Workout #1 - Monday, 21 September 1998 Group 3 - All

1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
1,000	1 x 1000 on 15:00 Pulls	EN1	E
	Every 3rd lap 15 brt		
1,000	2 x 500 on 7:00 Pulls	EN1	E
1,800	1x{8 x 75 on 1:15 Choice	EN1	٤
	{8 x 75 on 1:10 Choice	EN1	٤
	{8 x 75 on 1:05 Choice	EN1	٤
300	6 x 50 on 1:00 Stroke Drills	REC	Ι
	6:45 AM $4,500$ Yards - Stress Value = 38	3	

Workout #2 - Monday, 21 September 1998 HighSchl - All

1 minute rest between sets

	5:15 PM Start			
Yards	Set Description	EGY	WORK	STF
=====	=======================================	===	====	===
	1 on 25:00 Stomach and Stretch		L	
825	1 x 825 on 15:00 Swim-kick-pull	REC	S	FF
1,000	20 x 50 on 1:00 Kick	EN2	K	CHC
2,700	$2x{3 x 150 on 2:00 Freestyle}$	EN1	S	FF
	${3 \times 150 \text{ on } 1:55 \text{ Freestyle}}$	EN1	S	FF
	${3 \times 150 \text{ on } 1:50 \text{ Freestyle}}$	EN1	S	FF
600	24 x 25 on :30 IM order	EN1	S	11
450	9 x 50 on 1:00 Stroke Drills	REC	D	CI
	7:15 PM 5,575 Yards - Stress Value	= 53	3	

Workout #3 - Tuesday, 22 September 1998 Group 3 - All

1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
400	1 x 400 on 8:00 Stroke Drills	REC	
900	12×75 on $1:20 \ 25$ drill 25 swim 25 build	EN1	
	3 on each stroke		
	$3x{1 x 100 on 1:30 Freestyle}$	EN1	
	{1 x 200 on 2:50 Freestyle	EN1	
	{1 x 300 on 4:00 Freestyle	EN1	
	$\{1 \times 400 \text{ on } 5:05 \text{ Freestyle} \}$	EN1	
200	4 x 50 on 1:00 Stroke Drills	REC	
	6:42 AM $4,500$ Yards - Stress Value = 39		

Workout #4 - Tuesday, 22 September 1998 Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Se	et Descri	ption		EGY	WO!
	==				===	==:
	1	on 22:00	Stom	ach and Stretch		
	1x{1	x 225 or	4:00	Swim-kick-pull-swim	REC	
	{ 3	x 200 or	3:30	Swim-kick-pull-swim	REC	
	1	on 5:00	Techn	iques-turns		
	2x{4	x 100 or	2:00	Kick	EN2	
	{ 1	x 100 or	3:00	Kick for time	EN2	
	4x{4	x 100 or	1:30	swim Im order by set	EN1	
	{ 1	x 400 or	6:30	Individual Medley	EN1	
200	1	x 200 or	3:00	Bilateral	REC	
	7:15	PM 5,225	Yard	s - Stress Value = 52		

Workout #5 - Wednesday, 23 September 1998 Group 3 - All

1 minute rest between sets

		5:30 AM Start			
	Yards	Set Description	EGY	WORK	S
	=====	=======================================	===	====	=
F	400	1 x 400 on 7:00 Freestyle-drill	REC	D	
=		1x{5 x 50 on 1:00 Pulls	EN1	P	
<u>-</u>		$\{5 \times 50 \text{ on } :55 \text{ Pulls}$	EN1	P	
F		{5 x 50 on :50 Pulls	EN1	P	
Г		{5 x 50 on :45 Pulls	EN1	P	
E	2,400	8 x 300 on 4:30 Pulls-hold stroke	EN1	S	
Ę		count 1st 150 fast			
5		2nd 150 rest 10 sec/			
٤	500	10 x 50 on 1:00 Stroke Drills	REC	D	
Σ Γ		6:44 AM 4,300 Yards - Stress Value =	32		
L					

Workout #6 - Thursday, 24 September 1998 Generic

1 minute rest between sets

	5:00 PM Start			
Yards	Set Description	EGY	WORK	S
	=======================================	===		=
625	1 x 625 on 11:00 Contionous drill	REC	D	
600	1x{4 x 50 on 1:10 Kick	EN2	K	C
	{4 x 50 on 1:05 Kick	EN2	K	C
	{4 x 50 on 1:00 Kick	EN2	K	C
2,000	$4x{1 x 125 on 2:00 Freestyle}$	EN1	S	
	$\{1 \times 125 \text{ on } 1:55 \text{ Freestyle} \}$	EN1	S	
	{1 x 125 on 1:50 Freestyle	EN1	S	
	{1 x 125 on 1:45 Freestyle	EN1	S	
	{ get at least 10 secs			
	{ on each repeat			
700	28 x 25 on :40 Im order	EN1	S	
250	1 x 250 on 4:00 Bilateral	REC	S	
	6:21 PM 4,175 Yards - Stress Value =	39		
	 625 600 2,000	Yards Set Description	Yards Set Description EGY	Yards Set Description EGY WORK

Workout #7 - Thursday, 24 September 1998 Generic

1 minute rest between sets

:		5:00 PM Start		
Yar	ds	Set Description	EGY	WC
====	==	=======================================	===	==
8	25	1 x 825 on 15:00 Drill reverse IM ord	REC	
1,0	00	10 x 100 on 2:15 Kick-odds fast	EN2	
2,4	00	$3x{1 x 200 on 3:00 Free-6 beat kickl.50}$	EN1	
		{1 x 200 on 3:00 Free-6bk 3rd 50	EN1	
		{1 x 200 on 3:00 Free-6bk 2nd 50	EN1	
		{1 x 200 on 3:00 Free-6bk 1st 50	EN1	
4	00	8 x 50 on 1:15 Stroke Drills	REC	
		6:27 PM 4,625 Yards - Stress Value = 44		

Workout #8 - Thursday, 24 September 1998 Group 3 - All

	5:15 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 25:00 Stomach and Stretch		
825	1 x 825 on 14:00 Swim-kick-pull-swim	REC	
	1 on 5:00 Techniques-free trns		
	1x{3 x 100 on 2:00 Kick	EN2	
	{3 x 100 on 1:55 Kick	EN2	
	{3 x 100 on 1:50 Kick	EN2	
	{3 x 100 on 1:45 Kick	EN2	
3,000	6 x 500 on 6:45 Freestyle broken at	EN1	
	125 rest 10 seconds		
450	18 x 25 on :30 Stroke Drills	REC	
	7:15 PM 5,475 Yards - Stress Value = 54		

Workout #9 - Thursday, 24 September 1998 Group 3 - All 1 minute rest between sets

{2 x 200 on 2:45 150 free 50 back EN1 24 x 25 on :30 1-12choice 13-24dril EN1 6:45 AM 4,600 Yards - Stress Value = 42

Workout #13 - Monday, 28 September 1998 Group 3 - All 1 minute rest between sets

	F.1F DW Chart			1 minute rest between sets	
Yards	5:15 PM Start Set Description	EGY WC		F. 15 DW Observe	
=====	=======================================		Yards	5:15 PM Start Set Description EC	Y WORK S
	1 on 25:00 Stomach and Stretch			=======================================	
	1x{1 x 125 on 2:00 Stroke Drills	REC		1 on 26:00 Stomach and Stretch	L
	{7 x 100 on 1:45 Stroke Drills	EN1	825	1 x 825 on 14:00 Swim-kick-pull-swim RE	C S
	{ odds free evens #1			10 x 15 on :30 Cross pool sprints SI	
1 250	1 on 7:00 Techniques-free trns	L ENIO	1,200	16 x 75 on 1:20 Kick odds free evens EN	12 K C
1,250	10 x 125 on 2:10 Kick-hold under 2:00 1x{4 x 200 on 2:30 Freestyle	EN1		choice	
	{4 x 200 on 2:25 Freestyle	EN1		8 x 400 on 5:30 Freestyle EN	
	{4 x 200 on 2:20 Freestyle	EN1	300	1 x 300 on 5:00 Bilateral RE	
800	16 x 50 on :45 Pulls-no breathing	EN1		7:15 PM 5,675 Yards - Stress Value = 62	
	flags and walls				
400	1 x 400 on 6:00 Six kick switch	REC		Workout #14 - Tuesday, 29 September 1998	
	7:15 PM 5,675 Yards - Stress Value = 64			Group 3 - All	
				1 minute rest between sets	
	Workout #10 - Friday, 25 September 1998				
	Group 3 - All		,	5:15 PM Start	
	1 minute rest between sets		Yards	Set Description	EGY WO
				1 on 25:00 Stomach and Stretch	
	5:15 PM Start			1x{1 x 125 on 2:15 Stroke Drills	REC
Yards	Set Description EGY	WORK S		{7 x 100 on 1:45 Stroke Drills	REC
=====	=======================================	==== =	150	10 x 15 on :30 Cross pool sprints	SP3
	1 on 24:00 Stomach and Stretch	L		Good finishes	
825	1 x 825 on 14:00 Reverse IM drill REC		1,000	10 x 100 on 1:50 Kick-WORK THE TURNS	S! EN2
	1 on 10:00 Techniques-starts	D	1,500	5 x 300 on 4:00 Pulls	EN1
800	8 x 100 on 1:50 Kick EN2		500	1 x 500 on 7:30 For time	SP2
	4x{4 x 100 on 1:40 Your Stroke EN1		500	1 x 500 on 7:30 Freestyle Drill	REC
	{1 x 200 on 3:00 Individual Medley EN1			3x{1 x 100 on 1:45 Stroke	EN1
400	$\{1 \text{ on } 1:40 \text{ Rest} $ 1 x 400 on 7:30 Six kick switch REC	M D		{1 x 150 on 2:30 Stroke	EN1
400	7:15 PM 4,425 Yards - Stress Value = 40	, п	200	{1 x 200 on 3:10 Stroke	EN1
	7.10 IN 1,420 Idids Sciess value 40		300		REC
	Workout #11 - Friday, 25 September 1998			7:30 PM 6,125 Yards - Stress Value = 10	14
	Group 3 - All			Workout #15 - Wednesday, 30 September 1998	
	Group 3 - An				
	1 minute rest between sets			• • •	
	1 minute rest between sets			Generic	
	1 minute rest between sets 5:30 PM Start			• • •	
Yards	5:30 PM Start	EGY WOF		Generic	
Yards	5:30 PM Start		Yards	Generic 1 minute rest between sets	EGY WOF
400	5:30 PM Start Set Description ====================================	REC	Yards	Generic 1 minute rest between sets 5:00 PM Start	
=====	5:30 PM Start Set Description 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 75 on 1:30 Stroke Drills	=== ===		Generic 1 minute rest between sets 5:00 PM Start Set Description	==== === n REC
400	5:30 PM Start Set Description 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 75 on 1:30 Stroke Drills 3 on each last 25fst	=== === REC REC	=====	Generic 1 minute rest between sets 5:00 PM Start Set Description ====================================	==== === n REC
400	5:30 PM Start Set Description 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 75 on 1:30 Stroke Drills 3 on each last 25fst 1x{6 x 75 on 1:25 Your Stroke	REC REC REC EN1	===== 825	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick}	= === === n REC EN2
400	5:30 PM Start Set Description	REC REC EN1 EN1	===== 825	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swin 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick	EN2
400	5:30 PM Start Set Description 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 75 on 1:30 Stroke Drills 3 on each last 25fst 1x{6 x 75 on 1:25 Your Stroke {6 x 75 on 1:20 Your Stroke {6 x 75 on 1:15 Your Stroke	REC REC EN1 EN1 EN1	825 900	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick	EN2 EN2 EN2
400 900	5:30 PM Start Set Description 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 75 on 1:30 Stroke Drills 3 on each last 25fst 1x{6 x 75 on 1:25 Your Stroke {6 x 75 on 1:20 Your Stroke {6 x 75 on 1:15 Your Stroke {6 x 75 on 1:10 Your Stroke	EN1 EN1 EN1 EN1	825 900	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick 1x{4 x 100 on 1:30 Free}	EN2
400	5:30 PM Start Set Description 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 75 on 1:30 Stroke Drills 3 on each last 25fst 1x{6 x 75 on 1:25 Your Stroke {6 x 75 on 1:20 Your Stroke {6 x 75 on 1:15 Your Stroke {6 x 75 on 1:10 Your Stroke 4 x 100 on 1:30 Free-descend to 1.s.	EN1 EN1 EN1 EN1	825 900	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick 1x{4 x 100 on 1:30 Free {1 on 1:00 Rest	EN2 EN2 EN2 EN2 EN2 EN1
400 900	5:30 PM Start Set Description 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 75 on 1:30 Stroke Drills 3 on each last 25fst 1x{6 x 75 on 1:25 Your Stroke {6 x 75 on 1:20 Your Stroke {6 x 75 on 1:15 Your Stroke {6 x 75 on 1:15 Your Stroke {6 x 75 on 1:10 Your Stroke 4 x 100 on 1:30 Free-descend to 1.s.	REC REC EN1 EN1 EN1 EN1 EN1 EN1 EN1	825 900	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick 1x{4 x 100 on 1:30 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free	EN2 EN2 EN2
400 900	5:30 PM Start Set Description 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 75 on 1:30 Stroke Drills 3 on each last 25fst 1x{6 x 75 on 1:25 Your Stroke {6 x 75 on 1:20 Your Stroke {6 x 75 on 1:15 Your Stroke {6 x 75 on 1:10 Your Stroke {6 x 75 on 1:10 Your Stroke 4 x 100 on 1:30 Free-descend to 1.s. 1 x 400 on 6:00 Stroke Drills	REC REC EN1 EN1 EN1 EN1 EN1 EN1 EN1	825 900	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick 1x{4 x 100 on 1:30 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {1 on 1:00 Rest {2 x 100 Rest {3 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 Rest	EN2 EN2 EN2 EN2 EN2 EN1
400 900	5:30 PM Start Set Description	REC REC EN1 EN1 EN1 EN1 EN1 EN1 EN1	825 900	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick 1x{4 x 100 on 1:30 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free	EN2 EN2 EN2 EN2 EN2 EN1
400 900	5:30 PM Start Set Description 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 75 on 1:30 Stroke Drills 3 on each last 25fst 1x{6 x 75 on 1:25 Your Stroke {6 x 75 on 1:20 Your Stroke {6 x 75 on 1:15 Your Stroke {6 x 75 on 1:10 Your Stroke 4 x 100 on 1:30 Free-descend to 1.s. 1 x 400 on 6:00 Stroke Drills 6:43 PM 3,900 Yards - Stress Value = 24 Workout #12 - Monday, 28 September 1998	REC REC EN1 EN1 EN1 EN1 EN1 EN1 EN1	825 900	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick 1x{4 x 100 on 1:30 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 on 1:20 Free }	EN2 EN2 EN2 EN2 EN2 EN1
400 900	5:30 PM Start Set Description	REC REC EN1 EN1 EN1 EN1 EN1 EN1 EN1	825 900	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick 1x{4 x 100 on 1:30 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 on 1:20 Free {1 on 1:00 Rest {4 x 100 on 1:20 Free {1 on 1:00 Rest {4 x 100 on 1:20 Free {1 on 1:00 Rest {4 x 100 on 1:20 Free {1 on 1:00 Rest	EN2 EN2 EN2 EN2 EN1 EN1
400 900	5:30 PM Start Set Description 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 75 on 1:30 Stroke Drills 3 on each last 25fst 1x{6 x 75 on 1:25 Your Stroke {6 x 75 on 1:20 Your Stroke {6 x 75 on 1:15 Your Stroke {6 x 75 on 1:10 Your Stroke 4 x 100 on 1:30 Free-descend to 1.s. 1 x 400 on 6:00 Stroke Drills 6:43 PM 3,900 Yards - Stress Value = 24 Workout #12 - Monday, 28 September 1998	REC REC EN1 EN1 EN1 EN1 EN1 EN1 EN1	900 1,600	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swin 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick 1x{4 x 100 on 1:30 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 on 1:20 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free 10 x 50 on 1:00 Pulls-no breathing between flags &walls	EN2 EN2 EN2 EN2 EN1 EN1 EN1
400 900	5:30 PM Start Set Description	REC REC EN1 EN1 EN1 EN1 EN1 EN1 EN1	825 900 1,600	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swin 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick 1x{4 x 100 on 1:30 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 200 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:10 Pulls-no breathing between flags & Walls {4 x 200 on 4:00 Bilateral}	EN2 EN2 EN2 EN2 EN1
400 400 400 400	5:30 PM Start Set Description	REC REC EN1 EN1 EN1 EN1 EN2 REC	900 1,600	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swin 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick 1x{4 x 100 on 1:30 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 on 1:20 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free 10 x 50 on 1:00 Pulls-no breathing between flags &walls	EN2 EN2 EN2 EN2 EN1
400 900	5:30 PM Start Set Description	REC REC REC EN1 EN1 EN1 EN2 REC	900 1,600	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swin 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick 1x{4 x 100 on 1:30 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 200 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:10 Pulls-no breathing between flags & Walls {4 x 200 on 4:00 Bilateral}	EN2 EN2 EN2 EN2 EN1
400 900 400 400 400	5:30 PM Start Set Description	REC REC REC EN1 EN1 EN1 EN2 REC	900 1,600	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swin 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick 1x{4 x 100 on 1:30 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 200 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:10 Pulls-no breathing between flags & Walls {4 x 200 on 4:00 Bilateral}	EN2 EN2 EN2 EN2 EN1
400 900 400 400 400	5:30 PM Start Set Description	REC REC REC REC REC REC EN1 EN1 EN1 EN2 REC REC EGY WC EGY REC REC	900 1,600	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swin 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick 1x{4 x 100 on 1:30 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 200 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:10 Pulls-no breathing between flags & Walls {4 x 200 on 4:00 Bilateral}	EN2 EN2 EN2 EN2 EN1
400 900 400 400 400 400	5:30 PM Start Set Description	EGY WC	900 1,600	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swin 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick 1x{4 x 100 on 1:30 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 200 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:10 Pulls-no breathing between flags & Walls {4 x 200 on 4:00 Bilateral}	EN2 EN2 EN2 EN2 EN1
400 900 400 400 400 400	5:30 PM Start Set Description	REC REC REC REC REC REC EN1 EN1 EN1 EN2 REC REC EGY WC EGY REC REC	900 1,600	Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 825 on 15:00 Swim-kick-pull-swin 1 on 10:00 Techniquesfree trn 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick 1x{4 x 100 on 1:30 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 on 1:25 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 200 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:15 Free {1 on 1:00 Rest {4 x 100 on 1:10 Pulls-no breathing between flags & Walls {4 x 200 on 4:00 Bilateral}	EN2 EN2 EN2 EN2 EN1

Workout #16 - Wednesday, 30 September 1998 Group 3 - All 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 25:00 Stomach and Stretch		I
	$1x{1 x 225 on 3:30 Swim-kick-pull-swim}$	REC	٤
	{3 x 200 on 3:15 Swim-kick-pull-swim	REC	٤
	1 on 5:00 Techniques-IM turns		Ι
150	10 x 15 on :30 Cross pool sprints	SP3	٤
	Have great finishes!		
1,250	10 x 125 on 2:00 Individual Medley	EN1	٤
	add a 25 of your		
	best stroke		
400	1 x 400 on 7:30 Backstroke for time	SP1	٤
400	1 x 400 on 6:00 Freestyle-EZ	REC	٤
800	16 x 50 on 1:00 Kick-concentrate on	EN1	ľ
	very fast turns		
1,500	10 x 150 on 2:15 Freestyle	EN2	٤
	This is a RED-30 set		
400	1 x 400 on 6:00 Six kick switch	REC	٤
	7:30 PM 5,725 Yards - Stress Value = 88	3	

Workout #17 - Thursday, 01 October 1998 Group 3 - All

1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
	1x{6 x 75 on 1:25 mid 25 brst	EN1	٤
	{6 x 75 on 1:20 Mid 25 fly	EN1	٤
	{6 x 75 on 1:15 Mid 25 back	EN1	٤
	1x{4 x 125 on 2:00 Free	EN1	٤
	{4 x 125 on 1:55 Free	EN1	٤
	{4 x 125 on 1:50 Free	EN1	٤
	{4 x 125 on 1:45 Free	EN1	٤
500	10 x 50 on 1:00 Stroke Drills	REC	Ι
	6:45 AM $4,250$ Yards - Stress Value = 32	2	

Workout #18 - Thursday, 01 October 1998 Generic

1 minute rest between sets

	5:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
	1x{4 x 50 on 1:00 Free	EN1	
	{4 x 50 on :55 Free	EN1	
	{4 x 50 on :50 Free	EN1	
	{4 x 50 on :45 Free	EN1	
	1 on 10:00 Techniques-free trns		
1,000	8 x 125 on 2:30 Kick	EN2	
800	32 x 25 on :40 Individual Medley	EN1	
	4 drill 4 swim fast		
200	1 x 200 on 3:00 Bilateral	REC	
	6:29 PM 3,625 Yards - Stress Value = 36		

Workout #19 - Thursday, 01 October 1998 Group 3 - All

1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 29:00 Stomach and Stretch		
	$1x\{1 \times 425 \text{ on } 7:00 \text{ Swim-kick-pull-swim}$	REC	

	{1 x 400 on 6:30 Swim-kick-pull-swim 1 on 5:00 Techniques-free trns	REC
1,000	-	EN2
	3x{1 x 250 on 3:15 Pulls	EN1
	{1 x 250 on 3:15 Freestyle	EN1
400	1 x 400 on 7:00 Your #2 stroke	SP1
400	1 x 400 on 6:00 Bilateral	REC
	$2x{5 x 50 on :50 Free}$	EN1
	{5 x 50 on :45 Free	EN1
	{5 x 50 on :40 Free	EN1
300	1 x 300 on 4:30 Six kick switch	REC
	7:30 PM 5,925 Yards - Stress Value = 83	

Workout #20 - Friday, 02 October 1998 Group 3 - All

1 minute rest between sets

	5:30 AM Start			
Yards	Set Description		EGY	WOF
	=======================================		===	===
400	1 x 400 on 8:00 Reverse I	M drill	REC	
1,000	10 x 100 on 1:30 Lungbust	er pulls	EN1	
	$1x\{1 \times 50 \text{ on } : 45 \text{ Freestyle}$		EN1	
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle}\}$!	EN1	
	$\{1 \times 150 \text{ on } 2:15 \text{ Freestyle}\}$:	EN1	
	{1 x 200 on 3:00 Freestyle	!	EN1	
	$\{1 \times 250 \text{ on } 3:45 \text{ Freestyle}\}$!	EN1	
	{1 x 250 on 3:30 Freestyle	:	EN1	
	{1 x 200 on 2:50 Freestyle	:	EN1	
	$\{1 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$!	EN1	
	{1 x 100 on 1:25 Freestyle	:	EN1	
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$		EN1	
	6x{4 x 25 on :30 IM order		EN1	
	$\{1 \times 100 \text{ on } 1:20 \text{ Individua}\}$	l Medley	EN1	
300	1 x 300 on 4:30 Stroke Dr	ills-choice	REC	
	6:44 AM 4,400 Yards - Stress	Value = 36		

Workout #21 - Friday, 02 October 1998 Group 3 - All 1 minute rest between sets

Yards		PM Start et Description	EGY	WOF
14145		se bederiperon		
=====	==		===	===
	1	on 30:00 Stomach and Stretch		
825	1	x 825 on 14:00 Swim-kick-pull-swim	REC	
	2x{2	x 50 on 1:00 Kick	EN1	
	{ 2	x 100 on 2:00 Kick	EN1	
	{ 2	x 150 on 3:00 Kick	EN1	
1,600	8	x 200 on 3:00 Pulls	EN1	
	8x{1	x 100 on 1:45 Your Stroke	EN1	
	{ 1	x 100 on 1:30 Individual Medley	EN1	
400	8	x 50 on 1:00 Stroke Drills-choice	REC	
	7:25	PM 5,625 Yards - Stress Value = 44		

Workout #22 - Saturday, 03 October 1998 Group 3 - All

1 minute rest between sets

	8:00 AM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 28:00 Stomach and Stretch		
800	1 x 800 on 14:00 Reverse IM drill	REC	
	1 on 10:00 Techniquesstarts		
1,000	1 x 1000 on 20:00 Freeway kicking	EN1	
1,500	10 x 150 on 2:15 Pulls-mid 50 breathe	EN1	
	every 8		
	2x{1 x 100 on 1:30 Freestyle	REC	
	{1 x 100 on 1:30 Freestyle	EN1	
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle (Red-10)}$	EN2	
1,800	8 x 225 on 3:00 Freestyle	EN3	
	This is a Blue-1 set		
300	6 x 50 on 1:00 Stroke Drills-choice	REC	
	1 on 10:00 Game your choice		
	10:29 AM 6,000 Yards - Stress Value = 139	9	

Workout #23 - Monday, 05 October 1998 Group 3 - All

1 minute rest between sets

	5:30 PM Start		
Yards	Set Description	EGY	WORF
	=======================================		====
400	1 x 400 on 8:00 Swim-kick-pull-	swim REC	٤
600	8 x 75 on 1:15 2 on each stroke	EN1	٤
	25drl 25bld 25fst		
	$1x{4 \times 250}$ on 3:30 Freestyle	EN1	٤
	{5 x 200 on 2:45 Freestyle	EN1	٤
	{6 x 150 on 2:05 Freestyle	EN1	٤
	${7 \times 100 \text{ on } 1:20 \text{ Freestyle}}$	EN1	٤
200	1 x 200 on 4:00 Bilateral	REC	Ι
	6:45 PM 4,800 Yards - Stress Value	= 42	

Workout #24 - Tuesday, 06 October 1998 Group 3 - All

1 minute rest between sets

	5:30 AM Start				
Yards	Set Description	EGY	WORK	STK	
=====					
	1 on 20:00 Dryland and stretch		L	DRY	
600	$1x{3 x 50 on :55 Freestyle}$	EN1	S	FR	
	${3 \times 50 \text{ on } :50 \text{ Freestyle}}$	EN1	S	FR	
	${3 \times 50 \text{ on } :45 \text{ Freestyle}}$	EN1	S	FR	
	$\{3 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1	S	FR	
	{ descend each set of3				
	{ and use 6bk on last1				
1,875	15×125 on $2:00$ Freestyle	EN2	S	FR	
	This is a RED-30 set				
1,600	4 x 400 on 5:30 Pulls	EN1	P	FR	
200	1 x 200 on 3:00 Bilateral	REC	D	CD	
	6:58 AM 4,275 Yards - Stress Value	= 6	52		

Workout #25 - Tuesday, 06 October 1998 Generic

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=======================================	===	===
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
800	16 x 50 on 1:00 Pulls-no breathing	EN1	
	between flags and wl		
	2x{1 x 200 on 4:30 Kick	EN1	
	{1 x 150 on 3:10 Kick	EN1	

	{1 x 100 on 2:05 Kick	EN1
	{1 x 50 on 1:00 Kick	EN1
800	4 x 200 on 3:30 Descend -free	EN1
225	15 x 15 on :30 Cross pool sprints	SP3
400	8 x 50 on 1:15 Stroke Drills	REC
	6:30 PM 4,050 Yards - Stress Value = 35	

Workout #26 - Tuesday, 06 October 1998 Generic

1 minute rest between sets

	5:00 PM Start			
Yards	Set Description	EGY	WORK	٤
	=======================================	===	====	=
	1 on 8:25 Swim-kick-pull-swim	REC	S	
	1 on 5:00 Techniques-brst trns		D	
255	17 x 15 on :30 Cross pool sprints	SP3	S	
	$4x{1 x 25 on :40 Kick}$	EN1	K	C
	{1 x 50 on 1:15 Kick	EN1	K	C
	{1 x 75 on 1:45 Kick	EN1	K	C
	{1 x 100 on 2:10 Kick	EN1	K	C
	{ hold each @1sec/yd			
	$4x{1 \times 50 \text{ on } 1:00 \text{ Butterfly}}$	EN1	S	F
	{1 x 50 on :55 Backstroke	EN1	S	
	$\{1 \times 50 \text{ on } 1:05 \text{ Breaststroke} \}$	EN1	S	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	
	{1 x 100 on 1:45 Individual Medley	EN1	S	
400	16 x 25 on :30 1 fast 1 drill	EN1	S	C
200	1 x 200 on 3:00 Bilateral	REC	D	
	6:23 PM 3,055 Yards - Stress Value =	36		

Workout #27 - Tuesday, 06 October 1998 Group 3 - All

Yards	5:00 PM Start Set Description	EGY	WOF
800	1 x 800 on 14:00 Swim-kick-pull-swim 1 on 5:00 Techniques-brst trns	REC	
255	-	SP3 EN2 EN2	
	{3 x 150 on 2:45 Kick	EN2	
1,650	33 x 50 on :45 Freestyle hold g.t. for 1650	EN2	
400	16 x 25 on :40 4 on each stroke drl 1 on 30:00 Stomach and Stretch 6:58 PM 4,205 Yards - Stress Value = 65	REC	

Workout #28 - Tuesday, 06 October 1998 Group 3 - All 1 minute rest between sets

	5:15										
Yards	Se	Set Description							EGY	WORK	Š
=====	==	===	====						===	====	=
	1	on	30	:00	Stoma	ach an	d Str	etch		L	
	1x{1	Х	125	on	2:00	Strok	e Dri	lls	REC	D	(
	{ 7	Х	100	on	1:45	Strok	e Dri	lls	REC	D	(
	{ (odd	s f	ree	evens	s choi					
	1	on	10	:00	Techi	niques	-free	trns		D	
225	1	5 x	15	on	:30 (Cross	pool :	sprints	SP3	S	F
	1x{4	Х	125	on	2:30	Kick			EN2	K	(
	{ 3	Х	125	on	2:20	Kick			EN2	K	(
	{ 2	Х	125	on	2:10	Kick			EN2	K	(
	{ 1	Х	125	on	2:00	Kick			EN2	K	C
	1x{4	Х	100	on	1:50	Your	Stroke	Э	EN2	S	Š
	{ 1	Х	100	on	1:30	Indiv	ridual	Medley	EN1	S	
	{ 4	Х	100	on	1:45	Your	Stroke	Э	EN2	S	č
	{ 1	Х	200	on	3:00	Indiv	ridual	Medley	EN1	S	
	{ 4	Х	100	on	1:40	Your	Stroke	=	EN2	S	ξ
	{ 1	Х	300	on	4:30	Indiv	ridual	Medley	EN1	S	
	{ 4	Х	100	on	1:35	Your	Stroke	=	EN2	S	٤
	{ 1	Х	400	on	6:00	Indiv	ridual	Medley	EN1	S	
	{ 4	Х	100	on	1:30	Your	Stroke	=	EN2	S	ξ
	{ 1	Х	500	on	7:30	Indiv	ridual	Medley	EN1	S	
200	1	Х	200	on	3:00	Bilat	eral		REC	D	
	7:45	PM	6,0	000	Yards	s - St	ress ⁷	Value =	89		

Workout #29 - Thursday, 08 October 1998 Group 3 - All 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
600	12 x 50 on :40 Descend in sets of 3	EN1	٤
2,700	$3x{6}$ x 25 on :30 Freestyle	EN1	٤
	$\{6 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	٤
	$\{6 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	EN1	٤
	{6 x 25 on :35 Stroke	EN1	٤
	{6 x 25 on :30 Stroke	EN1	٤
	{6 x 25 on :25 Stroke	EN1	٤
300	6 x 50 on 1:00 Stroke Drills	REC	Ι
	6:45 AM 4,000 Yards - Stress Value = 30)	

Workout #30 - Thursday, 08 October 1998 Generic

1 minute rest between sets

	5:00 PM Start		
Yards	Set Description	EGY	WORK S
=====	=======================================	===	==== =
	1x{1 x 125 on 2:30 Stroke Drills	REC	D (
	${7 \times 100 \text{ on } 2:00 \text{ Stroke Drills}}$	REC	D (
	1 on 5:00 Techniques-turns		D (
800	8 x 100 on 2:30 Kick-odds fast	EN2	K (
2,000	8 x 250 on 4:00 Individual Medley	EN1	S
	1&2 100 fly, 3&4 100		
	back, 5&6 100 brst.		
	7&8 100 free		
255	17 x 15 on :30 Cross pool sprints	SP3	S
200	1 x 200 on 3:00 Six kick switch	REC	D
	6:30 PM 4,080 Yards - Stress Value =	46	

Workout #31 - Thursday, 08 October 1998 Group 3 - All 1 minute rest between sets

	5:15 PM Start			
Yards	Set Description	EGY	WORK	٢
=====	=======================================		====	=
	1 on 29:00 Stomach and Stretch		L	
825	$1x\{1 \times 75 \text{ on } 1:30 \text{ Stroke Drills}$	REC	D	
	$\{15 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC	D	
	{ 4 on each stroke rev			
	{ IM order			
1,000	10 x 100 on 1:50 Kick	EN2	K	C
	rest 1:00 after #9			
	# 10 is for time			
255	17 x 15 on :30 Cross pool sprints	SP3	S	
2,000	4 x 500 on 7:30 Pulls	EN1	P	
	Every 4th 25 hold			
	15 strokes or less			
1,800	1x{4 x 200 on 2:25 Freestyle	EN3	S	
	{3 x 200 on 2:20 Freestyle	EN3	S	
	{2 x 200 on 2:15 Freestyle	EN3	S	
	{ This a BLUE-1 set			
600	24 x 25 on :30 IM order	EN1	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	7:45 PM 6,780 Yards - Stress Value =	164		
	Workout #32 - Thursday, 08 October 1998			

Workout #32 - Thursday, 08 October 1998 Group 3 - All

1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 14:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-open trns		
1,000	1x{5 x 50 on 1:05 Kick	EN2	
	{5 x 50 on 1:00 Kick	EN2	
	{5 x 50 on :55 Kick	EN2	
	{5 x 50 on :50 Kick	EN2	
	{ hold all under :48		
2,000	2x{5 x 100 on 2:00 Your Stroke	EN2	
	{5 x 100 on 1:50 Your Stroke	EN3	
1,600	16 x 100 on 1:30 Lungbuster pulls	EN1	
500	1 x 500 on 8:00 Stroke Drill	REC	
	7:44 PM 5,925 Yards - Stress Value = 116	5	

Workout #33 - Friday, 09 October 1998 Group 3 - All 1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	Sī
=====		===	====	==
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S	F
600	8 x 75 on 1:30 25 kick 25 drill 25	REC	S	I
	build 2 on each strk			
1,000	20 x 50 on :50 Pulls-no breathing	EN1	P	F
	between flags & wall			
2,000	20 x 100 on 1:15 Freestyle	EN2	S	F
	This is a RED-10 set			
400	8 x 50 on 1:00 Freestyle Drill	REC	D	C
	Combination of thumb			
	drag and catch-up			
	6:44 AM 4,400 Yards - Stress Value =	= 50		

Workout #34 - Friday, 09 October 1998 Generic

1 minute rest between sets

Group 3 - All 1 minute rest between sets

	I minute rest between sets			E 00		
			371	5:30 AM Start	DOV	MODE
	5:00 PM Start		Yards	<u> -</u>		WORF
	±	WORK S	400	1 400 on 0.00 Crim high mult are		==== £
			400	1 x 400 on 8:00 Swim-kick-pull-swim $1x\{4 \times 50 \text{ on :} 55 \text{ Freestyle}$	REC	2
	1 x 825 on 16:00 Swim-kick-pull-swim REC	S		{4 x 50 on :50 Freestyle	EN1	2
	1 on 10:00 Techniques-open trns	D		{4 x 50 on :45 Freestyle	EN2	٤
	20 x 25 on :45 Sprint Kick EN2	K ({4 x 50 on :40 Freestyle	EN3	٤
500 5	5 x 100 on 2:30 Kick-descend last 1 EN2	K ({ descend each set	шио	_
1 250 (for time	Р	1,500	•	EN1	E
	9 x 150 on 2:30 Pulls-mid 50 br ev 8 EN1 12 x 25 on :40 Stroke Drills-3 on e REC	D D	1,000	2-3-4-5-6 evens hold		-
	6:29 PM 3,475 Yards - Stress Value = 34	D		under 1:30		
,	0.29 FM 3,473 Tatus - Stress value - 34			5x{1 x 25 on :30 Stroke Drills	REC	Γ
				{1 x 50 on 1:00 Your Stroke-build	EN1	٤
	Workout #35 - Monday, 12 October 1998			{2 x 75 on 1:15 Your Stroke-fast	EN2	٤
	Group 3 - All		400	1 x 400 on 6:00 Freestyle-weak side	REC	Γ
	1 minute rest between sets			6:45 AM 4,225 Yards - Stress Value = 5	0	
	5:30 AM Start			Workout #39 - Tuesday, 13 October 1998		
	1	WORK SI		Generic		
				1 minute rest between sets		
	1 x 400 on 8:00 Swim-kick-pull-swim REC	S F		Timilate Test between sets		
800 8	8 x 100 on 1:45 Individual Medley EN1	S I		5:00 PM Start		
2 400 4	odds drill ev. swim	S F	Yards		EGY W	IORK
∠ , 400 €	6 x 400 on 6:00 Freestyle-break at EN1	S E		======================================		
	the 200 rest 20 sec neg split 2nd 200				REC	D
500 3	20 x 25 on :30 Odds free evens strk EN1	S E		1 on 10:00 Techniques-finishes		D
	1 x 200 on 3:00 Bilateral REC	D (1.000	10 x 100 on 2:15 Kick-odds free evens	EN2	K
	6:45 AM 4,300 Yards - Stress Value = 37	D (-,	your best stroke		
,	0.43 Am 4,300 laids - Stless value - 37		100	-	EN2	K
					SP3	S
	Workout #36 - Monday, 12 October 1998			6 x 150 on 2:30 Freestyle-descend in	EN3	S
	Group 3 - All			sets of three		
	1 minute rest between sets		200	1 x 200 on 3:00 Weak side breathing	REC	D
				C 00 PM 2 000 W 1 0 0 W 7 1 0		
				6:29 PM 3,280 Yards - Stress Value = 8	6	
	5:00 PM Start			6:29 PM 3,280 Yards - Stress Value = 8	6	
Yards	Set Description	EGY WC		Workout #40 - Tuesday, 13 October 1998	6	
Yards	Set Description	=== ==		Workout #40 - Tuesday, 13 October 1998	6	
Yards	Set Description 1 x 1000 on 15:00 Freestyle-breathing	=== ==		Workout #40 - Tuesday, 13 October 1998 Group 3 - All	6	
Yards ===== 1,000	Set Description 1 x 1000 on 15:00 Freestyle-breathing on weak side	=== == REC		Workout #40 - Tuesday, 13 October 1998	6	
Yards ===== 1,000	Set Description 1 x 1000 on 15:00 Freestyle-breathing on weak side 16 x 15 on :45 Cross pool sprints	=== == REC SP3		Workout #40 - Tuesday, 13 October 1998 Group 3 - All 1 minute rest between sets	6	
Yards ===== 1,000 240 1,000	Set Description 1 x 1000 on 15:00 Freestyle-breathing on weak side 16 x 15 on :45 Cross pool sprints 10 x 100 on 2:00 Kick-hold under 1:45	REC SP3 EN2	Yards	Workout #40 - Tuesday, 13 October 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start		7 WOF
Yards ===== 1,000 240 1,000	Set Description 1 x 1000 on 15:00 Freestyle-breathing on weak side 16 x 15 on :45 Cross pool sprints 10 x 100 on 2:00 Kick-hold under 1:45 1x{6 x 75 on 1:45 Freestyle}	REC SP3 EN2 EN2	Yards	Workout #40 - Tuesday, 13 October 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description	EGY	/ WOF
Yards ===== 1,000 240 1,000	Set Description 1 x 1000 on 15:00 Freestyle-breathing on weak side 16 x 15 on :45 Cross pool sprints 10 x 100 on 2:00 Kick-hold under 1:45 1x{6 x 75 on 1:45 Freestyle} {6 x 75 on 1:40 Freestyle	REC SP3 EN2 EN2 EN2		Workout #40 - Tuesday, 13 October 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================	EGY	
Yards ===== 1,000 240 1,000	Set Description	REC SP3 EN2 EN2	=====	Workout #40 - Tuesday, 13 October 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description	EGY = ===	====
Yards ===== 1,000 240 1,000	Set Description 1 x 1000 on 15:00 Freestyle-breathing on weak side 16 x 15 on :45 Cross pool sprints 10 x 100 on 2:00 Kick-hold under 1:45 1x{6 x 75 on 1:45 Freestyle} {6 x 75 on 1:40 Freestyle} {6 x 75 on 1:35 Freestyle} { This is a RED-30 set	=== == REC	=====	Workout #40 - Tuesday, 13 October 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description	EGY = ===	= ===
Yards ===== 1,000 240 1,000	Set Description	REC SP3 EN2 EN2 EN2	825	Workout #40 - Tuesday, 13 October 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================	EGY = === m REC	= ===
Yards ===== 1,000 240 1,000	Set Description	=== == REC SP3 EN2 EN2 EN2 EN2	825	Workout #40 - Tuesday, 13 October 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3	= === 2 3 2
Yards ===== 1,000 240 1,000	Set Description	=== == REC SP3 EN2 EN2 EN2 EN2	825	Workout #40 - Tuesday, 13 October 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 825 on 14:00 Swim-kick-pull-swi 17 x 15 on :45 Cross pool sprints 1x{4 x 100 on 2:00 Kick {4 x 100 on 1:55 Kick}	EGY = === m REC SP3 EN2	= === C 3 3 2
Yards ===== 1,000 240 1,000	Set Description	=== == REC SP3 EN2 EN2 EN2 EN2	825	Workout #40 - Tuesday, 13 October 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3 EN2 EN2	= === C 3 3 2 2
Yards ===== 1,000 240 1,000	Set Description 1 x 1000 on 15:00 Freestyle-breathing on weak side 16 x 15 on :45 Cross pool sprints 10 x 100 on 2:00 Kick-hold under 1:45 lx{6 x 75 on 1:45 Freestyle} {6 x 75 on 1:40 Freestyle} {6 x 75 on 1:35 Freestyle} { This is a RED-30 set 18 x 25 on :30 Stroke Drills 1 on 29:00 Stomach and Stretch 6:59 PM 4,040 Yards - Stress Value = 57 Workout #37 - Monday, 12 October 1998	=== == REC SP3 EN2 EN2 EN2 EN2	825 255	Workout #40 - Tuesday, 13 October 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3 EN2 EN2	= === C 3 3 2 2
Yards ===== 1,000 240 1,000	Set Description	=== == REC SP3 EN2 EN2 EN2 EN2	825 255	Workout #40 - Tuesday, 13 October 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================	EGY = === m REC SP3 EN2 EN2	33 22 22 22 22 23 24 25 25 25 25 25 25 25 25 25 25 25 25 25
Yards ===== 1,000 240 1,000	Set Description 1 x 1000 on 15:00 Freestyle-breathing on weak side 16 x 15 on :45 Cross pool sprints 10 x 100 on 2:00 Kick-hold under 1:45 lx{6 x 75 on 1:45 Freestyle} {6 x 75 on 1:40 Freestyle} {6 x 75 on 1:35 Freestyle} { This is a RED-30 set 18 x 25 on :30 Stroke Drills 1 on 29:00 Stomach and Stretch 6:59 PM 4,040 Yards - Stress Value = 57 Workout #37 - Monday, 12 October 1998	=== == REC SP3 EN2 EN2 EN2 EN2	825 255	Workout #40 - Tuesday, 13 October 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================	EGY = === m REC SP3 EN2 EN2 EN2	= ===
Yards ===== 1,000 240 1,000	Set Description 1 x 1000 on 15:00 Freestyle-breathing on weak side 16 x 15 on :45 Cross pool sprints 10 x 100 on 2:00 Kick-hold under 1:45 1x{6 x 75 on 1:45 Freestyle {6 x 75 on 1:40 Freestyle {6 x 75 on 1:35 Freestyle { This is a RED-30 set 18 x 25 on :30 Stroke Drills 1 on 29:00 Stomach and Stretch 6:59 PM 4,040 Yards - Stress Value = 57 Workout #37 - Monday, 12 October 1998 Generic	=== == REC SP3 EN2 EN2 EN2 EN2	825 255	Workout #40 - Tuesday, 13 October 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3 EN2 EN2 EN1 EN2	
Yards ===== 1,000 240 1,000	Set Description 1 x 1000 on 15:00 Freestyle-breathing on weak side 16 x 15 on :45 Cross pool sprints 10 x 100 on 2:00 Kick-hold under 1:45 1x{6 x 75 on 1:45 Freestyle {6 x 75 on 1:40 Freestyle {6 x 75 on 1:35 Freestyle { This is a RED-30 set 18 x 25 on :30 Stroke Drills 1 on 29:00 Stomach and Stretch 6:59 PM 4,040 Yards - Stress Value = 57 Workout #37 - Monday, 12 October 1998 Generic	=== == REC SP3 EN2 EN2 EN2 EN2	825 255	Workout #40 - Tuesday, 13 October 1998 Group 3 - All I minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3 EN2 EN2 EN1 EN2 EN2	= ===
Yards ====== 1,000 240 1,000 450 Yards	Set Description	=== == REC SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EXEC EGY WC	825 255 1,000 1,750	Workout #40 - Tuesday, 13 October 1998 Group 3 - All I minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3 EN2 EN2 EN1 EN2 EN2	
Yards ====== 1,000 240 1,000 450 Yards ======	Set Description	=== == REC	825 255	Workout #40 - Tuesday, 13 October 1998 Group 3 - All I minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3 EN2 EN2 EN1 EN2 EN2 EN2	
Yards ====== 1,000 240 1,000 450 Yards	Set Description	=== == REC	825 255 1,000 1,750	Workout #40 - Tuesday, 13 October 1998 Group 3 - All I minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3 EN2 EN2 EN1 EN2 EN2 EN2	
Yards ===== 1,000 240 1,000 450 Yards ===== 800	Set Description	=== == REC	825 255 1,000 1,750	Workout #40 - Tuesday, 13 October 1998 Group 3 - All I minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3 EN2 EN2 EN1 EN2 EN2 EN2	
Yards ===== 1,000 240 1,000 450 Yards ===== 800 240	Set Description	=== == REC	825 255 1,000 1,750	Workout #40 - Tuesday, 13 October 1998 Group 3 - All I minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3 EN2 EN2 EN1 EN2 EN2 EN2	
Yards ===== 1,000 240 1,000 450 Yards 450 240 1,200	Set Description	=== == REC	825 255 1,000 1,750	Workout #40 - Tuesday, 13 October 1998 Group 3 - All I minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3 EN2 EN2 EN1 EN2 EN2 EN2	
Yards ===== 1,000 240 1,000 450 Yards 450 240 1,200	Set Description	=== == REC	825 255 1,000 1,750	Workout #40 - Tuesday, 13 October 1998 Group 3 - All I minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3 EN2 EN2 EN1 EN2 EN2 EN2	
Yards ===== 1,000 240 1,000 450 Yards 450 240 1,200	Set Description	=== == REC	825 255 1,000 1,750	Workout #40 - Tuesday, 13 October 1998 Group 3 - All I minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3 EN2 EN2 EN1 EN2 EN2 EN2	
Yards ===== 1,000 240 1,000 450 Yards 450 240 1,200	Set Description	=== == REC	825 255 1,000 1,750	Workout #40 - Tuesday, 13 October 1998 Group 3 - All I minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3 EN2 EN2 EN1 EN2 EN2 EN2	
Yards ===== 1,000 240 1,000 450 450 Yards ==== 800 240 1,200	Set Description	=== == REC	825 255 1,000 1,750	Workout #40 - Tuesday, 13 October 1998 Group 3 - All I minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3 EN2 EN2 EN1 EN2 EN2 EN2	
Yards ===== 1,000 240 1,000 450 Yards ===== 800 240 1,200	Set Description	=== == REC	825 255 1,000 1,750	Workout #40 - Tuesday, 13 October 1998 Group 3 - All I minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3 EN2 EN2 EN1 EN2 EN2 EN2	
Yards ===== 1,000 240 1,000 450 Yards ===== 800 240 1,200	Set Description	=== == REC	825 255 1,000 1,750	Workout #40 - Tuesday, 13 October 1998 Group 3 - All I minute rest between sets 5:15 PM Start Set Description	EGY = === m REC SP3 EN2 EN2 EN1 EN2 EN2 EN2	

Workout #41 - Thursday, 15 October 1998 Group 3 - All

1 minute rest between sets

Group 3 - All 1 minute rest between sets

	1 minute rest between sets					
				,	8:00 AM Start	
	5:30 AM Start			Yards	1 1 1	EGY WC
Yards	1	EGY	MORT	=====		
=====	=======================================			1 005	1 on 30:00 Stomach and Stretch	200
400		REC	Ι	1,225	1 x 1225 on 20:00 225 fr, 200 cu & td R	(EC
600		EN1	٤		400 skps, 400 rev IM	7370
		EN1	٤		·	EN2
		EN1	٤		` <u>-</u>	EN2
400	4 x 100 on 1:30 Descend to lud. spd		٤		·	EN2
350		REC	Ι			EN2
	6:45 AM 3,750 Yards - Stress Value = 30					EN2
					·	EN2
	Workout #42 - Friday, 16 October 1998				,	EN2
	Group 3 - All				` <u>-</u>	EN2
	•				·	EN2
	1 minute rest between sets				` <u>-</u>	EN2
	5 00 ·				`	EN2
	5:30 AM Start					EN2
Yards	Set Description		WOF	000		EN2
	4 400 0 00 -			200		REC
400	1 x 400 on 8:00 Reverse IM drill	REC			9:28 AM 4,025 Yards - Stress Value = 52	
1,000	1 x 1000 on 15:00 Pulls	EN1				
1 000	Descend each 200	1			Workout #45 - Monday, 19 October 1998	
1,000	2 x 500 on 7:30 Pulls	EN1			Group 3 - All	
	#1 lungbuster by the				1 minute rest between sets	
	100's(3-5-7-9) #2neg				1 1111111111 1 2 3 4 5 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
	split the 250's rest				5:30 AM Start	
	20 sec at 250 1x{3 x 25 on :30 #2 stroke	EN1		Yards		EGY WC
	{1 x 100 on 1:30 Freestyle-build	EN1		======	1	
	{3 x 50 on :55 #2 stroke	EN1		400	1 x 400 on 8:00 Swim-kick-pull-swim R	REC
	$\{1 \times 150 \text{ on } 2:15 \text{ Freestyle-build}\}$	EN1		1,000		
	{3 x 75 on 1:15 #2 stroke	EN1		1,000	sets of 3 hold #10	3111
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle-build}\}$	EN1				EN1
	{3 x 100 on 1:30 #2 stroke	EN1			· •	EN1
	$\{1 \times 250 \text{ on } 3:45 \text{ Freestyle-build}\}$	EN1			· •	EN1
200	1 x 200 on 4:00 #2 stroke-good effor					EN1
200	for time	ΔNZ		300	· •	REC
200	1 x 200 on 4:00 Freestyle-drill	REC			6:44 AM 4,900 Yards - Stress Value = 42	-
200	6:44 AM 4,250 Yards - Stress Value = 39				,	
	0.11 AM 1,200 Talus - Scress Value - 39				Westers #46 Mandan 10 October 1000	
					Workout #46 - Monday, 19 October 1998	

Workout #43 - Friday, 16 October 1998 Group 3 - All

1 minute rest between sets

	5:15 PM Start	
Yards	Set Description	EGY V
	=======================================	=== =
	1 on 30:00 Stomach and Stretch	
1,000	1 x 1000 on 16:00 Odd 100's free drill	REC
	cu & td even 100's 4	
	strks free 4 back	
	1 on 9:00 Techniques-starts	
425	17 x 25 on :35 4 on each stroke odd	EN1
	#ed ones off the blk	
900	18 x 50 on 1:00 Kick-descend in sets	EN1
	of three	
	1x{6 x 75 on 1:30 Pulls-paddles & tube	EN1
	{6 x 75 on 1:20 Pulls-paddles & tube	EN1
	{6 x 75 on 1:15 Pulls-paddles & tube	EN1
	{6 x 75 on 1:10 Pulls-paddles & tube	EN1
	5x{1 x 100 on 2:00 Kick-your stroke	EN1
	{1 x 75 on 1:15 Drill-your stroke	EN1
	{1 x 50 on 1:00 Build-your stroke	EN1
	{1 x 25 on :30 Your Stroke-FAST!!!!	SP3
300	•	REC
000	combo c.u. & thmbdrg	
	7:44 PM 5,675 Yards - Stress Value = 45	

Workout #46 - Monday, 19 October 1998 Group 3 - All 1 minute rest between sets

	5:00 PM Start		
Yards	Set Description	EGY	WORK
		===	====
1,000	1 x 1000 on 17:30 Swim-kick-pull-swim	REC	S
255	17 x 15 on :40 Cross pool sprints	SP3	S
1,000	8 x 125 on 2:15 Kick	EN2	K
1,500	10 x 150 on 2:15 Freestyle	EN3	S
	This is a BLUE-1 set		
600	12 x 50 on 1:00 Freestyle drill	REC	D
	1 on 32:00 Stomach and Stretch		L
	6:59 PM 4,355 Yards - Stress Value = 3	120	

5:15 PM Start

Workout #47 - Tuesday, 20 October 1998 Group 3 - All

1 minute rest between sets

	5:30	AM Start		
Yards	Se	et Description	EGY	WORF
=====	==		===	====
400	1	x 400 on 8:00 Reverse IM drill	REC	Ι
	1x{3	x 50 on 1:00 Descend in sets of 3	EN1	٤
	{ 3	x 50 on :55 Descend in sets of 3	EN1	٤
	{ 3	x 50 on :50 Descend in sets of 3	EN1	٤
	{ 3	x 50 on :45 Descend in sets of 3	EN1	٤
	1x{3	x 150 on 2:35 75fl 25ba 25br 25fr	EN2	٤
	{ 3	x 150 on 2:30 25fl 75ba 25br 25fr	EN2	٤
	{ 3	x 150 on 2:40 25fl 25ba 75br 25fr	EN2	٤
	{ 3	x 150 on 2:25 25fl 25ba 25br 75fr	EN2	٤
	5x{1	x 25 on :30 Stroke Drills	REC	Γ
	{ 1	x 50 on 1:00 Kick	EN1	ŀ
	{ 1	x 75 on 1:10 Your Stroke	EN2	٤
300	6	x 50 on 1:00 Stroke Drills	REC	Γ
	6:44	AM 3,850 Yards - Stress Value = 54	ŀ	

Workout #48 - Tuesday, 20 October 1998 Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WO!
=====	=======================================	===	==:
	1 on 40:00 Stomach and Stretch		
	and strech cords		
1,025	1 x 1025 on 16:00 Choice	REC	
	1x{3 x 100 on 2:00 Kick	EN2	
	{3 x 100 on 1:55 Kick	EN2	
	{3 x 100 on 1:50 Kick	EN2	
800	8 x 100 on 1:45 Pulls-paddles & tube	EN1	
	odds lungbuster		
	$1x{8 x 75 on 1:30 Your Stroke}$	EN3	
	$1x{8 x 75 on 1:20 Your Stroke}$	EN3	
	$1x{8 x 75 on 1:10 Your Stroke}$	EN3	
100	1 x 100 on 2:00 Choice	REC	
	$1x{4 x 100 on 1:10 Freestyle}$	EN2	
	{1 on 1:00 Rest	REC	
	{4 x 100 on 1:10 Freestyle	EN2	
400	8 x 50 on 1:00 Freestyle drill	REC	
	7:45 PM 5,825 Yards - Stress Value = 150)	

Workout #49 - Wednesday, 21 October 1998 Generic - All

1 minute rest between sets

	5:00 PM Start			
Yards	Set Description	EGY	WORK	٤
	=======================================	===	====	=
1,000	1 x 1000 on 17:30 Choice	REC	S	(
	1x{3 x 100 on 2:20 Kick	EN1	K	C
	{3 x 100 on 2:10 Kick	EN1	K	(
	{3 x 100 on 2:00 Kick	EN1	K	(
800	8 x 100 on 2:15 Individual Medley	EN1	S	
255	17 x 15 on :40 Cross pool sprints	SP3	S	
500	20 x 25 on :30 1-10 fr 11-20drill	EN1	S	
	6:22 PM 3,455 Yards - Stress Value =	32		

Workout #50 - Wednesday, 21 October 1998 Group 3 - All

1 minute rest between sets

	5:15 PM Start		
Yards	Set Description EG	ΞY	WORK
=====		==	====
	1 on 30:00 Stomach and Stretch		L

1,200	1 x 1200 on 20:00 400fr 400skps 400IM	REC	D
	all swims are drill		
255	17 x 15 on :40 Cross pool sprints/3	SP3	S
	1 on 10:00 Techniques-free trns		D
800	8 x 100 on 2:30 Kick/IM ord. no brd	EN1	K
800	16 x 50 on 1:00 Pulls-no paddles	EN1	P
	no brthng betw fl&wl		
900	9 x 100 on 2:00 Individual Medley	EN1	D
	descend in sets of 3		
400	1 x 400 on 8:00 Freestyle-drill	REC	D
	1 on 10:00 Techniques-starts		D
	7:44 PM 4,355 Yards - Stress Value =	35	

Workout #51 - Thursday, 22 October 1998 Group 3 - All 1 minute rest between sets

	5:30	AM Start		
Yards	Se	et Description	EGY	WOF
	==		===	===
	1	on 4:00 Swim-kick-pull-swim	REC	
900	12	2 x 75 on 1:20 25ki 25dr 25sw 3 o e :	EN1	
	1x{6	x 50 on :45 Freestyle	EN1	
	{ 6	x 50 on :40 Freestyle	EN1	
	{ 6	x 50 on :35 Freestyle	EN2	
	1x{2	x 400 on 5:45 Pulls	EN1	
	{ 2	x 300 on 4:15 Pulls	EN1	
	{2	x 200 on 2:45 Pulls	EN1	
	{ 2	x 100 on 1:20 Pulls	EN1	
400	4	x 100 on 1:30 Descend to ludicrous	EN2	
200	1	x 200 on 4:00 Freestyle drill	REC	
	6:45	AM 4,400 Yards - Stress Value = 49		

Workout #52 - Thursday, 22 October 1998 Generic

	5:00 PM Start		
Yards	1 - 1	EGY	WOF
825	1 x 825 on 16:00 Swim-kick-pull-swim 1 on 10:00 Techniques-free trns	=== REC	===
	1x{1 x 400 on 9:00 Kick	EN1	
200	{1 x 300 on 6:30 Kick 1 x 200 on 4:10 Kick	EN1 EN1	
	1x{1 x 100 on 2:00 Kick 1x{3 x 100 on 1:40 Freestyle	EN1 EN1	
	{1 on 1:00 REST	REC	
	{3 x 100 on 1:35 Freestyle {1 on 1:00 REST	EN1 REC	
	{3 x 100 on 1:30 Freestyle	EN1	
	{1 on 1:00 REST {3 x 100 on 1:25 Freestyle	REC EN1	
500	· ·		
	6:26 PM 3,525 Yards - Stress Value = 27		

	Workout #53 - Thursday, 22 October 1998		Yards	Set Description	EGY WORK S
	Group 3 - All		600	1 x 600 on 12:00 Reverse IM drill	
	1 minute rest between sets		000	1x{2 x 150 on 2:20 Freestyle	EN1 S
				{2 x 150 on 2:15 Freestyle	EN1 S
Yards	5:15 PM Start	EGY WOI	-	$\{2 \times 150 \text{ on } 2:10 \text{ Freestyle}$	EN1 S
=====	Set Description			{2 x 150 on 2:05 Freestyle	EN1 S
	1 on 29:00 Stomach and Stretch			{2 x 150 on 2:00 Freestyle 1x{6 x 75 on 1:20 Your Stroke	EN1 S EN1 S S
	$1x{1 x 225 on 4:00 Swim-kick-pull-swim}$	REC		{1 on 1:00 Rest	M M
	{3 x 200 on 4:00 Swim-kick-pull-swim	REC		{6 x 75 on 1:15 Your Stroke	EN1 S S
	1 on 9:00 Techniques-open trns	TNIO		{1 on 1:00 Rest	M
	5x{1 x 100 on 1:50 Kick-fly or free {1 x 100 on 2:00 Kick-breast	EN2 EN2		{6 x 75 on 1:10 Your Stroke	EN1 S S
1,200	16 x 75 on 1:15 Pulls-paddles & tube		300	3 x 100 on 2:00 Your weak stroke	EN1 S S
•	only 2brths last 25		250	all as fast as pssbl 5 x 50 on 1:00 Freestyle drill	REC D
400		EN2	200	6:44 AM 4,000 Yards - Stress Value =	
	1x{8 x 25 on :30 Butterfly	EN2			
	$\{6 \times 25 \text{ on : } 25 \text{ Butterfly} \}$ $\{4 \times 25 \text{ on : } 20 \text{ Butterfly} \}$	EN2 EN2		Workout #57 - Monday, 26 October 1998	
600	-	EN2		Group 3 - All	
600		EN2		1 minute rest between sets	
500		REC			
	7:45 PM 5,575 Yards - Stress Value = 73			5:00 PM Start	
	W. 1		Yards	Set Description ====================================	EGY
	Workout #54 - Friday, 23 October 1998		1,000	1 x 1000 on 18:00 Alt. 200drll 2	
	Group 3 - All		_,	10x{1 x 100 on 1:30 Freestyle	EN1
	1 minute rest between sets			$\{1 \times 100 \text{ on } 1:45 \text{ Freestyle} \}$	EN3
	5:15 PM Start		400	16 x 25 on :45 12.5 fast 12.5 ez	SP3
Yards		EGY W		6x{1 x 125 on 2:15 Kick-hold under {1 x 100 on 2:15 Kick	2:00 EN2 EN1
=====		=====		1 on 26:00 Stomach and Stretch	TIVI
	1 on 30:00 Stomach and Stretch			6:59 PM 4,750 Yards - Stress Value =	107
1,200	1 on 15:00 Team meeting 1 x 1200 on 20:00 400fr 400skps 400IN	/ REC			
1,200	all drill	1 1120		Workout #58 - Tuesday, 27 October 1998	
	$1x{5 \times 50 \text{ on } 1:10 \text{ Kick-hold time}}$	EN2		Generic	
	{5 x 50 on 1:05 Kick-hold time	EN2		1 minute rest between sets	
	$\{5 \times 50 \text{ on } 1:00 \text{ Kick-hold time} \}$	EN2			
1,000	$\{5 \times 50 \text{ on } 1:00 \text{ Kick-hold time} \}$	EN2 EN2	Vards	5:00 PM Start	EGY WOE
1,000	$\{5 \times 50 \text{ on } 1:00 \text{ Kick-hold time} \}$	EN2 EN2	Yards =====	5:00 PM Start	EGY WOF
1,000	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley	EN2 EN2 EN1 EN2 EN2		5:00 PM Start Set Description	
·	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez	EN2 EN2 EN1 EN2 EN2 EN2 REC	1,000 255	5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints	REC SP3
1,000	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills	EN2 EN2 EN1 EN2 EN2	1,000 255 900	5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets	REC SP3 of3 EN2
·	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez	EN2 EN2 EN1 EN2 EN2 EN2 REC	1,000 255	5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets 8 x 100 on 1:30 Lungbuster pulls	REC SP3 EN2 EN1
·	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr	EN2 EN2 EN1 EN2 EN2 EN2 REC	1,000 255 900	5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets	REC SP3 of3 EN2
·	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts	EN2 EN2 EN1 EN2 EN2 EN2 REC	1,000 255 900	5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :50 Freestyle {6 x 50 on :45 Freestyle	REC SP3 Df3 EN2 EN1 EN1
·	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts	EN2 EN2 EN1 EN2 EN2 EN2 REC	1,000 255 900	5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :50 Freestyle {6 x 50 on :45 Freestyle 1 x 200 on 4:00 Freestyle drill	REC SP3 Df3 EN2 EN1 EN1 EN1 EN1 REC
·	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts 7:44 PM 5,000 Yards - Stress Value = 48	EN2 EN2 EN1 EN2 EN2 EN2 REC	1,000 255 900 800	5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :50 Freestyle {6 x 50 on :45 Freestyle	REC SP3 Df3 EN2 EN1 EN1 EN1 EN1 REC
·	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts 7:44 PM 5,000 Yards - Stress Value = 48	EN2 EN2 EN1 EN2 EN2 EN2 REC	1,000 255 900 800	5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :45 Freestyle 1 x 200 on 4:00 Freestyle drill 6:28 PM 4,055 Yards - Stress Value =	REC SP3 Df3 EN2 EN1 EN1 EN1 EN1 REC
·	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts 7:44 PM 5,000 Yards - Stress Value = 48 Workout #55 - Friday, 23 October 1998 Group 3 - All 1 minute rest between sets	EN2 EN2 EN1 EN2 EN2 EN2 REC	1,000 255 900 800	5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :50 Freestyle {6 x 50 on :45 Freestyle 1 x 200 on 4:00 Freestyle drill 6:28 PM 4,055 Yards - Stress Value =	REC SP3 Df3 EN2 EN1 EN1 EN1 EN1 REC
600	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts 7:44 PM 5,000 Yards - Stress Value = 48 Workout #55 - Friday, 23 October 1998 Group 3 - All 1 minute rest between sets	EN2 EN2 EN1 EN2 EN2 REC REC	1,000 255 900 800	5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :45 Freestyle {6 x 50 on :45 Freestyle 1 x 200 on 4:00 Freestyle drill 6:28 PM 4,055 Yards - Stress Value = Workout #59 - Tuesday, 27 October 1998 Generic	REC SP3 Df3 EN2 EN1 EN1 EN1 EN1 REC
·	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts 7:44 PM 5,000 Yards - Stress Value = 48 Workout #55 - Friday, 23 October 1998 Group 3 - All 1 minute rest between sets	EN2 EN2 EN2 EN2 REC REC	1,000 255 900 800	5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :50 Freestyle {6 x 50 on :45 Freestyle 1 x 200 on 4:00 Freestyle drill 6:28 PM 4,055 Yards - Stress Value =	REC SP3 Df3 EN2 EN1 EN1 EN1 EN1 REC
600 Yards	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts 7:44 PM 5,000 Yards - Stress Value = 48 Workout #55 - Friday, 23 October 1998 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description ====================================	EN2 EN2 EN2 EN2 REC REC EGY WOI === =================================	1,000 255 900 800	5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :45 Freestyle {6 x 50 on :45 Freestyle 1 x 200 on 4:00 Freestyle drill 6:28 PM 4,055 Yards - Stress Value = Workout #59 - Tuesday, 27 October 1998 Generic	REC SP3 Df3 EN2 EN1 EN1 EN1 EN1 REC
600 Yards	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts 7:44 PM 5,000 Yards - Stress Value = 48 Workout #55 - Friday, 23 October 1998 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description ====================================	EN2 EN2 EN2 EN2 REC REC EGY WOI === =================================		5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :45 Freestyle 1 x 200 on 4:00 Freestyle drill 6:28 PM 4,055 Yards - Stress Value = Workout #59 - Tuesday, 27 October 1998 Generic 1 minute rest between sets 5:00 PM Start Set Description	REC SP3 Df3 EN2 EN1 EN1 EN1 EN1 EN1 ATEC 45
600 Yards	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts 7:44 PM 5,000 Yards - Stress Value = 48 Workout #55 - Friday, 23 October 1998 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 	EN2 EN2 EN2 EN2 REC REC EGY WOI === =================================	1,000 255 900 800 200	5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :45 Freestyle 1 x 200 on 4:00 Freestyle drill 6:28 PM 4,055 Yards - Stress Value = Workout #59 - Tuesday, 27 October 1998 Generic 1 minute rest between sets 5:00 PM Start Set Description	REC SP3 Df3 EN2 EN1 EN1 EN1 EN1 REC 45
600 Yards	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts 7:44 PM 5,000 Yards - Stress Value = 48 Workout #55 - Friday, 23 October 1998 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description ====================================	EN2 EN2 EN2 EN2 REC REC EGY WOI === =================================	1,000 255 900 800 200 200	5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :45 Freestyle {6 x 50 on :45 Freestyle 1 x 200 on 4:00 Freestyle drill 6:28 PM 4,055 Yards - Stress Value = Workout #59 - Tuesday, 27 October 1998 Generic 1 minute rest between sets 5:00 PM Start Set Description	REC SP3 Df3 EN2 EN1 EN1 EN1 EN1 EN1 ARC 45 EGY WORK S EEGY WORK S EEGY WORK S
600 Yards	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts 7:44 PM 5,000 Yards - Stress Value = 48 Workout #55 - Friday, 23 October 1998 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 x 400 on 8:00 Continous stroke dr. 1x{6 x 50 on :45 Pulls {6 x 75 on 1:10 Pulls {6 x 100 on 1:30 Pulls	EN2 EN2 EN2 EN2 REC REC REC EGY WOI === =================================	1,000 255 900 800 200	5:00 PM Start Set Description	REC SP3 Df3 EN2 EN1 EN1 EN1 EN1 REC 45
Yards ====== 400	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts 7:44 PM 5,000 Yards - Stress Value = 48 Workout #55 - Friday, 23 October 1998 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description ====================================	EN2 EN2 EN2 EN2 REC REC REC REC EN1 EN1 EN1 EN1 EN1 EN2 EN3		5:00 PM Start Set Description	REC SP3 Df3 EN2 EN1 EN1 EN1 REC 45 EGY WORK S === = REC SP3 S FEN2 K C
600 Yards	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts 7:44 PM 5,000 Yards - Stress Value = 48 Workout #55 - Friday, 23 October 1998 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 x 400 on 8:00 Continous stroke dr. 1x{6 x 50 on :45 Pulls {6 x 75 on 1:10 Pulls {6 x 100 on 1:30 Pulls 4x{1 x 150 on 2:30 Freestyle {1 x 150 on 2:30 Freestyle {1 x 150 on 2:30 Freestyle {1 x 50 on 1:00 Stroke Drills	EN2 EN2 EN2 EN2 REC REC REC EN1 EN1 EN1 EN1 EN1 EN2		5:00 PM Start Set Description	REC SP3 Df3 EN2 EN1 EN1 EN1 REC 45 EGY WORK S === = = = REC S SP3 S F EN2 K C EN1 P EN1 S
Yards ====== 400	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts 7:44 PM 5,000 Yards - Stress Value = 48 Workout #55 - Friday, 23 October 1998 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 x 400 on 8:00 Continous stroke dr. 1x{6 x 50 on :45 Pulls {6 x 75 on 1:10 Pulls {6 x 100 on 1:30 Pulls 4x{1 x 150 on 2:30 Freestyle {1 x 150 on 2:30 Freestyle {1 x 150 on 2:30 Freestyle {1 x 50 on 1:00 Stroke Drills odds free evens strk	EN2 EN2 EN2 EN2 REC REC REC REC EN1 EN1 EN1 EN1 EN1 EN2 EN3		5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :45 Freestyle {6 x 50 on :45 Freestyle 1 x 200 on 4:00 Freestyle drill 6:28 PM 4,055 Yards - Stress Value = Workout #59 - Tuesday, 27 October 1998 Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 16 x 15 on :40 Cross pool sprints 9 x 100 on 2:30 Kick-odds fast 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :55 Freestyle {6 x 50 on :50 Freestyle}	REC SP3 Df3 EN2 EN1 EN1 EN1 REC 45 EGY WORK S E E E E E E E E E E E E E E E E E E
Yards ====== 400	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts 7:44 PM 5,000 Yards - Stress Value = 48 Workout #55 - Friday, 23 October 1998 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 x 400 on 8:00 Continous stroke dr. 1x{6 x 50 on :45 Pulls {6 x 75 on 1:10 Pulls {6 x 100 on 1:30 Pulls 4x{1 x 150 on 2:30 Freestyle {1 x 150 on 2:30 Freestyle {1 x 150 on 2:30 Freestyle {1 x 50 on 1:00 Stroke Drills	EN2 EN2 EN2 EN2 REC REC REC REC EN1 EN1 EN1 EN1 EN1 EN2 EN3	Yards = 1,000 255 900 800 200 200 400 900 800	5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :45 Freestyle {6 x 50 on :45 Freestyle 1 x 200 on 4:00 Freestyle drill 6:28 PM 4,055 Yards - Stress Value = Workout #59 - Tuesday, 27 October 1998 Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 16 x 15 on :40 Cross pool sprints 9 x 100 on 2:30 Kick-odds fast 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :45 Freestyle {6 x 50 on :45 Freestyle {6 x 50 on :45 Freestyle}	EGY WORK S === === = = = = = = = = = = = = = = =
Yards ====== 400	<pre>{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts 7:44 PM 5,000 Yards - Stress Value = 48 Workout #55 - Friday, 23 October 1998 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description ====================================</pre>	EN2 EN2 EN2 EN2 REC REC REC REC EN1 EN1 EN1 EN1 EN1 EN2 EN3		5:00 PM Start Set Description	REC SP3 D13 EN1
Yards ====== 400	{5 x 50 on 1:00 Kick-hold time {5 x 50 on :55 Kick-hold time 10 x 100 on 1:30 Pulls-paddles & tube 6x{1 x 50 on :35 Freestyle {1 x 100 on 1:15 Individual Medley {1 x 50 on :55 Freestyle-ez 12 x 50 on 1:15 Stroke Drills odds fr evens non fr 1 on 12:00 Techniques-starts 7:44 PM 5,000 Yards - Stress Value = 48 Workout #55 - Friday, 23 October 1998 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 x 400 on 8:00 Continous stroke dr. 1x{6 x 50 on :45 Pulls {6 x 75 on 1:10 Pulls {6 x 100 on 1:30 Pulls 4x{1 x 150 on 2:30 Freestyle {1 x 150 on 2:30 Freestyle {1 x 150 on 2:30 Freestyle {1 x 50 on 1:00 Stroke Drills odds free evens strk	EN2 EN2 EN2 EN2 REC REC REC REC EN1 EN1 EN1 EN1 EN1 EN2 EN3	Yards = 1,000 255 900 800 200 200 400 900 800	5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 17 x 15 on :40 Cross pool sprints 18 x 50 on 1:15 Kick-descend sets 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :45 Freestyle {6 x 50 on :45 Freestyle 1 x 200 on 4:00 Freestyle drill 6:28 PM 4,055 Yards - Stress Value = Workout #59 - Tuesday, 27 October 1998 Generic 1 minute rest between sets 5:00 PM Start Set Description 1 x 1000 on 17:00 Choice 16 x 15 on :40 Cross pool sprints 9 x 100 on 2:30 Kick-odds fast 8 x 100 on 1:30 Lungbuster pulls 1x{6 x 50 on :55 Freestyle {6 x 50 on :45 Freestyle {6 x 50 on :45 Freestyle {6 x 50 on :45 Freestyle}	REC SP3 D13 EN1

Workout #60 - Tuesday, 27 October 1998 Group 3 - All 1 minute rest between sets		200	{4 x 75 on 1:15 Weak stroke {3 x 100 on 1:25 Individual Medley {4 x 100 on 1:30 Weak stroke {3 x 100 on 1:20 Individual Medley 1 x 200 on 3:00 Bilateral	EN EN EN EN	N1 N1 N1
5:15 PM Start Yards Set Description ======	EGY WOF		6:44 AM 4,200 Yards - Stress Value = 3	6	
1 on 29:00 Stomach and Stretch			Workout #64 - Thursday, 29 October 1998		
1,025	REC SP3 EN2 EN2 EN2	Yards	Generic 1 minute rest between sets 5:00 PM Start Set Description	E.C	GY WOF
1,000 20 x 50 on 1:00 Pulls-paddles & tube		=====	======================================		
<pre>1x{2 x 400 on 6:30 Individual Medley {2 x 400 on 6:15 Individual Medley {2 x 400 on 6:00 Individual Medley 5 x 50 on 1:00 Stroke Drills-free 7:45 PM 6,115 Yards - Stress Value = 70</pre>	EN1 EN1 EN1 EN1	1,000	<pre>1 x 1000 on 20:00 Choice 1x{18 x 50 on 1:15 Kick-descend in thr 1 on 10:00 Techniques-turns 1x{4 x 100 on 2:00 Individual Medley {4 x 50 on :45 Freestyle {4 x 100 on 2:00 Stroke no Freestyle</pre>	EN	N2 N1 N1
Workout #61 - Wednesday, 28 October 1998			{4 x 50 on :45 Freestyle	EN	N1
Generic		200 200	8 x 25 on :45 AS FAST AS POSSIBLE 1 x 200 on 4:00 Bilateral	S E R E	
1 minute rest between sets			6:29 PM 3,500 Yards - Stress Value = 3	8	
5:00 PM Start Yards Set Description	EGY V		Workout #65 - Thursday, 29 October 1998 Group 3 - All		
1,000 1 x 1000 on 18:00 Alt 100frdrill 100I			1 minute rest between sets		
900 12 x 75 on 1:45 Kick 1x{3 x 200 on 3:00 Freestyle	EN1 EN1		5:15 PM Start		
{1 on 1:00 Rest	D) 1	Yards	Set Description		GY WOF
{3 x 200 on 2:55 Freestyle {1 on 1:00 Rest	EN1	=====	1 on 30:00 Stomach and Stretch	===	== ===
{3 x 200 on 2:50 Freestyle 1x{8 x 25 on :35 Choice	EN1 EN1	1,200	1 x 1200 on 20:00 Alt 200fr dr & 20	0 RE	ΞC
{6 x 50 on :30 Choice	EN1		2strk fly 2strk brst 1 on 10:00 Techniques-back trns		
{4 x 25 on :25 Choice {2 x 25 on :20 Choice	EN1 EN1		5x{1 x 100 on 2:00 Kick-hold under 1:4		
150 1 x 150 on 3:00 Six kick switch	REC		$\{1 \times 100 \text{ on } 2:30 \text{ Kick-back no board } 2\times\{8 \times 100 \text{ on } 1:30 \text{ Your Stroke} \}$	EN EN	
6:25 PM 4,500 Yards - Stress Value = 33			$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills} \}$	RE	
Workout #62 - Wednesday, 28 October 1998			$\{6 \times 75 \text{ on } 1:10 \text{ four Stroke} \}$	EN RE	
Group 3 - All			1 on 10:00 Gauntlet 7:44 PM 5,500 Yards - Stress Value = 6		
1 minute rest between sets			7.44 FM 3,300 laids - Stress value - 0	J	
5:15 PM Start			Workout #66 - Friday, 30 October 1998		
Yards Set Description EG	SY WORK		Group 3 - All 1 minute rest between sets		
1 on 29:00 Stomach and Stretch	L		i minute rest between sets		
1,025 1 x 1025 on 18:00 Swim-kick-pull-swim RE 1,050 21 x 50 on 1:00 Kick descend 1-3 EN 1,800 24 x 75 on 1:00 Pulls EN	12 K	Yards	±		WORK S
500 10 x 50 on :50 Freestyle-build EN	N1 S	400	1 x 400 on 8:00 Reverse IM drill R	REC	D
2,400 6 x 400 on 5:00 Freestyle EN 500 20 x 25 on :40 Stroke Drills IM ord RE		800	, i	N1 N1	P S
7:45 PM 7,275 Yards - Stress Value = 92				IN1	S F
Workout #62 Thursday 20 October 1000			•	IN1 IN1	S S
Workout #63 - Thursday, 29 October 1998 Group 3 - All			· •	IN1	S
1 minute rest between sets			•	IN1 IN1	S F S
F. 20 AM Chart			{6 x 50 on :40 Freestyle	IN1	S
5:30 AM Start Yards Set Description	EGY WOF	400	1 x 400 on 7:00 Individual Medley E good effort	N1	S
600 1 x 600 on 12:00 Swim-kick-pull-swim 400 16 x 25 on :30 4 on each 2dr 2fast 800 8 x 100 on 1:30 Lungbuster pulls 1x{4 x 25 on :30 Weak stroke {3 x 100 on 1:35 Individual Medley {4 x 50 on :55 Weak stroke {3 x 100 on 1:30 Individual Medley		200		REC 86	D

Workout #67 - Friday, 30 October 1998 Group 3 - All 1 minute rest between sets

200	4 x	50 on 1:00 Frees-hold under:40	EN1 S
3,000	1 x	3000 on 30:00 Freestyle for time E	EN2 S
500	1 x	500 on 8:00 Bilateral F	REC D
	11:3	24 AM 4,525 Yards - Stress Value =	62

Workout #71 - Monday, 02 November 1998

	5:30 AM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
400	1 x 400 on 8:00 Reverse IM drill	REC	D	
800	8 x 100 on 1:30 Lungbuster pulls	EN1	P	
	$1x{6 x 50 on 1:00 Breaststroke}$	EN1	S	
	{6 x 50 on :55 Butterfly	EN1	S	E
	{6 x 50 on :50 Backstroke	EN1	S	
	$\{6 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	
	{6 x 50 on :55 Breaststroke	EN1	S	
	{6 x 50 on :50 Butterfly	EN1	S	E
	{6 x 50 on :45 Backstroke	EN1	S	
	{6 x 50 on :40 Freestyle	EN1	S	
400	1 x 400 on 7:00 Individual Medley	EN1	S	
	good effort			
200	4 x 50 on 1:00 Stroke Drills	REC	D	
	6:45 AM 4,200 Yards - Stress Value =	36		

Group 3 - All 1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WORK
=====		===	====
1,025	1 x 1025 on 17:30 Swim-kick-pull-swim	REC	S
255	17 x 15 on :45 Cross pool sprints	SP3	S
600	8 x 75 on 2:30 Freestyle	SP2	S
500	10 x 50 on 1:00 Kick	EN1	K
600	8 x 75 on 2:30 Your Stroke	SP2	S
250	5 x 50 on 1:00 Stroke Drills-free	REC	D
	1 on 28:00 Stomach and Stretch		L
	7:14 PM 3,230 Yards - Stress Value = 3	L35	

Worl

1 minute rest between sets

	Workout #72 - Tuesday, 03 November 1998
rkout #68 - Friday, 30 October 1998	Group 3 - All
Group 3 - All	1 minute rest between sets
1 minute rest between sets	

** 1	5:15 PM Start	2011	
Yards	Set Description	EGY	WOF
=====		===	===
1 200	1 on 30:00 Stomach and Stretch 1 x 1200 on 22:00 200yds 4fly 4brst	DEC	
1,200	200yds 4back 4free	KEC	
	1 on 10:00 Techniques-starts		
	1x{4 x 50 on 1:00 Kick	EN2	
	{4 x 50 on :55 Kick	EN2	
	{4 x 50 on :50 Kick	EN2	
	{4 x 50 on :45 Kick	EN2	
100	1×100 on $5:00$ Kick for time	EN3	
1,000	10 x 100 on 1:45 Lungbuster pulls w/	EN1	
	paddles and tubes		
	$4x\{4 \times 50 \text{ on } 1:15 \text{ Stroke Drills}$	REC	
	{3 x 100 on 2:00 Descend	EN1	
	7:42 PM 5,100 Yards - Stress Value = 44		

Yards Set Description ====== 1 on 45:00 Stomach and Stretch And stretch cords 1,025 1 x 1025 on 17:30 Swim-kick-pull-swim REC 255 17 x 15 on :30 Cross pool sprints 1,000 8 x 125 on 2:15 Kick EN2 $2x{3 x 75 on 1:30 Backstroke}$ EN1 $\{3 \times 75 \text{ on } 1:20 \text{ Backstroke} \}$ EN1 ${3 \times 75 \text{ on } 1:10 \text{ Backstroke}}$ EN1 $1x{6} \times 150$ on 1:55 Freestyle EN2 $\{6 \times 150 \text{ on } 1:50 \text{ Freestyle} \}$ EN2 { This is a RED-10 set 8 x 50 on 1:00 Stroke Drills-free REC 7:45 PM 5,830 Yards - Stress Value = 78

5:15 PM Start

Workout #69 - Saturday, 31 October 1998 Group 3 - All

1 minute rest between sets

Workout #73 - Wednesday, 04 November 1998 Group 3 - All 1 minute rest between sets

Yards	10:00 AM Start Set Description	EGY	WORK	2
=====		===	====	=
	1 on 30:00 Stomach and Stretch		L	
825	1 x 825 on 14:00 Freestyle drill	REC	D	
	last 25 of each 100			
	build			
200	4 x 50 on 1:00 Frees-hold under:40	EN1	S	
3,000	1 x 3000 on 30:00 Freestyle for time	EN2	S	
500	1 x 500 on 8:00 Bilateral	REC	D	
	11:29 AM 4,525 Yards - Stress Value =	= 62		

	5:30 AM Start	
Yards	Set Description	EGY WC
	=======================================	
400	1 x 400 on 8:00 Reverse IM drill	REC
1,000	10×100 on 1:30 Descend in sets of 3	EN1
	hold 10 as fast as 9	
	2x{1 x 200 on 3:30 Free-last 50 6bk	EN1
	{1 x 200 on 3:30 Free-3rd 50 6bk	EN1
	{1 x 200 on 3:30 Free-2nd 50 6bk	EN1
	{1 x 200 on 3:30 Free-1st 50 6bk	EN3
	1x{4 x 100 on 1:30 Individual Medley	EN1
	{2 x 200 on 3:00 Individual Medley	EN1
	{1 x 400 on 6:00 Individual Medley	EN1
100	1 x 100 on 2:00 Stroke Drills-free	REC
	6:45 AM 4,300 Yards - Stress Value = 58	

Workout #70 - Saturday, 31 October 1998 Group 3 - All

	10:00 AM Start			
Yards	Set Description	EGY	WORK	۶
=====		===	====	=
	1 on 25:00 Stomach and Stretch		L	
825	1 x 825 on 14:00 Freestyle drill	REC	D	
	last 25 of each 100			
	build			

 $2x{4 \times 50 \text{ on } :50 \text{ Freestyle}}$

 $\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$

Workout #74 - Wednesday, 04 November 1998 Group 3 - All 1 minute rest between sets		100	{4 x 50 on :40 Freestyle 1 x 100 on 2:00 Choice 6:46 AM 4,200 Yards - Stress Value = 53	EN1 REC
5:15 PM Start			Workout #78 - Tuesday, 10 November 1998	
Yards Set Description	EGY WC		Group 3 - All	
1 on 42:00 Stomach and Stretch	=======		1 minute rest between sets	
and stretch cords 1,025	m REC EN2	Yards	5:15 PM Start Set Description	EGY W
<pre>{1 x 100 on 2:00 Kick-hold at 1:37 {1 x 50 on 1:00 Kick-hold at :45 1x{10 x 100 on 2:00 Pulls-paddles & tuk { all breastroke 8x{8 x 25 on :30 Butterfly</pre>	EN2 EN2 DE EN1 EN2	1,025	4br4fl, 4fr4ba/200IM)s REC
{1 on :45 Rest	REC	225	1 on 10:00 Techniques-turns 15 x 15 on :30 Cross pool sprints	SP3
500	REC	1,000		EN2 EN1 EN1
Workout #75 - Thursday, 05 November 1998			{4 x 100 on 1:20 Pulls	EN1
Group 3 - All			{4 x 100 on 1:15 Pulls	EN1
1 minute rest between sets			4x{4 x 75 on 1:10 Breaststroke {1 on 1:00 Rest	EN2
5:15 PM Start		300		REC
Yards Set Description	EGY WORF		7:46 PM 5,350 Yards - Stress Value = 69	
1 on 40:00 Stomach and Stretch	=== ==== I		Workout #79 - Wednesday, 11 November 1998	
and stretch cords $1,025$ 1 x 1025 on $17:30$ Alt.100 4st ba 4stfr	REC S		Group 3 - All	
w/ 100 4stbr 4st fly			1 minute rest between sets	
1,000 10 x 100 on 2:00 Kick-odds under 1:35 400 16 x 25 on 1:15 Your Stroke	EN2 F	Varda	5:15 PM Start Set Description E0	GY WORK
1,200 12 x 100 on 1:45 Lungbuster pulls			set pestibilion	
with all the gear			1 on 39:00 Stomach and Stretch	L
400 16 x 25 on 1:20 Weak stroke	SP2 S		and stretch cords	
250 1 x 250 on 4:00 Stroke Drills-free 7:45 PM 4,275 Yards - Stress Value = 11	REC I	225	± ±	P3 S
Workout #76 Monday 00 November 1009			-	N1 S P2 S
Workout #76 - Monday, 09 November 1998 Group 3 - All			-	N1 K
1 minute rest between sets				P2 S
Timate Test between sets				N1 P
5:15 PM Start				P2 S EC S
±	EGY WORK			P2 S
1,025 1 x 1025 on 18:00 Swim-kick-pull-swim	=== ==== L	200		EC S
255 17 x 15 on :30 Cross pool sprints 900 18 x 50 on 1:00 Kick-descend 1-3	SP3 S EN2 K		7:45 PM 4,225 Yards - Stress Value = 93	
1,050 14 x 75 on 1:30 Freestyle This is a BLUE-2 set	EN3 S		Workout #80 - Friday, 13 November 1998 Group 3 - All	
	REC D		1 minute rest between sets	
1 on 11:00 Practice team cheers	М		Tillinute Test between sets	
1 on 30:00 Stomach and Stretch	L		5:15 PM Start	
7:14 PM 3,630 Yards - Stress Value = 91	_	Yards	Set Description	EGY WC
Workout #77 - Tuesday, 10 November 1998			1 on 40:00 Stomach and Stretch and stretch cords	
Group 3 - All		1,200	12 x 100 on 1:45 Stroke Drills 4 on 6	e REC
1 minute rest between sets		900	1 on 10:00 Techniques-starts 12 x 75 on 1:30 Kick	EN1
5:30 AM Start	ECV MOT	1,500	15 x 100 on 1:30 Lungbuster pulls	EN1
Yards Set Description	EGY WOF		5x{1 x 100 on 1:20 Individual Medley	EN2
400 1 x 400 on 8:00 Reverse IM drill	REC		$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} $ $\{1 \times 50 \text{ on } : 50 \text{ Freestyle-EZ} \}$	EN2 REC
900 12 x 75 on 1:20 3on ea 25k 25d 25b	EN1	400	1 x 400 on 15:00 Rabbit Game	EN1
$1x\{1 \times 400 \text{ on } 7:00 \text{ broken at } 200 30\text{ sec}$	EN2	300		REC
{1 x 400 on 7:00 broken at 100 20 sec {1 x 400 on 7:00 broken at 50 10sec	EN2 EN2		7:46 PM 5,300 Yards - Stress Value = 43	
{1 x 400 on 7:00 broken at 30 losec	EN2			
$2x$ {4 x 50 on :50 Freestyle	EN1			

EN1

EN1

800 8 x 100 on 2:00 Stroke Drills Workout #81 - Saturday, 14 November 1998 8:59 PM 5,950 Yards - Stress Value = 145 Group 3 - All 1 minute rest between sets Workout #85 - Wednesday, 18 November 1998 Group 3 - All 10:00 AM Start Yards Set Description EGY WOF 1 minute rest between sets _____ 1 on 30:00 Stomach and Stretch 5:30 AM Start 1 x 825 on 14:00 Swim-kick-pull-swim REC Yards Set Description EGY WC $4x\{1 \times 100 \text{ on } 2:00 \text{ Stroke Drills}$ REC ===== {1 x 100 on 2:00 Stroke Drills 6 x 100 on 6:00 Freestvle 400 1 x 400 on 8:00 Stroke Drills REC REC 6 x 100 on 6:00 Freestyle SP1 600 1,000 10 x 100 on 1:30 Descend in sets of 3 EN1 1 x 400 on 7:30 Stroke Drills-free REC Hold #10 as fast as9 1 on 12:00 Gauntlet $1x{1 \times 400 \text{ on } 5:15 \text{ Freestyle}}$ 11:58 AM 2,625 Yards - Stress Value = 48 {1 x 300 on 4:00 Freestyle {1 x 200 on 2:40 Freestyle EN2 {1 x 100 on 1:20 Freestyle EN2 Workout #82 - Saturday, 14 November 1998 {1 x 100 on 1:15 Freestyle Group 3 - Freestylers {1 x 200 on 2:30 Freestyle EN2 1 minute rest between sets {1 x 300 on 3:45 Freestvle EN2 $\{1 \times 400 \text{ on } 5:00 \text{ Freestyle} \}$ EN2 10:00 AM Start 800 16 x 50 on 1:00 Pulls no breathing Yards Set Description EGY WOF between flags & wall ===== 300 1 x 300 on 5:00 Stroke Drills-free REC 1 on 30:00 Stomach and Stretch 6:44 AM 4,500 Yards - Stress Value = 58 1 x 825 on 14:00 Swim-kick-pull-swim REC 4x{1 x 100 on 2:00 Stroke Drills REC Workout #86 - Wednesday, 18 November 1998 {1 x 100 on 2:00 Stroke Drills Group 3 - All $1x{4 \times 100 \text{ on } 1:30 \text{ Freestyle}}$ 1 minute rest between sets $\{4 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$ $\{4 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ 5:15 PM Start { This is a RED-10 set Yards Set Description 400 1 x 400 on 7:30 Stroke Drills-free REC ====== 1 on 12:00 Gauntlet 1 on 38:00 Stomach and Stretch 11:55 AM 3,975 Yards - Stress Value = 32 and stretch cords 1 x 1025 on 18:00 Swim-kick-pull-swim REC 1,025 240 16 x 15 on :30 Cross pool sprints SP3 Workout #83 - Monday, 16 November 1998 600 12 x 50 on 1:00 Kick-descend 1-3 Group 3 - All 200 1 x 200 on 3:00 Freestyle 1 minute rest between sets $4x{4 \times 25 \text{ on } 1:30 \text{ Swim}}$ SP2 {4 x 50 on 2:00 Swim SP2 5:15 PM Start {1 x 200 on 3:00 Freestyle REC Yards Set Description EGY WOF 7:46 PM 4,065 Yards - Stress Value = 144 ===== 1 x 825 on 14:00 Swim-kick-pull-swim REC Workout #87 - Thursday, 19 November 1998 15 x 15 on :30 Cross pool sprints SP3 4x{4 x 50 on 1:00 Kick-ALL OUT!!!! EN2 Group 3 - All {1 on 1:00 Rest 1 minute rest between sets 8 x 200 on 2:45 Pulls with paddles EN1 1,600 5x{8 x 25 on :30 Butterfly EN2 5:15 PM Start {1 on 1:00 Rest Yards Set Description 200 1 x 200 on 3:00 Bilateral REC ===== 1 on 22:00 Stomach and Stretch 1 on 40:00 Stomach and Stretch 7:14 PM 4,650 Yards - Stress Value = 61 and stretch cords $1x\{1 \times 125 \text{ on } 2:30 \text{ Stroke Drills}$ REC Workout #84 - Tuesday, 17 November 1998 {7 x 100 on 2:00 Stroke Drills 1,000 8 x 125 on 2:30 Kick Group 3 - All 20 x 50 on 1:00 Pulls-paddles & tube EN1 1,000 1 minute rest between sets $1x\{10 \times 50 \text{ on } :55 \text{ Breaststroke}$ EN2 {8 x 75 on 1:15 Breaststroke

{6 x 100 on 1:30 Breaststroke

{5 x 25 on :20 Freestyle

7:44 PM 5,525 Yards - Stress Value = 68

 $1x{5 x 25 on :30 Freestyle}$

 $\{5 \times 25 \text{ on } : 25 \text{ Freestyle} \}$

EN2

6:45 PM Start EGY WORK ST Yards Set Description 1 on 30:00 Stomach and Stretch D CF 800 8 x 100 on 2:00 Stroke Drills REC K CF 1x{3 x 150 on 3:00 Kick EN2 EN2 K CF {3 x 100 on 2:00 Kick K CF (3 x 50 on 1:00 Kick EN2 1 x 100 on 2:00 Kick-for time EN3 {3 x 50 on 1:00 Kick 1 x 100 on 2:00 Kick-for time EN3 K CF 4 x 400 on 6:00 Pulls-no paddles EN1 P F 1,600 descend 1-3, #4 EZ

EN3 S F

7 x 250 on 3:15 Freestyle

This is a BLUE-2 set

1,750

	Workout #88 - Friday, 20 November 1998 Group 3 - All		825 225	1 x 825 on 15:00 Swim-kick-pull-swim REC 15 x 15 on :30 Cross pool sprints SP3	
	1 minute rest between sets		1,000	$1x{4 x 125 on 2:00 Breaststroke}$ EN2	
	5:15 PM Start			{4 x 125 on 1:55 Breaststroke EN2 {4 x 125 on 1:50 Breaststroke EN2	
Yards	Set Description	EGY WC	200		
	1 on 40:00 Stomach and Stretch		400	1x{16 x 25 on :30 Free-hold under :16 EN2 1 x 400 on 8:00 Catchup & thumb drag REC	
0.00	and stretch cords	DEG	100	1 on 27:00 Stomach and Stretch	
800	16 x 50 on 1:00 Stroke Drills 4 on each stroke	REC		7:14 PM 4,550 Yards - Stress Value = 79	
1,000	1 on 10:00 Techniques-starts 10 x 100 on 2:00 Kick-hold the time I give you	EN2		Workout #92 - Tuesday, 24 November 1998 Group 3 - All	
	1x{1 x 400 on 6:00 Individual Medley	EN2		1 minute rest between sets	
	{2 x 300 on 4:20 Individual Medley	EN2			
	{3 x 200 on 2:50 Individual Medley {4 x 100 on 1:20 Individual Medley	EN2 EN2	Varda	6:45 PM Start	ס דע
900	12×75 on 1:15 Pulls-1 breath on	EN1		Set Description EGY WOR	
600	the last 25	ENI 2			L
600 400	6 x 100 on 1:30 Freestyle 1 x 400 on 6:00 Catchup & thumb drag	EN3 REC			D S
	7:45 PM 5,700 Yards - Stress Value = 105				K
			•		P
	Workout #89 - Saturday, 21 November 1998		1,800	8 x 225 on 3:00 Freestyle EN2 This is a BLUE-1 set	S
	Group 3 - All		450		D
	1 minute rest between sets			9:00 PM 6,150 Yards - Stress Value = 88	
Yards	10:00 AM Start Set Description	EGY WOF		Workout #93 - Wednesday, 25 November 1998	
=====	1 20 00 01 1 1 01 1	=== ===		Group 3 - All	
800	1 on 30:00 Stomach and Stretch 1 x 800 on 14:00 Swim-kick-pull-swim	REC		1 minute rest between sets	
	1 on 10:00 Techniques-starts			5:30 AM Start	
	4x{3 x 125 on 1:45 Freestyle	EN3		Set Description EGY WORK	
1,000	{1 on :45 Rest 5 x 200 on 4:00 Kick	EN1		1 x 400 on 7:00 Choice REC S	
450	6 x 75 on 6:00 Your Stroke	SP1			CF F
250	1 x 250 on 4:00 Choice	REC	1,500		F
	1 on 7:00 Game 12:29 PM 4,000 Yards - Stress Value = 13	36		odds breathe 3-5-7 evens fast!!!!	
	·		400		F
	Workout #90 - Saturday, 21 November 1998			4 x 100 on 1:20 Freestyle EN2 S	F
	Group 3 - Freestylers			4 x 100 on 1:15 Freestyle EN2 S 4 x 100 on 1:10 Freestyle EN2 S	F F
	1 minute rest between sets			1 x 200 on 3:00 Bilateral REC D	C
	10:00 AM Start			6:45 AM 4,450 Yards - Stress Value = 55	
Yards	Set Description	EGY WOF		W 1 4 //04 W 1 1 27 N 1 1000	
=====	1 an 20.00 Chamach and Chaptah			Workout #94 - Wednesday, 25 November 1998 Group 3 - All	
800	1 on 30:00 Stomach and Stretch 1 x 800 on 14:00 Swim-kick-pull-swim	REC		1 minute rest between sets	
	1 on 10:00 Techniques-starts				
	$4x{3 x 125 on 1:45 Freestyle}$	EN3		5:15 PM Start	
1,000	{1 on :45 Rest 5 x 200 on 4:00 Kick	EN1		Set Description EGY WOR	
1,000	{1 on :45 Rest 5 x 200 on 4:00 Kick 1x{4 x 200 on 2:55 Freestyle	EN2			
1,000	{1 on :45 Rest 5 x 200 on 4:00 Kick 1x{4 x 200 on 2:55 Freestyle {3 x 200 on 2:45 Freestyle	EN2 EN2	=====	1 on 39:00 Stomach and Stretch and stretch cords	== L
1,000	{1 on :45 Rest 5 x 200 on 4:00 Kick 1x{4 x 200 on 2:55 Freestyle {3 x 200 on 2:45 Freestyle {2 x 200 on 2:35 Freestyle	EN2	=====	1 on 39:00 Stomach and Stretch and stretch cords 1 x 1200 on 20:00 Alt 100 4st ba 4 fr REC	==
	{1 on :45 Rest 5 x 200 on 4:00 Kick 1x{4 x 200 on 2:55 Freestyle {3 x 200 on 2:45 Freestyle {2 x 200 on 2:35 Freestyle {1 x 200 on 2:25 Freestyle { This is a RED-10 set	EN2 EN2 EN2 EN2	1,200	1 on 39:00 Stomach and Stretch and stretch cords 1 x 1200 on 20:00 Alt 100 4st ba 4 fr REC and 100 4st fl 4 br	== L
1,000	{1 on :45 Rest 5 x 200 on 4:00 Kick 1x{4 x 200 on 2:55 Freestyle {3 x 200 on 2:45 Freestyle {2 x 200 on 2:35 Freestyle {1 x 200 on 2:25 Freestyle { This is a RED-10 set 1 x 250 on 4:00 Choice	EN2 EN2 EN2	1,200 600 1,000	1 on 39:00 Stomach and Stretch and stretch cords 1 x 1200 on 20:00 Alt 100 4st ba 4 fr REC and 100 4st fl 4 br 12 x 50 on 1:30 Freestyle SP2 5 x 200 on 3:00 Pulls REC	L D S P
	{1 on :45 Rest 5 x 200 on 4:00 Kick 1x{4 x 200 on 2:55 Freestyle {3 x 200 on 2:45 Freestyle {2 x 200 on 2:35 Freestyle {1 x 200 on 2:25 Freestyle { This is a RED-10 set 1 x 250 on 4:00 Choice 1 on 7:00 Game	EN2 EN2 EN2 EN2	1,200 600 1,000 400	1 on 39:00 Stomach and Stretch and stretch cords 1 x 1200 on 20:00 Alt 100 4st ba 4 fr REC and 100 4st fl 4 br 12 x 50 on 1:30 Freestyle SP2 5 x 200 on 3:00 Pulls REC 8 x 50 on 1:45 Your Stroke SP2	L D S P
	{1 on :45 Rest 5 x 200 on 4:00 Kick 1x{4 x 200 on 2:55 Freestyle {3 x 200 on 2:45 Freestyle {2 x 200 on 2:35 Freestyle {1 x 200 on 2:25 Freestyle { This is a RED-10 set 1 x 250 on 4:00 Choice	EN2 EN2 EN2 EN2	1,200 600 1,000 400 800	1 on 39:00 Stomach and Stretch and stretch cords 1 x 1200 on 20:00 Alt 100 4st ba 4 fr REC and 100 4st fl 4 br 12 x 50 on 1:30 Freestyle SP2 5 x 200 on 3:00 Pulls REC 8 x 50 on 1:45 Your Stroke SP2 4 x 200 on 4:00 Kick REC	L D S P
	{1 on :45 Rest 5 x 200 on 4:00 Kick 1x{4 x 200 on 2:55 Freestyle {3 x 200 on 2:45 Freestyle {2 x 200 on 2:35 Freestyle {1 x 200 on 2:25 Freestyle { This is a RED-10 set 1 x 250 on 4:00 Choice 1 on 7:00 Game	EN2 EN2 EN2 EN2	1,200 600 1,000 400 800 200	1 on 39:00 Stomach and Stretch and stretch cords 1 x 1200 on 20:00 Alt 100 4st ba 4 fr REC and 100 4st fl 4 br 12 x 50 on 1:30 Freestyle SP2 5 x 200 on 3:00 Pulls REC 8 x 50 on 1:45 Your Stroke SP2 4 x 200 on 4:00 Kick REC 4 x 50 on 2:00 Weak stroke SP2 20 x 25 on :40 Im order drill REC	E L D S P S K
	{1 on :45 Rest 5 x 200 on 4:00 Kick 1x{4 x 200 on 2:55 Freestyle {3 x 200 on 2:45 Freestyle {2 x 200 on 2:35 Freestyle {1 x 200 on 2:25 Freestyle { This is a RED-10 set 1 x 250 on 4:00 Choice 1 on 7:00 Game 12:21 PM 5,550 Yards - Stress Value = 14 Workout #91 - Monday, 23 November 1998 Group 3 - All	EN2 EN2 EN2 EN2	1,200 600 1,000 400 800 200	1 on 39:00 Stomach and Stretch and stretch cords 1 x 1200 on 20:00 Alt 100 4st ba 4 fr REC and 100 4st fl 4 br 12 x 50 on 1:30 Freestyle SP2 5 x 200 on 3:00 Pulls REC 8 x 50 on 1:45 Your Stroke SP2 4 x 200 on 4:00 Kick REC 4 x 50 on 2:00 Weak stroke SP2	E L D S P S K S
	{1 on :45 Rest 5 x 200 on 4:00 Kick 1x{4 x 200 on 2:55 Freestyle {3 x 200 on 2:45 Freestyle {2 x 200 on 2:35 Freestyle {1 x 200 on 2:25 Freestyle { This is a RED-10 set 1 x 250 on 4:00 Choice 1 on 7:00 Game 12:21 PM 5,550 Yards - Stress Value = 14 Workout #91 - Monday, 23 November 1998	EN2 EN2 EN2 EN2	1,200 600 1,000 400 800 200	1 on 39:00 Stomach and Stretch and stretch cords 1 x 1200 on 20:00 Alt 100 4st ba 4 fr REC and 100 4st fl 4 br 12 x 50 on 1:30 Freestyle SP2 5 x 200 on 3:00 Pulls REC 8 x 50 on 1:45 Your Stroke SP2 4 x 200 on 4:00 Kick REC 4 x 50 on 2:00 Weak stroke SP2 20 x 25 on :40 Im order drill REC	E L D S P S K S
	{1 on :45 Rest 5 x 200 on 4:00 Kick 1x{4 x 200 on 2:55 Freestyle {3 x 200 on 2:45 Freestyle {2 x 200 on 2:35 Freestyle {1 x 200 on 2:25 Freestyle { This is a RED-10 set 1 x 250 on 4:00 Choice 1 on 7:00 Game 12:21 PM 5,550 Yards - Stress Value = 14 Workout #91 - Monday, 23 November 1998 Group 3 - All	EN2 EN2 EN2 EN2	1,200 600 1,000 400 800 200	1 on 39:00 Stomach and Stretch and stretch cords 1 x 1200 on 20:00 Alt 100 4st ba 4 fr REC and 100 4st fl 4 br 12 x 50 on 1:30 Freestyle SP2 5 x 200 on 3:00 Pulls REC 8 x 50 on 1:45 Your Stroke SP2 4 x 200 on 4:00 Kick REC 4 x 50 on 2:00 Weak stroke SP2 20 x 25 on :40 Im order drill REC	E L D S P S K S
	{1 on :45 Rest 5 x 200 on 4:00 Kick 1x{4 x 200 on 2:55 Freestyle {3 x 200 on 2:45 Freestyle {2 x 200 on 2:35 Freestyle {1 x 200 on 2:25 Freestyle {1 x 200 on 2:25 Freestyle { This is a RED-10 set 1 x 250 on 4:00 Choice 1 on 7:00 Game 12:21 PM 5,550 Yards - Stress Value = 14 Workout #91 - Monday, 23 November 1998 Group 3 - All 1 minute rest between sets	EN2	1,200 600 1,000 400 800 200	1 on 39:00 Stomach and Stretch and stretch cords 1 x 1200 on 20:00 Alt 100 4st ba 4 fr REC and 100 4st fl 4 br 12 x 50 on 1:30 Freestyle SP2 5 x 200 on 3:00 Pulls REC 8 x 50 on 1:45 Your Stroke SP2 4 x 200 on 4:00 Kick REC 4 x 50 on 2:00 Weak stroke SP2 20 x 25 on :40 Im order drill REC	E L D S P S K S

EN2

EN2

EN2

EN2

EN2

EN2

EN2

EN2

EN2

Workout #95 - Thursday, 26 November	1998
Generic	
1 minute rest between sets	

Yards	8:00 AM Start Set Description	FCV	WORK S
Tarus	Sec Description	БОТ	WOILIL L
=====	=======================================	===	==== =
600	1 x 600 on 12:00 Stroke Drills	REC	D (
	$1x{3 x 25 on :40 Kick}$		S
	{3 x 50 on 1:10 Kick		S
	{3 x 75 on 1:30 Kick		S
	{3 x 100 on 1:45 Kick		S
1,600	8 x 200 on 3:00 Pulls		S
	$4x{1 \times 100}$ on 1:15 Individual Medley		S
	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$		S
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle-EZ}$		S
250	5 x 50 on 1:15 Stroke Drills		S
	9:14 AM 4,000 Yards		

Workout #96 - Friday, 27 November 1998 Group 3 - All

1 minute rest between sets

	5:15 PM Start	
Yards	Set Description	EGY WOF
=====	=======================================	=== ===
	<pre>1 on 40:00 Stomach and Stretch and stretch cords</pre>	
1,200	12 x 100 on 1:45 Stroke Drills	REC
	3 on each stroke	
	1 on 10:00 Techniques-starts	
800	8 x 100 on 2:00 Kick-hold the time I	EN2
	I give you	
450	9×50 on :45 Descend in sets of 3	EN1
	$1x{3 x 250 on 4:00 IM with 100 breast}$	EN2
	$\{3 \times 250 \text{ on } 3:55 \text{ IM with } 100 \text{ fly}$	EN2
	{3 x 250 on 3:50 IM with 100 back	EN2
	${3 \times 250 \text{ on } 3:45 \text{ IM with } 100 \text{ free}}$	EN2
300	1 x 300 on 5:00 Catchup & thumb drag	REC
	7:45 PM 5,750 Yards - Stress Value = 80	

Workout #97 - Saturday, 28 November 1998 Group 3 - All 1 minute rest between sets

	8:00 AM Start	501	
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 14:00 Swim-kick-pull-swim	REC	
	1x{4 x 75 on 1:35 Kick	EN2	
	{4 x 75 on 1:30 Kick	EN2	
	{4 x 75 on 1:25 Kick	EN2	
	{4 x 75 on 1:20 Kick	EN2	
500	10 x 50 on 1:00 Pulls-no breathing	EN1	
	flags and walls		
800	4 x 200 on 8:00 Freestyle	SP1	
400	1 x 400 on 7:00 Choice	REC	
900	12 x 75 on 1:45 Your Stroke	EN3	
400	8 x 50 on 1:00 Stroke Drills-choice	REC	
	10:32 AM 5,025 Yards - Stress Value = 14	17	

Workout #98 - Saturday, 28 November 1998 Group 3 - Freestylers 1 minute rest between sets

	8:00 AM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 14:00 Swim-kick-pull-swim	REC	

(=1	
12 x 75 on 1:45 Your Stroke E	NЗ
8 x 50 on 1:00 Stroke Drills-choice R	ЕC
10:25 AM 6,125 Yards - Stress Value = 129	
Workout #99 - Monday, 30 November 1998 Group 3 - All	

1 minute rest between sets

10 x 50 on 1:00 Pulls-no breathing

 $1x{4 x 75 on 1:35 Kick}$

 $\{4 \times 75 \text{ on } 1:30 \text{ Kick} \}$

 $\{4 \times 75 \text{ on } 1:25 \text{ Kick} \}$

 $\{4 \times 75 \text{ on } 1:20 \text{ Kick} \}$

flags and walls $1x\{4 \times 50 \text{ on :} 55 \text{ Freestyle}$

 $\{4 \times 50 \text{ on } : 50 \text{ Freestyle} \}$

 $\{4 \times 50 \text{ on } : 45 \text{ Freestyle }$ $\{4 \times 50 \text{ on } : 40 \text{ Freestyle }$

 ${3 \times 100 \text{ on } 1:25 \text{ Freestyle}}$

 $\{3 \times 100 \text{ on } 1:20 \text{ Freestyle } \{3 \times 100 \text{ on } 1:15 \text{ Freestyle } \}$

 $\{2 \times 150 \text{ on } 2:00 \text{ Freestyle}$ $\{2 \times 150 \text{ on } 1:50 \text{ Freestyle}$

500

900

5:15 PM Start			
Yards Set Description		EGY	WOF
=======================================		===	===
825 1 x 825 on 14:00 Swim-k	ick-pull-swim	REC	
255 17 x 15 on :30 Cross po	ol sprints	SP3	
1x{4 x 100 on 2:00 Kick		EN2	
{3 x 100 on 1:55 Kick		EN2	
{2 x 100 on 1:50 Kick		EN2	
{1 x 100 on 1:45 Kick		EN2	
1,600 4 x 400 on 5:30 Pulls		EN1	
$5x\{8 \times 25 \text{ on } : 30 \text{ Butterfly}$,	EN2	
{1 on 1:00 Rest		REC	
1 on 25:00 Stomach and	Stretch		
7:14 PM 4,680 Yards - Stre	ss Value = 66		
Workout #100 - Tuesday, 01 De	cember 1998		

Workout #100 - Tuesday, 01 December 1998 Group 3 - All

	6:45 PM Start		
Yards	Set Description	EGY	WC
	=======================================	===	==
	1 on 28:00 Stomach and Stretch		
1,000	1 x 1000 on 17:00 Swim-kick-pull-swim	REC	
400	16 x 25 on :30 12.5 fast 12.5 ez	SP3	
900	18 x 50 on 1:00 Kick-descend 1-3	EN2	
	1x{4 x 150 on 2:15 Pulls	EN1	
	{4 x 150 on 2:10 Pulls	EN1	
	$\{4 \times 150 \text{ on } 2:05 \text{ Pulls}$	EN1	
300	3 x 100 on 1:30 Descend 1-3	EN1	
	$1x{5 x 75 on 1:30 Freestyle}$	EN3	
	$\{5 \times 75 \text{ on } 1:25 \text{ Freestyle} \}$	EN3	
	$\{5 \times 75 \text{ on } 1:20 \text{ Freestyle} \}$	EN3	
300	1 x 300 on 5:00 Catchup & thumb drag	REC	
	9:00 PM 5,825 Yards - Stress Value = 121		

Workout #101 - Wednesday, 02 December 1998 Group 3 - All

1 minute rest between sets

7:14 PM 5,430 Yards - Stress Value = 90

Workout #104 - Tuesday, 08 December 1998 Group 3 - All 1 minute rest between sets

5:30 AM Start Yards Set Description	EGY WORF	Yards	6:45 PM Start Set Description	EGY WC
{2 x 50 on :45 Pulls-nbbfaw {1 x 50 on :50 Freestyle {2 x 50 on :40 Pulls-nbbfaw {1 x 50 on :55 Freestyle {2 x 50 on :35 Pulls-nbbfaw {1 x 50 on 1:00 Freestyle 4x{1 x 150 on 2:15 Freestyle {1 x 150 on 2:15 Freestyle	REC	800 1,000 300	1 on 30:00 Stomach and Stretch 1 x 800 on 14:00 Reverse IM dri 16x{1 x 13 on :15 Butterfly {1 x 12 on :15 Freestyle -ez 10 x 100 on 2:00 Kick-hold time 1x{4 x 150 on 2:15 Pulls {4 x 150 on 2:15 Pulls {4 x 150 on 2:10 Pulls {4 x 150 on 2:05 Pulls 1x{6 x 100 on 2:00 Freestyle {6 x 75 on 1:30 Freestyle {6 x 50 on 1:00 Freestyle {7 This is a BLUE-1 set 1 x 300 on 5:00 Catchup & thumb 9:00 PM 5,650 Yards - Stress Value Workout #105 - Wednesday, 09 December 199 Group 3 - All	11 REC SP3 REC EN2 EN1 EN1 EN3 EN3 EN3 EN2
$2x{4 \times 25}$ on :35 Breaststroke ${4 \times 25}$ on :30 Butterfly	EN1 S		1 minute rest between sets	
$\{4 \times 25 \text{ on :} 25 \text{ Backstroke} \}$	EN1 S EN1 S REC I	Yards	5:30 AM Start Set Description	EGY WORF
Workout #102 - Wednesday, 02 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description ====================================	I	750 800	1 x 400 on 8:00 Swim-kick-pull-s 2x{1 x 100 on 1:45 Free last 25 fas {1 x 100 on 1:45 Free 3rd 25 fast {1 x 100 on 1:45 Free 2nd 25 fast {1 x 100 on 1:45 Free 2nd 25 fast {1 x 100 on 1:45 Free 1st 25 fast 1x{4 x 100 on 1:20 Freestyle {1 on :40 Rest {4 x 100 on 1:15 Freestyle {1 on :30 Rest {4 x 100 on 1:10 Freestyle {1 on :20 Rest {4 x 100 on 1:05 Freestyle 15 x 50 on 1:00 Pulls-nbbfaw 4 x 200 on 3:00 Individual Medle desc 1-3 drill #4 6:44 AM 4,350 Yards - Stress Value Workout #106 - Wednesday, 09 December 199 Group 3 - All	EN1 SEN1 SEN1 SEN1 SEN1 SEN1 SEN1 SEN1 S
7:45 PM 4,600 Yards - Stress Value = 12			1 minute rest between sets	
Workout #103 - Monday, 07 December 1998 Group 3 - All		Yards	5:15 PM Start Set Description	EGY WORK STF
1 minute rest between sets			1 on 40:00 Stomach and Stretch and stretch cords	L
5:15 PM Start Yards Set Description ===================================	REC SP3 EN1 EN3 EN1 EN1 EN1 EN2 EN2 EN2 REC	750 800 300 400	<pre>1x{1 x 125 on 2:15 Stroke Drills {7 x 100 on 1:45 Stroke Drills { 2 on each stroke 16x{1 x 13 on :15 Backstroke {1 x 12 on :15 Freestyle 6x{1 x 50 on 2:30 Butterfly {1 x 50 on 1:15 Kick 4 x 200 on 3:00 Pulls 12 x 25 on 1:15 Freestyle</pre>	REC D IM SP3 S BK REC S FF SP2 S FLY SP2 S BF EN1 K CHC EN1 P FF SP2 S FF REC D CI

	•					_	
	Workout #107 - Thursday, 10 December 1998			1,000	±		
	Group 3 - All 1 minute rest between sets			2,000	4x{4 x 75 on 1:15 Kick {1 on :30 Rest 5 x 400 on 5:30 Freestyle	EN2 EN2	
	6:45 PM Start			•	This is a RED-10 set	LINZ	_
Yards	Set Description	EGY W		500	10 x 50 on 1:00 Pulls-no breathing between flags & wall	EN1	1
=====	1 on 30:00 Stomach and Stretch	=== =:	=== L	1,250	10 x 125 on 2:15 Freestyle	EN3	3
800	1 x 800 on 14:00 Choice	REC	S	250	This is a BLUE-1 set 1 x 250 on 5:00 Catchup & thumb drag	REC	С
	4x{4 x 75 on 1:15 Kick-very very fast : {1 on :30 Rest	EN2 REC	K M		10:31 AM 6,200 Yards - Stress Value = 14		
1,600	16 x 100 on 1:30 Lungbuster pulls		P		Workout #111 - Monday, 14 December 1998		
	odds br. 3-5-7-9 evens br.2-4-6-8				Group 3 - All		
	•	EN2	S		1 minute rest between sets		
	•	EN2 EN2	S S		5:15 PM Start		
F.0.0	•	EN2	S	Yards	Set Description		Y WC
500	20 x 25 on :40 IM order drill 8:58 PM 5,900 Yards - Stress Value = 7	rec 6	D	=====	1 on 30:00 Team PIctures	===	= ==
				825	1 x 825 on 15:00 Swim-kick-pull-swim		
	Workout #108 - Friday, 11 December 1998				16x{1 x 13 on :15 Freestyle {1 x 12 on :15 Freestyle-ez	SP3	
	Group 3 - All 1 minute rest between sets			1,000	10 x 100 on 2:00 Kick-odds fast	EN2	2
	1 minute 1 cost occurred 2 octo				$1x{5 \times 200}$ on 3:00 Freestyle ${5 \times 100}$ on 1:30 Freestyle	EN1	
Yards	5:15 PM Start Set Description	EGY 1	WORF		$\{5 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	1
=====			====	400	1 x 400 on 6:00 Catchup & thumb drag 1 on 9:00 Techniques or Fly!!!	RE(J
	1 on 40:00 Stomach and Stretch and stretch cords		I		7:14 PM 4,375 Yards - Stress Value = 45		
	$1x{1 x 425 on 7:30 Swim-kick-pull-swim}$		٤		Workout #112 - Tuesday, 15 December 1998		
1,000	{1 x 400 on 7:30 Reverse IM drill 10 x 100 on 2:00 Kick-with flippers	REC EN2	I F		Group 3 - All		
	$1x{4 x 75 on 1:20 Lungbuster pulls}$	EN1	E		1 minute rest between sets		
	$\{4 \times 75 \text{ on } 1:15 \text{ Lungbuster pulls} $ $\{4 \times 75 \text{ on } 1:10 \text{ Lungbuster pulls} \}$	EN1 EN1	E E		6:45 PM Start		
100	<u> </u>	EN1	2	Yards	Set Description EG	Y WO	
	6x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle	EN2 EN2	5 5	=====	1 on 28:00 Stomach and Stretch	= ==	=== L
300	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle-ez} $ 6 x 50 on 1:00 Stroke Drills	REC REC	٤	800	1 x 800 on 15:00 Reverse IM drill RE		D
300	1 on 29:00 Techniques or FLY!!!	KEC	I S		16x{1 x 13 on :00 Butterfly SF {1 x 12 on :30 Freestyle-ez RE		S S
	7:44 PM 4,325 Yards - Stress Value = 4	8			1x{4 x 50 on 1:00 Kick EN	2	K
	Workout #109 - Saturday, 12 December 1998				{4 x 50 on :55 Kick EN {4 x 50 on :50 Kick EN		K K
	Group 3 - All			1.00	(4 x 50 on :45 Kick EN		K
	1 minute rest between sets			100 1,000	1 x 100 on 3:00 Kick-FOR time EN 10 x 100 on 1:30 Lungbuster pulls EN		K P
	8:00 AM Start				odds breathe 3-5-7-9 evens br. 2-4-6-8		
Yards	Set Description		Y WC	1,600	16 x 100 on 2:00 4 on each stroke EN	1	S
	1 on 40:00 Stomach and Stretch			500	50 drill 50 build 20 x 25 on :30 Choice EN	1	S
1,000	1 x 1000 on 18:00 Swim-kick-pull-sw 4x{4 x 75 on 1:15 Kick	im RE		200	1 x 200 on 3:00 Bilateral RE		D
	{1 on :30 Rest	1111	_		9:00 PM 5,400 Yards - Stress Value = 61		
800 500	4 x 200 on 8:00 Freestyle 10 x 50 on 1:00 Pulls-no breathing	SP EN			Workout #113 - Wednesday, 16 December 1998		
	between flags & wall				Group 3 - All		
1,250	10 x 125 on 2:15 Freestyle This is a BLUE-1 set	EN	3		1 minute rest between sets		
250	1 x 250 on $5:00$ Catchup & thumb draw	-	С		5:30 AM Start		
	10:35 AM 5,000 Yards - Stress Value =	168		Yards	Set Description		WOF
	Workout #110 - Saturday, 12 December 1998			400	1 x 400 on 8:00 Reverse IM drill	REC	
	Group 3 - Freestylers			750		EN1 EN1	
	1 minute rest between sets				{4 x 150 on 2:05 Pulls	EN1	
	8:00 AM Start			1,600	•	EN1 EN1	
Yards	Set Description		Y WC	100	1 x 100 on 2:00 Catchup & thumb drag		
	1 on 40:00 Stomach and Stretch				6:45 AM 4,650 Yards - Stress Value = 42		

Workout #114 - Wednesday, 16 December 1998 Group 3 - All

1 minute rest between sets

Group 3 - All 1 minute rest between sets

	I minute rest between sets				- 4		
					5:15 PM Start		
	5:15 PM Start			Yards	Set Description	EGY V	
Yards	Set Description I	EGY	WORK S	=====	=======================================	=== :	==
=====	=======================================		==== =		1 on 37:00 Stomach and Stretch		
	1 on 38:00 Stomach and Stretch		L		and stretch cords		
	and stretch cords			825	<u> </u>		
	$1x\{1 \times 125 \text{ on } 2:30 \text{ Stroke Drills}$	REC	D		$16x\{1 \times 13 \text{ on } :00 \text{ Butterfly}$	SP3	
	$\{7 \times 100 \text{ on } 2:00 \text{ Stroke Drills} \}$	REC	D		{1 x 12 on :30 Freestyle	REC	
	{ 2 on each/ rev IM			1,000	8 x 125 on 2:00 Kick	EN2	
	16x{1 x 13 on :00 Backstroke	SP3	S		1 on 10:00 Techniques-flip trns		
	{1 x 12 on :30 Freestyle-ez	REC	S	1,800	<u>-</u>	EN1	
	1x{4 x 100 on 1:55 Kick	EN2	K (10x{1 x 200 on 2:30 Freestyle	EN3	
	{3 x 100 on 1:50 Kick	EN2	K ($\{4 \times 25 \text{ on } : 30 \text{ Freestyle}$	REC	
	{2 x 100 on 1:45 Kick	EN2	K (200	1 x 200 on 3:00 Catchup & thumb drag	REC	
	{1 x 100 on 1:40 Kick	EN2	K (8:00 PM 7,225 Yards - Stress Value = 166		
600	24 x 25 on 1:20 6 on each stroke 3	SP2	S				
2,000	4 x 500 on 7:00 Freestyle	EN1	S		Workout #118 - Wednesday, 23 December 1998		
200	-	REC	D		•••		
	7:46 PM 5,025 Yards - Stress Value = 1	108			Group 3 - All		
					1 minute rest between sets		
	Workerst #115 Th 15 D 1 1000						
	Workout #115 - Thursday, 17 December 1998				10:00 AM Start		
	Group 3 - All			Yards	Set Description	EGY WO	ΟF
	1 minute rest between sets			=====	=======================================		==
					1 on 45:00 Stomach and Stretch		
	5:15 PM Start				and stretch cords		
Yards	Set Description		EGY WC	425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	
======	=======================================				$1x\{8 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	
	1 on 39:00 Stomach and Stretch				{6 x 25 on :20 Freestyle	EN1	
	and stretch cords				{4 x 25 on :20 Freestyle	EN1	
1,025	1 x 1025 on 18:00 Swim-kick-pull-st	wim	REC		{2 x 25 on :15 Freestyle	EN1	
_,	1 on 10:00 Techniques-open trns			1,000	20 x 50 on 1:15 Freestyle	EN2	
1,050	21 x 50 on 1:00 Kick-descend 1-3		EN1		This is a RED-30 set		
•	1x{3 x 400 on 6:00 Freestyle		EN1	1,000	10 x 100 on 1:05 Freestyle	EN2	
	{3 x 300 on 4:30 Freestyle		EN1	200	1 x 200 on 3:00 Catchup & thumb drag	REC	
			EN1		11:44 AM 3,125 Yards - Stress Value = 45		
	{3 x 200 on 3:00 Freestyle		EN1		11:44 AM 3,125 Yards - Stress Value = 45		
500	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle		EN1				
500	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order		EN1 EN1		Workout #119 - Saturday, 26 December 1998		
200	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra	ag	EN1				
200	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order	ag	EN1 EN1		Workout #119 - Saturday, 26 December 1998		
200	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4	ag	EN1 EN1		Workout #119 - Saturday, 26 December 1998 Group 3 - All		
200	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra	ag	EN1 EN1		Workout #119 - Saturday, 26 December 1998 Group 3 - All		
200	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4	ag	EN1 EN1	Yards	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets	EGY 1	WC
200	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4	ag	EN1 EN1	Yards =====	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start		
200	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All	ag	EN1 EN1		Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description		
200	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets	ag	EN1 EN1		Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description ====================================		
200	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets	ag	EN1 EN1		Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description ====================================	=== :	
200	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets	ag 45	EN1 EN1 REC		Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description	=== :	
200 Yards	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================	ag 45	EN1 EN1 REC	1,025	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description	REC	
200 Yards	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================	ag 45	EN1 EN1 REC	1,025 1,000	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description	REC EN1	
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Yards ====================================	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================	ag 45 ====	EN1 EN1 REC EGY V = === =	1,025 1,000	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description ====================================	REC EN1	
Yards ====================================	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================	ag 45 ====	EN1 EN1 REC EGY W = === =	1,025 1,000 1,200	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description	REC EN1 EN1	
Yards ====================================	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================	ag 45 ====	EN1 EN1 REC EGY V = === =	1,025 1,000 1,200	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description ====================================	REC EN1 EN1	
Yards ====================================	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================	ag 45 ====	EN1 EN1 REC	1,025 1,000 1,200	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description ====================================	REC EN1 EN1 EN1	
Yards ====================================	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================	ag 45 ====	EN1 EN1 REC EGY V = === = REC SP3 REC EN2 EN2	1,025 1,000 1,200	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description ====================================	REC EN1 EN1 EN1 EN1	
Yards ====================================	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================	ag 45 ====	EN1 EN1 REC EGY V = === =	1,025 1,000 1,200	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description ====================================	REC EN1 EN1 EN1 EN1 EN1	
Yards ====================================	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 1025 on 18:00 Swim-kick-pull-s 16x{1 x 13 on :00 Freestyle {1 x 12 on :30 Freestyle} 8x{1 x 25 on :40 Kick with flippers {1 x 25 on :35 Kick with flippers {1 x 25 on :30 Kick with flippers {1 x 25 on :25 Kick with flippers	ag 45 ====	EN1 EN1 REC EGY V = === = REC SP3 REC EN2 EN2 EN2 EN2 EN2 EN2	1,025 1,000 1,200	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description ====================================	REC EN1 EN1 EN1 EN1 EN1 EN1	
Yards ====================================	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================	ag 45 ====	EN1 EN1 REC EGY V = === =	1,025 1,000 1,200	Workout #119 - Saturday, 26 December 1998 Group 3 - All I minute rest between sets 10:00 AM Start Set Description ====================================	REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	
Yards ====================================	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description	ag 45 ====	EN1 EN1 REC EGY V = === = REC SP3 REC EN2 EN2 EN2 EN2 EN2 EN2	1,025 1,000 1,200	Workout #119 - Saturday, 26 December 1998 Group 3 - All I minute rest between sets 10:00 AM Start Set Description ====================================	REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	
Yards ====================================	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description	ag 45 ====	EN1 EN1 REC EGY V = === = REC SP3 REC SP3 REC EN2 EN2 EN2 EN2 EN2 EN2 EN1	1,025 1,000 1,200	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description ====================================	REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	
Yards ====================================	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================	ag 45 ====	EN1 EN1 REC EGY V = === = N REC SP3 REC EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	1,025 1,000 1,200	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description ====================================	REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	
Yards ====== 1,025	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================	ag 45 ====	EN1 EN1 REC EGY V = === = REC SP3 REC EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1	1,025 1,000 1,200	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description ====================================	REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	
Yards ====================================	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description	ag 45 ====	EN1 EN1 REC EGY V ======= REC SP3 REC EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1	1,025 1,000 1,200	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description ====================================	REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	
Yards ====== 1,025	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description	ag 45 ====	EN1 EN1 REC EGY V = === = REC SP3 REC EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1	1,025 1,000 1,200	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description ====================================	REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	
Yards ====== 1,025	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description	ag 45 ====	EN1 EN1 REC EGY V ==== = REC SP3 REC EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1	1,025 1,000 1,200	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description ====================================	REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	
Yards ====== 1,025	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 6 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================	ag 45	EN1 EN1 REC EGY V = == = = REC SP3 REC EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2	1,025 1,000 1,200	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description ====================================	REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	
Yards ====== 1,025	{3 x 200 on 3:00 Freestyle {3 x 100 on 1:30 Freestyle 20 x 25 on :30 IM order 1 x 200 on 3:00 Catchup & thumb dra 7:45 PM 5,775 Yards - Stress Value = 4 Workout #116 - Monday, 21 December 1998 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description	ag 45 ==== swim	EN1 EN1 REC EGY V ==== = REC SP3 REC EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1	1,025 1,000 1,200	Workout #119 - Saturday, 26 December 1998 Group 3 - All 1 minute rest between sets 10:00 AM Start Set Description ====================================	REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	

Workout #120 - Monday, 28 December 1998 Group 3 - All

1 minute rest between sets

5:15 P	M Start		
Yards Se	t Description	EGY	V
====== ==		===	=
1	on 39:00 Stomach and Stretch		
a	nd stretch cords		
1,025 1	x 1025 on 18:00 625 skps 400 rev im	REC	
20x{1	x 13 on :00 Freestyle	SP3	
{1	x 12 on :30 Freestyle	REC	
4x{4	x 75 on 1:20 Kick	EN2	
{1	on :40 Rest	REC	
1x{2	x 50 on :45 Freestyle	EN1	
{2	x 100 on 1:30 Freestyle	EN1	
{2	x 200 on 3:00 Freestyle	EN1	
{ 2	x 300 on 4:30 Freestyle	EN1	
{ 2	x 400 on 6:00 Freestyle	EN1	
2x{4	x 75 on 1:30 Butterfly	EN2	
{ 6	x 50 on :55 Butterfly	EN2	
8 }	x 25 on :30 Butterfly	EN2	
{ 1	on 1:00 Rest	REC	
250 1	x 250 on 4:00 Catchup & thumb drag	REC	
8:00 P	M 6,675 Yards - Stress Value = 87		

Workout #121 - Tuesday, 29 December 1998 Group 3 - All

1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WC
======	· ====================================	===	==
	1 on 40:00 Stomach and Stretch		
	and stretch cords		
1 005		D.E.G	
1,025		REC	
	$16x\{1 \times 13 \text{ on } :00 \text{ Butterfly}$	SP3	
	{1 x 12 on :30 Freestyle	REC	
500	10 x 50 on 1:00 Kick	EN1	
500	1 x 500 on 10:00 Kick for time	EN3	
	1x{4 x 125 on 2:00 Pulls	EN1	
	{4 x 125 on 1:55 Pulls	EN1	
	{4 x 125 on 1:50 Pulls	EN1	
	•		
	{4 x 125 on 1:45 Pulls	EN1	
900	9 x 100 on 1:45 Individual Medley	EN2	
	Descend in sets of 3		
1,500	5×300 on $4:00$ Freestyle	EN3	
	This is a BLUE-1 set		
250	1 x 250 on 4:00 Catchup & thumb drag	REC	
250	7:58 PM 7,075 Yards - Stress Value = 171	1.110	
	1.30 FM 1,013 Tatus - Stress value - 1/1		

Workout #122 - Wednesday, 30 December 1998 Group 3 - All

1 minute rest between sets

	5:15 PM Start	
Yards	Set Description	EGY WOF
=====	=======================================	=== ===
	1 on 39:00 Stomach and Stretch	
	and stretch cords	
	$1x\{1 \times 125 \text{ on } 2:15 \text{ Stroke Drills}$	REC
	{8 x 100 on 2:00 Stroke Drills	REC
	{ odds free evens cho.	
	16x{1 x 13 on :00 Backstroke	SP3
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	REC
300	12 x 25 on 1:20 Breaststroke	SP2
1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1
	$4x{1 x 25 on 1:30 Breaststroke}$	SP2
	{1 x 50 on 2:00 Breaststroke	SP2
	{1 x 75 on 2:30 Breaststroke	SP2
1,000	10 x 100 on 2:00 Kick-hold the time	EN2
	I give you	

Workout #123 - Thursday, 31 December 1998 Group 3 - All

1 minute rest between sets

	10:30 AM Start		
Yards	Set Description	EGY	MC
=====	=======================================	===	==
	1 on 38:00 Stomach and Stretch		
	and stretch cords		
1,025	1 x 1025 on 18:00 Swim-kick-pull-swim	REC	
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	
1,200	16 x 75 on 1:30 Pulls-paddles & tube	EN1	
600	12×50 on :45 Descend in sets of 3	EN1	
	1x{8 x 75 on 1:10 Backstroke	EN2	
	{8 x 75 on 1:05 Backstroke	EN2	
	{8 x 75 on 1:00 Backstroke	EN2	
200	4 x 50 on 1:00 Backstroke-all out	EN2	
300	1 x 300 on 5:00 Stroke Drill	REC	
	1:00 PM 6,125 Yards - Stress Value = 78		

Workout #124 - Thursday, 31 December 1998 Group 3 - All 1 minute rest between sets

	10:30 AM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 38:00 Stomach and Stretch		
	and stretch cords		
1,025	1 x 1025 on 18:00 Swim-kick-pull-swim	REC	
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	
1,200	16 x 75 on 1:30 Pulls	EN1	
600	12×50 on :45 Descend in sets of 3	EN1	
	$1x\{8 \times 75 \text{ on } 1:10 \text{ Backstroke}$	EN2	
	{8 x 75 on 1:05 Backstroke	EN2	
	{8 x 75 on 1:00 Backstroke	EN2	
200	4 x 50 on 1:00 Backstroke-all out	EN2	
300	1 x 300 on 5:00 Stroke Drill	REC	
	1:00 PM 6,125 Yards - Stress Value = 78		