#### Workout #646 - Tuesday, 04 January 2000 Group 3 - All 1 minute rest between sets

#### Workout #648 - Thursday, 06 January 2000 HighSchl - All 1 minute rest between sets

5:15 PM Start Yards Set Description

	5:30 PM Start		3:00 PM Start			
Yards	Set Description	EGY WOF	Yards Set Description	EGY	WORK	Ş
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	1 on 15:00 Stretching	: ===	==== L	=
150	10 x 15 on :30 Shooters	SP3	500 1 x 500 on 8:00 Choice	REC		C
1,000	5 x 200 on 4:00 Kick=des 1-4 hold #5		500 5 x 100 on 2:00 Kick-odds fast	EN2		
•	as fast as #4		450 9 x 50 on :45 Descend in sets of 3	EN1	S	
	1x{2 x 250 on 3:30 Pulls	EN1	600 6 x 100 on 6:00 Your Stroke off the	SP2	S	٤
	{2 x 250 on 3:25 Pulls	EN1	blocks			
	{3 x 250 on 3:20 Pulls	EN1	500 10 x 50 on 1:00 Stroke Drills	REC	D	C
300	6 x 50 on :45 Freestyle	EN1	1,050 14 x 75 on 1:30 Free-hold the faste	s EN3	S	
	2x{4 x 50 on 1:00 Breaststroke-descend	EN2	possible avg. time			
	$\{4 \times 50 \text{ on } :55 \text{ Breaststroke-descend} \}$	EN2	400 1 x 400 on 6:00 Stroke Drills	REC	D	
	$\{4 \times 50 \text{ on } :50 \text{ Breaststroke} \}$	EN2	4:59 PM 4,000 Yards - Stress Value	= 137		
	$\{8 \times 25 \text{ on } : 30 \text{ Breast-hold the your } \}$	EN1				
	{ stroke count a.l.a.p		Workout #650 - Monday, 10 January 2000			
400	4 x 100 on 1:30 Free-descend to	EN2				
	ludicrous speed		Group 3 - All			
300	6 x 50 on 1:00 Stroke Drills	REC	1 minute rest between sets			
	7:29 PM 6,300 Yards - Stress Value = 83					
			5:15 PM Start			

## Workout #650 - Monday, 10 January 2000 Group 3 - All 1 minute rest between sets

1 on 30:00 Stomach and Stretch L

#### Workout #647 - Wednesday, 05 January 2000 Group 3 - All 1 minute rest between sets

	1 minute rest between sets				800	8 x 100 o	n 2:00 Stroke Drills	REC	D	CHO
						2 on eac	n rev IM ord			
	5:30 AM Start				150	10 x 15 o	n :30 Shooters	SP3	S	FR
Yards	Set Description	EGY	WORK S	ξ	500	10 x 50 o	n 1:00 Kick	EN2	K	CHO
	=======================================	===	==== =	=	500	1 x 500 o	n 10:00 Kick-for time	EN3	K	CHO
400	1 x 400 on 8:00 Reverse IM drill	REC	D	1	,800	3x{1 x 300 o	n 4:00 Pulls	EN1	P	FR
210	14 x 15 on :30 Cross pool sprints	SP3	S			{1 x 200 o	n 2:50 Pulls	EN1	P	FR
1,000	5 x 200 on 3:00 Pulls	EN1	P			{1 x 100 o	n 1:30 Pulls	EN1	P	FR
150	3 x 50 on 1:00 Freestyle-build	EN1	S		600	12 x 50 o	n :50 Choice	EN1	S	CHO
	$1x{16 x 25 on :30 Butterfly}$	EN1	SE	E 2	400	1x{2 x 500 o	n 6:05 Freestyle	EN3	S	FR
	{8 x 50 on :55 Breaststroke	EN1	S			{1 on 1:00	Rest		M	
	{4 x 100 on 1:30 Backstroke	EN1	S			{2 x 400 o	n 4:50 Freestyle	EN3	S	FR
	{2 x 200 on 2:45 Freestyle	EN1	S			{1 on 1:00	Rest		M	
	$\{1 \times 400 \text{ on } 6:00 \text{ IM-for time} \}$	EN3	SE	E		{2 x 300 o	n 3:40 Freestyle	EN3	S	FR
300	1 x 300 on 5:00 Choice	REC	D		250	1 x 250 o	n 5:00 Stroke Drills	REC	D	CD
	6:46 AM 4,060 Yards - Stress Value =	60				7:45 PM 7,00	) Yards - Stress Valu	e = 214	1	

=====

#### Workout #649 - Thursday, 06 January 2000 Group 3 - All 1 minute rest between sets

#### Workout #651 - Tuesday, 11 January 2000 Group 3 - All 1 minute rest between sets

	5:15 PM Start				4:00 PM Start	
Yards	Set Description	EGY	WORK S	Yards	Set Description E	GY WOF
=====	=======================================	===	==== =	=====	=======================================	== ===
	1 on 30:00 Stomach and Stretch		L	600	1 x 600 on 11:00 Swim-kick-pull-swim R	EC
800	16 x 50 on 1:00 Stroke Drills	REC	D	150	10 x 15 on :30 Shooters S	Р3
	1 on 10:00 Techniques-free trns		D		1x{3 x 125 on 2:30 Kick E	N2
	1x{2 x 150 on 3:00 Kick	EN2	K (		{3 x 125 on 2:20 Kick E	N2
	{2 x 150 on 2:50 Kick	EN2	K (		{2 x 125 on 2:10 Kick E	N2
	{2 x 150 on 2:40 Kick	EN2	K (		$2x\{1 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	N1
	{1 x 100 on 2:00 Kick-for time	EN3	K (		$\{1 \times 75 \text{ on } 1:20 \text{ Pulls-nbbf&w} $ E	N1
1,800	6 x 300 on 4:30 Lungbuster pulls	EN1	P		{1 x 100 on 1:40 Pulls-nbbf&w E	N1
	br 3-5-7 by the 100				{1 x 125 on 2:00 Pulls-nbbf&w E	N1
300	3 x 100 on 1:45 Individual Medley	EN1	S		$2x\{8 \times 25 \text{ on } : 30 \text{ Freestyle}$	N1
	1x{4 x 125 on 2:00 Backstroke	EN1	S		{8 x 25 on :30 Breaststroke E	N1
	{1 x 50 on 1:00 Back-90% effort	EN2	S		{8 x 25 on :30 Backstroke E	N1
	{4 x 125 on 1:55 Backstroke	EN1	S		{8 x 25 on :30 Butterfly E	N1
	{1 x 50 on 1:00 Back-90% effort	EN2	S		{8 x 100 on 1:45 Individual Medley E	N1
	{4 x 125 on 1:50 Backstroke	EN1	S	400	8 x 50 on 1:00 Stroke Drills R	EC
	{1 x 50 on 1:00 Backstroke	EN2	S		6:00 PM 6,050 Yards - Stress Value = 66	
	{4 x 125 on 1:45 Backstroke	EN1	S			
	{1 x 50 on 1:00 Back-90% effort	EN2	S			
200	1 x 200 on 3:00 Choice	REC	D			
	7:45 PM 6,300 Yards - Stress Value =	69				

)	1	x 600 on 11:00 Swim-kick-pull-swim	REC
)	1(	) x 15 on :30 Shooters	SP3
	1x{3	x 125 on 2:30 Kick	EN2
	{ 3	x 125 on 2:20 Kick	EN2
	{ 2	x 125 on 2:10 Kick	EN2
	2x{1	x 50 on 1:00 Pulls-nbbf&w	EN1
	{ 1	x 75 on 1:20 Pulls-nbbf&w	EN1
	{ 1	x 100 on 1:40 Pulls-nbbf&w	EN1
	{ 1	x 125 on 2:00 Pulls-nbbf&w	EN1
	2x{8	x 25 on :30 Freestyle	EN1
	8 }	x 25 on :30 Breaststroke	EN1
	8 }	x 25 on :30 Backstroke	EN1
	8 }	x 25 on :30 Butterfly	EN1
	8 }	x 100 on 1:45 Individual Medley	EN1
)	8	x 50 on 1:00 Stroke Drills	REC
	6:00	PM 6,050 Yards - Stress Value = 66	

#### Workout #652 - Wednesday, 12 January 2000 Group 3 - All

#### 1 minute rest between sets

	5:30 AM Start			1 minute rest between sets			
Yards	Set Description	EGY WC					
400	1 x 400 on 8:00 Reverse IM drill	REC	** 1	5:15 PM Start		E GI	
210	14 x 15 on :30 Cross pool sprints	SP3	Yards	<u>-</u>		EGY	
1,500	10 x 150 on 2:15 Pulls-mid 50 br ev			1 on 29:00 Stomach and Stretch			
,	$3x{1 \times 100 \text{ on } 1:30 \text{ Freestyle}}$	EN1	800			REC	
	{1 x 100 on 1:25 Freestyle	EN1	000	free evens non free		KEC	
	{1 x 100 on 1:20 Freestyle	EN1	150			SP3	
	{8 x 25 on :30 Free-count strokes	EN1	100	1x{3 x 125 on 2:30 Kick		EN2	
400	8 x 50 on 1:00 Stroke Drills	REC		{3 x 125 on 2:20 Kick		EN2	
	6:45 AM 4,010 Yards - Stress Value = 38			{2 x 125 on 2:10 Kick		EN2	
			1,600	•		EN1	
	Workout #653 - Wednesday, 12 January 2000		1,000		f 3		
	Group 3 - All		•	hold 10 as fast as 9			
	•			$1x{1 \times 250}$ on 4:30 Breaststroke		EN2	
	1 minute rest between sets			{8 x 25 on :35 Breaststroke		EN2	
	5 15 DW 01 1			{1 x 250 on 4:20 Breaststroke		EN2	
371	5:15 PM Start	EGV MOT		{8 x 25 on :30 Breaststroke		EN2	
Yards	Set Description	EGY WOF		$\{1 \times 250 \text{ on } 4:10 \text{ Breaststroke} \}$		EN2	
	1 on 30:00 Stomach and Stretch			{8 x 25 on :25 Breaststroke		EN2	
800	1 x 800 on 16:00 Swim-kick-pull-swim	DEC		$\{1 \times 250 \text{ on } 4:00 \text{ Breaststroke} \}$		EN2	
150	10 x 15 on :30 Shooters	SP3	100		В	EN3	
130	5x{1 x 100 on 2:00 Kick	EN1	400			REC	
	{1 x 100 on 1:45 Kick	EN2		7:45 PM 6,650 Yards - Stress Value =	101		
1,000	1 x 1000 on 15:00 Pulls	EN1					
1,000	2 x 500 on 7:00 Pulls	EN1		Workout #656 - Saturday, 15 January 2000			
300	12 x 25 on :30 Freestyle-build	EN1		Group 3 - All			
	$1x{4 x 25 on :30 Butterfly}$	EN1		1 minute rest between sets			
	$\{1 \times 100 \text{ on } 1:45 \text{ Butterfly} \}$	EN1					
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1		7:30 AM Start			
	$\{1 \times 100 \text{ on } 1:40 \text{ Butterfly} \}$	EN1	Yards	Set Description	EGY	WORK	٤
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	=====	=======================================	===	====	=
	{1 x 100 on 1:35 Butterfly	EN1		1 on 30:00 Stomach and Stretch		L	
	{4 x 25 on :30 Butterfly	EN1	825	2	REC	S	
400	{1 x 100 on 1:30 Butterfly	EN1 EN3	210			S	
400 600	4 x 100 on 1:30 Frees-dtls 12 x 50 on 1:10 Stroke Drills	ENS REC			EN1		C
600	7:43 PM 6,050 Yards - Stress Value = 76				EN2	K	
	7.45 FM 0,050 Tatus - Stress Value = 70		2,000		EN1	P	
			200		EN1	S	
	Workout #654 - Wednesday, 12 January 2000			` <u>-</u>	EN1	S	
	Group 3 - All			{1 x 100 on 1:45 Individual Medley {1 x 200 on 3:00 Freestyle	EN1	S S	
	1 minute rest between sets			{2 x 100 on 1:40 Individual Medlev		S	

	5:15 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 29:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
150	10 x 15 on :30 Shooters	SP3	
	2x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
200	8 x 25 on :45 Sprint kick	EN2	
	1x{1 x 100 on 1:30 Pulls	EN1	
	{1 x 150 on 2:10 Pulls	EN1	
	{1 x 200 on 2:50 Pulls	EN1	
	{1 x 250 on 3:25 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
	{1 x 350 on 4:30 Pulls	EN1	
	{1 x 400 on 5:00 Pulls	EN1	
300	3 x 100 on 1:45 Individual Medley	EN1	
	2x{6 x 50 on :50 Backstroke	EN2	
	{6 x 50 on :45 Backstroke	EN2	
	{6 x 50 on :40 Backstroke	EN2	
	{1 on 1:00 Rest		
500	20 x 25 on :30 IM order	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	

#### Workout #655 - Friday, 14 January 2000 Group 3 - All

7:45 PM 6,500 Yards - Stress Value = 88

	7:30	ΑN	4 S	tart	t					
Yards	Se	et	Des	crip	ption			EGY	WORK	S
=====	==	-==	-===	====				===		=
	1	or	1 30	:00	Stom	ach and Stre	etch		L	
825	1	Х	825	on	16:0	0 Freestyle		REC	S	
210	14	1 >	k 15	on	:30	Cross pool :	sprints	SP3	S	
	6x{1	Х	100	on	2:00	Kick		EN1	K	C
	{ 1	Х	100	on	2:00	Kick		EN2	K	
2,000	5	Х	400	on	5:30	Pulls		EN1	P	
200	8	Х	25	on :	:30 F	ree-build		EN1	S	
	1x{1	Х	200	on	3:00	Freestyle		EN1	S	
	{ 1	Х	100	on	1:45	Individual	Medley	EN1	S	
	{ 1	Х	200	on	3:00	Freestyle		EN1	S	
	{ 2	Х	100	on	1:40	Individual	Medley	EN1	S	
	{ 1	Х	200	on	3:00	Freestyle		EN1	S	
	{ 3	Х	100	on	1:35	Individual	Medley	EN1	S	
	{ 1	Х	200	on	3:00	Freestyle		EN1	S	
	{ 4	Х	100	on	1:30	Individual	Medley	EN1	S	
300	6	Х	50	on 1	1:10	Stroke Dril:	ls	REC	D	

10:00 AM 6,535 Yards - Stress Value = 66

EGY WOF

# workout #657 - Monday, 17 January 2000 Group 3 - All 1 minute rest between sets PM Start Let Description On 30:00 Stomach and Stretch

	6:30 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
150	$10 \times 15$ on :30 Shooters	SP3	
900	$18 \times 50$ on $1:00$ Kick-des in sets of $3$	EN2	
1,050	$14 \times 75$ on 1:15 Pulls-1 brth last 25	EN1	
	$1x{3 x 200 on 2:30 Freestyle}$	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{3 x 200 on 2:20 Freestyle	EN2	
300	6 x 50 on 1:10 Stroke Drills	REC	
	8:31 PM 5,000 Yards - Stress Value = 70		

#### Workout #658 - Tuesday, 18 January 2000 Group 3 1 minute rest between sets

	6:30 PM Start		
Yards	Set Description	EGY	WO!
		===	==:
	1 on 29:00 Stomach and Stretch		
800	1 x 800 on 16:00 Reverse IM drill	REC	
150	10 x 15 on :30 Shooters	SP3	
1,000	2x{1 x 200 on 4:00 Kick	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	{ 1st set 200&100 fast		
	{ 2nd set 150&50 fast		
1,250	5 x 250 on 3:30 Pulls	EN1	
1,550	1x{3 x 125 on 1:50 Backstroke	EN2	
	{3 x 25 on :30 Back-descend	EN2	
	{3 x 125 on 1:45 Backstroke	EN2	
	{3 x 25 on :30 Back-descend	EN2	
	{3 x 125 on 1:40 Backstroke	EN2	
	{3 x 25 on :30 Back-descend	EN2	
	{1 x 200 on 3:00 Backstroke-ALL OUT!!	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	

# Workout #659 - Wednesday, 19 January 2000 Group 3 - All

8:30 PM 4,950 Yards - Stress Value = 80

#### 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WORK S	
=====		===	==== =	
400	1 x 400 on 7:00 Reverse IM drill	REC	D	
210	14 x 15 on :30 Cross pool sprints	SP3	S	
	1x{1 x 500 on 7:15 Pulls	EN1	P	
	$\{1 \times 500 \text{ on } 7:00 \text{ Pulls}$	EN1	P	
	{1 x 500 on 6:45 Pulls	EN1	P	
	{1 x 500 on 6:30 Pulls	EN1	P	
300	6 x 50 on :45 Freestyle	EN1	S	
	$1x{7 x 125 on 1:40 Freestyle}$	EN2	S	
	$\{6 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$	EN2	S	
	{5 x 25 on :20 Freestyle	EN2	S	
200	1 x 200 on 3:00 Stroke Drill	REC	D	
	6:45 AM 4,560 Yards - Stress Value =	60		

## Workout #660 - Wednesday, 19 January 2000 Group 3 - All

#### 1 minute rest between sets

1 on 30:00 Stomach and Stretch	
800	REC
150	SP3
$8x{1 x 75 on 1:30 Kick}$	EN1
{1 x 75 on 1:15 Kick	EN2
$1x{2 x 300 on 4:15 Pulls}$	EN1
{2 x 300 on 4:10 Pulls	EN1
$\{2 \times 300 \text{ on } 4:05 \text{ Pulls}$	EN1
600 3 x 200 on 2:50 Free-descend	EN1
$4x{4 \times 100}$ on 1:30 Breaststroke	EN2
{1 on 1:00 Rest	
300 12 x 25 on :40 Stroke Drills-odds	REC
free evens non free	
7:44 PM 6,450 Yards - Stress Value = 80	

#### Workout #661 - Wednesday, 19 January 2000 Group 3 - All

5:15 PM Start

5:15 PM Start

Yards Set Description

=====

#### 1 minute rest between sets

	0.10 111 00010		
Yards	Set Description	EGY	WOF
=====		===	===
	1 on 30:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
150	10 x 15 on :30 Shooters	SP3	
	8x{1 x 75 on 1:30 Kick	EN1	
	{1 x 75 on 1:15 Kick	EN2	
	1x{2 x 300 on 4:15 Pulls	EN1	
	{2 x 300 on 4:10 Pulls	EN1	
	{2 x 300 on 4:05 Pulls	EN1	
600	3 x 200 on 2:50 Free-descend	EN1	
	$4x{4 \times 100}$ on 1:30 Breaststroke	EN2	
	{1 on 1:00 Rest		
300	12 x 25 on :40 Stroke Drills-odds	REC	
	free evens non free		
	7:44 PM 6,450 Yards - Stress Value = 80		

#### Workout #662 - Thursday, 20 January 2000 Group 3 - All

#### 1 minute rest between sets

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
1,200	12	x 100 on 1:45 Kick with flippers	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
750	10	x 75 on 1:20 IM -no free	EN1
	4x{1 x	25 on :30 Fly drill rt. arm	EN1
			EN1
	{1 x	25 on :30 Fly drill 3-3-3	EN1
	{1 x	25 on :30 Butterfly	EN1
	{1 x	50 on :55 Fly drill rt. arm	EN1
	{1 x	50 on :55 Fly drill lt. arm	EN1
	{1 x	50 on :55 Fly drill 3-3-3	EN1
	{1 x	50 on :55 Butterfly	EN1
200	1 x	200 on 3:00 Stroke Drills	REC

1 on 10:00 Techniques-starts
7:41 PM 5,300 Yards - Stress Value = 58

REC

REC

Licensed	To: South Bend SC/Riley HS			7/16/20	11 Pa	ıge 4
	Workout #663 - Monday, 24 January 2000		=====		===	===
	Group 3 - All			1 on 30:00 Stomach and Stretch		
	1 minute rest between sets		800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
	1 minute Test between sets		150	10 x 15 on :30 Shooters	SP3	
	5.15 DM Ctart		1,200	16 x 75 on 1:30 Kick odds fast	EN2	
Yards	5:15 PM Start	EGY WOF		1x{1 x 400 on 6:00 Pulls	EN1	
=====	Set Description			{2 x 300 on 4:30 Pulls	EN1	
	1 on 30:00 Stomach and Stretch			{3 x 200 on 3:00 Pulls	EN1	
800	8 x 100 on 2:00 Stroke Drills	REC		{4 x 100 on 1:30 Pulls	EN1	
000	1 on 10:00 Techniques-free trns	T(LLC	300	3 x 100 on 1:30 Freestyle-build	EN1	
	8x{1 x 50 on 1:00 Kick	EN1		1x{3 x 250 on 3:45 Backstroke	EN1	
	{1 x 100 on 1:45 Kick	EN2		{3 x 150 on 2:15 Backstroke	EN1	
	1x{8 x 75 on 1:05 Pulls	EN1		{3 x 50 on :45 Backstroke	EN1	
	{8 x 75 on 1:00 Pulls	EN1	400	16 x 25 on :30 Free-odds trn drill	EN1	
	{8 x 75 on :55 Pulls	EN1		evens finish-build		
200	8 x 25 on :30 IM order-build	EN1	000	into walls		
1,600	4 x 400 on 5:30 Free-des 1-3 hold #4		200	1 x 200 on 3:00 Stroke Drills	REC	
_,	as fast as #3			7:44 PM 6,400 Yards - Stress Value = 71		
	$1x\{4 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1				
	{4 x 25 on :25 Freestyle	EN1		Workout #667 - Thursday, 27 January 2000		
	{4 x 25 on :20 Freestyle	EN2		Group 3 - All		
	{4 x 25 on :15 Freestyle	EN2		1 minute rest between sets		
400	8 x 50 on 1:10 Stroke Drills	REC		Timilate Test between sets		
	7:45 PM 6,400 Yards - Stress Value = 78			5:15 PM Start		
			Yards	Set Description	EGY	WOF
	Workout #664 - Monday, 24 January 2000		=====	=======================================	===	===
	Group 3 - All			1 on 30:00 Stomach and Stretch		
	-		800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	1 minute rest between sets		150	$10 \times 15$ on :30 Shooters	SP3	
	6.00 84 64			3x{1 x 150 on 3:00 Kick	EN2	
371	6:30 PM Start	DOM NO		{1 x 100 on 2:00 Kick	EN2	
Yards	Set Description	EGY WC		$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	EN2	
=====		= === ==	100	$1 \times 100$ on $3:00$ Kick for time	EN2	
800	1 on 29:00 Stomach and Stretch	DEC	1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1	
150	1 x 800 on 16:00 Swim-kick-pull-swim 10 x 15 on :30 Shooters	SP3	600	12 x 50 on :45 Freestyle	EN1	
1,000	10 x 100 on 2:00 Kick-des in sets of			$2x{1 x 200 on 3:20 Butterfly w/ fins}$	EN1	
1,000	hold #9 as fast as10	J DIVE		$\{1 \times 175 \text{ on } 2:55 \text{ Butterfly w/ fins} \}$	EN1	
1,500	10 x 150 on 2:15 Pulls-odds br 3-5-7	EN1		$\{1 \times 150 \text{ on } 2:30 \text{ Butterfly w/ fins} \}$	EN1	
1,000	evns br 10 on last50	DIVI		$\{1 \times 125 \text{ on } 2:05 \text{ Butterfly w/ fins} \}$	EN1	
	7x{1 x 25 on :40 Breaststroke	EN1		$\{1 \times 100 \text{ on } 1:40 \text{ Butterfly w/ fins} \}$	EN1	
	{1 x 25 on :35 Breaststroke	EN1		$\{1 \times 75 \text{ on } 1:15 \text{ Butterfly w/ fins} \}$	EN1	
	{1 x 25 on :30 Breaststroke	EN1		$\{1 \times 50 \text{ on } : 50 \text{ Butterfly w/ fins} \}$	EN1	
	{1 x 25 on :25 Breaststroke	EN1	F 0 0	$\{1 \times 25 \text{ on } : 25 \text{ Butterfly w/ fins} \}$	EN1	
	{ odd sets fast		500	20 x 25 on :30 Stroke Drills 5 on E	REC	
	{ even sets drill			7:43 PM 5,850 Yards - Stress Value = 60		
300	6 x 50 on 1:00 Stroke Drills	REC				
	8:30 PM 4,450 Yards - Stress Value = 49			Workout #668 - Friday, 28 January 2000		
				Group 3 - All		
	Workout #665 - Wednesday, 26 January 2000			1 minute rest between sets		
	Group 3 - All					
	1 minute rest between sets			5:15 PM Start		
	1 infinite Test between sets		Yards	Set Description		WOF
	5:30 AM Start		=====	1 20 00 01 1 1 2	===	===
Yards		EGY WORF	000	1 on 30:00 Stomach and Stretch	D=~	
=====	=======================================		800	1 x 800 on 16:00 Swim-kick-pull-swim	KEC	
400	1 x 400 on 8:00 Swim-kick-pull-swim 1		1 000	1 on 15:00 Techniques-starts	E-NT (	
210	<u>-</u>	SP3 S	1,000	10 x 100 on 2:00 Kick-hold the time	EN2	
1,500		EN1 E	1 000	I give you	E3.7.7	
200		EN1 S	1,200 200	12 x 100 on 1:30 Lungbuster pulls 8 x 25 on :30 IM order build	EN1 EN1	
	<del>-</del>	EN2 S	200			
		EN2 S		8x{1 x 100 on 1:30 Individual Medley {1 x 50 on :45 Freestyle	EN1 EN1	
		TNO C		(T V OO OU '40 ETEESCÂTE	LIN L	

#### Workout #666 - Wednesday, 26 January 2000 Group 3 - All 1 minute rest between sets

6:45 AM 4,360 Yards - Stress Value = 61

 $\{4 \times 100 \text{ on } 1:10 \text{ Freestyle} \}$ 

 $\{3 \times 100 \text{ on } 1:05 \text{ Freestyle} \}$ 

5 x 50 on 1:00 Stroke Drills

5:15 PM Start Set Description Yards

EN2

EN2

REC

٤

٤

200

{1 x 50 on 1:00 Stroke Drills

1 x 200 on 3:00 Stroke Drill 1 on 12:00 Sharks and minnows

7:44 PM 5,000 Yards - Stress Value = 46

#### Workout #670 - Saturday, 29 January 2000 Age Group - All 1 minute rest between sets

	8:00 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
800	1 on 20:00 Stomach and Stretch 1 x 800 on 20:00 Reverse IM drill	REC	
800		KEC	
	1 on 10:00 Techniques-free turn		
800	8 x 100 on 2:30 Kick IM order-no brd	EN1	
600	12 x 50 on 1:15 Pulls-nbbf&w	EN1	
	1x{2 x 100 on 2:30 Individual Medley	EN1	
	{2 x 100 on 2:20 Individual Medley	EN1	
	{2 x 100 on 2:10 Individual Medley	EN1	
	{2 x 100 on 2:00 Individual Medley	EN1	
200	8 x 25 on 1:00 Stroke Drills	REC	
	9:55 AM $3,200$ Yards - Stress Value = $22$		

#### Workout #669 - Saturday, 29 January 2000 Group 3 - All 1 minute rest between sets

Yards	7:30 AM Start Set Description	EGY	MOE
Tarus	bet bescription	шот	WOI
=====		===	===
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
420	14 x 30 on :30 Cross pool sprints	SP3	
	$3x{1 \times 200 \text{ on } 4:00 \text{ IM kick-no board}}$	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ Kick } (fl,fr,br,fr)$	EN2	
1,000	1 x 1000 on 15:00 Pulls	EN1	
1,000	2 x 500 on 7:00 Pulls	EN1	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
	$3x{6 x 25 on :35 Swim}$	EN1	
	{6 x 25 on :30 Swim	EN1	
	{6 x 25 on :25 Swim	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	10:00 AM 6,345 Yards - Stress Value = 70	)	

#### Workout #671 - Monday, 31 January 2000 Group 3 - All 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
	5x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
	$1x{5 x 50 on 1:00 Pulls-nbbf&w}$	EN1	
	$\{5 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w}$	EN1	
	$\{5 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w}$	EN1	
	{5 x 50 on :45 Pulls-nbbf&w	EN1	
200	$8 \times 25$ on :30 Freestyle-build	EN1	
	$1x{2 x 500 on 6:15 Freestyle}$	EN3	
	{2 x 500 on 6:10 Freestyle	EN3	
	{2 x 500 on 6:05 Freestyle	EN3	
500	20 x 25 on :40 Stroke Drills	REC	
	7:44 PM 6,650 Yards - Stress Value = 211	L	

#### Workout #672 - Tuesday, 01 February 2000 Group 3 - All 1 minute rest between sets

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

150	1(	) 2	15	on	:30	Shooters					SP3
3	3x{1	Х	150	on	3:00	Kick					EN2
	{ 1	Х	100	on	2:00	Kick					EN2
	{ 1	Х	50 0	on 1	1:00	Kick					EN2
100	1	Х	100	on	2:00	Kick for t	cime	€			EN3
1	x{4	Х	150	on	2:20	Pulls-mid	50	br	ev	8	EN1
	{ 4	Х	150	on	2:15	Pulls-mid	50	br	ev	8	EN1
	{ 4	Х	150	on	2:10	Pulls-mid	50	br	ev	8	EN1
300	3	Х	100	on	1:30	Free-desce	end				EN1
7	7x{8	Х	25 0	on :	:30 B	utterfly					EN2
	{ 1	or	1:0	00 F	Rest						
250	5	Х	50 0	on 1	1:00	Stroke Dril	Lls				REC
7	7:45	ΡN	15,	700	Yard	s - Stress	Va:	lue	= 7	79	

#### Workout #673 - Wednesday, 02 February 2000 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
	150	10 x 15 on :30 Cross pool sprints	SP3	S
	1,000	8 x 125 on 2:00 Pulls-1 br last 25	EN1	P
		$1x\{8 \times 50 \text{ on } : 45 \text{ Freestyle}$	EN1	S
		$\{6 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$	EN1	S
:		{4 x 100 on 1:30 Freestyle	EN1	S
		$\{6 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$	EN1	S
		$\{8 \times 50 \text{ on } : 40 \text{ Freestyle}$	EN1	S
	600	3 x 200 on 3:00 Individual Medley	EN1	S
	100	1 x 100 on 2:00 Stroke Drills	REC	D
		6:45 AM 4,350 Yards - Stress Value =	42	

#### Workout #674 - Wednesday, 02 February 2000 Group 3 - All 1 minute rest between sets

	5:15 PM Start			
Yards	Set Description	EGY	WORK	Ş
	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	
1,000	10 x 100 on 2:00 Stroke Drills	REC	D	C
150	$10 \times 15$ on :30 Shooters	SP3	S	
1,200	16 x 75 on 1:30 Kick fly, fr, br, fr	EN1	S	C
	$2x{1 x 400 on 6:00 Pulls}$	EN1	P	
	{1 x 300 on 4:30 Pulls	EN1	P	
	{1 x 200 on 3:00 Pulls	EN1	P	
	{1 x 100 on 1:30 Pulls	EN1	P	
300	12 x 25 on :30 IM order	EN1	S	
	$1x{2 x 200 on 3:30 Breaststroke}$	EN2	S	
	{2 x 150 on 2:40 Breaststroke	EN2	S	
	{2 x 100 on 1:45 Breaststroke	EN2	S	
	$\{2 \times 50 \text{ on } :50 \text{ Breaststroke} \}$	EN2	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
	7:42 PM 6,050 Yards - Stress Value =	61		

#### Workout #675 - Thursday, 03 February 2000 Group 3 - All

#### 1 minute rest between sets

# Group 3 - All 1 minute rest between sets

				5:15	PM	Start	t e e e e e e e e e e e e e e e e e e e	
	5:15 PM Start		Yards	Se	et De	scri	ption	EGY WC
Yards	Set Description	EGY V	=====	==	====	====		=== ==
=====	=======================================	=== =					Stomach and Stretch	
	1 on 30:00 Stomach and Stretch		800					REC
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC		1	on 1	0:00	Techniques-open turn	
	12x{1 x 13 on :00 Butterfly	SP3		1x{2	x 10	0 on	2:00 Kick	EN2
	{1 x 12 on :30 Freestyle	REC		{ 2	x 10	0 on	1:55 Kick	EN2
1,000	10 x 100 on 2:00 Kick-odds all out!!!	EN2		{ 2	x 10	0 on	1:50 Kick	EN2
	1x{2 x 200 on 2:45 Pulls	EN1		{ 2	x 10	0 on	1:45 Kick	EN2
	{2 x 200 on 2:40 Pulls	EN1		{ 2	x 10	0 on	1:40 Kick	EN2
	{2 x 200 on 2:35 Pulls	EN1		1x{4	x 12	5 on	2:00 Pulls	EN1
	{2 x 200 on 2:30 Pulls	EN1		{ 4	x 12	5 on	1:55 Pulls	EN1
600	12 x 50 on :45 Descend in sets of 3	EN1		{ 4	x 12	5 on	1:50 Pulls	EN1
	1x{8 x 75 on 1:10 Backstroke	EN2	450	9	x 50	on	:45 Free-des in sets of3	EN1
	{7 x 75 on 1:05 Backstroke	EN2	2,400	3	x 80	0 on	12:00 Free-hold the time I	EN3
	{6 x 75 on 1:00 Backstroke	EN2		(	give	you		
	{5 x 75 on :55 Backstroke	EN2	300	1	x 30	0 on	5:00 Stroke Drills	REC
500	10 x 50 on 1:00 Stroke Drills	REC		7:45	PM 6	,450	Yards - Stress Value = 183	
	7:41 PM 6,750 Yards - Stress Value = 87							

#### Workout #676 - Friday, 04 February 2000 Group 3 - All

#### 1 minute rest between sets

#### Workout #679 - Tuesday, 08 February 2000 Group 3 - All 1 minute rest between sets

				5:15 PM Start	
	5:15 PM Start		Yards	Set Description E	GY WC
Yards	Set Description	EGY WOF	=====	1 on 30:00 Stomach and Stretch	== ==
1 000	1 on 30:00 Stomach and Stretch		800	8 x 100 on 2:00 Stroke Drills Odds R	REC
1,000	odds free evens strk	REC	150	10 x 15 on :30 Shooters	3P3
1,050	1 on 10:00 Techniques-starts 21 x 50 on 1:00 Kick-des in sets of3	EN2		{1 x 100 on 1:45 Kick E	IN2 IN2
	1x{2 x 100 on 1:40 Pulls {2 x 100 on 1:35 Pulls	EN1 EN1			IN1 IN1
	{2 x 100 on 1:30 Pulls	EN1			N1 N1
	{2 x 100 on 1:25 Pulls {2 x 100 on 1:20 Pulls	EN1 EN1	1,000	10 x 100 on 1:30 Descend in sets of 3 E	
	{2 x 100 on 1:15 Pulls 1 on 20:00 killer relays	EN1 SP1		•	lN2
1,200	12 x 100 on 1:45 3 on each stroke #1 kick, #2 drill #3bld	EN1			IN2 IN2
	7:38 PM 4,450 Yards - Stress Value = 45		400		IN2 REC
	W. I. 4 1/25 C. 4 I. 05 E.I. 2000			7:42 PM 6,500 Yards - Stress Value = 87	

#### Workout #677 - Saturday, 05 February 2000 Group 3 - All

#### 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Cross pool sprints	SP3	
	all under H2O kick		
500	10 x 50 on 1:00 Kick	EN2	
500	1 x 500 on 10:00 Kick for time	EN2	
	1x{6 x 75 on 1:10 Pulls	EN1	
	{6 x 75 on 1:05 Pulls	EN1	
	{6 x 75 on 1:00 Pulls	EN1	
200	8 x 25 on :30 Freestyle	EN1	
	$3x{1 x 200 on 3:30 150 drill 50 fast}$	EN1	
	$\{1 \times 200 \text{ on } 3:30 \text{ 100 drill 100 fast} \}$	EN2	
	$\{1 \times 200 \text{ on } 3:30 50 \text{ drill } 150 \text{ fast }$	EN2	
	{1 x 200 on 3:30 200 fast	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	10:00 AM 6,225 Yards - Stress Value = 82	2	

#### Workout #680 - Wednesday, 09 February 2000 Group 3 - All 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORK
=====		===	====
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
210	14 x 15 on :30 Cross pool sprints	SP3	S
1,200	3 x 400 on 6:00 Pulls	EN1	P
200	8 x 25 on :30 Freestyle-build	EN1	S
1,800	$12 \times 150$ on $2:15$ Free-des in sets of $3$	EN3	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:42 AM 4,010 Yards - Stress Value = 1	L30	

#### Workout #681 - Wednesday, 09 February 2000 Group 3 - All

#### 1 minute rest between sets

1 minute rest between sets				Workout #684 - Monday, 14 February 2000	
				·	
5:15 PM Start				Group 3 - Platinum	
Yards Set Description	EGY			1 minute rest between sets	
1 on 29:00 Stomach and Stretch				5:15 PM Start	
1,000 20 x 50 on 1:00 Stroke Drills	REC		Yards	Set Description	EGY WOF
150	SP3		======	=======================================	
1x{3 x 75 on 1:35 Kick	EN2			1 on 30:00 Stomach and Stretch	
{3 x 75 on 1:30 Kick	EN2		600	1 x 600 on 16:00 Swim-kick-pull-swim	DEC
{3 x 75 on 1:25 Kick	EN2		150	10 x 15 on :30 Shooters	SP3
{3 x 75 on 1:20 Kick	EN2			3x{1 x 150 on 3:00 Kick	EN2
1,600 8 x 200 on 2:45 Pulls-br 3-5-7-5 odd	EN1		200	{1 x 100 on 2:00 Kick	EN2
600 12 x 50 on :50 odds free evens strk	EN1			{1 x 50 on 1:00 Kick	EN2
$1x\{4 \times 25 \text{ on } : 30 \text{ Butterfly}$	EN2		100	1 x 100 on 2:00 Kick for time	EN2
{4 x 25 on :30 Freestyle	EN1			1x{2 x 200 on 3:45 Pulls	EN1
{4 x 50 on :55 Butterfly	EN2		1,200	{2 x 200 on 3:40 Pulls	EN1
$\{4 \times 50 \text{ on } :55 \text{ Freestyle}\}$	EN1			{2 x 200 on 3:40 rulls {2 x 200 on 3:35 Pulls	EN1
{4 x 75 on 1:20 Butterfly	EN2		300		EN1
{4 x 75 on 1:20 Freestyle	EN1			1x{4 x 100 on 2:00 Freestyle	EN2
{4 x 100 on 1:40 Butterfly	EN2		1,000	{1 on 1:00 Rest	LINZ
{4 x 100 on 1:40 Freestyle	EN1			{4 x 100 on 1:55 Freestyle	EN2
200 1 x 200 on 4:00 Stroke Drills	REC			{1 on 1:00 Rest	DIVZ
7:45 PM 6,450 Yards - Stress Value = 74				{4 x 100 on 1:50 Freestyle	EN2
				{1 on 1:00 Rest	DIVZ
Workout #682 - Thursday, 10 February 2000				{4 x 100 on 1:45 Freestyle	EN2
•			200	· · · · · · · · · · · · · · · · · · ·	REC
Group 3 - All			200	7:38 PM 5,050 Yards - Stress Value = 77	1.20
1 minute rest between sets					
5.15 DM C+2x+				Workout #686 - Tuesday, 15 February 2000	
5:15 PM Start Yards Set Description	EGY	MOT		Group 3 - All	
===== ================================				1 minute rest between sets	
1 on 30:00 Stomach and Stretch				1 minute rest between sets	
800 1 x 800 on 16:00 Swim-kick-pull-swim	REC			F. 15 DM Chart	
150    10 x 15 on :30 Shooters	SP3		Yards	5:15 PM Start Set Description	EGY WOF
1,000 8 x 125 on 2:15 Kick	EN2		======	=======================================	
1x{2 x 300 on 4:30 Pulls	EN1			1 on 30:00 Stomach and Stretch	
{2 x 300 on 4:20 Pulls	EN1		800	16 x 50 on 1:00 Stroke Drills	REC
{2 x 300 on 4:10 Pulls	EN1		000	odds free evens strk	IVEC .
$9 \times 50$ on :45 Descend in sets of 3	EN1		150		SP3
$4x{3 \times 100}$ on 1:45 Breaststroke	EN2		1,000	10 x 100 on 2:00 Challenge kick set	EN2
$\{4 \times 25 \text{ on } : 45 \text{ Breast-odds off the } \}$	EN2		±,000	with flippers	T114 C
{ blocks-count yr strk			1,200	12 x 100 on 1:30 Lungbuster pulls	EN1
300 12 x 25 on :40 Stroke Drills	REC		1,200	odds br 3-5-7-9	T11/T
7.44 PM 6 100 Yards - Stross Value - 80				Ouds Di S S I S	

#### Workout #683 - Monday, 14 February 2000 Group 3 - All

7:44 PM 6,100 Yards - Stress Value = 80

#### 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
	3x{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
100	1 x 100 on 2:00 Kick for time	EN3	
	1x{2 x 250 on 3:45 Pulls	EN1	
	{2 x 250 on 3:40 Pulls	EN1	
	{2 x 250 on 3:35 Pulls	EN1	
300	12 x 25 on :30 IM order	EN1	
	$1x{4 x 125 on 2:00 Freestyle}$	EN2	
	{1 on 1:00 Rest		
	$\{4 \times 125 \text{ on } 1:55 \text{ Freestyle}$	EN2	
	{1 on 1:00 Rest		
	$\{4 \times 125 \text{ on } 1:50 \text{ Freestyle}$	EN2	
	{1 on 1:00 Rest		
	{4 x 125 on 1:45 Freestyle	EN2	

	5:15 PM Start		
Yards	Set Description	EGY	WO]
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills	REC	
	odds free evens strk		
150	10 x 15 on :30 Shooters	SP3	
1,000	10 x 100 on 2:00 Challenge kick set	EN2	
	with flippers		
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4-6-8		
600	12 x 50 on :45 Descend in sets of 3	EN1	
	1x{8 x 75 on 1:10 Backstroke	EN2	
	{8 x 75 on 1:05 Backstroke	EN2	
	{8 x 75 on 1:00 Backstroke	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
400	•	EN2	
	speed		
400	-	REC	
100	7:43 PM 6,550 Yards - Stress Value = 88	0	
	7.15 III 0,550 Idido Deless value 00		

10 x 50 on 1:00 Stroke Drills 7:44 PM 6,250 Yards - Stress Value = 88

#### Workout #685 - Tuesday, 15 February 2000 Group 3 - Platinum 1 minute rest between sets

 $\{2 \times 75 \text{ on } 1:20 \text{ Breaststroke}$  $\{2 \times 75 \text{ on } 1:15 \text{ Breaststroke} \}$ 

 $\{1 \text{ x } 100 \text{ on } 1\text{:}45 \text{ Breaststroke} \}$ 

 $\{1 \times 100 \text{ on } 1:40 \text{ Breaststroke} \}$ 

1 x 100 on 1:35 Breaststroke

1 x 250 on 5:00 Stroke Drills

7:15 PM 5,200 Yards - Stress Value = 70

12 x 25 on :30 IM order

100 300

250

# Workout #689 - Wednesday, 16 February 2000 Group 3 - Platinum

5 15 80 0					1 minute rest between sets		
5:15 PM Start Yards Set Description	EGY	WORK	STF		5 15 700 00		
===== ================================				Yards	5:15 PM Start Set Description	EGY V	MC.
1 on 30:00 Stomach and Stretch		L		=====	=======================================		
800 16 x 50 on 1:00 Stroke Drills	REC	D	IN		1 on 15:00 Stretching		
odds free evens strk				800	1 x 800 on 16:00 Swim-kick-pull-swim B	REC	
150 10 x 15 on :30 Shooters	SP3	S	BF	150	10 x 15 on :30 Shooters	SP3	
800 16 x 50 on 1:10 Kick	EN2	K	CHC	900	1x{4 x 75 on 1:30 Kick	EN2	
with flippers	D) 1	-			{4 x 75 on 1:25 Kick	EN2	
1,200 12 x 100 on 1:30 Lungbuster pulls odds br 3-5-7-9	EN1	Р	FF		· ·	EN2	
evens br 2-4-6-8				1,000	· ·	EN1	
$450 9 \times 50 \text{ on } :55 \text{ Descend in sets of } 3$	EN1	S	FF	0.00	`	EN1	
400 2 x 200 on 8:00 Broken at the 50	SP2		CHC	800	· · · · · · · · · · · · · · · · · · ·	EN1	
rest 10,20,& 30 secs	012	Ü	OHC		`	EN1	
1,000 10 x 100 on 2:00 Individual Medley	EN1	S	IN		, ,	EN1 EN1	
odds drill evns buld					<del>-</del>	EN1	
200 1 x 200 on 3:00 Stroke Drills	REC	D	CI		·	EN1	
7:38 PM 5,000 Yards - Stress Value	= 88	3			· -	EN1	
					•	EN1	
Workout #687 - Wednesday, 16 February 200	00			100	<del>-</del>	EN1	
Group 3 - All	-			900	18 x 50 on 1:00 Free-des in sets of3 H	EN1	
•				350	7 x 50 on 1:00 Stroke Drills	REC	
1 minute rest between sets					7:14 PM 5,000 Yards - Stress Value = 52		
5:30 AM Start							
Yards Set Description		EGY V	IORF		Workout #690 - Thursday, 17 February 2000		
=======================================	====	=== =			Group 3 - All		
400 1 x 400 on 8:00 Swim-kick-pull-s		REC	٤		1 minute rest between sets		
210 14 x 15 on :30 Cross pool sprint		SP3	Ę				
900 12 x 75 on 1:30 25 ki 25 dr 25	bu	EN1	٤		6:30 PM Start		
3 on each stroke		mar1	-	Yards		GY WO	
1,000 1 x 1000 on 15:00 Pulls		EN1		=====		== =:	==
$1x\{2 \times 200 \text{ on } 2:45 \text{ Freestyle} $ $\{2 \times 200 \text{ on } 2:40 \text{ Freestyle} \}$		EN2 EN2	5		1 on 28:00 Stomach and Stretch		
{2 x 200 on 2:40 freestyle {2 x 200 on 2:35 Freestyle		EN2	٤	800	±		
300 1 x 300 on 5:00 Stroke Drills		REC	I	150		P3	
6:44 AM 4,010 Yards - Stress Value	= 51		-	750 1,500	15 x 50 on 1:00 Kick-descend in 3's EN 6 x 250 on 3:30 Pulls EN	N∠ N1	
, , , , , , , , , , , , , , , , , , , ,				200		N1	
Workout #688 - Wednesday, 16 February 200	00			200		N2	
	00					N2	
Group 3 - All						EC	
1 minute rest between sets				200	1 x 200 on 3:00 Choice RI	EC	
5:15 PM Start					8:30 PM 5,200 Yards - Stress Value = 62		
Yards Set Description		EGY	MOE				
===== ================================					Workout #691 - Thursday, 17 February 2000		
1 on 15:00 Stretching					Group 3 - Platinum		
800 1 x 800 on 16:00 Swim-kick-pull-	-swin	n REC			1 minute rest between sets		
150		SP3					
1x{4 x 75 on 1:30 Kick		EN2			6:30 PM Start		
{4 x 75 on 1:25 Kick		EN2			Set Description EGY V		
{4 x 75 on 1:20 Kick		EN2		=====			=
1,000 8 x 125 on 1:50 Pulls last 25 1 breath		EN1		_	1 on 28:00 Stomach and Stretch	L	
300 3 x 100 on 1:30 Free-descend		EN1			1 x 800 on 16:00 Swim-kick-pull-swim REC	S	
$1 \times \{4 \times 25 \text{ on } : 35 \text{ Breaststroke} \}$		EN2			10 x 15 on :30 Shooters SP3	S	_
{4 x 25 on :30 Breaststroke		EN2			7 x 100 on 2:10 Kick- odds fast EN2		C
{4 x 25 on :25 Breaststroke		EN2			1 x 1000 on 15:00 Pulls EN1	P	
{3 x 50 on 1:00 Breaststroke		EN2			$2 \times 500$ on 7:30 Freestyle EN1 $20 \times 25$ on :30 Odds free evens strk EN1	S S	_
{3 x 50 on :55 Breaststroke		EN2			7 x 50 on 1:00 Stroke Drills REC	S D	C
{3 x 50 on :50 Breaststroke		EN2		330	8:28 PM 4,500 Yards - Stress Value = 45	ע	
$\{2 \times 75 \text{ on } 1:25 \text{ Breaststroke} \}$		EN2			0.20 In 1,000 latas Sciess value - 40		
$\{2 \times 75 \text{ on } 1:20 \text{ Breaststroke} \}$		EN2					

EN2

EN2

EN2 EN2

EN1 REC

EN2

EN2

EN2

EN1

EN1

EN1

EN1

EN1

EN1

EN1

EN1

REC

66

Workout #693 - Friday, 18 February 2000 Group 3 - All								
	1 minute rest between sets							
PM	Start							

	5:15 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
1,000	10 x 100 on 2:00 Stroke Drills-odds	REC	Ι
150	10 x 15 on :30 Shooters	SP3	٤
	free evens stroke		
1,000	10 x 100 on 1:45 Kick	EN2	ľ
1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1	E
300	12 x 25 on :30 IM order-build	EN1	٤
	$4x{5 x 100 on 1:05 Freestyle}$	EN3	٤
	{1 on 1:35 Rest		N
500	20 x 25 on :40 Stroke Drills	REC	Ι
	7:42 PM 5,950 Yards - Stress Value = 15	59	

#### Workout #692 - Friday, 18 February 2000 Group 3 - Platinum 1 minute rest between sets

#### 5:15 PM Start Yards Set Description ===== 1 on 30:00 Stomach and Stretch 1,000 10 x 100 on 2:00 Stroke Drills REC odds free evens strk 150 10 x 15 on :30 Shooters 700 $1x{3 x 100 on 2:15 Kick}$ EN2 {2 x 100 on 2:05 Kick EN2 {2 x 100 on 2:00 Kick EN2 500 10 x 50 on 1:00 Pulls-nbbf&w EN1 1,500 1x{3 x 100 on 1:50 25 fr 50 strk 25 fr EN1 {3 x 100 on 1:45 25fr 50 strk 25 fr EN1 {3 x 100 on 1:40 25 fr 50 strk 25 fr EN1 {3 x 100 on 1:35 25 fr 50 strk 25 fr EN1 {3 x 100 on 1:30 25 fr 50 strk 25 fr EN1

#### Workout #694 - Saturday, 19 February 2000 Group 3 - All 1 minute rest between sets

7:08 PM 4,050 Yards - Stress Value = 40

REC

1 x 200 on 3:00 Stroke Drills

7.20 AM Ctaxt

	/:30 AM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
625	1 x 625 on 15:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Cross pool sprints	SP3	
	1x{4 x 50 on 1:15 Kick	EN1	
	{4 x 50 on 1:10 Kick	EN1	
	{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN1	
1,500	5 x 300 on 4:30 Pulls	EN1	
450	$9 \times 50$ on :45 Descend in sets of 3	EN1	
	$1x{1 x 200 on 8:00 Choice-broken at the}$	SP2	
	{ 50-10, 20, & 30 R.I.		
	$\{1 \times 100 \text{ on } 5:00 \text{ Free-broken at the }$	SP2	
	{ 25-10 seconds R.I.		
175	7 x 25 on :30 Stroke Drills	REC	

#### Workout #695 - Saturday, 19 February 2000 Group 3 - All

9:31 AM 4,000 Yards - Stress Value = 65

#### 1 minute rest between sets

7:30 AM Start
Yards Set Description EGY WOF

	Group 3 - All
	Workout #696 - Tuesday, 22 February 2000
9:54	AM 6,025 Yards - Stress Value =
0 - 1	734 6 005 11 1 01 11 1
1	x 250 on 5:00 Stroke Drills
{ 1	on :15 Rest

1 minute rest between sets

 $12 \times 25$  on :30 IM order-build

1 on 30:00 Stomach and Stretch

1x{2 x 150 on 3:10 Kick {2 x 150 on 3:05 Kick

{2 x 150 on 3:00 Kick

 $\{2 \times 150 \text{ on } 2:55 \text{ Kick} \}$ 

{2 x 200 on 3:00 Pulls {2 x 150 on 2:15 Pulls

{2 x 100 on 1:30 Pulls

 $4x{3 \times 50 \text{ on } :50 \text{ Freestyle}}$ 

 ${3 \times 50 \text{ on :} 45 \text{ Freestyle}}$ 

 ${3 \times 50 \text{ on :} 40 \text{ Freestyle}}$ 

 $\{2 \times 50 \text{ on } : 45 \text{ Pulls}$ 

 $1x{2 x 250 on 3:45 Pulls}$ 

1 x 825 on 16:00 Swim-kick-pull-swim REC

10 x 15 on :30 Cross pool sprints SP3

825

150

300

250

ORF	Yards	5:15 PM Start Set Description	EGY	WOF
I		1 on 30:00 Stomach and Stretch		
Ι	800	1 x 800 on 16:00 Swim-kick-pull-swim F 1 on 10:00 Techniques-free trns	REC	
۶		-	EN2	
F		•	EN2	
ľ		•	EN2	
ľ		1x{4 x 150 on 2:10 Pulls-mid 50 br ev 6 E	EN1	
E		{4 x 150 on 2:05 Pulls-mid 50 br ev 8 E	EN1	
٤		{4 x 150 on 2:00 Pulls-mid 50 br ev10 E	EN1	
٤	600	12 x 50 on :45 Descend in sets of 3 E	EN1	
٤		1x{1 x 100 on 1:30 Freestyle	EN1	
٤		{1 x 200 on 3:00 Freestyle	EN1	
٤		{1 x 300 on 4:30 Freestyle	EN1	
Γ		$\{1 \times 400 \text{ on } 6:00 \text{ Freestyle} \}$	EN1	
		$\{1 \times 400 \text{ on } 5:00 \text{ Freestyle} \}$	EN2	
		$\{1 \times 300 \text{ on } 3:45 \text{ Freestyle} \}$	EN2	
		{1 x 200 on 2:30 Freestyle	EN2	
		$\{1 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$	EN2	
	400	8 x 50 on 1:00 Stroke Drills	REC	
		7:44 PM 6,500 Yards - Stress Value = 72		

#### Workout #697 - Tuesday, 22 February 2000 Group 3 - Platinum 1 minute rest between sets

	5:15	PM Start		
Yards	Se	et 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 turn		
650	1x{3	x 100 on 2:15 Kick	EN2	
	{ 3	x 50 on 1:15 Kick	EN2	
	8 }	x 25 on :40 Kick	EN2	
900	6	x 150 on 2:30 Pulls-mid 50 br ev 8	EN1	
1,000	1x{5	x 50 on :55 Freestyle	EN1	
	{ 5	x 50 on :50 Freestyle	EN1	
	{ 5	x 50 on :45 Freestyle	EN1	
	{ 5	x 50 on :40 Freestyle	EN1	
200	1	x 200 on 3:00 IM drill	REC	
	7:05	PM 3,550 Yards - Stress Value = 30		

#### Workout #698 - Wednesday, 23 February 2000 Group 3 - All

., , , , ,	Group 3 - All	7:06 PM 3,000 Yards - Stress Value = 46
	1 minute rest between sets	Workout #702 - Thursday, 24 February 2000
5:30 AM	Start	Group 3 - All

Yards	Se	et Description					WORK	Ş
=====	==	====	====	=====		===	====	=
400	1	x 40	0 on	8:00	Reverse IM drill	REC	D	
210	14	x 1	5 on	:30 (	Cross pool sprints	SP3	S	
1,200	12	x 1	00 0	n 1:30	O Lungbuster pulls	EN1	P	
300	3	x 10	0 on	1:30	Freestyle-build	EN1	S	
	2x{1	x 15	0 on	2:05	Freestyle	EN2	S	
	{ 1	x 15	0 on	2:00	Freestyle	EN2	S	
	{ 1	x 15	0 on	1:55	Freestyle	EN2	S	
	{ 1	x 15	0 on	1:50	Freestyle	EN2	S	
	{ 1	x 15	0 on	1:45	Freestyle	EN2	S	
	{ 1	x 15	0 on	1:40	Freestyle	EN2	S	
	{ 1	on 1	:00	Rest			M	
200	1	x 20	0 on	3:00	Stroke Drills	REC	D	
	6:41	AM 4	,110	Yard	s - Stress Value =	59		

#### Workout #699 - Wednesday, 23 February 2000 Group 3 - All

#### 1 minute rest between sets

	5:15	PM	I St	art	5				
Yards	Se	et	Desc	crip	otion		EGY	WORK	STF
=====	==		====				===	====	===
	1	on	30:	:00	Stoma	ach and Stretch		L	
1,000	10	) x	100	or O	n 2:00	) Stroke Drills	REC	D	CHC
		odd	ls fi	ree	evens	s strk			
150	10	) x	: 15	on	:30 8	Shooters	SP3	S	BF
	5x{1	Х	100	on	2:00	Kick	EN2	K	CHC
	{ 1	Х	100	on	1:45	Kick	EN2	K	CHC
	1x{2	Х	200	on	3:00	Pulls	EN1	P	FF
	{ 2	Х	200	on	2:50	Pulls	EN1	P	FF
	{ 2	Х	200	on	2:40	Pulls	EN1	P	FF
200	1	Х	200	on	3:00	Freestyle-build	EN1	S	FF
	1x{3	Х	100	on	1:40	Backstroke	EN2	S	FF
	{ 3	Х	100	on	1:35	Backstroke	EN2	S	Bŀ
	{ 3	Х	100	on	1:30	Backstroke	EN2	S	Bľ
200	1	Х	200	on	3:00	Stroke Drills	REC	D	CHC
	1x{2	Х	100	on	1:35	Backstroke	EN2	S	B₽
	{ 2	Х	100	on	1:30	Backstroke	EN2	S	Bľ
	{ 2	Х	100	on	1:25	Backstroke	EN2	S	Bľ
200	1	Х	200	on	3:00	Stroke Drills	REC	D	CHC
	1x{1	Х	100	on	1:30	Backstroke	EN2	S	Bľ
	{ 1	Х	100	on	1:25	Backstroke	EN2	S	Bľ
	{ 1	Х	100	on	1:20	Backstroke	EN2	S	Bľ
500	20	) x	25	on	:30 8	Stroke Drills	REC	D	CI
	7:44	PM	16,2	250	Yards	s - Stress Value	= 76	5	

#### Workout #700 - Wednesday, 23 February 2000 **Group 3 - Platinum**

#### 1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WORK	č
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	
800	8 x 100 on 2:20 Stroke Drills	REC	D	
150	10 x 15 on :30 Shooters	SP3	S	(
500	1x{1 x 100 on 2:15 Kick	EN2	K	(
	{1 x 100 on 2:10 Kick	EN2	K	(
	{1 x 100 on 2:05 Kick	EN2	K	(
	{1 x 100 on 2:00 Kick	EN2	K	(
	{1 x 100 on 1:55 Kick	EN2	K	(
500	10 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
100	4 x 25 on :30 Choice-build	EN1	S	(
200	1 x 200 on 8:00 Broken at each 50	SP2	S	(
	rest 10, 20, 30 secs			
400	2x{1 x 100 on 2:00 Your Stroke	EN1	S	Ę
	{1 x 100 on 1:45 Individual Medley	EN1	S	

# 1 minute rest between sets

14 x 25 on :45 Stroke Drills REC

	5:15 PM Start			
Yards	Set Description	EGY	WORK	Sī
=====	=======================================	===		==
	1 on 29:00 Stomach and Stretch		L	DF
1,000	20 x 50 on 1:00 Stroke Drills	REC	D	I
	5 on each stroke			
150	10 x 15 on :30 Shooters	SP3	S	Ε
	1x{2 x 100 on 2:00 Kick	EN2	K	CF
	{2 x 100 on 1:55 Kick	EN2	K	CF
	{2 x 100 on 1:50 Kick	EN2	K	CF
	{2 x 100 on 1:45 Kick	EN2	K	CF
	{2 x 100 on 1:40 Kick	EN2	K	CF
1,500	5 x 300 on 4:00 Pulls	EN1	P	F
300	3 x 100 on 1:30 Freestyle-build	EN1	S	F
	$1x\{2 \times 200 \text{ on } 3:30 \text{ Breaststroke}$	EN2	S	Ε
	{3 x 150 on 2:35 Breaststroke	EN2	S	Ε
	{4 x 100 on 1:40 Breaststroke	EN1	S	Ε
	{5 x 50 on :50 Breaststroke	EN2	S	Ε
	{6 x 25 on 1:00 Breaststroke-odds	EN2	S	Ε
	{ off the blocks			
100	1 x 100 on 2:00 Freestyle	REC	S	F
	$1x{4 \times 25 \text{ on } :30 \text{ Freestyle}}$	EN1	S	F
	{4 x 25 on :25 Freestyle	EN1	S	F
	$\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	EN2	S	F
	$\{4 \times 25 \text{ on :} 15 \text{ Freestyle}$	EN2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
	7:45 PM 6,300 Yards - Stress Value =	= 79		

#### Workout #701 - Thursday, 24 February 2000 Group 3 - Platinum 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 29:00 Stomach and Stretch		I
600	12 x 50 on 1:10 Stroke Drills	REC	Γ
150	10 x 15 on :30 Shooters	SP3	٤
400	8 x 50 on 1:00 Kick-des in sets of4	EN2	F
800	4 x 200 on 3:30 Pulls	EN1	E
400	$1x{2 x 50 on :55 Your Stroke}$	EN1	٤
	$\{2 \times 50 \text{ on } 1:00 \text{ Freestyle}$	EN1	٤
	{2 x 50 on 1:00 Your Stroke	EN1	٤
	$\{2 \times 50 \text{ on } :55 \text{ Freestyle} \}$	EN1	٤
200	1 x 200 on 4:00 Individual Medley	EN1	٤
400	16 x 25 on :40 1-8 choice 9-16 dril	EN1	٤
	6:54 PM 2,950 Yards - Stress Value = 32	2	

#### Workout #703 - Friday, 25 February 2000 Group 3 - All 1 minute rest between sets

#### Workout #706 - Saturday, 26 February 2000 Group 3 - Tim and David 1 minute rest between sets

					1 minute rest between sets	
	5:15 PM Start					
Yards	-	EGY	WOF		7:30 AM Start	
=====	1 00 00 00 00 00 00 00 00 00 00 00 00 00	===	===	Yards	Set Description EGY	WOF
	1 on 29:00 Stomach and Stretch			=====	=======================================	===
800	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	REC			1 on 30:00 Stomach and Stretch	
150	10 x 15 on :30 Shooters	SP3		825	1 x 825 on 16:00 Swim-kick-pull-swim REC	
	2x{4 x 50 on 1:00 Kick	EN2		150	10 x 15 on :30 Shooters SP3	
	{4 x 50 on :55 Kick	EN2		750	15 x 50 on 1:00 Kick-des in sets of3 EN2	
	{4 x 50 on :50 Kick	EN2		300	12 x 25 on :30 IM order-build EN1	
	{1 on :30 Rest			400	2 x 200 on 8:00 Broken at each 50for SP2	
	1x{2 x 400 on 5:20 Pulls	EN1			10, 20, and 30 secs	
	{2 x 300 on 4:00 Pulls	EN1		400	1 x 400 on 8:00 Reverse IM drill REC	
	{2 x 200 on 2:40 Pulls	EN1			$1x{5 x 50 on :45 Freestyle}$ EN1	
300	$4 \times 75$ on 1:20 IM (no free) build	EN1			{3 x 100 on 1:40 Individual Medley EN1	
	$5x{4 x 50 on 1:00 Butterfly}$	EN2			{5 x 50 on 1:00 Breaststroke EN1	
	$\{2 \times 25 \text{ on } : 35 \text{ Butterfly} \}$	EN2			{3 x 100 on 1:35 Individual Medley EN1	
	$\{2 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN2			{5 x 50 on :50 Backstroke EN1	
	$\{2 \times 25 \text{ on } : 25 \text{ Butterfly} \}$	EN2			{3 x 100 on 1:30 Individual Medley EN1	
	{1 on :30 Rest				{5 x 50 on :55 Butterfly EN1	
200	1 x 200 on 3:00 Stroke Drills	REC		250	•	
	7:45 PM 6,200 Yards - Stress Value = 86				9:50 AM 4,975 Yards - Stress Value = 81	

#### Workout #704 - Friday, 25 February 2000 Group 3 - Tim and David 1 minute rest between sets

#### Workout #707 - Monday, 28 February 2000 Group 3 - All 1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY WOF	Yards	5:15 PM Start Set Description	EGY WOF
800 150 900 1,200 150	<pre>1 on 29:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 10 x 15 on :30 Shooters 6 x 150 on 3:00 Kick 6 x 200 on 3:00 Free-last 50 br ev 9 3 x 50 on 1:00 Stroke-build 1x{4 x 100 on 1:30 Freestyle {4 x 100 on 1:25 Freestyle {4 x 100 on 1:25 Freestyle {4 x 100 on 1:15 Freestyle {4 x 25 on :40 Stroke Drills 7:18 PM 5,000 Yards - Stress Value = 58</pre>	SP3 EN2	1,500 200	1 on 10:00 Techniques-starts  1x{2 x 100 on 2:00 Kick}  {2 x 100 on 1:50 Kick}  {2 x 100 on 1:40 Kick}  {2 x 100 on 1:30 Kick}  {2 x 100 on 1:20 Kick}  {2 x 100 on 1:20 Kick}  6 x 250 on 3:30 Pulls  8 x 25 on :30 Freestyle-build  1x{2 x 400 on 5:30 Freestyle}  {2 x 350 on 4:40 Freestyle	REC EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN2 EN2 EN2
	Workout #705 - Saturday, 26 February 2000 Group 3 - All		400	• • • • • • • • • • • • • • • • • • • •	EN2 REC

# 1 minute rest between sets 7:30 AM Start

	7:30 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
	1x{2 x 125 on 2:30 Kick	EN2	
	{2 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:15 Kick	EN2	
1,000	1 x 1000 on 14:00 Pulls	EN1	
1,000	2 x 500 on 6:30 Pulls	EN1	
300	$12 \times 25$ on :30 IM order-build	EN1	
	1x{3 x 200 on 2:30 Freestyle	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{3 x 200 on 2:20 Freestyle	EN2	
300	1 x 300 on 5:00 Choice	REC	
	$1x\{2 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	
	$\{2 \times 25 \text{ on } : 25 \text{ Freestyle}$	EN1	
	$\{2 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN2	
	$\{2 \times 25 \text{ on } : 15 \text{ Freestyle} \}$	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	10:00 AM 6,975 Yards - Stress Value = 8	7	

5:15 PM Start

# t #708 - Monday, 28 February 2000 Wor

#### $\{4 \times 50 \text{ on :} 50 \text{ Freestyle}$ $\{1 \times 50 \text{ on :} 45 \text{ Breaststroke} \}$ EN1 REC 350 14 x 25 on :30 Stroke Drills 7:23 PM 4,500 Yards - Stress Value = 31

rkout #708 - Monday, 28 February	2000
Group 3 - Taper 1	
1 minute rest between sets	

Workout #711 - Tuesday, 29 February	2000
<b>Group 3 - State Champions</b>	
1 minute rest between sets	

	5:15 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
800	1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-starts		
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	
	1x{2 x 150 on 2:30 Pulls	EN1	
	{2 x 150 on 2:20 Pulls	EN1	
	{2 x 150 on 2:10 Pulls	EN1	
	{2 x 150 on 2:00 Pulls	EN1	
200	8 x 25 on :30 Freestyle-build	EN1	
	1x{5 x 100 on 1:30 Freestyle	EN1	
	{4 x 100 on 1:25 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	{2 x 100 on 1:15 Freestyle	EN1	
	{1 x 100 on 1:10 Freestyle	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:25 PM 5,000 Yards - Stress Value = 49		

Yards	5:15 PM Start Set Description	EGY	WORK	c
				_
	1 an 20:00 Stamach and Street ab			_
1 000	1 on 29:00 Stomach and Stretch	D.D.G		
1,000	10 x 100 on 2:00 Stroke Drills	REC	D	C
	odds free evens #1			
	1 on 10:00 Techniques-starts		D	
	7x{1 x 100 on 2:00 Kick	EN2	K	
	{1 x 50 on :45 Kick	EN2	K	(
	1x{2 x 300 on 4:30 Pulls	EN1	P	
	{2 x 300 on 4:20 Pulls	EN1	P	
	{2 x 300 on 4:10 Pulls	EN1	P	
300	3 x 100 on 1:30 Freestyle descend	EN1	S	
	<pre>1x{2 x 150 on 2:30 Individual Medley</pre>	EN1	S	
	$\{2 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	
	{2 x 150 on 2:25 Individual Medley	EN1	S	
	{2 x 50 on :40 Freestyle	EN1	S	
	{2 x 150 on 2:20 Individual Medley	EN1	S	
	{2 x 50 on :35 Freestyle	EN1		
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	7:32 PM 5,550 Yards - Stress Value =	54		

#### Workout #709 - Tuesday, 29 February 2000 Group 3 - All

#### 1 minute rest between sets

Workout #712 - Wednesday, 01 March	2000
Group 3	
1 minute rest between sets	

Yards	Se	et Description	EGY	WORK	٤
=====	==		===	====	=
	1	on 29:00 Stomach and Stretch		L	
1,000	10	0 x 100 on 2:00 Stroke Drills	REC	D	(
	(	odds free evens strk			
	1	on 10:00 Techniques-starts		D	
	1x{3	x 150 on 3:00 Kick	EN2	K	(
	{ 3	x 100 on 2:00 Kick	EN2	K	C
	{ 3	x 50 on 1:00 Kick	EN2	K	C
	{ 1	x 100 on 3:00 Kick for time	EN2	K	(
	1x{3	x 200 on 2:55 Pulls	EN1	P	
	{ 3	x 200 on 2:45 Pulls	EN1	P	
	{ 3	x 200 on 2:35 Pulls	EN1	P	
	1x{3	x 100 on 1:30 Freestyle descend	EN1	S	
	1x{4	x 125 on 1:50 Backstroke	EN2	S	
	{ 1	on 1:00 Rest		M	
	{ 4	x 125 on 1:45 Backstroke	EN2	S	
	{ 1	on 1:00 Rest		M	
	{ 4	x 125 on 1:40 Backstroke	EN2	S	
	{ 1	on 1:00 Rest		M	
	{ 4	x 125 on 1:35 Backstroke	EN2	S	
250	1	x 250 on 4:00 Stroke Drills	REC	D	
	7:45	PM 6,350 Yards - Stress Value =	81		

	5:15 PM Start			
Yards		EGY	WORK S	S
	=======================================	===	==== =	=
	1 on 30:00 Stomach and Stretch		L	
800	16 x 50 on 1:00 Stroke Drills	REC	DO	C
	1 on 10:00 Techniques-turns		D	
1,000	1x{4 x 125 on 2:30 Kick	EN2	K (	C
	{4 x 125 on 2:20 Kick	EN2	K	C
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	P	
300	12 x 25 on :30 IM order-build	EN1	S	
2,100	$1x{3 \times 100}$ on 1:30 Individual Medley	EN1	S	
	{1 on :30 Rest		M	
	{3 x 150 on 1:55 Freestyle	EN1	S	
	{1 on :45 Rest		M	
	{3 x 200 on 3:00 Individual Medley	EN1	S	
	{1 on :30 Rest		M	
	{3 x 250 on 3:10 Freestyle	EN1	S	
300	12 x 25 on :30 Stroke Drills	REC	D	
	7:34 PM 5,500 Yards - Stress Value =	54		

#### Workout #710 - Tuesday, 29 February 2000 Group 3 - Taper 2 1 minute rest between sets

# 5:15 PM Start

Yards	Set Description	EGY WOF
=====	=======================================	=== ===
	1 on 29:00 Stomach and Stretch	
1,000	10 x 100 on 2:00 Stroke Drills	REC
	odds free evens strk	
	1 on 10:00 Techniques-starts	
1,000	20 x 50 on 1:00 Kick 5 on each no bd	EN1
	1x{4 x 125 on 2:00 Pulls	EN1
	{1 x 200 on 3:45 Individual Medley	EN1
	{4 x 125 on 1:55 Pulls	EN1
	{1 x 200 on 3:45 Individual Medley	EN1
	$1x{4 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	EN1
	{1 x 50 on :45 Butterfly	EN1
	$\{4 \times 50 \text{ on } :55 \text{ Freestyle}$	EN1
	{1 x 50 on :45 Backstroke	EN2

#### Workout #714 - Wednesday, 01 March 2000 Group 3 - Taper 2 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Techniques-turns		
1,050	14 x 75 on 1:30 Kick-des in sets of3	EN2	
	hold 13&14 as fast12		
	$1x{1 x 400 on 6:00 Pulls}$	EN1	
	{1 x 400 on 5:50 Pulls	EN1	
	{1 x 400 on 5:40 Pulls	EN1	

1 x 400 on 8:00 IM build each 100

 $\{1 \text{ x } 100 \text{ on } 6\text{:}00 \text{ Broken at the } 25 \text{ for SP2}$ 

 $1x{1 x 200 on 8:00 Broken at the 50}$ 

1 x 350 on 7:00 Stroke Drill

EN1

REC

{1 x 400 on 5:30 Pulls

{ for 10,20,30 secs

{ 10 seconds

400

#### Workout #713 - Wednesday, 01 March 2000 Group 3 - Senior State 1 minute rest between sets

7:29 PM 4,500 Yards - Stress Value = 71

Yards	5:15 PM Start Set Description	EGY	WOF
=====	======================================	====	===
	1 on 30:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Techniques-turns		
	1x{2 x 100 on 2:10 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
900	6 x 150 on 2:15 Pulls mid 50 br ev 8	B EN1	
200	8 x 25 on :30 Freestyle-build	EN1	
100	1 x 100 on 6:00 Broken at each 25	SP2	
	for 15 seconds		
	1x{3 x 200 on 2:40 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	${3 \times 50 \text{ on } :40 \text{ Freestyle}}$	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:15 PM 4,050 Yards - Stress Value = 48	3	

#### Workout #717 - Thursday, 02 March 2000 Group 3 - Taper 1 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-turns		
	6x{1 x 50 on 1:00 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
	1x{1 x 400 on 6:00 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{1 x 100 on 1:15 Pulls	EN1	
200	1 x 200 on 4:00 IM build each 50	EN1	
	$1x{4 x 125 on 2:15 Breaststroke}$	EN2	
	{4 x 100 on 1:45 Breaststroke	EN2	
	$\{4 \times 75 \text{ on } 1:20 \text{ Breaststroke} \}$	EN2	
	{4 x 50 on :50 Breaststroke	EN2	
	$\{4 \times 25 \text{ on } 1:30 \text{ Breaststroke-off the } \}$	EN2	
	{ blocks-fast & count		
	{ your strokes		

	1x{4	x 25 on :30 Freestyle	EN1
	{ 4	x 25 on :25 Freestyle	EN1
	{ 4	x 25 on :20 Freestyle	EN2
	{ 4	x 25 on :15 Freestyle	EN2
250	1	x 250 on 5:00 Stroke Drills	REC
	7:35	PM 5,050 Yards - Stress Value = 66	

#### Workout #716 - Thursday, 02 March 2000 Group 3 - Taper 2 1 minute rest between sets

		PM Start	EGI	
Yards	Se	et 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-turns		
900	6	x 150 on 3:00 Kick	EN2	
800	8	x 100 on 1:30 Lungbuster pulls	EN1	
200	8	x 25 on :30 IM order-build	EN1	
	1x{2	x 200 on 2:45 Freestyle	EN1	
	{ 1	x 100 on 1:30 Individual Medley	EN1	
	{ 1	x 100 on 1:30 Individual Medley	EN1	
	{ 2	x 200 on 2:40 Freestyle	EN1	
	{ 1	x 100 on 1:30 Individual Medley	EN1	
	{ 2	x 200 on 2:35 Freestyle	EN1	
	{ 1	x 100 on 1:30 Individual Medley	EN1	
200	8	x 25 on :30 Stroke Drills	REC	
	7:16	PM 4,500 Yards - Stress Value = $44$		

#### Workout #715 - Thursday, 02 March 2000 Group 3 - Senior State 1 minute rest between sets

	5:45 AM Start			
Yards	Set Description	EGY	WORK	SI
=====	=======================================	===	====	==
400	1 x 400 on 8:00 Reverse IM drill	REC	D	I
300	12 x 25 on :30 Berzerks	SP3	S	CF
500	1 x 500 on 7:00 Pulls	EN1	P	F
400	1 x 400 on 8:00 IM kick no board	EN1	K	I
	$1x{2 x 100 on 1:35 Freestyle}$	EN1	S	F
	{2 x 50 on 1:00 Your Stroke	EN1	S	Sī
	{2 x 100 on 1:30 Freestyle	EN1	S	F
	{2 x 50 on 1:00 Your Stroke	EN1	S	Sī
	{2 x 100 on 1:25 Freestyle	EN1	S	F
	{2 x 50 on 1:00 Your Stroke	EN1	S	Sī
	$1x{4 x 25 on :35 Choice}$	EN1	S	CF
	{4 x 25 on :30 Choice	EN1	S	CF
	{4 x 25 on :25 Choice	EN1	S	CF
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	6:44 AM 3,000 Yards - Stress Value	= 33		

1,000

450

400

#### Workout #719 - Friday, 03 March 2000 Group 3 - Taper 1 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
	1 on 30:00 Stomach and Stretch		L
800	8 x 100 on 2:00 Stroke Drills	REC	D
	2 on each strk RIMO		
	1 on 10:00 Techniques-finishes		D

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 $1x{3 x 100 on 1:50 Kick with flippers EN2}$ 

{3 x 100 on 1:40 Kick with flippers EN2

{3 x 100 on 1:30 Kick with flippers EN2

{3 x 100 on 1:20 Kick with flippers EN2

8 x 125 on 2:00 Pulls-1 br last 25 EN1

9 x 50 on :45 Descend in sets of 3 EN1  $\,$ 

 $6x{1 \times 50 \text{ on } 1:00 \text{ Butterfly}}$ 

#### $\{1 \times 50 \text{ on } :55 \text{ Butterfly} \}$ EN2 $\{1 \times 50 \text{ on } : 50 \text{ Butterfly} \}$ EN2 $\{1 \times 50 \text{ on } : 45 \text{ Butterfly} \}$ EN2 {1 on 1:00 Rest 8 x 50 on 1:00 Stroke Drills REC 7:33 PM 5,050 Yards - Stress Value = 62

#### Workout #718 - Friday, 03 March 2000 Group 3 - Taper 2 1 minute rest between sets

	5:15 PM Start				
Yards	Set Description	EGY	WORK	STK	
=====	=======================================	===	====	===	
	1 on 30:00 Stomach and Stretch		L	DRY	
800	8 x 100 on 2:00 Stroke Drills	REC	D	CD	
	2 on each strk RIMO				
	1 on 10:00 Techniques-finishes		D		
	1x{2 x 100 on 2:10 Kick	EN2	K	CHO	
	{2 x 100 on 2:05 Kick	EN2	K	CHO	
	{2 x 100 on 2:00 Kick	EN2	K	CHO	
	{2 x 100 on 1:55 Kick	EN2	K	CHO	
700	14 x 50 on 1:00 Pulls-nbbf&w	EN1	P	FR	
	1x{5 x 75 on 1:15 50 fly 25 fr	EN1	S	CMB	
	{5 x 75 on 1:10 50 back 25 fr	EN1	S	CMB	
	{5 x 75 on 1:20 50 breast 25 fr	EN1	S	CMB	
	$\{5 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$	EN1	S	FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD	
	7:14 PM 4,000 Yards - Stress Value	= 3	39		

#### Workout #721 - Saturday, 04 March 2000 Group 3 - Taper 1 1 minute rest between sets

7:30 AM Start

Yards	Set Description									EGY	WOF
=====	==	===		===			-===			===	===
	1	OI	n 30	:00	Stoma	ach and S	Stre	etch			
825	1	Х	825	on	16:00	0 Swim-ki	lck-	-pull-	-swim	REC	
	1	OI	n 10	:00	Techi	niques-fi	inis	hes			
	1x{6	Х	75 (	on :	1:40 1	Kick-des	in	sets	of3	EN2	
	{ 6	Х	75 (	on :	1:35 1	Kick-des	in	sets	of3	EN2	
	{ 6	Х	75 (	on :	1:30 1	Kick-des	in	sets	of3	EN2	
800	1	6 2	k 50	on	1:00	Pulls-nk	bf8	w		EN1	
150	6	Х	25 (	on	:30 Be	erzerks				SP3	
	1x{1	Х	150	on	2:30	Freestyl	Le			EN1	
	{ 1	Х	150	on	2:25	Freestyl	Le			EN1	
	{ 1	Х	150	on	2:20	Freestyl	Le			EN1	
	{ 1	Х	150	on	2:15	Freestyl	Le			EN1	
	{ 1	Х	150	on	2:10	Freestyl	Le			EN1	
	{ 1	Х	150	on	2:05	Freestyl	Le			EN1	
	{ 1	Х	150	on	2:00	Freestyl	Le			EN2	
	{ 1	Х	150	on	1:55	Freestyl	Le			EN2	
	{ 1	Х	150	on	1:50	Freestyl	Le			EN2	
	{ 1	Х	150	on	1:45	Freestyl	Le			EN2	

400 8 x 50 on 1:00 Stroke Drills 9:49 AM 5,025 Yards - Stress Value = 65

#### Workout #720 - Saturday, 04 March 2000 Group 3 - Taper 2

#### 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-finishes		
	4x{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
900	6 x 150 on 2:15 Pulls mid 50 br ev 8	EN1	
300	3 x 100 on 1:30 Freestyle descend	EN1	
200	2 x 100 on 6:00 Broken at each 25	SP2	
	for 15 seconds		
200	1 x 200 on 3:00 Choice	REC	
	$1x{4 x 25 on :35 Breaststroke}$	EN1	
	{4 x 25 on :30 Butterfly	EN1	
	{4 x 25 on :25 Backstroke	EN1	
	$\{4 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN1	
350	1 x 350 on 7:00 Stroke Drill	REC	
	9:38 AM 3,975 Yards - Stress Value = 52		

#### Workout #723 - Monday, 06 March 2000 Group 3 - All

#### 1 minute rest between sets

	5:15	PM Start	
Yards	Se	et 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	
	1x{3	x 125 on 2:30 Kick	EN2
	{ 3	x 125 on 2:25 Kick	EN2
	{ 2	x 125 on 2:20 Kick	EN2
1,200	6	x 200 on 2:45 Pulls-nbbf&w	EN1
300	3	x 100 on 1:30 Freestyle-descend	EN1
	4x{6	x 50 on :45 Freestyle	EN1
	{ 4	x 50 on :40 Freestyle	EN1
	{ 2	x 50 on :35 Freestyle	EN1
	{ 1	on 1:00 Rest	
300	1	x 300 on 5:00 Stroke Drills	REC
	7:41	PM 6,000 Yards - Stress Value = 60	

#### Workout #722 - Monday, 06 March 2000 Group 3 - Taper 2

#### 1 minute rest between sets

Yards		PM Start et 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		
800	8	x 100 on 2:15 Kick-odds fast	EN1	
	1x{4	x 75 on 1:15 Pulls-nbbf&w	EN1	
	{ 4	x 75 on 1:10 Pulls-nbbf&w	EN1	
	{ 4	x 75 on 1:05 Pulls-nbbf&w	EN1	
	2x{3	x 100 on 1:30 Freestyle	EN1	
	{ 2	x 100 on 1:25 Freestyle	EN1	
	{ 2	x 100 on 1:20 Freestyle	EN1	
200	1	x 200 on 3:00 Stroke Drills	REC	
	7:10	PM 4,100 Yards - Stress Value = 31		

#### Workout #724 - Monday, 06 March 2000 Group 3 - Sectional 1 minute rest between sets

#### Workout #726 - Tuesday, 07 March 2000 Group 3 - Juniors & Seniors 1 minute rest between sets

	5:15 PM Start			5:15 PM Start	
Yards	Set Description	EGY WOF	Yards	Set Description	EGY WOF
=====		=== ===	=====		=== ===
	1 on 30:00 Stomach and Stretch			1 on 20:00 Stomach and Stretch	
800	1 x 800 on 30:00 Stomach and Stretch		800		REC
	1 on 10:00 Techniques-starts			1 on 10:00 Techniques-relay str	
	1x{5 x 50 on 1:05 Kick	EN2			EN2
	{5 x 50 on 1:00 Kick	EN2		{3 x 100 on 1:55 Kick	EN2
	{5 x 50 on :55 Kick	EN2		{3 x 100 on 1:50 Kick	EN2
	{5 x 50 on :50 Kick	EN2	1,500	5 x 300 on 4:00 Pulls	EN1
	1x{2 x 200 on 3:00 Pulls	EN1	300	12 x 25 on :30 IM order-build	EN1
	{2 x 100 on 1:25 Pulls	EN1	400	2 x 200 on 8:00 Broken at the 50 rst	SP2
	{2 x 200 on 2:45 Pulls	EN1		10,20,30 secs	
	{2 x 100 on 1:20 Pulls	EN1	400	1 x 400 on 6:00 Stroke Drills	REC
450	$9 \times 50$ on :45 Descend in sets of 3	EN1	400	4 x 100 on 1:30 Descend to ludicrous	EN2
	1x{3 x 125 on 1:55 Freestyle	EN1		speed!!!!!!!	
	{3 x 125 on 1:50 Freestyle	EN1	300	1 x 300 on 5:00 Stroke Drills	REC
	{2 x 125 on 1:45 Freestyle	EN1		7:25 PM 5,000 Yards - Stress Value = 84	
	{2 x 125 on 1:40 Freestyle	EN1		·	
300	6 x 50 on 1:00 Stroke Drills	REC		W	
	7:39 PM 5,000 Yards - Stress Value = 48			Workout #729 - Wednesday, 08 March 2000	
	.,			Group 3 - Taper 2	
	Workout #725 - Tuesday, 07 March 2000			1 minute rest between sets	

REC

# Group 3 - All 1 minute rest between sets

#### 5:15 PM Start Yards Set Description EGY WORF \_\_\_\_\_ \_ 1 on 20:00 Stomach and Stretch 800 16 x 50 on 1:00 Stroke Drills 1 on 10:00 Techniques-relay str 12 x 100 on 1:45 Kick with flippers EN2 1,200 1x{5 x 75 on 1:15 Pulls-nbbf&w EN1 $\{5 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w} \}$ EN1 EN1 $\{4 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} \}$ 12 x 25 on :30 IM order-build EN1 $1x{5 x 100 on 1:30 Freestyle}$ EN1 $\{7 \times 75 \text{ on } 1:15 \text{ Backstroke} \}$ $\{10 \times 50 \text{ on } :55 \text{ Breaststroke} \}$ EN1 $\{20 \times 25 \text{ on } : 30 \text{ Butterfly} \}$ EN1 Ę 1 x 400 on 8:00 IM 90% effort EN3

#### Workout #727 - Tuesday, 07 March 2000 Group 3 - Taper 2

1 minute rest between sets

7:40 PM 6,025 Yards - Stress Value = 82

1 x 250 on 5:00 Stroke Drills

	5:15 PM Start			
Yards	Set Description	EGY	WORK	,
=====	=======================================	===	====	=
	1 on 20:00 Stomach and Stretch		L	
800	16 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Techniques-relay str		D	
	1x{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	(
600	2 x 300 on 4:30 Pulls	EN1	P	
400	16 x 25 on :30 IM order-build	EN1	S	
100	1 x 100 on 6:00 Broken at each 25	SP2	S	(
	for 15 seconds			
400	1 x 400 on 6:00 Stroke Drills	REC	D	
100	1 x 100 on 6:00 Broken at each 25	SP2	S	(
	for 20 seconds			
500	10 x 50 on 1:00 Stroke Drills	REC	D	
	7:06 PM 3,500 Yards - Stress Value =	42		

5:15 PM Start

		5:15 PM Start			
	Yards	Set Description	EGY	WORK	STF
	=====	=======================================	===	====	===
		1 on 25:00 Stomach and Stretch		L	DRY
2	1,000	10 x 100 on 2:00 Stroke Drills	REC	D	CHC
=		odds free evens strk			
]		1 on 10:00 Techniques-turns		D	
[		1x{1 x 100 on 2:15 Kick	EN2	K	CHC
Ι		{1 x 100 on 2:10 Kick	EN2	K	CHC
2		{1 x 100 on 2:05 Kick	EN2	K	CHC
Ε		{1 x 100 on 2:00 Kick	EN2	K	CHC
Ε		{1 x 100 on 1:55 Kick	EN2	K	CHC
Ε		{1 x 100 on 1:50 Kick	EN2	K	CHC
5	400	$8 \times 50$ on :55 Pulls-nbbf&w	EN1	P	FF
5	1,300	13 x 100 on 1:30 Choice	EN1	S	CHC
5		1 on 15:00 Techniques-relay srt		D	
5	200	1 x 200 on 3:00 IM drill	REC	D	CI
ξ		7:13 PM 3,500 Yards - Stress Value	= 2.9	9	
5					

#### Workout #728 - Wednesday, 08 March 2000 Group 3 - Juniors & Seniors 1 minute rest between sets

	Yards	Set	Description	EGY	WORK	Sī
	=====	===		===	====	==
		1 (	on 25:00 Stomach and Stretch		L	DF
ξ	1,000	10	x 100 on 2:00 Stroke Drills	REC	D	CF
=		00	dds free evens strk			
		1 (	on 10:00 Techniques-turns		D	
		4x{1 x	k 100 on 2:00 Kick	EN2	K	CF
		{1 2	k 100 on 1:45 Kick	EN2	K	CF
C		1x{7 x	k 75 on 1:10 Pulls	EN1	P	F
C		{6 z	k 75 on 1:05 Pulls	EN1	P	F
(		{5 z	k 75 on 1:00 Pulls	EN1	P	F
	100	1 2	x 100 on 1:30 Freestyle-build	EN1	S	F
		1x{4 x	x 125 on 1:50 50 free 75 strk	EN1	S	$\mathbb{C}\mathbb{N}$
(		{4 2	<pre>&lt; 125 on 1:45 25 free 100 strk</pre>	EN1	S	$\mathbb{C}\mathbb{N}$
		{4 >	k 125 on 1:40 Your Stroke	EN1	S	Sī
	250	5 2	k 50 on 1:00 Stroke Drills	REC	D	C
C		7:18 I	PM 5,000 Yards - Stress Value =	= 45		

#### Workout #730 - Thursday, 09 March 2000 \_\_\_\_\_ \_ 1 on 25:00 Stomach and Stretch Group 3 - All 1 x 800 on 16:00 Swim-kick-pull-swim REC 1 minute rest between sets 1 on 10:00 Techniques-finishes back and free 5:15 PM Start 1,050 21 x 50 on 1:00 Kick-descend in 3's EN2 EGY WOF Yards Set Description 1x{3 x 200 on 3:00 Pulls \_\_\_\_\_ {3 x 100 on 1:30 Pulls 1 on 25:00 Stomach and Stretch {3 x 50 on :45 Pulls 1 x 800 on 16:00 Swim-kick-pull-swim REC 800 200 8 x 25 on :30 Freestyle-build 1 on 10:00 Techniques-turns 1x{1 x 400 on 7:00 Individual Medley EN1 EN2 $3x{1 x 150 on 3:00 Kick}$ {2 x 300 on 5:15 Individual Medley EN2 {1 x 100 on 2:00 Kick {3 x 200 on 3:30 Individual Medley EN1 EN2 EN2 {1 x 50 on 1:00 Kick {4 x 100 on 1:45 Individual Medley 1 x 100 on 3:00 Kick for time 100 1 x 100 on 2:00 Stroke Drills 1x{4 x 100 on 1:30 Pulls 7:29 PM 5,200 Yards - Stress Value = 54 {4 x 100 on 1:25 Pulls {4 x 100 on 1:20 Pulls EN1 9 x 50 on :45 Descend in sets of 3 EN1 Workout #734 - Friday, 10 March 2000 9 x 50 on :43 Descend III - 1 1x{5 x 125 on 1:50 Backstroke EN2 EN2 Group 3 - Taper 2 1 minute rest between sets {5 x 75 on 1:10 Backstroke {5 x 50 on :45 Backstroke EN2 12 x 25 on :30 Stroke Drills REC {5 x 50 on :45 Backstroke 5:15 PM Start Yards Set Description 7:30 PM 5,500 Yards - Stress Value = 71 ===== 1 on 25:00 Stomach and Stretch 800 1 x 800 on 16:00 Swim-kick-pull-swim REC Workout #732 - Thursday, 09 March 2000 1 on 10:00 Techniques-finishes Group 3 - Taper 2 back and free 1 minute rest between sets 4 x 100 on 2:15 Kick 500 1 x 500 on 7:30 Pulls 5:15 PM Start EN1 200 8 x 25 on :30 IM order-build EGY WOF Yards Set Description $3x\{1 \times 100 \text{ on } 1:45 \text{ Individual Medley} \}$ {4 x 50 on 1:00 Your Stroke 1 on 25:00 Stomach and Stretch 1 x 200 on 3:00 Stroke Drills 800 1 x 800 on 16:00 Swim-kick-pull-swim REC 6:53 PM 3,000 Yards - Stress Value = 16 1 on 10:00 Techniques-turns 400 16 x 25 on :45 Kick EN1 Workout #733 - Friday, 10 March 2000 EN1 450 6 x 75 on 1:15 Pulls 1x{1 x 100 on 2:00 Individual Medley Group 3 - All-Americans EN1 {2 x 75 on 1:20 Your Stroke EN1 1 minute rest between sets {4 x 25 on :30 IM order 5:15 PM Start $\{4 \times 25 \text{ on } : 30 \# 2 \text{ stroke} \}$ EN1 Yards Set Description EN1 EN1 ${3 \times 50 \text{ on :} 45 \text{ Freestyle}}$ {2 x 75 on 1:30 Weak stroke 1 on 25:00 Stomach and Stretch {1 x 100 on 1:30 Choice EN1 1 x 800 on 16:00 Swim-kick-pull-swim REC 800 8 x 50 on 1:00 Stroke Drills REC 1 on 15:00 Techniques-relay str 1 on 10:00 Techniques-finishes back and free 7:12 PM 3,050 Yards - Stress Value = 20 $1x{3 x 100 on 2:00 Kick}$ {3 x 100 on 1:50 Kick Workout #731 - Thursday, 09 March 2000 {2 x 100 on 1:40 Kick 10 x 75 on 1:10 Pulls 1 br last 25 EN1 **Group 3 - Juniors & Seniors** $1x{5 x 100 on 1:30 Freestyle}$ 1 minute rest between sets {4 x 25 on :30 Free-100% effort {5 x 100 on 1:30 Freestyle 5:15 PM Start {4 x 25 on :25 Free-100% effort Yards Set Description {5 x 100 on 1:30 Freestyle {4 x 25 on :20 Free-100% effort 1 on 25:00 Stomach and Stretch L I S D {5 x 100 on 1:30 Freestyle 800 1 x 800 on 16:00 Swim-kick-pull-swim REC {4 x 25 on :15 Free-100% effort 150 1 x 150 on 3:00 Stroke Drills REC 1 on 10:00 Techniques-turns EN2 K C 750 6 x 125 on 2:10 Kick 7:16 PM 4,900 Yards - Stress Value = 76 900 6 x 150 on 2:15 Pulls-mid 50 br ev 8 EN1 P 600 6 x 100 on 1:30 Descend in sets of 3 EN1 S 300 13 x 100 on 1:30 Choice EN1 S 5 200 1 x 200 on 3:00 Stroke Drills REC D 1,300 13 x 100 on 1:30 Choice 7:10 PM 4,550 Yards - Stress Value = 43

#### Workout #735 - Friday, 10 March 2000 Group 3 - All 1 minute rest between sets

5:15 PM Start
Yards Set Description

	Workout #736 - Friday, 10 March 2000 Group 3 - Sectional 1 minute rest between sets			Yards =====	=======================================	EGY ===	
Yards	5:15 PM Start Set Description	EGY		800	·	EN2	
800	<pre>1 on 25:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 1 on 10:00 Techniques-finishes back and free</pre>	REC		600 125	{1 x 100 on 1:35 Kick	EN2 EN2 EN1	
750	1x{3 x 100 on 2:00 Kick {3 x 100 on 1:50 Kick {2 x 100 on 1:40 Kick 10 x 75 on 1:10 Pulls 1 br last 25 2x{2 x 200 on 3:30 Your Stroke {2 x 150 on 2:30 Your Stroke {2 x 100 on 1:35 Your Stroke	EN2 EN2 EN1 EN1 EN1 EN2		450 200	1x{6 x 25 on :30 Freestyle-build	SP3 EN1 EN1 EN1 EN2 REC	
150	{2 x 50 on :45 Your Stroke {1 on 1:00 Rest 1 x 150 on 3:00 Stroke Drills 7:16 PM 4,500 Yards - Stress Value = 50	EN2 REC			Workout #740 - Tuesday, 28 March 2000 Group 3 - All		
	7.10 FM 4,500 Tards - Stress value - 50				1 minute rest between sets		
	Workout #737 - Saturday, 11 March 2000 Group 3 - All			Yards	1	EGY	
	1 minute rest between sets			=====	1 on 20:00 Stomach and Stretch	-==	===
Yards	7:30 AM Start Set Description	EGY		500		EN2	
825	<pre>1 on 25:00 Stomach and Stretch 1 x 825 on 16:00 Swim-kick-pull-swim 1 on 10:00 Techniques-finishes    fly and breast 1x{2 x 100 on 2:15 Kick</pre>	REC EN2		250	4 x 150 on 2:15 Pulls br ev 8 mid 50 F 3x{4 x 100 on 1:30 Freestyle-des to 90% F {1 on 1:00 Rest 5 x 50 on 1:00 Stroke Drills F 6:49 PM 3,350 Yards - Stress Value = 40		
	{2 x 100 on 2:10 Kick {2 x 100 on 2:05 Kick	EN2 EN2			Workout #741 - Tuesday, 28 March 2000		
	{2 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick	EN2 EN2			Group 3 - All-Americans		
1 200	1x{4 x 75 on 1:20 Pulls last 25 1 br {4 x 75 on 1:15 Pulls last 25 1 br {4 x 75 on 1:10 Pulls last 25 1 br {4 x 75 on 1:10 Pulls last 25 1 br {4 x 75 on 1:05 Pulls last 25 1 br	EN1 EN1 EN1 EN1		Yards =====		EGY	
1,200 400	<pre>6 x 200 on 2:50 Descend in sets of 3 8 x 50 on 1:00 Stroke Drills 9:31 AM 4,625 Yards - Stress Value = 56</pre>	REC		825 150	<pre>1 on 20:00 Stomach and Stretch 1 x 825 on 16:00 Swim-kick-pull-swim F 10 x 15 on :30 Cross pool sprints 1 on 10:00 Techniques-starts</pre>	REC SP3	
	Workout #738 - Saturday, 11 March 2000 Group 3 - Juniors & Seniors 1 minute rest between sets			500	1x{2 x 100 on 2:00 Kick H {2 x 100 on 1:50 Kick H {2 x 100 on 1:40 Kick H 5 x 100 on 1:30 Lungbuster pulls H	EN2 EN2 EN2 EN1	
Yards	7:30 AM Start Set Description	EGY		300	odds br 3-5-7-9 evens br 2-4-6-8 12 x 25 on :30 IM order-build I	EN1	
825 800 1,000 800	1 on 25:00 Stomach and Stretch 1 x 825 on 16:00 Swim-kick-pull-swim 1 on 10:00 Techniques-finishes fly and breast 16 x 50 on 1:00 Kick des in sets of4 5 x 200 on 3:00 Pulls 16 x 50 on :45 Freestyle-build 1x{1 x 200 on 8:00 Broken at each 50for { 10,20,& 30 seconds { 1st stroke 2nd IM 24 x 25 on :30 odd free evens strk 1 x 200 on 3:00 Stroke Drills	REC EN2 EN1 EN1	===	400	$2 \times 100$ on $5:00$ Broken 1st 1 at $50$ $6$ for 15 seconds 2nd 1 at $25$ 's for $10$ secs	SP2	
	9:33 AM 4,425 Yards - Stress Value = 60						

Workout #739 - Monday, 27 March 2000 Group 3 - All-Americans 1 minute rest between sets

#### Workout #742 - Monday, 24 April 2000 Group 3 - All

#### 1 minute rest between sets

	5:30 AM	Start		
Yards	Set	Description	EGY	WOF
=====	====		===	===
400	1 x	400 on 8:00 Swim-kick-pull-swim	REC	
	12x{1 x	12 on :00 Freestyle	SP3	
	{1 x	13 on :30 Freestyle	REC	
600	8 x	75 on 1:15 Pulls br 2-3-4	EN1	
	2x{4 x	100 on 1:30 Freestyle	EN1	
	{3 x	100 on 1:25 Freestyle	EN1	
	{2 x	100 on 1:20 Freestyle	EN1	
	{1 or	n 1:00 Rest		
400	8 x	50 on 1:00 Stroke Drills	REC	
	2 0	on each Rev IM ord		
	1 or	n 10:00 Techniques-starts		
	6:44 AM	3,500  Yards - Stress Value = 30		

#### Workout #743 - Monday, 24 April 2000 Group 3 - All

#### 1 minute rest between sets

	5:15	PM S	tar	t			
Yards	Se	t Des	cri	ption		EGY	WORF
=====	==					===	====
	1	on 25	:00	Stoma	ach and Stretch		I
800	16	x 50	on	1:00	Stroke Drills	REC	Ι
	1	on 15	:00	Techi	niques-free trns		Ι
	1x{2	x 100	on	2:30	Kick	EN2	F
	{ 2	x 100	on	2:20	Kick	EN2	ŀ
	{ 2	x 100	on	2:10	Kick	EN2	F
1,000	5	x 200	on	3:15	Pulls-br 2-3-4-5 by	EN1	E
	t	he 50	)				
	1x{1	x 150	on	2:30	Freestyle	EN1	٤
	{ 1	x 150	on	2:25	Freestyle	EN1	٤
	{ 1	x 150	on	2:20	Freestyle	EN1	٤
	{ 1	x 150	on	2:15	Freestyle	EN1	٤
	{ 1	x 150	on	2:10	Freestyle	EN1	٤
	{ 1	x 150	on	2:05	Freestyle	EN1	٤
	{ 1	x 150	on	2:00	Freestyle	EN1	٤
500	20	x 25	on	:30 1	Freestyle-des in 4's	EN1	٤
500	5	x 100	on)	2:00	Stroke Drills	REC	Ι
	7:23	PM 4,	450	Yards	s - Stress Value = 4	1	

#### Workout #744 - Tuesday, 25 April 2000 Group 3 - All

#### 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY WOF
=====	=======================================	=== ===
425	1 x 425 on 8:00 Reverse IM drill	REC
150	$10 \times 15$ on :30 Pit sprints	SP3
	1x{1 x 300 on 5:15 Pulls	EN1
	{1 x 200 on 3:30 Pulls	EN1
	{1 x 100 on 1:45 Pulls	EN1
1,250	5 x 250 on 4:00 3 min swims 1 min rs	EN1
400	8 x 50 on :45 Freestyle	EN1
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Techniques-starts	
	6:40 AM 3,125 Yards - Stress Value = 28	

#### Workout #745 - Tuesday, 25 April 2000 Group 3 - All

#### 1 minute rest between sets

			Start	-				_
Yards	Se	et I	Descrip	otion		EGY	WORK	٤
=====	==	-===				===	====	=
	1	on	30:00	Bolles	School/stretc		L	

975 1	$\times$ 75 on 1:30 50 drill	25 build	REC	D
	on each stroke			
1	on 15:00 Techniques-tu	rns		D
1x{2	x 125 on 3:00 Kick		EN1	K C
{2	x 100 on 2:15 Kick		EN1	K C
{2	x 75 on 1:35 Kick		EN1	K C
{2	x 50 on 1:00 Kick		EN1	K C
900 3	x 300 on 4:30 Pulls		EN1	P
1x{8	x 50 on :55 Freestyle		EN1	S
{2	x 100 on 1:30 Freestyl	e-fast	EN1	S
{ 8	x 50 on :50 Freestyle		EN1	S
{2	x 100 on 1:30 Freestyl	e-fast	EN1	S
{ 8	x 50 on :45 Freestyle		EN1	S
{2	x 100 on 1:30 Freestyl	e-fast	EN1	S
200 1	x 200 on 4:00 Stroke D	rills	REC	D
7:27	PM 4,575 Yards - Stres	s Value =	34	

#### Workout #746 - Wednesday, 26 April 2000 Group 3 - All

#### 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	
	1 on 5:00 Techniques-finishes		
150	10 x 15 on :30 Shooters	SP3	
	1x{4 x 75 on 1:40 Kick	EN1	
	{3 x 75 on 1:35 Kick	EN1	
	{3 x 75 on 1:30 Kick	EN1	
900	6 x 150 on 2:30 Pulls-mid 50 br ev 7	EN1	
	$2x{3 x 125 on 2:05 Freestyle}$	EN1	
	{3 x 100 on 1:40 Freestyle	EN1	
	${3 \times 75 \text{ on } 1:15 \text{ Freestyle}}$	EN1	
	${3 \times 50 \text{ on } :}50 \text{ Freestyle}$	EN1	
	{1 on 2:00 Rest		
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:22 PM 4,525 Yards - Stress Value = 43		

#### Workout #747 - Thursday, 27 April 2000 Group 3 - All

#### 1 minute rest between sets

	5:30 AM			
Yards	Set	Description E	GY	WORK
	====		:==	====
400	1 x	400 on 8:00 Reverse IM drill R	REC	D
	10x{1 x	13 on :00 Free S	SP3	S
	{1 x	12 on :30 Freestyle R	REC	S
	1x{5 x	50 on 1:00 Pulls-nbbf&w E	CN1	P
	{5 x	50 on :55 Pulls-nbbf&w E	CN1	P
	{5 x	50 on :50 Pulls-nbbf&w E	CN1	P
150	3 x	50 on 1:00 Free build to 100% E	lN2	S
	1x{6 x	75 on 1:10 Freestyle E	CN1	S
	{6 x	75 on 1:05 Freestyle E	CN1	S
	{6 x	75 on 1:00 Freestyle E	CN1	S
300	12 2	x 25 on :30 IM order E	CN1	S
200	1 x	200 on 3:00 Stroke Drills R	REC	D
	1 or	n 9:00 Techniques-starts		D
	6:44 AM	3,400 Yards - Stress Value = 29	)	

	Workout #748 - Thursday, 27 April 2000		Yards	Set Description		Y WOF
	Group 3 - All		=====	1 on 25:00 Stomach and Stretch	- ===	. ===
	1 minute rest between sets		825	1 x 825 on 16:00 Swim-kick-pull-swi	m REC	1
			210	14 x 15 on :30 Cross pool sprints	SP3	
	5:15 PM Start		800	16 x 50 on 1:00 Kick-fast turns	EN2	,
Yards =====	Set Description	EGY WOF	100	$1 \times 100$ on $2:00$ Kick-for time	EN3	}
	1 on 40:00 Bolles school/stretc		1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	-
800	16 x 50 on 1:00 Stroke Drills	REC		odds br 3-5-7-9		
000	odds free evens strk	1.00		evens br 2-4-6-8	DATA	,
	1 on 10:00 Techniques-turns-fre			5x{4 x 100 on 1:15 Freestyle {1 on 2:00 Rest	EN2	
800	8 x 100 on 2:15 Kick-odds fast	EN1	400	16 x 25 on :40 Stroke Drills	REC	,
	1x{2 x 125 on 2:00 Pulls	EN1	100	4 on each stroke	1.20	
	{2 x 125 on 1:55 Pulls	EN1		9:42 AM 5,335 Yards - Stress Value = 8	0	
	{2 x 125 on 1:50 Pulls	EN1				
	$3x\{1 \times 50 \text{ on } 1:00 \text{ Freestyle-2 beat kic} $ $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle-4 beat kic} \}$	EN1 EN1		Workout #752 - Monday, 01 May 2000		
	{1 x 50 on 1:00 Freestyle 4 beat kic	EN1		Group 3 - All		
1,250	5 x 250 on 4:00 3 min swims 1 min rs			1 minute rest between sets		
500	5 x 100 on 2:00 Stroke Drills	REC		T minute Test Setween sets		
	7:35 PM 4,550 Yards - Stress Value = $32$			5:30 AM Start		
			Yards	Set Description EG	Y WOF	K SI
	Workout #749 - Friday, 28 April 2000		=====			
	Group 3 - All		400	1 x 400 on 8:00 Reverse IM drill RE		S I
	1 minute rest between sets		150	10 x 15 on :30 Shooters SE		S F P F
				1x{1 x 400 on 6:00 Pulls EN {1 x 400 on 5:45 Pulls EN		P F
	5:30 AM Start			{1 x 400 on 5:45 rulls EN		P F
Yards	Set Description	EGY WC	200	•		S F
405	1 405 0:00 0: 1: 1: 1: 1: 1:			1x{6 x 50 on :55 Freestyle EN	1	S F
425 150	1 x 425 on 8:00 Swim-kick-pull-swim 10 x 15 on :30 Pit sprints	REC SP3		{6 x 50 on :50 Freestyle EN		S F
800	1 x 800 on 12:00 Pulls	EN1		{6 x 50 on :45 Freestyle EN		S F
	1x{1 x 250 on 3:45 Pulls	EN1	200	{6 x 50 on :40 Freestyle EN 1 x 200 on 3:00 Stroke Drills RE		S F D C
	{1 x 250 on 3:40 Pulls	EN1	200	1 on 12:00 Techniques-starts		D
	{1 x 250 on 3:35 Pulls	EN1		6:44 AM 3,350 Yards - Stress Value = 3	2	_
	{1 x 250 on 3:30 Pulls	EN1		·		
1,000	10 x 100 on 1:30 Freestyle-des in 3's	s EN1		Workout #753 - Monday, 01 May 2000		
200	hold #10 as fast as9 1 x 200 on 3:00 Stroke Drills	REC		Group 3 - All		
200	1 on 11:00 Techniques-starts	1.00		1 minute rest between sets		
	6:44 AM 3,575 Yards - Stress Value = 32			1 minute Test between sets		
				5:15 PM Start		
	Workout #750 - Friday, 28 April 2000		Yards	Set Description	EGY	WORF
	Group 3 - All		=====		===	====
	1 minute rest between sets			1 on 40:00 Running and stretch		I
			800	16 x 50 on 1:00 Stroke Drills 12x{1 x 13 on :00 Freestyle	EN1 SP3	I S
	5:15 PM Start			{1 x 12 on :30 Freestyle	REC	٤
Yards	Set Description	EGY WOF		3x{1 x 150 on 3:00 Kick	EN2	ř
=====		=== ===		{1 x 100 on 2:00 Kick	EN2	F
0.00	1 on 35:00 Running and Stretch	DEG		$\{1 \times 50 \text{ on } 1:00 \text{ Kick} \}$	EN2	F
800 150	1 x 800 on 15:00 Swim-kick-pull-swim 10 x 15 on :30 Shooters	SP3	1,050	14 x 75 on 1:10 Pulls-nbbf&w	EN1	E
130	1x{1 x 100 on 2:20 Kick	EN2	450	9 x 50 on :50 Descend in sets of 3		٤
	{1 x 100 on 2:15 Kick	EN2		1x{4 x 200 on 2:50 Freestyle {3 x 200 on 2:45 Freestyle	EN1 EN1	5
	{1 x 100 on 2:10 Kick	EN2		{2 x 200 on 2:40 Freestyle	EN1	٤
	{1 x 100 on 2:05 Kick	EN2	250	1 x 250 on 5:00 Stroke Drills	REC	Ī
	{1 x 100 on 2:00 Kick	EN2		7:36 PM 5,550 Yards - Stress Value = 6		
	{1 x 100 on 1:55 Kick	EN2				
	{1 x 100 on 1:50 Kick {1 x 100 on 1:45 Kick	EN2 EN2				
800	4 x 200 on 3:00 Pulls	EN2 EN1				
300	5x{1 x 100 on 1:45 Individual Medley	EN1				
	{1 x 50 on :45 Freestyle	EN1				
	{1 x 50 on 1:00 Stroke Drills	REC				
	1 on 30:00 Water Polo					
	7:30 PM 3,550 Yards - Stress Value = 37					

Workout #751 - Saturday, 29 April 2000 Group 3 - All 1 minute rest between sets

#### Workout #754 - Tuesday, 02 May 2000 Group 3 - All 1 minute rest between sets

#### Workout #757 - Thursday, 04 May 2000 Group 3 - All 1 minute rest between sets

	E 20 TM CI				1 minute rest between sets		
Yards	5:30 AM Start Set Description	Ţ	EGY WOE	2 k	5 20 7 4 0		
=====					5:30 AM Start Set Description EGY	WORK	ζ ξ
425	1 x 425 on 8:00 Swim-kick-pull-s			٤ =====	=======================================		
210	14 x 15 on :30 Pit sprints		SP3		1 x 525 on 9:00 Choice REC	S	S C
25	1 x 25 on :00 Freestyle		EN1	-	14 x 15 on :30 Pit sprints SP3		
	1x{2 x 125 on 1:55 Pulls		EN1		12 x 75 on 1:20 25 kick 25 drill 25 EN1	S	3
	{2 x 125 on 1:50 Pulls {2 x 125 on 1:45 Pulls		EN1 EN1	E 1 200	build 3 on each strk	_	_
200	8 x 25 on :30 Freestyle- build		EN1	1,200	8 x 150 on 2:15 Pulls-mid 50 br ev 8 EN1		
200	$1 \times \{4 \times 150 \text{ on } 2:15 \text{ Freestyle} \}$		EN1	200	3 x 100 on 1:30 Descend EN2 1 x 200 on 3:00 Stroke Drills REC		
	{3 x 50 on :45 Descend		EN1	5	1 on 8:00 Techniques-starts	I I	
	${3 \times 150 \text{ on } 2:10 \text{ Freestyle}}$	I	EN1	٤	6:41 AM 3,335 Yards - Stress Value = 35	_	
	${3 \times 50 \text{ on :} 45 \text{ Descend}}$	F	EN1	٤	,		
	$\{2 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$		EN1	٤	Workout #758 - Thursday, 04 May 2000		
200	{3 x 50 on :45 Freestyle		EN1	S I	Group 3 - All		
200	1 x 200 on 3:00 Stroke Drills 1 on 5:00 Techniques-starts	1	REC	I	1 minute rest between sets		
	6:41 AM 3,610 Yards - Stress Value	= 35		L	1 influte Test between sets		
					5:15 PM Start		
	Workout #755 - Tuesday, 02 May 2000			Yards		EGY	WC
	Group 3 - All			=====		===	==
	1 minute rest between sets				1 on 45:00 Bolles school/stretc		
	1 minute Test between sets			1,000	1 x 1000 on 16:00 Choice	REC	
	5:15 PM Start			300	12x{1 x 13 on :00 Freestyle	SP3	
Yards	Set Description	EGY V	WORK ST	ΓF 800	{1 x 12 on :30 Freestyle 4 x 200 on 4:00 Kick no board 1 on E	REC EN1	
=====	=======================================			000	1x{8 x 75 on 1:10 Pulls	EN1	
	1 on 40:00 Bolles school/stretc		L	1,330	{6 x 75 on 1:05 Pulls	EN1	
800	8 x 100 on 2:00 Stroke Drills	REC	D CI	IC .	{4 x 75 on 1:00 Pulls	EN1	
	odds free evens strk			300	$6 \times 50$ on :50 Descend in sets of 3	EN1	
	1 on 10:00 Techniques-turns	ENTO.		TF 1,200	4 x 300 on 4:00 Freestyle	EN1	
	1x{3 x 125 on 2:30 Kick {3 x 125 on 2:25 Kick	EN2 EN2	K CI K CI	200	1 x 250 on 5:00 Stroke Drills	REC	
	{2 x 125 on 2:20 Kick	EN2	K CI		7:30 PM 5,200 Yards - Stress Value = 42		
	•						
1,500	3 x 500 on 7:00 Pulls	EN1	P I	?F	*** *		
1,500	3 x 500 on 7:00 Pulls 3x{1 x 100 on 1:30 Freestyle	EN1 EN1		?F ?F	Workout #759 - Friday, 05 May 2000		
1,500	3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle	EN1 EN1	S I	?F ?F	Group 3 - All		
1,500	<pre>3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle</pre>	EN1 EN1 EN1	S I S I	?F ?F ?F	• • • • • • • • • • • • • • • • • • • •		
1,500	<pre>3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle</pre>	EN1 EN1	S I S I S I	?F ?F	Group 3 - All 1 minute rest between sets		
	<pre>3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 on :30 Rest</pre>	EN1 EN1 EN1 EN1	S I S I S I M	7F 7F 7F 7F	Group 3 - All  1 minute rest between sets  5:30 AM Start	WORK	ζ C
1,500 400 300	<pre>3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle</pre>	EN1 EN1 EN1 EN1	S I S I S I M	?F ?F ?F	Group 3 - All  1 minute rest between sets  5:30 AM Start	WORK	
400	<pre>3x{1 x 100 on 1:30 Freestyle   {1 x 100 on 1:25 Freestyle   {1 x 100 on 1:20 Freestyle   {1 x 100 on 1:15 Freestyle   {1 on :30 Rest     16 x 25 on :30 4 on each stroke</pre>	EN1 EN1 EN1 EN1 EN1 REC	S I S I S I M	FF FF FF IN Yards	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY		= =
400	<pre>3x{1 x 100 on 1:30 Freestyle    {1 x 100 on 1:25 Freestyle    {1 x 100 on 1:20 Freestyle    {1 x 100 on 1:15 Freestyle    {1 on :30 Rest     16 x 25 on :30 4 on each stroke     6 x 50 on 1:00 Stroke Drills</pre>	EN1 EN1 EN1 EN1 EN1 REC	S I S I S I M	FF FF FF IN Yards CI ===== 400	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY	==== S	= =
400	<pre>3x{1 x 100 on 1:30 Freestyle    {1 x 100 on 1:25 Freestyle    {1 x 100 on 1:20 Freestyle    {1 x 100 on 1:15 Freestyle    {1 on :30 Rest     16 x 25 on :30 4 on each stroke     6 x 50 on 1:00 Stroke Drills</pre>	EN1 EN1 EN1 EN1 EN1 REC	S I S I S I M	FF FF FF Vards CI ===== 400 300	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3 {1 x 13 on :30 Freestyle REC	==== S S	= = 6 6
400	<pre>3x{1 x 100 on 1:30 Freestyle    {1 x 100 on 1:25 Freestyle    {1 x 100 on 1:20 Freestyle    {1 x 100 on 1:15 Freestyle    {1 on :30 Rest       16 x 25 on :30 4 on each stroke       6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value</pre>	EN1 EN1 EN1 EN1 EN1 REC	S I S I S I M	FF FF FF Vards CI ===== 400 300	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3 {1 x 13 on :30 Freestyle REC 1x{4 x 50 on 1:00 Pulls EN1	==== S S F	= =
400	3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 on :30 Rest 16 x 25 on :30 4 on each stroke 6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value Workout #756 - Wednesday, 03 May 2000	EN1 EN1 EN1 EN1 EN1 REC	S I S I S I M	FF FF FF Vards CI ===== 400 300	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3 {1 x 13 on :30 Freestyle REC 1x{4 x 50 on 1:00 Pulls EN1 {4 x 50 on :55 Pulls EN1	==== S S S F F	= =
400	3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 on :30 Rest 16 x 25 on :30 4 on each stroke 6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value Workout #756 - Wednesday, 03 May 2000 Group 3 - All	EN1 EN1 EN1 EN1 EN1 REC	S I S I S I M	FF FF FF Vards CI ===== 400 300	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3 {1 x 13 on :30 Freestyle REC 1x{4 x 50 on 1:00 Pulls EN1 {4 x 50 on :55 Pulls EN1 {4 x 50 on :50 Pulls EN1	==== S S S F F	= = 55
400	<pre>3x{1 x 100 on 1:30 Freestyle    {1 x 100 on 1:25 Freestyle    {1 x 100 on 1:20 Freestyle    {1 x 100 on 1:15 Freestyle    {1 on :30 Rest       16 x 25 on :30 4 on each stroke       6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value        Workout #756 - Wednesday, 03 May 2000</pre>	EN1 EN1 EN1 EN1 EN1 REC	S I S I S I M	FF FF FF Vards CI ===== 400 300	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3 {1 x 13 on :30 Freestyle REC 1x{4 x 50 on 1:00 Pulls EN1 {4 x 50 on :55 Pulls EN1	==== S S S F F F	
400 300 Yards	<pre>3x{1 x 100 on 1:30 Freestyle    {1 x 100 on 1:25 Freestyle    {1 x 100 on 1:20 Freestyle    {1 x 100 on 1:15 Freestyle    {1 on :30 Rest       16 x 25 on :30 4 on each stroke       6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value        Workout #756 - Wednesday, 03 May 2000</pre>	EN1 EN1 EN1 EN1 EN1 REC = 52	S I S I S I S I S I S I S I S I S I S I	FF FF Yards ===== 400 300 1,000	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3 1 x 13 on :30 Freestyle REC 1x{4 x 50 on 1:00 Pulls EN1 4 x 50 on :55 Pulls EN1 4 x 50 on :50 Pulls EN1 4 x 50 on :45 Pulls EN1 4 x 50 on :45 Pulls EN1 4 x 50 on :40 Pulls EN1 1x{1 x 100 on 1:30 Freestyle EN1	==== S S F F F F F	
400	3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 on :30 Rest     16 x 25 on :30 4 on each stroke     6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value      Workout #756 - Wednesday, 03 May 2000	EN1 EN1 EN1 EN1 EN1 REC = 52	S I S I S I S I S I S I S I S I S I S I	FF FF Yards ===== 400 300 1,000	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3 1 x 13 on :30 Freestyle REC 1x{4 x 50 on 1:00 Pulls EN1 14 x 50 on :55 Pulls EN1 14 x 50 on :50 Pulls EN1 14 x 50 on :45 Pulls EN1 14 x 50 on :45 Pulls EN1 1x{1 x 100 on 1:30 Freestyle EN1 1x{1 x 200 on 3:00 Freestyle EN1	==== S S S F F F F F S S	
400 300 Yards	<pre>3x{1 x 100 on 1:30 Freestyle    {1 x 100 on 1:25 Freestyle    {1 x 100 on 1:20 Freestyle    {1 x 100 on 1:15 Freestyle    {1 on :30 Rest         16 x 25 on :30 4 on each stroke         6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value</pre>	EN1 EN1 EN1 EN1 EN1 REC = 52	S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1	FF FF Yards ===== 400 300 1,000	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3 {1 x 13 on :30 Freestyle REC 1x{4 x 50 on 1:00 Pulls EN1 {4 x 50 on :55 Pulls EN1 {4 x 50 on :45 Pulls EN1 {4 x 50 on :45 Pulls EN1 {4 x 50 on :40 Pulls EN1 {4 x 300 on 4:30 Freestyle EN1 {5 x 300 on 4:30 Freestyle EN1 {6 x 300 on 4:30 Freestyle EN1	SS SS FF FF FF SS SS SS SS	
400 300 Yards	<pre>3x{1 x 100 on 1:30 Freestyle    {1 x 100 on 1:25 Freestyle    {1 x 100 on 1:20 Freestyle    {1 x 100 on 1:15 Freestyle    {1 on :30 Rest         16 x 25 on :30 4 on each stroke         6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value</pre>	EN1 EN1 EN1 EN1 EN1 REC = 52	S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1	FF FF Yards ===== 400 300 1,000	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3 {1 x 13 on :30 Freestyle REC 1x{4 x 50 on 1:00 Pulls EN1 {4 x 50 on :55 Pulls EN1 {4 x 50 on :50 Pulls EN1 {4 x 50 on :45 Pulls EN1 {4 x 50 on :45 Pulls EN1 {4 x 50 on :45 Pulls EN1 {4 x 50 on :40 Pulls EN1 {4 x 400 on 6:00 Freestyle EN1 {1 x 400 on 6:00 Freestyle EN1	==== S S F F F F F S S S	
400 300 Yards	<pre>3x{1 x 100 on 1:30 Freestyle    {1 x 100 on 1:25 Freestyle    {1 x 100 on 1:20 Freestyle    {1 x 100 on 1:15 Freestyle    {1 on :30 Rest         16 x 25 on :30 4 on each stroke         6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value</pre>	EN1 EN1 EN1 EN1 EN1 REC = 52	S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1	FF FF Yards ===== 400 300 1,000	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3  1 x 13 on :30 Freestyle REC  1x{4 x 50 on 1:00 Pulls EN1  4 x 50 on :55 Pulls EN1  4 x 50 on :45 Pulls EN1  4 x 50 on :45 Pulls EN1  4 x 50 on :40 Pulls EN1  1x{1 x 100 on 1:30 Freestyle EN1  1x{1 x 200 on 3:00 Freestyle EN1  1 x 300 on 4:30 Freestyle EN1  1 x 400 on 6:00 Freestyle EN1  1 x 300 on 4:15 Freestyle EN1	==== S S S F F F F F S S S	
400 300 Yards =====	3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 on :30 Rest 16 x 25 on :30 4 on each stroke 6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value  Workout #756 - Wednesday, 03 May 2000 Group 3 - All 1 minute rest between sets  5:15 PM Start Set Description ====================================	EN1 EN1 EN1 EN1 EN1 REC = 52	S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1	FF FF Yards ===== 400 300 1,000	Group 3 - All  1 minute rest between sets  5:30 AM Start  Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3  {1 x 13 on :30 Freestyle REC  1x{4 x 50 on 1:00 Pulls EN1  {4 x 50 on :55 Pulls EN1  {4 x 50 on :45 Pulls EN1  {4 x 50 on :45 Pulls EN1  {1 x 100 on 1:30 Freestyle EN1  1x{1 x 100 on 1:30 Freestyle EN1  {1 x 200 on 3:00 Freestyle EN1  {1 x 300 on 4:30 Freestyle EN1  {1 x 400 on 6:00 Freestyle EN1  {1 x 300 on 4:15 Freestyle EN1  {1 x 200 on 2:50 Freestyle EN1	==== S S S F F F F F F S S S S S S S S S	
400 300 Yards ===== 825 500 500 1,600	3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 on :30 Rest 16 x 25 on :30 4 on each stroke 6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value  Workout #756 - Wednesday, 03 May 2000 Group 3 - All 1 minute rest between sets  5:15 PM Start Set Description	EN1 EN1 EN1 EN1 EN1 REC = 52	S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1	FF FF Yards ===== 400 300 1,000	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3  1 x 13 on :30 Freestyle REC  1x{4 x 50 on 1:00 Pulls EN1  4 x 50 on :55 Pulls EN1  4 x 50 on :45 Pulls EN1  4 x 50 on :45 Pulls EN1  4 x 50 on :40 Pulls EN1  1x{1 x 100 on 1:30 Freestyle EN1  1x{1 x 200 on 3:00 Freestyle EN1  1 x 300 on 4:30 Freestyle EN1  1 x 400 on 6:00 Freestyle EN1  1 x 300 on 4:15 Freestyle EN1	==== S S S S F F F F F F S S S S S S S S	
400 300 Yards ===== 825 500 500	3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 on :30 Rest 16 x 25 on :30 4 on each stroke 6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value  Workout #756 - Wednesday, 03 May 2000 Group 3 - All 1 minute rest between sets  5:15 PM Start Set Description	EN1 EN1 EN1 EN1 REC = 52	S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1 S 1	Yards FF FF FF 10 Yards 10 300 1,000	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3  1 x 13 on :30 Freestyle REC  1x{4 x 50 on 1:00 Pulls EN1  44 x 50 on :55 Pulls EN1  44 x 50 on :45 Pulls EN1  44 x 50 on :40 Pulls EN1  1x{1 x 100 on 1:30 Freestyle EN1  1x x 200 on 3:00 Freestyle EN1  1 x 200 on 6:00 Freestyle EN1  1 x 400 on 6:00 Freestyle EN1  1 x 300 on 4:15 Freestyle EN1  1 x 200 on 2:50 Freestyle EN1  1 x 200 on 1:25 Freestyle EN1  1 x 200 on 3:00 Stroke Drills REC	==== S S S S F F F F F F S S S S S S S S	
400 300 Yards ===== 825 500 500 1,600	3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 on :30 Rest 16 x 25 on :30 4 on each stroke 6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value  Workout #756 - Wednesday, 03 May 2000 Group 3 - All 1 minute rest between sets  5:15 PM Start Set Description ====================================	EN1 EN1 EN1 EN1 REC = 52	EGY WO === ==  REC EN1 EN1 EN1	Yards FF FF FF 10 Yards 10 300 1,000	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3 {1 x 13 on :30 Freestyle REC 1x{4 x 50 on 1:00 Pulls EN1 {4 x 50 on :55 Pulls EN1 {4 x 50 on :50 Pulls EN1 {4 x 50 on :45 Pulls EN1 {4 x 50 on :40 Pulls EN1 {1 x 100 on 1:30 Freestyle EN1 {1 x 200 on 3:00 Freestyle EN1 {1 x 200 on 3:00 Freestyle EN1 {1 x 400 on 6:00 Freestyle EN1 {1 x 400 on 6:00 Freestyle EN1 {1 x 200 on 2:50 Freestyle EN1 {1 x 200 on 1:25 Freestyle EN1 {1 x 200 on 1:25 Freestyle EN1 {1 x 200 on 1:25 Freestyle EN1 {1 x 200 on 3:00 Stroke Drills REC	==== S S S F F F F F F S S S S S S S S S	
400 300 Yards ===== 825 500 500 1,600	3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 on :30 Rest 16 x 25 on :30 4 on each stroke 6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value  Workout #756 - Wednesday, 03 May 2000 Group 3 - All 1 minute rest between sets  5:15 PM Start Set Description	EN1 EN1 EN1 EN1 REC = 52	EGY WO === ==  REC  EN1 EN1 EN1 EN1	Yards FF FF FF 10 Yards CI ====== 400 300 1,000	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3  1 x 13 on :30 Freestyle REC  1x{4 x 50 on 1:00 Pulls EN1  44 x 50 on :55 Pulls EN1  44 x 50 on :45 Pulls EN1  44 x 50 on :40 Pulls EN1  1x{1 x 100 on 1:30 Freestyle EN1  1x x 200 on 3:00 Freestyle EN1  1 x 200 on 6:00 Freestyle EN1  1 x 400 on 6:00 Freestyle EN1  1 x 300 on 4:15 Freestyle EN1  1 x 200 on 2:50 Freestyle EN1  1 x 200 on 1:25 Freestyle EN1  1 x 200 on 3:00 Stroke Drills REC	==== S S S F F F F F F S S S S S S S S S	
400 300 Yards ===== 825 500 500 1,600	3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 on :30 Rest 16 x 25 on :30 4 on each stroke 6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value  Workout #756 - Wednesday, 03 May 2000 Group 3 - All 1 minute rest between sets  5:15 PM Start Set Description ====================================	EN1 EN1 EN1 EN1 REC = 52	EGY WO === ==  REC EN1 EN1 EN1	Yards FF FF FF 10 Yards CI ====== 400 300 1,000	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3  1 x 13 on :30 Freestyle REC  1x{4 x 50 on 1:00 Pulls EN1  44 x 50 on :55 Pulls EN1  44 x 50 on :45 Pulls EN1  44 x 50 on :40 Pulls EN1  1x{1 x 100 on 1:30 Freestyle EN1  1x x 200 on 3:00 Freestyle EN1  1 x 200 on 6:00 Freestyle EN1  1 x 400 on 6:00 Freestyle EN1  1 x 300 on 4:15 Freestyle EN1  1 x 200 on 2:50 Freestyle EN1  1 x 200 on 1:25 Freestyle EN1  1 x 200 on 3:00 Stroke Drills REC	==== S S S F F F F F F S S S S S S S S S	
400 300 Yards ===== 825 500 500 1,600	3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 on :30 Rest 16 x 25 on :30 4 on each stroke 6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value  Workout #756 - Wednesday, 03 May 2000 Group 3 - All 1 minute rest between sets  5:15 PM Start Set Description	EN1 EN1 EN1 EN1 REC = 52	EGY WC === == == == == == == == == == == == =	Yards FF FF FF 10 Yards CI ====== 400 300 1,000	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3  1 x 13 on :30 Freestyle REC  1x{4 x 50 on 1:00 Pulls EN1  44 x 50 on :55 Pulls EN1  44 x 50 on :45 Pulls EN1  44 x 50 on :40 Pulls EN1  1x{1 x 100 on 1:30 Freestyle EN1  1x x 200 on 3:00 Freestyle EN1  1 x 200 on 6:00 Freestyle EN1  1 x 400 on 6:00 Freestyle EN1  1 x 300 on 4:15 Freestyle EN1  1 x 200 on 2:50 Freestyle EN1  1 x 200 on 1:25 Freestyle EN1  1 x 200 on 3:00 Stroke Drills REC	==== S S S F F F F F F S S S S S S S S S	
400 300 Yards ===== 825 500 500 1,600	3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 on :30 Rest     16 x 25 on :30 4 on each stroke     6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value      Workout #756 - Wednesday, 03 May 2000	EN1 EN1 EN1 EN1 REC = 52	EGY WO === == == == == == == == == == == == =	Yards FF FF FF 10 Yards CI ====== 400 300 1,000	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3  1 x 13 on :30 Freestyle REC  1x{4 x 50 on 1:00 Pulls EN1  44 x 50 on :55 Pulls EN1  44 x 50 on :45 Pulls EN1  44 x 50 on :40 Pulls EN1  1x{1 x 100 on 1:30 Freestyle EN1  1x x 200 on 3:00 Freestyle EN1  1 x 200 on 6:00 Freestyle EN1  1 x 400 on 6:00 Freestyle EN1  1 x 300 on 4:15 Freestyle EN1  1 x 200 on 2:50 Freestyle EN1  1 x 200 on 1:25 Freestyle EN1  1 x 200 on 3:00 Stroke Drills REC	==== S S S F F F F F F S S S S S S S S S	
400 300 Yards ===== 825 500 500 1,600	3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 on :30 Rest     16 x 25 on :30 4 on each stroke     6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value      Workout #756 - Wednesday, 03 May 2000	EN1 EN1 EN1 EN1 EN1 REC = 52	EGY WO === === === == == == == == == == == = =	Yards FF FF FF 10 Yards CI ====== 400 300 1,000	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3  1 x 13 on :30 Freestyle REC  1x{4 x 50 on 1:00 Pulls EN1  44 x 50 on :55 Pulls EN1  44 x 50 on :45 Pulls EN1  44 x 50 on :40 Pulls EN1  1x{1 x 100 on 1:30 Freestyle EN1  1x x 200 on 3:00 Freestyle EN1  1 x 200 on 6:00 Freestyle EN1  1 x 400 on 6:00 Freestyle EN1  1 x 300 on 4:15 Freestyle EN1  1 x 200 on 2:50 Freestyle EN1  1 x 200 on 1:25 Freestyle EN1  1 x 200 on 3:00 Stroke Drills REC	==== S S S F F F F F F S S S S S S S S S	
400 300 Yards ===== 825 500 500 1,600 300	3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 on :30 Rest     16 x 25 on :30 4 on each stroke     6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value      Workout #756 - Wednesday, 03 May 2000	EN1 EN1 EN1 EN1 EN1 REC = 52	EGY WO  EGY WO  EGY HOLE  EN1  EN1  EN1  EN1  EN1  EN1  EN1  E	Yards FF FF FF 10 Yards CI ====== 400 300 1,000	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3  1 x 13 on :30 Freestyle REC  1x{4 x 50 on 1:00 Pulls EN1  44 x 50 on :55 Pulls EN1  44 x 50 on :45 Pulls EN1  44 x 50 on :40 Pulls EN1  1x{1 x 100 on 1:30 Freestyle EN1  1x x 200 on 3:00 Freestyle EN1  1 x 200 on 6:00 Freestyle EN1  1 x 400 on 6:00 Freestyle EN1  1 x 300 on 4:15 Freestyle EN1  1 x 200 on 2:50 Freestyle EN1  1 x 200 on 1:25 Freestyle EN1  1 x 200 on 3:00 Stroke Drills REC	==== S S S F F F F F F S S S S S S S S S	
400 300 Yards ===== 825 500 500 1,600	3x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 on :30 Rest     16 x 25 on :30 4 on each stroke     6 x 50 on 1:00 Stroke Drills 7:39 PM 5,200 Yards - Stress Value      Workout #756 - Wednesday, 03 May 2000	EN1 EN1 EN1 EN1 REC = 52	EGY WO === === === == == == == == == == == = =	Yards FF FF FF 10 Yards CI ====== 400 300 1,000	Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description EGY  1 x 400 on 8:00 Reverse IM drill REC  12x{1 x 12 on :00 Backstroke SP3  1 x 13 on :30 Freestyle REC  1x{4 x 50 on 1:00 Pulls EN1  44 x 50 on :55 Pulls EN1  44 x 50 on :45 Pulls EN1  44 x 50 on :40 Pulls EN1  1x{1 x 100 on 1:30 Freestyle EN1  1x x 200 on 3:00 Freestyle EN1  11 x 300 on 4:30 Freestyle EN1  11 x 400 on 6:00 Freestyle EN1  11 x 300 on 4:15 Freestyle EN1  11 x 200 on 2:50 Freestyle EN1  11 x 200 on 1:25 Freestyle EN1  11 x 200 on 3:00 Stroke Drills REC	==== S S S F F F F F F S S S S S S S S S	

#### Workout #760 - Friday, 05 May 2000 Group 3 - All 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 45:00 Running and stretch		I
800	$1x{1 \times 400 \text{ on } 7:30 \text{ Swim-kick-pull-swim}}$	REC	٤
	{1 x 400 on 7:30 Reverse IM drill	REC	Ι
	1 on 10:00 Techniques-relay str		Γ
900	12 x 75 on 1:30 Kick	EN1	ŀ
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	E
	odds br 3-5-7-9		
	evens br 2-4-6-8		
	1 on 30:00 Water polo		٤
	7:30 PM 2,700 Yards - Stress Value = 19	9	

#### Workout #761 - Saturday, 06 May 2000 Group 3 - All

#### 1 minute rest between sets

Yards		AM Start et Description	EGY	WO:
=====	==		===	==
	1	on 30:00 Stomach and Stretch		
825	1	x 825 on 16:00 Swim-kick-pull-swim	REC	
210	14	4 x 15 on :30 Cross pool sprints	SP3	
900	3x{1	x 100 on 2:00 Kick	EN2	
	{ 1	x 100 on 1:55 Kick	EN2	
	{ 1	x 100 on 1:50 Kick	EN2	
200	8	x 25 on :45 Sprint kick	EN2	
1,200	3	x 400 on 6:00 Pulls	EN1	
300	6	x 50 on :50 Freestyle	EN1	
1,800	1x{3	x 200 on 2:35 Freestyle	EN2	
	{ 3	x 200 on 2:30 Freestyle	EN2	
	{ 3	x 200 on 2:25 Freestyle	EN2	
400	8	x 50 on 1:00 Stroke Drills	REC	
	9:48	AM $5,835$ Yards - Stress Value = $81$		

#### Workout #762 - Monday, 08 May 2000 Group 3 - All 1 minute rest between sets

	5:15 PM	Start		
Yards	Set	Description	EGY	WC
=====	====		===	==
	1 or	1 45:00 Running and stretch		
800	16 >	x 50 on 1:00 Stroke Drills 4 on E	REC	
300	12x{1 x	13 on :00 Butterfly	SP3	
	{1 x	12 on :30 Freestyle	REC	
1,000	5x{1 x	100 on 2:00 Kick	EN2	
	{1 x	100 on 1:45 Kick	EN2	
1,600	4 x	400 on 5:30 Pulls	EN1	
300	6 x	50 on 1:00 Descend in sets of 3	EN1	
1,200	1x{2 x	200 on 3:30 Backstroke	EN1	
	{2 x	200 on 3:20 Backstroke	EN1	
	{2 x	200 on 3:10 Backstroke	EN2	
300	6 x	50 on 1:00 Stroke Drills	REC	
	7:41 PM	5,500 Yards - Stress Value = 61		

#### Workout #763 - Monday, 08 May 2000 Group 3 - All

#### 1 minute rest between sets

	5:30 PM Start				
Yards	Set Description	EGY	WORK	STK	
=====	=======================================	===	====	===	=
425	1 x 425 on 8:00 Choice	REC	S	СНО	
150	$10 \times 15$ on :30 Pit sprints	SP3	S	FLY	
1,050	$14 \times 75$ on $1:15$ Pulls-nbbf&w	EN1	P	FR	
2,000	$1x{1 \times 400 \text{ on } 6:00 \text{ Freestyle}}$	EN1	S	FR	

	{ 2	Х	300	on	4:15	Freestyle	EN1		S	FR
	{ 3	Х	200	on	2:40	Freestyle	EN1		S	FR
	{ 4	Х	100	on	1:15	Freestyle	EN1		S	FR
225	1x{3	Х	25 (	on :	:30 F:	reestyle	EN1		S	FR
	{ 3	Х	25 (	on :	:25 F:	reestyle	EN1		S	FR
	{ 3	Х	25 (	on :	:20 F:	reestyle	EN1		S	FR
225	1	Х	225	on	4:00	Stroke Drills	REC		D	CD
	6:42	Pl	4,0	75	Yards	s - Stress Val	ue =	39		

#### Workout #764 - Tuesday, 09 May 2000 Group 3 - All

#### 1 minute rest between sets

	5:30 AM Start	
Yards	Set Description	EGY W
	=======================================	=== =
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC
250	$10x\{1 x 15 on :00 Backstroke$	SP3
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	REC
600	$1x{4 \times 50}$ on 1:00 Pulls no br last 10y	REC
	$\{4 \times 50 \text{ on } 1:00 \text{ Pulls no br last } 20\text{y}$	EN1
	$\{4 \times 50 \text{ on } 1:00 \text{ Pulls no br last } 30\text{y}$	EN1
300	$12 \times 25$ on :30 IM order-build	EN1
1,800	$1x\{8 \times 75 \text{ on } 1:05 \text{ Freestyle}$	EN1
	$\{8 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN2
	$\{8 \times 75 \text{ on } :55 \text{ Freestyle}$	EN2
400	4 x 100 on 1:30 Freestyle-descend to	EN2
	ludicrous speed	
250	1 x 250 on 5:00 Stroke Drills	REC
	6:42 AM 4,000 Yards - Stress Value = 51	

#### Workout #765 - Tuesday, 09 May 2000 Group 3 - All

#### 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 50:00 Bolles school		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
150	$10 \times 15$ on :30 Pit sprints	SP3	
1,000	10 x 100 on 1:45 Kick	EN2	
1,200	12 x 100 on 1:30 Pulls-odds lngbstr	EN1	
1,600	1x{8 x 50 on :50 Backstroke	EN1	
	{1 x 200 on 3:30 Backstroke drill	REC	
	{8 x 50 on :45 Backstroke	EN1	
	{1 x 200 on 3:30 Backstroke drill	REC	
	{8 x 50 on :40 Backstroke	EN2	
400	$1x{4 x 25 on :30 Freestyle}$	EN1	
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle}$	EN1	
	$\{4 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN1	
	$\{4 \times 25 \text{ on } : 15 \text{ Freestyle}$	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:44 PM 5,425 Yards - Stress Value = 59		

Workout #766 - Wednesday, 10 May 2000 Group 3 - All 1 minute rest between sets	{1 x 150 on 2:10 Freestyle EN1 S {1 x 150 on 2:05 Freestyle EN1 S {1 x 150 on 2:00 Freestyle EN1 S
5:15 PM Start Yards Set Description EGY WOF	{1 x 150 on 1:55 Freestyle EN1 S {1 x 150 on 1:50 Freestyle EN1 S 300 6 x 50 on 1:00 Stroke Drills REC I 6:34 AM 3,800 Yards - Stress Value = 40
1 on 30:00 Stomach and Stretch  825    1 x 825 on 16:00 Choice	Workout #770 - Monday, 15 May 2000 Group 3 - All 1 minute rest between sets
1,350 1x{1 x 200 on 3:45 Breaststroke EN1	5:30 AM Start Yards Set Description EGY WOF  400 1 x 400 on 8:00 Swim-kick-pull-swim REC 250 10x{1 x 13 on :00 Freestyle SP3 {1 x 12 on :30 Freestyle REC 900 12 x 75 on 1:20 25 k 25 dr 25 bld EN1 3 on each 1,000 4 x 250 on 3:30 Pulls EN1
Workout #767 - Thursday, 11 May 2000 Group 3 - All 1 minute rest between sets	1,600 4 x 400 on 5:00 Freestyle EN2 250 1 x 250 on 5:00 Stroke Drills REC 6:43 AM 4,400 Yards - Stress Value = 56
5:30 AM Start	Workout #771 - Monday, 15 May 2000 Group 3 - All
Yards Set Description EGY WORK S	1 minute rest between sets
400 1 x 400 on 8:00 Reverse IM drill REC D 300 12x{1 x 18 on :00 Breaststroke SP3 S	5:15 PM Start  Yards Set Description EGY WOF  1 on 45:00 Running and stretch  1,000 1 x 1000 on 15:00 Choice REC  150 10 x 15 on :30 Shooters SP3  900 3x{1 x 150 on 3:00 Kick EN2  {1 x 100 on 2:00 Kick EN2
Workout #768 - Thursday, 11 May 2000	$\{1 \times 50 \text{ on } 1:00 \text{ Kick} \}$ EN2 100 1 x 100 on 2:00 Kick for time EN2
Workout #768 - Thursday, 11 May 2000 Group 3 - All	100 1 x 100 on 2:00 Kick for time EN2 1,200 8 x 150 on 2:15 Pulls mid 50 br ev 8 EN1
Group 3 - All   1 minute rest between sets	100 1 x 100 on 2:00 Kick for time EN2  1,200 8 x 150 on 2:15 Pulls mid 50 br ev 8 EN1  200 8 x 25 on :30 Freestyle-build EN1  1,200 1x{3 x 100 on 1:30 75 free 25 fly EN1  {3 x 100 on 1:35 50 free 50fly EN1  {3 x 100 on 1:40 25 free 75 fly EN1  {3 x 100 on 1:45 Butterfly EN1  200 8 x 25 on :30 Butterfly EN1  400 8 x 50 on 1:00 Stroke Drills REC  7:42 PM 5,350 Yards - Stress Value = 54
### Group 3 - All  1 minute rest between sets  5:15 PM Start  Yards Set Description EGY WORK STF  1 on 45:00 Bolles school/stretc L DRY  975 1 x 975 on 15:00 Choice REC S CHC  210 14 x 15 on :30 Pit sprints SP3 S FF	100 1 x 100 on 2:00 Kick for time EN2  1,200 8 x 150 on 2:15 Pulls mid 50 br ev 8 EN1  200 8 x 25 on :30 Freestyle-build EN1  1,200 1x{3 x 100 on 1:30 75 free 25 fly EN1  {3 x 100 on 1:35 50 free 50fly EN1  {3 x 100 on 1:40 25 free 75 fly EN1  {3 x 100 on 1:45 Butterfly EN1  200 8 x 25 on :30 Butterfly EN1  400 8 x 50 on 1:00 Stroke Drills REC
### Group 3 - All  I minute rest between sets    5:15 PM Start	100 1 x 100 on 2:00 Kick for time EN2  1,200 8 x 150 on 2:15 Pulls mid 50 br ev 8 EN1  200 8 x 25 on :30 Freestyle-build EN1  1,200 1x{3 x 100 on 1:30 75 free 25 fly EN1  {3 x 100 on 1:35 50 free 50fly EN1  {3 x 100 on 1:40 25 free 75 fly EN1  {3 x 100 on 1:45 Butterfly EN1  200 8 x 25 on :30 Butterfly EN1  400 8 x 50 on 1:00 Stroke Drills REC  7:42 PM 5,350 Yards - Stress Value = 54  Workout #772 - Tuesday, 16 May 2000
### Group 3 - All  I minute rest between sets    5:15 PM Start	100
### Group 3 - All  1 minute rest between sets  5:15 PM Start  Yards	100
Similar   Set   Description   EGY   WORK   STF	100

				1			~,, ,
Workout #773 - Tuesday, 16 May 2000				Yards	Set Description		GY V == =
Group 3 - All				400	1 x 400 on 8:00 Reverse IM drill	RE	ΞC
1 minute rest between sets				250	$10x\{1 x 18 \text{ on } :00 \text{ Breaststroke}$		Р3
5:15 PM Start				0.00	{1 x 7 on :30 Freestyle	RE	
Yards Set Description	E	EGY V	WOF	800 300	16 x 50 on :50 Pulls-nbbf&w 3 x 100 on 1:30 Freestyle-build	EN EN	
	== =				$1 \times \{12 \times 150 \text{ on } 2:15 \text{ Descend in sets} \}$		
1 on 50:00 Bolles school				450	9 x 50 on 1:00 Stroke Drills	RE	
800 1 x 800 on 16:00 Swim-kick-pull-sw					6:43 PM 4,000 Yards - Stress Value =	54	
150		SP3 EN2					
{1 x 100 on 1:40 Kick		EN2			Workout #777 - Friday, 19 May 2000		
{1 x 100 on 1:35 Kick		EN2			Group 3 - All		
{1 on :30 Rest					1 minute rest between sets		
1,500 20 x 75 on 1:00 Pulls		EN1					
200 8 x 25 on :30 IM order-build		EN1			5:30 AM Start		
1,350 1x{3 x 200 on 3:15 Butterfly		EN1		Yards	Set Description	EGY	
{3 x 150 on 2:20 Butterfly {3 x 100 on 1:35 Butterfly		EN1 EN1		405	1 405 0 00 0 1 1 1		==:
250 1 x 250 on 5:00 Stroke Drills		REC		425 210	1 x 425 on 8:00 Swim-kick-pull-sw 14 x 15 on :30 Pit sprints	SP3	
7:40 PM 5,150 Yards - Stress Value = 5	54			900	12 x 75 on 1:15 Pulls 1 br last 2		
				200	8 x 25 on :30 IM order-build	EN1	
Workout #774 - Wednesday, 17 May 2000				2,000	$10x\{1 \text{ x } 100 \text{ on } 1:15 \text{ Individual Medley}$	EN2	
Group 3 - All					$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	
1 minute rest between sets				400	{1 x 50 on :55 Freestyle-EZ	REC	
				400	1 x 400 on 8:00 Stroke Drills 6:45 AM 4,135 Yards - Stress Value =	REC	
5:15 PM Start					0.43 AM 4,133 Taras Scress Value	10	
Yards Set Description		EGY V			Workout #778 - Friday, 19 May 2000		
1 on 30:00 Stomach and Stretch					Group 3 - All		
825 1 x 825 on 16:00 Swim-kick-pull-sw	im F	REC			1 minute rest between sets		
150		SP3					
1 000 10 ** 100 ** 1.45 **: -1-							
1,000 10 x 100 on 1:45 Kick		EN2			5:15 PM Start		
1,800 1x{3 x 200 on 2:50 Pulls	E	EN1			Set Description	EGY WOF	
1,800 1x{3 x 200 on 2:50 Pulls {3 x 200 on 2:45 Pulls	E E	EN1 EN1			Set Description	=== ===	
1,800 1x{3 x 200 on 2:50 Pulls	E E	EN1		=====	Set Description ====================================	=== ===	== : L
1,800 1x{3 x 200 on 2:50 Pulls {3 x 200 on 2:45 Pulls {3 x 200 on 2:40 Pulls	E E E	EN1 EN1 EN1		800	Set Description  1 on 30:00 Stomach and Stretch  1 x 800 on 16:00 Swim-kick-pull-swim	=== ===	==
1,800 1x{3 x 200 on 2:50 Pulls	E E E E	EN1 EN1 EN1 EN1 EN2 EN2		800 150	Set Description  1 on 30:00 Stomach and Stretch  1 x 800 on 16:00 Swim-kick-pull-swim  10 x 15 on :30 Shooters	REC SP3	L S S
1,800 1x{3 x 200 on 2:50 Pulls	E E E E E	EN1 EN1 EN1 EN1 EN2 EN2		800 150 600	Set Description   1 on 30:00 Stomach and Stretch  1 x 800 on 16:00 Swim-kick-pull-swim  10 x 15 on :30 Shooters  6 x 100 on 2:00 Kick-ALL OUT!!!!!  6 x 100 on 1:30 Lungbuster pulls	REC SP3	L S S
1,800 1x{3 x 200 on 2:50 Pulls	E E E E E E	EN1 EN1 EN1 EN1 EN2 EN2		800 150 600	Set Description	REC SP3 EN2	E L S S K
1,800 1x{3 x 200 on 2:50 Pulls	E E E E E E	EN1 EN1 EN1 EN1 EN2 EN2		800 150 600 600	Set Description	REC SP3 EN2 EN1	L S S K P
1,800 1x{3 x 200 on 2:50 Pulls	E E E E E E	EN1 EN1 EN1 EN1 EN2 EN2		800 150 600 600	Set Description	REC SP3 EN2	L S S K
1,800 1x{3 x 200 on 2:50 Pulls	E E E E E E	EN1 EN1 EN1 EN1 EN2 EN2		800 150 600 600	Set Description	REC SP3 EN2 EN1	L S S K P
1,800 1x{3 x 200 on 2:50 Pulls	E E E E E E	EN1 EN1 EN1 EN1 EN2 EN2		800 150 600 600	Set Description	REC SP3 EN2 EN1	L S S K P
1,800 1x{3 x 200 on 2:50 Pulls	E E E E E E	EN1 EN1 EN1 EN1 EN2 EN2		800 150 600 600	Set Description	REC SP3 EN2 EN1	L S S K P
1,800 1x{3 x 200 on 2:50 Pulls	E E E E E E	EN1 EN1 EN1 EN1 EN2 EN2		800 150 600 600	Set Description	REC SP3 EN2 EN1	L S S K (P
1,800 1x{3 x 200 on 2:50 Pulls	E E E E F 92	EN1 EN1 EN1 EN1 EN2 EN2 EN2 REC		800 150 600 600	Set Description	REC SP3 EN2 EN1	L S S K P
1,800 1x{3 x 200 on 2:50 Pulls	E E E E F 92	EN1 EN1 EN1 EN2 EN2 EN2 EN2 ENC	==	800 150 600 600	Set Description	REC SP3 EN2 EN1	L S S K P
1,800 1x{3 x 200 on 2:50 Pulls	E E E E F 92	EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 ENC		800 150 600 600	Set Description	REC SP3 EN2 EN1	L S S K P
1,800 1x{3 x 200 on 2:50 Pulls	92 GY W	EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 ENC	== DF	800 150 600 600 800	Set Description	REC SP3 EN2 EN1 EN1 32	L S S K P S S
1,800 1x{3 x 200 on 2:50 Pulls	EC	EN1 EN1 EN1 EN1 EN2	DF CF E	800 150 600 600	Set Description	REC SP3 EN2 EN1 EN1 32	L S S K P S S STK
1,800 1x{3 x 200 on 2:50 Pulls	EC P3 N1	EN1 EN1 EN1 EN1 EN2	DF CF E CF	800 150 600 600 800	Set Description	REC SP3 EN2 EN1 EN1 32	L S S K P S S
1,800 1x{3 x 200 on 2:50 Pulls	EC P3 N1 N1	EN1 EN1 EN1 EN1 EN2	== DF CF E CF F	### 800 150 600 600 800 Yards ======	Set Description	REC SP3 EN2 EN1 EN1 32 WORK S L S C	L S S K P S S STK
1,800 1x{3 x 200 on 2:50 Pulls	F F F F F F F F F F F F F F F F F F F	EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 ENC	DF CF E CF F F	**************************************	Set Description	REC SP3 EN2 EN1 EN1 32 WORK S L S C S C S C	L S S K P S S STK STK
1,800 1x{3 x 200 on 2:50 Pulls	EC P3 N2 N1 N1 N1	EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN5 EN6 EN6 EN6 EN7 EN6 EN7	DF CF E CF F F	**************************************	Set Description	EN1  WORK S  EN2  EN1  EN1  S  WORK S  EN2  EN1  EN1	L S S K P S S STK CHOCHO
1,800 1x{3 x 200 on 2:50 Pulls	F F F F F F F F F F F F F F F F F F F	EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 ENC	== DF CF E CF F F F	**************************************	Set Description	EN1  WORK S  EN2  EN1  EN1  S  WORK S  EN2  EN1  EN1	L S S K P S S STK
1,800 1x{3 x 200 on 2:50 Pulls	F F F F F F F F F F F F F F F F F F F	EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN5	== DF CF E F F F	**************************************	Set Description	EN1  WORK S  WORK S  EN2  EN1  EN1  S  WORK S  EN2  EN1  EN1	L S S K P S S STK S CHO CHO CHO CHO CHO
1,800 1x{3 x 200 on 2:50 Pulls	E E E E E E E E E E E E E E E E E E E	EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN5	== DF CF E F F F	**************************************	Set Description	### ##################################	L S S K P P S S STK === CHO CHO CHO CHO CHO CHO CHO CHO
1,800 1x{3 x 200 on 2:50 Pulls	F E E E E E E E E E E E E E E E E E E E	EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN5	== DF CF E F F F F F F F	**************************************	Set Description	=== === = = = = = = = = = = = = = = =	L S S K P S S S TK S TK CHO CHO CHO CHO CHO CHO FR
1,800 1x{3 x 200 on 2:50 Pulls	F E E E E E E E E E E E E E E E E E E E	EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN5	== DF CF E F F F F F F F F	**************************************	Set Description	### ##################################	L S S K P S S STK CHOOCHOOCHOOCHOOCHOOCHOOCHOOCHOOCHOOCHO
1,800 1x{3 x 200 on 2:50 Pulls	F E E E E E E E E E E E E E E E E E E E	EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN5	== DF CF E F F F F F F F	Yards ====== 800 150 600 800 800	Set Description	EN1  EN1  WORK S  S C  K C  K C  K C  K C  K C  K C	L S S K (P P S S STK === CHO

Workout #776 - Thursday, 18 May 2000 Group 3 - All 1 minute rest between sets

400

Workout #780 - Monday, 22 May	2000
Group 3 - All	
1 minute rest between sets	

		1 minute rest between sets				{ 1 X	
					200	1 x	200
	5:30 AM	Start				7:45 PM	6,0
ards	Set	Description	EGY	WOF			_
	====		===	===		Wo	rkou
400	1 x	400 on 8:00 Swim-kick-pull-swim	REC				
200	10 (1	10 00 0 1 1	ana				

	J.JU AN	Start		
Yards	Set	Description	EGY	WOF
=====	====		===	===
400	1 x	400 on 8:00 Swim-kick-pull-swim	REC	
300	12x{1 x	13 on :00 Freestyle	SP3	
	{1 x	12 on :30 Freestyle	REC	
900	6 x	150 on 2:15 Pulls	EN1	
1,000	2 x	500 on 7:00 Freestyle	EN2	
500	5 x	100 on 1:30 Freestyle	EN2	
500	20 2	x 25 on :30 Stroke	EN1	

#### Workout #781 - Monday, 22 May 2000 Group 3 - All

8 x 50 on 1:00 Stroke Drills 6:44 AM 4,000 Yards - Stress Value = 50

#### 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 45:00 Running and stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
300	12x{1 x 13 on :00 Butterfly	SP3	
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	REC	
1,050	21 x 50 on 1:00 Kick-des in 3's	EN2	
1,500	5 x 300 on 4:15 Pulls	EN1	
2,400	3 x 800 on 10:30 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:45 PM 6,250 Yards - Stress Value = 90		

#### Workout #782 - Tuesday, 23 May 2000 Group 3 - All

### 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WOF
=====		===	===
425	1 x 425 on 8:00 Reverse IM drill	REC	
210	14 x 15 on :30 Pit sprints	SP3	
1,200	1x{4 x 100 on 1:30 Pulls	EN1	
	{4 x 100 on 1:25 Pulls	EN1	
	{4 x 100 on 1:20 Pulls	EN1	
1,500	$1x{4 x 125 on 2:00 last 25 fly}$	EN1	
	{4 x 125 on 1:55 last 50 25 fl 25 bac	EN1	
	$\{4 \times 125 \text{ on } 1:50 \text{ last } 75 \text{ IM}$	EN1	
400	4 x 100 on 1:30 Free-descend to	EN2	
	ludicrous speed		
300	1 x 300 on 6:00 Stroke Drills	REC	
	6:42 AM $4,035$ Yards - Stress Value = $43$		

#### Workout #783 - Tuesday, 23 May 2000 Group 3 - All

#### 1 minute rest between sets

	5:15 H							
Yards	Se	∍t	Des	crip	ption		EGY	WC
=====	==	===	-===	-==			===	==
	1	or	1 50:	:00	Bolle	es school/strtch		
800	1	Х	800	on	16:00	) Swim-kick-pull-swim	REC	
250	10x{1	Х	13 0	on :	:00 Bı	itterfly	SP3	
	{ 1	Х	12 0	on :	:30 Fi	reestyle	REC	
1,000	5	Х	200	on	3:45	Kick	EN2	
1,500	1x{2	Х	250	on	3:30	Pulls	EN1	
	{2	Х	250	on	3:25	Pulls	EN1	
	{ 2	Х	250	on	3:20	Pulls	EN1	
2,300	1x{3	Х	100	on	1:30	Freestyle-descend	EN2	
	{ 3	х	200	on	2:30	Freestyle	EN2	
	{ 4	Х	100	on	1:25	Freestyle-descend	EN2	

	{2 x	200 on 2:25	Freestyle	EN2
	{4 x	100 on 1:20	Freestyle-descend	EN2
	{1 x	200 on 2:20	Freestyle	EN2
200	1 x	200 on 3:00	Stroke Drills	REC
	7 • 45 PM	6 050 Yards	- Stress Value = 86	

#### out #784 - Wednesday, 24 May 2000 Group 3 - All

#### 1 minute rest between sets

5:30 PM Start

5:30 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	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{2 x 100 on 2:20 Kick	EN2	
	{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	
1,000	5 x 200 on 3:00 Lungbuster pulls	EN1	
	br 3-5-7-9 by the 50		
300	$6 \times 50$ on 1:00 Descend in sets of 3	EN1	
2,000	5 x 400 on 7:00 Individual Medley	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:56 PM 5,650 Meters - Stress Value = 63	;	

#### Workout #785 - Thursday, 25 May 2000 Group 3 - All

#### 1 minute rest between sets

Yards	Set Description	EGY	WORK
	=======================================	===	====
425	1 x 425 on 8:00 Individual Medley	REC	S
210	14 x 15 on :30 Pit sprints	SP3	S
1,000	$20 \times 50$ on :45 Pulls-odds br ev 5	EN1	P
300	3 x 100 on 1:30 Free descend	EN1	S
1,500	$1x{1 x 200 on 3:00 Free last 50 fast}$	EN2	S
	{1 x 200 on 2:55 Free last 50 fast	EN2	S
	{1 x 200 on 2:50 Free last 150 fast	EN2	S
	$\{1 \times 200 \text{ on } 2:45 \text{ Free all fast}$	EN2	S
	{1 x 150 on 2:15 Free last 50 fast	EN2	S
	{1 x 150 on 2:10 Free last 100 fast	EN2	S
	{1 x 150 on 2:05 Free all fast	EN2	S
	{1 x 100 on 1:30 Free last 50 fast	EN2	S
	{1 x 100 on 1:25 Free all fast	EN2	S
	{1 x 50 on :45 Free fast	EN2	S
400	16 x 25 on :30 Stroke	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D

6:44 AM 4,035 Yards - Stress Value = 59

Meters Set Description

800

Workout #786 - Thursday, 25 May 2000 Group 3 - All				150 900	0 3x{1 x 150 on 3:15 Kick EN2	
1 minute rest between sets					{1 x 100 on 2:10 Kick EN2 {1 x 50 on 1:05 Kick EN2	
				100	•	
5:15 PM Start				1,600		
Yards Set Description		WORK		300		
1 on 50:00 Bolles school/stretc			== DF	2,250	$0.1x\{3.x.250 \text{ on } 3:45 \text{ Freestyle}$ EN1	
800 8 x 100 on 2:00 Stroke Drills	REC		Dr I		{3 x 250 on 3:35 Freestyle EN2	
2 on each stroke		_	_	300	{3 x 250 on 3:25 Freestyle EN2 6 x 50 on 1:00 Stroke Drills EN1	
300 $12x\{1 \times 18 \text{ on :} 00 \text{ Breaststroke}$	SP3	S	E	300	7:59 PM 6,400 Meters - Stress Value = 101	
$\{1 \times 7 \text{ on } : 30 \text{ Freestyle} \}$	REC	S			vios in cytoc neces serious varue for	
1,000 10 x 100 on 1:50 Kick-odds fast			CF		Workout #790 - Wednesday, 31 May 2000	
1,250 1x{3 x 125 on 1:50 Pulls {3 x 125 on 1:45 Pulls	EN1 EN1	P P			Group 3 - All	
{4 x 125 on 1:40 Pulls	EN1	P			1 minute rest between sets	
200 8 x 25 on :30 IM order-build	EN1	S	1		1 minute 1 cot between sets	
$1,800$ $1x{8}$ x $75$ on $1:10$ Backstroke	EN2	S			5:15 PM Start	
{8 x 75 on 1:05 Backstroke	EN2	S	-	Yards	±	
$\{8 \times 75 \text{ on } 1:00 \text{ Backstroke} \}$	EN2 REC	S D		=====		===
7:45 PM 5,650 Yards - Stress Value =		ט	(	1,025	1 on 30:00 Stomach and Stretch 5 1 x 1025 on 18:00 Choice REC	
				150		
Workout #787 - Friday, 26 May 2000				1,000		
Group 3 - All				1,600	0 8 x 200 on 2:45 Pulls EN1	
1 minute rest between sets				600		
				1,400	0 1x{1 x 200 on 4:00 Breaststroke EN2 {4 x 50 on 1:00 Breaststroke -des EN2	
5:30 AM Start					{1 x 200 on 3:50 Breaststroke EN2	
Yards Set Description		EGY I			{4 x 50 on :55 Breaststroke-des EN2	
400 1 x 400 on 8:00 Swim-kick-pull-s			===		{1 x 200 on 3:40 Breaststroke EN2	
250 10x{1 x 13 on :00 Butterfly		SP3			{4 x 50 on :50 Breaststroke-des EN2	
{1 x 12 on :30 Freestyle		REC		300	$\{1 \times 200 \text{ on } 3:30 \text{ Breaststroke} \}$ EN2 $12 \times 25 \text{ on } :40 \text{ Stroke Drills} \}$ REC	
2,000 1x{1 x 1000 on 15:00 Pulls		EN1		300	7:39 PM 6,075 Yards - Stress Value = 76	
$\{2 \times 500 \text{ on } 7:00 \text{ Pulls}$		EN1			•	
1 000 0 (4 50 50 5 1 1		T371				
1,200 2x{4 x 50 on :50 Freestyle		EN1			Workout #791 - Thursday, 01 June 2000	
$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$		EN1			Workout #791 - Thursday, 01 June 2000 Group 3 - All	
					Workout #791 - Thursday, 01 June 2000 Group 3 - All 1 minute rest between sets	
{4 x 50 on :45 Freestyle {4 x 50 on :40 Freestyle 1 on 1:00 Rest 200 1 x 200 on 4:00 Stroke Drills		EN1			Group 3 - All	
{4 x 50 on :45 Freestyle {4 x 50 on :40 Freestyle 1 on 1:00 Rest		EN1 EN1			Group 3 - All  1 minute rest between sets  5:15 PM Start	
{4 x 50 on :45 Freestyle {4 x 50 on :40 Freestyle 1 on 1:00 Rest 200 1 x 200 on 4:00 Stroke Drills 6:39 AM 4,050 Yards - Stress Value =		EN1 EN1		Yards	Group 3 - All  1 minute rest between sets  5:15 PM Start S Set Description EGY	
{4 x 50 on :45 Freestyle {4 x 50 on :40 Freestyle 1 on 1:00 Rest 200 1 x 200 on 4:00 Stroke Drills 6:39 AM 4,050 Yards - Stress Value =		EN1 EN1		Yards =====	Group 3 - All  1 minute rest between sets  5:15 PM Start  S Set Description EGY	
{4 x 50 on :45 Freestyle {4 x 50 on :40 Freestyle 1 on 1:00 Rest 200 1 x 200 on 4:00 Stroke Drills 6:39 AM 4,050 Yards - Stress Value = Workout #788 - Tuesday, 30 May 2000 Group 3 - All		EN1 EN1		=====	Group 3 - All  1 minute rest between sets  5:15 PM Start S Set Description EGY	==
{4 x 50 on :45 Freestyle {4 x 50 on :40 Freestyle 1 on 1:00 Rest 200 1 x 200 on 4:00 Stroke Drills 6:39 AM 4,050 Yards - Stress Value =		EN1 EN1		800	## Group 3 - All    1 minute rest between sets	===
{4 x 50 on :45 Freestyle {4 x 50 on :40 Freestyle 1 on 1:00 Rest 200 1 x 200 on 4:00 Stroke Drills 6:39 AM 4,050 Yards - Stress Value = Workout #788 - Tuesday, 30 May 2000 Group 3 - All 1 minute rest between sets		EN1 EN1		800 250	Group 3 - All  1 minute rest between sets  5:15 PM Start  Set Description EGY  1 on 50:00 Bolles school/strtch 1 x 800 on 15:00 Swim-kick-pull-swim REC  1 10x{1 x 18 on :00 Breaststroke SP3 {1 x 7 on :30 Freestyle REC	= ==
{4 x 50 on :45 Freestyle {4 x 50 on :40 Freestyle 1 on 1:00 Rest 200 1 x 200 on 4:00 Stroke Drills 6:39 AM 4,050 Yards - Stress Value = Workout #788 - Tuesday, 30 May 2000 Group 3 - All	= 37	EN1 EN1		800 250	Group 3 - All  1 minute rest between sets  5:15 PM Start  Set Description EGY  1 on 50:00 Bolles school/strtch  1 x 800 on 15:00 Swim-kick-pull-swim RECO  10x{1 x 18 on :00 Breaststroke SP3  {1 x 7 on :30 Freestyle RECO  1x{2 x 100 on 2:00 Kick EN2	= ==
{4 x 50 on :45 Freestyle	= 37 ==== =	EN1 EN1 REC	ORF ===	800 250	Group 3 - All  1 minute rest between sets  5:15 PM Start  Set Description EGY  1 on 50:00 Bolles school/strtch  1 x 800 on 15:00 Swim-kick-pull-swim REC  10x{1 x 18 on :00 Breaststroke SP3  {1 x 7 on :30 Freestyle REC  1x{2 x 100 on 2:00 Kick EN2  {2 x 100 on 1:55 Kick EN2	= ==
{4 x 50 on :45 Freestyle	= 37  = === = = = = = = = = = = = = = = = =	EN1 EN1 REC	ORF === 5	800 250	Group 3 - All  1 minute rest between sets  5:15 PM Start  Set Description EGY  1 on 50:00 Bolles school/strtch  1 x 800 on 15:00 Swim-kick-pull-swim RECO  10x{1 x 18 on :00 Breaststroke SP3  {1 x 7 on :30 Freestyle RECO  1x{2 x 100 on 2:00 Kick EN2  {2 x 100 on 1:55 Kick EN2	= ==
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{4 x 50 on :45 Freestyle	= 37 ==== = wim F S E E	EN1 EN1 REC  GGY WG EEE EEEE EEEC EP3	ORF === 5 5 F	800 250 1,000	Group 3 - All  1 minute rest between sets  5:15 PM Start  Set Description EGY  1 on 50:00 Bolles school/strtch  1 x 800 on 15:00 Swim-kick-pull-swim REC  10x{1 x 18 on :00 Breaststroke SP3  {1 x 7 on :30 Freestyle REC  1 x{2 x 100 on 2:00 Kick EN2  {2 x 100 on 1:55 Kick EN2  {2 x 100 on 1:50 Kick EN2  {2 x 100 on 1:45 Kick EN2  {2 x 100 on 1:40 Kick EN2  {4 x 50 on :45 Pulls-all out EN1	
{4 x 50 on :45 Freestyle	= 37 === = = = = = = = = = = = = = = = = =	EN1 EN1 REC  GGY WG E== =: REC GP3 GN1 GN1 GN1 GN1	ORF === 5 F F F	800 250 1,000 1,200 200	Group 3 - All  1 minute rest between sets  5:15 PM Start  Set Description EGY  1 on 50:00 Bolles school/strtch  1 x 800 on 15:00 Swim-kick-pull-swim REC  1 10x{1 x 18 on :00 Breaststroke SP3  {1 x 7 on :30 Freestyle REC  1 1x{2 x 100 on 2:00 Kick EN2  {2 x 100 on 1:55 Kick EN2  {2 x 100 on 1:50 Kick EN2  {2 x 100 on 1:45 Kick EN2  {2 x 100 on 1:40 Kick EN2  {4 x 50 on :45 Pulls-all out EN1  8 x 25 on :30 IM order-build EN1	= ==
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{4 x 50 on :45 Freestyle	= 37  ==== = = = = = = = = = = = = = = = =	EN1 EN1 REC  GGY WG EEEE EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	ORF === 5 5 F F F S S	800 250 1,000 1,200 200 1,800	Group 3 - All  1 minute rest between sets  5:15 PM Start  Set Description EGY  1 on 50:00 Bolles school/strtch 1 x 800 on 15:00 Swim-kick-pull-swim REC  1 1 00 Swim-kick-pull-swim REC  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
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{4 x 50 on :45 Freestyle	= 37  ==== = wim F E E E E Y E Y E Y E Y E Y E Y E Y E Y	EN1 EN1 REC  GGY WG EEEE EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN	ORF = 52 52 F F F 52 52 52 52 52 52 52	800 250 1,000 1,200 200 1,800	Group 3 - All  1 minute rest between sets  5:15 PM Start  Set Description EGY  1 on 50:00 Bolles school/strtch 1 x 800 on 15:00 Swim-kick-pull-swim REC  1 1 00 Swim-kick-pull-swim REC  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
{4 x 50 on :45 Freestyle	= 37  ==== = wim F E E E E Y E Y E Y E Y E Y E Y E Y E Y	EN1 EN1 REC  GGY WG EEEE EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN	ORF = 52 52 F F F 52 52 52 52 52 52 52	800 250 1,000 1,200 200 1,800	Group 3 - All  1 minute rest between sets  5:15 PM Start  Set Description EGY  1 on 50:00 Bolles school/strtch  1 x 800 on 15:00 Swim-kick-pull-swim REC  1 010x{1 x 18 on :00 Breaststroke SP3  {1 x 7 on :30 Freestyle REC  1 x{2 x 100 on 2:00 Kick EN2  {2 x 100 on 1:55 Kick EN2  {2 x 100 on 1:55 Kick EN2  {2 x 100 on 1:45 Kick EN2  {2 x 100 on 1:45 Kick EN2  {4 x 1 x 100 on 1:30 Lungbuster pulls EN1  {4 x 50 on :45 Pulls-all out EN1  8 x 25 on :30 IM order-build EN1  1 x{3 x 150 on 2:10 Backstroke EN2  {3 x 150 on 2:10 Backstroke EN2  {3 x 150 on 2:05 Backstroke EN2  {3 x 200 on 3:00 Stroke Drills REC	
{4 x 50 on :45 Freestyle	= 37  ==== = wim F E E E E Y E Y E Y E Y E Y E Y E Y E Y	EN1 EN1 REC  GGY WG EEEE EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN	ORF = 52 52 F F F 52 52 52 52 52 52 52	800 250 1,000 1,200 200 1,800	Group 3 - All  1 minute rest between sets  5:15 PM Start  Set Description EGY  1 on 50:00 Bolles school/strtch  1 x 800 on 15:00 Swim-kick-pull-swim REC  1 010x{1 x 18 on :00 Breaststroke SP3  {1 x 7 on :30 Freestyle REC  1 x{2 x 100 on 2:00 Kick EN2  {2 x 100 on 1:55 Kick EN2  {2 x 100 on 1:55 Kick EN2  {2 x 100 on 1:45 Kick EN2  {2 x 100 on 1:45 Kick EN2  {4 x 1 x 100 on 1:30 Lungbuster pulls EN1  {4 x 50 on :45 Pulls-all out EN1  8 x 25 on :30 IM order-build EN1  1 x{3 x 150 on 2:10 Backstroke EN2  {3 x 150 on 2:10 Backstroke EN2  {3 x 150 on 2:05 Backstroke EN2  {3 x 200 on 3:00 Stroke Drills REC	
{4 x 50 on :45 Freestyle	= 37  ==== = wim F E E E E Y E Y E Y E Y E Y E Y E Y E Y	EN1 EN1 REC  GGY WG EEEE EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN	ORF = 52 52 F F F 52 52 52 52 52 52 52	800 250 1,000 1,200 200 1,800	Group 3 - All  1 minute rest between sets  5:15 PM Start  Set Description EGY  1 on 50:00 Bolles school/strtch  1 x 800 on 15:00 Swim-kick-pull-swim REC  1 010x{1 x 18 on :00 Breaststroke SP3  {1 x 7 on :30 Freestyle REC  1 x{2 x 100 on 2:00 Kick EN2  {2 x 100 on 1:55 Kick EN2  {2 x 100 on 1:55 Kick EN2  {2 x 100 on 1:45 Kick EN2  {2 x 100 on 1:45 Kick EN2  {4 x 1 x 100 on 1:30 Lungbuster pulls EN1  {4 x 50 on :45 Pulls-all out EN1  8 x 25 on :30 IM order-build EN1  1 x{3 x 150 on 2:10 Backstroke EN2  {3 x 150 on 2:10 Backstroke EN2  {3 x 150 on 2:05 Backstroke EN2  {3 x 200 on 3:00 Stroke Drills REC	
{4 x 50 on :45 Freestyle	= 37  ==== = wim F E E E E Y E Y E Y E Y E Y E Y E Y E Y	EN1 EN1 REC  GGY WG EEEE EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN	ORF = 52 52 F F F 52 52 52 52 52 52 52	800 250 1,000 1,200 200 1,800	Group 3 - All  1 minute rest between sets  5:15 PM Start  Set Description EGY  1 on 50:00 Bolles school/strtch  1 x 800 on 15:00 Swim-kick-pull-swim REC  1 010x{1 x 18 on :00 Breaststroke SP3  {1 x 7 on :30 Freestyle REC  1 x{2 x 100 on 2:00 Kick EN2  {2 x 100 on 1:55 Kick EN2  {2 x 100 on 1:55 Kick EN2  {2 x 100 on 1:45 Kick EN2  {2 x 100 on 1:45 Kick EN2  {4 x 1 x 100 on 1:30 Lungbuster pulls EN1  {4 x 50 on :45 Pulls-all out EN1  8 x 25 on :30 IM order-build EN1  1 x{3 x 150 on 2:10 Backstroke EN2  {3 x 150 on 2:10 Backstroke EN2  {3 x 150 on 2:05 Backstroke EN2  {3 x 200 on 3:00 Stroke Drills REC	
{4 x 50 on :45 Freestyle	= 37  ==== = wim F E E E E Y E Y E Y E Y E Y E Y E Y E Y	EN1 EN1 REC  GGY WG EEEE EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN	ORF = 52 52 F F F 52 52 52 52 52 52 52	800 250 1,000 1,200 200 1,800	Group 3 - All  1 minute rest between sets  5:15 PM Start  Set Description EGY  1 on 50:00 Bolles school/strtch  1 x 800 on 15:00 Swim-kick-pull-swim REC  1 010x{1 x 18 on :00 Breaststroke SP3  {1 x 7 on :30 Freestyle REC  1 x{2 x 100 on 2:00 Kick EN2  {2 x 100 on 1:55 Kick EN2  {2 x 100 on 1:55 Kick EN2  {2 x 100 on 1:45 Kick EN2  {2 x 100 on 1:45 Kick EN2  {4 x 1 x 100 on 1:30 Lungbuster pulls EN1  {4 x 50 on :45 Pulls-all out EN1  8 x 25 on :30 IM order-build EN1  1 x{3 x 150 on 2:10 Backstroke EN2  {3 x 150 on 2:10 Backstroke EN2  {3 x 150 on 2:05 Backstroke EN2  {3 x 200 on 3:00 Stroke Drills REC	

EGY WOF

\_\_\_\_\_\_

1 x 800 on 16:00 Swim-kick-pull-swim REC

1 on 30:00 Team meeting/stretch

Yards

ensed To: South Bend SC/Riley HS						
Workout #792 - Thursday, 01 June 2000 Group 3 - All 1 minute rest between sets						
ards ====		PM Start et Description	EGY	WC ==		
400 250 ,200	10x{1 {1	x 15 on :00 Backstroke	REC SP3 REC EN1			

#### 1,200 ev 8 EN1 1,975 $1x\{2 \times 50 \text{ on } : 45 \text{ Freestyle}$ EN2 $\{2 \times 50 \text{ on } : 40 \text{ Freestyle} \}$ EN2 $\{2 \times 50 \text{ on } : 35 \text{ Freestyle} \}$ EN2 $\{2 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$ EN2 $\{2 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$ EN2 $\{2 \times 75 \text{ on } :55 \text{ Freestyle} \}$ EN2 {2 x 100 on 1:30 Freestyle EN2 $\{2 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ EN2 {2 x 100 on 1:15 Freestyle EN2 {2 x 125 on 1:50 Freestyle EN2 $\{2 \times 125 \text{ on } 1:40 \text{ Freestyle} \}$ EN2 $\{1 \times 125 \text{ on } 1:30 \text{ Freestyle} \}$ EN2 200 1 x 200 on 4:00 Stroke Drills REC 6:36 PM 4,025 Yards - Stress Value = 57

#### Workout #793 - Friday, 02 June 2000 Group 3 - All

#### 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	MC
=====	=======================================	===	==
400	1 x 400 on 8:00 Swim-kick-pull-swim1	REC	
250	$10x\{1 \times 15 \text{ on } :00 \text{ Backstroke}$	SP3	
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	REC	
900	12 x 75 on 1:15 25k 25dr 25bld 3 onE	EN1	
500	10 x 50 on :50 Pulls-nbbf&w	EN1	
1,500	$1x{5 x 100 on 1:30 Freestyle}$	EN1	
	{4 x 100 on 1:25 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	{2 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
400	$1x{4 \times 25 \text{ on } :30 \text{ Freestyle}}$	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	
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:43 AM 4,150 Yards - Stress Value = 44		

#### Workout #794 - Friday, 02 June 2000 Group 3 - All

#### 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 45:00 Running and stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
210	14 x 15 on :30 Shooters	SP3	
1,000	1 x 1000 on 20:00 Brick Game	EN2	
400	1 x 400 on 6:00 Pull-build	EN1	
450	$3x{6} \times 25$ on :30 Butterfly	EN1	
	{1 on 1:00 Rest		
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 34:00 Water Polo		
	7:44 PM 3,060 Yards - Stress Value = 36		

Workout #795 - Saturday, 03 June 2000 Group 3 - All 1 minute rest between sets

	/:30 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
500	10 x 50 on 1:00 Kick	EN2	
500	$1 \times 500$ on $10:00$ Kick for time	EN3	
1,300	$2x{1 x 50 on :45 Pulls}$	EN1	
	$\{1 \times 50 \text{ on } : 40 \text{ Pulls}$	EN1	
	$\{1 \times 50 \text{ on } : 35 \text{ Pulls}$	EN1	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	
	{1 x 200 on 2:45 Pulls	EN1	
900	$3x{3 \times 25 \text{ on :} 30 \text{ Freestyle}}$	EN1	
	${3 \times 25 \text{ on :} 25 \text{ Freestyle}}$	EN1	
	${3 \times 25 \text{ on :} 20 \text{ Freestyle}}$	EN2	
	${3 \times 25 \text{ on :} 15 \text{ Freestyle}}$	EN2	
	{1 on :30 Rest		
100	1 x 100 on 1:30 Freestyle-ez	REC	
1,200	$16 \times 75$ on 1:30 Free hold the fastes	EN3	
	possible average		
400	8 x 50 on 1:00 Stroke Drills	REC	
	9:59 AM 5,935 Yards - Stress Value = 145	5	

7:30 AM Start

# Workout #796 - Monday, 05 June 2000 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	
Ĺ	250	10x{1 x	13 on :00 Freestyle	SP3	
=		{1 x	12 on :30 Freestyle	REC	
	800	1x{4 x	50 on 1:00 Pulls-nbbf&w	EN1	
		{4 x	50 on :55 Pulls-nbbf&w	EN1	
		{4 x	50 on :50 Pulls-nbbf&w	EN1	
		{4 x	50 on :45 Pulls-nbbf&w	EN1	
	1,800	1x{3 x	300 on 5:00 Individual Medley	EN1	
		{3 x	200 on 3:15 Individual Medley	EN2	
		{3 x	100 on 1:35 Individual Medley	EN2	
	400	16 2	<pre>x 25 on :30 odds free evnen strk</pre>	EN1	
	200	1 x	200 on 4:00 Stroke Drills	REC	
		6:44 AM	3,850 Yards - Stress Value = 44		

#### Workout #797 - Monday, 05 June 2000 Group 3 - All 1 minute rest between sets

5:30 PM Start

Yards Set Description EGY WORK ===== 1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Choice 900 1x{3 x 100 on 2:15 Kick EN2 {3 x 100 on 2:10 Kick EN2 {3 x 100 on 2:05 Kick EN2 10 x 100 on 1:45 Lungbuster pulls EN1 1,000 6 x 50 on 1:00 Descend in sets of 3 EN1 300  $2,700 3x{1 x 200 on 3:30 Butterfly}$ {4 x 100 on 1:45 50 drill 50 build EN2  $\{6 \times 50 \text{ on } : 50 \text{ Freestyle des } 1-6$  EN2 S 8 x 50 on 1:00 Stroke Drills REC 8:00 PM 6,100 Yards - Stress Value = 79

#### Workout #798 - Tuesday, 06 June 2000 Group 3 - All 1 minute rest between sets

Yards	5:30 AM Set	Start Description	EGY	WOF
=====	===:		===	===
400		400 on 8:00 Swim-kick-pull-swim		
250	10x{1 x	15 on :00 Backstroke	SP3	
	{1 x	10 on :30 Freestyle	REC	
900	1x{2 x	250 on 3:45 Pulls	EN1	
	{2 x	150 on 2:15 Pulls	EN1	
	{2 x	50 on :45 Pulls	EN1	
2,300	1x{3 x	125 on 1:50 Freestyle	EN2	
	{1 x	200 on 3:00 Free last 50 6-b-k	EN2	
	{3 x	125 on 1:45 Freestyle	EN2	
	{1 x	200 on 3:00 Free last 100 6=b-k	EN2	
	{3 x	125 on 1:40 Freestyle	EN2	
	{1 x	200 on 3:00 Free last 150 6-b-k	EN2	
	{3 x	125 on 1:35 Freestyle	EN2	
	{1 x	200 on 3:00 Free all 6-b-k	EN2	
400	1 x	400 on 6:00 Choice	REC	
	6:40 AM	4,250 Yards - Stress Value = 63		

#### Workout #799 - Tuesday, 06 June 2000 Group 3 - All

#### 1 minute rest between sets

Meters	5:30 PM Start Set Description	EGY	WOF
=====	1 20 00 01 1 1 01 1	===	===
0.00	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 300 free 300 back	REC	
	200 IM-all drill		
900	3x{1 x 100 on 2:15 Kick	EN2	
	$\{4 \times 50 \text{ on } 1:15 \text{ Kick w/out a board}\}$	EN2	
900	6 x 150 on 2:30 Pulls mid 50 br ev 8	EN1	
1,200	$1x\{6 \times 50 \text{ on } 1:05 \text{ Backstroke}$	EN2	
	{6 x 50 on 1:00 Backstroke	EN2	
	{6 x 50 on :55 Backstroke	EN2	
	{6 x 50 on :50 Backstroke	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
1,600	4 x 400 on 7:00 100fr 200IM 100fr	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	8:00 PM 6,000 Meters - Stress Value = 93	3	

#### Workout #800 - Wednesday, 07 June 2000 Group 3 - All

#### 1 minute rest between sets

5:30 PM Start								
Yards	Se	et	Des	crip	otion		EGY	WC
=====	==	===		====			===	==
	1	or	n 30	:00	Stoma	ach and Stretch		
800	1	Х	800	on	16:00	0 400 skps 400 rv IM d	REC	
900	9	Х	100	on	2:00	Kick	EN2	
1,000	1x{1	Х	400	on	6:00	Pulls	EN1	
	{ 1	Х	300	on	4:30	Pulls	EN1	
	{ 1	Х	200	on	3:00	Pulls	EN1	
	{ 1	Х	100	on	1:30	Pulls	EN1	
600	6	Х	100	on	1:45	Descend in sets of 3	EN1	
1,800	1x{1	Х	200	on	4:00	Breaststroke	EN2	
	{ 1	Х	200	on	3:50	Breaststroke	EN2	
	{ 1	Х	200	on	3:40	Breaststroke	EN2	
	{ 1	Х	200	on	3:30	Breaststroke	EN2	
	{ 1	Х	200	on	4:00	Freestyle	REC	
	{ 1	Х	100	on	2:00	Breaststroke	EN2	
	{ 1	Х	100	on	1:55	Breaststroke	EN2	
	{ 1	Х	100	on	1:50	Breaststroke	EN2	
	{ 1	Х	100	on	1:45	Breaststroke	EN2	
	{ 1	Х	200	on	4:00	Freestyle	REC	
	{ 1	Х	50	on 1	1:00 E	Breaststroke	EN2	
	{ 1	Х	50	on :	:55 Bı	reaststroke	EN2	

	$\{1 \times 50 \text{ on } : 50 \text{ Breaststroke} \}$	EN2
	{1 x 50 on :45 Breaststroke	EN2
400	4 x 100 on 2:00 Descend to ludicrous	EN3
	speed	
500	10 x 50 on 1:00 Stroke Drills	REC
	7:58 PM 6,000 Yards - Stress Value = 86	

#### Workout #801 - Thursday, 08 June 2000 Group 3 - All 1 minute rest between sets

	5:30	AM Start			
Yards	Se	et Description	EGY	WORK	Sī
=====	==		===	====	==
425	1	x 425 on 8:00 Reverse IM drill	REC	D	I
210	1	4 x 15 on :30 Pit sprints	SP3	S	F
1,200	3x{1	x 200 on 3:00 Lungbuster pulls	EN1	P	F
	{ 1	x 200 on 2:45 Pulls	EN1	P	F
2,300	1x{4	x 125 on 1:40 IM-50 fly	EN1	S	I
	{ 4	x 50 on :50 Freestyle	EN1	S	F
	{ 4	x 100 on 1:35 IM 50 back	EN1	S	I
	{ 4	x 50 on :45 Freestyle	EN1	S	F
	{ 4	x 100 on 1:45 IM 50 breast	EN1	S	I
	{ 4	x 50 on :40 Freestyle	EN1	S	F
	{ 4	x 100 on 1:30 IM 50 free	EN1	S	I
200	1	x 200 on 3:00 Stroke Drills	REC	D	C
	6:45	AM 4,335 Yards - Stress Value =	= 43		

#### Workout #802 - Thursday, 08 June 2000 Group 3 - All 1 minute rest between sets

	5:30 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:15 Stroke Drills 2 on E	REC	
150	10 x 15 on :45 Shooters	SP3	
800	16 x 50 on 1:10 Kick-odds fast	EN2	
1,500	3x{1 x 200 on 3:30 Pulls	EN1	
	{1 x 150 on 2:35 Pulls	EN1	
	{1 x 100 on 1:45 Pulls	EN1	
	{1 x 50 on :50 Pulls	EN1	
400	8 x 50 on 1:15 25 dr 25 build IM or	EN1	
1,600	$4x{4 \times 100}$ on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:59 PM $5,650$ Yards - Stress Value = $73$		

SP3 S EN2 F

EN1 F

SP3 S

EN1 E

EGY WORK

SP3 S

EN1 F

#### Licensed To: South Bend SC/Riley HS Workout #803 - Monday, 12 June 2000 6:30 AM Start Group 3 - All Meters Set Description 1 minute rest between sets ====== 1 on 30:00 Plyometrics/stretch 6:30 AM Start 1 x 1000 on 18:00 Choice 10 x 15 on :30 Shooters 1,000 Set Description Meters EGY WOF 150 1,000 10 x 100 on 2:00 Kick 1 on 30:00 Stomach and Stretch 1,500 5 x 300 on 4:45 Pulls 800 1 x 800 on 16:00 Swim-kick-pull-swim REC evens hold undr 4:00 400 8 x 50 on 1:00 2 on each 10strks dr EN1 EN2 900 1x{3 x 100 on 2:20 Kick EN2 10 strokes build {3 x 100 on 2:15 Kick 1,800 1x{3 x 200 on 3:30 Individual Medley EN2 {3 x 100 on 2:10 Kick EN2 100 1 x 100 on 3:00 Kick-for time EN2 750 1x{6 x 50 on 1:00 Pulls-nbbf&w EN1 {3 x 200 on 3:25 Individual Medley EN2 {3 x 200 on 3:20 Individual Medley EN2 S 400 8 x 50 on 1:00 Stroke Drills REC [ {5 x 50 on :55 Pulls-nbbf&w EN1 {4 x 50 on :50 Pulls-nbbf&w EN1 9:00 AM 6,250 Meters - Stress Value = 89 600 6 x 100 on 1:45 Descend in sets of 3 EN1 Workout #806 - Tuesday, 13 June 2000 $2,400 3x{1 x 400 on 6:00 Freestyle}$ EN3 Group 3 - Silver {1 x 200 on 2:45 Freestyle EN2 {4 x 50 on 1:00 Your Stroke-no free EN2 1 minute rest between sets 200 1 x 200 on 4:00 Stroke Drills REC 9:00 AM 5,900 Meters - Stress Value = 149 6:30 AM Start Meters Set Description Workout #804 - Monday, 12 June 2000 ===== 1 on 30:00 Plyometrics/stretch Group 3 - All 1 x 1000 on 18:00 Choice 10 x 15 on :30 Shooters 1,000 1 minute rest between sets 150 8 x 100 on 2:15 Kick-all fast EN2 F 5:30 PM Start 1,200 4 x 300 on 5:00 Pulls EGY WORK S Yards Set Description evens hold undr 4:15 ====== 400 8 x 50 on 1:10 2 on each 10strks dr EN1 1 on 29:00 Stomach and Stretch L I 10 strokes build 12 x 50 on 1:15 Stroke Drills 10 x 15 on :30 Shooters REC 1,800 1x{3 x 200 on 3:50 Individual Medley EN2 S 150 {3 x 200 on 3:40 Individual Medley EN2 S SP3 1,200 $4x\{1 \times 100 \text{ on } 1:45 \text{ Lungbuster pulls EN1}$ {3 x 200 on 3:30 Individual Medley EN2 S 400 8 x 50 on 1:00 Stroke Drills REC I {1 x 50 on 1:00 Pulls EN1 P {1 x 50 on :55 Pulls EN1 P 8:58 AM 5,750 Meters - Stress Value = 81 P P {1 x 50 on :50 Pulls EN1 {1 x 50 on :45 Pulls EN1 Workout #807 - Tuesday, 13 June 2000 4 x 100 on 2:00 Free-6-b-k add 50 EN2 S 400 1 on 10:00 Techniques-relay str Group 3 - Bronze 400 8 x 50 on 2:00 2 on each all from SP2 S 1 minute rest between sets the blocks D ( 6:30 AM Start 10 x 50 on 1:00 Stroke Drills 500 odds free evens strk Meters Set Description 25 fast 25 easy \_ ===== 7:29 PM 3,250 Yards - Stress Value = 71 1 on 30:00 Plyometrics/stretch 1 x 800 on 18:00 Choice 10 x 15 on :30 Shooters 800 Workout #808 - Tuesday, 13 June 2000 150 8 x 100 on 2:30 Kick-all fast EN2 F 4 x 300 on 5:30 Pulls EN1 F 800 Group 3 - All 4 x 300 on 5:30 Pulls 1,200 1 minute rest between sets evens hold undr 4:30 400 8 x 50 on 1:15 2 on each 10strks dr EN1 5:30 PM Start 10 strokes build EGY WOF Meters Set Description 1,400 1x{3 x 200 on 4:10 Individual Medley EN2 {3 x 200 on 4:05 Individual Medley EN2 § 1 on 30:00 Stomach and Stretch {1 x 200 on 4:00 Individual Medley EN2 8 x 50 on 1:00 Stroke Drills REC 8 x 100 on 2:15 Stroke Drills 800 odds free evens strk 8:58 AM 5,150 Meters - Stress Value = 72 $10 \times 15$ on :45 Shooters 150 1,200 1x{3 x 150 on 2:35 Pulls-mid 50 br ev 9 EN1 {3 x 150 on 2:25 Pulls-mid 50 br ev 7 EN1 {2 x 150 on 2:15 Pulls-mid bo br ev 5 EN1 $4 \times 50$ on 1:00 Freestyle 200 1,200 3x{1 x 200 on 3:45 Backstroke

Workout #805 - Tuesday, 13 June 2000 Group 3 - Gold 1 minute rest between sets

{2 x 50 on 1:00 Back count strokes EN1 {1 x 100 on 2:30 Backstroke 90% effrt EN3 8 x 50 on 1:15 Stroke Drills REC 7:30 PM 3,950 Meters - Stress Value = 50

#### Workout #809 - Wednesday, 14 June 2000 Group 3 - All

	1 minute rest between sets		Meters	Set Description	EGY	WORK	<u>ج</u>
Meters	6:30 AM Start Set Description	EGY WOF	150	10 x 15 on :30 Shooters	REC SP3	L D S	F
800 150	<u> </u>	REC SP3	900 1,000 1	1x{1 x 400 on 6:20 Pulls {1 x 300 on 4:45 Pulls	EN2 EN1 EN1	K P P	C
	3x{1 x 150 on 3:30 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:10 Kick	EN2 EN2 EN2	600	{1 x 100 on 1:35 Pulls 3 x 200 on 4:00 Individual Medley	EN1 EN1 EN1	P P S	
1,200	1x{2 x 300 on 4:45 Pulls {2 x 200 on 3:15 Pulls {2 x 100 on 1:45 Pulls	EN1 EN1 EN1	1,800 1	{4 x 50 on 1:10 Butterfly {1 x 300 on 5:15 Fly drill 3-3-3	EN1 EN1 EN1	D S D	F
450 600	9 x 50 on 1:00 Descend in sets of 3 6 x 100 on 6:00 Freestyle	EN1 SP2		1 x 200 on 3:30 Fly drill 4-4-4	EN1 EN1 EN1	S D S	F
400	8 x 50 on 1:00 Stroke Drills 9:01 AM 4.500 Meters - Stress Value = 1	REC 10		{1 x 100 on 1:45 Fly drill 5-5-5	EN1	D	F

6:30 AM Start

## Workout #812 - Thursday, 15 June 2000 **Group 3 - Breast**

9:01 AM 4,500 Meters - Stress Value = 110

#### Workout #811 - Thursday, 15 June 2000 1 minute rest between sets Group 3 - Backstroke 6:30 AM Start 1 minute rest between

400

	0:30 AM Start						1 mi	nute rest between sets		
Meters	Set Description	EGY	WOF							
=====		===	===		6:30	AM S	tart	:		
	1 on 30:00 Plyometrics/stretch			Meters		et Des			EGY	WORK S
800	2 x 400 on 8:00 Reverse IM drill	REC		======			-			==== =
150	10 x 15 on :30 Shooters	SP3			1	on 30	• 0 0	Plyometrics/stretch		LΙ
900	18 x 50 on 1:10 Kick	EN2		800				8:00 Reverse IM drill	REC	D
1,000	1x{1 x 400 on 6:20 Pulls	EN1		150				:30 Shooters	SP3	
	{1 x 300 on 4:45 Pulls	EN1		900				1:10 Kick	EN2	K C
	{1 x 200 on 3:10 Pulls	EN1						6:20 Pulls	EN1	P
	{1 x 100 on 1:35 Pulls	EN1		1,000	•			4:45 Pulls	EN1	P
600	3 x 200 on 4:00 Individual Medley	EN1			•			3:10 Pulls	EN1	P
1,500	3x{1 x 200 on 4:00 Breast-2 kick 1 pull	EN1			•			1:35 Pulls	EN1	P
	{1 x 150 on 3:00 Breast fly kick dril	EN1		600	•			4:00 Individual Medley		S
	{1 x 100 on 2:00 Breast-full stroke	EN1						1:50 Backstroke	EN1	S
	$\{1 \times 50 \text{ on } 1:00 \text{ Butterfly} \}$	EN1		2,300	-			1:45 Freestyle	EN1	S
300	3 x 100 on 1:45 Free -descend	EN1			•			1:45 Backstroke	EN1	S
400	8 x 50 on 1:00 Stroke Drills	REC			•			1:45 Freestyle	EN1	S
	9:01 AM 5,650 Meters - Stress Value = 6	3			-			1:40 Backstroke		S
	•				•				EN1	
	W14 #910 Th1 15 I 2000				•			1:45 Freestyle	EN1	S
	Workout #810 - Thursday, 15 June 2000				•	X 50		:00 Stroke Drills	REC	D

#### Workout #810 - Thursday, 15 June 2000 **Group 3 - Distance** 1 minute rest between sets

# Workout #814 - Thursday, 15 June 2000 Group 3 - All

9:00 AM 5,950 Meters - Stress Value = 67

{4 x 50 on :55 Butterfly EN1 S F 8 x 50 on 1:00 Stroke Drills REC D

8:59 AM 5,650 Meters - Stress Value = 62

	6:30 AM Start				Group 3 - All
Meters	Set Description		WORK S		1 minute rest between sets
800 150 900 1,000	1 on 30:00 Plyometrics/stretch 2 x 400 on 8:00 Reverse IM drill 10 x 15 on :30 Shooters 18 x 50 on 1:10 Kick 1x{1 x 400 on 6:20 Pulls	REC SP3 EN2 EN1	L I D S I K (	Meters	1 on 30:00 Stomach and Stretch
600 2,500	{1 x 300 on 4:45 Pulls {1 x 200 on 3:10 Pulls {1 x 100 on 1:35 Pulls 3 x 200 on 4:00 Individual Medley 1x{1 x 500 on 7:30 Freestyle	EN1	P P P S S	150	
400	{1 x 500 on 7:20 Freestyle {1 x 500 on 7:10 Freestyle {1 x 500 on 7:00 Freestyle {1 x 500 on 6:50 Freestyle 8 x 50 on 1:00 Stroke Drills 9:00 AM 6,350 Meters - Stress Value	EN1 EN1 EN1 EN1 REC = 74	S S S D	400 1,400	2x{2 x 200 on 4:00 Breaststroke EN2 {6 x 50 on 1:30 Breaststroke EN2 { odds off the blocks { count your strokes

Workout #813 - Thursday, 15 June 2000 Group 3 - Fly 1 minute rest between sets

#### Workout #815 - Friday, 16 June 2000 Group 3 - Distance 1 minute rest between sets

#### Workout #822 - Monday, 19 June 2000 Group 3 - All 1 minute rest between sets

	6 20 7 4 0				1 minute rest between sets		
Motoro	6:30 AM Start	ECV	MOT				
Meters	Set Description	EGY		** 1	4:00 PM Start	E011	
	1 on 30:00 Stomach and Stretch			Yards	Set Description		WOF
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC			1 on 30:00 Medicine ball/strtch		
150	10 x 15 on :30 Shooters	SP3		825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
1,200	1x{3 x 100 on 2:30 Kick	EN2		210	14 x 15 on :30 Pit sprints	SP3	
	{3 x 100 on 2:20 Kick	EN2		700	7 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 200 on 2:10 Kick	EN2			odds br 3-5-7-9		
1,500	1x{2 x 250 on 4:00 Pulls	EN1			evens br 2-4-6-8		
	{2 x 250 on 3:50 Pulls	EN1			$1x\{8 \times 25 \text{ on :} 30 \text{ Butterfly}$	EN2	
600	{2 x 250 on 3:40 Pulls 6 x 100 on 1:45 Descend in sets of 3	EN1			{1 on :30 Rest		
1,500	15 x 100 on 2:00 Free hold fastest	EN3			{8 x 25 on :25 Backstroke	EN2	
1,500	possible average	шио			{1 on :30 Rest {8 x 25 on :30 Breaststroke	EN2	
300	1 x 300 on 6:00 Stroke Drills	REC			{1 on :30 Rest	LINZ	
	8:58 AM 6,050 Meters - Stress Value = 1	58			{8 x 25 on :20 Freestyle	EN2	
					8x{1 x 50 on :00 Off blocks 2 on each	SP2	
	Workout #817 - Friday, 16 June 2000				{1 x 150 on 4:00 Freestyle-ez	REC	!
	Group 3 - IM/Stroke			200	4 x 50 on 1:00 Stroke Drills	REC	!
	1 minute rest between sets				6:00 PM 4,335 Yards - Stress Value = 71		
	1 minute Test between sets						
	6:30 AM Start				Workout #819 - Monday, 19 June 2000		
Meters	Set Description	EGY	WOF		Group 3 - Gold		
		===	===		1 minute rest between sets		
	1 on 30:00 Stomach and Stretch						
800	1 x 800 on 16:00 Swim-kick-pull-swim				6:30 AM Start		
150	10 x 15 on :30 Shooters	SP3		Meters	Set Description	EGY	WOF
1,200	1x{3 x 100 on 2:30 Kick {3 x 100 on 2:20 Kick	EN2 EN2				===	===
	{3 x 200 on 2:10 Kick	EN2		0.00	1 on 30:00 Plyometrics/stretch	DEC	
1,500	1x{2 x 250 on 4:00 Pulls	EN1		800 150	1 x 800 on 16:00 Swim-kick-pull-swim 10 x 15 on :30 Shooters	SP3	
,	{2 x 250 on 3:50 Pulls	EN1		130	1x{2 x 200 on 4:20 Kick	EN2	
	{2 x 250 on 3:40 Pulls	EN1			{2 x 150 on 3:15 Kick	EN2	
600	6 x 100 on 1:45 Descend in sets of 3	EN1			{2 x 100 on 2:10 Kick	EN2	
1,600	1x{1 x 400 on 7:00 Individual Medley	EN1			{2 x 50 on 1:05 Kick	EN2	
	$\{6 \times 50 \text{ on } 1:05 \text{ Butterfly} \}$	EN1			1x{5 x 50 on 1:05 Pulls-nbbf&w	EN1	
	{6 x 50 on 1:00 Backstroke	EN2			{5 x 50 on 1:00 Pulls-nbbf&w	EN1	
	{6 x 50 on 1:10 Breaststroke	EN2			$\{5 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w}$	EN1	
200	{6 x 50 on :55 Freestyle	EN2			$\{5 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w}$	EN1	
300	1 x 300 on 6:00 Stroke Drills 9:00 AM 6,150 Meters - Stress Value = $8$	REC		600	3 x 200 on 3:45 Individual Medley	EN1	
	J.00 AM 0,130 Metel3 Stle33 value - 0	,			build each 50	E NI O	
	Workout #916 Friday 16 June 2000				1x{3 x 200 on 2:50 Freestyle {3 x 200 on 2:45 Freestyle	EN2 EN2	
	Workout #816 - Friday, 16 June 2000				{3 x 200 on 2:40 Freestyle	EN2	
	Group 3 - Sprint				{1 x 200 on 2:35 Freestyle	EN2	
	1 minute rest between sets			500		REC	
	6:30 AM Start				8:59 AM 6,050 Meters - Stress Value = 8	7	
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 :30 Shooters	SP3					
1,200	1x{3 x 100 on 2:30 Kick	EN2					
	{3 x 100 on 2:20 Kick	EN2					
1 500	{3 x 200 on 2:10 Kick 1x{2 x 250 on 4:00 Pulls	EN2					
1,300	1x{2 x 250 on 4:00 Pulls {2 x 250 on 3:50 Pulls	EN1 EN1					
	{2 x 250 on 3:40 Pulls	EN1					
600	6 x 100 on 1:45 Descend in sets of 3						
	2x{4 x 50 on 1:00 Freestyle	EN2					
,	{3 x 50 on :55 Freestyle	EN2					
	{3 x 50 on :50 Freestyle	EN2					
	{2 x 50 on :45 Freestyle	EN2					
	{1 on 4:00 Vertical Kicking	EN2					
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle easy} \}$	REC					
300	1 x 300 on 6:00 Stroke Drills	REC					
	9:00 AM 5,850 Meters - Stress Value = 8	6					

6:30 AM Start

EGY WOF

REC

SP3

EN2

EN1

EN1

REC

#### Workout #820 - Monday, 19 June 2000 Group 3 - Silver 1 minute rest between sets

	{3 x 200 on	3:45 Freestyle	EN2
	{1 x 200 on	3:30 Freestyle	EN2
500	10 x 50 on	1:00 Stroke Drills	REC
	8:58 AM 5,450	Meters - Stress Value =	74

Workout #825 - Tuesday, 20 June 2000

Group 3 - Breast 1 minute rest between sets

1 on 30:00 Stomach and Stretch

10 x 100 on 2:20 Kick-odds fast

 $12 \times 50$  on 1:00 Descend in sets of 3 EN1

1 x 800 on 16:00 Choice

10 x 15 on :30 Shooters

4 x 300 on 5:00 Pulls

\_\_\_\_\_\_\_\_\_\_\_

	6:30 AM Start		
Meters	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
150	$10 \times 15$ on :30 Shooters	SP3	
	1x{2 x 200 on 4:20 Kick	EN2	
	{2 x 150 on 3:15 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 50 on 1:05 Kick	EN2	
	$1x{5 x 50 on 1:05 Pulls-nbbf&w}$	EN1	
	$\{5 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN1	
	{5 x 50 on :55 Pulls-nbbf&w	EN1	
	{5 x 50 on :50 Pulls-nbbf&w	EN1	
600	3 x 200 on 3:45 Individual Medley	EN1	
	build each 50		
	1x{3 x 200 on 3:00 Freestyle	EN2	
	{3 x 200 on 2:55 Freestyle	EN2	
	{4 x 200 on 2:50 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	9:01 AM 6,050 Meters - Stress Value = 88	3	

#### 1,200 2x{2 x 50 on 1:10 Breaststroke EN1 {2 x 100 on 2:20 Breaststroke {2 x 150 on 3:30 Breaststroke 5 x 100 on 2:00 Stroke Drills 9:01 AM 5,450 Meters - Stress Value = 62

6:30 AM Start Set Description

Meters =====

800

150

1,000

1,200

# Workout #821 - Monday, 19 June 2000 Group 3 - Bronze

#### 1 minute rest between sets

Meters	Set Description	EGY	WOF					
		===	===					
	1 on 30:00 Plyometrics/stretch							
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC						
150	$10 \times 15$ on :30 Shooters	SP3						
	1x{2 x 200 on 4:20 Kick	EN2						
	{2 x 150 on 3:15 Kick	EN2						
	{2 x 100 on 2:10 Kick	EN2						
	{2 x 50 on 1:05 Kick	EN2						
	$1x{5 x 50 on 1:05 Pulls-nbbf&w}$	EN1						
	$\{5 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN1						
	$\{5 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w}$	EN1						
	{5 x 50 on :50 Pulls-nbbf&w	EN1						
600	3 x 200 on 3:45 Individual Medley	EN1						
	build each 50							
	$1x{3 x 200 on 3:20 Freestyle}$	EN2						
	{3 x 200 on 3:15 Freestyle	EN2						
	{3 x 200 on 3:10 Freestyle	EN2						
500	10 x 50 on 1:00 Stroke Drills	REC						
	9:01 AM 5,850 Meters - Stress Value = 83	3						
Workout #818 - Monday, 19 June 2000								

# Group 3 - Silver/Bronze 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 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
	1x{2 x 200 on 4:20 Kick	EN2	
	{2 x 150 on 3:15 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 50 on 1:05 Kick	EN2	
	$1x{5 x 50 on 1:05 Pulls-nbbf&w}$	EN1	
	$\{5 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN1	
	{5 x 50 on :55 Pulls-nbbf&w	EN1	
	{5 x 50 on :50 Pulls-nbbf&w	EN1	
600	3 x 200 on 3:45 Individual Medley	EN1	
	build each 50		
	1x{3 x 200 on 4:00 Freestyle	EN2	

#### Workout #827 - Tuesday, 20 June 2000 **Group 3 - Distance** 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	S
=====		===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
800	1 x 800 on 16:00 Choice	REC	S	C
150	10 x 15 on :30 Shooters	SP3	S	F
1,000	10 x 100 on 2:20 Kick-odds fast	EN2	K	C
1,200	4 x 300 on 5:00 Pulls	EN1	P	
600	$12 \times 50$ on $1:00$ Descend in sets of $3$	EN1	S	
1,600	2 x 800 on 13:30 Freestyle	EN1	S	
500	5 x 100 on 2:00 Stroke Drills	REC	D	
	9:00 AM 5,850 Meters - Stress Value =	= 67		

#### Workout #824 - Tuesday, 20 June 2000 Group 3 - Fly 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 Choice	REC	
150	10 x 15 on :30 Shooters	SP3	
1,000	10 x 100 on 2:20 Kick-odds fast	EN2	
1,200	4 x 300 on 5:00 Pulls	EN1	
600	$12 \times 50$ on $1:00$ Descend in sets of $3$	EN1	
1,500	2x{2 x 50 on 1:00 25 fly 25 free	EN1	
	$\{2 \times 100 \text{ on } 2:00 50 \text{ fly } 50 \text{ free}$	EN1	
	{2 x 150 on 3:00 75 fly 75 free	EN1	
	$\{1 \times 150 \text{ on } 3:00 \text{ IM no free}$	EN1	
400	4 x 100 on 2:00 Stroke Drills	REC	
	9:01 AM 5,650 Meters - Stress Value = 6	5	

#### Workout #823 - Tuesday, 20 June 2000 Group 3 - Backstroke 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 Choice	REC	
150	10 x 15 on :30 Shooters	SP3	
1,000	10 x 100 on 2:20 Kick-odds fast	EN2	
1,200	4 x 300 on 5:00 Pulls	EN1	
600	$12 \times 50$ on $1:00$ Descend in sets of $3$	EN1	
1,500	1x{4 x 200 on 3:45 Backstroke	EN1	
	{3 x 150 on 2:50 Backstroke	EN2	
	{2 x 100 on 1:50 Backstroke	EN2	
	{1 x 50 on :55 Backstroke	EN2	
500	5 x 100 on 2:00 Stroke Drills	REC	
	9:02 AM 5,750 Meters - Stress Value = 7	3	

#### Workout #826 - Tuesday, 20 June 2000 Group 3 - All 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WORK	Sī
		===		==
	1 on 30:00 Plyometrics/stretch		L	DF
800	1 x 800 on 16:00 Choice	REC	S	CF
300	6 x 50 on 1:00 Descend in sets of 3	EN1	S	E
3,000	1 x 3000 on 30:00 Freestyle	EN2	S	E
200	1 x 200 on 5:00 Choice	REC	S	(
	8:00 AM 4,300 Meters - Stress Value	= 69	9	

#### Workout #828 - Tuesday, 20 June 2000 Group 3 - All 1 minute rest between sets

	5:30 PM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
600	12 x 50 on 1:15 Stroke Drills 3 on E	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	$4x{1 \times 100 \text{ on } 1:45 \text{ Lungbuster pulls}}$	EN1	
	{3 x 50 on :45 Pulls	EN1	
300	6 x 50 on 1:00 Freestyle build	EN1	
1,300	1x{3 x 100 on 1:50 Backstroke	EN2	
	{4 x 50 on 1:00 Backstroke-descend	EN2	
	{3 x 100 on 1:45 Backstroke	EN2	
	{4 x 50 on 1:00 Backstroke-descend	EN2	
	{3 x 100 on 1:40 Backstroke	EN2	
400	4 x 100 on 1:45 Freestyle-descend to	EN2	
	ludicrous speed		
300	6 x 50 on 1:15 Stroke Drills	REC	

#### Workout #829 - Wednesday, 21 June 2000 Group 3 - All

7:30 PM 4,050 Meters - Stress Value = 59

#### 1 minute rest between sets

Meters	5:30 PM Start Set Description	EGY	WORF
	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	8 x 100 on 2:00 Stroke Drills	REC	Γ
	odds free evens strk		
150	10 x 15 on :45 shooters off the blk	SP3	٤
	1x{1 x 200 on 3:25 Pulls	EN1	E
	{1 x 200 on 3:20 Pulls	EN1	E
	{1 x 200 on 3:15 Pulls	EN1	E
	{1 x 200 on 3:10 Pulls	EN1	E

	{1 x 2	200 on 3:05	Pulls	EN1	E
	{1 x 2	200 on 3:00	Pulls	EN1	E
400	8 x !	50 on 1:00	2 on each stroke	EN1	٤
	3x{1 x 2	200 on 4:00	Breaststroke	EN2	٤
	{4 x !	50 on 1:15	Breast under/over	EN2	٤
	{ off	the blocks			
300	6 x !	50 on 1:00	Stroke Drills	REC	Γ
	7:30 PM	4,050 Mete	rs - Stress Value =	= 49	

#### Workout #831 - Thursday, 22 June 2000 Group 3 - Breast 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	S
=====		===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	S	
150	10 x 15 on :30 Shooters	SP3	S	
500	10 x 50 on 1:10 Kick	EN2	K	C
500	1 x 500 on 10:00 Kick for time	EN3	K	C
1,200	8 x 150 on 2:30 Pulls mid 50 br ev 8	EN1	P	
400	1 x 400 on 8:00 Individual Medley	EN1	S	
1,800	3 x 600 on 11:00 Breaststroke	EN2	S	
500	10 x 50 on 1:00 Stroke Drills	REC	S	

9:01 AM 5,850 Meters - Stress Value = 108

#### Workout #833 - Thursday, 22 June 2000 Group 3 - Distance 1 minute rest between sets

	6:30	ΑM	1 St	cart	Ξ.					
Meters	Se	et	Des	crip	otion				EGY	WOF
	==	-=-							===	===
	1	or	30:	:00	Stoma	ach and	d Str	etch		
800	1	Х	800	on	16:00	) Swim-	-kick	-pull-swim	REC	
150	10	) x	15	on	:30 8	Shoote	rs		SP3	
500	10	) x	50	on	1:10	Kick			EN2	
500	1	Х	500	on	10:00	) Kick	for	time	EN3	
1,200	8	Х	150	on	2:30	Pulls	mid	50 br ev 8	EN1	
400	1	Х	400	on	8:00	Indivi	idual	Medley	EN1	
2,400	2x{1	Х	200	on	3:15	Freest	tyle		EN2	
	{ 1	Х	200	on	2:45	Freest	tyle		EN2	
	{ 1	Х	100	on	1:40	Freest	cyle		EN2	
	{ 1	Х	100	on	1:35	Freest	zyle		EN2	
	{ 1	Х	100	on	1:30	Freest	cyle		EN2	
	{ 1	Х	100	on	1:25	Freest	zyle		EN2	
	{ 1	Х	400	on	6:00	Freest	tyle		EN2	
300	6	Х	50 0	on 1	L:00 S	Stroke	Dril	ls	REC	
	9:01	ΑN	1 6,2	250	Mete	rs – St	ress	Value = 1	20	

#### Workout #830 - Thursday, 22 June 2000 Group 3 - Fly

#### 1 minute rest between sets

	6:30 AM Start			
S	Set Description	EGY	WOF	
=	=======================================	===	===	
	1 on 30:00 Stomach and Stretch			

Meters	S	Set Description									
	=:										
	1	on 30:00 Stomach and Stretch									
800	1	x 800 on 16:00 Swim-kick-pull-swim	REC								
150	1	0 x 15 on :30 Shooters	SP3								
500	1	0 x 50 on 1:10 Kick	EN2								
500	1	x 500 on 10:00 Kick for time	EN3								
1,200	8	x 150 on 2:30 Pulls mid 50 br ev 8	EN1								
400	1	x 400 on 8:00 Individual Medley	EN1								
2,100	1x{3	x 200 on 3:30 Butterfly w/ fins	EN2								
	{ 2	x 200 on 3:20 Butterfly w/ fins	EN2								
	{ 1	x 200 on 3:10 Butterfly w/ fins	EN2								
	{ 1	on :30 Rest									
	{ 3	x 100 on 1:45 Butterfly w/ fins	EN2								
	{ 2	x 100 on 1:40 Butterfly w/ fins	EN2								
	{ 1	x 100 on 1:35 Butterfly w/ fins	EN2								
	{ 1	on :30 Rest									
	{ 3	x 50 on :55 Butterfly w/ fins	EN2								
	{ 2	x 50 on :50 Butterfly w/ fins	EN2								
	{ 1	x 50 on :45 Butterfly w/ fins	EN2								
300	6	x 50 on 1:00 Stroke Drills	REC								
	9:01	AM 5,950 Meters - Stress Value = 11	3								

#### Workout #834 - Thursday, 22 June 2000 Group 3 - Backstroke 1 minute rest between sets

#### 6:30 AM Start EGY WOF Meters Set Description \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_ 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 10 x 50 on 1:10 Kick 500 EN2 1 x 500 on 10:00 Kick for time 500 EN3 1,200 8 x 150 on 2:30 Pulls mid 50 br ev 8 EN1 400 1 x 400 on 8:00 Individual Medley EN1 $1,800 6x{2 x 50 on 1:00 Backstroke}$ EN2 {2 x 50 on :55 Backstroke EN2 $\{2 \text{ x } 50 \text{ on } : 50 \text{ Backstroke} \}$ EN2 {1 on :30 Rest 1 x 400 on 7:00 Stroke Drills REC 9:01 AM 5,750 Meters - Stress Value = 107

#### Workout #832 - Thursday, 22 June 2000 Group 3 - Sprint 1 minute rest between sets

6:30 AM Start

	0.50 In Scarc		
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 :30 Shooters	SP3	
500	10 x 50 on 1:10 Kick	EN2	
500	1 x 500 on 10:00 Kick for time	EN3	
1,200	8 x 150 on 2:30 Pulls mid 50 br ev 8	EN1	
400	1 x 400 on 8:00 Individual Medley	EN1	
1,000	<pre>1x{3 x 50 on 1:00 Freestyle-all out!!!</pre>	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 50 on :55 Freestyle-all out!!!	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 50 on :50 Freestyle-all out!!!	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 50 on :45 Freestyle-all out!!!	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
160	8 x 20 on 2:00 Pit sprints/str crds	SP3	
200	4 x 50 on 1:00 Stroke Drills	REC	

9:00 AM 4,910 Meters - Stress Value = 127

#### Workout #836 - Friday, 23 June 2000 Group 3 - Breast 1 minute rest between sets

	6:30	AM Start		
Meters	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 30:00 Plyometrics/stretch		
800	1x{1	x 400 on :00 Reverse IM drill	REC	
	{ 1	x 400 on 16:00 Reverse IM drill	REC	
150	10	0 x 15 on :30 Shooters	SP3	
1,000	5x{1	x 100 on 2:00 Kick	EN2	
	{ 1	x 100 on 2:30 Kick	EN2	
1,600	1x{1	x 400 on 6:30 Pulls	EN1	
	{ 1	x 400 on 6:20 Pulls	EN1	
	{ 1	x 400 on 6:10 Pulls	EN1	
	{ 1	x 400 on 6:00 Pulls	EN1	
600	6	x 100 on 1:45 Descend in sets of 3	EN1	
1,200	1x{6	x 50 on 1:00 Breaststroke	EN1	
	{ 4	x 100 on 1:50 Breaststroke	EN1	
	{ 2	x 150 on 2:40 Breaststroke	EN1	
	{ 1	x 200 on 4:00 Breaststroke	EN3	
400	8	x 50 on 1:10 Stroke Drills	REC	
	8:59	AM 5,750 Meters - Stress Value = 75	ć	

#### Workout #835 - Friday, 23 June 2000 **Group 3 - Distance** 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Plyometrics/stretch		
800	$1x\{1 \times 400 \text{ on } :00 \text{ Reverse IM drill}$	REC	
	$\{1 \times 400 \text{ on } 16:00 \text{ Reverse IM drill}$	REC	
150	$10 \times 15$ on :30 Shooters	SP3	
1,000	5x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
1,600	1x{1 x 400 on 6:30 Pulls	EN1	
	{1 x 400 on 6:20 Pulls	EN1	
	{1 x 400 on 6:10 Pulls	EN1	
	{1 x 400 on 6:00 Pulls	EN1	
600	6 x 100 on 1:45 Descend in sets of 3	EN1	
1,500	3 x 500 on 9:00 Freestyle	EN3	
300	6 x 50 on 1:10 Stroke Drills	REC	
	9:00 AM 5,950 Meters - Stress Value = 1	51	

#### Workout #837 - Friday, 23 June 2000 Group 3 - Fly & Back 1 minute rest between sets

	6:30	AM	St	art								
Meters	Se	et 1	Desc	rip	otion						EGY	WOF
=====	==	-==		-==				====		-===		===
	1	on	30:	00	Plyom	etric	cs/s	tret	ch			
800	1x{1	X '	400	on	:00 R	levers	se II	M dr	ill		REC	
	{ 1	X '	400	on	16:00	Reve	erse	IM	dril	1	REC	
150	10	) X	15	on	:30 S	hoote	ers				SP3	
1,000	5x{1	x :	100	on	2:00	Kick					EN2	
	{ 1	x :	100	on	2:30	Kick					EN2	
1,600	1x{1	X '	400	on	6:30	Pulls	3				EN1	
	{ 1	X '	400	on	6:20	Pulls	3				EN1	
	{ 1	X '	400	on	6:10	Pulls	3				EN1	
	{ 1	X '	400	on	6:00	Pulls	3				EN1	
600	6	X :	100	on	1:45	Desce	end .	in s	ets	of 3	B EN1	
1,200	1x{2	X :	100	on	2:00	Your	Str	oke			EN1	
	{ 1	X :	100	on	2:00	Weak	str	oke			EN1	
	{ 2	X :	100	on	1:55	Your	Str	oke			EN1	
	{ 1	X :	100	on	2:00	Weak	str	oke			EN1	
	{ 2	X :	100	on	1:50	Your	Str	oke			EN1	
	{ 1	X .	100	on	2:00	Weak	str	oke			EN1	
	{ 2	X :	100	on	1:45	Your	Str	oke			EN1	
	{ 1	X :	100	on	2:00	Weak	str	oke			EN1	
400	8	X .	50 c	n 1	:10 S	troke	e Dr	ills	3		REC	
	8:59	AM	5,7	750	Meter	s - 9	Stre	ss V	/alue	= 6	54	

#### Workout #838 - Friday, 23 June 2000 Group 3 - All 1 minute rest between sets

	4:00 PM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Medicine ball/strtch		L
600	12 x 50 on 1:00 Stroke Drills	REC	D
150	10 x 15 on :45 Off the blocks	SP3	S
	4x{1 x 100 on 2:00 Kick	EN2	S
	{1 x 100 on 1:45 Freestyle	EN2	S
450	$9 \times 50$ on :45 Descend in sets of 3	EN1	S
	$8x{1 x 25 on :00 Butterfly off the bl}$	SP2	S
	{ 10 pushups		
	$\{1 \times 75 \text{ on } 2:00 \text{ Freestyle} \}$	REC	S
	1x{1 x 200 on :00 Individual Medley	SP2	S
	{1 x 400 on 10:00 Freestyle	REC	S
	$\{1 \times 100 \text{ on } : 00 \text{ Freestyle}$	SP2	S
	{1 x 100 on 4:00 Freestyle	REC	S
	{ all with zoomers		
	$1x{4 x 25 on :30 Freestyle}$	EN1	S
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	S
	{4 x 25 on :20 Freestyle	EN2	S
	$\{4 \times 25 \text{ on :} 15 \text{ Freestyle}$	EN2	S
250	5 x 50 on 1:00 Stroke Drills	REC	D
	6:00  PM  4.250  Yards - Stress Value = 8	32	

#### Workout #839 - Saturday, 24 June 2000 Group 3 - Gold 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	
150	10 x 15 on :30 Shooters	SP3	
	1x{2 x 100 on 2:30 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{2 x 100 on 2:20 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	

1x{5	x 50 on 1:00 Pulls-nbbf&w	EN1
{ 5	x 50 on :55 Pulls-nbbf&w	EN1
{ 6	x 50 on :50 Pulls-nbbf&w	EN1
200 1	x 200 on 4:00 Freestyle-build	EN2
1x{4	x 50 on :55 Butterfly	EN2
{ 1	x 200 on 3:40 Individual Medley	EN2
{ 4	x 50 on :50 Backstroke	EN2
{ 2	x 200 on 3:30 Individual Medley	EN2
{ 4	x 50 on 1:00 Breaststroke	EN2
{ 3	x 200 on 3:20 Individual Medley	EN2
{ 4	x 50 on :45 Freestyle	EN2
{ 4	x 200 on 3:10 Individual Medley	EN1
300 1	x 300 on 6:00 Stroke Drills	REC
9:00	AM 5,950 Meters - Stress Value =	87

#### Workout #840 - Saturday, 24 June 2000 Group 3 - Silver 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	
150	10 x 15 on :30 Shooters	SP3	
	1x{2 x 100 on 2:30 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{2 x 100 on 2:20 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	$1x{5 x 50 on 1:00 Pulls-nbbf&w}$	EN1	
	{5 x 50 on :55 Pulls-nbbf&w	EN1	
	{6 x 50 on :50 Pulls-nbbf&w	EN1	
200	1 x 200 on 4:00 Freestyle-build	EN2	
	$1x{4 \times 50 \text{ on } 1:05}$ Butterfly	EN2	
	{1 x 200 on 4:00 Individual Medley	EN2	
	$\{4 \times 50 \text{ on } 1:00 \text{ Backstroke} \}$	EN2	
	{2 x 200 on 3:50 Individual Medley	EN2	
	$\{4 \times 50 \text{ on } 1:10 \text{ Breaststroke} \}$	EN2	
	{3 x 200 on 3:40 Individual Medley	EN2	
	$\{4 \times 50 \text{ on } :55 \text{ Freestyle} \}$	EN2	
	{2 x 200 on 3:30 Individual Medley	EN1	
300	1 x 300 on 6:00 Stroke Drills	REC	
	8:59 AM 5,550 Meters - Stress Value = 82		

6:30 AM Start

#### Workout #841 - Saturday, 24 June 2000 Group 3 - Bronze 1 minute rest between sets

#### Workout #843 - Monday, 26 June 2000 Group 3 - Silver 1 minute rest between sets

Meters	6:30 AM Start						
rietels	Set Description	EGY	WOF		6:30 AM Start		
======		===	===			DO11	F.1.O.F.
				Meters	Set Description	EGY	
	1 on 30:00 Stomach and Stretch			=====	=======================================	===	===
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC			1 on 30:00 Plyometrics/stretch		
150	10 x 15 on :30 Shooters	SP3		000	<u> </u>	DEC	
100				800	1 x 800 on 16:00 Swim-kick-pull-swim		
	1x{2 x 100 on 2:30 Kick	EN2		150	10 x 15 on :30 Shooters	SP3	
	{2 x 50 on 1:00 Kick	EN2			1x{6 x 50 on 1:15 Kick	EN2	
	{2 x 100 on 2:20 Kick	EN2					
	·				{6 x 50 on 1:10 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2			{6 x 50 on 1:05 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2			{6 x 50 on 1:00 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2		900	9 x 100 on 1:40 Lungbuster pulls	EN1	
	1x{5 x 50 on 1:00 Pulls-nbbf&w	EN1		200		TILLY	
					odds br 5-7 evns 6-8		
	$\{5 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} \}$	EN1		600	12 x 50 on 1:00 3 on each	EN1	
	{6 x 50 on :50 Pulls-nbbf&w	EN1		2,000	$5 \times 400$ on $5:45$ Freestyle	EN2	
200	1 x 200 on 4:00 Freestyle-build	EN2		400	4 x 100 on 2:00 Stroke Drills	REC	
	1x{4 x 50 on 1:15 Butterfly	EN2		400			
					8:58 AM 6,050 Meters - Stress Value = 96	)	
	{1 x 200 on 4:30 Individual Medley	EN2					
	{4 x 50 on 1:10 Backstroke	EN2			TY 1 4 11044 NV 1 26 Y 2000		
	{2 x 200 on 4:20 Individual Medley	EN2			Workout #844 - Monday, 26 June 2000		
	{4 x 50 on 1:20 Breaststroke	EN2			Group 3 - Bronze		
					-		
	{2 x 200 on 4:10 Individual Medley	EN2			1 minute rest between sets		
	$\{4 \times 50 \text{ on } 1:00 \text{ Freestyle}$	EN2					
	{1 x 200 on 4:00 Individual Medley	EN1			6:30 AM Start		
300	1 x 300 on 6:00 Stroke Drills	REC		M-+		ПСИ	MOT
300				Meters	Set Description	EGY	
	8:57 AM 5,150 Meters - Stress Value = $7$	6		=====	=======================================	===	===
					1 on 30:00 Plyometrics/stretch		
	W			800	<del>-</del>	BEC.	
	Workout #845 - Monday, 26 June 2000						
	Group 3 - All			150		SP3	
	-				1x{6 x 50 on 1:15 Kick	EN2	
	1 minute rest between sets				{6 x 50 on 1:10 Kick	EN2	
					(6 x 50 on 1:05 Kick	EN2	
	4:00 PM Start				•		
Vondo		ECV	TATO T		{6 x 50 on 1:00 Kick	EN2	
Yards	Set Description	EGY		800	8 x 100 on 1:45 Lungbuster pulls	EN1	
	=======================================	===	===		odds br 5-7 evns 6-8		
	1 on 30:00 Medicine ball/strtch			400	8 x 50 on 1:00 2 on each	EN1	
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC					
	<u>-</u>			2,000	5 x 400 on 6:45 Freestyle	EN2	
200	10 x 20 on :45 Shooters off the blk	SP3		400	4 x 100 on 2:00 Stroke Drills	REC	
1,000	10 x 100 on 1:30 Kick with flippers	EN2			8:58 AM 5,750 Meters - Stress Value = 92	2	
1,000 300		EN2 EN1			8:58 AM 5,750 Meters - Stress Value = 92	2	
•	12 x 25 on :30 Freestyle-build	EN1			8:58 AM 5,750 Meters - Stress Value = 92	2	
•	$12 \times 25$ on :30 Freestyle-build $4x\{1 \times 75 \text{ on :00 Swim off the blocks}$	EN1 SP1				).	
•	12 x 25 on :30 Freestyle-build 4x{1 x 75 on :00 Swim off the blocks {1 x 75 on 3:00 Freestyle	EN1 SP1 REC			Workout #852 - Tuesday, 27 June 2000	2	
•	$12 \times 25$ on :30 Freestyle-build $4x\{1 \times 75 \text{ on :00 Swim off the blocks}$	EN1 SP1				2	
•	12 x 25 on :30 Freestyle-build $4x\{1 \times 75 \text{ on } :00 \text{ Swim off the blocks} $ $\{1 \times 75 \text{ on } 3:00 \text{ Freestyle} $ $\{1 \times 50 \text{ on } :00 \text{ Swim off the blocks} $	EN1 SP1 REC SP1			Workout #852 - Tuesday, 27 June 2000 Group 3 - Breast	2	
•	12 x 25 on :30 Freestyle-build 4x{1 x 75 on :00 Swim off the blocks {1 x 75 on 3:00 Freestyle {1 x 50 on :00 Swim off the blocks {1 x 50 on 2:30 Freestyle	EN1 SP1 REC SP1 REC			Workout #852 - Tuesday, 27 June 2000	2	
•	12 x 25 on :30 Freestyle-build 4x{1 x 75 on :00 Swim off the blocks {1 x 75 on 3:00 Freestyle {1 x 50 on :00 Swim off the blocks {1 x 50 on 2:30 Freestyle {1 x 25 on :00 Swim off the blocks	EN1 SP1 REC SP1 REC SP1			Workout #852 - Tuesday, 27 June 2000 Group 3 - Breast 1 minute rest between sets	2	
•	12 x 25 on :30 Freestyle-build  4x{1 x 75 on :00 Swim off the blocks {1 x 75 on 3:00 Freestyle {1 x 50 on :00 Swim off the blocks {1 x 50 on 2:30 Freestyle {1 x 25 on :00 Swim off the blocks {1 x 25 on :00 Freestyle	EN1 SP1 REC SP1 REC			Workout #852 - Tuesday, 27 June 2000 Group 3 - Breast	2	
•	12 x 25 on :30 Freestyle-build 4x{1 x 75 on :00 Swim off the blocks {1 x 75 on 3:00 Freestyle {1 x 50 on :00 Swim off the blocks {1 x 50 on 2:30 Freestyle {1 x 25 on :00 Swim off the blocks	EN1 SP1 REC SP1 REC SP1		Meters	Workout #852 - Tuesday, 27 June 2000 Group 3 - Breast 1 minute rest between sets 6:30 AM Start	? ? WOF	RK S
•	12 x 25 on :30 Freestyle-build  4x{1 x 75 on :00 Swim off the blocks {1 x 75 on 3:00 Freestyle {1 x 50 on :00 Swim off the blocks {1 x 50 on 2:30 Freestyle {1 x 25 on :00 Swim off the blocks {1 x 25 on :00 Freestyle {1 x 25 on 2:00 Freestyle { 1 set for each strk	EN1 SP1 REC SP1 REC SP1		Meters	Workout #852 - Tuesday, 27 June 2000 Group 3 - Breast 1 minute rest between sets  6:30 AM Start Set Description EGY	WOF	
300	12 x 25 on :30 Freestyle-build  4x{1 x 75 on :00 Swim off the blocks {1 x 75 on 3:00 Freestyle {1 x 50 on :00 Swim off the blocks {1 x 50 on 2:30 Freestyle {1 x 25 on :00 Swim off the blocks {1 x 25 on :00 Freestyle { 1 x 25 on 2:00 Freestyle { 1 set for each strk 10 x 50 on 1:00 Stroke Drills	EN1 SP1 REC SP1 REC SP1 REC			Workout #852 - Tuesday, 27 June 2000 Group 3 - Breast 1 minute rest between sets  6:30 AM Start Set Description EGY	WOF	= =
300	12 x 25 on :30 Freestyle-build  4x{1 x 75 on :00 Swim off the blocks {1 x 75 on 3:00 Freestyle {1 x 50 on :00 Swim off the blocks {1 x 50 on 2:30 Freestyle {1 x 25 on :00 Swim off the blocks {1 x 25 on :00 Freestyle {1 x 25 on 2:00 Freestyle { 1 set for each strk	EN1 SP1 REC SP1 REC SP1 REC		=====	Workout #852 - Tuesday, 27 June 2000 Group 3 - Breast 1 minute rest between sets  6:30 AM Start Set Description EGY 1 on 30:00 Stomach and Stretch	/ WOF	== = L
300	12 x 25 on :30 Freestyle-build  4x{1 x 75 on :00 Swim off the blocks {1 x 75 on 3:00 Freestyle {1 x 50 on :00 Swim off the blocks {1 x 50 on 2:30 Freestyle {1 x 25 on :00 Swim off the blocks {1 x 25 on :00 Freestyle { 1 x 25 on 2:00 Freestyle { 1 set for each strk 10 x 50 on 1:00 Stroke Drills	EN1 SP1 REC SP1 REC SP1 REC		800	Workout #852 - Tuesday, 27 June 2000 Group 3 - Breast 1 minute rest between sets  6:30 AM Start Set Description EGY 1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Choice REGY	/ WOF	= = L S (
300	12 x 25 on :30 Freestyle-build  4x{1 x 75 on :00 Swim off the blocks {1 x 75 on 3:00 Freestyle {1 x 50 on :00 Swim off the blocks {1 x 50 on 2:30 Freestyle {1 x 25 on :00 Swim off the blocks {1 x 25 on :00 Freestyle {1 x 25 on 2:00 Freestyle { 1 set for each strk     10 x 50 on 1:00 Stroke Drills 6:00 PM 4,000 Yards - Stress Value = 79	EN1 SP1 REC SP1 REC SP1 REC		=====	Workout #852 - Tuesday, 27 June 2000 Group 3 - Breast 1 minute rest between sets  6:30 AM Start Set Description EGY 1 on 30:00 Stomach and Stretch	7 WOF	== = L
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300 500 Meters ===== 800 150	12 x 25 on :30 Freestyle-build  4x{1 x 75 on :00 Swim off the blocks {1 x 75 on 3:00 Freestyle {1 x 50 on :00 Swim off the blocks {1 x 50 on :00 Swim off the blocks {1 x 25 on :00 Swim off the blocks {1 x 25 on :00 Freestyle {1 x 25 on 2:00 Freestyle {1 set for each strk 10 x 50 on 1:00 Stroke Drills 6:00 PM 4,000 Yards - Stress Value = 79  Workout #842 - Monday, 26 June 2000 Group 3 - Gold I minute rest between sets  6:30 AM Start Set Description	EN1 SP1 REC SP1 REC SP1 REC REC REC EGY === REC SP3 EN2 EN2 EN2 EN2		800 150 1,000 800 600 1,400	Workout #852 - Tuesday, 27 June 2000  Group 3 - Breast  1 minute rest between sets  6:30 AM Start  Set Description EGY  1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Choice REGY 10 x 15 on :30 Shooters SP3  1x{1 x 200 on 4:30 Kick ENY {2 x 150 on 3:30 Kick ENY {3 x 100 on 2:15 Kick ENY {4 x 50 on 1:10 Kick ENY 16 x 50 on 1:30 Pulls ENY 3 x 200 on 4:00 Individual Medley ENY 1x{5 x 100 on 2:00 Breaststroke ENY {4 x 100 on 1:55 Breaststroke ENY {3 x 100 on 1:45 Breaststroke ENY {2 x 100 on 1:45 Breaststroke ENY {3 x 50 on 1:00 Stroke Drills REGY	/ WOF	= = = L S C S S K C K C K C F S S S S S S S
300 500 Meters 800 150	12 x 25 on :30 Freestyle-build  4x{1 x 75 on :00 Swim off the blocks {1 x 75 on 3:00 Freestyle {1 x 50 on :00 Swim off the blocks {1 x 50 on :00 Swim off the blocks {1 x 25 on :00 Swim off the blocks {1 x 25 on :00 Freestyle {1 x 25 on 2:00 Freestyle {1 set for each strk 10 x 50 on 1:00 Stroke Drills 6:00 PM 4,000 Yards - Stress Value = 79  Workout #842 - Monday, 26 June 2000 Group 3 - Gold 1 minute rest between sets  6:30 AM Start Set Description	EN1 SP1 REC SP1 REC SP1 REC REC REC EGY === REC SP3 EN2 EN2 EN2 EN1		800 150 1,000 800 600 1,400	Workout #852 - Tuesday, 27 June 2000  Group 3 - Breast  1 minute rest between sets  6:30 AM Start  Set Description EGY  1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Choice REGY 10 x 15 on :30 Shooters SP3  1x{1 x 200 on 4:30 Kick ENY {2 x 150 on 3:30 Kick ENY {3 x 100 on 2:15 Kick ENY {4 x 50 on 1:10 Kick ENY 16 x 50 on 1:30 Pulls ENY 3 x 200 on 4:00 Individual Medley ENY 1x{5 x 100 on 2:00 Breaststroke ENY {4 x 100 on 1:55 Breaststroke ENY {3 x 100 on 1:45 Breaststroke ENY {2 x 100 on 1:45 Breaststroke ENY {3 x 50 on 1:00 Stroke Drills REGY	/ WOF	= = = L S C S S K C K C K C F S S S S S S S
300 500 Meters 800 150 1,000 600 2,000	12 x 25 on :30 Freestyle-build  4x{1 x 75 on :00 Swim off the blocks {1 x 75 on 3:00 Freestyle {1 x 50 on :00 Swim off the blocks {1 x 50 on :00 Swim off the blocks {1 x 25 on :00 Swim off the blocks {1 x 25 on :00 Freestyle {1 x 25 on :00 Freestyle {1 set for each strk 10 x 50 on 1:00 Stroke Drills 6:00 PM 4,000 Yards - Stress Value = 79  Workout #842 - Monday, 26 June 2000 Group 3 - Gold 1 minute rest between sets  6:30 AM Start Set Description  1 on 30:00 Plyometrics/stretch 1 x 800 on 16:00 Swim-kick-pull-swim 10 x 15 on :30 Shooters  1x{6 x 50 on 1:15 Kick {6 x 50 on 1:10 Kick {6 x 50 on 1:05 Kick {6 x 50 on 1:00 Kick 10 x 100 on 1:30 Lungbuster pulls odds br 5-7 evns 6-8 12 x 50 on 1:00 3 on each 5 x 400 on 5:15 Freestyle	EN1 REC SP1 REC SP1 REC REC REC EGY === REC SP3 EN2 EN2 EN2 EN1 EN1 EN1		800 150 1,000 800 600 1,400	Workout #852 - Tuesday, 27 June 2000  Group 3 - Breast  1 minute rest between sets  6:30 AM Start  Set Description EGY  1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Choice REGY 10 x 15 on :30 Shooters SP3  1x{1 x 200 on 4:30 Kick ENY {2 x 150 on 3:30 Kick ENY {3 x 100 on 2:15 Kick ENY {4 x 50 on 1:10 Kick ENY 16 x 50 on 1:30 Pulls ENY 3 x 200 on 4:00 Individual Medley ENY 1x{5 x 100 on 2:00 Breaststroke ENY {4 x 100 on 1:55 Breaststroke ENY {3 x 100 on 1:45 Breaststroke ENY {2 x 100 on 1:45 Breaststroke ENY {3 x 50 on 1:00 Stroke Drills REGY	/ WOF	= = = L S C S S K C K C K C F S S S S S S S
300 500 Meters 800 150 1,000 600	12 x 25 on :30 Freestyle-build  4x{1 x 75 on :00 Swim off the blocks {1 x 75 on 3:00 Freestyle {1 x 50 on :00 Swim off the blocks {1 x 50 on 2:30 Freestyle {1 x 25 on :00 Swim off the blocks {1 x 25 on :00 Freestyle {1 x 25 on 2:00 Freestyle {1 set for each strk 10 x 50 on 1:00 Stroke Drills 6:00 PM 4,000 Yards - Stress Value = 79  Workout #842 - Monday, 26 June 2000 Group 3 - Gold 1 minute rest between sets  6:30 AM Start Set Description  1 on 30:00 Plyometrics/stretch 1 x 800 on 16:00 Swim-kick-pull-swim 10 x 15 on :30 Shooters  1x{6 x 50 on 1:15 Kick {6 x 50 on 1:15 Kick {6 x 50 on 1:05 Kick {6 x 50 on 1:05 Kick {6 x 50 on 1:05 Kick }0 x 100 on 1:30 Lungbuster pulls odds br 5-7 evns 6-8 12 x 50 on 1:00 3 on each 5 x 400 on 5:15 Freestyle 5 x 100 on 2:00 Stroke Drills	EN1 REC SP1 REC SP1 REC REC REC EGY === REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN2 REC		800 150 1,000 800 600 1,400	Workout #852 - Tuesday, 27 June 2000  Group 3 - Breast  1 minute rest between sets  6:30 AM Start  Set Description EGY  1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Choice REGY 10 x 15 on :30 Shooters SP3  1x{1 x 200 on 4:30 Kick ENY {2 x 150 on 3:30 Kick ENY {3 x 100 on 2:15 Kick ENY {4 x 50 on 1:10 Kick ENY 16 x 50 on 1:30 Pulls ENY 3 x 200 on 4:00 Individual Medley ENY 1x{5 x 100 on 2:00 Breaststroke ENY {4 x 100 on 1:55 Breaststroke ENY {3 x 100 on 1:45 Breaststroke ENY {2 x 100 on 1:45 Breaststroke ENY {3 x 50 on 1:00 Stroke Drills REGY	/ WOF	= = = L S C S S K C K C K C F S S S S S S S
300 500 Meters 800 150 1,000 600 2,000	12 x 25 on :30 Freestyle-build  4x{1 x 75 on :00 Swim off the blocks {1 x 75 on 3:00 Freestyle {1 x 50 on :00 Swim off the blocks {1 x 50 on :00 Swim off the blocks {1 x 25 on :00 Swim off the blocks {1 x 25 on :00 Freestyle {1 x 25 on :00 Freestyle {1 set for each strk 10 x 50 on 1:00 Stroke Drills 6:00 PM 4,000 Yards - Stress Value = 79  Workout #842 - Monday, 26 June 2000 Group 3 - Gold 1 minute rest between sets  6:30 AM Start Set Description  1 on 30:00 Plyometrics/stretch 1 x 800 on 16:00 Swim-kick-pull-swim 10 x 15 on :30 Shooters  1x{6 x 50 on 1:15 Kick {6 x 50 on 1:10 Kick {6 x 50 on 1:05 Kick {6 x 50 on 1:00 Kick 10 x 100 on 1:30 Lungbuster pulls odds br 5-7 evns 6-8 12 x 50 on 1:00 3 on each 5 x 400 on 5:15 Freestyle	EN1 REC SP1 REC SP1 REC REC REC EGY === REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN2 REC		800 150 1,000 800 600 1,400	Workout #852 - Tuesday, 27 June 2000  Group 3 - Breast  1 minute rest between sets  6:30 AM Start  Set Description EGY  1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Choice REGY 10 x 15 on :30 Shooters SP3  1x{1 x 200 on 4:30 Kick ENY {2 x 150 on 3:30 Kick ENY {3 x 100 on 2:15 Kick ENY {4 x 50 on 1:10 Kick ENY 16 x 50 on 1:30 Pulls ENY 3 x 200 on 4:00 Individual Medley ENY 1x{5 x 100 on 2:00 Breaststroke ENY {4 x 100 on 1:55 Breaststroke ENY {3 x 100 on 1:45 Breaststroke ENY {2 x 100 on 1:45 Breaststroke ENY {3 x 50 on 1:00 Stroke Drills REGY	/ WOF	= = = L S C S S K C K C K C F S S S S S S S

#### Workout #851 - Tuesday, 27 June 2000 Group 3 - Distance 1 minute rest between sets

	6:30	AM	St	art	;					
Meters	Se	et I	Desc	rip	otion			EGY	WORK	٢
=====	==			===				===	====	=
	1	on	30:	00	Stoma	ach and Stre	etch		L	
800	1	x 8	300	on	16:00	) Choice		REC	S	(
150	10	) x	15	on	:30 \$	Shooters		SP3	S	
1,000	1x{1	x 2	200	on	4:30	Kick		EN2	K	(
	{ 2	x 1	L50	on	3:30	Kick		EN2	K	(
	{ 3	x 1	L00	on	2:15	Kick		EN2	K	(
	{ 4	x 5	50 o	n 1	:10 H	Kick		EN2	K	(
1,200	1x{2	x 2	200	on	3:00	Pulls		EN1	P	
	{ 2	x 2	200	on	2:55	Pulls		EN1	P	
	{ 2	x 2	200	on	2:50	Pulls		EN1	P	
600	3	x 2	200	on	4:00	Individual	Medley	EN1	S	
2,100	1x{5	x 1	L00	on	1:40	Freestyle		EN1	S	
	{ 1	x 2	200	on	3:10	Freestyle		EN1	S	
	{ 3	x 1	L00	on	1:40	Freestyle		EN1	S	
	{ 2	x 2	200	on	3:10	Freestyle		EN1	S	
	{ 1	x 1	L00	on	1:40	Freestyle		EN1	S	
	{ 3	x 2	200	on	3:10	Freestyle		EN1	S	
300	6	x 5	50 o	n 1	:00 5	Stroke Dril	ls	REC	D	
	9:00	AM	6,1	50	Mete	rs - Stress	Value =	- 71		

### Workout #850 - Tuesday, 27 June 2000 Group 3 - Fly

#### 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	۲
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	
800	1 x 800 on 16:00 Choice	REC	S	(
150	10 x 15 on :30 Shooters	SP3	S	
1,000	1x{1 x 200 on 4:30 Kick	EN2	K	(
	{2 x 150 on 3:30 Kick	EN2	K	(
	{3 x 100 on 2:15 Kick	EN2	K	(
	{4 x 50 on 1:10 Kick	EN2	K	(
1,200	1x{2 x 200 on 3:00 Pulls	EN1	P	
	{2 x 200 on 2:55 Pulls	EN1	P	
	{2 x 200 on 2:50 Pulls	EN1	P	
600	3 x 200 on 4:00 Individual Medley	EN1	S	
1,500	$1x{4 \times 50 \text{ on } 1:00 \text{ Butterfly}}$	EN1	S	E
	$\{1 \times 100 \text{ on } 2:00 \text{ Stroke Drills}$	EN1	S	E
	{3 x 50 on :55 Butterfly	EN1	S	E
	$\{2 \times 100 \text{ on } 2:00 \text{ Stroke Drills}$	EN1	S	E
	{2 x 50 on :50 Butterfly	EN1	S	E
	${3 \times 100 \text{ on } 2:00 \text{ Stroke Drills}}$	EN1	D	E
	$\{1 \times 50 \text{ on } : 45 \text{ Butterfly} \}$	EN1	S	E
	$\{4 \times 100 \text{ on } 2:00 \text{ Stroke Drills}$	EN1	D	E
	{ The drill is not rec			
500	10 x 50 on 1:00 Stroke Drills	REC	D	
	9:00 AM 5,750 Meters - Stress Value =	= 63		

#### Workout #849 - Tuesday, 27 June 2000 Group 3 - Backstroke 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WORK S
=====		===	==== =
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 16:00 Choice	REC	S (
150	10 x 15 on :30 Shooters	SP3	S
1,000	1x{1 x 200 on 4:30 Kick	EN2	K (
	{2 x 150 on 3:30 Kick	EN2	K (
	{3 x 100 on 2:15 Kick	EN2	K (
	{4 x 50 on 1:10 Kick	EN2	K (
1,200	1x{2 x 200 on 3:00 Pulls	EN1	P
	{2 x 200 on 2:55 Pulls	EN1	P

	{ 2	Х	200 on 2:50 Pulls	EN1	P
600	3	Х	200 on 4:00 Individual Medle	y EN1	S
1,650	1x{4	Х	100 on 1:50 Backstroke	EN1	S
	{ 3	Х	100 on 1:45 Backstroke	EN1	S
	{ 2	х	100 on 1:40 Backstroke	EN1	S
	{ 4	Х	50 on 1:00 Backstroke	EN1	S
	{ 3	Х	50 on :55 Backstroke	EN1	S
	{ 2	Х	50 on :50 Backstroke	EN1	S
	{ 1	Х	100 on 1:45 Backstroke	EN1	S
	{ 1	Х	100 on 1:40 Backstroke	EN1	S
	{ 1	Х	100 on 1:35 Backstroke	EN1	S
400	8	Х	50 on 1:00 Stroke Drills	REC	D
	8:58	ΑN	1 5,800 Meters - Stress Value	= 65	

#### Workout #853 - Tuesday, 27 June 2000 Group 3 - All 1 minute rest between sets

	5:30 PM Start		
Meters	Set Description	EGY	WORF
	=======================================	===	
	1 on 30:00 Stomach and Stretch		I
800	8 x 100 on 2:00 Stroke Drills-odds	REC	Γ
	free evens stroke		
150	10 x 15 on :45 Shooters	SP3	٤
1,000	2x{1 x 250 on 3:45 Pulls	EN1	E
	{5 x 50 on :50 Pulls	EN1	E
400	1 x 400 on 7:30 Individual Medley	EN1	٤
	build each 100		
1,300	$1x{6 x 50 on 1:00 Back-des in sets of3}$	EN2	٤
	$\{1 \text{ x } 100 \text{ on } 2\text{:}00 \text{ Backstroke for time}$	SP1	٤
	{5 x 50 on 1:00 Back-des 1-3 & 4-5	EN2	٤
	{1 x 100 on 2:30 Backstroke for time	SP1	٤
	{4 x 50 on 1:00 Backstroke des 1-4	EN2	٤
	$\{1 \text{ x } 100 \text{ on } 3\text{:}00 \text{ Backstroke for time}$	SP1	٤
	{3 x 50 on 1:00 Backstroke des 1-3	EN2	٤
	{1 x 100 on 3:30 Backstroke for time	SP1	٤
400	8 x 50 on 1:00 Stroke Drills	REC	Γ
	7:30 PM 4.050 Meters - Stress Value = '	79	

#### Workout #848 - Tuesday, 27 June 2000 Group 3 - Gold 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	STK
=====	=======================================	===	====	===
	1 on 30:00 Plyometrics/stretch		L	DRY
1,000	1 x 1000 on 16:00 Choice	REC	S	CHO
1,800	12 x 150 on 2:30 Freestyle	EN3	S	FR
300	1 x 300 on 5:30 Freestyle	REC	S	FR
150	10 x 15 on :30 Shooters	SP3	S	FR
	5x{1 x 100 on 2:15 Kick	EN2	K	CHO
	{1 x 100 on 2:00 Kick	EN2	K	CHO
	1x{3 x 100 on 1:35 Pulls	EN1	P	FR
	{3 x 100 on 1:30 Pulls	EN1	P	FR
	{3 x 100 on 1:25 Pulls	EN1	P	FR
	{3 x 100 on 1:20 Pulls	EN1	P	FR
500	10 x 50 on 1:10 Stroke Drills	REC	D	CD
	8:55 AM 5,950 Meters - Stress Valu	ue =	160	

# Workout #846 - Tuesday, 27 June 2000 Group 3 - Silver 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	STF
	=======================================	===	====	===
	1 on 30:00 Plyometrics/stretch		L	DRY
1,000	1 x 1000 on 16:00 Choice	REC	S	CHC
150	10 x 15 on :30 Shooters	SP3	S	FF
	5x{1 x 100 on 2:30 Kick	EN2	K	CHC
	{1 x 100 on 2:15 Kick	EN2	K	CHC
100	1 x 100 on 2:00 Freestyle-build	EN1	S	FF
1,800	12 x 150 on 2:40 Freestyle	EN3	S	FF
200	1 x 200 on 4:00 Freestyle	REC	S	FF
	1x{3 x 100 on 1:40 Pulls	EN1	P	FF
	{3 x 100 on 1:35 Pulls	EN1	P	FF
	{3 x 100 on 1:30 Pulls	EN1	P	FF
400	8 x 50 on 1:10 Stroke Drills	REC	D	CI
	8:55 AM 5,550 Meters - Stress Value	= 1	L58	

# Workout #847 - Tuesday, 27 June 2000 Group 3 - Bronze 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 16:00 Choice	REC	
150	10 x 15 on :30 Shooters	SP3	
	5x{1 x 100 on 2:45 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	1x{3 x 100 on 1:55 Pulls	EN1	
	{3 x 100 on 1:50 Pulls	EN1	
	{3 x 100 on 1:45 Pulls	EN1	
750	$15 \times 50$ on $1:00$ Descend in sets of $3$	EN1	
1,350	9 x 150 on 2:50 Freestyle	EN3	
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:56 AM 5,350 Meters - Stress Value = 13	6	

# Workout #855 - Thursday, 29 June 2000 Group 3 - Breast 1 minute rest between sets

	6:30 AM Start		
Meters	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 :30 Shooters	SP3	
1,000	10 x 100 on 2:20 Kick-odds fast	EN2	
1,000	1x{1 x 400 on 6:00 Pulls	EN1	
	{1 x 300 on 4:30 Pulls	EN1	
	{1 x 200 on 3:00 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
600	$1x{3 \times 50 \text{ on } 1:00 \text{ Freestyle-descend}}$	EN1	
	{3 x 50 on :55 Freestyle-descend	EN1	
	{3 x 50 on :50 Freestyle-descend	EN2	
	{3 x 50 on :45 Freestyle-descend	EN1	
1,950	$3x{1 x 200 on 4:00 Breast-fly kick}$	EN2	
	{1 x 200 on 3:45 Breast-2 kick 1 pull	EN2	
	{1 x 200 on 3:30 Breaststroke	EN2	
	{1 x 50 on 1:00 Breast-very fast!!!!	EN3	
300	1 x 300 on 5:00 Stroke Drills	REC	
	8:59 AM 5,800 Meters - Stress Value = 97		

Workout #857 - Thursday, 29 June 2000 Group 3 - Distance 1 minute rest between sets

Meters	Set Description	EGY	WC
=====			==
	1 on 30:00 Stomach and Streto	ch	
800	1 x 800 on 16:00 Swim-kick-pu	ull-swim- REC	
150	10 x 15 on :30 Shooters	SP3	
1,000	10 x 100 on 2:20 Kick-odds fa	ast EN2	
1,000	1x{1 x 400 on 6:00 Pulls	EN1	
	$\{1 \times 300 \text{ on } 4:30 \text{ Pulls} \}$	EN1	
	{1 x 200 on 3:00 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
600	$1x{3 \times 50}$ on 1:00 Freestyle-desc	cend EN1	
	{3 x 50 on :55 Freestyle-desce	end EN1	
	{3 x 50 on :50 Freestyle-desce	end EN2	
	{3 x 50 on :45 Freestyle-desce	end EN1	
2,400	1x{3 x 300 on 4:30 Freestyle	EN2	
	{3 x 300 on 4:20 Freestyle	EN2	
	{2 x 300 on 4:10 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	9:00 AM 6,350 Meters - Stress Va	alue = 101	

# Workout #856 - Thursday, 29 June 2000 Group 3 - Fly 1 minute rest between sets

	6:30 AM Start		
Meters	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 :30 Shooters	SP3	
1,000	10 x 100 on 2:20 Kick-odds fast	EN2	
	1x{1 x 400 on 6:00 Pulls	EN1	
	{1 x 300 on 4:30 Pulls	EN1	
	{1 x 200 on 3:00 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
	1x{3 x 50 on 1:00 Freestyle-descend	EN1	
	{3 x 50 on :55 Freestyle-descend	EN1	
	{3 x 50 on :50 Freestyle-descend	EN2	
	{3 x 50 on :45 Freestyle-descend	EN1	
	2x{4 x 50 on 1:00 Butterfly	EN2	
	{1 on 1:00 Rest		
	$\{4 \times 50 \text{ on } :55 \text{ Butterfly} \}$	EN2	
	{1 on 1:00 Rest		
	$\{4 \times 50 \text{ on } : 50 \text{ Butterfly} \}$	EN2	
	{1 on 1:00 Rest		
	$\{4 \times 50 \text{ on } : 45 \text{ Butterfly w/ fins}$	EN2	
	{1 on 1:00 Rest		
400	8 x 50 on 1:00 Stroke Drills	REC	
	9:01 AM 5,550 Meters - Stress Value = 84		

# Workout #861 - Thursday, 29 June 2000 Group 3 - Backstroke 1 minute rest between sets

	6:30	AM Start		
Meters	Se	et 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 :30 Shooters	SP3	
1,000	10	) x 100 on 2:20 Kick-odds fast	EN2	
1,000	1x{1	x 400 on 6:00 Pulls	EN1	
	{ 1	x 300 on 4:30 Pulls	EN1	
	{ 1	x 200 on 3:00 Pulls	EN1	
	{ 1	x 100 on 1:30 Pulls	EN1	
600		x 50 on 1:00 Freestyle-descend	EN1	
	{ 3	x 50 on :55 Freestyle-descend	EN1	
	{ 3	x 50 on :50 Freestyle-descend	EN2	
	{ 3	x 50 on :45 Freestyle-descend	EN1	
1,700	1x{1	x 50 on :55 Backstroke	EN2	
	•	x 100 on 1:45 Backstroke	EN2	
	•		EN2	
	•		EN2	
		x 400 on 6:40 Backstroke	EN2	
	•		EN2	
			EN2	
	•	x 100 on 1:30 Backstroke	EN2	
	•	x 50 on :40 Backstroke	EN2	
200		x 50 on 1:00 Backstroke-descend	EN2	
400	8	x 50 on 1:15 Stroke Drills	REC	
	9:01	AM 5,850 Meters - Stress Value = 89		

# Workout #862 - Thursday, 29 June 2000 Group 3 - All

#### 1 minute rest between sets

	5:30 PM Start		
Meters	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
400	8 x 50 on 1:00 Stroke Drills	REC	Γ
150	10 x 15 on :45 Shooters	SP3	٤
1,500	1x{5 x 100 on 1:45 Pulls	EN1	E
	{4 x 100 on 1:40 Pulls	EN1	E
	{3 x 100 on 1:35 Pulls	EN1	E
	{2 x 100 on 1:30 Pulls	EN1	E
	{1 x 100 on 1:25 Pulls	EN1	E
400	2 x 200 on 4:00 Individual Medley	EN1	٤
	#1 drill #2 build 50		
1,400	2x{6 x 50 on 1:20 Pulls	EN1	E
	{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
	$\{2 \times 50 \text{ on } 1:15 \text{ Breast off the blcks} \}$	SP2	٤
200	1 x 200 on 4:00 Stroke Drills	REC	Ι
	7:31 PM 4,050 Meters - Stress Value =	68	

# Workout #859 - Thursday, 29 June 2000 Group 3 - Gold

# 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 18:00 Choice	REC	
150	$10 \times 15$ on :30 Shooters	SP3	
	1x{2 x 100 on 2:35 Kick	EN2	
	{2 x 100 on 2:25 Kick	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
900	6 x 150 on 2:20 Pulls mid 50 br ev 9	EN1	

	3x{4	x 100 on 1:15 Freestyle	EN2
	{ 1	on 1:00 Rest	
400	8	x 50 on 1:00 Stroke Drills	REC
	1	on 28:00 Water polo	
	8:59	AM 4,650 Meters - Stress Value = 6	3

# Workout #860 - Thursday, 29 June 2000 Group 3 - Silver 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY WOF
======	=======================================	=== ===
	1 on 30:00 Stomach and Stretch	
1 000	1 x 1000 on 18:00 Choice	REC
1,000	1 x 1000 on 10:00 choice	KEC
150	10 x 15 on :30 Shooters	SP3
	1x{2 x 100 on 2:35 Kick	EN2
	{2 x 100 on 2:25 Kick	EN2
	{2 x 100 on 2:15 Kick	EN2
	{2 x 100 on 2:05 Kick	EN2
	{2 x 100 on 1:55 Kick	EN2
900	6 x 150 on 2:20 Pulls mid 50 br ev 9	EN1
	$3x{4 \times 100}$ on 1:25 Freestyle	EN2
	{1 on :50 Rest	
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 28:00 Water polo	
	8:59 AM 4,550 Meters - Stress Value = 63	3
	,	-

# Workout #854 - Thursday, 29 June 2000 Group 3 - Bronze 1 minute rest between sets

	6:30	AM Start	
Meters	Se	et Description	EGY WOF
=====	==		=== ===
	1	on 30:00 Stomach and Stretch	
1,000	1	x 1000 on 18:00 Choice	REC
150	1(	0 x 15 on :30 Shooters	SP3
	1x{2	x 100 on 2:35 Kick	EN2
	{ 2	x 100 on 2:25 Kick	EN2
	{ 2	x 100 on 2:15 Kick	EN2
	{ 2	x 100 on 2:05 Kick	EN2
	{ 2	x 100 on 1:55 Kick	EN2
900	6	x 150 on 2:20 Pulls mid 50 br ev 9	EN1
	3x{4	x 100 on 1:40 Freestyle	EN2
	{1	on :50 Rest	
200	1	x 200 on 4:00 Stroke Drills	REC
	1	on 28:00 Water polo	
	9:00	AM 4,450 Meters - Stress Value = 63	

# Workout #858 - Thursday, 29 June 2000 Group 3 - Sprint

# 1 minute rest between sets

9:00 AM 5,850 Meters - Stress Value = 88

	1 minute and between sets			6:30 AM Start		
	1 minute rest between sets		Meters	Set Description	EGY	WC
			======	=======================================		
	6:30 AM Start			1 on 30:00 Plyometrics/stretch		
Meters	Set Description	EGY W	800	-	REC	
=====		= === =:	150	10 x 15 on :30 Shooters	SP3	
	1 on 30:00 Stomach and Stretch		130	3x{1 x 150 on 3:30 Kick	EN2	
800	1 x 800 on 16:00 Swim-kick-pull-swim	- REC		· · · · · · · · · · · · · · · · · · ·		
150	10 x 15 on :30 Shooters	SP3		{1 x 100 on 2:20 Kick	EN2	
1,000	10 x 100 on 2:20 Kick-odds fast	EN2		{1 x 50 on 1:10 Kick	EN2	
1,000	1x{1 x 400 on 6:00 Pulls	EN1		10x{1 x 50 on 1:00 Pulls	EN1	
	{1 x 300 on 4:30 Pulls	EN1		{1 x 50 on :45 Pulls	EN1	
	{1 x 200 on 3:00 Pulls	EN1	300	<u> -</u>	EN1	
	{1 x 100 on 1:30 Pulls	EN1	1,050	7 x 150 on 3:00 Free hold fastest	EN3	
600	1x{3 x 50 on 1:00 Freestyle-descend	EN1		possible average		
000	{3 x 50 on :55 Freestyle-descend	EN1	500	1 x 500 on 10:00 Freestyle	REC	
	{3 x 50 on :50 Freestyle-descend	EN2	400	4 x 100 on 1:45 Free-descend to	EN2	
	{3 x 50 on :45 Freestyle-descend	EN2 EN1		ludicrous speed		
1 400	<del>-</del>		400	8 x 50 on 1:00 Stroke Drills	REC	
1,400	2x{1 x 100 on 2:00 Freestyle	EN2		9:00 AM 5,500 Meters - Stress Value = 12	0	
	{1 x 100 on 1:55 Freestyle	EN2		.,		
	$\{1 \times 100 \text{ on } 1:50 \text{ Freestyle} \}$	EN2		W. 1		
	$\{1 \times 100 \text{ on } 1:45 \text{ Freestyle} \}$	EN2		Workout #866 - Monday, 03 July 2000		
	$\{1 \times 100 \text{ on } 1:40 \text{ Freestyle} \}$	EN2		Group 3 - All		
	$\{1 \times 100 \text{ on } 1:35 \text{ Freestyle}$	EN2		1 minute rest between sets		
	{1 x 100 on 1:30 Freestyle	EN2				
200	10 x 20 on 1:00 Pit sprints	SP3		4:00 PM Start		
350	7 x 50 on 1:00 Stroke Drills	REC	Yards		GY W	ODE
	9:00 AM 5,500 Meters - Stress Value = 8	5	=====	======================================		
	Workout #863 - Friday, 30 June 2000		600	1 on 30:00 Medicine ball/strtch		I
	•		600		EC	Ι
	Group 3 - All		200	10 x 20 on :45 Shooters-off the blk S		٤
	1 minute rest between sets			· · · · · · · · · · · · · · · · · · ·	N2	F
					N2	٤
	4:00 PM Start			,	N2	ľ
Meters	Set Description	EGY WO	:	$\{4 \times 25 \text{ on } 1:00 \text{ Kick-under H2O w/fin E}\}$		F
=====	=======================================	=====	:	•	P2	S
	1 on 30:00 Medicine ball/strtch			•	EC	٤
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC		{1 x 100 on :00 Individual Medley S	P2	٤
200	10 x 20 on :45 Shooters off the blk			{1 x 100 on 4:00 Freestyle R	EC	٤
200	1x{3 x 100 on 1:35 Kick	EN2	300	1 x 300 on 5:00 Stroke Drills R	EC	Γ
	{3 x 100 on 1:30 Kick	EN2		6:00 PM 4,100 Yards - Stress Value = 128		
	•					
600	{3 x 100 on 1:25 Kick	EN2		Workout #869 - Tuesday, 04 July 2000		
600	<b>-</b>	EN1				
600	12 x 50 on 2:30 3 person Medley Rel			Group 3 - Breast		
400	8 x 50 on 1:00 Stroke Drills	REC		1 minute rest between sets		
	6:00 PM 3,500 Meters - Stress Value = 1	.03				
				6:30 AM Start		
	Workout #864 - Saturday, 01 July 2000		Meters	Set Description	EGY 1	WOF
	Group 3 - All		=====	=======================================	=== :	
	2 minutes rest between sets			1 on 30:00 Stomach and Stretch		
	2 minutes Test between sets		800		REC	
	6.00 *** ***		150	-	SP3	
	6:30 AM Start		1 000		EN2	
Meters		Y WORK		-	EN2	
=====			:	· ·	EN2	
				$\{4 \times 50 \text{ on } 1:05 \text{ Kick}\}$	EN3	
900	1 on 30:00 Stomach and Stretch	L		· ·		
	1 on 30:00 Stomach and Stretch 1 x 900 on 18:00 Choice RE	L		{1 x 100 on 3:00 Kick for time		
	1 on 30:00 Stomach and Stretch	L I	1 200	{1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:40 Lungbuster pulls	EN1	
	1 on 30:00 Stomach and Stretch 1 x 900 on 18:00 Choice RE 1x{10 x 15 on :45 Shooters SP {10 x 50 on 1:00 Stroke Drills RE	L I	1,200	{1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:40 Lungbuster pulls {3 x 100 on 1:35 Lungbuster pulls	EN1 EN1	
	1 on 30:00 Stomach and Stretch 1 x 900 on 18:00 Choice RE 1x{10 x 15 on :45 Shooters SP	L I SC S S3 S ( SC D (	1,200	{1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:40 Lungbuster pulls {3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls	EN1 EN1 EN1	
	1 on 30:00 Stomach and Stretch 1 x 900 on 18:00 Choice RE 1x{10 x 15 on :45 Shooters SP {10 x 50 on 1:00 Stroke Drills RE	L 1 SC S S (SC D (SC ) K (SC ) K (SC )	1,200	{1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:40 Lungbuster pulls {3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls	EN1 EN1	
	1 on 30:00 Stomach and Stretch 1 x 900 on 18:00 Choice RE 1x{10 x 15 on :45 Shooters SP {10 x 50 on 1:00 Stroke Drills RE 1x{6 x 50 on 1:15 Kick EN	L : SC S S S C D C SC S C C D C SC S S C S C	1,200	{1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:40 Lungbuster pulls {3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds br 3-5 evns 4/6	EN1 EN1 EN1 EN1	
1,100	1 on 30:00 Stomach and Stretch 1 x 900 on 18:00 Choice RE 1x{10 x 15 on :45 Shooters SP {10 x 50 on 1:00 Stroke Drills RE 1x{6 x 50 on 1:15 Kick EN {6 x 50 on 1:10 Kick EN {4 x 50 on 1:05 Kick EN	L : SC S S S C D C C C K C C C C C C C C C C C C C C	1,200	{1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:40 Lungbuster pulls {3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds br 3-5 evns 4/6 9 x 50 on :50 Freestyle	EN1 EN1 EN1 EN1	
1,100	1 on 30:00 Stomach and Stretch 1 x 900 on 18:00 Choice RE 1x{10 x 15 on :45 Shooters SP {10 x 50 on 1:00 Stroke Drills RE 1x{6 x 50 on 1:15 Kick EN {6 x 50 on 1:10 Kick EN {4 x 50 on 1:05 Kick EN	L 1 2 3 3 5 6 5 6 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	1,200	{1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:40 Lungbuster pulls {3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds br 3-5 evns 4/6 9 x 50 on :50 Freestyle 1x{4 x 200 on 3:45 Breaststroke	EN1 EN1 EN1 EN1 EN1	
1,100	1 on 30:00 Stomach and Stretch 1 x 900 on 18:00 Choice RE 1x{10 x 15 on :45 Shooters SP {10 x 50 on 1:00 Stroke Drills RE 1x{6 x 50 on 1:15 Kick EN {6 x 50 on 1:10 Kick EN {4 x 50 on 1:05 Kick EN 11 x 100 on 1:40 Lungbuster pulls EN 1x{3 x 150 on 2:40 Individual Medley EN	L 1 2 2 3 3 5 0 6 6 7 1 2 5 6 7 1 1 1 5 1 1 5 1 5 1 5 1 5 1 5 1 5 1 5	1,200	{1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:40 Lungbuster pulls {3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds br 3-5 evns 4/6 9 x 50 on :50 Freestyle 1x{4 x 200 on 3:45 Breaststroke {3 x 100 on 1:50 Breaststroke	EN1 EN1 EN1 EN1 EN1 EN2 EN2	
1,100	1 on 30:00 Stomach and Stretch 1 x 900 on 18:00 Choice RE 1x{10 x 15 on :45 Shooters SP {10 x 50 on 1:00 Stroke Drills RE 1x{6 x 50 on 1:15 Kick EN {6 x 50 on 1:10 Kick EN {4 x 50 on 1:05 Kick EN 11 x 100 on 1:40 Lungbuster pulls EN {2 x 150 on 2:35 Individual Medley EN {2 x 150 on 2:35 Individual Medley EN	L 1	1,200	{1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:40 Lungbuster pulls {3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds br 3-5 evns 4/6 9 x 50 on :50 Freestyle 1x{4 x 200 on 3:45 Breaststroke {3 x 100 on 1:50 Breaststroke {2 x 50 on :55 Breaststroke	EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2	
·	1 on 30:00 Stomach and Stretch 1 x 900 on 18:00 Choice RE 1x{10 x 15 on :45 Shooters SP {10 x 50 on 1:00 Stroke Drills RE 1x{6 x 50 on 1:15 Kick EN {6 x 50 on 1:10 Kick EN {4 x 50 on 1:05 Kick EN 11 x 100 on 1:40 Lungbuster pulls EN 1x{3 x 150 on 2:40 Individual Medley EN {2 x 150 on 2:35 Individual Medley EN {2 x 150 on 2:30 Individual Medley EN	L 1	1,200	{1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:40 Lungbuster pulls {3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds br 3-5 evns 4/6 9 x 50 on :50 Freestyle 1x{4 x 200 on 3:45 Breaststroke {3 x 100 on 1:50 Breaststroke {2 x 50 on :55 Breaststroke {1 x 200 on 3:30 Breaststroke	EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2	
1,100	1 on 30:00 Stomach and Stretch 1 x 900 on 18:00 Choice RE  1x{10 x 15 on :45 Shooters SP {10 x 50 on 1:00 Stroke Drills RE  1x{6 x 50 on 1:15 Kick EN {6 x 50 on 1:10 Kick EN {4 x 50 on 1:05 Kick EN 11 x 100 on 1:40 Lungbuster pulls EN {2 x 150 on 2:35 Individual Medley EN {2 x 150 on 2:30 Individual Medley EN 3 x 200 on 6:00 Freestyle SP	L 1	1,200	{1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:40 Lungbuster pulls {3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds br 3-5 evns 4/6 9 x 50 on :50 Freestyle 1x{4 x 200 on 3:45 Breaststroke {3 x 100 on 1:50 Breaststroke {2 x 50 on :55 Breaststroke {1 x 200 on 3:30 Breaststroke {2 x 100 on 1:40 Breaststroke	EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2	
·	1 on 30:00 Stomach and Stretch 1 x 900 on 18:00 Choice RE  1x{10 x 15 on :45 Shooters SP {10 x 50 on 1:00 Stroke Drills RE  1x{6 x 50 on 1:15 Kick EN {6 x 50 on 1:10 Kick EN {4 x 50 on 1:05 Kick EN 11 x 100 on 1:40 Lungbuster pulls EN {2 x 150 on 2:35 Individual Medley EN {2 x 150 on 2:30 Individual Medley EN 3 x 200 on 6:00 Freestyle SP broken at 50's	L 1	1,200	{1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:40 Lungbuster pulls {3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds br 3-5 evns 4/6 9 x 50 on :50 Freestyle 1x{4 x 200 on 3:45 Breaststroke {3 x 100 on 1:50 Breaststroke {2 x 50 on :55 Breaststroke {1 x 200 on 3:30 Breaststroke {2 x 100 on 1:40 Breaststroke	EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2	
·	1 on 30:00 Stomach and Stretch 1 x 900 on 18:00 Choice RE  1x{10 x 15 on :45 Shooters SP {10 x 50 on 1:00 Stroke Drills RE  1x{6 x 50 on 1:15 Kick EN {6 x 50 on 1:10 Kick EN {4 x 50 on 1:05 Kick EN 11 x 100 on 1:40 Lungbuster pulls EN {2 x 150 on 2:35 Individual Medley EN {2 x 150 on 2:30 Individual Medley EN 3 x 200 on 6:00 Freestyle SP	L 1	1,200	{1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:40 Lungbuster pulls {3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds br 3-5 evns 4/6 9 x 50 on :50 Freestyle 1x{4 x 200 on 3:45 Breaststroke {3 x 100 on 1:50 Breaststroke {2 x 50 on :55 Breaststroke {1 x 200 on 3:30 Breaststroke {2 x 100 on 1:40 Breaststroke {3 x 50 on :50 Breaststroke	EN1 EN1 EN1 EN1 EN2	

Workout #865 - Monday, 03 July 2000 Group 3 - All

# Workout #870 - Tuesday, 04 July 2000 Group 3 - Distance 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	
150	$10 \times 15$ on :30 Shooters	SP3	
1,000	1x{2 x 200 on 4:30 Kick	EN2	
	{3 x 100 on 2:15 Kick	EN2	
	{4 x 50 on 1:05 Kick	EN2	
	$\{1 \times 100 \text{ on } 3:00 \text{ Kick for time}$	EN3	
1,200	1x{3 x 100 on 1:40 Lungbuster pulls	EN1	
	{3 x 100 on 1:35 Lungbuster pulls	EN1	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	
	{ odds br 3-5 evns 4/6		
450	9 x 50 on :50 Freestyle	EN1	
1,500	$1x{2 x 250 on 3:45 Freestyle}$	EN2	
	{2 x 250 on 3:35 Freestyle	EN2	
	{2 x 250 on 3:25 Freestyle	EN2	
400	1 x 400 on 8:00 Free-rest 10 sec at	EN3	
	each 100		
500	10 x 50 on 1:00 Stroke Drills	REC	
	8:59 AM 6,000 Meters - Stress Value = 10	9	

# Workout #868 - Tuesday, 04 July 2000 Group 3 - Fly

#### 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800		REC	
150	<del>-</del>	SP3	
	1x{2 x 200 on 4:30 Kick	EN2	
	3 x 100 on 2:15 Kick	EN2	
	4 x 50 on 1:05 Kick	EN2	
	{1 x 100 on 3:00 Kick for time	EN3	
	1x{3 x 100 on 1:40 Lungbuster pulls	EN1	
	{3 x 100 on 1:35 Lungbuster pulls	EN1	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	
	{ odds br 3-5 evns 4/6		
450	9 x 50 on :50 Freestyle	EN1	
	$1x{3 x 50 on 1:00 Butterfly}$	EN2	
	{2 x 100 on 1:55 Butterfly	EN2	
	$\{1 \times 150 \text{ on } 2:40 \text{ Butterfly} \}$	EN2	
	{1 x 100 on 1:30 Freestyle	EN1	
	${3 \times 50 \text{ on :} 55 \text{ Butterfly}}$	EN2	
	{2 x 100 on 1:45 Butterfly	EN2	
	$\{1 \times 150 \text{ on } 2:35 \text{ Butterfly} \}$	EN2	
	{1 x 100 on 1:30 Freestyle	EN1	
	${3 \times 50 \text{ on } :50 \text{ Butterfly}}$	EN2	
	{2 x 100 on 1:40 Butterfly	EN2	
	$\{1 \times 150 \text{ on } 2:30 \text{ Butterfly} \}$	EN2	
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	

# Workout #867 - Tuesday, 04 July 2000 Group 3 - Backstroke 1 minute rest between sets

9:00 AM 5,900 Meters - Stress Value = 83

# 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 150 10 x 15 on :30 Shooters SP3

1,000	1x{2 x	200 on 4:30 Kick	EN2
	{3 x	x 100 on 2:15 Kick	EN2
	{ 4 >	x 50 on 1:05 Kick	EN2
	{1 >	x 100 on 3:00 Kick for time	EN3
1,200	1x{3 x	100 on 1:40 Lungbuster pulls	EN1
	{ 3 ≥	x 100 on 1:35 Lungbuster pulls	EN1
	{ 3 ≥	x 100 on 1:30 Lungbuster pulls	EN1
	{ 3 ×	x 100 on 1:25 Lungbuster pulls	EN1
	{ 00	lds br 3-5 evns 4/6	
450	9 2	50 on :50 Freestyle	EN1
1,800	1x{3 x	200 on 3:30 Backstroke	EN2
	{ 3 ×	x 200 on 3:25 Backstroke	EN2
	{ 3 ×	200 on 3:20 Backstroke	EN2
100	1 >	x 100 on 3:00 Back 100% effort	EN3
350	7 2	x 50 on 1:00 Stroke Drills	REC
	9:00 A	AM 5,850 Meters - Stress Value =	96

# Workout #871 - Tuesday, 04 July 2000 Group 3 - Sprint

#### 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	
150	10 x 15 on :30 Shooters	SP3	
1,000	1x{2 x 200 on 4:30 Kick	EN2	
	{3 x 100 on 2:15 Kick	EN2	
	{4 x 50 on 1:05 Kick	EN2	
	$\{1 \times 100 \text{ on } 3:00 \text{ Kick for time}$	EN3	
1,200	1x{3 x 100 on 1:40 Lungbuster pulls	EN1	
	{3 x 100 on 1:35 Lungbuster pulls	EN1	
	${3 \times 100 \text{ on } 1:30 \text{ Lungbuster pulls}}$	EN1	
	${3 \times 100 \text{ on } 1:25 \text{ Lungbuster pulls}}$	EN1	
	{ odds br 3-5 evns 4/6		
450	9 x 50 on :50 Freestyle	EN1	
200	10 x 20 on 1:00 Pit sprints	SP3	
900	$9 \times 100$ on 1:45 Descend in sets of 3	EN2	
100	5 x 20 on 2:00 Stretch cords	SP3	
200	1 x 200 on 4:00 Stroke Drills	REC	
	9:00 AM 5,000 Meters - Stress Value = 83	3	

# Workout #872 - Wednesday, 05 July 2000 Group 3 - All 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WORK	STK
=====	=======================================	===	====	===
	1 on 30:00 Plyometrics/stretch		L	DRY
1,000	1 x 1000 on 20:00 Choice	REC	D	CHO
150	$10 \times 15$ on :30 Shooters	SP3	S	FLY
	5x{1 x 100 on 2:30 Kick	EN2	K	CHO
	{1 x 100 on 2:00 Kick	EN2	K	CHO
1,500	5 x 300 on 4:30 Pulls	EN1	P	FR
300	$6 \times 50$ on :45 Freestyle	EN1	S	FR
2,000	10 x 200 on 3:30 Challenge set	EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	9:02 AM 6,250 Meters - Stress Valu	ie =	93	

4:00 PM Start

6:30 AM Start

S

# Workout #873 - Wednesday, 05 July 2000 Group 3 - All 1 minute rest between sets

1,500	30 x	50 on 1:	00 Butterfly w/fins	EN2	S I
	1st	15m unde	rwater		
500	10 x	50 on 1:	00 Stroke Drills	REC	D
	8 • 51 AM	5 050 Ma	tare - Strace Walue	= 71	

	8:51	AM
MOE		V

# Workout #877 - Thursday, 06 July 2000 Group 3 - Backstroke 1 minute rest between sets

	Set Description	EGY	WO
=====	1 on 30:00 Medicine ball/strtch	===	==
		REC	
	{1 x 400 on 16:00 Swim-kick-pull-swim	REC	
135	9 x 15 on :45 Shooters	SP3	
600	12 x 50 on 1:00 Kick with flippers	EN2	
	no boards		
	$1x\{2 \times 50 \text{ on } : 45 \text{ Pulls}$	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
	{2 x 150 on 2:15 Pulls	EN1	
	{2 x 200 on 3:00 Pulls	EN1	
	$1x{4 x 50 on :55 Butterfly}$	EN1	
	{4 x 50 on :50 Backstroke	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ Breaststroke} \}$	EN1	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	{ all mid pool swims		
400	16 x 25 on 1:00 Odds off the blocks	SP2	
300	1 x 300 on 4:30 Stroke Drills	REC	
	6:01 PM $4.035$ Yards - Stress Value = $75$		

# Workout #875 - Thursday, 06 July 2000 Group 3 - Breast 1 minute rest between sets

Meters	Set Description	EGY	WORK	٤
	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
800	1 x 800 on 16:00 Reverse IM drill	REC	D	
150	$10 \times 15$ on :30 Shooters	SP3	S	Ε
1,000	1x{2 x 100 on 2:30 Kick	EN2	K	$\subset$
	{2 x 100 on 2:25 Kick	EN2	K	(
	{2 x 100 on 2:20 Kick	EN2	K	$\subset$
	{2 x 100 on 2:15 Kick	EN2	K	$\subset$
	{2 x 100 on 2:10 Kick	EN2	K	C
800	$4x{1 x 50 on 1:00 Pulls}$	EN1	P	
	$\{1 \times 50 \text{ on } :55 \text{ Pulls}$	EN1	P	
	$\{1 \times 50 \text{ on } :50 \text{ Pulls}$	EN1	P	
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls} \}$	EN1	P	
300	3 x 100 on 1:45 Freestyle-build	EN1	S	
1,500	$2x{5 x 50 on 1:05 Breaststroke}$	EN2	S	
	$\{5 \times 50 \text{ on } 1:00 \text{ Breaststroke} \}$	EN2	S	
	$\{5 \times 50 \text{ on } :55 \text{ Breaststroke} \}$	EN2	S	
	{1 on 1:00 Rest		M	
500	10 x 50 on 1:00 Stroke Drills	REC	D	
	8:53 AM 5,050 Meters - Stress Value =	= 71		

# Workout #874 - Thursday, 06 July 2000 Group 3 - Fly 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	č
	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
800	1 x 800 on 16:00 Reverse IM drill	REC	D	
150	$10 \times 15$ on :30 Shooters	SP3	S	E
	1x{2 x 100 on 2:30 Kick	EN2	K	(
	{2 x 100 on 2:25 Kick	EN2	K	(
	{2 x 100 on 2:20 Kick	EN2	K	(
	{2 x 100 on 2:15 Kick	EN2	K	(
	{2 x 100 on 2:10 Kick	EN2	K	(
	$4x{1 x 50 on 1:00 Pulls}$	EN1	P	
	{1 x 50 on :55 Pulls	EN1	P	
	{1 x 50 on :50 Pulls	EN1	P	
	{1 x 50 on :45 Pulls	EN1	P	
300	$3 \times 100$ on 1:45 Freestyle-build	EN1	S	

	6:30 AM Start		
Meters	Set Description	EGY	WORK
	=======================================	===	====
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 16:00 Reverse IM drill	REC	D
150	$10 \times 15$ on :30 Shooters	SP3	S
1,000	1x{2 x 100 on 2:30 Kick	EN2	K
	{2 x 100 on 2:25 Kick	EN2	K
	{2 x 100 on 2:20 Kick	EN2	K
	{2 x 100 on 2:15 Kick	EN2	K
	{2 x 100 on 2:10 Kick	EN2	K
800	$4x{1 x 50 on 1:00 Pulls}$	EN1	P
	$\{1 \times 50 \text{ on } :55 \text{ Pulls}$	EN1	P
	$\{1 \times 50 \text{ on } : 50 \text{ Pulls}$	EN1	P
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls} \}$	EN1	P
300	3 x 100 on 1:45 Freestyle-build	EN1	S
1,800	1x{6 x 100 on 1:45 Backstroke	EN2	S
	{1 on 1:00 Rest		M
	{5 x 100 on 1:40 Backstroke	EN2	S
	{1 on 1:00 Rest		M
	{4 x 100 on 1:30 Backstroke	EN2	S
	{1 on 1:00 Rest		M
	{3 x 100 on 1:25 Backstroke	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
	8:54 AM 5,350 Meters - Stress Value =	= 78	

# Workout #878 - Thursday, 06 July 2000 Group 3 - All 1 minute rest between sets

	5:30 PM Start		
Meters	Set Description	EGY	WORF
	=======================================	===	
	1 on 30:00 Stomach and Stretch		I
800	8 x 100 on 2:00 Stroke Drills	REC	Γ
	odds free evens strk		
135	9 x 15 on :45 Shooters	SP3	٤
900	1x{3 x 100 on 1:40 Pulls	EN1	E
	{3 x 100 on 1:35 Pulls	EN1	E
	{3 x 100 on 1:30 Pulls	EN1	E
600	$12 \times 50$ on :50 Descend in sets of 3	EN1	۶
1,500	$1x{3 x 100 on 2:00 Breaststroke}$	EN2	۶
	{3 x 100 on 1:55 Breaststroke	EN2	٤
	{3 x 100 on 1:50 Breaststroke	EN2	۶
	{2 x 100 on 1:50 Breaststroke	EN2	٤
	{2 x 100 on 1:45 Breaststroke	EN2	٤
	{2 x 100 on 1:40 Breaststroke	EN2	٤
300	6 x 50 on 1:15 Stroke Drills	REC	Γ
	7:29 PM 4,235 Meters - Stress Value = 5	55	

# Workout #876 - Thursday, 06 July 2000 Group 3 - Boys

#### 1 minute rest between sets

# Workout #881 - Monday, 10 July 2000 Group 3 - Senior State 1 minute rest between sets

5:59 PM 4,000 Yards - Stress Value = 95

			<del>.</del>								
	6:30 AM Start			1 minute rest between sets							
Meters	Set Description	EGY	WORK	٤							
=====	=======================================	===	====	=	6:30 AM Start						
	1 on 30:00 Stomach and Stretch		L	I Meter	s Set Description EGY WOF						
800	1 x 800 on 16:00 Reverse IM drill	REC	D	=====	= =====================================						
150	$10 \times 15$ on :30 Shooters	SP3	S	E	1 on 30:00 Plyometrics/stretch						
	1x{2 x 100 on 2:30 Kick	EN2	K	( 80	<u>-</u>						
	{2 x 100 on 2:25 Kick	EN2	K	1.5							
	{2 x 100 on 2:20 Kick	EN2	K	(	1x{3 x 100 on 2:30 Kick EN2						
	{2 x 100 on 2:15 Kick	EN2	K	C	{3 x 100 on 2:20 Kick EN2						
	{2 x 100 on 2:10 Kick	EN2	K	C	{3 x 100 on 2:10 Kick EN2						
	$4x{1 x 50 on 1:00 Pulls}$	EN1	P	90	0 6 x 150 on 2:30 Pulls-mid 50 br ev 5 EN1						
	$\{1 \times 50 \text{ on } :55 \text{ Pulls}$	EN1	P	60	0 12 x 50 on :55 Freestyle-build EN1						
	$\{1 \times 50 \text{ on } :50 \text{ Pulls}$	EN1	P		3x{2 x 100 on 1:40 Freestyle EN1						
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls}$	EN1	P		{4 x 50 on 1:00 Stroke Drills 1 on E EN1						
300	$3 \times 100$ on 1:45 Freestyle-build	EN1	S	20							
1,500	15 x 100 on 2:00 Freestyle	EN3	S		good technique						
500	$10 \times 50$ on $1:00$ Stroke Drills	REC	D	25	3						
	8:51 AM 5,050 Meters - Stress Value =	= 13	7		8:44 AM 5,000 Meters - Stress Value = 61						

# Workout #879 - Friday, 07 July 2000 Group 3 - All

# 1 minute rest between sets

# Workout #882 - Monday, 10 July 2000 Group 3 - Gold 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY WC	OF Meters	6:30 AM Start Set Description	EGY WOF
800 150 900 400	18 x 50 on 1:15 Kick-des in sets of3  1x{2 x 250 on 4:00 Pulls   {2 x 200 on 3:15 Pulls   {2 x 150 on 2:30 Pulls     8 x 50 on :50 Freestyle  1x{1 x 200 on 3:00 Individual Medley   {4 x 50 on 1:00 Stroke Drills 1 on E   {1 x 200 on 3:15 Individual Medley   {4 x 50 on 1:00 Stroke Drills 1 on E   {1 x 200 on 3:30 Individual Medley   {4 x 50 on 1:00 Stroke Drills 1 on E   {1 x 200 on 3:30 Individual Medley   {4 x 50 on 1:00 Stroke Drills 1 on E   {1 x 200 on 3:45 Individual Medley   {4 x 50 on 1:00 Stroke Drills 1 on E   {1 x 200 on 4:00 Individual Medley   {4 x 50 on 1:00 Stroke Drills 1 on E   {1 x 200 on 4:00 Individual Medley   }	SP3 EN2 EN1	900 400	1x{4 x 100 on 2:20 Kick {3 x 100 on 2:15 Kick {2 x 100 on 2:10 Kick {1 x 100 on 2:05 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	EN1 EN1 EN1 REC

# Workout #884 - Monday, 10 July 2000 Group 3 - All 1 minute rest between sets

	4:00 PM Start								
Yards	Set Description	EGY	WORK	٤					
=====	=======================================	===	====	=					
	1 on 30:00 Medicine ball/strtch		L	Ι					
600	12 x 50 on 1:00 Stroke Drills	REC	D	C					
200	10 x 20 on :45 Shooters								
	$1x{4 x 75 on 1:30 Kick with flippers}$	EN2	S						
	$\{4 \times 75 \text{ on } 1:25 \text{ Kick with flippers}\}$	EN2	K						
	$\{4 \times 75 \text{ on } 1:20 \text{ Kick with flippers}\}$	EN2	K						
	$\{4 \times 75 \text{ on } 1:15 \text{ Kick with flippers} \}$	EN2	K						
300	$12 \times 25$ on :30 IM order-build	EN1	S						
	$4x{1 x 25 on :00 Swim}$	SP2	S						
	$\{1 \times 25 \text{ on } 1:00 \text{ Freestyle}$	REC	S						
	$\{1 \times 50 \text{ on } : 00 \text{ Swim} \}$	SP2	S						
	$\{1 \times 50 \text{ on } 2:00 \text{ Freestyle}$	REC	S						
	$\{1 \times 75 \text{ on } : 00 \text{ Swim} \}$	SP2	S						
	$\{1 \times 75 \text{ on } 3:00 \text{ Freestyle}$	REC	S						
500	5 x 100 on 2:15 Stroke Drills	REC	D						

	Workout #883 - Monday, 10 July 2000 Group 3 - Silver			Meters	6:30 AM Start Set Description	EGY	
	1 minute rest between sets				1 on 30:00 Stomach and Stretch		
				800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	6:30 AM Start			150	10 x 15 on :30 Shooters	SP3	
Meters	Set Description	EGY		1,000	5x{1 x 100 on 2:10 Kick	EN2	
			===	•	{1 x 100 on 2:30 Kick	EN2	
0.00	1 on 30:00 Plyometrics/stretch			1,000	10 x 100 on 1:40 Lungbuster pulls	EN1	
800	1 x 800 on 16:00 Choice	REC		600	3 x 200 on 4:00 Individual Medley	EN1	
150	10 x 15 on :30 Shooters	SP3		1,500	$1x{5 x 100 on 2:00 Breaststroke}$	EN2	
	1x{3 x 100 on 2:35 Kick {3 x 100 on 2:30 Kick	EN2 EN2			{5 x 100 on 1:55 Breaststroke	EN2	
	{3 x 100 on 2:35 kick	EN2			{5 x 100 on 1:50 Breaststroke	EN2	
	1x{5 x 50 on 1:00 Pulls-nbbf&w	EN1		500		REC	
	{5 x 50 on :55 Pulls-nbbf&w	EN1			8:59 AM 5,550 Meters - Stress Value = 80	)	
	{5 x 50 on :50 Pulls-nbbf&w	EN1					
	{5 x 50 on :45 Pulls-nbbf&w	EN1			Workout #894 - Tuesday, 11 July 2000		
900	•				Group 3 - Distance		
	$1x{3 \times 200 \text{ on } 3:15}$ Freestyle	EN1			1 minute rest between sets		
	{3 x 200 on 3:10 Freestyle	EN1					
	{2 x 200 on 3:05 Freestyle	EN1			6:30 AM Start		
400	8 x 50 on 1:00 Stroke Drills	REC		Meters	Set Description	EGY	WOF
	8:58 AM 5,750 Meters - Stress Value = 6	54		======	=======================================	===	===
					1 on 30:00 Plyometrics/stretch		
	Workout #880 - Monday, 10 July 2000			800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	Group 3 - Bronze			150	10 x 15 on :30 Shooters	SP3	
	1 minute rest between sets			1,000	10 x 100 on 2:15 Kick-evens fast	EN2	
	1 initiate Test between sets			1,500	1x{3 x 250 on 4:00 Pulls	EN1	
	6:30 AM Start				{3 x 250 on 3:50 Pulls	EN1	
Meters	Set Description	EGY	MOE	400	8 x 50 on 1:00 2 on each stroke	EN1	
======	=======================================			2,000	1x{1 x 400 on 5:40 Freestyle	EN1	
	1 on 30:00 Plyometrics/stretch				{2 x 300 on 4:15 Freestyle	EN1	
800	1 x 800 on 16:00 Choice	REC			{3 x 200 on 2:50 Freestyle	EN1	
150	10 x 15 on :30 Shooters	SP3		400	{4 x 100 on 1:25 Freestyle 8 x 50 on 1:00 Stroke Drills	EN1 REC	
	1x{3 x 100 on 2:35 Kick	EN2		400	8:59 AM 6,250 Meters - Stress Value = 73		
	{3 x 100 on 2:30 Kick	EN2			o:39 AM 0,230 Meters - Stress value - 73	)	
	{3 x 100 on 2:25 Kick	EN2					
	$1x{5 x 50 on 1:00 Pulls-nbbf&w}$	EN1			Workout #891 - Tuesday, 11 July 2000		
	{5 x 50 on :55 Pulls-nbbf&w	EN1			Group 3 - Fly		
	{5 x 50 on :50 Pulls-nbbf&w	EN1			1 minute rest between sets		
	{5 x 50 on :45 Pulls-nbbf&w	EN1					
600	6 x 100 on 2:00 Descend in sets of 3				6:30 AM Start		
	1x{3 x 200 on 3:45 Freestyle	EN1		Meters	Set Description	EGY	
	{3 x 200 on 3:35 Freestyle	EN1		=====	=======================================	===	===
400	{2 x 200 on 3:25 Freestyle 8 x 50 on 1:00 Stroke Drills	EN1 REC			1 on 30:00 Stomach and Stretch		
400	8:57 AM 5,450 Meters - Stress Value = 6			800	1 x 800 on 16:00 Swim-kick-pull-swim		
	o.c. in o, ico necess beleas value - (	, _		150	10 x 15 on :30 Shooters 5x{1 x 100 on 2:10 Kick	SP3 EN2	
	Workent #897 Tuesday 11 July 2000				{1 x 100 on 2:10 Kick	EN2	
	Workout #887 - Tuesday, 11 July 2000			1,000	10 x 100 on 1:40 Lungbuster pulls	EN2	
	Group 3 - Breast			600		EN1	
	1 minute rest between sets			000	1x{8 x 50 on 1:00 Butterfly	EN1	
					{8 x 50 on :55 Butterfly	EN1	
	6:30 AM Start				{8 x 50 on :50 Butterfly	EN1	
Meters	Set Description	EGY			{3 x 100 on 2:00 Butterfly-descend	EN2	
=====	1 on 20.00 Diversity of /stretch	===	===	500	5 x 100 on 2:00 Stroke Drills	REC	
800	1 on 30:00 Plyometrics/stretch 1 x 800 on 16:00 Swim-kick-pull-swim	DEC			8:58 AM 5,550 Meters - Stress Value = 66	5	
150	10 x 15 on :30 Shooters	SP3					
1,000	10 x 100 on 2:15 Kick-evens fast	EN2					
	1x{3 x 250 on 4:00 Pulls	EN1					
_,	{3 x 250 on 3:50 Pulls	EN1					
400	8 x 50 on 1:00 2 on each stroke	EN1					
1,800	1x{3 x 200 on 4:00 Breaststroke-descend						
	{3 x 200 on 3:50 Breaststroke-descend	EN1					
	{3 x 200 on 3:40 Breaststroke-descend	l EN1					
200	4 x 50 on 1:00 Stroke Drills	REC					
	9:01 AM 5,850 Meters - Stress Value = 7	12					

Workout #890 - Tuesday, 11 July 2000 Group 3 - Breast 1 minute rest between sets

# Workout #885 - Tuesday, 11 July 2000 Group 3 - Backstroke 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY 1	WOF
=====		=== :	===
	1 on 30:00 Plyometrics/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 2:15 Kick-evens fast	EN2	
1,500	1x{3 x 250 on 4:00 Pulls	EN1	
	{3 x 250 on 3:50 Pulls	EN1	
400	$8 \times 50$ on $1:00 2$ on each stroke	EN1	
2,000	1x{1 x 400 on 6:20 Backstroke	EN1	
	{2 x 300 on 4:45 Backstroke	EN1	
	{3 x 200 on 3:10 Backstroke	EN1	
	{4 x 100 on 1:35 Backstroke	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	9:00 AM 6,150 Meters - Stress Value = 73	3	

# Workout #893 - Tuesday, 11 July 2000 Group 3 - Backstroke 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	
150	10 x 15 on :30 Shooters	SP3	
1,000	5x{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
1,000	10 x 100 on 1:40 Lungbuster pulls	EN1	
600	3 x 200 on 4:00 Individual Medley	EN1	
1,750	1x{5 x 200 on 3:30 Backstroke	EN2	
	{5 x 100 on 1:40 Backstroke	EN2	
	{5 x 50 on 1:00 Backstroke	EN2	
400	1 x 400 on 9:00 Stroke Drills	REC	
	9:00 AM 5,700 Meters - Stress Value = 8	6	

# Workout #895 - Tuesday, 11 July 2000 Group 3 - All 1 minute rest between sets

	5:30 PM Start		
Meters	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	8 x 100 on 2:00 Stroke Drills	REC	Ι
180	9 x 20 on :45 Shooters	SP3	٤
	$3x{1 x 100 on 1:40 Pulls}$	EN1	E
	{1 x 100 on 1:35 Pulls	EN1	E
	{1 x 100 on 1:30 Pulls	EN1	E
600	$12 \times 50$ on :50 Descend in sets of 3	EN1	٤
	$2x{4 \times 50}$ on 1:00 Backstroke	EN1	٤
	{1 x 100 on 1:45 Backstroke	EN1	٤
	{1 x 100 on 1:40 Backstroke	EN1	٤
	{1 x 100 on 1:35 Backstroke	EN1	٤
	{2 x 50 on 2:00 Backstroke	SP2	٤
400	1 x 400 on 8:00 Stroke Drills	REC	Ι
	7:27 PM 4,080 Meters - Stress Value = 5	56	

# Workout #888 - Tuesday, 11 July 2000 Group 3 - Senior State 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 Swim-kick-pull-swim	REC	

150	10	0 x 15 on :30 Shooters	SP3
800	8	x 100 on 2:15 Kick-evens fast	EN2
	1x{1	x 200 on 3:10 Pulls	EN1
	{ 1	x 200 on 3:05 Pulls	EN1
	{ 1	x 200 on 3:00 Pulls	EN1
	{ 1	x 200 on 2:55 Pulls	EN1
	3x{3	x 100 on 2:00 Stroke	EN1
	{ 6	x 50 on :45 Freestyle	EN1
200	4	x 50 on 1:00 Stroke Drills	REC
	8:33	AM 4,550 Meters - Stress Value = 53	3

# Workout #892 - Tuesday, 11 July 2000 Group 3 - Senior State 1 minute rest between sets

6:30 AM Start		
Set Description	EGY	WOF
=======================================	===	===
1 on 30:00 Stomach and Stretch		
1 x 800 on 16:00 Swim-kick-pull-swim	REC	
10 x 15 on :30 Shooters	SP3	
1x{3 x 100 on 2:30 Kick	EN2	
{3 x 100 on 2:20 Kick	EN2	
{3 x 100 on 2:10 Kick	EN2	
10 x 100 on 1:30 Lungbuster pulls	EN1	
3 x 200 on 4:00 Individual Medley	EN1	
build each 50		
3 x 200 on 8:00 Broken	SP2	
5 x 100 on 2:00 Stroke Drills	REC	
8:49 AM 4,550 Meters - Stress Value = 13	12	
	Set Description  1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 10 x 15 on :30 Shooters  1x{3 x 100 on 2:30 Kick {3 x 100 on 2:20 Kick {3 x 100 on 2:10 Kick 10 x 100 on 1:30 Lungbuster pulls 3 x 200 on 4:00 Individual Medley build each 50 3 x 200 on 8:00 Broken 5 x 100 on 2:00 Stroke Drills	Set Description EGY

# Workout #889 - Tuesday, 11 July 2000 Group 3 - Boys 1 minute rest between sets

Meters	6:30 AM Start 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	
	5x{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
1,000	10 x 100 on 1:40 Lungbuster pulls	EN1	
600	3 x 200 on 4:00 Individual Medley	EN1	
	1x{4 x 150 on 2:30 Freestyle	EN1	
	{4 x 150 on 2:20 Freestyle	EN1	
	{4 x 150 on 2:10 Freestyle	EN1	
500	5 x 100 on 2:00 Stroke Drills	REC	
	8:58 AM 5,850 Meters - Stress Value = 68	3	

### Workout #886 - Tuesda    Group 3 - Sp   I minute rest bet	ween sets  cs/stretch im-kick-pull-swim ters ck-evens fast ls each stroke sprints cyle cyle cyle cyle			1,000	Set ==== 1 on 1 x 10 x 4x{1 x {3 x 5x{1 x {1 x {1 x 41 x 4x{3 x {1 x 9:00 AM	Description  30:00 Stomach and Stretch 800 on 16:00 Swim-kick-pull-swim 15 on :30 Shooters 100 on 2:30 Kick 50 on 1:00 Kick 50 on 1:00 Pulls-nbbf&w 50 on :55 Pulls-nbbf&w 50 on :50 Pulls-nbbf&w 50 on :45 Pulls-nbbf&w 400 on 8:00 IM-build each 100 100 on 1:45 Backstroke-descend 200 on 4:00 Stroke Drills 50 on 1:00 Stroke Drills 15,750 Meters - Stress Value = 6  Workout #901 - Thursday, 13 July 2000  Group 3 - All	REC SP3 EN2 EN1 EN1 EN1 EN1 EN2 REC REC	
400 8 x 50 on 1:00 Strol	ke Drills	REC				1 minute rest between sets		
9:01 AM 5,370 Meters -	Stress Value = /-	4			5.30 PM	I Start		
Workout #898 - Thursda	ay, 13 July 2000			Meters	Set	Description EG	Y WO	
Group 3 - Bi 1 minute rest bet 6:30 AM Start		ECV	WOT	800 180	1 on 8 x 9 x 3x{1 x	a 30:00 Stomach and Stretch 100 on 2:00 Stroke Drills RE 20 on :45 Shooters SP 100 on 1:45 Lungbuster pulls EN	C 3	== = L I D C S P
Meters Set Description		EGY		600	-	50 on :45 Pulls EN		P
1 on 30:00 Stomach a 800	im-kick-pull-swim cers c s-nbbf&w -nbbf&w	REC SP3 EN2 EN2 EN1 EN1		400	4x{1 x {1 x {1 x {1 on 8 x	200 on 3:45 Individual Medley EN 50 on 1:00 Breaststroke EN 100 on 1:50 Breaststroke EN 150 on 2:35 Breaststroke EN 1:00 Rest 50 on 1:00 Stroke Drills RE 1 4,080 Meters - Stress Value = 5	2 2 2 C	S S S M D
{1 x 50 on :45 Pulls-	-nbbf&w	EN1			V	Workout #896 - Thursday, 13 July 2000		
400 1 x 400 on 8:00 IM-k 1,600 4x{3 x 50 on 1:10 Breas {1 x 200 on 4:00 Breas {1 x 50 on 2:00 Breas 300 6 x 50 on 1:00 Strok 8:59 AM 5,250 Meters -	ststroke-descend ast 2kick 1 pull ststroke ke Drills	EN1 EN2 REC EN3 REC		Meters	Set	Group 3 - Senior State 1 minute rest between sets  1 Start Description		WOF
						30:00 Stomach and Stretch		
Workout #899 - Thursda Group 3 - I I minute rest bet  6:30 AM Start Meters Set Description	Fly ween sets	EGY		800 150	10 x 3x{1 x {4 x 1x{4 x {4 x {4 x	800 on 16:00 Swim-kick-pull-swim 15 on :30 Shooters 100 on 2:30 Kick 50 on 1:00 Kick 50 on 1:00 Pulls-nbbf&w 50 on :55 Pulls-nbbf&w 50 on :50 Pulls-nbbf&w	SP3 EN2 EN2 EN1 EN1 EN1	
1 on 30:00 Stomach a 800 1 x 800 on 16:00 Swi 150 10 x 15 on :30 Shoot 4x{1 x 100 on 2:30 Kick {3 x 50 on 1:00 Kick 5x{1 x 50 on 1:00 Pulls {1 x 50 on :55 Pulls- {1 x 50 on :45 Pulls- {1 x 50 on :45 Pulls- 400 1 x 400 on 8:00 IM-H 3x{3 x 100 on 2:00 Butt {6 x 50 on :50 Freest 400 8 x 50 on 1:00 Strol 8:56 AM 5,550 Meters -	and Stretch im-kick-pull-swim ters c s-nbbf&w -nbbf&w -nbbf&w -nbbf&w cuild each 100 terfly tyle ke Drills	REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 REC		600	{1 x {1 x 3 x #1	100 on 2:00 Stroke Drills 50 on 1:00 Build 100 on 1:45 Stroke Drills 200 on 3:50 Individual Medley EN2, #2 EN1, #3RE 14,050 Meters - Stress Value = 5	EN1 EN1 EN1 O	

Workout #897 - Thursday, 13 July 2000 Group 3 - Backstroke 1 minute rest between sets

# Workout #900 - Thursday, 13 July 2000 Group 3 - Boys

#### 1 minute rest between sets

# Group 3 - Sectional 1 minute rest between sets

1 minute rest between sets							
	6:30 AM Start			Meters	6:30 AM Start Set Description	EGY	
Meters	Set Description	EGY			1 on 30:00 Plyometrics/stretch		
	1 on 30:00 Stomach and Stretch			800	1 x 800 on 16:00 Choice	REC	
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC		150	$10 \times 15$ on :30 Shooters	SP3	
150	10 x 15 on :30 Shooters	SP3			1x{2 x 100 on 2:25 Kick	EN2	
	4x{1 x 100 on 2:30 Kick	EN2			{2 x 100 on 2:20 Kick	EN2	
	{3 x 50 on 1:00 Kick	EN2			{2 x 100 on 2:15 Kick {2 x 100 on 2:10 Kick	EN2 EN2	
	5x{1 x 50 on 1:00 Pulls-nbbf&w {1 x 50 on :55 Pulls-nbbf&w	EN1 EN1			{2 x 100 on 2:10 kick {2 x 100 on 2:05 Kick	EN2	
	{1 x 50 on :50 Pulls-hbbf&w	EN1		1,500	·	EN1	
	{1 x 50 on :45 Pulls-nbbf&w	EN1		900	9 x 100 on 1:40 Descend in sets of 3		
400	1 x 400 on 8:00 IM build each 100	EN1		600	3 x 200 on 8:00 Broken	SP2	
	1x{5 x 100 on 1:45 Freestyle	EN1		400		REC	
	$\{3 \times 50 \text{ on } 1:00 \text{ Freestyle-descend} \}$	EN1		60	3 x 20 on :00 Stretch cords	SP3	
	{5 x 100 on 1:35 Freestyle	EN1			9:03 AM 5,410 Meters - Stress Value = 1	22	
	{3 x 50 on 1:00 Freestyle-descend	EN1					
	$\{5 \times 100 \text{ on } 1:25 \text{ Freestyle} $ $\{3 \times 50 \text{ on } 1:00 \text{ Freestyle-descend} \}$	EN1 EN1			Workout #902 - Friday, 14 July 2000		
400	8 x 50 on 1:00 Stroke Drills	REC			Group 3 - Silver		
	8:56 AM 5,700 Meters - Stress Value = 65				1 minute rest between sets		
					6:30 AM Start		
	Workout #906 - Friday, 14 July 2000			Meters	Set Description	EGY	
	Group 3 - All			=====	1 20.00 Planataine/atantah	===	===
	1 minute rest between sets			800	1 on 30:00 Plyometrics/stretch 1 x 800 on 16:00 Choice	REC	
	4:00 PM Start			150	10 x 15 on :30 Shooters	SP3	
Yards	Set Description	EGY	WOF	1,000	1x{3 x 100 on 2:30 Kick	EN2	
=====	=======================================				{3 x 100 on 2:25 Kick	EN2	
	1 on 30:00 Medicine ball/strtch				{3 x 100 on 2:20 Kick	EN2	
800	16 x 50 on 1:00 Stroke Drills	REC		1 500	{1 x 100 on 2:15 Kick	EN2	
000	4 on each stroke	~= 0		1,500 900	5 x 300 on 5:00 Pulls-odds lb pull 9 x 100 on 1:40 Descend in sets of 3	EN1	
200	10 x 20 on :45 Shooters off the blk	SP3 EN2		1,200		EN1	
	1x{4 x 100 on 1:40 Kick with flippers {3 x 100 on 1:35 Kick with flippers	EN2		400	8 x 50 on 1:00 Stroke Drills	REC	
	{2 x 100 on 1:30 Kick with flippers	EN2			9:02 AM 5,950 Meters - Stress Value = 7	0	
	{1 x 100 on 1:25 Kick with flippers	EN2					
300	12 x 25 on :30 IM order-build	EN1			Workout #903 - Friday, 14 July 2000		
	6x{1 x 100 on 1:45 Stroke Drills	EN1			Group 3 - Bronze		
	$\{1 \times 25 \text{ on : } 00 \text{ Butterfly off the bl} \}$	SP2			1 minute rest between sets		
	{ 8 pushups {1 x 25 on 1:30 Freestyle-EZ	REC					
400	4 x 100 on 1:30 Freestyle-descend to				6:30 AM Start		
100	LUDICROUS speed			Meters	Set Description	EGY	
400		REC		=====	1 on 20.00 Dlumetries/atratab	===	===
	5:56 PM 4,000 Yards - Stress Value = 60			800	1 on 30:00 Plyometrics/stretch 1 x 800 on 16:00 Choice	REC	
				150		SP3	
	Workout #904 - Friday, 14 July 2000				1x{3 x 100 on 2:40 Kick	EN2	
	Group 3 - Senior State				{3 x 100 on 2:35 Kick	EN2	
	1 minute rest between sets			1 000	{3 x 100 on 2:30 Kick	EN2	
				1,200 600	4 x 300 on 5:30 Pulls-odds lb pull 6 x 100 on 2:00 Descend in sets of 3	EN1	
Mataura	6:30 AM Start	ПСУ	T-T-O-T	1,200		EN1	
Meters	Set Description	EGY		400		REC	
_	1 on 30:00 Plyometrics/stretch				9:00 AM 5,250 Meters - Stress Value = 6		
800	1 x 800 on 16:00 Choice	REC					
150	$10 \times 15$ on :30 Shooters	SP3					
	1x{2 x 100 on 2:25 Kick	EN2					
	{2 x 100 on 2:20 Kick	EN2					
	{2 x 100 on 2:15 Kick	EN2					
700	{1 x 100 on 2:10 Kick 1 x 700 on 11:30 Pulls-odds 1b pull	EN2 EN1					
900	9 x 100 on 1:40 Descend in sets of 3						
400	2 x 200 on 8:00 Broken	SP2					
400	8 x 50 on 1:00 Stroke Drills	REC					
	8:35 AM 4,050 Meters - Stress Value = 83	3					

200

500

1 x 200 on 4:00 Individual Medley EN1

EN1

EN1

EN1

EN1

EN1

EN1

EN1

EN1

REC

S

S

S

S

S

S

S

S

D

build each 50

 $2x{1 x 200 on 3:20 Freestyle}$ 

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

{1 x 150 on 2:30 Freestyle

{1 x 100 on 1:40 Freestyle

 $\{1 \text{ x 200 on 3:10 Freestyle}$ 

 $\{1 \times 150 \text{ on } 2:20 \text{ Freestyle} \}$ 

{1 x 100 on 1:35 Freestyle

 $10 \times 50$  on 1:00 Stroke Drills

 $\{1 \text{ x } 50 \text{ on } : 45 \text{ Freestyle} \}$ 

# Workout #907 - Saturday, 15 July 2000 **Group 3 - Senior State** 1 minute rest between sets

# Workout #910 - Saturday, 15 July 2000

8:54 AM 5,450 Meters - Stress Value = 58

# Group 3 - Bronze

	6:30 AM Start				1 minute rest between sets			
Meters	Set Description	EGY	WORK S					
=====					6:30 AM Start			
400	1 on 30:00 Stomach and Stretch	DEC	LI	Meters	Set Description EG		WORK	
400 150	1 x 400 on 8:00 Choice 10 x 15 on :30 Shooters	REC SP3	S (	=====		==		
100	1x{2 x 100 on 2:20 Kick	EN2	K (	800	1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Choice R	EC	L S	
	{2 x 100 on 2:15 Kick	EN2	K (	150		P3	S	
	{2 x 100 on 2:10 Kick	EN2	K (	130		N2	K	
600		EN1	P		·	N2	K	C
	$3x\{1 \times 200 \text{ on } 3:30 \text{ Individual Medley}$		S		{1 x 50 on 1:15 Kick EN	N2	K	C
	{1 x 150 on 2:15 Freestyle	EN1	S	1,000		N1	P	
	$\{1 \times 100 \text{ on } 1:45 \text{ Your Stroke} \}$	EN1 EN1	S S S V	200	1 x 200 on 4:00 Individual Medley En	Л1	S	
300	-	REC	D		build each 50	N T 1	0	
	8:16 AM 3,550 Meters - Stress Value :		_		•	N1 N1	S S	
	,					N1	S	
	Workout #908 - Saturday, 15 July 2000				<del>-</del>	N1	S	
	Group 3 - Sectional					N1	S	
	1 minute rest between sets				· · · · · · · · · · · · · · · · · · ·	N1	S	
	1 minute 10st between sets				•	N1	S	
	6:30 AM Start			400	`	N1	S	
Meters	Set Description	EGY	WORK S	400	8 x 50 on 1:00 Stroke Drills RF 8:55 AM 5,350 Meters - Stress Value = 5	EC 50	D	
=====		===	==== =		0.33 AM 3,330 Meters - Stress value - 1	50		
	1 on 30:00 Stomach and Stretch		LI		Workerst #015 Monday 17 July 2000			
800	1 x 800 on 16:00 Choice	REC	S (		Workout #915 - Monday, 17 July 2000			
150	10 x 15 on :30 Shooters 1x{3 x 150 on 3:30 Kick	SP3 EN2	S ( K (		Group 3 - All			
	{3 x 100 on 2:15 Kick	EN2	KC		1 minute rest between sets			
	{3 x 50 on 1:05 Kick	EN2	KC		4:00 PM Start			
1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1	P	Yards	Set Description		EGY W	JC
200	$1 \times 200$ on $4:00$ Individual Medley	EN1	S	=====	=======================================			
	build each 50				1 on 30:00 Plyometrics/stretch			
	2x{1 x 200 on 3:00 Freestyle	EN1	S	600	8 x 75 on 1:30 Stroke Drills 2 on F		REC	
	$\{1 \times 150 \text{ on } 2:15 \text{ Freestyle} $ $\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$	EN1 EN1	S S	200	10 x 20 on 1:00 Shooters off the bi			
	{1 x 50 on :45 Freestyle	EN1	S		2x{1 x 50 on :50 Kick with flippers		EN2	
	{1 x 200 on 2:50 Freestyle	EN1	S		$\{1 \times 50 \text{ on } :50 \text{ Kick with flippers} $ $\{1 \times 75 \text{ on } 1:15 \text{ Kick with flippers} \}$		EN2 EN2	
	{1 x 150 on 2:05 Freestyle	EN1	S		{1 x 75 on 1:15 Kick with flippers		EN2	
	$\{1 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$	EN1	S		{1 x 100 on 1:40 Kick with flippers		EN2	
= 0.0	{1 x 50 on :40 Freestyle	EN1	S		{1 x 100 on 1:40 Kick with flippers		EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	D		{ no board			
	8:51 AM 5,550 Meters - Stress Value	- 00			1x{1 x 100 on 1:30 Freestyle		EN1	
	Workout #909 - Saturday, 15 July 2000				{1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle		EN1 EN1	
	Group 3 - Silver				$\{1 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$		EN1	
	1 minute rest between sets				16x{1 x 30 on :00 Off the blocks		SP2	
	1 minute rest between sets				$\{1 \times 20 \text{ on } 2:00 \text{ Freestyle}$		REC	
	6:30 AM Start			500			REC	
Meters	Set Description	EGY	WORK S		6:00 PM 3,400 Yards - Stress Value = 78	3		
=====	=======================================							
	1 on 30:00 Stomach and Stretch		L I					
800	1 x 800 on 16:00 Choice	REC	S (					
150	10 x 15 on :30 Shooters	SP3	SC					
	1x{3 x 150 on 3:45 Kick {3 x 100 on 2:30 Kick	EN2 EN2	K (					
	{1 x 50 on 1:15 Kick	EN2	KC					
1,000	20 x 50 on 1:00 Pulls-nbbf&w	EN1	P					
0.00	1 000 4 00 7 1' ' 1 7 2 17	T 3 7 1	~					

6.20 AM C+ax+

REC

# Workout #912 - Monday, 17 July 2000 Group 3 - Taper 1 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	٤
150	$10 \times 15$ on :30 Shooters	SP3	٤
1,000	10 x 100 on 2:30 Kick-odds fast	EN2	ľ
	1x{3 x 100 on 1:40 Pulls	EN1	E
	{3 x 100 on 1:35 Pulls	EN1	E
	{3 x 100 on 1:30 Pulls	EN1	E
	{1 x 100 on 1:25 Pulls	EN1	E
300	$6 \times 50$ on 1:00 Descend in sets of 3	EN1	Ι
	1x{2 x 300 on 4:45 Freestyle	EN1	٤
	{1 x 100 on 2:00 Your Stroke	EN1	٤
	{2 x 300 on 4:40 Freestyle	EN1	٤
	{1 x 100 on 2:00 Your Stroke	EN1	٤
	{2 x 300 on 4:35 Freestyle	EN1	٤
	{1 x 100 on 2:00 Your Stroke	EN1	٤
400	8 x 50 on 1:00 Stroke Drills	REC	Ι
	8:56 AM 5,750 Meters - Stress Value =	66	

# Workout #913 - Monday, 17 July 2000 Group 3 - Taper 2 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOI
=====	=======================================	===	===
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Choice	REC	
150	10 x 15 on :30 Shooters	SP3	
800	8 x 100 on 2:30 Kick-odds fast	EN2	
	1x{2 x 100 on 1:40 Pulls	EN1	
	{3 x 100 on 1:35 Pulls	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
600	12 x 50 on 1:00 Stroke Drills 3 on E	EN1	
	2x{1 x 100 on 2:00 Stroke Drills	EN1	
	{1 x 100 on 2:00 Stroke Drills	EN1	
	{4 x 50 on 1:00 Stroke Drills-descnd	EN1	
	{4 x 50 on 1:00 Stroke Drills-build	EN1	
300	6 x 50 on 1:00 Choice	REC	
	8:41 AM 4,550 Meters - Stress Value = 53	L	

# Workout #914 - Monday, 17 July 2000 Group 3 - Senior State 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
=====		===	===
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
150	$10 \times 15$ on :30 Shooters	SP3	
400	4 x 100 on 2:20 Kick	EN2	
400	8 x 50 on :50 Pulls	EN1	
	$3x{1 x 100 on 2:00 Stroke Drills}$	EN1	
	{3 x 50 on 1:00 Stroke Drills-build	EN1	
	{1 x 200 on 4:00 Stroke Drills	EN1	
	{1 x 100 on 2:00 Stroke Drills	EN1	
300	1 x 300 on 6:00 Six kick switch	REC	
	8:18 AM 3,500 Meters - Stress Value = 3	7	

# Workout #911 - Monday, 17 July 2000 Group 3 - Sectional 1 minute rest between sets

	6:30	AM	Start
Meters	Se	t De	scription

150	10 x 15 on :30 Shooters	SP3
1,000	10 x 100 on 2:30 Kick-odds fast	EN2
	1x{3 x 100 on 1:40 Pulls	EN1
	{3 x 100 on 1:35 Pulls	EN1
	{3 x 100 on 1:30 Pulls	EN1
	{1 x 100 on 1:25 Pulls	EN1
300	$6 \times 50$ on 1:00 Descend in sets of 3	EN1
	$3x{1 x 200 on 4:00 Stroke Drills}$	EN1
	{3 x 100 on 2:00 Stroke Drills-descen	EN1
300	6 x 50 on 1:00 Choice	REC
	8:50 AM 5,050 Meters - Stress Value = 59	1

1 on 30:00 Plyometrics/stretch

1 x 800 on 16:00 Choice

800

# Workout #920 - Tuesday, 18 July 2000 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	Γ
800	8 x 100 on 2:15 Stroke Drills	REC	D	C
	odds free evens strk			
180	9 x 20 on 1:00 Shooters	SP3	S	
	$1x{2 x 200 on 3:20 Pulls}$	EN1	P	
	{2 x 150 on 2:30 Pulls	EN1	P	
	{2 x 100 on 1:40 Pulls	EN1	P	
400	1 x 400 on 8:00 Individual Medley	EN1	S	
	build each 100			
	$3x{2 x 50 on 1:00 Backstroke}$	EN2	S	
	{2 x 50 on :55 Backstroke	EN2	S	
	{2 x 50 on :50 Backstroke	EN2	S	
	{1 on :30 Rest		M	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	7:17 PM 3,380 Meters - Stress Value =	= 42		

# Workout #919 - Tuesday, 18 July 2000 Group 3 - Taper 1 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 16:00 Choice	REC	٤
150	10 x 15 on :30 Shooters	SP3	٤
	1x{2 x 200 on 4:40 Kick	EN2	F
	{2 x 150 on 3:30 Kick	EN2	F
	{2 x 100 on 2:20 Kick	EN2	F
	{2 x 50 on 1:10 Kick	EN2	F
1,600	4 x 400 on 6:30 Pulls	EN1	E
600	$12 \times 50$ on :50 Descend in sets of 3	EN1	٤
	$3x{4 \times 100}$ on 1:30 Freestyle	EN2	٤
	{1 on 1:00 Rest		N
400	8 x 50 on 1:00 Stroke Drills	REC	Γ
	8:56 AM 5,750 Meters - Stress Value = 8	80	

# Workout #917 - Tuesday, 18 July 2000 Group 3 - Taper 2 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	ΕGΥ	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	1 x 800 on 16:00 Choice	REC	٤
150	$10 \times 15$ on :30 Shooters	SP3	٤
	1x{2 x 200 on 4:40 Kick	EN2	F
	{2 x 150 on 3:30 Kick	EN2	ŀ
	{2 x 100 on 2:20 Kick	EN2	F
1,200	3 x 400 on 7:00 Pulls	EN1	Ε
600	$12 \times 50$ on :50 Descend in sets of 3	EN1	٤
600	3 x 200 on 8:00 Broken	SP2	٤
300	1 x 300 on 6:00 Stroke Drills	REC	Ι
	8:49 AM 4,550 Meters - Stress Value =	113	

# Workout #916 - Tuesday, 18 July 2000 Group 3 - Senior State 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
600	1 x 600 on 12:00 Choice	REC	٤
150	$10 \times 15$ on :30 Shooters	SP3	٤
	1x{1 x 100 on 2:25 Kick	EN2	ŀ
	{1 x 100 on 2:20 Kick	EN2	ŀ
	{1 x 100 on 2:15 Kick	EN2	ŀ
	{1 x 100 on 2:10 Kick	EN2	ľ
400	1 x 400 on 7:00 Pulls-even 50's br	EN1	E
	every 5 strokes		
600	$12 \times 50$ on :50 Descend in sets of 3	EN1	٤
200	1 x 200 on 8:00 Broken	SP2	٤
700	7 x 100 on 2:15 Stroke Drills	REC	Γ
	odds free evens strk		
	8:13 AM 3,050 Meters - Stress Value = 4	18	

# Workout #918 - Tuesday, 18 July 2000 Group 3 - Sectional 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 16:00 Choice	REC	٤
150	10 x 15 on :30 Shooters	SP3	٤
	1x{2 x 200 on 4:40 Kick	EN2	ľ
	{2 x 150 on 3:30 Kick	EN2	ŀ
	{2 x 100 on 2:20 Kick	EN2	ľ
	{2 x 50 on 1:10 Kick	EN2	ŀ
1,600	4 x 400 on 6:30 Pulls	EN1	F
600	$12 \times 50$ on :50 Descend in sets of 3	EN1	٤
600	3 x 200 on 8:00 Broken	SP2	٤
300	1 x 300 on 6:00 Stroke Drills	REC	Ι
	8:57 AM 5,050 Meters - Stress Value = 1	120	

# Workout #924 - Wednesday, 19 July 2000 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	
150	10 x 15 on :30 Shooters	SP3	
	3x{1 x 150 on 3:30 Kick	EN2	

	{ 1	Х	100	on	2:20	Kick		EN2
	{ 1	Х	50 0	on 1	L:10 H	Kick		EN2
1,000	10	) x	100	or or	1:40	) Lungbuste:	r pulls	EN1
		odd	ds bi	<u> 5-</u>	-7 evi	ns 4-6		
600	3	Х	200	on	4:00	Individual	Medley	EN1
	1x{3	Х	150	on	2:40	Freestyle		EN1
	{ 3	Х	150	on	2:35	Freestyle		EN1
	{ 3	Х	150	on	2:30	Freestyle		EN1
	{ 3	Х	150	on	2:25	Freestyle		EN1
300	6	Х	50 0	on 1	1:00 \$	Stroke Drill	ls	REC
	8:54	ΑM	1 5.5	550	Mete	rs - Stress	Value =	61

# Workout #922 - Wednesday, 19 July 2000 Group 3 - Taper 2 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WOF
=====	1 20.00 Pl	===	===
600 150	1 on 30:00 Plyometrics/stretch 1 x 600 on 12:00 Swim-kick-pull-swim 10 x 15 on :30 Shooters	REC SP3	
600	6 x 100 on 2:20 Kick-odds fast	EN2	
600	1 x 600 on 10:00 Pulls-odd 100 br ev	EN1	
	5 even 100 br ev 4		
300	6 x 50 on :45 Freestyle	EN1	
	1x{3 x 100 on 1:45 Freestyle	EN1	
	${3 \times 50 \text{ on } 1:00 \text{ Butterfly}}$	EN1	
	{3 x 100 on 1:40 Freestyle	EN1	
	{3 x 50 on 1:00 Backstroke	EN1	
	{3 x 100 on 1:35 Freestyle	EN1	
	{3 x 50 on 1:00 Breaststroke	EN1	
	{3 x 100 on 1:30 Freestyle	EN1	
	${3 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}$	REC	
	8:23 AM 4,050 Meters - Stress Value = 48	3	

# Workout #921 - Wednesday, 19 July 2000 Group 3 - Senior State 1 minute rest between sets

		6:30 AM Start		
I	Meters	Set Description	EGY	WORF
=		=======================================	===	====
		1 on 30:00 Stomach and Stretch		I
		50 of each 2sets p-u		
		1x{1 x 800 on :00 Swim-kick-pull-swim	REC	٤
		{10 x 15 on :00 Shooters 15 sec rest	SP3	٤
		{4 x 100 on :00 Kick rest 15 sec	EN1	F
		{2 x 200 on :00 Pulls rest 15 sec	EN1	E
		{12 x 50 on :00 6 stroke 6 free	EN1	٤
		{ rest 15 sec aftr eac		
		{4 x 100 on :00 Freestyle-descend	EN1	٤
	300	6 x 50 on 1:00 Stroke Drills	REC	Γ
		7:07 AM $3.050$ Meters - Stress Value = $2$	26	

# Workout #923 - Wednesday, 19 July 2000 **Group 3 - Sectional** 1 minute rest between sets

	6:30	ΑN	4 St	tart	5					
Meters	S	et	Des	crip	otion			EGY	WOF	
=====	=	===						===	===	
	1	or	n 30	:00	Stoma	ach and Stre	etch			
800	1	Х	800	on	16:00	Swim-kick-	-pull-swim	REC		
150	1	0 2	k 15	on	:30 8	Shooters		SP3		
	3x{1	Х	150	on	3:30	Kick		EN2		Μe
	{ 1	Х	100	on	2:20	Kick		EN2		=:
	{ 1	Х	50 0	on 1	L:10 F	Kick		EN2		
800	8	Х	100	on	1:40	Lungbuster	pulls	EN1		
		odo	ds bi	r 5-	-7 evr	ns 4-6				
600	3	Х	200	on	3:45	Individual	Medley	EN1		
	2x{1	Х	100	on	1:40	Freestyle		EN1		
	{ 1	Х	100	on	1:35	Freestyle		EN1		
	{ 1	Х	100	on	1:30	Freestyle		EN1		
	{ 1	Х	100	on	1:25	Freestyle		EN1		

EN1

REC

# Workout #929 - Thursday, 20 July 2000 Group 3 - All 1 minute rest between sets

8:45 AM 5,050 Meters - Stress Value = 57

{4 x 50 on 1:00 Your Stroke-descend EN1 4 x 100 on 2:00 Stroke Drills

{1 x 100 on 1:20 Freestyle

400

	5:30	PM Start		
Meters	Se	et Description	EGY	WOF
	==		===	===
	1	on 30:00 Stomach and Stretch		
800	8	x 100 on 2:15 Stroke Drills	REC	
180	9	x 20 on 1:00 Shooters	SP3	
900	6	x 150 on 2:30 Pulls-mid 50 br ev 8	EN1	
	3x{3	x 50 on 1:00 Choice-descend	EN1	
	{ 1	x 100 on 2:00 Stroke Drills	REC	
	7:00	PM 2,630 Meters - Stress Value = 23	2	

# Workout #928 - Thursday, 20 July 2000 Group 3 - Taper 1 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 20:00 Choice	REC	
150	10 x 15 on :30 Shooters	SP3	
1,600	4 x 400 on 6:45 Pulls	EN1	
600	$6 \times 100$ on 1:45 Descend in sets of 3	EN1	
	$2x{8 \times 50 \text{ on :55 Freestyle}}$	EN1	
	$\{8 \times 50 \text{ on } :50 \text{ Freestyle}$	EN1	
	$\{8 \times 50 \text{ on } : 45 \text{ Freestyle}$	EN1	
	{1 on 1:00 Rest		
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:54 AM 5,950 Meters - Stress Value = 59	9	

# Workout #925 - Thursday, 20 July 2000 Group 3 - Taper 2 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 20:00 Choice	REC	
150	10 x 15 on :30 Shooters	SP3	
	$1x{16 x 50 on 1:15 Kick-des in sets of3}$	EN2	
	{ #16 as fast as #15		
1,200	3 x 400 on 6:45 Pulls	EN1	

1x{3	х	100 on 2:00 Stroke Drills		EN1
{ 2	Х	200 on 4:00 Reverse IM drill		EN1
{ 4	Х	50 on 1:15 Stroke Drills #1		REC
8:29	ΑN	M 4,050 Meters - Stress Value	=	45

# Workout #927 - Thursday, 20 July 2000 **Group 3 - State Champions** 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WORK	ç
1100010	bee bescription	пот	WOILE	~
=====		===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
1,000	1 x 1000 on 20:00 Choice	REC	S	C
150	10 x 15 on :30 Shooters	SP3	S	C
300	3 x 100 on 2:30 Kick-no board	EN1	K	C
300	3 x 100 on 1:45 Pulls	EN1	P	
600	12 x 50 on 1:15 25 ok drill 25 build	EN1	S	
	3 on each stroke			
700	7 x 100 on 2:15 Stroke Drills	REC	D	
	whatever else you			
	might need			
	8:14 AM 3,050 Meters - Stress Value =	= 20		

# Workout #926 - Thursday, 20 July 2000 Group 3 - Tim and David 1 minute rest between sets

		6:30 AM Start		
_	Meters	Set Description	EGY	WOF
)F		=======================================	===	===
=		1 on 30:00 Stomach and Stretch		
	1,000	1 x 1000 on 20:00 Choice	REC	
	150	10 x 15 on :30 Shooters	SP3	
		$1x{16 x 50 on 1:15 Kick-des in sets of3}$	EN2	
		{ #16 as fast as #15		
	1,200	3 x 400 on 6:45 Pulls	EN1	
		2x{3 x 100 on 2:00 Stroke Drills	REC	
		$\{1 \times 200 \text{ on } 4:00 \text{ Reverse IM drill}$	EN1	
		$\{4 \times 50 \text{ on } 1:15 \text{ Stroke Drills } \#1$	EN1	
		8:40 AM $4,550$ Meters - Stress Value = $46$	5	

# Workout #932 - Friday, 21 July 2000 Group 3 - Taper 1 1 minute rest between sets

	6:30	ΑN	1 St	cart	5				
Meters	Se	et	Des	crip	otion			EGY	WOF
=====	==	===					=====	===	===
	1	or	n 30:	:00	Plyon	metrics/stretch			
800	1	Х	800	on	16:00	O Swim-kick-pul	l-swim	REC	
150	10	2 (	15	on	:30	Shooters		SP3	
	1x{3	Х	100	on	2:45	Kick		EN2	
	{ 3	Х	100	on	2:40	Kick		EN2	
	{ 3	х	100	on	2:35	Kick		EN2	
	1x{3	Х	200	on	3:20	Pulls		EN1	
	{ 3	х	200	on	3:10	Pulls		EN1	
400	1	Х	400	on	8:00	Individual Med	ley	EN1	
	2x{6	х	50 0	on 1	L:00 1	Your Stroke-no	free	EN1	
	{ 3	Х	200	on	3:45	Individual Med	ley	EN1	
300	1	Х	300	on	6:00	Stroke Drills		REC	
	9:00	ΑN	15,5	550	Mete	rs - Stress Val	ue = 66	ő	

400 200

 $4 \times 50$  on :45 Freestyle

EN1

REC

 $2x{3 \times 100 \text{ on } 1:40 \text{ Freestyle}}$ 

{6 x 50 on 1:00 Your Stroke-build 6 x 100 on 2:15 Stroke Drills

8:17 AM 3,550 Meters - Stress Value = 35

# Workout #930 - Friday, 21 July 2000 Group 3 - Taper 2 1 minute rest between sets

					0.17 Am 3,330 Neeels Beless value 33	
36.1	6:30 AM Start	DOI!		-	Workout #934 - Saturday, 22 July 2000	
	Set Description		WORK		Group 3 - Tim and David	
	1 on 30:00 Plyometrics/stretch				1 minute rest between sets	
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	S		1 minute 1est between sets	
	10 x 15 on :30 Shooters	SP3	S		6:30 AM Start	
	6 x 100 on 2:20 Kick	EN2	K	Meters	Set Description EGY	WOF
	1 x 600 on 9:00 Pulls br ev 5	EN1	P	=====		===
	12 x 50 on 1:00 3 on each stroke 2 x 200 on 8:00 Broken #1 rest 15	EN1 SP2	S S :		1 on 30:00 Stomach and Stretch	
400	#2 rest 20 seconds	DIZ	5 1	600 150	±	
800	8 x 100 on 2:00 Stroke Drills	REC	D	130	10 x 15 on :30 Shooters SP3 $1x\{1 \times 200 \text{ on } 4:30 \text{ Kick}$ EN2	
	8:34 AM 3,950 Meters - Stress Value =	- 78			{1 x 100 on 2:10 Kick EN2	
					{2 x 50 on 1:05 Kick EN2	
	Workout #931 - Friday, 21 July 2000			800		
	Group 3 - Tim and David			200	2	
	1 minute rest between sets				3x{3 x 100 on 1:40 Freestyle EN1 {6 x 50 on 1:00 Your Stroke-build EN1	
				600	•	
	6:30 AM Start				8:34 AM 4,550 Meters - Stress Value = 46	
	Set Description		WORK		*	
=====	1 on 30:00 Plyometrics/stretch	===	==== : L l		Workout #938 - Monday, 24 July 2000	
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	S	-	Group 3 - Taper 1	
	10 x 15 on :30 Shooters	SP3	S		1 minute rest between sets	
800	8 x 100 on 2:20 Kick	EN2	K			
	1 x 900 on 15:00 Pulls br ev 5	EN1	P		6:30 AM Start	
	12 x 50 on 1:00 3 on each stroke	EN1	S	Meters		WOF
400	2 x 200 on 8:00 Broken #1 rest 15 #2 rest 20 seconds	SP2	5	=====		===
800	8 x 100 on 2:00 Stroke Drills	REC	D	800	1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim REC	
	8:45 AM 4,450 Meters - Stress Value =	= 86		150		
				800		
	Workout #935 - Saturday, 22 July 2000			900	3 x 300 on 5:00 Pulls EN1	
	Group 3 - Taper 1				3x{4 x 50 on 1:00 Freestyle-descend EN1	
					{1 x 200 on 3:45 Individual Medley EN1	
	Group 3 - Taper 1				{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1	
	Group 3 - Taper 1 1 minute rest between sets 6:30 AM Start			400	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1	
Meters	Group 3 - Taper 1 1 minute rest between sets  6:30 AM Start Set Description		EGY W	•	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1	
Meters	Group 3 - Taper 1 1 minute rest between sets  6:30 AM Start Set Description ====================================	-===		•	$\{1 \times 200 \text{ on } 3:45 \text{ Individual Medley} \}$ EN1 $\{1 \times 200 \text{ on } 3:40 \text{ Individual Medley} \}$ EN1 $\{1 \times 200 \text{ on } 3:35 \text{ Individual Medley} \}$ EN1 $\{1 \times 200 \text{ on } 3:35 \text{ Individual Medley} \}$ EN2 $\{1 \times 200 \text{ on } 1:00 \text{ Stroke Drills} \}$ REC	
	Group 3 - Taper 1 1 minute rest between sets  6:30 AM Start Set Description	-===		•	$\{1 \times 200 \text{ on } 3:45 \text{ Individual Medley} \}$ EN1 $\{1 \times 200 \text{ on } 3:40 \text{ Individual Medley} \}$ EN1 $\{1 \times 200 \text{ on } 3:35 \text{ Individual Medley} \}$ EN1 $\{1 \times 200 \text{ on } 3:35 \text{ Individual Medley} \}$ EN2 $\{1 \times 200 \text{ on } 1:00 \text{ Stroke Drills} \}$ REC	
=====	Group 3 - Taper 1 1 minute rest between sets  6:30 AM Start Set Description 1 on 30:00 Stomach and Stretch	-===	=== =:	•	{1 x 200 on 3:45 Individual Medley EN1	
1,000 150 900	Group 3-Taper 1 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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets		REC SP3 EN2	•	{1 x 200 on 3:45 Individual Medley EN1	
1,000 150	Group 3-Taper 1 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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets 1 x 1000 on 17:30 Pulls		REC SP3 EN2 EN1	•	{1 x 200 on 3:45 Individual Medley EN1	
1,000 150 900	Group 3-Taper 1 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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets 1 x 1000 on 17:30 Pulls 1x{3 x 50 on 1:00 Freestyle		REC SP3 EN2 EN1 EN1	-	{1 x 200 on 3:45 Individual Medley EN1	MOL
1,000 150 900	Group 3-Taper 1 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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets 1 x 1000 on 17:30 Pulls		REC SP3 EN2 EN1	•	{1 x 200 on 3:45 Individual Medley EN1	WOF ===
1,000 150 900	Group 3-Taper 1 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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets 1 x 1000 on 17:30 Pulls 1x{3 x 50 on 1:00 Freestyle {3 x 50 on :55 Freestyle {2 x 50 on :50 Freestyle 12x{1 x 50 on :00 Swim		REC SP3 EN2 EN1 EN1 EN1 EN1 EN1	Meters	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000 Group 3 - Taper 2 1 minute rest between sets  6:30 AM Start Set Description EGY	
1,000 150 900	Group 3-Taper 1 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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets 1 x 1000 on 17:30 Pulls 1x{3 x 50 on 1:00 Freestyle {3 x 50 on :55 Freestyle {2 x 50 on :50 Freestyle 12x{1 x 50 on :00 Swim {1 x 50 on 3:00 Freestyle		REC SP3 EN2 EN1 EN1 EN1	Meters	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000  Group 3 - Taper 2  I minute rest between sets  6:30 AM Start Set Description EGY 1 on 30:00 Stomach and Stretch	===
1,000 150 900 1,000	Group 3-Taper 1  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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets 1 x 1000 on 17:30 Pulls 1x{3 x 50 on 1:00 Freestyle {3 x 50 on :55 Freestyle {2 x 50 on :50 Freestyle 12x{1 x 50 on :00 Swim {1 x 50 on 3:00 Freestyle { 4 on each stroke		REC SP3 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1	Meters ====== 600 150	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000 Group 3 - Taper 2 1 minute rest between sets  6:30 AM Start Set Description EGY 1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-swim REC 10 x 15 on :30 Shooters SP3	===
1,000 150 900	Group 3-Taper 1  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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets 1 x 1000 on 17:30 Pulls  1x{3 x 50 on 1:00 Freestyle {3 x 50 on :55 Freestyle {2 x 50 on :50 Freestyle {2 x 50 on :00 Swim {1 x 50 on 3:00 Freestyle { 4 on each stroke 1 x 200 on 3:00 Stroke Drills	of3	REC SP3 EN2 EN1 EN1 EN1 EN1 EN1	Meters ====== 600 150 600	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000 Group 3 - Taper 2 I minute rest between sets  6:30 AM Start Set Description EGY 1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-swim REC 10 x 15 on :30 Shooters SP3 6 x 100 on 2:30 Kick-no board EN1	===
1,000 150 900 1,000	Group 3-Taper 1  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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets 1 x 1000 on 17:30 Pulls 1x{3 x 50 on 1:00 Freestyle {3 x 50 on :55 Freestyle {2 x 50 on :50 Freestyle 12x{1 x 50 on :00 Swim {1 x 50 on 3:00 Freestyle { 4 on each stroke	of3	REC SP3 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1	Meters ====== 600 150	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000  Group 3 - Taper 2  1 minute rest between sets  6:30 AM Start Set Description EGY  1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-swim REC 10 x 15 on :30 Shooters SP3 6 x 100 on 2:30 Kick-no board EN1 2 x 300 on 5:00 Pulls EN1	===
1,000 150 900 1,000	Group 3-Taper 1  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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets 1 x 1000 on 17:30 Pulls  1x{3 x 50 on 1:00 Freestyle {3 x 50 on :55 Freestyle {2 x 50 on :50 Freestyle {2 x 50 on :00 Swim {1 x 50 on 3:00 Freestyle { 4 on each stroke 1 x 200 on 3:00 Stroke Drills 9:00 AM 4,850 Meters - Stress Value	of3	REC SP3 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1	Meters ====== 600 150 600	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000 Group 3 - Taper 2 I minute rest between sets  6:30 AM Start Set Description EGY 1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-swim REC 10 x 15 on :30 Shooters SP3 6 x 100 on 2:30 Kick-no board EN1	===
1,000 150 900 1,000	Group 3-Taper 1  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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets 1 x 1000 on 17:30 Pulls  1x{3 x 50 on 1:00 Freestyle {3 x 50 on :55 Freestyle {2 x 50 on :50 Freestyle {2 x 50 on :00 Swim {1 x 50 on 3:00 Freestyle { 4 on each stroke 1 x 200 on 3:00 Stroke Drills 9:00 AM 4,850 Meters - Stress Value =	of3	REC SP3 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1	Meters ====== 600 150 600	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000  Group 3 - Taper 2  1 minute rest between sets  6:30 AM Start Set Description EGY  ===================================	===
1,000 150 900 1,000	Group 3-Taper 1  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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets 1 x 1000 on 17:30 Pulls  1x{3 x 50 on 1:00 Freestyle {3 x 50 on :55 Freestyle {2 x 50 on :50 Freestyle {2 x 50 on :00 Swim {1 x 50 on 3:00 Freestyle { 4 on each stroke 1 x 200 on 3:00 Stroke Drills 9:00 AM 4,850 Meters - Stress Value	of3	REC SP3 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1	Meters ====== 600 150 600	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000  Group 3 - Taper 2  1 minute rest between sets  6:30 AM Start Set Description EGY  1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-swim REC 10 x 15 on :30 Shooters SP3 6 x 100 on 2:30 Kick-no board EN1 2 x 300 on 5:00 Pulls EN1 { one on each stroke { 1 x 400 on 8:00 IM 50 drill 50 build EN1 1 x 400 on 8:00 Six kick switch REC	===
1,000 150 900 1,000	Group 3-Taper 1  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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets 1 x 1000 on 17:30 Pulls  1x{3 x 50 on 1:00 Freestyle {3 x 50 on :55 Freestyle {2 x 50 on :55 Freestyle {2 x 50 on :00 Swim {1 x 50 on 3:00 Freestyle { 4 on each stroke 1 x 200 on 3:00 Stroke Drills 9:00 AM 4,850 Meters - Stress Value =  Workout #933-Saturday, 22 July 2000 Group 3-Taper 2	of3	REC SP3 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1	Meters ====== 600 150 600	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000  Group 3 - Taper 2  1 minute rest between sets  6:30 AM Start Set Description EGY  1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-swim REC 10 x 15 on :30 Shooters SP3 6 x 100 on 2:30 Kick-no board EN1 2 x 300 on 5:00 Pulls EN1 { one on each stroke	===
1,000 150 900 1,000	Group 3-Taper 1  1 minute rest between sets  6:30 AM Start     Set Description	of3	REC SP3 EN2 EN1 EN1 EN1 EN1 EN1 REC REC	Meters ====== 600 150 600 600	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000  Group 3 - Taper 2  1 minute rest between sets  6:30 AM Start Set Description EGY  1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-swim REC 10 x 15 on :30 Shooters SP3 6 x 100 on 2:30 Kick-no board EN1 2 x 300 on 5:00 Pulls EN1 { one on each stroke { 1 x 400 on 8:00 IM 50 drill 50 build EN1 1 x 400 on 8:00 Six kick switch REC	===
 1,000 150 900 1,000	Group 3-Taper 1  1 minute rest between sets  6:30 AM Start     Set Description     =================================	of3	REC SP3 EN2 EN1 EN1 EN1 EN1 EN1 REC REC	Meters ====== 600 150 600 400	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000  Group 3 - Taper 2  1 minute rest between sets  6:30 AM Start Set Description EGY  1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-swim REC 10 x 15 on :30 Shooters SP3 6 x 100 on 2:30 Kick-no board EN1 2 x 300 on 5:00 Pulls EN1 { one on each stroke { 1 x 400 on 8:00 IM 50 drill 50 build EN1 1 x 400 on 8:00 Six kick switch REC	===
1,000 150 900 1,000	Group 3-Taper 1  1 minute rest between sets  6:30 AM Start     Set Description	of3	REC SP3 EN2 EN1 EN1 EN1 EN1 EN1 REC REC	Meters ====== 600 150 600 400	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000  Group 3 - Taper 2  1 minute rest between sets  6:30 AM Start Set Description EGY  1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-swim REC 10 x 15 on :30 Shooters SP3 6 x 100 on 2:30 Kick-no board EN1 2 x 300 on 5:00 Pulls EN1 { one on each stroke { 1 x 400 on 8:00 IM 50 drill 50 build EN1 1 x 400 on 8:00 Six kick switch REC	===
 1,000 150 900 1,000	Group 3-Taper 1  1 minute rest between sets  6:30 AM Start     Set Description     =================================	of3	REC SP3 EN2 EN1 EN1 EN1 EN1 EN1 REC  REC	Meters ====== 600 150 600 400	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000  Group 3 - Taper 2  1 minute rest between sets  6:30 AM Start Set Description EGY  1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-swim REC 10 x 15 on :30 Shooters SP3 6 x 100 on 2:30 Kick-no board EN1 2 x 300 on 5:00 Pulls EN1 { one on each stroke { 1 x 400 on 8:00 IM 50 drill 50 build EN1 1 x 400 on 8:00 Six kick switch REC	===
1,000 150 900 1,000 200 Meters	Group 3 - Taper 1  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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets 1 x 1000 on 17:30 Pulls  1x{3 x 50 on 1:00 Freestyle {3 x 50 on :55 Freestyle {2 x 50 on :55 Freestyle {2 x 50 on :50 Freestyle {1 x 50 on 3:00 Freestyle {4 on each stroke 1 x 200 on 3:00 Stroke Drills 9:00 AM 4,850 Meters - Stress Value =  Workout #933 - Saturday, 22 July 2000  Group 3 - Taper 2  1 minute rest between sets  6:30 AM Start Set Description  1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-su 10 x 15 on :30 Shooters	of3	REC SP3 EN2 EN1 EN1 EN1 EN1 EN1 REC  REC  REC  REC  REC  REC  REC  REC	Meters ====== 600 150 600 400	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000  Group 3 - Taper 2  1 minute rest between sets  6:30 AM Start Set Description EGY  1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-swim REC 10 x 15 on :30 Shooters SP3 6 x 100 on 2:30 Kick-no board EN1 2 x 300 on 5:00 Pulls EN1 { one on each stroke { 1 x 400 on 8:00 IM 50 drill 50 build EN1 1 x 400 on 8:00 Six kick switch REC	===
	Group 3 - Taper 1  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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets 1 x 1000 on 17:30 Pulls  1x{3 x 50 on 1:00 Freestyle {3 x 50 on :55 Freestyle {2 x 50 on :50 Freestyle {2 x 50 on :50 Freestyle {1 x 50 on 3:00 Freestyle {4 on each stroke 1 x 200 on 3:00 Stroke Drills 9:00 AM 4,850 Meters - Stress Value =  Workout #933 - Saturday, 22 July 2000  Group 3 - Taper 2  1 minute rest between sets  6:30 AM Start Set Description	of3	REC SP3 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 REC REC REC EGY WO!	Meters ====== 600 150 600 400	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000  Group 3 - Taper 2  1 minute rest between sets  6:30 AM Start Set Description EGY  1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-swim REC 10 x 15 on :30 Shooters SP3 6 x 100 on 2:30 Kick-no board EN1 2 x 300 on 5:00 Pulls EN1 { one on each stroke { 1 x 400 on 8:00 IM 50 drill 50 build EN1 1 x 400 on 8:00 Six kick switch REC	===
	Group 3-Taper 1  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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets 1 x 1000 on 17:30 Pulls  1x{3 x 50 on 1:00 Freestyle {3 x 50 on :55 Freestyle {2 x 50 on :55 Freestyle {2 x 50 on :00 Swim {1 x 50 on 3:00 Freestyle { 4 on each stroke 1 x 200 on 3:00 Stroke Drills 9:00 AM 4,850 Meters - Stress Value  Workout #933 - Saturday, 22 July 2000  Group 3 - Taper 2 1 minute rest between sets  6:30 AM Start Set Description  1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-su 10 x 15 on :30 Shooters  1x{1 x 200 on 4:30 Kick {1 x 100 on 2:10 Kick}	of3	REC SP3 EN1	Meters ====== 600 150 600 400	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000  Group 3 - Taper 2  1 minute rest between sets  6:30 AM Start Set Description EGY  1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-swim REC 10 x 15 on :30 Shooters SP3 6 x 100 on 2:30 Kick-no board EN1 2 x 300 on 5:00 Pulls EN1 { one on each stroke { 1 x 400 on 8:00 IM 50 drill 50 build EN1 1 x 400 on 8:00 Six kick switch REC	===
	Group 3 - Taper 1  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 15 on :30 Shooters 18 x 50 on 1:20 Kick-des in sets 1 x 1000 on 17:30 Pulls  1x{3 x 50 on 1:00 Freestyle {3 x 50 on :55 Freestyle {2 x 50 on :50 Freestyle {2 x 50 on :50 Freestyle {1 x 50 on 3:00 Freestyle {4 on each stroke 1 x 200 on 3:00 Stroke Drills 9:00 AM 4,850 Meters - Stress Value =  Workout #933 - Saturday, 22 July 2000  Group 3 - Taper 2  1 minute rest between sets  6:30 AM Start Set Description	of3	REC SP3 EN2 EN1	Meters ====== 600 150 600 400	{1 x 200 on 3:45 Individual Medley EN1 {1 x 200 on 3:40 Individual Medley EN1 {1 x 200 on 3:35 Individual Medley EN1 8 x 50 on 1:00 Stroke Drills REC 8:54 AM 5,450 Meters - Stress Value = 54  Workout #936 - Monday, 24 July 2000  Group 3 - Taper 2  1 minute rest between sets  6:30 AM Start Set Description EGY  1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-swim REC 10 x 15 on :30 Shooters SP3 6 x 100 on 2:30 Kick-no board EN1 2 x 300 on 5:00 Pulls EN1 { one on each stroke { 1 x 400 on 8:00 IM 50 drill 50 build EN1 1 x 400 on 8:00 Six kick switch REC	===

800

150

1 x 800 on 16:00 Swim-kick-pull-swim REC

10 x 15 on :30 Shooters SP3

 $1x{2 x 100 on 2:30 Kick}$ 

 $\{2 \times 100 \text{ on } 2:25 \text{ Kick} \}$ 

 $\{2 \times 100 \text{ on } 2:20 \text{ Kick} \}$ 

Meters ====== 800 150 600 600	6:30 AM Start Set Description ====================================			400	8:35 AM 4,050 Meters - Stress Value = 46  Workout #941 - Tuesday, 25 July 2000	REC 6	
800 150 600 600	<pre>1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 10 x 15 on :30 Shooters 6 x 100 on 2:30 Kick-no board 2 x 300 on 5:00 Pulls 3x{4 x 50 on 1:15 Stroke Drills</pre>	REC SP3 EN1	===		• • • • • • • • • • • • • • • • • • • •		
200	$3x{4 \times 50}$ on 1:15 Stroke Drills	EN1			Group 3 - Eric Blue Man 1 minute rest between sets		
	(1 100 0 00 50 1 133 50 1 131	EN1		Meters	6:30 AM Start Set Description	EGY	
	{1 x 400 on 8:00 IM 50 drill 50 build 1 x 200 on 4:00 Six kick switch 8:34 AM 4,150 Meters - Stress Value = 4	REC		800 150	10 x 15 on :30 Shooters	SP3	
	Workout #942 - Tuesday, 25 July 2000				1x{2 x 100 on 2:30 Kick {2 x 100 on 2:25 Kick	EN1 EN1	
	Group 3 - Taper 1				{2 x 100 on 2:20 Kick	EN1	
	1 minute rest between sets				{2 x 100 on 2:15 Kick	EN1	
	Timute Test between sets			1 000	{1 x 100 on 2:10 Kick	EN1	
	6:30 AM Start			1,200 300			
Meters	Set Description	EGY	WOF	300		EN1	
=====		===	===			EN1	
0.00	1 on 30:00 Stomach and Stretch	DEC			{5 x 50 on :40 Freestyle	EN1	
800 150	1 x 800 on 16:00 Swim-kick-pull-swim 10 x 15 on :30 Shooters	SP3		200		REC	
	1x{3 x 100 on 2:30 Kick	EN1			8:41 AM 5,050 Meters - Stress Value = 50	)	
	{3 x 100 on 2:25 Kick	EN1					
	{3 x 100 on 2:20 Kick	EN1			Workout #943 - Wednesday, 26 July 2000		
1,200	8 x 150 on 2:30 Pulls-mid 50 br ev 7	EN1			Group 3 - Taper 1		
600	6 x 100 on 1:45 Descend in sets of 3	EN1			1 minute rest between sets		
	$2x{5 x 50 on :55 Freestyle}$	EN1					
	$\{5 \times 50 \text{ on } : 50 \text{ Freestyle} \}$	EN1			6:30 AM Start		
	$\{5 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1		Meters	Set Description EGY	WOR	K SI
400	8 x 50 on 1:00 Stroke Drills					====	= ==
	8:53 AM 5,550 Meters - Stress Value = 5	4			1 on 30:00 Stomach and Stretch		L DF
	W. I			800 150			S CE
	Workout #939 - Tuesday, 25 July 2000			130	10 x 15 on :30 Shooters SP3 2x{1 x 150 on 3:30 Kick EN2		S CE K CE
	Group 3 - Taper 2				{1 x 100 on 2:20 Kick EN2		K CE
	1 minute rest between sets				{1 x 50 on 1:10 Kick EN2		K CF
					1x{1 x 300 on 4:45 Pulls EN1		P F
	6:30 AM Start	E 61			{1 x 400 on 6:20 Pulls EN1	]	P F
Meters	Set Description		Y WC		{1 x 200 on 3:10 Pulls EN1		P F
	1 on 30:00 Stomach and Stretch				{1 x 100 on 1:35 Pulls EN1		P F
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	C	600			SI
150	10 x 15 on :30 Shooters	SP			4x{1 x 100 on 1:45 Freestyle EN1 {1 x 100 on 1:40 Freestyle EN1		S F S F
	1x{2 x 100 on 2:30 Kick	EN			{1 x 100 on 1:40 Freestyle EN1 {1 x 100 on 1:35 Freestyle EN1		S F S F
	{2 x 100 on 2:25 Kick	EN:	1		{3 x 50 on 1:00 Your Stroke EN1		S SI
	{2 x 100 on 2:20 Kick	EN:	1	200			D C
	{1 x 100 on 2:15 Kick	EN:			8:45 AM 5,150 Meters - Stress Value = 56	6	
600	1 x 600 on 10:00 Pulls-odd 100 br 5-						
900	9 x 100 on 1:45 Descend in sets of 3 1 x 200 on 8:00 Broken	EN: SP2					
200 400	8 x 50 on 1:15 Stroke Drills	RE(					
	8:24 AM 3,550 Meters - Stress Value = 5		_				
	Workout #940 - Tuesday, 25 July 2000						
	Group 3 - Sectional						
	1 minute rest between sets						
	A MARKET ASSESSMENT OF THE STATE OF THE STAT						
	6:30 AM Start						
		FCV					
Meters	Set Description	EGI	WOF				

EN1

EN1

EN1

# Workout #944 - Wednesday, 26 July 2000 Group 3 - Taper 2 1 minute rest between sets

# Workout #948 - Thursday, 27 July 2000 Group 3 - Taper 1 1 minute rest between sets

	6:30 AM Start				6:30 AM Start			
Meters	Set Description	EGY	WORF	Meters	Set Description	EGY	WORK S	5
		===	====		=======================================	===		=
	1 on 30:00 Stomach and Stretch		I		1 on 30:00 Stomach and Stretch		LI	_
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤	1,000	1 x 1000 on 20:00 Choice	REC	D C	-
150	10 x 15 on :30 Shooters	SP3	٤	150	10 x 15 on :30 Shooters	SP3	SC	-
	1x{1 x 100 on 2:20 Kick	EN2	ŀ		1x{1 x 200 on 5:00 Kick	EN2	ΚC	-
	{1 x 100 on 2:15 Kick	EN2	ŀ		{2 x 150 on 3:45 Kick	EN2	ΚC	-
	{1 x 100 on 2:10 Kick	EN2	ľ		{3 x 100 on 2:30 Kick	EN2	ΚC	-
	{1 x 100 on 2:05 Kick	EN2	ľ		{4 x 50 on 1:15 Kick-descend	EN2	ΚC	-
500	1 x 500 on 8:30 Pulls br 2-3-4-5-6	EN1	E		1x{5 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
	by the 100				$\{5 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w}$	EN1	P	
400	8 x 50 on 1:15 2 on each stroke	EN1	٤		$\{5 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w}$	EN1	P	
	$3x{1 \times 200 \text{ on } 3:15 \text{ Freestyle}}$	EN1	٤		{5 x 50 on :45 Pulls-nbbf&w	EN1	P	
	$\{1 \times 50 \text{ on } :55 \text{ Freestyle} \}$	EN1	٤		$4x{3 \times 100}$ on 1:40 Freestyle-descend	EN1	S	
	$\{1 \times 50 \text{ on } :50 \text{ Freestyle} \}$	EN1	٤		{4 x 50 on 1:00 Stroke	EN1	S	
	{1 x 50 on :45 Freestyle	EN1	٤		{ 1 set for each strk			
150	1 x 150 on 3:00 Stroke Drills	REC	Ι	200	1 x 200 on 3:00 Stroke Drills	REC	D	
	8:08 AM 3,050 Meters - Stress Value =	38			8:52 AM 5,350 Meters - Stress Value =	= 59		

# Workout #945 - Wednesday, 26 July 2000 **Group 3 - Sectional**

# 1 minute rest between sets

8:28 AM 4,200 Meters - Stress Value = 44

# Workout #949 - Thursday, 27 July 2000 Group 3 - Taper 2 1 minute rest between sets

	6:30 AM Start					6:30 AM Start		
Meters	Set Description	EGY	WORI	K STF	Meters	Set Description	EGY	WORK
800 150	1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Choice 10 x 15 on :30 Shooters  2x{1 x 150 on 3:30 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:10 Kick  1x{1 x 300 on 4:45 Pulls {1 x 200 on 3:10 Pulls {1 x 100 on 1:35 Pulls 8 x 50 on 1:00 2 on each stroke 2x{1 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle {1 x 100 on 1:30 Freestyle	REC SP3 EN2 EN2 EN1 EN1 EN1	1	= === L DRY CHC CHC CHC CHC CHC CHC CHC CHC CHC CH	400 150 400 400	1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 10 x 15 on :30 Shooters 8 x 50 on 1:15 Kick-des in sets of4 2 x 200 on 3:20 Pulls 4x{2 x 100 on 2:00 Stroke Drills {4 x 50 on 1:10 Stroke Drills-build { one set on each strk 8:09 AM 2,950 Meters - Stress Value =  Workout #950 - Thursday, 27 July 2000 Group 3 - Sectional	REC SP3 EN2 EN1 EN1	E E E E
200	{3 x 50 on 1:00 Your Stroke 1 x 200 on 4:00 Stroke Drills 8:19 AM 3,650 Meters - Stress Value	EN1 REC 1e =	C I	S STF O CI	Meters	1 1 1		WORK
	Workout #946 - Wednesday, 26 July 2000	0					===	
	Group 3 - Eric Blue Man				1 000	1 on 30:00 Stomach and Stretch	DEC	L
	1 minute rest between sets				1,000 150		REC SP3	D S
	1 minute Test between sets				130		EN2	K
Meters	6:30 AM Start Set Description		WORK			{1 x 150 on 3:30 Kick {1 x 100 on 2:20 Kick	EN2 EN2 EN2	K K K
	1 on 30:00 Stomach and Stretch			DRY	600	·	EN2 EN1	r P
800	1 x 800 on 16:00 Choice	REC		CHO	000		EN1	D
150	10 x 15 on :30 Shooters	SP3		СНО		{4 x 50 on 1:00 Stroke Drills-build	EN1	D
	2x{1 x 150 on 3:30 Kick	EN2	K	CHO		{ set 1&3 strk Set 2fr		
	{1 x 100 on 2:20 Kick	EN2		CHO		8:16 AM 3,450 Meters - Stress Value =	38	
	{1 x 50 on 1:10 Kick	EN2		CHO				
	1x{1 x 300 on 4:45 Pulls	EN1		FR				
	{1 x 400 on 6:20 Pulls	EN1		FR				
200	{1 x 200 on 3:10 Pulls	EN1	P	FR				
200	4 x 50 on 1:00 Descend 3x{1 x 100 on 1:40 Freestyle	EN1 EN1	S S	FR FR				
	{1 x 100 on 1:35 Freestyle	EN1	S	FR				
	{1 x 100 on 1:30 Freestyle	EN1	S	FR				
	{3 x 50 on 1:00 Your Stroke	EN1		STK				
200	1 x 200 on 4:00 Stroke Drills	REC	D					

# Workout #947 - Thursday, 27 July 2000 Group 3 - Eric Blue Man 1 minute rest between sets

6:30 AM Start		
Meters Set Description	EG	Y WORK
=======================================		= ====
1 on 30:00 Stomach and	d Stretch	L
1,000 1 x 1000 on 20:00 Cho	ice RE	C D
150	rs SP	3 S
1x{1 x 200 on 4:40 Kick	EN	2 K
{1 x 150 on 3:30 Kick	EN	2 K
{1 x 100 on 2:20 Kick	EN	2 K
{3 x 50 on 1:10 Kick-de	escend EN	2 K
1x{4 x 50 on 1:00 Pulls-	nbbf&w EN	1 P
$\{4 \times 50 \text{ on } :55 \text{ Pulls-n}\}$	obf&w EN	1 P
$\{4 \times 50 \text{ on } :50 \text{ Pulls-n}\}$	obf&w EN	1 P
$\{2 \times 50 \text{ on } : 45 \text{ Pulls-n}\}$	obf&w EN	1 P
$4x\{2 \ x \ 100 \ on \ 2:00 \ Stroke$	e Drills EN	1 D
{4 x 50 on 1:00 Stroke	Drills-build EN	1 D
{ 1 set for each strk		
8:28 AM 4,050 Meters - St	tress Value = 44	

# Workout #953 - Friday, 28 July 2000 Group 3 - Taper 1 1 minute rest between sets

	6:30 AM Start	E G I	
Meters	Set Description	EGY	HOM
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
150	$10 \times 15$ on :30 Shooters	SP3	
1,000	$10 \times 100$ on $2:30$ Kick-odds fast	EN2	
	1x{2 x 200 on 3:20 Pulls	EN1	
	{2 x 200 on 3:15 Pulls	EN1	
	{1 x 200 on 3:10 Pulls	EN1	
400	$8 \times 50$ on $1:10 \times 2$ on each stroke	EN1	
	3x{1 x 200 on 3:45 Stroke	EN1	
	{3 x 100 on 1:30 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:48 AM 5,050 Meters - Stress Value = 60	Э	

# Workout #951 - Friday, 28 July 2000 Group 3 - Sectional 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WORK S
=====		===	
	1 on 30:00 Stomach and Stretch		LΙ
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :30 Shooters	SP3	S (
600	6 x 100 on 2:15 Kick-descend 1-3&4-6	EN2	K (
600	3 x 200 on 3:20 Pulls	EN1	P
600	12 x 50 on 1:10 3 on each stroke	EN1	S
200	1 x 200 on 8:00 Broken	SP2	S (
500	5 x 100 on 2:00 Stroke Drills	REC	D
	8:23 AM 3,450 Meters - Stress Value =	= 56	

# Workout #952 - Friday, 28 July 2000 Group 3 - Eric Blue Man 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	
150	$10 \times 15$ on :30 Shooters	SP3	
600	6 x 100 on 2:15 Kick-descend 1-3&4-6	EN2	
	1x{2 x 200 on 3:10 Pulls	EN1	

	{1 x 200 on	3:05 Pulls	EN1
	{1 x 200 on	3:00 Pulls	EN1
800	16 x 50 on	1:10 4 on each stroke	EN1
200	1 x 200 on	8:00 Broken	SP2
600	6 x 100 on	2:00 Stroke Drills	REC
	8:33 AM 3,950	Meters - Stress Value =	59

# Workout #955 - Saturday, 29 July 2000 Group 3 - Taper 1 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Choice-no social kck	REC	
150	10 x 15 on :30 Shooters	SP3	
	2x{4 x 50 on 1:15 Kick	EN2	
	{4 x 50 on 1:10 Kick	EN2	
	{4 x 50 on 1:05 Kick	EN2	
	{1 on :30 Rest		
900	6 x 150 on 2:30 Pulls-mid 50 br ev 7	EN1	
300	6 x 50 on :50 Freestyle	EN1	
	1x{3 x 200 on 4:00 Individual Medley	EN1	
	{2 x 200 on 3:50 Individual Medley	EN1	
	{1 x 200 on 3:40 Individual Medley	EN1	
200	4 x 50 on 1:00 Stroke Drills	REC	
	8:44 AM $4.750$ Meters - Stress Value = $60$		

# Workout #954 - Saturday, 29 July 2000 Group 3 - Sectional 1 minute rest between sets

	6:30	AM Start		
Meters	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 30:00 Stomach and Stretch		
600	1	x 600 on 12:00 Swim-kick-pull-swim	REC	
150	1(	0 x 15 on :30 Shooters	SP3	
	1x{2	x 100 on 2:10 Kick	EN2	
	{ 2	x 100 on 2:05 Kick	EN2	
400	4	x 100 on 1:30 Lungbuster pulls	EN1	
400	2	x 200 on 3:45 IM build each 50	EN1	
	2x{3	x 100 on 1:30 Freestyle	EN1	
	{ 2	x 50 on :55 Your Stroke	EN1	
	{ 2	x 150 on 2:45 IM no free	EN1	
200	1	x 200 on 4:00 Stroke Drills	REC	
	8:14	AM 3,550 Meters - Stress Value = 39	,	

# Workout #959 - Monday, 31 July 2000 Group 3 - Taper 1 1 minute rest between sets

Meters		AM Start et 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	
	1x{3	x 100 on 2:30 Kick	EN2	
		x 100 on 2:25 Kick	EN2	
	•	x 100 on 2:20 Kick	EN2	
	•	x 50 on 1:00 Pulls with paddles	EN1	
		x 50 on :55 Pulls with paddles	EN1	
		x 50 on :50 Pulls with paddles	EN1	
	-	-	EN1	
		x 50 on :45 Pulls with paddles		
600	3	x 200 on 4:30 IM descend	EN1	
	1x{3	x 150 on 2:20 Freestyle	EN1	
	{ 3	x 150 on 2:15 Freestyle	EN1	
	{ 2	x 150 on 2:10 Freestyle	EN1	
300	6	x 50 on 1:00 Stroke Drills	REC	
	8:46	AM 4,950 Meters - Stress Value = 54	1	

# Workout #957 - Monday, 31 July 2000 Group 3 - All-Americans 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	
150	10 x 15 on :30 Shooters	SP3	
	1x{3 x 100 on 2:25 Kick	EN2	
	{3 x 100 on 2:20 Kick	EN2	
	{3 x 100 on 2:15 Kick	EN2	
200	10 x 20 on 1:00 Pit sprints	SP3	
	$4x{1 \times 50 \text{ on } 1:00 \text{ Pulls with paddles}}$	EN1	
	$\{1 \times 50 \text{ on } :55 \text{ Pulls with paddles} \}$	EN1	
	{1 x 50 on :50 Pulls with paddles	EN1	
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls with paddles} \}$	EN1	
200	1 x 200 on 4:00 Individual Medley	EN1	
	$4x{1 x 50 on 1:00 17m fast 33m easy}$	EN1	
	$\{1 \times 50 \text{ on } 1:00 \text{ 33m fast } 17\text{m easy}$	EN2	
	$\{1 \times 50 \text{ on } 1:00 \text{ All fast}$	EN3	
	{1 x 150 on 3:00 Stroke Drills	REC	
200	1 x 200 on 3:00 Six kick switch	REC	
	8:44 AM 4,450 Meters - Stress Value = 66	5	

# Workout #958 - Monday, 31 July 2000 Group 3 - Sectional 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :30 Shooters	SP3	٤
300	3 x 100 on 2:20 Kick	EN2	F
400	1 x 400 on 6:30 Pulls br 2-3-4-5	EN1	E
	2x{3 x 100 on 1:35 Freestyle	EN1	٤
	{3 x 50 on 1:00 Your Stroke	EN1	٤
	{1 x 200 on 3:30 Individual Medley	EN1	٤
400	4 x 100 on 2:00 Stroke Drills	REC	Ι
	8:03 AM 2,950 Meters - Stress Value = 3	32	

Workout #956 - Monday, 31 July 2000 Group 3 - Eric Blue Man 1 minute rest between sets

Meters	Set Description	EGY	WORK
	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
150	$10 \times 15$ on :30 Shooters	SP3	٤
300	3 x 100 on 2:20 Kick	EN2	F
400	1 x 400 on 6:30 Pulls br 2-3-4-5	EN1	E
	3x{3 x 100 on 1:35 Freestyle	EN1	٤
	{3 x 50 on 1:00 Your Stroke	EN1	٤
	{1 x 200 on 3:30 Individual Medley	EN1	٤
350	7 x 50 on 1:00 Stroke Drills	REC	Γ
	8:13 AM 3,550 Meters - Stress Value = 3	39	

6:30 AM Start

# Workout #961 - Tuesday, 01 August 2000 Group 3 - Taper 1 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY WOF
=====	=======================================	=== ===
	1 on 30:00 Stomach and Stretch	
1,000	1 x 1000 on 20:00 Choice	REC
150	10 x 15 on :30 Shooters	SP3
900	18 x 50 on 1:15 Kick des in sets of3	EN2
	1x{1 x 300 on 5:00 Pulls	EN1
	{1 x 300 on 4:50 Pulls	EN1
	{1 x 300 on 4:40 Pulls	EN1
	{1 x 300 on 4:30 Pulls	EN1
300	3 x 100 on 1:45 Freestyle-descend	EN1
	$3x{4} \times 50$ on 1:00 Swim descend	EN1
	{1 x 200 on 4:00 Your Stroke(no free)	EN1
200	1 x 200 on 4:00 Stroke Drills	REC
	8:47 AM 4,950 Meters - Stress Value = 5	6

# Workout #960 - Tuesday, 01 August 2000 Group 3 - Sectional 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 20:00 Choice	REC	
150	10 x 15 on :30 Shooters	SP3	
300	3 x 100 on 2:20 Kick	EN2	
400	1 x 400 on 6:00 Pulls	EN1	
	$1x\{16 \ x \ 50 \ on \ 1:00 \ Stroke Drills \ 4 \ on \ E$	EN1	
400	1 x 400 on 8:00 Freestyle	REC	
	8:07 AM 3,050 Meters - Stress Value = 2	7	

# Workout #962 - Monday, 07 August 2000 Group 3 - All-Americans 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch0		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
	1x{3 x 100 on 2:30 Kick	EN2	
	{3 x 100 on 2:20 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
800	2 x 400 on 6:30 Pulls	EN1	
200	10 x 20 on 1:00 Pit sprints	SP3	
	$2x{4 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	EN1	
	$\{4 \times 50 \text{ on } :50 \text{ Freestyle}\}$	EN1	
	$\{4 \times 50 \text{ on } : 40 \text{ Freestyle}$	EN1	
	{1 on 1:00 Rest		
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:35 AM $4,150$ Meters - Stress Value = $55$	5	

# Workout #963 - Tuesday, 08 August 2000 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	Ι
600	1 x 600 on 12:00 Choice	REC	S	
150	10 x 15 on :30 Shooters	SP3	S	
	$1x{1 \times 300 \text{ on } 7:15 \text{ Kick-no board}}$	EN1	K	(
	{1 x 200 on 4:45 Kick-no board	EN1	K	(
	{1 x 100 on 2:20 Kick-no board	EN1	K	(
	$\{4 \times 50 \text{ on } 1:30 \text{ Sprint kick}$	EN2	K	(
800	4 x 200 on 3:30 Pulls-br 3-5	EN1	P	
600	6 x 100 on 1:45 Freestyle-descend	EN1	S	
100	1 x 100 on 6:00 Broken 10sec rest	SP2	S	
500	10 x 50 on 1:00 Stroke Drills	REC	D	
	8:25 AM 3,550 Meters - Stress Value =	= 44		

# Workout #964 - Wednesday, 09 August 2000 Group 3 - All-Americans 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	1 on 25:00 Stomach and Stretch		L	DF
600	1 x 600 on 12:00 Choice	REC	S	CF
150	$10 \times 15$ on :30 Shooters	SP3	S	E
400	4 x 100 on 2:15 Kick	EN2	K	CF
400	1 x 400 on 6:30 Pulls br 3-4-5-6	EN1	P	E
200	$10 \times 20$ on $1:00$ Pit sprints	SP3	S	E
	$4x{4 \times 50 \text{ on } :50 \text{ Freestyle}}$	EN1	S	E
	{2 x 100 on 1:30 Freestyle	EN1	S	E
200	1 x 200 on 50:00 Stroke Drills	REC	D	C
	9:00 AM 3,550 Meters - Stress Value	= 47	7	

# Workout #965 - Tuesday, 05 September 2000 Group 3 - All

#### 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	MC
=====	=======================================	===	==
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
	1 on 15:00 Techniques-turns		
600	12 x 50 on 1:15 Kick-no board 3 on e	EN1	
	$5x{1 x 25 on :30 Pulls br ev 3}$	EN1	

$\{1 \times 25 \text{ on } : 30 \text{ Pulls br ev } 4$	EN1
$\{1 \times 25 \text{ on } : 30 \text{ Pulls br ev } 5$	EN1
$\{1 \times 25 \text{ on } : 30 \text{ Pulls br ev } 6$	EN1
$10x\{1 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	EN1
$\{1 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	EN1
300 12 x 25 on :30 Freestyle-des in 3's	EN1
200 1 x 200 on 3:00 Freestyle	REC
1 on 13:00 Sharks and minnows	
7:14 PM 3,200 Yards - Stress Value = 23	

# Workout #966 - Wednesday, 06 September 2000 Group 3 - All

# 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WOI
=====	=======================================	===	===
	1 on 24:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-turns		
	$1x{4 x 25 on :35 Kick}$	EN2	
	{4 x 50 on 1:10 Kick	EN2	
	{4 x 75 on 1:45 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	{4 x 25 on :30 Kick	EN2	
800	$8 \times 100$ on 1:40 Pulls-odds lb	EN1	
	$1x{6 x 50 on :55 Mid pool swims}$	EN1	
	$\{6 \times 50 \text{ on } : 50 \text{ Mid pool swims}$	EN1	
	$\{6 \times 50 \text{ on } : 45 \text{ Mid pool swims}$	EN1	
500	20 x 25 on :40 IM order	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:15 PM 4,000 Yards - Stress Value = 40		

# Workout #967 - Thursday, 07 September 2000 Group 3 - All

#### 1 minute rest between sets

	5:15 PM Start	
Yards		EGY WOF
=====		
	1 on 25:00 Stomach and Stretch	
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC
	1 on 10:00 Techniques-turns	
800	16 x 50 on 1:00 Kick-odds free evns	EN2
	non free	
	1x{6 x 75 on 1:15 Pulls	EN1
	{6 x 75 on 1:10 Pulls	EN1
	{6 x 75 on 1:00 Pulls	EN1
1,125	$5 \times 225$ on $3:30$ 3 minute swims	EN1
	$1x{3 x 25 on :30 Freestyle}$	EN1
	${3 \times 25 \text{ on :} 25 \text{ Freestyle}}$	EN1
	${3 \times 25 \text{ on :} 20 \text{ Freestyle}}$	EN1
200	1 x 200 on 3:00 Stroke Drills	REC

7:09 PM 4,300 Yards - Stress Value = 42

Workout #968 - Saturday, 09 September 2000 Group 3 - All			Yards	5:15 PM Start Set Description	EGY	
1 minute rest between sets  7:30 AM Start Yards Set Description	EGY	WOF	800	1 on 23:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 1 on 10:00 Techniques-finishes		
1 on 20:00 Stomach and Stretch 825		===		{6 x 50 on :55 Kick {4 x 25 on 1:00 Sprint kick 3x{1 x 150 on 2:15 Pulls {1 x 100 on 1:30 Pulls	EN2 EN3 EN1 EN1 EN1	
{3 x 100 on 2:00 Kick { descend each set 100    1 x 100 on 2:00 Kick for time 750    6 x 125 on 1:45 Pulls last 25 only 3 brths 200    8 x 25 on :30 Freestyle 1x{2 x 200 on 2:45 Freestyle	EN2 EN3 EN1 EN1 EN2		200	8 x 25 on :30 Choice 2x{5 x 50 on :50 Freestyle {4 x 50 on :45 Freestyle {3 x 50 on :40 Freestyle {2 x 50 on :35 Freestyle {1 on 1:00 Rest	EN1 EN1 EN1 EN1 EN1	
{2 x 200 on 2:40 Freestyle {2 x 150 on 2:00 Freestyle {2 x 150 on 1:55 Freestyle {2 x 100 on 1:20 Freestyle {2 x 100 on 1:15 Freestyle {2 x 50 on :40 Freestyle {2 x 50 on :35 Freestyle	EN2 EN2 EN2 EN2 EN2 EN1 EN1		200	1 x 200 on 3:00 Choice 7:15 PM 4,500 Yards - Stress Value = 49  Workout #972 - Wednesday, 13 September 2000  Group 3 - All  1 minute rest between sets	REC	
500	REC		Yards	5:15 PM Start Set Description EGY		
Group 3 - All  1 minute rest between sets			800		-	S K C K C
400 1 x 400 on 8:00 Swim-kick-pull-swim REC 250 10 x 25 on :30 Berzerks SP3 800 16 x 50 on 1:00 Pulls-nbbf&w EN1 300 3 x 100 on 1:45 Freestyle-build EN1 1,600 4 x 400 on 6:00 Free des 1-3 hold EN1	S F S	= ==	300 2,000 300	1x(4 x 50 on 1:00 Pulls-nbbf&w EN1 {4 x 50 on :55 Pulls-nbbf&w EN1 {4 x 50 on :50 Pulls-nbbf&w EN1 {4 x 50 on :45 Pulls-nbbf&w EN1 3 x 100 on 1:30 Freestyle-descend EN1	-	P P P S S D
#4 as fast as 3 250 5 x 50 on 1:00 Stroke Drills REC 6:39 AM 3,600 Yards - Stress Value = 37	Ε	) (		Workout #973 - Thursday, 14 September 2000 Group 3 - All		
Workout #970 - Monday, 11 September 2000 Group 3 - All 1 minute rest between sets			Yards	=======================================	EGY	
5:15 PM Start Yards Set Description	EGY		800	1 on 24:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 1 on 10:00 Techniques-starts 1x{4 x 100 on 1:45 Kick with flippers	REC EN2	
1 on 25:00 Stomach and Stretch 800 1 x 800 on 16:00 Swim-kick-pull-swim 1 on 10:00 Techniques-finishes 3x{1 x 100 on 1:55 Kick {4 x 50 on 1:00 Kick-descend 1,000 10 x 100 on 1:30 Lungbuster pulls odds br 3-5-7-3 evens br 2-4-6-2 200 8 x 25 on :30 IM order	REC EN2 EN2 EN1		200	{2 x 100 on 1:35 Kick with flippers {1 x 100 on 1:30 Kick with flippers 1x{1 x 100 on 1:40 Pulls {2 x 100 on 1:35 Pulls {3 x 100 on 1:30 Pulls {4 x 100 on 1:25 Pulls 8 x 25 on :30 Choice	EN2 EN2 EN1 EN1 EN1 EN1 EN1	
1x{1 x 400 on 5:30 Freestyle {2 x 200 on 2:45 Freestyle {4 x 100 on 1:25 Freestyle {8 x 50 on :40 Freestyle 250 5 x 50 on 1:00 Stroke Drills 7:15 PM 4,750 Yards - Stress Value = 62	EN1 EN2 EN2 EN2 EN2 REC		250	{1 x 50 on :40 Freestyle {1 x 50 on :55 Freestyle	EN2 EN2 REC REC	

Workout #971 - Tuesday, 12 September 2000 Group 3 - All 1 minute rest between sets

REC

EN1

EN1

D

D

K

P

Ρ

7:30 PM 5,800 Yards - Stress Value = 85

Workout #978 - Tuesday, 19 September 2000

Group 3 - All 1 minute rest between sets

1 on 25:00 Stomach and Stretch

1 on 10:00 Techniques-finishes

500 10 x 50 on 1:00 Kick EN2 500 1 x 500 on 10:00 Kick for time EN3

9 x 50 on :45 Descend in sets of 3 EN1

1x{8 x 75 on 1:10 Pulls

7:30 PM 5,950 Yards - Stress Value = 99

8 x 100 on 2:00 Stroke Drills

2 on each stroke

{6 x 75 on 1:05 Pulls

{4 x 75 on 1:00 Pulls

5:15 PM Start

=====

800

450

#### Workout #974 - Friday, 15 September 2000 Yards Set Description EGY WORK ST ===== Group 3 - All 1 on 25:00 Stomach and Stretch 1 minute rest between sets 800 8 x 100 on 2:00 Stroke Drills odds free evens strk 5:30 AM Start 1 on 10:00 Techniques-finishes D F Yards Set Description EGY WOF 250 \_\_\_\_\_ K CF 2x{1 x 100 on 2:00 Kick 2x11 x 100 on 2:00 K1CK EN2 {1 x 100 on 1:55 Kick EN2 {1 x 100 on 1:50 Kick EN2 {1 x 100 on 1:45 Kick EN2 {1 x 100 on 1:45 Kick EN2 {1 x 300 on 4:15 Pulls EN1 {2 x 300 on 4:05 Pulls EN1 400 1 x 400 on 8:00 Swim-kick-pull-swim REC 12 x 75 on 1:30 25kick 25drill 25bld EN1 900 K CF 3 on each stroke K CF EN1 $1x{2 x 200 on 3:00 Pulls}$ {2 x 200 on 2:50 Pulls EN1 {2 x 200 on 2:40 Pulls EN1 {2 x 150 on 2:25 100 free 50 fly EN1 {2 x 150 on 2:20 100 free 50 back EN1 1x{2 x 150 on 2:25 100 free 50 fly 300 3 x 100 on 1:45 IM-build each 25 EN1 S I $1x\{4 \times 200 \text{ on } 2:45 \text{ Freestyle}$ EN2 {2 x 150 on 2:30 100 free 50 breast EN1 {3 x 200 on 2:40 Freestyle EN2 {2 x 200 on 2:35 Freestyle EN2 {1 x 200 on 2:30 Freestyle EN2 {2 x 150 on 2:15 Freestyle EN1 6 x 50 on 1:00 Stroke Drills REC 300 6:42 AM 4,000 Yards - Stress Value = 33 {5 x 50 on 1:00 Stroke Drills REC

# Workout #975 - Saturday, 16 September 2000 Group 3 - All

#### 1 minute rest between sets

#### 7:30 AM Start Set Description EGY WOF Yards \_\_\_\_\_ 1 on 25:00 Stomach and Stretch 1 x 825 on 16:00 Swim-kick-pull-swim REC 825 14 x 15 on :30 Cross pool sprints SP3 EN2 EN2 EN2 1x{2 x 100 on 2:00 Kick {3 x 50 on 1:00 Kick-no board {2 x 100 on 1:50 Kick EN2 EN2 EN2 {3 x 50 on 1:00 Kick-no board {2 x 100 on 1:40 Kick {3 x 50 on 1:00 Kick-no board EN2 EN1 1x{3 x 50 on :45 Pulls EN1 EN1 EN1 {3 x 75 on 1:05 Pulls {3 x 100 on 1:25 Pulls {3 x 125 on 1:45 Pulls {3 x 150 on 2:05 Pulls 450 9 x 50 on :45 Freestyle EN1 EN2 2,000 10 x 200 on 3:00 Challenge set!!! 500 10 x 50 on 1:00 Stroke Drills

# Workout #976 - Monday, 18 September 2000 Group 3 - All

9:53 AM 6,535 Yards - Stress Value = 88

# 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
425	1 x 425 on 8:00 Reverse IM drill	REC	
210	14 x 15 on :30 Pit sprints	SP3	
1,000	8 x 125 on 1:50 Pulls 1-3 last 25 4b	EN1	
	4-6 last 25 3 breath		
	7&8 last 25 2 breath		
	$1x{2 x 250 on 3:45 Freestyle}$	EN1	
	{3 x 100 on 1:30 Freestyle-descend	EN1	
	{2 x 250 on 3:35 Freestyle	EN1	
	{3 x 100 on 1:30 Freestyle-descend	EN1	
	{2 x 250 on 3:25 Freestyle	EN1	
	{3 x 100 on 1:30 Freestyle-descend	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	6:44 AM 4,285 Yards - Stress Value = 42		

# Workout #977 - Monday, 18 September 2000 Group 3 - All 1 minute rest between sets

# Workout #979 - Monday, 25 September 2000 Group 3 - All

#### 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 16:00 Choice	REC	S
250	10 x 25 on :30 Berzerks	SP3	S
	1x{4 x 100 on 2:00 Kick	EN2	K

800 1 x 800 on 16:00 Choice	DEC	S
	REC	
250	SP3	S
1x{4 x 100 on 2:00 Kick	EN2	K
{4 x 75 on 1:30 Kick	EN2	K
{4 x 50 on 1:00 Kick	EN2	K
$\{4 \times 25 \text{ on } 1:00 \text{ Sprint kick}$	EN3	K
1x{3 x 200 on 2:45 Pulls with paddles	EN1	P
{3 x 200 on 2:40 Pulls with paddles	EN2	P
{3 x 200 on 2:35 Pulls with paddles	EN1	P
300 12 x 25 on :30 IM order	EN1	S
$1x{1 x 200 on 3:00 Freestyle}$	EN1	S
$\{1 \times 150 \text{ on } 2:15 \text{ Freestyle}$	EN1	S
{1 x 100 on 1:30 Freestyle	EN1	S
{1 x 50 on :45 Freestyle	EN1	S
{1 x 200 on 2:50 Freestyle	EN1	S
$\{1 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$	EN1	S
$\{1 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$	EN1	S
{1 x 50 on :40 Freestyle	EN1	S
	EN1	S
· · · · · · · · · · · · · · · · · · ·	EN1	S
•	EN1	S
		_

# Workout #980 - Tuesday, 26 September 2000 Group 3 - All

7:42 PM 6,450 Yards - Stress Value = 84

4 x 100 on 2:15 Stroke Drills

4 x 100 on 1:30 Freestyle-descend EN2

S

S

REC

 $\{1 \times 50 \text{ on } : 40 \text{ Freestyle } \}$ 

to ludicrous speed

400

400

# 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	
	1 on 30:00 Stomach and Stretch		I
800	8 x 100 on 2:00 Stroke Drills	REC	Γ
	odds free evens strk		
	12x{1 x 13 on :00 Butterfly	SP3	٤
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	REC	٤
	5x{1 x 100 on 1:45 Kick	EN2	ľ
	{1 x 100 on 2:00 Kick	EN2	ŀ
	$1x{4 x 125 on 2:00 Pulls 3br last 25}$	EN1	E
	$\{4 \text{ x } 125 \text{ on } 1:55 \text{ Pulls } 2\text{br } 1\text{ast } 25$	EN1	E
	{4 x 125 on 1:50 Pulls 1 br last 25	EN1	E
400	4 x 100 on 1:40 Individual Medley	EN1	٤
	build each 25		
	$1x\{8 \times 75 \text{ on } 1:10 \text{ Backstroke}$	EN2	٤
	{8 x 75 on 1:05 Backstroke	EN2	٤
	{8 x 75 on 1:00 Backstroke	EN2	٤
600	6 x 100 on 2:00 Stroke Drills	REC	Γ
	7:40 PM 6,400 Yards - Stress Value = 83	L	

# Workout #981 - Wednesday, 27 September 2000 Group 3 - All

# 1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK S	TK
=====		===	==== =	==
425	1 x 425 on 8:00 Stroke Drills	REC	D C	CHO
210	14 x 15 on :30 Pit sprints	SP3	S	FR
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	P	FR
	odds br 3-5-3-7			
	evens br 2-4-2-6			
1,800	12 x 150 on 2:15 Freestyle	EN3	S	FR

500 1 x 500 on 10:00 Choice REC 6:41 AM 3,935 Yards - Stress Value = 126

# Workout #982 - Wednesday, 27 September 2000 Group 3 - All

#### 1 minute rest between sets

	5:15 PM	Start		
Yards	Set	Description	EGY	WC
=====	====		===	==
	1 or	30:00 Stomach and Stretch		
800	1 x	800 on 16:00 Swim-kick-pull-swim	REC	
	12x{1 x	13 on :00 Backstroke	SP3	
	{1 x	12 on :30 Freestyle	REC	
	3x{1 x	200 on 4:00 Kick	EN2	
	{3 x	50 on 1:00 Kick-descend	EN2	
	2x{1 x	225 on 3:15 Pulls	EN1	
	{1 x	175 on 2:30 Pulls	EN1	
	{1 x	125 on 1:50 Pulls	EN1	
	{1 x	75 on 1:05 Pulls	EN1	
300	3 x	100 on 1:30 Freestyle-descend	EN1	
	3x{1 x	100 on 1:50 Breaststroke 2k-1p	EN1	
	{1 x	100 on 1:50 Breaststroke fly ki	EN1	
	{1 x	100 on 1:50 Breaststroke DPS	EN1	
	{6 x	50 on 1:00 Breaststroke-des in3	EN2	
300	12 >	25 on :20 Freestyle	EN2	
300	1 x	300 on 5:00 Choice	REC	
	7:42 PM	6,050 Yards - Stress Value = 75		
	Work	cout #983 - Thursday, 28 September 2000		
	WUIF	C 2 411		

# Group 3 - All

	5:15 PM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 29:00 Stomach and Stretch		L
800	1 x 800 on 16:00 Choice	REC	S
	12x{1 x 15 on :00 Breaststroke	SP3	S
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle} \}$	REC	S
	2x{4 x 50 on 1:00 Kick	EN2	K
	{4 x 50 on :55 Kick	EN2	K
	{4 x 50 on :50 Kick	EN2	K
	{1 on :30 Rest		M
	$1x{1 x 400 on 6:00 Pulls}$	EN1	P
	$\{1 \times 400 \text{ on } 5:45 \text{ Pulls}$	EN1	P
	{1 x 400 on 5:30 Pulls	EN1	P
	$\{1 \times 400 \text{ on } 5:15 \text{ Pulls}$	EN1	P
400	2 x 200 on 3:45 Individual Medley	EN1	S
	$6x{8 \times 25 \text{ on :}30 \text{ Butterfly}}$	EN2	S
	{1 on 1:00 Rest		M
	{ last 1/2 of 5-8 dril		
500	5 x 100 on 1:45 Stroke Drills	REC	D
	7:45 PM 6,000 Yards - Stress Value = 7	75	

Workout #984 - Friday, 29 September 2000 Group 3 - All 1 minute rest between sets				200	$1x\{1 \times 500 \text{ on } 7:00 \text{ Freestyle}$ EN1 S F $\{2 \times 250 \text{ on } 3:30 \text{ Freestyle}$ EN1 S F
E.20 AM Chapt					{4 x 125 on 1:45 Freestyle EN1 S F {5 x 100 on 1:25 Freestyle EN1 S F
5:30 AM Start Yards Set Description		WORK		400	{10 x 50 on :40 Freestyle EN1 S F 1 x 400 on 8:00 Stroke Drills REC D C 7:40 PM 6,550 Yards - Stress Value = 65
425	REC SP3 EN1 EN1 EN1	D S P P P	E E E		Workout #988 - Tuesday, 03 October 2000 Group 3 - All 1 minute rest between sets
{1 x 200 on 2:35 Pulls	EN1	P	F		5:15 PM Start
$\{1 \times 300 \text{ on } 3:50 \text{ Pulls} \\ 2x\{4 \times 50 \text{ on } :45 \text{ Freestyle} \}$	EN1 EN1	P S	E E	Yards	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
{1 x 100 on 1:35 Butterfly {4 x 50 on :45 Freestyle {1 x 100 on 1:30 Backstroke {4 x 50 on :45 Freestyle {1 x 100 on 1:45 Breaststroke 250	EN1 EN1 EN1 EN1 EN1 EN1 REC	S S S S	E	800	12x{1 x 13 on :00 Butterfly SP3 {1 x 12 on :30 Freestyle REC 1x{2 x 125 on 2:30 Kick EN2 {2 x 125 on 2:25 Kick EN2 {2 x 125 on 2:20 Kick EN2
•					{2 x 125 on 2:10 Kick EN2
Workout #985 - Saturday, 30 September 2000 Group 3 - All 1 minute rest between sets					1x{4 x 50 on :50 Pulls-nbbf&w EN1 {4 x 75 on 1:10 Pulls-nbbf&w EN1 {4 x 100 on 1:30 Pulls-nbbf&w EN1 {4 x 125 on 1:50 Pulls-nbbf&w EN1
7:30 AM Start				300	3 x 100 on 1:40 Individual Medley EN1 1x{4 x 100 on 1:40 Backstroke EN1
Yards Set Description   1 on 30:00 Stomach and Stretch		GY WO			{4 x 25 on :45 Back 15m under water EN1 {4 x 100 on 1:35 Backstroke EN2 {4 x 25 on :45 Back 15m under water EN1
825 1 x 825 on 16:00 Swim-kick-pull-swim 300 6 x 50 on 1:00 Freestyle-build 3,000 1 x 3000 on 30:00 Freestyle-T-30!!!	El !! El	N1 N2	S S S		{4 x 100 on 1:30 Backstroke EN2 {4 x 25 on :45 Back 15m under water EN1 {4 x 100 on 1:25 Backstroke EN2
250 1 x 250 on 5:00 Choice 9:00 AM 4,375 Yards - Stress Value : Workout #986 - Monday, 02 October 2000		EC	S	250	{4 x 25 on :45 Back 15m under water EN1
9:00 AM 4,375 Yards - Stress Value :  Workout #986 - Monday, 02 October 2000  Group 3 - All		EC	S	250	{4 x 25 on :45 Back 15m under water EN1 1 x 250 on 5:00 Choice REC 7:45 PM 6,300 Yards - Stress Value = 80  Workout #989 - Wednesday, 04 October 2000
9:00 AM 4,375 Yards - Stress Value :  Workout #986 - Monday, 02 October 2000  Group 3 - All  1 minute rest between sets		EC	S	250	{4 x 25 on :45 Back 15m under water EN1 1 x 250 on 5:00 Choice REC 7:45 PM 6,300 Yards - Stress Value = 80  Workout #989 - Wednesday, 04 October 2000 Group 3 - All
9:00 AM 4,375 Yards - Stress Value :  Workout #986 - Monday, 02 October 2000 Group 3 - All 1 minute rest between sets 5:30 AM Start	= 63			250	<pre>{4 x 25 on :45 Back 15m under water EN1 1 x 250 on 5:00 Choice REC 7:45 PM 6,300 Yards - Stress Value = 80  Workout #989 - Wednesday, 04 October 2000</pre>
9:00 AM 4,375 Yards - Stress Value :  Workout #986 - Monday, 02 October 2000 Group 3 - All 1 minute rest between sets  5:30 AM Start Yards Set Description EG	= 63 Y WOF = ===	RK STI	K = =	Yards	<pre>{4 x 25 on :45 Back 15m under water EN1 1 x 250 on 5:00 Choice REC 7:45 PM 6,300 Yards - Stress Value = 80  Workout #989 - Wednesday, 04 October 2000</pre>
9:00 AM 4,375 Yards - Stress Value :  Workout #986 - Monday, 02 October 2000  Group 3 - All  1 minute rest between sets  5:30 AM Start  Yards Set Description EG	= 63  Y WOF = ==== C 3 1 1 1 1 1 1 C	RK STI	K = = = O = O = O = O = O = O = O = O =		<pre> {4 x 25 on :45 Back 15m under water EN1 1 x 250 on 5:00 Choice REC 7:45 PM 6,300 Yards - Stress Value = 80  Workout #989 - Wednesday, 04 October 2000</pre>
9:00 AM 4,375 Yards - Stress Value :  Workout #986 - Monday, 02 October 2000  Group 3 - All  1 minute rest between sets  5:30 AM Start  Yards Set Description EGT	= 63  Y WOF = ==== C 3 1 1 1 1 1 1 C	RK STI == === D CH( S FI P FI S FI S FI S FI	K = = = O = O = O = O = O = O = O = O =	Yards ===== 425	<pre>{4 x 25 on :45 Back 15m under water EN1 1 x 250 on 5:00 Choice REC 7:45 PM 6,300 Yards - Stress Value = 80  Workout #989 - Wednesday, 04 October 2000</pre>
9:00 AM 4,375 Yards - Stress Value :  Workout #986 - Monday, 02 October 2000  Group 3 - All  1 minute rest between sets  5:30 AM Start  Yards Set Description EG*	= 63  Y WOF = ==== C 3 1 1 1 1 1 1 C	RK STI == === D CH( S FI P FI S FI S FI S FI	K = = = O = O = O = O = O = O = O = O =	Yards ===== 425	4 x 25 on :45 Back 15m under water 1 x 250 on 5:00 Choice REC         7:45 PM 6,300 Yards - Stress Value = 80         Workout #989 - Wednesday, 04 October 2000
9:00 AM 4,375 Yards - Stress Value :  Workout #986 - Monday, 02 October 2000  Group 3 - All  1 minute rest between sets  5:30 AM Start  Yards Set Description EGT	= 63  Y WOF = ==== C 3 1 1 1 1 1 1 C	RK STI == === D CH( S FI P FI S FI S FI S FI	K = = = O = O = O = O = O = O = O = O =	Yards ===== 425	<pre>{4 x 25 on :45 Back 15m under water EN1 1 x 250 on 5:00 Choice REC 7:45 PM 6,300 Yards - Stress Value = 80  Workout #989 - Wednesday, 04 October 2000</pre>
9:00 AM 4,375 Yards - Stress Value :  Workout #986 - Monday, 02 October 2000  Group 3 - All  1 minute rest between sets  5:30 AM Start  Yards Set Description EG*  210 14 x 15 on :30 Pit sprints SP*  1,000 1 x 1000 on 15:00 Pulls EN*  1,000 2 x 500 on 7:00 Pulls EN*  1x{6 x 50 on :50 Freestyle EN*  {6 x 50 on :45 Freestyle EN*  {6 x 50 on :40 Freestyle EN*  {6 x 50 on :45 Stroke Drills RE66  {6 x 50 on :45 Stroke Drills RE66  {6 x 50 on :45 Stroke Drills RE66  {6 x 50 on :40 Freestyle EN*  Source Stress Value :  Workout #987 - Monday, 02 October 2000  Group 3 - All	= 63  Y WOF = ====  3 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	RK STI == ==: D CHO S FI P FI S FI S FI D CI WORK ==== L D	K = ORRRRRRRDDFIELDFIELDFIELDFIELDFIELDFIELDFIELDFIE	Yards ===== 425	### Table 1

# Workout #990 - Wednesday, 04 October 2000 Group 3 - All

#### 1 minute rest between sets

Yards	Т	Time Set			Descrip	ption	EGY	WORK	STK	PACE	
						===	====	===			
	5:00	PM	1	on	30:00	Warmup		S			
	5:30	PM	0	Ya	rds						

# Workout #991 - Thursday, 05 October 2000

# Group 3 - All

#### 1 minute rest between sets

	5:15 PM Start Set Description	EGY WOF
800	1 on 25:00 Stomach and Stretch	REC
		SP3
	· · · · · · · · · · · · · · · · · · ·	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 2:00 Kick	EN2
	1x{1 x 300 on 4:30 Pulls	EN1
	{1 x 200 on 3:00 Pulls	EN1
	{1 x 100 on 1:30 Pulls	EN1
	{1 x 100 on 1:25 Pulls	EN1
	{1 x 200 on 2:50 Pulls	EN1
	{1 x 300 on 4:15 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
300	12 x 25 on :30 3 on each stroke	EN1
	$1x\{8 \times 50 \text{ on } 1:05 \text{ Breaststroke}$	EN2
	$\{1 \times 100 \text{ on } 2:30 \text{ Breast-off the blks}$	EN3
	${7 \times 50 \text{ on } 1:00 \text{ Breaststroke}}$	EN2
	$\{1 \times 100 \text{ on } 2:30 \text{ Breast-off the blks}$	EN3
	{6 x 50 on :55 Breaststroke	EN2
	$\{1 \times 100 \text{ on } 2:30 \text{ Breast-off the blks}$	EN3
	$\{5 \times 50 \text{ on } : 50 \text{ Breaststroke} \}$	EN2
	$\{1 \times 100 \text{ on } 2:30 \text{ Breast-off the blks}$	EN3
	$\{4 \times 50 \text{ on } : 45 \text{ Breaststroke} \}$	EN2
400	1 x 400 on 6:00 Choice	REC
	7:45 PM 6,450 Yards - Stress Value = 103	1

# Workout #992 - Friday, 06 October 2000 Group 3 - All

# 1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	SI
=====	=======================================	===	====	==
425	1 x 425 on 8:00 Reverse IM drill	REC	D	I
210	14 x 15 on :30 Pit sprints	SP3	S	E
	1x{5 x 50 on :55 Pulls-nbbf&w	EN1	P	E
	$\{5 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w}$	EN1	P	E
	$\{5 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} \}$	EN1	P	E
	{5 x 50 on :40 Pulls-nbbf&w	EN1	P	E
	$1x{2 x 400 on 5:20 Freestyle}$	EN2	S	E
	{2 x 300 on 4:00 Freestyle	EN2	S	E
	{2 x 200 on 2:40 Freestyle	EN2	S	E
	{2 x 100 on 1:20 Freestyle	EN2	S	E
	$1x{4 x 25 on :25 Freestyle}$	EN1	S	E
	$\{4 \times 25 \text{ on :} 20 \text{ Freestyle}$	EN2	S	E
	$\{4 \times 25 \text{ on :} 15 \text{ Freestyle}$	EN2	S	E
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	6:40 AM 4,135 Yards - Stress Value =	= 61		

# 1 minute rest between sets

Yards	7:30 AM Start Set Description	EGY	WOF
=====	1 20 00 01 1 1 01 1	===	===
825	1 on 30:00 Stomach and Stretch 1 x 825 on 16:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Cross pool sprints	SP3	
	all underwater		
	dolphin kick		
	5x{1 x 100 on 1:45 Kick	EN2	
	$\{4 \times 25 \text{ on } : 45 \text{ Sprint kick}$	EN2	
	1x{4 x 150 on 2:10 Pulls	EN1	
	{4 x 150 on 2:00 Pulls	EN1	
	{4 x 150 on 1:50 Pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
1,200	16 x 75 on 1:30 Freestyle	EN3	
600	12 x 50 on 1:00 Stroke Drills	REC	
	10:00 AM 6,175 Yards - Stress Value = 12	22	

# Workout #994 - Monday, 09 October 2000 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
150	$10 \times 15$ on :30 Pit sprints	SP3	S
	$1x{4 x 125 on 2:00 Pulls-3 br last 25}$	EN1	E
	$\{4 \text{ x } 125 \text{ on } 1\text{:}55 \text{ Pulls-2 br last } 25$	EN1	E
	$\{4 \text{ x } 125 \text{ on } 1\text{:}50 \text{ Pulls-1 br last } 25$	EN1	E
	$3x{4 \times 50 \text{ on :} 45 \text{ Freestyle}}$	EN1	٤
	$\{4 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	٤
	$\{4 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	٤
	{1 x 100 on 2:00 Individual Medley	EN1	٤
200	1 x 200 on 4:00 Choice	REC	٤
	6:44 AM $4,375$ Yards - Stress Value = $5$	4	

# Workout #995 - Monday, 09 October 2000 Group 3 - All

#### 1 minute rest between sets

5:15 PM Start

	J.15 IM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
	$12x\{1 x 13 on :00 Freestyle$	SP3	
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	REC	
	2x{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 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	$1x{5 x 100 on 1:30 Lungbuster pulls}$	EN1	
	$\{5 \times 100 \text{ on } 1:25 \text{ Lungbuster pulls}$	EN1	
	$\{5 \times 100 \text{ on } 1:20 \text{ Lungbuster pulls}$	EN1	
	{ odds br 5-7-7-9		
	{ evens br 4-6-6-8		
500	5 x 100 on 1:45 IM build each 25	EN1	
2,000	4 x 500 on 6:00 Freestyle	EN2	
600	24 x 25 on :30 IM order	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:45 PM 6,950 Yards - Stress Value = 92		

# Workout #996 - Tuesday, 10 October 2000 Group 3 - All

#### 1 minute rest between sets

# 5 x 100 on 1:45 Stroke Drills 7:43 PM 6,550 Yards - Stress Value = 75

# Workout #999 - Thursday, 12 October 2000 Group 3 - All

Yards	5:15 PM Set		EGY	WC		Group 3 - All 1 minute rest between sets	
800	1 x	n 30:00 Stomach and Stretch 800 on 16:00 Swim-kick-pull-swim 13 on :00 Butterfly	REC SP3	==	Yards	5:15 PM Start Set Description	EGY WC
	1x{5 x {4 x	12 on :30 Freestyle 100 on 2:00 Kick 75 on 1:30 Kick 50 on 1:00 Kick	REC EN2 EN2 EN2			1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Choice 12x{1 x 13 on :00 Butterfly	REC SP3
	{2 x 1x{3 x	25 on :30 Kick 250 on 3:45 Pulls 250 on 3:35 Pulls	EN2 EN1 EN1		1,000		
900	9 x 4x{1 x	250 on 3:25 Pulls 100 on 1:30 Descend in sets of 3 200 on 3:30 Backstroke	EN1		600	{3 x 150 on 2:10 Pulls-mid 50 br ev 9	
	{1 x {1 x		EN1 EN2 EN2			{3 x 150 on 2:45 Breaststroke {3 x 100 on 1:45 Breaststroke	EN2 EN2 EN2
250	{1 oı 1 x	1:00 Rest 250 on 4:00 Choice 6,350 Yards - Stress Value = 70	REC		400 300	4 x 100 on 1:30 Freestyle-descend to ludicrous speed	EN2 EN2 REC
						7:45 PM 6,250 Yards - Stress Value = 122	

# Workout #997 - Wednesday, 11 October 2000 Group 3 - All

#### 1 minute rest between sets

# Workout #1000 - Friday, 13 October 2000 Group 3 - All 1 minute rest between sets

	5:30 AM Start					
Yards	Set Description	EGY WOF		5:30 AM Start		
=====		=== ===	Yards	Set Description	EGY	WORF
425	1 x 425 on 8:00 Reverse IM drill	REC	=====	=======================================	===	====
210	14 x 15 on :30 Pit sprints	SP3	425	1 x 425 on 8:00 Choice	REC	٤
1,000	10 x 100 on 1:15 Pulls	EN1	150	10 x 15 on :30 Pit sprints	SP3	٤
	$8x{1 x 50 on :50 Free-l.b at near flg}$	EN1		1x{5 x 50 on 1:00 Pulls-nbbf&w	EN1	E
	$\{1 \times 50 \text{ on } :50 \text{ Free-l.b. at fs rope}$	EN1		{5 x 50 on :55 Pulls-nbbf&w	EN1	E
	$\{1 \times 50 \text{ on } :50 \text{ Free-l.b. at far ldr}$	EN1		{5 x 50 on :50 Pulls-nbbf&w	EN1	E
	$\{1 \times 50 \text{ on } :50 \text{ Free-l.b. at far flg}$	EN1		{5 x 50 on :45 Pulls-nbbf&w	EN1	E
	{1 on :40 Rest			4x{1 x 100 on 2:00 Individual Medley	EN1	٤
400	4 x 100 on 1:30 Descend to ludicrous	EN2		{1 x 50 on :55 Butterfly	EN1	٤
	speed			{1 x 50 on :50 Backstroke	EN1	٤
200		REC		{1 x 50 on 1:00 Breaststroke	EN1	٤
	6:44 AM 3,835 Yards - Stress Value = $42$			$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	٤
			500	20 x 25 on :30 Odds free evens strk	EN1	٤
	Workout #998 - Wednesday, 11 October 2000		400	1 x 400 on 7:00 Stroke Drills	REC	Γ
	Group 3 - All			6:45 AM 3,675 Yards - Stress Value = 31		

EN2

# Group 3 - All

# 1 minute rest between sets

5:15 PM Start

	J.15 IM Start		
Yards	Set Description	EGY	MC
	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills 2 on E	REC	
	12x{1 x 13 on :00 Backstroke	SP3	
	$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	REC	
1,000	10 x 100 on 1:45 Kick	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	
300	$12 \times 25$ on :30 IM order-build	EN1	
	$1x{3 \times 100 \text{ on } 1:45 \text{ Butterfly w/ fins}}$	EN1	
	${3 \times 100 \text{ on } 1:35 \text{ Butterfly w/ fins}}$	EN1	
	$\{3 \times 100 \text{ on } 1:25 \text{ Butterfly w/ fins}$	EN2	
	${3 \times 75 \text{ on } 1:15 \text{ Butterfly w/ fins}}$	EN1	
	${3 \times 75 \text{ on } 1:10 \text{ Butterfly w/ fins}}$	EN2	
	$\{3 \times 75 \text{ on } 1:05 \text{ Butterfly w/ fins} \}$	EN2	
	$\{4 \times 25 \text{ on } : 35 \text{ Butterfly} \}$	EN2	
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN2	

 ${3 \times 25 \text{ on :} 25 \text{ Butterfly}}$ 

# Workout #1001 - Monday, 16 October 2000 Group 3 - All

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
425	1 x 425 on 8:00 Reverse IM drill	REC	Γ
210	14 x 15 on :30 Pit sprints	SP3	٤
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	E
	1x{1 x 400 on 7:00 Individual Medley	EN1	٤
	{2 x 200 on 3:20 Individual Medley	EN1	٤
	{4 x 100 on 1:35 Individual Medley	EN1	٤
500	20 x 25 on :30 Odds free evens strk	EN1	٤
300	1 x 300 on 5:00 Stroke Drills	REC	Γ
	6:43 AM 3,835 Yards - Stress Value = 37	7	

# Workout #1002 - Monday, 16 October 2000 Group 3 - All

#### 1 minute rest between sets

	5:15 PM	Start		
Yards	Set	Description	EGY	WC
=====	====		===	==
	1 or	n 30:00 Stomach and Stretch		
825	1 x	825 on 16:00 Swim-kick-pull-swim	REC	
250	10x{1 x	13 on :00 Freestyle	SP3	
	{1 x	12 on :30 Freestyle	REC	
900	3x{1 x	150 on 3:00 Kick	EN2	
	{1 x	100 on 2:00 Kick	EN2	
	{1 x	50 on 1:00 Kick	EN2	
100	1 x	100 on 2:00 Kick	EN2	
1,800	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	
600	12 2	k 50 on :45 Freestyle	EN1	
2,000	1x{3 x	200 on 2:30 Freestyle	EN2	
	{3 x	200 on 2:25 Freestyle	EN2	
	{3 x	200 on 2:20 Freestyle	EN2	
	{1 x	200 on 3:00 Freestyle	REC	
400	4x{1 x	25 on :30 Freestyle	EN1	
	{1 x	25 on :25 Freestyle	EN2	
	{1 x	25 on :20 Freestyle	EN2	
	{1 x	25 on :15 Freestyle	EN2	
300		300 on 5:00 Stroke Drills	REC	
	7:45 PM	7,175 Yards - Stress Value = 92		

# Workout #1003 - Tuesday, 17 October 2000 Group 3 - All

# 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	8 x 100 on 2:00 Stroke Drills	REC	Γ
150	10 x 15 on :30 Shooters	SP3	٤
	2x{2 x 100 on 2:00 Kick	EN2	F
	{2 x 100 on 1:50 Kick	EN2	ŀ
	{1 x 100 on 1:40 Kick	EN2	F
	1x{2 x 200 on 2:45 Pulls	EN1	E
	{2 x 150 on 2:05 Pulls	EN1	E
	{2 x 100 on 1:25 Pulls	EN1	E
	{2 x 50 on :40 Pulls	EN1	E
600	3 x 200 on 3:30 Individual Medley	EN1	٤
	$2x{3 x 100 on 1:40 Breaststroke}$	EN2	٤
	{2 x 100 on 1:35 Breaststroke	EN2	٤
	{1 x 100 on 1:30 Breaststroke	EN2	٤
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$	REC	٤
	$\{8 \times 25 \text{ on } : 45 \text{ Breast-odds off the } \}$	SP1	٤
	{ blocks count strokes		
	{ on all of them		
100	1 x 100 on 3:00 Breast otb for time	SP2	٤
400	4 x 100 on 1:45 Stroke Drills	REC	Ι
	7:45 PM 6,050 Yards - Stress Value = 1	8 0	

# Workout #1004 - Wednesday, 18 October 2000 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
210	14 x 15 on :30 Pit sprints	SP3	٤
	1x{1 x 400 on 5:30 Pulls	EN1	E
	{2 x 200 on 2:45 Pulls	EN1	E
	{4 x 100 on 1:25 Pulls	EN1	Ε
	{8 x 50 on :45 Pulls	EN1	E
	$3x{1 x 100 on 1:30 Freestyle}$	EN1	٤

	{ 1	x 100 on 1:25 Freestyle	EN1	S
	{ 1	x 100 on 1:20 Freestyle	EN1	S
	{ 1	x 100 on 1:15 Freestyle	EN2	٤
	{ 1	x 100 on 1:10 Freestyle	EN2	S
	{ 1	x 100 on 1:05 Freestyle	EN2	S
	{ 1	on :45 Rest		N
250	1	x 250 on 5:00 Stroke Drills	REC	Γ
	6:43	AM 4.285 Yards - Stress Valu	e = 51	

# Workout #1005 - Wednesday, 18 October 2000 Group 3 - All

	5:15 PM Start	
Yards	Set Description	EGY WOF
		=== ===
	1 on 29:00 Stomach and Stretch	
	1 x 800 on 16:00 Swim-kick-pull-swim	REC
150	10 x 15 on :30 Shooters	SP3
	$1x{5 x 50 on 1:05 Kick}$	EN2
	{5 x 50 on 1:00 Kick	EN2
	{5 x 50 on :55 Kick	EN2
	{5 x 50 on :45 Kick	EN2
	$1x{2 x 150 on 2:15 Pulls-br 3-4-5 by 50}$	EN1
	{2 x 150 on 2:10 Pulls br 4-5-6 by 50	EN1
	{2 x 150 on 2:05 Pulls br 5-6-7 by 50	EN1
	{2 x 150 on 2:00 Pulls br 6-7-8 by 50	EN1
300	$12 \times 25$ on :30 IM order-build	EN1
	1x{1 x 200 on 3:30 Backstroke	EN2
	{4 x 25 on :45 Backstroke 15m under	EN2
	{1 x 200 on 3:25 Backstroke	EN2
	{4 x 25 on :45 Backstroke 15m under	EN2
	{1 x 200 on 3:20 Backstroke	EN2
	{4 x 25 on :45 Backstroke 15m under	EN2
	{1 x 200 on 3:15 Backstroke	EN2
	{4 x 25 on :45 Backstroke 15m under	EN2
	{1 x 200 on 3:10 Backstroke	EN2
	{4 x 25 on :45 Backstroke 15m under	EN2
	{1 x 200 on 3:05 Backstroke	EN2
	{4 x 25 on :45 Backstroke 15m under	EN2
	{1 x 200 on 3:00 Backstroke	EN2
	{4 x 25 on :45 Backstroke 15m under	EN2
100		EN3
300		REC
	7:45 PM 5,950 Yards - Stress Value = 89	

EN2

EN2

Workout #1006 - Thursday, 19 October					
Group 3 - All					

#### 1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY WOF	500		F	EN2 REC
	Set Description  1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Choice	REC SP3 EN2 EN2 EN2 EN1	Yards ====== 425 210 1,200	1 x 500 on 10:00 Choice 9:56 AM 6,585 Yards - Stress Value =  Workout #1009 - Monday, 23 October 2000  Group 3 - All  1 minute rest between sets  5:30 AM Start Set Description ====================================	EGY === REC	WORK S
300	{1 x 50 on :50 Butterfly {1 x 25 on :25 Butterfly {1 x 100 on 2:00 Freestyle	EN1 EN1 REC REC	300 200	{1 x 100 on 1:30 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle 12 x 25 on :30 IM order 1 x 200 on 3:00 Choice 6:41 AM 4,135 Yards - Stress Value =	EN1 EN1 EN1 EN1 REC	5 5 5 5 5 5

{1 on 1:00 Rest

{1 on 1:00 Rest

{3 x 100 on 1:05 Freestyle

 $\{2 \times 100 \text{ on } 1:05 \text{ Freestyle} \}$ 

# Workout #1007 - Friday, 20 October 2000 Group 3 - All

# 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
425	1 x 425 on 8:00 Choice	REC	٤
150	$10 \times 15$ on :30 Pit sprints	SP3	٤
	$1x{5 x 75 on 1:10 Pulls 3 brs last 25}$	EN1	E
	{5 x 75 on 1:05 Pulls 2 brts last 25	EN1	E
	$\{4 \times 75 \text{ on } 1:00 \text{ Pulls } 1 \text{ brth last } 25$	EN1	E
	$1x{4 x 125 on 2:05 IM w/ 50 fly}$	EN1	٤
	$\{4 \times 125 \text{ on } 2:00 \text{ IM w/ } 50 \text{ back} $	EN1	٤
	$\{4 \text{ x } 125 \text{ on } 2\text{:}10 \text{ IM w/}50 \text{ breast}$	EN1	٤
	$\{4 \times 125 \text{ on } 1:55 \text{ IM w/ } 50 \text{ free}$	EN1	٤
300	12 x 25 on :25 Odds stroke evns fre	EN1	Ι
200	1 x 200 on 3:00 Choice	REC	٤
	6:45 AM 4,125 Yards - Stress Value = 40	)	

# Workout #1008 - Saturday, 21 October 2000 Group 3 - All

#### 1 minute rest between sets

Yards	7:30 AM Start Set Description	EGY	WOF
=====	1 20 00 00 00 1 1 1 00 00 1	===	===
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
	3x{1 x 200 on 4:00 Kick	EN2	
	${3 \times 50 \text{ on } 1:00 \text{ Kick-descend}}$	EN2	
1,600	4 x 400 on 5:30 Pulls	EN1	
300	$12 \times 25$ on :30 IM order-build	EN1	
	1x{6 x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:05 Freestyle	EN2	

# Workout #1010 - Monday, 23 October 2000 Group 3 - All

	5:15 F	M	Sta	art						
Yards	Se	t	Des	crip	ption				EGY	WC
=====								=====	===	==
						ach and St				
800	_					) Swim-kid	ck-pull	-swim		
	-					reestyle			SP3	
	-					reestyle			REC	
	2x{1								EN2	
	•				1:55				EN2	
					1:50				EN2	
	•				1:45				EN2	
	•				1:40				EN2	
	-					Pulls			EN1	
	,					Pulls			EN1	
						Pulls			EN1	
400						IM drill		e 50		
	-					) Freesty			EN2	
						Freestyle			EN2	
	-					Freestyle	€		EN2	
	-					reestyle			EN1	
	-					reestyle			EN1	
						reestyle			EN2	
	-					reestyle			EN2	
500						Stroke Di			REC	
	7:42 F	M	6,95	50 3	Yards	- Stress	Value	= 95		

# Workout #1011 - Tuesday, 24 October 2000 Group 3 - All

#### 1 minute rest between sets

	5:15 PM	Start		
Yards		Description		WORF
=====		n 30:00 Stomach and Stretch	===	==== I
800		800 on 16:00 Choice	REC	٤
000		13 on :00 Butterfly	SP3	
		12 on :30 Freestyle	REC	٤
		500 on 9:30 Kick	EN2	ŀ
		400 on 7:30 Kick	EN2	
	•	300 on 5:30 Kick	EN2	
	1 x	200 on 3:30 Kick	EN2	F
	{1 x	100 on 1:30 Kick	EN2	F
	1x{1 x	100 on 1:30 Pulls	EN1	E
	{1 x	200 on 2:50 Pulls	EN1	E
	{1 x	300 on 4:00 Pulls	EN1	E
	{1 x	400 on 5:00 Pulls	EN1	E
	•	500 on 5:50 Pulls	EN1	E
300	3 x	100 on 1:30 Free-descend	EN1	٤
	•	200 on 4:00 Breaststroke	EN2	٤
		200 on 3:45 Breaststroke	EN2	
	-	200 on 3:30 Breaststroke	EN2	٤
	•	150 on 2:45 Breaststroke	EN2	٤
	•	150 on 2:35 Breaststroke	EN2	٤
		150 on 2:25 Breaststroke	EN2	٤
	•	100 on 1:40 Breaststroke	EN2	٤
	•		EN2	٤
	•	100 on 1:30 Breaststroke	EN2	٤
	•	50 on :50 Breaststroke	EN2	٤
		50 on :45 Breaststroke	EN2	٤
	•	50 on :40 Breaststroke	EN2	٤
100		25 on 1:30 Breast OTB for time		٤
400		400 on 6:00 Stroke Drills	REC	Ι
	/:45 PM	6,400 Yards - Stress Value = 90	J	

# Workout #1012 - Wednesday, 25 October 2000 Group 3 - All

# 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WORK	Sī
=====		===	====	==
425	1 x 425 on 8:00 Reverse IM drill	REC	D	1
150	10 x 15 on :30 Pit sprints	SP3	S	Ε
	1x{3 x 100 on 1:30 Lungbuster pulls	EN1	P	E
	{3 x 100 on 1:25 Lungbuster pulls	EN1	P	E
	${3 \times 100 \text{ on } 1:20 \text{ Lungbuster pulls}}$	EN1	P	E
	{ odds br 9-7-5-3			
	{ evens br 8-6-4-2			
100	1 x 100 on 1:30 Freestyle-build	EN1	S	E
1,800	12 x 150 on 2:15 Freestyle	EN3	S	E
800	8 x 100 on 1:45 Stroke Drills	REC	D	C
	6:44 AM 4,175 Yards - Stress Value =	= 124	1	

# Workout #1013 - Wednesday, 25 October 2000 Group 3 - All

# 1 minute rest between sets

	5:15 PM Start			
Yards	Set Description	EGY	WORK	STŀ
=====	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
800	8 x 100 on 2:00 Stroke Drills	REC	D	FF
	odds free evens strk			
150	10 x 15 on :30 Shooters	SP3	S	BF
900	18 x 50 on 1:00 Kick des in 3's	EN2	K	CHC
	$1x{3 x 150 on 2:15 Pulls br 2-3-4}$	EN1	P	FF
	{3 x 150 on 2:10 Pulls br 3-4-5	EN1	P	FF
	{3 x 150 on 2:05 Pulls br 4-5-6	EN1	P	FF
600	12 x 50 on :45 Freestyle	EN1	S	FF

	1x{2	Х	100	on	1:35	Backstroke	EN2	S	Bľ
	{ 2	Х	100	on	1:30	Backstroke	EN2	S	Bŀ
	{ 2	Х	100	on	1:25	Backstroke	EN2	S	Bľ
	{ 1	Х	100	on	2:00	Freestyle	REC	S	FF
	{ 2	Х	100	on	1:30	Backstroke	EN2	S	Bľ
	{ 2	Х	100	on	1:25	Backstroke	EN2	S	Bľ
	{ 2	Х	100	on	1:20	Backstroke	EN2	S	Bľ
	{ 1	Х	100	on	2:00	Freestyle	REC	S	FF
	{ 2	Х	100	on	1:25	Backstroke	EN2	S	Bľ
	{ 2	Х	100	on	1:20	Backstroke	EN2	S	Bľ
	{ 2	Х	100	on	1:15	Backstroke	EN2	S	Bľ
30	0 1	2 :	x 25	on	:20 1	Freestyle	EN2	S	FF
40	0 1	Х	400	on	6:00	Stroke Drills	REC	D	CI
	7 • 4 0	ΡĪ	VI 6.	500	Yards	s - Stress Value	= 84		

# Workout #1014 - Thursday, 26 October 2000 Group 3 - All

# 1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	MOE
14143			WO1
	1 on 30:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
	1 on 10:00 Techniques-starts		
1,000	10 x 100 on 2:00 Kick odds fast	EN2	
	$1x{4 x 125 on 1:50 Pulls}$	EN1	
	{4 x 125 on 1:45 Pulls	EN1	
	{4 x 125 on 1:40 Pulls	EN1	
600	$6 \times 100$ on 1:30 Descend in sets of 3	EN1	
	$2x{2 \times 100}$ on 1:40 Butterfly	EN1	
	$\{4 \times 50 \text{ on } :50 \text{ Butterfly} \}$	EN1	
	{8 x 25 on :25 Butterfly	EN1	
	{1 x 200 on 3:00 Freestyle	REC	
	1 on 10:00 GAME		
	7:41 PM 5,500 Yards - Stress Value = 53		

# Workout #1015 - Saturday, 28 October 2000 Group 3 - All

	7:30 AM Start		
Yards	Set Description	EGY	WC
	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
	1x{4 x 75 on 1:35 Kick	EN2	
	{4 x 75 on 1:30 Kick	EN2	
	{4 x 75 on 1:25 Kick	EN2	
	{4 x 75 on 1:20 Kick	EN2	
	$1x{7 x 50 on :50 Pulls-nbbf&w}$	EN1	
	${7 \times 50 \text{ on :} 45 \text{ Pulls-nbbf&w}}$	EN1	
	{7 x 50 on :40 Pulls-nbbf&w	EN1	
400	16 x 25 on :30 IM order-build	EN1	
2,000	10 x 200 on 3:00 CHALLENGE SET!!!!!!!	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	9:55 AM 6,085 Yards - Stress Value = 88		

# Workout #1016 - Monday, 30 October 2000 Group 3 - All

#### 1 minute rest between sets

# HighSchl - All 1 minute rest between sets

					3:00 PM Start	
	5:15 AM Start			Yards	Set Description	EGY WOF
Yards	Set Description	EGY	WORK S	=====	=======================================	=== ===
=====	=======================================	===	==== =		1 on 30:00 Stomach and Stretch	
425	1 x 425 on 8:00 Reverse IM drill	REC	D	800	1 x 800 on 16:00 Swim-kick-pull-swim	REC
210	14 x 15 on :30 Cross pool sprints	SP3	S	180	12 x 15 on :30 Shooters	SP3
	1x{2 x 200 on 3:00 Pulls	EN1	P		2x{1 x 100 on 2:15 Kick	EN2
	{2 x 200 on 2:55 Pulls	EN1	P		{1 x 100 on 2:10 Kick	EN2
	{2 x 200 on 2:50 Pulls	EN1	P		{1 x 100 on 2:05 Kick	EN2
	$3x{1 \times 100 \text{ on } 1:30 \text{ Freestyle}}$	EN1	S		{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 1:25 Freestyle	EN1	S		{1 x 100 on 1:55 Kick	EN2
	{1 x 100 on 1:20 Freestyle	EN1	S	1,000	10 x 100 on 1:30 Lungbuster pulls	EN1
	{1 x 100 on 1:15 Freestyle	EN1	S		odds br 3-5-5-3	
	{1 x 100 on 1:10 Freestyle	EN2	S		evens br 2-4-4-2	
	{1 x 100 on 1:05 Freestyle	EN2	S	300	6 x 50 on :50 Freestyle	EN1
	{1 on 2:00 Rest		M	1,600	8 x 200 on 3:30 3:00 swims :30 sec r	EN1
400	8 x 50 on 1:00 Stroke Drills	REC	D	500	20 x 25 on :30 Choice	EN1
	6:30 AM 4,035 Yards - Stress Value =	44		400	8 x 50 on 1:00 Stroke Drills	REC
	•				5:26 PM 5,780 Yards - Stress Value = 61	

# Workout #1019 - Monday, 30 October 2000 Group 3 - All

# 1 minute rest between sets

# Workout #1022 - Tuesday, 31 October 2000 Group 3 - All

#### 1 minute rest between sets

	5:15 PM Start			5 15 PM 01 1	
Yards	Set Description	EGY WOF	Yards	5:15 PM Start Set Description	EGY WC
800 150	10 x 15 on :30 Shooters  2x{2 x 100 on 2:00 Kick    {2 x 100 on 1:55 Kick    {2 x 100 on 1:50 Kick    { odds fast  1x{3 x 150 on 2:15 Pulls last 50 br 8    {3 x 150 on 2:10 Pulls last 50 br 9    {3 x 150 on 2:05 Pulls last 50 br 10	REC SP3 EN2 EN2 EN1 EN1 EN1 EN1	800	1 on 30:00 Stomach and Stretch 8 x 100 on 2:00 Stroke Drills 2 on each stroke  12x{1 x 13 on :00 Butterfly {1 x 12 on :30 Freestyle  1x{3 x 125 on 2:30 Kick {3 x 125 on 2:25 Kick {3 x 125 on 2:20 Kick	REC SP3 REC EN2 EN2 EN2 EN2
600 300	1x{1 x 400 on 5:45 Freestyle {1 x 400 on 5:30 Freestyle {1 x 400 on 5:15 Freestyle {1 x 400 on 5:00 Freestyle {1 x 400 on 4:45 Freestyle 24 x 25 on :30 odds free evnes strk	EN2 EN2 EN2 EN2 EN2 EN1 REC	400	1x{8 x 75 on 1:10 Backstroke {6 x 75 on 1:05 Backstroke {4 x 75 on 1:00 Backstroke {2 x 75 on :55 Backstroke	EN1 EN2 EN2 EN2 EN2 REC

# Workout #1017 - Monday, 30 October 2000 HighSchl - All

	5:30 AM	Start		
Yards	Set	Description	EGY	WC
			===	==
600	1 x	600 on 12:00 Swim-kick-pull-swim	REC	
	12x{1 x	13 on :00 Freestyle	SP3	
	{1 x	12 on :30 Freestyle	REC	
	1x{1 x	400 on 6:00 Pulls	EN1	
	{1 x	300 on 4:30 Pulls	EN1	
	{1 x	200 on 3:00 Pulls	EN1	
	{1 x	100 on 1:30 Pulls	EN1	
	1x{4 x	125 on 2:05 Freestyle	EN1	
	{4 x	125 on 2:00 Freestyle	EN1	
	{4 x	125 on 1:55 Freestyle	EN1	
	{4 x	125 on 1:50 Freestyle	EN1	
400	8 x	50 on 1:00 Stroke Drills	REC	
	1 or	n 10:00 Techniques-free fnsh		
	6:57 AM	4,300 Yards - Stress Value = 36		

# Workout #1020 - Tuesday, 31 October 2000 HighSchl - All

#### ${3 \times 50 \text{ on } 1:00 \text{ Freestyle-descend}}$ S 200 1 x 200 on 4:00 Stroke Drills REC Γ 6:31 AM 4,285 Yards - Stress Value = 60

# 1 minute rest between sets

5:30 AM Start Yards Set Description	EGY	WORK
=======================================		====
600 1 x 600 on 12:00 Reverse IM drill	L REC	D
$12x\{1 \times 13 \text{ on } :00 \text{ Butterfly}$	SP3	S
$\{1 \times 12 \text{ on } : 30 \text{ Freestyle}$	REC	S
$1x{5 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}}$	EN1	P
$\{5 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w}$	EN1	P
$\{5 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w}$	EN1	P
$\{5 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} \}$	EN1	P
$2x{1 x 100 on 1:45 Choice}$	EN1	S
{1 x 100 on 1:40 Choice	EN1	S
{1 x 100 on 1:35 Choice	EN1	S
{1 x 100 on 1:30 Choice	EN1	S
{1 x 100 on 1:25 Choice	EN1	S
$\{1 \times 75 \text{ on } 1:25 \text{ Choice} \}$	EN1	S
$\{1 \times 75 \text{ on } 1:20 \text{ Choice} \}$	EN1	S
$\{1 \times 75 \text{ on } 1:15 \text{ Choice} \}$	EN1	S
$\{1 \times 75 \text{ on } 1:10 \text{ Choice} \}$	EN1	S
$\{1 \times 50 \text{ on } :55 \text{ Choice}$	EN1	S
$\{1 \times 50 \text{ on } : 50 \text{ Choice}$	EN1	S
$\{1 \times 50 \text{ on } : 45 \text{ Choice} \}$	EN1	S
$\{1 \times 25 \text{ on } : 25 \text{ Choice}$	EN1	S
$\{1 \times 25 \text{ on } : 20 \text{ Choice}$	EN1	S
$1 \times 250$ on $5:00$ Stroke Drills	REC	D
1 on 10:00 Techniques-finishes		D
6:58 AM 4,150 Yards - Stress Value =	35	

# Workout #1021 - Tuesday, 31 October 2000 HighSchl - All 1 minute rest between sets

# 3:00 PM Start

	3.00 FM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Ι
800	1 x 800 on 16:00 Reverse IM drill	REC	D	
150	10 x 15 on :30 Shooters	SP3	S	E
900	18 x 50 on 1:00 Kick-des in 3's	EN2	K	(
	1x{3 x 200 on 2:50 Pulls	EN1	P	
	{3 x 200 on 2:45 Pulls	EN1	P	
	{3 x 200 on 2:40 Pulls	EN1	P	
300	$12 \times 25$ on :30 IM order-build	EN1	S	
	$4x{1 x 100 on 1:30 Freestyle}$	EN1	S	
	{1 x 100 on 1:25 Freestyle	EN1	S	
	{1 x 100 on 1:20 Freestyle	EN1	S	
	{1 x 100 on 1:15 Freestyle	EN2	S	
	{1 x 100 on 1:10 Freestyle	EN2	S	
	{1 on :50 Rest		M	
400	1 x 400 on 6:00 Stroke Drills	REC	D	
	5:22 PM 6,350 Yards - Stress Value =	73		

# Workout #1023 - Wednesday, 01 November 2000 Group 3 - All

#### 1 minute rest between sets

	5:15 AM Start				
Yards	Yards Set Description				
=====	=======================================		====		
425	1 x 425 on 8:00 Swim-kick-pull-swim F	REC	٤		
210	14 x 15 on :30 Pit sprints	SP3	٤		
	1x{1 x 300 on 4:15 Pulls	EN1	E		
	{1 x 275 on 3:50 Pulls	EN1	E		
	{1 x 250 on 3:25 Pulls	EN1	E		
	{1 x 200 on 2:40 Pulls	EN1	E		
	{1 x 175 on 2:15 Pulls	EN1	E		
	3x{1 x 200 on 3:00 Individual Medley E	EN2	٤		
	{1 x 200 on 2:55 Individual Medley E	EN2	٤		
	{1 x 200 on 2.50 Individual Medley F	2M2	C		

# Workout #1025 - Wednesday, 01 November 2000 Group 3 - All 1 minute rest between sets

Yards	5:15 PM Set	Description	EGY	
=====	====		===	==
000		n 30:00 Stomach and Stretch		
800		800 on 16:00 Swim-kick-pull-swim		
	•	15 on :00 Backstroke	SP3	
		10 on :30 Freestyle	REC	
		75 on 1:35 Kick	EN2	
		75 on 1:30 Kick	EN2	
	•	75 on 1:25 Kick	EN2	
	•	75 on 1:20 Kick	EN2	
	•	100 on 1:30 Pulls	EN1	
	•	75 on 1:10 Pulls	EN1	
	•	50 on :45 Pulls	EN1	
	•	25 on :30 Pulls 1 breath	EN1	
400		400 on 7:00 Individual Medley	EN1	
	•	50 on 1:00 Breaststroke	EN2	
	•	100 on 2:00 Breast for time	EN3	
	•	100 on 2:00 Breaststroke	REC	
	•	50 on :55 Breaststroke	EN2	
	•		EN3	
	{1 x	100 on 2:00 Breaststroke	REC	
	{6 x	50 on :50 Breaststroke	EN2	
	{1 x	100 on 2:00 Breast for time	EN3	
	{1 x	100 on 2:00 Breaststroke	REC	
	1x{4 x	25 on :30 Freestyle	EN1	
	{4 x	25 on :25 Freestyle	EN1	
	{4 x	25 on :20 Freestyle	EN2	
	{4 x	25 on :15 Freestyle	EN2	
400	8 x	50 on 1:00 Stroke Drills	REC	
	7:44 PM	6,000 Yards - Stress Value = 87		

# Workout #1024 - Wednesday, 01 November 2000 HighSchl - All

	3:00 PM			
Yards	Set	Description	EGY	WC
	====		===	==
	1 or	n 30:00 Stomach and Stretch		
800	16 ≥	<pre>    50 on 1:00 Stroke Drills 4 on E </pre>	REC	
	12x{1 x	15 on :00 Breaststroke	SP3	
	{1 x	10 on :30 Freestyle	REC	
	3x{1 x	150 on 3:00 Kick	EN2	
	{1 x	100 on 2:00 Kick	EN2	
	{1 x	50 on 1:00 Kick	EN2	
	1x{3 x	150 on 2:20 Pull last 50 br ev 7	EN1	
	{3 x	150 on 2:15 Pull last 50 br ev 8	EN1	
	{3 x	150 on 2:10 Pull last 50 br ev 9	EN1	
	4x{1 x	25 on :30 Freestyle	EN1	
	{1 x	25 on :25 Freestyle	EN1	
	{1 x	25 on :20 Freestyle	EN1	
200	1 x	200 on :00 Free For Time	SP2	
500	1 x	500 on 10:00 Freestyle EZ	REC	
	4:52 PM	4,350 Yards - Stress Value = 60		

# Workout #1028 - Thursday, 02 November 2000 Group 3 - All

#### 1 minute rest between sets

Yards	5:15 PM Set	Start Description	EGY	WC
	1 or	n 30:00 Stomach and Stretch		
800		100 on 2:00 Stroke Drills odds	REC	
000		ee evens non-free	IVLC	
		15 on :00 Breaststroke	SP3	
	•	10 on :30 Freestyle	REC	
	-	-		
	•	300 on 6:15 Kick	EN2	
	{1 x	250 on 5:00 Kick	EN2	
	{1 x	200 on 3:50 Kick	EN2	
	{1 x	150 on 2:45 Kick	EN2	
	{1 x	100 on 1:45 Kick	EN2	
	{1 x	50 on :50 Kick	EN2	
1,350	9 x	150 on 2:15 Pulls mid 50 br ev 9	EN1	
600	3 x	200 on 3:30 Individual Medley	EN1	
	4x{3 x	50 on 1:00 Butterfly-descend	EN2	
	{3 x	100 on 1:30 Freestyle-descend	EN1	
400	8 x	50 on 1:00 Stroke Drills	REC	
	7:44 PM	6,300 Yards - Stress Value = 72		

# Workout #1026 - Thursday, 02 November 2000 HighSchl - All

# 1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	STK
=====	=======================================	===	====	=== =
	1 on 30:00 Weights		L	DRY
400	1 x 400 on 7:00 Choice	REC	S	CHO
	1x{3 x 300 on 4:15 Pulls	EN1	P	FR
	$\{2 \times 300 \text{ on } 4:00 \text{ Pulls}$	EN1	P	FR
	$\{1 \times 300 \text{ on } 3:45 \text{ Pulls}$	EN1	P	FR
	$2x{7 x 50 on :50 Freestyle}$	EN1	S	FR
	$\{5 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	FR
	${3 \times 50 \text{ on } :40 \text{ Freestyle}}$	EN2	S	FR
	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	S	FR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	7:04 AM 4,000 Yards - Stress Val	ue =	38	

# Workout #1027 - Thursday, 02 November 2000 HighSchl - All

# 1 minute rest between sets

Yards	2:30 PM Set	Start Description	EGY	WORK
=====	====		===	====
	1 or	30:00 Stomach and Stretch		L
800	1 x	800 on 16:00 Choice	REC	S
150	10 ×	15 on :30 Shooters	SP3	S
	4x{1 x	100 on 1:45 Kick	EN2	K
	{1 x	50 on 1:05 Kick	EN2	K
	{1 x	50 on 1:00 Kick	EN2	K
	{1 x	50 on :55 Kick	EN2	K
	1x{4 x	125 on 2:00 Pulls	EN1	P
	{4 x	125 on 1:55 Pulls	EN1	P
	{4 x	125 on 1:50 Pulls	EN1	P
450	9 x	50 on :50 Freestyle-build	EN1	S
	10x{1 x	100 on 1:20 Individual Medley	EN2	S
	{1 x	50 on :40 Freestyle	EN2	S
	{1 x	50 on 1:00 Freestyle	REC	S
600		<u>-</u>	REC	D
	4:59 PM	6,500 Yards - Stress Value = 7	75	

# Workout #1029 - Friday, 03 November 2000 Group 3 - All 1 minute rest between sets

	5:15 AM Start			
Yards	Set Description	EGY	WORK	S
	=======================================	===	====	=
425	1 x 425 on 8:00 Choice	REC	S	C
150	10 x 15 on :30 Cross pool sprints	SP3	S	C
	all the same stroke			
	$1x{4 x 100 on 1:35 Lungbuster pulls}$	EN1	P	
	{4 x 100 on 1:30 Lungbuster pulls	EN1	P	
	$\{4 \times 100 \text{ on } 1:25 \text{ Lungbuster pulls}$	EN1	P	
	odds br 3-5-7-7			
	evens br 2-4-6-6			
	$1x{1 x 400 on 6:00 Freestyle}$	EN1	S	
	{1 x 300 on 4:30 Freestyle	EN1	S	
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$	EN1	S	
	{1 x 100 on 1:30 Freestyle	EN1	S	
	{1 x 100 on 1:25 Freestyle	EN1	S	
	$\{1 \times 200 \text{ on } 2:50 \text{ Freestyle} \}$	EN1	S	
	$\{1 \times 300 \text{ on } 4:15 \text{ Freestyle} \}$	EN1	S	
	$\{1 \times 400 \text{ on } 5:40 \text{ Freestyle} \}$	EN1	S	
300	$12 \times 25$ on :30 IM order-build	EN1	S	
200	1 x 200 on 3:00 Choice	REC	S	
	6:30 AM 4,275 Yards - Stress Value =	41		

# Workout #1030 - Friday, 03 November 2000 HighSchl - All

#### 1 minute rest between sets

		5:30 AM	Start		
	Yards	Set	Description	EGY	WC
	=====	====		===	==
	600	1 x	600 on 12:00 Swim-kick-pull-swim	REC	
		12x{1 x	13 on :00 Freestyle	SP3	
•		{1 x	12 on :30 Freestyle	REC	
		1x{7 x	75 on 1:15 Pulls br ev 3	EN1	
		{6 x	75 on 1:10 Pulls br ev 5	EN1	
		{5 x	75 on 1:05 Pulls br ev 7	EN1	
		{4 x	75 on 1:00 Pulls	EN1	
		4x{1 x	200 on 3:00 Freestyle	EN1	
		{1 x	100 on 1:30 Your Stroke-no free	EN1	
	400	8 x	50 on 1:00 Stroke Drills	REC	
		1 01	n 15:00 Techniques-starts		
		6:59 AM	4,150 Yards - Stress Value = 34		

# Workout #1031 - Friday, 03 November 2000 HighSchl - All

	11:00 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Team meeting		M
	1 on 15:00 Strtching		L
800	16 x 50 on 1:00 Stroke Drills odds	REC	D
	free evens non free		
180	12 x 15 on :30 Shooters	SP3	S
	3x{1 x 100 on 2:00 Kick	REC	K
	{1 x 100 on 1:55 Kick	EN2	K
	{1 x 100 on 1:50 Kick	EN2	K
100	1 x 100 on 2:00 Kick for time	EN3	K
1,200	12 x 100 on 1:15 Freestyle	EN2	S
500	5 x 100 on 2:00 Stroke Drills	REC	D
	Team Pictures		
	12:57 PM 3,680 Yards - Stress Value =	49	

# Workout #1032 - Saturday, 04 November 2000 HighSchl - All

		1 minute rest between sets			
Yards	6:30 AM Set	Start Description	EGY W	IC	
	===		=== =	=	
800		n 30:00 Weights 800 on 16:00 Swim-kick-pull-swim	REC		
	12x{1 x	15 on :00 Backstroke	SP3		
	(1 x	10 on :30 Freestyle	REC		
	-	200 on 4:00 Kick	EN2		
	{1 x	200 on 3:45 Kick	EN2		
	{1 x	200 on 3:30 Kick	EN2		
	1x{1 x	1000 on 15:00 Pulls	EN1		
	{2 x	500 on 7:00 Pulls	EN1		
300	12 :	x 25 on :30 Freestyle	EN1		
	1x{4 x	200 on 2:50 Freestyle	EN2		
	{4 x	150 on 2:00 Freestyle	EN2		
	{4 x	100 on 1:15 Freestyle	EN2		
	{4 x	50 on :35 Freestyle	EN2		
300	6 x	50 on 1:00 Stroke Drills	REC		

# Workout #1033 - Monday, 06 November 2000 Group 3 - All 1 minute rest between sets

8:59 AM 6,900 Yards - Stress Value = 94

	5:15 AM Start		
Yards	Set Description	EGY	WORK S
=====	=======================================	===	==== =
425	1 x 425 on 8:00 Reverse IM drill	REC	D
210	14 x 15 on :30 Cross pool sprints	SP3	S
	1x{2 x 300 on 4:15 Pulls	EN1	P
	{2 x 300 on 4:00 Pulls	EN1	P
	$1x{4 x 125 on 2:00 Freestyle}$	EN3	S
	{1 on 1:00 Rest		M
	$\{4 \times 125 \text{ on } 1:55 \text{ Freestyle} \}$	EN3	S
	{1 on 1:00 Rest		M
	$\{4 \times 125 \text{ on } 1:50 \text{ Freestyle} \}$	EN3	S
	{1 on 1:00 Rest		M
	$\{4 \times 125 \text{ on } 1:45 \text{ Freestyle} \}$	EN3	S
	{ hold all as fast as		
	{ possible		
300	6 x 50 on 1:00 Stroke Drills	REC	D
	6:30 AM 4,135 Yards - Stress Value =	140	

# Workout #1036 - Monday, 06 November 2000 Group 3 - All

#### 1 minute rest between sets

Yards	5:15 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	
150	10 x 15 on :30 Shooters	SP3	
	3x{1 x 200 on 3:30 Kick	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
	1x{3 x 150 on 2:15 Pulls br 2-3-4	EN1	
	$\{3 \times 150 \text{ on } 2:10 \text{ Pulls br } 3-4-5$	EN1	
	$\{3 \times 150 \text{ on } 2:05 \text{ Pulls br } 4-5-6$	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	$1x{4 \times 300}$ on 4:00 Freestyle	EN2	
	{4 x 250 on 3:20 Freestyle	EN2	
	{4 x 200 on 2:40 Freestyle	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:44 PM 6,950 Yards - Stress Value = 102	2	

# Workout #1034 - Monday, 06 November 2000 HighSchl - All 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WOF
		===	===
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Shooters	SP3	
	1x{4 x 100 on 1:40 Lungbuster pulls	EN1	
	{4 x 100 on 1:35 Lungbuster pulls	EN1	
	{4 x 100 on 1:30 Lungbuster pulls	EN1	
	{ odds br 3-5-7-7		
	{ evens br 2-4-6-6		
	1x{3 x 200 on 2:45 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle-descend	EN1	
	{2 x 200 on 2:40 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle-descend	EN1	
	· · · · · · · · · · · · · · · · · · ·	EN2	
	{1 x 200 on 2:35 Freestyle		
	{3 x 100 on 1:30 Freestyle-descend	EN1	
400	16 x 25 on :25 Freestyle	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	6:57 AM 5,200 Yards - Stress Value = 61		

# Workout #1035 - Monday, 06 November 2000 HighSchl - All

	3:00	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 30:00 Stomach and Stretch		
800	1	x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12	2 x 15 on :30 Shooters	SP3	
	1x{1	x 400 on 7:30 Kick	EN2	
	{ 1	x 300 on 5:30 Kick	EN2	
	{ 1	x 200 on 3:30 Kick	EN2	
	{ 1	x 100 on 1:30 Kick	EN2	
	1x{1	x 400 on 5:40 Pulls	EN1	
	{ 2	x 200 on 2:50 Pulls	EN1	
	{ 4	x 100 on 1:25 Pulls	EN1	
	8 }	x 50 on :45 Pulls	EN1	
400	1	x 400 on 7:00 Individual Medley	EN1	
	ŀ	build each 50		
	1x{8	x 75 on 1:10 Freestyle	EN2	
	8 }	x 75 on 1:05 Freestyle	EN2	
	8 }	x 75 on 1:00 Freestyle	EN2	
400	1	x 400 on 6:00 Stroke Drills	REC	
	1	on 11:00 Techniques-starts		
	5:29	PM 6,180 Yards - Stress Value = 83		

# Workout #1039 - Tuesday, 07 November 2000 Group 3 - All 1 minute rest between sets

5:15 PM Start		
Set Description	EGY	WC
=======================================	===	==
1 on 30:00 Stomach and Stretch		
8 x 100 on 2:00 Stroke Drills 2 on E	REC	
$10x\{1 \times 15 \text{ on } : 00 \text{ Butterfly}$	SP3	
$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	REC	
2x{2 x 100 on 2:00 Kick	EN2	
{2 x 100 on 1:55 Kick	EN2	
{2 x 100 on 1:50 Kick	EN2	
{ odds fast		
1x{3 x 200 on 2:45 Pulls	EN1	
{3 x 150 on 2:05 Pulls	EN1	
{3 x 100 on 1:25 Pulls	EN1	
{3 x 50 on :40 Pulls	EN1	
9 x 50 on :50 Freestyle	EN1	
1x{2 x 200 on 3:15 Backstroke	EN2	
{2 x 200 on 3:05 Backstroke	EN2	
{2 x 200 on 2:55 Backstroke	EN2	
{4 x 50 on 1:00 Backstroke ALL OUT!!	EN3	
{4 x 50 on :55 Backstroke ALL OUT!!	EN3	
{4 x 50 on :50 Backstroke ALL OUT!!	EN3	
10 x 50 on 1:00 Stroke Drills	REC	
	Set Description	Set Description

# Workout #1037 - Tuesday, 07 November 2000 HighSchl - All

7:44 PM 6,500 Yards - Stress Value = 109

# 1 minute rest between sets

						-
	5:30 AM	Start				
Yards	Set	Description	EGY	WORK	STK	
=====	====		===	====	===	
	1 or	n 30:00 Weights		L	DRY	
400	1 x	400 on 8:00 Stroke Drills	REC	D	СНО	
	10x{1 x	15 on :00 Butterfly	SP3	S	FR	
	{1 x	10 on :30 Freestyle	REC	S	FR	
	1x{4 x	50 on :50 Pulls-nbbf&w	EN1	P	FR	
	{4 x	75 on 1:10 Pulls-nbbf&w	EN1	P	FR	
	{4 x	100 on 1:30 Pulls-nbbf&w	EN1	P	FR	
	{4 x	125 on 1:50 Pulls-nbbf&w	EN1	P	FR	
	1x{6 x	100 on 1:20 Freestyle	EN2	S	FR	
	{5 x	100 on 1:15 Freestyle	EN2	S	FR	
	{4 x	100 on 1:15 Freestyle	EN2	S	FR	
200	1 x	200 on 3:00 Stroke Drills	REC	D	CD	
	7:02 AM	3,750 Yards - Stress Value	= 5	0		

# Workout #1038 - Tuesday, 07 November 2000 HighSchl - All

# 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WORF
=====		===	====
	1 on 30:00 Stomach and Stretch		I
800	8 x 100 on 2:00 Stroke Drills	REC	Ι
	odds free evens strk		
150	10 x 15 on :30 Shooters	SP3	٤
	2x{1 x 100 on 2:00 Kick	EN2	ľ
	{1 x 100 on 1:55 Kick	EN2	ľ
	{1 x 100 on 1:50 Kick	EN2	F
	1 x 100 on 1:45 Kick	EN2	ľ
	{1 x 100 on 1:40 Kick	EN2	F
	1x{2 x 250 on 3:30 Pulls	EN1	E
	{2 x 250 on 3:25 Pulls	EN1	E
	{2 x 250 on 3:20 Pulls	EN1	E
600	3 x 200 on 3:30 Individual Medley	EN1	٤
	1x{4 x 100 on 1:30 Freestyle	EN1	٤
	{6 x 25 on :30 Butterfly	EN1	٤
	{4 x 125 on 1:50 Freestyle	EN1	٤

	{6 x 25 on :30 Backstroke EN1	٤
	$\{4 \times 100 \text{ on } 2:15 \text{ Freestyle} $ EN1	٤
	{6 x 25 on :30 Breaststroke EN1	٤
400	16 x 25 on :40 Stroke Drills 4 on E REC	Γ
	5.31 PM 6.200 Yards - Stress Value = 66	

# Workout #1040 - Wednesday, 08 November 2000 Group 3 - All 1 minute rest between sets

Yards	5:15 AM Start Set Description	EGY	WORF
=====	=======================================	===	====
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	٤
210	14 x 15 on :30 Pit sprints	SP3	٤
	$1x{5 \times 75}$ on 1:10 Pulls 3 brth last 25	EN1	E
	{5 x 75 on 1:05 Pulls 2 brth last 25	EN1	E
	$\{4 \times 75 \text{ on } 1:00 \text{ Pulls } 1 \text{ brth last } 25$	EN1	E
	$1x\{1 \times 500 \text{ on } 7:05 \text{ Freestyle}$	EN1	E
	{2 x 250 on 3:30 Freestyle	EN1	٤
	{4 x 125 on 1:45 Freestyle	EN1	٤
	{5 x 100 on 1:25 Freestyle	EN1	٤
	{10 x 50 on :40 Freestyle	EN1	٤
300	1 x 300 on 5:00 Stroke Drills	REC	Γ
	6:30 AM 4,485 Yards - Stress Value = 44	1	

# Workout #1042 - Wednesday, 08 November 2000 Group 3 - All 1 minute rest between sets

	5:15 PM Start			
Yards	Set Description	EGY	WORK	S
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
800	1 x 800 on 16:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
1,000	10 x 100 on 1:45 Kick	EN2	K	C
	1x{1 x 100 on 1:30 Pulls	EN1	P	
	{1 x 200 on 2:55 Pulls	EN1	P	
	{1 x 300 on 4:20 Pulls	EN1	P	
	$\{1 \times 400 \text{ on } 5:45 \text{ Pulls}$	EN1	P	
	$\{1 \times 500 \text{ on } 7:05 \text{ Pulls}$	EN1	P	
	2x{1 x 100 on 1:30 Freestyle	EN1	S	
	$\{1 \times 75 \text{ on } 1:10 \text{ Freestyle} \}$	EN1	S	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	
	$\{1 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN1	S	
	$8x{1 x 75 on 1:15 Breaststroke}$	EN2	S	
	$\{1 \times 50 \text{ on } : 50 \text{ Breaststroke} \}$	EN2	S	
	{1 x 25 on :25 Breaststroke	EN2	S	
	{1 on :30 Rest		M	
	$\{1 \times 25 \text{ on } : 00 \text{ Breaststroke 0TB} \}$	SP3	S	
	$\{1 \times 25 \text{ on } 1:00 \text{ Freestyle} \}$	REC	S	
600	12 x 50 on 1:00 Stroke Drills	REC	D	
	7:45 PM 6,180 Yards - Stress Value =	79		

5:15 PM Start

# Workout #1041 - Wednesday, 08 November 2000 HighSchl - All

#### 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WC
=====		===	==
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Choice-no kicking	REC	
	with a board		
	12x{1 x 15 on :00 Choice	SP3	
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	REC	
	1x{5 x 50 on 1:05 Kick	EN2	
	{5 x 50 on 1:00 Kick	EN2	
	{5 x 50 on :55 Kick	EN2	
	{5 x 50 on :50 Kick	EN2	
1,000	20 x 50 on 1:00 Pulls-ALL OUT!!!!!!	EN2	
900	$9 \times 100$ on 1:30 Descend in sets of 3	EN1	
	1x{4 x 125 on 2:00 Backstroke	EN1	
	{4 x 125 on 1:55 Backstroke	EN1	
	{4 x 125 on 1:50 Backstroke	EN1	
	{4 x 125 on 1:45 Backstroke	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 6,400 Yards - Stress Value = 76		

# Workout #1045 - Thursday, 09 November 2000 Group 3 - All

# 1 minute rest between sets

	0.10 111	beare	
Yards	Set	Description	EGY WC
=====	====		=== ==
	1 or	n 30:00 Stomach and Stretch	
800	16 2	x 50 on 1:00 Stroke Drills 4 on E	REC
	12x{1 x	15 on :00 Freestyle	SP3
	{1 x	10 on :30 Freestyle	REC
	4x{1 x	75 on 1:35 Kick	EN2
	{1 x	75 on 1:30 Kick	EN2
	{1 x	75 on 1:25 Kick	EN2
	{1 x	75 on 1:20 Kick	EN2
	1x{7 x	50 on :50 Pulls-nbbf&w	EN1
	{7 x	50 on :45 Pulls-nbbf&w	EN1
	{7 x	50 on :40 Pulls-nbbf&w	EN1
	1x{1 x	100 on 1:35 Freestyle	EN1
	{1 x	100 on 1:30 Freestyle	EN1
	{1 x	100 on 1:25 Freestyle	EN1
	{1 x	100 on 1:20 Freestyle	EN1
	{1 x	100 on 1:15 Freestyle	EN1
	1x{6 x	100 on 1:40 Fly w/ fins & paddle	EN1
	{6 x	75 on 1:15 Fly w/ fins	EN1
	{6 x	50 on :50 Fly w/ paddles	EN1
	{6 x	25 on :25 Butterfly	EN1
400	4 x	100 on 1:30 Descend to ludicrous	EN2
	spe	eed	
500	5 x	100 on 1:45 Stroke Drills	REC
	7:42 PM	6,250 Yards - Stress Value = 71	

# Workout #1043 - Thursday, 09 November 2000 HighSchl - All

# 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WORK	STK
	1 on 30:00 Weights		L	DRY
400	1 x 400 on 8:00 Choice	REC	S	CHO
	$10x{1 x 15 on :00 Breaststroke}$	SP3	S	BR
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle} \}$	REC	S	FR
500	$10 \times 50$ on :45 Pulls	EN1	P	FR
	$1x{1 \times 300 \text{ on } 4:30 \text{ Freestyle}}$	EN1	S	FR
	$\{2 \times 150 \text{ on } 2:00 \text{ Freestyle}$	EN1	S	FR
	$\{1 \times 300 \text{ on } 4:30 \text{ Freestyle} \}$	EN1	S	FR
	{3 x 100 on 1:20 Freestyle	EN1	S	FR

	{1 x	300 on 4:30 Freestyle EN1	S	FR
	{4 x	75 on 1:00 Freestyle EN1	S	FR
	{1 x	300 on 4:30 Freestyle EN1	S	FR
	{6 x	50 on :40 Freestyle EN1	S	FR
200	1 x	200 on 3:00 Stroke Drills REC	D	CD
	7:02 AM	3,750 Yards - Stress Value = 35		

# Workout #1044 - Thursday, 09 November 2000 HighSchl - All

#### 1 minute rest between sets

	3:00 PM Start		
	Set Description	EGY	
=====	1 on 30:00 Stomach and Stretch	===	===
0.00		DEC	
800			
180	12 x 15 on :30 Shooters	SP3	
	1x{5 x 100 on 2:00 Kick	EN2	
		EN2	
		EN2	
		EN2	
	$1x{4 x 50 on :50 Pulls-nbbf&w}$		
	$\{4 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w}$	EN1	
	{4 x 100 on 1:30 Pulls-nbbf&w	EN1	
	$\{4 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf}\&w$	EN1	
400	4 x 100 on 1:45 50 free 50 strk bld	EN1	
	1x{2 x 150 on 2:30 100 fly 50 back	EN1	
	{2 x 150 on 2:10 Freestyle	EN1	
	{2 x 150 on 2:30 100 back 50 breast	EN1	
	{2 x 150 on 2:05 Freestyle	EN1	
	{2 x 150 on 2:30 100 breast 50 free	EN1	
	{2 x 150 on 2:00 Freestyle		
	{2 x 150 on 2:30 100 free 50 fly	EN1	
	{2 x 150 on 1:55 Freestyle		
250	· •		
	5:29 PM 6,430 Yards - Stress Value = 72		

# Workout #1046 - Friday, 10 November 2000 Group 3 - All

	5:15 AM Start			
Yards	Set Description	EGY	WORK	٤
	=======================================	===	====	=
425	1 x 425 on 8:00 Choice	REC	S	C
150	10 x 15 on :30 Cross pool sprints	SP3	S	C
	1x{1 x 300 on 4:15 Pulls	EN1	P	
	{1 x 275 on 3:50 Pulls	EN1	P	
	{1 x 250 on 3:25 Pulls	EN1	P	
	{1 x 225 on 3:05 Pulls	EN1	P	
	{1 x 200 on 2:40 Pulls	EN1	P	
300	12 x 25 on :30 Freestyle	EN1	S	
	$1x{1 \times 100}$ on 1:45 Individual Medley	EN1	S	
	${3 \times 50 \text{ on } 1:00 \text{ Butterfly}}$	EN1	S	F
	{2 x 100 on 1:40 Individual Medley	EN1	S	
	{3 x 50 on 1:00 Backstroke	EN1	S	
	{3 x 100 on 1:35 Individual Medley	EN1	S	
	{3 x 50 on 1:00 Breaststroke	EN1	S	
	{4 x 100 on 1:30 Individual Medley	EN1	S	
	${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	EN1	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	6:30 AM 4,025 Yards - Stress Value =	39		

400

# Workout #1049 - Friday, 10 November 2000 Group 3 - All

# 1 minute rest between sets

5:30 PM Start		
Set Description	EGY	WORK S
=======================================	===	==== =
1 on 14:00 Stretch		LI
1 x 600 on 12:00 Choice	REC	S (
$10x\{1 x 15 on :00 Backstroke$	SP3	S
$\{1 \times 10 \text{ on } : 30 \text{ Freestyle} \}$	REC	S
4x{1 x 100 on 1:30 Kick	EN2	K (
$\{4 \times 25 \text{ on : } 45 \text{ Sprint kick}$	EN2	K (
$1x{3 x 100 on 1:30 Lungbuster pulls}$	EN1	P
{3 x 100 on 1:25 Lungbuster pulls	EN1	P
{3 x 100 on 1:20 Lungbuster pulls	EN1	P
{ odds br 9-7-5-3		
{ evens br 3-5-7-9		
$12 \times 100$ on $1:15$ Freestyle	EN2	S
	Set Description	Set Description EGY

# Workout #1047 - Friday, 10 November 2000 HighSchl - All

7:00 PM 4,150 Yards - Stress Value = 55

REC

D

8 x 50 on 1:00 Stroke Drills

#### 1 minute rest between sets

	5:30 AM	Start		
Yards	Set	Description	EGY	WORK
=====	====		===	====
600	1 x	600 on 12:00 Reverse IM drill	REC	D
	12x{1 x	15 on :00 Backstroke	SP3	S
	{1 x	10 on :30 Freestyle	REC	S
	1x{1 x	275 on 3:55 Pulls	EN1	P
	{1 x	250 on 3:30 Pulls	EN1	P
	{1 x	225 on 3:10 Pulls	EN1	P
	{1 x	200 on 2:50 Pulls	EN1	P
	{1 x	175 on 2:25 Pulls	EN1	P
	{1 x	150 on 2:05 Pulls	EN1	P
	{1 x	125 on 1:45 Pulls	EN1	P
	{1 x	100 on 1:20 Pulls	EN1	P
	{1 x	75 on 1:00 Pulls	EN1	P
	{1 x	50 on :40 Pulls	EN1	P
	{1 x	25 on :20 Pulls	EN1	P
	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
600	24 2	k 25 on :40 IM order	EN1	S
250	5 x	50 on 1:00 Stroke Drills	REC	D
	6:59 AM	5,200 Yards - Stress Value = 6	65	

# Workout #1048 - Friday, 10 November 2000 HighSchl - All

# 1 minute rest between sets

	3:00 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 15:00 Stretch		L	Ι
800	1 x 800 on 16:00 Reverse IM drill	REC	D	
150	10 x 15 on :30 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	(
100	1 x 100 on 2:00 Kick for time	EN3	K	(
	1x{4 x 125 on 1:55 Pulls	EN1	P	
	{4 x 125 on 1:50 Pulls	EN1	P	
	{4 x 125 on 1:45 Pulls	EN1	P	
250	10 x 25 on :25 Choice-build	EN1	S	(
	$2x{4 \times 50 \text{ on } :45 \text{ Freestyle}}$	EN1	S	
	$\{4 \times 50 \text{ on } : 40 \text{ Freestyle}$	EN1	S	
	$\{4 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Run The Guantlet!!!!		S	

4:59 PM 5,100 Yards - Stress Value = 63

# Workout #1051 - Saturday, 11 November 2000 Group 3 - All

# 1 minute rest between sets

	8:30 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-drill-swim	REC	
	no board		
210	14 x 15 on :30 Cross pool sprints	SP3	
1,000	5x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
1,200	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 200 on 3:00 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
	{1 x 100 on 1:25 Pulls	EN1	
	$\{1 \times 200 \text{ on } 2:50 \text{ Pulls}$	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
450	1x{1 x 150 on 2:15 Free last 50 80%	EN1	
	{1 x 150 on 2:15 Free last 50 90%	EN1	
	{1 x 150 on 2:15 Free last 50 100%	EN1	
3,000	$1x{1 x 400 on 5:30 Freestyle}$	EN2	
	$\{1 \times 400 \text{ on } 5:10 \text{ Freestyle} \}$	EN2	
	{1 x 400 on 6:00 Individual Medley	EN2	
	{1 x 300 on 4:00 Freestyle	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 300 on 4:30 Individual Medley	EN2	
	{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 200 on 2:20 Freestyle	EN2	
	{1 x 200 on 3:00 Individual Medley	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 100 on 1:05 Freestyle	EN2	
	{1 x 100 on 1:30 Individual Medley	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	11:00 PM 6,985 Yards - Stress Value = 106	5	

# Workout #1050 - Saturday, 11 November 2000 HighSchl - All

	6:00 AM Start		
Yards	Set Description	EGY	WORF
=====		===	
	1 on 30:00 Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
	$8x{1 x 15 on :00 Freestyle}$	SP3	٤
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle} \}$	REC	٤
400	8 x 50 on 1:00 2 on each 1dril 1bld	EN1	٤
3,000	1 x 3000 on 30:00 T-30	EN2	٤
300	1 x 300 on 6:00 Choice	REC	٤
	7:30 AM 4,300 Yards - Stress Value = 69	)	

#### Workout #1052 - Monday, 13 November 2000 3:00 PM Start Group 3 - All Yards Set Description 1 minute rest between sets \_\_\_\_\_ 1 on 31:00 Stomach and Stretch 5:15 AM Start 800 1 x 800 on 16:00 Swim-kick-pull-swim REC 180 12 x 15 on :30 Shooters SP3 800 Set Description EGY WORK S Yards $1x\{5 \times 25 \text{ on } : 30 \text{ Kick}$ \_\_\_\_\_ {5 x 50 on :55 Kick 1 x 425 on 8:00 Reverse IM drill REC D 14 x 15 on :30 Cross pool sprints SP3 S {6 x 75 on 1:20 Kick {5 x 50 on :55 Kick {5 x 25 on :55 Kick 1x{2 x 200 on 2:50 Pulls {2 x 200 on 2:45 Kick {2 x 200 on 2:40 Pulls 210 EN2 1 x 300 on 6:00 Scione Fills 6:30 AM 4,335 Yards - Stress Value = 42 2,500 free very fast 5 x 500 on 6:00 Freestyle 500 10 x 50 on 1:00 Stroke Drills REC Workout #1055 - Monday, 13 November 2000 5:30 PM 6,830 Yards - Stress Value = 96 Group 3 - All Workout #1058 - Tuesday, 14 November 2000 1 minute rest between sets Group 3 - All 5:15 PM Start 1 minute rest between sets Yards Set Description Set Description 201 .... 5:15 PM Start 1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim REC 2 Set Description 3 Set Description 4 Set Description 5 Set Description 6 Set Description 7 Set Description 7 Set Description 8 Set Description 9 Set Description 1 x 800 on 16:00 Swim-kick-pull-swim REC 1 x 800 on 16:00 Swim-kick-pull-swim REC 10 x 15 on :30 Shooters 10 x 50 on 1:00 Kick Yards ====== 150 1 on 30:00 Stomach and Stretch 10 x 50 on 1:00 Kick 500 800 8 x 100 on 2:00 Stroke Drills $12x\{1 \times 15 \text{ on } : 00 \text{ Butterfly}$ SP3 REC EN2 1x{3 x 150 on 2:15 Pulls mid 50 br ev 5 EN1 4 x 150 on 2:45 Individual Medley EN1 600 {3 x 150 on 2:15 Pulls mid 50 br ev 7 EN1 #1 no fly #2 no back {3 x 150 on 2:15 Pulls mid 50 br ev 9 EN1 #3 no brst #4 no fre #3 no brst #4 no fre Lx{1 x 350 on 4:30 Freestyle EN2 {1 x 350 on 4:25 Freestyle EN2 {1 x 350 on 4:20 Freestyle EN2 {1 x 350 on 4:15 Freestyle EN2 {1 x 350 on 4:10 Freestyle EN2 {1 x 350 on 4:05 Freestyle EN2 {1 x 350 on 4:10 Freestyle EN2 {1 x 350 on 4:05 Freestyle EN2 {1 x 350 on 4:10 Freestyle EN2 {1 x 35 4x{1 x 75 on 1:30 Stroke Drills EN1 1x{1 x 350 on 4:30 Freestyle $\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$ { drills #1fly #2 back { #3 breast #4 free {3 x 150 on 2:20 Backstroke EN2 {3 x 100 on 1:30 Backstroke EN2 3 x 50 on 1:00 Backstroke 500 $1x{4 x 25 on :30 Freestyle}$ EN1 7:38 PM 6,500 Yards - Stress Value = 111 $\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$ $\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}$ Workout #1053 - Monday, 13 November 2000 $\{4 \times 25 \text{ on :} 15 \text{ Freestyle}\}$ EN2 300 1 x 300 on 5:00 Stroke Drills REC HighSchl - All 7:44 PM 6,300 Yards - Stress Value = 82 1 minute rest between sets Workout #1056 - Tuesday, 14 November 2000 5:30 AM Start Set Description Yards HighSchl - All ===== 1 minute rest between sets 1 x 600 on 12:00 Swim-kick-pull-swim REC 1 x 600 on 12:00 Swim-kick-pull-swim REC 12x{1 x 15 on :00 Freestyle SP3 {1 x 10 on :30 Freestyle REC 1x{1 x 1000 on 15:00 Pulls REC {1 x 500 on 7:00 Pulls EN1 1x{8 x 75 on 1:05 Freestyle EN1 {8 x 75 on 1:00 Freestyle EN2 {8 x 75 on :55 Freestyle EN2 1x{8 x 25 on :35 Butterfly EN1 {8 x 25 on :40 Breaststroke EN1 {8 x 25 on :25 Freestyle EN2 {8 x 25 on : 5:30 AM Start Yards Set Description EGY WORK STK ===== 1 on 28:00 Weights 400 1 x 400 on 8:00 Stroke Drills REC D CHO {1 x 10 on :30 Freestyle REC S FR 1x{4 x 100 on 1:30 Pulls EN1 P FR {4 x 75 on 1:10 Pulls EN1 P FR {4 x 50 on :45 Pulls EN1 P FR {8 x 25 on :25 FreestyleENI1 x 200 on 3:00 Stroke DrillsREC $\{4 \times 25 \text{ on :} 30 \text{ Pulls 1 breath EN1} \quad P \quad FR$ 4x{1 x 150 on 2:15 Freestyle EN1 S FR {1 x 150 on 2:10 Freestyle EN1 S FR {1 x 150 on 2:05 Freestyle EN1 S FR {1 x 150 on 2:05 Freestyle EN1 S FR 7:00 AM 5,200 Yards - Stress Value = 50 Workout #1054 - Monday, 13 November 2000 200 1 x 200 on 3:00 Stroke Drills REC D CD

7:00 AM 3,650 Yards - Stress Value = 34

Workout #1054 - Monday, 13 November 2000 HighSchl - All 1 minute rest between sets 3:00 PM Start

## Workout #1057 - Tuesday, 14 November 2000 HighSchl - All 1 minute rest between sets

	{ 4	x 50 on	:50 Breasts	troke	EN2	S
	{ 1	x 100 o	n 2:00 Frees	tyle	REC	٤
200	1	x 200 o	n 3:00 Strok	e Drills	REC	Γ
	7:45	PM 5,90	0 Yards - St	ress Value	= 80	

Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
	odds free evens strk		
150	$10 \times 15$ on :30 Shooters	SP3	
	1x{1 x 300 on 6:15 Kick	EN2	
	{1 x 250 on 5:00 Kick	EN2	
	{1 x 200 on 3:50 Kick	EN2	
	{1 x 150 on 2:45 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
	$1x{7 x 75 on 1:10 Pulls br ev 3}$	EN1	
	$\{6 \times 75 \text{ on } 1:05 \text{ Pulls br ev } 5$	EN1	
	$\{5 \times 75 \text{ on } 1:00 \text{ Pulls br ev } 7$	EN1	
	$\{4 \times 75 \text{ on } :55 \text{ Pulls}$	EN1	
	$2x{1 x 100 on 1:45 Freestyle 2 beat kck}$	EN1	
	{1 x 100 on 1:45 Freestyle 4 beat kck	EN1	
	$\{1 \times 100 \text{ on } 1:45 \text{ Freestyle 6 beat kck}\}$	EN1	
	3x{1 x 200 on 3:15 Backstroke	EN2	
	{2 x 100 on 1:35 Backstroke	EN2	
	{4 x 50 on :45 Backstroke	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM $6,450$ Yards - Stress Value = $85$		

## Workout #1060 - Wednesday, 15 November 2000 HighSchl - All 1 minute rest between sets

	3:00 PM	Start		
Yards	Set	Description	EGY	WORK
=====	==== 1 or	n 30:00 Stomach and Stretch	===	====
800		800 on 16:00 Choice	REC	S
	no	kicking w/ board		
	12x{1 x	15 on :00 Choice	SP3	S
	{1 x	10 on :30 Freestyle	REC	S
	4x{1 x	100 on 2:00 Kick	EN2	K
	{1 x	50 on 1:00 Kick	EN2	K
	{1 x	50 on :55 Kick	EN2	K
	{1 x	50 on :50 Kick	EN2	K
	1x{1 x	400 on 6:00 Pulls	EN1	P
	{1 x	400 on 5:45 Pulls	EN1	P
	{1 x	400 on 5:30 Pulls	EN1	P
	{1 x	400 on 5:15 Pulls	EN1	P
600	2 x	300 on 4:30 Every 3rd 25 fast	EN1	S
	of	your #1 no free		
	5x{1 x	100 on 1:45 Breaststroke	EN2	S
	{3 x	50 on 1:00 Breast-descend	EN2	S
	{1 x	25 on :30 Breaststroke OTB	EN3	S
	{1 x	25 on 1:00 Freestyle	REC	S
450	9 x	50 on 1:00 Stroke Drills	REC	D
	5:30 PM	6,250 Yards - Stress Value = 8	32	

## Workout #1059 - Wednesday, 15 November 2000 Group 3 - All

## 1 minute rest between sets

	5:15 AM Start						
Yards	Set Description	EGY	WORF				
=====	=======================================	===	====				
424	1 x 424 on 8:00 Swim-kick-pull-swim	REC	٤				
210	14 x 15 on :30 Pit sprints	SP3	٤				
1,250	10 x 125 on 1:50 Pulls 1-3 1.25 3br	EN1	E				
	4-7 1.25 2 br 8-10						
	$1x{3 \times 50 \text{ on } :}40 \text{ Freestyle}$						
	${3 \times 75 \text{ on } 1:00 \text{ Freestyle}}$	EN2	٤				
	{3 x 100 on 1:20 Freestyle	EN2	٤				
	{3 x 125 on 1:40 Freestyle	EN2	٤				
	{3 x 150 on 2:00 Freestyle	EN2	٤				
	{3 x 175 on 2:20 Freestyle	EN2	٤				
	{3 x 200 on 2:40 Freestyle	EN2	٤				
200	1 x 200 on 3:00 Stroke Drills	REC	Ι				
	6:31 AM $4,709$ Yards - Stress Value = $7:$	2					

# Workout #1064 - Thursday, 16 November 2000 Group 3 - All

#### 1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WOF
	1 on 29:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills	REC	
	four on each stroke		
	$8x{1 x 15 on :00 Freestyle}$	SP3	
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	REC	
	2x{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 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	$1x{7 x 75 on 1:10 Pulls br ev 3}$	EN1	
	$\{6 \times 75 \text{ on } 1:05 \text{ Pulls br ev } 5$	EN1	
	$\{5 \times 75 \text{ on } 1:00 \text{ Pulls br ev } 7$	EN1	
	$\{4 \times 75 \text{ on } :55 \text{ Pulls}$	EN1	
600	$6 \times 100$ on 1:30 Descend in sets of 3	EN1	
	$8x{8 \times 25 \text{ on :} 30 \text{ Butterfly}}$	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Choice	REC	
	7:45 PM 6,050 Yards - Stress Value = 79		

## Workout #1061 - Wednesday, 15 November 2000 Group 3 - All

5:15	PM		Star	rt								
Se	et	Des	scri	ption	ı					EGY	WORF	
==	==	===	-===			-==	-===			===	====	
1	on	30	0:00	) Stor	nach ar	nd S	Stre	etch			I	
1	Х	800	or	16:0	00 Reve	erse	e IN	4 dri	11	REC	Ι	
10	×	15	5 or	i :30	Shoote	ers				SP3	٤	
1x{3	Х	125	5 or	1 2:25	5 Kick					EN2	F	
{ 3	Х	125	5 or	1 2:20	) Kick					EN2	F	
{3	Х	125	or or	2:15	5 Kick					EN2	F	
{1	Х	125	or or	2:10	) Kick					EN2	F	
1x{5	х	50	on	1:00	Pulls	no	br	last	15v	EN1	E	
									_			
-									_			
									_			
									_			
									-			
•												
	Se == 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Set ==== 1 on 1 x 10 x 10 x {3 x {3 x {1 x 1x {5 x {5 x {5 x {4 x 3x {4 x }	Set Des ======= 1 on 3( 1 x 800 10 x 15 1x{3 x 125 {3 x 125 {1 x 125 1x 5 x 50 {5 x 50 {5 x 50 4 x 100 3x{4 x 50	Set Descri 1 on 30:00 1 x 800 or 10 x 15 or 1x{3 x 125 or {3 x 125 or {3 x 125 or {1 x 125 or {5 x 50 on {5 x 50 on {5 x 50 on {5 x 50 on {4 x 100 or 3x{4 x 50 on	1 on 30:00 Stor 1 x 800 on 16:0 10 x 15 on :30 1x{3 x 125 on 2:25 {3 x 125 on 2:25 {3 x 125 on 2:15 {1 x 125 on 2:16 1x{5 x 50 on 1:00 {5 x 50 on 1:00 4 x 100 on 1:45 3x{4 x 50 on 1:00	Set Description  ===================================	Set Description  1 on 30:00 Stomach and S 1 x 800 on 16:00 Reverse 10 x 15 on :30 Shooters  1x{3 x 125 on 2:25 Kick {3 x 125 on 2:20 Kick {3 x 125 on 2:15 Kick {1 x 125 on 2:10 Kick 1x{5 x 50 on 1:00 Pulls no {5 x 50 on 1:00 Pulls no {5 x 50 on 1:00 Pulls no {5 x 50 on 1:00 Pulls no 4 x 100 on 1:45 Individu 3x{4 x 50 on 1:00 Breastst:	Set Description	Set Description  1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Reverse IM dri 10 x 15 on :30 Shooters  1x{3 x 125 on 2:25 Kick {3 x 125 on 2:20 Kick {3 x 125 on 2:15 Kick {1 x 125 on 2:10 Kick 1x{5 x 50 on 1:00 Pulls no br last {5 x 50 on 1:00 Pulls no br last {5 x 50 on 1:00 Pulls no br last {5 x 50 on 1:00 Pulls no br last {4 x 100 on 1:45 Individual Medle 3x{4 x 50 on 1:00 Breaststroke	Set Description  1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Reverse IM drill 10 x 15 on :30 Shooters  1x{3 x 125 on 2:25 Kick {3 x 125 on 2:20 Kick {3 x 125 on 2:15 Kick {1 x 125 on 2:10 Kick 1x{5 x 50 on 1:00 Pulls no br last 15y {5 x 50 on 1:00 Pulls no br last 20y {5 x 50 on 1:00 Pulls no br last 25y {5 x 50 on 1:00 Pulls no br last 30y 4 x 100 on 1:45 Individual Medley 3x{4 x 50 on 1:00 Breaststroke	Set Description EGY	Set Description

# Workout #1062 - Thursday, 16 November 2000

HighSchi - Ali	

- 1	minute	rest between sets	3

	5:30 AM	Start		=
Yards	Set	Description	EG:	WORK
	====			- ====
	1 or	30:00 Weights		L
400	1 x	400 on 8:00 Choice	REC	C S
	10x{1 x	15 on :00 Breastst	roke SP3	3 S
	{1 x	10 on :30 Freestyl	e REC	C S
	1x{2 x	300 on 4:15 Pulls	EN1	L P
	{2 x	300 on 4:00 Pulls	EN1	L P
	1x{2 x	100 on 1:30 Freest	yle EN1	L S
	{2 x	100 on 1:30 Indivi	dual Medley EN1	L S
	{2 x	100 on 1:25 Freest	yle EN1	L S
	{2 x	100 on 1:35 Indivi	dual Medley EN1	L S
	{2 x	100 on 1:20 Freest	yle EN1	L S
	{2 x	100 on 1:40 Indivi	dual Medley EN1	L S
	{2 x	100 on 1:15 Freest	yle EN1	L S
	{2 x	100 on 1:45 Indivi	dual Medley EN1	L S
200	1 x	200 on 3:00 Stroke	Drills REC	C D
	7:01 AM	3,650 Yards - Stre	ss Value = 34	

## Workout #1063 - Thursday, 16 November 2000 HighSchl - All

## 1 minute rest between sets

## 1 minute rest between sets

	5:00	PM St	cart	5			
Yards	Se	et Desc	crip	otion		EGY	WC
=====	==					===	==
	1	on 15	:00	Stret	tching		
825	1	x 825	on	16:00	O Swim-kick-drill-swim	REC	
150	10	0 x 15	on	:30 \$	Shooters	SP3	
	3x{1	x 150	on	3:00	Kick	EN2	
	{ 1	x 100	on	2:00	Kick	EN2	
	{ 1	x 50 c	on 1	L:00 I	Kick	EN2	
	1x{3	x 125	on	1:55	Pulls	EN1	
	{ 3	x 125	on	1:50	Pulls	EN1	
	{ 2	x 125	on	1:45	Pulls	EN1	
600	1	x 600	on	9:00	Individual Medley	EN1	
		50dril	L 50	Okick	50bld		
	1x{3	x 100	on	1:30	Freestyle	EN1	
	{ 3	x 100	on	1:25	Freestyle	EN1	
	{ 3	x 100	on	1:20	Freestyle	EN1	
	{ 1	x 100	on	1:15	Freestyle	EN1	
200	1	x 200	on	3:00	Stroke Drills	REC	
	1	on 18	:00	Techr	niques-starts		
	6:59	PM 4,6	675	Yards	s - Stress Value = 50		

# Workout #1066 - Friday, 17 November 2000 HighSchl - All

#### 1 minute rest between sets

3:00 PM Start			5:30 AM		E 611	
Yards Set Description	EGY WOF	Yards		-		WORK
1 on 28:00 Stomach and Stretch 600 12 x 50 on 1:00 Stroke Drills 3 on E 150 10 x 15 on :30 Shooters 1,000 10 x 100 on 2:00 Kick-odds fast 1x{1 x 100 on 1:30 Pulls {1 x 200 on 2:50 Pulls {1 x 300 on 4:00 Pulls {1 x 400 on 5:00 Pulls {1 x 500 on 5:50 Pulls 450 9 x 50 on :45 Freestyle 4x{8 x 25 on :30 Butterfly {1 on 1:00 Rest 300 1 x 300 on 4:30 Stroke Drills	REC SP3 EN2 EN1 EN1 EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2	600	1 x 12x{1 x {1 x 1x{3 x {3 x	600 on 12:00 Reverse IM drill 15 on :00 Backstroke 10 on :30 Freestyle 200 on 2:45 Pulls 150 on 2:05 Pulls 100 on 1:25 Pulls 50 on :40 Pulls 50 on :40 Freestyle 75 on 1:00 Freestyle 100 on 1:20 Freestyle 125 on 1:40 Freestyle 150 on 2:00 Freestyle 175 on 2:00 Freestyle 200 on 2:40 Freestyle	===	D S S P P P P S S S S S S S S S S S S S
4x{8 x 25 on :30 Butterfly {1 on 1:00 Rest	EN2		•	25 on :30 Freestyle	EN1	S
300 1 x 300 on 4:30 Stroke Drills	REC		-	25 on :25 Freestyle	EN2	S
5:30 PM 5,900 Yards - Stress Value = 86			•	25 on :20 Freestyle 25 on :15 Freestyle	EN2 EN2	S S
		250	-	-	REC	D D
Workout #1065 - Friday, 17 November 2000		250		5,675 Yards - Stress Value = 8		D

# Group 3 - All

## 1 minute rest between sets

	5:15 AM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
425	1 x 425 on 8:00 Choice	REC	S	$\subset$
150	10 x 15 on :30 Cross pool sprints	SP3	S	(

120	_	2.2	120	, 011	• •	00 0110.	LCC		1100	_	_
150	10	) 2	k 15	on	:30	Cros	s pool	sprints	SP3	S	C
	1x{2	Х	300	on on	4:1	15 Pul:	ls		EN1	P	
	{ 2	Х	300	on on	4:0	00 Pul	ls		EN1	P	
	{ 1	Х	300	on on	3:4	45 Pul	ls		EN1	P	
	2x{6	Х	25	on	:30	Butte:	rfly		EN1	S	E
	{ 6	X	25	on	:30	Frees	tyle		EN1	S	
	{ 6	X	25	on	:30	Backs	troke		EN1	S	
	{ 6	Х	25	on	:25	Frees	tyle		EN1	S	
	{ 6	X	25	on	:30	Breas	tstrok	е	EN1	S	
	{ 6	Х	25	on	:20	Frees	tyle		EN2	S	
200	1	X	200	on on	4:0	00 Str	oke Dr	ills	REC	D	
	6:30	ΑN	14,	075	Yaı	rds - :	Stress	Value =	42		

# Workout #1067 - Friday, 17 November 2000 HighSchl - All

## 1 minute rest between sets

	3:00 PM Start			
Yards	Set Description	EGY	WORK S	
=====		===	==== =	
	1 on 15:00 Stretching		LΙ	
800	1 x 800 on 16:00 Reverse IM drill	REC	D	
150	10 x 15 on :30 Shooters	SP3	S	
750	15 x 50 on 1:00 Kick des in 3's	EN2	K C	
1,050	7 x 150 on 2:15 Pulls mid 50 br ev 9	EN1	P	
	1 on 15:00 Techniques-relay str		D	
1,000	1 x 1000 on 25:00 Killer Relays	SP1	S	
	1 on 8:00 RUN THE GUANTLET		SF	
	4:59 PM 3,750 Yards - Stress Value =	111		

Workout #1068 - Friday, 17 November 2000 Group 3 - All

## Workout #1069 - Saturday, 18 November 2000 HighSchl - All 1 minute rest between sets

## Workout #1071 - Monday, 20 November 2000 HighSchl - All 1 minute rest between sets

0.0	0 AM Start				
Yards	Set Description	EGY V		5:30 AM Start	
=====	- ====================================		Yards	Set Description	EGY WC
	1 on 30:00 Weights		======	=======================================	
1,000	1 x 1000 on 20:00 Swim-kick-drill-	swim REC	600	1 x 600 on 12:00 Swim-kick-pull-swim	
210	14 x 15 on :30 Pit sprints	SP3	000	12x{1 x 15 on :00 Freestyle	SP3
	1 x 75 on 1:35 Kick	EN2		{1 x 10 on :30 Freestyle	REC
•	1 x 75 on 1:30 Kick	EN2			
-	1 x 75 on 1:25 Kick	EN2		2x{1 x 100 on 1:35 Pulls	EN1
	1 x 75 on 1:20 Kick	EN2		{2 x 100 on 1:30 Pulls	EN1
	3 x 150 on 2:15 Pulls br 2-3-4	EN1		{3 x 100 on 1:25 Pulls	EN1
•	3 x 150 on 2:10 Pulls br 3-4-5	EN1		{4 x 100 on 1:20 Pulls	EN1
•	3 x 150 on 2:10 rulls br 3 4 5	EN1		1x{1 x 200 on 3:00 Freestyle	EN1
	4 x 125 on 2:15 Individual Medley			$\{1 \times 200 \text{ on } 2:55 \text{ Freestyle} \}$	EN1
	-	EN1		$\{1 \times 200 \text{ on } 2:50 \text{ Freestyle} \}$	EN1
	5 x 100 on 1:10 Freestyle	EN2		$\{1 \times 200 \text{ on } 2:45 \text{ Freestyle} \}$	EN2
-	1 on 1:10 Rest	250		{1 x 200 on 2:40 Freestyle	EN2
	1 x 300 on 6:00 Stroke Drills	REC		{1 x 200 on 2:35 Freestyle	EN2
8:3	0 AM 6,560 Yards - Stress Value = 8	89		{1 x 200 on 2:30 Freestyle	EN2
				{1 x 200 on 2:25 Freestyle	EN2
	Workout #1070 - Monday, 20 November 2000			{1 x 200 on 2:20 Freestyle	EN2
	Group 3 - All			{1 x 200 on 2:15 Freestyle	EN2
	-		400	4 x 100 on 1:30 Freestyle-descend to	EN2
	1 minute rest between sets			LUDICROUS speed !!!!	
			200	1 x 200 on 5:00 Stroke Drills	REC
	5 AM Start			7:00 AM 5,500 Yards - Stress Value = 69	
Yards	Set Description 1	EGY WORK S		,	
=====				W 1 4/1072 M 1 20 N 1 2000	
425	1 x 425 on 8:00 Reverse IM drill	REC D		Workout #1072 - Monday, 20 November 2000	
210	14 x 15 on :30 Cross pool sprints	SP3 S		HighSchl - All	
2x{	4 x 100 on 1:30 Pulls	EN1 P		1 minute rest between sets	
{	4 x 75 on 1:10 Pulls	EN1 P			
{	4 x 50 on :45 Pulls	EN1 P		3:00 PM Start	
{	4 x 25 on :30 Pulls 1 breath	EN1 P	Yards		EGY WOF
1x{	1 x 250 on 3:45 Freestyle	EN1 S	======	±	
{	1 x 250 on 3:30 Freestyle	EN1 S		1 on 30:00 Stomach and Stretch	
		EN1 S	800		DEC
		EN1 S		<del>_</del>	SP3
1	I A ZUU UN Z.4U FIEESLVIE			12 v 15 on •30 Shootors	
			180		
{	1 x 150 on 2:05 Freestyle	EN1 S		1x{3 x 100 on 2:05 Kick	EN2
}	1 x 150 on 2:05 Freestyle 1 1 x 150 on 1:55 Freestyle 1	EN1 S EN1 S		1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick	EN2 EN2
{ { {	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle	EN1 S EN1 S EN1 S		1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick	EN2
{ { {	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle	EN1 S EN1 S EN1 S EN1 S	900	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set	EN2 EN2 EN2
{ { { { {	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills	EN1 S EN1 S EN1 S EN1 S EREC D	900	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time	EN2 EN2 EN2 EN2
{ { { { {	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle	EN1 S EN1 S EN1 S EN1 S EREC D	900	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds	EN2 EN2 EN2 EN2 EN1
{ { { { {	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =	EN1 S EN1 S EN1 S EN1 S EREC D	900	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds	EN2 EN2 EN2 EN2 EN1 EN1
{ { { { {	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills	EN1 S EN1 S EN1 S EN1 S EREC D	900	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds	EN2 EN2 EN2 EN2 EN1 EN1 EN1
{ { { { {	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =	EN1 S EN1 S EN1 S EN1 S EREC D	900 100 1,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds	EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1
{ { { { {	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value = Workout #1073 - Monday, 20 November 2000	EN1 S EN1 S EN1 S EN1 S EREC D	900 100 1,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley	EN2 EN2 EN2 EN2 EN1 EN1 EN1
{ { { { {	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value = Workout #1073 - Monday, 20 November 2000 Group 3 - All	EN1 S EN1 S EN1 S EN1 S EREC D	900 100 1,000	<pre>1x{3 x 100 on 2:05 Kick     {3 x 100 on 2:00 Kick     {3 x 100 on 1:55 Kick     { descend each set         1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds         {5 x 50 on 1:00 Pulls no br L.20 yds         {5 x 50 on 1:00 Pulls no br L.25 yds         {5 x 50 on 1:00 Pulls no br L.30 yds         {5 x 50 on 1:00 Pulls no br L.30 yds         1 x 400 on 7:00 Individual Medley         build each 50</pre>	EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1
{	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value = Workout #1073 - Monday, 20 November 2000  Group 3 - All 1 minute rest between sets	EN1 S EN1 S EN1 S EN1 S EREC D	900 100 1,000	<pre>1x{3 x 100 on 2:05 Kick     {3 x 100 on 2:00 Kick     {3 x 100 on 1:55 Kick     { descend each set         1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds         {5 x 50 on 1:00 Pulls no br L.20 yds         {5 x 50 on 1:00 Pulls no br L.25 yds         {5 x 50 on 1:00 Pulls no br L.30 yds         {5 x 50 on 1:00 Pulls no br L.30 yds         1 x 400 on 7:00 Individual Medley         build each 50 1x{2 x 500 on 6:30 Freestyle</pre>	EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1
{	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value = Workout #1073 - Monday, 20 November 2000 Group 3 - All 1 minute rest between sets  5 PM Start	EN1 S EN1 S EN1 S EN1 S EN2 D 42	900 100 1,000	<pre>1x{3 x 100 on 2:05 Kick     {3 x 100 on 2:00 Kick     {3 x 100 on 1:55 Kick     { descend each set         1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds         {5 x 50 on 1:00 Pulls no br L.20 yds         {5 x 50 on 1:00 Pulls no br L.25 yds         {5 x 50 on 1:00 Pulls no br L.30 yds         1 x 400 on 7:00 Individual Medley         build each 50 1x{2 x 500 on 6:30 Freestyle         {2 x 400 on 5:10 Freestyle     } }</pre>	EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2
{	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000 Group 3 - All 1 minute rest between sets  5 PM Start Set Description	EN1 S EN1 S EN1 S EN1 S REC D 42	900 100 1,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 300 on 3:55 Freestyle	EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2
5:1 Yards	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:15 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000 Group 3 - All 1 minute rest between sets  5 PM Start Set Description	EN1 S EN1 S EN1 S EN1 S REC D 42	900 100 1,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2
{	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000 Group 3 - All 1 minute rest between sets  5 PM Start Set Description	EN1 S EN1 S EN1 S EN1 S REC D 42	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 3:55 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
{	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000 Group 3 - All 1 minute rest between sets  5 PM Start Set Description	EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF == === ===	900 100 1,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle 1 x 300 on 5:00 Stroke Drills	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2
5:1 Yards ====== 800 180	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000 Group 3 - All 1 minute rest between sets  5 PM Start Set Description	EN1 S EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF ====================================	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 3:55 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
5:1 Yards ====== 800 180 4x{	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000 Group 3 - All 1 minute rest between sets  5 PM Start Set Description	EN1 S EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF == === === im REC SP3 EN2	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle 1 x 300 on 5:00 Stroke Drills	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
5:1 Yards =====  800 180 4x{	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000  Group 3 - All 1 minute rest between sets  5 PM Start Set Description  1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swith 1 x 100 on 1:45 Kick 1 x 50 on 1:00 Kick	EN1 S EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF == === ==== im REC SP3 EN2 EN2	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle 1 x 300 on 5:00 Stroke Drills	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
5:1 Yards =====  800 180 4x{ { {	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000 Group 3 - All 1 minute rest between sets  5 PM Start Set Description	EN1 S EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF == === ==== im REC SP3 EN2 EN2 EN2	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle 1 x 300 on 5:00 Stroke Drills	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
5:1 Yards =====  800 180 4x{ { { { { { } { } { } { } { } { } { } {	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000  Group 3 - All 1 minute rest between sets  5 PM Start Set Description	EN1 S EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF == === ==== im REC SP3 EN2 EN2 EN2 EN2 EN2	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle 1 x 300 on 5:00 Stroke Drills	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
5:1 Yards =====  800 180 4x{ { { { { { } { } { } { } { } { } { } {	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000  Group 3 - All 1 minute rest between sets  5 PM Start Set Description	EN1 S EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF == === ==== im REC SP3 EN2 EN2 EN2 EN2 EN2 EN1	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle 1 x 300 on 5:00 Stroke Drills	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
5:1 Yards =====  800 180  4x{ { { { { { { { { { { { { { { { { {	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000  Group 3 - All 1 minute rest between sets  5 PM Start Set Description	EN1 S EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF == === ==== im REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle 1 x 300 on 5:00 Stroke Drills	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
5:1 Yards ===== 800 180 4x{ { { 1x{ { { { } { } { } { } { } { } { } { } {	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000  Group 3 - All 1 minute rest between sets  5 PM Start Set Description	EN1 S EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF == === ==== im REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle 1 x 300 on 5:00 Stroke Drills	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
5:1 Yards ===== 800 180 4x{ { 1x{ { { { } { } { } { } { } { } { } { } {	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000 Group 3 - All 1 minute rest between sets  5 PM Start Set Description	EN1 S EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF == === ====  im REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle 1 x 300 on 5:00 Stroke Drills	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
5:1 Yards ===== 800 180 4x{ { 1x{ { { { } { } { } { } { } { } { } { } {	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000  Group 3 - All 1 minute rest between sets  5 PM Start Set Description	EN1 S EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF == === ==== im REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle 1 x 300 on 5:00 Stroke Drills	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
\$ 1 \text{ \{ \} \} \\ \ \ \ \ \ \ \ \ \ \ \ \ \	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000 Group 3 - All 1 minute rest between sets  5 PM Start Set Description	EN1 S EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF ====================================	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle 1 x 300 on 5:00 Stroke Drills	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
\$\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000 Group 3 - All 1 minute rest between sets  5 PM Start Set Description	EN1 S EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF ====================================	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle 1 x 300 on 5:00 Stroke Drills	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
{	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000  Group 3 - All 1 minute rest between sets  5 PM Start Set Description ====================================	EN1 S EN1 S EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF == === ===  im REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle 1 x 300 on 5:00 Stroke Drills	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
{	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000  Group 3 - All 1 minute rest between sets  5 PM Start Set Description ====================================	EN1 S EN1 S EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF == === ===  im REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle 1 x 300 on 5:00 Stroke Drills	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
\$ 1x{	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000  Group 3 - All 1 minute rest between sets  5 PM Start Set Description ====================================	EN1 S EN1 S EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF == === ===  im REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle 1 x 300 on 5:00 Stroke Drills	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
\$ 1x{	1 x 150 on 2:05 Freestyle 1 x 150 on 1:55 Freestyle 1 x 100 on 1:15 Freestyle 1 x 100 on 1:10 Freestyle 1 x 200 on 3:00 Stroke Drills 9 AM 4,235 Yards - Stress Value =  Workout #1073 - Monday, 20 November 2000  Group 3 - All 1 minute rest between sets  5 PM Start Set Description	EN1 S EN1 S EN1 S EN1 S EN1 S EN1 S REC D 42  EGY WOF == === ===  im REC SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 O EN2  ds EN2	900 100 1,000 400 3,000	1x{3 x 100 on 2:05 Kick {3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick { descend each set 1 x 100 on 2:00 Kick for time 1x{5 x 50 on 1:00 Pulls no br L.15 yds {5 x 50 on 1:00 Pulls no br L.20 yds {5 x 50 on 1:00 Pulls no br L.25 yds {5 x 50 on 1:00 Pulls no br L.30 yds 1 x 400 on 7:00 Individual Medley build each 50 1x{2 x 500 on 6:30 Freestyle {2 x 400 on 5:10 Freestyle {2 x 200 on 2:35 Freestyle {2 x 100 on 1:18 Freestyle 1 x 300 on 5:00 Stroke Drills	EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2
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# Workout #1076 - Tuesday, 21 November 2000 Group 3 - All

1	minute	roct	between	cote
1	minute	rest	Detween	sets

	6:00 PM Start		
	Set Description	EGY	WC
=====	1 20.00 05	===	==
0.00	1 on 30:00 Stomach and Stretch	DEG	
	8 x 100 on 2:00 Stroke Drills	REC	
300	12x{1 x 15 on :00 Butterfly	SP3	
		REC	
1,050		EN2	
	(	EN2	
		EN2	
	$\{3 \times 50 \text{ on } 1:00 \text{ Kick no board}\}$	EN2	
	{2 x 100 on 1:40 Kick	EN2	
	$\{3 \times 50 \text{ on } 1:00 \text{ Kick no board}\}$	EN2	
1,200	1x{2 x 200 on 2:50 Pulls	EN1	
	{2 x 200 on 2:45 Pulls	EN1	
	{2 x 200 on 2:40 Pulls	EN1	
600	12 x 50 on :50 Freestyle	EN1	
2,000	1x{2 x 200 on 3:30 Backstroke	EN2	
	{1 x 100 on 2:00 Backstroke ALL OUT!!	EN3	
	{2 x 200 on 3:25 Backstroke	EN2	
	{1 x 100 on 2:00 Backstroke ALL OUT!!	EN3	
	{2 x 200 on 3:20 Backstroke	EN2	
	{1 x 100 on 2:00 Backstroke ALL OUT!!	EN3	
	{2 x 200 on 3:15 Backstroke	EN2	
	{1 x 100 on 2:00 Backstroke ALL OUT	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	8:30 PM 6,450 Yards - Stress Value = 98		

# Workout #1074 - Tuesday, 21 November 2000 HighSchl - All

#### 1 minute rest between sets

	5:30 AM	Start			
Yards	Set	Description	EGY	WORK	STK
=====	====		===	====	===
	1 or	n 30:00 Weights		L	DRY
400	1 x	400 on 8:00 Stroke Drills	REC	D	CHO
250	10x{1 x	15 on :00 Butterfly	SP3	S	FLY
	{1 x	10 on :30 Freestyle	REC	S	FR
900	1x{1 x	300 on 4:30 Pulls	EN1	P	FR
	{1 x	300 on 4:25 Pulls	EN1	P	FR
	{1 x	300 on 4:20 Pulls	EN1	P	FR
1,900	1x{4 x	125 on 2:00 Freestyle	EN1	S	FR
	{4 x	125 on 1:55 Freestyle	EN1	S	FR
	{3 x	100 on 1:30 Freestyle	EN1	S	FR
	{3 x	100 on 1:25 Freestyle	EN1	S	FR
	{2 x	75 on 1:00 Freestyle	EN2	S	FR
	{2 x	75 on :55 Freestyle	EN2	S	FR
300	1 x	300 on 5:00 Stroke Drills	REC	D	CD
	7:05 AM	3,750 Yards - Stress Value	= 3	37	

## Workout #1075 - Tuesday, 21 November 2000 HighSchl - All 1 minute rest between sets

	0 50 514 61		
	2:50 PM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
800	8 x 100 on 2:00 Stroke Drills	REC	D
	odds free evens strk		
180	12 x 15 on :30 Shooters	SP3	S
1,000	$1x{4 x 100 on 1:45 Kick with flippers}$	EN2	K
	{3 x 100 on 1:40 Kick with flippers	EN2	K
	{2 x 100 on 1:35 Kick with flippers	EN2	K
	{1 x 100 on 1:30 Kick with flippers	EN2	K
1,600	4 x 400 on 4:45 Pulls	EN1	P
600	3 x 200 on 3:30 Individual Medley	EN1	S
1,800	$1x{6 x 75 on 1:10 Backstroke}$	EN2	S
	$\{6 \times 75 \text{ on } 1:05 \text{ Backstroke}\}$	EN2	S

	{ 6	x 75 on 1:00 Backstroke	EN2	S
	{ 6	x 75 on :55 Backstroke	EN2	S
250	1	x 250 on 5:00 Stroke Drills	REC	D
	1	on 25:00 Stomach and Stretch		L
	5:00	PM 6,230 Yards - Stress Value =	85	

## Workout #1077 - Wednesday, 22 November 2000 Group 3 - All

#### 1 minute rest between sets

	5:15	AM Start		
Yards	Se	et Description	EGY	WORF
=====	==		===	====
425	1	x 425 on 8:00 Swim-kick-pull-swim	REC	٤
210	14	x 15 on :30 Pit sprints	SP3	٤
1,600	1x{1	x 400 on 5:00 Pulls	EN1	E
	{ 1	x 400 on 5:15 Pulls	EN1	
	{ 1	x 400 on 5:30 Pulls	EN1	
	{ 1	x 400 on 5:45 Pulls	EN1	
1,600	1x{1	x 100 on 1:30 Butterfly	EN1	
	{ 2	x 50 on :50 Butterfly	EN1	
	{ 4	x 25 on :30 Butterfly	EN1	
	{ 1	x 100 on 1:45 Individual Medley	EN1	
	{ 1	x 100 on 1:30 Backstroke	EN1	
	{ 2	x 50 on :50 Backstroke	EN1	
	-	x 25 on :30 Backstroke	EN1	
	{ 1	x 100 on 1:45 Individual Medley		
	{ 1	x 100 on 1:45 Breaststroke	EN1	
	•	x 50 on 1:00 Breaststroke	EN1	
	{ 4	x 25 on :30 Breaststroke	EN1	
	{ 1	x 100 on 1:45 Individual Medley	EN1	
	-	x 100 on 1:30 Freestyle	EN1	
		x 50 on :50 Freestyle	EN1	
		x 25 on :30 Freestyle	EN1	
		x 100 on 1:45 Individual Medley		
200	1	x 200 on 5:00 Stroke Drills	REC	Γ
	6:30	AM $4,035$ Yards - Stress Value = $4$	0	

## Workout #1079 - Wednesday, 22 November 2000 Group 3 - All 1 minute rest between sets

Yards	T	Se	Set Description		EGY	WORK	STK			
=====	=====		==				===	====	===	=
	5:15	PM	1	on	15:00	Stretching		L	DRY	
	5:30	PM	1	on	59:59	Team meeting		M		
	7:09	PM	1	on	35:00	Water polo	EN1	S	СНО	
	7:44	PM	0	Ya	rds					

## Workout #1078 - Wednesday, 22 November 2000 HighSchl - All

EGY	
	WC
===	==
REC	
SP3	
REC	
EN2	
EN1	
EN1	
EN3	
REC	
S R E	SP3 REC IN2 IN1 IN1

# Workout #1081 - Friday, 24 November 2000 Group 3 - All

1	minute	rest	between	sets

37l -	12:00 PM Start	DOM	T-7.C
Yards	Set Description	EGY	W.C
	1 on 15.00 Chaptabing		
600	1 on 15:00 Stretching	DEC	
	1 x 600 on 10:00 Swim-kick-pull-swim		
250	10x{1 x 15 on :00 Choice	SP3	
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle} \}$	REC	
1,000	1x{5 x 100 on 2:00 Kick	EN2	
	{4 x 75 on 1:30 Kick	EN2	
	{3 x 50 on 1:00 Kick	EN2	
	{2 x 25 on :30 Kick	EN2	
1,400	$1x\{4 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w}$	EN1	
	$\{4 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w}$	EN1	
	$\{4 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w}$	EN1	
	$\{4 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w}$	EN1	
500	$1x\{1 \times 100 \text{ on } 1:35 \text{ Freestyle}$	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:15 Freestyle	EN1	
1,200	· -	EN3	
500	10 x 50 on 1:00 Stroke Drills	REC	
000	2:00 PM 5,450 Yards - Stress Value = 117		
	2.00 III o, 100 IuIuo Delebb value II7		

## Workout #1080 - Friday, 24 November 2000 HighSchl - All

#### 1 minute rest between sets

	6:00 AM 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
300	12x{1 x 15 on :00 Backstroke	SP3	S
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle} \}$	REC	S
1,200	3x{3 x 100 on 2:00 Kick-descend	EN2	K
	$\{4 \times 25 \text{ on } : 45 \text{ Sprint kick}$	EN2	S
1,200	$1x{4 \times 100}$ on 1:30 Lungbuster pulls	EN1	P
	$\{4 \times 100 \text{ on } 1:25 \text{ Lungbuster pulls}$	EN1	P
	$\{4 \times 100 \text{ on } 1:20 \text{ Lungbuster pulls}$	EN1	P
	{ odds br 3-5-7-9		
	{ evens br 2-4-6-8		
400	$8 \times 50$ on $1:00 \cdot 2$ on each stroke	REC	S
	1 drill 1 build		
2,400	$1x{4 \times 150}$ on 1:55 Freestyle	EN2	S
	$\{4 \times 150 \text{ on } 1:50 \text{ Freestyle} \}$	EN2	S
	$\{4 \times 150 \text{ on } 1:45 \text{ Freestyle}$	EN2	S
	$\{4 \times 150 \text{ on } 1:40 \text{ Freestyle}$	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
	8:29 AM 6,800 Yards - Stress Value = 9	91	

## Workout #1082 - Friday, 24 November 2000 HighSchl - All

## 1 minute rest between sets

Yards	1:00 PM Start Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 14:00 25 pushups & stretch		I
600	1 x 600 on 11:00 Reverse IM drill	REC	Γ
150	10 x 15 on :30 Shooters	SP3	٤
1,000	1x{3 x 125 on 2:25 Kick	EN2	ľ
	{3 x 125 on 2:20 Kick	EN2	F
	{2 x 125 on 2:15 Kick	EN2	F
1,000	8 x 125 on 1:50 Pulls	EN1	E
	1-3 L.25 3br 4-6L.25		
	2 br 7&8 L.25 1 br		
450	3 x 150 on 2:15 #1 L.50 80% #2 L.50	EN1	٤
	90% #3 T. 50 100%		

1,400	8x{1 x	75 oi	1:30 Kick-no board	EN2	٤
	{1 x	50 or	:55 Butterfly drill	EN1	Γ
	{1 x	25 or	:00 Off the blocks 100%	SP2	٤
	{ Pu	shups			
	{1 x	25 oi	2:00 Freestyle	REC	٤
400	4 x	100	on 1:45 Stroke Drills	REC	Γ
	3:00 P	M 5,0	00 Yards - Stress Value =	77	

## Workout #1084 - Saturday, 25 November 2000 Group 3 - All

#### 1 minute rest between sets

	12:00 PM Start		
Yards	Set Description	EGY	V
=====	=======================================	===	=
	1 on 14:00 Stretch		
800	1 x 800 on 16:00 Swim-kick-drill-swim	REC	
250	$10x\{1 x 15 on : 30 Butterfly$	SP3	
	$\{1 \times 10 \text{ on } : 00 \text{ Freestyle}$	REC	
1,000	1x{3 x 125 on 2:25 Kick	EN2	
	{3 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:15 Kick	EN2	
1,400	14 x 100 on 1:15 Pulls	EN1	
450	3 x 150 on 2:15 #1 L.50 80% #2 L.50	EN1	
	90% #3 L.50 100%		
2,000	10x{1 x 100 on 1:15 Individual Medley	EN2	
	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	
	$\{1 \times 50 \text{ on } 1:10 \text{ Freestyle}$	REC	
300	1 x 300 on 5:00 Stroke Drills	REC	
	2:00 PM 6,200 Yards - Stress Value = 75		

## Workout #1083 - Saturday, 25 November 2000 HighSchl - All

	6:00 AM Start		
Yards	Set Description	EGY	V
	=======================================	===	=
1,000	<pre>1 on 30:00 Weights 1 x 1000 on 18:00 Swim-kick-drill-swim no board</pre>	REC	
210	14 x 15 on :30 Pit sprints	SP3	
1,050	3x{1 x 200 on 3:30 Kick	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
1,500	6 x 250 on 3:30 Pulls	EN1	
250	$10 \times 25$ on :25 Choice build	EN1	
600	6 x 100 on 6:00 Freestyle	SP2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	8:33 AM 5,110 Yards - Stress Value = 106		

## Workout #1087 - Monday, 27 November 2000 Group 3 - All 1 minute rest between sets

## Workout #1090 - Tuesday, 28 November 2000 Group 3 - All 1 minute rest between sets

	5:15	PM Start						1 minute Test between sets			
Yards		t Descrip		EGY	WOF			M Start			
	1		Stomach and Stretch			Yards	Set	t Description	EGY	WORK	٤
800			16:00 Swim-kick-pull-swim	REC		=====	===		===	====	=
000			Techniques-back trns	1120		0.50		on 29:00 Stomach and Stretch	an 2	L	
1 000			1:45 Kick	EN2		250	-		SP3	S	F
1,000	•								REC	S	
	-		:00 Kick	EN2		900	3x{1 >	x 150 on 3:00 Kick	EN2	K	C
	•	x 50 on :		EN2			{1 >	x 100 on 2:00 Kick	EN2	K	C
	{ 1	x 50 on :	50 Kick	EN2			{1 >	x 50 on 1:00 Kick	EN2	K	C
1,050	1x{7	x 50 on :	50 Pulls-nbbf&w	EN1		1,200			EN1	P	
	{ 7	x 50 on :	45 Pulls-nbbf&w	EN1		600	4x{1 >	x 75 on 1:30 Drill one on each	EN1	D	
	{ 7	x 50 on :	40 Pulls-nbbf&w	EN1			•		EN1	S	
600	4	x 150 on	2:30 Individual Medley	EN1		1,500	-	-	EN2	S	
	#	1 no fly	#2 no back			•	{8 }	x 25 on :40 Back 15m under h2o	EN2	S	
	#	3 no brst	#4 no fre				{3 }	x 100 on 1:25 Backstroke	EN2	S	
3,000	1x{3	x 500 on	6:30 Freestyle	EN1			•	x 25 on :40 Back 15m under h2o	EN2	S	
	{2:	x 500 on	6:20 Freestyle	EN1			•		EN2	S	
	{1	x 500 on	6:10 Freestyle	EN1				x 25 on :40 Back 15m under h2o		S	
300	•		2	REC		200	•				
300			Yards - Stress Value = 68	1.20		300			REC	D	
	1.40	11. 0, 100	rarus - stress varue - 00				8:30 PN	M 4,750 Yards - Stress Value =	12		

# Workout #1085 - Monday, 27 November 2000 HighSchl - All

## 1 minute rest between sets

## Workout #1088 - Tuesday, 28 November 2000 HighSchl - All 1 minute rest between sets

		1 Start				5:30 AM Start	
Yards	Se	Description	EGY	MC	Yards	Set Description EGY WORK	
=====	==:		===	==	=====	=======================================	:
600	1 :	k 600 on 12:00 Swim-kick-pull-swim	REC			1 on 25:00 Weights L	
250	10x{1	x 15 on :00 Butterfly	SP3		400	1 x 400 on 6:00 Stroke Drills REC D	)
	{1:	x 10 on :30 Freestyle	REC		250	10x{1 x 15 on :00 Freestyle SP3 S	
2,000	1x{1	k 1000 on 15:00 Pulls	EN1			{1 x 10 on :30 Freestyle REC S	
	{2:	x 500 on 7:00 Pulls	EN1		1,200	6 x 200 on 2:45 Pulls EN1 P	,
1,800	2x{6	x 50 on :50 Freestyle	EN1		1,200		
	{ 5	x 50 on :45 Freestyle	EN1		-,	{4 x 100 on 1:25 Individual Medley EN1 S	
	{ 4	x 50 on :40 Freestyle	EN1			{4 x 100 on 1:20 Individual Medley EN1 S	
	{3:	x 50 on :35 Freestyle	EN1		500	20 x 25 on :30 IM order EN1 S	
	{1	on :50 Rest			200		
600	6	x 100 on 2:00 Stroke Drills	REC		200	6:59 AM 3,750 Yards - Stress Value = 35	
	7:00 A	1 5,250 Yards - Stress Value = 44				0.05 III 5,700 Idido Belebb value 35	

# Workout #1086 - Monday, 27 November 2000 HighSchl - All

#### 1 minute rest between sets

## Workout #1089 - Tuesday, 28 November 2000 HighSchl - All 1 minute rest between sets

	3:00 PM Start Set Description	EGY 1	WOF	Yards	3:30 PM Start Set Description	EGY WOF
800	1 on 30:00 Stomach and Stretchl 1 x 800 on 16:00 Swim-kick-pull-swim		===	800	free evens non-free	REC
180 1,200	12 x 15 on :30 Shooters 2x{2 x 100 on 2:00 Kick	SP3 EN2		1,000		EN2 EN2
	{2 x 100 on 1:55 Kick {2 x 100 on 1:50 Kick	EN2 EN2				EN2 EN2
1 050	{ odds fast 1x{7 x 50 on :50 Pulls-nbbf&w	EN1		1 050	{1 x 100 on 1:40 Kick	EN2
1,000	{7 x 50 on :45 Pulls-nbbf&w	EN1		1,350	1x{3 x 150 on 2:20 Pulls mid 50 br ev 5 {3 x 150 on 2:15 Pulls mid 50 br ev 7	
450	{7 x 50 on :40 Pulls-nbbf&w 9 x 50 on 1:00 Odds stroke evens	EN1 EN1		400	{3 x 150 on 2:10 Pulls mid 50 br ev 9 8 x 50 on 1:00 Stroke Drills 2 on E	EN1 EN1
2,400	free very fast 3 x 800 on 10:00 Freestyle-descend	EN2		800		EN1 EN1
400	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle	EN1 EN1		200	{1 x 200 on 2:30 Freestyle	EN1
	{4 x 25 on :20 Freestyle	EN2		300		EN1 EN1
400	<pre>{4 x 25 on :15 Freestyle   8 x 50 on 1:00 Stroke Drills 5:31 PM 6,880 Yards - Stress Value = 100</pre>	EN1 REC		400	8 x 50 on 1:00 Stroke Drills 5:28 PM 5,050 Yards - Stress Value = 48	REC

## Workout #1091 - Wednesday, 29 November 2000 Group 3 - All

#### 1 minute rest between sets

Varde	5:15 AM Start Set Description	ECV	WORF
======			WOKI
	1 405 0.00 0		
	1 x 425 on 8:00 Swim-kick-pull-swim		٤
210	1	SP3	
1,350	$1x\{6 \times 75 \text{ on } 1:10 \text{ Pulls br ev } 3$		E
	$\{6 \times 75 \text{ on } 1:05 \text{ Pulls br ev } 5$	EN1	E =
	$\{6 \times 75 \text{ on } 1:00 \text{ Pulls br ev } 7\}$	EN1	E
2,400	1x{1 x 300 on 4:45 Individual Medley	EN2	٤
	{3 x 100 on 1:15 Freestyle	EN2	٤
	{1 x 300 on 4:30 Individual Medley	EN2	
	{3 x 100 on 1:20 Freestyle	EN2	٤
	· · · · · · · · · · · · · · · · · · ·	EN2	
	{3 x 100 on 1:25 Freestyle	EN2	
	· · · · · · · · · · · · · · · · · · ·	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
	{ All IM's hold under		~
	{ 4:00 and all 100's		
	•		
	{ hold under 1:12		
200	1 x 200 on 3:00 Choice	REC	٢
	6:31 AM 4,585 Yards - Stress Value = 68	3	

## Workout #1096 - Wednesday, 29 November 2000 Group 3 - All

#### 1 minute rest between sets

Yards Set Description EGY WORK S  1 on 30:00 Stomach and Stretch L I  825 1 x 825 on 16:00 Reverse IM drill REC D  10 14 x 15 on :30 Pit sprints SP3 S  1,000 1 x 1000 on 20:00 Brick game EN2 K C  1x{4 x 125 on 1:55 Pulls L.25 1 br EN1 P  {4 x 125 on 1:55 Pulls L. 25 2 br EN1 P  {4 x 125 on 1:45 Pulls L. 25 3 br EN1 P  400 4 x 100 on 1:45 IM build each 25 EN1 S  2x{1 x 200 on 3:50 Breaststroke EN2 S  {1 x 200 on 3:40 Breaststroke EN2 S  {1 x 200 on 3:30 Breaststroke EN1 S  {8 x 25 on :45 Breast odds OTB EN2 S  400 8 x 50 on 1:00 Stroke Drills REC D  7:45 PM 5,935 Yards - Stress Value = 75		5:15 PM Start			
825	Yards	Set Description	EGY	WORK	ξ
825	=====	=======================================	===	====	=
210    14 x 15 on :30 Pit sprints		1 on 30:00 Stomach and Stretch		L	Γ
1,000 1 x 1000 on 20:00 Brick game EN2 K ( 1x{4 x 125 on 1:55 Pulls L.25 1 br EN1 P {4 x 125 on 1:50 Pulls L. 25 2 br EN1 P {4 x 125 on 1:45 Pulls L. 25 3 br EN1 P 400 4 x 100 on 1:45 IM build each 25 EN1 S 2x{1 x 200 on 3:50 Breaststroke EN2 S {1 x 200 on 3:40 Breaststroke EN2 S {1 x 200 on 3:30 Breaststroke EN1 S {8 x 25 on :45 Breast odds OTB EN2 S 400 8 x 50 on 1:00 Stroke Drills REC D	825	1 x 825 on 16:00 Reverse IM drill	REC	D	
1x{4 x 125 on 1:55 Pulls L.25 1 br EN1 P	210	$14 \times 15$ on :30 Pit sprints	SP3	S	
{4 x 125 on 1:50 Pulls L. 25 2 br EN1 P {4 x 125 on 1:45 Pulls L. 25 3 br EN1 P 400 4 x 100 on 1:45 IM build each 25 EN1 S 2x{1 x 200 on 3:50 Breaststroke EN2 S {1 x 200 on 3:40 Breaststroke EN2 S {1 x 200 on 3:30 Breaststroke EN1 S {8 x 25 on :45 Breast odds OTB EN2 S 400 8 x 50 on 1:00 Stroke Drills REC D	1,000	1 x 1000 on 20:00 Brick game	EN2	K	C
{4 x 125 on 1:45 Pulls L. 25 3 br EN1 P 400 4 x 100 on 1:45 IM build each 25 EN1 S 2x{1 x 200 on 3:50 Breaststroke EN2 S {1 x 200 on 3:40 Breaststroke EN2 S {1 x 200 on 3:30 Breaststroke EN1 S {8 x 25 on :45 Breast odds OTB EN2 S 400 8 x 50 on 1:00 Stroke Drills REC D		1x{4 x 125 on 1:55 Pulls L.25 1 br	EN1	P	
400 4 x 100 on 1:45 IM build each 25 EN1 S 2x{1 x 200 on 3:50 Breaststroke EN2 S {1 x 200 on 3:40 Breaststroke EN2 S {1 x 200 on 3:30 Breaststroke EN1 S {8 x 25 on :45 Breast odds OTB EN2 S 400 8 x 50 on 1:00 Stroke Drills REC D		$\{4 \text{ x } 125 \text{ on } 1:50 \text{ Pulls L. } 25 \text{ 2 br}$	EN1	P	
2x{1 x 200 on 3:50 Breaststroke EN2 S {1 x 200 on 3:40 Breaststroke EN2 S {1 x 200 on 3:40 Breaststroke EN2 S {1 x 200 on 3:30 Breaststroke EN1 S {8 x 25 on :45 Breast odds OTB EN2 S 400 8 x 50 on 1:00 Stroke Drills REC D		$\{4 \times 125 \text{ on } 1:45 \text{ Pulls L. } 25 \text{ 3 br}$	EN1	P	
{1 x 200 on 3:40 Breaststroke EN2 S {1 x 200 on 3:30 Breaststroke EN1 S {8 x 25 on :45 Breast odds OTB EN2 S 400 8 x 50 on 1:00 Stroke Drills REC D	400	4 x 100 on 1:45 IM build each 25	EN1	S	
{1 x 200 on 3:30 Breaststroke EN1 S {8 x 25 on :45 Breast odds OTB EN2 S 400 8 x 50 on 1:00 Stroke Drills REC D		$2x{1 x 200 on 3:50 Breaststroke}$	EN2	S	
{8 x 25 on :45 Breast odds OTB EN2 S 400 8 x 50 on 1:00 Stroke Drills REC D		{1 x 200 on 3:40 Breaststroke	EN2	S	
400 8 x 50 on 1:00 Stroke Drills REC D		{1 x 200 on 3:30 Breaststroke	EN1	S	
		{8 x 25 on :45 Breast odds OTB	EN2	S	
7:45 PM 5,935 Yards - Stress Value = 75	400	8 x 50 on 1:00 Stroke Drills	REC	D	
		7:45 PM 5,935 Yards - Stress Value =	75		

# Workout #1095 - Wednesday, 29 November 2000 HighSchl - Breast

## 1 minute rest between sets

	3:00 PM	Start		
Yards	Set	Description	EGY	WC
=====	===		===	==
	1 01	n 30:00 Stomach and Stretch		
800	1 x	800 on 15:00 Choice no kicking	REC	
	wi	th a board		
300	12x{1 x	15 on :00 Choice	SP3	
	{1 x	10 on :30 Freestyle	REC	
1,200	4x{1 x	75 on 1:35 Kick	EN2	
	{1 x	75 on 1:30 Kick	EN2	
	{1 x	75 on 1:25 Kick	EN2	
	{1 x	75 on 1:20 Kick	EN2	
1,125	1x{5 x	75 on 1:10 Pulls L.25 3 br	EN1	
	{5 x	75 on 1:05 Pulls L. 25 2 br	EN1	
	{5 x	75 on 1:00 Pulls L.25 1 br	EN1	
600	2 x	300 on 4:30 Every 3rd 25 fast of	EN1	
	yo	ur #1 NO FREE!!!		
1,750	1x{3 x	200 on 3:45 Breaststroke	EN2	
	{4 x	50 on 1:15 Pulls	EN2	
	{3 x	150 on 2:40 Breaststroke	EN2	
	{4 x	50 on 1:10 Pulls	EN2	

{3 x 100 on 1:45 Breaststroke EN2 450 9 x 50 on 1:00 Stroke Drills REC 5:31 PM 6,225 Yards - Stress Value = 84

## Workout #1094 - Wednesday, 29 November 2000 HighSchl - Distance

## 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	N
=====	=======================================	===	=
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Choice no kicking	REC	
	with a board		
300	$12x\{1 \times 15 \text{ on :} 00 \text{ Choice}$	SP3	
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	REC	
1,200	4x{1 x 75 on 1:35 Kick	EN2	
	{1 x 75 on 1:30 Kick	EN2	
	{1 x 75 on 1:25 Kick	EN2	
	{1 x 75 on 1:20 Kick	EN2	
1,125	$1x{5 x 75 on 1:10 Pulls L.25 3 br}$	EN1	
	$\{5 \times 75 \text{ on } 1:05 \text{ Pulls L. } 25 \text{ 2 br}$	EN1	
	$\{5 \times 75 \text{ on } 1:00 \text{ Pulls L.25 1 br}$	EN1	
600	2 x 300 on 4:30 Every 3rd 25 fast of	EN1	
	your #1 NO FREE!!!		
2,400	$12 \times 200$ on $2:45$ Descend in sets of $3$	EN2	
550	11 x 50 on 1:00 Stroke Drills	REC	
	5:31 PM 6,975 Yards - Stress Value = 97		

## Workout #1092 - Wednesday, 29 November 2000 HighSchl - Fly & Back 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch	===	==
800	1 x 800 on 15:00 Choice no kicking	REC	
	with a board		
300	12x{1 x 15 on :00 Choice	SP3	
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	REC	
1,200	4x{1 x 75 on 1:35 Kick	EN2	
	{1 x 75 on 1:30 Kick	EN2	
	{1 x 75 on 1:25 Kick	EN2	
	{1 x 75 on 1:20 Kick	EN2	
1,125	$1x{5 \times 75 \text{ on } 1:10 \text{ Pulls L.25 3 br}}$	EN1	
	$\{5 \times 75 \text{ on } 1:05 \text{ Pulls L. } 25 \text{ 2 br}$	EN1	
	$\{5 \times 75 \text{ on } 1:00 \text{ Pulls L.25 1 br}$	EN1	
600	2 x 300 on 4:30 Every 3rd 25 fast of	EN1	
	your #1 NO FREE!!!		
2,100	2x{3 x 50 on 1:00 Your Stroke	EN2	
	{3 x 50 on :55 Your Stroke	EN2	
	{3 x 50 on :50 Your Stroke	EN2	
	{6 x 100 on 1:30 Descend in sets of 3	EN1	
	{ last 25 of each your		
	{ #1 stroke		
450	•	REC	
	5:31 PM 6,575 Yards - Stress Value = 79		

Workout #1093 - Wednesday, 29 November 2000 HighSchl - Sprint		Yards	5:15 AM Start Set Description		WOF
3:00 PM Start  Yards Set Description  1 on 30:00 Stomach and Stretch  800 1 x 800 on 15:00 Choice no kicking with a board  300 12x{1 x 15 on :00 Choice {1 x 10 on :30 Freestyle}  1,200 4x{1 x 75 on 1:35 Kick {1 x 75 on 1:35 Kick {1 x 75 on 1:25 Kick {1 x 75 on 1:25 Kick {1 x 75 on 1:25 Kick {1 x 75 on 1:20 Kick {1 x 75 on 1:10 Pulls L.25 3 br {5 x 75 on 1:05 Pulls L.25 2 br {5 x 75 on 1:00 Pulls L.25 1 br	EGY WC === ==  REC  SP3 REC EN2 EN2 EN2 EN2 EN1 EN1	425 150 1,000	<pre>1 x 425 on 8:00 Choice 10 x 15 on :30 Cross pool sprints 8 x 125 on 2:00 Pulls 2x{4 x 50 on 1:00 Butterfly {4 x 50 on :55 Butterfly {4 x 50 on :50 Butterfly {6 x 100 on 1:30 Descend in sets of 3 { last 25 fly 1 x 200 on 3:00 Stroke Drills 6:31 AM 4,175 Yards - Stress Value = 64  Workout #1102 - Friday,01 December 2000 Group 3 - All 1 minute rest between sets</pre>	REC SP3 EN1 EN2 EN2 EN2 EN2	
600 2 x 300 on 4:30 Every 3rd 25 fast of your #1 NO FREE!!!	EN1	Yards	5:00 PM Start Set Description		WOF
{9 x 50 on :45 Descend in sets of 3 {9 x 25 on :30 Descend in sets of 3 400 8 x 50 on 1:00 Stroke Drills 5:31 PM 6,675 Yards - Stress Value = 94 Workout #1097 - Thursday, 30 November 2000	EN2 EN2 EN2 EN2 REC	1,000 1,000 400	<pre>1 on 15:00 Stomach and Stretch 1 on 10:00 Sculling drills 10x{1 x 25 on :00 Choice OTB {1 x 25 on 1:00 Freestyle 10 x 100 on 1:30 Kick with flippers 20 x 50 on 1:00 Pulls-ALL OUT!!!!! 1 x 400 on 8:00 Individual Medley 50 DRILL 50 BUILD 2x{3 x 50 on 1:00 Butterfly</pre>	REC SP3 REC EN2 EN2 EN1	
HighSchl - All 1 minute rest between sets			{3 x 50 on :55 Butterfly {3 x 50 on :50 Butterfly {3 x 50 on :50 Butterfly	EN2 EN2	
5:30 AM Start Yards Set Description ===== 1 on 25:00 Weights 600 1 x 600 on 10:30 Reverse IM drill 200 8x{1 x 15 on :00 Breaststroke	EGY WC === == REC SP3	200	{3 x 50 on :45 Butterfly {1 on 1:00 Rest 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Water polo 6:59 PM 4,300 Yards - Stress Value = 78	EN2 REC	
{1 x 10 on :30 Freestyle 1,200	REC EN1		Workout #1100 - Friday, 01 December 2000 HighSchl - All 1 minute rest between sets		
set should get fastr 200    1 x 200 on 3:00 Choice 7:00 AM 4,000 Yards - Stress Value = 125	REC	Yards	5:30 AM Start Set Description E	GY W	ORK
Workout #1098 - Thursday, 30 November 2000 HighSchl - All 1 minute rest between sets  2:50 PM Start Yards Set Description	EGY WC		{1 x 10 on :30 Freestyle F 1x{1 x 300 on 4:15 Pulls E {1 x 275 on 3:50 Pulls E {1 x 250 on 3:30 Pulls E {1 x 225 on 3:10 Pulls E	EC FP3 EC SN1 SN1 SN1 SN1	D S P P P
800 16 x 50 on 1:00 Stroke Drills 250 10x{1 x 15 on :00 Breaststroke {1 x 10 on :30 Freestyle  1,200 12 x 100 on 1:30 Kick with flippers  1,000 1x{1 x 200 on 2:45 Pulls {1 x 200 on 2:40 Pulls {1 x 200 on 2:35 Pulls {1 x 200 on 3:35 Pulls {1 x 200 on 3:45 Breaststroke {10 x 50 on 1:00 Mid pool swims 400 1 x 400 on 6:00 Choice 4:46 PM 6,450 Yards - Stress Value = 96	REC SP3 REC EN2 EN1 EN1 EN1 EN1		1x{2 x 250 on 3:30 Freestyle {2 x 250 on 3:25 Freestyle {2 x 250 on 3:20 Freestyle {2 x 250 on 3:15 Freestyle } E {2 x 250 on 3:15 Freestyle } E {2 x 250 on 3:15 Freestyle } E {2 x 100 on 1:30 Butterfly {8 x 25 on :25 Freestyle {2 x 100 on 1:30 Backstroke {8 x 25 on :20 Freestyle {2 x 100 on 1:35 Breaststroke } E {2 x 100 on 1:35 Breaststroke }	EN2 EN2 EN2 EN1 EN2 EN1 EN2 EN2 EN2 EN2	

Workout #1099 - Friday, 01 December 2000 Group 3 - All 1 minute rest between sets

## Workout #1101 - Friday, 01 December 2000 HighSchl - All 1 minute rest between sets

3:00	PM Start		
Se	et Description	EGY	WORK
==		===	
1	on 15:00 Stomach and Stretch		L
1	x 600 on 12:00 Reverse IM drill	REC	D
8	x 15 on :30 Shooters	SP3	S
1x{2	x 100 on 2:00 Kick	EN2	K
{ 3	x 50 on 1:00 Kick-no board	EN2	K
{ 2	x 100 on 1:50 Kick	EN2	K
{ 3	x 50 on 1:00 Kick-no board	EN2	K
{ 2	x 100 on 1:40 Kick	EN2	K
1x{1	x 300 on 4:10 Pulls	EN1	P
{ 2	x 150 on 2:05 Pulls	EN1	P
{ 3	x 100 on 1:20 Pulls	EN1	P
1	x 200 on 3:00 Free-build each 50	EN1	S
1x{6	x 50 on :55 Butterfly	EN2	S
{ 4	x 25 on :45 Butterfly 15m under	EN2	S
{ 4	x 75 on 1:20 Butterfly	EN2	S
{ 4	x 25 on :45 Butterfly 15m under	EN2	S
{ 3	x 100 on 1:40 Butterfly	EN2	S
{ 4	x 25 on :45 Butterfly 15m under	EN2	S
{ 2	x 150 on 2:20 Butterfly	EN2	S
{ 4	x 25 on :45 Butterfly 15m under	EN2	S
{ 1	x 300 on 4:30 Butterfly	EN2	S
1	x 200 on 4:00 Stroke Drills	REC	D
1	on 8:00 RUN THE GUANTLET!!!!		S
4:59	PM 4,820 Yards - Stress Value = 7	12	
	S6 ====================================	8 x 15 on :30 Shooters  1x{2 x 100 on 2:00 Kick  {3 x 50 on 1:00 Kick-no board  {2 x 100 on 1:50 Kick  {3 x 50 on 1:00 Kick-no board  {2 x 100 on 1:40 Kick  1x{1 x 300 on 1:40 Kick  1x{1 x 300 on 4:10 Pulls  {2 x 150 on 2:05 Pulls  {3 x 100 on 1:20 Pulls  1 x 200 on 3:00 Free-build each 50  1x{6 x 50 on :55 Butterfly  {4 x 25 on :45 Butterfly 15m under  {4 x 75 on 1:20 Butterfly  {4 x 25 on :45 Butterfly 15m under  {3 x 100 on 1:40 Butterfly  {4 x 25 on :45 Butterfly 15m under  {3 x 100 on 1:40 Butterfly  {4 x 25 on :45 Butterfly 15m under  {2 x 150 on 2:20 Butterfly  {4 x 25 on :45 Butterfly 15m under  {1 x 300 on 4:30 Butterfly  1 x 200 on 4:00 Stroke Drills  1 on 8:00 RUN THE GUANTLET!!!!	Set Description

## Workout #1103 - Saturday, 02 December 2000 Group 3 - All

#### 1 minute rest between sets

	8:30 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-drill-swim	REC	
	no board		
210	14 x 15 on :30 Cross pool sprints	SP3	
1,000	10 x 100 on 2:15 Challenge kick set!!	EN2	
1,400	1x{3 x 175 on 2:30 Pulls	EN1	
	{3 x 175 on 2:25 Pulls	EN1	
	{2 x 175 on 2:20 Pulls	EN1	
600	4x{1 x 75 on 1:30 Stroke Drills IMO	EN1	
	$\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$	EN1	
1,800	1x{3 x 200 on 2:25 Freestyle	EN2	
	{3 x 200 on 2:20 Freestyle	EN2	
	{3 x 200 on 2:15 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	10:54 PM 6,335 Yards - Stress Value = 84		

## Workout #1104 - Sunday, 03 December 2000 Group 3 - All

#### 1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WOF
=====		===	===
	1 on 29:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-TURNS		
1,050	3x{1 x 200 on 3:30 Kick	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
1,500	$1x{3 x 125 on 2:00 Lungbuster pulls}$	EN1	
	$\{3 \times 125 \text{ on } 1:55 \text{ Lungbuster pulls}$	EN1	
	{3 x 125 on 1:50 Lungbuster pulls	EN1	
	$\{3 \times 125 \text{ on } 1:45 \text{ Lungbuster pulls}$	EN1	
	{ breathe 3-4-5-6-7		
300	$12 \times 25$ on :30 IM order-build	EN1	

2,400	6x{1	x 20	0 on	2:15	Fre	est	yle				EN2
	{ 4	x 50	on :	1:00	Str	oke I	Oril	ls			REC
200	1	x 20	0 on	3:00	Sti	roke	Dri	lls			REC
	7:45	PM 6	,250	Yard	s -	Stre	ess	Value	=	64	

## Workout #1105 - Monday, 04 December 2000 Group 3 - All

#### 1 minute rest between sets

Yards		AM Start et Description	EGY	WORF
======	==	=======================================	===	====
425	1	x 425 on 8:00 Reverse IM drill	REC	Γ
210	14	4 x 15 on :30 Cross pool sprints	SP3	٤
1,000	1x{5	x 50 on 1:00 Pulls no br L.15 yds	EN1	E
	{ 5	x 50 on 1:00 Pulls no br L.20 yds	EN1	E
	{ 5	$\times$ 50 on 1:00 Pulls no br L.25 yds	EN1	E
	{ 5	$\times$ 50 on 1:00 Pulls no br L.30 yds	EN1	E
2,500	1x{5	x 100 on 1:20 Freestyle	EN2	٤
	{ 4	x 50 on :45 Freestyle-descend	EN2	٤
	{ 4	x 100 on 1:20 Freestyle	EN2	Ş
	{ 4	x 50 on :45 Freestyle-descend	EN2	٤
	{ 3	x 100 on 1:20 Freestyle	EN2	Ş
	{ 4	x 50 on :45 Freestyle-descend	EN2	٤
	{ 2	x 100 on 1:20 Freestyle	EN2	٤
	{ 4	x 50 on :45 Freestyle-descend	EN2	٤
	{ 1	x 100 on 1:20 Freestyle	EN2	Ş
	{ 4	x 50 on :45 Freestyle-descend	EN2	٤
200	1	x 200 on 3:00 Stroke Drills	REC	Γ
	6:32	AM 4,335 Yards - Stress Value = 66	5	

## Workout #1106 - Monday, 04 December 2000 HighSchl - All 1 minute rest between sets

	5:30 AM	Start		
Yards	Set	Description	EGY	WC
	====		===	==
600	1 x	600 on 12:00 Swim-kick-pull-swim	REC	
300	12x{1 x	15 on :00 Freestyle	SP3	
	{1 x	10 on :30 Freestyle	REC	
1,200	1x{5 x	100 on 1:30 Lungbuster pulls	EN1	
	{4 x	100 on 1:25 Lungbuster pulls	EN1	
	{3 x	100 on 1:20 Lungbuster pulls	EN1	
	{ bre	eathe 3-5-7-9		
3,000	5x{1 x	200 on 3:30 Individual Medley	EN1	
	{1 x	100 on 1:25 Freestyle	EN2	
	{1 x	100 on 1:20 Freestyle	EN2	
	{1 x	100 on 1:15 Freestyle	EN2	
	{1 x	100 on 1:10 Freestyle	EN2	
300	6 x	50 on 1:00 Stroke Drills	REC	
	7:00 AM	5,400 Yards - Stress Value = 69		
	 600 300 1,200 3,000	Yards Set  ===== 600 1 x 300 12x{1 x	600 1 x 600 on 12:00 Swim-kick-pull-swim 300 12x{1 x 15 on :00 Freestyle	Yards Set Description EGY

## Workout #1107 - Monday, 04 December 2000 HighSchl - All 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WOF
	=======================================	===	===
800	1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 1 on 16:00 Techniques-turns	REC	
1,000	10 x 100 on 2:00 Kick-ALL OUT!!!!!!	EN3	
	1x{6 x 75 on 1:00 Pulls	EN1	
	{6 x 75 on :55 Pulls	EN1	
	$\{6 \times 75 \text{ on } : 50 \text{ Pulls}$	EN1	
300	$12 \times 25$ on :30 IM order-build	EN1	
	$1x{3 x 400 on 5:00 Freestyle}$	EN2	
	{2 x 400 on 4:50 Freestyle	EN2	
	{1 x 400 on 4:40 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 6,350 Yards - Stress Value = 123	3	

## Workout #1109 - Tuesday, 05 December 2000 Group 3 - All

#### 1 minute rest between sets

	6:30	PM Start		
Yards	Se	et Description	EGY	WORK
	==		===	====
	1	on 30:00 Stomach and Stretch		L
600	6	x 100 on 2:00 Stroke Drills	REC	D
	8x{1	x 15 on :00 Butterfly	SP3	S
	{ 1	x 10 on :30 Freestyle	REC	S
	1x{4	x 75 on 1:30 Kick	EN2	K
	{ 1	x 100 on 2:15 Kick-ALL OUT	EN2	K
	{ 3	x 75 on 1:25 Kick	EN2	K
	{ 1	x 100 on 2:00 Kick-ALL OUT	EN2	K
	{ 2	x 75 on 1:20 Kick	EN2	K
	{ 1	x 100 on 1:45 Kick-ALL OUT	EN2	K
	{ 1	x 75 on 1:15 Kick	EN2	K
750	6	x 125 on 1:40 Pulls	EN1	P
300	6	$\times$ 50 on :45 Descend in sets of 3	EN1	S
	4x{3	x 100 on 1:50 Breaststroke	EN2	S
	{ 1	x 25 on :45 Breast under H2O	EN2	S
	{ 1	x 25 on :30 Breaststroke	EN2	S
300	1	x 300 on 5:00 Stroke Drills	REC	D
	8:30	PM 4,600 Yards - Stress Value = 6	55	

## Workout #1108 - Tuesday, 05 December 2000 HighSchl - All

## 1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	STK
=====	=======================================	===	====	===
	1 on 25:00 Weights		L	DRY
400	1 x 400 on 6:00 Stroke Drills	REC	D	CHO
250	$10x\{1 \times 15 \text{ on :} 00 \text{ Butterfly}$	SP3	S	FLY
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle } \}$	REC	S	FR
1,500	$1x{3 \times 250 \text{ on } 3:35 \text{ Pulls}}$	EN1	P	FR
	{3 x 250 on 3:30 Pulls	EN1	P	FR
1,800	$4x{2 \times 75 \text{ on } 1:00 \text{ Freestyle}}$	EN2	S	FR
	$\{2 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN2	S	FR
	$\{2 \times 75 \text{ on } : 50 \text{ Freestyle} \}$	EN2	S	FR
	{1 on :30 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	6:59 AM 4,150 Yards - Stress Value	e = 5	58	

## Workout #1110 - Wednesday, 06 December 2000 Group 3 - All 1 minute rest between sets

Yards				-					WORK
						Swim-kick-p			
210	14	l x	: 15 c	n	:30	Pit sprints		SP3	5
1,500	1x{1	Х	300 c	n	4:30	Pulls		EN1	E
	{ 1	Х	300 c	n	4:25	Pulls		EN1	
	{ 1	Х	300 c	n	4:20	Pulls		EN1	E
	{ 1	Х	300 c	n	4:15	Pulls		EN1	E
	{ 1	Х	300 c	n	4:10	Pulls		EN1	E
2,000	1x{1	Х	100 c	n	1:30	Individual	Medley	EN1	
	{ 1	Х	100 c	n	1:30	Butterfly		EN1	
	{ 1	Х	100 c	n	1:30	Backstroke		EN1	
	{ 1	Х	100 c	n	1:45	Breaststrol	ke	EN1	S
	{ 1	Х	100 c	n	1:30	Freestyle		EN1	
	{ 1	Х	200 c	n	3:00	Individual	Medley	EN1	S
	{ 1	Х	75 or	1 1	1:10	Butterfly		EN1	
	{ 1	Х	75 or	1	L:10 1	Backstroke		EN1	
	{ 1	Х	75 or	1 1	L:15 1	Breaststroke	9	EN1	
	{ 1	Х	75 or	1	L:10 1	Freestyle		EN1	
	{ 1	Х	300 c	n	4:30	Individual	Medley	EN1	
	{ 1	Х	50 or	1:	:50 Bı	utterfly		EN1	
	{ 1	Х	50 or	1:	:50 Ba	ackstroke		EN1	
	{ 1	Х	50 or	1 1	L:00 1	Breaststroke	9	EN1	
	{ 1	Х	50 or	1:	:50 F:	reestyle		EN1	5
	{ 1	Х	400 c	n	6:00	Individual	Medley	EN1	
	{ 4	Х	25 or	1:	1I 0E:	M order		EN1	S
200	1	Х	200 c	n	3:00	Stroke Dri	lls	REC	Ι
	6:31	AM	1 4,33	35	Yard	s - Stress \	Value = 42	2	

## Workout #1115 - Wednesday, 06 December 2000 Group 3 - All

	5:15	PN	1 St	tart	t				
Yards	Se	∍t	Desc	crip	otion		EGY	WORK	Ş
	==						===	====	=
	1	or	30 i	:00	Stoma	ach and Stretch		L	Γ
800	1	Х	800	on	16:00	Reverse IM drill	REC	D	
	1	or	10	:00	Techr	niques-turns		D	
	1x{3	Х	100	on	2:05	Kick	EN2	K	C
	{ 3	Х	100	on	2:00	Kick	EN2	K	C
	{ 3	Х	100	on	1:55	Kick	EN2	K	C
	•				ach se				
100						Kick for time	EN2	K	C
								P	
								P	
								P	
						Free 2 beat kick			
	•					Free 4 beat kick			
						Free 6 beat kick			
						Backstroke drill			
						Backstroke			
	-					Backstroke drill			
	-					Backstroke			
	•					Backstroke drill			
	-					Backstroke			
	-					Backstroke drill			
						Backstroke			
300						Stroke Drills		D	
	7:45	ΡN	16,3	150	Yards	s - Stress Value =	65		

## Workout #1114 - Wednesday, 06 December 2000 HighSchl - Breast

#### 1 minute rest between sets

	3:00 PM Start			
Yards	Set Description	EGY	WORK	۲
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
800	8 x 100 on 2:00 Stroke Drills	REC	D	
	odds free evens strk			
180	12 x 15 on :30 Shooters	SP3	S	F
1,200	1x{2 x 150 on 3:00 Kick	EN2	K	C
	{2 x 150 on 2:55 Kick		K	
	{2 x 150 on 2:50 Kick	EN2	K	C
	{2 x 150 on 2:45 Kick	EN2	K	C
1,500	1x{1 x 300 on 4:30 Pulls	EN1	P	
	{1 x 300 on 4:25 Pulls	EN1	P	
	{1 x 300 on 4:20 Pulls	EN1	P	
	{1 x 300 on 4:15 Pulls	EN1	P	
	{1 x 300 on 4:10 Pulls	EN1	P	
500	$2x{1 x 100 on 1:30 Freestyle}$	EN1		
	$\{1 \times 75 \text{ on } 1:10 \text{ Freestyle} \}$	EN1	S	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	
	$\{1 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN1	S	
1,500	$3x{1 x 100 on 1:50 2 kick 1 pull}$	EN1	D	
	$\{1 \times 100 \text{ on } 1:50 \text{ 4 second glide}$	EN1	D	
	$\{1 \times 100 \text{ on } 1:50 \text{ Breaststroke} \}$	EN1	S	
	{4 x 50 on 1:00 25 under 25 sprint	EN2	S	
500	10 $\times$ 50 on 1:00 Stroke Drills	REC	D	
	5:30 PM 6,180 Yards - Stress Value =	72		

## Workout #1111 - Wednesday, 06 December 2000 HighSchl - Distance

#### 1 minute rest between sets

	3:00	PM Start			
Yards	Se	et Description	EGY	WORK	STK
	==				===
	1	on 30:00 Stomach and Stretch		L	DRY
800	8	x 100 on 2:00 Stroke Drills	REC	D	FR
		odds free evens strk			
180	12	2 x 15 on :30 Shooters	SP3	S	FLY
1,200	1x{2	x 150 on 3:00 Kick	EN2	K	CHO
	{ 2	x 150 on 2:55 Kick	EN2	K	CHO
	{ 2	x 150 on 2:50 Kick	EN2	K	CHO
	{ 2	x 150 on 2:45 Kick	EN2	K	CHO
1,500	1x{1	x 300 on 4:30 Pulls	EN1	P	FR
	{ 1	x 300 on 4:25 Pulls	EN1	P	FR
	{ 1	x 300 on 4:20 Pulls	EN1	P	FR
	{ 1	x 300 on 4:15 Pulls	EN1	P	FR
	{ 1	x 300 on 4:10 Pulls	EN1	P	FR
500	2x{1	x 100 on 1:30 Freestyle	EN1	S	FR
	{ 1	x 75 on 1:10 Freestyle	EN1	S	FR
	{ 1	x 50 on :45 Freestyle	EN1	S	FR
	{ 1	x 25 on :30 Freestyle	EN1	S	FR
2,400	1x{2	x 400 on 5:15 Freestyle	EN1	S	FR
	{ 2	x 400 on 5:10 Freestyle	EN1	S	FR
	{ 2	x 400 on 5:05 Freestyle	EN1	S	FR
400	8	x 50 on 1:00 Stroke Drills	REC	D	CD
	5:30	PM 6,980 Yards - Stress Value	e = 7	'5	

## Workout #1112 - Wednesday, 06 December 2000 HighSchl - Fly & Back 1 minute rest between sets

3	:00 PM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		L
800	8 x 100 on 2:00 Stroke Drills	REC	D
	odds free evens strk		
180	12 x 15 on :30 Shooters	SP3	S
1 200 1	x{2 x 150 on 3.00 Kick	EN2	K

	{ 2	Х	150	on	2:55	Kick			EN2	K
	{ 2	Х	150	on	2:50	Kick			EN2	K
	{ 2	Х	150	on	2:45	Kick			EN2	K
1,500	1x{1	Х	300	on	4:30	Pulls	3		EN1	P
	{ 1	Х	300	on	4:25	Pulls	3		EN1	P
	{ 1	Х	300	on	4:20	Pulls	3		EN1	P
	{ 1	Х	300	on	4:15	Pulls	3		EN1	P
	{ 1	Х	300	on	4:10	Pulls	5		EN1	P
500	2x{1	Х	100	on	1:30	Free	style		EN1	S
	{ 1	Х	75 0	on 1	L:10 I	reest	tyle		EN1	S
	{ 1	Х	50 0	on :	:45 Fı	reest	yle		EN1	S
	{ 1	Х	25 (	on :	:30 Fı	reest	yle		EN1	S
1,600	1x{3	Х	100	on	1:45	Your	Stroke		EN1	S
	{ 3	Х	100	on	1:40	Your	Stroke		EN1	S
	{ 3	Х	100	on	1:35	Your	Stroke		EN1	S
	{ 3	Х	100	on	1:30	Your	Stroke		EN1	S
	{ 1	6 2	25	on	:45 1	L5 met	ters und	er h2o	EN1	S
350	7	Х	50 0	on I	L:00 S	Stroke	e Drills		REC	D
	5:30	ΡN	16,1	130	Yards	s - S1	cress Va	lue = 0	67	

## Workout #1113 - Wednesday, 06 December 2000 HighSchl - Sprint 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====		===	====
	1 on 30:00 Stomach and Stretch		I
800	8 x 100 on 2:00 Stroke Drills	REC	Γ
	odds free evens strk		
180	12 x 15 on :30 Shooters	SP3	٤
1,200	1x{2 x 150 on 3:00 Kick	EN2	F
	{2 x 150 on 2:55 Kick	EN2	F
	{2 x 150 on 2:50 Kick	EN2	_
	{2 x 150 on 2:45 Kick	EN2	F
1,500	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 300 on 4:25 Pulls	EN1	
	{1 x 300 on 4:20 Pulls	EN1	_
	{1 x 300 on 4:15 Pulls	EN1	E
	{1 x 300 on 4:10 Pulls	EN1	
500	2x{1 x 100 on 1:30 Freestyle	EN1	
	$\{1 \times 75 \text{ on } 1:10 \text{ Freestyle} \}$	EN1	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	$\{1 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN1	
1,650	$3x{1 \times 100 \text{ on } 1:40 \text{ Freestyle}}$	EN1	
	$\{1 \times 75 \text{ on } 1:15 \text{ Freestyle} \}$	EN1	٤
	$\{1 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN1	
	$\{1 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	٤
	{ no breathing between		
	{ flags and the walls		
	$\{6 \times 50 \text{ on } 1:00 \text{ Descend in sets of } 3\}$	EN2	٤
400	8 x 50 on 1:00 Stroke Drills	REC	Γ
	5:30 PM 6,230 Yards - Stress Value = 7	7	

# Workout #1118 - Thursday, 07 December 2000 Group 3 - All

#### 1 minute rest between sets

	6:30 PM Start	
Yards	Set Description	EGY WOF
		=== ===
	1 on 30:00 Stomach and Stretch	
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC
	no board	
200	$8x{1 x 15 on :00 Freestyle}$	SP3
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle} \}$	REC
900	1x{6 x 50 on 1:00 Kick	EN2
	{6 x 50 on :55 Kick	EN2
	{6 x 50 on :50 Kick	EN2
900	1x{3 x 100 on 1:30 Lungbuster pulls	EN1
	{3 x 100 on 1:25 Lungbuster pulls	EN1
	{3 x 100 on 1:20 Lungbuster pulls	EN1
	{ breathe 5-7-7-9	
300	6 x 50 on :45 Freestyle	EN1
1,500	$1x{10 x 25 on :30 Butterfly}$	EN1
	$\{8 \times 50 \text{ on } :55 \text{ Butterfly} \}$	EN1

EN1

EN1

REC

## Workout #1116 - Thursday, 07 December 2000 HighSchl - All

8:30 PM 4,700 Yards - Stress Value = 49

 $\{6 \times 75 \text{ on } 1:20 \text{ Butterfly} \}$ 

300

 $\{4 \times 100 \text{ on } 1:45 \text{ Butterfly} \}$ 

1 x 300 on 5:00 Stroke Drills

#### 1 minute rest between sets

	5:30 AM	Start		
Yards	Set	Description	EGY	WORK
	====		===	
	1 or	n 25:00 Weights		L
400	1 x	400 on 8:00 Choice	REC	S
250	10x{1 x	15 on :00 Breaststroke	SP3	S
	{1 x	10 on :30 Freestyle	REC	S
2,000	1x{1 x	100 on 1:25 Pulls	EN1	P
	{1 x	200 on 2:50 Pulls	EN1	P
	{1 x	300 on 4:15 Pulls	EN1	P
	{1 x	400 on 5:40 Pulls	EN1	P
	{1 x	400 on 5:20 Pulls	EN1	P
	{1 x	300 on 4:00 Pulls	EN1	P
	{1 x	200 on 2:40 Pulls	EN1	P
	{1 x	100 on 1:20 Pulls	EN1	P
1,200	3x{1 x	100 on 1:30 Free last 25 fast	EN1	S
	{1 x	100 on 1:30 Free last 50 fast	EN1	S
	{1 x	100 on 1:30 Free last 75 fast	EN2	S
	{1 x	100 on 1:30 Free all fast	EN2	S
200	1 x	200 on 3:00 Stroke Drills	REC	D
	7:01 AM	4,050 Yards - Stress Value = 4	14	

## Workout #1117 - Thursday, 07 December 2000 HighSchl - All 1 minute rest between sets

# 3:30 PM Start

Yards	Set Description		EGY	WC
			===	==
	1 on 20:00 Stomach and Stretch			
600	12 x 50 on 1:00 Stroke Drills 3	on E	REC	
	$10x\{1 x 15 on :00 Breaststroke$		SP3	
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$		REC	
	2x{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	
	1x{3 x 125 on 2:00 Pulls		EN1	
	{3 x 125 on 1:55 Pulls		EN1	
	{2 x 125 on 1:50 Pulls		EN1	
300	6 x 50 on :45 Descend in sets of	: 3	EN1	
	$3x{1 x 100 on 1:30 Individual Medle}$	λ	EN1	

	{4 x 50 on 1:00 IM O 25 drill 25bld En	N1					
	$\{3 \times 100 \text{ on } 1:30 \text{ Descend in sets of } 3 \text{ EN}$	N1					
100	4 x 25 on 1:00 OTB walkbacks EN	N1					
1 on 15:00 Techniques-relay str							
	·39 PM 4 850 Yards - Stress Value = 54						

## Workout #1119 - Friday, 08 December 2000 Group 3 - All

#### 1 minute rest between sets

	5:15 AM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
425	1 x 425 on 8:00 Choice	REC	D	C
210	14 x 15 on :30 Cross pool sprints	SP3	S	
	1x{2 x 200 on 3:00 Pulls	EN1	P	
	{2 x 200 on 2:55 Pulls	EN1	P	
	{2 x 200 on 2:50 Pulls	EN1	P	
	$1x{6 \times 50 \text{ on } :55 \text{ Choice}}$	EN1	S	C
	{6 x 50 on :50 Choice	EN1	S	C
	$\{6 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	
	$\{6 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1	S	
	$1x{4 x 25 on :30 Freestyle}$	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	
600	12 x 50 on 1:00 Stroke Drills	REC	D	
	6:30 AM 4,035 Yards - Stress Value =	36		

## Workout #1120 - Friday, 08 December 2000 HighSchl - All

Yards	5:30 AM Set	Start Description	EGY	WC
======	====		===	==
600	1 x	600 on 10:00 Reverse IM drill	REC	
300	12x{1 x	15 on :00 Backstroke	SP3	
	{1 x	10 on :30 Freestyle	REC	
1,350	1x{2 x	200 on 3:00 Pulls	EN1	
	{4 x	50 on :45 Pulls	EN1	
	{2 x	150 on 2:15 Pulls	EN1	
	{3 x	50 on :45 Pulls	EN1	
	{2 x	100 on 1:30 Pulls	EN1	
	{2 x	50 on :45 Pulls	EN1	
1,600	8x{8 x	25 on :25 Butterfly	EN2	
	{1 or	n 1:00 Rest		
400	4 x	100 on 1:30 Descend to ludicrous	EN2	
	spe	eed!!!!!!!!!!!!!		
400	8 x	50 on 1:00 Stroke Drills	REC	
	7:01 AM	4,650 Yards - Stress Value = 61		

Yards

## Workout #1121 - Friday, 08 December 2000 HighSchl - All 1 minute rest between sets

	{3 x	100 on 1:20 Backstroke	EN2
	{4 x	25 on :45 Back 15m under	EN2
400	8 x	50 on 1:00 Stroke Drills	REC
7:	45 P	M $6.350$ Yards - Stress Value = 82	

#### 3:00 PM Start Workout #1125 - Wednesday, 13 December 2000 EGY WOF Set Description HighSchl - Breast 1 on 15:00 Stomach and Stretch 1 minute rest between sets

	1 On 15:00 Stomath and Stretch			I minute rest between sets	
800	1 x 800 on 15:00 Reverse IM drill	REC			
150	10 x 15 on :30 Shooters	SP3		3:00 PM Start	
	$1x{5 x 25 on :30 Kick}$	EN2	Yards	Set Description EGY WORK	Χ .S
	{5 x 50 on :55 Kick	EN2			= =
	{4 x 75 on 1:20 Kick	EN2		1 on 30:00 Stomach and Stretch	LI
	{5 x 50 on :55 Kick	EN2	800	1 x 800 on 16:00 Reverse IM drill REC	D
	{5 x 25 on :30 Kick	EN2	150	10 x 15 on :30 Shooters SP3 S	3
1,200			1,200	1x{2 x 200 on 3:45 Kick EN2	K C
400	4 x 100 on 1:40 Individual Medley	EN1		{2 x 200 on 3:40 Kick EN2 F	K C
	$1x{5 x 50 on :55 Butterfly}$	EN1		{2 x 200 on 3:35 Kick EN2	K C
	{5 x 50 on :40 Backstroke	EN1	1,600	1x{2 x 400 on 5:15 Pulls EN1	Ρ
	{3 x 100 on 1:30 Individual Medley	EN1		{2 x 400 on 5:10 Pulls EN1	2
	{5 x 50 on 1:00 Breaststroke	EN1	400	8 x 50 on :45 Freestyle EN1 S	S
	{5 x 50 on :45 Freestyle	EN1	2,400	$2x\{1 \times 200 \text{ on } 3:50 \text{ Breaststroke} $ EN2	S
200		REC		$\{1 \times 200 \text{ on } 3:40 \text{ Breaststroke} $ EN2	S
	1 on 9:00 RUN THE GUANTLET!!!			{1 x 200 on 3:30 Breaststroke EN2	S
	5:00 PM 5,100 Yards - Stress Value = 53			{1 x 200 on 3:20 Breaststroke EN2	S
				$\{1 \times 200 \text{ on } 3:10 \text{ Breaststroke} $ EN1	S
	Workout #1122 - Monday, 11 December 2000			$\{1 \times 200 \text{ on } 3:00 \text{ Breaststroke} $ EN2	S
	Group 3 - All		200	4 x 50 on 1:00 Stroke Drills REC I	D
	1 minute rest between sets			5:31 PM 6,750 Yards - Stress Value = 94	

# Group 3 - All

#### 1 minute rest between sets

Yards	5:15 AM Start Set Description	EGY	WORK 5	Workout #1123 - Wednesday, 13 December 2000 HighSchl - Distance 1 minute rest between sets
ŕ	1x{1 x 400 on 5:30 Pulls {1 x 400 on 5:25 Pulls {1 x 400 on 5:20 Pulls {1 x 400 on 5:15 Pulls {1 x 400 on 5:15 Pulls 2x{1 x 200 on 2:40 Freestyle {1 x 150 on 2:00 Freestyle {1 x 100 on 1:20 Freestyle {1 x 50 on :40 Freestyle {1 x 200 on 3:00 Individual Medley {1 x 150 on 2:15 IM no free {1 x 100 on 1:30 Individual Medley {1 x 50 on :45 Your Stroke-no free	EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1		3:00 PM Start  Yards Set Description EGY WORK S  1 on 30:00 Stomach and Stretch L I  800 1 x 800 on 16:00 Reverse IM drill REC D  150 10 x 15 on :30 Shooters SP3 S  1,200 1x{2 x 200 on 3:45 Kick EN2 K (

## Workout #1127 - Wednesday, 13 December 2000 Group 3 - All

	5:15 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
	1 on 5:00 Techniques-turns		
150	$10 \times 15$ on :30 Pit sprints	SP3	
	all same stroke		
1,000	1 x 1000 on 20:00 Brick game	EN2	
1,800	2x{2 x 150 on 2:15 Pulls	EN1	
	{2 x 150 on 2:10 Pulls	EN1	
	{2 x 150 on 2:05 Pulls	EN1	
600	12 x 50 on :30 IM order-build	EN1	
1,600	1x{3 x 100 on 1:30 Backstroke	EN2	
	{4 x 25 on :45 Back 15m under	EN2	
	{3 x 100 on 1:30 Backstroke	EN2	
	{4 x 25 on :45 Back 15m under	EN2	
	{3 x 100 on 1:25 Backstroke	EN2	
	{4 x 25 on :45 Back 15m under	EN2	

3:00 PM Start

3:00 PM Start

# Workout #1124 - Wednesday, 13 December 2000 HighSchl - Distance

#### 1 minute rest between sets

# $7 \times 50$ on 1:00 Stroke Drills REC 18:30 PM 4,600 Yards - Stress Value = 61

## Workout #1128 - Thursday, 14 December 2000 HighSchl - All

	J.00 FM Start				Ingilsem - 7th		
Yards	Set Description		WORK S		1 minute rest between sets		
800 150	1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Reverse IM drill 10 x 15 on :30 Shooters 1x{2 x 200 on 3:45 Kick {2 x 200 on 3:40 Kick		L I D S K (	Yards ===== 400	2:55 PM Start Set Description  1 x 400 on 6:00 Choice	=== REC	WORK
1,600	{2 x 200 on 3:35 Kick 1x{2 x 400 on 5:15 Pulls	EN2 EN1	K ( P		8x{1 x 15 on :00 Freestyle {1 x 10 on :30 Freestyle 3x{1 x 100 on 1:30 Kick with flippers	SP3 REC EN2	
400 2,250	{2 x 400 on 5:10 Pulls 8 x 50 on :45 Freestyle 1x{3 x 200 on 3:30 Your Stroke	EN1 EN1 EN2	P S S S		$\{1 \times 100 \text{ on } 1:25 \text{ Kick with flippers} $ $\{1 \times 100 \text{ on } 1:20 \text{ Kick with flippers} $ $\{1 \times 100 \text{ on } 1:15 \text{ Kick with flippers} \}$	EN2	K
·	{3 x 175 on 3:00 Your Stroke {3 x 150 on 2:30 Your Stroke {3 x 125 on 1:55 Your Stroke	EN2 EN2 EN2	S S S S S		2x{1 x 200 on 2:45 Pulls {1 x 200 on 2:40 Pulls	EN1 EN1	P P
300	{3 x 100 on 1:30 Your Stroke 6 x 50 on 1:00 Stroke Drills 5:30 PM 6,700 Yards - Stress Value =	EN2 REC	S S D	300	{1 x 200 on 2:35 Pulls 3 x 100 on 1:45 Individual Medley 1x{4 x 100 on 1:20 Freestyle	EN1 EN2	P S S
	Workout #1126 - Wednesday, 13 December 2000				{8 x 50 on :40 Freestyle {4 x 100 on 1:15 Freestyle {8 x 50 on :40 Freestyle	EN2 EN2	S S S
	HighSchl - Sprint 1 minute rest between sets			400		EN2 EN2 REC	S S D
	₹ • III DM C+ > r+						

1	0 1 5	E011	F10.D11	_			
Yards	Set Description	EGY	WORK	2	Workout #1130 - Friday, 15 December 2000		
=====	=======================================	===	====	=	- · · · · · · · · · · · · · · · · · · ·		
	1 on 30:00 Stomach and Stretch		L	Ι	Group 3 - All		
800	1 x 800 on 16:00 Reverse IM drill	REC	D		1 minute rest between sets		
150	10 x 15 on :30 Shooters	SP3	S				
1,200	1x{2 x 200 on 3:45 Kick	EN2	K	C	5:15 AM Start		
	{2 x 200 on 3:40 Kick	EN2	K	C	Yards Set Description EGY	WORK S	٤
	{2 x 200 on 3:35 Kick	EN2	K	C		==== :	=
1,600	1x{2 x 400 on 5:15 Pulls	EN1	P		425  1 x 425 on 8:00 Choice	S	C
	{2 x 400 on 5:10 Pulls	EN1	P		150 10 x 15 on :30 Cross pool sprints SP3	S	C
400	8 x 50 on :45 Freestyle	EN1	S		$1x\{4 \times 150 \text{ on } 2:15 \text{ Pulls br } 2-3-4 \text{ EN1}$	P	
2,400	2x{3 x 100 on 1:30 Freestyle	EN2	S		{4 x 150 on 2:15 Pulls br 3-4-5 EN1	P	
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle}$	EN2	S		{4 x 150 on 2:15 Pulls br 4-5-6 EN1	P	
	${3 \times 100 \text{ on } 1:25 \text{ Freestyle}}$	EN2	S		$2x\{8 \times 25 \text{ on } : 30 \text{ Butterfly} $ EN1	S I	E
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle}$	EN2	S		{8 x 25 on :25 Backstroke EN1	S	
	{3 x 100 on 1:20 Freestyle	EN2	S		{8 x 25 on :35 Breaststroke EN1	S	
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle}$	EN2	S		{8 x 25 on :20 Freestyle EN1	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D		200 1 x 200 on 3:00 Stroke Drills REC	D	
	5:30 PM 6,950 Yards - Stress Value =	98			6:32 AM 4,175 Yards - Stress Value = 40	-	

## Workout #1129 - Thursday, 14 December 2000 Group 3 - All

## 1 minute rest between sets

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

 $\{1 \text{ x 50 on :} 45 \text{ Breaststroke}$ 

## Workout #1134 - Friday, 15 December 2000 Group 3 - All 1 minute rest between sets

Yards	6:30 PM Set	Start Description	EGY	WORK S	Yar	5:00 PM Start ds Set Description EGY W	IORK
600	6 x 10x{1 x {1 x 1x{5 x {4 x {3 x 1x{3 x {2 x { br 6 x 2x{4 x {1 x	n 30:00 Stomach and Stretch 100 on 2:00 Stroke Drills 15 on :00 Backstroke 10 on :30 Freestyle 75 on 1:30 Kick 75 on 1:25 Kick 75 on 1:20 Kick 125 on 2:00 Lungbuster pulls 125 on 1:55 Lungbuster pulls 125 on 1:50 Lungbuster pulls 4-5-6-7-8 50 on :50 Freestyle 100 on 1:45 Breaststroke 50 on :55 Breaststroke	EN1	S	1,0 1,0		L D S K P S S S S M D

EN2

EN2

S

S

# Workout #1131 - Friday, 15 December 2000 HighSchl - All

#### 1 minute rest between sets

	5:30 AM	Start				
Yards	Set	Description	EGY	WORK	STF	=
=====	====		===	====	===	
600	1 x	600 on 10:00 Choice	REC	S	CHC	
	12x{1 x	15 on :00 Breaststroke	SP3	S	BF	
	{1 x	10 on :30 Freestyle	REC	S	FF	
	1x{1 x	300 on 4:30 Pulls	EN1	P	FF	
	{2 x	150 on 2:15 Pulls	EN1	P	FF	
	{3 x	100 on 1:30 Pulls	EN1	P	FF	
	{4 x	75 on 1:05 Pulls	EN1	P	FF	
	{6 x	50 on :45 Pulls	EN1	P	FF	
	1x{2 x	250 on 3:30 Freestyle	EN2	S	FF	
	{5 x	100 on 1:30 Freestyle AFAP	EN2	S	FF	
	{2 x	250 on 3:25 Freestyle	EN2	S	FF	
	{5 x	100 on 1:30 Freestyle AFAP	EN2	S	FF	
	{2 x	250 on 3:20 Freestyle	EN2	S	FF	
	{5 x	100 on 1:30 Freestyle AFAP	EN2	S	FF	
300	1 x	300 on 5:00 Stroke Drills	REC	D	CI	
	7:01 AM	5,700 Yards - Stress Value	= 82	2		

## Workout #1132 - Friday, 15 December 2000 HighSchl - All

## 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 25:00 Weights		I
400	1 x 400 on 6:00 Reverse IM drill	REC	Ι
	$8x{1 x 15 on :00 Breaststroke}$	SP3	٤
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	REC	٤
	1x{8 x 75 on 1:05 Pulls	EN1	E
	{8 x 75 on 1:00 Pulls	EN1	E
	{8 x 75 on :55 Pulls	EN1	E
	$3x{1 x 125 on 1:55 Free last 25 choice}$	EN2	٤
	$\{1 \times 125 \text{ on } 1:50 \text{ Free last } 25 \text{ choice} \}$	EN2	٤
	{1 x 125 on 1:45 Free last 25 choice	EN2	٤
	$\{1 \times 125 \text{ on } 1:40 \text{ Free last } 25 \text{ choice} \}$	EN2	٤
300	1 x 300 on 5:00 Stroke Drills	REC	Ι
	7:00 AM 4,200 Yards - Stress Value = 55	5	

## Workout #1133 - Friday, 15 December 2000 HighSchl - All

## 1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
=====		===	==
	1 on 15:00 Stomach and Stretch		
	1 x 600 on 12:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
2×	:{6 x 50 on 1:00 Kick des in sets of3	EN2	
	{1 x 100 on 2:00 Kick for time	EN2	
1x	:{7 x 50 on :50 Pulls	EN1	
	{7 x 50 on :45 Pulls	EN1	
	{7 x 50 on :40 Pulls	EN1	
300	1 x 300 on 4:30 Every 3rd lap your	EN1	
	stroke fast-no free		
2x	:{4 x 100 on 1:30 Backstroke	EN2	
	{3 x 100 on 1:25 Backstroke	EN2	
	{2 x 100 on 1:20 Backstroke	EN2	
	{1 x 100 on 1:15 Backstroke	EN2	
	{1 on 1:00 Rest		
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 8:00 Run the Guantlet!!!!		
4:	59 PM 5,200 Yards - Stress Value = 77		

# Group 3 - All 1 minute rest between sets

	8:30 AM Start		
Yards	Set Description	EGY	WOF
=====		===	===
	1 on 30:00 Stomach and Stretch		
	8 x 100 on 2:00 Stroke Drills 2 on E		
210	14 x 15 on :30 Cross pool sprints	SP3	
	$4x{4 \times 50 \text{ on } 1:00 \text{ Kick}}$	EN2	
	$\{4 \times 25 \text{ on } : 40 \text{ Sprint kick}$	EN2	
	$1x{4 x 125 on 2:00 Pulls L. 25 4 brths}$	EN1	
	$\{4 \text{ x } 125 \text{ on } 1:55 \text{ Pulls L. } 25 \text{ 3 brths}$	EN1	
600	12 x 50 on :50 Freestyle	EN1	
	1x{6 x 100 on 1:10 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:10 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:10 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:10 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:10 Freestyle	EN2	
	{1 on 1:00 Rest		
	•	EN2	
400		REC	
100	11:00 AM 6,310 Yards - Stress Value = 90		
	11.00 Am 0,510 Tatus - 501ess Value - 90	,	

## Workout #1135 - Saturday, 16 December 2000 HighSchl - All 1 minute rest between sets

	6:00 AM	Start		
Yards	Set	Description	EGY	WC
=====	====		===	==
	1 or	n 25:00 Weights		
1,000	1 x	1000 on 18:00 Stroke Drill	REC	
300	12x{1 x	15 on :00 Butterfly	SP3	
	{1 x	10 on :30 Freestyle	REC	
900	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	
200	8 x	25 on :40 Sprint kick	EN2	
1,500	1x{1 x	500 on 7:00 Pulls	EN1	
	{2 x	250 on 3:30 Pulls	EN1	
	{5 x	100 on 1:25 Pulls	EN1	
900	9 x	100 on 1:30 Descend in sets of 3	EN1	
2,400	1x{3 x	200 on 2:25 Freestyle	EN2	
	-	200 on 2:20 Freestyle	EN2	
	{3 x	200 on 2:15 Freestyle	EN2	
	{3 x	200 on 2:10 Freestyle	EN2	
400	8 x	50 on 1:00 Stroke Drills	REC	
	8:32 AM	7,600 Yards - Stress Value = 101		

## Workout #1137 - Monday, 18 December 2000 Group 3 - All 1 minute rest between sets

1 x 400 on 7:00 Individual Medley

6 x 400 on 5:00 Freestyle

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

 $\{5 \times 25 \text{ on :} 20 \text{ Freestyle} \}$ 

 $\{5 \times 25 \text{ on :} 15 \text{ Freestyle} \}$ 

8 x 50 on 1:00 Stroke Drills

5:31 PM 7,080 Yards - Stress Value = 107

build each 50

500  $1x{5 x 25 on :30 Freestyle}$ 

400

2,400

## Workout #1140 - Monday, 18 December 2000 HighSchl - All 1 minute rest between sets

	5 15 3W OL 1					1 minute rest between sets		
,	5:15 AM Start							
Yards	Set Description		WORK S		5:30 PM	Start		
				Yards	Set	Description	$\mathbf{E}'$	GY WC
425	1 x 425 on 8:00 Reverse IM drill	REC	D	=====	====		-= =	== ==
210	14 x 15 on :30 Cross pool sprints			600	1 x	600 on 10:00 Swim-kick-pull-swi	.m R	EC
	1x{6 x 75 on 1:10 Lungbuster pulls	EN1	P		12x{1 x	15 on :00 Freestyle	S	Р3
	$\{6 \times 75 \text{ on } 1:05 \text{ Lungbuster pulls} \}$	EN1	P		{1 x	10 on :30 Freestyle	R.	EC
	$\{6 \times 75 \text{ on } 1:00 \text{ Lungbuster pulls} \}$	EN1	P		1x{4 x	100 on 1:30 Lungbuster pulls	E'	N1
	{ 1-6 br 5-7-9 7-12 br				{ br	2-4-6-8		
	{ 4-6-8 13-18 br 7-8-9	_			{ 4 x	100 on 1:25 Lungbuster pulls	E	N1
	1x{4 x 100 on 1:40 Individual Medley		S		{ br	3-5-7-9		
	{8 x 25 on :30 IM order	EN2	S		{3 x	100 on 1:20 Lungbuster pulls	E	N1
	$\{4 \times 100 \text{ on } 1:35 \text{ Individual Medley}\}$		S		{ br	5-6-7-8		
	{8 x 25 on :30 IM order	EN2	S		1x{6 x	75 on 1:10 Free L.25 fly	E.	N1
	{4 x 100 on 1:30 Individual Medley		S		{6 x	75 on 1:05 Free L.25 back	E.	N1
	{8 x 25 on :30 IM order	EN2	S		{6 x	75 on 1:15 Free L.25 breast	E	N1
300	6 x 50 on 1:00 Stroke Drills	REC	D			75 on 1:00 Freestyle	E	N1
	6:31 AM 4,085 Yards - Stress Value =	56			{6 x	75 on 1:05 Free L.25 fly	E	N1
						75 on 1:00 Free L.25 back	E	N1
	Workout #1139 - Monday, 18 December 2000					75 on 1:10 Free L.25 breast	E	N1
	Group 3 - All					75 on :55 Freestyle	E	N1
	1 minute rest between sets			200		200 on 3:00 Stroke Drills		EC
	1 minute Test between sets				7:01 PM	5,800 Yards - Stress Value = 50	)	
	5.15 DM C+2x+							
Yards	5:15 PM Start Set Description		EGY WC		Worl	kout #1143 - Tuesday, 19 December 2000		
======	=======================================					Group 3 - All		
	1 on 30:00 Stomach and Stretch					1 minute rest between sets		
800	1 x 800 on 16:00 Swim-kick-pull-st	w i m	REC			1 minute Test between sets		
000	1 on 10:00 Techniques-back trns	·	T.LLO		6:30 PM	Chamb		
1,000	1 x 1000 on 20:00 Indian file kick	kina	EN2	Yards			ZODIZ	CITIZ
,	all with flippers			======		Description EGY N		
	1x{8 x 50 on :55 Pulls		EN1			30:00 Stomach and Stretch		DRY
	{8 x 50 on :50 Pulls		EN1	600		100 on 2:00 Stroke Drills REC		CHO
	{8 x 50 on :45 Pulls		EN1	000		15 on :00 Butterfly SP3		FLY
	{8 x 50 on :40 Pulls		EN1			10 on :30 Freestyle REC	S	
300	12 x 25 on :30 IM order-build		EN1			50 on 1:05 Kick EN2		BR
	1x{2 x 500 on 6:15 Freestyle		EN2		-	50 on 1:00 Kick EN2		FR
	{2 x 500 on 6:10 Freestyle		EN2			50 on :55 Kick EN2		CHO
	{ #2 and #4 All out!!				-	200 on 2:45 Pulls EN1	P	
250	10 x 25 on :25 Your Stroke		EN1		-	100 on 1:30 Pulls EN1	P	
300	6 x 50 on 1:00 Stroke Drills		REC	300		50 on :45 Freestyle EN1	S	
	7:45 PM 6,250 Yards - Stress Value =	81				125 on 2:10 Breaststroke EN2	S	
					•	125 on 2:05 Breaststroke EN2	S	BR
	Workout #1138 - Monday, 18 December 2000					125 on 2:00 Breaststroke EN2	S	
	HighSchl - All				{2 x 1	125 on 1:55 Breaststroke EN2	S	BR
	8			300	1 x 3	300 on 5:00 Stroke Drills REC	D	CD
	1 minute rest between sets				8:30 PM	4,800 Yards - Stress Value = 6	1	
	3:00 PM Start							
Yards		,	EGY WOF					
1a1us =====	set Description							
800	1 on 30:00 Stomach and Stretch	.rim 1	DEC					
180	1 x 800 on 15:00 Swim-kick-pull-sv 12 x 15 on :30 Shooters		rec SP3					
	12 x 15 on :30 Shooters 2x{1 x 200 on 3:40 Kick		SP3 EN2					
⊥,∠∪∪	2x{1 x 200 on 3:40 kick {2 x 100 on 1:55 Kick		EN2					
	•							
1 200	{4 x 50 on 1:00 Kick		EN2					
1,200	1x{1 x 300 on 4:15 Pulls {1 x 300 on 4:10 Pulls		EN1					
	·		EN1 FN1					
	{1 x 300 on 4:05 Pulls		EN1					
	{1 x 300 on 4:00 Pulls		EN1					

EN1

EN2

EN1

EN1

EN2

EN3

REC

## Workout #1141 - Tuesday, 19 December 2000 HighSchl - All 1 minute rest between sets

	{ 2	x 50 on :30 Freestyle	EN2	٤
200	1	x 200 on 5:00 Stroke Drills	REC	Γ
	6:30	AM 4,610 Yards - Stress Value =	62	

## Workout #1149 - Wednesday, 20 December 2000 Group 3 - All

## 1 minute rest between sets

		5:15	ΡN	1 Start		
	Yards	Se	et	Description	EGY	WOF
		==	===		===	===
		1	or	1 30:00 Stomach and Stretch		
	800	8	Х	100 on 2:00 Stroke Drills 2 on E	REC	
		1	or	n 10:00 Techniques-brst trns		
		1x{3	Х	100 on 2:00 Kick	EN2	
		{ 3	Х	50 on 1:00 Kick no board	EN2	
		{ 3	Х	100 on 1:55 Kick	EN2	
		{ 3	Х	50 on 1:00 Kick no board	EN2	
		{ 3	Х	100 on 1:50 Kick	EN2	
		{ 3	Х	50 on 1:00 Kick no board	EN2	
		1x{1	Х	400 on 6:00 Pulls	EN1	
		{ 2	Х	200 on 3:00 Pulls	EN1	
		{ 4	Х	100 on 1:30 Pulls	EN1	
	300	3	Х	100 on 1:45 Individual Medley	EN1	
		1x{5	Х	75 on 1:20 Backstroke	EN2	
		{ 3	Х	100 on 2:00 Backstroke ALL OUT	EN3	
		{ 5	Х	75 on 1:15 Backstroke	EN2	
_		{ 2	Х	100 on 2:00 Backstroke ALL OUT	EN3	
r -		{ 5	Х	75 on 1:10 Backstroke	EN2	
_		{ 1	Х	100 on 2:00 Backstroke ALL OUT	EN3	
	400	1	Х	400 on 7:00 Stroke Drills	REC	

## Workout #1145 - Wednesday, 20 December 2000 HighSchl - Breast 1 minute rest between sets

7:45 PM 5,775 Yards - Stress Value = 102

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====		===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
1,150	1x{3 x 125 on 2:20 Kick	EN2	
	{4 x 100 on 1:50 Kick	EN2	
	{5 x 75 on 1:20 Kick	EN2	
1,350	1x{3 x 150 on 2:15 Lungbuster pulls	EN1	
	{3 x 150 on 2:10 Lungbuster pulls	EN1	
	{3 x 150 on 2:05 Lungbuster pulls	EN1	
	{ br 9-7-5 by the 50		
400	4 x 100 on 1:45 Individual Medley	EN1	
2,350	$1x\{6 \times 75 \text{ on } 1:20 \text{ Breaststroke}$	EN2	
	$\{6 \times 75 \text{ on } 1:15 \text{ Breaststroke} \}$	EN2	
	{6 x 75 on 1:10 Breaststroke	EN2	
	$\{1 \text{ x 200 on 4:00 Breaststroke ALL OUT}$	EN3	
	$\{4 \times 50 \text{ on } 1:00 \text{ Breaststroke} \}$	EN2	
	{4 x 50 on :55 Breaststroke	EN2	
	{4 x 50 on :50 Breaststroke	EN2	
	$\{1 \text{ x 200 on 4:00 Breaststroke ALL OUT}$	EN3	
200	1 x 200 on 4:00 Choice	REC	
	5:31 PM 6,430 Yards - Stress Value = 110	)	

** 1		AM Start	B.011		O	
Yards	Se	et Description	EGY	WORK	STK	
	==		===	====	===	=
	1	on 25:00 Weights		L	DRY	
400	1	x 400 on 7:00 Stroke Drills	REC	D	CHO	
	8x{1	x 15 on :00 Butterfly	SP3	S	FLY	
	{ 1	x 10 on :30 Freestyle	REC	S	FR	
	1x{1	x 250 on 3:45 Pulls	EN1	P	FR	
	{ 1	x 250 on 3:40 Pulls	EN1	P	FR	
	{ 1	x 250 on 3:35 Pulls	EN1	P	FR	
	{ 1	x 250 on 3:30 Pulls	EN1	P	FR	
	{ 1	x 250 on 3:25 Pulls	EN1	P	FR	
	{ 1	x 250 on 3:20 Pulls	EN1	P	FR	
	8x{1	x 100 on 1:30 Freestyle	EN1	S	FR	
	{ 1	x 100 on 1:30 Your Stroke	EN1	S	STK	
300	6	x 50 on 1:00 Stroke Drills	REC	D	CD	
	7:02	AM 4,000 Yards - Stress Valu	ie =	33		

## Workout #1142 - Tuesday, 19 December 2000 HighSchl - All

## 1 minute rest between sets

	3:30 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 20:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills 2 on E	REC	
	$8x{1 x 15 on :00 Butterfly}$	SP3	
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle} \}$	REC	
1,000	$10 \times 100$ on $2:00$ Kick odds fast	EN2	
	1x{3 x 150 on 2:15 Pulls	EN1	
	{3 x 150 on 2:10 Pulls	EN1	
	{3 x 150 on 2:05 Pulls	EN1	
	1x{3 x 100 on 1:35 Individual Medley	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ IM order}$	EN1	
	{3 x 100 on 1:30 Individual Medley	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ IM order}$	EN1	
	{3 x 100 on 1:25 Individual Medley	EN1	
	{4 x 50 on 1:00 IM order	EN1	
100	$4 \times 25$ on 1:00 Choice OTB	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	Techniques-relay srt		
	5:30 PM 5,200 Yards - Stress Value = 53		

## Workout #1144 - Wednesday, 20 December 2000 Group 3 - All

	5:15 AM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	٤
210	14 x 15 on :30 Cross pool sprints	SP3	٤
	$1x{2 x 200 on 3:00 Lungbuster pulls}$	EN1	E
	{ br 3-4-5-6 by the 50		
	{2 x 200 on 3:00 Lungbuster pulls	EN1	E
	{ br 4-5-6-7 by the 50		
	{2 x 200 on 3:00 Lungbuster pulls	EN1	F
	{ br 5-6-7-8 by the 50		
	1x{4 x 100 on 1:20 Freestyle	EN2	٤
	{4 x 100 on 1:15 Freestyle	EN2	٤
	{4 x 100 on 1:10 Freestyle	EN2	٤
	{1 x 200 on 3:00 Freestyle	REC	٤
	${3 \times 75 \text{ on } 1:00 \text{ Freestyle}}$	EN2	٤
	${3 \times 75 \text{ on } :55 \text{ Freestyle}}$	EN2	٤
	${3 \times 75 \text{ on } :50 \text{ Freestyle}}$	EN2	٤
	{1 x 200 on 3:00 Freestyle	REC	٤
	{2 x 50 on :40 Freestyle	EN2	٤
	$\{2 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	٤

3:00 PM Start

3:00 PM Start

3:00 PM Start

## Workout #1148 - Wednesday, 20 December 2000 HighSchl - Distance 1 minute rest between sets

#### 5:30 PM 6,680 Yards - Stress Value = 87

## Workout #1151 - Thursday, 21 December 2000 Group 3 - All

## 1 minute rest between sets

	3.00 FM Start				1 minute rest between sets	
Yards	Set Description	EGY	WORK S			
=====	=======================================	===	==== =		5:15 PM Start	
	1 on 30:00 Stomach and Stretch		LΙ	Yards	Set Description	EGY WOF
800	1 x 800 on 15:00 Reverse IM drill	REC	D			=== ===
180	12 x 15 on :30 Shooters	SP3	S		1 on 28:00 Stomach and Stretch	
1,150	1x{3 x 125 on 2:20 Kick	EN2	K (	800	1 x 800 on 14:00 Choice	REC
	{4 x 100 on 1:50 Kick	EN2	K (		1 on 10:00 Techniques-finishes	
	{5 x 75 on 1:20 Kick	EN2	K (		5x{1 x 100 on 2:00 Kick	EN1
1,350	$1x{3 x 150 on 2:15 Lungbuster pulls}$	EN1	P		{1 x 100 on 1:45 Kick	EN2
	{3 x 150 on 2:10 Lungbuster pulls	EN1	P		$4x\{1 \times 100 \text{ on } 1:30 \text{ Pulls only } 10 \text{ brths}$	EN2
	(	EN1	P		{4 x 50 on :50 Pulls	EN1
	{ br 9-7-5 by the 50			300	1 x 300 on 4:30 Every 3rd lap stroke	EN1
400		EN1	S		very fast	
3 <b>,</b> 150	$1x{1 \times 1650 \text{ on } 22:00 \text{ Freestyle}}$	EN2			$2x\{10 \times 50 \text{ on } :50 \text{ Butterfly w/ fins}$	EN2
	${3 \times 500 \text{ on } 7:00 \text{ Freestyle-descend}}$	EN2	S		{ 15m under off walls	
200		REC	S		{1 on 1:00 Take off fins	
	5:31 PM 7,230 Yards - Stress Value =	110			{10 x 50 on 1:00 Butterfly 10m under	EN2
					{ off walls	
	Workout #1147 - Wednesday, 20 December 2000				{1 on 1:00 Put fins back on	
	HighSchl - Fly & Back			500	1 x 500 on 7:30 Stroke Drills	REC
	• •				7:45 PM 5,800 Yards - Stress Value = 74	
	1 minute rest between sets					

## Workout #1150 - Thursday, 21 December 2000 HighSchl - All

Workout #1152 - Friday, 22 December 2000

Yards	Set Description	EGY WOF	F HighSchl - All
=====		=== ===	1 minute rest between sets
800 180	<pre>1 on 30:00 Stomach and Stretch 1 x 800 on 15:00 Reverse IM drill 12 x 15 on :30 Shooters 1x{3 x 125 on 2:20 Kick {4 x 100 on 1:50 Kick</pre>	REC SP3 EN2 EN2	5:30 AM Start Yards Set Description EGY WORK STK
	{5 x 75 on 1:20 Kick 1x{3 x 150 on 2:15 Lungbuster pulls	EN2 EN1	1 on 25:00 Weights L DRY 400 1 x 400 on 7:00 Stroke Drills REC D CHO 8x{1 x 15 on :00 Breaststroke SP3 S BR
	{3 x 150 on 2:10 Lungbuster pulls {3 x 150 on 2:05 Lungbuster pulls	EN1 EN1	8x{1 x 15 on :00 Breaststroke SP3 S BR {1 x 10 on :30 Freestyle REC S FR 1x{3 x 225 on 3:15 Pulls EN1 P FR
400	{ br 9-7-5 by the 50 4 x 100 on 1:45 Individual Medley	EN1	{2 x 225 on 3:10 Pulls EN1 P FR {1 x 225 on 3:05 Pulls EN1 P FR
	2x{5 x 50 on :50 Your Stroke {5 x 50 on :45 Your Stroke	EN2 EN2	$1x\{4 \times 125 \text{ on } 1:45 \text{ Freestyle} $ EN2 S FR $\{1 \times 100 \text{ on } 1:30 \text{ Your Stroke} $ EN2 S STK
	{5 x 50 on :40 Your Stroke {1 x 100 on 2:00 Freestyle {3 x 100 on 2:00 Your Stroke ALL OUT!	EN2 REC EN3	$\{4 \times 125 \text{ on } 1:40 \text{ Freestyle}  \text{EN2}  \text{S}  \text{FR} \\ \{1 \times 100 \text{ on } 1:30 \text{ Your Stroke}  \text{EN2}  \text{S}  \text{STK} \}$
350	•	REC	{4 x 125 on 1:35 Freestyle EN2 S FR {1 x 100 on 1:30 Your Stroke EN2 S STK 250 1 x 250 on 5:00 Stroke Drills REC D CD
			7:00 AM 4,000 Yards - Stress Value = 54

# Workout #1146 - Wednesday, 20 December 2000 HighSchl - Sprint

# 1 minute rest between sets Group 3 - All 1 minute rest between sets

Yards	Set Description	EGY	WORK S		5:15 AM Start		
	=======================================	===		Yards	Set Description E	GY WOR	≀K S
	1 on 30:00 Stomach and Stretch		LΙ	=====	=======================================	:== ===	:= =
800	1 x 800 on 15:00 Reverse IM drill	REC	D	425	1 x 425 on 8:00 Choice R	REC	s c
180	12 x 15 on :30 Shooters	SP3	S	150	10 x 15 on :30 Cross pool sprints S	3P3	S C
1,150	1x{3 x 125 on 2:20 Kick	EN2	K (				P
	{4 x 100 on 1:50 Kick	EN2	K (		{5 x 75 on 1:10 Backstroke pulls E	EN1	S
	{5 x 75 on 1:20 Kick	EN2	K (		`	EN1	S
1,350	$1x{3 x 150 on 2:15 Lungbuster pulls}$	EN1	P		· · · · · · · · · · · · · · · · · · ·	EN1	SF
	{3 x 150 on 2:10 Lungbuster pulls	EN1	P		1x{3 x 200 on 3:00 Individual Medley E		S
	{3 x 150 on 2:05 Lungbuster pulls	EN1	P		- ·		S
	{ br 9-7-5 by the 50						S
400	4 x 100 on 1:45 Individual Medley	EN1	S		,		S
2,800	2x{2 x 200 on 3:00 Freestyle	EN2	S		{1 x 200 on 3:15 Individual Medley E		S
	{2 x 150 on 2:15 Freestyle	EN2	S		- · · · · · · · · · · · · · · · · · · ·		S
	{2 x 100 on 1:30 Freestyle	EN2	S	300	· · · · · · · · · · · · · · · · · · ·		D
	{2 x 50 on :45 Freestyle	EN2	S	300	6:31 AM 4,525 Yards - Stress Value = 6		D
	{1 x 400 on 8:00 Stroke Drills	REC	D (		0.31 Am 4,323 Talus - Stless Value - 0	1.1	
	{ #2 of each set 100%						

## Workout #1155 - Friday, 22 December 2000 Group 3 - All

#### 1 minute rest between sets

	5:00 PM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
	1 on 15:00 Stomach and Stretch		L
	1 on 10:00 Sculling drills	REC	D
1,000	1 x 1000 on 20:00 Vertical Kicking	EN2	K
180	$12 \times 15$ on :30 Pit sprints w/start	SP3	S
	3 on each stroke		
	1 on 10:00 Techniques-starts		D
1,400	7 x 200 on 2:45 Pulls	EN1	P
	3x{1 x 100 on 1:25 Individual Medley	EN2	S
	{1 x 100 on 1:20 Individual Medley	EN2	S
	{1 x 100 on 1:15 Individual Medley	EN2	S
	{3 x 100 on 1:45 Choice	REC	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
	7:01 PM 4,780 Yards - Stress Value = 5	9	

## Workout #1153 - Friday, 22 December 2000 HighSchl - All

## 1 minute rest between sets

	6:00 AM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
400	1 x 400 on 6:00 Freestyle	REC	D
200	8 x 25 on :25 Choice	EN2	S
1,200	12 x 100 on 1:15 Pulls	EN1	P
	$10x\{1 \ x \ 100 \ on \ 1:15 \ Individual \ Medley$	EN2	S
	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	S
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	REC	S
300	6 x 50 on 1:00 Stroke Drills	REC	D
	7:01 AM 4,100 Yards - Stress Value = 4	46	

## Workout #1154 - Friday, 22 December 2000 HighSchl - All

	3:00 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 15:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-drill swim	REC	
	no board		
150	10 x 15 on :30 Shooters	SP3	
1,000	10 x 100 on 1:45 Kick	EN2	
	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
	{1 x 300 on 3:45 Pulls	EN1	
	$1x\{8 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN2	
	{8 x 25 on :25 Butterfly	EN2	
	$\{8 \times 25 \text{ on } : 25 \text{ Freestyle}$	EN2	
	{8 x 25 on :25 Backstroke	EN2	
	$\{8 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN2	
	{8 x 25 on :25 Breaststroke	EN2	
1,350	$9 \times 150$ on 2:15 Descend in sets of 3	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	5:00 PM 5,900 Yards - Stress Value = 89		