

Workout #1 - Monday, 21 September 1998

Group 3 - All

1 minute rest between sets

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

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
5:30 AM	Start			
400	1 x 400 on 7:00 Freestyle-drill	REC	D	
	1x{5 x 50 on 1:00 Pulls	EN1	P	
	{5 x 50 on :55 Pulls	EN1	P	
	{5 x 50 on :50 Pulls	EN1	P	
	{5 x 50 on :45 Pulls	EN1	P	
2,400	8 x 300 on 4:30 Pulls-hold stroke	EN1	S	
	count 1st 150 fast			
	2nd 150 rest 10 sec/			
500	10 x 50 on 1:00 Stroke Drills	REC	D	
6:44 AM 4,300 Yards - Stress Value = 32				

Workout #6 - Thursday, 24 September 1998

Generic

1 minute rest between sets

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

Yards	Set Description	EGY	WORK	STP
5:00 PM	Start			
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 x 125 on 1:55 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				

Workout #3 - Tuesday, 22 September 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 x 400 on 8:00 Stroke Drills	REC	
900	12 x 75 on 1:20 25drill25swim25build	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 x 400 on 5:05 Freestyle	EN1	
200	4 x 50 on 1:00 Stroke Drills	REC	
6:42 AM 4,500 Yards - Stress Value = 39			

Workout #7 - Thursday, 24 September 1998

Generic

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
825	1 x 825 on 15:00 Drill reverse IM ord	REC	
1,000	10 x 100 on 2:15 Kick-odds fast	EN2	
2,400	3x{1 x 200 on 3:00 Free-6 beat kick1.50	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	
400	8 x 50 on 1:15 Stroke Drills	REC	
6:27 PM 4,625 Yards - Stress Value = 44			

Workout #4 - Tuesday, 22 September 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
	1 on 22:00 Stomach and Stretch		
	1x{1 x 225 on 4:00 Swim-kick-pull-swim	REC	
	{3 x 200 on 3:30 Swim-kick-pull-swim	REC	
	1 on 5:00 Techniques-turns		
	2x{4 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 3:00 Kick for time	EN2	
	4x{4 x 100 on 1:30 swim Im order by set	EN1	
	{1 x 400 on 6:30 Individual Medley	EN1	
200	1 x 200 on 3:00 Bilateral	REC	
7:15 PM 5,225 Yards - Stress Value = 52			

Workout #8 - Thursday, 24 September 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
	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 #5 - Wednesday, 23 September 1998

Group 3 - All

Workout #9 - Thursday, 24 September 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
1	on 25:00 Stomach and Stretch		
1x{1	x 125 on 2:00 Stroke Drills	REC	
{7	x 100 on 1:45 Stroke Drills	EN1	
{	odds free evens #1		
1	on 7:00 Techniques-free trns		
1,250	10 x 125 on 2:10 Kick-hold under 2:00	EN2	
1x{4	x 200 on 2:30 Freestyle	EN1	
{4	x 200 on 2:25 Freestyle	EN1	
{4	x 200 on 2:20 Freestyle	EN1	
800	16 x 50 on :45 Pulls-no breathing flags and walls	EN1	
400	1 x 400 on 6:00 Six kick switch	REC	
7:15 PM	5,675 Yards - Stress Value = 64		

Workout #10 - Friday, 25 September 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:15 PM	Start			
1	on 24:00 Stomach and Stretch		L	
825	1 x 825 on 14:00 Reverse IM drill	REC	D	
1	on 10:00 Techniques-starts		D	
800	8 x 100 on 1:50 Kick	EN2	K C	
4x{4	x 100 on 1:40 Your Stroke	EN1	S S	
{1	x 200 on 3:00 Individual Medley	EN1	S	
{1	on 1:40 Rest		M	
400	1 x 400 on 7:30 Six kick switch	REC	D	
7:15 PM	4,425 Yards - Stress Value = 40			

Workout #11 - Friday, 25 September 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	
900	12 x 75 on 1:30 Stroke Drills	REC	
3	on each last 25fst		
1x{6	x 75 on 1:25 Your Stroke	EN1	
{6	x 75 on 1:20 Your Stroke	EN1	
{6	x 75 on 1:15 Your Stroke	EN1	
{6	x 75 on 1:10 Your Stroke	EN1	
400	4 x 100 on 1:30 Free-descend to l.s.	EN2	
400	1 x 400 on 6:00 Stroke Drills	REC	
6:43 PM	3,900 Yards - Stress Value = 24		

Workout #12 - Monday, 28 September 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	
1,200	12 x 100 on 1:30 Freestyle descend in sets of 3	EN1	
2x{2	x 200 on 2:55 150 free 50 fly	EN1	
{2	x 200 on 2:50 150 free 50 breast	EN1	
{2	x 200 on 2:45 150 free 50 back	EN1	
600	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

Yards	Set Description	EGY	WORK	S
5:15 PM	Start			
1	on 26:00 Stomach and Stretch		L	
825	1 x 825 on 14:00 Swim-kick-pull-swim	REC	S	
150	10 x 15 on :30 Cross pool sprints	SP3	S	
1,200	16 x 75 on 1:20 Kick odds free evens choice	EN2	K C	
3,200	8 x 400 on 5:30 Freestyle	EN1	S	
300	1 x 300 on 5:00 Bilateral	REC	D	
7:15 PM	5,675 Yards - Stress Value = 62			

Workout #14 - Tuesday, 29 September 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
1	on 25:00 Stomach and Stretch		
1x{1	x 125 on 2:15 Stroke Drills	REC	
{7	x 100 on 1:45 Stroke Drills	REC	
150	10 x 15 on :30 Cross pool sprints	SP3	
	Good finishes		
1,000	10 x 100 on 1:50 Kick-WORK THE TURNS!	EN2	
1,500	5 x 300 on 4:00 Pulls	EN1	
500	1 x 500 on 7:30 For time	SP2	
500	1 x 500 on 7:30 Freestyle Drill	REC	
3x{1	x 100 on 1:45 Stroke	EN1	
{1	x 150 on 2:30 Stroke	EN1	
{1	x 200 on 3:10 Stroke	EN1	
300	1 x 300 on 4:30 Bilateral	REC	
7:30 PM	6,125 Yards - Stress Value = 104		

Workout #15 - Wednesday, 30 September 1998

Generic

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
900	1 on 10:00 Techniques--free trn		
900	1x{3 x 100 on 2:15 Kick	EN2	
{3	x 100 on 2:10 Kick	EN2	
{3	x 100 on 2:05 Kick	EN2	
1,600	1x{4 x 100 on 1:30 Free	EN1	
{1	on 1:00 Rest		
{4	x 100 on 1:25 Free	EN1	
{1	on 1:00 Rest		
{4	x 100 on 1:20 Free	EN1	
{1	on 1:00 Rest		
{4	x 100 on 1:15 Free	EN1	
500	10 x 50 on 1:00 Pulls-no breathing between flags & walls	EN1	
200	1 x 200 on 4:00 Bilateral	REC	
6:28 PM	4,025 Yards - Stress Value = 39		

Workout #16 - Wednesday, 30 September 1998

Group 3 - All

1 minute rest between sets

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

Workout #17 - Thursday, 01 October 1998

Group 3 - All

1 minute rest between sets

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

Workout #18 - Thursday, 01 October 1998

Generic

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====	====	====
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

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

	{1 x 400 on 6:30 Swim-kick-pull-swim	REC	
	1 on 5:00 Techniques-free trns		
1,000	10 x 100 on 2:00 Kick-hold the times	EN2	
	I give you		
	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

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
400	1 x 400 on 8:00 Reverse IM drill	REC	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	
	1x{1 x 50 on :45 Freestyle	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 150 on 2:15 Freestyle	EN1	
	{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 250 on 3:45 Freestyle	EN1	
	{1 x 250 on 3:30 Freestyle	EN1	
	{1 x 200 on 2:50 Freestyle	EN1	
	{1 x 150 on 2:05 Freestyle	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 50 on :40 Freestyle	EN1	
6x{4 x 25 on :30 IM order		EN1	
	{1 x 100 on 1:20 Individual Medley	EN1	
300	1 x 300 on 4:30 Stroke Drills-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	Set Description	EGY	WOF
5:15 PM	Start		
=====	=====	====	====
	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 Techniques--starts		
1,000	1 x 1000 on 20:00 Freeway kicking	EN1	
1,500	10 x 150 on 2:15 Pulls-mid 50 breathe every 8	EN1	
	2x{1 x 100 on 1:30 Freestyle	REC	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:30 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		

Workout #23 - Monday, 05 October 1998

Group 3 - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC		
600	8 x 75 on 1:15 2 on each stroke	EN1		
	25drl 25bld 25fst			
	1x{4 x 250 on 3:30 Freestyle	EN1		
	{5 x 200 on 2:45 Freestyle	EN1		
	{6 x 150 on 2:05 Freestyle	EN1		
	{7 x 100 on 1:20 Freestyle	EN1		
200	1 x 200 on 4:00 Bilateral	REC		
	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 x 50 on :50 Freestyle	EN1	S	FR
	{3 x 50 on :45 Freestyle	EN1	S	FR
	{3 x 50 on :40 Freestyle	EN1	S	FR
	{ descend each set of 3			
	{ and use 6bk on last1			
1,875	15 x 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 = 62			

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 between flags and wl	EN1	
	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	STK
	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 @lsec/yd			
	4x{1 x 50 on 1:00 Butterfly	EN1		S F
	{1 x 50 on :55 Backstroke	EN1		S
	{1 x 50 on 1:05 Breaststroke	EN1		S
	{1 x 50 on :45 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

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
	1 on 5:00 Techniques-brst trns		
255	17 x 15 on :30 Cross pool sprints	SP3	
	1x{5 x 50 on 1:00 Kick	EN2	
	{4 x 100 on 1:55 Kick	EN2	
	{3 x 150 on 2:45 Kick	EN2	
1,650	33 x 50 on :45 Freestyle	EN2	
	hold g.t. for 1650		
400	16 x 25 on :40 4 on each stroke drl	REC	
	1 on 30:00 Stomach and Stretch		
	6:58 PM 4,205 Yards - Stress Value = 65		

Workout #28 - Tuesday, 06 October 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:15 PM Start				
1	on 30:00 Stomach and Stretch	L		
1x{1	x 125 on 2:00 Stroke Drills	REC	D C	
	{ 7 x 100 on 1:45 Stroke Drills	REC	D C	
	{ odds free evens choi			
225	1 on 10:00 Techniques-free trns	D		
	15 x 15 on :30 Cross pool sprints	SP3	S E	
1x{4	x 125 on 2:30 Kick	EN2	K C	
	{ 3 x 125 on 2:20 Kick	EN2	K C	
	{ 2 x 125 on 2:10 Kick	EN2	K C	
	{ 1 x 125 on 2:00 Kick	EN2	K C	
1x{4	x 100 on 1:50 Your Stroke	EN2	S E	
	{ 1 x 100 on 1:30 Individual Medley	EN1	S	
	{ 4 x 100 on 1:45 Your Stroke	EN2	S E	
	{ 1 x 200 on 3:00 Individual Medley	EN1	S	
	{ 4 x 100 on 1:40 Your Stroke	EN2	S E	
	{ 1 x 300 on 4:30 Individual Medley	EN1	S	
	{ 4 x 100 on 1:35 Your Stroke	EN2	S E	
	{ 1 x 400 on 6:00 Individual Medley	EN1	S	
	{ 4 x 100 on 1:30 Your Stroke	EN2	S E	
200	{ 1 x 500 on 7:30 Individual Medley	EN1	S	
	1 x 200 on 3:00 Bilateral	REC	D	
7:45 PM 6,000 Yards - Stress Value = 89				

Workout #29 - Thursday, 08 October 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:30 AM Start				
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S	
600	12 x 50 on :40 Descend in sets of 3	EN1	S	
2,700	3x{6 x 25 on :30 Freestyle	EN1	S	
	{ 6 x 25 on :25 Freestyle	EN1	S	
	{ 6 x 25 on :20 Freestyle	EN1	S	
	{ 6 x 25 on :35 Stroke	EN1	S	
	{ 6 x 25 on :30 Stroke	EN1	S	
	{ 6 x 25 on :25 Stroke	EN1	S	
300	6 x 50 on 1:00 Stroke Drills	REC	I	
6:45 AM 4,000 Yards - Stress Value = 30				

Workout #30 - Thursday, 08 October 1998

Generic

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:00 PM Start				
1x{1	x 125 on 2:30 Stroke Drills	REC	D C	
	{ 7 x 100 on 2:00 Stroke Drills	REC	D C	
	1 on 5:00 Techniques-turns	D C		
800	8 x 100 on 2:30 Kick-odds fast	EN2	K C	
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

Yards	Set Description	EGY	WORK	SI
5:15 PM Start				
825	1x{1 x 75 on 1:30 Stroke Drills	REC	D	
	{ 15 x 50 on 1:00 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

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF	SI
5:15 PM Start				
825	1 on 30:00 Stomach and Stretch			
	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				

Workout #33 - Friday, 09 October 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:30 AM Start				
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

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	S	
	1 on 10:00 Techniques-open trns		D	
500	20 x 25 on :45 Sprint Kick	EN2	K	C
500	5 x 100 on 2:30 Kick-descend last 1 for time	EN2	K	C
1,350	9 x 150 on 2:30 Pulls-mid 50 br ev 8	EN1	P	
300	12 x 25 on :40 Stroke Drills-3 on e	REC	D	
6:29 PM	3,475 Yards - Stress Value = 34			

Workout #35 - Monday, 12 October 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 AM	Start			
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S	F
800	8 x 100 on 1:45 Individual Medley odds drill ev. swim	EN1	S	I
2,400	6 x 400 on 6:00 Freestyle-break at the 200 rest 20 sec neg split 2nd 200	EN1	S	F
500	20 x 25 on :30 Odds free evens strk	EN1	S	F
200	1 x 200 on 3:00 Bilateral	REC	D	C
6:45 AM	4,300 Yards - Stress Value = 37			

Workout #36 - Monday, 12 October 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
1,000	1 x 1000 on 15:00 Freestyle-breathing on weak side	REC	
240	16 x 15 on :45 Cross pool sprints	SP3	
1,000	10 x 100 on 2:00 Kick-hold under 1:45	EN2	
	1x{6 x 75 on 1:45 Freestyle	EN2	
	{6 x 75 on 1:40 Freestyle	EN2	
	{6 x 75 on 1:35 Freestyle	EN2	
	{ This is a RED-30 set		
450	18 x 25 on :30 Stroke Drills	REC	
	1 on 29:00 Stomach and Stretch		
6:59 PM	4,040 Yards - Stress Value = 57		

Workout #37 - Monday, 12 October 1998

Generic

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
800	1 x 800 on 15:00 Freestyle-breathing on weak side only	REC	
240	16 x 15 on :45 Cross pool sprints	SP3	
1,200	16 x 75 on 1:45 Kick-hold 1:20orlwer	EN2	
	12x{1 x 25 on :35 Butterfly	EN1	
	{1 x 25 on :30 Backstroke	EN1	
	{1 x 25 on :40 Breaststroke	EN1	
	{1 x 25 on :25 Freestyle	EN1	
200	1 x 200 on 4:00 Stomach and Stretch	REC	
6:29 PM	3,640 Yards - Stress Value = 46		

Workout #38 - Tuesday, 13 October 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 AM	Start			
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S	
	1x{4 x 50 on :55 Freestyle	REC	S	
	{4 x 50 on :50 Freestyle	EN1	S	
	{4 x 50 on :45 Freestyle	EN2	S	
	{4 x 50 on :40 Freestyle	EN3	S	
	{ descend each set			
1,500	12 x 125 on 2:00 Pulls-odds breathe 2-3-4-5-6 evens hold under 1:30	EN1	F	
	5x{1 x 25 on :30 Stroke Drills	REC	I	
	{1 x 50 on 1:00 Your Stroke-build	EN1	S	
	{2 x 75 on 1:15 Your Stroke-fast	EN2	S	
400	1 x 400 on 6:00 Freestyle-weak side	REC	I	
6:45 AM	4,225 Yards - Stress Value = 50			

Workout #39 - Tuesday, 13 October 1998

Generic

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
825	1 x 825 on 16:00 Reverse IM drill	REC	D	
	1 on 10:00 Techniques-finishes		D	
1,000	10 x 100 on 2:15 Kick-odds free evens your best stroke	EN2	K	
100	1 x 100 on 4:00 Kick for time	EN2	K	
255	17 x 15 on :45 Cross pool sprints	SP3	S	
900	6 x 150 on 2:30 Freestyle-descend in sets of three	EN3	S	
200	1 x 200 on 3:00 Weak side breathing	REC	D	
6:29 PM	3,280 Yards - Stress Value = 86			

Workout #40 - Tuesday, 13 October 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
825	1 x 825 on 14:00 Swim-kick-pull-swim	REC	
255	17 x 15 on :45 Cross pool sprints	SP3	
	1x{4 x 100 on 2:00 Kick	EN2	
	{4 x 100 on 1:55 Kick	EN2	
	{4 x 100 on 1:50 Kick	EN2	
1,000	20 x 50 on 1:00 Pulls with paddles & tubes (if available)	EN1	
1,750	14 x 125 on 1:35 Freestyle This is a RED-10 set	EN2	
	6x{1 x 100 on 1:20 Individual Medley	EN2	
	{1 x 50 on :45 Your Stroke	EN2	
	{1 x 50 on :55 Freestyle-ez	REC	
200	1 x 200 on 3:00 Freestyle-drill	REC	
7:45 PM	6,430 Yards - Stress Value = 97		

Workout #41 - Thursday, 15 October 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 x 400 on 8:00 Freestyle drill	REC	I
600	12 x 50 on :45 Freestyle	EN1	S
	5x{4 x 25 on :40 Your Stroke-build	EN1	S
	{3 x 100 on 1:50 Your weak stroke	EN1	S
400	4 x 100 on 1:30 Descend to lud. spd	EN1	S
350	7 x 50 on 1:00 Stroke Drills	REC	I
6:45 AM	3,750 Yards - Stress Value = 30		

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
8:00 AM	Start		
1,225	1 on 30:00 Stomach and Stretch		
	1 x 1225 on 20:00 225 fr, 200 cu & td	REC	
	400 skps, 400 rev IM		
	1x{1 x 200 on 3:00 Freestyle		EN2
	{1 x 200 on 2:55 Freestyle		EN2
	{1 x 200 on 2:50 Freestyle		EN2
	{1 x 200 on 2:45 Freestyle		EN2
	{1 x 200 on 2:40 Freestyle		EN2
	{1 x 200 on 2:35 Freestyle		EN2
	{1 x 200 on 2:30 Freestyle		EN2
	{1 x 200 on 2:25 Freestyle		EN2
	{1 x 200 on 2:20 Freestyle		EN2
	{1 x 200 on 2:15 Freestyle		EN2
	{1 x 200 on 2:10 Freestyle		EN2
	{1 x 200 on 2:05 Freestyle		EN2
	{1 x 200 on 2:00 Freestyle		EN2
200	1 x 200 on 3:00 Catchup & thumb drag		REC
9:28 AM	4,025 Yards - Stress Value = 52		

Workout #42 - Friday, 16 October 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 x 400 on 8:00 Reverse IM drill	REC	
1,000	1 x 1000 on 15:00 Pulls	EN1	
	Descend each 200		
1,000	2 x 500 on 7:30 Pulls	EN1	
	#1 lungbuster by the		
	100's(3-5-7-9) #2neg		
	split the 250's rest		
	20 sec at 250		
	1x{3 x 25 on :30 #2 stroke	EN1	
	{1 x 100 on 1:30 Freestyle-build	EN1	
	{3 x 50 on :55 #2 stroke	EN1	
	{1 x 150 on 2:15 Freestyle-build	EN1	
	{3 x 75 on 1:15 #2 stroke	EN1	
	{1 x 200 on 3:00 Freestyle-build	EN1	
	{3 x 100 on 1:30 #2 stroke	EN1	
	{1 x 250 on 3:45 Freestyle-build	EN1	
200	1 x 200 on 4:00 #2 stroke-good effor	EN2	
	for time		
200	1 x 200 on 4:00 Freestyle-drill	REC	
6:44 AM	4,250 Yards - Stress Value = 39		

Workout #45 - Monday, 19 October 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	
1,000	10 x 100 on 1:30 Freestyle-descend in	EN1	
	sets of 3 hold #10		
	1x{2 x 400 on 5:30 Freestyle		EN1
	{2 x 400 on 5:20 Freestyle		EN1
	{2 x 400 on 5:10 Freestyle		EN1
	{2 x 400 on 5:00 Freestyle		EN1
300	6 x 50 on 1:00 Stroke Drills	REC	
6:44 AM	4,900 Yards - Stress Value = 42		

Workout #43 - Friday, 16 October 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
1,000	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	1 x 300 on 5:00 Freestyle drill	REC	
	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

Yards	Set Description	EGY	WOF
5:00 PM	Start		
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 = 120		

Workout #44 - Saturday, 17 October 1998

Workout #47 - Tuesday, 20 October 1998

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
400	1 x 400 on 8:00 Reverse IM drill	REC	I
	1x{3 x 50 on 1:00 Descend in sets of 3	EN1	S
	{3 x 50 on :55 Descend in sets of 3	EN1	S
	{3 x 50 on :50 Descend in sets of 3	EN1	S
	{3 x 50 on :45 Descend in sets of 3	EN1	S
	1x{3 x 150 on 2:35 75fl 25ba 25br 25fr	EN2	S
	{3 x 150 on 2:30 25fl 75ba 25br 25fr	EN2	S
	{3 x 150 on 2:40 25fl 25ba 75br 25fr	EN2	S
	{3 x 150 on 2:25 25fl 25ba 25br 75fr	EN2	S
	5x{1 x 25 on :30 Stroke Drills	REC	I
	{1 x 50 on 1:00 Kick	EN1	F
	{1 x 75 on 1:10 Your Stroke	EN2	S
300	6 x 50 on 1:00 Stroke Drills	REC	I

6:44 AM 3,850 Yards - Stress Value = 54

Workout #48 - Tuesday, 20 October 1998

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Stomach and Stretch and stretch 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 odds lungbuster	EN1	
	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
1,000	1 x 1000 on 17:30 Choice	REC	S C
	1x{3 x 100 on 2:20 Kick	EN1	K C
	{3 x 100 on 2:10 Kick	EN1	K C
	{3 x 100 on 2:00 Kick	EN1	K C
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	EGY	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	Set Description	EGY	WOF
	1 on 4:00 Swim-kick-pull-swim	REC	
900	12 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

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	
	1 on 10:00 Techniques-free trns		
	1x{1 x 400 on 9:00 Kick	EN1	
	{1 x 300 on 6:30 Kick	EN1	
200	1 x 200 on 4:10 Kick	EN1	
	1x{1 x 100 on 2:00 Kick	EN1	
	{3 x 100 on 1:40 Freestyle	EN1	
	{1 on 1:00 REST	REC	
	{3 x 100 on 1:35 Freestyle	EN1	
	{1 on 1:00 REST	REC	
	{3 x 100 on 1:30 Freestyle	EN1	
	{1 on 1:00 REST	REC	
	{3 x 100 on 1:25 Freestyle	EN1	
500	10 x 50 on 1:00 Pulls-no breathing	EN1	
	between flags & wlls		

6:26 PM 3,525 Yards - Stress Value = 27

Workout #53 - Thursday, 22 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 x 225 on 4:00 Swim-kick-pull-swim	REC	
	{ 3 x 200 on 4:00 Swim-kick-pull-swim	REC	
	1 on 9:00 Techniques-open trns		
5x{	1 x 100 on 1:50 Kick-fly or free	EN2	
	{ 1 x 100 on 2:00 Kick-breast	EN2	
1,200	16 x 75 on 1:15 Pulls-paddles & tube only 2brths last 25	EN1	
400	8 x 50 on 1:20 Pulls-brst w/ gear	EN2	
1x{	8 x 25 on :30 Butterfly	EN2	
	{ 6 x 25 on :25 Butterfly	EN2	
	{ 4 x 25 on :20 Butterfly	EN2	
600	12 x 50 on :45 Backstroke	EN2	
600	6 x 100 on 1:05 Freestyle	EN2	
500	20 x 25 on :40 5 on each drill	REC	
	7:45 PM 5,575 Yards - Stress Value = 73		

Yards	Set Description	EGY	WORK	S
600	1 x 600 on 12:00 Reverse IM drill	REC	D	
1x{	2 x 150 on 2:20 Freestyle	EN1	S	
	{ 2 x 150 on 2:15 Freestyle	EN1	S	
	{ 2 x 150 on 2:10 Freestyle	EN1	S	
	{ 2 x 150 on 2:05 Freestyle	EN1	S	
	{ 2 x 150 on 2:00 Freestyle	EN1	S	
1x{	6 x 75 on 1:20 Your Stroke	EN1	S	S
	{ 1 on 1:00 Rest		M	
	{ 6 x 75 on 1:15 Your Stroke	EN1	S	S
	{ 1 on 1:00 Rest		M	
	{ 6 x 75 on 1:10 Your Stroke	EN1	S	S
300	3 x 100 on 2:00 Your weak stroke	EN1	S	S
	all as fast as pssbl			
250	5 x 50 on 1:00 Freestyle drill	REC	D	
	6:44 AM 4,000 Yards - Stress Value = 30			

Workout #57 - Monday, 26 October 1998

Group 3 - All

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
1,000	1 x 1000 on 18:00 Alt. 200drll 200skps	REC
10x{	1 x 100 on 1:30 Freestyle	EN1
	{ 1 x 100 on 1:45 Freestyle	EN3
400	16 x 25 on :45 12.5 fast 12.5 ez	SP3
6x{	1 x 125 on 2:15 Kick-hold under 2:00	EN2
	{ 1 x 100 on 2:15 Kick	EN1
	1 on 26:00 Stomach and Stretch	
	6:59 PM 4,750 Yards - Stress Value = 107	

Workout #54 - Friday, 23 October 1998

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
	1 on 15:00 Team meeting		
1,200	1 x 1200 on 20:00 400fr 400skps 400IM	REC	
	all drill		
1x{	5 x 50 on 1:10 Kick-hold time	EN2	
	{ 5 x 50 on 1:05 Kick-hold time	EN2	
	{ 5 x 50 on 1:00 Kick-hold time	EN2	
	{ 5 x 50 on :55 Kick-hold time	EN2	
1,000	10 x 100 on 1:30 Pulls-paddles & tube	EN1	
6x{	1 x 50 on :35 Freestyle	EN2	
	{ 1 x 100 on 1:15 Individual Medley	EN2	
	{ 1 x 50 on :55 Freestyle-ez	REC	
600	12 x 50 on 1:15 Stroke Drills	REC	
	odds fr evens non fr		
	1 on 12:00 Techniques-starts		
	7:44 PM 5,000 Yards - Stress Value = 48		

Workout #58 - Tuesday, 27 October 1998

Generic

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
1,000	1 x 1000 on 17:00 Choice	REC	
255	17 x 15 on :40 Cross pool sprints	SP3	
900	18 x 50 on 1:15 Kick-descend setsof3	EN2	
800	8 x 100 on 1:30 Lungbuster pulls	EN1	
1x{	6 x 50 on :55 Freestyle	EN1	
	{ 6 x 50 on :50 Freestyle	EN1	
	{ 6 x 50 on :45 Freestyle	EN1	
200	1 x 200 on 4:00 Freestyle drill	REC	
	6:28 PM 4,055 Yards - Stress Value = 45		

Workout #55 - Friday, 23 October 1998

Group 3 - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
400	1 x 400 on 8:00 Continous stroke dr.	REC	
1x{	6 x 50 on :45 Pulls	EN1	
	{ 6 x 75 on 1:10 Pulls	EN1	
	{ 6 x 100 on 1:30 Pulls	EN1	
4x{	1 x 150 on 2:30 Freestyle	EN1	
	{ 1 x 150 on 2:30 Freestyle	EN2	
	{ 1 x 150 on 2:30 Freestyle	EN3	
600	12 x 50 on 1:00 Stroke Drills	REC	
	odds free evens strk		
	6:44 PM 4,150 Yards - Stress Value = 67		

Workout #59 - Tuesday, 27 October 1998

Generic

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
1,000	1 x 1000 on 17:00 Choice	REC	S	
240	16 x 15 on :40 Cross pool sprints	SP3	S	F
900	9 x 100 on 2:30 Kick-odds fast	EN2	K	C
800	8 x 100 on 1:30 Lungbuster pulls	EN1	P	
1x{	6 x 50 on :55 Freestyle	EN1	S	
	{ 6 x 50 on :50 Freestyle	EN1	S	
	{ 6 x 50 on :45 Freestyle	EN1	S	
200	1 x 200 on 4:00 Freestyle drill	REC	D	
	6:27 PM 4,040 Yards - Stress Value = 45			

Workout #56 - Monday, 26 October 1998

Group 3 - All

1 minute rest between sets

5:30 AM Start

Workout #60 - Tuesday, 27 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		
1,025	1 x 1025 on 18:00 Stroke Drills	REC	
240	16 x 15 on :40 Cross pool sprints	SP3	
	4x{1 x 150 on 3:00 Kick-hold time	EN2	
	{1 x 100 on 2:00 Kick-hold time	EN2	
	{1 x 50 on 1:00 Kick-hold time	EN2	
1,000	20 x 50 on 1:00 Pulls-paddles & tube	EN1	
	1x{2 x 400 on 6:30 Individual Medley	EN1	
	{2 x 400 on 6:15 Individual Medley	EN1	
	{2 x 400 on 6:00 Individual Medley	EN1	
250	5 x 50 on 1:00 Stroke Drills-free	EN1	
	7:45 PM 6,115 Yards - Stress Value = 70		

Workout #61 - Wednesday, 28 October 1998

Generic

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	W
1,000	1 x 1000 on 18:00 Alt 100frdrill 100Im	REC	
900	12 x 75 on 1:45 Kick	EN1	
	1x{3 x 200 on 3:00 Freestyle	EN1	
	{1 on 1:00 Rest		
	{3 x 200 on 2:55 Freestyle	EN1	
	{1 on 1:00 Rest		
	{3 x 200 on 2:50 Freestyle	EN1	
	1x{8 x 25 on :35 Choice	EN1	
	{6 x 50 on :30 Choice	EN1	
	{4 x 25 on :25 Choice	EN1	
	{2 x 25 on :20 Choice	EN1	
150	1 x 150 on 3:00 Six kick switch	REC	
	6:25 PM 4,500 Yards - Stress Value = 33		

Workout #62 - Wednesday, 28 October 1998

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK
	1 on 29:00 Stomach and Stretch		L
1,025	1 x 1025 on 18:00 Swim-kick-pull-swim	REC	S
1,050	21 x 50 on 1:00 Kick descend 1-3	EN2	K
1,800	24 x 75 on 1:00 Pulls	EN1	P
500	10 x 50 on :50 Freestyle-build	EN1	S
2,400	6 x 400 on 5:00 Freestyle	EN2	S
500	20 x 25 on :40 Stroke Drills IM ord	REC	D
	7:45 PM 7,275 Yards - Stress Value = 92		

Workout #63 - Thursday, 29 October 1998

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
400	16 x 25 on :30 4 on each 2dr 2fast	EN1	
800	8 x 100 on 1:30 Lungbuster pulls	EN1	
	1x{4 x 25 on :30 Weak stroke	EN1	
	{3 x 100 on 1:35 Individual Medley	EN1	
	{4 x 50 on :55 Weak stroke	EN1	
	{3 x 100 on 1:30 Individual Medley	EN1	

	{4 x 75 on 1:15 Weak stroke	EN1
	{3 x 100 on 1:25 Individual Medley	EN1
	{4 x 100 on 1:30 Weak stroke	EN1
	{3 x 100 on 1:20 Individual Medley	EN1
200	1 x 200 on 3:00 Bilateral	EN1

6:44 AM 4,200 Yards - Stress Value = 36

Workout #64 - Thursday, 29 October 1998

Generic

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
1,000	1 x 1000 on 20:00 Choice	REC	
	1x{18 x 50 on 1:15 Kick-descend in thre	EN2	
	1 on 10:00 Techniques-turns		
	1x{4 x 100 on 2:00 Individual Medley	EN1	
	{4 x 50 on :45 Freestyle	EN1	
	{4 x 100 on 2:00 Stroke no Freestyle	EN1	
	{4 x 50 on :45 Freestyle	EN1	
200	8 x 25 on :45 AS FAST AS POSSIBLE	SP3	
200	1 x 200 on 4:00 Bilateral	REC	
	6:29 PM 3,500 Yards - Stress Value = 38		

Workout #65 - Thursday, 29 October 1998

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
1,200	1 x 1200 on 20:00 Alt 200fr dr & 200	REC	
	2strk fly 2strk brst		
	1 on 10:00 Techniques-back trns		
	5x{1 x 100 on 2:00 Kick-hold under 1:40	EN2	
	{1 x 100 on 2:30 Kick-back no board	EN1	
	2x{8 x 100 on 1:30 Your Stroke	EN2	
	{4 x 50 on 1:00 Stroke Drills	REC	
	{6 x 75 on 1:10 Your Stroke	EN2	
	{4 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Gauntlet		
	7:44 PM 5,500 Yards - Stress Value = 65		

Workout #66 - Friday, 30 October 1998

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	S
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 F
	{6 x 50 on :50 Backstroke	EN1		S
	{6 x 50 on :45 Freestyle	EN1		S
	{6 x 50 on :55 Breaststroke	EN1		S
	{6 x 50 on :50 Butterfly	EN1		S F
	{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			

Workout #67 - Friday, 30 October 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:30 AM	Start			
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 x 50 on :45 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			

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
11:24 AM	4,525 Yards - Stress Value = 62		

Workout #71 - Monday, 02 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:15 PM	Start			
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 = 135			

Workout #68 - Friday, 30 October 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF	ε
5:15 PM	Start			
1,200	1 on 30:00 Stomach and Stretch			
	1 x 1200 on 22:00 200yds 4fly 4brst	REC		
	200yds 4back 4free			
	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 x 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	x 50 on 1:15 Stroke Drills	REC		
	{3 x 100 on 2:00 Descend	EN1		
7:42 PM	5,100 Yards - Stress Value = 44			

Workout #72 - Tuesday, 03 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC	ε
5:15 PM	Start			
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	SP3		
1,000	8 x 125 on 2:15 Kick	EN2		
2x{3	x 75 on 1:30 Backstroke	EN1		
	{3 x 75 on 1:20 Backstroke	EN1		
	{3 x 75 on 1:10 Backstroke	EN1		
1x{6	x 150 on 1:55 Freestyle	EN2		
	{6 x 150 on 1:50 Freestyle	EN2		
	{ This is a RED-10 set			
400	8 x 50 on 1:00 Stroke Drills-free	REC		
7:45 PM	5,830 Yards - Stress Value = 78			

Workout #69 - Saturday, 31 October 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
10:00 AM	Start			
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			

Workout #73 - Wednesday, 04 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC	ε
5:30 AM	Start			
400	1 x 400 on 8:00 Reverse IM drill	REC		
1,000	10 x 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

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
10:00 AM	Start			
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			

Workout #74 - Wednesday, 04 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 42:00 Stomach and Stretch and stretch cords		
1,025	1 x 1025 on 17:30 Swim-kick-pull-swim	REC	
3x{1	1 x 150 on 3:00 Kick-hold at 2:25	EN2	
	{1 x 100 on 2:00 Kick-hold at 1:37	EN2	
	{1 x 50 on 1:00 Kick-hold at :45	EN2	
1x{10	10 x 100 on 2:00 Pulls-paddles & tube	EN1	
	{ all breaststroke		
8x{8	8 x 25 on :30 Butterfly	EN2	
	{1 on :45 Rest	REC	
500	10 x 50 on 1:00 Stroke Drills-free	REC	
	7:45 PM 5,025 Yards - Stress Value = 60		

Workout #75 - Thursday, 05 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 40:00 Stomach and Stretch and stretch cords		I
1,025	1 x 1025 on 17:30 Alt.100 4st ba 4stfr	REC	S
	w/ 100 4stbr 4st fly		
1,000	10 x 100 on 2:00 Kick-odds under 1:35	EN2	F
400	16 x 25 on 1:15 Your Stroke	SP2	S
1,200	12 x 100 on 1:45 Lungbuster pulls with all the gear	EN1	I
400	16 x 25 on 1:20 Weak stroke	SP2	S
250	1 x 250 on 4:00 Stroke Drills-free	REC	I
	7:45 PM 4,275 Yards - Stress Value = 112		

Workout #76 - Monday, 09 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 40:00 Stomach and Stretch and stretch cords		I
1,025	1 x 1025 on 18:00 Swim-kick-pull-swim		L
255	17 x 15 on :30 Cross pool sprints	SP3	S
900	18 x 50 on 1:00 Kick-descend 1-3	EN2	K
1,050	14 x 75 on 1:30 Freestyle	EN3	S
	This is a BLUE-2 set		
400	8 x 50 on 1:00 Stroke Drills-free	REC	D
	1 on 11:00 Practice team cheers		M
	1 on 30:00 Stomach and Stretch		L
	7:14 PM 3,630 Yards - Stress Value = 91		

Workout #77 - Tuesday, 10 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 40:00 Stomach and Stretch and stretch cords		
400	1 x 400 on 8:00 Reverse IM drill	REC	
900	12 x 75 on 1:20 3on ea 25k 25d 25b	EN1	
1x{1	1 x 400 on 7:00 broken at 200 30sec	EN2	
	{1 x 400 on 7:00 broken at 100 20 sec	EN2	
	{1 x 400 on 7:00 broken at 50 10sec	EN2	
	{1 x 400 on 7:00 for time	EN2	
2x{4	4 x 50 on :50 Freestyle	EN1	
	{4 x 50 on :45 Freestyle	EN1	

{4 x 50 on :40 Freestyle

EN1

100 1 x 100 on 2:00 Choice

REC

6:46 AM 4,200 Yards - Stress Value = 53

Workout #78 - Tuesday, 10 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	W
	1 on 40:00 Stomach and Stretch and stretch cords		
1,025	1 x 1025 on 20:00 425skps/400,alt 100s	REC	
	4br4fl, 4fr4ba/200IM		
	1 on 10:00 Techniques-turns		
225	15 x 15 on :30 Cross pool sprints		SP3
1,000	8 x 125 on 2:15 Kick-odds under 1:55		EN2
	1x{4 x 100 on 1:30 Pulls		EN1
	{4 x 100 on 1:25 Pulls		EN1
	{4 x 100 on 1:20 Pulls		EN1
	{4 x 100 on 1:15 Pulls		EN1
	4x{4 x 75 on 1:10 Breaststroke		EN2
	{1 on 1:00 Rest		
300	1 x 300 on 5:00 Stroke Drills-free		REC
	7:46 PM 5,350 Yards - Stress Value = 69		

Workout #79 - Wednesday, 11 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 39:00 Stomach and Stretch and stretch cords		L
1,200	1 x 1200 on 20:00 400skps400im400skps	REC	S
225	15 x 15 on :30 Cross pool sprints	SP3	S
400	1 x 400 on 7:00 Freestyle-build	EN1	S
200	4 x 50 on 2:00 Butterfly	SP2	S
500	10 x 50 on 1:15 Kick	EN1	K
200	4 x 50 on 2:00 Backstroke	SP2	S
500	10 x 50 on 1:00 Pulls	EN1	P
200	4 x 50 on 2:00 Breaststroke	SP2	S
500	1 x 500 on 7:30 Choice	REC	S
100	4 x 25 on 2:00 Freestyle	SP2	S
200	1 x 200 on 3:00 Stroke Drills-free	REC	S
	7:45 PM 4,225 Yards - Stress Value = 93		

Workout #80 - Friday, 13 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 40:00 Stomach and Stretch and stretch cords		
1,200	12 x 100 on 1:45 Stroke Drills 4 on e	REC	
	1 on 10:00 Techniques-starts		
900	12 x 75 on 1:30 Kick		EN1
1,500	15 x 100 on 1:30 Lungbuster pulls		EN1
	5x{1 x 100 on 1:20 Individual Medley		EN2
	{1 x 50 on :35 Freestyle		EN2
	{1 x 50 on :50 Freestyle-EZ		REC
400	1 x 400 on 15:00 Rabbit Game		EN1
300	1 x 300 on 5:00 Choice		REC
	7:46 PM 5,300 Yards - Stress Value = 43		

Workout #81 - Saturday, 14 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 14:00 Swim-kick-pull-swim	REC	
4x{1	1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 100 on 2:00 Stroke Drills	REC	
600	6 x 100 on 6:00 Freestyle	SP1	
400	1 x 400 on 7:30 Stroke Drills-free	REC	
	1 on 12:00 Gauntlet		
	11:58 AM 2,625 Yards - Stress Value = 48		

Workout #82 - Saturday, 14 November 1998

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 14:00 Swim-kick-pull-swim	REC	
4x{1	1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 100 on 2:00 Stroke Drills	REC	
750	15 x 50 on 1:00 Kick-descend 1-3	EN1	
1x{4	4 x 100 on 1:30 Freestyle	EN2	
	{4 x 100 on 1:25 Freestyle	EN2	
	{4 x 100 on 1:20 Freestyle	EN2	
	{ This is a RED-10 set		
400	1 x 400 on 7:30 Stroke Drills-free	REC	
	1 on 12:00 Gauntlet		
	11:55 AM 3,975 Yards - Stress Value = 32		

Workout #83 - Monday, 16 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:15 PM Start		
825	1 x 825 on 14:00 Swim-kick-pull-swim	REC	
225	15 x 15 on :30 Cross pool sprints	SP3	
4x{4	4 x 50 on 1:00 Kick-ALL OUT!!!!	EN2	
	{1 on 1:00 Rest		
1,600	8 x 200 on 2:45 Pulls with paddles	EN1	
5x{8	8 x 25 on :30 Butterfly	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Bilateral	REC	
	1 on 22:00 Stomach and Stretch		
	7:14 PM 4,650 Yards - Stress Value = 61		

Workout #84 - Tuesday, 17 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Stomach and Stretch		L	
800	8 x 100 on 2:00 Stroke Drills	REC	D	CF
1x{3	3 x 150 on 3:00 Kick	EN2	K	CF
	{3 x 100 on 2:00 Kick	EN2	K	CF
	{3 x 50 on 1:00 Kick	EN2	K	CF
100	1 x 100 on 2:00 Kick-for time	EN3	K	CF
1,600	4 x 400 on 6:00 Pulls-no paddles	EN1	P	F
	descend 1-3, #4 EZ			
1,750	7 x 250 on 3:15 Freestyle	EN3	S	F
	This is a BLUE-2 set			

800	8 x 100 on 2:00 Stroke Drills	REC	D	C
	8:59 PM 5,950 Yards - Stress Value = 145			

Workout #85 - Wednesday, 18 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:30 AM Start		
400	1 x 400 on 8:00 Stroke Drills	REC	
1,000	10 x 100 on 1:30 Descend in sets of 3	EN1	
	Hold #10 as fast as9		
1x{1	1 x 400 on 5:15 Freestyle	EN2	
	{1 x 300 on 4:00 Freestyle	EN2	
	{1 x 200 on 2:40 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 400 on 5:00 Freestyle	EN2	
800	16 x 50 on 1:00 Pulls no breathing	EN1	
	between flags & wall		
300	1 x 300 on 5:00 Stroke Drills-free	REC	
	6:44 AM 4,500 Yards - Stress Value = 58		

Workout #86 - Wednesday, 18 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:15 PM Start		
	1 on 38:00 Stomach and Stretch		
	and stretch cords		
1,025	1 x 1025 on 18:00 Swim-kick-pull-swim	REC	
240	16 x 15 on :30 Cross pool sprints	SP3	
600	12 x 50 on 1:00 Kick-descend 1-3	EN2	
200	1 x 200 on 3:00 Freestyle	EN1	
4x{4	4 x 25 on 1:30 Swim	SP2	
	{4 x 50 on 2:00 Swim	SP2	
	{1 x 200 on 3:00 Freestyle	REC	
	7:46 PM 4,065 Yards - Stress Value = 144		

Workout #87 - Thursday, 19 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:15 PM Start		
	1 on 40:00 Stomach and Stretch		
	and stretch cords		
1x{1	1 x 125 on 2:30 Stroke Drills	REC	
	{7 x 100 on 2:00 Stroke Drills	REC	
1,000	8 x 125 on 2:30 Kick	EN2	
1,000	20 x 50 on 1:00 Pulls-paddles & tube	EN1	
1x{10	10 x 50 on :55 Breaststroke	EN2	
	{8 x 75 on 1:15 Breaststroke	EN2	
	{6 x 100 on 1:30 Breaststroke	EN2	
1x{5	5 x 25 on :30 Freestyle	EN1	
	{5 x 25 on :25 Freestyle	EN1	
	{5 x 25 on :20 Freestyle	EN1	
	{5 x 25 on :15 Freestyle	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
	7:44 PM 5,525 Yards - Stress Value = 68		

Workout #88 - Friday, 20 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
800	1 on 40:00 Stomach and Stretch and stretch cords		
800	16 x 50 on 1:00 Stroke Drills 4 on each stroke	REC	
1,000	1 on 10:00 Techniques-starts		
1,000	10 x 100 on 2:00 Kick-hold the time I give you	EN2	
	1x{1 x 400 on 6:00 Individual Medley	EN2	
	{2 x 300 on 4:20 Individual Medley	EN2	
	{3 x 200 on 2:50 Individual Medley	EN2	
	{4 x 100 on 1:20 Individual Medley	EN2	
900	12 x 75 on 1:15 Pulls-1 breath on the last 25	EN1	
600	6 x 100 on 1:30 Freestyle	EN3	
400	1 x 400 on 6:00 Catchup & thumb drag	REC	
	7:45 PM 5,700 Yards - Stress Value = 105		

Workout #89 - Saturday, 21 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
10:00 AM	Start		
800	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-starts		
	4x{3 x 125 on 1:45 Freestyle	EN3	
	{1 on :45 Rest		
1,000	5 x 200 on 4:00 Kick	EN1	
450	6 x 75 on 6:00 Your Stroke	SP1	
250	1 x 250 on 4:00 Choice	REC	
	1 on 7:00 Game		
	12:29 PM 4,000 Yards - Stress Value = 136		

Workout #90 - Saturday, 21 November 1998

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WOF
10:00 AM	Start		
800	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-starts		
	4x{3 x 125 on 1:45 Freestyle	EN3	
	{1 on :45 Rest		
1,000	5 x 200 on 4:00 Kick	EN1	
	1x{4 x 200 on 2:55 Freestyle	EN2	
	{3 x 200 on 2:45 Freestyle	EN2	
	{2 x 200 on 2:35 Freestyle	EN2	
	{1 x 200 on 2:25 Freestyle	EN2	
	{ This is a RED-10 set		
250	1 x 250 on 4:00 Choice	REC	
	1 on 7:00 Game		
	12:21 PM 5,550 Yards - Stress Value = 140		

Workout #91 - Monday, 23 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		

825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
225	15 x 15 on :30 Cross pool sprints	SP3	
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	
	1x{4 x 125 on 2:00 Breaststroke	EN2	
	{4 x 125 on 1:55 Breaststroke	EN2	
	{4 x 125 on 1:50 Breaststroke	EN2	
200	1 x 200 on 4:00 Breaststroke/fortime	EN3	
	1x{16 x 25 on :30 Free-hold under :16	EN2	
400	1 x 400 on 8:00 Catchup & thumb drag	REC	
	1 on 27:00 Stomach and Stretch		
	7:14 PM 4,550 Yards - Stress Value = 79		

Workout #92 - Tuesday, 24 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
6:45 PM	Start		
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 14:00 Reverse IM drill	REC	D
400	16 x 25 on :30 12.5 fast 12.5 ez	SP3	S
900	18 x 50 on 1:00 Kick-descend 1-3	EN2	K
1,800	12 x 150 on 2:15 Pulls-mid 50 br.ev.8	EN1	P
1,800	8 x 225 on 3:00 Freestyle	EN2	S
	This is a BLUE-1 set		
450	9 x 50 on 1:00 Stroke Drills	REC	D
	9:00 PM 6,150 Yards - Stress Value = 88		

Workout #93 - Wednesday, 25 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:30 AM	Start			
400	1 x 400 on 7:00 Choice	REC	S	CF
750	15 x 50 on :45 Descend in sets of 3	EN1	S	F
1,500	20 x 75 on 1:10 Pulls odds breathe 3-5-7 evens fast!!!!	EN1	P	F
400	4 x 100 on 1:25 Freestyle	EN2	S	F
400	4 x 100 on 1:20 Freestyle	EN2	S	F
400	4 x 100 on 1:15 Freestyle	EN2	S	F
400	4 x 100 on 1:10 Freestyle	EN2	S	F
200	1 x 200 on 3:00 Bilateral	REC	D	C
	6:45 AM 4,450 Yards - Stress Value = 55			

Workout #94 - Wednesday, 25 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM	Start		
	1 on 39:00 Stomach and Stretch and stretch cords		L
1,200	1 x 1200 on 20:00 Alt 100 4st ba 4 fr and 100 4st fl 4 br	REC	D
600	12 x 50 on 1:30 Freestyle	SP2	S
1,000	5 x 200 on 3:00 Pulls	REC	P
400	8 x 50 on 1:45 Your Stroke	SP2	S
800	4 x 200 on 4:00 Kick	REC	K
200	4 x 50 on 2:00 Weak stroke	SP2	S
500	20 x 25 on :40 Im order drill	REC	D
	7:45 PM 4,700 Yards - Stress Value = 120		

Workout #95 - Thursday, 26 November 1998

Generic

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
8:00 AM	Start			
600	1 x 600 on 12:00 Stroke Drills	REC	D	C
	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 x 100 on 1:15 Individual Medley		S	
	{1 x 50 on :35 Freestyle		S	
	{1 x 50 on :45 Freestyle-EZ		S	
250	5 x 50 on 1:15 Stroke Drills		S	
9:14 AM	4,000 Yards			

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 flags and walls	EN1
1x{4 x 50 on :55 Freestyle	EN2
{4 x 50 on :50 Freestyle	EN2
{4 x 50 on :45 Freestyle	EN2
{4 x 50 on :40 Freestyle	EN2
{3 x 100 on 1:25 Freestyle	EN2
{3 x 100 on 1:20 Freestyle	EN2
{3 x 100 on 1:15 Freestyle	EN2
{2 x 150 on 2:00 Freestyle	EN2
{2 x 150 on 1:50 Freestyle	EN2
900 12 x 75 on 1:45 Your Stroke	EN3
400 8 x 50 on 1:00 Stroke Drills-choice	REC
10:25 AM	6,125 Yards - Stress Value = 129

Workout #96 - Friday, 27 November 1998

Group 3 - All

1 minute rest between sets

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

Workout #99 - Monday, 30 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
825	1 x 825 on 14:00 Swim-kick-pull-swim	REC	
255	17 x 15 on :30 Cross pool 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 x 25 on :30 Butterfly	EN2	
	{1 on 1:00 Rest	REC	
	1 on 25:00 Stomach and Stretch		
7:14 PM	4,680 Yards - Stress Value = 66		

Workout #100 - Tuesday, 01 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
6:45 PM	Start		
	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 x 150 on 2:05 Pulls	EN1	
300	3 x 100 on 1:30 Descend 1-3	EN1	
	1x{5 x 75 on 1:30 Freestyle	EN3	
	{5 x 75 on 1:25 Freestyle	EN3	
	{5 x 75 on 1:20 Freestyle	EN3	
300	1 x 300 on 5:00 Catchup & thumb drag	REC	
9:00 PM	5,825 Yards - Stress Value = 121		

Workout #97 - Saturday, 28 November 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
8:00 AM	Start		
	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 flags and walls	EN1	
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 = 147		

Workout #98 - Saturday, 28 November 1998

Group 3 - Freestylers

1 minute rest between sets

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

Workout #101 - Wednesday, 02 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM Start			
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	§
	1x{2 x 50 on 1:00 Pulls-nbbfaw	EN1	§
	{1 x 50 on :35 Freestyle	EN1	§
	{2 x 50 on :55 Pulls-nbbfaw	EN1	§
	{1 x 50 on :40 Freestyle	EN1	§
	{2 x 50 on :50 Pulls-nbbfaw	EN1	§
	{1 x 50 on :45 Freestyle	EN1	§
	{2 x 50 on :45 Pulls-nbbfaw	EN1	§
	{1 x 50 on :50 Freestyle	EN1	§
	{2 x 50 on :40 Pulls-nbbfaw	EN1	§
	{1 x 50 on :55 Freestyle	EN1	§
	{2 x 50 on :35 Pulls-nbbfaw	EN1	§
	{1 x 50 on 1:00 Freestyle	EN1	§
4x{1 x 150 on 2:15 Freestyle		EN1	§
	{1 x 150 on 2:15 Freestyle	EN2	§
	{1 x 150 on 2:15 Freestyle	EN3	§
100	1 x 100 on 2:00 Freestyle-ez	REC	§
	2x{4 x 25 on :35 Breaststroke	EN1	§
	{4 x 25 on :30 Butterfly	EN1	§
	{4 x 25 on :25 Backstroke	EN1	§
	{4 x 25 on :20 Freestyle	EN1	§
200	1 x 200 on 3:00 Bilateral	REC	I
6:45 AM 4,200 Yards - Stress Value = 68			

Workout #102 - Wednesday, 02 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM Start			
	1 on 40:00 Stomach and Stretch and stretch cords		I
1,000	1 x 1000 on 18:00 alt 100 4fr/4ba & 100 4fly/4br	REC	§
400	16 x 25 on :40 12.5 fast 12.5ez	SP3	§
600	12 x 50 on 2:00 Breaststroke	SP2	§
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	§
200	8 x 25 on 1:15 Freestyle	SP2	§
1,500	12 x 125 on 2:00 Freestyle This is a RED-30 set	EN2	§
300	1 x 300 on 5:00 Catchup & thumb drag	REC	I
7:45 PM 4,600 Yards - Stress Value = 126			

Workout #103 - Monday, 07 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM Start			
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	§
255	17 x 15 on :30 Cross pool sprints	SP3	§
500	10 x 50 on 1:00 Kick	EN1	§
500	1 x 500 on 10:00 Kick-for time	EN3	§
	1x{8 x 75 on 1:05 Pulls	EN1	§
	{8 x 75 on 1:00 Pulls	EN1	§
	{8 x 75 on :55 Pulls	EN1	§
	3x{1 x 150 on 2:45 Breaststroke	EN2	§
	{1 x 100 on 1:45 Breaststroke	EN2	§
	{4 x 50 on :50 Breaststroke	EN2	§
200	1 x 200 on 4:00 Bilateral	REC	
	1 on 17:00 Stomach and Stretch		
7:14 PM 5,430 Yards - Stress Value = 90			

Workout #104 - Tuesday, 08 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
6:45 PM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Reverse IM drill	REC	
	16x{1 x 13 on :15 Butterfly	SP3	
	{1 x 12 on :15 Freestyle -ez	REC	
1,000	10 x 100 on 2:00 Kick-hold time	EN2	
	1x{4 x 150 on 2:15 Pulls	EN1	
	{4 x 150 on 2:10 Pulls	EN1	
	{4 x 150 on 2:05 Pulls	EN1	
	1x{6 x 100 on 2:00 Freestyle	EN3	
	{6 x 75 on 1:30 Freestyle	EN3	
	{6 x 50 on 1:00 Freestyle	EN2	
	{ This is a BLUE-1 set		
300	1 x 300 on 5:00 Catchup & thumb drag	REC	
9:00 PM 5,650 Yards - Stress Value = 115			

Workout #105 - Wednesday, 09 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM Start			
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	§
	2x{1 x 100 on 1:45 Free last 25 fast	EN1	§
	{1 x 100 on 1:45 Free 3rd 25 fast	EN1	§
	{1 x 100 on 1:45 Free 2nd 25 fast	EN1	§
	{1 x 100 on 1:45 Free 1st 25 fast	EN1	§
	1x{4 x 100 on 1:20 Freestyle	EN2	§
	{1 on :40 Rest	REC	M
	{4 x 100 on 1:15 Freestyle	EN2	§
	{1 on :30 Rest	REC	M
	{4 x 100 on 1:10 Freestyle	EN2	§
	{1 on :20 Rest	REC	M
	{4 x 100 on 1:05 Freestyle	EN2	§
750	15 x 50 on 1:00 Pulls-nbbfaw	EN1	§
800	4 x 200 on 3:00 Individual Medley desc 1-3 drill #4	EN1	§
6:44 AM 4,350 Yards - Stress Value = 56			

Workout #106 - Wednesday, 09 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
5:15 PM Start				
	1 on 40:00 Stomach and Stretch and stretch cords			L
	1x{1 x 125 on 2:15 Stroke Drills	REC	D	IM
	{7 x 100 on 1:45 Stroke Drills	REC	D	IM
	{ 2 on each stroke			
	16x{1 x 13 on :15 Backstroke	SP3	S	BF
	{1 x 12 on :15 Freestyle	REC	S	FF
	6x{1 x 50 on 2:30 Butterfly	SP2	S	FLY
	{1 x 50 on 2:30 Breaststroke	SP2	S	BF
750	15 x 50 on 1:15 Kick	EN1	K	CHC
800	4 x 200 on 3:00 Pulls	EN1	P	FF
300	12 x 25 on 1:15 Freestyle	SP2	S	FF
400	1 x 400 on 5:00 Bilateral	REC	D	CI
7:45 PM 4,075 Yards - Stress Value = 114				

Workout #107 - Thursday, 10 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
6:45 PM	Start		
800	1 on 30:00 Stomach and Stretch	REC	L
800	1 x 800 on 14:00 Choice	REC	S
	4x{4 x 75 on 1:15 Kick-very very fast	EN2	K
	{1 on :30 Rest	REC	M
1,600	16 x 100 on 1:30 Lungbuster pulls	EN1	P
	odds br. 3-5-7-9		
	evens br.2-4-6-8		
	1x{6 x 75 on 1:10 Backstroke	EN2	S
	{6 x 75 on 1:05 Backstroke	EN2	S
	{6 x 75 on 1:00 Backstroke	EN2	S
	{6 x 75 on :55 Backstroke	EN2	S
500	20 x 25 on :40 IM order drill	REC	D
8:58 PM	5,900 Yards - Stress Value = 76		

Workout #108 - Friday, 11 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM	Start		
	1 on 40:00 Stomach and Stretch		I
	and stretch cords		
	1x{1 x 425 on 7:30 Swim-kick-pull-swim	REC	S
	{1 x 400 on 7:30 Reverse IM drill	REC	I
1,000	10 x 100 on 2:00 Kick-with flippers	EN2	P
	1x{4 x 75 on 1:20 Lungbuster pulls	EN1	F
	{4 x 75 on 1:15 Lungbuster pulls	EN1	F
	{4 x 75 on 1:10 Lungbuster pulls	EN1	F
100	1 x 100 on 2:00 Freestyle-build	EN1	S
	6x{1 x 100 on 1:15 Individual Medley	EN2	S
	{1 x 50 on :35 Freestyle	EN2	S
	{1 x 50 on 1:00 Freestyle-ez	REC	S
300	6 x 50 on 1:00 Stroke Drills	REC	I
	1 on 29:00 Techniques or FLY!!!		S
7:44 PM	4,325 Yards - Stress Value = 48		

Workout #109 - Saturday, 12 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
8:00 AM	Start		
	1 on 40:00 Stomach and Stretch		
1,000	1 x 1000 on 18:00 Swim-kick-pull-swim	REC	
	4x{4 x 75 on 1:15 Kick	EN2	
	{1 on :30 Rest		
800	4 x 200 on 8:00 Freestyle	SP1	
500	10 x 50 on 1:00 Pulls-no breathing	EN1	
	between flags & wall		
1,250	10 x 125 on 2:15 Freestyle	EN3	
	This is a BLUE-1 set		
250	1 x 250 on 5:00 Catchup & thumb drag	REC	
10:35 AM	5,000 Yards - Stress Value = 168		

Workout #110 - Saturday, 12 December 1998

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WC
8:00 AM	Start		
	1 on 40:00 Stomach and Stretch		

1,000	1 x 1000 on 18:00 Swim-kick-pull-swim	REC	
	4x{4 x 75 on 1:15 Kick	EN2	
	{1 on :30 Rest		
2,000	5 x 400 on 5:30 Freestyle	EN2	
	This is a RED-10 set		
500	10 x 50 on 1:00 Pulls-no breathing	EN1	
	between flags & wall		
1,250	10 x 125 on 2:15 Freestyle	EN3	
	This is a BLUE-1 set		
250	1 x 250 on 5:00 Catchup & thumb drag	REC	
10:31 AM	6,200 Yards - Stress Value = 144		

Workout #111 - Monday, 14 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
	1 on 30:00 Team PICTURES		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	16x{1 x 13 on :15 Freestyle	SP3	
	{1 x 12 on :15 Freestyle-ez	REC	
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	
	1x{5 x 200 on 3:00 Freestyle	EN1	
	{5 x 100 on 1:30 Freestyle	EN1	
	{5 x 50 on :45 Freestyle	EN1	
400	1 x 400 on 6:00 Catchup & thumb drag	REC	
	1 on 9:00 Techniques or Fly!!!		
7:14 PM	4,375 Yards - Stress Value = 45		

Workout #112 - Tuesday, 15 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
6:45 PM	Start		
	1 on 28:00 Stomach and Stretch		L
800	1 x 800 on 15:00 Reverse IM drill	REC	D
	16x{1 x 13 on :00 Butterfly	SP3	S
	{1 x 12 on :30 Freestyle-ez	REC	S
	1x{4 x 50 on 1:00 Kick	EN2	K
	{4 x 50 on :55 Kick	EN2	K
	{4 x 50 on :50 Kick	EN2	K
	{4 x 50 on :45 Kick	EN2	K
100	1 x 100 on 3:00 Kick-FOR time	EN3	K
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	P
	odds breathe 3-5-7-9		
	evens br. 2-4-6-8		
1,600	16 x 100 on 2:00 4 on each stroke	EN1	S
	50 drill 50 build		
500	20 x 25 on :30 Choice	EN1	S
200	1 x 200 on 3:00 Bilateral	REC	D
9:00 PM	5,400 Yards - Stress Value = 61		

Workout #113 - Wednesday, 16 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
	1 x 400 on 8:00 Reverse IM drill	REC	
750	15 x 50 on :45 Descend in sets of 3	EN1	
	1x{4 x 150 on 2:15 Pulls	EN1	
	{4 x 150 on 2:05 Pulls	EN1	
	{4 x 150 on 1:55 Pulls	EN1	
1,600	8 x 200 on 3:00 Individual Medley	EN1	
100	1 x 100 on 2:00 Catchup & thumb drag	REC	
6:45 AM	4,650 Yards - Stress Value = 42		

Workout #114 - Wednesday, 16 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	5:15 PM Start
=====	=====	=====	=====	=====
	1 on 38:00 Stomach and Stretch and stretch cords		L	
1x	{1 x 125 on 2:30 Stroke Drills	REC	D	
	{7 x 100 on 2:00 Stroke Drills	REC	D	
	{ 2 on each/ rev IM			
16x	{1 x 13 on :00 Backstroke	SP3	S	
	{1 x 12 on :30 Freestyle-ez	REC	S	
1x	{4 x 100 on 1:55 Kick	EN2	K C	
	{3 x 100 on 1:50 Kick	EN2	K C	
	{2 x 100 on 1:45 Kick	EN2	K C	
	{1 x 100 on 1:40 Kick	EN2	K C	
600	24 x 25 on 1:20 6 on each stroke	SP2	S	
2,000	4 x 500 on 7:00 Freestyle	EN1	S	
200	1 x 200 on 4:00 Stroke Drill	REC	D	
	7:46 PM 5,025 Yards - Stress Value = 108			

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC	5:15 PM Start
=====	=====	=====	=====	=====
	1 on 37:00 Stomach and Stretch and stretch cords			
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC		
	16x{1 x 13 on :00 Butterfly	SP3		
	{1 x 12 on :30 Freestyle	REC		
1,000	8 x 125 on 2:00 Kick	EN2		
	1 on 10:00 Techniques-flip trns			
1,800	6 x 300 on 4:15 Freestyle	EN1		
	10x{1 x 200 on 2:30 Freestyle	EN3		
	{4 x 25 on :30 Freestyle	REC		
200	1 x 200 on 3:00 Catchup & thumb drag	REC		
	8:00 PM 7,225 Yards - Stress Value = 166			

Workout #118 - Wednesday, 23 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF	10:00 AM Start
=====	=====	=====	=====	=====
	1 on 45:00 Stomach and Stretch and stretch cords			
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC		
	1x{8 x 25 on :30 Freestyle	EN1		
	{6 x 25 on :20 Freestyle	EN1		
	{4 x 25 on :20 Freestyle	EN1		
	{2 x 25 on :15 Freestyle	EN1		
1,000	20 x 50 on 1:15 Freestyle	EN2		
	This is a RED-30 set			
1,000	10 x 100 on 1:05 Freestyle	EN2		
200	1 x 200 on 3:00 Catchup & thumb drag	REC		
	11:44 AM 3,125 Yards - Stress Value = 45			

Workout #119 - Saturday, 26 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC	10:00 AM Start
=====	=====	=====	=====	=====
	1 on 40:00 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	EN1		
1,200	12 x 100 on 1:30 Lungbuster pulls odds breathe 3-5-7-9 evens br. 2-4-6-8	EN1		
750	15 x 50 on 1:00 Descend in sets of 3	EN1		
	1x{4 x 100 on 1:40 Individual Medley	EN1		
	{8 x 25 on :25 2 on each stroke	EN1		
	{4 x 100 on 1:30 Individual Medley	EN1		
	{8 x 25 on :30 2 on each stroke	EN1		
	{4 x 100 on 1:20 Individual Medley	EN1		
	{8 x 25 on :35 2 on each stroke	EN1		
250	1 x 250 on 4:00 Catchup & thumb drag	REC		
	12:30 PM 6,025 Yards - Stress Value = 48			

Workout #116 - Monday, 21 December 1998

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC	5:15 PM Start
=====	=====	=====	=====	=====
	1 on 40:00 Stomach and Stretch and stretch cords			
1,025	1 x 1025 on 18:00 Swim-kick-pull-swim	REC		
16x	{1 x 13 on :00 Freestyle	SP3		
	{1 x 12 on :30 Freestyle	REC		
	8x{1 x 25 on :40 Kick with flippers	EN2		
	{1 x 25 on :35 Kick with flippers	EN2		
	{1 x 25 on :30 Kick with flippers	EN2		
	{1 x 25 on :25 Kick with flippers	EN2		
	{1 x 25 on :20 Kick with flippers	EN2		
	1 on 10:00 Techniques-open trns			
1x	{4 x 150 on 2:15 Pulls	EN1		
	{4 x 150 on 2:05 Pulls	EN1		
	{4 x 150 on 1:55 Pulls	EN1		
300	3 x 100 on 1:30 Descend 1-3	EN2		
	3x{4 x 125 on 1:50 Breaststroke	EN2		
	{1 on :20 Rest			
	{8 x 25 on :25 Breaststroke	EN2		
200	1 x 200 on :30 Catchup & thumb drag	REC		
	8:01 PM 6,825 Yards - Stress Value = 94			

Workout #117 - Tuesday, 22 December 1998

Workout #120 - Monday, 28 December 1998

Group 3 - All

1 minute rest between sets

5:15 PM Start		
Yards	Set Description	EGY W
=====	=====	==== =
	1 on 39:00 Stomach and Stretch and 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 PM 6,675 Yards - Stress Value = 87		

600 12 x 50 on 1:00 Stroke Drills REC
3 on each stroke
7:59 PM 4,825 Yards - Stress Value = 128

Workout #123 - 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-paddles & tube	EN1
600	12 x 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

5:15 PM Start		
Yards	Set Description	EGY WC
=====	=====	==== ==
	1 on 40:00 Stomach and Stretch and stretch cords	
1,025	1 x 1025 on 18:00 Reverse IM drill	REC
16x	{1 x 13 on :00 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 x 300 on 4:00 Freestyle	EN3
This is a BLUE-1 set		
250	1 x 250 on 4:00 Catchup & thumb drag	REC
7:58 PM 7,075 Yards - Stress Value = 171		

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 x 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 #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 x 125 on 2:15 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 x 12 on :30 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		