

Workout #125 - Friday, 01 January 1999

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		
1,000	1x{1 x 125 on 2:15 Stroke Drills	REC	
	{8 x 100 on 2:00 Stroke Drills	REC	
1,500	10 x 100 on 2:00 Kick/ with flippers Challenge set	EN2	
50	10 x 150 on 2:15 Freestyle	EN1	
750	1 x 50 on 2:00 Free- count your stk	EN1	
1,250	10 x 75 on 1:15 Freestyle	EN1	
100	10 x 125 on 2:00 IM with 50 of weak	EN1	
	1 x 100 on 20:00 Swolf	EN1	
7:58 PM 5,575 Yards - Stress Value = 56			

Workout #126 - Saturday, 02 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
3:00 PM Start				
=====	=====	=====	=====	=====
	1 on 30:00 Stomach and Stretch		L	
800	1 x 800 on 15:00 Reverse IM drill	REC	S	
	1 on 15:00 Techniques-starts		D	
375	5 x 75 on 6:00 Freestyle off the bl	SP1	S	
500	10 x 50 on 1:00 Freestyle/stroke cnt	EN1	S	
	1 on 15:00 Swolf	EN1	S	
200	1 x 200 on 3:00 Catchup & thumb drag	REC	D	
5:01 PM 1,875 Yards - Stress Value = 35				

Workout #127 - Saturday, 02 January 1999

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
3:00 PM Start				
=====	=====	=====	=====	=====
	1 on 30:00 Stomach and Stretch		L	
800	1 x 800 on 15:00 Reverse IM drill	REC	S	
	1 on 15:00 Techniques-starts		D	
2,000	5 x 400 on 5:30 Freestyle	EN2	S	
	This is a RED-30 set			
500	10 x 50 on 1:00 Freestyle/stroke cnt	EN1	S	
	1 on 15:00 Swolf	EN1	S	
200	1 x 200 on 3:00 Catchup & thumb drag	REC	D	
4:59 PM 3,500 Yards - Stress Value = 45				

Workout #128 - Monday, 04 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
6:15 PM Start			
=====	=====	=====	=====
	1 on 39:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
1,050	16x{1 x 13 on :00 Freestyle	SP3	
	{1 x 12 on :30 Freestyle	REC	
	21 x 50 on 1:00 Kick descend 1-3	EN2	
	1x{2 x 400 on 5:30 Freestyle	EN1	
	{2 x 400 on 5:15 Freestyle	EN1	
	{2 x 400 on 5:00 Freestyle	EN1	
	5x{8 x 25 on :25 Butterfly	EN2	
	{1 on 1:00 Rest	REC	

400 8 x 50 on 1:00 Stroke Drills REC
8:45 PM 6,075 Yards - Stress Value = 73

Workout #129 - Tuesday, 05 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY
5:15 PM Start		
=====	=====	=====
	1 on 40:00 Stomach and Stretch and stretch cords	
1,000	1 x 1000 on 18:00 400 skps, 400alt 100	REC
	4 stks fly 4 brst & 100 4strk back 4 fr	
	200 rev im drill	
	1 on 15:00 Techniques-rly strts	
	15x{1 x 13 on :00 Butterfly	SP3
	{1 x 12 on :30 Freestyle	REC
	3x{1 x 150 on 3:00 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 50 on 1:00 Kick	EN2
100	1 x 100 on 3:00 Kick for time	EN1
600	8 x 75 on 1:15 Free/strk count set	EN1
1,250	10 x 125 on 2:15 Freestyle	EN3
	This is a BLUE-2 set	
400	8 x 50 on 1:00 Stroke Drills	REC
7:44 PM 4,625 Yards - Stress Value = 108		

Workout #130 - Wednesday, 06 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
6:15 PM Start			
=====	=====	=====	=====
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	16x{1 x 13 on :00 Backstroke	SP3	
	{1 x 12 on :30 Freestyle	REC	
1,000	10 x 100 on 2:00 Kick odds fast	EN2	
600	8 x 75 on 4:00 Backstroke	SP2	
600	12 x 50 on 1:00 Free/strk count set	EN1	
225	9 x 25 on 1:20 Breaststroke	SP2	
300	1 x 300 on 5:00 Catchup & thumb drag	REC	
8:45 PM 3,950 Yards - Stress Value = 116			

Workout #131 - Monday, 11 January 1999

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	
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	
1,050	14 x 75 on 1:10 Pulls-nbbf&w	EN1	
	3x{1 x 100 on 1:45 Breaststroke	EN2	
	{1 x 50 on 1:00 Breaststroke	EN2	
	{1 x 50 on :55 Breaststroke	EN2	
	{1 x 50 on :50 Breaststroke	EN2	
	{4 x 25 on :30 Breaststroke	EN2	
250	1 x 250 on 5:00 Catchup & thumb drag	REC	
	1 on 28:00 Stomach and Stretch		
7:14 PM 4,430 Yards - Stress Value = 61			

Workout #132 - Tuesday, 12 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 16:00 Reverse IM drill	REC	D
	16x{1 x 13 on :00 Butterfly	SP3	S
	{1 x 12 on :30 Freestyle-ez	REC	S
1,050	21 x 50 on 1:00 Kick-descend 1-3	EN2	K
1,400	14 x 100 on 1:30 Lungbuster pulls	EN1	P
	odds breathe 3-5-7-9		
	evens br. 2-4-6-8		
	12x{1 x 75 on 1:00 Freestyle	EN3	S
	{1 x 25 on 1:00 Freestyle-ALL OUT	EN3	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
	9:00 PM 5,350 Yards - Stress Value = 115		

Workout #133 - Wednesday, 13 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
450	9 x 50 on :45 Descend in sets of 3	EN1	S
	2x{2 x 100 on 1:30 Freestyle	EN1	S
	{3 x 75 on 1:15 Backstroke	EN1	S
	{4 x 50 on 1:00 Breaststroke	EN1	S
	{9 x 25 on :30 Butterfly	EN1	S
1,800	8 x 225 on 3:00 Freestyle	EN2	S
100	1 x 100 on 2:00 Bilateral	REC	I
	6:46 AM 4,450 Yards - Stress Value = 56		

Workout #134 - Wednesday, 13 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
240	16 x 15 on :30 Cross pool sprints	SP3	
	4x{4 x 75 on 1:15 Kick-VERY,VERY FAST	EN2	
	{1 on 1:00 Rest		
	2x{1 x 150 on 2:10 Freestyle	EN1	
	{1 x 150 on 2:05 Freestyle	EN1	
	{1 x 150 on 2:00 Freestyle	EN1	
	{1 x 150 on 1:55 Freestyle	EN1	
	3x{1 x 200 on :00 Freestyle	SP2	
	{1 x 200 on 8:00 Freestyle	REC	
	1 on 27:00 Stomach and Stretch		
	7:14 PM 4,665 Yards - Stress Value = 106		

Workout #135 - Thursday, 14 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Reverse IM drill	REC	
800	8 x 100 on 2:00 Kick ODDS FAST	EN2	
750	5 x 150 on 2:15 Pulls-NO PADDLES	EN1	
	2x{4 x 100 on 1:15 Freestyle	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{2 x 300 on 3:35 Freestyle	EN2	

	{1 x 400 on 4:45 Freestyle	EN2
	{1 on 1:50 Rest	
	{ This is a RED-10 set	
250	1 x 250 on 5:00 Catchup & thumb drag	REC
	9:00 PM 6,600 Yards - Stress Value = 104	

Workout #136 - Friday, 15 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 40:00 Stomach and Stretch		
	and stretch cords		
	1x{1 x 125 on 2:15 Stroke Drills	REC	
	{9 x 100 on 2:00 Stroke Drills	REC	
	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	
900	9 x 100 on 1:30 Descend in sets of 3	EN2	
	10x{1 x 150 on 2:25 IM (no freestyle)	EN2	
	{1 x 50 on :35 Freestyle	EN2	
200	1 x 200 on 3:00 Bilateral	REC	
100	1 x 100 on 15:00 Swolf	EN1	
	7:43 PM 5,225 Yards - Stress Value = 79		

Workout #137 - Saturday, 16 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch			L
5,000	5 x 1000 on 17:30 Read Text Below			S
	1:58 PM 5,000 Yards			

Workout #138 - Monday, 18 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
255	17 x 15 on :30 Cross pool sprints	SP3	
1,000	10 x 100 on 1:45 Kick	EN2	
	4x{2 x 25 on :30 Butterfly	EN2	
	{2 x 50 on :55 Butterfly	EN2	
	{2 x 75 on 1:20 Butterfly	EN2	
	{2 x 100 on 1:40 Butterfly	EN2	
	{1 on 1:10 Rest		
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 23:00 Stomach and Stretch		
	7:14 PM 4,580 Yards - Stress Value = 70		

Workout #139 - Tuesday, 19 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
6:45 PM	Start		
1,000	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 18:00 Reverse IM drill	REC	
16x	{1 x 13 on :00 Butterfly	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	EN1	
	{ hold all under :20		
1,200	8 x 150 on 2:30 100 IM 50 your choic	EN1	
	of stroke very fast		
1,200	16 x 75 on 1:30 Freestyle	EN3	
	This is a BLUE-1 set		
500	10 x 50 on 1:00 Stroke Drills	REC	
9:00 PM	5,300 Yards - Stress Value = 110		

Workout #140 - Wednesday, 20 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK S
5:30 AM	Start		
400	1 x 400 on 8:00 Reverse IM drill	REC	D
150	10 x 15 on :30 Cross pool sprints	SP3	S
1,000	1 x 1000 on 15:00 Pulls	EN1	P
1,000	2 x 500 on 7:00 Freestyle	EN1	S
600	12 x 50 on :45 Freestyle	EN2	S
450	9 x 50 on :40 Freestyle	EN2	S
300	6 x 50 on :35 Freestyle	EN2	S
400	1 x 400 on 7:00 Catchup & thumb drag	REC	D
6:45 AM	4,300 Yards - Stress Value = 53		

Workout #141 - Wednesday, 20 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
	1 on 39:00 Stomach and Stretch		
	and stretch cords		
	1x{1 x 125 on 2:15 Stroke Drills	REC	
	{9 x 100 on 2:00 Stroke Drills	REC	
16x	{1 x 13 on :00 Backstroke	SP3	
	{1 x 12 on :30 Freestyle	REC	
3x	{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN2	
200	1 x 200 on 3:00 Freestyle-build	EN1	
500	10 x 50 on 1:45 Breaststroke	SP2	
500	5 x 100 on 2:00 Choice	EN1	
300	12 x 25 on 1:15 Freestyle	SP2	
400	1 x 400 on 7:00 Catchup & thumb drag	REC	
7:45 PM	4,325 Yards - Stress Value = 115		

Workout #142 - Thursday, 21 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		

Yards	Set Description	EGY	WOF
1 on	40:00 Stomach and Stretch		
	and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
1,000	10 x 100 on 2:00 Kick odds fast	EN2	
2,000	10 x 200 on 2:45 Pulls	EN1	
1x	{8 x 125 on 2:00 Backstroke	EN2	
	{6 x 100 on 1:35 Backstroke	EN2	
	{4 x 75 on 1:10 Backstroke	EN2	
	1 on 12:00 Techniques-starts		
7:43 PM	5,725 Yards - Stress Value = 78		

Workout #143 - Monday, 25 January 1999

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	
	do in sets of 3		
	1 on 10:00 Techniques-flip trns		
4x	{4 x 75 on 1:15 Kick-all fast	EN2	
	{1 on :30 Rest		
8x	{8 x 25 on :25 Butterfly	EN2	
	{1 on 1:00 Rest		
	1 on 25:00 Stomach and Stretch		
7:13 PM	3,880 Yards - Stress Value = 66		

Workout #144 - Tuesday, 26 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK S
6:45 PM	Start		
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 15:00 Choice	REC	S C
16x	{1 x 13 on :00 Butterfly	SP3	S F
	{1 x 12 on :30 Freestyle	REC	S
1,050	21 x 50 on 1:00 Kick descend 1-3	EN2	K C
1,400	7 x 200 on 3:00 Choice	EN1	S C
	1x{5 x 100 on 2:00 Freestyle	EN3	S
	{1 on 1:00 Rest		M
	{5 x 100 on 1:40 Freestyle	EN3	S
	{1 on 1:00 Rest		M
	{5 x 100 on 1:20 Freestyle	EN3	S
	{ This is a BLUE-1 set		
400	8 x 50 on 1:00 Stroke Drills	REC	D
9:00 PM	5,550 Yards - Stress Value = 133		

Workout #145 - Wednesday, 27 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK S
5:30 AM	Start		
500	1 x 500 on 9:00 Choice	REC	S
150	10 x 15 on :30 Cross pool sprints	SP3	S
1,500	5 x 300 on 4:30 Freestyle	EN1	S
	descend the odds br.		
	every 5 on the evens		
1x	{9 x 75 on 1:00 Freestyle	EN2	S
	{8 x 75 on :55 Freestyle	EN2	S
	{7 x 75 on :50 Freestyle	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
6:44 AM	4,450 Yards - Stress Value = 57		

Workout #146 - Wednesday, 27 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM Start			
825	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 12:00 Techniques-open trns		
16x	{1 x 13 on :00 Backstroke	SP3	
	{1 x 12 on :30 Freestyle	REC	
500	10 x 50 on 1:00 Kick	EN2	
500	1 x 500 on 10:00 Kick for time	EN2	
200	1 x 200 on 3:00 Freestyle-build	EN1	
400	8 x 50 on 2:00 Backstroke	SP2	
800	16 x 50 on 1:00 Pulls	EN1	
150	6 x 25 on 1:20 Backstroke	SP2	
250	1 x 250 on 4:00 Catchup & thumb drag	REC	
7:45 PM 4,025 Yards - Stress Value = 93			

8:00 AM Start

Yards	Set Description	EGY	WORK
8:00 AM Start			
1,025	1 on 30:00 Stomach and Stretch		L
	1 x 1025 on 18:00 Reverse IM drill	REC	D
	1 on 10:00 Techniques-flip turn		D
	1x{4 x 100 on 1:55 Kick	EN2	K
	{3 x 100 on 1:50 Kick	EN2	K
	{2 x 100 on 1:45 Kick	EN2	K
	{1 x 100 on 1:40 Kick	EN2	K
	4x{1 x 200 on :00 Freestyle	SP1	S
	{1 x 200 on 8:00 Freestyle	REC	S
500	5 x 100 on 2:00 Stroke Drills	REC	D
1,125	15 x 75 on 1:30 Freestyle	EN3	S
hold fastest possible average			
300	1 x 300 on 5:00 Bilateral	REC	D
10:32 AM 5,550 Yards - Stress Value = 152			

Workout #150 - Saturday, 30 January 1999

Group 3 - Freestylers

1 minute rest between sets

8:00 AM Start

Yards	Set Description	EGY	WORK
8:00 AM Start			
1,025	1 on 30:00 Stomach and Stretch		L
	1 x 1025 on 18:00 Reverse IM drill	REC	D
	1 on 10:00 Techniques-flip turn		D
	1x{4 x 100 on 1:55 Kick	EN2	K
	{3 x 100 on 1:50 Kick	EN2	K
	{2 x 100 on 1:45 Kick	EN2	K
	{1 x 100 on 1:40 Kick	EN2	K
	4 x 500 on 7:00 Freestyle	EN2	S
	1 on 10:00 Techniques-turns	REC	D
1,125	15 x 75 on 1:30 Freestyle	EN3	S
hold fastest possible average			
300	1 x 300 on 5:00 Bilateral	REC	D
10:27 AM 5,450 Yards - Stress Value = 128			

Workout #151 - Monday, 01 February 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	S
5:15 PM Start				
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	S	
255	17 x 15 on :30 Cross pool sprints	SP3	S	
1,000	8 x 125 on 2:20 Kick	EN2	K	C
1,600	8 x 200 on 2:45 Pulls	EN1	P	
1,600	16 x 100 on 1:30 Breaststroke	EN2	S	
	1 on 26:00 Stomach and Stretch		L	
7:14 PM 5,280 Yards - Stress Value = 78				

Workout #152 - Wednesday, 03 February 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
5:30 AM Start			
400	1 x 400 on 8:00 Choice	REC	S
900	12 x 75 on 1:30 Stroke Drills-build	EN1	S
750	15 x 50 on 1:00 Pulls-nbbf&w	EN1	P
3 on each stroke			
1,800	12 x 150 on 2:15 Descend in sets of 3	EN3	S
200	1 x 200 on 3:00 Bilateral	REC	D
6:45 AM 4,050 Yards - Stress Value = 125			

Workout #147 - Thursday, 28 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
6:45 PM Start			
1,200	1 on 30:00 Stomach and Stretch		I
	12 x 100 on 2:00 Stroke Drills 3 on each stroke	REC	I
8x	{1 x 25 on :40 Kick with flippers	EN2	F
	{1 x 25 on :35 Kick with flippers	EN2	F
	{1 x 25 on :30 Kick with flippers	EN2	F
	{1 x 25 on :25 Kick with flippers	EN2	F
	{1 x 25 on :20 Kick with flippers	EN2	F
	{ hold all under :20		
2x	{6 x 100 on 1:20 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{5 x 100 on 1:15 Stroke Drills	EN2	S
	{1 on 1:00 Rest		M
	{4 x 100 on 1:10 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{3 x 100 on 1:05 Freestyle	EN2	S
400	1 x 400 on 7:00 Bilateral	REC	I
9:00 PM 6,200 Yards - Stress Value = 92			

Workout #148 - Friday, 29 January 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM Start			
1,025	1 on 39:00 Stomach and Stretch and Stretch cords		L
	1 x 1025 on 18:00 Swim-kick-pull-swim	REC	S
	1 on 10:00 Techniques-back trns		D
1,000	10 x 100 on 1:45 Kick	EN2	K
1,500	20 x 75 on 1:10 Pulls odds br5-7-9, evens breathe normal	EN1	P
1,500	12 x 125 on 2:15 Individual Medley	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
7:45 PM 5,525 Yards - Stress Value = 65			

Workout #149 - Saturday, 30 January 1999

Group 3 - All

1 minute rest between sets

Workout #153 - Wednesday, 03 February 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	===	==
	1 on 38:00 Stomach and Stretch and stretch cords		
	1x{1 x 125 on 2:15 Stroke Drills	REC	
	{9 x 100 on 2:00 Stroke Drills	REC	
	1 on 10:00 Techniques-IM turns		
	16x{1 x 13 on :00 Backstroke	SP3	
	{1 x 12 on :30 Freestyle	REC	
900	18 x 50 on 1:00 Descend in sets of 3	EN2	
400	1 x 400 on 6:00 Freestyle-build	EN1	
600	8 x 75 on 2:00 Butterfly	SP2	
500	10 x 50 on 1:00 Choice	REC	
450	6 x 75 on 1:45 Butterfly	SP2	
300	1 x 300 on 4:30 Catchup & thumb drag	REC	
	7:45 PM 4,575 Yards - Stress Value = 135		

Workout #154 - Thursday, 04 February 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 37:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
800	8 x 100 on 2:00 Kick-odds fast	EN2	
300	6 x 50 on :45 Freestyle	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	
800	8 x 100 on 1:30 Pulls	EN1	
	1x{6 x 125 on 1:35 Freestyle	EN2	
	{6 x 125 on 1:30 Freestyle	EN2	
	{6 x 125 on 1:25 Freestyle	EN2	
400	1 x 400 on 6:00 Catchup & thumb drag	REC	
	7:45 PM 7,175 Yards - Stress Value = 108		

Workout #155 - Friday, 05 February 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	===	=====	===
	1 on 40:00 Stomach and Stretch and stretch cords		L	
1,000	1 x 1000 on 18:00 Choice	REC	S	CHO
	1 on 10:00 Techniques-starts			D
	3x{1 x 150 on 3:00 Kick	EN1	K	CHO
	{1 x 100 on 2:00 Kick	EN1	K	CHO
	{1 x 50 on 1:00 Kick	EN1	K	CHO
1,000	1 x 1000 on 15:00 Freestyle	EN1	S	FR
1,000	2 x 500 on 7:00 Freestyle	EN1	S	FR
1,000	4 x 250 on 3:30 Freestyle	EN1	S	FR
	1 on 15:00 Rabbit game		S	
	7:43 PM 4,900 Yards - Stress Value = 39			

Workout #156 - Saturday, 06 February 1999

Group 3 - All

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WORK	S
=====	=====	===	=====	=

	1 on 30:00 Stomach and Stretch		L	
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	S	
	1 on 10:00 Techniques-finishes		D	
2,000	10 x 200 on 2:00 Kick-challenge set with flippers	EN2	K	C
300	6 x 50 on 2:00 Choice-all same strk	SP1	S	C
800	4 x 200 on 3:30 Freestyle	REC	S	
300	6 x 50 on 2:00 Choice-differnt then stroke in last set	SP1	S	
800	4 x 200 on 3:30 Freestyle	REC	S	
600	24 x 25 on :30 Individual Medley	EN1	S	
300	1 x 300 on 4:00 Catchup & thumb drag	REC	D	
	10:00 AM 5,925 Yards - Stress Value = 94			

Workout #157 - Monday, 08 February 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
255	17 x 15 on :30 Cross pool sprints	SP3	
	1 on 9:00 Techniques-flip trns		
900	18 x 50 on 1:00 Kick-descend in 1-3	EN2	
600	12 x 50 on :40 Freestyle	EN2	
	3x{4 x 25 on :30 Butterfly	EN2	
	{3 x 50 on :55 Butterfly	EN2	
	{2 x 75 on 1:15 Butterfly	EN2	
	{1 x 100 on 1:30 Butterfly	EN2	
	{1 on 1:30 Rest		
250	1 x 250 on 4:00 Bilateral	REC	
	1 on 20:00 Stomach and Stretch		
	7:14 PM 4,330 Yards - Stress Value = 70		

Workout #158 - Tuesday, 09 February 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	W
=====	=====	===	=
	1 on 40:00 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 on 10:00 Techniques-flip turn		
	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	
	{ hold all under :20		
1,000	10 x 100 on 1:30 Descend in sets of 3 hold 10 as fast as 9	EN1	
1,200	16 x 75 on 1:30 Freestyle hold fastest possible average	EN2	
600	12 x 50 on 1:00 Stroke Drills	REC	
	7:44 PM 5,025 Yards - Stress Value = 62		

Workout #159 - Tuesday, 09 February 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	W
5:15 PM	Start		
825	1 on 40:00 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 on 10:00 Techniques-flip turn		
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	
	{ hold all under :20		
1,000	10 x 100 on 1:30 Descend in sets of 3	EN1	
1,200	16 x 75 on 1:30 Freestyle hold fastest possible average	EN2	
600	12 x 50 on 1:00 Stroke Drills	REC	
7:44 PM	5,025 Yards - Stress Value = 62		

{ 8 x 50 on :55 Freestyle	EN1
{ 8 x 50 on :50 Freestyle	EN1
3x{1 x 100 on 1:45 Freestyle	EN1
{ 1 x 100 on 1:45 Pulls	EN1
{ do as a straight 600	
1x{4 x 75 on 1:20 Individual Medley	EN1
{ 4 x 75 on 1:15 Individual Medley	EN1
{ 4 x 75 on 1:10 Individual Medley	EN1
1 on 10:00 Techniques-starts	
7:43 PM	4,925 Yards - Stress Value = 53

Workout #163 - Monday, 15 February 1999

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 Freestyle	SP3	
1,000	1 on 10:00 Techniques-IM turns		
1,000	10 x 100 on 2:00 Kick-hold time I give you	EN2	
200	1 x 200 on 3:00 Freestyle-build	EN1	
6x	{8 x 25 on :30 Butterfly/breaststrk	EN2	
	{1 on 1:00 Rest		
400	1 x 400 on 7:00 Bilateral	REC	
	1 on 20:00 Stomach and Stretch		
7:14 PM	3,880 Yards - Stress Value = 56		

Workout #160 - Wednesday, 10 February 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM	Start		
400	1 x 400 on 8:00 Reverse IM drill	REC	I
4,000	4 x 1000 on 16:00 See text for explntn	EN1	S
6:43 AM	4,400 Yards - Stress Value = 40		

Workout #164 - Tuesday, 16 February 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	W
5:15 PM	Start		
1,025	1 on 39:00 Stomach and Stretch		
1,025	1 x 1025 on 18:00 Swim-kick-pull-swim	REC	
16x	{1 x 13 on :00 Butterfly	SP3	
	{1 x 12 on :30 Freestyle	REC	
	1 on 10:00 Techniques-IM turns		
500	10 x 50 on 1:00 Kick	EN1	
500	1 x 500 on 10:00 Kick for time	EN2	
2,000	10 x 200 on 4:00 Freestyle	EN3	
500	10 x 50 on 1:00 Stroke Drills	REC	
7:45 PM	4,925 Yards - Stress Value = 143		

Workout #161 - Wednesday, 10 February 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:15 PM	Start			
	1 on 35:00 Stomach and Stretch and stretch cords		L	
825	1 x 825 on 14:00 Choice	REC	S	F
12x	{1 x 13 on :00 Backstroke	SP3	S	F
	{1 x 12 on :30 Freestyle	REC	S	F
	1 on 10:00 Techniques-open trns		D	
800	8 x 100 on 2:00 Kick-breastroke	EN2	K	F
600	12 x 50 on 3:00 Breaststroke	SP2	S	F
1,800	6 x 300 on 4:00 Freestyle	EN2	S	F
250	1 x 250 on 4:00 Stroke Drill	REC	D	C
7:45 PM	4,575 Yards - Stress Value = 118			

Workout #165 - Wednesday, 17 February 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:15 PM	Start			
	1 on 39:00 Stomach and Stretch and stretch cords		L	
800	1 x 800 on 15:00 Choice	REC	S	F
	1 on 10:00 Techniques-relay str		D	
16x	{1 x 13 on :00 Backstroke	SP3	S	F
	{1 x 12 on :00 Freestyle	REC	S	F
800	8 x 100 on 2:00 Kick-odds fast	EN2	K	CF
400	8 x 50 on 2:00 2 on each stroke	SP2	S	I
1,800	6 x 300 on 4:15 Pulls	EN1	P	F
200	8 x 25 on 1:30 2 on each stroke	SP2	S	I
500	10 x 50 on 1:00 Stroke Drills	REC	D	C
7:45 PM	4,900 Yards - Stress Value = 102			

Workout #162 - Thursday, 11 February 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
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	
	1 on 8:00 Techniques-finishes		
4x	{4 x 75 on 1:15 Kick-all fast	EN2	
	{1 on :30 Rest		
200	1 x 200 on 3:00 Freestyle-build	EN1	
1x	{8 x 50 on 1:00 Freestyle	EN1	

Workout #166 - Wednesday, 17 February 1999

1 minute rest between sets

Group 3 - All

1 minute rest between sets

5:15 PM Start				Yards	Set Description	EGY	WOF
Yards	Set Description	EGY	WORK	ST			
	1 on 40:00 Stomach and Stretch and stretch cords						
800	1 on 39:00 Stomach and Stretch and stretch cords		L		800		REC
800	1 x 800 on 15:00 Choice	REC	S	E	8x{1 x 25 on :40 Kick with flippers		EN2
16x{	1 on 10:00 Techniques-relay str		D		{1 x 25 on :35 Kick with flippers		EN2
800	{1 x 13 on :00 Backstroke	SP3	S	E	{1 x 25 on :30 Kick with flippers		EN2
1,000	{1 x 12 on :00 Freestyle	REC	S	E	{1 x 25 on :25 Kick with flippers		EN2
	8 x 100 on 2:00 Kick-odds fast	EN2	K	CF	{1 x 25 on :20 Kick with flippers		EN2
	20 x 50 on 1:00 Pulls-nbbf&w	EN1	P	E	{ hold all under :18		
	1x{4 x 125 on 2:00 Breaststroke	EN2	S	E	9 x 150 on 2:30 Pulls-mid 50 breathe every 9 strokes	1,350	EN1
	{1 on 1:00 Rest		M		4 x 400 on 7:00 Individual Medley	1,600	EN1
	{4 x 125 on 1:55 Butterfly	EN2	S	FI	10 x 50 on 1:00 2 man relays	500	
	{1 on 1:00 Rest		M		7:46 PM 5,250 Yards - Stress Value = 50		
	{4 x 125 on 1:50 Backstroke	EN2	S	E			
	{1 on 1:00 Rest		M				
500	{4 x 125 on 1:45 Freestyle	EN2	S	E			
	10 x 50 on 1:00 Stroke Drills	REC	D	C			
	7:43 PM 5,500 Yards - Stress Value = 74						

Workout #170 - Friday, 19 February 1999

SEMI-STAT - Rookies

1 minute rest between sets

Workout #167 - Thursday, 18 February 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start				Yards	Set Description	EGY	WOF
Yards	Set Description	EGY	WOF				
	1 on 40:00 Stomach and Stretch & reaction drills						L
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC			800		D
1,000	8 x 125 on 2:00 Kick	EN2			800	8 x 100 on 2:15 Kick-odds fast	EN2 K CF
	1x{8 x 75 on 1:05 Pulls	EN1			600	12 x 50 on :55 Descend in sets of 3	EN1 S F
	{6 x 75 on 1:00 Pulls	EN1			1,500	10 x 150 on 3:00 Your Stroke	EN1 S SI
	{4 x 75 on :55 Pulls	EN1				1 on 15:00 Techniques-turns	D SI
600	12 x 50 on :40 Descend in sets of 3	EN1			300	6 x 50 on 1:00 Stroke Drills	REC D C
	4x{1 x 50 on :50 Backstroke	EN2				7:34 PM 4,000 Yards - Stress Value = 37	
	{1 x 100 on 1:35 Backstroke	EN2					
	{1 x 150 on 2:15 Backstroke	EN2					
	{1 x 200 on 2:50 Backstroke	EN2					
	1x{6 x 25 on :30 Freestyle	EN1					
	{6 x 25 on :25 Freestyle	EN1					
	{6 x 25 on :20 Freestyle	EN2					
500	10 x 50 on 1:00 Stroke Drills	REC					
	7:45 PM 6,725 Yards - Stress Value = 86						

Workout #171 - Saturday, 20 February 1999

Group 3 - High Schoolers

1 minute rest between sets

8:00 AM Start				Yards	Set Description	EGY	WOF
Yards	Set Description	EGY	WOF				
	1 on 40:00 Stomach and Stretch and stretch cords						
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC			825	1 x 825 on 15:00 Swim-kick-pull-swim	REC
600	8 x 75 on 2:00 Kick	EN1				1 on 10:00 Techniques-free trns	
900	18 x 50 on 1:00 Pulls-NBBF&W	EN1				6x{1 x 50 on 1:05 Kick	EN2
	1x{8 x 50 on :55 Freestyle	EN1				{1 x 50 on 1:00 Kick	EN1
	{6 x 75 on 1:30 Your Stroke	EN2				{1 x 50 on :55 Kick	EN2
	{6 x 75 on 1:20 Freestyle	EN1			1,000	5 x 200 on 3:15 Pulls-paddles	EN1
	{8 x 50 on 1:00 Your Stroke	EN2				4x{1 x 100 on 2:00 Swim	EN1
	1 on 16:00 Techniques-your cho.					{1 x 100 on 1:45 Swim	EN2
500	10 x 50 on 1:00 Stroke Drills	REC				{1 x 100 on 1:30 Swim	EN3
	7:45 PM 4,525 Yards - Stress Value = 40					{1 on :45 Rest	
						{ One set per stroke	
					200	1 x 200 on 4:00 Catchup & thumb drag	REC
						10:12 AM 4,125 Yards - Stress Value = 61	

Workout #169 - Friday, 19 February 1999

Group 3 - All

Workout #172 - Saturday, 20 February 1999

SEMI-STAT - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WOF
8:00 AM	Start		
1	on 40:00 Stomach and Stretch and reaction drills		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
1,200	1 on 10:00 Techniques-free trns		
500	5 x 75 on 1:45 Kick	EN2	
500	5 x 100 on 2:30 Individual Medley	EN1	
6x{1	x 100 on 2:00 Freestyle-build	EN1	
{1	x 100 on 2:00 Your Stroke last 25	EN2	
{	very very fast		
250	1 x 250 on 5:00 Catchup & thumb drag	REC	
10:19 AM	3,975 Yards - Stress Value = 47		

Workout #173 - Saturday, 20 February 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
8:00 AM	Start		
1	on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
1,200	1 on 10:00 Techniques-free turn		
1,200	12 x 100 on 2:00 Kick with flippers	EN2	
300	3 x 100 on 1:30 Descend in sets of 3	EN1	
6x{1	x 75 on :00 Your Stroke	SP1	
{1	x 225 on 6:00 Freestyle -EZ	REC	
10x{1	x 25 on :30 Freestyle	EN1	
{1	x 25 on :30 Your Stroke	EN1	
300	1 x 300 on 4:30 Catchup & thumb drag	REC	
10:30 AM	4,925 Yards - Stress Value = 67		

Workout #174 - Saturday, 20 February 1999

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WOF
8:00 AM	Start		
1	on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
1,200	1 on 10:00 Techniques-free trns		
1,200	12 x 100 on 2:00 Kick with flippers	EN2	
1x{3	x 400 on 6:00 Freestyle	EN2	
{3	x 300 on 4:15 Freestyle	EN2	
{3	x 200 on 2:40 Freestyle	EN2	
{3	x 100 on 1:15 Freestyle	EN2	
600	12 x 50 on 1:15 Stroke Drills 3 on e	REC	
10:30 AM	5,625 Yards - Stress Value = 84		

Workout #175 - Monday, 22 February 1999

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	
240	16 x 15 on :30 Cross pool sprints	SP3	
3x{1	x 150 on 3:00 Kick	EN2	
{1	x 100 on 2:00 Kick	EN2	

{1	x 50 on 1:00 Kick	EN2
100	1 x 100 on 2:00 Kick for time	EN3
1x{6	x 75 on 1:10 Pulls	EN1
{6	x 75 on 1:05 Pulls	EN1
{6	x 75 on 1:00 Pulls	EN1
200	1 x 200 on 3:00 Freestyle-build	EN1
1x{4	x 125 on 2:15 Breaststroke	EN2
{4	x 100 on 1:45 Breaststroke	EN2
{4	x 75 on 1:15 Breaststroke	EN2
{4	x 50 on :50 Breaststroke	EN2
1	on 22:00 Stomach and Stretch	
7:13 PM	5,015 Yards - Stress Value = 76	

Workout #176 - Monday, 22 February 1999

SEMI-STAT - Rookies

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	
240	16 x 15 on :30 Cross pool sprints	SP3	
4x{1	x 50 on 1:30 Kick	EN1	
{1	x 50 on 1:20 Kick	EN1	
{1	x 50 on 1:10 Kick	EN1	
{1	x 50 on 1:00 Kick	EN1	
1,050	14 x 75 on 1:30 50 free 25 your strk	EN1	
400	16 x 25 on :40 2 Drill 1 fast-choic	EN1	
200	1 x 200 on 4:00 Catchup & thumb drag	REC	
1	on 25:00 Stomach and Stretch		
7:04 PM	3,515 Yards - Stress Value = 32		

Workout #177 - Monday, 22 February 1999

Group 3 - High Schoolers

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	
240	16 x 15 on :30 Cross pool sprints	SP3	
450	18 x 25 on :45 Kick	EN1	
1,500	5 x 300 on 4:30 Freestyle	EN1	
4x{1	x 50 on :55 Freestyle	EN1	
{1	x 50 on :50 Freestyle	EN1	
{1	x 50 on :45 Freestyle	EN2	
{1	x 50 on :40 Freestyle	EN2	
200	1 x 200 on 4:00 Bilateral	REC	
1	on 25:00 Stomach and Stretch		
7:02 PM	4,015 Yards - Stress Value = 41		

Workout #178 - Tuesday, 23 February 1999

Group 3 - Chris P.

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
1	on 40:00 Stomach and Stretch and stretch cords		
16x{1	x 13 on :00 Butterfly	SP3	
{1	x 12 on :30 Freestyle	REC	
1	on 10:00 Techniques-open trns		
1,000	8 x 125 on 2:00 Kick	EN2	
1x{1	x 1000 on 14:00 Freestyle	EN1	
{2	x 500 on 7:00 Freestyle	EN1	
{4	x 250 on 3:30 Freestyle	EN1	
600	24 x 25 on :30 1-12 IM order, 13-24	EN1	
drill			
7:26 PM	5,000 Yards - Stress Value = 64		

Workout #179 - Tuesday, 23 February 1999

Group 3 - Danny Lucero-Dixon

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
825	1 on 40:00 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 on 10:00 Techniques-open trns		
900	9 x 100 on 2:00 Kick-descend 1-3	EN1	
1,500	10 x 150 on 2:20 50 fr 50 strk very fast 50 fr	EN1	
	1x{4 x 25 on :35 Butterfly	EN1	
	{4 x 25 on :30 Backstroke	EN1	
	{4 x 25 on :40 Breaststroke	EN1	
	{4 x 25 on :25 Freestyle	EN1	
450	9 x 50 on 1:00 Stroke Drills	REC	
7:33 PM	4,475 Yards - Stress Value = 36		

Workout #180 - Tuesday, 23 February 1999

Group 3 - High Schoolers

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
825	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
16x{	1 x 12 on :00 Butterfly	SP3	
	{1 x 13 on :30 Freestyle	REC	
	1 on 10:00 Techniques-open trns		
750	15 x 50 on 1:10 Kick-descend 1-3	EN2	
	1x{1 x 400 on 5:40 Freestyle	EN1	
	{1 x 300 on 4:15 Freestyle	EN1	
	{1 x 200 on 2:50 Freestyle	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	4x{1 x 100 on 2:00 Stroke or IM	EN2	
	{1 x 100 on 1:45 Freestyle-build	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
7:26 PM	4,025 Yards - Stress Value = 45		

Workout #181 - Tuesday, 23 February 1999

Group 3 - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
	1 on 40:00 Stomach and Stretch reaction drills		
625	1 x 625 on 12:00 Swim-kick-pull-swim	REC	
600	12 x 50 on 1:00 Stroke Drills odds fr. evens strke	EN1	
	1 on 15:00 Techniques-trns/fnsh		
400	8 x 50 on 1:15 Kick-buildups	EN1	
	4x{3 x 25 on :30 Freestyle	EN1	
	{1 x 25 on :45 Your Stroke	EN3	
800	16 x 50 on 1:15 Pulls-nbbf&w	EN1	
200	4 x 50 on 1:15 Stroke Drills one on each stroke	REC	
7:23 PM	3,025 Yards - Stress Value = 27		

Workout #182 - Tuesday, 23 February 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
825	1 on 40:00 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 on 10:00 Techniques-open trns		
1,000	8 x 125 on 2:00 Kick	EN2	
1,200	8 x 150 on 2:15 Pulls-mid 50 br 8	EN1	
	1x{10 x 75 on 1:10 Backstroke	EN2	
	{8 x 75 on 1:05 Backstroke	EN2	
	{6 x 75 on 1:00 Backstroke	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
7:44 PM	5,725 Yards - Stress Value = 76		

Workout #183 - Tuesday, 23 February 1999

Group 3 - Cavadinis,Mark,Brian

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
	1 on 40:00 Stomach and Stretch and Reaction drills		
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 on 10:00 Techniques-open trns		
1,000	20 x 50 on 1:00 Kick	EN1	
	1x{4 x 100 on 2:00 Individual Medley	EN1	
	{1 on :30 Rest		
	{3 x 100 on 1:50 Individual Medley	EN1	
	{1 on :30 Rest		
	{2 x 100 on 1:40 Individual Medley	EN1	
	{1 on :30 Rest		
	{1 x 100 on 1:30 Individual Medley	EN1	
600	3 x 200 on 3:15 Freestyle-descend	EN1	
200	4 x 50 on 1:00 Stroke Drills	REC	
7:27 PM	4,025 Yards - Stress Value = 34		

Workout #184 - Wednesday, 24 February 1999

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	
600	12 x 50 on 1:15 2 on each stroke drill, build, fast	REC	
150	10 x 15 on :30 Choice	SP3	
600	6 x 100 on 1:30 Lungbuster pulls	EN1	
	1x{4 x 125 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 125 on 1:40 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 125 on 1:35 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 125 on 1:30 Freestyle	EN2	
250	1 x 250 on 4:00 Catchup & thumb drag	REC	
6:45 AM	4,000 Yards - Stress Value = 52		

Workout #185 - Wednesday, 24 February 1999

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	
600	12 x 50 on 1:00 3 on each stroke drill, build, fast	REC	
150	10 x 15 on :30 Choice	SP3	
800	8 x 100 on 1:30 Lungbuster pulls	EN1	
	1x{4 x 125 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 125 on 1:40 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 125 on 1:35 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 125 on 1:30 Freestyle	EN2	
250	1 x 250 on 4:00 Catchup & thumb drag	REC	
6:45 AM	4,200 Yards - Stress Value = 54		

Yards	Set Description	EGY	WORK	STP
1,000	1 on 40:00 Stomach and Stretch and stretch cords		REC	L
	1 x 1000 on 18:00 Choice		REC	S
	1 on 10:00 Techniques-starts			D
16x{	1 x 13 on :00 Backstroke	SP3		S
	{1 x 12 on :30 Freestyle	REC		S
750	15 x 50 on 1:05 Kick-descend 1-3	EN1		K C
	1x{1 x 100 on 1:30 Freestyle	EN1		S
	{1 x 200 on 3:00 Freestyle	EN1		S
	{1 x 300 on 4:30 Freestyle	EN1		S
	{1 x 400 on 6:00 Freestyle	EN1		S
	{1 x 400 on 5:40 Freestyle	EN1		S
	{1 x 300 on 4:15 Freestyle	EN1		S
	{1 x 200 on 2:50 Freestyle	EN1		S
	{1 x 100 on 1:25 Freestyle	EN1		S
350	7 x 50 on 1:00 Stroke Drills	REC		D
7:29 PM	4,500 Yards - Stress Value = 36			

Workout #189 - Wednesday, 24 February 1999

Group 3 - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
1,000	1 x 1000 on 18:00 Choice	REC	
	1 on 10:00 Techniques-starts		
16x{	1 x 13 on :00 Butterfly	SP3	
	{1 x 12 on :30 Freestyle	REC	
900	12 x 75 on 1:30 Kick-descend 1-12	EN1	
	4x{3 x 25 on :30 Freestyle	EN1	
	{1 x 25 on 1:00 Your Stroke	EN3	
300	1 x 300 on 5:00 Pulls-no paddles	EN1	
	3x{3 x 25 on :30 Freestyle	EN1	
	{1 x 25 on :30 Free or your #2 strk	EN3	
200	1 x 200 on 4:00 Bilateral	REC	
7:20 PM	3,500 Yards - Stress Value = 35		

Yards	Set Description	EGY	WORK	STP
5:15 PM	Start			
600	1 on 40:00 Stomach and Stretch and reaction drills		REC	L
	1 x 600 on 12:00 Stroke Drills odd 100's free even 100's your stroke		REC	D CME
1,000	1 x 1000 on 18:00 Choice	REC		
	1 on 10:00 Techniques-starts			D
16x{	1 x 13 on :00 Butterfly	SP3		
	{1 x 12 on :30 Freestyle	REC		
450	9 x 50 on 1:20 Kick-descend 1-3	EN1		K CPSE
	3x{3 x 25 on :30 Freestyle	EN1		S FF
	{1 x 25 on :45 Your Stroke	EN3		S STP
900	12 x 75 on 1:30 Kick-descend 1-12	EN1		
	5x{1 x 100 on 2:00 Freestyle-build	EN1		S FF
	{1 x 100 on 2:00 Your Stroke	EN1		S STP
150	1 x 150 on 4:00 Stroke Drill	REC		D CI
7:14 PM	2,500 Yards - Stress Value = 20			

Workout #190 - Wednesday, 24 February 1999

Group 3 - Chris P.

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
1,000	1 x 1000 on 18:00 Choice	REC	
	1 on 10:00 Techniques-starts		
16x{	1 x 13 on :00 Backstroke	SP3	
	{1 x 12 on :30 Freestyle	REC	
900	18 x 50 on 1:00 Descend in sets of 3	EN2	
500	10 x 50 on :45 Freestyle	EN1	
	1x{2 x 300 on 4:20 Freestyle	EN1	
	{2 x 300 on 4:10 Freestyle	EN1	
	{2 x 300 on 4:00 Freestyle	EN1	
800	16 x 50 on 1:00 Pulls-nbbf&w	EN1	
200	1 x 200 on 3:00 Choice	REC	
7:47 PM	5,600 Yards - Stress Value = 57		

Yards	Set Description	EGY	WC
5:15 PM	Start		
1,000	1 on 40:00 Stomach and Stretch and stretch cords		REC
	1 x 1000 on 18:00 Choice		REC
	1 on 10:00 Techniques-starts		
16x{	1 x 13 on :00 Backstroke	SP3	
	{1 x 12 on :30 Freestyle	REC	
900	18 x 50 on 1:00 Descend in sets of 3	EN2	
500	10 x 50 on :45 Freestyle	EN1	
600	12 x 50 on 2:00 3 on each stroke	SP2	
800	16 x 50 on 1:00 Pulls-nbbf&w	EN1	
200	1 x 200 on 3:00 Choice	REC	
7:46 PM	4,400 Yards - Stress Value = 99		

Workout #188 - Wednesday, 24 February 1999

Group 3 - Danny Lucero-Dixon

1 minute rest between sets

5:15 PM Start

Workout #191 - Wednesday, 24 February 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM Start			
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
1,000	10 x 100 on 2:15 Kick	EN1	
	odds very good effort		
1,000	20 x 50 on 1:00 Pulls-no breathing	EN1	
	between flags & wall		
1,000	1 x 1000 on 18:00 Choice	REC	
	1 on 10:00 Techniques-starts		
16x	{1 x 13 on :00 Backstroke	SP3	
	{1 x 12 on :30 Freestyle	REC	
900	18 x 50 on 1:00 Descend in sets of 3	EN2	
500	10 x 50 on :45 Freestyle	EN1	
600	12 x 50 on 2:00 3 on each stroke	SP2	
800	16 x 50 on 1:00 Pulls-nbbf&w	EN1	
200	1 x 200 on 3:00 Choice	REC	
7:46 PM 4,400 Yards - Stress Value = 99			

5:15 PM Start

Yards	Set Description	EGY	WOF
=====			
	1 on 40:00 Stomach and Stretch		
	and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
1,000	10 x 100 on 2:15 Kick	EN1	
	odds very good effort		
1,000	20 x 50 on 1:00 Pulls-no breathing	EN1	
	between flags & wall		
	4x{4 x 75 on 1:30 Descend 1-4	EN2	
	{1 on 1:00 Rest		
	{ 1 set per stroke		
450	9 x 50 on 1:00 Stroke Drills	REC	
7:34 PM 4,475 Yards - Stress Value = 44			

Workout #195 - Thursday, 25 February 1999

Group 3 - Danny Lucero-Dixon

1 minute rest between sets

Workout #192 - Wednesday, 24 February 1999

Group 3 - High Schoolers

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:15 PM Start				
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC		
	3x{4 x 75 on 1:30 Kick very fast	EN2		
	{1 on 1:00 Rest			
1,000	1 x 1000 on 18:00 Choice	REC	S	F
	1 on 10:00 Techniques-starts		D	
16x	{1 x 13 on :00 Backstroke	SP3	S	F
	{1 x 12 on :30 Freestyle	REC	S	F
750	10 x 75 on 2:00 Kick	EN2	K	CF
	1x{6 x 75 on 1:15 Pulls	EN1	P	F
	{6 x 75 on 1:10 Pulls	EN1	P	F
	{6 x 75 on 1:05 Pulls	EN1	P	F
300	12 x 25 on :40 Odds stroke-fast	EN1	S	CF
	evens free			
200	4 x 50 on 1:00 Stroke Drills	REC	D	C
7:29 PM 4,000 Yards - Stress Value = 38				

5:15 PM Start

Yards	Set Description	EGY	WOF
=====			
	1 on 40:00 Stomach and Stretch		
	and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	3x{4 x 75 on 1:30 Kick very fast	EN2	
	{1 on 1:00 Rest		
	4x{3 x 25 on :30 Choice	EN1	
	{1 x 25 on 1:00 Choice-all out	SP2	
1,000	20 x 50 on 1:00 Freestyle	EN1	
	odds pull evens swim		
300	12 x 25 on :45 Stroke Drills	REC	
	3 on each stroke		
7:14 PM 3,425 Yards - Stress Value = 41			

Workout #196 - Thursday, 25 February 1999

Group 3 - All

1 minute rest between sets

Workout #193 - Thursday, 25 February 1999

Group 3 - Chris P.

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM Start			
=====			
	1 on 40:00 Stomach and Stretch		
	and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
4x	{1 x 200 on 4:00 Kick	EN1	
	{1 x 50 on :45 Kick	EN2	
6x	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:30 Lungbuster pulls	EN1	
4x	{1 x 100 on 1:45 Individual Medley	EN1	
	{1 x 25 on :30 Stroke	EN1	
	{1 x 50 on :55 Stroke	EN1	
	{1 x 75 on 1:15 Stroke	EN1	
	{ 1 set per stroke		
4x	{1 x 50 on :50 Freestyle	EN1	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on :40 Freestyle	EN3	
400	16 x 25 on :30 Stroke Drills	REC	
7:27 PM 5,025 Yards - Stress Value = 52			

5:15 PM Start

Yards	Set Description	EGY	WOF
=====			
	1 on 40:00 Stomach and Stretch		
	and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1x{4 x 100 on 1:55 Kick	EN2	
	{3 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	
	odds breathe 3-5-7-9		
	evens br. 2-4-6-8		
2,000	5 x 400 on 6:00 Freestyle	EN2	
	2x{5 x 25 on :30 Choice	EN1	
	{5 x 25 on :25 Choice	EN1	
	{4 x 25 on :20 Freestyle	EN2	
	{4 x 25 on :15 Freestyle	EN2	
	{1 on 1:00 Rest		
400	8 x 50 on 1:00 Stroke Drills	REC	
7:46 PM 6,325 Yards - Stress Value = 84			

Workout #194 - Thursday, 25 February 1999

Group 3 - High Schoolers

1 minute rest between sets

Workout #197 - Friday, 26 February 1999

Group 3 - Chris P.

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:15 PM	Start			
825	1 on 40:00 Stomach and Stretch and stretch cords		L	
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	S	
900	9 x 100 on 2:00 Kick-descend 1-3	EN2	K	C
2,400	3 x 800 on 12:00 Freestyle	EN1	S	C
300	12 x 25 on :30 Choice-good effort	EN1	S	C
100	1 x 100 on 2:00 Bilateral	REC	D	
7:16 PM 4,525 Yards - Stress Value = 45				

Group 3 - Danny Lucero-Dixon

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
825	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
2x{4 x 75	on 1:30 Kick very fast		EN2
	{1 on 1:00 Rest		
2x{3 x 25	on :30 Choice		EN1
	{1 x 25 on 1:00 Choice-all out		SP2
1,000	20 x 50 on 1:00 Freestyle		EN1
	odds pull evens swim		
375	15 x 25 on :45 Stroke Drills		REC
7:05 PM 3,000 Yards - Stress Value = 29			

Workout #198 - Friday, 26 February 1999

Group 3 - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
425	1 on 40:00 Stomach and Stretch and reaction drills		
425	1 x 425 on 10:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-yr choice work with each other		
500	5 x 100 on 3:00 Kick	EN1	
500	5 x 100 on 2:15 Pulls-no paddles	EN1	
2x{3 x 25	on :30 Freestyle	EN1	
	{1 x 25 on :45 Your Stroke	EN3	
375	15 x 25 on :45 Stroke Drills	REC	
	1-7build 8-15 ez		
7:02 PM 2,000 Yards - Stress Value = 15			

Workout #202 - Friday, 26 February 1999

Group 3 - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
425	1 on 40:00 Stomach and Stretch and reaction drills		
425	1 x 425 on 10:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-yr choice work with each other		
500	5 x 100 on 3:00 Kick	EN1	
500	5 x 100 on 2:15 Pulls-no paddles	EN1	
2x{3 x 25	on :30 Freestyle	EN1	
	{1 x 25 on :45 Your Stroke	EN3	
375	15 x 25 on :45 Stroke Drills	REC	
	1-7build 8-15 ez		
7:02 PM 2,000 Yards - Stress Value = 15			

Workout #199 - Friday, 26 February 1999

Group 3 - Cavadinis,Mark,Brian

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:15 PM	Start			
825	1 on 40:00 Stomach and Stretch and reaction drills		L	
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	S	
600	6 x 100 on 2:00 Kick	EN1	K	C
1,200	16 x 75 on 1:30 25 build 50 At 90% your stroke fast	EN1	S	C
150	6 x 25 on :45 #2 and #4 FAST!!!!	EN1	S	C
250	1 x 250 on 5:00 Catchup & thumb drag	REC	D	
7:00 PM 3,025 Yards - Stress Value = 20				

Workout #203 - Friday, 26 February 1999

Group 3 - High Schoolers

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
825	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
1x{5 x 75	on 2:00 Kick		EN1
	{5 x 75 on 1:45 Kick		EN1
	{4 x 75 on 1:30 Kick		EN2
1,000	8 x 125 on 2:00 Pulls-odds breathe		EN1
	3-5-7-9-11 evens br. however you want to		
1,200	8 x 150 on 3:00 IM without free		EN1
450	9 x 50 on 1:00 Stroke Drills		REC
7:28 PM 4,525 Yards - Stress Value = 36			

Workout #200 - Friday, 26 February 1999

Group 3 - Cavadinis,Mark,Brian

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:15 PM	Start			
825	1 on 40:00 Stomach and Stretch and reaction drills		L	
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	S	
800	8 x 100 on 2:00 Kick #4 & #8 fast	EN1	K	C
1,000	10 x 100 on 1:50 75 free build 25 your stroke fast	EN1	S	C
150	6 x 25 on :25 Choice	EN1	S	C
250	1 x 250 on 5:00 Catchup & thumb drag	REC	D	
6:57 PM 3,025 Yards - Stress Value = 20				

Workout #201 - Friday, 26 February 1999

Workout #204 - Friday, 26 February 1999

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	REC	
825	1 x 825 on 10:00 Swim-kick-pull-swim	REC	
1,000	10 x 100 on 2:00 Kick(just make it)	EN1	
800	16 x 50 on 1:00 25 drill 25 build 4 on each stroke	EN1	
1,600	8 x 200 on 2:45 Pulls	EN1	
	1x{8 x 100 on 1:50 Individual Medley	EN1	
	{6 x 100 on 1:40 Individual Medley	EN1	
	{4 x 100 on 1:30 Individual Medley	EN1	
300	1 x 300 on 6:00 Bilateral	REC	
7:45 PM 6,325 Yards - Stress Value = 52			

Workout #205 - Saturday, 27 February 1999

Group 3 - All

1 minute rest between sets

8:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	4x{4 x 75 on 1:15 Kick-very fast	EN2	
	{1 on 1:00 Rest		
400	4 x 100 on 1:30 Descend 1-4	EN2	
	6x{1 x 150 on :00 Freestyle	SP1	
	{1 x 150 on 8:00 Freestyle-EZ	REC	
600	24 x 25 on :30 Stroke Drills 6 on each stroke	REC	
10:29 AM 4,825 Yards - Stress Value = 104			

Workout #206 - Saturday, 27 February 1999

Group 3 - High Schoolers

1 minute rest between sets

8:00 AM Start

Yards	Set Description	EGY	WORK	S	K	C	D
	1 on 40:00 Stomach and Stretch and stretch cords		L				
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC		S			
1,000	8 x 125 on 2:30 Kick-evens kick brst	EN1		K	C		
2,000	5 x 400 on 5:30 Freestyle	EN2		S			
500	20 x 25 on :45 Choice-no free	EN1		S	C		
200	4 x 50 on 1:00 Stroke Drills	REC			D		
10:06 AM 4,525 Yards - Stress Value = 55							

Workout #207 - Saturday, 27 February 1999

Group 3 - Freestylers

1 minute rest between sets

8:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	4x{4 x 75 on 1:15 Kick-very fast	EN2	
	{1 on 1:00 Rest		
400	4 x 100 on 1:30 Descend 1-4	EN2	
	1x{2 x 200 on 3:20 Individual Medley	EN2	
	{2 x 200 on 3:10 Individual Medley	EN2	
	{2 x 200 on 3:00 Individual Medley	EN2	

300	1 x 300 on 6:00 Freestyle-EZ	REC
	2x{2 x 100 on 1:40 Individual Medley	EN2
	{2 x 100 on 1:35 Individual Medley	EN2
	{2 x 100 on 1:30 Individual Medley	EN2
600	24 x 25 on :30 Stroke Drills 6 on each stroke	REC
10:27 AM 5,725 Yards - Stress Value = 80		

Workout #208 - Saturday, 27 February 1999

Group 3 - Eric Blue Man

1 minute rest between sets

8:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
900	9 x 100 on 2:00 Kick-descend 1-3 Kevin wear flippers	EN2	
	1x{1 x 100 on 3:00 Your Stroke	SP2	
	{1 x 75 on 2:30 Your Stroke	SP2	
	{1 x 50 on 2:00 Your Stroke	SP2	
	{1 x 25 on 1:30 Your Stroke	SP2	
1,600	8 x 200 on 3:30 Pulls	EN1	
	1x{8 x 25 on :30 Freestyle	EN1	
	{8 x 25 on :25 Freestyle	EN1	
	{8 x 25 on :20 Freestyle	EN1	
300	1 x 300 on 6:00 Catchup & thumb drag	REC	
10:11 AM 4,475 Yards - Stress Value = 65			

Workout #209 - Saturday, 27 February 1999

Group 3 - Chris P.

1 minute rest between sets

8:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
900	18 x 50 on 1:00 Kick	EN1	
300	3 x 100 on 1:30 Descend in sets of 3	EN2	
500	10 x 50 on 2:00 Freestyle	SP2	
	8x{1 x 50 on 1:00 Freestyle	EN1	
	{1 x 50 on 1:00 Pulls	EN1	
300	3 x 100 on 1:30 Descend in sets of 3	EN2	
	4x{3 x 25 on :30 Freestyle	EN1	
	{1 x 25 on 1:00 Your Stroke	SP2	
500	10 x 50 on 1:00 Stroke Drills	REC	
10:26 AM 4,525 Yards - Stress Value = 92			

Workout #210 - Monday, 01 March 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
	1 on 38:00 Stomach and Stretch and stretch cords	====	==
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-flip trns		
16x	{1 x 13 on :00 Freestyle	SP3	
	{1 x 12 on :30 Freestyle	REC	
1,000	10 x 100 on 2:00 Kick	EN1	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	
200	1 x 200 on 3:00 Freestyle-build	EN1	
	6x{8 x 25 on :25 Butterfly	EN2	
	{1 on 1:10 Rest		
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:45 PM 5,025 Yards - Stress Value = 54		

Workout #211 - Monday, 01 March 1999

Group 3 - Rookies

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
	1 on 38:00 Stomach and Stretch and stretch cords	====	==
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-flip trns		
16x	{1 x 13 on :00 Freestyle	SP3	
	{1 x 12 on :30 Freestyle	REC	
1,000	20 x 50 on 1:00 Kick	EN1	
	1x{4 x 100 on 1:45 Freestyle	EN1	
	{3 x 100 on 1:40 Freestyle	EN1	
	{2 x 100 on 1:35 Freestyle	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
200	4 x 50 on 1:00 Descend	EN1	
150	1 x 150 on 3:00 Catchup & thumb drag	REC	
	7:15 PM 3,575 Yards - Stress Value = 30		

Workout #212 - Monday, 01 March 1999

Group 3 - Cavadinis,Mark,Brian

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
	1 on 38:00 Stomach and Stretch and stretch cords	====	==
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-flip trns		
16x	{1 x 13 on :00 Freestyle	SP3	
	{1 x 12 on :30 Freestyle	REC	
900	12 x 75 on 1:30 Kick	EN1	
1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1	
1,600	4 x 400 on 6:00 Freestyle	EN1	
250	1 x 250 on 5:00 Catchup & thumb drag	REC	
	7:38 PM 4,975 Yards - Stress Value = 43		

Workout #213 - Monday, 01 March 1999

Group 3 - Chris P.

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
	1 on 38:00 Stomach and Stretch and stretch cords	====	==

825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-flip trns		
16x	{1 x 13 on :00 Freestyle	SP3	
	{1 x 12 on :30 Freestyle	REC	
750	15 x 50 on 1:00 Kick-descend 1-3	EN2	
	1x{8 x 75 on 1:10 Pulls	EN1	
	{8 x 75 on 1:05 Pulls	EN1	
	{8 x 75 on 1:00 Pulls	EN1	
500	1 x 500 on 9:00 Individual Medley	EN1	
	build the last 50 of each stroke		
250	1 x 250 on 5:00 Catchup & thumb drag	REC	
	7:26 PM 4,525 Yards - Stress Value = 46		

Workout #214 - Monday, 01 March 1999

Group 3 - High Schoolers

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
	1 on 38:00 Stomach and Stretch and stretch cords	====	==
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-flip trns		
16x	{1 x 13 on :00 Freestyle	SP3	
	{1 x 12 on :30 Freestyle	REC	
800	8 x 100 on 2:15 Kick	EN1	
1,350	9 x 150 on 2:45 50 fr 50 strk 50 fr	EN1	
	3 fly, 3 back, 3 brs		
750	15 x 50 on 1:00 Sets of 3 #1 2bk		
	#2 4bk, #3 6bk		
350	14 x 25 on :30 Stroke Drills	REC	
	7:36 PM 4,475 Yards - Stress Value = 30		

Workout #215 - Monday, 01 March 1999

Group 3 - Eric Blue Man

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
	1 on 38:00 Stomach and Stretch and stretch cords	====	==
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-flip trns		
16x	{1 x 13 on :00 Freestyle	SP3	
	{1 x 12 on :30 Freestyle	REC	
750	15 x 50 on 1:00 Kick-descend 1-3	EN2	
	1x{8 x 75 on 1:10 Pulls	EN1	
	{8 x 75 on 1:05 Pulls	EN1	
	{8 x 75 on 1:00 Pulls	EN1	
500	1 x 500 on 9:00 Individual Medley	EN1	
	build the last 50 of each stroke		
250	1 x 250 on 5:00 Catchup & thumb drag	REC	
	7:26 PM 4,525 Yards - Stress Value = 46		

Workout #216 - Tuesday, 02 March 1999

Group 3 - Tim and David

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM	Start		
1	on 45:00 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
1 on 10:00 Techniques-open trns			D
16x{1 x 13 on :00 Butterfly		SP3	S
{1 x 12 on :30 Freestyle		REC	S
1,000 10 x 100 on 2:00 Kick-odds fast		EN2	K
300 3 x 100 on 1:30 Freestyle-descend		EN2	S
1,800 6 x 300 on 5:00 Freestyle		EN3	S
	Hold under 3:35		
500 10 x 50 on 1:00 Stroke Drills		REC	D
7:45 PM	4,825 Yards - Stress Value = 142		

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM	Start		
1	on 45:00 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
1 on 10:00 Techniques-open trns			D
16x{1 x 13 on :00 Butterfly		SP3	S
{1 x 12 on :30 Freestyle		REC	S
1x{4 x 100 on 2:00 Kick		EN2	K
{3 x 100 on 1:55 Kick		EN2	K
{2 x 100 on 1:50 Kick		EN2	K
1x{3 x 100 on 1:30 Freestyle-descend		EN2	S
1,200 6 x 200 on 3:00 Pulls		EN1	P
4x{3 x 25 on :30 Freestyle		EN1	S
{1 x 25 on :45 Your Stroke		EN3	S
500 10 x 50 on 1:00 Stroke Drills		REC	D
7:41 PM	4,525 Yards - Stress Value = 53		

Workout #217 - Tuesday, 02 March 1999

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
1	on 45:00 Stomach and Stretch and stretch cords		
1x{1 x 125 on 2:30 Stroke Drills		REC	
{7 x 100 on 2:00 Stroke Drills		REC	
1 on 10:00 Techniques-open trns			
16x{1 x 13 on :00 Butterfly		SP3	
{1 x 12 on :30 Freestyle		REC	
2x{6 x 50 on :50 Freestyle		EN1	
{6 x 50 on :45 Freestyle		EN1	
{6 x 50 on :40 Freestyle		EN1	
{1 on 1:00 Rest			
3x{1 x 150 on 3:00 Kick		EN1	
{1 x 100 on 2:00 Kick		EN1	
{1 x 50 on 1:00 Kick		EN1	
10x{1 x 25 on :30 Freestyle		EN1	
{1 x 25 on :30 Your Stroke		EN1	
150 1 x 150 on 3:00 Catchup & thumb drag		REC	
7:40 PM	4,575 Yards - Stress Value = 39		

Workout #220 - Tuesday, 02 March 1999

Group 3 - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
1	on 45:00 Stomach and Stretch and stretch cords		
1x{1 x 125 on 2:30 Stroke Drills		REC	
{7 x 100 on 2:00 Stroke Drills		REC	
1 on 10:00 Techniques-open trns			
16x{1 x 13 on :00 Butterfly		SP3	
{1 x 12 on :30 Freestyle		REC	
1,000 8 x 125 on 2:00 Kick with flippers		EN2	
600 8 x 75 on 1:20 Pulls-mid 25 br ev 8		EN1	
1,000 20 x 50 on 1:00 Mid pool swims/odds		EN1	
	do free evens choice		
200 1 x 200 on 4:00 Catchup & thumb drag		REC	
7:31 PM	4,025 Yards - Stress Value = 44		

Workout #221 - Wednesday, 03 March 1999

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
1	on 45:00 Stomach and Stretch and stretch cords		
1x{1 x 125 on 2:30 Stroke Drills		REC	
{7 x 100 on 2:00 Stroke Drills		REC	
1 on 10:00 Techniques-open trns			
16x{1 x 13 on :00 Butterfly		SP3	
{1 x 12 on :30 Freestyle		REC	
750 30 x 25 on :45 Kick-good effort		EN2	
2x{4 x 100 on 1:20 Freestyle		EN1	
{3 x 100 on 1:15 Freestyle		EN2	
{2 x 100 on 1:10 Freestyle		EN3	
{1 on 1:00 Rest			
250 1 x 250 on 5:00 Catchup & thumb drag		REC	
7:32 PM	4,025 Yards - Stress Value = 67		

Yards	Set Description	EGY	WORK
5:15 PM	Start		
1	on 45:00 Stomach and Stretch and stretch cords		L
800 1 x 800 on 15:00 Choice		REC	S
1 on 10:00 Techniques-relay str			D
16x{1 x 13 on :00 Backstroke		SP3	S
{1 x 12 on :30 Freestyle		REC	S
800 8 x 100 on 2:00 Kick-odds fast		EN2	K
200 4 x 50 on :50 Freestyle-descend		EN1	S
600 3 x 200 on 7:00 Individual Medley		SP2	S
	break at 50 for 15sc		
400 1 x 400 on 8:00 Stroke Drill		REC	D
500 20 x 25 on :30 Choice		EN1	S
300 6 x 50 on 1:00 Stroke Drills		REC	D
7:45 PM	4,000 Yards - Stress Value = 91		

Workout #219 - Tuesday, 02 March 1999

Group 3 - High Schoolers

Workout #222 - Wednesday, 03 March 1999

Group 3 - State Champions
1 minute rest between sets

		5:15 PM Start					
Yards	Set Description	EGY	WC	Yards	Set Description	EGY	WC
	1 on 45:00 Stomach and Stretch and stretch cords						
800	1 x 800 on 15:00 Choice	REC		800	1 x 800 on 15:00 Choice	REC	
	1 on 10:00 Techniques-relay str				1 on 10:00 Techniques-relay str		
16x	{1 x 13 on :00 Backstroke	SP3		16x	{1 x 13 on :00 Backstroke	SP3	
	{1 x 12 on :30 Freestyle	REC			{1 x 12 on :30 Freestyle	REC	
800	1 x 800 on 15:00 Choice	REC		600	12 x 50 on 1:15 Kick	EN1	
	1 on 10:00 Techniques-relay str			450	6 x 75 on 1:30 Lungbuster pulls	EN1	
16x	{1 x 13 on :00 Backstroke	SP3			breathe 5-7-9		
	{1 x 12 on :30 Freestyle	REC		200	1 x 200 on 3:00 Freestyle-build	EN1	
750	10 x 75 on 1:30 Kick-odds fast	EN2			4x{3 x 25 on :30 Freestyle	EN1	
600	3 x 200 on 3:30 IM buildups	EN1			{1 x 25 on 1:00 Your Stroke	SP2	
	1x{4 x 100 on 1:20 Freestyle	EN1		150	1 x 150 on 3:00 Catchup & thumb drag	REC	
	{3 x 100 on 1:15 Freestyle	EN2			7:19 PM 3,000 Yards - Stress Value = 33		
	{2 x 100 on 1:10 Freestyle	EN3					
400	16 x 25 on :30 Choice	EN1					
150	1 x 150 on 3:00 Catchup & thumb drag	REC					
	7:28 PM 4,000 Yards - Stress Value = 55						

Workout #226 - Wednesday, 03 March 1999

Group 3 - Sectional
1 minute rest between sets

		5:15 PM Start					
Yards	Set Description	EGY	WC	Yards	Set Description	EGY	WC
	1 on 45:00 Stomach and Stretch and stretch cords						
800	1 x 800 on 15:00 Choice	REC		800	1 x 800 on 15:00 Choice	REC	
	1 on 10:00 Techniques-relay str				1 on 10:00 Techniques-relay str		
16x	{1 x 13 on :00 Backstroke	SP3		16x	{1 x 13 on :00 Backstroke	SP3	
	{1 x 12 on :30 Freestyle	REC			{1 x 12 on :30 Freestyle	REC	
800	1 x 800 on 15:00 Choice	REC		750	6 x 125 on 2:30 Kick-deseaned 1-3	EN2	
	1 on 10:00 Techniques-relay str			600	12 x 50 on :45 Freestyle	EN1	
16x	{1 x 13 on :00 Backstroke	SP3			5x{1 x 50 on 2:00 Freestyle	SP2	
	{1 x 12 on :30 Freestyle	REC			{1 x 50 on 2:00 Your Stroke	SP2	
3x	{1 x 150 on 3:00 Kick	EN2		400	1 x 400 on 8:00 Reverse IM drill	REC	
	{1 x 100 on 2:00 Kick	EN2			1x{5 x 25 on :35 Choice	EN1	
	{1 x 50 on 1:00 Kick	EN2			{5 x 25 on :30 Choice	EN1	
800	8 x 100 on 1:30 Lungbuster pulls	EN1			{5 x 25 on :25 Choice	EN1	
	4x{1 x 25 on :30 Freestyle	EN1		175	1 x 175 on 4:00 Catchup & thumb drag	REC	
	{1 x 25 on :25 Freestyle	EN1			7:44 PM 4,000 Yards - Stress Value = 82		
	{1 x 25 on :20 Freestyle	EN1					
	6x{1 x 50 on :00 Freestyle	EN1					
	{1 x 50 on 4:00 Choice	SP2					
200	1 x 200 on 4:00 Stroke Drill	REC					
	7:42 PM 4,000 Yards - Stress Value = 70						

Workout #227 - Thursday, 04 March 1999

Group 3 - Taper 1
1 minute rest between sets

Workout #224 - Wednesday, 03 March 1999

Group 3 - Taper 1
1 minute rest between sets

		5:15 PM Start					
Yards	Set Description	EGY	WC	Yards	Set Description	EGY	WC
	1 on 45:00 Stomach and Stretch and stretch cords						
800	1 x 800 on 15:00 Choice	REC		825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-relay str				3x{1 x 150 on 3:00 Kick	EN2	
16x	{1 x 13 on :00 Backstroke	SP3			{1 x 100 on 2:00 Kick	EN2	
	{1 x 12 on :30 Freestyle	REC			{1 x 50 on 1:00 Kick	EN2	
1,050	21 x 50 on 1:00 Kick-descend 1-3	EN2		1,400	7 x 200 on 3:15 Pulls	EN1	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1			2x{4 x 50 on :50 Freestyle	EN1	
1,000	8 x 125 on 2:00 Individual Medley	EN1			{4 x 50 on :45 Freestyle	EN1	
	1&2 50 fly, 3&4 50bk				{4 x 50 on :40 Freestyle	EN2	
	5&6 50 br, 7&8 50 fr				{1 on 1:00 Rest		
250	1 x 250 on 5:00 Catchup & thumb drag	REC		200	1 x 200 on 3:00 Catchup & thumb drag	REC	
	7:35 PM 4,500 Yards - Stress Value = 49				7:23 PM 4,525 Yards - Stress Value = 48		

Workout #225 - Wednesday, 03 March 1999

Group 3 - Senior State
1 minute rest between sets

Workout #228 - Thursday, 04 March 1999

Group 3 - Sectional

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 45:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
750	10 x 75 on 1:30 Kick descend 1-3 hold #10	EN2	
	5x{1 x 100 on 2:00 Individual Medley	REC	
	{1 x 100 on 1:45 Individual Medley	EN1	
1,050	6 x 175 on 3:00 Pulls	EN1	
	1x{8 x 25 on :30 Choice-build	EN1	
	{8 x 25 on :30 Stroke Drills	REC	
	7:19 PM 4,025 Yards - Stress Value = 32		

	{4 x 50 on :55 Backstroke	EN1
	{4 x 50 on 1:05 Breaststroke	EN1
	{4 x 50 on :50 Freestyle	EN1
300	6 x 50 on 1:15 Stroke Drills	REC
	7:23 PM 4,025 Yards - Stress Value = 38	

Workout #232 - Friday, 05 March 1999

Group 3 - Taper 2

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 45:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1x{3 x 100 on 2:00 Kick	EN1	
	{3 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	1x{2 x 75 on 1:10 Freestyle	EN1	
	{2 x 75 on 1:15 Butterfly	EN1	
	{2 x 75 on 1:05 Freestyle	EN1	
	{2 x 75 on 1:10 Backstroke	EN1	
	{2 x 75 on 1:05 Freestyle	EN1	
	{2 x 75 on 1:20 Breaststroke	EN1	
600	6 x 100 on 1:30 Free-desecond 1-3	EN2	
400	8 x 50 on 1:15 Stroke Drills	REC	
	7:09 PM 3,525 Yards - Stress Value = 37		

Workout #229 - Thursday, 04 March 1999

Group 3 - Freestylers

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 45:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
750	15 x 50 on 1:10 Kick-descend 1-3	EN1	
	2x{3 x 75 on 1:10 Pulls	EN1	
	{3 x 50 on :45 Pulls	EN1	
	{3 x 25 on :30 Pulls	EN1	
1,350	9 x 150 on 2:45 Individual Medley No freestyle	EN1	
200	1 x 200 on 4:00 Catchup & thumb drag	REC	
	7:21 PM 4,025 Yards - Stress Value = 31		

Workout #233 - Friday, 05 March 1999

Group 3 - Sectional

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF	S
	1 on 45:00 Stomach and Stretch and stretch cords			L
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC		S C
800	4 x 200 on 3:45 Kick with flippers last 100 fast	EN2		K C
800	16 x 50 on 1:00 Pulls-nbbf&w	EN1		P
900	3 x 300 on 5:00 Free-break at 150 rest 20 sec neg spl	EN1		S
200	4 x 50 on 1:00 Stroke Drills	REC		D
	7:09 PM 3,525 Yards - Stress Value = 33			

Workout #230 - Thursday, 04 March 1999

Group 3 - Taper 2

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 45:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
1,000	8 x 125 on 2:30 Kick-odds breast	EN1	
	4x{1 x 200 on 3:30 Individual Medley	EN1	
	{1 x 100 on 1:45 Lungbuster pulls	EN1	
	{1 x 50 on 1:00 Freestyle-nbbf&w	EN1	
600	24 x 25 on :35 IM order	EN1	
200	1 x 200 on 4:00 Catchup & thumb drag	REC	
	7:22 PM 4,025 Yards - Stress Value = 30		

Workout #234 - Friday, 05 March 1999

Group 3 - Freestylers

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 45:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
750	6 x 125 on 3:00 Kick-last 25 fast	EN2	
	4x{1 x 100 on 1:40 50 free 50 fly	EN1	
	{1 x 100 on 1:35 50 free 50 back	EN1	
	{1 x 100 on 1:45 50 free 50 brst	EN1	
600	6 x 100 on 1:45 Pulls-br.2-3-4-5	EN1	
200	1 x 200 on 4:00 Catchup & thumb drag	REC	
	7:12 PM 3,575 Yards - Stress Value = 33		

Workout #231 - Friday, 05 March 1999

Group 3 - Taper 1

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 45:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1x{3 x 100 on 2:20 Kick	EN2	
	{3 x 100 on 2:10 Kick	EN2	
	{3 x 100 on 2:00 Kick	EN2	
1,200	8 x 150 on 2:30 Pulls-mid 50 br ev 8	EN1	
	1x{4 x 50 on 1:00 Butterfly	EN1	

Workout #235 - Saturday, 06 March 1999

Group 3 - Taper 1

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 45:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
900	12 x 75 on 1:45 Kick-odds fast	EN1	
1,000	8 x 125 on 2:00 Pulls Odds br 3-4-5-6-7 by 25's	EN1	
	1x{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 300 on 4:30 Freestyle	EN1	
	{1 x 300 on 4:15 Freestyle	EN1	
	{1 x 200 on 2:50 Freestyle	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
300	12 x 25 on :30 Choice	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	9:42 AM 4,525 Yards - Stress Value = 34		

Workout #236 - Saturday, 06 March 1999

Group 3 - Sectional

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 45:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
700	7 x 100 on 2:15 Kick-descend 1-7	EN2	
500	10 x 50 on :45 Freestyle	EN1	
	4x{1 x 50 on :00 Freestyle	SP2	
	{1 x 50 on 2:30 Freestyle	REC	
450	3 x 150 on 2:30 Pulls	REC	
100	1 x 100 on 2:00 Your Stroke-build	EN1	
	3x{1 x 50 on :00 Your Stroke	SP2	
	{1 x 50 on 2:00 Freestyle	REC	
250	1 x 250 on 5:00 Catchup & thumb drag	REC	
	9:32 AM 3,525 Yards - Stress Value = 55		

Workout #237 - Saturday, 06 March 1999

Group 3 - Freestylers

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WORK	S
=====	=====	====	====	=
	1 on 45:00 Stomach and Stretch and stretch cords		L	
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	S	
750	10 x 75 on 1:30 Kick-descend 1-3 hold #10	EN2	K	C
1,200	4 x 300 on 4:30 Pulls	EN1	P	
200	2 x 100 on 1:20 Freestyle	EN2	S	
200	8 x 25 on 2:00 2 on each stroke	SP2	S	
400	1 x 400 on 8:00 Stroke Drill	REC	D	
	9:35 AM 3,575 Yards - Stress Value = 51			

Workout #238 - Saturday, 06 March 1999

Group 3 - Taper 2

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 45:00 Stomach and Stretch and stretch cords		

825	1 x 825 on 15:00 Swim-kick-pull-swim	REC
800	16 x 50 on 1:00 Kick-odds brst	EN1
	1x{4 x 25 on :30 Freestyle	EN1
	{4 x 25 on :25 Freestyle	EN1
	{4 x 25 on :20 Freestyle	EN1
400	2 x 200 on 8:00 Freestyle	SP2
	break at each 50 for 20 seconds	
400	8 x 50 on 1:15 Stroke Drills 2 on e	REC
400	8 x 50 on 1:00 2 on each -buildups	EN1
200	8 x 25 on 1:00 Your Stroke	SP2
200	1 x 200 on 5:00 Catchup & thumb drag	REC
	9:45 AM 3,525 Yards - Stress Value = 75	

Workout #239 - Monday, 08 March 1999

Group 3 - Sectional

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	====	==
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-free trns		
	16x{1 x 13 on :00 Freestyle	SP3	
	{1 x 12 on :30 Freestyle	REC	
500	4 x 125 on 2:30 Kick	EN1	
1,200	12 x 100 on 1:45 Individual Medley	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 36:00 Techniques-starts		
	7:44 PM 3,175 Yards - Stress Value = 25		

Workout #240 - Monday, 08 March 1999

Group 3 - State Champions

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	====	==
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-free trns		
	16x{1 x 13 on :00 Freestyle	SP3	
	{1 x 12 on :30 Freestyle	REC	
1,000	8 x 125 on 2:30 Kick-odds fast	EN1	
800	8 x 100 on 1:30 Lungbuster pulls	EN1	
	odds breathe 3-5-7-9 evens br. 2-4-6-8		
	1x{6 x 75 on 1:05 Freestyle	EN1	
	{6 x 75 on 1:00 Freestyle	EN1	
	{6 x 75 on :55 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 17:00 Techniques-starts		
	7:44 PM 4,575 Yards - Stress Value = 38		

Workout #241 - Monday, 08 March 1999

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WC	Yards	Set Description	EGY	WC
5:15 PM	Start						
825	1 on 40:00 Stomach and Stretch and stretch cords			825	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC		825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
825	1 on 10:00 Techniques-free trns			825	1 on 10:00 Techniques-finishes		
16x	{1 x 13 on :00 Freestyle	SP3		16x	{1 x 13 on :00 Butterfly	SP3	
16x	{1 x 12 on :30 Freestyle	REC		16x	{1 x 12 on :30 Freestyle	REC	
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC		825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
100	1 on 10:00 Techniques-free trns			100	1 on 10:00 Techniques-free trns		
1,500	{1 x 13 on :00 Freestyle	SP3		1,500	{1 x 13 on :00 Butterfly	SP3	
1,500	{1 x 12 on :30 Freestyle	REC		1,500	{1 x 12 on :30 Freestyle	REC	
600	12 x 50 on 1:10 Kick-mid pool concentrate on fast turns	EN1		600	12 x 50 on 1:10 Kick-mid pool concentrate on fast turns	EN1	
1,000	20 x 50 on 1:00 IM order	EN1		1,000	20 x 50 on 1:00 IM order	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC		250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 33:00 Techniques-starts				1 on 33:00 Techniques-starts		
7:44 PM	3,075 Yards - Stress Value = 24			7:35 PM	4,725 Yards - Stress Value = 53		

Workout #245 - Tuesday, 09 March 1999

Group 3 - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WC	Yards	Set Description	EGY	WC
5:15 PM	Start						
825	1 on 40:00 Stomach and Stretch and stretch cords			825	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC		825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
825	1 on 10:00 Techniques-free trns			825	1 on 10:00 Techniques-finishes		
16x	{1 x 13 on :00 Freestyle	SP3		16x	{1 x 13 on :00 Butterfly	SP3	
16x	{1 x 12 on :30 Freestyle	REC		16x	{1 x 12 on :30 Freestyle	REC	
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC		825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
150	1 x 150 on 2:15 Freestyle-build	EN1		150	1 x 150 on 2:15 Freestyle-build	EN1	
2x	{1 x 150 on 3:00 Kick	EN1		2x	{1 x 150 on 3:00 Kick	EN1	
2x	{1 x 100 on 2:00 Kick	EN1		2x	{1 x 100 on 2:00 Kick	EN1	
2x	{1 x 50 on 1:00 Kick	EN1		2x	{1 x 50 on 1:00 Kick	EN1	
4x	{1 x 100 on 1:30 Freestyle	EN1		4x	{1 x 100 on 1:30 Freestyle	EN1	
4x	{1 x 100 on 1:45 Your Stroke	EN1		4x	{1 x 100 on 1:45 Your Stroke	EN1	
4x	{1 x 100 on 1:45 Individual Medley	EN1		4x	{1 x 100 on 1:45 Individual Medley	EN1	
100	1 x 100 on 2:00 Stroke Drills	EN1		100	1 x 100 on 2:00 Stroke Drills	EN1	
100	1 on 38:00 Techniques-starts			100	1 on 38:00 Techniques-starts		
7:44 PM	3,125 Yards - Stress Value = 27			7:44 PM	4,025 Yards - Stress Value = 51		

Workout #246 - Tuesday, 09 March 1999

Group 3 - Taper 2

1 minute rest between sets

Yards	Set Description	EGY	WC	Yards	Set Description	EGY	WC
5:15 PM	Start						
825	1 on 40:00 Stomach and Stretch and stretch cords			825	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC		825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
825	1 on 10:00 Techniques-free trns			825	1 on 10:00 Techniques-finishes		
16x	{1 x 13 on :00 Freestyle	SP3		16x	{1 x 13 on :00 Butterfly	SP3	
16x	{1 x 12 on :30 Freestyle	REC		16x	{1 x 12 on :30 Freestyle	REC	
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC		825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
500	10 x 50 on 1:00 Kick dexcend in sets of 3 hold #10	EN2		500	10 x 50 on 1:00 Kick dexcend in sets of 3 hold #10	EN2	
1,000	5 x 200 on 3:30 Freestyle-hold 2:20-2:30	EN1		1,000	5 x 200 on 3:30 Freestyle-hold 2:20-2:30	EN1	
300	12 x 25 on :45 Stroke Drills	REC		300	12 x 25 on :45 Stroke Drills	REC	
300	1 on 20:00 Techniques-relay str			300	1 on 20:00 Techniques-relay str		
7:33 PM	4,675 Yards - Stress Value = 60			7:29 PM	3,025 Yards - Stress Value = 28		

Workout #244 - Tuesday, 09 March 1999

Group 3 - Taper 1

1 minute rest between sets

5:15 PM Start

Workout #247 - Tuesday, 09 March 1999

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-finishes		
16x	{1 x 13 on :00 Butterfly	SP3	
	{1 x 12 on :30 Freestyle	REC	
1x	{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
5x	{4 x 50 on :45 Freestyle	EN1	
	{1 on 1:00 Rest		
300	12 x 25 on :45 Stroke Drills	REC	
	1 on 18:00 Techniques-relay str		
7:29 PM	3,025 Yards - Stress Value = 23		

Workout #250 - Wednesday, 10 March 1999

Group 3 - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-open trns		
16x	{1 x 13 on :00 Backstroke	SP3	
	{1 x 12 on :30 Freestyle	REC	
750	10 x 75 on 1:30 Kick-descnd 1-5	EN1	
250	5 x 50 on :40 Freestyle	EN1	
3x	{1 x 200 on :00 Individual Medley	SP2	
	{ break at each 50 for		
	{ 10, 20, then 30 secs		
	{1 x 200 on 8:00 Freestyle-EZ	REC	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 18:00 Techniques-starts		
7:44 PM	3,925 Yards - Stress Value = 78		

Workout #248 - Tuesday, 09 March 1999

Group 3 - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-finishes		
16x	{1 x 13 on :00 Butterfly	SP3	
	{1 x 12 on :30 Freestyle	REC	
1x	{2 x 75 on 1:45 Kick	EN1	
	{2 x 75 on 1:35 Kick	EN1	
	{2 x 75 on 1:25 Kick	EN1	
1,200	12 x 100 on 2:00 Freestyle hold 10-15 secs. of your best	EN1	
200	8 x 25 on :45 Stroke Drills	REC	
	1 on 17:00 Techniques-relay str		
7:29 PM	3,075 Yards - Stress Value = 26		

Workout #251 - Wednesday, 10 March 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-open trns		
16x	{1 x 13 on :00 Backstroke	SP3	
	{1 x 12 on :30 Freestyle	REC	
500	4 x 125 on 3:00 Kick	EN2	
300	6 x 50 on :50 Descend in sets of 3	EN1	
400	16 x 25 on :30 Swim #6 & #12 world record relays	EN1	
600	6 x 100 on 2:30 Stroke Drills	REC	
	1 on 15:00 Techniques-relay str		
7:28 PM	3,025 Yards - Stress Value = 25		

Workout #249 - Wednesday, 10 March 1999

Group 3 - Taper 1

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-open trns		
16x	{1 x 13 on :00 Backstroke	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	
	{ hold all under :20		
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
1x	{8 x 75 on 1:15 Backstroke	EN2	
	{8 x 75 on 1:10 Backstroke	EN2	
	{8 x 75 on 1:05 Backstroke	EN2	
150	1 x 150 on 3:00 Stroke Drills	REC	
7:33 PM	4,775 Yards - Stress Value = 70		

Workout #252 - Thursday, 11 March 1999

Group 3 - Taper 1

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 40:00 Stomach and Stretch and stretch cords		
1x	{1 x 125 on 2:30 Stroke Drills	REC	
	{7 x 100 on 2:00 Stroke Drills	REC	
	1 on 10:00 Techniques-free trns		
1,000	8 x 125 on 2:30 Kick	EN1	
600	12 x 50 on 1:15 Pulls-paddles & tube odds fr evens non fr	EN1	
1,800	12 x 150 on 2:30 Descend in sets of 3	EN3	
500	10 x 50 on 1:15 Stroke Drills	REC	
7:44 PM	4,725 Yards - Stress Value = 124		

Workout #253 - Thursday, 11 March 1999

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
1x{1 x 125 on 2:30 Stroke Drills		REC	I
{7 x 100 on 2:00 Stroke Drills		REC	I
1 on 10:00 Techniques-free trns			I
400 8 x 50 on 1:15 Kick		EN1	F
400 8 x 50 on 1:00 Pulls		EN1	F
600 12 x 50 on 1:15 Down easy back fast		EN1	S
100 4 x 25 on :30 Choice #4 WR relay		EN1	S
200 1 x 200 on 6:00 Stroke Drill		REC	I
1 on 15:00 Techniques-relay str			I
7:23 PM 2,525 Yards - Stress Value = 15			

Workout #254 - Thursday, 11 March 1999

Group 3 - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM Start			
=====	=====	=====	=====
	1 on 40:00 Stomach and Stretch and stretch cords		L
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 10:00 Techniques-free trns			D
700 7 x 100 on 2:15 Kick #3 & #6 fast		EN1	K C
600 6 x 100 on 2:00 25 drill 50 build 25 drill		EN1	S S
500 5 x 100 on 1:30 Lungbuster pulls		EN1	P
400 4 x 100 on 1:45 Descend to 80%		EN2	S
300 3 x 100 on 2:00 Stroke Drills		REC	D
7:16 PM 3,325 Yards - Stress Value = 26			

Workout #255 - Thursday, 11 March 1999

Group 3 - All-Americans

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM Start			
=====	=====	=====	=====
	1 on 40:00 Stomach and Stretch and stretch cords		
1x{1 x 125 on 2:30 Stroke Drills		REC	
{7 x 100 on 2:00 Stroke Drills		REC	
1 on 10:00 Techniques-free trns			
1,000 10 x 100 on 2:00 Kick-odds good effor		EN1	
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	
10x{1 x 75 on 1:05 Freestyle		EN1	
{1 x 75 on 1:05 Backstroke		EN1	
400 1 x 400 on 8:00 Stroke Drill		REC	
7:33 PM 4,925 Yards - Stress Value = 38			

Workout #256 - Friday, 12 March 1999

Group 3 - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM Start			
=====	=====	=====	=====
	1 on 40:00 Stomach and Stretch and stretch cords		
825 1 x 825 on 15:00 Swim-kick-pull-swim		REC	

2x{1 x 150 on 3:00 Kick		EN1
{1 x 100 on 2:00 Kick		EN1
{1 x 50 on 1:00 Kick		EN1
500 10 x 50 on 1:00 Pulls-nbbf&w		EN1
1,000 10 x 100 on 2:00 Your Stroke		EN1
hold H.R. over 120		
300 12 x 25 on :30 Im order		EN1
300 6 x 50 on 1:00 Stroke Drills		REC
7:09 PM 3,525 Yards - Stress Value = 24		

Workout #257 - Friday, 12 March 1999

Group 3 - Taper 1

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM Start			
=====	=====	=====	=====
	1 on 40:00 Stomach and Stretch and stretch cords		
825 1 x 825 on 15:00 Swim-kick-pull-swim		REC	
1,050 21 x 50 on 1:00 Kick descend 1-3		EN2	
1,000 10 x 100 on 1:30 Lungbuster pulls		EN1	
odds br 3-5-7-9			
evens br 2-4-6-8			
1x{1 x 400 on 7:00 Individual Medley		EN1	
{2 x 200 on 3:30 Individual Medley		EN1	
{4 x 100 on 1:45 Individual Medley		EN1	
1x{4 x 25 on :30 Freestyle		EN1	
{4 x 25 on :25 Freestyle		EN2	
{4 x 25 on :20 Freestyle		EN2	
400 8 x 50 on 1:00 Stroke Drills		REC	
7:25 PM 4,775 Yards - Stress Value = 48			

Workout #258 - Friday, 12 March 1999

Group 3 - All-Americans

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM Start			
=====	=====	=====	=====
	1 on 40:00 Stomach and Stretch and stretch cords		
825 1 x 825 on 15:00 Swim-kick-pull-swim		REC	
3x{1 x 150 on 3:00 Kick		EN2	
{1 x 100 on 2:00 Kick		EN2	
{1 x 50 on 1:00 Kick		EN2	
1,000 20 x 50 on :45 Pulls-no breathing		EN1	
between the flags			
and the walls			
1x{3 x 400 on 5:00 Free-descend to 85%		EN2	
{2 x 400 on 5:30 Backstroke		EN2	
300 6 x 50 on 1:00 Stroke Drills		REC	
7:19 PM 5,025 Yards - Stress Value = 68			

Workout #259 - Saturday, 13 March 1999

Group 3 - Taper 1

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
900	12 x 75 on 1:30 Kick-3 on each strok no board	EN1	
1x{3	x 200 on 2:40 Freestyle	EN2	
	{3 x 200 on 2:35 Freestyle	EN2	
	{3 x 200 on 2:30 Freestyle	EN2	
800	2 x 400 on 6:00 Pulls	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
9:31 AM 4,725 Yards - Stress Value = 53			

Workout #260 - Saturday, 13 March 1999

Group 3 - All-Americans

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WC
	1 on 40:00 Stomach and Stretch and stretch cords		
1,025	1 x 1025 on 18:00 Swim-kick-pull-swim	REC	
1,050	21 x 50 on 1:00 Kick descend 1-3	EN2	
1x{1	x 100 on 1:20 Freestyle	EN1	
	{1 x 200 on 2:40 Freestyle	EN1	
	{1 x 300 on 4:00 Freestyle	EN1	
	{1 x 400 on 5:20 Freestyle	EN1	
	{1 x 400 on 5:00 Freestyle	EN1	
	{1 x 300 on 3:45 Freestyle	EN1	
	{1 x 200 on 2:30 Freestyle	EN1	
	{1 x 100 on 1:15 Freestyle	EN1	
500	10 x 50 on 1:00 Backstroke-80%	EN2	
400	1 x 400 on 8:00 Stroke Drills	REC	
9:37 AM 4,975 Yards - Stress Value = 51			

Workout #261 - Saturday, 13 March 1999

Group 3 - State Champions

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
600	6 x 100 on 2:15 Kick	EN1	
800	16 x 50 on 1:00 Stroke Drills 4 on each stroke	EN1	
4x{3	x 25 on :30 Freestyle	EN1	
	{1 x 25 on 1:00 Your Stroke-85%	EN3	
600	12 x 50 on 1:00 1-6 debf 7-12debs	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
9:27 AM 3,475 Yards - Stress Value = 29			

Workout #262 - Monday, 15 March 1999

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		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	

16x{1	x 13 on :00 Freestyle	SP3
	{1 x 12 on :30 Freestyle	REC
600	6 x 100 on 2:15 Kick	EN1
500	10 x 50 on 1:00 Pulls	EN1
400	4 x 100 on 1:45 Freestyle-descend	EN2
300	6 x 50 on 1:15 Stroke Drills	REC
7:02 PM 3,025 Yards - Stress Value = 27		

Workout #263 - Monday, 15 March 1999

Group 3 - All-Americans

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
1x{4	x 100 on 2:00 Kick	EN1	
	{3 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
1,200	16 x 75 on 1:00 Pulls last 25 breath every 8	EN1	
4x{3	x 25 on :30 Freestyle	EN1	
	{1 x 25 on 1:00 Backstroke	EN3	
400	8 x 50 on 2:00 Backstroke	EN1	
800	8 x 100 on 1:45 Stroke Drills	REC	
7:29 PM 4,525 Yards - Stress Value = 34			

Workout #264 - Monday, 15 March 1999

Group 3 - Taper 1

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
16x{1	x 13 on :00 Freestyle	SP3	
	{1 x 12 on :30 Freestyle	REC	
1,050	21 x 50 on 1:00 Kick descend 1-3	EN2	
1,500	5 x 300 on 4:15 Pulls	EN1	
4x{8	x 25 on :30 Butterfly	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 4:00 Catchup & thumb drag	REC	
7:30 PM 4,775 Yards - Stress Value = 60			

Workout #265 - Tuesday, 16 March 1999

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		
1x{1	x 125 on 2:30 Stroke Drills	REC	
	{2 x 100 on 2:00 Stroke Drills	REC	
16x{1	x 13 on :00 Butterfly	SP3	
	{1 x 12 on :30 Freestyle	REC	
750	10 x 75 on 1:30 Kick	EN2	
750	6 x 125 on 1:55 Pulls-last 25 br. 8	EN1	
800	4 x 200 on 2:40 Freestyle	EN1	
500	20 x 25 on :30 Stroke Drills	REC	
7:03 PM 3,525 Yards - Stress Value = 39			

Workout #266 - Tuesday, 16 March 1999

Group 3 - Taper 1

1 minute rest between sets

Yards	Set Description	EGY	WORK	STF
5:15 PM	Start			
=====	=====	=====	=====	=====
	1 on 40:00 Stomach and Stretch and stretch cords		L	
	1x{1 x 125 on 2:30 Stroke Drills	REC	D	CHC
	{2 x 100 on 2:00 Stroke Drills	REC	D	CHC
16x	{1 x 13 on :00 Butterfly	SP3	S	FLY
	{1 x 12 on :30 Freestyle	REC	S	FF
1,000	10 x 100 on 2:00 Kick-odd fast	EN2	K	CHC
1,050	14 x 75 on 1:00 Pulls	EN1	P	FF
	2x{4 x 100 on 1:15 Freestyle	EN3	S	FF
	{3 x 100 on 1:10 Freestyle	EN2	S	FF
	{1 on 2:00 Rest		M	
600	24 x 25 on :30 Stroke Drills	REC	D	CI
	IM order			
	7:22 PM 4,775 Yards - Stress Value = 98			

Yards	Set Description	EGY	WC
1,025	1 x 1025 on 18:00 Reverse IM drill	REC	
	16x{1 x 13 on :00 Backstroke	SP3	
	{1 x 12 on :30 Freestyle	REC	
	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	
	1x{4 x 125 on 1:55 Pulls	EN1	
	{3 x 125 on 1:50 Pulls	EN1	
	{3 x 125 on 1:45 Pulls	EN1	
900	12 x 75 on 1:30 Freestyle	EN3	
	hold fastest possible average for entire set		
200	1 x 200 on 4:00 Catchup & thumb drag	REC	
	7:27 PM 4,775 Yards - Stress Value = 95		

Workout #270 - Wednesday, 17 March 1999

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		
625	1 x 625 on 15:00 Swim-kick-pull-swim	REC	
	3x{4 x 75 on 1:15 Kick-good effort	EN1	
	{1 on 1:00 Rest		
1,200	3 x 400 on 5:30 Pulls	EN1	
	3x{1 x 200 on :00 Freestyle	SP2	
	{1 x 300 on 10:00 Freestyle	REC	
200	1 x 200 on 4:00 Choice	REC	
	7:23 PM 4,425 Yards - Stress Value = 81		

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 Reverse IM drill	REC	
	16x{1 x 13 on :00 Backstroke	SP3	
	{1 x 12 on :30 Freestyle	REC	
750	15 x 50 on 1:00 Kick-descend 1-3	EN2	
800	8 x 100 on 1:30 Pulls-odds lungbstr	EN1	
	1x{2 x 100 on 1:45 Individual Medley	EN1	
	{2 x 100 on 1:40 Your Stroke-no free	EN1	
	{2 x 100 on 1:35 Individual Medley	EN1	
	{2 x 100 on 1:30 Your Stroke-no free	EN1	
250	1 x 250 on 5:00 Catchup & thumb drag	REC	
	7:11 PM 4,025 Yards - Stress Value = 39		

Workout #271 - Thursday, 18 March 1999

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		
625	1 x 625 on 15:00 Swim-kick-pull-swim	REC	
900	9 x 100 on 2:00 Kick-odds breast	EN1	
1,500	6 x 250 on 2:45 Freestyle	EN1	
	1x{4 x 50 on 1:00 Backstroke	EN1	
	{1 x 50 on :30 Freestyle	EN1	
	{3 x 50 on :55 Backstroke	EN1	
	{2 x 50 on :35 Freestyle	EN1	
	{2 x 50 on :50 Backstroke	EN1	
	{3 x 50 on :40 Freestyle	EN1	
	{1 x 50 on :45 Backstroke	EN1	
	{4 x 50 on :45 Freestyle	EN1	
400	1 x 400 on 6:00 Stroke Drills	REC	
	7:11 PM 4,425 Yards - Stress Value = 34		

Yards	Set Description	EGY	WOF
5:15 PM	Start		
=====	=====	=====	=====
	1 on 40:00 Stomach and Stretch and stretch cords		
	1x{1 x 75 on 1:30 Stroke Drills	REC	
	{19 x 50 on 1:00 Stroke Drills	REC	
	3x{4 x 75 on 1:15 Kick-all fast	EN2	
	{1 on 1:00 Rest		
1,200	4 x 300 on 4:15 Pull-evens good effr	EN1	
	1x{6 x 75 on 1:15 Backstroke	EN1	
	{6 x 75 on 1:10 Backstroke	EN1	
	{4 x 75 on 1:05 Backstroke	EN1	
200	1 x 200 on 4:00 Choice	REC	
	7:18 PM 4,525 Yards - Stress Value = 41		

Workout #269 - Wednesday, 17 March 1999

Group 3 - Taper 1

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
=====	=====	=====	=====
	1 on 40:00 Stomach and Stretch		

Workout #272 - Thursday, 18 March 1999

Group 3 - All-Americans
1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
750	6 x 125 on 2:15 Kick	EN1	
800	16 x 50 on :45 Alt. 1 back 1 free	EN1	
	4x{3 x 25 on :30 Freestyle	EN1	
	{1 x 25 on 1:00 Freestyle	EN3	
1,000	10 x 100 on 1:30 Pulls odds lungbstr	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	7:11 PM 4,025 Yards - Stress Value = 35		

Workout #273 - Thursday, 18 March 1999

Group 3 - Taper 1
1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 40:00 Stomach and Stretch and stretch cords		I
	1x{1 x 75 on 1:30 Stroke Drills	REC	I
	{19 x 50 on 1:00 Stroke Drills	REC	I
	4x{4 x 75 on 1:15 Kick-all fast	EN2	F
	{1 on 1:00 Rest		M
800	8 x 100 on 1:30 Pulls-odds lungbstr	EN1	F
	2x{4 x 50 on 1:00 Breaststroke	EN2	S
	{3 x 75 on 1:20 Breaststroke	EN2	S
	{2 x 100 on 1:40 Breaststroke	EN2	S
	{1 x 125 on 1:55 Breaststroke	EN2	S
250	10 x 25 on :30 Stroke Drills	REC	I
	7:28 PM 4,775 Yards - Stress Value = 62		

Workout #274 - Friday, 19 March 1999

Group 3 - All
1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
1,200	12 x 100 on 2:00 Kick with flippers challenge set	EN2	
1,200	6 x 200 on 2:45 Pulls	EN1	
	4x{1 x 100 on 1:45 Individual Medley	EN1	
	{4 x 50 on 1:00 Stroke-descend 1-4	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:24 PM 4,725 Yards - Stress Value = 56		

Workout #275 - Friday, 19 March 1999

Group 3 - All-Americans
1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 40:00 Stomach and Stretch and stretch cords		L	
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	S	
700	7 x 100 on 1:45 Kick	EN1	K	C
1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
600	3 x 200 on 3:00 Backstroke-descend to 80%	EN2	S	

600	3 x 200 on 3:00 Freestyle start at 80% and slow to rec.	EN2	S
250	5 x 50 on 1:00 Stroke Drills	REC	D
	7:11 PM 3,975 Yards - Stress Value = 41		

Workout #276 - Saturday, 20 March 1999

Group 3 - All-Americans
1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
500	10 x 50 on 1:00 Kick-descend 1-3 hold #10 as fast as9	EN1	
600	6 x 100 on 1:20 Backstroke	EN1	
	2x{1 x 100 on :00 Freestyle	SP2	
	{1 x 200 on 8:00 Freestyle-Ez	REC	
	{1 x 100 on :00 Backstroke	SP2	
	{1 x 200 on 8:00 Freestyle-EZ	REC	
500	20 x 25 on :30 Choice	EN1	
400	1 x 400 on 8:00 Stroke Drills	REC	
	9:38 AM 4,025 Yards - Stress Value = 56		

Workout #277 - Saturday, 20 March 1999

Group 3 - All
1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 40:00 Stomach and Stretch and stretch cords		L	
1,025	1 x 1025 on 18:00 Choice	REC	S	C
1,000	8 x 125 on 2:20 Kick	EN2	K	C
800	16 x 50 on 1:00 Pulls	EN1	P	C
1,600	4 x 400 on 6:00 Freestyle	EN2	S	
300	1 x 300 on 6:00 Catchup & thumb drag	REC	D	
	9:37 AM 4,725 Yards - Stress Value = 60			

Workout #278 - Monday, 22 March 1999

Group 3 - All
1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
1,000	1 on 10:00 Techniques-back trns		
1,000	10 x 100 on 2:00 Kick-odds free evens non free	EN1	
1,000	10 x 100 on 1:30 Pulls	EN1	
	2x{6 x 50 on :50 Freestyle	EN1	
	{6 x 50 on :45 Freestyle	EN1	
	{6 x 50 on :40 Freestyle	EN1	
	{1 on 2:00 Rest		
400	16 x 25 on :30 IM order	EN1	
	7:38 PM 5,025 Yards - Stress Value = 42		

Workout #279 - Monday, 22 March 1999

Group 3 - All-Americans

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
825	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-back trns		
1x{4	x 50 on :50 Backstroke	EN1	
	{6 x 75 on 1:10 Backstroke	EN1	
	{8 x 100 on 1:25 Backstroke	EN1	
800	4 x 200 on 2:15 Free-150	EN1	50@ 80%
500	20 x 25 on :30 Stroke Drills	REC	
7:04 PM	3,575 Yards - Stress Value = 22		

16x{1	x 13 on :00 Butterfly	SP3	
	{1 x 12 on :30 Freestyle	REC	
	1 on 10:00 Techniques-IM turns		
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	
	{ hold all under :18		
1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1	
300	6 x 50 on :45 Descend in sets of 3	EN1	
	1x{2 x 200 on 2:30 Freestyle	EN2	
	{2 x 200 on 2:25 Freestyle	EN2	
	{2 x 200 on 2:20 Freestyle	EN2	
250	1 x 250 on 5:00 Catchup & thumb drag	REC	
7:39 PM	4,975 Yards - Stress Value = 65		

Workout #283 - Wednesday, 24 March 1999

Group 3 - All-Americans

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
825	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
16x{1	x 13 on :00 Freestyle	SP3	
	{1 x 12 on :30 Freestyle	REC	
	1 on 10:00 Techniques-flip trns		
1,050	21 x 50 on 1:00 Kick-descend 1-3	EN1	
1,500	5 x 300 on 4:30 Pulls	EN1	
	1x{4 x 100 on 1:40 Individual Medley	EN1	
	{3 x 100 on 1:35 Individual Medley	EN1	
	{2 x 100 on 1:30 Individual Medley	EN1	
	{1 x 100 on 1:25 Individual Medley	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
7:38 PM	5,025 Yards - Stress Value = 43		

Yards	Set Description	EGY	WC
5:15 PM	Start		
825	1 on 40:00 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 on 10:00 Techniques- turns		
500	5 x 100 on 2:00 Kick	EN1	
800	8 x 100 on 1:30 Lungbuster pulls	EN1	
500	20 x 25 on :30 Choice	EN1	
500	5 x 100 on 1:30 Stroke Drills	REC	
7:13 PM	3,525 Yards - Stress Value = 26		

Workout #284 - Thursday, 25 March 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
825	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
16x{1	x 13 on :00 Freestyle	SP3	
	{1 x 12 on :30 Freestyle	REC	
	1 on 10:00 Techniques-flip trns		
400	8 x 50 on 1:00 Kick #4 & #7 fast	EN1	
900	9 x 100 on 1:30 Descend in sets of 3	EN1	
	1x{1 x 200 on :00 Freestyle	SP2	
	{1 x 300 on 10:00 Freestyle	REC	
	{1 x 100 on :00 Freestyle	SP2	
	{1 x 300 on 8:00 Freestyle	REC	
7:12 PM	3,425 Yards - Stress Value = 51		

Yards	Set Description	EGY	WORK	SI
5:15 PM	Start			
800	1 on 40:00 Stomach and Stretch and stretch cords		L	
800	1 x 800 on 15:00 Choice	REC	S	F
	1 on 10:00 Techniques-starts		D	
1x{4	x 100 on 1:55 Kick	EN2	K	CF
	{3 x 100 on 1:50 Kick	EN2	K	CF
	{2 x 100 on 1:45 Kick	EN2	K	CF
	{1 x 100 on 1:40 Kick	EN2	K	CF
800	8 x 100 on 1:30 Lungbuster pulls	EN1	P	F
	odds breathe 3-5-7-9			
	evens br.2-4-6-8			
300	3 x 100 on 1:15 Freestyle	EN1	S	F
1x{8	x 75 on 1:10 Backstroke	EN2	S	F
	{8 x 75 on 1:05 Backstroke	EN2	S	F
	{8 x 75 on 1:00 Backstroke	EN2	S	F
300	12 x 25 on :30 Stroke Drills	REC	D	C
7:32 PM	5,000 Yards - Stress Value = 67			

Workout #282 - Wednesday, 24 March 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
825	1 on 40:00 Stomach and Stretch and stretch cords		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	

Workout #285 - Friday, 26 March 1999

Group 3 - All-Americans

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	5:15 PM Start			
	1 on 15:00 Stretching		L	
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	S	
500	5 x 100 on 2:00 Kick-odds at 80% evens easy kick	EN1	K	C
1,200	6 x 200 on 2:30 Pulls	EN1	P	
400	4 x 100 on 1:30 Descend-start at 75% and drop to 90%	EN1	S	
300	12 x 25 on :30 Stroke Drills	REC	D	
	6:23 PM 3,000 Yards - Stress Value = 21			

Workout #286 - Friday, 26 March 1999

Group 3 - All-Americans

1 minute rest between sets

Yards	Set Description	EGY	WOF	S
	5:15 PM Start			
	1 on 15:00 Stretching			
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC		
500	10 x 50 on 1:00 Kick #4 & #8 fast	EN2		
	2x{4 x 50 on :45 Freestyle	EN1		
	{4 x 50 on :40 Freestyle	EN1		
	{4 x 50 on :35 Freestyle	EN1		
450	6 x 75 on 1:00 Pulls last 25 good effort with only 2 breaths	EN1		
250	5 x 50 on 1:00 Stroke Drills	REC		
	6:23 PM 3,000 Yards - Stress Value = 26			

Workout #287 - Friday, 26 March 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	5:15 PM Start			
	1 on 40:00 Stomach and Stretch and stretch cords		L	
1,025	1 x 1025 on 18:00 Swim-kick-pull-swim	REC	S	
800	8 x 100 on 1:45 Kick	EN2	K	
1,350	9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5	EN1	P	
400	16 x 25 on :30 Butterfly	EN1	S	
400	8 x 50 on :50 Backstroke	EN1	S	
450	6 x 75 on 1:20 Breaststroke	EN1	S	
400	4 x 100 on 1:10 Freestyle	EN1	S	
200	1 x 200 on 4:00 Catchup & thumb drag	REC	D	
	7:27 PM 5,025 Yards - Stress Value = 46			

Workout #288 - Saturday, 27 March 1999

Group 3 - All-Americans

1 minute rest between sets

Yards	Set Description	EGY	WOF	S
	7:30 AM Start			
	1 on 15:00 Stretching			
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC		
	1x{1 x 25 on :30 Kick	EN1		
	{1 x 50 on 1:00 Kick	EN1		
	{1 x 75 on 1:30 Kick	EN1		
	{1 x 100 on 2:00 Kick	EN1		
	{1 x 100 on 1:40 Kick	EN1		
	{1 x 75 on 1:15 Kick	EN1		

	{1 x 50 on :50 Kick	EN1		
	{1 x 25 on :25 Kick	EN1		
1,600	4 x 400 on 5:00 Freestyle	EN1		
300	6 x 50 on 1:00 Stroke Drills	REC		
	8:36 AM 3,000 Yards - Stress Value = 20			

Workout #289 - Saturday, 27 March 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	7:30 AM Start			
	1 on 40:00 Stomach and Stretch and stretch cords		L	
800	1 x 800 on 15:00 Reverse IM drill	REC	S	F
	1 on 15:00 Techniques-starts		S	
1,200	12 x 100 on 2:00 Kick challenge set	EN2	K	CF
400	16 x 25 on :45 Stroke Drills 4 on e	REC	D	I
2,400	3 x 800 on 10:00 Freestyle	EN2	S	F
200	8 x 25 on :30 Stroke Drills	REC	D	C
	9:54 AM 5,000 Yards - Stress Value = 72			

Workout #290 - Monday, 29 March 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	W	S
	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		
	1 on 10:00 Techniques-finishes			
1,000	10 x 100 on 2:00 Kick-odds fast	EN1		
2,000	4 x 500 on 7:00 Pulls	EN1		
	2x{2 x 25 on :30 Freestyle	EN1		
	{2 x 25 on :25 Freestyle	EN1		
	{2 x 25 on :20 Freestyle	EN2		
	{2 x 25 on :15 Freestyle	EN2		
	{1 on 1:00 Rest			
200	1 x 200 on 4:00 Catchup & thumb drag	REC		
	7:36 PM 5,025 Yards - Stress Value = 44			

Workout #291 - Tuesday, 30 March 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	W	S
	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 Backstroke	SP3		
	{1 x 12 on :30 Freestyle	REC		
	1 on 10:00 Techniques-opn turns			
1,000	8 x 125 on 2:15 Kick	EN2		
1,000	20 x 50 on :45 Pulls-hold breath in and out of turns	EN1		
	6x{8 x 25 on :25 Butterfly	EN2		
	{1 on 1:10 Rest			
400	1 x 400 on 8:00 Stroke drill	REC		
	7:44 PM 5,025 Yards - Stress Value = 62			

Workout #292 - Wednesday, 31 March 1999

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		
1,000	1 x 1000 on 18:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-relay str		
	16x{1 x 13 on :00 Butterfly	SP3	
	{1 x 12 on :30 Freestyle	REC	
	4x{4 x 75 on 1:15 Kick	EN2	
	{1 on :30 Rest		
800	16 x 50 on 1:00 Pulls-breast	EN1	
1,350	9 x 150 on 2:15 Freestyle	EN3	
250	5 x 50 on 1:00 Stroke Drills	REC	
7:40 PM 5,000 Yards - Stress Value = 121			

Workout #293 - Thursday, 01 April 1999

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 18:00 Swim-kick-pull-swim	REC	
	16x{1 x 13 on :00 Freestyle	SP3	
	{1 x 12 on :30 Freestyle	REC	
	1 on 10:00 Techniques-back trns		
	3x{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
100	1 x 100 on 2:00 Kick for time	EN3	
	1x{10 x 75 on 1:00 Pulls	EN1	
	{10 x 75 on :55 Pulls	EN1	
500	5 x 100 on 1:40 Individual Medley descend 1-5	EN1	
	1 on 15:00 Killer Relays	EN2	
200	1 x 200 on 4:00 Catchup & thumb drag	REC	
7:45 PM 4,625 Yards - Stress Value = 53			

Workout #294 - Monday, 12 April 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start			
Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 30:00 Stomach and Stretch		
	1x{1 x 125 on 2:00 Stroke Drills	REC	
	{12 x 100 on 1:45 Stroke Drills	REC	
	{ 3 on each stroke		
	1 on 15:00 Techniques-turn drill	REC	
600	1 x 600 on 12:00 Kick every 3rd 50 fast	EN1	
300	12 x 25 on 1:00 Underwater back kick	EN1	
2,000	10 x 200 on 2:45 Freestyle	EN1	
7:18 PM 4,225 Yards - Stress Value = 29			

Workout #295 - Tuesday, 13 April 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start			
Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 20:00 Stomach and Stretch		I

	1x{1 x 125 on 2:00 Stroke Drills	REC	I
	{12 x 100 on 2:00 Stroke Drills	REC	I
	1 on 15:00 Techniques-free trns		I
800	1 x 800 on 15:00 Kick with flippers	EN1	F
200	8 x 25 on 1:00 Kick-underwater fly	EN1	F
	2x{2 x 100 on 1:30 Freestyle	EN1	S
	{2 x 100 on 1:25 Freestyle	EN1	S
	{2 x 100 on 1:20 Stroke Drills	EN1	S
	{2 x 100 on 1:15 Freestyle	EN1	S
500	20 x 25 on :30 IM order	EN1	S
7:15 PM 4,425 Yards - Stress Value = 31			

Workout #296 - Wednesday, 14 April 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start			
Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 20:00 Stomach and Stretch		
	1x{1 x 125 on 2:15 Stroke Drills	REC	
	{12 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Techniques-free trns		
800	8 x 100 on 2:00 Kick #4 and #8 fast	EN1	
200	8 x 25 on 1:00 Kick-underwater back with flippers	EN1	
1,000	10 x 100 on 1:30 Lungbuster pulls odds br 3-5-7-9 evens br 2-4-6-8	EN1	
1,125	9 x 125 on 2:00 Descend in sets of 3	EN1	
200	1 x 200 on 4:00 Catchup & thumb drag	REC	
7:15 PM 4,650 Yards - Stress Value = 31			

Workout #297 - Thursday, 15 April 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start			
Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 20:00 Stomach and Stretch		
	1x{1 x 125 on 2:00 Stroke Drills	REC	
	{12 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Techniques-free trns		
	4x{3 x 75 on 1:20 Kick-descend	EN1	
	{1 on :30 Rest		
200	8 x 25 on :45 Kick-underwater fly	EN1	
500	10 x 50 on :45 Pulls	EN1	
2,000	5 x 400 on 5:00 Freestyle	EN1	
200	1 x 200 on 4:00 Catchup & thumb drag	REC	
7:14 PM 5,125 Yards - Stress Value = 36			

Workout #298 - Friday, 16 April 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM	Start		
1,200	1 on 20:00 Stomach and Stretch		I
1,200	1x{1 x 125 on 2:00 Stroke Drills	REC	I
	{12 x 100 on 1:45 Stroke Drills	REC	I
	{ 3 on each stroke		
1,200	1 on 10:00 Techniques-free trns		I
1,200	12 x 100 on 2:00 Challenge kick set	EN1	P
	with flippers		
600	6 x 100 on 1:30 Individual Medley	EN1	S
1,200	1x{8 x 75 on 1:00 Freestyle	EN1	S
	{8 x 75 on :55 Freestyle	EN1	S
	{8 x 75 on :50 Freestyle	EN1	S
400	8 x 50 on 1:00 Stroke Drills	REC	I
7:15 PM	5,325 Yards - Stress Value = 36		

Workout #299 - Saturday, 17 April 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:30 AM	Start		
1,200	1 on 20:00 Stomach and Stretch		L
1,200	12 x 100 on 1:45 Stroke Drills	REC	D
	3 on each stroke		
	1 on 15:00 Techniques-starts		D
3,000	3x{1 x 150 on 3:00 Kick	EN1	K C
	{1 x 100 on 2:00 Kick	EN1	K C
	{1 x 50 on 1:00 Kick	EN1	K C
2,000	4 x 500 on 6:45 Pulls	EN1	P
1,000	10 x 100 on 1:30 Free-descend 1-3	EN1	S
	hold 10 as fast as 9		
400	8 x 50 on 1:00 Stroke Drills	REC	D
	1 on 20:00 Sharks and minnows		S
9:58 AM	5,500 Yards - Stress Value = 39		

Workout #300 - Sunday, 18 April 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM	Start		
825	1 on 30:00 Running and stretch		L
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	S
	1 on 15:00 Techniques-free trns		D
800	8 x 100 on 1:50 Kick	EN2	K C
1,200	6 x 200 on 2:45 Pulls	EN1	P
500	10 x 50 on :45 Freestyle	EN1	S
1,800	3 x 600 on 8:00 Descend 1-3	EN2	S
400	1 x 400 on 6:00 Catchup & thumb drag	REC	D
7:30 PM	5,525 Yards - Stress Value = 69		

Workout #301 - Tuesday, 20 April 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
5:15 PM	Start			
	1 on 30:00 Bolles school and		L	
	Stretching			
1,200	1x{1 x 75 on 1:30 Stroke Drills	REC	D	FF
	{16 x 50 on 1:00 Stroke Drills	REC	D	IN
	1 on 10:00 Techniques-open trns		D	

Yards	Set Description	EGY	WOF
	only breast or fly		
1,200	1x{1 x 400 on 8:00 Kick	EN1	K CHC
	{1 x 300 on 5:45 Kick	EN1	K CHC
	{1 x 200 on 3:40 Kick	EN1	K CHC
	{1 x 100 on 1:45 Kick	EN2	K CHC
1,200	16 x 75 on 1:00 Pulls	EN1	P FF
1,200	1x{5 x 150 on 2:00 Freestyle	EN1	S FF
	{5 x 150 on 1:55 Freestyle	EN1	S FF
	{5 x 150 on 1:50 Freestyle	EN1	S FF
400	8 x 50 on 1:00 Stroke Drills	REC	D CI
7:30 PM	5,725 Yards - Stress Value = 47		

Workout #302 - Wednesday, 21 April 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
	1 on 35:00 Running and stretch		
1,200	1x{1 x 125 on 2:00 Stroke Drills		REC
	{12 x 100 on 1:45 Stroke Drills		REC
	{ 3 on each stroke		
	1 on 5:00 Techniques-open trns		
	breast and fly only		
1,050	21 x 50 on 1:00 Kick-descend 1-3	EN1	
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	
	odd breathe 3-5-7-9		
	evens br. 2-4-6-8		
300	2x{6 x 50 on :45 Freestyle		EN1
	{6 x 50 on :40 Freestyle		EN1
	{6 x 50 on :35 Freestyle		EN1
300	1 x 300 on 5:00 Catchup & thumb drag		REC
7:30 PM	5,675 Yards - Stress Value = 40		

Workout #303 - Thursday, 22 April 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
	1 on 35:00 Bolles school 1 rnd		
	and stretching		
1,200	1x{1 x 125 on 2:00 Stroke Drills		REC
	{12 x 100 on 1:45 Stroke Drills		REC
	1 on 10:00 Techniques-free trns		
3,000	3x{4 x 75 on 1:15 Kick		EN2
	{1 on :30 Rest		
1,600	4 x 400 on 5:00 Pulls		EN1
1,800	6 x 300 on 3:45 Freestyle		EN1
	descend 1-6		
200	1 x 200 on 3:00 Catchup & thumb drag		REC
7:30 PM	5,825 Yards - Stress Value = 52		

Workout #304 - Thursday, 22 April 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
=====	=====	====	====
	1 on 35:00 Bolles school 1 rnd and stretching		
1x{1 x 125 on 2:00	Stroke Drills	REC	
{12 x 100 on 1:45	Stroke Drills	REC	
1 on 10:00	Techniques-free trns		
3x{4 x 75 on 1:15	Kick	EN2	
{1 on :30	Rest		
1,600	4 x 400 on 5:30	EN1	
1,500	5 x 300 on 4:00	EN1	
	descend 1-5		
200	1 x 200 on 3:00	REC	
7:29 PM	5,525 Yards - Stress Value = 49		

Workout #305 - Friday, 23 April 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
=====	=====	====	====
	1 on 45:00 Stomach and Stretch and team meeting		
1x{1 x 75 on 1:30	Stroke Drills	REC	
{16 x 50 on 1:00	Stroke Drills-choice	REC	
800	8 x 100 on 2:00	EN1	
800	8 x 100 on 1:30	EN1	
2,000	8 x 250 on 3:30	EN1	
200	1 x 200 on 3:00	REC	
	1 on 10:00 Game ????		
7:31 PM	4,675 Yards - Stress Value = 36		

Workout #306 - Saturday, 24 April 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
7:30 AM	Start		
=====	=====	====	====
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 16:00	REC	
	1 on 10:00		
1x{4 x 100 on 1:50	Kick	EN1	
{3 x 100 on 1:45	Kick	EN2	
{2 x 100 on 1:40	Kick	EN2	
{1 x 100 on 1:35	Kick	EN2	
1,200	12 x 100 on 1:30	EN1	
	odds breathe 3-5-7-9		
	evens br. 2-4-6-8		
300	6 x 50 on :45	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	
500	20 x 25 on :30	EN1	
400	1 x 400 on 8:00	REC	
9:58 AM	6,200 Yards - Stress Value = 90		

Workout #307 - Tuesday, 27 April 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
=====	=====	====	====
	1 on 44:00 Bolles School-2 rnds		

Yards	Set Description	EGY	WC
and stretch			
825	1 x 825 on 15:00	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	
{ hold all under :17			
1 on 10:00	Techniques-finishes		
1x{2 x 300 on 4:15	Pulls	EN1	
{2 x 300 on 4:00	Pulls	EN1	
{2 x 300 on 3:45	Pulls	EN1	
1,800	3 x 600 on 7:30	EN1	
500	10 x 50 on 1:00	REC	
7:45 PM	5,925 Yards - Stress Value = 56		

Workout #308 - Wednesday, 28 April 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
=====	=====	====	====
	1 on 45:00 Running and stretch		
825	1 x 825 on 15:00	REC	
	1 on 10:00		
1,000	8 x 125 on 2:00	EN2	
	1x{5 x 50 on 1:00	EN1	
	{5 x 50 on :55	EN1	
	{5 x 50 on :50	EN1	
	{5 x 50 on :45	EN1	
10x{1 x 100 on 1:15	Individual Medley	EN2	
{1 x 50 on :35	Freestyle	EN2	
{1 x 50 on :50	Freestyle	REC	
200	1 x 200 on 3:00	REC	
400	4 x 100 on 1:30	EN2	
	ludicrous speed		
200	1 x 200 on 4:00	REC	
7:45 PM	5,625 Yards - Stress Value = 66		

Workout #309 - Thursday, 29 April 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
=====	=====	====	====
	1 on 40:00 Bolles school 2 rnds and stretching		
	1x{1 x 75 on 1:30	REC	
	{16 x 50 on 1:00	REC	
	1 on 10:00		
1,000	10 x 100 on 2:00	EN2	
	give you		
1,500	5 x 300 on 4:00	EN1	
300	6 x 50 on :45	EN1	
4x{5 x 100 on 1:05	Freestyle	EN3	
{1 on 1:00	Rest		
400	1 x 400 on 6:00	REC	
7:45 PM	6,075 Yards - Stress Value = 158		

Workout #310 - Friday, 30 April 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
1,025	1 on 28:00 Stomach and Stretch		
1,000	1 x 1025 on 18:00 Swim-kick-pull-swim	REC	
1,200	1 on 15:00 Techniques-free trns		
1,000	5 x 200 on 4:00 Kick	EN1	
1,200	16 x 75 on 1:05 Pulls	EN1	
	1x{1 x 500 on 7:30 Freestyle	EN1	
	{1 x 400 on 6:00 Freestyle	EN1	
	{1 x 300 on 4:30 Freestyle	EN1	
	{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 50 on :45 Freestyle	EN1	
400	16 x 25 on :30 IM order	EN1	
200	1 x 200 on 3:00 Six kick switch	REC	
	1 on 10:00 Techniques-relay str		
	7:44 PM 5,375 Yards - Stress Value = 41		

Workout #311 - Saturday, 01 May 1999

Group 3 - All

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch			L
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC		S
300	6 x 50 on :55 Stroke Drills	REC		D
300	6 x 50 on :45 Freestyle	EN1		S
3,000	1 x 3000 on 30:00 Freestyle	EN2		S
400	1 x 400 on 6:00 Catchup & thumb drag	REC		D
	8:59 AM 4,425 Yards - Stress Value = 63			

Workout #312 - Monday, 03 May 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
425	1 x 425 on 7:00 Reverse IM drill	REC	
600	8 x 75 on 1:15 2 on each stroke	EN1	
	25 drill 25 build		
	25 fast		
1,600	8 x 200 on 2:45 Pulls	EN1	
	1x{4 x 125 on 1:50 Freestyle	EN1	
	{4 x 125 on 1:45 Freestyle	EN1	
	{4 x 125 on 1:40 Freestyle	EN1	
100	4 x 25 on 1:00 No breath	EN1	
300	1 x 300 on 4:30 Catchup & thumb drag	REC	
	6:44 AM 4,525 Yards - Stress Value = 38		

Workout #313 - Monday, 03 May 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 44:00 Running and stretch		
	1x{1 x 125 on 2:00 Stroke Drills	REC	
	{12 x 100 on 1:45 Stroke Drills	REC	
	{ 3 on each stroke		
	{ Reverse IM order		
1,000	8 x 125 on 2:15 Kick	EN2	
1,000	20 x 50 on :45 Pulls-no paddles	EN1	

	1x{1 x 150 on 2:30 Backstroke	EN1	
	{2 x 150 on 2:25 Backstroke	EN1	
	{3 x 150 on 2:20 Backstroke	EN1	
	{4 x 150 on 2:15 Backstroke	EN1	
	6x{3 x 25 on :30 Im order -no free	EN1	
	{1 x 25 on 1:00 Freestyle-no breath	EN1	
400	1 x 400 on 6:00 Catchup & thumb drag	REC	
	7:45 PM 5,825 Yards - Stress Value = 51		

Workout #314 - Tuesday, 04 May 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STP
425	1 x 425 on 8:00 Reverse IM drill	REC		D IM
600	12 x 50 on :45 Freestyle	EN1		S FF
1,000	1 x 1000 on 15:00 Pulls	EN1		P FF
1,000	2 x 500 on 7:00 Pulls	EN1		P FF
400	4 x 100 on 1:30 Descend	EN2		S FF
500	20 x 25 on :30 Odds free evens non free	EN1		S CHC
350	7 x 50 on 1:00 Stroke Drills	REC		D CHC
	6:45 AM 4,275 Yards - Stress Value = 39			

Workout #315 - Tuesday, 04 May 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 45:00 Bolles school 3 rnds and stretching		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
450	6 x 75 on 1:10 Choice	EN1	
500	1 x 500 on 7:30 Freestyle-for time	EN3	
1,000	10 x 100 on 2:00 Kick-Odds no board	EN1	
1,000	5 x 200 on 2:45 Pulls with paddles	EN1	
	1x{6 x 100 on 1:30 Freestyle	EN1	
	{5 x 100 on 1:25 Freestyle	EN1	
	{4 x 100 on 1:20 Freestyle	EN1	
	{3 x 100 on 1:15 Freestyle	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:44 PM 5,975 Yards - Stress Value = 72		

Workout #316 - Wednesday, 05 May 1999

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 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-free trns		
	4x{4 x 75 on 1:15 Kick	EN2	
	{1 on :30 Rest		
200	1 x 200 on 3:00 Freestyle-build	EN1	
500	1 x 500 on 7:30 Backstroke for time	EN3	
750	10 x 75 on 1:10 Pulls-no paddles	EN1	
2,000	10 x 200 on 3:00 **See text	EN1	
	1x{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
	{4 x 25 on :15 Freestyle	EN2	
400	1 x 400 on 6:00 Catchup & thumb drag	REC	
	7:44 PM 6,275 Yards - Stress Value = 90		

Workout #317 - Thursday, 06 May 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	S
425	1 x 425 on 8:00 Reverse IM drill	REC	D	I
600	3 x 200 on 3:30 Individual Medley descend	EN1	S	
	1x{6 x 75 on 1:05 Freestyle	EN1	S	
	{6 x 75 on 1:00 Freestyle	EN1	S	
	{6 x 75 on :55 Freestyle	EN1	S	
1,000	10 x 100 on 1:30 Lungbuster pulls odds breathe 3-5-7-9 evens br. 2-4-6-8	EN1	P	
1,000	4 x 250 on 3:30 Freestyle	EN2	S	
200	1 x 200 on 3:00 Bilateral	REC	D	

6:44 AM 4,575 Yards - Stress Value = 48

600	8 x 75 on 1:15 25 drill 25 build 25 fast (2 on each)	EN1
500	1 x 500 on 8:00 Butterfly for time	EN3
	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
	{ hold all under :17	
	1x{4 x 50 on :45 Pulls	EN1
	{4 x 100 on 1:30 Pulls	EN1
	{4 x 150 on 2:15 Pulls	EN1
	{4 x 200 on 3:00 Pulls	EN1
1,200	12 x 100 on 1:40 Freestyle	EN2
	This is a RED-30 set	
400	8 x 50 on 1:00 Stroke Drills	REC

7:45 PM 6,725 Yards - Stress Value = 100

Workout #321 - Saturday, 08 May 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 44:00 Bolles school and stretching		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
600	12 x 50 on :45 Freestyle	EN1	
500	1 x 500 on 8:00 Breaststroke	EN3	
1,000	10 x 100 on 2:00 Kick-evens hold the time I give you	EN2	
	2x{1 x 400 on 5:20 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{1 x 100 on 1:20 Pulls	EN1	
	{1 x 50 on :40 Pulls	EN1	
	{ with paddles		
1,250	5 x 250 on 3:00 Freestyle	EN2	
	This is a RED-10 set		
300	1 x 300 on 4:30 Catchup & thumb drag	REC	

7:45 PM 6,575 Yards - Stress Value = 102

7:30 AM Start

Yards	Set Description	EGY	WC
	1 on 29:00 Stomach and Stretch		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 9:00 Techniques-free trns		
	3x{1 x 150 on 2:45 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
100	1 x 100 on 2:00 Kick for time	EN3	
300	3 x 100 on 1:30 Descend in sets of 3	EN1	
2,000	10 x 200 on 3:00 Challenge set of 200	EN2	
500	1 x 500 on 8:00 Catchup & thumb drag	REC	

9:30 AM 4,625 Yards - Stress Value = 67

Workout #322 - Monday, 10 May 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	S
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	S	
900	12 x 75 on 1:15 25 drill 25 drill build 25 build 3 on each stroke	EN1	I	
3,000	3 x 1000 on 12:30 Descend in sets of 3	EN2	S	
300	12 x 25 on :30 Stroke Drills	REC	I	

6:40 AM 4,625 Yards - Stress Value = 69

5:30 AM Start

Yards	Set Description	EGY	WORK	S
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	S	
900	12 x 75 on 1:15 25 drill 25 drill build 25 build 3 on each stroke	EN1	I	
3,000	3 x 1000 on 12:30 Descend in sets of 3	EN2	S	
300	12 x 25 on :30 Stroke Drills	REC	I	

6:40 AM 4,625 Yards - Stress Value = 69

Workout #323 - Monday, 10 May 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
425	1 x 425 on 8:00 continous drill	REC	
300	12 x 25 on :30 IM order	EN1	
1,200	8 x 150 on 2:15 Pulls mid 50 breathe 8 or 9 strokes	EN1	
	1x{3 x 250 on 4:00 IM w/ 100 fly	EN1	
	{3 x 250 on 4:00 IM w/ 100 back	EN1	
	{3 x 250 on 4:00 IM w/ 100 breast	EN1	
200	1 x 200 on 3:00 Catchup & thumb drag	REC	

6:45 AM 4,375 Yards - Stress Value = 39

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 45:00 Running and stretch		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-open trns		
1,000	8 x 125 on 2:15 Kick	EN2	
1,800	6 x 300 on 3:45 Pulls	EN1	
	1x{8 x 100 on 1:20 Freestyle	EN1	
	{6 x 100 on 1:15 Freestyle	EN1	
	{4 x 100 on 1:10 Freestyle	EN1	
	{2 x 100 on 1:05 Freestyle	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	

7:45 PM 6,125 Yards - Stress Value = 58

Workout #320 - Friday, 07 May 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
1,025	1 x 1025 on 18:00 Swim-kick-pull-swim	REC	

Workout #324 - Tuesday, 11 May 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM	Start		
425	1 x 425 on 8:00 Stroke Drill	REC	D
	1x{4 x 50 on :50 Freestyle	EN1	S
	{4 x 50 on :45 Freestyle	EN1	S
	{4 x 50 on :40 Freestyle	EN1	S
1,600	4 x 400 on 5:30 Pulls-no paddles	EN1	P
	4x{1 x 250 on 3:45 Free-count strokes	EN1	S
	{1 x 250 on 3:15 Free-- very good effort	EN3	S
200	1 x 200 on 4:00 Six kick switch	REC	D
6:45 AM	4,825 Yards - Stress Value = 92		

5:15 PM Start

Yards	Set Description	EGY	WOF
825	1 on 44:00 Running and stretch		
	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-open trns		
400	8 x 50 on 1:00 Kick		EN1
500	1 x 500 on 10:00 Kick for time		EN3
1,000	8 x 125 on 1:45 Pulls-with paddles		EN1
	2x{4 x 100 on 1:30 Freestyle		EN1
	{4 x 100 on 1:30 Freestyle		EN2
	{4 x 100 on 1:30 Freestyle		EN3
400	8 x 50 on 1:00 Stroke Drills		REC
7:45 PM	5,525 Yards - Stress Value = 116		

Workout #328 - Thursday, 13 May 1999

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	
	3x{1 x 150 on 2:45 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 50 on :55 Kick	EN1	
100	1 x 100 on 3:00 Kick for time	EN1	
	1 on 10:00 Techniques-finishes		
1,600	8 x 200 on 2:45 Pulls	EN1	
	1x{3 x 100 on 1:30 Freestyle	EN1	
	{3 x 100 on 1:15 Individual Medley	EN1	
	{3 x 100 on 1:25 Freestyle	EN1	
	{3 x 100 on 1:20 Individual Medley	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	{3 x 100 on 1:25 Individual Medley	EN1	
	{3 x 100 on 1:15 Freestyle	EN1	
	{3 x 100 on 1:30 Individual Medley	EN1	
300	1 x 300 on 5:00 Six kick switch	EN1	
7:45 PM	6,125 Yards - Stress Value = 53		

5:30 AM Start

Yards	Set Description	EGY	WC
425	1 x 425 on 8:00 Reverse IM drill		REC
1,000	10 x 100 on 1:30 Descend in sets of 3 hold 10 as fast as 9		EN1
750	10 x 75 on 1:10 Pulls-nbbf&w		EN1
	1x{3 x 250 on 3:15 Freestyle		EN1
	{3 x 250 on 3:05 Freestyle		EN1
	{3 x 250 on 2:55 Freestyle		EN1
300	12 x 25 on :40 Stroke Drills		REC
6:45 AM	4,725 Yards - Stress Value = 42		

Workout #329 - Thursday, 13 May 1999

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	
	1 on 10:00 Techniques-finishes		
750	15 x 50 on 1:00 Kick-descend 1-3	EN2	
1,600	8 x 200 on 2:45 Pulls-no paddles	EN1	
	1x{3 x 100 on 1:30 Freestyle	EN1	
	{3 x 100 on 1:15 Individual Medley	EN1	
	{3 x 100 on 1:25 Freestyle	EN1	
	{3 x 100 on 1:20 Individual Medley	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	{3 x 100 on 1:25 Individual Medley	EN1	
	{3 x 100 on 1:15 Freestyle	EN1	
	{3 x 100 on 1:30 Individual Medley	EN1	
300	1 x 300 on 5:00 Six kick switch	EN1	
7:44 PM	5,875 Yards - Stress Value = 58		

5:15 PM Start

Yards	Set Description	EGY	WC
	1 on 45:00 Bolles school and stretching		
	1x{1 x 125 on 2:00 Stroke Drills		REC
	{9 x 100 on 1:45 Stroke Drills		REC
	1 on 10:00 Techniques-open trns give you		
1,000	10 x 100 on 2:00 Kick-hold the time I		EN2
1,600	4 x 400 on 5:00 Pulls		EN1
2,000	16 x 125 on 1:50 Freestyle		EN2
200	1 x 200 on 3:00 Catchup & thumb drag		REC
7:45 PM	5,825 Yards - Stress Value = 76		

Workout #327 - Wednesday, 12 May 1999

Group 3 - All

1 minute rest between sets

Workout #330 - Friday, 14 May 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
425	1 x 425 on 8:00 Stroke Drills	REC	
1,000	1 x 1000 on 15:00 Pulls-with paddles	EN1	
	2x{1 x 150 on 2:15 Freestyle	EN1	
	{1 x 150 on 2:10 Freestyle	EN1	
	{1 x 150 on 2:05 Freestyle	EN1	
	{1 x 150 on 2:00 Freestyle	EN1	
	{1 x 150 on 1:55 Freestyle	EN1	
	{1 x 150 on 1:50 Freestyle	EN2	
	{1 x 150 on 1:45 Freestyle	EN2	
	{1 x 150 on 1:40 Freestyle-EZ	EN2	
100	1 x 100 on 1:30 Freestyle-EZ	REC	
	1x{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
	{4 x 25 on :15 Freestyle	EN2	
250	1 x 250 on 5:00 Six kick switch	REC	
6:43 AM 4,575 Yards - Stress Value = 49			

Workout #331 - Friday, 14 May 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch	L		
	1x{1 x 125 on 2:00 Stroke Drills	REC	D	
	{12 x 100 on 1:45 Stroke Drills	REC	D	
	{ 3 on each reverse IM			
	{ order			
1,000	10 x 100 on 2:00 Kick	EN2	K	C
1,600	16 x 100 on 1:30 Lungbuster pulls	EN1	P	
	odds breathe 3-5-7-9			
	evens br. 2-4-6-8			
2,000	10 x 200 on 2:45 Freestyle	EN1	S	
500	20 x 25 on :30 IM order	EN1	S	
250	5 x 50 on 1:00 Stroke Drills	REC	S	
7:40 PM 6,675 Yards - Stress Value = 61				

Workout #332 - Saturday, 15 May 1999

Group 3 - All

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
1,025	1 x 1025 on 18:00 Swim-kick-pull-swim	REC	
	4x{4 x 75 on 1:15 Kick	EN2	
	{1 on :30 Rest		
1,500	10 x 150 on 2:15 Pulls-mid 50 breathe	EN1	
	every 9 strokes		
300	6 x 50 on :45 Descend in sets of 3	EN1	
	3x{3 x 200 on 3:00 Freestyle	EN3	
	{ Blue-1		
	{3 x 50 on 1:00 Freestyle-EZ	REC	
500	10 x 50 on 1:00 Stroke Drills	REC	
9:59 AM 6,775 Yards - Stress Value = 150			

Workout #333 - Monday, 17 May 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
425	1 x 425 on 8:00 Reverse IM drill	REC	
600	12 x 50 on :45 Descend in sets of 3	EN1	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	
	2x{1 x 300 on 4:30 Freestyle	EN1	
	{1 x 300 on 4:15 Freestyle	EN1	
	{1 x 300 on 4:00 Freestyle	EN1	
450	18 x 25 on :30 Freestyle	EN1	
200	1 x 200 on 3:00 Catchup & thumb drag	REC	
6:45 AM 4,475 Yards - Stress Value = 38			

Workout #334 - Monday, 17 May 1999

Group 3 - All

1 minute rest between sets

5:30 PM Start

Meters	Set Description	EGY	WOF
	1 on 40:00 Running and stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-free trns		
1,000	10 x 100 on 2:30 Kick	EN1	
1,600	8 x 200 on 3:30 Pulls w/ paddles	EN1	
	3x{1 x 150 on 2:45 Freestyle	EN1	
	{3 x 50 on 1:15 Backstroke	EN1	
400	1 x 400 on 7:00 Stroke Drill	REC	
8:00 PM 4,700 Meters - Stress Value = 37			

Workout #335 - Tuesday, 18 May 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	
900	12 x 75 on 1:30 25 drill 25 build	EN1	
	25 drill 3 on each		
	10x{1 x 13 on :00 Freestyle	SP3	
	{1 x 12 on :30 Freestyle-ez	REC	
300	3 x 100 on 1:30 Descend in sets of 3	EN1	
	1x{8 x 75 on 1:05 Freestyle	EN2	
	{8 x 75 on 1:00 Freestyle	EN2	
	{8 x 75 on :55 Freestyle	EN2	
	{ RED-10 set		
500	10 x 50 on 1:00 Stroke Drills	REC	
6:45 AM 4,175 Yards - Stress Value = 53			

Workout #336 - Tuesday, 18 May 1999

Group 3 - All

1 minute rest between sets

5:30 PM Start

Meters	Set Description	EGY	W
	1 on 44:00 Bolles school 3 rnds		
	and stretching		
800	1 x 800 on 16:00 8 strokes free, 8 ba	REC	
	8 breast 8 fly		
	1 on 10:00 Techniques-free trns		
	10x{1 x 50 on 1:15 Kick	EN1	
	{1 x 50 on 1:00 Kick fast	EN2	
	4 x 400 on 6:00 Pulls with paddles	EN1	
	3x{1 x 150 on 2:15 Freestyle	EN1	
	{1 x 150 on 2:15 Freestyle	EN2	
	{1 x 150 on 2:15 Freestyle	EN3	
400	1 x 400 on 8:00 Stroke Drill	REC	
8:00 PM 5,150 Meters - Stress Value = 79			

Workout #337 - Wednesday, 19 May 1999

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	I
1,000	20 x 50 on :50 Pulls-nbbf&w	EN1	F
	8x{1 x 100 on 1:15 Individual Medley	EN1	F
	{1 x 50 on :35 Freestyle	EN1	F
	{1 x 50 on :50 Freestyle-ez	REC	I
	1x{1 x 200 on 3:00 Freestyle	EN1	F
	{1 x 200 on 2:55 Freestyle	EN1	F
	{1 x 200 on 2:50 Freestyle	EN1	F
	{1 x 200 on 2:45 Freestyle	EN1	F
	{1 x 200 on 2:40 Freestyle	EN1	F
	{1 x 200 on 2:35 Freestyle	EN1	F
	{1 x 200 on 2:30 Freestyle	EN1	F
200	4 x 50 on 1:00 Stroke Drills	REC	I
6:45 AM 4,600 Yards - Stress Value = 36			

Workout #338 - Wednesday, 19 May 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
5:30 PM Start			
	1 on 44:00 Running and stretch		I
800	1 x 800 on 16:00 Reverse IM drill	REC	I
150	10 x 15 on 1:00 Shooters	SP3	F
	3x{1 x 50 on 1:00 Kick	EN2	F
	{1 x 100 on 2:00 Kick	EN2	F
	{1 x 150 on 3:00 Kick	EN2	F
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	F
	no paddles		
	2x{2 x 100 on 1:45 Butterfly	EN1	F
	{2 x 100 on 1:45 Butterfly	EN1	F
	{2 x 100 on 1:45 Butterfly	EN1	F
900	18 x 50 on :45 Descend in sets of 3	EN1	F
300	1 x 300 on 6:00 Stroke Drill	REC	I
8:00 PM 5,250 Meters - Stress Value = 60			

Workout #339 - Thursday, 20 May 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
5:30 PM Start			
	1 on 45:00 Bolles school 3 rnds		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	I
150	10 x 15 on 1:00 Shooters	SP3	F
	3x{3 x 100 on 1:45 Kick with flippers	EN2	F
	{1 on :45 Rest		
	1x{1 x 300 on 4:30 Pulls with paddles	EN1	F
	{1 x 300 on 4:15 Pulls with paddles	EN1	F
	{1 x 300 on 4:30 Pulls with paddles	EN1	F
	{1 x 300 on 4:15 Pulls with paddles	EN1	F
	{1 x 300 on 4:30 Pulls with paddles	EN1	F
	2x{3 x 100 on 1:30 Freestyle	EN1	F
	{3 x 100 on 1:25 Freestyle	EN1	F
	{4 x 100 on 1:20 Freestyle	EN2	F
300	1 x 300 on 5:00 Stroke Drill	REC	I
8:00 PM 5,650 Meters - Stress Value = 74			

Workout #340 - Friday, 21 May 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
425	1 x 425 on 8:00 Stroke Drill	REC	I
210	14 x 15 on :30 Cross pool sprints	SP3	F
1,500	6 x 250 on 3:45 Pulls	EN1	F
	odds br. 3-4-5-6-7		
	by the 50, evens br		
	7-6-5-4-3 by the 50		
	1x{6 x 125 on 1:45 Freestyle	EN2	F
	{6 x 125 on 1:40 Freestyle	EN2	F
	{6 x 125 on 1:35 Freestyle	EN2	F
200	1 x 200 on 3:00 Catchup & thumb drag	REC	I
6:45 AM 4,585 Yards - Stress Value = 68			

Workout #341 - Friday, 21 May 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
5:30 PM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	I
150	10 x 15 on 1:00 Shooters	SP3	F
800	8 x 100 on 2:15 Kick-odds very fast	EN2	F
1,600	8 x 200 on 2:45 Pulls with paddles	EN1	F
	4x{1 x 150 on 3:00 Breaststroke	EN1	F
	{1 x 100 on 2:00 Breaststroke	EN1	F
	{1 x 50 on 1:00 Breaststroke	EN1	F
800	16 x 50 on 1:00 25 drill 25 build	EN1	F
	4 on each stroke		
300	1 x 300 on 6:00 Six kick switch	REC	I
7:58 PM 5,650 Meters - Stress Value = 65			

Workout #342 - Saturday, 22 May 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:30 AM Start			
	1 on 28:00 Stomach and Stretch		I
	1x{1 x 125 on 2:00 Stroke Drills	REC	I
	{8 x 100 on 1:45 Stroke Drills	REC	I
	{2 on each stroke		
	10x{1 x 13 on :00 Your Stroke	SP3	F
	{1 x 12 on :30 Freestyle	REC	F
1,000	8 x 125 on 2:00 Kick	EN2	F
2,000	5 x 400 on 5:00 Pulls with paddles	EN1	F
	1x{4 x 50 on 1:00 Your Stroke	EN1	F
	{3 x 200 on 2:30 Freestyle	EN1	F
	{4 x 50 on :55 Your Stroke	EN1	F
	{3 x 150 on 2:00 Freestyle	EN1	F
	{4 x 50 on :50 Your Stroke	EN1	F
	{3 x 100 on 1:25 Freestyle	EN1	F
	{4 x 50 on :45 Your Stroke	EN1	F
	{3 x 50 on :45 Freestyle	EN1	F
	1 on 15:00 Killer Relays	SP1	F
400	1 x 400 on 6:00 Choice	REC	I
10:00 AM 6,875 Yards - Stress Value = 68			

Workout #343 - Monday, 24 May 1999

1 minute rest between sets

Group 3 - All

1 minute rest between sets

5:30 AM Start		5:30 PM Start	
Yards	Set Description	Meters	Set Description
			1 on 45:00 Bolles school 3 rnds
400	1 x 400 on 8:00 Swim-kick-pull-swim	800	1 x 800 on 16:00 Swim-kick-pull-swim
210	14 x 15 on :30 Freestyle	150	10 x 15 on 1:00 Shooters-fly
1,500	10 x 150 on 2:15 Pulls-mid 50 br ev 9	600	12 x 50 on :55 Kick with flippers
	1x{8 x 25 on :30 Freestyle	1,500	30 x 50 on 1:00 Pulls with paddles
	{8 x 25 on :30 Butterfly		odds breathe every 9
	{8 x 25 on :30 Freestyle		5x{1 x 150 on 3:00 Freestyle
	{8 x 25 on :30 Backstroke		{1 x 100 on 2:00 Freestyle
	{8 x 25 on :30 Freestyle		{1 x 50 on 1:00 Freestyle
	{8 x 25 on :30 Breaststroke	200	1 x 200 on 4:00 Choice
	{8 x 25 on :30 Freestyle		8:01 PM 4,750 Meters - Stress Value = 71
400	1 x 400 on 6:00 Catchup & thumb drag		
6:46 AM	3,910 Yards - Stress Value = 37		

Workout #348 - Wednesday, 26 May 1999

Group 3 - All

1 minute rest between sets

5:30 PM Start		5:15 PM Start	
Meters	Set Description	Yards	Set Description
			1 on 15:00 Stretching
	1 on 44:00 Running and stretch	825	1 x 825 on 15:00 Swim-kick-pull-swim
800	1 x 800 on 16:00 Reverse IM drill	210	14 x 15 on :30 Cross pool sprints
150	10 x 15 on 1:00 Shooters-Free	750	15 x 50 on 1:00 Kick-descend 1-3
800	8 x 100 on 2:15 Kick-breaststroke	1,000	10 x 100 on 1:15 Pulls with paddles
1,600	8 x 200 on 3:00 Pulls with paddles		1x{8 x 75 on 1:05 Backstroke
	5x{6 x 50 on :50 Butterfly		{8 x 75 on 1:00 Backstroke
	{1 on :30 Freestyle		{8 x 75 on :55 Backstroke
300	1 x 300 on 4:30 Six kick switch	500	10 x 50 on 1:00 Stroke Drills
8:00 PM	5,150 Meters - Stress Value = 76		6:59 PM 5,085 Yards - Stress Value = 51

Workout #349 - Thursday, 27 May 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start		5:30 AM Start	
Yards	Set Description	Yards	Set Description
			1 x 400 on 8:00 Stroke Drill
425	1 x 425 on 8:00 Reverse IM drill	400	10x{1 x 13 on :00 Butterfly
210	14 x 15 on :30 Cross pool sprints		{1 x 12 on :30 Freestyle
2,000	4 x 500 on 7:00 Pulls with paddles	1,000	20 x 50 on :45 Pulls with paddles
	1x{6 x 100 on 1:20 Freestyle		nbbf&w
	{6 x 100 on 1:15 Freestyle		1x{3 x 200 on 3:00 Freestyle
	{6 x 100 on 1:10 Freestyle		{3 x 200 on 2:55 Freestyle
300	1 x 300 on 4:30 Choice		{3 x 200 on 2:50 Freestyle
6:45 AM	4,735 Yards - Stress Value = 46		{3 x 200 on 2:45 Freestyle
			{8 x 50 on 1:00 Stroke Drills
			6:44 AM 4,450 Yards - Stress Value = 39

Workout #346 - Tuesday, 25 May 1999

Group 3 - All

1 minute rest between sets

5:30 PM Start		5:30 PM Start	
Meters	Set Description	Meters	Set Description
			1 on 45:00 Bolles school 3 rnds
800	1 x 800 on 16:00 Swim-kick-pull-swim		1 x 800 on 16:00 Swim-kick-pull-swim
150	10 x 15 on 1:00 Shooters-fly		10 x 15 on 1:00 Shooters-fly
600	12 x 50 on :55 Kick with flippers		12 x 50 on :55 Kick with flippers
4,500	3 x 1500 on 20:00 Freestyle		3 x 1500 on 20:00 Freestyle
200	1 x 200 on 4:00 Choice		1 x 200 on 4:00 Choice
8:00 PM	6,250 Meters - Stress Value = 119		

Workout #347 - Tuesday, 25 May 1999

Group 3 - All

Workout #350 - Thursday, 27 May 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM Start			
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
12x	{1 x 15 on :00 Breaststroke	SP3	
	{1 x 10 on :30 Freestyle	REC	
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	
2,000	10 x 200 on 2:45 Pulls with paddles	EN1	
	1x{3 x 100 on 1:40 Individual Medley	EN1	
	{3 x 100 on 1:30 Individual Medley	EN1	
	{3 x 100 on 1:20 Individual Medley	EN2	
	{ descend in sets of 3		
200	1 x 200 on 4:00 Catchup & thumb drag	REC	
	1 on 12:00 Techniques-starts		
7:44 PM 5,225 Yards - Stress Value = 59			

Meters	Set Description	EGY	WORK
5:30 PM Start			
800	1 on 45:00 Bolles school 3rds and stretching		L
	2 on each stroke		
150	10 x 15 on 1:00 Shooters	SP3	S
900	9 x 100 on 1:30 Kick with flippers	EN2	K
1,800	6 x 300 on 4:00 Pulls with paddles	EN1	P
	1x{8 x 100 on 1:25 Freestyle	EN1	S
	{8 x 100 on 1:20 Freestyle	EN1	S
	{8 x 100 on 1:15 Freestyle	EN1	S
200	1 x 200 on 4:00 Six kick switch	REC	D
8:00 PM 6,250 Meters - Stress Value = 74			

Workout #354 - Wednesday, 02 June 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM Start			
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	S
450	9 x 50 on :45 Freestyle	EN1	S
1,200	3 x 400 on 5:30 Pulls	EN1	P
450	9 x 50 on :45 Freestyle	EN1	S
1,800	12 x 150 on 2:15 Descend in sets of 3	EN2	S
200	4 x 50 on 1:00 Stroke Drills	REC	D
6:45 AM 4,525 Yards - Stress Value = 56			

Workout #355 - Wednesday, 02 June 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM Start			
425	1 x 425 on 8:00 Reverse IM drill	REC	D
900	12 x 75 on 1:20 25 drill 25 build 25 stroke 3 on each	REC	D
	1x{1 x 50 on :45 Freestyle	EN1	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 200 on 3:00 Freestyle	EN1	S
	{1 x 300 on 4:30 Freestyle	EN1	S
	{1 x 400 on 6:00 Freestyle	EN1	S
	{1 x 500 on 7:30 Freestyle	EN1	S
	{1 x 500 on 6:40 Freestyle	EN1	S
	{1 x 400 on 5:20 Freestyle	EN1	S
	{1 x 300 on 4:00 Freestyle	EN1	S
	{1 x 200 on 2:40 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN1	S
200	4 x 50 on 1:00 Stroke Drills	EN1	D
6:45 AM 4,625 Yards - Stress Value = 32			

Meters	Set Description	EGY	WORK
5:30 PM Start			
800	1 on 45:00 Running and stretch		I
	2 on each stroke		
150	10 x 15 on 1:00 Shooters	SP3	S
	3x{1 x 150 on 3:15 Kick	EN2	F
	{1 x 100 on 2:10 Kick	EN2	F
	{1 x 50 on 1:05 Kick	EN2	F
1,000	20 x 50 on :45 Pulls with paddles	EN1	F
	Evens breathe ev 7		
	3x{1 x 50 on 1:15 Breaststroke-kick	EN1	F
	{1 x 50 on 1:15 Breaststroke-drill	EN1	I
	{1 x 100 on 2:00 Breaststroke	EN2	S
	{1 x 100 on 1:55 Breaststroke	EN2	S
	{1 x 100 on 1:50 Breaststroke	EN2	S
	{1 x 100 on 1:45 Breaststroke	EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	I
7:59 PM 4,750 Meters - Stress Value = 70			

Workout #352 - Tuesday, 01 June 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	
400	8 x 50 on 1:00 Stroke Drills 2 o e	REC	
	10x{1 x 13 on :00 Freestyle	SP3	
	{1 x 12 on :30 Freestyle-EZ	REC	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	
	odds breathe 3-5-7-9		
	evens br. 2-4-6-8		
	1x{6 x 125 on 1:40 Freestyle	EN1	
	{6 x 100 on 1:20 Freestyle	EN1	
	{6 x 75 on 1:00 Freestyle	EN1	
	{6 x 50 on :40 Freestyle	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
6:45 AM 4,475 Yards - Stress Value = 36			

Workout #353 - Tuesday, 01 June 1999

Group 3 - All

1 minute rest between sets

Workout #356 - Thursday, 03 June 1999

1 minute rest between sets

Group 3 - All

1 minute rest between sets

5:30 PM Start	Set Description	EGY	WOF
Meters			
425	1 x 425 on 8:00 Bolles school 3rds and stretching	REC	
1,200	1 x 1200 on 24:00 400skps 400rev im dr 400 free buildup	REC	
150	10 x 15 on 1:00 Shooters-back	SP3	
800	8 x 100 on 2:15 Kick-odds fast	EN2	
1,200	8 x 150 on 2:15 Pulls	EN1	
	1-4 breathe every 5		
	5-8 breathe every 7		
	6x{1 x 50 on :50 Freestyle	EN1	
	{1 x 50 on :45 Freestyle	EN1	
	{1 x 50 on :40 Freestyle	EN1	
	{1 x 50 on 1:00 Freestyle-quality	EN3	
	{ effort		
300	3 x 100 on 1:30 Descend to ludicrous speed	EN3	
200	1 x 200 on 4:00 Bilateral	REC	
8:00 PM	5,050 Meters - Stress Value = 87		

5:30 AM Start	Set Description	EGY	WORK	ST
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	S	F
210	14 x 15 on :30 Cross pool sprints	SP3	S	F
1,500	20 x 75 on 1:05 Pulls	EN1	P	F
	1-5 breathe ev 3			
	6-10 breathe ev 5			
	11-15 breathe ev 7			
	15-20 br. your choic			
1,500	6 x 250 on 3:00 Freestyle-buildup	EN1	S	F
500	20 x 25 on :30 IM order	EN1	S	I
250	5 x 50 on 1:00 Stroke Drills	EN1	D	C
6:45 AM	4,385 Yards - Stress Value = 45			

Workout #360 - Monday, 07 June 1999

Group 3 - All

1 minute rest between sets

5:30 PM Start	Set Description	EGY	WORK	ST
Meters				
	1 on 30:00 Stomach and Stretch			L
800	1 x 800 on 15:00 Reverse IM drill	REC		D
150	10 x 15 on 1:00 Shooters	SP3		S
500	10 x 50 on 1:15 Kick	EN1		K C
500	1 x 500 on 10:00 Kick for time	EN3		K C
2,000	5 x 400 on 5:00 Pulls	EN1		P
	3x{1 x 300 on 4:30 Freestyle	EN1		S
	{1 x 200 on 3:00 Freestyle	EN1		S
	{1 x 100 on 1:30 Freestyle	EN1		S
500	10 x 50 on 1:15 Stroke Drills	REC		D
7:59 PM	6,250 Meters - Stress Value = 88			

Workout #357 - Friday, 04 June 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start	Set Description	EGY	WOF
425	1 x 425 on 8:00 Stroke Drill	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
1,000	1 x 1000 on 15:00 Pulls	EN1	
1,000	2 x 500 on 7:00 Pulls	EN1	
	1x{8 x 50 on :45 Freestyle	EN1	
	{8 x 50 on :40 Freestyle	EN1	
	1x{6 x 25 on :30 Freestyle	EN1	
	{6 x 25 on :25 Freestyle	EN1	
	{6 x 25 on :20 Freestyle	EN1	
300	1 x 300 on 5:00 Catchup & thumb drag	REC	
6:45 AM	4,185 Yards - Stress Value = 42		

Workout #361 - Tuesday, 08 June 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start	Set Description	EGY	WORK	ST
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC		S
210	14 x 15 on :30 Cross pool sprints	SP3		S
1,800	12 x 150 on 2:15 Pulls	EN1		F
	odds breathe ev 3			
	evens breathe ev 4			
	1x{2 x 100 on 1:40 Butterfly	EN1		S
	{3 x 100 on 1:30 Individual Medley	EN1		S
	{2 x 100 on 1:30 Backstroke	EN1		S
	{3 x 100 on 1:30 Individual Medley	EN1		S
	{2 x 100 on 1:50 Breaststroke	EN1		S
	{3 x 100 on 1:30 Individual Medley	EN1		S
	{2 x 100 on 1:20 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drill	REC		I
6:46 AM	4,310 Yards - Stress Value = 43			

Workout #358 - Friday, 04 June 1999

Group 3 - All

1 minute rest between sets

5:30 PM Start	Set Description	EGY	WOF
Meters			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
150	10 x 15 on 1:00 Shooters	SP3	
	1 on 10:00 Techniques-starts		
600	12 x 50 on 1:00 Kick-descend 1-3	EN2	
800	8 x 100 on 2:15 Pulls-breast	EN1	
200	4 x 50 on :45 Freestyle	EN1	
	1x{2 x 200 on 2:40 Freestyle	EN2	
	{2 x 200 on 2:35 Freestyle	EN1	
	{2 x 200 on 2:30 Freestyle	EN1	
300	3 x 100 on 2:00 Stroke Drills	REC	
200	4 x 50 on :45 Freestyle	EN1	
	1x{2 x 200 on 2:40 Freestyle	EN2	
	{2 x 200 on 2:35 Freestyle	EN2	
	{2 x 200 on 2:30 Freestyle	EN2	
100	1 x 100 on 1:30 Choice	REC	
8:00 PM	5,550 Meters - Stress Value = 77		

Workout #359 - Monday, 07 June 1999

Group 3 - All

Workout #362 - Tuesday, 08 June 1999

Group 3 - All

1 minute rest between sets

5:30 PM Start

Meters	Set Description	EGY	WOF
	1 on 45:00 Bolles school 3 rds and stretching		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
150	10 x 15 on 1:00 Shooters	SP3	
1,000	10 x 100 on 2:15 Kick-odds fast	EN2	
800	16 x 50 on :45 Pulls with paddles	EN1	
	4x{3 x 100 on 1:30 Free-descend 1-3 { 4 x 50 on 1:00 Stroke Drills { one on each stroke	EN2	REC
300	1 x 300 on 6:00 Six kick switch	REC	
	8:00 PM 5,050 Meters - Stress Value = 64		

Workout #363 - Wednesday, 09 June 1999

Group 3 - All

1 minute rest between sets

5:30 PM Start

Meters	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
1,200	1 x 1200 on 20:00 400 skps 400 rev IM drill 400 free build	REC	
200	10 x 20 on 1:00 Shooters	SP3	
800	4 x 200 on 4:15 Kick-breast	EN1	
1,200	6 x 200 on 3:00 Pulls-odd laps br 3 even laps breathe 4	EN1	
	4x{3 x 200 on 3:00 Individual Medley { 1 on 1:00 Rest	EN3	
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:58 PM 6,200 Meters - Stress Value = 189		

Workout #364 - Thursday, 10 June 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
210	14 x 15 on :30 Cross pool sprints	SP3	S
1,200	12 x 100 on 1:30 Lungbuster pulls odds breathe 3-5-7-9 evens br. 2-4-6-8	EN1	E
750	15 x 50 on :45 Descend in sets of 3	EN1	S
	1x{8 x 25 on :30 Freestyle { 8 x 25 on :30 Your Stroke-no free { 8 x 25 on :25 Freestyle { 8 x 25 on :25 Your Stroke-no free { 6 x 25 on :20 Freestyle { 4 x 25 on :15 Freestyle	EN1	S
400	8 x 50 on 1:00 Stroke Drills	REC	I
	6:46 AM 4,010 Yards - Stress Value = 39		

Workout #365 - Friday, 11 June 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start

Meters	Set Description	EGY	WORK
400	1 x 400 on 8:00 Reverse IM drill	REC	S
150	10 x 15 on :30 Cross pool sprints	SP3	S
900	12 x 75 on 1:15 25 drill 25 build 25 drill	REC	D

3x{1 x 400 on 5:30 Freestyle	EN1	S
{ 1 x 400 on 5:30 Pulls	EN1	P
6x{1 x 25 on :30 Freestyle	EN1	S
{ 1 x 25 on :30 Your Stroke-non free	EN1	S
200 1 x 200 on 3:00 Bilateral	REC	D
6:45 AM 4,350 Meters - Stress Value = 37		

Workout #366 - Monday, 14 June 1999

Group 3 - Distance

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
150	10 x 15 on 1:00 Shooters	SP3	
1,000	10 x 100 on 2:15 Kick	EN2	
1,600	8 x 200 on 3:00 Pulls with paddles	EN1	
	1x{2 x 400 on 6:30 Freestyle { 2 x 400 on 6:15 Freestyle { 2 x 400 on 6:00 Freestyle { 2 x 400 on 5:45 Freestyle	EN1	EN1
400	8 x 50 on 1:00 Stroke Drills	REC	
	9:19 AM 7,350 Meters - Stress Value = 83		

Workout #367 - Monday, 14 June 1999

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
150	10 x 15 on 1:00 Shooters	SP3	
1,000	10 x 100 on 2:15 Kick-breast	EN2	
800	16 x 50 on 1:30 Pulls with paddles	EN1	
	8x{2 x 100 on 2:00 Breaststroke { 1 x 100 on 1:45 Butterfly	EN1	EN1
400	8 x 50 on 1:00 Stroke Drills	REC	
	9:16 AM 5,750 Meters - Stress Value = 65		

Workout #368 - Monday, 14 June 1999

Group 3 - Fly & Back

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on 1:00 Shooters	SP3	S
1,000	10 x 100 on 2:15 Kick-no board	EN2	K
1,600	8 x 200 on 3:00 Pulls with paddles	EN1	P
2,400	16 x 150 on 3:00 50 stroke, 50 free build, 50 stroke	EN1	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
	9:18 AM 6,550 Meters - Stress Value = 73		

Workout #369 - Monday, 14 June 1999

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WORK
	6:30 AM Start		
1,000	1 on 30:00 Stomach and Stretch		L
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on 1:00 Shooters	SP3	S
1,000	10 x 100 on 2:15 Kick	EN2	K
1,200	6 x 200 on 4:00 Pulls with paddles	EN1	P
	hold the time I give		
	1 on 15:00 Techniques-turns		D
1,500	15 x 100 on 1:30 Descend in sets of 3	EN1	S
550	11 x 50 on 1:00 Stroke Drills	REC	D
	9:11 AM 5,400 Meters - Stress Value = 59		

Workout #370 - Monday, 14 June 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK
	5:30 PM Start		
	1 on 31:00 Stomach and Stretch		L
800	1 x 800 on 16:00 Reverse IM drill	REC	D
120	8 x 15 on 1:00 Shooters	SP3	S
600	12 x 50 on 1:15 Kick-descend 1-3	EN2	K
	1x{8 x 50 on 1:00 Backstroke	EN1	S
	{4 x 100 on 2:00 Backstroke	EN1	S
	{2 x 200 on 4:00 Backstroke	EN2	S
	{1 x 400 on 6:00 Back-90% effort	EN2	S
500	10 x 50 on :45 Free-concentrate on	EN1	S
	good finishes		
400	1 x 400 on 7:00 Bilateral	REC	D
	7:30 PM 4,020 Meters - Stress Value = 51		

Workout #371 - Tuesday, 15 June 1999

Group 3 - Breast

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:30 AM Start		
	1 on 30:00 Plyometrics/stretch		
1,000	1 x 1000 on 18:00 Alt 100 4 st ba/fr	REC	
	& 100 4 st fly/br		
200	10 x 20 on 1:00 Shooters	SP3	
	3x{1 x 150 on 3:15 Kick hands behind	EN2	
	{1 x 100 on 2:10 Kick streamline	EN2	
	{1 x 50 on 1:05 Kick on back	EN2	
1,200	6 x 200 on 5:00 Pulls with paddles	EN1	
150	3 x 50 on 1:00 Breaststroke-descend	EN1	
	5x{1 x 100 on 2:15 Stroke Drill	REC	
	{1 x 100 on 2:15 Breaststroke- build	EN1	
	{1 x 50 on 1:00 Breaststroke-fast	EN2	
250	10 x 25 on 1:00 Vertical Kicking	EN2	
	30 sec on 30 sec off		
500	10 x 50 on 1:00 Stroke Drills	EN1	
	9:16 AM 5,450 Meters - Stress Value = 68		

Workout #372 - Tuesday, 15 June 1999

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:30 AM Start		
	1 on 30:00 Plyometrics/stretch		
1,000	1 x 1000 on 18:00 Alt 100 4 st ba/fr	REC	

Meters	Set Description	EGY	WOF
	& 100 4 st fly/br		
200	10 x 20 on 1:00 Shooters	SP3	
	3x{1 x 150 on 3:15 Kick with flippers	EN2	
	{1 x 100 on 2:10 Kick with flippers	EN2	
	{1 x 50 on 1:05 Kick with flippers	EN2	
1,000	20 x 50 on 1:00 Pulls br ev 8	EN1	
150	3 x 50 on 1:00 Freestyle-descend	EN1	
	2x{6 x 50 on 1:00 Pulls	EN1	
	{6 x 50 on :55 Freestyle	EN1	
	{6 x 50 on :50 Freestyle	EN1	
	{1 on 2:00 Rest		
250	10 x 25 on 1:00 Vertical Kicking	EN2	
	30 sec on 30 sec off		
500	10 x 50 on 1:00 Stroke Drills	EN1	
	9:15 AM 5,800 Meters - Stress Value = 75		

Workout #373 - Tuesday, 15 June 1999

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:30 AM Start		
	1 on 30:00 Plyometrics/stretch		
1,000	1 x 1000 on 18:00 Alt 100 4 st ba/fr	REC	
	& 100 4 st fly/br		
200	10 x 20 on 1:00 Shooters	SP3	
	3x{1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
2,000	4 x 500 on 7:30 Pulls with paddles	EN1	
150	3 x 50 on 1:00 Freestyle-descend	EN1	
2,000	10 x 200 on 2:45 Freestyle	EN1	
250	10 x 25 on 1:00 Vertical Kicking	EN2	
	30 sec on 30 sec off		
500	10 x 50 on 1:00 Stroke Drills	EN1	
	9:16 AM 7,000 Meters - Stress Value = 87		

Workout #374 - Tuesday, 15 June 1999

Group 3 - Fly & Back

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:30 AM Start		
	1 on 30:00 Plyometrics/stretch		
1,000	1 x 1000 on 18:00 Alt 100 4 st ba/fr	REC	
	& 100 4 st fly/br		
200	10 x 20 on 1:00 Shooters	SP3	
	4x{1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
1,000	10 x 100 on 1:45 Lungbuster pulls	EN1	
150	3 x 50 on 1:00 Freestyle-descend	EN1	
1,500	30 x 50 on 1:00 Alt 50 fly 50 back	EN1	
	with flippers		
250	10 x 25 on 1:00 Vertical Kicking	EN2	
	30 sec on 30 sec off		
500	10 x 50 on 1:00 Stroke Drills	EN1	
	9:12 AM 5,800 Meters - Stress Value = 77		

Workout #375 - Tuesday, 15 June 1999

9:19 AM 5,800 Meters - Stress Value = 84

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	
800	8 x 100 on 2:00 Stroke Drills	REC	D	IM
	2 On each stroke			
160	8 x 20 on 1:00 Shooters	SP3	S	BK
600	6 x 100 on 2:15 Kick-breast	EN1	K	BR
	5x{1 x 50 on :55 Pulls	EN1	P	FR
	{1 x 50 on :50 Pulls	EN1	P	FR
	{1 x 50 on :45 Pulls	EN1	P	FR
	{1 x 50 on :40 Pulls	EN1	P	FR
	4x{1 x 50 on 1:00 Stroke Drills	REC	D	BR
	{1 x 100 on 2:00 Breaststroke	EN1	S	BR
	{1 x 100 on 1:55 Breaststroke	EN1	S	BR
	{1 x 100 on 1:50 Breaststroke	EN1	S	BR
200	1 x 200 on 4:00 Bilateral	REC	D	CD
	7:30 PM 4,160 Meters - Stress Value = 34			

Workout #376 - Thursday, 17 June 1999

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WORK	ST
	1 on 35:00 Plyometrics/stretch		L	
1,000	1 x 1000 on 18:00 Choice	REC	S	CF
200	10 x 20 on 1:00 Shooters	SP3	S	E
	1x{4 x 50 on 1:15 Kick	EN2	K	CF
	{4 x 50 on 1:10 Kick	EN2	K	CF
	{4 x 50 on 1:05 Kick	EN2	K	CF
	{4 x 50 on 1:00 Kick	EN2	K	CF
2,400	3 x 800 on 12:00 Pulls	EN2	P	F
	1x{4 x 200 on 2:50 Freestyle	EN2	S	E
	{1 on :40 Rest		M	
	{3 x 200 on 2:45 Freestyle	EN2	S	F
	{1 on :45 Rest		M	
	{2 x 200 on 2:40 Rest	EN2	S	F
	{1 on :40 Rest		M	
	{1 x 200 on 2:35 Freestyle	EN2	S	F
100	1 x 100 on 2:00 Freestyle-EZ	REC	S	F
250	10 x 25 on 1:00 Vertical Kicking	EN2	K	E
150	6 x 25 on 1:00 Sculling drills	REC	D	C
	9:22 AM 6,900 Meters - Stress Value = 128			

Workout #377 - Thursday, 17 June 1999

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WORK
	1 on 35:00 Plyometrics/stretch		L
1,000	1 x 1000 on 18:00 Choice	REC	S
200	10 x 20 on 1:00 Shooters	SP3	S
	1x{4 x 50 on 1:15 Kick	EN2	K
	{4 x 50 on 1:10 Kick	EN2	K
	{4 x 50 on 1:05 Kick	EN2	K
	{4 x 50 on 1:00 Kick	EN2	K
1,200	12 x 100 on 1:45 Lungbuster pulls	EN1	P
	odds breathe 5-7		
	evens breathe 6-8		
	10x{4 x 50 on :50 Free-descend	EN2	S
	{1 on :40 Rest		M
200	1 x 200 on 4:00 Stroke Drills-	REC	D
250	10 x 25 on 1:00 Vertical Kicking	EN1	K
150	6 x 25 on 1:00 Sculling drills	REC	D

Workout #378 - Thursday, 17 June 1999

Group 3 - Fly & Back

1 minute rest between sets

Meters	Set Description	EGY	WORK	SI
	1 on 35:00 Plyometrics/stretch		L	
1,000	1 x 1000 on 18:00 Choice	REC	S	CF
200	10 x 20 on 1:00 Shooters	SP3	S	E
	1x{4 x 50 on 1:15 Kick	EN2	K	CF
	{4 x 50 on 1:10 Kick	EN2	K	CF
	{4 x 50 on 1:05 Kick	EN2	K	CF
	{4 x 50 on 1:00 Kick	EN2	K	CF
1,800	6 x 300 on 4:30 Pulls	EN1	P	F
	1x{4 x 200 on 3:30 Your Stroke	EN2	S	SI
	{1 on 1:00 Rest		M	
	{3 x 200 on 3:20 Your Stroke	EN2	S	SI
	{1 on 1:00 Rest		K	
	{2 x 200 on 3:10 Your Stroke	EN2	S	SI
	{1 on 1:00 Rest		M	
	{1 x 200 on 3:00 Your Stroke	EN2	S	SI
100	1 x 100 on 2:00 Freestyle-ez	REC	S	F
250	10 x 25 on 1:00 Vertical Kicking	EN1	K	E
150	6 x 25 on 1:00 Sculling drills	REC	D	C
	9:20 AM 6,300 Meters - Stress Value = 91			

Workout #379 - Thursday, 17 June 1999

Group 3 - Breast

1 minute rest between sets

Meters	Set Description	EGY	WORK	SI
	1 on 35:00 Plyometrics/stretch		L	
1,000	1 x 1000 on 18:00 Choice	REC	S	CF
200	10 x 20 on 1:00 Shooters	SP3	S	E
	1x{4 x 50 on 1:15 Kick	EN2	K	E
	{4 x 50 on 1:10 Kick	EN2	K	E
	{4 x 50 on 1:05 Kick	EN2	K	E
	{4 x 50 on 1:00 Kick	EN2	K	E
500	10 x 50 on 1:30 Pulls-no paddles	EN1	P	F
3,000	3 x 1000 on 18:00 Breaststroke	EN2	S	E
250	10 x 25 on 1:00 Vertical Kicking	EN1	K	E
150	6 x 25 on 1:00 Sculling drills	REC	D	C
	9:22 AM 5,900 Meters - Stress Value = 99			

Workout #380 - Thursday, 17 June 1999

Group 3 - All

1 minute rest between sets

5:30 PM Start

Meters	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
	8x{1 x 50 on 1:00 Stroke Drills	REC	D
	{1 x 50 on 1:00 Stroke Drills	REC	D
160	8 x 20 on 1:00 Shooters-brst	SP3	S
700	7 x 100 on 1:45 Kick-fly with fins	EN2	K
500	10 x 50 on :45 Freestyle	EN1	S
	1x{3 x 100 on 1:45 Freestyle	EN1	S
	{6 x 50 on 1:00 Butterfly with fins	EN1	S
	{3 x 100 on 1:45 Freestyle	EN1	S
	{4 x 50 on :55 Butterfly with fins	EN1	S
	{3 x 100 on 1:45 Freestyle	EN1	S
	{4 x 50 on :50 Butterfly with fins	EN1	S
	{3 x 100 on 1:45 Freestyle	EN1	S
	{2 x 50 on :45 Butterfly with fins	EN1	S
200	1 x 200 on 4:00 Six kick switch	REC	D

7:30 PM 4,360 Meters - Stress Value = 48

Workout #381 - Friday, 18 June 1999

Group 3 - Sprint

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	ST
	1 on 30:00 Dryland and stretch		L	
800	1 x 800 on 16:00 Stroke Drill	REC	D	CF
200	10 x 20 on 1:00 Shooters	SP3	S	F
1,000	10 x 100 on 2:15 Kick-odds fast	EN2	K	CF
1,200	8 x 150 on 2:30 Pulls	EN1	P	F
	the mid 50 br ev 8			
	2x{4 x 100 on 2:00 Freestyle	EN1	S	F
	{4 x 100 on 1:45 Freestyle	EN1	S	F
	{4 x 100 on 1:30 Freestyle	EN1	S	F
	{1 on 2:00 Rest		M	
250	10 x 25 on 1:00 Vertical Kicking	EN1	K	F
	1 on 6:00 Sculling drills	REC	D	C

9:16 AM 5,850 Meters - Stress Value = 73

Workout #382 - Friday, 18 June 1999

Group 3 - Fly & Back

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	ST
	1 on 30:00 Dryland and stretch		L	
800	1 x 800 on 16:00 Stroke Drill	REC	D	CF
200	10 x 20 on 1:00 Shooters	SP3	S	F
1,000	10 x 100 on 2:15 Kick-odds fast	EN2	K	CF
1,500	10 x 150 on 2:15 Pulls	EN1	P	F
	the mid 50 br ev 8			
	2x{4 x 50 on 1:00 Your Stroke	EN1	S	ST
	{4 x 100 on 1:50 Your Stroke	EN1	S	ST
	{4 x 150 on 2:40 Your Stroke	EN1	S	ST
250	10 x 25 on 1:00 Vertical Kicking	EN1	K	F
	1 on 6:00 Sculling drills	REC	D	C

9:17 AM 6,150 Meters - Stress Value = 76

Workout #383 - Friday, 18 June 1999

Group 3 - Distance

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	ST
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Meters	Set Description	EGY	WORK	STK
	1 on 30:00 Dryland and stretch		L	
800	1 x 800 on 16:00 Stroke Drill	REC	D	CHC
200	10 x 20 on 1:00 Shooters	SP3	S	CHC
1,000	10 x 100 on 2:15 Kick-odds fast	EN2	K	CHC
500	10 x 50 on 1:00 Pulls breathe ev 9	EN1	P	FF
1,600	4 x 400 on 5:30 Freestyle	EN1	S	FF
1,200	4 x 300 on 4:15 Freestyle	EN1	S	FF
800	4 x 200 on 2:45 Freestyle	EN1	S	FF
400	4 x 100 on 1:25 Freestyle	EN1	S	FF
250	10 x 25 on 1:00 Vertical Kicking	EN1	K	FF
	1 on 6:00 Sculling drills	REC	D	CI

9:19 AM 6,750 Meters - Stress Value = 83

Workout #384 - Friday, 18 June 1999

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	STK
	1 on 30:00 Dryland and stretch		L	
800	1 x 800 on 16:00 Stroke Drill	REC	D	CHO
200	10 x 20 on 1:00 Shooters	SP3	S	FR
1,000	10 x 100 on 2:15 Kick-odds fast	EN2	K	CHO
	1 on 10:00 Techniques-open trns		D	BR
1,600	8 x 200 on 3:15 Pulls	EN1	P	FR
1,200	24 x 50 on 1:15 Breast-fly kick descend 1-3	EN1	K	BR
250	10 x 25 on 1:00 Vertical Kicking	EN1	K	FR
	1 on 6:00 Sculling drills	REC	D	CD

9:16 AM 5,050 Meters - Stress Value = 64

Workout #385 - Friday, 18 June 1999

Group 3 - All

1 minute rest between sets

5:30 PM Start

Meters	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	8 x 100 on 2:00 Stroke Drills	REC	D
200	10 x 20 on 1:00 Starts sprint free	SP3	S
600	12 x 50 on 1:15 Kick-no board 3 on each stroke	EN1	K
	1x{2 x 100 on 2:00 50 fly 50 back	EN1	S
	{1 x 200 on 4:00 Individual Medley	SP1	S
	{2 x 100 on 2:00 50 back 50 breast	EN1	S
	{1 x 200 on 4:00 Individual Medley	SP1	S
	{2 x 100 on 2:00 50 breast 50 free	EN1	S
	{1 x 200 on 4:00 Individual Medley	SP1	S
	{ do the IM's at 90%		
400	1 x 400 on 7:30 Freestyle--EZ	REC	S
400	1 x 400 on 7:00 Individual Medley	SP1	S
	all out for time		
200	1 x 200 on 4:00 Stroke Drill	REC	D

7:30 PM 3,800 Meters - Stress Value = 111

Workout #386 - Saturday, 19 June 1999

Age Group - Freestylers

1 minute rest between sets

6:30 AM Start			
Meters	Set Description	EGY	WC
=====	=====	====	==
	1 on 30:00 Plyometrics/stretch		
1,200	1 x 1200 on 22:00 400 SKPS 400 rev IM	REC	
	Drill 400 free build		
200	10 x 20 on 1:00 Shooters-fly	SP3	
1x{	1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
1,000	4 x 250 on 3:45 Pulls with paddles	EN1	
200	1 x 200 on 4:00 Freestyle-build	EN1	
1x{	3 x 100 on 2:00 50 fly 50 back	EN1	
	{2 x 200 on 4:00 Individual Medley	EN1	
	{3 x 100 on 2:00 50 back 50 breast	EN1	
	{2 x 200 on 4:00 Individual Medley	EN1	
	{3 x 100 on 4:00 50 breast 50 free	EN1	
	{2 x 200 on 4:00 Individual Medley	EN1	
250	10 x 25 on 1:00 Vertical Kicking	EN1	
	1 on 5:00 Sculling drills	REC	
	9:13 AM 5,550 Meters - Stress Value = 57		

Workout #387 - Saturday, 19 June 1999

Group 3 - All

1 minute rest between sets

6:30 AM Start			
Meters	Set Description	EGY	WC
=====	=====	====	==
	1 on 30:00 Plyometrics/stretch		
1,200	1 x 1200 on 22:00 400 SKPS 400 rev IM	REC	
	Drill 400 free build		
200	10 x 20 on 1:00 Shooters-fly	SP3	
1x{	1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
1,000	4 x 250 on 3:45 Pulls with paddles	EN1	
200	1 x 200 on 4:00 Freestyle-build	EN1	
600	6 x 100 on 8:00 Freestyle	SP1	
200	1 x 200 on 4:00 Bilateral	REC	
250	10 x 25 on 1:00 Vertical Kicking	EN1	
	1 on 5:00 Sculling drills	REC	
	9:18 AM 4,250 Meters - Stress Value = 89		

Workout #388 - Saturday, 19 June 1999

Age Group - Freestylers

1 minute rest between sets

6:30 AM Start			
Meters	Set Description	EGY	WC
=====	=====	====	==
	1 on 30:00 Plyometrics/stretch		
1,200	1 x 1200 on 22:00 400 SKPS 400 rev IM	REC	
	Drill 400 free build		
200	10 x 20 on 1:00 Shooters-fly	SP3	
1x{	1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
1,000	4 x 250 on 3:45 Pulls with paddles	EN1	

200	1 x 200 on 4:00 Freestyle-build	EN1
1x{	3 x 100 on 2:00 50 fly 50 back	EN1
	{2 x 200 on 4:00 Individual Medley	EN1
	{3 x 100 on 2:00 50 back 50 breast	EN1
	{2 x 200 on 4:00 Individual Medley	EN1
	{3 x 100 on 4:00 50 breast 50 free	EN1
	{2 x 200 on 4:00 Individual Medley	EN1
400	1 x 400 on 6:00 Stroke Drills	REC
	9:04 AM 5,700 Meters - Stress Value = 55	

Workout #389 - Monday, 21 June 1999

Group 3 - Sprint

1 minute rest between sets

6:30 AM Start			
Meters	Set Description	EGY	WC
=====	=====	====	==
	1 on 30:00 Dryland and stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
3x{	1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
1,200	24 x 50 on 1:00 Pulls	EN1	
1x{	2 x 100 on 2:00 Freestyle	EN1	
	{4 x 50 on :45 Freestyle	EN1	
	{2 x 100 on 1:55 Freestyle	EN1	
	{4 x 50 on :50 Freestyle	EN1	
	{2 x 100 on 1:50 Freestyle	EN1	
	{4 x 50 on :55 Freestyle	EN1	
	{2 x 100 on 1:45 Freestyle	EN1	
	{4 x 50 on 1:00 Freestyle	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
250	10 x 25 on 1:00 Vertical Kicking	EN1	
	1 on 5:00 Sculling drills	REC	
	9:14 AM 5,650 Meters - Stress Value = 60		

Workout #390 - Monday, 21 June 1999

Group 3 - Breast

1 minute rest between sets

6:30 AM Start			
Meters	Set Description	EGY	WC
=====	=====	====	==
	1 on 30:00 Dryland and stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
3x{	1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
1,400	4 x 350 on 6:15 Pulls	EN1	
1x{	3 x 50 on 1:15 Breaststroke	EN1	
	{3 x 100 on 2:20 Breaststroke	EN1	
	{3 x 150 on 3:15 Breaststroke	EN2	
	{3 x 200 on 4:00 Breaststroke	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
250	10 x 25 on 1:00 Vertical Kicking	EN1	
	1 on 5:00 Sculling drills	REC	
	9:19 AM 5,750 Meters - Stress Value = 68		

Workout #391 - Monday, 21 June 1999

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WC
	1 on 30:00 Dryland and stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
	3x{1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
2,000	4 x 500 on 6:15 Pulls	EN1	
	1x{3 x 200 on 3:00 Freestyle	EN1	
	{3 x 200 on 2:55 Freestyle	EN1	
	{3 x 200 on 2:50 Freestyle	EN1	
	{3 x 200 on 2:45 Freestyle	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
250	10 x 25 on 1:00 Vertical Kicking	EN1	
	1 on 5:00 Sculling drills	REC	
	9:21 AM 7,250 Meters - Stress Value = 81		

Workout #392 - Monday, 21 June 1999

Group 3 - Fly & Back

1 minute rest between sets

Meters	Set Description	EGY	WC
	1 on 30:00 Dryland and stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
	3x{1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
2,000	4 x 500 on 6:15 Pulls	EN1	
	1x{2 x 100 on 2:00 Your Stroke	EN1	
	{2 x 100 on 1:30 Freestyle-build	EN1	
	{4 x 100 on 1:50 Your Stroke	EN1	
	{4 x 100 on 1:30 Freestyle-build	EN1	
	{1 x 200 on 4:00 Your Stroke-85%	EN3	
500	10 x 50 on 1:00 Stroke Drills	REC	
250	10 x 25 on 1:00 Vertical Kicking	EN1	
	1 on 5:00 Sculling drills	REC	
	9:11 AM 6,250 Meters - Stress Value = 78		

Workout #393 - Monday, 21 June 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch			L
800	1 x 800 on 16:00 Reverse IM drill	REC		D
160	8 x 20 on 1:00 Shooters	SP3		S
800	16 x 50 on 1:10 Kick-descend 1-3	EN2		K C
	hold 16 as fast as 15			
300	6 x 50 on :50 Freestyle	EN1		S
	4x{3 x 100 on 1:45 Backstroke	EN1		S
	{2 x 50 on 1:00 Backstroke-FAST	EN2		S
400	8 x 50 on 1:00 Stroke Drills	REC		D
	7:30 PM 4,060 Meters - Stress Value = 50			

Workout #394 - Tuesday, 22 June 1999

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	W
	6:30 AM Start		

Meters	Set Description	EGY	W
	1 on 30:00 Plyometrics/stretch		
1,000	1 x 1000 on 20:00 Alt 100 4st ba/fr w/	REC	
200	10 x 20 on 1:00 Shooters	SP3	
1,000	10 x 100 on 2:15 Kick-hold time I giv	EN2	
	1x{2 x 300 on 4:30 Pulls	EN1	
	{2 x 300 on 4:20 Pulls	EN1	
	{2 x 300 on 4:10 Pulls	EN1	
2,400	3 x 800 on 12:00 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
250	10 x 25 on 1:00 Vertical Kicking	EN2	
	9:21 AM 7,150 Meters - Stress Value = 111		

Workout #395 - Tuesday, 22 June 1999

Group 3 - Fly & Back

1 minute rest between sets

Meters	Set Description	EGY	W
	6:30 AM Start		
	1 on 30:00 Plyometrics/stretch		
1,000	1 x 1000 on 20:00 Alt 100 4st ba/fr w/	REC	
200	10 x 20 on 1:00 Shooters	SP3	
1,000	10 x 100 on 2:15 Kick-hold time I giv	EN2	
	6x{1 x 100 on 1:30 Pulls	EN1	
	{1 x 100 on 1:30 Lungbuster pulls	EN1	
300	6 x 50 on 1:00 Descend in sets of 3	EN1	
	3x{4 x 50 on 1:00 Your Stroke	EN2	
	{4 x 50 on :55 Your Stroke	EN2	
	{4 x 50 on :50 Your Stroke	EN2	
	{1 on 1:00 Rest		
500	10 x 50 on 1:00 Stroke Drills	REC	
250	10 x 25 on 1:00 Vertical Kicking	EN2	
	9:20 AM 6,250 Meters - Stress Value = 93		

Workout #396 - Tuesday, 22 June 1999

Group 3 - Breast

1 minute rest between sets

Meters	Set Description	EGY	W
	6:30 AM Start		
	1 on 30:00 Plyometrics/stretch		
1,000	1 x 1000 on 20:00 Alt 100 4st ba/fr w/	REC	
200	10 x 20 on 1:00 Shooters	SP3	
1,000	10 x 100 on 2:15 Kick-hold time I giv	EN2	
800	8 x 100 on 2:10 Pulls	EN1	
300	6 x 50 on 1:00 Descend in sets of 3	EN1	
	2x{4 x 200 on 4:00 Breaststroke	EN2	
	{1 on 1:00 Rest		
500	10 x 50 on 1:00 Stroke Drills	REC	
250	10 x 25 on 1:00 Vertical Kicking	EN2	
	9:18 AM 5,650 Meters - Stress Value = 84		

Workout #397 - Tuesday, 22 June 1999

Group 3 - Sprint

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	W
	1 on 30:00 Plyometrics/stretch		
1,000	1 x 1000 on 20:00 Alt 100 4st ba/fr w/	REC	
200	10 x 20 on 1:00 Shooters	SP3	
1,000	10 x 100 on 2:15 Kick-hold time I giv	EN2	
1,200	6 x 200 on 3:30 Pulls	EN1	
300	3 x 100 on 2:00 Descend 1-3	EN1	
	1x{8 x 50 on 2:00 Freestyle	SP1	
	{8 x 50 on 2:00 Choice-no freestyle	SP1	
500	10 x 50 on 1:00 Stroke Drills	REC	
250	10 x 25 on 1:00 Vertical Kicking	EN2	
9:19 AM 5,250 Meters - Stress Value = 123			

Workout #398 - Tuesday, 22 June 1999

Group 3 - All

1 minute rest between sets

5:30 PM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills 2 on e	REC	
160	8 x 20 on 1:00 Shooters-back	SP3	
600	3 x 200 on 6:30 Kick-breast	EN1	
900	1x{3 x 150 on 2:30 Pulls	EN1	
	{3 x 100 on 1:30 Pulls	EN1	
	{3 x 50 on :40 Pulls	EN1	
100	1 x 100 on 1:30 Freestyle-build	EN1	
900	1x{6 x 50 on 1:05 Breaststroke	EN1	
	{6 x 50 on 1:00 Breaststroke	EN1	
	{6 x 50 on :55 Breaststroke	EN1	
400	1 x 400 on 6:00 Stroke Drill	REC	
7:30 PM 3,860 Meters - Stress Value = 33			

Workout #399 - Wednesday, 23 June 1999

Group 3 - All

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	S
	1 on 30:00 Dryland and stretch		L	
1,000	1 x 1000 on 20:00 Choice	REC	S	C
200	10 x 20 on 1:00 Shooters	SP3	S	E
200	1 x 200 on 10:00 Your event for time	SP2	S	S
800	16 x 50 on 1:00 Kick with flippers	EN2	K	C
1,600	8 x 200 on 3:00 Lungbuster pulls	EN1	P	
200	4 x 50 on :50 Freestyle	EN1	S	
1,800	12 x 150 on 2:30 Freestyle	EN3	S	
500	10 x 50 on 1:00 Stroke Drills	REC	D	
9:11 AM 6,300 Meters - Stress Value = 188				

Workout #400 - Thursday, 24 June 1999

Group 3 - Fly & Back

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	F
	1 on 30:00 Plyometrics/stretch		I	
1,000	1 x 1000 on 20:00 Choice	REC	I	
200	10 x 20 on 1:00 Shooters	SP3	S	E
	1x{4 x 50 on 1:15 Kick	EN2	F	
	{4 x 50 on 1:10 Kick	EN2	F	
	{4 x 50 on 1:05 Kick	EN2	F	

	{4 x 50 on 1:00 Kick	EN2	F
	1x{12 x 50 on :50 Pulls-nbbf&w	EN1	F
	{6 x 100 on 1:30 Pulls-nbbf&w	EN1	F
	{3 x 200 on 2:40 Pulls-nbbf&w	EN1	F
100	1 x 100 on 2:00 Freestyle	EN1	S
	5x{4 x 50 on 1:00 Stroke Drills-descen	EN1	I
	{2 x 100 on 1:30 Your Stroke	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	I
125	5 x 25 on 1:00 Vertical Kicking	EN2	F
	1 on 5:00 Sculling drills	REC	I
9:19 AM 6,525 Meters - Stress Value = 82			

Workout #401 - Thursday, 24 June 1999

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	S
	1 on 30:00 Plyometrics/stretch		L	
1,000	1 x 1000 on 20:00 Choice	REC	D	C
200	10 x 20 on 1:00 Shooters	SP3	S	
	1x{4 x 50 on 1:15 Kick	EN2	K	C
	{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
1,000	4 x 250 on 5:15 Pulls	EN1	P	
300	3 x 100 on 1:45 Freestyle-descend	EN1	S	
	1x{6 x 100 on 2:00 Breaststroke	EN1	S	
	{5 x 100 on 1:55 Breaststroke	EN1	S	
	{4 x 100 on 1:50 Breaststroke	EN1	S	
	{3 x 100 on 1:45 Breaststroke	EN1	S	
500	10 x 50 on 1:00 Stroke Drills	REC	D	
125	5 x 25 on 1:00 Vertical Kicking	EN2	K	C
	1 on 5:00 Sculling drills	REC	D	
9:17 AM 5,725 Meters - Stress Value = 61				

Workout #402 - Thursday, 24 June 1999

Group 3 - Sprint

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WC
	1 on 30:00 Plyometrics/stretch		
1,000	1 x 1000 on 20:00 Choice	REC	
200	10 x 20 on 1:00 Shooters	SP3	
	1x{4 x 50 on 1:15 Kick	EN2	
	{4 x 50 on 1:10 Kick	EN2	
	{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	2x{6 x 50 on 1:00 Pulls	EN1	
	{4 x 100 on 1:50 Pulls	EN1	
	{2 x 200 on 3:20 Pulls	EN1	
1,000	10 x 100 on 1:45 Descend in sets of 3	EN1	
	hold 10 as fast as 9		
500	10 x 50 on 1:00 Stroke Drills	REC	
125	5 x 25 on 1:00 Vertical Kicking	EN2	
	1 on 5:00 Sculling drills	REC	
9:12 AM 5,825 Meters - Stress Value = 63			

Workout #403 - Thursday, 24 June 1999

1 minute rest between sets

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM	Start		
800	1 on 30:00 Plyometrics/stretch		
200	1 x 800 on 16:00 Stroke Drills	REC	
1,000	10 x 20 on 1:00 Shooters	SP3	
200	1x{1 x 300 on 6:30 Kick	EN1	
	{2 x 150 on 3:10 Kick	EN1	
	{3 x 100 on 2:10 Kick	EN2	
	1 x 100 on 5:00 Kick for time	EN3	
	{4 x 50 on 1:10 Kick	EN2	
	{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	1x{1 x 1000 on 15:00 Pulls with paddles	EN1	
	{4 x 250 on 3:45 Pulls with paddles	EN1	
	2x{2 x 400 on 6:20 Freestyle	EN1	
	{4 x 100 on 1:20 Freestyle	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
125	5 x 25 on 1:00 Vertical Kicking	EN2	
	1 on 5:00 Sculling drills	REC	
9:20 AM	7,025 Meters - Stress Value = 76		

Meters	Set Description	EGY	WC
6:30 AM	Start		
800	1 on 30:00 Dryland and stretch		
200	1 x 800 on 16:00 Stroke Drills	REC	
1,000	10 x 20 on 1:00 Shooters	SP3	
200	1x{1 x 300 on 6:30 Kick	EN1	
	{2 x 150 on 3:10 Kick	EN1	
	{3 x 100 on 2:10 Kick	EN2	
	1 x 100 on 5:00 Kick for time	EN3	
	{4 x 50 on 1:10 Kick	EN2	
	{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	1x{1 x 400 on 7:00 Your Stroke 50dr 50s	EN1	
	{2 x 200 on 3:30 Your Stroke 50dr 50s	EN1	
	{4 x 100 on 1:45 Your Stroke	EN1	
400	4 x 100 on 1:45 Freestyle descend to ludicorus speed	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
200	8 x 25 on 1:00 Vertical Kicking	EN2	
	1 on 5:00 Sculling drills	REC	
9:17 AM	5,950 Meters - Stress Value = 74		

Workout #404 - Thursday, 24 June 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
5:30 PM	Start		
	1 on 31:00 Stomach and Stretch		
800	8x{1 x 50 on 1:00 Stroke Drills	REC	
	{1 x 50 on 1:00 Stroke Drills	REC	
200	10 x 20 on 1:00 Shooters-breast	SP3	
800	8 x 100 on 1:40 Kick with flippers odds on back evens on side under water	EN2	
400	4 x 100 on 1:30 Freestyle	EN1	
	5x{1 x 150 on 2:45 50 dr 50 bld 50 fast	EN1	
	{1 x 100 on 1:50 50 build 50 fast	EN1	
	{1 x 50 on :55 50 fast	EN1	
	{1 on :30 Rest		
400	8 x 50 on 1:00 Stroke Drills	REC	
7:30 PM	4,100 Meters - Stress Value = 48		

Workout #407 - Friday, 25 June 1999

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WC
6:30 AM	Start		
800	1 on 30:00 Dryland and stretch		
200	1 x 800 on 16:00 Stroke Drills	REC	
1,000	10 x 20 on 1:00 Shooters	SP3	
200	1x{1 x 300 on 6:30 Kick	EN1	
	{2 x 150 on 3:10 Kick	EN1	
	{3 x 100 on 2:10 Kick	EN2	
	1 x 100 on 5:00 Kick for time	EN3	
	{4 x 50 on 1:10 Kick	EN2	
	{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	1x{4 x 200 on 2:50 Freestyle	EN1	
	{2 x 200 on 2:40 Freestyle	EN1	
	{4 x 100 on 1:25 Freestyle	EN1	
	{2 x 100 on 1:20 Freestyle	EN1	
	{4 x 50 on :45 Freestyle	EN1	
	{2 x 50 on :40 Freestyle	EN1	
400	4 x 100 on 1:45 Free-descend to ludicorus speed	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
200	8 x 25 on 1:00 Vertical Kicking	EN2	
	1 on 5:00 Sculling drills	REC	
9:19 AM	6,550 Meters - Stress Value = 81		

Workout #405 - Friday, 25 June 1999

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WC
6:30 AM	Start		
	1 on 30:00 Dryland and stretch		
800	1 x 800 on 16:00 Stroke Drills	REC	
200	10 x 20 on 1:00 Shooters	SP3	
	1x{1 x 300 on 6:30 Kick	EN1	
	{2 x 150 on 3:10 Kick	EN1	
	{3 x 100 on 2:10 Kick	EN2	
	1 x 100 on 5:00 Kick for time	EN3	
1,500	10 x 150 on 2:15 Pulls-mid 50 br ev 9	EN1	
300	6 x 50 on :55 Freestyle	EN1	
1,200	6 x 200 on 4:00 Freestyle	EN1	
300	3 x 100 on 1:45 Freestyle descend to ludicorus speed	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
200	8 x 25 on 1:00 Vertical Kicking	EN2	
	1 on 5:00 Sculling drills	REC	
9:19 AM	5,850 Meters - Stress Value = 73		

Workout #406 - Friday, 25 June 1999

Group 3 - Fly & Back

Workout #408 - Friday, 25 June 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
5:30 PM Start			
800	1 on 29:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
160	8 x 20 on 1:00 Starts sprint free	SP3	
400	8 x 50 on 1:15 Kick 2 0n each no board	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
	1x{3 x 50 on 1:00 Stroke Drills	EN1	
	{1 x 50 on 2:00 Butterfly-fast	SP2	
	{3 x 50 on 1:00 Stroke Drills	EN1	
	{1 x 50 on 2:00 Backstroke	SP2	
	{3 x 50 on 1:00 Stroke Drills	EN1	
	{1 x 50 on 2:00 Breaststroke	SP2	
	{3 x 50 on 1:00 Stroke Drills	EN1	
	{1 x 50 on :00 Freestyle	SP2	
200	1 x 200 on 4:00 Freestyle	REC	
600	3 x 200 on 5:00 Individual Medley	SP2	
200	1 x 200 on 4:00 Choice	REC	
7:30 PM 3,760 Meters - Stress Value = 116			

Workout #409 - Saturday, 26 June 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WC
6:30 AM Start			
1,200	1 on 30:00 Plyometrics/stretch		
	1 x 1200 on 24:00 400 SKPS 400 rev IM drill 400 free build	REC	
200	10 x 20 on 1:00 Shooters-fly	SP3	
	1x{1 x 200 on 10:00 Choice	SP1	
	{1 x 100 on 8:00 Choice	SP1	
400	1 x 400 on 7:00 Freestyle-EZ	REC	
	2x{2 x 50 on 1:00 Kick with flippers	EN2	
	{2 x 50 on :55 Kick with flippers	EN2	
	{2 x 50 on :50 Kick with flippers	EN2	
	{2 x 50 on :45 Kick with flippers	EN2	
	{2 x 50 on :40 Kick with flippers	EN2	
100	1 x 100 on 5:00 Timed kick no fins	EN3	
1,500	5 x 300 on 4:30 Pulls with paddles	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
9:01 AM 5,200 Meters - Stress Value = 80			

Workout #410 - Monday, 28 June 1999

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WC
6:30 AM Start			
1,000	1 on 30:00 Dryland and stretch		
200	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
800	10 x 20 on 1:00 Shooters	SP3	
1,200	8 x 100 on 2:15 Kick	EN2	
	6 x 200 on 3:00 Pulls with paddles	EN1	
	1x{2 x 400 on 6:15 Freestyle	EN1	
	{2 x 400 on 6:00 Freestyle	EN1	
	{2 x 400 on 5:45 Freestyle	EN1	
	{2 x 400 on 5:30 Freestyle	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
9:06 AM 6,800 Meters - Stress Value = 76			

Workout #411 - Monday, 28 June 1999

Group 3 - Breast

1 minute rest between sets

Meters	Set Description	EGY	WC
6:30 AM Start			
	1 on 30:00 Dryland and stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
800	8 x 100 on 2:15 Kick-breast	EN2	
800	16 x 50 on 1:30 Pulls with paddles	EN1	
	6x{2 x 100 on 2:00 Breaststroke	EN1	
	{1 x 100 on 1:45 Butterfly	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
9:00 AM 5,000 Meters - Stress Value = 56			

Workout #412 - Monday, 28 June 1999

Group 3 - Fly & Back

1 minute rest between sets

Meters	Set Description	EGY	WORK
6:30 AM Start			
	1 on 30:00 Dryland and stretch		L
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	S
200	10 x 20 on 1:00 Shooters	SP3	S
800	8 x 100 on 2:15 Kick-no board	EN2	K
1,200	6 x 200 on 3:00 Pulls with paddles	EN1	P
2,250	15 x 150 on 2:45 50 stroke, 50 free build, 50 stroke	EN1	S
350	7 x 50 on 1:00 Stroke Drills	REC	D
9:00 AM 5,800 Meters - Stress Value = 64			

Workout #413 - Monday, 28 June 1999

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WORK
6:30 AM Start			
	1 on 30:00 Stomach and Stretch		L
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	S
200	10 x 20 on 1:00 Shooters	SP3	S
800	8 x 100 on 2:15 Kick	EN2	K
1,200	6 x 200 on 4:00 Pulls with paddles	EN1	P
1,500	15 x 100 on 1:45 Descend in sets of 3	EN1	S
550	11 x 50 on 1:00 Stroke Drills	REC	D
8:55 AM 5,250 Meters - Stress Value = 57			

Workout #414 - Monday, 28 June 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK
5:30 PM Start			
	1 on 31:00 Stomach and Stretch		L
800	1 x 800 on 16:00 Reverse IM drill	REC	D
200	10 x 20 on 1:00 Shooters	SP3	S
600	12 x 50 on 1:15 Kick-descend 1-3	EN2	K
	1x{8 x 50 on :55 Backstroke	EN1	S
	{4 x 100 on 1:50 Backstroke	EN1	S
	{2 x 200 on 3:40 Backstroke	EN2	S
	{1 x 400 on 6:00 Back-90% effort	EN2	S
500	10 x 50 on :45 Free-concentrate on good finishes	EN1	S
400	1 x 400 on 7:00 Bilateral	REC	D
7:30 PM 4,100 Meters - Stress Value = 54			

Workout #415 - Tuesday, 29 June 1999

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WORK
	6:30 AM Start		
1,000	1 on 30:00 Plyometrics/stretch	REC	D
200	1 x 1000 on 18:00 Choice	SP3	S
	10 x 20 on 1:00 Shooters	EN2	K
	3x{1 x 150 on 3:15 Kick with flippers	EN2	K
	{1 x 100 on 2:10 Kick with flippers	EN2	K
	{1 x 50 on 1:05 Kick with flippers	EN2	K
1,000	20 x 50 on 1:00 Pulls br ev 8	EN1	P
150	3 x 50 on 1:00 Freestyle-descend	EN1	S
	2x{6 x 50 on 1:00 Freestyle	EN1	S
	{6 x 50 on :55 Freestyle	EN1	S
	{6 x 50 on :50 Freestyle	EN1	S
	{1 on 2:00 Rest	M	
500	10 x 50 on 1:00 Stroke Drills	EN1	D
	9:04 AM 5,550 Meters - Stress Value = 69		

Workout #416 - Tuesday, 29 June 1999

Group 3 - Breast

1 minute rest between sets

Meters	Set Description	EGY	WORK
	6:30 AM Start		
1,000	1 on 30:00 Plyometrics/stretch	REC	I
200	1 x 1000 on 20:00 Choice	SP3	S
	10 x 20 on 1:00 Shooters	EN2	K
	3x{1 x 150 on 3:15 Kick hands behind	EN2	K
	{1 x 100 on 2:10 Kick streamline	EN2	K
	{1 x 50 on 1:05 Kick on back	EN2	K
1,200	6 x 200 on 4:30 Pulls with paddles	EN1	P
150	3 x 50 on 1:00 Freestyle-descend	EN1	S
	5x{1 x 100 on 2:15 Stroke Drill	REC	I
	{1 x 100 on 2:15 Breaststroke- build	EN1	S
	{1 x 50 on 1:00 Breaststroke-fast	EN2	S
500	10 x 50 on 1:00 Stroke Drills	EN1	I
	9:04 AM 5,200 Meters - Stress Value = 62		

Workout #417 - Tuesday, 29 June 1999

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WORK
	6:30 AM Start		
1,000	1 on 30:00 Plyometrics/stretch	REC	D
200	1 x 1000 on 20:00 Choice	SP3	S
	10 x 20 on 1:00 Shooters	EN2	K
	3x{1 x 150 on 3:15 Kick	EN2	K
	{1 x 100 on 2:10 Kick	EN2	K
	{1 x 50 on 1:05 Kick	EN2	K
2,000	4 x 500 on 7:00 Pulls with paddles	EN1	P
150	3 x 50 on 1:00 Freestyle-descend	EN1	S
	1x{4 x 200 on 2:45 Freestyle	EN1	S
	{4 x 200 on 2:40 Freestyle	EN1	S
	{4 x 200 on 2:35 Freestyle	EN1	S
300	6 x 50 on 1:00 Stroke Drills	EN1	D
	9:05 AM 6,950 Meters - Stress Value = 83		

Workout #418 - Tuesday, 29 June 1999

Group 3 - Fly & Back

1 minute rest between sets

Meters	Set Description	EGY	WORK
	6:30 AM Start		

	1 on 30:00 Plyometrics/stretch		L
1,000	1 x 1000 on 20:00 Choice	REC	D
200	10 x 20 on 1:00 Shooters	SP3	S
	4x{1 x 150 on 3:15 Kick	EN2	K
	{1 x 100 on 2:10 Kick	EN2	K
	{1 x 50 on 1:05 Kick	EN2	K
1,000	10 x 100 on 1:40 Lungbuster pulls	EN1	P
150	3 x 50 on 1:00 Freestyle-descend	EN1	S
1,500	30 x 50 on 1:00 Alt 50 fly 50 back with flippers	EN1	S
500	10 x 50 on 1:00 Stroke Drills	EN1	D
	9:02 AM 5,550 Meters - Stress Value = 71		

Workout #419 - Tuesday, 29 June 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
	5:30 PM Start			
	1 on 30:00 Stomach and Stretch		L	
800	8 x 100 on 2:00 Stroke Drills	REC	D	IM
	2 On each stroke			
160	8 x 20 on 1:00 Shooters	SP3	S	BK
600	6 x 100 on 2:15 Kick-breast	EN1	K	BR
	5x{1 x 50 on :55 Pulls	EN1	P	FR
	{1 x 50 on :50 Pulls	EN1	P	FR
	{1 x 50 on :45 Pulls	EN1	P	FR
	{1 x 50 on :40 Pulls	EN1	P	FR
	4x{1 x 50 on 1:00 Stroke Drills	REC	D	BR
	{1 x 100 on 2:00 Breaststroke	EN1	S	BR
	{1 x 100 on 1:55 Breaststroke	EN1	S	BR
	{1 x 100 on 1:50 Breaststroke	EN1	S	BR
200	1 x 200 on 4:00 Bilateral	REC	D	CD
	7:30 PM 4,160 Meters - Stress Value = 34			

Workout #420 - Wednesday, 30 June 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK
	6:30 AM Start		
	1 on 30:00 Dryland and stretch		L
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	S
200	10 x 20 on 1:00 Pit sprints	SP3	S
1,000	20 x 50 on :45 Kick with flippers	EN2	K
100	1 x 100 on 2:00 Freestyle-build	EN1	S
200	1 x 200 on 8:00 Your Stroke for time	SP1	S
400	8 x 50 on 1:00 Freestyle	REC	S
2,400	6 x 400 on 7:00 Freestyle-you choose your interval	EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
	9:00 AM 5,700 Meters - Stress Value = 103		

Workout #421 - Thursday, 01 July 1999

Group 3 - Fly & Back

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
6:30 AM Start				
1,000	1 on 30:00 Plyometrics/stretch			L
200	1 x 1000 on 20:00 Choice	REC	S	CHO
	10 x 20 on 1:00 Shooters	SP3	S	BR
	1x{4 x 50 on 1:15 Kick	EN2	K	CHO
	{4 x 50 on 1:10 Kick	EN2	K	CHO
	{4 x 50 on 1:05 Kick	EN2	K	CHO
	{4 x 50 on 1:00 Kick	EN2	K	CHO
1,800	6 x 300 on 4:30 Pulls	EN1	P	FR
	1x{4 x 200 on 3:30 Your Stroke	EN2	S	STK
	{1 on 1:00 Rest			M
	{3 x 200 on 3:20 Your Stroke	EN2	S	STK
	{1 on 1:00 Rest			K
	{2 x 200 on 3:10 Your Stroke	EN2	S	STK
	{1 on 1:00 Rest			M
	{1 x 200 on 3:00 Your Stroke	EN2	S	STK
300	1 x 300 on 5:00 Freestyle-ez	REC	S	FR
9:02 AM 6,100 Meters - Stress Value = 89				

Workout #424 - Thursday, 01 July 1999

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WORK
6:30 AM Start			
1,000	1 on 30:00 Plyometrics/stretch		L
200	1 x 1000 on 20:00 Choice	REC	S
	10 x 20 on 1:00 Shooters	SP3	S
	1x{4 x 50 on 1:15 Kick	EN2	K
	{4 x 50 on 1:10 Kick	EN2	K
	{4 x 50 on 1:05 Kick	EN2	K
	{4 x 50 on 1:00 Kick	EN2	K
1,200	12 x 100 on 1:45 Lungbuster pulls	EN1	P
	odds breathe 5-7		
	evens breathe 6-8		
	10x{4 x 50 on :50 Free-descend	EN2	S
	{1 on :40 Rest		M
300	1 x 300 on 5:00 Freestyle-ez	REC	D
8:59 AM 5,500 Meters - Stress Value = 82			

Workout #425 - Thursday, 01 July 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
6:30 AM Start				
1,000	1 on 30:00 Plyometrics/stretch			L
200	1 x 1000 on 20:00 Choice	REC	S	CHO
	10 x 20 on 1:00 Shooters	SP3	S	BR
	1x{4 x 50 on 1:15 Kick	EN2	K	BR
	{4 x 50 on 1:10 Kick	EN2	K	BR
	{4 x 50 on 1:05 Kick	EN2	K	BR
	{4 x 50 on 1:00 Kick	EN2	K	BR
300	3 x 100 on 1:45 Freestyle	EN1	S	FR
	3x{1 x 400 on 8:00 Breaststroke	EN2	S	BR
	{1 x 300 on 6:00 Breaststroke	EN2	S	BR
	{1 x 200 on 4:00 Breaststroke	EN2	S	BR
	{1 x 100 on 2:00 Breaststroke	EN2	S	BR
300	1 x 300 on 5:00 Freestyle-ez	REC	S	CD
9:04 AM 5,600 Meters - Stress Value = 94				

Meters	Set Description	EGY	WORK
5:30 PM Start			
	1 on 30:00 Stomach and Stretch		L
8x{1 x 50 on 1:00 Stroke Drills		REC	D
{1 x 50 on 1:00 Stroke Drills		REC	D
160	8 x 20 on 1:00 Shooters-brst	SP3	S
700	7 x 100 on 1:40 Kick-fly with fins	EN2	K
500	10 x 50 on :45 Freestyle	EN1	S
	1x{3 x 100 on 1:45 Freestyle	EN1	S
	{6 x 50 on 1:00 Butterfly with fins	EN1	S
	{3 x 100 on 1:45 Freestyle	EN1	S
	{4 x 50 on :55 Butterfly with fins	EN1	S
	{3 x 100 on 1:45 Freestyle	EN1	S
	{4 x 50 on :50 Butterfly with fins	EN1	S
	{3 x 100 on 1:45 Freestyle	EN1	S
	{2 x 50 on :45 Butterfly with fins	EN1	S
200	1 x 200 on 4:00 Six kick switch	REC	D
7:29 PM 4,360 Meters - Stress Value = 48			

Workout #423 - Thursday, 01 July 1999

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
6:30 AM Start				
1,000	1 on 30:00 Plyometrics/stretch			L
200	1 x 1000 on 20:00 Choice	REC	S	CHO
	10 x 20 on 1:00 Shooters	SP3	S	BR
	1x{4 x 50 on 1:15 Kick	EN2	K	CHO
	{4 x 50 on 1:10 Kick	EN2	K	CHO
	{4 x 50 on 1:05 Kick	EN2	K	CHO
	{4 x 50 on 1:00 Kick	EN2	K	CHO
2,400	3 x 800 on 12:00 Pulls	EN2	P	FR
	1x{4 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 on :30 Rest			M
	{3 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 on :30 Rest			M
	{2 x 200 on 2:35 Freestyle	EN2	S	FR
	{1 on :35 Rest			M
	{1 x 200 on 2:30 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 Freestyle-EZ	REC	S	FR
9:03 AM 6,700 Meters - Stress Value = 122				

Workout #426 - Friday, 02 July 1999

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WORK
6:30 AM Start			
	1 on 30:00 Dryland and stretch		L
800	1 x 800 on 16:00 Stroke Drill	REC	D
200	10 x 20 on 1:00 Pit sprints	SP3	S
1,000	10 x 100 on 2:15 Kick-odds fast	EN2	K
500	10 x 50 on 1:00 Pulls breathe ev 9	EN1	P
	1x{6 x 300 on 4:00 Freestyle	EN1	S
	{6 x 200 on 2:40 Freestyle	EN1	S
	{6 x 100 on 1:20 Freestyle	EN1	S
	{6 x 50 on :40 Freestyle	EN1	S
400	8 x 50 on 1:00 Freestyle	REC	D
9:04 AM 6,800 Meters - Stress Value = 80			

Workout #427 - Friday, 02 July 1999

Group 3 - Fly & Back

1 minute rest between sets

Meters	Set Description	EGY	WORK	STF
6:30 AM Start				
800	1 on 30:00 Dryland and stretch		L	
800	1 x 800 on 16:00 Stroke Drill	REC	D	CHC
200	10 x 20 on 1:00 Shooters	SP3	S	FF
1,000	10 x 100 on 2:15 Kick-odds fast	EN2	K	CHC
1,200	8 x 150 on 2:15 Pulls	EN1	P	FF
the mid 50 br ev 8				
2x{4	4 x 50 on 1:00 Your Stroke	EN1	S	STF
	{4 x 100 on 1:50 Your Stroke	EN1	S	STF
	{4 x 150 on 2:40 Your Stroke	EN1	S	STF
400	8 x 50 on 1:00 Stroke Drills	REC	D	CI
9:04 AM 6,000 Meters - Stress Value = 70				

Workout #428 - Friday, 02 July 1999

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WORK	STF
6:30 AM Start				
800	1 on 30:00 Dryland and stretch		L	
800	1 x 800 on 16:00 Stroke Drill	REC	D	CHC
200	10 x 20 on 1:00 Shooters	SP3	S	FF
1,000	10 x 100 on 2:15 Kick-odds fast	EN2	K	CHC
1,200	8 x 150 on 2:30 Pulls	EN1	P	FF
the mid 50 br ev 8				
2x{4	4 x 100 on 2:00 Freestyle	EN1	S	FF
	{4 x 100 on 1:45 Freestyle	EN1	S	FF
	{4 x 100 on 1:30 Freestyle	EN1	S	FF
	{1 on 2:00 Rest		M	
300	6 x 50 on 1:00 Stroke Drills	REC	D	CI
9:06 AM 5,900 Meters - Stress Value = 71				

Workout #429 - Monday, 05 July 1999

Group 3 - Fly & Back

1 minute rest between sets

Meters	Set Description	EGY	WC
6:30 AM Start			
1,000	1 on 30:00 Dryland and stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
3x{1	1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
2,000	4 x 500 on 6:30 Pulls	EN1	
1x{2	2 x 100 on 2:00 Your Stroke	EN1	
	{2 x 100 on 1:30 Freestyle-build	EN1	
	{4 x 100 on 1:50 Your Stroke	EN1	
	{4 x 100 on 1:30 Freestyle-build	EN1	
	{1 x 200 on 4:00 Your Stroke-85%	EN3	
500	10 x 50 on 1:00 Stroke Drills	REC	
8:56 AM 6,000 Meters - Stress Value = 76			

Workout #430 - Monday, 05 July 1999

Group 3 - Senior State

1 minute rest between sets

Meters	Set Description	EGY	WC
6:30 AM Start			
1,000	1 on 30:00 Dryland and stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	

3x{1	1 x 150 on 3:15 Kick	EN1
	{1 x 100 on 2:10 Kick	EN1
	{1 x 50 on 1:05 Kick	EN1
1,600	4 x 400 on 6:30 Pulls	EN1
1x{3	3 x 150 on 2:45 Freestyle	EN1
	{3 x 150 on 2:30 Freestyle	EN1
	{3 x 150 on 2:15 Freestyle	EN1
250	1 x 250 on 5:00 Stroke Drills	REC
8:49 AM 5,300 Meters - Stress Value = 48		

Workout #431 - Monday, 05 July 1999

Group 3 - Breast

1 minute rest between sets

Meters	Set Description	EGY	WC
6:30 AM Start			
1,000	1 on 30:00 Dryland and stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
3x{1	1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
1,200	4 x 300 on 6:30 Pulls	EN1	
1x{3	3 x 50 on 1:15 Breaststroke	EN1	
	{3 x 100 on 2:20 Breaststroke	EN1	
	{3 x 150 on 3:15 Breaststroke	EN2	
	{3 x 200 on 4:00 Breaststroke	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
9:04 AM 5,300 Meters - Stress Value = 64			

Workout #432 - Monday, 05 July 1999

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WC
6:30 AM Start			
1,000	1 on 30:00 Dryland and stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
3x{1	1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
2,000	4 x 500 on 6:30 Pulls	EN1	
1x{3	3 x 200 on 3:00 Freestyle	EN1	
	{3 x 200 on 2:55 Freestyle	EN1	
	{3 x 200 on 2:50 Freestyle	EN1	
	{3 x 200 on 2:45 Freestyle	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
9:06 AM 7,000 Meters - Stress Value = 79			

Workout #433 - Monday, 05 July 1999

Group 3 - Sprint

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WC
1,000	1 on 30:00 Dryland and stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
900	3x{1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
1,200	24 x 50 on 1:00 Pulls	EN1	
1,600	1x{2 x 100 on 2:00 Freestyle	EN1	
	{4 x 50 on :45 Freestyle	EN1	
	{2 x 100 on 1:55 Freestyle	EN1	
	{4 x 50 on :50 Freestyle	EN1	
	{2 x 100 on 1:50 Freestyle	EN1	
	{4 x 50 on :55 Freestyle	EN1	
	{2 x 100 on 1:45 Freestyle	EN1	
	{4 x 50 on 1:00 Freestyle	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	

8:58 AM 5,400 Meters - Stress Value = 58

Workout #434 - Tuesday, 06 July 1999

Group 3 - Senior State

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	S
1,000	1 on 30:00 Plyometrics/stretch		L	
1,000	1 x 1000 on 20:00 Choice	REC	S	C
200	10 x 20 on 1:00 Shooters	SP3	S	
1,000	10 x 100 on 2:15 Kick	EN1	K	C
	1x{1 x 400 on 6:30 Pulls	EN1	P	
	{1 x 300 on 5:00 Pulls	EN1	P	
	{1 x 200 on 3:15 Pulls	EN1	P	
	{1 x 100 on 1:40 Pulls	EN1	P	
300	3 x 100 on 1:45 Freestyle-descend	EN1	S	
	1x{4 x 50 on 2:00 Freestyle	SP2	S	
	{4 x 50 on 2:00 Choice-no free	SP2	S	C
600	12 x 50 on 1:15 Stroke Drills	REC	D	

8:53 AM 4,500 Meters - Stress Value = 77

Workout #435 - Tuesday, 06 July 1999

Group 3 - Distance

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	STK
1,000	1 on 30:00 Plyometrics/stretch		L	
1,000	1 x 1000 on 20:00 Choice	REC	D	CHO
200	10 x 20 on 1:00 Shooters	SP3	S	FR
1,000	10 x 100 on 2:15 Kick-	EN2	K	CHO
	1x{2 x 300 on 4:30 Pulls	EN1	P	FR
	{2 x 300 on 4:20 Pulls	EN1	P	FR
	{2 x 300 on 4:10 Pulls	EN1	P	FR
1,800	3 x 600 on 9:00 Freestyle	EN1	S	FR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD

9:01 AM 6,300 Meters - Stress Value = 72

Workout #436 - Tuesday, 06 July 1999

Group 3 - Fly & Back

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK

	1 on 30:00 Plyometrics/stretch		I
1,000	1 x 1000 on 20:00 Choice	REC	I
200	10 x 20 on 1:00 Shooters	SP3	S
1,000	10 x 100 on 2:15 Kick	EN2	K
	6x{1 x 100 on 1:30 Pulls	EN1	F
	{1 x 100 on 1:30 Lungbuster pulls	EN1	F
300	6 x 50 on 1:00 Descend in sets of 3	EN1	S
	2x{4 x 50 on 1:00 Your Stroke	EN1	S
	{4 x 50 on :55 Your Stroke	EN1	S
	{4 x 50 on :50 Your Stroke	EN2	S
	{1 on 1:00 Rest		M
500	10 x 50 on 1:00 Stroke Drills	REC	I

8:57 AM 5,400 Meters - Stress Value = 65

Workout #437 - Tuesday, 06 July 1999

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	SI
	1 on 30:00 Plyometrics/stretch		L	
1,000	1 x 1000 on 20:00 Choice	REC	D	CH
200	10 x 20 on 1:00 Shooters	SP3	S	F
1,000	10 x 100 on 2:15 Kick	EN2	K	CH
1,200	12 x 100 on 2:10 Pulls	EN1	P	E
	300 6 x 50 on 1:00 Descend in sets of 3	EN1	S	F
	800 4 x 200 on 4:00 Breaststroke	EN1	S	E
500	10 x 50 on 1:00 Stroke Drills	REC	D	C

8:57 AM 5,000 Meters - Stress Value = 56

Workout #438 - Tuesday, 06 July 1999

Group 3 - Sprint

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK
	1 on 30:00 Plyometrics/stretch		L
1,000	1 x 1000 on 20:00 Choice	REC	D
200	10 x 20 on 1:00 Shooters	SP3	S
1,000	10 x 100 on 2:15 Kick	EN2	K
1,200	6 x 200 on 3:30 Pulls	EN1	P
300	3 x 100 on 2:00 Descend 1-3	EN1	S
	1x{8 x 100 on 2:00 Freestyle	EN1	S
	{8 x 50 on 1:00 Choice-no freestyle	EN1	S
500	10 x 50 on 1:00 Stroke Drills	REC	D

9:00 AM 5,400 Meters - Stress Value = 60

Workout #439 - Tuesday, 06 July 1999

Group 3 - All

1 minute rest between sets

5:30 PM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills 2 on e	REC	
200	10 x 20 on 1:00 Shooters-off the blk	SP3	
600	3 x 200 on 4:30 Kick-breast	EN1	
	1x{3 x 150 on 2:30 Pulls	EN1	
	{3 x 100 on 1:30 Pulls	EN1	
	{3 x 50 on :40 Pulls	EN1	
300	3 x 100 on 1:40 Freestyle-build	EN1	
	1x{6 x 50 on 1:05 Breaststroke	EN1	
	{6 x 50 on 1:00 Breaststroke	EN1	
	{6 x 50 on :55 Breaststroke	EN1	
400	1 x 400 on 6:00 Stroke Drill	REC	

7:29 PM 4,100 Meters - Stress Value = 37

Workout #440 - Wednesday, 07 July 1999

Group 3 - Senior State

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:30 AM Start		
800	1 on 30:00 Dryland and stretch		
200	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	10 x 20 on 1:00 Shooters	SP3	
	4x{1 x 100 on 2:00 Kick with flippers	EN1	
	{1 x 100 on 2:30 Kick	EN1	
1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1	
	5x{1 x 200 on 4:00 Individual Medley	EN1	
	{2 x 50 on 1:00 Freestyle-build	EN1	
200	1 x 200 on 5:00 Stroke Drills	REC	
	8:44 AM 4,500 Meters - Stress Value = 45		

Workout #441 - Wednesday, 07 July 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:30 AM Start		
800	1 on 30:00 Dryland and stretch		
200	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	10 x 20 on 1:00 Shooters	SP3	
900	18 x 50 on 1:10 Kick-descend 1-3	EN2	
1,500	6 x 250 on 4:00 Pulls	EN1	
	1x{8 x 100 on 1:30 Freestyle	EN1	
	{8 x 100 on 1:25 Freestyle	EN1	
	{8 x 100 on 1:20 Freestyle	EN1	
300	1 x 300 on 6:00 Stroke Drills	REC	
	8:56 AM 6,100 Meters - Stress Value = 73		

Workout #442 - Thursday, 08 July 1999

Group 3 - Senior State

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
	6:30 AM Start			
	1 on 30:00 Plyometrics/stretch		L	
800	1 x 800 on 16:00 Choice	REC	S	CHO
200	10 x 20 on 1:00 Shooters	SP3	S	BR
600	6 x 100 on 2:30 Kick-odds fast	EN2	K	CHO
1,600	8 x 200 on 3:30 Choice	EN1	S	CHO
600	12 x 50 on 1:15 3 on each stroke	EN1	S	IM
200	1 x 200 on 5:00 Stroke Drills	REC	D	CD
	8:34 AM 4,000 Meters - Stress Value = 47			

Workout #443 - Thursday, 08 July 1999

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WC
	6:30 AM Start		
800	1 on 30:00 Dryland and stretch		
200	1 x 800 on 16:00 Stroke Drills	REC	
	10 x 20 on 1:00 Shooters	SP3	
	1x{1 x 300 on 6:30 Kick	EN1	
	{2 x 150 on 3:10 Kick	EN1	
	{3 x 100 on 2:10 Kick	EN2	
100	1 x 100 on 5:00 Kick for time	EN3	
1,500	10 x 150 on 2:15 Pulls-mid 50 br ev 9	EN1	
300	6 x 50 on :55 Freestyle	EN1	
1,200	6 x 200 on 4:00 Freestyle	EN1	
300	3 x 100 on 1:45 Freestyle descend to ludicorus speed	EN2	

400	1 x 400 on 6:00 Stroke Drills	REC
	9:04 AM 5,700 Meters - Stress Value = 69	

Workout #444 - Thursday, 08 July 1999

Group 3 - Fly & Back

1 minute rest between sets

Meters	Set Description	EGY	WC
	6:30 AM Start		
800	1 on 30:00 Dryland and stretch		
200	1 x 800 on 16:00 Stroke Drills	REC	
	10 x 20 on 1:00 Shooters	SP3	
	1x{1 x 300 on 6:30 Kick	EN1	
	{2 x 150 on 3:10 Kick	EN1	
	{3 x 100 on 2:10 Kick	EN2	
100	1 x 100 on 5:00 Kick for time	EN3	
1,500	10 x 150 on 2:15 Pulls-mid 50 br ev 9	EN1	
300	6 x 50 on :55 Freestyle	EN1	
	1x{1 x 400 on 7:00 Your Stroke 50dr 50s	EN1	
	{2 x 200 on 3:30 Your Stroke 50dr 50s	EN1	
	{4 x 100 on 1:45 Your Stroke	EN1	
400	4 x 100 on 1:45 Freestyle descend to ludicorus speed	EN2	
400	1 x 400 on 6:00 Stroke Drills	REC	
	9:02 AM 5,800 Meters - Stress Value = 70		

Workout #445 - Thursday, 08 July 1999

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WC
	6:30 AM Start		
	1 on 30:00 Plyometrics/stretch		L
800	1 x 800 on 16:00 Choice	REC	
200	10 x 20 on 1:00 Shooters	SP3	
	1x{4 x 50 on 1:15 Kick	EN2	
	{4 x 50 on 1:10 Kick	EN2	
	{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	2x{6 x 50 on 1:00 Pulls	EN1	
	{4 x 100 on 1:50 Pulls	EN1	
	{2 x 200 on 3:20 Pulls	EN1	
1,000	10 x 100 on 1:45 Descend in sets of 3 hold 10 as fast as 9	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
	8:57 AM 5,500 Meters - Stress Value = 61		

Workout #446 - Thursday, 08 July 1999

Group 3 - Breast

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
	6:30 AM Start			
	1 on 30:00 Plyometrics/stretch		L	
800	1 x 800 on 16:00 Choice	REC	D	C
200	10 x 20 on 1:00 Shooters	SP3	S	
	1x{4 x 50 on 1:15 Kick	EN2	K	C
	{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
1,000	4 x 250 on 5:15 Pulls	EN1	P	
300	3 x 100 on 1:45 Freestyle-descend	EN1	S	
	1x{6 x 100 on 2:00 Breaststroke	EN1	S	
	{5 x 100 on 1:55 Breaststroke	EN1	S	
	{4 x 100 on 1:50 Breaststroke	EN1	S	
	{3 x 100 on 1:45 Breaststroke	EN1	S	
500	10 x 50 on 1:00 Stroke Drills	REC	D	
	9:02 AM 5,400 Meters - Stress Value = 59			

Workout #447 - Thursday, 08 July 1999

Group 3 - Fly & Back

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:30 AM Start		
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Choice	REC	I
200	10 x 20 on 1:00 Shooters	SP3	S
	1x{4 x 50 on 1:15 Kick	EN2	F
	{4 x 50 on 1:10 Kick	EN2	F
	{4 x 50 on 1:05 Kick	EN2	F
	{4 x 50 on 1:00 Kick	EN2	F
	1x{12 x 50 on :50 Pulls-nbbf&w	EN1	F
	{6 x 100 on 1:30 Pulls-nbbf&w	EN1	F
	{3 x 200 on 2:40 Pulls-nbbf&w	EN1	F
100	1 x 100 on 2:00 Freestyle	EN1	S
	5x{4 x 50 on 1:00 Stroke Drills-descen	EN1	I
	{2 x 100 on 1:30 Your Stroke	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	I
	9:04 AM 6,200 Meters - Stress Value = 80		

Workout #448 - Thursday, 08 July 1999

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:30 AM Start		
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Choice	REC	I
200	10 x 20 on 1:00 Shooters	SP3	S
	1x{4 x 50 on 1:15 Kick	EN2	F
	{4 x 50 on 1:10 Kick	EN2	F
	{4 x 50 on 1:05 Kick	EN2	F
	{4 x 50 on 1:00 Kick	EN2	F
	1x{1 x 1000 on 15:00 Pulls with paddles	EN1	F
	{4 x 250 on 3:45 Pulls with paddles	EN1	F
	2x{2 x 400 on 6:20 Freestyle	EN1	F
	{4 x 100 on 1:20 Freestyle	EN1	F
500	10 x 50 on 1:00 Stroke Drills	REC	I
	9:05 AM 6,700 Meters - Stress Value = 74		

Workout #449 - Thursday, 08 July 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	5:30 PM Start		
	1 on 29:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	I
	1x{2 x 100 on 2:20 Kick	EN2	F
	{2 x 100 on 2:10 Kick	EN2	F
	{2 x 100 on 2:00 Kick	EN2	F
	1x{1 x 1000 on 15:00 Pulls with paddles	EN1	F
	{4 x 250 on 3:45 Pulls with paddles	EN1	F
	1x{1 x 400 on 6:20 Freestyle	EN1	F
	{2 x 200 on 3:00 Freestyle	EN1	F
	{4 x 100 on 1:25 Freestyle	EN1	F
	{8 x 50 on :40 Freestyle	EN1	F
200	1 x 200 on 4:00 Stroke Drills	REC	I
	7:30 PM 5,200 Meters - Stress Value = 50		

Workout #450 - Friday, 09 July 1999

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WC
	6:30 AM Start		

Meters	Set Description	EGY	WC
	1 on 30:00 Dryland and stretch		
800	1 x 800 on 16:00 Stroke Drills	REC	D
200	10 x 20 on 1:00 Shooters	SP3	S
	1x{1 x 300 on 6:30 Kick	EN1	K
	{2 x 150 on 3:10 Kick	EN1	K
	{3 x 100 on 2:10 Kick	EN2	K
100	1 x 100 on 5:00 Kick for time	EN3	K
1,500	10 x 150 on 2:15 Pulls-mid 50 br ev 9	EN1	P
	1x{4 x 200 on 2:50 Freestyle	EN1	P
	{2 x 200 on 2:40 Freestyle	EN1	P
	{4 x 100 on 1:25 Freestyle	EN1	P
	{2 x 100 on 1:20 Freestyle	EN1	P
	{4 x 50 on :45 Freestyle	EN1	P
	{2 x 50 on :40 Freestyle	EN1	P
400	4 x 100 on 1:45 Free-descend to ludicrous speed	EN2	S
400	1 x 400 on 6:00 Stroke Drills	REC	D
	9:04 AM 6,400 Meters - Stress Value = 77		

Workout #451 - Saturday, 10 July 1999

Group 3 - Senior State

1 minute rest between sets

Meters	Set Description	EGY	WC
	6:30 AM Start		
	1 on 30:00 Dryland and stretch		
800	1 x 800 on 16:00 Stroke Drills	REC	D
200	10 x 20 on 1:00 Shooters	SP3	S
	3x{1 x 100 on 2:30 Kick	EN1	K
	{2 x 50 on 1:30 Kick-fast	EN2	K
	4x{1 x 150 on 2:45 Pulls	EN1	P
	{1 x 100 on 1:40 Pulls	EN1	P
	{1 x 50 on :45 Pulls	EN1	P
	3x{1 x 100 on :00 Choice-broken at 50	SP2	S
	{ for 10 seconds		
	{1 x 200 on 8:00 Freestyle-ez	REC	S
300	6 x 50 on 1:15 Stroke Drills	REC	D
	8:41 AM 4,000 Meters - Stress Value = 65		

Workout #452 - Saturday, 10 July 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WC
	6:30 PM Start		
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	D
200	10 x 20 on 1:00 Shooters	SP3	S
800	8 x 100 on 2:15 Kick-odds fast	EN2	K
2,000	4 x 500 on 7:00 Pulls	EN1	P
	1x{4 x 100 on 1:45 Freestyle	EN1	P
	{1 x 200 on 3:30 Individual Medley	EN1	P
	{4 x 100 on 1:40 Freestyle	EN1	P
	{1 x 200 on 3:30 Individual Medley	EN1	P
	{4 x 100 on 1:35 Freestyle	EN1	P
	{1 x 200 on 3:30 Individual Medley	EN3	P
	{ good effort on the		
	{ 200 IM		
400	8 x 50 on 1:00 Stroke Drills 2 On E	REC	D
	9:00 PM 6,200 Meters - Stress Value = 78		

Workout #453 - Monday, 12 July 1999

Group 3 - Senior State

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
500	10 x 50 on 1:15 Kick-descend 1-3	EN2	
	#10 as fast as #9		
600	3 x 200 on 3:30 Pulls	EN1	
	1x{4 x 100 on 2:00 50 free 50 choice	EN1	
	{4 x 100 on 1:50 50 free 50 choice	EN1	
	{4 x 100 on 1:40 50 free 50 choice	EN1	
200	4 x 50 on 1:30 Stroke Drills	REC	
	8:23 AM 3,500 Meters - Stress Value = 39		

Workout #454 - Monday, 12 July 1999

Group 3 - All-Americans

1 minute rest between sets

Meters	Set Description	EGY	WC
	1 on 30:00 Dryland and stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
1,000	5 x 200 on 4:15 Kick	EN2	
1,000	20 x 50 on :50 Pulls	EN1	
300	3 x 100 on 1:30 Freestyle-build	EN1	
	1x{3 x 250 on 3:45 Freestyle	EN1	
	{3 x 250 on 3:35 Freestyle	EN1	
	{3 x 250 on 3:25 Freestyle	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	8:59 AM 6,050 Meters - Stress Value = 72		

Workout #455 - Monday, 12 July 1999

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WC
	1 on 30:00 Dryland and stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
1,000	10 x 100 on 2:45 Kick-odds fast	EN2	
1,800	6 x 300 on 5:15 Pulls	EN1	
	1x{8 x 50 on 1:00 Freestyle	EN1	
	{8 x 50 on :55 Freestyle	EN1	
	{8 x 50 on :50 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	9:01 AM 5,400 Meters - Stress Value = 63		

Workout #456 - Monday, 12 July 1999

Group 3 - Sectional/AGS

1 minute rest between sets

Meters	Set Description	EGY	WC
	1 on 30:00 Dryland and stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
800	8 x 100 on 2:10 Kick-descend 1-4	EN2	
1,500	5 x 300 on 4:30 Pulls	EN1	
200	4 x 50 on 1:00 Freestyle-build	EN1	
	2x{3 x 200 on 3:00 Freestyle	EN1	
	{1 x 100 on 2:00 Choice-good effort	EN2	

400 1 x 400 on 8:00 Stroke Drill REC
8:51 AM 5,500 Meters - Stress Value = 63

Workout #457 - Monday, 12 July 1999

Group 3 - Taper 2

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
900	6 x 150 on 3:15 Kick	EN2	
	mid 50 very fast		
800	8 x 100 on 1:45 Lungbuster pulls	EN1	
	odds br 5-7 ev 6-8		
	1x{1 x 200 on 3:45 Individual Medley	EN1	
	{8 x 50 on 1:00 Freestyle	EN1	
	{1 x 200 on 3:45 Butterfly	EN1	
	{8 x 50 on :55 Freestyle	EN1	
	{1 x 200 on 3:45 Backstroke	EN1	
	{8 x 50 on :50 Freestyle	EN1	
	{1 x 200 on 3:45 Breaststroke	EN1	
	{8 x 50 on :45 Freestyle	EN1	
	{1 x 200 on 3:45 Freestyle	EN1	
200	4 x 50 on 1:00 Stroke Drills	REC	
	8:56 AM 5,500 Meters - Stress Value = 64		

Workout #458 - Monday, 12 July 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
	1 on 31:00 Stomach and Stretch			L
800	1 x 800 on 16:00 Reverse IM drill	REC		D
200	10 x 20 on 1:00 Shooters	SP3		S
600	12 x 50 on 1:15 Kick-descend 1-3	EN2		K C
	1x{8 x 50 on :55 Backstroke	EN1		S
	{4 x 100 on 1:50 Backstroke	EN1		S
	{2 x 200 on 3:40 Backstroke	EN2		S
	{1 x 400 on 6:00 Back-90% effort	EN2		S
400	8 x 50 on :50 Free-concentrate on	EN1		S
	good finishes			
400	1 x 400 on 8:00 Bilateral	REC		D
	7:30 PM 4,000 Meters - Stress Value = 52			

Workout #459 - Tuesday, 13 July 1999

Group 3 - Age Group State

1 minute rest between sets

Meters	Set Description	EGY	WC
	1 on 30:00 Plyometrics/stretch		
1,000	1 x 1000 on 20:00 alt 200 free drill	REC	
	w/ 200 IM drill		
200	10 x 20 on 1:00 Pit sprints	SP3	
	1x{6 x 50 on 1:15 Kick	EN2	
	{5 x 50 on 1:10 Kick	EN2	
	{4 x 50 on 1:05 Kick	EN2	
	{3 x 50 on 1:00 Kick	EN2	
1,500	10 x 150 on 2:15 Pulls-mid 50 br ev 9	EN1	
400	4 x 100 on 1:30 Freestyle-build	EN1	
200	2 x 100 on 8:00 Choice-broken at 50	SP2	
	for 20 seconds		
600	3 x 200 on 3:00 Freestyle-good techn	EN1	
200	4 x 50 on 1:00 Stroke Drills	REC	
	8:56 AM 5,000 Meters - Stress Value = 79		

Workout #460 - Tuesday, 13 July 1999

Group 3 - Taper 2

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
1,000	1 on 30:00 Plyometrics/stretch		
	1 x 1000 on 20:00 alt 200 free drill w/ 200 IM drill	REC	
200	10 x 20 on 1:00 Pit sprints	SP3	
400	4 x 100 on 1:45 Freestyle-build	EN1	
400	2 x 200 on 8:00 #1 free #2 IM-break at each 50, 5, 10, & 15 seconds	SP2	
200	4 x 50 on 2:00 Choice	SP2	
	1x{1 x 300 on 6:45 Kick	EN2	
	{1 x 200 on 4:30 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{6 x 50 on 1:15 Kick-descend 1-3	EN2	
1,000	1 x 1000 on 16:00 Pulls	EN1	
700	7 x 100 on 1:45 Freestyle-des 1-7	EN1	
200	1 x 200 on 4:00 Stroke Drill	REC	
9:03 AM 5,000 Meters - Stress Value = 118			

Workout #461 - Tuesday, 13 July 1999

Group 3 - Senior State

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
6:30 AM Start				
	1 on 30:00 Stomach and Stretch		L	
800	1 x 800 on 20:00 Swim-kick-pull-swim	REC	S	
200	10 x 20 on 1:00 Pit sprints	SP3	S	C
400	4 x 100 on 3:00 Kick-descend	EN2	K	C
600	12 x 50 on 1:10 Pulls-nbbf&w	EN1	P	
200	2 x 100 on 2:00 Freestyle-build	EN1	S	
200	2 x 100 on 8:00 Choice-broken at 50 for 20 seconds	SP2	S	C
600	12 x 50 on 1:15 Stroke Drills 3 on E	REC	D	
8:37 AM 3,000 Meters - Stress Value = 49				

Workout #462 - Tuesday, 13 July 1999

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
	1 on 30:00 Plyometrics/stretch		
1,000	1 x 1000 on 20:00 alt 200 free drill w/ 200 IM drill	REC	
200	10 x 20 on 1:00 Pit sprints	SP3	
	1x{3 x 200 on 5:00 Kick	EN2	
	{3 x 100 on 2:30 Kick	EN2	
	{2 x 50 on 1:15 Kick	EN2	
1,200	12 x 100 on 1:45 Lungbuster pulls odds br 5-7 ev. 6-8	EN1	
	1x{4 x 150 on 2:30 Freestyle	EN1	
	{4 x 150 on 2:20 Freestyle	EN1	
	{4 x 150 on 2:10 Freestyle	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
8:59 AM 5,700 Meters - Stress Value = 65			

Workout #463 - Tuesday, 13 July 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
5:30 PM Start				

Meters	Set Description	EGY	WOF
6:30 AM Start			
	1 on 30:00 Stomach and Stretch		L
800	8 x 100 on 2:00 Stroke Drills 2 On each stroke	REC	D IM
200	10 x 20 on 1:00 Shooters	SP3	S CHO
600	6 x 100 on 2:15 Kick	EN1	K CHO
	5x{1 x 50 on :55 Pulls	EN1	P FR
	{1 x 50 on :50 Pulls	EN1	P FR
	{1 x 50 on :45 Pulls	EN1	P FR
	{1 x 50 on :40 Pulls	EN1	P FR
	3x{1 x 50 on 1:00 Stroke Drills	REC	D BR
	{1 x 100 on 2:00 Breaststroke	EN1	S BR
	{1 x 100 on 1:55 Breaststroke	EN1	S BR
	{1 x 100 on 1:50 Breaststroke	EN1	S BR
400	8 x 50 on 1:00 Stroke Drills	REC	D CD
7:30 PM 4,050 Meters - Stress Value = 33			

Workout #464 - Wednesday, 14 July 1999

Group 3 - Age Group State

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Pit sprints	SP3	
	1x{2 x 50 on 1:15 Kick	EN2	
	{2 x 100 on 2:30 Kick	EN1	
	{2 x 50 on 1:10 Kick	EN2	
	{2 x 100 on 2:20 Kick	EN2	
	{2 x 50 on 1:05 Kick	EN2	
	{1 x 100 on 3:00 Kick-fast	EN3	
1,600	4 x 400 on 6:15 Pulls	EN1	
400	8 x 50 on 1:00 Choice-good techniqu	EN1	
200	1 x 200 on 4:00 Stroke Drill	REC	
8:28 AM 4,000 Meters - Stress Value = 50			

Workout #465 - Wednesday, 14 July 1999

Group 3 - Senior State

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Pit sprints	SP3	
400	8 x 50 on 1:15 Kick-no board 2 on E	EN1	
	1x{4 x 100 on 1:45 Freestyle	EN1	
	{4 x 100 on 2:00 Choice-non free	EN1	
	{4 x 100 on 1:45 Freestyle	EN1	
400	8 x 50 on 1:30 Stroke Drills 2 on E	REC	
	1 on 15:00 Techniques-		
8:29 AM 3,000 Meters - Stress Value = 25			

Workout #466 - Wednesday, 14 July 1999

Group 3 - Taper 2

1 minute rest between sets

Meters	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	S
200	10 x 20 on 1:00 Pit sprints	SP3	S C
1,000	10 x 100 on 2:15 Kick-odds fast	EN2	K C
1,200	3 x 400 on 7:00 Pulls	EN1	P
600	3 x 200 on 4:00 Individual Medley	EN1	S
800	4 x 200 on 3:45 Freestyle-descend	EN1	S
400	8 x 50 on 1:00 Stroke Drills	EN1	D
	8:51 AM 5,000 Meters - Stress Value = 64		

Workout #467 - Wednesday, 14 July 1999

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Pit sprints	SP3	
1,000	5 x 200 on 5:00 Kick	EN2	
1,800	12 x 150 on 2:30 Pulls 1st 50 br 3 2nd 50 br5 & 3rd br7	EN1	
1x{4	4 x 100 on 1:45 Freestyle	EN1	
{4	4 x 100 on 1:40 Freestyle	EN1	
{4	4 x 100 on 1:35 Freestyle	EN1	
{4	4 x 100 on 1:30 Freestyle	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	8:58 AM 5,700 Meters - Stress Value = 67		

Workout #468 - Thursday, 15 July 1999

Group 3 - Taper 2

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
1x{2	2 x 100 on 2:20 Kick	EN2	
{2	2 x 100 on 2:10 Kick	EN2	
{2	2 x 100 on 2:00 Kick	EN2	
600	6 x 100 on 1:40 Lungbuster pulls	EN1	
1x{4	4 x 200 on 3:20 Freestyle	EN1	
{1	1 x 100 on 2:00 Your Stroke	EN1	
{3	3 x 200 on 3:10 Freestyle	EN1	
{1	1 x 100 on 2:00 Your Stroke	EN1	
{2	2 x 200 on 3:00 Freestyle	EN1	
{1	1 x 100 on 2:00 Your Stroke	EN1	
200	1 x 200 on 4:00 Stroke Drill	REC	
	8:33 AM 4,500 Meters - Stress Value = 51		

Workout #469 - Thursday, 15 July 1999

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
600	12 x 50 on 1:15 Kick-descend 1-3		

4x{1	1 x 200 on 3:30 Pulls	EN1
{1	1 x 100 on 1:45 Pulls	EN1
{1	1 x 50 on 1:00 Pulls	EN1
1,500	6 x 250 on 4:15 Freestyle	EN1
500	10 x 50 on 1:00 Stroke Drills	REC
	8:47 AM 5,000 Meters - Stress Value = 41	

Workout #470 - Thursday, 15 July 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
300	6 x 50 on 1:20 Kick-good effort	EN2	
500	5 x 100 on 1:45 Pulls-no paddles	EN1	
1x{1	1 x 400 on 7:00 IM drill	EN1	
{1	1 x 200 on 3:30 Individual Medley	EN1	
{4	4 x 100 on 1:45 50 stroke 50 fr bld	EN1	
200	1 x 200 on 4:00 Stroke Drill	REC	
	8:10 AM 3,000 Meters - Stress Value = 32		

Workout #471 - Thursday, 15 July 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
8x{1	1 x 50 on 1:00 Stroke Drills	REC	D
{1	1 x 50 on 1:00 Stroke Drills	REC	D
160	8 x 20 on 1:00 Shooters-brst	SP3	S
700	7 x 100 on 1:40 Kick-fly with fins	EN2	K
400	8 x 50 on :55 Freestyle	EN1	S
1x{3	3 x 100 on 1:45 Freestyle	EN1	S
{6	6 x 50 on 1:00 Butterfly with fins	EN1	S
{3	3 x 100 on 1:45 Freestyle	EN1	S
{4	4 x 50 on :55 Butterfly with fins	EN1	S
{3	3 x 100 on 1:45 Freestyle	EN1	S
{4	4 x 50 on :50 Butterfly with fins	EN1	S
{3	3 x 100 on 1:45 Freestyle	EN1	S
{2	2 x 50 on :45 Butterfly with fins	EN1	S
200	1 x 200 on 4:00 Six kick switch	REC	D
	7:29 PM 4,260 Meters - Stress Value = 46		

Workout #472 - Friday, 16 July 1999

Group 3 - Taper 2

1 minute rest between sets

Meters	Set Description	EGY	WORK
6:30 AM Start			
1,000	1 on 30:00 Stomach and Stretch	I	
200	1 x 1000 on 20:00 Choice-no kick	REC	S
200	10 x 20 on 1:00 Shooters	SP3	S
1x{2	150 on 3:30 Kick	EN1	F
	{2 x 100 on 2:15 Kick	EN1	F
	{2 x 50 on 1:15 Kick	EN1	F
400	4 x 100 on 1:45 Freestyle-build	EN1	S
1x{1	x 200 on 8:00 Individual Medley	SP2	S
	{ broken at 50 for 5		
	{ 10, & 15 seconds		
200	1 x 100 on 6:00 Freestyle-broken at	SP2	S
	{ 50 for 20 seconds		
200	1 x 200 on 3:00 Freestyle-EZ	REC	S
1,200	6 x 200 on 3:15 Pulls	EN1	F
600	6 x 100 on 2:00 Stroke Drills	REC	I
8:47 AM 4,500 Meters - Stress Value = 65			

Workout #473 - Friday, 16 July 1999

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WORK
6:30 AM Start			
1,000	1 on 30:00 Stomach and Stretch	I	
200	1 x 1000 on 20:00 Choice-no kick	REC	S
200	10 x 20 on 1:00 Shooters	SP3	S
3x{1	x 150 on 3:30 Kick	EN2	F
	{1 x 100 on 2:20 Kick	EN2	F
	{1 x 50 on 1:10 Kick	EN2	F
1,500	3 x 500 on 8:00 Pulls	EN1	F
1,200	12 x 100 on 1:45 Freestyle-choose a	EN2	S
	tough interval		
400	8 x 50 on 1:00 Stroke Drills	REC	I
8:49 AM 5,200 Meters - Stress Value = 72			

Workout #474 - Friday, 16 July 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
5:30 PM Start			
800	1 on 30:00 Stomach and Stretch		
200	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters-off the blk	SP3	
400	4 x 100 on 2:30 Kick	EN1	
300	6 x 50 on 1:00 Freestyle-build	EN1	
1x{1	x 200 on 4:00 Individual Medley	EN1	
	{1 x 200 on 3:55 Individual Medley	EN1	
	{1 x 200 on 3:50 Individual Medley	EN1	
	{1 x 200 on 3:45 Individual Medley	EN1	
	{1 x 200 on 3:40 Individual Medley	EN1	
	{1 x 200 on 3:35 Individual Medley	EN1	
	{1 x 200 on 3:30 Individual Medley	EN1	
600	12 x 50 on 1:00 25 drill 25 build	EN1	
200	1 x 200 on 3:00 Stroke Drill	REC	
7:30 PM 3,900 Meters - Stress Value = 37			

Workout #475 - Saturday, 17 July 1999

Group 3 - Taper 2

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK
800	1 on 30:00 Stomach and Stretch	L	
200	1 x 800 on 16:00 Reverse IM drill	REC	D
200	10 x 20 on 1:00 Shooters	SP3	S
900	18 x 50 on 1:10 Kick-descend 1-3	EN2	K
1x{1	x 400 on 7:00 Pulls	EN1	P
	{1 x 300 on 5:00 Pulls	EN1	P
	{1 x 200 on 3:10 Pulls	EN1	P
	{1 x 100 on 1:30 Pulls	EN1	P
800	16 x 50 on 1:00 4 On each stroke	EN1	S
300	3 x 100 on 2:00 Stroke Drills	REC	D
8:31 AM 4,000 Meters - Stress Value = 48			

Workout #476 - Saturday, 17 July 1999

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WORK
6:30 AM Start			
800	1 on 30:00 Stomach and Stretch	L	
200	1 x 800 on 16:00 Reverse IM drill	REC	D
200	10 x 20 on 1:00 Shooters	SP3	S
800	8 x 100 on 2:30 Kick-odds fast	EN2	K
1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1	P
1x{3	x 200 on 3:30 Freestyle	EN1	S
	{3 x 200 on 3:20 Freestyle	EN1	S
	{3 x 200 on 3:10 Freestyle	EN1	S
200	4 x 50 on 1:00 Stroke Drills	REC	D
8:45 AM 4,800 Meters - Stress Value = 59			

Workout #477 - Monday, 19 July 1999

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WC
6:30 AM Start			
1,000	1 on 30:00 Stomach and Stretch		
200	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Freestyle	SP3	
1,000	10 x 100 on 2:15 Kick-des 1-3 hold 10	EN1	
3x{1	x 400 on 7:00 Pulls	EN1	
	{1 x 400 on 7:00 Freestyle	EN1	
	{ descend the swims		
400	8 x 50 on 1:00 Stroke Drills	REC	
8:47 AM 5,000 Meters - Stress Value = 46			

Workout #478 - Monday, 19 July 1999

Group 3 - Taper 2

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
800	1 on 30:00 Stomach and Stretch		
200	1 x 800 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Freestyle	SP3	
400	4 x 100 on 2:30 Kick-descend	EN2	
300	6 x 50 on 1:00 Freestyle	EN1	
1x{4	x 150 on 2:30 Freestyle	EN1	
	{4 x 150 on 2:25 Freestyle	EN1	
	{2 x 150 on 2:20 Freestyle	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
8:22 AM 3,500 Meters - Stress Value = 38			

Workout #479 - Monday, 19 July 1999

Group 3 - All-Americans

1 minute rest between sets

Meters	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Freestyle	SP3	
1x{	1 x 200 on 4:00 Kick	EN1	
	{ 6 x 50 on 1:15 Kick	EN2	
	{ 1 x 200 on 4:00 Kick	EN1	
	{ 6 x 50 on 1:15 Kick	EN2	
2,000	8 x 250 on 3:45 Pulls	EN1	
1x{	5 x 50 on :55 Freestyle	EN1	
	{ 5 x 50 on :50 Freestyle	EN1	
	{ 5 x 50 on :45 Freestyle	EN1	
	{ 5 x 50 on :40 Freestyle	EN1	
300	1 x 300 on 6:00 Stroke Drills	REC	
8:50 AM 5,500 Meters - Stress Value = 57			

Workout #480 - Monday, 19 July 1999

Group 3 - Sectional/AGS

1 minute rest between sets

Meters	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Freestyle	SP3	
1,000	10 x 100 on 2:15 Kick-des 1-3 hold 10	EN1	
1,200	8 x 150 on 2:30 Pulls br 7-5-3	EN1	
1x{	2 x 200 on 3:20 Freestyle	EN1	
	{ 2 x 200 on 3:10 Freestyle	EN1	
	{ 2 x 200 on 3:00 Freestyle	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
8:45 AM 5,000 Meters - Stress Value = 45			

Workout #481 - Monday, 19 July 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
1,200	12 x 100 on 2:00 Stroke Drills-3 on E	REC	D
240	12 x 20 on 1:00 Shooters 3 on each	SP3	S
500	5 x 100 on 2:15 Kick	EN1	K
1,200	6 x 200 on 4:00 Individual Medley	REC	D
	1 on 14:00 Techniques-starts		D
7:29 PM 3,140 Meters - Stress Value = 17			

Workout #482 - Tuesday, 20 July 1999

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch			
1,000	1 x 1000 on 20:00 Choice	REC	S	CHO
200	10 x 20 on 1:00 Shooters	SP3	S	FLY
3x{	1 x 150 on 3:30 Kick	EN2	K	CHO
	{ 1 x 100 on 2:20 Kick	EN2	K	CHO
	{ 1 x 50 on 1:10 Kick	EN2	K	CHO
1,600	8 x 200 on 3:15 Pulls	EN1	P	FR
1x{	4 x 100 on 1:45 Freestyle	EN1	S	FR
	{ 4 x 100 on 1:40 Freestyle	EN1	S	FR

	{ 4 x 100 on 1:35 Freestyle	EN1	S	FR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
8:46 AM 5,100 Meters - Stress Value = 59				

Workout #483 - Tuesday, 20 July 1999

Group 3 - All-Americans

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch			I
1,000	1 x 1000 on 20:00 Choice	REC	S	
200	10 x 20 on 1:00 Shooters	SP3	S	
900	6 x 150 on 3:00 Kick-descend 1-3	EN2	F	
2x{	1 x 200 on 3:00 Pulls	EN1	F	
	{ 1 x 150 on 2:15 Pulls	EN1	F	
	{ 1 x 100 on 1:30 Pulls	EN1	F	
	{ 1 x 50 on :45 Pulls	EN1	F	
200	4 x 50 on 1:00 Freestyle	EN1	S	
1x{	4 x 50 on 1:00 Your Stroke-non free	EN2	S	
	{ 1 x 200 on 3:00 Freestyle	EN1	S	
	{ 6 x 50 on :55 Your Stroke-non free	EN2	S	
	{ 1 x 200 on 3:15 Individual Medley	EN1	S	
	{ 8 x 50 on :50 Your Stroke-non free	EN2	S	
	{ 1 x 200 on 3:00 Freestyle	EN1	S	
200	1 x 200 on 4:00 Stroke Drills	REC	I	
8:43 AM 5,000 Meters - Stress Value = 67				

Workout #484 - Tuesday, 20 July 1999

Group 3 - Sectional/AGS

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch			L
1,000	1 x 1000 on 20:00 Choice	REC	S	FR
200	10 x 20 on 1:00 Shooters	SP3	S	FLY
1x{	2 x 100 on 2:15 Kick	EN2	K	CHO
	{ 2 x 100 on 2:10 Kick	EN2	K	CHO
	{ 2 x 100 on 2:05 Kick	EN2	K	CHO
1,000	20 x 50 on :45 Pulls	EN1	P	FR
5x{	1 x 150 on 2:40 Your Stroke	EN1	S	STK
	{ 1 x 100 on 1:30 Freestyle	EN1	S	FR
	{ 1 x 50 on 1:00 Weak stroke	EN1	S	WST
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
8:33 AM 4,500 Meters - Stress Value = 49				

Workout #485 - Tuesday, 20 July 1999

Group 3 - Taper 2

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch			L
800	1 x 800 on 20:00 Choice	REC	S	
200	10 x 20 on 1:00 Shooters	SP3	S	C
400	8 x 50 on 1:15 Kick-no board	EN1	K	C
800	2 x 400 on 7:00 Pulls-no paddles	EN1	P	
300	6 x 50 on 1:00 Freestyle	EN1	S	
2x{	1 x 100 on :00 Your Stroke	SP2	S	S
	{ 1 x 200 on 10:00 Stroke Drills	REC	D	C
400	4 x 100 on 2:00 Stroke Drills-all closed fist	REC	D	
8:34 AM 3,500 Meters - Stress Value = 47				

Workout #486 - Tuesday, 20 July 1999

Group 3 - All

1 minute rest between sets

5:30 PM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills 1/2 closed fist, 1/2 o.k	REC	
240	12 x 20 on 1:00 Shooters-off the blk 3 on each stroke	SP3	
600	12 x 50 on 1:00 Kick with flippers no board, 1st 15 mtr underwater	EN1	
	2x{4 x 50 on :50 Freestyle	EN1	
	{4 x 50 on :45 Freestyle	EN1	
	{4 x 50 on :40 Freestyle	EN1	
	{1 on 1:00 Rest		
300	1 x 300 on 6:00 Choice	REC	

7:10 PM 3,140 Meters - Stress Value = 30

Workout #487 - Wednesday, 21 July 1999

Group 3 - All-Americans

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
	3x{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
1,500	5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100	EN1	
	2x{1 x 150 on 2:30 100 free 50fly	EN1	
	{1 x 150 on 2:30 100 free 50 back	EN1	
	{1 x 150 on 2:45 100 free 50 brst	EN1	
	{1 x 150 on 2:15 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drill	REC	

8:39 AM 5,000 Meters - Stress Value = 58

Workout #488 - Wednesday, 21 July 1999

Group 3 - Sectional/AGS

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
600	12 x 50 on 1:15 Kick-des. in sets 3	EN2	
1,200	3 x 400 on 6:00 Pulls-no paddles	EN1	
200	4 x 50 on 1:00 Freestyle-build	EN1	
	2x{1 x 100 on :00 Your Stroke	SP2	
	{1 x 200 on 10:00 Freestyle-EZ	REC	
400	4 x 100 on 2:00 Stroke Drills	REC	

8:41 AM 4,000 Meters - Stress Value = 59

Workout #489 - Wednesday, 21 July 1999

Group 3 - Taper 2

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 20:00 Swim-kick-pull-swim	REC	

200	10 x 20 on 1:00 Shooters	SP3
300	6 x 50 on 1:30 Kick	EN1
	6x{2 x 50 on 1:15 Pulls	EN1
	{2 x 50 on 1:30 Your Stroke	EN1
200	1 x 200 on 4:00 Individual Medley	EN1
	PERFECT TECHNIQUE	
300	6 x 50 on 1:15 Stroke Drills	REC

8:29 AM 3,000 Meters - Stress Value = 28

Workout #490 - Wednesday, 21 July 1999

Group 3 - Taper 1

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
	2x{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
1,000	10 x 100 on 1:45 Lungbuster pulls Breathe 5-7	EN1	
	2x{4 x 50 on 1:15 1 on each stroke	EN1	
	{3 x 200 on 4:00 Individual Medley	EN1	
	{ descend		
200	1 x 200 on 4:00 Stroke Drills	REC	

8:50 AM 4,800 Meters - Stress Value = 53

Workout #491 - Thursday, 22 July 1999

Group 3 - All-Americans

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
1,000	1 x 1000 on 20:00 Choice	REC	S
200	10 x 20 on 1:00 Shooters	SP3	S
	1x{5 x 50 on 1:10 Kick	EN2	F
	{5 x 50 on 1:05 Kick	EN2	F
	{5 x 50 on 1:00 Kick	EN2	F
	{5 x 50 on :55 Kick	EN2	F
	1x{2 x 200 on 3:00 Pulls	EN1	F
	{2 x 200 on 2:55 Pulls	EN1	F
	{2 x 200 on 2:50 Pulls	EN1	F
	{2 x 200 on 2:45 Pulls	EN1	F
200	4 x 50 on :45 Freestyle	EN1	S
	1x{1 x 200 on :00 Your Stroke	SP2	S
	{1 x 200 on 10:00 Freestyle-ez	REC	S
	{4 x 50 on 3:00 #2 stroke or IM ordr	SP2	S
400	4 x 100 on 2:00 Stroke Drills	REC	I

8:53 AM 5,000 Meters - Stress Value = 95

Workout #492 - Thursday, 22 July 1999

Group 3 - Sectional/AGS

1 minute rest between sets

Meters	Set Description	EGY	WORK	STF
	1 on 30:00 Stomach and Stretch			L
800	1 x 800 on 20:00 Choice	REC	S	CHC
200	10 x 20 on 1:00 Shooters	SP3	S	FF
400	4 x 100 on 2:30 Kick-desecond	EN2	K	CHC
400	8 x 50 on 1:00 Pulls-nbbf&w	EN1	P	FF
	1x{3 x 100 on 1:40 Freestyle	EN1	S	FF
	{3 x 100 on 1:35 Freestyle	EN1	S	FF
	{3 x 100 on 1:30 Freestyle	EN1	S	FF
	{3 x 100 on 1:25 Freestyle	EN1	S	FF
	{3 x 100 on 1:20 Freestyle	EN1	S	FF
	{1 x 200 on 4:00 Stroke Drills	REC	D	CI
	1 on 10:00 Team meeting for Jrs			M
	8:28 AM 3,500 Meters - Stress Value = 37			

Workout #493 - Thursday, 22 July 1999

Group 3 - Taper 2

1 minute rest between sets

Meters	Set Description	EGY	WORK	STF
	1 on 30:00 Stomach and Stretch			L
800	1 x 800 on 20:00 Choice	REC	S	C
200	10 x 20 on 1:00 Shooters	SP3	S	C
300	6 x 50 on 1:15 Kick no board	EN1	K	C
300	3 x 100 on 1:45 Pulls-breathe 5-7	EN1	P	
1,000	20 x 50 on 1:10 IM order	EN1	S	
400	4 x 100 on 2:30 Stroke Drills	REC	D	
	1/2 clsd fst 1/2 ok			
	1 on 10:00 Team meeting			M
	8:33 AM 3,000 Meters - Stress Value = 26			

Workout #494 - Thursday, 22 July 1999

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WORK	STF
	1 on 30:00 Stomach and Stretch			L
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	D	IM
200	10 x 20 on 1:00 Shooters	SP3	S	FF
	3x{1 x 150 on 3:30 Kick	EN2	K	CHC
	{1 x 100 on 2:20 Kick	EN2		
	{1 x 50 on 1:10 Kick	EN2		
1,500	6 x 250 on 3:45 Pulls	EN1	P	FF
	1x{1 x 400 on 6:00 Freestyle	EN1	S	FF
	{1 x 400 on 5:55 Freestyle	EN1	S	FF
	{1 x 400 on 5:50 Freestyle	EN1	S	FF
	{1 x 400 on 5:45 Freestyle	EN1	S	FF
200	1 x 200 on 4:00 Stroke Drills	REC	D	CI
	8:47 AM 5,400 Meters - Stress Value = 62			

Workout #495 - Thursday, 22 July 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	STF
	1 on 30:00 Stomach and Stretch			L
800	8 x 100 on 2:00 Stroke Drills	REC	D	
	odds #1 evens weak s			
200	10 x 20 on 1:30 Shooters-off the blk	SP3	S	C

400	4 x 100 on 2:15 Kick-no board	EN1	K	C
1,200	3 x 400 on 5:30 Pulls	EN1	P	
200	4 x 50 on 1:15 Fr. des to ludicrous speed	EN1	S	
200	1 x 200 on 4:00 Bilateral	REC	D	
	7:11 PM 3,000 Meters - Stress Value = 28			

Workout #496 - Friday, 23 July 1999

Group 3 - All-Americans

1 minute rest between sets

Meters	Set Description	EGY	WORK	STF
	1 on 30:00 Stomach and Stretch			L
1,000	1 x 1000 on 20:00 Reverse IM drill	REC	D	IM
200	10 x 20 on 1:00 Shooters	SP3	S	FF
1,000	10 x 100 on 2:15 Kick	EN2	K	CHC
	1x{1 x 400 on 6:00 Pulls	EN1	P	FF
	{1 x 400 on 5:40 Freestyle	EN1	S	FF
	{1 x 300 on 4:15 Pulls	EN1	P	
	{1 x 300 on 4:00 Freestyle	EN1	S	FF
	{1 x 200 on 2:40 Pulls	EN1	P	
	{1 x 200 on 2:30 Freestyle	EN1	S	FF
600	12 x 50 on 1:00 IM order	EN1	S	FF
400	4 x 100 on 2:00 Stroke Drills	REC	D	CI
	8:44 AM 5,000 Meters - Stress Value = 56			

Workout #497 - Friday, 23 July 1999

Group 3 - Sectional/AGS

1 minute rest between sets

Meters	Set Description	EGY	WORK	STF
	1 on 30:00 Stomach and Stretch			L
800	1 x 800 on 20:00 Reverse IM drill	REC	D	IM
200	10 x 20 on 1:00 Shooters	SP3	S	FF
400	8 x 50 on 1:15 Kick-odds brst ev fr	EN2	K	CHC
	1x{1 x 200 on 4:00 Individual Medley	EN1	S	FF
	{1 x 200 on 3:55 Individual Medley	EN1	S	FF
	{1 x 200 on 3:50 Individual Medley	EN1	S	FF
	{1 x 200 on 3:45 Individual Medley	EN1	S	FF
200	4 x 50 on 1:00 Freestyle-build	EN1	S	FF
	1x{1 x 100 on 1:45 Freestyle	EN1	S	FF
	{1 x 100 on 1:40 Freestyle	EN1	S	FF
	{1 x 100 on 1:35 Freestyle	EN1	S	FF
	{1 x 100 on 1:30 Freestyle	EN1	S	FF
	{1 x 100 on 1:25 Freestyle	EN1	S	FF
	{1 x 100 on 1:20 Freestyle	EN1	S	FF
500	10 x 50 on 1:00 Stroke Drills	REC	D	CI
	8:26 AM 3,500 Meters - Stress Value = 34			

Workout #498 - Friday, 23 July 1999

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WORK	STF
	1 on 30:00 Stomach and Stretch			L
800	1 x 800 on 20:00 Reverse IM drill	REC	D	IM
200	10 x 20 on 1:00 Shooters	SP3	S	FF
900	6 x 150 on 3:30 Kick	EN2	K	CHC
2,000	4 x 500 on 7:30 Pulls	EN1	P	FF
600	12 x 50 on 1:00 Free-des in sets 3	EN1	S	FF
300	1 x 300 on 6:00 Stroke Drills	REC	D	CI
	8:44 AM 4,800 Meters - Stress Value = 58			

Workout #499 - Friday, 23 July 1999

Group 3 - All

1 minute rest between sets

5:30 PM Start
Meters Set Description EGY WOF
=====

1 on 30:00 Stomach and Stretch
800 16 x 50 on 1:00 Stroke Drills 4 on E REC
200 10 x 20 on 1:30 Shooters-off the blk SP3
500 1 x 500 on 7:30 Kick with flippers EN2
no flippers
500 1 x 500 on 7:30 Pulls EN1
1x{1 x 100 on 1:30 Freestyle EN1
{1 x 100 on 1:30 Your Stroke-non free EN1
{1 x 100 on 1:25 Freestyle EN1
{1 x 100 on 1:35 Your Stroke-non free EN1
{1 x 100 on 1:20 Freestyle EN1
{1 x 100 on 1:40 Your Stroke-non free EN1
{1 x 100 on 1:15 Freestyle EN1
{1 x 100 on 1:45 Your Stroke-non free EN1
200 1 x 200 on 4:00 Stroke Drills REC
7:08 PM 3,000 Meters - Stress Value = 34

Workout #500 - Saturday, 24 July 1999

Group 3 - Sectional/AGS

1 minute rest between sets

6:30 AM Start
Meters Set Description EGY WOF
=====

1 on 30:00 Stomach and Stretch
800 1 x 800 on 20:00 400 skps 400 rev Im REC
200 10 x 20 on 1:00 Shooters SP3
400 8 x 50 on 1:30 Kick EN1
600 4 x 150 on 2:30 Pulls EN1
400 8 x 50 on 1:15 IM order-build EN1
1x{1 x 100 on :00 Your Stroke SP2
{1 x 200 on 10:00 Stroke Drills REC
300 6 x 50 on 1:15 Stroke Drills REC
8:26 AM 3,000 Meters - Stress Value = 35

Workout #501 - Saturday, 24 July 1999

Group 3 - Taper 1

1 minute rest between sets

6:30 AM Start
Meters Set Description EGY WOF
=====

1 on 30:00 Stomach and Stretch
800 1 x 800 on 20:00 400 skps 400 rev IM REC
200 10 x 20 on 1:00 Shooters SP3
600 12 x 50 on 1:15 Kick-des in sets of3 EN1
1,000 4 x 250 on 3:45 Pulls EN1
2x{4 x 50 on 1:00 Freestyle EN1
{2 x 50 on 1:00 Butterfly EN1
{4 x 50 on :55 Freestyle EN1
{2 x 50 on 1:00 Backstroke EN1
{2 x 50 on :50 Freestyle EN1
{2 x 50 on 1:00 Breaststroke EN1
{2 x 50 on :45 Freestyle EN1
{1 on 1:00 Rest
300 1 x 300 on 6:00 Stroke Drills REC
8:47 AM 4,700 Meters - Stress Value = 45

Workout #502 - Saturday, 24 July 1999

Group 3 - All-Americans

1 minute rest between sets

6:30 PM Start
Meters Set Description EGY WC

=====

1 on 30:00 Stomach and Stretch
1,000 1 x 1000 on 20:00 400 skps 600 rev IM REC
200 10 x 20 on 1:00 Shooters SP3
1x{2 x 100 on 2:15 Kick EN2
{2 x 100 on 2:10 Kick EN2
{2 x 100 on 2:05 Kick EN2
{2 x 100 on 2:00 Kick EN2
{ odds fast evens brst
1,000 20 x 50 on :50 Pulls-nbbf&w EN1
1x{3 x 200 on 3:00 Freestyle EN1
{3 x 100 on 1:25 Freestyle EN1
{4 x 50 on :40 Freestyle EN1
400 4 x 100 on 2:00 Stroke Drills 1 on E REC
1/2 closed fist
1/2 o.k. drill
8:33 PM 4,500 Meters - Stress Value = 48

Workout #503 - Monday, 26 July 1999

Group 3 - Sectional/AGS

1 minute rest between sets

6:30 AM Start
Meters Set Description EGY WORK STK
=====

1 on 30:00 Stomach and Stretch L
800 1 x 800 on 20:00 Stroke Drills REC D CHO
200 10 x 20 on 1:00 Shooters SP3 S CHO
300 3 x 100 on 2:30 Kick-descend EN2 K CHO
2x{2 x 100 on 1:40 Freestyle EN1 S FR
{2 x 100 on 1:35 Freestyle EN1 S FR
{2 x 100 on 1:30 Freestyle EN1 S FR
500 10 x 50 on 1:30 Stroke Drills REC D CD
Build 1st 5 ez 2nd 5
8:16 AM 3,000 Meters - Stress Value = 28

Workout #504 - Monday, 26 July 1999

Group 3 - Taper 1

1 minute rest between sets

6:30 AM Start
Meters Set Description EGY WORK SI
=====

1 on 30:00 Stomach and Stretch L
800 1 x 800 on 20:00 Stroke Drills REC D CF
200 10 x 20 on 1:00 Shooters SP3 S F
1x{1 x 200 on 5:00 Kick EN2 K CF
{4 x 100 on 2:20 Kick EN2 K CF
{8 x 50 on 1:10 Kick EN2 K CF
1,500 6 x 250 on 3:45 Pulls EN1 P F
1,000 20 x 50 on 1:00 5 on each stroke EN1 S I
400 1 x 400 on 8:00 Stroke Drills REC D C
8:50 AM 4,900 Meters - Stress Value = 59

Workout #505 - Monday, 26 July 1999

Group 3 - All-Americans

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
6:30 AM Start				
1,000	1 on 30:00 Stomach and Stretch	REC	L	
200	1 x 1000 on 20:00 Stroke Drill	SP3	D	C
	10 x 20 on 1:00 Shooters	EN2	K	C
	1x{2 x 100 on 2:05 Kick	EN2	K	C
	{2 x 100 on 2:00 Kick	EN2	K	C
	{2 x 100 on 1:55 Kick	EN2	K	C
800	4 x 200 on 2:50 Pulls	EN1	P	
600	6 x 100 on 1:30 Freestyle-descend	EN1	S	
	6x{1 x 50 on :00 Your Stroke	SP2	S	S
	{1 x 150 on 6:00 Freestyle-EZ	REC	S	
8:44 AM 4,400 Meters - Stress Value = 70				

	1 on 30:00 Stomach and Stretch			
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC		
200	10 x 20 on 1:00 Shooters	EN1		
	1x{1 x 300 on 6:00 Kick	EN1		
	{1 x 250 on 5:00 Kick	EN1		
	{1 x 200 on 4:00 Kick	EN1		
	{1 x 150 on 3:00 Kick	EN1		
	{1 x 100 on 2:00 Kick	EN1		
800	8 x 100 on 1:30 Pulls odds w/ paddle	EN1		
	2x{4 x 50 on :50 Freestyle	EN1		
	{4 x 50 on :45 Freestyle	EN1		
	{4 x 50 on :40 Freestyle	EN1		
	{1 on :30 Rest			
300	3 x 100 on 2:00 Stroke Drills	REC		
8:32 AM 4,500 Meters - Stress Value = 40				

Workout #509 - Tuesday, 27 July 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF	STK
5:30 PM Start				
500	1 on 30:00 Stomach and Stretch	REC	L	
200	5 x 100 on 2:00 Stroke Drills	SP3	D	CHO
400	10 x 20 on 1:30 Shooters-off the blk	EN1	S	BK
	8 x 50 on 1:15 Kick-no board	EN1	K	CHO
	1x{1 x 200 on 3:30 Individual Medley	EN1		
	{4 x 50 on 1:00 1 on each stroke	EN1		
	{1 x 200 on 3:20 Individual Medley	EN1		
	{4 x 50 on 1:00 1 on each stroke	EN1		
	{1 x 200 on 3:10 Individual Medley	EN1		
	{4 x 50 on 1:00 1 on each stroke	EN1		
200	1 x 200 on 4:00 Bilateral	REC		
7:05 PM 2,500 Meters - Stress Value = 25				

Meters	Set Description	EGY	WORK	STK
5:30 PM Start				
500	1 on 30:00 Stomach and Stretch	REC	L	
200	5 x 100 on 2:00 Stroke Drills	SP3	D	CHO
300	10 x 20 on 1:00 Shooters	EN2	S	BK
	300 6 x 50 on 1:00 Kick with flippers	EN2	K	CHO
	descend 1-6			
500	10 x 50 on :50 Pulls-nbbf&w	EN1	P	FR
800	8 x 100 on 1:45 Freestyle-build	EN1	S	FR
200	1 x 200 on 4:00 Choice	REC	S	CD
6:58 PM 2,500 Meters - Stress Value = 31				

Workout #510 - Tuesday, 27 July 1999

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
6:30 AM Start				
800	1 on 30:00 Stomach and Stretch	REC	L	
200	1 x 800 on 20:00 Reverse IM drill	SP3	D	
	10 x 20 on 1:00 Shooters	EN1	S	F
	1x{6 x 50 on 1:15 Kick	EN1	K	C
	{6 x 50 on 1:10 Kick	EN1	K	C
	{6 x 50 on 1:05 Kick	EN1	K	C
1,000	20 x 50 on 1:00 Pulls	EN1	P	
	1x{2 x 200 on 3:00 Freestyle	EN1	S	
	{1 x 100 on 2:00 Butterfly	EN1	S	F
	{2 x 200 on 2:55 Freestyle	EN1	S	
	{1 x 100 on 2:00 Backstroke	EN1	S	
	{2 x 200 on 2:50 Freestyle	EN1	S	
	{1 x 100 on 2:00 Breaststroke	EN1	S	
	{2 x 200 on 2:45 Freestyle	EN1	S	
	{1 x 100 on 2:00 Freestyle	EN1	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
8:53 AM 5,200 Meters - Stress Value = 49				

Meters	Set Description	EGY	WC	STK
6:30 PM Start				
1,000	1 on 30:00 Stomach and Stretch	REC		
200	1 x 1000 on 20:00 Swim-kick-pull-swim	SP3		
1,000	10 x 20 on 1:00 Shooters	EN2		
	10 x 100 on 2:15 Kick-odds fast	EN1		
	1x{4 x 100 on 1:45 Pulls	EN1		
	{2 x 200 on 3:20 Pulls	EN1		
	{1 x 400 on 6:00 Pulls	EN1		
1,800	12 x 150 on 2:30 Freestyle-descend in	EN2		
	sets of three			
200	1 x 200 on 4:00 Stroke Drills	REC		
8:52 PM 5,400 Meters - Stress Value = 83				

Workout #508 - Tuesday, 27 July 1999

Group 3 - All-Americans

1 minute rest between sets

Meters	Set Description	EGY	WC	STK
6:30 AM Start				

Workout #511 - Wednesday, 28 July 1999

Group 3 - All-Americans

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
6:30 AM Start				
800	1 on 30:00 Stomach and Stretch		L	
200	1 x 800 on 20:00 Reverse IM drill	REC	D	
	10 x 20 on 1:00 Shooters	SP3	S	
	1x{1 x 150 on 3:00 Kick	EN1	K C	
	{1 x 150 on 2:55 Kick	EN1	K C	
	{1 x 150 on 2:50 Kick	EN1	K C	
	{1 x 150 on 2:45 Kick	EN1	K C	
400	4 x 100 on 1:30 Lungbuster pulls	EN1	P	
	odds br5-7 ev br 6-8			
	3x{4 x 100 on 1:30 Freestyle	EN1	S	
	{1 x 200 on 3:45 Your Stroke or IM	EN1	S S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
8:27 AM 4,000 Meters - Stress Value = 41				

Workout #512 - Thursday, 29 July 1999

Group 3 - All-Americans

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
800	1 on 30:00 Stomach and Stretch		
200	1 x 800 on 20:00 Swim-kick-pull-swim	REC	
600	10 x 20 on 1:00 Shooters	SP3	
1,500	12 x 50 on 1:00 Kick-des in sets of3	EN2	
200	3 x 500 on 7:00 Pulls	EN1	
	2 x 100 on 1:30 Freestyle-build	EN1	
	2x{1 x 100 on :00 Your Stroke broken	SP2	
	{ at the 50 for 20 sec		
	{1 x 200 on 10:00 Freestyle-ez	REC	
200	1 x 200 on 4:00 Bilateral	REC	
8:36 AM 4,100 Meters - Stress Value = 63			

Workout #513 - Thursday, 29 July 1999

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WC
6:30 AM Start			
800	1 on 30:00 Stomach and Stretch		
200	1 x 800 on 20:00 Swim-kick-pull-swim	REC	
	10 x 20 on 1:00 Shooters	SP3	
	1x{2 x 100 on 2:30 Kick	EN2	
	{2 x 100 on 2:20 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
1,800	12 x 150 on 2:45 Mid 50 stroke 1-4fly	EN1	
	5-8 back 9-12 breast		
	1x{4 x 50 on 1:00 Freestyle	EN1	
	{4 x 50 on :55 Freestyle	EN1	
	{4 x 50 on :50 Freestyle	EN1	
	{4 x 50 on :45 Freestyle	EN1	
200	1 x 200 on 4:00 Six kick switch	REC	
8:44 AM 4,600 Meters - Stress Value = 53			

Workout #514 - Thursday, 29 July 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
5:30 PM Start				
	1 on 30:00 Stomach and Stretch		L	

500	10 x 50 on 1:15 Stroke Drills-choice	REC	D	C
240	12 x 20 on 1:30 Shooters-off the blk	SP3	S	
	3 on each stroke			
300	6 x 50 on 1:15 Kick	EN1	K	C
900	9 x 100 on 2:00 Your Stroke	EN1	S	S
200	1 x 200 on 4:00 Six kick switch	REC	D	
7:05 PM 2,140 Meters - Stress Value = 24				

Workout #515 - Friday, 30 July 1999

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
800	1 on 30:00 Stomach and Stretch		
200	1 x 800 on 20:00 Reverse IM drill	REC	
900	10 x 20 on 1:00 Shooters	SP3	
1,200	9 x 100 on 2:30 Kick-des in sets of3	EN1	
	6 x 200 on 3:15 Pull-odds br 3-4-5-6	EN1	
	by the 50		
	2x{4 x 250 on 3:15 Freestyle	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 4:00 Stroke Drills	REC	
8:50 AM 5,300 Meters - Stress Value = 76			

Workout #516 - Friday, 30 July 1999

Group 3 - All-Americans

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
6:30 PM Start				
800	1 on 30:00 Stomach and Stretch		L	
200	1 x 800 on 20:00 Reverse IM drill	REC	D	
	10 x 20 on 1:00 Shooters	SP3	S	
	1x{1 x 200 on 4:00 Kick	EN1	K	C
	{1 x 150 on 3:00 Kick	EN1	K	C
	{1 x 100 on 2:00 Kick	EN1	K	C
	{1 x 50 on 1:00 Kick	EN1	K	C
800	8 x 100 on 1:40 Lungbuster pulls	EN1	P	
	breathe 5-7			
	4x{1 x 50 on 1:15 Choice	EN1	S	C
	{1 x 50 on 1:10 Choice	EN1	S	C
	{1 x 50 on 1:05 Choice	EN1	S	C
	{1 x 50 on 1:00 Choice	EN1	S	C
	{1 x 50 on :55 Choice	EN1	S	C
	{1 x 50 on :50 Choice	EN1	S	C
	{1 x 50 on :45 Choice	EN1	S	C
300	1 x 300 on 6:00 Stroke Drills	REC	D	
8:33 PM 4,000 Meters - Stress Value = 37				

Workout #517 - Saturday, 31 July 1999

Group 3 - All-Americans

1 minute rest between sets

Meters	Set Description	EGY	WORK
6:30 AM Start			
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 20:00 Choice	REC	S
200	10 x 20 on 1:00 Shooters	SP3	S
400	4 x 100 on 2:15 Kick-descend	EN1	K
400	2 x 200 on 3:15 Pulls-br 3-5-7-5 by	EN1	P
	the 50		
1,400	14 x 100 on 1:30 Choose your interval	EN1	S
	and your stroke		
300	1 x 300 on 6:00 Stroke Drills	REC	D
8:18 AM 3,500 Meters - Stress Value = 32			

Workout #518 - Saturday, 31 July 1999

Group 3 - Taper 1

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	ε
	1 on 30:00 Stomach and Stretch		L	
800	1 x 800 on 20:00 Choice	REC	S	
200	10 x 20 on 1:00 Shooters	SP3	S	
	1x{2 x 200 on 5:00 Kick	EN2	K C	
	{4 x 100 on 2:30 Kick	EN2	K C	
	{4 x 50 on 1:15 Kick-descend	EN2	K C	
1,200	4 x 300 on 5:00 Pulls	EN1	P	
	2x{2 x 200 on 4:00 Individual Medley	EN1	S	
	{4 x 100 on 1:45 Freestyle-descend	EN1	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	8:54 AM 5,000 Meters - Stress Value = 62			

Workout #519 - Monday, 02 August 1999

Group 3 - All

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 18:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
900	18 x 50 on 1:10 Kick-des. in sets 3	EN2	
	1x{4 x 50 on 1:00 Pulls	EN1	
	{3 x 100 on 1:45 Pulls	EN1	
	{3 x 200 on 3:00 Pulls	EN1	
	6x{1 x 100 on 1:45 Freestyle	EN1	
	{2 x 50 on 1:00 Your Stroke	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:35 AM 4,400 Meters - Stress Value = 55		

Workout #520 - Monday, 02 August 1999

Group 3 - All

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 18:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
400	4 x 100 on 2:00 Kick-build	EN1	
	1x{3 x 150 on 2:15 50fr 50 fly 50 fr	EN1	
	{3 x 150 on 2:15 50 fr 50 back 50fr	EN1	
	{3 x 150 on 2:15 50 fr 50 br 50 fr	EN1	
	{3 x 150 on 2:15 Freestyle	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	8:08 AM 3,500 Meters - Stress Value = 29		

Workout #521 - Tuesday, 03 August 1999

Group 3 - All

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	ε
	1 on 25:00 Stomach and Stretch		L	
800	1 x 800 on 17:00 Choice	REC	S C	
200	10 x 20 on 1:00 Shooters	SP3	S E	
	1x{1 x 100 on 2:30 Kick	EN1	K C	
	{1 x 100 on 2:25 Kick	EN2	K C	
	{1 x 100 on 2:20 Kick	EN2	K C	
	{1 x 100 on 2:15 Kick	EN2	K C	
	{1 x 100 on 2:10 Kick	EN2	K C	

1x{6 x 50 on 1:00 Pulls	EN1	P
{6 x 50 on :55 Pulls	EN1	P
{6 x 50 on :50 Pulls	EN1	P
1x{1 x 200 on 4:00 Individual Medley	EN1	S
{3 x 100 on 1:40 Freestyle-descend	EN1	S
{1 x 200 on 3:45 Individual Medley	EN1	S
{3 x 100 on 1:35 Freestyle-descend	EN1	S
{1 x 200 on 3:30 Individual Medley	EN1	S
{3 x 100 on 1:30 Freestyle-descend	EN1	S
{1 x 200 on 3:15 Individual Medley	EN1	S
{6 x 50 on 1:15 Stroke Drills	REC	D
8:32 AM 4,400 Meters - Stress Value = 44		

Workout #522 - Tuesday, 03 August 1999

Group 3 - All-Americans

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 17:00 Choice	REC	
200	10 x 20 on 1:00 Shooters	SP3	
400	8 x 50 on 1:00 Kick with flippers	EN2	
	1st 15m under water		
	4x{1 x 50 on 1:00 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
	{1 x 150 on 2:00 Pulls	EN1	
600	6 x 100 on 1:45 Odds free evens strk	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	8:10 AM 3,500 Meters - Stress Value = 38		

Workout #523 - Tuesday, 03 August 1999

Group 3 - All-Americans

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	ε
	1 on 25:00 Stomach and Stretch		L	
800	1 x 800 on 17:00 Reverse IM drill	REC	D	
200	10 x 20 on 1:00 Shooters	SP3	S C	
	1x{1 x 50 on 1:15 Kick	EN2	K C	
	{1 x 50 on 1:10 Kick	EN2	K C	
	{1 x 50 on 1:05 Kick	EN2	K C	
	{1 x 50 on 1:00 Kick	EN2	K C	
	{1 x 50 on :55 Kick	EN2	K C	
	{1 x 50 on :50 Kick	EN2	K C	
800	8 x 100 on 1:30 Lungbuster pulls	EN1	P	
	odds br 5-7 ev br6/8			
400	4 x 100 on 1:30 Freestyle-build	EN1	S	
100	1 x 100 on 6:00 Your Stroke	SP2	S E	
	rest 15 sec. at 50			
400	8 x 50 on 1:00 Stroke Drills	REC	D	
	8:07 AM 3,000 Meters - Stress Value = 39			

Workout #524 - Tuesday, 03 August 1999

Group 3 - All

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	S
	1 on 25:00 Stomach and Stretch		L	
800	1 x 800 on 17:00 Reverse IM drill	REC	D	
200	10 x 20 on 1:00 Shooters	SP3	S	
	1x{4 x 50 on 1:15 Kick	EN2	K C	
	{2 x 100 on 2:20 Kick	EN2	K C	
	{1 x 200 on 4:30 Kick	EN2	K C	
1,200	3 x 400 on 6:30 Pulls	EN1	P	
	1x{2 x 200 on 3:00 Freestyle	EN1	S	
	{2 x 200 on 2:55 Freestyle	EN1	S	
	{2 x 200 on 2:50 Freestyle	EN1	S	
	{2 x 200 on 2:45 Freestyle	EN1	S	
	{2 x 200 on 2:40 Freestyle	EN1	S	
200	4 x 50 on 1:00 Stroke Drills	REC	D	

8:35 AM 5,000 Meters - Stress Value = 54

Workout #525 - Thursday, 05 August 1999

Group 3 - All-Americans

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 15:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
400	4 x 100 on 2:00 Kick-odds fast	EN2	
400	8 x 50 on 1:00 Pulls-nbbf&w	EN1	
	1x{2 x 200 on 3:15 Individual Medley	EN1	
	{2 x 200 on 3:05 Individual Medley	EN1	
	{2 x 200 on 2:55 Individual Medley	EN1	
200	1 x 200 on 3:00 Choice	REC	

8:03 AM 3,000 Meters - Stress Value = 34

Workout #526 - Thursday, 05 August 1999

Group 3 - All

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
800	8 x 100 on 2:20 Kick-odds fast	EN2	
1,000	1 x 1000 on 15:00 Pulls	EN1	
	3x{2 x 50 on 1:00 Butterfly	EN1	
	{2 x 50 on :55 Backstroke	EN1	
	{2 x 50 on 1:05 Breaststroke	EN1	
	{2 x 50 on :50 Freestyle	EN1	
400	8 x 50 on 1:15 Stroke Drills 2 on E	REC	

8:33 AM 4,400 Meters - Stress Value = 50

Workout #527 - Monday, 30 August 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Meters	Set Description	EGY	WORK	S
	1 on 20:00 Stomach and Stretch		L	
825	1 x 825 on 18:00 Swim-kick-pull-swim	REC	S	
	1 on 15:00 Techniques-trn drill		D	
500	10 x 50 on 1:00 Freestyle-fast trns	EN1	S	
	12 on 2:00 Vertical Kicking	EN1	K C	

1,200	6 x 200 on 3:30	3:00 swims	:30 rest	EN1	S
1,000	10 x 100 on 1:45	Lungbuster pulls		EN1	P
400	16 x 25 on :30	Freestyle		EN1	S
200	1 x 200 on 4:00	Stroke Drill		REC	D
	7:38 PM	4,125 Meters - Stress Value = 34			

Workout #528 - Tuesday, 31 August 1999

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
	1x{1 x 75 on 1:30 Stroke Drills	REC	
	{19 x 50 on 1:00 Stroke Drills	REC	
	1 on 15:00 Techniques-free trns		
600	12 x 50 on 1:00 Mid pool swims	EN1	
400	16 x 25 on :45 Kick under water	EN1	
	1x{1 x 100 on 1:45 Freestyle	EN1	
	{1 x 200 on 3:30 Freestyle	EN1	
	{1 x 300 on 5:15 Freestyle	EN1	
	{1 x 300 on 4:30 Freestyle	EN1	
	{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
900	6 x 150 on 2:30 Pulls-mid 50 br ev 5	EN1	
200	8 x 25 on :40 Stroke Drills-choice	REC	
	1 on 10:00 Techniques-starts		

7:30 AM 4,325 Yards - Stress Value = 31

Workout #529 - Thursday, 02 September 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 20:00 Stomach and Stretch		I	
125	1 x 125 on 2:30 Stroke Drills	REC	I	
900	9 x 100 on 2:00 Stroke Drills	REC	I	
	1 on 15:00 Techniques-free trns		I	
	1x{1 x 75 on 2:00 Kick	EN1	F	
	{2 on 2:00 Vertical Kicking	EN1	F	
	{2 x 50 on 1:30 Kick	EN1	F	
	{2 on 2:00 Vertical Kicking	EN1	F	
	{2 x 50 on 1:20 Kick	EN1	F	
	{2 on 2:00 Vertical Kicking	EN1	F	
	{2 x 50 on 1:10 Kick	EN1	F	
	{2 on 2:00 Vertical Kicking	EN1	F	
	{1 x 75 on 1:30 Kick	EN1	F	
800	16 x 50 on 1:00 Pulls-nbbf&w	EN1	F	
1,000	4 x 250 on 4:00 3:30 swim :30 rest	EN1	S	
500	20 x 25 on :40 4 on each 3 dr 1 fas	EN1	S	
250	1 x 250 on 5:00 Six kick switch	REC	I	

7:36 PM 4,025 Yards - Stress Value = 28

Workout #530 - Friday, 03 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
6:30 PM Start				
1,000	1 on 25:00 Stomach and Stretch		L	
	10 x 100 on 2:00 Stroke Drills	REC	D	C
	1 on 10:00 Techniques-free trns		D	
1x{4	4 x 25 on :45 Kick	EN1	K	C
	{4 x 50 on 1:20 Kick	EN1	K	C
	{4 x 75 on 1:45 Kick	EN1	K	C
	{4 x 100 on 2:00 Kick	EN1	K	C
1,500	3 x 500 on 7:30 Pulls	EN1	P	
600	4 x 150 on 2:30 Freestyle descend	EN2	S	
150	3 x 50 on 1:00 Stroke Drills	REC	D	
8:29 PM 4,250 Yards - Stress Value = 37				

5:15 PM Start

Yards	Set Description	EGY	WOF
=====			
	1 on 25:00 Stomach and Stretch		===
800	1 x 800 on 18:00 Swim-kick-pull-swim	REC	
	1 on 15:00 Techniques-back strt		
1,000	20 x 50 on 1:00 Kick with flippers	EN1	
	stay underwater past the flags on str/trn		
	1x{3 x 125 on 2:00 Pulls		EN1
	{3 x 125 on 1:55 Pulls		EN1
	{3 x 125 on 1:50 Pulls		EN1
	{3 x 125 on 1:45 Pulls		EN1
1,600	4 x 400 on 5:00 Freestyle	EN1	
400	8 x 50 on 1:15 Stroke Drills-back	REC	
7:30 PM 5,300 Yards - Stress Value = 42			

Workout #534 - Thursday, 09 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:30 AM Start			
=====			
	1 on 25:00 Stomach and Stretch		===
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
	1 on 15:00 Techniques-free trns	EN1	
800	8 x 100 on 2:00 Kick with flippers	EN1	
	underwater past flag		
1x{5	5 x 75 on 1:15 Pulls	EN1	
	{5 x 75 on 1:10 Pulls	EN1	
	{5 x 75 on 1:05 Pulls	EN1	
	{5 x 75 on 1:00 Pulls	EN1	
1x{2	2 x 400 on 6:15 Freestyle	EN1	
	{1 x 400 on 7:00 Individual Medley	EN1	
	{2 x 400 on 6:00 Freestyle	EN1	
	{1 x 400 on 7:00 Individual Medley	EN1	
250	10 x 25 on :40 Stroke Drills	REC	
9:55 AM 5,775 Yards - Stress Value = 48			

5:15 PM Start

Yards	Set Description	EGY	WOF
=====			
	1 on 25:00 Stomach and Stretch		===
1x{1	1 x 125 on 2:30 Stroke Drills	REC	
	{9 x 100 on 2:00 Stroke Drills	REC	
	{ odds backstroke		
	1 on 15:00 Techniques-back fnsh		
250	10 x 25 on :40 Backstroke-finishes	EN1	
900	18 x 50 on 1:00 Kick-des in sets of 3	EN1	
1x{2	2 x 300 on 4:30 Pulls	EN1	
	{2 x 300 on 4:15 Pulls	EN1	
	{2 x 300 on 4:00 Pulls	EN1	
2x{3	3 x 50 on :50 Freestyle	EN1	
	{3 x 50 on :45 Freestyle	EN1	
	{3 x 50 on :40 Freestyle	EN1	
300	12 x 25 on :35 IM order	EN1	
200	1 x 200 on 3:00 Bilateral	REC	
7:37 PM 5,375 Yards - Stress Value = 41			

Workout #535 - Friday, 10 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM Start			
=====			
	1 on 25:00 Stomach and Stretch		===
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	1 on 8:00 Techniques-back trns		
1,000	10 x 100 on 2:15 Kick odds fast	EN1	
1,400	8 x 200 on 3:00 Pulls evens breathe	EN1	
	2-3-4-5 by the 50		
1,000	1 on 15:00 Techniques-back strt	EN1	
	10 x 100 on 2:00 Kick with flippers	EN1	
1,400	14 x 100 on 1:30 Lungbuster pulls	EN1	
	odds br 3-5-7-3		
	evens br 2-4-6-4		
1x{3	3 x 100 on 1:45 Freestyle	EN1	
	{4 x 50 on 1:00 Backstroke	EN1	
	{3 x 100 on 1:40 Freestyle	EN1	
	{4 x 50 on :55 Backstroke	EN1	
	{3 x 100 on 1:35 Freestyle	EN1	
	{4 x 50 on :50 Backstroke	EN1	
300	12 x 25 on :40 Stroke Drills	REC	
7:35 PM 5,225 Yards - Stress Value = 39			

6:30 PM Start

Yards	Set Description	EGY	WOF
=====			
	1 on 25:00 Stomach and Stretch		===
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	1 on 8:00 Techniques-back trns		
1,000	10 x 100 on 2:15 Kick odds fast	EN1	
1,600	8 x 200 on 3:00 Pulls evens breathe	EN1	
	2-3-4-5 by the 50		
1,000	1x{3 x 100 on 2:00 Individual Medley	EN1	
	{3 x 100 on 1:50 Individual Medley	EN1	
	{3 x 100 on 1:40 Individual Medley	EN1	
200	1 x 200 on 3:00 Bilateral	REC	
8:30 PM 4,500 Yards - Stress Value = 35			

Workout #533 - Wednesday, 08 September 1999

Group 3 - All

1 minute rest between sets

Workout #536 - Saturday, 11 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STF
	7:30 AM Start			
800	1 on 25:00 Stomach and Stretch		L	
	1 x 800 on 16:00 Swim-kick-pull-swim	REC	S	
	1 on 10:00 Techniques-back strt		D	
1,000	10 x 100 on 2:15 Kick-odds fast	EN1	K C	
1,800	12 x 150 on 2:15 Pulls-evens breathe 3-4-5 by the 50	EN1	P	
300	6 x 50 on 1:00 Freestyle-buildups	EN1	S	
2,000	10 x 200 on 3:00 Challenge set	EN2	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
	10:00 AM 6,300 Yards - Stress Value = 71			

Workout #537 - Saturday, 11 September 1999

Age Group - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	STF
	8:30 AM Start			
800	1 on 20:00 Stomach and Stretch		L	
	1 x 800 on 18:00 Swim-kick-pull-swim	REC	S	
	1 on 10:00 Techniques-free trns		S	
600	6 x 100 on 2:30 Kick	EN1	S	
750	3 x 250 on 5:00 Pulls	EN1	P	
250	10 x 25 on :30 Choice	EN1	S C	
200	1 x 200 on 5:00 Bilateral	REC	D	
	10:02 AM 2,600 Meters - Stress Value = 18			

Workout #538 - Monday, 13 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STF
	5:30 AM Start			
400	1 x 400 on 8:00 Reverse IM drill		S	
	1 on 10:00 Techniques-starts		D	
225	15 x 15 on :30 Cross pool sprints	SP3	S	
1,200	6 x 200 on 3:00 Pulls odds faster then evn	EN1	P	
	2x{3 x 50 on :50 Freestyle	EN1	S	
	{3 x 50 on :45 Freestyle	EN1	S	
	{3 x 50 on :40 Freestyle	EN1	S	
	{3 x 50 on :35 Freestyle		S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	6:39 AM 3,225 Yards - Stress Value = 30			

Workout #539 - Monday, 13 September 1999

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 2:30 Stroke Drills	REC	
	{9 x 100 on 2:00 Stroke Drills	REC	
	{ odds breasttroke		
	1 on 10:00 Techniques-brst fnsh		
10x{	1 x 50 on 1:00 Kick-breast	EN1	
	{1 on 1:30 Vertical Kicking	EN1	
1,200	8 x 150 on 2:15 Pulls-mid 50 br ev 8	EN1	
	1x{2 x 500 on 7:00 Freestyle	EN1	
	{2 x 500 on 6:45 Freestyle	EN1	
	{2 x 500 on 6:30 Freestyle	EN1	

200 8 x 25 on :40 Stroke Drills REC
7:45 PM 5,925 Yards - Stress Value = 47

Workout #540 - Tuesday, 14 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STF
	5:15 PM Start			
	1 on 25:00 Stomach and Stretch		L	
	1x{1 x 75 on 1:30 Stroke Drills	REC	D	CHC
	{19 x 50 on 1:00 Stroke Drills	REC	D	CHC
	{ odds breaststroke			
	1 on 10:00 Techniques-brst strt		D	BF
	1x{3 x 100 on 2:30 Kick	EN1	K	BF
	{3 x 100 on 2:20 Kick	EN1	K	BF
	{2 x 100 on 2:10 Kick	EN1	K	BF
	{2 x 100 on 2:00 Kick	EN1	K	BF
1,200	16 x 75 on 1:00 Pulls	EN1	P	FF
	1x{8 x 50 on 1:00 Breaststroke	EN1	S	BF
	{4 x 100 on 1:15 Freestyle	EN1	S	FF
	{6 x 50 on :55 Breaststroke	EN1	S	FF
	{4 x 100 on 1:20 Freestyle	EN1	S	FF
	{4 x 50 on :50 Breaststroke	EN1	S	BF
	{4 x 100 on 1:25 Freestyle	EN1	S	FF
	{2 x 50 on :45 Breaststroke	EN1	S	BF
	{4 x 100 on 1:30 Freestyle	EN1	S	FF
300	12 x 25 on :30 IM order	EN1	S	IM
200	1 x 200 on 3:00 Bilateral	EN1	S	CI
	7:45 PM 6,325 Yards - Stress Value = 53			

Workout #541 - Wednesday, 15 September 1999

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	S
600	8 x 75 on 1:30 25dr 25build 25 swim	EN1	S
	2 on each		
	1 on 10:00 Techniques-starts		D
500	10 x 50 on :45 Freestyle	EN1	S
1,800	12 x 150 on 2:15 Freestyle-descend in sets of 3	EN2	S
200	1 x 200 on 4:00 Choice	REC	S
	6:43 AM 3,500 Yards - Stress Value = 47		

Workout #542 - Wednesday, 15 September 1999

1 minute rest between sets

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
5:15 PM Start				
825	1 on 25:00 Stomach and Stretch		L	
	1 x 825 on 16:00 Swim-kick-pull-swim	REC	D	C
	1 on 9:00 Techniques-brst trns			
	1x{4 x 75 on 1:40 Kick			EN1
	{15 x 25 on 1:00 Stroke Drills	REC	D	
	{4 x 75 on 1:35 Kick			EN1
	{ odds breaststroke			EN1
	1 on 10:00 Techniques-brst trns	D		EN1
900	9 x 100 on 2:15 Kick 1-3 w/ board	EN1	K	C
	4-6 no board 7-9 on back			
	1x{3 x 250 on 3:45 Pulls	EN1	P	
	{3 x 250 on 3:35 Pulls	EN1	P	
	{2 x 250 on 3:25 Pulls	EN1	P	
	1x{2 x 200 on 3:45 Breaststroke	EN1	S	
	{4 x 100 on 1:45 Breaststroke	EN1	S	
	{6 x 50 on :50 Breaststroke	EN1	S	
	{8 x 25 on 1:00 Breaststroke-100%	EN1	S	
	2x{4 x 25 on :30 Freestyle	EN1	S	
	{4 x 25 on :25 Freestyle	EN1	S	
	{4 x 25 on :20 Freestyle	EN1	S	
	{4 x 25 on :15 Freestyle	EN1	S	
	{1 on :30 Rest	M		
200	1 x 200 on 3:00 Bilateral	REC	D	
7:45 PM 5,600 Yards - Stress Value = 51				

Yards	Set Description	EGY	WOF
5:30 PM Start			
	1 on 20:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
	1 on 9:00 Techniques-brst trns		
	1x{4 x 75 on 1:40 Kick		EN1
	{4 x 75 on 1:35 Kick		EN1
	{4 x 75 on 1:30 Kick		EN1
1,400	7 x 200 on 2:45 Pulls		EN1
	3x{3 x 50 on 1:00 Breaststroke		EN1
	{2 x 200 on 3:15 Individual Medley		EN1
200	1 x 200 on 3:00 Bilateral	REC	
7:30 PM 4,975 Yards - Stress Value = 39			

Workout #546 - Saturday, 18 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM Start			
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-brst strt		
800	8 x 100 on 2:00 Kick	EN1	
	1x{4 x 125 on 1:50 Pulls	EN1	
	{4 x 125 on 1:45 Pulls	EN1	
	{4 x 125 on 1:40 Pulls	EN1	
500	10 x 50 on 1:15 Pulls	EN1	
600	8 x 75 on 1:30 25ki 25build	EN1	
	4x{4 x 100 on 1:10 Freestyle	EN2	
	{1 on 1:00 Rest		
250	10 x 25 on :40 Stroke Drills	REC	
7:44 PM 6,050 Yards - Stress Value = 66			

Yards	Set Description	EGY	WC
7:30 AM Start			
	1 on 25:00 Stomach and Stretch		
1,025	1 x 1025 on 20:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
	3x{1 x 50 on 1:00 Kick		EN1
	{1 x 100 on 2:00 Kick		EN1
	{1 x 150 on 3:00 Kick		EN1
2,000	5 x 400 on 6:00 Pulls		EN1
	1x{4 x 50 on :55 Butterfly		EN1
	{4 x 100 on 1:30 Individual Medley		EN1
	{4 x 50 on :50 Backstroke		EN1
	{4 x 100 on 1:30 Individual Medley		EN1
	{4 x 50 on 1:00 Breaststroke		EN1
	{4 x 100 on 1:30 Individual Medley		EN1
	{4 x 50 on :45 Freestyle		EN1
	{4 x 100 on 1:30 Individual Medley		EN1
200	8 x 25 on :40 Stroke Drills	REC	
9:59 AM 6,735 Yards - Stress Value = 61			

Workout #547 - Monday, 20 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
5:30 AM Start				
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC		
150	10 x 15 on :30 Cross pool sprints	SP3		
	1x{2 x 250 on 3:45 Pulls			EN1
	{2 x 250 on 3:35 Pulls			EN1
	{2 x 250 on 3:25 Pulls			EN1
1,800	3 x 600 on 8:00 Freestyle			EN2
	1 on 10:00 Techniques-starts	REC		I
6:42 AM 3,850 Yards - Stress Value = 57				

Yards	Set Description	EGY	WOF
5:30 AM Start			
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-brst strt		
800	8 x 100 on 2:00 Kick	EN1	
	1x{4 x 125 on 1:50 Pulls	EN1	
	{4 x 125 on 1:45 Pulls	EN1	
	{4 x 125 on 1:40 Pulls	EN1	
500	10 x 50 on 1:15 Pulls	EN1	
600	8 x 75 on 1:30 25ki 25build	EN1	
	4x{4 x 100 on 1:10 Freestyle	EN2	
	{1 on 1:00 Rest		
250	10 x 25 on :40 Stroke Drills	REC	
7:44 PM 6,050 Yards - Stress Value = 66			

Workout #544 - Friday, 17 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
5:30 AM Start				
400	1 x 400 on 8:00 Reverse IM drill	REC		D
210	14 x 15 on :30 Cross pool sprints	SP3		S
1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1		P
	1x{1 x 400 on 6:00 Freestyle	EN1		S
	{1 x 300 on 4:30 Freestyle	EN1		S
	{1 x 200 on 3:00 Freestyle	EN1		S
	{1 x 100 on 1:30 Freestyle	EN1		S
600	24 x 25 on :30 IM order	EN1		S
	1 on 8:00 Techniques-starts			D
6:44 AM 3,210 Yards - Stress Value = 34				

Yards	Set Description	EGY	WOF
5:30 AM Start			
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-brst strt		
800	8 x 100 on 2:00 Kick	EN1	
	1x{4 x 125 on 1:50 Pulls	EN1	
	{4 x 125 on 1:45 Pulls	EN1	
	{4 x 125 on 1:40 Pulls	EN1	
500	10 x 50 on 1:15 Pulls	EN1	
600	8 x 75 on 1:30 25ki 25build	EN1	
	4x{4 x 100 on 1:10 Freestyle	EN2	
	{1 on 1:00 Rest		
250	10 x 25 on :40 Stroke Drills	REC	
7:44 PM 6,050 Yards - Stress Value = 66			

Workout #545 - Friday, 17 September 1999

Group 3 - All

Workout #548 - Monday, 20 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM Start			
	1 on 25:00 Stomach and Stretch		I
1,000	1x{1 x 125 on 2:30 Stroke Drills	REC	I
	{7 x 100 on 2:00 Stroke Drills	REC	I
	{ odds fly		
	1 on 10:00 Techniques-fly finis		I
1,000	10 x 100 on 1:45 Kick with flippers	EN1	F
	with a board		
1,200	16 x 75 on 1:20 Pulls-nbbf&w	EN1	F
	4x{3 x 50 on 1:00 Butterfly 3-3-3 dr	EN1	S
	{3 x 100 on 1:30 Freestyle--descend	EN2	S
300	1 x 300 on 6:00 Choice	REC	S
	2x{8 x 25 on :30 Butterfly	EN1	S
	{1 on 1:00 Rest		M
300	6 x 50 on 1:00 Stroke Drills	REC	I
7:45 PM 5,825 Yards - Stress Value = 56			

Workout #549 - Tuesday, 21 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
5:15 PM Start				
	1 on 25:00 Stomach and Stretch		L	
1,800	1x{1 x 125 on 2:30 Stroke Drills	REC	D	CHC
	{8 x 100 on 2:00 Stroke Drills	REC	D	CHC
	{ odds fly			
	1 on 10:00 Techniques-fly trns		D	FLY
	7x{2 x 50 on 1:00 Kick	EN1	K	CHC
	{1 x 50 on 1:15 Kick-fly all out	EN2	K	FLY
1,800	6 x 300 on 4:00 Pulls	EN1	P	FF
	5x{1 x 100 on 1:30 75 free 25 fly	EN1	S	CME
	{1 x 100 on 1:40 50 free 50 fly	EN1	S	CME
	{1 x 100 on 1:50 25 free 75 fly	EN1	S	CME
	{1 x 100 on 2:00 Butterfly	EN1	S	FLY
	{ all fly 3-3-3 drill]			
300	6 x 50 on 1:15 Stroke Drills	REC	D	CI
7:43 PM 6,075 Yards - Stress Value = 52				

Workout #550 - Wednesday, 22 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:30 AM Start				
	1 x 400 on 8:00 Reverse IM drill	REC	D	
150	10 x 15 on :30 Cross pool sprints	SP3	S	E
1,200	16 x 75 on 1:05 Pulls	EN1	P	
150	3 x 50 on :45 Freestyle	EN1	S	
	1x{2 x 200 on 2:30 Freestyle	EN2	S	
	{2 x 200 on 2:25 Freestyle	EN2	S	
	{2 x 200 on 2:20 Freestyle	EN2	S	
	{2 x 200 on 2:15 Freestyle	EN2	S	
250	10 x 25 on :40 Stroke Drills	REC	D	
	1 on 9:00 Techniques-starts		D	
6:43 AM 3,750 Yards - Stress Value = 52				

Workout #551 - Wednesday, 22 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM Start			

Yards	Set Description	EGY	WOF
=====			
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
	1 on 8:00 Techniques-fly finsh		
1,000	10 x 100 on 2:00 Kick-last 25 fly	EN1	
	1x{8 x 75 on 1:05 Pulls	EN1	
	{8 x 75 on 1:00 Pulls	EN1	
	{8 x 75 on :55 Pulls	EN1	
	2x{4 x 50 on 1:00 Butterfly w/ flipper	EN1	
	{4 x 50 on :55 Butterfly w/ flipper	EN1	
	{4 x 50 on :50 Butterfly w/ flipper	EN1	
	{4 x 50 on :45 Butterfly w/ fins	EN1	
	{1 on 1:00 Rest		
500	20 x 25 on :30 IM order	EN1	
350	7 x 50 on 1:00 Stroke Drills	REC	
7:45 PM 6,075 Yards - Stress Value = 49			

Workout #552 - Thursday, 23 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM Start			
	1 on 30:00 Stomach and Stretch		
	1x{1 x 75 on 1:30 Stroke Drills	REC	
	{8 x 100 on 2:00 Stroke Drills	REC	
	{ ODDS FLY		
	1 on 10:00 Techniques-starts		
	20 on 1:00 Vertical Kicking	EN1	
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4-6-8		
1,250	5 x 250 on 3:30 Continous swims	EN1	
	8x{1 x 25 on :45 Butterfly 5m under	EN1	
	{1 x 25 on :45 Butterfly 10m under	EN1	
	{1 x 25 on :45 Butterfly 15m under	EN1	
400	4 x 100 on 1:30 descend to ludicrous	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
7:44 PM 4,625 Yards - Stress Value = 38			

Workout #553 - Friday, 24 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM Start			
	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
600	8 x 75 on 1:20 25kick 25drill 25bld	EN1	S
	2 on each stroke		
	1x{4 x 125 on 2:00 Pulls	EN1	F
	{4 x 125 on 1:50 Pulls	EN1	F
	{4 x 125 on 1:40 Pulls	EN1	F
1,000	10 x 100 on 1:15 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Techniques-starts		I
6:41 AM 3,700 Yards - Stress Value = 41			

Workout #554 - Friday, 24 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
825	1 on 19:00 Stomach and Stretch		
	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-fly turns		
800	16 x 50 on 1:15 Kick-odds no board	EN1	
1,200	8 x 150 on 2:15 Pulls-mid 50 br ev 8	EN1	
	4x{3 x 75 on 1:30 Fly 1st 25 3-3-3	EN1	
	{ 2nd 25 4-4-4 3rd 555		
	{ 3 x 75 on 1:00 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:30 PM	4,825 Yards - Stress Value = 38		

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		L
1x{1 x 75 on 1:30 Stroke Drills		REC	D
{16 x 50 on 1:00 Stroke Drills		REC	D
{ 4 on each stroke			
	1 on 10:00 Techniques-IM trns		D
6x{1 x 75 on 1:45 Kick-no board		EN1	K
{1 x 75 on 1:45 Kick-no board		EN1	K
1x{4 x 100 on 1:30 Pulls		EN1	P
{3 x 200 on 2:50 Pulls		EN1	P
{2 x 300 on 4:00 Pulls		EN1	P
300	3 x 100 on 1:30 Freestyle-build	EN1	S
1x{3 x 100 on 1:40 Butterfly 4-4-4 dr		EN1	S
{3 x 100 on 1:30 Individual Medley		EN1	S
{3 x 100 on 1:35 Backstroke		EN1	S
{3 x 100 on 1:30 Individual Medley		EN1	S
{3 x 100 on 1:45 Breaststroke		EN1	S
{3 x 100 on 1:30 Individual Medley		EN1	S
{3 x 100 on 1:30 Freestyle		EN1	S
250	5 x 50 on 1:00 Stroke Drills	REC	D
7:45 PM	6,025 Yards - Stress Value = 48		

Workout #555 - Saturday, 25 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:30 AM	Start		
825	1 on 30:00 Stomach and Stretch		
	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-fly turns		
1x{4 x 125 on 2:30 Kick-last 25 fly		EN1	
{4 x 75 on 1:30 Kick-last 25 fly		EN1	
{4 x 25 on :30 Kick		EN1	
1x{1 x 100 on 1:30 Pulls		EN1	
{1 x 200 on 3:00 Pulls		EN1	
{1 x 300 on 4:30 Pulls		EN1	
{1 x 400 on 6:00 Pulls		EN1	
{1 x 300 on 4:00 Pulls		EN1	
{1 x 200 on 2:40 Pulls		EN1	
{1 x 100 on 1:20 Pulls		EN1	
1x{1 x 1000 on 15:00 Freestyle		EN1	
{1 x 1000 on 13:45 Freestyle		EN2	
{1 x 1000 on 12:30 Freestyle		EN3	
350	7 x 50 on 1:00 Stroke Drills	REC	
10:00 AM	6,675 Yards - Stress Value = 115		

Workout #558 - Tuesday, 28 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
850	1 on 30:00 Stomach and Stretch		
	1 x 850 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-Starts		
	1 on 20:00 Brick around the rsy	EN1	
1x{6 x 75 on 1:30 Pulls		EN1	
{6 x 75 on 1:20 Pulls		EN1	
{6 x 75 on 1:10 Pulls		EN1	
{ all are NBBF&W			
2,000	8 x 250 on 3:45 Individual Medley	EN1	
1x{8 x 25 on :35 Im order		EN1	
{8 x 25 on :30 IM order		EN1	
{8 x 25 on :25 IM order		EN1	
200	4 x 50 on 1:00 Stroke Drills	REC	
7:45 PM	5,000 Yards - Stress Value = 38		

Workout #559 - Wednesday, 29 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM	Start		
400	1 x 400 on 8:00 Reverse IM drill	REC	D
150	10 x 15 on :30 Cross pool sprints	SP3	S
1x{4 x 100 on 1:30 Pulls		EN1	P
{3 x 200 on 2:50 Pulls		EN1	P
{2 x 300 on 4:00 Pulls		EN1	P
300	3 x 100 on 1:30 Freestyle-build	EN1	S
1x{3 x 125 on 1:50 IM-50 fly		EN1	S
{3 x 125 on 1:45 IM-50 back		EN1	S
{3 x 125 on 1:55 IM-50 brst		EN1	S
{3 x 125 on 1:40 IM-50 free		EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:41 AM	4,150 Yards - Stress Value = 41		

Yards	Set Description	EGY	WORK
400	1 x 400 on 8:00 Reverse IM drill	REC	D
200	8 x 25 on :40 Choice-buildup	EN1	S
150	10 x 15 on :30 Cross pool sprints	SP3	S
500	10 x 50 on :45 Pulls	EN1	P
1,800	12 x 150 on 2:15 Freestyle-des 1-3	EN2	S
2x{2 x 25 on :30 Freestyle		EN1	S
{2 x 25 on :25 Freestyle		EN1	S
{2 x 25 on :20 Freestyle		EN1	S
{2 x 25 on :15 Freestyle		EN1	S
300	6 x 50 on 1:00 Stroke Drills	REC	D
6:42 AM	3,750 Yards - Stress Value = 53		

Workout #557 - Monday, 27 September 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM	Start		

Workout #560 - Wednesday, 29 September 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
1x	{1 x 75 on 1:30 Stroke Drills	REC	
	{8 x 100 on 2:00 Stroke Drills 2 on E	REC	
	1 on 10:00 Techniques-IM turns		
3x	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4-6-8		
300	12 x 25 on :45 Descend in sets of 3	EN1	
1x	{4 x 100 on 1:45 Individual Medley	EN1	
	{2 x 200 on 3:20 Individual Medley	EN1	
	{1 x 400 on 6:10 Individual Medley	EN1	
1,000	10 x 100 on 1:15 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:45 PM 5,875 Yards - Stress Value = 56		

Workout #561 - Thursday, 30 September 1999

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
1,000	1 x 1000 on 18:00 Choice	REC	S
	1 on 10:00 Techniques-starts		D
1,000	1 x 1000 on 20:00 Freeway kicking	EN1	K
	2x{2 x 100 on 1:30 Pulls	EN1	P
	{2 x 100 on 1:25 Pulls	EN1	P
	{2 x 100 on 1:20 Pulls	EN1	P
450	6 x 75 on 1:10 Freestyle-build	EN1	S
10x	{1 x 100 on 1:15 Individual Medley	EN2	S
	{1 x 50 on :35 Freestyle	EN2	S
	{1 x 50 on :55 Freestyle-EZ	REC	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
	7:40 PM 6,150 Yards - Stress Value = 56		

Workout #562 - Friday, 01 October 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :30 Cross pool sprints	SP3	S
600	8 x 75 on 1:20 25ki 25dr 25bu 2 onE	EN1	S
1,000	5 x 200 on 2:45 Pulls	EN1	F
	1x{4 x 125 on 1:40 Freestyle	EN2	S
	{4 x 125 on 1:35 Freestyle	EN2	S
	{4 x 125 on 1:30 Freestyle	EN2	S
350	7 x 50 on 1:00 Stroke Drills	REC	I
	1 on 5:00 Techniques-starts		I
	6:44 AM 4,000 Yards - Stress Value = 52		

Workout #563 - Friday, 01 October 1999

Group 3 - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF

	1 on 20:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Cross pool sprints	SP3	
	10 on 1:30 Vertical Kicking	EN1	
1,050	14 x 75 on 1:15 Pulls-nbbf&w	EN1	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
	2x{4 x 50 on :50 Freestyle	EN2	
	{4 x 50 on :45 Freestyle	EN2	
	{4 x 50 on :40 Freestyle	EN2	
	{2 x 50 on :35 Freestyle	EN2	
	{1 on 1:00 Rest		
300	1 x 300 on 4:30 Stroke Drill	REC	
	1 on 6:00 Techniques-starts		
	7:27 PM 4,000 Yards - Stress Value = 47		

Workout #564 - Saturday, 02 October 1999

Group 3 - All

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-relay str		
1,000	10 x 100 on 2:00 Kick-odds very fast	EN1	
	1x{2 x 400 on 6:00 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{1 x 100 on 1:15 Pulls	EN1	
1,000	10 x 100 on 1:30 Freestyle-descend in	EN2	
	sets of 3 hold 10 as		
	fast as 9		
1,000	1 x 1000 on 25:00 Killer Relays	SP1	
300	1 x 300 on 4:30 Stroke Drills	REC	
	10:01 AM 5,700 Yards - Stress Value = 124		

Workout #565 - Saturday, 02 October 1999

Age Group - All

1 minute rest between sets

8:30 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 25:00 Stomach and Stretch			S
600	1 x 600 on 12:00 Swim-kick-pull-swim			S
	1 on 10:00 Techniques-relay str			S
600	6 x 100 on 2:00 Descend in sets of 3			S
	1 on 25:00 Killer Relays			S
200	1 x 200 on 4:00 Stroke Drill			S
	10:00 AM 1,400 Yards			

Workout #566 - Monday, 04 October 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	S
	1 x 400 on 8:00 Reverse IM drill	REC		D
150	10 x 15 on :30 Cross pool sprints	SP3		S
1,350	9 x 150 on 2:15 Pulls	EN1		P
	Mid 50 br every 8			
	8x{1 x 150 on :00 Freestyle	EN1		S
	{1 x 50 on 3:00 Stroke IM order	EN1		S
400	8 x 50 on 1:00 Stroke Drills	REC		D
	1 on 4:00 Techniques-starts			D
	6:44 AM 3,900 Yards - Stress Value = 36			

Workout #567 - Monday, 04 October 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
625	1 x 625 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
750	15 x 50 on 1:00 Kick-descend in 3's	EN2	
1,250	10 x 125 on 1:50 Pulls-br ev8 last 25	EN1	
	2x{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 on 2:00 Rest		
	1x{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN1	
	{4 x 25 on :15 Freestyle	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:15 PM 5,075 Yards - Stress Value = 69		

Workout #568 - Tuesday, 05 October 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 29:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
1,000	10 x 100 on 2:00 Kick-hold time I	EN2	
	you		
1,500	3 x 500 on 7:00 Pulls	EN1	
	1x{8 x 75 on 1:15 Backstroke	EN1	
	{8 x 75 on 1:10 Backstroke	EN1	
	{8 x 75 on 1:05 Backstroke	EN1	
	4x{1 x 100 on 2:00 Stroke Drills	REC	
	{3 x 50 on 1:00 Stroke descend	EN1	
300	1 x 300 on 4:30 Bilateral	REC	
	7:45 PM 6,575 Yards - Stress Value = 65		

Workout #569 - Wednesday, 06 October 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 20:00 Stomach and Stretch			
400	1 x 400 on 8:00 Reverse IM drill	REC	D	
150	10 x 15 on :30 Cross pool sprints	SP3	S	
1,000	1 x 1000 on 15:00 Pulls	EN1	P	
500	2 x 250 on 3:30 Pulls	EN1	P	
	1x{8 x 50 on :50 Freestyle	EN1	S	
	{8 x 50 on :45 Freestyle	EN1	S	
	{8 x 50 on :40 Freestyle	EN1	S	
500	20 x 25 on :30 IM order	EN1	S	
250	5 x 50 on 1:00 Stroke Drills	REC	D	
	6:44 AM 4,000 Yards - Stress Value = 38			

Workout #570 - Wednesday, 06 October 1999

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 16:00 Swim-kick-pull-swim	REC
150	10 x 15 on :40 Shooters	SP3
	1x{6 x 75 on 1:45 Kick	EN2
	{6 x 75 on 1:35 Kick	EN2
	{6 x 75 on 1:25 Kick	EN2
1,500	10 x 150 on 2:00 Pulls with paddles	EN1
	4x{1 x 100 on 1:45 Breaststroke-fast	EN1
	{8 x 25 on :40 Breaststroke	EN1
	{ odds drill evens bld	
400	4 x 100 on 1:30 Freestyle-des to	EN2
	ludicrous speed	
300	6 x 50 on 1:00 Stroke Drills	REC
	7:44 PM 5,725 Yards - Stress Value = 68	

Workout #571 - Friday, 08 October 1999

Group 3 - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 8:00 Reverse IM drill	REC	I
150	10 x 15 on :30 Cross pool sprints	SP3	S
800	16 x 50 on :45 Pulls	EN1	F
	4x{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 100 on 1:25 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN1	S
	{1 x 100 on 1:15 Freestyle	EN2	S
	{1 on 1:00 Rest		M
500	20 x 25 on :30 Odds free evens strk	EN1	S
250	5 x 50 on 1:00 Stroke Drills	REC	I
	6:41 AM 3,700 Yards - Stress Value = 39		

Workout #572 - Friday, 08 October 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
900	18 x 50 on 1:00 Kick-descend in sets	EN2	
	of 3		
	1x{4 x 125 on 2:00 Pulls	EN1	
	{4 x 125 on 1:50 Pulls	EN1	
	{4 x 125 on 1:40 Pulls	EN1	
600	12 x 50 on :45 Freestyle	EN1	
500	1 x 500 on 7:30 Freestyle-for time	SP2	
500	5 x 100 on 1:30 Freestyle-all out	EN3	
	1x{6 x 25 on :35 Stroke	EN1	
	{6 x 25 on :20 Freestyle	EN1	
	{6 x 25 on :30 Stroke	EN1	
	{6 x 25 on :25 Freestyle	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:30 PM 6,010 Yards - Stress Value = 135		

Workout #573 - Saturday, 09 October 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:30 AM	Start		
1	on 30:00 Stomach and Stretch		L
1x{1	x 125 on 2:00 Stroke Drills	REC	D
{9	x 100 on 2:00 Stroke Drills	REC	D
150	10 x 15 on :40 Shooters	SP3	S
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	K
1,800	3 x 600 on 9:00 Pulls	EN1	P
600	6 x 100 on 1:30 Freestyle-build	EN1	S
900	12 x 75 on 1:30 Freestyle-hold the fastest possible avg	EN3	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
9:57 AM	5,975 Yards - Stress Value = 104		

{8 x 100 on 2:00 Stroke Drills	REC
{ odds free evens strk	
1 on 8:00 Techniques-finishes	
300 12 x 25 on :30 Berzerks	SP3
1,050 21 x 50 on 1:00 Kick descend in sets of 3	EN2
1,200 12 x 100 on 1:30 Lungbuster pulls odds breathe 3-5-7-9 evens br. 2-4-6-8	EN1
300 12 x 25 on :30 Freestyle-build	EN1
4x{4 x 100 on 1:10 Freestyle	EN2
{1 on 1:00 Rest	
600 24 x 25 on :30 Stroke Drills	REC
IM order	
7:44 PM 5,975 Meters - Stress Value = 87	

Workout #577 - Wednesday, 13 October 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM	Start		
400	1 x 400 on 8:00 Reverse IM drill	REC	S
210	14 x 15 on :30 Cross pool sprints	SP3	S
1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1	P
1,800	12 x 150 on 2:15 Freestyle-descend in of 3 each set faster	EN2	S
450	9 x 50 on 1:00 Stroke Drills	REC	D
6:45 AM	3,860 Yards - Stress Value = 54		

Yards	Set Description	EGY	WORK
5:30 AM	Start		
400	1 x 400 on 8:00 Reverse IM drill	REC	D
150	10 x 15 on :30 Cross pool sprints	SP3	S
1x{2	x 250 on 3:45 Pulls	EN1	P
{2	x 250 on 3:30 Pulls	EN1	P
{2	x 250 on 3:15 Pulls	EN1	P
200	4 x 50 on :45 Freestyle-desecond	EN1	S
1x{6	x 25 on :30 Butterfly	EN1	S
{6	x 50 on :55 Backstroke	EN1	S
{6	x 75 on 1:15 Breaststroke	EN1	S
{6	x 100 on 1:30 Freestyle	EN1	S
250	5 x 50 on 1:00 Stroke Drills	REC	D
6:42 AM	4,000 Yards - Stress Value = 38		

Workout #578 - Wednesday, 13 October 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
5:15 PM	Start		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
1,000	1 on 10:00 Techniques-free trns		
1,000	20 x 50 on 1:00 Vertical Kicking	EN2	
1,500	6 x 250 on 4:00 Pulls	EN1	
3x{1	x 200 on 4:00 Breaststroke	EN1	
{2	x 100 on 2:00 Breaststroke	EN1	
{8	x 25 on :30 Breaststroke	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
7:45 PM	5,600 Meters - Stress Value = 60		

Meters	Set Description	EGY	WOF
5:15 PM	Start		
1	on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :40 Shooters	SP3	
900	12 x 75 on 1:30 Kick	EN2	
2x{1	x 200 on 3:00 Pulls	EN1	
{1	x 200 on 2:55 Pulls	EN1	
{1	x 200 on 2:50 Pulls	EN1	
{1	x 200 on 2:45 Pulls	EN1	
300	6 x 50 on :45 Freestyle-build	EN1	
5x{8	x 25 on :30 Butterfly	EN2	
{1	on 1:00 Rest		
600	3 x 200 on 3:30 Individual Medley descend	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
7:45 PM	5,750 Meters - Stress Value = 81		

Workout #576 - Tuesday, 12 October 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
5:15 PM	Start		
1	on 30:00 Stomach and Stretch		
1x{1	x 125 on 2:30 Stroke Drills	REC	

Workout #579 - Thursday, 14 October 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WC
	5:15 PM Start		
	1 on 30:00 Stomach and Stretch		
	1 on 10:00 Team meeting		
1,025	1 x 1025 on 20:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-free trns		
1,000	10 x 100 on 2:15 Kick-odds fast	REC	
1,200	16 x 75 on 1:15 Pulls-nbbf&w	EN1	
	1x{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 300 on 4:30 Freestyle	EN1	
	{1 x 400 on 6:00 Freestyle	EN1	
	{1 x 400 on 5:40 Freestyle	EN1	
	{1 x 300 on 4:15 Freestyle	EN1	
	{1 x 200 on 2:50 Freestyle	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
200	1 x 200 on 3:00 Choice	REC	
	7:45 PM 5,425 Meters - Stress Value = 33		

Workout #580 - Friday, 15 October 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:30 AM Start		
	1 x 400 on 8:00 Swim-kick-pull-swim	REC	
900	12 x 75 on 1:20 25ki 25dr 25bu 3 o e	EN1	
210	14 x 15 on :30 Cross pool sprints	SP3	
1,200	3 x 400 on 6:00 Pulls	EN1	
	2x{4 x 50 on :50 Freestyle	EN1	
	{4 x 50 on :45 Freestyle	EN1	
	{4 x 50 on :40 Freestyle	EN1	
200	1 x 200 on 3:00 Choice	REC	
	6:45 AM 4,110 Yards - Stress Value = 41		

Workout #581 - Saturday, 16 October 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	7:30 AM Start		
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-free trns		
800	16 x 50 on 1:00 Kick with flippers	EN2	
400	4 x 100 on 1:45 Freestyle-build	EN1	
	1x{4 x 100 on 2:00 Individual Medley	EN1	
	{4 x 50 on :45 Freestyle	EN1	
	{4 x 100 on 1:50 Individual Medley	EN1	
	{4 x 50 on :45 Freestyle	EN1	
	{4 x 100 on 1:40 Individual Medley	EN1	
	{4 x 50 on :45 Freestyle	EN1	
	{4 x 100 on 1:30 Individual Medley	EN1	
200	1 x 200 on 3:00 Choice	REC	
	1 on 26:00 Water Polo		
	9:59 AM 4,425 Meters - Stress Value = 44		

Workout #582 - Monday, 18 October 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	5:30 AM Start			

400	1 x 400 on 8:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :30 Cross pool sprints	SP3	S	FR
1,000	1 x 1000 on 15:00 Pulls	EN1	P	FR
1,000	2 x 500 on 7:00 Pulls	EN1	P	FR
800	16 x 50 on :40 Freestyle	EN1	S	FR
500	20 x 25 on :30 Choice	REC	S	CD
200	1 x 200 on 3:00 Bilateral	REC	D	CD
	6:42 AM 4,050 Yards - Stress Value = 34			

Workout #583 - Monday, 18 October 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK
	5:15 PM Start		
	1 on 30:00 Stomach and Stretch		L
1,000	10 x 100 on 2:00 Stroke Drills	REC	D
	1 on 10:00 Techniques-free trns		D
1,000	1 x 1000 on 20:00 Vertical Kicking	EN2	K
	1x{8 x 75 on 1:15 Pulls	EN1	P
	{8 x 75 on 1:10 Pulls	EN1	P
	{8 x 75 on 1:05 Pulls	EN1	P
300	3 x 100 on 2:00 IM descend	EN1	S
2,000	5 x 400 on 5:30 Freestyle	EN2	S
200	1 x 200 on 3:00 Choice	REC	D
	7:45 PM 6,300 Meters - Stress Value = 90		

Workout #584 - Tuesday, 19 October 1999

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WC
	5:15 PM Start		
	1 on 30:00 Stomach and Stretch		
1,000	20 x 50 on 1:00 Stroke Drills	REC	
	5 on each		
	1x{8 x 25 on :45 Kick	EN2	
	{4 x 50 on 1:15 Kick	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{1 x 200 on 4:00 Kick	EN2	
1,500	10 x 150 on 2:30 Pulls Mid 50 br ev 8	EN1	
600	12 x 50 on :50 Freestyle	EN1	
	6x{8 x 25 on :30 Breaststroke	EN2	
	{1 on 1:00 Rest		
500	10 x 50 on 1:00 Stroke Drills	REC	
	7:45 PM 5,600 Meters - Stress Value = 66		

Workout #585 - Wednesday, 20 October 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	5:30 AM Start			
	1 x 400 on 8:00 Reverse IM drill	REC	D	
210	14 x 15 on :30 Cross pool sprints	SP3	S	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	P	
	1x{4 x 100 on 1:30 Freestyle	EN1	S	
	{4 x 125 on 1:50 Freestyle	EN1	S	
	{4 x 150 on 2:10 Freestyle	EN1	S	
	{4 x 200 on 2:50 Freestyle	EN1	S	
200	4 x 50 on 1:00 Stroke Drills	REC	D	
	6:42 AM 4,110 Yards - Stress Value = 41			

Workout #586 - Wednesday, 20 October 1999

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 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
500	10 x 50 on 1:00 Kick	EN1	
500	1 x 500 on 10:00 Kick for time	EN2	
1,600	8 x 200 on 3:00 Pulls	EN1	
300	12 x 25 on :30 Freestyle-build	EN1	
	1x{6 x 125 on 2:00 Freestyle	EN1	
	{6 x 125 on 1:50 Freestyle	EN1	
	{6 x 125 on 1:40 Freestyle	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
7:45 PM 6,425 Yards - Stress Value = 64			

Workout #587 - Friday, 22 October 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:30 AM Start				
=====	=====	====	====	=
400	1 x 400 on 8:00 Reverse IM drill	REC	D	
150	10 x 15 on :30 Cross pool sprints	SP3	S	E
1,500	5 x 300 on 4:15 Pulls	EN1	P	
1,200	6 x 200 on 2:30 Freestyle	EN2	S	
	1x{6 x 25 on :30 Choice	EN1	S	C
	{6 x 25 on :25 Choice	EN1	S	
	{6 x 25 on :20 Choice	EN1	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
6:39 AM 4,000 Yards - Stress Value = 51				

Workout #588 - Friday, 22 October 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:00 PM Start				
=====	=====	====	====	=
	1 on 10:00 Stretching		L	
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
1,050	21 x 50 on 1:00 Kick-descend in sets of three	EN2	K	C
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	P	
1,500	3 x 500 on 7:30 Freestyle	EN1	S	
600	24 x 25 on :30 Odds free evens strk	EN1	S	C
300	6 x 50 on 1:00 Stroke Drills	REC	D	
7:00 PM 5,600 Yards - Stress Value = 60				

Workout #589 - Sunday, 24 October 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:30 AM Start				
=====	=====	====	====	=
400	1 x 400 on 8:00 Reverse IM drill	REC	D	
210	14 x 15 on :30 Cross pool sprints	SP3	S	
1,200	16 x 75 on 1:10 Pulls-nbbf&w	EN1	P	
300	3 x 100 on 1:30 Freestyle-descend	EN1	S	
	1x{3 x 200 on 2:30 Freestyle	EN2	S	
	{3 x 200 on 2:25 Freestyle	EN2	S	
	{3 x 200 on 2:20 Freestyle	EN2	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
6:44 AM 4,310 Yards - Stress Value = 59				

Workout #590 - Monday, 25 October 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM Start			
=====	=====	====	====
	1 on 27:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
	3x{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	1x{2 x 250 on 3:45 Pulls	EN1	
	{2 x 250 on 3:40 Pulls	EN1	
	{2 x 250 on 3:35 Pulls	EN1	
	6x{8 x 25 on :30 Butterfly	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Choice	REC	
7:15 PM 4,625 Yards - Stress Value = 57			

Workout #591 - Tuesday, 26 October 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:30 AM Start				
=====	=====	====	====	=
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S	
210	14 x 15 on :30 Cross pool sprints	SP3	S	
1,200	6 x 200 on 2:45 Pulls	EN1	P	
1,800	12 x 150 on 2:15 Freestyle-descend in sets of three	EN3	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
6:41 AM 4,010 Yards - Stress Value = 128				

Workout #592 - Tuesday, 26 October 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM Start			
=====	=====	====	====
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :40 Shooters	SP3	
	1 on 9:00 Techniques-open turn		
	3x{3 x 100 on 2:00 Kick-descend	EN2	
	{4 x 25 on :45 Sprint kick	EN3	
1,000	20 x 50 on :40 Pulls with paddles	EN1	
	10x{1 x 100 on 1:15 Individual Medley	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :55 Freestyle-EZ	REC	
500	20 x 25 on :40 Stroke Drills	REC	
7:45 PM 5,675 Yards - Stress Value = 82			

Workout #593 - Wednesday, 27 October 1999

6:42 AM 4,010 Yards - Stress Value = 43

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	
1,025	1 x 1025 on 18:00 Choice	REC	S	CHO
150	10 x 15 on :40 Shooters	SP3	S	BR
1,000	10 x 100 on 1:45 Kick	EN2	K	CHO
1,800	6 x 300 on 4:30 Pulls	EN1	P	FR
	1x{8 x 75 on 1:20 Backstroke	EN1	S	BK
	{8 x 75 on 1:15 Backstroke	EN1	S	BK
	{8 x 75 on 1:10 Backstroke	EN1	S	BK
	1x{4 x 25 on :30 Freestyle	EN1	S	FR
	{4 x 25 on :25 Freestyle	EN1	S	FR
	{4 x 25 on :20 Freestyle	EN2	S	FR
	{4 x 25 on :15 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	7:42 PM 6,475 Yards - Stress Value = 68			

Workout #594 - Thursday, 28 October 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
	1x{1 x 75 on 1:30 Stroke Drills	REC	
	{15 x 50 on 1:00 Stroke Drills	REC	
	{ 4 on each stroke		
	1 on 10:00 Techniques-open trns		
1,000	1 x 1000 on 20:00 Brick game	EN2	
500	10 x 50 on 1:30 Pulls-breast	EN1	
	1x{1 x 400 on 7:00 Individual Medley	EN1	
	{1 x 300 on 5:15 Individual Medley	EN1	
	{1 x 200 on 3:30 Individual Medley	EN1	
	{1 x 100 on 1:45 Individual Medley	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 300 on 4:30 Freestyle	EN1	
	{1 x 400 on 6:00 Freestyle	EN1	
400	16 x 25 on :30 Choice	REC	
400	4 x 100 on 1:30 Freestyle-descend to ludicrous speed	EN2	
300	1 x 300 on 5:00 Choice	REC	
	7:45 PM 5,425 Yards - Stress Value = 53		

Workout #595 - Friday, 29 October 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	
	1x{1 x 75 on 1:30 Stroke Drills	REC	D	C
	{15 x 50 on 1:00 Stroke Drills	REC	D	
	{ 4 on each stroke			
400	1 x 400 on 8:00 Reverse IM drill	REC	I	
210	14 x 15 on :30 Cross pool sprints	SP3	S	
	1x{4 x 125 on 1:55 Pulls	EN1	F	
	{4 x 125 on 1:50 Pulls	EN1	F	
	{4 x 125 on 1:45 Pulls	EN1	F	
600	12 x 50 on :45 Descend in sets of 3	EN1	S	
	1x{1 x 100 on 1:30 Freestyle	EN1	S	
	{1 x 100 on 1:25 Freestyle	EN1	S	
	{1 x 100 on 1:20 Freestyle	EN1	S	
	{1 x 100 on 1:15 Freestyle	EN2	S	
	{1 x 100 on 1:10 Freestyle	EN2	S	
	{1 x 100 on 1:05 Freestyle	EN2	S	
	{1 x 100 on 1:00 Freestyle	EN2	S	
	1x{12 x 25 on :30 Descend in sets of 3	EN1	S	
	{12 x 25 on :30 Stroke Drills	REC	I	

Workout #596 - Saturday, 30 October 1999

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 16:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
	1 on 10:00 Techniques-free trns		
	1x{4 x 25 on :45 Kick	EN2	
	{5 x 50 on 1:10 Kick	EN2	
	{6 x 75 on 1:30 Kick	EN2	
	{1 x 100 on 2:00 Kick-for time	EN2	
	2x{3 x 75 on 1:15 Pulls	EN1	
	{3 x 75 on 1:10 Pulls	EN1	
	{3 x 75 on 1:05 Pulls	EN1	
	{3 x 75 on 1:00 Pulls	EN1	
300	3 x 100 on 1:30 Freestyle-build	EN1	
1,200	16 x 75 on 1:30 Freestyle	EN3	
250	5 x 50 on 1:00 Stroke Drills	REC	
	3:30 PM 5,485 Yards - Stress Value = 117		

Workout #597 - Tuesday, 02 November 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
	1 on 10:00 Team meeting		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	
1,600	8 x 200 on 2:45 Pulls	EN1	
	3x{6 x 50 on :45 Freestyle	EN1	
	{4 x 50 on :40 Freestyle	EN1	
	{2 x 50 on :35 Freestyle	EN2	
	{1 on 1:10 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	8:58 PM 5,550 Yards - Stress Value = 63		

Workout #598 - Wednesday, 03 November 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	
	1x{1 x 75 on 1:30 Stroke Drills	REC	D	C
	{15 x 50 on 1:00 Stroke Drills	REC	D	
	{ 4 on each stroke			
150	10 x 15 on :45 Shooters	SP3	S	
	2x{3 x 100 on 2:00 Kick-descend	EN2	K	C
	{8 x 25 on :45 Sprint kick	EN2	K	C
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	P	
	odds breathe 3-5-7-9			
	evens br. 2-4-6-8			
600	12 x 50 on :45 Freestyle	EN1	S	
	1x{5 x 150 on 1:55 Freestyle	EN2	S	
	{5 x 150 on 1:50 Freestyle	EN2	S	
	{5 x 150 on 1:45 Freestyle	EN2	S	
450	18 x 25 on :40 Stroke Drills	REC	D	
	8:59 PM 6,275 Yards - Stress Value = 87			

Workout #599 - Thursday, 04 November 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STF
	1 on 30:00 Stomach and Stretch			L
800	8 x 100 on 2:00 Stroke Drills odds free evens strk	REC	D	STF
800	16 x 50 on 1:00 Kick	EN2	K	BF
100	1 x 100 on 2:00 Kick for time	EN2	K	BF
750	10 x 75 on 1:20 Pulls-NBBF&W	EN1	P	FF
300	3 x 100 on 1:30 Freestyle-build	EN1	S	FF
	4x{1 x 200 on 3:45 Breaststroke	EN1	S	BF
	{1 x 50 on 1:00 Stroke Drills	EN1	D	BF
	{4 x 25 on :30 Breaststroke	EN2	S	BF
250	5 x 50 on 1:00 Stroke Drills	REC	D	CI
	8:31 PM 4,400 Yards - Stress Value = 47			

Workout #600 - Saturday, 06 November 1999

Age Group - Sprint and Stroke

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 20:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-free trns		
800	16 x 50 on 1:30 Stroke Drills 4 on E	REC	
1,000	2x{1 x 100 on 2:30 Individual Medley	EN1	
	{1 x 100 on 2:20 Individual Medley	EN1	
	{1 x 100 on 2:10 Individual Medley	EN1	
	{1 x 100 on 2:00 Individual Medley	EN1	
	{1 x 100 on 1:50 Individual Medley	EN1	
	{1 on 1:00 Rest		
250	10 x 25 on :45 Stroke Drills	REC	
	2:59 PM 2,875 Yards - Stress Value = 10		

Workout #601 - Saturday, 06 November 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch			L
625	1 x 625 on 12:00 Swim-kick-pull-swim	REC		S
300	6 x 50 on 1:00 Freestyle-build	EN1		S
3,000	1 x 3000 on 30:00 Freestyle	EN2		S
500	10 x 50 on 1:15 Stroke Drills	REC	D	
	2:34 PM 4,425 Yards - Stress Value = 63			

Workout #602 - Sunday, 07 November 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 29:00 Stomach and Stretch			L
500	1 x 500 on 8:00 Choice	REC	D	CHO
150	10 x 15 on :45 Shooters	SP3	S	FR
800	8 x 100 on 1:50 Kick	EN2	K	CHO
1,200	6 x 200 on 2:45 Freestyle	EN1	P	FR
	1x{4 x 100 on 1:30 Freestyle	EN1	S	FR
	{4 x 50 on 1:00 Butterfly	EN1	S	FLY
	{4 x 100 on 1:25 Freestyle	EN1	S	FR
	{4 x 50 on 1:00 Backstroke	EN1	S	BK
	{4 x 100 on 1:20 Freestyle	EN1	S	FR

	{4 x 50 on 1:00 Breaststroke	EN1	S	BR
	{4 x 100 on 1:15 Freestyle	EN1	S	FR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	7:30 PM 5,050 Yards - Stress Value = 56			

Workout #603 - Tuesday, 09 November 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 28:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
500	10 x 50 on 1:00 Kick	EN2	
500	1 x 500 on 10:00 Kick-FOR TIME	EN2	
1,500	5 x 300 on 4:30 Pulls odds breathe 3-5-7-9 by the 25	EN1	
	2x{8 x 25 on :30 Breaststroke	EN2	
	{4 x 50 on :55 Breaststroke	EN2	
	{2 x 100 on 1:45 Breaststroke	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	8:30 PM 4,700 Yards - Stress Value = 59		

Workout #604 - Wednesday, 10 November 1999

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 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
	1 on 10:00 Techniques-IM turns		
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	
1,200	16 x 75 on 1:20 Pulls-nbbf&w	EN1	
	1x{5 x 100 on 1:40 Backstroke	EN2	
	{8 x 25 on :30 Choice	EN1	
	{5 x 100 on 1:35 Backstroke	EN2	
	{8 x 25 on :30 Choice	EN1	
	{5 x 100 on 1:30 Backstroke	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	9:00 PM 5,425 Yards - Stress Value = 72		

Workout #605 - Thursday, 11 November 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 31:00 Stomach and Stretch			L
800	1 x 800 on 16:00 Reverse IM drill	REC	D	
	7x{1 x 50 on 1:00 Kick	EN2	K	C
	{1 x 50 on :55 Kick	EN2	K	C
	{1 x 50 on :50 Kick	EN2	K	C
1,000	10 x 100 on 1:30 Lungbuster pulls odds br 3-5-7-9 evens br 2-4-6-8	EN1	P	
2,000	4 x 500 on 7:00 Freestyle	EN1	S	
300	12 x 25 on :30 Stroke Drills	REC	D	
	8:30 PM 5,150 Yards - Stress Value = 51			

Workout #606 - Tuesday, 16 November 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM Start			
800	1 on 30:00 Stomach and Stretch		
	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-free trns		
1,500	1x{3 x 100 on 2:00 Kick with flippers	EN2	
	{3 x 100 on 1:45 Kick with flippers	EN2	
	{3 x 100 on 1:30 Kick with flippers	EN2	
	{1 x 100 on 1:15 Kick with flippers	EN2	
400	12 x 125 on 1:50 Pulls	EN1	
	4 x 100 on 1:45 Individual Medley	EN1	
	1x{6 x 150 on 2:00 Freestyle	EN2	
	{6 x 150 on 1:55 Freestyle	EN2	
	{6 x 150 on 1:50 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
7:45 PM 6,800 Yards - Stress Value = 93			

Workout #607 - Wednesday, 17 November 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:15 PM Start				
800	1 on 30:00 Stomach and Stretch		L	
	8 x 100 on 2:00 Stroke Drills	REC	D	IM
	2 on each stroke			
900	12 x 75 on 1:30 Kick-odds fast	EN2	K	CHO
1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1	P	FR
	1x{3 x 100 on 1:30 Backstroke	EN2	S	BK
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:25 Backstroke	EN2	S	BK
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:20 Backstroke	EN2	S	BK
	{1 on 1:00 Rest		M	
600	{3 x 100 on 1:15 Backstroke	EN2	S	BK
	12 x 50 on 1:00 Freestyle	EN1	S	FR
	1x{3 x 100 on 1:30 Backstroke	EN2	S	BK
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:25 Backstroke	EN2	S	BK
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:20 Backstroke	EN2	S	BK
	{1 on 1:00 Rest	EN2	S	BK
	{3 x 100 on 1:15 Rest		M	
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD
7:45 PM 6,100 Yards - Stress Value = 76				

Workout #608 - Thursday, 18 November 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
6:30 PM Start				
800	1 on 30:00 Stomach and Stretch		L	
150	1 x 800 on 16:00 Reverse IM drill	REC	D	
	10 x 15 on :45 Shooters	SP3	S	
750	3x{1 x 150 on 3:00 Kick	EN2	K	C
	{1 x 100 on 2:00 Kick	EN2	K	C
	{1 x 50 on 1:00 Kick	EN2	K	C
	10 x 75 on 1:10 Pulls	EN1	P	
	1x{2 x 200 on 3:45 Breaststroke	EN1	S	
	{3 x 150 on 2:50 Breaststroke	EN1	S	
	{4 x 100 on 1:50 Breaststroke	EN1	S	
	{3 x 50 on :55 Breaststroke	EN1	S	
	{2 x 25 on :30 Breaststroke	EN1	S	
200	1 x 200 on 3:00 Bilateral	REC	D	

8:30 PM 4,250 Yards - Stress Value = 46

Workout #609 - Friday, 19 November 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM Start			
800	1 on 28:00 Stomach and Stretch		
1,250	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
2,000	10 x 125 on 2:00 Kick	EN2	
100	5 x 400 on 5:00 Pulls	EN1	
	1 x 100 on 1:30 Freestyle	EN1	
	8x{8 x 25 on :30 Butterfly	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Choice	REC	
	1 on 10:00 Rabbit game	EN1	
7:44 PM 5,950 Yards - Stress Value = 78			

Workout #610 - Saturday, 20 November 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:30 PM Start			
	1 on 30:00 Stomach and Stretch		I
	1x{1 x 75 on 1:30 Stroke Drills	REC	I
	{19 x 50 on 1:00 Stroke Drills	REC	I
	{5 on each stroke		
1,000	1 on 10:00 Techniques-finishes		I
1,000	5 x 200 on 3:30 Kick with flippers	EN1	F
	10 x 100 on 2:00 Pulls	EN1	F
	1x{4 x 75 on 1:20 Backstroke	EN1	S
	{4 x 75 on 1:15 Backstroke	EN1	S
	{4 x 75 on 1:10 Backstroke	EN1	S
300	12 x 25 on :30 Stroke Drills 3 on E	REC	I
	1 on 20:00 Killer Relays	SP1	S
300	1 x 300 on 5:00 Bilateral	REC	I
10:00 PM 4,525 Yards - Stress Value = 29			

Workout #611 - Monday, 22 November 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM Start			
800	1 on 30:00 Stomach and Stretch		
	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
1,000	1 on 10:00 Techniques-starts		
	1 x 1000 on 20:00 Brick game	EN2	
	1x{2 x 300 on 4:30 Pulls	EN1	
	{2 x 300 on 4:20 Pulls	EN1	
	{2 x 300 on 4:10 Pulls	EN1	
2,400	3 x 800 on 11:00 Freestyle	EN2	
500	20 x 25 on :30 Stroke Drills	REC	
7:44 PM 6,500 Yards - Stress Value = 86			

Workout #612 - Tuesday, 23 November 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 29:00 Stomach and Stretch		
1,000	20 x 50 on 1:00 Stroke Drills 5 on E	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 2:00 Kick with flippers	EN2	
	Challenge set		
1,600	8 x 200 on 2:45 Pulls	EN1	
300	3 x 100 on 1:45 Individual Medley	EN1	
1x{4	4 x 200 on 3:40 Breaststroke	EN2	
	{4 x 150 on 2:40 Freestyle	EN2	
	{4 x 100 on 1:45 Breaststroke	EN2	
	{4 x 50 on :50 Breaststroke	EN2	
200	1 x 200 on 3:00 Choice	REC	

7:45 PM 6,250 Yards - Stress Value = 45

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
	1 on 10:00 Techniques-starts		
900	6 x 150 on 3:00 Kick-descend sets 3	EN2	
100	1 x 100 on 2:00 Kick-for time	EN2	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	
	1x{3 x 200 on 3:10 Butterfly w/ fins	EN2	
	{3 x 200 on 3:00 Butterfly w/ fins	EN2	
	{3 x 200 on 2:50 Butterfly w/ fins	EN2	
	6x{1 x 25 on :30 fly off the blocks	SP3	
	{1 x 25 on :45 Freestyle	REC	
300	12 x 25 on :40 Stroke Drills	REC	

12:59 PM 5,350 Yards - Stress Value = 78

Workout #616 - Saturday, 27 November 1999

Group 3 - All

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
1,000	10 x 100 on 1:45 Kick	EN2	
1,800	6 x 300 on 4:00 Pulls	EN1	
600	12 x 50 on :45 Freestyle	EN1	
	2x{3 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:10 Freestyle	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Freestyle	REC	
300	3 x 100 on 1:30 Freestyle-descend to	EN2	
	ludicrous speed		
400	8 x 50 on 1:00 Stroke Drills	REC	

9:59 AM 6,900 Yards - Stress Value = 86

Workout #617 - Saturday, 27 November 1999

Age Group - All

1 minute rest between sets

8:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
800	1 x 800 on 20:00 Swim-kick-pull-swim	REC	
150	10 x 15 on 1:00 Shooters	SP3	
600	12 x 50 on 1:30 Stroke Drills	EN1	
	3 on each stroke		
600	6 x 100 on 2:30 Kick-des in sets of 3	EN2	
	5x{1 x 100 on 2:00 Individual Medley	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on 1:15 Freestyle	REC	
400	8 x 50 on 1:30 Stroke Drills	REC	
	2 on each stroke		

10:00 AM 3,550 Yards - Stress Value = 39

Workout #614 - Wednesday, 24 November 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-back fini		
1,050	21 x 50 on 1:00 Kick-descend in sets	EN2	
	of three		
1,500	10 x 150 on 2:15 Pulls-mid 50 br ev 8	EN1	
1x{8	8 x 75 on 1:10 Backstroke	EN2	
	{8 x 75 on 1:05 Backstroke	EN2	
	{8 x 75 on 1:00 Backstroke	EN2	
100	1 x 100 on 1:30 Freestyle	REC	
1x{4	4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
	{4 x 25 on :15 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	

7:45 PM 6,150 Yards - Stress Value = 78

Workout #615 - Friday, 26 November 1999

Group 3 - All

1 minute rest between sets

10:30 AM Start

Workout #618 - Monday, 29 November 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 29:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-brst trns		
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	
2,000	4 x 500 on 7:00 Pulls	EN1	
	1x{4 x 100 on 1:45 Breaststroke	EN2	
	{4 x 100 on 1:40 Breaststroke	EN2	
	{4 x 100 on 1:35 Breaststroke	EN2	
	{4 x 100 on 1:30 Breaststroke	EN2	
	6x{1 x 25 on :30 Breaststroke	EN1	
	{1 x 25 on :45 Freestyle	REC	
200	8 x 25 on 1:00 Stroke Drills	REC	
	7:45 PM 5,900 Yards - Stress Value = 74		

1,200	16 x 75 on 1:10 Pulls	EN1	
	middle 25 1 beath		
	1x{6 x 75 on 1:30 Individual Medley	EN1	
	{6 x 75 on 1:25 Individual Medley	EN1	
	{6 x 75 on 1:20 Individual Medley	EN1	
	{6 x 75 on 1:15 Individual Medley	EN1	
	{6 x 75 on 1:10 Individual Medley	EN1	
400	1 x 400 on 8:00 Individual Medley	EN3	
	for time		
250	5 x 50 on 1:00 Stroke Drills	REC	
	7:45 PM 5,950 Yards - Stress Value = 80		

Workout #619 - Tuesday, 30 November 1999

Group 3 - All

1 minute rest between sets

6:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
1,050	21 x 50 on 1:00 Kick-descend in sets	EN2	
	of three		
	1x{5 x 75 on 1:15 Pulls	EN1	
	{5 x 75 on 1:10 Pulls	EN1	
	{5 x 75 on 1:05 Pulls	EN1	
	{5 x 75 on 1:00 Pulls	EN1	
	2x{1 x 200 on 3:00 Free-last 50 fast	EN2	
	{1 x 200 on 3:00 Free-last 100 fast	EN2	
	{1 x 200 on 3:00 Free-last 150 fast	EN2	
	{1 x 200 on 3:00 Free-all 200 fast	EN2	
100	1 x 100 on 1:30 Freestyle	REC	
	8:30 PM 5,050 Yards - Stress Value = 69		

Workout #622 - Thursday, 02 December 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	STP
	1 on 30:00 Stomach and Stretch			L
825	1 x 825 on 16:00 Choice	REC		S CHC
1,000	1 x 1000 on 20:00 Brick game	EN2		K CHC
	1 on 10:00 Techniques-free trns			D FF
	1x{4 x 25 on :30 Pulls	EN1		P FF
	{4 x 75 on 1:15 Pulls	EN1		P FF
	{4 x 125 on 1:50 Pulls	EN1		P FF
	{4 x 175 on 2:30 Pulls	EN1		P FF
	1x{2 x 200 on 3:00 Backstroke	EN2		S BF
	{2 x 200 on 2:55 Backstroke	EN2		S BF
	{2 x 200 on 2:50 Backstroke	EN2		S BF
	{2 x 200 on 2:45 Backstroke	EN2		S BF
	{2 x 200 on 2:40 Backstroke	EN2		S BF
500	20 x 25 on :30 IM order	EN1		S IM
300	1 x 300 on 5:00 Stroke Drills	REC		D CI
	7:45 PM 6,225 Yards - Stress Value = 81			

Workout #623 - Friday, 03 December 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters		SP3
	3 on each stroke		
1,000	10 x 100 on 2:00 Kick		EN2
1,050	14 x 75 on 1:30 Pulls-nbbf&w		EN1
	6x{1 x 25 on :25 Butterfly		EN1
	{1 x 25 on :35 Freestyle		REC
	{1 x 50 on :45 Butterfly		EN1
	{1 x 50 on 1:15 Freestyle		REC
	{1 x 75 on 1:10 Butterfly		EN1
	{1 x 75 on 1:50 Freestyle		REC
500	20 x 25 on :35 Stroke Drills		REC
	7:44 PM 5,330 Yards - Stress Value = 46		

Workout #620 - Wednesday, 01 December 1999

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
	210 14 x 15 on :30 Cross pool sprints	SP3		S
1,250	10 x 125 on 1:50 Pulls 1 breath last	EN1		P
	25			
1,800	12 x 150 on 2:15 Freestyle	EN3		S
400	8 x 50 on 1:00 Stroke Drills	REC		D
	6:43 AM 4,060 Yards - Stress Value = 128			

Workout #621 - Wednesday, 01 December 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters		SP3
	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	

Workout #624 - Monday, 06 December 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
1,000	1 on 30:00 Stomach and Stretch		
	20 x 50 on 1:00 Stroke Drills	REC	
	5 on each stroke		
150	10 x 15 on :45 Shooters	SP3	
	1 on 10:00 Techniques-starts		
1,000	5 x 200 on 3:00 Kick with flippers	EN2	
1,000	1 x 1000 on 15:00 Pulls	EN1	
1,000	2 x 500 on 7:00 Pulls	EN1	
	1x{5 x 50 on :55 Freestyle	EN1	
	{5 x 50 on :50 Freestyle	EN1	
	{5 x 50 on :45 Freestyle	EN1	
	{5 x 50 on :40 Freestyle	EN1	
400	4 x 100 on 1:30 Freestyle-descend to	EN2	
	ludicrous speed		
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:44 PM 5,950 Yards - Stress Value = 62		

Workout #625 - Tuesday, 07 December 1999

Group 3 - All

1 minute rest between sets

6:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
1,050	21 x 50 on 1:00 Kick-descend is sets	EN2	
	of 3		
1,500	5 x 300 on 4:00 Pulls	EN1	
	1x{3 x 150 on 2:30 Breaststroke	EN2	
	{3 x 125 on 2:00 Breaststroke	EN2	
	{3 x 100 on 1:35 Breaststroke	EN2	
	{3 x 75 on 1:10 Breaststroke	EN2	
	{3 x 50 on :45 Breaststroke	EN2	
300	1 x 300 on 4:30 Reverse IM drill	REC	
	8:30 PM 5,150 Yards - Stress Value = 66		

Workout #626 - Wednesday, 08 December 1999

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	
210	14 x 15 on :30 Cross pool sprints	SP3	S	
800	8 x 100 on 1:30 Lungbuster pulls	EN1	P	
	odds breathe 3-5-7-9			
	evens br 2-4-6-8			
	1x{2 x 500 on 7:00 Freestyle	EN2	S	
	{2 x 400 on 5:30 Freestyle	EN2	S	
	{2 x 300 on 4:05 Freestyle	EN2	S	
	{2 x 200 on 2:40 Freestyle	EN2	S	
	{2 x 100 on 1:15 Freestyle	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:45 AM 4,610 Yards - Stress Value = 76			

Workout #627 - Wednesday, 08 December 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	ST

	1 on 30:00 Stomach and Stretch		L	
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S	F
400	8 x 50 on 1:00 Kick	EN1	K	CF
100	1 x 100 on 2:00 Kick for time	EN3	K	CF
200	4 x 50 on :45 Freestyle	EN1	S	F
2,500	25 x 100 on 1:15 Freestyle	EN2	S	F
150	1 x 150 on 2:00 Stroke Drills	REC	D	C
	1 on 40:00 Clinic with the Mini		D	
200	1 x 200 on 5:00 Butterfly	EN1	S	FI
	1 on 13:00 Techniques-starts		D	
	7:44 PM 3,950 Yards - Stress Value = 64			

Workout #628 - Thursday, 09 December 1999

Group 3 - All

1 minute rest between sets

6:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
800	8 x 100 on 1:45 Kick	EN2	
	1x{1 x 250 on 3:45 Pulls	EN1	
	{1 x 250 on 3:40 Pulls	EN1	
	{1 x 250 on 3:35 Pulls	EN1	
	{1 x 250 on 3:30 Pulls	EN1	
	1x{3 x 150 on 2:30 100 fly 50 back	EN2	
	{3 x 150 on 2:30 100 back 50 brst	EN2	
	{3 x 150 on 2:45 100 breast 50 free	EN2	
	{3 x 150 on 2:30 100 free 50 fly	EN2	
300	1 x 300 on 5:00 Thumb drag/catch-up	REC	
	8:31 PM 4,850 Yards - Stress Value = 66		

Workout #629 - Friday, 10 December 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 2:00 Kick-hold the time I	EN2	
	give you		
1,600	4 x 400 on 5:00 Pulls with paddles	EN1	
300	3 x 100 on 1:45 Individual Medley	EN1	
	8x{1 x 50 on :55 Butterfly	EN2	
	{1 x 50 on :50 Butterfly	EN2	
	{1 x 50 on :45 Butterfly	EN2	
	{1 x 50 on :40 Butterfly	EN2	
	{1 on :50 Rest		
	8x{1 x 25 on :30 Freestyle	EN1	
	{1 x 25 on :30 Free-Hold under :15	EN2	
150	1 x 150 on 3:00 Six kick switch	REC	
	7:45 PM 6,000 Yards - Stress Value = 83		

Workout #630 - Saturday, 11 December 1999

Group 3 - All

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
	3x{1 x 50 on 1:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 150 on 3:00 Kick	EN2	
1,200	16 x 75 on 1:20 Pulls-1 brth last 25	EN1	
600	12 x 50 on 1:00 Mid pool swim-nbbf&w	EN1	
	1x{4 x 150 on 2:30 Backstroke	EN2	
	{4 x 150 on 2:20 Backstroke	EN2	
	{4 x 150 on 2:10 Backstroke	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	

9:59 AM 6,035 Yards - Stress Value = 80

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
900	12 x 75 on 1:30 Kick-all brst	EN2	
	1x{3 x 125 on 2:00 Pulls	EN1	
	{3 x 125 on 1:55 Pulls	EN1	
	{2 x 125 on 1:50 Pulls	EN1	
	3x{1 x 25 on :30 Breaststroke	EN1	
	{1 x 50 on :55 Breaststroke	EN1	
	{1 x 75 on 1:20 Breaststroke	EN1	
	{1 x 100 on 1:45 Breaststroke	EN1	
	{1 x 100 on 1:40 Breaststroke	EN2	
	{1 x 75 on 1:15 Breaststroke	EN2	
	{1 x 50 on :50 Breaststroke	EN2	
	{1 x 25 on :25 Breaststroke	EN2	
	{1 on 1:00 Rest		
350	7 x 50 on 1:00 Stroke Drills	REC	

8:30 PM 4,550 Yards - Stress Value = 51

Workout #634 - Wednesday, 15 December 1999

Group 3 - All

1 minute rest between sets

8:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 20:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-free trns		
600	12 x 50 on 1:15 Kick-des in sets of3	EN2	
750	10 x 75 on 2:00 Pulls-nbbf&w	EN1	
	1x{1 x 100 on 2:15 Freestyle	EN1	
	{1 x 100 on 2:10 Freestyle	EN1	
	{1 x 100 on 2:05 Freestyle	EN1	
	{1 x 100 on 2:00 Freestyle	EN1	
	{1 x 100 on 1:55 Freestyle	EN1	
	{1 x 100 on 1:50 Freestyle	EN1	
	{1 x 100 on 1:45 Freestyle	EN1	
	{1 x 100 on 1:40 Freestyle	EN1	
	{1 x 100 on 1:35 Freestyle	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
200	8 x 25 on :45 Stroke Drills	REC	

9:59 AM 3,350 Yards - Stress Value = 30

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 x 400 on 8:00 Reverse IM drill	REC	
210	14 x 15 on :30 Cross pool sprints		
1,200	8 x 150 on 2:15 Pulls-mid 50 br ev 8	EN1	
	1x{1 x 400 on 7:00 Individual Medley	EN1	
	{1 x 400 on 6:00 Individual Medley	EN2	
	{4 x 100 on 1:45 Individual Medley	EN1	
	{4 x 100 on 1:30 Individual Medley	EN2	
	1x{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN1	
300	1 x 300 on 5:00 Thumb drag/catch-up	REC	

6:44 AM 4,010 Yards - Stress Value = 47

Workout #635 - Wednesday, 15 December 1999

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
	1x{3 x 100 on 1:35 Kick with flippers	EN2	S
	{3 x 100 on 1:30 Kick with flippers	EN2	K
	{3 x 100 on 1:25 Kick with flippers	EN2	K
	{3 x 100 on 1:20 Kick with flippers	EN2	K
1,600	8 x 200 on 2:45 Pulls	EN1	P
600	12 x 50 on :45 Free-des in threes	EN1	S
2,500	5 x 500 on 6:15 Freestyle	EN2	S
300	6 x 50 on 1:15 Stroke Drills	REC	D

7:44 PM 7,150 Yards - Stress Value = 102

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
1,050	7 x 150 on 2:50 Kick	EN2	
	1x{4 x 50 on 1:00 Pulls-nbbf&w	EN1	
	{4 x 50 on :55 Pulls-nbbf&w	EN1	
	{4 x 50 on :50 Pulls-nbbf&w	EN1	
	{4 x 50 on :45 Pulls-nbbf&w	EN1	
	8x{8 x 25 on :30 Butterfly	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
400	4 x 100 on 1:30 Freestyle-descend to	EN2	
	ludicrous speed		
400	8 x 50 on 1:00 Stroke Drills	REC	

7:44 PM 5,425 Yards - Stress Value = 75

Workout #633 - Tuesday, 14 December 1999

Group 3 - All

1 minute rest between sets

6:30 PM Start

Workout #636 - Thursday, 16 December 1999

Group 3 - All

1 minute rest between sets

				8:00 PM Start			
Yards	Set Description	EGY	WOF	Yards	Set Description	EGY	WOF
5:15 PM Start					1 on 20:00 Stomach and Stretch		
825	1 x 825 on 20:00 Swim-kick-pull-swim	REC		150	10 x 15 on :30 Shooters-free	SP3	
	1 on 30:00 Stomach and Stretch			900	12 x 75 on 2:00 Kick-odds fast	EN2	
800	1 x 800 on 16:00 Reverse IM drill	REC		1x{1 x 400 on 8:00 Pulls		EN1	
	1 on 10:00 Techniques-free trns			{1 x 300 on 6:00 Pulls		EN1	
900	18 x 50 on 1:00 Kick-des in threes	EN2		{1 x 200 on 4:00 Pulls		EN1	
	1x{3 x 50 on :45 Pulls	EN1		{1 x 100 on 2:00 Pulls		EN1	
	{3 x 150 on 2:15 Pulls	EN1		2x{2 x 50 on 1:00 Freestyle		EN1	
	{3 x 250 on 3:45 Pulls	EN1		{2 x 50 on :55 Freestyle		EN1	
300	3 x 100 on 1:45 Individual Medley	EN1		{2 x 50 on :50 Freestyle		EN1	
	2x{1 x 200 on 4:00 Back 150 dr 50 fast	EN1		{2 x 50 on :45 Freestyle		EN1	
	{1 x 200 on 3:45 Back 100 dr 100 fast	EN1		{1 on 1:00 Rest			
	{1 x 200 on 3:30 Back 50 dr 150 fast	EN2		400	1 x 400 on 10:00 Stroke Drills	REC	
	{1 x 200 on 3:15 Back all fast	EN2		10:00 PM 4,075 Yards - Stress Value = 42			
200	1 x 200 on 4:00 Backstroke-for time	EN3					
500	10 x 50 on 1:00 Stroke Drills	REC					
7:45 PM 5,650 Yards - Stress Value = 71							

Workout #640 - Monday, 20 December 1999

Group 3 - All

1 minute rest between sets

Workout #637 - Friday, 17 December 1999

Group 3 - All

1 minute rest between sets

				10:30 AM Start			
Yards	Set Description	EGY	WOF	Yards	Set Description	EGY	WOF
5:15 PM Start					1 on 29:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC		150	10 x 15 on :30 Shooters	SP3	
	1 on 30:00 Stomach and Stretch			1,000	10 x 100 on 2:00 Challeng kick set	EN2	
1,000	20 x 50 on 1:00 Stroke Drills 5 on E	REC		1,200	16 x 75 on 1:30 Pulls-1 br last 25	EN1	
150	10 x 15 on :30 Shooters	SP3		1,000	40 x 25 on :45 12.5 undrwater kick	EN1	
1,000	1 x 1000 on 15:00 Kick with flippers	EN2			12.5 fast swim		
	1x{4 x 125 on 2:00 Pulls	EN1		2x{4 x 50 on :45 Freestyle		EN1	
	{4 x 125 on 1:55 Pulls	EN1		{3 x 50 on :40 Freestyle		EN1	
	{4 x 125 on 1:50 Pulls	EN1		{2 x 50 on :35 Freestyle		EN1	
200	8 x 25 on :30 Berzerks	SP3		{1 x 50 on :30 Freestyle		EN1	
	3x{5 x 50 on :50 Freestyle	EN1		400	1 x 400 on 6:00 Stroke Drills	REC	
	{4 x 50 on :45 Freestyle	EN1		1:00 PM 5,550 Yards - Stress Value = 58			
	{3 x 50 on :40 Freestyle	EN2					
	{2 x 50 on :35 Freestyle	EN2					
	{1 x 50 on :30 Freestyle	EN2					
	{1 on :30 Rest						
400	1 x 400 on 8:00 Stroke Drills	REC					
7:40 PM 6,500 Yards - Stress Value = 81							

Workout #641 - Tuesday, 21 December 1999

Group 3 - All

1 minute rest between sets

Workout #638 - Saturday, 18 December 1999

Group 3 - All

1 minute rest between sets

				10:30 AM Start			
Yards	Set Description	EGY	WOF	Yards	Set Description	EGY	WOF
7:30 AM Start					1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC		800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3			1 on 10:00 Techniques-open trns		
	1x{1 x 400 on 8:00 Kick	EN2		800	16 x 50 on 1:00 Kick 4 on each strk	EN2	
	{1 x 300 on 6:00 Kick	EN2			1x{8 x 75 on 1:10 Pulls	EN1	
	{1 x 200 on 4:00 Kick	EN2			{8 x 75 on 1:05 Pulls	EN1	
	{1 x 100 on 2:00 Kick	EN2			{8 x 75 on 1:00 Pulls	EN1	
	{8 x 25 on :45 Kick	EN2		200	4 x 50 on :45 Freestyle-build	EN1	
1,250	5 x 250 on 3:30 Pulls	EN1			1x{4 x 200 on 3:10 Individual Medley	EN2	
600	6 x 100 on 1:30 Descend in sets of 3	EN2			{4 x 200 on 3:05 Individual Medley	EN2	
2,000	5 x 400 on 5:15 Freestyle	EN2			{4 x 200 on 3:00 Individual Medley	EN2	
400	16 x 25 on :45 Stroke Drills 4 on E	REC		300	6 x 50 on 1:15 Stroke Drills	REC	
10:00 AM 6,485 Yards - Stress Value = 96				1:01 PM 6,300 Yards - Stress Value = 84			

Workout #639 - Saturday, 18 December 1999

Age Group - All

1 minute rest between sets

Workout #642 - Wednesday, 22 December 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
10:30 AM Start			
800	1 on 29:00 Stomach and Stretch	REC	
150	10 x 15 on :30 Shooters	SP3	
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	
1,000	10 x 100 on 1:30 Lungbuster pulls odds br. 3-5-7-9 evens br 2-4-6-8	EN1	
300	3 x 100 on 1:45 Individual Medley	EN1	
	3x{4 x 100 on 1:10 Freestyle {1 on 1:00 Rest	EN3	
400	8 x 50 on 1:15 Stroke Drills	REC	
	3x{4 x 100 on 1:10 Freestyle {1 on 1:00 Rest	EN3	
250	10 x 25 on :40 Stroke Drills	REC	
1:00 PM 6,300 Yards - Stress Value = 183			

Workout #643 - Monday, 27 December 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
10:30 AM Start			
800	1 on 30:00 Stomach and Stretch		
150	10 x 15 on :30 Shooters	SP3	
	3x{1 x 50 on 1:00 Kick {1 x 100 on 2:00 Kick {1 x 150 on 3:00 Kick	EN2	
100	1 x 100 on 3:00 Kick-for time	EN2	
1,400	7 x 200 on 3:00 Pulls	EN1	
	1x{2 x 100 on 1:30 Freestyle {1 x 200 on 3:00 Freestyle {2 x 300 on 4:30 Freestyle {1 x 400 on 6:00 Freestyle {2 x 400 on 5:20 Freestyle {1 x 300 on 4:00 Freestyle {2 x 200 on 2:40 Freestyle {1 x 100 on 1:20 Freestyle	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
1:00 PM 6,750 Yards - Stress Value = 70			

Workout #644 - Tuesday, 28 December 1999

Group 3

1 minute rest between sets

Yards	Set Description	EGY	WOF
10:30 AM Start			
800	1 on 30:00 Stomach and Stretch		
150	10 x 15 on :30 Shooters	SP3	
1,000	10 x 100 on 1:45 Kick	EN2	
	1x{5 x 50 on 1:00 Pulls-nbbf&w {5 x 50 on :55 Pulls-nbbf&w {5 x 50 on :50 Pulls-nbbf&w {5 x 50 on :45 Pulls-nbbf&w	EN1	
600	12 x 50 on :45 Descend in sets of 3	EN1	
	2x{1 x 200 on 3:45 Breaststroke {2 x 100 on 1:45 Breaststroke {4 x 50 on :50 Breaststroke {8 x 25 on 1:00 Breast-all out { odds off the blocks	EN2	
500	20 x 25 on :30 IM order	REC	
1:00 PM 5,650 Yards - Stress Value = 88			

Workout #645 - Wednesday, 29 December 1999

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
10:30 AM Start			
825	1 on 30:00 Stomach and Stretch		
210	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
1,000	14 x 15 on :30 Cross pool sprints	SP3	
	8 x 125 on 2:15 Kick	EN2	
	5x{1 x 150 on 2:15 Pulls-br 3-5-7 {1 x 150 on 2:15 Pull-mid 50 br ev 10	EN1	
	1x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle	EN1	
1,200	16 x 75 on 1:30 Backstroke-hold the fastest possible avg	EN3	
200	1 x 200 on 3:00 Freestyle-ez	REC	
400	16 x 25 on :30 Free-odds only 2 brt	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
1:01 PM 6,135 Yards - Stress Value = 124			