

Workout #646 - Tuesday, 04 January 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|---|-----|-----|
| 5:30 PM Start | | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 1,000 | 5 x 200 on 4:00 Kick=des 1-4 hold #5 as fast as #4 | EN2 | |
| | 1x{2 x 250 on 3:30 Pulls | EN1 | |
| | {2 x 250 on 3:25 Pulls | EN1 | |
| | {3 x 250 on 3:20 Pulls | EN1 | |
| 300 | 6 x 50 on :45 Freestyle | EN1 | |
| | 2x{4 x 50 on 1:00 Breaststroke-descend | EN2 | |
| | {4 x 50 on :55 Breaststroke-descend | EN2 | |
| | {4 x 50 on :50 Breaststroke | EN2 | |
| | {8 x 25 on :30 Breast-hold the your { stroke count a.l.a.p | EN1 | |
| 400 | 4 x 100 on 1:30 Free-descend to ludicrous speed | EN2 | |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | |
| 7:29 PM 6,300 Yards - Stress Value = 83 | | | |

Workout #647 - Wednesday, 05 January 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|---|-----------------------------------|-----|------|-----|
| 5:30 AM Start | | | | |
| 400 | 1 x 400 on 8:00 Reverse IM drill | REC | D | |
| 210 | 14 x 15 on :30 Cross pool sprints | SP3 | S | |
| 1,000 | 5 x 200 on 3:00 Pulls | EN1 | P | |
| 150 | 3 x 50 on 1:00 Freestyle-build | EN1 | S | |
| | 1x{16 x 25 on :30 Butterfly | EN1 | S F | |
| | {8 x 50 on :55 Breaststroke | EN1 | S | |
| | {4 x 100 on 1:30 Backstroke | EN1 | S | |
| | {2 x 200 on 2:45 Freestyle | EN1 | S | |
| | {1 x 400 on 6:00 IM-for time | EN3 | S F | |
| 300 | 1 x 300 on 5:00 Choice | REC | D | |
| 6:46 AM 4,060 Yards - Stress Value = 60 | | | | |

Workout #649 - Thursday, 06 January 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|---|---|-----|------|-----|
| 5:15 PM Start | | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | L | |
| | 16 x 50 on 1:00 Stroke Drills | REC | D | |
| | 1 on 10:00 Techniques-free trns | | D | |
| | 1x{2 x 150 on 3:00 Kick | EN2 | K C | |
| | {2 x 150 on 2:50 Kick | EN2 | K C | |
| | {2 x 150 on 2:40 Kick | EN2 | K C | |
| | {1 x 100 on 2:00 Kick-for time | EN3 | K C | |
| 1,800 | 6 x 300 on 4:30 Lungbuster pulls br 3-5-7 by the 100 | EN1 | P | |
| 300 | 3 x 100 on 1:45 Individual Medley | EN1 | S | |
| | 1x{4 x 125 on 2:00 Backstroke | EN1 | S | |
| | {1 x 50 on 1:00 Back-90% effort | EN2 | S | |
| | {4 x 125 on 1:55 Backstroke | EN1 | S | |
| | {1 x 50 on 1:00 Back-90% effort | EN2 | S | |
| | {4 x 125 on 1:50 Backstroke | EN1 | S | |
| | {1 x 50 on 1:00 Backstroke | EN2 | S | |
| | {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 | | | | |

Workout #648 - Thursday, 06 January 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|--|---|-----|------|-----|
| 3:00 PM Start | | | | |
| | 1 on 15:00 Stretching | | L | |
| 500 | 1 x 500 on 8:00 Choice | REC | S C | |
| 500 | 5 x 100 on 2:00 Kick-odds fast | EN2 | K C | |
| 450 | 9 x 50 on :45 Descend in sets of 3 | EN1 | S | |
| 600 | 6 x 100 on 6:00 Your Stroke off the blocks | SP2 | S S | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | D C | |
| 1,050 | 14 x 75 on 1:30 Free-hold the fastest possible avg. time | EN3 | S | |
| 400 | 1 x 400 on 6:00 Stroke Drills | REC | D | |
| 4:59 PM 4,000 Yards - Stress Value = 137 | | | | |

Workout #650 - Monday, 10 January 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|--|--------------------------------|-----|-------|-----|
| 5:15 PM Start | | | | |
| | 1 on 30:00 Stomach and Stretch | | L | |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | D CHO | |
| | 2 on each rev IM ord | | | |
| 150 | 10 x 15 on :30 Shooters | SP3 | S FR | |
| 500 | 10 x 50 on 1:00 Kick | EN2 | K CHO | |
| 500 | 1 x 500 on 10:00 Kick-for time | EN3 | K CHO | |
| 1,800 | 3x{1 x 300 on 4:00 Pulls | EN1 | P FR | |
| | {1 x 200 on 2:50 Pulls | EN1 | P FR | |
| | {1 x 100 on 1:30 Pulls | EN1 | P FR | |
| 600 | 12 x 50 on :50 Choice | EN1 | S CHO | |
| 2,400 | 1x{2 x 500 on 6:05 Freestyle | EN3 | S FR | |
| | {1 on 1:00 Rest | | M | |
| | {2 x 400 on 4:50 Freestyle | EN3 | S FR | |
| | {1 on 1:00 Rest | | M | |
| | {2 x 300 on 3:40 Freestyle | EN3 | S FR | |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | D CD | |
| 7:45 PM 7,000 Yards - Stress Value = 214 | | | | |

Workout #651 - Tuesday, 11 January 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 4:00 PM Start | | | |
| 600 | 1 x 600 on 11:00 Swim-kick-pull-swim | REC | |
| 150 | 10 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 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 6:00 PM 6,050 Yards - Stress Value = 66 | | | |

Workout #652 - Wednesday, 12 January 2000

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

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---------------------------------------|-----|----|
| 5:30 AM | Start | | |
| 400 | 1 x 400 on 8:00 Reverse IM drill | REC | |
| 210 | 14 x 15 on :30 Cross pool sprints | SP3 | |
| 1,500 | 10 x 150 on 2:15 Pulls-mid 50 br ev 8 | EN1 | |
| 3x{ | 1 x 100 on 1:30 Freestyle | EN1 | |
| | {1 x 100 on 1:25 Freestyle | EN1 | |
| | {1 x 100 on 1:20 Freestyle | EN1 | |
| | {8 x 25 on :30 Free-count strokes | EN1 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 6:45 AM | 4,010 Yards - Stress Value = 38 | | |

Workout #655 - Friday, 14 January 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|--|-----|----|
| 5:15 PM | Start | | |
| 800 | 1 on 29:00 Stomach and Stretch | | |
| 150 | 8 x 100 on 2:00 Stroke Drills/odds free evens non free | REC | |
| 150 | 10 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 | |
| 1,600 | 8 x 200 on 2:30 Pulls | EN1 | |
| 1,000 | 10 x 100 on 1:30 Descend in sets of 3 hold 10 as fast as 9 | EN2 | |
| 1x{ | 1 x 250 on 4:30 Breaststroke | EN2 | |
| | {8 x 25 on :35 Breaststroke | EN2 | |
| | {1 x 250 on 4:20 Breaststroke | EN2 | |
| | {8 x 25 on :30 Breaststroke | EN2 | |
| | {1 x 250 on 4:10 Breaststroke | EN2 | |
| | {8 x 25 on :25 Breaststroke | EN2 | |
| | {1 x 250 on 4:00 Breaststroke | EN2 | |
| 100 | 1 x 100 on 2:00 Breast-for time-OTB | EN3 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 7:45 PM | 6,650 Yards - Stress Value = 101 | | |

Workout #653 - Wednesday, 12 January 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 5:15 PM | Start | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 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 | |
| 1,000 | 1 x 1000 on 15:00 Pulls | EN1 | |
| 1,000 | 2 x 500 on 7:00 Pulls | EN1 | |
| 300 | 12 x 25 on :30 Freestyle-build | EN1 | |
| 1x{ | 4 x 25 on :30 Butterfly | EN1 | |
| | {1 x 100 on 1:45 Butterfly | EN1 | |
| | {4 x 25 on :30 Butterfly | EN1 | |
| | {1 x 100 on 1:40 Butterfly | EN1 | |
| | {4 x 25 on :30 Butterfly | EN1 | |
| | {1 x 100 on 1:35 Butterfly | EN1 | |
| | {4 x 25 on :30 Butterfly | EN1 | |
| | {1 x 100 on 1:30 Butterfly | EN1 | |
| 400 | 4 x 100 on 1:30 Frees-dtls | EN3 | |
| 600 | 12 x 50 on 1:10 Stroke Drills | REC | |
| 7:43 PM | 6,050 Yards - Stress Value = 76 | | |

Workout #656 - Saturday, 15 January 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|----------|------------------------------------|-----|------|---|
| 7:30 AM | Start | | | |
| 825 | 1 on 30:00 Stomach and Stretch | | L | |
| 210 | 1 x 825 on 16:00 Freestyle | REC | S | |
| 210 | 14 x 15 on :30 Cross pool sprints | SP3 | S | |
| 6x{ | 1 x 100 on 2:00 Kick | EN1 | K | C |
| | {1 x 100 on 2:00 Kick | EN2 | K | |
| 2,000 | 5 x 400 on 5:30 Pulls | EN1 | P | |
| 200 | 8 x 25 on :30 Free-build | EN1 | S | |
| 1x{ | 1 x 200 on 3:00 Freestyle | EN1 | S | |
| | {1 x 100 on 1:45 Individual Medley | EN1 | S | |
| | {1 x 200 on 3:00 Freestyle | EN1 | S | |
| | {2 x 100 on 1:40 Individual Medley | EN1 | S | |
| | {1 x 200 on 3:00 Freestyle | EN1 | S | |
| | {3 x 100 on 1:35 Individual Medley | EN1 | S | |
| | {1 x 200 on 3:00 Freestyle | EN1 | S | |
| | {4 x 100 on 1:30 Individual Medley | EN1 | S | |
| 300 | 6 x 50 on 1:10 Stroke Drills | REC | D | |
| 10:00 AM | 6,535 Yards - Stress Value = 66 | | | |

Workout #654 - Wednesday, 12 January 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 5:15 PM | Start | | |
| 800 | 1 on 29:00 Stomach and Stretch | | |
| 150 | 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 #657 - Monday, 17 January 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|---------------------------------------|-----|-----|
| 6:30 PM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 900 | 10 x 15 on :30 Shooters | SP3 | |
| 1,050 | 18 x 50 on 1:00 Kick-des in sets of 3 | EN2 | |
| | 14 x 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 | | | |

| | | | |
|---|--------------------------------------|-----|--|
| | 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 x 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

1 minute rest between sets

Workout #658 - Tuesday, 18 January 2000

Group 3

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|---------------------------------------|-----|-----|
| 6:30 PM Start | | | |
| 800 | 1 on 29:00 Stomach and Stretch | | |
| 150 | 1 x 800 on 16:00 Reverse IM drill | REC | |
| 1,000 | 10 x 15 on :30 Shooters | SP3 | |
| | 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 | |
| 8:30 PM 4,950 Yards - Stress Value = 80 | | | |

5:15 PM Start

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 6:30 PM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 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 x 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

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 5:15 PM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 1,200 | 10 x 15 on :30 Shooters | SP3 | |
| | 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 | |
| | {1 x 25 on :30 Fly drill lt arm | 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 | | | |

Workout #659 - Wednesday, 19 January 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|---|-----------------------------------|-----|------|---|
| 5:30 AM Start | | | | |
| 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 x 500 on 7:00 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 x 75 on 1:00 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

| Yards | Set Description | EGY | WOF |
|---------------|-----------------|-----|-----|
| 5:15 PM Start | | | |

Workout #663 - Monday, 24 January 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WOF |
|---|--|-----|-----|
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | |
| | 1 on 10:00 Techniques-free trns | | |
| 8x{1 | x 50 on 1:00 Kick | EN1 | |
| | {1 x 100 on 1:45 Kick | EN2 | |
| 1x{8 | x 75 on 1:05 Pulls | EN1 | |
| | {8 x 75 on 1:00 Pulls | EN1 | |
| | {8 x 75 on :55 Pulls | EN1 | |
| 200 | 8 x 25 on :30 IM order-build | EN1 | |
| 1,600 | 4 x 400 on 5:30 Free-des 1-3 hold #4 as fast as #3 | EN2 | |
| 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 1:10 Stroke Drills | REC | |
| 7:45 PM 6,400 Yards - Stress Value = 78 | | | |

Workout #664 - Monday, 24 January 2000

Group 3 - All

1 minute rest between sets

6:30 PM Start

| Yards | Set Description | EGY | WC |
|---|--|-----|----|
| | 1 on 29:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 1,000 | 10 x 100 on 2:00 Kick-des in sets of3 hold #9 as fast as10 | EN2 | |
| 1,500 | 10 x 150 on 2:15 Pulls-odds br 3-5-7 evns br 10 on last50 | EN1 | |
| 7x{1 | x 25 on :40 Breaststroke | EN1 | |
| | {1 x 25 on :35 Breaststroke | EN1 | |
| | {1 x 25 on :30 Breaststroke | EN1 | |
| | {1 x 25 on :25 Breaststroke | EN1 | |
| | { odd sets fast | | |
| | { even sets drill | | |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | |
| 8:30 PM 4,450 Yards - Stress Value = 49 | | | |

Workout #665 - Wednesday, 26 January 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 | |
| 210 | 14 x 15 on :30 Cross pool sprints | SP3 | |
| 1,500 | 5 x 300 on 4:30 Pulls | EN1 | |
| 200 | 8 x 25 on :30 Freestyle-build | EN1 | |
| 1x{6 | x 100 on 1:20 Freestyle | EN2 | |
| | {5 x 100 on 1:15 Freestyle | EN2 | |
| | {4 x 100 on 1:10 Freestyle | EN2 | |
| | {3 x 100 on 1:05 Freestyle | EN2 | |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | |
| 6:45 AM 4,360 Yards - Stress Value = 61 | | | |

Workout #666 - Wednesday, 26 January 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WOF |
|-------|-----------------|-----|-----|
| | | | |

=====

| 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 | |
| 1,200 | 16 x 75 on 1:30 Kick odds fast | EN2 | |
| 1x{1 | x 400 on 6:00 Pulls | EN1 | |
| | {2 x 300 on 4:30 Pulls | EN1 | |
| | {3 x 200 on 3:00 Pulls | EN1 | |
| | {4 x 100 on 1:30 Pulls | EN1 | |
| 300 | 3 x 100 on 1:30 Freestyle-build | EN1 | |
| 1x{3 | x 250 on 3:45 Backstroke | EN1 | |
| | {3 x 150 on 2:15 Backstroke | EN1 | |
| | {3 x 50 on :45 Backstroke | EN1 | |
| 400 | 16 x 25 on :30 Free-odds trn drill evns finish-build into walls | EN1 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| 7:44 PM 6,400 Yards - Stress Value = 71 | | | |

Workout #667 - Thursday, 27 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 | |
| 3x{1 | x 150 on 3:00 Kick | EN2 | |
| | {1 x 100 on 2:00 Kick | EN2 | |
| | {1 x 50 on 1:00 Freestyle | EN2 | |
| 100 | 1 x 100 on 3:00 Kick for time | EN2 | |
| 1,000 | 20 x 50 on 1:00 Pulls-nbbf&w | EN1 | |
| 600 | 12 x 50 on :45 Freestyle | EN1 | |
| 2x{1 | x 200 on 3:20 Butterfly w/ fins | EN1 | |
| | {1 x 175 on 2:55 Butterfly w/ fins | EN1 | |
| | {1 x 150 on 2:30 Butterfly w/ fins | EN1 | |
| | {1 x 125 on 2:05 Butterfly w/ fins | EN1 | |
| | {1 x 100 on 1:40 Butterfly w/ fins | EN1 | |
| | {1 x 75 on 1:15 Butterfly w/ fins | EN1 | |
| | {1 x 50 on :50 Butterfly w/ fins | EN1 | |
| | {1 x 25 on :25 Butterfly w/ fins | EN1 | |
| 500 | 20 x 25 on :30 Stroke Drills 5 on E | REC | |
| 7:43 PM 5,850 Yards - Stress Value = 60 | | | |

Workout #668 - Friday, 28 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 | |
| | 1 on 15:00 Techniques-starts | | |
| 1,000 | 10 x 100 on 2:00 Kick-hold the time I give you | EN2 | |
| 1,200 | 12 x 100 on 1:30 Lungbuster pulls | EN1 | |
| 200 | 8 x 25 on :30 IM order build | EN1 | |
| 8x{1 | x 100 on 1:30 Individual Medley | EN1 | |
| | {1 x 50 on :45 Freestyle | EN1 | |
| | {1 x 50 on 1:00 Stroke Drills | REC | |
| 200 | 1 x 200 on 3:00 Stroke Drill | REC | |
| | 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

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 8:00 AM Start | | | |
| 800 | 1 on 20:00 Stomach and Stretch | | |
| | 1 x 800 on 20:00 Reverse IM drill | REC | |
| | 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 | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 7:30 AM Start | | | |
| | 1 on 30:00 Stomach and Stretch | | |
| 825 | 1 x 825 on 16:00 Swim-kick-pull-swim | REC | |
| 420 | 14 x 30 on :30 Cross pool sprints | SP3 | |
| | 3x{1 x 200 on 4:00 IM kick-no board | EN1 | |
| | {4 x 50 on 1:00 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

| Yards | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 5:15 PM Start | | | |
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :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 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 | |
| 200 | 8 x 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 | | | |

Workout #672 - Tuesday, 01 February 2000

Group 3 - All

1 minute rest between sets

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

| | | | |
|---|---|-----|--|
| 150 | 10 x 15 on :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{4 x 150 on 2:20 Pulls-mid 50 br ev 8 | EN1 | |
| | {4 x 150 on 2:15 Pulls-mid 50 br ev 8 | EN1 | |
| | {4 x 150 on 2:10 Pulls-mid 50 br ev 8 | EN1 | |
| 300 | 3 x 100 on 1:30 Free-descend | EN1 | |
| | 7x{8 x 25 on :30 Butterfly | EN2 | |
| | {1 on 1:00 Rest | | |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | |
| 7:45 PM 5,700 Yards - Stress Value = 79 | | | |

Workout #673 - Wednesday, 02 February 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|------------------------------------|-----|------|
| 5:30 AM Start | | | |
| 400 | 1 x 400 on 8:00 Reverse IM drill | REC | D |
| 150 | 10 x 15 on :30 Cross pool sprints | SP3 | S |
| 1,000 | 8 x 125 on 2:00 Pulls-1 br last 25 | EN1 | P |
| | 1x{8 x 50 on :45 Freestyle | EN1 | S |
| | {6 x 75 on 1:05 Freestyle | EN1 | S |
| | {4 x 100 on 1:30 Freestyle | EN1 | S |
| | {6 x 75 on 1:00 Freestyle | EN1 | S |
| | {8 x 50 on :40 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

| Yards | Set Description | EGY | WORK |
|---|-----------------------------------|-----|------|
| 5:15 PM Start | | | |
| | 1 on 30:00 Stomach and Stretch | | L |
| 1,000 | 10 x 100 on 2:00 Stroke Drills | REC | D C |
| 150 | 10 x 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 x 50 on :50 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

| Yards | Set Description | EGY | WOF |
|---|---------------------------------------|-----|-----|
| 800 | 1 on 30:00 Stomach and Stretch | REC | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 1,000 | 12x{1 x 13 on :00 Butterfly | SP3 | |
| | {1 x 12 on :30 Freestyle | REC | |
| 1,000 | 10 x 100 on 2:00 Kick-odds all out!!! | EN2 | |
| | 1x{2 x 200 on 2:45 Pulls | EN1 | |
| | {2 x 200 on 2:40 Pulls | EN1 | |
| | {2 x 200 on 2:35 Pulls | EN1 | |
| | {2 x 200 on 2:30 Pulls | EN1 | |
| 600 | 12 x 50 on :45 Descend in sets of 3 | EN1 | |
| | 1x{8 x 75 on 1:10 Backstroke | EN2 | |
| | {7 x 75 on 1:05 Backstroke | EN2 | |
| | {6 x 75 on 1:00 Backstroke | EN2 | |
| | {5 x 75 on :55 Backstroke | EN2 | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | |
| 7:41 PM 6,750 Yards - Stress Value = 87 | | | |

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|--|---------------------------------------|-----|-----|
| 800 | 1 on 29:00 Stomach and Stretch | | |
| 800 | 16 x 50 on 1:00 Stroke Drills 4 on E | REC | |
| | 1 on 10:00 Techniques-open turn | | |
| | 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 |
| | 1x{4 x 125 on 2:00 Pulls | | EN1 |
| | {4 x 125 on 1:55 Pulls | | EN1 |
| | {4 x 125 on 1:50 Pulls | | EN1 |
| 450 | 9 x 50 on :45 Free-des in sets of 3 | EN1 | |
| 2,400 | 3 x 800 on 12:00 Free-hold the time I | EN3 | |
| | give you | | |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | |
| 7:45 PM 6,450 Yards - Stress Value = 183 | | | |

Workout #676 - Friday, 04 February 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|---------------------------------------|-----|-----|
| 1,000 | 1 on 30:00 Stomach and Stretch | | |
| 1,000 | 10 x 100 on 2:00 Stroke Drills | REC | |
| | odds free evens strk | | |
| 1,050 | 1 on 10:00 Techniques-starts | | |
| | 21 x 50 on 1:00 Kick-des in sets of 3 | EN2 | |
| | 1x{2 x 100 on 1:40 Pulls | EN1 | |
| | {2 x 100 on 1:35 Pulls | EN1 | |
| | {2 x 100 on 1:30 Pulls | EN1 | |
| | {2 x 100 on 1:25 Pulls | EN1 | |
| | {2 x 100 on 1:20 Pulls | EN1 | |
| | {2 x 100 on 1:15 Pulls | EN1 | |
| | 1 on 20:00 killer relays | SP1 | |
| 1,200 | 12 x 100 on 1:45 3 on each stroke #1 | EN1 | |
| | kick, #2 drill #3bld | | |
| 7:38 PM 4,450 Yards - Stress Value = 45 | | | |

Workout #679 - Tuesday, 08 February 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---|---------------------------------------|-----|-----|
| 800 | 1 on 30:00 Stomach and Stretch | | |
| | 8 x 100 on 2:00 Stroke Drills Odds | REC | |
| 150 | free evens stroke | | |
| | 10 x 15 on :30 Shooters | | SP3 |
| | 5x{1 x 100 on 2:00 Kick | | EN2 |
| | {1 x 100 on 1:45 Kick | | EN2 |
| | 1x{2 x 150 on 2:20 Pulls-nbbf&w | | EN1 |
| | {2 x 150 on 2:15 Pulls-nbbf&w | | EN1 |
| | {2 x 150 on 2:10 Pulls-nbbf&w | | EN1 |
| | {2 x 150 on 2:05 Pulls-nbbf&w | | EN1 |
| 1,000 | 10 x 100 on 1:30 Descend in sets of 3 | EN1 | |
| | hold 10 as fast as 9 | | |
| | 1x{3 x 200 on 3:00 Backstroke | | EN2 |
| | {3 x 175 on 2:40 Backstroke | | EN2 |
| | {3 x 150 on 2:15 Breaststroke | | EN2 |
| | {3 x 125 on 1:55 Backstroke | | EN2 |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 7:42 PM 6,500 Yards - Stress Value = 87 | | | |

Workout #677 - Saturday, 05 February 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 825 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 1 x 825 on 16:00 Swim-kick-pull-swim | REC | |
| | 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 x 200 on 3:30 100 drill 100 fast | EN2 | |
| | {1 x 200 on 3:30 50 drill 150 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 | | | |

Workout #680 - Wednesday, 09 February 2000

Group 3 - All

1 minute rest between sets

| 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 x 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 = 130 | | | |

Workout #678 - Monday, 07 February 2000

Workout #681 - Wednesday, 09 February 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WOF |
|-------|--------------------------------------|-----|-----|
| | 1 on 29:00 Stomach and Stretch | | |
| 1,000 | 20 x 50 on 1:00 Stroke Drills | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| | 1x{3 x 75 on 1:35 Kick | EN2 | |
| | {3 x 75 on 1:30 Kick | EN2 | |
| | {3 x 75 on 1:25 Kick | EN2 | |
| | {3 x 75 on 1:20 Kick | EN2 | |
| 1,600 | 8 x 200 on 2:45 Pulls-br 3-5-7-5 odd | EN1 | |
| 600 | 12 x 50 on :50 odds free evens strk | EN1 | |
| | 1x{4 x 25 on :30 Butterfly | EN2 | |
| | {4 x 25 on :30 Freestyle | EN1 | |
| | {4 x 50 on :55 Butterfly | EN2 | |
| | {4 x 50 on :55 Freestyle | EN1 | |
| | {4 x 75 on 1:20 Butterfly | EN2 | |
| | {4 x 75 on 1:20 Freestyle | EN1 | |
| | {4 x 100 on 1:40 Butterfly | EN2 | |
| | {4 x 100 on 1:40 Freestyle | EN1 | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | |

7:45 PM 6,450 Yards - Stress Value = 74

Workout #682 - Thursday, 10 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 | 10 x 15 on :30 Shooters | SP3 | |
| 1,000 | 8 x 125 on 2:15 Kick | EN2 | |
| | 1x{2 x 300 on 4:30 Pulls | EN1 | |
| | {2 x 300 on 4:20 Pulls | EN1 | |
| | {2 x 300 on 4:10 Pulls | EN1 | |
| 450 | 9 x 50 on :45 Descend in sets of 3 | EN1 | |
| | 4x{3 x 100 on 1:45 Breaststroke | EN2 | |
| | {4 x 25 on :45 Breast-odds off the | EN2 | |
| | { blocks-count yr strk | | |
| 300 | 12 x 25 on :40 Stroke Drills | REC | |

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

Workout #683 - Monday, 14 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 | 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 x 125 on 1:55 Freestyle | EN2 | |
| | {1 on 1:00 Rest | | |
| | {4 x 125 on 1:50 Freestyle | EN2 | |
| | {1 on 1:00 Rest | | |
| | {4 x 125 on 1:45 Freestyle | EN2 | |

500 10 x 50 on 1:00 Stroke Drills REC
7:44 PM 6,250 Yards - Stress Value = 88

Workout #684 - Monday, 14 February 2000

Group 3 - Platinum

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WOF |
|-------|--------------------------------------|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 600 | 1 x 600 on 16:00 Swim-kick-pull-swim | 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 | |
| | {1 x 50 on 1:00 Kick | EN2 | |
| 100 | 1 x 100 on 2:00 Kick for time | EN3 | |
| 1,200 | 1x{2 x 200 on 3:45 Pulls | EN1 | |
| | {2 x 200 on 3:40 Pulls | EN1 | |
| | {2 x 200 on 3:35 Pulls | EN1 | |
| 300 | 12 x 25 on :30 IM order | EN1 | |
| 1,600 | 1x{4 x 100 on 2:00 Freestyle | EN2 | |
| | {1 on 1:00 Rest | | |
| | {4 x 100 on 1:55 Freestyle | EN2 | |
| | {1 on 1:00 Rest | | |
| | {4 x 100 on 1:50 Freestyle | EN2 | |
| | {1 on 1:00 Rest | | |
| | {4 x 100 on 1:45 Freestyle | EN2 | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | |

7:38 PM 5,050 Yards - Stress Value = 77

Workout #686 - Tuesday, 15 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 | 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 | 4 x 100 on 1:30 Descend to ludicrous | EN2 | |
| | speed | | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |

7:43 PM 6,550 Yards - Stress Value = 88

Workout #685 - Tuesday, 15 February 2000

Group 3 - Platinum

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STP |
|---|--|-----|------|-----|
| 5:15 PM Start | | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | L | |
| 800 | 16 x 50 on 1:00 Stroke Drills odds free evens strk | REC | D | IN |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | BF |
| 800 | 16 x 50 on 1:10 Kick with flippers | EN2 | K | CHC |
| 1,200 | 12 x 100 on 1:30 Lungbuster pulls odds br 3-5-7-9 evens br 2-4-6-8 | EN1 | P | FF |
| 450 | 9 x 50 on :55 Descend in sets of 3 | EN1 | S | FF |
| 400 | 2 x 200 on 8:00 Broken at the 50 rest 10,20,& 30 secs | SP2 | S | CHC |
| 1,000 | 10 x 100 on 2:00 Individual Medley odds drill evns buld | EN1 | S | IM |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | CI |
| 7:38 PM 5,000 Yards - Stress Value = 88 | | | | |

Workout #687 - Wednesday, 16 February 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|---|-----|------|
| 5:30 AM Start | | | |
| 400 | 1 x 400 on 8:00 Swim-kick-pull-swim | REC | S |
| 210 | 14 x 15 on :30 Cross pool sprints | SP3 | S |
| 900 | 12 x 75 on 1:30 25 ki 25 dr 25 bu 3 on each stroke | EN1 | S |
| 1,000 | 1 x 1000 on 15:00 Pulls | EN1 | P |
| | 1x{2 x 200 on 2:45 Freestyle | EN2 | S |
| | {2 x 200 on 2:40 Freestyle | EN2 | S |
| | {2 x 200 on 2:35 Freestyle | EN2 | S |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | I |
| 6:44 AM 4,010 Yards - Stress Value = 51 | | | |

Workout #688 - Wednesday, 16 February 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|---|-----|-----|
| 5:15 PM Start | | | |
| 800 | 1 on 15:00 Stretching | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 10 x 15 on :30 Shooters | SP3 | |
| | 1x{4 x 75 on 1:30 Kick | EN2 | |
| | {4 x 75 on 1:25 Kick | EN2 | |
| | {4 x 75 on 1:20 Kick | EN2 | |
| 1,000 | 8 x 125 on 1:50 Pulls last 25 1 breath | EN1 | |
| 300 | 3 x 100 on 1:30 Free-descend | EN1 | |
| | 1x{4 x 25 on :35 Breaststroke | EN2 | |
| | {4 x 25 on :30 Breaststroke | EN2 | |
| | {4 x 25 on :25 Breaststroke | EN2 | |
| | {3 x 50 on 1:00 Breaststroke | EN2 | |
| | {3 x 50 on :55 Breaststroke | EN2 | |
| | {3 x 50 on :50 Breaststroke | EN2 | |
| | {2 x 75 on 1:25 Breaststroke | EN2 | |
| | {2 x 75 on 1:20 Breaststroke | EN2 | |
| | {2 x 75 on 1:15 Breaststroke | EN2 | |
| | {1 x 100 on 1:45 Breaststroke | EN2 | |
| | {1 x 100 on 1:40 Breaststroke | EN2 | |
| 100 | 1 x 100 on 1:35 Breaststroke | EN2 | |
| 300 | 12 x 25 on :30 IM order | EN1 | |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | |
| 7:15 PM 5,200 Yards - Stress Value = 70 | | | |

Workout #689 - Wednesday, 16 February 2000

Group 3 - Platinum

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---|---------------------------------------|-----|----|
| 5:15 PM Start | | | |
| 800 | 1 on 15:00 Stretching | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 10 x 15 on :30 Shooters | SP3 | |
| 900 | 1x{4 x 75 on 1:30 Kick | EN2 | |
| | {4 x 75 on 1:25 Kick | EN2 | |
| | {4 x 75 on 1:20 Kick | EN2 | |
| 1,000 | 10x{1 x 50 on 1:00 Pulls | EN1 | |
| | {1 x 50 on :45 Freestyle | EN1 | |
| 800 | 1x{1 x 100 on 2:00 Individual Medley | EN1 | |
| | {1 x 100 on 1:30 Freestyle | EN1 | |
| | {1 x 100 on 1:45 Butterfly | EN1 | |
| | {1 x 100 on 1:30 Freestyle | EN1 | |
| | {1 x 100 on 1:40 Backstroke | EN1 | |
| | {1 x 100 on 1:30 Freestyle | EN1 | |
| | {1 x 100 on 1:50 Breaststroke | EN1 | |
| | {1 x 100 on 1:30 Freestyle | EN1 | |
| 100 | 1 x 100 on 2:00 Individual Medley | EN1 | |
| 900 | 18 x 50 on 1:00 Free-des in sets of 3 | EN1 | |
| 350 | 7 x 50 on 1:00 Stroke Drills | REC | |
| 7:14 PM 5,000 Yards - Stress Value = 52 | | | |

Workout #690 - Thursday, 17 February 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 6:30 PM Start | | | |
| 800 | 1 on 28:00 Stomach and Stretch | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 10 x 15 on :30 Shooters | SP3 | |
| 750 | 15 x 50 on 1:00 Kick-descend in 3's | EN2 | |
| 1,500 | 6 x 250 on 3:30 Pulls | EN1 | |
| 200 | 8 x 25 on :30 IM order build | EN1 | |
| | 8x{1 x 100 on 1:15 Individual Medley | EN2 | |
| | {1 x 50 on :35 Freestyle | EN2 | |
| | {1 x 50 on :55 Freestyle | REC | |
| 200 | 1 x 200 on 3:00 Choice | REC | |
| 8:30 PM 5,200 Yards - Stress Value = 62 | | | |

Workout #691 - Thursday, 17 February 2000

Group 3 - Platinum

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|---|--------------------------------------|-----|------|---|
| 6:30 PM Start | | | | |
| 800 | 1 on 28:00 Stomach and Stretch | | L | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | S | |
| | 10 x 15 on :30 Shooters | SP3 | S | |
| 700 | 7 x 100 on 2:10 Kick- odds fast | EN2 | S | C |
| 1,000 | 1 x 1000 on 15:00 Pulls | EN1 | P | |
| 1,000 | 2 x 500 on 7:30 Freestyle | EN1 | S | |
| 500 | 20 x 25 on :30 Odds free evens strk | EN1 | S | C |
| 350 | 7 x 50 on 1:00 Stroke Drills | REC | D | |
| 8:28 PM 4,500 Yards - Stress Value = 45 | | | | |

Workout #693 - Friday, 18 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 | | I |
| 1,000 | 10 x 100 on 2:00 Stroke Drills-odds | REC | I |
| 150 | 10 x 15 on :30 Shooters | SP3 | S |
| | free evens stroke | | |
| 1,000 | 10 x 100 on 1:45 Kick | EN2 | F |
| 1,000 | 20 x 50 on 1:00 Pulls-nbbf&w | EN1 | F |
| 300 | 12 x 25 on :30 IM order-build | EN1 | S |
| | 4x{5 x 100 on 1:05 Freestyle | EN3 | S |
| | {1 on 1:35 Rest | | M |
| 500 | 20 x 25 on :40 Stroke Drills | REC | I |
| | 7:42 PM 5,950 Yards - Stress Value = 159 | | |

| | | | |
|-----|---|-----|-----|
| | 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 | |
| | 1x{2 x 150 on 3:10 Kick | | EN2 |
| | {2 x 150 on 3:05 Kick | | EN2 |
| | {2 x 150 on 3:00 Kick | | EN2 |
| | {2 x 150 on 2:55 Kick | | EN2 |
| | 1x{2 x 250 on 3:45 Pulls | | EN1 |
| | {2 x 200 on 3:00 Pulls | | EN1 |
| | {2 x 150 on 2:15 Pulls | | EN1 |
| | {2 x 100 on 1:30 Pulls | | EN1 |
| | {2 x 50 on :45 Pulls | | EN1 |
| 300 | 12 x 25 on :30 IM order-build | | EN1 |
| | 4x{3 x 50 on :50 Freestyle | | EN1 |
| | {3 x 50 on :45 Freestyle | | EN1 |
| | {3 x 50 on :40 Freestyle | | EN1 |
| | {1 on :15 Rest | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | |
| | 9:54 AM 6,025 Yards - Stress Value = 66 | | |

Workout #692 - Friday, 18 February 2000

Group 3 - Platinum

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | I |
| 1,000 | 10 x 100 on 2:00 Stroke Drills | REC | I |
| | odds free evens strk | | |
| 150 | 10 x 15 on :30 Shooters | SP3 | S |
| 700 | 1x{3 x 100 on 2:15 Kick | EN2 | F |
| | {2 x 100 on 2:05 Kick | EN2 | F |
| | {2 x 100 on 2:00 Kick | EN2 | F |
| 500 | 10 x 50 on 1:00 Pulls-nbbf&w | EN1 | F |
| 1,500 | 1x{3 x 100 on 1:50 25 fr 50 strk 25 fr | EN1 | S |
| | {3 x 100 on 1:45 25fr 50 strk 25 fr | EN1 | S |
| | {3 x 100 on 1:40 25 fr 50 strk 25 fr | EN1 | S |
| | {3 x 100 on 1:35 25 fr 50 strk 25 fr | EN1 | S |
| | {3 x 100 on 1:30 25 fr 50 strk 25 fr | EN1 | S |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | I |
| | 7:08 PM 4,050 Yards - Stress Value = 40 | | |

Workout #696 - Tuesday, 22 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 | |
| | 1 on 10:00 Techniques-free trns | | |
| | 1x{4 x 125 on 2:30 Kick | | EN2 |
| | {4 x 75 on 1:30 Kick | | EN2 |
| | {4 x 25 on :30 Kick | | EN2 |
| | 1x{4 x 150 on 2:10 Pulls-mid 50 br ev 6 | | EN1 |
| | {4 x 150 on 2:05 Pulls-mid 50 br ev 8 | | EN1 |
| | {4 x 150 on 2:00 Pulls-mid 50 br ev10 | | EN1 |
| 600 | 12 x 50 on :45 Descend in sets of 3 | | EN1 |
| | 1x{1 x 100 on 1:30 Freestyle | | EN1 |
| | {1 x 200 on 3:00 Freestyle | | EN1 |
| | {1 x 300 on 4:30 Freestyle | | EN1 |
| | {1 x 400 on 6:00 Freestyle | | EN1 |
| | {1 x 400 on 5:00 Freestyle | | EN2 |
| | {1 x 300 on 3:45 Freestyle | | EN2 |
| | {1 x 200 on 2:30 Freestyle | | EN2 |
| | {1 x 100 on 1:15 Freestyle | | EN2 |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| | 7:44 PM 6,500 Yards - Stress Value = 72 | | |

Workout #694 - Saturday, 19 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 | | |
| 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 x 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 x 100 on 5:00 Free-broken at the | SP2 | |
| | {25-10 seconds R.I. | | |
| 175 | 7 x 25 on :30 Stroke Drills | REC | |
| | 9:31 AM 4,000 Yards - Stress Value = 65 | | |

Workout #697 - Tuesday, 22 February 2000

Group 3 - Platinum

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-free 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 #695 - Saturday, 19 February 2000

Group 3 - All

1 minute rest between sets

7:30 AM Start

| Yards | Set Description | EGY | WOF |
|-------|-----------------|-----|-----|
| | | | |

Workout #698 - Wednesday, 23 February 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STP |
|---|-----------------------------------|-----|------|-----|
| 5:30 AM Start | | | | |
| 400 | 1 x 400 on 8:00 Reverse IM drill | REC | D | |
| 210 | 14 x 15 on :30 Cross pool sprints | SP3 | S | |
| 1,200 | 12 x 100 on 1:30 Lungbuster pulls | EN1 | P | |
| 300 | 3 x 100 on 1:30 Freestyle-build | EN1 | S | |
| 2x{ | 1 x 150 on 2:05 Freestyle | EN2 | S | |
| | { 1 x 150 on 2:00 Freestyle | EN2 | S | |
| | { 1 x 150 on 1:55 Freestyle | EN2 | S | |
| | { 1 x 150 on 1:50 Freestyle | EN2 | S | |
| | { 1 x 150 on 1:45 Freestyle | EN2 | S | |
| | { 1 x 150 on 1:40 Freestyle | EN2 | S | |
| | { 1 on 1:00 Rest | M | | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | |
| 6:41 AM 4,110 Yards - Stress Value = 59 | | | | |

Workout #699 - Wednesday, 23 February 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STP |
|---|---------------------------------|-----|------|-----|
| 5:15 PM Start | | | | |
| | 1 on 30:00 Stomach and Stretch | | L | |
| 1,000 | 10 x 100 on 2:00 Stroke Drills | REC | D | CHC |
| | odds free evens strk | | | |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | BF |
| 5x{ | 1 x 100 on 2:00 Kick | EN2 | K | CHC |
| | { 1 x 100 on 1:45 Kick | EN2 | K | CHC |
| 1x{ | 2 x 200 on 3:00 Pulls | EN1 | P | FF |
| | { 2 x 200 on 2:50 Pulls | EN1 | P | FF |
| | { 2 x 200 on 2:40 Pulls | EN1 | P | FF |
| 200 | 1 x 200 on 3:00 Freestyle-build | EN1 | S | FF |
| 1x{ | 3 x 100 on 1:40 Backstroke | EN2 | S | FF |
| | { 3 x 100 on 1:35 Backstroke | EN2 | S | BF |
| | { 3 x 100 on 1:30 Backstroke | EN2 | S | BF |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | CHC |
| 1x{ | 2 x 100 on 1:35 Backstroke | EN2 | S | BF |
| | { 2 x 100 on 1:30 Backstroke | EN2 | S | BF |
| | { 2 x 100 on 1:25 Backstroke | EN2 | S | BF |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | CHC |
| 1x{ | 1 x 100 on 1:30 Backstroke | EN2 | S | BF |
| | { 1 x 100 on 1:25 Backstroke | EN2 | S | BF |
| | { 1 x 100 on 1:20 Backstroke | EN2 | S | BF |
| 500 | 20 x 25 on :30 Stroke Drills | REC | D | CI |
| 7:44 PM 6,250 Yards - Stress Value = 76 | | | | |

Workout #700 - Wednesday, 23 February 2000

Group 3 - Platinum

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STP |
|---------------|-------------------------------------|-----|------|-----|
| 5:15 PM Start | | | | |
| | 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 | C |
| 500 | 1x{ 1 x 100 on 2:15 Kick | EN2 | K | C |
| | { 1 x 100 on 2:10 Kick | EN2 | K | C |
| | { 1 x 100 on 2:05 Kick | EN2 | K | C |
| | { 1 x 100 on 2:00 Kick | EN2 | K | C |
| | { 1 x 100 on 1:55 Kick | EN2 | K | C |
| 500 | 10 x 50 on 1:00 Pulls-nbbf&w | EN1 | P | |
| 100 | 4 x 25 on :30 Choice-build | EN1 | S | C |
| 200 | 1 x 200 on 8:00 Broken at each 50 | SP2 | S | C |
| | rest 10, 20, 30 secs | | | |
| 400 | 2x{ 1 x 100 on 2:00 Your Stroke | EN1 | S | S |
| | { 1 x 100 on 1:45 Individual Medley | EN1 | S | |

350 14 x 25 on :45 Stroke Drills REC D
7:06 PM 3,000 Yards - Stress Value = 46

Workout #702 - Thursday, 24 February 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STP |
|---|------------------------------------|-----|------|-----|
| 5:15 PM Start | | | | |
| | 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 | E |
| 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 x 200 on 3:30 Breaststroke | EN2 | S | F |
| | { 3 x 150 on 2:35 Breaststroke | EN2 | S | F |
| | { 4 x 100 on 1:40 Breaststroke | EN1 | S | F |
| | { 5 x 50 on :50 Breaststroke | EN2 | S | F |
| | { 6 x 25 on 1:00 Breaststroke-odds | EN2 | S | F |
| | { off the blocks | | | |
| 100 | 1 x 100 on 2:00 Freestyle | REC | S | F |
| 1x{ | 4 x 25 on :30 Freestyle | EN1 | S | F |
| | { 4 x 25 on :25 Freestyle | EN1 | S | F |
| | { 4 x 25 on :20 Freestyle | EN2 | S | F |
| | { 4 x 25 on :15 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

| Yards | Set Description | EGY | WORK | STP |
|---|--------------------------------------|-----|------|-----|
| 5:15 PM Start | | | | |
| | 1 on 29:00 Stomach and Stretch | | | I |
| 600 | 12 x 50 on 1:10 Stroke Drills | REC | I | |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | |
| 400 | 8 x 50 on 1:00 Kick-des in sets of 4 | EN2 | K | |
| 800 | 4 x 200 on 3:30 Pulls | EN1 | P | |
| 400 | 1x{ 2 x 50 on :55 Your Stroke | EN1 | S | |
| | { 2 x 50 on 1:00 Freestyle | EN1 | S | |
| | { 2 x 50 on 1:00 Your Stroke | EN1 | S | |
| | { 2 x 50 on :55 Freestyle | EN1 | S | |
| 200 | 1 x 200 on 4:00 Individual Medley | EN1 | S | |
| 400 | 16 x 25 on :40 1-8 choice 9-16 drill | EN1 | S | |
| 6:54 PM 2,950 Yards - Stress Value = 32 | | | | |

Workout #703 - Friday, 25 February 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 5:15 PM Start | | | |
| | 1 on 29:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| | 2x{4 x 50 on 1:00 Kick | EN2 | |
| | {4 x 50 on :55 Kick | EN2 | |
| | {4 x 50 on :50 Kick | EN2 | |
| | {1 on :30 Rest | | |
| | 1x{2 x 400 on 5:20 Pulls | EN1 | |
| | {2 x 300 on 4:00 Pulls | EN1 | |
| | {2 x 200 on 2:40 Pulls | EN1 | |
| 300 | 4 x 75 on 1:20 IM (no free) build | EN1 | |
| | 5x{4 x 50 on 1:00 Butterfly | EN2 | |
| | {2 x 25 on :35 Butterfly | EN2 | |
| | {2 x 25 on :30 Butterfly | EN2 | |
| | {2 x 25 on :25 Butterfly | EN2 | |
| | {1 on :30 Rest | | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| 7:45 PM 6,200 Yards - Stress Value = 86 | | | |

Workout #706 - Saturday, 26 February 2000

Group 3 - Tim and David

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|---|-----|-----|
| 7:30 AM Start | | | |
| | 1 on 30:00 Stomach and Stretch | | |
| 825 | 1 x 825 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 750 | 15 x 50 on 1:00 Kick-des in sets of 3 | EN2 | |
| 300 | 12 x 25 on :30 IM order-build | EN1 | |
| 400 | 2 x 200 on 8:00 Broken at each 50 for 10, 20, and 30 secs | SP2 | |
| 400 | 1 x 400 on 8:00 Reverse IM drill | REC | |
| | 1x{5 x 50 on :45 Freestyle | EN1 | |
| | {3 x 100 on 1:40 Individual Medley | EN1 | |
| | {5 x 50 on 1:00 Breaststroke | EN1 | |
| | {3 x 100 on 1:35 Individual Medley | EN1 | |
| | {5 x 50 on :50 Backstroke | EN1 | |
| | {3 x 100 on 1:30 Individual Medley | EN1 | |
| | {5 x 50 on :55 Butterfly | EN1 | |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | |
| 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

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 5:15 PM Start | | | |
| | 1 on 29:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 900 | 6 x 150 on 3:00 Kick | EN2 | |
| 1,200 | 6 x 200 on 3:00 Free-last 50 br ev 9 | EN1 | |
| 150 | 3 x 50 on 1:00 Stroke-build | EN1 | |
| | 1x{4 x 100 on 1:30 Freestyle | EN1 | |
| | {4 x 100 on 1:25 Freestyle | EN1 | |
| | {4 x 100 on 1:20 Freestyle | EN1 | |
| | {4 x 100 on 1:15 Freestyle | EN2 | |
| 200 | 8 x 25 on :40 Stroke Drills | REC | |
| 7:18 PM 5,000 Yards - Stress Value = 58 | | | |

Workout #707 - Monday, 28 February 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 5:15 PM Start | | | |
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-starts | | |
| | 1x{2 x 100 on 2:00 Kick | EN2 | |
| | {2 x 100 on 1:50 Kick | EN2 | |
| | {2 x 100 on 1:40 Kick | EN2 | |
| | {2 x 100 on 1:30 Kick | EN2 | |
| | {2 x 100 on 1:20 Kick | EN2 | |
| 1,500 | 6 x 250 on 3:30 Pulls | EN1 | |
| 200 | 8 x 25 on :30 Freestyle-build | EN1 | |
| | 1x{2 x 400 on 5:30 Freestyle | EN2 | |
| | {2 x 350 on 4:40 Freestyle | EN2 | |
| | {2 x 300 on 3:50 Freestyle | EN2 | |
| | {2 x 250 on 3:05 Freestyle | EN2 | |
| 400 | 16 x 25 on :30 Stroke Drills | REC | |
| 7:41 PM 6,500 Yards - Stress Value = 89 | | | |

Workout #705 - Saturday, 26 February 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 7:30 AM Start | | | |
| | 1 on 30:00 Stomach and Stretch | | |
| 825 | 1 x 825 on 16:00 Swim-kick-pull-swim | REC | |
| 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 x 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 x 25 on :30 Freestyle | EN1 | |
| | {2 x 25 on :25 Freestyle | EN1 | |
| | {2 x 25 on :20 Freestyle | EN2 | |
| | {2 x 25 on :15 Freestyle | EN2 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 10:00 AM 6,975 Yards - Stress Value = 87 | | | |

Workout #708 - Monday, 28 February 2000

Group 3 - Taper 1

1 minute rest between sets

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

5:15 PM Start

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-starts | | |
| 1,000 | 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 | | |

Workout #709 - Tuesday, 29 February 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WORK | S |
|-------|---|-----|------|-----|
| | 1 on 29:00 Stomach and Stretch | | | L |
| 1,000 | 10 x 100 on 2:00 Stroke Drills | REC | | D C |
| | odds free evens strk | | | |
| | 1 on 10:00 Techniques-starts | | | D |
| | 1x{3 x 150 on 3:00 Kick | EN2 | | K C |
| | {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 C |
| | 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 | | | |

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 x 50 on 1:00 Freestyle | EN1 | |
| | {1 x 50 on :45 Butterfly | EN1 | |
| | {4 x 50 on :55 Freestyle | EN1 | |
| | {1 x 50 on :45 Backstroke | EN2 | |

Workout #711 - Tuesday, 29 February 2000

Group 3 - State Champions

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WORK | S |
|-------|---|-----|------|-----|
| | 1 on 29:00 Stomach and Stretch | | | L I |
| 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 C |
| | 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 |
| | 1x{2 x 150 on 2:30 Individual Medley | EN1 | | S |
| | {2 x 50 on :45 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 | | S |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | | D |
| | 7:32 PM 5,550 Yards - Stress Value = 54 | | | |

Workout #712 - Wednesday, 01 March 2000

Group 3

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WORK | S |
|-------|---|-----|------|-----|
| | 1 on 30:00 Stomach and Stretch | | | L |
| 800 | 16 x 50 on 1:00 Stroke Drills | REC | | D 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 x 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 #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 of 3 hold 13&14 as fast12 | EN2 | |
| 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 5:30 Pulls | EN1 | |
| 400 | 1 x 400 on 8:00 IM build each 100 | EN1 | |
| 1x{1 | x 200 on 8:00 Broken at the 50 { for 10,20,30 secs | SP2 | |
| | { 1 x 100 on 6:00 Broken at the 25 for { 10 seconds | SP2 | |
| 350 | 1 x 350 on 7:00 Stroke Drill | REC | |
| | 7:29 PM 4,500 Yards - Stress Value = 71 | | |

Workout #713 - Wednesday, 01 March 2000

Group 3 - Senior State

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 | | |
| 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 | EN1 | |
| 200 | 8 x 25 on :30 Freestyle-build | EN1 | |
| 100 | 1 x 100 on 6:00 Broken at each 25 for 15 seconds | SP2 | |
| 1x{3 | x 200 on 2:40 Freestyle | EN1 | |
| | { 3 x 100 on 1:20 Freestyle | EN1 | |
| | { 3 x 50 on :40 Freestyle | EN1 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| | 7:15 PM 4,050 Yards - Stress Value = 48 | | |

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 x 75 on 1:20 Breaststroke | EN2 | |
| | { 4 x 50 on :50 Breaststroke | EN2 | |
| | { 4 x 25 on 1:30 Breaststroke-off the { blocks-fast & count | EN2 | |
| | { 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

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 | | |
| 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 | SI |
| | { 2 x 100 on 1:30 Freestyle | EN1 | S | F |
| | { 2 x 50 on 1:00 Your Stroke | EN1 | S | SI |
| | { 2 x 100 on 1:25 Freestyle | EN1 | S | F |
| | { 2 x 50 on 1:00 Your Stroke | EN1 | S | SI |
| 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 | | | |

Workout #719 - Friday, 03 March 2000

Group 3 - Taper 1

1 minute rest between sets

| 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 |
| 1x{3 | x 100 on 1:50 Kick with flippers | EN2 | K |
| | {3 x 100 on 1:40 Kick with flippers | EN2 | K |
| | {3 x 100 on 1:30 Kick with flippers | EN2 | K |
| | {3 x 100 on 1:20 Kick with flippers | EN2 | K |
| 1,000 | 8 x 125 on 2:00 Pulls-1 br last 25 | EN1 | P |
| 450 | 9 x 50 on :45 Descend in sets of 3 | EN1 | S |
| | 6x{1 x 50 on 1:00 Butterfly | EN2 | S |
| | {1 x 50 on :55 Butterfly | EN2 | S |
| | {1 x 50 on :50 Butterfly | EN2 | S |
| | {1 x 50 on :45 Butterfly | EN2 | S |
| | {1 on 1:00 Rest | | M |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | D |
| | 7:33 PM 5,050 Yards - Stress Value = 62 | | |

Workout #718 - Friday, 03 March 2000

Group 3 - Taper 2

1 minute rest between sets

| 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 x 75 on 1:05 Freestyle | EN1 | S | FR |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | CD |
| | 7:14 PM 4,000 Yards - Stress Value = 39 | | | |

Workout #721 - Saturday, 04 March 2000

Group 3 - Taper 1

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|--------------------------------------|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 825 | 1 x 825 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-finishes | | |
| 1x{6 | x 75 on 1:40 Kick-des in sets of3 | EN2 | |
| | {6 x 75 on 1:35 Kick-des in sets of3 | EN2 | |
| | {6 x 75 on 1:30 Kick-des in sets of3 | EN2 | |
| 800 | 16 x 50 on 1:00 Pulls-nbbf&w | EN1 | |
| 150 | 6 x 25 on :30 Berzerks | SP3 | |
| 1x{1 | x 150 on 2:30 Freestyle | EN1 | |
| | {1 x 150 on 2:25 Freestyle | EN1 | |
| | {1 x 150 on 2:20 Freestyle | EN1 | |
| | {1 x 150 on 2:15 Freestyle | EN1 | |
| | {1 x 150 on 2:10 Freestyle | EN1 | |
| | {1 x 150 on 2:05 Freestyle | EN1 | |
| | {1 x 150 on 2:00 Freestyle | EN2 | |
| | {1 x 150 on 1:55 Freestyle | EN2 | |
| | {1 x 150 on 1:50 Freestyle | EN2 | |
| | {1 x 150 on 1:45 Freestyle | EN2 | |

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

Workout #720 - Saturday, 04 March 2000

Group 3 - Taper 2

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 825 | 1 x 825 on 16:00 Swim-kick-pull-swim | REC | |
| | 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 x 25 on :20 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

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-starts | | |
| 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 = 80 | | |

Workout #722 - Monday, 06 March 2000

Group 3 - Taper 2

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 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

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 5:15 PM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| | 1 x 800 on 30:00 Stomach and Stretch | | |
| | 1 on 10:00 Techniques-starts | | |
| 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 | |
| 1x{ | 2 x 200 on 3:00 Pulls | EN1 | |
| | {2 x 100 on 1:25 Pulls | EN1 | |
| | {2 x 200 on 2:45 Pulls | EN1 | |
| | {2 x 100 on 1:20 Pulls | EN1 | |
| 450 | 9 x 50 on :45 Descend in sets of 3 | EN1 | |
| 1x{ | 3 x 125 on 1:55 Freestyle | EN1 | |
| | {3 x 125 on 1:50 Freestyle | EN1 | |
| | {2 x 125 on 1:45 Freestyle | EN1 | |
| | {2 x 125 on 1:40 Freestyle | EN1 | |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | |
| 7:39 PM 5,000 Yards - Stress Value = 48 | | | |

Workout #726 - Tuesday, 07 March 2000

Group 3 - Juniors & Seniors

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 5:15 PM Start | | | |
| 800 | 1 on 20:00 Stomach and Stretch | | |
| | 16 x 50 on 1:00 Stroke Drills | REC | |
| | 1 on 10:00 Techniques-relay str | | |
| 1x{ | 3 x 100 on 2:00 Kick | EN2 | |
| | {3 x 100 on 1:55 Kick | EN2 | |
| | {3 x 100 on 1:50 Kick | EN2 | |
| 1,500 | 5 x 300 on 4:00 Pulls | EN1 | |
| 300 | 12 x 25 on :30 IM order-build | EN1 | |
| 400 | 2 x 200 on 8:00 Broken at the 50 rst | SP2 | |
| 10,20,30 secs | | | |
| 400 | 1 x 400 on 6:00 Stroke Drills | REC | |
| 400 | 4 x 100 on 1:30 Descend to ludicrous | EN2 | |
| speed!!!!!!! | | | |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | |
| 7:25 PM 5,000 Yards - Stress Value = 84 | | | |

Workout #729 - Wednesday, 08 March 2000

Group 3 - Taper 2

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|-------------------------------------|-----|-----|
| 5:15 PM Start | | | |
| 800 | 1 on 20:00 Stomach and Stretch | | |
| | 16 x 50 on 1:00 Stroke Drills | REC | |
| | 1 on 10:00 Techniques-relay str | | |
| 1,200 | 12 x 100 on 1:45 Kick with flippers | EN2 | |
| 1x{ | 5 x 75 on 1:15 Pulls-nbbf&w | EN1 | |
| | {5 x 75 on 1:10 Pulls-nbbf&w | EN1 | |
| | {4 x 75 on 1:05 Pulls-nbbf&w | EN1 | |
| 300 | 12 x 25 on :30 IM order-build | EN1 | |
| 1x{ | 5 x 100 on 1:30 Freestyle | EN1 | |
| | {7 x 75 on 1:15 Backstroke | EN1 | |
| | {10 x 50 on :55 Breaststroke | EN1 | |
| | {20 x 25 on :30 Butterfly | EN1 | |
| 400 | 1 x 400 on 8:00 IM 90% effort | EN3 | |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | |
| 7:40 PM 6,025 Yards - Stress Value = 82 | | | |

| Yards | Set Description | EGY | WORK | STP |
|---|---------------------------------|-----|------|-------|
| 5:15 PM Start | | | | |
| 1,000 | 1 on 25:00 Stomach and Stretch | | | L DRY |
| | 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 |
| | {1 x 100 on 2:10 Kick | EN2 | | K CHC |
| | {1 x 100 on 2:05 Kick | EN2 | | K CHC |
| | {1 x 100 on 2:00 Kick | EN2 | | K CHC |
| | {1 x 100 on 1:55 Kick | EN2 | | K CHC |
| | {1 x 100 on 1:50 Kick | EN2 | | K CHC |
| 400 | 8 x 50 on :55 Pulls-nbbf&w | EN1 | | P FF |
| 1,300 | 13 x 100 on 1:30 Choice | EN1 | | S CHC |
| | 1 on 15:00 Techniques-relay srt | | | D |
| 200 | 1 x 200 on 3:00 IM drill | REC | | D CI |
| 7:13 PM 3,500 Yards - Stress Value = 29 | | | | |

Workout #728 - Wednesday, 08 March 2000

Group 3 - Juniors & Seniors

1 minute rest between sets

| Yards | Set Description | EGY | WORK | SI |
|---|-----------------------------------|-----|------|------|
| 5:15 PM Start | | | | |
| 800 | 1 on 20:00 Stomach and Stretch | | | L DF |
| | 16 x 50 on 1:00 Stroke Drills | REC | | D CF |
| | 1 on 10:00 Techniques-relay str | | | D |
| 1x{ | 4 x 50 on 1:10 Kick | EN2 | K C | K CF |
| | {4 x 50 on 1:05 Kick | EN2 | K C | K CF |
| | {4 x 50 on 1:00 Kick | EN2 | K C | K CF |
| 600 | 2 x 300 on 4:30 Pulls | EN1 | P | S F |
| 400 | 16 x 25 on :30 IM order-build | EN1 | S | S CM |
| 100 | 1 x 100 on 6:00 Broken at each 25 | SP2 | S C | S CM |
| for 15 seconds | | | | |
| 400 | 1 x 400 on 6:00 Stroke Drills | REC | D | S SI |
| 100 | 1 x 100 on 6:00 Broken at each 25 | SP2 | S C | D C |
| for 20 seconds | | | | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | D | |
| 7:06 PM 3,500 Yards - Stress Value = 42 | | | | |

| Yards | Set Description | EGY | WORK | SI |
|---|-----------------------------------|-----|------|------|
| 5:15 PM Start | | | | |
| 1,000 | 1 on 25:00 Stomach and Stretch | | | L DF |
| | 10 x 100 on 2:00 Stroke Drills | REC | | D CF |
| odds free evens strk | | | | |
| | 1 on 10:00 Techniques-turns | | | D |
| 4x{ | 1 x 100 on 2:00 Kick | EN2 | | K CF |
| | {1 x 100 on 1:45 Kick | EN2 | | K CF |
| 1x{ | 7 x 75 on 1:10 Pulls | EN1 | P F | P F |
| | {6 x 75 on 1:05 Pulls | EN1 | P F | P F |
| | {5 x 75 on 1:00 Pulls | EN1 | P F | P F |
| 100 | 1 x 100 on 1:30 Freestyle-build | EN1 | S F | S F |
| 1x{ | 4 x 125 on 1:50 50 free 75 strk | EN1 | S CM | S CM |
| | {4 x 125 on 1:45 25 free 100 strk | EN1 | S CM | S CM |
| | {4 x 125 on 1:40 Your Stroke | EN1 | S SI | S SI |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | D C | D C |
| 7:18 PM 5,000 Yards - Stress Value = 45 | | | | |

Workout #730 - Thursday, 09 March 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 5:15 PM Start | | | |
| 800 | 1 on 25:00 Stomach and Stretch | | |
| | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-turns | | |
| 3x{100 | {1 x 150 on 3:00 Kick | EN2 | |
| | {1 x 100 on 2:00 Kick | EN2 | |
| | {1 x 50 on 1:00 Kick | EN2 | |
| 100 | 1 x 100 on 3:00 Kick for time | EN2 | |
| 1x{450 | {4 x 100 on 1:30 Pulls | EN1 | |
| | {4 x 100 on 1:25 Pulls | EN1 | |
| | {4 x 100 on 1:20 Pulls | EN1 | |
| 450 | 9 x 50 on :45 Descend in sets of 3 | EN1 | |
| 1x{300 | {5 x 125 on 1:50 Backstroke | EN2 | |
| | {5 x 100 on 1:30 Backstroke | EN2 | |
| | {5 x 75 on 1:10 Backstroke | EN2 | |
| | {5 x 50 on :45 Backstroke | EN2 | |
| 300 | 12 x 25 on :30 Stroke Drills | REC | |
| 7:30 PM 5,500 Yards - Stress Value = 71 | | | |

Workout #732 - Thursday, 09 March 2000

Group 3 - Taper 2

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 5:15 PM Start | | | |
| 800 | 1 on 25:00 Stomach and Stretch | | |
| | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-turns | | |
| 400 | 16 x 25 on :45 Kick | EN1 | |
| 450 | 6 x 75 on 1:15 Pulls | EN1 | |
| 1x{400 | {1 x 100 on 2:00 Individual Medley | EN1 | |
| | {2 x 75 on 1:20 Your Stroke | EN1 | |
| | {3 x 50 on 1:00 Stroke Drills | EN1 | |
| | {4 x 25 on :30 IM order | EN1 | |
| | {4 x 25 on :30 #2 stroke | EN1 | |
| | {3 x 50 on :45 Freestyle | EN1 | |
| | {2 x 75 on 1:30 Weak stroke | EN1 | |
| 400 | {1 x 100 on 1:30 Choice | EN1 | |
| | 8 x 50 on 1:00 Stroke Drills | REC | |
| | 1 on 15:00 Techniques-relay str | | |
| 7:12 PM 3,050 Yards - Stress Value = 20 | | | |

Workout #731 - Thursday, 09 March 2000

Group 3 - Juniors & Seniors

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|---|--------------------------------------|-----|------|---|
| 5:15 PM Start | | | | |
| 800 | 1 on 25:00 Stomach and Stretch | | L I | |
| | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | S | |
| | 1 on 10:00 Techniques-turns | | D | |
| 750 | 6 x 125 on 2:10 Kick | EN2 | K C | |
| 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 | |
| 1,300 | 13 x 100 on 1:30 Choice | EN1 | S S | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | |
| 7:10 PM 4,550 Yards - Stress Value = 43 | | | | |

Workout #735 - Friday, 10 March 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------------|-----------------|-----|-----|
| 5:15 PM Start | | | |

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| ===== | | | |
| | 1 on 25:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-finishes | | |
| | back and free | | |
| 1,050 | 21 x 50 on 1:00 Kick-descend in 3's | EN2 | |
| 1x{300 | {3 x 200 on 3:00 Pulls | EN1 | |
| | {3 x 100 on 1:30 Pulls | EN1 | |
| | {3 x 50 on :45 Pulls | EN1 | |
| 200 | 8 x 25 on :30 Freestyle-build | EN1 | |
| 1x{100 | {1 x 400 on 7:00 Individual Medley | EN1 | |
| | {2 x 300 on 5:15 Individual Medley | EN1 | |
| | {3 x 200 on 3:30 Individual Medley | EN1 | |
| | {4 x 100 on 1:45 Individual Medley | EN1 | |
| 100 | 1 x 100 on 2:00 Stroke Drills | REC | |
| 7:29 PM 5,200 Yards - Stress Value = 54 | | | |

Workout #734 - Friday, 10 March 2000

Group 3 - Taper 2

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 5:15 PM Start | | | |
| ===== | | | |
| | 1 on 25:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-finishes | | |
| | back and free | | |
| 400 | 4 x 100 on 2:15 Kick | REC | |
| 500 | 1 x 500 on 7:30 Pulls | EN1 | |
| 200 | 8 x 25 on :30 IM order-build | EN1 | |
| 3x{200 | {1 x 100 on 1:45 Individual Medley | EN1 | |
| | {4 x 50 on 1:00 Your Stroke | EN1 | |
| | 1 x 200 on 3:00 Stroke Drills | REC | |
| 6:53 PM 3,000 Yards - Stress Value = 16 | | | |

Workout #733 - Friday, 10 March 2000

Group 3 - All-Americans

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 5:15 PM Start | | | |
| ===== | | | |
| | 1 on 25:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-finishes | | |
| | back and free | | |
| 1x{750 | {3 x 100 on 2:00 Kick | EN2 | |
| | {3 x 100 on 1:50 Kick | EN2 | |
| | {2 x 100 on 1:40 Kick | EN2 | |
| | 10 x 75 on 1:10 Pulls 1 br last 25 | EN1 | |
| 1x{500 | {5 x 100 on 1:30 Freestyle | EN1 | |
| | {4 x 25 on :30 Free-100% effort | SP1 | |
| | {5 x 100 on 1:30 Freestyle | EN1 | |
| | {4 x 25 on :25 Free-100% effort | SP1 | |
| | {5 x 100 on 1:30 Freestyle | EN1 | |
| | {4 x 25 on :20 Free-100% effort | SP1 | |
| | {5 x 100 on 1:30 Freestyle | EN1 | |
| | {4 x 25 on :15 Free-100% effort | SP1 | |
| 150 | 1 x 150 on 3:00 Stroke Drills | REC | |
| 7:16 PM 4,900 Yards - Stress Value = 76 | | | |

Workout #736 - Friday, 10 March 2000

Group 3 - Sectional

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|---|--------------------------|-----|
| 5:15 PM Start | | | |
| 800 | 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 | REC | |
| | 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:50 Kick {2 x 100 on 1:40 Kick | EN2 | |
| 750 | 10 x 75 on 1:10 Pulls 1 br last 25 | EN1 | |
| | 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 {2 x 50 on :45 Your Stroke {1 on 1:00 Rest | EN1 EN1 EN2 EN2 | |
| 150 | 1 x 150 on 3:00 Stroke Drills | REC | |
| 7:16 PM 4,500 Yards - Stress Value = 50 | | | |

Workout #737 - Saturday, 11 March 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--|---------------------------------|-----|
| 7:30 AM Start | | | |
| 825 | 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 | REC | |
| | 1x{2 x 100 on 2:15 Kick {2 x 100 on 2:10 Kick {2 x 100 on 2:05 Kick {2 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick | EN2 EN2 EN2 EN2 EN2 | |
| | 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 1:05 Pulls last 25 1 br | EN1 EN1 EN1 EN1 | |
| 1,200 400 | 6 x 200 on 2:50 Descend in sets of 3 8 x 50 on 1:00 Stroke Drills | EN2 REC | |
| 9:31 AM 4,625 Yards - Stress Value = 56 | | | |

Workout #738 - Saturday, 11 March 2000

Group 3 - Juniors & Seniors

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--|-----|-----|
| 7:30 AM Start | | | |
| 825 | 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 | REC | |
| 800 | 16 x 50 on 1:00 Kick des in sets of 4 | EN2 | |
| 1,000 | 5 x 200 on 3:00 Pulls | EN1 | |
| 800 | 16 x 50 on :45 Freestyle-build | EN1 | |
| | 1x{1 x 200 on 8:00 Broken at each 50for { 10,20,& 30 seconds { 1st stroke 2nd IM | SP2 | |
| 600 | 24 x 25 on :30 odd free evens strk | EN1 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| 9:33 AM 4,425 Yards - Stress Value = 60 | | | |

Workout #739 - Monday, 27 March 2000

Group 3 - All-Americans

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--|-------------------|-----|
| 5:15 PM Start | | | |
| 800 | 1 on 20:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 1 on 10:00 Techniques-starts | REC | |
| | 2x{1 x 100 on 1:45 Kick {1 x 100 on 1:40 Kick {1 x 100 on 1:35 Kick {1 on :30 Rest | EN2 EN2 EN2 | |
| 600 | 8 x 75 on 1:15 Pulls-nbbf&w | EN1 | |
| 125 | 5 x 25 on :00 Stretch cord swims | SP3 | |
| | 1x{6 x 25 on :30 Freestyle-build {6 x 25 on :25 Freestyle-build {6 x 25 on :20 Freestyle | EN1 EN1 EN1 | |
| 450 | 9 x 50 on 1:00 Freestyle-des in 3's | EN2 | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | |
| 6:49 PM 3,225 Yards - Stress Value = 38 | | | |

Workout #740 - Tuesday, 28 March 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--|-----|-----|
| 5:15 PM Start | | | |
| 800 | 1 on 20:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 1 on 10:00 Techniques-starts | REC | |
| 500 | 4 x 125 on 2:15 Kick | EN2 | |
| 600 | 4 x 150 on 2:15 Pulls br ev 8 mid 50 | EN1 | |
| | 3x{4 x 100 on 1:30 Freestyle-des to 90% {1 on 1:00 Rest | EN2 | |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | |
| 6:49 PM 3,350 Yards - Stress Value = 40 | | | |

Workout #741 - Tuesday, 28 March 2000

Group 3 - All-Americans

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|---|-------------------|-----|
| 5:15 PM Start | | | |
| 825 | 1 on 20:00 Stomach and Stretch 1 x 825 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Cross pool sprints | SP3 | |
| | 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 | EN2 EN2 EN2 | |
| 500 | 5 x 100 on 1:30 Lungbuster pulls odds br 3-5-7-9 evens br 2-4-6-8 | EN1 | |
| 300 | 12 x 25 on :30 IM order-build | EN1 | |
| 200 | 2 x 100 on 5:00 Broken 1st 1 at 50 for 15 seconds 2nd 1 at 25's for 10 secs | SP2 | |
| 400 | 16 x 25 on :30 Stroke Drills | REC | |
| 6:55 PM 2,975 Yards - Stress Value = 46 | | | |

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 on 1:00 Rest | | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| | 2 on each Rev IM ord | | |
| | 1 on 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 Start

| Yards | Set Description | EGY | WOF |
|-------|--|-----|-----|
| | 1 on 25:00 Stomach and Stretch | | I |
| 800 | 16 x 50 on 1:00 Stroke Drills | REC | I |
| | 1 on 15:00 Techniques-free trns | | I |
| | 1x{2 x 100 on 2:30 Kick | EN2 | F |
| | {2 x 100 on 2:20 Kick | EN2 | F |
| | {2 x 100 on 2:10 Kick | EN2 | F |
| 1,000 | 5 x 200 on 3:15 Pulls-br 2-3-4-5 by the 50 | EN1 | F |
| | 1x{1 x 150 on 2:30 Freestyle | EN1 | S |
| | {1 x 150 on 2:25 Freestyle | EN1 | S |
| | {1 x 150 on 2:20 Freestyle | EN1 | S |
| | {1 x 150 on 2:15 Freestyle | EN1 | S |
| | {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 |
| 500 | 20 x 25 on :30 Freestyle-des in 4's | EN1 | S |
| 500 | 5 x 100 on 2:00 Stroke Drills | REC | I |

7:23 PM 4,450 Yards - Stress Value = 41

Workout #744 - Tuesday, 25 April 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 | |
| 150 | 10 x 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

5:15 PM Start

| Yards | Set Description | EGY | WOF |
|-------|---------------------------------|-----|-----|
| | 1 on 30:00 Bolles School/stretc | | L |

| | | | |
|-----|-----------------------------------|-----|-----|
| 975 | 13 x 75 on 1:30 50 drill 25 build | REC | D |
| | 3 on each stroke | | |
| | 1 on 15:00 Techniques-turns | | 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 Freestyle-fast | EN1 | S |
| | {8 x 50 on :50 Freestyle | EN1 | S |
| | {2 x 100 on 1:30 Freestyle-fast | EN1 | S |
| | {8 x 50 on :45 Freestyle | EN1 | S |
| | {2 x 100 on 1:30 Freestyle-fast | EN1 | S |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D |

7:27 PM 4,575 Yards - Stress 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 x 75 on 1:15 Freestyle | EN1 | |
| | {3 x 50 on :50 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 Start

| Yards | Set Description | EGY | WOF |
|-------|-----------------------------------|-----|-----|
| 400 | 1 x 400 on 8:00 Reverse IM drill | REC | D |
| | 10x{1 x 13 on :00 Free | SP3 | S |
| | {1 x 12 on :30 Freestyle | REC | S |
| | 1x{5 x 50 on 1:00 Pulls-nbbf&w | EN1 | P |
| | {5 x 50 on :55 Pulls-nbbf&w | EN1 | P |
| | {5 x 50 on :50 Pulls-nbbf&w | EN1 | P |
| 150 | 3 x 50 on 1:00 Free build to 100% | EN2 | S |
| | 1x{6 x 75 on 1:10 Freestyle | EN1 | S |
| | {6 x 75 on 1:05 Freestyle | EN1 | S |
| | {6 x 75 on 1:00 Freestyle | EN1 | S |
| 300 | 12 x 25 on :30 IM order | EN1 | S |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D |
| | 1 on 9:00 Techniques-starts | | D |

6:44 AM 3,400 Yards - Stress Value = 29

Workout #748 - Thursday, 27 April 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 5:15 PM | Start | | |
| 800 | 1 on 40:00 Bolles school/stretc | | |
| 800 | 16 x 50 on 1:00 Stroke Drills | REC | |
| | odds free evens strk | | |
| 800 | 1 on 10:00 Techniques-turns-fre | | |
| 800 | 8 x 100 on 2:15 Kick-odds fast | EN1 | |
| 1x{2 | x 125 on 2:00 Pulls | EN1 | |
| | {2 x 125 on 1:55 Pulls | EN1 | |
| | {2 x 125 on 1:50 Pulls | EN1 | |
| 3x{1 | x 50 on 1:00 Freestyle-2 beat kic | EN1 | |
| | {1 x 50 on 1:00 Freestyle-4 beat kic | EN1 | |
| | {1 x 50 on 1:00 Freestyle-6 beat kic | EN1 | |
| 1,250 | 5 x 250 on 4:00 3 min swims 1 min rs | EN1 | |
| 500 | 5 x 100 on 2:00 Stroke Drills | REC | |
| 7:35 PM | 4,550 Yards - Stress Value = 32 | | |

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| 825 | 1 on 25:00 Stomach and Stretch | | |
| 210 | 1 x 825 on 16:00 Swim-kick-pull-swim | REC | |
| 800 | 14 x 15 on :30 Cross pool sprints | SP3 | |
| 100 | 16 x 50 on 1:00 Kick-fast turns | EN2 | |
| 1,000 | 1 x 100 on 2:00 Kick-for time | EN3 | |
| | 10 x 100 on 1:30 Lungbuster pulls | EN1 | |
| | odds br 3-5-7-9 | | |
| | evens br 2-4-6-8 | | |
| | 5x{4 x 100 on 1:15 Freestyle | EN2 | |
| | {1 on 2:00 Rest | | |
| 400 | 16 x 25 on :40 Stroke Drills | REC | |
| | 4 on each stroke | | |
| | 9:42 AM 5,335 Yards - Stress Value = 80 | | |

Workout #752 - Monday, 01 May 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | ST |
|---------|---|-----|------|----|
| 5:30 AM | Start | | | |
| 400 | 1 x 400 on 8:00 Reverse IM drill | REC | S | I |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | F |
| | 1x{1 x 400 on 6:00 Pulls | EN1 | P | F |
| | {1 x 400 on 5:45 Pulls | EN1 | P | F |
| | {1 x 400 on 5:30 Pulls | EN1 | P | F |
| 200 | 8 x 25 on :30 Freestyle-build | EN1 | S | F |
| | 1x{6 x 50 on :55 Freestyle | EN1 | S | F |
| | {6 x 50 on :50 Freestyle | EN1 | S | F |
| | {6 x 50 on :45 Freestyle | EN1 | S | F |
| | {6 x 50 on :40 Freestyle | EN1 | S | F |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | C |
| | 1 on 12:00 Techniques-starts | | | D |
| | 6:44 AM 3,350 Yards - Stress Value = 32 | | | |

Workout #753 - Monday, 01 May 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|------------------------------------|-----|------|
| 5:15 PM | Start | | |
| 800 | 1 on 40:00 Running and stretch | | I |
| | 16 x 50 on 1:00 Stroke Drills | EN1 | I |
| | 12x{1 x 13 on :00 Freestyle | SP3 | S |
| | {1 x 12 on :30 Freestyle | REC | S |
| | 3x{1 x 150 on 3:00 Kick | EN2 | F |
| | {1 x 100 on 2:00 Kick | EN2 | F |
| | {1 x 50 on 1:00 Kick | EN2 | F |
| 1,050 | 14 x 75 on 1:10 Pulls-nbbf&w | EN1 | F |
| 450 | 9 x 50 on :50 Descend in sets of 3 | EN1 | S |
| | 1x{4 x 200 on 2:50 Freestyle | EN1 | S |
| | {3 x 200 on 2:45 Freestyle | EN1 | S |
| | {2 x 200 on 2:40 Freestyle | EN1 | S |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | I |
| 7:36 PM | 5,550 Yards - Stress Value = 64 | | |

Workout #750 - Friday, 28 April 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 5:15 PM | Start | | |
| 800 | 1 on 35:00 Running and Stretch | | |
| 800 | 1 x 800 on 15:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 1x{1 | x 100 on 2:20 Kick | EN2 | |
| | {1 x 100 on 2:15 Kick | EN2 | |
| | {1 x 100 on 2:10 Kick | EN2 | |
| | {1 x 100 on 2:05 Kick | EN2 | |
| | {1 x 100 on 2:00 Kick | EN2 | |
| | {1 x 100 on 1:55 Kick | EN2 | |
| | {1 x 100 on 1:50 Kick | EN2 | |
| | {1 x 100 on 1:45 Kick | EN2 | |
| 800 | 4 x 200 on 3:00 Pulls | EN1 | |
| 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

7:30 AM Start

Workout #754 - Tuesday, 02 May 2000

Group 3 - All

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | STF |
|-------|-------------------------------------|-----|------|-----|
| 425 | 1 x 425 on 8:00 Swim-kick-pull-swim | REC | S | |
| 210 | 14 x 15 on :30 Pit sprints | SP3 | S | |
| 25 | 1 x 25 on :00 Freestyle | EN1 | S | |
| 1x{2 | x 125 on 1:55 Pulls | EN1 | F | |
| | {2 x 125 on 1:50 Pulls | EN1 | F | |
| | {2 x 125 on 1:45 Pulls | EN1 | F | |
| 200 | 8 x 25 on :30 Freestyle- build | EN1 | S | |
| 1x{4 | x 150 on 2:15 Freestyle | EN1 | S | |
| | {3 x 50 on :45 Descend | EN1 | S | |
| | {3 x 150 on 2:10 Freestyle | EN1 | S | |
| | {3 x 50 on :45 Descend | EN1 | S | |
| | {2 x 150 on 2:05 Freestyle | EN1 | S | |
| | {3 x 50 on :45 Freestyle | EN1 | S | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | I | |
| | 1 on 5:00 Techniques-starts | | I | |

6:41 AM 3,610 Yards - Stress Value = 35

Workout #755 - Tuesday, 02 May 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WORK | STF |
|-------|---------------------------------|-----|------|-----|
| | 1 on 40:00 Bolles school/stretc | | L | |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | D | CHC |
| | odds free evens strk | | | |
| | 1 on 10:00 Techniques-turns | | D | FF |
| 1x{3 | x 125 on 2:30 Kick | EN2 | K | CHC |
| | {3 x 125 on 2:25 Kick | EN2 | K | CHC |
| | {2 x 125 on 2:20 Kick | EN2 | K | CHC |
| 1,500 | 3 x 500 on 7:00 Pulls | EN1 | P | FF |
| 3x{1 | x 100 on 1:30 Freestyle | EN1 | S | FF |
| | {1 x 100 on 1:25 Freestyle | EN1 | S | FF |
| | {1 x 100 on 1:20 Freestyle | EN1 | S | FF |
| | {1 x 100 on 1:15 Freestyle | EN1 | S | FF |
| | {1 on :30 Rest | | M | |
| 400 | 16 x 25 on :30 4 on each stroke | EN1 | S | IM |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | D | CI |

7:39 PM 5,200 Yards - Stress Value = 52

Workout #756 - Wednesday, 03 May 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 | | |
| 825 | 1 x 825 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-open trns | | |
| 500 | 10 x 50 on 1:00 Kick | EN1 | |
| 500 | 1 x 500 on 10:00 Kick-for time | EN3 | |
| 1,600 | 8 x 200 on 2:45 Pulls | EN1 | |
| 300 | 12 x 25 on :30 Freestyle-build | EN1 | |
| 1x{1 | x 200 on 3:30 Individual Medley | EN1 | |
| | {4 x 50 on 1:00 Butterfly | EN1 | |
| | {1 x 200 on 3:20 Individual Medley | EN1 | |
| | {4 x 50 on 1:00 Backstroke | EN1 | |
| | {1 x 200 on 3:10 Individual Medley | EN1 | |
| | {4 x 50 on 1:00 Breaststroke | EN1 | |
| | {1 x 200 on 3:00 Individual Medley | EN1 | |
| | {4 x 50 on :45 Freestyle | EN1 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |

7:36 PM 5,525 Yards - Stress Value = 70

Workout #757 - Thursday, 04 May 2000

Group 3 - All

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | S |
|-------|--|-----|------|---|
| 525 | 1 x 525 on 9:00 Choice | REC | S | C |
| 210 | 14 x 15 on :30 Pit sprints | SP3 | S | |
| 900 | 12 x 75 on 1:20 25 kick 25 drill 25 build 3 on each strk | EN1 | S | |
| 1,200 | 8 x 150 on 2:15 Pulls-mid 50 br ev 8 | EN1 | P | |
| 300 | 3 x 100 on 1:30 Descend | EN2 | S | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | |
| | 1 on 8:00 Techniques-starts | | D | |

6:41 AM 3,335 Yards - Stress Value = 35

Workout #758 - Thursday, 04 May 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WC |
|-------|--------------------------------------|-----|----|
| | 1 on 45:00 Bolles school/stretc | | |
| 1,000 | 1 x 1000 on 16:00 Choice | REC | |
| 300 | 12x{1 x 13 on :00 Freestyle | SP3 | |
| | {1 x 12 on :30 Freestyle | REC | |
| 800 | 4 x 200 on 4:00 Kick no board 1 on E | EN1 | |
| 1,350 | 1x{8 x 75 on 1:10 Pulls | EN1 | |
| | {6 x 75 on 1:05 Pulls | EN1 | |
| | {4 x 75 on 1:00 Pulls | EN1 | |
| 300 | 6 x 50 on :50 Descend in sets of 3 | EN1 | |
| 1,200 | 4 x 300 on 4:00 Freestyle | EN1 | |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | |

7:30 PM 5,200 Yards - Stress Value = 42

Workout #759 - Friday, 05 May 2000

Group 3 - All

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | S |
|-------|----------------------------------|-----|------|---|
| 400 | 1 x 400 on 8:00 Reverse IM drill | REC | S | |
| 300 | 12x{1 x 12 on :00 Backstroke | SP3 | S | |
| | {1 x 13 on :30 Freestyle | REC | S | |
| 1,000 | 1x{4 x 50 on 1:00 Pulls | EN1 | P | |
| | {4 x 50 on :55 Pulls | EN1 | P | |
| | {4 x 50 on :50 Pulls | EN1 | P | |
| | {4 x 50 on :45 Pulls | EN1 | P | |
| | {4 x 50 on :40 Pulls | EN1 | P | |
| 1,600 | 1x{1 x 100 on 1:30 Freestyle | EN1 | S | |
| | {1 x 200 on 3:00 Freestyle | EN1 | S | |
| | {1 x 300 on 4:30 Freestyle | EN1 | S | |
| | {1 x 400 on 6:00 Freestyle | EN1 | S | |
| | {1 x 300 on 4:15 Freestyle | EN1 | S | |
| | {1 x 200 on 2:50 Freestyle | EN1 | S | |
| | {1 x 100 on 1:25 Freestyle | EN1 | S | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | |
| | 1 on 8:00 Techniques-starts | | D | |

6:40 AM 3,500 Yards - Stress Value = 32

Workout #760 - Friday, 05 May 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 1 on 45:00 Running and stretch | | I |
| 800 | 1x{1 x 400 on 7:30 Swim-kick-pull-swim | REC | S |
| | {1 x 400 on 7:30 Reverse IM drill | REC | I |
| | 1 on 10:00 Techniques-relay str | | I |
| 900 | 12 x 75 on 1:30 Kick | EN1 | F |
| 1,000 | 10 x 100 on 1:30 Lungbuster pulls | EN1 | F |
| | odds br 3-5-7-9 | | |
| | evens br 2-4-6-8 | | |
| | 1 on 30:00 Water polo | S | |
| | 7:30 PM 2,700 Yards - Stress Value = 19 | | |

| | | | | |
|-----|---|-----|---|----|
| | {2 x 300 on 4:15 Freestyle | EN1 | S | FR |
| | {3 x 200 on 2:40 Freestyle | EN1 | S | FR |
| | {4 x 100 on 1:15 Freestyle | EN1 | S | FR |
| 225 | 1x{3 x 25 on :30 Freestyle | EN1 | S | FR |
| | {3 x 25 on :25 Freestyle | EN1 | S | FR |
| | {3 x 25 on :20 Freestyle | EN1 | S | FR |
| 225 | 1 x 225 on 4:00 Stroke Drills | REC | D | CD |
| | 6:42 PM 4,075 Yards - Stress Value = 39 | | | |

Workout #764 - Tuesday, 09 May 2000

Group 3 - All

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WC |
|-------|---|-----|-----|
| 400 | 1 x 400 on 8:00 Swim-kick-pull-swim | REC | |
| 250 | 10x{1 x 15 on :00 Backstroke | SP3 | |
| | {1 x 10 on :30 Freestyle | | REC |
| 600 | 1x{4 x 50 on 1:00 Pulls no br last 10y | REC | |
| | {4 x 50 on 1:00 Pulls no br last 20y | EN1 | |
| | {4 x 50 on 1:00 Pulls no br last 30y | EN1 | |
| 300 | 12 x 25 on :30 IM order-build | EN1 | |
| 1,800 | 1x{8 x 75 on 1:05 Freestyle | EN1 | |
| | {8 x 75 on 1:00 Freestyle | EN2 | |
| | {8 x 75 on :55 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 x 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 x 25 on :25 Freestyle | EN1 | |
| | {4 x 25 on :20 Freestyle | EN1 | |
| | {4 x 25 on :15 Freestyle | EN2 | |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | |
| | 7:44 PM 5,425 Yards - Stress Value = 59 | | |

Workout #762 - Monday, 08 May 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WC |
|-------|---|-----|----|
| | 1 on 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 | CHO |
| 150 | 10 x 15 on :30 Pit sprints | SP3 | S | FLY |
| 1,050 | 14 x 75 on 1:15 Pulls-nbbf&w | EN1 | P | FR |
| 2,000 | 1x{1 x 400 on 6:00 Freestyle | EN1 | S | FR |

Workout #766 - Wednesday, 10 May 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 | | |
| 825 | 1 x 825 on 16:00 Choice | REC | |
| 180 | 12 x 15 on :30 Shooters | SP3 | |
| 900 | 12 x 75 on 1:30 Kick-odds breast | EN2 | |
| 1,500 | 5 x 300 on 4:00 Pulls | EN1 | |
| 600 | 12 x 50 on :45 Descend in sets of 3 | EN1 | |
| 1,350 | 1x{1 x 200 on 3:45 Breaststroke | EN1 | |
| | {3 x 100 on 2:00 Breaststroke-descend | EN1 | |
| | {1 x 150 on 1:50 Breaststroke | EN1 | |
| | {3 x 100 on 2:00 Breaststroke-descend | EN1 | |
| | {1 x 100 on 1:45 Breaststroke | EN1 | |
| | {3 x 100 on 2:00 Breaststroke-descend | EN1 | |
| 300 | 12 x 25 on :40 Stroke Drills | REC | |

7:34 PM 5,655 Yards - Stress Value = 60

| | | |
|------------------------------|-----|---|
| {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 |
| {1 x 150 on 1:55 Freestyle | EN1 | S |
| {1 x 150 on 1:50 Freestyle | EN1 | S |
| 6 x 50 on 1:00 Stroke Drills | REC | I |

6:34 AM 3,800 Yards - Stress Value = 40

Workout #770 - Monday, 15 May 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 | |
| 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 | |
| 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

Workout #767 - Thursday, 11 May 2000

Group 3 - All

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | S |
|-------|----------------------------------|-----|------|---|
| 400 | 1 x 400 on 8:00 Reverse IM drill | REC | D | |
| 300 | 12x{1 x 18 on :00 Breaststroke | SP3 | S | |
| | {1 x 7 on :30 Freestyle | REC | S | |
| 1,000 | 1 x 1000 on 14:00 Pulls | EN1 | P | |
| 1,000 | 2 x 500 on 6:45 Freestyle | EN1 | S | |
| 800 | 16 x 50 on :40 Freestyle | EN1 | S | |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | D | |

6:33 AM 3,750 Yards - Stress Value = 37

Workout #771 - Monday, 15 May 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 | | |
| 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 | |
| | {1 x 50 on 1:00 Kick | EN2 | |
| 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 #768 - Thursday, 11 May 2000

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 |
| 1,050 | 21 x 50 on 1:00 Kick des in 3's | EN2 | K | CHC |
| 1,000 | 1x{5 x 50 on 1:00 Pulls-nbbf&w | EN1 | P | FF |
| | {5 x 50 on :55 Pulls-nbbf&w | EN1 | P | FF |
| | {5 x 50 on :50 Pulls-nbbf&w | EN1 | P | FF |
| | {5 x 50 on :45 Pulls-nbbf&w | EN1 | P | FF |
| 300 | 3 x 100 on 1:30 Descend | EN1 | S | FF |
| 1,200 | 2x{4 x 50 on :55 Breaststroke | EN1 | S | BF |
| | {4 x 50 on :50 Breaststroke | EN1 | S | BF |
| | {4 x 50 on :45 Breaststroke | EN1 | S | BF |
| | {1 on 1:00 Rest | | M | |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | D | CI |

7:39 PM 5,035 Yards - Stress Value = 52

Workout #772 - Tuesday, 16 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 | |
| 1,050 | 1x{1 x 400 on 5:30 Pulls | EN1 | |
| | {1 x 350 on 4:45 Pulls | EN1 | |
| | {1 x 300 on 4:05 Pulls | EN1 | |
| 600 | 6 x 100 on 1:30 Descend in sets of 3 | EN1 | |
| 1,000 | 1x{10 x 25 on :35 Stroke | EN1 | |
| | {10 x 25 on :25 Freestyle | EN1 | |
| | {10 x 25 on :30 Stroke | EN1 | |
| | {10 x 25 on :20 Freestyle | EN1 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |

6:41 AM 3,685 Yards - Stress Value = 33

Workout #769 - Friday, 12 May 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 |
| 300 | 12 x 25 on :30 Freestyle-build | SP3 | S |
| 1,000 | 10 x 100 on 1:30 Lungbuster pulls | EN1 | I |
| 1,800 | 2x{1 x 150 on 2:15 Freestyle | EN1 | S |

Workout #773 - Tuesday, 16 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 | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 900 | 3x{1 x 100 on 1:45 Kick | EN2 | |
| | {1 x 100 on 1:40 Kick | EN2 | |
| | {1 x 100 on 1:35 Kick | EN2 | |
| | {1 on :30 Rest | | |
| 1,500 | 20 x 75 on 1:00 Pulls | EN1 | |
| 200 | 8 x 25 on :30 IM order-build | EN1 | |
| 1,350 | 1x{3 x 200 on 3:15 Butterfly | EN1 | |
| | {3 x 150 on 2:20 Butterfly | EN1 | |
| | {3 x 100 on 1:35 Butterfly | EN1 | |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | |
| 7:40 PM 5,150 Yards - Stress Value = 54 | | | |

Workout #774 - Wednesday, 17 May 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 | | |
| 825 | 1 x 825 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 1,000 | 10 x 100 on 1:45 Kick | EN2 | |
| 1,800 | 1x{3 x 200 on 2:50 Pulls | EN1 | |
| | {3 x 200 on 2:45 Pulls | EN1 | |
| | {3 x 200 on 2:40 Pulls | EN1 | |
| 300 | 12 x 25 on :30 IM order-build | EN1 | |
| 2,250 | 1x{6 x 125 on 1:40 Freestyle | EN2 | |
| | {6 x 125 on 1:35 Freestyle | EN2 | |
| | {6 x 125 on 1:30 Freestyle | EN2 | |
| 300 | 12 x 25 on :40 Stroke Drills | REC | |
| 7:38 PM 6,625 Yards - Stress Value = 92 | | | |

Workout #775 - Thursday, 18 May 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WORK | ST |
|---|-----------------------------------|-----|------|----|
| | 1 on 50:00 Bolles school/stretc | | L | DF |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | D | CF |
| 180 | 12 x 15 on :30 Shooters | SP3 | S | F |
| 1,000 | 8 x 125 on 2:00 Kick | EN2 | K | CF |
| 1,350 | 1x{6 x 75 on 1:05 Pulls | EN1 | P | F |
| | {6 x 75 on 1:00 Pulls | EN1 | P | F |
| | {6 x 75 on :55 Pulls | EN1 | P | F |
| 300 | 1x{4 x 25 on :30 Freestyle | EN1 | S | F |
| | {4 x 25 on :25 Freestyle | EN1 | S | F |
| | {4 x 25 on :20 Freestyle | EN1 | S | F |
| 1,400 | 1x{5 x 100 on 1:40 Breaststroke | EN1 | S | F |
| | {5 x 75 on 1:15 Breaststroke | EN1 | S | F |
| | {5 x 50 on :50 Breaststroke | EN1 | S | F |
| | {11 x 25 on :30 Breaststroke-100% | EN3 | S | F |
| 400 | 4 x 100 on 2:00 Stroke Drills | REC | D | C |
| 7:45 PM 5,430 Yards - Stress Value = 69 | | | | |

Workout #776 - Thursday, 18 May 2000

Group 3 - All

1 minute rest between sets

5:30 PM Start

| Yards | Set Description | EGY | W |
|---|--|-----|---|
| 400 | 1 x 400 on 8:00 Reverse IM drill | REC | |
| 250 | 10x{1 x 18 on :00 Breaststroke | SP3 | |
| | {1 x 7 on :30 Freestyle | REC | |
| 800 | 16 x 50 on :50 Pulls-nbbf&w | EN1 | |
| 300 | 3 x 100 on 1:30 Freestyle-build | EN1 | |
| 1,800 | 1x{12 x 150 on 2:15 Descend in sets of 3 | EN2 | |
| 450 | 9 x 50 on 1:00 Stroke Drills | REC | |
| 6:43 PM 4,000 Yards - Stress Value = 54 | | | |

Workout #777 - Friday, 19 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 Swim-kick-pull-swim | REC | |
| 210 | 14 x 15 on :30 Pit sprints | SP3 | |
| 900 | 12 x 75 on 1:15 Pulls 1 br last 25 | EN1 | |
| 200 | 8 x 25 on :30 IM order-build | EN1 | |
| 2,000 | 10x{1 x 100 on 1:15 Individual Medley | EN2 | |
| | {1 x 50 on :35 Freestyle | EN2 | |
| | {1 x 50 on :55 Freestyle-EZ | REC | |
| 400 | 1 x 400 on 8:00 Stroke Drills | REC | |
| 6:45 AM 4,135 Yards - Stress Value = 49 | | | |

Workout #778 - Friday, 19 May 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 | |
| 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 2:00 Kick-ALL OUT!!!!!! | EN2 | K | C |
| 600 | 6 x 100 on 1:30 Lungbuster pulls | EN1 | P | |
| | odds br 3-5-7-9 | | | |
| | evens br 2-4-6-8 | | | |
| 800 | 4 x 200 on 3:30 Individual Medley | EN1 | S | |
| | Des 1-3 drill #4 | | | |
| | 1 on 45:00 Water Polo | | S | |
| 7:30 PM 2,950 Yards - Stress Value = 32 | | | | |

Workout #779 - Saturday, 20 May 2000

Group 3 - All

1 minute rest between sets

7:30 AM Start

| Yards | Set Description | EGY | WORK | STK |
|--|--------------------------------|-----|------|-----|
| | 1 on 30:00 Stomach and Stretch | | L | |
| 825 | 1 x 825 on 16:00 Choice | REC | S | CHO |
| 120 | 8 x 15 on :30 Shooters | SP3 | S | CHO |
| 1,000 | 1x{2 x 200 on 3:50 Kick | EN2 | K | CHO |
| | {2 x 150 on 2:45 Kick | EN2 | K | CHO |
| | {2 x 100 on 1:45 Kick | EN2 | K | CHO |
| | {2 x 50 on :50 Kick | EN2 | K | CHO |
| 2,000 | 5 x 400 on 5:30 Pulls | EN1 | P | FR |
| 600 | 12 x 50 on :45 Freestyle | EN1 | S | FR |
| 2,000 | 10 x 200 on 3:00 CHALLENGE SET | EN3 | S | FR |
| 300 | 1 x 300 on 6:00 Stroke Drills | REC | D | CD |
| 9:58 AM 6,845 Yards - Stress Value = 171 | | | | |

Workout #780 - Monday, 22 May 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 | |
| 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 x 25 on :30 Stroke | EN1 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 6:44 AM 4,000 Yards - Stress Value = 50 | | | |

| | | |
|---|------------------------------------|-----|
| | {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 | | |

Workout #784 - Wednesday, 24 May 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 | | |
| 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 x 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 #781 - Monday, 22 May 2000

Group 3 - All

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 x 12 on :30 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 #785 - Thursday, 25 May 2000

Group 3 - All

1 minute rest between sets

5:30 AM Start

| 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 x 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 x 200 on 2:45 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 | | | |

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 x 125 on 1:50 last 75 IM | EN1 | |
| 400 | 4 x 100 on 1:30 Free-descend to ludicrous speed | EN2 | |
| 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 PM Start

| Yards | Set Description | EGY | WC |
|-------|--------------------------------------|-----|----|
| | 1 on 50:00 Bolles school/strtch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 250 | 10x{1 x 13 on :00 Butterfly | SP3 | |
| | {1 x 12 on :30 Freestyle | REC | |
| 1,000 | 5 x 200 on 3:45 Kick | EN2 | |
| 1,500 | 1x{2 x 250 on 3:30 Pulls | EN1 | |
| | {2 x 250 on 3:25 Pulls | EN1 | |
| | {2 x 250 on 3:20 Pulls | EN1 | |
| 2,300 | 1x{3 x 100 on 1:30 Freestyle-descend | EN2 | |
| | {3 x 200 on 2:30 Freestyle | EN2 | |
| | {4 x 100 on 1:25 Freestyle-descend | EN2 | |

Workout #786 - Thursday, 25 May 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | ST |
|---|---------------------------------|-----|------|----|
| 5:15 PM Start | | | | |
| 800 | 1 on 50:00 Bolles school/stretc | | L | DF |
| | 8 x 100 on 2:00 Stroke Drills | REC | D | I |
| | 2 on each stroke | | | |
| 300 | 12x{1 x 18 on :00 Breaststroke | SP3 | S | E |
| | {1 x 7 on :30 Freestyle | REC | S | E |
| 1,000 | 10 x 100 on 1:50 Kick-odds fast | EN2 | K | CF |
| 1,250 | 1x{3 x 125 on 1:50 Pulls | EN1 | P | |
| | {3 x 125 on 1:45 Pulls | EN1 | P | E |
| | {4 x 125 on 1:40 Pulls | EN1 | P | E |
| 200 | 8 x 25 on :30 IM order-build | EN1 | S | I |
| 1,800 | 1x{8 x 75 on 1:10 Backstroke | EN2 | S | E |
| | {8 x 75 on 1:05 Backstroke | EN2 | S | E |
| | {8 x 75 on 1:00 Backstroke | EN2 | S | E |
| 300 | 1 x 300 on 4:30 Stroke Drills | REC | D | C |
| 7:45 PM 5,650 Yards - Stress Value = 80 | | | | |

Workout #787 - Friday, 26 May 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|-------------------------------------|-----|-----|
| 5:30 AM Start | | | |
| 400 | 1 x 400 on 8:00 Swim-kick-pull-swim | REC | |
| 250 | 10x{1 x 13 on :00 Butterfly | SP3 | |
| | {1 x 12 on :30 Freestyle | REC | |
| 2,000 | 1x{1 x 1000 on 15:00 Pulls | EN1 | |
| | {2 x 500 on 7:00 Pulls | EN1 | |
| 1,200 | 2x{4 x 50 on :50 Freestyle | EN1 | |
| | {4 x 50 on :45 Freestyle | EN1 | |
| | {4 x 50 on :40 Freestyle | EN1 | |
| | 1 on 1:00 Rest | | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | |
| 6:39 AM 4,050 Yards - Stress Value = 37 | | | |

Workout #788 - Tuesday, 30 May 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|-------------------------------------|-----|------|
| 5:30 AM Start | | | |
| 425 | 1 x 425 on 8:00 Swim-kick-pull-swim | REC | S |
| 210 | 14 x 15 on :30 Pit sprints | SP3 | S |
| 1,500 | 1x{4 x 100 on 1:30 Pulls | EN1 | F |
| | {4 x 125 on 1:50 Pulls | EN1 | F |
| | {4 x 150 on 2:15 Pulls | EN1 | F |
| 1,900 | 1x{4 x 75 on 1:10 Freestyle | EN1 | S |
| | {1 x 200 on 3:00 Individual Medley | EN1 | S |
| | {4 x 75 on 1:10 Freestyle | EN1 | S |
| | {1 x 200 on 2:55 Individual Medley | EN1 | S |
| | {4 x 75 on 1:10 Freestyle | EN1 | S |
| | {1 x 200 on 2:50 Individual Medley | EN1 | S |
| | {8 x 50 on 1:00 Stroke Drills | REC | I |
| 6:42 AM 4,035 Yards - Stress Value = 38 | | | |

Workout #789 - Tuesday, 30 May 2000

Group 3 - All

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---------------|--------------------------------------|-----|-----|
| 5:30 PM Start | | | |
| 800 | 1 on 30:00 Team meeting/stretch | | |
| | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |

| | | |
|---|--------------------------------|-----|
| 150 | 10 x 15 on :30 Shooters | SP3 |
| 900 | 3x{1 x 150 on 3:15 Kick | EN2 |
| | {1 x 100 on 2:10 Kick | EN2 |
| | {1 x 50 on 1:05 Kick | EN2 |
| 100 | 1 x 100 on 2:00 Kick for time | EN3 |
| 1,600 | 4 x 400 on 6:00 Pulls | EN1 |
| 300 | 6 x 50 on 1:00 Freestyle-build | EN1 |
| 2,250 | 1x{3 x 250 on 3:45 Freestyle | EN1 |
| | {3 x 250 on 3:35 Freestyle | EN2 |
| | {3 x 250 on 3:25 Freestyle | EN2 |
| 300 | 6 x 50 on 1:00 Stroke Drills | EN1 |
| 7:59 PM 6,400 Meters - Stress Value = 101 | | |

Workout #790 - Wednesday, 31 May 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 5:15 PM Start | | | |
| ===== | | | |
| | 1 on 30:00 Stomach and Stretch | | |
| 1,025 | 1 x 1025 on 18:00 Choice | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 1,000 | 10 x 100 on 2:00 Kick-odds fast | EN2 | |
| 1,600 | 8 x 200 on 2:45 Pulls | EN1 | |
| 600 | 6 x 100 on 1:30 Descend in sets of 3 | EN1 | |
| 1,400 | 1x{1 x 200 on 4:00 Breaststroke | EN2 | |
| | {4 x 50 on 1:00 Breaststroke -des | EN2 | |
| | {1 x 200 on 3:50 Breaststroke | EN2 | |
| | {4 x 50 on :55 Breaststroke-des | EN2 | |
| | {1 x 200 on 3:40 Breaststroke | EN2 | |
| | {4 x 50 on :50 Breaststroke-des | EN2 | |
| | {1 x 200 on 3:30 Breaststroke | EN2 | |
| 300 | 12 x 25 on :40 Stroke Drills | REC | |
| 7:39 PM 6,075 Yards - Stress Value = 76 | | | |

Workout #791 - Thursday, 01 June 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---|--------------------------------------|-----|----|
| 5:15 PM Start | | | |
| ===== | | | |
| | 1 on 50:00 Bolles school/stretch | | |
| 800 | 1 x 800 on 15:00 Swim-kick-pull-swim | REC | |
| 250 | 10x{1 x 18 on :00 Breaststroke | SP3 | |
| | {1 x 7 on :30 Freestyle | REC | |
| 1,000 | 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 | |
| 1,200 | 4x{1 x 100 on 1:30 Lungbuster pulls | EN1 | |
| | {4 x 50 on :45 Pulls-all out | EN1 | |
| 200 | 8 x 25 on :30 IM order-build | EN1 | |
| 1,800 | 1x{3 x 150 on 2:20 Backstroke | EN2 | |
| | {3 x 150 on 2:15 Backstroke | EN2 | |
| | {3 x 150 on 2:10 Backstroke | EN2 | |
| | {3 x 150 on 2:05 Backstroke | EN2 | |
| 200 | 8 x 25 on :30 Backstroke-all out | EN3 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| 7:47 PM 5,650 Yards - Stress Value = 89 | | | |

Workout #792 - Thursday, 01 June 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|---|-----|----|
| | 5:30 PM Start | | |
| 400 | 1 x 400 on 8:00 Reverse IM drill | REC | |
| 250 | 10x{1 x 15 on :00 Backstroke | SP3 | |
| | {1 x 10 on :30 Freestyle | REC | |
| 1,200 | 8 x 150 on 2:15 Pulls-mid 50 br ev 8 | EN1 | |
| 1,975 | 1x{2 x 50 on :45 Freestyle | EN2 | |
| | {2 x 50 on :40 Freestyle | EN2 | |
| | {2 x 50 on :35 Freestyle | EN2 | |
| | {2 x 75 on 1:05 Freestyle | EN2 | |
| | {2 x 75 on 1:00 Freestyle | EN2 | |
| | {2 x 75 on :55 Freestyle | EN2 | |
| | {2 x 100 on 1:30 Freestyle | EN2 | |
| | {2 x 100 on 1:20 Freestyle | EN2 | |
| | {2 x 100 on 1:15 Freestyle | EN2 | |
| | {2 x 125 on 1:50 Freestyle | EN2 | |
| | {2 x 125 on 1:40 Freestyle | EN2 | |
| | {1 x 125 on 1:30 Freestyle | EN2 | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | |
| | 6:36 PM 4,025 Yards - Stress Value = 57 | | |

7:30 AM Start

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

Workout #796 - Monday, 05 June 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|---|-----|----|
| | 5:30 AM Start | | |
| 400 | 1 x 400 on 8:00 Reverse IM drill | REC | |
| 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 x 25 on :30 odds free evenen strk | EN1 | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | |
| | 6:44 AM 3,850 Yards - Stress Value = 44 | | |
| 400 | 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 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| | 6:43 AM 4,150 Yards - Stress Value = 44 | | |

5:30 AM Start

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Choice | REC | |
| 900 | 1x{3 x 100 on 2:15 Kick | EN2 | |
| | {3 x 100 on 2:10 Kick | EN2 | |
| | {3 x 100 on 2:05 Kick | EN2 | |
| 1,000 | 10 x 100 on 1:45 Lungbuster pulls | EN1 | |
| 300 | 6 x 50 on 1:00 Descend in sets of 3 | EN1 | |
| 2,700 | 3x{1 x 200 on 3:30 Butterfly | EN1 | |
| | {4 x 100 on 1:45 50 drill 50 build | EN2 | |
| | {6 x 50 on :50 Freestyle des 1-6 | EN2 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| | 8:00 PM 6,100 Yards - Stress Value = 79 | | |

Workout #797 - Monday, 05 June 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 5:15 PM Start | | |
| 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 x 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 | | |

5:30 PM Start

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Choice | REC | |
| 900 | 1x{3 x 100 on 2:15 Kick | EN2 | |
| | {3 x 100 on 2:10 Kick | EN2 | |
| | {3 x 100 on 2:05 Kick | EN2 | |
| 1,000 | 10 x 100 on 1:45 Lungbuster pulls | EN1 | |
| 300 | 6 x 50 on 1:00 Descend in sets of 3 | EN1 | |
| 2,700 | 3x{1 x 200 on 3:30 Butterfly | EN1 | |
| | {4 x 100 on 1:45 50 drill 50 build | EN2 | |
| | {6 x 50 on :50 Freestyle des 1-6 | EN2 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| | 8:00 PM 6,100 Yards - Stress Value = 79 | | |

Workout #795 - Saturday, 03 June 2000

Group 3 - All

1 minute rest between sets

Workout #798 - Tuesday, 06 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 Swim-kick-pull-swim | REC | |
| 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 | | | |

| | | |
|---|--|-----|
| | {1 x 50 on :50 Breaststroke | EN2 |
| | {1 x 50 on :45 Breaststroke | EN2 |
| 400 | 4 x 100 on 2:00 Descend to ludicrous speed | EN3 |
| 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 | 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 | 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 #799 - Tuesday, 06 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 | | |
| 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 x 50 on 1:15 Kick w/out a board | EN2 | |
| 900 | 6 x 150 on 2:30 Pulls mid 50 br ev 8 | EN1 | |
| 1,200 | 1x{6 x 50 on 1:05 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 | | | |

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 x 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 | | | |

Workout #800 - Wednesday, 07 June 2000

Group 3 - All

1 minute rest between sets

5:30 PM Start

| Yards | Set Description | EGY | WC |
|-------|---------------------------------------|-----|----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 400 skps 400 rv IM d | REC | |
| 900 | 9 x 100 on 2:00 Kick | 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 | 6 x 100 on 1:45 Descend in sets of 3 | EN1 | |
| 1,800 | 1x{1 x 200 on 4:00 Breaststroke | EN2 | |
| | {1 x 200 on 3:50 Breaststroke | EN2 | |
| | {1 x 200 on 3:40 Breaststroke | EN2 | |
| | {1 x 200 on 3:30 Breaststroke | EN2 | |
| | {1 x 200 on 4:00 Freestyle | REC | |
| | {1 x 100 on 2:00 Breaststroke | EN2 | |
| | {1 x 100 on 1:55 Breaststroke | EN2 | |
| | {1 x 100 on 1:50 Breaststroke | EN2 | |
| | {1 x 100 on 1:45 Breaststroke | EN2 | |
| | {1 x 200 on 4:00 Freestyle | REC | |
| | {1 x 50 on 1:00 Breaststroke | EN2 | |
| | {1 x 50 on :55 Breaststroke | EN2 | |

Workout #803 - Monday, 12 June 2000

Group 3 - All

1 minute rest between sets

| 6:30 AM Start | | EGY | WOF |
|---------------|---|-----|-----|
| Meters | Set Description | | |
| 1,000 | 1 on 30:00 Plyometrics/stretch | | |
| 150 | 1 x 1000 on 18:00 Choice | REC | S |
| 1,000 | 10 x 15 on :30 Shooters | SP3 | S |
| 1,500 | 10 x 100 on 2:00 Kick | EN2 | F |
| 800 | 5 x 300 on 4:45 Pulls | EN1 | F |
| 150 | evens hold undr 4:00 | | |
| 900 | 8 x 50 on 1:00 2 on each 10strks dr | EN1 | S |
| | 10 strokes build | | |
| 100 | 1x{3 x 200 on 3:30 Individual Medley | EN2 | S |
| | {3 x 100 on 2:15 Kick | EN2 | S |
| | {3 x 100 on 2:10 Kick | EN2 | S |
| 100 | {3 x 200 on 3:25 Individual Medley | EN2 | S |
| 750 | {3 x 200 on 3:20 Individual Medley | EN2 | S |
| | 1 x 100 on 3:00 Kick-for time | EN2 | S |
| | 1x{6 x 50 on 1:00 Pulls-nbbf&w | EN1 | S |
| | {5 x 50 on :55 Pulls-nbbf&w | EN1 | S |
| | {4 x 50 on :50 Pulls-nbbf&w | EN1 | S |
| 600 | 6 x 100 on 1:45 Descend in sets of 3 | EN1 | S |
| 2,400 | 3x{1 x 400 on 6:00 Freestyle | EN3 | S |
| | {1 x 200 on 2:45 Freestyle | EN2 | S |
| | {4 x 50 on 1:00 Your Stroke-no free | EN2 | S |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | I |
| | 9:00 AM 5,900 Meters - Stress Value = 149 | | |

Workout #804 - Monday, 12 June 2000

Group 3 - All

1 minute rest between sets

| 5:30 PM Start | | EGY | WORK | S |
|---------------|---|-----|------|---|
| Yards | Set Description | | | |
| | 1 on 29:00 Stomach and Stretch | | L I | |
| 600 | 12 x 50 on 1:15 Stroke Drills | REC | D | |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | |
| 1,200 | 4x{1 x 100 on 1:45 Lungbuster pulls | EN1 | P | |
| | {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 | |
| 400 | 4 x 100 on 2:00 Free-6-b-k add 50 | EN2 | S | |
| 400 | 1 on 10:00 Techniques-relay str | | D | |
| 400 | 8 x 50 on 2:00 2 on each all from | SP2 | S | |
| | the blocks | | | |
| 500 | 10 x 50 on 1:00 Stroke Drills | EN1 | D C | |
| | odds free evens strk | | | |
| | 25 fast 25 easy | | | |
| | 7:29 PM 3,250 Yards - Stress Value = 71 | | | |

Workout #808 - Tuesday, 13 June 2000

Group 3 - All

1 minute rest between sets

| 5:30 PM Start | | EGY | WOF |
|---------------|--|-----|-----|
| Meters | Set Description | | |
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 8 x 100 on 2:15 Stroke Drills | REC | |
| | odds free evens strk | | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 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 | |
| 200 | 4 x 50 on 1:00 Freestyle | EN1 | |
| 1,200 | 3x{1 x 200 on 3:45 Backstroke | EN1 | |
| | {2 x 50 on 1:00 Back count strokes | EN1 | |
| | {1 x 100 on 2:30 Backstroke 90% effrt | EN3 | |
| 400 | 8 x 50 on 1:15 Stroke Drills | REC | |
| | 7:30 PM 3,950 Meters - Stress Value = 50 | | |

Workout #805 - Tuesday, 13 June 2000

Group 3 - Gold

1 minute rest between sets

| 6:30 AM Start | | EGY | WORK |
|---------------|--|-----|------|
| Meters | Set Description | | |
| | 1 on 30:00 Plyometrics/stretch | | I |
| 1,000 | 1 x 1000 on 18:00 Choice | REC | S |
| 150 | 10 x 15 on :30 Shooters | SP3 | S |
| 1,000 | 10 x 100 on 2:00 Kick | EN2 | F |
| 1,500 | 5 x 300 on 4:45 Pulls | EN1 | F |
| | evens hold undr 4:00 | | |
| 400 | 8 x 50 on 1:00 2 on each 10strks dr | EN1 | S |
| | 10 strokes build | | |
| 1,800 | 1x{3 x 200 on 3:30 Individual Medley | EN2 | S |
| | {3 x 200 on 3:25 Individual Medley | EN2 | S |
| | {3 x 200 on 3:20 Individual Medley | EN2 | S |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | I |
| | 9:00 AM 6,250 Meters - Stress Value = 89 | | |

Workout #806 - Tuesday, 13 June 2000

Group 3 - Silver

1 minute rest between sets

| 6:30 AM Start | | EGY | WORK |
|---------------|--|-----|------|
| Meters | Set Description | | |
| | 1 on 30:00 Plyometrics/stretch | | I |
| 1,000 | 1 x 1000 on 18:00 Choice | REC | S |
| 150 | 10 x 15 on :30 Shooters | SP3 | S |
| 800 | 8 x 100 on 2:15 Kick-all fast | EN2 | F |
| 1,200 | 4 x 300 on 5:00 Pulls | EN1 | F |
| | evens hold undr 4:15 | | |
| 400 | 8 x 50 on 1:10 2 on each 10strks dr | EN1 | S |
| | 10 strokes build | | |
| 1,800 | 1x{3 x 200 on 3:50 Individual Medley | EN2 | S |
| | {3 x 200 on 3:40 Individual Medley | EN2 | S |
| | {3 x 200 on 3:30 Individual Medley | EN2 | S |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | I |
| | 8:58 AM 5,750 Meters - Stress Value = 81 | | |

Workout #807 - Tuesday, 13 June 2000

Group 3 - Bronze

1 minute rest between sets

| 6:30 AM Start | | EGY | WORK |
|---------------|--|-----|------|
| Meters | Set Description | | |
| | 1 on 30:00 Plyometrics/stretch | | I |
| 800 | 1 x 800 on 18:00 Choice | REC | S |
| 150 | 10 x 15 on :30 Shooters | SP3 | S |
| 800 | 8 x 100 on 2:30 Kick-all fast | EN2 | F |
| 1,200 | 4 x 300 on 5:30 Pulls | EN1 | F |
| | evens hold undr 4:30 | | |
| 400 | 8 x 50 on 1:15 2 on each 10strks dr | EN1 | S |
| | 10 strokes build | | |
| 1,400 | 1x{3 x 200 on 4:10 Individual Medley | EN2 | S |
| | {3 x 200 on 4:05 Individual Medley | EN2 | S |
| | {1 x 200 on 4:00 Individual Medley | EN2 | S |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | I |
| | 8:58 AM 5,150 Meters - Stress Value = 72 | | |

Workout #809 - Wednesday, 14 June 2000

Group 3 - All

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 800 | 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 | |
| 900 | 3x{1 x 150 on 3:30 Kick | EN2 | |
| | {1 x 100 on 2:20 Kick | EN2 | |
| | {1 x 50 on 1:10 Kick | EN2 | |
| 1,200 | 1x{2 x 300 on 4:45 Pulls | EN1 | |
| | {2 x 200 on 3:15 Pulls | EN1 | |
| | {2 x 100 on 1:45 Pulls | EN1 | |
| 450 | 9 x 50 on 1:00 Descend in sets of 3 | EN1 | |
| 600 | 6 x 100 on 6:00 Freestyle | SP2 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 9:01 AM 4,500 Meters - Stress Value = 110 | | | |

6:30 AM Start

| Meters | Set Description | EGY | WORK | S |
|--|------------------------------------|-----|------|-----|
| 800 | 1 on 30:00 Plyometrics/stretch | | | L I |
| 800 | 2 x 400 on 8:00 Reverse IM drill | REC | | D |
| 150 | 10 x 15 on :30 Shooters | SP3 | | S F |
| 900 | 18 x 50 on 1:10 Kick | EN2 | | K C |
| 1,000 | 1x{1 x 400 on 6:20 Pulls | EN1 | | P |
| | {1 x 300 on 4:45 Pulls | EN1 | | P |
| | {1 x 200 on 3:10 Pulls | EN1 | | P |
| | {1 x 100 on 1:35 Pulls | EN1 | | P |
| 600 | 3 x 200 on 4:00 Individual Medley | EN1 | | S |
| 1,800 | 1x{1 x 400 on 7:00 Fly drill 2-2-2 | EN1 | | D F |
| | {4 x 50 on 1:10 Butterfly | EN1 | | S F |
| | {1 x 300 on 5:15 Fly drill 3-3-3 | EN1 | | D F |
| | {4 x 50 on 1:05 Butterfly | EN1 | | S F |
| | {1 x 200 on 3:30 Fly drill 4-4-4 | EN1 | | D F |
| | {4 x 50 on 1:00 Butterfly | EN1 | | S F |
| | {1 x 200 on 3:30 Fly drill 4-4-4 | EN1 | | D F |
| | {4 x 50 on 1:00 Butterfly | EN1 | | S F |
| | {1 x 100 on 1:45 Fly drill 5-5-5 | EN1 | | D F |
| | {4 x 50 on :55 Butterfly | EN1 | | S F |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | | D |
| 8:59 AM 5,650 Meters - Stress Value = 62 | | | | |

Workout #812 - Thursday, 15 June 2000

Group 3 - Breast

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|---|-----|-----|
| 800 | 1 on 30:00 Plyometrics/stretch | | |
| 800 | 2 x 400 on 8:00 Reverse IM drill | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 900 | 18 x 50 on 1:10 Kick | EN2 | |
| 1,000 | 1x{1 x 400 on 6:20 Pulls | EN1 | |
| | {1 x 300 on 4:45 Pulls | EN1 | |
| | {1 x 200 on 3:10 Pulls | EN1 | |
| | {1 x 100 on 1:35 Pulls | EN1 | |
| 600 | 3 x 200 on 4:00 Individual Medley | EN1 | |
| 1,500 | 3x{1 x 200 on 4:00 Breast-2 kick 1 pull | EN1 | |
| | {1 x 150 on 3:00 Breast fly kick drill | EN1 | |
| | {1 x 100 on 2:00 Breast-full stroke | EN1 | |
| | {1 x 50 on 1:00 Butterfly | EN1 | |
| 300 | 3 x 100 on 1:45 Free -descend | EN1 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 9:01 AM 5,650 Meters - Stress Value = 63 | | | |

Workout #811 - Thursday, 15 June 2000

Group 3 - Backstroke

1 minute rest between sets

| Meters | Set Description | EGY | WORK | S |
|--|-----------------------------------|-----|------|-----|
| 800 | 1 on 30:00 Plyometrics/stretch | | | L I |
| 800 | 2 x 400 on 8:00 Reverse IM drill | REC | | D |
| 150 | 10 x 15 on :30 Shooters | SP3 | | S F |
| 900 | 18 x 50 on 1:10 Kick | EN2 | | K C |
| 1,000 | 1x{1 x 400 on 6:20 Pulls | EN1 | | P |
| | {1 x 300 on 4:45 Pulls | EN1 | | P |
| | {1 x 200 on 3:10 Pulls | EN1 | | P |
| | {1 x 100 on 1:35 Pulls | EN1 | | P |
| 600 | 3 x 200 on 4:00 Individual Medley | EN1 | | S |
| 2,500 | 1x{6 x 100 on 1:50 Backstroke | EN1 | | S |
| | {2 x 100 on 1:45 Freestyle | EN1 | | S |
| | {5 x 100 on 1:45 Backstroke | EN1 | | S |
| | {2 x 100 on 1:45 Freestyle | EN1 | | S |
| | {4 x 100 on 1:40 Backstroke | EN1 | | S |
| | {2 x 100 on 1:45 Freestyle | EN1 | | S |
| | {8 x 50 on 1:00 Stroke Drills | REC | | D |
| 9:00 AM 5,950 Meters - Stress Value = 67 | | | | |

Workout #810 - Thursday, 15 June 2000

Group 3 - Distance

1 minute rest between sets

| Meters | Set Description | EGY | WORK | S |
|--|-----------------------------------|-----|------|-----|
| 800 | 1 on 30:00 Plyometrics/stretch | | | L I |
| 800 | 2 x 400 on 8:00 Reverse IM drill | REC | | D |
| 150 | 10 x 15 on :30 Shooters | SP3 | | S E |
| 900 | 18 x 50 on 1:10 Kick | EN2 | | K C |
| 1,000 | 1x{1 x 400 on 6:20 Pulls | EN1 | | P |
| | {1 x 300 on 4:45 Pulls | EN1 | | P |
| | {1 x 200 on 3:10 Pulls | EN1 | | P |
| | {1 x 100 on 1:35 Pulls | EN1 | | P |
| 600 | 3 x 200 on 4:00 Individual Medley | EN1 | | S |
| 2,500 | 1x{1 x 500 on 7:30 Freestyle | EN1 | | S |
| | {1 x 500 on 7:20 Freestyle | EN1 | | S |
| | {1 x 500 on 7:10 Freestyle | EN1 | | S |
| | {1 x 500 on 7:00 Freestyle | EN1 | | S |
| | {1 x 500 on 6:50 Freestyle | EN1 | | S |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | | D |
| 9:00 AM 6,350 Meters - Stress Value = 74 | | | | |

Workout #814 - Thursday, 15 June 2000

Group 3 - All

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 600 | 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 | 2x{1 x 200 on 3:00 Pulls | EN1 | |
| | {3 x 100 on 1:45 Lungbuster pulls | EN1 | |
| | { #1 br 3-5, #2 br 4-6 | | |
| | { #3 br 7-8 | | |
| 400 | 1 x 400 on 7:00 Free des. each 100 | EN1 | |
| 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 | | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | |
| 7:30 PM 3,750 Meters - Stress Value = 53 | | | |

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

| Meters | Set Description | EGY | WOF |
|---|---|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 10 x 15 on 16:00 Swim-kick-pull-swim | REC | |
| 1,200 | 1x{3 x 100 on 2:30 Kick | EN2 | |
| | {3 x 100 on 2:20 Kick | EN2 | |
| | {3 x 200 on 2:10 Kick | EN2 | |
| 1,500 | 1x{2 x 250 on 4:00 Pulls | EN1 | |
| | {2 x 250 on 3:50 Pulls | EN1 | |
| | {2 x 250 on 3:40 Pulls | EN1 | |
| 600 | 6 x 100 on 1:45 Descend in sets of 3 | EN1 | |
| 1,500 | 15 x 100 on 2:00 Free hold fastest possible average | EN3 | |
| 300 | 1 x 300 on 6:00 Stroke Drills | REC | |
| 8:58 AM 6,050 Meters - Stress Value = 158 | | | |

Workout #817 - Friday, 16 June 2000

Group 3 - IM/Stroke

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 10 x 15 on 16:00 Swim-kick-pull-swim | REC | |
| 1,200 | 1x{3 x 100 on 2:30 Kick | EN2 | |
| | {3 x 100 on 2:20 Kick | EN2 | |
| | {3 x 200 on 2:10 Kick | EN2 | |
| 1,500 | 1x{2 x 250 on 4:00 Pulls | EN1 | |
| | {2 x 250 on 3:50 Pulls | EN1 | |
| | {2 x 250 on 3:40 Pulls | EN1 | |
| 600 | 6 x 100 on 1:45 Descend in sets of 3 | EN1 | |
| 1,600 | 1x{1 x 400 on 7:00 Individual Medley | EN1 | |
| | {6 x 50 on 1:05 Butterfly | EN1 | |
| | {6 x 50 on 1:00 Backstroke | EN2 | |
| | {6 x 50 on 1:10 Breaststroke | EN2 | |
| | {6 x 50 on :55 Freestyle | EN2 | |
| 300 | 1 x 300 on 6:00 Stroke Drills | REC | |
| 9:00 AM 6,150 Meters - Stress Value = 87 | | | |

Workout #816 - Friday, 16 June 2000

Group 3 - Sprint

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 10 x 15 on 16:00 Swim-kick-pull-swim | REC | |
| 1,200 | 1x{3 x 100 on 2:30 Kick | EN2 | |
| | {3 x 100 on 2:20 Kick | EN2 | |
| | {3 x 200 on 2:10 Kick | EN2 | |
| 1,500 | 1x{2 x 250 on 4:00 Pulls | EN1 | |
| | {2 x 250 on 3:50 Pulls | EN1 | |
| | {2 x 250 on 3:40 Pulls | EN1 | |
| 600 | 6 x 100 on 1:45 Descend in sets of 3 | EN1 | |
| 1,300 | 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 x 50 on 1:00 Freestyle easy | REC | |
| 300 | 1 x 300 on 6:00 Stroke Drills | REC | |
| 9:00 AM 5,850 Meters - Stress Value = 86 | | | |

Workout #822 - Monday, 19 June 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 4:00 PM Start | | | |
| 825 | 1 on 30:00 Medicine ball/strtch | | |
| 210 | 1 x 825 on 15:00 Swim-kick-pull-swim | REC | |
| 700 | 14 x 15 on :30 Pit sprints | SP3 | |
| | 7 x 100 on 1:30 Lungbuster pulls | EN1 | |
| | odds br 3-5-7-9 | | |
| | evens br 2-4-6-8 | | |
| 1x{8 x 25 on :30 Butterfly | | EN2 | |
| {1 on :30 Rest | | | |
| {8 x 25 on :25 Backstroke | | EN2 | |
| {1 on :30 Rest | | | |
| {8 x 25 on :30 Breaststroke | | EN2 | |
| {1 on :30 Rest | | | |
| {8 x 25 on :20 Freestyle | | EN2 | |
| 8x{1 x 50 on :00 Off blocks 2 on each | | SP2 | |
| {1 x 150 on 4:00 Freestyle-ez | | REC | |
| 4 x 50 on 1:00 Stroke Drills | | REC | |
| 6:00 PM 4,335 Yards - Stress Value = 71 | | | |

Workout #819 - Monday, 19 June 2000

Group 3 - Gold

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 on 30:00 Plyometrics/stretch | | |
| 150 | 10 x 15 on 16:00 Swim-kick-pull-swim | REC | |
| | 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 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 | |
| 600 | 3 x 200 on 3:45 Individual Medley | EN1 | |
| | build each 50 | | |
| | 1x{3 x 200 on 2:50 Freestyle | EN2 | |
| | {3 x 200 on 2:45 Freestyle | EN2 | |
| | {3 x 200 on 2:40 Freestyle | EN2 | |
| | {1 x 200 on 2:35 Freestyle | EN2 | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | |
| 8:59 AM 6,050 Meters - Stress Value = 87 | | | |

Workout #820 - Monday, 19 June 2000

Group 3 - Silver

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 1x{2 | 200 on 4:20 Kick | EN2 | |
| {2 | 150 on 3:15 Kick | EN2 | |
| {2 | 100 on 2:10 Kick | EN2 | |
| {2 | 50 on 1:05 Kick | EN2 | |
| 1x{5 | 50 on 1:05 Pulls-nbbf&w | EN1 | |
| {5 | 50 on 1:00 Pulls-nbbf&w | EN1 | |
| {5 | 50 on :55 Pulls-nbbf&w | EN1 | |
| {5 | 50 on :50 Pulls-nbbf&w | EN1 | |
| 600 | 3 x 200 on 3:45 Individual Medley | EN1 | |
| | build each 50 | | |
| 1x{3 | 200 on 3:00 Freestyle | EN2 | |
| {3 | 200 on 2:55 Freestyle | EN2 | |
| {4 | 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 | 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

| Meters | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 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 x 50 on 1:00 Descend in sets of 3 | EN1 | |
| 1,200 | 2x{2 x 50 on 1:10 Breaststroke | EN1 | |
| | {2 x 100 on 2:20 Breaststroke | EN1 | |
| | {2 x 150 on 3:30 Breaststroke | EN1 | |
| 500 | 5 x 100 on 2:00 Stroke Drills | REC | |
| 9:01 AM 5,450 Meters - Stress Value = 62 | | | |

Workout #827 - Tuesday, 20 June 2000

Group 3 - Distance

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 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 x 50 on 1:00 Descend in sets of 3 | EN1 | |
| 1,600 | 2 x 800 on 13:30 Freestyle | EN1 | |
| 500 | 5 x 100 on 2:00 Stroke Drills | REC | |
| 9:00 AM 5,850 Meters - Stress Value = 67 | | | |

Workout #824 - Tuesday, 20 June 2000

Group 3 - Fly

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 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 x 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 x 100 on 2:00 50 fly 50 free | EN1 | |
| | {2 x 150 on 3:00 75 fly 75 free | EN1 | |
| | {1 x 150 on 3:00 IM no free | EN1 | |
| 400 | 4 x 100 on 2:00 Stroke Drills | REC | |
| 9:01 AM 5,650 Meters - Stress Value = 65 | | | |

Workout #818 - Monday, 19 June 2000

Group 3 - Silver/Bronze

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---------------|--------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 1x{2 | 200 on 4:20 Kick | EN2 | |
| {2 | 150 on 3:15 Kick | EN2 | |
| {2 | 100 on 2:10 Kick | EN2 | |
| {2 | 50 on 1:05 Kick | EN2 | |
| 1x{5 | 50 on 1:05 Pulls-nbbf&w | EN1 | |
| {5 | 50 on 1:00 Pulls-nbbf&w | EN1 | |
| {5 | 50 on :55 Pulls-nbbf&w | EN1 | |
| {5 | 50 on :50 Pulls-nbbf&w | EN1 | |
| 600 | 3 x 200 on 3:45 Individual Medley | EN1 | |
| | build each 50 | | |
| 1x{3 | 200 on 4:00 Freestyle | EN2 | |

Workout #823 - Tuesday, 20 June 2000

Group 3 - Backstroke

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 6:30 AM | Start | | |
| 1 | on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 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 x 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 = 73 | | |

Workout #826 - Tuesday, 20 June 2000

Group 3 - All

1 minute rest between sets

| Meters | Set Description | EGY | WORK | ST |
|---------|-------------------------------------|-----|------|----|
| 6:30 AM | Start | | | |
| 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 | F |
| 3,000 | 1 x 3000 on 30:00 Freestyle | EN2 | S | F |
| 200 | 1 x 200 on 5:00 Choice | REC | S | C |
| 8:00 AM | 4,300 Meters - Stress Value = 69 | | | |

Workout #828 - Tuesday, 20 June 2000

Group 3 - All

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 5:30 PM | Start | | |
| 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 x 100 on 1:45 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 | |
| 7:30 PM | 4,050 Meters - Stress Value = 59 | | |

Workout #829 - Wednesday, 21 June 2000

Group 3 - All

1 minute rest between sets

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

| | | | |
|---------|-----------------------------------|-----|---|
| | {1 x 200 on 3:05 Pulls | EN1 | F |
| | {1 x 200 on 3:00 Pulls | EN1 | F |
| 400 | 8 x 50 on 1:00 2 on each stroke | EN1 | S |
| 3x{1 | x 200 on 4:00 Breaststroke | EN2 | S |
| | {4 x 50 on 1:15 Breast under/over | EN2 | S |
| | { off the blocks | | |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | I |
| 7:30 PM | 4,050 Meters - Stress Value = 49 | | |

Workout #831 - Thursday, 22 June 2000

Group 3 - Breast

1 minute rest between sets

| Meters | Set Description | EGY | WORK | S |
|---------|--------------------------------------|-----|------|---|
| 6:30 AM | Start | | | |
| 1 | on 30:00 Stomach and Stretch | | L | I |
| 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

| Meters | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 6:30 AM | Start | | |
| 1 | on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 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 | |
| 2,400 | 2x{1 x 200 on 3:15 Freestyle | EN2 | |
| | {1 x 200 on 2:45 Freestyle | EN2 | |
| | {1 x 100 on 1:40 Freestyle | EN2 | |
| | {1 x 100 on 1:35 Freestyle | EN2 | |
| | {1 x 100 on 1:30 Freestyle | EN2 | |
| | {1 x 100 on 1:25 Freestyle | EN2 | |
| | {1 x 400 on 6:00 Freestyle | EN2 | |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | |
| 9:01 AM | 6,250 Meters - Stress Value = 120 | | |

Workout #830 - Thursday, 22 June 2000

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

Group 3 - Fly

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 500 | 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 | |
| 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 = 113 | | | |

Workout #836 - Friday, 23 June 2000

Group 3 - Breast

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 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 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 | | | |

Workout #834 - Thursday, 22 June 2000

Workout #835 - Friday, 23 June 2000

Group 3 - Backstroke

Group 3 - Distance

1 minute rest between sets

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 500 | 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 | |
| 1,800 | 6x{2 x 50 on 1:00 Backstroke | EN2 | |
| | {2 x 50 on :55 Backstroke | EN2 | |
| | {2 x 50 on :50 Backstroke | EN2 | |
| | {1 on :30 Rest | | |
| 400 | 1 x 400 on 7:00 Stroke Drills | REC | |
| 9:01 AM 5,750 Meters - Stress Value = 107 | | | |

| Meters | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 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 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 | |
| 1,500 | 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 = 151 | | | |

Workout #832 - Thursday, 22 June 2000

Group 3 - Sprint

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---------------|--|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 500 | 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 | 1x{3 x 50 on 1:00 Freestyle-all out!!! | 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 | |

Workout #837 - Friday, 23 June 2000

Group 3 - Fly & Back

1 minute rest between sets

| 6:30 AM Start | | | |
|--|--------------------------------------|-----|-----|
| Meters | Set 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 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{2 x 100 on 2:00 Your Stroke | EN1 | |
| | {1 x 100 on 2:00 Weak stroke | EN1 | |
| | {2 x 100 on 1:55 Your Stroke | EN1 | |
| | {1 x 100 on 2:00 Weak stroke | EN1 | |
| | {2 x 100 on 1:50 Your Stroke | EN1 | |
| | {1 x 100 on 2:00 Weak stroke | EN1 | |
| | {2 x 100 on 1:45 Your Stroke | EN1 | |
| | {1 x 100 on 2:00 Weak stroke | EN1 | |
| 400 | 8 x 50 on 1:10 Stroke Drills | REC | |
| 8:59 AM 5,750 Meters - Stress Value = 64 | | | |

Workout #838 - Friday, 23 June 2000

Group 3 - All

1 minute rest between sets

| 4:00 PM Start | | | |
|---|---------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| | 1 on 30:00 Medicine ball/stretch | | 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 x 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 x 75 on 2:00 Freestyle | REC | S |
| | 1x{1 x 200 on :00 Individual Medley | SP2 | S |
| | {1 x 400 on 10:00 Freestyle | REC | S |
| | {1 x 100 on :00 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 x 25 on :25 Freestyle | EN1 | S |
| | {4 x 25 on :20 Freestyle | EN2 | S |
| | {4 x 25 on :15 Freestyle | EN2 | S |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | D |
| 6:00 PM 4,250 Yards - Stress Value = 82 | | | |

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 x 50 on 1:05 Butterfly | EN2 | |
| | {1 x 200 on 4:00 Individual Medley | EN2 | |
| | {4 x 50 on 1:00 Backstroke | EN2 | |
| | {2 x 200 on 3:50 Individual Medley | EN2 | |
| | {4 x 50 on 1:10 Breaststroke | EN2 | |
| | {3 x 200 on 3:40 Individual Medley | EN2 | |
| | {4 x 50 on :55 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 | | | |

Workout #841 - Saturday, 24 June 2000

Group 3 - Bronze

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | 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 1:15 Butterfly | EN2 | |
| | {1 x 200 on 4:30 Individual Medley | EN2 | |
| | {4 x 50 on 1:10 Backstroke | EN2 | |
| | {2 x 200 on 4:20 Individual Medley | EN2 | |
| | {4 x 50 on 1:20 Breaststroke | EN2 | |
| | {2 x 200 on 4:10 Individual Medley | EN2 | |
| | {4 x 50 on 1:00 Freestyle | EN2 | |
| | {1 x 200 on 4:00 Individual Medley | EN1 | |
| 300 | 1 x 300 on 6:00 Stroke Drills | REC | |
| 8:57 AM 5,150 Meters - Stress Value = 76 | | | |

Workout #845 - Monday, 26 June 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 4:00 PM Start | | | |
| 800 | 1 on 30:00 Medicine ball/stretch | REC | |
| 200 | 10 x 20 on 1:45 Shooters off the blk | SP3 | |
| 1,000 | 10 x 100 on 1:30 Kick with flippers | EN2 | |
| 300 | 12 x 25 on :30 Freestyle-build | EN1 | |
| | 4x{1 x 75 on :00 Swim off the blocks | SP1 | |
| | {1 x 75 on 3:00 Freestyle | REC | |
| | {1 x 50 on :00 Swim off the blocks | SP1 | |
| | {1 x 50 on 2:30 Freestyle | REC | |
| | {1 x 25 on :00 Swim off the blocks | SP1 | |
| | {1 x 25 on 2:00 Freestyle | REC | |
| | { 1 set for each strk | | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | |
| 6:00 PM 4,000 Yards - Stress Value = 79 | | | |

Workout #842 - Monday, 26 June 2000

Group 3 - Gold

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|-----------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 on 30:00 Plyometrics/stretch | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| | 1x{6 x 50 on 1:15 Kick | EN2 | |
| | {6 x 50 on 1:10 Kick | EN2 | |
| | {6 x 50 on 1:05 Kick | EN2 | |
| | {6 x 50 on 1:00 Kick | EN2 | |
| 1,000 | 10 x 100 on 1:30 Lungbuster pulls | EN1 | |
| | odds br 5-7 evns 6-8 | | |
| 600 | 12 x 50 on 1:00 3 on each | EN1 | |
| 2,000 | 5 x 400 on 5:15 Freestyle | EN2 | |
| 500 | 5 x 100 on 2:00 Stroke Drills | REC | |
| 8:58 AM 6,250 Meters - Stress Value = 97 | | | |

Workout #843 - Monday, 26 June 2000

Group 3 - Silver

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|----------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 on 30:00 Plyometrics/stretch | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| | 1x{6 x 50 on 1:15 Kick | EN2 | |
| | {6 x 50 on 1:10 Kick | EN2 | |
| | {6 x 50 on 1:05 Kick | EN2 | |
| | {6 x 50 on 1:00 Kick | EN2 | |
| 900 | 9 x 100 on 1:40 Lungbuster pulls | EN1 | |
| | odds br 5-7 evns 6-8 | | |
| 600 | 12 x 50 on 1:00 3 on each | EN1 | |
| 2,000 | 5 x 400 on 5:45 Freestyle | EN2 | |
| 400 | 4 x 100 on 2:00 Stroke Drills | REC | |
| 8:58 AM 6,050 Meters - Stress Value = 96 | | | |

Workout #844 - Monday, 26 June 2000

Group 3 - Bronze

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|----------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 on 30:00 Plyometrics/stretch | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| | 1x{6 x 50 on 1:15 Kick | EN2 | |
| | {6 x 50 on 1:10 Kick | EN2 | |
| | {6 x 50 on 1:05 Kick | EN2 | |
| | {6 x 50 on 1:00 Kick | EN2 | |
| 800 | 8 x 100 on 1:45 Lungbuster pulls | EN1 | |
| | odds br 5-7 evns 6-8 | | |
| 400 | 8 x 50 on 1:00 2 on each | EN1 | |
| 2,000 | 5 x 400 on 6:45 Freestyle | EN2 | |
| 400 | 4 x 100 on 2:00 Stroke Drills | REC | |
| 8:58 AM 5,750 Meters - Stress Value = 92 | | | |

Workout #852 - Tuesday, 27 June 2000

Group 3 - Breast

1 minute rest between sets

| Meters | Set Description | EGY | WORK | S |
|--|-----------------------------------|-----|------|---|
| 6:30 AM Start | | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | L | |
| 800 | 1 x 800 on 16:00 Choice | REC | S | C |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | |
| 1,000 | 1x{1 x 200 on 4:30 Kick | EN2 | K | C |
| | {2 x 150 on 3:30 Kick | EN2 | K | C |
| | {3 x 100 on 2:15 Kick | EN2 | K | C |
| | {4 x 50 on 1:10 Kick | EN2 | K | C |
| 800 | 16 x 50 on 1:30 Pulls | EN1 | P | |
| 600 | 3 x 200 on 4:00 Individual Medley | EN1 | S | |
| 1,400 | 1x{5 x 100 on 2:00 Breaststroke | EN1 | S | |
| | {4 x 100 on 1:55 Breaststroke | EN1 | S | |
| | {3 x 100 on 1:50 Breaststroke | EN1 | S | |
| | {2 x 100 on 1:45 Breaststroke | EN1 | S | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | D | |
| 9:01 AM 5,150 Meters - Stress Value = 60 | | | | |

Workout #851 - Tuesday, 27 June 2000

Group 3 - Distance

1 minute rest between sets

| Meters | Set Description | EGY | WORK | S |
|--------|--|-----|------|---|
| | 1 on 30:00 Stomach and Stretch | | L | |
| 800 | 1 x 800 on 16:00 Choice | REC | S | C |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | |
| 1,000 | 1x{1 x 200 on 4:30 Kick | EN2 | K | C |
| | {2 x 150 on 3:30 Kick | EN2 | K | C |
| | {3 x 100 on 2:15 Kick | EN2 | K | C |
| | {4 x 50 on 1:10 Kick | EN2 | K | C |
| 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 | |
| 2,100 | 1x{5 x 100 on 1:40 Freestyle | EN1 | S | |
| | {1 x 200 on 3:10 Freestyle | EN1 | S | |
| | {3 x 100 on 1:40 Freestyle | EN1 | S | |
| | {2 x 200 on 3:10 Freestyle | EN1 | S | |
| | {1 x 100 on 1:40 Freestyle | EN1 | S | |
| | {3 x 200 on 3:10 Freestyle | EN1 | S | |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | D | |
| | 9:00 AM 6,150 Meters - Stress Value = 71 | | | |

Workout #850 - Tuesday, 27 June 2000

Group 3 - Fly

1 minute rest between sets

| Meters | Set Description | EGY | WORK | S |
|--------|--|-----|------|---|
| | 1 on 30:00 Stomach and Stretch | | L | |
| 800 | 1 x 800 on 16:00 Choice | REC | S | C |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | |
| 1,000 | 1x{1 x 200 on 4:30 Kick | EN2 | K | C |
| | {2 x 150 on 3:30 Kick | EN2 | K | C |
| | {3 x 100 on 2:15 Kick | EN2 | K | C |
| | {4 x 50 on 1:10 Kick | EN2 | K | C |
| 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 x 50 on 1:00 Butterfly | EN1 | S | F |
| | {1 x 100 on 2:00 Stroke Drills | EN1 | S | F |
| | {3 x 50 on :55 Butterfly | EN1 | S | F |
| | {2 x 100 on 2:00 Stroke Drills | EN1 | S | F |
| | {2 x 50 on :50 Butterfly | EN1 | S | F |
| | {3 x 100 on 2:00 Stroke Drills | EN1 | D | F |
| | {1 x 50 on :45 Butterfly | EN1 | S | F |
| | {4 x 100 on 2:00 Stroke Drills | EN1 | D | F |
| | { 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 | Set Description | EGY | WORK | S |
|--------|--------------------------------|-----|------|---|
| | 1 on 30:00 Stomach and Stretch | | L | |
| 800 | 1 x 800 on 16:00 Choice | REC | S | C |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | |
| 1,000 | 1x{1 x 200 on 4:30 Kick | EN2 | K | C |
| | {2 x 150 on 3:30 Kick | EN2 | K | C |
| | {3 x 100 on 2:15 Kick | EN2 | K | C |
| | {4 x 50 on 1:10 Kick | EN2 | K | C |
| 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 | |
| 1,650 | 1x{4 x 100 on 1:50 Backstroke | EN1 | S | |
| | {3 x 100 on 1:45 Backstroke | EN1 | S | |
| | {2 x 100 on 1:40 Backstroke | EN1 | S | |
| | {4 x 50 on 1:00 Backstroke | EN1 | S | |
| | {3 x 50 on :55 Backstroke | EN1 | S | |
| | {2 x 50 on :50 Backstroke | EN1 | S | |
| | {1 x 100 on 1:45 Backstroke | EN1 | S | |
| | {1 x 100 on 1:40 Backstroke | EN1 | S | |
| | {1 x 100 on 1:35 Backstroke | EN1 | S | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | D | |
| | 8:58 AM 5,800 Meters - Stress Value = 65 | | | |

Workout #853 - Tuesday, 27 June 2000

Group 3 - All

1 minute rest between sets

| Meters | Set Description | EGY | WORK | S |
|--------|--|-----|------|---|
| | 1 on 30:00 Stomach and Stretch | | L | |
| 800 | 8 x 100 on 2:00 Stroke Drills-odds | REC | I | |
| | free evens stroke | | | |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | |
| 1,000 | 2x{1 x 250 on 3:45 Pulls | EN1 | F | |
| | {5 x 50 on :50 Pulls | EN1 | F | |
| 400 | 1 x 400 on 7:30 Individual Medley | EN1 | S | |
| | build each 100 | | | |
| 1,300 | 1x{6 x 50 on 1:00 Back-des in sets of 3 | EN2 | S | |
| | {1 x 100 on 2:00 Backstroke for time | SP1 | S | |
| | {5 x 50 on 1:00 Back-des 1-3 & 4-5 | EN2 | S | |
| | {1 x 100 on 2:30 Backstroke for time | SP1 | S | |
| | {4 x 50 on 1:00 Backstroke des 1-4 | EN2 | S | |
| | {1 x 100 on 3:00 Backstroke for time | SP1 | S | |
| | {3 x 50 on 1:00 Backstroke des 1-3 | EN2 | S | |
| | {1 x 100 on 3:30 Backstroke for time | SP1 | S | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | I | |
| | 7:30 PM 4,050 Meters - Stress Value = 79 | | | |

Workout #848 - Tuesday, 27 June 2000

Group 3 - Gold

1 minute rest between sets

| 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 Value = 160 | | | |

Workout #846 - Tuesday, 27 June 2000

Group 3 - Silver

1 minute rest between sets

| Meters | Set Description | EGY | WORK | STP |
|---------|-----------------------------------|-----|------|-----|
| 6:30 AM | Start | | | |
| 1,000 | 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 | 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 = 158 | | | |

| Meters | Set Description | EGY | WC |
|---------|---------------------------------------|-----|----|
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim- | REC | |
| 1,000 | 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 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 | |
| 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 Value = 101 | | |

Workout #856 - Thursday, 29 June 2000

Group 3 - Fly

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 6:30 AM | Start | | |
| 1,000 | 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 x 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 = 136 | | |

| Meters | Set Description | EGY | WC |
|---------|---------------------------------------|-----|----|
| 6:30 AM | Start | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim- | REC | |
| 1,000 | 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 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 | |
| 400 | 2x{4 x 50 on 1:00 Butterfly | EN2 | |
| | {1 on 1:00 Rest | | |
| | {4 x 50 on :55 Butterfly | EN2 | |
| | {1 on 1:00 Rest | | |
| | {4 x 50 on :50 Butterfly | EN2 | |
| | {1 on 1:00 Rest | | |
| | {4 x 50 on :45 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 #855 - Thursday, 29 June 2000

Group 3 - Breast

1 minute rest between sets

| Meters | Set Description | EGY | WC |
|---------|---------------------------------------|-----|----|
| 6:30 AM | Start | | |
| 800 | 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 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 | |
| 1,950 | 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

6:30 AM Start

Workout #861 - Thursday, 29 June 2000

Group 3 - Backstroke

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 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 | |
| | {1 x 100 on 1:45 Backstroke | EN2 | |
| | {1 x 200 on 3:25 Backstroke | EN2 | |
| | {1 x 300 on 5:05 Backstroke | EN2 | |
| | {1 x 400 on 6:40 Backstroke | EN2 | |
| | {1 x 300 on 4:55 Backstroke | EN2 | |
| | {1 x 200 on 3:10 Backstroke | EN2 | |
| | {1 x 100 on 1:30 Backstroke | EN2 | |
| | {1 x 50 on :40 Backstroke | EN2 | |
| 200 | 4 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 | | | |

| | |
|--|-----|
| 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 = 63 | |

Workout #860 - Thursday, 29 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 | | |
| 1,000 | 1 x 1000 on 18:00 Choice | REC | |
| 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 x 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 | | | |

Workout #854 - Thursday, 29 June 2000

Group 3 - Bronze

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 18:00 Choice | REC | |
| 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 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 #862 - Thursday, 29 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 | | I |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | I |
| 150 | 10 x 15 on :45 Shooters | SP3 | S |
| 1,500 | 1x{5 x 100 on 1:45 Pulls | EN1 | F |
| | {4 x 100 on 1:40 Pulls | EN1 | F |
| | {3 x 100 on 1:35 Pulls | EN1 | F |
| | {2 x 100 on 1:30 Pulls | EN1 | F |
| | {1 x 100 on 1:25 Pulls | EN1 | F |
| 400 | 2 x 200 on 4:00 Individual Medley | EN1 | S |
| | #1 drill #2 build 50 | | |
| 1,400 | 2x{6 x 50 on 1:20 Pulls | EN1 | F |
| | {1 x 100 on 2:00 Breaststroke | EN2 | S |
| | {1 x 100 on 1:55 Breaststroke | EN2 | S |
| | {1 x 100 on 1:50 Breaststroke | EN2 | S |
| | {2 x 50 on 1:15 Breast off the blcks | SP2 | S |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | I |
| 7:31 PM 4,050 Meters - Stress Value = 68 | | | |

Workout #859 - Thursday, 29 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 | | |
| 1,000 | 1 x 1000 on 18:00 Choice | REC | |
| 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 | |

Workout #858 - Thursday, 29 June 2000

1 minute rest between sets

Group 3 - Sprint

1 minute rest between sets

| Meters | Set Description | EGY | WC |
|---------|---------------------------------------|-----|----|
| 6:30 AM | Start | | |
| 800 | 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 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 | |
| 1,400 | 2x{1 x 100 on 2:00 Freestyle | EN2 | |
| | {1 x 100 on 1:55 Freestyle | EN2 | |
| | {1 x 100 on 1:50 Freestyle | EN2 | |
| | {1 x 100 on 1:45 Freestyle | EN2 | |
| | {1 x 100 on 1:40 Freestyle | EN2 | |
| | {1 x 100 on 1:35 Freestyle | EN2 | |
| | {1 x 100 on 1:30 Freestyle | EN2 | |
| 200 | 10 x 20 on 1:00 Pit sprints | SP3 | |
| 350 | 7 x 50 on 1:00 Stroke Drills | REC | |
| 9:00 AM | 5,500 Meters - Stress Value = 85 | | |

| Meters | Set Description | EGY | WC |
|---------|--------------------------------------|-----|----|
| 6:30 AM | Start | | |
| 800 | 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 | |
| | 3x{1 x 150 on 3:30 Kick | EN2 | |
| | {1 x 100 on 2:20 Kick | EN2 | |
| | {1 x 50 on 1:10 Kick | EN2 | |
| | 10x{1 x 50 on 1:00 Pulls | EN1 | |
| | {1 x 50 on :45 Pulls | EN1 | |
| 300 | 3 x 100 on 1:45 Freestyle-descend | EN1 | |
| 1,050 | 7 x 150 on 3:00 Free hold fastest | EN3 | |
| | possible average | | |
| 500 | 1 x 500 on 10:00 Freestyle | REC | |
| 400 | 4 x 100 on 1:45 Free-descend to | EN2 | |
| | ludicrous speed | | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 9:00 AM | 5,500 Meters - Stress Value = 120 | | |

Workout #866 - Monday, 03 July 2000

Group 3 - All

1 minute rest between sets

| Meters | Set Description | EGY | WC |
|---------|---------------------------------------|-----|----|
| 6:30 AM | Start | | |
| 800 | 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 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 | |
| 1,400 | 2x{1 x 100 on 2:00 Freestyle | EN2 | |
| | {1 x 100 on 1:55 Freestyle | EN2 | |
| | {1 x 100 on 1:50 Freestyle | EN2 | |
| | {1 x 100 on 1:45 Freestyle | EN2 | |
| | {1 x 100 on 1:40 Freestyle | EN2 | |
| | {1 x 100 on 1:35 Freestyle | EN2 | |
| | {1 x 100 on 1:30 Freestyle | EN2 | |
| 200 | 10 x 20 on 1:00 Pit sprints | SP3 | |
| 350 | 7 x 50 on 1:00 Stroke Drills | REC | |
| 9:00 AM | 5,500 Meters - Stress Value = 85 | | |

| Yards | Set Description | EGY | WORK |
|---------|---------------------------------------|-----|------|
| 4:00 PM | Start | | |
| 600 | 1 on 30:00 Medicine ball/strecth | | I |
| 600 | 12 x 50 on 1:00 Stroke Drills | REC | I |
| 200 | 10 x 20 on :45 Shooters-off the blk | SP3 | S |
| | 1x{3 x 125 on 2:00 Kick with flippers | EN2 | F |
| | {3 x 100 on 1:35 Kick with flippers | EN2 | S |
| | {3 x 75 on 1:10 Kick with flippers | EN2 | F |
| | {4 x 25 on 1:00 Kick-under H2O w/fin | EN2 | F |
| | 8x{1 x 25 on :00 2 on each stroke | SP2 | S |
| | {1 x 25 on 1:15 Freestyle | REC | S |
| | {1 x 100 on :00 Individual Medley | SP2 | S |
| | {1 x 100 on 4:00 Freestyle | REC | S |
| | 1 x 300 on 5:00 Stroke Drills | REC | I |
| 6:00 PM | 4,100 Yards - Stress Value = 128 | | |

Workout #863 - Friday, 30 June 2000

Group 3 - All

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 4:00 PM | Start | | |
| 800 | 1 on 30:00 Medicine ball/strecth | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 200 | 10 x 20 on :45 Shooters off the blk | SP3 | |
| | 1x{3 x 100 on 1:35 Kick | EN2 | |
| | {3 x 100 on 1:30 Kick | EN2 | |
| | {3 x 100 on 1:25 Kick | EN2 | |
| 600 | 12 x 50 on :45 Freestyle | EN1 | |
| 600 | 12 x 50 on 2:30 3 person Medley Rel | SP2 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 6:00 PM | 3,500 Meters - Stress Value = 103 | | |

| Yards | Set Description | EGY | WORK |
|---------|---------------------------------------|-----|------|
| 4:00 PM | Start | | |
| 600 | 1 on 30:00 Medicine ball/strecth | | I |
| 600 | 12 x 50 on 1:00 Stroke Drills | REC | I |
| 200 | 10 x 20 on :45 Shooters-off the blk | SP3 | S |
| | 1x{3 x 125 on 2:00 Kick with flippers | EN2 | F |
| | {3 x 100 on 1:35 Kick with flippers | EN2 | S |
| | {3 x 75 on 1:10 Kick with flippers | EN2 | F |
| | {4 x 25 on 1:00 Kick-under H2O w/fin | EN2 | F |
| | 8x{1 x 25 on :00 2 on each stroke | SP2 | S |
| | {1 x 25 on 1:15 Freestyle | REC | S |
| | {1 x 100 on :00 Individual Medley | SP2 | S |
| | {1 x 100 on 4:00 Freestyle | REC | S |
| | 1 x 300 on 5:00 Stroke Drills | REC | I |
| 6:00 PM | 4,100 Yards - Stress Value = 128 | | |

Workout #869 - Tuesday, 04 July 2000

Group 3 - Breast

1 minute rest between sets

| Meters | Set Description | EGY | WORK |
|---------|--------------------------------------|-----|------|
| 6:30 AM | Start | | |
| 900 | 1 on 30:00 Stomach and Stretch | | |
| 900 | 1 x 900 on 18:00 Choice | REC | S |
| | 1x{10 x 15 on :45 Shooters | SP3 | S C |
| | {10 x 50 on 1:00 Stroke Drills | REC | D C |
| | 1x{6 x 50 on 1:15 Kick | EN2 | K C |
| | {6 x 50 on 1:10 Kick | EN2 | K C |
| | {4 x 50 on 1:05 Kick | EN2 | K C |
| 1,100 | 11 x 100 on 1:40 Lungbuster pulls | EN1 | P |
| | 1x{3 x 150 on 2:40 Individual Medley | EN1 | S |
| | {2 x 150 on 2:35 Individual Medley | EN1 | S |
| | {2 x 150 on 2:30 Individual Medley | EN1 | S |
| 600 | 3 x 200 on 6:00 Freestyle | SP2 | S |
| | broken at 50's | | |
| 9:01 AM | 5,100 Meters - Stress Value = 113 | | |

| Meters | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 6:30 AM | Start | | |
| 900 | 1 on 30:00 Stomach and Stretch | | |
| 900 | 1 x 900 on 18:00 Choice | REC | S |
| | 1x{10 x 15 on :45 Shooters | SP3 | S C |
| | {10 x 50 on 1:00 Stroke Drills | REC | D C |
| | 1x{6 x 50 on 1:15 Kick | EN2 | K C |
| | {6 x 50 on 1:10 Kick | EN2 | K C |
| | {4 x 50 on 1:05 Kick | EN2 | K C |
| 1,100 | 11 x 100 on 1:40 Lungbuster pulls | EN1 | P |
| | 1x{3 x 150 on 2:40 Individual Medley | EN1 | S |
| | {2 x 150 on 2:35 Individual Medley | EN1 | S |
| | {2 x 150 on 2:30 Individual Medley | EN1 | S |
| 600 | 3 x 200 on 6:00 Freestyle | SP2 | S |
| | broken at 50's | | |
| 9:01 AM | 5,100 Meters - Stress Value = 113 | | |

Workout #865 - Monday, 03 July 2000

Group 3 - All

| Meters | Set Description | EGY | WC |
|---------|---------------------------------------|-----|----|
| 6:30 AM | Start | | |
| 800 | 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 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 | |
| 1,400 | 2x{1 x 100 on 2:00 Freestyle | EN2 | |
| | {1 x 100 on 1:55 Freestyle | EN2 | |
| | {1 x 100 on 1:50 Freestyle | EN2 | |
| | {1 x 100 on 1:45 Freestyle | EN2 | |
| | {1 x 100 on 1:40 Freestyle | EN2 | |
| | {1 x 100 on 1:35 Freestyle | EN2 | |
| | {1 x 100 on 1:30 Freestyle | EN2 | |
| 200 | 10 x 20 on 1:00 Pit sprints | SP3 | |
| 350 | 7 x 50 on 1:00 Stroke Drills | REC | |
| 9:00 AM | 5,500 Meters - Stress Value = 85 | | |

| Meters | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 6:30 AM | Start | | |
| 800 | 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 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 | |
| | { odds br 3-5 evns 4/6 | | |
| 450 | 9 x 50 on :50 Freestyle | EN1 | |
| 1,750 | 1x{4 x 200 on 3:45 Breaststroke | EN2 | |
| | {3 x 100 on 1:50 Breaststroke | EN2 | |
| | {2 x 50 on :55 Breaststroke | EN2 | |
| | {1 x 200 on 3:30 Breaststroke | EN2 | |
| | {2 x 100 on 1:40 Breaststroke | EN2 | |
| | {3 x 50 on :50 Breaststroke | EN2 | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | |
| 9:00 AM | 5,850 Meters - Stress Value = 88 | | |

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 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 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 | |
| | { 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 each 100 | EN3 | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | |
| | 8:59 AM 6,000 Meters - Stress Value = 109 | | |

Workout #868 - Tuesday, 04 July 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 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 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 | |
| | { odds br 3-5 evns 4/6 | | |
| 450 | 9 x 50 on :50 Freestyle | EN1 | |
| 1,500 | 1x{3 x 50 on 1:00 Butterfly | EN2 | |
| | {2 x 100 on 1:55 Butterfly | EN2 | |
| | {1 x 150 on 2:40 Butterfly | EN2 | |
| | {1 x 100 on 1:30 Freestyle | EN1 | |
| | {3 x 50 on :55 Butterfly | EN2 | |
| | {2 x 100 on 1:45 Butterfly | EN2 | |
| | {1 x 150 on 2:35 Butterfly | EN2 | |
| | {1 x 100 on 1:30 Freestyle | EN1 | |
| | {3 x 50 on :50 Butterfly | EN2 | |
| | {2 x 100 on 1:40 Butterfly | EN2 | |
| | {1 x 150 on 2:30 Butterfly | EN2 | |
| | {1 x 100 on 1:30 Freestyle | EN1 | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | |
| | 9:00 AM 5,900 Meters - Stress Value = 83 | | |

Workout #867 - Tuesday, 04 July 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 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 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 | |
| | { odds br 3-5 evns 4/6 | | |
| 450 | 9 x 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 x 200 on 3:20 Backstroke | EN2 | |
| 100 | 1 x 100 on 3:00 Back 100% effort | EN3 | |
| 350 | 7 x 50 on 1:00 Stroke Drills | REC | |
| | 9:00 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 | 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 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 | |
| | { 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 x 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 | | |

Workout #872 - Wednesday, 05 July 2000

Group 3 - All

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 20:00 Choice | REC | | | D CHO |
| 150 | 10 x 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 x 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 Value = 93 | | | | |

Workout #873 - Wednesday, 05 July 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|---------------------------------|-----|-----|
| | 1 on 30:00 Medicine ball/strtch | | |
| 1x{1 x 400 on :00 Swim-kick-pull-swim | | 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 no boards | | EN2 | |
| 1x{2 x 50 on :45 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 x 50 on 1:00 Breaststroke | | EN1 | |
| {4 x 50 on :45 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 | 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 | F |
| 1,000 1x{2 x 100 on 2:30 Kick | | EN2 | K | C |
| {2 x 100 on 2:25 Kick | | EN2 | K | C |
| {2 x 100 on 2:20 Kick | | EN2 | K | C |
| {2 x 100 on 2:15 Kick | | EN2 | K | C |
| {2 x 100 on 2:10 Kick | | EN2 | K | C |
| 800 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 x 100 on 1:45 Freestyle-build | | EN1 | S | |
| 1,500 2x{5 x 50 on 1:05 Breaststroke | | EN2 | S | |
| {5 x 50 on 1:00 Breaststroke | | EN2 | S | |
| {5 x 50 on :55 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

| Meters | 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 | F |
| 1x{2 x 100 on 2:30 Kick | | EN2 | K | C |
| {2 x 100 on 2:25 Kick | | EN2 | K | C |
| {2 x 100 on 2:20 Kick | | EN2 | K | C |
| {2 x 100 on 2:15 Kick | | EN2 | K | C |
| {2 x 100 on 2:10 Kick | | EN2 | K | C |
| 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 x 100 on 1:45 Freestyle-build | | EN1 | S | |

| | | | | |
|--|----------------------------------|-----|---|---|
| 1,500 | 30 x 50 on 1:00 Butterfly w/fins | EN2 | S | F |
| | 1st 15m underwater | | | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | D | |
| 8:51 AM 5,050 Meters - Stress Value = 71 | | | | |

Workout #877 - Thursday, 06 July 2000

Group 3 - Backstroke

1 minute rest between sets

| Meters | 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 | F |
| 1,000 1x{2 x 100 on 2:30 Kick | | EN2 | K | C |
| {2 x 100 on 2:25 Kick | | EN2 | K | C |
| {2 x 100 on 2:20 Kick | | EN2 | K | C |
| {2 x 100 on 2:15 Kick | | EN2 | K | C |
| {2 x 100 on 2:10 Kick | | EN2 | K | C |
| 800 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 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

| Meters | Set Description | EGY | WORK | S |
|--|--------------------------------|-----|------|---|
| | 1 on 30:00 Stomach and Stretch | | L | I |
| 800 8 x 100 on 2:00 Stroke Drills | | REC | D | |
| | odds free evens strk | | | |
| 135 9 x 15 on :45 Shooters | | SP3 | S | F |
| 900 1x{3 x 100 on 1:40 Pulls | | EN1 | F | |
| {3 x 100 on 1:35 Pulls | | EN1 | F | |
| {3 x 100 on 1:30 Pulls | | EN1 | F | |
| 600 12 x 50 on :50 Descend in sets of 3 | | EN1 | S | |
| 1,500 1x{3 x 100 on 2:00 Breaststroke | | EN2 | S | |
| {3 x 100 on 1:55 Breaststroke | | EN2 | S | |
| {3 x 100 on 1:50 Breaststroke | | EN2 | S | |
| {2 x 100 on 1:50 Breaststroke | | EN2 | S | |
| {2 x 100 on 1:45 Breaststroke | | EN2 | S | |
| {2 x 100 on 1:40 Breaststroke | | EN2 | S | |
| 300 6 x 50 on 1:15 Stroke Drills | | REC | D | |
| 7:29 PM 4,235 Meters - Stress Value = 55 | | | | |

Workout #876 - Thursday, 06 July 2000

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

Group 3 - Boys

1 minute rest between sets

| Meters | Set Description | EGY | WORK S |
|---|-----------------------------------|-----|--------|
| 6:30 AM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | REC | L I |
| 150 | 1 x 800 on 16:00 Reverse IM drill | REC | D C |
| | 10 x 15 on :30 Shooters | SP3 | S F |
| | 1x{2 x 100 on 2:30 Kick | EN2 | K C |
| | {2 x 100 on 2:25 Kick | EN2 | K C |
| | {2 x 100 on 2:20 Kick | EN2 | K C |
| | {2 x 100 on 2:15 Kick | EN2 | K C |
| | {2 x 100 on 2:10 Kick | EN2 | K C |
| | 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 x 100 on 1:45 Freestyle-build | EN1 | S |
| 1,500 | 15 x 100 on 2:00 Freestyle | EN3 | S |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | D |
| 8:51 AM 5,050 Meters - Stress Value = 137 | | | |

Workout #881 - Monday, 10 July 2000

Group 3 - Senior State

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 on 30:00 Plyometrics/stretch | REC | |
| 150 | 1 x 800 on 16:00 Choice | 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 | |
| 900 | 6 x 150 on 2:30 Pulls-mid 50 br ev 5 | EN1 | |
| 600 | 12 x 50 on :55 Freestyle-build | EN1 | |
| | 3x{2 x 100 on 1:40 Freestyle | EN1 | |
| | {4 x 50 on 1:00 Stroke Drills 1 on E | EN1 | |
| 200 | 1 x 200 on 4:00 Individual Medley | EN1 | |
| | good technique | | |
| 250 | 1 x 250 on 3:00 Stroke Drills | REC | |
| 8:44 AM 5,000 Meters - Stress Value = 61 | | | |

Workout #879 - Friday, 07 July 2000

Group 3 - All

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|---------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 on 30:00 Plyometrics/stretch | REC | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 900 | 10 x 15 on :30 Shooters | SP3 | |
| | 18 x 50 on 1:15 Kick-des in sets of 3 | EN2 | |
| | 1x{2 x 250 on 4:00 Pulls | EN1 | |
| | {2 x 200 on 3:15 Pulls | EN1 | |
| | {2 x 150 on 2:30 Pulls | EN1 | |
| 400 | 8 x 50 on :50 Freestyle | EN1 | |
| | 1x{1 x 200 on 3:00 Individual Medley | EN1 | |
| | {4 x 50 on 1:00 Stroke Drills 1 on E | EN1 | |
| | {1 x 200 on 3:15 Individual Medley | EN1 | |
| | {4 x 50 on 1:00 Stroke Drills 1 on E | EN1 | |
| | {1 x 200 on 3:30 Individual Medley | EN1 | |
| | {4 x 50 on 1:00 Stroke Drills 1 on E | EN1 | |
| | {1 x 200 on 3:45 Individual Medley | EN1 | |
| | {4 x 50 on 1:00 Stroke Drills 1 on E | EN1 | |
| | {1 x 200 on 4:00 Individual Medley | EN1 | |
| | {4 x 50 on 1:00 Stroke Drills 1 on E | EN1 | |
| 8:54 AM 5,450 Meters - Stress Value = 64 | | | |

Workout #882 - Monday, 10 July 2000

Group 3 - Gold

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 on 30:00 Plyometrics/stretch | REC | |
| 150 | 1 x 800 on 16:00 Choice | REC | |
| | 10 x 15 on :30 Shooters | SP3 | |
| | 1x{4 x 100 on 2:20 Kick | EN2 | |
| | {3 x 100 on 2:15 Kick | EN2 | |
| | {2 x 100 on 2:10 Kick | EN2 | |
| | {1 x 100 on 2:05 Kick | EN2 | |
| | 1x{5 x 50 on 1:00 Pulls-nbbf&w | EN1 | |
| | {5 x 50 on :55 Pulls-nbbf&w | EN1 | |
| | {5 x 50 on :50 Pulls-nbbf&w | EN1 | |
| | {5 x 50 on :45 Pulls-nbbf&w | EN1 | |
| 900 | 9 x 100 on 1:45 Descend in sets of 3 | EN1 | |
| | 1x{3 x 200 on 3:00 Freestyle | EN1 | |
| | {3 x 200 on 2:55 Freestyle | EN1 | |
| | {3 x 200 on 2:50 Freestyle | EN1 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 8:59 AM 6,050 Meters - Stress Value = 68 | | | |

Workout #884 - Monday, 10 July 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK S |
|---------------|--------------------------------------|-----|--------|
| 4:00 PM Start | | | |
| 600 | 1 on 30:00 Medicine ball/stretch | REC | L I |
| 200 | 12 x 50 on 1:00 Stroke Drills | REC | D C |
| | 10 x 20 on :45 Shooters | SP3 | S F |
| | 1x{4 x 75 on 1:30 Kick with flippers | EN2 | S |
| | {4 x 75 on 1:25 Kick with flippers | EN2 | K |
| | {4 x 75 on 1:20 Kick with flippers | EN2 | K |
| | {4 x 75 on 1:15 Kick with flippers | EN2 | K |
| 300 | 12 x 25 on :30 IM order-build | EN1 | S |
| | 4x{1 x 25 on :00 Swim | SP2 | S |
| | {1 x 25 on 1:00 Freestyle | REC | S |
| | {1 x 50 on :00 Swim | SP2 | S |
| | {1 x 50 on 2:00 Freestyle | REC | S |
| | {1 x 75 on :00 Swim | SP2 | S |
| | {1 x 75 on 3:00 Freestyle | REC | S |
| 500 | 5 x 100 on 2:15 Stroke Drills | REC | D |

Workout #883 - Monday, 10 July 2000

Group 3 - Silver

1 minute rest between sets

| 6:30 AM Start | | EGY | WOF |
|--|--------------------------------------|-----|-----|
| Meters | Set Description | | |
| 800 | 1 on 30:00 Plyometrics/stretch | | |
| 150 | 1 x 800 on 16:00 Choice | REC | |
| | 10 x 15 on :30 Shooters | SP3 | |
| | 1x{3 x 100 on 2:35 Kick | EN2 | |
| | {3 x 100 on 2:30 Kick | EN2 | |
| | {3 x 100 on 2:25 Kick | EN2 | |
| | 1x{5 x 50 on 1:00 Pulls-nbbf&w | EN1 | |
| | {5 x 50 on :55 Pulls-nbbf&w | EN1 | |
| | {5 x 50 on :50 Pulls-nbbf&w | EN1 | |
| | {5 x 50 on :45 Pulls-nbbf&w | EN1 | |
| 900 | 9 x 100 on 1:45 Descend in sets of 3 | EN1 | |
| | 1x{3 x 200 on 3:15 Freestyle | EN1 | |
| | {3 x 200 on 3:10 Freestyle | EN1 | |
| | {2 x 200 on 3:05 Freestyle | EN1 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 8:58 AM 5,750 Meters - Stress Value = 64 | | | |

Workout #880 - Monday, 10 July 2000

Group 3 - Bronze

1 minute rest between sets

| 6:30 AM Start | | EGY | WOF |
|--|--------------------------------------|-----|-----|
| Meters | Set Description | | |
| 800 | 1 on 30:00 Plyometrics/stretch | | |
| 150 | 1 x 800 on 16:00 Choice | REC | |
| | 10 x 15 on :30 Shooters | SP3 | |
| | 1x{3 x 100 on 2:35 Kick | EN2 | |
| | {3 x 100 on 2:30 Kick | EN2 | |
| | {3 x 100 on 2:25 Kick | EN2 | |
| | 1x{5 x 50 on 1:00 Pulls-nbbf&w | EN1 | |
| | {5 x 50 on :55 Pulls-nbbf&w | EN1 | |
| | {5 x 50 on :50 Pulls-nbbf&w | EN1 | |
| | {5 x 50 on :45 Pulls-nbbf&w | EN1 | |
| 600 | 6 x 100 on 2:00 Descend in sets of 3 | EN1 | |
| | 1x{3 x 200 on 3:45 Freestyle | EN1 | |
| | {3 x 200 on 3:35 Freestyle | EN1 | |
| | {2 x 200 on 3:25 Freestyle | EN1 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 8:57 AM 5,450 Meters - Stress Value = 61 | | | |

Workout #887 - Tuesday, 11 July 2000

Group 3 - Breast

1 minute rest between sets

| 6:30 AM Start | | EGY | WOF |
|--|---|-----|-----|
| Meters | Set Description | | |
| 800 | 1 on 30:00 Plyometrics/stretch | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 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 x 50 on 1:00 2 on each stroke | EN1 | |
| 1,800 | 1x{3 x 200 on 4:00 Breaststroke-descend | EN1 | |
| | {3 x 200 on 3:50 Breaststroke-descend | EN1 | |
| | {3 x 200 on 3:40 Breaststroke-descend | EN1 | |
| 200 | 4 x 50 on 1:00 Stroke Drills | REC | |
| 9:01 AM 5,850 Meters - Stress Value = 72 | | | |

Workout #890 - Tuesday, 11 July 2000

Group 3 - Breast

1 minute rest between sets

| 6:30 AM Start | | EGY | WOF |
|--|--------------------------------------|-----|-----|
| Meters | Set Description | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 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 | |
| 1,500 | 1x{5 x 100 on 2:00 Breaststroke | EN2 | |
| | {5 x 100 on 1:55 Breaststroke | EN2 | |
| | {5 x 100 on 1:50 Breaststroke | EN2 | |
| 500 | 5 x 100 on 2:00 Stroke Drills | REC | |
| 8:59 AM 5,550 Meters - Stress Value = 80 | | | |

Workout #894 - Tuesday, 11 July 2000

Group 3 - Distance

1 minute rest between sets

| 6:30 AM Start | | EGY | WOF |
|--|--------------------------------------|-----|-----|
| Meters | Set Description | | |
| 800 | 1 on 30:00 Plyometrics/stretch | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 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 x 50 on 1:00 2 on each stroke | EN1 | |
| 2,000 | 1x{1 x 400 on 5:40 Freestyle | EN1 | |
| | {2 x 300 on 4:15 Freestyle | EN1 | |
| | {3 x 200 on 2:50 Freestyle | EN1 | |
| | {4 x 100 on 1:25 Freestyle | EN1 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 8:59 AM 6,250 Meters - Stress Value = 73 | | | |

Workout #891 - Tuesday, 11 July 2000

Group 3 - Fly

1 minute rest between sets

| 6:30 AM Start | | EGY | WOF |
|--|--------------------------------------|-----|-----|
| Meters | Set Description | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 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{8 x 50 on 1:00 Butterfly | EN1 | |
| | {8 x 50 on :55 Butterfly | EN1 | |
| | {8 x 50 on :50 Butterfly | EN1 | |
| | {3 x 100 on 2:00 Butterfly-descend | EN2 | |
| 500 | 5 x 100 on 2:00 Stroke Drills | REC | |
| 8:58 AM 5,550 Meters - Stress Value = 66 | | | |

Workout #885 - Tuesday, 11 July 2000

Group 3 - Backstroke

1 minute rest between sets

6:30 AM Start

| Meters | Set Description | EGY | WOF |
|--------|--------------------------------------|-----|-----|
| 800 | 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 x 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

Workout #893 - Tuesday, 11 July 2000

Group 3 - Backstroke

1 minute rest between sets

6:30 AM Start

| Meters | Set Description | EGY | WOF |
|--------|--------------------------------------|-----|-----|
| 800 | 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 = 86

Workout #895 - Tuesday, 11 July 2000

Group 3 - All

1 minute rest between sets

5:30 PM Start

| Meters | Set Description | EGY | WOF |
|------------------------------|-------------------------------------|-----|-----|
| 800 | 1 on 30:00 Stomach and Stretch | | I |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | I |
| 180 | 9 x 20 on :45 Shooters | SP3 | £ |
| 3x{1 x 100 on 1:40 Pulls | EN1 | F | |
| | {1 x 100 on 1:35 Pulls | EN1 | F |
| | {1 x 100 on 1:30 Pulls | EN1 | F |
| 600 | 12 x 50 on :50 Descend in sets of 3 | EN1 | £ |
| 2x{4 x 50 on 1:00 Backstroke | EN1 | £ | |
| | {1 x 100 on 1:45 Backstroke | EN1 | £ |
| | {1 x 100 on 1:40 Backstroke | EN1 | £ |
| | {1 x 100 on 1:35 Backstroke | EN1 | £ |
| 400 | {2 x 50 on 2:00 Backstroke | SP2 | £ |
| 400 | 1 x 400 on 8:00 Stroke Drills | REC | I |

7:27 PM 4,080 Meters - Stress Value = 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 |
|--------|--------------------------------------|-----|-----|
| 800 | 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 |
| 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

Workout #892 - Tuesday, 11 July 2000

Group 3 - Senior State

1 minute rest between sets

6:30 AM Start

| Meters | Set Description | EGY | WOF |
|--------|--------------------------------------|-----|-----|
| 800 | 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 | |
| | {3 x 100 on 2:20 Kick | EN2 | |
| | {3 x 100 on 2:10 Kick | EN2 | |
| 1,000 | 10 x 100 on 1:30 Lungbuster pulls | EN1 | |
| 600 | 3 x 200 on 4:00 Individual Medley | EN1 | |
| | build each 50 | | |
| 600 | 3 x 200 on 8:00 Broken | SP2 | |
| 500 | 5 x 100 on 2:00 Stroke Drills | REC | |

8:49 AM 4,550 Meters - Stress Value = 112

Workout #889 - Tuesday, 11 July 2000

Group 3 - Boys

1 minute rest between sets

6:30 AM Start

| Meters | Set Description | EGY | WOF |
|--------|--------------------------------------|-----|-----|
| 800 | 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

Workout #886 - Tuesday, 11 July 2000

Group 3 - Sprint

1 minute rest between sets

| 6:30 AM Start | | | |
|--|--------------------------------------|-----|-----|
| Meters | Set Description | EGY | WOF |
| 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 x 50 on 1:00 2 on each stroke | EN1 | |
| 200 | 10 x 20 on 1:00 Pit sprints | SP3 | |
| 800 | 1x{4 x 50 on :55 Freestyle | EN1 | |
| | {4 x 50 on :50 Freestyle | EN1 | |
| | {4 x 50 on :45 Freestyle | EN1 | |
| | {4 x 50 on :40 Freestyle | EN1 | |
| 120 | 6 x 20 on 1:00 Stretch cords | SP3 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 9:01 AM 5,370 Meters - Stress Value = 74 | | | |

Workout #898 - Thursday, 13 July 2000

Group 3 - Breast

1 minute rest between sets

| 6:30 AM Start | | | |
|--|--|-----|-----|
| Meters | Set Description | EGY | WOF |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 1,000 | 4x{1 x 100 on 2:30 Kick | EN2 | |
| | {3 x 50 on 1:00 Kick | EN2 | |
| 1,000 | 5x{1 x 50 on 1:00 Pulls-nbbf&w | EN1 | |
| | {1 x 50 on :55 Pulls-nbbf&w | EN1 | |
| | {1 x 50 on :50 Pulls-nbbf&w | EN1 | |
| | {1 x 50 on :45 Pulls-nbbf&w | EN1 | |
| 400 | 1 x 400 on 8:00 IM-build each 100 | EN1 | |
| 1,600 | 4x{3 x 50 on 1:10 Breaststroke-descend | EN2 | |
| | {1 x 200 on 4:00 Breast 2kick 1 pull | REC | |
| | {1 x 50 on 2:00 Breaststroke | EN3 | |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | |
| 8:59 AM 5,250 Meters - Stress Value = 67 | | | |

Workout #899 - Thursday, 13 July 2000

Group 3 - Fly

1 minute rest between sets

| 6:30 AM Start | | | |
|--|--------------------------------------|-----|-----|
| Meters | Set Description | EGY | WOF |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 4x{1 x 100 on 2:30 Kick | | EN2 | |
| | {3 x 50 on 1:00 Kick | EN2 | |
| 5x{1 x 50 on 1:00 Pulls-nbbf&w | | EN1 | |
| | {1 x 50 on :55 Pulls-nbbf&w | EN1 | |
| | {1 x 50 on :50 Pulls-nbbf&w | EN1 | |
| | {1 x 50 on :45 Pulls-nbbf&w | EN1 | |
| 400 | 1 x 400 on 8:00 IM-build each 100 | EN1 | |
| 3x{3 x 100 on 2:00 Butterfly | | EN1 | |
| | {6 x 50 on :50 Freestyle | EN1 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 8:56 AM 5,550 Meters - Stress Value = 61 | | | |

Workout #897 - Thursday, 13 July 2000

Group 3 - Backstroke

1 minute rest between sets

| 6:30 AM Start | | | |
|--|---------------------------------------|-----|-----|
| Meters | Set Description | EGY | WOF |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 1,000 | 4x{1 x 100 on 2:30 Kick | EN2 | |
| | {3 x 50 on 1:00 Kick | EN2 | |
| 1,000 | 5x{1 x 50 on 1:00 Pulls-nbbf&w | EN1 | |
| | {1 x 50 on :55 Pulls-nbbf&w | EN1 | |
| | {1 x 50 on :50 Pulls-nbbf&w | EN1 | |
| | {1 x 50 on :45 Pulls-nbbf&w | EN1 | |
| 400 | 1 x 400 on 8:00 IM-build each 100 | EN1 | |
| 2,000 | 4x{3 x 100 on 1:45 Backstroke-descend | EN2 | |
| | {1 x 200 on 4:00 Stroke Drills | REC | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 9:00 AM 5,750 Meters - Stress Value = 67 | | | |

Workout #901 - Thursday, 13 July 2000

Group 3 - All

1 minute rest between sets

| 5:30 PM Start | | | | |
|--|-----------------------------------|-----|------|-----|
| Meters | Set Description | EGY | WORK | S |
| 800 | 1 on 30:00 Stomach and Stretch | | | L I |
| 180 | 8 x 100 on 2:00 Stroke Drills | REC | | D C |
| | 9 x 20 on :45 Shooters | SP3 | | S |
| 3x{1 x 100 on 1:45 Lungbuster pulls | | EN1 | | P |
| | {4 x 50 on :45 Pulls | EN1 | | P |
| 600 | 3 x 200 on 3:45 Individual Medley | EN1 | | S |
| | 4x{1 x 50 on 1:00 Breaststroke | EN2 | | S |
| | {1 x 100 on 1:50 Breaststroke | EN2 | | S |
| | {1 x 150 on 2:35 Breaststroke | EN2 | | S |
| | {1 on 1:00 Rest | | | M |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | | D |
| 7:29 PM 4,080 Meters - Stress Value = 51 | | | | |

Workout #896 - Thursday, 13 July 2000

Group 3 - Senior State

1 minute rest between sets

| 6:30 AM Start | | | |
|--|--------------------------------------|-----|-----|
| Meters | Set Description | EGY | WOF |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 10 x 15 on :30 Shooters | SP3 | |
| 3x{1 x 100 on 2:30 Kick | | EN2 | |
| | {4 x 50 on 1:00 Kick | EN2 | |
| 1x{4 x 50 on 1:00 Pulls-nbbf&w | | EN1 | |
| | {4 x 50 on :55 Pulls-nbbf&w | EN1 | |
| | {4 x 50 on :50 Pulls-nbbf&w | EN1 | |
| 4x{1 x 100 on 2:00 Stroke Drills | | EN1 | |
| | {1 x 50 on 1:00 Build | EN1 | |
| | {1 x 100 on 1:45 Stroke Drills | EN1 | |
| 600 | 3 x 200 on 3:50 Individual Medley | EN1 | |
| | #1 EN2, #2 EN1, #3RE | | |
| 8:27 AM 4,050 Meters - Stress Value = 50 | | | |

Workout #900 - Thursday, 13 July 2000

Group 3 - Boys

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 6:30 AM | Start | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 10 x 15 on :30 Shooters | SP3 | |
| | 4x{1 x 100 on 2:30 Kick | EN2 | |
| | {3 x 50 on 1:00 Kick | EN2 | |
| | 5x{1 x 50 on 1:00 Pulls-nbbf&w | EN1 | |
| | {1 x 50 on :55 Pulls-nbbf&w | EN1 | |
| | {1 x 50 on :50 Pulls-nbbf&w | EN1 | |
| | {1 x 50 on :45 Pulls-nbbf&w | EN1 | |
| 400 | 1 x 400 on 8:00 IM build each 100 | EN1 | |
| | 1x{5 x 100 on 1:45 Freestyle | EN1 | |
| | {3 x 50 on 1:00 Freestyle-descend | EN1 | |
| | {5 x 100 on 1:35 Freestyle | EN1 | |
| | {3 x 50 on 1:00 Freestyle-descend | EN1 | |
| | {5 x 100 on 1:25 Freestyle | EN1 | |
| | {3 x 50 on 1:00 Freestyle-descend | EN1 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 8:56 AM | 5,700 Meters - Stress Value = 65 | | |

Group 3 - Sectional

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 6:30 AM | Start | | |
| 800 | 1 on 30:00 Plyometrics/stretch | | |
| 150 | 1 x 800 on 16:00 Choice | REC | |
| | 10 x 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 | |
| | {2 x 100 on 2:10 Kick | EN2 | |
| | {2 x 100 on 2:05 Kick | EN2 | |
| 1,500 | 5 x 300 on 5:00 Pulls-odds lb pull | EN1 | |
| 900 | 9 x 100 on 1:40 Descend in sets of 3 | EN1 | |
| 600 | 3 x 200 on 8:00 Broken | SP2 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 60 | 3 x 20 on :00 Stretch cords | SP3 | |
| 9:03 AM | 5,410 Meters - Stress Value = 122 | | |

Workout #902 - Friday, 14 July 2000

Group 3 - Silver

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 6:30 AM | Start | | |
| 800 | 1 on 30:00 Plyometrics/stretch | | |
| 150 | 1 x 800 on 16:00 Choice | REC | |
| | 10 x 15 on :30 Shooters | SP3 | |
| 1,000 | 1x{3 x 100 on 2:30 Kick | EN2 | |
| | {3 x 100 on 2:25 Kick | EN2 | |
| | {3 x 100 on 2:20 Kick | EN2 | |
| | {1 x 100 on 2:15 Kick | EN2 | |
| 1,500 | 5 x 300 on 5:00 Pulls-odds lb pull | EN1 | |
| 900 | 9 x 100 on 1:40 Descend in sets of 3 | EN1 | |
| 1,200 | 6 x 200 on 3:45 Individual Medley | EN1 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 9:02 AM | 5,950 Meters - Stress Value = 70 | | |

Workout #906 - Friday, 14 July 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|---------------------------------------|-----|-----|
| 4:00 PM | Start | | |
| 800 | 1 on 30:00 Medicine ball/strtch | | |
| | 16 x 50 on 1:00 Stroke Drills | REC | |
| | 4 on each stroke | | |
| 200 | 10 x 20 on :45 Shooters off the blk | SP3 | |
| | 1x{4 x 100 on 1:40 Kick with flippers | EN2 | |
| | {3 x 100 on 1:35 Kick with flippers | EN2 | |
| | {2 x 100 on 1:30 Kick with flippers | EN2 | |
| | {1 x 100 on 1:25 Kick with flippers | EN2 | |
| 300 | 12 x 25 on :30 IM order-build | EN1 | |
| | 6x{1 x 100 on 1:45 Stroke Drills | EN1 | |
| | {1 x 25 on :00 Butterfly off the bl | SP2 | |
| | { 8 pushups | | |
| | {1 x 25 on 1:30 Freestyle-EZ | REC | |
| 400 | 4 x 100 on 1:30 Freestyle-descend to | EN2 | |
| | LUDICROUS speed | | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 5:56 PM | 4,000 Yards - Stress Value = 60 | | |

Workout #903 - Friday, 14 July 2000

Group 3 - Bronze

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 6:30 AM | Start | | |
| 800 | 1 on 30:00 Plyometrics/stretch | | |
| 150 | 1 x 800 on 16:00 Choice | REC | |
| | 10 x 15 on :30 Shooters | SP3 | |
| | 1x{3 x 100 on 2:40 Kick | EN2 | |
| | {3 x 100 on 2:35 Kick | EN2 | |
| | {3 x 100 on 2:30 Kick | EN2 | |
| 1,200 | 4 x 300 on 5:30 Pulls-odds lb pull | EN1 | |
| 600 | 6 x 100 on 2:00 Descend in sets of 3 | EN1 | |
| 1,200 | 6 x 200 on 4:30 Individual Medley | EN1 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 9:00 AM | 5,250 Meters - Stress Value = 61 | | |

Workout #904 - Friday, 14 July 2000

Group 3 - Senior State

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 6:30 AM | Start | | |
| 800 | 1 on 30:00 Plyometrics/stretch | | |
| 150 | 1 x 800 on 16:00 Choice | REC | |
| | 10 x 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 | |
| | {1 x 100 on 2:10 Kick | EN2 | |
| 700 | 1 x 700 on 11:30 Pulls-odds lb pull | EN1 | |
| 900 | 9 x 100 on 1:40 Descend in sets of 3 | EN1 | |
| 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 | | |

Workout #905 - Friday, 14 July 2000

Workout #907 - Saturday, 15 July 2000

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

Group 3 - Senior State

1 minute rest between sets

| Meters | Set Description | EGY | WORK | S |
|--------|--|-----|------|-------|
| | 1 on 30:00 Stomach and Stretch | | L I | |
| 400 | 1 x 400 on 8:00 Choice | REC | S C | |
| 150 | 10 x 15 on :30 Shooters | SP3 | S C | |
| | 1x{2 x 100 on 2:20 Kick | EN2 | K C | |
| | {2 x 100 on 2:15 Kick | EN2 | K C | |
| | {2 x 100 on 2:10 Kick | EN2 | K C | |
| 600 | 12 x 50 on 1:00 Pulls-nbbf&w | EN1 | P | |
| | 3x{1 x 200 on 3:30 Individual Medley | EN1 | S | |
| | {1 x 150 on 2:15 Freestyle | EN1 | S | |
| | {1 x 100 on 1:45 Your Stroke | EN1 | S S | 1,000 |
| | {1 x 50 on 1:00 Weak stroke | EN1 | S W | 200 |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | D | |
| | 8:16 AM 3,550 Meters - Stress Value = 42 | | | |

Workout #908 - Saturday, 15 July 2000

Group 3 - Sectional

1 minute rest between sets

| Meters | Set Description | EGY | WORK | S |
|--------|--|-----|------|---|
| | 1 on 30:00 Stomach and Stretch | | L I | |
| 800 | 1 x 800 on 16:00 Choice | REC | S C | |
| 150 | 10 x 15 on :30 Shooters | SP3 | S C | |
| | 1x{3 x 150 on 3:30 Kick | EN2 | K C | |
| | {3 x 100 on 2:15 Kick | EN2 | K C | |
| | {3 x 50 on 1:05 Kick | EN2 | K C | |
| 1,000 | 20 x 50 on 1:00 Pulls-nbbf&w | EN1 | P | |
| 200 | 1 x 200 on 4:00 Individual Medley | EN1 | S | |
| | build each 50 | | | |
| | 2x{1 x 200 on 3:00 Freestyle | EN1 | S | |
| | {1 x 150 on 2:15 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 x 150 on 2:05 Freestyle | EN1 | S | |
| | {1 x 100 on 1:25 Freestyle | EN1 | S | |
| | {1 x 50 on :40 Freestyle | EN1 | S | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | D | |
| | 8:51 AM 5,550 Meters - Stress Value = 60 | | | |

Workout #909 - Saturday, 15 July 2000

Group 3 - Silver

1 minute rest between sets

| Meters | Set Description | EGY | WORK | S |
|--------|-----------------------------------|-----|------|---|
| | 1 on 30:00 Stomach and Stretch | | L I | |
| 800 | 1 x 800 on 16:00 Choice | REC | S C | |
| 150 | 10 x 15 on :30 Shooters | SP3 | S C | |
| | 1x{3 x 150 on 3:45 Kick | EN2 | K C | |
| | {3 x 100 on 2:30 Kick | EN2 | K C | |
| | {1 x 50 on 1:15 Kick | EN2 | K C | |
| 1,000 | 20 x 50 on 1:00 Pulls-nbbf&w | EN1 | P | |
| 200 | 1 x 200 on 4:00 Individual Medley | EN1 | S | |
| | build each 50 | | | |
| | 2x{1 x 200 on 3:20 Freestyle | EN1 | S | |
| | {1 x 150 on 2:30 Freestyle | EN1 | S | |
| | {1 x 100 on 1:40 Freestyle | EN1 | S | |
| | {1 x 50 on :50 Freestyle | EN1 | S | |
| | {1 x 200 on 3:10 Freestyle | EN1 | S | |
| | {1 x 150 on 2:20 Freestyle | EN1 | S | |
| | {1 x 100 on 1:35 Freestyle | EN1 | S | |
| | {1 x 50 on :45 Freestyle | EN1 | S | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | D | |

Workout #910 - Saturday, 15 July 2000

Group 3 - Bronze

1 minute rest between sets

| Meters | Set Description | EGY | WORK | S |
|--------|--|-----|------|---|
| | 1 on 30:00 Stomach and Stretch | | L I | |
| 800 | 1 x 800 on 16:00 Choice | REC | S C | |
| 150 | 10 x 15 on :30 Shooters | SP3 | S C | |
| | 1x{3 x 150 on 3:45 Kick | EN2 | K C | |
| | {3 x 100 on 2:30 Kick | EN2 | K C | |
| | {1 x 50 on 1:15 Kick | EN2 | K C | |
| | 20 x 50 on 1:00 Pulls-nbbf&w | EN1 | P | |
| | 1 x 200 on 4:00 Individual Medley | EN1 | S | |
| | build each 50 | | | |
| | 2x{1 x 200 on 3:40 Freestyle | EN1 | S | |
| | {1 x 150 on 2:45 Freestyle | EN1 | S | |
| | {1 x 100 on 1:50 Freestyle | EN1 | S | |
| | {1 x 50 on :55 Freestyle | EN1 | S | |
| | {1 x 200 on 3:30 Freestyle | EN1 | S | |
| | {1 x 150 on 2:35 Freestyle | EN1 | S | |
| | {1 x 100 on 1:45 Freestyle | EN1 | S | |
| | {1 x 50 on :50 Freestyle | EN1 | S | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | D | |
| | 8:55 AM 5,350 Meters - Stress Value = 58 | | | |

Workout #915 - Monday, 17 July 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|---|-----|----|
| | 1 on 30:00 Plyometrics/stretch | | |
| 600 | 8 x 75 on 1:30 Stroke Drills 2 on E | REC | |
| 200 | 10 x 20 on 1:00 Shooters off the blk | SP3 | |
| | 2x{1 x 50 on :50 Kick with flippers | EN2 | |
| | {1 x 50 on :50 Kick with flippers | EN2 | |
| | {1 x 75 on 1:15 Kick with flippers | EN2 | |
| | {1 x 75 on 1:15 Kick with flippers | EN2 | |
| | {1 x 100 on 1:40 Kick with flippers | EN2 | |
| | {1 x 100 on 1:40 Kick with flippers | EN2 | |
| | { no board | | |
| | 1x{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 | |
| | 16x{1 x 30 on :00 Off the blocks | SP2 | |
| | {1 x 20 on 2:00 Freestyle | REC | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | |
| | 6:00 PM 3,400 Yards - Stress Value = 78 | | |

Workout #912 - Monday, 17 July 2000

Group 3 - Taper 1

1 minute rest between sets

6:30 AM Start

| Meters | Set Description | EGY | WOF |
|--------|-------------------------------------|-----|-----|
| | 1 on 30:00 Plyometrics/stretch | | I |
| 800 | 1 x 800 on 16:00 Choice | REC | S |
| 150 | 10 x 15 on :30 Shooters | SP3 | S |
| 1,000 | 10 x 100 on 2:30 Kick-odds fast | EN2 | F |
| | 1x{3 x 100 on 1:40 Pulls | EN1 | F |
| | {3 x 100 on 1:35 Pulls | EN1 | F |
| | {3 x 100 on 1:30 Pulls | EN1 | F |
| | {1 x 100 on 1:25 Pulls | EN1 | F |
| 300 | 6 x 50 on 1:00 Descend in sets of 3 | EN1 | I |
| | 1x{2 x 300 on 4:45 Freestyle | EN1 | S |
| | {1 x 100 on 2:00 Your Stroke | EN1 | S |
| | {2 x 300 on 4:40 Freestyle | EN1 | S |
| | {1 x 100 on 2:00 Your Stroke | EN1 | S |
| | {2 x 300 on 4:35 Freestyle | EN1 | S |
| | {1 x 100 on 2:00 Your Stroke | EN1 | S |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | I |

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 | WOF |
|--------|--------------------------------------|-----|-----|
| | 1 on 30:00 Plyometrics/stretch | | I |
| 800 | 1 x 800 on 16:00 Choice | REC | S |
| 150 | 10 x 15 on :30 Shooters | SP3 | S |
| 800 | 8 x 100 on 2:30 Kick-odds fast | EN2 | F |
| | 1x{2 x 100 on 1:40 Pulls | EN1 | F |
| | {3 x 100 on 1:35 Pulls | EN1 | F |
| | {2 x 100 on 1:30 Pulls | EN1 | F |
| 600 | 12 x 50 on 1:00 Stroke Drills 3 on E | EN1 | I |
| | 2x{1 x 100 on 2:00 Stroke Drills | EN1 | S |
| | {1 x 100 on 2:00 Stroke Drills | EN1 | S |
| | {4 x 50 on 1:00 Stroke Drills-descnd | EN1 | S |
| | {4 x 50 on 1:00 Stroke Drills-build | EN1 | S |
| 300 | 6 x 50 on 1:00 Choice | REC | I |

8:41 AM 4,550 Meters - Stress Value = 51

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 | | I |
| 600 | 1 x 600 on 12:00 Swim-kick-pull-swim | REC | S |
| 150 | 10 x 15 on :30 Shooters | SP3 | S |
| 400 | 4 x 100 on 2:20 Kick | EN2 | F |
| 400 | 8 x 50 on :50 Pulls | EN1 | F |
| | 3x{1 x 100 on 2:00 Stroke Drills | EN1 | F |
| | {3 x 50 on 1:00 Stroke Drills-build | EN1 | F |
| | {1 x 200 on 4:00 Stroke Drills | EN1 | F |
| | {1 x 100 on 2:00 Stroke Drills | EN1 | F |
| 300 | 1 x 300 on 6:00 Six kick switch | REC | I |

8:18 AM 3,500 Meters - Stress Value = 37

Workout #911 - Monday, 17 July 2000

Group 3 - Sectional

1 minute rest between sets

6:30 AM Start

| Meters | Set Description | EGY | WOF |
|--------|-----------------|-----|-----|
|--------|-----------------|-----|-----|

| Meters | Set Description | EGY | WOF |
|--------|---------------------------------------|-----|-----|
| | 1 on 30:00 Plyometrics/stretch | | I |
| 800 | 1 x 800 on 16:00 Choice | REC | S |
| 150 | 10 x 15 on :30 Shooters | SP3 | S |
| 1,000 | 10 x 100 on 2:30 Kick-odds fast | EN2 | F |
| | 1x{3 x 100 on 1:40 Pulls | EN1 | F |
| | {3 x 100 on 1:35 Pulls | EN1 | F |
| | {3 x 100 on 1:30 Pulls | EN1 | F |
| | {1 x 100 on 1:25 Pulls | EN1 | F |
| 300 | 6 x 50 on 1:00 Descend in sets of 3 | EN1 | I |
| | 3x{1 x 200 on 4:00 Stroke Drills | EN1 | F |
| | {3 x 100 on 2:00 Stroke Drills-descen | EN1 | F |
| 300 | 6 x 50 on 1:00 Choice | REC | I |

8:50 AM 5,050 Meters - Stress Value = 59

Workout #920 - Tuesday, 18 July 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 | | I |
| 800 | 8 x 100 on 2:15 Stroke Drills | REC | D |
| | 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 | WOF |
|--------|-------------------------------------|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | I |
| 800 | 1 x 800 on 16:00 Choice | REC | S |
| 150 | 10 x 15 on :30 Shooters | SP3 | S |
| | 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 | F |
| 600 | 12 x 50 on :50 Descend in sets of 3 | EN1 | S |
| | 3x{4 x 100 on 1:30 Freestyle | EN2 | S |
| | {1 on 1:00 Rest | | M |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | I |

8:56 AM 5,750 Meters - Stress Value = 80

Workout #917 - Tuesday, 18 July 2000

Group 3 - Taper 2

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---|-------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 x 800 on 16:00 Choice | REC | § |
| 150 | 10 x 15 on :30 Shooters | SP3 | § |
| | 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 |
| 1,200 | 3 x 400 on 7:00 Pulls | EN1 | F |
| 600 | 12 x 50 on :50 Descend in sets of 3 | EN1 | § |
| 600 | 3 x 200 on 8:00 Broken | SP2 | § |
| 300 | 1 x 300 on 6:00 Stroke Drills | REC | I |
| 8:49 AM 4,550 Meters - Stress Value = 113 | | | |

Workout #916 - Tuesday, 18 July 2000

Group 3 - Senior State

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|--|-----|-----|
| 6:30 AM Start | | | |
| 600 | 1 x 600 on 12:00 Choice | REC | § |
| 150 | 10 x 15 on :30 Shooters | SP3 | § |
| | 1x{1 x 100 on 2:25 Kick | EN2 | F |
| | {1 x 100 on 2:20 Kick | EN2 | F |
| | {1 x 100 on 2:15 Kick | EN2 | F |
| | {1 x 100 on 2:10 Kick | EN2 | F |
| 400 | 1 x 400 on 7:00 Pulls-even 50's br every 5 strokes | EN1 | F |
| 600 | 12 x 50 on :50 Descend in sets of 3 | EN1 | § |
| 200 | 1 x 200 on 8:00 Broken | SP2 | § |
| 700 | 7 x 100 on 2:15 Stroke Drills odds free evens strk | REC | I |
| 8:13 AM 3,050 Meters - Stress Value = 48 | | | |

Workout #918 - Tuesday, 18 July 2000

Group 3 - Sectional

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---|-------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 800 | 1 x 800 on 16:00 Choice | REC | § |
| 150 | 10 x 15 on :30 Shooters | SP3 | § |
| | 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 | F |
| 600 | 12 x 50 on :50 Descend in sets of 3 | EN1 | § |
| 600 | 3 x 200 on 8:00 Broken | SP2 | § |
| 300 | 1 x 300 on 6:00 Stroke Drills | REC | I |
| 8:57 AM 5,050 Meters - Stress Value = 120 | | | |

Workout #924 - Wednesday, 19 July 2000

Group 3 - Taper 1

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---------------|--------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| 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 | F |

| | | | |
|--|--|-----|--|
| | {1 x 100 on 2:20 Kick | EN2 | |
| | {1 x 50 on 1:10 Kick | EN2 | |
| 1,000 | 10 x 100 on 1:40 Lungbuster pulls odds br 5-7 evns 4-6 | EN1 | |
| 600 | 3 x 200 on 4:00 Individual Medley | EN1 | |
| | 1x{3 x 150 on 2:40 Freestyle | EN1 | |
| | {3 x 150 on 2:35 Freestyle | EN1 | |
| | {3 x 150 on 2:30 Freestyle | EN1 | |
| | {3 x 150 on 2:25 Freestyle | EN1 | |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | |
| 8:54 AM 5,550 Meters - Stress Value = 61 | | | |

Workout #922 - Wednesday, 19 July 2000

Group 3 - Taper 2

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|---|-----|-----|
| 6:30 AM Start | | | |
| 600 | 1 x 600 on 12:00 Swim-kick-pull-swim | REC | § |
| 150 | 10 x 15 on :30 Shooters | SP3 | § |
| 600 | 6 x 100 on 2:20 Kick-odds fast | EN2 | |
| 600 | 1 x 600 on 10:00 Pulls-odd 100 br ev 5 even 100 br ev 4 | EN1 | |
| 300 | 6 x 50 on :45 Freestyle | EN1 | |
| | 1x{3 x 100 on 1:45 Freestyle | EN1 | |
| | {3 x 50 on 1:00 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 x 50 on 1:00 Stroke Drills | REC | |
| 8:23 AM 4,050 Meters - Stress Value = 48 | | | |

Workout #921 - Wednesday, 19 July 2000

Group 3 - Senior State

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|---------------------------------------|-----|-----|
| 6:30 AM Start | | | |
| | 1 on 30:00 Stomach and Stretch | | I |
| | 50 of each 2sets p-u | | |
| | 1x{1 x 800 on :00 Swim-kick-pull-swim | REC | § |
| | {10 x 15 on :00 Shooters 15 sec rest | SP3 | § |
| | {4 x 100 on :00 Kick rest 15 sec | EN1 | F |
| | {2 x 200 on :00 Pulls rest 15 sec | EN1 | F |
| | {12 x 50 on :00 6 stroke 6 free | EN1 | § |
| | { rest 15 sec after eac | | |
| | {4 x 100 on :00 Freestyle-descend | EN1 | § |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | I |
| 7:07 AM 3,050 Meters - Stress Value = 26 | | | |

Workout #923 - Wednesday, 19 July 2000

Group 3 - Sectional

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--------|--|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 3x{ | 1 x 150 on 3:30 Kick | EN2 | |
| | { 1 x 100 on 2:20 Kick | EN2 | |
| | { 1 x 50 on 1:10 Kick | EN2 | |
| 800 | 8 x 100 on 1:40 Lungbuster pulls odds br 5-7 evns 4-6 | EN1 | |
| 600 | 3 x 200 on 3:45 Individual Medley | EN1 | |
| 2x{ | 1 x 100 on 1:40 Freestyle | EN1 | |
| | { 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 | |
| 400 | { 4 x 50 on 1:00 Your Stroke-descend | EN1 | |
| | 4 x 100 on 2:00 Stroke Drills | REC | |
| | 8:45 AM 5,050 Meters - Stress Value = 57 | | |

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

Workout #927 - Thursday, 20 July 2000

Group 3 - State Champions

1 minute rest between sets

| Meters | Set Description | EGY | WORK | S |
|--------|--|-----|------|---|
| | 1 on 30:00 Stomach and Stretch | | | |
| 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 3 on each stroke | EN1 | S | |
| 700 | 7 x 100 on 2:15 Stroke Drills whatever else you might need | REC | D | |
| | 8:14 AM 3,050 Meters - Stress Value = 20 | | | |

Workout #929 - Thursday, 20 July 2000

Group 3 - All

1 minute rest between sets

| Meters | Set 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 = 22 | | |

Workout #926 - Thursday, 20 July 2000

Group 3 - Tim and David

1 minute rest between sets

| 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 | |
| 1x{ | 16 x 50 on 1:15 Kick-des in sets of 3 | 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 x 200 on 4:00 Reverse IM drill | EN1 | |
| | { 4 x 50 on 1:15 Stroke Drills #1 | EN1 | |
| | 8:40 AM 4,550 Meters - Stress Value = 46 | | |

Workout #928 - Thursday, 20 July 2000

Group 3 - Taper 1

1 minute rest between sets

| 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 | |
| 1,600 | 4 x 400 on 6:45 Pulls | EN1 | |
| 600 | 6 x 100 on 1:45 Descend in sets of 3 | EN1 | |
| 2x{ | 8 x 50 on :55 Freestyle | EN1 | |
| | { 8 x 50 on :50 Freestyle | EN1 | |
| | { 8 x 50 on :45 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 | | |

Workout #932 - Friday, 21 July 2000

Group 3 - Taper 1

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 x 15 on :30 Shooters | SP3 | |
| 1x{ | 3 x 100 on 2:45 Kick | EN2 | |
| | { 3 x 100 on 2:40 Kick | EN2 | |
| | { 3 x 100 on 2:35 Kick | EN2 | |
| 1x{ | 3 x 200 on 3:20 Pulls | EN1 | |
| | { 3 x 200 on 3:10 Pulls | EN1 | |
| 400 | 1 x 400 on 8:00 Individual Medley | EN1 | |
| 2x{ | 6 x 50 on 1:00 Your Stroke-no free | EN1 | |
| | { 3 x 200 on 3:45 Individual Medley | EN1 | |
| 300 | 1 x 300 on 6:00 Stroke Drills | REC | |
| | 9:00 AM 5,550 Meters - Stress Value = 66 | | |

Workout #925 - Thursday, 20 July 2000

Group 3 - Taper 2

1 minute rest between sets

| 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 | |
| 1x{ | 16 x 50 on 1:15 Kick-des in sets of 3 | EN2 | |
| | { #16 as fast as #15 | | |
| 1,200 | 3 x 400 on 6:45 Pulls | EN1 | |

Workout #930 - Friday, 21 July 2000

Group 3 - Taper 2

1 minute rest between sets

| Meters | Set Description | EGY | WORK | ε |
|---------|--|-----|------|---|
| 6:30 AM | Start | | | |
| 1 | on 30:00 Plyometrics/stretch | | L I | |
| 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 2:20 Kick | EN2 | K C | |
| 600 | 1 x 600 on 9:00 Pulls br ev 5 | EN1 | P | |
| 600 | 12 x 50 on 1:00 3 on each stroke | EN1 | S | |
| 400 | 2 x 200 on 8:00 Broken #1 rest 15 #2 rest 20 seconds | SP2 | S ε | |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | D | |
| 8:34 AM | 3,950 Meters - Stress Value = 78 | | | |

| | |
|--|-----|
| 2x{3 x 100 on 1:40 Freestyle | EN1 |
| {6 x 50 on 1:00 Your Stroke-build | EN1 |
| 600 6 x 100 on 2:15 Stroke Drills | REC |
| 8:17 AM 3,550 Meters - Stress Value = 35 | |

Workout #934 - Saturday, 22 July 2000

Group 3 - Tim and David

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 6:30 AM | Start | | |
| 1 | on 30:00 Stomach and Stretch | | |
| 600 | 1 x 600 on 12:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 1x{1 x 200 on 4:30 Kick | EN2 | | |
| {1 x 100 on 2:10 Kick | EN2 | | |
| {2 x 50 on 1:05 Kick | EN2 | | |
| 800 2 x 400 on 6:00 Pulls-build each 100 | EN1 | | |
| 200 4 x 50 on :45 Freestyle | EN1 | | |
| 3x{3 x 100 on 1:40 Freestyle | EN1 | | |
| {6 x 50 on 1:00 Your Stroke-build | EN1 | | |
| 600 6 x 100 on 2:15 Stroke Drills | REC | | |
| 8:34 AM 4,550 Meters - Stress Value = 46 | | | |

Workout #931 - Friday, 21 July 2000

Group 3 - Tim and David

1 minute rest between sets

| Meters | Set Description | EGY | WORK | ε |
|---------|--|-----|------|---|
| 6:30 AM | Start | | | |
| 1 | on 30:00 Plyometrics/stretch | | L I | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | S | |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | |
| 800 | 8 x 100 on 2:20 Kick | EN2 | K C | |
| 900 | 1 x 900 on 15:00 Pulls br ev 5 | EN1 | P | |
| 600 | 12 x 50 on 1:00 3 on each stroke | EN1 | S | |
| 400 | 2 x 200 on 8:00 Broken #1 rest 15 #2 rest 20 seconds | SP2 | S ε | |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | D | |
| 8:45 AM | 4,450 Meters - Stress Value = 86 | | | |

Workout #938 - Monday, 24 July 2000

Group 3 - Taper 1

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 6:30 AM | Start | | |
| 1 | on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 800 | 8 x 100 on 2:30 Kick-no board | EN1 | |
| 900 | 3 x 300 on 5:00 Pulls | EN1 | |
| 3x{4 x 50 on 1:00 Freestyle-descend | EN1 | | |
| {1 x 200 on 3:45 Individual Medley | EN1 | | |
| {1 x 200 on 3:40 Individual Medley | EN1 | | |
| {1 x 200 on 3:35 Individual Medley | EN1 | | |
| 400 8 x 50 on 1:00 Stroke Drills | REC | | |
| 8:54 AM 5,450 Meters - Stress Value = 54 | | | |

Workout #935 - Saturday, 22 July 2000

Group 3 - Taper 1

1 minute rest between sets

| Meters | Set Description | EGY | WC |
|--|---------------------------------------|-----|----|
| 6:30 AM | Start | | |
| 1,000 | 1 x 1000 on 20:00 Choice | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 900 | 18 x 50 on 1:20 Kick-des in sets of 3 | EN2 | |
| 1,000 | 1 x 1000 on 17:30 Pulls | EN1 | |
| 1x{3 x 50 on 1:00 Freestyle | EN1 | | |
| {3 x 50 on :55 Freestyle | EN1 | | |
| {2 x 50 on :50 Freestyle | EN1 | | |
| 12x{1 x 50 on :00 Swim | EN1 | | |
| {1 x 50 on 3:00 Freestyle | REC | | |
| {4 on each stroke | | | |
| 200 1 x 200 on 3:00 Stroke Drills | REC | | |
| 9:00 AM 4,850 Meters - Stress Value = 50 | | | |

Workout #936 - Monday, 24 July 2000

Group 3 - Taper 2

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 6:30 AM | Start | | |
| 1 | on 30:00 Stomach and Stretch | | |
| 600 | 1 x 600 on 12:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 600 | 6 x 100 on 2:30 Kick-no board | EN1 | |
| 600 | 2 x 300 on 5:00 Pulls | EN1 | |
| 2x{4 x 50 on 1:15 Stroke Drills | EN1 | | |
| {one on each stroke | | | |
| {1 x 400 on 8:00 IM 50 drill 50 build | EN1 | | |
| 400 1 x 400 on 8:00 Six kick switch | REC | | |
| 8:21 AM 3,550 Meters - Stress Value = 34 | | | |

Workout #933 - Saturday, 22 July 2000

Group 3 - Taper 2

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 6:30 AM | Start | | |
| 1 | on 30:00 Stomach and Stretch | | |
| 600 | 1 x 600 on 12:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 1x{1 x 200 on 4:30 Kick | EN2 | | |
| {1 x 100 on 2:10 Kick | EN2 | | |
| {2 x 50 on 1:05 Kick | EN2 | | |
| 400 1 x 400 on 6:00 Pulls-build each 100 | EN1 | | |
| 200 4 x 50 on :45 Freestyle | EN1 | | |

Workout #937 - Monday, 24 July 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 | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 600 | 6 x 100 on 2:30 Kick-no board | EN1 | |
| 600 | 2 x 300 on 5:00 Pulls | EN1 | |
| | 3x{4 x 50 on 1:15 Stroke Drills | EN1 | |
| | { one on each stroke | | |
| | { 1 x 400 on 8:00 IM 50 drill 50 build | EN1 | |
| 200 | 1 x 200 on 4:00 Six kick switch | REC | |
| 8:34 AM 4,150 Meters - Stress Value = 41 | | | |

Workout #942 - Tuesday, 25 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 | |
| | 1x{3 x 100 on 2:30 Kick | EN1 | |
| | { 3 x 100 on 2:25 Kick | EN1 | |
| | { 3 x 100 on 2:20 Kick | EN1 | |
| 1,200 | 8 x 150 on 2:30 Pulls-mid 50 br ev 7 | EN1 | |
| 600 | 6 x 100 on 1:45 Descend in sets of 3 | EN1 | |
| | 2x{5 x 50 on :55 Freestyle | EN1 | |
| | { 5 x 50 on :50 Freestyle | EN1 | |
| | { 5 x 50 on :45 Freestyle | EN1 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 8:53 AM 5,550 Meters - Stress Value = 54 | | | |

Workout #939 - Tuesday, 25 July 2000

Group 3 - Taper 2

1 minute rest between sets

6:30 AM Start

| Meters | Set Description | EGY | WC |
|--|---------------------------------------|-----|----|
| | 1 on 30:00 Stomach and Stretch | | |
| 600 | 1 x 600 on 12:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| | 1x{2 x 100 on 2:30 Kick | EN1 | |
| | { 2 x 100 on 2:25 Kick | EN1 | |
| | { 2 x 100 on 2:20 Kick | EN1 | |
| | { 1 x 100 on 2:15 Kick | EN1 | |
| 600 | 1 x 600 on 10:00 Pulls-odd 100 br 5-7 | EN1 | |
| 900 | 9 x 100 on 1:45 Descend in sets of 3 | EN1 | |
| 200 | 1 x 200 on 8:00 Broken | SP2 | |
| 400 | 8 x 50 on 1:15 Stroke Drills | REC | |
| 8:24 AM 3,550 Meters - Stress Value = 53 | | | |

Workout #940 - Tuesday, 25 July 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 | | |
| 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 | EN1 | |
| | { 2 x 100 on 2:25 Kick | EN1 | |
| | { 2 x 100 on 2:20 Kick | EN1 | |

| | | | |
|--|--------------------------------------|-----|--|
| | { 2 x 100 on 2:15 Kick | EN1 | |
| 900 | 6 x 150 on 2:30 Pulls-mid 50 br ev 7 | EN1 | |
| 900 | 9 x 100 on 1:45 Descend in sets of 3 | EN1 | |
| 100 | 1 x 100 on 8:00 Broken | SP2 | |
| 400 | 8 x 50 on 1:15 Stroke Drills | REC | |
| 8:35 AM 4,050 Meters - Stress Value = 46 | | | |

Workout #941 - Tuesday, 25 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 x 15 on :30 Shooters | SP3 | |
| | 1x{2 x 100 on 2:30 Kick | EN1 | |
| | { 2 x 100 on 2:25 Kick | EN1 | |
| | { 2 x 100 on 2:20 Kick | EN1 | |
| | { 2 x 100 on 2:15 Kick | EN1 | |
| | { 1 x 100 on 2:10 Kick | EN1 | |
| 1,200 | 8 x 150 on 2:30 Pulls-mid 50 br ev 7 | EN1 | |
| 300 | 3 x 100 on 1:40 Descend in sets of 3 | EN1 | |
| | 2x{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 4:00 Stroke Drills | REC | |
| 8:41 AM 5,050 Meters - Stress Value = 50 | | | |

Workout #943 - Wednesday, 26 July 2000

Group 3 - Taper 1

1 minute rest between sets

6:30 AM Start

| Meters | Set Description | EGY | WORK | SI |
|--|----------------------------------|-----|------|------|
| | 1 on 30:00 Stomach and Stretch | | | L DF |
| 800 | 1 x 800 on 16:00 Choice | REC | | S CF |
| 150 | 10 x 15 on :30 Shooters | SP3 | | S CF |
| | 2x{1 x 150 on 3:30 Kick | EN2 | | K CF |
| | { 1 x 100 on 2:20 Kick | EN2 | | K CF |
| | { 1 x 50 on 1:10 Kick | EN2 | | K CF |
| | 1x{1 x 300 on 4:45 Pulls | EN1 | | P F |
| | { 1 x 400 on 6:20 Pulls | EN1 | | P F |
| | { 1 x 200 on 3:10 Pulls | EN1 | | P F |
| | { 1 x 100 on 1:35 Pulls | EN1 | | P F |
| 600 | 12 x 50 on 1:00 3 on each stroke | EN1 | | S I |
| | 4x{1 x 100 on 1:45 Freestyle | EN1 | | S F |
| | { 1 x 100 on 1:40 Freestyle | EN1 | | S F |
| | { 1 x 100 on 1:35 Freestyle | EN1 | | S F |
| | { 3 x 50 on 1:00 Your Stroke | EN1 | | S SI |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | | D C |
| 8:45 AM 5,150 Meters - Stress Value = 56 | | | | |

Workout #944 - Wednesday, 26 July 2000

Group 3 - Taper 2

1 minute rest between sets

| Meters | Set Description | EGY | WORK | STK |
|--|---|-----|------|-------|
| 6:30 AM Start | | | | |
| | 1 on 30:00 Stomach and Stretch | | | L DRY |
| 400 | 1 x 400 on 8:00 Swim-kick-pull-swim | REC | S | CHC |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | CHC |
| | 1x{1 x 100 on 2:20 Kick | EN2 | K | CHC |
| | {1 x 100 on 2:15 Kick | EN2 | K | CHC |
| | {1 x 100 on 2:10 Kick | EN2 | K | CHC |
| | {1 x 100 on 2:05 Kick | EN2 | K | CHC |
| 500 | 1 x 500 on 8:30 Pulls br 2-3-4-5-6 by the 100 | EN1 | P | FF |
| 400 | 8 x 50 on 1:15 2 on each stroke | EN1 | S | IM |
| | 3x{1 x 200 on 3:15 Freestyle | EN1 | S | FF |
| | {1 x 50 on :55 Freestyle | EN1 | S | FF |
| | {1 x 50 on :50 Freestyle | EN1 | S | FF |
| | {1 x 50 on :45 Freestyle | EN1 | S | FF |
| 150 | 1 x 150 on 3:00 Stroke Drills | REC | D | CI |
| 8:08 AM 3,050 Meters - Stress Value = 38 | | | | |

Workout #948 - Thursday, 27 July 2000

Group 3 - Taper 1

1 minute rest between sets

| Meters | Set Description | EGY | WORK | STK |
|--|--------------------------------------|-----|------|-----|
| 6:30 AM Start | | | | |
| | 1 on 30:00 Stomach and Stretch | | | L I |
| 1,000 | 1 x 1000 on 20:00 Choice | REC | D | C |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | C |
| | 1x{1 x 200 on 5:00 Kick | EN2 | K | C |
| | {2 x 150 on 3:45 Kick | EN2 | K | C |
| | {3 x 100 on 2:30 Kick | EN2 | K | C |
| | {4 x 50 on 1:15 Kick-descend | EN2 | K | C |
| | 1x{5 x 50 on 1:00 Pulls-nbbf&w | EN1 | P | |
| | {5 x 50 on :55 Pulls-nbbf&w | EN1 | P | |
| | {5 x 50 on :45 Pulls-nbbf&w | EN1 | P | |
| | 4x{3 x 100 on 1:40 Freestyle-descend | EN1 | S | |
| | {4 x 50 on 1:00 Stroke | EN1 | S | |
| | { 1 set for each strk | | | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | |
| 8:52 AM 5,350 Meters - Stress Value = 59 | | | | |

Workout #945 - Wednesday, 26 July 2000

Group 3 - Sectional

1 minute rest between sets

| Meters | Set Description | EGY | WORK | STK |
|--|---------------------------------|-----|------|-------|
| 6:30 AM Start | | | | |
| | 1 on 30:00 Stomach and Stretch | | | L DRY |
| 800 | 1 x 800 on 16:00 Choice | REC | S | CHC |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | CHC |
| | 2x{1 x 150 on 3:30 Kick | EN2 | K | CHC |
| | {1 x 100 on 2:20 Kick | EN2 | K | CHC |
| | {1 x 50 on 1:10 Kick | EN2 | K | CHC |
| | 1x{1 x 300 on 4:45 Pulls | EN1 | P | FF |
| | {1 x 200 on 3:10 Pulls | EN1 | P | FF |
| | {1 x 100 on 1:35 Pulls | EN1 | P | FF |
| 400 | 8 x 50 on 1:00 2 on each stroke | EN1 | S | IM |
| | 2x{1 x 100 on 1:40 Freestyle | EN1 | S | FF |
| | {1 x 100 on 1:35 Freestyle | EN1 | S | FF |
| | {1 x 100 on 1:30 Freestyle | EN1 | S | FF |
| | {3 x 50 on 1:00 Your Stroke | EN1 | S | STK |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | CI |
| 8:19 AM 3,650 Meters - Stress Value = 39 | | | | |

Workout #949 - Thursday, 27 July 2000

Group 3 - Taper 2

1 minute rest between sets

| Meters | Set Description | EGY | WORK | STK |
|--|--------------------------------------|-----|------|-----|
| 6:30 AM Start | | | | |
| | 1 on 30:00 Stomach and Stretch | | | L I |
| 400 | 1 x 400 on 8:00 Swim-kick-pull-swim | REC | S | CHC |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | CHC |
| 400 | 8 x 50 on 1:15 Kick-des in sets of 4 | EN2 | K | CHC |
| 400 | 2 x 200 on 3:20 Pulls | EN1 | P | FF |
| | 4x{2 x 100 on 2:00 Stroke Drills | EN1 | P | FF |
| | {4 x 50 on 1:10 Stroke Drills-build | EN1 | P | FF |
| | { one set on each strk | | | |
| 8:09 AM 2,950 Meters - Stress Value = 38 | | | | |

Workout #950 - Thursday, 27 July 2000

Group 3 - Sectional

1 minute rest between sets

| Meters | Set Description | EGY | WORK | STK |
|--|-------------------------------------|-----|------|-------|
| 6:30 AM Start | | | | |
| | 1 on 30:00 Stomach and Stretch | | | L DRY |
| 1,000 | 1 x 1000 on 20:00 Choice | REC | S | CHC |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | CHC |
| | 1x{1 x 200 on 4:40 Kick | EN2 | K | CHC |
| | {1 x 150 on 3:30 Kick | EN2 | K | CHC |
| | {1 x 100 on 2:20 Kick | EN2 | K | CHC |
| | {1 x 50 on 1:10 Kick | EN2 | K | CHC |
| 600 | 12 x 50 on :55 Pulls-nbbf&w | EN1 | P | FF |
| | 3x{2 x 100 on 2:00 Stroke Drills | EN1 | P | FF |
| | {4 x 50 on 1:00 Stroke Drills-build | EN1 | P | FF |
| | { set 1&3 strk Set 2fr | | | |
| 8:16 AM 3,450 Meters - Stress Value = 38 | | | | |

Workout #946 - Wednesday, 26 July 2000

Group 3 - Eric Blue Man

1 minute rest between sets

| Meters | Set Description | EGY | WORK | STK |
|--|--------------------------------|-----|------|-------|
| 6:30 AM Start | | | | |
| | 1 on 30:00 Stomach and Stretch | | | L DRY |
| 800 | 1 x 800 on 16:00 Choice | REC | S | CHO |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | CHO |
| | 2x{1 x 150 on 3:30 Kick | EN2 | K | CHO |
| | {1 x 100 on 2:20 Kick | EN2 | K | CHO |
| | {1 x 50 on 1:10 Kick | EN2 | K | CHO |
| | 1x{1 x 300 on 4:45 Pulls | EN1 | P | FR |
| | {1 x 400 on 6:20 Pulls | EN1 | P | FR |
| | {1 x 200 on 3:10 Pulls | EN1 | P | FR |
| 200 | 4 x 50 on 1:00 Descend | EN1 | S | FR |
| | 3x{1 x 100 on 1:40 Freestyle | EN1 | S | 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 | S | STK |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | CD |
| 8:28 AM 4,200 Meters - Stress Value = 44 | | | | |

Workout #947 - Thursday, 27 July 2000

Group 3 - Eric Blue Man

1 minute rest between sets

6:30 AM Start

| Meters | Set Description | EGY | WORK |
|---------|--------------------------------------|-----|------|
| | 1 on 30:00 Stomach and Stretch | | L |
| 1,000 | 1 x 1000 on 20:00 Choice | REC | D |
| 150 | 10 x 15 on :30 Shooters | SP3 | S |
| 1x{ | 1 x 200 on 4:40 Kick | EN2 | K |
| | { 1 x 150 on 3:30 Kick | EN2 | K |
| | { 1 x 100 on 2:20 Kick | EN2 | K |
| | { 3 x 50 on 1:10 Kick-descend | EN2 | K |
| 1x{ | 4 x 50 on 1:00 Pulls-nbbf&w | EN1 | P |
| | { 4 x 50 on :55 Pulls-nbbf&w | EN1 | P |
| | { 4 x 50 on :50 Pulls-nbbf&w | EN1 | P |
| | { 2 x 50 on :45 Pulls-nbbf&w | EN1 | P |
| 4x{ | 2 x 100 on 2:00 Stroke Drills | EN1 | D |
| | { 4 x 50 on 1:00 Stroke Drills-build | EN1 | D |
| | { 1 set for each strk | | |
| 8:28 AM | 4,050 Meters - Stress Value = 44 | | |

Workout #953 - Friday, 28 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 | |
| 1,000 | 10 x 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 x 50 on 1:10 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 | | |

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 | | L | I |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | S | |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | C |
| 600 | 6 x 100 on 2:15 Kick-descend 1-3&4-6 | EN2 | K | C |
| 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 | C |
| 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 x 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 | 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 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 | 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 | 3 x 100 on 2:30 Kick | EN2 | |
| | {3 x 100 on 2:25 Kick | EN2 | |
| | {3 x 100 on 2:20 Kick | EN2 | |
| 5x{1 | 1 x 50 on 1:00 Pulls with paddles | EN1 | |
| | {1 x 50 on :55 Pulls with paddles | EN1 | |
| | {1 x 50 on :50 Pulls with paddles | EN1 | |
| | {1 x 50 on :45 Pulls with paddles | EN1 | |
| 600 | 3 x 200 on 4:30 IM descend | EN1 | |
| 1x{3 | 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 | | |

Workout #957 - Monday, 31 July 2000

Group 3 - All-Americans

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|--------|--|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 1x{3 | 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 | 1 x 50 on 1:00 Pulls with paddles | EN1 | |
| | {1 x 50 on :55 Pulls with paddles | EN1 | |
| | {1 x 50 on :50 Pulls with paddles | EN1 | |
| | {1 x 50 on :45 Pulls with paddles | EN1 | |
| 200 | 1 x 200 on 4:00 Individual Medley | EN1 | |
| 4x{1 | 1 x 50 on 1:00 17m fast 33m easy | EN1 | |
| | {1 x 50 on 1:00 33m fast 17m easy | EN2 | |
| | {1 x 50 on 1:00 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 | | |

Workout #958 - Monday, 31 July 2000

Group 3 - Sectional

1 minute rest between sets

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

Workout #956 - Monday, 31 July 2000

Group 3 - Eric Blue Man

1 minute rest between sets

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

Workout #961 - Tuesday, 01 August 2000

Group 3 - Taper 1

1 minute rest between sets

| 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 | |
| 900 | 18 x 50 on 1:15 Kick des in sets of 3 | EN2 | |
| 1x{1 | 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 | 4 x 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 = 56 | | |

Workout #960 - Tuesday, 01 August 2000

Group 3 - Sectional

1 minute rest between sets

| 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 | 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 = 27 | | |

Workout #962 - Monday, 07 August 2000

Group 3 - All-Americans

1 minute rest between sets

| Meters | Set Description | EGY | WOF |
|---------|----------------------------------|-----|-----|
| 6:30 AM | Start | | |
| 800 | 1 on 30:00 Stomach and Stretch0 | | |
| 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 | x 50 on 1:00 Freestyle | EN1 | |
| | {4 x 50 on :50 Freestyle | EN1 | |
| | {4 x 50 on :40 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 | | |

Workout #963 - Tuesday, 08 August 2000

Group 3 - All-Americans

1 minute rest between sets

| Meters | Set Description | EGY | WORK | S |
|---------|-----------------------------------|-----|------|---|
| 6:30 AM | Start | | | |
| 600 | 1 on 30:00 Stomach and Stretch | | L | I |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | |
| 1x{1 | x 300 on 7:15 Kick-no board | EN1 | K | C |
| | {1 x 200 on 4:45 Kick-no board | EN1 | K | C |
| | {1 x 100 on 2:20 Kick-no board | EN1 | K | C |
| | {4 x 50 on 1:30 Sprint kick | EN2 | K | C |
| 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

| Meters | Set Description | EGY | WORK | ST |
|---------|----------------------------------|-----|------|----|
| 6:30 AM | Start | | | |
| 600 | 1 on 25:00 Stomach and Stretch | | L | DF |
| 150 | 10 x 15 on :30 Shooters | SP3 | S | F |
| 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 | F |
| 200 | 10 x 20 on 1:00 Pit sprints | SP3 | S | F |
| 4x{4 | x 50 on :50 Freestyle | EN1 | S | F |
| | {2 x 100 on 1:30 Freestyle | EN1 | S | F |
| 200 | 1 x 200 on 50:00 Stroke Drills | REC | D | C |
| 9:00 AM | 3,550 Meters - Stress Value = 47 | | | |

Workout #965 - Tuesday, 05 September 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|--------------------------------------|-----|----|
| 5:15 PM | Start | | |
| 600 | 1 on 20:00 Stomach and Stretch | | |
| 600 | 1 x 600 on 12:00 Swim-kick-pull-swim | REC | |
| 600 | 1 on 15:00 Techniques-turns | | |
| 5x{1 | x 25 on :30 Pulls br ev 3 | EN1 | |

| | |
|---|-----|
| {1 x 25 on :30 Pulls br ev 4 | EN1 |
| {1 x 25 on :30 Pulls br ev 5 | EN1 |
| {1 x 25 on :30 Pulls br ev 6 | EN1 |
| 10x{1 x 50 on 1:00 Stroke Drills | EN1 |
| {1 x 50 on 1:00 Stroke Drills | EN1 |
| 12 x 25 on :30 Freestyle-des in 3's | EN1 |
| 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

| Yards | Set Description | EGY | WOF |
|---|--------------------------------|-----|-----|
| 5:15 PM | Start | | |
| 600 | 1 on 24:00 Stomach and Stretch | | |
| 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 x 100 on 1:40 Pulls-odds lb | EN1 | |
| 1x{6 x 50 on :55 Mid pool swims | EN1 | | |
| {6 x 50 on :50 Mid pool swims | EN1 | | |
| {6 x 50 on :45 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

| Yards | Set Description | EGY | WOF |
|---|--|-----|-----|
| 5:15 PM | Start | | |
| 600 | 1 on 25:00 Stomach and Stretch | | |
| 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 non free | EN2 | |
| 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 x 225 on 3:30 3 minute swims | EN1 | |
| 1x{3 x 25 on :30 Freestyle | EN1 | | |
| {3 x 25 on :25 Freestyle | EN1 | | |
| {3 x 25 on :20 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

1 minute rest between sets

7:30 AM Start

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 20:00 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 | |
| | 1x{3 x 100 on 2:10 Kick | EN2 | |
| | {3 x 100 on 2:05 Kick | EN2 | |
| | {3 x 100 on 2:00 Kick | EN2 | |
| | { descend each set | | |
| 100 | 1 x 100 on 2:00 Kick for time | EN3 | |
| 750 | 6 x 125 on 1:45 Pulls | EN1 | |
| | last 25 only 3 brths | | |
| 200 | 8 x 25 on :30 Freestyle | EN1 | |
| | 1x{2 x 200 on 2:45 Freestyle | EN2 | |
| | {2 x 200 on 2:40 Freestyle | EN2 | |
| | {2 x 150 on 2:00 Freestyle | EN2 | |
| | {2 x 150 on 1:55 Freestyle | EN2 | |
| | {2 x 100 on 1:20 Freestyle | EN2 | |
| | {2 x 100 on 1:15 Freestyle | EN2 | |
| | {2 x 50 on :40 Freestyle | EN1 | |
| | {2 x 50 on :35 Freestyle | EN1 | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | |
| | 9:31 AM 5,425 Yards - Stress Value = 78 | | |

Workout #969 - Monday, 11 September 2000

Group 3 - All

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | ST |
|-------|---|-----|------|----|
| 400 | 1 x 400 on 8:00 Swim-kick-pull-swim | REC | S | F |
| 250 | 10 x 25 on :30 Berzerks | SP3 | S | F |
| 800 | 16 x 50 on 1:00 Pulls-nbbf&w | EN1 | P | F |
| 300 | 3 x 100 on 1:45 Freestyle-build | EN1 | S | F |
| 1,600 | 4 x 400 on 6:00 Free des 1-3 hold | EN1 | S | F |
| | #4 as fast as 3 | | | |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | D | C |
| | 6:39 AM 3,600 Yards - Stress Value = 37 | | | |

Workout #970 - Monday, 11 September 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 25:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-finishes | | |
| | 3x{1 x 100 on 1:55 Kick | EN2 | |
| | {4 x 50 on 1:00 Kick-descend | EN2 | |
| 1,000 | 10 x 100 on 1:30 Lungbuster pulls | EN1 | |
| | odds br 3-5-7-3 | | |
| | evens br 2-4-6-2 | | |
| 200 | 8 x 25 on :30 IM order | EN1 | |
| | 1x{1 x 400 on 5:30 Freestyle | EN2 | |
| | {2 x 200 on 2:45 Freestyle | EN2 | |
| | {4 x 100 on 1:25 Freestyle | EN2 | |
| | {8 x 50 on :40 Freestyle | EN2 | |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | |
| | 7:15 PM 4,750 Yards - Stress Value = 62 | | |

Workout #971 - Tuesday, 12 September 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 23:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-finishes | | |
| | 1x{8 x 75 on 1:30 Kick | EN2 | |
| | {6 x 50 on :55 Kick | EN2 | |
| | {4 x 25 on 1:00 Sprint kick | EN3 | |
| | 3x{1 x 150 on 2:15 Pulls | EN1 | |
| | {1 x 100 on 1:30 Pulls | EN1 | |
| | {1 x 50 on :45 Pulls | EN1 | |
| | { last 25 of each 2 br | | |
| 200 | 8 x 25 on :30 Choice | EN1 | |
| | 2x{5 x 50 on :50 Freestyle | EN1 | |
| | {4 x 50 on :45 Freestyle | EN1 | |
| | {3 x 50 on :40 Freestyle | EN1 | |
| | {2 x 50 on :35 Freestyle | EN1 | |
| | {1 on 1:00 Rest | | |
| 200 | 1 x 200 on 3:00 Choice | REC | |
| | 7:15 PM 4,500 Yards - Stress Value = 49 | | |

Workout #972 - Wednesday, 13 September 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WORK | ST |
|-------|---|-----|------|----|
| | 1 on 25:00 Stomach and Stretch | | | |
| 800 | 1 x 800 on 16:00 Choice | REC | S | |
| | 5x{1 x 100 on 2:10 Kick | EN1 | K | C |
| | {1 x 100 on 1:50 Kick | EN2 | K | C |
| | 1x{4 x 50 on 1:00 Pulls-nbbf&w | EN1 | P | |
| | {4 x 50 on :55 Pulls-nbbf&w | EN1 | P | |
| | {4 x 50 on :50 Pulls-nbbf&w | EN1 | P | |
| | {4 x 50 on :45 Pulls-nbbf&w | EN1 | P | |
| 300 | 3 x 100 on 1:30 Freestyle-descend | EN1 | S | |
| 2,000 | 5 x 400 on 5:00 Freestyle | EN2 | S | |
| 300 | 12 x 25 on :40 Stroke Drills | REC | D | |
| | 7:13 PM 5,200 Yards - Stress Value = 66 | | | |

Workout #973 - Thursday, 14 September 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 24:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-starts | | |
| | 1x{4 x 100 on 1:45 Kick with flippers | EN2 | |
| | {3 x 100 on 1:40 Kick with flippers | EN2 | |
| | {2 x 100 on 1:35 Kick with flippers | EN2 | |
| | {1 x 100 on 1:30 Kick with flippers | EN2 | |
| | 1x{1 x 100 on 1:40 Pulls | EN1 | |
| | {2 x 100 on 1:35 Pulls | EN1 | |
| | {3 x 100 on 1:30 Pulls | EN1 | |
| | {4 x 100 on 1:25 Pulls | EN1 | |
| 200 | 8 x 25 on :30 Choice | EN1 | |
| | 8x{1 x 100 on 1:25 Individual Medley | EN2 | |
| | {1 x 50 on :40 Freestyle | EN2 | |
| | {1 x 50 on :55 Freestyle | REC | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 7:14 PM 4,850 Yards - Stress Value = 56 | | |

Workout #974 - Friday, 15 September 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF | Yards | Set Description | EGY | WORK | ST |
|---|--------------------------------------|-----|-----|---|----------------------------------|-----|------|------|
| | 1 on 25:00 Stomach and Stretch | | | | 1 on 25:00 Stomach and Stretch | | | L DF |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | | 800 | 8 x 100 on 2:00 Stroke Drills | REC | | D CF |
| | odds free evens strk | | | | odds free evens strk | | | |
| 5:30 AM Start | | | | | 1 on 10:00 Techniques-finishes | | | D F |
| Yards | Set Description | EGY | WOF | 250 | 10 x 25 on :30 Berzerks | SP3 | | S F |
| 400 | 1 x 400 on 8:00 Swim-kick-pull-swim | REC | | 2x{1 x 100 on 2:00 Kick | EN2 | | | K CF |
| 900 | 12 x 75 on 1:30 25kick 25drill 25bld | EN1 | | {1 x 100 on 1:55 Kick | EN2 | | | K CF |
| | 3 on each stroke | | | {1 x 100 on 1:50 Kick | EN2 | | | K CF |
| 1x{2 x 200 on 3:00 Pulls | | EN1 | | {1 x 100 on 1:45 Kick | EN2 | | | K CF |
| {2 x 200 on 2:50 Pulls | | EN1 | | {1 x 100 on 1:40 Kick | EN2 | | | K CF |
| {2 x 200 on 2:40 Pulls | | EN1 | | 1x{2 x 300 on 4:15 Pulls | EN1 | | | P F |
| 1x{2 x 150 on 2:25 100 free 50 fly | | EN1 | | {2 x 300 on 4:05 Pulls | EN1 | | | P F |
| {2 x 150 on 2:20 100 free 50 back | | EN1 | | 300 | 3 x 100 on 1:45 IM-build each 25 | EN1 | | S I |
| {2 x 150 on 2:30 100 free 50 breast | | EN1 | | 1x{4 x 200 on 2:45 Freestyle | EN2 | | | S F |
| {2 x 150 on 2:15 Freestyle | | EN1 | | {3 x 200 on 2:40 Freestyle | EN2 | | | S F |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | | {2 x 200 on 2:35 Freestyle | EN2 | | | S F |
| 6:42 AM 4,000 Yards - Stress Value = 33 | | | | {1 x 200 on 2:30 Freestyle | EN2 | | | S F |
| | | | | {5 x 50 on 1:00 Stroke Drills | REC | | | D C |
| | | | | 7:30 PM 5,800 Yards - Stress Value = 85 | | | | |

Workout #975 - Saturday, 16 September 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| | 1 on 25:00 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{2 x 100 on 2:00 Kick | | EN2 | |
| {3 x 50 on 1:00 Kick-no board | | EN2 | |
| {2 x 100 on 1:50 Kick | | EN2 | |
| {3 x 50 on 1:00 Kick-no board | | EN2 | |
| {2 x 100 on 1:40 Kick | | EN2 | |
| {3 x 50 on 1:00 Kick-no board | | EN2 | |
| 1x{3 x 50 on :45 Pulls | | EN1 | |
| {3 x 75 on 1:05 Pulls | | EN1 | |
| {3 x 100 on 1:25 Pulls | | EN1 | |
| {3 x 125 on 1:45 Pulls | | EN1 | |
| {3 x 150 on 2:05 Pulls | | EN1 | |
| 450 | 9 x 50 on :45 Freestyle | EN1 | |
| 2,000 | 10 x 200 on 3:00 Challenge set!!! | EN2 | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | |
| 9:53 AM 6,535 Yards - Stress Value = 88 | | | |

Workout #978 - Tuesday, 19 September 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|------------------------------------|-----|------|
| | 1 on 25:00 Stomach and Stretch | | L |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | D |
| | 2 on each stroke | | |
| | 1 on 10:00 Techniques-finishes | | D |
| 500 | 10 x 50 on 1:00 Kick | EN2 | K |
| 500 | 1 x 500 on 10:00 Kick for time | EN3 | K |
| | 1x{8 x 75 on 1:10 Pulls | EN1 | P |
| | {6 x 75 on 1:05 Pulls | EN1 | P |
| | {4 x 75 on 1:00 Pulls | EN1 | P |
| 450 | 9 x 50 on :45 Descend in sets of 3 | EN1 | S |
| 2,100 | 14 x 150 on 1:55 Freestyle | EN2 | S |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D |
| 7:30 PM 5,950 Yards - Stress Value = 99 | | | |

Workout #976 - Monday, 18 September 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| | 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

5:15 PM Start

Workout #979 - Monday, 25 September 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 5:15 PM Start | | |
| 800 | 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 | 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 x 25 on 1:00 Sprint kick | EN3 | K |
| 1x{3 | 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 | 1 x 200 on 3:00 Freestyle | EN1 | S |
| | {1 x 150 on 2:15 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 x 150 on 2:05 Freestyle | EN1 | S |
| | {1 x 100 on 1:25 Freestyle | EN1 | S |
| | {1 x 50 on :40 Freestyle | EN1 | S |
| | {1 x 200 on 2:40 Freestyle | EN1 | S |
| | {1 x 150 on 2:00 Freestyle | EN1 | S |
| | {1 x 100 on 1:20 Freestyle | EN1 | S |
| | {1 x 50 on :40 Freestyle | EN1 | S |
| 400 | 4 x 100 on 1:30 Freestyle-descend | EN2 | S |
| | to ludicrous speed | | |
| 400 | 4 x 100 on 2:15 Stroke Drills | REC | D |
| | 7:42 PM 6,450 Yards - Stress Value = 84 | | |

Workout #980 - Tuesday, 26 September 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 5:15 PM Start | | |
| 800 | 1 on 30:00 Stomach and Stretch | | I |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | I |
| | odds free evens strk | | |
| 12x{1 | 1 x 13 on :00 Butterfly | SP3 | S |
| | {1 x 12 on :30 Freestyle | REC | S |
| 5x{1 | 1 x 100 on 1:45 Kick | EN2 | P |
| | {1 x 100 on 2:00 Kick | EN2 | P |
| 1x{4 | 4 x 125 on 2:00 Pulls 3br last 25 | EN1 | F |
| | {4 x 125 on 1:55 Pulls 2br last 25 | EN1 | F |
| | {4 x 125 on 1:50 Pulls 1 br last 25 | EN1 | F |
| 400 | 4 x 100 on 1:40 Individual Medley | EN1 | S |
| | build each 25 | | |
| 1x{8 | 8 x 75 on 1:10 Backstroke | EN2 | S |
| | {8 x 75 on 1:05 Backstroke | EN2 | S |
| | {8 x 75 on 1:00 Backstroke | EN2 | S |
| 600 | 6 x 100 on 2:00 Stroke Drills | REC | I |
| | 7:40 PM 6,400 Yards - Stress Value = 81 | | |

Workout #981 - Wednesday, 27 September 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|-----------------------------------|-----|------|-----|
| | 5:30 AM Start | | | |
| 425 | 1 x 425 on 8:00 Stroke Drills | REC | D | 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 S CD
6:41 AM 3,935 Yards - Stress Value = 126

Workout #982 - Wednesday, 27 September 2000

Group 3 - All

1 minute rest between sets

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

Workout #983 - Thursday, 28 September 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 5:15 PM Start | | |
| 800 | 1 on 29:00 Stomach and Stretch | | L |
| 800 | 1 x 800 on 16:00 Choice | REC | S |
| 12x{1 | 1 x 15 on :00 Breaststroke | SP3 | S |
| | {1 x 10 on :30 Freestyle | REC | S |
| 2x{4 | 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 | 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 |
| 400 | 2 x 200 on 3:45 Individual Medley | EN1 | S |
| 6x{8 | 8 x 25 on :30 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 = 75 | | |

Workout #984 - Friday, 29 September 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | ST |
|---------|----------------------------------|-----|------|----|
| 5:30 AM | Start | | | |
| 425 | 1 x 425 on 8:00 Reverse IM drill | REC | D | I |
| 150 | 10 x 15 on :30 Pit sprints | SP3 | S | F |
| | 1x{1 x 300 on 4:30 Pulls | EN1 | P | F |
| | {1 x 200 on 2:55 Pulls | EN1 | P | F |
| | {1 x 100 on 1:25 Pulls | EN1 | P | F |
| | {1 x 100 on 1:20 Pulls | EN1 | P | F |
| | {1 x 200 on 2:35 Pulls | EN1 | P | F |
| | {1 x 300 on 3:50 Pulls | EN1 | P | F |
| | 2x{4 x 50 on :45 Freestyle | EN1 | S | F |
| | {1 x 100 on 1:35 Butterfly | EN1 | S | FI |
| | {4 x 50 on :45 Freestyle | EN1 | S | F |
| | {1 x 100 on 1:30 Backstroke | EN1 | S | F |
| | {4 x 50 on :45 Freestyle | EN1 | S | F |
| | {1 x 100 on 1:45 Breaststroke | EN1 | S | F |
| 250 | 10 x 25 on :25 Stroke | EN1 | S | ST |
| 200 | 1 x 200 on 4:00 Choice | REC | S | C |
| 6:42 AM | 4,025 Yards - Stress Value = 38 | | | |

| | | | | |
|---------|---------------------------------|-----|---|---|
| 200 | 8 x 25 on :30 2 on each stroke | EN1 | S | I |
| | 1x{1 x 500 on 7:00 Freestyle | EN1 | S | F |
| | {2 x 250 on 3:30 Freestyle | EN1 | S | F |
| | {4 x 125 on 1:45 Freestyle | EN1 | S | F |
| | {5 x 100 on 1:25 Freestyle | EN1 | S | F |
| | {10 x 50 on :40 Freestyle | EN1 | S | F |
| 400 | 1 x 400 on 8:00 Stroke Drills | REC | D | C |
| 7:40 PM | 6,550 Yards - Stress Value = 65 | | | |

Workout #988 - Tuesday, 03 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|--------------------------------------|-----|----|
| 5:15 PM | Start | | |
| 800 | 1 on 29:00 Stomach and Stretch | | |
| | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 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 2:15 Kick | EN2 | |
| | {2 x 125 on 2:10 Kick | EN2 | |
| | 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 | |
| 300 | 3 x 100 on 1:40 Individual Medley | EN1 | |
| | 1x{4 x 100 on 1:40 Backstroke | EN1 | |
| | {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 | |
| | {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 | |
| | {4 x 25 on :45 Back 15m under water | EN1 | |
| 250 | 1 x 250 on 5:00 Choice | REC | |
| 7:45 PM | 6,300 Yards - Stress Value = 80 | | |

Workout #985 - Saturday, 30 September 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--------------------------------------|-----|------|
| 7:30 AM | Start | | |
| | 1 on 30:00 Stomach and Stretch | | L |
| 825 | 1 x 825 on 16:00 Swim-kick-pull-swim | REC | S |
| 300 | 6 x 50 on 1:00 Freestyle-build | EN1 | S |
| 3,000 | 1 x 3000 on 30:00 Freestyle-T-30!!!! | EN2 | S |
| 250 | 1 x 250 on 5:00 Choice | REC | S |
| 9:00 AM | 4,375 Yards - Stress Value = 63 | | |

Workout #986 - Monday, 02 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|---------|---------------------------------|-----|------|-----|
| 5:30 AM | Start | | | |
| 425 | 1 x 425 on 8:00 Stroke Drill | REC | D | CHO |
| 210 | 14 x 15 on :30 Pit sprints | SP3 | S | FR |
| 1,000 | 1 x 1000 on 15:00 Pulls | EN1 | P | FR |
| 1,000 | 2 x 500 on 7:00 Pulls | EN1 | P | FR |
| | 1x{6 x 50 on :50 Freestyle | EN1 | S | FR |
| | {6 x 50 on :45 Freestyle | EN1 | S | FR |
| | {6 x 50 on :40 Freestyle | EN1 | S | FR |
| 500 | 5 x 100 on 1:45 Stroke Drills | REC | D | CD |
| 6:42 AM | 4,035 Yards - Stress Value = 37 | | | |

Workout #987 - Monday, 02 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | ST |
|---------|---------------------------------|-----|------|----|
| 5:15 PM | Start | | | |
| | 1 on 30:00 Stomach and Stretch | | L | DF |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | D | CF |
| | odds free evens strk | | | |
| | 12x{1 x 13 on :00 Freestyle | SP3 | S | F |
| | {1 x 12 on :30 Freestyle | REC | S | F |
| 1,000 | 10 x 100 on 2:00 Kick-odds fast | EN2 | K | CF |
| | 1x{6 x 75 on 1:15 Pulls | EN1 | P | F |
| | {6 x 75 on 1:05 Pulls | EN1 | P | F |
| | {6 x 75 on :55 Pulls | EN1 | P | F |

Workout #989 - Wednesday, 04 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|-------------------------------------|-----|------|
| 5:30 AM | Start | | |
| 425 | 1 x 425 on 8:00 Swim-kick-pull-swim | REC | S |
| 150 | 10 x 15 on :30 Pit sprints | SP3 | S |
| | 1x{2 x 200 on 2:55 Pulls | EN1 | F |
| | {2 x 200 on 2:50 Pulls | EN1 | F |
| | {2 x 200 on 2:45 Pulls | EN1 | F |
| | 2x{1 x 100 on 1:30 Freestyle | EN1 | S |
| | {1 x 100 on 1:15 Individual Medley | EN2 | S |
| | {1 x 100 on 1:25 Freestyle | EN1 | S |
| | {1 x 100 on 1:20 Individual Medley | EN2 | S |
| | {1 x 100 on 1:20 Freestyle | EN2 | S |
| | {1 x 100 on 1:25 Individual Medley | EN2 | S |
| | {1 x 100 on 1:15 Freestyle | EN2 | S |
| | {1 x 100 on 1:30 Individual Medley | EN2 | S |
| | {1 on 1:00 Rest | | M |
| 250 | 10 x 25 on :25 Choice | EN1 | S |
| 400 | 1 x 400 on 8:00 Choice | REC | S |
| 6:42 AM | 4,025 Yards - Stress Value = 48 | | |

Workout #990 - Wednesday, 04 October 2000

1 minute rest between sets

Group 3 - All

1 minute rest between sets

| Yards | Time | Set Description | EGY | WORK | STK | PACE |
|-------|---------|-------------------|-----|------|-----|------|
| 825 | 5:00 PM | 1 on 30:00 Warmup | | S | | |
| 150 | 5:30 PM | 0 Yards | | | | |

| Yards | Set Description | EGY | WOF |
|-------|--------------------------------------|-----|-----|
| 825 | 1 on 30:00 Stomach and Stretch | | |
| 150 | 1 x 825 on 16:00 Swim-kick-pull-swim | REC | |
| | 10 x 15 on :30 Cross pool sprints | | SP3 |
| | all underwater | | |
| | dolphin kick | | |

Workout #991 - Thursday, 05 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|--|-----|-----|
| 800 | 1 on 25:00 Stomach and Stretch | | |
| | 8 x 100 on 2:00 Stroke Drills | | REC |
| | 2 on each stroke | | |
| 100 | 10x{1 x 15 on :00 Backstroke | | 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 |
| | 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 x 50 on 1:05 Breaststroke | | EN2 |
| | {1 x 100 on 2:30 Breast-off the blks | | EN3 |
| | {7 x 50 on 1:00 Breaststroke | | EN2 |
| | {1 x 100 on 2:30 Breast-off the blks | | EN3 |
| | {6 x 50 on :55 Breaststroke | | EN2 |
| | {1 x 100 on 2:30 Breast-off the blks | | EN3 |
| | {5 x 50 on :50 Breaststroke | | EN2 |
| | {1 x 100 on 2:30 Breast-off the blks | | EN3 |
| | {4 x 50 on :45 Breaststroke | | EN2 |
| 400 | 1 x 400 on 6:00 Choice | | REC |
| | 7:45 PM 6,450 Yards - Stress Value = 101 | | |

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| 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 = 122 | | |

Workout #994 - Monday, 09 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| 425 | 1 x 425 on 8:00 Swim-kick-pull-swim | REC | S |
| 150 | 10 x 15 on :30 Pit sprints | | SP3 |
| | 1x{4 x 125 on 2:00 Pulls-3 br last 25 | | EN1 |
| | {4 x 125 on 1:55 Pulls-2 br last 25 | | EN1 |
| | {4 x 125 on 1:50 Pulls-1 br last 25 | | EN1 |
| | 3x{4 x 50 on :45 Freestyle | | EN1 |
| | {4 x 50 on :40 Freestyle | | EN2 |
| | {4 x 50 on :35 Freestyle | | EN2 |
| | {1 x 100 on 2:00 Individual Medley | | EN1 |
| 200 | 1 x 200 on 4:00 Choice | | REC |
| | 6:44 AM 4,375 Yards - Stress Value = 54 | | |

Workout #995 - Monday, 09 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|---|-----|-----|
| 800 | 1 on 30:00 Stomach and Stretch | | |
| | 16 x 50 on 1:00 Stroke Drills 4 on E | | REC |
| | 12x{1 x 13 on :00 Freestyle | | SP3 |
| | {1 x 12 on :30 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 x 100 on 1:25 Lungbuster pulls | | EN1 |
| | {5 x 100 on 1:20 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 #992 - Friday, 06 October 2000

Group 3 - All

1 minute rest between sets

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

Workout #993 - Saturday, 07 October 2000

Group 3 - All

Workout #996 - Tuesday, 10 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|---|-----|----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 12x{1 x 13 on :00 Butterfly | SP3 | |
| | {1 x 12 on :30 Freestyle | REC | |
| | 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 | |
| | 1x{3 x 250 on 3:45 Pulls | EN1 | |
| | {2 x 250 on 3:35 Pulls | EN1 | |
| | {1 x 250 on 3:25 Pulls | EN1 | |
| 900 | 9 x 100 on 1:30 Descend in sets of 3 | EN1 | |
| | 4x{1 x 200 on 3:30 Backstroke | EN1 | |
| | {1 x 50 on 1:00 Backstroke | EN1 | |
| | {1 x 50 on :55 Backstroke | EN1 | |
| | {1 x 50 on :50 Backstroke | EN2 | |
| | {1 x 50 on :45 Backstroke | EN2 | |
| | {1 on 1:00 Rest | | |
| 250 | 1 x 250 on 4:00 Choice | REC | |
| | 7:45 PM 6,350 Yards - Stress Value = 70 | | |

Workout #997 - Wednesday, 11 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|--|-----|-----|
| | 5:30 AM Start | | |
| 425 | 1 x 425 on 8:00 Reverse IM drill | REC | |
| 210 | 14 x 15 on :30 Pit sprints | SP3 | |
| 1,000 | 10 x 100 on 1:15 Pulls | EN1 | |
| | 8x{1 x 50 on :50 Free-l.b. at near flg | EN1 | |
| | {1 x 50 on :50 Free-l.b. at fs rope | EN1 | |
| | {1 x 50 on :50 Free-l.b. at far ldr | EN1 | |
| | {1 x 50 on :50 Free-l.b. at far flg | EN1 | |
| | {1 on :40 Rest | | |
| 400 | 4 x 100 on 1:30 Descend to ludicrous speed | EN2 | |
| 200 | 1 x 200 on 3:00 Choice | REC | |
| | 6:44 AM 3,835 Yards - Stress Value = 42 | | |

Workout #998 - Wednesday, 11 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|--------------------------------------|-----|----|
| | 5:15 PM Start | | |
| | 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 x 12 on :30 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 x 25 on :30 IM order-build | EN1 | |
| | 1x{3 x 100 on 1:45 Butterfly w/ fins | EN1 | |
| | {3 x 100 on 1:35 Butterfly w/ fins | EN1 | |
| | {3 x 100 on 1:25 Butterfly w/ fins | EN2 | |
| | {3 x 75 on 1:15 Butterfly w/ fins | EN1 | |
| | {3 x 75 on 1:10 Butterfly w/ fins | EN2 | |
| | {3 x 75 on 1:05 Butterfly w/ fins | EN2 | |
| | {4 x 25 on :35 Butterfly | EN2 | |
| | {4 x 25 on :30 Butterfly | EN2 | |
| | {3 x 25 on :25 Butterfly | EN2 | |

500 5 x 100 on 1:45 Stroke Drills REC
7:43 PM 6,550 Yards - Stress Value = 75

Workout #999 - Thursday, 12 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|--|-----|----|
| | 5:15 PM Start | | |
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Choice | REC | |
| | 12x{1 x 13 on :00 Butterfly | SP3 | |
| | {1 x 12 on :30 Freestyle | REC | |
| 1,000 | 10 x 100 on 2:00 Kick-odds fast | EN3 | |
| | 1x{3 x 150 on 2:20 Pulls-mid 50 br ev 7 | EN1 | |
| | {3 x 150 on 2:15 Pulls-mid 50 br ev 8 | EN1 | |
| | {3 x 150 on 2:10 Pulls-mid 50 br ev 9 | EN1 | |
| 600 | 3 x 200 on 3:30 Individual Medley | EN1 | |
| | 25 drill 25 build | | |
| | 1x{3 x 200 on 3:50 Breaststroke | EN2 | |
| | {3 x 150 on 2:45 Breaststroke | EN2 | |
| | {3 x 100 on 1:45 Breaststroke | EN2 | |
| | {3 x 50 on :50 Breaststroke | EN2 | |
| 400 | 4 x 100 on 1:30 Freestyle-descend to ludicrous speed | EN2 | |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | |
| | 7:45 PM 6,250 Yards - Stress Value = 122 | | |

Workout #1000 - Friday, 13 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 5:30 AM Start | | |
| 425 | 1 x 425 on 8:00 Choice | REC | S |
| 150 | 10 x 15 on :30 Pit sprints | SP3 | S |
| | 1x{5 x 50 on 1:00 Pulls-nbbf&w | EN1 | F |
| | {5 x 50 on :55 Pulls-nbbf&w | EN1 | F |
| | {5 x 50 on :50 Pulls-nbbf&w | EN1 | F |
| | {5 x 50 on :45 Pulls-nbbf&w | EN1 | F |
| | 4x{1 x 100 on 2:00 Individual Medley | EN1 | S |
| | {1 x 50 on :55 Butterfly | EN1 | S |
| | {1 x 50 on :50 Backstroke | EN1 | S |
| | {1 x 50 on 1:00 Breaststroke | EN1 | S |
| | {1 x 50 on :45 Freestyle | EN1 | S |
| 500 | 20 x 25 on :30 Odds free evens strk | EN1 | S |
| 400 | 1 x 400 on 7:00 Stroke Drills | REC | I |
| | 6:45 AM 3,675 Yards - Stress Value = 31 | | |

Workout #1001 - Monday, 16 October 2000

Group 3 - All

1 minute rest between sets

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

Workout #1002 - Monday, 16 October 2000

Group 3 - All

1 minute rest between sets

5:15 PM 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 | |
| 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 x 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 | 1 x 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 | I |
| 150 | 10 x 15 on :30 Shooters | SP3 | S |
| | 2x{2 x 100 on 2:00 Kick | EN2 | F |
| | {2 x 100 on 1:50 Kick | EN2 | F |
| | {1 x 100 on 1:40 Kick | EN2 | F |
| | 1x{2 x 200 on 2:45 Pulls | EN1 | F |
| | {2 x 150 on 2:05 Pulls | EN1 | F |
| | {2 x 100 on 1:25 Pulls | EN1 | F |
| | {2 x 50 on :40 Pulls | EN1 | F |
| 600 | 3 x 200 on 3:30 Individual Medley | EN1 | S |
| | 2x{3 x 100 on 1:40 Breaststroke | EN2 | S |
| | {2 x 100 on 1:35 Breaststroke | EN2 | S |
| | {1 x 100 on 1:30 Breaststroke | EN2 | S |
| | {1 x 200 on 3:00 Freestyle | REC | S |
| | {8 x 25 on :45 Breast-odds off the | SP1 | S |
| | { blocks count strokes | | |
| | { on all of them | | |
| 100 | 1 x 100 on 3:00 Breast otb for time | SP2 | S |
| 400 | 4 x 100 on 1:45 Stroke Drills | REC | I |

7:45 PM 6,050 Yards - Stress Value = 108

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 | S |
| 210 | 14 x 15 on :30 Pit sprints | SP3 | S |
| | 1x{1 x 400 on 5:30 Pulls | EN1 | F |
| | {2 x 200 on 2:45 Pulls | EN1 | F |
| | {4 x 100 on 1:25 Pulls | EN1 | F |
| | {8 x 50 on :45 Pulls | EN1 | F |
| | 3x{1 x 100 on 1:30 Freestyle | EN1 | S |

| | | |
|-----------------------------------|-----|---|
| {1 x 100 on 1:25 Freestyle | EN1 | S |
| {1 x 100 on 1:20 Freestyle | EN1 | S |
| {1 x 100 on 1:15 Freestyle | EN2 | S |
| {1 x 100 on 1:10 Freestyle | EN2 | S |
| {1 x 100 on 1:05 Freestyle | EN2 | S |
| {1 on :45 Rest | | M |
| 250 1 x 250 on 5:00 Stroke Drills | REC | I |

6:43 AM 4,285 Yards - Stress Value = 51

Workout #1005 - Wednesday, 18 October 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 29:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 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 x 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 | 1 x 100 on 2:00 Backstroke for time | EN3 | |
| 300 | 1 x 300 on 4:30 Stroke Drills | REC | |

7:45 PM 5,950 Yards - Stress Value = 89

Workout #1006 - Thursday, 19 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 5:15 PM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Choice | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 2x{ | 1 x 125 on 2:30 Kick | EN2 | |
| | {1 x 125 on 2:25 Kick | EN2 | |
| | {1 x 125 on 2:20 Kick | EN2 | |
| | {1 x 125 on 2:15 Kick | EN2 | |
| 1x{ | 1 x 275 on 3:55 Pulls | EN1 | |
| | {1 x 250 on 3:30 Pulls | EN1 | |
| | {1 x 225 on 3:10 Pulls | EN1 | |
| | {1 x 200 on 2:50 Pulls | EN1 | |
| | {1 x 175 on 2:25 Pulls | EN1 | |
| | {1 x 150 on 2:05 Pulls | EN1 | |
| | {1 x 125 on 1:45 Pulls | EN1 | |
| | {1 x 100 on 1:20 Pulls | EN1 | |
| | {1 x 75 on 1:00 Pulls | EN1 | |
| | {1 x 50 on :40 Pulls | EN1 | |
| | {1 x 25 on :20 Pulls | EN1 | |
| 600 | 6 x 100 on 1:30 Descend in sets of 3 | EN1 | |
| 5x{ | 1 x 100 on 1:40 Butterfly | EN1 | |
| | {1 x 75 on 1:15 Butterfly | EN1 | |
| | {1 x 50 on :50 Butterfly | EN1 | |
| | {1 x 25 on :25 Butterfly | EN1 | |
| | {1 x 100 on 2:00 Freestyle | REC | |
| 300 | 12 x 25 on :40 Stroke Drills | REC | |
| 7:42 PM 6,250 Yards - Stress Value = 60 | | | |

| | |
|---|-----|
| {1 on 1:00 Rest | |
| {3 x 100 on 1:05 Freestyle | EN2 |
| {1 on 1:00 Rest | |
| {2 x 100 on 1:05 Freestyle | EN2 |
| {1 on 1:00 Rest | |
| {1 x 100 on 1:05 Freestyle | EN2 |
| 1 x 500 on 10:00 Choice | REC |
| 9:56 AM 6,585 Yards - Stress Value = 90 | |

Workout #1009 - Monday, 23 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|---|-----------------------------------|-----|------|---|
| 5:30 AM Start | | | | |
| 425 | 1 x 425 on 8:00 Reverse IM drill | REC | D | |
| 210 | 14 x 15 on :30 Cross pool sprints | SP3 | S | |
| 1,200 | 6 x 200 on 2:45 Pulls | EN1 | P | |
| 2x{ | 1 x 50 on :50 Freestyle | EN1 | S | |
| | {1 x 50 on :45 Freestyle | EN1 | S | |
| | {1 x 50 on :40 Freestyle | EN1 | S | |
| | {1 x 50 on :35 Freestyle | EN2 | S | |
| | {1 x 75 on 1:10 Freestyle | EN1 | S | |
| | {1 x 75 on 1:05 Freestyle | EN1 | S | |
| | {1 x 75 on 1:00 Freestyle | EN1 | S | |
| | {1 x 75 on :55 Freestyle | EN2 | S | |
| | {1 x 100 on 1:30 Freestyle | EN1 | S | |
| | {1 x 100 on 1:20 Freestyle | EN1 | S | |
| | {1 x 100 on 1:15 Freestyle | EN1 | S | |
| | {1 x 100 on 1:10 Freestyle | EN1 | S | |
| 300 | 12 x 25 on :30 IM order | EN1 | S | |
| 200 | 1 x 200 on 3:00 Choice | REC | S | |
| 6:41 AM 4,135 Yards - Stress Value = 45 | | | | |

Workout #1007 - Friday, 20 October 2000

Group 3 - All

1 minute rest between sets

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

Workout #1010 - Monday, 23 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---|--------------------------------------|-----|----|
| 5:15 PM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 10x{ | 1 x 13 on :00 Freestyle | SP3 | |
| | {1 x 12 on :30 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{ | 2 x 100 on 1:30 Pulls | EN1 | |
| | {2 x 200 on 2:50 Pulls | EN1 | |
| | {2 x 300 on 4:00 Pulls | EN1 | |
| 400 | 1 x 400 on 7:00 IM drill build e 50 | EN1 | |
| 1x{ | 1 x 800 on 10:00 Freestyle | EN2 | |
| | {1 x 800 on 9:50 Freestyle | EN2 | |
| | {1 x 800 on 9:40 Freestyle | EN2 | |
| 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 | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | |
| 7:42 PM 6,950 Yards - Stress Value = 95 | | | |

Workout #1008 - Saturday, 21 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------------|--------------------------------------|-----|-----|
| 7:30 AM Start | | | |
| 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 x 50 on 1:00 Kick-descend | EN2 | |
| 1,600 | 4 x 400 on 5:30 Pulls | EN1 | |
| 300 | 12 x 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 #1011 - Tuesday, 24 October 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 | | I |
| 800 | 1 x 800 on 16:00 Choice | REC | S |
| 12x | {1 x 13 on :00 Butterfly | SP3 | S |
| | {1 x 12 on :30 Freestyle | REC | S |
| 1x | {1 x 500 on 9:30 Kick | EN2 | F |
| | {1 x 400 on 7:30 Kick | EN2 | F |
| | {1 x 300 on 5:30 Kick | EN2 | F |
| | {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 | F |
| | {1 x 200 on 2:50 Pulls | EN1 | F |
| | {1 x 300 on 4:00 Pulls | EN1 | F |
| | {1 x 400 on 5:00 Pulls | EN1 | F |
| | {1 x 500 on 5:50 Pulls | EN1 | F |
| 300 | 3 x 100 on 1:30 Free-descend | EN1 | S |
| 1x | {1 x 200 on 4:00 Breaststroke | EN2 | S |
| | {1 x 200 on 3:45 Breaststroke | EN2 | S |
| | {1 x 200 on 3:30 Breaststroke | EN2 | S |
| | {1 x 150 on 2:45 Breaststroke | EN2 | S |
| | {1 x 150 on 2:35 Breaststroke | EN2 | S |
| | {1 x 150 on 2:25 Breaststroke | EN2 | S |
| | {1 x 100 on 1:40 Breaststroke | EN2 | S |
| | {1 x 100 on 1:35 Breaststroke | EN2 | S |
| | {1 x 100 on 1:30 Breaststroke | EN2 | S |
| | {1 x 50 on :50 Breaststroke | EN2 | S |
| | {1 x 50 on :45 Breaststroke | EN2 | S |
| | {1 x 50 on :40 Breaststroke | EN2 | S |
| 100 | 4 x 25 on 1:30 Breast OTB for time | EN3 | S |
| 400 | 1 x 400 on 6:00 Stroke Drills | REC | I |
| | 7:45 PM 6,400 Yards - Stress Value = 90 | | |

| | | | | |
|-----|---|-----|---|----|
| 1x | {2 x 100 on 1:35 Backstroke | EN2 | S | BF |
| | {2 x 100 on 1:30 Backstroke | EN2 | S | BF |
| | {2 x 100 on 1:25 Backstroke | EN2 | S | BF |
| | {1 x 100 on 2:00 Freestyle | REC | S | FF |
| | {2 x 100 on 1:30 Backstroke | EN2 | S | BF |
| | {2 x 100 on 1:25 Backstroke | EN2 | S | BF |
| | {2 x 100 on 1:20 Backstroke | EN2 | S | BF |
| | {1 x 100 on 2:00 Freestyle | REC | S | FF |
| | {2 x 100 on 1:25 Backstroke | EN2 | S | BF |
| | {2 x 100 on 1:20 Backstroke | EN2 | S | BF |
| | {2 x 100 on 1:15 Backstroke | EN2 | S | BF |
| 300 | 12 x 25 on :20 Freestyle | EN2 | S | FF |
| 400 | 1 x 400 on 6:00 Stroke Drills | REC | D | CI |
| | 7:40 PM 6,500 Yards - Stress Value = 84 | | | |

Workout #1014 - Thursday, 26 October 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 | 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 x 100 on 1:30 Descend in sets of 3 | EN1 | |
| | 2x{2 x 100 on 1:40 Butterfly | EN1 | |
| | {4 x 50 on :50 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 #1012 - Wednesday, 25 October 2000

Group 3 - All

1 minute rest between sets

5:30 AM Start

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

Workout #1015 - Saturday, 28 October 2000

Group 3 - All

1 minute rest between sets

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 x 50 on :45 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 #1013 - Wednesday, 25 October 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WORK | STF |
|-------|---------------------------------|-----|------|-----|
| | 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 |

Workout #1016 - Monday, 30 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | 5 |
|---|-----------------------------------|-----|------|---|
| 5:15 AM Start | | | | |
| 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 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 | |
| | 3x{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 | EN1 | S | |
| | {1 x 100 on 1:10 Freestyle | EN2 | S | |
| | {1 x 100 on 1:05 Freestyle | EN2 | S | |
| | {1 on 2:00 Rest | M | | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | D | |
| 6:30 AM 4,035 Yards - Stress Value = 44 | | | | |

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 3:00 PM Start | | | |
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 180 | 12 x 15 on :30 Shooters | SP3 | |
| | 2x{1 x 100 on 2:15 Kick | EN2 | |
| | {1 x 100 on 2:10 Kick | EN2 | |
| | {1 x 100 on 2:05 Kick | EN2 | |
| | {1 x 100 on 2:00 Kick | EN2 | |
| | {1 x 100 on 1:55 Kick | EN2 | |
| 1,000 | 10 x 100 on 1:30 Lungbuster pulls | EN1 | |
| | odds br 3-5-5-3 | | |
| | evens br 2-4-4-2 | | |
| 300 | 6 x 50 on :50 Freestyle | EN1 | |
| 1,600 | 8 x 200 on 3:30 3:00 swims :30 sec r | EN1 | |
| 500 | 20 x 25 on :30 Choice | EN1 | |
| 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

| Yards | Set Description | EGY | WOF |
|---|---------------------------------------|-----|-----|
| 5:15 PM Start | | | |
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| | 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 150 on 2:15 Pulls last 50 br 8 | EN1 | |
| | {3 x 150 on 2:10 Pulls last 50 br 9 | EN1 | |
| | {3 x 150 on 2:05 Pulls last 50 br 10 | EN1 | |
| 300 | 3 x 100 on 1:30 Freestyle-descend | EN1 | |
| | 1x{1 x 400 on 5:45 Freestyle | EN2 | |
| | {1 x 400 on 5:30 Freestyle | EN2 | |
| | {1 x 400 on 5:15 Freestyle | EN2 | |
| | {1 x 400 on 5:00 Freestyle | EN2 | |
| | {1 x 400 on 4:45 Freestyle | EN2 | |
| 600 | 24 x 25 on :30 odds free evnes strk | EN1 | |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | |
| 7:45 PM 6,700 Yards - Stress Value = 91 | | | |

Workout #1022 - Tuesday, 31 October 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---|--------------------------------------|-----|----|
| 5:15 PM Start | | | |
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | |
| | 2 on each stroke | | |
| | 12x{1 x 13 on :00 Butterfly | SP3 | |
| | {1 x 12 on :30 Freestyle | REC | |
| | 1x{3 x 125 on 2:30 Kick | EN2 | |
| | {3 x 125 on 2:25 Kick | EN2 | |
| | {3 x 125 on 2:20 Kick | EN2 | |
| | {1 x 125 on 2:15 Kick | EN2 | |
| 800 | 16 x 50 on 1:00 Pulls-hold under :30 | EN2 | |
| 400 | 1 x 400 on 7:00 Individual Medley | EN1 | |
| | 1x{8 x 75 on 1:10 Backstroke | EN2 | |
| | {6 x 75 on 1:05 Backstroke | EN2 | |
| | {4 x 75 on 1:00 Backstroke | EN2 | |
| | {2 x 75 on :55 Backstroke | EN2 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 7:30 PM 5,450 Yards - Stress Value = 82 | | | |

Workout #1017 - Monday, 30 October 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---|--------------------------------------|-----|----|
| 5:30 AM Start | | | |
| 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 on 10:00 Techniques-free fnsh | | |
| 6:57 AM 4,300 Yards - Stress Value = 36 | | | |

Workout #1018 - Monday, 30 October 2000

Workout #1020 - Tuesday, 31 October 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|-----------------------------------|-----|------|
| 600 | 1 x 600 on 12:00 Reverse IM drill | REC | D |
| 12x | {1 x 13 on :00 Butterfly | SP3 | S |
| | {1 x 12 on :30 Freestyle | REC | S |
| 1x | {5 x 50 on 1:00 Pulls-nbbf&w | EN1 | P |
| | {5 x 50 on :55 Pulls-nbbf&w | EN1 | P |
| | {5 x 50 on :50 Pulls-nbbf&w | EN1 | P |
| | {5 x 50 on :45 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 x 75 on 1:25 Choice | EN1 | S |
| | {1 x 75 on 1:20 Choice | EN1 | S |
| | {1 x 75 on 1:15 Choice | EN1 | S |
| | {1 x 75 on 1:10 Choice | EN1 | S |
| | {1 x 50 on :55 Choice | EN1 | S |
| | {1 x 50 on :50 Choice | EN1 | S |
| | {1 x 50 on :45 Choice | EN1 | S |
| | {1 x 25 on :25 Choice | EN1 | S |
| | {1 x 25 on :20 Choice | EN1 | S |
| 250 | 1 x 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

| Yards | Set Description | EGY | WORK |
|---|-----------------------------------|-----|------|
| 800 | 1 on 30:00 Stomach and Stretch | | L I |
| 150 | 1 x 800 on 16:00 Reverse IM drill | REC | D |
| 900 | 10 x 15 on :30 Shooters | SP3 | S E |
| | 18 x 50 on 1:00 Kick-des in 3's | EN2 | K C |
| 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 x 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

| Yards | Set Description | EGY | WORK |
|-------|-------------------------------------|-----|------|
| 425 | 1 x 425 on 8:00 Swim-kick-pull-swim | REC | S |
| 210 | 14 x 15 on :30 Pit sprints | SP3 | S |
| 1x | {1 x 300 on 4:15 Pulls | EN1 | F |
| | {1 x 275 on 3:50 Pulls | EN1 | F |
| | {1 x 250 on 3:25 Pulls | EN1 | F |
| | {1 x 200 on 2:40 Pulls | EN1 | F |
| | {1 x 175 on 2:15 Pulls | EN1 | F |
| 3x | {1 x 200 on 3:00 Individual Medley | EN2 | S |
| | {1 x 200 on 2:55 Individual Medley | EN2 | S |
| | {1 x 200 on 2:50 Individual Medley | EN2 | S |

| | | | |
|---|-----------------------------------|-----|---|
| 200 | {3 x 50 on 1:00 Freestyle-descend | EN1 | S |
| | 1 x 200 on 4:00 Stroke Drills | REC | I |
| 6:31 AM 4,285 Yards - Stress Value = 60 | | | |

Workout #1025 - Wednesday, 01 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---|--------------------------------------|-----|----|
| 800 | 1 on 30:00 Stomach and Stretch | | |
| | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 12x | {1 x 15 on :00 Backstroke | 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 | {4 x 100 on 1:30 Pulls | EN1 | |
| | {4 x 75 on 1:10 Pulls | EN1 | |
| | {4 x 50 on :45 Pulls | EN1 | |
| | {4 x 25 on :30 Pulls 1 breath | EN1 | |
| 400 | 1 x 400 on 7:00 Individual Medley | EN1 | |
| 1x | {6 x 50 on 1:00 Breaststroke | EN2 | |
| | {1 x 100 on 2:00 Breast for time | EN3 | |
| | {1 x 100 on 2:00 Breaststroke | REC | |
| | {6 x 50 on :55 Breaststroke | EN2 | |
| | {1 x 100 on 2:00 Breast for time | 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

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---|---------------------------------------|-----|----|
| 800 | 1 on 30:00 Stomach and Stretch | | |
| | 16 x 50 on 1:00 Stroke Drills 4 on E | 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 | Set Description | EGY | WC |
|---|--|-----|----|
| 5:15 PM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 800 | 8 x 100 on 2:00 Stroke Drills odds free evens non-free | REC | |
| 12x | {1 x 15 on :00 Breaststroke | SP3 | |
| | {1 x 10 on :30 Freestyle | REC | |
| 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 | |
| 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 | | | |

5:15 AM Start

| Yards | Set Description | EGY | WORK | STK |
|---|--|-----|------|-----|
| 425 | 1 x 425 on 8:00 Choice | REC | S | C |
| 150 | 10 x 15 on :30 Cross pool sprints all the same stroke | SP3 | S | C |
| | 1x{4 x 100 on 1:35 Lungbuster pulls | EN1 | P | |
| | {4 x 100 on 1:30 Lungbuster pulls | EN1 | P | |
| | {4 x 100 on 1:25 Lungbuster pulls odds br 3-5-7-7 evens br 2-4-6-6 | EN1 | P | |
| | 1x{1 x 400 on 6:00 Freestyle | EN1 | S | |
| | {1 x 300 on 4:30 Freestyle | EN1 | S | |
| | {1 x 200 on 3:00 Freestyle | EN1 | S | |
| | {1 x 100 on 1:30 Freestyle | EN1 | S | |
| | {1 x 100 on 1:25 Freestyle | EN1 | S | |
| | {1 x 200 on 2:50 Freestyle | EN1 | S | |
| | {1 x 300 on 4:15 Freestyle | EN1 | S | |
| | {1 x 400 on 5:40 Freestyle | EN1 | S | |
| 300 | 12 x 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

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

5:30 AM Start

| Yards | Set Description | EGY | WORK | STK |
|---|--------------------------------------|-----|------|-----|
| 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 on 15:00 Techniques-starts | | | |
| 6:59 AM 4,150 Yards - Stress Value = 34 | | | | |

Workout #1031 - Friday, 03 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|---|------------------------------------|-----|------|-----|
| 2:30 PM Start | | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | L | |
| 150 | 1 x 800 on 16:00 Choice | REC | S | |
| | 10 x 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 | 6 x 100 on 2:00 Stroke Drills | REC | D | |
| 4:59 PM 6,500 Yards - Stress Value = 75 | | | | |

11:00 AM Start

| Yards | Set Description | EGY | WORK | STK |
|--|--|-----|------|-----|
| | 1 on 30:00 Team meeting | | M | |
| | 1 on 15:00 Strtching | | L | |
| 800 | 16 x 50 on 1:00 Stroke Drills odds free evens non free | REC | D | |
| 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 #1029 - Friday, 03 November 2000

Group 3 - All

1 minute rest between sets

Workout #1032 - Saturday, 04 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---|--------------------------------------|-----|----|
| 6:30 AM Start | | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 12x | {1 x 15 on :00 Backstroke | SP3 | |
| | {1 x 10 on :30 Freestyle | REC | |
| | 2x{1 x 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 | |
| 8:59 AM 6,900 Yards - Stress Value = 94 | | | |

5:30 AM Start

| Yards | 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 | |
| | {1 x 200 on 2:35 Freestyle | EN2 | |
| | {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

1 minute rest between sets

Workout #1033 - Monday, 06 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|--|-----------------------------------|-----|------|---|
| 5:15 AM Start | | | | |
| 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 x 125 on 1:55 Freestyle | EN3 | S | |
| | {1 on 1:00 Rest | | M | |
| | {4 x 125 on 1:50 Freestyle | EN3 | S | |
| | {1 on 1:00 Rest | | M | |
| | {4 x 125 on 1:45 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 | | | | |

3:00 PM Start

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 180 | 12 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 | |
| | 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 #1036 - Monday, 06 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| 5:15 PM Start | | | |
| 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 x 150 on 2:10 Pulls br 3-4-5 | EN1 | |
| | {3 x 150 on 2:05 Pulls br 4-5-6 | EN1 | |
| 300 | 12 x 25 on :30 IM order-build | EN1 | |
| | 1x{4 x 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 | | | |

Workout #1034 - Monday, 06 November 2000

HighSchl - All

1 minute rest between sets

Workout #1039 - Tuesday, 07 November 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WC |
|-------|--|-----|----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 8 x 100 on 2:00 Stroke Drills 2 on E | REC | |
| | 10x{1 x 15 on :00 Butterfly | SP3 | |
| | {1 x 10 on :30 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 | |
| 450 | 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 | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | |
| | 7:44 PM 6,500 Yards - Stress Value = 109 | | |

| | | | |
|-----|---|-----|---|
| | {6 x 25 on :30 Backstroke | EN1 | S |
| | {4 x 100 on 2:15 Freestyle | EN1 | S |
| | {6 x 25 on :30 Breaststroke | EN1 | S |
| 400 | 16 x 25 on :40 Stroke Drills 4 on E | REC | I |
| | 5:31 PM 6,200 Yards - Stress Value = 66 | | |

Workout #1040 - Wednesday, 08 November 2000

Group 3 - All

1 minute rest between sets

5:15 AM Start

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 1 on 30:00 Stomach and Stretch | | |
| 425 | 1 x 425 on 8:00 Swim-kick-pull-swim | REC | S |
| 210 | 14 x 15 on :30 Pit sprints | SP3 | S |
| | 1x{5 x 75 on 1:10 Pulls 3 brth last 25 | EN1 | F |
| | {5 x 75 on 1:05 Pulls 2 brth last 25 | EN1 | F |
| | {4 x 75 on 1:00 Pulls 1 brth last 25 | EN1 | F |
| | 1x{1 x 500 on 7:05 Freestyle | EN1 | F |
| | {2 x 250 on 3:30 Freestyle | EN1 | S |
| | {4 x 125 on 1:45 Freestyle | EN1 | S |
| | {5 x 100 on 1:25 Freestyle | EN1 | S |
| | {10 x 50 on :40 Freestyle | EN1 | S |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | I |
| | 6:30 AM 4,485 Yards - Stress Value = 44 | | |

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 I |
| 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 x 400 on 5:45 Pulls | EN1 | | P |
| | {1 x 500 on 7:05 Pulls | EN1 | | P |
| | 2x{1 x 100 on 1:30 Freestyle | EN1 | | S |
| | {1 x 75 on 1:10 Freestyle | EN1 | | S |
| | {1 x 50 on :45 Freestyle | EN1 | | S |
| | {1 x 25 on :30 Freestyle | EN1 | | S |
| | 8x{1 x 75 on 1:15 Breaststroke | EN2 | | S |
| | {1 x 50 on :50 Breaststroke | EN2 | | S |
| | {1 x 25 on :25 Breaststroke | EN2 | | S |
| | {1 on :30 Rest | | | M |
| | {1 x 25 on :00 Breaststroke 0TB | SP3 | | S |
| | {1 x 25 on 1:00 Freestyle | REC | | S |
| 600 | 12 x 50 on 1:00 Stroke Drills | REC | | D |
| | 7:45 PM 6,180 Yards - Stress Value = 79 | | | |

Workout #1037 - Tuesday, 07 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 8:00 Stroke Drills | REC | | D CHO |
| | 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 = 50 | | | |

Workout #1038 - Tuesday, 07 November 2000

HighSchl - All

1 minute rest between sets

3:00 PM Start

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

Workout #1041 - Wednesday, 08 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|---|-----|----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Choice-no kicking with a board | REC | |
| 12x | {1 x 15 on :00 Choice | SP3 | |
| | {1 x 10 on :30 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 x 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

| 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 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 speed | EN2 | |
| 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 | 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 x 10 on :30 Freestyle | REC | S | FR |
| 500 | 10 x 50 on :45 Pulls | EN1 | P | FR |
| 1x | {1 x 300 on 4:30 Freestyle | EN1 | S | FR |
| | {2 x 150 on 2:00 Freestyle | EN1 | S | FR |
| | {1 x 300 on 4:30 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

| 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 | |
| 180 | 12 x 15 on :30 Shooters | SP3 | |
| 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 | |
| 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 | |
| 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 | EN1 | |
| | {2 x 150 on 2:30 100 free 50 fly | EN1 | |
| | {2 x 150 on 1:55 Freestyle | EN2 | |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | |
| | 5:29 PM 6,430 Yards - Stress Value = 72 | | |

Workout #1046 - Friday, 10 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|-------|---|-----|------|---|
| | 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 x 100 on 1:45 Individual Medley | EN1 | S | |
| | {3 x 50 on 1:00 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 x 50 on 1:00 Freestyle | EN1 | S | |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | D | |
| | 6:30 AM 4,025 Yards - Stress Value = 39 | | | |

Workout #1049 - Friday, 10 November 2000

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

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|-------|---|-----|------|---|
| | 5:30 PM Start | | | |
| 600 | 1 on 14:00 Stretch | | L I | |
| | 1 x 600 on 12:00 Choice | REC | S C | |
| | 10x{1 x 15 on :00 Backstroke | SP3 | S | |
| | {1 x 10 on :30 Freestyle | REC | S | |
| | 4x{1 x 100 on 1:30 Kick | EN2 | K C | |
| | {4 x 25 on :45 Sprint kick | EN2 | K C | |
| | 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 | | | |
| 1,200 | 12 x 100 on 1:15 Freestyle | EN2 | S | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | D | |
| | 7:00 PM 4,150 Yards - Stress Value = 55 | | | |

Workout #1047 - Friday, 10 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|-------|---|-----|------|---|
| | 5:30 AM Start | | | |
| 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 x 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 = 65 | | | |

Workout #1048 - Friday, 10 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|-------|-----------------------------------|-----|------|---|
| | 3:00 PM Start | | | |
| | 1 on 15:00 Stretch | | L I | |
| 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 C | |
| | {1 x 100 on 2:00 Kick | EN2 | K C | |
| | {1 x 50 on 1:00 Kick | EN2 | K C | |
| 100 | 1 x 100 on 2:00 Kick for time | EN3 | K C | |
| | 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 C | |
| | 2x{4 x 50 on :45 Freestyle | EN1 | S | |
| | {4 x 50 on :40 Freestyle | EN1 | S | |
| | {4 x 50 on :35 Freestyle | EN2 | S | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | |
| | 1 on 10:00 Run The Guantlet!!!! | | S | |

Workout #1051 - Saturday, 11 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|-------|---|-----|------|---|
| | 8:30 PM Start | | | |
| | 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 x 200 on 2:50 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 x 400 on 5:10 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 | | | |

Workout #1050 - Saturday, 11 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|-------|---|-----|------|---|
| | 6:00 AM Start | | | |
| | 1 on 30:00 Stretch | | | |
| 400 | 1 x 400 on 8:00 Swim-kick-pull-swim | REC | | |
| | 8x{1 x 15 on :00 Freestyle | SP3 | | |
| | {1 x 10 on :30 Freestyle | REC | | |
| 400 | 8 x 50 on 1:00 2 on each 1dril 1bld | EN1 | | |
| 3,000 | 1 x 3000 on 30:00 T-30 | EN2 | | |
| 300 | 1 x 300 on 6:00 Choice | REC | | |
| | 7:30 AM 4,300 Yards - Stress Value = 69 | | | |

Workout #1052 - Monday, 13 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|---------|-----------------------------------|-----|------|---|
| 5:15 AM | Start | | | |
| 425 | 1 x 425 on 8:00 Reverse IM drill | REC | D | |
| 210 | 14 x 15 on :30 Cross pool sprints | SP3 | S | |
| | 1x{1 x 800 on 12:00 Pulls | EN1 | P | |
| | {2 x 400 on 5:40 Pulls | EN1 | P | |
| | 3x{5 x 50 on :45 Freestyle | EN1 | S | |
| | {4 x 50 on :40 Freestyle | EN1 | S | |
| | {3 x 50 on :35 Freestyle | EN1 | S | |
| | {1 on :30 Rest | | M | |
| 300 | 1 x 300 on 6:00 Stroke Drills | REC | D | |
| 6:30 AM | 4,335 Yards - Stress Value = 42 | | | |

Workout #1055 - Monday, 13 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 5:15 PM | Start | | |
| 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 1:00 Kick | EN2 | |
| 500 | 1 x 500 on 10:00 Kick for time | EN3 | |
| | 1x{1 x 100 on 1:35 Pulls | EN1 | |
| | {2 x 100 on 1:30 Pulls | EN1 | |
| | {3 x 100 on 1:25 Pulls | EN1 | |
| | {4 x 100 on 1:20 Pulls | EN1 | |
| 600 | 4 x 150 on 2:45 Individual Medley | EN1 | |
| | #1 no fly #2 no back | | |
| | #3 no brst #4 no fre | | |
| | 1x{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 4:00 Freestyle | EN2 | |
| 500 | 5 x 100 on 1:45 Stroke Drills | REC | |
| 7:38 PM | 6,500 Yards - Stress Value = 111 | | |

Workout #1053 - Monday, 13 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|--------------------------------------|-----|----|
| 5:30 AM | Start | | |
| 600 | 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 :30 Backstroke | EN1 | |
| | {8 x 25 on :40 Breaststroke | EN1 | |
| | {8 x 25 on :25 Freestyle | EN1 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| 7:00 AM | 5,200 Yards - Stress Value = 50 | | |

Workout #1054 - Monday, 13 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---------------------------------|-----|----|
| 5:30 AM | Start | | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| 7:00 AM | 3,650 Yards - Stress Value = 34 | | |

3:00 PM Start

| Yards | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 800 | 1 on 31:00 Stomach and Stretch | | |
| 180 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 12 x 15 on :30 Shooters | SP3 | |
| | 1x{5 x 25 on :30 Kick | EN2 | |
| | {5 x 50 on :55 Kick | EN2 | |
| | {6 x 75 on 1:20 Kick | EN2 | |
| | {5 x 50 on :55 Kick | EN2 | |
| | {5 x 25 on :55 Kick | EN2 | |
| | 1x{2 x 200 on 2:50 Pulls | EN1 | |
| | {2 x 200 on 2:45 Kick | EN1 | |
| | {2 x 200 on 2:40 Pulls | EN1 | |
| 450 | 9 x 50 on 1:00 odds stroke evens | EN1 | |
| | free very fast | | |
| 2,500 | 5 x 500 on 6:00 Freestyle | EN2 | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | |
| 5:30 PM | 6,830 Yards - Stress Value = 96 | | |

Workout #1058 - Tuesday, 14 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---|-----|----|
| 5:15 PM | Start | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| | 8 x 100 on 2:00 Stroke Drills | REC | |
| | 12x{1 x 15 on :00 Butterfly | SP3 | |
| | {1 x 10 on :30 Freestyle | REC | |
| 1,050 | 21 x 50 on 1:00 Kick | EN2 | |
| | Descend in sets of 3 | | |
| | 1x{3 x 150 on 2:15 Pulls mid 50 br ev 5 | EN1 | |
| | {3 x 150 on 2:15 Pulls mid 50 br ev 7 | EN1 | |
| | {3 x 150 on 2:15 Pulls mid 50 br ev 9 | EN1 | |
| | 4x{1 x 75 on 1:30 Stroke Drills | EN1 | |
| | {1 x 75 on 1:05 Freestyle | EN1 | |
| | { drills #1fly #2 back | | |
| | { #3 breast #4 free | | |
| | 1x{3 x 200 on 3:15 Backstroke | EN2 | |
| | {3 x 150 on 2:20 Backstroke | EN2 | |
| | {3 x 100 on 1:30 Backstroke | EN2 | |
| 150 | 3 x 50 on 1:00 Backstroke for time | EN2 | |
| | 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 | |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | |
| 7:44 PM | 6,300 Yards - Stress Value = 82 | | |

Workout #1056 - Tuesday, 14 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|---------|---------------------------------|-----|------|-------|
| 5:30 AM | Start | | | |
| | 1 on 28:00 Weights | | | L DRY |
| 400 | 1 x 400 on 8:00 Stroke Drills | REC | | D CHO |
| | 10x{1 x 15 on :00 Butterfly | SP3 | | S FLY |
| | {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 |
| | {4 x 25 on :30 Pulls 1 breath | EN1 | | P 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 |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | | D CD |
| 7:00 AM | 3,650 Yards - Stress Value = 34 | | | |

Workout #1057 - Tuesday, 14 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 3:00 PM Start | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| | 8 x 100 on 2:00 Stroke Drills | REC | |
| | odds free evens strk | | |
| 150 | 10 x 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 x 75 on 1:05 Pulls br ev 5 | EN1 | |
| | {5 x 75 on 1:00 Pulls br ev 7 | EN1 | |
| | {4 x 75 on :55 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 x 100 on 1:45 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 #1059 - Wednesday, 15 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 5:15 AM Start | | |
| 424 | 1 x 424 on 8:00 Swim-kick-pull-swim | REC | |
| 210 | 14 x 15 on :30 Pit sprints | SP3 | |
| 1,250 | 10 x 125 on 1:50 Pulls 1-3 1.25 3br | EN1 | |
| | 4-7 1.25 2 br 8-10 | | |
| | 1.25 1 br | | |
| | 1x{3 x 50 on :40 Freestyle | EN2 | |
| | {3 x 75 on 1:00 Freestyle | EN2 | |
| | {3 x 100 on 1:20 Freestyle | EN2 | |
| | {3 x 125 on 1:40 Freestyle | EN2 | |
| | {3 x 150 on 2:00 Freestyle | EN2 | |
| | {3 x 175 on 2:20 Freestyle | EN2 | |
| | {3 x 200 on 2:40 Freestyle | EN2 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| | 6:31 AM 4,709 Yards - Stress Value = 72 | | |

Workout #1061 - Wednesday, 15 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|--|-----|-----|
| | 5:15 PM Start | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| | 1 x 800 on 16:00 Reverse IM drill | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| | 1x{3 x 125 on 2:25 Kick | EN2 | |
| | {3 x 125 on 2:20 Kick | EN2 | |
| | {3 x 125 on 2:15 Kick | EN2 | |
| | {1 x 125 on 2:10 Kick | EN2 | |
| | 1x{5 x 50 on 1:00 Pulls no br last 15y | EN1 | |
| | {5 x 50 on 1:00 Pulls no br last 20y | EN1 | |
| | {5 x 50 on 1:00 Pulls no br last 25y | EN1 | |
| | {5 x 50 on 1:00 Pulls no br last 30y | EN1 | |
| 400 | 4 x 100 on 1:45 Individual Medley | EN1 | |
| | 3x{4 x 50 on 1:00 Breaststroke | EN2 | |
| | {4 x 50 on :55 Breaststroke | EN2 | |

| | | | |
|-----|---|-----|--|
| | {4 x 50 on :50 Breaststroke | EN2 | |
| | {1 x 100 on 2:00 Freestyle | REC | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| | 7:45 PM 5,900 Yards - Stress Value = 80 | | |

Workout #1060 - Wednesday, 15 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 3:00 PM Start | | |
| 800 | 1 on 30:00 Stomach and Stretch | | L |
| | 1 x 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 = 82 | | |

Workout #1064 - Thursday, 16 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 5:15 PM Start | | |
| 800 | 1 on 29:00 Stomach and Stretch | | |
| | 16 x 50 on 1:00 Stroke Drills | REC | |
| | four on each stroke | | |
| | 8x{1 x 15 on :00 Freestyle | SP3 | |
| | {1 x 10 on :30 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 x 75 on 1:05 Pulls br ev 5 | EN1 | |
| | {5 x 75 on 1:00 Pulls br ev 7 | EN1 | |
| | {4 x 75 on :55 Pulls | EN1 | |
| 600 | 6 x 100 on 1:30 Descend in sets of 3 | EN1 | |
| | 8x{8 x 25 on :30 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 #1062 - Thursday, 16 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|------------------------------------|-----|------|
| 5:30 AM | Start | | |
| 400 | 1 on 30:00 Weights | | L |
| | 1 x 400 on 8:00 Choice | REC | S |
| | 10x{1 x 15 on :00 Breaststroke | SP3 | S |
| | {1 x 10 on :30 Freestyle | REC | S |
| | 1x{2 x 300 on 4:15 Pulls | EN1 | P |
| | {2 x 300 on 4:00 Pulls | EN1 | P |
| | 1x{2 x 100 on 1:30 Freestyle | EN1 | S |
| | {2 x 100 on 1:30 Individual Medley | EN1 | S |
| | {2 x 100 on 1:25 Freestyle | EN1 | S |
| | {2 x 100 on 1:35 Individual Medley | EN1 | S |
| | {2 x 100 on 1:20 Freestyle | EN1 | S |
| | {2 x 100 on 1:40 Individual Medley | EN1 | S |
| | {2 x 100 on 1:15 Freestyle | EN1 | S |
| | {2 x 100 on 1:45 Individual Medley | EN1 | S |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D |
| 7:01 AM | 3,650 Yards - Stress Value = 34 | | |

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---------------------------------------|-----|-----|
| 5:00 PM | Start | | |
| 825 | 1 on 15:00 Stretching | | |
| | 1 x 825 on 16:00 Swim-kick-drill-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 |
| | 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 |
| | 50drill 50kick 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 Techniques-starts | | |
| 6:59 PM | 4,675 Yards - Stress Value = 50 | | |

Workout #1063 - Thursday, 16 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 3:00 PM | Start | | |
| | 1 on 28:00 Stomach and Stretch | | |
| 600 | 12 x 50 on 1:00 Stroke Drills 3 on E | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 1,000 | 10 x 100 on 2:00 Kick-odds fast | EN2 | |
| | 1x{1 x 100 on 1:30 Pulls | EN1 | |
| | {1 x 200 on 2:50 Pulls | EN1 | |
| | {1 x 300 on 4:00 Pulls | EN1 | |
| | {1 x 400 on 5:00 Pulls | EN2 | |
| | {1 x 500 on 5:50 Pulls | EN2 | |
| 450 | 9 x 50 on :45 Freestyle | EN1 | |
| | 4x{8 x 25 on :30 Butterfly | EN2 | |
| | {1 on 1:00 Rest | | |
| 300 | 1 x 300 on 4:30 Stroke Drills | REC | |
| | 4x{8 x 25 on :30 Butterfly | EN2 | |
| | {1 on 1:00 Rest | | |
| 300 | 1 x 300 on 4:30 Stroke Drills | REC | |
| 5:30 PM | 5,900 Yards - Stress Value = 86 | | |

Workout #1066 - Friday, 17 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|-----------------------------------|-----|------|
| 5:30 AM | Start | | |
| 600 | 1 x 600 on 12:00 Reverse IM drill | REC | D |
| | 12x{1 x 15 on :00 Backstroke | | SP3 |
| | {1 x 10 on :30 Freestyle | | REC |
| | 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 |
| | 1x{3 x 50 on :40 Freestyle | | EN2 |
| | {3 x 75 on 1:00 Freestyle | | EN2 |
| | {3 x 100 on 1:20 Freestyle | | EN2 |
| | {3 x 125 on 1:40 Freestyle | | EN2 |
| | {3 x 150 on 2:00 Freestyle | | EN2 |
| | {3 x 175 on 2:20 Freestyle | | EN2 |
| | {3 x 200 on 2:40 Freestyle | | EN2 |
| | 1x{4 x 25 on :30 Freestyle | | EN1 |
| | {4 x 25 on :25 Freestyle | | EN2 |
| | {4 x 25 on :20 Freestyle | | EN2 |
| | {4 x 25 on :15 Freestyle | | EN2 |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | D |
| 7:00 AM | 5,675 Yards - Stress Value = 81 | | |

Workout #1065 - Friday, 17 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|-----------------------------------|-----|------|
| 5:15 AM | Start | | |
| 425 | 1 x 425 on 8:00 Choice | REC | S |
| 150 | 10 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 |
| | {1 x 300 on 3:45 Pulls | EN1 | P |
| | 2x{6 x 25 on :30 Butterfly | EN1 | S |
| | {6 x 25 on :30 Freestyle | EN1 | S |
| | {6 x 25 on :30 Backstroke | EN1 | S |
| | {6 x 25 on :25 Freestyle | EN1 | S |
| | {6 x 25 on :30 Breaststroke | EN1 | S |
| | {6 x 25 on :20 Freestyle | EN2 | S |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D |
| 6:30 AM | 4,075 Yards - Stress Value = 42 | | |

Workout #1067 - Friday, 17 November 2000

HighSchl - All

1 minute rest between sets

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

Workout #1068 - Friday, 17 November 2000

Group 3 - All

Workout #1069 - Saturday, 18 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | W |
|---------|---------------------------------------|-----|---|
| 6:00 AM | Start | | |
| 1,000 | 1 on 30:00 Weights | REC | |
| 210 | 14 x 15 on 20:00 Swim-kick-drill-swim | SP3 | |
| 4x{ | 1 x 75 on :30 Pit sprints | EN2 | |
| { | 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{ | 3 x 150 on 2:15 Pulls br 2-3-4 | EN1 | |
| { | 3 x 150 on 2:10 Pulls br 3-4-5 | EN1 | |
| { | 3 x 150 on 2:05 Pulls br 4-5-6 | EN1 | |
| 500 | 4 x 125 on 2:15 Individual Medley | EN1 | |
| 4x{ | 5 x 100 on 1:10 Freestyle | EN2 | |
| { | 1 on 1:10 Rest | | |
| 300 | 1 x 300 on 6:00 Stroke Drills | REC | |
| 8:30 AM | 6,560 Yards - Stress Value = 89 | | |

Workout #1070 - Monday, 20 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|---------|-----------------------------------|-----|------|---|
| 5:15 AM | Start | | | |
| 425 | 1 x 425 on 8:00 Reverse IM drill | REC | D | |
| 210 | 14 x 15 on :30 Cross pool sprints | SP3 | S | |
| 2x{ | 4 x 100 on 1:30 Pulls | EN1 | P | |
| { | 4 x 75 on 1:10 Pulls | EN1 | P | |
| { | 4 x 50 on :45 Pulls | EN1 | P | |
| { | 4 x 25 on :30 Pulls 1 breath | EN1 | P | |
| 1x{ | 1 x 250 on 3:45 Freestyle | EN1 | S | |
| { | 1 x 250 on 3:30 Freestyle | EN1 | S | |
| { | 1 x 200 on 2:50 Freestyle | EN1 | S | |
| { | 1 x 200 on 2:40 Freestyle | EN1 | S | |
| { | 1 x 150 on 2:05 Freestyle | EN1 | S | |
| { | 1 x 150 on 1:55 Freestyle | EN1 | S | |
| { | 1 x 100 on 1:15 Freestyle | EN1 | S | |
| { | 1 x 100 on 1:10 Freestyle | EN1 | S | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | |
| 6:29 AM | 4,235 Yards - Stress Value = 42 | | | |

Workout #1073 - Monday, 20 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 5:15 PM | Start | | |
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 180 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 4x{ | 12 x 15 on :30 Shooters | SP3 | |
| { | 1 x 100 on 1:45 Kick | EN2 | |
| { | 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 5:30 Pulls | EN1 | |
| { | 2 x 200 on 2:45 Pulls | EN1 | |
| { | 4 x 100 on 1:25 Pulls | EN1 | |
| { | 8 x 50 on :40 Pulls | EN1 | |
| 300 | 12 x 25 on :30 IM order-build | EN1 | |
| 1x{ | 1 x 1000 on 15:00 Free break at 500 | EN2 | |
| { | for 30 sec/neg split | | |
| { | 2 x 500 on 7:30 Freestyle 30 seconds | EN2 | |
| { | off best time | | |
| { | 5 x 100 on 1:30 Freestyle AFAP | EN2 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 7:45 PM | 6,780 Yards - Stress Value = 96 | | |

Workout #1071 - Monday, 20 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|--------------------------------------|-----|----|
| 5:30 AM | Start | | |
| 600 | 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 | |
| 2x{ | 1 x 100 on 1:35 Pulls | EN1 | |
| { | 2 x 100 on 1:30 Pulls | EN1 | |
| { | 3 x 100 on 1:25 Pulls | EN1 | |
| { | 4 x 100 on 1:20 Pulls | EN1 | |
| 1x{ | 1 x 200 on 3:00 Freestyle | EN1 | |
| { | 1 x 200 on 2:55 Freestyle | EN1 | |
| { | 1 x 200 on 2:50 Freestyle | EN1 | |
| { | 1 x 200 on 2:45 Freestyle | EN2 | |
| { | 1 x 200 on 2:40 Freestyle | EN2 | |
| { | 1 x 200 on 2:35 Freestyle | EN2 | |
| { | 1 x 200 on 2:30 Freestyle | EN2 | |
| { | 1 x 200 on 2:25 Freestyle | EN2 | |
| { | 1 x 200 on 2:20 Freestyle | EN2 | |
| { | 1 x 200 on 2:15 Freestyle | EN2 | |
| 400 | 4 x 100 on 1:30 Freestyle-descend to | EN2 | |
| | LUDICROUS speed !!!! | | |
| 200 | 1 x 200 on 5:00 Stroke Drills | REC | |
| 7:00 AM | 5,500 Yards - Stress Value = 69 | | |

Workout #1072 - Monday, 20 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|---|-----|-----|
| 3:00 PM | Start | | |
| 1 on | 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 180 | 12 x 15 on :30 Shooters | SP3 | |
| 900 | 1x{ 3 x 100 on 2:05 Kick | EN2 | |
| { | 3 x 100 on 2:00 Kick | EN2 | |
| { | 3 x 100 on 1:55 Kick | EN2 | |
| { | descend each set | | |
| 100 | 1 x 100 on 2:00 Kick for time | EN2 | |
| 1,000 | 1x{ 5 x 50 on 1:00 Pulls no br L.15 yds | EN1 | |
| { | 5 x 50 on 1:00 Pulls no br L.20 yds | EN1 | |
| { | 5 x 50 on 1:00 Pulls no br L.25 yds | EN1 | |
| { | 5 x 50 on 1:00 Pulls no br L.30 yds | EN1 | |
| 400 | 1 x 400 on 7:00 Individual Medley | EN1 | |
| | build each 50 | | |
| 3,000 | 1x{ 2 x 500 on 6:30 Freestyle | EN2 | |
| { | 2 x 400 on 5:10 Freestyle | EN2 | |
| { | 2 x 300 on 3:55 Freestyle | EN2 | |
| { | 2 x 200 on 2:35 Freestyle | EN2 | |
| { | 2 x 100 on 1:18 Freestyle | EN2 | |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | |
| 5:30 PM | 6,680 Yards - Stress Value = 99 | | |

Workout #1076 - Tuesday, 21 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---|---------------------------------------|-----|----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | |
| 300 | 12x{1 x 15 on :00 Butterfly | SP3 | |
| | {1 x 10 on :30 Freestyle | REC | |
| 1,050 | 1x{2 x 100 on 2:00 Kick | EN2 | |
| | {3 x 50 on 1:00 Kick no board | EN2 | |
| | {2 x 100 on 1:50 Kick | EN2 | |
| | {3 x 50 on 1:00 Kick no board | EN2 | |
| | {2 x 100 on 1:40 Kick | EN2 | |
| | {3 x 50 on 1:00 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

| Yards | Set Description | EGY | WORK | STK |
|---|-------------------------------|-----|------|-----|
| | 1 on 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 = 37 | | | | |

Workout #1075 - Tuesday, 21 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---------------------------------------|-----|------|
| | 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 x 75 on 1:05 Backstroke | EN2 | S |

| | | | |
|---|--------------------------------|-----|---|
| | {6 x 75 on 1:00 Backstroke | EN2 | S |
| | {6 x 75 on :55 Backstroke | EN2 | S |
| 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

| Yards | Set Description | EGY | WORK |
|---|-------------------------------------|-----|------|
| | 1 x 425 on 8:00 Swim-kick-pull-swim | REC | S |
| 210 | 14 x 15 on :30 Pit sprints | SP3 | S |
| 1,600 | 1x{1 x 400 on 5:00 Pulls | EN1 | F |
| | {1 x 400 on 5:15 Pulls | EN1 | F |
| | {1 x 400 on 5:30 Pulls | EN1 | F |
| | {1 x 400 on 5:45 Pulls | EN1 | F |
| 1,600 | 1x{1 x 100 on 1:30 Butterfly | EN1 | S |
| | {2 x 50 on :50 Butterfly | EN1 | S |
| | {4 x 25 on :30 Butterfly | EN1 | S |
| | {1 x 100 on 1:45 Individual Medley | EN1 | S |
| | {1 x 100 on 1:30 Backstroke | EN1 | S |
| | {2 x 50 on :50 Backstroke | EN1 | S |
| | {4 x 25 on :30 Backstroke | EN1 | S |
| | {1 x 100 on 1:45 Individual Medley | EN1 | S |
| | {1 x 100 on 1:45 Breaststroke | EN1 | S |
| | {2 x 50 on 1:00 Breaststroke | EN1 | S |
| | {4 x 25 on :30 Breaststroke | EN1 | S |
| | {1 x 100 on 1:45 Individual Medley | EN1 | S |
| | {1 x 100 on 1:30 Freestyle | EN1 | S |
| | {2 x 50 on :50 Freestyle | EN1 | S |
| | {4 x 25 on :30 Freestyle | EN1 | S |
| | {1 x 100 on 1:45 Individual Medley | EN1 | S |
| 200 | 1 x 200 on 5:00 Stroke Drills | REC | I |
| 6:30 AM 4,035 Yards - Stress Value = 40 | | | |

Workout #1079 - Wednesday, 22 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Time | 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 | CHO |
| | 7:44 PM | 0 Yards | | | |

Workout #1078 - Wednesday, 22 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|--|--|-----|----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 15:00 Choice no kicking with a board | REC | |
| 300 | 12x{1 x 15 on :00 Choice | SP3 | |
| | {1 x 10 on :30 Freestyle | REC | |
| 1,250 | 10 x 125 on 2:00 Kick | EN2 | |
| 1,400 | 14 x 100 on 1:15 Pulls | EN1 | |
| 900 | 9 x 100 on 1:30 Descend in sets of 3 | EN1 | |
| 1,350 | 18 x 75 on 1:30 Free hold fastest possible average | EN3 | |
| 700 | 7 x 100 on 2:00 Stroke Drills | REC | |
| 5:30 PM 6,700 Yards - Stress Value = 136 | | | |

Workout #1081 - Friday, 24 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|--|-----|----|
| | 12:00 PM Start | | |
| 600 | 1 on 15:00 Stretching | | |
| 250 | 1 x 600 on 10:00 Swim-kick-pull-swim | REC | |
| | 10x{1 x 15 on :00 Choice | SP3 | |
| | {1 x 10 on :30 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 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 | |
| 500 | 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 | |
| 1,200 | 16 x 75 on 1:30 Freestyle | EN3 | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | |
| | 2:00 PM 5,450 Yards - Stress Value = 117 | | |

Workout #1080 - Friday, 24 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 6:00 AM Start | | |
| | 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 x 10 on :30 Freestyle | REC | S |
| 1,200 | 3x{3 x 100 on 2:00 Kick-descend | EN2 | K |
| | {4 x 25 on :45 Sprint kick | EN2 | S |
| 1,200 | 1x{4 x 100 on 1:30 Lungbuster pulls | EN1 | P |
| | {4 x 100 on 1:25 Lungbuster pulls | EN1 | P |
| | {4 x 100 on 1:20 Lungbuster pulls | EN1 | P |
| | { odds br 3-5-7-9 | | |
| | { evens br 2-4-6-8 | | |
| 400 | 8 x 50 on 1:00 2 on each stroke | REC | S |
| | 1 drill 1 build | | |
| 2,400 | 1x{4 x 150 on 1:55 Freestyle | EN2 | S |
| | {4 x 150 on 1:50 Freestyle | EN2 | S |
| | {4 x 150 on 1:45 Freestyle | EN2 | S |
| | {4 x 150 on 1:40 Freestyle | EN2 | S |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | D |
| | 8:29 AM 6,800 Yards - Stress Value = 91 | | |

Workout #1082 - Friday, 24 November 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|-------------------------------------|-----|------|
| | 1:00 PM Start | | |
| | 1 on 14:00 25 pushups & stretch | | I |
| 600 | 1 x 600 on 11:00 Reverse IM drill | REC | I |
| 150 | 10 x 15 on :30 Shooters | SP3 | S |
| 1,000 | 1x{3 x 125 on 2:25 Kick | EN2 | F |
| | {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 | F |
| | 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 | S |
| | 90% #3 L. 50 100% | | |

| | | | |
|-------|---|-----|---|
| 1,400 | 8x{1 x 75 on 1:30 Kick-no board | EN2 | S |
| | {1 x 50 on :55 Butterfly drill | EN1 | I |
| | {1 x 25 on :00 Off the blocks 100% | SP2 | S |
| | { Pushups | | |
| | {1 x 25 on 2:00 Freestyle | REC | S |
| 400 | 4 x 100 on 1:45 Stroke Drills | REC | I |
| | 3:00 PM 5,000 Yards - Stress Value = 77 | | |

Workout #1084 - Saturday, 25 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | W |
|-------|---|-----|---|
| | 12:00 PM Start | | |
| | 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 x 10 on :00 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 x 50 on :35 Freestyle | EN2 | |
| | {1 x 50 on 1:10 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

1 minute rest between sets

| Yards | Set Description | EGY | W |
|-------|--|-----|---|
| | 6:00 AM Start | | |
| | 1 on 30:00 Weights | | |
| 1,000 | 1 x 1000 on 18:00 Swim-kick-drill-swim | REC | |
| | no board | | |
| 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 x 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

5:15 PM Start

| Yards | Set Description | EGY | WOF |
|---|--------------------------------------|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-back trns | | |
| 1,000 | 4x{1 x 100 on 1:45 Kick | EN2 | |
| | {1 x 50 on 1:00 Kick | EN2 | |
| | {1 x 50 on :55 Kick | EN2 | |
| | {1 x 50 on :50 Kick | EN2 | |
| 1,050 | 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 | |
| 600 | 4 x 150 on 2:30 Individual Medley | EN1 | |
| | #1 no fly #2 no back | | |
| | #3 no brst #4 no fre | | |
| 3,000 | 1x{3 x 500 on 6:30 Freestyle | EN1 | |
| | {2 x 500 on 6:20 Freestyle | EN1 | |
| | {1 x 500 on 6:10 Freestyle | EN1 | |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | |
| 7:45 PM 6,750 Yards - Stress Value = 68 | | | |

Workout #1090 - Tuesday, 28 November 2000

Group 3 - All

1 minute rest between sets

6:30 PM Start

| Yards | Set Description | EGY | WORK | S |
|---|-------------------------------------|-----|------|-----|
| | 1 on 29:00 Stomach and Stretch | | | L I |
| 250 | 10x{1 x 15 on :00 Butterfly | SP3 | S | F |
| | {1 x 10 on :30 Freestyle | REC | S | |
| 900 | 3x{1 x 150 on 3:00 Kick | EN2 | K | C |
| | {1 x 100 on 2:00 Kick | EN2 | K | C |
| | {1 x 50 on 1:00 Kick | EN2 | K | C |
| 1,200 | 3 x 400 on 5:30 Pulls | EN1 | P | |
| 600 | 4x{1 x 75 on 1:30 Drill one on each | EN1 | D | |
| | {1 x 75 on 1:05 Freestyle | EN1 | S | |
| 1,500 | 1x{3 x 100 on 1:30 Backstroke | EN2 | S | |
| | {8 x 25 on :40 Back 15m under h2o | EN2 | S | |
| | {3 x 100 on 1:25 Backstroke | EN2 | S | |
| | {8 x 25 on :40 Back 15m under h2o | EN2 | S | |
| | {3 x 100 on 1:20 Backstroke | EN2 | S | |
| | {8 x 25 on :40 Back 15m under h2o | EN2 | S | |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | D | |
| 8:30 PM 4,750 Yards - Stress Value = 72 | | | | |

Workout #1085 - Monday, 27 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 | |
| 250 | 10x{1 x 15 on :00 Butterfly | SP3 | |
| | {1 x 10 on :30 Freestyle | REC | |
| 2,000 | 1x{1 x 1000 on 15:00 Pulls | EN1 | |
| | {2 x 500 on 7:00 Pulls | EN1 | |
| 1,800 | 2x{6 x 50 on :50 Freestyle | EN1 | |
| | {5 x 50 on :45 Freestyle | EN1 | |
| | {4 x 50 on :40 Freestyle | EN1 | |
| | {3 x 50 on :35 Freestyle | EN1 | |
| | {1 on :50 Rest | | |
| 600 | 6 x 100 on 2:00 Stroke Drills | REC | |
| 7:00 AM 5,250 Yards - Stress Value = 44 | | | |

Workout #1088 - Tuesday, 28 November 2000

HighSchl - All

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK |
|---|--------------------------------------|-----|------|
| | 1 on 25:00 Weights | | L |
| 400 | 1 x 400 on 6:00 Stroke Drills | REC | D |
| 250 | 10x{1 x 15 on :00 Freestyle | SP3 | S |
| | {1 x 10 on :30 Freestyle | REC | S |
| 1,200 | 6 x 200 on 2:45 Pulls | EN1 | P |
| 1,200 | 1x{4 x 100 on 1:30 Individual Medley | EN1 | S |
| | {4 x 100 on 1:25 Individual Medley | EN1 | S |
| | {4 x 100 on 1:20 Individual Medley | EN1 | S |
| 500 | 20 x 25 on :30 IM order | EN1 | S |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D |
| 6:59 AM 3,750 Yards - Stress Value = 35 | | | |

Workout #1086 - Monday, 27 November 2000

HighSchl - All

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| 180 | 12 x 15 on :30 Shooters | SP3 | |
| 1,200 | 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 | | |
| 1,050 | 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 | |
| 450 | 9 x 50 on 1:00 Odds stroke evens | EN1 | |
| | free very fast | | |
| 2,400 | 3 x 800 on 10:00 Freestyle-descend | EN2 | |
| 400 | 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 | EN1 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 5:31 PM 6,880 Yards - Stress Value = 100 | | | |

Workout #1089 - Tuesday, 28 November 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 1:45 Stroke Drills odds | REC | |
| | free evens non-free | | |
| 1,000 | 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 | |
| 1,350 | 1x{3 x 150 on 2:20 Pulls mid 50 br ev 5 | EN1 | |
| | {3 x 150 on 2:15 Pulls mid 50 br ev 7 | EN1 | |
| | {3 x 150 on 2:10 Pulls mid 50 br ev 9 | EN1 | |
| 400 | 8 x 50 on 1:00 Stroke Drills 2 on E | EN1 | |
| 800 | 1x{1 x 200 on 2:30 Freestyle | EN1 | |
| | {8 x 50 on 1:00 Choice-no free | EN1 | |
| | {1 x 200 on 2:30 Freestyle | EN1 | |
| 300 | 6x{1 x 25 on :45 Choice OTB | EN1 | |
| | {1 x 25 on :45 Freestyle | EN1 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 5:28 PM 5,050 Yards - Stress Value = 48 | | | |

Workout #1091 - Wednesday, 29 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|--------------------------------------|-----|------|
| 425 | 1 x 425 on 8:00 Swim-kick-pull-swim | REC | S |
| 210 | 14 x 15 on :30 Pit sprints | SP3 | S |
| 1,350 | 1x{6 x 75 on 1:10 Pulls br ev 3 | EN1 | F |
| | {6 x 75 on 1:05 Pulls br ev 5 | EN1 | F |
| | {6 x 75 on 1:00 Pulls br ev 7 | EN1 | F |
| 2,400 | 1x{1 x 300 on 4:45 Individual Medley | EN2 | S |
| | {3 x 100 on 1:15 Freestyle | EN2 | S |
| | {1 x 300 on 4:30 Individual Medley | EN2 | S |
| | {3 x 100 on 1:20 Freestyle | EN2 | S |
| | {1 x 300 on 4:15 Individual Medley | EN2 | S |
| | {3 x 100 on 1:25 Freestyle | EN2 | S |
| | {1 x 300 on 4:00 Individual Medley | EN2 | S |
| | {3 x 100 on 1:30 Freestyle | EN2 | S |
| | { All IM's hold under | | |
| | { 4:00 and all 100's | | |
| | { hold under 1:12 | | |
| 200 | 1 x 200 on 3:00 Choice | REC | S |
| 6:31 AM 4,585 Yards - Stress Value = 68 | | | |

Workout #1096 - Wednesday, 29 November 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|------------------------------------|-----|------|
| 825 | 1 on 30:00 Stomach and Stretch | L | I |
| 210 | 1 x 825 on 16:00 Reverse IM drill | REC | D |
| 1,000 | 14 x 15 on :30 Pit sprints | SP3 | S |
| | 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 |
| 7:45 PM 5,935 Yards - Stress Value = 75 | | | |

Workout #1095 - Wednesday, 29 November 2000

HighSchl - Breast

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|--------------------------------------|-----|----|
| 800 | 1 on 30:00 Stomach and Stretch | | |
| | 1 x 800 on 15:00 Choice no kicking | REC | |
| | with 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 | |
| | your #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

| Yards | Set Description | EGY | WC |
|---|---------------------------------------|-----|----|
| 800 | 1 on 30:00 Stomach and Stretch | | |
| | 1 x 800 on 15:00 Choice no kicking | REC | |
| | with 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 | |
| | your #1 NO FREE!!! | | |
| 2,400 | 12 x 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

| Yards | Set Description | EGY | WC |
|---|---------------------------------------|-----|----|
| 800 | 1 on 30:00 Stomach and Stretch | | |
| | 1 x 800 on 15:00 Choice no kicking | REC | |
| | with 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 | |
| | 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 | 9 x 50 on 1:00 Stroke Drills | REC | |
| 5:31 PM 6,575 Yards - Stress Value = 79 | | | |

Workout #1093 - Wednesday, 29 November 2000

HighSchl - Sprint

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WC |
|---|---|-----|-----|
| 800 | 1 on 30:00 Stomach and Stretch | | |
| | 1 x 800 on 15:00 Choice no kicking with a board | REC | |
| 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 your #1 NO FREE!!! | | EN1 |
| 2,250 | 1x{9 x 100 on 1:30 Descend in sets of 3 | | EN2 |
| | {9 x 75 on 1:10 Descend in sets of 3 | | EN2 |
| | {9 x 50 on :45 Descend in sets of 3 | | EN2 |
| | {9 x 25 on :30 Descend in sets of 3 | | EN2 |
| 400 | 8 x 50 on 1:00 Stroke Drills | | REC |
| 5:31 PM 6,675 Yards - Stress Value = 94 | | | |

Workout #1097 - Thursday, 30 November 2000

HighSchl - All

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WC |
|--|---------------------------------------|-----|-----|
| 600 | 1 on 25:00 Weights | | |
| 200 | 8x{1 x 15 on :00 Breaststroke | | SP3 |
| | {1 x 10 on :30 Freestyle | | REC |
| 1,200 | 16 x 75 on 1:00 Pulls | | EN1 |
| 1,800 | 12 x 150 on 2:15 Descend in sets of 3 | | EN3 |
| Avg time for each set should get fastr | | | |
| 200 | 1 x 200 on 3:00 Choice | | REC |
| 7:00 AM 4,000 Yards - Stress Value = 125 | | | |

Workout #1098 - Thursday, 30 November 2000

HighSchl - All

1 minute rest between sets

2:50 PM Start

| Yards | Set Description | EGY | WC |
|---|--------------------------------------|-----|-----|
| 800 | 16 x 50 on 1:00 Stroke Drills | | REC |
| 250 | 10x{1 x 15 on :00 Breaststroke | | SP3 |
| | {1 x 10 on :30 Freestyle | | REC |
| 1,200 | 12 x 100 on 1:30 Kick with flippers | | EN2 |
| 1,000 | 1x{1 x 200 on 2:45 Pulls | | EN1 |
| | {1 x 200 on 2:40 Pulls | | EN1 |
| | {1 x 200 on 2:35 Pulls | | EN1 |
| | {1 x 200 on 2:30 Pulls | | EN1 |
| | {1 x 200 on 2:25 Pulls | | EN1 |
| 600 | 6 x 100 on 1:30 Descend in sets of 3 | | EN2 |
| 2,200 | 2x{3 x 200 on 3:45 Breaststroke | | EN2 |
| | {10 x 50 on 1:00 Mid pool swims | | EN2 |
| 400 | 1 x 400 on 6:00 Choice | | REC |
| 4:46 PM 6,450 Yards - Stress Value = 96 | | | |

Workout #1099 - Friday, 01 December 2000

Group 3 - All

1 minute rest between sets

5:15 AM Start

| Yards | Set Description | EGY | WOF |
|---|---------------------------------------|-----|-----|
| 425 | 1 x 425 on 8:00 Choice | | REC |
| 150 | 10 x 15 on :30 Cross pool sprints | | SP3 |
| 1,000 | 8 x 125 on 2:00 Pulls | | EN1 |
| 2,400 | 2x{4 x 50 on 1:00 Butterfly | | EN2 |
| | {4 x 50 on :55 Butterfly | | EN2 |
| | {4 x 50 on :50 Butterfly | | EN2 |
| | {6 x 100 on 1:30 Descend in sets of 3 | | EN2 |
| | { last 25 fly | | |
| 200 | 1 x 200 on 3:00 Stroke Drills | | REC |
| 6:31 AM 4,175 Yards - Stress Value = 64 | | | |

Workout #1102 - Friday, 01 December 2000

Group 3 - All

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WOF |
|---|-------------------------------------|-----|-----|
| | 1 on 15:00 Stomach and Stretch | | |
| | 1 on 10:00 Sculling drills | | REC |
| 10x | {1 x 25 on :00 Choice OTB | | SP3 |
| | {1 x 25 on 1:00 Freestyle | | REC |
| 1,000 | 10 x 100 on 1:30 Kick with flippers | | EN2 |
| 1,000 | 20 x 50 on 1:00 Pulls-ALL OUT!!!! | | EN2 |
| 400 | 1 x 400 on 8:00 Individual Medley | | EN1 |
| 50 DRILL 50 BUILD | | | |
| | 2x{3 x 50 on 1:00 Butterfly | | EN2 |
| | {3 x 50 on :55 Butterfly | | EN2 |
| | {3 x 50 on :50 Butterfly | | EN2 |
| | {3 x 50 on :45 Butterfly | | EN2 |
| | {1 on 1:00 Rest | | |
| 200 | 1 x 200 on 3:00 Stroke Drills | | REC |
| | 1 on 10:00 Water polo | | |
| 6:59 PM 4,300 Yards - Stress Value = 78 | | | |

Workout #1100 - Friday, 01 December 2000

HighSchl - All

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 |
| 300 | 12x{1 x 15 on :00 Backstroke | | SP3 S |
| | {1 x 10 on :30 Freestyle | | REC S |
| 1,250 | 1x{1 x 300 on 4:15 Pulls | | EN1 P |
| | {1 x 275 on 3:50 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 |
| 2,000 | 1x{2 x 250 on 3:30 Freestyle | | EN2 S |
| | {2 x 250 on 3:25 Freestyle | | EN2 S |
| | {2 x 250 on 3:20 Freestyle | | EN2 S |
| | {2 x 250 on 3:15 Freestyle | | EN2 S |
| 1,200 | 1x{8 x 25 on :30 Freestyle | | EN1 S |
| | {2 x 100 on 1:30 Butterfly | | EN2 S |
| | {8 x 25 on :25 Freestyle | | EN1 S |
| | {2 x 100 on 1:30 Backstroke | | EN2 S |
| | {8 x 25 on :20 Freestyle | | EN2 S |
| | {2 x 100 on 1:35 Breaststroke | | EN2 S |
| 200 | 1 x 200 on 3:00 Stroke Drills | | REC D |
| 7:01 AM 5,550 Yards - Stress Value = 79 | | | |

Workout #1101 - Friday, 01 December 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 1 on 15:00 Stomach and Stretch | | L |
| 600 | 1 x 600 on 12:00 Reverse IM drill | REC | D |
| 120 | 8 x 15 on :30 Shooters | SP3 | S |
| 900 | 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 |
| 900 | 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 |
| 200 | 1 x 200 on 3:00 Free-build each 50 | EN1 | S |
| 1,900 | 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 |
| 200 | 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 = 72 | | |

| | | |
|-------|---|-----|
| 2,400 | 6x{1 x 200 on 2:15 Freestyle | EN2 |
| | {4 x 50 on 1:00 Stroke Drills | REC |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC |
| | 7:45 PM 6,250 Yards - Stress Value = 64 | |

Workout #1105 - Monday, 04 December 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 5:15 AM Start | | |
| | 425 1 x 425 on 8:00 Reverse IM drill | REC | I |
| 210 | 14 x 15 on :30 Cross pool sprints | SP3 | S |
| 1,000 | 1x{5 x 50 on 1:00 Pulls no br L.15 yds | EN1 | F |
| | {5 x 50 on 1:00 Pulls no br L.20 yds | EN1 | F |
| | {5 x 50 on 1:00 Pulls no br L.25 yds | EN1 | F |
| | {5 x 50 on 1:00 Pulls no br L.30 yds | EN1 | F |
| 2,500 | 1x{5 x 100 on 1:20 Freestyle | EN2 | S |
| | {4 x 50 on :45 Freestyle-descend | EN2 | S |
| | {4 x 100 on 1:20 Freestyle | EN2 | S |
| | {4 x 50 on :45 Freestyle-descend | EN2 | S |
| | {3 x 100 on 1:20 Freestyle | EN2 | S |
| | {4 x 50 on :45 Freestyle-descend | EN2 | S |
| | {2 x 100 on 1:20 Freestyle | EN2 | S |
| | {4 x 50 on :45 Freestyle-descend | EN2 | S |
| | {1 x 100 on 1:20 Freestyle | EN2 | S |
| | {4 x 50 on :45 Freestyle-descend | EN2 | S |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | I |
| | 6:32 AM 4,335 Yards - Stress Value = 66 | | |

Workout #1103 - Saturday, 02 December 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|--|-----|----|
| | 8:30 PM Start | | |
| | 1 on 30:00 Stomach and Stretch | | |
| 825 | 1 x 825 on 16:00 Swim-kick-drill-swim no board | REC | |
| 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 x 75 on 1:05 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 #1106 - Monday, 04 December 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|---|-----|----|
| | 5:30 AM Start | | |
| 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 | |
| | { breathe 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 | | |

Workout #1104 - Sunday, 03 December 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|--------------------------------------|-----|-----|
| | 5:15 PM Start | | |
| | 1 on 29:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 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 x 125 on 1:55 Lungbuster pulls | EN1 | |
| | {3 x 125 on 1:50 Lungbuster pulls | EN1 | |
| | {3 x 125 on 1:45 Lungbuster pulls | EN1 | |
| | { breathe 3-4-5-6-7 | | |
| 300 | 12 x 25 on :30 IM order-build | EN1 | |

Workout #1107 - Monday, 04 December 2000

HighSchl - All

1 minute rest between sets

3:00 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 16:00 Techniques-turns | | |
| 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 x 75 on :50 Pulls | EN1 | |
| 300 | 12 x 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 | | | |

| Yards | Set Description | EGY | WORK |
|---|--------------------------------------|-----|------|
| 425 | 1 x 425 on 8:00 Swim-kick-pull-swim | REC | S |
| 210 | 14 x 15 on :30 Pit sprints | SP3 | S |
| 1,500 | 1x{1 x 300 on 4:30 Pulls | EN1 | F |
| | {1 x 300 on 4:25 Pulls | EN1 | F |
| | {1 x 300 on 4:20 Pulls | EN1 | F |
| | {1 x 300 on 4:15 Pulls | EN1 | F |
| | {1 x 300 on 4:10 Pulls | EN1 | F |
| 2,000 | 1x{1 x 100 on 1:30 Individual Medley | EN1 | S |
| | {1 x 100 on 1:30 Butterfly | EN1 | S |
| | {1 x 100 on 1:30 Backstroke | EN1 | S |
| | {1 x 100 on 1:45 Breaststroke | EN1 | S |
| | {1 x 100 on 1:30 Freestyle | EN1 | S |
| | {1 x 200 on 3:00 Individual Medley | EN1 | S |
| | {1 x 75 on 1:10 Butterfly | EN1 | S |
| | {1 x 75 on 1:10 Backstroke | EN1 | S |
| | {1 x 75 on 1:15 Breaststroke | EN1 | S |
| | {1 x 75 on 1:10 Freestyle | EN1 | S |
| | {1 x 300 on 4:30 Individual Medley | EN1 | S |
| | {1 x 50 on :50 Butterfly | EN1 | S |
| | {1 x 50 on :50 Backstroke | EN1 | S |
| | {1 x 50 on 1:00 Breaststroke | EN1 | S |
| | {1 x 50 on :50 Freestyle | EN1 | S |
| | {1 x 400 on 6:00 Individual Medley | EN1 | S |
| | {4 x 25 on :30 IM order | EN1 | S |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | I |
| 6:31 AM 4,335 Yards - Stress Value = 42 | | | |

Workout #1109 - Tuesday, 05 December 2000

Group 3 - All

1 minute rest between sets

6:30 PM Start

| Yards | Set 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 x 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 = 65 | | | |

Workout #1115 - Wednesday, 06 December 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 I |
| 800 | 1 x 800 on 16:00 Reverse IM drill | REC | D |
| | 1 on 10:00 Techniques-turns | | D |
| | 1x{3 x 100 on 2:05 Kick | EN2 | K C |
| | {3 x 100 on 2:00 Kick | EN2 | K C |
| | {3 x 100 on 1:55 Kick | EN2 | K C |
| | { descend each set | | |
| 100 | 1 x 100 on 2:00 Kick for time | EN2 | K C |
| | 1x{2 x 225 on 3:10 Pulls | EN1 | P |
| | {2 x 225 on 3:05 Pulls | EN1 | P |
| | {2 x 225 on 3:00 Pulls | EN1 | P |
| | 2x{1 x 100 on 1:45 Free 2 beat kick | EN1 | S |
| | {1 x 100 on 1:45 Free 4 beat kick | EN1 | K |
| | {1 x 100 on 1:45 Free 6 beat kick | EN1 | S |
| | 1x{1 x 300 on 5:00 Backstroke drill | REC | S |
| | {3 x 100 on 1:35 Backstroke | EN2 | S |
| | {1 x 250 on 4:15 Backstroke drill | REC | S |
| | {3 x 100 on 1:30 Backstroke | EN2 | S |
| | {1 x 200 on 3:30 Backstroke drill | REC | S |
| | {3 x 100 on 1:25 Backstroke | EN2 | S |
| | {1 x 150 on 2:30 Backstroke drill | EN2 | S |
| | {3 x 100 on 1:20 Backstroke | EN2 | S |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | D |
| 7:45 PM 6,150 Yards - Stress Value = 65 | | | |

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 x 15 on :00 Butterfly | SP3 | S | FLY |
| | {1 x 10 on :30 Freestyle | REC | S | FR |
| 1,500 | 1x{3 x 250 on 3:35 Pulls | EN1 | P | FR |
| | {3 x 250 on 3:30 Pulls | EN1 | P | FR |
| 1,800 | 4x{2 x 75 on 1:00 Freestyle | EN2 | S | FR |
| | {2 x 75 on :55 Freestyle | EN2 | S | FR |
| | {2 x 75 on :50 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 = 58 | | | | |

Workout #1110 - Wednesday, 06 December 2000

Group 3 - All

1 minute rest between sets

5:15 AM Start

Workout #1114 - Wednesday, 06 December 2000

HighSchl - Breast

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|---|------------------------------------|-----|------|-----|
| 3:00 PM Start | | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | L I | |
| | 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 | EN2 | K C | |
| | {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 | S | |
| | {1 x 75 on 1:10 Freestyle | EN1 | S | |
| | {1 x 50 on :45 Freestyle | EN1 | S | |
| | {1 x 25 on :30 Freestyle | EN1 | S | |
| 1,500 | 3x{1 x 100 on 1:50 2 kick 1 pull | EN1 | D | |
| | {1 x 100 on 1:50 4 second glide | EN1 | D | |
| | {1 x 100 on 1:50 Breaststroke | EN1 | S | |
| | {4 x 50 on 1:00 25 under 25 sprint | EN2 | S | |
| 500 | 10 x 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

| Yards | Set Description | EGY | WORK | STK |
|---|--------------------------------|-----|-------|-----|
| 3:00 PM Start | | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | L DRY | |
| | 8 x 100 on 2:00 Stroke Drills | REC | D FR | |
| | odds free evens strk | | | |
| 180 | 12 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 = 75 | | | | |

Workout #1112 - Wednesday, 06 December 2000

HighSchl - Fly & Back

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------------|--------------------------------|-----|------|
| 3:00 PM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | L |
| | 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 | 1x{2 x 150 on 3:00 Kick | EN2 | K |

| | | | |
|---|-------------------------------------|-----|---|
| | {2 x 150 on 2:55 Kick | EN2 | K |
| | {2 x 150 on 2:50 Kick | EN2 | K |
| | {2 x 150 on 2:45 Kick | EN2 | K |
| 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 | S |
| | {1 x 75 on 1:10 Freestyle | EN1 | S |
| | {1 x 50 on :45 Freestyle | EN1 | S |
| | {1 x 25 on :30 Freestyle | EN1 | S |
| 1,600 | 1x{3 x 100 on 1:45 Your Stroke | EN1 | S |
| | {3 x 100 on 1:40 Your Stroke | EN1 | S |
| | {3 x 100 on 1:35 Your Stroke | EN1 | S |
| | {3 x 100 on 1:30 Your Stroke | EN1 | S |
| | {16 x 25 on :45 15 meters under h2o | EN1 | S |
| 350 | 7 x 50 on 1:00 Stroke Drills | REC | D |
| 5:30 PM 6,130 Yards - Stress Value = 67 | | | |

Workout #1113 - Wednesday, 06 December 2000

HighSchl - Sprint

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|--------------------------------------|-----|------|
| 3:00 PM Start | | | |
| 800 | 1 on 30:00 Stomach and Stretch | | I |
| | 8 x 100 on 2:00 Stroke Drills | REC | I |
| | odds free evens strk | | |
| 180 | 12 x 15 on :30 Shooters | SP3 | S |
| 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 | F |
| | {2 x 150 on 2:45 Kick | EN2 | F |
| 1,500 | 1x{1 x 300 on 4:30 Pulls | EN1 | F |
| | {1 x 300 on 4:25 Pulls | EN1 | F |
| | {1 x 300 on 4:20 Pulls | EN1 | F |
| | {1 x 300 on 4:15 Pulls | EN1 | F |
| | {1 x 300 on 4:10 Pulls | EN1 | F |
| 500 | 2x{1 x 100 on 1:30 Freestyle | EN1 | S |
| | {1 x 75 on 1:10 Freestyle | EN1 | S |
| | {1 x 50 on :45 Freestyle | EN1 | S |
| | {1 x 25 on :30 Freestyle | EN1 | S |
| 1,650 | 3x{1 x 100 on 1:40 Freestyle | EN1 | S |
| | {1 x 75 on 1:15 Freestyle | EN1 | S |
| | {1 x 50 on :50 Freestyle | EN1 | S |
| | {1 x 25 on :25 Freestyle | EN1 | S |
| | { no breathing between | | |
| | { flags and the walls | | |
| | {6 x 50 on 1:00 Descend in sets of 3 | EN2 | S |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | I |
| 5:30 PM 6,230 Yards - Stress Value = 77 | | | |

Workout #1118 - Thursday, 07 December 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 600 | 1 x 600 on 12:00 Swim-kick-pull-swim no board | REC | |
| 200 | 8x{1 x 15 on :00 Freestyle | SP3 | |
| | {1 x 10 on :30 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 x 50 on :55 Butterfly | EN1 | |
| | {6 x 75 on 1:20 Butterfly | EN1 | |
| | {4 x 100 on 1:45 Butterfly | EN1 | |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | |
| | 8:30 PM 4,700 Yards - Stress Value = 49 | | |

Workout #1116 - Thursday, 07 December 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 1 on 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 = 44 | | |

Workout #1117 - Thursday, 07 December 2000

HighSchl - All

1 minute rest between sets

| 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 x 10 on :30 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 Medley | EN1 | |

| | | | |
|-----|---|-----|--|
| | {4 x 50 on 1:00 IM O 25 drill 25bld | EN1 | |
| | {3 x 100 on 1:30 Descend in sets of 3 | EN1 | |
| 100 | 4 x 25 on 1:00 OTB walkbacks | EN1 | |
| | 1 on 15:00 Techniques-relay str | | |
| | 5:39 PM 4,850 Yards - Stress Value = 54 | | |

Workout #1119 - Friday, 08 December 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|-------|---|-----|------|---|
| | 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 x 50 on :55 Choice | EN1 | S | C |
| | {6 x 50 on :50 Choice | EN1 | S | C |
| | {6 x 50 on :45 Freestyle | EN1 | S | |
| | {6 x 50 on :40 Freestyle | EN1 | S | |
| | 1x{4 x 25 on :30 Freestyle | EN1 | S | |
| | {4 x 25 on :25 Freestyle | EN1 | S | |
| | {4 x 25 on :20 Freestyle | EN1 | S | |
| | {4 x 25 on :15 Freestyle | EN1 | S | |
| 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

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|--|-----|----|
| | 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 on 1:00 Rest | | |
| 400 | 4 x 100 on 1:30 Descend to ludicrous speed!!!!!!!!!!!!!!!!!!!! | EN2 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| | 7:01 AM 4,650 Yards - Stress Value = 61 | | |

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 PM 6,350 Yards - Stress Value = 82

3:00 PM Start

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 1 on 15:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 15:00 Reverse IM drill | REC | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 1x{ | 5 x 25 on :30 Kick | EN2 | |
| | {5 x 50 on :55 Kick | EN2 | |
| | {4 x 75 on 1:20 Kick | EN2 | |
| | {5 x 50 on :55 Kick | EN2 | |
| | {5 x 25 on :30 Kick | EN2 | |
| 1,200 | 8 x 150 on 2:15 Pulls mid 50 br ev 9 | EN1 | |
| 400 | 4 x 100 on 1:40 Individual Medley | EN1 | |
| 1x{ | 5 x 50 on :55 Butterfly | EN1 | |
| | {5 x 50 on :40 Backstroke | EN1 | |
| | {3 x 100 on 1:30 Individual Medley | EN1 | |
| | {5 x 50 on 1:00 Breaststroke | EN1 | |
| | {5 x 50 on :45 Freestyle | EN1 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| | 1 on 9:00 RUN THE GUANTLET!!! | | |
| | 5:00 PM 5,100 Yards - Stress Value = 53 | | |

Workout #1122 - Monday, 11 December 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 Reverse IM drill | REC | D | |
| 210 | 14 x 15 on :30 Cross pool sprints | SP3 | S | |
| 1,600 | 1x{1 x 400 on 5:30 Pulls | EN1 | P | |
| | {1 x 400 on 5:25 Pulls | EN1 | P | |
| | {1 x 400 on 5:20 Pulls | EN1 | P | |
| | {1 x 400 on 5:15 Pulls | EN1 | P | |
| 2,000 | 2x{1 x 200 on 2:40 Freestyle | EN1 | S | |
| | {1 x 150 on 2:00 Freestyle | EN1 | S | |
| | {1 x 100 on 1:20 Freestyle | EN1 | S | |
| | {1 x 50 on :40 Freestyle | EN1 | S | |
| | {1 x 200 on 3:00 Individual Medley | EN1 | S | |
| | {1 x 150 on 2:15 IM no free | EN1 | S | |
| | {1 x 100 on 1:30 Individual Medley | EN1 | S | |
| | {1 x 50 on :45 Your Stroke-no free | EN1 | S | |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | D | |
| | 6:30 AM 4,485 Yards - Stress Value = 44 | | | |

Workout #1127 - Wednesday, 13 December 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 14:00 Swim-kick-pull-swim | REC | |
| | 1 on 5:00 Techniques-turns | | |
| 150 | 10 x 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 | |

Workout #1125 - Wednesday, 13 December 2000

HighSchl - Breast

1 minute rest between sets

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 | C |
| | {2 x 200 on 3:40 Kick | EN2 | K | C |
| | {2 x 200 on 3:35 Kick | EN2 | K | C |
| 1,600 | 1x{2 x 400 on 5:15 Pulls | EN1 | P | |
| | {2 x 400 on 5:10 Pulls | EN1 | P | |
| 400 | 8 x 50 on :45 Freestyle | EN1 | S | |
| 2,400 | 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 | EN2 | S | |
| | {1 x 200 on 3:20 Breaststroke | EN2 | S | |
| | {1 x 200 on 3:10 Breaststroke | EN1 | S | |
| | {1 x 200 on 3:00 Breaststroke | EN2 | S | |
| 200 | 4 x 50 on 1:00 Stroke Drills | REC | D | |
| | 5:31 PM 6,750 Yards - Stress Value = 94 | | | |

Workout #1123 - Wednesday, 13 December 2000

HighSchl - Distance

1 minute rest between sets

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 | C |
| | {2 x 200 on 3:40 Kick | EN2 | K | C |
| | {2 x 200 on 3:35 Kick | EN2 | K | C |
| 1,600 | 1x{2 x 400 on 5:15 Pulls | EN1 | P | |
| | {2 x 400 on 5:10 Pulls | EN1 | P | |
| 400 | 8 x 50 on :45 Freestyle | EN1 | S | |
| 3,200 | 4 x 800 on 10:00 Freestyle | EN2 | S | |
| | descend 1-3 4 afa 3 | | | |
| 200 | 4 x 50 on 1:00 Stroke Drills | REC | D | |
| | 5:30 PM 7,550 Yards - Stress Value = 114 | | | |

Workout #1124 - Wednesday, 13 December 2000

HighSchl - Distance

1 minute rest between sets

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 C | |
| | {2 x 200 on 3:40 Kick | EN2 | K C | |
| | {2 x 200 on 3:35 Kick | EN2 | K C | |
| 1,600 | 1x{2 x 400 on 5:15 Pulls | EN1 | P | |
| | {2 x 400 on 5:10 Pulls | EN1 | P | |
| 400 | 8 x 50 on :45 Freestyle | EN1 | S | |
| 2,250 | 1x{3 x 200 on 3:30 Your Stroke | EN2 | S S | |
| | {3 x 175 on 3:00 Your Stroke | EN2 | S S | |
| | {3 x 150 on 2:30 Your Stroke | EN2 | S S | |
| | {3 x 125 on 1:55 Your Stroke | EN2 | S S | |
| | {3 x 100 on 1:30 Your Stroke | EN2 | S S | |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | D | |

5:30 PM 6,700 Yards - Stress Value = 95

Workout #1126 - Wednesday, 13 December 2000

HighSchl - Sprint

1 minute rest between sets

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 C | |
| | {2 x 200 on 3:40 Kick | EN2 | K C | |
| | {2 x 200 on 3:35 Kick | EN2 | K C | |
| 1,600 | 1x{2 x 400 on 5:15 Pulls | EN1 | P | |
| | {2 x 400 on 5:10 Pulls | EN1 | P | |
| 400 | 8 x 50 on :45 Freestyle | EN1 | S | |
| 2,400 | 2x{3 x 100 on 1:30 Freestyle | EN2 | S | |
| | {4 x 25 on :25 Freestyle | EN2 | S | |
| | {3 x 100 on 1:25 Freestyle | EN2 | S | |
| | {4 x 25 on :25 Freestyle | EN2 | S | |
| | {3 x 100 on 1:20 Freestyle | EN2 | S | |
| | {4 x 25 on :25 Freestyle | EN2 | S | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | D | |

5:30 PM 6,950 Yards - Stress Value = 98

Workout #1129 - Thursday, 14 December 2000

Group 3 - All

1 minute rest between sets

6:30 PM Start

| Yards | Set Description | EGY | WORK | S |
|-------|-----------------------------------|-----|------|---|
| | 1 on 30:00 Stomach and Stretch | | L I | |
| 600 | 6 x 100 on 2:00 Stroke Drills | REC | D C | |
| 10x{ | 1 x 15 on :00 Backstroke | SP3 | S | |
| | {1 x 10 on :30 Freestyle | REC | S | |
| 1x{ | 5 x 75 on 1:30 Kick | EN2 | K C | |
| | {4 x 75 on 1:25 Kick | EN2 | K C | |
| | {3 x 75 on 1:20 Kick | EN2 | K C | |
| 1x{ | 3 x 125 on 2:00 Lungbuster pulls | EN1 | P | |
| | {3 x 125 on 1:55 Lungbuster pulls | EN1 | P | |
| | {2 x 125 on 1:50 Lungbuster pulls | EN1 | P | |
| | { br 4-5-6-7-8 | | | |
| 300 | 6 x 50 on :50 Freestyle | EN1 | S | |
| 2x{ | 4 x 100 on 1:45 Breaststroke | EN2 | S | |
| | {1 x 50 on 1:00 Breaststroke | EN2 | S | |
| | {1 x 50 on :55 Breaststroke | EN2 | S | |
| | {1 x 50 on :50 Breaststroke | EN2 | S | |
| | {1 x 50 on :45 Breaststroke | EN2 | S | |

350 7 x 50 on 1:00 Stroke Drills REC D
8:30 PM 4,600 Yards - Stress Value = 61

Workout #1128 - Thursday, 14 December 2000

HighSchl - All

1 minute rest between sets

2:55 PM Start

| Yards | Set Description | EGY | WORK | S |
|-------|-------------------------------------|-----|------|---|
| 400 | 1 x 400 on 6:00 Choice | REC | S | |
| 8x{ | 1 x 15 on :00 Freestyle | SP3 | S | |
| | {1 x 10 on :30 Freestyle | REC | S | |
| 3x{ | 1 x 100 on 1:30 Kick with flippers | EN2 | K | |
| | {1 x 100 on 1:25 Kick with flippers | EN2 | K | |
| | {1 x 100 on 1:20 Kick with flippers | EN2 | K | |
| | {1 x 100 on 1:15 Kick with flippers | EN2 | K | |
| 2x{ | 1 x 200 on 2:45 Pulls | EN1 | P | |
| | {1 x 200 on 2:40 Pulls | EN1 | P | |
| | {1 x 200 on 2:35 Pulls | EN1 | P | |
| 300 | 3 x 100 on 1:45 Individual Medley | EN1 | S | |
| 1x{ | 4 x 100 on 1:20 Freestyle | EN2 | S | |
| | {8 x 50 on :40 Freestyle | EN2 | S | |
| | {4 x 100 on 1:15 Freestyle | EN2 | S | |
| | {8 x 50 on :40 Freestyle | EN2 | S | |
| | {4 x 100 on 1:10 Freestyle | EN2 | S | |
| | {8 x 50 on :40 Freestyle | EN2 | S | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | D | |

4:29 PM 6,100 Yards - Stress Value = 92

Workout #1130 - Friday, 15 December 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 | |
| 1x{ | 4 x 150 on 2:15 Pulls br 2-3-4 | EN1 | P | |
| | {4 x 150 on 2:15 Pulls br 3-4-5 | EN1 | P | |
| | {4 x 150 on 2:15 Pulls br 4-5-6 | EN1 | P | |
| 2x{ | 8 x 25 on :30 Butterfly | EN1 | S F | |
| | {8 x 25 on :25 Backstroke | EN1 | S | |
| | {8 x 25 on :35 Breaststroke | EN1 | S | |
| | {8 x 25 on :20 Freestyle | EN1 | S | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | |

6:32 AM 4,175 Yards - Stress Value = 40

Workout #1134 - Friday, 15 December 2000

Group 3 - All

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WORK | S |
|-------|------------------------------------|-----|------|---|
| | 1 on 15:00 Stomach and Stretch | | L | |
| | 1 on 10:00 Sculling drills | | D | |
| 180 | 12 x 15 on :30 Pit sprints | SP3 | S | |
| 1,000 | 1 x 1000 on 20:00 Vertical Kicking | EN2 | K | |
| 1,000 | 20 x 50 on 1:00 Pulls-ALL OUT | EN1 | P | |
| 8x{ | 1 x 50 on 1:00 Stroke OTB | SP2 | S | |
| | {1 x 100 on 2:00 Freestyle-ez | REC | S | |
| 2x{ | 4 x 25 on :25 Freestyle | EN2 | S | |
| | {4 x 25 on :20 Freestyle | EN2 | S | |
| | {4 x 25 on :15 Freestyle | EN2 | S | |
| | {1 on 2:00 Rest | | M | |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | D | |

6:57 PM 4,280 Yards - Stress Value = 89

Workout #1131 - Friday, 15 December 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STR |
|-------|---------------------------------|-----|------|-----|
| 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

Workout #1132 - Friday, 15 December 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--------------------------------------|-----|------|
| 400 | 1 on 25:00 Weights | | I |
| 8x | {1 x 15 on :00 Breaststroke | SP3 | S |
| | {1 x 10 on :30 Freestyle | REC | S |
| 1x | {8 x 75 on 1:05 Pulls | EN1 | F |
| | {8 x 75 on :55 Pulls | EN1 | F |
| 3x | {1 x 125 on 1:55 Free last 25 choice | EN2 | S |
| | {1 x 125 on 1:50 Free last 25 choice | EN2 | S |
| | {1 x 125 on 1:45 Free last 25 choice | EN2 | S |
| | {1 x 125 on 1:40 Free last 25 choice | EN2 | S |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | I |

7:00 AM 4,200 Yards - Stress Value = 55

Workout #1133 - Friday, 15 December 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|--|-----|----|
| 600 | 1 on 15:00 Stomach and Stretch | | |
| 150 | 10 x 15 on :30 Shooters | SP3 | |
| 2x | {6 x 50 on 1:00 Kick des in sets of 3 | 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 stroke fast-no free | EN1 | |
| 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

Workout #1136 - Saturday, 16 December 2000

Group 3 - All

1 minute rest between sets

8:30 AM Start

| Yards | Set Description | EGY | WOF |
|-------|--|-----|-----|
| 800 | 1 on 30:00 Stomach and Stretch | | |
| 210 | 8 x 100 on 2:00 Stroke Drills 2 on E | REC | |
| | 14 x 15 on :30 Cross pool sprints | SP3 | |
| | 4x{4 x 50 on 1:00 Kick | EN2 | |
| | {4 x 25 on :40 Sprint kick | EN2 | |
| | 1x{4 x 125 on 2:00 Pulls L. 25 4 brths | EN1 | |
| | {4 x 125 on 1:55 Pulls L. 25 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 | | |
| | {1 x 100 on 1:10 Freestyle | EN2 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |

11:00 AM 6,310 Yards - Stress Value = 90

Workout #1135 - Saturday, 16 December 2000

HighSchl - All

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|--------------------------------------|-----|----|
| 1,000 | 1 on 25:00 Weights | | |
| 300 | 1 x 1000 on 18:00 Stroke Drill | REC | |
| | 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 | |
| | {3 x 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

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{6 x 75 on 1:10 Lungbuster pulls | EN1 | P | |
| | {6 x 75 on 1:05 Lungbuster pulls | EN1 | P | |
| | {6 x 75 on 1:00 Lungbuster pulls | EN1 | P | |
| | { 1-6 br 5-7-9 7-12 br | | | |
| | { 4-6-8 13-18 br 7-8-9 | | | |
| | 1x{4 x 100 on 1:40 Individual Medley | EN2 | S | |
| | {8 x 25 on :30 IM order | EN2 | S | |
| | {4 x 100 on 1:35 Individual Medley | EN2 | S | |
| | {8 x 25 on :30 IM order | EN2 | S | |
| | {4 x 100 on 1:30 Individual Medley | EN2 | S | |
| | {8 x 25 on :30 IM order | EN2 | S | |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | D | |
| 6:31 AM 4,085 Yards - Stress Value = 56 | | | | |

Workout #1139 - Monday, 18 December 2000

Group 3 - All

1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY | WC |
|---|---------------------------------------|-----|----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 16:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-back trns | | |
| 1,000 | 1 x 1000 on 20:00 Indian file kicking | EN2 | |
| | all with flippers | | |
| | 1x{8 x 50 on :55 Pulls | EN1 | |
| | {8 x 50 on :50 Pulls | EN1 | |
| | {8 x 50 on :45 Pulls | EN1 | |
| | {8 x 50 on :40 Pulls | EN1 | |
| 300 | 12 x 25 on :30 IM order-build | EN1 | |
| | 1x{2 x 500 on 6:15 Freestyle | EN2 | |
| | {2 x 500 on 6:10 Freestyle | EN2 | |
| | { #2 and #4 All out!! | | |
| 250 | 10 x 25 on :25 Your Stroke | EN1 | |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | |
| 7:45 PM 6,250 Yards - Stress Value = 81 | | | |

Workout #1138 - Monday, 18 December 2000

HighSchl - All

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WOF |
|--|--------------------------------------|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 15:00 Swim-kick-pull-swim | REC | |
| 180 | 12 x 15 on :30 Shooters | SP3 | |
| 1,200 | 2x{1 x 200 on 3:40 Kick | EN2 | |
| | {2 x 100 on 1:55 Kick | EN2 | |
| | {4 x 50 on 1:00 Kick | EN2 | |
| 1,200 | 1x{1 x 300 on 4:15 Pulls | EN1 | |
| | {1 x 300 on 4:10 Pulls | EN1 | |
| | {1 x 300 on 4:05 Pulls | EN1 | |
| | {1 x 300 on 4:00 Pulls | EN1 | |
| 400 | 1 x 400 on 7:00 Individual Medley | EN1 | |
| | build each 50 | | |
| 2,400 | 6 x 400 on 5:00 Freestyle | EN2 | |
| 500 | 1x{5 x 25 on :30 Freestyle | EN1 | |
| | {5 x 25 on :25 Freestyle | EN1 | |
| | {5 x 25 on :20 Freestyle | EN2 | |
| | {5 x 25 on :15 Freestyle | EN3 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | |
| 5:31 PM 7,080 Yards - Stress Value = 107 | | | |

Workout #1140 - Monday, 18 December 2000

HighSchl - All

1 minute rest between sets

5:30 PM Start

| Yards | Set Description | EGY | WC |
|---|--------------------------------------|-----|----|
| 600 | 1 x 600 on 10:00 Swim-kick-pull-swim | REC | |
| | 12x{1 x 15 on :00 Freestyle | SP3 | |
| | {1 x 10 on :30 Freestyle | REC | |
| | 1x{4 x 100 on 1:30 Lungbuster pulls | EN1 | |
| | { br 2-4-6-8 | | |
| | {4 x 100 on 1:25 Lungbuster pulls | EN1 | |
| | { br 3-5-7-9 | | |
| | {3 x 100 on 1:20 Lungbuster pulls | EN1 | |
| | { br 5-6-7-8 | | |
| | 1x{6 x 75 on 1:10 Free L.25 fly | EN1 | |
| | {6 x 75 on 1:05 Free L.25 back | EN1 | |
| | {6 x 75 on 1:15 Free L.25 breast | EN1 | |
| | {6 x 75 on 1:00 Freestyle | EN1 | |
| | {6 x 75 on 1:05 Free L.25 fly | EN1 | |
| | {6 x 75 on 1:00 Free L.25 back | EN1 | |
| | {6 x 75 on 1:10 Free L.25 breast | EN1 | |
| | {6 x 75 on :55 Freestyle | EN1 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| 7:01 PM 5,800 Yards - Stress Value = 50 | | | |

Workout #1143 - Tuesday, 19 December 2000

Group 3 - All

1 minute rest between sets

6:30 PM Start

| Yards | Set Description | EGY | WORK | STK |
|---|---------------------------------|-----|------|-------|
| | 1 on 30:00 Stomach and Stretch | | | L DRY |
| 600 | 6 x 100 on 2:00 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{6 x 50 on 1:05 Kick | EN2 | | K BR |
| | {5 x 50 on 1:00 Kick | EN2 | | K FR |
| | {4 x 50 on :55 Kick | EN2 | | K CHO |
| | 3x{1 x 200 on 2:45 Pulls | EN1 | | P FR |
| | {1 x 100 on 1:30 Pulls | EN1 | | P FR |
| 300 | 6 x 50 on :45 Freestyle | EN1 | | S FR |
| | 1x{5 x 125 on 2:10 Breaststroke | EN2 | | S BR |
| | {4 x 125 on 2:05 Breaststroke | EN2 | | S BR |
| | {3 x 125 on 2:00 Breaststroke | EN2 | | S BR |
| | {2 x 125 on 1:55 Breaststroke | EN2 | | S BR |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | | D CD |
| 8:30 PM 4,800 Yards - Stress Value = 67 | | | | |

Workout #1141 - Tuesday, 19 December 2000

HighSchl - All

1 minute rest between sets

| Yards | Set 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 Value = 33 | | | |

Workout #1142 - Tuesday, 19 December 2000

HighSchl - All

1 minute rest between sets

| 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 x 10 on :30 Freestyle | REC | |
| 1,000 | 10 x 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 x 50 on 1:00 IM order | EN1 | |
| | {3 x 100 on 1:30 Individual Medley | EN1 | |
| | {4 x 50 on 1:00 IM order | EN1 | |
| | {3 x 100 on 1:25 Individual Medley | EN1 | |
| | {4 x 50 on 1:00 IM order | EN1 | |
| 100 | 4 x 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

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|-------------------------------------|-----|-----|
| | 1 x 425 on 8:00 Swim-kick-pull-swim | REC | § |
| 210 | 14 x 15 on :30 Cross pool sprints | SP3 | § |
| | 1x{2 x 200 on 3:00 Lungbuster pulls | EN1 | § |
| | { br 3-4-5-6 by the 50 | | |
| | {2 x 200 on 3:00 Lungbuster pulls | EN1 | § |
| | { br 4-5-6-7 by the 50 | | |
| | {2 x 200 on 3:00 Lungbuster pulls | EN1 | § |
| | { br 5-6-7-8 by the 50 | | |
| | 1x{4 x 100 on 1:20 Freestyle | EN2 | § |
| | {4 x 100 on 1:15 Freestyle | EN2 | § |
| | {4 x 100 on 1:10 Freestyle | EN2 | § |
| | {1 x 200 on 3:00 Freestyle | REC | § |
| | {3 x 75 on 1:00 Freestyle | EN2 | § |
| | {3 x 75 on :55 Freestyle | EN2 | § |
| | {3 x 75 on :50 Freestyle | EN2 | § |
| | {1 x 200 on 3:00 Freestyle | REC | § |
| | {2 x 50 on :40 Freestyle | EN2 | § |
| | {2 x 50 on :35 Freestyle | EN2 | § |

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

Workout #1149 - Wednesday, 20 December 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|--|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 8 x 100 on 2:00 Stroke Drills 2 on E | REC | |
| | 1 on 10:00 Techniques-brst trns | | |
| | 1x{3 x 100 on 2:00 Kick | EN2 | |
| | {3 x 50 on 1:00 Kick no board | EN2 | |
| | {3 x 100 on 1:55 Kick | EN2 | |
| | {3 x 50 on 1:00 Kick no board | EN2 | |
| | {3 x 100 on 1:50 Kick | EN2 | |
| | {3 x 50 on 1:00 Kick no board | EN2 | |
| | 1x{1 x 400 on 6:00 Pulls | EN1 | |
| | {2 x 200 on 3:00 Pulls | EN1 | |
| | {4 x 100 on 1:30 Pulls | EN1 | |
| 300 | 3 x 100 on 1:45 Individual Medley | EN1 | |
| | 1x{5 x 75 on 1:20 Backstroke | EN2 | |
| | {3 x 100 on 2:00 Backstroke ALL OUT | EN3 | |
| | {5 x 75 on 1:15 Backstroke | EN2 | |
| | {2 x 100 on 2:00 Backstroke ALL OUT | EN3 | |
| | {5 x 75 on 1:10 Backstroke | EN2 | |
| | {1 x 100 on 2:00 Backstroke ALL OUT | EN3 | |
| 400 | 1 x 400 on 7:00 Stroke Drills | REC | |
| | 7:45 PM 5,775 Yards - Stress Value = 102 | | |

Workout #1145 - Wednesday, 20 December 2000

HighSchl - Breast

1 minute rest between sets

| 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 x 75 on 1:20 Breaststroke | EN2 | |
| | {6 x 75 on 1:15 Breaststroke | EN2 | |
| | {6 x 75 on 1:10 Breaststroke | EN2 | |
| | {1 x 200 on 4:00 Breaststroke ALL OUT | EN3 | |
| | {4 x 50 on 1:00 Breaststroke | EN2 | |
| | {4 x 50 on :55 Breaststroke | EN2 | |
| | {4 x 50 on :50 Breaststroke | EN2 | |
| | {1 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 | | |

Workout #1148 - Wednesday, 20 December 2000

HighSchl - Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|-------|--|-----|------|---|
| | 1 on 30:00 Stomach and Stretch | | L I | |
| 800 | 1 x 800 on 15:00 Reverse IM drill | REC | D | |
| 180 | 12 x 15 on :30 Shooters | SP3 | S | |
| 1,150 | 1x{3 x 125 on 2:20 Kick | EN2 | K C | |
| | {4 x 100 on 1:50 Kick | EN2 | K C | |
| | {5 x 75 on 1:20 Kick | EN2 | K C | |
| 1,350 | 1x{3 x 150 on 2:15 Lungbuster pulls | EN1 | P | |
| | {3 x 150 on 2:10 Lungbuster pulls | EN1 | P | |
| | {3 x 150 on 2:05 Lungbuster pulls | EN1 | P | |
| | { br 9-7-5 by the 50 | | | |
| 400 | 4 x 100 on 1:45 Individual Medley | EN1 | S | |
| 3,150 | 1x{1 x 1650 on 22:00 Freestyle | EN2 | S | |
| | {3 x 500 on 7:00 Freestyle-descend | EN2 | S | |
| 200 | 1 x 200 on 3:00 Choice | REC | S | |
| | 5:31 PM 7,230 Yards - Stress Value = 110 | | | |

Workout #1147 - Wednesday, 20 December 2000

HighSchl - Fly & Back

1 minute rest between sets

| 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 | |
| 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 | |
| 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 | |
| 2x{5 x 50 on :50 Your Stroke | | EN2 | |
| | {5 x 50 on :45 Your Stroke | EN2 | |
| | {5 x 50 on :40 Your Stroke | EN2 | |
| | {1 x 100 on 2:00 Freestyle | REC | |
| | {3 x 100 on 2:00 Your Stroke ALL OUT! | EN3 | |
| 350 | 7 x 50 on 1:00 Stroke Drills | REC | |
| | 5:31 PM 6,530 Yards - Stress Value = 113 | | |

Workout #1146 - Wednesday, 20 December 2000

HighSchl - Sprint

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|-------|-------------------------------------|-----|------|---|
| | 1 on 30:00 Stomach and Stretch | | L I | |
| 800 | 1 x 800 on 15:00 Reverse IM drill | REC | D | |
| 180 | 12 x 15 on :30 Shooters | SP3 | S | |
| 1,150 | 1x{3 x 125 on 2:20 Kick | EN2 | K C | |
| | {4 x 100 on 1:50 Kick | EN2 | K C | |
| | {5 x 75 on 1:20 Kick | EN2 | K C | |
| 1,350 | 1x{3 x 150 on 2:15 Lungbuster pulls | EN1 | P | |
| | {3 x 150 on 2:10 Lungbuster pulls | EN1 | P | |
| | {3 x 150 on 2:05 Lungbuster pulls | EN1 | P | |
| | { br 9-7-5 by the 50 | | | |
| 400 | 4 x 100 on 1:45 Individual Medley | EN1 | S | |
| 2,800 | 2x{2 x 200 on 3:00 Freestyle | EN2 | S | |
| | {2 x 150 on 2:15 Freestyle | EN2 | S | |
| | {2 x 100 on 1:30 Freestyle | EN2 | S | |
| | {2 x 50 on :45 Freestyle | EN2 | S | |
| | {1 x 400 on 8:00 Stroke Drills | REC | D C | |
| | { #2 of each set 100% | | | |

5:30 PM 6,680 Yards - Stress Value = 87

Workout #1151 - Thursday, 21 December 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|--|---|-----|-----|
| | 1 on 28:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 14:00 Choice | REC | |
| | 1 on 10:00 Techniques-finishes | | |
| 5x{1 x 100 on 2:00 Kick | | EN1 | |
| | {1 x 100 on 1:45 Kick | EN2 | |
| 4x{1 x 100 on 1:30 Pulls only 10 brths | | EN2 | |
| | {4 x 50 on :50 Pulls | EN1 | |
| 300 | 1 x 300 on 4:30 Every 3rd lap stroke | EN1 | |
| | very fast | | |
| 2x{10 x 50 on :50 Butterfly w/ fins | | EN2 | |
| | {15m under off walls | | |
| | {1 on 1:00 Take off fins | | |
| | {10 x 50 on 1:00 Butterfly 10m under | EN2 | |
| | { off walls | | |
| | {1 on 1:00 Put fins back on | | |
| 500 | 1 x 500 on 7:30 Stroke Drills | REC | |
| | 7:45 PM 5,800 Yards - Stress Value = 74 | | |

Workout #1150 - Thursday, 21 December 2000

HighSchl - All

1 minute rest between sets

| Yards | Set 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 Breaststroke | | SP3 | S | BR |
| | {1 x 10 on :30 Freestyle | REC | S | FR |
| 1x{3 x 225 on 3:15 Pulls | | EN1 | P | FR |
| | {2 x 225 on 3:10 Pulls | EN1 | P | FR |
| | {1 x 225 on 3:05 Pulls | EN1 | P | FR |
| 1x{4 x 125 on 1:45 Freestyle | | EN2 | S | FR |
| | {1 x 100 on 1:30 Your Stroke | EN2 | S | STK |
| | {4 x 125 on 1:40 Freestyle | EN2 | S | FR |
| | {1 x 100 on 1:30 Your Stroke | EN2 | S | STK |
| | {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 #1152 - Friday, 22 December 2000

Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|--------------------------------------|---|-----|------|---|
| | 1 x 425 on 8:00 Choice | REC | S | C |
| 425 | 10 x 15 on :30 Cross pool sprints | SP3 | S | C |
| 150 | 1x{7 x 100 on 1:30 Pulls | EN1 | P | |
| | {5 x 75 on 1:10 Backstroke pulls | EN1 | S | |
| | {3 x 50 on 1:00 Breaststroke pulls | EN1 | S | |
| | {1 x 25 on :30 Butterfly pulls | EN1 | S | F |
| 1x{3 x 200 on 3:00 Individual Medley | | EN2 | S | |
| | {3 x 200 on 2:30 Freestyle | EN2 | S | |
| | {2 x 200 on 3:10 Individual Medley | EN2 | S | |
| | {2 x 200 on 2:25 Freestyle | EN2 | S | |
| | {1 x 200 on 3:15 Individual Medley | EN2 | S | |
| | {1 x 200 on 2:20 Freestyle | EN2 | S | |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | D | |
| | 6:31 AM 4,525 Yards - Stress Value = 67 | | | |

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 x 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 = 59 | | | |

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 x 50 on :35 Freestyle | EN2 | S |
| | {1 x 50 on :45 Freestyle | REC | S |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | D |
| 7:01 AM 4,100 Yards - Stress Value = 46 | | | |

Workout #1154 - Friday, 22 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 | | |
| 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 x 25 on :30 Freestyle | EN2 | |
| | {8 x 25 on :25 Butterfly | EN2 | |
| | {8 x 25 on :25 Freestyle | EN2 | |
| | {8 x 25 on :25 Backstroke | EN2 | |
| | {8 x 25 on :20 Freestyle | EN2 | |
| | {8 x 25 on :25 Breaststroke | EN2 | |
| 1,350 | 9 x 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 | | | |