{1 on 1:00 Rest

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

Workout #125 - Friday, 01 January 1999 Group 3 - All

1 minute rest between sets

	1 minute rest between sets					W 1 4//120 T 1 07 I 1000	
- 4						Workout #129 - Tuesday, 05 January 1999	
5:15 PM			ECV.	MOT		Group 3 - All	
	Description ====================================		EGY			1 minute rest between sets	
	40:00 Stomach and Stretch					F.1F DW Obout	
	stretch cords				Yards	5:15 PM Start	EGY
	125 on 2:15 Stroke Drills	Ι	REC		ialus	Set Description	
•	100 on 2:00 Stroke Drills		REC			1 on 40:00 Stomach and Stretch	
1,000 10 x	100 on 2:00 Kick/ with flippe	ers I	EN2			and stretch cords	
	llenge set				1,000	1 x 1000 on 18:00 400 skps, 400alt 100	REC
1,500 10 x	150 on 2:15 Freestyle	Ι	EN1		1,000	4 stks fly 4 brst &	, 1000
50 1 x	50 on 2:00 Free- count your s	tk I	EN1			100 4strk back 4 fr	
750 10 x	75 on 1:15 Freestyle	I	EN1			200 rev im drill	
1,250 10 x	125 on 2:00 IM with 50 of we	ak I	EN1			1 on 15:00 Techniques-rly strts	
100 1 x	100 on 20:00 Swolf	I	EN1			15x{1 x 13 on :00 Butterfly	SP3
7:58 PM	5,575 Yards - Stress Value =	56				{1 x 12 on :30 Freestyle	REC
						3x{1 x 150 on 3:00 Kick	EN2
Wo	orkout #126 - Saturday, 02 January 1999					{1 x 100 on 2:00 Kick	EN2
	Group 3 - All					{1 x 50 on 1:00 Kick	EN2
	•				100	1 x 100 on 3:00 Kick for time	EN1
	1 minute rest between sets				600	8×75 on 1:15 Free/strk count set	EN1
2 00 714					1,250	10 x 125 on 2:15 Freestyle	EN3
3:00 PM		_ ~				This is a BLUE-2 set	
Yards Set Des	-	EGY			400	8 x 50 on 1:00 Stroke Drills	REC
	00.00	===				7:44 PM 4,625 Yards - Stress Value = 108	
	:00 Stomach and Stretch	D.E.G		L			
	on 15:00 Reverse IM drill	REC		S		Workout #130 - Wednesday, 06 January 1999	
	:00 Techniques-starts	CD1		D			
	on 6:00 Freestyle off the bl on 1:00 Freestyle/stroke cnt			S S		Group 3 - All	
	:00 Swolf	EN1		S		1 minute rest between sets	
				D D			
	on 3:00 Catchup & thumb drag 1,875 Yards - Stress Value =			ט		6:15 PM Start	
J.01 II	1,075 Tards Scress value -	55			Yards		GY WC
***	1				=====	1 on 40.00 Chamach and Chaptah	== ==
W	orkout #127 - Saturday, 02 January 1999					1 on 40:00 Stomach and Stretch and stretch cords	
	Group 3 - Freestylers				825	1 x 825 on 15:00 Swim-kick-pull-swim R	EC
	1 minute rest between sets				020		P3
							REC
3:00 PM	Start				1,000		in2
Yards Set Des	-	EGY			600		SP2
		===	===	= =	600		IN1
	:00 Stomach and Stretch			L	225	9 x 25 on 1:20 Breaststroke S	SP2
	on 15:00 Reverse IM drill	REC		S	300	1 x 300 on 5:00 Catchup & thumb drag R	REC
	:00 Techniques-starts			D		8:45 PM 3,950 Yards - Stress Value = 116	
	on 5:30 Freestyle	EN2		S			
	s a RED-30 set	EDAT 1		C		Workout #131 - Monday, 11 January 1999	
	on 1:00 Freestyle/stroke cnt:00 Swolf	EN1		S S		Group 3 - All	
	on 3:00 Catchup & thumb drag			D D		•	
	3,500 Yards - Stress Value =			D		1 minute rest between sets	
1.03	o, ott laras seress varas					5:15 PM Start	
***	orkout #128 - Monday, 04 January 1999				Yards		Y WOF
vv ·	• • • • • • • • • • • • • • • • • • • •				=====	=======================================	
	Group 3 - All				825	1 x 825 on 15:00 Swim-kick-pull-swim RE	C
	1 minute rest between sets				255	17 x 15 on :30 Cross pool sprints SP	
					1,000	10 x 100 on 2:00 Kick-odds fast EN	12
6:15 PM					1,050	14 x 75 on 1:10 Pulls-nbbf&w EN	11
	Description			MC		$3x{1 x 100 on 1:45 Breaststroke}$ EN	12
	20.00 Stomach and Stratch	====	===	==		{1 x 50 on 1:00 Breaststroke EN	12
	n 39:00 Stomach and Stretch					{1 x 50 on :55 Breaststroke EN	12
	d stretch cords	cr	DEC			{1 x 50 on :50 Breaststroke EN	
	825 on 15:00 Swim-kick-pull-	⊃W⊥M				{4 x 25 on :30 Breaststroke EN	
	13 on :00 Freestyle 12 on :30 Freestyle		SP3		250	1	CC.
	x 50 on 1:00 Kick descend 1-3		EN2			1 on 28:00 Stomach and Stretch	
	77 OO OII TOO WEEK MESCEIIM I-D					7:14 PM 4,430 Yards - Stress Value = 61	
			EM1				
	400 on 5:30 Freestyle		EN1				
{2 x	400 on 5:30 Freestyle 400 on 5:15 Freestyle		EN1				
{2 x {2 x	400 on 5:30 Freestyle						

REC

400

Workout #132 - Tuesday, 12 January 1999 Group 3 - All

1 minute rest between sets

	6:45 PM Start		
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
	$16x\{1 \times 13 \text{ on :} 00 \text{ Butterfly}$	SP3	S
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle-ez}$	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 = 1	L15	

Workout #133 - Wednesday, 13 January 1999 Group 3 - All

1 minute rest between sets

	5:30	AM Start		
Yards	Se	et Description	EGY	WORF
=====	==		===	====
400	1	x 400 on 8:00 Swim-kick-pull-swim 1	REC	٤
450	9	x 50 on :45 Descend in sets of 3	EN1	٤
	2x{2	x 100 on 1:30 Freestyle	EN1	٤
	{ 3	x 75 on 1:15 Backstroke	EN1	٤
	{ 4	x 50 on 1:00 Breaststroke	EN1	٤
	{ 9	x 25 on :30 Butterfly	EN1	٤
1,800	8	x 225 on 3:00 Freestyle	EN2	٤
100	1	x 100 on 2:00 Bilateral	REC	Ι
	6:46	AM 4,450 Yards - Stress Value = 56		

Workout #134 - Wednesday, 13 January 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	
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	
	$\{1 \times 150 \text{ on } 2:05 \text{ Freestyle}$	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	õ	

Workout #135 - Thursday, 14 January 1999 Group 3 - All

1 minute rest between sets

	6:45				-			
Yards	S	et	Des	crip	ption		EGY	WOF
=====	=	===					===	===
	1	01	1 30:	:00	Stoma	ach and Stretch		
800	1	Х	800	on	16:00) Reverse IM drill	REC	
800	8	Х	100	on	2:00	Kick ODDS FAST	EN2	
750	5	Х	150	on	2:15	Pulls-NO PADDLES	EN1	
	2x{4	Х	100	on	1:15	Freestyle	EN2	
	{ 3	Х	200	on	2:25	Freestyle	EN2	
	{ 2	Х	300	on	3:35	Freestyle	EN2	

	$\{1 \times 400 \text{ on } 4:45 \text{ Freestyle} \}$	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	l

Workout #136 - Friday, 15 January 1999 Group 3 - All

1 minute rest between sets

Yards	5:15 PM Set	Start Description		EGY WC
	1 or	40:00 Stomach	and Stretch	
	and	l stretch cords	;	
	1x{1 x	125 on 2:15 St	roke Drills	REC
	{9 x	100 on 2:00 St	roke Drills	REC
	1x{4 x	100 on 2:00 Ki	ck	EN2
	{3 x	100 on 1:55 Ki	ck	EN2
	{2 x	100 on 1:50 Ki	ck	EN2
	{1 x	100 on 1:45 Ki	ck	EN2
900	9 x	100 on 1:30 De	scend in sets of 3	EN2
	10x{1 x	150 on 2:25 IM	(no freestyle)	EN2
	{1 x	50 on :35 Free	style	EN2
200	1 x	200 on 3:00 Bi	lateral	REC
100	1 x	100 on 15:00 S	wolf	EN1
	7:43 PM	5,225 Yards -	Stress Value = 79	

Workout #137 - Saturday, 16 January 1999 Group 3 - All

1 minute rest between sets

	12:00 PM Start			
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

	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	
1,000	10 x 100 on 1:45 Kick	EN2	
	$4x\{2 \times 25 \text{ on } : 30 \text{ Butterfly}$	EN2	
	$\{2 \times 50 \text{ on } :55 \text{ Butterfly} \}$	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

Workout #159 - Tuesday, 19 January 1999				1 on 40:00 Stomach and Stretch		
Group 3 - All				and stretch cords		
1 minute rest between sets			825	1 x 825 on 15:00 Swim-kick-pull-sw	im :	REC
C. AF DM Obrush			1,000	10 x 100 on 2:00 Kick odds fast		EN2
6:45 PM Start Yards Set Description	EGY	TATC	2,000	10 x 200 on 2:45 Pulls		EN1
===== =================================				1x{8 x 125 on 2:00 Backstroke		EN2
1 on 30:00 Stomach and Stretch				{6 x 100 on 1:35 Backstroke		EN2
1,000 1 x 1000 on 18:00 Reverse IM drill	REC			{4 x 75 on 1:10 Backstroke		EN2
$16x\{1 \times 13 \text{ on } : 00 \text{ Butterfly}$	SP3			1 on 12:00 Techniques-starts 7:43 PM 5,725 Yards - Stress Value =	70	
$\{1 \times 12 \text{ on } : 30 \text{ Freestyle} \}$	REC			7.43 FM 3,723 Tatus - Scress value -	70	
$8x{1 x 25 on :40 Kick with flippers}$	EN2			XV 1 4//1/2 M 1 25 1 1000		
$\{1 \times 25 \text{ on } : 35 \text{ Kick with flippers} \}$	EN2			Workout #143 - Monday, 25 January 1999		
$\{1 \times 25 \text{ on } : 30 \text{ Kick with flippers} \}$	EN2			Group 3 - All		
{1 x 25 on :25 Kick with flippers	EN2			1 minute rest between sets		
{1 x 25 on :20 Kick with flippers { hold all under :20	EN1					
1,200 8 x 150 on 2:30 100 IM 50 your choice	EN1		** 1	5:15 PM Start		
of stroke very fast	, 1111		Yards	Set Description ====================================		EGY WOF
1,200 16 x 75 on 1:30 Freestyle	EN3		825	1 x 825 on 15:00 Swim-kick-pull-sw		
This is a BLUE-1 set			255	17 x 15 on :30 Cross pool sprints		SP3
500 10 x 50 on 1:00 Stroke Drills	REC			do in sets of 3		
9:00 PM 5,300 Yards - Stress Value = 110)			1 on 10:00 Techniques-flip trns		
				$4x\{4 \times 75 \text{ on } 1:15 \text{ Kick-all fast}$		EN2
Workout #140 - Wednesday, 20 January 1999				{1 on :30 Rest		
Group 3 - All				8x{8 x 25 on :25 Butterfly		EN2
1 minute rest between sets				{1 on 1:00 Rest		
				1 on 25:00 Stomach and Stretch 7:13 PM 3,880 Yards - Stress Value =	66	
5:30 AM Start				7.13 IM 3,000 Tards Stress value -	00	
±	WOR!			Workout #144 - Tuesday, 26 January 1999		
400 1 x 400 on 8:00 Reverse IM drill REG		= = D		Group 3 - All		
150 10 x 15 on :30 Cross pool sprints SP3		S		1 minute rest between sets		
1,000 1 x 1000 on 15:00 Pulls EN		P		1 influte Test between sets		
1,000 2 x 500 on 7:00 Freestyle EN		S		6.45 DM Ctart		
600 12 x 50 on :45 Freestyle EN2	2	S	Yards	6:45 PM Start Set Description	EGY	WORK S
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2		~	Yards			WORK S
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2	2	S S		Set Description		
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REG	2	S		Set Description 1 on 30:00 Stomach and Stretch x 800 on 15:00 Choice		==== = L S C
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2	2	S S	=====	Set Description 1 on 30:00 Stomach and Stretch 1 x 800 on 15:00 Choice 16x{1 x 13 on :00 Butterfly	=== REC SP3	==== = L S C S F
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REC 6:45 AM 4,300 Yards - Stress Value = 53	2	S S	800	Set Description 1 on 30:00 Stomach and Stretch 1 x 800 on 15:00 Choice 16x{1 x 13 on :00 Butterfly} {1 x 12 on :30 Freestyle	REC SP3 REC	==== = L S C S F S
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REG 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999	2	S S	800 1,050	Set Description 1 on 30:00 Stomach and Stretch 1 x 800 on 15:00 Choice 16x{1 x 13 on :00 Butterfly} {1 x 12 on :30 Freestyle 21 x 50 on 1:00 Kick descend 1-3	REC SP3 REC EN2	==== = L S C S F S K C
600 12 x 50 on :45 Freestyle ENZ 450 9 x 50 on :40 Freestyle ENZ 300 6 x 50 on :35 Freestyle ENZ 400 1 x 400 on 7:00 Catchup & thumb drag REG 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All	2	S S	800	Set Description 1 on 30:00 Stomach and Stretch 1 x 800 on 15:00 Choice 16x{1 x 13 on :00 Butterfly} {1 x 12 on :30 Freestyle 21 x 50 on 1:00 Kick descend 1-3 7 x 200 on 3:00 Choice	REC SP3 REC EN2 EN1	==== = L S C S F S K C S C
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REG 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999	2	S S	800 1,050	Set Description 1 on 30:00 Stomach and Stretch 1 x 800 on 15:00 Choice 16x{1 x 13 on :00 Butterfly {1 x 12 on :30 Freestyle 21 x 50 on 1:00 Kick descend 1-3 7 x 200 on 3:00 Choice 1x{5 x 100 on 2:00 Freestyle	REC SP3 REC EN2	==== = L S C S F S K C S C
600 12 x 50 on :45 Freestyle ENZ 450 9 x 50 on :40 Freestyle ENZ 300 6 x 50 on :35 Freestyle ENZ 400 1 x 400 on 7:00 Catchup & thumb drag REG 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets	2	S S	800 1,050	Set Description 1 on 30:00 Stomach and Stretch 1 x 800 on 15:00 Choice 16x{1 x 13 on :00 Butterfly} {1 x 12 on :30 Freestyle 21 x 50 on 1:00 Kick descend 1-3 7 x 200 on 3:00 Choice	REC SP3 REC EN2 EN1	==== = L S C S F S K C S C S C
600 12 x 50 on :45 Freestyle ENZ 450 9 x 50 on :40 Freestyle ENZ 300 6 x 50 on :35 Freestyle ENZ 400 1 x 400 on 7:00 Catchup & thumb drag REG 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start		S S D	800 1,050	Set Description 1 on 30:00 Stomach and Stretch 1 x 800 on 15:00 Choice 16x{1 x 13 on :00 Butterfly {1 x 12 on :30 Freestyle 21 x 50 on 1:00 Kick descend 1-3 7 x 200 on 3:00 Choice 1x{5 x 100 on 2:00 Freestyle {1 on 1:00 Rest	REC SP3 REC EN2 EN1 EN3	==== = L S C S F S K C S C S C
600 12 x 50 on :45 Freestyle ENZ 450 9 x 50 on :40 Freestyle ENZ 300 6 x 50 on :35 Freestyle ENZ 400 1 x 400 on 7:00 Catchup & thumb drag REG 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description	EGY	S S D WC	800 1,050	Set Description	REC SP3 REC EN2 EN1 EN3	==== = = L S C S F S K C S C S M S M
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REC 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description	EGY	S S D WC	800 1,050 1,400	Set Description	REC SP3 REC EN2 EN1 EN3	==== = = L S C S F S C S C S M S M
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REC 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description ====================================	EGY	S S D WC	800 1,050	Set Description ====================================	REC SP3 REC EN2 EN1 EN3 EN3 EN3	==== = L S C S F S C S C S M S D
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REC 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description	EGY	S S D WC	800 1,050 1,400	Set Description	REC SP3 REC EN2 EN1 EN3 EN3 EN3	==== = L S C S F S C S C S M S D
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REC 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description ====== 1 on 39:00 Stomach and Stretch and stretch cords	EGY	S S D WC	800 1,050 1,400	Set Description	REC SP3 REC EN2 EN1 EN3 EN3 EN3	==== = L S C S F S C S C S M S D
600 12 x 50 on :45 Freestyle ENZ 450 9 x 50 on :40 Freestyle ENZ 300 6 x 50 on :35 Freestyle ENZ 400 1 x 400 on 7:00 Catchup & thumb drag REG 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description ===== 1 on 39:00 Stomach and Stretch and stretch cords 1x{1 x 125 on 2:15 Stroke Drills {9 x 100 on 2:00 Stroke Drills 16x{1 x 13 on :00 Backstroke}	EGY EGY EEC REC REC SP3	S S D WC ==	800 1,050 1,400	Set Description	REC SP3 REC EN2 EN1 EN3 EN3 EN3	==== = L S C S F S C S C S M S D
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REG 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description ====== 1 on 39:00 Stomach and Stretch and stretch cords 1x{1 x 125 on 2:15 Stroke Drills {9 x 100 on 2:00 Stroke Drills 16x{1 x 13 on :00 Backstroke {1 x 12 on :30 Freestyle}	EGY EGY REC REC SP3 REC	S S D WC ==	800 1,050 1,400	Set Description	REC SP3 REC EN2 EN1 EN3 EN3 EN3	==== = L S C S F S C S C S M S D
600 12 x 50 on :45 Freestyle ENZ 450 9 x 50 on :40 Freestyle ENZ 300 6 x 50 on :35 Freestyle ENZ 400 1 x 400 on 7:00 Catchup & thumb drag REG 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description ===== 1 on 39:00 Stomach and Stretch and stretch cords 1x{1 x 125 on 2:15 Stroke Drills {9 x 100 on 2:00 Stroke Drills 16x{1 x 13 on :00 Backstroke {1 x 12 on :30 Freestyle 3x{1 x 150 on 3:00 Kick}	EGY EGY REC REC SP3 REC EN2	S S D WC ==	800 1,050 1,400	Set Description	REC SP3 REC EN2 EN1 EN3 EN3 EN3	==== = L S C S F S C S C S M S D
600 12 x 50 on :45 Freestyle ENZ 450 9 x 50 on :40 Freestyle ENZ 300 6 x 50 on :35 Freestyle ENZ 400 1 x 400 on 7:00 Catchup & thumb drag REG 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 39:00 Stomach and Stretch and stretch cords 1x{1 x 125 on 2:15 Stroke Drills {9 x 100 on 2:00 Stroke Drills 16x{1 x 13 on :00 Backstroke {1 x 12 on :30 Freestyle 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick	EGY = === REC REC SP3 REC EN2 EN2	S S D WC ==	800 1,050 1,400	Set Description	REC SP3 REC EN2 EN1 EN3 EN3 EN3	==== = L S C S F S C S C S M S D
600 12 x 50 on :45 Freestyle ENZ 450 9 x 50 on :40 Freestyle ENZ 300 6 x 50 on :35 Freestyle ENZ 400 1 x 400 on 7:00 Catchup & thumb drag REG 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description ====== 1 on 39:00 Stomach and Stretch and stretch cords 1x{1 x 125 on 2:15 Stroke Drills {9 x 100 on 2:00 Stroke Drills 16x{1 x 13 on :00 Backstroke {1 x 12 on :30 Freestyle} 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick	EGY EECY REC REC SP3 REC EN2 EN2	S S D WC ==	800 1,050 1,400 400	Set Description	REC SP3 REC EN2 EN3 EN3 EN3 REC 133	==== = = L S C S F S C S M S M S D
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REC 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 39:00 Stomach and Stretch and stretch cords 1x{1 x 125 on 2:15 Stroke Drills {9 x 100 on 2:00 Stroke Drills 16x{1 x 13 on :00 Backstroke {1 x 12 on :30 Freestyle 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick } 100 1 x 100 on 3:00 Kick for time	EGY = === REC REC SP3 REC EN2 EN2	SS SS DD WC ==	===== 800 1,050 1,400 400	Set Description	REC SP3 REC EN2 EN3 EN3 EN3 EN3 ESC LAST ESC LAS	==== = = L S C S F S C S C S M S M S D D
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REC 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 39:00 Stomach and Stretch and stretch cords 1x{1 x 125 on 2:15 Stroke Drills 49 x 100 on 2:00 Stroke Drills 16x{1 x 13 on :00 Backstroke {1 x 12 on :30 Freestyle} 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick } 100 1 x 100 on 3:00 Kick for time	EGY EECY REC REC SP3 REC EN2 EN2 EN2	SS SS DD WC ==	===== 800 1,050 1,400 400 Yards	Set Description	REC SP3 REC EN1 EN3 EN3 EN3 ESC 133	==== = = L S C S F S C S C S M S D D WORK S ==== = =
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REC 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 39:00 Stomach and Stretch and stretch cords 1x{1 x 125 on 2:15 Stroke Drills {9 x 100 on 2:00 Stroke Drills 16x{1 x 13 on :00 Backstroke {1 x 12 on :30 Freestyle 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 100 1 x 100 on 3:00 Kick for time 200 1 x 200 on 3:00 Freestyle-build 500 10 x 50 on 1:45 Breaststroke 500 5 x 100 on 2:00 Choice	EGY EEC REC REC SP3 REC EN2 EN2 EN2 EN2 EN2 EN1	SS SS DD WC ==	===== 800 1,050 1,400 400	Set Description	REC SP3 REC EN1 EN3 EN3 EN3 ESC 133	==== =
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REC 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All I minute rest between sets 5:15 PM Start Yards Set Description ===== 1 on 39:00 Stomach and Stretch and stretch cords 1x{1 x 125 on 2:15 Stroke Drills {9 x 100 on 2:00 Stroke Drills 16x{1 x 13 on :00 Backstroke {1 x 12 on :30 Freestyle 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 100 1 x 100 on 3:00 Freestyle-build 500 10 x 50 on 1:45 Breaststroke 500 5 x 100 on 2:00 Choice 300 12 x 25 on 1:15 Freestyle	EGY EEGY REC REC SP3 REC EN2 EN2 EN2 EN2 EN2 EN2 EN2	SS SS DD WC ==	300 1,050 1,400 400 Yards 500	Set Description	REC SP3 REC EN1 EN3 EN3 EN3 ESC 133	==== =
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REC 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All I minute rest between sets 5:15 PM Start Yards Set Description ===== 1 on 39:00 Stomach and Stretch and stretch cords 1x{1 x 125 on 2:15 Stroke Drills {9 x 100 on 2:00 Stroke Drills 16x{1 x 13 on :00 Backstroke {1 x 12 on :30 Freestyle 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 100 1 x 100 on 3:00 Kick for time 200 1 x 200 on 3:00 Freestyle-build 500 10 x 50 on 1:45 Breaststroke 500 5 x 100 on 2:00 Choice 300 12 x 25 on 1:15 Freestyle 400 1 x 400 on 7:00 Catchup & thumb drage	EGY EEGY REC REC SP3 REC EN2 EN2 EN2 EN1 SP2 EN1 SP2 REC	SS SS DD WC ==	300 1,050 1,400 400 Yards ===== 500 150	Set Description	REC SP3 REC EN1 EN3 EN3 EN3 ESGY ESGY ESGY ESGY ESGY ESGY ESGS ESGY ESGS ESGS	==== =
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REC 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All I minute rest between sets 5:15 PM Start Yards Set Description ===== 1 on 39:00 Stomach and Stretch and stretch cords 1x{1 x 125 on 2:15 Stroke Drills {9 x 100 on 2:00 Stroke Drills 16x{1 x 13 on :00 Backstroke {1 x 12 on :30 Freestyle 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 100 1 x 100 on 3:00 Freestyle-build 500 10 x 50 on 1:45 Breaststroke 500 5 x 100 on 2:00 Choice 300 12 x 25 on 1:15 Freestyle	EGY EEGY REC REC SP3 REC EN2 EN2 EN2 EN1 SP2 EN1 SP2 REC	SS SS DD WC ==	300 1,050 1,400 400 400 Yards ====== 500 150	Set Description	REC SP3 REC EN1 EN3 EN3 EN3 ESS ESS ESS ESS EN1	==== =
600 12 x 50 on :45 Freestyle	EGY EEGY REC REC SP3 REC EN2 EN2 EN2 EN1 SP2 EN1 SP2 REC	SS SS DD WC ==	300 1,050 1,400 400 400 Yards ====== 500 150	Set Description	REC SP3 REC EN1 EN3 EN3 EN3 EN5 ESF3 EN1 ESF3 EN1 EN2	==== =
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REC 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 39:00 Stomach and Stretch and stretch cords 1x{1 x 125 on 2:15 Stroke Drills {9 x 100 on 2:00 Stroke Drills 16x{1 x 13 on :00 Backstroke {1 x 12 on :30 Freestyle 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 100 1 x 100 on 3:00 Kick for time 200 1 x 200 on 3:00 Freestyle-build 500 10 x 50 on 1:45 Breaststroke 500 5 x 100 on 2:00 Choice 300 12 x 25 on 1:15 Freestyle 400 1 x 400 on 7:00 Catchup & thumb drag 7:45 PM 4,325 Yards - Stress Value = 115 Workout #142 - Thursday, 21 January 1999	EGY EEGY REC REC SP3 REC EN2 EN2 EN2 EN1 SP2 EN1 SP2 REC	SS SS DD WC ==	300 1,050 1,400 400 400 Yards ====== 500 150	Set Description	REC SP3 REC EN1 EN3 EN3 EN3 EN3 EN3 EN5	==== = = L S C S F S K C S M S M S D D WORK S ==== S S S S S
600 12 x 50 on :45 Freestyle	EGY EEGY REC REC SP3 REC EN2 EN2 EN2 EN1 SP2 EN1 SP2 REC	SS SS DD WC ==	Yards ===== 500 1,500	Set Description	REC SP3 REC EN1 EN3 EN3 EN3 EN3 EN3 EN3 EST EST EST EST EST EST EST EN1 EN2 EN2 EN2 EN2	==== = = L S C S F S K C S C S M S D D WORK S ==== = S S S S S
600 12 x 50 on :45 Freestyle EN2 450 9 x 50 on :40 Freestyle EN2 300 6 x 50 on :35 Freestyle EN2 400 1 x 400 on 7:00 Catchup & thumb drag REC 6:45 AM 4,300 Yards - Stress Value = 53 Workout #141 - Wednesday, 20 January 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 39:00 Stomach and Stretch and stretch cords 1x{1 x 125 on 2:15 Stroke Drills {9 x 100 on 2:00 Stroke Drills 16x{1 x 13 on :00 Backstroke {1 x 12 on :30 Freestyle 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 100 1 x 100 on 3:00 Kick for time 200 1 x 200 on 3:00 Freestyle-build 500 10 x 50 on 1:45 Breaststroke 500 5 x 100 on 2:00 Choice 300 12 x 25 on 1:15 Freestyle 400 1 x 400 on 7:00 Catchup & thumb drag 7:45 PM 4,325 Yards - Stress Value = 115 Workout #142 - Thursday, 21 January 1999	EGY EEGY REC REC SP3 REC EN2 EN2 EN2 EN1 SP2 EN1 SP2 REC	SS SS DD WC ==	300 1,050 1,400 400 400 Yards ====== 500 150	Set Description	REC SP3 REC EN1 EN3 EN3 EN3 EN3 ESSPAREC ESSPAREC ESSPAREC ESSPAREC EN2 EN2 EN2 EN2 EN2 EN2	==== = = L S C S F S K C S C S M S D D WORK S ==== = S S S S S

	Workout #146 - Wednesday, 27 January 1999 Group 3 - All			Yards	1		WORK
	1 minute rest between sets			=====		===	
Yards	5:15 PM Start Set Description	ΕC	GY WC	1,025	1 on 30:00 Stomach and Stretch 1 x 1025 on 18:00 Reverse IM drill 1 on 10:00 Techniques-flip turn 1x{4 x 100 on 1:55 Kick	REC EN2	D
=====		== ==	== ==		{3 x 100 on 1:50 Kick	EN2	
	1 on 40:00 Stomach and Stretch				{2 x 100 on 1:45 Kick	EN2	
	and stretch cords				{1 x 100 on 1:40 Kick	EN2	K
825	1 x 825 on 15:00 Swim-kick-pull-sw	ım Ri	±C		$4x{1 x 200 on :00 Freestyle}$	SP1	S
	1 on 12:00 Techniques-open trns 16x{1 x 13 on :00 Backstroke	CI	P3		{1 x 200 on 8:00 Freestyle	REC	S
	{1 x 12 on :30 Freestyle		EC	500	5 x 100 on 2:00 Stroke Drills	REC	
500	10 x 50 on 1:00 Kick		v2	1,125	-	EN3	S
500	1 x 500 on 10:00 Kick for time	Eì			hold fastet possible		
200	1 x 200 on 3:00 Freestyle-build	El	N1	300	average 1 x 300 on 5:00 Bilateral	REC	D
400	8 x 50 on 2:00 Backstroke	SI	P2	300	10:32 AM 5,550 Yards - Stress Value =		
800	16 x 50 on 1:00 Pulls	El	N1		10.32 Ini 3,330 Iuius Sciess Vaide	102	
150	6 x 25 on 1:20 Backstroke		P2		Workout #150 Saturday 20 January 1000		
250	1 x 250 on 4:00 Catchup & thumb dr	_	ΞC		Workout #150 - Saturday, 30 January 1999		
	7:45 PM 4,025 Yards - Stress Value = 9	3			Group 3 - Freestylers		
					1 minute rest between sets		
	Workout #147 - Thursday, 28 January 1999				0.00 7M 0+		
	Group 3 - All			Yards	8:00 AM Start Set Description	ECV	WORK
	1 minute rest between sets			=====	=======================================		
					1 on 30:00 Stomach and Stretch		L
	6:45 PM Start			1,025	1 x 1025 on 18:00 Reverse IM drill	REC	D
Yards			WORF		1 on 10:00 Techniques-flip turn		D
=====	1 on 30:00 Stomach and Stretch	===	==== I		1x{4 x 100 on 1:55 Kick	EN2	
1,200	12 x 100 on 2:00 Stroke Drills 3 on	REC	I		{3 x 100 on 1:50 Kick	EN2	
1,200	each stroke	TULC	_		{2 x 100 on 1:45 Kick	EN2	
	8x{1 x 25 on :40 Kick with flippers	EN2	ŀ	2,000	$\{1 \times 100 \text{ on } 1:40 \text{ Kick} \\ 4 \times 500 \text{ on } 7:00 \text{ Freestyle} \}$	EN2 EN2	
	{1 x 25 on :35 Kick with flippers	EN2	ľ	2,000	1 on 10:00 Techniques-turns	REC	
	$\{1 \times 25 \text{ on } : 30 \text{ Kick with flippers} \}$	EN2	ŀ	1,125		EN3	
	{1 x 25 on :25 Kick with flippers	EN2	ľ	-,	hold fastet possible		_
	{1 x 25 on :20 Kick with flippers	EN2	ŀ		average		
	{ hold all under :20	ENIO	_	300		REC	
	2x{6 x 100 on 1:20 Freestyle {1 on 1:00 Rest	EN2	۶ ۱		10:27 AM 5,450 Yards - Stress Value =	: 128	
	{5 x 100 on 1:15 Stroke Drills	EN2	٤				
	{1 on 1:00 Rest		N		Workout #151 - Monday, 01 February 1999		
	{4 x 100 on 1:10 Freestyle	EN2	٤		Group 3 - All		
	{1 on 1:00 Rest		N		1 minute rest between sets		
	{3 x 100 on 1:05 Freestyle	EN2					
400	1 x 400 on 7:00 Bilateral	REC	Ι		5:15 PM Start		
	9:00 PM 6,200 Yards - Stress Value = 9	_			±		WORK S
	W1 #140 E1 20 I 1000				1 x 825 on 15:00 Swim-kick-pull-swim		==== = S
	Workout #148 - Friday, 29 January 1999					SP3	S
	Group 3 - All					EN2	КC
	1 minute rest between sets					EN1	P
	F.1F DW Chart			1,600		EN2	S
Vards	5:15 PM Start Set Description	EGY V	MORK		1 on 26:00 Stomach and Stretch		L
	=======================================				7:14 PM 5,280 Yards - Stress Value =	78	
	1 on 39:00 Stomach and Stretch		L				
	and Stretch cords				Workout #152 - Wednesday, 03 February 1999		
1,025	1 x 1025 on 18:00 Swim-kick-pull-swim \cdot	REC	S		Group 3 - All		
	1 on 10:00 Techniques-back trns	_	D		1 minute rest between sets		
		EN2	K				
1,500		EN1	P		5:30 AM Start	_	
	odds br5-7-9, evens breathe normal				Set Description		WORK
1,500		EN2	S		1 x 400 on 8:00 Choice		
	_	REC	D		1 x 400 on 8:00 Choice 12 x 75 on 1:30 Stroke Drills-build	REC EN1	
	7:45 PM 5,525 Yards - Stress Value = 6				15 x 50 on 1:00 Pulls-nbbf&w	EN1	
				. 0 0	3 on each stroke		-
	Workout #149 - Saturday, 30 January 1999			1,800	12 x 150 on 2:15 Descend in sets of 3	EN3	S
	Group 3 - All			200	1 x 200 on 3:00 Bilateral	REC	D
	1 minute rest between sets				6:45 AM 4,050 Yards - Stress Value =	125	

Workout #153 - Wednesday, 03 February 1999 Group 3 - All

1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WC
======	=======================================	===	==
	1 on 38:00 Stomach and Stretch and stretch cords		
	$1x\{1 \times 125 \text{ on } 2:15 \text{ Stroke Drills}$	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	
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	REC	
900	18×50 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	Se	et Description	EGY	WOF
	==		===	===
	1	on 37:00 Stomach and Stretch		
	ā	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	3	

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		L	
	and stretch cords			
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	2×500 on $7:00$ Freestyle	EN1	S	FR
1,000	4×250 on $3:30$ Freestyle	EN1	S	FR
	1 on 15:00 Rabbit game		S	
	7:43 PM 4,900 Yards - Stress Value	= 3	39	

Workout #156 - Saturday, 06 February 1999 Group 3 - All

1 minute rest between sets

=====		===	====	=
Yards	Set Description	EGY	WORK	č
	7:30 AM Start			

	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	EN2	K	C
	with flippers			
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	SP1	S	
	stroke in last set			
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	
	$3x{4 \times 25 \text{ on :} 30 \text{ Butterfly}}$	EN2	
	${3 \times 50 \text{ on :} 55 \text{ Butterfly}}$	EN2	
	$\{2 \times 75 \text{ on } 1:15 \text{ Butterfly} \}$	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	V
=====	=======================================	===	=
	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	
		EN2	
	· · · · · · · · · · · · · · · · · · ·	EN2	
		EN2	
	{1 x 25 on :20 Kick with flippers	ENZ	
	{ hold all under :20		
1,000		ENI	
	hold 10 as fast as 9		
1,200	16 x 75 on 1:30 Freestyle	EN2	
	hold fastest		
	possible average		
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

EN1

 $\{8 \text{ x } 50 \text{ on } :55 \text{ Freestyle}$

	Workout #159 - Tuesday, 09 February 1999			{8 x 50 on :50 Freestyle	EN1
	Group 3 - All			$3x\{1 \times 100 \text{ on } 1:45 \text{ Freestyle} $	EN1
	1 minute rest between sets			{1 x 100 on 1:45 Pulls	EN1
				{ do as a straight 600	
	5:15 PM Start			1x{4 x 75 on 1:20 Individual Medley	EN1
Yards	Set Description	EGY V		{4 x 75 on 1:15 Individual Medley	EN1
=====	1 on 40:00 Stomach and Stretch	===== =		{4 x 75 on 1:10 Individual Medley	EN1
	and stretch cords			1 on 10:00 Techniques-starts	
825	1 x 825 on 15:00 Swim-kick-pull-	-swim REC		7:43 PM 4,925 Yards - Stress Value = 53	
025	16x{1 x 13 on :00 Butterfly	SP3			
	{1 x 12 on :30 Freestyle	REC		Workout #163 - Monday, 15 February 1999	
	1 on 10:00 Techniques-flip turn	1120		Group 3 - All	
	8x{1 x 25 on :40 Kick with flippers	s EN2		1 minute rest between sets	
	{1 x 25 on :35 Kick with flippers	s EN2			
	$\{1 \times 25 \text{ on } : 30 \text{ Kick with flippers}\}$	s EN2		5:15 PM Start	
	$\{1 \times 25 \text{ on :} 25 \text{ Kick with flippers}\}$		Yards	Set Description	EGY WOF
	{1 x 25 on :20 Kick with flippers	s EN2		=======================================	=== ===
1 000	{ hold all under :20	6 2 FN11	825	±	REC
1,000	10 x 100 on 1:30 Descend in sets 16 x 75 on 1:30 Freestyle		255	→	SP3
1,200	hold fastest	EN2		1 on 10:00 Techniques-IM turns	
	possible average		1,000		EN2
600	12 x 50 on 1:00 Stroke Drills	REC	200	I give you 1 x 200 on 3:00 Freestyle-build	EN1
	7:44 PM 5,025 Yards - Stress Value =		200	6x{8 x 25 on :30 Butterfly/breaststrk	EN1 EN2
	,			{1 on 1:00 Rest	ENZ
	Workout #160 - Wednesday, 10 February 1999)	400	•	REC
	Group 3 - All			1 on 20:00 Stomach and Stretch	
	-			7:14 PM 3,880 Yards - Stress Value = 56	
	1 minute rest between sets				
	5:30 AM Start			Workout #164 - Tuesday, 16 February 1999	
Yards	Set Description	EGY WORF		Group 3 - All	
	=======================================			1 minute rest between sets	
400	1 x 400 on 8:00 Reverse IM drill	REC I		Timilate Test between sets	
4,000	4 x 1000 on 16:00 See text for explr	ntn EN1 §		5:15 PM Start	
	6:43 AM 4,400 Yards - Stress Value =	= 40	Yards		EGY W
			=====	=======================================	
	Workout #161 - Wednesday, 10 February 1999)	=====	1 on 39:00 Stomach and Stretch	== === =
	Workout #161 - Wednesday, 10 February 1999 Group 3 - All)	1,025	1 on 39:00 Stomach and Stretch 1 x 1025 on 18:00 Swim-kick-pull-sw	
	Group 3 - All)		<pre>1 on 39:00 Stomach and Stretch 1 x 1025 on 18:00 Swim-kick-pull-sw 16x{1 x 13 on :00 Butterfly</pre>	im REC SP3
	•)		<pre>1 on 39:00 Stomach and Stretch 1 x 1025 on 18:00 Swim-kick-pull-sw 16x{1 x 13 on :00 Butterfly {1 x 12 on :30 Freestyle</pre>	im REC
	Group 3 - All)	1,025	<pre>1 on 39:00 Stomach and Stretch 1 x 1025 on 18:00 Swim-kick-pull-sw 16x{1 x 13 on :00 Butterfly {1 x 12 on :30 Freestyle 1 on 10:00 Techniques-IM turns</pre>	im REC SP3 REC
Yards	Group 3 - All 1 minute rest between sets	EGY WORK SI	1,025 500	<pre>1 on 39:00 Stomach and Stretch 1 x 1025 on 18:00 Swim-kick-pull-sw 16x{1 x 13 on :00 Butterfly {1 x 12 on :30 Freestyle 1 on 10:00 Techniques-IM turns 10 x 50 on 1:00 Kick</pre>	im REC SP3 REC EN1
Yards =====	Group 3 - All 1 minute rest between sets 5:15 PM Start	EGY WORK SI	1,025 500 500	<pre>1 on 39:00 Stomach and Stretch 1 x 1025 on 18:00 Swim-kick-pull-sw 16x{1 x 13 on :00 Butterfly {1 x 12 on :30 Freestyle 1 on 10:00 Techniques-IM turns 10 x 50 on 1:00 Kick 1 x 500 on 10:00 Kick for time</pre>	im REC SP3 REC EN1 EN2
	Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 35:00 Stomach and Stretch	EGY WORK SI	1,025 500	<pre>1 on 39:00 Stomach and Stretch 1 x 1025 on 18:00 Swim-kick-pull-sw 16x{1 x 13 on :00 Butterfly {1 x 12 on :30 Freestyle 1 on 10:00 Techniques-IM turns 10 x 50 on 1:00 Kick 1 x 500 on 10:00 Kick for time 10 x 200 on 4:00 Freestyle</pre>	im REC SP3 REC EN1 EN2 EN3
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825 800 600 1,800 250 Yards	Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 35:00 Stomach and Stretch and stretch cords 1 x 825 on 14:00 Choice 12x{1 x 13 on :00 Backstroke 1 x 12 on :30 Freestyle 1 on 10:00 Techniques-open trns 8 x 100 on 2:00 Kick-breastroke 12 x 50 on 3:00 Breaststroke 6 x 300 on 4:00 Freestyle 1 x 250 on 4:00 Stroke Drill 7:45 PM 4,575 Yards - Stress Value Workout #162 - Thursday, 11 February 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 37:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-s 1 on 8:00 Techniques-finishes 4x{4 x 75 on 1:15 Kick-all fast	EGY WORK SI === === === L REC S F SP3 S F REC S F D D EN2 K F SP2 S F EN2 S F REC D C = 118	1,025 500 500 2,000 500 Yards ===== 800 400 1,800 200	1 on 39:00 Stomach and Stretch 1 x 1025 on 18:00 Swim-kick-pull-sw 16x{1 x 13 on :00 Butterfly {1 x 12 on :30 Freestyle 1 on 10:00 Techniques-IM turns 10 x 50 on 1:00 Kick 1 x 500 on 10:00 Kick for time 10 x 200 on 4:00 Freestyle 10 x 50 on 1:00 Stroke Drills 7:45 PM 4,925 Yards - Stress Value = 14 Workout #165 - Wednesday, 17 February 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description EGY 1 on 39:00 Stomach and Stretch and stretch cords 1 x 800 on 15:00 Choice REC 1 on 10:00 Techniques-relay str 16x{1 x 13 on :00 Backstroke SP3 {1 x 12 on :00 Freestyle REC 8 x 100 on 2:00 Kick-odds fast EN2 8 x 50 on 2:00 2 on each stroke SP2 6 x 300 on 4:15 Pulls EN1 8 x 25 on 1:30 2 on each stroke SP2 10 x 50 on 1:00 Stroke Drills REC	im REC SP3 REC EN1 EN2 EN3 REC ST EN
825 800 600 1,800 250 Yards =====	Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 35:00 Stomach and Stretch and stretch cords 1 x 825 on 14:00 Choice 12x{1 x 13 on :00 Backstroke {1 x 12 on :30 Freestyle 1 on 10:00 Techniques-open trns 8 x 100 on 2:00 Kick-breastroke 12 x 50 on 3:00 Breaststroke 6 x 300 on 4:00 Freestyle 1 x 250 on 4:00 Stroke Drill 7:45 PM 4,575 Yards - Stress Value Workout #162 - Thursday, 11 February 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 37:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-s 1 on 8:00 Techniques-finishes 4x{4 x 75 on 1:15 Kick-all fast {1 on :30 Rest}	EGY WORK SI === === ==	1,025 500 500 2,000 500 Yards ===== 800 400 1,800 200	1 on 39:00 Stomach and Stretch 1 x 1025 on 18:00 Swim-kick-pull-sw 16x{1 x 13 on :00 Butterfly {1 x 12 on :30 Freestyle 1 on 10:00 Techniques-IM turns 10 x 50 on 1:00 Kick 1 x 500 on 10:00 Kick for time 10 x 200 on 4:00 Freestyle 10 x 50 on 1:00 Stroke Drills 7:45 PM 4,925 Yards - Stress Value = 14 Workout #165 - Wednesday, 17 February 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description EGY 1 on 39:00 Stomach and Stretch and stretch cords 1 x 800 on 15:00 Choice REC 1 on 10:00 Techniques-relay str 16x{1 x 13 on :00 Backstroke SP3 {1 x 12 on :00 Freestyle REC 8 x 100 on 2:00 Kick-odds fast EN2 8 x 50 on 2:00 2 on each stroke SP2 6 x 300 on 4:15 Pulls EN1 8 x 25 on 1:30 2 on each stroke SP2 10 x 50 on 1:00 Stroke Drills REC	im REC SP3 REC EN1 EN2 EN3 REC ST EN
825 800 600 1,800 250 Yards	Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 35:00 Stomach and Stretch and stretch cords 1 x 825 on 14:00 Choice 12x{1 x 13 on :00 Backstroke 1 x 12 on :30 Freestyle 1 on 10:00 Techniques-open trns 8 x 100 on 2:00 Kick-breastroke 12 x 50 on 3:00 Breaststroke 6 x 300 on 4:00 Freestyle 1 x 250 on 4:00 Stroke Drill 7:45 PM 4,575 Yards - Stress Value Workout #162 - Thursday, 11 February 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 37:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-s 1 on 8:00 Techniques-finishes 4x{4 x 75 on 1:15 Kick-all fast	EGY WORK SI === === === L REC S F SP3 S F REC S F D D EN2 K F SP2 S F EN2 S F REC D C = 118	1,025 500 500 2,000 500 Yards ===== 800 400 1,800 200	1 on 39:00 Stomach and Stretch 1 x 1025 on 18:00 Swim-kick-pull-sw 16x{1 x 13 on :00 Butterfly {1 x 12 on :30 Freestyle 1 on 10:00 Techniques-IM turns 10 x 50 on 1:00 Kick 1 x 500 on 10:00 Kick for time 10 x 200 on 4:00 Freestyle 10 x 50 on 1:00 Stroke Drills 7:45 PM 4,925 Yards - Stress Value = 14 Workout #165 - Wednesday, 17 February 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description EGY 1 on 39:00 Stomach and Stretch and stretch cords 1 x 800 on 15:00 Choice REC 1 on 10:00 Techniques-relay str 16x{1 x 13 on :00 Backstroke SP3 {1 x 12 on :00 Freestyle REC 8 x 100 on 2:00 Kick-odds fast EN2 8 x 50 on 2:00 2 on each stroke SP2 6 x 300 on 4:15 Pulls EN1 8 x 25 on 1:30 2 on each stroke SP2 10 x 50 on 1:00 Stroke Drills REC	im REC SP3 REC EN1 EN2 EN3 REC ST EN

Workout #166 - Wednesday, 17 February 1999 Group 3 - All

1 minute rest between sets

	5:15 PM Start				=
Yards	Set Description	EGY	WORK	Sī	
=====	=======================================	===	====	==	
	<pre>1 on 39:00 Stomach and Stretch and stretch cords</pre>		L		
800	1 x 800 on 15:00 Choice	REC	S	E	
	1 on 10:00 Techniques-relay str		D		
	16x{1 x 13 on :00 Backstroke	SP3	S	Ε	
	$\{1 \times 12 \text{ on } : 00 \text{ Freestyle} \}$	REC	S	E	
800	8 x 100 on 2:00 Kick-odds fast	EN2	K	CF	
1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1	P	E	
	$1x{4 \times 125}$ on 2:00 Breaststroke	EN2	S	Ε	
	{1 on 1:00 Rest		M		
	$\{4 \times 125 \text{ on } 1:55 \text{ Butterfly} \}$	EN2	S	FI	
	{1 on 1:00 Rest		M		
	{4 x 125 on 1:50 Backstroke	EN2	S	E	
	{1 on 1:00 Rest		M		
	$\{4 \times 125 \text{ on } 1:45 \text{ Freestyle} \}$	EN2	S	E	
500		REC	D	(
	7:43 PM 5,500 Yards - Stress Value =	= 74			

Workout #167 - Thursday, 18 February 1999 Group 3 - All

1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WOF
======	=======================================	===	===
	1 on 38:00 Stomach and Stretch		
	and stretch cords		
005			
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
1,000	8 x 125 on 2:00 Kick	EN2	
	1x{8 x 75 on 1:05 Pulls	EN1	
	{6 x 75 on 1:00 Pulls	EN1	
	{4 x 75 on :55 Pulls	EN1	
600	•	EN1	
	$4x\{1 \times 50 \text{ on } :50 \text{ Backstroke}$	EN2	
	{1 x 100 on 1:35 Backstroke	EN2	
	{1 x 150 on 2:15 Backstroke	EN2	
	{1 x 200 on 2:50 Backstroke	EN2	
	$1x\{6 \times 25 \text{ on } : 30 \text{ Freestyle}$	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 #168 - Thursday, 18 February 1999 SEMI-STAT - Rookies

1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WOF
	1 on 38:00 Stomach and Stretch		
005	NO STRETCH CORDS!!!!	D.E.G	
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
600	8 x 75 on 2:00 Kick	EN1	
900	18 x 50 on 1:00 Pulls-NBBF&W	EN1	
	$1x{8 \times 50 \text{ on } :55}$ Freestyle	EN1	
	{6 x 75 on 1:30 Your Stroke	EN2	
	{6 x 75 on 1:20 Freestyle	EN1	
	{8 x 50 on 1:00 Your Stroke	EN2	
	1 on 16:00 Techniques-your cho.		
500	10 x 50 on 1:00 Stroke Drills	REC	
	7:45 PM 4,525 Yards - Stress Value = 40		

1 minute rest between sets

5:15 PM Start		
Yards Set Description	EGY	WOF
=======================================	===	===
1 on 40:00 Stomach and Stretch		
and stretch cords		
800 8 x 100 on 2:00 Stroke Drills	REC	
1 on 10:00 Techniques-starts		
$8x\{1 \times 25 \text{ on } : 40 \text{ Kick with flippers}$	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		
1,350 9 x 150 on 2:30 Pulls-mid 50 breathe	EN1	
every 9 strokes		
1,600 4 x 400 on 7:00 Individual Medley	EN1	
500		
7:46 PM 5,250 Yards - Stress Value = 50		
Workout #170 - Friday, 19 February 1999		
CEMI CEATE D. 1.		

Workout #170 - Friday, 19 February 1999 SEMI-STAT - Rookies 1 minute rest between sets

	5:15 PM Start			
Yards	Set Description	EGY	WORK	Sī
		===	====	==
	1 on 40:00 Stomach and Stretch		L	
	& reaction drills			
800	1 x 800 on 15:00 Techniques-starts		D	
800	8 x 100 on 2:15 Kick-odds fast	EN2	K	CF
600	12×50 on :55 Descend in sets of 3	EN1	S	F
1,500	10 x 150 on 3:00 Your Stroke	EN1	S	Sī
	1 on 15:00 Techniques-turns		D	Sī
300	6 x 50 on 1:00 Stroke Drills	REC	D	C
	7.34 PM 4 000 Yards - Stress Value =	= 37		

Workout #171 - Saturday, 20 February 1999 Group 3 - High Schoolers 1 minute rest between sets

Yards	8:00 AM Start Set Description	EGY	MOE
Talus	Set Description	EGI	WOF
		===	===
	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		
	6x{1 x 50 on 1:05 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN1	
	{1 x 50 on :55 Kick	EN2	
1,000	5 x 200 on 3:15 Pulls-paddles	EN1	
	4x{1 x 100 on 2:00 Swim	EN1	
	{1 x 100 on 1:45 Swim	EN2	
	{1 x 100 on 1:30 Swim	EN3	
	{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 = 63		

Workout #169 - Friday, 19 February 1999 Group 3 - All

Workout #172 - Saturday, 20 February 1999 SEMI-STAT - Rookies 1 minute rest between sets			100	{1 x 50 on 1:00 Kick 1 x 100 on 2:00 Kick for time 1x{6 x 75 on 1:10 Pulls {6 x 75 on 1:05 Pulls	EN2 EN3 EN1 EN1	
8:00 AM Start Yards Set Description	EGY		200	{6 x 75 on 1:00 Pulls	EN1 EN1 EN2 EN2	
1 on 40:00 Stomach and Stretch and reaction drills 825 1 x 825 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-free trns 1,200 16 x 75 on 1:45 Kick 500 5 x 100 on 2:30 Individual Medley	REC EN2 EN1			{4 x 75 on 1:15 Breaststroke {4 x 50 on :50 Breaststroke 1 on 22:00 Stomach and Stretch 7:13 PM 5,015 Yards - Stress Value = 76	EN2 EN2	
6x{1 x 100 on 2:00 Freestyle-build {1 x 100 on 2:00 Your Stroke last 25	EN1			Workout #176 - Monday, 22 February 1999 SEMI-STAT - Rookies		
{ very very fast 250 1 x 250 on 5:00 Catchup & thumb drag 10:19 AM 3,975 Yards - Stress Value = 4			Yards	1 minute rest between sets 5:15 PM Start Set Description	EGY	MOE
Workout #173 - Saturday, 20 February 1999			=====	=======================================		
Group 3 - All			825	1 x 825 on 15:00 Swim-kick-pull-swim		
1 minute rest between sets			240	16 x 15 on :30 Cross pool sprints 4x{1 x 50 on 1:30 Kick {1 x 50 on 1:20 Kick	SP3 EN1 EN1	
8:00 AM Start Yards Set Description	EGY	. MC		{1 x 50 on 1:10 Kick	EN1	
			1,050	{1 x 50 on 1:00 Kick 14 x 75 on 1:30 50 free 25 your strk	EN1 EN1	
1 on 40:00 Stomach and Stretch and stetch cords			400	16 x 25 on :40 2 Drill 1 fast-choic		
825 1 x 825 on 15:00 Swim-kick-pull-swim	m REC	;	200	1 x 200 on 4:00 Catchup & thumb drag 1 on 25:00 Stomach and Stretch	REC	
1 on 10:00 Techniques-free turn 1,200 12 x 100 on 2:00 Kick with flippers CHALLENGE KICK SET	EN2	:		7:04 PM 3,515 Yards - Stress Value = 32		
300 3 x 100 on 1:30 Descend in sets of	3 EN1			Workout #177 - Monday, 22 February 1999		
6x{1 x 75 on :00 Your Stroke	SP1			Group 3 - High Schoolers		
$\{1 \times 225 \text{ on } 6:00 \text{ Freestyle } -EZ \\ 10 \times \{1 \times 25 \text{ on } :30 \text{ Freestyle } \}$	REC EN1			1 minute rest between sets		
{1 x 25 on :30 Your Stroke	EN1			5:15 PM Start		
300 1 x 300 on 4:30 Catchup & thumb dra 10:30 AM 4,925 Yards - Stress Value = 6	-		Yards	Set Description	EGY	
Workout #174 - Saturday, 20 February 1999			825 240	1 x 825 on 15:00 Swim-kick-pull-swim 16 x 15 on :30 Cross pool sprints		
Group 3 - Freestylers			450	18 x 25 on :45 Kick	EN1 EN1	
1 minute rest between sets			1,500	5 x 300 on 4:30 Freestyle 4x{1 x 50 on :55 Freestyle	EN1	
8:00 AM Start				$\{1 \times 50 \text{ on } : 50 \text{ Freestyle} \}$	EN1	
Yards Set Description	EGY	WOF		{1 x 50 on :45 Freestyle {1 x 50 on :40 Freestyle	EN2 EN2	
		===	200	· ·	REC	
1 on 40:00 Stomach and Stretch and stretch cords				1 on 25:00 Stomach and Stretch		
825 1 x 825 on 15:00 Swim-kick-pull-swim	REC			7:02 PM 4,015 Yards - Stress Value = 41		
1 on 10:00 Techniques-free trns	TNO			Workout #178 - Tuesday, 23 February 1999		
1,200 12 x 100 on 2:00 Kick with flippers Challenge set	EN2			Group 3 - Chris P.		
$1x{3 x 400 on 6:00 Freestyle}$	EN2			1 minute rest between sets		
{3 x 300 on 4:15 Freestyle {3 x 200 on 2:40 Freestyle	EN2 EN2					
{3 x 200 on 2:40 Freestyle {3 x 100 on 1:15 Freestyle	EN2		Yards	5:15 PM Start Set Description	EGY	WOF
600 12 x 50 on 1:15 Stroke Drills 3 on e			=====			
10:30 AM 5,625 Yards - Stress Value = 8	4			1 on 40:00 Stomach and Stretch and stretch cords	CD3	
Workout #175 - Monday, 22 February 1999 Group 3 - All				16x{1 x 13 on :00 Butterfly {1 x 12 on :30 Freestyle	SP3 REC	
Group 3 - All 1 minute rest between sets				1 on 10:00 Techniques-open trns		
A Milliant Test between sets			1,000	8 x 125 on 2:00 Kick 1x{1 x 1000 on 14:00 Freestyle	EN2 EN1	
5:15 PM Start				$\{2 \times 500 \text{ on } 7:00 \text{ Freestyle} \}$	EN1	
Yards Set Description	EGY			$\{4 \times 250 \text{ on } 3:30 \text{ Freestyle} \}$	EN1	
825 1 x 825 on 15:00 Swim-kick-pull-swim			600	24 x 25 on :30 1-12 IM order, 13-24 drill	EN1	
240 16 x 15 on :30 Cross pool sprints	SP3			7:26 PM 5,000 Yards - Stress Value = 64		
3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick	EN2 EN2					

	Workout #179 - Tuesday, 23 February 1999 Group 3 - Danny Lucero-Dixon		=	Yards	5:15 PM Start Set Description	EGY	
Yards =====	1 minute rest between sets 5:15 PM Start Set Description	EGY		825	<pre>1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 16x{1 x 13 on :00 Butterfly</pre>	SP3	
825	1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 16x{1 x 13 on :00 Butterfly {1 x 12 on :30 Freestyle 1 on 10:00 Techniques-open trns 9 x 100 on 2:00 Kick-descend 1-3 10 x 150 on 2:20 50 fr 50 strk very fast 50 fr			1,000 1,200	<pre>{1 x 12 on :30 Freestyle 1 on 10:00 Techniques-open trns 8 x 125 on 2:00 Kick 8 x 150 on 2:15 Pulls-mid 50 br 8 1x{10 x 75 on 1:10 Backstroke {8 x 75 on 1:05 Backstroke {6 x 75 on 1:00 Backstroke 10 x 50 on 1:00 Stroke Drills 7:44 PM 5,725 Yards - Stress Value = 76</pre>	EN2 EN1 EN2 EN2 EN2 EN2 REC	
450	<pre>1x{4 x 25 on :35 Butterfly {4 x 25 on :30 Backstroke {4 x 25 on :40 Breaststroke {4 x 25 on :25 Freestyle 9 x 50 on 1:00 Stroke Drills 7:33 PM 4,475 Yards - Stress Value = 36</pre>	EN1 EN1 EN1 EN1 REC		Yards	Workout #183 - Tuesday, 23 February 1999 Group 3 - Cavadinis,Mark,Brian 1 minute rest between sets 5:15 PM Start Set Description	EGY	WC
	Workout #180 - Tuesday, 23 February 1999		=	=====	1 on 40:00 Stomach and Stretch	===	==
Yards	Group 3 - High Schoolers 1 minute rest between sets 5:15 PM Start Set Description	EGY	WC	825	<pre>and Reaction drills 1 x 825 on 15:00 Swim-kick-pull-swim 16x{1 x 13 on :00 Butterfly {1 x 12 on :30 Freestyle</pre>	REC SP3 REC	
825	1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 16x{1 x 12 on :00 Butterfly {1 x 13 on :30 Freestyle 1 on 10:00 Techniques-open trns		==	1,000	<pre>1 on 10:00 Techniques-open trns 20 x 50 on 1:00 Kick 1x{4 x 100 on 2:00 Individual Medley {1 on :30 Rest {3 x 100 on 1:50 Individual Medley {1 on :30 Rest {2 x 100 on 1:40 Individual Medley</pre>	EN1 EN1 EN1	
750	1 on 10.00 rechmiques—open this 15 x 50 on 1:10 Kick-descend 1-3 1x{1 x 400 on 5:40 Freestyle {1 x 300 on 4:15 Freestyle {1 x 200 on 2:50 Freestyle {1 x 100 on 1:25 Freestyle 4x{1 x 100 on 2:00 Stroke or IM	EN2 EN1 EN1 EN1 EN1 EN2		600 200	<pre>{1 on :30 Rest {1 x 100 on 1:30 Individual Medley 3 x 200 on 3:15 Freestyle-descend 4 x 50 on 1:00 Stroke Drills 7:27 PM 4,025 Yards - Stress Value = 34</pre>	EN1 EN1 REC	
0.5.0	{1 x 100 on 1:45 Freestyle-build	EN1			Workout #184 - Wednesday, 24 February 1999		
250	5 x 50 on 1:00 Stroke Drills 7:26 PM 4,025 Yards - Stress Value = 45	REC			Group 3 - All 1 minute rest between sets		
	Workout #181 - Tuesday, 23 February 1999				5:30 AM Start		
	Group 3 - Rookies		=	Yards	Set Description	EGY V === =	
Yards	1 minute rest between sets 5:15 PM Start Set Description	EGY W		400 600 150	1 x 400 on 8:00 Reverse IM drill 12 x 50 on 1:15 2 on each stroke drill, build, fast	REC REC SP3	
625	1 on 40:00 Stomach and Stretch reaction drills 1 x 625 on 12:00 Swim-kick-pull-swim	REC	===	600	6 x 100 on 1:30 Lungbuster pulls $1x\{4 \text{ x } 125 \text{ on } 1:45 \text{ Freestyle} $ {1 on 1:00 Rest	EN1 EN2 EN2	
600	odds fr. evens strke 1 on 15:00 Techniques-trns/fnsh	EN1			{1 on 1:00 Rest	EN2	
800 200	4x{3 x 25 on :30 Freestyle {1 x 25 on :45 Your Stroke 16 x 50 on 1:15 Pulls-nbbf&w	EN1 EN1 EN3 EN1 REC		250		EN2 REC	

Workout #182 - Tuesday, 23 February 1999 Group 3 - All 1 minute rest between sets

SP3

REC

EN1

EN1

EN1

EN1

EN1

EN1

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Workout #185 - Wednesday, 24 February	1999
Group 3 - All	

1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
400	1 x 400 on 8:00 Reverse IM drill	REC	
600	12×50 on $1:00 3$ on each stroke	REC	
	drill, build, fast		
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		
	$\{4 \times 125 \text{ on } 1:35 \text{ Freestyle}$	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		

Workout #186 - Wednesday, 24 February 1999 Group 3 - Cavadinis, Mark, Brian 1 minute rest between sets

5:15 PM Start Yards Set Description EGY WORK _____________________________________ ===== 1 on 40:00 Stomach and Stretch and reaction drills REC 1,000 1 x 1000 on 18:00 Choice Š 1 on 10:00 Techniques-starts 16x{1 x 13 on :00 Butterfly SP3 12 x 75 on 1:30 Kick-descend 1-12 EN1 900 $4x{3 \times 25 \text{ on :} 30 \text{ Freestyle}}$ EN1 $\{1 \times 25 \text{ on } 1:00 \text{ Your Stroke} \}$ EN3 1 x 300 on 5:00 Pulls-no paddles EN1 300 $3x{3} \times 25$ on :30 Freestyle EN1 $\{1 \times 25 \text{ on } : 30 \text{ Free or your } \#2 \text{ strk EN3}$ 200 1 x 200 on 4:00 Bilateral REC

Workout #187 - Wednesday, 24 February 1999 Group 3 - Freestylers 1 minute rest between sets

7:20 PM 3,500 Yards - Stress Value = 35

	5:15 PM Start		
Yards	Set Description	EGY	WC
	=======================================	===	==
	1 on 40:00 Stomach and Stretch		
	and stretch cords		
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	10×50 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		

Workout #188 - Wednesday, 24 February 1999 Group 3 - Danny Lucero-Dixon 1 minute rest between sets

{1 x	100 on 1:25 Freestyle	EN1				
7 x	50 on 1:00 Stroke Drills	REC				
7:29 PM	4,500 Yards - Stress Value =	36				
Workout #189 - Wednesday, 24 February 1999						
Group 3 - Rookies						

1 minute rest between sets

1 on 40:00 Stomach and Stretch

1 on 10:00 Techniques-starts

15 x 50 on 1:05 Kick-descend 1-3 EN1 $1x\{1 x 100 \text{ on } 1:30 \text{ Freestyle}$ EN1

Set Description

and stretch cords

 $16x{1 x 13 on :00 Backstroke}$

 $\{1 \times 12 \text{ on } : 30 \text{ Freestyle } \}$

 $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$

{1 x 300 on 4:30 Freestyle

 $\{1 \times 400 \text{ on } 6:00 \text{ Freestyle} \}$

 $\{1 \times 400 \text{ on } 5:40 \text{ Freestyle} \}$

 $\{1 \times 300 \text{ on } 4:15 \text{ Freestyle} \}$

 $\{1 \times 200 \text{ on } 2:50 \text{ Freestyle} \}$

1 x 1000 on 18:00 Choice

Yards

1,000

750

350

=====

Yards	5:15 PM Start Set Description	EGY	WORK	STF
======	=======================================	===	====	===
	<pre>1 on 40:00 Stomach and Stretch and reaction drills</pre>		L	
600	1 x 600 on 12:00 Stroke Drills odd 100's free even	REC	D	CME
	100's your stroke		_	
	1 on 20:00 Techniques-starts		D	
450	9 x 50 on 1:20 Kick-descend 1-3	EN1	K	CPS
	$3x{3 \times 25 \text{ on :} 30 \text{ Freestyle}}$	EN1	S	FF
	{1 x 25 on :45 Your Stroke	EN3	S	STF
	$5x{1 x 100 on 2:00 Freestyle-build}$	EN1	S	FF
	{1 x 100 on 2:00 Your Stroke	EN1	S	STF
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

	5:15 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 40:00 Stomach and Stretch		
	and stretch cords		
1,000	1 x 1000 on 18:00 Choice	REC	
	1 on 10:00 Techniques-starts		
	16x{1 x 13 on :00 Backstroke	SP3	
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	REC	
900	18×50 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 #191 - Wednesday, 24 February 1999 Group 3 - All			Yards	5:15 PM Start Set Description	EGY	
1 minute rest between sets			=====	1 on 40:00 Stomach and Stretch	===	===
5:15 PM Start Yards Set Description	EGY		825 1,000	and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 10 x 100 on 2:15 Kick	REC EN1	
1 on 40:00 Stomach and Stretch	= ===	==	1,000	odds very good effor 20 x 50 on 1:00 Pulls-no breathing	EN1	
and stretch cords 1,000	REC			between flags & wall 4x{4 x 75 on 1:30 Descend 1-4 {1 on 1:00 Rest	EN2	
16x{1 x 13 on :00 Backstroke {1 x 12 on :30 Freestyle 900	SP3 REC 3 EN2 EN1		450	{ 1 set per stroke	REC	
600 12 x 50 on 2:00 3 on each stroke 800 16 x 50 on 1:00 Pulls-nbbf&w	SP2 EN1			Workout #195 - Thursday, 25 February 1999		
200 1 x 200 on 3:00 Choice	REC			Group 3 - Danny Lucero-Dixon		
7:46 PM 4,400 Yards - Stress Value = 99				1 minute rest between sets		
Workout #192 - Wednesday, 24 February 1999 Group 3 - High Schoolers			Yards	5:15 PM Start Set Description	EGY	WOF
1 minute rest between sets			=====	1 on 40:00 Stomach and Stretch	===	===
				and stretch cords		
5:15 PM Start Yards Set Description EGY	WORK	СП	825	±		
===== ================================				3x{4 x 75 on 1:30 Kick very fast {1 on 1:00 Rest	EN2	
1 on 40:00 Stomach and Stretch	L			4x{3 x 25 on :30 Choice	EN1	
and stretch cords	C	-		{1 x 25 on 1:00 Choice-all out	SP2	
1,000 1 x 1000 on 18:00 Choice REC 1 on 10:00 Techniques-starts	S D	E	1,000	20 x 50 on 1:00 Freestyle	EN1	
16x{1 x 13 on :00 Backstroke SP3		E	300	odds pull evens swim 12 x 25 on :45 Stroke Drills	REC	
{1 x 12 on :30 Freestyle REC		F	300	3 on each stroke	TULO	
750 10 x 75 on 2:00 Kick EN2		CF E		7:14 PM 3,425 Yards - Stress Value = 41		
1x{6 x 75 on 1:15 Pulls EN1 {6 x 75 on 1:10 Pulls EN1		E				
{6 x 75 on 1:05 Pulls EN1		E		Workout #196 - Thursday, 25 February 1999		
300 12 x 25 on :40 Odds stroke-fast EN1	S	CF		Group 3 - All		
evens free	Б.	_		1 minute rest between sets		
200 4 x 50 on 1:00 Stroke Drills REC 7:29 PM 4,000 Yards - Stress Value = 38	ע	(F.1F DW Chart		
7.25 IF 4,000 laids Sciess value 30			Yards	5:15 PM Start Set Description	EGY	WOF
Workout #193 - Thursday, 25 February 1999			=====	=======================================		
Group 3 - Chris P.				1 on 40:00 Stomach and Stretch		
1 minute rest between sets			005	and stretch cords	DEC	
			825	1 x 825 on 15:00 Swim-kick-pull-swim 1x{4 x 100 on 1:55 Kick	EN2	
5:15 PM Start				{3 x 100 on 1:50 Kick	EN2	
Yards Set Description	EGY 1			{2 x 100 on 1:45 Kick	EN2	
1 on 40:00 Stomach and Stretch			1,200	{1 x 100 on 1:40 Kick 12 x 100 on 1:30 Lungbuster pulls	EN2 EN1	
and stretch cords			1,200	odds breathe 3-5-7-9	THILL	
825 1 x 825 on 15:00 Swim-kick-pull-swim				evens br. 2-4-6-8		
4x{1 x 200 on 4:00 Kick {1 x 50 on :45 Kick	EN1 EN2		2,000	-	EN2	
6x{1 x 100 on 1:30 Freestyle	EN1			2x{5 x 25 on :30 Choice {5 x 25 on :25 Choice	EN1 EN1	
{1 x 100 on 1:30 Lungbuster pulls	EN1			$\{4 \times 25 \text{ on } : 25 \text{ Choice} \}$	EN2	
$4x\{1 \times 100 \text{ on } 1:45 \text{ Individual Medley} $	EN1			$\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN2	
{1 x 25 on :30 Stroke {1 x 50 on :55 Stroke	EN1			{1 on 1:00 Rest		
{1 x 75 on 1:15 Stroke	EN1 EN1		400		REC	
{ 1 set per stroke				7:46 PM 6,325 Yards - Stress Value = 84		
$4x{1 x 50 on :50 Freestyle}$	EN1					
$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN2					
$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} $ 400 16 x 25 on :30 Stroke Drills	EN3 REC					
400	KEC					

Workout #194 - Thursday, 25 February 1999 Group 3 - High Schoolers 1 minute rest between sets

Group 3 - Danny Lucero-Dixon

1 minute rest between sets

Workout #203 - Friday, 26 February 1999

Group 3 - High Schoolers

Workout #197 - Friday, 26 February 1999 Group 3 - Chris P.

1 minute rest between sets

	i minute rest between sets						
	5:15 PM Start			Yard	5:15 PM Start S Set Description	EGY	WOF
Yards	Set Description	EGY	WORK	ξ =====	1 40 00 00 00 00 00 00 00 00 00 00 00 00	===	===
=====		===	====	=	1 on 40:00 Stomach and Stretch		
	1 on 40:00 Stomach and Stretch		L		and stretch cords		
	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	S		$2x{4 \times 75}$ on 1:30 Kick very fast	EN2	
900	9 x 100 on 2:00 Kick-descend 1-3	EN2	K	C	{1 on 1:00 Rest		
2,400	3 x 800 on 12:00 Freestyle	EN1	S		2x{3 x 25 on :30 Choice	EN1	
300	12 x 25 on :30 Choice-good effort	EN1	S	C	{1 x 25 on 1:00 Choice-all out	SP2	
	1 x 100 on 2:00 Bilateral	REC	D	1,000	20 x 50 on 1:00 Freestyle	EN1	
	7:16 PM 4,525 Yards - Stress Value =	45			odds pull evens swim		
	·			375	15 x 25 on :45 Stroke Drills	REC	
	Workout #109 Eriday 26 Echmany 1000				7:05 PM 3,000 Yards - Stress Value = 29		

Workout #198 - Friday, 26 February 1999 Group 3 - Rookies

Workout #202 - Friday, 26 February 1999 1 minute rest between sets **Group 3 - Rookies** 1 minute rest between sets 5:15 PM Start

Yards	Set Description	EGY	WOF		
=====	=======================================	===	===		5:15 PM Start
	1 on 40:00 Stomach and Stretch			Yards	Set Description EGY WOF
	and reaction drills				1 40:00 0+
425	1 x 425 on 10:00 Swim-kick-pull-swim	REC			1 on 40:00 Stomach and Stretch
	1 on 10:00 Techniques-yr choice				and reaction drills
	work with each other			425	1 x 425 on 10:00 Swim-kick-pull-swim REC
500	5 x 100 on 3:00 Kick	EN1			1 on 10:00 Techniques-yr choice
500	5 x 100 on 2:15 Pulls-no paddles	EN1			work with each other
	$2x{3 \times 25 \text{ on } :30 \text{ Freestyle}}$	EN1		500	5 x 100 on 3:00 Kick EN1
	{1 x 25 on :45 Your Stroke	EN3		500	5 x 100 on 2:15 Pulls-no paddles EN1
375	•	REC			$2x{3 \times 25 \text{ on :} 30 \text{ Freestyle}}$ EN1
	1-7build 8-15 ez				{1 x 25 on :45 Your Stroke EN3
	7:02 PM 2,000 Yards - Stress Value = 15			375	15 x 25 on :45 Stroke Drills REC 1-7build 8-15 ez
	Workout #100 Friday 26 February 1000				7:02 PM 2,000 Yards - Stress Value = 15

Workout #199 - Friday, 26 February 1999 Group 3 - Cavadinis, Mark, Brian

	5:15 PM Start					1 minute rest between sets	
Yards	Set Description	EGY	WORK	ζ		F.15 DM Chook	
=====	1 on 40:00 Stomach and Stretch	===		=	Yards	5:15 PM Start Set Description EGY	Y WOF
	1 x 825 on 15:00 Swim-kick-pull-swim 6 x 100 on 2:00 Kick	REC EN1	S K	C		<pre>1 on 40:00 Stomach and Stretch and stretch cords</pre>	
1,200	16 x 75 on 1:30 25 build 50 At 90% your stroke fast	EN1	S	(825	1 x 825 on 15:00 Swim-kick-pull-swim REG $1x\{5\ x\ 75\ \text{on}\ 2:00\ \text{Kick}$	
	6 x 25 on :45 #2 and #4 FAST!!!!! 1 x 250 on 5:00 Catchup & thumb drag	EN1 REC	S D	C		{5 x 75 on 1:45 Kick EN1 {4 x 75 on 1:30 Kick EN2	
	7:00 PM 3,025 Yards - Stress Value =	20			1,000	8 x 125 on 2:00 Pulls-odds breathe EN1 $3-5-7-9-11$ evens br.	Ĺ
	Workout #200 - Friday, 26 February 1999				1,200	however you want to 8 x 150 on 3:00 IM without free EN1	
	Group 3 - Cavadinis,Mark,Brian 1 minute rest between sets				450	9 x 50 on 1:00 Stroke Drills REG 7:28 PM 4,525 Yards - Stress Value = 36	3

5:15 PM Start			
Set Description	EGY	WORK	٤
	===	====	=
1 on 40:00 Stomach and Stretch		L	
and reaction drills			
1 x 825 on 15:00 Swim-kick-pull-swim	REC	S	
8 x 100 on 2:00 Kick #4 & #8 fast	EN1	K	(
10 x 100 on 1:50 75 free build 25	EN1	S	(
your stroke fast			
6 x 25 on :25 Choice	EN1	S	(
1 x 250 on 5:00 Catchup & thumb drag	REC	D	
6:57 PM 3,025 Yards - Stress Value =	20		
	Set Description 1 on 40:00 Stomach and Stretch and reaction drills 1 x 825 on 15:00 Swim-kick-pull-swim 8 x 100 on 2:00 Kick #4 & #8 fast 10 x 100 on 1:50 75 free build 25 your stroke fast 6 x 25 on :25 Choice 1 x 250 on 5:00 Catchup & thumb drag	Set Description EGY	Set Description

Workout #204 - Friday, 26 February 1999 Group 3 - All 1 minute rest between sets		300	1 x 300 on 6:00 Freestyle-EZ REG 2x{2 x 100 on 1:40 Individual Medley ENZ {2 x 100 on 1:35 Individual Medley ENZ {2 x 100 on 1:30 Individual Medley ENZ	2 2
5:15 PM Start Yards Set Description	EGY WOF	600	· · · · · · · · · · · · · · · · · · ·	
1 on 40:00 Stomach and Stretch and stretch cords 825 1 x 825 on 10:00 Swim-kick-pull-st 1,000 10 x 100 on 2:00 Kick(just make it 800 16 x 50 on 1:00 25 drill 25 build	REC		Workout #208 - Saturday, 27 February 1999 Group 3 - Eric Blue Man 1 minute rest between sets	
4 on each stroke 1,600 8 x 200 on 2:45 Pulls 1x{8 x 100 on 1:50 Individual Medley {6 x 100 on 1:40 Individual Medley {4 x 100 on 1:30 Individual Medley 300 1 x 300 on 6:00 Bilateral 7:45 PM 6,325 Yards - Stress Value =	EN1 EN1 EN1 EN1 REC	Yards ===== 825 900	1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim REG	С
Workout #205 - Saturday, 27 February 1999 Group 3 - All 1 minute rest between sets			Kevin wear flippers 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	2 2 2 2
8:00 AM Start Yards Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-su		1,600 300	1x{8 x 25 on :30 Freestyle EN3 {8 x 25 on :25 Freestyle EN3 {8 x 25 on :20	1 1 1
4x{4 x 75 on 1:15 Kick-very fast {1 on 1:00 Rest 400 4 x 100 on 1:30 Descend 1-4 6x{1 x 150 on :00 Freestyle {1 x 150 on 8:00 Freestyle-EZ 600 24 x 25 on :30 Stroke Drills	EN2 SP1 REC REC		Workout #209 - Saturday, 27 February 1999 Group 3 - Chris P. 1 minute rest between sets 8:00 AM Start	
6 on each stroke 10:29 AM 4,825 Yards - Stress Value = Workout #206 - Saturday, 27 February 1999 Group 3 - High Schoolers 1 minute rest between sets 8:00 AM Start Yards Set Description	= 104 EGY WORK S	Yards ===== 825 900 300 500	Set Description EGS 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim REG 18 x 50 on 1:00 Kick ENS 3 x 100 on 1:30 Descend in sets of 3 ENS 10 x 50 on 2:00 Freestyle SPS 8x{1 x 50 on 1:00 Freestyle ENS	C 1 2 2
10:29 AM 4,825 Yards - Stress Value = Workout #206 - Saturday, 27 February 1999 Group 3 - High Schoolers 1 minute rest between sets 8:00 AM Start	EGY WORK S === = = L REC S EN1 K C EN2 S EN1 S C REC D	825 900 300 500	Set Description EGS 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim REG 18 x 50 on 1:00 Kick ENS 3 x 100 on 1:30 Descend in sets of 3 ENS 10 x 50 on 2:00 Freestyle SPS 8x{1 x 50 on 1:00 Freestyle ENS {1 x 50 on 1:00 Pulls ENS 3 x 100 on 1:30 Descend in sets of 3 ENS 4x{3 x 25 on :30 Freestyle ENS {1 x 50 on 1:00 Your Stroke SPS	C 1 2 2 1 1 2 1 2 2 2 1 2 2 2 1 2 2 2 1 2 2 2 1 2 2 2 1 2 2 2 1 2
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 === = = L REC S EN1 K C EN2 S EN1 S C REC D	825 900 300 500	Set Description EGS	C 1 2 2 1 1 2 1 2 2 2 1 2 2 2 1 2 2 2 1 2 2 2 1 2 2 2 1 2 2 2 1 2
Workout #206 - Saturday, 27 February 1999 Group 3 - High Schoolers 1 minute rest between sets 8:00 AM Start Yards Set Description 1 on 40:00 Stomach and Stretch and stretch cords 825 1 x 825 on 15:00 Swim-kick-pull-swim 1,000 8 x 125 on 2:30 Kick-evens kick brst 2,000 5 x 400 on 5:30 Freestyle 500 20 x 25 on :45 Choice-no free 200 4 x 50 on 1:00 Stroke Drills 10:06 AM 4,525 Yards - Stress Value Workout #207 - Saturday, 27 February 1999 Group 3 - Freestylers	EGY WORK S === === === ========================	825 900 300 500	Set Description EGS	C 1 2 2 1 1 2 1 2 2 2 1 2 2 2 1 2 2 2 1 2 2 2 1 2 2 2 1 2 2 2 1 2

and stretch cords

Workout #210 - Monday, 01 March 1999 Group 3 - All 1 minute rest between sets			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		
5:15 PM Start				1x{8 x 75 on 1:10 Pulls EN1	
Yards Set Description	EGY			{8 x 75 on 1:05 Pulls EN1	
1 on 38:00 Stomach and Stretch			F00	{8 x 75 on 1:00 Pulls EN1	
and stretch cords			500	1 x 500 on 9:00 Individual Medley EN1 build the last 50 of	
825 1 x 825 on 15:00 Swim-kick-pull-swim	REC			each stroke	
1 on 10:00 Techniques-flip trns	~=^		250		
$16x\{1 \times 13 \text{ on } : 00 \text{ Freestyle}$ $\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	SP3 REC			7:26 PM 4,525 Yards - Stress Value = 46	
1,000 10 x 100 on 2:00 Kick	EN1				
1,000 10 x 100 on 1:30 Lungbuster pulls	EN1			Workout #214 - Monday, 01 March 1999	
200 1 x 200 on 3:00 Freestyle-build	EN1			Group 3 - High Schoolers	
6x{8 x 25 on :25 Butterfly	EN2			1 minute rest between sets	
{1 on 1:10 Rest 400 8 x 50 on 1:00 Stroke Drills	REC			5.15 DM 05-45	
7:45 PM 5,025 Yards - Stress Value = 54	тшо		Yards	5:15 PM Start Set Description EGY W	MC
			=====	=======================================	
Workout #211 - Monday, 01 March 1999				1 on 38:00 Stomach and Stretch	
Group 3 - Rookies			005	and stretch cords	
1 minute rest between sets			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	
5:15 PM Start Yards Set Description	EGY	TATC		{1 x 12 on :30 Freestyle REC	
Yards Set Description			800	8 x 100 on 2:15 Kick EN1	
1 on 38:00 Stomach and Stretch			1,350	9 x 150 on 2:45 50 fr 50 strk 50 fr EN1 3 fly, 3 back, 3 brs	
and stretch cords			750	15 x 50 on 1:00 Sets of 3 #1 2bk	
825 1 x 825 on 15:00 Swim-kick-pull-swim	REC			#2 4bk, #3 6bk	
1 on 10:00 Techniques-flip trns $16x\{1 \times 13 \text{ on } :00 \text{ Freestyle}$	SP3		350		
{1 x 12 on :30 Freestyle	REC			7:36 PM 4,475 Yards - Stress Value = 30	
1,000 20 x 50 on 1:00 Kick	EN1			W. J. (1915 M. J. 01 M. J. 1999	
$1x{4 \times 100 \text{ on } 1:45 \text{ Freestyle}}$	EN1			Workout #215 - Monday, 01 March 1999	
	T13.T1			Crown 2 Eric Plus Man	
$\{3 \times 100 \text{ on } 1:40 \text{ Freestyle} \}$	EN1 EN1			Group 3 - Eric Blue Man	
{3 x 100 on 1:40 Freestyle {2 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle	EN1 EN1 EN1			Group 3 - Eric Blue Man 1 minute rest between sets	
{2 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle 200 4 x 50 on 1:00 Descend	EN1 EN1 EN1			•	
{2 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle 200 4 x 50 on 1:00 Descend 150 1 x 150 on 3:00 Catchup & thumb drag	EN1 EN1 EN1		Yards	1 minute rest between sets 5:15 PM Start Set Description EGY V	
{2 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle 200 4 x 50 on 1:00 Descend	EN1 EN1 EN1		Yards =====	1 minute rest between sets 5:15 PM Start Set Description EGY W	
{2 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle 200 4 x 50 on 1:00 Descend 150 1 x 150 on 3:00 Catchup & thumb drag 7:15 PM 3,575 Yards - Stress Value = 30	EN1 EN1 EN1			1 minute rest between sets 5:15 PM Start Set Description EGY W 1 on 38:00 Stomach and Stretch	
{2 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle 200 4 x 50 on 1:00 Descend 150 1 x 150 on 3:00 Catchup & thumb drag 7:15 PM 3,575 Yards - Stress Value = 30 Workout #212 - Monday, 01 March 1999	EN1 EN1 EN1			1 minute rest between sets 5:15 PM Start Set Description EGY W	
{2 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle 200 4 x 50 on 1:00 Descend 150 1 x 150 on 3:00 Catchup & thumb drag 7:15 PM 3,575 Yards - Stress Value = 30 Workout #212 - Monday, 01 March 1999 Group 3 - Cavadinis, Mark, Brian	EN1 EN1 EN1		=====	1 minute rest between sets 5:15 PM Start Set Description EGY W 1 on 38:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim REC 1 on 10:00 Techniques-flip trns	
{2 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle 200 4 x 50 on 1:00 Descend 150 1 x 150 on 3:00 Catchup & thumb drag 7:15 PM 3,575 Yards - Stress Value = 30 Workout #212 - Monday, 01 March 1999	EN1 EN1 EN1		=====	1 minute rest between sets 5:15 PM Start Set Description EGY W 1 on 38:00 Stomach and Stretch and stretch cords 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	
{2 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle 200 4 x 50 on 1:00 Descend 150 1 x 150 on 3:00 Catchup & thumb drag 7:15 PM 3,575 Yards - Stress Value = 30 Workout #212 - Monday, 01 March 1999 Group 3 - Cavadinis, Mark, Brian	EN1 EN1 EN1		825	1 minute rest between sets 5:15 PM Start Set Description EGY W 1 on 38:00 Stomach and Stretch and stretch cords 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	
{2 x 100 on 1:35 Freestyle	EN1 EN1 REC		=====	1 minute rest between sets 5:15 PM Start Set Description EGY W 1 on 38:00 Stomach and Stretch and stretch cords 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	
{2 x 100 on 1:35 Freestyle	EN1 EN1 REC		825	1 minute rest between sets 5:15 PM Start Set Description EGY W 1 on 38:00 Stomach and Stretch and stretch cords 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 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	
{2 x 100 on 1:35 Freestyle	EN1 EN1 REC		825 750	1 minute rest between sets 5:15 PM Start Set Description EGY V 1 on 38:00 Stomach and Stretch and stretch cords 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 15 x 50 on 1:00 Kick-descend 1-3 EN2 1x{8 x 75 on 1:10 Pulls EN1 {8 x 75 on 1:00 Pulls EN1 {8 x 75 on 1:00 Pulls EN1	
{2 x 100 on 1:35 Freestyle	EN1 EN1 REC		825	1 minute rest between sets 5:15 PM Start Set Description EGY W 1 on 38:00 Stomach and Stretch and stretch cords 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 15 x 50 on 1:00 Kick-descend 1-3 EN2 1x{8 x 75 on 1:10 Pulls EN1 {8 x 75 on 1:00 Pulls EN1 {8 x 75 on 1:00 Pulls EN1 1 x 500 on 9:00 Individual Medley EN1	
{2 x 100 on 1:35 Freestyle	EN1 EN1 REC		825 750	1 minute rest between sets 5:15 PM Start Set Description EGY W 1 on 38:00 Stomach and Stretch and stretch cords 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 15 x 50 on 1:00 Kick-descend 1-3 EN2 1x{8 x 75 on 1:10 Pulls EN1 {8 x 75 on 1:00 Pulls EN1 {8 x 75 on 1:00 Pulls EN1 1 x 500 on 9:00 Individual Medley EN1 build the last 50 of	
{2 x 100 on 1:35 Freestyle	EN1 EN1 REC		825 750	1 minute rest between sets 5:15 PM Start Set Description EGY W	
{2 x 100 on 1:35 Freestyle	EN1 EN1 REC		825 750 500	1 minute rest between sets 5:15 PM Start Set Description EGY W 1 on 38:00 Stomach and Stretch and stretch cords 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 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 1 x 500 on 9:00 Individual Medley EN1 build the last 50 of each stroke	
{2 x 100 on 1:35 Freestyle	EN1 EN1 REC		825 750 500	1 minute rest between sets 5:15 PM Start Set Description EGY W	
{2 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle 200 4 x 50 on 1:00 Descend 150 1 x 150 on 3:00 Catchup & thumb drag 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 ======= 1 on 38:00 Stomach and Stretch and stretch cords 825 1 x 825 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-flip trns 16x{1 x 13 on :00 Freestyle {1 x 12 on :30 Freestyle 900 12 x 75 on 1:30 Kick	EN1 EN1 REC		825 750 500	1 minute rest between sets 5:15 PM Start Set Description EGY W	
{2 x 100 on 1:35 Freestyle	EN1 EN1 REC		825 750 500	1 minute rest between sets 5:15 PM Start Set Description EGY W	
{2 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle 200 4 x 50 on 1:00 Descend 150 1 x 150 on 3:00 Catchup & thumb drag 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 ===================================	EN1 EN1 REC		825 750 500	1 minute rest between sets 5:15 PM Start Set Description EGY W	
{2 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle 200 4 x 50 on 1:00 Descend 150 1 x 150 on 3:00 Catchup & thumb drag 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	EN1 EN1 REC		825 750 500	1 minute rest between sets 5:15 PM Start Set Description EGY W	
{2 x 100 on 1:35 Freestyle	EN1 EN1 REC		825 750 500	1 minute rest between sets 5:15 PM Start Set Description EGY W	
{2 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle 200 4 x 50 on 1:00 Descend 150 1 x 150 on 3:00 Catchup & thumb drag 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	EN1 EN1 REC		825 750 500	1 minute rest between sets 5:15 PM Start Set Description EGY W	
{2 x 100 on 1:35 Freestyle	EN1 EN1 REC		825 750 500	1 minute rest between sets 5:15 PM Start Set Description EGY W	
{2 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle 200 4 x 50 on 1:00 Descend 150 1 x 150 on 3:00 Catchup & thumb drag 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	EN1 EGY EGY EEC REC SP3 REC EN1 EN1 REC	==	825 750 500	1 minute rest between sets 5:15 PM Start Set Description EGY W	
{2 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle 200 4 x 50 on 1:00 Descend 150 1 x 150 on 3:00 Catchup & thumb drag 7:15 PM 3,575 Yards - Stress Value = 30 Workout #212 - Monday, 01 March 1999	EN1 ESY ESY ESY ESY REC EN1 EN1 EN1 EXE ESY	== WC	825 750 500	1 minute rest between sets 5:15 PM Start Set Description EGY W	

E.1E DM Chamb

EGY WC

REC

REC

SP3

REC

EN2

EN1

EGY WORK

Workout #216 - Tuesday, 02 March 1999 Group 3 - Tim and David

1 minute rest between sets

	Group 3 - Tilli aliu Daviu							
	1 minute rest between sets					I Start		
				Yards	Set	Description	EGY	WORK
Yards	5:15 PM Start Set Description	EGY	WORK	=====		on 45:00 Stomach and Stretch	===	==== L
	1 on 45:00 Stomach and Stretch		L		•		REC	D
	and stretch cords		_		•	: 100 on 2:00 Stroke Drills	REC	D
	1x{1 x 125 on 2:30 Stroke Drills	REC	D		1 c	on 10:00 Techniques-open trns		D
	{7 x 100 on 2:00 Stroke Drills	REC	D		16x{1 x	: 13 on :00 Butterfly	SP3	S
	1 on 10:00 Techniques-open trns	1.20	D		{1 x	: 12 on :30 Freestyle	REC	S
	16x{1 x 13 on :00 Butterfly	SP3	S		1x{4 x	: 100 on 2:00 Kick	EN2	K
	{1 x 12 on :30 Freestyle	REC	S		{ 3 x	: 100 on 1:55 Kick	EN2	K
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	K		{2 x	: 100 on 1:50 Kick	EN2	K
300	3 x 100 on 1:30 Freestyle-descend		S		1x{3 x	: 100 on 1:30 Freestyle-descend	EN2	S
1,800	6 x 300 on 5:00 Freestyle	EN3	S	1,200	6 x	: 200 on 3:00 Pulls	EN1	P
1,000	Hold under 3:35	шио	5		•	2	EN1	S
500	10 x 50 on 1:00 Stroke Drills 7:45 PM 4,825 Yards - Stress Value = 1	REC	D	500	10	x 50 on 1:00 Stroke Drills	EN3 REC	S D
	,				7:41 PM	1 4,525 Yards - Stress Value = 5	53	

Workout #217 - Tuesday, 02 March 1999 Group 3 - Freestylers 1 minute rest between sets

Workout #220 - Tuesday, 02 March 1999 Group 3 - Rookies 1 minute rest between sets

1 on 45:00 Stomach and Stretch

 $1x{1 x 125 on 2:30 Stroke Drills}$

{7 x 100 on 2:00 Stroke Drills

1 on 10:00 Techniques-open trns

8 x 125 on 2:00 Kick with flippers

8 x 75 on 1:20 Pulls-mid 25 br ev 8

20 x 50 on 1:00 Mid pool swims/odds

1 x 200 on 4:00 Catchup & thumb drag REC

5:15 PM Start

5:15 PM Start

Set Description

Yards

Set Description

and stretch cords

 $16x{1 x 13 on :00 Butterfly}$

 $\{1 \times 12 \text{ on } : 30 \text{ Freestyle } \}$

do free evens choice

5:15 PM Start			
Yards Set Description	EGY	WC	** 1
=======================================	===	==	Yards
1 on 45:00 Stomach and Stretch			=====
and stretch cords			
$1x\{1 \times 125 \text{ on } 2:30 \text{ Stroke Drills}$	REC		
$\{7 \times 100 \text{ on } 2:00 \text{ Stroke Drills}$	REC		
1 on 10:00 Techniques-open trns			
$16x\{1 \times 13 \text{ on :} 00 \text{ Butterfly}$	SP3		
$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	REC		
$2x{6} \times 50$ on :50 Freestyle	EN1		1 000
$\{6 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1		1,000
$\{6 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1		600
{1 on 1:00 Rest			1,000
$3x{1 x 150 on 3:00 Kick}$	EN1		200
{1 x 100 on 2:00 Kick	EN1		200
{1 x 50 on 1:00 Kick	EN1		
$10x\{1 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1		
$\{1 \times 25 \text{ on } : 30 \text{ Your Stroke} \}$	EN1		
150 1 x 150 on 3:00 Catchup & thumb drag	REC		
7:40 PM 4,575 Yards - Stress Value = 39			

Workout #221 - Wednesday, 03 March 1999 Group 3 - Freestylers 1 minute rest between sets

7:31 PM 4,025 Yards - Stress Value = 44

5:15 PM Start Yards Set Description EGY WO ===== 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 $\{1 \times 12 \text{ on } : 30 \text{ Freestyle } \}$ 750 30 x 25 on :45 Kick-good effort EN2 $2x{4 \times 100}$ on 1:20 Freestyle EN1 ${3 \times 100 \text{ on } 1:15 \text{ Freestyle}}$ EN2 $\{2 \times 100 \text{ on } 1:10 \text{ Freestyle} \}$ 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

Workout #218 - Tuesday, 02 March 1999

Group 3 - Girls

1 minute rest between sets

=====	=======================================	===	====
	1 on 45:00 Stomach and Stretch		L
	and stretch cords		
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
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle} \}$	REC	S
800	8×100 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 = 9	91	

Workout #219 - Tuesday, 02 March 1999 **Group 3 - High Schoolers**

Licensed	10. South Bend Se/Ricy 115						//13/2011	1 agc	10
	Workout #222 - Wednesday, 03 March 1999								
	•					5:15 P	PM Start		
	Group 3 - State Champions				Yards		et Description	EGY	WC
	1 minute rest between sets					==			==
	5:15 PM Start					1	on 45:00 Stomach and Stretch		
Yards	Set Description		EGY 1	TAT C			and stretch cords		
=====	=======================================	===			800		x 800 on 15:00 Choice	REC	
	1 on 45:00 Stomach and Stretch						on 10:00 Techniques-relay str	CD3	
	and stretch cords					-	x 13 on :00 Backstroke x 12 on :30 Freestyle	SP3 REC	
800	1 x 800 on 15:00 Choice		REC		600	-	2 x 50 on 1:15 Kick	EN1	
	1 on 10:00 Techniques-relay str				450		x 75 on 1:30 Lungbuster pulls	EN1	
	$16x{1 x 13 on :00 Backstroke}$		SP3		100		preathe 5-7-9		
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle} \}$		REC		200		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 EN1				x 25 on 1:00 Your Stroke	SP2	
	1x{4 x 100 on 1:20 Freestyle {3 x 100 on 1:15 Freestyle		EN1		150		\times 150 on 3:00 Catchup & thumb drag	REC	
	{2 x 100 on 1:10 Freestyle		EN3			7:19 P	PM 3,000 Yards - Stress Value = 33		
400	16 x 25 on :30 Choice		EN1						
150	1 x 150 on 3:00 Catchup & thumb d	rag	REC			W	Vorkout #226 - Wednesday, 03 March 1999		
	7:28 PM 4,000 Yards - Stress Value =	55					Group 3 - Sectional		
							1 minute rest between sets		
	Workout #223 - Wednesday, 03 March 1999								
	Group 3 - Taper 2						PM Start		
	1 minute rest between sets				Yards		et Description	EGY	
					=====		on 45:00 Stomach and Stretch	===	==
	5:15 PM Start						and stretch cords		
Yards	<u>-</u>		WORK		800		x 800 on 15:00 Choice	REC	
=====		===					on 10:00 Techniques-relay str		
	1 on 45:00 Stomach and Stretch		L			16x{1	x 13 on :00 Backstroke	SP3	
800	and stretch cords 1 x 800 on 15:00 Choice	REC	S			-	x 12 on :30 Freestyle	REC	
000	1 on 10:00 Techniques-relay str	KEC	D		750		x 125 on 2:30 Kick-desecned 1-3	EN2	
	± ±	SP3	S		600		2 x 50 on :45 Freestyle	EN1	
	•	REC	S			-	x 50 on 2:00 Freestyle x 50 on 2:00 Your Stroke	SP2 SP2	
	-	EN2	K	(400	-	x 400 on 8:00 Reverse IM drill	REC	
	•	EN2	K	(100		x 25 on :35 Choice	EN1	
	•	EN2		(-	x 25 on :30 Choice	EN1	
800	8 x 100 on 1:30 Lungbuster pulls		P			{ 5	x 25 on :25 Choice	EN1	
	• -	EN1	S		175		x 175 on 4:00 Catchup & thumb drag	REC	
	•	EN1 EN1	S S			7:44 P	PM 4,000 Yards - Stress Value = 82		
	-	EN1	S						
	• -	SP2		(V	Workout #227 - Thursday, 04 March 1999		
200	•	REC	D				Group 3 - Taper 1		
	7:42 PM 4,000 Yards - Stress Value =	70					1 minute rest between sets		
	Workout #224 - Wednesday, 03 March 1999						PM Start		
	Group 3 - Taper 1				Yards		Description	EGY	
	1 minute rest between sets				=====		on 45:00 Stomach and Stretch	===	===
							nd stretch cords		
	5:15 PM Start				825		k 825 on 15:00 Swim-kick-pull-swim	REC	
Yards	Set Description		EGY		020		k 150 on 3:00 Kick	EN2	
=====	1 45 00 01 1 1 0 01	===	===	==			k 100 on 2:00 Kick	EN2	
	1 on 45:00 Stomach and Stretch						k 50 on 1:00 Kick	EN2	
800	and stretch cords 1 x 800 on 15:00 Choice		REC		1,400		x 200 on 3:15 Pulls	EN1	
000	1 on 10:00 Techniques-relay str		TUDO				<pre>50 on :50 Freestyle</pre>	EN1	
	16x{1 x 13 on :00 Backstroke		SP3				x 50 on :45 Freestyle	EN1	
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle} \}$		REC				x 50 on :40 Freestyle	EN2	
1,050	21 x 50 on 1:00 Kick-descend 1-3		EN2		200	-	<pre>con 1:00 Rest con 2:00 Catchup & thumb drag</pre>	REC	
1,000	10 x 100 on 1:30 Lungbuster pulls		EN1		200		PM 4,525 Yards - Stress Value = 48	0	
1,000	8 x 125 on 2:00 Individual Medley		EN1						
	1&2 50 fly, 3&4 50bk								
250	5&6 50 br, 7&8 50 fr 1 x 250 on 5:00 Catchup & thumb d	r->~	DEC						
230	7:35 PM 4,500 Yards - Stress Value =		VEC						
	1,000 Talab 001000 Value -								

Workout #225 - Wednesday, 03 March 1999 Group 3 - Senior State 1 minute rest between sets 5:15 PM Start

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	EN2	
	hold #10		
	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	
	$1x\{8 \times 25 \text{ on } : 30 \text{ Choice-build}$	EN1	
	{8 x 25 on :30 Stroke Drills	REC	
	7:19 PM 4,025 Yards - Stress Value = 32		

Workout #229 - Thursday, 04 March 1999 Group 3 - Freestylers 1 minute rest between sets

Yards	Set Description	EGY	WOF
=====		===	===
	<pre>1 on 45:00 Stomach and Stretch and stretch cords</pre>		
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	EN1	
	No freestyle		
200	1 x 200 on 4:00 Catchup & thumb drag 7:21 PM 4,025 Yards - Stress Value = 31 $$	REC	

Workout #230 - Thursday, 04 March 1999 Group 3 - Taper 2 1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WC
=====		===	==
	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 #231 - Friday, 05 March 1999 Group 3 - Taper 1 1 minute rest between sets

	5:15 PN	4 Star	t					
Yards	Set	Descri	ption				EGY	WOF
=====	====						===	===
	1 or	n 45:00	Stoma	ach and Str	retch			
	and	d stret	ch cor	rds				
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 E	Butterfly			EN1	

	{ 4	Х	50	on	:55 Backstroke	EN1
	{ 4	Х	50	on	1:05 Breaststroke	EN1
	{ 4	Х	50	on	:50 Freestyle	EN1
300	6	Х	50	on	1:15 Stroke Drills	REC
	7:23	ΡN	л 4.	025	Yards - Stress Value = 38	

Workout #232 - Friday, 05 March 1999 Group 3 - Taper 2 1 minute rest between sets

		PM Start		
Yards	Se	et Description	EGY	WOI
	==		===	===
		on 45:00 Stomach and Stretch		
	ć	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-desecnd 1-3	EN2	
400	8	x 50 on 1:15 Stroke Drills	REC	
	7:09	PM 3,525 Yards - Stress Value = 37		

Workout #233 - Friday, 05 March 1999 Group 3 - Sectional 1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WORK	٤
=====		===	====	=
	1 on 45:00 Stomach and Stretch		L	
	and stretch cords			
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	S	C
800	4 x 200 on 3:45 Kick with flippers	EN2	K	C
	last 100 fast			
800	16 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
900	3 x 300 on 5:00 Free-break at 150	EN1	S	
	rest 20 sec neg splt			
200	4 x 50 on 1:00 Stroke Drills	REC	D	
	7:09 PM 3,525 Yards - Stress Value =	33		

Workout #234 - Friday, 05 March 1999 Group 3 - Freestylers 1 minute rest between sets

Yards	5:15 PM Start 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	

EN1

EN1

Workout #235 - Saturday, 06 March 1999 Group 3 - Taper 1 1 minute rest between sets

Yards	7:30 AM Start Set Description	EGY	WOF
		===	===
	1 on 45:00 Stomach and Stretch		
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-		
1,000	6-7 by 25's	TILLT	
	$1x\{1 \times 100 \text{ on } 1:30 \text{ Freestyle}$	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	WOI
=====	=======================================	===	===
	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	
	$4x\{1 \times 50 \text{ on } : 00 \text{ Freestyle}$	SP2	
	$\{1 \times 50 \text{ on } 2:30 \text{ Freestyle}$	REC	
450	3 x 150 on 2:30 Pulls	REC	
100	1 x 100 on 2:00 Your Stroke-build	EN1	
	$3x{1 \times 50 \text{ on :00 Your Stroke}}$	SP2	
	$\{1 \times 50 \text{ on } 2:00 \text{ Freestyle}$	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	٤
=====		===	====	=
	1 on 45:00 Stomach and Stretch		L	
	and stretch cords			
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	S	
750	10 x 75 on 1:30 Kick-descend 1-3	EN2	K	C
	hold #10			
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

	{ 4	Х	25 on :25 Freestyle	EN1		
	{ 4	Х	25 on :20 Freestyle	EN1		
400	2	Х	200 on 8:00 Freestyle	SP2		
]	bre	eak at each 50 for			
		20	seconds			
400	8	Х	50 on 1:15 Stroke Drills 2 on e	REC		
400	8	Х	50 on 1:00 2 on each -buildups	EN1		
200	8	Х	25 on 1:00 Your Stroke	SP2		
200	1	Х	200 on 5:00 Catchup & thumb drag	REC		
	9:45	Αl	M 3,525 Yards - Stress Value = 75			
Workout #239 - Monday, 08 March 1999						
		,	Workbut #257 - Monday, 00 Maich 1999			

16 x 50 on 1:00 Kick-odds brst

 $1x{4 x 25 on :30 Freestyle}$

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

Workout #239 - Monday, 08 March 1999 Group 3 - Sectional 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	
	1 on 10:00 Techniques-free trns		
	16x{1 x 13 on :00 Freestyle	SP3	
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	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	MC
	=======================================	===	==
	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	
	$\{6 \times 75 \text{ on } :55 \text{ Freestyle} \}$	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	5:15 PM Start Set Description	EGY	WC
=====		===	==
	<pre>1 on 40:00 Stomach and Stretch and stretch cords</pre>		
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	
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	REC	
600	12 x 50 on 1:10 Kick-mid pool	EN1	
	concentrate on fast		
	turns		
1,000	20 x 50 on 1:00 IM order	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 33:00 Techniques-starts		
	7:44 PM 3,075 Yards - Stress Value = 24		

Workout #242 - Monday, 08 March 1999 Group 3 - Taper 2 1 minute rest between sets

Yards		PM Start et Description	EGY	WC
	_	on 40:00 Stomach and Stretch	===	==
825		x 825 on 15:00 Swim-kick-pull-swim on 10:00 Techniques-free trns	REC	
	16x{1	x 13 on :00 Freestyle	SP3	
	{ 1	x 12 on :30 Freestyle	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	
	4x{1	x 100 on 1:30 Freestyle	EN1	
	{ 1	x 100 on 1:45 Your Stroke	EN1	
	{ 1	x 100 on 1:45 Individual Medley	EN1	
100	1	x 100 on 2:00 Stroke Drills	EN1	
	1	on 38:00 Techniques-starts		

Workout #243 - Monday, 08 March 1999 Group 3 - Taper 1 1 minute rest between sets

7:44 PM 3,125 Yards - Stress Value = 27

Yards	5:15 Pi	M Sta		otion		EGY	WC
	1 (on 40	:00	Stoma	ach and Stretch		
	aı	nd st	ceto	ch coi	rds		
825	1 :	x 825	on	15:00	Swim-kick-pull-swim	REC	
	1 (on 10	:00	Techr	niques-free trns		
	16x{1:	x 13 d	on :	:00 Fi	reestyle	SP3	
	{1:	x 12 (on :	:30 Fi	reestyle	REC	
1,000	20	x 50	on	1:00	Kick	EN2	
	1x{2:	x 125	on	2:15	Pulls	EN1	
	{2:	x 125	on	2:10	Pulls	EN1	
	{2 :	x 125	on	2:05	Pulls	EN1	
	{2:	x 125	on	2:00	Pulls	EN1	
1,200	3 :	x 400	on	6:00	Freestyle-descend	EN2	
250	1 :	x 250	on	5:00	Stroke Drills	REC	

Workout #244 - Tuesday, 09 March 1999 Group 3 - Taper 1 1 minute rest between sets

7:33 PM 4,675 Yards - Stress Value = 60

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 1 on 10:00 Techniques-finishes	REC	
	$16x\{1 \times 13 \text{ on :} 00 \text{ Butterfly}$	SP3	
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	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	EN3	
1,500	10 x 150 on 2:15 Pulls-breathe ev 8	EN1	
	during middle 50		
	$1x{5 x 50 on :50 Freestyle}$	EN1	
	$\{5 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	$\{5 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1	
250	1 x 250 on 5:00 Catchup & thumb drag	REC	
	7:35 PM 4,725 Yards - Stress Value = 53		
	W. I. (1945 T. I. 00 M. I. 1000		

Workout #245 - Tuesday, 09 March 1999 Group 3 - State Champions 1 minute rest between sets

		5:15 PM Start		
	Yards	Set Description	EGY	WC
_	=====	=======================================	===	==
C		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	
		$\{1 \times 12 \text{ on } : 30 \text{ Freestyle} \}$	REC	
	750	15 x 50 on 1:00 Kick-descend 1-3	EN1	
	150	1 x 150 on 2:15 Freestyle-build	EN1	
		$4x{1 x 100 on 1:45 Your Stroke-drill}$	REC	
		{1 x 100 on 1:45 Your Stroke-build	EN1	
		{1 x 100 on 1:30 Your Stroke-85%	EN3	
	500	20 x 25 on :30 IM order	EN1	
	200	1 x 200 on 5:00 Stroke Drills	REC	
		1 on 17:00 Techniques-starts		
		7:44 PM 4,025 Yards - Stress Value = 51		

Workout #246 - Tuesday, 09 March 1999 Group 3 - Taper 2 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	<pre>1 on 40:00 Stomach and Stretch and stretch cords</pre>		
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	
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	REC	
500	10 x 50 on 1:00 Kick dexcend in sets	EN2	
	of 3 hold #10		
1,000	5 x 200 on 3:30 Freestyle-hold	EN1	
	2:20-2:30		
300	12 x 25 on :45 Stroke Drills	REC	
	1 on 20:00 Techniques-relay str		
	7:29 PM 3,025 Yards - Stress Value = 28		

Workout #247 - Tuesday, 09 March 1999 Group 3 - Freestylers 1 minute rest between sets

Workout #250 - Wednesday, 10 March 1999 Group 3 - State Champions 1 minute rest between sets

	5:15	PM Start					5:15 PM	I Start		
Yards		Set Descri	ption	EGY	WC	Yards	Set	Description	EGY	WC
=====		========		===	==	=====	===		===	==
		1 on 40:00) Stomach and Stretch				1 0	on 40:00 Stomach and Stretch		
		and stret					an	d stretch cords		
825		1 x 825 or	n 15:00 Swim-kick-pull-swim	REC		825	1 x	: 825 on 15:00 Swim-kick-pull-swim	REC	
		1 on 10:00) Techniques-finishes				1 0	n 10:00 Techniques-open trns		
	16x{	1 x 13 on	:00 Butterfly	SP3			16x{1 x	: 13 on :00 Backstroke	SP3	
	{	1 x 12 on	:30 Freestyle	REC			{1 x	: 12 on :30 Freestyle	REC	
	1x{	1 x 100 or	n 2:10 Kick	EN1		750	10	x 75 on 1:30 Kick-descned 1-5	EN1	
	{	1 x 100 or	n 2:05 Kick	EN1		250	5 x	: 50 on :40 Freestyle	EN1	
	{	1 x 100 or	n 2:00 Kick	EN1			3x{1 x	200 on :00 Individual Medley	SP2	
	{	1 x 100 or	n 1:55 Kick	EN1			{ br	reak at each 50 for		
	{	1 x 100 or	n 1:50 Kick	EN1			{ 10	, 20, then 30 secs		
	5x{	4 x 50 on	:45 Freestyle	EN1			{1 x	200 on 8:00 Freestyle-EZ	REC	
	{	1 on 1:00	Rest			500	10	x 50 on 1:00 Stroke Drills	REC	
300		12 x 25 or	n :45 Stroke Drills	REC			1 0	on 18:00 Techniques-starts		
		1 on 18:00	Techniques-relay str				7:44 PM	1 3,925 Yards - Stress Value = 78		
	7:29	PM 3,025	Yards - Stress Value = 23							

Workout #248 - Tuesday, 09 March 1999 Group 3 - Sectional

1 minute rest between sets

Workout #251 - Wednesday, 10 March 1999 Group 3 - All 1 minute rest between sets

	I IIIII acc Test between sets				
				5:15 PM Start	
	5:15 PM Start		Yards	Set Description	EGY WC
Yards	Set Description	EGY V	=====	=======================================	=== ==
=====	=======================================	=== =		1 on 40:00 Stomach and Stretch	
	1 on 40:00 Stomach and Stretch			and stretch cords	
	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		1 on 10:00 Techniques-open trns	
	1 on 10:00 Techniques-finishes			16x{1 x 13 on :00 Backstroke	SP3
	$16x\{1 \times 13 \text{ on } :00 \text{ Butterfly}$	SP3		$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	REC
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle} \}$	REC	500	4 x 125 on 3:00 Kick	EN2
	1x{2 x 75 on 1:45 Kick	EN1	300	6×50 on :50 Descend in sets of 3	EN1
	{2 x 75 on 1:35 Kick	EN1	400	16 x 25 on :30 Swim #6 & #12 world	EN1
	{2 x 75 on 1:25 Kick	EN1		record relays	
1,200	12 x 100 on 2:00 Freestyle hold 10-15	EN1	600	6 x 100 on 2:30 Stroke Drills	REC
	secs. of your best			1 on 15:00 Techniques-relay str	
200	8 x 25 on :45 Stroke Drills	REC		7:28 PM 3,025 Yards - Stress Value = 25	
	1 on 17:00 Techniques-relay str				
	7:29 PM 3,075 Yards - Stress Value = 26			Workout #252 - Thursday, 11 March 1999	

Workout #249 - Wednesday, 10 March 1999 Group 3 - Taper 1

1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	MC
=====	=======================================	===	==
	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	
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	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

	5:15 PM Start		
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	EN1	
	odds fr evens non fr		
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		

825

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

	Workout #253 - Thursday, 11 March 1999				2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick	EN1 EN1	
	Group 3 - All 1 minute rest between sets			500	10 x 50 on 1:00 Kick 10 x 50 on 1:00 Pulls-nbbf&w	EN1 EN1	
	5:15 PM Start			1,000	10 x 100 on 2:00 Your Stroke hold H.R. over 120	EN1	
Yards	Set Description		WORF	300	12 x 25 on :30 Im order	EN1	
=====	1 on 40:00 Stomach and Stretch and stretch cords	== ===	I	300	6×50 on 1:00 Stroke Drills 7:09 PM 3,525 Yards - Stress Value = 24	REC	
	1x{1 x 125 on 2:30 Stroke Drills {7 x 100 on 2:00 Stroke Drills	REC REC			Workout #257 - Friday, 12 March 1999		
400	1 on 10:00 Techniques-free trns	EN 1	I		Group 3 - Taper 1		
400 400	8 x 50 on 1:15 Kick 8 x 50 on 1:00 Pulls	EN1 EN1			1 minute rest between sets		
600 100	12 x 50 on 1:15 Dowm easy back fas 4×25 on :30 Choice #4 WR relay	st EN1 EN1		Yards	5:15 PM Start Set Description	EGY	WOF
200	1 x 200 on 6:00 Stroke Drill	REC		=====	=======================================	===	===
	1 on 15:00 Techniques-relay str 7:23 PM 2,525 Yards - Stress Value =	15	L	825	<pre>1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim</pre>	DEC	
	Workout #254 - Thursday, 11 March 1999			1,050		EN2	
	Group 3 - State Champions 1 minute rest between sets			1,000	10 x 100 on 1:30 Lungbuster pulls odds br 3-5-7-9	EN1	
	Timilate Test between sets				evens br $2-4-6-8$ 1x{1 x 400 on 7:00 Individual Medley	EN1	
,	5:15 PM Start				{2 x 200 on 3:30 Individual Medley	EN1	
Yards =====	Set Description		VORK :		{4 x 100 on 1:45 Individual Medley	EN1	
	1 on 40:00 Stomach and Stretch		L		1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle	EN1 EN2	
	and stretch cords 1x{1 x 125 on 2:30 Stroke Drills	REC	D ({4 x 25 on :20 Freestyle	EN2	
	{7 x 100 on 2:00 Stroke Drills	REC	D C	400	<pre>8 x 50 on 1:00 Stroke Drills 7:25 PM 4,775 Yards - Stress Value = 48</pre>	REC	
	1 on 10:00 Techniques-free trns		D		7:23 FM 4,773 Talus - Stiess value - 40		
700 600	7 x 100 on 2:15 Kick #3 & #6 fast 6 x 100 on 2:00 25 drill 50 build		K (S S		Workout #258 - Friday, 12 March 1999		
000	25 drill	TIVI	5 5		Group 3 - All-Americans		
F 0 0							
500	5 x 100 on 1:30 Lungbuster pulls	EN1	P		1 minute rest between sets		
400	4 x 100 on 1:45 Descend to 80%	EN2	P S D				
	-	EN2 REC	S	Yards	1 minute rest between sets 5:15 PM Start Set Description	EGY	WOF
400	4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value =	EN2 REC	S	Yards =====	5:15 PM Start Set Description		
400	4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value = Workout #255 - Thursday,11 March 1999	EN2 REC	S		5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch		
400	4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value = Workout #255 - Thursday,11 March 1999 Group 3 - All-Americans	EN2 REC	S		5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim	===	===
400	4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value = Workout #255 - Thursday,11 March 1999	EN2 REC	S	=====	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick}	REC EN2	===
400	4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value = Workout #255 - Thursday, 11 March 1999 Group 3 - All-Americans 1 minute rest between sets 5:15 PM Start	EN2 REC	S D	=====	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim	===	===
400	4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value = Workout #255 - Thursday, 11 March 1999 Group 3 - All-Americans 1 minute rest between sets	EN2 REC 26	S D	=====	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing	REC EN2 EN2	===
400 300 Yards	4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value = Workout #255 - Thursday, 11 March 1999 Group 3 - All-Americans 1 minute rest between sets 5:15 PM Start Set Description	EN2 REC 26	S D	825	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing between the flags	REC EN2 EN2 EN2	===
400 300 Yards	4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value = Workout #255 - Thursday, 11 March 1999 Group 3 - All-Americans 1 minute rest between sets 5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords	EN2 REC 26	S D	825	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing between the flags and the walls 1x{3 x 400 on 5:00 Free-descend to 85%	REC EN2 EN2 EN2	===
400 300 Yards	4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value = Workout #255-Thursday,11 March 1999 Group 3 - All-Americans 1 minute rest between sets 5:15 PM Start Set Description ====================================	EN2 REC 26	S D	825	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing between the flags and the walls 1x{3 x 400 on 5:00 Free-descend to 85% {2 x 400 on 5:30 Backstroke	REC EN2 EN2 EN2 EN1	===
400 300 Yards	4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value = Workout #255-Thursday,11 March 1999 Group 3-All-Americans 1 minute rest between sets 5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1x{1 x 125 on 2:30 Stroke Drills 7 x 100 on 2:00 Stroke Drills 1 on 10:00 Techniques-free trns	EN2 REC 26	S D EGY V === =	825	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing between the flags and the walls 1x{3 x 400 on 5:00 Free-descend to 85% {2 x 400 on 5:30 Backstroke 6 x 50 on 1:00 Stroke Drills	REC EN2 EN2 EN2 EN1	===
400 300 Yards	4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value = Workout #255-Thursday,11 March 1999 Group 3 - All-Americans 1 minute rest between sets 5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1x{1 x 125 on 2:30 Stroke Drills 7 x 100 on 2:00 Stroke Drills 1 on 10:00 Techniques-free trns 10 x 100 on 2:00 Kick-odds good 6	EN2 REC 26	S D EGY V === = REC REC EN1	825	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing between the flags and the walls 1x{3 x 400 on 5:00 Free-descend to 85% {2 x 400 on 5:30 Backstroke	REC EN2 EN2 EN2 EN1	===
400 300 Yards =====	4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value = Workout #255-Thursday,11 March 1999 Group 3-All-Americans 1 minute rest between sets 5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1x{1 x 125 on 2:30 Stroke Drills 7 x 100 on 2:00 Stroke Drills 1 on 10:00 Techniques-free trns 10 x 100 on 2:00 Kick-odds good 6 1x{4 x 100 on 1:30 Pulls	EN2 REC 26	S D EGY V === =	825	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing between the flags and the walls 1x{3 x 400 on 5:00 Free-descend to 85% {2 x 400 on 5:30 Backstroke 6 x 50 on 1:00 Stroke Drills	REC EN2 EN2 EN2 EN1	===
400 300 Yards =====	<pre>4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value =</pre>	EN2 REC 26	S D D S D D D D D D D D D D D D D D D D	825	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing between the flags and the walls 1x{3 x 400 on 5:00 Free-descend to 85% {2 x 400 on 5:30 Backstroke 6 x 50 on 1:00 Stroke Drills	REC EN2 EN2 EN2 EN1	===
400 300 Yards =====	<pre>4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value =</pre>	EN2 REC 26	S D D S D D D D D D D D D D D D D D D D	825	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing between the flags and the walls 1x{3 x 400 on 5:00 Free-descend to 85% {2 x 400 on 5:30 Backstroke 6 x 50 on 1:00 Stroke Drills	REC EN2 EN2 EN2 EN1	===
400 300 Yards =====	<pre>4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value =</pre>	EN2 REC 26	S D D S D D D D D D D D D D D D D D D D	825	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing between the flags and the walls 1x{3 x 400 on 5:00 Free-descend to 85% {2 x 400 on 5:30 Backstroke 6 x 50 on 1:00 Stroke Drills	REC EN2 EN2 EN2 EN1	===
Yards =====	<pre>4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value =</pre>	EN2 REC 26	S D D S D D D D D D D D D D D D D D D D	825	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing between the flags and the walls 1x{3 x 400 on 5:00 Free-descend to 85% {2 x 400 on 5:30 Backstroke 6 x 50 on 1:00 Stroke Drills	REC EN2 EN2 EN2 EN1	===
Yards =====	<pre>4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value =</pre>	EN2 REC 26	S D D S D D D D D D D D D D D D D D D D	825	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing between the flags and the walls 1x{3 x 400 on 5:00 Free-descend to 85% {2 x 400 on 5:30 Backstroke 6 x 50 on 1:00 Stroke Drills	REC EN2 EN2 EN2 EN1	===
Yards =====	<pre>4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value =</pre>	EN2 REC 26	S D D S D D D D D D D D D D D D D D D D	825	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing between the flags and the walls 1x{3 x 400 on 5:00 Free-descend to 85% {2 x 400 on 5:30 Backstroke 6 x 50 on 1:00 Stroke Drills	REC EN2 EN2 EN2 EN1	===
Yards =====	<pre>4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value =</pre>	EN2 REC 26	S D D S D D D D D D D D D D D D D D D D	825	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing between the flags and the walls 1x{3 x 400 on 5:00 Free-descend to 85% {2 x 400 on 5:30 Backstroke 6 x 50 on 1:00 Stroke Drills	REC EN2 EN2 EN2 EN1	===
Yards =====	<pre>4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value =</pre>	EN2 REC 26	S D D S D D D D D D D D D D D D D D D D	825	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing between the flags and the walls 1x{3 x 400 on 5:00 Free-descend to 85% {2 x 400 on 5:30 Backstroke 6 x 50 on 1:00 Stroke Drills	REC EN2 EN2 EN2 EN1	===
400 300 Yards ===== 1,000 400	<pre>4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value =</pre>	EN2 REC 26	S D EGY W === = REC REC EN1 EN1 EN1 EN1 EN1 REC	825	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing between the flags and the walls 1x{3 x 400 on 5:00 Free-descend to 85% {2 x 400 on 5:30 Backstroke 6 x 50 on 1:00 Stroke Drills	REC EN2 EN2 EN2 EN1	===
400 300 Yards ======	<pre>4 x 100 on 1:45 Descend to 80% 3 x 100 on 2:00 Stroke Drills 7:16 PM 3,325 Yards - Stress Value =</pre>	EN2 REC 26	S D EGY W === = REC REC EN1 EN1 EN1 EN1 EN1 REC	825	5:15 PM Start Set Description 1 on 40:00 Stomach and Stretch and stretch cords 1 x 825 on 15:00 Swim-kick-pull-swim 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 20 x 50 on :45 Pulls-no breathing between the flags and the walls 1x{3 x 400 on 5:00 Free-descend to 85% {2 x 400 on 5:30 Backstroke 6 x 50 on 1:00 Stroke Drills	REC EN2 EN2 EN2 EN1	===

825

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

$16x\{1 \times 13 \text{ on } :00 \text{ Freestyle}$ Workout #259 - Saturday, 13 March 1999 $\{1 \times 12 \text{ on } : 30 \text{ Freestyle } \}$ REC Group 3 - Taper 1 600 6 x 100 on 2:15 Kick 1 minute rest between sets 500 10 x 50 on 1:00 Pulls 4 x 100 on 1:45 Freestyle-descend 6 x 50 on 1:15 Stroke Drills 400 7:30 AM Start 300 Yards Set Description EGY WOF 7:02 PM 3,025 Yards - Stress Value = 27 ===== 1 on 40:00 Stomach and Stretch Workout #263 - Monday, 15 March 1999 and stretch cords 825 1 x 825 on 15:00 Swim-kick-pull-swim REC Group 3 - All-Americans 900 12 x 75 on 1:30 Kick-3 on each strok EN1 1 minute rest between sets no board EN2 EN2 EN2 $1x{3 x 200 on 2:40 Freestyle}$ 5:15 PM Start {3 x 200 on 2:35 Freestyle Yards Set Description EGY WOE {3 x 200 on 2:30 Freestyle 800 2 x 400 on 6:00 Pulls 1 on 40:00 Stomach and Stretch 8 x 50 on 1:00 Stroke Drills REC 400 and stretch cords 9:31 AM 4,725 Yards - Stress Value = 53 1x{4 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick Workout #260 - Saturday, 13 March 1999 {2 x 100 on 1:50 Kick Group 3 - All-Americans 16 x 75 on 1:00 Pulls last 25 breath EN1 1,200 1 minute rest between sets every 8 $4x{3 \times 25 \text{ on :} 30 \text{ Freestyle}}$ 7:30 AM Start {1 x 25 on 1:00 Backstroke Yards Set Description EGY WC 8 x 50 on 2:00 Backstroke 8 x 100 on 1:45 Stroke Drills REC ===== 800 1 on 40:00 Stomach and Stretch 7:29 PM 4,525 Yards - Stress Value = 34 and stretch cords 1 x 1025 on 18:00 Swim-kick-pull-swim REC 1,025 Workout #264 - Monday, 15 March 1999 1,050 21 x 50 on 1:00 Kick descend 1-3 EN2 Group 3 - Taper 1 $1x{1 x 100 on 1:20 Freestyle}$ EN1 EN1 {1 x 200 on 2:40 Freestyle 1 minute rest between sets {1 x 300 on 4:00 Freestyle EN1 EN1 {1 x 400 on 5:20 Freestyle 5:15 PM Start EN1 EN1 {1 x 400 on 5:00 Freestyle Yards Set Description EGY WO $\{1 \times 300 \text{ on } 3:45 \text{ Freestyle} \}$ ====== {1 x 200 on 2:30 Freestyle EN1 1 on 40:00 Stomach and Stretch {1 x 100 on 1:15 Freestyle EN1 and stretch cords 10 x 50 on 1:00 Backstroke-80% EN2 1 x 400 on 8:00 Stroke Drills REC 500 825 1 x 825 on 15:00 Swim-kick-pull-swim REC 400 16x{1 x 13 on :00 Freestyle SP3 9:37 AM 4,975 Yards - Stress Value = 51 $\{1 \times 12 \text{ on } : 30 \text{ Freestyle } \}$ 1,050 21 x 50 on 1:00 Kick descend 1-3 EN2 5 x 300 on 4:15 Pulls 1,500 Workout #261 - Saturday, 13 March 1999 $4x{8 \times 25 \text{ on } :30 \text{ Butterfly}}$ **Group 3 - State Champions** {1 on 1:00 Rest 1 minute rest between sets 1 x 200 on 4:00 Catchup & thumb drag REC 7:30 PM 4,775 Yards - Stress Value = 60 7:30 AM Start Yards Set Description EGY WOF Workout #265 - Tuesday, 16 March 1999 ====== Group 3 - All 1 on 40:00 Stomach and Stretch and stretch cords 1 minute rest between sets 1 x 825 on 15:00 Swim-kick-pull-swim REC 600 6 x 100 on 2:15 Kick EN1 5:15 PM Start 16 x 50 on 1:00 Stroke Drills 4 on EN1 800 Yards Set Description EGY WOF each stroke ______ ___ x (3 x 25 on :30 Freestyle EN1 {1 x 25 on 1:00 Your Stroke-85% EN3 12 x 50 on 1:00 1-6 debf 7-12debs EN1 1 x 250 on 5:00 Stroke Drills REC $4x{3 x 25 on :30 Freestyle}$ 1 on 40:00 Stomach and Stretch and stretch cords $1x\{1 x 125 \text{ on } 2:30 \text{ Stroke Drills}$ {2 x 100 on 2:00 Stroke Drills 9:27 AM 3,475 Yards - Stress Value = 29 $16x\{1 \times 13 \text{ on : } 00 \text{ Butterfly}$ $\{1 \times 12 \text{ on } : 30 \text{ Freestyle} \}$ 10 x 75 on 1:30 Kick 750 Workout #262 - Monday, 15 March 1999 750 6 x 125 on 1:55 Pulls-last 25 br. 8 EN1 Group 3 - All 4 x 200 on 2:40 Freestyle EN1 20 x 25 on :30 Stroke Drills REC 800 1 minute rest between sets 7:03 PM 3,525 Yards - Stress Value = 39 5:15 PM Start Yards Set Description ===== 1 on 40:00 Stomach and Stretch and stretch cords

Workout #266 - Tuesday, 16 March 1999 Group 3 - Taper 1 1 minute rest between sets

Vl	5:15 PM Start	DOV	MODIA	O.T.
Yards	Set Description	EGY	WORK	STr
	=======================================	===	====	===
	1 on 40:00 Stomach and Stretch		L	
	and stretch cords			
	$1x{1 \times 125}$ on 2:30 Stroke Drills	REC	D	CHC
	$\{2 \times 100 \text{ on } 2:00 \text{ Stroke Drills}$	REC	D	CHC
	$16x\{1 \times 13 \text{ on : 00 Butterfly}$	SP3	S	FLY
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	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
	$2x{4 \times 100 \text{ on } 1:15 \text{ Freestyle}}$	EN3	S	FF
	${3 \times 100 \text{ on } 1:10 \text{ Freestyle}}$	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	3	

Workout #267 - Tuesday, 16 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		
625	1 x 625 on 15:00 Swim-kick-pull-swim	REC	
	$3x{4 \times 75}$ 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		

Workout #268 - Wednesday, 17 March 1999 **Group 3 - All-Americans** 1 minute rest between sets

	5:15	PM	Sta	rt			
Yards	Se	et D	escr	iptio	on	EGY	WOF
=====	==					===	===
	1	on	40:0	0 Sto	omach and Stretch		
	á	and	stre	tch o	cords		
625	1	x 6	25 oı	n 15	:00 Swim-kick-pull-swim	REC	
900	9	x 1	00 01	n 2:0	00 Kick-odds breast	EN1	
1,500	6	x 2	50 oı	n 2:4	45 Freestyle	EN1	
	1x{4	x 5	0 on	1:00	O Backstroke	EN1	
	{ 1	x 5	0 on	:30	Freestyle	EN1	
	{ 3	x 5	0 on	:55	Backstroke	EN1	
	{ 2	x 5	0 on	:35	Freestyle	EN1	
	{ 2	x 5	0 on	:50	Backstroke	EN1	
	{ 3	x 5	0 on	:40	Freestyle	EN1	
	{ 1	x 5	0 on	:45	Backstroke	EN1	
	{ 4	x 5	0 on	:45	Freestyle	EN1	
400	1	x 4	00 01	n 6:0	00 Stroke Drills	REC	
	7:11	PM	4,42	5 Yaı	rds - Stress Value = 34		

Workout #269 - Wednesday, 17 March 1999 Group 3 - Taper 1 1 minute rest between sets

Yards			Start Descrip	otion			EGY	WC
=====	=	==== 1 or	 1 40:00	======= Stomach	==== and	Stretch	===	==

and stretch cords						
1,025	REC					
$16x{1 x 13 on :00 Backstroke}$	SP3					
$\{1 \times 12 \text{ on } : 30 \text{ Freestyle} \}$	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 possibl						
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						

Group 3 - All 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	$\mathbb{W}C$
	=======================================	===	==
	1 on 40:00 Stomach and Stretch		
	and stretch cords		
1 005		DEC	
1,025	1 x 1025 on 18:00 Reverse IM drill	REC	
	$16x\{1 \times 13 \text{ on } :00 \text{ Backstroke}$	SP3	
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	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

Yards	5:15 PM Start Set Description	EGY	WOF
=====		===	===
	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 #272 - Thursday, 18 March 1999 Group 3 - All-Americans 1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	MOE
IGIGO	bee beberrperon		
=====		===	===
	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	
	$\{1 \times 25 \text{ on } 1:00 \text{ Freestyle} \}$	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

	5:15 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 40:00 Stomach and Stretch		I
	and stretch cords		
	$1x{1 x 75 on 1:30 Stroke Drills}$	REC	Ι
	{19 x 50 on 1:00 Stroke Drills	REC	Ι
	$4x{4 \times 75}$ on 1:15 Kick-all fast	EN2	F
	{1 on 1:00 Rest		ŀ
800	8 x 100 on 1:30 Pulls-odds lungbstr	EN1	E
	$2x{4 \times 50}$ on 1:00 Breaststroke	EN2	٤
	{3 x 75 on 1:20 Breaststroke	EN2	٤
	{2 x 100 on 1:40 Breaststroke	EN2	٤
	{1 x 125 on 1:55 Breaststroke	EN2	٤
250	10 x 25 on :30 Stroke Drills	REC	Ι
	7:28 PM 4,775 Yards - Stress Value = 62	2	

Workout #274 - Friday, 19 March 1999 Group 3 - All

1 minute rest between sets

Yards	5:15 PM Start 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	EN2	
	challenge set		
1,200	6 x 200 on 2:45 Pulls	EN1	
	4x{1 x 100 on 1:45 Individual Medley	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke-descend } 1-4$	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

	5:15 PM Start			
Yards	Set Description	EGY	WORK	ç
=====		= ===	====	=
	1 on 40:00 Stomach and Stretch		L	
	and stretch cords			
825	1 x 825 on 15:00 Swim-kick-pull-swi	m REC	S	
700	7 x 100 on 1:45 Kick	EN1	K	(
1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
600	3 x 200 on 3:00 Backstroke-descend	EN2	S	
	to 80%			

600	3 x 200 on 3:00 Freestyle start at	EN2	S
	80% and slow to rec.		
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

	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	
500	-	EN1	
	hold #10 as fast as9		
600	6 x 100 on 1:20 Backstroke	EN1	
	$2x\{1 \times 100 \text{ on } : 00 \text{ Freestyle}$	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

	7:30 AM Start			
Yards	Set Description	EGY	WORK	Š
		===	====	=
	1 on 40:00 Stomach and Stretch		L	
	and stretch cords			
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	1×300 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

Yards	5:15 PM Start 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-back trns	
1,000	10 x 100 on 2:00 Kick-odds free evens	ENT1
1,000		FINI
	non free	
1,000	10 x 100 on 1:30 Pulls	EN1
	$2x\{6 \times 50 \text{ on } :50 \text{ Freestyle}$	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	5:15 PM Start Set Description	EGY	WOF
=====	=======================================	===	===
	<pre>1 on 40:00 Stomach and Stretch and stretch cords</pre>		
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%	EN1	
500	20 x 25 on :30 Stroke Drills	REC	
	7:04 PM $3,575$ Yards - Stress Value = 22		

Workout #280 - Tuesday, 23 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	
	$16x\{1 \times 13 \text{ on } :00 \text{ Freestyle}$	SP3	
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	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		

Workout #281 - Tuesday, 23 March 1999 Group 3 - All-Americans

1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY WC
	<pre>1 on 40:00 Stomach and Stretch and stretch cords</pre>	
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC
	16x{1 x 13 on :00 Freestyle	SP3
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	REC
	1 on 10:00 Techniques-flip trns	
400	8 x 50 on 1:00 Kick #4 & #7 fast	EN1
900	9×100 on 1:30 Descend in sets of 3	EN1
	$1x\{1 \times 200 \text{ on } :00 \text{ Freestyle}$	SP2
	{1 x 300 on 10:00 Freestyle	REC
	$\{1 \times 100 \text{ on } : 00 \text{ Freestyle}$	SP2

Workout #282 - Wednesday, 24 March 1999 Group 3 - All

7:12 PM 3,425 Yards - Stress Value = 51

REC

{1 x 300 on 8:00 Freestyle

1 minute rest between sets

Yards	5:15 PM Start 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	

$16x\{1 \times 13 \text{ on : } 00 \text{ Butterfly}$	SP3
{1 x 12 on :30 Freestyle	REC
1 on 10:00 Techniques-IM turns	
$8x\{1 \times 25 \text{ on : } 40 \text{ Kick with flippers}$	EN2
$\{1 \times 25 \text{ on } : 35 \text{ Kick with flippers} \}$	EN2
$\{1 \times 25 \text{ on } : 30 \text{ Kick with flippers} \}$	EN2
{1 x 25 on :25 Kick with flippers	EN2
$\{1 \times 25 \text{ on } : 20 \text{ Kick with flippers}$	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
$1x\{2 \times 200 \text{ on } 2:30 \text{ Freestyle}$	EN2
{2 x 200 on 2:25 Freestyle	EN2
$\{2 \times 200 \text{ on } 2:20 \text{ Freestyle}$	EN2

Workout #283 - Wednesday, 24 March 1999 Group 3 - All-Americans 1 minute rest between sets

7:39 PM 4,975 Yards - Stress Value = 65

1 x 250 on 5:00 Catchup & thumb drag REC

** 1	5:15 PM Start	E 011	5.7.0
Yards	Set Description	EGY	WC
=====		===	==
	<pre>1 on 40:00 Stomach and Stretch and stretch cords</pre>		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
	16x{1 x 13 on :00 Butterfly	SP3	
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	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

5:15 PM Start

Yards	Set Description	EGY	WORK	Sī
	=======================================	===	====	==
	1 on 40:00 Stomach and Stretch		L	
	and stretch cords			
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
	$1x\{8 \times 75 \text{ on } 1:10 \text{ Backstroke}$	EN2	S	Ε
	{8 x 75 on 1:05 Backstroke	EN2	S	Ε
	{8 x 75 on 1:00 Backstroke	EN2	S	Ε
300	12 x 25 on :30 Stroke Drills	REC	D	C
	7:32 PM 5,000 Yards - Stress Value =	= 67		

EN1 EN1

 $\{1 \ x \ 50 \ on : 50 \ Kick \\ \{1 \ x \ 25 \ on : 25 \ Kick \ \}$

Workout #285 - Friday, 26 March 1999 **Group 3 - All-Americans** 1 minute rest between sets

Group 3 - All-Americans				{1 x 25 on :25 Kick EN	
1 minute rest between sets				4 x 400 on 5:00 Freestyle EN	
			300	6 x 50 on 1:00 Stroke Drills RE 8:36 AM 3,000 Yards - Stress Value = 20	iC.
5:15 PM Start				o.30 AM 3,000 laids - Stless value - 20	
±	EGY WO			Workout #280 Saturday 27 March 1000	
1 15.00 0	=== ==			Workout #289 - Saturday, 27 March 1999	
1 on 15:00 Stretching 600 1 x 600 on 12:00 Swim-kick-pull-swim	REC	L S		Group 3 - All	
_	EN1	K (1 minute rest between sets	
evens easy kick				7:30 AM Start	
,	EN1	P	Yards	Set Description EGY WC	ORK SI
400 4 x 100 on 1:30 Descend-start at 75%	EN1	S			
and drop to 90%	DEC	Б		1 on 40:00 Stomach and Stretch	L
300 12 x 25 on :30 Stroke Drills 6:23 PM 3,000 Yards - Stress Value =	REC	D		and stretch cords	
0.23 rm 3,000 fatus - Scress value -	21		800	1 x 800 on 15:00 Reverse IM drill REC	S F S
Workout #286 - Friday, 26 March 1999			1 200	1 on 15:00 Techniques-starts 12 x 100 on 2:00 Kick challenge set EN2	K CF
Group 3 - All-Americans				16 x 25 on :45 Stroke Drills 4 on e REC	D I
1 minute rest between sets			2,400	3 x 800 on 10:00 Freestyle EN2	S F
1 minute rest between sets			200	8 x 25 on :30 Stroke Drills REC	D C
5:15 PM Start				9:54 AM 5,000 Yards - Stress Value = 72	
Yards Set Description	EGY	WOF			
====== ================================	== ===	===		Workout #290 - Monday, 29 March 1999	
1 on 15:00 Stretching				Group 3 - All	
600 1 x 600 on 12:00 Swim-kick-pull-sw				1 minute rest between sets	
500 10 x 50 on 1:00 Kick #4 & #8 fast	EN2				
$2x\{4 \times 50 \text{ on } : 45 \text{ Freestyle} $ $\{4 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1 EN1		** 1	5:15 PM Start	DOIL 1
$\{4 \times 50 \text{ on } : 40 \text{ Freestyle}\}$	EN1		Yards		EGY W
450 6 x 75 on 1:00 Pulls last 25 good	EN1			1 on 40:00 Stomach and Stretch	
effort with only 2				and stretch cords	
breaths			1,025	1 x 1025 on 18:00 Swim-kick-pull-swim	REC
250 5 x 50 on 1:00 Stroke Drills	REC			$16x\{1 \times 13 \text{ on } : 00 \text{ Freestyle}$	SP3
6:23 PM 3,000 Yards - Stress Value =	20			{1 x 12 on :30 Freestyle	REC
				1 on 10:00 Techniques-finishes	
Workerst #297 Friday 26 March 1000			1 000	10 v 100 on 2:00 Kick-odde fast	FN1
Workout #287 - Friday, 26 March 1999			1,000	10 x 100 on 2:00 Kick-odds fast 4 x 500 on 7:00 Pulls	EN1 EN1
Group 3 - All			1,000 2,000	10 x 100 on 2:00 Kick-odds fast 4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle	EN1 EN1 EN1
•			-	4 x 500 on 7:00 Pulls	EN1
Group 3 - All 1 minute rest between sets			-	4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle	EN1 EN1 EN1 EN2
Group 3 - All	EGY W	ORK	-	4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle	EN1 EN1 EN1
Group 3 - All 1 minute rest between sets 5:15 PM Start			-	4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest	EN1 EN1 EN2 EN2
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch			2,000	4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest	EN1 EN1 EN1 EN2
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords	=== =	=== L	2,000	4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle} {2 x 25 on :25 Freestyle} {2 x 25 on :20 Freestyle} {2 x 25 on :15 Freestyle} {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag	EN1 EN1 EN2 EN2
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim	=== = REC	L S	2,000	4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle} {2 x 25 on :25 Freestyle} {2 x 25 on :20 Freestyle} {2 x 25 on :15 Freestyle} {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag	EN1 EN1 EN2 EN2
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords	REC EN2	=== L	2,000	<pre>4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44</pre>	EN1 EN1 EN2 EN2
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick	REC EN2	L S K	2,000	4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44 Workout #291 - Tuesday, 30 March 1999	EN1 EN1 EN2 EN2
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly	REC EN2 EN1	E=== L S K P	2,000	4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44 Workout #291 - Tuesday, 30 March 1999	EN1 EN1 EN2 EN2
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly 400 8 x 50 on :50 Backstroke	REC EN2 EN1 EN1 EN1	E=== L S K P	2,000	4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44 Workout #291 - Tuesday, 30 March 1999	EN1 EN1 EN1 EN2 EN2 REC
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly 400 8 x 50 on :50 Backstroke 450 6 x 75 on 1:20 Breaststroke	REC EN2 EN1 EN1 EN1 EN1	L S K P S S	2,000 200 Yards	4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44 Workout #291 - Tuesday, 30 March 1999	EN1 EN1 EN1 EN2 EN2 EN2 EEGY W
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly 400 8 x 50 on :50 Backstroke	REC EN2 EN1 EN1 EN1 EN1 EN1	L S K P S S	2,000	4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44 Workout #291 - Tuesday, 30 March 1999	EN1 EN1 EN1 EN2 EN2 EN2 EEGY W
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly 400 8 x 50 on :50 Backstroke 450 6 x 75 on 1:20 Breaststroke 400 4 x 100 on 1:10 Freestyle	REC EN1 EN1 EN1 EN1 REC	L S K P S S S S	2,000 200 Yards	<pre>4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44</pre>	EN1 EN1 EN1 EN2 EN2 EN2 EEGY W
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly 400 8 x 50 on :50 Backstroke 450 6 x 75 on 1:20 Breaststroke 400 4 x 100 on 1:10 Freestyle 200 1 x 200 on 4:00 Catchup & thumb drag	REC EN1 EN1 EN1 EN1 REC	L S K P S S S S	2,000 200 Yards	4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44 Workout #291 - Tuesday, 30 March 1999	EN1 EN1 EN1 EN2 EN2 ERC REC
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly 400 8 x 50 on :50 Backstroke 450 6 x 75 on 1:20 Breaststroke 400 4 x 100 on 1:10 Freestyle 200 1 x 200 on 4:00 Catchup & thumb drag	REC EN1 EN1 EN1 EN1 REC	L S K P S S S S	2,000 200 Yards	<pre>4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44</pre>	EN1 EN1 EN1 EN2 EN2 ERC REC
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly 400 8 x 50 on :50 Backstroke 450 6 x 75 on 1:20 Breaststroke 400 4 x 100 on 1:10 Freestyle 200 1 x 200 on 4:00 Catchup & thumb drag 7:27 PM 5,025 Yards - Stress Value =	REC EN1 EN1 EN1 EN1 REC	L S K P S S S S	2,000 200 Yards	<pre>4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44</pre>	EN1 EN1 EN1 EN2 EN2 EN2 EGY WEEGY WEEGY EGY EGY EREC
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly 400 8 x 50 on :50 Backstroke 450 6 x 75 on 1:20 Breaststroke 450 6 x 75 on 1:20 Breaststroke 400 4 x 100 on 1:10 Freestyle 200 1 x 200 on 4:00 Catchup & thumb drag 7:27 PM 5,025 Yards - Stress Value =	REC EN1 EN1 EN1 EN1 REC	L S K P S S S S	2,000 200 Yards =====	<pre>4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44</pre>	EN1 EN1 EN1 EN2 EN2 REC EGY W ==== = REC SP3 REC
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly 400 8 x 50 on :50 Backstroke 450 6 x 75 on 1:20 Breaststroke 450 6 x 75 on 1:20 Breaststroke 400 4 x 100 on 1:10 Freestyle 200 1 x 200 on 4:00 Catchup & thumb drag 7:27 PM 5,025 Yards - Stress Value = Workout #288 - Saturday, 27 March 1999 Group 3 - All-Americans	REC EN1 EN1 EN1 EN1 REC	L S K P S S S S	2,000 200 Yards ===== 1,025	<pre>4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44</pre>	EN1 EN1 EN1 EN2 EN2 EGY WEEC SP3 REC EN2
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly 400 8 x 50 on :50 Backstroke 450 6 x 75 on 1:20 Breaststroke 450 6 x 75 on 1:20 Breaststroke 400 4 x 100 on 1:10 Freestyle 200 1 x 200 on 4:00 Catchup & thumb drag 7:27 PM 5,025 Yards - Stress Value = Workout #288 - Saturday, 27 March 1999 Group 3 - All-Americans	REC EN1 EN1 EN1 EN1 REC	L S K P S S S S	2,000 200 Yards =====	<pre>4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44</pre>	EN1 EN1 EN1 EN2 EN2 REC EGY W ==== = REC SP3 REC
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly 400 8 x 50 on :50 Backstroke 450 6 x 75 on 1:20 Breaststroke 450 6 x 75 on 1:20 Breaststroke 400 4 x 100 on 1:10 Freestyle 200 1 x 200 on 4:00 Catchup & thumb drag 7:27 PM 5,025 Yards - Stress Value = Workout #288 - Saturday, 27 March 1999 Group 3 - All-Americans 1 minute rest between sets	REC EN2 EN1 EN1 EN1 EN1 REC 46	L S K P S S S D D	2,000 200 Yards ===== 1,025	<pre>4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44</pre>	EN1 EN1 EN1 EN2 EN2 EGY WEEC SP3 REC EN2
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly 400 8 x 50 on :50 Backstroke 450 6 x 75 on 1:20 Breaststroke 450 6 x 75 on 1:20 Breaststroke 400 4 x 100 on 1:10 Freestyle 200 1 x 200 on 4:00 Catchup & thumb drag 7:27 PM 5,025 Yards - Stress Value = Workout #288 - Saturday, 27 March 1999 Group 3 - All-Americans 1 minute rest between sets 7:30 AM Start Yards Set Description	REC EN2 EN1 EN1 EN1 EN1 REC 46	L S K P S S S D D	2,000 200 Yards ===== 1,025	<pre>4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44</pre>	EN1 EN1 EN1 EN2 EN2 REC EGY W === = REC SP3 REC EN2 EN2 EN1
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly 400 8 x 50 on :50 Backstroke 450 6 x 75 on 1:20 Breaststroke 400 4 x 100 on 1:10 Freestyle 200 1 x 200 on 4:00 Catchup & thumb drag 7:27 PM 5,025 Yards - Stress Value = Workout #288 - Saturday, 27 March 1999 Group 3 - All-Americans 1 minute rest between sets 7:30 AM Start Yards Set Description	REC EN2 EN1 EN1 EN1 EN1 REC 46	L S K P S S S D	2,000 200 Yards ===== 1,025	<pre>4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44</pre>	EN1 EN1 EN1 EN2 EN2 REC EGY W === = REC SP3 REC EN2 EN2 EN1
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly 400 8 x 50 on :50 Backstroke 450 6 x 75 on 1:20 Breaststroke 450 6 x 75 on 1:20 Breaststroke 400 4 x 100 on 1:10 Freestyle 200 1 x 200 on 4:00 Catchup & thumb drag 7:27 PM 5,025 Yards - Stress Value = Workout #288 - Saturday, 27 March 1999 Group 3 - All-Americans 1 minute rest between sets 7:30 AM Start Yards Set Description	REC EN2 EN1 EN1 EN1 EN1 REC 46	L S K P S S S D D	2,000 200 Yards ===== 1,025 1,000 1,000	<pre>4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44</pre>	EN1 EN1 EN1 EN2 EN2 ESY WEEL ESY ESP3 REC EN2 EN1 EN2
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly 400 8 x 50 on :50 Backstroke 450 6 x 75 on 1:20 Breaststroke 400 4 x 100 on 1:10 Freestyle 200 1 x 200 on 4:00 Catchup & thumb drag 7:27 PM 5,025 Yards - Stress Value = Workout #288 - Saturday, 27 March 1999 Group 3 - All-Americans 1 minute rest between sets 7:30 AM Start Yards Set Description	REC EN2 EN1 EN1 EN1 EN1 REC 46	L S K P S S S D WOF ===	2,000 200 Yards ===== 1,025 1,000 1,000	<pre>4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44</pre>	EN1 EN1 EN1 EN2 EN2 ESY WEEL ESY ESP3 REC EN2 EN1 EN2
Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description 1 on 40:00 Stomach and Stretch and strech cords 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 800 8 x 100 on 1:45 Kick 1,350 9 x 150 on 2:15 Pulls-mid 50 br ev 8 12 & und br ev 5 400 16 x 25 on :30 Butterfly 400 8 x 50 on :50 Backstroke 450 6 x 75 on 1:20 Breaststroke 450 6 x 75 on 1:20 Breaststroke 400 4 x 100 on 1:10 Freestyle 200 1 x 200 on 4:00 Catchup & thumb drag 7:27 PM 5,025 Yards - Stress Value = Workout #288 - Saturday, 27 March 1999 Group 3 - All-Americans 1 minute rest between sets 7:30 AM Start Yards Set Description 1 on 15:00 Stretching 600 1 x 600 on 12:00 Swim-kick-pull-sw 1x{1 x 25 on :30 Kick}	REC EN2 EN1 EN1 EN1 EN1 REC 46	L S K P S S S D WOF ===	2,000 200 Yards ===== 1,025 1,000 1,000	<pre>4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44</pre>	EN1 EN1 EN1 EN2 EN2 ESY WEEL ESY ESP3 REC EN2 EN1 EN2
### Group 3 - All I minute rest between sets	EN1 EN1 EN1 EN1 EN1 EN1 ERC 46 EGY EGY EN1 EN1 EN1 EN1 EN1 EN1 EN1	L S K P S S S D WOF ====	2,000 200 Yards ===== 1,025 1,000 1,000	<pre>4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44</pre>	EN1 EN1 EN1 EN2 EN2 ESY WEEL ESY ESP3 REC EN2 EN1 EN2
Simple Start	EN1 EN1 EN1 EN1 EN1 REC 46 EGY EGY EN1 EN1 REC EN1 REC HERE EN1 REC	L S K P S S S D WOF ====	2,000 200 Yards ===== 1,025 1,000 1,000	<pre>4 x 500 on 7:00 Pulls 2x{2 x 25 on :30 Freestyle {2 x 25 on :25 Freestyle {2 x 25 on :20 Freestyle {2 x 25 on :15 Freestyle {1 on 1:00 Rest 1 x 200 on 4:00 Catchup & thumb drag 7:36 PM 5,025 Yards - Stress Value = 44</pre>	EN1 EN1 EN1 EN2 EN2 ESY WEEL ESY ESP3 REC EN2 EN1 EN2

Licciiscu						
	Workout #292 - Wednesday, 31 March 1999			·	REC	Γ
	Group 3 - All			·	REC	Ι
	1 minute rest between sets		800	1 on 15:00 Techniques-free trns 1 x 800 on 15:00 Kick with flippers	ENI1	I F
			200		EN1	F
	5:15 PM Start			-	EN1	٤
Yards	±	EGY V		`	EN1	٤
	1 on 40:00 Stomach and Stretch			·	EN1	٤
	and stretch cords		500	•	EN1 EN1	<u>د</u> د
1,000	1 x 1000 on 18:00 Swim-kick-pull-swi	m REC	300	7:15 PM 4,425 Yards - Stress Value = 31	LINI	Ľ.
	1 on 10:00 Techniques-relay str	_		7,10 111 1,120 14140 001000 14140 01		
	16x{1 x 13 on :00 Butterfly	SP3		Workout #296 - Wednesday, 14 April 1999		
	{1 x 12 on :30 Freestyle 4x{4 x 75 on 1:15 Kick	REC EN2		Group 3 - All		
	{1 on :30 Rest	2112		1 minute rest between sets		
800	16 x 50 on 1:00 Pulls-breast	EN1				
1,350		EN3		5:15 PM Start		
250	5 x 50 on 1:00 Stroke Drills 7:40 PM 5,000 Yards - Stress Value = 121	REC	Yards	Set Description		WOF
	7:40 FM 3,000 Taids - Stiess Value - 121		=====	1 an 20.00 Stampsh and Stantah	===	===
	Workout #293 - Thursday, 01 April 1999			1 on 20:00 Stomach and Stretch 1x{1 x 125 on 2:15 Stroke Drills	REC	
	Group 3 - All			{12 x 100 on 1:45 Stroke Drills	REC	
	1 minute rest between sets			1 on 10:00 Techniques-free trns		
	1 influte rest between sets		800	8 x 100 on 2:00 Kick #4 and #8 fast	EN1	
	5:15 PM Start		200	8 x 25 on 1:00 Kick-underwater back	EN1	
Yards		EGY V	1,000	with flippers 10 x 100 on 1:30 Lungbuster pulls	EN1	
		= === =	1,000	odds br 3-5-7-9	2111	
	1 on 40:00 Stomach and Stretch			evens br 2-4-6-8		
1,025	and stretch cords 1 x 1025 on 18:00 Swim-kick-pull-swi	m REC	1,125	9×125 on 2:00 Descend in sets of 3		
1,020	16x{1 x 13 on :00 Freestyle	SP3	200	1 x 200 on 4:00 Catchup & thumb drag 7:15 PM 4,650 Yards - Stress Value = 31	REC	
	{1 x 12 on :30 Freestyle	REC		7.13 FM 4,030 Talus - Scless Value - Si		
	1 on 10:00 Techniques-back trns			Workout #297 - Thursday, 15 April 1999		
	3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick	EN2 EN2		Group 3 - All		
	{1 x 50 on 1:00 Kick	EN2		1 minute rest between sets		
100	•	EN3		1 minute 1est between sets		
	1x{10 x 75 on 1:00 Pulls	EN1		5:15 PM Start		
F 0 0	{10 x 75 on :55 Pulls	EN1	Yards	Set Description	EGY	WOF
500	5 x 100 on 1:40 Individual Medley descend 1-5	EN1		1 on 20:00 Stomach and Stretch	===	===
	1 on 15:00 Killer Relays	EN2		1 on 20:00 Stomach and Stretch 1x{1 x 125 on 2:00 Stroke Drills	REC	
200	1 x 200 on 4:00 Catchup & thumb drag	REC		{12 x 100 on 1:45 Stroke Drills	REC	
	7:45 PM 4,625 Yards - Stress Value = 53			1 on 10:00 Techniques-free trns		
				$4x{3 \times 75}$ on 1:20 Kick-descend	EN1	
	Workout #294 - Monday, 12 April 1999		200	{1 on :30 Rest 8 x 25 on :45 Kick-underwater fly	EN1	
	Group 3 - All		500	10 x 50 on :45 Pulls	EN1	
	1 minute rest between sets		2,000	5 x 400 on 5:00 Freestyle	EN1	
	5:15 PM Start		200	1 x 200 on 4:00 Catchup & thumb drag	REC	
Yards		EGY WOF		7:14 PM 5,125 Yards - Stress Value = 36		
		=== ===				
	1 on 30:00 Stomach and Stretch					
	•	REC				
	{ 3 on each stroke	REC				
	•	REC				
600		EN1				
200	every 3rd 50 fast	1				
300 2,000		EN1 EN1				
_,	7:18 PM 4,225 Yards - Stress Value = 29					
	Workout #295 - Tuesday, 13 April 1999					
	Group 3 - All					
	• • •					
	Group 3 - All 1 minute rest between sets 5:15 PM Start					
Yards	Group 3 - All 1 minute rest between sets 5:15 PM Start	GY WORF				

1 on 20:00 Stomach and Stretch

=====

Workout #298 - Friday, 16 April 1999 Group 3 - All 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 20:00 Stomach and Stretch		I
	$1x{1 x 125 on 2:00 Stroke Drills}$	REC	Ι
	$\{12 \times 100 \text{ on } 1:45 \text{ Stroke Drills}$	REC	Ι
	{ 3 on each stroke		
	1 on 10:00 Techniques-free trns		Ι
1,200	12 x 100 on 2:00 Challenge kick set	EN1	F
	with flippers		
600	6 x 100 on 1:30 Individual Medley	EN1	٤
	$1x\{8 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN1	٤
	$\{8 \times 75 \text{ on } :55 \text{ Freestyle}$	EN1	٤
	$\{8 \times 75 \text{ on } :50 \text{ Freestyle}$	EN1	٤
400	8 x 50 on 1:00 Stroke Drills	REC	Ι
	7:15 PM 5,325 Yards - Stress Value = 3	5	

Workout #299 - Saturday, 17 April 1999 Group 3 - All 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WORK S
	=======================================	===	
	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
	3x{1 x 150 on 3:00 Kick	EN1	K (
	{1 x 100 on 2:00 Kick	EN1	K (
	{1 x 50 on 1:00 Kick	EN1	K (
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

	5:15 PM Start			
Yards	Set Description	EGY	WORK	Š
=====		===	====	=
	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

5:15 PM Start Yards Set Description	FCV	WORK	QTF.
raras bee bescription	пот	WOILL	OII
=======================================	===	====	===
1 on 30:00 Bolles school and		L	
Stretching			
$1x\{1 \times 75 \text{ on } 1:30 \text{ Stroke Drills}$	REC	D	FF
$\{16 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC	D	IN
1 on 10:00 Techniques-open trns		D	

only breast or fly			
$1x{1 x 400 on 8:00 Kick}$	EN1	K	CHC
$\{1 \times 300 \text{ on } 5:45 \text{ Kick} \}$	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
$1x{5 x 150 on 2:00 Freestyle}$	EN1	S	FF
$\{5 \times 150 \text{ on } 1:55 \text{ Freestyle}$	EN1	S	FF
$\{5 \times 150 \text{ on } 1:50 \text{ Freestyle}$	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

5:15 PM Start

Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 35:00 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		
	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		
	$2x{6} \times 50$ on :45 Freestyle	EN1	
	{6 x 50 on :40 Freestyle	EN1	
	$\{6 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN1	
300	1 x 300 on 5:00 Catchup & thumb drag	REC	
	7:30 PM 5,675 Yards - Stress Value = 40		
300		1.000	

Workout #303 - Thursday, 22 April 1999 Group 3 - All 1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY WOF
	1 on 35:00 Bolles school 1 rnd	
	and stretching	
	$1x\{1 \times 125 \text{ on } 2:00 \text{ Stroke Drills}$	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 5:00 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	

Licensed 10: South Bend SC/Riley HS			//13/2011	rage	29
Workout #304 - Thursday, 22 April 1999 Group 3 - All 1 minute rest between sets 5:15 PM Start Yards Set Description	EGY WOF	825	8x{1 x 25 on :40 Kick with flippers {	REC EN2 EN2 EN2 EN2 EN2	
1 on 35:00 Bolles school 1 rnd and stretching 1x{1 x 125 on 2:00 Stroke Drills {12 x 100 on 1:45 Stroke Drills 1 on 10:00 Techniques-free trns 3x{4 x 75 on 1:15 Kick {1 on :30 Rest 1,600 4 x 400 on 5:30 Pulls 1,500 5 x 300 on 4:00 Freestyle descend 1-5 200 1 x 200 on 3:00 Catchup & thumb drag 7:29 PM 5,525 Yards - Stress Value = 49	REC REC EN2 EN1 EN1	1,800 500	{2 x 300 on 4:00 Pulls	EN1 EN1 EN1 EN1 REC	
Workout #305 - Friday, 23 April 1999 Group 3 - All		Yards	5:15 PM Start Set Description	EGY	WC
## Group 3 - All 1 minute rest between sets	REC REC EN1 EN1 EN1 REC	200 400 200	1 on 45:00 Running and stretch 1 x 825 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-finishes 8 x 125 on 2:00 Kick 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 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on :50 Freestyle 1 x 200 on 3:00 Freestyle 4 x 100 on 1:30 Freestyle-descend to ludicrous speed	EN2 EN1 EN1 EN1 EN2 EN2 EN2 REC REC EN2	===
7:30 AM Start Yards Set Description	EGY WC	Vondo	5:15 PM Start Set Description	EGY	T-7.0
1 on 30:00 Stomach and Stretch 1,000	EN1 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN3 EN1	1,000 1,500 300 400	1 on 40:00 Bolles school 2 rnds and stretching 1x{1 x 75 on 1:30 Stroke Drills {16 x 50 on 1:00 Stroke Drills 1 on 10:00 Techniques-finishes 10 x 100 on 2:00 Kick-hold the time I give you 5 x 300 on 4:00 Pulls 6 x 50 on :45 Descend in sets of 3 4x{5 x 100 on 1:05 Freestyle {1 on 1:00 Rest	REC REC EN2 EN1 EN1	===
Workout #307 - Tuesday, 27 April 1999 Group 3 - All					
1 minute rest between sets					
5:15 PM Start Yards Set Description	EGY WOF				

1 on 44:00 Bolles School-2 rnds

Workout #310 - Friday, 30 April 1999 Group 3 - All 1 minute rest between sets					1x{1 x 150 on 2:30 Backstroke EN. {2 x 150 on 2:25 Backstroke EN. {3 x 150 on 2:20 Backstroke EN. {4 x 150 on 2:15 Backstroke	1 1 1
5:15 PM Start Yards Set Description	====	EGY		400	6x{3 x 25 on :30 Im order -no free EN. {1 x 25 on 1:00 Freestyle-no breath 1 x 400 on 6:00 Catchup & thumb drag REG 7:45 PM 5,825 Yards - Stress Value = 51	1
1 on 28:00 Stomach and Stretch 1,025	swim	REC EN1 EN1 EN1			Workout #314 - Tuesday, 04 May 1999 Group 3 - All 1 minute rest between sets	
{1 x 400 on 6:00 Freestyle {1 x 300 on 4:30 Freestyle {1 x 200 on 3:00 Freestyle {1 x 100 on 1:30 Freestyle {1 x 50 on :45 Freestyle 400 16 x 25 on :30 IM order 200 1 x 200 on 3:00 Six kick switch 1 on 10:00 Techniques-relay str 7:44 PM 5,375 Yards - Stress Value =	41	EN1 EN1 EN1 EN1 EN1 EN1 REC		425 600 1,000 1,000 400	12 x 50 on :45 Freestyle EN1 1 x 1000 on 15:00 Pulls EN1 2 x 500 on 7:00 Pulls EN1 4 x 100 on 1:30 Descend EN2 20 x 25 on :30 Odds free evens non EN1	
Workout #311 - Saturday, 01 May 1999 Group 3 - All				350	free 7 x 50 on 1:00 Stroke Drills REC 6:45 AM 4,275 Yards - Stress Value = 39	D CHC
1 minute rest between sets 7:30 AM Start					Workout #315 - Tuesday, 04 May 1999 Group 3 - All	
Yards Set Description	EGY				1 minute rest between sets	
<pre>1 on 30:00 Stomach and Stretch 425 1 x 425 on 8:00 Swim-kick-pull-swim 300 6 x 50 on :55 Stroke Drills 300 6 x 50 on :45 Freestyle 3,000 1 x 3000 on 30:00 Freestyle 400 1 x 400 on 6:00 Catchup & thumb drag 8:59 AM 4,425 Yards - Stress Value =</pre>	REC EN1 EN2 REC	1 2 2	L S S S S	Yards ===== 825 450	1 on 45:00 Bolles school 3 rnds and stretching 1 x 825 on 15:00 Swim-kick-pull-swim REG	C
Workout #312 - Monday, 03 May 1999 Group 3 - All 1 minute rest between sets 5:30 AM Start				500 1,000 1,000	1 x 500 on 7:30 Freestyle-for time 10 x 100 on 2:00 Kick-Odds no board 5 x 200 on 2:45 Pulls with paddles 1x{6 x 100 on 1:30 Freestyle {5 x 100 on 1:25 Freestyle {4 x 100 on 1:20 Freestyle {3 x 100 on 1:15 Freestyle }	1 1 1 1 1
Yards Set Description ====================================	=== = F E	REC IN1		400	8 x 50 on 1:00 Stroke Drills REG 7:44 PM 5,975 Yards - Stress Value = 72 Workout #316 - Wednesday, 05 May 1999 Group 3 - All	2
1,600 8 x 200 on 2:45 Pulls 1x{4 x 125 on 1:50 Freestyle		IN1 IN1			1 minute rest between sets	
{4 x 125 on 1:45 Freestyle {4 x 125 on 1:40 Freestyle 100 4 x 25 on 1:00 No breath	E E	EN1 EN1 EN1		Yards	5:15 PM Start Set Description EG	Y WOF = ===
$\{4 \times 125 \text{ on } 1:40 \text{ Freestyle}$	E E rag F	EN1 EN1 EN1			5:15 PM Start Set Description EG	= === C 2
{4 x 125 on 1:40 Freestyle 100 4 x 25 on 1:00 No breath 300 1 x 300 on 4:30 Catchup & thumb do 6:44 AM 4,525 Yards - Stress Value = Workout #313 - Monday, 03 May 1999 Group 3 - All	E E E E E E E E E E E E E E E E E E E	IN1 IN1 REC	√OF	825 200	5:15 PM Start Set Description	= === 2 1 3 1 1 1 1 1 2 2

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	DΙ
600	3 x 200 on 3:30 Individual Medley	EN1	S
	descend		
	$1x{6 x 75 on 1:05 Freestyle}$	EN1	S
	$\{6 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN1	S
	$\{6 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN1	S
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	P
	odds breathe 3-5-7-9		
	evens br. 2-4-6-8		
1,000	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	

Workout #318 - Thursday, 06 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	EN2	
	time I give you		
	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	
	$\{1 \times 50 \text{ on } : 40 \text{ Pulls}$	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	2	

Workout #319 - Friday, 07 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	EN1	
	8 or 9 strokes		
	$1x{3 x 250 on 4:00 IM w/ 100 fly}$	EN1	
	$\{3 \times 250 \text{ on } 4:00 \text{ IM w}/ 100 \text{ back} \}$	EN1	
	$\{3 \times 250 \text{ on } 4:00 \text{ IM w/ } 100 \text{ breast} \}$	EN1	
200	1 x 200 on 3:00 Catchup & thumb drag	REC	
	6:45 AM 4,375 Yards - Stress Value = 39		

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-null-swim	REC	

600	8 x 75 on 1:15 25 drill 25 build	EN1
	25 fast (2 on each)	
500	1×500 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
	$\{1 \times 25 \text{ on } : 30 \text{ Kick with flippers}\}$	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		REC
100		IVEC
	7:45 PM 6,725 Yards - Stress Value = 100	

Workout #321 - Saturday, 08 May 1999 Group 3 - All

1 minute rest between sets

	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	3×100 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	WORF
=====		===	====
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	٤
900	12 x 75 on 1:15 25 drill 25 drill	EN1	Ι
	build 25 build		
	3 on each stroke		
3,000	3×1000 on $12:30$ Descend in sets of 3	EN2	٤
300	12 x 25 on :30 Stroke Drills	REC	Γ
	6:40 AM 4,625 Yards - Stress Value = 6	9	

Workout #323 - Monday, 10 May 1999 Group 3 - All 1 minute rest between sets

	5:15	PM St	cart	5			
Yards	Se	et Desc	crip	otion		EGY	WOF
	==		-===			===	===
	1	on 45	:00	Runni	ing and stretch		
825	1	x 825	on	15:00) Swim-kick-pull-swim	REC	
	1	on 10:	:00	Techr	niques-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	s - Stress Value = 58		

Workout #324 - Tuesday, 11 May 1999 Group 3 - All

1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
425	1 x 425 on 8:00 Stroke Drill	REC	D
	$1x{4 x 50 on :50 Freestyle}$	EN1	S
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S
	$\{4 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	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
	$\{1 \times 250 \text{ on } 3:15 \text{ Free very good} \}$	EN3	S
	{ effort		
200	1 x 200 on 4:00 Six kick switch	REC	D
	6:45 AM 4,825 Yards - Stress Value =	92	

Workout #325 - Tuesday, 11 May 1999 Group 3 - All

1 minute rest between sets

	5:15	PM	St	art	Į			
Yards	Se	et :	Desc	crip	ption		EGY	WO:
=====	==						===	==
	1	on	40:	00	Runn	ing and stretch		
825	1	X	825	on	15:00	Swim-kick-pull-swim	REC	
	3x{1	Х	150	on	2:45	Kick	EN1	
	{ 1	X	100	on	1:50	Kick	EN1	
	{ 1	Х	50 c	on :	:55 K	ick	EN1	
100	1	Х	100	on	3:00	Kick for time	EN1	
	1	on	10:	00	Techr	niques-finishes		
1,600	8	X.	200	on	2:45	Pulls	EN1	
	1x{3	Х	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	Х	100	on	1:15	Freestyle	EN1	
	{ 3	X	100	on	1:30	Individual Medley	EN1	
300	1	Х	300	on	5:00	Six kick switch	EN1	
	7:45	ΡM	6,1	L25	Yards	s - Stress Value = 53		

Workout #326 - Tuesday, 11 May 1999 Group 3 - All

1 minute rest between sets

	5:15	PM	St	art	5			
Yards	Se	et 1	Desc	crip	otion		EGY	WO
	==	-==		-==			===	==
	1	on	45:	00	Bolle	es school 3 rnds		
	ā	ind	sti	reto	ching			
825	1	x	325	on	15:00) Swim-kick-pull-swim	REC	
	1	on	10:	00	Techr	niques-finishes		
750	15	X	50	on	1:00	Kick-descend 1-3	EN2	
1,600	8	x 2	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	5,8	375	Yards	s - Stress Value = 58		

Workout #327 - Wednesday, 12 May 1999 Group 3 - All 1 minute rest between sets

Yards		PM Start et Description	EGY	WOF
	1	on 44:00 Running and stretch		
825	1	x 825 on 15:00 Swim-kick-pull-swim on 10:00 Techniques-open trns	REC	
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	5	

Workout #328 - Thursday, 13 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 Reverse IM drill	REC	
1,000	10×100 on 1:30 Descend in sets of 3	EN1	
	hold 10 as fast as 9		
750	10 x 75 on 1:10 Pulls-nbbf&w	EN1	
	$1x{3 x 250 on 3:15 Freestyle}$	EN1	
	${3 \times 250 \text{ on } 3:05 \text{ Freestyle}}$	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

Yards	5:15 PM Start Set Description	EGY WC
	1 on 45:00 Bolles school	
	and stretching	
	$1x\{1 \times 125 \text{ on } 2:00 \text{ Stroke Drills}$	REC
	$\{9 \times 100 \text{ on } 1:45 \text{ Stroke Drills}$	REC
	1 on 10:00 Techniques-open trns	
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	EN1
2,000	16 x 125 on 1:50 Freestyle	EN2
200	1 x 200 on 3:00 Catchup & thumb drag 7:45 PM 5,825 Yards - Stress Value = 76	REC

Workout #330 - Friday, 14 May 1999		Yards	Set Description	EGY WOF	
Group 3 - All		425		REC	
1 minute rest between sets		600	12×50 on :45 Descend in sets of 3	EN1	
5:30 AM Start		1,000		EN1	
Yards Set Description	EGY WOF		2x{1 x 300 on 4:30 Freestyle	EN1	
===== =================================			{1 x 300 on 4:15 Freestyle {1 x 300 on 4:00 Freestyle	EN1 EN1	
425 1 x 425 on 8:00 Stroke Drills	REC	450		EN1	
1,000 1 x 1000 on 15:00 Pulls-with paddles		200	<u> -</u>		
2x{1 x 150 on 2:15 Freestyle	EN1		6:45 AM 4,475 Yards - Stress Value = 38		
{1 x 150 on 2:10 Freestyle	EN1				
$\{1 \times 150 \text{ on } 2\text{:}05 \text{ Freestyle} $ $\{1 \times 150 \text{ on } 2\text{:}00 \text{ Freestyle} \}$	EN1 EN1		Workout #334 - Monday, 17 May 1999		
{1 x 150 on 1:55 Freestyle	EN1		Group 3 - All		
{1 x 150 on 1:50 Freestyle	EN2		1 minute rest between sets		
$\{1 \times 150 \text{ on } 1:45 \text{ Freestyle} \}$	EN2				
$\{1 \times 150 \text{ on } 1:40 \text{ Freestyle} \}$	EN2		5:30 PM Start		
100 1 x 100 on 1:30 Freestyle-EZ	REC	Meters	Set Description	EGY WOF	;
$1x\{4 \times 25 \text{ on :} 30 \text{ Freestyle} $ $\{4 \times 25 \text{ on :} 25 \text{ Freestyle} \}$	EN1	=====		=== ===	:
$\{4 \times 25 \text{ on : 25 FreeStyle} \}$	EN1 EN2	000	1 on 40:00 Running and stretch		
$\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	EN2	800	<u> </u>	REC	
`	REC	1,000	1 on 10:00 Techniques-free trns 10 x 100 on 2:30 Kick	EN1	
6:43 AM 4,575 Yards - Stress Value = 49		1,600	8 x 200 on 3:30 Pulls w/ paddles	EN1	
		,	$3x\{1 \times 150 \text{ on } 2:45 \text{ Freestyle}$	EN1	
Workout #331 - Friday, 14 May 1999			{3 x 50 on 1:15 Backstroke	EN1	
Group 3 - All		400		REC	
1 minute rest between sets			8:00 PM 4,700 Meters - Stress Value = 37		
F. 15 DW Chart			Workout #335 - Tuesday, 18 May 1999		
5:15 PM Start Yards Set Description EGY	WORK S		Group 3 - All		
===== =================================			1 minute rest between sets		
1 on 30:00 Stomach and Stretch	L		1 million 1 con perincen sens		
$1x\{1 \times 125 \text{ on } 2:00 \text{ Stroke Drills}$			5:30 AM Start		
{12 x 100 on 1:45 Stroke Drills REC	: D	Yards	Set Description	EGY WC	
{ 3 on each reverse IM { order		=====	=======================================		:
1,000 10 x 100 on 2:00 Kick EN2	K C	425	1 x 425 on 8:00 Swim-kick-pull-swim		
1,600 16 x 100 on 1:30 Lungbuster pulls EN1		900	12 x 75 on 1:30 25 drill 25 build 25 drill 3 on each	EN1	
odds breathe 3-5-7-9			10x{1 x 13 on :00 Freestyle	SP3	
evens br. 2-4-6-8			{1 x 12 on :30 Freestyle-ez	REC	
2,000 10 x 200 on 2:45 Freestyle EN1		300			
				EN1	
500 20 x 25 on :30 IM order EN1			$1x\{8 \times 75 \text{ on } 1:05 \text{ Freestyle}$	EN1 EN2	
250 5 x 50 on 1:00 Stroke Drills REC			1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle	EN2 EN2	
			1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle	EN2	
250 5 x 50 on 1:00 Stroke Drills REC 7:40 PM 6,675 Yards - Stress Value = 61		500	1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle { RED-10 set	EN2 EN2 EN2	
250 5 x 50 on 1:00 Stroke Drills REC 7:40 PM 6,675 Yards - Stress Value = 61 Workout #332 - Saturday, 15 May 1999		500	1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle { RED-10 set 10 x 50 on 1:00 Stroke Drills	EN2 EN2	
250 5 x 50 on 1:00 Stroke Drills REC 7:40 PM 6,675 Yards - Stress Value = 61 Workout #332 - Saturday, 15 May 1999 Group 3 - All		500	1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle { RED-10 set	EN2 EN2 EN2	
250 5 x 50 on 1:00 Stroke Drills REC 7:40 PM 6,675 Yards - Stress Value = 61 Workout #332 - Saturday, 15 May 1999		500	1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle { RED-10 set 10 x 50 on 1:00 Stroke Drills	EN2 EN2 EN2	
250 5 x 50 on 1:00 Stroke Drills REC 7:40 PM 6,675 Yards - Stress Value = 61 Workout #332 - Saturday, 15 May 1999 Group 3 - All		500	<pre>1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle { RED-10 set 10 x 50 on 1:00 Stroke Drills 6:45 AM 4,175 Yards - Stress Value = 53</pre>	EN2 EN2 EN2	
250 5 x 50 on 1:00 Stroke Drills REC 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	S S		<pre>1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle { RED-10 set 10 x 50 on 1:00 Stroke Drills 6:45 AM 4,175 Yards - Stress Value = 53</pre> Workout #336 - Tuesday, 18 May 1999	EN2 EN2 EN2	
250 5 x 50 on 1:00 Stroke Drills REC 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	S S		1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle { RED-10 set 10 x 50 on 1:00 Stroke Drills 6:45 AM 4,175 Yards - Stress Value = 53 Workout #336 - Tuesday, 18 May 1999 Group 3 - All 1 minute rest between sets	EN2 EN2 EN2	
250 5 x 50 on 1:00 Stroke Drills RECO 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		1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle { RED-10 set 10 x 50 on 1:00 Stroke Drills 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	EN2 EN2 EN2 REC	i
250 5 x 50 on 1:00 Stroke Drills RECO 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		1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle { RED-10 set 10 x 50 on 1:00 Stroke Drills 6:45 AM 4,175 Yards - Stress Value = 53 Workout #336 - Tuesday, 18 May 1999 Group 3 - All 1 minute rest between sets	EN2 EN2 EN2 REC	
250 5 x 50 on 1:00 Stroke Drills REC 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 1 on 30:00 Stomach and Stretch 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim	EGY WC	Meters	<pre>1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle {</pre>	EN2 EN2 EN2 REC	
250 5 x 50 on 1:00 Stroke Drills REC 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 1 on 30:00 Stomach and Stretch 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 4x{4 x 75 on 1:15 Kick {1 on :30 Rest 1,500 10 x 150 on 2:15 Pulls-mid 50 breather	EGY WC	Meters	1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle {8 ED-10 set 10 x 50 on 1:00 Stroke Drills 6:45 AM 4,175 Yards - Stress Value = 53 Workout #336 - Tuesday, 18 May 1999	EN2 EN2 EN2 REC	
250 5 x 50 on 1:00 Stroke Drills REC 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 1 on 30:00 Stomach and Stretch 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 4x{4 x 75 on 1:15 Kick {1 on :30 Rest 1,500 10 x 150 on 2:15 Pulls-mid 50 breather every 9 strokes	EGY WC E====================================	Meters	1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle { RED-10 set 10 x 50 on 1:00 Stroke Drills 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 Set Description	EN2 EN2 EN2 REC	
250 5 x 50 on 1:00 Stroke Drills REC 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 EST STATES	Meters	1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle { RED-10 set 10 x 50 on 1:00 Stroke Drills 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 Set Description ====================================	EN2 EN2 EN2 REC	
250 5 x 50 on 1:00 Stroke Drills REC 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 E====================================	Meters	1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle { RED-10 set 10 x 50 on 1:00 Stroke Drills 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 Set Description	EN2 EN2 EN2 REC EGY W =======	
250 5 x 50 on 1:00 Stroke Drills REC 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 EST STATES	Meters	<pre>1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle {8 ED-10 set 10 x 50 on 1:00 Stroke Drills 6:45 AM 4,175 Yards - Stress Value = 53</pre>	EN2 EN2 EN2 REC EGY W =======	
250 5 x 50 on 1:00 Stroke Drills REC 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 EGY EN2 EN2 EN1 EN1 EN1	Meters =====	<pre>1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle {8 ED-10 set 10 x 50 on 1:00 Stroke Drills 6:45 AM 4,175 Yards - Stress Value = 53</pre>	EN2 EN2 EN2 REC EGY W = === = ea REC EN1 EN2	
250 5 x 50 on 1:00 Stroke Drills REC 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 ====== 1 on 30:00 Stomach and Stretch 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 4x{4 x 75 on 1:15 Kick {1 on :30 Rest 1,500 10 x 150 on 2:15 Pulls-mid 50 breather every 9 strokes 300 6 x 50 on :45 Descend in sets of 3 3x{3 x 200 on 3:00 Freestyle { Blue-1 {3 x 50 on 1:00 Freestyle-EZ	EGY WC EGY EN2 EN1 EN1 EN1 EN3 REC REC	Meters	1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle { RED-10 set 10 x 50 on 1:00 Stroke Drills 6:45 AM 4,175 Yards - Stress Value = 53 Workout #336 - Tuesday, 18 May 1999	EN2 EN2 EN2 REC EGY W =======	
250 5 x 50 on 1:00 Stroke Drills RECO 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 ===== 1 on 30:00 Stomach and Stretch 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 4x{4 x 75 on 1:15 Kick {1 on :30 Rest} 1,500 10 x 150 on 2:15 Pulls-mid 50 breather every 9 strokes 300 6 x 50 on :45 Descend in sets of 3 3x{3 x 200 on 3:00 Freestyle { Blue-1 {3 x 50 on 1:00 Freestyle-EZ 500 10 x 50 on 1:00 Stroke Drills}	EGY WC EGY EN2 EN1 EN1 EN1 EN3 REC REC	Meters =====	<pre>1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle {8 ED-10 set 10 x 50 on 1:00 Stroke Drills 6:45 AM 4,175 Yards - Stress Value = 53</pre>	EN2 EN2 EN2 REC EGY W ======= ea REC EN1 EN2 EN1	
250 5 x 50 on 1:00 Stroke Drills RECO 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 ===== 1 on 30:00 Stomach and Stretch 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 4x{4 x 75 on 1:15 Kick {1 on :30 Rest} 1,500 10 x 150 on 2:15 Pulls-mid 50 breather every 9 strokes 300 6 x 50 on :45 Descend in sets of 3 3x{3 x 200 on 3:00 Freestyle { Blue-1 {3 x 50 on 1:00 Freestyle-EZ 500 10 x 50 on 1:00 Stroke Drills}	EGY WC EGY EN2 EN1 EN1 EN1 EN3 REC REC	Meters =====	1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle {RED-10 set 10 x 50 on 1:00 Stroke Drills 6:45 AM 4,175 Yards - Stress Value = 53 Workout #336 - Tuesday, 18 May 1999	EN2 EN2 EN2 REC EGY W E = = = = = = = = = = = = = = = = = = =	
250 5 x 50 on 1:00 Stroke Drills RECO 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 1 on 30:00 Stomach and Stretch 1,025 1 x 1025 on 18:00 Swim-kick-pull-swim 4x{4 x 75 on 1:15 Kick {1 on :30 Rest} 1,500 10 x 150 on 2:15 Pulls-mid 50 breather every 9 strokes 300 6 x 50 on :45 Descend in sets of 3 3x{3 x 200 on 3:00 Freestyle { Blue-1 {3 x 50 on 1:00 Freestyle-EZ 500 10 x 50 on 1:00 Stroke Drills 9:59 AM 6,775 Yards - Stress Value = 150	EGY WC EGY EN2 EN1 EN1 EN1 EN3 REC REC	Meters =====	1x{8 x 75 on 1:05 Freestyle {8 x 75 on 1:00 Freestyle {8 x 75 on :55 Freestyle {RED-10 set 10 x 50 on 1:00 Stroke Drills 6:45 AM 4,175 Yards - Stress Value = 53 Workout #336 - Tuesday, 18 May 1999	EN2 EN2 EN2 REC	

	Workout #337 - Wednesday, 19 May 1999 Group 3 - All			Yards	5:30 AM Start Set Description		/ WOF
	1 minute rest between sets			425	1 x 425 on 8:00 Stroke Drill	REC	;
	5:30 AM Start			210	14 x 15 on :30 Cross pool sprints	SP3	
Yards	Set Description	EGY	WORF	1,500	6 x 250 on 3:45 Pulls odds br. 3-4-5-6-7	EN1	
=====					by the 50, evens br		
400	1 x 400 on 8:00 Swim-kick-pull-swim		٤		7-6-5-4-3 by the 50		
1,000	20 x 50 on :50 Pulls-nbbf&w 8x{1 x 100 on 1:15 Individual Medley	EN1 EN1	E S		$1x\{6 \times 125 \text{ on } 1:45 \text{ Freestyle}$	EN2	
	{1 x 50 on :35 Freestyle	EN1	5		<pre>{6 x 125 on 1:40 Freestyle {6 x 125 on 1:35 Freestyle</pre>	EN2	
	{1 x 50 on :50 Freestyle-ez	REC	٤	200	· ·	EN2	
	$1x{1 x 200 on 3:00 Freestyle}$	EN1	٤	200	6:45 AM 4,585 Yards - Stress Value = 68		•
	{1 x 200 on 2:55 Freestyle	EN1	5				
	{1 x 200 on 2:50 Freestyle {1 x 200 on 2:45 Freestyle	EN1 EN1	5		Workout #341 - Friday, 21 May 1999		
	{1 x 200 on 2:40 Freestyle	EN1	5		Group 3 - All		
	{1 x 200 on 2:35 Freestyle	EN1	٤		1 minute rest between sets		
	{1 x 200 on 2:30 Freestyle	EN1	٤				
200	4×50 on 1:00 Stroke Drills 6:45 AM 4,600 Yards - Stress Value = 3	REC	Ι		5:30 PM Start		
	0.43 Am 4,000 laids - Stiess value - 3	O		Meters	Set Description		WOF
	Workout #338 - Wednesday, 19 May 1999				1 on 30:00 Stomach and Stretch		
	Group 3 - All			800	1 x 800 on 16:00 Swim-kick-pull-swim		
	1 minute rest between sets			150 800	10 x 15 on 1:00 Shooters 8 x 100 on 2:15 Kick-odds very fast	SP3	
				1,600	8 x 200 on 2:45 Pulls with paddles	EN2 EN1	
	5:30 PM Start			2,000	4x{1 x 150 on 3:00 Breaststroke	EN1	
Meters	Set Description		WORF		{1 x 100 on 2:00 Breaststroke	EN1	
	1 on 44:00 Running and stretch		I	0.00	{1 x 50 on 1:00 Breaststroke	EN1	
800	1 x 800 on 16:00 Reverse IM drill	REC	Ι	800	16 x 50 on 1:00 25 drill 25 build 4 on each stroke	EN1	
150	10 x 15 on 1:00 Shooters	SP3	٤	300	1 x 300 on 6:00 Six kick switch	REC	
	3x{1 x 50 on 1:00 Kick	EN2	ř ř		7:58 PM 5,650 Meters - Stress Value = 6	5	
	{1 x 100 on 2:00 Kick {1 x 150 on 3:00 Kick	EN2 EN2	r				
1 000	(2 11 200 011 0:00 112011				Wl+ #2.42		
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	Ε		Workout #342 - Saturday, 22 May 1999		
1,000	no paddles				Group 3 - All		
1,000	no paddles $2x{2 x 100 on 1:45 Butterfly}$	EN1	٤		•		
1,000	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly	EN1 EN1	7 7		Group 3 - All 1 minute rest between sets		
900	no paddles $2x{2 x 100 on 1:45 Butterfly}$	EN1 EN1 EN1	٤	Yards	Group 3 - All 1 minute rest between sets 7:30 AM Start	EGY	WORF
·	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly 18 x 50 on :45 Descend in sets of 3 1 x 300 on 6:00 Stroke Drill	EN1 EN1 EN1 EN1 REC	5 5 5	Yards	Group 3 - All 1 minute rest between sets		
900	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly 18 x 50 on :45 Descend in sets of 3	EN1 EN1 EN1 EN1 REC	67 67 67		Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description	===	==== I
900	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly 18 x 50 on :45 Descend in sets of 3 1 x 300 on 6:00 Stroke Drill 8:00 PM 5,250 Meters - Stress Value =	EN1 EN1 EN1 EN1 REC	67 67 67		Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description	=== REC	==== I I
900	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly 18 x 50 on :45 Descend in sets of 3 1 x 300 on 6:00 Stroke Drill 8:00 PM 5,250 Meters - Stress Value = Workout #339 - Thursday, 20 May 1999	EN1 EN1 EN1 EN1 REC	67 67 67		Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description	===	==== I
900	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly 18 x 50 on :45 Descend in sets of 3 1 x 300 on 6:00 Stroke Drill 8:00 PM 5,250 Meters - Stress Value = Workout #339 - Thursday, 20 May 1999 Group 3 - All	EN1 EN1 EN1 EN1 REC	67 67 67		Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description	REC REC SP3	==== I I I
900	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly 18 x 50 on :45 Descend in sets of 3 1 x 300 on 6:00 Stroke Drill 8:00 PM 5,250 Meters - Stress Value = Workout #339 - Thursday, 20 May 1999	EN1 EN1 EN1 EN1 REC	67 67 67		Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description 1 on 28:00 Stomach and Stretch 1x{1 x 125 on 2:00 Stroke Drills} {8 x 100 on 1:45 Stroke Drills} { 2 on each stroke} 10x{1 x 13 on :00 Your Stroke} { 1 x 12 on :30 Freestyle	REC REC SP3 REC	==== I I I S
900	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly 18 x 50 on :45 Descend in sets of 3 1 x 300 on 6:00 Stroke Drill 8:00 PM 5,250 Meters - Stress Value = Workout #339 - Thursday, 20 May 1999 Group 3 - All	EN1 EN1 EN1 EN1 REC	67 67 67	1,000	Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description 1 on 28:00 Stomach and Stretch 1x{1 x 125 on 2:00 Stroke Drills} {8 x 100 on 1:45 Stroke Drills} { 2 on each stroke} 10x{1 x 13 on :00 Your Stroke} {1 x 12 on :30 Freestyle 8 x 125 on 2:00 Kick	REC REC SP3 REC EN2	==== I I I S S F
900 300 Meters	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly 18 x 50 on :45 Descend in sets of 3 1 x 300 on 6:00 Stroke Drill 8:00 PM 5,250 Meters - Stress Value = Workout #339 - Thursday, 20 May 1999 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description	EN1 EN1 EN1 REC 60	2 S S I		Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description 1 on 28:00 Stomach and Stretch 1x{1 x 125 on 2:00 Stroke Drills {8 x 100 on 1:45 Stroke Drills { 2 on each stroke } 10x{1 x 13 on :00 Your Stroke {1 x 12 on :30 Freestyle}	REC REC SP3 REC EN2	==== I I I S
900	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly	EN1 EN1 EN1 REC 60	2 S S I	1,000	Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description	REC REC SP3 REC EN2 EN1 EN1	==== I I I S S S F F S
900 300 Meters	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly 18 x 50 on :45 Descend in sets of 3 1 x 300 on 6:00 Stroke Drill 8:00 PM 5,250 Meters - Stress Value = Workout #339 - Thursday, 20 May 1999 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description	EN1 EN1 EN1 REC 60	\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	1,000	Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description 1 on 28:00 Stomach and Stretch 1x{1 x 125 on 2:00 Stroke Drills 8 x 100 on 1:45 Stroke Drills 2 on each stroke 10x{1 x 13 on :00 Your Stroke 1 x 12 on :30 Freestyle 8 x 125 on 2:00 Kick 5 x 400 on 5:00 Pulls with paddles 1x{4 x 50 on 1:00 Your Stroke 3 x 200 on 2:30 Freestyle 4 x 50 on :55 Your Stroke	REC REC SP3 REC EN2 EN1 EN1 EN1	==== I I I S S F F S
900 300 Meters	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {8 x 50 on :45 Descend in sets of 3	EN1 EN1 EN1 REC 60	\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	1,000	Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description 1 on 28:00 Stomach and Stretch 1x{1 x 125 on 2:00 Stroke Drills 8 x 100 on 1:45 Stroke Drills 2 on each stroke 10x{1 x 13 on :00 Your Stroke 1 x 12 on :30 Freestyle 8 x 125 on 2:00 Kick 5 x 400 on 5:00 Pulls with paddles 1x{4 x 50 on 1:00 Your Stroke 3 x 200 on 2:30 Freestyle 4 x 50 on :55 Your Stroke 3 x 150 on 2:00 Freestyle	REC REC SP3 REC EN2 EN1 EN1 EN1 EN1	==== I I I S S S F F S S S S
900 300 Meters =====	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {3 x 50 on :45 Descend in sets of 3 {1 x 300 on 6:00 Stroke Drill 8:00 PM 5,250 Meters - Stress Value = 6	EN1 EN1 EN1 REC 60	\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	1,000	Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description 1 on 28:00 Stomach and Stretch 1x{1 x 125 on 2:00 Stroke Drills 8 x 100 on 1:45 Stroke Drills 2 on each stroke 10x{1 x 13 on :00 Your Stroke 1 x 12 on :30 Freestyle 8 x 125 on 2:00 Kick 5 x 400 on 5:00 Pulls with paddles 1x{4 x 50 on 1:00 Your Stroke 3 x 200 on 2:30 Freestyle 4 x 50 on :55 Your Stroke	REC REC SP3 REC EN2 EN1 EN1 EN1	==== I I I S S F F S
900 300 Meters =====	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly 18 x 50 on :45 Descend in sets of 3 1 x 300 on 6:00 Stroke Drill 8:00 PM 5,250 Meters - Stress Value =	EN1 EN1 EN1 REC 60 EGY EGY EN2	\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	1,000	Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description 1 on 28:00 Stomach and Stretch 1x{1 x 125 on 2:00 Stroke Drills 8 x 100 on 1:45 Stroke Drills 10x{1 x 13 on :00 Your Stroke 10x{1 x 13 on :00 Your Stroke 1 x 12 on :30 Freestyle 8 x 125 on 2:00 Kick 5 x 400 on 5:00 Pulls with paddles 1x{4 x 50 on 1:00 Your Stroke 3 x 200 on 2:30 Freestyle 4 x 50 on :55 Your Stroke 3 x 150 on 2:00 Freestyle 4 x 50 on :50 Your Stroke 3 x 150 on 2:00 Freestyle 4 x 50 on :55 Your Stroke 3 x 100 on 1:25 Freestyle 4 x 50 on :45 Your Stroke	REC REC SP3 REC EN2 EN1 EN1 EN1 EN1 EN1 EN1	==== I I I I S S F F S S S S S S S S S S S S
900 300 Meters =====	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {3 x 50 on :45 Descend in sets of 3 1 x 300 on 6:00 Stroke Drill 8:00 PM 5,250 Meters - Stress Value =	EN1 EN1 EN1 REC 60 EGY ESP3 EN2	\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	1,000	Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description 1 on 28:00 Stomach and Stretch 1x{1 x 125 on 2:00 Stroke Drills {8 x 100 on 1:45 Stroke Drills {2 on each stroke} 10x{1 x 13 on :00 Your Stroke {1 x 12 on :30 Freestyle 8 x 125 on 2:00 Kick 5 x 400 on 5:00 Pulls with paddles 1x{4 x 50 on 1:00 Your Stroke {3 x 200 on 2:30 Freestyle 4 x 50 on :55 Your Stroke {3 x 150 on 2:00 Freestyle 4 x 50 on :50 Your Stroke {3 x 100 on 1:25 Freestyle 4 x 50 on :45 Your Stroke {3 x 50 on :45 Freestyle	REC REC SP3 REC EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	
900 300 Meters =====	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly 18 x 50 on :45 Descend in sets of 3 1 x 300 on 6:00 Stroke Drill 8:00 PM 5,250 Meters - Stress Value =	EN1 EN1 EN1 REC 60 EGY EGY EN2	<pre></pre>	1,000 2,000	Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description 1 on 28:00 Stomach and Stretch 1x{1 x 125 on 2:00 Stroke Drills {8 x 100 on 1:45 Stroke Drills {2 on each stroke} 10x{1 x 13 on :00 Your Stroke {1 x 12 on :30 Freestyle 8 x 125 on 2:00 Kick 5 x 400 on 5:00 Pulls with paddles 1x{4 x 50 on 1:00 Your Stroke {3 x 200 on 2:30 Freestyle 4 x 50 on :55 Your Stroke {3 x 150 on 2:00 Freestyle 4 x 50 on :55 Your Stroke {3 x 150 on 2:00 Freestyle 4 x 50 on :55 Your Stroke {3 x 100 on 1:25 Freestyle 4 x 50 on :45 Your Stroke {3 x 50 on :45 Freestyle 1 on 15:00 Killer Relays	REC REC SP3 REC EN2 EN1	==== I I I I S S F F S S S S S S S S S S S S
900 300 Meters =====	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly 18 x 50 on :45 Descend in sets of 3 1 x 300 on 6:00 Stroke Drill 8:00 PM 5,250 Meters - Stress Value = Workout #339 - Thursday, 20 May 1999 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 on 45:00 Bolles school 3 rnds 1 x 800 on 16:00 Swim-kick-pull-swin 10 x 15 on 1:00 Shooters 3x{3 x 100 on 1:45 Kick with flippers {1 on :45 Rest} 1x{1 x 300 on 4:30 Pulls with paddles} {1 x 300 on 4:30 Pulls with paddles} {1 x 300 on 4:30 Pulls with paddles} {1 x 300 on 4:15 Pulls with paddles} {1 x 300 on 4:15 Pulls with paddles}	EN1 EN1 EN1 REC 60 EGY EN2 EN2 EN1 EN1	<pre></pre>	1,000	Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description 1 on 28:00 Stomach and Stretch 1x{1 x 125 on 2:00 Stroke Drills {8 x 100 on 1:45 Stroke Drills {2 on each stroke} 10x{1 x 13 on :00 Your Stroke {1 x 12 on :30 Freestyle 8 x 125 on 2:00 Kick 5 x 400 on 5:00 Pulls with paddles 1x{4 x 50 on 1:00 Your Stroke {3 x 200 on 2:30 Freestyle 4 x 50 on :55 Your Stroke {3 x 150 on 2:00 Freestyle 4 x 50 on :50 Your Stroke {3 x 100 on 1:25 Freestyle 4 x 50 on :45 Your Stroke {3 x 50 on :45 Freestyle	REC REC SP3 REC EN2 EN1	
900 300 Meters =====	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly 18 x 50 on :45 Descend in sets of 3 1 x 300 on 6:00 Stroke Drill 8:00 PM 5,250 Meters - Stress Value = Workout #339 - Thursday, 20 May 1999 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 on 45:00 Bolles school 3 rnds 1 x 800 on 16:00 Swim-kick-pull-swin 10 x 15 on 1:00 Shooters 3x{3 x 100 on 1:45 Kick with flippers {1 on :45 Rest 1x{1 x 300 on 4:30 Pulls with paddles {1 x 300 on 4:30 Pulls with paddles {1 x 300 on 4:15 Pulls with paddles {1 x 300 on 4:30 Pulls with paddles	EN1 EN1 EN1 REC 60 EGY EN2 EN1 EN1 EN1 EN1	2 WOF = ====	1,000 2,000	Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description 1 on 28:00 Stomach and Stretch 1x{1 x 125 on 2:00 Stroke Drills {8 x 100 on 1:45 Stroke Drills {2 on each stroke} 10x{1 x 13 on :00 Your Stroke {1 x 12 on :30 Freestyle 8 x 125 on 2:00 Kick 5 x 400 on 5:00 Pulls with paddles 1x{4 x 50 on 1:00 Your Stroke {3 x 200 on 2:30 Freestyle 4 x 50 on :55 Your Stroke {3 x 150 on 2:00 Freestyle 4 x 50 on :55 Your Stroke {3 x 150 on 2:00 Freestyle 4 x 50 on :55 Your Stroke {3 x 100 on 1:25 Freestyle 4 x 50 on :45 Your Stroke {3 x 50 on :45 Freestyle 1 on 15:00 Killer Relays 1 x 400 on 6:00 Choice	REC REC SP3 REC EN2 EN1	==== I I I I S S F F S S S S S S S S S S S S
900 300 Meters =====	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly 18 x 50 on :45 Descend in sets of 3 1 x 300 on 6:00 Stroke Drill 8:00 PM 5,250 Meters - Stress Value = Workout #339 - Thursday, 20 May 1999 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 on 45:00 Bolles school 3 rnds 1 x 800 on 16:00 Swim-kick-pull-swin 10 x 15 on 1:00 Shooters 3x{3 x 100 on 1:45 Kick with flippers {1 on :45 Rest 1x{1 x 300 on 4:30 Pulls with paddles {1 x 300 on 4:30 Pulls with paddles	EN1 EN1 EN1 REC 60 EGY EN2 EN1 EN1 EN1 EN1	2 WOF = ====	1,000 2,000	Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description 1 on 28:00 Stomach and Stretch 1x{1 x 125 on 2:00 Stroke Drills {8 x 100 on 1:45 Stroke Drills {2 on each stroke} 10x{1 x 13 on :00 Your Stroke {1 x 12 on :30 Freestyle 8 x 125 on 2:00 Kick 5 x 400 on 5:00 Pulls with paddles 1x{4 x 50 on 1:00 Your Stroke {3 x 200 on 2:30 Freestyle 4 x 50 on :55 Your Stroke {3 x 150 on 2:00 Freestyle 4 x 50 on :55 Your Stroke {3 x 150 on 2:00 Freestyle 4 x 50 on :55 Your Stroke {3 x 100 on 1:25 Freestyle 4 x 50 on :45 Your Stroke {3 x 50 on :45 Freestyle 1 on 15:00 Killer Relays 1 x 400 on 6:00 Choice	REC REC SP3 REC EN2 EN1	==== I I I I S S F F S S S S S S S S S S S S
900 300 Meters =====	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly 18 x 50 on :45 Descend in sets of 3 1 x 300 on 6:00 Stroke Drill 8:00 PM 5,250 Meters - Stress Value = Workout #339 - Thursday, 20 May 1999 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 on 45:00 Bolles school 3 rnds 1 x 800 on 16:00 Swim-kick-pull-swin 10 x 15 on 1:00 Shooters 3x{3 x 100 on 1:45 Kick with flippers {1 on :45 Rest 1x{1 x 300 on 4:30 Pulls with paddles {1 x 300 on 4:30 Pulls with paddles {1 x 300 on 4:15 Pulls with paddles {1 x 300 on 4:30 Pulls with paddles	EN1 EN1 EN1 REC 60 EGY EN2 EN1 EN1 EN1 EN1	2 WOF = ==== 3 3 2 L L L L L L L L L L L L L L L L L	1,000 2,000	Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description 1 on 28:00 Stomach and Stretch 1x{1 x 125 on 2:00 Stroke Drills {8 x 100 on 1:45 Stroke Drills {2 on each stroke} 10x{1 x 13 on :00 Your Stroke {1 x 12 on :30 Freestyle 8 x 125 on 2:00 Kick 5 x 400 on 5:00 Pulls with paddles 1x{4 x 50 on 1:00 Your Stroke {3 x 200 on 2:30 Freestyle 4 x 50 on :55 Your Stroke {3 x 150 on 2:00 Freestyle 4 x 50 on :55 Your Stroke {3 x 150 on 2:00 Freestyle 4 x 50 on :55 Your Stroke {3 x 100 on 1:25 Freestyle 4 x 50 on :45 Your Stroke {3 x 50 on :45 Freestyle 1 on 15:00 Killer Relays 1 x 400 on 6:00 Choice	REC REC SP3 REC EN2 EN1	==== I I I I S S F F S S S S S S S S S S S S
900 300 Meters =====	no paddles 2x{2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly {2 x 100 on 1:45 Butterfly 18 x 50 on :45 Descend in sets of 3 1 x 300 on 6:00 Stroke Drill 8:00 PM 5,250 Meters - Stress Value = Workout #339 - Thursday, 20 May 1999 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description ====================================	EN1 EN1 EN1 REC 60 EGY EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	S S S S I	1,000 2,000	Group 3 - All 1 minute rest between sets 7:30 AM Start Set Description 1 on 28:00 Stomach and Stretch 1x{1 x 125 on 2:00 Stroke Drills {8 x 100 on 1:45 Stroke Drills {2 on each stroke} 10x{1 x 13 on :00 Your Stroke {1 x 12 on :30 Freestyle 8 x 125 on 2:00 Kick 5 x 400 on 5:00 Pulls with paddles 1x{4 x 50 on 1:00 Your Stroke {3 x 200 on 2:30 Freestyle 4 x 50 on :55 Your Stroke {3 x 150 on 2:00 Freestyle 4 x 50 on :55 Your Stroke {3 x 150 on 2:00 Freestyle 4 x 50 on :55 Your Stroke {3 x 100 on 1:25 Freestyle 4 x 50 on :45 Your Stroke {3 x 50 on :45 Freestyle 1 on 15:00 Killer Relays 1 x 400 on 6:00 Choice	REC REC SP3 REC EN2 EN1	==== I I I I S S F F S S S S S S S S S S S S

Workout #340 - Friday, 21 May 1999 Group 3 - All 1 minute rest between sets

Workout #343 - Monday, 24 May 1999 Group 3 - All

1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WC
	=======================================	===	==
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Freestyle	SP3	
1,500	10 x 150 on 2:15 Pulls-mid 50 br ev 9	EN1	
	$1x\{8 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	
	$\{8 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	
	$\{8 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	
	{8 x 25 on :30 Backstroke	EN1	
	$\{8 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	
	{8 x 25 on :30 Breaststroke	EN1	
	$\{8 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	
400	1 x 400 on 6:00 Catchup & thumb drag	REC	
	6:46 AM 3,910 Yards - Stress Value = 37		

Workout #344 - Monday, 24 May 1999 Group 3 - All 1 minute rest between sets

	5:30 PM Start		
Meters	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 44:00 Running and stretch		L
800	1 x 800 on 16:00 Reverse IM drill	REC	D
150	10 x 15 on 1:00 Shooters-Free	SP3	S
800	8 x 100 on 2:15 Kick-breaststroke	EN2	K
1,600	8 x 200 on 3:00 Pulls with paddles	EN1	P
	$5x{6} \times 50$ on :50 Butterfly	EN2	S
	{1 on :30 Freestyle		M
300	1 x 300 on 4:30 Six kick switch	REC	D

Workout #345 - Tuesday, 25 May 1999 Group 3 - All

8:00 PM 5,150 Meters - Stress Value = 76

1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
425	1 x 425 on 8:00 Reverse IM drill	REC	D
210	14 x 15 on :30 Cross pool sprints	SP3	S
2,000	4 x 500 on 7:00 Pulls with paddles	EN1	P
	1x{6 x 100 on 1:20 Freestyle	EN1	S
	<pre>{6 x 100 on 1:15 Freestyle</pre>	EN1	S
	<pre>{6 x 100 on 1:10 Freestyle</pre>	EN1	S
300	1 x 300 on 4:30 Choice	REC	S
	6:45 AM 4,735 Yards - Stress Value =	46	

Workout #346 - Tuesday, 25 May 1999 Group 3 - All

1 minute rest between sets

Meters	5:30 PM Start Set Description	EGY	WORK	ç
=====		===	====	=
	1 on 45:00 Bolles school 3 rnds		L	
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	S	
150	10 x 15 on 1:00 Shooters-fly	SP3	S	E
600	12 x 50 on :55 Kick with flippers	EN2	K	C
4,500	3 x 1500 on 20:00 Freestyle	EN2	S	
200	1 x 200 on 4:00 Choice	REC	S	
	8:00 PM 6,250 Meters - Stress Value =	= 119	9	

Workout #347 - Tuesday, 25 May 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 rnds		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on 1:00 Shooters-fly	SP3	
600	12 x 50 on :55 Kick with flippers	EN2	
1,500	30 x 50 on 1:00 Pulls with paddles	EN1	
	odds breathe every 9		
	$5x{1 x 150 on 3:00 Freestyle}$	EN2	
	{1 x 100 on 2:00 Freestyle	EN2	
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$	EN2	
200	1 x 200 on 4:00 Choice	REC	
	8:01 PM 4,750 Meters - Stress Value = 73	L	

Workout #348 - Wednesday, 26 May 1999 Group 3 - All

1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 15:00 Stretching		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
750	15 x 50 on 1:00 Kick-descend 1-3	EN2	
1,000	10 x 100 on 1:15 Pulls with paddles	EN1	
	$1x\{8 \times 75 \text{ on } 1:05 \text{ Backstroke}$	EN1	
	{8 x 75 on 1:00 Backstroke	EN1	
	{8 x 75 on :55 Backstroke	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
	6:59 PM 5,085 Yards - Stress Value = 51		

Workout #349 - Thursday, 27 May 1999 Group 3 - All

	5:30 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
400	1 x 400 on 8:00 Stroke Drill	REC	D
	$10x\{1 x 13 on :00 Butterfly$	SP3	S
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	REC	S
1,000	20 x 50 on :45 Pulls with paddles	EN1	P
	nbbf&w		
	$1x{3 x 200 on 3:00 Freestyle}$	EN1	S
	${3 \times 200 \text{ on } 2:55 \text{ Freestyle}}$	EN1	S
	{3 x 200 on 2:50 Freestyle	EN1	S
	{3 x 200 on 2:45 Freestyle	EN1	S
	{8 x 50 on 1:00 Stroke Drills	REC	D
	6:44 AM 4,450 Yards - Stress Value = 3	39	

Workout #350 - Thursday, 27 May 1999 Group 3 - All

	1 minute rest between sets		
Yards	5:15 PM Start Set Description	EGY	TAT C
	1 on 45:00 Bolles school 3rds and stretching		
825		REC	
	12x{1 x 15 on :00 Breaststroke	SP3	
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	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 1 on 12:00 Techniques-starts	REC	
	7:44 PM 5,225 Yards - Stress Value = 59		

Workout #351 - Friday, 28 May 1999 Group 3 - All

1 minute rest between sets

Yards		AM Start et Description	ECV.	WORK	c
					_
425	1	x 425 on 8:00 Reverse IM drill	REC	D	_
900		2 x 75 on 1:20 25 drill 25 build		D	
		25 stroke 3 on each			
	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	
	{ 1	x 50 on :40 Freestyle	EN1	S	
200	4	x 50 on 1:00 Stroke Drills	EN1	D	
	6:45	AM 4,625 Yards - Stress Value =	32		

Workout #352 - Tuesday, 01 June 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 Swim-kick-pull-swim	REC	
400	8 x 50 on 1:00 Stroke Drills 2 o e	REC	
	$10x\{1 \times 13 \text{ on } : 00 \text{ Freestyle}$	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	
	<pre>{6 x 100 on 1:20 Freestyle</pre>	EN1	
	$\{6 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$	EN1	
	$\{6 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	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

	5:30 PM Start	FOU	HODI
Meters	Set Description	EGY	WORK
=====		===	====
	1 on 45:00 Bolles school 3rds		L
	and stretching		
800	8 x 100 on 2:00 Stroke Drills	REC	D
	2 on each stroke		
	rev im order		
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

	5:30 AM Start		
Yards	Set Description	EGY	WORK
		===	====
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	12×150 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 = 5	56	

Workout #355 - Wednesday, 02 June 1999 Group 3 - All

	5:30 PM Start		
Meters	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 45:00 Running and stretch		I
800	8 x 100 on 2:00 Stroke Drills- 2 on	REC	Γ
	each stroke rev im o		
150	10 x 15 on 1:00 Shooters	SP3	٤
	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	E
	Evens breathe ev 7		
	3x{1 x 50 on 1:15 Breaststroke-kick	EN1	F
	$\{1 \times 50 \text{ on } 1:15 \text{ Breaststroke-drill} \}$	EN1	Γ
	{1 x 100 on 2:00 Breaststroke	EN2	٤
	{1 x 100 on 1:55 Breaststroke	EN2	٤
	{1 x 100 on 1:50 Breaststroke	EN2	٤
	{1 x 100 on 1:45 Breaststroke	EN2	٤
400	8 x 50 on 1:00 Stroke Drills	REC	Γ
	7:59 PM 4,750 Meters - Stress Value = '	70	

Workout #356 - Thursday, 03 June 1999 Group 3 - All

1 minute rest between sets

	5:30 PM Start		
Meters	Set Description	EGY	V
=====		===	=
	1 on 45:00 Bolles school 3rds		
1 000	and stretching	DEC	
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	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1	
	{1 x 50 on 1:00 Freestyle-quality	EN3	
	{ effort		
300	3 x 100 on 1:30 Descend to ludicrous	EN3	
	speed		
200	1 x 200 on 4:00 Bilateral	REC	
	8:00 PM 5,050 Meters - Stress Value = 87		
	Workout #357 - Friday, 04 June 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 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	
	$1x\{8 \times 50 \text{ on } : 45 \text{ Freestyle}$	EN1	
	$\{8 \times 50 \text{ on } : 40 \text{ Freestyle}$	EN1	
	$1x{6 x 25 on :30 Freestyle}$	EN1	
	$\{6 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	
	$\{6 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN1	
300	1 x 300 on 5:00 Catchup & thumb drag	REC	
	6:45 AM 4,185 Yards - Stress Value = 42		

Workout #358 - Friday, 04 June 1999 Group 3 - All

1 minute rest between sets

Meters		PM Start et Description	EGY	MOE
Meters	56	et bescription		WOF
		20.00 Gt		
0.00		on 30:00 Stomach and Stretch		
800		x 800 on 15:00 Swim-kick-pull-swim		
150	1(0 x 15 on 1:00 Shooters	SP3	
	1	on 10:00 Techniques-starts		
600	12	2 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		

1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WORK	Sī
=====		===	====	==
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		
Meters	Set Description	EGY	WORK S
=====	=======================================	===	==== =
	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	ΚC
2,000	5 x 400 on 5:00 Pulls	EN1	P
	$3x{1 \times 300 \text{ on } 4:30 \text{ Freestyle}}$	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 #361 - Tuesday, 08 June 1999 Group 3 - All 1 minute rest between sets

5:30 AM Start

Se	t D	escr	ip	tion			EGY	WORK
==	===		==				===	====
1	x 4	00 0	n	8:00	Swim-kick-	pull-swim	REC	٤
14	X	15 o	n	:30 0	Cross pool :	sprints	SP3	٤
12	X	150	on	2:15	Pulls		EN1	E
0	dds	bre	at	he ev	7 3			
е	ven	s br	ea	the e	ev 4			
Lx{2	x 1	00 o	n	1:40	Butterfly		EN1	٤
{ 3	x 1	00 o	n	1:30	Individual	Medley	EN1	٤
{ 2	x 1	00 o	n	1:30	${\tt Backstroke}$		EN1	٤
{ 3	x 1	00 o	n	1:30	Individual	Medley	EN1	٤
{ 2	x 1	00 o	n	1:50	Breaststro!	ke	EN1	٤
{ 3	x 1	00 o	n	1:30	Individual	Medley	EN1	٤
{ 2	x 1	00 o	n	1:20	Freestyle		EN1	٤
1	x 2	00 o	n	3:00	Stroke Dri	11	REC	Ι
5:46	MA	4,31	0	Yards	s - Stress '	Value = 43	3	
	x { 2 { 3 { 2 { 3 { 2 { 3 { 2 { 3	odds even x{2 x 1 {3 x 1 {2 x 1 {3 x 1 {2 x 1 {3 x 1 {2 x 1 {3 x 1 {2 x 1 {3 x 1	odds bre evens br x{2 x 100 c {3 x 100 c {2 x 100 c {3 x 100 c {2 x 100 c {3 x 100 c {3 x 100 c {3 x 100 c {2 x 100 c {2 x 100 c	odds breat evens brea x{2 x 100 on {3 x 100 on {2 x 100 on {3 x 100 on {2 x 100 on {3 x 100 on {3 x 100 on {3 x 100 on {3 x 200 on {2 x 100 on	odds breathe evers breathe execus breathe execus breathe execus 2 x 100 on 1:40 {3 x 100 on 1:30 {2 x 100 on 1:30 {3 x 100 on 1:30 {2 x 100 on 1:50 {3 x 100 on 1:30 {2 x 100 on 1:20 1 x 200 on 3:00	odds breathe ev 3 evens breathe ev 4 x{2 x 100 on 1:40 Butterfly {3 x 100 on 1:30 Individual {2 x 100 on 1:30 Backstroke {3 x 100 on 1:30 Individual {2 x 100 on 1:50 Breaststrom {3 x 100 on 1:30 Individual {2 x 100 on 1:30 Individual {2 x 100 on 1:20 Freestyle 1 x 200 on 3:00 Stroke Dri	odds breathe ev 3 evens breathe ev 4 x{2 x 100 on 1:40 Butterfly {3 x 100 on 1:30 Individual Medley {2 x 100 on 1:30 Backstroke {3 x 100 on 1:30 Individual Medley {2 x 100 on 1:50 Breaststroke {3 x 100 on 1:30 Individual Medley {2 x 100 on 1:30 Individual Medley {2 x 100 on 1:20 Freestyle 1 x 200 on 3:00 Stroke Drill	odds breathe ev 3 evens breathe ev 4 x{2 x 100 on 1:40 Butterfly EN1 {3 x 100 on 1:30 Individual Medley EN1 {2 x 100 on 1:30 Backstroke EN1 {3 x 100 on 1:30 Individual Medley EN1 {2 x 100 on 1:50 Breaststroke EN1 {3 x 100 on 1:30 Individual Medley EN1 {3 x 100 on 1:30 Individual Medley EN1 {3 x 100 on 1:20 Freestyle EN1

Workout #359 - Monday, 07 June 1999 Group 3 - All

Workout #362 - Tuesday, 08 June 1999 Group 3 - All 1 minute rest between sets

Meters	5:30 PM Start 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	EN2	
	{4 x 50 on 1:00 Stroke Drills	REC	
	{ one on each stroke		
300	1 x 300 on 6:00 Six kick switch	REC	
	8:00 PM 5,050 Meters - Stress Value = 64	t	

Workout #363 - Wednesday, 09 June 1999 Group 3 - All 1 minute rest between sets

Meters	5:30 PM Start Set Description	EGY WC
	=======================================	
	1 on 30:00 Stomach and Stretch	
1,200	1 x 1200 on 20:00 400 skps 400 rev IM	REC
	drill 400 free build	
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	EN1
	even laps breathe 4	
	4x{3 x 200 on 3:00 Individual Medley	EN3
	{1 on 1:00 Rest	
400	8 x 50 on 1:00 Stroke Drills	REC
	7:58 PM 6,200 Meters - Stress Value = 189	9

Workout #364 - Thursday, 10 June 1999 Group 3 - All 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
210	14 x 15 on :30 Cross pool sprints	SP3	٤
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	E
	odds breathe 3-5-7-9		
	evens br. 2-4-6-8		
750	15×50 on :45 Descend in sets of 3	EN1	٤
	$1x{8 x 25 on :30 Freestyle}$	EN1	٤
	{8 x 25 on :30 Your Stroke-no free	EN1	٤
	$\{8 \times 25 \text{ on :} 25 \text{ Freestyle}$	EN1	٤
	{8 x 25 on :25 Your Stroke-no free	EN1	٤
	$\{6 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	EN1	٤
	$\{4 \times 25 \text{ on :} 15 \text{ Freestyle}$	EN1	٤
400	8 x 50 on 1:00 Stroke Drills	REC	Ι
	6.46 AM 4.010 Yards - Stress Value = 39	9	

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	REC	D
	25 drill		

	3x{1	x 400 on 5:30 Freestyle	EN1	S
	{ 1	x 400 on 5:30 Pulls	EN1	Ρ
	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	EN1	
	{2 x 400 on 6:15 Freestyle	EN1	
	$\{2 \times 400 \text{ on } 6:00 \text{ Freestyle} \}$	EN1	
	{2 x 400 on 5:45 Freestyle	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	
	$8x{2 x 100 on 2:00 Breaststroke}$	EN1	
	$\{1 \times 100 \text{ on } 1:45 \text{ Butterfly} \}$	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	EN1	S
	build, 50 stroke		
400	8 x 50 on 1:00 Stroke Drills	REC	D
	9:18 AM 6,550 Meters - Stress Value =	73	

Me:

Workout #369 - Monday, 14 June 1999 **Group 3 - Sprint** 1 minute rest between sets

Meters	6:30 AM Start 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	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

Workout #370 - Monday, 14 June 1999 Group 3 - All

9:11 AM 5,400 Meters - Stress Value = 59

550 11 x 50 on 1:00 Stroke Drills REC

1 minute rest between sets

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

Workout #371 - Tuesday, 15 June 1999 **Group 3 - Breast** 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Plyometrics/stretch		
1,000	1×1000 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	
	$\{1 \times 50 \text{ on } 1:05 \text{ Kick on back}$	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	
	$\{1 \times 50 \text{ on } 1:00 \text{ Breaststroke-fast} \}$	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	3	

Workout #372 - Tuesday, 15 June 1999 **Group 3 - Sprint** 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	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
	$3x{1 x 150 on 3:15 Kick with flippers}$	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
	$\{6 \times 50 \text{ on } :55 \text{ Freestyle} \}$	EN1
	$\{6 \times 50 \text{ on } : 50 \text{ Freestyle}$	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	6:30 AM Start Set Description	EGY WOF
	=======================================	=== ===
	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 = 8	7

Workout #374 - Tuesday, 15 June 1999 Group 3 - Fly & Back 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	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	7	
	,		

Workout #375 - Tuesday, 15 June 1999 Group 3 - All

1 minute rest between sets

	5:30 PM Start			
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
	$\{1 \times 50 \text{ on } :50 \text{ Pulls}$	EN1	P	FR
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls} \}$	EN1	P	FR
	$\{1 \times 50 \text{ on } : 40 \text{ Pulls} \}$	EN1	P	FR
	$4x{1 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}$	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 Valu	ie =	34	

Workout #376 - Thursday, 17 June 1999 **Group 3 - Distance** 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	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	E
	$1x{4 \times 200 \text{ on } 2:50 \text{ Freestyle}}$	EN2	S	E
	{1 on :40 Rest		M	
	$\{3 \times 200 \text{ on } 2:45 \text{ Freestyle} \}$	EN2	S	E
	{1 on :45 Rest		M	
	{2 x 200 on 2:40 Rest	EN2	S	E
	{1 on :40 Rest		M	
	$\{1 \times 200 \text{ on } 2:35 \text{ Freestyle} \}$	EN2	S	E
100	1 x 100 on 2:00 Freestyle-EZ	REC	S	E
250	10 x 25 on 1:00 Vertical Kicking	EN2	K	E
150	6×25 on 1:00 Sculling drills	REC	D	C
	9:22 AM 6,900 Meters - Stress Value	= 12	8	

Workout #377 - Thursday, 17 June 1999 **Group 3 - Sprint** 1 minute rest between sets

	6:30 AM Start		
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

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

Workout #378 - Thursday, 17 June 1999 Group 3 - Fly & Back 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	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	E
	1x{4 x 200 on 3:30 Your Stroke	EN2	S	Sī
	{1 on 1:00 Rest		M	
	{3 x 200 on 3:20 Your Stroke	EN2	S	Sī
	{1 on 1:00 Rest		K	
	{2 x 200 on 3:10 Your Stroke	EN2	S	Sī
	{1 on 1:00 Rest		M	
	{1 x 200 on 3:00 Your Stroke	EN2	S	Sī
100	1 x 100 on 2:00 Freestyle-ez	REC	S	E
250	10 x 25 on 1:00 Vertical Kicking	EN1	K	E
150	6×25 on 1:00 Sculling drills	REC	D	C
	9:20 AM 6,300 Meters - Stress Value	= 91	L	

Workout #379 - Thursday, 17 June 1999 Group 3 - Breast 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	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	E
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	9	

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
	$8x{1 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}$	REC	D
	$\{1 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC	D
160	8 x 20 on 1:00 Shooters-brst	SP3	S
700	7×100 on 1:45 Kick-fly with fins	EN2	K
500	10×50 on :45 Freestyle	EN1	S
	1x{3 x 100 on 1:45 Freestyle	EN1	S
	$\{6 \times 50 \text{ on } 1:00 \text{ Butterfly with fins}\}$	EN1	S
	${3 \times 100 \text{ on } 1:45 \text{ Freestyle}}$	EN1	S
	$\{4 \times 50 \text{ on } :55 \text{ Butterfly with fins } \}$	EN1	S
	${3 \times 100 \text{ on } 1:45 \text{ Freestyle}}$	EN1	S
	$\{4 \times 50 \text{ on } : 50 \text{ Butterfly with fins } \}$	EN1	S
	${3 \times 100 \text{ on } 1:45 \text{ Freestyle}}$	EN1	S
	$\{2 \times 50 \text{ on } : 45 \text{ Butterfly with fins } \}$	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	Sī
=====	=======================================	===		==
	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	E
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	E
	the mid 50 br ev 8			
	2x{4 x 100 on 2:00 Freestyle	EN1	S	E
	$\{4 \times 100 \text{ on } 1:45 \text{ Freestyle} \}$	EN1	S	F
	{4 x 100 on 1:30 Freestyle	EN1	S	E
	{1 on 2:00 Rest		M	
250	10 x 25 on 1:00 Vertical Kicking	EN1	K	E
	1 on 6:00 Sculling drills	REC	D	C
	9:16 AM 5,850 Meters - Stress Value	= 73	3	

Workout #382 - Friday, 18 June 1999 Group 3 - Fly & Back

1 minute rest between sets

	6:30 AM Start				
Meters	Set Description	EGY	WORK	Sī	
=====	=======================================	===	====	==	
	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	E	
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	E	
	the mid 50 br ev 8				
	2x{4 x 50 on 1:00 Your Stroke	EN1	S	SI	
	{4 x 100 on 1:50 Your Stroke	EN1	S	Sī	
	{4 x 150 on 2:40 Your Stroke	EN1	S	Sī	
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	5		

Workout #383 - Friday, 18 June 1999 **Group 3 - Distance** 1 minute rest between sets

	6:30	AM	Start
Meters	Set	Desc	ription

=====		===	====
	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
500	10×50 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 Valu	e = 8	3

Workout #384 - Friday, 18 June 1999 **Group 3 - Breast** 1 minute rest between sets

Motomo	6:30 AM Start	ECV	WORK	CITIZ
Meters	Set Description	EGI	WORK	SIN
		===	====	===
	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	EN1	K	BR
	descend 1-3			
250	10×25 on $1:00$ Vertical Kicking	EN1	K	FR
	1 on 6:00 Sculling drills	REC	D	CD
	9:16 AM 5,050 Meters - Stress Val	lue =	= 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	EN1	K
	each stroke		
	$1x{2 x 100 on 2:00 50 fly 50 back}$	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 FreestyleEZ	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 I	Descrip	tion		EGY WC
=====	=====				=== ==
	1 on	30:00	Plyor	metrics/stretch	
1,200	1 x 3	1200 or	22:0	00 400 SKPS 400 rev IM	REC
	Dri	11 400	free	build	
200	10 x	20 on	1:00	Shooters-fly	SP3
	1x{1 x 3	100 on	2:15	Kick	EN2
	{1 x :	100 on	2:10	Kick	EN2
	{1 x 1	100 on	2:05	Kick	EN2
	{1 x :	100 on	2:00	Kick	EN2
	{1 x 1	100 on	1:55	Kick	EN2
	{1 x 1	100 on	1:50	Kick	EN2
1,000	4 x 2	250 on	3:45	Pulls with paddles	EN1
200	1 x 2	200 on	4:00	Freestyle-build	EN1
	1x{3 x 3	100 on	2:00	50 fly 50 back	EN1
	{2 x 2	200 on	4:00	Individual Medley	EN1
	{3 x }	100 on	2:00	50 back 50 breast	EN1
	{2 x 2	200 on	4:00	Individual Medley	EN1
	{3 x 3	100 on	4:00	50 breast 50 free	EN1
	{2 x 2	200 on	4:00	Individual Medley	EN1
250	10 x	25 on	1:00	Vertical Kicking	EN1
	1 on	5:00 9	culli	ing drills	REC
	9:13 AM	5,550	Meter	rs - Stress Value = 57	

Workout #387 - Saturday, 19 June 1999 Group 3 - All 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description E	EGY	V
=====	=======================================	===	=
	1 on 30:00 Plyometrics/stretch		
1,200	1 x 1200 on 22:00 400 SKPS 400 rev IM F	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 F	REC	
250	10 x 25 on 1:00 Vertical Kicking	EN1	
	1 on 5:00 Sculling drills	REC	

Workout #388 - Saturday, 19 June 1999 Age Group - Freestylers 1 minute rest between sets

9:18 AM 4,250 Meters - Stress Value = 89

Meters	6:30 AM Start Set Description EGY WC	
	1 20 00 71	
1,200	1 on 30:00 Plyometrics/stretch 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	Mete	rs - 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	
	$1x\{2 \times 100 \text{ on } 2:00 \text{ Freestyle}$	EN1	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	{2 x 100 on 1:55 Freestyle	EN1	
	$\{4 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN1	
	{2 x 100 on 1:50 Freestyle	EN1	
	$\{4 \times 50 \text{ on } :55 \text{ Freestyle} \}$	EN1	
	{2 x 100 on 1:45 Freestyle	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ Freestyle}$	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		

6:30 AM Start

EN1

EN1

EN1

REC

EN2

Workout #391 - Monday, 21 June 1999 Group 3 - Distance 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	MC
=====		===	==
	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	
	$\{3 \times 200 \text{ on } 2:45 \text{ Freestyle} \}$	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

	5:30 PM Start			
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	KC	
	hold 16 as fast as15			
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

6:30 AM Start
Meters Set Description

Workout #395 - Tuesday, 22 June 1999 Group 3 - Fly & Back									
								icking Value	

1 minute rest between sets

1 on 30:00 Plyometrics/stretch

10 x 20 on 1:00 Shooters

3 x 800 on 12:00 Freestyle

10 x 50 on 1:00 Stroke Drills

 $1x{2 x 300 on 4:30 Pulls}$

 $\{2 \times 300 \text{ on } 4:20 \text{ Pulls}$

 $\{2 \times 300 \text{ on } 4:10 \text{ Pulls}$

1,000

1,000

200

500

250

1 x 1000 on 20:00 Alt 100 4st ba/fr w/ REC

10 x 100 on 2:15 Kick-hold time I giv EN2

	6:30 AM Start		
Meters	Set Description	EGY	V
	=======================================	===	=
	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	6×50 on 1:00 Descend in sets of 3	EN1	
	$3x{4 \times 50}$ 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

	6:30 AM Start		
Meters	Set Description	EGY	V
	=======================================	===	=
	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	6×50 on 1:00 Descend in sets of 3	EN1	
	$2x{4 \times 200}$ 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	V
	=======================================	===	=
	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	
	$1x{8 \times 50 \text{ on } 2:00 \text{ Freestyle}}$	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	Se	et 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	3

Workout #399 - Wednesday, 23 June 1999 Group 3 - All 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WORK	٤
=====		===	====	=
	1 on 30:00 Dryland and stretch		L	
1,000	1 x 1000 on 20:00 Choice	REC	S	(
200	10 x 20 on 1:00 Shooters	SP3	S	E
200	1 x 200 on 10:00 Your event for time	SP2	S	۲
800	16 x 50 on 1:00 Kick with flippers	EN2	K	$\overline{}$
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	3	

Workout #400 - Thursday, 24 June 1999 Group 3 - Fly & Back 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WORF
		===	====
	1 on 30:00 Plyometrics/stretch		I
1,000	1 x 1000 on 20:00 Choice	REC	Ι
200	10 x 20 on 1:00 Shooters	SP3	٤
	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	E
	{6 x 100 on 1:30 Pulls-nbbf&w	EN1	E
	{3 x 200 on 2:40 Pulls-nbbf&w	EN1	E
100	1 x 100 on 2:00 Freestyle	EN1	٤
	$5x{4 x 50 on 1:00 Stroke Drills-descen}$	EN1	Γ
	{2 x 100 on 1:30 Your Stroke	EN2	٤
500	10 x 50 on 1:00 Stroke Drills	REC	Γ
125	5 x 25 on 1:00 Vertical Kicking	EN2	F
	1 on 5:00 Sculling drills	REC	Γ
	9:19 AM 6,525 Meters - Stress Value = 3	82	

Workout #401 - Thursday, 24 June 1999 Group 3 - Breast 1 minute rest between sets

	6:30 AM Start	B011		_
Meters	Set Description	EGY	WORK	2
=====	=======================================		====	=
	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		
	{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	•		D	
125	5 x 25 on 1:00 Vertical Kicking		K	C
		REC	D	-
	9:17 AM 5,725 Meters - Stress Value =		D	

Workout #402 - Thursday, 24 June 1999 Group 3 - Sprint 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	MC
=====	=======================================	===	==
	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	10×100 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

Group 3 - Distance

	1 minute rest between sets		Meters	6:30 AM Start Set Descripti
Meters	6:30 AM Start Set Description	EGY WOF	=====	1 on 30:00 Dr 1 x 800 on 16
1,000	1 on 30:00 Plyometrics/stretch 1 x 1000 on 20:00 Choice 10 x 20 on 1:00 Shooters	REC SP3	200	1x{1 x 300 on 6: {2 x 150 on 3:
	1x{4 x 50 on 1:15 Kick {4 x 50 on 1:10 Kick {4 x 50 on 1:05 Kick {4 x 50 on 1:05 Kick	EN2 EN2 EN2 EN2		{3 x 100 on 2: 1 x 100 on 5: 10 x 150 on 2 6 x 50 on :55 1x{1 x 400 on 7:
	1x{1 x 1000 on 15:00 Pulls with paddles {4 x 250 on 3:45 Pulls with paddles 2x{2 x 400 on 6:20 Freestyle {4 x 100 on 1:20 Freestyle	EN1 EN1 EN1	400	{2 x 200 on 3: {4 x 100 on 1: 4 x 100 on 1: ludicorus sp
500 125	10 x 50 on 1:00 Stroke Drills 5 x 25 on 1:00 Vertical Kicking 1 on 5:00 Sculling drills 9:20 AM 7,025 Meters - Stress Value = 70	REC EN2 REC 6	350 200	7 x 50 on 1:0

Workout #404 - Thursday, 24 June 1999 Group 3 - All

1 minute rest between sets

5:30 PM Start

Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 31:00 Stomach and Stretch		
	$8x{1 x 50 on 1:00 Stroke Drills}$	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	EN2	
	odds on back evens		
	on side under water		
400	4 x 100 on 1:30 Freestyle	EN1	
	$5x{1 x 150 on 2:45 50 dr 50 bld 50 fast}$	EN1	
	$\{1 \times 100 \text{ on } 1:50 \text{ 50 build 50 fast}$	EN1	
	$\{1 \times 50 \text{ on } :55 50 \text{ fast}$	EN1	
	{1 on :30 Rest		
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:30 PM 4,100 Meters - Stress Value = 48	3	

Workout #405 - Friday, 25 June 1999 Group 3 - Sprint 1 minute rest between sets

6:30 AM Start Set Description Meters EGY WC 1 on 30:00 Dryland and stretch 1 x 800 on 16:00 Stroke Drills 800 REC 10 x 20 on 1:00 Shooters 200 SP3 $1x{1 x 300 on 6:30 Kick}$ EN1 $\{2 \times 150 \text{ on } 3:10 \text{ Kick} \}$ 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 6×50 on :55 Freestyle 1,200 6 x 200 on 4:00 Freestyle EN1 3 x 100 on 1:45 Freestyle descend to EN2 300 ludicorus speed 7 x 50 on 1:00 Stroke Drills 350 REC 8 x 25 on 1:00 Vertical Kicking 200 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

1 minute rest between sets

	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	
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	
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	4×100 on $1:45$ Freestyle descend to	EN2	
	ludicorus speed		
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 #407 - Friday, 25 June 1999 **Group 3 - Distance** 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	MC
=====	=======================================	===	==
	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	
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	
•	$1x\{4 \times 200 \text{ on } 2:50 \text{ Freestyle}$	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	EN2	
	ludicrous speed		
350	-	REC	
200	8 x 25 on 1:00 Vertical Kicking	EN2	
200	1 on 5:00 Sculling drills	REC	
	9:19 AM 6,550 Meters - Stress Value = 81		

Workout #408 - Friday, 25 June 1999 Group 3 - All

1 minute rest between sets

	5:30	PM Start		
Meters	Se	et Description	EGY	WOF
=====	==		===	===
	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 On each no	EN1	
	k	board		
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 = 1	16	

Workout #409 - Saturday, 26 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 24:00 400 SKPS 400 rev IM	REC
	drill 400 free build	
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
	$2x{2 \times 50}$ 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
	$\{2 \times 50 \text{ on } : 45 \text{ Kick with flippers} \}$	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

	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	
800	8 x 100 on 2:15 Kick	EN2	
1,200	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		

1 minute rest between sets

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

Workout #412 - Monday, 28 June 1999 Group 3 - Fly & Back 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WORK
=====		===	====
	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	EN1	S
	build, 50 stroke		
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	6:30 AM Start 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
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

		5:30 PM Start		
	Meters	Set Description	EGY	WORK
JC	=====	=======================================	===	====
==		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
		$1x\{8 \times 50 \text{ on } :55 \text{ Backstroke}$	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	10×50 on :45 Free-concentrate on	EN1	S
		good finishes		
	400	1 x 400 on 7:00 Bilateral	REC	D
		7:30 PM 4,100 Meters - Stress Value =	54	

Workout #411 - Monday, 28 June 1999 Group 3 - Breast

Workout #415 - Tuesday, 29 June 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 18:00 Choice	REC	D
200	10 x 20 on 1:00 Shooters	SP3	S
	$3x{1 x 150 on 3:15 Kick with flippers}$	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
	$\{6 \times 50 \text{ on } :55 \text{ Freestyle} \}$	EN1	S
	$\{6 \times 50 \text{ on } :50 \text{ Freestyle}$	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

	6:30 AM Start		
Meters	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Plyometrics/stretch		I
1,000	1 x 1000 on 20:00 Choice	REC	Ι
200	10 x 20 on 1:00 Shooters	SP3	٤
	$3x{1 x 150 on 3:15 Kick hands behind}$	EN2	F
	{1 x 100 on 2:10 Kick streamline	EN2	F
	$\{1 \times 50 \text{ on } 1:05 \text{ Kick on back}$	EN2	F
1,200	6 x 200 on 4:30 Pulls with paddles	EN1	E
150	3 x 50 on 1:00 Freestyle-descend	EN1	٤
	5x{1 x 100 on 2:15 Stroke Drill	REC	Ι
	{1 x 100 on 2:15 Breaststroke- build	EN1	٤
	{1 x 50 on 1:00 Breaststroke-fast	EN2	٤
500	10 x 50 on 1:00 Stroke Drills	EN1	Ι
	9:04 AM $5,200$ Meters - Stress Value = 6	52	

Workout #417 - Tuesday, 29 June 1999 Group 3 - Distance 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
	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	4×500 on $7:00$ Pulls with paddles	EN1	P
150	3 x 50 on 1:00 Freestyle-descend	EN1	S
	$1x{4 \times 200 \text{ on } 2:45 \text{ Freestyle}}$	EN1	S
	$\{4 \times 200 \text{ on } 2:40 \text{ Freestyle}$	EN1	S
	$\{4 \times 200 \text{ on } 2:35 \text{ Freestyle}$	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

EGY	WORK
	EGY

	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	EN1	S
	with flippers		
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

	5:30 PM Start			
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
	$\{1 \times 50 \text{ on } : 50 \text{ Pulls}$	EN1	P	FR
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls}$	EN1	P	FR
	$\{1 \times 50 \text{ on } : 40 \text{ Pulls}$	EN1	P	FR
	$4x{1 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}$	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 Valu	ie =	34	

Workout #420 - Wednesday, 30 June 1999 Group 3 - All 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WORK
=====		===	====
	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	EN2	S
	your interval		
400	8 x 50 on 1:00 Stroke Drills	REC	D
	9:00 AM 5,700 Meters - Stress Value =	103	

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EN2

REC

REC

EN1

EN1

EN1

EN1

EN2

Workout #421 - Thursday, 01 July 1999 Group 3 - Fly & Back 1 minute rest between sets

Workout #424 - Thursday, 01 July 1999 Group 3 - Sprint 1 minute rest between sets

1 on 30:00 Plyometrics/stretch 1 on 30:00 Fryomeetre. 1 x 1000 on 20:00 Choice REC 1 00 Chooters SP3

12 x 100 on 1:45 Lungbuster pulls EN1

10 x 20 on 1:00 Shooters

6:30 AM Start

Meters

700

=====

Set Description

1x{4 x 50 on 1:15 Kick

{4 x 50 on 1:10 Kick

{4 x 50 on 1:05 Kick

{4 x 50 on 1:00 Kick

odds breathe 5-7 evens breathe 6-8 $10x\{4 \times 50 \text{ on } :50 \text{ Free-descend}$

{1 on :40 Rest

5:30 PM Start

6 00 314 6. .

Set Description

Meters		AM Start et Description	EGY	WORK	STK	Meters
======	==	======================================	===	====	===	======
	1	on 30:00 Plyometrics/stretch		L		
1,000		-	REC	S	СНО	1,000
•			SP3	S	BR	200
	1x{4	x 50 on 1:15 Kick	EN2	K	СНО	
	{ 4	x 50 on 1:10 Kick	EN2	K	СНО	
	{ 4	x 50 on 1:05 Kick	EN2	K	СНО	
	{ 4	x 50 on 1:00 Kick	EN2	K	СНО	
1,800	6	x 300 on 4:30 Pulls	EN1	P	FR	1,200
	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	300
	{ 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 Valu	ie =	89		

Workout #425 - Thursday, 01 July 1999 Group 3 - All 1 minute rest between sets

1 on 30:00 Stomach and Stretch $8x{1 x 50 on 1:00 Stroke Drills}$

{1 x 50 on 1:00 Stroke Drills

 10×50 on :45 Freestyle $1x{3 \times 100 \text{ on } 1:45 \text{ Freestyle}}$

 $\{3 \times 100 \text{ on } 1:45 \text{ Freestyle} \}$

{3 x 100 on 1:45 Freestyle

1 x 50 on 1:00 Stroke Drills REC 8 x 20 on 1:00 Shooters-brst SP3

 7×100 on 1:40 Kick-fly with fins EN2

 $\{6 \times 50 \text{ on } 1:00 \text{ Butterfly with fins EN1} \}$

 $\{4 \times 50 \text{ on } :55 \text{ Butterfly with fins } EN1$ {3 x 100 on 1:45 Freestyle

 $\{4 \times 50 \text{ on } : 50 \text{ Butterfly with fins } EN1$

 $\{2 \times 50 \text{ on } : 45 \text{ Butterfly with fins } \text{EN1}$

1 x 300 on 5:00 Freestyle-ez

8:59 AM 5,500 Meters - Stress Value = 82

Workout #422 - Thursday, 01 July 1999 Group 3 - Breast 1 minute rest between sets

Meters		AM Start et Description	FCV	WORK	CUR
					31K
	1	on 30:00 Plyometrics/stretch		L	
1,000	1	x 1000 on 20:00 Choice	REC	S	CHO
200	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 Valu	ie =	94	

Workout #426 - Friday, 02 July 1999 **Group 3 - Distance** 1 minute rest between sets

1 x 200 on 4:00 Six kick switch 7:29 PM 4,360 Meters - Stress Value = 48

Workout #423 - Thursday, 01 July 1999 **Group 3 - Distance** 1 minute rest between sets

	6:30 AM Start				1
Meters	Set Description	EGY	WORK	STK	=
=====	=======================================	===	====	===	
	1 on 30:00 Plyometrics/stretch		L		
1,000	1 x 1000 on 20:00 Choice	REC	S	СНО	
200	10 x 20 on 1:00 Shooters	SP3	S	BR	
	$1x{4 x 50 on 1:15 Kick}$	EN2	K	CHO	
	$\{4 \times 50 \text{ on } 1:10 \text{ Kick} \}$	EN2	K	СНО	
	$\{4 \times 50 \text{ on } 1:05 \text{ Kick} \}$	EN2	K	CHO	
	{4 x 50 on 1:00 Kick	EN2	K	СНО	
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		
	$\{2 \times 200 \text{ on } 2:35 \text{ Freestyle} \}$	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 Val	ue =	122		

	6:30 AM Start		
Meters	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Dryland and stretch		L
800	1 x 800 on 16:00 Stroke Drill	REC	D
200	10×20 on $1:00$ Pit sprints	SP3	S
1,000	10×100 on $2:15$ Kick-odds fast	EN2	K
500	10×50 on $1:00$ Pulls breathe ev 9	EN1	P
	1x{6 x 300 on 4:00 Freestyle	EN1	S
	<pre>{6 x 200 on 2:40 Freestyle</pre>	EN1	S
	{6 x 100 on 1:20 Freestyle	EN1	S
	$\{6 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	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

	6:30 AM Start				
Meters	Set Description	EGY	WORK	STF	
	=======================================	===	====	===	
	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				
	$2x{4 \times 50 \text{ on } 1:00 \text{ Your Stroke}}$	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	ľ
400	8 x 50 on 1:00 Stroke Drills	REC	D	CI	
	9:04 AM 6,000 Meters - Stress Value	= = 7	70		

Workout #428 - Friday, 02 July 1999 Group 3 - Sprint 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	STr
	=======================================	===	====	===
	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 x 100 on 2:00 Freestyle	EN1	S	FF
	$\{4 \times 100 \text{ on } 1:45 \text{ Freestyle} \}$	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	e = 7	71	

Workout #429 - Monday, 05 July 1999 Group 3 - Fly & Back 1 minute rest between sets

Meters	6:30 AM Start 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 6:30 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	
	$\{4 \times 100 \text{ on } 1:30 \text{ Freestyle-build} \}$	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

	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	Х	150	on	3:15	Kick	EN1
	{ 1	Х	100	on	2:10	Kick	EN1
	{ 1	Х	50 0	on I	1:05 E	Kick	EN1
1,600	4	Х	400	on	6:30	Pulls	EN1
	1x{3	Х	150	on	2:45	Freestyle	EN1
	{ 3	Х	150	on	2:30	Freestyle	EN1
	{ 3	Х	150	on	2:15	Freestyle	EN1
250	1	Х	250	on	5:00	Stroke Drills	REC
	8:49	Αľ	M 5,3	300	Mete	rs - Stress Value = 48	

Workout #431 - Monday, 05 July 1999 Group 3 - Breast

1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WC
=====		===	==
1,000	1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim	DEC	
200	10 x 20 on 1:00 Shooters	SP3	
200			
	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	4 x 300 on 6:30 Pulls	EN1	
	$1x{3 x 50 on 1:15 Breaststroke}$	EN1	
	$\{3 \times 100 \text{ on } 2:20 \text{ Breaststroke} \}$	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

	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	
2,000	4 x 500 on 6:30 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	

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 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	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	{2 x 100 on 1:55 Freestyle	EN1	
	$\{4 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN1	
	{2 x 100 on 1:50 Freestyle	EN1	
	$\{4 \times 50 \text{ on } :55 \text{ Freestyle}$	EN1	
	{2 x 100 on 1:45 Freestyle	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ Freestyle}$	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	٤
=====	=======================================	===	====	=
	1 on 30:00 Plyometrics/stretch		L	
1,000	1 x 1000 on 20:00 Choice	REC	S	(
200	10 x 20 on 1:00 Shooters	SP3	S	
1,000	10 x 100 on 2:15 Kick	EN1	K	(
	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	
	$\{4 \times 50 \text{ on } 2:00 \text{ Choice-no free}\}$	SP2	S	\subset
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

Meters	6:30 AM Start Set Description	EGY	WORK	STK
=====	=======================================	===	====	===
	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 Valu	ie =	72	

Workout #436 - Tuesday, 06 July 1999 Group 3 - Fly & Back 1 minute rest between sets

	1 on 30:00 Plyometrics/stretch		I
1,000	1 x 1000 on 20:00 Choice	REC	Γ
200	10 x 20 on 1:00 Shooters	SP3	٤
1,000	10 x 100 on 2:15 Kick	EN2	F
	6x{1 x 100 on 1:30 Pulls	EN1	E
	$\{1 \times 100 \text{ on } 1:30 \text{ Lungbuster pulls}$	EN1	E
300	6×50 on 1:00 Descend in sets of 3	B EN1	٤
	$2x{4 \times 50}$ on 1:00 Your Stroke	EN1	٤
	$\{4 \times 50 \text{ on } :55 \text{ Your Stroke}$	EN1	٤
	{4 x 50 on :50 Your Stroke	EN2	٤
	{1 on 1:00 Rest		N
500	10 x 50 on 1:00 Stroke Drills	REC	Γ
	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	Sī
=====		===	====	==
	1 on 30:00 Plyometrics/stretch		L	
1,000	1 x 1000 on 20:00 Choice	REC	D	CF
200	10 x 20 on 1:00 Shooters	SP3	S	F
1,000	10 x 100 on 2:15 Kick	EN2	K	CF
1,200	12 x 100 on 2:10 Pulls	EN1	P	Ε
300	6×50 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	s s	

Workout #438 - Tuesday, 06 July 1999 Group 3 - Sprint 1 minute rest between sets

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 1,000 10 x 100 on 2:15 Kick 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 100 on 2:00 Freestyle EN1 {8 x 50 on 1:00 Choice-no freestyle EN1	C		6:30 AM Start		
1,000 1 x 1000 on 20:00 Choice REC 200 10 x 20 on 1:00 Shooters SP3 1,000 10 x 100 on 2:15 Kick 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 100 on 2:00 Freestyle EN1 {8 x 50 on 1:00 Choice-no freestyle EN1 500 10 x 50 on 1:00 Stroke Drills REC		Meters	Set Description	EGY	WORK
1,000 1 x 1000 on 20:00 Choice REC 200 10 x 20 on 1:00 Shooters SP3 1,000 10 x 100 on 2:15 Kick 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 100 on 2:00 Freestyle EN1 {8 x 50 on 1:00 Choice-no freestyle EN1 500 10 x 50 on 1:00 Stroke Drills REC		=====	=======================================	===	====
200 10 x 20 on 1:00 Shooters SP3 1,000 10 x 100 on 2:15 Kick 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 100 on 2:00 Freestyle EN1 {8 x 50 on 1:00 Choice-no freestyle EN1 500 10 x 50 on 1:00 Stroke Drills REC			1 on 30:00 Plyometrics/stretch		L
1,000 10 x 100 on 2:15 Kick 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 100 on 2:00 Freestyle EN1 {8 x 50 on 1:00 Choice-no freestyle EN1 500 10 x 50 on 1:00 Stroke Drills REC		1,000	1 x 1000 on 20:00 Choice	REC	D
1,200 6 x 200 on 3:30 Pulls EN1 300 3 x 100 on 2:00 Descend 1-3 EN1 1x{8 x 100 on 2:00 Freestyle EN1 {8 x 50 on 1:00 Choice-no freestyle EN1 500 10 x 50 on 1:00 Stroke Drills REC		200	10 x 20 on 1:00 Shooters	SP3	S
300 3 x 100 on 2:00 Descend 1-3 EN1 1x{8 x 100 on 2:00 Freestyle EN1 {8 x 50 on 1:00 Choice-no freestyle EN1 500 10 x 50 on 1:00 Stroke Drills REC		1,000	10 x 100 on 2:15 Kick	EN2	K
$1 \times \{8 \times 100 \text{ on } 2:00 \text{ Freestyle} \}$ EN1 $\{8 \times 50 \text{ on } 1:00 \text{ Choice-no freestyle EN1} \}$ 500 $10 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$ REC	C	1,200	6 x 200 on 3:30 Pulls	EN1	P
{8 x 50 on 1:00 Choice-no freestyle EN1 10 x 50 on 1:00 Stroke Drills REC		300	3 x 100 on 2:00 Descend 1-3	EN1	S
500 10 x 50 on 1:00 Stroke Drills REC			1x{8 x 100 on 2:00 Freestyle	EN1	S
			{8 x 50 on 1:00 Choice-no freestyle	EN1	S
9:00 AM 5,400 Meters - Stress Value = 60		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

Meters	5:30 PM Start Set Description	EGY WOF
	1 20:00 0+	
	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 = 3	7

6:30 AM Start

{3 x 100 on 2:10 Kick

ludicorus speed

 6×50 on :55 Freestyle

6 x 200 on 4:00 Freestyle

1 x 100 on 5:00 Kick for time

10 x 150 on 2:15 Pulls-mid 50 br ev 9 EN1

3 x 100 on 1:45 Freestyle descend to $\,$ EN2 $\,$

100

300

300

1,500

1,200

Workout #440 - Wednesday, 07 July 1999 **Group 3 - Senior State** 1 minute rest between sets

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

Workout #444 - Thursday, 08 July 1999 Group 3 - Fly & Back

	6:30 AM Start			Group 3 - riy & Back	
Meters	Set Description	EGY WOF		1 minute rest between sets	
=====		=======			
	1 on 30:00 Dryland and stretch			6:30 AM Start	
800	±		Meters	Set Description	EGY I
200		SP3	=====	=======================================	=== :
	4x{1 x 100 on 2:00 Kick with flippers	EN1		1 on 30:00 Dryland and stretch	
1 000	{1 x 100 on 2:30 Kick	EN1	800	1 x 800 on 16:00 Stroke Drills	REC
1,000		EN1	200	10 x 20 on 1:00 Shooters	SP3
	5x{1 x 200 on 4:00 Individual Medley	EN1		1x{1 x 300 on 6:30 Kick	EN1
	{2 x 50 on 1:00 Freestyle-build	EN1		{2 x 150 on 3:10 Kick	EN1
200		REC		{3 x 100 on 2:10 Kick	EN2
	8:44 AM $4,500$ Meters - Stress Value = 4	:5	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
	Workout #441 - Wednesday, 07 July 1999		300	6 x 50 on :55 Freestyle	EN1
	Group 3 - All			1x{1 x 400 on 7:00 Your Stroke 50dr 50s	EN1
	•			{2 x 200 on 3:30 Your Stroke 50dr 50s	EN1
	1 minute rest between sets			{4 x 100 on 1:45 Your Stroke	EN1
			400	4 x 100 on 1:45 Freestyle descend to	EN2
	6:30 AM Start			ludicorus speed	
Meters	Set Description	EGY WOF	400	1 x 400 on 6:00 Stroke Drills	REC
=====	=======================================	=======		9:02 AM 5,800 Meters - Stress Value = 70	
	1 on 30:00 Dryland and stretch			,	
800	±	n REC		W	
200		SP3		Workout #445 - Thursday, 08 July 1999	
900		EN2		Group 3 - Sprint	
1,500	6 x 250 on 4:00 Pulls	EN1		1 minute rest between sets	
	$1x{8 \times 100 \text{ on } 1:30 \text{ Freestyle}}$	EN1			
	{8 x 100 on 1:25 Freestyle	EN1		6:30 AM Start	
	{8 x 100 on 1:20 Freestyle	EN1	Meters		EGY I
300	1 x 300 on 6:00 Stroke Drills	REC	=====	-	===
	8:56 AM 6,100 Meters - Stress Value = 7	'3		1 on 30:00 Plyometrics/stretch	
			800	-	REC
	Workout #442 - Thursday, 08 July 1999		200		SP3
	**			1x{4 x 50 on 1:15 Kick	EN2
	Group 3 - Senior State			{4 x 50 on 1:10 Kick	EN2
	1 minute rest between sets			{4 x 50 on 1:05 Kick	EN2
				{4 x 50 on 1:00 Kick	EN2
	6:30 AM Start			2x{6 x 50 on 1:00 Pulls	EN1
Meters	Set Description EGY WO	RK STK		{4 x 100 on 1:50 Pulls	EN1
	=======================================	== === =		{2 x 200 on 3:20 Pulls	EN1
	1 on 30:00 Plyometrics/stretch	L	1,000		
800	1 x 800 on 16:00 Choice REC	S CHO	1,000	hold 10 as fast as 9	TIVI
200	10 x 20 on 1:00 Shooters SP3	S BR	500		REC
600	6 x 100 on 2:30 Kick-odds fast EN2	K CHO	300	8:57 AM 5,500 Meters - Stress Value = 61	
1,600	8 x 200 on 3:30 Choice EN1	S CHO		0.37 AM 3,300 Meters - Stress value - 01	
	12 x 50 on 1:15 3 on each stroke EN1	S IM			
	1 x 200 on 5:00 Stroke Drills REC	D CD		Workout #446 - Thursday, 08 July 1999	
	8:34 AM 4,000 Meters - Stress Value = 4	7		Group 3 - Breast	
				1 minute rest between sets	
	W 1 4 //4/2 TI 1 00 I 1 1000			1 innute Test between sets	
	Workout #443 - Thursday, 08 July 1999			6.30 AM Chamb	
	Group 3 - Sprint		M-+	6:30 AM Start	MODIA
	1 minute rest between sets		Meters	Set Description EGY	WORK
			=====		
	6:30 AM Start		000	1 on 30:00 Plyometrics/stretch	L
Meters	Set Description	EGY WC	800		
=====	======================================		200	10 x 20 on 1:00 Shooters SP3	
	1 on 30:00 Dryland and stretch			1x{4 x 50 on 1:15 Kick EN2	
200		DEC		{4 x 50 on 1:10 Kick EN2	
800		REC		{4 x 50 on 1:05 Kick EN2	K
200	10 x 20 on 1:00 Shooters 1x{1 x 300 on 6:30 Kick	SP3		{4 x 50 on 1:00 Kick EN2	K
	IVII V KIII ON KIKI KICK	EN1			
	{2 x 150 on 3:10 Kick	EN1	1,000	4 x 250 on 5:15 Pulls EN1	P

500

EN2

EN3

EN1

EN1

9:02 AM 5,400 Meters - Stress Value = 59

 $1x{6} \times 100$ on 2:00 Breaststroke

 $\{5 \times 100 \text{ on } 1:55 \text{ Breaststroke} \}$

 $\{4 \times 100 \text{ on } 1:50 \text{ Breaststroke} \}$

 $\{3 \times 100 \text{ on } 1:45 \text{ Breaststroke} \}$

10 x 50 on 1:00 Stroke Drills

S

S

S

S

D

EN1

EN1

REC

Workout #447 - Thursday, 08 July 1999 Group 3 - Fly & Back 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WORF
	=======================================	===	====
	1 on 30:00 Plyometrics/stretch		I
800	1 x 800 on 16:00 Choice	REC	Γ
200	10 x 20 on 1:00 Shooters	SP3	٤
	1x{4 x 50 on 1:15 Kick	EN2	ľ
	{4 x 50 on 1:10 Kick	EN2	ľ
	{4 x 50 on 1:05 Kick	EN2	ľ
	{4 x 50 on 1:00 Kick	EN2	ľ
	$1x\{12 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w}$	EN1	E
	{6 x 100 on 1:30 Pulls-nbbf&w	EN1	E
	{3 x 200 on 2:40 Pulls-nbbf&w	EN1	E
100	1 x 100 on 2:00 Freestyle	EN1	٤
	5x{4 x 50 on 1:00 Stroke Drills-descen	EN1	Γ
	{2 x 100 on 1:30 Your Stroke	EN2	٤
500	10 x 50 on 1:00 Stroke Drills	REC	Γ
	9:04 AM 6,200 Meters - Stress Value = 8	30	

Workout #448 - Thursday, 08 July 1999 Group 3 - Distance 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Plyometrics/stretch		
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	
	$1x{1 \times 1000}$ on 15:00 Pulls with paddles	EN1	
	{4 x 250 on 3:45 Pulls with paddles	EN1	
	$2x{2 \times 400 \text{ on } 6:20 \text{ Freestyle}}$	EN1	
	{4 x 100 on 1:20 Freestyle	EN1	

Workout #449 - Thursday, 08 July 1999 Group 3 - All

9:05 AM 6,700 Meters - Stress Value = 74

REC

10 x 50 on 1:00 Stroke Drills

500

Meters

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

Workout #450 - Friday, 09 July 1999 Group 3 - Distance

1 minute rest between sets	
:30 AM Start	
Set Description	EGY WC

=====	=======================================	===	==		
	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			
100	1×100 on $5:00$ Kick for time	EN3			
1,500	10 x 150 on 2:15 Pulls-mid 50 br ev 9	EN1			
	$1x{4 \times 200 \text{ on } 2:50 \text{ Freestyle}}$	EN1			
	{2 x 200 on 2:40 Freestyle	EN1			
	$\{4 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$	EN1			
	{2 x 100 on 1:20 Freestyle	EN1			
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1			
	{2 x 50 on :40 Freestyle	EN1			
400	4×100 on $1:45$ Free-descend to	EN2			
	ludicrous speed				
400	1 x 400 on 6:00 Stroke Drills	REC			
	9:04 AM 6,400 Meters - Stress Value = 77				
Workout #451 - Saturday, 10 July 1999					

Workout #451 - Saturday, 10 July 1999 Group 3 - Senior State 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Dryland and stretch		L
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
	$\{1 \times 100 \text{ on } 1:40 \text{ Pulls}$	EN1	P
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls}$	EN1	P
	$3x{1 \times 100}$ on :00 Choice-broken at 50	SP2	S
	{ for 10 seconds		
	$\{1 \times 200 \text{ on } 8:00 \text{ Freestyle-ez}$	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

	6:30 PM 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	
800	8 x 100 on 2:15 Kick-odds fast	EN2	
2,000	4 x 500 on 7:00 Pulls	EN1	
	$1x{4 \times 100}$ on 1:45 Freestyle	EN1	
	{1 x 200 on 3:30 Individual Medley	EN1	
	$\{4 \times 100 \text{ on } 1:40 \text{ Freestyle} \}$	EN1	
	{1 x 200 on 3:30 Individual Medley	EN1	
	{4 x 100 on 1:35 Freestyle	EN1	
	{1 x 200 on 3:30 Individual Medley	EN3	
	{ good effort on the		
	{ 200 IM		
400	8 x 50 on 1:00 Stroke Drills 2 On E	REC	
	9:00 PM 6,200 Meters - Stress Value = 78		

Workout #453 - Monday, 12 July 1999 **Group 3 - Senior State** 1 minute rest between sets

{1 x 100 on 2:00 Choice-good effort

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

Workout #457 - Monday, 12 July 1999 Group 3 - Taper 2

	6:30 AM Start			Group 3 - Taper 2		
Meters	Set Description	EGY WC	F	1 minute rest between sets		
=====	=======================================	=== ==	=			
	1 on 30:00 Stomach and Stretch			6:30 AM Start		
800	1 x 800 on 16:00 Swim-kick-pull-swim		Meters	Set Description	EGY	WOF
200		SP3	=====	=======================================	===	===
500		EN2		1 on 30:00 Dryland and stretch		
C00	#10 as fast as #9	DAT1	800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
600		EN1 EN1	200	10 x 20 on 1:00 Shooters	SP3	
		EN1	900	6 x 150 on 3:15 Kick	EN2	
	•	EN1	900	mid 50 very fast	DAT 1	
200		REC	800	8 x 100 on 1:45 Lungbuster pulls odds br 5-7 ev 6-8	EN1	
	8:23 AM 3,500 Meters - Stress Value = 39			1x{1 x 200 on 3:45 Individual Medley	EN1	
				{8 x 50 on 1:00 Freestyle	EN1	
	Workout #454 - Monday, 12 July 1999			{1 x 200 on 3:45 Butterfly	EN1	
	Group 3 - All-Americans			{8 x 50 on :55 Freestyle	EN1	
	•			{1 x 200 on 3:45 Backstroke	EN1	
	1 minute rest between sets			{8 x 50 on :50 Freestyle	EN1	
	6:30 AM Start			· ·	EN1	
Meters	Set Description	EGY W	c	$\{8 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
======	=======================================		_	`	EN1	
	1 on 30:00 Dryland and stretch		200		REC	
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC		8:56 AM 5,500 Meters - Stress Value = 64		
200	10 x 20 on 1:00 Shooters	SP3				
1,000	5 x 200 on 4:15 Kick	EN2		Workout #458 - Monday, 12 July 1999		
1,000	20 x 50 on :50 Pulls	EN1		Group 3 - All		
300	3 x 100 on 1:30 Freestyle-build	EN1		1 minute rest between sets		
	1x{3 x 250 on 3:45 Freestyle	EN1				
	{3 x 250 on 3:35 Freestyle {3 x 250 on 3:25 Freestyle	EN1 EN1		5:30 PM Start		
300	6 x 50 on 1:00 Stroke Drills	REC	Meters		WOR	
300	8:59 AM 6,050 Meters - Stress Value = 72	TULO	=====	1 on 21.00 Champah and Chaptah		
	otos im o, oco necezo serece varac /2		800	1 on 31:00 Stomach and Stretch 1 x 800 on 16:00 Reverse IM drill REC		L D
	Workout #455 - Monday 12 July 1999					
	Workout #455 - Monday, 12 July 1999		200	10 x 20 on 1:00 Shooters SP3		S
	Group 3 - Taper 1					
	•		200	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2		S K (
	Group 3 - Taper 1 1 minute rest between sets		200	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN1 {2 x 200 on 3:40 Backstroke EN2		S K (S S
Meters	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start	EGY W	200	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {2 x 200 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2		S K C S S S
Meters	Group 3 - Taper 1 1 minute rest between sets	EGY W	200 600	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {2 x 200 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1		S K (S S
	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description		200 600	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {2 x 200 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes		S K C S S S S
	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description ====================================	=== =	200 600	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {2 x 200 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral RECO		S K C S S S
1,000 200	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description	=== =	200 600	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {2 x 200 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes		S K C S S S S
1,000 200 1,000	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description ====================================	REC SP3 EN2	200 600	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {2 x 200 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 7:30 PM 4,000 Meters - Stress Value = 52		S K C S S S S
1,000 200	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls	REC SP3 EN2 EN1	200 600	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {2 x 200 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 7:30 PM 4,000 Meters - Stress Value = 52 Workout #459 - Tuesday, 13 July 1999		S K C S S S S
1,000 200 1,000	Group 3-Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle	REC SP3 EN2 EN1 EN1	200 600	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 7:30 PM 4,000 Meters - Stress Value = 52 Workout #459 - Tuesday, 13 July 1999 Group 3 - Age Group State		S K C S S S S
1,000 200 1,000	Group 3-Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle {8 x 50 on :55 Freestyle}	REC SP3 EN2 EN1 EN1 EN1	200 600	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {2 x 200 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 7:30 PM 4,000 Meters - Stress Value = 52 Workout #459 - Tuesday, 13 July 1999		S K C S S S S
1,000 200 1,000 1,800	Group 3-Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle {8 x 50 on :55 Freestyle {8 x 50 on :50 Freestyle}	REC SP3 EN2 EN1 EN1 EN1	200 600	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {2 x 200 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 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		S K C S S S S
1,000 200 1,000	Group 3-Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle {8 x 50 on :55 Freestyle {8 x 50 on :50 Freestyle 1 x 200 on 4:00 Stroke Drills	REC SP3 EN2 EN1 EN1 EN1	200 600 C 400 400	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {1 x 400 on 3:40 Backstroke EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 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		S K C S S S S D
1,000 200 1,000 1,800	Group 3-Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle {8 x 50 on :55 Freestyle {8 x 50 on :50 Freestyle}	REC SP3 EN2 EN1 EN1 EN1	200 600 400 400 Meters	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {1 x 400 on 3:40 Backstroke EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 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 6:30 AM Start Set Description	EGY	S K C S S S S S S S D
1,000 200 1,000 1,800	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle {8 x 50 on :55 Freestyle {8 x 50 on :50 Freestyle 1 x 200 on 4:00 Stroke Drills 9:01 AM 5,400 Meters - Stress Value = 63	REC SP3 EN2 EN1 EN1 EN1	200 600 C 400 400	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {1 x 400 on 3:40 Backstroke EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 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 6:30 AM Start Set Description	EGY	S K C S S S S S S S D
1,000 200 1,000 1,800	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle {8 x 50 on :55 Freestyle {8 x 50 on :50 Freestyle 1 x 200 on 4:00 Stroke Drills 9:01 AM 5,400 Meters - Stress Value = 63 Workout #456 - Monday, 12 July 1999	REC SP3 EN2 EN1 EN1 EN1	200 600 400 400 Meters	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {1 x 400 on 3:40 Backstroke EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 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 6:30 AM Start Set Description	EGY: ===	S K C S S S S S D D
1,000 200 1,000 1,800	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle {8 x 50 on :55 Freestyle {8 x 50 on :50 Freestyle 1 x 200 on 4:00 Stroke Drills 9:01 AM 5,400 Meters - Stress Value = 63 Workout #456 - Monday, 12 July 1999 Group 3 - Sectional/AGS	REC SP3 EN2 EN1 EN1 EN1	200 600 400 400 Meters	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {2 x 200 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 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 6:30 AM Start Set Description ====================================	EGY: ===	S K C S S S S S D D
1,000 200 1,000 1,800	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle {8 x 50 on :55 Freestyle {8 x 50 on :50 Freestyle 1 x 200 on 4:00 Stroke Drills 9:01 AM 5,400 Meters - Stress Value = 63 Workout #456 - Monday, 12 July 1999	REC SP3 EN2 EN1 EN1 EN1	200 600 400 400 Meters	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {2 x 200 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 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 6:30 AM Start Set Description	EGY: ====	S K C S S S S S S D WC ==
1,000 200 1,000 1,800	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle {8 x 50 on :55 Freestyle {8 x 50 on :50 Freestyle 1 x 200 on 4:00 Stroke Drills 9:01 AM 5,400 Meters - Stress Value = 63 Workout #456 - Monday, 12 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets	REC SP3 EN2 EN1 EN1 EN1	200 600 400 400 Meters =====	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {2 x 200 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 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 6:30 AM Start Set Description ====================================	EGY: ==== REC SP3 EN2	S K C S S S S S S D WC ==
1,000 200 1,000 1,800	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle {8 x 50 on :55 Freestyle {8 x 50 on :50 Freestyle 1 x 200 on 4:00 Stroke Drills 9:01 AM 5,400 Meters - Stress Value = 63 Workout #456 - Monday, 12 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets	=== = REC SP3 EN2 EN1 EN1 EN1 EN1 REC	200 600 400 400 Meters ===== 1,000 200	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {2 x 200 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 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 6:30 AM Start Set Description	EGY EGY REC SP3 EN2 EN2	S K C S S S S S S D WC ==
1,000 200 1,000 1,800	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle {8 x 50 on :55 Freestyle {8 x 50 on :50 Freestyle 1 x 200 on 4:00 Stroke Drills 9:01 AM 5,400 Meters - Stress Value = 63 Workout #456 - Monday, 12 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets	REC SP3 EN2 EN1 EN1 EN1 REC	200 600 400 400 Meters ===== 1,000 200	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {1 x 400 on 3:40 Backstroke EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 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 6:30 AM Start Set Description ====================================	EGY REC SP3 EN2 EN2 EN2	S K C S S S S S S D WC ==
1,000 200 1,000 1,800 200	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description	REC SP3 EN2 EN1 EN1 EN1 REC	200 600 400 400 Meters ===== 1,000 200	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {1 x 400 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 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 6:30 AM Start Set Description 1 on 30:00 Plyometrics/stretch 1 x 1000 on 20:00 alt 200 free drill w/ 200 IM drill 10 x 20 on 1:00 Pit sprints 1x{6 x 50 on 1:15 Kick {5 x 50 on 1:10 Kick {4 x 50 on 1:05 Kick {3 x 50 on 1:00 Kick }	EGY REC SP3 EN2 EN2 EN2 EN2	S K S S S S S D WC ==
1,000 200 1,000 1,800 200	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle {8 x 50 on :55 Freestyle {8 x 50 on :50 Freestyle 1 x 200 on 4:00 Stroke Drills 9:01 AM 5,400 Meters - Stress Value = 63 Workout #456 - Monday, 12 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description	REC SP3 EN2 EN1 EN1 EN1 REC	200 600 400 400 400 Meters ====== 1,000 200	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {1 x 400 on 3:40 Backstroke EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 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 6:30 AM Start Set Description	EGY REC SP3 EN2 EN2 EN2 EN2	S K S S S S D WC ==
1,000 200 1,000 1,800 200 Meters	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle {8 x 50 on :55 Freestyle {8 x 50 on :50 Freestyle 1 x 200 on 4:00 Stroke Drills 9:01 AM 5,400 Meters - Stress Value = 63 Workout #456 - Monday, 12 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description	REC SP3 EN2 EN1 EN1 EN1 REC	200 600 400 400 400 Meters ====== 1,000 200	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {1 x 400 on 3:40 Backstroke EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 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 6:30 AM Start Set Description	EGY REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1	S K S S S S S D WC ==
1,000 200 1,000 1,800 200 Meters =====	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle {8 x 50 on :55 Freestyle {8 x 50 on :50 Freestyle 1 x 200 on 4:00 Stroke Drills 9:01 AM 5,400 Meters - Stress Value = 63 Workout #456 - Monday, 12 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 8 x 100 on 2:10 Kick-desecend 1-4	REC SP3 EN2 EN1 EN1 EN1 REC	200 600 400 400 400 Meters ====== 1,000 200	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {1 x 400 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 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 6:30 AM Start Set Description	EGY REC SP3 EN2 EN2 EN2 EN2	S K S S S S S D WC ==
1,000 200 1,000 1,800 200 Meters ===== 1,000 200 800 1,500	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle {8 x 50 on :55 Freestyle {8 x 50 on :50 Freestyle 1 x 200 on 4:00 Stroke Drills 9:01 AM 5,400 Meters - Stress Value = 63 Workout #456 - Monday, 12 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 8 x 100 on 2:10 Kick-desecend 1-4 5 x 300 on 4:30 Pulls	=== = = REC SP3 EN2 EN1 EN1 EN1 REC EGY W === = = REC SP3 EN2 EN1	200 600 400 400 400 Meters ====== 1,000 200	10 x 20 on 1:00 Shooters 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {1 x 400 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 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 6:30 AM Start Set Description 1 on 30:00 Plyometrics/stretch 1 x 1000 on 20:00 alt 200 free drill w/ 200 IM drill 10 x 20 on 1:00 Pit sprints 1x{6 x 50 on 1:15 Kick {5 x 50 on 1:10 Kick {4 x 50 on 1:00 Kick {3 x 50 on 1:00 Kick {3 x 50 on 1:30 Freestyle-build 2 x 100 on 8:00 Choice-broken at 50 for 20 seconds	EGY REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1	S K C S S S S S D WC ==
1,000 200 1,000 1,800 200 Meters ===== 1,000 200 800	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 10 x 100 on 2:45 Kick-odds fast 6 x 300 on 5:15 Pulls 1x{8 x 50 on 1:00 Freestyle {8 x 50 on :55 Freestyle {8 x 50 on :50 Freestyle 1 x 200 on 4:00 Stroke Drills 9:01 AM 5,400 Meters - Stress Value = 63 Workout #456 - Monday, 12 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Dryland and stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Shooters 8 x 100 on 2:10 Kick-desecend 1-4	REC SP3 EN1 EN1 EN1 REC EGY W === = = = = = = = = = = = = = = = =	200 600 400 400 400 200 1,500 400 200	10 x 20 on 1:00 Shooters SP3 12 x 50 on 1:15 Kick-descend 1-3 EN2 1x{8 x 50 on :55 Backstroke EN1 {4 x 100 on 1:50 Backstroke EN2 {1 x 400 on 3:40 Backstroke EN2 {1 x 400 on 6:00 Back-90% effort EN2 8 x 50 on :50 Free-concentrate on EN1 good finishes 1 x 400 on 8:00 Bilateral REC 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 6:30 AM Start Set Description	EGY REC SP3 EN2 EN2 EN2 EN2 EN1 EN1 SP2	S K S S S S S D WC ==

EN2

EN1

EN1

BR

BR

CD

Workout #460 - Tuesday, 13 July 1999 Group 3 - Taper 2 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	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	
400	4 x 100 on 1:45 Freestyle-build	EN1	
400	2 x 200 on 8:00 #1 free #2 IM-break	SP2	
	at each 50, 5, 10, &		
	15 seconds		
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 = 13	18	

Workout #461 - Tuesday, 13 July 1999 **Group 3 - Senior State** 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	٤
=====		===	====	=
	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	SP2	S	C
	for 20 seconds			
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

	6:30 AM Start		
Meters	Set Description	EGY	WOF
	=======================================	===	===
	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{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	EN1	
•	odds br 5-7 ev. 6-8		
	$1x{4 \times 150 \text{ on } 2:30 \text{ Freestyle}}$	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

5:30 PM Start

Set Description Meters

1 on 30:00 Stomach and Stretch 800 8 x 100 on 2:00 Stroke Drills REC D IM 2 On each stroke 200 10 x 20 on 1:00 Shooters SP3 S CHO 6 x 100 on 2:15 Kick 600 EN1 K CHO $5x{1 x 50 on :55 Pulls}$ EN1 Ρ FR $\{1 \times 50 \text{ on } : 50 \text{ Pulls}$ EN1 Р FR {1 x 50 on :45 Pulls EN1 FR $\{1 \times 50 \text{ on } : 40 \text{ Pulls}$ EN1 Ρ FR $3x{1 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}$ REC D BR $\{1 \times 100 \text{ on } 2:00 \text{ Breaststroke} \}$ EN1

Workout #464 - Wednesday, 14 July 1999 Group 3 - Age Group State 1 minute rest between sets

7:30 PM 4,050 Meters - Stress Value = 33

 $\{1 \times 100 \text{ on } 1:55 \text{ Breaststroke} \}$

{1 x 100 on 1:50 Breaststroke

 8×50 on 1:00 Stroke Drills

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

	6:30 AM Start		
Meters	Set Description	EGY	WOI
=====	=======================================	===	===
	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	
	$\{4 \times 100 \text{ on } 2:00 \text{ Choice-non free}$	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	5	

Workout #466 - Wednesday, 14 July 1999 Group 3 - Taper 2 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	٤
=====		===	====	=
	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

	6:30 AM Start		
Meters	Set Description	EGY	WO
=====		===	==:
	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	EN1	
	2nd 50 br5 & 3rd br7		
	$1x{4 x 100 on 1:45 Freestyle}$	EN1	
	{4 x 100 on 1:40 Freestyle	EN1	
	$\{4 \times 100 \text{ on } 1:35 \text{ Freestyle}$	EN1	
	{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 = 6	7	

Workout #468 - Thursday, 15 July 1999 Group 3 - Taper 2 1 minute rest between sets

	6:30	ΑM	I St	tart	Ī.			
Meters	Se	et	Desc	crip	otion		EGY	WOI
	==						===	===
	1	or	30:	:00	Stoma	ach and Stretch		
800	1	Х	800	on	16:00) Swim-kick-pull-swim	REC	
200	10) х	20	on	1:00	Shooters	SP3	
	1x{2	Х	100	on	2:20	Kick	EN2	
	{ 2	Х	100	on	2:10	Kick	EN2	
	{ 2	Х	100	on	2:00	Kick	EN2	
600	6	Х	100	on	1:40	Lungbuster pulls	EN1	
	1x{4	Х	200	on	3:20	Freestyle	EN1	
	{ 1	Х	100	on	2:00	Your Stroke	EN1	
	{ 3	Х	200	on	3:10	Freestyle	EN1	
	{ 1	Х	100	on	2:00	Your Stroke	EN1	
	{ 2	Х	200	on	3:00	Freestyle	EN1	
	{ 1	Х	100	on	2:00	Your Stroke	EN1	
200	1	Х	200	on	4:00	Stroke Drill	REC	
	8:33	ΑM	1 4,5	500	Mete	rs - Stress Value = 51	L	

Workout #469 - Thursday, 15 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 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 x	200 on 3:3	0 Pulls	EN1
	{1 x	100 on 1:4	5 Pulls	EN1
	{1 x	50 on 1:00	Pulls	EN1
1,500	6 x	250 on 4:1	5 Freestyle	EN1
500	10 2	50 on 1:0	O Stroke Drills	REC
	8:47 AN	5.000 Met	ers - Stress Value =	= 41

Workout #470 - Thursday, 15 July 1999 Group 3 - All 1 minute rest between sets

	6:30							
Meters	Se	et	Des	crip	ption		EGY	WOF
=====	==	===					===	===
	1	01	n 30:	:00	Stoma	ach and Stretch		
800	1	Х	800	on	16:00) Swim-kick-pull-swim	REC	
200	10) 2	k 20	on	1:00	Shooters	SP3	
300	6	Х	50 0	on 1	1:20 F	Kick-good effort	EN2	
500	5	Х	100	on	1:45	Pulls-no paddles	EN1	
	1x{1	Х	400	on	7:00	IM drill	EN1	
	{ 1	Х	200	on	3:30	Individual Medley	EN1	
	{ 4	Х	100	on	1:45	50 stroke 50 fr bld	EN1	
200	1	Х	200	on	4:00	Stroke Drill	REC	
	8 • 1 0	ZΔ	1 3 (ากก	Meter	rs - Stress Value = 3°	2	

Workout #471 - Thursday, 15 July 1999 Group 3 - All 1 minute rest between sets

Meters		PM Start et 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 1:40 Kick-fly with fins	EN2	K
400	8	x 50 on :55 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 4,260 Meters - Stress Value =	46	

EN1

EN1

EN1

	Workout #472 - Friday, 16 July 1999			Meters	Set Description EGY	WORK
	Group 3 - Taper 2				1 on 30:00 Stomach and Stretch	
	1 minute rest between sets			800	1 x 800 on 16:00 Reverse IM drill REG	
				200	10 x 20 on 1:00 Shooters SP3	
	6:30 AM Start			900	18 x 50 on 1:10 Kick-descend 1-3 EN2	
Meters	Set Description	EGY	WORF	300	1x{1 x 400 on 7:00 Pulls EN	
=====		====	====		{1 x 300 on 5:00 Pulls EN	
	1 on 30:00 Stomach and Stretch		I		{1 x 200 on 3:10 Pulls EN	l P
1,000	1 x 1000 on 20:00 Choice-no kick	REC	٤		{1 x 100 on 1:30 Pulls EN	l P
200	10 x 20 on 1:00 Shooters	SP3		800	16 x 50 on 1:00 4 On each stroke EN	l s
	1x{2 x 150 on 3:30 Kick	EN1	F	300	3 x 100 on 2:00 Stroke Drills REG	C D
	{2 x 100 on 2:15 Kick {2 x 50 on 1:15 Kick	EN1 EN1	ř ř		8:31 AM 4,000 Meters - Stress Value = 48	3
400	4 x 100 on 1:45 Freestyle-build	EN1	<u>د</u> 2			
400	1x{1 x 200 on 8:00 Individual Medley	SP2	٤		Workout #476 - Saturday, 17 July 1999	
	{ broken at 50 for 5	012	~		Group 3 - Taper 1	
	{ 10, & 15 seconds				1 minute rest between sets	
	{1 x 100 on 6:00 Freestyle-broken at	SP2	٤		1 minute 1est between sets	
	{ 50 for 20 seconds				6:30 AM Start	
200	1 x 200 on 3:00 Freestyle-EZ	REC	٤	Meters	Set Description EGY	Y WORK
1,200	6 x 200 on 3:15 Pulls	EN1	E	=====	=======================================	
600	6 x 100 on 2:00 Stroke Drills	REC	Ι		1 on 30:00 Stomach and Stretch	L
	8:47 AM 4,500 Meters - Stress Value =	65		800	1 x 800 on 16:00 Reverse IM drill REG	C D
				200	10 x 20 on 1:00 Shooters SP3	
	Workout #473 - Friday, 16 July 1999			800	8 x 100 on 2:30 Kick-odds fast EN2	2 K
	Group 3 - Taper 1			1,000	20 x 50 on 1:00 Pulls-nbbf&w ENI	l P
	1 minute rest between sets				$1x{3 x 200 on 3:30 Freestyle}$ EN	L S
	1 initiate Test between sets				{3 x 200 on 3:20 Freestyle EN	l S
	6:30 AM Start				{3 x 200 on 3:10 Freestyle ENI	
Meters	Set Description	EGY	WORF	200		
=====	=======================================				8:45 AM 4,800 Meters - Stress Value = 59	,
	1 on 30:00 Stomach and Stretch		I			
1,000	1 x 1000 on 20:00 Choice-no kick	REC	٤		Workout #477 - Monday, 19 July 1999	
200	10 x 20 on 1:00 Shooters	SP3	٤		Group 3 - Taper 1	
	3x{1 x 150 on 3:30 Kick	EN2	ľ		1 minute rest between sets	
	{1 x 100 on 2:20 Kick	EN2	F			
1 500	{1 x 50 on 1:10 Kick	EN2	ŀ		6:30 AM Start	
1,500		EN1	E	Meters		EGY W
1,200	12 x 100 on 1:45 Freestyle-choose a tough interval	i ENZ	ž.	=====		- === =
400	8 x 50 on 1:00 Stroke Drills	REC	Ι	1 000	1 on 30:00 Stomach and Stretch	- DEC
100	8:49 AM 5,200 Meters - Stress Value =		-	1,000 200	1 x 1000 on 20:00 Swim-kick-pull-swir 10 x 20 on 1:00 Freestyle	n REC SP3
				1,000	10 x 20 on 1:00 freestyle 10 x 100 on 2:15 Kick-des 1-3 hold 10	
	Workout #474 - Friday, 16 July 1999			1,000		EN1
					{1 x 400 on 7:00 Freestyle	EN1
	Group 3 - All				{ descend the swims	
	1 minute rest between sets			400		REC
	5.00 514 61				8:47 AM 5,000 Meters - Stress Value = 46	ō
Meters	5:30 PM Start Set Description	EC.	Y WOF			
=====	=======================================				Workout #478 - Monday, 19 July 1999	
	1 on 30:00 Stomach and Stretch				Group 3 - Taper 2	
800	1 x 800 on 16:00 Swim-kick-pull-swi	Lm REC	C		1 minute rest between sets	
200	10 x 20 on 1:00 Shooters-off the bl				1 minute 1 est between sets	
400	4 x 100 on 2:30 Kick	EN:			6:30 AM Start	
300	6 x 50 on 1:00 Freestyle-build	ENI	L	Meters	Set Description	EGY WO
	1x{1 x 200 on 4:00 Individual Medley	ENI	L	=====	=======================================	
	{1 x 200 on 3:55 Individual Medley	ENI	L		1 on 30:00 Stomach and Stretch	
	{1 x 200 on 3:50 Individual Medley	EN1	L	800	1 x 800 on 20:00 Swim-kick-pull-swim	REC
	{1 x 200 on 3:45 Individual Medley	ENI	L	800 200	1 x 800 on 20:00 Swim-kick-pull-swim 10 x 20 on 1:00 Freestyle	REC SP3
	{1 x 200 on 3:45 Individual Medley {1 x 200 on 3:40 Individual Medley	EN:	L L			
	{1 x 200 on 3:45 Individual Medley	ENI	L L L	200	10 x 20 on 1:00 Freestyle	SP3

EN1

REC

300

 $1x{4 x 150 on 2:30 Freestyle}$

{4 x 150 on 2:25 Freestyle

{2 x 150 on 2:20 Freestyle

6 x 50 on 1:00 Stroke Drills

8:22 AM 3,500 Meters - Stress Value = 38

Workout #475 - Saturday, 17 July 1999 Group 3 - Taper 2 1 minute rest between sets

{1 x 200 on 3:30 Individual Medley

12 x 50 on 1:00 25 drill 25 build

7:30 PM 3,900 Meters - Stress Value = 37

1 x 200 on 3:00 Stroke Drill

600

200

Workout #479 - Monday, 19 July 1999 **Group 3 - All-Americans** 1 minute rest between sets

	{ 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 Val	ue = 59	1	

Workout #483 - Tuesday, 20 July 1999 **Group 3 - All-Americans** 1 minute rest between sets

	6:30	ΑN	1 Start		
Meters	Se	et	Description	EGY	WORF
=====	==	===		===	====
	1	or	1 30:00 Stomach and Stretch		I
1,000	1	Х	1000 on 20:00 Choice	REC	٤
200	1() 2	20 on 1:00 Shooters	SP3	٤
900	6	Х	150 on 3:00 Kick-descend 1-3	EN2	F
	2x{1	Х	200 on 3:00 Pulls	EN1	Ε
	{ 1	Х	150 on 2:15 Pulls	EN1	E
	{ 1	Х	100 on 1:30 Pulls	EN1	Ε
	{ 1	Х	50 on :45 Pulls	EN1	E
200	4	Х	50 on 1:00 Freestyle	EN1	٤
	1x{4	Х	50 on 1:00 Your Stroke-non free	EN2	٤
	{ 1	Х	200 on 3:00 Freestyle	EN1	٤
	{ 6	Х	50 on :55 Your Stroke-non free	EN2	٤
	{ 1	Х	200 on 3:15 Individual Medley	EN1	٤
	8 }	Х	50 on :50 Your Stroke-non free	EN2	٤
	{ 1	Х	200 on 3:00 Freestyle	EN1	٤
200	1	Х	200 on 4:00 Stroke Drills	REC	Ι

Workout #484 - Tuesday, 20 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets

8:43 AM 5,000 Meters - Stress Value = 67

	6:30 AM Start			
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	СНО
	{2 x 100 on 2:05 Kick	EN2	K	СНО
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
	$\{1 \times 50 \text{ on } 1:00 \text{ Weak stroke}$	EN1	S	WST
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	8:33 AM 4,500 Meters - Stress Valu	ле =	49	

Workout #485 - Tuesday, 20 July 1999 Group 3 - Taper 2 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	S
=====	=======================================	===	====	=
	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
	$\{1 \times 200 \text{ on } 10:00 \text{ Stroke Drills}$	REC	D	C
400	4 x 100 on 2:00 Stroke Drills-all	REC	D	
	closed fist			
	8:34 AM 3,500 Meters - Stress Value =	= 47		

	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 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	
	$\{5 \times 50 \text{ on } : 50 \text{ Freestyle} \}$	EN1	
	$\{5 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	$\{5 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	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

	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 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

	5:30 PM Start		
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

6:30 AM Start			
Set Description	EGY	WORK	STK
=======================================	===	====	===
1 on 30:00 Stomach and Stretch		L	
1 x 1000 on 20:00 Choice	REC	S	CHO
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
8 x 200 on 3:15 Pulls	EN1	P	FR
$1x{4 \times 100}$ on 1:45 Freestyle	EN1	S	FR
{4 x 100 on 1:40 Freestyle	EN1	S	FR
	Set Description 1 on 30:00 Stomach and Stretch 1 x 1000 on 20:00 Choice 10 x 20 on 1:00 Shooters 3x{1 x 150 on 3:30 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:10 Kick 8 x 200 on 3:15 Pulls 1x{4 x 100 on 1:45 Freestyle	Set Description EGY	Set Description EGY WORK 1 on 30:00 Stomach and Stretch L 1 x 1000 on 20:00 Choice REC S 10 x 20 on 1:00 Shooters SP3 S 3x{1 x 150 on 3:30 Kick EN2 K {1 x 100 on 2:20 Kick EN2 K {1 x 50 on 1:10 Kick EN2 K 8 x 200 on 3:15 Pulls EN1 P 1x{4 x 100 on 1:45 Freestyle EN1 S

Licensed	1 10: South Bend SC/Riley HS				//15/20	1 Page	
	Workout #486 - Tuesday, 20 July 1999			200	10 x 20 on 1:00 Shooters	SP3	
	Group 3 - All			300	6 x 50 on 1:30 Kick	EN1	
	1 minute rest between sets				6x{2 x 50 on 1:15 Pulls	EN1	
	I minute rest between sets				{2 x 50 on 1:30 Your Stroke	EN1	
	5:30 PM Start			200	1 x 200 on 4:00 Individual Medley	EN1	
Meters	Set Description	EGY	WOF	300	PERFECT TECHNIQUE 6 x 50 on 1:15 Stroke Drills	REC	
=====		===	===		8:29 AM 3,000 Meters - Stress Value = 3		
0.00	1 on 30:00 Stomach and Stretch	DEC					
800	8 x 100 on 2:00 Stroke Drills 1/2 closed fist, 1/2 o.k	REC			Workout #490 - Wednesday, 21 July 1999		
240	·	SP3			Group 3 - Taper 1		
	3 on each stroke				1 minute rest between sets		
600	12 x 50 on 1:00 Kick with flippers	EN1					
	no board, 1st 15 mtr				6:30 AM Start		
	underwater 2x{4 x 50 on :50 Freestyle	EN1		Meters	Set Description		Z WC
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1		=====	1 on 30:00 Stomach and Stretch	== ===	===
	{4 x 50 on :40 Freestyle	EN1		1,000		im REC	7
	{1 on 1:00 Rest			200	10 x 20 on 1:00 Shooters	SP3	
300		REC			2x{1 x 100 on 2:30 Kick	EN2	2
	7:10 PM 3,140 Meters - Stress Value = 3	U			{1 x 100 on 2:25 Kick	EN2	
	W 1 4/407 W 1 1 21 I 1000				{1 x 100 on 2:20 Kick	EN2	
	Workout #487 - Wednesday, 21 July 1999			1,000	{1 x 100 on 2:15 Kick 10 x 100 on 1:45 Lungbuster pulls	EN2 EN1	
	Group 3 - All-Americans			1,000	Breathe 5-7		-
	1 minute rest between sets				$2x{4 \times 50}$ on 1:15 1 on each stroke	EN1	
	6:30 AM Start				{3 x 200 on 4:00 Individual Medley	EN1	L
Meters	Set Description	EGY	Z WC	200	{ descend 1 x 200 on 4:00 Stroke Drills	REC	7
=====		= ===	===		8:50 AM 4,800 Meters - Stress Value = 5		
1,000	1 on 30:00 Stomach and Stretch 1 x 1000 on 20:00 Swim-kick-pull-swi	m PFC	,				
200	-	SP3			Workout #491 - Thursday, 22 July 1999		
	3x{1 x 150 on 3:00 Kick	EN2)		Group 3 - All-Americans		
					•		
	{1 x 100 on 2:00 Kick	EN2	2		1 minute rest between sets		
1 500	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick	EN2	2		1 minute rest between sets		
1,500	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7		2	Mahama	1 minute rest between sets 6:30 AM Start	EGV W	JODI:
1,500	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick	EN2	2 2 L	Meters	1 minute rest between sets	EGY W	
1,500	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back	EN2 EN1	2 2 L		1 minute rest between sets 6:30 AM Start Set Description		
1,500	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst	EN2 EN1 EN1 EN1	2 2 L L L		1 minute rest between sets 6:30 AM Start Set Description ====================================		-===
	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle	EN2 EN1 EN1 EN1 EN1	2 2 L L L L	=====	1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 1000 on 20:00 Choice 10 x 20 on 1:00 Shooters	REC SP3	==== I S S
1,500 200	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill	EN2 EN1 EN1 EN1 EN1 REC	2 2 L L L L	1,000	1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 1000 on 20:00 Choice 10 x 20 on 1:00 Shooters 1x{5 x 50 on 1:10 Kick	REC SP3 EN2	I S S F
	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle	EN2 EN1 EN1 EN1 EN1 REC	2 2 L L L L	1,000	1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 1000 on 20:00 Choice 10 x 20 on 1:00 Shooters 1x{5 x 50 on 1:10 Kick {5 x 50 on 1:05 Kick}	REC SP3 EN2 EN2	I S S F F
	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5	EN2 EN1 EN1 EN1 EN1 REC	2 2 L L L L	1,000	1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 1000 on 20:00 Choice 10 x 20 on 1:00 Shooters 1x{5 x 50 on 1:10 Kick	REC SP3 EN2	==== I S S F F
	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999	EN2 EN1 EN1 EN1 EN1 REC	2 2 L L L L	1,000	1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 1000 on 20:00 Choice 10 x 20 on 1:00 Shooters 1x{5 x 50 on 1:10 Kick {5 x 50 on 1:05 Kick {5 x 50 on 1:00 Kick	REC SP3 EN2 EN2 EN2	I S S F F
	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5	EN2 EN1 EN1 EN1 EN1 REC	2 2 L L L L	1,000	1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 1000 on 20:00 Choice 10 x 20 on 1:00 Shooters 1x{5 x 50 on 1:10 Kick {5 x 50 on 1:05 Kick {5 x 50 on 1:00 Kick {5 x 50 on 1:55 Kick 1x{2 x 200 on 3:00 Pulls {2 x 200 on 2:55 Pulls	REC SP3 EN2 EN2 EN2 EN2 EN1 EN1	E E E
	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS	EN2 EN1 EN1 EN1 EN1 REC	2 2 L L L L	1,000	1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 1000 on 20:00 Choice 10 x 20 on 1:00 Shooters 1x{5 x 50 on 1:10 Kick {5 x 50 on 1:05 Kick {5 x 50 on 1:00 Kick {5 x 50 on 1:00 Pulls {2 x 200 on 2:55 Pulls {2 x 200 on 2:50 Pulls	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1	I S S F F F F E
	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS	EN2 EN1 EN1 EN1 EN1 REC	2 2 L L L L	1,000 200	I minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 1000 on 20:00 Choice 10 x 20 on 1:00 Shooters 1x{5 x 50 on 1:10 Kick {5 x 50 on 1:05 Kick {5 x 50 on 1:00 Kick {5 x 50 on 1:55 Kick 1x{2 x 200 on 3:00 Pulls {2 x 200 on 2:55 Pulls {2 x 200 on 2:50 Pulls {2 x 200 on 2:45 Pulls	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1	==== I S F F F F F F F
200 Meters	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets	EN2 EN1 EN1 EN1 EN1 REC 8	2 2 L L L L L L	1,000	I minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 1000 on 20:00 Choice 10 x 20 on 1:00 Shooters 1x{5 x 50 on 1:10 Kick {5 x 50 on 1:05 Kick {5 x 50 on 1:00 Kick {5 x 50 on 1:55 Kick 1x{2 x 200 on 3:00 Pulls {2 x 200 on 2:55 Pulls {2 x 200 on 2:50 Pulls {2 x 200 on 2:45 Pulls	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1	I S S F F F F F
200	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description	EN2 EN1 EN1 EN1 EN1 REC 8	2 2 L L L L L L	1,000 200	I minute rest between sets 6:30 AM Start Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 SP2 REC	=== I I S S F F F F F F F S S S S S S S S S
200 Meters	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description 	EN2 EN1 EN1 EN1 EN1 REC 8	2 2 L L L L L L	1,000 200 200	I minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 1000 on 20:00 Choice 10 x 20 on 1:00 Shooters 1x{5 x 50 on 1:10 Kick {5 x 50 on 1:05 Kick {5 x 50 on 1:00 Kick {5 x 50 on 2:55 Kick } 1x{2 x 200 on 2:55 Pulls {2 x 200 on 2:55 Pulls {2 x 200 on 2:45 Pulls 4 x 50 on :45 Freestyle 1x{1 x 200 on 10:00 Freestyle-ez {4 x 50 on 3:00 #2 stroke or IM ordr	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 SP2 REC SP2	=== I S F F F F F F F F F F F S S S S S S S
200 Meters	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description ====================================	EN2 EN1 EN1 EN1 EN1 REC 8	2 2 L L L L L L	1,000 200	I minute rest between sets 6:30 AM Start Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 SP2 REC SP2 REC	==== I I S F F F F F F F F F S S S S S S S S
200 Meters =====	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description ====================================	EN2 EN1 EN1 EN1 EN1 REC 8	2 2 L L L L L L	1,000 200 200	I minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 1000 on 20:00 Choice 10 x 20 on 1:00 Shooters 1x{5 x 50 on 1:10 Kick {5 x 50 on 1:05 Kick {5 x 50 on 1:00 Kick {5 x 50 on 2:55 Kick } 1x{2 x 200 on 2:55 Pulls {2 x 200 on 2:55 Pulls {2 x 200 on 2:45 Pulls 4 x 50 on :45 Freestyle 1x{1 x 200 on 10:00 Freestyle-ez {4 x 50 on 3:00 #2 stroke or IM ordr	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 SP2 REC SP2 REC	I S S F F F F F S S S S
Meters ===== 800 200 600 1,200	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description ====================================	EN2 EN1 EN1 EN1 EN1 REC 8	2 2 L L L L L L	1,000 200 200	I minute rest between sets 6:30 AM Start Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 SP2 REC SP2 REC	=== I S F F F F F F F F F F F S S S S S S S
200 Meters ===== 800 200 600	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description ====================================	EN2 EN1 EN1 EN1 EN1 EN2 EN2 EGY EEC SP3 EN2 EN1 EN1	2 2 L L L L L L	1,000 200 200	I minute rest between sets 6:30 AM Start Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 SP2 REC SP2 REC	I S S F F F F F S S S S
Meters ===== 800 200 600 1,200	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description 	EN2 EN1 EN1 EN1 EN1 REC 8	2 2 L L L L L L	1,000 200 200	I minute rest between sets 6:30 AM Start Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 SP2 REC SP2 REC	=== I S F F F F F F F F F F F S S S S S S S
Meters ===== 800 200 600 1,200	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description 	EN2 EN1 EN1 EN1 EN1 REC 8	2 2 L L L L L L	1,000 200 200	I minute rest between sets 6:30 AM Start Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 SP2 REC SP2 REC	=== I S F F F F F F F F F F F S S S S S S S
200 Meters ====== 800 200 600 1,200 200	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description ====================================	EN2 EN1 EN1 EN1 EN1 REC 8	2 2 L L L L L L	1,000 200 200	I minute rest between sets 6:30 AM Start Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 SP2 REC SP2 REC	I S S F F F F F S S S S
200 Meters ====== 800 200 600 1,200 200	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description 	EN2 EN1 EN1 EN1 EN1 REC 8	2 2 L L L L L L	1,000 200 200	I minute rest between sets 6:30 AM Start Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 SP2 REC SP2 REC	I S S F F F F F S S S S
200 Meters ====== 800 200 600 1,200 200	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50 fly {1 x 150 on 2:45 100 free 50 back {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description 	EN2 EN1 EN1 EN1 EN1 REC 8	2 2 L L L L L L	1,000 200 200	I minute rest between sets 6:30 AM Start Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 SP2 REC SP2 REC	=== I S F F F F F F F F F F F S S S S S S S
200 Meters ====== 800 200 600 1,200 200	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description ====================================	EN2 EN1 EN1 EN1 EN1 REC 8	2 2 L L L L L L	1,000 200 200	I minute rest between sets 6:30 AM Start Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 SP2 REC SP2 REC	I S S F F F F F S S S S
200 Meters ====== 800 200 600 1,200 200	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50 fly {1 x 150 on 2:45 100 free 50 back {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description 	EN2 EN1 EN1 EN1 EN1 REC 8	2 2 L L L L L L	1,000 200 200	I minute rest between sets 6:30 AM Start Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 SP2 REC SP2 REC	I S S F F F F F S S S S
200 Meters ====== 800 200 600 1,200 200	{1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 5 x 300 on 4:30 Pulls-breathe 3-5-7 by the 100 2x{1 x 150 on 2:30 100 free 50fly {1 x 150 on 2:30 100 free 50 back {1 x 150 on 2:45 100 free 50 brst {1 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drill 8:39 AM 5,000 Meters - Stress Value = 5 Workout #488 - Wednesday, 21 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets 6:30 AM Start Set Description ====================================	EN2 EN1 EN1 EN1 EN1 REC 8	2 2 L L L L L L	1,000 200 200	I minute rest between sets 6:30 AM Start Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 SP2 REC SP2 REC	=== I S F F F F F F F F F F F S S S S S S S

EGY WOF

Set Description EGY WOF

1 x 800 on 20:00 Swim-kick-pull-swim REC

1 on 30:00 Stomach and Stretch

Meters

800

Workout #492 - Thursday, 22 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets

	6:30 AM Start				
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-desecnd	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	1
	{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	e = 3	37		

Workout #493 - Thursday, 22 July 1999 Group 3 - Taper 2 1 minute rest between sets

Maters	6:30 AM Start Set Description	EGY	WORK S
MCCCIS	bee bescription	пот	WORL
=====		===	==== =
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 20:00 Choice	REC	SC
200	10 x 20 on 1:00 Shooters	SP3	SC
300	6 x 50 on 1:15 Kick no board	EN1	KC
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 1 on E	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

	6:30	Αl	M St	art	ī.			
Meters	Se	et	Des	crip	ption		EGY	WC
=====	==	===		-==			===	==
	1	01	n 30	:00	Stoma	ach and Stretch		
1,000	1	Х	1000	or O	n 20:0	00 Swim-kick-pull-swim	REC	
200	10) 2	x 20	on	1:00	Shooters	SP3	
	3x{1	Х	150	on	3:30	Kick	EN2	
	{ 1	Х	100	on	2:20	Kick	EN2	
	{ 1	Х	50 0	on 1	l:10 F	Kick	EN2	
1,500	6	Х	250	on	3:45	Pulls	EN1	
	1x{1	Х	400	on	6:00	Freestyle	EN1	
	{ 1	Х	400	on	5:55	Freestyle	EN1	
	{ 1	Х	400	on	5:50	Freestyle	EN1	
	{ 1	Х	400	on	5:45	Freestyle	EN1	
200	1	Х	200	on	4:00	Stroke Drills	REC	
	8:47	ΔN	vi 5.4	100	Meter	rs - Stress Value = 62		

Workout #495 - Thursday, 22 July 1999 Group 3 - All

1 minute rest between sets

	5:30 PM Start		
Meters	Set Description	EGY	WORK S
		===	==== =
	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 (

400	4 x 100 on 2:15 Kick-no board	EN1	KC
1,200	3 x 400 on 5:30 Pulls	EN1	P
200	4×50 on 1:15 Fr. des to ludicrous	EN1	S
	speed		
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

	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 Reverse IM drill	REC	D
200	10 x 20 on 1:00 Shooters	SP3	S
1,000	10 x 100 on 2:15 Kick	EN2	K
	$1x{1 x 400 on 6:00 Pulls}$	EN1	P
	$\{1 \times 400 \text{ on } 5:40 \text{ Freestyle} \}$	EN1	S
	{1 x 300 on 4:15 Pulls	EN1	P
	$\{1 \times 300 \text{ on } 4:00 \text{ Freestyle}$	EN1	S
	{1 x 200 on 2:40 Pulls	EN1	P
	$\{1 \times 200 \text{ on } 2:30 \text{ Freestyle} \}$	EN1	S
600	12 x 50 on 1:00 IM order	EN1	S
400	4 x 100 on 2:00 Stroke Drills	REC	D
	8:44 AM 5,000 Meters - Stress Value =	56	

Workout #497 - Friday, 23 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	1 x 800 on 20:00 Reverse IM drill	REC	Γ
200	10 x 20 on 1:00 Shooters	SP3	٤
400	8 x 50 on 1:15 Kick-odds brst ev fr	EN2	F
	1x{1 x 200 on 4:00 Individual Medley	EN1	٤
	{1 x 200 on 3:55 Individual Medley	EN1	٤
	{1 x 200 on 3:50 Individual Medley	EN1	٤
	{1 x 200 on 3:45 Individual Medley	EN1	٤
200	4 x 50 on 1:00 Freestyle-build	EN1	٤
	$1x{1 x 100 on 1:45 Freestyle}$	EN1	٤
	{1 x 100 on 1:40 Freestyle	EN1	٤
	{1 x 100 on 1:35 Freestyle	EN1	٤
	{1 x 100 on 1:30 Freestyle	EN1	٤
	$\{1 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$	EN1	٤
	{1 x 100 on 1:20 Freestyle	EN1	٤
500	10 x 50 on 1:00 Stroke Drills	REC	Γ

Workout #498 - Friday, 23 July 1999 Group 3 - Taper 1 1 minute rest between sets

8:26 AM 3,500 Meters - Stress Value = 34

6:30 AM Start Meters Set Description EGY WORK STF 1 on 30:00 Stomach and Stretch D IN 800 1 x 800 on 20:00 Reverse IM drill REC 200 10 x 20 on 1:00 Shooters SP3 EN2 900 6 x 150 on 3:30 Kick 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 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 1	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 1	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:35 Your Stroke-non free 1	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:40 Your Stroke-non free 1	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	8×50 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 = 3	5	

Workout #501 - Saturday, 24 July 1999 Group 3 - Taper 1 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WOF
11000010	ooc booolipolon		
=====		===	===
	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	
	$2x{4 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	EN1	
	$\{2 \times 50 \text{ on } 1:00 \text{ Butterfly} \}$	EN1	
	$\{4 \times 50 \text{ on } :55 \text{ Freestyle} \}$	EN1	
	{2 x 50 on 1:00 Backstroke	EN1	
	$\{2 \times 50 \text{ on } : 50 \text{ Freestyle} \}$	EN1	
	{2 x 50 on 1:00 Breaststroke	EN1	
	$\{2 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	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	5	

Workout #502 - Saturday, 24 July 1999 Group 3 - All-Americans 1 minute rest between sets

6:30 PM Start
Meters Set Description

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

Workout #503 - Monday, 26 July 1999 Group 3 - Sectional/AGS 1 minute rest between sets

6:30 AM Start	t .			
Set Descri	ption	EGY	WORK	STK
		===	====	===
1 on 30:00	Stomach and Stretch		L	
1 x 800 on	20:00 Stroke Drills	REC	D	CHO
10 x 20 on	1:00 Shooters	SP3	S	CHO
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
10 x 50 on	1:30 Stroke Drills	REC	D	CD
Build 1st	5 ez 2nd 5			
8:16 AM 3,000	Meters - Stress Valu	ie =	28	
	Set Descrip 	10 x 20 on 1:00 Shooters 3 x 100 on 2:30 Kick-descend 2x{2 x 100 on 1:40 Freestyle {2 x 100 on 1:35 Freestyle {2 x 100 on 1:30 Freestyle 10 x 50 on 1:30 Stroke Drills Build 1st 5 ez 2nd 5	Set Description EGY	Set Description EGY WORK 1 on 30:00 Stomach and Stretch L 1 x 800 on 20:00 Stroke Drills REC D 10 x 20 on 1:00 Shooters SP3 3 x 100 on 2:30 Kick-descend EN2 2x{2 x 100 on 1:40 Freestyle EN1 {2 x 100 on 1:35 Freestyle EN1 {2 x 100 on 1:30 Freestyle EN1 {2 x 50 on 1:30 Stroke Drills REC

Workout #504 - Monday, 26 July 1999 Group 3 - Taper 1 1 minute rest between sets

	6:30 AM Start			
${\tt Meters}$	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	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	20×50 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	9	

Workout #505 - Monday, 26 July 1999 Group 3 - All-Americans 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	٤
	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	
1,000	1 x 1000 on 20:00 Stroke Drill	REC	D	(
200	10 x 20 on 1:00 Shooters	SP3	S	
	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	(
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	٤
	$\{1 \times 150 \text{ on } 6:00 \text{ Freestyle-EZ}$	REC	S	
	8:44 AM 4,400 Meters - Stress Value =	= 70		

Workout #506 - Monday, 26 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		
500	5 x 100 on 2:00 Stroke Drills	REC	
200	10 x 20 on 1:30 Shooters-off the blk	SP3	
400	8×50 on 1:15 Kick-no board	EN1	
	1x{1 x 200 on 3:30 Individual Medley	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ 1 on each stroke}$	EN1	
	{1 x 200 on 3:20 Individual Medley	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ 1 on each stroke}$	EN1	
	{1 x 200 on 3:10 Individual Medley	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ 1 on each stroke}$	EN1	
200	1 x 200 on 4:00 Bilateral	REC	
	7:05 PM 2,500 Meters - Stress Value = 25	5	

Workout #507 - Tuesday, 27 July 1999 Group 3 - Taper 1 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	٤
	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	
800	1 x 800 on 20:00 Reverse IM drill	REC	D	
200	10 x 20 on 1:00 Shooters	SP3	S	E
	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	\subset
1,000	20 x 50 on 1:00 Pulls	EN1	P	
	$1x\{2 \times 200 \text{ on } 3:00 \text{ Freestyle}$	EN1	S	
	{1 x 100 on 2:00 Butterfly	EN1	S	E
	{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		

Workout #508 - Tuesday, 27 July 1999 Group 3 - All-Americans 1 minute rest between sets

	1	on 30:00 Stomach and Stretch	
1,000	1	x 1000 on 20:00 Swim-kick-pull-swim R	EC
200	10	0 x 20 on 1:00 Shooters S	P3
	1x{1	x 300 on 6:00 Kick E	N1
	{ 1	x 250 on 5:00 Kick E	N1
	{ 1	x 200 on 4:00 Kick E	N1
	{ 1	x 150 on 3:00 Kick E	N1
	{ 1	x 100 on 2:00 Kick E	N1
800	8	x 100 on 1:30 Pulls odds w/ paddle E	N1
	2x{4	x 50 on :50 Freestyle E	N1
	{ 4	x 50 on :45 Freestyle E	N1
	{ 4	x 50 on :40 Freestyle E	N1
	{ 1	on :30 Rest	
300	3	x 100 on 2:00 Stroke Drills R	EC
	8:32	AM 4,500 Meters - Stress Value = 40	

Workout #509 - Tuesday, 27 July 1999 Group 3 - All 1 minute rest between sets

	5:30 PM Start			
Meters	Set Description	EGY	WORK	STK
=====		===	====	===
	1 on 30:00 Stomach and Stretch		L	
500	5 x 100 on 2:00 Stroke Drills	REC	D	CHO
200	10 x 20 on 1:00 Shooters	SP3	S	ВK
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 Valu	ie =	31	

Workout #510 - Tuesday, 27 July 1999 Group 3 - Taper 1 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 Swim-kick-pull-swim	REC	
200	10 x 20 on 1:00 Shooters	SP3	
1,000	10 x 100 on 2:15 Kick-odds fast	EN2	
	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		

500 10 x 50 on 1:15 Stroke Drills-choice REC 240 12 x 20 on 1:30 Shooters-off the blk SP3

Workout #511 - Wednesday, 28 July 1999 **Group 3 - All-Americans** 1 minute rest between sets

1 on 30:00 Stomach and Stretch

	Group 3 - All-Americans				240	12 x 20 on 1:30 Shooters-off the blk	SP3	S
	1 minute rest between sets				300	3 on each stroke 6 x 50 on 1:15 Kick	EN1	K (
							EN1	SS
	6:30 AM Start						REC	D
Meters	<u> -</u>		WORK			7:05 PM 2,140 Meters - Stress Value =		
=====	1 20.00 Gt	==		=				
800	1 on 30:00 Stomach and Stretch 1 x 800 on 20:00 Reverse IM drill R	E.C	L D			Workout #515 - Friday, 30 July 1999		
200		P3	S			Group 3 - Taper 1		
200		N1	K	C		1 minute rest between sets		
		N1	K	C		1 minute 1est between sets		
	{1 x 150 on 2:50 Kick E	N1	K	C		6:30 AM Start		
	· ·	N1	K	(M	leters	Set Description	EG.	Y WOF
400	4 x 100 on 1:30 Lungbuster pulls E	NΙ	Р	=		=======================================		
	odds br5-7 ev br 6-8 $3x\{4 \times 100 \text{ on } 1:30 \text{ Freestyle} $ E	N1	S		000	1 on 30:00 Stomach and Stretch		~
	{1 x 200 on 3:45 Your Stroke or IM E		S	٤	800 200	1 x 800 on 20:00 Reverse IM drill 10 x 20 on 1:00 Shooters	RE(SP:	
200	•	EC	D		900	9 x 100 on 2:30 Kick-des in sets o		
	8:27 AM 4,000 Meters - Stress Value =	41			1,200	6 x 200 on 3:15 Pull-odds br 3-4-5		
						by the 50		
	Workout #512 - Thursday, 29 July 1999					$2x{4 \times 250}$ on 3:15 Freestyle	EN:	2
	Group 3 - All-Americans				0.00	{1 on 1:00 Rest	D.E.	~
	1 minute rest between sets				200	1 x 200 on 4:00 Stroke Drills 8:50 AM 5,300 Meters - Stress Value =	RE	J
						0.30 Am 3,300 Meters - Stress value -	70	
	6:30 AM Start					Workout #516 - Friday, 30 July 1999		
Meters	Set Description ====================================		EGY WO			•		
	1 on 30:00 Stomach and Stretch					Group 3 - All-Americans 1 minute rest between sets		
800	1 x 800 on 20:00 Swim-kick-pull-swi	m F	REC			1 influte Test between sets		
200	10 x 20 on 1:00 Shooters		SP3			6:30 PM Start		
600	12 x 50 on 1:00 Kick-des in sets of			M	leters		EGY W	ORK S
1,500	3 x 500 on 7:00 Pulls		EN1	-	=====	=======================================		
200	2 x 100 on 1:30 Freestyle-build 2x{1 x 100 on :00 Your Stroke broken		EN1 SP2			1 on 30:00 Stomach and Stretch		L
	{ at the 50 for 20 sec	٥	012		800			D
	{1 x 200 on 10:00 Freestyle-ez	F	REC		200		SP3 EN1	S K (
200	1 x 200 on 4:00 Bilateral	F	REC			•	EN1	KC
	8:36 AM 4,100 Meters - Stress Value =	63				•	EN1	КC
						{1 x 50 on 1:00 Kick	EN1	K C
	Workout #513 - Thursday, 29 July 1999				800	, i	EN1	P
	Group 3 - Taper 1					breathe 5-7	DNI 1	С. С
	1 minute rest between sets					•	EN1 EN1	S C S C
						•	EN1	s c
	6:30 AM Start						EN1	s c
Meters	Set Description		EGY W			{1 x 50 on :55 Choice	EN1	s c
	1 on 30:00 Stomach and Stretch					· ·	EN1	S C
800		m	REC		200	•	EN1 REC	S C D
200	10 x 20 on 1:00 Shooters		SP3		300	8:33 PM 4,000 Meters - Stress Value =		D
	1x{2 x 100 on 2:30 Kick		EN2			111 1,000 1100010 001000 14140	0 ,	
	{2 x 100 on 2:20 Kick		EN2			Workout #517 - Saturday, 31 July 1999		
	{2 x 100 on 2:10 Kick {2 x 100 on 2:00 Kick		EN2 EN2			Group 3 - All-Americans		
1,800						1 minute rest between sets		
_,	5-8 back 9-12 breast	-1				1 minute Test between sets		
	$1x{4 x 50 on 1:00 Freestyle}$		EN1			6:30 AM Start		
	{4 x 50 on :55 Freestyle		EN1			Set Description	EGY I	
	{4 x 50 on :50 Freestyle		EN1	=	=====		=== :	
200	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} $ 1 x 200 on 4:00 Six kick switch		EN1 REC		000	1 on 30:00 Stomach and Stretch	D= ~	L
200	8:44 AM 4,600 Meters - Stress Value =					1 x 800 on 20:00 Choice 10 x 20 on 1:00 Shooters	REC	S S
	,					4 x 100 on 2:15 Kick-descend	SP3 EN1	S K
	Workout #514 - Thursday, 29 July 1999					2 x 200 on 3:15 Pulls-br 3-5-7-5 by	EN1	P
	Group 3 - All					the 50		
	1 minute rest between sets				1,400	$14\ \times\ 100$ on 1:30 Choose your interval and your stroke	EN1	S
	5.30 PM Start				300	1 x 300 on 6:00 Stroke Drills	REC	D
Meters	5:30 PM Start Set Description E	GY	WORK	ç		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	ΑN	1 St	art	_					
Meters	Se	et	Desc	rip	otion			EGY	WORK	٤
	==	-=-		===				===	====	=
	1	or	n 30:	00	Stoma	ach and Stre	etch		L	
800	1	Х	800	on	20:00) Choice		REC	S	
200	10) >	x 20	on	1:00	Shooters		SP3	S	
	1x{2	Х	200	on	5:00	Kick		EN2	K	C
	{ 4	Х	100	on	2:30	Kick		EN2	K	C
	{ 4	Х	50 o	n 1	L:15 E	Kick-descend	l	EN2	K	(
1,200	4	Х	300	on	5:00	Pulls		EN1	P	
	2x{2	Х	200	on	4:00	Individual	Medley	EN1	S	
	{ 4	Х	100	on	1:45	Freestyle-d	lescend	EN1	S	
200	1	Х	200	on	4:00	Stroke Dril	ls	REC	D	
	8:54	ΑN	15,0	00	Meter	rs - 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	WOE
=====		===	===
	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	5	

Workout #520 - Monday, 02 August 1999 Group 3 - All

1 minute rest between sets

Meters	6:30 AM Start 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	9	

Workout #521 - Tuesday, 03 August 1999 Group 3 - All

1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WORK	č
=====		===	====	=
	1 on 25:00 Stomach and Stretch		L	
800	1 x 800 on 17:00 Choice	REC	S	(
200	10 x 20 on 1:00 Shooters	SP3	S	E
	1x{1 x 100 on 2:30 Kick	EN1	K	(
	{1 x 100 on 2:25 Kick	EN2	K	(
	{1 x 100 on 2:20 Kick	EN2	K	(
	{1 x 100 on 2:15 Kick	EN2	K	(
	{1 x 100 on 2:10 Kick	EN2	K	C

1x{6	X	50 on 1:00 Pulls	EN1	Ρ
{ 6	Х	50 on :55 Pulls	EN1	Ρ
{ 6	Х	50 on :50 Pulls	EN1	Ρ
1x{1	Х	200 on 4:00 Individual Medley	EN1	S
{ 3	Х	100 on 1:40 Freestyle-descend	EN1	S
{ 1	Х	200 on 3:45 Individual Medley	EN1	S
{ 3	Х	100 on 1:35 Freestyle-descend	EN1	S
{ 1	Х	200 on 3:30 Individual Medley	EN1	S
{ 3	Х	100 on 1:30 Freestyle-descend	EN1	S
{ 1	Х	200 on 3:15 Individual Medley	EN1	S
{ 6	Х	50 on 1:15 Stroke Drills	REC	D
8:32	ΑN	M 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	3	

Workout #523 - Tuesday, 03 August 1999 Group 3 - All-Americans 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	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	S
	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	Se	et Description	EGY	WORK	ξ
=====	==		===	====	=
	1	on 25:00 Stomach and Stretch		L	
800	1	x 800 on 17:00 Reverse IM drill	REC	D	
200	10	0 x 20 on 1:00 Shooters	SP3	S	
	1x{4	x 50 on 1:15 Kick	EN2	K	(
	{ 2	x 100 on 2:20 Kick	EN2	K	C
	{ 1	x 200 on 4:30 Kick	EN2	K	(
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

Meters	6:30 AM Start 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 = 3	4	

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	
	$\{2 \times 50 \text{ on } 1:05 \text{ Breaststroke} \}$	EN1	
	$\{2 \times 50 \text{ on } :50 \text{ Freestyle}$	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

Meters	5:15 PM Start Set Description	EGY	WORK	5
=====		===	====	=
	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 12 on 2:00 Vertical Kicking	EN1 EN1	S 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

Υá	ards	5:15 Se				t otion		EGY	WOF
==:	====	==	===	-===	===:		1 2 1 2	===	===
							ach and Stretch		
		,					Stroke Drills	REC	
		{ 1 9) >	50	on	1:00	Stroke Drills	REC	
		1	or	15	:00	Techi	niques-free trns		
	600	12	2 >	50	on	1:00	Mid pool swims	EN1	
	400	16	5 ×	25	on	:45 1	Kick under water	EN1	
		1x{1	х	100	on	1:45	Freestyle	EN1	
		{1	Х	200	on	3:30	Freestyle	EN1	
		{1	Х	300	on	5:15	Freestyle	EN1	
		{1	Х	300	on	4:30	Freestyle	EN1	
		{ 1	Х	200	on	3:00	Freestyle	EN1	
		{1	Х	100	on	1:30	Freestyle	EN1	
	900	6	Х	150	on	2:30	Pulls-mid 50 br ev 5	EN1	
	200	8	Х	25	on	:40 St	troke Drills-choice	REC	
		1	or	1 1 0	:00	Techi	niques-starts		
							s - Stress Value = 31		

Workout #529 - Thursday, 02 September 1999 Group 3 - All

37l -	5:15 PM Start	DOV	MODE
Yards	Set Description	EGY	WORF
=====		===	====
	1 on 20:00 Stomach and Stretch		I
125	1 x 125 on 2:30 Stroke Drills	REC	Γ
900	9 x 100 on 2:00 Stroke Drills	REC	Γ
	1 on 15:00 Techniques-free trns		Γ
	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	E
1,000	4 x 250 on 4:00 3:30 swim :30 rest	EN1	٤
500	20 x 25 on :40 4 on each 3 dr 1 fas	EN1	٤
250	1 x 250 on 5:00 Six kick switch	REC	Γ
	7:36 PM 4,025 Yards - Stress Value = 28	3	

Workout #530 - Friday, 03 September 1999 Group 3 - All

1 minute rest between sets

Yards	6:30 PM Start Set Description	EGY	WORK S
=====		===	==== =
	1 on 25:00 Stomach and Stretch		L
1,000	10 x 100 on 2:00 Stroke Drills	REC	D (
	1 on 10:00 Techniques-free trns		D
	1x{4 x 25 on :45 Kick	EN1	K (
	{4 x 50 on 1:20 Kick	EN1	K (
	{4 x 75 on 1:45 Kick	EN1	K (
	{4 x 100 on 2:00 Kick	EN1	K (
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	

Workout #531 - Saturday, 04 September 1999 Group 3 - All

1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	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 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 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		

Workout #532 - Tuesday, 07 September 1999 Group 3 - All

1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 25:00 Stomach and Stretch		I
	$1x{1 \times 125}$ on 2:30 Stroke Drills	REC	Ι
	{9 x 100 on 2:00 Stroke Drills	REC	Ι
	{ odds backstroke		
	1 on 15:00 Techniques-back strt		Γ
1,000		EN1	ľ
1,400	14 x 100 on 1:30 Lungbuster pulls		E
•	odds br 3-5-7-3		
	evens br 2-4-6-4		
	1x{3 x 100 on 1:45 Freestyle	EN1	٤
	{4 x 50 on 1:00 Backstroke	EN1	٤
	{3 x 100 on 1:40 Freestyle	EN1	٤
	{4 x 50 on :55 Backstroke	EN1	٤
	{3 x 100 on 1:35 Freestyle	EN1	٤
	{4 x 50 on :50 Backstroke	EN1	٤
300	12 x 25 on :40 Stroke Drills	REC	Ι
	7:35 PM 5,225 Yards - Stress Value = 39	9	

Workout #533 - Wednesday, 08 September 1999 Group 3 - All 1 minute rest between sets

		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	4×400 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 #524 Thursday 00 September 1000		

Workout #534 - Thursday, 09 September 1999 Group 3 - All

1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	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 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 of3	EN1	
	1x{2 x 300 on 4:30 Pulls	EN1	
	{2 x 300 on 4:15 Pulls	EN1	
	{2 x 300 on 4:00 Pulls	EN1	
	$2x{3 \times 50 \text{ on } :50 \text{ Freestyle}}$	EN1	
	$\{3 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	${3 \times 50 \text{ on } :40 \text{ Freestyle}}$	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

	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		
	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 #536 - Saturday, 11 September 1999 Group 3 - All

1 minute rest between sets

/:30 AM Start		
Set Description	EGY	WORK S
	===	==== =
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
10 x 100 on 2:15 Kick-odds fast	EN1	K (
12 x 150 on 2:15 Pulls-evens breathe	EN1	P
3-4-5 by the 50		
6 x 50 on 1:00 Freestyle-buildups	EN1	S
10 x 200 on 3:00 Challenge set	EN2	S
	Set Description 1 on 25:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 1 on 10:00 Techniques-back strt 10 x 100 on 2:15 Kick-odds fast 12 x 150 on 2:15 Pulls-evens breathe	Set Description EGY 1 on 25:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim REC 1 on 10:00 Techniques-back strt 10 x 100 on 2:15 Kick-odds fast EN1 12 x 150 on 2:15 Pulls-evens breathe EN1 3-4-5 by the 50 6 x 50 on 1:00 Freestyle-buildups EN1

Workout #537 - Saturday, 11 September 1999 Age Group - All

10:00 AM 6,300 Yards - Stress Value = 71

REC

D

400 8 x 50 on 1:00 Stroke Drills

1 minute rest between sets

	8:30 AM Start			
Meters	Set Description	EGY	WORK S	2
=====		===	==== =	=
	1 on 20:00 Stomach and Stretch		L	
800	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	-
200	1 x 200 on 5:00 Bilateral	REC	D	
	10:02 AM 2,600 Meters - Stress Value	= 18	3	

Workout #538 - Monday, 13 September 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		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	EN1	P
	odds faster then evn		
	$2x{3 x 50 on :50 Freestyle}$	EN1	S
	${3 \times 50 \text{ on :} 45 \text{ Freestyle}}$	EN1	S
	${3 \times 50 \text{ on } :40 \text{ Freestyle}}$	EN1	S
	${3 \times 50 \text{ on :} 35 \text{ Freestyle}}$		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		PM Start et Description	EGY	WC
=====	==		===	==
	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	

00 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

	5:15 PM Start			
Yards	Set Description	EGY	WORK	STF
=====	=======================================	===	====	===
	1 on 25:00 Stomach and Stretch		L	
	$1x{1 \times 75}$ on 1:30 Stroke Drills	REC	D	CHC
	$\{19 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	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
	$1x\{8 \times 50 \text{ on } 1:00 \text{ Breaststroke}$	EN1	S	BF
	$\{4 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$	EN1	S	FF
	{6 x 50 on :55 Breaststroke	EN1	S	FF
	$\{4 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$	EN1	S	FF
	$\{4 \times 50 \text{ on } :50 \text{ Breaststroke} \}$	EN1		
		EN1		
		EN1		
	$\{4 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$			
300		EN1		ΙN
200		EN1		CI
	7:45 PM 6,325 Yards - Stress Value	= 53	3	

Workout #541 - Wednesday, 15 September 1999 Group 3 - All

	5:30 AM Start		
Yards	Set Description	EGY	WORK
=====		===	====
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	EN2	S
	sets of 3		
200	1 x 200 on 4:00 Choice	REC	S
	6:43 AM 3,500 Yards - Stress Value = 4	17	

Workout #542 - Wednesday, 15 September 1999 Group 3 - All

1 minute rest between sets

	5:15 PM Start			
Yards	Set Description	EGY	WORK	5
=====	1 05 00 00 0 0 0 0	===	====	=
	1 on 25:00 Stomach and Stretch		L	
	$1x\{1 \times 25 \text{ on } 1:00 \text{ Stroke Drills}$			(
	$\{15 \times 25 \text{ on } 1:00 \text{ Stroke Drills}\}$	REC	D	
	{ odds breaststroke			
	1 on 10:00 Techniques-brst trns		D	
900	9 x 100 on 2:15 Kick 1-3 w/ board	EN1	K	(
	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	
	$1x\{2 \times 200 \text{ on } 3:45 \text{ Breaststroke}$	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	
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	S	
	$\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	EN1	S	
	$\{4 \times 25 \text{ on } : 15 \text{ Freestyle} \}$	EN1	S	
	{1 on :30 Rest		М	
200	1 x 200 on 3:00 Bilateral	REC	D	
	7:45 PM 5,600 Yards - Stress Value =	51		

Workout #543 - Thursday, 16 September 1999 Group 3 - All

1 minute rest between sets

Yards	5:15 PM Start 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 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 25dr 25build	EN1	
	$4x\{4 \times 100 \text{ on } 1:10 \text{ Freestyle}$	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

	5:30 AM Start			
Yards	Set Description	EGY	WORK S	S
=====	=======================================	===	=====	=
400	1 x 400 on 8:00 Reverse IM drill	REC	D	
210	14 x 15 on :30 Cross pool sprints	SP3	S	
1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
	$1x{1 \times 400 \text{ on } 6:00 \text{ Freestyle}}$	EN1	S	
	{1 x 300 on 4:30 Freestyle	EN1	S	
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$	EN1	S	
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle}$	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		

Workout #545 - Friday, 17 September 1999 Group 3 - All

1 minute rest between sets

	5:30	PM Start		
Yards	Se	et Description	EGY	WOF
	==		===	===
	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

	7:30	AM Start		
Yards	Se	et Description	EGY	W
=====	==		===	==
	1	on 25:00 Stomach and Stretch		
1,025	1	x 1025 on 20:00 Swim-kick-pull-swim	REC	
210	1	4 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

	5:30 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
150	10×15 on :30 Cross pool sprints	SP3	S
	1x{2 x 250 on 3:45 Pulls	EN1	E
	{2 x 250 on 3:35 Pulls	EN1	E
	{2 x 250 on 3:25 Pulls	EN1	E
1,800	3 x 600 on 8:00 Freestyle	EN2	٤
	1 on 10:00 Techniques-starts	REC	Γ
	6:42 AM 3,850 Yards - Stress Value = 57	,	

Workout #548 - Monday, 20 September 1999 Group 3 - All

1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 25:00 Stomach and Stretch		I
	$1x{1 x 125 on 2:30 Stroke Drills}$	REC	Ι
	{7 x 100 on 2:00 Stroke Drills	REC	Γ
	{ odds fly		
	1 on 10:00 Techniques-fly finis		Ι
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	Ε
	$4x{3 x 50 on 1:00 Butterfly 3-3-3 dr}$	EN1	٤
	{3 x 100 on 1:30 Freestyledescend	EN2	٤
300	1 x 300 on 6:00 Choice	REC	٤
	$2x\{8 \times 25 \text{ on } : 30 \text{ Butterfly}$	EN1	٤
	{1 on 1:00 Rest		N
300	6 x 50 on 1:00 Stroke Drills	REC	Ι
	7:45 PM 5,825 Yards - Stress Value = 5	6	

Workout #549 - Tuesday, 21 September 1999 Group 3 - All

1 minute rest between sets

	5:15 PM Start			
Yards	Set Description	EGY	WORK	STF
	=======================================	===		===
	1 on 25:00 Stomach and Stretch		L	
	$1x{1 x 125 on 2:30 Stroke Drills}$	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
	$\{1 \times 50 \text{ on } 1:15 \text{ Kick-fly all out} \}$	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
	$\{1 \times 100 \text{ on } 2:00 \text{ Butterfly} \}$	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	2	

Workout #550 - Wednesday, 22 September 1999 Group 3 - All

1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK S	S
	=======================================	===	=====	=
400	1 x 400 on 8:00 Reverse IM drill	REC	D	
150	10 x 15 on :30 Cross pool sprints	SP3	S	E
1,200	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

5:15 PM Start Yards Set Description

====	
	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) 2	x 10	000	on 2:00 Kick-last 25 fly	EN1
	1x{8	Х	75	on	1:05 Pulls	EN1
	8 }	Х	75	on	1:00 Pulls	EN1
	8 }	Х	75	on	:55 Pulls	EN1
	2x{4	Х	50	on	1:00 Butterfly w/ flipper	EN1
	{ 4	Х	50	on	:55 Butterfly w/ flipper	EN1
	ſΛ	37	50	on	•50 Puttorfly w/ flippor	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

	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	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

5:30 AM Start

Yards	Set Descri	ption	EGY	WORF
			===	====
400	1 x 400 on	8:00 Swim-kick-pull-swim	REC	٤
600	8 x 75 on	1:20 25kick 25drill 25bld	EN1	٤
	2 on each	stroke		
	$1x{4 x 125 on}$	2:00 Pulls	EN1	E
	{4 x 125 on	1:50 Pulls	EN1	E
	{4 x 125 on	1:40 Pulls	EN1	E
1,000	10 x 100 o	n 1:15 Freestyle	EN2	٤
200	1 x 200 on	3:00 Stroke Drills	REC	Γ
	1 on 10:00	Techniques-starts		Γ
	6:41 AM 3,700	Yards - Stress Value = 43	L	

Workout #554 - Friday, 24 September 1999 Group 3 - All

1 minute rest between sets

	5:30 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
825	1 on 19:00 Stomach and Stretch 1 x 825 on 16:00 Swim-kick-pull-swim 1 on 10:00 Techniques-fly turns	REC	
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		
	${3 \times 75 \text{ on } 1:00 \text{ Freestyle}}$	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:30 PM 4,825 Yards - Stress Value = 38		

Workout #555 - Saturday, 25 September 1999 Group 3 - All

1 minute rest between sets

	7:30 AM Start Set Description	EGY	WOI
=====	1 22 22 22 23 24 24 25 25 25 25 25 25 25 25 25 25 25 25 25	===	===
005	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-fly turns		
	`	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	
		EN2	
	· · ·	EN3	
350	7 x 50 on 1:00 Stroke Drills		
	10:00 AM 6,675 Yards - Stress Value = 11	L 5	

Workout #556 - Monday, 27 September 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
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
	${3 \times 125 \text{ on } 1:45 \text{ IM-50 back}}$	EN1	S
	${3 \times 125 \text{ on } 1:55 \text{ IM-50 brst}}$	EN1	S
	${3 \times 125 \text{ on } 1:40 \text{ IM-50 free}}$	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:41 AM $4,150$ Yards - Stress Value =	41	

Workout #557 - Monday, 27 September 1999 Group 3 - All

1 minute rest between sets

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

	1	on 30:00 Stomach and Stretch		L
	1x{1	x 75 on 1:30 Stroke Drills	REC	D
	{16	6 x 50 on 1:00 Stroke Drills	REC	D
	{ 4	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 = 4	8	

Workout #558 - Tuesday, 28 September 1999 Group 3 - All

1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WOF
=====	=======================================	===	===
850	1 on 30:00 Stomach and Stretch 1 x 850 on 16:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Starts	REC	
	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

5:30 AM Start

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
	$\{2 \times 25 \text{ on } : 25 \text{ Freestyle}$	EN1	S
	$\{2 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN1	S
	$\{2 \times 25 \text{ on :} 15 \text{ Freestyle}$	EN1	S
300	6 x 50 on 1:00 Stroke Drills	REC	D
	6:42 AM 3,750 Yards - Stress Value = 5	53	

Workout #560 - Wednesday, 29 September 1999 Group 3 - All 1 minute rest between sets			800 150	1 1	REC SP3 EN1
5:15 PM Start Yards Set Description		Y WOF = ===	1,050 300	14 x 75 on 1:15 Pulls-nbbf&w 3 x 100 on 1:30 Freestyle-descend 2x{4 x 50 on :50 Freestyle	EN1 EN1 EN2
<pre>1 on 30:00 Stomach and Stretch 1x{1 x 75 on 1:30 Stroke Drills {8 x 100 on 2:00 Stroke Drills 2 on 1 1 on 10:00 Techniques-IM turns 3x{1 x 100 on 2:00 Kick {1 x 100 on 2:00 Kick</pre>	EN1	C 1 1	300	{4 x 50 on :40 Freestyle {2 x 50 on :35 Freestyle {1 on 1:00 Rest	EN2 EN2 EN2 REC
{1 x 100 on 2:00 Kick 1,200 12 x 100 on 1:30 Lungbuster pulls odds br 3-5-7-9 evens br 2-4-6-8	EN1			Workout #564 - Saturday, 02 October 1999 Group 3 - All	
300 12 x 25 on :45 Descend in sets of 3				1 minute rest between sets	
1x{4 x 100 on 1:45 Individual Medley {2 x 200 on 3:20 Individual Medley {1 x 400 on 6:10 Individual Medley 1,000 10 x 100 on 1:15 Freestyle	EN1 EN1 EN2	1 1 2	Yards	7:30 AM Start Set Description	EGY WC
400 8 x 50 on 1:00 Stroke Drills 7:45 PM 5,875 Yards - Stress Value = 5	REC	C	1,000	1 on 30:00 Stomach and Stretch 1 x 1000 on 20:00 Swim-kick-pull-swim 1 on 10:00 Techniques-relay str	REC
Workout #561 - Thursday, 30 September 1999			1,000	10 x 100 on 2:00 Kick-odds very fast $1x\{2 \times 400 \text{ on } 6:00 \text{ Pulls}$	EN1 EN1
Group 3 - All 1 minute rest between sets				{1 x 300 on 4:15 Pulls {1 x 200 on 2:40 Pulls {1 x 100 on 1:15 Pulls	EN1 EN1 EN1
	EGY W	====	1,000	10 x 100 on 1:30 Freestyle-descend in sets of 3 hold 10 as fast as 9	EN2
1 on 30:00 Stomach and Stretch 1,000 1 x 1000 on 18:00 Choice 1 1 on 10:00 Techniques-starts 1,000 1 x 1000 on 20:00 Freeway kicking 1	REC EN1	L S D K	1,000 300	<pre>1 x 1000 on 25:00 Killer Relays 1 x 300 on 4:30 Stroke Drills 10:01 AM 5,700 Yards - Stress Value = 12</pre>	SP1 REC 4
•	EN1 EN1	P P		Workout #565 - Saturday, 02 October 1999	
{2 x 100 on 1:20 Pulls	EN1	P		Age Group - All	
10x{1 x 100 on 1:15 Individual Medley I {1 x 50 on :35 Freestyle	EN2	S S S		1 minute rest between sets 8:30 AM Start	
•	REC REC 6	S D	=====	1 on 25:00 Stomach and Stretch	S
Workout #562 - Friday, 01 October 1999			600	1 x 600 on 12:00 Swim-kick-pull-swim 1 on 10:00 Techniques-relay str	S S
Group 3 - All			600	6 x 100 on 2:00 Descend in sets of 3 1 on 25:00 Killer Relays	S S
1 minute rest between sets 5:30 AM Start			200	1 x 200 on 4:00 Stroke Drill 10:00 AM 1,400 Yards	S
Yards Set Description		WORF		Workout #566 - Monday, 04 October 1999	
400 1 x 400 on 8:00 Swim-kick-pull-swim 150 10 x 15 on :30 Cross pool sprints 600 8 x 75 on 1:20 25ki 25dr 25bu 2 onE 1,000 5 x 200 on 2:45 Pulls	SP3	5 5 E		Group 3 - All 1 minute rest between sets 5:30 AM Start	
$1x\{4 \times 125 \text{ on } 1:40 \text{ Freestyle} $ $\{4 \times 125 \text{ on } 1:35 \text{ Freestyle} \}$	EN2 EN2	<u> </u>	Yards	Set Description EGY	WORK S
{4 x 125 on 1:30 Freestyle 350 7 x 50 on 1:00 Stroke Drills 1 on 5:00 Techniques-starts 6:44 AM 4,000 Yards - Stress Value = 52	EN2 REC	E I I	400 150 1,350	1 x 400 on 8:00 Reverse IM drill REC 10 x 15 on :30 Cross pool sprints SP3 9 x 150 on 2:15 Pulls EN1 Mid 50 br every 8	D S P
Workout #563 - Friday, 01 October 1999				$8x\{1 \times 150 \text{ on } : 00 \text{ Freestyle}$ EN1 $\{1 \times 50 \text{ on } 3: 00 \text{ Stroke IM order}$ EN1	
Group 3 - All			400		
1 minute rest between sets				6:44 AM 3,900 Yards - Stress Value = 36	Д
5:30 PM Start Yards Set Description	EGY	Y WOF			

Licensed	To: South Bend SC/Riley HS				7/15/2011 Page 71
	Workout #567 - Monday, 04 October 1999			825	1 x 825 on 16:00 Swim-kick-pull-swim REC
	Group 3 - All			150	10 x 15 on :40 Shooters SP3
	1 minute rest between sets				$1x\{6 \times 75 \text{ on } 1:45 \text{ Kick} $ EN2
	Timilate Test between sets				{6 x 75 on 1:35 Kick EN2
	5:15 PM Start				{6 x 75 on 1:25 Kick EN2
Yards	Set Description		EGY WO	1,500	-
=====	=======================================				4x{1 x 100 on 1:45 Breaststroke-fast EN1
	1 on 30:00 Stomach and Stretch				{8 x 25 on :40 Breaststroke EN1
625	1 x 625 on 10:00 Swim-kick-pull-sw	vim	REC	400	{ odds drill evens bld 4 x 100 on 1:30 Freestyle-des to EN2
150	10 x 15 on :30 Shooters		SP3	400	ludicrous speed
750	15 x 50 on 1:00 Kick-descend in 3	s	EN2	300	<u> -</u>
1,250	10 x 125 on 1:50 Pulls-br ev8 last	25	5 EN1	300	7:44 PM 5,725 Yards - Stress Value = 68
	$2x{1 x 200 on 2:30 Freestyle}$		EN2		7,11 111 0,720 14140 001000 74140 00
	$\{1 \times 200 \text{ on } 2:25 \text{ Freestyle} \}$		EN2		Workout #571 - Friday, 08 October 1999
	{1 x 200 on 2:20 Freestyle		EN2		•••
	{1 x 200 on 2:15 Freestyle		EN2		Group 3 - All
	{1 on 2:00 Rest		TD 1		1 minute rest between sets
	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle		EN1		
	{4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle		EN1 EN1		5:30 AM Start
	{4 x 25 on :15 Freestyle		EN1	Yards	i i
300	· -		REC	=====	
300	7:15 PM 5,075 Yards - Stress Value =	69	NEC	400	
	7.10 III 0,070 Idido Dologo Valuo	0.5		150 800	± ±
	W14 4569 T1 05 O-4-1 1000			800	4x{1 x 100 on 1:30 Freestyle EN1
	Workout #568 - Tuesday, 05 October 1999				{1 x 100 on 1:25 Freestyle EN1
	Group 3 - All				{1 x 100 on 1:20 Freestyle EN1
	1 minute rest between sets				{1 x 100 on 1:15 Freestyle EN2
					{1 on 1:00 Rest
. ,	5:15 PM Start			500	20×25 on :30 Odds free evens strk EN1
ards	Set Description		EGY WOF	250	
	1 on 29:00 Stomach and Stretch				6:41 AM 3,700 Yards - Stress Value = 39
825	1 x 825 on 16:00 Swim-kick-pull-sv	<i>y</i> i m	REC		
150	10 x 15 on :30 Shooters	• ====	SP3		Workout #572 - Friday, 08 October 1999
1,000	10 x 100 on 2:00 Kick-hold time I		EN2		Group 3 - All
	you				1 minute rest between sets
,500	3 x 500 on 7:00 Pulls		EN1		
	$1x{8 x 75 on 1:15 Backstroke}$		EN1		5:15 PM Start
	{8 x 75 on 1:10 Backstroke		EN1	Yards	Set Description EGY WO
	{8 x 75 on 1:05 Backstroke		EN1	=====	=======================================
	4x{1 x 100 on 2:00 Stroke Drills		REC		1 on 20:00 Stomach and Stretch
200	{3 x 50 on 1:00 Stroke descend		EN1	800	
300	1 x 300 on 4:30 Bilateral	C F	REC	210	14 x 15 on :30 Cross pool sprints SP3
	7:45 PM 6,575 Yards - Stress Value =	65		900	
					of 3
	Workout #569 - Wednesday, 06 October 1999				1x{4 x 125 on 2:00 Pulls EN1
	Group 3 - All				{4 x 125 on 1:50 Pulls EN1 {4 x 125 on 1:40 Pulls EN1
	1 minute rest between sets			600	·
				500	
	5:30 AM Start			500	<u> -</u>
ards	Set Description	EGY	Y WORK S		1x{6 x 25 on :35 Stroke EN1
====		===	======		{6 x 25 on :20 Freestyle EN1
400					{6 x 25 on :30 Stroke EN1
150	10 x 15 on :30 Cross pool sprints				{6 x 25 on :25 Freestyle EN1
,000	1 x 1000 on 15:00 Pulls	EN1		400	8 x 50 on 1:00 Stroke Drills REC
500	2 x 250 on 3:30 Pulls 1x{8 x 50 on :50 Freestyle	EN1			7:30 PM 6,010 Yards - Stress Value = 135
	{8 x 50 on :45 Freestyle	EN1 EN1			
	{8 x 50 on :40 Freestyle	EN1			
500	20 x 25 on :30 IM order	EN1			
250		REC			
200	6:44 AM 4,000 Yards - Stress Value =		. 2		
	,				
	Workout #570 - Wednesday, 06 October 1999				
	• •				
	Group 3 - All				

1 minute rest between sets

5:15 PM Start Yards Set Description ====== ______________________________________ 1 on 30:00 Stomach and Stretch

Workout #573 - Saturday, 09 October 1999 Group 3 - All

1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
	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	12×75 on $1:30$ Freestyle-hold the	EN3	S
	fastest possible avg		
500	10 x 50 on 1:00 Stroke Drills	REC	D
	9:57 AM 5,975 Yards - Stress Value = 1	L04	

Workout #574 - Monday, 11 October 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
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	4×50 on :45 Freestyle-desecnd	EN1	S
	$1x\{6 \times 25 \text{ on } : 30 \text{ Butterfly}$	EN1	S
	{6 x 50 on :55 Backstroke	EN1	S
	$\{6 \times 75 \text{ on } 1:15 \text{ Breaststroke} \}$	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 #575 - Monday, 11 October 1999 Group 3 - All

1 minute rest between sets

	5:15 PM Start		
Meters	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 :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	
	$5x\{8 \times 25 \text{ on } : 30 \text{ Butterfly}$	EN2	
	{1 on 1:00 Rest		
600	3 x 200 on 3:30 Individual Medley	EN2	
	descend		
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:45 PM $5,750$ Meters - Stress Value = 81	L	

Workout #576 - Tuesday, 12 October 1999 Group 3 - All

1 minute rest between sets

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

	{8 x 100 on 2:00 Stroke Drills { odds free evens strk	REC
	1 on 8:00 Techniques-finishes	
300	12 x 25 on :30 Berzerks	SP3
1,050	21×50 on $1:00$ Kick descend in sets	EN2
	of 3	
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1
	odds breathe 3-5-7-9	
	evens br. 2-4-6-8	
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 = 8	7

Workout #577 - Wednesday, 13 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 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	12×150 on $2:15$ Freestyle-descend in	EN2	S
	of 3 each set faster		
450	9 x 50 on 1:00 Stroke Drills	REC	D
	6:45 AM 3,860 Yards - Stress Value = 5	54	

Workout #578 - Wednesday, 13 October 1999 Group 3 - All

	5:15 PM Start		
Meters	Set Description	EGY	WOI
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	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)	

	Workout #579 - Thursday, 14 October 1999 Group 3 - All 1 minute rest between sets			150 1,000	1 x 400 on 8:00 Reverse IM drill REC 10 x 15 on :30 Cross pool sprints SP3 1 x 1000 on 15:00 Pulls EN1 2 x 500 on 7:00 Pulls EN1	1	D IM S FR P FR P FR
	5:15 PM Start			800	16 x 50 on :40 Freestyle EN1		S FR
Meters	Set Description	EGY	WC		20 x 25 on :30 Choice REC 1 x 200 on 3:00 Bilateral REC		S CD D CD
=====	=======================================	===	==	200	6:42 AM 4,050 Yards - Stress Value = 3	-	о со
1,025	1 on 30:00 Stomach and Stretch 1 on 10:00 Team meeting 1 x 1025 on 20:00 Swim-kick-pull-swim 1 on 10:00 Techniques-free trns				Workout #583 - Monday, 18 October 1999 Group 3 - All		
1,000 1,200	10 x 100 on 2:15 Kick-odds fast 16 x 75 on 1:15 Pulls-nbbf&w	REC EN1			1 minute rest between sets		
1,200	1x{1 x 100 on 1:30 Freestyle	EN1			5:15 PM Start		
	{1 x 200 on 3:00 Freestyle	EN1		Meters	Set Description		WORK
	{1 x 300 on 4:30 Freestyle {1 x 400 on 6:00 Freestyle	EN1 EN1		=====	1 20 00 0		
	{1 x 400 on 5:40 Freestyle	EN1		1,000	1 on 30:00 Stomach and Stretch 10 x 100 on 2:00 Stroke Drills	REC	L D
	{1 x 300 on 4:15 Freestyle	EN1		_,	1 on 10:00 Techniques-free trns		D
	{1 x 200 on 2:50 Freestyle {1 x 100 on 1:25 Freestyle	EN1 EN1		1,000	1 x 1000 on 20:00 Vertical Kicking		
200	1 x 200 on 3:00 Choice	REC			•	EN1 EN1	P P
	7:45 PM 5,425 Meters - Stress Value = 33	3			8 x 75 on 1:05 Pulls	EN1	
	W 1 4//500 E 1 15 O 4 1 1000			300 2,000		EN1 EN2	S S
	Workout #580 - Friday, 15 October 1999 Group 3 - All			2,000		REC	S D
	1 minute rest between sets				7:45 PM 6,300 Meters - Stress Value =	90	
	I minute rest between sets						
** 1	5:30 AM Start	E011 1			Workout #584 - Tuesday, 19 October 1999		
Yards =====	1	EGY T			Group 3 - All 1 minute rest between sets		
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC			Timute Test between sets		
900	12 x 75 on 1:20 25ki 25dr 25bu 3 o e				5:15 PM Start		
210 1,200	14 x 15 on :30 Cross pool sprints 3 x 400 on 6:00 Pulls	SP3 EN1		Meters	Set Description		EGY WC
	$2x{4 x 50 on :50 Freestyle}$	EN1			1 on 30:00 Stomach and Stretch		
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} $ $\{4 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1 EN1		1,000	20 x 50 on 1:00 Stroke Drills	1	REC
200	1 x 200 on 3:00 Choice	REC			5 on each 1x{8 x 25 on :45 Kick	1	EN2
	6:45 AM 4,110 Yards - Stress Value = 41				{4 x 50 on 1:15 Kick		EN2
	W. J. (1980) C. (1. 100)				{2 x 100 on 2:15 Kick		EN2
	Workout #581 - Saturday, 16 October 1999			1,500	{1 x 200 on 4:00 Kick 10 x 150 on 2:30 Pulls Mid 50 br ev		EN2 EN1
	Group 3 - All 1 minute rest between sets			600	12×50 on :50 Freestyle		EN1
	I militate Test between sets				6x{8 x 25 on :30 Breaststroke {1 on 1:00 Rest]	EN2
	7:30 AM Start			500	•]	REC
Meters	Set Description	EGY V			7:45 PM 5,600 Meters - Stress Value =	66	
	1 on 30:00 Stomach and Stretch				W. I. (1995, W. I. I. 2000, I. 1000		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC			Workout #585 - Wednesday, 20 October 1999 Group 3 - All		
800	1 on 10:00 Techniques-free trns 16 x 50 on 1:00 Kick with flippers	EN2			1 minute rest between sets		
400	4 x 100 on 1:45 Freestyle-build	EN1			1 minute Test between sets		
	1x{4 x 100 on 2:00 Individual Medley {4 x 50 on :45 Freestyle	EN1 EN1			5:30 AM Start		
	{4 x 100 on 1:50 Individual Medley	EN1		Yards	Set Description E		WORK 5
	{4 x 50 on :45 Freestyle	EN1		400	1 x 400 on 8:00 Reverse IM drill F		D
	{4 x 100 on 1:40 Individual Medley {4 x 50 on :45 Freestyle	EN1 EN1		210	1 1		S
	{4 x 100 on 1:30 Individual Medley	EN1		1,000	10×100 on 1:30 Lungbuster pulls E $1\times \{4 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$	ENI ENI	P S
200	1 x 200 on 3:00 Choice	REC			{4 x 125 on 1:50 Freestyle	EN1	S
	1 on 26:00 Water Polo 9:59 AM 4,425 Meters - Stress Value = 44	l			· •	EN1 EN1	S
	,			200		REC	S D
	Workout #582 - Monday, 18 October 1999				6:42 AM 4,110 Yards - Stress Value = 4	11	
	Group 3 - All						
	1 minute rest between sets						
	5:30 AM Start						
	Set Description EGY WC						

Workout #586 - Wednesday, 20 October 1999 Group 3 - All 1 minute rest between sets

Workout #590 - Monday, 25 October 1999 Group 3 - All 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY W	OF
			== Yards
	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	82.5
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	
	$1x\{6 \times 125 \text{ on } 2:00 \text{ Freestyle}$	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		20

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

Workout #587 - Friday, 22 October 1999 Group 3 - All

Workout #591 - Tuesday, 26 October 1999 Group 3 - All

1 minute rest between sets

1 minute rest between sets

5:30 AM Start

	5:30 AM Start				
Yards	Set Description	EGY	WORK	٢	
=====	=======================================	===	====	=	
400	1 x 400 on 8:00 Reverse IM drill	REC	D		=
150	10 x 15 on :30 Cross pool sprints	SP3	S	F	
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	(
	{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			

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	6 x 200 on 2:45 Pulls	EN1	P
1,800	12 x 150 on 2:15 Freestyle-descend in	EN3	S
	sets of three		
400	8 x 50 on 1:00 Stroke Drills	REC	D
	6:41 AM 4,010 Yards - Stress Value = 1	128	

Workout #588 - Friday, 22 October 1999 Group 3 - All 1 minute rest between sets

Workout #592 - Tuesday, 26 October 1999 Group 3 - All 1 minute rest between sets

Yards	5:00 PM Start Set Description	EGY	WORK	٤
		===	====	=
	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	EN2	K	\subset
	of three			
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	(
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	7:00 PM 5,600 Yards - Stress Value =	60		

		5:15 PM Start		
	Yards	Set Description	EGY	MC
S	=====	=======================================	===	==
=		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		
C		3x{3 x 100 on 2:00 Kick-descend	EN2	
		$\{4 \times 25 \text{ on } : 45 \text{ Sprint kick}$	EN3	
	1,000	20×50 on :40 Pulls with paddles	EN1	
		10x{1 x 100 on 1:15 Individual Medley	EN2	
C		$\{1 \times 50 \text{ on } : 35 \text{ Freestyle}$	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 #589 - Sunday, 24 October 1999 Group 3 - All

	5:30 AM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
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 #593 - Wednesday, 27 October 1999 Group 3 - All

1 minute rest between sets

Workout #596 - Saturday, 30 October 1999

8:59 PM 6,275 Yards - Stress Value = 87

450 18 x 25 on :40 Stroke Drills

Group 3 - All

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

						Group 3 - All		
	5:15 PM Start					1 minute rest between sets		
Yards	Set Description	EGY	WORK	STK				
=====	=======================================	===	====	===		1:00 PM Start		
	1 on 30:00 Stomach and Stretch		L		Yards		EG	Y WOF
1,025	1 x 1025 on 18:00 Choice	REC		CHO	=====	=======================================		
150	10 x 15 on :40 Shooters	SP3	S	BR		1 on 30:00 Stomach and Stretch		
1,000	10 x 100 on 1:45 Kick	EN2	K	CHO	825	1 x 825 on 16:00 Swim-kick-pull-swir	n RE	С
1,800	6 x 300 on 4:30 Pulls	EN1	P	FR	210		SP	
	$1x\{8 \times 75 \text{ on } 1:20 \text{ Backstroke}$	EN1	S	BK		1 on 10:00 Techniques-free trns		
	{8 x 75 on 1:15 Backstroke	EN1	S	BK		1x{4 x 25 on :45 Kick	ΕN	2
	{8 x 75 on 1:10 Backstroke	EN1	S	BK		{5 x 50 on 1:10 Kick	ΕN	
	$1x{4 \times 25 \text{ on } :30 \text{ Freestyle}}$	EN1	S	FR		{6 x 75 on 1:30 Kick	EN	
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle}\}$	EN1	S	FR		{1 x 100 on 2:00 Kick-for time	EN	
	$\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	EN2	S	FR		2x{3 x 75 on 1:15 Pulls	EN	
	$\{4 \times 25 \text{ on :} 15 \text{ Freestyle}$	EN2	S	FR		{3 x 75 on 1:10 Pulls	EN	
300		REC	D	CD		{3 x 75 on 1:05 Pulls	EN	
	7:42 PM 6,475 Yards - Stress Value	e =	68			{3 x 75 on 1:00 Pulls	EN	
					300		EN	
	Workout #504 Thursday 29 October 100	00			1,200	-	EN	
	Workout #594 - Thursday, 28 October 199	99			250		RE	
	Group 3 - All				230	3:30 PM 5,485 Yards - Stress Value = 11		C
	1 minute rest between sets					5:30 PM 5,465 idids - Stress value - 11	- /	
	5:15 PM Start					Workout #597 - Tuesday, 02 November 1999		
Yards	Set Description		EG:	WOF		Group 3 - All		
	=======================================					1 minute rest between sets		
	1 on 30:00 Stomach and Stretch							
	$1x\{1 \times 75 \text{ on } 1:30 \text{ Stroke Drills}$		REC			6:45 PM Start		
	$\{15 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$		REC		Yards		EG	Y WOF
	{ 4 on each stroke				======	-		
	1 on 10:00 Techniques-open trns	S				1 on 20:00 Stomach and Stretch		
1,000	1 x 1000 on 20:00 Brick game		EN2	2		1 on 10:00 Team meeting		
500	10×50 on 1:30 Pulls-breast		EN:	_	800		n RE	С
	$1x\{1 \times 400 \text{ on } 7:00 \text{ Individual Median}\}$	ley	EN1	_	150		SP	
	{1 x 300 on 5:15 Individual Medi	ley	EN1	_	1,000		EN	
	{1 x 200 on 3:30 Individual Medi	ley	EN1	_	1,600		ΕN	
	{1 x 100 on 1:45 Individual Med	ley	EN1	_	,	$3x\{6 \times 50 \text{ on } : 45 \text{ Freestyle}$	ΕN	
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle}$		EN1	_		{4 x 50 on :40 Freestyle	EN	
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$		EN1	_		{2 x 50 on :35 Freestyle	ΕN	
	$\{1 \times 300 \text{ on } 4:30 \text{ Freestyle}$		EN1	_		{1 on 1:10 Rest		_
	$\{1 \times 400 \text{ on } 6:00 \text{ Freestyle}$		EN1	_	200	•	RE	C
400	16 x 25 on :30 Choice		REC		200	8:58 PM 5,550 Yards - Stress Value = 63		
400	4 x 100 on 1:30 Freestyle-desce	end	to EN2	2		0.00 111 0,000 14140 001000 14140 00	•	
	ludicrous speed					W 1 4 // 500 W 1 1 02 W 1 1000		
300	1 x 300 on 5:00 Choice		REC			Workout #598 - Wednesday, 03 November 1999		
	7:45 PM 5,425 Yards - Stress Value	e =	53			Group 3 - All		
						1 minute rest between sets		
	Workout #595 - Friday, 29 October 1999)						
	Group 3 - All					6:30 PM Start		
	•				Yards	±		ORK S
	1 minute rest between sets				=====	=======================================	= =	=== =
	5 20 TM G					1 on 30:00 Stomach and Stretch		L
** '	5:30 AM Start		n ~				EC	D C
Yards	±			WORF		•	EC	D
400						{ 4 on each stroke		
400			REC	Ι	150		23	S
210	1 1	nts	SP3	٤		· ·	12	K C
	1x{4 x 125 on 1:55 Pulls		EN1	E			12	K C
	{4 x 125 on 1:50 Pulls		EN1	E	1,000	10 x 100 on 1:30 Lungbuster pulls EN	11	P
	{4 x 125 on 1:45 Pulls		EN1	E		odds breathe 3-5-7-9		
600		of	3 EN1	5		evens br. 2-4-6-8		
						0.0110 22. 2 1 0 0		
	$1x{1 x 100 on 1:30 Freestyle}$		EN1	٤	600		11	S
	1x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle		EN1	٤	600	12 x 50 on :45 Freestyle EN	11 12	S S
	1x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle		EN1 EN1	£	600	12 x 50 on :45 Freestyle EN 1x{5 x 150 on 1:55 Freestyle EN		
	1x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle		EN1	٤	600	12 x 50 on :45 Freestyle EN 1x{5 x 150 on 1:55 Freestyle EN	12 12	S

EN2

EN2

REC

EN2 S

5 5

č

{1 x 100 on 1:10 Freestyle

 $\{1 \times 100 \text{ on } 1:05 \text{ Freestyle} \}$

{1 x 100 on 1:00 Freestyle

 $\{12 \times 25 \text{ on } : 30 \text{ Stroke Drills} \}$

 $1x\{12 \ x \ 25 \ on : 30 \ Descend in sets of 3 \ EN1$

Workout #599 - Thursday, 04 November	1999
Group 3 - All	
1 minute rest between sets	

ovember 1999	{ 4	x 50 on 3	l: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
sets	7:30	PM 5,050	Yards - Stress Valu	e = 56		

6:30 PM Start				
Set Description	EGY	WORK	STr	
=======================================	===	====	===	
1 on 30:00 Stomach and Stretch		L		
8 x 100 on 2:00 Stroke Drills	REC	D	STF	
odds free evens strk				
16 x 50 on 1:00 Kick	EN2	K	BF	
1 x 100 on 2:00 Kick for time	EN2	K	BF	=
10 x 75 on 1:20 Pulls-NBBF&W	EN1	P	FF	
3 x 100 on 1:30 Freestyle-build	EN1	S	FF	
$4x{1 x 200 on 3:45 Breaststroke}$	EN1	S	BF	
$\{1 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	EN1	D	BF	
{4 x 25 on :30 Breaststroke	EN2	S	BF	
5 x 50 on 1:00 Stroke Drills	REC	D	CI	
8:31 PM 4,400 Yards - Stress Value	= 4	7		
	1 on 30:00 Stomach and Stretch 8 x 100 on 2:00 Stroke Drills odds free evens strk 16 x 50 on 1:00 Kick 1 x 100 on 2:00 Kick for time 10 x 75 on 1:20 Pulls-NBBF&W 3 x 100 on 1:30 Freestyle-build 4x{1 x 200 on 3:45 Breaststroke {1 x 50 on 1:00 Stroke Drills {4 x 25 on :30 Breaststroke 5 x 50 on 1:00 Stroke Drills	Set Description EGY	Set Description EGY WORK 1 on 30:00 Stomach and Stretch L 8 x 100 on 2:00 Stroke Drills REC D odds free evens strk EN2 K 1 x 100 on 2:00 Kick for time EN2 K 1 x 100 on 2:00 Kick for time EN2 K 10 x 75 on 1:20 Pulls-NBBF&W EN1 P 3 x 100 on 1:30 Freestyle-build EN1 S 4x{1 x 200 on 3:45 Breaststroke EN1 S {1 x 50 on 1:00 Stroke Drills EN1 D {4 x 25 on :30 Breaststroke EN2 S	Set Description EGY WORK STF ====================================

Workout #600 - Saturday, 06 November 1999 Age Group - Sprint and Stroke 1 minute rest between sets

Yards	1:00 PM Start Set Description	EGY	MOE
Tarus	Set Description	EGI	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	٤
=====		===	====	=
	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

	5:30 PM Start			
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
	$1x{4 \times 100 \text{ on } 1:30 \text{ Freestyle}}$	EN1	S	FR
	$\{4 \times 50 \text{ on } 1:00 \text{ Butterfly} \}$	EN1	S	FLY
	$\{4 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$	EN1	S	FR
	{4 x 50 on 1:00 Backstroke	EN1	S	BK
	{4 x 100 on 1:20 Freestyle	EN1	S	FR

Workout #603 - Tuesday, 09 November 1999
Group 3 - All
1 minute rest between sets

,	6:30 PM Start		
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	EN1	
	3-5-7-9 by the 25		
	$2x\{8 \ x \ 25 \ on : 30 \ Breaststroke$	EN2	
	$\{4 \times 50 \text{ on } :55 \text{ Breaststroke} \}$	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

	6:30 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 :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

	6:30 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	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	EN1	P	
	odds br 3-5-7-9			
	evens br 2-4-6-8			
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

	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-free trns		
	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	
1,500	12 x 125 on 1:50 Pulls	EN1	
400	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

	5:15 PM Start				
Yards	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				
900	12×75 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		
	{3 x 100 on 1:15 Backstroke	EN2	S	BK	
600	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	8×50 on 1:00 Stroke Drills	REC	D	CD	
	7:45 PM 6,100 Yards - Stress Value	e = 1	76		

Workout #608 - Thursday, 18 November 1999 Group 3 - All

1 minute rest between sets

	6:30 PM Start			
Yards	Set Description	EGY	WORK	ξ
		===	====	=
	1 on 30:00 Stomach and Stretch		L	
800	1 x 800 on 16:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
	3x{1 x 150 on 3:00 Kick	EN2	K	(
	{1 x 100 on 2:00 Kick	EN2	K	(
	{1 x 50 on 1:00 Kick	EN2	K	(
750	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	
	$\{4 \times 100 \text{ on } 1:50 \text{ Breaststroke} \}$	EN1	S	
	{3 x 50 on :55 Breaststroke	EN1	S	
	{2 x 25 on :30 Breaststroke	EN1	S	
200	1×200 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	5:15 PM Start Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 28:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
1,250	10 x 125 on 2:00 Kick	EN2	
2,000	5 x 400 on 5:00 Pulls	EN1	
100	1 x 100 on 1:30 Freestyle	EN1	
	$8x{8 \times 25 \text{ on :30 Butterfly}}$	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

	7:30 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	
	1 on 30:00 Stomach and Stretch		I
	$1x{1 \times 75}$ on 1:30 Stroke Drills	REC	Γ
	{19 x 50 on 1:00 Stroke Drills	REC	Γ
	{ 5 on each stroke		
	1 on 10:00 Techniques-finishes		Γ
1,000	5 x 200 on 3:30 Kick with flippers	EN1	F
1,000	10 x 100 on 2:00 Pulls	EN1	E
	$1x{4 x 75 on 1:20 Backstroke}$	EN1	٤
	{4 x 75 on 1:15 Backstroke	EN1	٤
	{4 x 75 on 1:10 Backstroke	EN1	٤
300	12 x 25 on :30 Stroke Drills 3 on E	REC	Γ
	1 on 20:00 Killer Relays	SP1	٤
300	1 x 300 on 5:00 Bilateral	REC	Γ
	10:00 PM 4,525 Yards - Stress Value = 2	29	

Workout #611 - Monday, 22 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-starts	
1,000	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			Yards	Set Description	EGY WOF
Group 3 - All 1 minute rest between sets			800	1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim F	
5:15 PM Start Yards Set Description	EGY	WOF	150 900	1 on 10:00 Techniques-starts	SP3 EN2
1 on 29:00 Stomach and Stretch 1,000 20 x 50 on 1:00 Stroke Drills 5 on E 150 10 x 15 on :45 Shooters 1,000 10 x 100 on 2:00 Kick with flippers	REC SP3 EN2		100 1,000	10 x 100 on 1:30 Lungbuster pulls 1x{3 x 200 on 3:10 Butterfly w/ fins $\{3 \text{ x 200 on 3:00 Butterfly w/ fins}\}$	EN2 EN1 EN2 EN2 EN2
Challenge set 1,600 8 x 200 on 2:45 Pulls 300 3 x 100 on 1:45 Individual Medley 1x{4 x 200 on 3:40 Breaststroke	EN1 EN1 EN2 EN2		300	$6x{1 \times 25 \text{ on :} 30 \text{ fly off the blocks}}$ {1 x 25 on :45 Freestyle	ENZ SP3 REC REC
$\{4 \times 100 \text{ on } 1\text{:}45 \text{ Breaststroke} $ $\{4 \times 50 \text{ on :}50 \text{ Breaststroke} \}$	EN2 EN2 EN2 REC			Workout #616 - Saturday, 27 November 1999 Group 3 - All 1 minute rest between sets	
Workout #613 - Wednesday, 24 November 1999			Varde	7:30 AM Start	ECY WOE

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
1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1	P
	$1x{4 \times 50 \text{ on } :50}$ Butterfly	EN1	SF
	{1 x 300 on 5:15 Individual Medley	EN1	SF
	{4 x 50 on :55 Backstroke	EN1	S
	{1 x 300 on 5:00 Individual Medley	EN1	S
	$\{4 \times 50 \text{ on } 1:00 \text{ Breaststroke} \}$	EN1	S
	{1 x 300 on 4:45 Individual Medley	EN1	S
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S
	{1 x 300 on 4:30 Individual Medley	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:46 AM 3,810 Yards - Stress Value =	38	

Workout #614 - Wednesday, 24 November 1999 Group 3 - All

1 minute rest between sets

Vondo	5:15 PM Start	EGY	T-7.C				
Yards	Set Description						
		===	==				
	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					
	$1x{8 x 75 on 1:10 Backstroke}$	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					
	$1x{4 x 25 on :30 Freestyle}$	EN1					
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle}$	EN1					
	$\{4 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN2					
	$\{4 \times 25 \text{ on :} 15 \text{ Freestyle}$	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

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 of3	EN2	
	5x{1 x 100 on 2:00 Individual Medley	EN2	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN2	
	$\{1 \times 50 \text{ on } 1:15 \text{ Freestyle}$	REC	
400	8 x 50 on 1:30 Stroke Drills	REC	
	2 on each stroke		
	10:00 AM 3,550 Yards - Stress Value = 39	9	

Workout #618 - Monday, 29 November 1999 Group 3 - All 1 minute rest between sets			1,200	16 x 75 on 1:10 Pulls middle 25 1 beath 1x{6 x 75 on 1:30 Individual Medley {6 x 75 on 1:25 Individual Medley	EN1 EN1 EN1	
5:15 PM Start Yards Set Description	EGY		400	<pre>{6 x 75 on 1:20 Individual Medley {6 x 75 on 1:15 Individual Medley {6 x 75 on 1:10 Individual Medley 1 x 400 on 8:00 Individual Medley</pre>	EN1 EN1 EN1 EN3	
1 on 29:00 Stomach and Stretch 800 1 x 800 on 16:00 Swim-kick-pull-swim 1 on 10:00 Techniques-brst trns 1,000 10 x 100 on 2:00 Kick-odds fast 2,000 4 x 500 on 7:00 Pulls 1x{4 x 100 on 1:45 Breaststroke {4 x 100 on 1:40 Breaststroke {4 x 100 on 1:35 Breaststroke	REC EN2 EN1 EN2 EN2 EN2		250	for time 5 x 50 on 1:00 Stroke Drills 7:45 PM 5,950 Yards - Stress Value = 80 Workout #622 - Thursday, 02 December 1999 Group 3 - All	REC	
{4 x 100 on 1:30 Breaststroke {4 x 100 on 1:30 Breaststroke 6x{1 x 25 on :30 Breaststroke {1 x 25 on :45 Freestyle 200 8 x 25 on 1:00 Stroke Drills 7:45 PM 5,900 Yards - Stress Value = 74	EN2 EN1 REC REC		Yards =====	1 1 1		
Workout #619 - Tuesday, 30 November 1999 Group 3 - All 1 minute rest between sets			825 1,000	1 x 825 on 16:00 Choice REC	S K	CHC CHC FF FF FF
6:30 PM Start Yards Set Description ===== 1 on 30:00 Stomach and Stretch	EGY			{4 x 125 on 1:50 Pulls EN1 {4 x 175 on 2:30 Pulls EN1 1x{2 x 200 on 3:00 Backstroke EN2 {2 x 200 on 2:55 Backstroke EN2	P P S	FF FF BF
800 1 x 800 on 16:00 Swim-kick-pull-swim 1,050 21 x 50 on 1:00 Kick-descend in sets of three 1x{5 x 75 on 1:15 Pulls {5 x 75 on 1:05 Pulls {5 x 75 on 1:05 Pulls {5 x 75 on 1:00 Pulls			500 300	1 x 300 on 5:00 Stroke Drills REC 7:45 PM 6,225 Yards - Stress Value = 81	S S S D	
2x{1 x 200 on 3:00 Free-last 50 fast	EN2			Workout #623 - Friday, 03 December 1999		
{1 x 200 on 3:00 Free-last 100 fast {1 x 200 on 3:00 Free-last 150 fast {1 x 200 on 3:00 Free-all 200 fast 100 1 x 100 on 1:30 Freestyle 8:30 PM 5,050 Yards - Stress Value = 69	EN2 EN2 EN2 REC		Yards	Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description	EGY	
{1 x 200 on 3:00 Free-last 150 fast {1 x 200 on 3:00 Free-all 200 fast 100 1 x 100 on 1:30 Freestyle 8:30 PM 5,050 Yards - Stress Value = 69 Workout #620 - Wednesday, 01 December 1999	EN2 EN2		=====	1 minute rest between sets 5:15 PM Start Set Description	===	
{1 x 200 on 3:00 Free-last 150 fast {1 x 200 on 3:00 Free-all 200 fast 100 1 x 100 on 1:30 Freestyle 8:30 PM 5,050 Yards - Stress Value = 69	EN2 EN2		800 180 1,000	1 minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 12 x 15 on :45 Shooters 3 on each stroke 10 x 100 on 2:00 Kick	REC SP3	
{1 x 200 on 3:00 Free-last 150 fast {1 x 200 on 3:00 Free-all 200 fast 100 1 x 100 on 1:30 Freestyle 8:30 PM 5,050 Yards - Stress Value = 69 Workout #620 - Wednesday, 01 December 1999 Group 3 - All 1 minute rest between sets 5:30 AM Start	EN2 EN2 REC	RK S	800 180	1 minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 12 x 15 on :45 Shooters 3 on each stroke 10 x 100 on 2:00 Kick 14 x 75 on 1:30 Pulls-nbbf&w 6x{1 x 25 on :25 Butterfly} {1 x 25 on :45 Butterfly} {1 x 50 on :45 Butterfly} {1 x 50 on 1:15 Freestyle} {1 x 75 on 1:10 Butterfly} {1 x 75 on 1:50 Freestyle}	REC SP3	
{1 x 200 on 3:00 Free-last 150 fast {1 x 200 on 3:00 Free-all 200 fast 100 1 x 100 on 1:30 Freestyle 8:30 PM 5,050 Yards - Stress Value = 69 Workout #620 - Wednesday, 01 December 1999 Group 3 - All 1 minute rest between sets 5:30 AM Start Yards Set Description EG 400 1 x 400 on 8:00 Reverse IM drill REG 210 14 x 15 on :30 Cross pool sprints SP 1,250 10 x 125 on 1:50 Pulls 1 breath last EN 25 1,800 12 x 150 on 2:15 Freestyle EN 400 8 x 50 on 1:00 Stroke Drills REG 6:43 AM 4,060 Yards - Stress Value = 125 Workout #621 - Wednesday, 01 December 1999	EN2 EN2 REC	RK S == = D S P	800 180 1,000 1,050	1 minute rest between sets 5:15 PM Start Set Description	REC SP3 EN2 EN1 EN1 REC EN1 REC EN1 REC	
{1 x 200 on 3:00 Free-last 150 fast {1 x 200 on 3:00 Free-all 200 fast 100 1 x 100 on 1:30 Freestyle 8:30 PM 5,050 Yards - Stress Value = 69 Workout #620 - Wednesday, 01 December 1999 Group 3 - All 1 minute rest between sets 5:30 AM Start Yards Set Description EG 400 1 x 400 on 8:00 Reverse IM drill REG 210 14 x 15 on :30 Cross pool sprints SP 1,250 10 x 125 on 1:50 Pulls 1 breath last EN 25 1,800 12 x 150 on 2:15 Freestyle EN 400 8 x 50 on 1:00 Stroke Drills REG 6:43 AM 4,060 Yards - Stress Value = 12:00 PR 12 PR 1	EN2 EN2 REC	RK S == = D S P	800 180 1,000 1,050	1 minute rest between sets 5:15 PM Start Set Description	REC SP3 EN2 EN1 EN1 REC EN1 REC EN1 REC	
{1 x 200 on 3:00 Free-last 150 fast {1 x 200 on 3:00 Free-all 200 fast 100 1 x 100 on 1:30 Freestyle 8:30 PM 5,050 Yards - Stress Value = 69 Workout #620 - Wednesday, 01 December 1999 Group 3 - All 1 minute rest between sets 5:30 AM Start Yards Set Description EG 400 1 x 400 on 8:00 Reverse IM drill REG 210 14 x 15 on :30 Cross pool sprints SP 1,250 10 x 125 on 1:50 Pulls 1 breath last EN 25 1,800 12 x 150 on 2:15 Freestyle EN 400 8 x 50 on 1:00 Stroke Drills REG 6:43 AM 4,060 Yards - Stress Value = 12:00 Workout #621 - Wednesday, 01 December 1999 Group 3 - All	EN2 EN2 REC	RK S == = D S P S D	800 180 1,000 1,050	1 minute rest between sets 5:15 PM Start Set Description	REC SP3 EN2 EN1 EN1 REC EN1 REC EN1 REC	

Workout #624 - Monday, 06 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		
1,000	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	
	$\{5 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN1	
	$\{5 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	$\{5 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	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

Yards	6:30 PM Start 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 S	tart	5				
Yards	Se	t Des	crip	ption		EGY	WORK	Š
	==					===	====	=
400	1 :	x 400	on	8:00	Reverse IM drill	REC	D	
210	14	x 15	on	:30 0	Cross pool sprints	SP3	S	
800	8	x 100	on	1:30	Lungbuster pulls	EN1	P	
	0	dds b	reat	the 3-	-5-7-9			
	e ⁻	vens 1	or 2	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	s - Stress Value =	76		

Workout #627 - Wednesday, 08 December 1999 Group 3 - All

1 minute rest between sets

=====		===	====	==
Yards	Set Description	EGY	WORK	Sī
	5:15 PM Start			

	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							
Yards	Se	et	Des	crip	ption		EGY	WOI
	==		-===	====			===	===
						ach and Stretch		
800	1	Х	800	on	16:00) Swim-kick-pull-swim	REC	
150	10) s	15	on	:30 \$	Shooters	SP3	
800	8	Х	100	on	1:45	Kick	EN2	
	1x{1	Х	250	on	3:45	Pulls	EN1	
	{ 1	Х	250	on	3:40	Pulls	EN1	
	{ 1	Х	250	on	3:35	Pulls	EN1	
	{ 1	Х	250	on	3:30	Pulls	EN1	
	1x{3	Х	150	on	2:30	100 fly 50 back	EN2	
	{ 3	Х	150	on	2:30	100 back 50 brst	EN2	
	{ 3	Х	150	on	2:45	100 breast 50 free	EN2	
	{ 3	Х	150	on	2:30	100 free 50 fly	EN2	
300	1	Х	300	on	5:00	Thumb drag/catch-up	REC	
	8:31	ΡN	14,8	350	Yards	s - Stress Value = 66		

Workout #629 - Friday, 10 December 1999 Group 3 - All

	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	
	$\{1 \times 50 \text{ on } : 45 \text{ Butterfly} \}$	EN2	
	$\{1 \times 50 \text{ on } : 40 \text{ Butterfly} \}$	EN2	
	{1 on :50 Rest		
	$8x{1 x 25 on :30 Freestyle}$	EN1	
	$\{1 \times 25 \text{ on } : 30 \text{ Free-Hold under } :15$	EN2	
150	1 x 150 on 3:00 Six kick switch	REC	
	7:45 PM 6,000 Yards - Stress Value = 83		

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Workout #630 - Saturday, 11 December 1999		ards	Set Description		WOF
Group 3 - All	==:	====	1 on 30:00 Stomach and Stretch	===	===
1 minute rest between sets		800 900	1 x 800 on 16:00 Swim-kick-pull-swim 12 x 75 on 1:30 Kick-all brst	REC EN2	
7:30 AM Start			1x{3 x 125 on 2:00 Pulls	EN1	
1	GY WOF		{3 x 125 on 1:55 Pulls	EN1	
1 20.00 Gt	== ===		{2 x 125 on 1:50 Pulls	EN1	
1 on 30:00 Stomach and Stretch	r.C		$3x{1 x 25 on :30 Breaststroke}$	EN1	
825 1 x 825 on 16:00 Swim-kick-pull-swim RE 210 14 x 15 on :30 Cross pool sprints SF			{1 x 50 on :55 Breaststroke	EN1	
3x{1 x 50 on 1:00 Kick EN			$\{1 \times 75 \text{ on } 1:20 \text{ Breaststroke} \}$	EN1	
{1 x 100 on 2:00 Kick EN			{1 x 100 on 1:45 Breaststroke	EN1	
{1 x 150 on 3:00 Kick EN			{1 x 100 on 1:40 Breaststroke	EN2	
1,200 16 x 75 on 1:20 Pulls-1 brth last 25 EN	11		$\{1 \times 75 \text{ on } 1:15 \text{ Breaststroke} $ $\{1 \times 50 \text{ on } :50 \text{ Breaststroke} \}$	EN2 EN2	
600 12 x 50 on 1:00 Mid pool swim-nbbf&w EN	11		{1 x 25 on :25 Breaststroke	EN2	
$1x\{4 \times 150 \text{ on } 2:30 \text{ Backstroke}$	12		{1 on 1:00 Rest	LINZ	
{4 x 150 on 2:20 Backstroke EN	12	350	7 x 50 on 1:00 Stroke Drills	REC	
{4 x 150 on 2:10 Backstroke EN			8:30 PM 4,550 Yards - Stress Value = 51		
500 10 x 50 on 1:00 Stroke Drills RE	EC		,		
9:59 AM 6,035 Yards - Stress Value = 80			Workout #634 - Wednesday, 15 December 1999		
			Group 3 - All		
Workout #631 - Saturday, 11 December 1999			1 minute rest between sets		
Age Group - All			Timilate Test between sets		
1 minute rest between sets			5:30 AM Start		
	Ya	ards	Set Description	EGY	WOF
8:00 AM Start Yards Set Description EG	==: GY WOF				
===== ================================		400	1 x 400 on 8:00 Reverse IM drill	REC	
1 on 25:00 Stomach and Stretch		210	14 x 15 on :30 Cross pool sprints	SP3	
800 1 x 800 on 20:00 Swim-kick-pull-swim RE	EC 1,	,200	8 x 150 on 2:15 Pulls-mid 50 br ev 8		
1 on 10:00 Techniques-free trns			1x{1 x 400 on 7:00 Individual Medley {1 x 400 on 6:00 Individual Medley	EN1 EN2	
600 12 x 50 on 1:15 Kick-des in sets of 3 EN	12		{4 x 100 on 1:45 Individual Medley	EN1	
750 10 x 75 on 2:00 Pulls-nbbf&w EN	11		{4 x 100 on 1:45 Individual Medley {4 x 100 on 1:30 Individual Medley	EN2	
$1x\{1 x 100 \text{ on } 2:15 \text{ Freestyle}$	11		1x{4 x 25 on :30 Freestyle	EN1	
{1 x 100 on 2:10 Freestyle EN	11		{4 x 25 on :25 Freestyle	EN1	
{1 x 100 on 2:05 Freestyle EN			{4 x 25 on :20 Freestyle	EN1	
{1 x 100 on 2:00 Freestyle EN		300	1 x 300 on 5:00 Thumb drag/catch-up	REC	
{1 x 100 on 1:55 Freestyle EN			6:44 AM $4,010$ Yards - Stress Value = 47		
{1 x 100 on 1:50 Freestyle EN {1 x 100 on 1:45 Freestyle EN					
$\{1 \times 100 \text{ on } 1.49 \text{ Freestyle} \}$			Workout #635 - Wednesday, 15 December 1999		
{1 x 100 on 1:35 Freestyle EN			Group 3 - All		
{1 x 100 on 1:30 Freestyle EN	11		1 minute rest between sets		
200 8 x 25 on :45 Stroke Drills RE	EC				
9:59 AM 3,350 Yards - Stress Value = 30			5:15 PM Start		
	Ya	ards	Set Description	EGY	WOF
Workout #632 - Monday, 13 December 1999	==:	====		===	===
Group 3 - All			1 on 30:00 Stomach and Stretch		
1 minute rest between sets		825	1 x 825 on 16:00 Swim-kick-pull-swim		
	1	150	10 x 15 on :30 Shooters	SP3	
5:15 PM Start	Ι.	,050	7 x 150 on 2:50 Kick 1x{4 x 50 on 1:00 Pulls-nbbf&w	EN2 EN1	
1	WORK		{4 x 50 on :55 Pulls-nbbf&w	EN1	
=======================================	====		{4 x 50 on :50 Pulls-nbbf&w	EN1	
1 on 30:00 Stomach and Stretch	L		{4 x 50 on :45 Pulls-nbbf&w	EN1	
800 1 x 800 on 16:00 Reverse IM drill REC	D		8x{8 x 25 on :30 Butterfly	EN2	
150	S		{1 on 1:00 Rest		
1x{3 x 100 on 1:35 Kick with flippers EN2	S	200	1 x 200 on 3:00 Stroke Drills	REC	
{3 x 100 on 1:30 Kick with flippers EN2 {3 x 100 on 1:25 Kick with flippers EN2	K K	400	4 x 100 on 1:30 Freestyle-descend to	EN2	
	K		ludicrous speed		

400

ludicrous speed

8 x 50 on 1:00 Stroke Drills

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

K

S

S

D

EN2

REC

Workout #633 - Tuesday, 14 December 1999 Group 3 - All 1 minute rest between sets

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

 $\{3 \times 100 \text{ on } 1:20 \text{ Kick with flippers EN2} \}$

12 x 50 on :45 Free-des in threes EN1

8 x 200 on 2:45 Pulls

5 x 500 on 6:15 Freestyle

6 x 50 on 1:15 Stroke Drills

1,600

2,500

600

300

Workout #636 - Thursday, 16 December 1999 8:00 PM Start Group 3 - All Yards Set Description 1 minute rest between sets _____ 1 on 20:00 Stomach and Stretch 5:15 PM Start 1 x 825 on 20:00 Swim-kick-pull-swim REC 10 x 15 on :30 Shooters-free SP3 825 Yards EGY WOF Set Description 150 _____ 900 12 x 75 on 2:00 Kick-odds fast 1 on 30:00 Stomach and Stretch $1x\{1 x 400 \text{ on } 8:00 \text{ Pulls}$ 1 x 800 on 16:00 Reverse IM drill REC 800 $\{1 \times 300 \text{ on } 6:00 \text{ Pulls}$ 1 on 10:00 Techniques-free trns {1 x 200 on 4:00 Pulls 18 x 50 on 1:00 Kick-des in threes EN2 900 {1 x 100 on 2:00 Pulls EN1 EN1 $1x{3 \times 50 \text{ on :} 45 \text{ Pulls}}$ EN1 $2x{2 \times 50 \text{ on } 1:00 \text{ Freestyle}}$ ${3 \times 150 \text{ on } 2:15 \text{ Pulls}}$ EN1 $\{2 \times 50 \text{ on } :55 \text{ Freestyle} \}$ {3 x 250 on 3:45 Pulls $\{2 \times 50 \text{ on } :50 \text{ Freestyle } \}$ 3 x 100 on 1:45 Individual Medley EN1 $\{2 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ {1 x 200 on 4:00 Back 150 or 30 russ {1 x 200 on 3:45 Back 100 dr 100 fast EN1 2x{1 x 200 on 4:00 Back 150 dr 50 fast EN1 {1 on 1:00 Rest 400 1 x 400 on 10:00 Stroke Drills REC 10:00 PM 4,075 Yards - Stress Value = 42 {1 x 200 on 3:15 Back all fast EN2 200 1 x 200 on 4:00 Backstroke-for time EN3 Workout #640 - Monday, 20 December 1999 10 x 50 on 1:00 Stroke Drills REC Group 3 - All 7:45 PM 5,650 Yards - Stress Value = 71 1 minute rest between sets Workout #637 - Friday, 17 December 1999 10:30 AM Start Group 3 - All Yards Set Description EGY WOF 1 minute rest between sets ====== 1 on 29:00 Stomach and Stretch 5:15 PM Start 800 1 x 800 on 16:00 Swim-kick-pull-swim REC EGY WOF 150 10 x 15 on :30 Shooters Yards Set Description 1,000 10 x 100 on 2:00 Challeng kick set 1 on 30:00 Stomach and Stretch 1.200 16 x 75 on 1:30 Pulls-1 br last 25 1,200 16 x 75 on 1:30 Pulls-1 pr last 25 2... 1,000 40 x 25 on :45 12.5 undrwater kick EN1 1,000 20 x 50 on 1:00 Stroke Drills 5 on E REC 10 x 15 on :30 Shooters SP3 150 1 x 1000 on 15:00 Kick with flippers EN2 1x{4 x 125 on 2:00 Pulls EN1 {4 x 125 on 1:55 Pulls EN1 1,000 $2x{4 \times 50 \text{ on :} 45 \text{ Freestyle}}$ $1x{4 x 125 on 2:00 Pulls}$ {3 x 50 on :40 Freestyle EN1 SP3 EN1 EN1 $\{2 \times 50 \text{ on } : 35 \text{ Freestyle } \}$ {4 x 125 on 1:50 Pulls {1 x 50 on :30 Freestyle EN1 400 1 x 400 on 6:00 Stroke Drills REC 8 x 25 on :30 Berzerks $3x{5 \times 50 \text{ on } :50 \text{ Freestyle}}$ 1:00 PM 5,550 Yards - Stress Value = 58 $\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ ${3 \times 50 \text{ on } :}40 \text{ Freestyle}$ Workout #641 - Tuesday, 21 December 1999 EN2 $\{2 \times 50 \text{ on } : 35 \text{ Freestyle } \}$ $\{1 \times 50 \text{ on } : 30 \text{ Freestyle} \}$ EN2 Group 3 - All {1 on :30 Rest 1 minute rest between sets 1 x 400 on 8:00 Stroke Drills REC 400 7:40 PM 6,500 Yards - Stress Value = 81 10:30 AM Start Yards Set Description Workout #638 - Saturday, 18 December 1999 ===== 1 on 30:00 Stomach and Stretch Group 3 - All 800 1 x 800 on 16:00 Swim-kick-pull-swim REC 1 minute rest between sets 1 on 10:00 Techniques-open trns 16 x 50 on 1:00 Kick 4 on each strk EN2 7:30 AM Start $1x\{8 \times 75 \text{ on } 1:10 \text{ Pulls}$ Yards Set Description EGY WOF {8 x 75 on 1:05 Pulls ===== {8 x 75 on 1:00 Pulls 200 4 x 50 on :45 Freestyle-build 1 on 29:00 Stomach and Stretch 1x{4 x 200 on 3:10 Individual Medley {4 x 200 on 3:05 Individual Medley 1 x 825 on 16:00 Swim-kick-pull-swim REC 825 210 14 x 15 on :30 Cross pool sprints SP3 Spri EN2 1x{1 x 400 on 8:00 Kick {4 x 200 on 3:00 Individual Medley {1 x 300 on 6:00 Kick 300 6 x 50 on 1:15 Stroke Drills {1 x 200 on 4:00 Kick EN2

1:01 PM 6,300 Yards - Stress Value = 84

Workout #639 - Saturday, 18 December 1999 Age Group - All 1 minute rest between sets

6 x 100 on 1:30 Descend in sets of 3 EN2 5 x 400 on 5:15 Freestyle EN2

16 x 25 on :45 Stroke Drills 4 on E REC 10:00 AM 6,485 Yards - Stress Value = 96

{1 x 100 on 2:00 Kick {8 x 25 on :45 Kick

5 x 250 on 3:30 Pulls

1,250

2,000

600

Workout #642 - Wednesday, 22 December 1999 Group 3 - All

1 minute rest between sets

Workout #645 - Wednesday, 29 December 1999 Group 3 - All 1 minute rest between sets

	10:30 AM Start					
Yards	Set Description	EGY WOF		10:30 AM Start		
=====	1 on 29:00 Stomach and Stretch	=== ===	Yards	Set Description	EGY W	IOF
800 150 1,000 1,000	1 x 800 on 16:00 Swim-kick-pull-swim 10 x 15 on :30 Shooters 10 x 100 on 2:00 Kick-odds fast	REC SP3 EN2 EN1	825 210 1,000	1 on 30:00 Stomach and 1 x 825 on 16:00 Swim-k 14 x 15 on :30 Cross po 8 x 125 on 2:15 Kick	ick-pull-swim REC	.==
300	odds br. 3-5-7-9 evens br 2-4-6-8 3 x 100 on 1:45 Individual Medley 3x{4 x 100 on 1:10 Freestyle	EN1 EN3	ŕ	5x{1 x 150 on 2:15 Pulls-b {1 x 150 on 2:15 Pull-mi 1x{1 x 100 on 1:30 Freesty {1 x 100 on 1:25 Freesty	d 50 br ev 10 EN1 le EN1	
400	{1 on 1:00 Rest 8 x 50 on 1:15 Stroke Drills 3x{4 x 100 on 1:10 Freestyle {1 on 1:00 Rest	REC EN3	1,200	{1 x 100 on 1:20 Freesty {1 x 100 on 1:20 Freesty {1 x 100 on 1:15 Freesty 16 x 75 on 1:30 Backstr fastest possible avq	le EN1 le EN1	
250	•	REC 3	200 400 400	1 x 200 on 3:00 Freesty 16 x 25 on :30 Free-odd 8 x 50 on 1:00 Stroke D	s only 2 brt EN1	
	Workout #643 - Monday, 27 December 1999			1:01 PM 6,135 Yards - Stre	ss Value = 124	

Workout #643 - Monday, 27 December 1999 Group 3 - All

1 minute rest between sets

	10:30							
Yards	Se	et	Desc	crip	otion		EGY	WOF
=====	==	===	-===	-===			===	===
	1	or	1 30:	:00	Stoma	ach and Stretch		
800	1	Х	800	on	16:00	Swim-kick-pull-swim	REC	
150	10) 2	15	on	:30 \$	Shooters	SP3	
	3x{1	Х	50 0	on 1	L:00 I	Kick	EN2	
	{ 1	Х	100	on	2:00	Kick	EN2	
	{ 1	Х	150	on	3:00	Kick	EN2	
100	1	Х	100	on	3:00	Kick-for time	EN2	
1,400	7	Х	200	on	3:00	Pulls	EN1	
	1x{2	Х	100	on	1:30	Freestyle	EN1	
	{ 1	Х	200	on	3:00	Freestyle	EN1	
	{ 2	Х	300	on	4:30	Freestyle	EN1	
	{ 1	Х	400	on	6:00	Freestyle	EN1	
	{ 2	Х	400	on	5:20	Freestyle	EN1	
	{ 1	Х	300	on	4:00	Freestyle	EN1	
	{ 2	Х	200	on	2:40	Freestyle	EN1	
	{ 1	Х	100	on	1:20	Freestyle	EN1	
400	8	Х	50 0	on 1	L:00 S	Stroke Drills	REC	
	1:00	ΡN	16,	750	Yards	s - Stress Value = 70		

Workout #644 - Tuesday, 28 December 1999 Group 3

	10:30 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	
150	10 x 15 on :30 Shooters	SP3	
1,000	10 x 100 on 1:45 Kick	EN2	
	$1x{5 x 50 on 1:00 Pulls-nbbf&w}$	EN1	
	{5 x 50 on :55 Pulls-nbbf&w	EN1	
	{5 x 50 on :50 Pulls-nbbf&w	EN1	
	{5 x 50 on :45 Pulls-nbbf&w	EN1	
600	12×50 on :45 Descend in sets of 3	EN1	
	$2x{1 x 200 on 3:45 Breaststroke}$	EN2	
	{2 x 100 on 1:45 Breaststroke	EN2	
	{4 x 50 on :50 Breaststroke	EN2	
	$\{8 \times 25 \text{ on } 1:00 \text{ Breast-all out}$	EN3	
	{ odds off the blocks		
500	20 x 25 on :30 IM order	REC	
	1:00 PM 5,650 Yards - Stress Value = 88		