 Kick		EN2
600	1x{2 x 100 on 2:40 Pulls-no br L.12 yds		EN1
	{2 x 100 on 2:35 Pulls-no br L.12 yds		EN1
	{2 x 100 on 2:30 Pulls-no br L.12 yds		EN2
150	6 x 25 on :45 Free Stroke Drills		REC
1,400	1x{6 x 100 on 2:30 Freestyle		EN2
	{1 on 1:00 Rest		

Workout #15821 - Thursday, 19 June 2014

1 minute rest between sets

Group 2 - Gold

1 minute rest between sets

5:00 PM Start				5:00 PM Start			
Yards	Set Description	EGY	WOF	Yards	Set Description	EGY WOF	
=====	=====	===	===	=====	=====	=== ===	
	1 on 30:00 DS/Physio Ball Abs/Tm Mtg				1 on 30:00 DS/Physio Ball Abs/Tm Mtg		
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC		400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3		150	10 x 15 on :45 Shooters	SP3	
1,250	1x{4 x 25 on :45 Kick no board BSLR	EN2		1,050	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 1:55 Kick	EN2			{1 x 100 on 2:40 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 2:05 Kick	EN2			{2 x 100 on 2:45 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 2:10 Kick	EN2			{3 x 100 on 2:50 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 2:15 Kick	EN2			{1 x 50 on 1:30 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN2		700	1x{2 x 100 on 2:15 Pulls-no br L.12 yds	EN1	
900	1x{2 x 125 on 2:20 Pulls-no br L.12 yds	EN1			{2 x 100 on 2:10 Pulls-no br L.12 yds	EN1	
	{2 x 125 on 2:15 Pulls-no br L.12 yds	EN1			{2 x 100 on 2:10 Pulls-no br L.12 yds	EN2	
	{2 x 125 on 2:10 Pulls-no br L.12 yds	EN2			{2 x 100 on 2:05 Pulls-no br L.12 yds	EN2	
	{2 x 75 on 1:15 Pulls-no br L.12 yds	EN2		150	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 2:00 Freestyle	EN2	
2,100	1x{6 x 100 on 1:30 Freestyle	EN2			{1 on 1:00 Rest		
	{1 on 1:00 Rest				{5 x 100 on 2:00 Freestyle	EN2	
	{5 x 100 on 1:30 Freestyle	EN2			{1 on 1:00 Rest		
	{1 on 1:00 Rest				{4 x 100 on 2:00 Freestyle	EN2	
	{4 x 100 on 1:30 Freestyle	EN2		250	{1 on 1:00 Rest		
	{1 on 1:00 Rest				{3 x 100 on 2:00 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2			5 x 50 on 1:00 Stroke Drills	REC	
	{1 on 1:00 Rest				7:30 PM 4,500 Yards - Stress Value = 73		
	{2 x 100 on 1:30 Freestyle	EN2					
	{1 on 1:00 Rest						
	{1 x 100 on 1:30 Freestyle	EN2					
350	7 x 50 on 1:00 Stroke Drills	REC					
	7:30 PM 5,400 Yards - Stress Value = 85						

Workout #15822 - Thursday, 19 June 2014

Group 2 - Silver

1 minute rest between sets

5:00 PM Start			
Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 DS/Physio Ball 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 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	
	{3 x 100 on 2:20 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 100 on 2:25 Kick	EN2	
800	1x{2 x 125 on 2:30 Pulls-no br L.12 yds	EN1	
	{2 x 125 on 2:25 Pulls-no br L.12 yds	EN1	
	{2 x 125 on 2:20 Pulls-no br L.12 yds	EN2	
	{1 x 50 on :55 Pulls-no br L.12 yds	EN2	
150	6 x 25 on :45 Free Stroke Drills	REC	
2,000	1x{6 x 100 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
	{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	
250	5 x 50 on 1:00 Stroke Drills	REC	
	7:30 PM 5,000 Yards - Stress Value = 80		

Workout #15823 - Thursday, 19 June 2014

Group 2 - Bronze

Workout #15825 - Friday, 20 June 2014

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 #15826 - Friday, 20 June 2014

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 #15827 - Friday, 20 June 2014

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
1,400	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 1:20 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 #15828 - Friday, 20 June 2014

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
1,150	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 #15829 - Monday, 23 June 2014

Group 3 - Freestylers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	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
1,650	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{1 x 100 on 1:35 Kick
	{1 x 50 on :45 Kick
	{6 x 25 on :30 Kick no board BSLRLR
	{2 x 150 on 2:20 Kick
	{2 x 100 on 1:35 Kick
	{2 x 50 on :45 Kick
	{8 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{1 x 100 on 1:35 Kick
	{1 x 50 on :45 Kick
1,600	2x{1 x 100 on 1:20 Pulls-no br L.12 yds
	{1 x 100 on 1:20 Pulls-no br L.13 yds
	{1 x 100 on 1:20 Pulls-no br L.14 yds
	{1 x 100 on 1:20 Pulls-no br L.15 yds
	{1 x 100 on 1:20 Pulls-no br L.16 yds
	{1 x 100 on 1:20 Pulls-no br L.17 yds
	{1 x 100 on 1:20 Pulls-no br L.18 yds
	{1 x 100 on 1:20 Pulls-no br L.19 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	6 x 400 on 5:05 Free-R.10 @200/Neg split
	dscnd in 3's, 2nd set of 3 fstr then 1st
450	9 x 50 on 1:00 Stroke Drills
	9:30 AM 7,050 Yards - Stress Value = 113

Workout #15830 - Monday, 23 June 2014

1 minute rest between sets

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Ball
 150 1 x 600 on 10:00 Swim-kick-pull-swim
 1,550 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:35 Kick
 {1 x 100 on 1:45 Kick
 {1 x 50 on :50 Kick
 {6 x 25 on :30 Kick no board BSLRLR
 {2 x 150 on 2:35 Kick
 {2 x 100 on 1:45 Kick
 {2 x 50 on :50 Kick
 {8 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:35 Kick
 {1 x 50 on :50 Kick
 1,500 2x{1 x 100 on 1:25 Pulls-no br L.12 yds
 {1 x 100 on 1:25 Pulls-no br L.13 yds
 {1 x 100 on 1:25 Pulls-no br L.14 yds
 {1 x 100 on 1:25 Pulls-no br L.15 yds
 {1 x 100 on 1:25 Pulls-no br L.16 yds
 {1 x 100 on 1:25 Pulls-no br L.17 yds
 {1 x 100 on 1:25 Pulls-no br L.18 yds
 {1 x 50 on :45 Pulls-no br L.19 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 6 x 400 on 5:30 Free-R.10 @200/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 350 7 x 50 on 1:00 Stroke Drills
 9:30 AM 6,750 Yards - Stress Value = 111

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Physio Ball
 150 1 x 500 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 3:25 Kick
 {1 x 100 on 2:15 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 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:25 Kick
 {1 x 50 on 1:10 Kick
 1,200 2x{1 x 100 on 1:50 Pulls-no br L.12 yds
 {1 x 100 on 1:50 Pulls-no br L.13 yds
 {1 x 100 on 1:50 Pulls-no br L.14 yds
 {1 x 100 on 1:50 Pulls-no br L.15 yds
 {1 x 50 on :55 Pulls-no br L.16 yds
 {1 x 50 on :55 Pulls-no br L.17 yds
 {1 x 50 on :55 Pulls-no br L.18 yds
 {1 x 50 on :55 Pulls-no br L.19 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 6 x 300 on 5:30 Free-R.10 @150/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 350 7 x 50 on 1:00 Stroke Drills
 9:30 AM 5,300 Yards - Stress Value = 85

Workout #15833 - Thursday, 26 June 2014

Group 3 - Fly

1 minute rest between sets

Workout #15831 - Monday, 23 June 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Physio Ball
 150 1 x 550 on 10:00 Swim-kick-pull-swim
 1,350 10 x 15 on :45 Shooters
 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 2:55 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 {6 x 25 on :35 Kick no board BSLRLR
 {1 x 150 on 2:55 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 {8 x 25 on :35 Kick no board BSLR
 {1 x 150 on 2:55 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 1,300 2x{1 x 100 on 1:35 Pulls-no br L.12 yds
 {1 x 100 on 1:35 Pulls-no br L.13 yds
 {1 x 100 on 1:35 Pulls-no br L.14 yds
 {1 x 100 on 1:35 Pulls-no br L.15 yds
 {1 x 100 on 1:35 Pulls-no br L.16 yds
 {1 x 50 on :50 Pulls-no br L.17 yds
 {1 x 50 on :50 Pulls-no br L.18 yds
 {1 x 50 on :50 Pulls-no br L.19 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 6 x 400 on 6:05 Free-R.10 @200/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 6,200 Yards - Stress Value = 104

7:00 AM Start
 Yards Set Description EGY
 =====
 600 1 on 25:00 DS/Shoulders
 150 1 x 600 on 10:00 Underwater trn drill REC
 2,300 10x{10 x 15 on :45 Shooters SP3
 {1 x 200 on 2:50 Butterfly EN2
 {1 on :30 5 squats EN1
 {1 x 30 on :45 Undrwtr fly kick R.5 @15 EN2
 {1 on :30 5 squats EN1
 After every 2nd round drop 200 flys by 5 s
 1,700 1x{1 x 100 on 1:20 Kick EN2
 {4 x 25 on :30 Alt 2nd and 3rd kicks EN2
 {2 x 100 on 1:25 Kick EN2
 {6 x 25 on :30 Alt 2nd and 3rd kicks EN2
 {3 x 100 on 1:30 Kick EN2
 {8 x 25 on :30 Alt 2nd and 3rd kicks EN2
 {4 x 100 on 1:35 Kick EN2
 {10 x 25 on :30 Alt 2nd and 3rd kicks EN2
 1,300 1x{2 x 200 on 2:40 Pulls BWFPF EN2
 {2 x 175 on 2:20 Pulls BWFPF EN2
 {2 x 150 on 2:00 Pulls BWFPF EN2
 {2 x 125 on 1:40 Pulls BWFPF EN2
 hold 1:05 base
 500 10 x 50 on 1:00 Stroke Drills REC
 9:31 AM 6,550 Yards - Stress Value = 112

Workout #15832 - Monday, 23 June 2014

Group 3 - Bronze

Workout #15834 - Thursday, 26 June 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Shoulders	
600	1 x 600 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
2,300	10x{1 x 200 on 3:05 Butterfly	EN2
	{1 on :30 5 squats	EN1
	{1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2
	{1 on :30 5 squats	EN1
	After every 2nd round drop 200 flys by 5 s	
1,600	1x{1 x 100 on 1:30 Kick	EN2
	{4 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{2 x 100 on 1:35 Kick	EN2
	{6 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 1:40 Kick	EN2
	{8 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 1:45 Kick	EN2
	{10 x 25 on :30 Alt 2nd and 3rd kicks	EN2
1,250	1x{2 x 200 on 2:55 Pulls BWFPF	EN2
	{2 x 175 on 2:30 Pulls BWFPF	EN2
	{2 x 150 on 2:10 Pulls BWFPF	EN2
	{2 x 100 on 1:25 Pulls BWFPF	EN2
	hold 1:13 base	
500	10 x 50 on 1:00 Stroke Drills	REC
	9:34 AM 6,400 Yards - Stress Value = 109	

Workout #15835 - Thursday, 26 June 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Shoulders	
550	1 x 550 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
2,070	9x{1 x 200 on 3:25 Butterfly	EN2
	{1 on :30 5 squats	EN1
	{1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2
	{1 on :30 5 squats	EN1
	After every 2nd round drop 200 flys by 5 se	
1,350	1x{1 x 100 on 1:50 Kick	EN2
	{4 x 25 on :35 Alt 2nd and 3rd kicks	EN2
	{2 x 100 on 1:55 Kick	EN2
	{6 x 25 on :35 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 2:00 Kick	EN2
	{8 x 25 on :35 Alt 2nd and 3rd kicks	EN2
	{2 x 100 on 2:05 Kick	EN2
	{4 x 25 on :35 Alt 2nd and 3rd kicks	EN2
1,100	1x{2 x 200 on 3:10 Pulls BWFPF	EN2
	{2 x 175 on 2:45 Pulls BWFPF	EN2
	{2 x 125 on 2:00 Pulls BWFPF	EN2
	{2 x 50 on :50 Pulls BWFPF	EN2
	hold 1:23 base	
500	10 x 50 on 1:00 Stroke Drills	REC
	9:32 AM 5,720 Yards - Stress Value = 96	

Workout #15836 - Thursday, 26 June 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Shoulders	
500	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
1,840	8x{1 x 200 on 4:05 Butterfly	EN2
	{1 on :30 5 squats	EN1
	{1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2

	{1 on :30 5 squats	EN1
1,100	1x{1 x 100 on 2:10 Kick	EN2
	{4 x 25 on :45 Alt 2nd and 3rd kicks	EN2
	{2 x 100 on 2:15 Kick	EN2
	{6 x 25 on :45 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 2:20 Kick	EN2
	{8 x 25 on :45 Alt 2nd and 3rd kicks	EN2
	{1 x 50 on 1:10 Kick	EN2
950	1x{2 x 200 on 3:40 Pulls BWFPF	EN2
	{2 x 150 on 2:45 Pulls BWFPF	EN2
	{2 x 100 on 1:50 Pulls BWFPF	EN2
	{1 x 50 on :55 Pulls BWFPF	EN2
	hold 1:35 base	
500	10 x 50 on 1:00 Stroke Drills	REC
	9:32 AM 5,040 Yards - Stress Value = 84	

Workout #15837 - Thursday, 26 June 2014

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 Dynamic Stretch	
600	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 #15838 - Thursday, 26 June 2014

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Shoulders/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
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	

Workout #15842 - Thursday, 26 June 2014

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Shoulders/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 25 on 1:00 Kick no board B	EN2
	{1 x 100 on 3:30 Kick streamline on back	EN2
	{4 x 25 on 1:00 Kick no board B	EN2
	{2 x 100 on 3:30 Kick streamline on back	EN2
	{2 x 25 on 1:00 Kick no board B	EN2
	{1 x 50 on 1:30 Kick streamline on back	EN2
600	1x{2 x 100 on 2:30 Pulls	EN1
	{2 x 100 on 2:25 Pulls	EN1
	{2 x 100 on 2:20 Pulls	EN1
	Odds BTB, evens BTS	
200	8 x 25 on :45 Backstroke Drills	REC
1,300	1x{1 x 50 on 1:30 Back 2+1	EN2
	{4 x 100 on 3:00 Backstroke	EN2
	{2 x 50 on 1:30 Back 3+1	EN2
	{3 x 100 on 2:55 Backstroke	EN2
	{3 x 50 on 1:30 Back 4+1	EN2
	{2 x 100 on 2:50 Backstroke	EN2
	{2 x 50 on 1:30 Back 5+1	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
7:30 PM	3,450 Yards - Stress Value = 50	

Workout #15839 - Thursday, 26 June 2014

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Shoulders/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 2:20 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 #15840 - Thursday, 26 June 2014

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Shoulders/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
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 #15841 - Thursday, 26 June 2014

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
400	1 x 400 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
700	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 100 on 3:00 Kick streamline on back	EN2
	{4 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 3:00 Kick streamline on back	EN2
	{4 x 25 on :45 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	
7:28 PM	4,050 Yards - Stress Value = 61	

Workout #15843 - Friday, 27 June 2014

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Ted's Abs
 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 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 #15844 - Friday, 27 June 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Ted's Abs
 150 1 x 600 on 10:00 Reverse IM drill
 1,500 10 x 15 on :45 Shooters
 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 #15845 - Friday, 27 June 2014

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
 1,300 10 x 15 on :45 Shooters
 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 #15846 - Friday, 27 June 2014

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
 1,200 10 x 15 on :45 Shooters
 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 #15847 - Monday, 30 June 2014

Group 3 - Freestylers

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
1,750	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 125 on 1:55 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:30 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
	{5 x 50 on :45 Kick
1,500	1x{2 x 150 on 2:05 Pulls-no br L.12/25 yds
	{2 x 150 on 2:00 Pulls-no br L.12/25 yds
	{2 x 150 on 1:55 Pulls-no br L.12/25 yds
	{2 x 150 on 1:50 Pulls-no br L.12/25 yds
	{2 x 150 on 1:45 Pulls-no br L.12/25 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	6x{1 x 400 on 5:00 Freestyle
	{1 x 100 on 1:30 Freestyle
	Each round 400 drops 5 seconds
200	1 x 200 on 3:00 Stroke Drills
	9:31 AM 7,400 Yards - Stress Value = 157

Workout #15848 - Monday, 30 June 2014

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
1,550	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:35 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:10 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on :50 Kick
1,400	1x{2 x 150 on 2:15 Pulls-no br L.12/25 yds
	{2 x 150 on 2:10 Pulls-no br L.12/25 yds
	{2 x 150 on 2:05 Pulls-no br L.12/25 yds
	{2 x 150 on 2:00 Pulls-no br L.12/25 yds
	{2 x 100 on 1:20 Pulls-no br L.12/25 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	6x{1 x 400 on 5:25 Freestyle
	{1 x 100 on 1:45 Freestyle
	Each round 400 drops 5 seconds
	6th round do a 100@1:20, then 100 all out
200	1 x 200 on 3:00 Stroke Drills
	9:35 AM 7,100 Yards - Stress Value = 151

Workout #15849 - Monday, 30 June 2014

Group 3 - 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
1,400	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:25 Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{4 x 75 on 1:30 Kick
1,250	1x{2 x 150 on 2:30 Pulls-no br L.12/25 yds
	{2 x 150 on 2:25 Pulls-no br L.12/25 yds
	{2 x 150 on 2:20 Pulls-no br L.12/25 yds
	{2 x 150 on 2:15 Pulls-no br L.12/25 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
2,500	5x{1 x 400 on 6:00 Freestyle
	{1 x 100 on 2:00 Freestyle
	Each round 400 drops 5 seconds
	5th round do a 250@3:45, then 100 all out
200	1 x 200 on 3:00 Stroke Drills
	9:32 AM 6,250 Yards - Stress Value = 131

Workout #15850 - Monday, 30 June 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM 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
1,150	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 125 on 2:50 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:00 Kick
1,100	1x{2 x 150 on 2:50 Pulls-no br L.12/25 yds
	{2 x 150 on 2:45 Pulls-no br L.12/25 yds
	{2 x 150 on 2:40 Pulls-no br L.12/25 yds
	{2 x 100 on 1:40 Pulls-no br L.12/25 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	4x{1 x 400 on 7:30 Freestyle
	{1 x 100 on 2:30 Freestyle
	Each round 400 drops 5 seconds
	4th round do a 300@5:30, then 100 all out
200	1 x 200 on 3:00 Stroke Drills
	9:32 AM 5,300 Yards - Stress Value = 109

Workout #15851 - Monday, 30 June 2014

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dynamic Stretch
 600 1 x 600 on 10:00 Choice
 800 1 x 800 on 16:00 Social Kick-8X25 random spr
 kicks on your own
 480 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 #15861 - Monday, 30 June 2014

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 28:00 DS/Physio Ball/Tm Mtg
 350 1 x 350 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 950 1x{2 x 100 on 3:00 Kick
 { 4 x 25 on 1:00 Tombstone Kicking
 { 2 x 100 on 2:55 Kick
 { 4 x 25 on 1:00 Tombstone Kicking
 { 2 x 100 on 2:50 Kick
 { 4 x 25 on 1:00 Tombstone Kicking
 { 1 x 50 on 1:20 Kick
 750 1x{1 x 200 on 4:00 Pulls-no br L.12 yds
 { 2 x 150 on 3:00 Pulls-no br L.12 yds
 { 2 x 100 on 2:00 Pulls-no br L.12 yds
 { 1 x 50 on 1:00 Pulls-no br L.12 yds
 150 6 x 25 on :45 Stroke Drills
 1,000 10 x 100 on 3:00 Freestyle-descend in 3's
 1 on 10:00 Game
 200 1 x 200 on 3:00 Stroke Drills
 7:26 PM 3,550 Yards - Stress Value = 60

Workout #15857 - Monday, 30 June 2014

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 28:00 DS/Physio Ball/Tm Mtg
 500 1 x 500 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,400 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 #15858 - Monday, 30 June 2014

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 28:00 DS/Physio Ball/Tm Mtg
 500 1 x 500 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,300 1x{2 x 100 on 2:15 Kick
 { 4 x 25 on :45 Tombstone Kicking
 { 2 x 100 on 2:10 Kick
 { 4 x 25 on :45 Tombstone Kicking
 { 2 x 100 on 2:05 Kick
 { 4 x 25 on :45 Tombstone Kicking
 { 2 x 100 on 2:00 Kick
 { 4 x 25 on :45 Tombstone Kicking
 { 1 x 100 on 1:55 Kick
 900 1x{1 x 200 on 3:20 Pulls-no br L.12 yds
 { 2 x 150 on 2:30 Pulls-no br L.12 yds
 { 3 x 100 on 1:40 Pulls-no br L.12 yds
 { 2 x 50 on :50 Pulls-no br L.12 yds
 150 6 x 25 on :45 Stroke Drills
 2,100 14 x 150 on 2:25 Freestyle-descend in 3's
 1 on 10:00 Game
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 5,300 Yards - Stress Value = 92

Workout #15859 - Monday, 30 June 2014

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 28:00 DS/Physio Ball/Tm Mtg
 450 1 x 450 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,200 1x{2 x 100 on 2:25 Kick
 { 4 x 25 on :45 Tombstone Kicking
 { 2 x 100 on 2:20 Kick
 { 4 x 25 on :45 Tombstone Kicking
 { 2 x 100 on 2:15 Kick
 { 4 x 25 on :45 Tombstone Kicking
 { 2 x 100 on 2:10 Kick
 { 4 x 25 on :45 Tombstone Kicking
 800 1x{1 x 200 on 3:40 Pulls-no br L.12 yds
 { 2 x 150 on 2:45 Pulls-no br L.12 yds
 { 3 x 100 on 1:50 Pulls-no br L.12 yds
 150 6 x 25 on :45 Stroke Drills
 1,800 12 x 150 on 2:45 Freestyle-descend in 3's
 1 on 10:00 Game
 200 1 x 200 on 3:00 Stroke Drills
 7:29 PM 4,750 Yards - Stress Value = 82

Workout #15860 - Monday, 30 June 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
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	

7:00 AM Start

Yards	Set Description
600	1 on 30:00 DS/Core
150	1 x 600 on 10:00 Underwater trn drill
400	10 x 15 on :45 Shooters
840	4 x 100 on 2:00 Kick @fastest interval
	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-desce
1,550	4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
	1 x 1550 on 21:00 Pulls
	BTB for 1st half and BTS for 2nd half
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 100 on 1:35 Backstroke
	{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 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
	{2 x 50 on :45 Backstroke
	{2 x 50 on :40 Backstroke
	{2 x 50 on :35 Backstroke
	{1 x 100 on 1:45 Backstroke
	{2 x 25 on :30 Backstroke-100%
	{4 x 25 on :25 Backstroke-100%
450	9 x 50 on 1:00 Stroke Drills
9:30 AM	6,190 Yards - Stress Value = 77

Workout #15862 - Tuesday, 01 July 2014

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EC
7:00 AM	Start	
600	1 on 30:00 DS/Core	
150	1 x 600 on 10:00 Underwater trn drill	
400	10 x 15 on :45 Shooters	
840	4 x 100 on 2:00 Kick @fastest interval	
	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-desce	
	{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce	
1,650	1 x 1650 on 21:00 Pulls	
	BTB for 1st half and BTS for 2nd half	
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 1:25 Backstroke	
	{1 x 100 on 1:20 Backstroke	
	{1 x 100 on 1:15 Backstroke	
	{1 x 100 on 1:10 Backstroke	
	{1 x 100 on 1:05 Backstroke	
	{1 x 200 on 3:30 Backstroke Drill	
	{2 x 75 on 1:05 Backstroke	
	{2 x 75 on 1:00 Backstroke	
	{2 x 75 on :55 Backstroke	
	{2 x 75 on :50 Backstroke	
	{1 x 150 on 2:35 Backstroke Drill	
	{3 x 50 on :40 Backstroke	
	{3 x 50 on :35 Backstroke	
	{3 x 50 on :30 Backstroke	
	{1 x 100 on 1:45 Backstroke	
	{4 x 25 on :25 Backstroke-100%	
	{4 x 25 on :20 Backstroke-100%	
450	9 x 50 on 1:00 Stroke Drills	
9:30 AM	6,490 Yards - Stress Value = 81	

Workout #15863 - Tuesday, 01 July 2014

Group 3 - Gold

1 minute rest between sets

Workout #15864 - Tuesday, 01 July 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 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 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-desce
	{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
1,450	1 x 1450 on 21:00 Pulls
	BTB for 1st half and BTS for 2nd half
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 1:45 Backstroke
	{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 150 on 3:30 Backstroke Drill
	{2 x 75 on 1:20 Backstroke
	{2 x 75 on 1:15 Backstroke
	{2 x 75 on 1:10 Backstroke
	{2 x 75 on 1:05 Backstroke
	{1 x 100 on 2:35 Backstroke Drill
	{3 x 50 on :55 Backstroke
	{2 x 50 on :50 Backstroke
	{2 x 50 on :45 Backstroke
450	9 x 50 on 1:00 Stroke Drills
	9:30 AM 5,740 Yards - Stress Value = 72

Workout #15865 - Tuesday, 01 July 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 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
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-desce
	{4 x 30 on :40 Gssr/Spr br on 3/15 undr-desce
1,250	1 x 1250 on 21:00 Pulls
	BTB for 1st half and BTS for 2nd half
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 100 on 2:05 Backstroke
	{1 x 100 on 2:00 Backstroke
	{1 x 100 on 1:55 Backstroke
	{1 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{1 x 100 on 3:00 Backstroke Drill
	{2 x 75 on 1:40 Backstroke
	{2 x 75 on 1:35 Backstroke
	{2 x 75 on 1:30 Backstroke
	{2 x 75 on 1:40 Backstroke
	{1 x 50 on 2:00 Backstroke Drill

{1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 450 9 x 50 on 1:00 Stroke Drills
 9:31 AM 5,190 Yards - Stress Value = 65

Workout #15869 - Tuesday, 01 July 2014

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 11:00 Dynamic Stretch
	1 x 400 on 7:00 Choice
400	10 x 15 on :45 Shooters
150	10 x 15 on :45 Shooters
1,350	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 #15852 - Tuesday, 01 July 2014

Group 2 - Back

1 minute rest between sets

5:00 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
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	

Workout #15880 - Tuesday, 01 July 2014

Group 2 - Back

1 minute rest between sets

5:00 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
3,000	2x{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
	1 on 10:00 Techniques-Back Starts	
200	1 x 200 on 4:00 Stroke Drills	REC
	7:27 PM 4,900 Yards - Stress Value = 84	

Workout #15856 - Tuesday, 01 July 2014

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	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
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
500	1x{2 x 100 on 2:40 Pulls	EN1
	{2 x 100 on 2:35 Pulls	EN1
	{1 x 100 on 2:30 Pulls	EN1
	Odds BTB, evens BTS	
200	8 x 25 on :45 Backstroke Drills	REC
1,350	1x{1 x 50 on 1:30 Back 2+1	EN2
	{3 x 100 on 3:00 Backstroke	EN2
	{2 x 50 on 1:30 Back 3+1	EN2
	{2 x 100 on 2:55 Backstroke	EN2
	{3 x 50 on 1:30 Back 4+1	EN2
	{1 x 100 on 2:50 Backstroke	EN2
	{3 x 50 on 1:30 Back 5+1	EN2
	{1 x 100 on 2:45 Backstroke	EN2
	{4 x 50 on 1:30 Back 6+1	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
	7:29 PM 3,400 Yards - Stress Value = 51	

Workout #15884 - Tuesday, 01 July 2014

Group 2 - Copper

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 150 on 4:30 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 50 on 1:20 Kick streamline on back	EN2
150	6 x 25 on :45 Backstroke Drills	REC
1,800	2x{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	
200	1 x 200 on 4:00 Stroke Drills	REC
	7:27 PM 3,350 Yards - Stress Value = 55	

Workout #15853 - Tuesday, 01 July 2014

Group 2 - Gold

1 minute rest between sets

5:00 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 2:20 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 #15881 - Tuesday, 01 July 2014

Group 2 - Gold

1 minute rest between sets

5:00 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
2,800	2x{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
	1 on 10:00 Techniques-Back Starts	
200	1 x 200 on 4:00 Stroke Drills	REC
	7:28 PM 4,650 Yards - Stress Value = 79	

Workout #15854 - Tuesday, 01 July 2014

Group 2 - Silver

1 minute rest between sets

5:00 PM 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

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
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 #15882 - Tuesday, 01 July 2014

Group 2 - Silver

1 minute rest between sets

5:00 PM 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
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
2,500	2x{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
	7:28 PM 4,250 Yards - Stress Value = 72	

Workout #15855 - Tuesday, 01 July 2014

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	

Workout #15883 - Tuesday, 01 July 2014

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
750	1x{4 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 4:10 Kick streamline 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
2,200	2x{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
	7:27 PM 3,850 Yards - Stress Value = 65	

Workout #15870 - Tuesday, 01 July 2014

Taper 1 - 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
500	1x{2 x 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:00 Kick streamline on back	EN2

	{2 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:00 Kick streamline on back	EN2
	{2 x 25 on :45 Kick no board B	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
1,100	1x{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 3:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
	6:48 PM 2,850 Yards - Stress Value = 42	

Workout #15866 - Tuesday, 01 July 2014

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core	
400	1 x 400 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	EN2
750	1 x 750 on 10:00 Pulls	EN2
	BTB for 1st half and BTS for 2nd half	
100	2x{1 x 25 on :50 Sculling drills	EN2
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN2
1,450	1x{1 x 100 on 1:35 Backstroke	EN2
	{1 x 100 on 1:30 Backstroke	EN2
	{1 x 100 on 1:25 Backstroke	EN2
	{1 x 100 on 1:20 Backstroke	EN2
	{1 x 100 on 1:15 Backstroke	EN2
	{1 x 200 on 3:30 Backstroke Drill	EN2
	{1 x 75 on 1:10 Backstroke	EN2
	{1 x 75 on 1:05 Backstroke	EN2
	{1 x 75 on 1:00 Backstroke	EN2
	{1 x 75 on :55 Backstroke	EN2
	{1 x 150 on 2:35 Backstroke Drill	EN2
	{1 x 50 on :45 Backstroke	EN2
	{1 x 50 on :40 Backstroke	EN2
	{1 x 50 on :35 Backstroke	EN2
	{1 x 100 on 1:45 Backstroke	EN2
	{2 x 25 on :30 Backstroke-100%	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	8:41 AM 3,450 Yards - Stress Value = 44	

Workout #15871 - Tuesday, 01 July 2014

Taper 1 - 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
450	1x{2 x 25 on :45 Kick no board B	EN2
	{1 x 100 on 2:20 Kick streamline on back	EN2
	{2 x 25 on :45 Kick no board B	EN2
	{2 x 100 on 2:20 Kick streamline on back	EN2
	{2 x 25 on :45 Kick no board B	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
1,000	1x{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 3:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
	6:48 PM 2,700 Yards - Stress Value = 39	

Workout #15867 - Tuesday, 01 July 2014

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core	
400	1 x 400 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
400	4 x 100 on 2:00 Kick as far as you can	
700	1 x 700 on 10:00 Pulls	
	BTB for 1st half and BTS for 2nd half	
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 100 on 1:45 Backstroke	
	{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 150 on 3:30 Backstroke Drill	
	{1 x 75 on 1:20 Backstroke	
	{1 x 75 on 1:15 Backstroke	
	{1 x 75 on 1:10 Backstroke	
	{1 x 75 on 1:05 Backstroke	
	{1 x 100 on 2:35 Backstroke Drill	
	{1 x 50 on :55 Backstroke	
	{2 x 50 on :50 Backstroke	
	{2 x 50 on :45 Backstroke	
200	1 x 200 on 3:00 Stroke Drills	
	8:41 AM 3,250 Yards - Stress Value = 43	

Workout #15872 - Tuesday, 01 July 2014

Taper 1 - Silver

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 25 on :45 Kick no board B	EN2
	{1 x 150 on 3:45 Kick streamline on back	EN2
	{2 x 25 on :45 Kick no board B	EN2

	{1 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
950	1x{3 x 125 on 2:25 Backstroke	EN2
	{2 x 50 on 1:10 Back 4+1	EN2
	{2 x 125 on 2:20 Backstroke	EN2
	{2 x 50 on 1:10 Back 5+1	EN2
	{1 x 125 on 2:15 Backstroke	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Techniques-Back Starts	
	6:48 PM 2,600 Yards - Stress Value = 37	

Workout #15868 - Tuesday, 01 July 2014

Taper 1 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Core	
400	1 x 400 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
400	4 x 100 on 2:00 Kick @fastest interval	
600	1 x 600 on 10:00 Pulls	
	BTB for 1st half and BTS for 2nd half	
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{1 x 100 on 2:05 Backstroke	
	{1 x 100 on 2:00 Backstroke	
	{1 x 100 on 1:55 Backstroke	
	{1 x 100 on 1:50 Backstroke	
	{1 x 100 on 1:45 Backstroke	
	{1 x 100 on 3:00 Backstroke Drill	
	{1 x 75 on 1:40 Backstroke	
	{1 x 75 on 1:35 Backstroke	
	{1 x 75 on 1:30 Backstroke	
	{1 x 75 on 1:40 Backstroke	
	{1 x 50 on 2:00 Backstroke Drill	
	{1 x 50 on :55 Backstroke	
	{1 x 50 on :50 Backstroke	
200	1 x 200 on 3:00 Stroke Drills	
	8:41 AM 2,900 Yards - Stress Value = 39	

Workout #15873 - Wednesday, 02 July 2014

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
1,400	7 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
2,300	1x{4 x 100 on 1:15 Fly 2-3-4-5 SOW
	{4 x 25 on :25 Fly 5KOW+1 HB@F
	{4 x 100 on 1:15 Fly 2-3-4-5 SOW
	{6 x 25 on :25 Fly 5KOW+1 HB@F
	{4 x 100 on 1:15 Fly 2-3-4-5 SOW
	{8 x 25 on :25 Fly 5KOW+1 HB@F
	{4 x 100 on 1:15 Fly 2-3-4-5 SOW
	{10 x 25 on :25 Fly 5KOW+1 HB@F
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 7,250 Yards - Stress Value = 104

Workout #15874 - Wednesday, 02 July 2014

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
2,000	1x{3 x 125 on 2:10 Kick L.25 100%
	{6 x 25 on :30 Kick no board B
	{3 x 125 on 2:05 Kick L.25 100%
	{6 x 25 on :30 Kick no board S
	{3 x 125 on 2:00 Kick L.25 100%
	{4 x 25 on :30 Kick no board L
	{3 x 125 on 1:55 Kick L.25 100%
	{4 x 25 on :30 Kick no board R
1,400	7 x 200 on 2:45 Lungbuster pulls
	Breathe 3-5-7-9 continuous
	Only do a 100 on 7th one
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 1:25 Fly 2-3-4-5 SOW
	{2 x 25 on :30 Fly 5KOW+1 HB@F
	{4 x 100 on 1:25 Fly 2-3-4-5 SOW
	{4 x 25 on :30 Fly 5KOW+1 HB@F
	{4 x 100 on 1:25 Fly 2-3-4-5 SOW
	{6 x 25 on :30 Fly 5KOW+1 HB@F
	{3 x 100 on 1:25 Fly 2-3-4 SOW
	{8 x 25 on :30 Fly 5KOW+1 HB@F
500	10 x 50 on 1:00 Stroke Drills
	9:32 AM 6,850 Yards - Stress Value = 98

Workout #15875 - Wednesday, 02 July 2014

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
1,750	1x{3 x 125 on 2:25 Kick L.25 100%
	{4 x 25 on :35 Kick no board B
	{3 x 125 on 2:20 Kick L.25 100%
	{4 x 25 on :35 Kick no board S
	{3 x 125 on 2:15 Kick L.25 100%
	{4 x 25 on :35 Kick no board L
	{3 x 75 on 1:20 Kick L.25 100%
	{4 x 25 on :35 Kick no board R
1,200	6 x 200 on 3:05 Lungbuster pulls
	Breathe 3-5-7-9 continuous
	Only do a 150 on the 6th one
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 1:35 Fly 2-3-4-5 SOW
	{2 x 25 on :35 Fly 5KOW+1 HB@F
	{4 x 100 on 1:35 Fly 2-3-4-5 SOW
	{4 x 25 on :35 Fly 5KOW+1 HB@F
	{4 x 100 on 1:35 Fly 2-3-4-5 SOW
	{6 x 25 on :35 Fly 5KOW+1 HB@F
	{3 x 100 on 1:35 Fly 2-3-4 SOW
	{2 x 25 on :35 Fly 5KOW+1 HB@F
500	10 x 50 on 1:00 Stroke Drills
	9:31 AM 6,200 Yards - Stress Value = 87

Workout #15876 - Wednesday, 02 July 2014

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
1,450	1x{3 x 100 on 2:25 Kick L.25 100%
	{4 x 25 on :40 Kick no board B
	{3 x 100 on 2:20 Kick L.25 100%
	{4 x 25 on :40 Kick no board S
	{3 x 100 on 2:15 Kick L.25 100%
	{4 x 25 on :40 Kick no board L
	{3 x 50 on 1:00 Kick L.25 100%
	{4 x 25 on :40 Kick no board R
1,000	5 x 200 on 3:35 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
1,500	1x{4 x 100 on 2:00 Fly 2-3-4-5 SOW
	{2 x 25 on :40 Fly 5KOW+1 HB@F
	{4 x 100 on 2:00 Fly 2-3-4-5 SOW
	{4 x 25 on :40 Fly 5KOW+1 HB@F
	{4 x 100 on 2:00 Fly 2-3-4-5 SOW
	{6 x 25 on :40 Fly 5KOW+1 HB@F
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 5,300 Yards - Stress Value = 77

Workout #15877 - Wednesday, 02 July 2014

Taper 1 - Fly

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{1 x 125 on 2:00 Kick L.25 100%
	{4 x 25 on :30 Kick no board B
	{2 x 125 on 1:55 Kick L.25 100%
	{4 x 25 on :30 Kick no board S
	{2 x 125 on 1:50 Kick L.25 100%
	{4 x 25 on :30 Kick no board L
	{1 x 125 on 1:45 Kick L.25 100%
	{4 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
1,300	1x{2 x 100 on 1:15 Fly 2-3-4-5 SOW
	{2 x 25 on :25 Fly 5KOW+1 HB@F
	{2 x 100 on 1:15 Fly 2-3-4-5 SOW
	{4 x 25 on :25 Fly 5KOW+1 HB@F
	{2 x 100 on 1:15 Fly 2-3-4-5 SOW
	{6 x 25 on :25 Fly 5KOW+1 HB@F
	{2 x 100 on 1:15 Fly 2-3-4-5 SOW
	{8 x 25 on :25 Fly 5KOW+1 HB@F
200	1 x 200 on 3:00 Stroke Drills
	8:42 AM 3,900 Yards - Stress Value = 56

400	1 x 400 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,000	1x{1 x 125 on 2:25 Kick L.25 100%
	{4 x 25 on :35 Kick no board B
	{2 x 125 on 2:20 Kick L.25 100%
	{4 x 25 on :35 Kick no board S
	{2 x 125 on 2:15 Kick L.25 100%
	{2 x 25 on :35 Kick no board L
	{1 x 75 on 1:20 Kick L.25 100%
	{2 x 25 on :35 Kick no board R
600	3 x 200 on 3:05 Lungbuster pulls
	Breathe 3-5-7-9 continuous
	Only do a 100 on the 3rd one
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 100 on 1:35 Fly 2-3-4-5 SOW
	{2 x 25 on :35 Fly 5KOW+1 HB@F
	{2 x 100 on 1:35 Fly 2-3-4-5 SOW
	{4 x 25 on :35 Fly 5KOW+1 HB@F
	{2 x 100 on 1:35 Fly 2-3-4-5 SOW
	{6 x 25 on :35 Fly 5KOW+1 HB@F
	{1 x 100 on 1:35 Fly 2-3-4 SOW
500	10 x 50 on 1:00 Stroke Drills
	8:51 AM 3,750 Yards - Stress Value = 50

Workout #15885 - Thursday, 03 July 2014

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 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
1,750	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 1:35 Alt 50brpull/50frpull
	{3 x 100 on 1:30 Alt 50brpull/50frpull
	{2 x 100 on 1:25 Alt 50brpull/50frpull
	{1 x 100 on 1:20 Alt 50brpull/50frpull
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,675	1x{4 x 125 on 1:50 100 Breast 25 free
	{3 x 75 on 1:00 25 back 50 breast
	{4 x 125 on 1:45 100 Breast 25 free
	{3 x 75 on 1:05 25 back 50 breast
	{4 x 125 on 1:40 100 Breast 25 free
	{3 x 75 on 1:10 25 back 50 breast
	{4 x 125 on 1:35 100 Breast 25 free
250	1 x 250 on 4:00 Stroke Drills
	9:29 AM 6,625 Yards - Stress Value = 106

Workout #15878 - Wednesday, 02 July 2014

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
1,100	1x{1 x 125 on 2:10 Kick L.25 100%
	{2 x 25 on :30 Kick no board B
	{2 x 125 on 2:05 Kick L.25 100%
	{4 x 25 on :30 Kick no board S
	{2 x 125 on 2:00 Kick L.25 100%
	{4 x 25 on :30 Kick no board L
	{1 x 125 on 1:55 Kick L.25 100%
	{4 x 25 on :30 Kick no board R
600	3 x 200 on 2:45 Lungbuster pulls
	Breathe 3-5-7-9 continuous
	Only do a 150 on 3rd one
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 100 on 1:25 Fly 2-3-4-5 SOW
	{2 x 25 on :30 Fly 5KOW+1 HB@F
	{2 x 100 on 1:25 Fly 2-3-4-5 SOW
	{4 x 25 on :30 Fly 5KOW+1 HB@F
	{2 x 100 on 1:25 Fly 2-3-4-5 SOW
	{6 x 25 on :30 Fly 5KOW+1 HB@F
	{2 x 100 on 1:25 Fly 2-3-4 SOW
	{2 x 25 on :30 Fly 5KOW+1 HB@F
200	1 x 200 on 3:00 Stroke Drills
	8:43 AM 3,700 Yards - Stress Value = 52

Workout #15879 - Wednesday, 02 July 2014

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start

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

Workout #15886 - Thursday, 03 July 2014

Group 3 - Bronze

Group 3 - Gold

1 minute rest between sets

1 minute rest between sets

7:00 AM Start		7:00 AM Start	
Yards	Set Description	Yards	Set Description
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders	500	1 on 30:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back	150	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	10 x 15 on :45 Shooters
1,700	1x{5 x 50 on :50 Kick {8 x 25 on :30 Kick your weakest kick {4 x 50 on :50 Kick {8 x 25 on :30 Kick your weakest kick {3 x 50 on :50 Kick {8 x 25 on :30 Kick your weakest kick {2 x 50 on :50 Kick {8 x 25 on :30 Kick your weakest kick {1 x 50 on :50 Kick {6 x 25 on :30 Kick your weakest kick	700	1x{5 x 50 on 1:10 Kick {4 x 25 on :45 Kick your weakest kick {4 x 50 on 1:10 Kick {4 x 25 on :45 Kick your weakest kick {3 x 50 on 1:10 Kick {4 x 25 on :45 Kick your weakest kick {2 x 50 on 1:10 Kick {4 x 25 on :45 Kick your weakest kick {1 x 50 on 1:10 Kick {2 x 25 on :45 Kick your weakest kick
850	1x{4 x 100 on 1:45 Alt 50brpull/50frpull {3 x 100 on 1:40 Alt 50brpull/50frpull {1 x 100 on 1:35 Alt 50brpull/50frpull {1 x 50 on :45 Alt 25brpull/25frpull	200	1x{1 x 100 on 2:25 Alt 50brpull/50frpull {2 x 100 on 2:20 Alt 50brpull/50frpull {2 x 100 on 2:15 Alt 50brpull/50frpull {2 x 100 on 2:10 Alt 50brpull/25frpull
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	1,850	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 125 on 2:00 100 Breast 25 free {3 x 75 on 1:10 25 back 50 breast {4 x 125 on 1:55 100 Breast 25 free {3 x 75 on 1:15 25 back 50 breast {4 x 125 on 1:50 100 Breast 25 free {3 x 75 on 1:20 25 back 50 breast {2 x 125 on 1:45 100 Breast 25 free	250	1x{4 x 125 on 2:35 100 Breast 25 free {3 x 75 on 1:30 25 back 50 breast {2 x 125 on 2:30 100 Breast 25 free {3 x 75 on 1:35 25 back 50 breast {2 x 125 on 2:25 100 Breast 25 free {2 x 75 on 1:40 25 back 50 breast {2 x 125 on 2:20 100 Breast 25 free
250	1 x 250 on 4:00 Stroke Drills		1 x 250 on 4:00 Stroke Drills
	9:29 AM 6,175 Yards - Stress Value = 98		9:29 AM 4,850 Yards - Stress Value = 77

Workout #15887 - Thursday, 03 July 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start	
Yards	Set Description
=====	=====
	1 on 30:00 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
1,450	1x{5 x 50 on 1:00 Kick {6 x 25 on :35 Kick your weakest kick {4 x 50 on 1:00 Kick {6 x 25 on :35 Kick your weakest kick {3 x 50 on 1:00 Kick {6 x 25 on :35 Kick your weakest kick {2 x 50 on 1:00 Kick {6 x 25 on :35 Kick your weakest kick {1 x 50 on 1:00 Kick {4 x 25 on :35 Kick your weakest kick
800	1x{3 x 100 on 2:00 Alt 50brpull/50frpull {2 x 100 on 1:55 Alt 50brpull/50frpull {2 x 100 on 1:50 Alt 50brpull/50frpull {1 x 100 on 1:45 Alt 50brpull/50frpull
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{4 x 125 on 2:15 100 Breast 25 free {3 x 75 on 1:20 25 back 50 breast {4 x 125 on 2:10 100 Breast 25 free {3 x 75 on 1:25 25 back 50 breast {2 x 125 on 2:05 100 Breast 25 free {2 x 75 on 1:30 25 back 50 breast {2 x 100 on 1:35 75 Breast 25 free
250	1 x 250 on 4:00 Stroke Drills
	9:29 AM 5,450 Yards - Stress Value = 86

Workout #15888 - Thursday, 03 July 2014

Workout #15892 - Thursday, 03 July 2014

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:00 PM Start		
=====	=====	=====	=====
	1 on 10:00 Dynamic Stretch		
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 #15893 - Thursday, 03 July 2014

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:00 PM Start		
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters		SP3
1,800	1x{1 x 150 on 3:00 Kick		EN2
	{1 x 100 on 2:00 Kick		EN2
	{1 x 50 on 1:00 Kick		EN2
	{2 x 150 on 2:55 Kick		EN2
	{2 x 100 on 1:55 Kick		EN2
	{2 x 50 on :55 Kick		EN2
	{1 x 150 on 2:50 Kick		EN2
	{1 x 100 on 1:50 Kick		EN2
	{1 x 50 on :50 Kick		EN2
	{2 x 150 on 2:45 Kick		EN2
	{2 x 100 on 1:45 Kick		EN2
	{2 x 50 on :45 Kick		EN2
200	8 x 25 on :45 Stroke Drills		REC
2,450	1x{1 x 200 on 3:30 150 breast 50 free		EN2
	{2 x 175 on 3:00 125 Breast 50 free		EN2
	{3 x 150 on 2:30 100 breast 50 free		EN2
	{4 x 125 on 2:00 75 breast 50 free		EN2
	{5 x 100 on 1:35 50 breast 50 ree		EN2
	{6 x 75 on 1:10 25 breast 50 free		EN2
200	1 x 200 on 4:00 Stroke Drills		REC
	1 on 13:00 Techniques-starts		
	7:30 PM 5,300 Yards - Stress Value = 91		

Workout #15897 - Thursday, 03 July 2014

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:00 PM Start		
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg		
350	1 x 350 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters		SP3
1,150	1x{1 x 150 on 4:30 Kick		EN2
	{1 x 100 on 3:00 Kick		EN2
	{1 x 50 on 1:30 Kick		EN2
	{2 x 150 on 4:25 Kick		EN2
	{2 x 100 on 2:55 Kick		EN2
	{2 x 50 on 1:25 Kick		EN2
	{1 x 150 on 4:20 Kick		EN2
	{1 x 100 on 2:50 Kick		EN2
200	8 x 25 on :45 Stroke Drills		REC
1,600	1x{1 x 200 on 5:00 150 breast 50 free		EN2
	{2 x 175 on 4:20 125 Breast 50 free		EN2
	{3 x 150 on 3:40 100 breast 50 free		EN2
	{4 x 125 on 3:00 75 breast 50 free		EN2
	{1 x 100 on 2:20 50 breast 50 free		EN2
200	1 x 200 on 4:00 Stroke Drills		REC
	1 on 13:00 Techniques-starts		
	7:29 PM 3,650 Yards - Stress Value = 61		

Workout #15894 - Thursday, 03 July 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:00 PM Start		
=====	=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters		SP3
1,650	1x{1 x 150 on 3:10 Kick		EN2
	{1 x 100 on 2:10 Kick		EN2
	{1 x 50 on 1:10 Kick		EN2
	{2 x 150 on 3:05 Kick		EN2
	{2 x 100 on 2:05 Kick		EN2
	{1 x 50 on 1:05 Kick		EN2
	{1 x 150 on 3:00 Kick		EN2
	{1 x 100 on 2:00 Kick		EN2
	{1 x 50 on 1:00 Kick		EN2
	{2 x 150 on 2:55 Kick		EN2
	{2 x 100 on 1:55 Kick		EN2
200	8 x 25 on :45 Stroke Drills		REC
2,150	1x{1 x 200 on 3:45 150 breast 50 free		EN2
	{2 x 175 on 3:15 125 Breast 50 free		EN2
	{3 x 150 on 2:45 100 breast 50 free		EN2
	{4 x 125 on 2:15 75 breast 50 free		EN2
	{5 x 100 on 1:45 50 breast 50 ree		EN2
	{2 x 75 on 1:15 25 breast 50 free		EN2
200	1 x 200 on 4:00 Stroke Drills		REC
	1 on 13:00 Techniques-starts		
	7:29 PM 4,850 Yards - Stress Value = 82		

Workout #15895 - Thursday, 03 July 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Shoulders/Tm Mtg		
450	1 x 450 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,450	1x{1 x 150 on 3:25 Kick	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{1 x 50 on 1:25 Kick	EN2	
	{2 x 150 on 3:20 Kick	EN2	
	{2 x 100 on 2:20 Kick	EN2	
	{2 x 50 on 1:20 Kick	EN2	
	{1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 150 on 3:10 Kick	EN2	
200	8 x 25 on :45 Stroke Drills	REC	
2,000	1x{1 x 200 on 4:05 150 breast 50 free	EN2	
	{2 x 175 on 3:30 125 Breast 50 free	EN2	
	{3 x 150 on 2:55 100 breast 50 free	EN2	
	{4 x 125 on 2:25 75 breast 50 free	EN2	
	{5 x 100 on 1:55 50 breast 50 ree	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 13:00 Techniques-starts		
7:30 PM	4,450 Yards - Stress Value = 75		

Workout #15896 - Thursday, 03 July 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Shoulders/Tm Mtg		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,400	1x{1 x 150 on 3:45 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN2	
	{2 x 150 on 3:40 Kick	EN2	
	{2 x 100 on 2:25 Kick	EN2	
	{2 x 50 on 1:10 Kick	EN2	
	{1 x 150 on 3:35 Kick	EN2	
	{1 x 100 on 2:35 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN2	
	{1 x 150 on 3:35 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
200	8 x 25 on :45 Stroke Drills	REC	
1,900	1x{1 x 200 on 4:20 150 breast 50 free	EN2	
	{2 x 175 on 3:45 125 Breast 50 free	EN2	
	{3 x 150 on 3:10 100 breast 50 free	EN2	
	{4 x 125 on 2:35 75 breast 50 free	EN2	
	{4 x 100 on 2:00 50 breast 50 free	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 13:00 Techniques-starts		
7:30 PM	4,250 Yards - Stress Value = 72		

Workout #15889 - Thursday, 03 July 2014

Taper 1 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
=====	=====	====	==
	1 on 30:00 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		
800	1x{2 x 50 on :45 Kick		
	{4 x 25 on :30 Kick your weakest kick		

	{2 x 50 on :45 Kick		
	{4 x 25 on :30 Kick your weakest kick		
	{2 x 50 on :45 Kick		
	{4 x 25 on :30 Kick your weakest kick		
	{2 x 50 on :45 Kick		
	{4 x 25 on :30 Kick your weakest kick		
400	1x{1 x 100 on 1:35 Alt 50brpull/50frpull		
	{1 x 100 on 1:30 Alt 50brpull/50frpull		
	{1 x 100 on 1:25 Alt 50brpull/50frpull		
	{1 x 100 on 1:20 Alt 50brpull/50frpull		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,675	1x{2 x 125 on 1:50 100 Breast 25 free		
	{3 x 75 on 1:00 25 back 50 breast		
	{2 x 125 on 1:45 100 Breast 25 free		
	{3 x 75 on 1:05 25 back 50 breast		
	{2 x 125 on 1:40 100 Breast 25 free		
	{3 x 75 on 1:10 25 back 50 breast		
	{2 x 125 on 1:35 100 Breast 25 free		
200	1 x 200 on 3:00 Stroke Drills		
8:44 AM	3,725 Yards - Stress Value = 59		

Workout #15898 - Thursday, 03 July 2014

Taper 1 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	====	==
	1 on 30:00 DS/Shoulders/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 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	{1 x 150 on 2:55 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 150 on 2:50 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
100	4 x 25 on :45 Stroke Drills	REC	
1,200	1x{1 x 200 on 3:30 150 breast 50 free	EN2	
	{2 x 175 on 3:00 125 Breast 50 free	EN2	
	{1 x 150 on 2:30 100 breast 50 free	EN2	
	{2 x 125 on 2:00 75 breast 50 free	EN2	
	{1 x 100 on 1:35 50 breast 50 ree	EN2	
	{2 x 75 on 1:10 25 breast 50 free	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Techniques-starts		
6:48 PM	2,950 Yards - Stress Value = 48		

Workout #15890 - Thursday, 03 July 2014

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 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
 750 1x{2 x 50 on :50 Kick
 {4 x 25 on :30 Kick your weakest kick
 {2 x 50 on :50 Kick
 {4 x 25 on :30 Kick your weakest kick
 {2 x 50 on :50 Kick
 {4 x 25 on :30 Kick your weakest kick
 {2 x 50 on :50 Kick
 {2 x 25 on :30 Kick your weakest kick
 350 1x{1 x 100 on 1:45 Alt 50brpull/50frpull
 {1 x 100 on 1:40 Alt 50brpull/50frpull
 {1 x 100 on 1:35 Alt 50brpull/50frpull
 {1 x 50 on :45 Alt 25brpull/25frpull
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,525 1x{2 x 125 on 2:00 100 Breast 25 free
 {3 x 75 on 1:10 25 back 50 breast
 {2 x 125 on 1:55 100 Breast 25 free
 {3 x 75 on 1:15 25 back 50 breast
 {2 x 125 on 1:50 100 Breast 25 free
 {1 x 75 on 1:20 25 back 50 breast
 {2 x 125 on 1:45 100 Breast 25 free
 200 1 x 200 on 3:00 Stroke Drills
 8:44 AM 3,475 Yards - Stress Value = 55

{4 x 25 on :35 Kick your weakest kick
 {2 x 50 on 1:00 Kick
 {4 x 25 on :35 Kick your weakest kick
 {2 x 50 on 1:00 Kick
 {4 x 25 on :35 Kick your weakest kick
 {1 x 50 on 1:00 Kick
 300 1x{1 x 100 on 1:55 Alt 50brpull/50frpull
 {1 x 100 on 1:50 Alt 50brpull/50frpull
 {1 x 100 on 1:45 Alt 50brpull/50frpull
 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{2 x 125 on 2:15 100 Breast 25 free
 {2 x 75 on 1:20 25 back 50 breast
 {2 x 125 on 2:10 100 Breast 25 free
 {3 x 75 on 1:25 25 back 50 breast
 {2 x 125 on 2:05 100 Breast 25 free
 {2 x 75 on 1:30 25 back 50 breast
 {1 x 100 on 1:35 75 breast 25 free
 200 1 x 200 on 3:00 Stroke Drills
 8:45 AM 3,175 Yards - Stress Value = 50

Workout #15900 - Thursday, 03 July 2014

Taper 1 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 750 1x{1 x 150 on 3:25 Kick
 {1 x 100 on 2:25 Kick
 {1 x 50 on 1:25 Kick
 {1 x 150 on 3:20 Kick
 {1 x 100 on 2:20 Kick
 {1 x 50 on 1:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:15 Kick
 100 4 x 25 on :45 Stroke Drills
 1,000 1x{1 x 200 on 4:05 150 breast 50 free
 {2 x 175 on 3:30 125 Breast 50 free
 {1 x 150 on 2:55 100 breast 50 free
 {2 x 125 on 2:25 75 breast 50 free
 {1 x 50 on 1:00 25 breast 25 free
 200 1 x 200 on 4:00 Stroke Drills
 1 on 10:00 Techniques-starts
 6:48 PM 2,600 Yards - Stress Value = 41

EGY WC
 === ==
 REC
 SP3
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 REC
 EN2
 EN2
 EN2
 EN2
 EN2
 REC
 EN2
 EN2
 EN2
 EN2
 EN2
 REC

Workout #15899 - Thursday, 03 July 2014

Taper 1 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 850 1x{1 x 150 on 3:10 Kick
 {1 x 100 on 2:10 Kick
 {1 x 50 on 1:10 Kick
 {1 x 150 on 3:05 Kick
 {1 x 100 on 2:05 Kick
 {1 x 50 on 1:05 Kick
 {1 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 100 4 x 25 on :45 Stroke Drills
 1,050 1x{1 x 200 on 3:45 150 breast 50 free
 {2 x 175 on 3:15 125 Breast 50 free
 {1 x 150 on 2:45 100 breast 50 free
 {2 x 125 on 2:15 75 breast 50 free
 {1 x 100 on 1:45 50 breast 50 ree
 200 1 x 200 on 4:00 Stroke Drills
 1 on 10:00 Techniques-starts
 6:48 PM 2,750 Yards - Stress Value = 44

EGY WC
 === ==
 REC
 SP3
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 EN2
 REC
 EN2
 EN2
 EN2
 EN2
 EN2
 REC

Workout #15891 - Thursday, 03 July 2014

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 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
 650 1x{2 x 50 on 1:00 Kick

Workout #15901 - Friday, 04 July 2014

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 The entire set is with fins/All BSLR 15M
 2,250 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 150 on 1:55 Kick with flippers
 {4 x 25 on :30 Kick no board BSLR
 {3 x 150 on 1:50 Kick with flippers
 {4 x 25 on :30 Kick no board BSLR
 {3 x 150 on 1:45 Kick with flippers
 {6 x 25 on :30 Kick no board BSLR
 {3 x 150 on 1:40 Kick with flippers
 1,200 1x{6 x 50 on :35 Pulls-nbbf&w + 2 yds
 {6 x 50 on :40 Pulls-nbbf&w + 4 yds
 {6 x 50 on :45 Pulls-nbbf&w + 6 yds
 {6 x 50 on :50 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
 2,600 13x{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 7,400 Yards - Stress Value = 104

{4 x 25 on :30 Kick no board BSLR
 {3 x 150 on 2:15 Kick with flippers
 {4 x 25 on :30 Kick no board BSLR
 {3 x 150 on 2:10 Kick with flippers
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:20 Kick with flippers
 950 1x{4 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 1:35 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 6,300 Yards - Stress Value = 88

Workout #15904 - Friday, 04 July 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 The entire set is with fins/All BSLR 15M
 1,600 1x{4 x 25 on :40 Kick no board BSLR
 {3 x 100 on 1:45 Kick with flippers
 {4 x 25 on :40 Kick no board BSLR
 {3 x 100 on 1:40 Kick with flippers
 {4 x 25 on :40 Kick no board BSLR
 {3 x 100 on 1:35 Kick with flippers
 {4 x 25 on :40 Kick no board BSLR
 {2 x 150 on 2:15 Kick with flippers
 850 1x{4 x 50 on :50 Pulls-nbbf&w + 2 yds
 {4 x 50 on :55 Pulls-nbbf&w + 4 yds
 {4 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
 1,800 9x{1 x 100 on 2:05 Individual Medley
 {1 x 50 on :55 Freestyle
 {1 x 50 on 1:10 Freestyle
 200 4 x 50 on 1:00 Stroke Drills
 9:30 AM 5,300 Yards - Stress Value = 75

Workout #15902 - Friday, 04 July 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Teds Abs
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 The entire set is with fins/All BSLR 15M
 2,050 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 150 on 2:10 Kick with flippers
 {4 x 25 on :30 Kick no board BSLR
 {3 x 150 on 2:05 Kick with flippers
 {4 x 25 on :30 Kick no board BSLR
 {3 x 150 on 2:00 Kick with flippers
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:15 Kick with flippers
 1,050 1x{6 x 50 on :40 Pulls-nbbf&w + 2 yds
 {5 x 50 on :45 Pulls-nbbf&w + 4 yds
 {5 x 50 on :50 Pulls-nbbf&w + 6 yds
 {5 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 1:25 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 350 7 x 50 on 1:00 Stroke Drills
 9:30 AM 6,800 Yards - Stress Value = 94

Workout #15903 - Friday, 04 July 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs
 550 1 x 550 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 The entire set is with fins/All BSLR 15M
 1,950 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 150 on 2:20 Kick with flippers

Workout #15905 - Friday, 04 July 2014

Taper 1 - IM'ers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs
 400 1 x 400 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 The entire set is with fins/All BSLR 15M
 1,050 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 1:55 Kick with flippers
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 1:50 Kick with flippers
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 1:45 Kick with flippers
 {6 x 25 on :30 Kick no board BSLR
 {1 x 150 on 1:40 Kick with flippers
 600 1x{3 x 50 on :35 Pulls-nbbf&w + 2 yds
 {3 x 50 on :40 Pulls-nbbf&w + 4 yds
 {3 x 50 on :45 Pulls-nbbf&w + 6 yds
 {3 x 50 on :50 Pulls-nbbf&w + 8 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 7x{1 x 100 on 1:15 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 8:46 AM 3,950 Yards - Stress Value = 56

{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:15 Kick with flippers
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:10 Kick with flippers
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:05 Kick with flippers
 500 1x{2 x 50 on :45 Pulls-nbbf&w + 2 yds
 {3 x 50 on :50 Pulls-nbbf&w + 4 yds
 {3 x 50 on :55 Pulls-nbbf&w + 6 yds
 {2 x 50 on 1:00 Pulls-nbbf&w + 8 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 6x{1 x 100 on 1:35 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 8:47 AM 3,600 Yards - Stress Value = 50

Workout #15908 - Monday, 07 July 2014

Group 3 - Freestylers

1 minute rest between sets

7:00 AM 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
 All KNB, min 12.5Y underwater
 1,500 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:25 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:30 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick best effort
 1,200 6 x 200 on 2:30 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
 3,600 1x{4 x 150 on 1:50 Freestyle
 {1 x 600 on 7:30 Freestyle
 {4 x 125 on 1:30 Freestyle
 {1 x 500 on 6:15 Freestyle
 {4 x 100 on 1:10 Freestyle
 {1 x 400 on 5:00 Freestyle
 {4 x 75 on :50 Freestyle
 {1 x 300 on 3:45 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 7,750 Yards - Stress Value = 154

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Teds Abs
 400 1 x 400 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 The entire set is with fins/All BSLR 15M
 1,050 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:10 Kick with flippers
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:05 Kick with flippers
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:00 Kick with flippers
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:15 Kick with flippers
 550 1x{3 x 50 on :40 Pulls-nbbf&w + 2 yds
 {3 x 50 on :45 Pulls-nbbf&w + 4 yds
 {3 x 50 on :50 Pulls-nbbf&w + 6 yds
 {2 x 50 on :55 Pulls-nbbf&w + 8 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 7x{1 x 100 on 1:25 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 8:48 AM 3,900 Yards - Stress Value = 55

Workout #15907 - Friday, 04 July 2014

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs
 400 1 x 400 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 The entire set is with fins/All BSLR 15M
 1,000 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:20 Kick with flippers

Workout #15909 - Monday, 07 July 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Physio Balls
 150 1 x 600 on 10:00 Swim-kick-pull-swim
 10 x 15 on :45 Shooters
 All KNB, min 12.5Y underwater
 1,400 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:55 Kick-best effort
 1,050 6 x 175 on 2:30 Pulls-no br L.12 yds
 Hold under 1:20 base
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,250 1x{4 x 150 on 2:00 Freestyle
 {1 x 600 on 8:00 Freestyle
 {4 x 125 on 1:40 Freestyle
 {1 x 500 on 6:40 Freestyle
 {4 x 100 on 1:20 Freestyle
 {1 x 500 on 6:40 Freestyle
 {2 x 75 on 1:00 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 7,150 Yards - Stress Value = 133

Workout #15910 - Monday, 07 July 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 25:00 DS/Physio Balls
 150 1 x 550 on 10:00 Swim-kick-pull-swim
 10 x 15 on :45 Shooters
 All KNB, min 12.5Y underwater
 1,250 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:50 Kick best effort
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:55 Kick best effort
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:00 Kick best effort
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:05 Kick
 {2 x 25 on :30 Kick no board BS
 1,050 6 x 175 on 2:30 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
 3,000 1x{4 x 150 on 2:15 Freestyle
 {1 x 600 on 9:00 Freestyle
 {4 x 125 on 1:50 Freestyle
 {1 x 500 on 7:30 Freestyle
 {4 x 100 on 1:30 Freestyle
 {1 x 400 on 6:00 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 6,700 Yards - Stress Value = 135

Workout #15911 - Monday, 07 July 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 25:00 DS/Physio Balls
 150 1 x 500 on 10:00 Swim-kick-pull-swim
 10 x 15 on :45 Shooters
 All KNB, min 15m underwater
 1,000 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:10 Kick best effort
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:15 Kick best effort
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:20 Kick best effort
 {4 x 25 on :45 Kick no board BSLR
 900 6 x 150 on 2:30 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
 2,500 1x{4 x 150 on 2:35 Freestyle
 {1 x 600 on 10:30 Freestyle
 {4 x 125 on 2:05 Freestyle
 {1 x 500 on 8:45 Freestyle
 {3 x 100 on 1:40 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 500 10 x 50 on 1:00 Stroke Drills
 9:29 AM 5,750 Yards - Stress Value = 97

Workout #15915 - Monday, 07 July 2014

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
 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
 6:27 PM 2,650 Yards - Stress Value = 120

Workout #15916 - Monday, 07 July 2014

Group 2 - Breast

1 minute rest between sets

5:00 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
 1,650 1x{2 x 100 on 2:00 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 125 on 2:25 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 150 on 2:50 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 150 on 2:45 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 200 8 x 25 on :45 Stroke Drills
 1,850 1x{1 x 50 on 1:15 Breast Pull
 {6 x 75 on 1:15 Breaststroke
 {2 x 50 on 1:15 Breast Pull
 {5 x 75 on 1:15 Breaststroke
 {3 x 50 on 1:15 Breast Pull
 {4 x 75 on 1:15 Breaststroke
 {4 x 50 on 1:15 Breast Pull
 {3 x 75 on 1:15 Breaststroke
 300 6 x 50 on 1:15 Stroke Drills
 1 on 10:00 Game
 7:29 PM 4,650 Yards - Stress Value = 76

Workout #15920 - Monday, 07 July 2014

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Tm Mtg
 350 1 x 350 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,050 1x{2 x 100 on 3:15 Kick
 {6 x 25 on 1:00 Kick no brd-alt on back/stmach
 {2 x 100 on 3:10 Kick
 {6 x 25 on 1:00 Kick no brd-alt on back/stmach
 {2 x 100 on 3:05 Kick
 {6 x 25 on 1:00 Kick no brd-alt on back/stmach
 200 8 x 25 on :45 Stroke Drills
 1,050 1x{1 x 50 on 2:00 Breast Pull
 {6 x 50 on 1:30 Breaststroke
 {2 x 50 on 2:00 Breast Pull
 {5 x 50 on 1:30 Breaststroke
 {3 x 50 on 2:00 Breast Pull
 {4 x 50 on 1:30 Breaststroke
 300 6 x 50 on 1:15 Stroke Drills
 1 on 10:00 Game
 7:28 PM 3,100 Yards - Stress Value = 48

Workout #15917 - Monday, 07 July 2014

Group 2 - Gold

1 minute rest between sets

5:00 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
 1,550 1x{2 x 100 on 2:10 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 125 on 2:35 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 150 on 3:00 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 100 on 2:00 Kick

{6 x 25 on :45 Kick no brd-alt on back/stmach
 200 8 x 25 on :45 Stroke Drills
 1,700 1x{1 x 50 on 1:20 Breast Pull
 {6 x 75 on 1:20 Breaststroke
 {2 x 50 on 1:20 Breast Pull
 {5 x 75 on 1:20 Breaststroke
 {3 x 50 on 1:20 Breast Pull
 {4 x 75 on 1:20 Breaststroke
 {4 x 50 on 1:20 Breast Pull
 {1 x 75 on 1:20 Breaststroke
 300 6 x 50 on 1:15 Stroke Drills
 1 on 10:00 Game
 7:29 PM 4,400 Yards - Stress Value = 72

Workout #15918 - Monday, 07 July 2014

Group 2 - Silver

1 minute rest between sets

5:00 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
 1,500 1x{2 x 100 on 2:20 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 125 on 2:45 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 150 on 3:15 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {1 x 150 on 3:10 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 200 8 x 25 on :45 Stroke Drills
 1,525 1x{1 x 50 on 1:30 Breast Pull
 {6 x 75 on 1:30 Breaststroke
 {2 x 50 on 1:30 Breast Pull
 {5 x 75 on 1:30 Breaststroke
 {3 x 50 on 1:30 Breast Pull
 {4 x 75 on 1:30 Breaststroke
 {2 x 50 on 1:30 Breast Pull
 300 6 x 50 on 1:15 Stroke Drills
 1 on 10:00 Game
 7:29 PM 4,125 Yards - Stress Value = 67

Workout #15919 - Monday, 07 July 2014

Group 2 - Bronze

1 minute rest between sets

5:00 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
 1,350 1x{2 x 100 on 2:45 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 100 on 2:40 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {2 x 100 on 2:35 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 {3 x 50 on 1:15 Kick
 {6 x 25 on :45 Kick no brd-alt on back/stmach
 200 8 x 25 on :45 Stroke Drills
 1,250 1x{1 x 50 on 1:45 Breast Pull
 {6 x 50 on 1:15 Breaststroke
 {2 x 50 on 1:45 Breast Pull
 {5 x 50 on 1:15 Breaststroke
 {3 x 50 on 1:45 Breast Pull
 {4 x 50 on 1:15 Breaststroke
 {4 x 50 on 1:15 Breast Pull
 300 6 x 50 on 1:15 Stroke Drills
 1 on 10:00 Game
 7:29 PM 3,650 Yards - Stress Value = 58

Workout #15921 - Monday, 07 July 2014

Taper 1 - Breast

1 minute rest between sets

5:00 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
 725 1x{1 x 100 on 2:00 Kick
 {2 x 25 on :45 Kick no brd-alt on back/stmach
 {1 x 125 on 2:25 Kick
 {2 x 25 on :45 Kick no brd-alt on back/stmach
 {1 x 150 on 2:50 Kick
 {2 x 25 on :45 Kick no brd-alt on back/stmach
 {1 x 150 on 2:45 Kick
 {2 x 25 on :45 Kick no brd-alt on back/stmach
 100 4 x 25 on :45 Stroke Drills
 975 1x{1 x 50 on 1:15 Breast Pull
 {4 x 75 on 1:15 Breaststroke
 {2 x 50 on 1:15 Breast Pull
 {3 x 75 on 1:15 Breaststroke
 {3 x 50 on 1:15 Breast Pull
 {2 x 75 on 1:15 Breaststroke
 200 1 x 200 on 4:00 Stroke Drills
 6:35 PM 2,550 Yards - Stress Value = 39

Workout #15912 - Monday, 07 July 2014

Taper 1 - Freestylers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 All KNB, min 12.5Y underwater
 800 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:25 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:30 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:35 Kick best effort
 600 3 x 200 on 2:30 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
 1,850 1x{2 x 150 on 1:50 Freestyle
 {1 x 600 on 7:30 Freestyle
 {2 x 125 on 1:30 Freestyle
 {1 x 500 on 6:15 Freestyle
 {2 x 100 on 1:10 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 250 1 x 250 on 4:00 Stroke Drills
 8:41 AM 4,150 Yards - Stress Value = 85

Workout #15913 - Monday, 07 July 2014

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 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 All KNB, min 12.5Y underwater
 750 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {2 x 25 on :30 Kick no board BS
 {1 x 100 on 1:45 Kick best effort

525 3 x 175 on 2:30 Pulls-no br L.12 yds
 Hold under 1:20 base
 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 150 on 2:00 Freestyle
 {1 x 500 on 6:40 Freestyle
 {2 x 125 on 1:40 Freestyle
 {1 x 450 on 6:00 Freestyle
 {2 x 100 on 1:20 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 250 1 x 250 on 4:00 Stroke Drills
 8:41 AM 3,875 Yards - Stress Value = 80

Workout #15922 - Monday, 07 July 2014

Taper 1 - Gold

1 minute rest between sets

5:00 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
 675 1x{1 x 100 on 2:10 Kick
 {2 x 25 on :45 Kick no brd-alt on back/stmach
 {1 x 125 on 2:35 Kick
 {2 x 25 on :45 Kick no brd-alt on back/stmach
 {1 x 150 on 3:00 Kick
 {2 x 25 on :45 Kick no brd-alt on back/stmach
 {1 x 100 on 2:00 Kick
 {2 x 25 on :45 Kick no brd-alt on back/stmach
 100 4 x 25 on :45 Stroke Drills
 975 1x{1 x 50 on 1:20 Breast Pull
 {4 x 75 on 1:20 Breaststroke
 {2 x 50 on 1:20 Breast Pull
 {3 x 75 on 1:20 Breaststroke
 {3 x 50 on 1:20 Breast Pull
 {2 x 75 on 1:20 Breaststroke
 200 1 x 200 on 4:00 Stroke Drills
 6:36 PM 2,600 Yards - Stress Value = 38

Workout #15914 - Monday, 07 July 2014

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 All KNB, min 12.5Y underwater
 650 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:50 Kick best effort
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:55 Kick best effort
 {2 x 25 on :35 Kick no board BS
 525 3 x 175 on 2:30 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
 1,500 1x{2 x 150 on 2:15 Freestyle
 {1 x 500 on 7:30 Freestyle
 {2 x 125 on 1:50 Freestyle
 {1 x 250 on 3:45 Freestyle
 {2 x 100 on 1:30 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 250 1 x 250 on 4:00 Stroke Drills
 8:41 AM 3,575 Yards - Stress Value = 70

Workout #15930 - Monday, 07 July 2014

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
 300 3 x 100 on 2:00 Kick @ fastest interval
 625 5 x 125 on 1:55 Pull HB 2 SOW+1
 Only do a 100 on the 5th one
 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 100 on 1:35 Backstroke
 {8 x 25 on :35 Back 12yds under -1 kick
 {2 x 100 on 1:35 Backstroke
 {8 x 25 on :35 Back 12yds under -1 kick
 {3 x 100 on 1:35 Backstroke
 {8 x 25 on :35 Back 12yds under -1 kick
 {2 x 100 on 1:35 Backstroke
 {2 x 25 on :35 Back 12yds under -1 kick
 200 1 x 200 on 3:00 Stroke Drills
 8:39 AM 3,225 Yards - Stress Value = 45

Workout #15923 - Monday, 07 July 2014

Taper 1 - Silver

1 minute rest between sets

5:00 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
 625 1x{1 x 100 on 2:20 Kick
 {2 x 25 on :45 Kick no brd-alt on back/stmach
 {1 x 125 on 2:45 Kick
 {2 x 25 on :45 Kick no brd-alt on back/stmach
 {1 x 100 on 2:05 Kick
 {2 x 25 on :45 Kick no brd-alt on back/stmach
 {1 x 100 on 2:05 Kick
 100 4 x 25 on :45 Stroke Drills
 825 1x{1 x 50 on 1:30 Breast Pull
 {4 x 75 on 1:30 Breaststroke
 {2 x 50 on 1:30 Breast Pull
 {3 x 75 on 1:30 Breaststroke
 {3 x 50 on 1:30 Breast Pull
 200 1 x 200 on 4:00 Stroke Drills
 6:36 PM 2,300 Yards - Stress Value = 34

Workout #15924 - Tuesday, 08 July 2014

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
 300 3 x 100 on 2:00 Kick @fastest interval
 750 6 x 125 on 1:30 Pull HB 2 SOW +1
 100 2x{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 1:15 Backstroke
 {8 x 25 on :30 Back 12yds under -1 kick
 {2 x 100 on 1:15 Backstroke
 {8 x 25 on :30 Back 12yds under -1 kick
 {3 x 100 on 1:15 Backstroke
 {8 x 25 on :30 Back 12yds under -1 kick
 {4 x 100 on 1:15 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick

200 1 x 200 on 3:00 Stroke Drills
 8:38 AM 3,650 Yards - Stress Value = 52

Workout #15925 - Tuesday, 08 July 2014

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
 300 3 x 100 on 2:00 Kick @ fastest interval
 1,375 11 x 125 on 1:40 Pull 2 SOW +1
 only do a 100 on the 11th one
 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 100 on 1:25 Backstroke
 {8 x 25 on :30 Back 12yds under -1 kick
 {2 x 100 on 1:25 Backstroke
 {8 x 25 on :30 Back 12yds under -1 kick
 {3 x 100 on 1:25 Backstroke
 {8 x 25 on :30 Back 12yds under -1 kick
 {4 x 100 on 1:25 Backstroke
 {8 x 25 on :30 Back 12yds under -1 kick
 {3 x 100 on 1:25 Backstroke
 450 9 x 50 on 1:00 Stroke Drills
 9:04 AM 5,175 Yards - Stress Value = 74

Workout #15926 - Tuesday, 08 July 2014

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
 400 4 x 100 on 2:00 Kick @ fastest interval
 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
 1,125 9 x 125 on 1:55 Pull HB 2 SOW+1
 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 1:35 Backstroke
 {8 x 25 on :35 Back 12yds under -1 kick
 {2 x 100 on 1:35 Backstroke
 {8 x 25 on :35 Back 12yds under -1 kick
 {3 x 100 on 1:35 Backstroke
 {8 x 25 on :35 Back 12yds under -1 kick
 {4 x 100 on 1:35 Backstroke
 {6 x 25 on :35 Back 12yds under -1 kick
 {1 x 50 on :50 Backstroke
 450 9 x 50 on 1:00 Stroke Drills
 9:30 AM 5,655 Yards - Stress Value = 82

Workout #15927 - Tuesday, 08 July 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 25:00 DS/Core
150	1 x 500 on 10:00 Underwater trn drill
400	10 x 15 on :45 Shooters
980	4 x 100 on 2:00 Kick @ fastest interval
1,000	1x{1 x 50 on 1:00 Vertical Kick-30/30
200	{4 x 30 on 1:00 15 underwater 15 sprint free
1,500	{2 x 50 on 1:00 Vertical Kick 35/25
450	{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
	10 x 100 on 1:45 Pull HB 2 SOW+1
	4x{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 1:55 Backstroke
	{6 x 25 on :45 Back 12yds under -1 kick
	{2 x 100 on 1:55 Backstroke
	{6 x 25 on :45 Back 12yds under -1 kick
	{3 x 100 on 1:55 Backstroke
	{6 x 25 on :45 Back 12yds under -1 kick
	{4 x 100 on 1:55 Backstroke
	{2 x 25 on :45 Back 12yds under -1 kick
9:30 AM	9 x 50 on 1:00 Stroke Drills
	5,180 Yards - Stress Value = 74

Workout #15931 - Tuesday, 08 July 2014

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
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

Workout #15936 - Tuesday, 08 July 2014

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
500	1 on 30:00 DS/Shoulders/Tm Mtg	
150	1 x 500 on 12:00 Swim-kick-pull-swim	REC
300	10 x 15 on :45 Shooters	SP3
800	6 x 50 on 1:30 3 strokes fly off walls	EN2
	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{2 x 75 on 2:15 Kick	EN2
	{6 x 25 on 1:00 Kick no board BSLRBS	EN2
	{1 x 100 on 3:00 Kick	EN2

100	{8 x 25 on 1:00 Kick no board BSLR X2	EN2
375	{2 x 50 on 1:15 Kick	EN2
500	4 x 25 on 1:00 Fly Drills	REC
1x{1 x 125 on 3:10 Pulls		EN2
{1 x 125 on 3:05 Pulls		EN2
{1 x 125 on 3:00 Pulls		EN2
{1 x 125 on 2:35 Pulls		EN2
100	4 x 25 on 1:00 Stroke Drills	REC
300	3 x 100 on 3:00 3 strokes fly off walls	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 10:00 Raft Relay	
7:29 PM	3,325 Yards - Stress Value = 50	

Workout #15932 - Tuesday, 08 July 2014

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
600	1 on 30:00 DS/Shoulders/Tm Mtg	
150	1 x 600 on 12:00 Swim-kick-pull-swim	REC
600	10 x 15 on :45 Shooters	SP3
1,200	12 x 50 on :45 3 strokes fly off walls	EN2
1x{4 x 25 on :45 Kick no board BSLR		EN2
{2 x 100 on 2:00 Kick		EN2
{6 x 25 on :45 Kick no board BSLR		EN2
{2 x 125 on 2:30 Kick		EN2
{8 x 25 on :45 Kick no board BSLR		EN2
{2 x 150 on 3:00 Kick		EN2
100	4 x 25 on 1:00 Fly Drills	REC
675	9 x 75 on 1:10 3 strokes fly off walls	EN2
750	1x{1 x 150 on 2:30 Pulls	EN2
	{1 x 150 on 2:25 Pulls	EN2
	{1 x 150 on 2:20 Pulls	EN2
	{1 x 150 on 2:15 Pulls	EN2
	{1 x 150 on 2:10 Pulls	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
600	6 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 Raft Relay	
7:30 PM	4,975 Yards - Stress Value = 83	

Workout #15933 - Tuesday, 08 July 2014

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
600	1 on 30:00 DS/Shoulders/Tm Mtg	
150	1 x 600 on 12:00 Swim-kick-pull-swim	REC
500	10 x 15 on :45 Shooters	SP3
1,100	10 x 50 on :50 3 strokes fly off walls	EN2
1x{4 x 25 on :45 Kick no board BSLR		EN2
{2 x 100 on 2:15 Kick		EN2
{6 x 25 on :45 Kick no board BSLRBS		EN2
{2 x 125 on 2:50 Kick		EN2
{8 x 25 on :45 Kick no board BSLR X2		EN2
{2 x 100 on 2:15 Kick		EN2
100	4 x 25 on 1:00 Fly Drills	REC
600	8 x 75 on 1:20 3 strokes fly off walls	EN2
700	1x{1 x 150 on 2:40 Pulls	EN2
	{1 x 150 on 2:35 Pulls	EN2
	{1 x 150 on 2:30 Pulls	EN2
	{1 x 150 on 2:25 Pulls	EN2
	{1 x 100 on 1:30 Pulls	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
500	5 x 100 on 1:40 3 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Raft Relay	
7:30 PM	4,550 Yards - Stress Value = 74	

Workout #15934 - Tuesday, 08 July 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
550	1 x 550 on 12:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
450	9 x 50 on :55 3 strokes fly off walls	EN2
850	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{2 x 75 on 1:55 Kick	EN2
	{6 x 25 on 1:00 Kick no board BSLRBS	EN2
	{1 x 100 on 2:30 Kick	EN2
	{8 x 25 on 1:00 Kick no board BSLR X2	EN2
	{2 x 75 on 1:55 Kick	EN2
100	4 x 25 on 1:00 Fly Drills	REC
525	7 x 75 on 1:30 3 strokes fly off walls	EN2
600	1x{1 x 150 on 2:50 Pulls	EN2
	{1 x 150 on 2:45 Pulls	EN2
	{1 x 150 on 2:40 Pulls	EN2
	{1 x 150 on 2:35 Pulls	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
400	4 x 100 on 1:55 3 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Raft Relay	
7:28 PM	3,925 Yards - Stress Value = 62	

Workout #15935 - Tuesday, 08 July 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
500	1 x 500 on 12:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
400	8 x 50 on 1:05 3 strokes fly off walls	EN2
800	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{2 x 75 on 2:15 Kick	EN2
	{6 x 25 on 1:00 Kick no board BSLRBS	EN2
	{1 x 100 on 3:00 Kick	EN2
	{8 x 25 on 1:00 Kick no board BSLR X2	EN2
	{2 x 50 on 1:15 Kick	EN2
100	4 x 25 on 1:00 Fly Drills	REC
450	6 x 75 on 1:40 3 strokes fly off walls	EN2
600	1x{1 x 150 on 3:10 Pulls	EN2
	{1 x 150 on 3:05 Pulls	EN2
	{1 x 150 on 3:00 Pulls	EN2
	{1 x 150 on 2:35 Pulls	EN2
100	4 x 25 on 1:00 Pulls	REC
400	4 x 100 on 2:15 3 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Raft Relay	
7:28 PM	3,700 Yards - Stress Value = 59	

Workout #15928 - Tuesday, 08 July 2014

Taper 1 - Back

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
=====	=====	=====
	1 on 25:00 DS/Core	
400	1 x 400 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
300	3 x 100 on 2:00 Kick @fastest interval	
750	6 x 125 on 1:30 Pull HB 2 SOW +1	
100	2x{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 1:15 Backstroke	
	{8 x 25 on :30 Back 12yds under -1 kick	
	{2 x 100 on 1:15 Backstroke	

{8 x 25 on :30 Back 12yds under -1 kick
{3 x 100 on 1:15 Backstroke
{8 x 25 on :30 Back 12yds under -1 kick
{4 x 100 on 1:15 Backstroke
{6 x 25 on :30 Back 12yds under -1 kick
1 x 200 on 3:00 Stroke Drills
8:38 AM 3,650 Yards - Stress Value = 52

Workout #15937 - Tuesday, 08 July 2014

Taper 1 - Fly

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
500	1 x 500 on 12:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
600	12 x 50 on :45 3 strokes fly off walls	EN2
700	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 100 on 2:00 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 75 on 1:30 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 150 on 3:00 Kick	EN2
100	4 x 25 on 1:00 Fly Drills	REC
525	7 x 75 on 1:10 3 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
6:38 PM	2,775 Yards - Stress Value = 42	

Workout #15929 - Tuesday, 08 July 2014

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
=====	=====	=====
	1 on 25:00 DS/Core	
400	1 x 400 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
300	3 x 100 on 2:00 Kick @ fastest interval	
625	5 x 125 on 1:40 Pull 2 SOW +1	
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 100 on 1:25 Backstroke	
	{8 x 25 on :30 Back 12yds under -1 kick	
	{2 x 100 on 1:25 Backstroke	
	{8 x 25 on :30 Back 12yds under -1 kick	
	{3 x 100 on 1:25 Backstroke	
	{8 x 25 on :30 Back 12yds under -1 kick	
	{4 x 100 on 1:25 Backstroke	
	{2 x 25 on :30 Back 12yds under -1 kick	
200	1 x 200 on 3:00 Stroke Drills	
8:38 AM	3,425 Yards - Stress Value = 47	

Workout #15938 - Tuesday, 08 July 2014

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
500	1 x 500 on 12:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
500	10 x 50 on :50 3 strokes fly off walls	EN2
650	1x{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
	{2 x 75 on 1:40 Kick	EN2
	{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 100 on 2:15 Kick	EN2
100	4 x 25 on 1:00 Fly Drills	REC
525	7 x 75 on 1:20 3 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
6:39 PM	2,625 Yards - Stress Value = 39	

Workout #15939 - Tuesday, 08 July 2014

Taper 1 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
500	1 x 500 on 12:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
450	9 x 50 on :55 3 strokes fly off walls	EN2
500	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{2 x 75 on 1:55 Kick	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 100 on 2:30 Kick	EN2
	{2 x 25 on 1:00 Kick no board BS	EN2
100	4 x 25 on 1:00 Fly Drills	REC
450	6 x 75 on 1:30 3 strokes fly off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
6:38 PM	2,350 Yards - Stress Value = 34	

Workout #15940 - Wednesday, 09 July 2014

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
=====	=====	=====
	1 on 25:00 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{3 x 100 on 1:45 Kick	
	{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	
	{3 x 100 on 1:20 Kick	
1,500	1x{4 x 150 on 1:55 Lungbuster pulls	
	{3 x 150 on 1:50 Lungbuster pulls	
	{2 x 150 on 1:45 Lungbuster pulls	
	{1 x 150 on 1:40 Lungbuster pulls	
	Odds br 3-5-7 by the 50	
	Evens br 2-4-6 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	
2,250	1x{3 x 150 on 2:35 2K1P w/ tennis balls	
	{6 x 25 on :40 Brst with paddles alt 2/3 PO	
	{3 x 150 on 2:30 2K1P w/ tennis balls	
	{6 x 25 on :40 Brst with paddles alt 2/3 PO	
	{3 x 150 on 2:25 2K1P w/ tennis balls	
	{6 x 25 on :40 Brst with paddles alt 2/3 PO	
	{3 x 150 on 2:20 2K1P w/tennis balls	
	3rd 150 of each set drop tennis balls	

300 6 x 50 on 1:00 Stroke Drills
9:30 AM 6,800 Yards - Stress Value = 96

Workout #15941 - Wednesday, 09 July 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
=====	=====	=====
	1 on 25:00 DS/Shoulders	
600	1 x 600 on 10:00 Free L.25 of each 100 Non F	
150	10 x 15 on :45 Shooters	
1,600	1x{3 x 100 on 1:55 Kick	
	{3 x 100 on 1:50 Kick	
	{3 x 100 on 1:45 Kick	
	{3 x 100 on 1:40 Kick	
	{3 x 100 on 1:35 Kick	
	{1 x 100 on 1:30 Kick	
1,400	1x{4 x 150 on 2:05 Lungbuster pulls	
	{3 x 150 on 2:00 Lungbuster pulls	
	{2 x 150 on 1:55 Lungbuster pulls	
	{1 x 50 on :40 Lungbuster pulls	
	Odds br 3-5-7 by the 50	
	Evens br 2-4-6 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	
2,150	1x{3 x 150 on 2:45 2K1P w/ tennis balls	
	{6 x 25 on :40 Brst with paddles alt 2/3 PO	
	{3 x 150 on 2:40 2K1P w/ tennis balls	
	{6 x 25 on :40 Brst w/paddles "X"pullouts	
	{3 x 150 on 2:35 2K1P w/ tennis balls	
	{6 x 25 on :40 Brst with paddles alt 2/3 PO	
	{2 x 150 on 2:30 2K1P w/tennis balls	
	{2 x 25 on :40 Brst with paddles alt 2/3 PO	
	3rd 150 of each set drop tennis balls	
300	6 x 50 on 1:00 Stroke Drills	
9:31 AM	6,400 Yards - Stress Value = 89	

Workout #15942 - Wednesday, 09 July 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
=====	=====	=====
	1 on 25:00 DS/Shoulders	
550	1 x 550 on 10:00 Free L.25 of each 100 Non F	
150	10 x 15 on :45 Shooters	
1,450	1x{3 x 100 on 2:05 Kick	
	{3 x 100 on 2:00 Kick	
	{3 x 100 on 1:55 Kick	
	{3 x 100 on 1:50 Kick	
	{2 x 100 on 1:45 Kick	
	{1 x 50 on :50 Kick	
1,250	1x{4 x 150 on 2:20 Lungbuster pulls	
	{3 x 150 on 2:15 Lungbuster pulls	
	{2 x 100 on 1:25 Lungbuster pulls	
	Odds br 3-5-7 by the 50	
	Evens br 2-4-6 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	
2,000	1x{3 x 150 on 2:55 2K1P w/ tennis balls	
	{6 x 25 on :40 Brst with paddles alt 2/3 PO	
	{3 x 150 on 2:50 2K1p w/tennis balls	
	{6 x 25 on :40 Brst with paddles alt 2/3 PO	
	{3 x 150 on 2:45 2K1P w/ tennis balls	
	{6 x 25 on :40 Brst with paddles alt 2/3 PO	
	{2 x 100 on 1:50 2K1P w/tennis balls	
	3rd 150 of each set drop tennis balls	
300	6 x 50 on 1:00 Stroke Drills	
9:30 AM	5,900 Yards - Stress Value = 82	

Workout #15943 - Wednesday, 09 July 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Shoulders
 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{3 x 100 on 2:25 Kick
 {3 x 100 on 2:20 Kick
 {3 x 100 on 2:15 Kick
 {3 x 100 on 2:10 Kick
 1,050 1x{4 x 150 on 2:40 Lungbuster pulls
 {2 x 150 on 2:35 Lungbuster pulls
 {2 x 75 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
 1,700 1x{3 x 150 on 3:30 2K1P w/ tennis balls
 {6 x 25 on :45 Brst with paddles alt 2/3 PO
 {3 x 150 on 3:25 2K1P w/ tennis balls
 {6 x 25 on :45 Brst with paddles alt 2/3 PO
 {3 x 150 on 3:20 2K1P w/ tennis balls
 {2 x 25 on :45 Brst with paddles alt 2/3 PO
 3rd 150 of each set drop tennis balls
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 5,100 Yards - Stress Value = 63

Workout #15944 - Wednesday, 09 July 2014

Taper 1 - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 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 1:45 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 {2 x 100 on 1:30 Kick
 {2 x 100 on 1:25 Kick
 {2 x 100 on 1:20 Kick
 600 1x{1 x 150 on 1:55 Lungbuster pulls
 {1 x 150 on 1:50 Lungbuster pulls
 {1 x 150 on 1:45 Lungbuster pulls
 {1 x 150 on 1:40 Lungbuster pulls
 Odds br 3-5-7 by the 50
 Evens br 2-4-6 by the 50
 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{3 x 100 on 1:40 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 100 on 1:35 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 150 on 2:20 2K1P w/tennis balls
 3rd 100/150 of each set drop tennis balls
 250 1 x 250 on 4:00 Stroke Drills
 8:43 AM 3,750 Yards - Stress Value = 50

Workout #15945 - Wednesday, 09 July 2014

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 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 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick

{2 x 100 on 1:40 Kick
 {2 x 100 on 1:35 Kick
 {1 x 100 on 1:30 Kick
 550 1x{1 x 150 on 2:05 Lungbuster pulls
 {1 x 150 on 2:00 Lungbuster pulls
 {1 x 150 on 1:55 Lungbuster pulls
 {1 x 100 on 1:20 Lungbuster pulls
 Odds br 3-5-7 by the 50
 Evens br 2-4-6 by the 50
 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{3 x 100 on 1:45 2K1P w/ tennis balls
 {6 x 25 on :40 Brst w/paddles "X"pullouts
 {3 x 100 on 1:45 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 100 on 1:40 2K1P w/tennis balls
 {2 x 25 on :40 Brst with paddles alt 2/3 PO
 3rd 100 of each set drop tennis balls
 250 1 x 250 on 4:00 Stroke Drills
 8:43 AM 3,500 Yards - Stress Value = 46

Workout #15946 - Wednesday, 09 July 2014

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 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 2:05 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {2 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 {1 x 50 on :50 Kick
 500 1x{1 x 150 on 2:20 Lungbuster pulls
 {1 x 150 on 2:15 Lungbuster pulls
 {2 x 100 on 1:25 Lungbuster pulls
 Odds br 3-5-7 by the 50
 Evens br 2-4-6 by the 50
 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 1:55 2K1p w/tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 100 on 1:50 2K1P w/ tennis balls
 {6 x 25 on :40 Brst with paddles alt 2/3 PO
 {3 x 100 on 1:50 2K1P w/tennis balls
 3rd 100 of each set drop tennis balls
 250 1 x 250 on 4:00 Stroke Drills
 8:43 AM 3,350 Yards - Stress Value = 44

Workout #15947 - Thursday, 10 July 2014

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

```

Yards  Set Description
=====
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{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
2,000 1x{1 x 200 on 2:30 Pulls BWFPF
        {2 x 175 on 2:10 Pulls BWKPF
        {3 x 150 on 1:50 Pulls BWHPF
        {4 x 125 on 1:35 Pulls BWSPF
        {5 x 100 on 1:15 Pull Alt BO
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 50 on 1:00 Fly w/free kick 25
        {1 x 50 on 1:00 Fly w/free kick 30
        {1 x 50 on 1:00 Fly w/free kick 35
        {1 x 50 on 1:00 Fly w/free kick 40
        {1 x 50 on 1:00 Fly w/free kick 45
        {1 x 50 on 1:00 Fly w/free kick 50
        {1 x 50 on :55 Fly w/free kick 25
        {1 x 50 on :55 Fly w/free kick 30
        {1 x 50 on :55 Fly w/free kick 35
        {1 x 50 on :55 Fly w/free kick 40
        {1 x 50 on :55 Fly w/free kick 45
        {1 x 50 on :55 Fly w/free kick 50
        {1 x 50 on :50 Fly w/free kick 25
        {1 x 50 on :50 Fly w/free kick 30
        {1 x 50 on :50 Fly w/free kick 35
        {1 x 50 on :50 Fly w/free kick 40
        {1 x 50 on :50 Fly w/free kick 45
        {1 x 50 on :50 Fly w/free kick 50
        {1 x 50 on :45 Fly w/free kick 25
        {1 x 50 on :45 Fly w/free kick 30
        {1 x 50 on :45 Fly w/free kick 35
        {1 x 50 on :45 Fly w/free kick 40
        {1 x 50 on :45 Fly w/free kick 45
        {1 x 50 on :45 Fly w/free kick 50
        {1 x 50 on :40 Fly w/free kick 25
        {1 x 50 on :40 Fly w/free kick 30
        {1 x 50 on :40 Fly w/free kick 35
        {1 x 50 on :40 Fly w/free kick 40
        {1 x 50 on :40 Fly w/free kick 45
        {1 x 50 on :40 Fly w/free kick 50
400    8 x 50 on 1:00 Stroke Drills
9:31 AM 6,850 Yards - Stress Value = 118
    
```

```

{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 125 on 2:20 Kick #2
{4 x 25 on :30 Kick #1-100%
{2 x 50 on :55 Kick #3
1,800 1x{1 x 200 on 2:45 Pulls BWFPF
        {2 x 175 on 2:25 Pulls BWKPF
        {3 x 150 on 2:05 Pulls BWHPF
        {4 x 125 on 1:40 Pulls BWSPF
        {3 x 100 on 1:25 Pull Alt BO
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 50 on 1:00 Fly w/free kick 25
        {1 x 50 on 1:00 Fly w/free kick 30
        {1 x 50 on 1:00 Fly w/free kick 35
        {1 x 50 on 1:00 Fly w/free kick 40
        {1 x 50 on 1:00 Fly w/free kick 45
        {1 x 50 on 1:00 Fly w/free kick 50
        {1 x 50 on :55 Fly w/free kick 25
        {1 x 50 on :55 Fly w/free kick 30
        {1 x 50 on :55 Fly w/free kick 35
        {1 x 50 on :55 Fly w/free kick 40
        {1 x 50 on :55 Fly w/free kick 45
        {1 x 50 on :55 Fly w/free kick 50
        {1 x 50 on :50 Fly w/free kick 25
        {1 x 50 on :50 Fly w/free kick 30
        {1 x 50 on :50 Fly w/free kick 35
        {1 x 50 on :50 Fly w/free kick 40
        {1 x 50 on :50 Fly w/free kick 45
        {1 x 50 on :50 Fly w/free kick 50
        {1 x 50 on :45 Fly w/free kick 25
        {1 x 50 on :45 Fly w/free kick 30
        {1 x 50 on :45 Fly w/free kick 35
        {1 x 50 on :45 Fly w/free kick 40
        {1 x 50 on :45 Fly w/free kick 45
        {1 x 50 on :45 Fly w/free kick 50
        {1 x 50 on :40 Fly w/free kick 25
        {1 x 50 on :40 Fly w/free kick 30
        {1 x 50 on :40 Fly w/free kick 35
        {1 x 50 on :40 Fly w/free kick 40
        {1 x 50 on :40 Fly w/free kick 45
        {1 x 50 on :40 Fly w/free kick 50
400    8 x 50 on 1:00 Stroke Drills
9:31 AM 6,500 Yards - Stress Value = 111
    
```

Workout #15948 - Thursday, 10 July 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

```

Yards  Set Description
=====
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
1,850 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
    
```


Workout #15949 - Thursday, 10 July 2014

Group 3 - 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
1,650	1x{2 x 125 on 2:55 Kick #2 4 x 25 on :35 Kick #1-100% 2 x 125 on 2:55 Kick #2 4 x 25 on :35 Kick #1-100% 2 x 125 on 2:55 Kick #2 4 x 25 on :35 Kick #1-100% 2 x 125 on 2:45 Kick #3 4 x 25 on :35 Kick #1-100% 2 x 125 on 2:35 Kick #2
1,600	1x{1 x 200 on 3:00 Pulls BWFPF 2 x 175 on 2:40 Pulls BWKPF 3 x 150 on 2:15 Pulls BWHPF 4 x 125 on 1:55 Pulls BWSPF 1 x 100 on 1:30 Pull Alt BO
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 50 on 1:05 Fly w/free kick 25 1 x 50 on 1:05 Fly w/free kick 30 1 x 50 on 1:05 Fly w/free kick 35 1 x 50 on 1:05 Fly w/free kick 40 1 x 50 on 1:05 Fly w/free kick 45 1 x 50 on 1:05 Fly w/free kick 50 1 x 50 on 1:00 Fly w/free kick 25 1 x 50 on 1:00 Fly w/free kick 30 1 x 50 on 1:00 Fly w/free kick 35 1 x 50 on 1:00 Fly w/free kick 40 1 x 50 on 1:00 Fly w/free kick 45 1 x 50 on 1:00 Fly w/free kick 50 1 x 50 on :55 Fly w/free kick 25 1 x 50 on :55 Fly w/free kick 30 1 x 50 on :55 Fly w/free kick 35 1 x 50 on :55 Fly w/free kick 40 1 x 50 on :55 Fly w/free kick 45 1 x 50 on :55 Fly w/free kick 50 1 x 50 on :50 Fly w/free kick 25 1 x 50 on :50 Fly w/free kick 30 1 x 50 on :50 Fly w/free kick 35 1 x 50 on :50 Fly w/free kick 40 1 x 50 on :50 Fly w/free kick 45 1 x 50 on :50 Fly w/free kick 50 1 x 50 on :45 Fly w/free kick 25 1 x 50 on :45 Fly w/free kick 30
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 5,850 Yards - Stress Value = 99

1,400	1x{1 x 200 on 3:35 Pulls BWFPF 2 x 175 on 3:10 Pulls BWKPF 3 x 150 on 2:40 Pulls BWHPF 4 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
1,100	1x{1 x 50 on 1:15 Fly w/free kick 25 1 x 50 on 1:15 Fly w/free kick 30 1 x 50 on 1:15 Fly w/free kick 35 1 x 50 on 1:15 Fly w/free kick 40 1 x 50 on 1:15 Fly w/free kick 45 1 x 50 on 1:15 Fly w/free kick 50 1 x 50 on 1:10 Fly w/free kick 25 1 x 50 on 1:10 Fly w/free kick 30 1 x 50 on 1:10 Fly w/free kick 35 1 x 50 on 1:10 Fly w/free kick 40 1 x 50 on 1:10 Fly w/free kick 45 1 x 50 on 1:10 Fly w/free kick 50 1 x 50 on 1:05 Fly w/free kick 25 1 x 50 on 1:05 Fly w/free kick 30 1 x 50 on 1:05 Fly w/free kick 35 1 x 50 on 1:05 Fly w/free kick 40 1 x 50 on 1:05 Fly w/free kick 45 1 x 50 on 1:05 Fly w/free kick 50 1 x 50 on 1:00 Fly w/free kick 25 1 x 50 on 1:00 Fly w/free kick 30 1 x 50 on 1:00 Fly w/free kick 35 1 x 50 on 1:00 Fly w/free kick 40
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 5,200 Yards - Stress Value = 87

Workout #15954 - Thursday, 10 July 2014

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
825	1 x 825 on 15:00 200SKPS,200RevIMDrill,200Pr 200 ThWu, 25 closed fist
135	9 x 15 on :45 Cross Pool Sprints
1,750	1x{15 x 50 on 1:00 Pulls-nbbf&w + 2 yds 1 x 750 on 15:00 Social Kick 1 x 250 on 15:00 Tivo Starts
500	10 x 50 on 1:00 Stroke Drills
	6:30 PM 3,210 Yards - Stress Value = 23

Workout #15950 - Thursday, 10 July 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM 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
1,450	1x{2 x 125 on 3:15 Kick #2 4 x 25 on :40 Kick #1-100% 2 x 125 on 3:15 Kick #2 4 x 25 on :40 Kick #1-100% 2 x 125 on 3:15 Kick #2 4 x 25 on :40 Kick #1-100% 2 x 125 on 3:05 Kick #3 4 x 25 on :40 Kick #1-100% 1 x 50 on 1:15 Kick #3

Workout #15955 - Thursday, 10 July 2014

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
 1 on 10:00 Techniques-bucket turns
 150 10 x 15 on :45 Shooters
 100 4 x 25 on 1:00 Perfect Strokes IMO
 1,600 1x{1 x 200 on 6:00 Stroke Drills-Fly
 {4 x 25 on :45 Perfect fly
 {4 x 25 on :30 Fly-build
 {1 x 200 on 6:00 Stroke Drills-Back
 {4 x 25 on :45 Perfect backstroke
 {4 x 25 on :30 Back-build
 {1 x 200 on 6:00 Stroke Drills-Breast
 {4 x 25 on :45 Perfect breaststroke
 {4 x 25 on :30 Breast-build
 {1 x 200 on 6:00 Stroke Drills-Free
 {4 x 25 on :45 Perfect Freestyle
 {4 x 25 on :30 Free-build
 100 4 x 25 on 1:00 Perfect Strokes IMO
 400 8 x 50 on 1:15 1st 4-fly/back, 2nd 4-brst/fr
 1 on 10:00 Techniques-Starts
 7:15 PM 2,850 Yards - Stress Value = 24

Workout #15951 - Thursday, 10 July 2014

Taper 1 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 400 1 on 25:00 DS/Shoulders
 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 2:30 Kick #2
 {2 x 25 on :30 Kick #1-100%
 {1 x 125 on 2:30 Kick #2
 {2 x 25 on :30 Kick #1-100%
 {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 2:10 Kick #2
 {2 x 25 on :30 Kick #1-100%
 {1 x 125 on 2:10 Kick #3
 750 1x{1 x 200 on 2:30 Pulls BWFPF
 {1 x 175 on 2:10 Pulls BWKPF
 {1 x 150 on 1:50 Pulls BWHPF
 {1 x 125 on 1:35 Pulls BWSPF
 {1 x 100 on 1:15 Pull Alt BO
 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 50 on :55 Fly w/free kick 25
 {1 x 50 on :55 Fly w/free kick 30
 {1 x 50 on :55 Fly w/free kick 35
 {1 x 50 on :55 Fly w/free kick 40
 {1 x 50 on :55 Fly w/free kick 45
 {1 x 50 on :55 Fly w/free kick 50
 {1 x 50 on :50 Fly w/free kick 25
 {1 x 50 on :50 Fly w/free kick 30
 {1 x 50 on :50 Fly w/free kick 35
 {1 x 50 on :50 Fly w/free kick 40
 {1 x 50 on :50 Fly w/free kick 45
 {1 x 50 on :50 Fly w/free kick 50
 {1 x 50 on :45 Fly w/free kick 25
 {1 x 50 on :45 Fly w/free kick 30
 {1 x 50 on :45 Fly w/free kick 35
 {1 x 50 on :45 Fly w/free kick 40
 {1 x 50 on :45 Fly w/free kick 45
 {1 x 50 on :45 Fly w/free kick 50

{1 x 50 on :40 Fly w/free kick 25
 {1 x 50 on :40 Fly w/free kick 30
 {1 x 50 on :40 Fly w/free kick 35
 {1 x 50 on :40 Fly w/free kick 40
 {1 x 50 on :40 Fly w/free kick 45
 {1 x 50 on :40 Fly w/free kick 50

1 x 200 on 3:00 Stroke Drills
 8:43 AM 3,800 Yards - Stress Value = 62

Workout #15952 - Thursday, 10 July 2014

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 400 1 on 25:00 DS/Shoulders
 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 925 1x{1 x 125 on 2:40 Kick #2
 {2 x 25 on :30 Kick #1-100%
 {1 x 125 on 2:40 Kick #2
 {2 x 25 on :30 Kick #1-100%
 {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 2:20 Kick #2
 {2 x 25 on :30 Kick #1-100%
 {1 x 50 on :55 Kick #3
 700 1x{1 x 200 on 2:45 Pulls BWFPF
 {1 x 175 on 2:25 Pulls BWKPF
 {1 x 150 on 2:05 Pulls BWHPF
 {1 x 125 on 1:40 Pulls BWSPF
 {1 x 50 on :40 Pull Alt BO
 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 50 on :55 Fly w/free kick 25
 {1 x 50 on :55 Fly w/free kick 30
 {1 x 50 on :55 Fly w/free kick 35
 {1 x 50 on :55 Fly w/free kick 40
 {1 x 50 on :55 Fly w/free kick 45
 {1 x 50 on :55 Fly w/free kick 50
 {1 x 50 on :50 Fly w/free kick 25
 {1 x 50 on :50 Fly w/free kick 30
 {1 x 50 on :50 Fly w/free kick 35
 {1 x 50 on :50 Fly w/free kick 40
 {1 x 50 on :50 Fly w/free kick 45
 {1 x 50 on :50 Fly w/free kick 50
 {1 x 50 on :45 Fly w/free kick 25
 {1 x 50 on :45 Fly w/free kick 30
 {1 x 50 on :45 Fly w/free kick 35
 {1 x 50 on :45 Fly w/free kick 40
 {1 x 50 on :45 Fly w/free kick 45
 {1 x 50 on :45 Fly w/free kick 50
 200 1 x 200 on 3:00 Stroke Drills
 8:43 AM 3,675 Yards - Stress Value = 60

Workout #15953 - Thursday, 10 July 2014

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 400 1 on 25:00 DS/Shoulders
 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 825 1x{1 x 125 on 2:55 Kick #2
 {2 x 25 on :35 Kick #1-100%
 {1 x 125 on 2:55 Kick #2
 {2 x 25 on :35 Kick #1-100%
 {1 x 125 on 2:55 Kick #2
 {2 x 25 on :35 Kick #1-100%
 {1 x 125 on 2:45 Kick #3
 {2 x 25 on :35 Kick #1-100%
 {1 x 125 on 2:35 Kick #2
 650 1x{1 x 200 on 3:00 Pulls BWFPF
 {1 x 175 on 2:40 Pulls BWKPF
 {1 x 150 on 2:15 Pulls BWHPF
 {1 x 125 on 1:55 Pulls BWSPF
 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 50 on 1:00 Fly w/free kick 25
 {1 x 50 on 1:00 Fly w/free kick 30
 {1 x 50 on 1:00 Fly w/free kick 35
 {1 x 50 on 1:00 Fly w/free kick 40
 {1 x 50 on 1:00 Fly w/free kick 45
 {1 x 50 on 1:00 Fly w/free kick 50
 {1 x 50 on :55 Fly w/free kick 25
 {1 x 50 on :55 Fly w/free kick 30
 {1 x 50 on :55 Fly w/free kick 35
 {1 x 50 on :55 Fly w/free kick 40
 {1 x 50 on :55 Fly w/free kick 45
 {1 x 50 on :55 Fly w/free kick 50
 {1 x 50 on :50 Fly w/free kick 25
 {1 x 50 on :50 Fly w/free kick 30
 {1 x 50 on :50 Fly w/free kick 35
 {1 x 50 on :50 Fly w/free kick 40
 {1 x 50 on :50 Fly w/free kick 45
 {1 x 50 on :50 Fly w/free kick 50
 {1 x 50 on :45 Fly w/free kick 25
 {1 x 50 on :45 Fly w/free kick 30
 200 1 x 200 on 3:00 Stroke Drills
 8:42 AM 3,325 Yards - Stress Value = 53

Workout #15956 - Friday, 11 July 2014

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Ted's Abs
 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 #15957 - Friday, 11 July 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Ted's Abs
 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,600 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 250 on 4:35 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 225 on 4:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 175 on 3:00 Kick
 {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
 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 6,550 Yards - Stress Value = 112

Workout #15958 - Friday, 11 July 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 25:00 DS/Ted's Abs
 1 x 550 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,350 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 250 on 5:15 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 225 on 4:35 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 200 on 4:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 175 on 3:25 Kick
 {4 x 25 on :35 Kick no board BSLR
 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
 9:29 AM 5,850 Yards - Stress Value = 99

Workout #15959 - Friday, 11 July 2014

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
1,250	10 x 15 on :45 Shooters
1,250	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 250 on 5:40 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 225 on 5:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:20 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 175 on 3:35 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 5,450 Yards - Stress Value = 92

Workout #15960 - Friday, 11 July 2014

Taper 1 - IM'ers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Ted's Abs
150	1 x 400 on 10:00 Reverse IM drill
950	10 x 15 on :45 Shooters
950	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 125 on 1:55 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 125 on 1:50 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:25 Kick
	{4 x 25 on :30 Kick no board BSLR
500	1x{2 x 100 on 1:20 Pulls-nbbf&w + 1 yd
	{2 x 100 on 1:20 Pulls-nbbf&w + 2 yds
	{1 x 100 on 1:20 Pulls-nbbf&w + 3 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 7:30 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
	8:42 AM 3,800 Yards - Stress Value = 64

Workout #15961 - Friday, 11 July 2014

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Ted's Abs
150	1 x 400 on 10:00 Reverse IM drill
900	10 x 15 on :45 Shooters
900	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 125 on 2:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 125 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:40 Kick
	{2 x 25 on :30 Kick no board BS

450	1x{2 x 100 on 1:25 Pulls-nbbf&w + 1 yd
	{2 x 100 on 1:25 Pulls-nbbf&w + 2 yds
	{1 x 50 on :40 Pulls-nbbf&w + 3 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{2 x 500 on 8:20 Individual Medley
	{1 x 350 on 5:50 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
	8:42 AM 3,550 Yards - Stress Value = 59

Workout #15962 - Friday, 11 July 2014

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 on 25:00 DS/Ted's Abs
150	1 x 400 on 10:00 Reverse IM drill
850	10 x 15 on :45 Shooters
850	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 125 on 1:35 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 125 on 1:30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:00 Kick
400	1x{2 x 100 on 1:35 Pulls-nbbf&w + 1 yd
	{1 x 100 on 1:35 Pulls-nbbf&w + 2 yds
	{1 x 100 on 1:35 Pulls-nbbf&w + 3 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{2 x 500 on 9:10 Individual Medley
	{1 x 200 on 3:40 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
	8:41 AM 3,300 Yards - Stress Value = 54

Workout #15963 - Monday, 14 July 2014

Group 3 - Freestylers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Physio Ball Shldr
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,400	10 x 15 on :45 Shooters
1,400	1x{1 x 100 on 2:00 Kick-100%
	{4 x 25 on :30 Kick no board BSLR-15m
	{2 x 100 on 1:55 Kick-100%
	{4 x 25 on :35 Kick no board BSLR-14m
	{3 x 100 on 1:50 Kick-100%
	{4 x 25 on :40 Kick no board BSLR-13M
	{4 x 100 on 1:45 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-12m
750	15 x 50 on :40 Pull HB 1SOW+1
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,800	1x{1 x 200 on 2:30 Free 3KOW
	{2 x 200 on 2:35 Free 5KOW+6BKL25
	{3 x 200 on 2:40 Free 7KOW+BL12.5
	{1 x 100 on 3:00 Free
	{1 x 200 on 2:25 Free
	{2 x 200 on 2:30 Free
	{3 x 200 on 2:35 Free
	{1 x 100 on 3:00 Free
	{1 x 200 on 2:25 Free
	{2 x 200 on 2:30 Free
	{3 x 200 on 2:35 Free
250	1 x 250 on 4:00 Stroke Drills
	9:30 AM 7,150 Yards - Stress Value = 123

Workout #15964 - Monday, 14 July 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 25:00 DS/Physio Ball Shldrs
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,350	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:05 Kick-100%
	{4 x 25 on :35 Kick no board BSLR-15m
	{2 x 100 on 2:00 Kick-100%
	{4 x 25 on :40 Kick no board BSLR-14m
	{3 x 100 on 1:55 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-13M
	{4 x 100 on 1:50 Kick-100%
	{2 x 25 on :45 Kick no board BSLR-12m
650	13 x 50 on :45 Pull HB 1SOW+1
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,400	1x{1 x 200 on 2:45 Free 3KOW
	{2 x 200 on 2:50 Free 5KOW+6BKL25
	{3 x 200 on 2:55 Free 7KOW+NBL12.5
	{1 x 100 on 3:00 Free
	{1 x 200 on 2:40 Free
	{2 x 200 on 2:45 Free
	{3 x 200 on 2:50 Free
	{1 x 100 on 3:00 Free
	{1 x 200 on 2:35 Free
	{2 x 200 on 2:40 Free
	{1 x 200 on 2:45 Free
250	1 x 250 on 4:00 Stroke Drills
	9:29 AM 6,600 Yards - Stress Value = 112

Workout #15965 - Monday, 14 July 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
550	1 on 25:00 DS/Physio Ball Shldrs
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,250	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:15 Kick-100%
	{4 x 25 on :40 Kick no board BSLR-15m
	{2 x 100 on 2:10 Kick-100%
	{4 x 25 on :40 Kick no board BSLR-14m
	{3 x 100 on 2:05 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-13M
	{3 x 100 on 2:00 Kick-100%
	{2 x 25 on :45 Kick no board BSLR-12m
600	12 x 50 on :50 Pull HB 1SOW+1
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 200 on 3:00 Free 3KOW
	{2 x 200 on 3:05 Free 5KOW+6BKL25
	{3 x 200 on 3:10 Free 7KOW+NBL12.5
	{1 x 50 on 2:00 Free
	{1 x 200 on 2:55 Free
	{2 x 200 on 3:00 Free
	{3 x 200 on 3:05 Free
	{1 x 50 on 2:00 Freestyle
	{1 x 200 on 2:55 Free
	{2 x 200 on 2:50 Free
	{1 x 100 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	9:29 AM 6,200 Yards - Stress Value = 107

Workout #15966 - Monday, 14 July 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 25:00 DS/Physio Ball Shldrs
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,100	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:30 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-15m
	{2 x 100 on 2:25 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-14m
	{3 x 100 on 2:20 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-13M
	{1 x 100 on 2:15 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-12m
500	10 x 50 on 1:00 Pull HB 1SOW+1
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,650	1x{1 x 150 on 2:45 Free 3KOW
	{2 x 150 on 2:50 Free 5KOW+6BKL25
	{3 x 150 on 2:55 Free 7KOW+NBL12.5
	{1 x 50 on 2:00 Free
	{1 x 150 on 2:40 Free
	{2 x 150 on 2:45 Free
	{3 x 150 on 2:50 Free
	{1 x 50 on 2:00 Free
	{1 x 150 on 2:40 Free
	{2 x 150 on 2:45 Free
	{2 x 150 on 2:50 Free
250	1 x 250 on 4:00 Stroke Drills
	9:30 AM 5,350 Yards - Stress Value = 91

Workout #15971 - Monday, 14 July 2014

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
600	1 on 10:00 Dynamic Stretch
150	1 x 600 on 9:00 Free 1min easy 10/50, 20/40, 30/30, 40/20, 30/30, 20/40, 10/50 1min easy
700	10 x 15 on :45 Shooters
	2x{3 x 50 on 1:00 Kick-descend
	{1 x 200 on 4:00 Social Kick
300	12 x 25 on :40 Variable Speed 25's
200	1 x 200 on 3:00 Broken at 50/10-20-30 scnds
250	1 x 250 on 4:00 Stroke Drills
	6:01 PM 2,200 Yards - Stress Value = 45

Workout #15976 - Monday, 14 July 2014

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
300	1 on 30:00 DS/Physio Ball/Tm Mtg		L
150	1 x 300 on 10:00 Choice	REC	S
500	10 x 15 on :45 Shooters	SP3	S
	1x{1 x 100 on 3:00 Kick no board	EN2	K
	{2 x 25 on 1:00 Sprint fly kick	EN2	K
	{1 x 100 on 3:00 Kick no board	EN2	K
	{2 x 25 on 1:00 Sprint back kick-nb	EN2	K
	{1 x 100 on 3:00 Kick no board	EN2	K
	{2 x 25 on 1:00 Sprint breast kick	EN2	K
	{1 x 50 on 1:30 Kick no board	EN2	K
150	6 x 25 on :45 Stroke Drills	REC	D
800	4x{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
250	1 x 250 on 5:00 Stroke Drills	REC	D
	1 on 15:00 Techniques-Relay starts		D
	6:57 PM 2,150 Yards - Stress Value = 28		

Workout #15972 - Monday, 14 July 2014

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
400	1 x 400 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
700	1x{1 x 100 on 2:00 Kick no board	EN2	K
	{4 x 25 on :45 Sprint fly kick	EN2	K
	{1 x 100 on 2:00 Kick no board	EN2	K
	{4 x 25 on :45 Sprint back kick-nb	EN2	K
	{1 x 100 on 2:00 Kick no board	EN2	K
	{4 x 25 on :45 Sprint breast kick	EN2	K
	{1 x 100 on 2:00 Kick no board	EN2	K
150	6 x 25 on :45 Stroke Drills	REC	D
1,200	6x{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
250	1 x 250 on 5:00 Stroke Drills	REC	D
	1 on 15:00 Techniques-Relay starts		D
	6:54 PM 2,850 Yards - Stress Value = 38		

Workout #15973 - Monday, 14 July 2014

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
400	1 x 400 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
650	1x{1 x 100 on 2:10 Kick no board	EN2	K
	{4 x 25 on :45 Sprint fly kick	EN2	K
	{1 x 100 on 2:10 Kick no board	EN2	K
	{4 x 25 on :45 Sprint back kick-nb	EN2	K
	{1 x 100 on 2:10 Kick no board	EN2	K
	{4 x 25 on :45 Sprint breast kick	EN2	K
	{1 x 50 on 1:05 Kick no board	EN2	K
150	6 x 25 on :45 Stroke Drills	REC	D
1,200	6x{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
250	1 x 250 on 5:00 Stroke Drills	REC	D
	1 on 15:00 Techniques-Relay Starts		D
	6:56 PM 2,800 Yards - Stress Value = 37		

Workout #15974 - Monday, 14 July 2014

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
400	1 x 400 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
650	1x{1 x 100 on 2:20 Kick no board	EN2	K
	{4 x 25 on :45 Sprint fly kick	EN2	K
	{1 x 100 on 2:00 Kick no board	EN2	K
	{4 x 25 on :45 Sprint back kick-nb	EN2	K
	{1 x 100 on 2:20 Kick no board BSLR	EN2	K
	{4 x 25 on :45 Sprint breast kick	EN2	K
	{1 x 50 on 1:10 Kick no board	EN2	K
150	6 x 25 on :45 Stroke Drills	REC	D
1,000	5x{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
250	1 x 250 on 5:00 Stroke Drills	REC	D
	1 on 15:00 Techniques-Relay Starts		D
	6:55 PM 2,600 Yards - Stress Value = 34		

Workout #15975 - Monday, 14 July 2014

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start			
Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 30:00 DS/Physio Ball/Tm Mtg		L
350	1 x 350 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
550	1x{1 x 100 on 2:35 Kick no board	EN2	K
	{2 x 25 on 1:00 Sprint fly kick	EN2	K
	{1 x 100 on 2:35 Kick no board	EN2	K
	{2 x 25 on 1:00 Sprint back kick-nb	EN2	K
	{1 x 100 on 2:35 Kick no board	EN2	K
	{2 x 25 on 1:00 Sprint breast kick	EN2	K
	{1 x 100 on 2:35 Kick no board	EN2	K
150	6 x 25 on :45 Stroke Drills	REC	D
1,000	5x{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
250	1 x 250 on 5:00 Stroke Drills	REC	D
	1 on 15:00 Techniques-Relay starts		D
	6:58 PM 2,450 Yards - Stress Value = 32		

Workout #15967 - Monday, 14 July 2014

Taper 1 - Freestylers

1 minute rest between sets

7:00 AM Start			
Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 25:00 DS/Physio Ball Shldrs		L
400	1 x 400 on 8:00 Swim-kick-pull-swim		S
150	10 x 15 on :45 Shooters		S
800	1x{1 x 100 on 2:00 Kick-100%		K
	{4 x 25 on :30 Kick no board BSLR-15m		K
	{2 x 100 on 1:55 Kick-100%		K
	{4 x 25 on :35 Kick no board BSLR-14m		K
	{3 x 100 on 1:50 Kick-100%		K
100	2x{1 x 25 on :50 Sculling drills		D
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		D
2,100	1x{1 x 200 on 2:25 Free 3KOW		S
	{2 x 200 on 2:30 Free 5KOW+6BKL25		S
	{2 x 200 on 2:35 Free 7KOW+BL12.5		S
	{1 x 100 on 3:00 Free		S
	{1 x 200 on 2:20 Free		S
	{2 x 200 on 2:25 Free		S
	{2 x 200 on 2:30 Free		S
250	1 x 250 on 4:00 Stroke Drills		D
	8:37 AM 3,800 Yards - Stress Value = 62		

Workout #15968 - Monday, 14 July 2014

Taper 1 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball Shldrs
 400 1 x 400 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 2:05 Kick-100%
 {4 x 25 on :30 Kick no board BSLR-15m
 {2 x 100 on 2:00 Kick-100%
 {4 x 25 on :35 Kick no board BSLR-14m
 {2 x 100 on 1:55 Kick-100%
 {2 x 25 on :40 Kick no board BSLR-13M
 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{1 x 200 on 2:45 Free 3KOW
 {2 x 200 on 2:50 Free 5KOW+6BKL25
 {2 x 200 on 2:55 Free 7KOW+NBL12.5
 {1 x 100 on 3:00 Free
 {1 x 200 on 2:40 Free
 {2 x 200 on 2:45 Free
 {1 x 200 on 2:50 Free
 250 1 x 250 on 4:00 Stroke Drills
 8:38 AM 3,550 Yards - Stress Value = 57

Workout #15969 - Monday, 14 July 2014

Taper 1 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball Shldrs
 400 1 x 400 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 2:15 Kick-100%
 {4 x 25 on :40 Kick no board BSLR-15m
 {2 x 100 on 2:10 Kick-100%
 {4 x 25 on :40 Kick no board BSLR-14m
 {2 x 75 on 1:35 Kick-100%
 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{1 x 200 on 3:00 Free 3KOW
 {2 x 200 on 3:05 Free 5KOW+6BKL25
 {1 x 200 on 3:10 Free 7KOW+NBL12.5
 {1 x 100 on 3:00 Free
 {1 x 200 on 2:55 Free
 {2 x 200 on 3:00 Free
 {1 x 200 on 3:05 Free
 250 1 x 250 on 4:00 Stroke Drills
 8:37 AM 3,250 Yards - Stress Value = 51

Workout #15970 - Monday, 14 July 2014

Taper 1 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball Shldrs
 400 1 x 400 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 2:30 Kick-100%
 {4 x 25 on :45 Kick no board BSLR-15m
 {2 x 100 on 2:25 Kick-100%
 {4 x 25 on :45 Kick no board BSLR-14m
 {1 x 100 on 2:20 Kick-100%
 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 150 on 2:45 Free 3KOW
 {2 x 150 on 2:50 Free 5KOW+6BKL25
 {2 x 150 on 2:55 Free 7KOW+NBL12.5

{1 x 50 on 3:00 Free
 {1 x 150 on 2:40 Free
 {2 x 150 on 2:45 Free
 {1 x 150 on 2:50 Free
 250 1 x 250 on 4:00 Stroke Drills
 8:38 AM 2,900 Yards - Stress Value = 45

Workout #15977 - Tuesday, 15 July 2014

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
 300 3 x 100 on 2:00 Kick @ fastest interval
 750 5 x 150 on 1:50 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 1,800 2x{2 x 100 on 1:30 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:25 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:20 Back w/fins
 {2 x 50 on 1:00 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 8:41 AM 3,750 Yards - Stress Value = 63

Workout #15978 - Tuesday, 15 July 2014

Group 3 - 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
 300 3 x 100 on 2:00 Kick @ fastest interval
 750 5 x 150 on 2:05 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 1,600 2x{2 x 100 on 1:40 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:35 Back w/fins
 {2 x 50 on 1:05 Backstroke
 {2 x 100 on 1:30 Back w/fins
 250 1 x 250 on 4:00 Stroke Drills
 8:41 AM 3,550 Yards - Stress Value = 59

Workout #15979 - Tuesday, 15 July 2014

Group 3 - 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
 300 3 x 100 on 2:00 Kick @ fastest interval
 600 4 x 150 on 2:20 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 1,600 2x{2 x 100 on 1:50 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {2 x 100 on 1:45 Back w/fins
 {2 x 50 on 1:10 Backstroke
 {2 x 100 on 1:40 Back w/fins
 250 1 x 250 on 4:00 Stroke Drills
 8:43 AM 3,400 Yards - Stress Value = 56

Workout #15980 - Tuesday, 15 July 2014

Group 3 - 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
 300 3 x 100 on 2:00 Kick @ fastest interval
 600 4 x 150 on 2:45 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 1,400 2x{2 x 100 on 2:00 Back w/fins
 {2 x 50 on 1:20 Backstroke
 {2 x 100 on 1:55 Back w/fins
 {2 x 50 on 1:20 Backstroke
 {1 x 100 on 1:40 Back w/fins
 250 1 x 250 on 4:00 Stroke Drills
 8:43 AM 3,200 Yards - Stress Value = 52

Workout #15981 - Tuesday, 15 July 2014

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 8:00 Dynamic Stretch
 400 1 x 400 on 6:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 250 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%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 160 4 x 40 on 3:00 Running pit sprint +
 25 yd sprint no breath
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 1,660 Yards - Stress Value = 26

Workout #15982 - Tuesday, 15 July 2014

Group 2 - 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 25 on :45 Kick no board B EN2
 {1 x 100 on 2:00 Kick streamiine on back EN2
 {2 x 25 on :45 Kick no board B EN2
 {1 x 100 on 2:00 Kick streamline on back EN2
 {2 x 25 on :45 Kick no board B EN2
 {2 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
 1,300 1x{2 x 125 on 2:05 Backstroke EN2
 {1 x 50 on 1:00 Back 3+1 EN2
 {2 x 125 on 2:00 Backstroke EN2
 {2 x 50 on 1:00 Back 4+1 EN2
 {2 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
 200 1 x 200 on 4:00 Stroke Drills REC
 1 on 15:00 Techniques-Starts
 6:56 PM 3,000 Yards - Stress Value = 45

Workout #15986 - Tuesday, 15 July 2014

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 DS/Shoulders/Tm Mtg
 300 1 x 300 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 300 1x{2 x 25 on 1:00 Kick no board B EN2
 {1 x 100 on 3:30 Kick streamiine on back EN2
 {2 x 25 on 1:00 Kick no board B EN2
 {1 x 100 on 3:30 Kick streamline on back EN2
 300 1x{1 x 100 on 2:30 Pulls EN1
 {1 x 100 on 2:25 Pulls EN1
 {1 x 100 on 2:20 Pulls EN1
 Odds BTB, evens BTS
 100 4 x 25 on :45 Backstroke Drills REC
 700 1x{1 x 50 on 1:30 Back 2+1 EN2
 {2 x 100 on 3:00 Backstroke EN2
 {2 x 50 on 1:30 Back 3+1 EN2
 {1 x 100 on 2:55 Backstroke EN2
 {2 x 50 on 1:30 Back 4+1 EN2
 {1 x 100 on 2:50 Backstroke EN2
 {1 x 50 on 1:30 Back 5+1 EN2
 200 1 x 200 on 4:00 Stroke Drills REC
 1 on 15:00 Techniques-Back Starts
 6:56 PM 2,050 Yards - Stress Value = 29

Workout #15983 - Tuesday, 15 July 2014

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Shoulders/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 25 on :45 Kick no board B	EN2
	{1 x 100 on 2:20 Kick streamline on back	EN2
	{2 x 25 on :45 Kick no board B	EN2
	{1 x 100 on 2:20 Kick streamline on back	EN2
	{2 x 25 on :45 Kick no board B	EN2
	{1 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
1,225	1x{2 x 125 on 2:15 Backstroke	EN2
	{1 x 50 on 1:00 Back 3+1	EN2
	{2 x 125 on 2:10 Backstroke	EN2
	{2 x 50 on 1:00 Back 4+1	EN2
	{2 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
	{1 x 50 on 1:00 Back 6+1	EN2
225	1 x 225 on 5:00 Stroke Drills	REC
	1 on 15:00 Techniques-Starts	
	6:57 PM 2,900 Yards - Stress Value = 42	

Workout #15984 - Tuesday, 15 July 2014

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Shoulders/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 25 on :45 Kick no board B	EN2
	{1 x 50 on 1:15 Kick streamline on back	EN2
	{2 x 25 on :45 Kick no board B	EN2
	{1 x 100 on 2:30 Kick streamline on back	EN2
	{2 x 25 on :45 Kick no board B	EN2
	{2 x 50 on 1:15 Kick streamline on back	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
1,050	1x{2 x 125 on 2:30 Backstroke	EN2
	{2 x 50 on 1:10 Back 3+1	EN2
	{2 x 125 on 2:25 Backstroke	EN2
	{2 x 50 on 1:10 Back 4+1	EN2
	{2 x 125 on 2:20 Backstroke	EN2
	{2 x 50 on 1:10 Back 5+1	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 15:00 Techniques-Starts	
	6:56 PM 2,700 Yards - Stress Value = 39	

Workout #15985 - Tuesday, 15 July 2014

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Shoulders/Tm Mtg	
350	1 x 350 on 10:00 Underwater trn drill	REC

150	10 x 15 on :45 Shooters	SP3
350	1x{2 x 25 on :45 Kick no board B	EN2
	{1 x 100 on 3:00 Kick streamline on back	EN2
	{2 x 25 on :45 Kick no board B	EN2
	{1 x 100 on 3:00 Kick streamline on back	EN2
	{2 x 25 on :45 Kick no board B	EN2
350	1x{1 x 100 on 2:00 Pulls	EN1
	{1 x 100 on 1:55 Pulls	EN1
	{1 x 100 on 1:50 Pulls	EN1
	{1 x 50 on :50 Pulls	EN1
	Odds BTB, evens BTS	
100	4 x 25 on :45 Backstroke Drills	REC
950	1x{1 x 50 on 1:15 Back 2+1	EN2
	{2 x 100 on 2:10 Backstroke	EN2
	{2 x 50 on 1:15 Back 3+1	EN2
	{2 x 100 on 2:05 Backstroke	EN2
	{2 x 50 on 1:15 Back 4+1	EN2
	{2 x 100 on 2:00 Backstroke	EN2
	{2 x 50 on 1:15 Back 5+1	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 15:00 Techniques-Starts	
	6:56 PM 2,450 Yards - Stress Value = 35	

Workout #15987 - Wednesday, 16 July 2014

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	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{1 x 100 on 1:40 Kick	
	{2 x 25 on :45 Sprint kick	
	{1 x 175 on 2:55 Kick	
	{2 x 25 on :40 Sprint kick	
	{1 x 150 on 2:30 Kick	
	{2 x 25 on :35 Sprint kick	
	{1 x 125 on 2:05 Kick	
	{2 x 25 on :30 Sprint kick	
600	12 x 50 on :45 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	
1,500	6x{3 x 50 on :40 3-4-5 strokes fly off walls	
	{1 x 100 on 2:00 Fly Drill	
200	1 x 200 on 3:00 Stroke Drills	
	8:43 AM 3,700 Yards - Stress Value = 57	

Workout #15988 - Wednesday, 16 July 2014

Group 3 - 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{1 x 100 on 1:50 Kick
 {2 x 25 on :45 Sprint kick
 {1 x 175 on 3:15 Kick
 {2 x 25 on :40 Sprint kick
 {1 x 150 on 2:45 Kick
 {2 x 25 on :35 Sprint kick
 {1 x 75 on 1:25 Kick
 {2 x 25 on :30 Sprint kick
 600 12 x 50 on :45 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
 1,350 6x{3 x 50 on :45 3-4-5 strokes fly off walls
 {1 x 75 on 1:45 Fly Drill
 200 1 x 200 on 3:00 Stroke Drills
 8:43 AM 3,500 Yards - Stress Value = 54

Workout #15989 - Wednesday, 16 July 2014

Group 3 - 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{1 x 100 on 2:00 Kick
 {2 x 25 on :45 Sprint kick
 {1 x 175 on 3:30 Kick
 {2 x 25 on :40 Sprint kick
 {1 x 150 on 3:00 Kick
 {2 x 25 on :35 Sprint kick
 {1 x 75 on 1:30 Kick
 {2 x 25 on :30 Sprint kick
 450 9 x 50 on :55 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 6x{3 x 50 on :50 3-4-5 strokes fly off walls
 {1 x 50 on 1:30 Fly Drill
 200 1 x 200 on 3:00 Stroke Drills
 8:43 AM 3,200 Yards - Stress Value = 49

Workout #15990 - Wednesday, 16 July 2014

Group 3 - Bronze

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
 575 1x{1 x 100 on 2:20 Kick
 {2 x 25 on :45 Sprint kick
 {1 x 175 on 4:05 Kick
 {2 x 25 on :45 Sprint kick
 {1 x 150 on 3:30 Kick
 {2 x 25 on :45 Sprint kick
 450 9 x 50 on 1:00 Lungbuster pulls
 breathe 3-5-7 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 6x{3 x 50 on 1:00 3-4-5 strokes fly off walls

{1 x 50 on 1:00 Free drill
 200 1 x 200 on 3:00 Stroke Drills
 8:43 AM 3,075 Yards - Stress Value = 46

Workout #15991 - Thursday, 17 July 2014

Group 3 - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 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
 950 1x{1 x 100 on 2:00 Kick
 {1 x 100 on 1:30 Kick
 {1 x 50 on 1:00 Kick
 {1 x 100 on 1:35 Kick
 {2 x 25 on :30 Kick
 {1 x 100 on 1:40 Kick
 {1 x 50 on 1:00 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 2:00 Kick
 {2 x 100 on 1:50 Kick
 750 1 x 750 on 9:00 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
 1,200 1x{1 x 200 on 3:10 Breast 2K1P+1K upto4
 {6 x 50 on 1:00 Descend 2X pullouts
 {1 x 200 on 3:10 Breast 2K1P+1K upto4
 {5 x 50 on :55 Descend 2X pullouts
 {1 x 200 on 3:10 Breast 2K1P+1K upto4
 {1 x 50 on :50 Descend 2X pullouts
 200 1 x 200 on 3:00 Stroke Drills
 8:43 AM 3,750 Yards - Stress Value = 52

Workout #15992 - Thursday, 17 July 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 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
 950 1x{1 x 100 on 2:00 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on 1:00 Kick
 {1 x 100 on 1:40 Kick
 {2 x 25 on :30 Kick
 {1 x 100 on 1:45 Kick
 {1 x 50 on 1:00 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 2:00 Kick
 {2 x 100 on 1:55 Kick
 700 1 x 700 on 9:00 Pulls alt BO
 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 3:30 Breast 2K1P+1K upto4
 {6 x 50 on 1:05 Descend 2X pullouts
 {1 x 200 on 3:30 Breast 2K1P+1K upto4
 {4 x 50 on 1:00 Descend 2X pullouts
 {1 x 200 on 3:30 Breast 2K1P+1K upto4
 200 1 x 200 on 3:00 Stroke Drills
 8:43 AM 3,600 Yards - Stress Value = 58

Workout #15993 - Thursday, 17 July 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 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{1 x 100 on 2:10 Kick
 {1 x 100 on 1:50 Kick
 {1 x 50 on 1:05 Kick
 {1 x 100 on 1:55 Kick
 {2 x 25 on :35 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:05 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 1:50 Kick
 600 1 x 600 on 9:00 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
 1,050 1x{1 x 200 on 3:45 Breast 2K1P+1K upto4
 {6 x 50 on 1:05 Descend 2X pullouts
 {1 x 200 on 3:45 Breast 2K1P+1K upto4
 {3 x 50 on 1:00 Descend 2X pullouts
 {1 x 200 on 3:45 Breast 2K1P+1K upto4
 200 1 x 200 on 3:00 Stroke Drills
 8:43 AM 3,350 Yards - Stress Value = 51

{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
 1,000 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
 200 1 x 200 on 3:00 Stroke Drills
 5:59 PM 2,200 Yards - Stress Value = 27

Workout #15996 - Friday, 18 July 2014

Group 3 - 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
 1,600 1x{1 x 100 on 1:25 Individual Medley
 {4 x 75 on 1:10 Fly-25L 25R 25 B
 {1 x 100 on 1:20 Individual Medley
 {4 x 75 on 1:10 Back 25L 25R 25B
 {1 x 100 on 1:15 Individual Medley
 {4 x 75 on 1:15 Brst 25FlK 25FrK 25Rk
 {1 x 100 on 1:10 Individual Medley
 {4 x 75 on 1:05 Fr 25scldsfst25catchup25reg
 100 1 x 100 on 1:30 Freestyle
 550 1x{1 x 175 on 2:20 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:00 Pulls-nbbf&w + 2 yds
 {1 x 125 on 1:40 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:20 Pulls-nbbf&w + 2 yds
 1,050 1x{4 x 25 on :30 Kick no board B
 {1 x 200 on 3:00 Kick
 {4 x 25 on :30 Kick no board S
 {1 x 175 on 2:40 Kick
 {4 x 25 on :30 Kick no board L
 {1 x 150 on 2:15 Kick
 {4 x 25 on :30 Kick no board R
 {1 x 125 on 1:50 Kick
 250 1 x 250 on 4:00 Stroke Drills
 8:45 AM 4,100 Yards - Stress Value = 65

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
 1,600 1x{1 x 100 on 1:25 Individual Medley
 {4 x 75 on 1:10 Fly-25L 25R 25 B
 {1 x 100 on 1:20 Individual Medley
 {4 x 75 on 1:10 Back 25L 25R 25B
 {1 x 100 on 1:15 Individual Medley
 {4 x 75 on 1:15 Brst 25FlK 25FrK 25Rk
 {1 x 100 on 1:10 Individual Medley
 {4 x 75 on 1:05 Fr 25scldsfst25catchup25reg
 100 1 x 100 on 1:30 Freestyle
 550 1x{1 x 175 on 2:20 Pulls-nbbf&w + 2 yds
 {1 x 150 on 2:00 Pulls-nbbf&w + 2 yds
 {1 x 125 on 1:40 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:20 Pulls-nbbf&w + 2 yds
 1,050 1x{4 x 25 on :30 Kick no board B
 {1 x 200 on 3:00 Kick
 {4 x 25 on :30 Kick no board S
 {1 x 175 on 2:40 Kick
 {4 x 25 on :30 Kick no board L
 {1 x 150 on 2:15 Kick
 {4 x 25 on :30 Kick no board R
 {1 x 125 on 1:50 Kick
 250 1 x 250 on 4:00 Stroke Drills
 8:45 AM 4,100 Yards - Stress Value = 65

Workout #15994 - Thursday, 17 July 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 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
 750 1x{1 x 100 on 2:30 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:15 Kick
 {1 x 100 on 2:05 Kick
 {2 x 25 on :40 Kick
 {1 x 100 on 2:10 Kick
 {1 x 50 on 1:15 Kick
 {1 x 100 on 2:10 Kick
 {4 x 25 on :40 Kick
 500 1 x 500 on 9:00 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
 900 1x{1 x 200 on 4:20 Breast 2K1P+1K upto4
 {5 x 50 on 1:15 Descend 2X pullouts
 {1 x 200 on 4:20 Breast 2K1P+1K upto4
 {5 x 50 on 1:10 Descend 2X pullouts
 200 1 x 200 on 3:00 Stroke Drills
 8:43 AM 3,000 Yards - Stress Value = 45

Workout #15995 - Thursday, 17 July 2014

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 11:00 Dynamic Stretch
 400 1 x 400 on 7:00 Choice
 150 10 x 15 on :45 Shooters
 450 1x{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

Workout #15997 - Friday, 18 July 2014

Group 3 - Gold

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
1,450	1x{1 x 100 on 1:35 Individual Medley
	{4 x 75 on 1:15 Fly-25L 25R 25 B
	{1 x 100 on 1:30 Individual Medley
	{4 x 75 on 1:15 Back 25L 25R 25B
	{1 x 100 on 1:25 Individual Medley
	{4 x 75 on 1:20 Brst 25FlK 25FrK 25Rk
	{1 x 100 on 1:20 Individual Medley
	{2 x 75 on 1:10 Fr 25scldsfst25catchup25reg
100	1 x 100 on 1:30 Freestyle
500	1x{1 x 175 on 2:40 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds
	{1 x 50 on :45 Pulls-nbbf&w + 2 yds
	{1 x 125 on 1:50 Pulls-nbbf&w + 2 yds
1,000	1x{4 x 25 on :30 Kick no board B
	{1 x 200 on 3:30 Kick
	{4 x 25 on :30 Kick no board S
	{1 x 175 on 3:00 Kick
	{4 x 25 on :30 Kick no board L
	{1 x 150 on 2:35 Kick
	{4 x 25 on :30 Kick no board R
	{1 x 75 on 1:15 Kick
250	1 x 250 on 4:00 Stroke Drills
	8:46 AM 3,850 Yards - Stress Value = 61

Workout #15998 - Friday, 18 July 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start		EGY	WOF
Yards	Set Description	=====	=====
	1 on 25:00 DS/Teds Abs		
400	1 x 400 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{1 x 100 on 1:45 Individual Medley	EN2	
	{4 x 75 on 1:20 Fly-25L 25R 25 B	EN2	
	{1 x 100 on 1:40 Individual Medley	EN2	
	{4 x 75 on 1:20 Back 25L 25R 25B	EN2	
	{1 x 100 on 1:35 Individual Medley	EN2	
	{4 x 75 on 1:25 Brst 25FlK 25FrK 25Rk	EN2	
	{1 x 100 on 1:30 Individual Medley	EN2	
100	1 x 100 on 2:15 Freestyle	REC	
425	1x{1 x 175 on 2:55 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:30 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
800	1x{4 x 25 on :35 Kick no board B	EN2	
	{1 x 200 on 4:00 Kick	EN2	
	{4 x 25 on :35 Kick no board S	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{4 x 25 on :35 Kick no board L	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	{4 x 25 on :35 Kick no board R	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	8:45 AM 3,425 Yards - Stress Value = 53		

Workout #15999 - Friday, 18 July 2014

Group 3 - Bronze

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

1,100	1x{1 x 100 on 2:00 Individual Medley	F
	{2 x 75 on 1:40 Fly-25L 25R 25 B	F
	{1 x 100 on 1:55 Individual Medley	F
	{2 x 75 on 1:40 Back 25L 25R 25B	F
	{1 x 100 on 1:50 Individual Medley	F
	{2 x 75 on 1:45 Brst 25FlK 25FrK 25Rk	F
	{2 x 100 on 1:45 Individual Medley	F
	{2 x 75 on 1:30 Fr 25scldsfst25catchup25reg	F
100	1 x 100 on 2:30 Freestyle	F
400	1x{1 x 200 on 3:40 Pulls-nbbf&w + 2 yds	F
	{1 x 150 on 2:45 Pulls-nbbf&w + 2 yds	F
	{1 x 50 on :55 Pulls-nbbf&w + 2 yds	F
650	1x{4 x 25 on :45 Kick no board B	F
	{1 x 100 on 2:20 Kick	F
	{4 x 25 on :45 Kick no board S	F
	{1 x 100 on 2:20 Kick	F
	{4 x 25 on :45 Kick no board L	F
	{1 x 50 on 1:10 Kick	F
	{4 x 25 on :45 Kick no board R	F
250	1 x 250 on 4:00 Stroke Drills	F
	8:45 AM 3,050 Yards - Stress Value = 45	

Workout #16000 - Monday, 21 July 2014

Group 3 - Freestylers

1 minute rest between sets

7:00 AM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS/Physio Balls
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :30 Kick no board B
	{1 x 150 on 2:25 Kick
	{4 x 25 on :30 Kick no board S
	{1 x 150 on 2:20 Kick
	{4 x 25 on :30 Kick no board L
	{1 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board R
	{1 x 150 on 2:10 Kick
500	1 x 500 on 6:09 Pull no br L.12.5 yds of eac
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 Freestyle-Descend
200	1 x 200 on 4:00 Stroke Drills
	8:45 AM 4,150 Yards - Stress Value = 72

Workout #16001 - Monday, 21 July 2014

Group 3 - 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 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :30 Kick no board B
	{1 x 150 on 2:40 Kick
	{4 x 25 on :30 Kick no board S
	{1 x 150 on 2:35 Kick
	{4 x 25 on :30 Kick no board L
	{1 x 150 on 2:30 Kick
	{4 x 25 on :30 Kick no board R
	{1 x 100 on 1:35 Kick
450	1 x 450 on 6:23 Pull no br L.12.5 yds of eac
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 2:10 Freestyle-Descend
200	1 x 200 on 3:00 Stroke Drills
	8:44 AM 3,900 Yards - Stress Value = 67

Workout #16002 - Monday, 21 July 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :35 Kick no board B
 {1 x 150 on 3:05 Kick
 {4 x 25 on :35 Kick no board S
 {1 x 150 on 3:00 Kick
 {4 x 25 on :35 Kick no board L
 {1 x 100 on 1:55 Kick
 {4 x 25 on :35 Kick no board R
 400 1 x 400 on 6:19 Pull no br L.12.5 yds of eac
 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 2:25 Freestyle-Descend
 200 1 x 200 on 3:00 Stroke Drills
 8:45 AM 3,550 Yards - Stress Value = 60

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball/Tm Mtg
 300 1 x 300 on 10:00 Swim-kick-pull-swim RE
 150 10 x 15 on :45 Shooters SE
 400 1x{4 x 25 on 1:00 Kick no board S EN
 {1 x 100 on 3:00 Kick alt 25 fly 25 choice EN
 {2 x 25 on 1:00 Kick no board S EN
 {1 x 100 on 2:55 Kick alt 25 fly 25 choice EN
 {2 x 25 on 1:00 Kick no board S EN
 100 4 x 25 on 1:00 Fly Drills RE
 700 1x{1 x 100 on 2:40 2 strokes fly off walls EN
 {1 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 lupdown +1 EN
 {1 x 50 on 1:15 Freestyle RE
 400 1 x 100 on 2:35 3 strokes fly off walls EN
 100 2x{1 x 100 on 2:30 3 strokes fly off walls EN
 {1 x 50 on 1:15 3 strokes fly off walls EN
 250 1 x 250 on 5:00 Game RE
 7:00 PM 1,900 Yards - Stress Value = 27

Workout #16003 - Monday, 21 July 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 650 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board S
 {1 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board L
 {1 x 100 on 2:10 Kick
 {2 x 25 on :45 Kick no board R
 400 1 x 400 on 6:56 Pull no br L.12.5 yds of eac
 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 2:40 Freestyle-Descend
 200 1 x 200 on 3:00 Stroke Drills
 8:44 AM 3,250 Yards - Stress Value = 54

Workout #16005 - Monday, 21 July 2014

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Ball/Tm Mtg
 400 1 x 400 on 10:00 Choice RE
 150 10 x 15 on :45 Shooters SE
 600 1x{4 x 25 on :45 Kick no board S EN
 {1 x 100 on 2:00 Kick alt 25 fly 25 choice EN
 {4 x 25 on :45 Kick no board S EN
 {1 x 100 on 1:55 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
 100 4 x 25 on 1:00 Fly Drills RE
 1,150 1x{1 x 100 on 1:35 2 strokes fly off walls EN
 {1 x 100 on 1:30 2 strokes fly off walls EN
 {1 x 100 on 1:25 2 strokes fly off walls EN
 {2 x 25 on :30 Fly lupdown +1 EN
 {1 x 50 on 1:00 Freestyle RE
 250 1 x 250 on 5:00 Stroke Drills RE
 7:00 PM 2,650 Yards - Stress Value = 39

Workout #16004 - Monday, 21 July 2014

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 Dynamic Stretch
 400 1 x 400 on 10:00 Choice
 400 1 x 400 on 8:00 Social Kick-4X25 randon spr
 kicks on your own
 240 3x{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
 200 8 x 25 on :45 Variable Speed
 100 1 x 100 on 4:00 Your best stroke OTB
 300 1 x 300 on 5:00 Stroke Drills
 6:00 PM 1,640 Yards - Stress Value = 32

Workout #16009 - Monday, 21 July 2014

Group 2 - Copper

1 minute rest between sets

Workout #16006 - Monday, 21 July 2014

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	
400	1 x 400 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SE
550	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 100 on 2:10 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{1 x 100 on 2:05 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{1 x 50 on 1:05 Kick alt 25 ly 25 choice	EN
100	4 x 25 on 1:00 Fly Drills	RE
1,000	1x{1 x 100 on 1:45 2 strokes fly off walls	EN
	{1 x 100 on 1:40 2 strokes fly off walls	EN
	{1 x 100 on 1:35 2 strokes fly off walls	EN
	{2 x 25 on :35 Fly lupldown +1	EN
	{1 x 50 on 1:00 Freestyle	RE
	{1 x 100 on 1:40 3 strokes fly off walls	EN
	{1 x 100 on 1:35 3 strokes fly off walls	EN
	{1 x 100 on 1:30 3 strokes fly off walls	EN
	{2 x 25 on :35 Fly lupldown+1	EN
	{1 x 50 on 1:00 Freestyle	RE
	{1 x 50 on :55 4 strokes fly off walls	EN
	{1 x 50 on :50 4 strokes fly off walls	EN
	{1 x 50 on :45 4 strokes fly off walls	EN
	{2 x 25 on :35 Fly lupldown+1	EN
250	1 x 250 on 5:00 Stroke Drills	RE
	7:00 PM 2,450 Yards - Stress Value = 35	

Workout #16007 - Monday, 21 July 2014

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	
350	1 x 350 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SE
550	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 100 on 2:20 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{1 x 150 on 3:20 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
100	4 x 25 on 1:00 Fly Drills	RE
850	1x{1 x 100 on 2:00 2 strokes fly off walls	EN
	{1 x 100 on 1:55 2 strokes fly off walls	EN
	{1 x 100 on 1:50 2 strokes fly off walls	EN
	{2 x 25 on :40 Fly lupldown +1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{1 x 100 on 1:55 3 strokes fly off walls	EN
	{1 x 100 on 1:50 3 strokes fly off walls	EN
	{1 x 100 on 1:45 3 strokes fly off walls	EN
	{2 x 25 on :40 Fly lupldown+1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{1 x 50 on 1:10 4 strokes fly off walls	EN
250	1 x 250 on 5:00 Stroke Drills	RE
	7:00 PM 2,250 Yards - Stress Value = 32	

Workout #16008 - Monday, 21 July 2014

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	
300	1 x 300 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SE
500	1x{4 x 25 on :45 Kick no board S	EN

	{1 x 100 on 2:50 Kick alt 25 fly 25 choice	EN
	{4 x 25 on :45 Kick no board S	EN
	{1 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
100	4 x 25 on 1:00 Fly Drills	RE
800	1x{1 x 100 on 2:15 2 strokes fly off walls	EN
	{1 x 100 on 2:10 2 strokes fly off walls	EN
	{1 x 100 on 2:05 2 strokes fly off walls	EN
	{2 x 25 on :45 Fly lupldown +1	EN
	{1 x 50 on 1:15 Freestyle	RE
	{1 x 100 on 2:10 3 strokes fly off walls	EN
	{1 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
250	1 x 250 on 5:00 Stroke Drills	RE
	7:01 PM 2,100 Yards - Stress Value = 31	

Workout #16010 - Tuesday, 22 July 2014

Group 3 - Back

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Core	
400	1 x 400 on 10:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
300	3 x 100 on 2:00 Kick @fastest interval	
500	10 x 50 on :40 Pulls odds BTB	
	evens BTS	
100	2x{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 125 on 1:50 Backstroke	
	{3 x 50 on :45 Back-descend	
	{1 x 125 on 1:45 Backstroke	
	{3 x 50 on :45 Back-descend	
	{1 x 125 on 1:40 Backstroke	
	{3 x 50 on :45 Back-descend	
	{1 x 125 on 1:35 Backstroke	
	{3 x 50 on :45 Back-descend	
	{2 x 125 on 1:30 Backstroke	
	{3 x 50 on :45 Back-descend	
	{2 x 125 on 1:25 Backstroke	
	{3 x 50 on :45 Back-descend	
	{2 x 125 on 1:20 Backstroke	
250	1 x 250 on 4:00 Stroke Drills	
	8:38 AM 3,850 Yards - Stress Value = 58	

Workout #16011 - Tuesday, 22 July 2014

Group 3 - 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
 300 3 x 100 on 2:00 Kick @fastest interval
 450 9 x 50 on :45 Pulls odds BTB
 evens BTS
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,875 1x{1 x 125 on 2:00 Backstroke
 {3 x 50 on :50 Back-descend
 {1 x 125 on 1:55 Backstroke
 {3 x 50 on :50 Back-descend
 {1 x 125 on 1:50 Backstroke
 {3 x 50 on :50 Back-descend
 {1 x 125 on 1:45 Backstroke
 {3 x 50 on :50 Back-descend
 {3 x 125 on 1:40 Backstroke
 {3 x 50 on :50 Back-descend
 {2 x 125 on 1:35 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 8:38 AM 3,525 Yards - Stress Value = 52

Workout #16012 - Tuesday, 22 July 2014

Group 3 - 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
 300 3 x 100 on 2:00 Kick @fastest interval
 400 8 x 50 on :50 Pulls odds BTB
 evens BTS
 100 2x{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 1:45 Backstroke
 {3 x 50 on :55 Back-descend
 {1 x 100 on 1:40 Backstroke
 {3 x 50 on :55 Back-descend
 {1 x 100 on 1:35 Backstroke
 {3 x 50 on :55 Back-descend
 {1 x 100 on 1:30 Backstroke
 {3 x 50 on :55 Back-descend
 {3 x 100 on 1:25 Backstroke
 {3 x 50 on :55 Back-descend
 {2 x 100 on 1:20 Backstroke
 {2 x 50 on :55 Back-descend
 250 1 x 250 on 4:00 Stroke Drills
 8:38 AM 3,300 Yards - Stress Value = 51

Workout #16013 - Tuesday, 22 July 2014

Group 3 - Bronze

1 minute rest between sets

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
 300 3 x 100 on 2:00 Kick @fastest interval
 350 7 x 50 on :55 Pulls odds BTB
 evens BTS
 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 100 on 2:05 Backstroke

{3 x 50 on 1:05 Back-descend
 {1 x 100 on 2:00 Backstroke
 {3 x 50 on 1:05 Back-descend
 {1 x 100 on 1:55 Backstroke
 {3 x 50 on 1:05 Back-descend
 {2 x 100 on 1:50 Backstroke
 {3 x 50 on 1:05 Back-descend
 {2 x 100 on 1:45 Backstroke
 {2 x 50 on 1:05 Back-descend
 250 1 x 250 on 4:00 Stroke Drills
 8:38 AM 2,850 Yards - Stress Value = 44

Workout #16014 - Tuesday, 22 July 2014

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK STK
 =====
 1 on 10:00 Dynamic Stretch L DRY
 400 1 x 400 on 7:00 Choice REC D FR
 150 10 x 15 on :45 Shooters SP3 S CHO
 100 1 x 100 on 3:00 Kick for time EN2 K CHO
 840 1x{7 x 30 on 1:00 Freestyle SP2 S FR
 {1 x 120 on 3:00 Freestyle REC S FR
 {5 x 30 on 1:00 Freestyle SP2 S FR
 {1 x 120 on 3:00 Freestyle REC S FR
 {3 x 30 on 1:00 Freestyle SP2 S FR
 {1 x 120 on 3:00 Freestyle REC D CD
 {1 x 30 on 1:00 Freestyle SP2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 6:00 PM 1,690 Yards - Stress Value = 56

Workout #16015 - Tuesday, 22 July 2014

Group 2 - All

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 25:00 DS/Shoulders/Tm Mtg L I
 400 1 x 400 on 9:00 Choice REC S C
 150 10 x 15 on :45 Shooters SP3 S C
 300 3 x 100 on 2:30 Kick-no board EN1 K C
 400 8 x 50 on 1:15 Down drill back build EN1 S C
 Odds free evens non free
 300 12 x 25 on :45 Variable Speed EN1 S
 50 2 x 25 on 2:00 Choice OTB SP3 S C
 200 1 x 200 on 3:00 Stroke Drills REC D
 1 on 8:00 Techniques-Relay Starts D
 7:00 PM 1,800 Yards - Stress Value = 18

Workout #16016 - Wednesday, 23 July 2014

Group 3 - 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
 900 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 50 on 1:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,550 1x{6 x 100 on 1:25 Breaststroke
 {1 x 30 on 1:00 15underBrst/15sprFR
 {5 x 100 on 1:25 Breaststroke
 {2 x 30 on 1:00 15underBrst/15sprFR
 {4 x 100 on 1:25 Breaststroke
 {3 x 30 on 1:00 15underBrst/15sprFR
 {3 x 100 on 1:25 Breaststroke
 {4 x 30 on 1:00 15underBrst/15sprFR
 {2 x 100 on 1:25 Breaststroke
 {5 x 30 on 1:00 15underBrst/15sprFR
 {1 x 100 on 1:25 Breaststroke
 300 6 x 50 on 1:00 Stroke Drills
 9:00 AM 4,400 Yards - Stress Value = 75

700 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:40 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {4 x 25 on :40 Kick no board BSLR
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{6 x 100 on 1:50 Breaststroke
 {1 x 30 on 1:00 15underBrst/15sprFr
 {5 x 100 on 1:50 Breaststroke
 {2 x 30 on 1:00 15underBrst/15sprFr
 {4 x 100 on 1:50 Breaststroke
 {3 x 30 on 1:00 15underBrst/15sprFR
 {3 x 100 on 1:50 Breaststroke
 {4 x 30 on 1:00 15underBrst/15sprFR
 {1 x 100 on 1:50 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 8:58 AM 3,950 Yards - Stress Value = 64

Workout #16019 - Wednesday, 23 July 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Abs
 300 1 x 300 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
 {1 x 50 on 1:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 1:55 Kick
 {2 x 25 on :45 Kick no board BS
 {2 x 100 on 2:30 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{5 x 100 on 2:10 Breaststroke
 {1 x 30 on 1:00 15underBrst/15sprFr
 {4 x 100 on 2:10 Breaststroke
 {2 x 30 on 1:00 15underBrst/15sprFR
 {3 x 100 on 2:10 Breaststroke
 {3 x 30 on 1:00 15underBrst/15sprFR
 {2 x 100 on 2:10 Breaststroke
 {4 x 30 on 1:00 15underBrst/15sprFR
 {2 x 100 on 2:10 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 8:58 AM 3,350 Yards - Stress Value = 57

Workout #16017 - Wednesday, 23 July 2014

Group 3 - 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
 900 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 50 on 1:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,390 1x{6 x 100 on 1:35 Breaststroke
 {1 x 30 on 1:00 15underBrst/15sprFr
 {5 x 100 on 1:35 Breaststroke
 {2 x 30 on 1:00 15underBrst/15sprFr
 {4 x 100 on 1:35 Breaststroke
 {3 x 30 on 1:00 15underBrst/15sprFR
 {3 x 100 on 1:35 Breaststroke
 {4 x 30 on 1:00 15underBrst/15sprFR
 {2 x 100 on 1:35 Breaststroke
 {3 x 30 on 1:00 15underBrst/15sprFR
 250 1 x 250 on 4:00 Stroke Drills
 8:58 AM 4,190 Yards - Stress Value = 72

Workout #16018 - Wednesday, 23 July 2014

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

Workout #16020 - Thursday, 24 July 2014

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Shoulders
150	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,100	10 x 15 on :45 Shooters
200	11 x 100 on 2:00 Challenge Kick Set
3,000	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
200	1x{1 x 200 on 2:40 3 strokes fly off walls-NB 4 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick 2 x 200 on 2:40 3 strokes fly off walls-NB 3 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick 3 x 200 on 2:40 3 strokes fly off walls-NB 2 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick 4 x 200 on 2:40 3 strokes fly off walls-NB 1 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
200	1 x 200 on 3:00 Stroke Drills
9:01 AM	5,250 Yards - Stress Value = 90

Workout #16021 - Thursday, 24 July 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 25:00 DS/Shoulders
150	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,100	10 x 15 on :45 Shooters
200	11 x 100 on 2:00 Challenge Kick Set
2,700	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
200	1x{1 x 200 on 3:00 3 strokes fly off walls-NB 4 x 100 on 1:40 Alt 25fr br 5/25fl w/fr kick 2 x 200 on 3:00 3 strokes fly off walls-NB 3 x 100 on 1:40 Alt 25fr br 5/25fl w/fr kick 3 x 200 on 3:00 3 strokes fly off walls-NB 2 x 100 on 1:40 Alt 25fr br 5/25fl w/fr kick 3 x 200 on 3:00 3 strokes fly off walls
200	1 x 200 on 3:00 Stroke Drills
9:01 AM	4,950 Yards - Stress Value = 84

Workout #16022 - Thursday, 24 July 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
550	1 on 25:00 DS/Shoulders
150	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,100	10 x 15 on :45 Shooters
200	11 x 100 on 2:00 Challenge Kick Set
2,450	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
200	1x{1 x 200 on 3:15 3 strokes fly off walls-NB 4 x 100 on 1:50 Alt 25fr br 5/25fl w/fr kick 2 x 200 on 3:15 3 strokes fly off walls-NB 3 x 100 on 1:50 Alt 25fr br 5/25fl w/fr kick 3 x 200 on 3:15 3 strokes fly off walls-NB 4 x 100 on 1:50 Alt 25fr br 5/25fl w/fr kick 1 x 150 on 2:20 3 strokes fly off walls-NB
200	1 x 200 on 3:00 Stroke Drills
9:01 AM	4,650 Yards - Stress Value = 79

Workout #16023 - Thursday, 24 July 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 on 25:00 DS/Shoulders
150	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,100	10 x 15 on :45 Shooters
200	11 x 100 on 2:00 Challenge Kick Set
2,100	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
200	1x{1 x 200 on 3:45 3 strokes fly off walls-NB 2 x 100 on 2:00 Alt 25fr br 5/25fl w/fr kick 2 x 200 on 3:45 3 strokes fly off walls-NB 3 x 100 on 2:00 Alt 25fr br 5/25fl w/fr kick 3 x 200 on 3:45 3 strokes fly off walls-NB 4 x 100 on 2:00 Alt 25fr br 5/25fl w/fr kick
200	1 x 200 on 3:00 Stroke Drills
9:00 AM	4,250 Yards - Stress Value = 72

Workout #16024 - Thursday, 24 July 2014

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 Reverse IM drill
400	10 x 15 on :45 Shooters
250	5x{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
200	1 x 250 on 4:00 Stroke Drills
6:00 PM	1,400 Yards - Stress Value = 34

Workout #16025 - Monday, 28 July 2014

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 DS/Physio Ball
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,650	10 x 15 on :45 Shooters
200	1x{4 x 25 on :30 Kick no board BSLR 1 x 150 on 2:20 Kick 1 x 100 on 1:35 Kick 1 x 50 on :45 Kick 6 x 25 on :30 Kick no board BSLRLR 2 x 150 on 2:20 Kick 2 x 100 on 1:35 Kick 2 x 50 on :45 Kick 8 x 25 on :30 Kick no board BSLR 1 x 150 on 2:20 Kick 1 x 100 on 1:35 Kick 1 x 50 on :45 Kick
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	6 x 400 on 5:05 Free-R.10 @200/Neg split dscnd in 3's, 2nd set of 3 fstr then 1st
200	1 x 200 on 3:00 Stroke Drills
9:01 AM	5,200 Yards - Stress Value = 89

Workout #16026 - Monday, 28 July 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Ball
 150 1 x 600 on 10:00 Swim-kick-pull-swim
 1,550 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:35 Kick
 {1 x 100 on 1:45 Kick
 {1 x 50 on :50 Kick
 {6 x 25 on :30 Kick no board BSLRLR
 {2 x 150 on 2:35 Kick
 {2 x 100 on 1:45 Kick
 {2 x 50 on :50 Kick
 {8 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:35 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
 2,400 6 x 400 on 5:30 Free-R.10 @200/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 200 1 x 200 on 3:00 Stroke Drills
 9:03 AM 5,100 Yards - Stress Value = 87

Workout #16027 - Monday, 28 July 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Physio Ball
 150 1 x 550 on 10:00 Swim-kick-pull-swim
 1,350 10 x 15 on :45 Shooters
 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 2:55 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 {6 x 25 on :35 Kick no board BSLRLR
 {1 x 150 on 2:55 Kick
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 {8 x 25 on :35 Kick no board BSLR
 {1 x 150 on 2:55 Kick
 {1 x 100 on 1:55 Kick
 {1 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
 2,100 6 x 350 on 5:15 Free-R.10 @175/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 200 1 x 200 on 3:00 Stroke Drills
 9:02 AM 4,550 Yards - Stress Value = 77

Workout #16028 - Monday, 28 July 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Physio Ball
 150 1 x 500 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 3:25 Kick
 {1 x 100 on 2:15 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 1:10 Kick

{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:25 Kick
 {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
 1,800 6 x 300 on 5:15 Free-R.10 @150/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 200 1 x 200 on 3:00 Stroke Drills
 9:02 AM 3,950 Yards - Stress Value = 66

Workout #16029 - Tuesday, 29 July 2014

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
 400 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @fastest interval
 600 1x{20 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 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 1:15 Backstroke
 {1 on 1:00 Rest
 {5 x 100 on 1:15 Backstroke
 {1 on 1:00 Rest
 {4 x 100 on 1:15 Backstroke
 {1 on 1:00 Rest
 {3 x 100 on 1:15 Backstroke
 {1 on 1:00 Rest
 {2 x 100 on 1:15 Backstroke
 {1 on 1:00 Rest
 {1 x 100 on 1:15 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 8:59 AM 4,300 Yards - Stress Value = 70

Workout #16030 - Tuesday, 29 July 2014

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
 400 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @fasteste interval
 600 1x{20 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 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 1:20 Backstroke
 {1 on 1:00 Rest
 {5 x 100 on 1:20 Backstroke
 {1 on 1:00 Rest
 {4 x 100 on 1:20 Backstroke
 {1 on 1:00 Rest
 {3 x 100 on 1:20 Backstroke
 {1 on 1:00 Rest
 {2 x 100 on 1:20 Backstroke
 {1 on :30 Rest
 {1 x 100 on 1:20 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 9:00 AM 4,300 Yards - Stress Value = 70

Workout #16031 - Tuesday, 29 July 2014

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
 400 4 x 100 on 2:00 Kick @fastest interval
 600 1x{20 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick 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{6 x 100 on 1:30 Backstroke
 { 1 on 1:00 Rest
 { 5 x 100 on 1:30 Backstroke
 { 1 on 1:00 Rest
 { 4 x 100 on 1:30 Backstroke
 { 1 on 1:00 Rest
 { 3 x 100 on 1:30 Backstroke
 { 1 on 1:00 Rest
 { 2 x 100 on 1:30 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 9:01 AM 4,150 Yards - Stress Value = 68

Workout #16032 - Tuesday, 29 July 2014

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
 400 4 x 100 on 2:00 Kick @fastest interval
 600 1x{20 x 30 on 1:00 15y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 15y flutter Kick BSLR
 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{6 x 100 on 1:55 Backstroke
 { 1 on 1:00 Rest
 { 5 x 100 on 1:55 Backstroke
 { 1 on 1:00 Rest
 { 3 x 100 on 1:55 Backstroke
 { 1 on 1:00 Rest
 { 2 x 100 on 1:55 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 9:01 AM 3,700 Yards - Stress Value = 60

Workout #16033 - Wednesday, 30 July 2014

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
 150 10 x 15 on :45 Shooters
 1,550 1x{4 x 25 on :30 Kick no board BSLR-20KOW
 { 3 x 125 on 2:00 Kick
 { 4 x 25 on :30 Kick no board BSLR-18KOW
 { 3 x 100 on 1:35 Kick
 { 4 x 25 on :30 Kick no board BSLR-16KOW
 { 3 x 75 on 1:10 Kick
 { 4 x 25 on :30 Kick no board BSLR-14KOW
 { 3 x 50 on :45 Kick
 { 4 x 25 on :30 Kick no board BSLR-12KOW
 200 4x{1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishe

2,000 10x{8 x 25 on :20 Butterfly
 { 1 on 1:00 Rest
 200 1 x 200 on 3:00 Stroke Drills
 9:01 AM 4,700 Yards - Stress Value = 79

Workout #16034 - Wednesday, 30 July 2014

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
 1,400 1x{4 x 25 on :30 Kick no board BSLR-20KOW
 { 3 x 125 on 2:20 Kick
 { 4 x 25 on :30 Kick no board BSLR-18KOW
 { 3 x 100 on 1:50 Kick
 { 4 x 25 on :30 Kick no board BSLR-16KOW
 { 3 x 75 on 1:20 Kick
 { 4 x 25 on :30 Kick no board BSLR-14KOW
 { 1 x 50 on :50 Kick
 { 2 x 25 on :30 Kick no board BS-12KOW
 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{8 x 25 on :25 Butterfly
 { 1 on 1:00 Rest
 200 1 x 200 on 3:00 Stroke Drills
 9:03 AM 4,350 Yards - Stress Value = 72

Workout #16035 - Wednesday, 30 July 2014

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 :35 Kick no board BSLR-20KOW
 { 3 x 125 on 2:35 Kick
 { 4 x 25 on :35 Kick no board BSLR-18KOW
 { 2 x 100 on 2:00 Kick
 { 4 x 25 on :35 Kick no board BSLR-16KOW
 { 3 x 75 on 1:30 Kick
 { 4 x 25 on :35 Kick no board BSLR-14KOW
 { 1 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
 1,600 8x{8 x 25 on :30 Butterfly
 { 1 on 1:00 Rest
 200 1 x 200 on 3:00 Stroke Drills
 9:04 AM 3,950 Yards - Stress Value = 65

Workout #16036 - Wednesday, 30 July 2014

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 200
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :45 Kick no board BSLR-20KOW 1,200
 {3 x 100 on 2:30 Kick 400
 {4 x 25 on :45 Kick no board BSLR-18KOW
 {2 x 75 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR-16KOW
 {3 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR-14KOW
 {4 x 25 on :35 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 6x{8 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 200 1 x 200 on 3:00 Stroke Drills
 9:04 AM 3,350 Yards - Stress Value = 54

{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 1:50 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 1:55 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {1 x 50 on 1:05 Kick your 3rd best 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 16 x 75 on 1:30 Breaststroke
 400 8 x 50 on 1:00 Stroke Drills
 9:00 AM 4,000 Yards - Stress Value = 49

Workout #16039 - Thursday, 31 July 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 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
 1,350 1x{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 1:50 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
 {2 x 50 on 1:10 Kick your 3rd best kick
 {1 x 100 on 2:05 Kick your best kick
 {1 x 50 on 1:05 Kick your 2nd best 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 16 x 75 on 1:30 Breaststroke
 400 8 x 50 on 1:00 Stroke Drills
 9:00 AM 3,850 Yards - Stress Value = 48

Workout #16037 - Thursday, 31 July 2014

Group 3 - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 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
 1,500 1x{1 x 100 on 1:25 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 1:30 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
 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 Breaststroke
 400 8 x 50 on 1:00 Stroke Drills
 9:00 AM 4,050 Yards - Stress Value = 50

Workout #16040 - Thursday, 31 July 2014

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 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
 1,150 1x{1 x 100 on 2:15 Kick your best kick
 {2 x 50 on 1:15 Kick your 2nd best kick
 {2 x 50 on 1:20 Kick your 3rd best kick
 {1 x 100 on 2:15 Kick your best kick
 {2 x 50 on 1:15 Kick your 2nd best kick
 {2 x 50 on 1:20 Kick your 3rd best kick
 {1 x 100 on 2:20 Kick your best kick
 {2 x 50 on 1:15 Kick your 2nd best kick
 {2 x 50 on 1:20 Kick your 3rd best kick
 {1 x 100 on 2:25 Kick your best kick
 {2 x 50 on 1:15 Kick your 2nd best kick
 {1 x 50 on 1:20 Kick your 3rd best 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 16 x 75 on 1:30 Breaststroke
 400 8 x 50 on 1:00 Stroke Drills
 9:00 AM 3,600 Yards - Stress Value = 46

Workout #16038 - Thursday, 31 July 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 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
 1,450 1x{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 1:40 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

Workout #16041 - Monday, 04 August 2014

1 minute rest between sets

Group 3 - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY
 =====
 600 1 on 45:00 DS and Dryland
 200 1 x 600 on 10:00 Swim-kick-pull-swim REC
 8 x 25 on 2:00 Fly or Brst OTB-walk back SP2
 Hold all 150's under 2:10
 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
 250 1 x 250 on 4:00 Stroke Drills REC
 9:00 AM 3,350 Yards - Stress Value = 86

7:00 AM Start
 Yards Set Description EGY
 =====
 500 1 on 45:00 DS and Dryland
 200 1 x 500 on 10:00 Swim-kick-pull-swim REC
 8 x 25 on 2:00 Fly or Brst OTB-walk back SP2
 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
 250 1 x 250 on 4:00 Stroke Drills REC
 9:00 AM 2,700 Yards - Stress Value = 74

Workout #16045 - Tuesday, 05 August 2014

Group 3 - Platinum

1 minute rest between sets

Workout #16042 - Monday, 04 August 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY
 =====
 600 1 on 45:00 DS and Dryland
 200 1 x 600 on 10:00 Swim-kick-pull-swim REC
 8 x 25 on 2:00 Fly or Brst OTB-walk back SP2
 Hold 150's under 2:30 and 100's under 1:40
 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
 250 1 x 250 on 4:00 Stroke Drills REC
 9:00 AM 3,150 Yards - Stress Value = 82

7:00 AM Start
 Yards Set Description EGY
 =====
 600 1 on 45:00 DS and Dryland
 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
 1,800 1x{4 x 25 on :45 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
 {4 x 25 on :45 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 100 on 1:30 Kick
 {1 x 50 on 1:30 EZ free put on fins
 {4 x 25 on :45 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 100 on 1:25 Kick
 {1 x 50 on 1:30 EZ free put fins on
 100 1 x 100 on 2:00 Kick for time w/flippers
 250 1 x 250 on 4:00 Stroke Drills
 9:00 AM 3,110 Yards - Stress Value = 59

Workout #16043 - Monday, 04 August 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY
 =====
 550 1 on 45:00 DS and Dryland
 200 1 x 550 on 10:00 Swim-kick-pull-swim REC
 8 x 25 on 2:00 Fly or Brst OTB-walk back SP2
 hold 125's under 2:20 and 100's under 1:50
 1,800 1x{1 x 125 on 2:30 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
 250 1 x 250 on 4:00 Stroke Drills REC
 9:00 AM 2,900 Yards - Stress Value = 76

Workout #16044 - Monday, 04 August 2014

Group 3 - Bronze

Workout #16046 - Tuesday, 05 August 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS and Dryland
 600 1 x 600 on 10:00 Underwater trn drill
 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
 1,600 1x{4 x 25 on :45 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
 {4 x 25 on :45 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
 {4 x 25 on :45 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
 {4 x 25 on :45 Kick no board BSLR 13 KOW
 {1 x 100 on 1:45 Kick
 {1 x 50 on 1:30 EZ free put fins on
 100 1 x 100 on 2:00 Kick for time w/flippers
 250 1 x 250 on 4:00 Stroke Drills
 9:00 AM 2,910 Yards - Stress Value = 55

Workout #16047 - Tuesday, 05 August 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS and Dryland
 550 1 x 550 on 10:00 Underwater trn drill
 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
 1,550 1x{4 x 25 on :45 Kick no board BSLR 10 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
 {4 x 25 on :45 Kick no board BSLR 11 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
 {4 x 25 on :45 Kick no board BSLR 12 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
 {4 x 25 on :45 Kick no board BSLR 13 KOW
 {1 x 100 on 1:55 Kick
 {1 on :30 put fins on
 100 1 x 100 on 2:00 Kick for time w/flippers
 250 1 x 250 on 4:00 Stroke Drills
 9:00 AM 2,810 Yards - Stress Value = 55

Workout #16048 - Tuesday, 05 August 2014

Group 3 - Bronze

1 minute rest between sets

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

1 on 45:00 DS and Dryland
 500 1 x 500 on 10:00 Underwater trn drill
 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
 1,400 1x{4 x 25 on :45 Kick no board BSLR 10 KOW
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 {1 x 50 on 1:30 EZ free put on fins
 {4 x 25 on :45 Kick no board BSLR 11 KOW
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:30 EZ free put on fins
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 50 on 1:30 EZ free put on fins
 {2 x 25 on :45 Kick no board BS 13 KOW
 100 1 x 100 on 2:00 Kick for time w/flippers
 250 1 x 250 on 4:00 Stroke Drills
 8:59 AM 2,610 Yards - Stress Value = 52

Workout #16049 - Wednesday, 06 August 2014

Group 3 - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS and Dryland
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 240 8 x 30 on 2:00 Running Pit Springs
 2,000 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
 400 8 x 50 on 1:00 Stroke Drills
 9:00 AM 3,240 Yards - Stress Value = 50

Workout #16050 - Wednesday, 06 August 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS and Dryland
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 240 8 x 30 on 2:00 Running Pit Springs
 1,850 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
 {3 x 75 on 1:20 Kick
 {3 x 75 on 1:20 Kick
 400 8 x 50 on 1:00 Stroke Drills
 9:00 AM 3,090 Yards - Stress Value = 46

Workout #16051 - Wednesday, 06 August 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM Start			
550	1 on 45:00 DS and Dryland		
240	1 x 550 on 10:00 Free L.25 of each 100 non f		
1,650	8 x 30 on 2:00 Running Pit Springs		
	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		
	{2 x 75 on 1:30 Kick		
	{1 x 100 on 2:00 Kick		
400	8 x 50 on 1:00 Stroke Drills		
9:00 AM 2,840 Yards - Stress Value = 43			

Workout #16052 - Wednesday, 06 August 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM Start			
500	1 on 45:00 DS and Dryland		
240	1 x 500 on 10:00 Free L.25 of each 100 non f		
1,400	8 x 30 on 2:00 Running Pit Springs		
	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		
	{4 x 50 on 1:25 Tombstone Kicking		
400	8 x 50 on 1:00 Stroke Drills		
9:00 AM 2,540 Yards - Stress Value = 38			

Workout #16053 - Thursday, 07 August 2014

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM Start			
600	1 on 45:00 DS and Dryland		
	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100s free even 100's back		
200	8 x 25 on 2:00 Fly w/fins	SP2	
2,400	1x{3 x 200 on 3:00 Kick	EN2	
	{1 x 300 on 6:00 Free -Ez Swim	REC	
	{3 x 150 on 2:15 Kick	EN2	
	{1 x 300 on 6:00 Free Ez Swim	REC	
	{3 x 100 on 1:30 Kick	EN2	
	{1 x 300 on 6:00 Free Ez Swim	REC	
	{3 x 50 on :45 Kick	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
9:00 AM 3,500 Yards - Stress Value = 50			

Workout #16054 - Thursday, 07 August 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
=====			
	1 on 45:00 DS and Dryland		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100s free even 100's back		
200	8 x 25 on 2:00 Fly w/fins	SP2	
2,250	1x{3 x 200 on 3:30 Kick	EN2	
	{1 x 250 on 5:00 Free -Ez Swim	REC	
	{3 x 150 on 2:35 Kick	EN2	
	{1 x 250 on 5:00 Free Ez Swim	REC	
	{3 x 100 on 1:45 Kick	EN2	
	{1 x 250 on 5:00 Free Ez Swim	REC	
	{3 x 50 on :50 Kick	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
9:00 AM 3,350 Yards - Stress Value = 50			

Workout #16055 - Thursday, 07 August 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM Start			
=====			
	1 on 45:00 DS and Dryland		
550	1 x 550 on 10:00 Underwater trn drill	REC	
	Odd 100s free even 100's back		
200	8 x 25 on 2:00 Fly w/fins	SP2	
2,100	1x{3 x 200 on 3:50 Kick	EN2	
	{1 x 200 on 4:00 Free -Ez Swim	REC	
	{3 x 150 on 2:50 Kick	EN2	
	{1 x 200 on 4:00 Free Ez Swim	REC	
	{3 x 100 on 1:55 Kick	EN2	
	{1 x 200 on 4:00 Free Ez Swim	REC	
	{3 x 50 on :55 Kick	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
9:00 AM 3,150 Yards - Stress Value = 50			

Workout #16056 - Thursday, 07 August 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM Start			
=====			
	1 on 45:00 DS and Dryland		
500	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100s free even 100's back		
200	8 x 25 on 2:00 Fly w/fins	SP2	
1,850	1x{2 x 200 on 4:30 Kick	EN2	
	{1 x 200 on 4:00 Free -Ez Swim	REC	
	{3 x 150 on 3:25 Kick	EN2	
	{1 x 200 on 4:00 Free Ez Swim	REC	
	{3 x 100 on 2:15 Kick	EN2	
	{1 x 200 on 4:00 Free Ez Swim	REC	
	{2 x 50 on 1:05 Kick	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
9:00 AM 2,850 Yards - Stress Value = 45			

Workout #16057 - Friday, 08 August 2014

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
600	1 on 45:00 DS and Dryland	REC
240	1 x 600 on 10:00 Too complicated to type	REC
1,850	8 x 30 on 2:00 Alt Fly-Free over/unders	SP3
	1x{4 x 25 on :30 Kick no board BSLR	EN2
	{1 x 100 on 1:30 Kick-100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{6 x 25 on :35 Kick no board BSLRBS	EN2
	{2 x 100 on 1:35 Kick #2-100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{8 x 25 on :40 Kick no board BSLR	EN2
	{3 x 100 on 1:40 Kick #3 100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{10 x 25 on :45 Kick no board BSLRX2LR	EN2
	{4 x 100 on 1:45 Kick #4 100%	EN2
450	1x{1 x 150 on 3:00 Freestyle	REC
	{1 x 100 on 2:00 Kick for time	SP2
	{1 x 200 on 3:00 Stroke Drills	REC
9:00 AM 3,140 Yards - Stress Value = 54		

Workout #16058 - Friday, 08 August 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
600	1 on 45:00 DS and Dryland	REC
240	1 x 600 on 10:00 Too complicated to type	REC
1,750	8 x 30 on 2:00 Alt Fly-Free over/unders	SP3
	1x{4 x 25 on :30 Kick no board BSLR	EN2
	{1 x 100 on 1:45 Kick-100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{6 x 25 on :35 Kick no board BSLRBS	EN2
	{2 x 100 on 1:50 Kick #2-100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{8 x 25 on :40 Kick no board BSLR	EN2
	{3 x 100 on 1:55 Kick #3 100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{6 x 25 on :45 Kick no board BSLRLR	EN2
	{4 x 100 on 2:00 Kick #4 100%	EN2
450	1x{1 x 150 on 3:00 Freestyle	REC
	{1 x 100 on 2:00 Kick for time	SP2
	{1 x 200 on 3:00 Stroke Drills	REC
9:00 AM 3,040 Yards - Stress Value = 52		

Workout #16059 - Friday, 08 August 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
550	1 on 45:00 DS and Dryland	REC
240	1 x 550 on 10:00 Too complicated to type	REC
1,600	8 x 30 on 2:00 Alt Fly-Free over/unders	SP3
	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 100 on 1:55 Kick-100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:00 Kick #2-100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 100 on 2:05 Kick #3 100%	EN2
	{1 x 50 on 1:00 Freestyle	REC
	{6 x 25 on :45 Kick no board BSLRBS	EN2
	{4 x 100 on 2:10 Kick #4 100%	EN2
450	1x{1 x 150 on 3:00 Freestyle	REC
	{1 x 100 on 2:00 Kick for time	SP2

{1 x 200 on 3:00 Stroke Drills REC
9:00 AM 2,840 Yards - Stress Value = 49

Workout #16060 - Friday, 08 August 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
500	1 on 45:00 DS and Dryland	REC
240	1 x 500 on 10:00 Too complicated to type	REC
1,550	8 x 30 on 2:00 Alt Fly-Free over/unders	SP3
	1x{4 x 25 on :45 Kick no board BSLR	EN2
	{1 x 100 on 2:05 Kick-100%	EN2
	{1 x 50 on 1:10 Freestyle	REC
	{4 x 25 on :45 Kick no board BSLR	EN2
	{2 x 100 on 2:10 Kick #2-100%	EN2
	{1 x 50 on 1:10 Freestyle	REC
	{4 x 25 on :45 Kick no board BSLR	EN2
	{3 x 100 on 2:15 Kick #3 100%	EN2
	{1 x 50 on 1:10 Freestyle	REC
	{4 x 25 on :45 Kick no board BSLR	EN2
	{4 x 100 on 2:20 Kick #4 100%	EN2
400	1x{1 x 100 on 3:00 Freestyle	REC
	{1 x 100 on 2:00 Kick for time	SP2
	{1 x 200 on 3:00 Stroke Drills	REC
9:00 AM 2,690 Yards - Stress Value = 48		

Workout #16061 - Monday, 11 August 2014

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM Start			
600	1 on 45:00 DS and Dryland	REC	
200	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
2,700	8 x 25 on 2:00 SCUBA Belt Sprints	SP3	
	1x{1 x 125 on 2:15 Kick	EN2	
	{1 x 125 on 2:14 Kick	EN2	
	{1 x 125 on 2:13 Kick	EN2	
	{1 x 125 on 2:12 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 100 on 2:06 Freestyle	REC	
	{1 x 125 on 2:11 Kick	EN2	
	{1 x 125 on 2:10 Kick	EN2	
	{1 x 125 on 2:09 Kick	EN2	
	{1 x 125 on 2:08 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 100 on 1:52 Freestyle	REC	
	{1 x 125 on 2:07 Kick	EN2	
	{1 x 125 on 2:06 Kick	EN2	
	{1 x 125 on 2:05 Kick	EN2	
	{1 x 125 on 2:04 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 100 on 2:08 Freestyle	REC	
	{1 x 125 on 2:03 Kick	EN2	
	{1 x 125 on 2:02 Kick	EN2	
	{1 x 125 on 2:01 Kick	EN2	
	{1 x 125 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
9:01 AM 3,500 Yards - Stress Value = 44			

Workout #16062 - Monday, 11 August 2014

Group 3 - Gold

1 minute rest between sets

7:00 AM Start				7:00 AM Start		
Yards	Set Description	EGY	WOF	Yards	Set Description	EGY WOF
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC		500	1 on 45:00 DS and Dryland	
200	8 x 25 on 2:00 SCUBA Belt Sprints	SP3		200	8 x 25 on 2:00 SCUBA Belt Sprints	SP3
2,550	1x{1 x 125 on 2:25 Kick	EN2		2,300	1x{1 x 100 on 2:15 Kick	EN2
	{1 x 125 on 2:24 Kick	EN2			{1 x 100 on 2:14 Kick	EN2
	{1 x 125 on 2:23 Kick	EN2			{1 x 125 on 2:13 Kick	EN2
	{1 x 125 on 2:22 Kick	EN2			{1 x 125 on 2:12 Kick	EN2
	{1 x 50 on 1:00 Kick-100%	EN2			{1 x 50 on 1:15 Kick-100%	EN2
	{1 x 100 on 2:06 Freestyle	REC			{1 x 50 on 1:21 Freestyle	REC
	{1 x 125 on 2:21 Kick	EN2			{1 x 100 on 2:11 Kick	EN2
	{1 x 125 on 2:20 Kick	EN2			{1 x 100 on 2:10 Kick	EN2
	{1 x 125 on 2:19 Kick	EN2			{1 x 100 on 2:09 Kick	EN2
	{1 x 125 on 2:18 Kick	EN2			{1 x 100 on 2:08 Kick	EN2
	{1 x 50 on 1:00 Kick-100%	EN2			{1 x 50 on 1:15 Kick-100%	EN2
	{1 x 100 on 2:12 Freestyle	REC			{1 x 50 on 1:07 Freestyle	REC
	{1 x 125 on 2:17 Kick	EN2			{1 x 100 on 2:07 Kick	EN2
	{1 x 125 on 2:16 Kick	EN2			{1 x 100 on 2:06 Kick	EN2
	{1 x 125 on 2:15 Kick	EN2			{1 x 100 on 2:05 Kick	EN2
	{1 x 125 on 2:14 Kick	EN2			{1 x 100 on 2:04 Kick	EN2
	{1 x 50 on 1:00 Kick-100%	EN2			{1 x 50 on 1:15 Kick-100%	EN2
	{1 x 100 on 1:58 Freestyle	REC			{1 x 50 on 1:23 Freestyle	REC
	{1 x 100 on 1:46 Kick	EN2			{1 x 125 on 2:34 Kick	EN2
	{1 x 100 on 1:45 Kick	EN2			{1 x 125 on 2:33 Kick	EN2
	{1 x 100 on 1:44 Kick	EN2			{1 x 125 on 2:32 Kick	EN2
	{1 x 50 on :52 Kick	EN2			{1 x 125 on 2:31 Kick	EN2
	{1 x 50 on 1:00 Kick-100%	EN2			{1 x 50 on 1:15 Kick-100%	EN2
	{1 x 200 on 3:00 Stroke Drills	REC			{1 x 200 on 3:00 Stroke Drills	REC
9:01 AM	3,350 Yards - Stress Value = 43			9:01 AM	3,000 Yards - Stress Value = 44	

Workout #16063 - Monday, 11 August 2014

Group 3 - Silver

1 minute rest between sets

7:00 AM Start			
Yards	Set Description	EGY	WOF
550	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
200	8 x 25 on 2:00 SCUBA Belt Sprints	SP3	
2,350	1x{1 x 125 on 2:40 Kick	EN2	
	{1 x 125 on 2:39 Kick	EN2	
	{1 x 125 on 2:38 Kick	EN2	
	{1 x 125 on 2:37 Kick	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 50 on 1:06 Freestyle	REC	
	{1 x 125 on 2:36 Kick	EN2	
	{1 x 125 on 2:35 Kick	EN2	
	{1 x 125 on 2:34 Kick	EN2	
	{1 x 125 on 2:33 Kick	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 50 on 1:12 Freestyle	REC	
	{1 x 125 on 2:32 Kick	EN2	
	{1 x 125 on 2:31 Kick	EN2	
	{1 x 125 on 2:30 Kick	EN2	
	{1 x 125 on 2:29 Kick	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 50 on :58 Freestyle	REC	
	{1 x 75 on 1:26 Kick	EN2	
	{1 x 75 on 1:25 Kick	EN2	
	{1 x 75 on 1:24 Kick	EN2	
	{1 x 75 on 1:23 Kick	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
9:01 AM	3,100 Yards - Stress Value = 44		

Workout #16064 - Monday, 11 August 2014

Group 3 - Bronze

1 minute rest between sets

Workout #16065 - Tuesday, 12 August 2014

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	W
7:00 AM	Start		
=====	=====	=====	=====
	1 on 45:00 DS and Dryland		
600	1 x 600 on 10:00 Underwater trn drill	REC	100
180	9 x 20 on 1:30 Running Pit Sprints	SP3	200
	Alt fly/brst/free-GREAT Finishes		
1,875	1x{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undwtr Fly Kick w/belts	EN2	
	{1 x 15 on :30 Undwtr Fly Kick	EN2	
	{3 x 100 on 2:00 Kick-descend	EN2	
	{1 on 1:00 Reset belts and weights		
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :30 Undrwtr Fly Kick	EN2	
	{3 x 100 on 1:50 Kick-descend	EN2	
	{1 on 1:00 Reset belts and weights		
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :30 Undrwtr Fly Kick	EN2	
	{3 x 100 on 1:40 Kick-descend	EN2	
	{1 on 1:00 Reset belts and weights		
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :30 Undrwtr Fly Kick	EN2	
	{3 x 100 on 1:30 Kick-descend	EN2	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :30 Undrwtr Fly Kick	EN2	
	{3 x 100 on 1:20 Kick	EN2	
	{1 x 75 on 1:30 Freestyle	REC	
100	1 x 100 on 2:00 Kick for time	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	9:00 AM 2,955 Yards - Stress Value = 39		

Workout #16066 - Tuesday, 12 August 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	W
7:00 AM	Start		
=====	=====	=====	=====
	1 on 45:00 DS and Dryland		
600	1 x 600 on 10:00 Underwater trn drill	REC	100
180	9 x 20 on 1:30 Running Pit Sprints	SP3	200
	Alt fly/brst/free-GREAT Finishes		
1,725	1x{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undwtr Fly Kick w/belts	EN2	
	{1 x 15 on :30 Undwtr Fly Kick	EN2	
	{3 x 100 on 2:00 Kick-descend	EN2	
	{1 on 1:00 Reset belts and weights		
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :30 Undrwtr Fly Kick	EN2	
	{3 x 100 on 1:50 Kick-descend	EN2	
	{1 on 1:00 Reset belts and weights		
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :30 Undrwtr Fly Kick	EN2	
	{3 x 100 on 1:45 Kick-descend	EN2	
	{1 on 1:00 Reset belts and weights		
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2	

{1 x 15 on :30 Undrwtr Fly Kick	EN2
{3 x 100 on 1:40 Kick-descend	EN2
{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2
{1 x 15 on :30 Undrwtr Fly Kick	EN2
{3 x 50 on :55 Kick-descend	EN2
{1 x 75 on 1:45 Freestyle	REC
1 x 100 on 2:00 Kick for time	EN2
1 x 200 on 3:00 Stroke Drills	REC
9:00 AM 2,805 Yards - Stress Value = 36	

Workout #16067 - Tuesday, 12 August 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	W
7:00 AM	Start		
=====	=====	=====	=====
	1 on 45:00 DS and Dryland		
550	1 x 550 on 10:00 Underwater trn drill	REC	
180	9 x 20 on 1:30 Running Pit Sprints	SP3	
	Alt fly/brst/free-GREAT Finishes		
1,425	1x{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undwtr Fly Kick	EN2	
	{3 x 100 on 2:10 Kick-descend	EN2	
	{1 on 1:00 Reset belts and weights		
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick	EN2	
	{3 x 100 on 2:05 Kick-descend	EN2	
	{1 on 1:00 Reset belts and weights		
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick	EN2	
	{3 x 100 on 2:00 Kick-descend	EN2	
	{1 on 1:00 Reset belts and weights		
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick	EN2	
	{1 x 75 on 2:15 Freestyle	REC	
100	1 x 100 on 2:00 Kick for time	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	9:00 AM 2,455 Yards - Stress Value = 30		

Workout #16068 - Tuesday, 12 August 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
500	1 on 45:00 DS and Dryland	
180	1 x 500 on 10:00 Underwater trn drill	REC
1,365	9 x 20 on 1:30 Running Pit Sprints	SP3
	Alt fly/brst/free-GREAT Finishes	
	1x{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undwtr Fly Kick	EN2
	{3 x 100 on 2:30 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick	EN2
	{3 x 100 on 2:25 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick	EN2
	{3 x 100 on 2:20 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick	EN2
	{3 x 50 on 1:10 Kick-descend	EN2
	{1 x 75 on 2:00 Freestyle	REC
100	1 x 100 on 2:00 Kick for time	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
9:00 AM	2,345 Yards - Stress Value = 30	

Workout #16069 - Wednesday, 13 August 2014

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 45:00 DS and Dryland
400	1 x 600 on 10:00 Free L.25 of each 100 non f
1,900	8 x 50 on 2:00 Back w/fins 1st 25
	16KOW -2, 2nd 25 2KOW +2
	1x{1 x 50 on :45 Kick
	{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 1:35 Kick
	{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 150 on 2:25 Kick
	{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
	{4 x 200 on 3:15 Kick
	{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
100	1 x 100 on 2:00 Kick for time w/fins
300	6 x 50 on 1:00 Stroke Drills
9:00 AM	3,300 Yards - Stress Value = 72

Workout #16070 - Wednesday, 13 August 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 45:00 DS and Dryland
400	1 x 600 on 10:00 Free L.25 of each 100 non f
1,850	8 x 50 on 2:00 Back w/fins 1st 25
	16KOW -2, 2nd 25 2KOW +2
	1x{1 x 50 on :50 Kick
	{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 1:45 Kick
	{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 150 on 2:45 Kick
	{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
	{4 x 200 on 3:40 Kick
	{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
100	1 x 100 on 2:00 Kick for time w/fins
300	6 x 50 on 1:00 Stroke Drills
9:01 AM	3,250 Yards - Stress Value = 72

Workout #16071 - Wednesday, 13 August 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
550	1 on 45:00 DS and Dryland
400	1 x 550 on 10:00 Free L.25 of each 100 non f
1,650	8 x 50 on 2:00 Back w/fins 1st 25
	16KOW -2, 2nd 25 2KOW +2
	1x{1 x 50 on :55 Kick
	{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 2:00 Kick
	{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 150 on 3:05 Kick
	{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 200 on 4:15 Kick
	{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
100	1 x 100 on 2:00 Kick for time w/fins
300	6 x 50 on 1:00 Stroke Drills
9:01 AM	3,000 Yards - Stress Value = 68

Workout #16072 - Wednesday, 13 August 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
500	1 on 45:00 DS and Dryland		
400	1 x 500 on 10:00 Free L.25 of each 100 non f	200	
	8 x 50 on 2:00 Back w/fins 1st 25		
	16KOW -2, 2nd 25 2KOW +2		
1,500	1x{1 x 50 on 1:00 Kick		
	{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 2:10 Kick		
	{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 150 on 3:20 Kick		
	{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 200 on 4:40 Kick		
	{1 x 25 on :45 Kick on left side face down		
	{1 x 25 on :45 Kick on right side face down		
100	1 x 100 on 2:00 Kick for time w/fins		
300	6 x 50 on 1:00 Stroke Drills		
9:00 AM	2,800 Yards - Stress Value = 65		

{1 x 100 on 1:45 Kick	EN2
{3 x 50 on 1:15 Tombstone Kick	EN2
{2 x 100 on 1:50 Kick hold under 145	EN2
{3 x 50 on 1:10 Tombstone Kick	EN2
{3 x 100 on 1:55 Kick hold under 145	EN2
{3 x 50 on 1:05 Tombstone Kick	EN2
{4 x 100 on 2:00 Kick hold under 145	EN2
{3 x 50 on 1:00 Tombstone Kick	EN2
{5 x 100 on 2:05 Kick hold under 145	EN2
1 x 200 on 3:00 Stroke Drills	REC
9:00 AM 3,370 Yards - Stress Value = 77	

Workout #16075 - Thursday, 14 August 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
550	1 on 40:00 DS and Circuit		
	1 x 550 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
320	4x{1 x 25 on :01 Freestyle	SP2	
	{1 x 15 on 1:59 Breaststroke	SP2	
	{1 x 15 on :01 Breaststroke	SP2	
	{1 x 25 on 1:59 Freestyle	SP2	
2,050	1x{3 x 50 on 1:30 Tombstone kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{3 x 50 on 1:25 Tombstone Kick	EN2	
	{2 x 100 on 2:00 Kick hold under 155	EN2	
	{3 x 50 on 1:20 Tombstone Kick	EN2	
	{3 x 100 on 2:05 Kick hold under 155	EN2	
	{2 x 50 on 1:15 Tombstone Kick	EN2	
	{4 x 100 on 2:10 Kick hold under 155	EN2	
	{2 x 50 on 1:10 Tombstone Kick	EN2	
	{4 x 100 on 2:15 Kick hold under 155	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:00 AM	3,120 Yards - Stress Value = 73		

Workout #16073 - Thursday, 14 August 2014

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
600	1 on 40:00 DS and Circuit		
	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
320	4x{1 x 25 on :01 Freestyle	SP2	
	{1 x 15 on 1:59 Breaststroke	SP2	
	{1 x 15 on :01 Breaststroke	SP2	
	{1 x 25 on 1:59 Freestyle	SP2	
2,500	1x{4 x 50 on 1:15 Tombstone kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	{4 x 50 on 1:10 Tombstone Kick	EN2	
	{2 x 100 on 1:35 Kick hold under 130	EN2	
	{4 x 50 on 1:05 Tombstone Kick	EN2	
	{3 x 100 on 1:40 Kick hold under 130	EN2	
	{4 x 50 on 1:00 Tombstone Kick	EN2	
	{4 x 100 on 1:45 Kick hold under 1:30	EN2	
	{4 x 50 on :55 Tombstone Kick	EN2	
	{5 x 100 on 1:45 Kick hold under 1:30	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:00 AM	3,620 Yards - Stress Value = 82		

Workout #16076 - Thursday, 14 August 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
500	1 on 40:00 DS and Circuit		
	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
320	4x{1 x 25 on :01 Freestyle	SP2	
	{1 x 15 on 1:59 Breaststroke	SP2	
	{1 x 15 on :01 Breaststroke	SP2	
	{1 x 25 on 1:59 Freestyle	SP2	
1,950	1x{2 x 50 on 1:30 Tombstone kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{2 x 50 on 1:25 Tombstone Kick	EN2	
	{2 x 100 on 2:15 Kick hold under 210	EN2	
	{2 x 50 on 1:20 Tombstone Kick	EN2	
	{3 x 100 on 2:20 Kick hold under 210	EN2	
	{2 x 50 on 1:15 Tombstone Kick	EN2	
	{4 x 100 on 2:25 Kick hold under 210	EN2	
	{3 x 50 on 1:10 Tombstone Kick	EN2	
	{4 x 100 on 2:30 Kick hold under 210	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:00 AM	2,970 Yards - Stress Value = 71		

Workout #16074 - Thursday, 14 August 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
600	1 on 40:00 DS and Circuit		
	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
320	4x{1 x 25 on :01 Freestyle	SP2	
	{1 x 15 on 1:59 Breaststroke	SP2	
	{1 x 15 on :01 Breaststroke	SP2	
	{1 x 25 on 1:59 Freestyle	SP2	
2,250	1x{3 x 50 on 1:20 Tombstone kick	EN2	

Workout #16077 - Friday, 15 August 2014

Group 3 - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	STK
1	on 59:59 DS-Dodgeball		L	DRY
600	1 x 600 on 10:00 Reverse IM drill	REC	D	IM
250	1 x 250 on 49:00 Water Polo		S	CMB

9:00 AM 850 Yards

Workout #16078 - Tuesday, 02 September 2014

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 #16079 - Tuesday, 02 September 2014

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 #16080 - Tuesday, 02 September 2014

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 #16081 - Tuesday, 02 September 2014

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 #16082 - Tuesday, 02 September 2014

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 #16080 - Tuesday, 02 September 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
1	on 30:00 DS/Core/Spotlight

Workout #16083 - Wednesday, 03 September 2014

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Abs/Spotlight
 150 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 #16086 - Wednesday, 03 September 2014

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 #16084 - Wednesday, 03 September 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Abs/Spotlight
 150 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 #16087 - Wednesday, 03 September 2014

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 #16088 - Thursday, 04 September 2014

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Shoulders/Spotlight
 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 #16085 - Wednesday, 03 September 2014

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 #16089 - Thursday, 04 September 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
=====	=====
	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 #16090 - Thursday, 04 September 2014

Group 3 - Silver

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 2:20 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 #16091 - Thursday, 04 September 2014

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

Workout #16092 - Thursday, 04 September 2014

Group 2 - Breast

1 minute rest between sets

3:30 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	

Workout #16093 - Monday, 08 September 2014

Group 3 - Freestylers

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
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

Workout #16094 - Monday, 08 September 2014

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
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 #16095 - Monday, 08 September 2014

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
 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 #16096 - Monday, 08 September 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Spotlight
 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 #16100 - Monday, 08 September 2014

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
 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
 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 #16097 - Tuesday, 09 September 2014

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
 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 #16098 - Tuesday, 09 September 2014

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
 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
 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 #16099 - Tuesday, 09 September 2014

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 #16101 - Wednesday, 10 September 2014

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
950	10 x 15 on :45 Shooters
	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 #16102 - Wednesday, 10 September 2014

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
900	10 x 15 on :45 Shooters
	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 #16103 - Wednesday, 10 September 2014

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
900	10 x 15 on :45 Shooters
	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 #16104 - Wednesday, 10 September 2014

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
800	10 x 15 on :45 Shooters
	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 #16105 - Thursday, 11 September 2014

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 28:00 DS/Shoulders/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{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 #16106 - Thursday, 11 September 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 28:00 DS/Shoulders/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
850	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 #16107 - Thursday, 11 September 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 28:00 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
750	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 #16108 - Thursday, 11 September 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 28:00 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
600	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 #16109 - Monday, 15 September 2014

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 1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,400	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 #16110 - Monday, 15 September 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Shoulders/SL
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,250 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 :30 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

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 #16113 - Tuesday, 16 September 2014

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 #16111 - Monday, 15 September 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Shoulders/SL
 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 :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 :35 Kick no board BSLR
 {2 x 125 on 2:35 Kick
 {4 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
 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 #16112 - Monday, 15 September 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball Shoulders/SL
 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 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

Workout #16114 - Tuesday, 16 September 2014

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
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 :45 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :45 15 underwater 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 #16115 - Tuesday, 16 September 2014

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
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 :45 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :45 15 underwater 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 #16116 - Tuesday, 16 September 2014

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 underwater 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 #16117 - Wednesday, 17 September 2014

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 #16118 - Wednesday, 17 September 2014

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 #16119 - Wednesday, 17 September 2014

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 #16120 - Wednesday, 17 September 2014

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 #16121 - Thursday, 18 September 2014

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 #16122 - Thursday, 18 September 2014

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
 1,300 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 #16123 - Thursday, 18 September 2014

4:57 PM 3,120 Yards - Stress Value = 166

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 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 #16124 - Thursday, 18 September 2014

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 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 #16125 - Friday, 19 September 2014

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
3:30 PM	Start			
600	1 on 10:00 Dynamic Stretch	I		
240	1 x 600 on 10:00 Reverse IM drill	REC	I	
180	6 x 40 on 3:00 Runng Pit Sprints + 25 yard all out no breath sprint	SP2	ε	
2,100	3x{1 x 50 on :01 Your #1 stroke {1 x 250 on 6:00 Freestyle {1 x 200 on :01 Individual Medley {1 x 200 on 6:00 Freestyle	SP3	ε	

Workout #16126 - Friday, 19 September 2014

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:00 PM	Start			
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 1x{2 x 200 on 3:00 Backstroke {2 x 200 on 2:55 Backstroke {2 x 200 on 2:50 Backstroke {2 x 200 on 2:45 Backstroke	SP3	S	F
250	1 x 250 on 4:00 Stroke Drills	EN2	S	F
6:30 PM	2,400 Yards - Stress Value = 38	EN2	S	F

Workout #16130 - Friday, 19 September 2014

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:00 PM	Start			
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 1x{2 x 100 on 3:00 Backstroke {2 x 100 on 2:55 Backstroke {2 x 100 on 2:50 Backstroke {2 x 100 on 2:45 Backstroke	SP3	S	F
250	1 x 250 on 4:00 Stroke Drills	EN2	S	F
6:30 PM	1,450 Yards - Stress Value = 22	EN2	S	F

Workout #16127 - Friday, 19 September 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:00 PM	Start			
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 1x{2 x 175 on 3:00 Backstroke {2 x 175 on 2:55 Backstroke {2 x 175 on 2:50 Backstroke {2 x 175 on 2:45 Backstroke	SP3	S	F
250	1 x 250 on 4:00 Stroke Drills	EN2	S	F
6:30 PM	2,200 Yards - Stress Value = 34	EN2	S	F

Workout #16128 - Friday, 19 September 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:00 PM	Start			
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 1x{2 x 150 on 3:00 Backstroke {2 x 150 on 2:55 Backstroke {2 x 150 on 2:50 Backstroke {2 x 150 on 2:45 Backstroke	SP3	S	F
250	1 x 250 on 4:00 Stroke Drills	EN2	S	F
6:30 PM	1,950 Yards - Stress Value = 30	EN2	S	F

Workout #16129 - Friday, 19 September 2014

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 #16131 - Monday, 22 September 2014

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Ball/Spotlight
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,300	10 x 15 on :45 Shooters
	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 #16132 - Monday, 22 September 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Physio Ball/Spotlight
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,100	10 x 15 on :45 Shooters
	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 #16133 - Monday, 22 September 2014

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
1,000	10 x 15 on :45 Shooters
	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 #16134 - Monday, 22 September 2014

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
750	10 x 15 on :45 Shooters
	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 #16135 - Tuesday, 23 September 2014

Group 3 - Back

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
840	2x{ 3 x 100 on 2:00 Kick @ fastest interval
	{ 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
300	6 x 50 on 2:00 Freestyle
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 4,790 Yards - Stress Value = 87	

Workout #16136 - Tuesday, 23 September 2014

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
840	2x{ 3 x 100 on 2:00 Kick @ fastest interval
	{ 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
300	6 x 50 on 2:00 Freestyle
200	4x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	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%
1 x 200 on 3:00 Stroke Drills
5:46 PM 4,540 Yards - Stress Value = 88

Workout #16137 - Tuesday, 23 September 2014

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
840	2x{ 3 x 100 on 2:00 Kick @ fastest interval
	{ 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
300	6 x 50 on 2:00 Freestyle
200	4x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	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 4,340 Yards - Stress Value = 63	

Workout #16138 - Tuesday, 23 September 2014

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
660	3 x 100 on 2:00 Kick @ fastest interval
	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
300	6 x 50 on 2:00 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{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 3,660 Yards - Stress Value = 80

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 #16141 - Wednesday, 24 September 2014

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
1,100	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 #16139 - Wednesday, 24 September 2014

Group 3 - Breast

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
1,600	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 #16140 - Wednesday, 24 September 2014

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

Workout #16142 - Wednesday, 24 September 2014

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
1,000	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
200	10 x 100 on 2:00 Lungbuster pulls Odds br 3-5-7, evens br 2-4-6
1,050	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
250	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
	1 x 250 on 4:00 Stroke Drills
	5:45 PM 4,100 Yards - Stress Value = 57

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
500	5 x 100 on 3:00 Freestyle
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
	5:45 PM 4,850 Yards - Stress Value = 106

Workout #16145 - Thursday, 25 September 2014

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 Odd 100s free even 100s back
950	10 x 15 on :45 Shooters
1,700	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
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	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
	5:44 PM 4,400 Yards - Stress Value = 98

Workout #16143 - Thursday, 25 September 2014

Group 3 - Fly

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 Odd 100s free even 100s back
1,200	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
500	5 x 100 on 3:00 Freestyle
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
	5:44 PM 5,200 Yards - Stress Value = 123

Workout #16144 - Thursday, 25 September 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Shoulders/Spotlight
	1 x 600 on 10:00 Underwater trn drill Odd 100s free even 100s back

Workout #16146 - Thursday, 25 September 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 DS/Shoulders/Spotlight		
500	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		
500	5 x 100 on 3:00 Freestyle		
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,500	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		
300	6 x 50 on 1:00 Stroke Drills		
	5:45 PM 3,950 Yards - Stress Value = 61		

Workout #16147 - Friday, 26 September 2014

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WC
	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 1 x 100 on 2:00 Individual Medley 8 x 25 on :45 Stroke Drills 2 on each 1 x 125 on 2:30 Individual Medley 8 x 25 on :45 Stroke Drills 2 on each 1 x 150 on 3:00 Individual Medley 8 x 25 on :45 Stroke Drills 2 on each 1 x 175 on 3:30 Individual Medley 8 x 25 on :45 Stroke Drills 2 on each 1 x 200 on 4:00 Individual Medley	REC	SP2
400	1x{4 x 25 on :30 Freestyle 4 x 25 on :25 Freestyle 4 x 25 on :20 Freestyle 4 x 25 on :15 Freestyle	EN1	EN1
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 #16148 - Friday, 26 September 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
	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 1 x 100 on 2:00 Individual Medley 8 x 25 on :45 Stroke Drills 2 on each 1 x 125 on 2:30 Individual Medley 8 x 25 on :45 Stroke Drills 2 on each 1 x 150 on 3:00 Individual Medley 8 x 25 on :45 Stroke Drills 2 on each 1 x 175 on 3:30 Individual Medley	REC	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 #16149 - Friday, 26 September 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
	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 1 x 100 on 2:30 Individual Medley 8 x 25 on :45 Stroke Drills 2 on each 1 x 125 on 3:10 Individual Medley 8 x 25 on :45 Stroke Drills 2 on each 1 x 150 on 3:45 Individual Medley 6 x 25 on :45 Stroke Drills 2 on each 1 x 175 on 4:25 Individual Medley 4 x 25 on :45 Stroke Drills 1 on each 1 x 200 on 5:00 Individual Medley	REC	SP2
350	1x{6 x 25 on :30 Freestyle 4 x 25 on :25 Freestyle 4 x 25 on :20 Freestyle	EN1	EN1
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 #16150 - Friday, 26 September 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
	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 1 x 100 on 2:30 Individual Medley 8 x 25 on :45 Stroke Drills 2 on each 1 x 125 on 3:10 Individual Medley 8 x 25 on :45 Stroke Drills 2 on each 1 x 150 on 3:45 Individual Medley 6 x 25 on :45 Stroke Drills 2 on each 1 x 175 on 4:25 Individual Medley 4 x 25 on :45 Stroke Drills 1 on each 1 x 200 on 5:00 Individual Medley	REC	SP2
350	1x{6 x 25 on :30 Freestyle 4 x 25 on :25 Freestyle 4 x 25 on :20 Freestyle	EN1	EN1
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 #16151 - Monday, 29 September 2014

Group 3 - Distance

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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,450 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
 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 #16152 - Monday, 29 September 2014

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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 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 #16153 - Monday, 29 September 2014

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 #16154 - Monday, 29 September 2014

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

	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
300	6 x 50 on 2:00 Freestyle
2,025	1x{3 x 225 on 3:20 Pulls BW?PF
	{3 x 200 on 3:00 Pulls BW?PF
	{3 x 150 on 2:15 Pulls BW?PF
	{3 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
6:01	PM 5,385 Yards - Stress Value = 158

Workout #16157 - Tuesday, 30 September 2014

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
360	1x{12 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
300	6 x 50 on 2:00 Freestyle
1,800	1x{3 x 200 on 3:20 Pulls BW?PF
	{3 x 175 on 2:55 Pulls BW?PF
	{3 x 125 on 2:05 Pulls BW?PF
	{3 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
6:00	PM 5,110 Yards - Stress Value = 153

Workout #16155 - Tuesday, 30 September 2014

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
360	1x{12 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
300	6 x 50 on 2:00 Freestyle
2,250	1x{3 x 225 on 3:00 Pulls BW?PF
	{3 x 200 on 2:40 Pulls BW?PF
	{3 x 175 on 2:20 Pulls BW?PF
	{3 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
6:00	PM 5,610 Yards - Stress Value = 162

Workout #16158 - Tuesday, 30 September 2014

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
360	1x{12 x 30 on 1:00 15y BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 15y flutter Kick BSLR
300	6 x 50 on 2:00 Freestyle
1,650	1x{3 x 200 on 3:40 Pulls BW?PF
	{3 x 175 on 3:10 Pulls BW?PF
	{3 x 100 on 1:50 Pulls BW?PF
	{3 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
6:00	PM 4,910 Yards - Stress Value = 149

Workout #16156 - Tuesday, 30 September 2014

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
360	1x{12 x 30 on 1:00 15y BSLR underwater

Workout #16159 - Wednesday, 01 October 2014

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 #16160 - Wednesday, 01 October 2014

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 #16161 - Wednesday, 01 October 2014

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 #16162 - Wednesday, 01 October 2014

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
 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 #16164 - Thursday, 02 October 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Shoulders/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
 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
 500 5 x 100 on 3:00 Freestyle
 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
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,525 Yards - Stress Value = 111

Workout #16163 - Thursday, 02 October 2014

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Shoulders/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
 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
 500 5 x 100 on 3:00 Freestyle
 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
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,075 Yards - Stress Value = 119

Workout #16165 - Thursday, 02 October 2014

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
 500 5 x 100 on 3:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 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
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 4,800 Yards - Stress Value = 102

Workout #16166 - Thursday, 02 October 2014

Group 3 - Bronze

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
500	{2 x 75 on 1:45 Kick 2 weakest kicks
200	5 x 100 on 3:00 Freestyle
	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
200	1 x 200 on 3:00 Stroke Drills
	6:00 PM 3,975 Yards - Stress Value = 89

Workout #16167 - Friday, 03 October 2014

Group 3 - Swim Like A Champion Day

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 10:00 Dynamic Stretch
800	1 x 800 on 12:00 Reverse IM drill
180	12 x 15 on :45 Start/Shooter/Finish
750	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
	7:00 AM 4,030 Yards - Stress Value = 70

Workout #16168 - Friday, 03 October 2014

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 10:00 Dynamic Stretch
800	1 x 800 on 12:00 Reverse IM drill
180	12 x 15 on :45 Start/Shooter/Finish
750	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
	7:00 AM 3,880 Yards - Stress Value = 67

Workout #16169 - Friday, 03 October 2014

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 10:00 Dynamic Stretch
700	1 x 700 on 12:00 Reverse IM drill
180	12 x 15 on :45 Start/Shooter/Finish
750	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
	7:00 AM 3,580 Yards - Stress Value = 63

Workout #16170 - Friday, 03 October 2014

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 10:00 Dynamic Stretch
600	1 x 600 on 12:00 Reverse IM drill
180	12 x 15 on :45 Start/Shooter/Finish
750	1 x 750 on 15:00 Vertical Kicking
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%
300	6 x 50 on 1:00 Stroke Drills
	7:00 AM 3,380 Yards - Stress Value = 61

Workout #16171 - Friday, 03 October 2014

Group 2 - Swim Like A Champion Day

1 minute rest between sets

5:00 PM Start

Yards	Set Description
	1 on 40:00 DS and dryland
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,550	1x{12 x 50 on :45 Freestyle every 4th one 100%
	{9 x 50 on :50 Freestyle every 3rd one 100%
	{6 x 50 on :55 Freestyle every 2nd one 100%
	{4 x 50 on 1:00 Freestyle all 100%
150	1 x 150 on 3:00 Stroke Drills
	6:30 PM 2,450 Yards - Stress Value = 45

Workout #16172 - Friday, 03 October 2014

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
	1 on 40:00 DS and dryland
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,400	1x{12 x 50 on :50 Freestyle every 4th one 100%
	{6 x 50 on :55 Freestyle every 3rd one 100%
	{6 x 50 on 1:00 Freestyle every 2nd one 100%
	{4 x 50 on 1:05 Freestyle all 100%
150	1 x 150 on 3:00 Stroke Drills
	6:30 PM 2,250 Yards - Stress Value = 42

Workout #16173 - Friday, 03 October 2014

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS and dryland
 500 1 x 500 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,200 1x{8 x 50 on :55 Freestyle every 4th one 100%
 {6 x 50 on 1:00 Freestyle every 3rd one 100%
 {6 x 50 on 1:05 Freestyle every 2nd one 100%
 {4 x 50 on 1:10 Freestyle all 100%
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 2,050 Yards - Stress Value = 38

Workout #16174 - Friday, 03 October 2014

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS and dryland
 400 1 x 400 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,100 1x{8 x 50 on 1:00 Freestyle every 4th one 100%
 {6 x 50 on 1:05 Freestyle every 3rd one 100%
 {4 x 50 on 1:10 Freestyle every 2nd one 100%
 {4 x 50 on 1:15 Freestyle all 100%
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 1,850 Yards - Stress Value = 36

Workout #16175 - Monday, 06 October 2014

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Sptlight
 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 #16176 - Monday, 06 October 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Sptlight
 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
 {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 #16177 - Monday, 06 October 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball/Sptlight
 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 #16178 - Monday, 06 October 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Physio Ball/Sptlght
150	1 x 500 on 10:00 Swim-kick-pull-swim
1,050	10 x 15 on :45 Shooters
1,000	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
200	4x{ 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

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
	{ 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 #16179 - Wednesday, 08 October 2014

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 #16181 - Wednesday, 08 October 2014

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 #16180 - Wednesday, 08 October 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Workout #16182 - Wednesday, 08 October 2014

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
 150 10 x 15 on :45 Shooters
 1,100 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 #16184 - Thursday, 09 October 2014

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
 150 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 #16183 - Thursday, 09 October 2014

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
 150 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 #16185 - Thursday, 09 October 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders/Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 150 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 BWHPPF
 {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 #16186 - Thursday, 09 October 2014

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 BWHPPF
 {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 #16190 - Friday, 10 October 2014

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 #16187 - Friday, 10 October 2014

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 #16188 - Friday, 10 October 2014

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 #16189 - Friday, 10 October 2014

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 #16191 - Friday, 10 October 2014

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 #16193 - Friday, 10 October 2014

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 #16192 - Friday, 10 October 2014

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 #16194 - Monday, 13 October 2014

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls/Spotlight
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 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 2:30 Freestyle
 {4 x 200 on 2:25 Freestyle
 {3 x 200 on 2:20 Freestyle
 {2 x 200 on 2:15 Freestyle
 {1 x 200 on 2:10 Freestyle
 400 1 x 400 on 6:00 Stroke Drills
 5:58 PM 7,350 Yards - Stress Value = 128

Workout #16195 - Monday, 13 October 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls/Spotlight
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 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
 2,700 1x{5 x 200 on 2:45 Freestyle
 {4 x 200 on 2:40 Freestyle
 {2 x 200 on 2:35 Freestyle
 {2 x 200 on 2:30 Freestyle
 {1 x 100 on 1:10 Freestyle
 400 1 x 400 on 6:00 Stroke Drills
 5:58 PM 6,600 Yards - Stress Value = 113

Workout #16196 - Monday, 13 October 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls/Spotlight
 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
 {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 #16197 - Monday, 13 October 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls/Spotlight
 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 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 #16198 - Tuesday, 14 October 2014

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 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
 400 1x{1 x 100 on 2:00 Freestyle
 {6 x 50 on 2:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{4 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
 {4 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
 {4 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
 {4 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
 6:02 PM 5,130 Yards - Stress Value = 93

Workout #16199 - Tuesday, 14 October 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 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
 400 1x{1 x 100 on 2:00 Freestyle
 {6 x 50 on 2:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{4 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
 {4 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
 {4 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
 {4 x 25 on :40 Back-6 kick switch
 {3 x 50 on :50 Back-descend 3/5/7 KOW
 500 10 x 50 on 1:00 Stroke Drills
 6:02 PM 4,930 Yards - Stress Value = 89

Workout #16200 - Tuesday, 14 October 2014

1 minute rest between sets

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
=====	=====
1 on 35:00 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 underwater 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	
400 1x{1 x 100 on 2:00 Freestyle	
{6 x 50 on 2:00 Freestyle	
200 4x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,500 1x{4 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	
{4 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	
{4 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	
{4 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	
6:02 PM 4,780 Yards - Stress Value = 87	

3:30 PM Start

Yards	Set Description
=====	=====
600	1 on 30:00 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
500	5 x 100 on 3:00 Freestyle
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
5:59 PM 6,325 Yards - Stress Value = 131	

Workout #16203 - Thursday, 16 October 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
=====	=====
1 on 35:00 DS/Core/Spotlight	
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	
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 underwater 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	
400 1x{1 x 100 on 2:00 Freestyle	
{6 x 50 on 2:00 Freestyle	
200 4x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,300 1x{4 x 25 on :40 Back -6 kick switch	
{3 x 50 on 1:05 Back-descend 3/5/7 KOW	
{1 x 200 on 4:00 Backstroke	
{4 x 25 on :40 Back-6 kick switch	
{3 x 50 on 1:05 Back-descend 3/5/7/ KOW	
{1 x 200 on 3:55 Backstroke	
{4 x 25 on :40 Back-6 kick switch	
{3 x 50 on 1:05 Back-descend 3/5/7 KOW	
{1 x 100 on 1:55 Backstroke	
{2 x 25 on :40 Back-6 kick switch	
500 10 x 50 on 1:00 Stroke Drills	
6:01 PM 4,530 Yards - Stress Value = 83	

3:30 PM Start

Yards	Set Description
=====	=====
600	1 on 30:00 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
500	5 x 100 on 3:00 Freestyle
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
250	1 x 250 on 4:00 Stroke Drills
5:59 PM 5,625 Yards - Stress Value = 121	

Workout #16202 - Thursday, 16 October 2014

Group 3 - Fly

Workout #16204 - Thursday, 16 October 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 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
 500 5 x 100 on 3:00 Freestyle
 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
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 5,125 Yards - Stress Value = 111

1 on 10:00 Dynamic Stretch
 600 1 x 600 on 10:00 Reverse IM drill F
 1,200 1x{1 x 25 on :45 Kick on left side face down E
 {1 x 25 on :45 Kick on right side face down F
 {1 x 25 on :45 Kick on left side face up E
 {1 x 25 on :45 Kick on right side face up E
 {3 x 100 on 2:00 Kick-all under 1:20 E
 {1 x 25 on :45 Kick on left side face down E
 {1 x 25 on :45 Kick on right side face down F
 {1 x 25 on :45 Kick on left side face up E
 {1 x 25 on :45 Kick on right side face up E
 {3 x 100 on 1:55 Kick-all under 1:20 E
 {1 x 25 on :45 Kick on left side face down E
 {1 x 25 on :45 Kick on right side face down F
 {1 x 25 on :45 Kick on left side face up E
 {1 x 25 on :45 Kick on right side face up E
 {3 x 100 on 1:50 Kick-all under 1:20 E
 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 E
 {1 x 100 on 1:05 Freestyle E
 {1 x 100 on 1:25 Individual Medley E
 {1 x 100 on 1:10 Freestyle E
 {1 x 100 on 1:20 Individual Medley F
 {1 x 100 on 1:15 Freestyle E
 {1 x 100 on 1:15 Individual Medley E
 {1 x 100 on 1:20 Freestyle E
 {1 x 200 on 3:00 Individual Medley E
 {1 x 100 on 1:25 Individual Medley F
 {1 x 100 on 1:05 Freestyle E
 {1 x 100 on 1:20 Individual Medley F
 {1 x 100 on 1:10 Freestyle E
 {1 x 100 on 1:15 Individual Medley E
 {1 x 100 on 1:15 Freestyle E
 {1 x 200 on 3:00 Individual Medley E
 {1 x 100 on 1:20 Individual Medley E
 {1 x 100 on 1:05 Freestyle E
 {1 x 100 on 1:15 Freestyle E
 {1 x 100 on 1:10 Freestyle F
 250 1 x 250 on 4:00 Stroke Drills F
 4:59 PM 4,550 Yards - Stress Value = 66

Workout #16205 - Thursday, 16 October 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 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
 500 5 x 100 on 3:00 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 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
 {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
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 4,550 Yards - Stress Value = 104

Workout #16206 - Friday, 17 October 2014

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====

Workout #16207 - Friday, 17 October 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start			
Yards	Set Description		
=====	=====		
	1 on 10:00 Dynamic Stretch		
600	1 x 600 on 10:00 Reverse IM drill	F	
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	250
	{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 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	
	{3 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	
	{3 x 100 on 1:50 Kick-all under 1:30	F	
100	1 x 100 on 1:30 Freestyle	F	
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	
250	1 x 250 on 4:00 Stroke Drills	F	
	4:59 PM 4,250 Yards - Stress Value = 60		

	{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	
	1 x 250 on 4:00 Stroke Drills	F	
	4:58 PM 3,800 Yards - Stress Value = 52		

Workout #16209 - Friday, 17 October 2014

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	F	
1,000	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	
	{3 x 100 on 2:30 Kick-all under 2:15	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 100 on 2:25 Kick-all under 2:10	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 50 on 1:10 Kick-all under 1:00	F	
100	1 x 100 on 1:30 Freestyle	F	
1,500	1x{1 x 200 on 4:15 Individual Medley	F	
	{1 x 100 on 2:10 Individual Medley	F	
	{1 x 100 on 1:40 Freestyle	F	
	{1 x 100 on 2:05 Individual Medley	F	
	{1 x 100 on 1:45 Freestyle	F	
	{1 x 100 on 2:00 Individual Medley	F	
	{1 x 100 on 1:50 Freestyle	F	
	{1 x 200 on 4:15 Individual Medley	F	
	{1 x 100 on 2:05 Individual Medley	F	
	{1 x 100 on 1:40 Freestyle	F	
	{1 x 100 on 2:00 Individual Medley	F	
	{1 x 100 on 1:45 Freestyle	F	
	{1 x 100 on 1:55 Individual Medley	F	
250	1 x 250 on 4:00 Stroke Drills	F	
	4:57 PM 3,350 Yards - Stress Value = 44		

Workout #16208 - Friday, 17 October 2014

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	F	
1,100	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	
	{3 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	
	{3 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	
	{2 x 100 on 2:10 Kick-all under 1:45	F	
100	1 x 100 on 1:30 Freestyle	F	
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	

Workout #16210 - Monday, 20 October 2014

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Physio Balll Shoulders
 1 x 600 on 10:00 Swim-kick-pull-swim
 1,800 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 4tn 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
 2,250 15 x 150 on 2:00 Free-descend
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 7,350 Yards - Stress Value = 121

Workout #16211 - Monday, 20 October 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Physio Balll Shoulders
 1 x 600 on 10:00 Swim-kick-pull-swim
 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
 1,950 13 x 150 on 2:15 Freestyle-descend
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 6,600 Yards - Stress Value = 107

Workout #16212 - Monday, 20 October 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 25:00 DS/Physio Balll Shoulders
 1 x 550 on 10:00 Swim-kick-pull-swim
 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
 1,800 12 x 150 on 2:30 Freestyle-descend
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 6,050 Yards - Stress Value = 97

Workout #16213 - Monday, 20 October 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 25:00 DS/Physio Balll Shoulders
 1 x 500 on 10:00 Swim-kick-pull-swim
 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
 1,650 11 x 150 on 2:45 Freestyle-descend
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 5,500 Yards - Stress Value = 87

Workout #16214 - Tuesday, 21 October 2014

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 25:00 DS/Core
 1 x 600 on 10:00 Top Hat Drill
 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
 300 6 x 50 on 2:00 Freestyle
 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 af of
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,090 Yards - Stress Value = 129

Workout #16215 - Tuesday, 21 October 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Core
500	1 x 600 on 10:00 Top Hat Drill
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
300	6 x 50 on 2:00 Freestyle
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
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	5,790 Yards - Stress Value = 106

Workout #16216 - Tuesday, 21 October 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 25:00 DS/Core
550	1 x 550 on 10:00 Top Hat Drill
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
300	6 x 50 on 2:00 Freestyle
900	1 x 900 on 14:00 Pull 1st half br toward scr
	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
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	5,440 Yards - Stress Value = 119

Workout #16217 - Tuesday, 21 October 2014

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
840	2x{ 5 x 100 on 2:00 Kick @ fastest interval
	{ 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
300	6 x 50 on 2:00 Freestyle
750	1 x 750 on 14:00 Pull 1st half br toward scr
	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
250	1 x 250 on 4:00 Stroke Drills
6:00 PM	5,090 Yards - Stress Value = 115

Workout #16218 - Wednesday, 22 October 2014

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/ABs
1,450	1x{4 x 25 on 10:00 Free L.25 of each 100 Non F
	{ 1 x 150 on 2:20 Kick
	{ 4 x 25 on :30 Kick no board BSLR-15 KOW
	{ 1 x 150 on 2:15 Kick
	{ 4 x 25 on :30 Kick no board BSLR-14 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
2,450	1x{4 x 125 on 2:00 Breast L.25 3X pullouts
	{ 3 x 50 on :45 Breaststroke
	{ 4 x 125 on 1:55 Breast L.25 3X pullouts
	{ 3 x 50 on :50 Breaststroke
	{ 4 x 125 on 1:50 Breast L.25 3X pullouts
	{ 3 x 50 on :55 Breaststroke
	{ 4 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
500	10 x 50 on 1:00 Stroke Drills
6:01 PM	6,950 Yards - Stress Value = 110

Workout #16219 - Wednesday, 22 October 2014

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
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
2,275	1x{4 x 125 on 2:10 Breast L.25 3X pullouts
	{3 x 50 on :50 Breaststroke
	{4 x 125 on 2:05 Breast L.25 3X pullouts
	{3 x 50 on :55 Breaststroke
	{4 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
500	10 x 50 on 1:00 Stroke Drills
	6:02 PM 6,325 Yards - Stress Value = 102

500 10 x 50 on 1:00 Stroke Drills
6:02 PM 5,850 Yards - Stress Value = 91

Workout #16221 - Wednesday, 22 October 2014

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
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
1,650	1x{4 x 100 on 2:20 Breast L.25 3X pullouts
	{3 x 50 on 1:10 Breaststroke
	{4 x 100 on 2:15 Breast L.25 3X pullouts
	{3 x 50 on 1:10 Breaststroke
	{4 x 100 on 2:10 Breast L.25 3X pullouts
	{1 x 50 on 1:10 Breaststroke
	{1 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
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 5,150 Yards - Stress Value = 78

Workout #16220 - Wednesday, 22 October 2014

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
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 Br (do a 50 on 2nd rd)
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{4 x 125 on 2:20 Breast L.25 3X pullouts
	{3 x 50 on :55 Breaststroke
	{4 x 125 on 2:15 Breast L.25 3X pullouts
	{3 x 50 on 1:00 Breaststroke
	{4 x 125 on 2:10 Breast L.25 3X pullouts
	{3 x 50 on 1:05 Breaststroke
	{1 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

Workout #16222 - Thursday, 23 October 2014

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Spotlight
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
500	5 x 100 on 3:00 Freestyle
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
1,000	1x{3 x 100 on 1:40 Kick {3 x 100 on 1:35 Kick {3 x 100 on 1:30 Kick {1 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
1,000	1x{2 x 200 on 2:45 Pulls {1 x 200 on 2:40 Pulls {1 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

5:59 PM 6,250 Yards - Stress Value = 125

{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
950 1x{2 x 200 on 3:00 Pulls {1 x 200 on 2:55 Pulls {1 x 200 on 2:50 Pulls {1 x 150 on 2:00 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

5:59 PM 5,800 Yards - Stress Value = 115

Workout #16224 - Thursday, 23 October 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Spotlight
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
500	5 x 100 on 3:00 Freestyle
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
800	1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {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
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
850	1x{2 x 200 on 3:15 Pulls {1 x 200 on 3:10 Pulls {2 x 125 on 1:50 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

5:59 PM 5,300 Yards - Stress Value = 105

Workout #16223 - Thursday, 23 October 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Spotlight
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
500	5 x 100 on 3:00 Freestyle
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
900	1x{3 x 100 on 1:50 Kick {2 x 100 on 1:45 Kick {2 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

Workout #16225 - Thursday, 23 October 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM Start			
600	1 on 30:00 DS/Spotlight		
	1 x 600 on 10:00 Underwater trn drill		
	Odd 100's free even 100's back		
500	5 x 100 on 3:00 Freestyle		
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		
700	1x{2 x 100 on 2:20 Kick		
	{2 x 100 on 2:15 Kick		
	{2 x 100 on 2:10 Kick		
	{1 x 100 on 2:00 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		
800	1x{1 x 200 on 3:30 Pulls		
	{2 x 200 on 3:25 Pulls		
	{1 x 200 on 3:20 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		
5:59 PM 5,000 Yards - Stress Value = 99			

Workout #16226 - Monday, 27 October 2014

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM Start			
	1 on 25:00 DS/Phsyio Ball		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
5,000	50 x 100 on 1:15 Freestyle		EN2
1,850	1x{4 x 25 on :30 Kick no board BSLR		EN2
	{1 x 100 on 1:20 Kick		EN2
	{1 x 100 on 1:30 Kick		EN2
	{1 x 100 on 1:45 Kick		EN2
	{1 x 100 on 2:00 Kick		EN2
	{4 x 25 on :30 Kick no board BSLR		EN2
	{2 x 75 on 1:10 Kick		EN2
	{2 x 75 on 1:20 Kick		EN2
	{2 x 75 on 1:30 Kick		EN2
	{4 x 25 on :30 Kick no board BSLR		EN2
	{3 x 50 on :40 Kik		EN2
	{3 x 50 on :45 Kick		EN2
	{3 x 50 on :50 Kick		EN2
	{3 x 50 on :55 Kick		EN2
	{4 x 25 on :30 Kick no board BSLR		EN2
100	1 x 100 on 2:00 Kick for time		EN2
500	10 x 50 on 1:00 Stroke Drills		REC
5:57 PM 8,050 Yards - Stress Value = 139			

Workout #16227 - Monday, 27 October 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM Start			
	1 on 25:00 DS/Physio Ball		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
4,900	49 x 100 on 1:20 Freestyle		EN2
1,600	1x{4 x 25 on :35 Kick no board BSLR		EN2
	{1 x 100 on 1:45 Kick		EN2
	{1 x 100 on 2:00 Kick		EN2
	{1 x 100 on 2:15 Kick		EN2
	{4 x 25 on :35 Kick no board BSLR		EN2
	{2 x 75 on 1:20 Kick		EN2
	{2 x 75 on 1:30 Kick		EN2
	{2 x 75 on 1:40 Kick		EN2
	{4 x 25 on :35 Kick no board BSLR		EN2
	{3 x 50 on :50 Kick		EN2
	{3 x 50 on :55 Kick		EN2
	{3 x 50 on 1:00 Kick		EN2
	{4 x 25 on :35 Kick no board BSLR		EN2
100	1 x 100 on 2:00 Kick for time		EN2
500	10 x 50 on 1:00 Stroke Drills		REC
6:00 PM 7,700 Yards - Stress Value = 132			

Workout #16228 - Monday, 27 October 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM Start			
	1 on 25:00 DS/Physio Balls/Spotlight		
550	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
4,400	44 x 100 on 1:30 Freestyle		EN2
1,400	1x{4 x 25 on :40 Kick no board BSLR		EN2
	{1 x 100 on 2:00 Kick		EN2
	{1 x 100 on 2:10 Kick		EN2
	{1 x 100 on 2:20 Kick		EN2
	{4 x 25 on :40 Kick no board BSLR		EN2
	{2 x 75 on 1:30 Kick		EN2
	{2 x 75 on 1:40 Kick		EN2
	{2 x 75 on 1:50 Kick		EN2
	{4 x 25 on :40 Kick no board BSLR		EN2
	{3 x 50 on 1:00 Kick		EN2
	{2 x 50 on 1:05 Kick		EN2
	{4 x 25 on :40 Kick no board BSLR		EN2
100	1 x 100 on 2:00 Kick for time		EN2
500	10 x 50 on 1:00 Stroke Drills		REC
6:00 PM 6,950 Yards - Stress Value = 118			

Workout #16229 - Monday, 27 October 2014

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
500	1 on 25:00 DS/Physio Balls		
4,000	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
1,250	40 x 100 on 1:40 Freestyle	EN2	
	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 75 on 1:45 Kick	EN2	
	{1 x 75 on 1:50 Kick	EN2	
	{2 x 75 on 2:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
	{2 x 50 on 1:05 Kick	EN2	
	{2 x 50 on 1:10 Kick	EN2	
	{1 x 50 on 1:15 Freestyle	EN1	
	{4 x 25 on :45 Kick no board BSLR	EN2	
100	1 x 100 on 2:00 Kick for time	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
6:01 PM	6,350 Yards - Stress Value = 107		

1	on 30:00 DS/Core		
600	1 x 600 on 10:00 Top Hat Drill		
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 3:40 Pulls		
	{2 x 125 on 1:55 Pulls		
	{1 x 200 on 3:00 Pulls		
	{2 x 100 on 1:30 Pulls		
	{1 x 150 on 2:15 Pulls		
	{2 x 75 on 1:05 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		
500	10 x 50 on 1:00 Stroke Drills		
6:00 PM	6,000 Yards - Stress Value = 66		

Workout #16230 - Tuesday, 28 October 2014

Group 3 - Back

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 30:00 DS/Core
600	1 x 600 on 10:00 Top Hat Drill
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
1,350	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
	{4 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
500	10 x 50 on 1:00 Stroke Drills
6:00 PM	6,450 Yards - Stress Value = 71

Workout #16232 - Tuesday, 28 October 2014

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
550	1 on 30:00 DS/Core
600	1 x 550 on 10:00 Top Hat Drill
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 4:10 Pulls
	{2 x 125 on 2:05 Pulls
	{1 x 200 on 3:20 Pulls
	{2 x 100 on 1:40 Pulls
	{1 x 150 on 2:30 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe
1,750	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 50 on :50 Backstroke
	{1 x 100 on 1:35 Backstroke
400	4 x 100 on 1:40 Free-Descend to Ludicrous
500	10 x 50 on 1:00 Stroke Drills
6:01 PM	5,650 Yards - Stress Value = 62

Workout #16231 - Tuesday, 28 October 2014

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start

Workout #16233 - Tuesday, 28 October 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 500 1 x 500 on 10:00 Top Hat Drill
 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
 950 1x{1 x 250 on 4:35 Pulls
 {2 x 100 on 1:45 Pulls
 {1 x 200 on 3:40 Pulls
 {2 x 75 on 1:20 Freestyle
 {1 x 150 on 2:45 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,550 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
 400 4 x 100 on 1:45 Free-Descend to Ludicrous
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 5,300 Yards - Stress Value = 58

Workout #16234 - Wednesday, 29 October 2014

Group 3 - Fly

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
 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
 1,200 1 x 1200 on 15:00 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 6,900 Yards - Stress Value = 112

Workout #16235 - Wednesday, 29 October 2014

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
 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
 1,100 1 x 1100 on 15:00 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 6,350 Yards - Stress Value = 100

Workout #16236 - Wednesday, 29 October 2014

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
 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
 1,000 1 x 1000 on 15:00 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 400 8 x 50 on 1:00 Stroke Drills
 5:59 PM 5,850 Yards - Stress Value = 91

Workout #16237 - Wednesday, 29 October 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Abs
1,350	1 x 500 on 10:00 Free L.25 of each 100 Non F
	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
	{8 x 25 on :45 Kick no board BSLRx2
	{4 x 50 on 1:10 Kick
	{10 x 25 on :45 Kick no board BSLRX2+LR
	{1 x 50 on 1:10 Kick
900	1 x 900 on 15:00 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
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
400	8 x 50 on 1:00 Stroke Drills
5:59 PM 5,200 Yards - Stress Value = 79	

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Shoulders
1,100	1 x 600 on 10:00 Underwater trn drill
	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
1,600	16 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
500	10 x 50 on 1:00 Stroke Drills
6:00 PM 5,950 Yards - Stress Value = 58	

Workout #16238 - Thursday, 30 October 2014

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Shoulders
1,200	1 x 600 on 10:00 Underwater trn drill
	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
1,800	18 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
500	10 x 50 on 1:00 Stroke Drills
6:00 PM 6,400 Yards - Stress Value = 62	

Workout #16240 - Thursday, 30 October 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Shoulders
1,050	1 x 550 on 10:00 Underwater trn drill
	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
1,500	15 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
	{3 x 50 on 1:05 Breast-descend
	{1 x 150 on 3:25 Breast 2K1P
	{3 x 50 on 1:10 Breast-descend
500	10 x 50 on 1:00 Stroke Drills
5:59 PM 5,600 Yards - Stress Value = 57	

Workout #16239 - Thursday, 30 October 2014

Group 3 - Gold

1 minute rest between sets

Workout #16241 - Thursday, 30 October 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Shoulders
 1 x 500 on 10:00 Underwater trn drill
 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
 1,300 13 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
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 5,100 Yards - Stress Value = 50

Workout #16242 - Friday, 31 October 2014

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 15:00 Dynamic Stretch
 1 x 600 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
 {every line you don't make = 5 pu
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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 3,530 Yards - Stress Value = 84

Workout #16243 - Friday, 31 October 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 15:00 Dynamic Stretch
 1 x 600 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
 {every line you don't make = 5 pu
 100 2x{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 1:23 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 3,430 Yards - Stress Value = 82

Workout #16244 - Friday, 31 October 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 15:00 Dynamic Stretch
 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
 {every line you don't make = 5 pu
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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 3,230 Yards - Stress Value = 77

Workout #16245 - Friday, 31 October 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 15:00 Dynamic Stretch
 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
 {every line you don't make = 5 pu
 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 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 2,830 Yards - Stress Value = 64

Workout #16246 - Monday, 03 November 2014

Group 3 - Distance

1 minute rest between sets

400 8 x 50 on 1:00 Stroke Drills
5:59 PM 6,500 Yards - Stress Value = 81

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball
600	1 x 600 on 10:00 Swim-kick-pull-swim
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%
400	8 x 50 on 1:00 Stroke Drills
	6:00 PM 7,150 Yards - Stress Value = 90

Workout #16247 - Monday, 03 November 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball
600	1 x 600 on 10:00 Swim-kick-pull-swim
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%

Workout #16248 - Monday, 03 November 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball
550	1 x 550 on 10:00 Swim-kick-pull-swim
1,800	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%
400	8 x 50 on 1:00 Stroke Drills
	5:59 PM 5,950 Yards - Stress Value = 73

Workout #16249 - Monday, 03 November 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Ball
550	1 x 550 on 10:00 Swim-kick-pull-swim
1,600	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%
400	8 x 50 on 1:00 Stroke Drills
	6:00 PM 5,500 Yards - Stress Value = 65

Workout #16250 - Tuesday, 04 November 2014

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core
600	1 x 600 on 10:00 Top Hat Drill
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
300	6 x 50 on 2:00 Freestyle
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
500	10 x 50 on 1:00 Stroke Drills
	5:59 PM 5,530 Yards - Stress Value = 101

Workout #16251 - Tuesday, 04 November 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core

600	1 x 600 on 10:00 Top Hat Drill
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
300	6 x 50 on 2:00 Freestyle
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
500	10 x 50 on 1:00 Stroke Drills
	5:59 PM 5,330 Yards - Stress Value = 101

Workout #16252 - Tuesday, 04 November 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Core
550	1 x 550 on 10:00 Top Hat Drill
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
300	6 x 50 on 2:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	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
500	10 x 50 on 1:00 Stroke Drills
	5:59 PM 5,080 Yards - Stress Value = 99

Workout #16253 - Tuesday, 04 November 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Core
750	1 x 500 on 10:00 Top Hat Drill
980	1x{1 x 750 on 10:00 Kick as far as you can in 1
	{4 x 30 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
300	6 x 50 on 2:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	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
500	10 x 50 on 1:00 Stroke Drills
	5:59 PM 4,830 Yards - Stress Value = 95

600	1 on 30:00 DS/Abs
1,700	1 x 600 on 10:00 Free L.25 of each 100 Non F
	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
100	1 x 100 on 2:00 Stroke Drills
100	1 x 100 on 2:00 Breast OTB
250	1 x 250 on 4:00 Stroke Drills
	5:59 PM 6,350 Yards - Stress Value = 114

Workout #16254 - Wednesday, 05 November 2014

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Abs
2,000	1 x 600 on 10:00 Free L.25 of each 100 Non F
	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
100	1 x 100 on 2:00 Stroke Drills
100	1 x 100 on 2:00 Breast OTB
250	1 x 250 on 4:00 Stroke Drills
	5:59 PM 6,850 Yards - Stress Value = 124

Workout #16256 - Wednesday, 05 November 2014

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Abs
1,400	1 x 550 on 10:00 Free L.25 of each 100 Non F
	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
100	1 x 100 on 2:00 Stroke Drills
100	1 x 100 on 2:00 Breast OTB
250	1 x 250 on 4:00 Stroke Drills
	5:59 PM 5,650 Yards - Stress Value = 101

Workout #16255 - Wednesday, 05 November 2014

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
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Workout #16257 - Wednesday, 05 November 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Abs
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
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
50	1 x 50 on 2:00 Stroke Drills
100	1 x 100 on 2:00 Breast OTB
250	1 x 250 on 4:00 Stroke Drills
5:59 PM 4,850 Yards - Stress Value = 87	

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill
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
500	5 x 100 on 3:00 Freestyle
700	1 x 700 on 10:00 Pull alt BO
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 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
	{1 x 50 on :45 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
250	1 x 250 on 4:00 Stroke Drills
6:00 PM 6,450 Yards - Stress Value = 138	

Workout #16258 - Thursday, 06 November 2014

Group 3 - Fly

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 Underwater trn drill
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
500	5 x 100 on 3:00 Freestyle
800	1 x 800 on 10:00 Pull Alt BO
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
250	1 x 250 on 4:00 Stroke Drills
6:00 PM 7,050 Yards - Stress Value = 142	

Workout #16260 - Thursday, 06 November 2014

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 Underwater trn drill
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
500	5 x 100 on 3:00 Freestyle
650	1 x 650 on 10:00 Pull alt BO
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
250	1 x 250 on 4:00 Stroke Drills
6:00 PM 5,600 Yards - Stress Value = 122	

Workout #16259 - Thursday, 06 November 2014

Group 3 - Gold

1 minute rest between sets

Workout #16261 - Thursday, 06 November 2014

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders
 500 1 x 500 on 10:00 Underwater trn drill
 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
 500 5 x 100 on 3:00 Freestyle
 550 1 x 550 on 10:00 Pull alt BO
 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
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,100 Yards - Stress Value = 113

Workout #16262 - Friday, 07 November 2014

Group 3 - Swim Like A Champion Day

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 Choice REC
 150 10 x 15 on :45 Shooters SP3
 100 1 x 100 on 5:00 IM from a push for time EN2
 500 1 x 500 on 10:00 Social Kick REC
 750 1 x 750 on 40:00 IM Relay Game EN1
 200 1 x 200 on 3:00 Stroke Drills REC
 5:01 PM 2,300 Yards - Stress Value = 16

Workout #16268 - Monday, 10 November 2014

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 #16271 - Monday, 10 November 2014

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 #16264 - Monday, 10 November 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Physio Balls/Tm Mtg
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,900 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
 4:55 PM 3,615 Yards - Stress Value = 57

Workout #16265 - Monday, 10 November 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Physio Balls/Tm Mtg
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 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
 4:55 PM 3,365 Yards - Stress Value = 52

Workout #16269 - Monday, 10 November 2014

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 #16272 - Monday, 10 November 2014

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 #16266 - Monday, 10 November 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
	1 on 40:00 DS/Physio Balls/Tm Mtg	
550	1 x 550 on 10:00 Swim-kick-pull-swim	
165	11 x 15 on :45 Cross pool sprints	
1,450	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	
	4:56 PM 3,115 Yards - Stress Value = 48	

Workout #16270 - Monday, 10 November 2014

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
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 #16273 - Monday, 10 November 2014

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	

Workout #16267 - Monday, 10 November 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
	1 on 40:00 DS/Physio Balls/Tm Mtg	
500	1 x 500 on 10:00 Swim-kick-pull-swim	
165	11 x 15 on :45 Cross pool sprints	
1,350	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	
	4:54 PM 2,815 Yards - Stress Value = 44	

Workout #16263 - Monday, 10 November 2014

HighSchl - Speed Acquisition

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 10:00 Dyamic Stretching	
600	1 x 600 on 10:00 Too complicated to type out	
96	12 x 8 on :45 Spinners	
400	16 x 25 on 1:00 4 on each stroke-under water until you reach 12.5 yards	
400	8x{1 x 25 on :01 1/3 each of streamline kick { tarzan, no breath sprint rest/rest 5 secon	
	{1 x 25 on 1:29 Kick no board BSLR	
175	7x{1 on 1:00 Vertical Kick	
	{1 x 25 on :01 12.5 yds under/SA Sprint	
	{1 on 1:59 Sculling Drill Feet First	
200	1 x 200 on 3:00 Stroke Drills	
	1 on 10:00 Ice	
	7:06 AM 1,871 Yards - Stress Value = 66	

Workout #16322 - Tuesday, 11 November 2014

Group 2 - Backstroke

1 minute rest between sets

150 1 x 150 on 3:00 CD RE
7:30 PM 3,800 Yards - Stress Value = 138

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/ Core	
500	1 x 500 on 10:00 Underwater TD	RE
1,500	6x{1 x 200 on 3:00 KICK on back for distance	EN
	{1 on :30 rest/ get to a wall	RE
	{1 x 50 on 1:30 Kick on back 100%	SE
1,200	1x{4 x 150 on 2:30 Free pull	EN
	{4 x 100 on 1:40 Free pull	EN
	{4 x 50 on :45 Free pull	EN
100	4 x 25 on :45 Stroke Drill	RE
	Put in KOB	
1,050	1x{1 x 200 on 3:30 Back	EN
	{4 x 25 on :30 BSLR B only	SE
	{2 x 125 on 2:00 Back	EN
	{4 x 25 on :30 BSLR	SE
	{3 x 100 on 1:35 Back	EN
	{4 x 25 on :30 BSLR	SE
150	1 x 150 on 3:00 CD	RE

7:30 PM 4,500 Yards - Stress Value = 161

Workout #16323 - Tuesday, 11 November 2014

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/ Core	
500	1 x 500 on 10:00 Underwater TD	RE
1,500	6x{1 x 200 on 3:00 KICK on back for distance	EN
	{1 on :30 rest/ get to a wall	RE
	{1 x 50 on 1:30 Kick on back 100%	SE
1,050	1x{3 x 150 on 2:50 Free pull	EN
	{4 x 100 on 1:55 Free pull	EN
	{4 x 50 on :55 Free pull	EN
100	4 x 25 on :45 Stroke Drill	RE
	Put in KOB	
900	1x{1 x 150 on 3:00 Back	EN
	{2 x 25 on :35 BSLR B only	SE
	{2 x 100 on 1:55 Back	EN
	{4 x 25 on :35 BSLR	SE
	{3 x 100 on 1:50 Back	EN
	{4 x 25 on :35 BSLR	SE
150	1 x 150 on 3:00 CD	RE

7:30 PM 4,200 Yards - Stress Value = 154

Workout #16324 - Tuesday, 11 November 2014

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/ Core	
400	1 x 400 on 10:00 Underwater TD	RE
1,500	6x{1 x 200 on 3:00 KICK on back for distance	EN
	{1 on :30 rest/ get to a wall	RE
	{1 x 50 on 1:30 Kick on back 100%	SE
900	1x{3 x 150 on 3:15 Free pull	EN
	{3 x 100 on 2:10 Free pull	EN
	{3 x 50 on 1:00 Free pull	EN
100	4 x 25 on :45 Stroke Drill	RE
	Put in KOB	
750	1x{1 x 150 on 3:30 Back	EN
	{2 x 25 on :45 BSLR B only	SE
	{2 x 100 on 2:20 Back	EN
	{2 x 25 on :45 BSLR	SE
	{2 x 100 on 2:15 Back	EN
	{4 x 25 on :40 BSLR	SE

Workout #16325 - Tuesday, 11 November 2014

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/ Core	
350	1 x 350 on 10:00 Underwater TD	RE
1,500	6x{1 x 200 on 3:00 KICK on back for distance	EN
	{1 on :30 rest/ get to a wall	RE
	{1 x 50 on 1:30 Kick on back 100%	SE
750	1x{2 x 150 on 3:40 Free pull	EN
	{3 x 100 on 2:35 Free pull	EN
	{3 x 50 on 1:20 Free pull	EN
100	4 x 25 on :45 Stroke Drill	RE
	Put in KOB	
700	1x{1 x 150 on 3:45 Back	EN
	{2 x 25 on :55 BSLR B only	SE
	{2 x 100 on 2:35 Back	EN
	{2 x 25 on :50 BSLR	SE
	{2 x 100 on 2:30 Back	EN
	{2 x 25 on :45 BSLR	SE
150	1 x 150 on 3:00 CD	RE

7:30 PM 3,550 Yards - Stress Value = 133

Workout #16277 - Tuesday, 11 November 2014

HighSchl - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 35:00 DS and Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
200	4 x 50 on 2:30 Your #1 OTB 35 yards 100%	SE
	15 yds closed fist free/back	
1,700	1x{5 x 125 on 1:45 Backstroke-Alt 25 of 10 KOW	EN
	{4 x 25 on :30 Back 8-9-10-11 KOW	EN
	{4 x 100 on 1:25 Back alt 25 of 10 KOW	EN
	{4 x 25 on :30 Back 8-9-10-11 KOW	EN
	{3 x 75 on 1:00 Back Alt 25 of 10 KOW	EN
	{4 x 25 on :30 Back 8-9-10-11 KOW	EN
	{2 x 50 on :40 Back Alt 25 of 10 KOW	EN
	{2 x 25 on :30 Back 10-11 KOW	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	

7:05 AM 2,550 Yards - Stress Value = 41

Workout #16287 - Tuesday, 11 November 2014

HighSchl - Breast

1 minute rest between sets

4:56 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	===	===
1,450	1x{1 x 200 on 3:00 Breaststroke	EN2	S	BR
	{3 x 50 on 1:00 Breast	EN3	S	BR
	{2 x 175 on 2:35 Breaststroke	EN2	S	BR
	{3 x 50 on 1:00 Breaststroke	EN3	S	BR
	{3 x 150 on 2:10 Breaststroke	EN2	S	BR
	{3 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 1,700 Yards - Stress Value = 47

Workout #16274 - Tuesday, 11 November 2014

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 35:00 DS/Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 200 4 x 50 on 2:30 Your #1 OTB 35 yards 100% SP3
 15 yards closed fist free/back
 2,000 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
 {1 x 200 on 2:25 Free L.25 6bk EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,850 Yards - Stress Value = 48

Workout #16284 - Tuesday, 11 November 2014

HighSchl - Distance

1 minute rest between sets

4:56 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,800 1x{1 x 600 on 8:00 Freestyle EN2 S FR
 {1 x 600 on 7:50 Freestyle EN2 S FR
 {1 x 600 on 7:40 Freestyle EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice/Tm Mtg L DRY
 5:35 PM 2,050 Yards - Stress Value = 36

Workout #16280 - Tuesday, 11 November 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs/Tm Mtg
 600 1 x 600 on 10:00 Top Hat Drill
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 300 6 x 50 on 2:00 Freestyle
 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
 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 4,150 Yards - Stress Value = 75

Workout #16275 - Tuesday, 11 November 2014

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 35:00 DS/Weights
 400 1 x 400 on 7:00 Underwater trn drill REC
 200 4 x 50 on 2:30 Your #1 OTB 35 yards 100% SP3
 15 yds closed fist free/back
 1,850 1x{2 x 225 on 3:15 Free L.25 6bk EN2
 {2 x 225 on 3:10 Free L.25 6bk EN2
 {2 x 225 on 3:05 Free L.25 6bk EN2
 {2 x 225 on 3:00 Free L.25 6bk EN2
 {1 x 50 on :40 Free L.25 6bk EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,700 Yards - Stress Value = 45

Workout #16278 - Tuesday, 11 November 2014

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
 200 4 x 50 on 2:30 Your #1 OTB 35 yards 100%
 15 yds closed fist free/back
 1,600 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
 {1 x 50 on :40 Back Alt 25 of 10 KOW
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,450 Yards - Stress Value = 39

Workout #16281 - Tuesday, 11 November 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs/Tm Mtg
 600 1 x 600 on 10:00 Top Hat Drill
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 300 6 x 50 on 2:00 Freestyle
 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
 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 3,950 Yards - Stress Value = 74

Workout #16285 - Tuesday, 11 November 2014

HighSchl - Gold

1 minute rest between sets

4:56 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,650 1x{1 x 550 on 8:00 Freestyle EN2 S FR
 {1 x 550 on 7:50 Freestyle EN2 S FR
 {1 x 550 on 7:40 Freestyle EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice/Tm Mtg L DRY
 5:35 PM 1,900 Yards - Stress Value = 33

Workout #16288 - Tuesday, 11 November 2014

4:55 PM 3,750 Yards - Stress Value = 73

HighSchl - Gold

1 minute rest between sets

4:56 PM Start

Yards	Set Description	EGY	WORK	STK
1,350	1x{1 x 200 on 3:30 Breaststroke	EN2	S	BR
	{3 x 50 on 1:00 Breast	EN3	S	BR
	{2 x 175 on 3:00 Breaststroke	EN2	S	BR
	{3 x 50 on 1:00 Breaststroke	EN3	S	BR
	{3 x 150 on 2:30 Breaststroke	EN2	S	BR
	{1 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 1,600 Yards - Stress Value = 41

Workout #16276 - Tuesday, 11 November 2014

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/Weights			
400	1 x 400 on 7:00 Underwater trn drill		REC	
200	4 x 50 on 2:30 Your #1 OTB 35 yards 100% SP3			
	15 yds closed fist free/back			
1,650	1x{2 x 200 on 3:15 Free L.25 6bk	EN2		
	{2 x 200 on 3:10 Free L.25 6bk	EN2		
	{2 x 200 on 3:05 Free L.25 6bk	EN2		
	{2 x 200 on 3:00 Free L.25 6bk	EN2		
	{1 x 50 on :45 Free L.25 6bk	EN2		
250	1 x 250 on 4:00 Stroke Drills		REC	
	1 on 10:00 Ice			

7:05 AM 2,500 Yards - Stress Value = 41

Workout #16279 - Tuesday, 11 November 2014

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS and Weights			
400	1 x 400 on 7:00 Underwater trn drill			
200	4 x 50 on 2:30 Your #1 OTB 35 yards 100%			
	15 yds closed fist free/back			
1,450	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			
250	1 x 250 on 4:00 Stroke Drills			
	1 on 10:00 Ice			

7:05 AM 2,300 Yards - Stress Value = 36

Workout #16282 - Tuesday, 11 November 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Ted's Abs/Tm Mtg			
550	1 x 550 on 10:00 Top Hat Drill			
300	12 x 25 on :40 Variable Speed			
300	6 x 50 on 2:00 Freestyle			
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			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

Workout #16286 - Tuesday, 11 November 2014

HighSchl - Silver

1 minute rest between sets

4:56 PM Start

Yards	Set Description	EGY	WORK	STK
1,500	1x{1 x 500 on 8:00 Freestyle	EN2	S	FR
	{1 x 500 on 7:50 Freestyle	EN2	S	FR
	{1 x 500 on 7:40 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice/Tm Mtg		L	DRY

5:35 PM 1,750 Yards - Stress Value = 30

Workout #16289 - Tuesday, 11 November 2014

HighSchl - Silver

1 minute rest between sets

4:56 PM Start

Yards	Set Description	EGY	WORK	STK
1,150	1x{1 x 200 on 3:50 Breaststroke	EN2	S	BR
	{3 x 50 on 1:15 Breast	EN3	S	BR
	{2 x 175 on 3:20 Breaststroke	EN2	S	BR
	{3 x 50 on 1:15 Breaststroke	EN3	S	BR
	{2 x 150 on 2:50 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 1,400 Yards - Stress Value = 35

Workout #16283 - Tuesday, 11 November 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Ted's Abs/Tm Mtg			
500	1 x 500 on 10:00 Top Hat Drill			
300	12 x 25 on :40 Variable Speed			
	Rd 1 #1, Rd 2 #2, Rd 3 free			
300	6 x 50 on 2:00 Freestyle			
1,100	11 x 100 on 2:00 Kick-odds 100%			
1,150	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			
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 3,550 Yards - Stress Value = 70

Workout #16294 - Wednesday, 12 November 2014

HighSchl - Distance

1 minute rest between sets

4:42 PM Start

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
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
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 = 80

100 1 x 100 on 10:00 Timed 15m underwaters
w/ & w/out fins on stomach & back

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

4:41 PM 2,550 Yards - Stress Value = 39

Workout #16295 - Wednesday, 12 November 2014

HighSchl - Gold

1 minute rest between sets

4:42 PM Start

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
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:36 PM 2,700 Yards - Stress Value = 70

Workout #16297 - Wednesday, 12 November 2014

HighSchl - IM'ers

1 minute rest between sets

4:42 PM Start

Yards	Set Description	E
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 25sclsdfst25catchup25reg	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	

5:35 PM 2,950 Yards - Stress Value = 54

Workout #16298 - Wednesday, 12 November 2014

HighSchl - Gold

1 minute rest between sets

4:42 PM Start

Yards	Set Description	E
2,600	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 25sclsdfst25catchup25reg	F
	{4 x 100 on 1:20 Individual Medley	F
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	

5:35 PM 2,850 Yards - Stress Value = 52

Workout #16290 - Wednesday, 12 November 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	E
600	1 on 40:00 DS/Circuit/Tm Mtg	
100	1 x 600 on 10:00 Free L.25 of each 100 Non F	F
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	

4:41 PM 2,850 Yards - Stress Value = 45

Workout #16291 - Wednesday, 12 November 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	E
600	1 on 40:00 DS/Circuit/Tm Mtg	
	1 x 600 on 10:00 Free L.25 of each 100 Non F	F

Workout #16292 - Wednesday, 12 November 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Tm Mtg
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
100	1 x 100 on 10:00 Timed 15m underwaters w/ & w/out fins on stomach & back
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
	4:41 PM 2,250 Yards - Stress Value = 34

Workout #16296 - Wednesday, 12 November 2014

HighSchl - Silver

1 minute rest between sets

4:42 PM Start

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
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:36 PM 2,450 Yards - Stress Value = 65			

Workout #16299 - Wednesday, 12 November 2014

HighSchl - Silver

1 minute rest between sets

4:42 PM Start

Yards	Set Description	F
=====	=====	=====
2,400	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 25sclsdfst25catchup25reg	F
	{2 x 100 on 1:30 Individual Medley	F
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	
	5:35 PM 2,650 Yards - Stress Value = 48	

Workout #16293 - Wednesday, 12 November 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Circuit/Tm Mtg
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
100	1 x 100 on 10:00 Timed 15m underwaters w/ & w/out fins on stomach & back

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
	4:40 PM 2,050 Yards - Stress Value = 31

Workout #16313 - Thursday, 13 November 2014

HighSchl - Back

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY
=====	=====	=====
2,500	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
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 2,700 Yards - Stress Value = 64	

Workout #16303 - Thursday, 13 November 2014

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 100s free even 100's back		
140	7 x 20 on 1:00 Shooters	SP3	
1,750	1x{1 x 125 on 2:00 Breaststroke	EN1	
	{4 x 50 on 1:00 Breast under/over	EN2	
	{2 x 125 on 1:55 Breaststroke	EN1	
	{3 x 50 on 1:00 Breast under/over	EN2	
	{3 x 125 on 1:50 Breaststroke	EN1	
	{2 x 50 on 1:00 Breast under/over	EN2	
	{4 x 125 on 1:45 Breaststroke-descend	EN2	
	{1 x 50 on 1:00 Breast unde/over	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 AM 2,490 Yards - Stress Value = 33		

Workout #16300 - Thursday, 13 November 2014

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 35:00 DS and Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100's free even 100's back	
140	7 x 20 on 1:00 Underwater fly kick w/fins	SF
2,250	1x{3 x 225 on 3:00 Free-descend	EN
	{3 x 200 on 2:40 Free-descend	EN
	{3 x 175 on 2:20 Free-descend	EN
	{3 x 150 on 2:00 Free-descend	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
7:05 AM	2,990 Yards - Stress Value = 51	

Workout #16310 - Thursday, 13 November 2014

HighSchl - Distance

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,650	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 150 on 2:00 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	2,850 Yards - Stress Value = 53			

Workout #16326 - Thursday, 13 November 2014

HighSchl - Fly

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
2,650	1x{1 x 100 on 1:15 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	FLY
	{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	2,850 Yards - Stress Value = 31			

Workout #16306 - Thursday, 13 November 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	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
250	5 x 50 on 1:30 Mid pool swims
500	5 x 100 on 3:00 Freestyle
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
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	3,350 Yards - Stress Value = 103

Workout #16301 - Thursday, 13 November 2014

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 35:00 DS and Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100's free even 100's back	
105	7 x 15 on 1:00 Underwater fly kick w/fins	SF
2,025	1x{3 x 225 on 3:15 Free-descend	EN
	{3 x 200 on 2:50 Free-descend	EN
	{3 x 175 on 2:30 Free-descend	EN
	{3 x 75 on 1:05 Free-descend	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
7:04 AM	2,730 Yards - Stress Value = 44	

Workout #16304 - Thursday, 13 November 2014

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100s free even 100's back	
140	7 x 20 on 1:00 Underwater fly kick w/fins	SF
1,700	1x{1 x 125 on 2:10 Breaststroke	EN
	{4 x 50 on 1:00 Breast under/over	EN
	{2 x 125 on 2:05 Breaststroke	EN
	{3 x 50 on 1:00 Breast under/over	EN
	{3 x 125 on 2:00 Breaststroke	EN
	{2 x 50 on 1:00 Breast under/over	EN
	{4 x 125 on 1:55 Breaststroke-descend	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
7:04 AM	2,440 Yards - Stress Value = 32	

Workout #16307 - Thursday, 13 November 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 30:00 DS/Shoulders/TM Mtg			
	1 x 600 on 10:00 Underwater trn drill			
	Odd 100's free even 100's back			
250	5 x 50 on 1:30 Mid Pool Swims			
500	5 x 100 on 3:00 Freestyle			
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			
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 3,100 Yards - Stress Value = 98			

Workout #16311 - Thursday, 13 November 2014

HighSchl - Gold

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
2,400	1x{4 x 125 on 1:55 Freestyle	EN2	S	FR
	{1 x 500 on 7:15 Freestyle	EN2	S	FR
	{4 x 125 on 1:55 Freestyle	EN2	S	FR
	{1 x 500 on 7:10 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	
	5:34 PM 2,600 Yards - Stress Value = 48			

Workout #16314 - Thursday, 13 November 2014

HighSchl - Gold

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
2,300	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		
200	1 x 200 on 3:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	5:35 PM 2,500 Yards - Stress Value = 56			

Workout #16327 - Thursday, 13 November 2014

HighSchl - Gold

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
2,400	1x{1 x 100 on 1:25 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
{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	
5:35 PM 2,600 Yards - Stress Value = 26			

Workout #16302 - Thursday, 13 November 2014

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
400	1 on 35:00 DS and Weights	
	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100's free even 100's back	
140	7 x 20 on 1:00 Underwater fly kick w/fins	SF
1,800	1x{3 x 225 on 3:35 Free-descend	EN
	{3 x 200 on 3:10 Free-descend	EN
	{3 x 175 on 2:45 Free-descend	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
	7:04 AM 2,540 Yards - Stress Value = 42	

Workout #16305 - Thursday, 13 November 2014

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
350	1 on 35:00 DS/Weights	
	1 x 350 on 7:00 Underwater trn drill	RE
	Odd 100s free even 100's back	
140	7 x 20 on 1:00 Underwater fly kick w/fins	SF
1,300	1x{1 x 100 on 2:10 Breaststroke	EN
	{3 x 50 on 1:15 Breast under/over	EN
	{2 x 100 on 2:05 Breaststroke	EN
	{2 x 50 on 1:15 Breast under/over	EN
	{3 x 100 on 2:00 Breaststroke	EN
	{1 x 50 on 1:15 Breast under/over	EN
	{4 x 100 on 1:55 Breaststroke-descend	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
	7:04 AM 1,990 Yards - Stress Value = 26	

Workout #16308 - Thursday, 13 November 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
550	1 on 30:00 DS/Shoulders/TM Mtg			
	1 x 550 on 10:00 Underwater trn drill			
	Odd 100's free even 100's back			
250	5 x 50 on 1:30 Mid pool swims			
500	5 x 100 on 3:00 Freestyle			
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			
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 2,900 Yards - Stress Value = 95			

Workout #16312 - Thursday, 13 November 2014

HighSchl - Silver

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
2,200	1x{4 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 400 on 6:40 Freestyle	EN2	S	FR
	{4 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 400 on 6:35 Freestyle	EN2	S	FR
	{4 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 200 on 3:15 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 2,400 Yards - Stress Value = 44			

Workout #16315 - Thursday, 13 November 2014

HighSchl - Silver

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
2,025	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		
200	{1 x 50 on 1:15 Back 10 KOW-Great effort	EN3		
	1 x 200 on 3:00 Stroke Drills REC	REC		
	1 on 10:00 Ice			
	5:35 PM 2,225 Yards - Stress Value = 45			

Workout #16328 - Thursday, 13 November 2014

HighSchl - Silver

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
2,150	1x{1 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
{1 x 50 on :55 Fly 2-2, 3 KOW	EN1	S	FLY
1 x 200 on 3:00 Stroke Drills REC	REC	D	CD
1 on 10:00 Ice		M	
5:35 PM 2,350 Yards - Stress Value = 25			

Workout #16309 - Thursday, 13 November 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
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			
250	5 x 50 on 1:30 Mid Pools Swims			
500	5 x 100 on 3:00 Freestyle			
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			
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 2,750 Yards - Stress Value = 93			

Workout #16316 - Friday, 14 November 2014

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 59:00 DS/Yoga			
180	1 x 600 on 12:00 Indvdl Prsrcptns			
200	12 x 15 on :45 Start/Shooter/Finish			
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 12:00 Techniques-Relay Starts			
	1 on 10:00 Ice			
	5:05 PM 1,780 Yards - Stress Value = 17			

Workout #16317 - Saturday, 15 November 2014

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
500	1 x 500 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
	alt free and #1 non free			
1,350	18 x 75 on 2:01 Beat the clock	EN2	S	
900	3x{1 x 100 on 2:10 Kick	EN2	K	C
	{1 x 100 on 2:05 Kick	EN2	K	C
	{1 x 100 on 2:00 Kick	EN2	K	C
	{1 on :55 Rest		M	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Get to weight room		L	I
	1 on 50:00 Weights/Stretch/Ice		L	I
	8:35 AM 3,150 Yards - Stress Value = 51			

Workout #16333 - Monday, 17 November 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	4:44 PM Start			
3,000	1x{2 x 150 on 1:55 Freestyle	EN1	S	FR
	{5 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:55 Freestyle	EN1	S	FR
	{4 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:55 Freestyle	EN2	S	FR
	{3 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:55 Freestyle	EN1	S	FR
	{2 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:55 Freestyle	EN1	S	FR
	{1 x 100 on 1:10 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 = 48			

Workout #16318 - Saturday, 15 November 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	6:00 AM Start			
	1 on 10:00 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	
	alt free and #1 non free			
1,800	18 x 100 on 2:01 Beat the clock	EN2	S	
1,050	3x{1 x 50 on :55 Kick	EN2	K	C
	{1 x 100 on 1:45 Kick	EN2	K	C
	{1 x 100 on 1:40 Kick	EN2	K	C
	{1 x 100 on 1:35 Kick	EN2	K	C
	{1 on 1:15 Rest		M	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Get to weight room		L	I
	1 on 50:00 Weights/Stretch/Ice		L	I
	8:35 AM 3,850 Yards - Stress Value = 63			

Workout #16336 - Monday, 17 November 2014

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	4:44 PM Start			
2,600	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		
	{4 x 150 on 2:05 Fly 5+1 stroke off walls	EN		
200	1 x 200 on 3:00 Stroke Drills		R	E
	1 on 10:00 Ice			
	5:36 PM 2,800 Yards - Stress Value = 52			

Workout #16319 - Saturday, 15 November 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	6:00 AM Start			
	1 on 10:00 Dynamic Stretch		L	I
550	1 x 550 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
	alt free and #1 non free			
1,800	18 x 100 on 2:01 Beat the clock	EN2	S	
975	3x{1 x 25 on :30 Kick	EN2	K	C
	{1 x 100 on 1:55 Kick	EN2	K	C
	{1 x 100 on 1:50 Kick	EN2	K	C
	{1 x 100 on 1:45 Kick	EN2	K	C
	{1 on 1:10 Rest		M	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Get to weight room		L	I
	1 on 50:00 Weights/Stretch/Ice		L	I
	8:35 AM 3,725 Yards - Stress Value = 62			

Workout #16320 - Saturday, 15 November 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	6:00 AM Start			
	1 on 10:00 Dynamic Stretch		L	I

Workout #16329 - Monday, 17 November 2014

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
2,750	1 on 30:00 DS/ Physio Balls/Tm Mtg
600	1 x 600 on 10:00 Swim-kick-pull-swim
165	11 x 15 on :45 Cross pool sprints
1,750	1x{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
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:05 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:10 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:15 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
4:44 PM	3,815 Yards - Stress Value = 55

Workout #16345 - Monday, 17 November 2014

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 59:00 Pictures/DS/Teds Abs/Tm Mtg
300	1 x 600 on 10:00 Top Hat Drill
	12 x 25 on :40 Variable Speed
	Rd 1 #1, Rd 2 #2, Rd 3 free
300	6 x 50 on 2:00 Your #1-100% Effort
100	1 x 100 on 3:00 Kick for time-with snorkel
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	1,500 Yards - Stress Value = 40

Workout #16330 - Monday, 17 November 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 30:00 DS/ Physio Ball/Tm Mtg
165	1 x 600 on 10:00 Swim-kick-pull-swim
1,450	1x{4 x 25 on :45 Cross pool sprints
	{2 x 125 on 2:20 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:25 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 125 on 2:30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:35 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on 1:05 Kick
950	1x{1 x 50 on :45 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
4:44 PM	3,365 Yards - Stress Value = 47

Workout #16334 - Monday, 17 November 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
2,750	1x{2 x 150 on 2:05 Freestyle	EN1	S	FR
	{5 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:05 Freestyle	EN1	S	FR
	{4 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:05 Freestyle	EN2	S	FR
	{3 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:05 Freestyle	EN1	S	FR
	{2 x 100 on 1:20 Freestyle	EN2	S	FR
	{1 x 150 on 2:10 Freestyle	EN1	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:36 PM	2,950 Yards - Stress Value = 45			

Workout #16337 - Monday, 17 November 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EC
4:44 PM	Start	
2,300	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
	{2 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	2,500 Yards - Stress Value = 46	

Workout #16331 - Monday, 17 November 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
550	1 on 30:00 DS/ Physio Ball/Tm Mtg
165	1 x 550 on 10:00 Swim-kick-pull-swim
1,300	1x{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 100 on 2:10 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:15 Kick
	{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:10 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
4:44 PM	3,065 Yards - Stress Value = 44

Workout #16335 - Monday, 17 November 2014

HighSchl - Silver

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
2,250	1x{2 x 150 on 2:35 Freestyle	EN1	S	FR
	{5 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:35 Freestyle	EN1	S	FR
	{4 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:35 Freestyle	EN2	S	FR
	{3 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 150 on 2:35 Freestyle	EN1	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,450 Yards - Stress Value = 38

Workout #16338 - Monday, 17 November 2014

HighSchl - Silver

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
2,100	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		
	{1 x 100 on 1:40 Fly 5+1 stroke off walls	EN		
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 = 42

Workout #16332 - Monday, 17 November 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/ Physio Ball/Tm Mtg			
500	1 x 500 on 10:00 Swim-kick-pull-swim			
165	11 x 15 on :45 Cross pool sprints			
1,100	1x{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 100 on 2:30 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:35 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 50 on 1:20 Kick			
750	1x{2 x 75 on 1:20 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			

4:43 PM 2,715 Yards - Stress Value = 39

Workout #16321 - Monday, 17 November 2014

HighSchl - Speed Acquisition

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 13:00 Dynamic Stretch			
600	1 x 600 on 10:00 Too complicate to type out			
120	8 x 15 on :45 Spinners			
400	16 x 25 on 1:00 4 on each stroke-under water until you reach 12.5 yds			
2,000	1x{4 x 25 on :30 Freestyle-BC			
	{1 x 100 on 1:30 Free 5 strokes fast			

{1 x 100 on 1:30 Free 10 strokes fast				
{1 x 100 on 1:30 Free 15 strokes fast				
{4 x 25 on :30 Freestyle-BC				
{1 x 100 on 1:30 Free 20 strokes fast				
{1 x 100 on 1:30 Free 25 strokes fast				
{1 x 100 on 1:30 Free 30 strokes fast				
{4 x 25 on :30 Freestyle-BC				
{1 x 100 on 1:30 Free 35 strokes fast				
{1 x 100 on 1:30 Free 40 strokes fast				
{1 x 100 on 1:30 Free -35 strokes fast				
{4 x 25 on :30 Freestyle-BC				
{1 x 100 on 1:30 Free-30 strokes fast				
{1 x 100 on 1:30 Free-25 strokes fast				
{1 x 100 on 1:30 Free-20 strokes fast				
{4 x 25 on :30 Freestyle-BC				
{1 x 100 on 1:30 Free 15 strokes fast				
{1 x 100 on 1:30 Free 10 strokes fast				
{1 x 100 on 1:30 Free 5 strokes fast				
200 1 x 200 on 3:00 Stroke Drills				
1 on 10:00 Ice				
7:05 AM 3,320 Yards - Stress Value = 85				

Workout #16342 - Tuesday, 18 November 2014

HighSchl - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS and Weights			L
400	1 x 400 on 7:00 Top Hat Drill	REC	D	
200	4 x 50 on 2:30 OTB your #1	SP3	S	
	35yds fast 15 clsd fist back/free			
1,900	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	
	{2 x 100 on 1:30 Backstroke-descend	EN2	S	
	{1 x 200 on 2:45 Backstroke	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

7:05 AM 2,700 Yards - Stress Value = 46

Workout #16352 - Tuesday, 18 November 2014

HighSchl - Breast

1 minute rest between sets

4:42 PM Start

Yards	Set Description	EGY	WORK	STK
2,000	1x{1 x 200 on 3:10 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:05 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:00 Breaststroke	EN2	S	BR
	{4 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
	{4 x 25 on :30 Breast 2K1P	EN1	S	BR
	{1 x 200 on 2:45 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	S	BR
	{1 x 200 on 2:40 Breaststroke	EN2	S	BR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:36 PM 2,500 Yards - Stress Value = 34

Workout #16339 - Tuesday, 18 November 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
400	1 on 35:00 DS and Weights		L	DRY
400	1 x 400 on 7:00 Top Hat Drill	REC	D	FR
200	4 x 50 on 2:30 OTB your #1	SP3	S	STK
35yds fast 15 clsd fist back/free				
2,000	1x{1 x 100 on 1:20 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Free Hold 1:12	EN2	S	FR
	{1 x 300 on 4:00 Freestyle	EN2	S	FR
	{1 x 50 on :50 Freestyle	REC	S	FR
	{1 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Free Hold 1:11	EN2	S	FR
	{1 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 50 on :50 Freestyle	REC	S	FR
	{1 x 300 on 4:00 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Free hold 1:10	EN2	S	FR
	{1 x 100 on 1:20 Freestyle	EN2	S	FR
	{1 x 50 on :50 Freestyle	REC	S	FR
	{1 x 250 on 3:20 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Free Hold 1:05	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
7:06 AM 2,800 Yards - Stress Value = 45				

Workout #16349 - Tuesday, 18 November 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:42 PM Start				
2,400	1x{1 x 400 on 5:30 Free L.100 6-7-8-9 KOW	EN2		
	{1 x 400 on 5:25 Free L.100 des 25's	EN2		
	{1 x 400 on 5:20 Free L.100 BWHPF	EN2		
	{1 x 400 on 5:15 Free L.100 SFBO	EN2		
	{1 x 400 on 5:10 Free L.100 Br on 5	EN2		
	{1 x 400 on 5:05 Free L.100-6bk	EN2		
500	10 x 50 on 1:00 Stroke Drills	REC		
	1 on 10:00 Ice			
5:35 PM 2,900 Yards - Stress Value = 48				

Workout #16340 - Tuesday, 18 November 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
400	1 on 35:00 DS and Weights		L	DRY
400	1 x 400 on 7:00 Top Hat Drill	REC	D	FR
200	4 x 50 on 2:30 OTB your #1	SP3	S	STK
35yds fast 15 clsd fist back/free				
1,750	1x{1 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Free Hold 1:22	EN2	S	FR
	{1 x 300 on 4:30 Freestyle	EN2	S	FR
	{1 x 50 on :55 Freestyle	REC	S	FR
	{1 x 200 on 3:00 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Free Hold 1:21	EN2	S	FR
	{1 x 200 on 3:00 Freestyle	EN2	S	FR
	{1 x 50 on :55 Freestyle	REC	S	FR
	{1 x 300 on 4:30 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Free hold 1:20	EN2	S	FR
	{1 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 50 on :55 Freestyle	REC	S	FR
	{1 x 100 on 1:40 Free Hold 1:10	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
7:06 AM 2,550 Yards - Stress Value = 40				

Workout #16343 - Tuesday, 18 November 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
400	1 on 35:00 DS and Weights		L	
400	1 x 400 on 7:00 Top Hat Drill	REC	D	
200	4 x 50 on 2:30 OTB your #1	SP3	S	
35yds fast 15 clsd fist back/free				
1,800	1x{3 x 100 on 1:35 Backstroke-descend	EN2	S	
	{1 x 200 on 2:40 Backstroke	EN2	S	
	{3 x 100 on 1:35 Backstroke-descend	EN2	S	
	{1 x 200 on 2:45 Backstroke	EN2	S	
	{3 x 100 on 1:35 Backstroke-descend	EN2	S	
	{1 x 200 on 2:50 Backstroke	EN2	S	
	{3 x 100 on 1:35 Backstroke-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice			M
7:06 AM 2,600 Yards - Stress Value = 44				

Workout #16346 - Tuesday, 18 November 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
600	1 on 59:00 Pictures/DS/Teds Abs/Tm Mtg			
300	1 x 600 on 10:00 Top Hat Drill			
300	12 x 25 on :40 Variable Speed			
	Rd 1 #1, Rd 2 #2, Rd 3 free			
300	6 x 50 on 2:00 Your #1 100% Effort			
100	1 x 100 on 3:00 Kick for time-with snorkel			
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 1,500 Yards - Stress Value = 40				

Workout #16350 - Tuesday, 18 November 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:42 PM Start				
2,200	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 200 on 2:45 Free L.100-6bk	EN2		
500	10 x 50 on 1:00 Stroke Drills	REC		
	1 on 10:00 Ice			
5:35 PM 2,700 Yards - Stress Value = 44				

Workout #16353 - Tuesday, 18 November 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:42 PM Start				
1,800	1x{1 x 200 on 3:25 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:20 Breaststroke	EN2	S	BR
	{4 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
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:05 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	S	BR
	{1 x 200 on 3:00 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	S	BR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM 2,300 Yards - Stress Value = 30				

Workout #16341 - Tuesday, 18 November 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
	1 on 35:00 DS and Weights		L	DRY
350	1 x 350 on 7:00 Top Hat Drill	REC	D	FR
200	4 x 50 on 2:30 OTB your #1	SP3	S	STK
	35yds fast 15 clsd fist back/free			
1,550	1x{1 x 100 on 1:45 Freestyle	EN2	S	FR
	{1 x 100 on 1:55 Free Hold 1:30	EN2	S	FR
	{1 x 300 on 5:15 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{1 x 200 on 3:30 Freestyle	EN2	S	FR
	{1 x 100 on 1:55 Free Hold 1:26	EN2	S	FR
	{1 x 200 on 3:30 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{1 x 300 on 5:15 Freestyle	EN2	S	FR
	{1 x 100 on 1:55 Free hold 1:15	EN2	S	FR
	{1 x 50 on :50 Freestyle	EN2	S	FR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
7:07 AM 2,300 Yards - Stress Value = 37				

Workout #16344 - Tuesday, 18 November 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
	1 on 35:00 DS and Weights		L	
400	1 x 400 on 7:00 Top Hat Drill	REC	D	
200	4 x 50 on 2:30 OTB your #1	SP3	S	
	35yds fast 15 clsd fist back/free			
1,600	1x{3 x 100 on 1:45 Backstroke-descend	EN2	S	
	{1 x 200 on 3:00 Backstroke	EN2	S	
	{3 x 100 on 1:45 Backstroke-descend	EN2	S	
	{1 x 200 on 3:05 Backstroke	EN2	S	
	{3 x 100 on 1:45 Backstroke-descend	EN2	S	
	{1 x 200 on 3:10 Backstroke	EN2	S	
	{1 x 100 on 1:45 Backstroke-descend	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
7:05 AM 2,400 Yards - Stress Value = 40				

Workout #16347 - Tuesday, 18 November 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
550	1 on 59:00 Pictures/DS/Teds Abs/Tm Mtg			
300	1 x 550 on 10:00 Top Hat Drill			
	12 x 25 on :40 Variable Speed			
	Rd 1 #1, Rd 2 #2, Rd 3 free			
300	6 x 50 on 2:00 Your #1 100% Effort			
100	1 x 100 on 3:00 Kick for time-with snorkel			
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 1,450 Yards - Stress Value = 40				

Workout #16351 - Tuesday, 18 November 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:42 PM Start				
1,850	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 250 on 4:00 Free L.100 Br on 5	EN2		
500	10 x 50 on 1:00 Stroke Drills	REC		
	1 on 10:00 Ice			
5:35 PM 2,350 Yards - Stress Value = 37				

Workout #16354 - Tuesday, 18 November 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:42 PM Start				
1,700	1x{1 x 200 on 3:40 Breaststroke	EN2	S	BR
	{4 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
	{4 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:25 Breaststroke	EN2	S	BR
	{4 x 25 on :35 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:20 Breaststroke	EN2	S	BR
	{4 x 25 on :35 Breast 2K1P	EN1	S	BR
	{1 x 200 on 3:15 Breaststroke	EN2	S	BR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:36 PM 2,200 Yards - Stress Value = 29				

Workout #16348 - Tuesday, 18 November 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
500	1 on 59:00 Pictures/DS/Teds Abs/Tm Mtg			
300	1 x 500 on 10:00 Top Hat Drill			
	12 x 25 on :40 Variable Speed			
	Rd 1 #1, Rd 2 #2, Rd 3 free			
300	6 x 50 on 2:00 Your #1 100% Effort			
100	1 x 100 on 3:00 Kick for time-with snorkel			
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 1,400 Yards - Stress Value = 40				

Workout #16347 - Tuesday, 18 November 2014

HighSchl - Silver

1 minute rest between sets

Workout #16359 - Wednesday, 19 November 2014

HighSchl - Distance

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 #16362 - Wednesday, 19 November 2014

HighSchl - IM's

1 minute rest between sets

4:44 PM Start
 Yards Set Description
 =====
 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 #16355 - Wednesday, 19 November 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Circuit
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 200 8 x 25 on 1:00 15m under #5-8 w/fins
 1,800 1x{ All BSLR's 12.5yds under
 {4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:15 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 175 on 2:55 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 150 on 2:35 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 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
 4:44 PM 2,800 Yards - Stress Value = 46

Workout #16356 - Wednesday, 19 November 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Circuit
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 120 8 x 15 on 1:00 15m under #5-8 w/fins
 1,650 1x{ All BSLR 12.5 yds under
 {4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:35 Kick
 {4 x 25 on :30 Kick no board BSLR

{2 x 175 on 3:15 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:50 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 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
 4:44 PM 2,570 Yards - Stress Value = 40

Workout #16360 - Wednesday, 19 November 2014

HighSchl - Gold

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 #16363 - Wednesday, 19 November 2014

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 #16357 - Wednesday, 19 November 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Circuit
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 120 8 x 15 on 1:00 15m under #5-8 w/fins
 1,450 1x{ All BSLR's 12.5yds under
 {4 x 25 on :35 Kick no board BSLR
 {1 x 200 on 4:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {2 x 175 on 3:35 Kick
 {4 x 25 on :35 Kick no board BSLR
 {3 x 150 on 3:10 Kick
 {4 x 25 on :35 Kick no board BSLR
 {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
 4:44 PM 2,320 Yards - Stress Value = 36

Workout #16361 - Wednesday, 19 November 2014

HighSchl - Silver

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 #16364 - Wednesday, 19 November 2014

HighSchl - Silver

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
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 #16358 - Wednesday, 19 November 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 45:00 DS/Circuit			
500	1 x 500 on 10:00 Free L.25 of each 100 Non F			
120	8 x 15 on 1:00 15m under #5-8 w/fins			
1,300	1x{ All BSLR's 12.5 yds under			
	{4 x 25 on :40 Kick no board BSLR			
	{1 x 200 on 4:30 Kick			
	{4 x 25 on :40 Kick no board BSLR			
	{2 x 175 on 4:00 Kick			
	{4 x 25 on :40 Kick no board BSLR			
	{2 x 150 on 3:30 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{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			
4:44 PM 2,120 Yards - Stress Value = 33				

Workout #16379 - Thursday, 20 November 2014

HighSchl - Back

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WC
1,700	1x{3 x 25 on :35 Back -6 kick switch	EN1	
	{3 x 50 on :50 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 3:00 Backstroke	EN2	
	{3 x 25 on :35 Back-6 kick switch	EN2	
	{3 x 50 on :50 Back-descend 3/5/7/ KOW	EN2	
	{1 x 200 on 2:50 Backstroke	EN2	
	{3 x 25 on :35 Back-6 kick switch	EN1	
	{3 x 50 on :50 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 2:40 Backstroke	EN2	

	{3 x 25 on :35 Back-6 kick switch	EN1
	{3 x 50 on :50 Back-descend 3/5/7 KOW	EN2
	{1 x 200 on 2:35 Backstroke	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:04 PM 1,950 Yards - Stress Value = 33		

Workout #16368 - Thursday, 20 November 2014

HighSchl - Breast

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	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			
140	7 x 20 on 1:00 Underwater Fly Kick w/fins			
1,700	1x{3 x 100 on 1:30 Breaststroke			
	{1 x 50 on 1:00 Under/Overs-2X Pullouts-turn			
	{3 x 100 on 1:30 Breaststroke			
	{2 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 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 2,440 Yards - Stress Value = 46				

Workout #16365 - Thursday, 20 November 2014

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Underwater trn drill		RE
	Odd 100's free even 100's back		
140	7 x 20 on 1:00 Underwater Fly Kick w/fins		SE
2,400	1x{ Hold all 1:20 base swims under 1:10		
	{1 x 300 on 3:30 Freestyle	EN	
	{2 x 150 on 2:00 Freestyle	EN	
	{1 x 300 on 3:30 Freestyle	EN	
	{4 x 75 on 1:00 Freestyle	EN	
	{1 x 300 on 3:30 Freestyle	EN	
	{3 x 100 on 1:20 Freestyle	EN	
	{1 x 300 on 3:30 Freestyle	EN	
	{6 x 50 on :40 Freestyle	EN	
200	1 x 200 on 3:00 Stroke Drills		RE
	1 on 10:00 Ice		
7:05 AM 3,140 Yards - Stress Value = 54			

Workout #16375 - Thursday, 20 November 2014

HighSchl - Fly

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
2,100	1x{1 x 25 on :25 Butterfly	EN1	S	FLY
	{1 x 50 on :40 Freestyle	EN2	S	FR
	{2 x 25 on :25 Butterfly	EN2	S	FLY
	{2 x 50 on :40 Freestyle	EN2	S	FR
	{3 x 25 on :25 Butterfly	EN2	S	FR
	{3 x 50 on :40 Freestyle	EN2	S	FR
	{4 x 25 on :25 Butterfly	EN2	S	FR
	{4 x 50 on :40 Freestyle	EN2	S	FR
	{5 x 25 on :25 Butterfly	EN2	S	FLY
	{5 x 50 on :40 Freestyle	EN2	S	FR
	{6 x 25 on :25 Butterfly	EN2	S	FLY
	{6 x 50 on :40 Freestyle	EN2	S	FR
	{7 x 25 on :25 Butterfly	EN2	S	FLY
	{7 x 50 on :40 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 2,300 Yards - Stress Value = 42

Workout #16371 - Thursday, 20 November 2014

HighSchl - Platinum

1 minute rest between sets

2:55 PM Start

Yards	Set Description
	1 on 10:00 Dynamic Stretch
600	1 x 600 on 10:00 Underwater trn drill
250	5 x 50 on 1:30 Mid pool swims
1,100	1x{4 x 25 on :30 Kick IM order
	{2 x 125 on 2:15 Kick
	{2 x 100 on 2:05 Kick your non #1
	{4 x 25 on :30 Kick IM
	{2 x 125 on 2:10 Kick
	{2 x 100 on 2:00 Kick your non #1
500	5 x 100 on 3:00 Your #1 (No IM)
800	1x{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
150	3x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:20 PM 3,400 Yards - Stress Value = 97

Workout #16366 - Thursday, 20 November 2014

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100's free even 100's back	
140	7 x 20 on 1:00 Underwater Fly Kick w/fins	SE
2,100	1x{1 x 250 on 3:20 Freestyle	EN
	{ Hold all 1:30 base swims under 1:18	
	{2 x 150 on 2:15 Freestyle	EN
	{1 x 250 on 3:20 Freestyle	EN
	{4 x 75 on 1:10 Freestyle	EN
	{1 x 250 on 3:20 Freestyle	EN
	{3 x 100 on 1:30 Freestyle	EN
	{1 x 250 on 3:20 Freestyle	EN
	{4 x 50 on :45 Freestyle	EN
250	1 x 250 on 4:00 Stroke Drills	RE

1 on 9:00 Ice

7:05 AM 2,890 Yards - Stress Value = 48

Workout #16369 - Thursday, 20 November 2014

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
140	7 x 20 on 1:00 Underwater Fly Kick w/fins
1,650	1x{3 x 100 on 1:40 Breaststroke
	{1 x 50 on 1:00 Under/Overs-2X Pullouts-turn
	{3 x 100 on 1:40 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

7:05 AM 2,390 Yards - Stress Value = 45

Workout #16372 - Thursday, 20 November 2014

HighSchl - Gold

1 minute rest between sets

2:55 PM Start

Yards	Set Description
	1 on 10:00 Dynamic Stretch
600	1 x 600 on 10:00 Underwater trn drill
250	5 x 50 on 1:30 Mid pool swims
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
500	5 x 100 on 3:00 Your #1 (No IM)
650	1x{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
150	3x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:20 PM 3,100 Yards - Stress Value = 92

Workout #16376 - Thursday, 20 November 2014

HighSchl - Gold

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{1 x 25 on :30 Butterfly	EN1	S FLY	
	{1 x 50 on :45 Freestyle	EN2	S FR	
	{2 x 25 on :30 Butterfly	EN2	S FLY	
	{2 x 50 on :45 Freestyle	EN2	S FR	
	{3 x 25 on :30 Butterfly	EN2	S FR	
	{3 x 50 on :45 Freestyle	EN2	S FR	
	{4 x 25 on :30 Butterfly	EN2	S FR	
	{4 x 50 on :45 Freestyle	EN2	S FR	
	{5 x 25 on :30 Butterfly	EN2	S FLY	
	{5 x 50 on :45 Freestyle	EN2	S FR	
	{6 x 25 on :30 Butterfly	EN2	S FLY	
	{6 x 50 on :45 Freestyle	EN2	S FR	
	{7 x 25 on :30 Butterfly	EN2	S FLY	
	{1 x 50 on :45 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 2,000 Yards - Stress Value = 36

Workout #16380 - Thursday, 20 November 2014

HighSchl - Gold

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WC
1,600	1x{3 x 25 on :35 Back -6 kick switch	EN1	
	{3 x 50 on :55 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 3:15 Backstroke	EN2	
	{3 x 25 on :35 Back-6 kick switch	EN2	
	{3 x 50 on :55 Back-descend 3/5/7/ KOW	EN2	
	{1 x 200 on 3:05 Backstroke	EN2	
	{3 x 25 on :35 Back-6 kick switch	EN1	
	{3 x 50 on :55 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 2:55 Backstroke	EN2	
	{3 x 25 on :35 Back-6 kick switch	EN1	
	{3 x 50 on :55 Back-descend 3/5/7 KOW	EN2	
	{1 x 100 on 1:25 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:04 PM 1,850 Yards - Stress Value = 31

Workout #16367 - Thursday, 20 November 2014

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 35:00 DS/Weights			
	1 x 400 on 7:00 Underwater trn drill	RE		
	Odd 100's free even 100's back			
140	7 x 20 on 1:00 Underwater Fly Kick w/fins	SE		
1,850	1x{ Hold all 1:40 base swims under 1:25			
	{1 x 200 on 3:00 Freestyle	EN		
	{2 x 150 on 2:30 Freestyle	EN		
	{1 x 200 on 3:00 Freestyle	EN		
	{4 x 75 on 1:15 Freestyle	EN		
	{1 x 200 on 3:00 Freestyle	EN		
	{3 x 100 on 1:40 Freestyle	EN		
	{1 x 200 on 3:00 Freestyle	EN		
	{3 x 50 on :50 Freestyle	EN		
200	1 x 200 on 3:00 Stroke Drills	RE	D CD	
	1 on 10:00 Ice		M	

7:05 AM 2,590 Yards - Stress Value = 43

Workout #16370 - Thursday, 20 November 2014

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
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			
140	7 x 20 on 1:00 Underwater Fly Kick w/fins			
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			

7:04 AM 2,240 Yards - Stress Value = 42

Workout #16373 - Thursday, 20 November 2014

HighSchl - Silver

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 10:00 Dynamic Stretch			
250	1 x 500 on 10:00 Underwater trn drill			
750	1x{4 x 25 on :45 Kick IM order			
	{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			
	{2 x 100 on 2:25 Kick			
500	5 x 100 on 3:00 Your #1 (No IM)			
550	1x{1 x 50 on :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			
150	3x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

4:20 PM 2,700 Yards - Stress Value = 87

Workout #16377 - Thursday, 20 November 2014

HighSchl - Silver

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
1,700	1x{1 x 25 on :30 Butterfly	EN1	S FLY	
	{1 x 50 on :50 Freestyle	EN2	S FR	
	{2 x 25 on :30 Butterfly	EN2	S FLY	
	{2 x 50 on :50 Freestyle	EN2	S FR	
	{3 x 25 on :30 Butterfly	EN2	S FR	
	{3 x 50 on :50 Freestyle	EN2	S FR	
	{4 x 25 on :30 Butterfly	EN2	S FR	
	{4 x 50 on :50 Freestyle	EN2	S FR	
	{5 x 25 on :30 Butterfly	EN2	S FLY	
	{5 x 50 on :50 Freestyle	EN2	S FR	
	{6 x 25 on :30 Butterfly	EN2	S FLY	
	{5 x 50 on :50 Freestyle	EN2	S FR	
	{7 x 25 on :30 Butterfly	EN2	S FLY	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		M	

5:05 PM 1,900 Yards - Stress Value = 34

Workout #16381 - Thursday, 20 November 2014

HighSchl - Silver

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	W
1,430	1x{3 x 25 on :40 Back -6 kick switch	EN1	
	{3 x 50 on 1:00 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 3:30 Backstroke	EN2	
	{3 x 35 on :40 Back-6 kick switch	EN2	
	{3 x 50 on 1:00 Back-descend 3/5/7/ KOW	EN2	
	{1 x 200 on 3:25 Backstroke	EN2	
	{3 x 25 on :40 Back-6 kick switch	EN1	
	{3 x 50 on 1:00 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 3:20 Backstroke	EN2	
	{3 x 25 on :40 Back-6 kick switch	EN1	
	{1 x 50 on 1:00 Back-fast 7 KOW	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:04 PM 1,680 Yards - Stress Value = 27

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	W
1,180	1x{3 x 25 on :45 Back -6 kick switch	EN1	
	{3 x 50 on 1:10 Back-descend 3/5/7 KOW	EN2	
	{1 x 100 on 2:30 Backstroke	EN2	
	{3 x 35 on :45 Back-6 kick switch	EN2	
	{3 x 50 on 1:10 Back-descend 3/5/7/ KOW	EN2	
	{1 x 100 on 2:25 Backstroke	EN2	
	{3 x 25 on :45 Back-6 kick switch	EN1	
	{3 x 50 on 1:10 Back-descend 3/5/7 KOW	EN2	
	{1 x 100 on 2:20 Backstroke	EN2	
	{3 x 25 on :45 Back-6 kick switch	EN1	
	{2 x 50 on 1:10 Back-descend 5/7 KOW	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:05 PM 1,430 Yards - Stress Value = 22

Workout #16374 - Thursday, 20 November 2014

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	W	STK
	1 on 10:00 Dynamic Stretch			
550	1 x 550 on 10:00 Underwater trn drill			
250	5 x 50 on 1:30 Mid pool swims			
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			
500	5 x 100 on 3:00 Your #1 (No IM)			
650	1x{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			
150	3x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			

4:21 PM 2,950 Yards - Stress Value = 90

Workout #16383 - Friday, 21 November 2014

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	W
	1 on 59:00 Jump rope/Yoga		
400	1 x 400 on 5:00 Closed fist-every 3rd lap nc		
180	12 x 15 on :45 Start/Shooter/Finish		
900	1x{1 x 200 on 4:00 IM-25 kick 25 drill		
	{4 x 25 on :30 IMO-fast finish		
	{1 x 200 on 4:00 IM 25 kick 25 drill		
	{4 x 25 on :30 IMO-fast finish		
	{1 x 200 on 4:00 IM 25 kick 25 drill		
	{4 x 25 on :30 IMO-fast finish		
300	12 x 25 on :45 Goggle Malfunction		
	1 on 9:00 Relay Starts		
200	1 x 200 on 3:00 Stroke Drills		
	1 on 9:00 Ice		

5:05 PM 1,980 Yards - Stress Value = 19

Workout #16378 - Thursday, 20 November 2014

HighSchl - Bronze

1 minute rest between sets

4:20 PM Start

Yards	Set Description	EGY	WORK	STK
1,375	1x{1 x 25 on :40 Butterfly	EN1	S	FLY
	{1 x 50 on 1:00 Freestyle	EN2	S	FR
	{2 x 25 on :40 Butterfly	EN2	S	FLY
	{2 x 50 on 1:00 Freestyle	EN2	S	FR
	{3 x 25 on :40 Butterfly	EN2	S	FR
	{3 x 50 on 1:00 Freestyle	EN2	S	FR
	{4 x 25 on :40 Butterfly	EN2	S	FR
	{4 x 50 on 1:00 Freestyle	EN2	S	FR
	{5 x 25 on :40 Butterfly	EN2	S	FLY
	{5 x 50 on 1:00 Freestyle	EN2	S	FR
	{6 x 25 on :40 Butterfly	EN2	S	FLY
	{2 x 50 on 1:00 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 1,575 Yards - Stress Value = 27

Workout #16382 - Thursday, 20 November 2014

HighSchl - Bronze

Workout #16384 - Saturday, 22 November 2014

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 45:00 DS and Weights
150	1 x 600 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	Alt free and your #1
1,600	2x{1 x 100 on 1:20 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:15 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:10 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:05 Kick
	{1 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
2,625	1x{5 x 125 on 1:29 Freestyle
	{1 x 50 on 1:00 Freestyle
	{4 x 125 on 1:28 Freestyle
	{2 x 50 on 1:00 Freestyle
	{3 x 125 on 1:27 Freestyle
	{3 x 50 on 1:00 Freestyle
	{2 x 125 on 1:26 Freestyle
	{4 x 50 on 1:00 Freestyle
	{1 x 125 on 1:25 Freestyle
	{5 x 50 on 1:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 18:00 Strech/Ice
	9:35 AM 5,425 Yards - Stress Value = 114

Yards	Set Description
550	1 on 45:00 DS and Weights
150	1 x 550 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	Alt free and your #1
1,300	2x{1 x 100 on 1:45 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:55 Kick
	{1 x 50 on :45 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
2,200	1x{5 x 125 on 1:54 Freestyle
	{1 x 50 on 1:10 Freestyle
	{4 x 125 on 1:53 Freestyle
	{2 x 50 on 1:10 Freestyle
	{3 x 125 on 1:52 Freestyle
	{3 x 50 on 1:10 Freestyle
	{2 x 125 on 1:51 Freestyle
	{3 x 50 on 1:10 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 18:00 Stretch and Ice
	9:36 AM 4,650 Yards - Stress Value = 90

Workout #16387 - Saturday, 22 November 2014

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 45:00 DS and Weights
150	1 x 500 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	Alt free and your #1
1,200	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 (Only do a 50 on 2nd rc
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 2:20 Freestyle
	{2 x 50 on 1:15 Freestyle
	{3 x 125 on 2:19 Freestyle
	{2 x 50 on 1:15 Freestyle
	{2 x 125 on 2:18 Freestyle
	{3 x 50 on 1:15 Freestyle
	{1 x 125 on 2:17 Freestyle
	{4 x 50 on 1:15 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 18:00 Stretch/ice
	9:36 AM 4,100 Yards - Stress Value = 84

Yards	Set Description
500	1 on 45:00 DS and Weights
150	1 x 500 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	Alt free and your #1
1,200	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 (Only do a 50 on 2nd rc
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 2:20 Freestyle
	{2 x 50 on 1:15 Freestyle
	{3 x 125 on 2:19 Freestyle
	{2 x 50 on 1:15 Freestyle
	{2 x 125 on 2:18 Freestyle
	{3 x 50 on 1:15 Freestyle
	{1 x 125 on 2:17 Freestyle
	{4 x 50 on 1:15 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1 on 18:00 Stretch/ice
	9:36 AM 4,100 Yards - Stress Value = 84

Workout #16386 - Saturday, 22 November 2014

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Workout #16440 - Monday, 24 November 2014

Age Group - Back
1 minute rest between sets

5:30 PM Start		Yards	Set Description	EGY WC
Yards	Set Description	EGY WC	===== =====	===== =====
	1 on 30:00 DS/ Shoulers/ Team meeting			
500	1 x 500 on 10:00 Goggle toss/ TopHat	REC	500	1 on 30:00 DS/ Shoulers/ Team meeting
150	10 x 15 on :45 Shooters	SP3	150	1 x 500 on 10:00 Goggle toss/ TopHat
300	6x{1 x 25 on 1:10 OTB Underwaters	SP3	300	10 x 15 on :45 Shooters
	{1 x 25 on 1:30 Underwater	EN1	800	6x{1 x 25 on 1:10 OTB Underwaters
900	1x{1 x 100 on 2:00 Kick on back	EN1		{1 x 25 on 1:30 Underwater
	{4 x 25 on :50 Sprint kick w/snorkel	SP3		1x{1 x 100 on 2:00 Kick on back
	{1 x 100 on 2:05 Kick on back	EN1		{4 x 25 on :50 Sprint kick w/snorkel
	{4 x 50 on 1:45 sprint kick w/snorkel	SP3		{1 x 100 on 2:05 Kick on back
	{1 x 100 on 2:10 kick on back	EN1		{4 x 50 on 1:45 sprint kick w/snorkel
	{4 x 75 on 2:45 sprint kick w/snorkel	SP1	100	{1 x 100 on 2:10 kick on back
100	4 x 25 on :50 stroke drill	REC	400	{4 x 75 on 2:45 sprint kick w/snorkel
	put in KOB flags + 4 yards			{1 x 100 on 2:10 kick on back
500	5 x 100 on 1:40 Back	EN3		{4 x 75 on 2:45 sprint kick w/snorkel
	1 on 10:00 game			{1 x 100 on 2:10 kick on back
	7:29 PM 2,450 Yards - Stress Value = 83			{4 x 75 on 2:45 sprint kick w/snorkel

Age Group - Silver

1 minute rest between sets

5:30 PM Start		Yards	Set Description	EGY WC
Yards	Set Description	EGY WC	===== =====	===== =====
	1 on 30:00 DS/ Shoulers/ Team meeting			
	1 x 500 on 10:00 Goggle toss/ TopHat	REC	500	1 on 30:00 DS/ Shoulers/ Team meeting
	10 x 15 on :45 Shooters	SP3	150	1 x 500 on 10:00 Goggle toss/ TopHat
	6x{1 x 25 on 1:10 OTB Underwaters	SP3	300	10 x 15 on :45 Shooters
	{1 x 25 on 1:30 Underwater	EN1	800	6x{1 x 25 on 1:10 OTB Underwaters
	1x{1 x 100 on 2:30 Kick on back	EN1		{1 x 25 on 1:30 Underwater
	{4 x 25 on 1:00 Sprint kick w/snorkel	SP3		1x{1 x 100 on 2:30 Kick on back
	{1 x 100 on 2:35 Kick on back	EN1		{4 x 25 on 1:00 Sprint kick w/snorkel
	{2 x 50 on 2:00 sprint kick w/snorkel	SP3		{1 x 100 on 2:35 Kick on back
	{1 x 100 on 2:40 kick on back	EN1		{2 x 50 on 2:00 sprint kick w/snorkel
	{4 x 75 on 3:00 sprint kick w/snorkel	SP1	100	{1 x 100 on 2:40 kick on back
	4 x 25 on :50 stroke drill	REC	400	{4 x 75 on 3:00 sprint kick w/snorkel
	put in KOB flags + 4 yards			{1 x 100 on 2:40 kick on back
	4 x 100 on 2:10 Back			{4 x 75 on 3:00 sprint kick w/snorkel
	1 on 10:00 game			{1 x 100 on 2:40 kick on back
	7:29 PM 2,250 Yards - Stress Value = 73			{4 x 75 on 3:00 sprint kick w/snorkel

Workout #16443 - Monday, 24 November 2014

Age Group - Copper
1 minute rest between sets

5:30 PM Start		Yards	Set Description	EGY WC
Yards	Set Description	EGY WC	===== =====	===== =====
	1 on 30:00 DS/ Shoulers/ Team meeting			
500	1 x 500 on 10:00 Goggle toss/ TopHat	REC	500	1 on 30:00 DS/ Shoulers/ Team meeting
150	10 x 15 on :45 Shooters	SP3	150	1 x 500 on 10:00 Goggle toss/ TopHat
300	6x{1 x 25 on 1:10 OTB Underwaters	SP3	300	10 x 15 on :45 Shooters
	{1 x 25 on 1:30 Underwater	EN1	700	6x{1 x 25 on 1:10 OTB Underwaters
650	1x{1 x 100 on 3:15 Kick on back	EN1		{1 x 25 on 1:30 Underwater
	{4 x 25 on 1:15 Sprint kick w/snorkel	SP3		1x{1 x 100 on 3:15 Kick on back
	{1 x 100 on 3:20 Kick on back	EN1		{4 x 25 on 1:15 Sprint kick w/snorkel
	{2 x 50 on 2:30 sprint kick w/snorkel	SP3		{1 x 100 on 3:20 Kick on back
	{1 x 100 on 3:25 kick on back	EN1		{2 x 50 on 2:30 sprint kick w/snorkel
	{2 x 75 on 3:45 sprint kick w/snorkel	SP1	100	{1 x 100 on 3:25 kick on back
100	4 x 25 on :50 stroke drill	REC	300	{2 x 75 on 3:45 sprint kick w/snorkel
	put in KOB flags + 1 yards			{1 x 100 on 3:25 kick on back
225	3 x 75 on 2:30 Back	EN3		{2 x 75 on 3:45 sprint kick w/snorkel
25	1 x 25 on :45 Freestyle	EN3		{1 x 100 on 3:25 kick on back
	1 on 10:00 game			{2 x 75 on 3:45 sprint kick w/snorkel
	7:30 PM 1,950 Yards - Stress Value = 53			{1 x 100 on 3:25 kick on back

Age Group - Bronze

1 minute rest between sets

5:30 PM Start		Yards	Set Description	EGY WC
Yards	Set Description	EGY WC	===== =====	===== =====
	1 on 30:00 DS/ Shoulers/ Team meeting			
	1 x 500 on 10:00 Goggle toss/ TopHat	REC	500	1 on 30:00 DS/ Shoulers/ Team meeting
	10 x 15 on :45 Shooters	SP3	150	1 x 500 on 10:00 Goggle toss/ TopHat
	6x{1 x 25 on 1:10 OTB Underwaters	SP3	300	10 x 15 on :45 Shooters
	{1 x 25 on 1:30 Underwater	EN1	700	6x{1 x 25 on 1:10 OTB Underwaters
	1x{1 x 100 on 3:00 Kick on back	EN1		{1 x 25 on 1:30 Underwater
	{4 x 25 on 1:05 Sprint kick w/snorkel	SP3		1x{1 x 100 on 3:00 Kick on back
	{1 x 100 on 3:05 Kick on back	EN1		{4 x 25 on 1:05 Sprint kick w/snorkel
	{3 x 50 on 2:15 sprint kick w/snorkel	SP3		{1 x 100 on 3:05 Kick on back
	{1 x 100 on 3:10 kick on back	EN1		{3 x 50 on 2:15 sprint kick w/snorkel
	{2 x 75 on 3:30 sprint kick w/snorkel	SP1	100	{1 x 100 on 3:10 kick on back
	4 x 25 on :50 stroke drill	REC	300	{2 x 75 on 3:30 sprint kick w/snorkel
	put in KOB flags + 1 yards			{1 x 100 on 3:10 kick on back
	4 x 75 on 2:15 Back			{2 x 75 on 3:30 sprint kick w/snorkel
	1 on 10:00 game			{1 x 100 on 3:10 kick on back
	7:30 PM 2,050 Yards - Stress Value = 57			{2 x 75 on 3:30 sprint kick w/snorkel

Workout #16393 - Monday, 24 November 2014

Age Group - Gold
1 minute rest between sets

5:30 PM Start		Yards	Set Description	EGY WC
Yards	Set Description	EGY WC	===== =====	===== =====
	1 on 30:00 DS/ Shoulers/ Team meeting			
500	1 x 500 on 10:00 Goggle toss/ TopHat	REC	2,500	1 on 30:00 DS/ Shoulers/ Team meeting
150	10 x 15 on :45 Shooters	SP3	300	1 x 500 on 10:00 Goggle toss/ TopHat
300	6x{1 x 25 on 1:10 OTB Underwaters	SP3		10 x 15 on :45 Shooters
	{1 x 25 on 1:30 Underwater	EN1		6x{1 x 25 on 1:10 OTB Underwaters
850	1x{1 x 100 on 2:15 Kick on back	EN1		{1 x 25 on 1:30 Underwater
	{4 x 25 on :50 Sprint kick w/snorkel	SP3		1x{1 x 100 on 2:15 Kick on back
	{1 x 100 on 2:20 Kick on back	EN1		{4 x 25 on :50 Sprint kick w/snorkel
	{3 x 50 on 1:50 sprint kick w/snorkel	SP3		{1 x 100 on 2:20 Kick on back
	{1 x 100 on 2:25 kick on back	EN1		{3 x 50 on 1:50 sprint kick w/snorkel
	{4 x 75 on 2:50 sprint kick w/snorkel	SP1		{1 x 100 on 2:25 kick on back
100	4 x 25 on :50 stroke drill	REC		{4 x 75 on 2:50 sprint kick w/snorkel
	put in KOB flags + 4 yards			{1 x 100 on 2:25 kick on back
500	5 x 100 on 1:50 Back	EN3		{4 x 75 on 2:50 sprint kick w/snorkel
	1 on 10:00 game			{1 x 100 on 2:25 kick on back
	7:30 PM 2,400 Yards - Stress Value = 81			{4 x 75 on 2:50 sprint kick w/snorkel

HighSchl - Distance

1 minute rest between sets

4:47 PM Start		Yards	Set Description	EGY WC
Yards	Set Description	EGY WC	===== =====	===== =====
	1x{1 x 250 on 3:15 Freestyle			
	{2 x 250 on 3:10 Free #2-3 KOW			1x{1 x 250 on 3:15 Freestyle
	{3 x 250 on 3:05 Free #3 4 strokes off each w			{2 x 250 on 3:10 Free #2-3 KOW
	{4 x 250 on 3:00 Free #4 descend each 50			{3 x 250 on 3:05 Free #3 4 strokes off each w
	6 x 50 on 1:00 Stroke Drills			{4 x 250 on 3:00 Free #4 descend each 50
	1 on 10:00 Ice			6 x 50 on 1:00 Stroke Drills
	5:35 PM 2,800 Yards - Stress Value = 42			1 on 10:00 Ice

Workout #16442 - Monday, 24 November 2014

Workout #16396 - Monday, 24 November 2014

HighSchl - Fly

1 minute rest between sets

4:47 PM Start
 Yards Set Description
 =====
 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 walls EN2
 {6 x 25 on :35 Fly-Great Effort EN3
 {3 x 150 on 2:00 3 strokes fly off walls EN2
 {4 x 25 on :40 Fly-Great effort EN3
 {2 x 125 on 1:35 3 strokes fly off walls EN2
 {2 x 25 on :45 Fly-Great effort EN3
 250 5 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,250 Yards - Stress Value = 52

Workout #16389 - Monday, 24 November 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Balls/Tm Mtg
 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 Non BSLR's are with snorkel
 1,500 1x{8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:40 Kick
 {8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:35 Kick
 {8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:30 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
 4:47 PM 3,965 Yards - Stress Value = 51

Workout #16390 - Monday, 24 November 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Balls/Tm Mtg
 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,350 1x{8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 3:10 Kick
 {8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 3:05 Kick
 {8 x 25 on :30 Kick no board BSLR
 {1 x 150 on 3:00 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
 4:47 PM 3,665 Yards - Stress Value = 47

Workout #16394 - Monday, 24 November 2014

HighSchl - Gold

1 minute rest between sets

4:47 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
 300 6 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 2,600 Yards - Stress Value = 38

Workout #16397 - Monday, 24 November 2014

HighSchl - Gold

1 minute rest between sets

4:47 PM Start
 Yards Set Description
 =====
 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 walls EN2
 {6 x 25 on :35 Fly-Great Effort EN3
 {3 x 150 on 2:15 3 strokes fly off walls EN2
 {4 x 25 on :40 Fly-Great effort EN3
 {4 x 75 on 1:05 3 strokes fly off walls EN2
 {2 x 25 on :45 Fly-Great effort EN3
 250 5 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,050 Yards - Stress Value = 48

Workout #16391 - Monday, 24 November 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Physio Balls/Tm Mtg
 1 x 550 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,200 1x{8 x 25 on :35 Kick no board BSLR
 {1 x 150 on 3:35 Freestyle
 {8 x 25 on :35 Kick no board BSLR
 {1 x 150 on 3:30 Freestyle
 {8 x 25 on :35 Kick no board BSLR
 {2 x 150 on 3:25 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
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:47 PM 3,315 Yards - Stress Value = 45

Workout #16395 - Monday, 24 November 2014

HighSchl - Silver

1 minute rest between sets

4:46 PM Start
 Yards Set Description
 =====
 2,000 1x{1 x 200 on 3:20 Freestyle
 {2 x 200 on 3:15 Free #2-3 KOW
 {3 x 200 on 3:10 Free #3 4 strokes off each w
 {4 x 200 on 3:05 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 #16398 - Monday, 24 November 2014

HighSchl - Silver

1 minute rest between sets

4:47 PM Start

Yards	Set Description	EGY
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 walls	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
250	{2 x 25 on :45 Fly-Great effort	EN2
	5 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 1,950 Yards - Stress Value = 46	

Workout #16392 - Monday, 24 November 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Physio Balls/Tm Mtg	
500	1 x 500 on 10:00 Swim-kick-pull-swim	
165	11 x 15 on :45 Cross pool sprints	
1,050	1x{8 x 25 on :40 Kick no board BSLR	
	{2 x 150 on 3:50 Freestyle	
	{8 x 25 on :40 Kick no board BSLR	
	{2 x 125 on 3:05 Freestyle	
	{4 x 25 on :40 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	
	4:47 PM 2,915 Yards - Stress Value = 40	

Workout #16388 - Monday, 24 November 2014

HighSchl - Speed Acquisition

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 10:00 Dynamic Stretch	
600	1 x 600 on 10:00 Too complicated to type out	
120	8 x 15 on :45 Spinners	
400	8 x 50 on 2:00 Deficit Kicks	
1,500	5x{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	
250	1 x 250 on 4:00 Stroke Drills	
	1 on 10:00 Ice	
	7:05 AM 2,870 Yards - Stress Value = 61	

Workout #16402 - Tuesday, 25 November 2014

HighSchl - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Top Hat Drill	REC	
200	4 x 50 on 2:30 OTB #1 35ys fast	SP3	
	15 yds clsd fist back or free		

2,000	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 100 on 1:15 Back #5 100%	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,800 Yards - Stress Value = 47	

Workout #16412 - Tuesday, 25 November 2014

HighSchl - Breast

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WOF
2,250	1x{2 x 200 on 3:10 Breaststroke	EN2	
	{1 on :20 Put fins on		
	{6 x 25 on :30 Breast TO Drill w/fins	EN2	
	{2 x 175 on 2:40 Breaststroke	EN2	
	{1 on :20 Put fins on		
	{6 x 25 on :30 Breast TO drill w/fins	EN2	
	{2 x 150 on 2:10 Breaststroke	EN2	
	{1 on :20 Put fins on		
	{6 x 25 on :30 Breast TO Drill w/fins	EN2	
	{2 x 125 on 1:45 Breaststroke	EN2	
	{1 on :20 Put fins on		
	{6 x 25 on :30 Breast TO drill w/fins	EN2	
	{2 x 100 on 1:20 Breaststroke	EN2	
	{1 on :20 Put fins on		
	{6 x 25 on :30 Breast TO drill w/fins	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:36 PM 2,650 Yards - Stress Value = 45		

Workout #16399 - Tuesday, 25 November 2014

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 35:00 DS and Weights			WT
400	1 x 400 on 7:00 Top Hat Drill	REC	D	F
200	4 x 50 on 2:30 OTB #1 35ys fast	SP3	S	ST
	15 yds clsd fist back or free			
1,850	1x{1 x 350 on 4:45 Freestyle	EN2	S	F
	{3 x 50 on :45 Free-Great Effort	EN3	S	F
	{1 x 350 on 4:40 Freestyle	EN2	S	F
	{3 x 50 on :50 Free-Great Effort	EN2	S	F
	{1 x 350 on 4:35 Freestyle	EN2	S	F
	{3 x 50 on :55 Free-Great Effort	EN3	S	F
	{1 x 200 on 2:35 Freestyle	EN2	S	F
	{3 x 50 on 1:00 Free-Great Effort	EN3	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
	7:06 AM 2,650 Yards - Stress Value = 63			

Workout #16409 - Tuesday, 25 November 2014

HighSchl - Distance

1 minute rest between sets

4:38 PM Start

Yards	Set Description	EGY	WORK	STK
3,000	1x{1 x 600 on 7:55 Free L.25 6bk	EN2	S	FR
	{1 x 600 on 7:45 Free L.50 6bk	EN2	S	FR
	{1 x 600 on 7:35 Free L.75 6bk	EN2	S	FR
	{1 x 600 on 7:25 Free L.100 6bk	EN2	S	FR
	{1 x 600 on 7:15 Free L.125 6bk	EN2	S	FR
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 3,400 Yards - Stress Value = 60			

Workout #16405 - Tuesday, 25 November 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Ted's Abs
 300 1 x 600 on 10:00 Top Hat Drill
 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 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
 1,500 1 x 1500 on 19:00 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
 4:38 PM 4,000 Yards - Stress Value = 72

600 1 x 600 on 10:00 Underwater trn drill
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 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
 1,350 1 x 1350 on 19:00 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
 4:38 PM 3,650 Yards - Stress Value = 65

Workout #16410 - Tuesday, 25 November 2014

HighSchl - Gold

1 minute rest between sets

4:38 PM Start
 Yards Set Description
 =====
 2,700 1x{1 x 600 on 8:35 Free L.25 6bk EN2 S FR
 {1 x 600 on 8:25 Free L.50 6bk EN2 S FR
 {1 x 600 on 8:15 Free L.75 6bk EN2 S FR
 {1 x 600 on 8:05 Free L.100 6bk EN2 S FR
 {1 x 300 on 4:00 Free L.125 6bk EN2 S FR
 400 8 x 50 on 1:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 3,100 Yards - Stress Value = 54

4:38 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,700 1x{1 x 600 on 8:35 Free L.25 6bk EN2 S FR
 {1 x 600 on 8:25 Free L.50 6bk EN2 S FR
 {1 x 600 on 8:15 Free L.75 6bk EN2 S FR
 {1 x 600 on 8:05 Free L.100 6bk EN2 S FR
 {1 x 300 on 4:00 Free L.125 6bk EN2 S FR
 400 8 x 50 on 1:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 3,100 Yards - Stress Value = 54

Workout #16400 - Tuesday, 25 November 2014

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK ST
 =====
 350 1 on 35:00 DS and Weights WT
 200 1 x 350 on 7:00 Top Hat Drill REC D F
 200 4 x 50 on 2:30 OTB #1 35ys fast SP3 S ST
 15 yds clsd fist back or free
 1,750 1x{1 x 350 on 5:15 Freestyle EN2 S F
 {3 x 50 on :50 Free-Great Effort EN3 S F
 {1 x 350 on 5:10 Freestyle EN2 S F
 {3 x 50 on :55 Free-Great Effort EN3 S F
 {1 x 350 on 5:05 Freestyle EN2 S F
 {3 x 50 on 1:00 Free-Great Effort EN3 S F
 {1 x 250 on 3:35 Freestyle EN2 S F
 200 1 x 200 on 3:00 Stroke Drills REC D C
 1 on 10:00 Ice M
 7:06 AM 2,500 Yards - Stress Value = 61

Workout #16413 - Tuesday, 25 November 2014

HighSchl - Gold

1 minute rest between sets

4:38 PM Start
 Yards Set Description EGY WOF
 =====
 2,150 1x{2 x 200 on 3:20 Breaststroke EN2
 {1 on :20 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins EN2
 {2 x 175 on 2:50 Breaststroke EN2
 {1 on :20 Put fins on
 {6 x 25 on :30 Breast TO drill w/fins EN2
 {2 x 150 on 2:20 Breaststroke EN2
 {1 on :20 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins EN2
 {2 x 125 on 1:55 Breaststroke EN2
 {1 on :20 Put fins on
 {4 x 25 on :30 Breast TO drill w/fins EN2
 {2 x 100 on 1:30 Breaststroke EN2
 {1 on :20 Put fins on
 {4 x 25 on :30 Breast TO drill w/fins EN2
 400 8 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:36 PM 2,550 Yards - Stress Value = 43

4:38 PM Start
 Yards Set Description EGY WOF
 =====
 2,150 1x{2 x 200 on 3:20 Breaststroke EN2
 {1 on :20 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins EN2
 {2 x 175 on 2:50 Breaststroke EN2
 {1 on :20 Put fins on
 {6 x 25 on :30 Breast TO drill w/fins EN2
 {2 x 150 on 2:20 Breaststroke EN2
 {1 on :20 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins EN2
 {2 x 125 on 1:55 Breaststroke EN2
 {1 on :20 Put fins on
 {4 x 25 on :30 Breast TO drill w/fins EN2
 {2 x 100 on 1:30 Breaststroke EN2
 {1 on :20 Put fins on
 {4 x 25 on :30 Breast TO drill w/fins EN2
 400 8 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 5:36 PM 2,550 Yards - Stress Value = 43

Workout #16403 - Tuesday, 25 November 2014

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WC
 =====
 400 1 on 35:00 DS/Weights
 200 1 x 400 on 7:00 Top Hat Drill REC
 200 4 x 50 on 2:30 OTB #1 35ys fast SP3
 15 yds clsd fist back or free
 1,875 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 75 on 1:10 Back #5 100% EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:06 AM 2,675 Yards - Stress Value = 45

Workout #16406 - Tuesday, 25 November 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs

Workout #16401 - Tuesday, 25 November 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 35:00 DS and Weights			WT
350	1 x 350 on 7:00 Top Hat Drill	REC	D	F
200	4 x 50 on 2:30 OTB #1 35ys fast	SP3	S	ST
	15 yds clsd fist back or free			
1,600	1x{1 x 350 on 5:50 Freestyle	EN2	S	F
	{3 x 50 on :50 Free-Great Effort	EN3	S	F
	{1 x 350 on 5:45 Freestyle	EN2	S	F
	{3 x 50 on :55 Free-Great Effort	EN3	S	F
	{1 x 350 on 5:40 Freestyle	EN2	S	F
	{3 x 50 on 1:00 Free-Great Effort	EN3	S	F
	{1 x 100 on 1:35 Freestyle	EN2	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
	7:06 AM 2,350 Yards - Stress Value = 58			

Workout #16404 - Tuesday, 25 November 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Top Hat Drill	REC	
200	4 x 50 on 2:30 OTB #1 35ys fast	SP3	
	15 yds clsd fist back or free		
1,500	1x{1 x 100 on 2:00 Backstroke	EN1	
	{2 x 100 on 1:55 Back #2 5 KOW	EN2	
	{3 x 100 on 1:50 Back #3 descend 50's	EN2	
	{4 x 100 on 1:45 Back #4 odd 50's fast	EN2	
	{5 x 100 on 1:40 Back #5 100%	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 #16407 - Tuesday, 25 November 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 DS/Ted abs			
550	1 x 550 on 10:00 Top Hat Drill			
300	12 x 25 on :40 Variable Speed			
1,050	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			
1,250	1 x 1250 on 19:00 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			
	4:38 PM 3,350 Yards - Stress Value = 60			

Workout #16411 - Tuesday, 25 November 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2,400	1x{1 x 600 on 9:35 Free L.25 6bk	EN2	S	FR
	{1 x 600 on 9:25 Free L.50 6bk	EN2	S	FR
	{1 x 600 on 9:15 Free L.75 6bk	EN2	S	FR

	{1 x 600 on 9:00 Free L.100 6bk	EN2	S	FR
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,800 Yards - Stress Value = 48			

Workout #16414 - Tuesday, 25 November 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	4:38 PM Start		
1,950	1x{2 x 200 on 3:45 Breaststroke	EN2	
	{1 on :20 Put fins on		
	{6 x 25 on :35 Breast TO Drill w/fins	EN2	
	{2 x 175 on 3:10 Breaststroke	EN2	
	{1 on :20 Put fins on		
	{6 x 25 on :35 Breast TO drill w/fins	EN2	
	{2 x 150 on 2:35 Breaststroke	EN2	
	{1 on :20 Put fins on		
	{6 x 25 on :35 Breast TO Drill w/fins	EN2	
	{2 x 125 on 2:10 Breaststroke	EN2	
	{1 on :30 Put fins on		
	{4 x 25 on :30 Breast TO drill w/fins	EN2	
	{1 x 100 on 1:40 Breaststroke	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:36 PM 2,350 Yards - Stress Value = 39		

Workout #16408 - Tuesday, 25 November 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	3:00 PM Start			
	1 on 30:00 DS/Ted's Abs			
500	1 x 500 on 10:00 Top Hat Drill			
300	12 x 25 on :40 Variable Speed			
	Rd 1 #1, Rd 2 #2, Rd 3 free			
900	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			
1,000	1 x 1000 on 19:00 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			
	4:38 PM 2,900 Yards - Stress Value = 52			

Workout #16419 - Wednesday, 26 November 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	4:52 PM Start			
1,650	1x{6 x 50 on 1:00 Free best effort	EN3	S	FF
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
	{6 x 50 on 1:00 Free best effort	EN3	S	FF
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
	{6 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
	5:35 PM 1,650 Yards - Stress Value = 54			

Workout #16422 - Wednesday, 26 November 2014

HighSchl - IM'ers

1 minute rest between sets

4:52 PM Start

Yards	Set Description	EGY	WC
2,050	1x{3 x 50 on 1:00 Fly great effort	EN3	
	{3 x 100 on 1:30 50 back 50 breast	EN2	
	{2 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	
	{2 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	
	{2 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 2,050 Yards - Stress Value = 66

Workout #16415 - Wednesday, 26 November 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 59:00 Jump rope/Circuit		
600	1 x 600 on 10:00 Free L.25 of each 100 Non F		
120	8 x 15 on 1:00 15m under #5-8 with fins		
	Kick set is with a board		
1,500	1x{4 x 25 on :30 Kick no board BSLR		
	{1 x 250 on 3:55 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{2 x 200 on 3:05 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		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		

4:51 PM 2,420 Yards - Stress Value = 37

Workout #16416 - Wednesday, 26 November 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 59:00 Jump rope/Circuit		
600	1 x 600 on 10:00 Free L.25 of each 100 Non F		
120	8 x 15 on 1:00 15m under #5-8 with fins		
	Kick set is with a board		
1,300	1x{4 x 25 on :30 Kick no board BSLR		
	{1 x 250 on 4:40 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{2 x 200 on 3:40 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{2 x 150 on 2:40 Kick		
	{2 x 25 on :30 Kick no board BS		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		

4:51 PM 2,220 Yards - Stress Value = 33

Workout #16420 - Wednesday, 26 November 2014

HighSchl - Gold

1 minute rest between sets

4:52 PM Start

Yards	Set Description	EGY	WORK	STK
1,650	1x{6 x 50 on 1:05 Free best effort	EN3	S	FF

{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
{6 x 50 on 1:05 Free best effort	EN3	S	FF
{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
{6 x 50 on 1:05 Free best effort	EN3	S	FF
{1 x 250 on 4:00 Freestyle DPS	REC	D	FF
1 on 10:00 Ice		M	

5:35 PM 1,650 Yards - Stress Value = 54

Workout #16423 - Wednesday, 26 November 2014

HighSchl - Gold

1 minute rest between sets

4:52 PM Start

Yards	Set Description	EGY	WC
1,850	1x{3 x 50 on 1:05 Fly great effort	EN3	
	{3 x 100 on 1:40 50 back 50 breast	EN2	
	{2 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	
	{2 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	
	{2 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		

5:35 PM 1,850 Yards - Stress Value = 62

Workout #16417 - Wednesday, 26 November 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 59:00 Jump rope/Circuit		
550	1 x 550 on 10:00 Free L.25 of each 100 Non F		
120	8 x 15 on 1:00 15m under #5-8 with fins		
1,150	1x{4 x 25 on :35 Kick no board BSLR		
	{1 x 250 on 5:15 Kick		
	{4 x 25 on :35 Kick no board BSLR		
	{2 x 200 on 4:05 Kick		
	{4 x 25 on :35 Kick no board BSLR		
	{1 x 150 on 3:00 Kick		
	{2 x 25 on :35 Kick no board BS		
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		

5:15 PM 3,220 Yards - Stress Value = 66

Workout #16421 - Wednesday, 26 November 2014

HighSchl - Silver

1 minute rest between sets

4:52 PM Start

Yards	Set Description	EGY	WORK	STK
1,500	1x{6 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FF
	{6 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FF
	{6 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 3:30 Freestyle DPS	REC	D	FF
	1 on 10:00 Ice		M	

5:35 PM 1,500 Yards - Stress Value = 54

Workout #16424 - Wednesday, 26 November 2014

HighSchl - Silver

1 minute rest between sets

4:52 PM Start

Yards	Set Description	EGY	WC
1,700	1x{3 x 50 on 1:10 Fly great effort	EN3	
	{3 x 100 on 1:50 50 back 50 breast	EN2	
	{2 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	
	{2 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	
	{2 x 25 on :30 Free 6bk great finishes	SP2	
	{1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM	1,700 Yards - Stress Value = 60		

Workout #16418 - Wednesday, 26 November 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 59:00 Jump rope/Circuit		
550	1 x 550 on 10:00 Free L.25 of each 100 Non F		
120	8 x 15 on 1:00 15m under #5-8 with fins		
	Kick set is with a board		
950	1x{4 x 25 on :45 Kick no board BSLR		
	{1 x 250 on 6:00 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 200 on 4:40 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 150 on 3:25 Kick		
	{2 x 25 on :45 Kick no board BS		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:51 PM	1,820 Yards - Stress Value = 26		

Workout #16428 - Thursday, 27 November 2014

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		
140	7 x 20 on 1:00 Undr Wtr Fly Kck	SP3	
2,000	1x{2 x 200 on 3:05 Breaststroke	EN2	
	{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	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,740 Yards - Stress Value = 46		

Workout #16425 - Thursday, 27 November 2014

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	S
	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			
140	7 x 20 on 1:00 Undr Wtr Fly Kck	SP3	S F	

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
7:05 AM	3,140 Yards - Stress Value = 54		

Workout #16435 - Thursday, 27 November 2014

HighSchl - Fly & Back

1 minute rest between sets

4:48 PM 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
5:36 PM	2,250 Yards - Stress Value = 120		

Workout #16431 - Thursday, 27 November 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 DS/Shoulders		
600	1 x 600 on 10:00 Underwater trn drill		
	Odd 100's free even 100's back		
250	5 x 50 on 1:30 Mid pool swims		
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		
4:52 PM	4,050 Yards - Stress Value = 72		

Workout #16426 - Thursday, 27 November 2014

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	S
	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			
140	7 x 20 on 1:00 Undr Wtr Fly Kck	SP3	S F	
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	
7:05 AM	2,940 Yards - Stress Value = 50			

Workout #16429 - Thursday, 27 November 2014

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 100's free even 100's back	REC	
140	7 x 20 on 1:00 Undr Wtr Fly Kck	SP3	
1,850	1x{2 x 200 on 3:20 Breaststroke {2 x 200 on 3:15 Breaststroke {2 x 200 on 3:10 Breaststroke {2 x 200 on 3:05 Breaststroke {2 x 125 on 1:50 Breaststroke	EN2 EN2 EN2 EN2 EN2	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	
	7:05 AM 2,590 Yards - Stress Value = 43		

Workout #16432 - Thursday, 27 November 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Shoulders		
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back		
250	5 x 50 on 1:30 Mid pool swims		
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		
	4:52 PM 3,950 Yards - Stress Value = 70		

Workout #16427 - Thursday, 27 November 2014

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	
140	7 x 20 on 1:00 Undr Wtr Fly Kck	SP3	
2,000	4 x 500 on 7:30 Freestyle-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 ice	REC	
	7:05 AM 2,740 Yards - Stress Value = 46		

Workout #16430 - Thursday, 27 November 2014

HighSchl - Silver

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 100's free even 100's back	REC	
140	7 x 20 on 1:00 Undr Wtr Fly Kck	SP3	
1,600	1x{2 x 200 on 3:50 Breaststroke {2 x 200 on 3:45 Breaststroke	EN2 EN2	

	{2 x 200 on 3:40 Breaststroke	EN2
	{2 x 200 on 3:35 Breaststroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,340 Yards - Stress Value = 38	

Workout #16433 - Thursday, 27 November 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Shoulders		
550	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back		
250	5 x 50 on 1:30 Mid pool swims		
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		
	4:52 PM 3,450 Yards - Stress Value = 61		

Workout #16434 - Thursday, 27 November 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 DS/Shoulders		
500	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back		
250	5 x 50 on 1:30 Mid pool swims		
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		
	4:52 PM 3,250 Yards - Stress Value = 58		

Workout #16436 - Saturday, 29 November 2014

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
600	1 on 45:00 DS/Weights
	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
	Alt free and your #1
	Kick set is with board and fins
1,500	1x{1 x 100 on 1:30 Kick
	{1 x 100 on 1:15 Kick
	{1 x 100 on 1:30 Kick
	{2 x 100 on 1:15 Kick
	{1 x 100 on 1:30 Kick
	{3 x 100 on 1:15 Kick
	{1 x 100 on 1:30 Kick
	{4 x 100 on 1:15 Kick
	{1 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
2,700	18 x 150 on 2:00 Freestyle
	1 on 6:00 Gauntlet
250	1 x 250 on 4:00 Stroke Drills
	1 on 15:00 Stretch and Ice
	9:35 AM 5,400 Yards - Stress Value = 87

Workout #16437 - Saturday, 29 November 2014

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
600	1 on 45:00 DS/Weights
	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
	Alt free and your #1
	Kick set is with board and fins
1,300	1x{1 x 100 on 1:40 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:40 Kick
	{2 x 100 on 1:25 Kick
	{1 x 100 on 1:40 Kick
	{3 x 100 on 1:25 Kick
	{1 x 100 on 1:40 Kick
	{3 x 100 on 1:25 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 2:15 Freestyle
	1 on 6:00 Gauntlet
200	1 x 200 on 3:00 Stroke Drills
	1 on 15:00 Stretch and Ice
	9:39 AM 5,150 Yards - Stress Value = 84

Workout #16438 - Saturday, 29 November 2014

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
550	1 on 45:00 DS/Weights
	1 x 550 on 10:00 Choice
150	10 x 15 on :45 Shooters
	Alt free and your #1
	Kick set is with board and fins
1,100	1x{1 x 100 on 1:55 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:55 Kick
	{2 x 100 on 1:40 Kick
	{1 x 100 on 1:55 Kick
	{3 x 100 on 1:40 Kick

	{1 x 100 on 1:55 Kick
	{1 x 100 on 1:40 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	15 x 150 on 2:30 Freestyle
	1 on 6:00 Gauntlet
200	1 x 200 on 3:00 Stroke Drills
	1 on 15:00 Stretch and Ice
	9:36 AM 4,450 Yards - Stress Value = 71

Workout #16439 - Saturday, 29 November 2014

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
500	1 on 45:00 DS/Weights
	1 x 500 on 10:00 Choice
150	10 x 15 on :45 Shooters
	Alt free and your #1
	Kick set is with board and fins
1,000	1x{1 x 100 on 2:10 Kick
	{1 x 100 on 1:55 Kick
	{1 x 100 on 2:10 Kick
	{2 x 100 on 1:55 Kick
	{1 x 100 on 2:10 Kick
	{3 x 100 on 1:55 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
1,800	12 x 150 on 3:00 Freestyle
	1 on 6:00 Gauntlet
200	1 x 200 on 3:00 Stroke Drills
	1 on 15:00 Stretch and Ice
	9:35 AM 3,850 Yards - Stress Value = 60

Workout #16450 - Monday, 01 December 2014

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 #16453 - Monday, 01 December 2014

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:40 PM	Start				
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		
5:35 PM	2,350 Yards - Stress Value = 67				

Workout #16446 - Monday, 01 December 2014

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
3:00 PM	Start				
600	1 on 30:00 DS/Physio Ball				
	1 x 600 on 10:00 Swim-kick-pull-swim				
165	11 x 15 on :45 Cross Pool Sprints				
1,700	1x{4 x 25 on :30 Kick no board BSLR				
	{2 x 100 on 1:55 Kick				
	{2 x 100 on 1:50 Kick				
	{6 x 25 on :30 Kick no board BSLRBS				
	{2 x 100 on 1:50 Kick				
	{2 x 100 on 1:45 Kick				
	{6 x 25 on :30 Kick no board BSLRLR				
	{2 x 100 on 1:45 Kick				
	{2 x 100 on 1:40 Kick				
	{4 x 25 on :30 Kick no board BSLR				
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				
4:41 PM	3,415 Yards - Stress Value = 53				

Workout #16447 - Monday, 01 December 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
3:00 PM	Start				
600	1 on 30:00 DS/Physio Ball				
	1 x 600 on 10:00 Swim-kick-pull-swim				
165	11 x 15 on :45 Cross pool sprints				
1,550	1x{4 x 25 on :30 Kick no board BSLR				
	{2 x 100 on 2:10 Kick				
	{2 x 100 on 2:05 Kick				
	{6 x 25 on :30 Kick no board BSLRBS				
	{2 x 100 on 2:05 Kick				
	{2 x 100 on 2:00 Kick				
	{6 x 25 on :30 Kick no board BSLRLR				
	{2 x 100 on 2:00 Kick				
	{1 x 50 on :55 Kick				
	{4 x 25 on :30 Kick no board BSLR				
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
4:43 PM 3,265 Yards - Stress Value = 51

Workout #16451 - Monday, 01 December 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:40 PM	Start				
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		
	{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				
5:34 PM	2,850 Yards - Stress Value = 50				

Workout #16454 - Monday, 01 December 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:40 PM	Start				
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	
5:36 PM	2,250 Yards - Stress Value = 65				

Workout #16448 - Monday, 01 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
3:00 PM	Start				
550	1 on 30:00 DS/Physio Ball				
165	11 x 15 on :45 Cross pool sprints				
1,350	1x{4 x 25 on :35 Kick no board BSLR				
	{2 x 100 on 2:25 Kick				
	{2 x 100 on 2:20 Kick				
	{6 x 25 on :35 Kick no board BSLRBS				
	{2 x 100 on 2:20 Kick				
	{1 x 100 on 2:15 Kick				
	{6 x 25 on :35 Kick no board BSLRLR				
	{2 x 100 on 2:15 Kick				
	{2 x 25 on :35 Kick no board BS				
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	2,865 Yards - Stress Value = 44				

Workout #16455 - Monday, 01 December 2014

HighSchl - Silver

1 minute rest between sets

4:40 PM Start

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		

5:35 PM 1,950 Yards - Stress Value = 57

40/20-30/30-20/40-20/50-1 min easy

120	8 x 15 on :45 Spinners
250	1 x 250 on 5:00 Social Kick w/board
100	1 x 100 on 2:00 Kick for time w/ snorkel
400	4x{1 x 50 on :01 Freestyle w/fins
	{ #1-4 breaths, #2-10 KOW on turn,
	{ #3 L.25 body driven stroke, #4 perfect swim
	{1 x 50 on 2:59 Freestyle
900	6x{1 x 50 on :40 Free-90% effort
	{1 x 25 on :01 Free kick w/snorkel
	{1 x 25 on 1:19 Fr-6bk-body driven finish
	{1 x 50 on 2:00 Freestyle
400	8 x 50 on 1:00 Stroke Drill
	1 on 10:00 Ice

7:05 AM 2,920 Yards - Stress Value = 91

Workout #16459 - Tuesday, 02 December 2014

HighSchl - Back

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK	F
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				

5:35 PM 2,650 Yards - Stress Value = 46

5:30 AM Start

Yards	Set Description	EGY	WORK	STK	F
	1 on 35:00 DS/Weights				L DF
400	1 x 400 on 7:00 Top Hat Drill	REC			D F
300	6 x 50 on 2:00 Freestyle	SP2			S F
1,650	3x{1 x 125 on 1:45 Back L.25 15 KOW	EN2			S F
	{1 x 125 on 1:40 Back L.25 14 KOW	EN2			S F
	{1 x 125 on 1:35 Back L.25 13 KOW	EN2			S F
	{1 x 125 on 1:30 Back L.25 12 KOW	EN2			S F
	{1 x 50 on 1:15 Stroke Drills	REC			D F
200	1 x 200 on 3:00 Stroke Drills	REC			D C
	1 on 10:00 Ice				M

7:04 AM 2,550 Yards - Stress Value = 62

Workout #16456 - Tuesday, 02 December 2014

HighSchl - Distance

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				
165	11 x 15 on :45 Cross pool sprints				
1,200	1x{4 x 25 on :45 Kick no board BSLR				
	{2 x 100 on 2:40 Kick				
	{2 x 100 on 2:35 Kick				
	{4 x 25 on :45 Kick no board BSLR				
	{2 x 100 on 2:35 Kick				
	{2 x 100 on 2:30 Kick				
	{4 x 25 on :45 Kick no board BSLR				
	{1 x 100 on 2:20 Kick				
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				

4:42 PM 2,665 Yards - Stress Value = 41

5:30 AM Start

Yards	Set Description	EGY	WORK	STK	F
	1 on 35:00 DS/Weights				
400	1 x 400 on 7:00 Top Hat Drill	REC			
300	6 x 50 on 2:00 Freestyle	SP2			
1,750	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			
	{3 x 150 on 1:45 Pulls-no br on 7 L.100	EN2			
200	1 x 200 on 3:00 Stroke Drills	REC			
	1 on 10:00 Ice				

7:05 AM 2,650 Yards - Stress Value = 61

Workout #16445 - Monday, 01 December 2014

HighSchl - Speed Acquisition

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 12:00 Dynamic Stretch
750	1 x 750 on 10:00 2 min easy-10/50-20/40-30/3

Workout #16457 - Tuesday, 02 December 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	W
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Top Hat Drill	REC	
300	6 x 50 on 2:00 Freestyle	SP2	
1,600	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	
	{2 x 150 on 1:55 Pulls-no br on 7 L.100	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,500 Yards - Stress Value = 58		

Workout #16460 - Tuesday, 02 December 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 35:00 DS/Weights			L DF
400	1 x 400 on 7:00 Top Hat Drill	REC		D F
300	6 x 50 on 2:00 Freestyle	SP2		S ST
1,650	3x{1 x 125 on 1:55 Back L.25 15 KOW	EN2		S F
	{1 x 125 on 1:50 Back L.25 14 KOW	EN2		S F
	{1 x 125 on 1:45 Back L.25 13 KOW	EN2		S F
	{1 x 125 on 1:40 Back L.25 12 KOW	EN2		S F
	{1 x 50 on 1:15 Stroke Drills	REC		D F
200	1 x 200 on 3:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			M
	7:06 AM 2,550 Yards - Stress Value = 62			

Workout #16458 - Tuesday, 02 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 35:00 DS/Weights		
400	1 x 400 on 7:00 Top Hat Drill	REC	
300	6 x 50 on 2:00 Freestyle	SP2	
1,350	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	
	{6 x 25 on :35 2 breaths each	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,250 Yards - Stress Value = 53		

Workout #16461 - Tuesday, 02 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 35:00 DS/Weights			L DF
400	1 x 400 on 7:00 Top Hat Drill	REC		D F
300	6 x 50 on 2:00 Freestyle	SP2		S F
1,350	3x{1 x 100 on 1:45 Back L.25 15 KOW	EN2		S F
	{1 x 100 on 1:40 Back L.25 14 KOW	EN2		S F

	{1 x 100 on 1:35 Back L.25 13 KOW	EN2		S F
	{1 x 100 on 1:30 Back L.25 12 KOW	EN2		S F
	{1 x 50 on 1:15 Stroke Drills	REC		D F
250	1 x 250 on 4:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			M
	7:05 AM 2,300 Yards - Stress Value = 54			

Workout #16466 - Wednesday, 03 December 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	4:50 PM Start			
	2,250 1x{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			
200	1 x 200 on 4:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	5:35 PM 2,450 Yards - Stress Value = 45			

Workout #16469 - Wednesday, 03 December 2014

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	4:50 PM Start			
	1,800 1x{2 x 150 on 2:15 Individual Medley no free			
	{6 x 25 on :30 Variable Speed-free			
	{2 x 150 on 2:15 Individual Medley no breast			
	{6 x 25 on :30 Variable Speed-breast			
	{2 x 150 on 2:15 Individual Medley-no back			
	{6 x 25 on :30 Variable Speed back			
	{2 x 150 on 2:15 Individual Medley			
	{6 x 25 on :30 Variable Speed -fly			
200	1 x 200 on 4:00 Stroke Drills			
	1 on 10:00 Ice			
	5:35 PM 2,000 Yards - Stress Value = 35			

Workout #16462 - Wednesday, 03 December 2014

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	3:00 PM Start			
	1 on 59:00 Jump rope/Circuit			
600	1 x 600 on 10:00 Free L.25 of each 100 Non F			
120	8 x 15 on 1:00 15m under #5-8 w/fins			
1,350	1x{4 x 25 on :30 Kick no board BSLR 15 KOW			
	{2 x 75 on 1:15 Kick			
	{4 x 25 on :30 Kick no board BSLR 14 KOW			
	{3 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			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:50 PM 2,270 Yards - Stress Value = 34			

Workout #16463 - Wednesday, 03 December 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 59:00 Jump rope/Circuit
120	1 x 600 on 10:00 Free L.25 of each 100 Non F
1,225	8 x 15 on 1:00 15m under #5-8 w/fins
	1x{4 x 25 on :30 Kick no board BSLR 15 KOW
	{2 x 75 on 1:25 Kick
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 100 on 1:50 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW
	{3 x 125 on 2:30 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
	4:50 PM 2,145 Yards - Stress Value = 32

Workout #16467 - Wednesday, 03 December 2014

HighSchl - Gold

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK
1,950	1x{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 125 on 1:50 Freestyle	EN2	S	FR
	#1 3kow w/expl breakouts			
	#2 build bowfpf			
	#3 DPS			
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:34 PM 2,150 Yards - Stress Value = 39			

Workout #16470 - Wednesday, 03 December 2014

HighSchl - Gold

1 minute rest between sets

4:50 PM Start

Yards	Set Description
1,700	1x{2 x 150 on 2:30 Individual Medley no free
	{6 x 25 on :30 Variable Speed-free
	{2 x 150 on 2:30 Individual Medley no breast
	{6 x 25 on :30 Variable Speed-breast
	{2 x 150 on 2:30 Individual Medley-no back
	{4 x 25 on :30 Variable Speed back
	{2 x 150 on 2:30 Individual Medley
	{4 x 25 on :30 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 = 33

Workout #16464 - Wednesday, 03 December 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
550	1 on 59:00 Jump rope/Circuit
120	1 x 550 on 10:00 Free L.25 of each 100 Non F
1,100	8 x 15 on 1:00 15m under #5-8 w/fins
	1x{4 x 25 on :35 Kick no board BSLR 15 KOW
	{2 x 75 on 1:35 Kick
	{4 x 25 on :35 Kick no board BSLR 14 KOW
	{3 x 100 on 2:05 Kick
	{4 x 25 on :35 Kick no board BSLR 13 KOW
	{2 x 125 on 2:35 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
	4:50 PM 1,970 Yards - Stress Value = 29

Workout #16468 - Wednesday, 03 December 2014

HighSchl - Silver

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{3 x 200 on 3:20 Freestyle	EN2	S	FR
	{3 x 175 on 2:55 Freestyle	EN2	S	FR
	{3 x 150 on 2:30 Freestyle	EN2	S	FR
	{3 x 75 on 1:15 Freestyle	EN2	S	FR
	#1 3kow w/expl breakouts			
	#2 build bowfpf			
	#3 DPS			
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,000 Yards - Stress Value = 35			

Workout #16471 - Wednesday, 03 December 2014

HighSchl - Silver

1 minute rest between sets

4:50 PM Start

Yards	Set Description
1,600	1x{2 x 150 on 2:45 Individual Medley no free
	{4 x 25 on :35 Variable Speed-free
	{2 x 150 on 2:45 Individual Medley no breast
	{4 x 25 on :35 Variable Speed-breast
	{2 x 150 on 2:45 Individual Medley-no back
	{4 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 1,800 Yards - Stress Value = 31

Workout #16465 - Wednesday, 03 December 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 59:00 Jump rope/Circuit
120	1 x 500 on 10:00 Free L.25 of each 100 Non F
950	8 x 15 on 1:00 15m under #5-8 w/fins
	1x{4 x 25 on :40 Kick no board BSLR 15 KOW
	{2 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 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
	4:50 PM 1,770 Yards - Stress Value = 26

Workout #16475 - Thursday, 04 December 2014

HighSchl - Breast

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY W
 =====
 1 on 35:00 DSWeights
 400 1 x 400 on 7:00 Underwater trn drill RE
 140 7 x 20 on 1:00 Underwater fly kick w/fins SF
 1,700 1x{4 x 125 on 2:05 100 Breast 25 free EN
 {1 x 100 on 1:40 Breast EN
 {4 x 100 on 1:40 25 back 75 breast EN
 {1 x 100 on 1:35 Breast EN
 {4 x 75 on 1:15 50 Breast 25 free EN
 {1 x 100 on 1:30 Breaststroke EN
 {4 x 50 on :50 25 Back 25 Breast EN
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 7:05 AM 2,490 Yards - Stress Value = 40

250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 7:05 AM 2,390 Yards - Stress Value = 38

Workout #16474 - Thursday, 04 December 2014

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY W
 =====
 1 on 35:00 DSWeights
 400 1 x 400 on 7:00 Underwater trn drill REC
 140 7 x 20 on 1:00 Underwater fly kick w/fins SP3
 1,800 3 x 600 on 10:00 Freestyle EN2
 #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
 1 on 10:00 Ice
 7:05 AM 2,540 Yards - Stress Value = 42

Workout #16472 - Thursday, 04 December 2014

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY W
 =====
 1 on 35:00 DSWeights
 400 1 x 400 on 7:00 Underwater trn drill REC
 140 7 x 20 on 1:00 Underwater fly kick w/fins SP3
 2,250 3 x 750 on 10:00 Freestyle EN2
 #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
 1 on 10:00 Ice
 7:05 AM 2,990 Yards - Stress Value = 51

Workout #16477 - Thursday, 04 December 2014

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 35:00 DSWeights
 400 1 x 400 on 7:00 Underwater trn drill REC
 140 7 x 20 on 1:00 Shooters SP3
 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
 7:04 AM 2,240 Yards - Stress Value = 35

Workout #16473 - Thursday, 04 December 2014

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY W
 =====
 1 on 35:00 DSWeights
 400 1 x 400 on 7:00 Underwater trn drill REC
 140 7 x 20 on 1:00 Underwater fly kick w/fins SP3
 2,025 3 x 675 on 10:00 Freestyle EN2
 #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
 1 on 10:00 Ice
 7:05 AM 2,765 Yards - Stress Value = 46

Workout #16476 - Thursday, 04 December 2014

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY W
 =====
 1 on 35:00 DSWeights
 400 1 x 400 on 7:00 Underwater trn drill RE
 140 7 x 20 on 1:00 Underwater fly kick w/fins SF
 1,600 1x{4 x 125 on 2:15 100 Breast 25 free EN
 {1 x 100 on 1:45 Breast EN
 {4 x 100 on 1:45 25 back 75 breast EN
 {1 x 100 on 1:40 Breast EN
 {4 x 75 on 1:20 50 Breast 25 free EN
 {1 x 100 on 1:35 Breast EN
 {2 x 50 on :55 25 Back 25 Breast EN

Workout #16478 - Friday, 05 December 2014

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY
 =====
 1 on 59:00 Jump rope/Yoga
 600 1 x 600 on 12:00 ez swim/IP's REC
 180 12 x 15 on :45 Start/Shooter/finish SP3
 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
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:06 PM 2,230 Yards - Stress Value = 32

{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 #16480 - Saturday, 06 December 2014

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 #16479 - Saturday, 06 December 2014

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
 {3 x 50 on :55 Kick-descend
 {4 x 25 on :30 Kick no board BSLR-13

Workout #16481 - Saturday, 06 December 2014

HighSchl - Silver

1 minute rest between sets

1:00 PM Start

Yards	Set Description	EGY	WC
500	1 on 7:30 Dynamic Stretch		
150	1 x 500 on 8:00 Choice		
1,000	10 x 15 on :45 Shooters		
	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		

{1 x 125 on 1:55 Backstroke	EN2
{1 on 1:00 Rest	
200 1 x 200 on 3:00 Stroke Drills	REC
1 on 14:00 Underwater game	
7:30 PM 3,200 Yards - Stress Value = 53	

Workout #16532 - Monday, 08 December 2014

Group 2 - Silver

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	
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	
	1 on 14:00 Underwater game		
	7:30 PM 2,850 Yards - Stress Value = 44		

Workout #16533 - Monday, 08 December 2014

Group 2 - Bronze

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	
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	
	1 on 14:00 Underwater game		
	7:30 PM 2,500 Yards - Stress Value = 35		

Workout #16487 - Monday, 08 December 2014

HighSchl - Distance

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
2,600	1x{2 x 150 on 1:50 Freestyle	EN1	S	FR
	{5 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:50 Freestyle	EN1	S	FR
	{4 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:50 Freestyle	EN2	S	FR
	{3 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:50 Freestyle	EN1	S	FR
	{2 x 100 on 1:10 Freestyle	EN2	S	FR
	Hold 100's 1:05 or faster			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,850 Yards - Stress Value = 43			

Workout #16531 - Monday, 08 December 2014

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	
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	

Workout #16490 - Monday, 08 December 2014

HighSchl - Fly

1 minute rest between sets

4:49 PM Start
 Yards Set Description
 =====
 2,150 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
 {1 x 150 on 2:05 Fly 5+1 stroke off wall EN
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 5:35 PM 2,400 Yards - Stress Value = 43

Workout #16483 - Monday, 08 December 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Balls
 165 1 x 600 on 10:00 Swim-kick-pull-swim
 1,600 11 x 15 on :45 Cross pool sprints
 1x{4 x 25 on :30 Kick no board BSLR-12 KOW
 {3 x 100 on 1:40 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {3 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {3 x 100 on 1:50 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {3 x 100 on 1:55 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
 4:50 PM 4,165 Yards - Stress Value = 65

Workout #16527 - Monday, 08 December 2014

HighSchl - Gold

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 600 1 on 40:00 DS and Weights
 150 1 x 600 on 10:00 Reverse IM drill
 10 x 15 on :45 Shooters
 Your primary stroke or free
 1,875 1x{1 x 125 on 1:55 Kick
 {1 x 125 on 1:50 Kick
 {1 x 125 on 1:45 Kick
 {6 x 25 on :30 Tombstone Kick
 {2 x 100 on 1:30 Kick
 {2 x 100 on 1:25 Kick
 {2 x 100 on 1:20 Kick
 {6 x 25 on :30 Tombstone Kick
 {2 x 75 on 1:05 Kick
 {2 x 75 on :55 Kick
 {2 x 75 on :50 Kick
 {6 x 25 on :30 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
 8:34 AM 3,925 Yards - Stress Value = 92

Workout #16484 - Monday, 08 December 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Balls
 165 1 x 600 on 10:00 Swim-kick-pull-swim
 1,400 11 x 15 on :45 Cross pool sprints
 1x{4 x 25 on :35 Kick no board BSLR-12 KOW
 {3 x 100 on 1:55 Kick
 {4 x 25 on :35 Kick no board BSLR-12 KOW
 {3 x 100 on 2:00 Kick
 {4 x 25 on :35 Kick no board BSLR-12 KOW
 {3 x 100 on 2:05 Kick
 {4 x 25 on :35 Kick no board BSLR-12 KOW
 {1 x 100 on 2:10 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
 4:50 PM 3,865 Yards - Stress Value = 55

Workout #16488 - Monday, 08 December 2014

HighSchl - Gold

1 minute rest between sets

4:49 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,350 1x{2 x 150 on 2:05 Freestyle EN1 S FR
 {5 x 100 on 1:15 Freestyle EN2 S FR
 {2 x 150 on 2:05 Freestyle EN1 S FR
 {4 x 100 on 1:15 Freestyle EN2 S FR
 {2 x 150 on 2:05 Freestyle EN2 S FR
 {3 x 100 on 1:15 Freestyle EN2 S FR
 {1 x 150 on 2:05 Freestyle EN1 S FR
 {1 x 100 on 1:15 Freestyle EN2 S FR
 Hold 100's 1:12 or faster
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,600 Yards - Stress Value = 40

Workout #16491 - Monday, 08 December 2014

HighSchl - Gold

1 minute rest between sets

4:49 PM Start
 Yards Set Description EC
 =====
 2,000 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
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 5:35 PM 2,250 Yards - Stress Value = 40

Workout #16485 - Monday, 08 December 2014

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
165	11 x 15 on :45 Cross pool sprints
1,250	1x{4 x 25 on :40 Kick no board BSLR-12 KOW
	{3 x 100 on 2:10 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
	{3 x 100 on 2:15 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
	{3 x 100 on 2:20 Kick
	{2 x 25 on :40 Kick no board BS-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
	4:50 PM 3,415 Yards - Stress Value = 46

Workout #16489 - Monday, 08 December 2014

HighSchl - Silver

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	===
1,950	1x{2 x 150 on 2:30 Freestyle	EN1	S	FR
	{4 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:30 Freestyle	EN1	S	FR
	{3 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:30 Freestyle	EN2	S	FR
	{2 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 150 on 2:30 Freestyle	EN1	S	FR
	hold 100's 1:22 or faster			
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,200 Yards - Stress Value = 32			

Workout #16492 - Monday, 08 December 2014

HighSchl - Silver

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EG
=====	=====	==
1,825	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
	{3 x 175 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	
	5:36 PM 2,075 Yards - Stress Value = 36	

Workout #16486 - Monday, 08 December 2014

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
165	11 x 15 on :45 Cross pool sprints
1,100	1x{4 x 25 on :45 Kick no board BSLR-12 KOW
	{3 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{2 x 100 on 2:35 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW

	{2 x 100 on 2:40 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
	4:50 PM 3,165 Yards - Stress Value = 43

Workout #16482 - Monday, 08 December 2014

HighSchl - Speed Acquisition

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 10:00 Dynamic Stretch
600	1 x 600 on 10:00 Too complicated to type out
120	8 x 15 on :45 Spinners
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 5:00 Stroke Drills
400	4 x 100 on 1:30 Free descend to ludicrous sp
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	7:05 AM 4,320 Yards - Stress Value = 67

Workout #16496 - Tuesday, 09 December 2014

HighSchl - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EG
=====	=====	==
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Top Hat Drill	RE
300	6 x 50 on 2:00 Freestyle	SE
1,625	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
	{2 x 225 on 3:10 Backstroke	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
	7:06 AM 2,575 Yards - Stress Value = 56	

Workout #16493 - Tuesday, 09 December 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/Weights			L DRY
400	1 x 400 on 7:00 Top Hat Drill	REC		D FR
300	6 x 50 on 2:00 Freestyle	SP1		S FR
2,250	1x{2 x 225 on 2:45 Free L.25 6bk EN2			S FR
	{2 x 225 on 2:40 Free L.25 6bk EN2			S FR
	{2 x 225 on 2:35 Free L.25 6bk EN2			S FR
	{2 x 225 on 2:30 Free L.25 6bk EN2			S FR
	{2 x 225 on 2:25 Free L.25 6bk EN2			S FR
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	7:06 AM 3,150 Yards - Stress Value = 69			

Workout #16494 - Tuesday, 09 December 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/Weights			L DRY
400	1 x 400 on 7:00 Top Hat Drill	REC		D FR
300	6 x 50 on 2:00 Freestyle	SP1		S FR
2,025	1x{2 x 225 on 3:00 Free L.25 6bk EN2			S FR
	{2 x 225 on 2:55 Free L.25 6bk EN2			S FR
	{2 x 225 on 2:50 Free L.25 6bk EN2			S FR
	{2 x 225 on 2:45 Free L.25 6bk EN2			S FR
	{1 x 225 on 2:40 Free L.25 6bk EN2			S FR
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	7:06 AM 2,925 Yards - Stress Value = 64			

Workout #16497 - Tuesday, 09 December 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/Weights			L DRY
400	1 x 400 on 7:00 Top Hat Drill			RE
300	6 x 50 on 2:00 Freestyle			SE
1,400	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
	{1 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 2,350 Yards - Stress Value = 52			

Workout #16495 - Tuesday, 09 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/Weights			L DRY
400	1 x 400 on 7:00 Top Hat Drill	REC		D FR
300	6 x 50 on 2:00 Freestyle	SP1		S FR
1,800	1x{2 x 200 on 3:00 Free L.25 6bk EN2			S FR
	{2 x 200 on 2:55 Free L.25 6bk EN2			S FR
	{2 x 200 on 2:50 Free L.25 6bk EN2			S FR
	{2 x 200 on 2:45 Free L.25 6bk EN2			S FR

	{1 x 200 on 2:40 Free L.25 6bk EN2			S FR
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	7:06 AM 2,700 Yards - Stress Value = 60			

Workout #16498 - Tuesday, 09 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/Weights			RE
400	1 x 400 on 7:00 Top Hat Drill			SE
360	6 x 60 on 2:00 Freestyle			EN
1,250	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
	{1 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			
	7:06 AM 2,260 Yards - Stress Value = 55			

Workout #16503 - Wednesday, 10 December 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
	1 on 35:00 DS/Weights				
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 #16506 - Wednesday, 10 December 2014

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 DS/Weights			L DRY
400	1 x 400 on 7:00 Top Hat Drill			D FR
300	6 x 50 on 2:00 Freestyle	SP1		S FR
1,800	1x{2 x 200 on 3:00 Free L.25 6bk EN2			S FR
	{2 x 200 on 2:55 Free L.25 6bk EN2			S FR
	{2 x 200 on 2:50 Free L.25 6bk EN2			S FR
	{2 x 200 on 2:45 Free L.25 6bk EN2			S FR
	{1 x 100 on 1:15 Individual Medley			E
	{4 x 75 on 1:05 Fly-25L 25R 25 B			E
	{2 x 100 on 1:15 Individual Medley			E
	{4 x 75 on 1:05 Back 25L 25R 25B			E
	{3 x 100 on 1:15 Individual Medley			E
	{4 x 75 on 1:10 Brst 25FlK 25FrK 25Rk			E
	{4 x 100 on 1:15 Individual Medley			E
	{4 x 75 on 1:00 Fr 25scldsfst25catchup25reg			E
	{5 x 100 on 1:10 Individual Medley			E
400	8 x 50 on 1:00 Stroke Drills			F
	1 on 10:00 Ice			
	5:35 PM 3,100 Yards - Stress Value = 54			

Workout #16499 - Wednesday, 10 December 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 59:00 Jump rope/Circuit
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 120 8 x 15 on 1:00 15m under #5-8 w/fins
 1,250 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 1:25 Kick
 {4 x 25 on :30 Kick no board BSLR 13 KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:46 PM 2,170 Yards - Stress Value = 32

Workout #16500 - Wednesday, 10 December 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 59:00 Jump rope/Circuit
 600 1 x 600 on 10:00 Free L.25 of each 100 Non F
 120 8 x 15 on 1:00 15m under #5-8 w/fins
 1,100 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
 {4 x 100 on 1:40 Kick
 {2 x 25 on :30 Kick no board BS 13 KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:46 PM 2,020 Yards - Stress Value = 29

Workout #16504 - Wednesday, 10 December 2014

HighSchl - Gold

1 minute rest between sets

4:40 PM Start
 Yards Set Description EGY WORK STK F
 =====
 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 #16507 - Wednesday, 10 December 2014

HighSchl - Gold

1 minute rest between sets

4:40 PM Start
 Yards Set Description F
 =====
 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 25scldsfst25catchup25reg 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 #16501 - Wednesday, 10 December 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 59:00 Jump rope/Circuit
 550 1 x 550 on 10:00 Free L.25 of each 100 Non F
 120 8 x 15 on 1:00 15m under #5-8 w/fins
 950 1x{4 x 25 on :35 Kick no board BSLR 15 KOW
 {6 x 75 on 1:30 Kick
 {2 x 25 on :35 Kick no board BSLR 14 KOW
 {3 x 100 on 2:00 Kick
 {2 x 25 on :35 Kick no board BS 13 KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:46 PM 1,820 Yards - Stress Value = 26

Workout #16508 - Wednesday, 10 December 2014

HighSchl - Silver

1 minute rest between sets

4:40 PM Start
 Yards Set Description F
 =====
 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 25scldsfst25catchup25reg 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 #16505 - Wednesday, 10 December 2014

HighSchl - Silver

1 minute rest between sets

4:40 PM Start
 Yards Set Description EGY WORK STK F
 =====
 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 #16502 - Wednesday, 10 December 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 59:00 Jump rope/Circuit	
500	1 x 500 on 10:00 Free L.25 of each 100 Non F	
120	8 x 15 on 1:00 15m under #5-8 w/fins	
800	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	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4:46 PM 1,620 Yards - Stress Value = 23	

Workout #16519 - Thursday, 11 December 2014

HighSchl - Back

1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY
=====	=====	=====
2,525	1x{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
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:36 PM 2,725 Yards - Stress Value = 64	

Workout #16512 - Thursday, 11 December 2014

HighSchl - Breast

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100s free even 100's back	
140	7 x 20 on 1:00 Underwater fly kick w/fins	SE
1,850	1x{1 x 125 on 1:50 Breaststroke	EN
	{4 x 50 on 1:00 Breast under/over	EN
	{2 x 125 on 1:45 Breaststroke	EN
	{4 x 50 on :55 Breast under/over	EN
	{3 x 125 on 1:40 Breaststroke	EN
	{2 x 50 on :50 Breast under/over	EN
	{4 x 125 on 1:35 Breaststroke-descend	EN
	{2 x 50 on :45 Breast unde/over	EN
250	1 x 250 on 5:00 Stroke Drills	RE
	1 on 10:00 Ice	
	7:05 AM 2,640 Yards - Stress Value = 35	

Workout #16509 - Thursday, 11 December 2014

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS and Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100's free even 100's back	
140	7 x 20 on 1:00 Underwater fly kick w/fins	SE

2,250	1x{3 x 225 on 2:55 Free-descend	EN
	{3 x 200 on 2:35 Free-descend	EN
	{3 x 175 on 2:15 Free-descend	EN
	{3 x 150 on 1:55 Free-descend	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
	7:05 AM 3,040 Yards - Stress Value = 51	

Workout #16522 - Thursday, 11 December 2014

HighSchl - Fly

1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY
=====	=====	=====
2,400	1x{1 x 200 on 2:50 3 strokes fly off walls	EN2
	{8 x 25 on :30 Fly-with free kick	EN2
	{2 x 175 on 2:25 3 strokes fly off wallls	EN2
	{6 x 25 on :30 Fly-with free kick	EN3
	{3 x 150 on 2:00 3 strokes fly off walls	EN2
	{4 x 25 on :30 Fly-with free kick	EN3
	{4 x 125 on 1:35 3 strokes fly off walls	EN2
	{2 x 25 on :30 Fly-with free kick	EN3
	{4 x 100 on 1:15 3 strokes off walls	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 2,600 Yards - Stress Value = 60	

Workout #16515 - Thursday, 11 December 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Shoulders	
600	1 x 600 on 10:00 Underwater trn drill	
	Odd 100's free even 100's back	
500	5 x 100 on 3:00 Freestyle	
1,800	1x{2 x 150 on 2:45 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 2:40 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 2:35 Kick your #1	
	{2 x 50 on 1:00 Kick your #2	
	{2 x 50 on 1:05 Kick your #3	
800	4 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	
	4:46 PM 3,900 Yards - Stress Value = 94	

Workout #16510 - Thursday, 11 December 2014

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS and Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100's free even 100's back	
140	7 x 20 on 1:00 Underwater fly kick w/fins	SE
2,100	1x{3 x 225 on 3:10 Free-descend	EN
	{3 x 200 on 2:45 Free-descend	EN
	{3 x 175 on 2:25 Free-descend	EN
	{3 x 100 on 1:20 Free-descend	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
	7:05 AM 2,890 Yards - Stress Value = 48	

Workout #16513 - Thursday, 11 December 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
400	1 on 35:00 DS/Weights	
140	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100s free even 100's back	
1,800	7 x 20 on 1:00 Underwater fly kick w/fins	SF
	1x{1 x 125 on 1:55 Breaststroke	EN
	{4 x 50 on 1:00 Breast under/over	EN
	{2 x 125 on 1:50 Breaststroke	EN
	{4 x 50 on 1:00 Breast under/over	EN
	{3 x 125 on 1:45 Breaststroke	EN
	{2 x 50 on 1:00 Breast under/over	EN
	{4 x 125 on 1:40 Breaststroke-descend	EN
	{1 x 50 on 1:00 Breast unde/over	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
7:05 AM	2,590 Yards - Stress Value = 34	

1 minute rest between sets

Yards	Set Description	EGY
4:46 PM	Start	
2,200	1x{1 x 200 on 3:05 3 strokes fly off walls	EN2
	{8 x 25 on :30 Fly-with free kick	EN2
	{2 x 175 on 2:40 3 strokes fly off walls	EN2
	{6 x 25 on :30 Fly-with free kick	EN3
	{3 x 150 on 2:15 3 strokes fly off walls	EN2
	{4 x 25 on :30 Fly-with free kick	EN3
	{4 x 125 on 1:50 3 strokes fly off walls	EN2
	{2 x 25 on :30 Fly-with free kick	EN3
200	{2 x 100 on 1:25 3 strokes fly off walls	EN2
	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:36 PM	2,400 Yards - Stress Value = 56	

Workout #16511 - Thursday, 11 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
	1 on 35:00 DS and Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100's free even 100's back	
140	7 x 20 on 1:00 Underwater fly kick w/fins	SF
1,875	1x{3 x 225 on 3:30 Free-descend	EN
	{3 x 200 on 3:05 Free-descend	EN
	{3 x 150 on 2:15 Free-descend	EN
	{3 x 50 on :45 Free-descend	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
7:05 AM	2,665 Yards - Stress Value = 44	

Workout #16514 - Thursday, 11 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EC
3:00 PM	Start	
	1 on 25:00 DS/Shoulders	
600	1 x 600 on 10:00 Underwater trn drill	
	Odd 100's free even 100's back	
500	5 x 100 on 3:00 Freestyle	
1,550	1x{2 x 150 on 3:15 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 3:10 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 3:05 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 3:00 Kick your#1	
800	4 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	
4:46 PM	3,650 Yards - Stress Value = 89	

Yards	Set Description	EC
5:30 AM	Start	
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100s free even 100's back	
140	7 x 20 on 1:00 Underwater fly kick w/fins	SF
1,700	1x{1 x 125 on 2:10 Breaststroke	EN
	{4 x 50 on 1:00 Breast under/over	EN
	{2 x 125 on 2:05 Breaststroke	EN
	{3 x 50 on 1:00 Breast under/over	EN
	{3 x 125 on 2:00 Breaststroke	EN
	{2 x 50 on 1:00 Breast under/over	EN
	{4 x 125 on 1:55 Breaststroke-descend	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
7:05 AM	2,490 Yards - Stress Value = 32	

Workout #16520 - Thursday, 11 December 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY
4:46 PM	Start	
2,325	1x{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
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:36 PM	2,525 Yards - Stress Value = 60	

Workout #16523 - Thursday, 11 December 2014

HighSchl - Gold

Workout #16517 - Thursday, 11 December 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
550	1 on 25:00 DS/Shoulders
500	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,400	5 x 100 on 3:00 Freestyle
1,400	1x{2 x 150 on 3:35 Kick your #1 {1 x 50 on 1:15 Kick your #2 {1 x 50 on 1:20 Kick your #3 {2 x 150 on 3:30 Kick your #1 {2 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 100 on 2:15 Kick your#1
800	4 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
	4:46 PM 3,450 Yards - Stress Value = 86

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
1,300	5 x 100 on 3:00 Frees
1,300	1x{2 x 125 on 3:20 Kick your #1 {1 x 50 on 1:20 Kick your #2 {1 x 50 on 1:25 Kick your #3 {2 x 125 on 3:15 Kick your #1 {1 x 50 on 1:20 Kick you #2 {1 x 50 on 1:25 Kick your #3 {2 x 125 on 3:10 Kick your #1 {2 x 50 on 1:20 Kick your #2 {2 x 50 on 1:25 Kick your #3 {1 x 150 on 3:30 Kick your#1
600	4 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
	4:46 PM 3,100 Yards - Stress Value = 80

Workout #16525 - Friday, 12 December 2014

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
500	1 on 50:00 Jump rope/Yoga		
180	1 x 500 on 15:00 5 min swim/10 min IP	REC	
1,100	12 x 15 on :45 Start/Shooter/Finish	SP3	
1,100	1x{1 x 250 on 4:10 Stroke Drills	REC	
	{4 x 25 on :40 Variable Speed	EN1	
	{1 x 200 on 3:20 Stroke Drills	REC	
	{4 x 25 on :40 Variable Speed	EN1	
	{1 x 150 on 2:30 Stroke Drills	REC	
	{4 x 25 on :40 Variable Speed	EN1	
	{1 x 100 on 1:40 Stroke Drills	REC	
	{4 x 25 on :40 Variable Speed	EN1	
200	1 x 200 on 10:00 Rabbit Game		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:05 PM 2,230 Yards - Stress Value = 11		

Workout #16521 - Thursday, 11 December 2014

HighSchl - Silver

1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY
2,050	1x{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
200	{2 x 100 on 1:35 Backstroke	EN2
	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:36 PM 2,250 Yards - Stress Value = 45	

Yards	Set Description	EGY	WC
600	1 on 40:00 DS and Weights		
150	1 x 600 on 10:00 Reverse IM drill		
150	10 x 15 on :45 Shooters Your primary stroke or free		
2,100	1x{1 x 125 on 1:40 Kick		
	{1 x 125 on 1:35 Kick		
	{1 x 125 on 1:30 Kick		
	{6 x 25 on :30 Tombstone Kick		
	{2 x 100 on 1:20 Kick		
	{2 x 100 on 1:10 Kick		
	{2 x 100 on 1:05 Kick		
	{6 x 25 on :30 Tombstone Kick		
	{3 x 75 on 1:00 Kick		
	{3 x 75 on :55 Kick		
	{3 x 75 on :50 Kick		
	{6 x 25 on :30 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		
	8:35 AM 4,150 Yards - Stress Value = 95		

Workout #16524 - Thursday, 11 December 2014

HighSchl - Silver

1 minute rest between sets

4:46 PM Start

Yards	Set Description	EGY
1,875	1x{1 x 200 on 3:20 3 strokes fly off walls	EN2
	{8 x 25 on :35 Fly-with free kick	EN2
	{2 x 175 on 2:55 3 strokes fly off walls	EN2
	{6 x 25 on :35 Fly-with free kick	EN3
	{3 x 150 on 2:30 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly-with free kick	EN3
	{3 x 125 on 2:05 3 strokes fly off walls	EN2
	{2 x 25 on :35 Fly-with free kick	EN3
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 2,075 Yards - Stress Value = 50	

Workout #16518 - Thursday, 11 December 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	=====

Workout #16528 - Saturday, 13 December 2014

HighSchl - Silver

1 minute rest between sets

6:00 AM Start

Yards	Set Description
600	1 on 40:00 DS and Weights
150	1 x 600 on 10:00 Reverse IM drill
	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 #16529 - Saturday, 13 December 2014

HighSchl - Bronze

1 minute rest between sets

6:00 AM Start

Yards	Set Description
600	1 on 40:00 DS and Weights
150	1 x 600 on 10:00 Reverse IM drill
	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
	{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 #16539 - Monday, 15 December 2014

HighSchl - Distance

1 minute rest between sets

4:48 PM Start

Yards	Set Description	EGY
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
300	1 x 300 on 5:00 Stroke Drills	REC

1 on 10:00 Ice
5:35 PM 2,700 Yards - Stress Value = 48

Workout #16542 - Monday, 15 December 2014

HighSchl - Fly

1 minute rest between sets

4:48 PM Start

Yards	Set Description	EGY
2,100	1x{1 x 100 on 1:30 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
	{9 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
	{2 x 100 on 1:10 3 strokes fly off walls	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 2,400 Yards - Stress Value = 38	

Workout #16535 - Monday, 15 December 2014

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
600	1 on 30:00 DS/Physio Balls	
165	1 x 600 on 10:00 Swim-kick-pull-swim	
1,900	1x{11 x 15 on :45 Cross pool sprints	
	{4 x 25 on :30 Kick no board BSLR	
	{2 x 100 on 1:55 Kick	
	{2 x 100 on 1:50 Kick	
	{6 x 25 on :30 Kick no board BSLRBS	
	{2 x 100 on 1:50 Kick	
	{2 x 100 on 1:45 Kick	
	{8 x 25 on :30 Kick no board BSLR X2	
	{2 x 100 on 1:45 Kick	
	{2 x 100 on 1:40 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	
	4:47 PM 3,615 Yards - Stress Value = 57	

Workout #16536 - Monday, 15 December 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Balls
 165 1 x 600 on 10:00 Swim-kick-pull-swim
 1,800 11 x 15 on :45 Cross pool sprints
 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:05 Kick
 {2 x 100 on 2:00 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 {2 x 100 on 2:00 Kick
 {2 x 100 on 1:55 Kick
 {8 x 25 on :30 Kick no board BSLR X2
 {2 x 100 on 1:55 Kick
 {2 x 100 on 1:50 Kick
 {6 x 25 on :30 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
 4:47 PM 3,515 Yards - Stress Value = 55

1 on 30:00 DS/Physio Balls
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,600 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:15 Kick
 {2 x 100 on 2:10 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {2 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {8 x 25 on :35 Kick no board BSLR X2
 {2 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {6 x 25 on :35 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
 4:48 PM 3,265 Yards - Stress Value = 51

Workout #16541 - Monday, 15 December 2014

HighSchl - Silver

1 minute rest between sets

4:48 PM Start
 Yards Set Description
 =====

4:48 PM Start
 Yards Set Description EGY
 =====
 1,900 1x{1 x 300 on 4:25 Freestyle EN2
 {3 x 100 on 1:45 Freestyle hold under 122 EN2
 {1 x 300 on 4:25 Freestyle EN2
 {3 x 100 on 1:40 Freestyle hold under 122 EN2
 {1 x 300 on 4:25 Freestyle EN2
 {3 x 100 on 1:35 Freestyle hold under 122 EN2
 {1 x 100 on 1:35 Freestyle hold under 122 EN2
 300 1 x 300 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 5:34 PM 2,200 Yards - Stress Value = 38

Workout #16540 - Monday, 15 December 2014

HighSchl - Gold

1 minute rest between sets

4:48 PM Start
 Yards Set Description EGY
 =====
 2,200 1x{1 x 300 on 3:55 Freestyle EN2
 {3 x 100 on 1:35 Freestyle hold under 111 EN2
 {1 x 300 on 3:55 Freestyle EN2
 {3 x 100 on 1:30 Freestyle hold under 111 EN2
 {1 x 300 on 3:55 Freestyle EN2
 {3 x 100 on 1:25 Freestyle hold under 111 EN2
 {1 x 300 on 3:55 Freestyle EN2
 {1 x 100 on 1:20 Freestyle hold under 111 EN2
 300 1 x 300 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,500 Yards - Stress Value = 44

Workout #16544 - Monday, 15 December 2014

HighSchl - Silver

1 minute rest between sets

4:48 PM Start
 Yards Set Description EGY
 =====
 1,825 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
 {9 x 25 on :30 Fly-descend in 3s EN2
 {4 x 100 on 1:20 3 strokes fly off walls EN2
 {6 x 25 on :30 Fly-descend in 3's EN2
 300 1 x 300 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,125 Yards - Stress Value = 32

4:48 PM Start
 Yards Set Description EGY
 =====
 1,575 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
 {9 x 25 on :35 Fly-descend in 3's EN2
 {3 x 100 on 1:30 3 strokes fly off walls EN2
 300 1 x 300 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 1,875 Yards - Stress Value = 27

Workout #16537 - Monday, 15 December 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====

Workout #16538 - Monday, 15 December 2014

HighSchl - Bronze
1 minute rest between sets

300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 2,650 Yards - Stress Value = 42

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
165	11 x 15 on :45 Cross pool sprints
1,400	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:30 Kick
	{2 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:25 Kick
	{2 x 100 on 2:20 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 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
	4:46 PM 2,865 Yards - Stress Value = 45

Workout #16534 - Monday, 15 December 2014

HighSchl - Speed Acquisition
1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 11:00 Dynamic Stretch
600	1 x 600 on 10:00 Too complicated to type
120	8 x 15 on :45 Spinners
700	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 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
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	7:05 AM 2,230 Yards - Stress Value = 50

Workout #16548 - Tuesday, 16 December 2014

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 Top Hat Drill
200	4 x 50 on 2:30 Your #1 OTB 35 yards 100%
	15 yds closed fist free/back
1,750	1x{5 x 125 on 1:40 Backstroke-Alt 25 of 10 KOW
	{4 x 25 on :25 Back 8-9-10-11 KOW
	{4 x 100 on 1:20 Back alt 25 of 10 KOW
	{4 x 25 on :25 Back 8-9-10-11 KOW
	{3 x 75 on 1:00 Back Alt 25 of 10 KOW
	{4 x 25 on :25 Back 8-9-10-11 KOW
	{2 x 50 on :40 Back Alt 25 of 10 KOW
	{4 x 25 on :25 Back 8-9-10-11 KOW

Workout #16545 - Tuesday, 16 December 2014

HighSchl - Distance
1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Top Hat Drill	REC
200	4 x 50 on 2:30 Your #1 OTB 35 yards 100%	SP3
	15 yards closed fist free/back	
2,050	1x{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
	{1 x 250 on 2:55 Free L.25 6bk	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,900 Yards - Stress Value = 49	

Workout #16546 - Tuesday, 16 December 2014

HighSchl - Gold
1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Weights	
400	1 x 400 on 7:00 Top Hat Drill	REC
200	4 x 50 on 2:30 Your #1 OTB 35 yards 100%	SP3
	15 yds closed fist free/back	
1,900	1x{2 x 225 on 3:10 Free L.25 6bk	EN2
	{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
	{1 x 100 on 1:15 Free L.25 6bk	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,750 Yards - Stress Value = 46	

Workout #16549 - Tuesday, 16 December 2014

HighSchl - Gold
1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS and Weights	
400	1 x 400 on 7:00 Top Hat Drill	
200	4 x 50 on 2:30 Your #1 OTB 35 yards 100%	
	15 yds closed fist free/back	
1,650	1x{5 x 125 on 1:50 Backstroke-Alt 25 of 10 KOW	
	{4 x 25 on :25 Back 8-9-10-11 KOW	
	{4 x 100 on 1:30 Back alt 25 of 10 KOW	
	{4 x 25 on :25 Back 8-9-10-11 KOW	
	{3 x 75 on 1:05 Back Alt 25 of 10 KOW	
	{4 x 25 on :25 Back 8-9-10-11 KOW	
	{2 x 50 on :40 Back Alt 25 of 10 KOW	
300	1 x 300 on 5:00 Stroke Drills	
	1 on 10:00 Ice	
	7:05 AM 2,550 Yards - Stress Value = 40	

Workout #16547 - Tuesday, 16 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
400	1 on 35:00 DS/Weights	
200	1 x 400 on 7:00 Top Hat Drill	REC
1,700	4 x 50 on 2:30 Your #1 OTB 35 yards 100% SP3	
	15 yds closed fist free/back	
	1x{2 x 200 on 3:10 Free L.25 6bk	EN2
	{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
	{1 x 100 on 1:25 Free L.25 6bk	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:05 AM	2,550 Yards - Stress Value = 42	

250	{4 x 125 on 1:40 IM w/50 back	EN2	S	IM
	{4 x 50 on :50 Breast	EN2	S	BR
	{4 x 125 on 1:40 IM w/50 fly	EN2	S	IM
	{4 x 50 on :40 Freestyle	EN2	S	FR
	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:36 PM	3,050 Yards - Stress Value = 56			

Workout #16551 - Wednesday, 17 December 2014

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 55:00 Jump rope/Circuit
100	1 x 600 on 10:00 Free L.25 of each 100 Non F
	1 x 100 on 10:00 Timed 15m underwaters
	w/ & w/out fins on stomach & back
	Hold BSLR's under :22, nonBSLR at least 5s
1,300	1x{4 x 25 on :30 Kick no board BSLR 15 KOW
	{3 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW
	{3 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
4:46 PM	2,200 Yards - Stress Value = 32

Workout #16550 - Tuesday, 16 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
400	1 on 35:00 DS and Weights
200	1 x 400 on 7:00 Top Hat Drill
1,450	4 x 50 on 2:30 Your #1 OTB 35 yards 100%
	15 yds closed fist free/back
	1x{5 x 125 on 2:05 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 1:15 Back Alt 25 of 10 KOW
300	1 x 300 on 5:00 Stroke Drills
	1 on 10:00 Ice
7:05 AM	2,350 Yards - Stress Value = 36

Workout #16552 - Wednesday, 17 December 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 55:00 Jump rope/Circuit
100	1 x 600 on 10:00 Free L.25 of each 100 Non F
	1 x 100 on 10:00 Timed 15m underwaters
	w/ & w/out fins on stomach & back
	Hold BSLR's under :25, nonBSLR at least 5s
1,200	1x{4 x 25 on :30 Kick no board BSLR 15 KOW
	{3 x 75 on 1:20 Kick
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR 13 KOW
	{3 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
4:46 PM	2,100 Yards - Stress Value = 30

Workout #16555 - Wednesday, 17 December 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:42 PM	Start			
2,800	1x{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 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 Freestyle	EN3	S	FR
	{2 x 100 on 1:10 Freestyle	EN2	S	FR
	{1 x 100 on 1:40 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	3,000 Yards - Stress Value = 80			

Workout #16556 - Wednesday, 17 December 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:42 PM	Start			
2,500	1x{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
	{2 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 100 on 1:50 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	2,700 Yards - Stress Value = 70			

Workout #16558 - Wednesday, 17 December 2014

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:42 PM	Start			
2,800	1x{4 x 125 on 1:35 IM w/50 free	EN2	S	IM
	{4 x 50 on :45 Fly	EN2	S	FLY
	{4 x 125 on 1:45 IM w/50 breast	EN2	S	IM
	{4 x 50 on :45 Backstroke	EN2	S	BK

Workout #16559 - Wednesday, 17 December 2014

HighSchl - Gold

1 minute rest between sets

4:42 PM Start

Yards	Set Description	EGY	WORK	STK
2,600	1x{4 x 125 on 1:40 IM w/50 free	EN2	S	IM
	{3 x 50 on :50 Fly	EN2	S	FLY
	{4 x 125 on 1:55 IM w/50 breast	EN2	S	IM
	{3 x 50 on :50 Backstroke	EN2	S	BK
	{4 x 125 on 1:45 IM w/50 back	EN2	S	IM
	{3 x 50 on :55 Breast	EN2	S	BR
	{4 x 125 on 1:50 IM w/50 fly	EN2	S	IM
	{3 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	

5:36 PM 2,850 Yards - Stress Value = 52

	{4 x 125 on 2:05 IM w/50 back	EN2	S	IM
	{2 x 50 on 1:00 Breast	EN2	S	BR
	{3 x 125 on 2:10 IM w/50 fly	EN2	S	IM
	{2 x 50 on :45 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 2,525 Yards - Stress Value = 46

Workout #16554 - Wednesday, 17 December 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 55:00 Jump rope/Circuit
500	1 x 500 on 10:00 Free L.25 of each 100 Non F
100	1 x 100 on 10:00 Timed 15m underwaters w/ & w/out fins on stomach & back
	Hold BSLR's under :34, nonBSLR at least 5s
875	1x{4 x 25 on :40 Kick no board BSLR 15 KOW
	{3 x 75 on 1:45 Kick
	{4 x 25 on :40 Kick no board BSLR 14 KOW
	{1 x 100 on 2:20 Kick
	{4 x 25 on :40 Kick no board BSLR 13 KOW
	{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

4:46 PM 1,675 Yards - Stress Value = 23

Workout #16553 - Wednesday, 17 December 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 55:00 Jump rope/Circuit
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
100	1 x 100 on 10:00 Timed 15m underwaters w/ & w/out fins on stomach & back
	Hold BSLR's under :29, nonBSLR at least 5s
1,025	1x{4 x 25 on :35 Kick no board BSLR 15 KOW
	{3 x 75 on 1:35 Kick
	{4 x 25 on :35 Kick no board BSLR 14 KOW
	{3 x 100 on 2:05 Kick
	{4 x 25 on :35 Kick no board BSLR 13 KOW
	{2 x 75 on 1:25 Kick
	{2 x 25 on :35 Kick no board BS 12 KOW
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:46 PM 1,875 Yards - Stress Value = 26

Workout #16571 - Thursday, 18 December 2014

HighSchl - Back

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY
2,500	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 1:10 Backstroke	EN2
	{2 x 50 on 1:00 Back 10 KOW-Great effort	EN3
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	

5:35 PM 2,750 Yards - Stress Value = 64

Workout #16557 - Wednesday, 17 December 2014

HighSchl - Silver

1 minute rest between sets

4:42 PM Start

Yards	Set Description	EGY	WORK	STK
2,250	1x{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
	{2 x 200 on 3:10 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
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,450 Yards - Stress Value = 65

Workout #16560 - Wednesday, 17 December 2014

HighSchl - Silver

1 minute rest between sets

4:42 PM Start

Yards	Set Description	EGY	WORK	STK
2,275	1x{4 x 125 on 2:00 IM w/50 free	EN2	S	IM
	{2 x 50 on :55 Fly	EN2	S	FLY
	{4 x 125 on 2:15 IM w/50 breast	EN2	S	IM
	{2 x 50 on :55 Backstroke	EN2	S	BK

Workout #16564 - Thursday, 18 December 2014

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 35:00 DS/Weights		
140	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100s free even 100's back		
1,800	7 x 20 on 1:00 Shooters	SP3	
1x{	1 x 125 on 1:55 Breaststroke	EN1	
	{ 4 x 50 on 1:00 Breast under/over	EN2	
	{ 2 x 125 on 1:50 Breaststroke	EN1	
	{ 3 x 50 on 1:00 Breast under/over	EN2	
	{ 3 x 125 on 1:45 Breaststroke	EN1	
	{ 2 x 50 on 1:00 Breast under/over	EN2	
	{ 4 x 125 on 1:40 Breaststroke-descend	EN2	
	{ 2 x 50 on 1:00 Breast unde/over	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,590 Yards - Stress Value = 34		

600	1 x 600 on 10:00 Underwater trn drill		
	Odd 100's free even 100's back		
250	5 x 50 on 1:30 Mid pool swims		
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		
1,000	5 x 200 on 2:45 Pulls snorkels and 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 3,850 Yards - Stress Value = 73		

Workout #16562 - Thursday, 18 December 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EG
5:30 AM	Start	
400	1 on 35:00 DS and Weights	
	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100's free even 100's back	
105	7 x 15 on 1:00 Underwater fly kick w/fins	SE
2,100	1x{3 x 225 on 3:10 Free-descend	EN
	{ 3 x 200 on 2:45 Free-descend	EN
	{ 3 x 175 on 2:25 Free-descend	EN
	{ 3 x 100 on 1:20 Free-descend	EN
250	1 x 250 on 4:00 Stroke Drills	RE
	1 on 10:00 Ice	
7:05 AM	2,855 Yards - Stress Value = 46	

Workout #16565 - Thursday, 18 December 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EG
5:30 AM	Start	
400	1 on 35:00 DS/Weights	
	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100s free even 100's back	
140	7 x 20 on 1:00 Underwater fly kick w/fins	SE
1,700	1x{1 x 125 on 2:05 Breaststroke	EN
	{ 4 x 50 on 1:00 Breast under/over	EN
	{ 2 x 125 on 2:00 Breaststroke	EN
	{ 3 x 50 on 1:00 Breast under/over	EN
	{ 3 x 125 on 1:55 Breaststroke	EN
	{ 2 x 50 on 1:00 Breast under/over	EN
	{ 4 x 125 on 1:50 Breaststroke-descend	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
7:04 AM	2,440 Yards - Stress Value = 32	

Workout #16574 - Thursday, 18 December 2014

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:44 PM	Start			
2,750	1x{2 x 100 on 1:15 Freestyle	EN1	S	FR
	{ 6 x 50 on :45 Fly 2-3, 8 KOW	EN1	S	FLY
	{ 2 x 125 on 1:30 Freestyle	EN1	S	FR
	{ 5 x 50 on :45 Fly 2-4, 7 KOW	EN1	S	FLY
	{ 2 x 125 on 1:30 Freestyle	EN1	S	FR
	{ 4 x 50 on :45 Fly 2-5 6 KOW	EN2	S	FLY
	{ 2 x 125 on 1:30 Freestyle	EN2	S	FR
	{ 3 x 50 on :45 Fly 2-4, 5 KOW	EN1	S	FLY
	{ 2 x 125 on 1:30 Freestyle	EN1	S	FR
	{ 2 x 50 on :45 Fly 2-3, 4 KOW	EN1	S	FLY
	{ 2 x 125 on 1:30 Freestyle	EN1	S	FLY
	{ 1 x 50 on :45 Fly 2-2, 3 KOW	EN1	S	FLY
	{ 2 x 125 on 1:30 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	3,000 Yards - Stress Value = 32			

Workout #16567 - Thursday, 18 December 2014

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
	1 on 30:00 DS/Shoulders

Workout #16568 - Thursday, 18 December 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Shoulders
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 250 5 x 50 on 1:30 Mid Pool Swims
 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
 875 5 x 175 on 2:45 Pulls snorkels and 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 3,475 Yards - Stress Value = 67

Workout #16572 - Thursday, 18 December 2014

HighSchl - Gold

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY
 =====
 2,350 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
 {1 x 50 on 1:00 Back 10 KOW-Great effort EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,600 Yards - Stress Value = 57

Workout #16575 - Thursday, 18 December 2014

HighSchl - Gold

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,400 1x{1 x 100 on 1:20 Freestyle EN1 S FR
 {6 x 50 on :50 Fly 2-3, 8 KOW EN1 S FLY
 {2 x 125 on 1:40 Freestyle EN1 S FR
 {5 x 50 on :50 Fly 2-4, 7 KOW EN1 S FLY
 {2 x 125 on 1:40 Freestyle EN1 S FR
 {4 x 50 on :50 Fly 2-5 6 KOW EN2 S FLY
 {2 x 125 on 1:40 Freestyle EN2 S FR
 {3 x 50 on :50 Fly 2-4, 5 KOW EN1 S FLY
 {2 x 125 on 1:40 Freestyle EN1 S FR
 {2 x 50 on :50 Fly 2-3, 4 KOW EN1 S FLY
 {2 x 125 on 1:40 Freestyle EN1 S FLY
 {1 x 50 on :50 Fly 2-2, 3 KOW EN1 S FLY
 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 = 26

Workout #16563 - Thursday, 18 December 2014

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EC
 =====
 400 1 on 35:00 DS and Weights
 1 x 400 on 7:00 Underwater trn drill RE
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater fly kick w/fins SF
 1,800 1x{3 x 225 on 3:30 Free-descend EN
 {3 x 200 on 3:05 Free-descend EN
 {3 x 175 on 2:40 Free-descend EN
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 7:04 AM 2,590 Yards - Stress Value = 42

Workout #16566 - Thursday, 18 December 2014

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EC
 =====
 350 1 on 35:00 DS/Weights
 1 x 350 on 7:00 Underwater trn drill RE
 Odd 100s free even 100's back
 140 7 x 20 on 1:00 Underwater fly kick w/fins SF
 1,350 1x{1 x 100 on 2:05 Breaststroke EN
 {3 x 50 on 1:15 Breast under/over EN
 {2 x 100 on 2:00 Breaststroke EN
 {2 x 50 on 1:15 Breast under/over EN
 {3 x 100 on 1:55 Breaststroke EN
 {2 x 50 on 1:15 Breast under/over EN
 {4 x 100 on 1:50 Breaststroke-descend EN
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 10:00 Ice
 7:04 AM 2,090 Yards - Stress Value = 27

Workout #16569 - Thursday, 18 December 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Shoulders
 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 250 5 x 50 on 1:30 Mid pool swims
 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
 750 5 x 150 on 2:45 Pulls snorkels and 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 3,150 Yards - Stress Value = 63

Workout #16573 - Thursday, 18 December 2014

HighSchl - Silver

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY
 =====
 2,025 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 1:40 Backstroke EN2
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3
 {3 x 100 on 1:35 Backstroke EN2
 {1 x 50 on 1:15 Back 10 KOW-Great effort EN3
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,275 Yards - Stress Value = 45

Workout #16576 - Thursday, 18 December 2014

HighSchl - Silver

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,150 1x{1 x 100 on 1:30 Freestyle EN1 S FR
 {6 x 50 on :55 Fly 2-3, 8 KOW EN1 S FLY
 {2 x 100 on 1:30 Freestyle EN1 S FR
 {5 x 50 on :55 Fly 2-4, 7 KOW EN1 S FLY
 {2 x 100 on 1:30 Freestyle EN1 S FR
 {4 x 50 on :55 Fly 2-5 6 KOW EN2 S FLY
 {2 x 100 on 1:30 Freestyle EN2 S FR
 {3 x 50 on :55 Fly 2-4, 5 KOW EN1 S FLY
 {2 x 100 on 1:30 Freestyle EN1 S FR
 {2 x 50 on :55 Fly 2-3, 4 KOW EN1 S FLY
 {2 x 100 on 1:30 Freestyle EN1 S FLY
 {1 x 50 on :55 Fly 2-2, 3 KOW EN1 S FLY
 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 = 25

Workout #16570 - Thursday, 18 December 2014

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Shoulders
 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 250 5 x 50 on 1:30 Mid Pools Swims
 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
 625 5 x 125 on 2:45 Pulls snorkels and 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 2,875 Yards - Stress Value = 59

Workout #16577 - Friday, 19 December 2014

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY
 =====
 1 on 50:00 Jump rope/Yoga
 500 1 x 500 on 15:00 5min ez swim 10min IP's REC
 180 12 x 15 on :45 Start/Shooter/Finish SP3
 250 1 x 250 on 14:00 Techniques-TN Turn Drills REC
 with paddles
 1 on 10:00 Sculling Drills in Diving Well REC
 250 1 x 250 on 10:00 Indvdl Prsrctptns REC
 These must be something that gets your HR up
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:05 PM 1,380 Yards - Stress Value = 7

Workout #16578 - Saturday, 20 December 2014

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 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
 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
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:37 AM 5,250 Yards - Stress Value = 122

Workout #16579 - Saturday, 20 December 2014

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 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
 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
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:37 AM 5,100 Yards - Stress Value = 119

Workout #16580 - Saturday, 20 December 2014

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 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
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
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
	9:37 AM 4,900 Yards - Stress Value = 118

Workout #16581 - Saturday, 20 December 2014

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 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
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
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
	9:37 AM 4,650 Yards - Stress Value = 115

Workout #16586 - Monday, 22 December 2014

HighSchl - Distance

1 minute rest between sets

8:45 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	====	====
	hold 100's under 1:05			
3,000	1x{2 x 150 on 1:50 Freestyle	EN1	S	FR
	{5 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:50 Freestyle	EN1	S	FR
	{4 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:50 Freestyle	EN2	S	FR
	{3 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:50 Freestyle	EN1	S	FR
	{2 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 150 on 1:50 Freestyle	EN1	S	FR
	{1 x 100 on 1:10 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	9:35 AM 3,200 Yards - Stress Value = 48			

Workout #16589 - Monday, 22 December 2014

HighSchl - Fly

1 minute rest between sets

8:45 AM Start

Yards	Set Description	EC
=====	=====	==

2,600	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
	{4 x 150 on 2:00 Fly 5+1 stroke off walls	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Ice	
	9:36 AM 2,800 Yards - Stress Value = 52	

Workout #16582 - Monday, 22 December 2014

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 Swim-kick-pull-swim
165	11 x 15 on :45 Cross pool sprints
1,500	1x{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 {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:05 Kick {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:10 Kick {4 x 25 on :30 Kick no board BSLR
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
	8:45 AM 3,565 Yards - Stress Value = 50

Workout #16583 - Monday, 22 December 2014

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 Swim-kick-pull-swim
165	11 x 15 on :45 Cross pool sprints
1,350	1x{4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:20 Kick {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:25 Kick {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:30 Kick {4 x 25 on :30 Kick no board BSLR {2 x 75 on 1:35 Kick {2 x 25 on :30 Kick no board BS
950	1x{1 x 50 on :45 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
	8:45 AM 3,265 Yards - Stress Value = 45

Workout #16587 - Monday, 22 December 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:45 AM Start				
2,650	1x{2 x 150 on 2:00 Freestyle	EN1	S	FR
	{5 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:00 Freestyle	EN1	S	FR
	{4 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:00 Freestyle	EN2	S	FR
	{3 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 150 on 2:00 Freestyle	EN1	S	FR
	{1 x 100 on 1:20 Freestyle	EN2	S	FR
	{1 x 150 on 2:00 Freestyle	EN1	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
9:35 AM 2,850 Yards - Stress Value = 43				

Workout #16590 - Monday, 22 December 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:45 AM Start				
2,300	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		
	{2 x 150 on 2:10 Fly 5+1 stroke off walls	EN		
200	1 x 200 on 3:00 Stroke Drills	RE		
	1 on 10:00 Ice			
9:35 AM 2,500 Yards - Stress Value = 46				

Workout #16584 - Monday, 22 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
7:00 AM Start				
550	1 on 35:00 DS/Weights			
165	1 x 550 on 10:00 Swim-kick-pull-swim			
	11 x 15 on :45 Cross pool sprints			
1,200	1x{4 x 25 on :35 Kick no board BSLR			
	{2 x 125 on 2:40 Kick			
	{4 x 25 on :35 Kick no board BSLR			
	{2 x 100 on 2:10 Kick			
	{4 x 25 on :35 Kick no board BSLR			
	{2 x 100 on 2:15 Kick			
	{4 x 25 on :35 Kick no board BSLR			
	{3 x 50 on 1:10 Kick			
750	1x{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			
8:44 AM 2,865 Yards - Stress Value = 41				

Workout #16588 - Monday, 22 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:45 AM Start				
hold 100's under 1:18				
2,250	1x{2 x 150 on 2:30 Freestyle	EN1	S	FR
	{5 x 100 on 1:30 Freestyle	EN2	S	FR
	{2 x 150 on 2:30 Freestyle	EN1	S	FR
	{4 x 100 on 1:30 Freestyle	EN2	S	FR

	{2 x 150 on 2:30 Freestyle	EN2	S	FR
	{3 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 150 on 2:30 Freestyle	EN1	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
9:35 AM 2,450 Yards - Stress Value = 38				

Workout #16591 - Monday, 22 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:45 AM Start				
2,100	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		
	{1 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			
9:36 AM 2,300 Yards - Stress Value = 42				

Workout #16585 - Monday, 22 December 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
7:00 AM Start				
500	1 on 35:00 DS/Weights			
165	1 x 500 on 10:00 Swim-kick-pull-swim			
	11 x 15 on :45 Cross pool sprints			
1,000	1x{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 100 on 2:30 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 100 on 2:35 Kick			
	{4 x 25 on :45 Kick no board BSLR			
750	1x{2 x 75 on 1:20 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			
8:45 AM 2,615 Yards - Stress Value = 37				

Workout #16592 - Monday, 22 December 2014

HighSchl - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
500	1 on 30:00 DS/Physio Ball Shoulders			
600	1 x 500 on 10:00 Diving Well Warmup			
	1 x 600 on 12:00 Social Kick-8X25 random spr			
	kicks on your own			
480	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			
200	8 x 25 on :45 Variable Speed			
100	1 x 100 on 4:00 Your best stroke OTB			
300	1 x 300 on 5:00 Stroke Drills			
	1 on 10:00 Ice			
4:45 PM 2,180 Yards - Stress Value = 46				

Workout #16606 - Tuesday, 23 December 2014

HighSchl - Back

1 minute rest between sets

3:00 PM Start

Yards	Set Description
400	1 on 35:00 DS and Weights
200	1 x 400 on 7:00 Top Hat Drill
200	4 x 50 on 2:30 OTB your #1
200	35yds fast 15 clsd fist back/free
2,000	4x{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 100 on 1:25 Backstroke-descend
	{1 x 200 on 2:30 Backstroke
	{3 x 100 on 1:25 Backstroke-descend
	{1 x 200 on 2:35 Backstroke
	{3 x 100 on 1:25 Backstroke-descend
	{1 x 200 on 2:40 Backstroke
	{3 x 100 on 1:25 Backstroke-descend
	{1 x 200 on 2:45 Backstroke
300	1 x 300 on 5:00 Stroke Drills
	1 on 10:00 Ice
4:45 PM 3,100 Yards - Stress Value = 50	

Yards	Set Description
400	1 on 35:00 DS and Weights
200	1 x 400 on 7:00 Top Hat Drill
200	4 x 50 on 2:30 OTB your #1
200	35yds fast 15 clsd fist back/free
2,000	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 100 on 1:20 Freestyle
	{1 x 100 on 1:25 Free Hold 1:10
	{1 x 300 on 4:00 Freestyle
	{1 x 50 on :50 Freestyle
	{1 x 200 on 2:40 Freestyle
	{1 x 100 on 1:25 Free Hold 1:09
	{1 x 200 on 2:40 Freestyle
	{1 x 50 on :50 Freestyle
	{1 x 300 on 4:00 Freestyle
	{1 x 100 on 1:25 Free hold 1:05
	{1 x 100 on 1:20 Freestyle
	{1 x 50 on :50 Freestyle
	{1 x 250 on 3:20 Freestyle
	{1 x 100 on 1:25 Free Hold 1:00
300	1 x 300 on 5:00 Stroke Drills
	1 on 10:00 Ice
4:45 PM 3,100 Yards - Stress Value = 47	

Workout #16600 - Tuesday, 23 December 2014

HighSchl - Breast

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WORK	STK
2,300	1x{1 x 200 on 3:10 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:05 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 3:00 Breaststroke	EN2	S	BR
	{4 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
	{4 x 25 on :30 Breast 2K1P	EN1	S	BR
	{1 x 200 on 2:45 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	S	BR
	{1 x 200 on 2:40 Breaststroke	EN2	S	BR
	{4 x 25 on :30 Breast 2K1P	EN1	D	BR
	{1 x 200 on 2:35 Breaststroke	EN2	S	BR
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 = 39				

Workout #16593 - Tuesday, 23 December 2014

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 30:00 DS/Teds Abs
300	1 x 600 on 10:00 Top Hat Drill
300	12 x 25 on :40 Variable Speed
	Rd 1 #1, Rd 2 #2, Rd 3 free
1,500	6 x 50 on 2:00 Your #1-100% Effort
	1x{2 x 100 on 2:00 Kick
	{2 x 50 on 1:00 Kick-100%
	{2 x 100 on 1:55 Kick
	{2 x 50 on 1:00 Kick-100% Effort
	{2 x 100 on 1:50 Kick
	{2 x 50 on 1:00 Kick-100% Effort
	{2 x 100 on 1:45 KICK
	{2 x 50 on 1:00 Kick-100% Effort
	{2 x 100 on 1:40 Kick
	{2 x 50 on 1:00 Kick-100% Effort
100	1 x 100 on 3:00 Kick for time-with snorkel
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:43 AM 3,000 Yards - Stress Value = 70	

Workout #16597 - Tuesday, 23 December 2014

HighSchl - Distance

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	W
2,800	1x{1 x 400 on 5:30 Free L.100 6-7-8-9 KOW	EN2	
	{1 x 400 on 5:25 Free L.100 des 25's	EN2	
	{1 x 400 on 5:20 Free L.100 BWHPF	EN2	
	{1 x 400 on 5:15 Free L.100 SFBO	EN2	
	{1 x 400 on 5:10 Free L.100 Br on 5	EN2	
	{1 x 400 on 5:05 Free L.100-6bk	EN2	
	{1 x 400 on 5:00 Free-best effort	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:35 AM 3,050 Yards - Stress Value = 56			

Workout #16603 - Tuesday, 23 December 2014

HighSchl - Distance

1 minute rest between sets

3:00 PM Start

Workout #16594 - Tuesday, 23 December 2014

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Teds Abs
 300 1 x 600 on 10:00 Top Hat Drill
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 300 6 x 50 on 2:00 Your #1 100% Effort
 1,500 1x{2 x 100 on 2:00 Kick
 {2 x 50 on 1:00 Kick-100%
 {2 x 100 on 1:55 Kick
 {2 x 50 on 1:00 Kick-100% Effort
 {2 x 100 on 1:50 Kick
 {2 x 50 on 1:00 Kick-100% Effort
 {2 x 100 on 1:45 Kick
 {2 x 50 on 1:00 Kick-100% Effort
 {2 x 100 on 1:40 Kick
 {2 x 50 on 1:00 Kick-100% Effort
 100 1 x 100 on 3:00 Kick for time-with snorkel
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:43 AM 3,000 Yards - Stress Value = 70

3:00 PM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS and Weights
 200 1 x 400 on 7:00 Top Hat Drill
 200 4 x 50 on 2:30 OTB your #1
 35yds fast 15 clsd fist back/free
 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 1:30 Freestyle
 {1 x 100 on 1:35 Free Hold 1:18
 {1 x 300 on 4:30 Freestyle
 {1 x 50 on :55 Freestyle
 {1 x 200 on 3:00 Freestyle
 {1 x 100 on 1:35 Free Hold 1:17
 {1 x 200 on 3:00 Freestyle
 {1 x 50 on :55 Freestyle
 {1 x 300 on 4:30 Freestyle
 {1 x 100 on 1:35 Free hold 1:16
 {1 x 100 on 1:30 Freestyle
 {1 x 50 on :55 Freestyle
 {1 x 100 on 1:35 Free Hold 1:05
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 4:45 PM 2,850 Yards - Stress Value = 42

Workout #16607 - Tuesday, 23 December 2014

HighSchl - Gold

1 minute rest between sets

Workout #16598 - Tuesday, 23 December 2014

HighSchl - Gold

1 minute rest between sets

8:43 AM Start
 Yards Set Description EGY WORK STK
 =====
 2,550 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 400 on 5:35 Free L.100-6bk EN2
 {1 x 150 on 2:00 Free-best effort EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,800 Yards - Stress Value = 51

3:00 PM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS and Weights
 200 1 x 400 on 7:00 Top Hat Drill
 200 4 x 50 on 2:30 OTB your #1
 35yds fast 15 clsd fist back/free
 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{3 x 100 on 1:30 Backstroke-descend
 {1 x 200 on 2:40 Backstroke
 {3 x 100 on 1:30 Backstroke-descend
 {1 x 200 on 2:45 Backstroke
 {3 x 100 on 1:30 Backstroke-descend
 {1 x 200 on 2:50 Backstroke
 {4 x 100 on 1:30 Backstroke-descend
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 4:45 PM 3,000 Yards - Stress Value = 48

Workout #16601 - Tuesday, 23 December 2014

HighSchl - Gold

1 minute rest between sets

8:43 AM Start
 Yards Set Description EGY WORK STK
 =====
 2,100 1x{1 x 200 on 3:25 Breaststroke EN2 S BR
 {4 x 25 on :30 Breast 2K1P EN1 D BR
 {1 x 200 on 3:20 Breaststroke EN2 S BR
 {4 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
 {4 x 25 on :30 Breast 2K1P EN1 D BR
 {1 x 200 on 3:05 Breaststroke EN2 S BR
 {4 x 25 on :30 Breast 2K1P EN1 S BR
 {1 x 200 on 3:00 Breaststroke EN2 S BR
 {4 x 25 on :30 Breast 2K1P EN1 S BR
 {1 x 200 on 2:55 Breaststroke EN2 S BR
 {4 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
 9:35 AM 2,350 Yards - Stress Value = 35

Workout #16604 - Tuesday, 23 December 2014

HighSchl - Gold

1 minute rest between sets

Workout #16595 - Tuesday, 23 December 2014

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Teds Abs
 300 1 x 550 on 10:00 Top Hat Drill
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 300 6 x 50 on 2:00 Your #1 100% Effort
 1,300 1x{2 x 100 on 2:15 Kick
 {2 x 50 on 1:10 Kick-100%
 {2 x 100 on 2:10 Kick
 {2 x 50 on 1:10 Kick-100% Effort
 {2 x 100 on 2:05 Kick
 {2 x 50 on 1:10 Kick-100% Effort
 {2 x 100 on 2:00 Kick
 {2 x 50 on 1:10 Kick-100% Effort
 {1 x 100 on 1:55 Kick
 100 1 x 100 on 3:00 Kick for time-with snorkel
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:43 AM 2,750 Yards - Stress Value = 66

1 on 35:00 DS and Weights
 350 1 x 350 on 7:00 Top Hat Drill
 200 4 x 50 on 2:30 OTB your #1
 35yds fast 15 clsd fist back/free
 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 1:45 Freestyle
 {1 x 100 on 1:50 Free Hold 1:25
 {1 x 300 on 5:15 Freestyle
 {1 x 50 on 1:00 Freestyle
 {1 x 200 on 3:30 Freestyle
 {1 x 100 on 1:50 Free Hold 1:24
 {1 x 200 on 3:30 Freestyle
 {1 x 50 on 1:00 Freestyle
 {1 x 300 on 5:15 Freestyle
 {1 x 100 on 1:50 Free hold 1:15
 {1 x 50 on :50 Freestyle
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 4:45 PM 2,600 Yards - Stress Value = 39

Workout #16608 - Tuesday, 23 December 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS and Weights
 200 1 x 400 on 7:00 Top Hat Drill
 200 4 x 50 on 2:30 OTB your #1
 35yds fast 15 clsd fist back/free
 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 100 on 1:40 Backstroke-descend
 {1 x 200 on 3:00 Backstroke
 {3 x 100 on 1:40 Backstroke-descend
 {1 x 200 on 3:05 Backstroke
 {3 x 100 on 1:40 Backstroke-descend
 {1 x 200 on 3:10 Backstroke
 {2 x 100 on 1:40 Backstroke-descend
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 4:45 PM 2,800 Yards - Stress Value = 44

Workout #16599 - Tuesday, 23 December 2014

HighSchl - Silver

1 minute rest between sets

8:43 AM Start
 Yards Set Description EGY W
 =====
 2,150 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 400 on 6:35 Free L.100 Br on 5 EN2
 {1 x 150 on 2:20 Free-all 6BK EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,400 Yards - Stress Value = 43

Workout #16602 - Tuesday, 23 December 2014

HighSchl - Silver

1 minute rest between sets

8:43 AM Start
 Yards Set Description EGY WORK STK
 =====
 1,900 1x{1 x 200 on 3:40 Breaststroke EN2 S BR
 {4 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
 {4 x 25 on :35 Breast 2K1P EN1 D BR
 {1 x 200 on 3:25 Breaststroke EN2 S BR
 {4 x 25 on :35 Breast 2K1P EN1 D BR
 {1 x 200 on 3:20 Breaststroke EN2 S BR
 {4 x 25 on :35 Breast 2K1P EN1 S BR
 {1 x 200 on 3:15 Breaststroke EN2 S BR
 {4 x 25 on :35 Breast 2K1P EN2 D BR
 {1 x 100 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
 9:35 AM 2,150 Yards - Stress Value = 33

Workout #16596 - Tuesday, 23 December 2014

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Teds Abs
 300 1 x 500 on 10:00 Top Hat Drill
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 300 6 x 50 on 2:00 Your #1 100% Effort
 1,300 1x{2 x 100 on 2:15 Kick
 {2 x 50 on 1:10 Kick-100%
 {2 x 100 on 2:10 Kick
 {2 x 50 on 1:10 Kick-100% Effort
 {2 x 100 on 2:05 Kick
 {2 x 50 on 1:10 Kick-100% Effort
 {2 x 100 on 2:00 Kick
 {2 x 50 on 1:10 Kick-100% Effort
 {1 x 100 on 1:55 Kick
 100 1 x 100 on 3:00 Kick for time-with snorkel
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:43 AM 2,700 Yards - Stress Value = 66

Workout #16605 - Tuesday, 23 December 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====

Workout #16609 - Wednesday, 24 December 2014

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					

{1 x 300 on 3:30 Freestyle	EN
{4 x 75 on 1:00 Freestyle	EN
{1 x 300 on 3:30 Freestyle	EN
{3 x 100 on 1:20 Freestyle	EN
{1 x 300 on 3:30 Freestyle	EN
{6 x 50 on :40 Freestyle	EN
1 x 200 on 3:00 Stroke Drills	RE
1 on 10:00 Ice	
4:45 PM 3,140 Yards - Stress Value = 54	

Workout #16614 - Friday, 26 December 2014

HighSchl - Back

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WC
2,125	1x{3 x 25 on :30 Back -6 kick switch	EN1	
	{3 x 50 on :45 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 2:40 Backstroke	EN2	
	{3 x 25 on :30 Back-6 kick switch	EN2	
	{3 x 50 on :45 Back-descend 3/5/7/ KOW	EN2	
	{1 x 200 on 2:35 Backstroke	EN2	
	{3 x 25 on :30 Back-6 kick switch	EN1	
	{3 x 50 on :45 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 2:30 Backstroke	EN2	
	{3 x 25 on :30 Back-6 kick switch	EN1	
	{3 x 50 on :45 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 2:25 Backstroke	EN2	
	{3 x 25 on :30 Back- 6 kick switch	EN1	
	{3 x 50 on :45 Back-descend 3/5/7 KOW	EN2	
	{1 x 200 on 2:20 Backstroke	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:36 AM 2,625 Yards - Stress Value = 41			

Workout #16617 - Friday, 26 December 2014

HighSchl - Fly

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WORK	STK
Hold all swims 5s faster then int				
2,100	1x{1 x 25 on :25 Butterfly	EN1	S	FLY
	{1 x 50 on :40 Freestyle	EN2	S	FR
	{2 x 25 on :25 Butterfly	EN2	S	FLY
	{2 x 50 on :40 Freestyle	EN2	S	FR
	{3 x 25 on :25 Butterfly	EN2	S	FR
	{3 x 50 on :40 Freestyle	EN2	S	FR
	{4 x 25 on :25 Butterfly	EN2	S	FR
	{4 x 50 on :40 Freestyle	EN2	S	FR
	{5 x 25 on :25 Butterfly	EN2	S	FLY
	{5 x 50 on :40 Freestyle	EN2	S	FR
	{6 x 25 on :25 Butterfly	EN2	S	FLY
	{6 x 50 on :40 Freestyle	EN2	S	FR
	{7 x 25 on :25 Butterfly	EN2	S	FLY
	{7 x 50 on :40 Freestyle	EN2	S	FR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
9:35 AM 2,600 Yards - Stress Value = 42				

Workout #16610 - Friday, 26 December 2014

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
	1 on 45:00 DS and Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100's free even 100's back	
140	7 x 20 on 1:00 Underwater Fly Kick w/fins	SE
1,700	1x{3 x 100 on 1:30 Breaststroke	
	{1 x 50 on 1:00 Under/Overs-2X Pullouts-turn	
	{3 x 100 on 1:30 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	
4:45 PM 2,440 Yards - Stress Value = 46		

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 DS/Shoulders			
600	1 x 600 on 10:00 Underwater trn drill			
250	5 x 50 on 1:30 Mid pool swims			
1,100	1x{4 x 25 on :30 Kick IM order			
	{2 x 125 on 2:15 Kick			
	{2 x 100 on 2:05 Kick your non #1			
	{4 x 25 on :30 Kick IM			
	{2 x 125 on 2:10 Kick			
	{2 x 100 on 2:00 Kick your non #1			
500	5 x 100 on 3:00 Your #1 (No IM)			
800	1x{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			
8:41 AM 3,450 Yards - Stress Value = 97				

Workout #16620 - Friday, 26 December 2014

HighSchl - Distance

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EC
	1 on 45:00 DS/Weights	
400	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100's free even 100's back	
140	7 x 20 on 1:00 Underwater Fly Kick w/fins	SE
2,400	1x{ Hold all 1:20 base swims under 1:07	
	{1 x 300 on 3:30 Freestyle	EN
	{2 x 150 on 2:00 Freestyle	EN

Workout #16611 - Friday, 26 December 2014

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
 250 5 x 50 on 1:30 Mid pool swims
 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
 500 5 x 100 on 3:00 Your #1 (No IM)
 650 1x{1 x 100 on 1:35 Pulls BWSPPF-5
 {1 x 100 on 1:35 Pulls BWHPPF-4
 {1 x 100 on 1:35 Pulls BWKPPF-3
 {1 x 100 on 1:35 Pulls BWFPPF-2
 {1 x 100 on 1:30 Pulls BWSPPF-4
 {1 x 100 on 1:30 Pulls BWHPPF-3
 {1 x 50 on :45 Pulls BWKPPF-2
 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 = 92

500 10 x 50 on 1:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 9:35 AM 2,300 Yards - Stress Value = 36

Workout #16621 - Friday, 26 December 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY
 =====
 1 on 45:00 DS/Weights
 400 1 x 400 on 7:00 Underwater trn drill RE
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater Fly Kick w/fins SF
 2,100 1x{1 x 250 on 3:20 Freestyle EN
 { Hold all 1:30 base swims under 1:14
 {2 x 150 on 2:15 Freestyle EN
 {1 x 250 on 3:20 Freestyle EN
 {4 x 75 on 1:10 Freestyle EN
 {1 x 250 on 3:20 Freestyle EN
 {3 x 100 on 1:30 Freestyle EN
 {1 x 250 on 3:20 Freestyle EN
 {4 x 50 on :45 Freestyle EN
 250 1 x 250 on 4:00 Stroke Drills RE
 1 on 9:00 Ice
 4:45 PM 2,890 Yards - Stress Value = 48

Workout #16615 - Friday, 26 December 2014

HighSchl - Gold

1 minute rest between sets

8:43 AM Start
 Yards Set Description EGY WC
 =====
 1,925 1x{3 x 25 on :30 Back -6 kick switch EN1
 {3 x 50 on :50 Back-descend 3/5/7 KOW EN2
 {1 x 200 on 3:00 Backstroke EN2
 {3 x 25 on :30 Back-6 kick switch EN2
 {3 x 50 on :50 Back-descend 3/5/7/ KOW EN2
 {1 x 200 on 2:55 Backstroke EN2
 {3 x 25 on :30 Back-6 kick switch EN1
 {3 x 50 on :50 Back-descend 3/5/7 KOW EN2
 {1 x 200 on 2:50 Backstroke EN2
 {3 x 25 on :30 Back-6 kick switch EN1
 {3 x 50 on :50 Back-descend 3/5/7 KOW EN2
 {1 x 200 on 2:45 Backstroke EN2
 {3 x 25 on :30 Back-6 kick switch EN1
 {3 x 50 on :50 Back-descend 3/5/7 KOW EN2
 500 10 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 9:36 AM 2,425 Yards - Stress Value = 37

Workout #16624 - Friday, 26 December 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 45:00 DS and Weights
 400 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater Fly Kick w/fins
 1,650 1x{3 x 100 on 1:40 Breaststroke
 {1 x 50 on 1:00 Under/Overs-2X Pullouts-turn
 {3 x 100 on 1:40 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
 4:45 PM 2,390 Yards - Stress Value = 45

Workout #16618 - Friday, 26 December 2014

HighSchl - Gold

1 minute rest between sets

8:43 AM Start
 Yards Set Description EGY WORK STK
 =====
 Hold all swims 5s faster then int
 1,800 1x{1 x 25 on :30 Butterfly EN1 S FLY
 {1 x 50 on :45 Freestyle EN2 S FR
 {2 x 25 on :30 Butterfly EN2 S FLY
 {2 x 50 on :45 Freestyle EN2 S FR
 {3 x 25 on :30 Butterfly EN2 S FR
 {3 x 50 on :45 Freestyle EN2 S FR
 {4 x 25 on :30 Butterfly EN2 S FR
 {4 x 50 on :45 Freestyle EN2 S FR
 {5 x 25 on :30 Butterfly EN2 S FLY
 {5 x 50 on :45 Freestyle EN2 S FR
 {6 x 25 on :30 Butterfly EN2 S FLY
 {6 x 50 on :45 Freestyle EN2 S FR
 {7 x 25 on :30 Butterfly EN2 S FLY
 {1 x 50 on :45 Freestyle EN2 S FR

Workout #16612 - Friday, 26 December 2014

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 25:00 DS/Shoulders
 250 1 x 500 on 10:00 Underwater trn drill
 750 5 x 50 on 1:30 Mid pool swims
 1x{4 x 25 on :45 Kick IM order
 {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
 {2 x 100 on 2:25 Kick
 500 5 x 100 on 3:00 Your #1 (No IM)
 550 1x{1 x 50 on :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
 8:41 AM 2,750 Yards - Stress Value = 87

Workout #16616 - Friday, 26 December 2014

HighSchl - Silver

1 minute rest between sets

8:43 AM Start
 Yards Set Description EGY WC
 =====
 1,730 1x{3 x 25 on :35 Back -6 kick switch EN1
 {3 x 50 on :55 Back-descend 3/5/7 KOW EN2
 {1 x 200 on 3:20 Backstroke EN2
 {3 x 35 on :35 Back-6 kick switch EN2
 {3 x 50 on :55 Back-descend 3/5/7/ KOW EN2
 {1 x 200 on 3:15 Backstroke EN2
 {3 x 25 on :35 Back-6 kick switch EN1
 {3 x 50 on :55 Back-descend 3/5/7 KOW EN2
 {1 x 200 on 3:10 Backstroke EN2
 {3 x 25 on :35 Back-6 kick switch EN1
 {3 x 50 on :55 Back-descend 3/5/7 KOW EN2
 {1 x 200 on 3:05 Backstroke EN2
 500 10 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,230 Yards - Stress Value = 33

Workout #16619 - Friday, 26 December 2014

HighSchl - Silver

1 minute rest between sets

8:43 AM Start
 Yards Set Description EGY WORK STK
 =====
 Hold all swims 5s faster then int
 1,700 1x{1 x 25 on :30 Butterfly EN1 S FLY
 {1 x 50 on :50 Freestyle EN2 S FR
 {2 x 25 on :30 Butterfly EN2 S FLY
 {2 x 50 on :50 Freestyle EN2 S FR
 {3 x 25 on :30 Butterfly EN2 S FR
 {3 x 50 on :50 Freestyle EN2 S FR
 {4 x 25 on :30 Butterfly EN2 S FR
 {4 x 50 on :50 Freestyle EN2 S FR
 {5 x 25 on :30 Butterfly EN2 S FLY
 {5 x 50 on :50 Freestyle EN2 S FR
 {6 x 25 on :30 Butterfly EN2 S FLY
 {5 x 50 on :50 Freestyle EN2 S FR
 {7 x 25 on :30 Butterfly EN2 S FLY
 500 10 x 50 on 1:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 9:35 AM 2,200 Yards - Stress Value = 34

Workout #16622 - Friday, 26 December 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 400 1 on 45:00 DS/Weights
 1 x 400 on 7:00 Underwater trn drill RE
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater Fly Kick w/fins SE
 1,850 1x{ Hold all 1:40 base swims under 1:22
 {1 x 200 on 3:00 Freestyle EN
 {2 x 150 on 2:30 Freestyle EN
 {1 x 200 on 3:00 Freestyle EN
 {4 x 75 on 1:15 Freestyle EN
 {1 x 200 on 3:00 Freestyle EN
 {3 x 100 on 1:40 Freestyle EN
 {1 x 200 on 3:00 Freestyle EN
 {3 x 50 on :50 Freestyle EN
 200 1 x 200 on 3:00 Stroke Drills RE
 1 on 10:00 Ice
 4:45 PM 2,590 Yards - Stress Value = 43

Workout #16625 - Friday, 26 December 2014

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 400 1 on 45:00 DS and Weights
 1 x 400 on 7:00 Underwater trn drill
 Odd 100's free even 100's back
 140 7 x 20 on 1:00 Underwater Fly Kick w/fins
 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
 4:44 PM 2,240 Yards - Stress Value = 42

Workout #16613 - Friday, 26 December 2014

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 25:00 DS/Shoulders
 1 x 550 on 10:00 Underwater trn drill
 250 5 x 50 on 1:30 Mid pool swims
 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
 500 5 x 100 on 3:00 Your #1 (No IM)
 650 1x{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
 8:42 AM 3,000 Yards - Stress Value = 90

Workout #16680 - Monday, 29 December 2014

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EC
10:00 AM	Start	
=====	=====	==
	1 on 25:00 DS/Core	
500	1 x 500 on 10:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SF
1,550	1x{4 x 25 on :35 Kick no board BSLR	EN
	{2 x 100 on 1:40 Kick	EN
	{4 x 25 on :35 Kick no board BSLR	EN
	{2 x 100 on 1:45 Kick	EN
	{4 x 25 on :35 Kick no board BSLR	EN
	{3 x 100 on 1:50 Kick	EN
	{6 x 25 on :35 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
	12:31 PM 5,500 Yards - Stress Value = 96	

Workout #16681 - Monday, 29 December 2014

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
10:00 AM	Start	
=====	=====	==
	1 on 25:00 DS/Core	
500	1 x 500 on 10:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SF
1,350	1x{4 x 25 on :40 Kick no board BSLR	EN
	{1 x 100 on 1:55 Kick	EN
	{4 x 25 on :40 Kick no board BSLR	EN
	{2 x 100 on 2:00 Kick	EN
	{4 x 25 on :40 Kick no board BSLR	EN
	{3 x 100 on 2:05 Kick	EN
	{6 x 25 on :40 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
	12:31 PM 4,900 Yards - Stress Value = 84	

Workout #16682 - Monday, 29 December 2014

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
10:00 AM	Start	
=====	=====	==
	1 on 25:00 DS/Core	
450	1 x 450 on 10:00 Underwater trn drill	RE
150	10 x 15 on :45 Shooters	SF
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
	12:31 PM 4,400 Yards - Stress Value = 75	

Workout #16683 - Monday, 29 December 2014

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
10:00 AM	Start	
=====	=====	==
	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
	12:31 PM 4,050 Yards - Stress Value = 69	

Workout #16630 - Monday, 29 December 2014

HighSchl - Distance

1 minute rest between sets

8:50 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
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 2,750 Yards - Stress Value = 42

Workout #16633 - Monday, 29 December 2014

HighSchl - Fly

1 minute rest between sets

8:50 AM Start
 Yards Set Description EGY
 =====
 2,000 1x{1 x 200 on 2:45 3 strokes fly off walls EN2
 {8 x 25 on :30 Fly-Great effort EN2
 {2 x 175 on 2:20 3 strokes fly off walllls EN2
 {6 x 25 on :35 Fly-Great Effort EN3
 {3 x 150 on 1:55 3 strokes fly off walls EN2
 {4 x 25 on :40 Fly-Great effort EN3
 {4 x 125 on 1:35 3 strokes fly off walls EN2
 {2 x 25 on :45 Fly-Great effort EN3
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 9:36 AM 2,200 Yards - Stress Value = 52

Workout #16626 - Monday, 29 December 2014

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 35:00 DS/Weights
 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 Non BSLR's are with snorkel
 1,500 1x{8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:35 Kick
 {8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:30 Kick
 {8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:25 Kick
 1,350 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
 {1 x 100 on 1:20 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
 8:49 AM 3,815 Yards - Stress Value = 50

Workout #16627 - Monday, 29 December 2014

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 35:00 DS/Weights
 1 x 600 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,350 1x{8 x 25 on :30 Kick no board BSLR
 {2 x 150 on 3:05 Kick
 {8 x 25 on :30 Kick no board BSLR

{2 x 150 on 3:00 Kick
 {8 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:55 Kick
 1,100 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
 {1 x 100 on 1:30 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
 8:49 AM 3,415 Yards - Stress Value = 45

Workout #16631 - Monday, 29 December 2014

HighSchl - Gold

1 minute rest between sets

8:50 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
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:36 AM 2,550 Yards - Stress Value = 38

Workout #16634 - Monday, 29 December 2014

HighSchl - Gold

1 minute rest between sets

8:50 AM Start
 Yards Set Description EGY
 =====
 1,800 1x{1 x 200 on 3:00 3 strokes fly off walls EN2
 {8 x 25 on :30 Fly-Great effort EN2
 {2 x 175 on 2:35 3 strokes fly off walllls EN2
 {6 x 25 on :35 Fly-Great Effort EN3
 {3 x 150 on 2:10 3 strokes fly off walls EN2
 {4 x 25 on :40 Fly-Great effort EN3
 {4 x 75 on 1:00 3 strokes fly off walls EN2
 {2 x 25 on :45 Fly-Great effort EN3
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,000 Yards - Stress Value = 48

Workout #16628 - Monday, 29 December 2014

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
 165 11 x 15 on :45 Cross pool sprints
 1,200 1x{8 x 25 on :35 Kick no board BSLR
 {1 x 150 on 3:30 Kick
 {8 x 25 on :35 Kick no board BSLR
 {1 x 150 on 3:25 Kick
 {8 x 25 on :35 Kick no board BSLR
 {2 x 150 on 3:20 Kick
 1,000 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
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:49 AM 3,115 Yards - Stress Value = 43

Workout #16632 - Monday, 29 December 2014

HighSchl - Silver

1 minute rest between sets

8:50 AM 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
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice
9:36 AM	2,250 Yards - Stress Value = 34

Workout #16635 - Monday, 29 December 2014

HighSchl - Silver

1 minute rest between sets

8:50 AM Start

Yards	Set Description	EGY
1,700	1x{1 x 200 on 3:15 3 strokes fly off walls 8 x 25 on :30 Fly-Great effort 2 x 175 on 2:50 3 strokes fly off wallls 6 x 25 on :35 Fly-Great Effort 3 x 150 on 2:20 3 strokes fly off walls 4 x 25 on :40 Fly-Great effort 4 x 50 on :45 3 strokes fly off walls 2 x 25 on :45 Fly-Great effort	EN2 EN2 EN2 EN3 EN2 EN3 EN2 EN3
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC
9:35 AM	1,900 Yards - Stress Value = 46	

Workout #16629 - Monday, 29 December 2014

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 35:00 DS/Weights 1 x 500 on 10:00 Swim-kick-pull-swim
165	11 x 15 on :45 Cross pool sprints
1,050	1x{8 x 25 on :40 Kick no board BSLR 2 x 150 on 3:50 Freestyle 8 x 25 on :40 Kick no board BSLR 2 x 125 on 3:05 Freestyle 4 x 25 on :40 Kick no board BSLR
850	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 1 x 50 on :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
8:49 AM	2,765 Yards - Stress Value = 38

Workout #16636 - Monday, 29 December 2014

HighSchl - Speed Acquisition

1 minute rest between sets

3:00 PM Start

Yards	Set Description
400	1 on 10:00 Dynamic Stretch 1 x 400 on 7:00 Too Complicated to type out
120	8 x 15 on :45 Spinners
100	1 x 100 on 3:00 Kick for time w/ a board
1,350	3x{3 x 25 on :30 Free w/ weight belts-desc 3 x 50 on :55 Free w/ weight belts-desc 3 x 75 on 1:15 Free w/ weight belts-desc 1 on 1:00 Add more weight 1 on 3:00 Switch Pools

840	1x{7 x 30 on 1:00 Freestyle 1 x 120 on 3:30 Freestyle 5 x 30 on 1:00 Freestyle 1 x 120 on 3:30 Freestyle 3 x 30 on 1:00 Freestyle 1 x 120 on 3:30 Freestyle 1 x 30 on 1:00 Freestyle
350	7 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
4:45 PM	3,160 Yards - Stress Value = 82

Workout #16650 - Tuesday, 30 December 2014

HighSchl - Back

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
400	1 on 30:00 DS/Physio Balls		
200	1 x 400 on 7:00 Top Hat Drill		REC
2,000	4 x 50 on 2:30 OTB #1 35ys fast 15 yds clsd fist back or free		SP3
1x{	1 x 150 on 2:10 Backstroke 2 x 150 on 2:05 Back #2 5 KOW 3 x 150 on 2:00 Back #3 descend 50's 4 x 150 on 1:55 Back #4 odd 50's fast 5 x 100 on 1:15 Back #5 100%	EN1 EN2 EN2 EN2 EN2	
300	6 x 50 on 2:00 Freestyle		SP1
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice		REC
4:44 PM	3,150 Yards - Stress Value = 71		

Workout #16644 - Tuesday, 30 December 2014

HighSchl - Breast

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY	WOF
2,250	1x{2 x 200 on 3:05 Breaststroke 1 on :20 Put fins on 6 x 25 on :30 Breast TO Drill w/fins 2 x 175 on 2:35 Breaststroke 1 on :20 Put fins on 6 x 25 on :30 Breast TO drill w/fins 2 x 150 on 2:05 Breaststroke 1 on :20 Put fins on 6 x 25 on :30 Breast TO Drill w/fins 2 x 125 on 1:40 Breaststroke 1 on :20 Put fins on 6 x 25 on :30 Breast TO drill w/fins 2 x 100 on 1:15 Breaststroke 1 on :20 Put fins on 6 x 25 on :30 Breast TO drill w/fins	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
400	8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice		REC
9:35 AM	2,650 Yards - Stress Value = 45		

Workout #16641 - Tuesday, 30 December 2014

HighSchl - Distance

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY	WORK	STK
3,000	1x{1 x 600 on 7:50 Free L.25 6bk 1 x 600 on 7:40 Free L.50 6bk 1 x 600 on 7:30 Free L.75 6bk 1 x 600 on 7:20 Free L.100 6bk 1 x 600 on 7:10 Free L.125 6bk	EN2 EN2 EN2 EN2 EN2	S	FR
400	8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
9:35 AM	3,400 Yards - Stress Value = 60			M

Workout #16647 - Tuesday, 30 December 2014

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 30:00 DS/Physio Balls L DF
 400 1 x 400 on 7:00 Top Hat Drill REC D F
 200 4 x 50 on 2:30 OTB #1 35ys fast SP3 S ST
 15 yds clsd fist back or free
 1,850 1x{1 x 350 on 4:45 Freestyle EN2 S F
 {3 x 50 on :45 Free-Great Effort EN3 S F
 {1 x 350 on 4:40 Freestyle EN2 S F
 {3 x 50 on :50 Free-Great Effort EN2 S F
 {1 x 350 on 4:35 Freestyle EN2 S F
 {3 x 50 on :55 Free-Great Effort EN3 S F
 {1 x 200 on 2:35 Freestyle EN2 S F
 {3 x 50 on 1:00 Free-Great Effort EN3 S F
 300 6 x 50 on 2:00 Freestyle SP1 S F
 250 1 x 250 on 4:00 Stroke Drills REC D C
 1 on 10:00 Ice M
 4:45 PM 3,000 Yards - Stress Value = 87

Workout #16637 - Tuesday, 30 December 2014

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs
 600 1 x 600 on 10:00 Top Hat Drill
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 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
 1,500 1 x 1500 on 19:00 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
 8:37 AM 4,000 Yards - Stress Value = 72

Workout #16638 - Tuesday, 30 December 2014

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs
 600 1 x 600 on 10:00 Underwater trn drill
 300 12 x 25 on :40 Variable Speed
 Rd 1 #1, Rd 2 #2, Rd 3 free
 1,150 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 150 on 2:20 Kick
 1,400 1 x 1400 on 19:00 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
 8:37 AM 3,650 Yards - Stress Value = 65

Workout #16642 - Tuesday, 30 December 2014

HighSchl - Gold

1 minute rest between sets

8:38 AM Start
 Yards Set Description EGY WORK STK
 =====
 2,750 1x{1 x 600 on 8:30 Free L.25 6bk EN2 S FR
 {1 x 600 on 8:20 Free L.50 6bk EN2 S FR
 {1 x 600 on 8:10 Free L.75 6bk EN2 S FR
 {1 x 600 on 8:00 Free L.100 6bk EN2 S FR
 {1 x 350 on 4:30 Free L.125 6bk EN2 S FR
 400 8 x 50 on 1:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 9:35 AM 3,150 Yards - Stress Value = 55

Workout #16645 - Tuesday, 30 December 2014

HighSchl - Gold

1 minute rest between sets

8:38 AM Start
 Yards Set Description EGY WOF
 =====
 2,150 1x{2 x 200 on 3:15 Breaststroke EN2
 {1 on :20 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins EN2
 {2 x 175 on 2:45 Breaststroke EN2
 {1 on :20 Put fins on
 {6 x 25 on :30 Breast TO drill w/fins EN2
 {2 x 150 on 2:15 Breaststroke EN2
 {1 on :20 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins EN2
 {2 x 125 on 1:50 Breaststroke EN2
 {1 on :20 Put fins on
 {4 x 25 on :30 Breast TO drill w/fins EN2
 {2 x 100 on 1:25 Breaststroke EN2
 {1 on :20 Put fins on
 {4 x 25 on :30 Breast TO drill w/fins EN2
 400 8 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,550 Yards - Stress Value = 43

Workout #16648 - Tuesday, 30 December 2014

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 30:00 DS/Physio Balls WT
 350 1 x 350 on 7:00 Top Hat Drill REC D F
 200 4 x 50 on 2:30 OTB #1 35ys fast SP3 S ST
 15 yds clsd fist back or free
 1,750 1x{1 x 350 on 5:15 Freestyle EN2 S F
 {3 x 50 on :50 Free-Great Effort EN3 S F
 {1 x 350 on 5:10 Freestyle EN2 S F
 {3 x 50 on :55 Free-Great Effort EN3 S F
 {1 x 350 on 5:05 Freestyle EN2 S F
 {3 x 50 on 1:00 Free-Great Effort EN3 S F
 {1 x 250 on 3:35 Freestyle EN2 S F
 300 6 x 50 on 2:00 Freestyle SP1 S F
 250 1 x 250 on 4:00 Stroke Drills REC D C
 1 on 10:00 Ice M
 4:45 PM 2,850 Yards - Stress Value = 85

Workout #16642 - Tuesday, 30 December 2014

HighSchl - Gold

1 minute rest between sets

Workout #16651 - Tuesday, 30 December 2014

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM	Start		
400	1 on 30:00 DS/Physio Balls		
400	1 x 400 on 7:00 Top Hat Drill	REC	
200	4 x 50 on 2:30 OTB #1 35ys fast	SP3	
	15 yds clsd fist back or free		
1,875	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 75 on 1:10 Back #5 100%	EN2	
300	6 x 50 on 2:00 Freestyle	SP1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:45 PM	3,025 Yards - Stress Value = 69		

Workout #16639 - Tuesday, 30 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
7:00 AM	Start			
550	1 on 30:00 DS/Ted abs			
300	1 x 550 on 10:00 Top Hat Drill			
1,000	12 x 25 on :40 Variable Speed			
	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			
1,250	1 x 1250 on 19:00 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			
8:37 AM	3,300 Yards - Stress Value = 59			

Workout #16643 - Tuesday, 30 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:38 AM	Start			
2,400	1x{1 x 600 on 9:30 Free L.25 6bk	EN2	S	FR
	{1 x 600 on 9:20 Free L.50 6bk	EN2	S	FR
	{1 x 600 on 9:10 Free L.75 6bk	EN2	S	FR
	{1 x 600 on 9:00 Free L.100 6bk	EN2	S	FR
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
9:34 AM	2,800 Yards - Stress Value = 48			

Workout #16646 - Tuesday, 30 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
8:38 AM	Start		
1,950	1x{2 x 200 on 3:40 Breaststroke	EN2	
	{1 on :20 Put fins on		
	{6 x 25 on :35 Breast TO Drill w/fins	EN2	
	{2 x 175 on 3:05 Breaststroke	EN2	
	{1 on :20 Put fins on		
	{6 x 25 on :35 Breast TO drill w/fins	EN2	
	{2 x 150 on 2:30 Breaststroke	EN2	
	{1 on :20 Put fins on		
	{6 x 25 on :35 Breast TO Drill w/fins	EN2	
	{2 x 125 on 2:05 Breaststroke	EN2	

{1 on :30 Put fins on		
{4 x 25 on :30 Breast TO drill w/fins	EN2	
{1 x 100 on 1:35 Breaststroke	EN2	
8 x 50 on 1:00 Stroke Drills	REC	
1 on 10:00 Ice		
9:36 AM	2,350 Yards - Stress Value = 39	

Workout #16649 - Tuesday, 30 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
3:00 PM	Start			
350	1 on 30:00 DS/Physio Balls			WT
200	1 x 350 on 7:00 Top Hat Drill	REC	D	F
	4 x 50 on 2:30 OTB #1 35ys fast	SP3	S	ST
	15 yds clsd fist back or free			
1,600	1x{1 x 350 on 5:50 Freestyle	EN2	S	F
	{3 x 50 on :50 Free-Great Effort	EN3	S	F
	{1 x 350 on 5:45 Freestyle	EN2	S	F
	{3 x 50 on :55 Free-Great Effort	EN3	S	F
	{1 x 350 on 5:40 Freestyle	EN2	S	F
	{3 x 50 on 1:00 Free-Great Effort	EN3	S	F
	{1 x 100 on 1:35 Freestyle	EN2	S	F
300	6 x 50 on 2:00 Freestyle	EN2	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
4:45 PM	2,700 Yards - Stress Value = 64			

Workout #16652 - Tuesday, 30 December 2014

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM	Start		
400	1 on 30:00 DS/Physio Balls		
200	1 x 400 on 7:00 Top Hat Drill	REC	
	4 x 50 on 2:30 OTB #1 35ys fast	SP3	
	15 yds clsd fist back or free		
1,500	1x{1 x 100 on 2:00 Backstroke	EN1	
	{2 x 100 on 1:55 Back #2 5 KOW	EN2	
	{3 x 100 on 1:50 Back #3 descend 50's	EN2	
	{4 x 100 on 1:45 Back #4 odd 50's fast	EN2	
	{5 x 100 on 1:40 Back #5 100%	EN2	
300	6 x 50 on 2:00 Freestyle	SP1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:44 PM	2,650 Yards - Stress Value = 61		

Workout #16640 - Tuesday, 30 December 2014

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
500	1 on 30:00 DS/Ted's Abs		
300	1 x 500 on 10:00 Top Hat Drill		
	12 x 25 on :40 Variable Speed		
	Rd 1 #1, Rd 2 #2, Rd 3 free		
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		
1,000	1 x 1000 on 19:00 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		
8:37 AM	2,900 Yards - Stress Value = 52		

Workout #16684 - Wednesday, 31 December 2014

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY
10:00 AM	Start	
500	1 on 26:00 DS/Abs/Tm Mtg	
800	1 x 500 on 10:00 Top Hat Drill	REC
1,200	1 x 800 on 16:00 Vertical Kicking	EN2
100	4 x 300 on 4:30 Lungbuster pulls	EN2
1,450	4 x 25 on 1:00 Stroke Drills	REC
	1x{2 x 200 on 3:15 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great effort	EN2
	{2 x 175 on 2:50 3 strokes fly off wallls	EN2
	{2 x 25 on :45 Fly-Great Effort	EN3
	{2 x 150 on 2:20 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great effort	EN3
250	{2 x 125 on 1:55 3 strokes fly off walls	EN2
	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Game	
12:00 PM	4,300 Yards - Stress Value = 73	

Yards	Set Description	EGY
10:00 AM	Start	
500	1 on 26:00 DS/Abs/Tm Mtg	
800	1 x 500 on 10:00 Top Hat Drill	REC
1,000	1 x 800 on 16:00 Vertical Kicking	EN2
	4 x 250 on 4:30 Lungbuster pulls	EN2
100	4 x 25 on 1:00 Stroke Drills	REC
900	1x{2 x 150 on 3:50 3 strokes fly off walls	EN2
	{2 x 25 on 1:00 Fly-Great effort	EN2
	{2 x 125 on 3:10 3 strokes fly off wallls	EN2
	{2 x 25 on 1:00 Fly-Great Effort	EN3
	{1 x 100 on 2:30 3 strokes fly off walls	EN2
	{2 x 25 on 1:00 Fly-Great effort	EN3
	{1 x 100 on 2:25 3 strokes fly off wall	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Game	
11:59 AM	3,550 Yards - Stress Value = 58	

Workout #16657 - Wednesday, 31 December 2014

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
8:52 AM	Start			
1,650	1x{6 x 50 on 1:00 Free best effort	EN3	S	FF
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
	{6 x 50 on 1:00 Free best effort	EN3	S	FF
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
	{6 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	
9:35 AM	1,650 Yards - Stress Value = 54			

Workout #16660 - Wednesday, 31 December 2014

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description	EGY
10:00 AM	Start	
500	1 on 26:00 DS/Abs/Tm Mtg	
800	1 x 500 on 10:00 Top Hat Drill	REC
1,000	1 x 800 on 16:00 Vertical Kicking	EN2
100	4 x 250 on 4:30 Lungbuster pulls	EN2
1,225	4 x 25 on 1:00 Stroke Drills	REC
	1x{2 x 200 on 3:50 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great effort	EN2
	{2 x 175 on 3:20 3 strokes fly off wallls	EN2
	{2 x 25 on :45 Fly-Great Effort	EN3
	{1 x 150 on 2:50 3 strokes fly off walls	EN2
	{2 x 25 on :45 Fly-Great effort	EN3
	{1 x 125 on 2:20 3 strokes fly off wall	EN2
	{2 x 25 on :45 Fly-Great Effort	EN3
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Game	
12:00 PM	3,875 Yards - Stress Value = 66	

Yards	Set Description	EGY	WC
8:52 AM	Start		
2,050	1x{3 x 50 on 1:00 Fly great effort	EN3	
	{3 x 100 on 1:30 50 back 50 breast	EN2	
	{2 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	
	{2 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	
	{2 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		
9:35 AM	2,050 Yards - Stress Value = 66		

Workout #16687 - Wednesday, 31 December 2014

Group 2 - Bronze

1 minute rest between sets

Workout #16653 - Wednesday, 31 December 2014

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 59:00 Jump rope/Circuit
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
120	8 x 15 on 1:00 15m under #5-8 with fins
	Kick set is with a board
1,550	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 250 on 3:50 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 200 on 3:00 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:10 Kick
	{6 x 25 on :30 Kick no board BSLRBS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:52 AM 2,470 Yards - Stress Value = 38

Workout #16654 - Wednesday, 31 December 2014

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 59:00 Jump rope/Circuit
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
120	8 x 15 on 1:00 15m under #5-8 with fins
	Kick set is with a board
1,400	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 250 on 4:35 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 200 on 3:35 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 150 on 2:35 Kick
	{6 x 25 on :30 Kick no board BSLRBS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:52 AM 2,320 Yards - Stress Value = 35

Workout #16658 - Wednesday, 31 December 2014

HighSchl - Gold

1 minute rest between sets

8:52 AM Start

Yards	Set Description	EGY	WORK	STF
=====	=====	=====	=====	=====
1,650	1x{6 x 50 on 1:05 Free best effort	EN3	S	FF
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
	{6 x 50 on 1:05 Free best effort	EN3	S	FF
	{1 x 250 on 5:00 Freestyle DPS	REC	D	FF
	{6 x 50 on 1:05 Free best effort	EN3	S	FF
	{1 x 250 on 4:00 Freestyle DPS	REC	D	FF
	1 on 10:00 Ice			M
	9:35 AM 1,650 Yards - Stress Value = 54			

Workout #16661 - Wednesday, 31 December 2014

HighSchl - Gold

1 minute rest between sets

8:52 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
1,850	1x{3 x 50 on 1:05 Fly great effort	EN3	
	{3 x 100 on 1:40 50 back 50 breast	EN2	
	{2 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	
	{2 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
{2 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	
9:35 AM 1,850 Yards - Stress Value = 62	

Workout #16655 - Wednesday, 31 December 2014

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 59:00 Jump rope/Circuit
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
120	8 x 15 on 1:00 15m under #5-8 with fins
1,200	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 250 on 5:10 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 200 on 4:00 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{4 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
	8:52 AM 2,070 Yards - Stress Value = 31

Workout #16659 - Wednesday, 31 December 2014

HighSchl - Silver

1 minute rest between sets

8:52 AM Start

Yards	Set Description	EGY	WORK	STF
=====	=====	=====	=====	=====
1,500	1x{6 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FF
	{6 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 4:30 Freestyle DPS	REC	D	FF
	{6 x 50 on 1:10 Free best effort	EN3	S	FF
	{1 x 200 on 3:30 Freestyle DPS	REC	D	FF
	1 on 10:00 Ice			M
	9:35 AM 1,500 Yards - Stress Value = 54			

Workout #16662 - Wednesday, 31 December 2014

HighSchl - Silver

1 minute rest between sets

8:52 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
1,700	1x{3 x 50 on 1:10 Fly great effort	EN3	
	{3 x 100 on 1:50 50 back 50 breast	EN2	
	{2 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	
	{2 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	
	{2 x 25 on :30 Free 6bk great finishes	SP2	
	{1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:35 AM 1,700 Yards - Stress Value = 60		

Workout #16656 - Wednesday, 31 December 2014

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 59:00 Jump rope/Circuit
550	1 x 550 on 10:00 Free L.25 of each 100 Non F
120	8 x 15 on 1:00 15m under #5-8 with fins Kick set is with a board
1,050	1x{4 x 25 on :40 Kick no board BSLR {1 x 250 on 5:55 Kick {4 x 25 on :40 Kick no board BSLR {1 x 200 on 4:35 Kick {4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:10 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
	8:52 AM 1,920 Yards - Stress Value = 28

Workout #16668 - Wednesday, 31 December 2014

HighSchl - Speed Acquisition

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	====	==
	1 on 35:00 DS/Weights		
400	1 x 400 on 5:00 5:00 easy swim	REC	
1x{	1 on 10:00 Running Pit Sprints	SP3	
	1 on 10:00 Vrtcl Kck w/fins	SP3	
	1 on 10:00 Timed 15m under water	SP3	
	1 on 10:00 12X25@45 fins/tennis balls	SP3	
	1 on 10:00 12X25@45 shooters	SP3	
	1 on 10:00 OTB 25y-stroke/kick counts	SP3	
400	1 x 400 on 5:00 Freestyle	REC	
	1 on 10:00 Ice		
	4:57 PM 800 Yards		