EN2

EN2

EN1

EN1

EN1

EN1

EN1

Workout #1692 - Tuesday, 01 January 2002 HighSchl - All

1 minute rest between sets

Yards	7:00 AM Start Set Description	EGY	WOF
=====		===	===
	1 on 37:00 Weights and stretch		
800	8 x 100 on 2:00 Stroke Drills 2 on E	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:35 Kick	EN2	
	5x{1 x 100 on 1:30 Lungbuster pulls	EN1	
	{1 x 100 on 1:25 Lungbuster pulls	EN1	
	{ odds br 3-5-7-9		
	{ evens br 2-4-6-8		

Workout #1694 - Wednesday, 02 January 2002 HighSchl - Breast

1 x 500 on 8:00 Stroke Drills 1:24 PM 6,500 Yards - Stress Value = 77

4 x 100 on 1:30 Descend to Ludicrous EN2

6 x 50 on :50 25 free 25 stroke

{1 x 100 on 1:40 Kick

{1 x 100 on 1:30 Kick

6 x 200 on 2:45 Pulls

 $1x{4 x 125 on 2:00 Backstroke}$

 $\{5 \times 100 \text{ on } 1:35 \text{ Backstroke} \}$

 $\{6 \times 75 \text{ on } 1:10 \text{ Backstroke} \}$

 $\{7 \times 50 \text{ on } : 45 \text{ Backstroke} \}$

{8 x 25 on :20 Backstroke

1,200

400

500

EN1

EN2

EN1

EN2

EN2

EN2

EN2

EN2

		1 minute rest between sets		
	7:00 AM	Start		
Yards	Set	Description	EGY	V
=====	====		===	=
	1 or	40:00 Dryland and stretch		
800	1 x	800 on 16:00 Swim-kick-drill-swim	REC	
180	12 x	: 15 on :30 Shooters	SP3	
1,400	1x{2 x	125 on 2:30 Kick	EN2	
	{2 x	125 on 2:25 Kick	EN2	
	{4 x	100 on 2:00 Kick	EN2	
	{2 x	75 on 1:30 Kick	EN2	
	{2 x	75 on 1:25 Kick	EN2	
	{4 x	50 on 1:00 Kick	EN2	
1,250	10 x	: 125 on 2:45 Pulls	EN1	
300	2 x	150 on 2:15 Freestyle	EN1	
800	16x{1 x	25 on :20 Breaststroke OTB	EN2	
	{1 x	25 on :40 Freestyle	REC	
300	1 x	300 on 5:00 Stroke Drills	REC	
	9:30 AM	5,030 Yards - Stress Value = 58		

Workout #1693 - Tuesday, 01 January 2002 HighSchl - All

9:30 AM 6,700 Yards - Stress Value = 103

HighSchl - All 1 minute rest between sets 2:00 PM Start

8 x 25 on :30 IM order-build

 $2x{3 \times 100 \text{ on } 1:05 \text{ Freestyle}}$

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

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

 ${3 \times 50 \text{ on :} 35 \text{ Freestyle}}$

{1 on :30 Rest

 ${3 \times 100 \text{ on } 1:10 \text{ Freestyle}}$

 ${3 \times 100 \text{ on } 1:15 \text{ Freestyle}}$

 $\{1 \times 200 \text{ on } 4:00 \text{ IM for time}$

1 x 300 on 5:00 Stroke Drills

200

300

Yards	Set Description	EGY	W
=====	=======================================	===	==
	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	
	1x{3 x 150 on 2:45 Kick	EN2	
	{3 x 100 on 1:55 Kick	EN2	
	{3 x 50 on 1:00 Kick	EN2	
100	1 x 100 on 2:00 Kick for time	EN3	
1,000	5 x 200 on 2:45 Pulls	EN1	
200	1 x 200 on 3:00 Individual Medley	EN1	
	$4x{1 x 25 on :00 Stroke off the block}$	SP2	
	$\{1 \times 25 \text{ on } 1:00 \text{ Freestyle}$	REC	
	$\{1 \times 50 \text{ on } : 00 \text{ Stroke off the block}\}$	SP2	
	$\{1 \times 50 \text{ on } 2:00 \text{ Freestyle}$		
	$\{1 \times 75 \text{ on } : 00 \text{ Stroke off the block}\}$	SP2	
	$\{1 \times 75 \text{ on } 3:00 \text{ Freestyle}$	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
	4:01 PM 4,580 Yards - Stress Value = 103	3	

Workout #1697 - Wednesday, 02 January 2002 HighSchl - Distance 1 minute rest between sets

WOF	** 1	7:00 AM Start	E011		O.T.
WOI	Yards	Set Description	EGY	WORK	STK
===	=====	=======================================	===	====	===
		1 on 40:00 Dryland and stretch		L	DRY
	1,000	1 x 1000 on 16:00 Choice	REC	S	CHO
	180	12×15 on :30 Shooters	SP3	S	BK
		1x{2 x 250 on 3:30 Pulls	EN1	P	FR
		{2 x 225 on 3:10 Pulls	EN1	P	FR
		{2 x 200 on 2:50 Pulls	EN1	P	FR
	500	4 x 125 on 2:30 Kick L.25 100%	EN2	K	CHO
		$1x{3 x 200 on 2:50 Freestyle}$	EN1	S	FR
		$\{4 \times 125 \text{ on } 1:45 \text{ Freestyle}$	EN1	S	FR
		${3 \times 200 \text{ on } 2:45 \text{ Freestyle}}$	EN1	S	FR
		$\{4 \times 125 \text{ on } 1:40 \text{ Freestyle}$	EN2	S	FR
		${3 \times 200 \text{ on } 2:40 \text{ Freestyle}}$	EN2	S	FR
		$\{4 \times 125 \text{ on } 1:35 \text{ Freestyle} \}$	EN2	S	FR
	500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
		9:31 AM 6,830 Yards - Stress Value	= 7	79	

Workout #1699 - Wednesday, 02 January 2002 Group 3 - All

	11:00 AM 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	
300	12 x 25 on :30 Berzerks	SP3	
	2x{2 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	

Workout #1695 - Wednesday, 02 January 2002 HighSchl - Fly & Back 1 minute rest between sets

Workout #1696 - Wednesday, 02 January 2002 HighSchl - Sprint 1 minute rest between sets

	7 00 334 01 1				1 minute rest between sets	
	7:00 AM Start			_		
Yards	Set Description		EGY WO		7:00 AM Start	
=====		=== =		Yards	Set Description	EGY WOF
	1 on 40:00 Dryland and stretch			=====		=== ===
800	4 x 200 on 4:00 Reverse IM drill	I	REC		1 on 40:00 Dryland and stretch	
180	12 x 15 on :30 Shooters	5	SP3	800	8 x 100 on 2:00 Stroke Drills L.25	REC
1,200	$1x\{8 \times 50 \text{ on } 1:00 \text{ Kick with flippers}$	I	EN2	000	all out sprint-DRILL	TULO
,	{8 x 50 on :55 Kick with flippers		EN2	180	-	CD3
	{8 x 50 on :50 Kick with flippers		EN2		12 x 15 on :30 Shooters	SP3
	{ 1st 15m under/no brd	-		1,200	1x{4 x 75 on 1:30 Kick w/ zoomers	EN2
1 200	1x{4 x 100 on 1:35 Pulls no br L.10	ude I	ZN11		$\{4 \times 75 \text{ on } 1:25 \text{ Kick w/zoomers}\}$	EN2
1,200		-			$\{4 \times 75 \text{ on } 1:20 \text{ Kick w/ zoomers}\}$	EN2
	{4 x 100 on 1:30 Pulls no br L.15	-			$\{4 \times 75 \text{ on } 1\text{:}15 \text{ Kick w/zoomers}\}$	EN2
	{4 x 100 on 1:25 Pulls no br L.20	_		900	$1x\{6 \times 50 \text{ on } :55 \text{ Pulls no br L.10 yds}$	EN1
450	9 x 50 on :45 Freestyle		EN1		$\{6 \times 50 \text{ on } : 50 \text{ Pulls no br L.15 yds}$	EN1
1,800	$1x{4 x 150 on 2:30 100 fly 50 back}$		EN1		{6 x 50 on :45 Pulls no br L.20 yds	EN1
	{4 x 150 on 2:30 100 back 50 breas	t I	EN1	200	10 x 20 on 1:30 Run and dive $w/10p.u$	SP3
	{4 x 150 on 2:30 100 breast 50 fre	e I	EN1	1,500	3x{1 x 100 on 1:45 Freestyle	REC
250	5 x 50 on 1:00 Stroke Drills	I	REC	_,	{1 x 100 on 1:40 Freestyle L.25 fast	EN1
	9:30 AM 5,880 Yards - Stress Value =	65			{1 x 100 on 1:35 Freestyle L.50 fast	EN2
	·				{1 x 100 on 1:30 Freestyle L.75 fast	EN2

	Workout #1700 - Wednesday, 02 January 2002			252	{1 x 100 on 1:25 Freestyle all fast	EN2
	HighSchl - All			350		REC
	1 minute rest between sets				9:31 AM 5,130 Yards - Stress Value = 69	
	1 militae Test between sets					
	0.00 724 01				Workout #1702 - Thursday, 03 January 2002	
	2:00 PM Start			-	•	
Yards	Set Description		WORK		Group 3 - All	
=====	=======================================	===			1 minute rest between sets	
	1 on 30:00 Stomach and Stretch		L	Ī		
400	1 x 400 on 8:00 Reverse IM drill	REC	D		11:00 AM Start	
300	12 x 25 on :30 Berzerks	SP3	S	Yards	Set Description EG	Y WORK S
	1x{3 x 150 on 2:15 Pulls	EN1	P	=====	=======================================	
	{3 x 150 on 2:10 Pulls	EN1	P		1 on 30:00 Stomach and Stretch	LI
	{3 x 150 on 2:05 Pulls	EN1	P	800	8 x 100 on 1:45 Stroke Drills RE	
	{3 x 150 on 2:00 Pulls	EN1	P	000	odds free evens strk	0 5 0
400	2 x 200 on 3:30 Individual Medley		S	240		2 0
				240	16 x 15 on :30 Shooters 4 on each SP	
2.000	5 X 400 0n 4 45 Freestvie	EN2	S		C (1 100 0.00 Ki-l-	
2,000	5 x 400 on 4:45 Freestyle	EN2	S		6x{1 x 100 on 2:00 Kick EN	
2,000	$1x{4 x 25 on :30 Freestyle}$	EN1	S		{2 x 50 on 1:00 Kick no board EN	1 K C
2,000	$1x\{4 \times 25 \text{ on :} 30 \text{ Freestyle} $ $\{4 \times 25 \text{ on :} 25 \text{ Freestyle} \}$	EN1 EN1	S S		$\{2 \times 50 \text{ on } 1:00 \text{ Kick no board} \}$ EN $\{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w} \}$ EN	1 K C 1 P
2,000	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle	EN1 EN1 EN1	S S S		{2 x 50 on 1:00 Kick no board EN	1 K C 1 P
	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle	EN1 EN1 EN1 EN1	S S S		$\{2 \times 50 \text{ on } 1:00 \text{ Kick no board} \}$ EN $\{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w} \}$ EN	1 K C 1 P 1 P
400	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills	EN1 EN1 EN1 EN1 REC	S S S		{2 x 50 on 1:00 Kick no board EN 1x{4 x 50 on 1:00 Pulls-nbbf&w EN {4 x 50 on :55 Pulls-nbbf&w EN	1 K C 1 P 1 P
	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle	EN1 EN1 EN1 EN1 REC	S S S		{2 x 50 on 1:00 Kick no board EN 1x{4 x 50 on 1:00 Pulls-nbbf&w EN {4 x 50 on :55 Pulls-nbbf&w EN {4 x 50 on :50 Pulls-nbbf&w EN	1 K (1 P 1 P 1 P
	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills	EN1 EN1 EN1 EN1 REC	S S S	400	{2 x 50 on 1:00 Kick no board EN 1x{4 x 50 on 1:00 Pulls-nbbf&w EN {4 x 50 on :55 Pulls-nbbf&w EN {4 x 50 on :50 Pulls-nbbf&w EN {4 x 50 on :45 Pulls-nbbf&w EN {4 x 50 on :40 Pulls-nbbf&w EN {4 x 50 on :40 Pulls-nbbf&w EN	1 K C 1 P 1 P 1 P 1 P
	<pre>1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value =</pre>	EN1 EN1 EN1 EN1 REC	S S S	400	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :30 IM order-build	1 K C 1 P 1 P 1 P 1 P 1 P 1 S
	<pre>1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value = Workout #1698 - Wednesday, 02 January 2002</pre>	EN1 EN1 EN1 EN1 REC	S S S	400	{2 x 50 on 1:00 Kick no board EN 1x{4 x 50 on 1:00 Pulls-nbbf&w EN {4 x 50 on :55 Pulls-nbbf&w EN {4 x 50 on :50 Pulls-nbbf&w EN {4 x 50 on :45 Pulls-nbbf&w EN {4 x 50 on :40 Pulls-nbbf&w EN 16 x 25 on :30 IM order-build EN 2x{3 x 75 on 1:20 IM no free	1 K C 1 P 1 P 1 P 1 P 1 P 1 S 1 S
	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value = Workout #1698 - Wednesday, 02 January 2002	EN1 EN1 EN1 EN1 REC	S S S	400	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly EN	1 KC 1 P 1 P 1 P 1 P 1 P 1 S 1 S F
	<pre>1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value =</pre> Workout #1698 - Wednesday, 02 January 2002	EN1 EN1 EN1 EN1 REC	S S S	400	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free EN {3 x 75 on 1:20 IM no free EN	1 K C 1 P 1 P 1 P 1 P 1 P 1 S 1 S 1 S F
	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value = Workout #1698 - Wednesday, 02 January 2002	EN1 EN1 EN1 EN1 REC	S S S	400	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Backstroke }	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S
	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value = Workout #1698 - Wednesday, 02 January 2002	EN1 EN1 EN1 EN1 REC	S S S	400	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Backstroke {3 x 75 on 1:20 IM no free EN {3 x 75 on 1:20 IM no free EN {3 x 75 on 1:20 IM no free EN {3 x 75 on 1:20 IM no free EN {3 x 75 on 1:20 IM no free EN {3 x 75 on 1:20 IM no free EN {3 x 75 on 1:20 IM no free EN	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S
	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value =	EN1 EN1 EN1 REC 76	S S S	5	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 Backstroke {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Backstroke {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Breaststroke }	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S
400	<pre>1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value = Workout #1698 - Wednesday, 02 January 2002</pre>	EN1 EN1 EN1 REC 76	S S S D D	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
400 Yards	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value =	EN1 EN1 EN1 REC 76	S S S D D	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 Backstroke {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Backstroke {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Breaststroke }	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
400 Yards =====	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value =	EN1 EN1 EN1 REC 76	S S S D D	5 500 E	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
400 Yards =====	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value =	EN1 EN1 EN1 REC 76	S S S D D	5 500 E	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
400 Yards ===== 700 180	<pre>1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value = Workout #1698 - Wednesday, 02 January 2002</pre>	EN1 EN1 EN1 REC 76	S S S D D	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
400 Yards ===== 700 180	<pre>1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value =</pre>	EN1 EN1 EN1 REC 76 EGY === REC SP3 EN2	S S S D D	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
400 Yards ===== 700 180	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value = Workout #1698 - Wednesday, 02 January 2002 HighSchl - Rookies 1 minute rest between sets 7:00 AM Start Set Description ====================================	EN1 EN1 EN1 REC 76 EGY === REC SP3 EN2 EN2	S S S D D	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
Yards ===== 700 180 900	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value = Workout #1698 - Wednesday, 02 January 2002 HighSchl - Rookies 1 minute rest between sets 7:00 AM Start Set Description ====================================	EN1 EN1 EN1 REC 76 EGY === REC SP3 EN2 EN2 EN2	S S S D D WORK ==== :	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
Yards ===== 700 180 900	<pre>1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value =</pre>	EN1 EN1 EN1 REC 76 EGY === REC SP3 EN2 EN2 EN2 EN2	WORK S S S S S S C D S K K F P	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
Yards ===== 700 180 900	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value = Workout #1698 - Wednesday, 02 January 2002 HighSchl - Rookies 1 minute rest between sets 7:00 AM Start Set Description ====================================	EN1 EN1 EN1 REC 76 EGY === REC SP3 EN2 EN2 EN2 EN1 EN1	WORK S S S S S S S K F P P	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
Yards ===== 700 180 900	<pre>1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value =</pre>	EN1 EN1 EN1 REC 76 EGY === REC SP3 EN2 EN2 EN2 EN2	WORK S S S S S S C D S K K F P	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
Yards ===== 700 180 900	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value = Workout #1698 - Wednesday, 02 January 2002 HighSchl - Rookies 1 minute rest between sets 7:00 AM Start Set Description ====================================	EN1 EN1 EN1 REC 76 EGY === REC SP3 EN2 EN2 EN2 EN1 EN1	WORK S S S S S S S K F P P	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
Yards ===== 700 180 900	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value = Workout #1698 - Wednesday, 02 January 2002 HighSchl - Rookies 1 minute rest between sets 7:00 AM Start Set Description ====================================	EN1 EN1 EN1 REC 76 EGY === REC SP3 EN2 EN2 EN2 EN1 EN1	WORK S S S S S S S S C D S S K F P P P	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
Yards ===== 700 180 900	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value = Workout #1698 - Wednesday, 02 January 2002 HighSchl - Rookies 1 minute rest between sets 7:00 AM Start Set Description ====================================	EN1 EN1 EN1 REC 76 EGY === REC SP3 EN2 EN2 EN1 EN1 EN1 EN1	WORK S S S S S S S D D S K K F P P P	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
Yards ===== 700 180 900 750	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value = Workout #1698 - Wednesday, 02 January 2002 HighSchl - Rookies 1 minute rest between sets 7:00 AM Start Set Description	EN1 EN1 REC 76 EGY === REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1	WORK UD K K P P P P S	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
Yards ===== 700 180 900 750	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value = Workout #1698 - Wednesday, 02 January 2002 HighSchl - Rookies 1 minute rest between sets 7:00 AM Start Set Description	EN1 EN1 EN1 REC 76 EGY === REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1	WORK S S S D D S S K S S S S S S S S S S S	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
Yards ===== 700 180 900 750	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value =	EN1 EN1 EN1 REC 76 EGY === REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1	WORK S S S S S S S S S S S S S S S S S S S	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
Yards ===== 700 180 900 750	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value =	EN1 EN1 EN1 REC 76 EGY === REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1	S S S D D WORK ==== : : : : : : : : : : : : : : : : :	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 IM no	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
Yards ====== 700 180 900 750	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value =	EN1 EN1 EN1 REC 76 EGY === REC SP3 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	S S S D D WORK ==== : L : L : L : L : L : L : L : L :	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Backstroke {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Breaststroke {1 x 75 on 1:20 Bre	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
Yards ===== 700 180 900 750	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value =	EN1 EN1 EN1 REC 76 EGY === REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	S S S D D WORK ==== : : : : : : : : : : : : : : : : :	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Backstroke {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Breaststroke {1 x 75 on 1:20 Bre	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D
Yards ====== 700 180 900 750	1x{4 x 25 on :30 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle {4 x 25 on :15 Freestyle 8 x 50 on 1:00 Stroke Drills 4:01 PM 5,700 Yards - Stress Value =	EN1 EN1 EN1 REC 76 EGY === REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	S S S D D WORK ==== : L : L : L : L : L : L : L : L :	500	{2 x 50 on 1:00 Kick no board 1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w {4 x 50 on :50 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w 16 x 25 on :30 IM order-build 2x{3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Butterfly {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Backstroke {3 x 75 on 1:20 IM no free {1 x 75 on 1:20 Breaststroke {1 x 75 on 1:20 Bre	1 K C 1 P 1 P 1 P 1 P 1 S 1 S 1 S F 1 S 1 S C D

Workout #1701 - Thursday, 03 January 2002 HighSchl - All 1 minute rest between sets

HighSchl - Distance 1 minute rest between sets

Workout #1708 - Friday, 04 January 2002

	i minute rest between sets				
				7:00 AM Start	
	7:00 AM Start		Yards	Set Description EGY N	WORF
Yards	Set Description	EGY WOF		=======================================	
=====		=== ===		1 on 40:00 Dryland and stretch	I
	1 on 38:00 Weights and stretch		800	4 x 200 on 3:30 Swim-kick-pull-swim REC	٤
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC		$4x\{1 \times 50 \text{ on } : 45 \text{ Free 1st 12yds fast} $ SP3	٤
300	12 x 25 on :30 Berzerks	SP3		{1 x 50 on :45 Free 2nd 12yds fast REC	٤
	1x{1 x 200 on 4:00 Kick	EN2		{1 x 50 on :45 Free 3rd 12yds fast REC	٤
	{1 x 200 on 3:50 Kick	EN2		{1 x 50 on :45 Free 4th 12yds fast REC	٤
	1 x 200 on 3:40 Kick	EN2		1x{1 x 1000 on 14:00 Pulls EN1	E
	{1 x 200 on 3:30 Kick	EN2		{2 x 500 on 6:45 Pulls EN1	E
	{1 x 200 on 3:20 Kick	EN2		1x{2 x 100 on 1:30 Freestyle EN1	٤
	1x{4 x 125 on 1:50 Pulls no br L.5 yds	EN1		$\{2 \times 100 \text{ on } 1:25 \text{ Freestyle} $ EN1	٤
	{4 x 125 on 1:50 Pulls no br L.10 yds			$\{2 \times 100 \text{ on } 1:20 \text{ Freestyle} $ EN2	٤
	{4 x 125 on 1:50 Pulls no br L.15 yds			$1x\{1 \times 200 \text{ on } 3:00 \text{ Butterfly} $ EN2	٤
	{4 x 125 on 1:50 Pulls no br L.20 yds			{1 x 400 on 6:00 Individual Medley EN2	٤
300	12 x 25 on :30 IM order-build	EN1		{1 x 200 on 2:50 Backstroke EN2	٤
	1x{8 x 75 on 1:05 Backstroke	EN1		{1 x 400 on 6:00 Individual Medley EN2	٤
	{8 x 75 on 1:00 Backstroke	EN2		{1 x 200 on 3:20 Breaststroke EN2	٤
	{8 x 75 on :55 Backstroke	EN2		{1 x 400 on 6:00 Individual Medley EN2	٤
300	1 x 300 on 5:00 Stroke Drills	REC		{1 x 200 on 2:40 Freestyle EN2	٤
	9:30 AM 6,500 Yards - Stress Value = 85			{1 x 400 on 6:00 Individual Medley EN2	٤
	.,		300	6 x 50 on 1:00 Stroke Drills REC	Γ
	XV 1 4 // 1702 TI 1 02 I 2002			9:30 AM 6,900 Yards - Stress Value = 84	

Workout #1703 - Thursday, 03 January 2002 HighSchl - All

1 minute rest between sets			HighSchl - Fly & Back			
4:00 PM Start					1 minute rest between sets	
Yards Set Description		WORK			7:00 AM Start	
1 on 30:00 Stomach and Stretch			Ι	Yards	Set Description EGY WOF	
600 1 x 600 on 11:00 Swim-kick-pull-swim 240 16 x 15 on :30 Shooters 4 on each	n REC SP3	S S			1 on 40:00 Dryland and stretch	
600 12 x 50 on 1:00 Kick no board	EN2		C	800 180		
600 12 x 50 on :45 Pulls-nbbf&w 900 9 x 100 on 1:40 Descend in sets of 3	EN1 EN1	P S			1x{5 x 100 on 1:30 Kick with flippers EN2	
1-3 free 4-6 IM 7-9 stroke					$\{4 \times 100 \text{ on } 1:25 \text{ Kick with flippers} \text{EN2} $ $\{3 \times 100 \text{ on } 1:20 \text{ Kick with flippers} \text{EN2} $	
100 4 x 25 on 1:30 Choice OTB	EN1	S	C	•	1 x 1000 on 15:00 Pulls with paddles EN1	
300 1 x 300 on 5:00 Stroke Drills 1 on 7:00 Techniques-choice	REC	D D		600	1x{2 x 100 on 1:40 Individual Medley EN1 {2 x 100 on 1:35 Individual Medley EN1	
5:49 PM 3,340 Yards - Stress Value =	= 38	D		0 100	{2 x 100 on 1:30 Individual Medley EN1	
				2,100	2x{3 x 200 on 3:15 Your Stroke EN1 {6 x 25 on :40 Your Stroke 100% EN3	
Workout #1707 - Friday, 04 January 2002 HighSchl - Breast				0.00	{3 x 100 on 1:30 Freestyle-descend EN2	
1 minute rest between sets				200	1 x 200 on 3:00 Stroke Drills REC 9:30 AM 6,080 Yards - Stress Value = 89	

	7:00 AM	Start		
Yards	Set	Description	EGY	V
=====	===		===	=
	1 c	n 40:00 Dryland and stretch		
800	1 x	800 on 15:00 Swim-kick-drill-swim	REC	
400	10x{1 x	20 on :00 Timed starts	SP3	
	{1 x	20 on 1:00 Freestyle	REC	
1,200	1x{3 x	100 on 2:00 Kick	EN2	
	{3 x	100 on 1:55 Kick	EN2	
	{3 x	100 on 1:50 Kick	EN2	
	{3 x	100 on 1:45 Kick	EN2	
1,000	1x{4 x	100 on 2:00 Pulls	EN1	
	{ 4 x	75 on 1:30 Pulls	EN1	
	{ 4 x	50 on 1:00 Pulls	EN1	
	{ 4 x	25 on :30 Pulls	EN1	
400	8 x	50 on :50 25 free 25 stroke	EN1	
1,500	2x{3 x	200 on 3:30 Breaststroke	EN2	
	{1 x	150 on 2:15 Free 100% effort	EN3	
200	1 x	200 on 3:00 Stroke Drills	REC	
	9:30 AM	5,500 Yards - Stress Value = 88		

Workout #1709 - Friday, 04 January 2002 HighSchl - All 1 minute rest between sets

	2:00 PM	Start		
Yards	Set	Description	EGY	WC
=====	====		===	==
	1 or	n 30:00 Stomach and Stretch		
600	1 x	600 on 11:00 Swim-kick-pull-swim	REC	
180	12 >	x 15 on :30 Shooters	SP3	
250	10 ×	x 25 on :45 Sprint kick	EN2	
	1x{4 x	125 on 1:40 Pulls with paddles	EN1	
	{4 x	125 on 1:35 Pulls with paddles	EN2	
	{4 x	125 on 1:30 Pulls with paddles	EN2	
	1x{4 x	150 on 2:00 Freestyle	EN2	
	{3 x	150 on 1:55 Freestyle	EN2	
	{2 x	150 on 1:50 Freestyle	EN2	
	{1 x	150 on 1:45 Freestyle	EN2	
400	2 x	200 on 3:30 Individual Medley	EN1	
	10x{1 x	25 on :20 Freestyle	EN2	
	{1 x	25 on :30 Freestyle	EN1	
300	1 x	300 on 5:00 Stroke Drills	REC	
	4:02 PM	5,230 Yards - Stress Value = 78		

Workout #1704 - Friday, 04 January 2002 HighSchl - Rookies

1 minute rest between sets

	7:00 AM St	tart			
Yards	Set Desc	cription		EGY	WOF
=====	======				===
	1 on 40:	:00 Stoma	ch and Stretch		
	125 of	abs/push	nups		
800	1 x 800	on 18:00	Swim-kick-pull-sw:	im REC	
180	12 x 15	on :30 S	Shooters	SP3	
1,000	4x{3 x 50 d	on 1:20 K	Kick	EN2	
	{1 x 100	on 2:00	Kick	EN2	
900	3 x 300	on 5:30	Pulls	EN1	
200	8 x 25 d	on :45 IM	I order-build	EN1	
1,600	1x{2 x 200	on 4:00	Freestyle	EN2	
	{2 x 200	on 3:50	Freestyle	EN2	
	{2 x 200	on 3:40	Freestyle	EN2	
	{2 x 200	on 3:30	Freestyle	EN2	
150	1 x 150	on 3:00	Stroke Drills	REC	
	9:30 AM 4,8	330 Yards	s - Stress Value = '	70	

Workout #1706 - Friday, 04 January 2002 HighSchl - Sprint 1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 40:00 Dryland and stretch		
800	$8x{1 x 75 on 1:30 Stroke Drills}$	REC	
	{1 x 25 on :30 Stroke 100%	EN1	
600	12 x 50 on 1:00 Mid pool swims	SP3	
	100% for middle 25		
1,200	6x{1 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN3	
600	$6x{1 x 50 on 1:00 Pulls no breath}$	EN1	
	$\{1 \times 50 \text{ on } 1:00 \text{ Pulls}$	EN1	
2,100	$1x{4 x 200 on 3:00 Free w/pddls & zmmrs}$	EN2	
	$\{4 \times 175 \text{ on } 2:35 \text{ Free w/pddls \& zmmrs}$	EN2	
	$\{4 \times 150 \text{ on } 2:15 \text{ Free w/pddls \& zmmrs}$	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	9:30 AM 5,500 Yards - Stress Value = 123	2	

Workout #1710 - Saturday, 05 January 2002 HighSchl - All 1 minute rest between sets

		AM Start			
Yards	Se	et Description	EGY	WORK	٤
	==		===	====	=
	1	on 40:00 Weights and stretch		L	Γ
800	1	x 800 on 15:00 Reverse IM drill	REC	D	
400	1	6×25 on :30 Berzerks 4 on each	SP3	S	
	1x{2	x 100 on 1:30 Kick	EN2	K	C
	{ 2	x 50 on 1:00 Kick	EN2	K	C
	{ 2	x 100 on 1:35 Kick	EN2	K	C
	{ 2	x 50 on 1:00 Kick	EN2	K	C
	{ 2	x 100 on 1:40 Kick	EN2	K	C
	{ 2	x 50 on 1:00 Kick	EN2	K	C
	{ 2	x 100 on 1:45 Kick	EN2	K	C
	1x{2	x 200 on 2:45 Pulls	EN1	P	
	{ 2	x 200 on 2:40 Pulls	EN1	P	
	{ 2	x 200 on 2:35 Pulls	EN1	P	
	{ 2	x 200 on 2:30 Pulls	EN1	P	
300	12	2 x 25 on :30 IM order-build	EN1	S	
	1x{4	x 100 on 1:15 Freestyle	EN2	S	
	{ 4	x 100 on 1:10 Freestyle	EN2	S	
	{ 5	x 75 on :55 Freestyle	EN2	S	
	{ 5	x 75 on :50 Freestyle	EN2	S	
	{ 6	x 50 on :40 Freestyle	EN2	S	
	{ 6	x 50 on :35 Freestyle	EN2	S	
500	5	x 100 on 1:45 Stroke Drills	REC	D	
	9:30	AM 6,850 Yards - Stress Value =	101		

Workout #1715 - Monday, 07 January 2002 Group 3 - Fly & Back 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Dryland and stretch		I
800	16 x 50 on 1:00 Stroke Drills	REC	Γ
	odds back evens fly		
180	12 x 15 on :30 Shooters	SP3	٤
1,200	2x{3 x 100 on 1:30 Kick with flippers	EN2	F
	{3 x 100 on 1:20 Kick with flippers	EN2	F
1,200	24 x 50 on :50 Pulls-odds no breath	EN1	E
400	4 x 100 on 1:50 Breaststroke	EN1	٤
2,025	$3x{4 \times 25}$ on :30 Your Stroke	EN1	٤
	{3 x 25 on :25 Your Stroke	EN1	٤
	{2 x 25 on :20 Your Stroke	EN2	٤
	{4 x 50 on 1:00 Your Stroke	EN1	٤
	{3 x 50 on :55 Your Stroke	EN1	٤
	{2 x 50 on :50 Your Stroke	EN1	٤
	{ 1-flppr,2-zmmr,3-swm		
	{ 15m each wall under		
500	10 x 50 on 1:00 Stroke Drills	REC	Γ
	5:30 PM 6,305 Yards - Stress Value = 68	3	

Workout #1714 - Monday, 07 January 2002 HighSchl - Breast 1 minute rest between sets

	{ 4	Х	125	on	2:20	Freestyle	EN3
	{ 4	Х	125	on	2:30	Freestyle	EN3
200	1	Х	200	on	3:00	Stroke Drills	REC
	7:01	ΑM	15,5	500	Yards	s - Stress Value =	174

	3:00 PM Start				
Yards	Set Description	EGY	WORK	STK	
=====	=======================================	===	====	===	
	1 on 30:00 Dryland and stretch		L	DRY	
800	8 x 100 on 1:45 Stroke Drills	REC	D	CHO	
	odds free evens brst				
180	12 x 15 on :30 Shooters	SP3	S	FR	
1,650	1x{3 x 200 on 4:00 Kick	EN2	K	BR	
	{2 x 175 on 3:20 Kick	EN2	K	BR	
	{1 x 150 on 2:40 Kick	EN2	K	BR	
	{2 x 125 on 2:10 Kick	EN2	K	BR	
	{3 x 100 on 1:40 Kick	EN2	K	СНО	
1,500	$1x{3 x 125 on 2:30 Pulls}$	EN1	P	BR	
	{3 x 125 on 2:25 Pulls	EN1	P	BR	
	{3 x 125 on 2:20 Pulls	EN2	P	BR	
	{3 x 125 on 2:15 Pulls	EN2	P	BR	
250	5 x 50 on :50 25 free 25 fly	EN1	S	CMB	
1,400	$4x{1 x 200 on 3:40 Breaststroke}$	EN1	D	BR	
	{1 x 100 on 1:50 Breaststroke	EN1	D	BR	
	{1 x 50 on :55 Breaststroke	EN1	D	BR	
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD	
	5:31 PM 5,980 Yards - Stress Value	= = 8	30		

Workout #1716 - Monday, 07 January 2002 HighSchl - Rookies 1 minute rest between sets

Yards	3:00 Se				tion		EGY	WOF
	==	===		-===			===	===
	1	01	n 30	:00	Stoma	ach and Stretch		
800	1	Х	800	on	16:00	Swim-kick-pull-swim	REC	
180	12	2 2	k 15	on	:30 \$	Shooters	SP3	
900	1x{3	Х	100	on	2:30	Kick	EN2	
	{ 3	Х	100	on	2:25	Kick	EN2	
	{ 3	Х	100	on	2:20	Kick	EN2	
1,200	8	Х	150	on	2:45	Pulls	EN1	
500	5	Х	100	on	2:30	Individual Medley	EN1	
1,500	1x{2	Х	250	on	4:30	Freestyle	EN1	
	{ 2	Х	250	on	4:20	Freestyle	EN2	
	{ 2	Х	250	on	4:10	Freestyle	EN2	
400	8	Х	50 0	on 1	L:15 S	Stroke Drills	REC	
	5:31	Pl	4 5,4	180	Yards	s - Stress Value = 67		

Workout #1712 - Monday, 07 January 2002 HighSchl - Distance 1 minute rest between sets

Workout #1713 - Monday, 07 January 2002 HighSchl - Sprint 1 minute rest between sets

					3:00 PM	Start		
	3:00 PM Start			Yards	Set	Description	EGY	V
Yards	Set Description	EGY	MC	=====	====		===	=
=====	=======================================	===	==		1 or	n 30:00 Dryland and stretch		
	1 on 30:00 Dryland and stretch			800	1 x	800 on 15:00 Swim-kick-drill-swim	REC	
1,000	1 x 1000 on 15:00 Swim-kick-pull-swim	REC		180	12 x	x 15 on :30 Shooters	SP3	
180	12 x 15 on :30 Shooters	SP3		1,000	5x{1 x	100 on 2:00 Kick	EN2	
400	1x{4 x 25 on :45 Sprint kick	EN2		-	{4 x	25 on :45 Sprint kick	EN2	
	$\{4 \times 25 \text{ on } : 40 \text{ Sprint kick}$	EN2		1,000	20 ≥	x 50 on :40 Pulls	EN1	
	{4 x 25 on :35 Sprint kick	EN2		400		100 on 1:40 Individual Medley	EN1	
	{4 x 25 on :30 Sprint kick	EN2		1,800		75 on 1:15 Freestyle	EN1	
1,000	20 x 50 on :40 Pulls	EN1		-,		75 on 1:10 Freestyle	EN1	
400	1 x 400 on 6:00 Individual Medley	EN1			-	75 on 1:05 Freestyle	EN1	
4,000	1x{1 x 1000 on 15:00 Freestyle	EN1			•	25 2bk, 2nd254bk		
	{1 x 1000 on 14:30 Freestyle	EN1			•	d 25 6bk		
	{1 x 1000 on 14:00 Freestyle	EN1		500		25 on :30 Freestyle	EN1	
	{1 x 1000 on 13:30 Freestyle	EN1		300	•	25 on :20 Freestyle	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC		400	•	50 on 1:00 Stroke Drills	REC	
	5:30 PM 7,280 Yards - Stress Value = 69			100		6,080 Yards - Stress Value = 66	1.110	

Workout #1711 - Monday, 07 January 2002 HighSchl - All

	5:30	Αl	4 St	art				
Yards	Se	et	Desc	crip	otion		EGY	WOF
	==	-=-		====			===	===
600	1	Х	600	on	11:00) Swim-kick-pull-swim	REC	
300	12	2 2	k 25	on	:30 E	Berzerks	SP3	
	1x{1	Х	300	on	4:15	Pulls	EN1	
	{ 1	Х	200	on	2:50	Pulls	EN1	
	{ 1	Х	100	on	1:25	Pulls	EN2	
	{ 1	Х	300	on	4:00	Pulls	EN2	
	{ 1	Х	200	on	2:40	Pulls	EN2	
	{ 1	Х	100	on	1:20	Pulls	EN2	
	{ 1	Х	300	on	3:45	Pulls	EN2	
	{ 1	Х	200	on	2:30	Pulls	EN2	
	{ 1	Х	100	on	1:15	Pulls	EN2	
	{ 1	Х	300	on	3:30	Pulls	EN2	
	{ 1	х	200	on	2:20	Pulls	EN2	
	{ 1	Х	100	on	1:10	Pulls	EN1	
	1x{4	х	125	on	2:00	Freestyle	EN3	
	{ 4	Х	125	on	2:10	Freestyle	EN3	

Workout #1720 - Tuesday, 08 January 2002 Group 3 - All

1 minute rest between sets

HighSchl - State Champions 1 minute rest between sets

	1 minute rest between sets					
			,	3:00 PM Start		
	6:00 PM Start		Yards	1		WORF
Yards	Set Description	EGY WOF				
		=======================================	800	4 x 200 on 3:00 Swim-kick-pull-swim F		٤
	1 on 30:00 Stomach and Stretch		300		SP3	٤
800	1 x 800 on 15:00 Swim-kick-pull-swim	n REC		·	IN2	F
300	12 x 25 on :30 Berzerks	SP3		·	EN2	F
	1x{2 x 100 on 2:00 Kick	EN2			IN2	F
	{2 x 125 on 2:20 Kick	EN2		`	CN1	E
	{2 x 150 on 2:40 Kick	EN2		·	EN1	E
	{2 x 175 on 3:00 Kick	EN2		• -	EN1	٤
	1x{5 x 50 on :50 Pulls	EN1		· ·	SP2	٤
	{2 x 100 on 1:15 Pulls	EN1		`	CN1	٤
	$\{5 \times 50 \text{ on } : 45 \text{ Pulls}$	EN1		·	SP2	٤
	{2 x 100 on 1:15 Pulls	EN1		{1 on 1:00 Rest		N
	{5 x 50 on :40 Pulls	EN1	600	1 x 600 on 9:00 Stroke Drills F	REC	Γ
	{2 x 100 on 1:15 Pulls	EN1		1 on 30:00 Stomach and Stretch		I
600	3 x 200 on 3:15 Individual Medley	EN1		5:22 PM 6,500 Yards - Stress Value = 96		
	1x{4 x 125 on 2:00 Freestyle	EN3				
	{4 x 125 on 2:10 Freestyle	EN3		Workout #1727 - Wednesday, 09 January 2002		
	{4 x 125 on 2:20 Freestyle	EN3		•		
	{4 x 125 on 2:30 Freestyle	EN3		Group 3 - All		
400	8 x 50 on 1:00 Stroke Drills	REC		1 minute rest between sets		
	8:30 PM 6,550 Yards - Stress Value = 17					
		_		6:00 PM Start		
	NV 1 4 //17/17 T 1 00 1 2002		Yards	Set Description	ΕG	SY WC
	Workout #1717 - Tuesday, 08 January 2002		=====		: ==	===
	HighSchl - All			1 on 30:00 Stomach and Stretch		
	1 minute rest between sets			1x{1 x 200 on 3:30 Swim-kick-pull-swim	RE	C
				{1 x 200 on 3:20 Swim-kick-pull-swim	RE	C
	5:30 AM Start			{1 x 200 on 3:10 Swim-kick-pull-swim	RE	C
Yards	Set Description EGY WO	RK STK		{1 x 200 on 3:00 Swim-kick-pull-swim	RE	C
=====	=======================================	== === =	300	12 x 25 on :30 Berzerks	SP	
	1 on 25:00 Weights	L DRY	1,200	12 x 100 on 2:00 Kick-odds 100% effrt	: EN	12
400	1 x 400 on 6:30 Stroke Drills REC	D CHO		1x{1 x 50 on :45 Pulls	ΕN	1
300	12 x 25 on :30 Berzerks SP3	S FLY		{1 x 100 on 1:30 Pulls	ΕN	11
	1x{2 x 250 on 3:40 Pulls EN1	P FR		{1 x 150 on 2:15 Pulls	ΕN	1
	{2 x 250 on 3:35 Pulls EN1	P FR		{1 x 200 on 3:00 Pulls	ΕN	1
	{2 x 250 on 3:30 Pulls EN1	P FR		{1 x 200 on 2:40 Pulls	ΕN	12
	1x{5 x 125 on 1:35 Freestyle EN2	S FR		{1 x 150 on 2:00 Pulls	ΕN	12
	{5 x 100 on 1:15 Freestyle EN2	S FR		{1 x 100 on 1:20 Pulls	ΕN	12
	$\{5 \times 75 \text{ on :} 55 \text{ Freestyle} \}$ EN2	S FR		{1 x 50 on :40 Pulls	ΕN	12
	$\{5 \times 50 \text{ on } : 35 \text{ Freestyle} \}$ EN2	S FR		6x{1 x 25 on :30 Stroke	ΕN	1
250	5 x 50 on 1:00 Stroke Drills REC	D CD		$\{1 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	ΕN	12
	7:01 AM 4,200 Yards - Stress Value = 62	2		1x{4 x 250 on 3:45 Backstroke	ΕN	1
				{4 x 25 on :45 Back 15m under H2O	ΕN	1
	Workout #1718 - Tuesday, 08 January 2002			{3 x 200 on 2:55 Backstroke	ΕN	1
	•			{4 x 25 on :45 Back 15m under H2O	ΕN	
	HighSchl - Sectional			{3 x 150 on 2:10 Backstroke	ΕN	.1
	1 minute rest between sets			{4 x 25 on :45 Back 15m under H20	ΕN	
				{4 x 100 on 1:25 Backstroke	ΕN	
	3:00 PM Start		300		RE	iC
Yards	Set Description	EGY WOF		8:30 PM 6,650 Yards - Stress Value = 83		
=====	=======================================					
800	1 x 800 on 15:00 Swim-kick-pull-swin	n REC				
300	12 x 25 on :30 Berzerks	SP3				
	3x{1 x 50 on 1:00 Kick	EN2				
	{1 x 100 on 2:00 Kick	EN2				
	{1 x 150 on 3:00 Kick	EN2				
	$4x{1 x 100 on 1:30 Lungbuster pulls}$	EN1				
	$\{1 \times 200 \text{ on } 3:00 \text{ Pulls-nbbf&w}$	EN1				
	2x{4 x 100 on 1:30 Freestyle	EN1				
	{1 x 50 on 2:00 Your Stroke OTB	SP2				
	$\{4 \times 125 \text{ on } 1:50 \text{ Freestyle}$	EN1				
	{1 x 50 on 2:00 Your Stroke OTB	SP2				
	{1 on 1:00 Rest					
300	6 x 50 on 1:00 Stroke Drills	REC				
	1 on 30:00 Stomach and Stretch					
	E 15 DW 5 500 W 1 01 77 3	`				

5:15 PM 5,500 Yards - Stress Value = 80

Workout #1721 - Wednesday, 09 January 2002 HighSchl - State Champions 1 minute rest between sets

Workout #1724 - Wednesday, 09 January 2002 Beat Penn - Fly & Back 1 minute rest between sets

	3:00 PM Start				1 minute Test between sets	
Yards	Set Description		WORK S		3:00 PM Start	
=====			==== =	Yards	Set Description	EGY WOF
	2				=======================================	=== ===
800	8 x 100 on 1:45 Stroke Drills		D (1 on 30:00 Dryland and stretch	
	$4x{1 x 50 on :45 Back 1st 12yds fast}$	SP3	S	800	1 x 800 on 15:00 Swim-kick-pull-swim	REC
	$\{1 \times 50 \text{ on } : 45 \text{ Back 2nd 12yds fast}\}$	REC	S	180	12 x 15 on :30 Shooters	SP3
	$\{1 \times 50 \text{ on } : 45 \text{ Back 3rd 12yds fast}\}$	REC	S	900	1x{1 x 100 on 1:45 Kick with flippers	EN2
	$\{1 \times 50 \text{ on } : 45 \text{ Back 4th 12yds fast} \}$	REC	S		{2 x 100 on 1:40 Kick with flippers	EN2
	2x{1 x 100 on 2:00 Kick	EN2	K ({3 x 100 on 1:35 Kick with flippers	EN2
	{2 x 100 on 1:50 Kick	EN2	K ({2 x 100 on 1:55 Kick with flippers	EN2
	{3 x 100 on 1:40 Kick	EN2	K ({1 x 100 on 1:50 Kick with flippers	EN2
	1x{1 x 400 on 5:30 Pulls	EN1	P	1 200	1x{4 x 100 on 1:30 Pulls 3 brths L.25	EN1
	{1 x 400 on 5:20 Pulls	EN1	P	1/200	{4 x 100 on 1:30 Pulls 2 brths L.25	EN1
	{1 x 400 on 5:10 Pulls	EN2	P		{4 x 100 on 1:30 Pulls 1 brth L.25	EN1
	{1 x 400 on 5:00 Pulls	EN2	P	1 200	3x{3 x 100 on 1:30 Descend in sets of 3	
	4x{1 x 100 on 1:30 Individual Medley	EN1	S	1,200	{4 x 25 on :30 Your Stroke	EN2
	· ·	EN2	S	400	·	SP1
	· -	SP1	S (400	{2 x 100 on 6:00 Your Stroke	SP1
	{1 x 100 on 6:00 Choice		S (800	·	REC
600	•	REC	D	800	5:25 PM 5,480 Yards - Stress Value = 93	KEC
000	5:36 PM 6,500 Yards - Stress Value =		-		J.25 PM J, 400 Tatus - Stress Value = 93	

Workout #1725 - Wednesday, 09 January 2002 Beat Penn - Breast 1 minute rest between sets

Workout #1726 - Wednesday, 09 January 2002 Beat Penn - Rookies 1 minute rest between sets

					3:00 E	PM St	art			
	3:00 PM Start			Yards	Set	Desc	crip	tion	EGY	WOF
Yards	Set Description	EGY	WOF		===				===	
=====	=======================================	===	===		1 0	on 30:	:00	Dryland and stretch		
	1 on 30:00 Dryland and stretch			600				15:00 Swim-kick-pull-swim	REC	
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC		180				:30 Shooters	SP3	
180	12 x 15 on :30 Shooters	SP3		800				2:30 Kick	EN2	
1,000	1x{4 x 100 on 2:00 Kick	EN2			{2 >	k 100	on	2:25 Kick	EN2	
	{3 x 100 on 1:50 Kick	EN2			•			2:20 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2			{2 >	x 100	on	2:15 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2		1,000	•			2:30 Pulls	EN1	
1,000	1x{4 x 125 on 2:30 Pulls	EN1		,	•			2:25 Pulls	EN1	
	{4 x 125 on 2:25 Pulls	EN1		700	•			2:00 Descend in sets of 3	EN2	
1,200	$3x{3 \times 100}$ on 1:30 Descend in sets of 3	EN2			•			45 Choice	EN1	
	$\{4 \times 25 \text{ on } : 30 \text{ Breaststroke} \}$	EN2		400				8:00 #1 IM #2 free	SP1	
400	1x{1 x 200 on 8:00 #1 IM #2 breast	SP1			•			6:00 Freestyle	SP1	
	{2 x 100 on 6:00 Breaststroke	SP1		600	•			2:30 Stroke Drills	REC	
800	8 x 100 on 1:45 Stroke Drills	REC		000				Yards - Stress Value = 78	0	
	5:30 PM $5,380$ Yards - Stress Value = 93					, -				

Workout #1722 - Wednesday, 09 January 2002 Beat Penn - Distance 1 minute rest between sets

	3:00	PM	1 St	cart	5			
Yards	Se	et	Desc	crip	otion		EGY	WOF
=====	==	===					===	===
	1	or	30:	:00	Dryla	and and stretch		
800	1	Х	800	on	15:00) Swim-kick-pull-swim	REC	
180	12	2 2	15	on	:30 8	Shooters	SP3	
500	1x{1	Х	100	on	2:10	Kick	EN2	
	{ 1	Х	100	on	2:05	Kick	EN2	
	{ 1	Х	100	on	2:00	Kick	EN2	
	{ 1	Х	100	on	1:55	Kick	EN2	
	{ 1	Х	100	on	1:50	Kick	EN2	
2,000	1x{2	Х	500	on	7:30	Pulls	EN1	
	{ 2	Х	500	on	7:00	Pulls	EN1	
900	9	Х	100	on	1:30	Descend in sets of 3	EN2	
400	1x{1	Х	200	on	8:00	Freestyle	SP1	
	{ 2	Х	100	on	6:00	Freestyle	SP1	
800	8	Х	100	on	1:45	Stroke Drills	REC	
	5:24	ΡM	15,5	580	Yards	s - Stress Value = 87		

6:00 PM Start

Workout #1723 - Wednesday, 09 January 2002 **Beat Penn - Sprint** 1 minute rest between sets

	{ 1	x 100 on 1:30 Pulls	EN1	P	F
	{ 1	x 100 on 1:15 Freestyle	EN2	S	F
300	6	x 50 on 1:00 Stroke Drills	REC	D	C
	6:59	AM 4,000 Yards - Stress Value	= 57		

	3:00 PM Start			
Yards	Set Description	EGY	WOF	
	=======================================	===	===	
	1 on 30:00 Dryland and stretch			
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC		
180	12 x 15 on :30 Shooters	SP3		
900	1v/1 v 100 on 2·10 Kick	EN2		

Workout #1730 - Thursday, 10 January 2002 HighSchl - Sectional 1 minute rest between sets

=====	=======================================	===	===
	1 on 30:00 Dryland and stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	1x{1 x 100 on 2:10 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{3 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
1,200	1x{8 x 75 on 1:10 Pulls no br L.15 yds	EN1	
	$\{8 \times 75 \text{ on } 1:05 \text{ Pulls no br L.20 yds}$	EN1	
1,200	$3x{3 \times 100}$ on 1:30 Descend in sets of 3	EN2	
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN2	
400	1x{1 x 200 on 8:00 Freestyle	SP1	
	{2 x 100 on 6:00 Freestyle	SP1	
800	8 x 100 on 1:45 Stroke Drills	REC	
	5:27 PM 5,480 Yards - Stress Value = 93		

3:00 PM Start Yards Set Description EGY WOE ===== ______ ___ ___ 1 on 30:00 Stomach and Stretch 800 1×800 on 15:00 Swim-kick-pull-swim REC 180 12 x 15 on :30 Shooters $1x\{2 \times 100 \text{ on } 2:15 \text{ Kick w/out a board}$ EN1 {2 x 100 on 2:10 Kick EN1 {2 x 100 on 2:05 Kick w/out a board EN1 {2 x 100 on 2:00 Kick EN1 {2 x 100 on 1:55 Kick w/out a board EN1 $1x{4 x 100 on 1:40 Pulls}$ {4 x 100 on 1:35 Pulls EN1 6×50 on :45 Freestyle EN1 $2x{1 \times 200 \text{ on } 3:30 \text{ Reverse IM drill}}$ {1 x 200 on 3:00 Freestyle EN1 {4 x 75 on 1:15 Stroke Drills 1 on E EN1 1 x 500 on 10:00 Freestyle REC 5:09 PM 4,980 Yards - Stress Value = 42

Workout #1731 - Thursday, 10 January 2002 Group 3 - All

1 minute rest between sets

Workout #1729 - Thursday, 10 January 2002 **HighSchl - State Champions** 1 minute rest between sets

Yards Set Description	EGY	WORK	Ę
===== =================================	===	====	=
1 on 30:00 Stomach and Stretch		L	Ι
800 8 x 100 on 2:00 Reverse IM drill	REC		
180	SP3	S	
· ·	EN2		-
{4 x 50 on :55 Kick	EN2	K	C
$\{4 \times 75 \text{ on } 1:20 \text{ Kick} \}$	EN2	K	C
{4 x 100 on 1:45 Kick	EN2	K	C
$1x{3 x 50 on 1:00 25 free 25 stroke}$	EN1	S	C
$\{3 \times 50 \text{ on } :55 25 \text{ free } 25 \text{ stroke}$	EN1	S	C
$\{3 \times 50 \text{ on } :50 25 \text{ free } 25 \text{ stroke}$	EN1	S	C
$\{3 \times 50 \text{ on } : 45 \text{ 25 free 25 stroke}\}$	EN1	S	C
$1x{4 \times 100}$ on 2:00 Breaststroke	EN1	S	
$\{4 \times 25 \text{ on } 1:00 \text{ Breast from a dive} \}$	SP2	S	
$\{4 \times 100 \text{ on } 1:55 \text{ Breaststroke} \}$	EN1	S	
$\{4 \times 25 \text{ on } 1:00 \text{ Breast from a dive} \}$	SP2	S	
$\{4 \times 100 \text{ on } 1:50 \text{ Breaststroke} \}$	EN1	S	
$\{4 \times 25 \text{ on } 1:00 \text{ Breast from a dive} \}$	SP2	S	
$\{4 \times 100 \text{ on } 1:45 \text{ Breaststroke} \}$	EN2	S	
$\{4 \times 25 \text{ on } 1:00 \text{ Breast from dive}$	SP2	S	
900 12 x 75 on 1:10 Lungbuster pulls	EN1	P	
br 3-5-7			
200 1 x 200 on 4:00 Stroke Drills	REC	D	
8:31 PM 5,680 Yards - Stress Value =	104		

Yards Set Description EGY ===== 1 on 30:00 Stomach and Stretch	WOF ===
1 on 30:00 Stomach and Stretch	===
1 on 30:00 Stomach and Stretch	
800 1 x 800 on 15:00 Swim-kick-pull-swim REC	
180	
$1x\{2 x 100 \text{ on } 2:00 \text{ Kick}$ 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	
$1x\{2 \times 300 \text{ on } 4:00 \text{ Pulls}$ EN1	
{2 x 300 on 3:50 Pulls EN1	
300 6 x 50 on :45 Freestyle EN1	
$4x\{1 \times 200 \text{ on } 3:00 \text{ Individual Medley} \text{ EN1}$	
$\{1 \times 200 \text{ on } 2:30 \text{ Freestyle} $ EN2	
{4 x 75 on 1:15 Stroke EN1	
250 1 x 250 on 5:00 Stroke Drills REC	
5:24 PM 6,530 Yards - Stress Value = 78	

Workout #1728 - Thursday, 10 January 2002 HighSchl - All

1 minute rest between sets

Workout #1735 - Friday, 11 January 2002 Group 3 - All 1 minute rest between sets

6.00 DM Ctaxt

	5:30 AM Start				
Yards	Set Description	EGY	WORK	Sī	
	=======================================	===	====	==	
	1 on 25:00 Weights		L	DF	
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I	
300	12 x 25 on :30 Berzerks	SP3	S	E	
	1x{1 x 500 on 7:30 Pulls	EN1	P	E	
	$\{1 \times 500 \text{ on } 6:15 \text{ Freestyle} \}$	EN2	S	E	
	$\{1 \times 400 \text{ on } 6:00 \text{ Pulls}$	EN1	P	E	
	$\{1 \times 400 \text{ on } 5:00 \text{ Freestyle} \}$	EN2	S	E	
	{1 x 300 on 4:30 Pulls	EN1	P	E	
	$\{1 \times 300 \text{ on } 3:45 \text{ Freestyle} \}$	EN2	S	E	
	{1 x 200 on 3:00 Pulls	EN1	P	E	
	{1 x 200 on 2:30 Freestyle	EN2	S	E	

		6:00 PM Start			
	Yards	Set Description	EGY	WORK	Sī
			===	====	==
1		1 on 30:00 Stomach and Stretch		L	DF
=	800	4 x 200 on 4:00 Swim-kick-pull-swim	REC	S	F
-	180	12 x 15 on :30 Shooters	SP3	S	F
1		1 on 10:00 Techniques-Tn turn		D	F
Ξ	600	6 x 100 on 2:00 Kick	EN2	K	CF
E		1 on 10:00 Techniques-finishes		D	I
E	600	6 x 100 on 1:30 Lungbuster pulls	EN1	P	F
E		1 on 10:00 Techniques-starts		D	
E	240	8 x 30 on 1:00 Freestyle-OTB	SP3	S	F
E	250	1 x 250 on 5:00 Stroke Drills	REC	D	C
E		8:01 PM 2,670 Yards - Stress Value =	= 35		
H					

Workout #1733 - Friday, 11 January 2002 HighSchl - All

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 15:00 Stretching		L
800	1 x 800 on 12:00 Choice	REC	S
300	12 x 25 on :30 Berzerks	SP3	S
700	7 x 100 on 1:50 Kick odds fast	EN2	K
	$1x{3 x 400 on 4:00 Pulls}$	EN1	P
	{2 x 200 on 2:45 Pulls	EN1	P
	$\{1 \times 100 \text{ on } 1:25 \text{ Pulls}$	EN1	P
	$1x{4 x 100 on 1:30 Freestyle}$	EN1	S
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S
	${3 \times 125 \text{ on } 1:50 \text{ Freestyle}}$	EN1	S
	${3 \times 75 \text{ on } 1:05 \text{ Freestyle}}$	EN1	S
	{2 x 150 on 2:10 Freestyle	EN1	S
	$\{2 \times 100 \text{ on } 1:25 \text{ Freestyle}$	EN1	S
	{1 x 175 on 2:25 Freestyle	EN1	S
	$\{1 \times 125 \text{ on } 1:40 \text{ Freestyle}$	EN1	S
	$2x{2 \times 100 \text{ on } 1:30 \text{ Your Stroke}}$	EN1	S
	$\{4 \times 25 \text{ on } : 30 \text{ odds free evens strk}$	EN1	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
	4:58 PM 6,500 Yards - Stress Value =	69	

Workout #1734 - Friday, 11 January 2002 HighSchl - Sectional 1 minute rest between sets

	3:00 E	M Start				
Yards	Set	Descrip	otion		EGY	WOF
	===				===	===
	1 0	n 15:00	Stre	tching		
800	1 >	800 on	15:00	O Swim-kick-pull-swim	REC	
180	12	x 15 on	:30	Shooters	SP3	
	1x{2 x	: 125 on	2:30	Kick	EN2	
	{2 x	: 125 on	2:25	Kick	EN2	
	{2 ×	: 125 on	2:20	Kick	EN2	
	{2 x	: 125 on	2:15	Kick	EN2	
	1x{1 x	200 on	3:00	Pulls	EN1	
	{1 >	200 on	2:55	Pulls	EN1	
	{1 x	200 on	2:50	Pulls	EN1	
	{1 >	200 on	2:45	Pulls	EN1	
	{1 ×	200 on	2:40	Pulls	EN2	
300	12	x 25 on	:30	IM order-build	EN1	
	8x{1 x	100 on	1:40	Individual Medley	EN1	
	{1 >	: 50 on :	:40 F:	reestyle	EN2	
	{1 ×	25 on :	:40 St	troke Drills	REC	
350	7 >	50 on 1	L:00 :	Stroke Drills	REC	
	4:53 E	°M 5,030	Yard	s - Stress Value = 58		

Workout #1732 - Friday, 11 January 2002 Beat Penn - All 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	$1x{5 x 50 on 1:00 Pulls-nbbf&w}$	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	
	1 on 20:00 Techniques-starts		
	$1x{2 x 250 on 3:45 Freestyle}$	EN1	
	{2 x 250 on 3:40 Freestyle	EN1	
	{2 x 250 on 3:35 Freestyle	EN1	
	{1 x 250 on 3:30 Freestyle	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	7:01 AM 3,780 Yards - Stress Value = 32		

Workout #1738 - Saturday, 12 January 2002 Group 3 - All 1 minute rest between sets

		O AM Start		
Yards	Se	et Description	EGY	WOF
=====	==		== ===	===
	1	on 30:00 Stomach and Stretch		
800	1	x 800 on 14:00 Swim-kick-pull-sw	im REC	
180	12	2 x 15 on :30 Shooters	SP3	
	2x{2	x 150 on 2:45 Kick	EN2	
	{ 2	x 100 on 1:50 Kick	EN2	
	{2	x 50 on :55 Kick	EN2	
	1x{2	x 225 on 3:00 Pulls	EN1	
	{ 3	x 100 on 1:15 Pulls	EN1	
	{ 2	x 225 on 2:55 Pulls	EN1	
	{ 3	x 100 on 1:20 Pulls	EN1	
	{ 2	x 225 on 2:50 Pulls	EN1	
	{ 3	x 100 on 1:25 Pulls	EN1	
400	10	6 x 25 on :30 IM order-build	EN1	
800	4	x 200 on 8:00 Freestyle	SP1	
300	1	x 300 on 5:00 Stroke Drills	REC	
	1:33	PM 5,930 Yards - Stress Value =	120	

Workout #1737 - Saturday, 12 January 2002 HighSchl - Sectional 1 minute rest between sets

		7:00 AM Start			
	Yards	Set Description	EGY	WORK	٤
F	=====		===	====	=
)r :=		1 on 40:00 Weights and stretch		L	
-	800		REC	D	C
		odds free evens strk			
	300	12 x 25 on :30 Berzerks	SP3	S	C
		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
		1x{1 x 200 on 3:00 Pulls	EN1	P	
		{3 x 100 on 1:30 Pulls	EN1	P	
		{1 x 200 on 2:55 Pulls	EN1	P	
		{3 x 100 on 1:30 Pulls	EN1	P	
		{1 x 200 on 2:50 Pulls	EN1	P	
	900	9 x 100 on 1:45 Individual Medley	EN1	S	
		odds drill			
		1x{1 x 200 on 8:00 Broken	SP1	S	C
		{2 x 100 on 6:00 Broken	SP1	S	C
	500	1 x 500 on 7:30 Stroke Drills	REC	D	
		9:26 AM 5,000 Yards - Stress Value =			
		•			

Workout #1736 - Saturday, 12 January 2002 HighSchl - State Champions 1 minute rest between sets

	7:00	AM Start			
Yards	Se	et Description	EGY	WORK	٤
=====	==		===	====	=
	1	on 40:00 Weights and stretch		L	Ι
800	8	x 100 on 1:30 Stroke Drills	REC	D	(
	(odds free evens strk			
300	12	2 x 25 on :30 Berzerks	SP3	S	(
1,200	2x{2	x 150 on 2:45 Kick	EN2	K	(
	{ 2	x 100 on 1:50 Kick	EN2	K	(
	{ 2	x 50 on :55 Kick	EN2	K	(
1,950	1x{2	x 225 on 3:00 Pulls	EN1	P	
	{ 3	x 100 on 1:30 Pulls	EN1	P	
	{ 2	x 225 on 2:55 Pulls	EN1	P	
	{ 3	x 100 on 1:30 Pulls	EN1	P	
	{ 2	x 225 on 2:50 Pulls	EN1	P	
600	6	x 100 on 1:40 Individual Medley	EN1	S	
700	1x{3	x 200 on 8:00 Broken	SP1	S	(
	{ 1	x 100 on 6:00 Broken	SP1	S	(
500	1	x 500 on 7:30 Stroke Drills	REC	D	
	9:41	AM 6,050 Yards - Stress Value =	116		

Workout #1744 - Monday, 14 January 2002 Group 3 - All

1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	STK
=====	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
800	8 x 100 on 2:00 Stroke Drills	REC	D	CD
300	12 x 25 on :30 Berzerks	SP3	S	FR
	$1x{2 x 200 on 4:00 Kick}$	EN2	K	CHO
	{2 x 200 on 3:50 Kick	EN2	K	CHO
	{2 x 200 on 3:40 Kick	EN2	K	CHO
	$1x{8 \times 50 \text{ on :} 50 \text{ Pulls}}$	EN1	P	FR
	{8 x 50 on :45 Pulls	EN1	P	FR
	$\{8 \times 50 \text{ on } : 40 \text{ Pulls}$	EN1	P	FR
	$5x{1 x 25 on :30 Freestyle}$	EN1	S	FR
	$\{1 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	EN2	S	FR
	$1x{2 x 500 on 6:15 Freestyle}$	EN2	S	FR
	$\{2 \times 500 \text{ on } 6:00 \text{ Freestyle} \}$	EN2	S	FR
	$\{1 \times 500 \text{ on } 5:45 \text{ Freestyle} \}$	EN2	S	FR
400	16 x 25 on :30 Stroke Drills	REC	D	CD
	8:23 PM 6,650 Yards - Stress Value	= 3	101	

Workout #1739 - Monday, 14 January 2002 HighSchl - All

1 minute rest between sets

	5:30 AM Start	
Yards	Set Description	EGY WOF
=====		=== ===
	1 on 15:00 Stretch	
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC
180	12 x 15 on :30 Shooters	SP3
	1x{5 x 100 on 1:30 Pulls	EN1
	{5 x 100 on 1:25 Pulls	EN1
	{5 x 100 on 1:20 Pulls	EN1
	1 on 10:00 Techniques-relay str	
	$2x{1 x 100 on 1:45 Stroke Drills}$	REC
	{3 x 125 on 2:00 Freestyle-descend	EN1
	$\{4 \times 25 \text{ on } : 30 \text{ IM order}$	EN1
200	1 x 200 on 4:00 Stroke Drills	REC
	7:02 AM 3,630 Yards - Stress Value = 32	

Workout #1742 - Monday, 14 January 2002 HighSchl - State Champions 1 minute rest between sets

Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Dryland and stretch		L
	$1x{1 \times 400 \text{ on } :00 \text{ Swim-kick-pull-swim}}$	REC	S
	$\{1 \times 400 \text{ on } 15:00 \text{ Reverse IM drill}$	REC	D
300	12 x 25 on :30 Berzerks	SP3	S
	3x{2 x 125 on 2:15 Kick	EN2	K
	{4 x 25 on :45 Sprint kick	EN2	K
	1x{2 x 300 on 4:10 Pulls	EN1	P
	{2 x 300 on 4:05 Pulls	EN1	P
	{1 x 300 on 4:00 Pulls	EN1	P
450	9 x 50 on :45 Freestyle	EN1	S
	1x{3 x 200 on 2:35 Freestyle	EN1	S
	{2 x 300 on 3:50 Freestyle	EN2	S
	$\{1 \times 400 \text{ on } 5:05 \text{ Freestyle} \}$	EN2	S
300	6 x 50 on 1:00 Stroke Drills	REC	D
	5:15 PM 6,000 Yards - Stress Value = 7	18	
	W 41742 M 14 I 2002		

3:00 PM Start

Workout #1743 - Monday, 14 January 2002 Beat Penn - Distance 1 minute rest between sets

	3:00								
Yards	Se	et	Des	crip	otion			EGY	WOF
=====	==	===		-===	-====		=========	===	===
	1	or	n 30:	:00	Dryla	and and s	tretch		
600	1	Х	600	on	12:00	O Swim-ki	ck-pull-swim	REC	
180	12	2 2	k 15	on	:30	Shooters		SP3	
	1	or	n 15	:00	Techi	niques-st	arts		
300	1x{1	Х	100	on	2:00	Kick		EN2	
	{ 1	Х	100	on	1:55	Kick		EN2	
	{ 1	Х	100	on	1:50	Kick		EN2	
1,600	1x{2	Х	200	on	3:00	Pulls		EN1	
	{ 2	Х	200	on	2:55	Pulls		EN1	
	{ 2	Х	200	on	2:50	Pulls		EN1	
	{ 2	Х	200	on	2:45	Pulls		EN1	
1,500	3	Х	500	on	7:00	Freestyl	е	EN1	
350	7	Х	50 0	on 1	L:00 :	Stroke Dr	ills	REC	
	5:05	ΡN	4 4,	530	Yard	s - Stres	s Value = 44		

Workout #1740 - Monday, 14 January 2002 Beat Penn - IM/Stroke 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
600	-	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 15:00 Techniques-starts		
900	1x{4 x 100 on 2:00 Kick	EN2	
	{3 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
800	1x{2 x 200 on 3:00 Pulls	EN1	
	{2 x 200 on 2:55 Pulls	EN1	
1,550	1x{3 x 100 on 1:45 Individual Medley	EN1	
	{1 x 50 on 1:00 Your Stroke-100%	EN3	
	(EN1	
	{1 x 50 on 1:00 Your Stroke-100%	EN3	
	{4 x 150 on 2:30 Free mid 50 stroke	EN1	
	{1 x 50 on 1:00 Your Stroke-100%	EN3	
500	10 x 50 on 1:00 Stroke Drills	REC	
	5:14 PM 4,530 Yards - Stress Value = 56		

Workout #1741 - Monday, 14 January 2002 **Beat Penn - Sprint** 1 minute rest between sets

{ 2	x 400 on 5:25 Freestyle	EN1	S
{ 1	x 400 on 5:20 Freestyle	EN1	S
350 7	x 50 on 1:00 Stroke Drills	REC	D
7:00	AM 3,250 Yards - Stress Value :	= 32	

	3:00	PM Start		
Yards	Se	et Description	EGY	WOF
	==		===	===
	1	on 30:00 Dryland and stretch		
600	1	x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12	2 x 15 on :30 Shooters	SP3	
	1	on 15:00 Techniques-starts		
800	1x{2	x 100 on 2:00 Kick	EN2	
	{ 4	x 25 on :45 Kick	EN2	
	{ 2	x 100 on 1:55 Kick	EN2	
	{ 4	x 25 on :45 Kick	EN2	
	{ 2	x 100 on 1:50 Kick	EN2	
800	1x{2	x 200 on 3:00 Pulls	EN1	
	{ 2	x 200 on 2:55 Pulls	EN1	
1,650	1x{4	x 100 on 1:30 Freestyle	EN1	
	{ 1	x 50 on 1:00 Freestyle-100%	EN3	
	{ 4	x 125 on 1:50 Freestyle	EN1	
	{ 1	x 50 on 1:00 Freestyle-100%	EN3	
	{ 4	x 150 on 2:10 Freestyle	EN1	
	{ 1	x 50 on 1:00 Freestyle-100%	EN3	
450	9	x 50 on 1:00 Stroke Drills	REC	
	5:12	PM 4,480 Yards - Stress Value = 55		

Workout #1747 - Tuesday, 15 January 2002 HighSchl - Sectional 1 minute rest between sets

	3:45 PM Start			
Yards	Set Description	EGY	WORK	STF
	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
800	1 x 800 on 15:00 Choice	REC	S	CHC
300	12 x 25 on :30 Berzerks	SP3	S	Bľ
	1x{3 x 100 on 2:10 Kick	EN2	K	CHC
	{3 x 100 on 2:00 Kick	EN2	K	CHC
	1x{3 x 225 on 3:30 Pulls	EN1	P	FF
	$1x{3 x 125 on 2:00 Freestyle}$	EN1	S	FF
	${3 \times 125 \text{ on } 1:55 \text{ Freestyle}}$	EN1	S	FF
	{2 x 125 on 1:50 Freestyle	EN2	S	FF
100	4 x 25 on 1:00 Choice	SP3	S	CHC
250	1 x 250 on 5:00 Stroke Drills	REC	D	CI
	1 on 10:00 Techniques-relay str		D	
	5:41 PM 3,725 Yards - Stress Value	= 48	3	

Workout #1746 - Tuesday, 15 January 2002

Workout #1748 - Tuesday 15 Ja

Workout #1/48 - 1 uesday, 15 January 2002 Group 3 - All 1 minute rest between sets	HighSchl - State Champions 1 minute rest between sets	
6:00 PM Start	3:30 PM Start Yards Set Description	EGY WORK STF

	0.00 IFI 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	
300	12 x 25 on :30 Berzerks	SP3	
	1x{3 x 75 on 1:30 Kick	EN2	
	{3 x 75 on 1:25 Kick	EN2	
	{3 x 75 on 1:20 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{2 x 50 on :55 Kick	EN2	
	{2 x 50 on :50 Kick	EN2	
	{1 x 25 on :30 Kick	EN2	
	{1 x 25 on :25 Kick	EN2	
	{1 x 25 on :20 Kick	EN2	
	1x{6 x 125 on 1:55 Lungbuster pulls	EN1	
	{ br 3-5-7-9-7		
	{6 x 125 on 1:50 Lungbuster pulls	EN1	
	{ br 2-4-6-8-6		
900	9×100 on 1:30 Descend in sets of 3	EN1	
	1x{2 x 200 on 3:00 Backstroke	EN1	
	{2 x 200 on 2:55 Backstroke	EN1	
	{2 x 150 on 2:15 Backstroke	EN1	
	{2 x 150 on 2:10 Backstroke	EN1	
	{2 x 100 on 1:30 Backstroke	EN1	
	{2 x 100 on 1:25 Backstroke	EN1	
	{2 x 50 on :45 Backstroke	EN1	
	{2 x 50 on :40 Backstroke	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	8:30 PM 6,850 Yards - Stress Value = 75		

===== 1 on 30:00 Stomach and Stretch L DRY 1 x 800 on 12:00 Choice 800 REC S CHC 12 x 25 on :30 Berzerks 300 SP3 S BF 1x{4 x 100 on 1:50 Kick EN2 K CHC {4 x 100 on 1:45 Kick EN2 K CHC $1x{3 x 250 on 3:30 Pulls}$ EN1 P FF $\{2 \times 250 \text{ on } 3:25 \text{ Pulls}$ EN1 Ρ FF $1x{4 x 125 on 1:50 Freestyle}$ EN1 S FF $\{4 \times 125 \text{ on } 1:45 \text{ Freestyle} \}$ S FF EN1 $\{2 \times 125 \text{ on } 1:40 \text{ Freestyle} \}$ EN2 S FF 100 4 x 25 on 1:00 Choice SP3 S CHC 250 1 x 250 on 5:00 Stroke Drills REC D CI 1 on 15:00 Techniques-relay str 5:39 PM 4,750 Yards - Stress Value = 60

Workout #1745 - Tuesday, 15 January 2002 HighSchl - All

	5:30 AM Start			
Yards	Set Description	EGY	WORK	۶
=====	=======================================	===	====	=
	1 on 35:00 Weights and stretch		L	Ι
600	1 x 600 on 11:00 Reverse IM drill	REC	D	
300	12 x 25 on :30 Berzerks	SP3	S	
	$1 \times \{2 \times 400 \text{ on } 5:30 \text{ Freestyle}$	EN1	S	

Workout #1751 - Wednesday, 16 January 2002 Group 3 - All

I IIIIII III I CSL DELWEEII SEIS	1	minute	rest bet	ween sets
----------------------------------	---	--------	----------	-----------

		Group 3 - All	
		i minute 1 est settiet i sets	
REC l REC	L I D D		WOF
EN2 EN2 EN2 EN2 EN1 EN1	K (K (K (F P	300 12 x 25 on :30 Berzerks SP3 5x{1 x 100 on 2:00 Kick 10/8/6/4 EN2 {1 x 150 on 2:30 Kick EN2 1,200 3 x 400 on 5:15 Pulls EN1 2x{1 x 200 on 3:20 Individual Medley EN1	
EN1 EN1 EN3 EN1 EN1 EN3 EN2	P S S	{1 x 50 on :40 Freestyle EN1 {4 x 25 on :30 IM order EN1 1x{4 x 75 on 1:25 Butterfly EN1 {1 x 100 on 1:30 Freestyle EN1 {4 x 75 on 1:20 Butterfly EN1 {1 x 100 on 1:25 Freestyle EN1 {4 x 75 on 1:15 Butterfly EN1 {1 x 100 on 1:20 Freestyle EN2	
REC = 85	D	{1 x 100 on 1:10 Butterfly EN2 {1 x 100 on 1:15 Freestyle EN2 {4 x 75 on 1:05 Butterfly EN2 {1 x 100 on 1:10 Freestyle EN2 500 10 x 50 on 1:00 Stroke Drills REC 8:30 PM 6,750 Yards - Stress Value = 85	
		Workout #1752 - Thursday, 17 January 2002	
=	REC SP3 EN2 EN2 EN1	E E E E E E E E E E E E E E E E E E E	REC D Yards Set Description EGY

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
	75 of everything		
800	8 x 100 on 2:00 Stroke Drills 2 on E	REC	
180	12 x 15 on :30 Shooters	SP3	
	$4x{2 \times 75}$ on 1:30 Kick w/ out board	EN1	
	{1 x 100 on 2:00 Kick good effort	EN2	
	{ with a board		
	$1x{3 x 125 on 2:00 Pulls-nbbf&w}$	EN1	
	$\{1 \times 50 \text{ on } 1:00 \text{ Pulls only 2 brths}$	EN1	
	{2 x 125 on 1:55 Pulls-nbbf&w	EN1	
	$\{1 \times 50 \text{ on } 1:00 \text{ Pulls only 2 brths}$	EN1	
	$\{1 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w}$	EN1	
	4x{2 x 100 on 1:45 Your Stroke	EN1	
	$\{4 \times 25 \text{ on } : 30 \text{ Stroke Drills } 1 \text{ on } E$	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Techniques-relay srt		
	1 on 16:00 Team meeting		
	5:29 PM 4,530 Yards - Stress Value = 40		

Workout #1750 - Wednesday, 16 January 2002 **HighSchl - State Champions** 1 minute rest between sets

	2:00 PM 0++		
371	3:00 PM Start	DC17	MODIA
Yards	Set Description	EGY	WORK
	=======================================	===	====
	1 on 30:00 Dryland and stretch		L
800	1 x 800 on 15:00 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	5x{1 x 100 on 2:00 Kick	EN2	K
	$\{1 \times 100 \text{ on } 1:50 \text{ Kick w/out board} \}$	EN2	K
	$1x\{6 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w}$	EN1	P
	$\{5 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w}$	EN1	P
	$\{5 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN1	P
	5x{3 x 100 on 1:30 Freestyle	EN1	S
	$\{4 \times 25 \text{ on } : 30 \text{ Stroke Drills } 1 \text{ on } E$	EN1	D
300	3 x 100 on 2:00 Stroke Drills	REC	D

January 2002 HighSchl - Sectional 1 minute rest between sets

1 on 16:00 Team meeting

5:29 PM 5,480 Yards - Stress Value = 59

Workout #1754 - Thursday, 17 January 2002

Yards	3:00 PM Start Set Description	EGY WOF
	1 on 30:00 Visualization	
	1 on 30:00 Stomach and Stretch	
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC
300	12 x 25 on :30 Berzerks your #1	SP3
	3x{1 x 100 on 2:15 Kick 10/8/6/4	EN2
	{1 x 100 on 2:00 Kick	EN2
	$1x{3 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w}}$	EN1
	{3 x 75 on 1:10 Pulls-nbbf&w	EN1
	$\{2 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w}$	EN1
450	9×50 on :45 Descend in sets of 3	EN1
	$1x{1 \times 200 \text{ on } 3:30 \text{ Reverse IM drill}}$	EN1
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle}$	EN1
	{1 x 200 on 3:30 Reverse IM drill	EN1
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle}$	EN1
	$\{1 \times 200 \text{ on } 3:30 \text{ Reverse IM drill}$	EN1
250	1 x 250 on 5:00 Stroke Drills	REC
	5:20 PM 4.000 Yards - Stress Value = 44	

Workout #1753 - Thursday, 17 January 2002 **HighSchl - State Champions** 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Visualization		
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	4x{1 x 100 on 2:00 Kick	EN2	
	{1 x 125 on 2:00 Kick	EN2	
	1x{6 x 75 on 1:05 Pulls	EN1	
	{6 x 75 on 1:00 Pulls	EN1	
	{6 x 75 on :55 Pulls	EN1	
300	6×50 on :45 Descend in sets of 3	EN1	
	1x{2 x 200 on 2:35 Freestyle	EN2	
	{1 x 200 on 3:00 Individual Medley	EN2	
	{2 x 200 on 2:30 Freestyle	EN2	
	{1 x 200 on 3:00 Individual Medley	EN2	
	{2 x 200 on 2:25 Freestyle	EN2	
250	1 x 250 on 6:00 Stroke Drills	REC	
	5:30 PM $5,500$ Yards - Stress Value = 77		

Workout #1757 - Friday, 18 January 2002 HighSchl - Sectional 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 30:00 Visualization		N
	1 on 30:00 Stomach and Stretch		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	٤
300	12 x 25 on :30 Berzerks	SP3	٤
500	5 x 100 on 2:00 Kick	EN2	ŀ
900	3 x 300 on 4:15 Pulls	EN1	E
	1x{2 x 400 on 5:45 Freestyle	EN1	٤
	{2 x 400 on 5:30 Freestyle	EN2	٤
300	1 x 300 on 4:00 Stroke Drills	REC	Ι
	5:08 PM 4,000 Yards - Stress Value = 5	5	

Workout #1756 - Friday, 18 January 2002 **HighSchl - State Champions**

1 minute rest between sets

Yards	3:00 Se				tion			EGY	WORF
======	==		====	-===	=====	========	=======	===	====
	1	on	30:	:00	Visua	alization			I.
	1	on	30:	:00	Stoma	ach and Sti	retch		I
400	1	Х	400	on	7:00	Swim-kick-	-pull-swim	REC	٤
300	12	2 x	25	on	:30 H	Berzerks		SP3	٤
500	5	Х	100	on	1:45	Kick		EN2	ľ
1,200	4	Х	300	on	4:00	Pulls		EN1	E
	1x{2	Х	400	on	5:15	Freestyle		EN1	٤
	{ 2	Х	400	on	5:10	Freestyle		EN2	٤
	{ 2	Х	400	on	5:05	Freestyle		EN2	٤
200	1	Х	200	on	4:00	Freestyle		REC	Γ
	5:18	PM	15,0	000	Yards	s - Stress	Value = 74	1	

Workout #1755 - Friday, 18 January 2002 Beat Penn - All

1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 15:00 Stretching		

600	1 x 600 on	12:00 Swim-kick-pull-swim	REC
180	12 x 15 on	:30 Shooters	SP3

	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
	1 on 15:00 Techniques-TN turns	
600	24 x 25 on :30 IM order	EN1
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 6:00 Techniques-finishes	
	6:59 AM 2,580 Yards - Stress Value = 23	

Workout #1761 - Wednesday, 23 January 2002 Group 3 - All

1 minute rest between sets

	6:00	PM Start		
Yards	Se	et Description	EGY	WORK
=====	==		===	====
	1	on 30:00 Stomach and Stretch		L
800	1	x 800 on 15:00 Reverse IM drill	REC	D
	3x{1	x 50 on :45 1st 12yds fast	SP3	S
	{ 1	x 50 on :45 2nd 12yds fast	REC	S
	{ 1	x 50 on :45 3rd 12yds fast	REC	
	{ 1	x 50 on :45 4th 12 yds fast	REC	S
	3x{2	x 100 on 2:00 Kick w/out a board	EN1	K
	{ 6	x 25 on :45 Sprint kick	EN3	K
	1x{3	x 125 on 2:00 Pulls	EN1	P
	{ 3	x 125 on 1:55 Pulls	EN1	P
	{ 3	x 125 on 1:50 Pulls	EN1	P
	{ 3	x 125 on 1:45 Pulls	EN1	_
	1x{3	x 50 on :55 Freestyle-descend	EN1	S
	{ 3	x 50 on :50 Freestyle-descend	EN1	S
	{ 3	x 50 on :45 Freestyle-descend	EN1	S
	{ 3	x 50 on :40 Freestyle-descend	EN2	S
	1x{4	x 150 on 2:45 Breaststroke	EN2	S
	{ 3	x 150 on 2:40 Breaststroke	EN2	S
	{ 2	x 150 on 2:35 Breaststroke	EN2	S
	{ 1	x 150 on 2:30 Breaststroke	EN2	S
250	5	x 50 on 1:00 Stroke Drills	REC	D
	8:31	PM 6,300 Yards - Stress Value = 9	}4	

Workout #1758 - Wednesday, 23 January 2002 HighSchl - All

	2:55 PM Start		
Yards	Set Description	EGY	WC
	=======================================	===	==
	1 on 30:00 Shoulders & Stretch		
1,000	1 x 1000 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{4 x 75 on 1:30 Kick	EN2	
	{3 x 75 on 1:25 Kick	EN2	
	{2 x 75 on 1:20 Kick	EN2	
	{1 x 75 on 1:15 Kick	EN2	
	1x{1 x 225 on 3:15 Pulls	EN1	
	{1 x 225 on 3:10 Pulls	EN1	
	{2 x 200 on 2:45 Pulls	EN1	
	$1x{5 x 50 on :45 Stroke Drills}$	REC	
	{2 x 100 on 1:30 Freestyle	EN1	
	{5 x 50 on :50 Stroke Drills	REC	
	{2 x 100 on 1:30 Freestyle	EN1	
	{5 x 50 on :55 Stroke Drills	REC	
	{2 x 100 on 1:30 Freestyle	EN1	
	{5 x 50 on 1:00 Stroke Drills	REC	
	{2 x 100 on 1:30 Freestyle	EN1	
400	16 x 25 on :40 Stroke Drills	REC	
	1 on 15:00 Ice		
	5:14 PM 4,980 Yards - Stress Value = 38		

EN1

EN1

Workout #1760 - Wednesday, 23 January 2002 HighSchl - Sectional 1 minute rest between sets

	1 minute rest between sets				{	3 x	: 50 c	on :50	Fly 15m	under		EN1	
	2 00 7%				{	1 x	200	on 3:0	00 Frees	tyle		EN1	
	3:00 PM Start			250		5 x	: 50 c	on 1:00) Stroke	Drills		REC	
Yards	Set Description	EGY	WOF		8:2	9 PI	M 6,5	500 Yar	ds - St	ress Value	= 73		
=====		===	===										
	1 on 30:00 Visualization					v	Worko	ıt #1765 -	Friday 25	January 2002			
	1 on 25:00 Stomach and Stretch					•	VV OI KUU		• /				
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC						G	roup 3 - Al	1			
300	12 x 25 on :30 Berzerks	SP3						1 minute	rest betwe	een sets			
	1x{2 x 75 on 1:30 Kick	EN2											
	{2 x 75 on 1:25 Kick	EN2			6:0	0 PI	M St	art					
	1x{1 x 175 on 2:45 Pulls	EN1		Yards							EGY	WORK	ST
	{1 x 175 on 2:40 Pulls	EN1		======	===	===	=====	======		:=======	===	====	==
	1x{4 x 50 on :45 Stroke Drills	EN1			1 c	n 3	0:00	Stomac	ch and S	Stretch		L	DF
	{2 x 100 on 1:30 Freestyle	EN1		800	4 ×	2.0	10 on	4:00 5	Swim-kic	k-pull-swim	REC	S	F
	{4 x 50 on :50 Stroke Drills	EN1							nooters		SP3		F
	{2 x 100 on 1:30 Freestyle	EN1							iques-St	anford		D	
	$\{4 \times 50 \text{ on } :55 \text{ Stroke Drills}$	REC		600				2:00 K	-		EN2		CF
	{2 x 100 on 1:30 Freestyle	EN1			1 c	n 5	:00 1	Cechnic	ques-fin	ishes		D	I
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC		600					-	er pulls	EN1	Р	F
	{2 x 100 on 1:30 Freestyle	EN1							iques-st			D	
350	14 x 25 on :30 Stroke Drills	REC		240						-OTB	SP3		F
	5:03 PM 3,500 Yards - Stress Value = 34								Stroke D		REC		C
										ress Value		_	-
	XX 1 4 #1550 XX 1 1 22 X 2002				- • •		/ \				00		

Workout #1759 - Wednesday, 23 January 2002 **HighSchl - State Champions**

1 minute rest between sets

1x{4 x 200 on 3:45 Kick

1,000

{3 x 150 on 2:40 Kick

 $2x{3 \times 75}$ on 1:20 Butterfly

 $\{1 \text{ x } 50 \text{ on } 1\text{:}00 \text{ Fly } 15\text{m}$

10 x 100 on 1:30 Lungbuster pulls

{1 x 200 on 3:10 Individual Medley

{1 x 100 on 1:30 Individual Medley

1x{1 x 300 on 5:00 Individual Medley

Workout #1763 - Friday, 25 January 2002 HighSchl - Sectional 1 minute rest between sets

 $\{2 \times 100 \text{ on } 1:45 \text{ Butterfly} \}$ $\{2 \times 50 \text{ on } :55 \text{ Fly } 15\text{m}$

{1 x 125 on 2:05 Fly 15m

	2 22 74 74			1 minute rest between sets			
	3:00 PM Start						
Yards	Set Description	EGY WOR		3:00 PM Start			
=====		=== ===	Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Visualization			=======================================	===	====	=== =
	1 on 30:00 Stomach and Stretch			1 on 30:00 Visualization		M	
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC		1 on 15:00 Stretching		L	DRY
300	12 x 25 on :30 Berzerks	SP3	800	8 x 100 on 2:00 Stroke Drills	REC	D	CD
	1x{2 x 75 on 1:30 Kick	EN2	300		SP3	S	CHO
	{2 x 75 on 1:25 Kick	EN2	300	3 x 100 on 2:00 Kick	EN2	K	CHO
	{2 x 75 on 1:20 Kick	EN2	450	3 x 150 on 2:15 Pulls	EN1	Р	FR
	{2 x 75 on 1:15 Kick	EN2		$1x{3 \times 125}$ on 1:55 Freestyle	EN1	S	FR
	1x{1 x 225 on 3:15 Pulls	EN1		{3 x 125 on 1:50 Freestyle	EN2	S	FR
	{1 x 225 on 3:10 Pulls	EN1		{2 x 125 on 1:35 Freestyle	EN2	S	FR
	{1 x 200 on 2:45 Pulls	EN1	200	· · · · · · · · · · · · · · · · · · ·		D	CD
	1x{5 x 50 on :45 Stroke Drills	EN1		4:43 PM 3,050 Yards - Stress Val		39	
	{2 x 100 on 1:30 Freestyle	EN1					
	$\{5 \times 50 \text{ on } : 50 \text{ Stroke Drills}$	EN1		W. I. Allect F. I. Of Y. Of	.02		
	(0 100 1:30 E	EN1		Workout #1764 - Friday, 25 January 20	02		
	{2 x 100 on 1:30 Freestyle	LINI					
	$\{2 \times 100 \text{ on } 1:30 \text{ Freestyle} $ $\{5 \times 50 \text{ on } :55 \text{ Stroke Drills} \}$	REC		HighSchl - State Champions			
	`			HighSchl - State Champions 1 minute rest between sets			
	{5 x 50 on :55 Stroke Drills	REC		•			
	{5 x 50 on :55 Stroke Drills {2 x 100 on 1:30 Freestyle	REC EN1		•			
350	{5 x 50 on :55 Stroke Drills {2 x 100 on 1:30 Freestyle {5 x 50 on 1:00 Stroke Drills	REC EN1 REC	Yards	1 minute rest between sets 3:00 PM Start	EGY	WORK	STK
350	{5 x 50 on :55 Stroke Drills {2 x 100 on 1:30 Freestyle {5 x 50 on 1:00 Stroke Drills {2 x 100 on 1:30 Freestyle	REC EN1 REC EN1	Yards =====	1 minute rest between sets 3:00 PM Start Set Description			
350	{5 x 50 on :55 Stroke Drills {2 x 100 on 1:30 Freestyle {5 x 50 on 1:00 Stroke Drills {2 x 100 on 1:30 Freestyle 14 x 25 on :30 Stroke Drills	REC EN1 REC EN1		1 minute rest between sets 3:00 PM Start Set Description			
350	{5 x 50 on :55 Stroke Drills {2 x 100 on 1:30 Freestyle {5 x 50 on 1:00 Stroke Drills {2 x 100 on 1:30 Freestyle 14 x 25 on :30 Stroke Drills 5:21 PM 4,500 Yards - Stress Value = 42	REC EN1 REC EN1		1 minute rest between sets 3:00 PM Start Set Description		==== M	
350	{5 x 50 on :55 Stroke Drills {2 x 100 on 1:30 Freestyle {5 x 50 on 1:00 Stroke Drills {2 x 100 on 1:30 Freestyle 14 x 25 on :30 Stroke Drills 5:21 PM 4,500 Yards - Stress Value = 42 Workout #1762 - Thursday, 24 January 2002	REC EN1 REC EN1		1 minute rest between sets 3:00 PM Start Set Description 1 on 30:00 Visualization 1 on 15:00 Stretching	===	==== M L	=== =
350	{5 x 50 on :55 Stroke Drills {2 x 100 on 1:30 Freestyle {5 x 50 on 1:00 Stroke Drills {2 x 100 on 1:30 Freestyle 14 x 25 on :30 Stroke Drills 5:21 PM 4,500 Yards - Stress Value = 42 Workout #1762 - Thursday, 24 January 2002 Group 3 - All	REC EN1 REC EN1	=====	1 minute rest between sets 3:00 PM Start Set Description 1 on 30:00 Visualization 1 on 15:00 Stretching 8 x 100 on 2:00 Stroke Drills	===	==== M L D	=== = DRY CD
350	{5 x 50 on :55 Stroke Drills {2 x 100 on 1:30 Freestyle {5 x 50 on 1:00 Stroke Drills {2 x 100 on 1:30 Freestyle 14 x 25 on :30 Stroke Drills 5:21 PM 4,500 Yards - Stress Value = 42 Workout #1762 - Thursday, 24 January 2002	REC EN1 REC EN1	800	1 minute rest between sets 3:00 PM Start Set Description 1 on 30:00 Visualization 1 on 15:00 Stretching 8 x 100 on 2:00 Stroke Drills 12 x 25 on :30 Berzerks	=== REC	==== M L D S	DRY CD CHO
350	{5 x 50 on :55 Stroke Drills {2 x 100 on 1:30 Freestyle {5 x 50 on 1:00 Stroke Drills {2 x 100 on 1:30 Freestyle 14 x 25 on :30 Stroke Drills 5:21 PM 4,500 Yards - Stress Value = 42 Workout #1762 - Thursday, 24 January 2002 Group 3 - All	REC EN1 REC EN1	800	1 minute rest between sets 3:00 PM Start Set Description 1 on 30:00 Visualization 1 on 15:00 Stretching 8 x 100 on 2:00 Stroke Drills 12 x 25 on :30 Berzerks 5 x 100 on 2:00 Kick	REC SP3	M L D S K	=== = DRY CD
350	{5 x 50 on :55 Stroke Drills {2 x 100 on 1:30 Freestyle {5 x 50 on 1:00 Stroke Drills {2 x 100 on 1:30 Freestyle 14 x 25 on :30 Stroke Drills 5:21 PM 4,500 Yards - Stress Value = 42 Workout #1762 - Thursday, 24 January 2002 Group 3 - All	REC EN1 REC EN1	800 300 500	I minute rest between sets 3:00 PM Start Set Description 1 on 30:00 Visualization 1 on 15:00 Stretching 8 x 100 on 2:00 Stroke Drills 12 x 25 on :30 Berzerks 5 x 100 on 2:00 Kick 3 x 200 on 2:40 Pulls	REC SP3 EN2	==== M L D S K P	DRY CD CHO CHO
350 Yards	{5 x 50 on :55 Stroke Drills {2 x 100 on 1:30 Freestyle {5 x 50 on 1:00 Stroke Drills {2 x 100 on 1:30 Freestyle 14 x 25 on :30 Stroke Drills 5:21 PM 4,500 Yards - Stress Value = 42 Workout #1762 - Thursday, 24 January 2002 Group 3 - All 1 minute rest between sets	REC EN1 REC EN1	800 300 500 600	1 minute rest between sets 3:00 PM Start Set Description 1 on 30:00 Visualization 1 on 15:00 Stretching 8 x 100 on 2:00 Stroke Drills 12 x 25 on :30 Berzerks 5 x 100 on 2:00 Kick 3 x 200 on 2:40 Pulls 1x{3 x 125 on 1:45 Freestyle	REC SP3 EN2 EN1	==== M L D S K P S	DRY CD CHO CHO FR
	<pre>{5 x 50 on :55 Stroke Drills {2 x 100 on 1:30 Freestyle {5 x 50 on 1:00 Stroke Drills {2 x 100 on 1:30 Freestyle 14 x 25 on :30 Stroke Drills 5:21 PM 4,500 Yards - Stress Value = 42 Workout #1762 - Thursday, 24 January 2002 Group 3 - All 1 minute rest between sets</pre> 6:00 PM Start	REC EN1 REC EN1 REC	800 300 500 600	1 minute rest between sets 3:00 PM Start Set Description 1 on 30:00 Visualization 1 on 15:00 Stretching 8 x 100 on 2:00 Stroke Drills 12 x 25 on :30 Berzerks 5 x 100 on 2:00 Kick 3 x 200 on 2:40 Pulls 1x{3 x 125 on 1:45 Freestyle {3 x 125 on 1:40 Freestyle	REC SP3 EN2 EN1 EN1	==== M L D S K P S	DRY CD CHO CHO FR FR
Yards	<pre>{5 x 50 on :55 Stroke Drills {2 x 100 on 1:30 Freestyle {5 x 50 on 1:00 Stroke Drills {2 x 100 on 1:30 Freestyle 14 x 25 on :30 Stroke Drills 5:21 PM 4,500 Yards - Stress Value = 42 Workout #1762 - Thursday, 24 January 2002</pre>	REC EN1 REC EN1 REC	800 300 500 600	1 minute rest between sets 3:00 PM Start Set Description 1 on 30:00 Visualization 1 on 15:00 Stretching 8 x 100 on 2:00 Stroke Drills 12 x 25 on :30 Berzerks 5 x 100 on 2:00 Kick 3 x 200 on 2:40 Pulls 1x{3 x 125 on 1:45 Freestyle {3 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle	REC SP3 EN2 EN1 EN1 EN2 EN2	==== M L D S K P S S	DRY CD CHO CHO FR FR FR
Yards	{5 x 50 on :55 Stroke Drills {2 x 100 on 1:30 Freestyle {5 x 50 on 1:00 Stroke Drills {2 x 100 on 1:30 Freestyle 14 x 25 on :30 Stroke Drills 5:21 PM 4,500 Yards - Stress Value = 42 Workout #1762 - Thursday, 24 January 2002 Group 3 - All 1 minute rest between sets 6:00 PM Start Set Description ====================================	REC EN1 REC EN1 REC	800 300 500 600	1 minute rest between sets 3:00 PM Start Set Description 1 on 30:00 Visualization 1 on 15:00 Stretching 8 x 100 on 2:00 Stroke Drills 12 x 25 on :30 Berzerks 5 x 100 on 2:00 Kick 3 x 200 on 2:40 Pulls 1x{3 x 125 on 1:45 Freestyle {3 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle 1 x 300 on 5:00 Stroke Drills	REC SP3 EN2 EN1 EN1 EN2 EN2 REC	M L D S K P S S D	DRY CD CHO CHO FR FR FR FR
Yards	{5 x 50 on :55 Stroke Drills {2 x 100 on 1:30 Freestyle {5 x 50 on 1:00 Stroke Drills {2 x 100 on 1:30 Freestyle 14 x 25 on :30 Stroke Drills 5:21 PM 4,500 Yards - Stress Value = 42 Workout #1762 - Thursday, 24 January 2002 Group 3 - All 1 minute rest between sets 6:00 PM Start Set Description ====================================	REC EN1 REC EN1 REC	800 300 500 600	1 minute rest between sets 3:00 PM Start Set Description 1 on 30:00 Visualization 1 on 15:00 Stretching 8 x 100 on 2:00 Stroke Drills 12 x 25 on :30 Berzerks 5 x 100 on 2:00 Kick 3 x 200 on 2:40 Pulls 1x{3 x 125 on 1:45 Freestyle {3 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle	REC SP3 EN2 EN1 EN1 EN2 EN2 REC	M L D S K P S S D	DRY CD CHO CHO FR FR FR FR

EN2

EN2

EN1

EN1

EN1

EN1

EN1

EN1

Workout #1766 - Saturday, 26 January	200					
Group 3 - All						
1 minute rest between sets						

002 400) 1	x 400 on 6:00 Freestyle	EN1
100) 4	x 25 on :00 Walk backs	EN1
400) 1	x 400 on 8:00 Stroke Drills	REC
	1	on 20:00 Techniques/team mtg	
	5:27	PM 3,080 Yards - Stress Value	= 27

	11:00) <i>P</i>	AM Sta	art			
Yards	Se	et	Descri	ption		EGY	WC
=====	==	===				===	==
	1	or	30:00) Stoma	ach and Stretch		
1,000	1	Х	1000 0	on 18:0	00 Swim-kick-pull-swim	REC	
1,300	1x{2	Х	100 or	2:00	Kick	EN2	
	{ 3	Х	100 or	1:55	Kick	EN2	
	{ 3	Х	100 or	1:50	Kick	EN2	
	{ 3	Х	100 or	1:45	Kick	EN2	
	{ 2	Х	100 or	1:40	Kick	EN2	
1,500	1x{4	Х	150 or	2:00	Pulls	EN1	
	{ 3	Х	150 or	1:55	Pulls	EN1	
	{ 2	Х	150 or	1:50	Pulls	EN1	
	{ 1	Х	150 or	1:45	Pulls	EN1	
750	1x{3	Х	100 or	1:30	Descend in sets of 3	EN1	
	{ 3	Х	75 on	1:05 I	Descend in sets of 3	EN1	
	{ 3	Х	50 on	:45 De	escend in sets of 3	EN1	
	{ 3	Х	25 on	:30 De	escend in sets of 3	EN1	
2,250	3x{1	Х	200 or	2:15	Freestyle	EN2	
	{ 1	Х	175 or	2:00	Freestyle	EN2	
	{ 1	Х	150 or	1:45	Freestyle	EN2	
	{ 1	Х	125 or	1:30	Freestyle	EN2	

Workout #1769 - Tuesday, 29 January 2002 HighSchl - Sectional 1 minute rest between sets

	3:40 PM Start			
Yards	Set Description	EGY	WORK	Ş
=====	=======================================	===	====	=
	1 on 20:00 Stomach and Stretch		L	Γ
600	1 x 600 on 12:00 Choice	REC	S	C
	1 on 15:00 Techniques-relay str	EN1	S	C
180	12 x 15 on :40 Shooters	SP3	S	C
	1x{1 x 100 on 2:00 Kick	EN2	K	C
	{1 x 100 on 1:55 Kick	EN2	K	C
	{1 x 100 on 1:50 Kick	EN2	K	C
400	8 x 50 on :50 Pulls-nbbf&w	EN1	P	
	$1x{3 \times 100}$ on 1:30 Freestyle-descend	EN1	S	
	{3 x 100 on 1:45 IM descend	EN1	S	
500	10 x 50 on 1:00 DEBF	EN1	S	C
75	3 x 25 on 1:30 Walk backs	EN1	S	C
	#2 quality			
200	1 x 200 on 4:00 Stroke Drills	EN1	D	
	1 on 5:00 Techniques-no relays		D	C
	5:29 PM 2,855 Yards - Stress Value =	31		

Workout #1768 - Monday, 28 January 2002 Group 3 - All

1:30 PM 7,400 Yards - Stress Value = 94

12 x 50 on 1:00 Stroke Drills

{1 x 100 on 1:15 Freestyle

{1 on :45 Rest

1 minute rest between sets

Workout #1772 - Wednesday, 30 January 2002 Group 3 - All 1 minute rest between sets

6:00 PM Start Yards Set Description			Yards	Set		ption	EGY WO	F =
1 on 30:00 Stome 800 1 x 800 on 15:00 300 12 x 25 on :30 1 1,200 2x{1 x 200 on 4:00	O Swim-kick-pull-swim Berzerks Kick Kick Kick Kick Kick descend Pulls no br L.10 yds Pulls no br L.20 yds IM w/out free Freestyle-descend Freestyle Freestyle Freestyle Freestyle Freestyle	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2		1 2 2 2 1 2 2 2 2 2 2 2 2 2 2 2 2 2 4 2 4 2 2 4 2 2 4 2 2 4 2 2 4 2 2 4 2 2 4 2 2 4 2 2 4 2 2 4 2 2 4 2 4 2 2 4 2 2 4 2 2 4 2 2 4 2 2 4 2 2 4 2 2 4 2 2 4 2 2 4 2 2 4 2 4 2 2 4 2 4 2 2 4 2	x 800 on x 25 on x 125 on x 125 on x 125 on x 125 on x 125 on x 250 on x 250 on x 50 on x 50 on x 50 on x 100 on x 100 on x 75 on x 50 on	Stomach and Stretch 15:00 Swim-kick-pull-swim :30 Berzerks 2:30 Kick 2:25 Kick 2:20 Kick 2:15 Kick 3:45 Pulls 3:30 Pulls 3:15 Pulls 3:50 Freestyle :45 Freestyle :45 Freestyle :215 Backstroke 1:50 Backstroke 1:25 Backstroke 1:00 Backstroke 2:00 Backstroke-100% 5:00 Stroke Drills	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	
Workout #1767 - M	onday, 28 January 2002			8:30 I	PM 6,500	Yards - Stress Value = 100	5	

EN2

REC

Workout #1767 - Monday, 28 January 2002 HighSchl - Sectional

	3:00 PM Start			
Yards	Set Descripti	on	EGY	WOF
=====	=========		===	===
	1 on 30:00 Vi	sualization		
	1 on 20:00 St	omach and Stretch		
	1 on 15:00 Te	am talk		
800	1 x 800 on 15	:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :3) Shooters	SP3	
300	3 x 100 on 2:	00 Kick	EN2	
	1x{3 x 100 on 1:	30 Freestyle-descend	EN1	
	{3 x 100 on 1:	10 Individual Medley	EN1	
	$\{3 \times 100 \text{ on } 1:$	50 Your Stroke	EN1	

Workout #1771 - Wednesday, 30 January 2002 HighSchl - Sectional 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 20:00 Stomach and Stretch		
	50 of everything		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{4 x 75 on 1:30 Kick	EN1	
	$\{2 \times 100 \text{ on } 2:15 \text{ Kick w/out a board}\}$	EN1	
	1x{1 x 200 on 3:00 Pulls	EN1	
	{1 x 175 on 2:40 Pulls	EN1	
	{1 x 150 on 2:15 Pulls	EN1	
	{1 x 125 on 1:50 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
	{1 x 75 on 1:05 Pulls	EN1	
	{1 x 50 on :45 Pulls	EN1	
	{1 x 25 on :30 Pulls	EN1	
300	6 x 50 on :50 Freestyle	EN1	
	$3x\{2 \times 100 \text{ on } 1:45 \text{ Reverse IM drill}$	REC	
	{1 x 200 on 2:50 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	4:50 PM 4,580 Yards - Stress Value = 35		

Workout #1770 - Wednesday, 30 January 2002 **HighSchl - State Champions** 1 minute rest between sets

3:00 PM Start

	3:00	PM Start	
Yards	Se	et Description	EGY WOF
	==		
	1	on 25:00 Stomach and Stretch	
		75 of everything	
800	1	x 800 on 15:00 Swim-kick-pull-swim	REC
180	12	2 x 15 on :30 Shooters	SP3
	1x{3	x 100 on 2:00 Kick	EN1
	{ 4	x 75 on 1:30 Kick	EN1
	{ 5	x 50 on 1:00 Kick	EN1
	{ 6	x 25 on :30 Kick	EN1
	1x{2	x 100 on 1:30 Lungbuster pulls	EN1
	{ 2	x 100 on 1:25 Pulls	EN1
	{ 2	x 100 on 1:30 Lungbuster pulls	EN1
	{ 2	x 100 on 1:20 Pulls	EN1
	{ 2	x 100 on 1:30 Lungbuster pulls	EN1
	{ 2	x 100 on 1:15 Pulls	EN1
450	9	x 50 on :45 Descend in sets of 3	EN1
	3x{1	x 200 on 3:30 Reverse IM drill	EN1
	{ 3	x 150 on 2:00 Freestyle	EN1
	{ 4	x 25 on :30 Free build to 100%	EN1
200	1	x 200 on 4:00 Stroke Drills	REC
	5:15	PM 6,080 Yards - Stress Value = 56	

Workout #1774 - Thursday, 31 January 2002 Group 3 - All 1 minute rest between sets

Yards	6:00 PM Start Set Descrip		EGY	WORF
=====	========		===	====
	1 on 30:00	Stomach and Stretch		I
	$1x{1 x 200 on}$	4:00 Swim-kick-pull-swim	REC	٤
	{1 x 200 on	3:45 Swim-kick-pull-swim	REC	٤
	{1 x 200 on	3:30 Swim-kick-pull-swim	EN1	٤
	{1 x 200 on	3:15 Swim-kick-pull-swim	EN1	٤
300	12 x 25 on	:30 Berzerks	SP3	٤
	$1x{1 x 200 on}$	3:35 Kick	EN2	ľ
	{1 x 200 on	3:30 Kick	EN2	ľ
	{1 x 200 on	3:25 Kick	EN2	ľ
	{1 x 200 on	3:20 Kick	EN2	ľ
	{1 x 200 on	3:15 Kick	EN2	F

1,000	2	Х	500 or	6:30	Pulls				EN1	E
625	5	X	125 or	2:15	IM wi	th 50	free		EN1	٤
	2x{5	Х	25 on	:30 B:	reasts	troke)		EN1	٤
	{ 1	Х	100 or	1:30	Breas	tstro	ke		EN2	٤
	{ 5	Х	25 on	:30 B:	reasts	troke)		EN1	٤
	{ 1	Х	100 or	1:25	Breas	tstro	ke		EN2	٤
	{ 5	Х	25 on	:30 B:	reasts	troke)		EN1	٤
	{ 1	Х	100 or	1:20	Breas	tstro	ke		EN2	٤
	{ 5	Х	25 on	:30 B:	reasts	troke)		EN1	٤
	{ 1	Х	100 or	1:15	Breas	tstro	ke		EN2	٤
	{ 1	OI	n 2:00	Rest						N
400	4	Х	100 or	1:30	Free	desce	end to		EN2	٤
	-	luc	dicrous	speed	b					
400	8	X	50 on	1:00 \$	Stroke	Dril	ls		REC	Ι
	8:30	Pl	4 6,325	Yards	s - St	ress	Value	= 84	4	

Workout #1773 - Thursday, 31 January 2002 HighSchl - Sectional 1 minute rest between sets

5 • 30	ΔM	Start	

	5:30	AM Start			
Yards	S	et Description	EGY	WORK	5
=====	=:		===	====	=
	1	on 35:00 Wts stretch on own		L	Ι
600	1	x 600 on 11:00 Reverse IM drill	REC	D	
300	1:	2 x 25 on :30 Berzerks	SP3	S	(
	1x{6	x 75 on 1:10 Pulls	EN1	P	
	{ 6	x 75 on 1:05 Pulls	EN1	P	
	{ 6	x 75 on 1:00 Pulls	EN1	P	
	3x{1	x 50 on :50 Freestyle	EN1	S	
	{ 1	x 50 on :45 Freestyle	EN1	S	
	{ 1	x 50 on :40 Freestyle	EN2	S	
	{ 1	x 50 on :35 Freestyle	EN2	S	
	{ 1	x 50 on :30 Freestyle	EN2	S	
	{ 1	on :40 Rest		M	
250	1	x 250 on 4:00 Stroke Drills	REC	D	
	7:02	AM 3,250 Yards - Stress Value =	37		

Workout #1776 - Monday, 04 February 2002 Group 3 - All 1 minute rest between sets

6:00 PM Start

	6:00	Pľ	1 51	Jarı	-						
Yards	Se	et	Desc	crip	otion				EGY	WORK	٤
	==	-==		-===					===	====	=
	1	or	30:	:00	Stoma	ach and	Stre	etch		L	Γ
800	8	Х	100	on	1:45	Stroke	Dri	lls	REC	D	
	2	2 c	on ea	ach	strol	ke					
300	12	2 ×	25	on	:30 E	Berzerks	3		SP3	S	
900	3x{1	Х	100	on	2:00	Kick			EN2	K	F
	{ 1	Х	100	on	1:55	Kick			EN2	K	
	{ 1	Х	100	on	1:50	Kick			EN2	K	
100	1	Х	100	on	2:00	Kick fo	or t	ime	EN2	K	C
1,500	3	Х	500	on	7:00	Pulls			EN1	P	
200	1	Х	200	on	3:30	Individ	dual	Medley	EN1	S	
3,000	1x{1	Х	1000	or O	n 15:0	00 Frees	style	€	EN3	S	
	{ 2	Х	500	on	7:30	Freesty	yle		EN3	S	
	{ 4	Х	250	on	3:45	Freesty	yle		EN3	S	
200	1	Х	200	on	3:00	Stroke	Dri	lls	REC	D	
	8:30	ΡM	17,0	000	Yards	s - Stre	ess 7	/alue =	229		

Workout #1775 - Monday, 04 February 2002 HighSchl - All 1 minute rest between sets

	{ 1	Х	400	on	5:30	Freestyle EN1	S	F
	{ 1	Х	400	on	5:15	Freestyle EN2	S	F
200	1	Х	200	on	3:00	Stroke Drills REC	D	C
	7:00	Αľ	4 3,	400	Yards	s - Stress Value = 42		

	3:00	PM	Start				
ls	Se	et. De	escript	:10n			

Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 30:00 Stomach and Stretch		
800	1	x 800 on 15:00 Swim-kick-pull-swim I	REC	
180	12	2 x 15 on :30 Shooters	SP3	
	3x{1	x 100 on 2:00 Kick	EN2	
	{ 1	x 100 on 1:55 Kick	EN2	
	{ 1	x 100 on 1:50 Kick	EN2	
	1x{1	x 350 on 5:00 Freestyle	EN1	
	{ 2	x 250 on 3:30 Pulls	EN1	
	{ 3	x 150 on 2:05 Pulls	EN1	
	{ 4	x 50 on :40 Pulls	EN1	
	1x{2	x 200 on 2:45 Freestyle	EN1	
	{ 2	x 200 on 2:40 Freestyle	EN2	
	{ 2	x 150 on 2:05 Freestyle	EN1	
	{ 2	x 150 on 2:00 Freestyle	EN2	
	{ 2	x 100 on 1:25 Freestyle	EN1	
	{ 2	x 100 on 1:20 Freestyle	EN2	
300	6	x 50 on 1:00 Stroke Drills	REC	
	5:06	PM 5,480 Yards - Stress Value = 67		

Workout #1779 - Tuesday, 05 February 2002 Group 3 - All

1 minute rest between sets

	6:00 PM Start		
	Set Description	EGY	
=====		===	===
	1 on 30:00 Stomach and Stretch		
	1 x 800 on 15:00 Reverse IM drill		
300		SP3	
	1x{1 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{3 x 100 on 1:50 Kick	EN2	
	{4 x 100 on 1:45 Kick	EN2	
	$1x{3 x 150 on 2:15 Pulls mid 50 br ev 7}$	EN1	
	{3 x 150 on 2:10 Pulls mid 50 br ev 8	EN1	
	{3 x 150 on 2:05 Pulls mid 50 br ev 9	EN1	
	$1x{3 x 50 on :50 Freestyle}$	EN1	
	{4 x 25 on :30 Butterfly	EN1	
	{2 x 100 on 1:30 Individual Medley	EN1	
	-	EN1	
	{6 x 100 on 1:30 Backstroke	EN1	
	{4 x 25 on :40 Backstroke 15m under	EN1	
	{5 x 100 on 1:25 Backstroke	EN1	
	{4 x 25 on :35 Backstroke 15m under	EN1	
	{4 x 100 on 1:20 Backstroke	EN2	
	{4 x 25 on :30 Backstroke 15m under		
	{3 x 100 on 1:15 Backstroke	EN2	
		EN1	
	{2 x 100 on 1:10 Backstroke	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
300	8:30 PM 6,700 Yards - Stress Value = 83	1,110	
	0.30 III 0/ /00 IUIUS DEIESS VAIUE - 03		

Workout #1777 - Tuesday, 05 February 2002 HighSchl - All 1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	Sī
	=======================================	===	====	==
	1 on 33:00 Weights and stretch		L	DF
400	1 x 400 on 7:30 Reverse IM drill	REC	D	1
300	12 x 25 on :30 Berzerks	SP3	S	FI
	1x{6 x 125 on 1:50 Pulls	EN1	P	E
	{4 x 100 on 1:25 Pulls	EN1	P	F
	$\{2 \times 75 \text{ on } 1:00 \text{ Pulls}$	EN1	P	E
	$1x{1 x 400 on 5:45 Freestyle}$	EN1	S	E

Workout #1778 - Tuesday, 05 February 2002 HighSchl - All

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
1,000	20 x 50 on 1:00 Stroke Drills 5 on E	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	1x{5 x 50 on 1:00 Pulls	EN1	
	{5 x 50 on :55 Pulls	EN1	
	{5 x 50 on :50 Pulls	EN1	
	{5 x 50 on :45 Pulls	EN1	
	1x{3 x 100 on 1:40 Freestyle-descend	EN1	
	{3 x 100 on 1:35 Freestyle-descend	EN1	
	{3 x 100 on 1:30 Freestyle-descend	EN1	
	3x{1 x 100 on :00 Broken	SP2	
	{1 x 250 on 8:00 Freestyle	REC	
	5:14 PM 4,930 Yards - Stress Value = 70		

Workout #1782 - Wednesday, 06 February 2002 Group 3 - All

Yards	6:00 PM Start Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	٤
300	12 x 25 on :30 Berzerks	SP3	٤
	1x{2 x 125 on 2:30 Kick	EN2	F
	{3 x 100 on 1:55 Kick	EN2	F
	{4 x 75 on 1:25 Kick	EN2	F
	{5 x 50 on :55 Kick	EN2	F
1,200	6 x 200 on 2:45 Pulls-nbbf&w	EN1	E
300	12 x 25 on :30 IM order-build	EN1	٤
	$1x{4 \times 150}$ on 2:40 Breaststroke	EN1	٤
	{4 x 150 on 2:35 Breaststroke	EN1	٤
	{4 x 150 on 2:30 Breaststroke	EN2	٤
200	1 x 200 on 3:00 Freestyle	REC	٤
500	10 x 50 on :50 Breaststroke	EN2	٤
300	1 x 300 on 5:00 Stroke Drills	REC	Γ
	8:30 PM 6,500 Yards - Stress Value = 83	3	

Workout #1780 - Wednesday, 06 February 2002 HighSchl - Sectional 1 minute rest between sets

	3:00 PM Start			
Yards	Set Description	EGY	WORK	STK
=====	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch 75 of everything		L	DRY
1,200	12 x 100 on 2:00 Stroke Drills odds free evens strk	REC	D	СНО
180	12 x 15 on :30 Shooters	SP3	S	BK
	$2x{1 x 150 on 3:00 Kick no board}$	EN1	K	CHO
	{1 x 100 on 2:00 Kick no board	EN1	K	CHO
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board}$	EN1	K	CHO
	2x{1 x 100 on 1:35 Pulls-nbbf&w	EN1	P	FR
	{1 x 100 on 1:30 Pulls-nbbf&w	EN1	P	FR
	{1 x 100 on 1:25 Pulls-nbbf&w	EN1	P	FR
	$1x{8 \times 25 \text{ on :} 40 \text{ IM order}}$	EN1	S	IM
	{8 x 25 on :35 IM order	EN1	S	IM
	$\{8 \times 25 \text{ on } : 30 \text{ IM order}\}$	EN1	S	IM
	{8 x 25 on :25 IM order	EN1	S	IM
	{ 1st 4 of each set dr			
900	12×75 on $1:05$ Freestyle	EN1	S	FR
250	1 x 250 on 5:00 Stroke Drills	REC	D	CD
	5:03 PM 4,530 Yards - Stress Value	= 3	36	

Workout #1781 - Wednesday, 06 February 2002 HighSchl - State Champions 1 minute rest between sets

	3:00 PM Start			
Yards	Set Description	EGY	WORK	STK
	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch 75 of everything		L	DRY
1,200	12 x 100 on 2:00 Stroke Drills	REC	D	CHO
	odds free evens strk			
180	12 x 15 on :30 Shooters	SP3	S	BK
	$3x{1 x 150 on 3:00 Kick no board}$	EN1	K	CHO
	{1 x 100 on 2:00 Kick no board	EN1	K	CHO
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board}$	EN1	K	CHO
	2x{1 x 100 on 1:35 Pulls-nbbf&w	EN1	P	FR
	$\{1 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w}$	EN1	P	FR
	$\{1 \times 100 \text{ on } 1:25 \text{ Pulls-nbbf&w}$	EN1	P	FR
	$\{1 \times 100 \text{ on } 1:20 \text{ Pulls-nbbf&w}$	EN1	P	FR
	$1x{8 \times 25 \text{ on :} 40 \text{ IM order}}$	EN1	S	IM
	{8 x 25 on :35 IM order	EN1	S	IM
	{8 x 25 on :30 IM order	EN1	S	IM
	{8 x 25 on :25 IM order	EN1	S	IM
	{ 1st 4 of each set dr			
900	12×75 on $1:00$ Freestyle	EN1	S	FR
250	1 x 250 on 5:00 Stroke Drills	REC	D	CD
	5:11 PM 5,030 Yards - Stress Value	9 = 4	41	

Workout #1784 - Thursday, 07 February 2002 Group 3 - All

1 minute rest between sets

Yards	6:00 PM Start Set Description	EGY	WORK	STK
=====		===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
800	1 x 800 on 15:00 Choice	REC	S	CHO
300	12 x 25 on :30 Berzerks	SP3	S	BR
	1x{6 x 50 on 1:05 Kick	EN2	K	СНО
	{6 x 50 on 1:00 Kick	EN2	K	CHO
	{6 x 50 on :55 Kick	EN2	K	CHO
	{4 x 50 on :50 Kick	EN2	K	СНО
	1x{4 x 125 on 1:50 Pulls	EN1	P	FR
	{4 x 150 on 2:15 Pulls	EN1	P	FR
	{4 x 175 on 2:35 Pulls	EN1	P	FR
	$1x{3 x 100 on 1:35 Freestyle}$	EN1	S	FR

{ 3	Х	100 on 1:25 Freestyle	EN1	S	FR
{ 3	Х	100 on 1:15 Freestyle	EN2	S	FR
3x{1	Х	50 on 1:00 Butterfly	EN1	S	FLY
{1	Х	50 on :45 Freestyle	EN1	S	FR
{ 1	Х	50 on :55 Butterfly	EN1	S	FLY
{ 1	Х	50 on :45 Freestyle	EN1	S	FR
{ 1	Х	50 on :50 Butterfly	EN1	S	FLY
{1	Х	50 on :45 Freestyle	EN1	S	FR
{ 1	Х	50 on :45 Butterfly	EN1	S	FLY
{ 1	Х	50 on :45 Freestyle	EN1	S	FR
500 5	Х	100 on 2:15 Stroke Drills	REC	D	CD
8:31	PN	4 6,600 Yards - Stress Valu	e = 80		

Workout #1783 - Thursday, 07 February 2002 HighSchl - All 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
	1 on 35:00 Weights and stretch		L
400	1 x 400 on 7:00 Choice	REC	S
300	12 x 25 on :30 Berzerks	SP3	S
	1x{6 x 75 on 1:10 Pulls	EN1	P
	{6 x 75 on 1:05 Pulls	EN1	P
	1x{3 x 150 on 2:15 100 free 50 fly	EN1	S
	{3 x 150 on 2:15 100 free 50 back	EN1	S
	{3 x 150 on 2:15 100 free 50 breast	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	7:00 AM 3,150 Yards - Stress Value = 3	32	

Workout #1786 - Monday, 11 February 2002 HighSchl - Sectional 1 minute rest between sets

	3:00	PN	1 St	cart	t			
Yards	Se	∍t	Des	crip	ption		EGY	WORK
=====	==	===	-===	-==			===	====
	1	or	1 20:	:00	Stoma	ach and Stretch		I
	4	25	of e	evei	rythir	ng		
400	1	Х	400	on	7:00	Swim-kick-pull-swim	REC	٤
180	12	2 >	15	on	:30 \$	Shooters	SP3	٤
	1x{3	Х	100	on	2:05	Kick	EN2	F
	{ 2	Х	100	on	2:00	Kick	EN2	F
	{ 1	Х	100	on	1:55	Kick	EN2	F
500	1	Х	500	on	7:30	Pulls	EN1	E
	1x{3	Х	125	on	1:55	Freestyle	EN1	٤
	{ 3	Х	125	on	1:50	Freestyle	EN1	٤
	{ 3	Х	125	on	1:45	Freestyle	EN1	٤
	{ 3	Х	125	on	1:40	Freestyle	EN2	٤
250	1	Х	250	on	5:00	Stroke Drills	REC	Γ
	4:26	ΡN	13,4	130	Yards	s - Stress Value = 4	4	

6:00 PM Start

3:00 PM Start

Workout #1785 - Monday, 11 February 2002 HighSchl - State Champions 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 20:00 Stomach and Stretch		I
	50 of everything		
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
	1x{3 x 100 on 1:55 Kick	EN2	ŀ
	{2 x 100 on 1:50 Kick	EN2	F
	{1 x 100 on 1:45 Kick	EN2	F
600	1 x 600 on 8:00 Pulls	EN1	E
	1x{4 x 125 on 1:45 Freestyle	EN1	٤
	{4 x 125 on 1:40 Freestyle	EN2	٤
	{4 x 125 on 1:35 Freestyle	EN2	٤
	{4 x 125 on 1:30 Freestyle	EN2	٤
250	1 x 250 on 5:00 Stroke Drills	REC	Γ
	4:29 PM $4,030$ Yards - Stress Value = 60)	

Workout #1789 - Tuesday, 12 February 2002 Group 3 - All

1 minute rest between sets

Yards	Se	et Description	EGY	WORK
	==	:====================================	===	
	1	on 30:00 Stomach and Stretch		L
800	8	x 100 on 1:45 Stroke Drills	REC	D
180	12	2 x 15 on :30 Shooters	SP3	S
	1x{2	x 200 on 3:30 Kick	EN2	K
	{ 2	x 150 on 2:45 Kick	EN2	K
	{ 2	x 100 on 1:55 Kick	EN2	K
	{ 2	x 50 on 1:00 Kick	EN2	K
	1x{1	x 400 on 5:00 Pulls	EN1	P
	{ 1	x 300 on 4:00 Pulls	EN1	P
	{ 1	x 200 on 2:50 Pulls	EN1	P
	{ 1	x 100 on 1:30 Pulls	EN1	P
	1x{4	x 50 on :50 Freestyle	EN1	S
	{ 4	x 50 on :45 Freestyle	EN1	S
	{ 4	x 50 on :40 Freestyle	EN2	S
	1x{6	x 25 on :35 Backstroke	EN1	S
	{ 6	x 25 on :30 Backstroke	EN1	S
	{ 6	x 25 on :25 Backstroke	EN1	S
	{ 6	x 25 on :20 Backstroke	EN2	S
	{ 4	x 200 on 3:30 Backstroke-descend	EN3	S
	{ 6	x 25 on :35 Backstroke	EN1	S
	{ 6	x 25 on :30 Backstroke	EN1	S
	{ 6	x 25 on :25 Backstroke	EN1	S
	{ 6	x 25 on :20 Backstroke	EN2	S
	{ 4	x 200 on 3:30 Backstroke-descend	EN3	S
200	1	x 200 on 3:00 Stroke Drills	REC	D
	8:31	PM 6,580 Yards - Stress Value = 1	159	

Workout #1787 - Tuesday, 12 February 2002 HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 25:00 Stretch and team mtg		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
	2x{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
	1x{2 x 125 on 2:00 Pulls	EN1	E
	{2 x 100 on 1:30 Pulls	EN1	E
	{2 x 75 on 1:05 Pulls	EN1	E
	{2 x 50 on :40 Pulls	EN1	E

400	1 x 400 on	7:00 Individual Medley	EN1	٤
	build 2nd	50 of each		
	stroke			
100	1 x 100 on	:00 Choice	SP2	٤
600	6 x 100 on	2:00 Stroke Drills	REC	Γ
	4:26 PM 2,980	Yards - Stress Value =	40	

Workout #1788 - Tuesday, 12 February 2002 HighSchl - State Champions 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====		===	====
	1 on 25:00 Stretch and team mtg		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	٤
	2x{1 x 150 on 2:45 Kick	EN2	F
	{1 x 100 on 1:50 Kick	EN2	F
	{1 x 50 on :55 Kick	EN2	F
	1x{2 x 125 on 2:00 Pulls	EN1	E
	{2 x 100 on 1:30 Pulls	EN1	E
	{2 x 75 on 1:05 Pulls	EN1	E
	8x{1 x 100 on 1:30 Individual Medley	EN1	٤
	{1 x 50 on :40 Freestyle	EN2	٤
	{4 x 25 on :25 Free descend 1-4	EN1	٤
250	1 x 250 on 5:00 Stroke Drills	REC	Γ
	1 on 15:00 Techniques-relay str		٤
	4:55 PM 4,030 Yards - Stress Value = 49)	

Workout #1794 - Wednesday, 13 February 2002 Group 3 - Boys

		PM Start		
		et Description	EGY	WOF
=====			===	===
		on 30:00 Stomach and Stretch		
		x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12	2 x 15 on :30 Shooters	SP3	
	2x{1	x 100 on 2:00 Kick	EN2	
	{ 1	x 100 on 1:45 Kick	EN2	
	{ 1	x 100 on 1:30 Kick	EN2	
	{ 1	x 75 on 1:30 Kick	EN2	
	{ 1	x 75 on 1:20 Kick	EN2	
	{ 1	x 75 on 1:10 Kick	EN2	
	2x{2	x 200 on 3:00 Pulls	EN1	
	{ 3	x 50 on :50 Pulls 6 brths total	EN1	
	1x{1	x 100 on 1:45 Individual Medley	EN1	
	{1	x 100 on 1:40 Individual Medley	EN1	
	{ 1	x 100 on 1:35 Individual Medley	EN1	
	{1	x 100 on 1:30 Individual Medley	EN1	
		x 200 on 3:30 Breaststroke		
	{2	x 150 on 2:30 Breaststroke	EN1	
		x 100 on 1:30 Breaststroke		
		x 50 on 2:00 Breast from a dive		
250		x 250 on 3:00 Stroke Drills		
		PM 4,930 Yards - Stress Value = 59		
		,		

Workout #1793 - Wednesday, 13 February 2002 Group 3 - Sprint and Stroke 1 minute rest between sets

Yards	6:00 PM Start Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Shooters	SP3	
	2x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	{1 x 75 on 1:30 Kick	EN2	
	{1 x 75 on 1:20 Kick	EN2	
	{1 x 75 on 1:10 Kick	EN2	
	2x{2 x 200 on 3:00 Pulls	EN1	
	$\{3 \times 50 \text{ on } :50 \text{ Pulls } 6 \text{ brths total}$	EN1	
	1x{1 x 100 on 1:45 Individual Medley	EN1	
	{1 x 100 on 1:40 Individual Medley	EN1	
	{1 x 100 on 1:35 Individual Medley	EN1	
	{1 x 100 on 1:30 Individual Medley	EN1	
	$2x{3 x 200 on 3:30 Breaststroke}$	EN1	
	{2 x 150 on 2:30 Breaststroke	EN1	
	{2 x 100 on 1:30 Breaststroke	EN2	
	$\{1 \times 50 \text{ on } 2:00 \text{ Breast from a dive} \}$	EN3	
400	4×100 on 1:30 Freestyle descend to	EN2	
	ludicrous speed		
250	1 x 250 on 3:00 Stroke Drills	REC	
	8:31 PM 6,480 Yards - Stress Value = 83		

Workout #1792 - Wednesday, 13 February 2002 Group 3 - Girls

1 minute rest between sets

	6:00	PM Start				
Yards	Se	EGY	WOF			
=====						
	1 on 30:00 Stomach and Stretch					
800	REC					
180	SP3					
	2x{1	x 100 on 2:00 Kick	EN2			
	{ 1	x 100 on 1:45 Kick	EN2			
	{ 1	x 100 on 1:30 Kick	EN2			
	$\{1 \times 75 \text{ on } 1:30 \text{ Kick} \}$					
	EN2					
	{ 1	x 75 on 1:10 Kick	EN2			
	$2x{2 x 200 on 3:00 Pulls}$					
	{ 3	x 50 on :50 Pulls 6 brths total	EN1			
	$1x\{1 \times 100 \text{ on } 1:45 \text{ Individual Medley}$					
	{ 1	x 100 on 1:40 Individual Medley	EN1			
	{ 1	x 100 on 1:35 Individual Medley	EN1			
	{ 1	x 100 on 1:30 Individual Medley	EN1			
	2x{3	x 200 on 3:30 Breaststroke	EN1			
	{ 2	x 150 on 2:30 Breaststroke	EN1			
	{ 2	x 100 on 1:30 Breaststroke	EN2			
	{ 1	x 50 on 2:00 Breast from a dive	EN3			
250	1	x 250 on 3:00 Stroke Drills	REC			
	8:24	PM 6,080 Yards - Stress Value = 75				

Workout #1791 - Wednesday, 13 February 2002 HighSchl - Sectional 1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK S	STK
=====	=======================================	===	==== =	===
	1 on 25:00 Stomach and Stretch		L l	DRY
500	1 x 500 on 8:00 Choice	REC	S	CHO
180	12 x 15 on :30 Shooters	SP3	S	FR
	2x{1 x 100 on 2:15 Kick	EN1	K (CHO
	$\{1 \times 100 \text{ on } 2:00 \text{ Kick no board}$	EN1	K (CHO
500	2×250 on $3:45$ Pulls-nbbf&w	EN1	P	FR

	4x{1	EN1	S	FR	
	{ 3	x 50 on 1:00 Stroke Drills	REC	D	IM
	{ s				
	$6x{1 x 25 on :30 Freestyle}$				FR
	{ 1	x 25 on :30 Non free	EN1	S	STK
200	1	x 200 on 4:00 Stroke Drills	REC	D	CD
	1.31	PM 3 080 Vards - Stross Value	- 21		

Workout #1790 - Wednesday, 13 February 2002 HighSchl - State Champions

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 25:00 Stomach and Stretch		
500	1 x 500 on 8:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 100 on 2:00 Kick	EN1	
	$\{1 \times 100 \text{ on } 1:50 \text{ Kick no board}$	EN1	
750	3 x 250 on 3:45 Pulls-nbbf&w	EN1	
	$4x{1 \times 125}$ on 2:00 Your Stroke	EN1	
	{4 x 50 on 1:00 Stroke Drills IM ord	REC	
	$10x\{1 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	
	{1 x 25 on :30 Non free	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	4:47 PM $4,030$ Yards - Stress Value = 30		

Workout #1797 - Thursday, 14 February 2002 Group 3 - Boys

	6:00 PM Start			
Yards	Set Description	EGY	WORK	٤
	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
800	1 x 800 on 15:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
	2x{6 x 50 on 1:00 Kick no board	EN1	S	C
	$\{4 \times 75 \text{ on } 1:30 \text{ Kick } 100\% \text{ effort}$	EN3	K	C
	1x{2 x 400 on 5:30 Pulls	EN1	P	
	$\{1 \times 400 \text{ on } 5:45 \text{ Pulls}$	EN1	P	
400	16×25 on :30 IM order-build	EN1	S	
	$2x{1 x 100 on 1:30 Butterfly}$	EN1	S	F
	{1 x 100 on 1:30 Freestyle	EN1	S	
	$\{1 \times 75 \text{ on } 1:10 \text{ Butterfly} \}$	EN1	S	F
	$\{1 \times 75 \text{ on } 1:10 \text{ Freestyle} \}$	EN1	S	
	$\{1 \times 50 \text{ on } : 45 \text{ Butterfly} \}$	EN1	S	F
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	
	$\{1 \times 25 \text{ on :} 25 \text{ Butterfly} \}$	EN1	S	F
	$\{1 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	8:06 PM 4,980 Yards - Stress Value =	75		

LΙ

Workout #1796 - Thursday, 14 February 2002 Group 3 - Sprint and Stroke 1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
800	1 x 800 on 15:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
	2x{6 x 50 on 1:00 Kick no board	EN1	S	C
	{4 x 75 on 1:30 Kick 100% effort	EN3	K	C
	1x{2 x 400 on 5:30 Pulls	EN1	P	
	{2 x 400 on 5:45 Pulls	EN1	P	
400	16 x 25 on :30 IM order-build	EN1	S	
	$4x{1 \times 100 \text{ on } 1:30 \text{ Butterfly}}$	EN1	S	E
	{1 x 100 on 1:30 Freestyle	EN1	S	
	$\{1 \times 75 \text{ on } 1:10 \text{ Butterfly} \}$	EN1	S	E
	$\{1 \times 75 \text{ on } 1:10 \text{ Freestyle}$	EN1	S	
	$\{1 \times 50 \text{ on } : 45 \text{ Butterfly} \}$	EN1	S	E
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	
	$\{1 \times 25 \text{ on :} 25 \text{ Butterfly}\}$	EN1	S	E
	$\{1 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	S	
350	7 x 50 on 1:00 Stroke Drills	REC	D	
	8:30 PM 6,530 Yards - Stress Value =	89		

Workout #1795 - Thursday, 14 February 2002 Group 3 - Girls

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WORK	č
=====				=
	1 on 30:00 Stomach and Stretch		L	Γ
800	1 x 800 on 15:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
	2x{6 x 50 on 1:00 Kick no board	EN1	S	C
	{4 x 75 on 1:30 Kick 100% effort	EN3	K	C
	1x{2 x 400 on 5:30 Pulls	EN1	P	
	$\{2 \times 400 \text{ on } 5:45 \text{ Pulls}$	EN1	P	
400	16 x 25 on :30 IM order-build	EN1	S	
	$1x{1 x 200 on 8:00 Broken at the 50}$	SP2	S	
	{ Rest 5 sec at each50			
	{2 x 100 on 6:00 #1 fly #2 choice	SP2	S	C
	{ Rest 5 sec at each25			
900	9 x 100 on 2:00 Stroke Drills	REC	D	
	8:30 PM 5,480 Yards - Stress Value =	109		

Workout #1799 - Friday, 15 February 2002 Group 3 - All

1 minute rest between sets

Yards	6:00 PM Start Set Description	EGY	WORK S
		===	==== =
	1 on 15:00 Stomach and Stretch		LΙ
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
	1 on 10:00 Techniques-Tn turn		D
800	8 x 100 on 2:00 Kick odds fast	EN2	K (
800	8 x 100 on 1:30 Lungbuster pulls	EN1	P
	odds br 3-5-7-9		
	evens br 2-4-6-8		
	1 on 15:00 Techniques-starts		D
300	10 x 30 on 1:00 Freestyle-OTB	SP3	S
600	6 x 100 on 2:00 Stroke Drills	REC	D
	7:54 PM 3,480 Yards - Stress Value =	43	

Workout #1798 - Friday, 15 February 2002 HighSchl - All 1 minute rest between sets

Yards	Set Description	EGY	WOF						
	=======================================	===	===						
	1 on 25:00 Stomach and Stretch								
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC							
180	12 x 15 on :30 Shooters	SP3							
	2x{1 x 100 on 2:00 Kick	EN2							
	$\{4 \times 50 \text{ on } 1:10 \text{ Kick no board } 1 \text{ on } E$	EN1							
	1 on 10:00 Techniques-starts								
750	10 x 75 on 1:15 Pulls-nbbf&w	EN1							
	$4x\{2 \times 100 \text{ on } 1:45 \text{ Stroke Drills}$	REC							
	$\{4 \times 25 \text{ on } : 30 \text{ IM order}$	EN1							
200	1 x 200 on 5:00 Stroke Drills	REC							
	4:50 PM 3,530 Yards - Stress Value = 27								
	Workout #1800 - Saturday, 16 February 2002								
	Group 3 - Sprint and Stroke								
	1 minute rest between sets								

1 on 30:00 Stomach and Stretch

3:00 PM Start

11:00 AM Start

Set Description

Yards

=====

	800	1	x 800 on 15:00 Reverse IM drill	REC	D
	180	12	2 x 15 on :30 Shooters	SP3	S (
		1x{4	x 100 on 2:00 Kick	EN2	K (
		{ 3	x 125 on 2:20 Kick	EN2	K (
		{ 2	x 150 on 2:45 Kick	EN2	K C
		{ 1	x 175 on 3:05 Kick	EN2	K C
		1x{2	x 100 on 1:15 Pulls	EN1	P
		{ 2	x 200 on 2:30 Pulls	EN1	P
		{ 2	x 300 on 3:45 Pulls	EN1	P
		1x{4	x 50 on :55 Freestyle	EN1	S
		{ 4	x 50 on :50 Freestyle	EN1	S
		{ 4	x 50 on :45 Freestyle	EN1	S
1x{6 x 100 on 1:10 Freestyle {1 on 1:00 Rest		1x{6	x 100 on 1:10 Freestyle	EN2	S
			M		
		{ 5	x 100 on 1:10 Freestyle	EN2	S
		{ 1	on 1:00 Rest		M
		{ 4	x 100 on 1:10 Freestyle	EN2	S
		{ 1	on 1:00 Rest		M
		{ 3	x 100 on 1:10 Freestyle	EN2	S
		{ 1	on 1:00 Rest		M
		{ 2	x 100 on 1:10 Freestyle	EN2	S
		{ 1	on 1:00 Rest		M
		{ 1	x 100 on 1:10 Freestyle	EN2	S
	500	5	x 100 on 2:00 Stroke Drills	REC	D

1:26 PM 6,630 Yards - Stress Value = 93

Workout #1801 - Saturday, 16 February 2002

Worko	ut #1801 - Saturday, 16 February 2002	{1 x 800 on 10:20 Freestyle	EN2	٤
Group 3 - Girls 1 minute rest between sets		{1 x 800 on 10:10 Freestyle	EN2	٤
		400 8 x 50 on 1:00 Stroke Drills 8:14 PM 6,080 Yards - Stress Value =	REC 90	Γ
00 AM	Start	Wl441905 M 19 F-l 2002		

1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		WORK			
1 on 30:00 Stomach and Stretch 800 1 x 800 on 15:00 Reverse IM drill		L	Ι	Group C Ghis	
180	SP3 EN2 EN2		(0.00 FM Stait	
{1 x 175 on 3:05 Kick 1x{2 x 200 on 2:30 Pulls	EN2 EN1	K P	C		
{2 x 300 on 3:45 Pulls 1x{2 x 50 on :55 Freestyle {2 x 50 on :50 Freestyle	EN1 EN1 EN1	P S S		180	4
{2 x 50 on :45 Freestyle 1x{5 x 100 on 1:10 Freestyle {1 on 1:00 Rest	EN1 EN2	S S		{2 x 100 on 1:50 Kick EN2 F {2 x 100 on 1:45 Kick EN2 F	4
{1 on 1:00 Rest {4 x 100 on 1:10 Freestyle {1 on 1:00 Rest	EN2	M S M		{2 x 100 on 1:40 Kick EN2 F { odds fast 1x{2 x 200 on 2:50 Pulls EN1 F	
{3 x 100 on 1:10 Freestyle {1 on 1:00 Rest {2 x 100 on 1:10 Freestyle	EN2	S M S		{2 x 200 on 2:45 Pulls EN1 E {2 x 200 on 2:40 Pulls EN2 E	
{1 on 1:00 Rest {1 x 100 on 1:10 Freestyle	EN2	M S		600 12 x 50 on :55 Descend in sets of 3 EN1 S 1x{1 x 200 on :00 Broken SP2 S {1 x 300 on 10:00 Freestyle REC S	3
400	REC 68	D		{1 x 100 on :00 Broken SP2 S {1 x 200 on 9:00 Freestyle REC S	:
Workout #1804 - Monday, 18 February 2002				450 9 x 50 on 1:00 Stroke Drills REC I 8:12 PM 5,030 Yards - Stress Value = 79	

Workout #1804 - Monday, 18 February 2002 Group 3 - Boys

1 minute rest between sets

	6:00 PM Start	DOM:	HODI
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	16 x 50 on :55 Stroke Drills 4 on E	REC	Ι
180	12 x 15 on :30 Shooters	SP3	٤
	1x{2 x 100 on 2:00 Kick	EN2	ľ
	{2 x 100 on 1:55 Kick	EN2	ľ
	{2 x 100 on 1:50 Kick	EN2	ŀ
	{ odds fast		
	1x{2 x 200 on 2:50 Pulls	EN1	E
	{2 x 200 on 2:45 Pulls	EN1	E
300	12×25 on :30 IM order-build	EN1	٤
	$1x{1 x 600 on 7:50 Freestyle}$	EN2	٤
	$\{1 \times 600 \text{ on } 7:40 \text{ Freestyle} \}$	EN2	٤
	$\{1 \times 400 \text{ on } 5:00 \text{ Freestyle} \}$	EN2	٤
250	1 x 250 on 5:00 Stroke Drills	REC	Ι
	7:53 PM 4,530 Yards - Stress Value = 62	2	

Workout #1802 - Monday, 18 February 2002 **Group 3 - Sprint and Stroke** 1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	16 x 50 on :55 Stroke Drills 4 on E	REC	Ι
180	12 x 15 on :30 Shooters	SP3	٤
	1x{2 x 100 on 2:00 Kick	EN2	F
	{2 x 100 on 1:55 Kick	EN2	F
	{2 x 100 on 1:50 Kick	EN2	ľ
	{2 x 100 on 1:45 Kick	EN2	ľ
	{ odds fast		
	1x{2 x 200 on 2:50 Pulls	EN1	E
	{2 x 200 on 2:45 Pulls	EN1	E
	{2 x 200 on 2:40 Pulls	EN2	E
300	12 x 25 on :30 IM order-build	EN1	٤
	1x{1 x 800 on 10:30 Freestyle	EN2	٤

Workout #1803 - Monday, 18 February 2002 Group 3 - Tim and David 1 minute rest between sets

	6:00 PM Start	DOV	MODE
Yards	Set Description	EGI	WORF
		===	====
	1 on 30:00 Stomach and Stretch		I
800	16 x 50 on :55 Stroke Drills 4 on E	REC	Γ
180	12 x 15 on :30 Shooters	SP3	٤
	1x{2 x 100 on 2:00 Kick	EN2	F
	{2 x 100 on 1:55 Kick	EN2	F
	{2 x 100 on 1:50 Kick	EN2	F
	{2 x 100 on 1:45 Kick	EN2	F
	{ odds fast		
	1x{2 x 200 on 2:50 Pulls	EN1	E
	{2 x 200 on 2:45 Pulls	EN1	E
300	12 x 25 on :30 IM order-build	EN1	٤
	$1x{1 x 600 on 7:50 Freestyle}$	EN2	٤
	$\{1 \times 600 \text{ on } 7:40 \text{ Freestyle}$	EN2	٤
	$\{1 \times 600 \text{ on } 7:30 \text{ Freestyle}$	EN2	٤
400	8 x 50 on 1:00 Stroke Drills	REC	Γ
	8:01 PM 5,080 Yards - Stress Value = 70)	

Workout #1807 - Tuesday, 19 February	2002
Group 3 - Boys	
1 minute rest between sets	

Yards	6:00 PM Start Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Shooters	SP3	
	2x{1 x 150 on 3:00 Kick	EN2	
	{1 x 50 on 1:30 Kick 100%	EN2	
	{1 x 125 on 2:30 Kick	EN2	
	{1 x 50 on 1:30 Kick 100%	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	(= == == == == == == == == == == == == =	EN2	
	1x{3 x 125 on 1:50 Pulls	EN1	
	{3 x 125 on 1:45 Pulls	EN1	
	{2 x 125 on 1:40 Pulls	EN1	
	1x{1 x 300 on 5:00 Individual Medley	EN1	
	{1 x 200 on 3:30 Individual Medley	EN1	
	1x{1 x 200 on :00 Broken	SP2	
	{1 x 300 on 10:00 Freestyle	REC	
	{1 x 100 on :00 Broken	SP2	
	{1 x 200 on 8:00 Freestyle	REC	
400	8 x 50 on 1:00 Stroke Drills	REC	
	8:07 PM 4,530 Yards - Stress Value = 73		

Workout #1809 - Tuesday, 19 February 2002 Group 3 - Sprint and Stroke 1 minute rest between sets

6:00 PM Start

Yards	Se	et	Desc	crip	ption				EGY	WOF
	==	-=-		-==		=======			===	===
	1	or	n 30:	00	Stom	ach and S	Stre	etch		
600	1	Х	600	on	11:0	0 Swim-ki	ick-	pull-swim	REC	
180	12	2 >	15	on	:30	Shooters			SP3	
	2x{1	Х	150	on	3:00	Kick			EN2	
	{ 1	Х	50 c	n i	1:30	Kick 1009	ો		EN2	
	{ 1	Х	125	on	2:30	Kick			EN2	
	{ 1	Х	50 c	n I	1:30 1	Kick 1009	90		EN2	
	{ 1	Х	100	on	2:00	Kick			EN2	
	{ 1	Х	50 c	n I	1:30 1	Kick 1009	90		EN2	
	1x{3	Х	125	on	1:50	Pulls			EN1	
	{ 3	Х	125	on	1:45	Pulls			EN1	
	{ 2	Х	125	on	1:40	Pulls			EN1	
	1x{1	Х	300	on	5:00	Individ	ual	Medley	EN1	
	{ 1	Х	200	on	3:30	Individ	ual	Medley	EN1	
	{ 1	Х	100	on	1:45	Individ	ual	Medley	EN1	
	1x{4	Х	150	on	2:30	Backstro	oke		EN1	
	{ 3	Х	150	on	2:25	Backstro	oke		EN1	
	{ 2	Х	150	on	2:20	Backstro	oke		EN1	
	{ 1	Х	150	on	2:15	Backstro	oke		EN1	
800	8	Х	100	on	1:20	Backstro	oke		EN2	
300	1	Х	300	on	5:00	Stroke I	Dril	ls	REC	
	8:25	ΡN	16,0	30	Yard	s - Stres	ss V	'alue = 75		

Workout #1808 - Tuesday, 19 February 2002 Group 3 - Girls

1 minute rest between sets

	6:00 P	M Star	t				
Yards	Set	Descri	otion			EGY	WOF
	===					===	===
	1 0	n 30:00	Stomach	n and Stre	etch		
600	1 x	600 on	11:00 \$	Swim-kick	-pull-swim	REC	
180	12	x 15 on	:30 Sho	ooters		SP3	
	2x{1 x	150 on	3:00 K	ick		EN2	
	{1 x	100 on	2:00 K	lck		EN2	
	1x{3 x	125 on	1:50 Pt	ılls		EN1	
	{3 x	125 on	1:45 Pt	ılls		EN1	
500	1 x	500 on	7:00 Re	everse IM	drill	REC	

	1x{4	Х	150	on	2:30	Backstroke	EN1	
	{ 3	Х	150	on	2:25	Backstroke	EN1	
	{ 2	Х	150	on	2:20	Backstroke	EN1	
	{ 1	Х	150	on	2:15	Backstroke	EN1	
{ odds are drill								
250	1	Х	250	on	5:00	Stroke Drills	REC	
	7:51	Ρľ	4 4.2	280	Yards	s - Stress Value = 40		

Workout #1810 - Tuesday, 19 February 2002 Group 3 - Tim and David 1 minute rest between sets

	6:00 H	PM Start		
Yards	Set	t Description	EGY	WOF
=====	===		===	===
	1 0	on 30:00 Stomach and Stretch		
600	1 >	k 600 on 11:00 Swim-kick-pull-swim	REC	
180	12	x 15 on :30 Shooters	SP3	
	2x{1 x	k 150 on 3:00 Kick	EN2	
	{1 >	k 50 on 1:30 Kick 100%	EN2	
	{1 >	k 125 on 2:30 Kick	EN2	
	{1 >	k 50 on 1:30 Kick 100%	EN2	
	{1 >	x 100 on 2:00 Kick	EN2	
	{1 >	k 50 on 1:30 Kick 100%	EN2	
	1x{3 x	x 125 on 1:50 Pulls	EN1	
	{ 3 ≥	x 125 on 1:45 Pulls	EN1	
	{2 x	x 125 on 1:40 Pulls	EN1	
	1x{1 >	x 300 on 5:00 Individual Medley	EN1	
	{1 >	x 200 on 3:30 Individual Medley	EN1	
	1x{4 >	x 150 on 2:30 Backstroke	EN1	
	{ 3 ≥	x 150 on 2:25 Backstroke	EN1	
	{2 x	x 150 on 2:20 Backstroke	EN1	
	{1 >	x 150 on 2:15 Backstroke	EN1	
250	1 >	x 250 on 5:00 Stroke Drills	REC	
	8:11 H	PM 5,080 Yards - Stress Value = 58		

Workout #1806 - Tuesday, 19 February 2002 HighSchl - State Champions 1 minute rest between sets

	3:00	PN	1 St	art	Ē.					
Yards	Se	et	Desc	crip	ption			EGY	WORK	Sī
	==	-=-						===	====	==
	1	or	n 25	:00	Stoma	ach and Stre	tch		L	DF
500	1	х	500	on	9:00	Reverse IM	drill	REC	S	F
180	12	2 2	x 15	on	:30 8	Shooters		SP3	S	CF
	4x{1	Х	150	on	3:00	Kick		EN2	K	CF
	{ 1	х	100	on	2:00	Kick		EN2	K	CF
	{ 1	х	50 0	on I	1:00 F	Kick		EN2	K	CF
500	1	Х	500	on	7:00	Pulls		EN1	P	F
	1x{5	х	100	on	1:30	Freestyle		EN1	S	F
	{ 4	Х	100	on	1:25	Freestyle		EN1	S	F
	{ 3	х	100	on	1:20	Freestyle		EN1	S	F
	{ 2	х	100	on	1:15	Freestyle		EN2	S	F
	{ 1	Х	100	on	1:10	Freestyle		EN2	S	F
250	1	х	250	on	5:00	Stroke Dril	ls	REC	D	C
	4:42	ΡN	4 4,1	130	Yards	s - Stress V	alue =	= 54		

Workout #1812 - Wednesday, 20 February 2002 Group 3 - Boys

_			_	
- 1	minute	rest	between	sets

Yards	6:00 PM Start Set Description	EGY	WORF
=====		===	====
	1 on 30:00 Stomach and Stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
	1x{1 x 100 on 2:00 Kick	EN2	F
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 75 on 1:30 Kick	EN2	ľ
	{1 x 75 on 1:25 Kick	EN2	ľ
	{1 x 50 on 1:00 Kick	EN2	ľ
	{1 x 50 on :55 Kick	EN2	F
600	6 x 100 on 1:30 Lungbuster pulls	EN1	E
300	6×50 on :45 Descend in sets of 3	EN1	٤
	$1x{6 x 50 on 1:00 Breaststroke}$	EN1	٤
	$\{5 \times 75 \text{ on } 1:25 \text{ Breaststroke} \}$	EN1	٤
	{4 x 100 on 1:50 Breaststroke	EN1	٤
	{3 x 125 on 2:15 Breaststroke	EN1	٤
	{ every other one dril		
400	4 x 100 on 2:00 Stroke Drills	REC	Γ
	7:55 PM 4,180 Yards - Stress Value = 4	1	

Workout #1813 - Wednesday, 20 February 2002 Group 3 - Sprint and Stroke 1 minute rest between sets

	6:00	PM Start		
Yards	Se	et Description	EGY	WORF
=====	==		===	====
	1	on 30:00 Stomach and Stretch		I
800	4	x 200 on 3:30 Swim-kick-pull-swim	REC	٤
180	12	2 x 15 on :30 Shooters	SP3	٤
	2x{1	x 100 on 2:00 Kick	EN2	F
	{ 1	x 100 on 1:55 Kick	EN2	ľ
	{ 1	x 75 on 1:30 Kick	EN2	F
	{ 1	x 75 on 1:25 Kick	EN2	ľ
	{ 1	x 50 on 1:00 Kick	EN2	ľ
	{ 1	x 50 on :55 Kick	EN2	ľ
1,200	12	2 x 100 on 1:30 Lungbuster pulls	EN1	E
450	9	x 50 on :45 Descend in sets of 3	EN1	٤
	1x{6	x 50 on 1:00 Breaststroke	EN1	٤
	{ 5	x 75 on 1:25 Breaststroke	EN1	٤
	{ 4	x 100 on 1:50 Breaststroke	EN1	٤
	{ 3	x 125 on 2:15 Breaststroke	EN1	٤
	1x{2	x 100 on 1:30 Individual Medley	EN2	٤
	{ 2	x 100 on 1:25 Individual Medley	EN2	٤
	{ 2	x 100 on 1:20 Individual Medley	EN2	٤
400	4	x 100 on 2:00 Stroke Drills	REC	Ι
	8:25	PM 5,980 Yards - Stress Value = 68		

Workout #1815 - Wednesday, 20 February 2002 Group 3 - Girls

1 minute rest between sets

6:00 PM Start

Yards	Set	EGY	WORF	
=====	====		===	====
	1 or	30:00 Stomach and Stretch		I
800	4 x	200 on 3:30 Swim-kick-pull-swim	REC	٤
180	12 2	15 on :30 Shooters	SP3	٤
	1x{1 x	100 on 2:00 Kick	EN2	ŀ
	{1 x	100 on 1:55 Kick	EN2	ľ
	{1 x	75 on 1:30 Kick	EN2	ľ
	{1 x	75 on 1:25 Kick	EN2	ľ
	{1 x	50 on 1:00 Kick	EN2	ŀ
	{1 x	50 on :55 Kick	EN2	ľ
600	6 x	100 on 1:30 Lungbuster pulls	EN1	E
300	6 x	50 on :45 Descend in sets of 3	EN1	٤
	1x{6 x	50 on 1:00 Breaststroke	EN1	٤

	{ 5	x 75 on 1:25 Breaststroke	EN1	٤
	{ 4	x 100 on 1:50 Breaststroke	EN1	S
	{ 3	x 125 on 2:15 Breaststroke	EN1	٤
400	4	x 100 on 2:00 Stroke Drills	REC	Γ
	7:55	PM 4,180 Yards - Stress Value =	41	

Workout #1814 - Wednesday, 20 February 2002 Group 3 - Tim and David 1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
	2x{1 x 100 on 2:00 Kick	EN2	F
	{1 x 100 on 1:55 Kick	EN2	F
	{1 x 75 on 1:30 Kick	EN2	F
	{1 x 75 on 1:25 Kick	EN2	F
	{1 x 50 on 1:00 Kick	EN2	F
	{1 x 50 on :55 Kick	EN2	F
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	E
300	6×50 on :45 Descend in sets of 3	EN1	٤
	$1x{6 x 50 on 1:00 Breaststroke}$	EN1	٤
	{5 x 75 on 1:25 Breaststroke	EN1	٤
	{4 x 100 on 1:50 Breaststroke	EN1	٤
	{3 x 125 on 2:15 Breaststroke	EN1	٤
400	4 x 100 on 2:00 Stroke Drills	REC	Γ
	8:10 PM 5,030 Yards - Stress Value = 53	3	

Workout #1811 - Wednesday, 20 February 2002 **HighSchl - State Champions** 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WORF
======	=======================================	===	====
	1 on 30:00 Team meeting		ľ
	1 on 20:00 Stomach and Stretch		I
	35 of everything		1
600		DEC	٤
	3 x 200 on 3:30 Swim-kick-pull-swim		
180	12 x 15 on :30 Shooters	SP3	٤
	1 on 10:00 Techniques-starts		Ι
	1x{3 x 100 on 2:05 Kick	EN2	F
	{3 x 100 on 2:00 Kick	EN2	F
	{2 x 100 on 1:55 Kick	EN2	F
	1x{4 x 75 on 1:15 Pulls	EN1	E
	{4 x 75 on 1:10 Pulls	EN1	E
	$\{4 \times 75 \text{ on } 1:05 \text{ Pulls}$	EN1	E
100	1 x 100 on 8:00 Broken at each 25	SP2	٤
	for 5 seconds		
500	10 x 50 on 1:00 Stroke Drills	REC	Γ
	5:11 PM 3,080 Yards - Stress Value = 42	2	

Workout #1816 - Thursday, 21 February 2002 Group 3 - Boys 1 minute rest between sets

	6:00	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 30:00 Stomach and Stretch		
800	1	x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12	2 x 15 on :30 Shooters	SP3	
	1x{4	x 75 on 1:35 Kick	EN2	
	{ 4	x 75 on 1:30 Kick	EN2	
	{ 2	x 75 on 1:25 Kick	EN2	
	1x{2	x 250 on 3:30 Pulls	EN1	
	{ 1	x 250 on 3:20 Pulls	EN1	
	1x{1	x 100 on 1:45 Individual Medley	EN1	
	{ 1	x 100 on 1:40 Individual Medley	EN1	
	1x{8	x 25 on :30 Butterfly	EN1	
	{ 1	on 1:00 Rest		
	{ 6	x 50 on :55 Butterfly	EN1	
	{ 1	on 1:00 Rest		
	{ 4	x 75 on 1:15 Butterfly	EN1	
	{ 1	on 1:00 Rest		
	{ 2	x 100 on 1:30 Butterfly	EN1	
500	5	x 100 on 1:45 Stroke Drills	REC	
	7:58	PM 4,180 Yards - Stress Value = 41		

Workout #1819 - Thursday, 21 February 2002 Group 3 - Sprint and Stroke 1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	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	
	$1x{4 \times 75 \text{ on } 1:35 \text{ Kick}}$	EN2	
	{4 x 75 on 1:30 Kick	EN2	
	{4 x 75 on 1:25 Kick	EN2	
	$1x\{2 \ x \ 250 \ on \ 3:30 \ Pulls$	EN1	
	{1 x 250 on 3:20 Pulls	EN1	
	$1x\{2 \times 100 \text{ on } 1:45 \text{ Individual Medley}$	EN1	
	{2 x 100 on 1:40 Individual Medley	EN1	
	$2x\{8 \times 25 \text{ on } : 30 \text{ Butterfly}$	EN1	
	{1 on 1:00 Rest		
	$\{6 \times 50 \text{ on :} 55 \text{ Butterfly}$	EN1	
	{1 on 1:00 Rest		
	$\{4 \times 75 \text{ on } 1:15 \text{ Butterfly} \}$	EN1	
	{1 on 1:00 Rest		
	{2 x 100 on 1:30 Butterfly	EN1	
	$10x\{1 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	
	$\{1 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN2	
500	5 x 100 on 1:45 Stroke Drills	REC	
	8:33 PM 6,030 Yards - Stress Value = 63		

Workout #1817 - Thursday, 21 February 2002 Group 3 - Girls

1 minute rest between sets

Yards	6:00 PM Start 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	
	$1x{4 x 75 on 1:35 Kick}$	EN2	
	{4 x 75 on 1:30 Kick	EN2	
	{4 x 75 on 1:25 Kick	EN2	
	1x{2 x 250 on 3:30 Pulls	EN1	
	{1 x 250 on 3:20 Pulls	EN1	
	1x{2 x 100 on 1:45 Individual Medley	EN1	
	{2 x 100 on 1:40 Individual Medley	EN1	

	2x{1	X	100	on	:00	Broken	at	each	25		SP2
	{ 1	res	st 5	sec	conds						
	{ 1	Х	200	on	7:00	Freest	yle	€			REC
400	4	Х	100	on	2:00	Stroke	e Di	rills			REC
	7 • 5 5	ÞΝ	14.	ารก	Yard	s - Str	-699	s Valı	10 =	56	

Workout #1818 - Thursday, 21 February 2002 Group 3 - Tim and David 1 minute rest between sets

	6:00 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	
	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	
	1x{2 x 250 on 3:30 Pulls	EN1	
	{1 x 250 on 3:20 Pulls	EN1	
	1x{2 x 100 on 1:45 Individual Medley	EN1	
	{2 x 100 on 1:40 Individual Medley	EN1	
	$1x\{8 \times 25 \text{ on } : 30 \text{ Butterfly}$	EN1	
	{1 on 1:00 Rest		
	{6 x 50 on :55 Butterfly	EN1	
	{1 on 1:00 Rest		
	$\{4 \times 75 \text{ on } 1:15 \text{ Butterfly} \}$	EN1	
	{1 on 1:00 Rest		
	{2 x 100 on 1:30 Butterfly	EN1	
500	5 x 100 on 1:45 Stroke Drills	REC	
	8:03 PM 4,530 Yards - Stress Value = 46		

Workout #1820 - Friday, 22 February 2002 Group 3 - All

	6:00 PM Start			
Yards	Set Description	EGY	WORK	S
=====		===	====	=
	1 on 15:00 Stomach and Stretch		L	Γ
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	S	
180	12 x 15 on :30 Shooters	SP3	S	
900	12 x 75 on 1:30 Kick odds fast	EN2	K	C
800	8 x 100 on 1:30 Lungbuster pulls	EN1	P	
	odds br 3-5-7-9			
	evens br 2-4-6-8			
	1 on 15:00 Techniques-starts		D	
300	10 x 30 on 2:00 Freestyle-OTB	SP3	S	
500	5 x 100 on 2:00 Stroke Drills	REC	D	
	7:54 PM 3,480 Yards - Stress Value =	45		

Workout #1824 - Saturday, 23 February 2002 Group 3 - Boys 1 minute rest between sets

	11:00 AM 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
180	12 x 15 on :30 Shooters	SP3	S
	1x{3 x 100 on 2:00 Kick-descend	EN2	K
	{1 x 100 on 1:30 Kick	EN2	K
800	2 x 400 on 5:30 Pulls	EN1	P
150	1 x 150 on 2:30 1st 50 2bk, 2nd 50	EN1	S
	4 bk, 3rd 50 6bk		
	$1x{3 \times 200 \text{ on } 2:30 \text{ Freestyle}}$	EN2	S
	{3 x 200 on 2:25 Freestyle	EN2	S
	{2 x 200 on 2:20 Freestyle	EN2	S
300	6 x 50 on 1:00 Stroke Drills	REC	D
	12:42 PM 4,030 Yards - Stress Value =	57	

Workout #1821 - Saturday, 23 February 2002 Group 3 - Sprint and Stroke 1 minute rest between sets

	11:00 AM Start			
Yards	Set Description	EGY	WORK	STK
=====	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
800	8 x 100 on 2:00 Stroke Drills	REC	D	CD
180	12×15 on :30 Shooters	SP3	S	CHO
	$1x{3 x 100 on 2:00 Kick-descend}$	EN2	K	CHO
	${3 \times 100 \text{ on } 1:55 \text{ Kick-descend}}$	EN2	K	CHO
	${3 \times 100 \text{ on } 1:50 \text{ Kick-descend}}$	EN2	K	CHO
1,200	3 x 400 on 5:30 Pulls	EN1	P	FR
300	12×25 on :30 IM order-build	EN1	S	IM
	$1x{3 \times 200 \text{ on } 2:30 \text{ Freestyle}}$	EN2	S	FR
	{3 x 200 on 2:25 Freestyle	EN2	S	FR
	{3 x 200 on 2:20 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1:06 PM 5,480 Yards - Stress Value	= 7	76	

Workout #1823 - Saturday, 23 February 2002 Group 3 - Girls

1 minute rest between sets

1	11:00 AM 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
180	12 x 15 on :30 Shooters	SP3	S
1	1x{3 x 100 on 2:00 Kick-descend	EN2	K
	{1 x 100 on 1:30 Kick	EN2	K
400	1 x 400 on 5:30 Pulls	EN1	P
150	1 x 150 on 2:30 1st 50 2bk, 2nd 50	EN1	S
	4 bk, 3rd 50 6bk		
1	1x{3 x 200 on 2:30 Freestyle	EN2	S
	{3 x 200 on 2:25 Freestyle	EN2	S
	{2 x 200 on 2:20 Freestyle	EN2	S
200	4 x 50 on 1:00 Stroke Drills	REC	D
1	12:35 PM 3,530 Yards - Stress Value =	53	

Workout #1822 - Saturday, 23 February 2002 Group 3 - Tim and David

1 minute rest between sets

Yards	11:00 AM Start Set Description	EGY	WORK	STK	
=====		===	====	===	
	1 on 30:00 Stomach and Stretch		L	DRY	
800	8×100 on 2:00 Stroke Drills	REC	D	CD	

180	12×15 on :30 Shooters	SP3	S	CHO
	$1x{3 x 100 on 2:00 Kick-descend}$	EN2	K	CHO
	${3 \times 100 \text{ on } 1:55 \text{ Kick-descend}}$	EN2	K	CHO
800	2 x 400 on 5:30 Pulls	EN1	P	FR
200	8×25 on :30 IM order-build	EN1	S	IM
	$1x{3 x 200 on 2:30 Freestyle}$	EN2	S	FR
	{3 x 200 on 2:25 Freestyle	EN2	S	FR
	{2 x 200 on 2:20 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	12:50 PM 4,480 Yards - Stress Val	Lue = 6	1	

Workout #1826 - Monday, 25 February 2002 HighSchl - Boys 1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
	2x{1 x 125 on 2:30 Kick	EN2	F
	{1 x 100 on 2:00 Kick	EN2	F
	{1 x 75 on 1:30 Kick	EN2	F
	{1 x 50 on 1:00 Kick	EN2	F
	1x{2 x 150 on 2:00 Pulls	EN1	E
	{2 x 150 on 1:55 Pulls	EN1	E
300	6 x 50 on :55 25 free 25 stroke	EN1	٤
	$1x{1 x 700 on 9:45 Freestyle}$	EN2	٤
	{1 x 700 on 9:30 Freestyle	EN2	٤
	{1 x 700 on 9:15 Freestyle	EN2	٤
250	1 x 250 on 3:00 Stroke Drills	REC	Γ
	7:50 PM 4,530 Yards - Stress Value = 72	2	

Workout #1828 - Monday, 25 February 2002 HighSchl - Sprint and Stroke 1 minute rest between sets

	6:00	PM Start	
Yards	Se	et Description	EGY WOF
=====	==		=== ===
	1	on 30:00 Stomach and Stretch	
800	1	x 800 on 15:00 Swim-kick-pull-swim	REC
180	12	2 x 15 on :30 Shooters	SP3
	1x{3	x 125 on 2:30 Kick	EN2
	{ 2	x 100 on 2:00 Kick	EN2
	{ 1	x 75 on 1:30 Kick	EN2
	{ 2	x 50 on 1:00 Kick	EN2
	{ 4	x 25 on :45 Sprint kick	SP1
	1x{2	x 150 on 2:15 Pulls	EN1
	{ 2	x 150 on 2:10 Pulls	EN1
	{ 2	x 150 on 2:05 Pulls	EN1
450	6	x 75 on 1:15 50 free 25 stroke	EN1
	1x{1	x 700 on 9:45 Freestyle	EN2
	{ 1	x 700 on 9:30 Freestyle	EN2
	{1	x 700 on 9:15 Freestyle	EN2
250	1	x 250 on 5:00 Stroke Drills	REC
	8:10	PM 5,530 Yards - Stress Value = 86	

6:00 PM Start Yards Set Description

400

Workout #1825 - Monday, 25 February 2002 HighSchl - Girls

1 minute rest between sets

Group 3 - Sprint and Stroke 1 minute rest between sets

					6:00 PM Start		
	6:00 PM Start			Yards	Set Description EG	Y WOR	Kξ
S	Set Description	EGY	WORF	=====	=======================================	:= ====	= =
=	=======================================	===	====		1 on 25:00 Stomach and Stretch		LΙ
	1 on 30:00 Stomach and Stretch		I		95 of everything		
0	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤	600	1 x 600 on 11:00 Reverse IM drill RE		D
0	12 x 15 on :30 Shooters	SP3	٤	180	12 x 15 on :30 Shooters SE	3 !	SF
	1x{1 x 125 on 2:30 Kick	EN2	ľ		1x{4 x 75 on 1:30 Kick EN	12 !	K C
	{1 x 100 on 2:00 Kick	EN2	F		{4 x 75 on 1:25 Kick EN	12 !	K C
	1 x 75 on 1:30 Kick	EN2	ľ		{2 x 75 on 1:20 Kick EN	12 !	K (
	1 x 50 on 1:00 Kick	EN2	ľ		1x{2 x 125 on 2:00 Pulls EN	1	P
	1x{2 x 150 on 2:00 Pulls	EN1	E		{2 x 125 on 1:55 Pulls EN	11	P
	{1 x 150 on 1:55 Pulls	EN1	E		{2 x 125 on 1:50 Pulls EN	1 :	P
0	· ·	EN1	٤		1x{4 x 100 on 1:40 Individual Medley EN	11 :	S
	1x{1 x 600 on 8:00 Freestyle	EN2	٤		{4 x 25 on :30 Freestyle-descend EN	11 1	S
	· · · · · · · · · · · · · · · · · · ·	EN2			1x{5 x 150 on 2:25 Backstroke EN	11 :	S
	•	EN2	٤		{4 x 125 on 2:00 Backstroke EN	i1 :	S
0	• 2	REC			{3 x 100 on 1:35 Backstroke EN	i1 :	S
	7:34 PM 3,580 Yards - Stress Value = 5				{2 x 75 on 1:10 Backstroke EN	1 1	S
					{1 x 50 on :45 Backstroke EN	i1 :	S
	***			300	12 x 25 on :25 IM order-all fast EN	11	S
	Workout #1827 - Monday, 25 February 2002			200	1 x 200 on 3:00 Stroke Drills RE	C	D
	HighSchl - Tim and David				8:01 PM 5,030 Yards - Stress Value = 54		

Workout #1827 - Monday, 25 February 2002 HighSchl - Tim and David 1 minute rest between sets

6:00 PM Start EGY WOF Yards Set Description ____________________________________ 1 on 30:00 Stomach and Stretch 800 1 x 800 on 15:00 Swim-kick-pull-swim REC 12 x 15 on :30 Shooters 1x{3 x 125 on 2:30 Kick EN2 {1 x 100 on 2:00 Kick EN2 {1 x 75 on 1:30 Kick EN2 EN2 {1 x 50 on 1:00 Kick | LNZ | EN1 | EN2 $(1 \times 600 \text{ on } 7\text{:}40 \text{ Freestyle}$ EN2 $1 \times 250 \text{ on } 5\text{:}00 \text{ Stroke Drills}$ REC 7:52 PM 4,480 Yards - Stress Value = 64

Workout #1831 - Tuesday, 26 February 2002 Group 3 - Boys 1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	٤
	=======================================	===	====	=
	1 on 25:00 Stomach and Stretch		L	Γ
	40 of everything			
400	1 x 400 on 8:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	E
	1x{4 x 75 on 1:30 Kick	EN2	K	(
	{4 x 75 on 1:25 Kick	EN2	K	(
	1x{3 x 125 on 1:55 Pulls	EN1	P	
	{3 x 125 on 1:50 Pulls	EN1	P	
	$1x{3 \times 100}$ on 1:40 Individual Medley	EN1	S	
	{4 x 25 on :30 Freestyle-descend	EN1	S	
	1x{3 x 150 on 2:25 Backstroke	EN1	S	
	{3 x 125 on 2:00 Backstroke	EN1	S	
	{3 x 100 on 1:35 Backstroke	EN1	S	
	{3 x 75 on 1:10 Backstroke	EN1	S	
	{3 x 50 on :45 Backstroke	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	7:43 PM 4,030 Yards - Stress Value =	46		

Workout #1830 - Tuesday, 26 February 2002 Group 3 - Girls 1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	S
	=======================================	===	====	=
	1 on 25:00 Stomach and Stretch		L	Γ
	40 of everything			
400	1 x 400 on 8:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	F
	1x{2 x 75 on 1:30 Kick	EN2	K	\subset
	{2 x 75 on 1:25 Kick	EN2	K	\subset
	1x{2 x 125 on 1:55 Pulls	EN1	P	
	{2 x 125 on 1:50 Pulls	EN1	P	
	$1x{1 x 100 on 1:40 Individual Medley}$	EN1	S	
	{4 x 25 on :30 Freestyle-descend	EN1	S	
	1x{3 x 150 on 2:25 Backstroke	EN1	S	
	{3 x 125 on 2:00 Backstroke	EN1	S	
	{3 x 100 on 1:35 Backstroke	EN1	S	
	{3 x 75 on 1:10 Backstroke	EN1	S	
	{3 x 50 on :45 Backstroke	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	7:30 PM 3,280 Yards - Stress Value =	34		

Workout #1829 - Tuesday, 26 February 2002 Group 3 - Tim and David 1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	Ę
	=======================================	===	====	=
	1 on 25:00 Stomach and Stretch 65 of everything		L	Ι
400	1 x 400 on 8:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	E
	1x{4 x 75 on 1:30 Kick	EN2	K	C
	{4 x 75 on 1:25 Kick	EN2	K	(
	1x{2 x 125 on 1:55 Pulls	EN1	_	
	{2 x 125 on 1:50 Pulls	EN1	P	
	$1x{4 \times 100}$ on 1:40 Individual Medley	EN1	S	
	{4 x 25 on :30 Freestyle-descend	EN1		
	1x{5 x 150 on 2:25 Backstroke	EN1	S	
	{4 x 125 on 2:00 Backstroke	EN1	S	
	{3 x 100 on 1:35 Backstroke	EN1	S	
	{2 x 75 on 1:10 Backstroke	EN1	S	
	{1 x 50 on :45 Backstroke	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	7:45 PM 4,130 Yards - Stress Value =	46		

Workout #1836 - Wednesday, 27 February 2002 Group 3 - Boys

1 minute rest between sets

Yards	6:00 PM Start Set Description	EGY	WOF
	1 on 30:00 Stomach/Stretch 35		
600		REC	
	12 x 15 on :30 Shooters	SP3	
	1x{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	{4 x 50 on :55 Kick	EN2	
	1x{1 x 100 on 1:40 Pulls	EN1	
	{1 x 100 on 1:35 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
	{1 x 100 on 1:25 Pulls	EN1	
	{1 x 100 on 1:20 Pulls	EN1	
	{1 x 100 on 1:15 Pulls	EN1	
	$1x{1 \times 200 \text{ on } 3:30 \text{ Reverse IM drill}}$	EN1	
	{4 x 100 on 1:30 Freestyle-descend	EN1	
	$1x{1 x 100 on :00 Broken at each 25}$	SP2	
	{1 x 200 on 6:00 Freestyle	REC	
600	12 x 50 on 1:00 Stroke Drills 4 on E	REC	
	7:43 PM 3,480 Yards - Stress Value = 41		

Workout #1833 - Wednesday, 27 February 2002 Group 3 - Sprint and Stroke 1 minute rest between sets

Yards	6:00 PM Start Set Description	EGY	WOF
=====	1 20 00 00 00 00	===	===
	1 on 30:00 Stomach/Stretch 95		
600	6 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{6 x 50 on 1:05 Kick	EN2	
	{6 x 50 on 1:00 Kick	EN2	
	{4 x 50 on :55 Kick	EN2	
	1x{2 x 250 on 3:30 Pulls	EN1	
	{1 x 250 on 3:25 Pulls	EN1	
	1x{1 x 200 on 3:00 Individual Medley	EN1	
	${3 \times 100 \text{ on } 1:30 \text{ Descend in sets of } 3}$	EN1	
	1x{4 x 125 on 2:30 Breast 1st 25 under	EN1	
	{3 x 125 on 2:25 Breast 1st 25 under	EN1	
	{2 x 125 on 2:20 Breast 1st 25 under	EN1	
	{1 x 125 on 2:15 Breast 1st 25 under	EN1	
	$\{1 \times 100 \text{ on } 1:40 \text{ Breaststroke} \}$	EN1	

	{ 1	x 100 on	1:35 Breaststroke	EN1
	{ 1	x 100 on	1:30 Breaststroke	EN2
	{ 1	x 100 on	1:25 Breaststroke	EN2
	{ 1	x 100 on	1:20 Breaststroke	EN2
400	4	x 100 on	2:00 Stroke Drills	REC
	8:09	PM 4,980	Yards - Stress Value = 55	

Workout #1835 - Wednesday, 27 February 2002 Group 3 - Girls

1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach/Stretch 35		
500	5 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 50 on 1:05 Kick	EN2	
	{3 x 50 on 1:00 Kick	EN2	
	{3 x 50 on :55 Kick	EN2	
	1x{1 x 100 on 1:40 Pulls	EN1	
	{1 x 100 on 1:35 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
	{1 x 100 on 1:25 Pulls	EN1	
	{1 x 100 on 1:20 Pulls	EN1	
	$1x{1 x 200 on 3:30 Reverse IM drill}$	EN1	
	${3 \times 100 \text{ on } 1:30 \text{ Descend in sets of } 3}$	EN1	
	$1x{1 x 100 on :00 Broken at each 25}$	SP2	
	{1 x 200 on 6:00 Freestyle	REC	
600	12 x 50 on 1:00 Stroke Drills 4 on E	REC	
	7:35 PM 3,030 Yards - Stress Value = 36		

Workout #1834 - Wednesday, 27 February 2002 Group 3 - Tim and David 1 minute rest between sets

Yards	6:00 PM Start Set Description	EGY WOF
	1 on 30:00 Stomach/Stretch 65	
600	6 x 100 on 1:45 Stroke Drills	REC
180	12 x 15 on :30 Shooters	SP3
	1x{6 x 50 on 1:05 Kick	EN2
	{6 x 50 on 1:00 Kick	EN2
	{4 x 50 on :55 Kick	EN2
	1x{2 x 250 on 3:30 Pulls	EN1
	{1 x 250 on 3:25 Pulls	EN1
	1x{1 x 200 on 3:00 Individual Medley	EN1
	$\{3 \times 100 \text{ on } 1:30 \text{ Descend in sets of } 3$	EN1
	$1x\{1 \times 200 \text{ on } :00 \text{ Broken at each } 50$	SP2
	{1 x 300 on 10:00 Freestyle	REC
	{1 x 100 on :00 Broken at each 25	SP2
	{1 x 200 on 6:00 Freestyle	REC
400	8 x 50 on 1:00 Stroke Drills	REC
	7:53 PM 4,030 Yards - Stress Value = 65	

Workout #1837 - Thursday, 28 February 2002 Group 3 - Sprint and Stroke 1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach/Stretch 85		
600	6 x 100 on 1:45 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
	$1x{3 x 150 on 3:00 Kick L. 50 w/out brd}$	EN2	
	$\{3 \times 100 \text{ on } 2:00 \text{ Kick L. } 50 \text{ w/out brd}$	EN2	
	$\{4 \times 50 \text{ on } 1:15 \text{ Sprint kick}$	EN2	
	1x{2 x 200 on 3:00 Pulls	EN1	
	{2 x 150 on 2:15 Pulls	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
600	12×50 on :45 Descend in sets of 3	EN1	
	4x{1 x 100 on 1:40 Butterfly	EN1	
	$\{1 \times 75 \text{ on } 1:15 \text{ Butterfly} \}$	EN1	
	$\{1 \times 50 \text{ on } :50 \text{ Butterfly} \}$	EN1	
	$\{1 \times 25 \text{ on } : 25 \text{ Butterfly} \}$	EN1	
	{1 x 100 on 2:00 Individual Medley	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	8:09 PM 5,030 Yards - Stress Value = 55		

Workout #1838 - Thursday, 28 February 2002 Group 3 - Tim and David 1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WOE
=====	=======================================	===	===
	1 on 30:00 Stomach/Stretch 85		
600	6 x 100 on 1:45 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
	$1x{3 x 150 on 3:00 Kick L. 50 w/out brd}$	EN2	
	{3 x 100 on 2:00 Kick L. 50 w/out brd	EN2	
	1x{2 x 200 on 3:00 Pulls	EN1	
	{2 x 150 on 2:15 Pulls	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
300	6×50 on :45 Descend in sets of 3	EN1	
	$3x{1 \times 100 \text{ on } 1:40 \text{ Butterfly}}$	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 Individual Medley	EN1	
250	-	REC	
	7:51 PM 4,030 Yards - Stress Value = 45		

Workout #1839 - Friday, 01 March 2002 Group 3 - All

1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	Š
=====		===	====	=
	1 on 15:00 Stomach and Stretch		L	Γ
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	S	
180	12 x 15 on :30 Shooters	SP3	S	
900	12 x 75 on 1:30 Kick odds fast	EN2	K	C
800	8 x 100 on 1:30 Lungbuster pulls	EN1	P	
	odds br 3-5-7-9			
	evens br 2-4-6-8			
	1 on 15:00 Techniques-starts		D	
250	10 x 25 on 2:00 Freestyle-OTB	SP3	S	
500	5 x 100 on 2:00 Stroke Drills	REC	D	
	7:54 PM 3,430 Yards - Stress Value =	43		

Workout #1840 - Saturday, 02 March 2002 Group 3 - Sprint and Stroke 1 minute rest between sets

	11:00 AM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach/Stretch 55		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
700	1 x 700 on 10:30 Pulls	EN1	
	$4x{3 x 100 on 1:15 Freestyle}$	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ Freestyle}$	REC	
250	1 x 250 on 5:00 Stroke Drills	REC	
	12:53 PM 4,530 Yards - Stress Value = 42	2	

Workout #1841 - Saturday, 02 March 2002 Group 3 - Tim and David 1 minute rest between sets

	11:00 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach/Stretch 55		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
900	1 x 900 on 12:00 Pulls	EN1	
	$1x{1 x 200 on :00 Broken at the 50}$	SP2	
	{ rest 10-20-30 second		
	{1 x 400 on 11:00 Freestyle	REC	
450	9 x 50 on 1:00 Stroke Drills	REC	
	12:38 PM 3,530 Yards - Stress Value = 52	2	

Workout #1843 - Monday, 04 March 2002 HighSchl - Sectional 1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 25:00 Stomach and Stretch		
	70 of everything		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on :45 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	$1x{6 x 75 on 1:10 Pulls no br L. 5 yds}$	EN1	
	$\{4 \times 75 \text{ on } 1:05 \text{ Pulls no br L.}10 \text{ yds}$	EN1	
	$\{2 \times 75 \text{ on } 1:00 \text{ Pulls no br L.15 yds}$	EN1	
1,200	4×300 on $4:00$ Freestyle	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:39 PM 4,030 Yards - Stress Value = 46		

EGY WORK

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REC

SP3

EN3

EN1

EN1

EN1

EN1

EN1

EN1

EN1

EN1

EN1

REC

Workout #1842 - Monday, 04 March 2002 HighSchl - Sprint and Stroke 1 minute rest between sets

Group 3 - Tim and David 1 minute rest between sets

1 minute Test between sets			6:00 PM Start			
6:00 PM Start		Yards	Set Description		WORK	Sī
=======================================	EGY WOF	=====	1 on 30:00 Stomach and Stretch 65 of everything	===	 L	== DF
1 on 25:00 Stomach and Stretch 70 of everything 600 1 x 600 on 11:00 Swim-kick-pull-swim 180 12 x 15 on :30 Shooters 2x{1 x 100 on 2:00 Kick {1 x 50 on :45 Kick	SP3 EN2 EN2	600 180	2 x 300 on 5:15 Reverse IM drill 12 x 15 on :30 Shooters 1x{3 x 75 on 1:35 Kick -descend {3 x 75 on 1:30 Kick-descend 1x{2 x 125 on 2:00 Pulls-nbbf&w	REC SP3 EN2 EN2 EN1 EN1	S K K P	I CE CE E E
{1 x 100 on 1:50 Kick {1 x 50 on :55 Kick 1x{6 x 75 on 1:10 Pulls no br L. 5 yds	EN2 EN2 EN2 EN2 EN1 EN1		1x{5 x 75 on 1:10 Backstroke {5 x 75 on 1:05 Backstroke {5 x 75 on 1:00 Backstroke	EN1 EN1 EN2 REC	S S S	E E E C
1,600 4 x 400 on 5:30 Freestyle	EN1 REC		Workout #1847 - Wednesday, 06 March 2002 Group 3 - Taper 2 1 minute rest between sets			

Yards

600

180

400

=====

6:00 PM Start

Set Description

60 of everything

odds free evns nonfr

12 x 15 on :30 Shooters

 $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$

1 on 30:00 Stomach and Stretch

6 x 100 on 2:00 Stroke Drills

 $1x{2 x 100 on 1:35 Lungbuster pulls}$

12 x 25 on :30 IM order-build

 $3x\{1 \times 100 \text{ on } 2:00 \text{ Stroke Drills}$ $\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$

 $\{1 \times 75 \text{ on } 1:30 \text{ Stroke Drills} \}$

 $\{1 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$

8 x 50 on 1:00 Stroke Drills

7:55 PM 4,030 Yards - Stress Value = 46

 $\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$

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

 $\{2 \times 100 \text{ on } 1:30 \text{ Lungbuster pulls}$

 $\{2 \times 100 \text{ on } 1:25 \text{ Lungbuster pulls}$

 $2x{4 \times 50}$ on 1:00 Kick no board 1 on E EN1

Workout #1844 - Monday, 04 March 2002 HighSchl - Tim and David

1 minute rest between sets

Yards	6:00 PM Start Set Description	EGY WOF
		=== ===
	1 on 25:00 Stomach and Stretch 40 of everything	
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC
180	12 x 15 on :30 Shooters	SP3
	1x{1 x 100 on 2:00 Kick	EN2
	{1 x 50 on :45 Kick	EN2
	{1 x 100 on 1:55 Kick	EN2
	{1 x 50 on :50 Kick	EN2
	{1 x 100 on 1:50 Kick	EN2
	{1 x 50 on :55 Kick	EN2
	1x{3 x 75 on 1:10 Pulls no br L. 5 yds	EN1
	$\{3 \times 75 \text{ on } 1:05 \text{ Pulls no br L.}10 \text{ yds}$	EN1
	$\{2 \times 75 \text{ on } 1:00 \text{ Pulls no br L.15 yds}$	EN1

1 x 250 on 5:00 Stroke Drills 7:30 PM 3,580 Yards - Stress Value = 37 Workout #1845 - Tuesday 05 March 2002

EN1

Workout #1845 - Tuesday, 05 March 2002 Group 3 - Sprint and Stroke 1 minute rest between sets

5 x 300 on 4:00 Freestyle

6.00 PM Start

1,500

250

	0:00	PI	4 5	otai	LL						
Yards	Set Description								WORK	Sī	
=====	==	===	-===				===	===	====	==	
		or	h		L	DF					
600					eryth:	_		DEC	Б	1	
600						5 Reverse IM dr	TTT		_	_	
180	12	2 2	< 15	5 or	n :30	Shooters		SP3	S	CF	
	1x{3	Х	75	on	1:35	Kick -descend		EN2	K	CF	
	{ 3	Х	75	on	1:30	Kick-descend		EN2	K	CF	
	$\{3 \times 75 \text{ on } 1:25 \text{ Kick-descend}\}$							EN2	K	CF	
75	1×75 on 2:00 Kick for time							EN2	K	CF	
	2x{2	Х	125	ō or	n 2:00	O Pulls-nbbf&w		EN1	P	E	
	{ 3	Х	50	on	:40	Pulls		EN1	P	E	
	1x{6	Х	75	on	1:10	Backstroke		EN1	S	E	
	{ 6	Х	75	on	1:05	Backstroke		EN1	S	E	
	{ 6	Х	75	on	1:00	Backstroke		EN2	S	E	
350	7	Х	50	on	1:00	Stroke Drills		REC	D	(
	7:48	ΡN	14,	030) Yard	ds - Stress Val	ue =	= 46			

Workout #1846 - Tuesday, 05 March 2002

6:00 PM Start

Set Description

Yards

Workout #1849 - Wednesday, 06 March 2002 Group 3 - Taper 2 1 minute rest between sets

	{ 1	x 50 on	:45 Freestyle	EN1	S
300	6	x 50 on 3	1:00 Stroke Drills	REC	Γ
	7:45	PM 3,480	Yards - Stress Value =	42	

Workout #1850 - Wednesday, 06 March 2002 Group 3 - Tim and David

	- ===	====		1 minute rest between sets		
1 on 30:00 Stomach and Stretch		I				
55 of everything				6:00 PM Start		
16 x 50 on 1:00 Stroke Drills	REC	Ι	Yards		EGY	WORF
12 x 15 on :30 Shooters	SP3	٤	======		===	====
2x{1 x 150 on 3:00 Kick	EN2	ľ		1 on 30:00 Stomach and Stretch		I
{1 x 100 on 2:00 Kick	EN2	ľ		30 of everything		
{1 x 50 on 1:00 Kick	EN2	F	600	<u> </u>	REC	Ε
6×50 on 1:00 Descend in sets of 3	B EN2	ŀ	000	odds free evns nonfr		-
$1x{1 x 250 on 3:40 Pulls}$	EN1	E	180	12 x 15 on :30 Shooters	SP3	٤
{1 x 250 on 3:35 Pulls	EN1	E		2x{4 x 50 on 1:00 Kick no board 1 on E H	EN1	F
{1 x 250 on 3:30 Pulls	EN1	Ε			EN3	ľ
{1 x 250 on 3:25 Pulls	EN1	Ε		· •	EN1	E
4 x 100 on 1:45 Individual Medley	EN1	٤		•	EN1	E
$1x{1 x 100 on :00 Broken at each 25}$	SP2	٤		{2 x 100 on 1:25 Lungbuster pulls	EN1	E
{ for 5 seconds			400	16 x 25 on :30 IM order-build	EN1	٤
{1 x 300 on 10:00 Freestyle	REC	٤	100	1 x 100 on 8:00 Broken	SP2	ç
{1 x 100 on :00 Broken at each 25	SP2	٤	600			Г
{ for 10 seconds			000			-
$\{1 \times 300 \text{ on } 9:00 \text{ Freestyle} \}$	REC	٤		7.10 III 0,000 Ialas Belebb value 15		
	55 of everything 16 x 50 on 1:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 6 x 50 on 1:00 Descend in sets of 3 1x{1 x 250 on 3:40 Pulls {1 x 250 on 3:35 Pulls {1 x 250 on 3:35 Pulls {1 x 250 on 3:25 Pulls 4 x 100 on 1:45 Individual Medley 1x{1 x 100 on :00 Broken at each 25 { for 5 seconds {1 x 300 on 10:00 Freestyle {1 x 100 on :00 Broken at each 25 { for 10 seconds	55 of everything 16 x 50 on 1:00 Stroke Drills REC 12 x 15 on :30 Shooters SP3 2x{1 x 150 on 3:00 Kick EN2 {1 x 100 on 2:00 Kick EN2 {1 x 50 on 1:00 Kick EN2 6 x 50 on 1:00 Descend in sets of 3 EN2 1x{1 x 250 on 3:40 Pulls EN1 {1 x 250 on 3:35 Pulls EN1 {1 x 250 on 3:35 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 300 on 1:45 Individual Medley EN1 1x{1 x 100 on :00 Broken at each 25 SP2 { for 5 seconds {1 x 300 on 10:00 Freestyle REC {1 x 100 on :00 Broken at each 25 SP2 { for 10 seconds	55 of everything 16 x 50 on 1:00 Stroke Drills REC I 12 x 15 on :30 Shooters SP3 S 2x{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 6 x 50 on 1:00 Descend in sets of 3 EN2 F 1x{1 x 250 on 3:40 Pulls EN1 F {1 x 250 on 3:35 Pulls EN1 F 1x 250 on 3:25 Pulls EN1 F 1x 250 on 3:25 Pulls EN1 F 1x x 250 on 3:25 Pulls EN1 F 1x x 100 on 1:45 Individual Medley EN1 S 1x{1 x 100 on :00 Broken at each 25 SP2 S { for 5 seconds {1 x 300 on 10:00 Freestyle REC S {1 x 100 on :00 Broken at each 25 SP2 S { for 10 seconds	55 of everything 16 x 50 on 1:00 Stroke Drills REC I Yards 12 x 15 on :30 Shooters SP3 E 2x{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 x 50 on 1:00 Descend in sets of 3 EN2 F 1x{1 x 250 on 3:40 Pulls EN1 F {1 x 250 on 3:35 Pulls EN1 F {1 x 250 on 3:35 Pulls EN1 F {1 x 250 on 3:25 Pulls EN1 F	1 on 30:00 Stomach and Stretch 55 of everything 16 x 50 on 1:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick	1 on 30:00 Stomach and Stretch 55 of everything 16 x 50 on 1:00 Stroke Drills REC 12 x 15 on :30 Shooters SP3 2x{1 x 150 on 3:00 Kick EN2 11 x 100 on 2:00 Kick EN2 12 x 50 on 1:00 Descend in sets of 3 EN2 EN3 EN1

EGY WORF

Workout #1848 - Wednesday, 06 March 2002 **Group 3 - Sectional**

7:57 PM 4,080 Yards - Stress Value = 57

1 minute rest between sets

	6:00 PM Start			=
Yards	Set Description	EGY	WORK	STK
=====	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
	55 of everything			
600	12 x 50 on 1:00 Stroke Drills	REC	D	CHO
180	12 x 15 on :30 Shooters	SP3	S	CHO
	2x{1 x 150 on 3:00 Kick	EN2	K	CHO
	{1 x 100 on 2:00 Kick	EN2	K	CHO
	{1 x 50 on 1:00 Kick	EN2	K	CHO
	1x{1 x 250 on 3:30 Pulls	EN1	P	FR
	{1 x 250 on 3:25 Pulls	EN1	P	FR
	$2x{1 x 200 on 3:40 Breaststroke}$	EN1	S	BR
	{2 x 100 on 1:50 Breaststroke	EN1	S	BR
	$\{4 \times 50 \text{ on } :55 \text{ Breaststroke} \}$	EN1	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	7:37 PM 3,280 Yards - Stress Value	= 3	35	

Workout #1851 - Wednesday, 06 March 2002

	Group 3 - Sectional
	1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WORF
=====		===	====
	1 on 30:00 Stomach and Stretch		I
	60 of everything		
600		REC	Ι
	odds free evns nonfr		
180	12 x 15 on :30 Shooters	SP3	٤
	$2x{4 \times 50}$ on 1:00 Kick no board 1 on E	EN1	ľ
	$\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$	EN3	ŀ
	$1x\{2 \times 100 \text{ on } 1:35 \text{ Lungbuster pulls}$	EN1	E
	{2 x 100 on 1:30 Lungbuster pulls	EN1	E
	{2 x 100 on 1:25 Lungbuster pulls	EN1	E
300	12 x 25 on :30 IM order-build	EN1	٤
	2x{1 x 100 on 2:00 Stroke Drills	EN1	Γ
	{1 x 100 on 1:30 Freestyle	EN1	٢
	{1 x 75 on 1:30 Stroke Drills	EN1	٢
	{1 x 75 on 1:05 Freestyle	EN1	٤
	{1 x 50 on 1:00 Stroke Drills	EN1	Ι

Workout #1852 - Friday, 08 March 2002 Group 3 - Taper 2 1 minute rest between sets

		6:00 PM Start		
	Yards	Set Description	EGY	WOF
		=======================================	===	===
K		1 on 30:00 Stomach and Stretch		
=	600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
Y	180	12 x 15 on :30 Shooters	SP3	
		1x{2 x 125 on 2:30 Kick	EN2	
0		{2 x 125 on 2:25 Kick	EN2	
0		{2 x 125 on 2:20 Kick	EN2	
0		$1x{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}}$	EN1	
0		{4 x 50 on :55 Pulls-nbbf&w	EN1	
0		$\{4 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w}$	EN1	
R		$\{4 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w}$	EN1	
R		$1x{3 x 100 on 1:30 Freestyle}$	EN1	
R		{3 x 100 on 1:25 Freestyle	EN1	
R		{3 x 100 on 1:20 Freestyle	EN1	
R		{1 x 100 on 1:15 Freestyle	EN2	
D	200	1 x 200 on 4:00 Stroke Drills	REC	
		7:39 PM 3,530 Yards - Stress Value = 41		

Workout #1853 - Saturday, 09 March 2002 Group 3 - Taper 2 1 minute rest between sets

	11:00 AM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	9 x 100 on 2:00 Kick-odds fast	EN2	
	1x{3 x 100 on 1:30 Pulls	EN1	
	{3 x 75 on 1:05 Pulls	EN1	
	{3 x 50 on :45 Pulls	EN1	
	{3 x 25 on :30 Pulls	EN1	
400	16 x 25 on :30 IM order-build	EN1	
100	1 x 100 on 8:00 Broken at each 25	SP2	
	for 10 seconds		
600	12 x 50 on 1:00 Stroke Drills	REC	
	12:55 PM 3,930 Yards - Stress Value = 47		

Workout #1854 - Monday, 11 March 2002 Group 3 - Taper 2

1 minute rest between sets

Yards	6:00 PM Start Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
	40 of everything		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 150 on 3:00 Kick	EN2	
	{4 x 25 on :45 Kick	EN2	
	1x{2 x 125 on 1:55 Pulls	EN1	
	{2 x 125 on 1:50 Pulls	EN1	
	1x{2 x 150 on 2:15 Freestyle	EN1	
	{2 x 150 on 2:10 Freestyle	EN1	
	{2 x 150 on 2:05 Freestyle	EN1	
	{2 x 150 on 2:00 Freestyle	EN2	
	{2 x 150 on 1:55 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:33 PM 3,530 Yards - Stress Value = 42		

Workout #1855 - Tuesday, 12 March 2002 Group 3 - Taper 2

1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	Ę
	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch 35 of everything		L	Ι
600	1 x 600 on 10:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	(
	2x{1 x 100 on 2:00 Kick	EN2	K	(
	{1 x 100 on 1:50 Kick	EN2	K	(
	{1 x 50 on :50 Kick	EN2	K	(
	1x{1 x 250 on 3:30 Pulls	EN1	P	
	{1 x 250 on 3:20 Pulls	EN1	P	
200	8 x 25 on :30 IM order-build	EN1	S	
	$1x\{2 x 125 \text{ on } 2:00 \text{ Backstroke}$	EN1	S	
	{2 x 125 on 1:55 Backstroke	EN1	S	
	{2 x 125 on 1:50 Backstroke	EN1	S	
	{2 x 125 on 1:45 Backstroke	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	7:32 PM 3,180 Yards - Stress Value =	34		

Workout #1856 - Wednesday, 13 March 2002 Group 3 - Taper 2

1 minute rest between sets

Yards	6:00 PM Start Set Description	EGY	WOF
=====	=======================================	===	===
	<pre>1 on 25:00 Stomach and Stretch 25 of everything</pre>		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	{4 x 50 on :55 Kick	EN2	
700	7 x 100 on 1:30 Lungbuster pulls	EN1	
	Breathe 2-3-4-5		
200	1 x 200 on 3:00 Individual Medley	EN1	
	build each 50		
100	1 x 100 on :00 Broken at each 25	SP2	
	rest 5,10,15 seconds		
500	5 x 100 on 2:00 Stroke Drills	REC	
	7:27 PM 3,080 Yards - Stress Value = 38		

Workout #1857 - Thursday, 14 March 2002 Group 3 - Taper 2

1 minute rest between sets

Yards	6:00 PM Start Set Description	EGY WOF
	1 on 25:00 Stomach and Stretch	
	25 of everything	
800	8 x 100 on 2:00 Stroke Drills 2 on E	REC
	12 x 15 on :30 Shooters	SP3
	$1x{4 \times 25 \text{ on } :30 \text{ Kick no board}}$	EN1
	{3 x 50 on 1:00 Kick no board	EN1
	{2 x 75 on 1:30 Kick no board	EN1
	$\{1 \times 100 \text{ on } 2:00 \text{ Kick no board}$	EN1
	1x{1 x 200 on 3:00 Pulls-nbbf&w	EN1
	$\{1 \times 150 \text{ on } 2:15 \text{ Pulls-nbbf&w}$	EN1
	{1 x 100 on 1:30 Pulls-nbbf&w	EN1
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} \}$	EN1
	$4x{1 x 100 on 1:45 Reverse IM drill}$	EN1
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN1
250	1 x 250 on 5:00 Stroke Drills	REC
	7:30 PM 3,030 Yards - Stress Value = 26	

Workout #1858 - Monday, 08 April 2002 Group 3 - All 1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 25:00 Stomach and Stretch		I
600	3 x 200 on 4:00 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
	2x{1 x 100 on 2:30 Kick	EN1	F
	{1 x 100 on 2:20 Kick	EN1	F
	{1 x 100 on 2:10 Kick	EN1	F
	$1x{1 x 50 on :45 Pulls}$	EN1	E
	{1 x 100 on 1:30 Pulls	EN1	E
	{1 x 150 on 2:15 Pulls	EN1	E
	{1 x 200 on 3:00 Pulls	EN1	E
	{1 x 250 on 3:45 Pulls	EN1	E
	$1x{6 x 75 on 1:15 Freestyle}$	EN1	٤
	{4 x 25 on :30 IM order	EN1	٤
	{6 x 75 on 1:10 Freestyle	EN1	٤
	{4 x 25 on :30 IM order	EN1	٤
	$\{6 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$	EN1	٤
	{4 x 25 on :30 IM order	EN1	٤
250	1 x 250 on 5:00 Stroke Drills	REC	Γ
	7:46 PM $4,030$ Yards - Stress Value = $3!$	ō	

Workout #1859 - Tuesday, 09 April 2002 Group 3 - All 1 minute rest between sets

	5:00 PM Start			
Yards	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	1 on 30:00 Optional Dryland		L	DF
	1 on 25:00 Stomach and Stretch		L	DF
	$1x{1 x 300 on 6:00 Reverse IM drill}$	REC	D	1
	{1 x 200 on 4:00 Reverse IM drill	REC	D	1
	{1 x 100 on 2:00 Reverse IM drill	REC	D	1
180	12 x 15 on :30 Shooters	SP3	S	E
	3x{1 x 100 on 2:30 Kick	EN1	K	CF
	{1 x 100 on 2:00 Kick	EN2	K	CF
600	3 x 200 on 3:00 Pulls-nbbf&w	EN1	P	E
	$1x{4 x 125 on 2:00 Freestyle}$	EN1	S	E
	{3 x 100 on 1:35 Freestyle	EN1	S	E
	$\{2 \times 75 \text{ on } 1:10 \text{ Freestyle} \}$	EN1	S	E
	$\{4 \times 125 \text{ on } 1:55 \text{ Freestyle}$	EN1	S	E
	{3 x 100 on 1:30 Freestyle	EN1	S	E
	$\{2 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$	EN1	S	E
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
	7:15 PM 4,080 Yards - Stress Value =	= 42		

Workout #1860 - Wednesday, 10 April 2002 Group 3 - All 1 minute rest between sets

	5:00 PM Start			
Yards	Set Description	EGY	WORK	SI
=====	=======================================	===	====	==
	1 on 30:00 Optional dryland		L	DF
	1 on 30:00 Stomach and Stretch		L	DF
600	6 x 100 on 2:00 Stroke Drills	REC	D	CF
	odds free evens strk			
	1 on 15:00 Techniques-TN turns		D	E
	2x{1 x 150 on 3:15 Kick	EN1	K	CF
	{1 x 100 on 2:10 Kick	EN2	K	CF
	{1 x 50 on 1:05 Kick	EN2	K	CF
800	8 x 100 on 1:40 Lungbuster pulls	EN1	P	Ε
	odds breathe 3-5-7-5			
	evens br 2-4-6-4			
300	12×25 on :30 IM order-build	EN1	S	1
	$3x{1 x 150 on 2:05 Freestyle}$	EN2	S	E
	$\{1 \times 150 \text{ on } 2:00 \text{ Freestyle}$	EN2	S	Ε
	$\{1 \times 150 \text{ on } 1:55 \text{ Freestyle} \}$	EN2	S	Ε
	{1 on 1:00 Rest		M	
250	1 x 250 on 5:00 Stroke Drills	REC	D	C
	7:31 PM 3,900 Yards - Stress Value =	= 47		

Workout #1861 - Wednesday, 10 April 2002 Group 3 - All 1 minute rest between sets

Yards	5:30 PM Start Set Description	EGY WOF	
=====		=== ===	
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 100 on 2:00 Kick	EN2	
	$\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$	EN2	
	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	
300	3 x 100 on 1:45 Individual Medley	EN1	
	$1x{4 \times 50 \text{ on } :55}$ Freestyle	EN1	
	$\{4 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN1	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	$\{3 \times 50 \text{ on } :50 \text{ Freestyle} \}$	EN1	
	$\{3 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	{3 x 50 on :40 Freestyle	EN2	

	{ 2	X	50	on	:45	Freestyle	EN1
	{ 2	х	50	on	:40	Freestyle	EN2
	{ 2	Х	50	on	:35	Freestyle	EN2
250	1	Х	250	on	5:0	00 Stroke Drills	REC
	7.23	PN	л 4.	030	Yar	rds - Stress Value = 46	

Workout #1862 - Friday, 12 April 2002 Group 3 - All 1 minute rest between sets

	4:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
	1 on 15:00 Techniques-TN turns		
800	1 x 800 on 16:00 Vertical Kicking	EN2	
	1 on 10:00 Techniques-starts		
150	10 x 15 on :30 Pit sprints	SP3	
	1x{5 x 75 on 1:15 Pulls no br mid 25	EN1	
	$\{4 \times 75 \text{ on } 1:10 \text{ Pulls no br mid } 25$	EN1	
	$\{3 \times 75 \text{ on } 1:05 \text{ Pulls no br mid } 25$	EN1	
	$\{2 \times 75 \text{ on } 1:00 \text{ Pulls no br mid } 25$	EN1	
	$1x{4 x 25 on :30 Freestyle}$	EN1	
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	
	$\{4 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN2	
	$\{4 \times 25 \text{ on } : 15 \text{ Freestyle}$	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	5:57 PM 3,300 Yards - Stress Value = 39		

Workout #1863 - Monday, 15 April 2002 Group 3 - All 1 minute rest between sets

Yards		PM Start et Description	EGY	WORF
=====	==		===	====
		on 30:00 Optional dry-land		I
		on 30:00 Stomach and Stretch		I
600	3	x 200 on 3:30 Swim-kick-pull-swim	REC	٤
180	12	2 x 15 on :30 Shooters	SP3	٤
	3x{1	x 100 on 2:10 Kick	EN2	F
	{ 3	x 50 on 1:00 Kick-descend	EN2	F
	{ 2	x 25 on :45 Kick underwater	EN2	F
	1x{2	x 250 on 3:45 Pulls	EN1	E
	{ 2	x 250 on 3:30 Pulls	EN1	E
300	3	x 100 on 1:45 Individual Medley	EN1	٤
	1x{2	x 125 on 1:55 Freestyle	EN1	٤
		x 75 on :50 Freestyle	EN2	٤
	{2	x 125 on 1:50 Freestyle	EN1	٤
	{2	x 75 on :55 Freestyle	EN2	٤
	-	x 125 on 1:45 Freestyle	EN1	٤
		x 75 on 1:00 Freestyle	EN2	٤
		<u> -</u>	EN2	٤
		<u>-</u>	EN2	
450		<u> -</u>	REC	Ē
-00		PM 5,030 Yards - Stress Value = 61		-

Workout #1864 - Tuesday, 16 April 2002 Group 3 - All

1 minute rest between sets

	5:30	PM Start		
Yards	Se	et Description	EGY	WORK
	==		===	====
	1	on 30:00 Optional dryland		L
	1	on 30:00 Stomach and Stretch		L
800	2	x 400 on 7:00 Reverse IM drill	REC	D
180	12	2 x 15 on :30 Shooters	SP3	S
	1x{1	x 150 on 3:00 Kick	EN2	K
	{ 1	x 150 on 2:45 Kick	EN2	K
	{ 1	x 100 on 2:00 Kick	EN2	K
	{ 1	x 100 on 1:50 Kick	EN2	K
	{ 1	x 50 on 1:00 Kick	EN2	K
	{ 1	x 50 on :55 Kick	EN2	K
	8 }	x 25 on :45 Sprint kick	SP1	K
	1x{1	x 400 on 6:00 Pulls	EN1	P
	{ 1	x 300 on 4:15 Pulls	EN1	P
	{ 1	x 200 on 2:40 Pulls	EN1	P
	{ 1	x 100 on 1:15 Pulls	EN1	P
300	6	\times 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	EN2	S
200	1	x 200 on 4:00 Stroke Drills	REC	D
	8:03	PM 5,080 Yards - Stress Value =	70	

Workout #1865 - Wednesday, 17 April 2002 Group 3 - All

1 minute rest between sets

	5:30 PM Start			
Yards	Set Description	EGY	WORK	STK
=====	=======================================	===		===
	1 on 30:00 Optional dryland		L	DRY
	1 on 30:00 Stomach and Stretch		L	DRY
800	8 x 100 on 2:00 Stroke Drills	REC	D	FR
	odds fr evens non fr			
	1 on 15:00 Techniques-TN turns		D	FR
800	4x{1 x 100 on 2:00 Kick	EN2	K	CHO
	{1 x 100 on 1:50 Kick	EN2	K	CHO
750	$1x{5 x 75 on 1:10 Pulls}$	EN1	P	FR
	$\{5 \times 75 \text{ on } 1:05 \text{ Pulls}$	EN1	P	FR
2,500	$1x{4 x 150 on 2:00 Freestyle}$	EN2	S	FR
	$\{4 \times 25 \text{ on } : 30 \text{ IM order}\}$	EN1	S	IM
	$\{4 \times 125 \text{ on } 1:40 \text{ Freestyle} \}$	EN2	S	FR
	$\{4 \times 25 \text{ on } : 30 \text{ IM order}\}$	EN1	S	IM
	$\{4 \times 100 \text{ on } 1:20 \text{ Freestyle}$	EN2	S	FR
	$\{4 \times 25 \text{ on } : 30 \text{ IM order}\}$	EN1	S	IM
	$\{4 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$	EN2	S	FR
	$\{4 \times 25 \text{ on } : 30 \text{ IM order}\}$	EN1	S	IM
	$\{4 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	S	FR
	$\{4 \times 25 \text{ on } : 30 \text{ IM order}\}$	EN1	S	IM
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	8:14 PM 5,050 Yards - Stress Value	e = (59	

Workout #1866 - Thursday, 18 April 2002 Group 3 - All

1 minute rest between sets

	5:30 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Optional Dyland		
	1 on 30:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{3 x 75 on 1:30 Kick	EN2	
	{4 x 75 on 1:25 Kick	EN2	
	{5 x 75 on 1:20 Kick	EN2	
	$1x\{2 \times 100 \text{ on } 1:30 \text{ Pulls}$	EN1	

	{ 2	Х	100	on	1:25	Pulls	EN1
	{ 2	Х	100	on	1:20	Pulls	EN1
	{ 2	Х	100	on	1:15	Pulls	EN1
	2x{1	Х	100	on	1:40	Individual Medley	EN1
	{ 3	Х	50	on :	:45 Fı	reestyle	EN1
	1x{1	Х	400	on	5:00	Freestyle	EN2
	{ 1	Х	400	on	5:15	Freestyle	EN2
	{ 1	Х	400	on	5:30	Freestyle	EN1
	{ 1	Х	400	on	5:45	Freestyle	EN1
200	1	Х	200	on	4:00	Stroke Drills	REC
	8:00	Ρľ	4 5,3	100	Yards	s - Stress Value = 6	7

Workout #1867 - Friday, 19 April 2002 Group 3 - All

1 minute rest between sets

	4:00 PM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		L
600	1 x 600 on 10:00 Choice	REC	D
400	16 x 25 on :45 Under water kicking	EN2	K
300	12 x 25 on :30 Berzerks	SP3	S
	1 on 10:00 Techniques-Stanford		D
	turn drills		
	$1x\{8 \times 50 \text{ on } :50 \text{ Freestyle}$	EN1	S
	$\{8 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S
	$\{8 \times 50 \text{ on } : 40 \text{ Freestyle}$	EN2	S
	$\{6 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN2	S
	{6 x 50 on :40 Freestyle	EN2	S
	$\{6 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	S
	$\{4 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	S
	$\{4 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	S
	$\{4 \times 50 \text{ on } : 30 \text{ Freestyle} \}$	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
	5:59 PM 4,500 Yards - Stress Value =	66	

Workout #1868 - Saturday, 20 April 2002 Group 3 - All

	7:30 AM Start		
Yards	Set Description	EGY	WORK
		===	
	1 on 30:00 Stomach and Stretch		L
1,000	1 x 1000 on 18:00 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
2,000	10 x 200 on 3:00 Challenge set!!!!!!	EN2	S
400	1 x 400 on 8:00 Freestyle	REC	S
1,200	8 x 150 on 2:15 Challenge set!!!!!!	EN2	S
400	1 x 400 on 8:00 Freestyle	REC	S
600	6 x 100 on 1:30 Challenge set!!!!!!	EN2	S
400	1 x 400 on 8:00 Freestyle	REC	S
	9.52 AM 6 180 Yards - Stress Value = 9	3 3	

Workout #1869 - Monday, 22 April 2002 Group 3 - All

1 minute	rest between sets	

Yards	1 - 1	EGY	WOF
=====	1 20 00 0 1 1 1 1 1	===	===
	1 on 30:00 Opotional dryland		
	1 on 30:00 Stomach and Stretch		
800	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	REC	
300	12 x 25 on :30 Berzerks	SP3	
	2x{1 x 125 on 2:30 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	
	$1x{4 x 150 on 2:15 Pulls 8 brths mid 50}$	EN1	
	{4 x 150 on 2:15 Pulls 6 brths mid 50	EN1	
	{4 x 150 on 2:15 Pulls 4 brths mid 50	EN1	
300	6 x 50 on :45 Freestyle	EN1	
	1x{1 x 600 on 8:00 Freestyle	EN2	
	{1 x 600 on 7:45 Freestyle	EN2	
	· · · · · · · · · · · · · · · · · · ·	EN2	
200	-	REC	
200	8:13 PM 6,050 Yards - Stress Value = 86		

Workout #1870 - Tuesday, 23 April 2002 Group 3 - All 1 minute rest between sets

5:30 PM Start EGY WORK S Yards Set Description ______ 1 on 30:00 Optional dryland 1 on 30:00 Stomach and Stretch L I 1,000 1 x 1000 on 16:00 Choice REC 180 12 x 15 on :30 Shooters SP3 SE EN2 3x{1 x 100 on 2:00 Kick ΚI {1 x 100 on 1:50 Kick EN2 K ({1 x 100 on 1:40 Kick EN2 К ($1x{2 x 200 on 2:45 Pulls}$ EN1 {2 x 200 on 2:40 Pulls

1x{1 x 100 on 1:45 Individual Medley EN1
 {1 x 100 on 1:40 Individual Medley EN1
 {1 x 100 on 1:35 Individual Medley EN1
 {1 x 100 on 1:30 Individual Medley EN1
 {1 x 100 on 1:25 Individual Medley EN1

{2 x 200 on 2:35 Pulls

 $1x{5 x 125 on 2:05 Backstroke}$

{5 x 100 on 1:35 Backstroke

 $\{5 \times 75 \text{ on } 1:10 \text{ Backstroke} \}$

10 x 50 on 1:00 Stroke Drills

{5 x 50 on :45 Backstroke

EN1

EN1

EN1

EN1

EN1

S

S

S

S

8:17 PM 6,030 Yards - Stress Value = 59 Workout #1871 - Wednesday, 24 April 2002 Group 3 - All

1 minute rest between sets

Yards	5:15 AM Start Set Description	EGY	WORK S	:
=====	=======================================	===	==== =	-
425	1 x 425 on 8:00 Reverse IM drill	REC	D	
210	14×15 on :30 Pit sprints	SP3	S	
900	$1x{4 x 75 on 1:05 Pulls}$	EN1	P	
	$\{4 \times 75 \text{ on } 1:00 \text{ Pulls}$	EN2	P	
	$\{4 \times 75 \text{ on } :55 \text{ Pulls}$	EN2	P	
2,400	$2x{1 \times 300 \text{ on } 5:00 \text{ Individual Medley}}$	EN1	S	
	{4 x 50 on :50 IM order	EN1	S	
	{1 x 200 on 3:10 Individual Medley	EN1	S	
	{4 x 50 on :55 IM order	EN1	S	
	{1 x 100 on 1:30 Individual Medley	EN1	S	
	$\{4 \times 50 \text{ on } 1:00 \text{ IM order}$	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	

6:31 AM 4,135 Yards - Stress Value = 47

Workout #1872 - Wednesday, 24 April 2002 Group 3 - All

		1 minute	rest between sets
5.30	DM	Start	

	5:30 PM Start		
Yards	Set Description	EGY	MC
=====		===	==
	1 on 30:00 Optional dryland		
	1 on 30:00 Stomach and Stretch		
1,000	10 x 100 on 1:30 Descend in sets of 3	EN1	
	hold 10 as fast as 9		
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 150 on 3:00 Kick last 75 brst	EN2	
	{3 x 100 on 2:00 Kick last 50 brst	EN2	
	{3 x 50 on 1:00 Kick last 25 brst	EN2	
100	1 x 100 on 2:00 Kick for time	EN3	
	1x{1 x 300 on 4:15 Pulls	EN1	
	{2 x 150 on 2:05 Pulls	EN1	
	{3 x 100 on 1:25 Pulls	EN1	
	{4 x 75 on 1:05 Pulls	EN1	
450	3 x 150 on 2:30 1st 50 2bk, 2nd 50	EN1	
	4bk, 3rd 50 6bk		
	$4x{1 x 200 on 3:30 Breaststroke}$	EN1	
	{6 x 50 on 1:00 Breast des in 3's	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:25 PM 6,030 Yards - Stress Value = 77		

Workout #1873 - Thursday, 25 April 2002 Group 3 - All 1 minute rest between sets

	1 million 1 con between sets		
Yards	5:30 PM Start Set Description	EGY	WORK S
	=======================================	===	
	1 on 30:00 optional dryland		LΙ
	1 on 30:00 Stomach and Stretch		LΙ
800	8 x 100 on 2:00 Stroke Drills	REC	D
	odds free evens choi		
180	12 x 15 on :30 Shooters	SP3	S
	2x{3 x 100 on 2:00 Kick	EN2	КC
	$\{5 \times 50 \text{ on } 1:00 \text{ Kick no board}$	EN2	K F
	1x{1 x 500 on 7:00 Pulls-nbbf&w	EN1	P
	$\{1 \times 500 \text{ on } 6:45 \text{ Pulls-nbbf&w}$	EN1	P
	$\{1 \times 500 \text{ on } 6:30 \text{ Pulls-nbbf&w}$	EN2	P
600	2 x 300 on 4:30 Every 3rd 25 100%	EN1	S
	1x{1 x 200 on 3:00 175 free 25 fly	EN1	s c
	{1 x 200 on 3:05 150 free 50 fly	EN1	s c
	{1 x 200 on 3:10 125 free 75 fly	EN1	s c
	{1 x 200 on 3:15 100 free 100 fly	EN1	s c
	$\{1 \times 200 \text{ on } 3:20 \ 75 \text{ free } 125 \text{ fly}$	EN1	s c
	$\{1 \times 200 \text{ on } 3:25 50 \text{ free } 150 \text{ fly } \}$	EN1	s c
	{1 x 200 on 3:30 25 free 175 fly	EN1	s c
	$\{1 \times 200 \text{ on } 3:30 \text{ Butterfly} \}$	EN1	SF
250	5 x 50 on 1:00 Stroke Drills	REC	D
	8:22 PM 6,030 Yards - Stress Value =	71	

Workout #1874 - Friday, 26 April 2002 Group 3 - All 1 minute rest between sets

	5:15	AM Start				
Yards	Se	t Description	EGY	WORK	STK	
=====	==		===	====	===	=
425	1	x 425 on 7:00 Choice	REC	S	СНО	
210	14	x 15 on :30 Pit sprints	SP3	S	FR	
	1x{4	x 100 on 1:30 Pulls	EN1	P	FR	
	{ 4	x 100 on 1:25 Pulls	EN1	P	FR	
	{ 4	x 100 on 1:20 Pulls	EN2	P	FR	
	{ 4	x 100 on 1:15 Pulls	EN2	P	FR	
	1x{5	x 125 on 1:40 Freestyle	EN2	S	FR	
	{ 4	x 125 on 1:35 Freestyle	EN2	S	FR	
	-	x 125 on 1:30 Freestyle	EN2	S	FR	
	{ 2	x 125 on 1:25 Freestyle	EN2	S	FR	
200	1	x 200 on 3:00 Choice	REC	S	CHO	
	1x{4	x 25 on :30 Freestyle	EN1	S	FR	
	{ 4	x 25 on :25 Freestyle	EN1	S	FR	
	{ 4	x 25 on :20 Freestyle	EN1	S	FR	
	{ 4	x 25 on :15 Freestyle	EN1	S	FR	
200	1	x 200 on 3:00 Stroke Drills	REC	D	CD	
	6:31	AM 4,785 Yards - Stress Value	ле =	71		

Workout #1875 - Friday, 26 April 2002 Group 3 - All

1 minute rest between sets

Yards	4:00 PM Start Set Description	EGY	WORK S
=====		===	==== =
	1 on 30:00 Stomach and Stretch		L I
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	S
	1 on 10:00 Techniques-Stanford		D
	turn drills		
800	1 x 800 on 16:00 Vertical Kicking	EN2	K (
600	12 x 50 on :40 Pulls-nbbf&w	EN1	P
500	1 x 500 on 25:00 Rabbit game	SP2	S
	1 on 10:00 Sculling drills		D
	5:54 PM 2,500 Yards - Stress Value =	72	

Workout #1876 - Saturday, 27 April 2002 Group 3 - All 1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	16 x 50 on 1:00 Stroke Drills	REC	Ι
300	12 x 25 on :30 Berzerks	SP3	٤
	1x{2 x 100 on 2:00 Kick	EN2	F
	{2 x 100 on 1:55 Kick	EN2	F
	{2 x 100 on 1:50 Kick	EN2	F
	{2 x 100 on 1:45 Kick	EN2	F
	{2 x 100 on 1:40 Kick	EN2	F
	1x{1 x 500 on 7:00 Pulls	EN1	E
	{2 x 250 on 3:30 Pulls	EN1	E
	{3 x 100 on 1:25 Pulls	EN1	E
250	1 x 250 on 4:00 1st 50 2bk 2-50 4bk	EN1	٤
	3-50 6bk 4-50 4bk		
	6-50 2 bk		
	$1x{6 x 25 on :30 Freestyle}$	EN1	٤
	{1 x 100 on 1:30 Individual Medley	EN1	٤
	{6 x 25 on :30 odds free evens fly	EN1	٤
	{1 x 200 on 3:00 Individual Medley	EN2	٤
	{6 x 25 on :30 odds free evens back	EN1	
	{1 x 300 on 4:30 Individual Medley	EN2	٤
	{6 x 25 on :30 odds free evens brst	EN1	٤
	{1 x 400 on 5:40 Individual Medley	EN2	
	{6 x 25 on :25 odds free evens fly	EN2	
	{1 x 300 on 4:15 Individual Medley	EN2	٤

$\{6 \times 25 \text{ on :} 25 \text{ odds free evens back}$	EN2	٤
{1 x 200 on 2:50 Individual Medley	EN2	٤
{6 x 25 on :25 odds free evens brst	EN2	٤
{1 x 100 on 1:25 Individual Medley	EN2	٤
$\{6 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	٤
1 x 300 on 5:00 Stroke Drills	REC	Γ
10:01 AM 6,750 Yards - Stress Value =	97	

Workout #1877 - Saturday, 27 April 2002 Group 3 - All

300

1 minute rest between sets

Yards	7:30 PM Start 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	
	4x{1 x 100 on 2:00 Kick	EN2	
	{1 x 75 on 1:25 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
	$\{1 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$	EN2	
	1x{2 x 250 on 3:20 Pulls	EN2	
	{2 x 250 on 3:15 Pulls	EN2	
	{2 x 250 on 3:10 Pulls	EN2	
	9:04 PM 3,480 Yards - Stress Value = 57		

Workout #1878 - Monday, 29 April 2002 Group 3 - All

	5:30 PM Start			
Yards	Set Description	EGY	WORK	S
	=======================================	===		=
	1 on 30:00 Optional dryland		L	Γ
	1 on 30:00 Stomach and Stretch		L	Γ
700	7 x 100 on 1:45 Stroke Drills	REC	D	
300	12 x 25 on :30 Berzerks	SP3	S	
	$1x{3 x 50 on 1:00 Kick descend}$	EN2	K	C
	$\{3 \times 75 \text{ on } 1:25 \text{ Kick descend} \}$	EN2	K	C
	${3 \times 100 \text{ on } 1:50 \text{ Kick descend}}$	EN2	K	C
	{3 x 125 on 2:15 Kick descend	EN2	K	C
750	10 x 75 on 1:05 Pulls-nbbf&w	EN1	P	
150	6 x 25 on :30 Choice-build	EN1	S	C
	$1x{1 \times 500 \text{ on } :00}$ Freestyle for time	EN3	S	
	{1 x 250 on 12:30 Freestyle	REC		
	$\{4 \times 125 \text{ on } 1:50 \text{ Freestyle} \}$	EN3	S	
	{1 on 1:00 Rest		M	
	$\{4 \times 125 \text{ on } 1:55 \text{ Freestyle}$	EN3	S	
	{1 on 1:00 Rest		M	
	$\{4 \times 125 \text{ on } 2:00 \text{ Freestyle}$	EN3	S	
	{1 on 1:00 Rest		M	
	$\{4 \times 125 \text{ on } 2:05 \text{ Freestyle} \}$	EN3	S	
	{1 on 1:00 Rest		M	
	$\{4 \times 125 \text{ on } 2:10 \text{ Freestyle}$	EN3	S	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
	8:31 PM 6,450 Yards - Stress Value =	223		

Workout #1879 - Wednesday, 01 May 2002 Group 3 - All				•	EN2 EN2	P P
1 minute rest between sets				•	EN2	P
					EN1 EN1	S S
5:30 PM Start	ECV	WORF		{3 x 150 on 2:30 100 free 50 breast B		S
Yards Set Description			200	1 x 200 on 3:00 Stroke Drills 6:32 AM 4,585 Yards - Stress Value = 56	REC	D
1 on 30:00 Optional dryland 1 on 30:00 Stomach and Stretch		I		Workout #1882 - Friday, 03 May 2002)	
800 4 x 200 on 3:30 Swim-kick-pull-swin 300 12 x 25 on :30 Berzerks	n REC SP3	5		Group 3 - All		
850 2x{1 x 200 on 4:00 Kick no board	EN2			1 minute rest between sets		
{3 x 75 on 1:30 Kick 1,500 1x{2 x 250 on 3:30 Pulls	EN2					
1,500 1x(2 x 250 on 3:30 Pulls {2 x 250 on 3:20 Pulls	EN1 EN2	E E	Yards	4:00 PM Start Set Description	EGY WO	שמר
{2 x 250 on 3:10 Pulls	EN2		=====			
750 $2x{3} \times 100$ on 1:30 Freestyle-descend	EN1	٤		1 on 30:00 Stomach and Stretch		L
{3 x 25 on :30 Non free 2,500 2x{1 x 200 on 4:00 Stroke Drills	EN1 EN1	٤ I			REC	D
{1 x 200 on 3:45 Stroke Drills	EN1	I		1 on 15:00 Brick game 1 on 15:00 Techniques-TN turns		S D
{1 x 200 on 3:30 Stroke Drills	EN1	Ι		-	SP2	S
$\{1 \times 200 \text{ on } 3:15 \text{ Breaststroke} \}$	EN2				REC	S
{3 x 50 on 1:00 Breaststroke-descend {3 x 50 on :55 Breaststroke-descend	EN1	5		•	SP2	S
{3 x 50 on :50 Breaststroke-descend	EN2	٤		·	REC SP2	S S
8:30 PM 6,700 Yards - Stress Value = 1	94				REC	S
				{1 x 100 on :00 1-fl 2-ba 3-br 4-fr §	SP2	S
Workout #1880 - Thursday, 02 May 2002				,	REC	S
Group 3 - All			300	12 x 25 on :40 Stroke Drills 5:59 PM 2,300 Yards - Stress Value = 10	REC	D
1 minute rest between sets				5.55 IM 2,500 Turas Deress varue Te	, 0	
5:30 PM Start				Workout #1883 - Saturday, 04 May 2002		
Yards Set Description	EG:	Y WOF		Group 3 - All		
	====	= ===		1 minute rest between sets		
1 on 30:00 optional dryland 1 on 30:00 Stomach and Stretch						
	im REO	C	Varda	7:30 AM Start	ECV	MOL
800 1 x 800 on 15:00 Swim-kick-pull-sw. 180 12 x 15 on :30 Shooters	im REG		Yards	Set Description	EGY	
800 1 x 800 on 15:00 Swim-kick-pull-sw: 180 12 x 15 on :30 Shooters 1x{1 x 150 on 3:00 Kick	SP: EN:	3 2				
800 1 x 800 on 15:00 Swim-kick-pull-sw: 180 12 x 15 on :30 Shooters 1x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick	SP: EN: EN:	3 2 2	1,000	Set Description	= === : EN1	
800 1 x 800 on 15:00 Swim-kick-pull-sw: 180 12 x 15 on :30 Shooters 1x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick	SP: EN: EN: EN:	3 2 2 2	1,000 300	Set Description 1 on 30:00 Stomach and Stretch 8 x 125 on 2:30 Drill 2 on E L.25fst 12 x 25 on :30 Berzerks	EN1 SP3	
800 1 x 800 on 15:00 Swim-kick-pull-sw: 180 12 x 15 on :30 Shooters 1x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick {1 x 150 on 2:55 Kick	SP: EN: EN:	3 2 2 2 2	1,000 300	Set Description 1 on 30:00 Stomach and Stretch 8 x 125 on 2:30 Drill 2 on E L.25fst 12 x 25 on :30 Berzerks 4x{1 x 100 on 1:40 Kick	EN1 SP3 EN2	
800	SP3 EN2 EN2 EN2 EN2	3 2 2 2 2 2 2	1,000 300	Set Description 1 on 30:00 Stomach and Stretch 8 x 125 on 2:30 Drill 2 on E L.25fst 12 x 25 on :30 Berzerks	EN1 SP3	
800	SPI ENI ENI ENI ENI ENI ENI	3 2 2 2 2 2 2 2 2	1,000 300 1,000	Set Description	EN1 SP3 EN2 EN2	
800	SPI ENI ENI ENI ENI ENI ENI	3 2 2 2 2 2 2 2 2 2	1,000 300 1,000	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN2	
800	SP: EN: EN: EN: EN: EN: EN: EN:	3 2 2 2 2 2 2 2 2 2 2	1,000 300 1,000	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1	
800	SPI ENI ENI ENI ENI ENI ENI	3 2 2 2 2 2 2 2 2 2 2 2 2	1,000 300 1,000	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1	
800	SP: EN: EN: EN: EN: EN: EN: EN: EN:	3 2 2 2 2 2 2 2 2 2 2 2 1 1	1,000 300 1,000	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1	
800	SP: EN: EN: EN: EN: EN: EN: EN: EN:	3 2 2 2 2 2 2 2 2 2 2 2 1 1	1,000 300 1,000	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1	
800	SP: EN: EN: EN: EN: EN: EN: EN: EN:	3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 1 1 1	1,000 300 1,000	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1	
800	SPSENSENSENSENSENSENSENSENSENSENSENSENSENS	3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 1 1 1	1,000 300 1,000	Set Description	E N1 SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2	
800	SPSENSENSENSENSENSENSENSENSENSENSENSENSENS	3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 1 1 1	1,000 300 1,000	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1	
800	SPSENSENSENSENSENSENSENSENSENSENSENSENSENS	3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 1 1 1	1,000 300 1,000	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2	
800	SPSENSENSENSENSENSENSENSENSENSENSENSENSENS	3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 1 1 1	1,000 300 1,000	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2	
800	SPSENSENSENSENSENSENSENSENSENSENSENSENSENS	3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 1 1 1	1,000 300 1,000	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2	
800	SPSENSENSENSENSENSENSENSENSENSENSENSENSENS	3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 1 1 1	1,000 300 1,000	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
800	SP: EN: EN: EN: EN: EN: EN: EN: EN: EN:	3 2 2 2 2 2 2 2 2 2 2 2 2 1 1 1 2	1,000 300 1,000 1,000 400 3,100	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2	
800	SP: EN: EN: EN: EN: EN: EN: EN: EN: EN: EN	3 2 2 2 2 2 2 2 2 2 2 2 2 1 1 1 2	1,000 300 1,000	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2	
800	SP: EN: EN: EN: EN: EN: EN: EN: EN: EN: EN	3 2 2 2 2 2 2 2 2 2 2 2 2 1 1 1 2 2 C	1,000 300 1,000 1,000 400 3,100	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2	
800	SP: EN: EN: EN: EN: EN: EN: EN: EN: EN: EN	3 2 2 2 2 2 2 2 2 2 2 2 1 1 1 2 C WORK ==== S S	1,000 300 1,000 1,000 400 3,100	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2	
800	SP: EN: EN: EN: EN: EN: EN: EN: EN: EN: EN	3 2 2 2 2 2 2 2 2 2 2 1 1 1 2 C WORK ==== S S P	1,000 300 1,000 1,000 400 3,100	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2	
800	SP: EN: EN: EN: EN: EN: EN: EN: EN: EN: EN	3 2 2 2 2 2 2 2 2 2 2 2 1 1 1 2 C WORK ==== S S	1,000 300 1,000 1,000 400 3,100	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2	
180	SP: EN: EN: EN: EN: EN: EN: EN: EN: EN: EN	3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	1,000 300 1,000 1,000 400 3,100	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2	
180	SP: EN2 EN2 EN2 EN3 EN3 EN3 EN3 EN3 EN3 EN3 EN3 EN1 EN1 EN1 EN1 EN1 EN1 EN1	3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	1,000 300 1,000 1,000 400 3,100	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2	
180	SP: EN: EN: EN: EN: EN: EN: EN: EN: EN: EN	3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	1,000 300 1,000 1,000 400 3,100	Set Description	E EN1 SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2	

Ρ P

EN2

{1 x 200 on 2:40 Pulls {1 x 300 on 4:00 Pulls

Workout #1884 - Monday, 06 May 2002 Group 3 - Gold 1 minute rest between sets

Workout #1887 - Tuesday, 07 May 2002 Group 3 - Breast 1 minute rest between sets

	5:30 PM Start				1 minute Test between sets	
Yards	Set Description	EGY	WORK S		5:30 PM Start	
800	1 on 30:00 Optional dryland 1 on 30:00 Stomach and Stretch 4 x 200 on 4:00 Reverse IM drill	=== REC	L I L I D	Yards =====		EGY WOF
·	12 x 25 on :30 Berzerks 10 x 100 on 1:45 Kick 1x{3 x 300 on 4:00 Pulls {2 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 3x{1 x 50 on :50 Freestyle	SP3 EN2 EN1 EN1 EN1	S K (P P P S	900	1 x 800 on 15:00 Swim-kick-pull-swim 12 x 25 on :30 Berzerks 1x{6 x 50 on 1:05 Kick des in 3's {6 x 50 on 1:00 Kick des in 3's {6 x 50 on :55 Kick des in 3's	SP3 EN2 EN2 EN2
	11 x 50 on :45 Freestyle 11 x 50 on :45 Freestyle 12 x 200 on 2:20 Freestyle 2 x 200 on 2:15 Freestyle	EN1 EN1 EN2 EN2	3 5 5 5 5	450		EN1 EN2 EN1
500	{2 x 200 on 2:10 Freestyle {3 x 100 on 1:30 Freestyle-descend 10 x 50 on 1:00 Stroke Drills 8:28 PM 7,450 Yards - Stress Value =	EN2 EN1 REC	S S D	2 , 150	1x{4 x 200 on 3:30 Breaststroke {3 x 175 on 3:00 Breaststroke {2 x 150 on 2:30 Your Stroke {1 x 125 on 2:00 Breaststroke {4 x 100 on 2:00 Breaststroke des 1-4 5 x 50 on 1:00 Stroke Drills	EN1 EN1 EN1 EN1 EN1 REC
	Workout #1885 - Monday, 06 May 2002			200	8:30 PM 6,050 Yards - Stress Value = 69	

Workout #1885 - Monday, 06 May 2002 Group 3 - Silver 1 minute rest between sets

Workout #1890 - Tuesday, 07 May 2002 Group 3 - Distance

	5:30 PM Start			1 minute rest between sets			
Yards	Set Description	EGY	WORK S	§			
		===		5:30 PM Start			
	1 on 30:00 Optional dryland		LI	$^{ m I}$ Yards Set Description EGY WOF			
	1 on 30:00 Stomach and Stretch		LI				
800	4 x 200 on 4:00 Reverse IM drill	REC	D	1 on 30:00 Optional dryland			
300	12 x 25 on :30 Berzerks	SP3	S	1 on 30:00 Stomach and Stretch			
1,000	10 x 100 on 2:00 Kick	EN2	K (800 1 x 800 on 15:00 Swim-kick-pull-swim REC			
1,400	$1x{3 \times 300 \text{ on } 4:15 \text{ Pulls}}$	EN1	P	250			
	{2 x 200 on 2:50 Pulls	EN1	P	300 6 x 50 on 1:00 Kick des in 3's hold EN2			
	$\{1 \times 100 \text{ on } 1:25 \text{ Pulls}$	EN1	P	900 1x{2 x 225 on 3:15 Pulls EN1			
450	$3x{1 \times 50 \text{ on } :50 \text{ Freestyle}}$	EN1	S	{1 x 225 on 3:05 Pulls EN1			
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	1 x 225 on 2:55 Pulls EN2			
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1	S	300 6 x 50 on :45 Freestyle EN1			
3,000	$2x{2 \times 200 \text{ on } 2:30 \text{ Freestyle}}$	EN2	S	5,400 1x{5 x 500 on 6:15 Freestyle EN2			
	$\{2 \times 200 \text{ on } 2:25 \text{ Freestyle} \}$	EN2	S	$\{4 \times 400 \text{ on } 5:00 \text{ Freestyle} \}$ EN2			
	$\{2 \times 200 \text{ on } 2:20 \text{ Freestyle}$	EN2	S	{3 x 300 on 3:45 Freestyle EN2			
	{3 x 100 on 1:30 Freestyle-descend	EN1	S	{2 x 200 on 2:30 Freestyle EN2			
300	6 x 50 on 1:00 Stroke Drills	REC	D	200 1 x 200 on 3:00 Stroke Drills REC			
	8:29 PM 7,250 Yards - Stress Value =	106		8:31 PM 8,150 Yards - Stress Value = 137			

Workout #1886 - Monday, 06 May 2002 Group 3 - Bronze 1 minute rest between sets

Yards	5:30 PM Start Set Description	EGY	WORK	Sī
	=======================================	===	====	==
	1 on 30:00 Optional dryland		L	DF
	1 on 30:00 Stomach and Stretch		L	DF
800	4 x 200 on 4:00 Reverse IM drill	REC	D	1
300	12 x 25 on :30 Berzerks	SP3	S	E
1,000	10 x 100 on 2:10 Kick	EN2	K	CF
	1x{3 x 300 on 4:30 Pulls	EN1	P	F
	{2 x 200 on 3:00 Pulls	EN1	P	E
	$2x{1 \times 50 \text{ on } :55 \text{ Freestyle}}$	EN1	S	E
	{1 x 50 on :50 Freestyle	EN1	S	F
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	E
	2x{2 x 200 on 2:55 Freestyle	EN2	S	F
	{2 x 200 on 2:50 Freestyle	EN2	S	E
	{2 x 200 on 2:45 Freestyle	EN2	S	E
	{1 on 1:00 Rest		M	
300	6 x 50 on 1:00 Stroke Drills	REC	D	C
	8:27 PM 6,400 Yards - Stress Value =	= 96		

Workout #1889 - Tuesday, 07 May 2002

1 on 30:00 Optional dryland

Group 3 - Fly & Back				1 on 30:00 Optional dryland	
Group 3 - Fry & Back			800	1 on 30:00 Stomach and Stretch	REC
1 minute rest between sets					
			300		SP3
5:30 PM Start			1,050	·	EN2
Yards Set Description	EGY	WOF			EN2
				·	EN2
1 on 30:00 Optional dryland				`	EN2
1 on 30:00 Stomach and Stretch			1,800	1x{3 x 150 on 2:15 Pulls mid 50 br ev 9	
800 1 x 800 on 15:00 Swim-kick-pull-swim	DEC			{3 x 150 on 2:10 Pulls mid 50 br ev10	
±				{3 x 150 on 2:05 Pulls mid 50 br ev11	
	SP3			{3 x 150 on 2:00 Pulls mid 50 br ev12	EN1
900 1x{6 x 50 on 1:05 Kick des in 3's	EN2		400	4 x 100 on 1:30 Free L.25 stroke	EN1
{6 x 50 on 1:00 Kick des in 3's	EN2		2,400	12x{1 x 100 on 1:15 Individual Medley	EN2
{6 x 50 on :55 Kick des in 3's	EN2			$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2
1,800 1x{3 x 225 on 3:15 Pulls	EN1			$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	REC
{3 x 225 on 3:05 Pulls	EN1		500	10 x 50 on 1:00 Stroke Drills	REC
{2 x 225 on 2:55 Pulls	EN2			8:28 PM 7,250 Yards - Stress Value = 89	
450 9 x 50 on :45 Freestyle	EN1			·	
2,100 1x{3 x 100 on 1:50 Your Stroke	EN1			XV 1 4//1002 XV 1 1 00 N/ 2002	
{4 x 100 on 1:45 Your Stroke	EN1			Workout #1893 - Wednesday, 08 May 2002	
{5 x 100 on 1:40 Your Stroke	EN1			Group 3 - Silver	
{5 x 75 on 1:15 Your Stroke	EN1			1 minute rest between sets	
$\{4 \times 75 \text{ on } 1:10 \text{ Your Stroke}\}$	EN1				
${3 \times 75 \text{ on } 1:05 \text{ Your Stroke}}$	EN1			5:30 PM Start	
400 8 x 50 on 1:00 Stroke Drills	REC		Yards		EGY WC
8:30 PM 6,750 Yards - Stress Value = 78			=====	±	
NV 1 4//1000 TO 1 05 NF 2002				1 on 30:00 Optional dryland	
Workout #1888 - Tuesday, 07 May 2002			0.00	1 on 30:00 Stomach and Stretch	DEC
Group 3 - Sprint			800		REC
1 minute rest between sets			300		SP3
				`	EN2
5:30 PM Start				·	EN2
Yards Set Description	EGY	MOE		`	EN2
===== =================================				·	EN2
1 on 30:00 Optional dryland				1x{3 x 150 on 2:15 Pulls mid 50 br ev 9	
				{3 x 150 on 2:10 Pulls mid 50 br ev10	EN1
1 on 30:00 Stomach and Stretch	DEG			{3 x 150 on 2:05 Pulls mid 50 br ev11	EN1
800 1 x 800 on 15:00 Swim-kick-pull-swim				{3 x 150 on 2:00 Pulls mid 50 br ev12	EN1
300 12 x 25 on :30 Berzerks	SP3		400	4 x 100 on 1:30 Free L.25 stroke	EN1
900 1x{6 x 50 on 1:05 Kick des in 3's	EN2			11x{1 x 100 on 1:20 Individual Medley	EN2
{6 x 50 on 1:00 Kick des in 3's	EN2			{1 x 50 on :40 Freestyle	EN2
{6 x 50 on :55 Kick des in 3's	EN2			-	REC
1,600 1x{3 x 200 on 3:15 Pulls no br L.30 yds	EN1		450	•	REC
			450		
{3 x 200 on 3:05 Pulls no br L.40 yds			450	8:28 PM 6.850 Yards - Stress Value = 83	
			450	8:28 PM 6,850 Yards - Stress Value = 83	
{3 x 200 on 3:05 Pulls no br L.40 yds			450	•	
{3 x 200 on 3:05 Pulls no br L.40 yds {2 x 200 on 2:55 Pulls no br L.50 yds	EN1		450	8:28 PM 6,850 Yards - Stress Value = 83 Workout #1894 - Wednesday, 08 May 2002	
$\{3 \text{ x } 200 \text{ on } 3\text{:}05 \text{ Pulls no br L.40 yds} $ $\{2 \text{ x } 200 \text{ on } 2\text{:}55 \text{ Pulls no br L.50 yds} $ 3,000 $5\text{x}\{6 \text{ x } 50 \text{ on :}45 \text{ Descend in sets of }3$	EN1 EN1		450	•	
{3 x 200 on 3:05 Pulls no br L.40 yds {2 x 200 on 2:55 Pulls no br L.50 yds 3,000 5x{6 x 50 on :45 Descend in sets of 3 {1 x 100 on :00 Freestyle 100%	EN1 EN1 SP1		450	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze	
{3 x 200 on 3:05 Pulls no br L.40 yds {2 x 200 on 2:55 Pulls no br L.50 yds 3,000 5x{6 x 50 on :45 Descend in sets of 3 {1 x 100 on :00 Freestyle 100% {1 x 200 on 5:00 Freestyle 200 1 x 200 on 3:00 Stroke Drills	EN1 EN1 SP1 REC REC		450	Workout #1894 - Wednesday, 08 May 2002	
{3 x 200 on 3:05 Pulls no br L.40 yds {2 x 200 on 2:55 Pulls no br L.50 yds 3,000 5x{6 x 50 on :45 Descend in sets of 3 {1 x 100 on :00 Freestyle 100% {1 x 200 on 5:00 Freestyle	EN1 EN1 SP1 REC REC		450	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets	
{3 x 200 on 3:05 Pulls no br L.40 yds	EN1 EN1 SP1 REC REC			Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start	FCV MC
{3 x 200 on 3:05 Pulls no br L.40 yds {2 x 200 on 2:55 Pulls no br L.50 yds 3,000 5x{6 x 50 on :45 Descend in sets of 3 {1 x 100 on :00 Freestyle 100% {1 x 200 on 5:00 Freestyle 200 1 x 200 on 3:00 Stroke Drills 8:30 PM 6,800 Yards - Stress Value = 10:00 Workout #1891 - Wednesday, 08 May 2002	EN1 EN1 SP1 REC REC		Yards	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description	EGY WC
{3 x 200 on 3:05 Pulls no br L.40 yds	EN1 EN1 SP1 REC REC			Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description	
{3 x 200 on 3:05 Pulls no br L.40 yds {2 x 200 on 2:55 Pulls no br L.50 yds 3,000 5x{6 x 50 on :45 Descend in sets of 3 {1 x 100 on :00 Freestyle 100% {1 x 200 on 5:00 Freestyle 200 1 x 200 on 3:00 Stroke Drills 8:30 PM 6,800 Yards - Stress Value = 10:00 Workout #1891 - Wednesday, 08 May 2002	EN1 EN1 SP1 REC REC		Yards	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description	
{3 x 200 on 3:05 Pulls no br L.40 yds {2 x 200 on 2:55 Pulls no br L.50 yds 3,000 5x{6 x 50 on :45 Descend in sets of 3 {1 x 100 on :00 Freestyle 100% {1 x 200 on 5:00 Freestyle 200 1 x 200 on 3:00 Stroke Drills 8:30 PM 6,800 Yards - Stress Value = 10: Workout #1891 - Wednesday, 08 May 2002 Group 3 - All	EN1 EN1 SP1 REC REC		Yards =====	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description	=== ==
{3 x 200 on 3:05 Pulls no br L.40 yds	EN1 EN1 SP1 REC REC		Yards =====	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description	=== == REC
{3 x 200 on 3:05 Pulls no br L.40 yds	EN1 EN1 SP1 REC REC		Yards =====	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Optional dryland 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 12 x 25 on :30 Berzerks	=== == REC SP3
{3 x 200 on 3:05 Pulls no br L.40 yds	EN1 EN1 SP1 REC REC l	. MC	Yards =====	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Optional dryland 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 12 x 25 on :30 Berzerks 2x{1 x 100 on 2:15 Kick	REC SP3 EN2
{3 x 200 on 3:05 Pulls no br L.40 yds	EN1 EN1 SP1 REC REC I	/ WC = ==	Yards =====	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description	REC SP3 EN2 EN2
{3 x 200 on 3:05 Pulls no br L.40 yds {2 x 200 on 2:55 Pulls no br L.50 yds 3,000 5x{6 x 50 on :45 Descend in sets of 3 {1 x 100 on :00 Freestyle 100% {1 x 200 on 5:00 Freestyle 200	EN1 EN1 SP1 REC REC L EGY RES	7 WC = ==	Yards =====	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description	REC SP3 EN2 EN2 EN2
{3 x 200 on 3:05 Pulls no br L.40 yds {2 x 200 on 2:55 Pulls no br L.50 yds 3,000 5x{6 x 50 on :45 Descend in sets of 3 {1 x 100 on :00 Freestyle 100% {1 x 200 on 5:00 Freestyle 200	EN1 EN1 SP1 REC REC l EGY RES RES SP3	? WC = == C	Yards =====	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description ====================================	REC SP3 EN2 EN2 EN2 EN2
{3 x 200 on 3:05 Pulls no br L.40 yds	EN1 SP1 REC REC l EGY RES REC SP3 EN1	7 WC = == 3	Yards =====	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description ====================================	REC SP3 EN2 EN2 EN2 EN2 EN2 EN2
{3 x 200 on 3:05 Pulls no br L.40 yds {2 x 200 on 2:55 Pulls no br L.50 yds 3,000 5x{6 x 50 on :45 Descend in sets of 3 {1 x 100 on :00 Freestyle 100% {1 x 200 on 5:00 Freestyle 200	EN1 EN1 SP1 REC REC l EGY EGY EN1 EN1	/ WC ===	Yards =====	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description	REC SP3 EN2 EN2 EN2 EN2 EN2 EN1
{3 x 200 on 3:05 Pulls no br L.40 yds {2 x 200 on 2:55 Pulls no br L.50 yds 3,000 5x{6 x 50 on :45 Descend in sets of 3 {1 x 100 on :00 Freestyle 100% {1 x 200 on 5:00 Freestyle 200	EN1 SP1 REC REC l EGY EGY EN1 EN1 S EN1	/ WC = == }	Yards =====	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description ====================================	REC SP3 EN2 EN2 EN2 EN2 EN2 EN1
{3 x 200 on 3:05 Pulls no br L.40 yds {2 x 200 on 2:55 Pulls no br L.50 yds 3,000 5x{6 x 50 on :45 Descend in sets of 3 {1 x 100 on :00 Freestyle 100% {1 x 200 on 5:00 Freestyle 200	EN1 EN1 SP1 REC REC l EGY EGY EN1 EN1	/ WC = == }	Yards =====	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description	REC SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1
{3 x 200 on 3:05 Pulls no br L.40 yds {2 x 200 on 2:55 Pulls no br L.50 yds 3,000 5x{6 x 50 on :45 Descend in sets of 3 {1 x 100 on :00 Freestyle 100% {1 x 200 on 5:00 Freestyle 200	EN1 SP1 REC REC l EGY EGY EN1 EN1 S EN1	/ WC = == }	Yards =====	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description	REC SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1
{3 x 200 on 3:05 Pulls no br L.40 yds {2 x 200 on 2:55 Pulls no br L.50 yds 3,000 5x{6 x 50 on :45 Descend in sets of 3 {1 x 100 on :00 Freestyle 100% {1 x 200 on 5:00 Freestyle 200	EN1 SP1 REC REC l EGY EGY EN1 EN1 S EN1	/ WC = == }	Yards ===== 800 300	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description	REC SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1
{3 x 200 on 3:05 Pulls no br L.40 yds {2 x 200 on 2:55 Pulls no br L.50 yds 3,000 5x{6 x 50 on :45 Descend in sets of 3 {1 x 100 on :00 Freestyle 100% {1 x 200 on 5:00 Freestyle 200 1 x 200 on 3:00 Stroke Drills 8:30 PM 6,800 Yards - Stress Value = 10: Workout #1891 - Wednesday, 08 May 2002 Group 3 - All 1 minute rest between sets 5:15 AM Start Yards Set Description 425 1 x 425 on 7:00 Swim-kick-pull-swim 210 14 x 15 on :30 Pit sprints 2,000 1x{1 x 1000 on 14:00 Pulls {2 x 500 on 6:45 Pulls 1,800 12 x 150 on 2:15 Descend in sets of 200 1 x 200 on 3:00 Stroke Drills	EN1 SP1 REC REC l EGY EGY EN1 EN1 S EN1	/ WC = == }	Yards ===== 800 300	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1
{3 x 200 on 3:05 Pulls no br L.40 yds	EN1 SP1 REC REC l EGY EGY EN1 EN1 S EN1	/ WC = == }	Yards ===== 800 300	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description	REC SP3 EN2 EN2 EN2 EN1
{3 x 200 on 3:05 Pulls no br L.40 yds	EN1 SP1 REC REC l EGY EGY EN1 EN1 S EN1	/ WC = == }	Yards ===== 800 300	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2
{3 x 200 on 3:05 Pulls no br L.40 yds	EN1 SP1 REC REC l EGY EGY EN1 EN1 S EN1	/ WC = == }	Yards ===== 800 300	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Optional dryland 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 12 x 25 on :30 Berzerks 2x{1 x 100 on 2:15 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick {3 x 50 on 1:00 Kick 100% effort 1x{3 x 150 on 2:15 Pulls mid 50 br ev 9 {3 x 150 on 2:10 Pulls mid 50 br ev10 {3 x 150 on 2:05 Pulls mid 50 br ev11 {3 x 150 on 2:05 Pulls mid 50 br ev12 4 x 100 on 1:30 Free L.25 stroke 10x{1 x 100 on 1:35 Individual Medley {1 x 50 on :45 Freestyle {1 x 25 on :40 Freestyle	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN2 EN2 REC
{3 x 200 on 3:05 Pulls no br L.40 yds	EN1 SP1 REC REC l EGY EGY EN1 EN1 S EN1	/ WC = == }	Yards ===== 800 300	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Optional dryland 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 12 x 25 on :30 Berzerks 2x{1 x 100 on 2:15 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick {3 x 50 on 1:00 Kick 100% effort 1x{3 x 150 on 2:15 Pulls mid 50 br ev 9 {3 x 150 on 2:10 Pulls mid 50 br ev10 {3 x 150 on 2:05 Pulls mid 50 br ev10 {3 x 150 on 2:05 Pulls mid 50 br ev10 {3 x 150 on 2:15 Free L.25 stroke 10x{1 x 100 on 1:35 Individual Medley {1 x 50 on :45 Freestyle {1 x 25 on :40 Freestyle 10 x 50 on 1:00 Stroke Drills	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN2 EN2 REC
{3 x 200 on 3:05 Pulls no br L.40 yds	EN1 EN1 SP1 REC REC I EGY EN1 EN1 SP3 EN1 EN1	7 WC = == 3 3	Yards ===== 800 300	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Optional dryland 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 12 x 25 on :30 Berzerks 2x{1 x 100 on 2:15 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick {3 x 50 on 1:00 Kick 100% effort 1x{3 x 150 on 2:15 Pulls mid 50 br ev 9 {3 x 150 on 2:10 Pulls mid 50 br ev10 {3 x 150 on 2:05 Pulls mid 50 br ev10 {3 x 150 on 2:05 Pulls mid 50 br ev10 {3 x 150 on 2:15 Free L.25 stroke 10x{1 x 100 on 1:35 Individual Medley {1 x 50 on :45 Freestyle {1 x 25 on :40 Freestyle 10 x 50 on 1:00 Stroke Drills	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN2 EN2 REC
{3 x 200 on 3:05 Pulls no br L.40 yds	EN1 EN1 SP1 REC REC I EGY EN1 EN1 EN1 EN1 EN1 EN1	/ WC = == }	Yards ===== 800 300	Workout #1894 - Wednesday, 08 May 2002 Group 3 - Bronze 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Optional dryland 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 12 x 25 on :30 Berzerks 2x{1 x 100 on 2:15 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick {3 x 50 on 1:00 Kick 100% effort 1x{3 x 150 on 2:15 Pulls mid 50 br ev 9 {3 x 150 on 2:10 Pulls mid 50 br ev10 {3 x 150 on 2:05 Pulls mid 50 br ev10 {3 x 150 on 2:05 Pulls mid 50 br ev10 {3 x 150 on 2:15 Free L.25 stroke 10x{1 x 100 on 1:35 Individual Medley {1 x 50 on :45 Freestyle {1 x 25 on :40 Freestyle 10 x 50 on 1:00 Stroke Drills	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN2 EN2 REC

Workout #1897 - Thursday, 09 May 2002 **Group 3 - Breast**

1 minute rest between sets

Yards	5:30 PM Start Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Optional dryland		I
	1 on 30:00 Stomach and Stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	٤ ۽
180	12 x 15 on :30 Shooters	SP3	٤
800	4x{1 x 100 on 2:00 Kick	EN2	F
	{1 x 100 on 1:45 Kick	EN2	F
800	1x{2 x 200 on 4:10 Pulls	EN2	E
	{2 x 200 on 4:00 Pulls	EN2	E
450	$1x{2 x 50 on :50 Freestyle}$	EN1	٤
	$\{2 \times 75 \text{ on } 1:10 \text{ Freestyle}$	EN1	٤
	{2 x 100 on 1:30 Freestyle	EN1	٤

{6 x 100 on 1:40 75 fr 25 br-descend EN1 {6 x 50 on 1:00 under/overs EN1 {6 x 100 on 1:35 50 fr 50 br-descend EN1

{6 x 100 on 1:30 25 fr 75 br-descend EN2 9 x 50 on 1:00 Stroke Drills REC 8:30 PM 6,180 Yards - Stress Value = 77

EN1

Workout #1895 - Thursday, 09 May 2002 **Group 3 - Distance** 1 minute rest between sets

{6 x 50 on :50 Under/overs

 $2,700 \ 1x{6} \ x \ 50 \ on \ 1:00 \ Under/overs$

	5:30 PM Start		
Yards	Set Description	EGY	WORF
		===	====
	1 on 30:00 Optional dryland		I
	1 on 30:00 Stomach and Stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
800	4x{1 x 100 on 2:00 Kick	EN2	F
	{1 x 100 on 1:45 Kick	EN2	ŀ
1,200	1x{2 x 300 on 4:10 Pulls	EN1	E
	{2 x 300 on 4:00 Pulls	EN2	E
450	$1x{2 x 50 on :50 Freestyle}$	EN1	٤
	$\{2 \times 75 \text{ on } 1:10 \text{ Freestyle}$	EN1	٤
	{2 x 100 on 1:30 Freestyle	EN1	٤
3,300	2 x 1650 on 22:00 Freestyle	EN2	٤
400	8 x 50 on 1:00 Stroke Drills	REC	Ι
	8:27 PM 7,130 Yards - Stress Value = 1	12	

Workout #1896 - Thursday, 09 May 2002 Group 3 - Fly & Back 1 minute rest between sets

Yards	5:30 PM Start Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Optional dryland		I
	1 on 30:00 Stomach and Stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
800	4x{1 x 100 on 2:00 Kick	EN2	F
	{1 x 100 on 1:45 Kick	EN2	F
1,200	1x{2 x 300 on 4:10 Pulls	EN1	E
	{2 x 300 on 4:00 Pulls	EN2	E
450	$1x{2 x 50 on :50 Freestyle}$	EN1	٤
	$\{2 \times 75 \text{ on } 1:10 \text{ Freestyle} \}$	EN1	٤
	{2 x 100 on 1:30 Freestyle	EN1	٤
3,000	2x{3 x 50 on 1:00 Your Stroke	EN1	٤
	{3 x 100 on 1:30 Freestyle-descend	EN1	٤
	{4 x 50 on :55 Your Stroke	EN1	٤
	{3 x 100 on 1:25 Freestyle-descend	EN1	٤
	{5 x 50 on :50 Your Stroke	EN1	٤
	{3 x 100 on 1:20 Freestyle-descend	EN2	٤

7 x 50 on 1:00 Stroke Drills 8:30 PM 6,780 Yards - Stress Value = 82

Workout #1898 - Thursday, 09 May 2002 Group 3 - Sprint

1 minute rest between sets

	5:30 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 30:00 Optional dryland		I
	1 on 30:00 Stomach and Stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
800	4x{1 x 100 on 2:00 Kick	EN2	F
	{1 x 100 on 1:45 Kick	EN2	F
800	1x{2 x 200 on 4:10 Pulls	EN2	E
	{2 x 200 on 4:00 Pulls	EN2	E
450	$1x\{2 \times 50 \text{ on } :50 \text{ Freestyle}$	EN1	٤
	$\{2 \times 75 \text{ on } 1:10 \text{ Freestyle}$	EN1	٤
	{2 x 100 on 1:30 Freestyle	EN1	٤
1,700	4x{1 x 75 on 1:30 25 fast 50 ez	EN1	٤
	{1 x 75 on 1:30 50 fast 25 ez	EN2	٤
	{1 x 75 on 1:30 75 fast	EN2	٤
	{1 x 200 on 4:00 Freestyle	REC	٤
500	20 x 25 on :30 Odds 100% effort	EN2	٤
500	10 x 50 on 1:00 Stroke Drills	REC	Γ
	8:30 PM 5,730 Yards - Stress Value = 69	9	

Workout #1899 - Friday, 10 May 2002 Group 3 - All 1 minute rest between sets

	5:15	AM Start			
Yards	Se	et Description	EGY	WORK	Sī
=====	==		===	====	==
425	1	\times 425 on 7:00 Reverse IM drill	REC	D	I
300	12	2 x 25 on :30 Pit sprints	SP3	S	CF
	1x{1	x 250 on 3:45 Pulls	EN1	P	F
	{ 1	x 250 on 3:40 Pulls	EN1	P	F
	{ 1	x 250 on 3:35 Pulls	EN1	P	F
	{ 1	x 250 on 3:30 Pulls	EN1	P	F
	{ 1	x 250 on 3:25 Pulls	EN1	P	F
	{ 1	x 250 on 3:20 Pulls	EN2	P	F
	1x{3	x 225 on 2:45 Freestyle	EN2	S	F
	{ 4	x 175 on 2:10 Freestyle	EN2	S	F
	{ 5	x 125 on 1:30 Freestyle	EN2	S	F
	{ 6	x 75 on :55 Freestyle	EN2	S	F
250	1	x 250 on 6:00 Freestyle	REC	S	CF
	6:30	AM 4,925 Yards - Stress Value =	76		

Workout #1900 - Friday, 10 May	2002
Group 3 - All	

1 minute rest between sets

	4:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	16 x 50 on :55 Stroke Drills 4 on E	REC	Ι
300	12 x 25 on :30 Berzerks	SP3	٤
	$3x{4 \times 25 \text{ on :} 45 \text{ Sprint kick}}$	EN2	ľ
	{4 x 25 on :45 Kick under water	EN2	ľ
1,000	20 x 50 on :40 Pulls	EN1	E
200	1 x 200 on 3:00 Individual Medley	EN1	۶
	$1x\{8 \times 25 \text{ on } : 30 \text{ Butterfly}$	EN1	۶
	{1 x 200 on 2:30 Freestyle	EN2	٤
	{8 x 25 on :25 Backstroke	EN1	۶
	{1 x 200 on 2:30 Freestyle	EN2	٤
	{8 x 25 on :20 Freestyle	EN2	۶
	{1 x 200 on 2:30 Freestyle	EN2	٤
	{8 x 25 on :35 Breaststroke	EN1	٤
250	1 x 250 on 5:00 Stroke Drills	REC	Ι
	6:00 PM 4,550 Yards - Stress Value = 5	3	

Workout #1901 - Saturday, 11 May 2002 Group 3 - All

1 minute rest between sets

	7:30 AM Start	ECV	MOL								
rards	Set Description	EGY	HOW								
	1 on 30:00 Stomach and Stretch										
900	1 x 800 on 15:00 Choice	REC									
		SP3									
300		EN2									
	·	EN2									
	{1 x 50 on 1:00 Kick	EN2									
100	1 x 100 on 2:00 Kick for time	EN2									
100	1x{3 x 125 on 2:00 Pulls no br L.05 yds										
	{3 x 125 on 1:55 Pulls no br L.10 yds										
	{3 x 125 on 1:50 Pulls no br L.15 yds										
	{3 x 125 on 1:45 Pulls no br L.20 yds										
400	· ·										
100		EN2									
	{1 on 1:00 Rest	LIVE									
	•	EN2									
	{1 on 1:00 Rest	LIVE									
	{4 x 100 on 1:05 Freestyle	EN2									
	{1 on 1:00 Rest	LINZ									
	{3 x 100 on 1:05 Freestyle	EN2									
	{1 on 1:00 Rest	LIVE									
	{2 x 100 on 1:05 Freestyle	EN2									
	{1 on 1:00 Rest	2112									
	{1 x 100 on 1:05 Freestyle	EN2									
400		REC									
100	10:00 AM 6,800 Yards - Stress Value = 10										
	10.00 III 0,000 IuIuo Dolobo valae Iv										

Workout #1902 - Monday, 13 May 2002 Group 3 - Gold

1 minute rest between sets

Yards	5:30 Se				t otion			EGY	WOF
=====	=:	===		-===				===	===
	1	or	30:	:00	Optio	onal dryland			
	1	or	n 30:	:00	Stoma	ach and Stretch	ì		
800	1	Х	800	on	15:00) Swim-kick-pul	ll-swim	REC	
180	1:	2 2	15	on	:30 \$	Shooters		SP3	
1,200	2x{1	Х	100	on	1:50	Kick		EN2	
	{ 1	Х	100	on	1:45	Kick		EN2	
	{ 1	Х	100	on	1:40	Kick		EN2	
	{ 1	Х	100	on	1:35	Kick		EN2	
	{ 1	Х	100	on	1:30	Kick		EN2	

	{ 2	X	50	on	1:00	Kick	EN1
1,650	1x{4	Х	75	on	1:10	Pulls	EN1
	{ 5	Х	75	on	1:05	Pulls	EN1
	{ 6	Х	75	on	1:00	Pulls	EN2
	{ 7	Х	75	on	:55	Pulls	EN2
450	9	Х	50	on	:45	Freestyle	EN1
2,400	6	Х	400	or or	4:4	0 Freestyle	EN2
400	8	Х	50	on	1:00	Stroke Drills	REC
	8:24	ΡN	17,	080) Yar	ds - Stress Value =	= 107

Workout #1903 - Monday, 13 May 2002 Group 3 - Silver

1 minute rest between sets

Yards	5:30 PM Start Set Descrip		EGY	WOI
	========		===	===
	1 on 30:00	Optional dryland		
	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	
	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	
	{1 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	EN2	
450	9 x 50 on :	45 Freestyle	EN1	
2,000	5 x 400 on	5:10 Freestyle	EN2	
400	8 x 50 on 1	:00 Stroke Drills	REC	
	8:24 PM 6.630	Yards - Stress Value = 95		

Workout #1904 - Monday, 13 May 2002 Group 3 - Bronze 1 minute rest between sets

Yards	5:30 PM Start Set Description	EGY	WOF
		===	===
	1 on 30:00 Optional dryland		
	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	
	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	
	1x{6 x 75 on 1:15 Pulls	EN1	
	{6 x 75 on 1:10 Pulls	EN1	
	{6 x 75 on 1:05 Pulls	EN2	
450	9 x 50 on :45 Freestyle	EN1	
2,000	5 x 400 on 5:40 Freestyle	EN2	
500	-	REC	
	8:25 PM 6,280 Yards - Stress Value = 88		

4:00 PM Start

REC

Workout #1906 - Tuesday, 14 May 2002 **Group 3 - Breast** 1 minute rest between sets

400 8 x 50 on 1:00 Stroke Drills 6:30 PM 7,100 Yards - Stress Value = 109

Workout #1907 - Tuesday, 14 May 2002 Group 3 - Sprint

1 minute rest between sets

Yards	Set Description	FCV	WORK S	1	
======	=======================================		WORK :	1 minute rest between sets	
800 300 800	<pre>1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 12 x 25 on :30 Berzerks 4 x 200 on 3:45 Kick 1x{5 x 50 on 1:00 Pulls-nbbf&w</pre>	REC SP3 EN2 EN1	K P	Yards Set Description EGY WOF 1 on 30:00 Stomach and Stretch 800 8 x 100 on 1:45 Stroke Drills REC	:
	$\{5 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} $ $\{5 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} \}$	EN1 EN1	P P	300 12 x 25 on :30 Berzerks SP3	
500	{5 x 50 on :45 Pulls-nbbf&w 5 x 100 on 1:40 Individual Medley	EN1	P S	1,200 12 x 100 on 2:00 Kick EN2 1,000 1x{5 x 50 on 1:00 Pulls-nbbf&w EN1	
	3x{1 x 125 on 2:15 Breaststroke {1 x 125 on 2:10 Breaststroke	EN2 EN2	S	{5 x 50 on :55 Pulls-nbbf&w EN1 {5 x 50 on :50 Pulls-nbbf&w EN1	
	•	EN2 EN2		{5 x 50 on :45 Pulls-nbbf&w EN1 500 5 x 100 on 1:40 Individual Medley EN1	
	{1 x 200 on :00 Breaststroke 100%	EN3	S	1,600 1x{1 x 200 on 3:30 Freestyle L.25 fast EN2 {1 x 200 on 3:30 Freestyle L. 50 fast EN2	
400	{1 x 100 on 6:00 Freestyle 8 x 50 on 1:00 Stroke Drills 6:30 PM 6,200 Yards - Stress Value =	REC REC 109		{1 x 200 on 3:30 Freestyle L.75 fast EN2 {1 x 200 on 3:30 Freestyle L.100 fast EN2 {1 x 200 on 3:30 Freestyle L.125 fast EN2 {1 x 200 on 3:30 Freestyle L.150 fast EN2	
	Workout #1905 - Tuesday, 14 May 2002 Group 3 - Distance			$\{1 \times 200 \text{ on } 3:30 \text{ Freestyle L.175 fast EN2} $ $\{1 \times 200 \text{ on } 3:30 \text{ Freestyle all fast EN2} \}$	
	1 minute rest between sets			400 4 x 100 on 1:30 Freestyle-descend EN2 to ludicrous speed	

400

Workout #1909 - Wednesday, 15 May 2002 Group 3 - All

6:30 PM 6,200 Yards - Stress Value = 89

8 x 50 on 1:00 Stroke Drills

1 minute rest between sets

	5:15	Αl	4 S	tart	t					
Yards	Se	et	Des	crip	ption			EGY	WORK	Ş
=====	==	===		====				===	====	=
425	1	Х	425	on	7:00	Reverse IM	drill	REC	D	
210	14	4 2	k 15	on	:30 1	Pit sprints		SP3	S	
	1x{2	Х	100	on	1:30	Pulls		EN1	P	
	{ 2	Х	150	on	2:10	Pulls		EN1	P	
	{ 2	Х	200	on	2:50	Pulls		EN1	P	
	{ 2	Х	250	on	3:30	Pulls		EN1	P	
	1x{6	Х	50	on :	:40 F:	reestyle		EN2	S	
	{ 1	Х	400	on	6:30	Individual	Medley	EN1	S	
	{ 2	Х	300	on	4:45	Individual	Medley	EN1	S	
	{ 3	Х	200	on	3:05	Individual	Medley	EN1	S	
	{ 4	Х	100	on	1:30	Individual	Medley	EN1	S	
200	1	Х	200	on	3:00	Stroke Dri	lls	REC	D	
	6:32	Αl	4 4,	535	Yards	s - Stress '	Value =	48		

1 minute rest between sets

	4:00 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
800	8 x 100 on 1:45 Stroke Drills	REC	D	C
300	12 x 25 on :30 Berzerks	SP3	S	
800	2 x 400 on 7:30 Kick	EN2	K	C
800	$1x{4 x 50 on 1:00 Pulls}$	EN1	P	
	$\{4 \times 50 \text{ on } :55 \text{ Pulls}$	EN1	P	
	$\{4 \times 50 \text{ on } : 50 \text{ Pulls}$	EN1	P	
	$\{4 \times 50 \text{ on } : 45 \text{ Pulls}$	EN1	P	
	{ no breath last 25			
300	3 x 100 on 1:40 Individual Medley	EN1	S	
4,000	$4x{4 \times 125}$ on 1:45 Freestyle	EN2	S	
	$\{1 \times 500 \text{ on } 7:00 \text{ Freestyle} \}$	EN1	S	
	{ hold 125s under 1:30			
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:30 PM 7,250 Yards - Stress Value =	99		

Workout #1908 - Tuesday, 14 May 2002 Group 3 - Fly & Back 1 minute rest between sets

	4:00 PM Start		
Yards	Set Description	EGY	WORF
=====		===	====
	1 on 30:00 Stomach and Stretch		I
800	8 x 100 on 1:45 Stroke Drills	REC	Ι
300	12 x 25 on :30 Berzerks	SP3	٤
1,500	15 x 100 on 1:30 Kick with flippers	EN2	F
1,000	$1x{5 x 50 on 1:00 Pulls-nbbf&w}$	EN1	E
	$\{5 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w}$	EN1	E
	$\{5 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w}$	EN1	E
	{5 x 50 on :45 Pulls-nbbf&w	EN1	E
300	2 x 150 on 2:15 1st50-2bk 2nd50 4bk	EN1	٤
	3rd50-6bk		
2,800	2x{1 x 150 on 2:15 IM no free	EN2	٤
	{1 x 200 on 3:00 Your Stroke	EN2	
	{1 x 150 on 2:10 IM no free	EN2	٤
	{1 x 200 on 2:55 Your Stroke	EN2	٤
	$\{1 \times 150 \text{ on } 2:05 \text{ IM no free}$	EN2	٤
	{1 x 200 on 2:50 Your Stroke	EN2	٤
	{1 x 150 on 2:00 IM no free	EN2	٤
	{1 x 200 on 2:45 Your Stroke	EN2	S

Workout #1910 - Wednesday, 15 May 2002 Group 3 - Gold

1 minute rest between sets

	4:00 PM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		L
800	8 x 100 on 1:45 Stroke Drills	REC	D
	2 on each stroke		
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{1 x 100 on 1:40 Kick	EN2	
	{3 x 50 on 1:00 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{3 x 50 on :55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{3 x 50 on :50 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	K
	{3 x 50 on :45 Kick	EN2	K
1,200	1x{2 x 200 on 2:40 Pulls	EN1	P
	{2 x 200 on 2:35 Pulls	EN1	P
	{2 x 200 on 2:30 Pulls	EN2	P
450	$1x{3 x 100 on 1:30 Freestyle-descend}$	EN1	S
	{3 x 50 on 1:00 Your Stroke-descend	EN1	S
3,500	2x{3 x 75 on 1:05 Backstroke	EN1	S
	{3 x 75 on 1:00 Backstroke	EN2	S
	{3 x 75 on :55 Backstroke	EN2	S
	$\{1 \times 200 \text{ on } 4:00 \text{ Reverse IM drill}$	REC	D
	${3 \times 75 \text{ on :} 55 \text{ Freestyle}}$	EN2	S
	${3 \times 75 \text{ on } :50 \text{ Freestyle}}$	EN2	S
	${3 \times 75 \text{ on } :45 \text{ Freestyle}}$	EN2	S
	$\{1 \times 200 \text{ on } 4:00 \text{ Reverse IM drill}$	REC	D
	6:26 PM 7,130 Yards - Stress Value = 9	97	

Workout #1911 - Wednesday, 15 May 2002 Group 3 - Silver 1 minute rest between sets

Yards	4:00 PM Start Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		
800		REC	D
000	2 on each stroke	1120	2
180	12 x 15 on :30 Shooters	SP3	S
	1x{1 x 100 on 2:00 Kick	EN2	K
	{4 x 50 on 1:00 Kick	EN2	K
	{1 x 100 on 1:55 Kick	EN2	K
	{4 x 50 on :55 Kick	EN2	K
	{1 x 100 on 1:50 Kick	EN2	K
	{4 x 50 on :50 Kick	EN2	K
	1x{2 x 200 on 2:50 Pulls	EN1	P
	{2 x 200 on 2:45 Pulls	EN1	
	{2 x 200 on 2:40 Pulls	EN2	P
	$1x{3 x 100 on 1:30 Freestyle-descend}$		
	{3 x 50 on 1:00 Your Stroke-descend	EN1	S
	$2x{3 \times 75 \text{ on } 1:10 \text{ Backstroke}}$	EN1	S
	{3 x 75 on 1:05 Backstroke	EN2	S
	{2 x 75 on 1:00 Backstroke	EN2	S
	{1 x 200 on 4:00 Reverse IM drill	REC	
	${3 \times 75 \text{ on } 1:00 \text{ Freestyle}}$	EN2	S
	${3 \times 75 \text{ on :} 55 \text{ Freestyle}}$	EN2	S
	$\{2 \times 75 \text{ on } : 50 \text{ Freestyle} \}$	EN2	S
	{1 x 200 on 4:00 Reverse IM drill	REC	D
	6:26 PM 6,730 Yards - Stress Value = 8	39	

Workout #1912 - Wednesday, 15 May 2002 Group 3 - Bronze 1 minute rest between sets

=====	==			===	====	=
Yards	Se	et De	escription	EGY	WORK	٤
	4:00	PM	Start			

	1 on 30:00 Stomach and Stretch		L	Γ
800	8 x 100 on 1:45 Stroke Drills	REC	D	
	2 on each stroke			
180	12 x 15 on :30 Shooters	SP3	S	
	1x{1 x 100 on 2:15 Kick	EN2	K	C
	{3 x 50 on 1:00 Kick	EN2	K	C
	{1 x 100 on 2:10 Kick	EN2	K	C
	{4 x 50 on 1:00 Kick	EN2	K	C
	{1 x 100 on 2:05 Kick	EN2	K	C
	{5 x 50 on 1:00 Kick	EN2	K	C
	1x{2 x 200 on 3:10 Pulls	EN1	Ρ	
	{2 x 200 on 3:05 Pulls	EN1	Ρ	
	{1 x 200 on 3:00 Pulls	EN1	Ρ	
	$1x{3 x 100 on 1:40 Freestyle-descend}$	EN1	S	
	{2 x 50 on 1:00 Your Stroke-build	EN1	S	٤
	$2x{3 x 75 on 1:20 Backstroke}$	EN1	S	
	{3 x 75 on 1:15 Backstroke	EN2	S	
	{2 x 75 on 1:10 Backstroke	EN2	S	
	$\{1 \times 100 \text{ on } 2:30 \text{ Reverse IM drill}$	REC	D	
	${3 \times 75 \text{ on } 1:10 \text{ Freestyle}}$	EN2	S	
	${3 \times 75 \text{ on } 1:05 \text{ Freestyle}}$	EN2	S	
	$\{2 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN2	S	
	$\{1 \times 100 \text{ on } 2:30 \text{ Reverse IM drill}$	REC	D	
100	1 x 100 on 1:30 Stroke Drills	REC	D	
	6:28 PM 6,180 Yards - Stress Value =	82		

Workout #1915 - Thursday, 16 May 2002 Group 3 - Breast 1 minute rest between sets

	4:00 PM	Start				
Yards	Set De	script	ion		EGY	WOI
				=======================================	===	===
	1 on 3	0:00 S	Stoma	ch and Stretch		
800	4 x 20	0 on 3	3:00	Reverse IM drill	REC	
180	12 x 1	5 on :	30 S	hooters	SP3	
1,200	$3x{1 x 10}$	0 on 2	2:00	Kick L.25 fast	EN2	
	{1 x 10	0 on 1	:55	Kick L.50 fast	EN2	
	{1 x 10	0 on 1	:50	Kick L.75 fast	EN2	
	{1 x 10	0 on 1	:45	Kick L.100 fast	EN2	
1,000	1x{4 x 10	0 on 2	2:00	Pulls	EN2	
	{4 x 10	0 on 1	:55	Pulls	EN1	
	{2 x 10	0 on 1	:50	Pulls	EN2	
300	12 x 2	5 on :	30 I	M order-build	EN1	
1,800	$1x{4 x 15}$	0 on 2	:45	Breaststroke	EN2	
	{3 x 15	0 on 2	:40	Breaststroke	EN2	
	{2 x 15	0 on 2	:35	Breaststroke	EN2	
	{1 x 15	0 on 2	2:30	Breaststroke	EN2	
	{3 x 10	0 on 1	:50	Breaststroke-descend	EN2	
400	16 x 2	5 on :	30 F	reestyle ALL 6BK	EN2	
250	1 x 25	0 on 4	:00	Stroke Drills	REC	
	6:29 PM 5	, 930 Y	ards	- Stress Value = 94		

4:00 PM Start

Workout #1913 - Thursday, 16 May 2002 **Group 3 - Distance** 1 minute rest between sets

	{ 1	Х	100	on	4:30	Fre	eest	yle			REC	S
300	6	Х	50	on :	1:00 5	str	oke	Dril	lls		REC	D
	6:30	PM	15,	780	Yards	s –	Str	ess	Value	=	144	

Workout #1917 - Friday, 17 May 2002 Group 3 - All

Yards	Set Description	EGY WC		Group 3 - All		
=====	1 on 30:00 Stomach and Stretch	=== ==		1 minute rest between sets		
800 180 800	4 x 200 on 3:00 Reverse IM drill 12 x 15 on :30 Shooters 2x{1 x 100 on 2:00 Kick L.25 fast	REC SP3 EN2	Yards	±	STK	E ==
1 200	{1 x 100 on 1:55 Kick L.50 fast {1 x 100 on 1:50 Kick L.75 fast {1 x 100 on 1:45 Kick L.100 fast	EN2 EN2 EN2	425 300	12 x 25 on :30 Pit sprints SP3 S 1x{2 x 250 on 3:45 Pulls EN1 E		2 1
300	1x{4 x 100 on 1:15 Pulls {4 x 100 on 1:20 Pulls {4 x 100 on 1:15 Pulls 12 x 25 on :30 IM order-build	EN2 EN1 EN2 EN1		{5 x 100 on 1:15 Pulls EN1 F 1x{3 x 125 on 1:50 Freestyle EN1 S {3 x 125 on 1:45 Freestyle EN1 S	FR FR	1 1
4,000	2x{1 x 1000 on 12:30 Freestyle {10 x 100 on 1:30 Free hold under 1:05 1 x 250 on 4:00 Freestyle	EN2		{3 x 125 on 1:40 Freestyle EN2 S {3 x 125 on 1:35 Freestyle EN2 S {3 x 125 on 1:30 Freestyle EN2 S {3 x 125 on 1:25 Freestyle EN2 S	FR FR	1 1
	6:30 PM 7,530 Yards - Stress Value = 126			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	FR FR	2 1
	Workout #1914 - Thursday, 16 May 2002 Group 3 - Fly & Back 1 minute rest between sets		300	$\{4 \times 25 \text{ on :} 15 \text{ Freestyle} $ EN2 S	FR	1

Workout #1918 - Friday, 17 May 2002 Group 3 - All 1 minute rest between sets

		4:00	ÞΝ	/ St	art					
,	Yards					tion			EGY	MOE
	=====	==	===	DE30		=====			===	===
		1	Or	30	• 0 0	Stoma	ach and Stre	etch		
	800						Swim-kick		REC	
	300						Berzerks	Parr onim	SP3	
	300					1:00 F			EN2	
						:55 Ki			EN2	
		-				:50 Ki			EN2	
						L:10 E			EN1	
		•				L:05 E			EN1	
		{ 4	х	75 (on 1	L:00 I	Pulls		EN1	
		-					Individual	Medley	EN1	
		{ 1	Х	100	on	1:55	Individual	Medley	EN1	
		{ 1	Х	100	on	1:50	Individual	Medley	EN1	
		{ 1	Х	100	on	1:45	Individual	Medley	EN1	
		{ 1	Х	100	on	1:40	Individual	Medley	EN1	
		{ 1	Х	100	on	1:35	Individual	Medley	EN1	
		{ 1	Х	100	on	1:30	Individual	Medley	EN1	
		{ 1	Х	100	on	1:25	Individual	Medley	EN2	
		{ 1	Х	100	on	1:20	Individual	Medley	EN2	
		{ 1	Х	100	on	1:15	Individual	Medley	EN2	
		{ 1	Х	100	on	1:10	Individual	Medley	EN2	
_		{ 1	Х	100	on	1:05	Individual	Medley	EN2	
-		{ 1	Х	100	on	1:00	Individual	Medley	EN2	
- [500	20	2 C	25	on	:30 0	Odds free e	vens strk	EN1	
L				out	-					
	250	1	Х	250	on	5:00	Stroke Dri	lls	REC	

5:59 PM 4,800 Yards - Stress Value = 60

	4:00 PM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
	1 on 30:00 Stomach and Stretch		L
800	4 x 200 on 3:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1,200	$3x{1 x 100 on 2:00 Kick L.25 fast}$	EN2	K
	{1 x 100 on 1:55 Kick L.50 fast	EN2	K
	$\{1 \times 100 \text{ on } 1:50 \text{ Kick L.75 fast}$	EN2	K
	{1 x 100 on 1:45 Kick L.100 fast	EN2	K
1,200	1x{4 x 100 on 1:25 Pulls	EN2	P
	{4 x 100 on 1:20 Pulls	EN1	P
	{4 x 100 on 1:15 Pulls	EN2	P
300	12×25 on :30 IM order-build	EN1	S
2,500	$1x{4 x 125 on 1:40 100 free 25 stroke}$	EN2	S
	{4 x 125 on 1:45 75 free 50 stroke	EN2	S
	{4 x 125 on 1:50 50 free 75 stroke	EN2	S
	{4 x 125 on 1:55 25 free 100 stroke	EN2	S
	{4 x 125 on 2:00 Your Stroke	EN2	S
400	16 x 25 on :30 Freestyle ALL 6BK	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	6:29 PM 6,830 Yards - Stress Value = 1	12	

Workout #1916 - Thursday, 16 May 2002 Group 3 - Sprint 1 minute rest between sets

4:00 PM Start Yards Set Description EGY WORK S ______ ===== 1 on 30:00 Stomach and Stretch D 4 x 200 on 3:00 Reverse IM drill REC 800 12 x 15 on :30 Shooters SP3 S 180 1,200 3x{1 x 100 on 2:00 Kick L.25 fast EN2 K ({1 x 100 on 1:55 Kick L.50 fast EN2 K ({1 x 100 on 1:50 Kick L.75 fast EN2 {1 x 100 on 1:45 Kick L.100 fast EN2 1,300 2x{4 x 125 on 1:50 Pulls no br L. 25 EN1 {3 x 50 on :45 Pulls $2,000 4x{1 x 25 on :00 Freestyle OTB}$ REC S $\{1 \times 25 \text{ on } 1:30 \text{ Freestyle} \}$ $\{1 \times 50 \text{ on } : 00 \text{ Freestyle OTB} \}$ SP2 S REC {1 x 50 on 2:30 Freestyle S $\{1 \times 75 \text{ on } : 00 \text{ Freestyle OTB} \}$ SP2 S $\{1 \times 75 \text{ on } 3:30 \text{ Freestyle} \}$ REC S

SP2

S

 $\{1 \times 100 \text{ on } : 00 \text{ Freestyle} \}$

Workout #1919 - Saturday, 18 May 2002 Group 3 - All

1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 18:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{1 x 150 on 2:45 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
100	1 x 100 on 2:00 Kick	EN3	
	1x{2 x 100 on 1:30 Lungbuster pulls	EN1	
	{ br 2-4-6-8		
	{3 x 100 on 1:25 Lungbuster pulls	EN1	
	{ br 3-5-7-9		
	$\{4 \times 100 \text{ on } 1:20 \text{ Lungbuster pulls}$	EN2	
	{ br 4-6-8-10		
	{5 x 100 on 1:15 Lungbuster pulls	EN2	
	{ br 5-7-9-11		
900	9 x 100 on 1:30 Freestyle-dscnd in3s	EN1	
1,200	16 x 75 on 1:30 Freestyle	EN3	
400	8 x 50 on 1:00 Stroke Drills	REC	
	10:00 AM 6,380 Yards - Stress Value = 14	11	

Workout #1920 - Wednesday, 22 May 2002 Group 3 - All

1 minute rest between sets

	5:15	AM Start		
Yards	Se	et Description	EGY	WORF
=====	==		===	====
425	1	x 425 on 7:00 Swim-kick-pull-swim	REC	٤
210	14	4 x 15 on :30 Pit sprints	SP3	٤
	2x{2	x 150 on 2:00 Pulls	EN1	E
	{ 4	x 50 on :45 Pulls no br L. 25	EN1	E
	1x{3	x 200 on 2:30 Freestyle	EN2	٤
	{ 3	x 300 on 3:45 Freestyle	EN2	٤
	{ 2	x 200 on 2:25 Freestyle	EN2	٤
	{ 2	x 300 on 3:35 Freestyle	EN2	٤
	{ 1	x 200 on 2:20 Freestyle	EN2	٤
	{ 1	x 300 on 3:30 Freestyle	EN2	٤
300	6	x 50 on 1:00 Stroke Drills	REC	Ι
	6:30	AM 4,935 Yards - Stress Value = 78		

Workout #1921 - Friday, 24 May 2002 Group 3 - All

1 minute rest between sets

		M Star						
Yards	Set	Descri	ption		EGY	WORK	STK	
	====				===	====	===	=
425	1 x	425 on	7:00	Choice	REC	S	CHO	
180	12 2	x 15 on	:30	Pit sprints	SP3	S	CHO	
	1x{8 x	75 on	1:10	Pulls	EN1	P	FR	
	{6 x	75 on	1:05	Pulls	EN1	P	FR	
	{4 x	75 on	1:00	Pulls	EN1	P	FR	
	1x{1 x	75 on	1:10	Freestyle	EN2	S	FR	
	{1 x	75 on	1:05	Freestyle	EN2	S	FR	
	{1 x	75 on	1:00	Freestyle	EN2	S	FR	
	{1 x	75 on	:55 F:	reestyle	EN2	S	FR	
	{1 x	100 on	1:30	Freestyle	EN1	S	FR	
	{1 x	100 on	1:25	Freestyle	EN1	S	FR	
	{1 x	100 on	1:20	Freestyle	EN2	S	FR	
	{1 x	100 on	1:15	Freestyle	EN2	S	FR	
	{1 x	125 on	1:50	Freestyle	EN1	S	FR	
	{1 x	125 on	1:45	Freestyle	EN1	S	FR	
	{1 x	125 on	1:40	Freestyle	EN2	S	FR	
	{1 x	125 on	1:35	Freestyle	EN2	S	FR	
	{1 x	150 on	2:05	Freestyle	EN2	S	FR	
	{1 x	150 on	2:00	Freestyle	EN2	S	FR	

	{ 1	Х	150	on	1:55	Freestyle	EN2		S	FR
	{ 1	Х	150	on	1:50	Freestyle	EN2		S	FR
	{ 1	Х	175	on	2:30	Freestyle	EN1		S	FR
	{ 1	Х	175	on	2:20	Freestyle	EN2		S	FR
	{ 1	Х	175	on	2:10	Freestyle	EN2		S	FR
	{ 1	Х	175	on	2:05	Freestyle	EN2		S	FR
250	1	Х	250	on	4:00	Stroke Drills	REC		D	CD
	6:30	Pl	4,	705	Yards	s - Stress Val	ue =	66		

Workout #1922 - Wednesday, 29 May 2002 Group 3 - All

1 minute rest between sets

	5:15 AM Start		
Yards	Set Description	EGY	WORK S
=====	=======================================	===	==== =
425	1 x 425 on 7:00 Reverse IM drill	REC	D
210	14×15 on :30 Pit sprints	SP3	S
	1x{2 x 200 on 2:45 Pulls	EN1	P
	{2 x 200 on 2:40 Pulls	EN1	P
	{2 x 200 on 2:35 Pulls	EN2	P
	{2 x 200 on 2:30 Pulls	EN2	P
	1x{1 x 400 on 6:00 Individual Medley	EN1	S
	{3 x 50 on :40 Freestyle	EN2	S
	{2 x 300 on 4:30 Individual Medley	EN1	S
	{3 x 50 on :40 Freestyle	EN2	S
	{3 x 200 on 3:00 Individual Medley	EN1	S
	{3 x 50 on :40 Freestyle	EN2	S
	{4 x 100 on 1:30 Individual Medley	EN1	S
	{1 x 200 on 3:00 Stroke Drills	REC	D
	6:32 AM 4,885 Yards - Stress Value =	61	

Workout #1923 - Monday, 10 June 2002 Group 3 - Breast 1 minute rest between sets

	6:00	ΑN	4 S	tart	5						
Yards	Se	et	Des	crip	otion					EGY	WOF
=====	==	===				======			======	===	===
800	1	Х	800	on	15:00	O Swim-	-kic	k-pul	ll-swim	REC	
180	12	2 >	k 15	on	:30	Shooter	îs			SP3	
800	4x{1	Х	100	on	2:15	Kick				EN2	
	{ 1	Х	100	on	2:15	Kick				EN2	
2,000	1x{1	Х	400	on	6:00	Pulls				EN1	
	{ 2	Х	300	on	4:30	Pulls				EN1	
	{ 3	Х	200	on	3:00	Pulls				EN1	
	{ 4	Х	100	on	1:30	Pulls				EN1	
300	6	Х	50 0	on :	:50 De	escend	in	sets	of 3	EN1	
1,800	3x{1	Х	200	on	4:00	Breast	str	oke		EN1	
	{ 1	Х	150	on	2:50	Breast	str	oke		EN1	
	{ 1	Х	100	on	1:50	Breast	str	oke		EN2	
	{ 3	Х	50 (on 1	L:00 :	Stroke	Dri	lls		EN1	
250	1	Х	250	on	5:00	Stroke	e Dr	ills		REC	
	8:00	ΑN	4 6,	130	Yard	s - Str	ess	Valı	ue = 66		

EN1

EN2

EN2

EN2

REC

Workout #1930 - Monday, 10 June 2002 Group 3 - Breast

1 minute rest between sets

1 minute rest between sets 6:00 AM Start Yards Set Description			
Yards Set Description			
-		EGY	
3:30 PM Start	0 0 : 1 : 1 . 11		===
tards sell-pescribition for works	0 Swim-kick-pull-swim		
===== = ==============================		SP3	
1 on 30:00 Stomach and Stretch L I 800 4x{1 x 100 on 2:30		EN2	
800 8 x 100 on 1:45 Stroke Drills REC D (2 000 1:41 x 100 on 2:15		EN2	
odds free evens brst 2,000 1x{1 x 400 on 6:00		EN1	
180 12 x 15 on :30 Shooters SP3 S {2 x 300 on 4:30		EN1	
900 3x{1 x 100 on 2:00 Kick EN2 K {3 x 200 on 3:00		EN1	
{1 x 100 on 1:45 Kick EN2 K 300 6 x 50 cm 150 D		EN1	
{1 x 100 on 1:30 Kick EN2 K 300 6 x 50 on :50 D		EN1 EN2	
400 8 X 50 ON 1:00 PHILS ENL P ' ' '		EN1	
2,200 4X{1 x /5 on :00 Breaststroke SP2 5 250 1 x 250 on 5.00		REC	
II X /5 on 3:00 Freestvie REC S		KEC	
{1 x 200 on 3:00 Individual Medley EN1 S 7:39 AM 6,330 Idid	s - Stress Value = 74		
$\{4 \times 25 \text{ on } : 30 \text{ Breaststroke} $ SP2 S			
{1 x 100 on 1:30 Freestyle REC S Workout #1929 -1	Monday, 10 June 2002		
200 1 x 200 on 3:00 Stroke Drills REC D Group 3	3 - Backstroke		
5:30 PM 4,680 Yards - Stress Value = 107	est between sets		
Workout #1927 - Monday, 10 June 2002 3:30 PM Start			
Group 3 - Fly Yards Set Description	EGY	WOF	RK S
		===	= =
1 on 30:00 Stom	ach and Stretch		LΙ
800 8 x 100 on 1:45	Stroke Drills REC	•	D C
6:00 AM Start Vanda Cat Description FGV MOI odds free even	s back		
Yards Set Description EGY WOF 180 12 x 15 on :30	Shooters SP3	}	S
200 1 x 200 x 15 00 Quin high mull puin PEG 900 3x{1 x 100 on 2:00	Kick no board EN2		K
800 1 x 800 on 15:00 Swim-kick-pull-swim REC {1 x 100 on 1:45	Kick no board EN2		K
180 12 x 15 on :30 Shooters SP3 (1 x 100 on 1:30			K
5x{1 x 100 on 2:00 kick with flippers ENZ 600 12 y 50 on .40			Р
{I X 100 on 2:00 kick with flippers ENZ 2 200 4v/1 v 75 on .00 B			S
IX(I X 400 on 6:00 Pulls ENI 15m undr off e			
{2 x 300 on 4:30 Pulls ENI		,	S
(3 X 200 ON 3:00 Pulls ENI (1 x 200 on 3:00	Individual Medley EN1		S
(4 X 100 on 1:30 Pulls ENI (4 x 25 on -30 B	-		S
300 6 X 50 On :50 Descend in sets of 3 ENI		;	S
2x{1 x 200 on 3:30 Freestyle ENI 200 1 x 200 on 3:00	<u> -</u>	;	D
{1 x 200 on 3:25 150 free 50 fly EN1 5:30 PM 4,880 Yard	s - Stress Value = 109)	
{1 x 200 on 3:20 100 free 100 fly ENZ			
{1 x 200 on 3:15 50 free 150 fly EN2	Monday, 10 June 2002		
	•		
250 1 x 250 on 5:00 Stroke Drills REC Grou 8:01 AM 6,530 Yards - Stress Value = 82	p 3 - Silver		
1 minute r	rest between sets		
Workout #1928 - Monday, 10 June 2002 6:00 AM Start			
• /		EGY	TATOT
2	:====================================		
1 minute rest between sets	0 Swim-kick-pull-swim		
180 12 v 15 on •30	-	SP3	
3:30 PM Start 3x/1 x 150 on 4:00		EN2	
iards Set Description EGI WORK 5		EN2	
1 v 50 on 1·10		EN2	
I on 30:00 Stomach and Stretch LI 1v/1 v 400 on 7:00		EN1	
800 8 X 100 on 1:45 Stroke Drills REC D (11 x 300 on 5:15		EN1	
odds free evens fly		EN1	
180 12 x 15 on :30 Shooters SP3 S F (1 x 100 on 1.45		EN1	
5X11 X 100 ON Z 100 N1CK FNZ N C			
1 x 100 on 1.45 kick EN2 K (Descend in sets of 3	EN1	
{1 x 100 on 1:30 Kick EN2 K (1x{1 x 500 on 8:45			

Ρ

S

S

S

D

SE

SE

EN1

SP2

REC

SP2

REC

REC

 $\{1 \times 500 \text{ on } 8:20 \text{ Freestyle} \}$

 $\{1 \times 500 \text{ on } 7:55 \text{ Freestyle} \}$

 $\{1 \times 500 \text{ on } 7:30 \text{ Freestyle} \}$

 $\{1 \times 500 \text{ on } 7:05 \text{ Freestyle} \}$

1 x 250 on 5:00 Stroke Drills

8:00 AM 5,930 Yards - Stress Value = 78

Workout #1924 - Monday, 10 June 2002 Group 3 - Backstroke

5:30 PM 4,880 Yards - Stress Value = 109

 $\{1 \times 200 \text{ on } 3:00 \text{ Individual Medley EN1}\}$

 $4x{1 x 75 on :00 Butterfly}$

 $\{1 \times 75 \text{ on } 3:00 \text{ Freestyle} \}$

 $\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$

 $\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$

1 x 200 on 3:00 Stroke Drills

600

200

12 x 50 on :40 Pulls-nbbf&w

Workout #1925 - Monday, 10 June 2002 Group 3 - Bronze 1 minute rest between sets

Workout #1934 - Tuesday, 11 June 2002 Group 3 - Fly 1 minute rest between sets

	6:00 AM Start				6:00 AM Start		
Yards	Set Description		EGY WOF	Meters	Set Description	EGY	WORK S
=====	=======================================	===	=== ===	=====		===	==== =
700	1 x 700 on 16:00 Swim-kick-pull-sv			800		REC	D
180	12×15 on :30 Shooters $3x\{1 \times 150 \text{ on } 4:15 \text{ Kick} $		SP3 EN2	180	2 on each stroke 12 x 15 on :30 Shooters	SP3	S F
	{1 x 100 on 2:40 Kick		EN2	200	3x{1 x 150 on 3:00 Kick	EN2	K F
	{1 x 50 on 1:15 Kick		EN2		{1 x 100 on 2:00 Kick	EN2	K F
	1x{1 x 400 on 8:00 Pulls		EN1	100	{1 x 50 on 1:00 Kick	EN2	K F
	{1 x 300 on 6:00 Pulls {1 x 200 on 4:00 Pulls		EN1 EN1	100 1,600		EN2 EN1	K C P
	{1 x 100 on 2:00 Pulls		EN1	400			S
300	6×50 on 1:00 Descend in sets of	3	EN1		$4x{1 x 100 on 1:30 Butterfly}$	EN1	S F
	1x{1 x 500 on 10:00 Freestyle		EN1		{1 x 50 on 1:00 Freestyle	EN1	S
	{1 x 500 on 9:30 Freestyle {1 x 500 on 9:00 Freestyle		EN1 EN2		$\{1 \times 100 \text{ on } 1:35 \text{ Butterfly} $ $\{1 \times 50 \text{ on } :55 \text{ Freestyle} \}$	EN1 EN1	S F S
	{1 x 500 on 8:30 Freestyle		EN2		{1 x 100 on 1:40 Butterfly	EN1	S F
250	1 x 250 on 5:00 Stroke Drills		REC		$\{1 \times 50 \text{ on } : 50 \text{ Freestyle} \right]$	EN1	S
	8:01 AM 5,330 Yards - Stress Value =	68			{1 x 100 on 1:45 Butterfly	EN1	S F
	W. I. (#1021 N. I. 10 Y. 2002			200	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \\ 1 \times 200 \text{ on } 4:00 \text{ Stroke Drills} $	EN1 REC	S D
	Workout #1931 - Monday, 10 June 2002			200	8:01 AM 6,580 Meters - Stress Value		D
	Group 3 - Silver/Bronze						
	1 minute rest between sets				Workout #1935 - Tuesday, 11 June 2002		
	3:30 PM Start				Group 3 - Backstroke		
Yards	Set Description	EGY	WORK S		1 minute rest between sets		
=====	1 20 00 01 1 1 01 1	===			6.00 7% 01		
800	1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills	REC	LI	Meters	6:00 AM Start Set Description	EGY	WORK S
000	2 on each stroke	INEC	DC	=====	-		
180	12×15 on :30 Shooters	SP3	S	800	8 x 100 on 2:00 Stroke Drills	REC	D
	3x{1 x 100 on 2:00 Kick	EN2	K	100	2 on each stroke	252	
	{1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick	EN2 EN2	K K	180	12×15 on :30 Shooters $3\times\{1\times 150 \text{ on } 3:30 \text{ Kick no board} $	SP3 EN2	S K
500	10 x 50 on :45 Pulls	EN1	P	500	{1 x 100 on 2:00 Kick	EN2	K
	$3x{3 \times 50}$ on 1:00 Backstroke	SP2	S		{1 x 50 on 1:00 Kick	EN2	K
	{1 x 100 on 1:45 Freestyle	REC	S	100		EN2	K C
	{2 x 100 on 1:45 Individual Medley	H:NII		1,600			P
	11 v 25 on •30 Freestyle		S	-		EN1	Q
	{4 x 25 on :30 Freestyle {1 x 100 on 1:30 Freestyle	SP2 REC	S S	400	4×100 on 1:30 Freestyle-descend		S S
200		SP2	S	400	4 x 100 on 1:30 Freestyle-descend $1x\{1 \times 400 \text{ on } 6:00 \text{ Backstroke} $ {8 x 50 on :55 Backstroke	EN1 EN1 EN1	S S
200	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$	SP2 REC REC	S S	400	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke</pre>	EN1 EN1 EN1 EN1	S S S
200	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value =	SP2 REC REC	S S	400	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke</pre>	EN1 EN1 EN1 EN1	S S S
200	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002	SP2 REC REC	S S	400	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke</pre>	EN1 EN1 EN1 EN1	S S S
200	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002 Group 3 - Breast	SP2 REC REC	S S	400	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 5 5 5 5 5 5
200	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002	SP2 REC REC	S S	400	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {2 x 50 on :40 Backstroke</pre>	EN1 EN1 EN1 EN1 EN1 EN1	S S S S S
200	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002 Group 3 - Breast	SP2 REC REC	S S	400	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 5 5 5 5 5 5
200 Meters	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002 Group 3 - Breast 1 minute rest between sets 6:00 AM Start Set Description	SP2 REC REC 1111	S S D	400 2,000	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {2 x 50 on :40 Backstroke {1 st 15m of all 50's</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 5 5 5 5 5 5
Meters	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002 Group 3 - Breast 1 minute rest between sets 6:00 AM Start Set Description ====================================	SP2 REC REC 111 EGY ===	S S D D	400 2,000	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {2 x 50 on :40 Backstroke { 1st 15m of all 50's { must be under water</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 5 5 5 5 5
Meters	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002 Group 3 - Breast 1 minute rest between sets 6:00 AM Start Set Description	SP2 REC REC 1111	S S D	400 2,000	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {2 x 50 on :40 Backstroke {1 st 15m of all 50's { must be under water 1 x 500 on 8:00 Stroke Drills</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 5 5 5 5 5
Meters	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002 Group 3 - Breast 1 minute rest between sets 6:00 AM Start Set Description ====================================	SP2 REC REC 111 EGY ===	S S D D	400 2,000	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {2 x 50 on :40 Backstroke {1 st 15m of all 50's { must be under water 1 x 500 on 8:00 Stroke Drills</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 5 5 5 5 5
Meters ===== 800	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002 Group 3 - Breast 1 minute rest between sets 6:00 AM Start Set Description ====================================	SP2 REC REC 1111 EGY === REC SP3 EN2	S S D D S S K	400 2,000	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {2 x 50 on :40 Backstroke {1 st 15m of all 50's { must be under water 1 x 500 on 8:00 Stroke Drills</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 5 5 5 5 5
Meters ===== 800	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002 Group 3 - Breast 1 minute rest between sets 6:00 AM Start Set Description ====================================	SP2 REC 1111 EGY === REC SP3 EN2 EN2	S S D D S S K K K	400 2,000	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {2 x 50 on :40 Backstroke {1 st 15m of all 50's { must be under water 1 x 500 on 8:00 Stroke Drills</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 5 5 5 5 5
Meters ===== 800 180 900	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002 Group 3 - Breast 1 minute rest between sets 6:00 AM Start Set Description ====================================	SP2 REC REC 111 EGY === REC SP3 EN2 EN2 EN2	SSDDD	400 2,000	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {2 x 50 on :40 Backstroke {1 st 15m of all 50's { must be under water 1 x 500 on 8:00 Stroke Drills</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 5 5 5 5 5
Meters ===== 800	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002 Group 3 - Breast 1 minute rest between sets 6:00 AM Start Set Description ====================================	SP2 REC REC 1111 EGY === REC SP3 EN2 EN2	S S D D S S K K K	400 2,000	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {2 x 50 on :40 Backstroke {1 st 15m of all 50's { must be under water 1 x 500 on 8:00 Stroke Drills</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 5 5 5 5 5
Meters ===== 800 180 900 1,600 400	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002 Group 3 - Breast 1 minute rest between sets 6:00 AM Start Set Description ====================================	SP2 REC REC 1111 EGY === REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1	WORK 5 ==== = D S K K K C P S	400 2,000	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {2 x 50 on :40 Backstroke {1 st 15m of all 50's { must be under water 1 x 500 on 8:00 Stroke Drills</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 5 5 5 5 5
Meters ===== 800 180 900 1,600 400	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002	SP2 REC REC 1111 EGY === REC SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1	WORK 5 ==== = D	400 2,000	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {2 x 50 on :40 Backstroke {1 st 15m of all 50's { must be under water 1 x 500 on 8:00 Stroke Drills</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 5 5 5 5 5
Meters ===== 800 180 900 1,600 400	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002 Group 3 - Breast 1 minute rest between sets 6:00 AM Start Set Description ====================================	SP2 REC REC 1111 EGY === REC SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1	WORK S ==== = D S K K K K C P S S S S S	400 2,000	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {2 x 50 on :40 Backstroke {1 st 15m of all 50's { must be under water 1 x 500 on 8:00 Stroke Drills</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 5 5 5 5 5
Meters ===== 800 180 900 1,600 400	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002	SP2 REC REC 1111 EGY === REC SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1	WORK 5 ==== = D	400 2,000	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {2 x 50 on :40 Backstroke {1 st 15m of all 50's { must be under water 1 x 500 on 8:00 Stroke Drills</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 5 5 5 5 5
Meters ===== 800 180 900 1,600 400	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value = Workout #1933 - Tuesday, 11 June 2002 Group 3 - Breast 1 minute rest between sets 6:00 AM Start Set Description ====================================	SP2 REC REC 1111 EGY === REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	S S D D S S K K K K K C P S S S S S S S S	400 2,000	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {2 x 50 on :40 Backstroke {1 st 15m of all 50's { must be under water 1 x 500 on 8:00 Stroke Drills</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 5 5 5 5 5
Meters ===== 800 180 900 1,600 400	{1 x 100 on 1:30 Freestyle 1 x 200 on 3:00 Stroke Drills 5:30 PM 4,530 Yards - Stress Value =	SP2 REC REC 1111 EGY === REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1	WORK S ==== = D S K K K K C P S S S S S S S S	400 2,000	<pre>4 x 100 on 1:30 Freestyle-descend 1x{1 x 400 on 6:00 Backstroke {8 x 50 on :55 Backstroke {1 x 300 on 4:30 Backstroke {6 x 50 on :50 Backstroke {1 x 200 on 3:00 Backstroke {4 x 50 on :45 Backstroke {1 x 100 on 1:30 Backstroke {2 x 50 on :40 Backstroke {1 st 15m of all 50's { must be under water 1 x 500 on 8:00 Stroke Drills</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 5 5 5 5 5

7:59 AM 6,380 Meters - Stress Value = 90

Workout #1936 - Tuesday, 11 June 2002 Group 3 - IM/Stroke 1 minute rest between sets

Yards Set Description EGY WORK
180
180
700 1x{1 x 100 on 1:30 Kick EN2 K
{1 x 100 on 1:35 Kick EN2 K {1 x 100 on 1:40 Kick EN2 K {1 x 100 on 1:45 Kick EN2 K {1 x 100 on 1:55 Kick EN2 K {1 x 100 on 1:55 Kick EN2 K {1 x 100 on 2:00 Kick EN2 K {1 x 100 on 2:00 Kick EN2 K {1 x 100 on 2:00 Kick EN2 K {1 x 200 on 3:30 Reverse IM drill REC D {4 x 50 on :55 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D
{1 x 100 on 1:40 Kick EN2 K {1 x 100 on 1:45 Kick EN2 K {1 x 100 on 1:50 Kick EN2 K {1 x 100 on 1:55 Kick EN2 K {1 x 100 on 2:00 Kick EN2 K {1 x 100 on 2:00 Kick EN2 K {1 x 100 on 2:00 Kick EN2 K } 600 12 x 50 on :45 Pulls-nbbf&w EN1 P 3,000 2x{3 x 50 on 1:00 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {4 x 50 on :55 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D
{1 x 100 on 1:45 Kick EN2 K {1 x 100 on 1:50 Kick EN2 K {1 x 100 on 1:55 Kick EN2 K {1 x 100 on 2:00 Kick EN2 K {1 x 100 on 2:00 Kick EN2 K {1 x 100 on 2:00 Kick EN2 K 600 12 x 50 on :45 Pulls-nbbf&w EN1 P 3,000 2x{3 x 50 on 1:00 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {4 x 50 on :55 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S
{1 x 100 on 1:50 Kick EN2 K
{1 x 100 on 1:55 Kick EN2 K {1 x 100 on 2:00 Kick EN2 K 600 12 x 50 on :45 Pulls-nbbf&w EN1 P 3,000 2x{3 x 50 on 1:00 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {4 x 50 on :55 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D
{1 x 100 on 2:00 Kick EN2 K 600 12 x 50 on :45 Pulls-nbbf&w EN1 P 3,000 2x{3 x 50 on 1:00 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {4 x 50 on :55 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D
600 12 x 50 on :45 Pulls-nbbf&w EN1 P 3,000 2x{3 x 50 on 1:00 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {4 x 50 on :55 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D
3,000 2x{3 x 50 on 1:00 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {4 x 50 on :55 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D
{1 x 200 on 3:30 Reverse IM drill REC D {4 x 50 on :55 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D }
{4 x 50 on :55 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D
{1 x 200 on 3:30 Reverse IM drill REC D {5 x 50 on :50 Your Stroke EN1 S {1 x 200 on 3:30 Reverse IM drill REC D
$\{5 \times 50 \text{ on :} 50 \text{ Your Stroke} \}$ EN1 S $\{1 \times 200 \text{ on 3:} 30 \text{ Reverse IM drill} \}$ REC D
{1 x 200 on 3:30 Reverse IM drill REC D
$16 \times 50 \text{ on } \cdot 45 \text{ Your Stroke}$ EN1 S
O INI SAUDI IDOI OE A O
200 1 x 200 on 3:30 Reverse IM drill REC D
500 20 x 25 on :30 Odds strk evns free EN1 S
250 1 x 250 on 4:00 Stroke Drills REC D
5:30 PM 6,430 Yards - Stress Value = 50

Workout #1932 - Tuesday, 11 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

	6:00	AM Start			
Meters	Se	et Description	EGY	WORK	Š
=====	==		===	====	=
800	1	x 800 on 16:00 Reverse IM drill	REC	D	
180	12	2 x 15 on :30 Shooters	SP3	S	
	3x{1	x 100 on 2:30 Kick	EN2	K	C
	{ 1	x 100 on 2:30 Kick 100%	EN2	K	C
	{ 1	x 100 on 2:15 Kick	EN2	K	C
	{ 1	x 100 on 2:15 Kick 100%	EN2	K	(
	1x{2	x 200 on 3:30 Pulls	EN1	P	
	{ 2	x 200 on 3:25 Pulls	EN1	P	
	{ 2	x 200 on 3:20 Pulls	EN1	P	
400	4	x 100 on 1:45 Freestyle-descend	EN1	S	
	1x{4	x 100 on 1:55 Backstroke	EN1	S	
	{ 3	x 50 on 1:00 Backstroke-descend	EN2	S	
	{ 4	x 100 on 1:50 Backstroke	EN1	S	
	{ 3	x 50 on 1:00 Backstroke-descend	EN2	S	
	{ 4	x 100 on 1:45 Backstroke	EN2	S	
	{ 3	x 50 on 1:00 Backstroke-descend	EN2	S	
300	1	x 300 on 5:00 Stroke Drills	REC	D	
	8:01	AM 5,730 Meters - Stress Value =	: 78		

Workout #1937 - Tuesday, 11 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	
	=======================================	===	====	===	=
800	1 x 800 on 15:00 Choice	REC	S	СНО	
180	12 x 15 on :30 Shooters	SP3	S	BK	
	3x{1 x 100 on 2:15 Kick	EN2	K	CHO	
	{1 x 100 on 2:05 Kick	EN2	K	СНО	
	{1 x 100 on 1:55 Kick	EN2	K	CHO	
900	18 x 50 on :45 Pulls-nbbf&w	EN1	P	FR	
300	12×25 on :30 IM order-build	EN1	S	IM	
	$3x{1 x 100 on 2:00 Stroke Drills}$	REC	D	FLY	
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	S	FLY	
	{1 x 100 on 2:00 Stroke Drills	REC	D	BK	
	{4 x 25 on :30 Backstroke	EN1	S	BK	

	{ 1	x 100 on 2:00 Stroke Drills REC	D	BR
	{ 4	x 25 on :30 Breaststroke EN1	S	BR
	{ 1	x 100 on 2:00 Stroke Drills REC	D	FR
	{ 4	x 25 on :30 Freestyle EN1	S	FR
300	6	x 50 on 1:00 Stroke Drills REC	D	CD
	5:30	PM $5,780$ Yards - Stress Value = 49		

Workout #1941 - Thursday, 13 June 2002 Group 3 - Breast 1 minute rest between sets

		AM St					
Yards	Se	et Desc	rip	tion		EGY	WOF
=====	==		===	=====		===	===
800	1	x 800	on	15:00	200 fr 200 brst X 2	REC	
180	12	2 x 15	on	:30 8	Shooters	SP3	
1,200	4x{2	x 100	on	2:15	Kick	EN2	
	{ 2	x 50 o	n 1	:15 K	Kick no board	EN2	
1,200	1x{4	x 100	on	1:30	Lungbuster pulls	EN1	
	{ 4	x 100	on	1:25	Lungbuster pulls	EN1	
	{ 4	x 100	on	1:20	Lungbuster pulls	EN1	
800	2x{1	x 150	on	2:15	Freestyle 2 beat kck	EN1	
	{ 1	x 150	on	2:15	Freestyle 4 beat kck	EN1	
	{ 1	x 100	on	1:30	Freestyle 6 beat kck	EN1	
1,800	1x{1	x 300	on	5:30	Breaststroke	EN1	
	{ 1	x 200	on	3:40	Breaststroke	EN1	
	{ 1	x 100	on	1:50	Breaststroke	EN1	
	{ 1	x 100	on	1:45	Breaststroke	EN2	
	{ 1	x 200	on	3:30	Breaststroke	EN2	
	{ 1	x 300	on	5:15	Breaststroke	EN2	
	{ 1	x 300	on	5:00	Breaststroke	EN2	
	{ 1	x 200	on	3:20	Breaststroke	EN2	
	{ 1	x 100	on	1:40	Breaststroke	EN2	
300	1	x 300	on	5:00	Stroke Drills	REC	
	8:01	AM 6,2	80	Yards	s - Stress Value = 81		

Workout #1942 - Thursday, 13 June 2002 Group 3 - Breast 1 minute rest between sets

	3:30 PM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
800	8 x 100 on 1:30 Stroke Drills	REC	D
	odds free evens strk		
300	12 x 25 on :30 Berzerks	SP3	S
1,200	12 x 100 on 1:45 Kick	EN2	K
1,200	1x{2 x 200 on 2:30 Pulls	EN2	P
	{2 x 200 on 2:25 Pulls	EN2	P
	{2 x 200 on 2:20 Pulls	EN2	P
450	9×50 on :45 Descend in sets of 3	EN1	S
3,000	$1x{3 x 150 on 2:30 Breaststroke}$	EN2	S
	$\{6 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	S
	{3 x 150 on 2:25 Breaststroke	EN2	S
	$\{6 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	S
	{3 x 150 on 2:20 Breaststroke	EN2	S
	$\{6 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	S
	${3 \times 150 \text{ on } 2:15 \text{ Breaststroke}}$	EN2	S
	$\{6 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
	5:30 PM 7,350 Yards - Stress Value = 1	124	

Workout #1938 - Thursday, 13 June 2002 Group 3 - Fly

1 minute rest between sets

	6:00 AM Start	
Yards	Set Description	EGY WC
=====	=======================================	=== ==
800	1 x 800 on 15:00 200 fr 200 fly drlX2	REC
180	12 x 15 on :30 Shooters	SP3
	4x{2 x 100 on 2:15 Kick	EN2
	$\{2 \times 50 \text{ on } 1:15 \text{ Kick no board}$	EN2
	$1x{4 x 100 on 1:30 Lungbuster pulls}$	EN1
	$\{4 \times 100 \text{ on } 1:25 \text{ Lungbuster pulls}$	EN1
	$\{4 \times 100 \text{ on } 1:20 \text{ Lungbuster pulls}$	EN1
	{ odds br 5-7 evns 6-8	
	$1x{1 x 150 on 2:15 Freestyle 2 beat kck}$	EN1
	{1 x 150 on 2:15 Freestyle 4 beat kck	EN1
	{1 x 100 on 1:30 Freestyle 6 beat kck	EN1
	1x{2 x 300 on 5:15 Butterfly	EN1
	{2 x 250 on 4:20 Butterfly	EN1
	{2 x 200 on 3:25 Butterfly	EN1
	{2 x 150 on 2:30 Butterfly	EN2
	{2 x 100 on 1:35 Butterfly	EN2
	{ evens drill	
300	6 x 50 on 1:10 Stroke Drills	REC
	8:00 AM 6,080 Yards - Stress Value = 73	

Workout #1945 - Thursday, 13 June 2002 Group 3 - Fly

1 minute rest between sets

	3:30 PM Sta	ırt	
Yards	Set Descr	ription EC	SY WORK
800	8 x 100 c	on 1:30 Stroke Drills RE	EC D
	odds fre	ee evens strk	
300	12 x 25 c	on :30 Berzerks SE	23 S
1,200	12 x 100	on 1:45 Kick EN	12 K
1,200	1x{2 x 200 c	on 2:30 Pulls EN	12 P
	{2 x 200 c	on 2:25 Pulls EN	12 P
	{2 x 200 c	on 2:20 Pulls EN	12 P
450	9 x 50 on	:45 Descend in sets of 3 EN	J1 S
3,050	1x{6 x 25 on	1 :30 Butterfly EN	J1 S
	{1 x 200 c	on 2:30 Individual Medley EN	12 S
	{6 x 50 on	:55 Butterfly EN	J1 S
	{1 x 200 c	on 2:35 Individual Medley EN	12 S
	{6 x 75 on	1:15 Butterfly EN	J1 S
	{1 x 200 c	on 2:40 Individual Medley EN	12 S
	{6 x 100 c	on 1:35 Butterfly EN	J1 S
	{1 x 200 c	on 2:45 Individual Medley EN	12 S
	{6 x 125 c	on 1:55 Butterfly EN	12 S
300	1 x 300 c	on 5:00 Stroke Drills RE	EC D
	5:30 PM 7,30	00 Yards - Stress Value = 110)

Workout #1940 - Thursday, 13 June 2002 Group 3 - Backstroke 1 minute rest between sets

Yards	6:00 AM Start Set Description	EGY	WOF
800	1 x 800 on 15:00 200 fr 200 back X 2	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	4x{2 x 100 on 2:15 Kick	EN2	
	$\{2 \times 50 \text{ on } 1:15 \text{ Kick no brd on side}$	EN2	
1,200	$1x{4 x 100 on 1:30 Lungbuster pulls}$	EN1	
	{4 x 100 on 1:25 Lungbuster pulls	EN1	
	{4 x 100 on 1:20 Lungbuster pulls	EN1	
	{ odds br 5-7 evns 6-8		
400	$1x{1 x 150 on 2:15 Freestyle 2 beat kck}$	EN1	
	{1 x 150 on 2:15 Freestyle 4 beat kck	EN1	
	{1 x 100 on 1:30 Freestyle 6 beat kck	EN1	
600	$3x{1 \times 50 \text{ on } 1:00 \text{ Back } 5m \text{ under water}}$	EN1	

	{ 1	Х	50	on	1:00	Back	10m	under	water	EN1
	{ 1	Х	50	on	1:00	Back	15m	under	water	EN1
	{ 1	Х	50	on	1:00	Back	20m	under	water	EN1
1,500	1x{3	Х	200	or or	n 3:20) Bacl	stro	ke-de	scend	EN2
	{ 3	Х	150	or or	n 2:30) Bacl	stro	ke-de	scend	EN2
	{ 3	Х	100	or or	1:40) Bacl	stro	oke-de:	scend	EN2
	{ 3	Х	50	on	:50 I	Backst	croke	e-desc	end	EN2
300	1	Х	300	or or	n 5:00) Str	oke I	Drills		REC
	8:01	ΑN	16,	180) Yard	ds - S	Stres	ss Valı	ae = 86	

Workout #1943 - Thursday, 13 June 2002 Group 3 - Backstroke 1 minute rest between sets

	3:30	PM	Sta	art							
Yards	Se	et I	Desci	riptio	n					EGY	WORK
=====	==	====	====			===	-===		==	===	====
800	8	х	100 0	on 1:3	0 St	roke	e Dri	ills		REC	D
	(odds	s fre	ee eve	ns s	trk					
300	12	2 x	25 (on :30	Ber	zerl	ζS			SP3	S
1,200	12	2 x	100	on 1:	45 K	ick				EN2	K
1,200	1x{2	x 2	200 (on 2:3	0 Pu	lls				EN2	P
	{ 2	х 2	200 (on 2:2	5 Pu	lls				EN2	P
	{ 2	х 2	200 (on 2:2	0 Pu	lls				EN2	P
450	9	X [10 O	n :45	Desc	end	in s	sets of	3	EN1	S
3,600	1x{3	X 4	450 d	on 6:2	O IM	w/	150	back		EN1	S
	{ 3	х 3	350 d	on 4:4	5 IM	w/	125	back		EN1	S
	{ 3	х 2	250 d	on 3:2	MI 0	w/	100	back		EN1	S
	{ 3	х	150 d	on 1:5	5 IM	w	75 ba	ack		EN1	S
250	1	х 2	250 d	on 4:0	0 St	roke	e Dri	ills		REC	D
	5:30	PM	7,80	00 Yar	ds -	Sti	ress	Value	= [L00	

Workout #1939 - Thursday, 13 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY	WC
	=======================================	===	==
700	1 x 700 on 15:00 400 free dr 300 strk	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{2 x 50 on 1:10 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	1x{4 x 200 on 3:30 Pulls	EN1	
	{3 x 200 on 3:15 Pulls	EN1	
400	4 x 100 on 1:45 Freestyle-descend	EN1	
	4x{2 x 150 on 2:50 Backstroke	EN1	
	{3 x 50 on 1:10 Backstroke-descend	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	8:00 AM 5,580 Meters - Stress Value = 66		

3:30 PM Start

3:30 PM Start

Workout #1944 - Thursday, 13 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

1 x 250 on 4:00 Stroke Drills REC 5:18 PM 6,075 Yards - Stress Value = 63

Workout #1949 - Saturday, 15 June 2002 Group 3 - Breast

1 minute rest between sets

Y	ards	Set Description	EGY	WORK	STK		
==		=======================================	===	====	===	=	
	800	8 x 100 on 1:45 Stroke Drills	REC	D	СНО		
		odds free evens strk					Meter
	300	12 x 25 on :30 Berzerks	SP3	S	BR		=====
		2x{3 x 50 on 1:00 Kick-descend	EN2	S	СНО		
		{1 x 100 on 2:00 Kick	EN2	K	СНО		1,00
		{1 x 100 on 1:55 Kick	EN2	K	СНО		1,00
		{1 x 100 on 1:50 Kick	EN2	K	СНО		
		$1x{4 \times 25 \text{ on } :30 \text{ Pulls-nbbf&w}}$	EN1	P	FR		18
		{5 x 50 on :50 Pulls-nbbf&w	EN1	P	FR		1,20
		{6 x 75 on 1:05 Pulls-nbbf&w	EN1	P	FR		1,20
		{7 x 100 on 1:25 Pulls-nbbf&w	EN1	P	FR		
		1x{8 x 75 on 1:20 Backstroke	EN1	S	ВK		1,00
		{1 x 200 on 3:00 Stroke Drills	REC	D	FR		1,00
		{8 x 75 on 1:15 Backstroke	EN1	S	BK		
		{1 x 200 on 3:00 Stroke Drills	REC	D	FR		
		{8 x 75 on 1:10 Backstroke	EN1	S	BK		30
	500	20 x 25 on :30 IM order	EN1	S	IM		1,60
	350	7 x 50 on 1:00 Stroke Drills	REC	D	CD		1,00
		5:30 PM 6,550 Yards - Stress Valu	ie =	67			
		•					

Workout #1947 - Friday, 14 June 2002 Group 3 - IM/Stroke 1 minute rest between sets

	3:30 PM Start	
Yards	Set Description	EGY WOF
=====	=======================================	=== ===
800	1 x 800 on 13:00 Choice	REC
300	12 x 25 on :30 Berzerks	SP3
1,200	4x{1 x 150 on 3:00 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 50 on 1:00 Kick	EN2
	{ 2nd & 4th time no	
	{ board	
1,350	1x{6 x 75 on 1:05 Pulls no br L.15 yds	EN1
	$\{6 \times 75 \text{ on } 1:05 \text{ Pulls no br L.20 yds}$	EN1
	$\{6 \times 75 \text{ on } 1:05 \text{ Pulls no br L.25 yds}$	EN1
250	<pre>1x{1 x 100 on 1:30 Individual Medley</pre>	EN1
	$\{1 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN1
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1
2,400	3x{3 x 200 on 3:00 Drill 1-fl 2-ba 3-br	EN1
	{8 x 25 on :30 odds free evnes strk	EN1
200	1 x 200 on 3:00 Stroke Drills	REC

Workout #1946 - Friday, 14 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

5:25 PM 6,500 Yards - Stress Value = 73

	3:30 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
800	1 x 800 on 13:00 Choice	REC	S	(
300	12 x 25 on :30 Berzerks	SP3	S	(
	5x{1 x 100 on 2:00 Kick	EN2	K	(
	$\{1 \times 100 \text{ on } 2:00 \text{ Kick no board}$	EN2	K	C
	$1x{5 \times 100 \text{ on } 1:35 \text{ Lungbuster pulls}}$	EN1	P	
	{5 x 100 on 1:30 Lungbuster pulls	EN1	P	
	{5 x 100 on 1:25 Lungbuster pulls	EN1	P	
	{ odds br 3-5-7-9			
	{ evens 2-4-6-8			
	$1x\{2 \times 100 \text{ on } 1:45 \text{ Individual Medley} $	EN1	S	
	{3 x 50 on :50 Freestyle-descend	EN1	S	
	$3x\{2 \times 200 \text{ on } 3:00 \text{ Freestyle}$	EN1	S	
	{3 x 75 on 1:15 Stroke Drills	REC	D	
	{ evens 2-4-6-8 1x{2 x 100 on 1:45 Individual Medley {3 x 50 on :50 Freestyle-descend 3x{2 x 200 on 3:00 Freestyle	EN1 EN1	S S	

	6:00 AM Start		
Meters	Set Description	EGY	WORF
=====		===	====
	1 on 30:00 Stomach and Stretch		I
1,000	10 x 100 on 1:45 Stroke Drills	REC	Γ
	1-3 free 4-6 breast		
	7-10 choice		
180	12 x 15 on :30 Shooters	SP3	٤
1,200	$1x\{4 \times 50 \text{ on } 1:15 \text{ Kick-descend}$	EN2	F
	{4 x 100 on 2:20 Kick-descend	EN2	F
	{4 x 150 on 3:15 Kick-descend	EN2	F
1,000	1x{4 x 100 on 3:00 Pulls	EN1	E
	{3 x 100 on 2:45 Pulls	EN1	E
	{2 x 100 on 2:30 Pulls	EN1	E
	{1 x 100 on 2:15 Pulls	EN1	E
300	6 x 50 on :50 Freestyle	EN1	٤
1,600	$2x{1 x 200 on :00 Breaststroke}$	SP2	٤
	{1 x 200 on 8:00 Freestyle	REC	٤
	{1 x 200 on 4:00 Broken at 50 for 10	SP2	٤
	$\{1 \times 200 \text{ on } 4:00 \text{ Freestyle}$	REC	٤
800	16 x 50 on 1:30 Freestyle 100%	EN3	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	9:01 AM 6,280 Meters - Stress Value =	188	

Workout #1951 - Saturday, 15 June 2002 Group 3 - Fly 1 minute rest between sets

Meters	6:00 AM Start Set Description	EGY	WORK
======	=======================================	===	====
	1 on 30:00 Stomach and Stretch		L
1,000		REC	D
1,000	1-3 free 4-6 fly	ILLIC	D
	7-10 choice		
180		SP3	S
			S K
1,000	1x{2 x 100 on 2:00 Kick with flippers		
	{2 x 100 on 1:55 Kick with flippers		
	{2 x 100 on 1:50 Kick with flippers		
	$\{2 \times 100 \text{ on } 1:45 \text{ Kick with flippers} \}$		
	{2 x 100 on 1:40 Kick with flippers	EN2	K
1,200	3 x 400 on 6:00 Pulls	EN1	P
2,700	$6x{1 x 50 on 1:00 Butterfly}$	EN2	S
	{1 x 50 on :55 Butterfly	EN2	S
	{1 x 50 on :50 Butterfly	EN2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on :00 Butterfly OTB	SP2	S
	{1 x 100 on 4:00 Freestyle	REC	S
800		EN3	S
300	<u>-</u>	REC	D
300	8:59 AM 7,180 Meters - Stress Value =		
	o.os in //ioo income		

Workout #1950 - Saturday, 15 June 2002 Group 3 - Backstroke 1 minute rest between sets

	6:00 AM Start	
Meters	Set Description	EGY WOF
	=======================================	
	1 on 30:00 Stomach and Stretch	
1,000	10 x 100 on 1:45 Stroke Drills	REC
	1-3 free 4-6 back	
	7-10 choice	
180	12 x 15 on :30 Shooters	SP3
1,200	$3x{1 \times 200}$ on 4:30 Kick no brd/on sides	EN2
	$\{4 \times 50 \text{ on } 1:05 \text{ Kick-descend}\}$	EN2
1,500	1x{2 x 300 on 5:00 Pulls	EN1
	{2 x 300 on 4:45 Pulls	EN1
	{1 x 300 on 4:30 Pulls	EN2
300	6 x 50 on :50 Freestyle	EN1
2,100	3x{1 x 150 on :00 Backstroke	SP2
	$\{1 \times 150 \text{ on } 5:00 \text{ Freestyle}$	REC
	{1 x 100 on 1:30 Backstroke	EN2
	{1 x 100 on 1:25 Backstroke	EN2
	{1 x 100 on 1:20 Backstroke	EN2
	{1 x 100 on 2:00 Freestyle	REC
800	16 x 50 on 1:30 Freestyle 100%	EN3
300	1 x 300 on 5:00 Stroke Drills	REC
	9:00 AM 7,380 Meters - Stress Value = 18	32

Workout #1948 - Saturday, 15 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

6:00 AM Start

Meters	Set Description	EGY	WORK	STK
			====	===
	1 on 30:00 Stomach and Stretch		L	DRY
1,000	10 x 100 on 2:00 Stroke Drills	REC	D	CHO
	odds free evens strk			
180	12 x 15 on :30 Shooters	SP3	S	FR
	2x{1 x 100 on 2:30 Kick	EN2	K	CHO
	{1 x 100 on 2:25 Kick	EN2	K	CHO
	{1 x 100 on 2:20 Kick	EN2	K	CHO
	{1 x 100 on 2:15 Kick	EN2	K	CHO
	{1 x 100 on 2:10 Kick	EN2	K	CHO
	{1 x 100 on 2:05 Kick	EN2	K	CHO
	$1x{2 x 400 on 6:30 Pulls}$	EN1	P	FR
	{2 x 400 on 6:15 Pulls	EN1	P	FR
	2x{1 x 100 on :00 Swim	SP2	S	FR
	$\{1 \times 50 \text{ on } 3:00 \text{ Freestyle} \}$	REC	S	FR
	{1 x 100 on :00 Swim	SP2	S	FR
	$\{1 \times 100 \text{ on } 4:00 \text{ Freestyle} \}$	REC	S	FR
	{1 x 100 on :00 Swim	SP2	S	FR
	$\{1 \times 150 \text{ on } 5:00 \text{ Freestyle}$	REC	S	FR
	{ 1st round #1 stroke			
	{ 2nd round #2 stroke			
	{ no freestyle			
400	1 x 400 on 8:00 Stroke Drills	REC	S	CHO
800	16 x 50 on 1:30 Freestyle 100%	EN3	S	FR
400	1 x 400 on 8:00 Stroke Drills	REC	D	CD
	9:01 AM 6,780 Meters - Stress Valu	ie =	169	

Workout #1955 - Monday, 17 June 2002 Group 3 - Distance 1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
600	1x{2 x 100 on 2:05 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	

1,600	1x{1	Х	400 on 5:30 Pulls	EN1
	{ 1	Х	400 on 5:20 Pulls	EN2
	{ 1	Х	400 on 5:10 Pulls	EN2
	{ 1	Х	400 on 5:00 Pulls	EN2
200	4	Х	50 on 1:00 Freestyle 6 beat kck	EN1
3,000	1x{1	Х	1000 on 15:00 Freestyle	EN2
	{ 2	Х	500 on 7:00 Freestyle	EN2
	{ 4	Х	250 on 3:15 Freestyle	EN2
400	1x{1	Х	100 on 1:20 Freestyle	EN2
	{ 1	Х	100 on 1:15 Freestyle	EN2
	{ 1	Х	100 on 1:10 Freestyle	EN2
	{ 1	Х	100 on 1:05 Freestyle	EN2
400	8	Х	50 on 1:00 Stroke Drills	REC
	8:00	ΑN	17,180 Meters - Stress Value = 1	27

Workout #1958 - Monday, 17 June 2002 Group 3 - Distance 1 minute rest between sets

	3:30							
Yards	Se	et	Des	crip	ption		EGY	WO]
=====	==	===			=====		===	==:
800	8	Х	100	on	1:30	Stroke Drills	REC	
	(odo	ds fi	ree	even	s strk		
300	12	2 2	25	on	:30 1	Berzerks	SP3	
600	1x{1	Х	200	on	3:45	Kick	EN2	
	{ 1	Х	200	on	3:30	Kick	EN2	
	{ 1	Х	200	on	3:15	Kick	EN2	
1,800	1x{2	Х	300	on	4:00	Pulls-nbbf&w	EN2	
	{ 2	Х	300	on	3:50	Pulls-nbbf&w	EN2	
	{ 2	Х	300	on	3:40	Pulls-nbbf&w	EN2	
450	3	Х	150	on	2:15	Free 1st 50 2bk, 2nd	EN1	
	Į	50	4bk,	, 31	rd 50	6bk		
4,500	1x{3	Х	600	on	7:00	Freestyle	EN2	
	{ 3	Х	500	on	5:50	Freestyle	EN2	
	{ 3	Х	400	on	4:40	Freestyle	EN2	
200	1	Х	200	on	3:00	Stroke Drills	REC	
	5:31	ΡN	18,6	650	Yard	s - Stress Value = 15	4	

Workout #1952 - Monday, 17 June 2002 Group 3 - Middle Distance 1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{10 x 50 on 1:05 Kick	EN2	
	{1 x 500 on 10:00 Kick 100% effort	EN2	
1,500	$5x{1 x 50 on :50 Pulls no br 1st 25m}$	EN1	
	$\{1 \times 50 \text{ on } : 50 \text{ Pulls no br } 2\text{nd } 25\text{m}$	EN1	
	$\{2 \times 100 \text{ on } 1:30 \text{ Pulls br } 5-7$	EN1	
3,200	$1x{2 x 400 on 5:20 Freestyle}$	EN2	
	{4 x 200 on 2:40 Freestyle	EN2	
	{8 x 100 on 1:20 Freestyle	EN2	
	$\{16 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	
300	1 x 300 on 6:00 Stroke Drills	REC	
	8:00 AM 6,980 Meters - Stress Value = 13	L7	

Workout #1959 - Monday, 17 June 2002 Group 3 - Middle Distance 1 minute rest between sets

	3:30	Pl	1 St	art	Ξ.					
Yards	Se	et	Desc	crip	ption		EGY	WORK	STK	
=====	==									
800	8	Х	100	on	1:30	Stroke Drills	REC	D	СНО	
	(odo	ds fr	ree	evens	s strk				
300	12	2 2	k 25	on	:30 I	Berzerks	SP3	S	FR	
900	1x{3	Х	150	on	2:45	Kick	EN2	K	CHO	
	{ 3	Х	100	on	1:45	Kick	EN2	K	CHO	
	{ 3	Х	50 c	on :	:50 K:	ick	EN2	K	СНО	
1,500	1x{2	Х	250	on	3:30	Pulls	EN1	P	FR	
	{ 2	Х	250	on	3:20	Pulls	EN1	P	FR	
	{ 2	Х	250	on	3:10	Pulls	EN1	P	FR	
500	1x{2	Х	125	on	1:45	Freestyle	EN1	S	FR	
	{ 2	Х	125	on	1:40	Freestyle	EN2	S	FR	
3,600	1x{2	Х	300	on	3:50	Freestyle	EN2	S	FR	
	{ 4	Х	100	on	1:10	Freestyle	EN2	S	FR	
	{ 2	х	300	on	3:40	Freestyle	EN2	S	FR	
	{ 4	Х	100	on	1:15	Freestyle	EN2	S	FR	
	{2	х	300	on	3:30	Freestyle	EN2	S	FR	
	{ 4	х	100	on	1:20	Freestyle	EN2	S	FR	
	{2	х	300	on	3:20	Freestyle	EN2	S	FR	
400						Stroke Drills		D	CD	
						s - Stress Val		124		

Workout #1954 - Monday, 17 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

	6:00	AN	1 St	cart	5				
Meters	Se	et	Des	crip	otion			EGY	WOE
=====	==	===					=======	===	===
800	1	Х	800	on	15:00	3 Swim-kick	-pull-swim	REC	
180	12	2 2	15	on	:30	Shooters		SP3	
	1x{2	Х	200	on	5:00	Kick		EN2	
	{ 2	Х	150	on	3:30	Kick		EN2	
	{ 2	Х	100	on	2:10	Kick		EN2	
	{ 2	Х	50 0	on 1	1:00 1	Kick		EN2	
	2x{1	Х	300	on	5:00	Pulls		EN1	
	{ 3	Х	100	on	1:45	Lungbuster	pulls	EN1	
	{ k	ore	eathe	= 5-	-7				
300	3	Х	100	on	1:45	Freestyle-	descend	EN1	
	1x{1	Х	800	on	13:00) Freestyle		EN2	
	{ 1	Х	800	on	12:00) Freestyle		EN2	
	{ 1	Х	800	on	11:00) Freestyle		EN2	
400	1	Х	400	on	7:00	Stroke Dri	lls	REC	
	8:01	ΑM	1 6,2	280	Mete	rs - Stress	Value = 10	01	

Workout #1956 - Monday, 17 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

	3:30 PM Start	-	
Yards	Set Descrip		EGY WOF
800	8 x 100 on	1:45 Stroke Drills	REC
	odds free	evens strk	
300	12 x 25 on	:30 Berzerks	SP3
	$1x{2 x 100 on}$	2:05 Kick	EN2
	{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
	$1x{4 x 150 on}$	2:15 Pulls mid 50 br ev 7	EN1
	{4 x 150 on	2:15 Pulls mid 50 br ev 8	EN1
	{4 x 150 on	2:15 Pulls mid 50 br ev 9	EN1
500	20 x 25 on	:30 IM order-build	EN1
	$1x{2 x 200 on}$	3:30 Backstroke	EN1
	{2 x 175 on	3:00 Backstroke	EN1
	{2 x 150 on	2:30 Backstroke	EN2

	{ 2	x 125 on 2:00 Backstroke	EN2
	{ 2	x 100 on 1:30 Backstroke	EN2
	{ 2	x 75 on 1:05 Backstroke	EN2
	{ 2	x 50 on :40 Backstroke	EN2
400	8	x 50 on 1:00 Stroke Drills	REC
	5:30	PM 6,550 Yards - Stress Value = 83	

Workout #1953 - Monday, 17 June 2002 Group 3 - Sprint 1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
400	1 x 400 on 8:00 Stroke Drills	REC	
300	3 x 100 on 2:15 Kick	EN1	
900	1x{3 x 100 on 1:40 Freestyle-descend	EN1	
	{3 x 100 on 1:45 IM-descend	EN1	
	{3 x 100 on 1:50 Your Stroke-non free	EN1	
600	12 x 50 on 1:00 25 easy 25 fast	EN1	
	1-6 free 7-12 stroke		
250	1 x 250 on 5:00 Stroke Drills	REC	
50	1 x 50 on 5:00 Freestyle OTB	EN1	
	1 on 10:00 Techniques-starts		
1,000	5x{3 x 50 on 1:10 Kick	EN2	
	$\{1 \times 50 \text{ on } 1:30 \text{ Kick for time}$	EN3	
1,350	$1x{9 x 100 on 1:30 Free-descend sets 3}$	EN2	
	$\{9 \times 50 \text{ on } : 45 \text{ Free-descend sets } 3$	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	8:01 AM 5,100 Meters - Stress Value = 83	3	

Workout #1957 - Monday, 17 June 2002 Group 3 - Sprint 1 minute rest between sets

	3:30 PM Start			
Yards	Set Description	EGY	WORK	Ş
=====	=======================================	===	====	=
800	8 x 100 on 1:30 Stroke Drills odds free evens strk	REC	D	C
		_		
300	12 x 25 on :30 Berzerks	SP3	S	
1,000	4x{1 x 100 on 2:15 Kick	EN1	K	
	{3 x 50 on :50 Kick	EN2	K	
900	$1x\{6 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w}$	EN1	P	
	{6 x 50 on :45 Pulls-nbbf&w	EN1	P	
	{6 x 50 on :40 Pulls-nbbf&w	EN1	P	
600	$1x{3 x 100 on 1:30 Freestyle-descend}$	EN1	S	
	{3 x 100 on 1:25 Freestyle-descend	EN1	S	
3,200	$4x{4 \times 125}$ on 1:50 Freestyle	EN1	S	
	$\{4 \times 25 \text{ on :} 20 \text{ Freestyle br ev 5}$	EN2	S	
	{1 x 200 on 3:30 IM drll	EN1	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	5:29 PM $7,050$ Yards - Stress Value =	79		

Workout #1960 - Tuesday, 18 June 2002 Group 3 - Distance

Workout #1965 - Tuesday, 18 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

8:04 AM 6,280 Meters - Stress Value = 102

1 minute rest between sets

	6:00	ΑN	1 St	art	Ī.			
Meters	Se	et	Desc	crip	otion		EGY	WOF
	==	-=-					===	===
800	1	X	800	on	15:00	Reverse IM drill	REC	
180	12	2 2	15	on	:30 8	Shooters	SP3	
800	1x{1	Х	400	on	8:00	Kick	EN2	
	8 }	Х	50 0	on I	l:10 F	Kick 100% effort	EN2	
1,400	2x{2	Х	200	on	3:00	Pulls	EN1	
	{ 3	Х	100	on	1:20	Pulls	EN2	
300	1	Х	300	on	5:00	FR. every 2nd 50 fst	EN1	
3,300	1x{2	Х	400	on	5:30	Freestyle	EN2	
	{ 3	Х	100	on	1:30	Freestyle	EN3	
	{ 2	Х	400	on	5:20	Freestyle	EN2	
	{ 3	Х	100	on	1:30	Freestyle	EN3	
	{ 2	X	400	on	5:10	Freestyle	EN2	
	{ 3	Х	100	on	1:30	Freestyle	EN3	
200	1	Х	200	on	4:00	Stroke Drills	REC	
	8:00	ΑN	16,9	980	Mete	rs - Stress Value = 16	55	

3:30 PM Start Set Description Yards EGY WOF _____ 800 16 x 50 on 1:00 Stroke Drills 4 on E REC 300 12 x 25 on :30 Berzerks $1x{3 x 150 on 3:00 Kick}$ {3 x 100 on 2:00 Kick {3 x 50 on 1:00 Kick EN2 {1 x 100 on 3:00 Kick for time EN2 1x{2 x 225 on 3:20 Pulls EN1 {2 x 225 on 3:15 Pulls EN1 {2 x 225 on 3:10 Pulls EN1 {2 x 225 on 3:05 Pulls EN2 $1x\{1 \times 100 \text{ on } 1:30 \text{ Freestyle}$ EN1 {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle EN2 $4x\{8 \times 25 \text{ on } : 30 \text{ IM order}$ EN1 {4 x 75 on 1:15 Stroke Drills 250 1 x 250 on 4:00 Stroke Drills REC 5:30 PM 6,450 Yards - Stress Value = 77

Workout #1964 - Tuesday, 18 June 2002 Group 3 - Distance 1 minute rest between sets

Workout #1962 - Tuesday, 18 June 2002 Group 3 - Sprint 1 minute rest between sets

	3:30 I	PM St	tart	5		
Yards	Set	Des	crip	otion	EGY	WOF
	===		-===		===	===
800	1x{1 x	200	on	3:00 Freestyle L. 50 fast	EN1	
	{1 >	200	on	3:00 Freestyle L.100 fast	EN1	
	{1 >	200	on	3:00 Freestyle L.150 fast	EN1	
	{1 >	200	on	3:00 Freestyle 200 fast	EN2	
300	12	x 25	on	:30 Berzerks	SP3	
600	4 ×	150	on	2:45 Kick-descend	EN2	
1,600	4 ×	400	on	5:10 Pulls	EN2	
3,500	1x{1 >	0.08	on	11:00 Freestyle	EN1	
	{1 >	700	on	9:40 Freestyle	EN1	
	{1 >	600	on	8:15 Freestyle	EN1	
	{1 >	500	on	6:55 Freestyle	EN1	
	{1 >	400	on	5:30 Freestyle	EN1	
	{1 >	300	on	4:10 Freestyle	EN2	
	{1 >	200	on	2:45 Freestyle	EN2	
500	20	x 25	on	:30 Free odds no breath	EN1	
300	1 >	300	on	5:00 Stroke Drills	REC	
	5:30 I	PM 7,	600	Yards - Stress Value = 111	-	

	6:00 AN	1 Start		
Meters	Set	Description	EGY	WOF
=====	====		===	===
800	1 x	800 on 15:00 Reverse IM drill	REC	
180	12 >	x 15 on :30 Shooters	SP3	
	1 or	n 10:00 Techniques-finishes		
1,200	3x{2 x	100 on 2:15 Kick	EN2	
	{4 x	50 on 1:15 Kick 100%	EN2	
900	3x{1 x	50 on :45 Pulls	EN1	
	{1 x	50 on 1:00 Pulls no br L.15 yds	EN1	
	{1 x	50 on :45 Pulls	EN1	
	{1 x	50 on 1:00 Pulls no br L.20 yds	EN1	
	{1 x	50 on :45 Pulls	EN1	
	{1 x	50 on 1:00 Pulls no br L.25 yds	EN1	
300	1 x	300 on 5:00 Freestyle every 2nd	EN1	
	50	fast		
1,600	4x{1 x	100 on 2:00 Freestyle L.25 fast	EN1	
	{1 x	100 on 1:50 Freestyle L.50 fast	EN1	
	{1 x	100 on 1:40 Freestyle L. 75 fast	EN2	
	{1 x	100 on 1:30 Freestyle all fast	EN2	
300	1 x	300 on 5:00 Stroke Drills	REC	

8:00 AM 5,280 Meters - Stress Value = 75

Workout #1961 - Tuesday, 18 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

6:00 AM Start

250

Meters	Se	ŧt	Desc	crip	otion				EGY	WORK	٤
=====	==	==							===	====	=
800	1	Х	800	on	15:00	0 Reverse	e IM	drill	REC	D	
180	12	2 2	15	on	:30	Shooters			SP3	S	F
	2x{1	Х	150	on	3:40	Kick			EN2	K	(
	{ 1	Х	150	on	3:30	Kick			EN2	K	(
	{ 1	Х	150	on	3:20	Kick			EN2	K	(
	{ 1	Х	150	on	3:10	Kick			EN2	K	(
	1x{1	Х	500	on	8:15	Pulls			EN1	P	
	{ 1	Х	500	on	8:00	Pulls			EN1	P	
	{ 1	Х	500	on	7:45	Pulls			EN1	P	
300	3	Х	100	on	1:45	Free fas	st 2r	nd 50	EN1	S	
	1x{4	Х	150	on	2:40	Backstro	ke		EN2	S	
	{ 3	Х	50 0	on 1	L:00 1	Backstrok	ce		EN2	S	
	{ 3	Х	150	on	2:35	Backstro	ke		EN2	S	
	{ 3	Х	50 0	on :	:55 Ba	ackstroke	9		EN2	S	
	{ 2	Х	150	on	2:30	Backstro	ke		EN2	S	
	{ 3	Х	50 0	on :	:50 Ba	ackstroke	9		EN2	S	
	{ 1	Х	250	on	2:25	Backstro	ke		EN2	S	

1 x 250 on 4:00 Freestyle

REC

D

Workout #1963 - Tuesday, 18 June 2002 **Group 3 - Sprint**

1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
800	8 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	2x{1 x 100 on 2:30 Kick	EN2	
	{3 x 50 on 1:30 Kick 100%	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{3 x 50 on 1:30 Kick 100%	EN2	
1,500	1x{3 x 150 on 2:30 Pulls-nbbf&w	EN1	
	{3 x 150 on 2:20 Pulls-nbbf&w	EN1	
	{4 x 150 on 2:10 Pulls-nbbf&w	EN1	
400	$1x\{2 \times 100 \text{ on } 1:45 \text{ Freestyle}$	EN1	
	{2 x 100 on 1:35 Freestyle	EN1	
1,500	$1x\{6 \times 50 \text{ on } 1:00 \text{ Descend in sets of } 3$	EN1	
	$\{6 \times 50 \text{ on } :55 \text{ Descend in sets of } 3$	EN1	
	$\{6 \times 50 \text{ on } : 50 \text{ Descend in sets of } 3$	EN1	
	$\{6 \times 50 \text{ on } : 45 \text{ Descend in sets of } 3$	EN1	
	$\{6 \times 50 \text{ on } : 40 \text{ Descend in sets of } 3$	EN2	
400	4 x 100 on 1:40 Freestyle-descend to	EN2	
	ludicrous speed		
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:01 AM 5,980 Meters - Stress Value = 7	7	

Workout #1966 - Tuesday, 18 June 2002 Group 3 - Sprint

1 minute rest between sets

3:30 PM Start Yards Set Description _____ 800 16 x 50 on 1:00 Stroke Drills 4 on E REC 12 x 25 on :30 Berzerks 300 $1,000 \ 2x{2} \ x \ 200 \ on \ 4:00 \ Kick$ EN2 {1 x 100 on 2:00 Kick 100% effort EN2 1,500 $1x{3}$ x 125 on 1:55 Lungbuster pulls EN1 $\{3 \times 125 \text{ on } 1:50 \text{ Lungbuster pulls}$ $\{3 \text{ x } 125 \text{ on } 1\text{:}45 \text{ Lungbuster pulls}$ EN1 $\{3 \times 125 \text{ on } 1:40 \text{ Lungbuster pulls}$ EN2 { odds br 3-5-7-9-11 { evens br 2-4-6-8-10 $2,800 \ 4x{1} \ x \ 200 \ on \ 3:00 \ Freestyle$ $\{1 \times 150 \text{ on } 2:10 \text{ Freestyle} \}$ EN1 $\{1 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$ EN1 $\{1 \times 50 \text{ on } : 40 \text{ Sprint-3 breaths}$ EN3 $\{8 \times 25 \text{ on } : 30 \text{ Stroke Drills}$ REC 1 x 300 on 5:00 Catchup & thumb drag REC 5:29 PM 6,700 Yards - Stress Value = 82

Workout #1968 - Wednesday, 19 June 2002 Group 3 - Distance 1 minute rest between sets

	6:00	ΑN	1 St	cart				
Meters	Se	ŧt	Desc	crip	otion		EGY	$\mathbb{W}C$
=====	==	==		-===			===	==
100	1	Х	100	on	1:45	Stroke Drills	REC	
180	12	. >	15	on	:30 5	Shooters	SP3	
600	1	Х	600	on	13:00) Kick evry 3rd 50 fst	EN2	
1,800	1x{1	Х	800	on	12:00) Pulls	EN1	
	{ 1	Х	600	on	9:00	Pulls	EN1	
	{ 1	Х	400	on	6:00	Pulls	EN1	
400	8	Х	50 0	on :	:50 Fr	reestyle 6 beat kic	EN1	
3,300	1x{8	Х	100	on	2:00	Freestyle	EN3	
	{ 1	Х	300	on	5:00	Freestyle	REC	
	8 }	Х	100	on	1:55	Freestyle	EN3	
	{ 1	Х	300	on	5:00	Freestyle	REC	
	8 }	Х	100	on	1:50	Freestyle	EN3	
	{ 1	Х	300	on	5:00	Freestyle	REC	

8:01 AM 6,380 Meters - Stress Value = 204

Workout #1967 - Wednesday, 19 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

_						
=		6:00	ΑN	1 Start		
	Meters	Se	et	Description	EGY	WORK
	=====	==	===		===	====
	800	8	Х	100 on 1:45 Stroke Drills	REC	D
	180	12	2 >	x 15 on :30 Shooters	SP3	S
		1x{4	Х	50 on 1:20 Kick	EN2	K
		{ 4	Х	50 on 1:15 Kick	EN2	K
		{ 4	Х	50 on 1:10 Kick	EN2	K
		{ 4	Х	50 on 1:05 Kick	EN2	K
		{ 4	Х	50 on 1:00 Kick	EN2	K
		1x{1	Х	1000 on 17:00 Pulls	EN1	P
		{ 1	Х	200 on 3:00 Pulls	EN1	P
		1x{2	Х	100 on 1:45 Freestyle	EN1	S
		{ 4	Х	50 on 1:00 Your Stroke-no free	EN1	S
		1x{1	Х	400 on 8:00 Backstroke	EN1	S
		{ 2	Х	300 on 5:45 Backstroke	EN1	S
		{ 3	Х	200 on 3:40 Backstroke	EN2	S
		{ 4	Х	100 on 1:45 Backstroke	EN2	S
	300	1	Х	300 on 6:00 Stroke Drills	REC	D
		8:02	ΑN	4 5,880 Meters - Stress Value =	78	

Workout #1971 - Thursday, 20 June 2002 **Group 3 - Distance** 1 minute rest between sets

		6:00	ΑN	1 St	tart	5					
	Meters	Se	et	Desc	EGY	WORK	٤				
WOF		==	-==						===	====	=
===	800	1	Х	800	on	15:00) Choice		REC	S	C
	180	12	2 >	15	on	:30 \$	Shooters		SP3	S	
	700	1x{1	Х	250	on	5:00	Kick		EN2	K	C
		{ 1	Х	200	on	4:00	Kick		EN2	K	C
		{ 1	Х	150	on	3:00	Kick		EN2	K	C
		{ 1	Х	100	on	2:00	Kick		EN2	K	C
	2,700	1x{2	Х	450	on	6:45	Pulls		EN1	P	
		{ 2	Х	450	on	6:40	Pulls		EN1	P	
		{ 1	Х	450	on	6:35	Pulls		EN1	P	
		{ 1	Х	450	on	6:30	Pulls		EN1	P	
	300	3	Х	100	on	1:45	Individual	Medley	EN1	S	
	1,800	1x{1	Х	600	on	9:00	Freestyle		EN1	S	
		{ 1	Х	600	on	8:50	Freestyle		EN1	S	
		{ 1	Х	600	on	8:40	Freestyle		EN1	S	
	300	6	Х	50 0	on 1	L:00 S	Stroke Dril:	ls	REC	D	
		8:00	ΑN	16,	780	Mete	rs - Stress	Value =	= 75		

3:30 PM Start

Set Description

 $3,000 1x{1 x 1500 on 19:00 Pulls}$

 $2,500 \ 1x\{2 \ x \ 250 \ on \ 3:00 \ Freestyle$

Yards

250

1 5:32

Workout #1973 - Thursday, 20 June 2002 Group 3 - Distance 1 minute rest between sets

1,600 1x{1 x 800 on 15:00 Swim-kick-pull-swim REC

{3 x 100 on 1:35 Kick-descend

{1 x 1500 on 18:00 Pulls

 $\{2 \times 250 \text{ on } 2:55 \text{ Freestyle}$ $\{2 \times 250 \text{ on } 2:50 \text{ Freestyle} \}$

{2 x 250 on 2:45 Freestyle

{2 x 250 on 2:40 Freestyle

{16 x 50 on :55 Stroke Drills 4 on E REC

EGY WOF

EN2

EN2

EN2

EN2

EN2

EN2

EN2

REC

	{ 6	Х	50	on	:40 I	Frees	style	9			EN2
300	1	Х	300	on (5:00	0 Sti	roke	Dr	ills		REC
	5:32	Pl	17,	200	Yard	ds -	Stre	ess	Value	=	104

Workout #1970 - Thursday, 20 June 2002 Group 3 - Sprint 1 minute rest between sets

	6:00 AM Start			
Meters	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
800	1 x 800 on 15:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	
1,200	12 x 100 on 2:15 Kick-Odds fast	EN2	K	C
1,500	$1x{5 x 100 on 1:40 Lungbuster pulls}$	EN1	P	
	$\{5 \times 100 \text{ on } 1:35 \text{ Lungbuster pulls}$	EN1	P	
	$\{5 \times 100 \text{ on } 1:30 \text{ Lungbuster pulls}$	EN1	P	
	{ odds br 5-7 evns 6-8			
600	3 x 200 on 3:30 Individual Medley	EN1	S	
1,500	$1x{3 \times 200 \text{ on } 3:20 \text{ Freestyle}}$	EN1	S	
	${3 \times 150 \text{ on } 2:30 \text{ Freestyle}}$	EN1	S	
	{3 x 100 on 1:40 Freestyle	EN1	S	
	${3 \times 50 \text{ on } :50 \text{ Freestyle}}$	EN1	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	8:00 AM 6,080 Meters - Stress Value	= 75		

Workout #1972 - Thursday, 20 June 2002 Group 3 - Sprint 1 minute rest between sets

	3:30 PM Start		
Yards	Set Description	EGY	WOF
=====		===	===
1,600	1x{1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	{16 x 50 on :55 Stroke Drills 4 on E	REC	
300	12 x 25 on :30 Berzerks	SP3	
1,200	1x{3 x 100 on 1:40 Kick	EN2	
	{3 x 100 on 1:35 Kick	EN2	
	{3 x 100 on 1:30 Kick	EN2	
	{3 x 100 on 1:25 Kick	EN2	
1,350	1x{6 x 75 on 1:00 Pulls	EN2	
	$\{6 \times 75 \text{ on } :55 \text{ Pulls}$	EN2	
	$\{6 \times 75 \text{ on } : 50 \text{ Pulls}$	EN1	
300	12×25 on :30 IM order-build	EN1	
1,800	$3x{1 x 50 on :00 Freestyle OTB}$	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	$\{1 \times 100 \text{ on } : 00 \text{ Freestyle OTB}$	SP2	
	{1 x 100 on 3:30 Freestyle	REC	
	$\{1 \times 150 \text{ on } : 00 \text{ Freestyle OTB}$	SP2	
	{1 x 100 on 4:30 Freestyle	REC	
250	1 x 250 on 5:00 Stroke Drills	REC	
	5:31 PM 6,800 Yards - Stress Value = 153	L	

Group 3 - Silver/Bronze									
Workout #1969 - Thursday, 20 June 2002									
PM 8,250	Yards - Stress Value =								
x 250 on	5:00 Stroke Drills								

1 minute rest between sets

6:	00 AM Start		
Meters	Set Description	EGY	WORK
=====		===	====
800	1 x 800 on 15:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1x	:{1 x 200 on 4:30 Kick	EN2	K
	{1 x 200 on 4:30 Kick	EN2	K
	{2 x 100 on 2:20 Kick	EN2	K
	{6 x 50 on 1:10 Kick-descend in 3's	EN2	K
1x	:{2 x 250 on 4:15 Pulls	EN1	P
	{1 x 100 on 1:30 Pulls	EN1	P
	{2 x 250 on 4:10 Pulls	EN1	P
	{1 x 100 on 1:30 Pulls	EN1	P
400	2 x 200 on 4:00 Individual Medley	EN1	S
1x	:{3 x 150 on 3:30 Breaststroke	EN1	S
	{1 x 50 on 2:00 Breaststroke OTB	EN3	S
	{3 x 150 on 3:20 Breaststroke	EN1	S
	{1 x 50 on 2:00 Breaststroke OTB	EN3	S
	{3 x 150 on 3:10 Breaststroke	EN2	S
	{1 x 50 on 2:00 Breaststroke OTB	EN3	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
8:	00 AM 5,380 Meters - Stress Value =	72	

Workout #1974 - Thursday, 20 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

Yards	3:30 PM Start Set Description	EGY	WOF
=====		===	===
1,600	$1x{1 \times 800 \text{ on } 15:00 \text{ Swim-kick-pull-swim}}$	REC	
	{16 x 50 on :55 Stroke Drills 4 on E	REC	
300	12 x 25 on :30 Berzerks	SP3	
1,200	3x{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 x 100 on 1:35 Kick	EN2	
1,800	1x{2 x 300 on 4:00 Pulls	EN2	
	{2 x 300 on 3:55 Pulls	EN2	
	{2 x 300 on 3:50 Pulls	EN1	
2,000	1x{1 x 200 on 3:00 Individual Medley	EN1	
	{6 x 50 on :50 Butterfly	EN2	
	{1 x 200 on 2:55 Individual Medley	EN2	
	{6 x 50 on :45 Backstroke	EN2	
	{1 x 200 on 2:50 Individual Medley	EN2	
	{6 x 50 on :55 Breaststroke	EN2	
	1 x 200 on 2:45 Individual Medlev	EN2	

Workout #1975 - Sunday, 23 June 2002 **Group 3 - Middle Distance** 1 minute rest between sets

Workout #1978 - Monday, 24 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

	3:30 PM Start						
Yards	Set Description	EGY	WORK	STK		3:30 PM Start	
=====	=======================================		====	===	= Yards	Set Description EGY	WORK
800		REC	D	CHO	=====		
300	12 x 25 on :30 Berzerks	SP3	S	FR	800	16 x 50 on 1:00 Stroke Drills REC	D
900	1x{3 x 100 on 2:00 Kick	EN2	K	CHO	300	12 x 25 on :30 Berzerks SP3	S
	{3 x 100 on 1:55 Kick	EN2	K	CHO		1x{4 x 75 on 1:40 Kick EN2	K
	{3 x 100 on 1:50 Kick	EN2	K	CHO		{4 x 75 on 1:35 Kick EN2	K
2,400	1x{1 x 800 on 11:30 Pulls	EN1	P	FR		{3 x 75 on 1:30 Kick EN2	K
	$\{1 \times 800 \text{ on } 11:00 \text{ Pulls}$	EN1	P	FR		{3 x 75 on 1:25 Kick EN2	K
	$\{1 \times 800 \text{ on } 10:30 \text{ Pulls}$	EN1	P	FR		1x{3 x 200 on 3:00 Pulls EN1	P
600	12 x 50 on :40 Freestyle	EN1	S	FR		{2 x 200 on 2:55 Pulls EN1	P
2,000	$1x{1 \times 500 \text{ on } 6:40 \text{ Freestyle}}$	EN1	S	FR		{1 x 200 on 2:50 Pulls EN1	P
	$\{1 \times 500 \text{ on } 6:30 \text{ Freestyle} \}$	EN2	S	FR		1x{3 x 100 on 1:40 Individual Medley EN1	S
	$\{1 \times 500 \text{ on } 6:20 \text{ Freestyle} \}$	EN2	S	FR		{6 x 50 on :45 Descend in sets of 3 EN1	S
	$\{1 \times 500 \text{ on } 6:10 \text{ Freestyle} \}$	EN2	S	FR		$2x\{1 \times 200 \text{ on } 3:30 \text{ Backstroke} $ EN1	S
350	7×50 on 1:00 Stroke Drills	REC	D	CHO		{2 x 150 on 2:30 Backstroke EN1	S
	5:30 PM 7,350 Yards - Stress Value	ie =	95			{3 x 100 on 1:35 Backstroke EN2	S
						{4 x 50 on :45 Backstroke EN2	S
	Workout #1977 - Monday, 24 June 200)2				{1 x 150 on 3:00 Freestyle REC	S
	Group 3 - Middle Distance	_			150	1 x 150 on 3:00 Freestyle REC	D
	•					5:30 PM 6,400 Yards - Stress Value = 80	
	1 minute rest between sets						

1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY	WOF
	=======================================	===	===
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
1 0 0	10 15 20 21 1	0.00	

Mecers	20		Desi	~ + +1	PCIOII		EGI	WOI
=====	==	-=-					===	===
800	1	Х	800	on	15:00) Swim-kick-pull-swim	REC	
180	12	2 >	15	on	:30 8	Shooters	SP3	
800	2x{1	Х	100	on	2:15	Kick	EN2	
	{ 1	Х	100	on	2:10	Kick	EN2	
	{ 1	Х	100	on	2:05	Kick	EN2	
	{ 1	Х	100	on	2:00	Kick	EN2	
900	1x{1	Х	300	on	4:45	Pulls	EN1	
	{ 1	Х	300	on	4:40	Pulls	EN1	
	{ 1	Х	300	on	4:35	Pulls	EN1	
300	1	Х	300	on	5:00	Individual Medley	EN1	
3,200	1x{3	Х	100	on	1:45	Stroke Drills	EN1	
	{ 3	Х	400	on	6:30	Freestyle	EN1	
	{ 3	Х	100	on	1:45	Stroke Drills	EN1	
	{ 2	Х	400	on	6:15	Freestyle	EN1	
	{ 2	Х	100	on	1:45	Stroke Drills	EN1	
	{ 1	Х	400	on	6:00	Freestyle	EN1	
200	1	Х	200	on	4:00	Stroke Drills	REC	
	7:59	ΑN	16,3	380	Mete	cs - Stress Value = 70)	

Workout #1976 - Monday, 24 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 150 on 3:45 Kick	EN2	
	{2 x 150 on 3:40 Kick	EN2	
	{2 x 150 on 3:35 Kick	EN2	
	{2 x 100 on 2:20 Kick	EN2	
	1x{1 x 250 on 4:30 Pulls	EN1	
	{1 x 250 on 4:20 Pulls	EN1	
	{1 x 250 on 4:10 Pulls	EN1	
	{1 x 250 on 4:00 Pulls	EN1	
600	12×50 on $1:00$ Descend in sets of 3	EN1	
	1x{1 x 600 on 11:00 Freestyle	EN1	
	{1 x 600 on 10:00 Freestyle	EN1	
	{1 x 600 on 9:00 Freestyle	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:59 AM 5,780 Meters - Stress Value = 75	5	

Workout #1980 - Tuesday, 25 June 2002 **Group 3 - Breast** 1 minute rest between sets

	6:00	ΑN	4 St	tart	5						
Meters	Se	et	Des	crip	otion			EGY	WORK	STK	
=====	==	===						===		===	=
800	8	Х	100	on	1:45	Stroke	Drills	REC	D	СНО	
	1	L – 4	1 fre	ee 5	5-8 no	onfree					
180	12	2 >	15	on	:30 \$	Shooters	3	SP3	S	BR	
1,200	1x{3	Х	100	on	2:10	Kick		EN2	K	BR	
	{ 3	Х	100	on	2:05	Kick		EN2	K	BR	
	{ 3	Х	100	on	2:00	Kick		EN2	K	BR	
	{ 3	Х	100	on	1:55	Kick		EN2	K	BR	
1,200	1x{2	Х	150	on	3:45	Pulls		EN1	P	BR	
	{ 2	Х	150	on	3:40	Pulls		EN1	P	BR	
	{ 2	Х	150	on	3:35	Pulls		EN1	P	BR	
	{ 2	Х	150	on	3:30	Pulls		EN1	P	BR	
300	6	Х	50 0	on :	:50 Pı	ılls		EN1	S	FR	
1,500	5x{1	Х	100	on	:00 I	Breastst	roke	SP2	S	FR	
	{ 1	Х	200	on	6:00	Freesty	/le	REC	S	FR	
300	1	Х	300	on	5:00	Stroke	Drills	REC	D	CD	
	8:00	ΑN	15,4	480	Mete	rs - Str	ess Val	lue =	= 106		

Workout #1981 - Tuesday, 25 June 2002 Group 3 - Fly

1 minute rest between sets

	6:00	ΑN	1 St	tart	t						
Meters	Se	et	Des	crip	ption			EGY	WORK	STK	
=====	==	===		====				===	====	===	=
800	8	Х	100	on	1:45	Stroke	Drills	REC	D	CHO	
		1 – 4	1 fre	ee 5	5-8 no	onfree					
180	12	2 >	ł 15	on	:30 \$	Shooter	S	SP3	S	FLY	
	1x{3	Х	100	on	2:10	Kick		EN2	K	FLY	
	{ 3	Х	100	on	2:05	Kick		EN2	K	FLY	
	{ 3	Х	100	on	2:00	Kick		EN2	K	FLY	
	{ 3	Х	100	on	1:55	Kick		EN2	K	FLY	
	1x{2	Х	250	on	3:45	Pulls		EN1	P	FR	
	{ 2	Х	250	on	3:40	Pulls		EN1	P	FR	
	{ 2	Х	250	on	3:35	Pulls		EN1	P	FR	
	{ 2	Х	250	on	3:30	Pulls		EN1	P	FR	
300	6	Х	50 0	on :	:50 Pi	ılls		EN1	S	FR	
	5x{1	Х	100	on	:00 I	Butterf	ly	SP2	S	FLY	
	{ 1	Х	200	on	6:00	Freest	vle	REC	S	FR	
300	1	Х	300	on	5:00	Stroke	Drills	REC	D	CD	
	8:00	ΑN	16,2	280	Mete	rs – St	ress Va	lue =	= 118		

Workout #1982 - Tuesday, 25 June 2002 **Group 3 - Middle Distance** 1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY	WORK S
=====	=======================================	===	==== =
800	1 x 800 on 15:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1,000	10×100 on $2:05$ Kick odds fast	EN2	K (
1,500	$1x{4 x 150 on 2:15 Reverse IM drill}$	EN1	P
	$\{4 \times 150 \text{ on } 2:10 \text{ Lungbuster pulls}$	EN1	P
	$\{2 \times 150 \text{ on } 2:05 \text{ Lungbuster pulls}$	EN1	P
	{ odds br 5-7-9		
	{ evens br 4-6-8		
400	4 x 100 on 1:45 Individual Medley	EN1	S
2,700	$1x\{2 \times 300 \text{ on } 4:30 \text{ Freestyle}$	EN1	S
	${3 \times 100 \text{ on } 1:15 \text{ Freestyle}}$	EN2	S
	{2 x 300 on 4:25 Freestyle	EN1	S
	${3 \times 100 \text{ on } 1:20 \text{ Freestyle}}$	EN2	S
	{2 x 300 on 4:20 Freestyle	EN1	S
	${3 \times 100 \text{ on } 1:25 \text{ Freestyle}}$	EN1	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
	8:01 AM 6,880 Meters - Stress Value =	= 89	

Workout #1983 - Tuesday, 25 June 2002 **Group 3 - Middle Distance** 1 minute rest between sets

	6:00	ΑN	1 St	art	5					
Meters	Se	et	Desc	crip	otion		EGY	WORK	STK	
=====	==	===	-===	-===			===	====	===	=
800						Stroke Drills	REC	D	СНО	
	-	L – 4	i ire	ee 5	0-8 no	onfree				
180	12	2 2	k 15	on	:30 8	Shooters	SP3	S	FR	
600	3	Х	200	on	4:15	Kick	EN2	K	CHO	
1,600	1x{2	Х	400	on	6:00	Pulls	EN1	P	FR	
	{ 2	Х	400	on	5:50	Pulls	EN1	P	FR	
300	3	Х	100	on	1:30	Freestyle	EN1	S	FR	
3,600	1x{1	Х	500	on	7:00	Freestyle	EN1	S	FR	
	{ 1	Х	500	on	6:45	Freestyle	EN2	S	FR	
	{ 1	Х	500	on	6:30	Freestyle	EN2	S	FR	
	{ 1	Х	400	on	5:25	Freestyle	EN2	S	FR	
	{ 1	Х	400	on	5:15	Freestyle	EN2	S	FR	
	{ 1	Х	400	on	5:05	Freestyle	EN2	S	FR	
	{ 1	Х	300	on	3:55	Freestyle	EN2	S	FR	
	{ 1	Х	300	on	3:40	Freestyle	EN2	S	FR	
	{ 1	Х	300	on	3:30	Freestyle	EN2	S	FR	
200	1	Х	200	on	4:00	Stroke Drills	REC	D	CD	

8:00 AM 7,280 Meters - Stress Value = 118

Workout #1986 - Tuesday, 25 June 2002 **Group 3 - Middle Distance** 1 minute rest between sets

	3:30 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	٤
300	12 x 25 on :30 Berzerks	SP3	٤
1,200	12 x 100 on 1:45 Kick odds 100%	EN2	F
1,600	1x{2 x 200 on 2:45 Pulls	EN1	E
	{3 x 200 on 2:35 Pulls	EN1	E
	{3 x 200 on 2:25 Pulls	EN2	E
300	12×25 on :30 IM order-build	EN1	٤
2,500	$2x{4 \times 250}$ on 5:00 Freestyle	EN3	٤
	$\{1 \times 250 \text{ on } 4:00 \text{ Freestyle}$	REC	٤
	5:31 PM 6,700 Yards - Stress Value = 18	31	

Workout #1979 - Tuesday, 25 June 2002 Group 3 - Backstroke 1 minute rest between sets

	6:00	ΑN	1 St	tart	Ξ.						
Meters	Se	et	Des	crip	otion			EGY	WORK	STK	
=====	==	===						===		===	=
800	8	Х	100	on	1:45	Stroke	Drills	REC	D	СНО	
	-	L – 4	1 fre	ee 5	5-8 no	onfree					
180	12	2 2	15	on	:30 \$	Shooters	3	SP3	S	BK	
1,200	1x{3	Х	100	on	2:10	Kick		EN2	K	FR	
	{ 3	Х	100	on	2:05	Kick		EN2	K	FR	
	{ 3	Х	100	on	2:00	Kick		EN2	K	FR	
	{ 3	Х	100	on	1:55	Kick		EN2	K	FR	
2,000	1x{2	Х	250	on	3:45	Pulls		EN1	P	FR	
	{ 2	Х	250	on	3:40	Pulls		EN1	P	FR	
	{ 2	Х	250	on	3:35	Pulls		EN1	P	FR	
	{ 2	Х	250	on	3:30	Pulls		EN1	P	FR	
300	6	Х	50 0	on :	:50 Pı	ılls		EN1	S	FR	
1,500	5x{1	Х	100	on	:00 I	Backstro	ke	SP2	S	FR	
	{ 1	Х	200	on	6:00	Freesty	/le	REC	S	FR	
300	1	Х	300	on	5:00	Stroke	Drills	REC	D	CD	
	8:00	ΑN	1 6,2	280	Mete	rs - Sti	cess Vai	lue =	= 118		

Workout #1984 - Tuesday, 25 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

6:00 AM Start

Meters	Se	et	Desc	crip	otion			EGY	WORK	S
	==	-==						===	====	=
800	8	Х	100	on	2:00	Stroke Dri	lls	REC	D	C
	1	L – 4	1 fre	ee S	5-8 no	onfree				
180	12	2 2	x 15	on	:30 \$	Shooters		SP3	S	
	2x{1	Х	200	on	5:00	Kick		EN2	K	C
	{ 3	Х	100	on	2:20	Kick		EN2	K	C
	{ 1	Х	50 0	on I	l:15 E	Kick-100%		EN2	K	C
	1x{2	Х	150	on	2:35	Lungbuster	pulls	EN1	P	
	{ 2	Х	150	on	2:30	Lungbuster	pulls	EN1	P	
	{ 2	Х	150	on	2:25	Lungbuster	pulls	EN1	P	
	{ 2	Х	150	on	2:20	Lungbuster	pulls	EN1	P	
200	1	Х	200	on	3:45	Individual	Medley	EN1	S	
	2x{1	Х	300	on	5:45	Backstroke		EN1	S	
	{ 2	Х	200	on	3:40	Backstroke		EN1	S	
	{ 3	Х	100	on	1:45	Backstroke		EN2	S	
200	1	Х	200	on	4:00	Stroke Dri	lls	REC	D	
	8:00	ΑN	15,6	680	Meter	rs - Stress	Value =	= 75		

6:00 AM Start

Workout #1985 - Tuesday, 25 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

{ 1	x 200	on	4:00	Freestyle	REC	S	F
{ 3	x 200	on	2:55	Freestyle	EN2	S	F
{ 1	x 200	on	4:00	Stroke Drills	REC	D	C
8:00	AM 6.6	380	Meter	cs - Stress Value	= 128		

	3:30 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
800	4 x 200 on 4:00 Swim-kick-pull-swim	REC	٤
300	12 x 25 on :30 Berzerks	SP3	٤
	1x{4 x 100 on 2:00 Kick	EN2	ľ
	{4 x 100 on 1:55 Kick		ľ
	{4 x 100 on 1:50 Kick		ľ
	1x{3 x 125 on 2:00 Pulls	EN1	E
	{3 x 125 on 1:55 Pulls	EN1	F
	{3 x 125 on 1:50 Pulls	EN1	E
	{3 x 125 on 1:45 Pulls	EN1	
300	6 x 50 on :50 Freestyle	EN1	٤
	$1x{4 \times 50 \text{ on } :55 \text{ Stroke Drills}}$	EN1	Ι
	{1 x 300 on 5:15 Individual Medley	EN1	
	$\{4 \times 50 \text{ on } : 50 \text{ Stroke Drills}$	EN1	Ι
	{2 x 200 on 3:20 Individual Medley	EN1	٤
	$\{4 \times 50 \text{ on } : 45 \text{ Stroke Drills}$	EN1	Ι
	{4 x 100 on 1:35 Individual Medley	EN2	٤
500	20 x 25 on :30 Odds free 100% evens	EN1	٤
	drill		
	5:28 PM 6,300 Yards - Stress Value = 81	L	

Workout #1991 - Thursday, 27 June 2002 Group 3 - Middle Distance 1 minute rest between sets

	3:30	PN	1 St	cart	5				
Yards	Se	et	Des	crip	otion			EGY	WOF
=====	==							===	===
800	1	Х	800	on	14:00) Choice		REC	
300	12	2 2	25	on	:30 I	Berzerks		SP3	
800	1x{1	Х	200	on	4:00	Kick		EN2	
	{ 1	Х	200	on	3:50	Kick		EN2	
	{ 1	Х	200	on	3:40	Kick		EN2	
	{ 1	Х	200	on	3:30	Kick		EN2	
2,000	1x{1	Х	400	on	5:15	Pulls		EN1	
	{ 1	Х	400	on	5:10	Pulls		EN1	
	{ 1	Х	400	on	5:05	Pulls		EN1	
	{ 1	Х	400	on	5:00	Pulls		EN2	
	{ 1	Х	400	on	4:55	Pulls		EN2	
600	6	Х	100	on	1:30	Descend in sets	of 3	EN1	
2,700	1x{3	Х	225	on	2:55	Freestyle		EN2	
	{ 3	Х	225	on	2:50	Freestyle		EN2	
	{ 3	Х	225	on	2:45	Freestyle		EN2	
	{ 3	Х	225	on	2:40	Freestyle		EN2	
500	10) z	s 50	on	1:00	Stroke Drills		REC	
	5:30	PN	17,	700	Yards	s - Stress Value	= 11	8	

Workout #1987 - Wednesday, 26 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

Workout #1988 - Thursday, 27 June 2002
Group 3 - Silver/Bronze
1 minute rest between sets

	0.00	III DCarc			
Meters	Se	t Description	EGY	WORK	٢
	==		===	====	=
800	1	x 800 on 15:00 Reverse IM drill	REC	D	
180	12	x 15 on :30 Shooters	SP3	S	
	1x{6	x 50 on 1:15 Kick	EN2	K	(
	{ 6	x 50 on 1:10 Kick	EN2	K	(
	{ 6	x 50 on 1:05 Kick	EN2	K	(
	1x{1	x 400 on 7:00 Pulls	EN1	P	
	{ 1	x 300 on 5:10 Pulls	EN1	P	
	{ 1	x 200 on 3:20 Pulls	EN1	P	
	{ 1	x 100 on 1:35 Pulls	EN1	P	
300	6	x 50 on :50 Freestyle	EN1	S	
	1x{2	x 200 on 4:00 Breaststroke	EN1	S	
	{ 4	x 50 on :55 Breaststroke 100%	EN2	S	
	{ 2	x 200 on 3:55 Breaststroke	EN1	S	
	{ 4	x 50 on 1:00 Breaststroke 100%	EN2	S	
	{ 2	x 200 on 3:50 Breaststroke	EN2	S	
	{ 4	x 50 on 1:05 Breaststroke 100%	EN2	S	
	{ 1	x 200 on 3:00 Stroke Drills	REC	D	
	{ 2	x 200 on 3:45 Breaststroke	EN2	S	
	{ 4	x 50 on 1:10 Breaststroke	EN2	S	
	8:01	AM 5,780 Meters - Stress Value =	= 84		

	6:00	ΑM	1 St	art	t				
Meters	Se	et	Desc	crip	ption			EGY	WOF
=====	==	===		-==				===	===
800	1	Х	800	on	15:00	Swim-kick-	-pull-swim	REC	
180	12	2 2	15	on	:30 \$	Shooters		SP3	
	1x{4	Х	50 0	on i	1:10 F	Kick		EN2	
	{ 4	Х	100	on	2:20	Kick		EN2	
	{ 4	Х	150	on	3:30	Kick		EN2	
	1x{4	Х	150	on	2:35	Pulls		EN1	
	{ 4	Х	100	on	1:45	Pulls		EN1	
	{ 4	Х	50 0	on :	:50 Pı	ılls		EN1	
400	2	Х	200	on	4:00	Individual	Medley	EN1	
	1x{4	Х	200	on	3:45	${\tt Backstroke}$		EN1	
	{ 3	Х	200	on	3:40	${\tt Backstroke}$		EN1	
	{ 2	Х	200	on	3:35	${\tt Backstroke}$		EN1	
200	1	Х	200	on	3:00	Stroke Dri	lls	REC	
	8:01	ΑM	15,7	780	Mete	s - Stress	Value = 73	1	

Workout #1989 - Thursday, 27 June 2002 Group 3 - Middle Distance 1 minute rest between sets

	6:00 AM Start				
Meters	Set Description	EGY	WORK	SI	
=====	=======================================	===	====	==	
800	2x{1 x 200 on 3:30 Freestyle	REC	S	E	
	{1 x 200 on 3:30 Reverse IM drill	REC	D	1	
180	12 x 15 on :30 Shooters	SP3	S	E	
500	1 x 500 on 10:00 Kick	EN2	K	CF	
2,000	1x{1 x 1000 on 15:00 Pulls	EN1	P	E	
	$\{2 \times 500 \text{ on } 7:15 \text{ Pulls}$	EN1	P	E	
400	4 x 100 on 1:40 Freestyle-build	EN1	S	E	
2,800	$1x{1 x 400 on 8:00 Freestyle}$	SP2	S	E	
	${3 \times 200 \text{ on } 3:15 \text{ Freestyle}}$	EN2	S	E	
	$\{1 \times 200 \text{ on } 4:00 \text{ Freestyle}$	REC	S	E	
	{3 x 200 on 3:05 Freestyle	EN2	S	E	

3:30 PM Start

Workout #1990 - Thursday, 27 June 2002 Group 3 - Silver/Bronze 1 minute rest between sets

4 x 100 on 2:00 Stroke Drills 7:58 AM 6,480 Meters - Stress Value = 129

Workout #1992 - Friday, 28 June 2002 Group 3 - Silver/Bronze

5:20 PM 5,450 Yards - Stress Value = 66

Yards	Set	Descr	iption		EGY	WOF				1 minute rest between sets		
300	1x{1 x {1 x {1 x {1 x 12 : 1x{4 x {3 x {2 x {1 x 20 : 4x{4 x 20 :	400 o 300 o 200 o 100 o 125 o 125 o 125 o 125 o 100 o 100 o 100 o 100 o 100 o	n 6:30 n 5:15 n 3:40 n 1:45 n :30 n 2:30 n 2:25 n 2:20 n 2:15 n :45 n 1:45 n 1:45 n 1:30	Breaststroke Butterfly Berzerks Kick Kick Kick Kick Jnder/over Breaststroke-descend	REC REC REC SP3 EN2 EN2 EN2 EN1 EN1	===	Meters ===== 800 180 50 300	Se == 8 0 12 3x{2 {3 1 1x{1 {2 2 3	x 10 dds x 10 x 50 x 50 x 20 x 10 crd	Start escription 00 on 2:00 Stroke Drills free evens cho 15 on :30 Shooters 00 on 2:20 Kick 0 on 1:15 Kick-descend 0 on 2:00 Kick 100% effort 00 on 9:00 Pulls 50 on 4:15 Pulls 50 on 2:30 1st 50 2bk 2nd 4bk 50 6bk	EN2 EN3 EN1 EN1	WORK ==== D S K K K K P P S S
	5:29 Pi	M 6,15	0 Yard	s - Stress Value = 79				{ 3	x 10	00 on 2:10 Butterfly	EN1 EN1	S S
		Workou		Friday, 28 June 2002 3 - Distance			300	1	x 30	00 on 5:00 Stroke Drills 5,280 Meters - Stress Value =	REC	D

Group 3 - Distance 1 minute rest between sets Workout #1995 - Friday, 28 June 2002 Group 3 - Silver/Bronze 3:30 PM Start

Yards	Set D	escription	EGY	WORK	٤		1 minute rest between sets		
	=====		===		=				
800	1 x 8	00 on 14:00 Choice	REC	S	C		3:30 PM Start		
300	12 x	25 on :30 Berzerks	SP3	S		Yards	Set Description	EGY	WORF
1,000	1x{2 x 1	25 on 2:10 Kick	EN2	K	(=			===	====
	-	25 on 2:05 Kick	EN2	K	C		2x{1 x 200 on 3:15 Freestyle	EN1	٤
	{2 x 1	25 on 2:00 Kick	EN2	K	C		{4 x 50 on 1:00 Stroke Drills 1 on E	REC	Γ
	{2 x 1	25 on 1:55 Kick	EN2	K	C	300	12 x 25 on :30 Berzerks	SP3	٤
1,350	-	5 on 1:05 Pulls	EN1	P			1x{10 x 25 on :45 Kick	EN2	F
	•	5 on 1:00 Pulls	EN1	P			{8 x 25 on :40 Kick	EN2	F
	-	5 on :55 Pulls	EN1	P			{6 x 25 on :35 Kick	EN2	F
250	-	00 on 1:30 Individual Medley		S			{4 x 25 on :30 Kick	EN2	ľ
	-	0 on :40 Freestyle	EN1	S			{3 x 100 on 2:00 Kick descend	EN2	ľ
1,875	-	25 on 1:40 Freestyle	EN2	S			1x{3 x 175 on 2:45 Pulls	EN1	E
	-	25 on 1:35 Freestyle	EN2	S			{3 x 125 on 1:55 Pulls	EN1	E
	-	25 on 1:30 Freestyle	EN2	S			{3 x 75 on 1:05 Pulls	EN1	E
500		00 on 1:05 Freestyle	EN2	S			{3 x 25 on :20 Pulls	EN1	E
225			REC	D		150	1 x 150 on 2:15 1st 50 2bk, 2nd 4bk	EN1	٤
	5:11 PM	6,300 Yards - Stress Value =	94				3rd 50 6bk		
							1x{3 x 150 on 2:45 IM no free	EN1	٤
	W	orkout #1993 - Friday, 28 June 2002					$\{3 \times 150 \text{ on } 2:45 \text{ IM no breast}$	EN1	٤
		Group 3 - Middle Distance					$\{3 \times 150 \text{ on } 2:45 \text{ IM no back}$	EN1	٤
		1 minute rest between sets					`	EN1	S
		1 mmute 1est between sets				200	1 x 200 on 3:00 Stroke Drills	REC	Γ

1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY	WORK
=====		===	====
1,000	$1x\{1 \times 400 \text{ on } 7:00 \text{ Freestyle}$	REC	S
	{1 x 300 on 5:15 Backstroke	EN1	S
	{1 x 200 on 3:30 Breaststroke	EN1	S
	{1 x 100 on 1:45 Butterfly	EN1	S
180	12 x 15 on :30 Shooters	SP3	S
600	1x{3 x 100 on 2:10 Kick-descend	EN2	K
	{6 x 50 on 1:10 Kick descend in 3's	EN2	K
1,500	1x{10 x 50 on :50 Pulls	EN1	P
	{10 x 50 on :45 Pulls	EN1	P
	{10 x 50 on :40 Pulls	EN2	P
200	1 x 200 on 3:00 Individual Medley	EN1	S
2,600	$1x{1 x 200 on 5:00 Freestyle}$	SP2	S
	{4 x 100 on 1:30 Freestyle	EN2	S
	{2 x 200 on 3:00 Freestyle	EN2	S
	{1 x 400 on 6:00 Freestyle	EN2	S
	{1 x 400 on 5:40 Freestyle	EN2	S
	{2 x 200 on 2:50 Freestyle	EN2	S
	{4 x 100 on 1:25 Freestyle	EN2	S

Workout #1996 - Saturday, 29 June 2002 **Group 3 - Middle Distance** 1 minute rest between sets

	6:00	AM Start		
Meters	Se	et Description	EGY	WOF
	==		===	===
	1	on 30:00 Stomach and Stretch		
800	1	x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12	2 x 15 on :30 Shooters	SP3	
	1x{3	x 100 on 2:10 Kick	EN2	
	{ 3	x 150 on 3:15 Kick	EN2	
	{ 3	x 50 on 1:05 Kick	EN2	
	{ 3	x 100 on 2:00 Kick	EN2	
	1x{2	x 400 on 6:15 Pulls	EN1	
	{2	x 400 on 6:10 Pulls	EN1	
	3x{1	x 100 on 1:45 50 fly 50 breast	EN1	
	{ 1	x 100 on 1:45 50 breast 50 free	EN1	
	{ 1	x 100 on 1:45 50 free 50 fly	EN1	
	1x{1	x 200 on :00 Freestyle	SP2	
	{ 1	x 400 on 12:00 Freestyle	REC	
	{ 1	x 100 on :00 Freestyle	SP2	
	{ 1	x 200 on 6:00 Freestyle	REC	
	{ 1	x 100 on :00 Freestyle	SP2	
	{ 1	x 200 on 6:00 Freestyle	REC	
	{ 1	x 100 on :00 Freestyle	SP2	
	{ 1	x 200 on 6:00 Freestyle	REC	
400	4	x 100 on 2:00 Stroke Drills	REC	
	8:42	AM 6,580 Meters - Stress Value = 11	7	

workout #1997 - Saturday, 29 June	2004
Group 3 - Silver/Bronze	
1 minute rest between sets	

	6:00 AM Start		
Meters	Set Description	EGY	WOF
		===	===
	1 on 30:00 Stomach and Stretch		
700	1 x 700 on 15:00 Swim-kick-pull-swim	REC	
180	12 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	
100	1 x 100 on 2:00 Kick 100% effort	EN1	
1,600	8 x 200 on 3:20 Pulls	EN1	
	$1x{6 x 50 on 1:00 Freestyle}$	EN1	
	$\{6 \times 50 \text{ on } :55 \text{ Freestyle} \}$	EN1	
	$\{6 \times 50 \text{ on } :50 \text{ Freestyle}$	EN1	
	$1x{1 x 200 on :00 Freestyle}$	SP3	
	{1 x 400 on 12:00 Freestyle	REC	
	$\{1 \times 100 \text{ on } : 00 \text{ Freestyle}$	SP2	
	$\{1 \times 200 \text{ on } 6:00 \text{ Freestyle}$	REC	
	$\{1 \times 100 \text{ on } : 00 \text{ Freestyle}$	SP2	
	$\{1 \times 200 \text{ on } 6:00 \text{ Freestyle}$	REC	
	$\{1 \times 100 \text{ on } : 00 \text{ Freestyle}$	SP2	
	{1 x 200 on 6:00 Freestyle	REC	
400	4 x 100 on 2:00 Stroke Drills	REC	
	8:43 AM 6,280 Meters - Stress Value = 9	8	

Workout #1999 - Monday, 01 July 2002 Group 3 - Breast 1 minute rest between sets

	6:00	ΑN	1 St	art	;				
Yards	Se	Set Description							
=====	==	==						===	===
800	1	Х	800	on	15:00) Swim-kick	-pull-swim	REC	
180	12	. >	15	on	:30 8	Shooters		SP3	
1,000	5x{1	Х	100	on	2:15	Kick		EN2	
	{ 1	Х	100	on	2:15	Kick		EN2	
1,600	1x{1	Х	400	on	6:00	Pulls		EN1	
	{ 2	Х	300	on	4:30	Pulls		EN1	
	{ 3	Х	200	on	3:00	Pulls		EN1	

300	6	Х	50 on	:50	Descend	in	sets	of	3	EN1
1,800	3x{1	Х	200 or	n 4:0	0 Breas	tsti	roke			EN1
	{ 1	Х	150 or	n 2:5	0 Breas	tsti	roke			EN1
	{ 1	Х	100 or	n 1:5	0 Breas	tsti	roke			EN2
	{ 3	Х	50 on	1:00	Stroke	Dri	ills			EN1
250	1	Х	250 or	n 5:0	0 Strok	e Di	cills			REC
	7:59	Αl	1 5,93) Yar	ds - St	ress	s Valı	ıe =	= 66	

Workout #2003 - Monday, 01 July 2002 **Group 3 - Breast**

1 minute rest between sets

	3:30 PM Start			
Yards	Set Description	EGY	WORK	S
=====	=======================================	===	====	=
800	8×100 on $1:45$ Stroke Drills	REC	D	C
	odds free evens brst			
300	12 x 25 on :30 Berzerks	SP3	S	
900	3x{1 x 100 on 2:00 Kick	EN2	K	
	{1 x 100 on 1:45 Kick	EN2	K	
	{1 x 100 on 1:30 Kick	EN2	K	
1,000	20 x 50 on 1:00 Pulls	EN1	P	
2,100	$4x{1 x 125 on 2:15 Breaststroke}$	EN1	S	
	{1 x 200 on 3:00 Individual Medley	EN1	S	
	$\{4 \times 25 \text{ on } : 30 \text{ Breaststroke} \}$	EN1	S	
	{1 x 100 on 1:30 Freestyle	REC	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	5:11 PM 5.400 Yards - Stress Value =	57		

Workout #1998 - Monday, 01 July 2002 Group 3 - Fly 1 minute rest between sets

	6:00	ΑN	1 St	cart	5			
Yards	S€	t	Des	crip	otion		EGY	WOF
=====	==	-==		-===			===	===
800	1	Х	800	on	15:00	Swim-kick-pull-swim	REC	
180	12	2 2	15	on	:30 8	Shooters	SP3	
	5x{1	Х	100	on	2:00	Kick with flippers	EN2	
	{ 1	Х	100	on	2:00	Kick with flippers	EN2	
	1x{2	Х	300	on	4:30	Pulls	EN1	
	{ 3	Х	200	on	3:00	Pulls	EN1	
	{ 4	Х	100	on	1:30	Pulls	EN1	
200	4	Х	50 0	on :	:50 Fi	reestyle	EN1	
	2x{1	Х	200	on	3:30	Freestyle	EN1	
	{ 1	Х	200	on	3:25	150 free 50 fly	EN1	
	{ 1	Х	200	on	3:20	100 free 100 fly	EN2	
	{ 1	Х	200	on	3:15	50 free 150 fly	EN2	
	{ 1	Х	200	on	3:10	Butterfly	EN2	
250	1	Х	250	on	5:00	Stroke Drills	REC	
	7:54	ΑN	16,0	030	Yards	s - Stress Value = 77		

EN2

EN2

EN1

EN1

EN1

EN2

EN2

EGY WORK S

D C

S

K

K

K

Ρ

S

S

REC

SP3

EN2

EN2

EN2

EN1

EN1

EN1

EN2

REC

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

6 x 50 on 1:00 Descend in sets of 3 EN1

1x{1 x 500 on 8:45 Freestyle {1 x 500 on 8:20 Freestyle {1 x 500 on 7:55 Freestyle

1 x 300 on 5:00 Stroke Drills 7:51 AM 5,480 Yards - Stress Value = 68

Workout #2004 - Monday, 01 July 2002

8 x 100 on 1:45 Stroke Drills

12 x 15 on :30 Shooters

 $3x{1 x 150 on 3:30 Kick}$

{1 x 100 on 2:20 Kick

{1 x 50 on 1:10 Kick

{1 x 300 on 5:15 Pulls

{1 x 200 on 3:30 Pulls

{1 x 100 on 1:45 Pulls

 $\{1 \times 500 \text{ on } 7:30 \text{ Freestyle} \}$

 $1x{1 x 400 on 7:00 Pulls}$

Workout #2005 - Monday, 01 July 2002 Group 3 - Fly

1 minute rest between sets

	3:30 PM Start			
Yards	Set Description	EGY	WORK	ζ
=====	=======================================	===	====	=
800	8 x 100 on 1:45 Stroke Drills	REC	D	C
	odds free evens fly			
300	12 x 25 on :30 Berzerks	SP3	S	F
	3x{1 x 100 on 2:00 Kick	EN2	K	(
	{1 x 100 on 1:45 Kick	EN2	K	(
	{1 x 100 on 1:30 Kick	EN2		
1,000	20 x 50 on :40 Pulls-nbbf&w	EN1	P	
	$4x{1 \times 75}$ on 1:10 Butterfly	EN1	S	F
	$\{1 \times 75 \text{ on } 1:05 \text{ Butterfly} \}$	EN1	S	F
	{1 x 200 on 3:00 Individual Medley	EN1	S	
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	S	E
	{1 x 100 on 1:20 Freestyle	EN1	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	5:05 PM $5,500$ Yards - Stress Value =	62		

Group 3 - Silver/Bronze D 1 minute rest between sets

2 on each stroke

 $3x{1 x 100 on 2:00 Kick}$

{1 x 100 on 1:55 Kick

 $\{1 \times 100 \text{ on } 1:50 \text{ Kick} \}$

12 x 50 on :45 Pulls

 $4x{3 \times 50 \text{ on } :55 \text{ Backstroke}}$

 $\{1 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$

{4 x 25 on :30 Backstroke

{1 x 100 on 1:20 Freestyle

1 x 300 on 5:00 Stroke Drills

12 x 25 on :30 Berzerks

3:30 PM Start Set Description

800

180

300

Yards

800

300

300

Workout #2000 - Monday, 01 July 2002 Group 3 - Backstroke 1 minute rest between sets

	6:00	ΑN	1 St	art	5			
Yards	Se	et	Desc	crip	ption		EGY	WOF
=====	==	===		-==			===	===
800	1	Х	800	on	15:00	Swim-kick-pull-swim	REC	
180	12	2 >	15	on	:30 \$	Shooters	SP3	
1,000	5x{1	Х	100	on	2:30	Kick no board	EN2	
	{ 1	Х	100	on	2:15	Kick	EN2	
1,600	1x{2	Х	300	on	4:30	Pulls	EN1	
	{ 3	Х	200	on	3:00	Pulls	EN1	
	{ 4	Х	100	on	1:30	Pulls	EN1	
300	6	Х	50 0	on :	:50 De	escend in sets of 3	EN1	
2,000	4x{1	Х	200	on	3:00	Backstroke	EN2	
	{ 3	Х	100	on	1:40	Backstroke-descend	EN1	
200	1	Х	200	on	5:00	Stroke Drills	REC	
	7:57	ΑN	16,0	080	Yards	s - Stress Value = 74		

Workout #2007 - Tuesday, 02 July 2002 Group 3 - Breast 1 minute rest between sets

5:11 PM 5,500 Yards - Stress Value = 66

 $\{2 \times 100 \text{ on } 1:45 \text{ Individual Medley EN1} \}$

Workout #2002 - Monday, 01 July 2002 Group 3 - Backstroke 1 minute rest between sets

	3:30 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
800	8 x 100 on 1:45 Stroke Drills odds free evens back	REC	D	(
300	12 x 25 on :30 Berzerks	SP3	S	
900	$3x{1 \times 100}$ on 2:00 Kick no board	EN2	K	
	$\{1 \times 100 \text{ on } 1:45 \text{ Kick no board}$	EN2	K	
	{1 x 100 on 1:30 Kick	EN2	K	
1,000	20 x 50 on :40 Pulls	EN1	P	
2,200	$4x{1 \times 75}$ on 1:10 Backstroke	SP2	S	
	{1 x 75 on 1:05 Backstroke	EN1	S	
	{ 15m undr off each wl			
	{1 x 200 on 3:00 Individual Medley	EN1	S	
	{4 x 25 on :30 Backstroke	EN1	S	
	{1 x 100 on 1:30 Freestyle	REC	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	5:05 PM 5,500 Yards - Stress Value =	85		

Workout #2001 - Monday, 01 July	2002			
Group 3 - Silver/Bronze				
1 minute rest between sets				

	=======================================	===	===
Yards	Set Description	EGY	WOF
	6:00 AM Start		

	6:00 AM Start	
Meters	Set Description	EGY WOF
	=======================================	=== ===
900	9 x 100 on 2:00 Stroke Drills	REC
	1-3fr 4-6strk 7-9cho	
180	12 x 15 on :30 Shooters	SP3
1,200	4x{1 x 150 on 3:00 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 50 on 1:00 Kick	EN2
1,600	4 x 400 on 5:30 Pulls	EN1
600	6 x 100 on 1:35 Descend in sets of 3	EN1
800	$1x{1 \times 200 \text{ on } :00 \text{ Breaststr R. 5,10,15}}$	SP2
	{ seconds at each 50	
	{1 x 200 on 8:00 Freestyle	REC
	{1 x 100 on :00 Breaststroke	SP2
	{ R. 5 seconds at 50	
	{1 x 100 on 4:00 Freestyle	REC
	{1 x 100 on :00 Breaststroke	SP2
	{ R. 10 seconds at 50	
	$\{1 \times 100 \text{ on } 4:00 \text{ Freestyle}$	REC
300	1 x 300 on 5:00 Stroke Drills	REC
	7:47 AM 5,580 Meters - Stress Value = 1	03

6:00 AM Start

Workout #2006 - Tuesday, 02 July 2002 Group 3 - Fly 1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY	WOF
	=======================================	===	===
900	9 x 100 on 2:00 Stroke Drills	REC	
	1-3fr 4-6strk 7-9cho		
180	12 x 15 on :30 Shooters	SP3	
	4x{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
1,600	4 x 400 on 5:30 Pulls	EN1	
600	6×100 on 1:35 Descend in sets of 3	EN1	
	$1x{1 \times 200 \text{ on } :00 \text{ Butterfly R. 5,10,15}}$	SP2	
	{ seconds at each 50		
	{1 x 200 on 8:00 Freestyle	REC	
	$\{1 \times 100 \text{ on } : 00 \text{ Butterfly} \}$	SP2	
	{ R. 5 seconds at 50		
	$\{1 \times 100 \text{ on } 4:00 \text{ Freestyle}$	REC	
	$\{1 \times 100 \text{ on } : 00 \text{ Butterfly} \}$	SP2	
	{ R. 10 seconds at 50		
	$\{1 \times 100 \text{ on } 4:00 \text{ Freestyle}$	REC	
300	1 x 300 on 5:00 Stroke Drills	REC	
	7:47 AM 5,580 Meters - Stress Value = 10)3	

Workout #2008 - Tuesday, 02 July 2002 Group 3 - Backstroke 1 minute rest between sets

	0.00 imi beare		
Meters	Set Description	EGY	WOI
=====	=======================================	===	===
900	9 x 100 on 2:00 Stroke Drills	REC	
	1-3fr 4-6strk 7-9cho		
180	12 x 15 on :30 Shooters	SP3	
1,200	4x{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
1,600	4 x 400 on 5:30 Pulls	EN1	
600	6×100 on 1:35 Descend in sets of 3	EN1	
800	$1x{1 x 200 on :00 Backstrok R. 5,10,15}$	SP2	
	{ seconds at each 50		
	{1 x 200 on 8:00 Freestyle	REC	
	{1 x 100 on :00 Backstroke	SP2	
	{ R. 5 seconds at 50		
	{1 x 100 on 4:00 Freestyle	REC	
	{1 x 100 on :00 Backstroke	SP2	
	{ R. 10 seconds at 50		
	{1 x 100 on 4:00 Freestyle	REC	
300	1 x 300 on 5:00 Stroke Drills	REC	
	7:47 AM 5,580 Meters - Stress Value = 10)3	

Workout #2010 - Tuesday, 02 July 2002 Group 3 - IM/Stroke 1 minute rest between sets

Yards	3:30 PM Start Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
800	1 x 800 on 14:00 Stroke Drills	REC	D	CF
300	12 x 25 on :30 Berzerks	SP3	S	SI
700	1x{1 x 100 on 2:00 Kick	EN2	K	CF
	{1 x 100 on 1:55 Kick	EN2	K	CF
	{1 x 100 on 1:50 Kick	EN2	K	CF
	{1 x 100 on 1:45 Kick	EN2	K	CF
	{1 x 100 on 1:50 Kick	EN2	K	CF
	{1 x 100 on 1:55 Kick	EN2	K	CF
	{1 x 100 on 2:00 Kick	EN2	K	CF
600	12 x 50 on :45 Pulls-nbbf&w	EN1	P	E
2,400	$2x{2 \times 50 \text{ on } 1:05 \text{ Your Stroke}}$	EN1	S	SI
	$\{1 \times 200 \text{ on } 3:30 \text{ Reverse IM drill} \}$	REC	D	1

	{ 2	x 50 on 1:00 Your Stroke EN1	S S	Ι
	{ 1	x 200 on 3:30 Reverse IM drill REC	D	Ι
	{ 2	x 50 on :55 Your Stroke EN1	SS	Ι
	{ 1	x 200 on 3:30 Reverse IM drill REC	D	Ι
	{ 2	x 50 on :50 Your Stroke EN1	SS	Ι
	{ 1	x 200 on 3:30 Reverse IM drill REC	D	I
250	1	x 250 on 4:00 Stroke Drills REC	D	C
	1	on 15:00 Techniques-Strt/trns	D	
	5:21	PM 5,050 Yards - Stress Value = 40		

Workout #2009 - Tuesday, 02 July 2002 Group 3 - Silver/Bronze 1 minute rest between sets

	6:00 AM Start			
Meters	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
800	1 x 800 on 16:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
	3x{1 x 100 on 2:20 Kick	EN2	K	C
	{1 x 100 on 2:20 Kick 100%	EN2	K	C
	{1 x 100 on 2:10 Kick	EN2	K	C
	{1 x 100 on 2:10 Kick 100%	EN2	K	C
	1x{2 x 200 on 3:30 Pulls	EN1	P	
	{2 x 200 on 3:25 Pulls	EN1	P	
	{1 x 200 on 3:20 Pulls	EN1	P	
400	4 x 100 on 1:45 Freestyle-descend	EN1	S	
	$1x{4 \times 100}$ on 1:55 Backstroke	EN1	S	
	{3 x 50 on 1:00 Backstroke-descend	EN2	S	
	{4 x 100 on 1:50 Backstroke	EN1	S	
	{3 x 50 on 1:00 Backstroke-descend	EN2	S	
	{4 x 100 on 1:45 Backstroke	EN2	S	
	{3 x 50 on 1:00 Backstroke-descend	EN2	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	7:56 AM 5,530 Meters - Stress Value	= 76		

Workout #2011 - Tuesday, 02 July 2002 Group 3 - Silver/Bronze 1 minute rest between sets

Yards	3:30 PM Start Set Description	EGY	WORK	STK	
	=======================================	===	====	===	=
800	1 x 800 on 15:00 Choice	REC	S	CHO	
180	12 x 15 on :30 Shooters	SP3	S	BK	
	3x{1 x 100 on 2:15 Kick	EN2	K	CHO	
	{1 x 100 on 2:05 Kick	EN2	K	CHO	
	{1 x 100 on 1:55 Kick	EN2	K	CHO	
600	12 x 50 on :45 Pulls-nbbf&w	EN1	P	FR	
300	12 x 25 on :30 IM order-build	EN1	S	IM	
	$3x{1 \times 100}$ on 2:00 Stroke Drills	REC	D	FLY	
	{4 x 25 on :30 Butterfly	EN1	S	FLY	
	{1 x 100 on 2:00 Stroke Drills	REC	D	BK	
	{4 x 25 on :30 Backstroke	EN1	S	BK	
	{1 x 100 on 2:00 Stroke Drills	REC	D	BR	
	{4 x 25 on :30 Breaststroke	EN1	S	BR	
	{1 x 100 on 2:00 Stroke Drills	REC	D	FR	
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN1	S	FR	
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	
	5:25 PM 5,480 Yards - Stress Valu	ie =	46		

6:00 AM Start

Meters

=====

Workout #2012 - Wednesday, 03 July 2002 Group 3 - Breast 1 minute rest between sets

	{2 x 100 on 1:40 Butterfly	EN1
	{ evens drill	
400	8 x 50 on 1:10 Stroke Drills	REC
	7:43 AM 4,980 Meters - Stress Value = 65	

Workout #2017 - Wednesday, 03 July 2002 Group 3 - Fly

1 minute rest between sets

	0.00	An Start	-		
Meters	Se	et Descri	otion	EGY	WOF
=====	==	=======		===	===
800	1	x 800 on	15:00 200 fr 200 brst X 2	REC	
180	12	2 x 15 on	:30 Shooters	SP3	
900	3x{2	x 100 on	2:15 Kick	EN2	
	{ 2	x 50 on 3	l:15 Kick no board	EN2	Y
900	1x{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	
800	2x{1	x 150 on	2:15 Freestyle 2 beat kck	EN1	
	{ 1	x 150 on	2:15 Freestyle 4 beat kck	EN1	1
	{ 1	x 100 on	1:30 Freestyle 6 beat kck	EN1	
1,200	1x{1	x 300 on	5:45 Breaststroke	EN1	
	{ 1	x 200 on	3:40 Breaststroke	EN1	
	{ 1	x 100 on	1:55 Breaststroke	EN1	
	{ 1	x 100 on	1:50 Breaststroke	EN1	
	{ 1	x 200 on	3:30 Breaststroke	EN2	
	{ 1	x 300 on	5:30 Breaststroke	EN2	
300	1	x 300 on	5:00 Stroke Drills	REC	
	7:42	AM 5,080	Meters - Stress Value = 63		

Workout #2019 - Wednesday, 03 July 2002 **Group 3 - Breast** 1 minute rest between sets

3:30 PM Start

Yards	Se	et Description	EGY	WORK
800		x 100 on 1:30 Stroke Drills	REC	 D
300	12	2 x 25 on :30 Berzerks	SP3	S
1,200	12	2 x 100 on 1:45 Kick	EN2	K
1,200	1x{2	x 200 on 2:45 Pulls	EN1	P
	{ 2	x 200 on 2:40 Pulls	EN1	P
	{ 2	x 200 on 2:35 Pulls	EN2	P
450	9	x 50 on :45 Descend in sets of 3	EN1	S
1,200	1x{1	x 150 on 2:30 Breaststroke	EN2	S
	{ 3	x 50 on :45 Freestyle	EN1	S
	{ 1	x 150 on 2:25 Breaststroke	EN2	S
	{ 3	x 50 on :45 Freestyle	EN1	S
	{ 1	x 150 on 2:20 Breaststroke	EN2	S
	{ 3	x 50 on :45 Freestyle	EN1	S
	{ 1	x 150 on 2:15 Breaststroke	EN2	S
	{ 3	x 50 on :45 Freestyle	EN1	S
400	8	x 50 on 1:00 Stroke Drills	REC	D
	5:05	PM 5,550 Yards - Stress Value = 7	76	

Workout #2014 - Wednesday, 03 July 2002 Group 3 - Fly 1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY	WC
=====		===	==
800	1 x 800 on 15:00 200 fr 200 fly drlX2	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{2 x 100 on 2:15 Kick	EN2	
	{2 x 50 on 1:15 Kick no board	EN2	
	1x{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	EN2	
	{ odds br 5-7 evns 6-8		
	$1x{1 x 150 on 2:15 Freestyle 2 beat kck}$	EN1	
	{1 x 150 on 2:15 Freestyle 4 beat kck	EN1	
	{1 x 100 on 1:30 Freestyle 6 beat kck	EN1	
	1x{2 x 250 on 4:30 Butterfly	EN1	
	{2 x 200 on 3:30 Butterfly	EN1	
	{2 x 150 on 2:35 Butterfly	EN2	

	3:30 PM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
800	8 x 100 on 1:30 Stroke Drills	REC	D
	odds free evens strk		
300	12 x 25 on :30 Berzerks	SP3	S
1,200	12 x 100 on 1:45 Kick	EN2	K
	1x{2 x 200 on 2:45 Pulls	EN1	P
	{2 x 200 on 2:40 Pulls	EN1	P
	{2 x 200 on 2:35 Pulls	EN2	P
450	9×50 on :45 Descend in sets of 3	EN1	S
	$1x\{2 \times 25 \text{ on } : 30 \text{ Butterfly}$	EN1	S
	$\{1 \times 150 \text{ on } 1:50 \text{ Freestyle}$	EN2	S
	$\{2 \times 50 \text{ on } :55 \text{ Butterfly} \}$	EN1	S
	$\{1 \times 150 \text{ on } 1:55 \text{ Freestyle} \}$	EN2	S
	$\{2 \times 75 \text{ on } 1:15 \text{ Butterfly} \}$	EN1	S
	$\{1 \times 150 \text{ on } 2:00 \text{ Freestyle}$	EN1	S
	{2 x 100 on 1:35 Butterfly	EN1	S
	$\{1 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$	EN1	S
	{2 x 125 on 1:55 Butterfly	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	5:02 PM 5,500 Yards - Stress Value = '	76	

Workout #2015 - Wednesday, 03 July 2002 Group 3 - Backstroke 1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
800	1 x 800 on 15:00 200 fr 200 back X 2	REC	
180	12 x 15 on :30 Shooters	SP3	
900	3x{2 x 100 on 2:15 Kick	EN2	
	$\{2 \times 50 \text{ on } 1:15 \text{ Kick no brd on side} \}$	EN2	
900	$1x{3 x 100 on 1:35 Lungbuster pulls}$	EN1	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	
	{ odds br 5-7 evns 6-8		
400	$1x{1 x 150 on 2:15 Freestyle 2 beat kck}$	EN1	
	$\{1 \times 150 \text{ on } 2:15 \text{ Freestyle 4 beat kck}\}$	EN1	
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle 6 beat kck}\}$	EN1	
600	$3x{1 \times 50}$ on 1:00 Back 5m under water	EN1	
	{1 x 50 on 1:00 Back 10m under water	EN1	
	$\{1 \times 50 \text{ on } 1:00 \text{ Back } 15\text{m under water}$	EN1	
	{1 x 50 on 1:00 Back 20m under water	EN1	
900	$1x{3 x 150 on 2:45 Backstroke}$	EN1	
	{3 x 100 on 1:50 Backstroke	EN1	
	{3 x 50 on :50 Backstroke-descend	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	7:43 AM 4,980 Meters - Stress Value = 60)	

EN1

EN1

EN1

EN1

EN2

EN2

REC

Workout #2018 - Wednesday, 03 July 2002 Group 3 - Backstroke 1 minute rest between sets

Workout #2020 - Wednesday, 03 July 2002 Group 3 - Silver/Bronze 1 minute rest between sets

Yards	3:30 PM Start Set Description		WORK	Yards	3:30 PM Start S Set Description EGY WORK S	TK
800	8 x 100 on 1:30 Stroke Drills	REC		800	8 x 100 on 1:45 Stroke Drills REC D C	НО
	odds free evens strk				odds free evens strk	
300	12 x 25 on :30 Berzerks	SP3	S	300		BR
1,200	12 x 100 on 1:55 Kick	EN2	K		$2x{3 \times 50 \text{ on } 1:00 \text{ Kick-descend}}$ EN2 S C	
1,200	1x{2 x 200 on 2:45 Pulls	EN2	P		{1 x 100 on 2:00 Kick EN2 K C	
	{2 x 200 on 2:40 Pulls	EN2	P		{1 x 100 on 1:55 Kick EN2 K C	
	{2 x 200 on 2:35 Pulls	EN2	P		$\{1 \times 100 \text{ on } 1\text{:}50 \text{ Kick} $ EN2 K C	HO
450	9×50 on :45 Descend in sets of 3	EN1	S		$1x\{4 \times 25 \text{ on } :30 \text{ Pulls-nbbf&w} \text{ EN1} $ P	FR
1,350	$1x{1 x 450 on 6:45 IM w/ 150 back}$	EN1	S		$\{5 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} \text{ EN1} \text{ P}$	FR
	$\{1 \times 350 \text{ on } 5:15 \text{ IM w/ } 125 \text{ back} $	EN1	S		$\{6 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} \text{ EN1} $ P	FR
	$\{1 \times 250 \text{ on } 3:45 \text{ IM w}/ 100 \text{ back} \}$	EN1	S		{7 x 100 on 1:25 Pulls-nbbf&w EN1 P	FR
	{2 x 150 on 2:15 IM w 75 back	EN1	S		$1x{4 \times 75}$ on 1:20 Backstroke EN1 S	BK
250	1 x 250 on 4:00 Stroke Drills	REC	D		{1 x 200 on 3:00 Stroke Drills REC D	FR
	5:05 PM 5,550 Yards - Stress Value = '	77			$\{4 \times 75 \text{ on } 1:15 \text{ Backstroke} \text{EN1} \text{S}$	BK
					{1 x 200 on 3:00 Stroke Drills REC D	FR
	Workout #2013 - Wednesday, 03 July 2002				$\{4 \times 75 \text{ on } 1:10 \text{ Backstroke} \text{EN1} \text{S}$	BK
	• • • •			500	20 x 25 on :30 IM order EN1 S	IM
	Group 3 - Silver/Bronze			200	1 x 200 on 3:00 Stroke Drills REC D	CD
	1 minute rest between sets				5:11 PM 5,500 Yards - Stress Value = 58	
Meters	6:00 AM Start Set Description	ΕŒ	GY WOF		Workout #2023 - Thursday, 04 July 2002	
=====	=======================================	== ==	== ===		Group 3 - Breast	
	1 on 10:00 Stretching				1 minute rest between sets	
800	1 x 800 on 15:00 Swim-kick-pull-sw	im RI	ΞC			
100	10 15 20 01	~ 1			6 00 774 01	

Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 10:00 Stretching		
	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 200 on 4:45 Kick	EN2	
	{2 x 150 on 3:30 Kick	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	1x{1 x 400 on 6:40 Pulls	EN1	
	{1 x 300 on 5:00 Pulls	EN1	
	{1 x 200 on 3:20 Pulls	EN1	
	{1 x 100 on 1:40 Pulls	EN1	
	1x{1 x 200 on 4:00 Individual Medley	EN1	
	$\{4 \times 50 \text{ on } :55 \text{ Freestyle 6bk} \}$	EN1	
	$1x{4 x 50 on 1:00 Butterfly}$	EN1	
	{1 on 1:00 Rest		
	{5 x 50 on 1:00 Butterfly	EN1	
	{1 on 1:00 Rest		
	{6 x 50 on 1:00 Butterfly	EN1	
	{1 on 1:00 Rest		
	${7 \times 50 \text{ on } 1:00 \text{ Butterfly}}$	EN1	
400	4 x 100 on 1:45 Freestyle-descend to	EN1	
	ludicrous speed!!!!!		
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:00 AM 4,980 Meters - Stress Value = 5	7	

6:00 AM Start Set Description Meters ====== 1 on 10:00 Stretch 1 x 800 on 15:00 Swim-kick-pull-swim REC 800 12 x 15 on :30 Shooters 180 1,000 2x{1 x 200 on 4:30 Kick EN2 $\{1 \times 150 \text{ on } 3:20 \text{ Kick} \}$ EN2 {1 x 100 on 2:10 Kick EN2 {1 x 50 on 1:00 Kick $1,200 \ 2x{1} \ x \ 250 \ on \ 3:45 \ Pulls$ EN1 {2 x 100 on 1:30 Pulls EN1

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

1,700 $1x{2 x 200 on 3:30 Breaststroke}$

 $400 \ 1x\{1 \ x \ 200 \ on \ 3:45 \ Individual \ Medley$

{4 x 50 on :50 Freestyle-6bk

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

1 x 200 on 4:00 Stroke Drills

 $\{5 \times 100 \text{ on } 1:30 50 \text{ free } 50 \text{ breast} \}$

7:58 AM 5,480 Meters - Stress Value = 75

 $\{8 \times 50 \text{ on } : 50 \text{ Breaststroke} \}$

Workout #2016 - Wednesday, 03 July 2002 Group 3 - Silver/Bronze 1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY	WC
	=======================================	===	==
700	1 x 700 on 15:00 400 free dr 300 strk	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{2 x 50 on 1:10 Kick	EN2	
	{1 x 100 on 2:30 Kick	EN2	
	1x{4 x 200 on 3:30 Pulls	EN1	
	{3 x 200 on 3:15 Pulls	EN1	
400	4 x 100 on 1:45 Freestyle-descend	EN1	
	4x{2 x 150 on 2:50 Backstroke	EN1	
	{3 x 50 on 1:10 Backstroke-descend	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	8:00 AM 5,580 Meters - Stress Value = 66		

Workout #2021 - Thursday, 04 July 2002 Group 3 - Fly

			_	
- 1	minute	rest	between	sets

	6:00 AM Start		
Meters	Set Description	EGY	WOF
		===	===
	1 on 10:00 Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 200 on 4:30 Kick	EN2	
	{1 x 150 on 3:20 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	2x{1 x 250 on 3:45 Pulls	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
	{3 x 50 on :45 Pulls	EN1	
	1x{1 x 200 on 3:45 Individual Medley	EN1	
	$\{4 \times 50 \text{ on } : 50 \text{ Freestyle-6bk} \}$	EN1	
	$2x\{8 \times 50 \text{ on } 1:00 \text{ Butterfly w/ fins}$	EN1	
	{1 on 1:00 Rest		
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
300	1 x 300 on 5:00 Stroke Drills	REC	
	8:01 AM 5,480 Meters - Stress Value = 68	3	

Workout #2022 - Thursday, 04 July 2002 Group 3 - Backstroke 1 minute rest between sets

	6:00 AM	Start		
Meters	Set :	Description	EGY	WOF
	====		===	===
	1 on	10:00 Stretch		
800	1 x	800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x	15 on :30 Shooters	SP3	
1,000	2x{1 x :	200 on 4:30 Kick	EN2	
	{1 x	150 on 3:20 Kick	EN2	
	{1 x	100 on 2:10 Kick	EN2	
	{1 x	50 on 1:00 Kick	EN2	
1,200	2x{1 x :	250 on 3:45 Pulls	EN1	
	{2 x	100 on 1:30 Pulls	EN1	
	{3 x	50 on :45 Pulls	EN1	
800	2x{1 x	200 on 3:45 Individual Medley	EN1	
	{4 x	50 on :50 Freestyle-6bk	EN1	
1,300	1x{8 x	50 on 1:00 Backstroke	EN1	
	{7 x	50 on :55 Backstroke	EN1	
	{6 x	50 on :50 Backstroke	EN2	
	{5 x	50 on :45 Backstroke	EN2	
200	1 x :	200 on 4:00 Stroke Drills	REC	
	8:00 AM	5,480 Meters - Stress Value = 72	2	

Workout #2025 - Friday, 05 July 2002 Group 3 - IM/Stroke 1 minute rest between sets

	6:00 AM Start	
Meters	Set Description	EGY WOF
=====	=======================================	== ====
800	1 x 800 on 15:00 Choice	REC
180	12 x 15 on :30 Shooters	SP3
1,200	4x{1 x 150 on 3:15 Kick	EN2
	{1 x 100 on 2:10 Kick	EN2
	{1 x 50 on 1:05 Kick	EN2
	{ 2nd & 4th rd no brd	
1,600	$1x{1 x 400 on 6:15 Pulls}$	EN1
	{1 x 300 on 4:40 Pulls	EN1
	{1 x 200 on 3:05 Pulls	EN1
	{1 x 100 on 1:30 Pulls	EN1
	$\{12 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}\}$	EN1

600	6	Х	100	on	1:40	Descend in sets of 3 EN1	
300	1x{1	Х	200	on	8:00	IM or stroke SP2	
	{ 1	Х	100	on	6:00	Free or stroke SP2	
400	4	Х	100	on	2:00	Stroke Drills REC	
	7:53	ΑN	15,0	080	Meter	rs - Stress Value = 91	

Workout #2027 - Friday, 05 July 2002 Group 3 - IM/Stroke 1 minute rest between sets

	3:30 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
800	4 x 200 on 4:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1 on 15:00 Techniques-starts		
900	1x{4 x 75 on 1:40 Kick	EN1	
	{4 x 75 on 1:35 Kick	EN1	
	{4 x 75 on 1:30 Kick	EN1	
750	$1x{2 x 125 on 2:00 Pulls no br L. 5 yds}$	EN1	
	{2 x 125 on 1:55 Pulls no br L.10 yds	EN1	
	{2 x 125 on 1:50 Pulls no br L.15 yds	EN1	
1,350	$1x{1 x 150 on 2:15 Freestyle}$	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC	
	{1 x 150 on 2:15 Freestyle	EN1	
	$\{4 \times 75 \text{ on } 1:20 \text{ Stroke Drills}$	REC	
	$\{1 \times 150 \text{ on } 2:15 \text{ Freestyle}$	EN1	
	$\{4 \times 100 \text{ on } 1:45 \text{ Stroke Drills}$	REC	
	5:06 PM 4,100 Yards - Stress Value = 33		

Workout #2024 - Friday, 05 July 2002 Group 3 - Silver/Bronze 1 minute rest between sets

Meters	6:00 AM Start Set Description	EGY	MOE
=====		===	===
	1 x 700 on 15:00 Stroke Drills	REC	
180		SP3	
1,000	10 x 100 on 2:20 Kick-odds fast	EN2	
	$1x{1 x 400 on 7:00 Pulls}$	EN1	
	{1 x 300 on 5:15 Pulls	EN1	
	{1 x 200 on 3:30 Pulls	EN1	
	{1 x 100 on 1:45 Pulls	EN1	
	$\{8 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN1	
900	9 x 100 on 1:45 Descend in sets of 3	EN1	
	1x{1 x 200 on 8:00 Choice	SP2	
	{1 x 100 on 6:00 Choice	SP2	
400	4 x 100 on 2:00 Stroke Drills	REC	
	7:55 AM 4,880 Meters - Stress Value = 8	7	

Workout #2026 - Friday, 05 July 2002 Group 3 - Silver/Bronze 1 minute rest between sets

	3:30 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
800	4 x 200 on 4:00 Swim-kick-pull-swim	REC	٤
300	12 x 25 on :30 Berzerks	SP3	٤
	1x{5 x 50 on 1:00 Kick	EN2	F
	{4 x 75 on 1:30 Kick	EN2	F
	{3 x 100 on 2:00 Kick	EN2	F
	{2 x 125 on 2:30 Kick	EN2	F
	1x{2 x 150 on 2:20 Pulls	EN1	E
	{2 x 150 on 2:15 Pulls	EN1	E
	{2 x 150 on 2:10 Pulls	EN1	E
400	4 x 100 on 1:30 Freestyle	EN1	٤
	1x{3 x 100 on 1:50 Individual Medley	EN1	٤
	{2 x 100 on 1:45 Individual Medley	EN1	٤
	{1 x 100 on 1:40 Individual Medley	EN1	٤
	{12 x 25 on :30 IM order	EN1	٤
200	1 x 200 on 5:00 Stroke Drills	REC	Ι
	1 on 10:00 Techniques-starts		Γ
	5:12 PM 4,600 Yards - Stress Value = 56	;	

Workout #2031 - Saturday, 06 July 2002 Group 3 - Breast 1 minute rest between sets

6:30 AM Start									
Meters	Se	et Description	EGY	WORK	٤				
=====	==		===	====	=				
600	1	x 600 on 12:00 Reverse IM drill	REC	D					
180	12	2 x 15 on :30 Shooters	SP3	S	٤				
600	1x{2	x 100 on 2:15 Kick	EN2	K	(
	{ 2	x 100 on 2:05 Kick	EN2	K	\subset				
	{ 2	x 100 on 1:55 Kick	EN2	K	(
600	1x{1	x 150 on 2:15 Pulls	EN1	P					
	{ 1	x 150 on 2:10 Pulls	EN1	P					
	{ 1	x 150 on 2:05 Pulls	EN1	P					
	{ 1	x 150 on 2:00 Pulls	EN2	P					
300	1x{1	x 150 on 2:40 IM w/out the free	EN1	S					
	{ 3	x 50 on :45 Freestyle- 6bk	EN1	S					
2,600	1x{2	x 250 on 4:30 Breaststroke	EN1	S					
	{ 1	x 200 on 3:30 Reverse IM	EN1	S					
	{ 2	x 250 on 4:20 Breaststroke	EN1	S					
	{ 1	x 200 on 3:30 Reverse IM	EN1	S					
	{ 2	x 200 on 3:25 Breaststroke	EN2	S					
	{ 1	x 200 on 3:30 Reverse IM	EN1	S					
	{ 2	x 200 on 3:20 Breaststroke	EN2	S					
	{ 1	x 200 on 3:30 Reverse IM	EN1	S					
200	1	x 200 on 4:00 Stroke Drills	REC	D					
	8:11	AM 5,080 Meters - Stress Value =	71						

Workout #2029 - Saturday, 06 July 2002 Group 3 - Fly 1 minute rest between sets

	6:30	Αl	4 St	tart	t						
Meters	Se	et	Desc	crip	ption				EGY	WORK	ξ
=====	==	-=-						=====	===	====	=
600	1	Х	600	on	12:00) Reverse	IM	drill	REC	D	
180	12	2 2	k 15	on	:30 \$	Shooters			SP3	S	Ę
	1x{2	Х	100	on	2:15	Kick			EN2	K	(
	{ 2	Х	100	on	2:05	Kick			EN2	K	(
	{ 2	Х	100	on	1:55	Kick			EN2	K	(
	1x{1	Х	150	on	2:15	Pulls			EN1	P	
	{ 1	Х	150	on	2:10	Pulls			EN1	P	
	{ 1	Х	150	on	2:05	Pulls			EN1	P	
	{ 1	Х	150	on	2:00	Pulls			EN2	P	
	1x{1	Х	150	on	2:40	IM w/out	the	free	EN1	S	
	{ 3	Х	50 0	on :	:45 F:	reestyle-	6bk	:	EN1	S	
	1x{4	Х	100	on	1:50	Butterfly	Į.		EN1	S	E

	{ 1	Х	200	on	3:30	Reverse IM	EN1	S
	{ 4	Х	100	on	1:45	Butterfly	EN1	S F
	{ 1	Х	200	on	3:30	Reverse IM	EN1	S
	{ 4	Х	100	on	1:40	Butterfly	EN1	S E
	{ 1	Х	200	on	3:30	Reverse IM	EN1	S
	{ 4	Х	100	on	1:35	Butterfly	EN1	S E
	{ 1	Х	200	on	3:30	Reverse IM	EN1	S
300	1	Х	300	on	5:00	Stroke Drills	REC	D
	8:08	ΑN	1 4.º	980	Meter	rs - Stress Value	= 57	

Workout #2030 - Saturday, 06 July 2002 Group 3 - Backstroke 1 minute rest between sets

	6:30	AM St	cart	t					
Meters	Se	et Desc	crip	otion			EGY	WORK	S
	==		-==				===	====	=
600	1	x 600	on	12:00	Reverse	IM drill	REC	D	
180	12	2 x 15	on	:30 8	Shooters		SP3	S	S
600	1x{2	x 100	on	2:15	Kick		EN2	K	C
	{2	x 100	on	2:05	Kick		EN2	K	C
	{2	x 100	on	1:55	Kick		EN2	K	C
600	1x{1	x 150	on	2:15	Pulls		EN1	P	
	{ 1	x 150	on	2:10	Pulls		EN1	P	
	{ 1	x 150	on	2:05	Pulls		EN1	P	
	{1	x 150	on	2:00	Pulls		EN2	P	
300	1x{1	x 150	on	2:40	IM w/out	the free	EN1	S	
	{ 3	x 50 d	on :	:45 Fı	reestyle-	6bk	EN1	S	
2,500	1x{4	x 100	on	1:45	Backstrok	e	EN1	S	
	{ 1	x 200	on	3:30	Reverse I	M	EN1	S	
	{ 3	x 200	on	3:20	Backstrok	e	EN1	S	
	{1	x 200	on	3:30	Reverse I	M	EN1	S	
	{ 1	x 300	on	4:45	Backstrok	e	EN2	S	
	{1	x 200	on	3:30	Reverse I	M	EN1	S	
	{1	x 400	on	6:00	Backstrok	e	EN2	S	
	{1	x 200	on	3:30	Reverse I	M	EN1	S	
200	1	x 200	on	3:00	Stroke Dr	cills	REC	D	
					s - Stres				

Workout #2028 - Saturday, 06 July 2002 Group 3 - Silver/Bronze 1 minute rest between sets

	6:00	AM Start			
Meters	Se	et Description	EGY	WORK	S
=====	==		===	====	=
600	1	x 600 on 12:00 Reverse IM drill	REC	D	
180	12	2 x 15 on :30 Shooters	SP3	S	
	1x{2	x 200 on 4:40 Kick	EN2	K	C
	{ 2	x 150 on 3:30 Kick	EN2	K	C
	{ 2	x 100 on 2:20 Kick	EN2	K	C
	{ 2	x 50 on 1:10 Kick	EN2	K	C
	1x{2	x 200 on 3:30 Pulls	EN1	P	
	{ 2	x 200 on 3:25 Pulls	EN1	P	
	{ 2	x 200 on 3:20 Pulls	EN1	P	
300	6	x 50 on :55 Freestyle 6bk	EN1	S	
	3x{1	x 150 on 2:30 Freestyle	EN2	S	
	{ 1	x 150 on 2:25 Freestyle	EN2	S	
	{ 1	x 150 on 2:20 Freestyle	EN2	S	
	{ 1	x 150 on 2:15 Freestyle	EN2	S	
	{ 1	x 100 on 2:30 Freestyle	REC	S	
400	8	x 50 on 1:00 Stroke Drills	REC	D	
	7:59	AM 5,780 Meters - Stress Value =	85		

Workout #2033 - Monday, 08 July 2002 Group 3 - Distance 1 minute rest between sets

	{ 1	Х	400	on	5:30	Freestyle	EN2	S
	{ 1	Х	400	on	5:20	Freestyle	EN2	S
200	1	Х	200	on	4:00	Stroke Drills	REC	D
	7 • 47	ΔN	v 5. (าลก	Meter	rs - Stress Value =	83	

	6:00 AM Start		
Meters	Set Description	EGY	WORK
=====		===	====
	1 on 15:00 Stretching		L
600	6 x 100 on 2:00 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S
600	1x{1 x 300 on 6:00 Kick	EN2	K
	{1 x 300 on 5:45 Kick	EN2	K
600	1x{1 x 300 on 4:30 Pulls	EN1	P
	{1 x 100 on 1:30 Pulls	EN1	P
	{1 x 100 on 1:25 Pulls	EN1	P
	{1 x 100 on 1:20 Pulls	EN1	P
200	1 x 200 on 3:00 1st 50 2bk 2nd 4bk	EN1	S
	3rd 50 6bk 4th 2bk		
3,200	1x{1 x 800 on 12:00 Freestvle	EN2	S

EN2

EN2

EN2

REC

S

S

S

Workout #2036 - Monday, 08 July 2002 Group 3 - Middle Distance 1 minute rest between sets

Yards	3:30 PM Start Set Description	EGY	WC
=====	1 on 15:00 Stretching		==
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
	12 x 25 on :30 Berzerks	SP3	
500	1 x 500 on 10:00 Kick every 3rd 25fst	EN2	
	3x{1 x 200 on 3:00 Pulls	EN1	
	{3 x 50 on 1:00 Pulls no breath	EN2	
300	6 x 50 on :45 Freestyle	EN1	
	$1x{4 x 125 on 1:50 Freestyle}$	EN1	
	{ last 25 100%		
	$\{4 \times 125 \text{ on } 1:45 \text{ Freestyle}$	EN1	
	{ 4th 25 100%		
	$\{4 \times 125 \text{ on } 1:40 \text{ Freestyle}$	EN2	
	{ 3rd 25 100%		
	{4 x 125 on 1:35 Freestyle	EN2	
	{ 2nd 25 100%		
250	1 x 250 on 5:00 Stroke Drills	REC	
	5:14 PM 5,000 Yards - Stress Value = 70		

Workout #2037 - Monday, 08 July 2002 Group 3 - Distance 1 minute rest between sets

7:52 AM 5,580 Meters - Stress Value = 102

{1 x 800 on 11:30 Freestyle

{1 x 800 on 11:00 Freestyle

{1 x 800 on 10:30 Freestyle

3:30 PM Start

200

1 x 200 on 4:00 Stroke Drills

Workout #2035 - Monday, 08 July 2002 Group 3 - Silver/Bronze 1 minute rest between sets

Yards	Set Description	EGY	WC
	=======================================	===	==
	1 on 15:00 Stretching		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
500	1 x 500 on 10:00 Kick every 3rd 25fst	EN2	
1,050	3x{1 x 200 on 3:00 Pulls	EN1	
	${3 \times 50 \text{ on } 1:00 \text{ Pulls no breath}}$	EN2	
300	6 x 50 on :45 Freestyle	EN1	
2,500	$1x{4 x 125 on 1:50 Freestyle}$	EN1	
	{ last 25 100%		
	$\{4 \times 125 \text{ on } 1:45 \text{ Freestyle}$	EN1	
	{ 4th 25 100%		
	$\{4 \times 125 \text{ on } 1:40 \text{ Freestyle}$	EN2	
	{ 3rd 25 100%		
	{4 x 125 on 1:35 Freestyle	EN2	
	{ 2nd 25 100%		
	{4 x 125 on 1:30 Freestyle	EN2	
	{ 1st 25 100%		
250	1 x 250 on 5:00 Stroke Drills	REC	
	5:20 PM 5,500 Yards - Stress Value = 80		

	3:30 PM Start		
Yards	Set Description	EGY	WOF
=====		===	===
	1 on 15:00 Stretching		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Shooters	SP3	
	1x{4 x 50 on 1:00 Kick	EN2	
	{4 x 75 on 1:30 Kick	EN2	
	{4 x 100 on 2:00 Kick	EN2	
	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	
	{2 x 125 on 1:45 Pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	2x{1 x 200 on 3:30 Backstroke	EN1	
	{1 x 200 on 3:30 Back break at 50	EN1	
	{1 x 200 on 3:30 Back break at 100	EN1	
	{1 x 200 on 3:30 Back break at 150	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	

5:18 PM 4,900 Yards - Stress Value = 57

Workout #2032 - Monday, 08 July 2002 Group 3 - Middle Distance 1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY V	VORK
=====	=======================================	=== =	-===
	1 on 15:00 Stretching		L
600	6 x 100 on 2:00 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	1x{1 x 300 on 6:00 Kick	EN2	K
	{1 x 300 on 5:45 Kick	EN2	K
	2x{1 x 300 on 4:30 Pulls	EN1	P
	{1 x 100 on 1:30 Pulls	EN1	P
	{1 x 100 on 1:25 Pulls	EN1	P
	{1 x 100 on 1:20 Pulls	EN1	P
300	2 x 150 on 2:15 1st 50 2bk 2nd 4bk	EN1	S
	3rd 50 6bk		
	1x{1 x 400 on 6:00 Freestyle	EN2	S
	$\{1 \times 400 \text{ on } 5:50 \text{ Freestyle} \}$	EN2	S
	$\{1 \times 400 \text{ on } 5:40 \text{ Freestyle} \}$	EN2	S

SP2

REC

Workout #2034 - Monday, 08 July 2002

Workout #2034 - Monday, 08 July 2002				{1	Х	150	on	2:35	100	fr	drill	50	back	EN1
Group 3 - Sprint				{ 1	Х	150	on	2:35	100	fr	drill	50	brst	EN1
1 minute rest between sets				{ 1	Х	150	on	2:35	100	fr	drill	50	free	EN1
1 influte Test between sets			200	1	Х	200	on	4:00	Str	ke	Drills	3		REC
6:00 AM Start				5:23	PN	1 4,9	980	Mete	rs -	Sti	cess Va	alue	= 4	8
Set Description		IORK			,	Work	out#	2040 - 1	Fuesda	ıv. 0	9 July 20	002		

Meters

Meters	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 15:00 Stretching		L
600	6 x 100 on 2:00 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	1 on 10:00 Techniques-starts		D
1,200	2x{3 x 50 on 1:15 Kick	EN2	K
	{3 x 50 on 1:10 Kick	EN2	K
	{3 x 50 on 1:05 Kick	EN2	K
	{3 x 50 on 1:00 Kick	EN2	K
800	8 x 100 on 1:45 Lungbuster pulls	EN1	P
300	2 x 150 on 2:15 1st 50 2bk 2nd 4bk	EN1	S
	3rd 50 6bk		
1,000	$1x{1 x 200 on 3:20 Freestyle}$	EN1	S
	{1 x 150 on 2:30 Freestyle	EN1	S
	$\{1 \times 100 \text{ on } 1:40 \text{ Freestyle}$	EN1	S
	$\{1 \times 50 \text{ on } :50 \text{ Freestyle}$	EN1	S
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN2	S
	{1 x 100 on 1:30 Freestyle	EN2	S
	{1 x 150 on 2:15 Freestyle	EN2	S
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle}$	EN2	S
400	4 x 100 on 2:00 Stroke Drills	REC	D
	7:59 AM 4,480 Meters - Stress Value =	63	

1 on 15:00 Stretching 1 x 600 on 12:00 Swim-kick-pull-swim REC 100-200-200-100 1 on 10:00 Techniques-relay str $6x{1 \times 50 \text{ on } 1:05 \text{ Kick w/out a board}}$ {1 x 100 on 1:40 Freestyle $1x{4 x 100 on 1:30 Pulls}$ EN1 ${3 \times 200 \text{ on } 3:15 \text{ Pulls}}$ EN1 {2 x 200 on 3:10 Pulls EN1 {1 x 200 on 3:05 Pulls 10 x 50 on :50 Freestyle-build $2x{1 \times 200 \text{ on } :00 \text{ Freestyle}}$ SP2

{1 x 200 on 8:00 Freestyle $\{1 \times 50 \text{ on } : 00 \text{ Freestyle} \}$

 $\{1 \times 50 \text{ on } 3:00 \text{ Freestyle} \}$

1 x 300 on 5:00 Stroke Drills 8:01 AM 4,900 Meters - Stress Value = 92

Group 3 - Middle Distance 1 minute rest between sets

6:00 AM Start Set Description

Workout #2039 - Tuesday, 09 July 2002 **Group 3 - Distance**

1 minute rest between sets

6:00 AM Start Set Description Meters ===== 1 on 15:00 Stretching 1 x 600 on 12:00 Swim-kick-pull-swim REC 600 100-200-200-100 1 on 10:00 Techniques-relay str 900 $6x\{1 \times 50 \text{ on } 1:05 \text{ Kick w/out a board}$ {1 x 100 on 1:40 Freestyle EN1 $1,200 1x{3 x 200 on 3:15 Pulls}$ EN1 {2 x 200 on 3:10 Pulls EN1

EN1

SP2

REC

REC

{1 x 200 on 3:05 Pulls

1,800 3x{1 x 300 on 5:00 Freestyle {1 x 100 on :00 Freestyle

5 x 50 on :50 Freestyle-build

1 x 200 on 4:00 Stroke Drills

{1 x 200 on 5:00 Freestyle

7:58	AM	4,950	Meters	-	Stress	Value	=	121
Workout #2042 - Tuesday, 09 July 2002								
Group 3 - Distance								
1 minute rest between sets								

Meters	3:30 PM Start Set Description	EGY WOF
=====		=== ===
	1 on 15:00 Stretching	
1,000	1 x 1000 on 18:00 Choice	REC
180	12 x 15 on :30 Shooters	SP3
600	1x{1 x 150 on 3:30 Kick	EN2
	{1 x 150 on 3:20 Kick	EN2
	{1 x 150 on 3:10 Kick	EN2
	{1 x 150 on 3:00 Kick	EN2
1,200	$1x{4 \times 50 \text{ on } 1:00 \text{ Pulls } 3 \text{ brths}}$	EN1
	{1 x 400 on 6:30 Pulls	EN1
	{ br 5-7-5-3 by the100	
	{1 x 400 on 6:15 Pulls	EN1
	{ br 6-8-4-2 by the100	
	$\{4 \times 50 \text{ on } 1:00 \text{ Pulls } 2 \text{ brths}$	EN1
1,800	$3x{1 x 150 on 2:35 100 fr drill 50 fly}$	EN1

Workout #2038 - Tuesday, 09 July 2002 Group 3 - Silver/Bronze 1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 15:00 Stretching		L
600	1 x 600 on 12:00 100 swim 200 kick	REC	S
	200 pull 200 swim		
	1 on 10:00 Techniques-relay str		D
	3x{2 x 100 on 2:15 Kick	EN1	K
	{3 x 50 on 1:10 Kick-descend in 3's	EN2	K
	2x{2 x 200 on 3:30 Pulls	EN1	P
	{1 x 150 on 2:30 Pulls	EN1	P
	{1 x 150 on 2:15 Pulls	EN1	P
200	4 x 50 on 1:00 Freestyle-build	EN1	S
	$5x{1 x 50 on :00 Your Stroke}$	SP2	S
	{1 x 150 on 4:00 Freestyle	REC	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
	7:58 AM 4,450 Meters - Stress Value =	62	

3:30 PM Start

Workout #2043 - Tuesday, 09 July 2002 Group 3 - Silver/Bronze 1 minute rest between sets

{ 1	x 200 on	3:30 150 drill 50 swim	EN1 D
{ 1	x 200 on	3:30 Stroke Drills	EN1 D
7:52	AM 4,980	Meters - Stress Value =	56

Workout #2047 - Wednesday, 10 July 2002

Group 3 - Distance

Meters	Set Description	EGY	WORK	Sī	Group 3 - Distance	
=====		===	====	==	== 1 minute rest between sets	
	1 on 15:00 Stretching		L	DF	DF.	
800	1 x 800 on 18:00 Stroke Drills	REC	S	CF	3:30 PM Start	
180	12 x 15 on :30 Shooters	SP3	S	FΙ	FI Meters Set Description EGY WOR	Ε
	1x{1 x 200 on 4:40 Kick	EN2	K	CF	CF	=
	{4 x 50 on 1:10 Kick	EN2	K	CF	1 on 15:00 Stretching	
	{1 x 150 on 3:20 Kick	EN2	K	CF	OF 600 1 x 600 on 11:00 Swim-kick-pull-swim REC	
	{3 x 50 on 1:05 Kick	EN2	K	CF	TF 100-200-200-100	
	{1 x 100 on 2:10 Kick	EN2	K	CF	CF 180 12 x 15 on :30 Shooters SP3	
	{2 x 50 on 1:00 Kick	EN2		CF	000 I A 000 OH 12.30 KICK	
800	16 x 50 on 1:00 Pulls-nbbf&w	EN1		E	1,200 1A(1 A 500 OH 4.45 10115 ENI	
	$1x\{1 \times 200 \text{ on } 4:00 \text{ Reverse IM drill}$			1	INI 010 000 A I)	
	{3 x 50 on 1:00 Stroke Drills	REC		FΙ	(I X 300 OH 4.33 FULLS ENT	
	{1 x 200 on 3:55 Reverse IM drill			1	(1 A 300 OH 4.30 LULIS	
	{3 x 50 on 1:00 Stroke Drills	REC	D		I, 000 IX(I X 400 OH 0.00 FIEESCYIE	
	{1 x 200 on 3:50 Reverse IM drill			1	(2 A 200 OH 2.33 FIEESCYIE ENI	
	{3 x 50 on 1:00 Stroke Drills	REC		E	(4 X 100 OH 1.25 FIEESCYIE BNZ	
	{1 x 200 on 3:45 Reverse IM drill			1	(0 X JU OII .40 FIEESCYIE ENZ	
	{3 x 50 on 1:00 Stroke Drills	REC		F	E 300 1 x 300 on 5:00 Stroke Drills REC	
	5:18 PM 4,080 Meters - Stress Value	= 35)		5:07 PM 4,480 Meters - Stress Value = 53	

P

S

EN1

Workout #2041 - Tuesday, 09 July 2002 Group 3 - Sprint 1 minute rest between sets

Workout #2046 - Wednesday, 10 July 2002 Group 3 - Silver/Bronze 1 minute rest between sets

Meters	6:00 AM Start Set Description	EGY	WOF	Meters			M Start Description	EGY	WORK
600	1 on 15:00 Stretching 1 x 600 on 12:00 Swim-kick-pull-swim 100-200-200-100 1 on 10:00 Techniques-relay str	REC	===	600		1 x 12 x	n 15:00 Stretching 600 on 12:00 Reverse IM drill x 15 on :30 Shooters 150 on 3:45 Kick	REC SP3 EN2	S
1,200	{1 x 50 on :40 Freestyle {1 x 100 on 2:00 Kick	EN2 EN2 EN2 EN1		500	{	2 x 2 x 1 x	150 on 3:35 Kick 150 on 3:25 Kick 500 on 9:00 Pulls 100 on 2:00 Stroke Drills	EN2 EN2 EN1 REC	K K P
1,000	{3 x 100 on 1:40 Pulls {2 x 100 on 1:35 Pulls	EN1 EN1 EN1 EN1		200	{	4 x 1 x	50 on :55 Stroke 200 on 4:00 Stroke Drills M 3,980 Meters - Stress Value	EN1 REC	S D
350 800	7 x 50 on :50 Freestyle-build $4x\{1 \times 50 \text{ on :00 Freestyle OTB}$	EN1 SP2 REC				W	Workout #2048 - Wednesday, 10 July 2002 Group 3 - Silver/Bronze		
150	- ·	REC 7			2 2	0	1 minute rest between sets		
	Workout #2045 - Wednesday, 10 July 2002			Meters			M Start Description	I	EGY W

#2048 - Wednesday, 10 July 2002 Group 3 - Silver/Bronze minute rest between sets

6:00 AM Start Meters Set Description ===== 1 on 15:00 Stretching 800 1 x 800 on 15:00 Reverse IM drill REC D 180 12 x 15 on :30 Shooters SP3 800 1x{1 x 200 on 4:30 Kick EN2 EN2 K 800 1x{1 x 200 on 4:30 NICK {1 x 200 on 4:25 Kick EN2 {1 x 200 on 4:20 Kick EN2 {1 x 200 on 4:15 Kick EN2 1,200 1x{6 x 50 on 1:00 Pulls-nbbf&w EN1 {6 x 50 on :55 Pulls-nbbf&w EN1 K K Р {6 x 50 on :50 Pulls-nbbf&w EN1 {6 x 50 on :45 Pulls-nbbf&w EN1

{1 x 200 on 3:10 50 drill 150 swim EN1 {1 x 200 on 3:20 100 drill 100 swim EN1

 $2,000 \ 2x\{1 \ x \ 200 \ on \ 3:00 \ Freestyle$

Group 3 - Distance 1 minute rest between sets

=====	=======================================	===	===
	1 on 15:00 Stretching		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
	100-200-200-100		
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 100 on 2:30 Kick	EN2	
	{2 x 100 on 2:20 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	1x{3 x 150 on 2:35 Pulls	EN1	
	{3 x 150 on 2:30 Pulls	EN1	
	{2 x 150 on 2:25 Pulls	EN1	
200	4 x 50 on 1:00 Freestyle 6bk	EN1	
	$1x\{1 x 400 \text{ on } 8:30 \text{ Breaststroke}$	EN1	
	{4 x 100 on 1:55 Breaststroke	EN1	
	$\{4 \times 50 \text{ on } 1:15 \text{ Breaststroke} \}$	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	5:14 PM 3,980 Meters - Stress Value = 43	3	

Workout #2044 - Wednesday, 10 July 2002 Group 3 - Sprint 1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 15:00 Stretching		L
600	1 x 600 on 15:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1,000	2x{1 x 200 on 4:30 Kick	EN2	K
	{1 x 150 on 3:20 Kick	EN2	K
	{1 x 100 on 2:10 Kick	EN2	K
	{1 x 50 on 1:00 Kick	EN2	K
1,200	1x{6 x 50 on 1:00 Pulls-nbbf&w	EN1	P
	{6 x 50 on :55 Pulls-nbbf&w	EN1	P
	{6 x 50 on :50 Pulls-nbbf&w	EN1	P
	{6 x 50 on :45 Pulls-nbbf&w	EN1	P
1,000	1x{1 x 200 on 3:00 Freestyle	EN1	S
	$\{1 \times 200 \text{ on } 3:10 50 \text{ drill } 150 \text{ swim} \}$	EN1	S
	{1 x 200 on 3:20 100 drill 100 swim	EN1	S
	$\{1 \times 200 \text{ on } 3:30 150 \text{ drill } 50 \text{ swim} \}$	EN1	D

Workout #2051 - Thursday, 11 July 2002 Group 3 - Distance 1 minute rest between sets

 $\{1 \times 200 \text{ on } 3:30 \text{ Stroke Drills} \}$ EN1 7:40 AM 3,980 Meters - Stress Value = 52

Meters	6:00 AM Start Set Description	EGY	WORK
=====		===	====
	1 on 15:00 Stretching		L
600	1 x 600 on 12:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
500	2 x 250 on 5:30 Kick	EN2	K
600	1 x 600 on 9:00 Pulls every 3rd 50	EN1	P
	br every 9 strokes		
2,400	$4x{1 x 200 on 3:00 Freestyle}$	EN2	S
	$\{1 \times 200 \text{ on } 2:50 \text{ Freestyle} \}$	EN2	S
	{1 x 200 on 2:40 Freestyle	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
	7:37 AM 4,580 Meters - Stress Value =	80	

Workout #2049 - Thursday, 11 July 2002 Group 3 - Silver/Bronze 1 minute rest between sets

	6:00 AM Start			
Meters	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 15:00 Stretching		L	Ι
600	1 x 600 on 12:00 Choice	REC	S	(
180	12 x 15 on :30 Shooters	SP3	S	\subset
	1x{6 x 50 on 1:15 Kick	EN2	K	(
	{6 x 50 on 1:10 Kick	EN2	K	(
	{4 x 50 on 1:05 Kick	EN2	K	\subset
1,000	5 x 200 on 3:20 Pulls	EN1	P	
300	3 x 100 on 1:45 Freestyle-descend	EN1	S	
	$1x{1 x 200 on 4:00 Backstroke}$	EN2	S	
	{1 x 200 on 3:50 Backstroke	EN2	S	
	{1 x 150 on 2:45 Backstroke	EN2	S	
	{1 x 150 on 2:40 Backstroke	EN2	S	
	{1 x 100 on 1:45 Backstroke	EN2	S	
	{1 x 100 on 1:40 Backstroke	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	7:42 AM 3,980 Meters - Stress Value	= 58		

Workout #2050 - Thursday, 11 July 2002 Group 3 - Sprint 1 minute rest between sets

	0:00 AM Start			
Meters	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	1 on 15:00 Stretcing		L	DF
600	1 x 600 on 12:00 Choice	REC	S	CF
180	12 x 15 on :30 Shooters	SP3	S	F
800	4x{1 x 100 on 2:30 Kick	EN1	K	CF
	{1 x 100 on 2:00 Kick	EN2	K	CF
900	$1x{3 x 100 on 1:40 Lungbuster pulls}$	EN1	P	F
	{3 x 100 on 1:35 Lungbuster pulls	EN1	P	F
	${3 \times 100 \text{ on } 1:30 \text{ Lungbuster pulls}}$	EN1	P	F
	{ odds br 5-7 evns 4-6			
1,400	14 x 100 on 1:30 Freestyle	EN1	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
	7:36 AM 4,080 Meters - Stress Value	= 45	5	

6.00 AM Start

Workout #2052 - Monday, 15 July 2002 Group 3 - Middle Distance 1 minute rest between sets

	3:30 PM Start		
Yards	Set Descript	ion	EGY WOR
=====			=== ===
	1 on 15:00 S	2	
400	1 x 400 on 8	:00 Choice	REC
300	12 x 25 on :	30 Shooters	SP3
	$1x{2 x 100 on 2}$:00 Kick	EN2
	{2 x 100 on 1	:55 Kick	EN2
	{2 x 100 on 1	:50 Kick	EN2
800	1 x 800 on 1	2:00 Pulls	EN1
	$1x{1 x 500 on 6}$:30 Freestyle	EN2
	{1 x 500 on 6	:20 Freestyle	EN2
	{1 x 500 on 6	:10 Freestyle	EN2
400	4 x 100 on 1	:30 Freestyle-descend to	EN2
	ludicrous s	peed	
200	1 x 200 on 4	:00 Stroke Drills	REC
	1 on 15:00 Te	echniques-relay srt	EN1
	5:13 PM 4,200 Y	ards - Stress Value = 70	

Workout #2053 - Tuesday, 16 July 2002 Group 3 - Middle Distance 1 minute rest between sets

Meters	6:00 Se				totion		EGY	WORK	STK	
======	==	===	====	===				====	===	=
	1	or	15:	:00	Stret	ching		L	DRY	
800	1	Х	800	on	15:00) Choice	REC	S	СНО	
180	12	2 x	: 15	on	:45 \$	Shooters	SP3	S	СНО	
	1x{1	Х	150	on	3:10	Kick	EN2	K	СНО	
	{ 1	Х	150	on	3:05	Kick	EN2	K	СНО	
	{ 1	Х	50 0	on 1	1:00 F	Kick	EN2	K	СНО	
	{ 1	Х	50 0	on :	:55 Ki	ick	EN2	K	СНО	
800	4	Х	200	on	3:00	Pulls	EN1	P	FR	
	1x{3	Х	300	on	4:30	Freestyle	EN1	S	FR	
	{ 2	Х	300	on	4:25	Freestyle	EN2	S	FR	
	{ 1	Х	300	on	4:20	Freestyle	EN2	S	FR	
200	1	Х	200	on	4:00	Stroke Dril	ls REC	D	CD	
	7:36	ΑM	4,1	180	Meter	rs - Stress '	Value =	= 55		

Workout #2054 - Tuesday, 16 July 2002 Group 3 - Taper 2 1 minute rest between sets

Meters	6:00 AM Start Set Description	EGY	WORK	STK	
	=======================================	====	====	===	=
	1 on 15:00 Stretching		L	DRY	
800	1 x 800 on 15:00 Choice	REC	S	СНО	
180	12 x 15 on :30 Shooters	SP3	S	СНО	
	2x{1 x 200 on 4:40 Kick	EN2	K	СНО	
	{1 x 150 on 3:30 Kick	EN2	K	СНО	
	{1 x 100 on 2:20 Kick	EN2	K	СНО	
	$\{1 \times 50 \text{ on } 1:10 \text{ Kick} \}$	EN2	K	CHO	
300	6 x 50 on 1:00 Freestyle-6bk	EN1	S	FR	
	$1x\{2 \times 200 \text{ on } 4:00 \text{ Backstroke}$	EN1	S	BK	
	$\{4 \times 50 \text{ on } 1:00 \text{ Butterfly} \}$	EN1	S	FLY	
	{2 x 150 on 2:55 Backstroke	EN1	S	BK	
	$\{4 \times 100 \text{ on } 1:55 \text{ Butterfly} \}$	EN1	S	FLY	
	{2 x 100 on 1:50 Backstroke	EN2	S	BK	
	$\{4 \times 150 \text{ on } 2:50 \text{ Butterfly} \}$	EN1	S	FLY	
400	1 x 400 on 8:00 Stroke Drills	s REC	D	CD	
	8:00 AM 4,780 Meters - Stress Va	alue =	= 57		

Workout #2055 - Wednesday, 17 July 2002 Group 3 - Middle Distance 1 minute rest between sets

	6:00 AM Start		
Meters	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 15:00 Stretching		
800	1 x 800 on 15:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
600	1 x 600 on 13:00 Kick evry 3rd 50fast	EN2	
600	6 x 100 on 1:30 Lungbuster pulls	EN1	
	odds br5-7 envs 4-6		
	1x{2 x 200 on 3:00 Freestyle	EN1	
	{4 x 100 on 1:30 Freestyle	EN1	
	$\{8 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:28 AM 3,580 Meters - Stress Value = 40		

Workout #2056 - Tuesday, 10 September 2002 Group 3 - All

1 minute rest between sets

	6:00	PM Start		
Yards	Se	et Description	EGY	WORK
=====	==		===	====
	1	on 20:00 Stomach and Stretch		L
600	1	x 600 on 12:00 Stroke Drills	REC	D
	1	on 10:00 Techniques-TN turns		D
	1x{2	x 125 on 2:55 Kick	EN1	K
	{ 2	x 125 on 2:50 Kick	EN1	K
	{ 2	x 125 on 2:45 Kick	EN1	K
	1x{4	x 75 on 1:15 Pulls	EN1	P
	{ 4	x 25 on :40 Pulls 2 breaths	EN1	P
	{ 4	x 75 on 1:10 Pulls	EN1	P
	{ 4	x 25 on :35 Pulls 2 breaths	EN1	P
	{ 4	x 75 on 1:05 Pulls	EN1	P
	{ 4	x 25 on :30 Pulls 2 breaths	EN1	P
300	6	x 50 on :50 Descend in sets of 3	EN1	S
1,000	4	x 250 on 3:30 3 min swims	EN1	S
250	5	x 50 on 1:00 Stroke Drills	REC	D
	7:49	PM 4,100 Yards - Stress Value = 3	31	

Workout #2057 - Wednesday, 11 September 2002 Group 3 - All 1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch 1 x 600 on 12:00 Choice every 3rd lap	REC	
300	sculling drill 12 x 25 on :30 Berzerks 1x{3 x 100 on 2:20 Kick}	SP3 EN1	
	{2 x 100 on 2:15 Kick	EN2 EN2	
	$1x\{4 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w}$	EN1 EN1	
150	1 x 150 on 2:30 Every 3rd lap stroke		
	(= = = = = = = = = = = = = = = = = = =	EN1 EN1	
	{3 x 75 on 1:10 Freestyle {3 x 75 on 1:05 Freestyle {1 on 1:00 Rest	EN1	
200	{ #1 2bk,#2 4bk,#3 6bk	REC	
	7:48 AM 4,500 Meters - Stress Value = 48	3	

Workout #2058 - Thursday, 12 September 2002 Group 3 - All 1 minute rest between sets

	6:00	PM Start	
Yards	Se	et Description	EGY WOF
=====	==		=== ===
	1	on 20:00 Stomach and Stretch	
600	1	x 600 on 12:00 Swim-kick-pull-swim	REC
	1	on 10:00 Techniques-TN turns	
	1x{1	x 150 on 3:30 Kick	EN1
	{ 1	x 100 on 2:20 Kick	EN1
	{ 1	x 50 on 1:10 Kick	EN1
	{ 1	x 50 on 1:05 Kick	EN1
	{ 1	x 100 on 2:10 Kick	EN1
	{ 1	x 150 on 3:15 Kick	EN1
	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
400	2	x 200 on 3:30 Individual Medley	EN1
	1x{2	x 250 on 3:45 Freestyle	EN1
	{ 2	x 250 on 3:35 Freestyle	EN1
	{ 2	x 250 on 3:25 Freestyle	EN2
	{ 2	x 250 on 3:15 Freestyle	EN2
200	1	x 200 on 4:00 Stroke Drills	REC
	7:55	PM 4,700 Yards - Stress Value = 49	

	Workout #2059 - Saturday, 14 September 2002 Group 3 - All 1 minute rest between sets			{ #1 fr, #2 br, #3 fly 1x{1 x 100 on 1:30 Pulls EN {1 x 200 on 2:50 Pulls EN {1 x 300 on 4:00 Pulls EN	1 E	
	7:30 AM Start		30	{1 x 400 on 5:00 Pulls EN 6 x 50 on :50 Freestyle EN		
Yards	Set Description	EGY	WC	$1 \times \{2 \times 150 \text{ on } 2:15 \text{ Freestyle} \}$		
=====	1 on 20:00 Stomach and Stretch	===	==	{3 x 50 on :45 Freestyle-descend EN	1 5	
600	1 x 600 on 12:00 Swim-kick-drill-swim	REC		{2 x 150 on 2:10 Freestyle EN {3 x 50 on :45 Freestyle-descend EN		
	1 on 10:00 Techniques-Stanford			{2 x 150 on 2:05 Freestyle descend EN		
	turn drills 2x{1 x 100 on 2:00 Kick	EN1		{3 x 50 on :45 Freestyle-descend EN		
	{1 x 25 on :45 Kick 100%	EN2		{2 x 150 on 2:00 Freestyle EN {3 x 50 on :45 Freestyle-descend EN		
	{1 x 100 on 1:55 Kick	EN1	25			
	{1 x 25 on :45 Kick 100% {1 x 50 on 1:00 Kick	EN2 EN2		clsd fst/thmb&fngr		
	{1 x 50 on :55 Kick	EN2		8:16 PM 5,150 Yards - Stress Value = 61		
	{1 x 50 on :50 Kick 3x{1 x 75 on 1:15 Pulls 1 brth 1st 25	EN2 EN1		Workout #2062 - Thursday, 19 September 2002		
	{1 x 75 on 1:10 Pulls 1 brth 2nd 25	EN1		Group 3 - All		
	{1 x 75 on 1:05 Pulls 1 brth 3rd 25	EN1		1 minute rest between sets		
	{1 x 100 on 1:35 Pulls 3 brth 1st 50 {1 x 100 on 1:30 Pulls 3 brth last 50	EN1 EN1		C 15 DV 01		
	{1 x 125 on 1:50 Pulls 2 brths/25	EN1	Yard	6:15 PM Start Is Set Description EGY	WORK S	
200	8 x 25 on :30 odds free evns nonfr	EN1	=====	=======================================		
	1x{3 x 125 on 2:10 IM w/ 50 fly {3 x 125 on 2:05 IM w/ 50 back	EN1 EN1	80	1 on 25:00 Stomach and Stretch 1 x 800 on 15:00 Stroke Drills REC	L I D	
	${3 \times 125 \text{ on } 2:00 \text{ IM w/ } 50 \text{ breast}}$	EN1	00	alt. 100 free 100str	D	
250	$\{3 \times 125 \text{ on } 1:55 \text{ IM w/ } 50 \text{ free} \\ 1 \times 250 \text{ on } 4:30 \text{ Stroke Drills} $	EN1 REC	30		S	
230	9:34 AM 5,000 Yards - Stress Value = 46	KEC		concentrate on fnshs $6x{1 \times 100 \text{ on :00 Kick}}$ EN2	КС	
				$\{1 \times 50 \text{ on } 3:00 \text{ Kick no board} \}$	K F	
	Workout #2060 - Tuesday, 17 September 2002			{ 50's underwater	D	
	Group 3 - All			1x{1 x 300 on 4:30 Pulls EN1 {1 x 300 on 4:15 Pulls EN1	P P	
	1 minute rest between sets			{1 x 300 on 4:00 Pulls EN2	P	
	6:15 PM Start		30	{1 x 300 on 3:45 Pulls EN2 3 x 100 on 1:45 Individual Medley EN1	P S	
Yards	Set Description	EGY W	OF 1,50	0 15 x 100 on 1:30 Freestyle EN1	S	
	1 on 25:00 Stomach and Stretch		20	1 x 200 on 4:00 Stroke Drills REC clsd fst/6-k-switch	D	
800	1 x 800 on 15:00 Swim-kick-pull-swim			catch-up		
300	12 x 25 on :40 12.5 ez 12.5 fast concentrate on finsh	EN2		8:17 PM 5,200 Yards - Stress Value = 57		
	1x{2 x 125 on 2:45 Kick	EN2		W 1 4/20/2 W 1 22.5 / 1 2002		
		EN2 EN2		Workout #2063 - Monday, 23 September 2002 Group 3 - All		
		EN2 EN1		1 minute rest between sets		
		EN1				
	$\{2 \times 200 \text{ on } 2:50 \text{ Lungbuster pulls} \}$	EN1	371	6:00 PM Start	CV MOT	
	3x{1 x 100 on 1:30 Freestyle	EN1	Yard =====	1	GY WOF	
	· •	EN1		1 on 30:00 Stomach and Stretch		
	· ·	EN2 EN2	80 30	1		
000	{1 x 100 on 1:15 Freestyle {8 x 25 on :30 Freestyle all 6bk	EN2 EN2	80 30	0 12 x 25 on :30 Berzerks	EC P3 N1	
200	{1 x 100 on 1:15 Freestyle {8 x 25 on :30 Freestyle all 6bk 1 x 200 on 4:00 Stroke Drills	EN2		0 12 x 25 on :30 Berzerks S 5x{1 x 100 on 2:00 Kick E {1 x 100 on 1:50 Kick E	P3 N1 N2	
200	{1 x 100 on 1:15 Freestyle {8 x 25 on :30 Freestyle all 6bk	EN2 EN2		10 12 x 25 on :30 Berzerks S 5x{1 x 100 on 2:00 Kick E {1 x 100 on 1:50 Kick E 2x{1 x 150 on 2:15 Pulls br 2-3-4	P3 N1	
200	{1 x 100 on 1:15 Freestyle {8 x 25 on :30 Freestyle all 6bk 1 x 200 on 4:00 Stroke Drills closed fist/thumbdrg 8:14 PM 5,050 Yards - Stress Value = 63	EN2 EN2		10 12 x 25 on :30 Berzerks S 5x{1 x 100 on 2:00 Kick E {1 x 100 on 1:50 Kick E 2x{1 x 150 on 2:15 Pulls br 2-3-4 E {1 x 150 on 2:15 Pulls br 3-4-5 E {1 x 150 on 2:15 Pulls br 4-5-6 E	P3 N1 N2 N1 N1	
200	{1 x 100 on 1:15 Freestyle {8 x 25 on :30 Freestyle all 6bk 1 x 200 on 4:00 Stroke Drills closed fist/thumbdrg 8:14 PM 5,050 Yards - Stress Value = 63 Workout #2061 - Wednesday, 18 September 2002	EN2 EN2	30	10 12 x 25 on :30 Berzerks S 5x{1 x 100 on 2:00 Kick E {1 x 100 on 1:50 Kick E 2x{1 x 150 on 2:15 Pulls br 2-3-4 E {1 x 150 on 2:15 Pulls br 3-4-5 E {1 x 150 on 2:15 Pulls br 4-5-6 E {1 x 150 on 2:15 Pulls br 5-6-7 E	P3 N1 N2 N1 N1 N1	
200	{1 x 100 on 1:15 Freestyle {8 x 25 on :30 Freestyle all 6bk 1 x 200 on 4:00 Stroke Drills closed fist/thumbdrg 8:14 PM 5,050 Yards - Stress Value = 63 Workout #2061 - Wednesday, 18 September 2002 Group 3 - All	EN2 EN2		10 12 x 25 on :30 Berzerks 5x{1 x 100 on 2:00 Kick {1 x 100 on 1:50 Kick 2x{1 x 150 on 2:15 Pulls br 2-3-4 {1 x 150 on 2:15 Pulls br 3-4-5 {1 x 150 on 2:15 Pulls br 4-5-6 {1 x 150 on 2:15 Pulls br 5-6-7 8 x 25 on :30 IM order 1x{1 x 500 on 6:45 Freestyle	P3 N1 N2 N1 N1	
200	{1 x 100 on 1:15 Freestyle {8 x 25 on :30 Freestyle all 6bk 1 x 200 on 4:00 Stroke Drills closed fist/thumbdrg 8:14 PM 5,050 Yards - Stress Value = 63 Workout #2061 - Wednesday, 18 September 2002	EN2 EN2	30	12 x 25 on :30 Berzerks 5x{1 x 100 on 2:00 Kick	P3 N1 N2 N1 N1 N1 N1 N1 N1	
	{1 x 100 on 1:15 Freestyle {8 x 25 on :30 Freestyle all 6bk 1 x 200 on 4:00 Stroke Drills closed fist/thumbdrg 8:14 PM 5,050 Yards - Stress Value = 63 Workout #2061 - Wednesday, 18 September 2002 Group 3 - All 1 minute rest between sets 6:15 PM Start	EN2 EN2 REC	20	12 x 25 on :30 Berzerks 5x{1 x 100 on 2:00 Kick {1 x 100 on 1:50 Kick 2x{1 x 150 on 2:15 Pulls br 2-3-4 {1 x 150 on 2:15 Pulls br 3-4-5 {1 x 150 on 2:15 Pulls br 4-5-6 {1 x 150 on 2:15 Pulls br 5-6-7 8 x 25 on :30 IM order 1x{1 x 500 on 6:45 Freestyle {1 x 500 on 6:25 Freestyle {1 x 500 on 6:25 Freestyle	P3 N1 N2 N1 N1 N1 N1	
200 Yards	{1 x 100 on 1:15 Freestyle {8 x 25 on :30 Freestyle all 6bk 1 x 200 on 4:00 Stroke Drills closed fist/thumbdrg 8:14 PM 5,050 Yards - Stress Value = 63 Workout #2061 - Wednesday, 18 September 2002 Group 3 - All 1 minute rest between sets 6:15 PM Start	EN2 EN2 REC	30 20 RF 25	12 x 25 on :30 Berzerks 5x{1 x 100 on 2:00 Kick {1 x 100 on 1:50 Kick 2x{1 x 150 on 2:15 Pulls br 2-3-4 {1 x 150 on 2:15 Pulls br 3-4-5 {1 x 150 on 2:15 Pulls br 4-5-6 {1 x 150 on 2:15 Pulls br 5-6-7 8 x 25 on :30 IM order 1x{1 x 500 on 6:45 Freestyle {1 x 500 on 6:25 Freestyle {1 x 500 on 6:15 Freestyle {1 x 500 on 6:15 Freestyle {1 x 500 on 1:00 Stroke Drills	P3 N1 N2 N1 N1 N1 N1 N1 N1 N1	
Yards	{1 x 100 on 1:15 Freestyle {8 x 25 on :30 Freestyle all 6bk 1 x 200 on 4:00 Stroke Drills closed fist/thumbdrg 8:14 PM 5,050 Yards - Stress Value = 63 Workout #2061 - Wednesday, 18 September 2002 Group 3 - All 1 minute rest between sets 6:15 PM Start Set Description E	EN2 EN2 REC	30 20 RF 25	10 12 x 25 on :30 Berzerks 5x{1 x 100 on 2:00 Kick {1 x 100 on 1:50 Kick 2x{1 x 150 on 2:15 Pulls br 2-3-4 {1 x 150 on 2:15 Pulls br 3-4-5 {1 x 150 on 2:15 Pulls br 4-5-6 {1 x 150 on 2:15 Pulls br 5-6-7 8 x 25 on :30 IM order 1x{1 x 500 on 6:45 Freestyle {1 x 500 on 6:25 Freestyle {1 x 500 on 6:15 Freestyle {1 x 500 on 6:15 Freestyle {1 x 500 on 1:00 Stroke Drills #1 clsd fst #2ctchup	P3 N1 N2 N1 N1 N1 N1 N1 N1 N1 N1 N2 N2 N2	
Yards =====	{1 x 100 on 1:15 Freestyle {8 x 25 on :30 Freestyle all 6bk 1 x 200 on 4:00 Stroke Drills closed fist/thumbdrg 8:14 PM 5,050 Yards - Stress Value = 63 Workout #2061 - Wednesday, 18 September 2002	EN2 EN2 REC GY WO: == ==:	20 RF 25 I 5	10 12 x 25 on :30 Berzerks 5x{1 x 100 on 2:00 Kick {1 x 100 on 1:50 Kick 2x{1 x 150 on 2:15 Pulls br 2-3-4 {1 x 150 on 2:15 Pulls br 3-4-5 {1 x 150 on 2:15 Pulls br 4-5-6 {1 x 150 on 2:15 Pulls br 5-6-7 8 x 25 on :30 IM order 1x{1 x 500 on 6:35 Freestyle {1 x 500 on 6:25 Freestyle {1 x 500 on 6:15 F	P3 N1 N2 N1 N1 N1 N1 N1 N1 N1 N1 N2 N2 N2	
Yards =====	{1 x 100 on 1:15 Freestyle {8 x 25 on :30 Freestyle all 6bk 1 x 200 on 4:00 Stroke Drills closed fist/thumbdrg 8:14 PM 5,050 Yards - Stress Value = 63 Workout #2061 - Wednesday, 18 September 2002	EN2 EN2 REC GY WO:	30 20 RF 25 I	10 12 x 25 on :30 Berzerks 5x{1 x 100 on 2:00 Kick {1 x 100 on 1:50 Kick 2x{1 x 150 on 2:15 Pulls br 2-3-4 {1 x 150 on 2:15 Pulls br 3-4-5 {1 x 150 on 2:15 Pulls br 4-5-6 {1 x 150 on 2:15 Pulls br 5-6-7 8 x 25 on :30 IM order 1x{1 x 500 on 6:45 Freestyle {1 x 500 on 6:25 Freestyle {1 x 500 on 6:25 Freestyle {1 x 500 on 6:15 Freestyle {1 x 500 on 6:15 Freestyle {1 x 500 on 1:00 Stroke Drills #1 clsd fst #2ctchup #3thmb drg #4fngrtip	P3 N1 N2 N1 N1 N1 N1 N1 N1 N1 N1 N2 N2 N2	
Yards =====	{1 x 100 on 1:15 Freestyle {8 x 25 on :30 Freestyle all 6bk 1 x 200 on 4:00 Stroke Drills closed fist/thumbdrg 8:14 PM 5,050 Yards - Stress Value = 63 Workout #2061 - Wednesday, 18 September 2002	EN2 EN2 REC GY WO: == ==: EC N2	20 RF 25 I S S	10 12 x 25 on :30 Berzerks 5x{1 x 100 on 2:00 Kick {1 x 100 on 1:50 Kick 2x{1 x 150 on 2:15 Pulls br 2-3-4 {1 x 150 on 2:15 Pulls br 3-4-5 {1 x 150 on 2:15 Pulls br 4-5-6 {1 x 150 on 2:15 Pulls br 5-6-7 8 x 25 on :30 IM order 1x{1 x 500 on 6:35 Freestyle {1 x 500 on 6:25 Freestyle {1 x 500 on 6:15 F	P3 N1 N2 N1 N1 N1 N1 N1 N1 N1 N1 N2 N2 N2	
Yards =====	{1 x 100 on 1:15 Freestyle {8 x 25 on :30 Freestyle all 6bk 1 x 200 on 4:00 Stroke Drills closed fist/thumbdrg 8:14 PM 5,050 Yards - Stress Value = 63 Workout #2061 - Wednesday, 18 September 2002	EN2 EN2 REC GY WO: == ==: EC N2	20 RF 25 == I S	10 12 x 25 on :30 Berzerks 5x{1 x 100 on 2:00 Kick {1 x 100 on 1:50 Kick 2x{1 x 150 on 2:15 Pulls br 2-3-4 {1 x 150 on 2:15 Pulls br 3-4-5 {1 x 150 on 2:15 Pulls br 4-5-6 {1 x 150 on 2:15 Pulls br 5-6-7 8 x 25 on :30 IM order 1x{1 x 500 on 6:35 Freestyle {1 x 500 on 6:25 Freestyle {1 x 500 on 6:15 F	P3 N1 N2 N1 N1 N1 N1 N1 N1 N1 N1 N2 N2 N2	

Workout #2064 - Wednesday, 25 September 2002 Group 3 - All

1 minute rest between sets

	6:00 P	M Start			
Yards	Set	Description	EGY	WORK	STK
=====	===		===	====	===
		n 30:00 Stomach and Stretch			DRY
		100 on 2:00 Stroke Drills	REC	D	CD
300		x 25 on :30 Berzerks			
			EN1		CHO
	-	50 on :45 Freestyle 6bk			FR
1,600		400 on 5:45 Pulls			FR
	-	25 on :30 Freestyle			FR
	-	25 on :20 Freestyle			FR
	1x{1 x	150 on 2:45 Breaststroke	EN1	S	BR
	{1 x	100 on 2:00 Stroke Drills	EN1	D	BR
	•	150 on 2:40 Breaststroke			
	-	100 on 2:00 Stroke Drills			
	{1 x	150 on 2:35 Breaststroke	EN2	S	BR
	•	100 on 2:00 Stroke Drills			
	•	125 on 2:15 Breaststroke			
		50 on 1:00 Stroke Drills			
	•	125 on 2:10 Breaststroke	EN2		
	•	50 on 1:00 Stroke Drills			BR
	•	125 on 2:05 Breaststroke			
	•	50 on 1:00 Stroke Drills			
	{1 x	100 on 1:45 Breaststroke	EN2	S	
	-	25 on :30 Stroke Drills			
	{1 x	100 on 1:40 Breaststroke	EN2	S	BR
250	1 x	250 on 5:00 Stroke Drills	REC	D	CD
		umb & finger drag			
	8:17 P	M 5,650 Yards - Stress Value	= 6	52	

Workout #2065 - Thursday, 26 September 2002 Group 3 - All

1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Ι
800	1 x 800 on 15:00 Choice	REC	S	(
300	12 x 25 on :30 Berzerks	SP3	S	
	2x{1 x 200 on 4:00 Kick no board	EN1	K	
	{1 x 100 on 2:00 Kick	EN2	K	(
	{1 x 100 on 1:55 Kick	EN2	K	(
	{1 x 100 on 1:50 Kick	EN2	K	(
	1x{1 x 100 on 1:25 Pulls	EN1	P	
	{2 x 200 on 2:50 Pulls	EN1	P	
	{3 x 300 on 4:15 Pulls	EN1	P	
300	6 x 50 on :50 Freestyle	EN1	S	
	5x{1 x 75 on 1:15 25 fly 50 free	EN1	S	(
	{1 x 75 on 1:15 50 fly 25 free	EN1	S	(
	$\{1 \times 75 \text{ on } 1:15 \text{ Stroke Drills}$	EN1	D	E
	{1 x 100 on 1:40 Individual Medley	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6-K-Switch/clsd fist			
	8:13 PM 5,625 Yards - Stress Value =	62		

Workout #2066 - Monday, 30 September 2002 Group 3 - All

1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	STK
	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
600	6 x 100 on 1:45 Stroke Drills	REC	D	СНО
180	12 x 15 on :30 Shooters	SP3	S	FR
	2x{1 x 125 on 2:30 Kick	EN2	K	CHO
	{1 x 125 on 2:25 Kick	EN2	K	СНО
	{1 x 125 on 2:20 Kick	EN2	K	CHO

	{ 1	Х	125 on 2:15 Kick	EN2	K	СНО
	1x{5	Х	75 on 1:10 Pulls	EN1	Ρ	FR
	{ 5	Х	75 on 1:05 Pulls	EN1	Ρ	FR
	{ 6	Х	75 on 1:00 Pulls	EN2	Ρ	FR
200	8	Х	25 on :30 Freestyle-build	EN1	S	FR
	1x{1	Х	800 on 11:00 Freestyle	EN2	S	FR
	{ 2	Х	400 on 5:15 Freestyle	EN2	S	FR
	8 }	Х	200 on 2:35 Freestyle	EN2	S	FR
200	1	Х	200 on 3:00 Stroke Drills	REC	D	CD
	(cl	sd fist/6 kick swt			
	8:20	PI	M 6,580 Yards - Stress Valu	e = 110		

Workout #2067 - Tuesday, 01 October 2002 Group 3 - All

Vanda			1 Start	EGY	MOL
ialus			Description		
			30:00 Stomach and Stretch		
800			800 on 15:00 Swim-kick-pull-swim	DEC	
300			25 on :30 Berzerks	SP3	
500			200 on 4:00 Kick-no board on sde		
			50 on 1:00 Kick	EN2	
	•		50 on :55 Kick	EN2	
	•		50 on :50 Kick	EN2	
	1x{2	Х	225 on 3:15 Pulls	EN1	
	{2	Х	225 on 3:05 Pulls	EN1	
	{ 2	Х	225 on 2:55 Pulls	EN2	
	2x{1	Х	125 on 2:00 IM w 50 free(6-b-k)	EN1	
	{ 1	Х	75 on 1:30 Your Stroke-no free	EN1	
	1x{1	Х	200 on 3:20 Backstroke	EN1	
	{ 4	Х	25 on :40 Back 15m under	EN2	
	•		200 on 3:15 Backstroke	EN2	
			25 on :40 Back 15m under	EN2	
	{ 1	Х	200 on 3:10 Backstroke	EN2	
	•		25 on :40 Back 15m under	EN2	
	•			EN2	
	•		25 on :40 Back 15m under	EN2	
	•		200 on 3:00 Backstroke	EN2	
	•		25 on :40 Back 15m under	EN2	
	•		200 on 2:55 Backstroke	EN2	
	•			EN2	
100			100 on 2:00 Backstroke for time		
200			200 on 4:00 Stroke Drills	REC	
			umb&fingertip drag		
	8:26	PN	1 6,000 Yards - Stress Value = 98		

Workout #2068 - Wednesday, 02 October 2002 Group 3 - All

1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	== ===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-sw	im REC	
300	12 x 25 on :30 Berzerks	SP3	
	$2x{4 \times 50 \text{ on } 1:00 \text{ Kick-descend}}$	EN2	
	$\{1 \times 200 \text{ on } 4:00 \text{ Kick no board}$	EN2	
	1x{2 x 200 on 3:00 Pulls	EN1	
	{1 x 100 on 1:15 Pulls	EN2	
	{2 x 200 on 2:50 Pulls	EN1	
	{1 x 100 on 1:15 Pulls	EN1	
	{2 x 200 on 2:40 Pulls	EN2	
	{1 x 100 on 1:15 Pulls	EN2	
400	4 x 100 on 1:45 Individual Medley	EN1	
	$1x{2 x 125 on 2:30 Breaststroke}$	EN1	
	$\{2 \times 50 \text{ on } 1:05 \text{ Under/over}\}$	EN2	
	{2 x 125 on 2:25 Breaststroke	EN1	
	$\{2 \times 50 \text{ on } 1:05 \text{ Under/over}\}$	EN2	
	{2 x 125 on 2:20 Breaststroke	EN2	
	$\{2 \times 50 \text{ on } 1:05 \text{ Under/over}\}$	EN2	
	{2 x 125 on 2:15 Breaststroke	EN2	
	$\{2 \times 50 \text{ on } 1:05 \text{ Under/over}\}$	EN2	
	{2 x 125 on 2:10 Breaststroke	EN2	
	$\{2 \times 50 \text{ on } 1:05 \text{ Under/over}\}$	EN2	
400	4 x 100 on 1:45 Stroke Drills	REC	
	8:23 PM 5,950 Yards - Stress Value = 8	82	

Workout #2069 - Thursday, 03 October 2002 Group 3 - All

1 minute rest between sets

	6:00 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 Berzerks	SP3	
	1x{3 x 100 on 2:00 Kick	EN2	
	{4 x 75 on 1:25 Kick	EN2	
	{5 x 50 on :55 Kick	EN2	
	{6 x 25 on :25 Kick	EN2	
	1x{5 x 125 on 1:50 Pulls	EN1	
	{4 x 125 on 1:45 Pulls	EN1	
	{3 x 125 on 1:40 Pulls	EN2	
200	8 x 25 on :30 IM order-build	EN1	
	$3x{1 x 75 on 1:20 Butterfly 2-2-2}$	EN1	
	$\{1 \times 75 \text{ on } 1:15 \text{ Butterfly } 2-3-2$	EN1	
	$\{1 \times 75 \text{ on } 1:10 \text{ Butterfly } 2-4-2 \}$	EN1	
	$\{1 \times 75 \text{ on } 1:05 \text{ Butterfly } 2-5-2 \}$	EN2	
	$\{1 \times 75 \text{ on } 1:20 \text{ Butterfly } 2-4-2 \}$	EN1	
	$\{1 \times 75 \text{ on } 1:15 \text{ Butterfly } 2-5-2 \}$	EN1	
	$\{1 \times 75 \text{ on } 1:10 \text{ Butterfly } 2-6-2$	EN1	
	$\{1 \times 75 \text{ on } 1:05 \text{ Butterfly } 2-7-2$	EN2	
	{1 on 1:00 Rest		
500	5 x 100 on 1:45 Stroke Drills	REC	
	8:23 PM 5,980 Yards - Stress Value = 68		

Workout #2070 - Monday, 07 October 2002 Group 3 - All

1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	۶
	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
800	8 x 100 on 1:45 Stroke Drills	REC	D	(
180	12 x 15 on :30 Shooters	SP3	S	
	2x{1 x 200 on 4:00 Kick no board	EN2	K	

{1 x 100 on 2:00 Kick	EN2	K
{1 x 100 on 1:50 Kick	EN2	K C
{1 x 100 on 1:40 Kick	EN2	K C
$1x\{2 \ x \ 125 \ on \ 1:45 \ Pulls$	EN1	P
$\{2 \times 150 \text{ on } 2:05 \text{ Freestyle}$	EN1	P
{2 x 175 on 2:20 Pulls	EN1	P
{2 x 200 on 2:35 Pulls	EN2	P
$1x{1 x 100 on 1:40 Individual Medley}$	EN1	S
$\{8 \times 25 \text{ on :} 30 \text{ odds free w/ } 6bk$	EN1	S (
{ evens non-free		
$4x{1 \times 600 \text{ on } 7:30 \text{ Freestyle}}$	EN2	S
{2 x 100 on 1:30 Freestyle 100%	EN3	S
200 1 x 200 on 4:00 Stroke Drills	REC	D
8:25 PM 6,980 Yards - Stress Value =	143	

Workout #2071 - Tuesday, 08 October 2002 Group 3 - All

	6:00 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
300	12 x 25 on :30 Berzerks	EN2
	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
	$1x\{2 \times 125 \text{ on } 2:00 \text{ Pulls no br L. 5 yds}$	EN1
	{2 x 125 on 1:55 Pulls no br L.10 yds	
	{2 x 125 on 1:50 Pulls no br L.15 yds	
	{2 x 125 on 1:45 Pulls no br L.20 yds	
	{2 x 125 on 1:40 Pulls no br L.25 yds	
500	4 x 125 on 2:00 1st 50 2bk 2nd 504bk	
	last 25 6bk	
	1x{5 x 125 on 2:10 Backstroke	EN2
	{ break at 100-10 sec	
	{4 x 125 on 2:05 Backstroke	EN2
	{ break at 75-10 sec	
	{3 x 125 on 2:05 Backstroke	EN2
	{ break at 50-10 sec	
	{2 x 125 on 1:55 Backstroke	EN2
	{ break at 25-10 sec	
	{1 x 125 on :00 Backstroke-100%	EN2
375	3 x 125 on 2:15 Stroke Drills	REC
	8:20 PM 6,100 Yards - Stress Value = 81	
	•	

Workout #2072 - Thursday, 10 October 2002 Group 3 - All

1 minute rest between sets

	6:00 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	
300	12 x 25 on :30 Berzerks	SP3	
	1x{2 x 125 on 2:25 Kick	EN2	
	{3 x 100 on 1:55 Kick	EN2	
	{4 x 75 on 1:25 Kick	EN2	
	{5 x 50 on :55 Kick	EN2	
	{6 x 25 on :25 Kick	EN2	
	1x{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	
	{3 x 100 on 1:20 Lungbuster pulls	EN2	
	{3 x 100 on 1:15 Lungbuster pulls	EN2	
	{ odds br 3-5-7-9		
	{ evens br 2-4-6-8		
400	1 x 400 on 7:00 Individual Medley	EN1	
	$8x{8 \times 25 \text{ on } :30 \text{ Butterfly}}$	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 4:00 Stroke Drills	REC	
	clsd fst/thumb drag		
	8:34 PM 6,050 Yards - Stress Value = 94		

Workout #2073 - Saturday, 12 October 2002 Group 3 - All

1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WORF
		===	====
	1 on 30:00 Stomach and Stretch		I
1,000	$1x{1 x 200 on 3:00 Free last 50 fast}$	EN1	
	{1 x 200 on 3:00 Free last 75 fast	EN1	
	$\{1 \times 200 \text{ on } 3:00 \text{ Free last } 100 \text{ fast} \}$	EN1	
	{1 x 200 on 3:00 Free last 125 fast	EN1	
	{1 x 200 on 3:00 Free last 150 fast	EN1	٤
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
	concentrate on finsh		
1,200	12 x 100 on 1:30 Kick with flippers	EN2	ľ
1,500	$1x{1 x 500 on 7:00 Pulls}$	EN1	E
	{1 x 500 on 6:50 Pulls	EN1	E
	{1 x 500 on 6:40 Pulls	EN2	
300	4×75 on 1:20 IM w/out free	EN1	
3,000	$1x{4 x 200 on 2:30 Freestyle}$	EN2	5
	$\{1 \times 100 \text{ on } 1:15 \text{ Freestyle}$	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	-
	{2 x 100 on 1:15 Freestyle	EN2	
	{2 x 200 on 2:20 Freestyle	EN2	
	{3 x 100 on 1:15 Freestyle	EN2	5
	{1 x 200 on 2:15 Freestyle	EN2	
	{4 x 100 on 1:15 Freestyle	EN2	٤
200	1 x 200 on 4:00 Stroke Drills	REC	Ι
	9:53 AM 7,500 Yards - Stress Value = 12	29	

Workout #2074 - Monday, 14 October 2002 Group 3 - All

1 minute rest between sets

	6:00 AM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	٤
300	12 x 25 on :30 Berzerks	SP3	٤
1,000	1x{1 x 200 on 3:55 Kick no board	EN2	ľ
	{8 x 25 on :30 Kick	EN2	ľ
	{1 x 150 on 2:55 Kick no board	EN2	F

	{ 6	Х	25 (on :	:30 K	ick	EN2	F
	{ 1	Х	100	on	1:55	Kick no board	EN2	F
	{ 4	Х	25 (on :	:30 K	ick	EN2	F
	{ 1	Х	50 (on :	:55 K:	ick no board	EN2	F
	{ 2	Х	25 (on :	:30 K	ick	EN2	F
1,400	2x{2	Х	150	on	2:10	Pulls	EN1	E
	{ 4	Х	100	on	1:25	Lungbuster pulls	EN1	E
	{ k	or	3-5-	-7-9	on a	all		
300	1	Х	300	on	5:00	Individual Medley	EN1	Γ
4,000	1x{4	Х	400	on	5:00	Freestyle	EN2	٤
	{ 3	Х	400	on	4:50	Freestyle	EN2	٤
	{ 2	Х	400	on	4:40	Freestyle	EN2	٤
	{ 1	Х	400	on	4:30	Freestyle	EN2	٤
200	1	Х	200	on	3:00	Stroke Drills	REC	Ι
	8:33	Αľ	4 8,	000	Yard	s - Stress Value =	129	

Workout #2075 - Tuesday, 15 October 2002 Group 3 - All

1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	
	1 on 30:00 Stomach and Stretch		I
800	1 x 800 on 15:00 Reverse IM drill	REC	Ι
180	12 x 15 on :30 Shooters	SP3	٤
	1x{2 x 100 on 2:00 Kick	EN2	F
	{2 x 50 on :45 Kick	EN2	F
	{2 x 100 on 1:55 Kick	EN2	F
	{2 x 50 on :50 Kick	EN2	F
	{2 x 100 on 1:50 Kick	EN2	F
	{2 x 50 on :55 Kick	EN2	ľ
	{2 x 100 on 1:45 Kick	EN2	F
	1x{2 x 200 on 2:55 Pulls	EN1	E
	{2 x 200 on 2:50 Pulls	EN1	E
	{2 x 200 on 2:45 Pulls	EN1	E
	{2 x 200 on 2:40 Pulls	EN2	E
300	12 x 25 on :30 IM order-build	EN1	٤
	1x{3 x 125 on 2:05 Backstroke	EN1	
	{6 x 50 on 1:00 Backstroke des in 3s	EN1	٤
	{3 x 125 on 2:00 Backstroke	EN2	٤
	{6 x 50 on 1:00 Backstroke des in 3s	EN1	٤
	{3 x 125 on 1:55 Backstroke	EN2	٤
	{6 x 50 on 1:00 Backstroke des in 3s	EN1	٤
	{3 x 125 on 1:50 Backstroke	EN2	٤
200	1 x 200 on 4:00 Stroke Drills	REC	Γ

8:32 PM 6,580 Yards - Stress Value = 89

6:00 PM Start Yards Set Description

Workout #2076 - Wednesday, 16 October 2002 Group 3 - All

1 minute rest between sets

300 6 x 50 on 1:00 Stroke Drills 8:30 PM 6,800 Yards - Stress Value = 119

Workout #2078 - Monday, 21 October 2002 Group 3 - All

1 minute rest between sets

		=== ===						
	1 on 30:00 Stomach and Stretch			5:00	PM Start			
800	1 x 800 on 15:00 Swim-kick-pull-swim		Yards	Se	et Description	EGY	WORK	STK
180	12 x 15 on :30 Shooters			=:		===	====	===
	1x{4 x 125 on 2:15 Kick	EN2		1	on 30:00 Stomach and Stretch		L	DRY
	{4 x 125 on 2:10 Kick	EN2	800	1	x 800 on 15:00 Choice	REC	S	CHO
	{2 x 125 on 2:05 Kick	EN2	300	13	2 x 25 on :30 Berzerks	SP3	S	FR
	$1x\{2 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf\&w}$	EN1		2x{1	x 100 on 2:00 Kick	EN2	K	CHO
	{4 x 50 on :55 Pulls-nbbf&w	EN1		{ 1	x 100 on 1:55 Kick	EN2	K	CHO
	{6 x 50 on :50 Pulls-nbbf&w	EN1		{ 1	x 100 on 1:50 Kick	EN2	K	CHO
	{8 x 50 on :45 Pulls-nbbf&w	EN1		{ 1	x 100 on 1:45 Kick	EN2	K	CHO
	$\{10 \times 50 \text{ on } : 40 \text{ Pulls-nbbf&w}\}$	EN2		{ 1	x 100 on 1:40 Kick	EN2	K	CHO
	1x{1 x 100 on 1:40 Individual Medley	EN1		1x{3	x 100 on 1:30 Pulls	EN1	P	FR
	{1 x 100 on 1:35 Individual Medley	EN1		{ 2	x 50 on 1:00 Pulls 4 breaths	EN1	P	FR
	{1 x 100 on 1:30 Individual Medley	EN1		{ 3	x 100 on 1:25 Pulls	EN1	P	FR
	$1x\{2 \times 50 \text{ on } 1:00 \text{ Under/over}$	EN2		{ 2	x 50 on 1:00 Pulls 3 breaths	EN1	P	FR
	{1 x 200 on 4:00 Breaststroke	EN1		{ 3	x 100 on 1:20 Pulls	EN2	P	FR
	$\{3 \times 75 \text{ on } 1:25 \text{ Breaststroke} \}$	EN1		{ 2	x 50 on 1:00 Pulls 2 breaths	EN1	P	FR
	$\{2 \times 50 \text{ on } 1:00 \text{ Under/over}\}$	EN2		{ 3	x 100 on 1:15 Pulls	EN2	P	FR
	{1 x 200 on 3:55 Breaststroke	EN2		2x{1	x 50 on :55 Freestyle 2bk	EN1	S	FR
	$\{3 \times 75 \text{ on } 1:20 \text{ Breaststroke} \}$	EN2		{ 1	x 50 on :50 Freestyle 4 bk	EN1	S	FR
	{2 x 50 on 1:00 Under/over	EN2		{ 1	x 50 on :45 Freestyle 6bk	EN1	S	FR
	{1 x 200 on 3:50 Breaststroke	EN2		1x{4	x 125 on 2:00 Freestyle	EN3	S	FR
	$\{3 \times 75 \text{ on } 1:15 \text{ Breaststroke} \}$	EN2		{ 1	on 1:00 Rest		M	
	{2 x 50 on 1:00 Under/over	EN2		{ 4	x 125 on 1:55 Freestyle	EN3	S	FR
	{1 x 200 on 3:30 Breaststroke	EN2		•	on 1:00 Rest		M	
0.00	{3 x 75 on 1:10 Breaststroke	EN2		{ 4	x 125 on 1:50 Freestyle	EN3	S	FR
200	1 x 200 on 4:00 Stroke Drills	REC		{ 1	on 1:00 Rest		M	
	8:31 PM 6,330 Yards - Stress Value = 91			{ 4	x 125 on 1:45 Freestyle	EN3	S	FR
				•	on 1:00 Rest		M	
	Workout #2077 - Thursday, 17 October 2002				2	EN3	S	FR
	Group 3 - All		250	5	x 50 on 1:00 Stroke Drills	REC	D	CD
	1 minute, post between sets			7:30	PM 6,650 Yards - Stress Value	2 = د	06	

EGY WOF

	6:00 PM Start				Workout #2079 - Monday, 21 October 2002		
Yards	Set Description	EGY	WOF		HighSchl - All		
		===	===		1 minute rest between sets		
800 300	<pre>1 on 30:00 Stomach and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 12 x 25 on :30 Berzerks 1x{2 x 125 on 2:20 Kick {2 x 125 on 2:15 Kick</pre>	SP3 EN2 EN2		Yards ===== 400	5:30 PM Start Set Description		
	{2 x 125 on 2:10 Kick {2 x 125 on 2:05 Kick {2 x 125 on 2:00 Kick 1x{3 x 150 on 2:05 Pulls br ev 7 mid 50 {3 x 150 on 2:00 Pulls br ev 8 mid 50 {3 x 150 on 1:55 Pulls br ev 9 mid 50 1x{1 x 100 on 1:40 Individual Medley {1 x 100 on 1:30 Individual Medley {1 x 100 on 1:30 Individual Medley 1x{4 x 25 on :25 Butterfly {4 x 50 on :50 Butterfly 2-6-2 {4 x 75 on 1:15 Butterfly 2-8-2 {3 x 25 on :50 Butterfly 2-6-2 {3 x 50 on :50 Butterfly 2-6-2 {3 x 75 on 1:15 Butterfly 2-7-2 {3 x 100 on 1:40 Butterfly 2-8-2 {3 x 100 on 1:40 Butterfly 2-8-2 {2 x 25 on :25 Butterfly	EN2 EN2 EN2 EN1 EN2		400 180 150	12 x 15 on :45 Shooters 2x{1 x 50 on 1:10 Kick {1 x 100 on 2:20 Kick {1 x 150 on 3:30 Kick 1x{5 x 50 on 1:00 Pulls {5 x 50 on :55 Pulls {5 x 50 on :50 Pulls 1 x 150 on 3:00 Freestyle 1st 50 2bk 2nd 50 4bk 3rd50 6bk 2x{1 x 125 on 2:10 Freestyle {1 x 125 on 2:05 Freestyle {1 x 125 on 1:55 Freestyle {1 x 125 on 1:55 Freestyle {1 x 100 on 2:30 Freestyle EZ	SP3 EN2 EN2 EN2 EN1 EN1	
	{2 x 50 on :50 Butterfly 2-6-2 {2 x 75 on 1:15 Butterfly 2-7-2 {2 x 100 on 1:40 Butterfly 2-8-2 {1 x 25 on :25 Butterfly {1 x 50 on :50 Butterfly 2-6-2 {1 x 75 on 1:15 Butterfly 2-7-2 {1 x 100 on 1:40 Butterfly 2-8-2	EN2 EN2 EN2 EN2 EN2 EN2 EN2					

Workout #2080 - Tuesday, 22 October 2002 Group 3 - All

1 minute rest between sets

	5:00 PM Start		
	Set Description	EGY	
	1 on 30:00 Stomach and Stretch	===	===
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{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 50 on :55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 150 on 2:45 Kick	EN2	
	{1 x 150 on 2:30 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
	{1 on :30 Rest		
	{1 x 100 on 2:00 Kick for time		
	1x{3 x 300 on 4:15 Pulls	EN1	
	{2 x 200 on 2:40 Pulls	EN2	
0.50	{1 x 100 on 1:15 Pulls	EN2	
250	2 x 125 on 2:15 IM with 50 free	EN1	
	1x{2 x 200 on 3:30 Backstroke	EN1	
	{2 x 200 on 3:20 Backstroke	EN1	
	{2 x 200 on 3:10 Backstroke {2 x 200 on 3:00 Backstroke	EN2 EN2	
	{2 x 150 on 2:30 Backstroke	EN2	
	•	EN2	
	·	EN2	
	•	EN2	
	·	EN2	
250	1 x 250 on 4:00 Stroke Drills		
	7:30 PM 6,780 Yards - Stress Value = 102		

Workout #2081 - Tuesday, 22 October 2002 HighSchl - All

1 minute rest between sets

	5:30 PM	I Start			
Yards	Set	Description	EGY	WORK	٤
		=======================================	===	====	=
	1 on	15:00 Dryland and stretch		L	Γ
400	1 x	400 on 8:00 Choice	REC	S	(
180	12 x	: 15 on :45 Shooters	SP3	S	
	1x{3 x	75 on 1:40 Kick	EN2	K	C
	{3 x	75 on 1:35 Kick	EN2	K	C
	{2 x	75 on 1:30 Kick	EN2	K	C
	1x{1 x	400 on 7:00 Pulls	EN1	P	
	{1 x	300 on 5:00 Pulls	EN1	P	
	{1 x	200 on 3:10 Pulls	EN1	P	
	{1 x	100 on 1:30 Pulls	EN1	P	
	1x{1 x	100 on 2:00 Individual Medley	EN1	S	
	{1 x	100 on 1:50 Individual Medley	EN1	S	
	{1 x	100 on 1:40 Individual Medley	EN2	S	
	1x{2 x	150 on 2:30 Freestyle	EN1	S	
	{ 4 x	25 on :40 IM order	EN1	S	
	{2 x	150 on 2:25 Freestyle	EN1	S	
	{ 4 x	25 on :40 IM order	EN1	S	
	{2 x	150 on 2:20 Freestyle	EN1	S	
	{4 x	25 on :40 IM order	EN1	S	
300	6 x	50 on 1:10 Stroke Drills	REC	D	
	7:14 PM	3,980 Yards - Stress Value =	44		

Workout #2083 - Wednesday, 23 October 2002 Group 3 - All

1 minute rest between sets

6:00 PM Start
Yards Set Description EGY WOF

1 on 30:00 Stomach and Stretch	
800 1 x 800 on 14:00 Swim-kick-pull-sw	im REC
300 12 x 25 on :30 12.5 ez 12.5 fast	SP3
concentrate on fnsh	
$2x{1 \times 200 \text{ on } 4:00 \text{ Kick no board}}$	EN2
$\{1 \times 150 \text{ on } 3:00 \text{ Kick no board}$	EN2
{1 x 100 on 2:00 Kick no board	EN2
$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board}$	EN2
2x{1 x 150 on 2:15 Lungbuster pulls	EN1
{1 x 150 on 2:10 Lungbuster pulls	EN1
{1 x 150 on 2:05 Lungbuster pulls	EN1
{1 x 150 on 2:00 Lungbuster pulls	EN1
{1 x 150 on 1:55 Lungbuster pulls	EN1
{1 x 150 on 1:50 Lungbuster pulls	EN1
{1 x 150 on 1:45 Lungbuster pulls	EN1
200 8 x 25 on :30 IM order-build	EN1
$1x{3 x 125 on 2:15 Breaststroke}$	EN1
{3 x 50 on 1:00 Breaststroke-descen	d EN1
{3 x 125 on 2:10 Breaststroke	EN1
{3 x 50 on 1:00 Breaststroke-descen	d EN1
${3 \times 125 \text{ on } 2:05 \text{ Breaststroke}}$	EN1
{3 x 50 on 1:00 Breaststroke-descen	d EN1
${3 \times 125 \text{ on } 2:00 \text{ Breaststroke}}$	EN2
{3 x 50 on 1:00 Breaststroke-descen	d EN1
250 1 x 250 on 4:00 Stroke Drills	REC
8:30 PM 6,750 Yards - Stress Value =	83

Workout #2082 - Wednesday, 23 October 2002 HighSchl - All

	5:00 PM Start			
Yards	Set Description	EGY	WORK	Sī
	=======================================	===	====	==
	1 on 15:00 Dryland and stretch		L	DF
400	1 x 400 on 8:00 Reverse IM drill	REC	D	I
180	12 x 15 on :45 Shooters	SP3	S	F
	3x{1 x 100 on 2:15 Kick	EN1	K	CF
	{1 x 100 on 2:00 Kick	EN2	K	CF
100	1 x 100 on 2:00 Kick 100% effort	EN3	K	CF
	1x{1 x 250 on 4:15 Pulls	EN1	P	F
	$\{1 \times 250 \text{ on } 4:10 \text{ Pulls}$	EN1	P	F
	$\{1 \times 250 \text{ on } 4:05 \text{ Pulls}$	EN1	P	F
	{1 x 250 on 4:00 Pulls	EN1	P	F
	$5x{1 x 25 on :35 Freestyle}$	EN1	S	F
	$\{1 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN2	S	F
	$1x{3 x 100 on 1:45 Freestyle}$	EN1	S	F
	{3 x 100 on 1:40 Freestyle	EN1	S	F
	{3 x 100 on 1:35 Freestyle	EN2	S	F
	{3 x 100 on 1:30 Freestyle	EN2	S	F
	{3 x 100 on 1:25 Freestyle	EN2	S	F
250	1 x 250 on 5:00 Stroke Drills	REC	D	C
	6:45 PM 4,280 Yards - Stress Value	= 57		

	Workout #2085 - Thursday, 24 October 2002 Group 3 - All 1 minute rest between sets				1x{2 x 200 on 2:30 Pulls {2 x 200 on 2:35 Pulls {2 x 200 on 2:40 Pulls {2 x 200 on 2:45 Pulls	EN2 EN2 EN2 EN1	
Yards	5:00 PM Start Set Description		WORK S	400 3,000	1 x 400 on 6:00 Individual Medley 6x{1 x 300 on 3:45 Freestyle {2 x 100 on 1:30 Freestyle 100%	EN1 EN2 EN3	
800	1 on 30:00 Stomach and Stretch 16 x 50 on :55 Stroke Drills-odds		L I D (200	1 x 200 on 4:00 Stroke Drills 8:31 PM 7,380 Yards - Stress Value = 171	REC	
180	free, evens non-free 12 x 15 on :30 Shooters	SP3	S		Workout #2087 - Monday, 28 October 2002		
	1x{4 x 100 on 2:00 Kick 0dds fast {4 x 100 on 1:55 Kick odds fast	EN2 EN2	K (K (HighSchl - All 1 minute rest between sets		
	$\{4 \times 100 \text{ on } 1:50 \text{ Kick odds fast } 1x\{1 \times 1000 \text{ on } 14:00 \text{ Pulls} \}$	EN2 EN1	K (P				
	{2 x 500 on 6:45 Pulls	EN1	P	Yards	6:00 PM Start Set Description	EGY	WOF
	6x{1 x 25 on :30 Freestyle {1 x 25 on :20 Freestyle	EN1 EN2	S S	=====	1 on 15:00 Stomach and Stretch	===	===
	$1x{4 x 75 on 1:20 Butterfly}$	EN1	S E	600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
	$\{1 \times 100 \text{ on } 1:10 \text{ Individual Medley} \}$	EN2 EN1	S S E	180	12 x 15 on :40 Shooters 1x{3 x 75 on 1:40 Kick	SP3 EN2	
	{1 x 100 on 1:15 Individual Medley		S		{3 x 100 on 2:05 Kick	EN2	
	$\{4 \times 75 \text{ on } 1:10 \text{ Butterfly} $ $\{1 \times 100 \text{ on } 1:20 \text{ Individual Medley} \}$	EN2 EN2	S E S		{3 x 125 on 2:30 Kick 1x{2 x 150 on 2:45 Pulls	EN2 EN1	
	{4 x 75 on 1:05 Butterfly	EN2	S E		{2 x 150 on 2:35 Pulls	EN1	
	$\{1 \times 100 \text{ on } 1:25 \text{ Individual Medley} \}$	EN2 EN2	S S E		{2 x 150 on 2:25 Pulls {2 x 150 on 2:15 Pulls	EN1 EN1	
250	{1 x 100 on 1:30 Individual Medley		S		1x{1 x 400 on 6:00 Freestyle	EN2	
350	7 x 50 on 1:00 Stroke Drills 7:30 PM 6,830 Yards - Stress Value =	REC 90	D		{1 x 400 on 5:55 Freestyle {1 x 400 on 5:50 Freestyle	EN2 EN2	
	•				$\{1 \times 400 \text{ on } 5:45 \text{ Freestyle} \}$	EN2	
	Workout #2084 - Thursday, 24 October 2002			200	{1 x 400 on 5:40 Freestyle 4 x 50 on 1:00 Stroke Drills	EN2 REC	
	HighSchl - All 1 minute rest between sets			200	7:53 PM 5,080 Yards - Stress Value = 77	TCD C	
					Wouldnut #2000 Tuesday 20 October 2002		
Yards	5:00 PM Start				Workout #2088 - Tuesday, 29 October 2002		
	Set Description	EGY	Y WORK		Group 3 - All		
=====	Set Description				Group 3 - All 1 minute rest between sets		
	-		L C D	Yards	1 minute rest between sets 6:00 AM Start	EGY	WOF
500	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh	REC	L C D 3 S	Yards	1 minute rest between sets 6:00 AM Start Set Description	EGY	
500	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast	= === RE(L C D 3 S	=====	1 minute rest between sets 6:00 AM Start Set Description	===	
500	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:40 Kick {2 x 125 on 2:35 Kick	REC SP3 EN2 EN2	L D D S S S C K K K K K K K K K K K K K K K K		1 minute rest between sets 6:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 4 x 200 on 3:30 Swim-kick-pull-swim 12 x 15 on :30 Shooters	REC SP3	
500	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:40 Kick	REC SP3 EN2	L D D S S S L K K L P	800	I minute rest between sets 6:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 4 x 200 on 3:30 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick}	REC SP3 EN2	
500	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:40 Kick {2 x 125 on 2:35 Kick 1x{2 x 75 on 1:20 Lungbuster pulls {3 x 75 on 1:15 Lungbuster pulls {4 x 75 on 1:10 Lungbuster pulls	REC SP3 EN2 EN2 EN2 EN2 EN1 EN1	L D D S S S S L L L L L L L L L L L L L	800	I minute rest between sets 6:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 4 x 200 on 3:30 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick {2 x 50 on :45 Kick {2 x 100 on 1:55 Kick	REC SP3 EN2 EN2 EN2	
500	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:40 Kick {2 x 125 on 2:35 Kick 1x{2 x 75 on 1:20 Lungbuster pulls {3 x 75 on 1:15 Lungbuster pulls	REC SP3 EN2 EN2 EN1 EN1	L D D S S S S L L L L L L L L L L L L L	800	I minute rest between sets 6:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 4 x 200 on 3:30 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick {2 x 50 on :45 Kick {2 x 100 on 1:55 Kick {2 x 50 on :50 Kick	REC SP3 EN2 EN2 EN2 EN2	
500	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:40 Kick {2 x 125 on 2:35 Kick 1x{2 x 75 on 1:20 Lungbuster pulls {3 x 75 on 1:15 Lungbuster pulls {4 x 75 on 1:10 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {3 x 75 on 1:00 Lungbuster pulls {0 dds br 3-5-7 evnens	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1	L D D S S S S L L L L L L L L L L L L L	800	I minute rest between sets 6:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 4 x 200 on 3:30 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick {2 x 50 on :45 Kick {2 x 100 on 1:55 Kick {2 x 50 on :50 Kick {2 x 50 on :50 Kick {2 x 50 on :55 Kick {2 x 50 on :55 Kick	REC SP3 EN2 EN2 EN2 EN2 EN2 EN2	
500	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:45 Kick {2 x 125 on 2:35 Kick 1x{2 x 75 on 1:20 Lungbuster pulls {3 x 75 on 1:15 Lungbuster pulls {4 x 75 on 1:10 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {4 x 75 on 1:07 Lungbuster pulls {5 x 75 on 1:08 Lungbuster pulls {6 x 75 on 1:09 Lungbuster pulls {7 x 75 on 1:00 Lungbuster pulls {8 codds br 3-5-7 evnens {8 breathe 2-4-6	REC SP3 EN2 EN2 EN1 EN1 EN1 EN2	L D D S S S S S K K P P P P P P P P P P P P P	800	I minute rest between sets 6:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 4 x 200 on 3:30 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick {2 x 50 on :45 Kick {2 x 100 on 1:55 Kick {2 x 50 on :50 Kick {2 x 50 on :50 Kick {2 x 100 on 1:50 Kick {2 x 100 on 1:45 Kick {2 x 100 on 1:45 Kick {2 x 100 on 1:45 Kick	REC SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
500 300	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:45 Kick {2 x 125 on 2:35 Kick 1x{2 x 75 on 1:20 Lungbuster pulls {3 x 75 on 1:15 Lungbuster pulls {4 x 75 on 1:10 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {3 x 75 on 1:07 Lungbuster pulls {4 x 75 on 1:07 Lungbuster pulls {5 cdds br 3-5-7 evnens {6 breathe 2-4-6 1 x 300 on 6:00 Individual Medley 1x{9 x 50 on :50 Descend in sets of 3	REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 EN2	L D D S S S S S S S S S S S S S S S S S	800	I minute rest between sets 6:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 4 x 200 on 3:30 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick 2 x 50 on :45 Kick 2 x 100 on 1:55 Kick 2 x 50 on :50 Kick 42 x 100 on 1:50 Kick 42 x 100 on 1:50 Kick 42 x 100 on 1:45 Kick 42 x 100 on 1:45 Kick 42 x 100 on 1:45 Kick 42 x 150 on 2:15 Pulls mid 50 br ev 7 42 x 150 on 2:15 Pulls mid 50 br ev 8	REC SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1	
500 300	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:45 Kick {2 x 125 on 2:35 Kick 1x{2 x 75 on 1:20 Lungbuster pulls {3 x 75 on 1:15 Lungbuster pulls {4 x 75 on 1:10 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {3 x 75 on 1:00 Lungbuster pulls {3 x 75 on 1:00 Lungbuster pulls {0 dds br 3-5-7 evnens {breathe 2-4-6 1 x 300 on 6:00 Individual Medley 1x{9 x 50 on :50 Descend in sets of 3 {9 x 50 on :45 Descend in sets of 3	REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 EN2	L D D S S S S S S S S S S S S S S S S S	800	I minute rest between sets 6:00 AM Start Set Description	REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1	
500 300	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:45 Kick {2 x 125 on 2:35 Kick 1x{2 x 75 on 1:20 Lungbuster pulls {3 x 75 on 1:15 Lungbuster pulls {4 x 75 on 1:10 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {3 x 75 on 1:07 Lungbuster pulls {4 x 75 on 1:07 Lungbuster pulls {5 cdds br 3-5-7 evnens {6 breathe 2-4-6 1 x 300 on 6:00 Individual Medley 1x{9 x 50 on :50 Descend in sets of 3	REC SP3 EN2 EN2 EN1	L D D S S S S S S S S S S S S S S S S S	800	I minute rest between sets 6:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 4 x 200 on 3:30 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick {2 x 50 on :45 Kick {2 x 100 on 1:55 Kick {2 x 50 on :50 Kick {2 x 50 on :55 Kick {2 x 100 on 1:55 Kick {2 x 100 on 1:55 Kick {2 x 50 on :55 Kick {2 x 100 on 1:45 Kick {2 x 100 on 1:45 Kick {2 x 100 on 1:45 Kick {2 x 100 on 2:15 Pulls mid 50 br ev 7 {2 x 150 on 2:15 Pulls mid 50 br ev 8 {2 x 150 on 2:15 Pulls mid 50 br ev 9 {2 x 150 on 2:15 Pulls mid 50 br ev 9 {2 x 150 on 2:15 Pulls mid 50 br ev 9 {3 x 150 on 2:15 Pulls mid 50 br ev 9 {4 x 75 on 1:15 1st 50 2bk 2nd 504bk 3 rd 50 6bk	REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1	
500 300	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:45 Kick {2 x 125 on 2:35 Kick 1x{2 x 75 on 1:20 Lungbuster pulls {3 x 75 on 1:15 Lungbuster pulls {4 x 75 on 1:10 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {2 x 75 on 1:00 Lungbuster pulls {3 x 75 on 1:00 Lungbuster pulls {2 x 75 on 1:00 Lungbuster pulls {2 x 75 on 1:00 Lungbuster pulls {2 x 75 on 1:00 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {4 x 75 on 1:05 Lungbuster pulls {5 x 75 on 1:05 Lungbuster pulls {6 cdds br 3-5-7 evnens {6 breathe 2-4-6 6	REC SP3 EN2 EN2 EN1	L D D S S S S S S S S S S S S S S S S S	800 180	I minute rest between sets 6:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 4 x 200 on 3:30 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick {2 x 50 on :45 Kick {2 x 100 on 1:55 Kick {2 x 100 on 1:55 Kick {2 x 50 on :55 Kick {2 x 100 on 1:56 Kick {2 x 100 on 1:57 Kick {2 x 100 on 1:57 Kick {2 x 100 on 1:57 Kick {2 x 100 on 1:58 Kick {2 x 100 on 1:58 Kick {2 x 100 on 1:55 Kick {2 x 100 on 1:45 Kick {2 x 100 on 1:45 Kick {2 x 150 on 2:15 Pulls mid 50 br ev 7 {2 x 150 on 2:15 Pulls mid 50 br ev 8 {2 x 150 on 2:15 Pulls mid 50 br ev 9 {2 x 150 on 2:15 Pulls mid 50 br ev 9 {3 x 150 on 2:15 Pulls mid 50 br ev 9 {4 x 75 on 1:15 1st 50 2bk 2nd 504bk 3 rd 50 6bk 1x{6 x 125 on 2:10 Backstroke	REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1	
500 300	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:45 Kick {2 x 125 on 2:35 Kick 1x{2 x 75 on 1:20 Lungbuster pulls {3 x 75 on 1:15 Lungbuster pulls {4 x 75 on 1:10 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {2 x 75 on 1:00 Lungbuster pulls {3 x 75 on 1:00 Lungbuster pulls {2 x 75 on 1:00 Lungbuster pulls {3 x 75 on 1:00 Lungbuster pulls {4 x 75 on 1:00 Lungbuster pulls {5 x 50 on :45 Descend in sets of 3 {6 x 50 on :40 Freestyle 5 x 50 on 1:05 Stroke Drills	REC SP3 EN2 EN2 EN1	L D D S S S S S S S S S S S S S S S S S	800 180	I minute rest between sets 6:00 AM Start Set Description	REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1	
500 300	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:45 Kick {2 x 125 on 2:35 Kick 1x{2 x 75 on 1:20 Lungbuster pulls {3 x 75 on 1:15 Lungbuster pulls {4 x 75 on 1:10 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {3 x 75 on 1:00 Lungbuster pulls {2 x 75 on 1:00 Lungbuster pulls {2 x 75 on 1:00 Lungbuster pulls {3 x 75 on 1:00 Lungbuster pulls {5 odds br 3-5-7 evnens {5 breathe 2-4-6 1 x 300 on 6:00 Individual Medley 1x{9 x 50 on :45 Descend in sets of 3 49 x 50 on :45 Descend in sets of 3 59 x 50 on :40 Freestyle 5 x 50 on 1:05 Stroke Drills 6:45 PM 4,500 Yards - Stress Value =	REC SP3 EN2 EN2 EN1	L D D S S S S S S S S S S S S S S S S S	800 180	I minute rest between sets 6:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 4 x 200 on 3:30 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick 2 x 50 on :45 Kick 2 x 100 on 1:55 Kick 2 x 100 on 1:55 Kick 2 x 50 on :50 Kick 2 x 100 on 1:50 Kick 2 x 50 on :55 Kick 2 x 100 on 1:45 Kick 1x x 150 on 2:15 Pulls mid 50 br ev 7 2 x 150 on 2:15 Pulls mid 50 br ev 8 2 x 150 on 2:15 Pulls mid 50 br ev 9 4 x 75 on 1:15 1st 50 2bk 2nd 504bk 3rd 50 6bk 1x{6 x 125 on 2:10 Backstroke { straight swims { 5 x 125 on 2:05 Backstroke { break at 100-10 sec}	REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1	
500 300	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:45 Kick {2 x 125 on 2:35 Kick 1x{2 x 75 on 1:20 Lungbuster pulls {3 x 75 on 1:15 Lungbuster pulls {4 x 75 on 1:10 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {3 x 75 on 1:00 Lungbuster pulls {0 dds br 3-5-7 evnens {breathe 2-4-6 1 x 300 on 6:00 Individual Medley 1x{9 x 50 on :40 Freestyle 5 x 50 on 1:05 Stroke Drills 6:45 PM 4,500 Yards - Stress Value = Workout #2086 - Monday, 28 October 2002 Group 3 - All 1 minute rest between sets	REC SP3 EN2 EN2 EN1	L D D S S S S S S S S S S S S S S S S S	800 180	I minute rest between sets 6:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 4 x 200 on 3:30 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick 2 x 50 on :45 Kick 2 x 100 on 1:55 Kick 2 x 100 on 1:50 Kick 2 x 50 on :50 Kick 2 x 100 on 1:50 Kick 2 x 100 on 1:45 Kick 12 x 100 on 1:45 Kick 2 x 100 on 2:15 Pulls mid 50 br ev 7 2 x 150 on 2:15 Pulls mid 50 br ev 8 2 x 150 on 2:15 Pulls mid 50 br ev 9 2 x 150 on 2:15 Pulls mid 50 br ev 9 3 x 150 on 2:15 Pulls mid 50 br ev 10 4 x 75 on 1:15 1st 50 2bk 2nd 504bk 3 x 60 6bk 1x{6 x 125 on 2:10 Backstroke { straight swims { 5 x 125 on 2:05 Backstroke { break at 100-10 sec { 4 x 125 on 2:00 Backstroke { break at 75-10 sec	REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
500 300	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:45 Kick {2 x 125 on 2:35 Kick 1x{2 x 75 on 1:20 Lungbuster pulls {3 x 75 on 1:15 Lungbuster pulls {4 x 75 on 1:10 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {2 x 75 on 1:00 Lungbuster pulls {0 dds br 3-5-7 evnens {breathe 2-4-6 1 x 300 on 6:00 Individual Medley 1x{9 x 50 on :45 Descend in sets of 3 9 x 50 on :45 Pescend in sets of 3 9 x 50 on :40 Freestyle 5 x 50 on 1:05 Stroke Drills 6:45 PM 4,500 Yards - Stress Value = Workout #2086 - Monday, 28 October 2002 Group 3 - All 1 minute rest between sets	EN2 EN2 EN2 EN3 EN2 EN3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	EGY WOF	800 180	I minute rest between sets 6:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 4 x 200 on 3:30 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick 2 x 50 on :45 Kick 2 x 100 on 1:55 Kick 2 x 100 on 1:50 Kick 2 x 50 on :50 Kick 2 x 100 on 1:50 Kick 2 x 100 on 1:45 Kick 12 x 100 on 1:45 Kick 2 x 100 on 2:15 Pulls mid 50 br ev 7 2 x 150 on 2:15 Pulls mid 50 br ev 8 2 x 150 on 2:15 Pulls mid 50 br ev 9 2 x 150 on 2:15 Pulls mid 50 br ev 9 3 x 150 on 2:15 Pulls mid 50 br ev 10 4 x 75 on 1:15 1st 50 2bk 2nd 504bk 3 x 60 6bk 1x{6 x 125 on 2:10 Backstroke { straight swims { 5 x 125 on 2:05 Backstroke { break at 100-10 sec { 4 x 125 on 2:00 Backstroke	REC SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN2	
300 300 250 Yards	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:45 Kick {2 x 125 on 2:35 Kick 1x{2 x 75 on 1:20 Lungbuster pulls {3 x 75 on 1:15 Lungbuster pulls {4 x 75 on 1:10 Lungbuster pulls {3 x 75 on 1:00 Lungbuster pulls {2 x 75 on 1:00 Lungbuster pulls {0 dds br 3-5-7 evnens {0 breathe 2-4-6 1 x 300 on 6:00 Individual Medley 1x{9 x 50 on :45 Descend in sets of 3 9 x 50 on :40 Freestyle 5 x 50 on 1:05 Stroke Drills 6:45 PM 4,500 Yards - Stress Value = Workout #2086 - Monday, 28 October 2002 Group 3 - All 1 minute rest between sets 6:00 PM Start Set Description ====================================	EN2 EN2 EN2 EN3 EN2 EN3 EN2 EN2 EN6	EGY WOF	800 180	I minute rest between sets 6:00 AM Start Set Description	REC SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN2	
300 300 Yards ===== 800 180	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:45 Kick {2 x 125 on 2:35 Kick 1x{2 x 75 on 1:20 Lungbuster pulls {3 x 75 on 1:15 Lungbuster pulls {4 x 75 on 1:10 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {2 x 75 on 1:00 Lungbuster pulls {3 x 75 on 1:00 Lungbuster pulls {4 x 75 on 1:00 Lungbuster pulls {5 odds br 3-5-7 evnens {5 breathe 2-4-6 1 x 300 on 6:00 Individual Medley 1x{9 x 50 on :45 Descend in sets of 3 49 x 50 on :40 Freestyle 5 x 50 on 1:05 Stroke Drills 6:45 PM 4,500 Yards - Stress Value = Workout #2086 - Monday, 28 October 2002 Group 3 - All 1 minute rest between sets 6:00 PM Start Set Description ====================================	REC SPS EN2	EGY WOF	800 180	I minute rest between sets 6:00 AM Start Set Description	REC SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN2	
300 300 Yards ===== 800 180	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:45 Kick {2 x 125 on 2:35 Kick 1x{2 x 75 on 1:20 Lungbuster pulls {3 x 75 on 1:15 Lungbuster pulls {4 x 75 on 1:10 Lungbuster pulls {3 x 75 on 1:00 Lungbuster pulls {2 x 75 on 1:00 Lungbuster pulls {3 x 75 on 1:00 Lungbuster pulls {4 x 75 on 1:00 Lungbuster pulls {5 odds br 3-5-7 evnens {5 breathe 2-4-6 1 x 300 on 6:00 Individual Medley 1x{9 x 50 on :45 Descend in sets of 3 49 x 50 on :45 Descend in sets of 3 59 x 50 on :40 Freestyle 5 x 50 on 1:05 Stroke Drills 6:45 PM 4,500 Yards - Stress Value = Workout #2086 - Monday, 28 October 2002 Group 3 - All 1 minute rest between sets 6:00 PM Start Set Description ====================================	EN2 EN2 EN3 EN2 EN3 EN3 EN3 EN2 EN6 EN6 EN7	EGY WOF	800 180 300	I minute rest between sets 6:00 AM Start Set Description	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2	
300 300 Yards ===== 800 180	1 on 15:00 Dryland and stretch 5 x 100 on 2:00 Stroke Drills 12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh 1x{2 x 125 on 2:45 Kick {2 x 125 on 2:45 Kick {2 x 125 on 2:35 Kick 1x{2 x 75 on 1:20 Lungbuster pulls {3 x 75 on 1:15 Lungbuster pulls {4 x 75 on 1:10 Lungbuster pulls {3 x 75 on 1:05 Lungbuster pulls {2 x 75 on 1:00 Lungbuster pulls {3 x 75 on 1:00 Lungbuster pulls {4 x 75 on 1:00 Lungbuster pulls {5 odds br 3-5-7 evnens {5 breathe 2-4-6 1 x 300 on 6:00 Individual Medley 1x{9 x 50 on :45 Descend in sets of 3 49 x 50 on :40 Freestyle 5 x 50 on 1:05 Stroke Drills 6:45 PM 4,500 Yards - Stress Value = Workout #2086 - Monday, 28 October 2002 Group 3 - All 1 minute rest between sets 6:00 PM Start Set Description ====================================	EN2 EN2 EN3 EN3 EN3 EN3 EN4 EN6 EN6 EN6 EN7	EGY WOF	800 180 300	I minute rest between sets 6:00 AM Start Set Description	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2	

Workout #2089 - Tuesday, 29 October 2002 HighSchl - All 1 minute rest between sets

	6:15	M Start				
Yards	Se	Description		EGY	WORK	Š
=====	==			===	====	=
	1	n 25:00 Stoma	ch and Stretch		L	Ι
600	1	: 600 on 12:00	Reverse IM drill	REC	D	
300	12	x 25 on :30 B	erzerks	SP3	S	F
	1	n 10:00 Techn	iques-free trns		D	
	1x{4	50 on 1:15 K	ick	EN2	K	(
	{ 4	50 on 1:10 K	ick	EN2	K	(
	{ 4	: 50 on 1:05 K	ick	EN2	K	(
	{ 4	: 50 on 1:00 K	ick	EN2	K	(
	1x{1	: 500 on 8:00	Pulls	EN1	P	
	{ 1	: 500 on 7:45	Pulls	EN1	P	
	{ 1	500 on 7:30	Pulls	EN1	P	
	1x{2	: 300 on 4:30	Freestyle	EN1	S	
	{ 2	250 on 3:45	Freestyle	EN1	S	
	{ 2	200 on 3:00	Freestyle	EN1	S	
	{ 2	: 150 on 2:15	Freestyle	EN1	S	
	{ 2	: 100 on 1:30	Freestyle	EN1	S	
200	1	200 on 5:00	Stroke Drills	REC	D	
	8:30	M 5,400 Yards	- Stress Value =	63		

Workout #2090 - Tuesday, 29 October 2002 HighSchl - All 1 minute rest between sets

Yards		PM Start et Description	EGY	WOI
======			===	===
	1	on 20:00 Stomach and Stretch		
600			REC	
		2 x 25 on :30 Berzerks	SP3	
300		on 10:00 Techniques-free trns	513	
		x 100 on 2:15 Kick	EN2	
	•			
		x 50 on :55 Kick	EN2	
	{ 2	x 100 on 2:10 Kick	EN2	
	{ 2	x 50 on 1:00 Kick	EN2	
	{ 2	x 100 on 2:05 Kick	EN2	
	{ 2	x 50 on 1:05 Kick	EN2	
	1x{2	x 125 on 2:15 Pulls no br L. 5 yds	EN1	
	{2	x 125 on 2:10 Pulls no br L.10 yds	EN1	
	-	x 125 on 2:05 Pulls no br L.15 yds		
	{2	x 125 on 2:00 Pulls no br L.20 yds	EN1	
	3x{4	x 75 on 1:10 Freestyle	EN1	
	{ 4	x 75 on 1:05 Freestyle	EN2	
		-	EN2	
	-	on 1:00 Rest		
200	•		REC	

Workout #2091 - Wednesday, 30 October 2002 Group 3 - All

8:30 PM 5,700 Yards - Stress Value = 83

1 minute rest between sets

Yards	6:00 PM Start Set Description	EGY	WOF
		===	===
	1 on 30:00 Stomach and Stretch		
	2x{1 x 100 on 1:40 Freestyle	EN1	
	{1 x 100 on 1:40 Freestyle L.25 fast	EN1	
	{1 x 100 on 1:40 Freestyle L. 50 fast	EN1	
	{1 x 100 on 1:40 Freestyle L. 75 fast	EN1	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	all backstroke		
	1x{3 x 75 on 1:30 Kick	EN2	
	$\{4 \times 25 \text{ on } : 40 \text{ Sprint kick} \}$	EN2	
	{3 x 75 on 1:25 Kick	EN2	
	$\{4 \times 25 \text{ on } : 40 \text{ Sprint kick}$	EN2	
	{3 x 75 on 1:20 Kick	EN2	

	{ 4	Х	25 on :40 Sprint kick	EN2
	{ 3	Х	75 on 1:15 Kick	EN2
	1x{1	Х	400 on 5:30 Pulls-nbbf&w	EN1
	{ 3	Х	50 on 1:00 Pulls 3 breaths	EN1
	{ 1	Х	300 on 4:05 Pulls-nbbf&w	EN1
	{ 3	Х	50 on 1:00 Pulls 3 breaths	EN1
	{ 1	Х	200 on 2:45 Pulls-nbbf&w	EN1
	{ 3	Х	50 on 1:00 Pulls 3 breaths	EN1
	{ 1	Х	100 on 1:20 Pulls-nbbf&w	EN1
	{ 3	Х	50 on 1:00 Pulls 3 breaths	EN1
200	8	Х	25 on :30 IM order-build	EN1
	1x{1	Х	100 on 1:45 Breaststroke	EN2
	8 }	Х	25 on 1:00 From dive/10 pushups	EN2
	{ 2	Х	100 on 1:40 Breaststroke	EN2
	8 }	Х	25 on 1:00 From dive/10 pushups	EN2
	{ 3	Х	100 on 1:35 Breaststroke	EN2
	8 }	Х	25 on 1:00 From dive/10 pushups	EN2
	{ 4	Х	100 on 1:30 Breaststroke	EN2
200	1	Х	200 on 4:00 Stroke Drills	REC
	8:35	PM	1 5,900 Yards - Stress Value = 94	

Workout #2092 - Thursday, 31 October 2002 HighSchl - All

1 minute rest between sets

	6:15 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1 on 10:00 Techniques-free trns		
	$1x\{1 \times 250 \text{ on } 5:25 \text{ Freestyle}$	EN2	
	{1 x 200 on 4:20 Kick	EN2	
	{1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
	$1x{1 \times 300 \text{ on } 4:45 \text{ Pulls}}$	EN1	
	{1 x 300 on 4:40 Pulls	EN1	
	{1 x 300 on 4:35 Pulls	EN1	
	{1 x 300 on 4:30 Pulls	EN1	
300	12×25 on :30 IM order-build	EN1	
	10x{1 x 100 on 1:45 Individual Medley	EN1	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN2	
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	REC	
200	1 x 200 on 4:00 Stroke Drills	REC	

8:30 PM 5,350 Yards - Stress Value = 62

Workout #2098 - Monday, 04 November 2002 Group 2 - Gold

1 minute rest between sets

	6:15 PM Start			
Yards	Set Description		EGY	WOF
	===========	=======================================	===	===
	1 on 25:00 Stomach	and Stretch		
800	1 x 800 on 16:00 S	wim-kick-pull-swim	REC	
	1 on 10:00 Techniq	ues-back turn		
	$1x{4 \times 75}$ on 1:40 Kic	k no board	EN2	
	{4 x 75 on 1:35 Kic	k no board	EN2	
	{4 x 75 on 1:30 Kic	k no board	EN2	
	$1x{2 x 25 on :30 Stro}$	ke Drills	REC	
	{2 x 50 on 1:00 Str	oke Drills	REC	
	{2 x 75 on 1:30 Str	oke Drills	REC	
	{2 x 100 on 2:00 St	roke Drills	REC	
300	6 x 50 on :55 Pull	s-nbbf&w	EN1	
300	12 x 25 on :30 IM	order-build	EN1	
	$1x{2 \times 50 \text{ on } 1:00 \text{ But}}$	terfly 2-2-2	EN1	
	{1 x 100 on 2:15 Bu	-	EN1	
	{3 x 50 on 1:00 But	terfly 2-3-2	EN1	
	{1 x 100 on 2:15 Bu	tterfly	EN1	
	{4 x 50 on 1:00 But	terfly 2-4-2	EN1	
	{1 x 100 on 2:15 Bu	tterfly	EN1	
	{5 x 50 on 1:00 But	terfly 2-5-2	EN1	
	{1 x 100 on 2:15 Bu	tterfly	EN1	
	{6 x 50 on 1:00 But	terfly 2-6-2	EN1	
	{1 x 100 on 2:15 Bu	tterfly	EN1	
200	1 x 200 on 4:00 St	roke Drills	REC	
	8:29 PM 4,500 Yards -	Stress Value = 39		

Workout #2096 - Monday, 04 November 2002 HighSchl - Platinum 1 minute rest between sets

0 FF DM G

2:55 PM Start

	2:55	PM Start		
Yards	Se	et Description	EGY	WOF
	==		===	===
	1	on 30:00 Stomach and Stretch		
800	1	x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12	2 x 15 on :30 Shooters	SP3	
	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 150 on 2:00 Pulls mid 50 br ev 5	EN1	
	{ 4	x 150 on 2:00 Pulls mid 50 br ev 7	EN1	
	{ 4	x 150 on 2:00 Pulls mid 50 br ev 9	EN1	
300	4	x 75 on 1:40 Individual Medley	EN1	
	1x{2	x 400 on 5:00 Freestyle	EN2	
	{ 2	x 400 on 4:55 Freestyle	EN2	
	{ 2	x 400 on 4:50 Freestyle	EN2	
200	1	x 200 on 3:00 Stroke Drills	REC	
	1	on 14:00 Partner stretch/Ice		
	5:29	PM 6,680 Yards - Stress Value = 96		

Workout #2097 - Monday, 04 November 2002 HighSchl - Gold

1 minute rest between sets

Yards		Set	Des	crip	otion							EGY	WOE
	=	===:		-===				-==	====	-===	==	===	===
		1 01	n 30	:00	Stoma	ach and	d Sti	ret	ch				
800		1 x	800	on	15:00	O Swim-	-kicl	ς- ρι	ı11-	swi	Ĺm	REC	
180		12 :	x 15	on	:30 \$	Shoote	rs					SP3	
	1x{2	2 x	100	on	2:15	Kick						EN2	
	{ 2	2 x	100	on	2:10	Kick						EN2	
	{ 2	2 x	100	on	2:05	Kick						EN2	
	1x{2	2 x	150	on	2:20	Pulls	mid	50	br	ev	5	EN1	
	{ 2	2 x	150	on	2:20	Pulls	mid	50	br	ev	7	EN1	

	{ 2	x 150 on	2:20 Pulls mid 50 br ev 9	EN1
300	4	x 75 on	1:20 IM w/out the free	EN1
	1x{1	x 400 on	6:00 Freestyle	EN1
	{ 1	x 400 on	5:50 Freestyle	EN1
	{ 1	x 400 on	5:40 Freestyle	EN2
	{ 1	x 400 on	5:30 Freestyle	EN2
200	1	x 200 on	3:00 Stroke Drills	REC
	1	on 25:00	Abs/Strch Crds/Med B	
	1	on 14:00	Partner stretch/Ice	
	5:30	PM 4,580	Yards - Stress Value = 55	

Workout #2095 - Monday, 04 November 2002 HighSchl - Silver 1 minute rest between sets

	2:55	PM	1 St	art	t								
Yards	Se	et	Desc	crip	ption							EGY	WOF
=====	==						-====	====			==	===	===
	1	or	30:	:00	Stoma	ach ar	nd St	ret	ch				
800	1	Х	800	on	15:00) Swin	n-kicl	k-pı	-11د	swi	Ĺm	REC	
180	12	2 x	15	on	:30 5	Shoote	ers					SP3	
	1x{2	Х	100	on	2:30	Kick						EN2	
	{ 2	Х	100	on	2:20	Kick						EN2	
	{ 2	Х	100	on	2:10	Kick						EN2	
	1x{2	Х	150	on	2:30	Pulls	mid	50	br	ev	5	EN1	
	{ 2	Х	150	on	2:30	Pulls	mid	50	br	ev	7	EN1	
	{ 2	Х	150	on	2:30	Pulls	mid	50	br	ev	9	EN1	
300	4	Х	75 0	on 1	1:30 1	M w/c	out th	he i	free	9		EN1	
	1x{1	Х	400	on	6:15	Frees	style					EN1	
	{ 1	Х	400	on	6:10	Frees	style					EN1	
	{ 1	Х	300	on	4:35	Frees	style					EN2	
	{ 1	Х	200	on	3:00	Frees	style					EN2	
200	1	Х	200	on	3:00	Strok	ke Dri	ills	3			REC	
	1	or	25:	:00	Abs/S	Strch	Crds	/Med	d B				

Workout #2093 - Monday, 04 November 2002 HighSchl - Bronze 1 minute rest between sets

5:29 PM 4,280 Yards - Stress Value = 49

1 on 14:00 Partner stretch/Ice

2:55 PM Start Set Description Yards EGY WOF ===== 1 on 30:00 Stomach and Stretch 1 x 600 on 15:00 Swim-kick-pull-swim REC 180 12×15 on :30 Shooters $1x{3 x 100 on 2:30 Kick}$ EN2 {3 x 100 on 2:25 Kick $1x\{2 \ x \ 150 \ on \ 2:45 \ Pulls \ mid \ 50 \ br \ ev \ 5 \ EN1$ {2 x 150 on 2:40 Pulls mid 50 br ev 7 EN1 {1 x 150 on 2:35 Pulls mid 50 br ev 9 EN1 4×75 on 1:30 IM w/out the free EN1 $1x\{1 \times 400 \text{ on } 7:00 \text{ Freestyle}$ $\{1 \times 400 \text{ on } 6:50 \text{ Freestyle} \}$ $\{1 \times 400 \text{ on } 6:40 \text{ Freestyle} \}$ EN2 1 x 200 on 3:00 Stroke Drills REC 1 on 25:00 Abs/Strch Crds/Med B 1 on 14:00 Partner stretch/Ice 5:30 PM 3,830 Yards - Stress Value = 46

Workout #2094 - Monday, 04 November 2002 HighSchl - Rookies

1 minute rest between sets

Yards	2:55 PM Start Set Description	EGY	WOF
=====		===	===
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 15:00 Swim-kick-pull-swim	REC	
90	6 x 15 on 1:00 Shooters	SP3	
400	4 x 100 on 3:00 Kick	EN2	
450	1x{2 x 75 on 2:15 Pulls	EN1	
	{2 x 75 on 2:55 Pulls	EN1	
	{2 x 75 on 2:50 Pulls	EN1	
200	8 x 25 on 1:00 odds free evens back	EN1	
600	3 x 200 on 6:00 Freestyle	EN1	
100	1 x 100 on 3:00 Stroke Drills	REC	
	1 on 25:00 Abs/strtch crds/med		
	1 on 14:00 Partner stretch/Ice		
	5:28 PM 2,240 Yards - Stress Value = 26		

Workout #2104 - Tuesday, 05 November 2002 Group 2 - Gold

1 minute rest between sets

	6:15 PM Start			
Yards	Set Description	EGY	WORK	S
	=======================================	===		=
	1 on 30:00 Stomach and Stretch		L	Γ
800	1 x 800 on 15:00 Reverse IM drill	REC	D	
	1 on 10:00 Techniques-brst trns		D	
	3x{1 x 150 on 3:00 Kick	EN2	K	
	{1 x 100 on 2:00 Kick	EN2	K	
	{1 x 50 on 1:00 Kick	EN2	K	
	$1x{2 x 100 on 1:35 Lungbuster pulls}$	EN1	P	
	$\{2 \times 100 \text{ on } 1:30 \text{ Lungbuster pulls}$	EN1	P	
500	20 x 25 on :45 Stroke Drills	REC	D	
	$1x{1 x 400 on 6:00 Freestyle}$	EN2	S	
	$\{1 \times 400 \text{ on } 5:50 \text{ Freestyle} \}$	EN2	S	
	$\{1 \times 400 \text{ on } 5:40 \text{ Freestyle} \}$	EN2	S	
	$\{1 \times 400 \text{ on } 5:30 \text{ Freestyle} \}$	EN2	S	
	$\{1 \times 400 \text{ on } 5:20 \text{ Freestyle} \}$	EN2	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	8:30 PM 4,900 Yards - Stress Value =	62		

Workout #2105 - Tuesday, 05 November 2002 Group 2 - Silver

1 minute rest between sets

	6:15 PM Start			
Yards	Set Description	EGY	WORK	Ę
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
600	1 x 600 on 15:00 Reverse IM drill	REC	D	
	1 on 10:00 Techniques-brst trns		D	
	2x{1 x 150 on 3:45 Kick	EN2	K	
	{1 x 100 on 2:20 Kick	EN2	K	
	{1 x 50 on 1:05 Kick	EN2	K	
	1x{2 x 100 on 1:45 Pulls	EN1	P	
	{2 x 100 on 1:40 Pulls	EN1	P	
	{2 x 100 on 1:35 Freestyle	EN1	S	
500	20 x 25 on :45 Stroke Drills	REC	D	
	$1x{1 \times 325}$ on 6:00 Freestyle	EN2	S	
	{1 x 325 on 5:50 Freestyle	EN2	S	
	$\{1 \times 325 \text{ on } 5:40 \text{ Freestyle} \}$	EN2	S	
	{1 x 325 on 5:30 Freestyle	EN2	S	
	$\{1 \times 300 \text{ on } 4:50 \text{ Freestyle}$	EN2	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	8:29 PM 4,200 Yards - Stress Value =	48		

1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
	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	
	$1x{5 x 100 on 1:30 Lungbuster pulls}$	EN1	
	{5 x 100 on 1:25 Lungbuster pulls	EN1	
	$\{5 \times 100 \text{ on } 1:20 \text{ Lungbuster pulls}$	EN1	
	{ odds br 3-5-7-9		
	{ evens br 2-4-6-8		
450	3 x 150 on 2:15 2bk, 4bk, 6bk by 50s	EN1	
	$1x{4 x 150 on 1:55 Freestyle}$	EN2	
	{4 x 150 on 1:50 Freestyle	EN2	
	{4 x 150 on 1:45 Freestyle	EN2	
	{4 x 150 on 1:40 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 15:00 Partner strtch/Ice		
	5:29 PM 6,580 Yards - Stress Value = 94		

Workout #2100 - Tuesday, 05 November 2002 HighSchl - Gold 1 minute rest between sets

	2:55	PM	I St	cart	5							
Yards	Se	et	Desc	crip	otion						EGY	WOF
=====	==		====				=====		====		===	===
	1	on	30:	00	Stoma	ach	and S	tret	.ch			
800	1	Х	800	on	15:00) Re	verse	IM	drill	1	REC	
180	12	2 x	15	on	:30 8	Shoo	ters				SP3	
	1x{1	Х	125	on	2:45	Kic	k				EN2	
	{ 1	Х	125	on	2:40	Kic	k				EN2	
	{ 1	Х	125	on	2:35	Kic	k				EN2	
	{ 1	Х	125	on	2:30	Kic	k				EN2	
	{ 1	Х	100	on	1:55	Kic	k				EN2	
	1x{3	Х	100	on	1:40	Lun	gbust	er p	ulls		EN1	
	{ 3	Х	100	on	1:35	Lun	gbust	er p	ulls		EN1	
	{ 3	Х	100	on	1:30	Lun	gbust	er p	ulls		EN1	
300	2	Х	150	on	2:30	2bk	, 4bk	, 6b	k by	50s	EN1	
	1x{3	Х	150	on	2:15	Fre	estyl	е			EN2	
	{ 3	Х	150	on	2:10	Fre	estyl	е			EN2	
	{ 3	Х	150	on	2:05	Fre	estyl	е			EN2	
	{ 3	Х	150	on	2:00	Fre	estyl	е			EN2	
200	4	Х	50 0	on 1	L:00 S	Stro	ke Dr	ills			REC	
	1	on	18:	:00	Abs/S	S.co	rds/m	ed b	all			
	1	on	15:	:00	Partr	ner	strtc	h/Ic	e			
	5:28	PM	4,	780	Yards	s -	Stres	s Va	lue =	= 65		

2:55 PM Start

90

6 x 15 on 1:00 Shooters

500 $1x\{2 \ x \ 100 \ on \ 6:00 \ Lungbuster pulls$

 $\{2 \text{ x } 150 \text{ on } 4:15 \text{ Freestyle } \}$

 $\{2 \text{ x } 100 \text{ on } 5\text{:}30 \text{ Lungbuster pulls}$

{1 x 100 on 5:00 Lungbuster pulls

1 x 100 on 3:00 2bk, 4bk, 6bk by 25s EN1

{2 x 100 on 2:55 Kick

{1 x 50 on 1:20 Kick

600 $1x{2 x 150 on 4:30 Freestyle}$

 $450 \ 1x\{2 \ x \ 100 \ on \ 3:00 \ Kick$

Workout #2101 - Tuesday, 05 November 2002 HighSchl - Silver 1 minute rest between sets

100	1	x 100 or	3:00 Stroke Drills	REC
	1	on 16:00	Abs/S.cords/med ball	
	1	on 15:00	Partner strtch/Ice	
	5:29	PM 2,240	Yards - Stress Value = 31	

Yards Set Description		EGY WOF	Workout #2111 - Wednesday, 06 November 2002					
=====	=======================================	=== ===	Group 2 - Gold					
	1 on 30:00 Stomach and Stretch		1 minute rest between sets					
800	1 x 800 on 15:00 Reverse IM drill	REC						
180	12 x 15 on :30 Shooters	SP3	6:15 PM Start					
	1x{1 x 125 on 2:55 Kick	EN2	Yards Set Description EGY WC					
	{1 x 125 on 2:50 Kick	EN2	====== ================================					
	{1 x 125 on 2:45 Kick	EN2	1 on 30:00 Stomach and Stretch					
	{1 x 125 on 2:40 Kick	EN2	800 8 x 100 on 2:00 Stroke Drills REC					
	{1 x 100 on 2:05 Kick	EN2	odds free evns nonfr					
	1x{3 x 100 on 1:50 Lungbuster pulls	EN1	1 on 10:00 Techniques-back strt					
	{3 x 100 on 1:45 Lungbuster pulls	EN1	$1x\{2 x 150 \text{ on } 3:25 \text{ Kick}$ EN2					
200	{3 x 100 on 1:40 Lungbuster pulls	EN1	{2 x 125 on 2:45 Kick EN2					
300	• • • •		{2 x 100 on 2:10 Kick EN2					
	1x{3 x 150 on 2:30 Freestyle	EN2	{2 x 75 on 1:35 Kick EN2					
	{3 x 150 on 2:25 Freestyle {2 x 150 on 2:20 Freestyle	EN2 EN2	{2 x 50 on :30 Kick EN2					
	{2 x 150 on 2:20 Freestyle {2 x 150 on 2:15 Freestyle	EN2	1x{1 x 150 on 2:25 Pulls mid 50 br ev 5 EN1					
200	4 x 50 on 1:00 Stroke Drills	REC	{1 x 150 on 2:20 Pulls mid 50 br ev 7 EN1					
200	1 on 18:00 Abs/S.cords/med ball	KEC	{1 x 150 on 2:15 Pulls mid 50 br ev 9 EN1					
	1 on 15:00 Partner strtch/Ice		300 4 x 75 on 1:20 2bk, 4bk, 6bk by 25s EN1					
	5:28 PM 4,480 Yards - Stress Value = 59		10x{1 x 100 on 1:45 Individual Medley EN2					
	0120 222 2, 222 222 20200 74240 07		$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ EN2 $\{1 \times 50 \text{ on } 1: 00 \text{ Freestyle} \}$ REC					
	W		250 1 x 250 on 5:00 Stroke Drills REC					
	Workout #2102 - Tuesday, 05 November 2002		8:30 PM 4,800 Yards - Stress Value = 59					
	HighSchl - Bronze		0.30 In 1,000 latas beless value - 35					

Workout #2102 - Tuesday, 05 November 2002 HighSchl - Bronze 1 minute rest between sets

Workout #2110 - Wednesday, 06 November 2002 HighSchl - Platinum

	2:55 PM Start		HighSchl - Platinum
Yards	Set Description	EGY WOF	1 minute rest between sets
600 180	1 on 30:00 Stomach and Stretch 1 x 600 on 15:00 Reverse IM drill 12 x 15 on :30 Shooters	REC SP3	2:55 PM Start Yards Set Description EGY WORK STK
	1x{2 x 125 on 3:00 Kick {2 x 125 on 2:55 Kick {1 x 100 on 2:15 Kick 1x{3 x 100 on 2:00 Lungbuster pulls	EN2 EN2 EN2 EN1	1 on 30:00 Stomach and Stretch L DRY 800 1 x 800 on 15:00 Choice REC S CHO 180 12 x 15 on :30 Shooters SP3 S FR 1x{6 x 75 on 1:30 Kick EN2 K CHO
150	1x{3 x 150 on 2:45 Freestyle	EN2	{5 x 75 on 1:25 Kick EN2 K CH0 {4 x 75 on 1:20 Kick EN2 K CH0 {3 x 75 on 1:15 Kick EN2 K CH0 1x{1 x 400 on 5:00 Pulls EN1 P FR
200	{3 x 150 on 2:40 Freestyle {2 x 150 on 2:40 Freestyle {1 x 150 on 2:35 Freestyle 4 x 50 on 1:00 Stroke Drills	EN2 EN2 EN2 REC	{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 6x{1 x 25 on :30 Freestyle EN1 S FR
	<pre>1 on 18:00 Abs/S.cords/med ball 1 on 15:00 Partner strtch/Ice 5:28 PM 3,880 Yards - Stress Value = 56</pre>		{1 x 25 on :20 Freestyle
	Workout #2103 - Tuesday, 05 November 2002 HighSchl - Rookies 1 minute rest between sets		{4 x 75 on 1:00 Freestyle EN2 S FR {4 x 75 on :55 Freestyle EN2 S FR {4 x 75 on :50 Freestyle EN2 S FR {4 x 50 on :40 Freestyle EN2 S FR
Yards =====	2:55 PM Start Set Description 1 on 30:00 Stomach and Stretch x 400 on 15:00 Reverse IM drill	EGY WOF	{4 x 50 on :35 Freestyle EN2 S FR {4 x 50 on :30 Freestyle EN2 S FR 250 1 x 250 on 4:00 Stroke Drills REC D CD 1 on 15:00 Stretch and Ice L DRY 5:29 PM 6,580 Yards - Stress Value = 103

SP3

EN2

EN2

EN1

EN1

EN1

EN2

EN2

Workout #2107 - Wednesday, 06 November 2002 HighSchl - Gold 1 minute rest between sets

	2:55 PM Start				
Yards	Set Description	EGY	WORK	STF	
	=======================================	===	====	===	
	1 on 30:00 Stomach and Stretch		L	DRY	
800	1 x 800 on 15:00 Choice	REC	S	CHC	
180	12 x 15 on :30 Shooters	SP3	S	FF	
	$1x{4 x 75 on 1:35 Kick odds fast}$	EN2	K	CHC	
	{6 x 75 on 1:30 Kick odds fast	EN2	K	CHC	=
	$1x{1 x 400 on 5:40 Pulls}$	EN1	P	FF	
	$\{1 \times 300 \text{ on } 4:15 \text{ Pulls}$	EN1	P	FF	
	{1 x 200 on 2:50 Pulls	EN1	P	FF	
	{1 x 100 on 1:25 Pulls	EN1	P	FF	
	$4x{1 x 25 on :30 Freestyle}$	EN1	S	FF	
	$\{1 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN2	S	FF	
	$1x{6 x 100 on 1:30 Freestyle}$	EN1	S	FF	
	{5 x 100 on 1:25 Freestyle	EN1	S	FF	

EN2

EN2

S FF

D CI

L DRY

L DRY

Workout #2106 - Wednesday, 06 November 2002 HighSchl - Silver

5:27 PM 4,980 Yards - Stress Value = 60

1 x 250 on 4:00 Stroke Drills REC

1 on 15:00 Abs/s.cords/med ball

{4 x 100 on 1:20 Freestyle

 ${3 \times 100 \text{ on } 1:15 \text{ Freestyle}}$

1 on 15:00 Stretch and Ice

250

1 minute rest between sets

	2:55	PM Start			
Yards	Se	t Description	EGY	WORK	STF
=====	==				===
	1	on 30:00 Stomach and Stretch		L	DRY
800	1	x 800 on 15:00 Choice	REC	S	CHC
180	12	x 15 on :30 Shooters	SP3	S	FF
	1x{4	x 75 on 1:45 Kick odds fast	EN2	K	CHC
	{ 6	x 75 on 1:40 Kick odds fast	EN2	K	CHC
	1x{1	x 400 on 6:20 Pulls	EN1	P	FF
	{ 1	x 300 on 4:45 Pulls	EN1	P	FF
	{ 1	x 200 on 3:10 Pulls	EN1	P	FF
	4x{1	x 25 on :30 Freestyle	EN1	S	FF
	{ 1	x 25 on :25 Freestyle	EN2	S	FF
	1x{6	x 100 on 1:40 Freestyle	EN1	S	FF
	{ 5	x 100 on 1:35 Freestyle	EN1	S	FF
	{ 4	x 100 on 1:30 Freestyle	EN2	S	FF
	{ 1	x 100 on 1:25 Freestyle	EN2	S	FF
250	1	x 250 on 4:00 Stroke Drills	REC	D	CI
	1	on 15:00 Abs/s.cords/med ball		L	DRY
	1	on 15:00 Stretch and Ice		L	DRY
	5:28	PM 4,680 Yards - Stress Value	= 5	5	

Workout #2108 - Wednesday, 06 November 2002 HighSchl - Bronze 1 minute rest between sets

2:55 PM Start Set Description

	2.55 III beare				
Yards	Set Description	EGY	WORK	STF	
	=======================================	===	====	===	
	1 on 30:00 Stomach and Stretch		L	DRY	
800	1 x 800 on 15:00 Choice	REC	S	CHC	
180	12 x 15 on :30 Shooters	SP3	S	FF	
	$1x{4 x 75 on 1:50 Kick odds fast}$	EN2	K	CHC	
	{6 x 75 on 1:45 Kick odds fast	EN2	K	CHC	
	$1x{1 x 400 on 7:20 Pulls}$	EN1	P	FF	
	{1 x 300 on 5:15 Pulls	EN1	P	FF	
	{1 x 200 on 3:20 Pulls	EN1	P	FF	
	$4x{1 x 25 on :30 Freestyle}$	EN1	S	FF	
	$\{1 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN2	S	FF	
	$1x{4 x 100 on 1:50 Freestyle}$	EN1	S	FF	
	{4 x 100 on 1:45 Freestyle	EN1	S	FF	
	{4 x 100 on 1:40 Freestyle	EN2	S	FF	

250	1	x 250 on	5:00 Stroke Drills REC	D	CI
	1	on 18:00	Abs/s.cords/med ball	L	DRY
	1	on 15:00	Stretch and Ice	L	DRY
	5:29	PM 4,280	Yards - Stress Value = 50		

Workout #2109 - Wednesday, 06 November 2002 HighSchl - Rookies 1 minute rest between sets

	2:55 PM Start			
Yards	Set Description	EGY	WORK	STF
=====	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
400	1 x 400 on 15:00 Stroke Drills	REC	D	FF
90	6 x 15 on 1:00 Shooters	SP3	S	FF
500	1x{2 x 125 on 4:00 Kick	EN2	K	CHC
	{2 x 125 on 3:45 Kick	EN2	K	CHC
500	10 x 50 on 2:00 Pulls-nbbf&w	EN1	P	FF
	1 on 15:00 Techniques-free trns		D	FF
750	5×150 on $3:30$ 3 minute swims	EN1	S	FF
	1 on 15:00 Abs/med balls/s.cord		L	DRY
	1 on 15:00 Partner stretch/Ice		L	DRY
	5:28 PM 2,240 Yards - Stress Value	= 27	7	

Workout #2112 - Thursday, 07 November 2002 HighSchl - All 1 minute rest between sets

	5:30	AM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 25:00 Weights		
	1x{1	x 100 on 1:30 Freestyle	REC	
	{ 1	x 100 on 1:30 Freestyle L. 25 fast	EN1	
	{ 1	x 100 on 1:30 Freestyle L.50 fast	EN1	
	{ 1	x 100 on 1:30 Freestyle L.75 fast	EN1	
	{ 1	x 100 on 1:30 Freestyle all fast	EN1	
300	12	2 x 25 on :30 Berzerks	SP3	
	1x{6	x 75 on 1:10 Pulls	EN1	
	{ 6	x 75 on 1:05 Pulls	EN1	
	{ 6	x 75 on 1:00 Pulls	EN2	
	2x{1	x 125 on 2:00 Freestyle	EN1	
	{ 1	x 125 on 1:55 Freestyle	EN1	
	{ 1	x 125 on 1:50 Freestyle	EN1	
	{ 1	x 125 on 1:45 Freestyle	EN1	
250	1	x 250 on 4:00 Stroke Drills	REC	
	1	on 12:00 Ice		
	7:04	AM 3,400 Yards - Stress Value = 41		

Workout #2113 - Thursday, 07 November 2002 HighSchl - All 1 minute rest between sets

	11:00 AM Start			
Yards	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	1 on 30:00 Stomach and Stretch		L	DF
600	1 x 600 on 10:00 Choice	REC	S	CF
180	12 x 15 on :30 Shooters	SP3	S	E
	2x{1 x 100 on 2:00 Kick	EN2	K	CF
	{1 x 100 on 1:55 Kick	EN2	K	CF
	{1 x 75 on 1:30 Kick	EN2	K	CF
	{1 x 75 on 1:25 Kick	EN2	K	CF
	{1 x 50 on 1:00 Kick	EN2	K	CF
	{1 x 50 on :55 Kick	EN2	K	CF
	$2x{1 x 100 on 1:30 Lungbuster pulls}$	EN1	P	E
	{1 x 100 on 1:25 Lungbuster pulls	EN1	P	F
	{1 x 75 on 1:10 Lungbuster pulls	EN1	P	F
	$\{1 \times 75 \text{ on } 1:05 \text{ Lungbuster pulls}$	EN1	P	F
	$\{1 \times 50 \text{ on } : 45 \text{ Lungbuster pulls} \}$	EN1	P	F
	{1 x 50 on :40 Lungbuster pulls	EN1	P	F
	$4x{1 x 150 on 2:15 Freestyle}$	EN1	S	F
	{3 x 50 on :45 Freestyle-descend	EN1	S	F
250	1 x 250 on 5:00 Stroke Drills	REC	D	(
	1 on 15:00 Ice		L	DF
	1:01 PM 4,030 Yards - Stress Value	= 47		

Workout #2115 - Thursday, 07 November 2002 HighSchl - Platinum 1 minute rest between sets

Yards	11:00 AM Start Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Dryland and stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Shooters	SP3	
100	3x{1 x 50 on 1:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 150 on 2:45 Kick	EN2	
100	•	EN2	
100	1x{2 x 300 on 4:00 Pulls	EN1	
	{2 x 300 on 3:55 Pulls	EN1	
	{1 x 100 on 3:50 Pulls	EN1	
	2x{1 x 100 on 1:30 Individual Medley		
	{3 x 50 on :45 Freestyle	EN1	
	- ·	EN1	
	111(1 11 000 011 11:00 110000,100		
	{2 x 400 on 5:25 Freestyle	EN1	
	$\{4 \times 200 \text{ on } 2:40 \text{ Freestyle} \}$	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	1:31 PM 6,380 Yards - Stress Value = 69	j	

Workout #2116 - Thursday, 07 November 2002 HighSchl - Gold

1 minute rest between sets

Yards	11:00 AM Start Set Description	EGY	WOF
=====		===	===
800	1 on 30:00 Dryland and stretch 1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 50 on 1:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 150 on 2:45 Kick	EN2	
100	1 x 100 on 2:00 Kick for time	EN2	
	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 300 on 4:25 Pulls	EN1	
	{1 x 300 on 4:20 Pulls	EN1	
	1x{1 x 100 on 1:45 Individual Medley	EN1	
	{3 x 50 on :45 Freestyle	EN1	

	1x{1	Х	800	on	11:30) F:	reestyle	9			EN1
	{ 2	Х	400	on	5:45	Fre	eestyle				EN1
	{ 2	Х	200	on	2:50	Fre	eestyle				EN1
200	1	х	200	on	3:00	St	roke Dri	ills			REC
	1	or	17:	:00	Abs/n	ned	balls/s	s.cord			
	1	or	10:	:00	Ice						
	1:29	ΡN	15,0	030	Yards	s –	Stress	Value	=	53	

Workout #2117 - Thursday, 07 November 2002 HighSchl - Silver

1 minute rest between sets

	11:00 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Dryland and stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 50 on 1:05 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 150 on 3:15 Kick	EN2	
100	1×100 on $2:00$ Kick for time	EN2	
	1x{1 x 300 on 4:45 Pulls	EN1	
	{1 x 300 on 4:40 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
	1x{1 x 100 on 1:45 Individual Medley	EN1	
	{3 x 50 on :55 Freestyle-descend	EN1	
	1x{1 x 800 on 13:30 Freestyle	EN1	
	{2 x 400 on 6:40 Freestyle	EN1	
	{1 x 200 on 3:15 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 16:00 Abs/med balls/s.cord		
	1 on 10:00 Ice		
	1:29 PM 4,630 Yards - Stress Value = 49		

Workout #2118 - Thursday, 07 November 2002 HighSchl - Bronze

	11:00	0 AM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 30:00 Dryland and stretch		
600	1	x 600 on 15:00 Swim-kick-pull-swim	REC	
180	12	2 x 15 on :30 Shooters	SP3	
	2x{1	x 50 on 1:15 Kick	EN2	
	{ 1	x 100 on 2:25 Kick	EN2	
	{ 1	x 150 on 3:30 Kick	EN2	
100	1	x 100 on 2:00 Kick for time	EN2	
	1x{1	x 300 on 5:15 Pulls	EN1	
	{ 1	x 300 on 5:10 Pulls	EN1	
	{ 1	x 100 on 1:40 Pulls	EN1	
	1x{1	x 100 on 2:00 Individual Medley	EN1	
	{ 3	x 50 on 1:00 Freestyle-descend	EN1	
	1x{1	x 800 on 14:00 Freestyle	EN1	
	{ 2	x 400 on 7:00 Freestyle	EN1	
200	1	x 200 on 4:00 Stroke Drills	REC	
	1	on 15:00 Abs/med balls/s.cord		
	1	on 10:00 Ice		
	1:30	PM 4,230 Yards - Stress Value = 47		

Workout #2114 - Thursday, 07 November 2002 HighSchl - Rookies 1 minute rest between sets

	11:00) <i>P</i>	MA	Sta	art						
Yards	Set Description								EGY	WOF	
	==	-==	-==	-==						===	===
	1	or	1 3 C	:00	Dryl	land a	and s	tretch	1		
400	1	Х	400	or or	n 15:0	00 Sw	im-ki	ck-pul	ll-swim	REC	
90	6	Х	15	on	1:00	Shoo	ters			SP3	
500	1x{4	Х	50	on	1:30	Kick				EN2	
	{ 4	Х	50	on	1:25	Kick				EN2	
	{ 2	Х	50	on	1:20	Kick				EN2	

	1	on 30:00 Dryland and stretch	
400	1	x 400 on 15:00 Swim-kick-pull-swim	REC
90	6	x 15 on 1:00 Shooters	SP3
500	1x{4	x 50 on 1:30 Kick	EN2
	{ 4	x 50 on 1:25 Kick	EN2
	{ 2	x 50 on 1:20 Kick	EN2
	1	on 15:00 Techniques-free trns	
600	6x{1	x 25 on :50 Pulls no br L.3 yds	EN1
	{ 1	x 25 on :50 Pulls no br L.5 yds	EN1
	{ 1	x 25 on :50 Pulls no br L.7 yds	EN1
	{ 1	x 25 on :50 Pulls no br L. 9 yds	EN1
500	1x{1	x 100 on 3:00 Freestyle	EN1
	{ 1	x 100 on 2:50 Freestyle	EN1
	{ 1	x 100 on 2:40 Freestyle	EN1
	{ 1	x 100 on 2:30 Freestyle	EN1
	{ 1	x 100 on 2:20 Freestyle	EN2
200	1	x 200 on 5:00 Stroke Drills	REC
	1	on 15:00 Abs/med balls/s.cord	
	1	on 10:00 Ice	
	1:30	PM 2,290 Yards - Stress Value = 28	

Workout #2119 - Friday, 08 November 2002 HighSchl - All 1 minute rest between sets

5:30 AM Start

200

EGY WORK & == Yards Set Description ----1 on 15:00 12 minute abs LΙ 1 x 600 on 10:00 Reverse IM drill REC 600 12 x 25 on :30 Berzerks SP3 300 16 x 25 on :30 Pulls 400 EN1 2x{1 x 100 on 1:30 Individual Medley EN1 $\{2 \times 50 \text{ on } :55 \text{ Butterfly} \}$ {1 x 100 on 1:35 Individual Medley EN1 {2 x 50 on :55 Backstroke EN1 {1 x 100 on 1:40 Individual Medley EN1 {2 x 50 on :55 Breaststroke EN1 {1 x 100 on 1:45 Individual Medley EN1

EN1

EN1

EN1

EN2

EN2

S

S

S

S

LΙ

 $\{2 \times 50 \text{ on } :55 \text{ Freestyle } \}$

 $\{4 \times 25 \text{ on :} 25 \text{ Freestyle}\}$

 $\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}$

 $\{4 \times 25 \text{ on :} 15 \text{ Freestyle}\}$

1 on 15:00 Ice

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

Workout #2120 - Saturday, 09 November 2002 HighSchl - All 1 minute rest between sets

7:06 AM 3,500 Yards - Stress Value = 38

1 x 200 on 3:00 Stroke Drills

	7:30 PM Start		
Yards		EGY	WOF
	=======================================	===	===
	1 on 25:00 Weights		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 200 on 4:00 Kick no board	EN1	
	{1 x 100 on 1:45 Kick	EN2	
	$\{4 \times 50 \text{ on } 1:00 \text{ Kick-descend} \}$	EN1	
	1x{3 x 100 on 1:30 Pulls	EN1	
	{1 x 50 on :40 Freestyle 6 beatkick	EN2	
	{3 x 100 on 1:25 Pulls	EN1	
	{1 x 50 on :45 Freestyle 6 beatkick	EN1	
	{3 x 100 on 1:20 Pulls	EN1	

{ 1	Х	50 on :50 Freestyle 6 beatkick	EN1
{ 3	х	100 on 1:15 Pulls	EN1
2x{2	Х	50 on 1:00 Under/over	EN1
{ 2	х	25 on :30 Dolphin dives	EN1
{ 1	Х	25 on :45 TN turn heel slide	EN1
9:07	ΡN	4 3,680 Yards - Stress Value = 35	

Workout #2126 - Monday, 11 November 2002 Group 2 - All 1 minute rest between sets

	C.15 DW Object			
Yards	6:15 PM Start Set Description	EGY	WORK	c
				_
	1 on 30:00 Stomach and Stretch		T.	_
			_	-
600	12 x 50 on 1:00 Stroke Drills	REC	D	C
	odds free evens fly			
	1 on 10:00 Techniques-back trns		D	
	4x{2 x 50 on 1:10 Kick no board	EN2	K	
	{1 x 100 on 2:10 Kick	EN2	K	
450	6 x 75 on 1:15 Pulls	EN1	P	
300	3 x 100 on 1:45 Freestyle-descend	EN1	S	
	$8x{8 \times 25 \text{ on :30 Butterfly}}$	EN2	S	F
	{1 on 1:00 Rest		M	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
	8:29 PM 4,000 Yards - Stress Value =	55		

Workout #2125 - Monday, 11 November 2002 HighSchl - Platinum 1 minute rest between sets

	2:55	PM	1 St	cart	t			
Yards	S€	et	Desc	crip	otion		EGY	WOF
=====	==	===	-===	-==			===	===
						re/stretch		
800	1	Х	800	on	15:00) Swim-kick-pull-swim	REC	
180	12	2 ×	15	on	:30 5	Shooters	SP3	
	1x{1	Х	200	on	3:45	Kick	EN2	
	{ 3	Х	100	on	1:55	Kick-descend	EN2	
	1x{1	Х	300	on	4:00	Pulls	EN1	
	{ 1	Х	300	on	3:55	Pulls	EN1	
	{ 1	Х	200	on	2:40	Pulls	EN1	
	{ 1	Х	200	on	2:35	Pulls	EN1	
	{ 1	Х	100	on	1:20	Pulls	EN1	
	{ 1	Х	100	on	1:15	Pulls	EN1	
200	8	Х	25 0	on :	:30 IN	1 order-build	EN1	
	1x{4	Х	100	on	1:15	Freestyle	EN2	
	{ 1	Х	400	on	5:00	Freestyle	EN2	
	{ 3	Х	100	on	1:15	Freestyle	EN2	
	{ 1	Х	300	on	3:45	Freestyle	EN2	
	{ 2	Х	100	on	1:15	Freestyle	EN2	
	{ 1	Х	200	on	2:30	Freestyle	EN2	
200	1	Х	200	on	3:00	Stroke Drills	REC	
	1	or	11:	:00	Ice			

5:29 PM 4,880 Yards - Stress Value = 67

2:55 PM Start

Set Description

1x{1 x 200 on 3:45 Kick

1x{1 x 300 on 4:15 Pulls

{1 x 300 on 4:10 Pulls {1 x 200 on 2:50 Pulls

{1 x 200 on 2:45 Pulls

 $\{1 \times 100 \text{ on } 1:25 \text{ Pulls}$

{1 x 100 on 1:20 Pulls

Yards

800

180

200

200

Workout #2121 - Monday, 11 November 2002 HighSchl - Gold 1 minute rest between sets

1 x 800 on 15:00 Swim-kick-pull-swim REC

1 on 59:59 Picture/stretch

{3 x 100 on 1:55 Kick-descend

 8×25 on :30 IM order-build $1\times\{4\times100\text{ on }1:20\text{ Freestyle}$

1 x 200 on 3:00 Stroke Drills

{1 x 400 on 5:30 Freestyle

 ${3 \times 100 \text{ on } 1:20 \text{ Freestyle}}$

 $\{1 \times 300 \text{ on } 4:10 \text{ Freestyle} \}$

 $\{2 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$

1 on 11:00 Ice

12 x 15 on :30 Shooters

EGY WOF

EN2 EN2

EN1 EN1

EN1

EN1

EN1 EN1 EN1

EN2

EN2

EN2

EN2

EN2

REC

200	1	х 2	200	on	3:00	Sti	roke	Dr	ills			REC
	1	on	11:	:00	Ice							
	5:29	PM	3,9	980	Yards	. –	Stre	ess	Value	=	51	

Workout #2124 - Monday, 11 November 2002 HighSchl - Rookies 1 minute rest between sets

	2:55	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 59:59 Team pictures/stretc		
400	1	x 400 on 15:00 Swim-kick-pull-swim	REC	
90	6	x 15 on :30 Shooters	SP3	
600	1x{1	x 300 on 8:00 Kick	EN2	
	{ 1	x 200 on 5:20 Kick	EN2	
	{ 1	x 100 on 2:40 Kick	EN2	
	1	on 15:00 Techniques-starts		
450	1x{3	x 50 on 1:30 Pulls-nbbf&w	EN1	
	{ 3	x 50 on 1:25 Pulls-nbbf&w	EN1	
	{ 3	x 50 on 1:20 Pulls-nbbf&w	EN1	
100	4	x 25 on 1:00 IM order-build	EN1	
400	8	x 50 on 1:45 Mid pool swims	EN1	
	1	on 10:00 ICE		
	5:30	PM 2,040 Yards - Stress Value = 27		

Workout #2128 - Tuesday, 12 November 2002 Group 2 - Gold

1 minute rest between sets

		6:15 PM Start		
	Yards	Set Description	EGY	MC
_			===	==
F		1 on 30:00 Stomach and Stretch		
=		$1x{1 \times 300 \text{ on :00 Stroke Drills}}$	REC	
		{1 x 200 on :00 Stroke Drills	REC	
		{1 x 100 on 11:00 Stroke Drills	REC	
		1 on 8:00 Techniques-finishes		
		4x{1 x 100 on 1:45 Kick with flippers	EN2	
		{1 x 75 on 1:20 Kick with flippers	EN2	
		$\{1 \times 50 \text{ on } : 50 \text{ Kick with flippers}$	EN2	
		{1 x 25 on :30 Kick with flippers	EN2	
		$1x{1 x 100 on 1:45 Lungbuster pulls}$	EN1	
		$\{1 \times 100 \text{ on } 1:40 \text{ Lungbuster pulls}$	EN1	
		$\{1 \times 100 \text{ on } 1:35 \text{ Lungbuster pulls}$	EN1	
		$\{1 \times 100 \text{ on } 1:30 \text{ Lungbuster pulls}$	EN1	
		{1 x 100 on 1:25 Lungbuster pulls	EN1	
		{ odds br 3-5-7-5		
		{ evens br 2-4-6-4		
	300	1 x 300 on 5:00 Reverse IM drill	EN1	
	1,800	12 x 150 on 2:20 Freestyle des in 3's	EN2	
	600	24 x 25 on :30 IM order	EN1	
	400	8 x 50 on 1:10 Stroke Drills	REC	
		8:31 PM 5,200 Yards - Stress Value = 70		

Workout #2122 - Monday, 11 November 2002 HighSchl - Silver 1 minute rest between sets

5:29 PM 4,680 Yards - Stress Value = 63

	2:55	ΡN	√ St	art	-			
Yards							EGY	WOF
=====	==	===		===	=====		===	===
	1	or	n 59:	:59	Pictu	ure/stretch		
800	1	Х	800	on	15:00	Swim-kick-pull-swim	REC	
180	12	2 >	۲ 15	on	:30 8	Shooters	SP3	
	1x{1	Х	200	on	4:15	Kick	EN2	
	{ 3	Х	100	on	2:10	Kick-descend	EN2	
	1x{1	Х	300	on	4:30	Pulls	EN1	
	{ 1	Х	300	on	4:25	Pulls	EN1	
	{ 1	Х	200	on	3:00	Pulls	EN1	
	{ 1	Х	200	on	2:55	Pulls	EN1	
200	8	Х	25 0	on :	:30 IN	M order-build	EN1	
	1x{4	Х	100	on	1:30	Freestyle	EN2	
	{ 1	Х	400	on	5:55	Freestyle	EN2	
	{ 3	Х	100	on	1:30	Freestyle	EN2	
	{ 1	Х	300	on	4:30	Freestyle	EN2	
200	1	Х	200	on	3:00	Stroke Drills	REC	
	1	or	11:	:00	Ice			
	5:27	PN	4 4,2	280	Yards	s - Stress Value = 57		

Workout #2123 - Monday, 11 November 2002 HighSchl - Bronze 1 minute rest between sets

	2:55	PN	1 St	cart	Ī.			
Yards	Se	et	Desc	crip	ption		EGY	WOF
	==	===		-==			===	===
	1	or	n 59:	:59	Pict	ure/stretch		
800	1	Х	800	on	15:00	O Swim-kick-pull-swim	REC	
180	12	2 2	15	on	:30	Shooters	SP3	
	1x{1	Х	200	on	5:00	Kick	EN2	
	{ 3	Х	100	on	2:20	Kick-descend	EN2	
	1x{1	Х	300	on	5:15	Pulls	EN1	
	{ 1	Х	300	on	5:10	Pulls	EN1	
	{ 1	Х	200	on	3:25	Pulls	EN1	
	{ 1	Х	200	on	3:20	Pulls	EN1	
200	8	Х	25 0	on :	:30 II	M order-build	EN1	
	1x{4	Х	100	on	1:40	Freestyle	EN2	
	{ 1	Х	400	on	6:40	Freestyle	EN2	
	{ 3	Х	100	on	1:40	Freestyle	EN2	

Workout #2127 - Tuesday, 12 November 2002 HighSchl - All 1 minute rest between sets

	2:55 PM Start			
Yards	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	1 on 35:00 Shoulders & Stretch		L	DF
	$4x{1 x 100 on 1:45 Reverse IM drill}$	REC	D	1
	$\{2 \times 50 \text{ on } :50 \text{ Stroke Drills}$	REC	D	E
180	12 x 15 on :30 Shooters	SP3	S	FI
	1x{1 x 100 on 2:00 Kick no board	EN2	K	E
	${3 \times 50 \text{ on } 1:00 \text{ Kick-descend}}$	EN2	K	CF
	{1 x 125 on 2:25 Kick no board	EN2	K	E
	{3 x 50 on :55 Kick-descend	EN2	K	CF
	{1 x 150 on 2:50 Kick no board	EN2	K	E
	{3 x 50 on :50 Kick-descend	EN2	K	CF
	{1 x 175 on 3:15 Kick no board	EN2	K	E
	$1x{1 x 500 on 7:00 Pulls}$	EN1	P	E
	{2 x 250 on 3:25 Pulls	EN1	P	E
	$\{4 \times 125 \text{ on } 1:40 \text{ Pulls}$	EN2	P	F
	{5 x 100 on 1:18 Pulls	EN2	P	E
400	1 x 400 on 7:00 Reverse IM drill	EN1	D	I
2,400	12 x 200 on 3:00 Challenge set	EN2	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	(
	1 on 10:00 Ice		L	DF
	5:38 PM 6,980 Yards - Stress Value =	= 109	9	

Workout #2134 - Wednesday, 13 November 2002 Group 2 - Gold

1 minute rest between sets

6:15 PM Start

	0.15 IN Deale		
Yards	1		WORK
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		L
	$1x{3 x 125 on 2:15 Freestyle-descend}$	EN1	S
	${3 \times 100 \text{ on } 1:45 \text{ Freestyle-descend}}$	EN1	S
	${3 \times 75 \text{ on } 1:15 \text{ Freestyle-descend}}$	EN1	S
180	12 x 15 on :30 Shooters	SP3	S
	2x{2 x 100 on 2:10 Kick	EN2	K
	{3 x 50 on 1:10 Kick no board	EN2	K
	$3x{6} \times 25$ on :30 Pulls	EN1	P
	{1 on :30 Rest		M
450	3 x 150 on 2:45 IM #1 no fly #2 no	EN1	S
	back #3 no breast		
	$1x{1 x 200 on 3:50 Breaststroke}$	EN1	S
	{1 x 200 on 3:45 Breaststroke	EN1	S
	{1 x 200 on 3:40 Breaststroke	EN2	S
	$\{1 \times 150 \text{ on } 2:50 \text{ Breaststroke} \}$	EN2	S
	{1 x 150 on 2:45 Breaststroke	EN2	S
	{1 x 150 on 2:40 Breaststroke	EN2	S
	$\{1 \times 100 \text{ on } 1:50 \text{ Breaststroke} \}$	EN2	S
	$\{1 \times 100 \text{ on } 1:45 \text{ Breaststroke} \}$	EN2	S
	$\{1 \times 100 \text{ on } 1:40 \text{ Breaststroke} \}$	EN2	S
	{1 x 50 on :55 Breaststroke	EN2	S
	$\{1 \times 50 \text{ on } :50 \text{ Breaststroke} \}$	EN2	S
	{1 x 50 on :45 Breaststroke	EN2	S
100	1 x 100 on 2:00 Freestyle	REC	S
200	1 x 200 on 4:00 Breast for time	EN3	S
250	1 x 250 on 5:00 Stroke Drills	REC	D
	8:30 PM 4,730 Yards - Stress Value = 7	16	

Workout #2132 - Wednesday, 13 November 2002 HighSchl - Platinum

1 minute rest between sets

	2:55 PM Start			
Yards	Set Description	EGY	WORK :	٤
	=======================================	===	====	=
	1 on 35:00 Circuit & Stretch		L	Γ
700	$1x{1 \times 300 \text{ on } :00 \text{ Stroke Drills}}$	REC	D	
	$\{1 \times 200 \text{ on } : 00 \text{ Stroke Drills}$	REC	D	

	{1 x 100 on 10:00 Stroke Drills	REC	D
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	SF
180	12 x 15 on :30 Shooters	SP3	S
1,000	5x{1 x 100 on 2:00 Kick	EN2	ΚC
	{1 x 100 on 1:30 Kick	EN2	ΚC
1,800	$1x{1 x 800 on 10:00 Pulls}$	EN2	P
	$\{1 \times 600 \text{ on } 7:45 \text{ Pulls}$	EN2	P
	$\{1 \times 400 \text{ on } 5:20 \text{ Pulls}$	EN1	P
600	4 x 150 on 2:30 IM odds 75 back	EN1	S
	evens 75 free		
2,600	$4x\{2 \times 200 \text{ on } 2:30 \text{ Freestyle}$	EN2	S
	{1 x 100 on 1:20 Individual Medley	EN2	S
	$\{2 \times 75 \text{ on } :50 \text{ Freestyle}$	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
	1 on 12:00 Ice		LI
	5:34 PM 7,080 Yards - Stress Value =	118	

Workout #2133 - Wednesday, 13 November 2002 HighSchl - Gold

1 minute rest between sets

	2:55	PM Start			
Yards	Se	et Description	EGY	WORK	Ş
	==		===	====	=
	1	on 35:00 Circuit & Stretch		L	Γ
	1x{1	x 300 on :00 Stroke Drills	REC	D	
	{ 1	x 200 on :00 Stroke Drills	REC	D	
	{ 1	x 100 on 10:00 Stroke Drills	REC	D	
	{ 4	x 25 on :30 Butterfly	EN1	S	F
180	12	2 x 15 on :30 Shooters	SP3	S	
	5x{1	x 100 on 2:00 Kick	EN2	K	C
	{ 1	x 100 on 1:50 Kick	EN2	K	C
	1x{1	x 800 on 11:15 Pulls	EN2	P	
	{ 1	x 600 on 8:15 Pulls	EN2	P	
	{ 1	x 200 on 2:40 Pulls	EN2	P	
600	4	x 150 on 2:30 IM odds 75 back	EN1	S	
	6	evens 75 free			
	5x{1	x 200 on 2:40 Freestyle	EN2	S	
	{ 1	x 100 on 1:35 Individual Medley	EN2	S	
	{ 2	x 75 on 1:00 Freestyle	EN2	S	
200	1	x 200 on 4:00 Stroke Drills	REC	D	
	1	on 12:00 Ice		L	Γ
	5:35	PM 6,530 Yards - Stress Value =	111		

Workout #2129 - Wednesday, 13 November 2002 HighSchl - Silver

	2:55 PM Start			
Yards	Set Description	EGY	WORK	Ş
=====	=======================================	===	====	=
	1 on 35:00 Circuit & Stretch		L	Γ
	$1x\{1 \times 300 \text{ on } :00 \text{ Stroke Drills}$	REC	D	
	$\{1 \times 200 \text{ on } : 00 \text{ Stroke Drills}$	REC	D	
	{1 x 100 on 10:00 Stroke Drills	REC	D	
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	S	F
180	12 x 15 on :30 Shooters	SP3	S	
	4x{1 x 100 on 2:10 Kick	EN2	K	C
	{1 x 100 on 1:55 Kick	EN2	K	C
	1x{1 x 600 on 9:00 Pulls	EN2	P	
	{1 x 400 on 5:50 Pulls	EN2	P	
	{1 x 200 on 2:50 Pulls	EN2	P	
600	4 x 150 on 2:40 IM odds 75 back	EN1	S	
	evens 75 free			
	$5x{1 x 200 on 2:50 Freestyle}$	EN2	S	
	{1 x 100 on 1:45 Individual Medley	EN2	S	
	{2 x 75 on 1:05 Freestyle	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	1 on 12:00 Ice		L	Γ
	5:30 PM 5,930 Yards - Stress Value =	99		

Workout #2131 - Wednesday, 13 November 2002 HighSchl - Bronze

1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WORK S
=====	=======================================	===	==== =
	1 on 35:00 Circuit & Stretch		LΙ
	$1x{1 \times 300 \text{ on } :00 \text{ Stroke Drills}}$	REC	D
	{1 x 200 on :00 Stroke Drills	REC	D
	{1 x 100 on 12:00 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	4x{1 x 100 on 2:30 Kick	EN2	K (
	{1 x 100 on 2:15 Kick	EN2	K (
	1x{1 x 600 on 10:30 Pulls	EN2	P
	{1 x 300 on 5:15 Pulls	EN2	P
	{1 x 100 on 1:45 Pulls	EN2	P
400	4 x 100 on 2:00 Freestyle-descend	EN1	S
	$5x{1 x 200 on 3:20 Freestyle}$	EN2	S
	{1 x 100 on 2:00 Individual Medley	EN2	S
	$\{2 \times 75 \text{ on } 1:15 \text{ Freestyle}$	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
	1 on 12:00 Ice		LΙ
	5:35 PM 5,430 Yards - Stress Value =	92	

Workout #2130 - Wednesday, 13 November 2002 HighSchl - Rookies

1 minute rest between sets

	2:55 PM Start				-
Yards	Set Description	EGY	WORK	Sī	
=====	=======================================	===	====	==	
	1 on 35:00 Circuit and stretch		L	DF	
500	1 x 500 on 12:00 Choice	REC	S	CF	
90	6 x 15 on 1:00 Shooters	SP3	S	E	
600	3x{1 x 100 on 3:00 Kick	EN1	K	E	
	{1 x 100 on 3:00 Kick	EN2	K	E	
600	$1x{4 \times 50 \text{ on } 2:00 \text{ Pulls-nbbf&w}}$	EN1	P	F	
	$\{4 \times 50 \text{ on } 1:55 \text{ Pulls-nbbf&w}$	EN1	P	E	
	$\{4 \times 50 \text{ on } 1:50 \text{ Pulls-nbbf&w} \}$	EN1	P	F	
500	20 x 25 on 1:00 5 on each stroke	EN1	S	I	
	1 on 15:00 Techniques-starts		D		
50	1 x 50 on 3:00 Free from a start	SP1	S	F	
200	1 x 200 on 5:00 Stroke Drills	REC	D	C	
	1 on 15:00 Ice		L	DF	
	5:33 PM 2,540 Yards - Stress Value =	= 28			

Workout #2140 - Thursday, 14 November 2002 Group 2 - Gold

1 minute rest between sets

	6:15 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	4 x 200 on 3:45 Swim-kick-pull-swim	REC	٤
	1 on 10:00 Techniques-starts		Γ
	4x{1 x 100 on 2:10 Kick	EN2	ŀ
	{1 x 100 on 1:50 Kick	EN2	F
500	1 x 500 on 7:30 Pulls every 3rd lap	EN1	E
	breathe every 7 strk		
200	8 x 25 on :30 IM order-build	EN1	٤
	1x{4 x 400 on 5:40 Freestyle	EN2	٤
	{3 x 300 on 4:15 Freestyle	EN2	٤
	{2 x 200 on 2:50 Freestyle	EN2	٤
	{1 x 100 on 1:25 Freestyle	EN2	٤
200	1 x 200 on 4:00 Stroke Drills	REC	Γ
	8:30 PM 5,500 Yards - Stress Value = 83	3	

Workout #2139 - Thursday, 14 November 2002 HighSchl - Platinum 1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 35:00 Shoulders and Stretc		I
	$1x{1 x 150 on 2:15 Freestyle}$	EN1	٤
	{1 x 125 on 1:50 Stroke Drills	EN1	Γ
	{1 x 100 on 1:25 Freestyle	EN1	٤
	$\{1 \times 75 \text{ on } 1:05 \text{ Stroke Drills}$	EN1	Γ
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	٤
180	12 x 15 on :30 Shooters	SP3	٤
	2x{5 x 50 on 1:00 Kick	EN2	F
	{2 x 100 on 2:00 Kick-100%	EN2	F
	1x{4 x 150 on 2:00 Pulls	EN1	E
	{4 x 125 on 1:40 Pulls	EN1	E
450	3 x 150 on 2:15 1st-2bk 2-4bk 3-6bk	EN1	٤
	8x{1 x 100 on 1:20 Freestyle	EN1	٤
	{1 x 100 on 1:15 Freestyle	EN2	٤
	{1 x 100 on 1:10 Freestyle	EN2	٤
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle-1 breath} \}$	EN2	٤
250	1 x 250 on 4:00 Stroke Drills	REC	Γ
	1 on 14:00 Ice		I
	5:34 PM 6,580 Yards - Stress Value = 10	1	

Workout #2138 - Thursday, 14 November 2002 HighSchl - Gold 1 minute rest between sets

Yards		PM Start et Description	EGY	WORF
======	==		===	====
	1	on 35:00 Shoulders and Stretc		I
		x 150 on 2:15 Freestyle	EN1	٤
		x 125 on 1:50 Stroke Drills	EN1	Γ
	{1	x 100 on 1:25 Freestyle	EN1	٤
	{1	x 75 on 1:05 Stroke Drills	EN1	Γ
	{1	x 50 on :45 Freestyle	EN1	٤
180	12	2 x 15 on :30 Shooters	SP3	٤
	2x{5	x 50 on 1:00 Kick	EN2	F
	{ 2	x 100 on 2:00 Kick-100%	EN2	F
	1x{4	x 150 on 2:15 Pulls	EN1	E
	{ 4	x 125 on 1:50 Pulls	EN1	E
450	3	x 150 on 2:30 1st-2bk 2-4bk 3-6bk	EN1	٤
	7x{1	x 100 on 1:25 Freestyle	EN1	٤
	{ 1	x 100 on 1:20 Freestyle	EN2	٤
	{ 1	x 100 on 1:15 Freestyle	EN2	٤
	{ 4	x 25 on :30 Freestyle-1 breath	EN2	٤
250	1	x 250 on 4:00 Stroke Drills	REC	Γ
	1	on 14:00 Ice		I
	5:33	PM 6,180 Yards - Stress Value = 94	1	

Workout #2137 - Thursday, 14 November 2002 HighSchl - Silver 1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 35:00 Shoulders and Stretc		I
	1x{1 x 150 on 2:45 Freestyle	EN1	٤
	{1 x 125 on 2:15 Stroke Drills	EN1	Γ
	{1 x 100 on 1:50 Freestyle	EN1	٤
	{1 x 75 on 1:20 Stroke Drills	EN1	Γ
180	12 x 15 on :30 Shooters	SP3	٤
	2x{5 x 50 on 1:05 Kick	EN2	F
	{2 x 100 on 2:10 Kick-100%	EN2	F
	1x{4 x 150 on 2:20 Pulls	EN1	E
	{4 x 125 on 1:55 Pulls	EN1	E
450	3 x 150 on 2:30 1st-2bk 2-4bk 3-6bk	EN1	٤
	6x{1 x 100 on 1:30 Freestyle	EN1	٤
	{1 x 100 on 1:25 Freestyle	EN2	٤
	{1 x 100 on 1:20 Freestyle	EN2	٤
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle-1 breath} \}$	EN2	٤
250	1 x 250 on 4:00 Stroke Drills	REC	Ι
	1 on 14:00 Ice		I
	5:32 PM 5,730 Yards - Stress Value = 83	7	

Workout #2135 - Thursday, 14 November 2002 HighSchl - Bronze

1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 35:00 Shoulders and Stretc		I
	$1x{1 x 125 on 2:25 Stroke Drills}$	EN1	Ι
	{1 x 100 on 1:50 Freestyle	EN1	٤
	$\{1 \times 75 \text{ on } 1:20 \text{ Stroke Drills}$	EN1	Ι
	$\{1 \times 50 \text{ on } :55 \text{ Freestyle} \}$	EN1	٤
180	12 x 15 on :30 Shooters	SP3	٤
	2x{4 x 50 on 1:15 Kick	EN2	F
	{2 x 100 on 2:30 Kick-100%	EN2	F
	1x{3 x 150 on 2:40 Pulls	EN1	F
	{4 x 125 on 2:10 Pulls	EN1	E
300	2 x 150 on 3:00 1st-2bk 2-4bk 3-6bk	EN1	٤
	6x{1 x 100 on 1:45 Freestyle	EN1	٤
	{1 x 100 on 1:40 Freestyle	EN2	٤
	{1 x 100 on 1:35 Freestyle	EN2	٤
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle-1 breath} \}$	EN2	٤
250	1 x 250 on 4:00 Stroke Drills	REC	Ι
	1 on 14:00 Ice		I
	5:32 PM 5,230 Yards - Stress Value = 80)	

Workout #2136 - Thursday, 14 November 2002 HighSchl - Rookies 1 minute rest between sets

i minute Test between se

Yards	2:55 P	M Sta Descr		ı	EGY	WOF
=====	===				===	===
				ılders & Stretch		
300	1 x	300 o	n 8:00) Reverse IM drill	REC	
90	6 x	15 on	1:00	Shooters	SP3	
	1 0	n 15:0	0 Tech	nniques-fly/br tr		
600	2x{1 x	200 o	n 6:00) Kick	EN2	
	{4 x	25 on	1:00	Sprint kick	EN2	
500	1 x	500 o	n 12:0	00 Pulls every 3rd lap	EN1	
	br	eathe	every	5 strk		
600	1x{2 x	50 on	1:30	Freestyle	EN1	
	{4 x	25 on	1:00	Butterfly	EN1	
	{2 x	50 on	1:25	Freestyle	EN1	
	{4 x	25 on	1:00	Backstroke	EN1	
	{2 x	50 on	1:20	Freestyle	EN1	
	{4 x	25 on	1:00	Breaststroke	EN1	

200	1	x 2	200	on	6:00	Sti	roke	Dr	ills			REC
	1	on	15	:00	Techr	niqu	ies-	sta	rts			
	1	on	15	:00	Ice							
	5:33	ΡМ	2.2	290	Yards	· -	Stre	255	Value	=	27	

Workout #2144 - Friday, 15 November 2002 Group 2 - Gold

1 minute rest between sets

	5:30 PM Start			
Yards	Set Description	EGY	WORK	٤
	=======================================		====	=
	1 on 30:00 Stomach and Stretc	h	L	Γ
	1 on 10:00 Sculling drills		D	
800	1 x 800 on 16:00 Vertical kic	king EN2	K	C
	1 on 10:00 Techniques-back st	rt	D	
	1x{8 x 75 on 1:20 Backstroke	EN2	S	
	{8 x 75 on 1:15 Backstroke	EN2	S	
	$\{8 \times 75 \text{ on } 1:10 \text{ Backstroke} \}$	EN2	S	
	1 on 10:00 Techniques-brst tr	ns	D	
400	4 x 100 on 2:15 Stroke Drills	REC	D	
	7:27 PM 3,000 Yards - Stress Val	ue = 52		

Workout #2141 - Friday, 15 November 2002 HighSchl - All

	5:30 AM Start			
Yards	Set Description	EGY	WORK	S
=====	=======================================	===	====	=
	1 on 25:00 Weights		L	Γ
425	1 x 425 on 7:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Cross pool sprints	SP3	S	
	$1x{2 x 125 on 1:50 Lungbuster pulls}$	EN1	P	
	$\{2 \times 125 \text{ on } 1:45 \text{ Lungbuster pulls}$	EN1	P	
	$\{2 \times 125 \text{ on } 1:40 \text{ Lungbuster pulls}$	EN1	P	
	{ odds br 3-5-7-9-5			
	{ evns br 2-4-6-8-4			
	2x{1 x 200 on 2:20 Freestyle	EN2	S	
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$	EN1	S	
	{1 x 150 on 1:45 Freestyle	EN2	S	
	$\{1 \times 150 \text{ on } 2:15 \text{ Freestyle} \}$	EN1	S	
	{1 x 100 on 1:10 Freestyle	EN2	S	
	{1 x 100 on 1:30 Freestyle	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 15:00 Ice		L	Γ
	7:05 AM 3,355 Yards - Stress Value =	40		

Workout #2142 - Friday, 15 November 2002 HighSchl - All 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 12:00 abs		
600	1 x 600 on 10:00 Swim-kick-drill-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{1 x 125 on 1:50 Pulls	EN1	
	{1 x 125 on 1:45 Pulls	EN1	
	{1 x 125 on 1:40 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
	{1 x 100 on 1:25 Pulls	EN1	
	{1 x 100 on 1:20 Pulls	EN1	
	{1 x 75 on 1:10 Pulls	EN1	
	{1 x 75 on 1:05 Pulls	EN1	
	{1 x 75 on 1:00 Pulls	EN1	
	{1 x 50 on :50 Pulls	EN1	
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls}$	EN1	
	$\{1 \times 50 \text{ on } : 40 \text{ Pulls}$	EN1	
	$2x{5 x 75 on 1:10 Backstroke}$	EN1	
	{5 x 75 on 1:05 Backstroke	EN1	
	{1 x 100 on 1:30 Freestyle 100%	EN3	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 15:00 Ice		
	7:02 AM 3,850 Yards - Stress Value = 49		
	Workout #2143 - Friday, 15 November 2002		

HighSchl - All 1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 35:00 Shoulders & Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{2 x 100 on 2:15 Kick no board	EN1	
	{2 x 100 on 2:00 Kick	EN1	
750	15 x 50 on :55 Pulls-nbbf&w	EN1	
	$1x{4 \times 50 \text{ on } :55}$ Butterfly	EN1	
	{1 x 100 on 2:00 Reverse IM drill	REC	
	{4 x 50 on :50 Backstroke	EN1	
	{1 x 100 on 2:00 Reverse IM drill	REC	
	{4 x 50 on 1:05 Breaststroke	EN1	
	{1 x 100 on 2:00 Reverse IM drill	REC	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	{1 x 100 on 2:00 Reverse IM drill	REC	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:04 PM 3,980 Yards - Stress Value = 31		

Workout #2145 - Saturday, 16 November 2002 Group 2 - Gold

1 minute rest between sets

Yards	10:00 AM Start Set Description	EGY WOF
	=======================================	=== ===
	1 on 30:00 Stomach and Stretch	
800	1 x 800 on 14:00 Reverse IM drill	REC
	1 on 10:00 Techniques-fly turns	
	4x{1 x 100 on 1:35 Kick with flippers	EN2
	{1 x 100 on 1:30 Kick with flippers	EN2
	{1 x 100 on 1:25 Kick with flippers	EN2
	$1x{1 x 125 on 2:00 Pulls no br L. 5 yds}$	EN1
	{1 x 100 on 1:45 Lungbuster pulls	EN1
	{1 x 125 on 1:55 Pulls no br L. 7 yds	EN1
	{1 x 100 on 1:45 Lungbuster pulls	EN1
	{1 x 125 on 1:50 Pulls no br L.9 yds	EN1
	{1 x 100 on 1:45 Lungbuster pulls	EN1

	{ 1	Х	125	on	1:45	Pulls no br L.11 yds	EN1
	3x{1	Х	100	on	1:45	Individual Medley	EN1
	{ 1	Х	100	on	1:30	Freestyle	EN1
	{ 2	Х	50 0	on	:55 Ba	ackstroke	EN1
	{ 4	Х	25 0	on	:35 Bi	reaststroke	EN1
1,500	20) 2	x 75	on	1:30	Freestyle	EN3
250	5	Х	50 0	on I	L:15 S	Stroke Drills	REC
	12:30)]	PM 5,	750) Yard	ds - Stress Value = 13	33

Workout #2147 - Monday, 18 November 2002 Group 2 - Gold

1 minute rest between sets

37l	6:15 PM Start	ECV	MODE
Yards	Set Description	EGY	WORF
=====		===	====
	1 on 30:00 Stomach and Stretch		I
600		REC	Γ
	1 on 10:00 Techniques-free turn		Γ
	$3x\{1 \times 25 \text{ on } : 35 \text{ Kick}$	EN2	_
	{1 x 50 on 1:10 Kick	EN2	F
	{1 x 75 on 1:45 Kick	EN2	F
	{1 x 100 on 2:20 Kick	EN2	F
	$1x\{6 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf&w}$	EN1	E
	{6 x 75 on 1:10 Pulls-nbbf&w	EN1	E
200	4 x 50 on :55 Freestyle-descend	EN1	٤
	1x{1 x 200 on 4:00 Individual Medley	EN1	٤
	{2 x 150 on 2:45 IM w/out the free	EN1	٤
	{1 x 200 on 3:50 Individual Medley	EN1	٤
	$\{2 \times 150 \text{ on } 2:45 \text{ IM w/out the breast}\}$	EN1	٤
	{1 x 200 on 3:40 Individual Medley	EN1	٤
	{2 x 150 on 2:45 IM w/out the back		
	{1 x 200 on 3:30 Individual Medley		
	{2 x 150 on 2:45 IM w/out fly		
200	1 x 200 on 4:00 Stroke Drills		Ē
200	8:32 PM 4,650 Yards - Stress Value = 45		-

Workout #2148 - Monday, 18 November 2002 Group 2 - Silver

	6:15	PM Start		
Yards	Se	et Description	EGY	WORF
=====	==		===	====
	1	on 30:00 Stomach and Stretch		I
600	12	2 x 50 on 1:10 Stroke Drills	REC	Γ
	1	on 10:00 Techniques-free turn		Γ
	4x{1	x 25 on :40 Kick	EN2	F
	{ 1	x 50 on 1:20 Kick	EN2	F
	{ 1	x 75 on 2:00 Kick	EN2	F
	1x{6	x 75 on 1:15 Pulls	EN1	E
	{ 6	x 75 on 1:10 Pulls	EN1	E
200	4	x 50 on :55 Freestyle-descend	EN1	٤
	1x{2	x 100 on 2:15 Individual Medley	EN1	٤
	{ 1	x 150 on 3:00 IM w/out the free	EN1	٤
	{ 2	x 100 on 2:10 Individual Medley	EN1	٤
	{ 1	x 150 on 3:00 IM w/out the breast	EN1	٤
	{ 2	x 100 on 2:05 Individual Medley	EN1	٤
	{ 1	x 150 on 3:00 IM w/out the back	EN1	٤
	{ 2	x 100 on 2:00 Individual Medley	EN1	٤
	{ 2	x 150 on 3:00 IM w/out fly	EN1	٤
200	1	x 200 on 4:00 Stroke Drills	REC	Ι
	8:25	PM 4,050 Yards - Stress Value = 39		

Workout #2146 - Monday, 18 November 2002 HighSchl - All 1 minute rest between sets

Yards	2:55 PM Start Set Description	EGY	WORF
======	=======================================	===	====
	1 on 35:00 Shoulders & Stretch		Т
800		REC	_
000	odds free evns nonfr	KEC	L
100		~=~	_
	12 x 15 on :30 Shooters	SP3	-
500	1 x 500 on 10:00 Freestyle for time	SP2	5
	1x{3 x 100 on 1:30 Pulls	EN1	E
	{3 x 100 on 1:25 Pulls	EN1	E
	{3 x 125 on 1:55 Pulls	EN1	E
	{3 x 125 on 1:50 Pulls	EN1	E
	1x{10 x 50 on 1:00 Kick	EN1	F
	$\{1 \times 500 \text{ on } 10:00 \text{ Kick for time}$	EN2	ľ
200	8 x 25 on :30 IM order-build	EN1	٤
	$3x{2 \times 300 \text{ on } 4:15 \text{ Freestyle}}$	EN1	٤
	$\{1 \times 100 \text{ on } 1:25 \text{ Freestyle-RED-10} \}$	EN2	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Ι
	1 on 10:00 Ice		I
	5:34 PM 6,330 Yards - Stress Value = 13	12	

Workout #2152 - Tuesday, 19 November 2002 Group 2 - Gold

1 minute rest between sets

Yards		PM Start et Description	EGY	WORF
=====	==		===	====
	1	on 30:00 Stomach and Stretch		I
800	4	x 200 on 3:30 Swim-kick-pull-swim	REC	٤
	1	on 10:00 Techniques-IM turns		Ι
	1x{1	x 100 on 2:20 Kick	EN2	F
	{ 3	x 50 on 1:10 Kick no board	EN2	F
	{ 1	x 100 on 2:15 Kick	EN2	F
	{ 3	x 50 on 1:05 Kick no board	EN2	F
	{ 1	x 100 on 2:10 Kick	EN2	F
	{ 3	x 50 on 1:00 Kick no board	EN2	F
800	1	x 800 on 12:00 Pulls	EN1	Ε
300	3	x 100 on 1:45 Individual Medley	EN1	٤
	1x{1	x 500 on 7:30 Freestyle	EN2	٤
	{ 2	x 250 on 3:45 Freestyle	EN2	٤
	{ 4	x 125 on 1:55 Freestyle	EN2	٤
	{ 5	x 100 on 1:30 Freestyle	EN2	٤
500	5	x 100 on 2:00 Stroke Drills	REC	Ι
	8:30	PM 5,150 Yards - Stress Value = 60	6	

Workout #2151 - Tuesday, 19 November 2002 HighSchl - Gold

1 minute rest between sets

	2:55	Pl	4 St	tart	5				
Yards	Se		EGY	WOF					
=====	==	===					=======	===	===
	1	01	n 35	:00	Stoma	ach and Stre	tch		
800	4	Х	200	on	3:30	Swim-kick-p	ull-swim	REC	
180	12	2 2	k 15	on	:30 9	Shooters		SP3	
150	1	Х	150	on	2:15	Free mid 50	6 beat k	EN1	
500	1	Х	500	on	10:00) Backstroke	for time	SP1	
	1x{3	Х	100	on	2:00	Kick		EN2	
	{ 3	Х	100	on	1:55	Kick		EN2	
	{ 3	Х	100	on	1:50	Kick		EN2	
	1x{1	Х	500	on	7:00	Pulls		EN1	
	{ 2	Х	250	on	3:30	Pulls		EN1	
300	3	Х	100	on	1:40	Individual	Medley	EN1	
	1x{3	Х	200	on	2:30	Freestyle		EN2	
	{ 3	Х	175	on	2:10	Freestyle		EN2	
	{ 3	Х	150	on	1:50	Freestyle		EN2	
	{ 3	Х	125	on	1:30	Freestyle		EN2	
	{ 3	Х	100	on	1:10	Freestyle		EN2	

Workout #2149 - Tuesday, 19 November 2002 HighSchl - Silver 1 minute rest between sets

	2:55	PN	1 St	cart	5			
Yards	Se	EGY	WOF					
=====	==	===					===	===
	1	or	35	:00	Stoma	ach and Stretch		
800	4	Х	200	on	3:30	Swim-kick-pull-swim	REC	
180	12	2 ×	15	on	:30 8	Shooters	SP3	
150	1	Х	150	on	2:15	Free mid 50 6 beat k	EN1	
500	1	Х	500	on	10:00) Backstroke for time	SP1	
	1x{3	Х	100	on	2:00	Kick	EN2	
	{ 3	Х	100	on	1:55	Kick	EN2	
	{ 3	Х	100	on	1:50	Kick	EN2	
	1x{1	Х	500	on	7:30	Pulls	EN1	
	{ 2	Х	250	on	3:45	Pulls	EN1	
300	3	Х	100	on	1:40	Individual Medley	EN1	
	1x{3	Х	200	on	3:00	Freestyle	EN2	
	{ 3	Х	175	on	2:40	Freestyle	EN2	
	{ 3	Х	150	on	2:10	Freestyle	EN2	
	{ 1	Х	125	on	1:50	Freestyle	EN2	
200	1	Х	200	on	3:00	Stroke Drills	REC	
	1	or	15:	:00	Ice			
	5:33	PM	15,	730	Yards	s - Stress Value = 113	3	

Workout #2150 - Tuesday, 19 November 2002 HighSchl - Bronze 1 minute rest between sets

	2:55	PM	1 St	cart	5				
Yards	Se	et	Des	crip	otion			EGY	WOF
=====	==							===	===
	1	or	35	:00	Stoma	ach and Stre	etch		
400	1	Х	400	on	12:30) Swim-kick-	-pull-swim	REC	
180	12	2 x	15	on	:30 9	Shooters		SP3	
150	1	Х	150	on	3:00	Free mid 50	0 6 beat k	EN1	
500	1	Х	500	on	10:00	Freestyle	for time	SP1	
	1x{2	Х	100	on	3:00	Kick		EN2	
	{ 2	Х	100	on	2:55	Kick		EN2	
	1x{1	Х	300	on	7:30	Pulls		EN1	
	{ 2	Х	150	on	3:45	Pulls		EN1	
	1	or	10	:00	Techr	niques-free	turn		
200	2	Х	100	on	3:00	Individual	Medley	EN1	
	1x{2	Х	200	on	5:00	Freestyle		EN2	
	{ 2	Х	150	on	3:45	Freestyle		EN2	
	{ 2	Х	100	on	2:30	Freestyle		EN2	
200	1	Х	200	on	3:00	Stroke Dril	lls	REC	
	1	or	15	:00	Ice				
	5:34	PM	1 3,5	530	Yards	s - Stress V	<i>Malue = 83</i>		

Yards

800

200

200

200

=====

EN1

EN2

EN2

EN2

EN2

EN2

EN3

EN2

EN3

EN3

REC

K

K

K

S

S

D

L

Licensed To: South Bend SC/Riley HS {3 x 75 on 1:15 Your Stroke-descend EN1 Workout #2156 - Wednesday, 20 November 2002 $\{3 \times 75 \text{ on } 1:05 \text{ Freestyle-descend} \}$ Group 2 - Gold {3 x 75 on 1:10 Your Stroke-descend EN1 1 minute rest between sets 180 12 x 15 on :30 Shooters $1x{3 x 125 on 2:10 Kick}$ 6:15 PM Start {3 x 125 on 2:05 Kick Set Description EGY WORK {3 x 125 on 2:00 Kick {1 x 125 on 1:55 Kick 1 on 30:00 Stomach and Stretch 12 x 100 on 1:30 Lungbuster pulls EN1 8 x 100 on 2:00 Stroke Drills Г 200 1 x 200 on 3:00 Individual Medley EN1 odds free evens fly $1x{6 x 100 on 1:25 Freestyle}$ 1 on 8:00 Techniques-finishes Ι $\{4 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ EN2 F 2x{1 x 150 on 3:00 Kick {6 x 100 on 1:20 Freestyle {1 x 100 on 2:05 Kick EN2 F $\{4 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ EN2 {1 x 50 on 1:05 Kick F {8 x 100 on 1:15 Freestyle $1x{1 \times 200 \text{ on } 3:00 \text{ Pulls}}$ EN1 Ε $\{4 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ {1 x 200 on 2:55 Pulls EN1 1 x 200 on 3:00 Stroke Drills 200 {1 x 200 on 2:50 Pulls EN1 F 1 on 15:00 Ice EN1 EN1 {1 x 200 on 2:45 Pulls F 5:35 PM 6,530 Yards - Stress Value = 131 1 x 200 on 4:00 Stroke Drills Ι $1x{4 \times 25}$ on :40 Backstroke 15m under EN1 Ç Workout #2154 - Wednesday, 20 November 2002 {4 x 50 on 1:00 Backstroke EN1 {4 x 25 on :40 Backstroke 15m under EN1 EN1 {4 x 75 on 1:20 Backstroke {4 x 25 on :40 Backstroke 15m under EN1 {4 x 100 on 1:45 Backstroke EN1 2:55 PM Start {4 x 25 on :40 Backstroke 15m under EN1 ٤ =: {4 x 125 on 2:05 Backstroke EN2 ٤ {1 x 100 on 1:30 Freestyle REC 1 x 200 on 5:00 Backstroke for time EN2 Š 4 x 50 on 1:00 Stroke Drills REC 8:30 PM 4,700 Yards - Stress Value = 49 Workout #2157 - Wednesday, 20 November 2002 Group 2 - Silver 1 minute rest between sets 6:15 PM Start

		IM Start		
Yards	Se	et Description	EGY	WORF
	==		===	====
	1	on 30:00 Stomach and Stretch		I
600	6	x 100 on 2:20 Stroke Drills	REC	Ι
	(odds free evens fly		
		on 8:00 Techniques-finishes		Ι
		x 125 on 2:50 Kick	EN2	ľ
		x 75 on 1:40 Kick	EN2	
	•	x 25 on :30 Kick	EN2	
		x 200 on 3:30 Pulls	EN1	
		x 200 on 3:20 Pulls	EN1	E
	•	x 200 on 3:10 Pulls	EN1	
		x 200 on 3:00 Pulls	EN1	
200	1	x 200 on 4:00 Stroke Drills	EN1	
	1x{4	x 25 on :45 Backstroke 15m under	EN1	٤
	{ 4	x 50 on 1:10 Backstroke	EN1	٤
	{ 4	x 25 on :45 Backstroke 15m under	EN1	٤
	{ 4	x 75 on 1:40 Backstroke	EN1	٤
	{ 4	x 25 on :45 Backstroke 15m under	EN1	٤
	{ 4	x 100 on 2:10 Backstroke	EN1	٤
	{ 4	x 25 on :45 Backstroke 15m under	EN1	
	{ 4	x 125 on 2:30 Backstroke	EN2	٤
	{ 1	x 100 on 2:00 Freestyle	REC	٤
100	1	x 100 on 2:00 Backstroke for time	EN2	
150	3	x 50 on 1:00 Stroke Drills	REC	Ι
	8:29	PM 4,200 Yards - Stress Value = 44	l	

Workout #2153 - Wednesday, 20 November 2002 HighSchl - Gold

1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 35:00 Circuit and Stretch		L
	$1x{3 \times 75}$ on 1:10 Freestyle-descend	EN1	S

HighSchl - Silver 1 minute rest between sets

Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 35:00 Circuit and Stretch		L
	$1x{3 x 75 on 1:15 Freestyle-descend}$	EN1	S
	{3 x 75 on 1:10 Your Stroke-descend	EN1	S
	{2 x 75 on 1:10 Freestyle-descend	EN1	S
	{2 x 75 on 1:15 Your Stroke-descend	EN1	S
180	12 x 15 on :30 Shooters	SP3	S
	1x{3 x 125 on 2:40 Kick	EN2	K
	{3 x 125 on 2:35 Kick	EN2	K
	{2 x 125 on 2:30 Kick	EN2	K
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	P
200	1 x 200 on 3:00 Individual Medley	EN1	S
	$1x\{8 \times 100 \text{ on } 1:35 \text{ Freestyle}$	EN2	S
	$\{6 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	EN3	S
	{8 x 100 on 1:30 Freestyle	EN2	S
	$\{6 \times 50 \text{ on } 1:00 \text{ Freestyle}$	EN3	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
	1 on 15:00 Ice		L
	5:33 PM 5,730 Yards - Stress Value = 3	118	

Workout #2155 - Wednesday, 20 November 2002 HighSchl - Bronze 1 minute rest between sets

2:55 PM Start Yards Set Description EGY WORK S ====== 1 on 35:00 Circuit and Stretch $1x\{2 \times 75 \text{ on } 1:45 \text{ Freestyle}$ EN1 $\{2 \times 75 \text{ on } 2:00 \text{ Your Stroke} \}$ EN1 SS $\{1 \times 75 \text{ on } 1:45 \text{ Freestyle} \}$ EN1 EN1 {1 x 75 on 2:00 Your Stroke SS 12 x 15 on :30 Shooters SP3 $1x{3 x 75 on 2:20 Kick}$ {3 x 75 on 2:15 Kick EN2 K ({2 x 75 on 2:10 Kick K C EN2 600 6 x 100 on 3:00 Lungbuster pulls EN1 1 x 100 on 3:00 Individual Medley EN1 100 $1x{4 \times 100 \text{ on } 3:10 \text{ Freestyle}}$ EN2 $\{4 \times 50 \text{ on } 1:30 \text{ Freestyle} \}$ S $\{4 \times 100 \text{ on } 3:05 \text{ Freestyle} \}$ EN2 $\{4 \times 50 \text{ on } 1:30 \text{ Freestyle} \}$ EN3 S 200 1 x 200 on 4:00 Stroke Drills REC D 1 on 15:00 Ice LΙ 5:30 PM 3,330 Yards - Stress Value = 71

	Workout #2162 - Thursday, 21 November 2002				1,200	{1 on :30 Rest 2 x 600 on 8:00 Pulls EN	N1
	Group 2 - Gold 1 minute rest between sets				300		N1
	1 minute Test between sets				500		P2
	5:30 PM Start					`	N2 N2
Yards	Set Description		EGY I			•	N2
=====	1 20 00 01 1 1 01 1 1	=== =	== :	===		· •	N2
800	1 on 30:00 Stomach and Stretch 1 x 800 on 15:00 Swim-kick-pull-sw	vim R	REC		250		EC
	1 on 10:00 Techniques-IM turns		0			1 on 15:00 Ice 1:33 PM 6,030 Yards - Stress Value = 128	
	1x{2 x 125 on 2:40 Kick		EN2			1.33 IM 0,030 Tards Stress value - 120	
	{2 x 125 on 2:35 Kick		EN2			Workout #2159 - Thursday, 21 November 2002	
750	$\{2 \times 125 \text{ on } 2:30 \text{ Kick} \\ 10 \times 75 \text{ on } 1:15 \text{ Pulls } 2 \text{ breaths L.} $		EN2 EN1			HighSchl - Silver	
300	1 x 300 on 6:00 Individual Medley		EN1			1 minute rest between sets	
	1x{6 x 100 on 1:20 Freestyle	E	EN2				
	{1 on 1:00 Rest {5 x 100 on 1:20 Freestyle		EN2			11:00 AM Start	
	{1 on 1:00 Rest	Ē	ZIN Z		Yards	Set Description E0	GY WOF
	{4 x 100 on 1:20 Freestyle	E	EN2			1 on 35:00 Shoulders & Stretch	
	{1 on 1:00 Rest	_			800	1 x 800 on 15:00 Swim-kick-pull-swim RF	EC
	{3 x 100 on 1:20 Freestyle {1 on 1:00 Rest	Ł	EN2		180		P3
	{2 x 100 on 1:20 Freestyle	E	EN2			•	N2 N2
	{1 on 1:00 Rest					•	N2
300	{1 x 100 on 1:20 Freestyle 1 x 300 on 5:30 Stroke Drills		EN2 REC			·	N2
300	1 on 15:00 Techniques-starts	Г	VEC.		1,000	{1 on :30 Rest 2 x 500 on 8:00 Pulls En	N1
	7:58 PM 5,000 Yards - Stress Value =	68			300		N1
					500		P2
	Workout #2158 - Thursday, 21 November 2002					`	N2 N2
	HighSchl - All					-	N2
	1 minute rest between sets					, ,	N2
	5:30 AM Start				250	1 x 250 on 5:00 Stroke Drills RF 1 on 15:00 Ice	EC
Yards	±	EGY W				1:35 PM 5,430 Yards - Stress Value = 118	
=====							
	1 on 25:00 Weights	=== =					
500	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R		L	DF I		Workout #2160 - Thursday, 21 November 2002	
	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints	REC SP3	L D S	DF I FI		HighSchl - Bronze	
500	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints S 1x{1 x 25 on :25 Pulls	REC SP3 EN1	L D S P	DF I FI E		•	
500	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints S 1x{1 x 25 on :25 Pulls E {1 x 50 on :45 Pulls E	REC SP3	L D S P	DF I FI E		HighSchl - Bronze	
500	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints S 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls }	REC SP3 EN1 EN1 EN1	L D S P P P	DF I FI F F F	Yards	HighSchl - Bronze 1 minute rest between sets 11:00 AM Start Set Description EG	GY WOF
500	<pre>1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints S 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls } }</pre>	REC SP3 EN1 EN1 EN1 EN1	L D S P P P P	DF I FI E E E E		HighSchl - Bronze 1 minute rest between sets 11:00 AM Start Set Description EG	
500	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 125 on 2:15 Pulls }	REC SP3 EN1 EN1 EN1	L D S P P P	DF I FI E E E E	=====	HighSchl - Bronze 1 minute rest between sets 11:00 AM Start Set Description EG 1 on 35:00 Shoulders & Stretch	== ===
500	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 25 on 2:35 Pulls {1 x 200 on 3:00 Pulls }	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1	L D S P P P P P P	DF FI F F F F F F		HighSchl - Bronze 1 minute rest between sets 11:00 AM Start Set Description EG 1 on 35:00 Shoulders & Stretch 1 x 400 on 15:00 Swim-kick-pull-swim RE	== ===
500	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 25 on 2:35 Pulls {1 x 200 on 3:00 Pulls {1 x 225 on 3:20 Pulls }	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1	L D S P P P P P P P	DF FI F F F F F F	400	HighSchl-Bronze 1 minute rest between sets 11:00 AM Start Set Description EG 1 on 35:00 Shoulders & Stretch 1 x 400 on 15:00 Swim-kick-pull-swim RR 12 x 15 on :30 Shooters SI 2x{1 x 100 on 3:00 Kick EN	== === EC P3 N2
500	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 175 on 2:35 Pulls {1 x 200 on 3:00 Pulls {1 x 225 on 3:20 Pulls {1 x 250 on 3:45 Pulls }	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1	L D S P P P P P P P P P	DF FI F F F F F F	400	HighSchl-Bronze 1 minute rest between sets 11:00 AM Start Set Description EG 1 on 35:00 Shoulders & Stretch 1 x 400 on 15:00 Swim-kick-pull-swim RE 12 x 15 on :30 Shooters SI 2x{1 x 100 on 3:00 Kick EN {1 x 100 on 2:55 Kick EN	== === EC P3 N2 N2
500	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 175 on 2:35 Pulls {1 x 200 on 3:00 Pulls {1 x 225 on 3:20 Pulls {1 x 250 on 3:45 Pulls {1 x 275 on 4:05 Pulls }	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1	L D S P P P P P P P P P P	DF FI F F F F F F	400	HighSchl-Bronze 1 minute rest between sets 11:00 AM Start Set Description EG 1 on 35:00 Shoulders & Stretch 1 x 400 on 15:00 Swim-kick-pull-swim RR 12 x 15 on :30 Shooters SI 2x{1 x 100 on 3:00 Kick EN {1 x 100 on 2:55 Kick EN {1 x 100 on 2:50 Kick EN	== === EC P3 N2 N2 N2
500	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 175 on 2:35 Pulls {1 x 200 on 3:00 Pulls {1 x 225 on 3:45 Pulls {1 x 25 on 1:50 Pulls {1 x 205 on 3:45 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 1:50 Freestyle {1 x 125 on 1:45 Freestyle	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1		DF FI E E E E E E E E E	400	HighSchl-Bronze 1 minute rest between sets 11:00 AM Start Set Description 1 on 35:00 Shoulders & Stretch 1 x 400 on 15:00 Swim-kick-pull-swim RR 12 x 15 on :30 Shooters 2x{1 x 100 on 3:00 Kick {1 x 100 on 2:55 Kick {1 x 100 on 2:50 Kick 2 x 250 on 7:00 Pulls	== === EC P3 N2 N2
500	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 175 on 2:35 Pulls {1 x 200 on 3:00 Pulls {1 x 225 on 3:20 Pulls {1 x 25 on 1:50 Pulls {1 x 25 on 1:50 Pulls {1 x 25 on 1:50 Pulls {1 x 200 on 3:00 Pulls {1 x 200 on 3:45 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 1:40 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:40 Freestyle	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2		DF I FI F F F F F F F F F F F F F F F F	400 180	HighSchl-Bronze 1 minute rest between sets 11:00 AM Start Set Description 1 on 35:00 Shoulders & Stretch 1 x 400 on 15:00 Swim-kick-pull-swim Ri 12 x 15 on :30 Shooters 2x{1 x 100 on 3:00 Kick {1 x 100 on 2:55 Kick {1 x 100 on 2:50 Kick 2 x 250 on 7:00 Pulls 1 x 150 on 5:00 Free mid 50 6bk 1 x 500 on 15:00 Breast for time	EC P3 N2 N2 N2 N1 N1 P2
500	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 175 on 2:15 Pulls {1 x 200 on 3:00 Pulls {1 x 225 on 3:20 Pulls {1 x 25 on 1:50 Fulls {1 x 25 on 1:50 Fulls {1 x 25 on 1:50 Fulls {1 x 201 on 3:45 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 1:45 Freestyle {1 x 125 on 1:45 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:35 Freestyle	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	L D S P P P P P P P P P P S S S S S	DF FI E E E E E E E E E	400 180 500 150	HighSchl - Bronze 1 minute rest between sets 11:00 AM Start Set Description 1 on 35:00 Shoulders & Stretch 1 x 400 on 15:00 Swim-kick-pull-swim RI 12 x 15 on :30 Shooters 2x{1 x 100 on 3:00 Kick {1 x 100 on 2:55 Kick {1 x 100 on 2:50 Kick 2 x 250 on 7:00 Pulls 1 x 150 on 5:00 Free mid 50 6bk 1 x 500 on 15:00 Breast for time 1x{2 x 125 on 3:20 Freestyle	== === EC P3 N2 N2 N2 N1 N1 P2 N2
500 180	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 175 on 2:35 Pulls {1 x 200 on 3:00 Pulls {1 x 225 on 3:20 Pulls {1 x 250 on 3:45 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 1:50 Freestyle {1 x 125 on 1:45 Freestyle {1 x 125 on 1:45 Freestyle {1 x 125 on 1:35 Freestyle	REC 5 P 3 5 N 1 5 N 2 5	L D S S P P P P P P P P S S S S D	DF I FI F F F F F F F F F F F F F F F F	400 180 500 150	HighSchl - Bronze 1 minute rest between sets 11:00 AM Start Set Description 1 on 35:00 Shoulders & Stretch 1 x 400 on 15:00 Swim-kick-pull-swim RI 12 x 15 on :30 Shooters 2x{1 x 100 on 3:00 Kick {1 x 100 on 2:55 Kick {1 x 100 on 2:55 Kick {1 x 100 on 2:50 Kick 2 x 250 on 7:00 Pulls 1 x 150 on 5:00 Free mid 50 6bk 1 x 500 on 15:00 Breast for time 1x{2 x 125 on 3:20 Freestyle {2 x 125 on 3:15 Freestyle	EC P3 N2 N2 N2 N1 N1 P2
500 180	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 175 on 2:35 Pulls {1 x 200 on 3:00 Pulls {1 x 225 on 3:20 Pulls {1 x 25 on 1:50 Pulls {1 x 205 on 3:45 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 1:40 Freestyle {1 x 125 on 1:45 Freestyle {1 x 125 on 1:35 Freestyle {1 x 200 on 4:00 Stroke Drills }	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2	L D S S P P P P P P P P S S S S D	DF I FI	400 180 500 150	HighSchl - Bronze 1 minute rest between sets 11:00 AM Start Set Description 1 on 35:00 Shoulders & Stretch 1 x 400 on 15:00 Swim-kick-pull-swim RI 12 x 15 on :30 Shooters 2x{1 x 100 on 3:00 Kick {1 x 100 on 2:55 Kick {1 x 100 on 2:55 Kick {1 x 100 on 2:50 Kick 2 x 250 on 7:00 Pulls 1 x 150 on 5:00 Free mid 50 6bk 1 x 500 on 15:00 Breast for time 1x{2 x 125 on 3:20 Freestyle {2 x 125 on 3:15 Freestyle {1 x 125 on 3:10 Freestyle }	== === EC P3 N2 N2 N2 N1 N1 P2 N2
500 180	<pre>1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 175 on 2:15 Pulls {1 x 200 on 3:00 Pulls {1 x 225 on 3:20 Pulls {1 x 225 on 3:20 Pulls {1 x 25 on 1:50 Freestyle {1 x 275 on 4:05 Pulls {1 x 275 on 1:35 Freestyle {1 x 125 on 1:45 Freestyle {1 x 125 on 1:35 Freestyle {1 x 200 on 4:00 Stroke Drills {1 on 15:00 Ice {7:11 AM 3,530 Yards - Stress Value =</pre>	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2	L D S S P P P P P P P P S S S S D	DF I FI	400 180 500 150	HighSchl - Bronze 1 minute rest between sets 11:00 AM Start Set Description 1 on 35:00 Shoulders & Stretch 1 x 400 on 15:00 Swim-kick-pull-swim RF 12 x 15 on :30 Shooters 2x{1 x 100 on 3:00 Kick {1 x 100 on 2:55 Kick {1 x 100 on 2:55 Kick {1 x 100 on 2:50 Kick 2 x 250 on 7:00 Pulls 1 x 150 on 5:00 Free mid 50 6bk 1 x 500 on 15:00 Breast for time SF 1x{2 x 125 on 3:20 Freestyle {2 x 125 on 3:15 Freestyle {1 x 125 on 3:05 Freestyle {1 x 100 on 5:00 Stroke Drills {1 KR	EC P3 N2 N2 N1 N1 P2 N2 N2 N2 N2 N1 N1 P2 N2 N2 N2 N2 N2 N2
500 180	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 175 on 2:35 Pulls {1 x 200 on 3:00 Pulls {1 x 225 on 3:45 Pulls {1 x 25 on 1:50 Pulls {1 x 205 on 3:45 Pulls {1 x 25 on 1:50 Freestyle {1 x 275 on 4:05 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 1:50 Freestyle {1 x 125 on 1:45 Freestyle {1 x 125 on 1:45 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:50 Stroke Drills {1 on 15:00 Ice {1:11 AM 3,530 Yards - Stress Value =	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2	L D S S P P P P P P P P S S S S D	DF I FI	400 180 500 150 500	HighSchl - Bronze 1 minute rest between sets 11:00 AM Start Set Description 1 on 35:00 Shoulders & Stretch 1 x 400 on 15:00 Swim-kick-pull-swim RI 12 x 15 on :30 Shooters 2x{1 x 100 on 3:00 Kick {1 x 100 on 2:55 Kick {1 x 100 on 2:55 Kick {1 x 100 on 2:50 Kick 2 x 250 on 7:00 Pulls 1 x 150 on 5:00 Free mid 50 6bk 1 x 500 on 15:00 Breast for time SI 1x{2 x 125 on 3:20 Freestyle {2 x 125 on 3:15 Freestyle {1 x 125 on 3:05 Freestyle {2 x 125 on 3:05 Freestyle {1 x 125 on 3:	EC P3 N2 N2 N1 N1 P2 N2
500 180	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 175 on 2:35 Pulls {1 x 200 on 3:00 Pulls {1 x 25 on 3:20 Pulls {1 x 25 on 3:45 Pulls {1 x 25 on 3:45 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 5:40 Pulls {1 x 275 on 5:4	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2	L D S S P P P P P P P P S S S S D	DF I FI	400 180 500 150 500	HighSchl-Bronze 1 minute rest between sets 11:00 AM Start Set Description	EC P3 N2 N2 N1 N1 P2 N2
500 180	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 175 on 2:35 Pulls {1 x 200 on 3:00 Pulls {1 x 225 on 3:45 Pulls {1 x 25 on 1:50 Pulls {1 x 205 on 3:45 Pulls {1 x 25 on 1:50 Freestyle {1 x 275 on 4:05 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 1:50 Freestyle {1 x 125 on 1:45 Freestyle {1 x 125 on 1:45 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:50 Stroke Drills {1 on 15:00 Ice {1:11 AM 3,530 Yards - Stress Value =	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2	L D S S P P P P P P P P S S S S D	DF I FI	400 180 500 150 500	HighSchl-Bronze 1 minute rest between sets 11:00 AM Start Set Description	EC P3 N2 N2 N1 N1 P2 N2
500 180 200	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 175 on 2:35 Pulls {1 x 200 on 3:00 Pulls {1 x 225 on 3:45 Pulls {1 x 25 on 1:50 Pulls {1 x 205 on 3:45 Pulls {1 x 25 on 1:50 Freestyle {1 x 25 on 1:50 Freestyle {1 x 25 on 1:50 Freestyle {1 x 125 on 1:45 Freestyle {1 x 125 on 1:45 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:50 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:45 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:45	REC 5P3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2	L D S P P P P P P P P P P P P P P P P P P	DF I FI	400 180 500 150 500	HighSchl-Bronze 1 minute rest between sets 11:00 AM Start Set Description	EC P3 N2 N2 N1 N1 P2 N2
500 180	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 175 on 2:35 Pulls {1 x 200 on 3:00 Pulls {1 x 200 on 3:45 Pulls {1 x 25 on 1:50 Fulls {1 x 25 on 1:50 Fulls {1 x 25 on 3:45 Pulls {1 x 200 on 3:45 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 4:05 Pulls {1 x 125 on 1:45 Freestyle {1 x 125 on 1:45 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:50 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:50 Freestyle {1 x 125 on 1:40 Freestyle {1 x	REC 5P3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2	L D S S P P P P P P P P P P P P P P P P P	DF I FI	400 180 500 150 500	HighSchl-Bronze 1 minute rest between sets 11:00 AM Start Set Description	EC P3 N2 N2 N1 N1 P2 N2
500 180 200 Yards =====	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 175 on 2:35 Pulls {1 x 200 on 3:00 Pulls {1 x 225 on 3:20 Pulls {1 x 225 on 3:20 Pulls {1 x 25 on 1:50 Freestyle {1 x 275 on 4:05 Pulls {1 x 125 on 1:45 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:50 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:50 Freestyle {1 x 125 on 1:50 Freestyle {1 x 125 on 1:50 Freestyle {1 x 200 on 4:00 Stroke Drills {1 on 15:00 Ice {1:11 AM 3,530 Yards - Stress Value = Workout #2161 - Thursday, 21 November 2002 HighSchl - Gold 1 minute rest between sets 11:00 AM Start Set Description ====================================	REC 5P3 EN1	L D D S S P P P P P P P P P P P P P P P P	DF I FI	400 180 500 150 500	HighSchl-Bronze 1 minute rest between sets 11:00 AM Start Set Description	EC P3 N2 N2 N1 N1 P2 N2
500 180 200 Yards =====	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 200 on 3:00 Pulls {1 x 200 on 3:00 Pulls {1 x 225 on 3:20 Pulls {1 x 25 on 1:50 Fulls {1 x 25 on 3:45 Pulls {1 x 25 on 1:50 Freestyle {1 x 275 on 4:05 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 1:45 Freestyle {1 x 125 on 1:45 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:50 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:50 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:35 Freestyle {1 x 200 on 4:00 Stroke Drills {1 on 15:00 Ice {1:11 AM 3,530 Yards - Stress Value = Workout #2161 - Thursday, 21 November 2002 HighSchl - Gold 1 minute rest between sets 11:00 AM Start Set Description ====================================	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	L D S S P P P P P P P P P P P P P P P P P	DF I FI	400 180 500 150 500	HighSchl-Bronze 1 minute rest between sets 11:00 AM Start Set Description	EC P3 N2 N2 N1 N1 P2 N2
500 180 200 Yards =====	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 150 on 2:15 Pulls {1 x 200 on 3:00 Pulls {1 x 200 on 3:00 Pulls {1 x 25 on 3:20 Pulls {1 x 25 on 3:45 Pulls {1 x 25 on 3:45 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 4:05 Pulls {1 x 200 on 3:45 Pulls {1 x 275 on 4:05 Pulls {1 x 200 on 3:45 Pulls {1 x 275 on 4:05 Pulls {1 x 125 on 1:40 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:35 Freestyle {1 x 200 on 4:00 Stroke Drills {1 on 15:00 Ice {1:11 AM 3,530 Yards - Stress Value = Workout #2161 - Thursday, 21 November 2002 HighSchl - Gold 1 minute rest between sets 11:00 AM Start Set Description ====================================	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	L D S S P P P P P P P P P P P P P P P P P	DF I FI	400 180 500 150 500	HighSchl-Bronze 1 minute rest between sets 11:00 AM Start Set Description	EC P3 N2 N2 N1 N1 P2 N2
500 180 200 Yards =====	1 on 25:00 Weights 1 x 500 on 8:00 Reverse IM drill R 12 x 15 on :30 Pit sprints 1x{1 x 25 on :25 Pulls {1 x 50 on :45 Pulls {1 x 75 on 1:05 Pulls {1 x 100 on 1:30 Pulls {1 x 125 on 1:50 Pulls {1 x 150 on 2:15 Pulls {1 x 200 on 3:00 Pulls {1 x 200 on 3:00 Pulls {1 x 225 on 3:20 Pulls {1 x 25 on 1:50 Fulls {1 x 25 on 3:45 Pulls {1 x 25 on 1:50 Freestyle {1 x 275 on 4:05 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 4:05 Pulls {1 x 275 on 1:45 Freestyle {1 x 125 on 1:45 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:50 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:40 Freestyle {1 x 125 on 1:50 Freestyle {1 x 125 on 1:35 Freestyle {1 x 125 on 1:35 Freestyle {1 x 200 on 4:00 Stroke Drills {1 on 15:00 Ice {1:11 AM 3,530 Yards - Stress Value = Workout #2161 - Thursday, 21 November 2002 HighSchl - Gold 1 minute rest between sets 11:00 AM Start Set Description ====================================	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2	L D S S P P P P P P P P P P P P P P P P P	DF I FI	400 180 500 150 500	HighSchl-Bronze 1 minute rest between sets 11:00 AM Start Set Description	EC P3 N2 N2 N1 N1 P2 N2

Workout #2165 - Friday, 22 November 2002 Group 2 - Gold						
	1 minute rest between sets					
PM	Start					

	5:30	PM Start		
Yards	Se	et Description	EGY	WORK
=====	==		===	====
	1	on 30:00 Stomach and Stretch		L
	1x{1	x 100 on 1:45 Freestyle	REC	S
	-	x 100 on 1:35 Freestyle	EN1	
	-	x 100 on 1:30 Freestyle	EN1	S
	-	x 100 on 1:25 Freestyle	EN1	S
		x 100 on 1:20 Freestyle	EN2	
180		2 x 15 on :45 Shooters	SP3	
		x 50 on :50 Kick with flippers	EN2	
	-	x 50 on :45 Kick with flippers	EN2	
	-	x 50 on :50 Kick with flippers	EN2	
		x 50 on :45 Kick with flippers	EN2	
		x 50 on :50 Kick with flippers	EN2	
300		x 300 on 4:30 Pulls w/ paddles	EN1	
200		x 200 on 4:00 Butterfly odd 50's	EN1	S
		drill even 50's swim		
	•	x 125 on 2:25 Breaststroke	EN1	S
		x 50 on 1:15 Breaststroke OTB	EN2	S
	-	x 125 on 2:20 Breaststroke	EN1	S
	•	x 50 on 1:15 Breaststroke OTB	EN2	
	•	x 125 on 2:15 Breaststroke	EN1	S
	•	x 50 on 1:15 Breaststroke OTB	EN2	S
	•	x 125 on 2:10 Breaststroke	EN1	S
	•	x 50 on 1:15 Breaststroke OTB	EN2	S
	•	x 125 on 2:05 Breaststroke	EN2	
0.00	•	x 50 on 1:15 Breaststroke	EN2	S
200		x 200 on 3:00 Stroke Drills	REC	D
		on 10:00 Techniques-back strt		D
	/:32	PM 3,880 Yards - Stress Value = 5	15	

Workout #2163 - Friday, 22 November 2002 HighSchl - All

1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	SI
=====	=======================================	===	====	==
	1 on 12:00 Abs		L	DF
	$1x{1 \times 200 \text{ on } 3:30 \text{ Reverse IM drill}}$	REC	D	1
	{1 x 200 on 3:15 Reverse IM drill	EN1	D	1
	{1 x 200 on 3:00 Reverse IM	EN1	S	1
300	12 x 25 on :30 Berzerks	SP3	S	Ε
	$1x{3 x 75 on 1:00 Pulls}$	EN1	P	E
	{3 x 150 on 2:00 Pulls	EN1	P	E
	{3 x 75 on 1:05 Pulls	EN1	P	E
	{3 x 150 on 1:55 Pulls	EN2	P	E
	$3x{6} \times 50$ on :40 Freestyle	EN2	S	E
	{4 x 25 on :30 Freestyle 100%	SP2	S	E
300	1 x 300 on 5:00 Stroke Drills	REC	D	C
	1 on 15:00 Ice		L	DF
	6:58 AM 3,750 Yards - Stress Value =	= 81		

Workout #2164 - Friday, 22 November 2002 HighSchl - All

1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	M
=====	=======================================	===	=
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 200 skps 300 R.IM dr	REC	
	200 choice 100fr 6bk		
180	12 x 15 on :30 Shooters	SP3	
	1x{4 x 100 on 1:30 Kick with flippers	EN2	
	{3 x 100 on 1:25 Kick with flippers	EN2	
	{2 x 100 on 1:20 Kick with flippers	EN2	
	{1 x 100 on 1:15 Kick with flippers	EN2	

							8- >			
1x{2	х	225	on	3:05	Pulls		EN1			
{2	Х	225	on	3:00	Pulls		EN1			
{ 2	Х	225	on	2:55	Pulls		EN1			
4	Х	100	on	1:30	Freestyle-des	cend to	EN2			
	luc	dicr	ous	speed	1!!!!					
1	Х	200	on	3:00	Stroke Drills		REC			
1	or	n 10	:00	Run t	the gauntlet		EN1			
1	or	n 16	:00	Ice						
4:59	ΡN	1 3,9	930	Yards	s - Stress Val	ue = 47				
Workout #2166 - Saturday, 23 November 2002										
• •										
	{2 {2 4 1 1 1 4:59	{2 x {2 x 4 x luc 1 x 1 or 1 or 4:59 PM	{2 x 225 {2 x 225 4 x 100 ludicro 1 x 200 1 on 10 1 on 16 4:59 PM 3,	{2 x 225 on {2 x 225 on 4 x 100 on ludicrous 1 x 200 on 1 on 10:00 1 on 16:00 4:59 PM 3,930	{2 x 225 on 3:00 {2 x 225 on 2:55 4 x 100 on 1:30 ludicrous speed 1 x 200 on 3:00 1 on 10:00 Run 1 1 on 16:00 Ice 4:59 PM 3,930 Yards	ludicrous speed!!!! 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Run the gauntlet 1 on 16:00 Ice 4:59 PM 3,930 Yards - Stress Val	{2 x 225 on 3:00 Pulls {2 x 225 on 2:55 Pulls 4 x 100 on 1:30 Freestyle-descend to ludicrous speed!!!! 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Run the gauntlet 1 on 16:00 Ice 4:59 PM 3,930 Yards - Stress Value = 47 Workout #2166 - Saturday, 23 November 2002			

1 minute rest between sets

Yards		AM Start et Description	EGY	WC
=====	1	on 30:00 Weights	===	==
600		x 600 on 10:00 Swim-kick-pull-swim	REC	
300		2 x 25 on :30 Berzerks	SP3	
1,050	7x{1	x 100 on 2:00 Kick	EN2	
	{ 1	x 50 on :45 Kick	EN2	
1,600	1x{2	x 400 on 5:00 Pulls	EN2	
	{ 2	x 400 on 4:55 Pulls	EN2	
300	3	x 100 on 1:20 Freestyle-descend	EN1	
2,400	1x{1	x 300 on 3:30 Freestyle	EN2	
	{ 2	x 150 on 2:00 Freestyle	EN2	
	{ 1	x 300 on 3:30 Freestyle	EN2	
	{ 3	x 100 on 1:20 Freestyle	EN2	
	{ 1	x 300 on 3:30 Freestyle	EN2	
	{ 4	x 75 on 1:00 Freestyle	EN2	
	{ 1	x 300 on 3:30 Freestyle	EN2	
	{ 6	x 50 on :40 Freestyle	EN2	
600	12x{1	x 25 on :30 IM order	EN1	
	{ 1	x 25 on :20 Freestyle	EN2	
200	1	x 200 on 3:00 Stroke Drills	REC	
		on 10:00 Ice	_	
	10:00	AM $7,050$ Yards - Stress Value = 125	j	

Workout #2167 - Saturday, 23 November 2002 HighSchl - Gold

	7:30 AM Start		
Yards		EGY	WOF
		===	===
	1 on 30:00 Weights		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	7x{1 x 100 on 2:05 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
	1x{2 x 400 on 5:50 Pulls	EN2	
	{2 x 400 on 5:40 Pulls	EN2	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
	1x{1 x 300 on 4:10 Freestyle	EN2	
	{2 x 150 on 2:15 Freestyle	EN2	
	{1 x 300 on 4:10 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
	{1 x 300 on 4:10 Freestyle	EN2	
	$\{4 \times 75 \text{ on } 1:10 \text{ Freestyle}$	EN2	
	$8x{1 \times 25 \text{ on :} 30 \text{ IM order}}$	EN1	
	$\{1 \times 25 \text{ on } : 25 \text{ Freestyle}$	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:00 AM 6,250 Yards - Stress Value = 1	10	

Workout #2168 - Saturday, 23 November 2002 HighSchl - Silver 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Weights		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	6x{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	1x{2 x 400 on 7:15 Pulls	EN2	
	{1 x 400 on 7:00 Pulls	EN2	
300	3 x 100 on 1:50 Freestyle-descend	EN1	
	1x{1 x 300 on 4:30 Freestyle	EN2	
	{2 x 150 on 2:35 Freestyle	EN2	
	{1 x 300 on 4:30 Freestyle	EN2	
	{3 x 100 on 1:45 Freestyle	EN2	
	{1 x 300 on 4:30 Freestyle	EN2	
	$\{4 \times 75 \text{ on } 1:20 \text{ Freestyle}$	EN2	
	8x{1 x 25 on :30 IM order	EN1	
	$\{1 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:02 AM 5,700 Yards - Stress Value = 99)	

Workout #2169 - Saturday, 23 November 2002 HighSchl - Bronze 1 minute rest between sets

Yards	Set Description	EGY	WO!
=====	=======================================	===	==:
	1 on 30:00 Weights		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	5x{1 x 100 on 3:00 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN2	
	1x{1 x 400 on 10:00 Pulls	EN2	
	{1 x 400 on 9:00 Pulls	EN2	
300	3 x 100 on 2:30 Freestyle-descend	EN1	
	$1x{1 x 300 on 6:00 Freestyle}$	EN2	
	{2 x 150 on 3:30 Freestyle	EN2	
	{1 x 300 on 6:00 Freestyle	EN2	
	{3 x 100 on 2:20 Freestyle	EN2	
	{1 x 300 on 6:00 Freestyle	EN2	
	$4x{1 x 25 on :45 IM order}$	EN1	
	$\{1 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:02 AM 4,450 Yards - Stress Value = 79	9	

Workout #2174 - Monday, 25 November 2002 Group 2 - Gold 1 minute rest between sets

6:15 PM Start

7:30 AM Start

	0.10 111 00010		
Yards	Set Description	EGY	WC
	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 odd 100's free drill	REC	
	evn 100's back drill		
180	12 x 15 on :45 Shooters	SP3	
	2x{1 x 200 on 4:10 Kick	EN2	
	$\{3 \times 50 \text{ on } 1:05 \text{ Kick no board}$	EN2	
	$1x\{2 \times 100 \text{ on } 1:40 \text{ Lungbuster pulls}$	EN1	
	$\{2 \times 100 \text{ on } 1:35 \text{ Lungbuster pulls}$	EN1	
	$\{2 \times 100 \text{ on } 1:30 \text{ Lungbuster pulls}$	EN1	
	$\{2 \times 100 \text{ on } 1:25 \text{ Lungbuster pulls}$	EN1	
450	3 x 150 on 2:30 1st 50 2bk 2nd 50	EN1	
	4bk 3rd 50 6bk		
	1x{3 x 75 on 1:35 Butterfly 2-2-2	EN1	

{ 3	Х	75	on	1:30 Butterfly 2-3-2	EN1
{ 3	Х	75	on	1:25 Butterfly 2-4-2	EN1
{ 3	Х	75	on	1:20 Butterfly 2-5-2	EN2
{ 3	Х	50	on	1:05 Butterfly 2-3-2	EN1
{ 3	Х	50	on	1:00 Butterfly 2-4-2	EN1
{ 3	Х	50	on	:55 Butterfly 2-5-2	EN1
{ 3	Х	25	on	:30 Butterfly 2-4-2	EN1
{ 3	Х	25	on	:25 Butterfly 2-5-2	EN1
8	Х	50	on	1:05 Stroke Drills	REC
(odo	ds i	free	e evens back	
8:28	Pl	44,	, 830) Yards - Stress Value = 51	
	{3 {3 {3 {3 {3 {3 {3	{3 x {3 x {3 x {3 x {3 x {3 x {3 x {3 x	3 x 75 3 x 75 3 x 50 3 x 50 3 x 50 3 x 25 3 x 25 8 x 50 odds :	{3 x 75 on {3 x 75 on {3 x 50 on {3 x 50 on {3 x 50 on {3 x 25 on {3 x 25 on 8 x 50 on odds free	{3 x 75 on 1:30 Butterfly 2-3-2 {3 x 75 on 1:25 Butterfly 2-4-2 {3 x 75 on 1:20 Butterfly 2-5-2 {3 x 50 on 1:05 Butterfly 2-3-2 {3 x 50 on 1:00 Butterfly 2-4-2 {3 x 50 on :55 Butterfly 2-5-2 {3 x 25 on :30 Butterfly 2-4-2 {3 x 25 on :25 Butterfly 2-5-2 8 x 50 on 1:05 Stroke Drills odds free evens back 8:28 PM 4,830 Yards - Stress Value = 51

Workout #2173 - Monday, 25 November 2002 HighSchl - Platinum

1 minute rest between sets

	2:55	PM Start		
Yards	Se	et Description	EGY	WOF
	==		===	===
	1	on 35:00 Shoulders & Stretch		
800	1	x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12	2 x 15 on :30 Shooters	SP3	
	1x{5	x 100 on 1:50 Kick	EN2	
	{ 5	x 100 on 1:40 Kick	EN2	
	1x{6	x 75 on 1:05 Pulls	EN1	
	{ 6	x 75 on 1:00 Pulls	EN1	
	{ 6	x 75 on :55 Pulls	EN2	
400	2	x 200 on 3:15 Individual Medley	EN1	
	1x{3	x 500 on 6:40 Freestyle	EN1	
	{ 2	x 500 on 6:35 Freestyle	EN1	
	{ 1	x 500 on 6:30 Freestyle	EN1	
250	1	x 250 on 4:00 Stroke Drills	REC	
	1	on 10:00 Ice		
	5:33	PM 6,980 Yards - Stress Value = 78		

Workout #2170 - Monday, 25 November 2002 HighSchl - Gold

		2:55 PM Start		
	Yards	Set Description	EGY	WOF
=	=====		===	===
		1 on 35:00 Shoulders & Stretch		
	800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
	180	12 x 15 on :30 Shooters	SP3	
		1x{5 x 100 on 2:00 Kick	EN2	
		{5 x 100 on 1:50 Kick	EN2	
		1x{5 x 75 on 1:10 Pulls	EN1	
		{5 x 75 on 1:05 Pulls	EN1	
		{4 x 75 on 1:00 Pulls	EN2	
	300	1 x 300 on 5:15 Individual Medley	EN1	
		1x{3 x 500 on 7:00 Freestyle	EN1	
		{2 x 500 on 6:50 Freestyle	EN1	
		{1 x 500 on 6:40 Freestyle	EN1	
	200	1 x 200 on 3:00 Stroke Drills	REC	
		1 on 10:00 Ice		
		5:33 PM 6,530 Yards - Stress Value = 74		

Workout #2171 - Monday, 25 November 2002 HighSchl - Silver 1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 35:00 Shoulders & Stretch		
600	1 x 600 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{4 x 100 on 2:15 Kick	EN2	
	{4 x 100 on 2:05 Kick	EN2	
	1x{5 x 75 on 1:20 Pulls	EN1	
	{5 x 75 on 1:15 Pulls	EN1	
	{4 x 75 on 1:10 Pulls	EN2	
200	1 x 200 on 4:00 Individual Medley	EN1	
	$1x{3 x 500 on 7:30 Freestyle}$	EN1	
	{2 x 500 on 7:25 Freestyle	EN1	
	$\{1 \times 500 \text{ on } 7:20 \text{ Freestyle} \}$	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,030 Yards - Stress Value = 69		

Workout #2172 - Monday, 25 November 2002 HighSchl - Bronze 1 minute rest between sets

Yards	2:55 PM Start Set Description	EGY	TATO:
iaius	set Description	EGI	WO.
		===	==:
	1 on 35:00 Shoulders & Stretch		
400	1 x 400 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 100 on 3:00 Kick	EN2	
	{3 x 100 on 2:45 Kick	EN2	
	1x{3 x 75 on 2:00 Pulls	EN1	
	{3 x 75 on 1:55 Pulls	EN1	
	{2 x 75 on 1:50 Pulls	EN2	
200	1 x 200 on 5:00 Individual Medley	EN1	
	1x{3 x 300 on 7:30 Freestyle	EN1	
	$\{2 \times 300 \text{ on } 7:25 \text{ Freestyle}$	EN1	
	$\{1 \times 300 \text{ on } 7:20 \text{ Freestyle}$	EN1	
100	1 x 100 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 3,880 Yards - Stress Value = 46		

Workout #2177 - Tuesday, 26 November 2002 Group 2 - Gold 1 minute rest between sets

6:15 PM Start

Yards S	Set	Description	EGY	WORK	STK
======			===	====	===
-	Lo	n 25:00 Stomach and Stretch		L	DRY
1x{	L x	300 on 6:00 Stroke Drills	REC	D	BR
{ :	L x	200 on 4:00 Stroke Drills	REC	D	BR
{]	x	100 on 2:00 Stroke Drills	REC	D	BR
	Lo	n 10:00 Techniques-TN turns		D	FR
1x{	x	100 on 2:00 Kick	EN2	K	FR
{	1 x	25 on :45 Sprint kick	EN3	K	FR
{ :	L x	100 on 1:55 Kick	EN2	K	FR
{ 4	1 x	25 on :45 Sprint kick	EN3	K	FR
{ :	L x	100 on 1:50 Kick	EN2	K	FR
{ 4	1 x	25 on :45 Sprint kick	EN3	K	FR
{]	L x	100 on 1:45 Kick	EN2	K	FR
600	3 x	200 on 3:00 Pulls-nbbf&w	EN1	P	FR
2x{	L x	100 on 2:00 Breaststroke	EN1	S	BR
{ :	3 x	50 on 1:15 Under/over	EN1	S	BR
1x{	x	100 on 1:20 Freestyle	EN2	S	FR
{]	L x	150 on 2:05 Freestyle	EN2	S	FR
{ 2	2 x	100 on 1:20 Freestyle	EN2	S	FR
{]	L x	200 on 2:45 Freestyle	EN2	S	FR
{ :	3 x	100 on 1:20 Freestyle	EN2	S	FR

	{ 1	Х	250	on	3:25	Freestyle	EN2	S	FR
	{ 4	Х	100	on	1:20	Freestyle	EN2	S	FR
	{ 1	Х	300	on	4:05	Freestyle	EN2	S	FR
	{ 5	Х	100	on	1:20	Freestyle	EN2	S	FR
	{ 1	Х	400	on	5:25	Freestyle	EN2	S	FR
300	6	Х	50 (on 1	L:10 S	Stroke Drills	REC	D	BR
	8:30	PI	4.5.	500	Yard	s - Stress Val	110 = 93		

Workout #2175 - Tuesday, 26 November 2002 HighSchl - All

1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	Sī
	=======================================	===	====	==
	1 on 13:00 Abs		L	DF
475	1 x 475 on 8:00 Choice	REC	S	CF
210	14×15 on :30 Pit sprints	SP3	S	F
	1x{2 x 300 on 4:00 Pulls	EN1	P	F
	{3 x 200 on 2:50 Pulls	EN1	P	F
	{4 x 100 on 1:30 Lungbuster pulls	EN1	P	F
	$1x{4 \times 150}$ on 1:55 Freestyle	EN2	S	F
	{4 x 150 on 1:50 Freestyle	EN2	S	F
	$\{4 \times 150 \text{ on } 1:45 \text{ Freestyle}$	EN2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		L	DF
	7:01 AM 4,285 Yards - Stress Value =	= 60		

Workout #2176 - Tuesday, 26 November 2002 HighSchl - All

	2:50	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
800	1	x 800 on 14:00 Swim-kick-pull-swim	REC	
300	12	2 x 25 on :30 Berzerks	SP3	
	1x{2	x 125 on 2:15 Kick	EN2	
	{ 2	x 125 on 2:10 Kick	EN2	
	{ 2	x 125 on 2:05 Kick	EN2	
	{ 2	x 125 on 2:00 Kick	EN2	
1,600	4	x 400 on 5:30 Pulls	EN1	
600	6	x 100 on 1:30 Freestyle-descend 3s	EN1	
	1x{5	x 125 on 2:00 Backstroke	EN1	
	{ 4	x 100 on 1:35 Backstroke	EN1	
	{ 3	x 75 on 1:10 Backstroke	EN1	
	{ 2	x 50 on :45 Backstroke	EN1	
250	1	x 250 on 4:00 Stroke Drills	REC	
	1	on 30:00 Stomach and Stretch		
	5:00	PM 5,900 Yards - Stress Value = 67		

Workout #2183 - Wednesday, 27 November 2002 Group 2 - Gold

1 minute rest between sets

	6:15	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 25:00 Stomach and Stretch		
800	1	x 800 on 14:00 Swim-kick-pull-swim	REC	
	1	on 10:00 Techniques-IM turns		
	2x{1	x 200 on 4:00 Kick	EN2	
	{ 1	x 150 on 3:00 Kick	EN2	
	•	x 100 on 2:00 Kick	EN2	
	1x{1	x 500 on 7:00 Pulls	EN1	
	{ 1	x 300 on 4:00 Pulls with paddles	EN1	
	-		EN1	
	•		EN1	
	•		EN1	
			EN1	
		x 200 on 3:30 Individual Medley		
	-	2	EN2	
	-		EN2	
	•	x 25 on :25 Backstroke	EN2	
			EN2	
	•		EN2	
			EN2	
		x 25 on :20 Freestyle	EN2	
		x 100 on 1:30 Freestyle	REC	
		x 100 on 1:30 Individual Medley		
250			REC	
	8:30	PM 5,300 Yards - Stress Value = 72		

Workout #2178 - Wednesday, 27 November 2002 HighSchl - All

1 minute rest between sets

	5:30	AM Start		
Yards	Se	et Description	EGY	WORF
=====	==		===	====
	1	on 30:00 Weights		I
300	1	x 300 on 5:00 Reverse IM drill	REC	Ι
	3x{1	x 50 on :50 1st 12.5 fly rest fr	EN1	٤
	{ 1	x 50 on :50 2nd 12.5 fly rest fr	EN1	٤
	{ 1	x 50 on :50 3rd 12.5 fly rest fr	EN1	٤
	{ 1	x 50 on :50 L. 12.5 fly rest fre	EN1	٤
	1x{4	x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	Ε
	{ 4	x 75 on 1:00 Pulls-nbbf&w + 3 yds	EN1	Ε
	1x{1	x 150 on 2:15 IM no free	EN1	٤
	{ 4	x 50 on 1:00 Breaststroke	EN1	٤
	{ 1	x 150 on 2:15 IM no free	EN1	٤
	{ 3	x 75 on 1:20 Breaststroke	EN1	٤
	{ 1	x 150 on 2:15 IM no free	EN1	٤
	{ 2	x 100 on 1:40 Breaststroke	EN1	٤
	{ 1	x 150 on 2:15 IM no free	EN1	٤
	{ 1	x 125 on 2:00 Breaststroke	EN1	٤
200	1	x 200 on 3:00 Stroke Drills	REC	Ι
	1	on 10:00 Ice		I
	7:04	AM 3,050 Yards - Stress Value = 29	9	

Workout #2182 - Wednesday, 27 November 2002 HighSchl - Platinum 1 minute rest between sets

2:55 PM Start

	2.00 111 00010		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 35:00 Circuit and Stretch		I
800	1 x 800 on 13:00 Stroke Drills	REC	Ι
	odds fr evens non fr		
180	12 x 15 on :30 Shooters	SP3	٤
	1x{3 x 200 on 2:45 Freestyle	EN1	Ε
	{2 x 200 on 2:40 Pulls	EN1	Ε
	{1 x 200 on 2:35 Pulls	EN2	E

	3x{1	Х	75 on 1:25 Kick	EN2	F
	{ 1	Х	75 on 1:20 Kick	EN2	F
	{ 1	Х	75 on 1:15 Kick	EN2	F
	{ 1	Х	75 on 1:10 Kick	EN2	F
	1x{3	Х	125 on 2:05 IM w/ 50 free-6bk	EN1	٤
	{ 1	Х	75 on 1:20 1st 25 5 brth-2nd 25	EN1	Ş
	{ 4	4 k	orth-3rd 25 2 brth		
	1x{3	Х	150 on 2:00 Freestyle	EN2	Ş
	8 }	Х	25 on :30 Butterfly	EN1	Ş
	{ 3	Х	150 on 1:55 Freestyle	EN2	Ş
	8 }	Х	25 on :30 Butterfly	EN1	٤
	{ 3	Х	150 on 1:50 Freestyle	EN2	S
	8 }	Х	25 on :30 Butterfly	EN1	٤
	{ 3	Х	150 on 1:45 Freestyle	EN2	٤
	8 }	Х	25 on :30 Butterfly	EN1	Ş
	{ 3	Х	150 on 1:40 Freestyle	EN2	S
200	1	Х	200 on 3:00 Stroke Drills	REC	Γ
	1	or	10:00 Ice		Ι
	5:33	PM	1 6,780 Yards - Stress Value = 95	5	

Workout #2181 - Wednesday, 27 November 2002 HighSchl - Gold

	2:55 PM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
	1 on 35:00 Circuit and Stretch		I
800	1 x 800 on 13:00 Stroke Drills	REC	Γ
	odds fr evens non fr		
180	12 x 15 on :30 Shooters	SP3	٤
	1x{3 x 200 on 3:00 Freestyle	EN1	E
	{2 x 200 on 2:55 Pulls	EN1	E
	4x{1 x 75 on 1:35 Kick	EN2	F
	{1 x 75 on 1:30 Kick	EN2	
	{1 x 75 on 1:25 Kick	EN2	F
	$1x{3 x 125 on 2:15 IM w/ 50 free-6bk}$	EN1	٤
	{1 x 75 on 1:20 1st 25 5 brth-2nd 25	EN1	٤
	{ 4 brth-3rd 25 2 brth		
	1x{3 x 150 on 2:15 Freestyle	EN2	
	${7 \times 25 \text{ on :} 30 \text{ Butterfly}}$	EN1	
	{3 x 150 on 2:10 Freestyle	EN2	
	$\{7 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	
	${3 \times 150 \text{ on } 2:05 \text{ Freestyle}}$	EN2	
	${7 \times 25 \text{ on :} 30 \text{ Butterfly}}$	EN1	
	{3 x 150 on 2:00 Freestyle	EN2	
	$\{7 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	
	{2 x 150 on 1:55 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	1 on 10:00 Ice		I
	5:34 PM 6,330 Yards - Stress Value = 9	0	

Workout #2179 - Wednesday, 27 November 2002 HighSchl - Silver 1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 35:00 Circuit and Stretch		I
600	1 x 600 on 13:00 Stroke Drills	REC	Γ
	odds fr evens non fr		
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 200 on 3:30 Freestyle	EN1	E
	{2 x 200 on 3:25 Pulls	EN1	
	3x{1 x 75 on 1:45 Kick	EN2	F
	{1 x 75 on 1:40 Kick	EN2	ľ
	{1 x 75 on 1:35 Kick	EN2	ľ
	$1x{3 x 125 on 2:30 IM w/ 50 free-6bk}$	EN1	
	{1 x 75 on 1:20 1st 25 5 brth-2nd 25	EN1	S
	{ 4 brth-3rd 25 2 brth		
	1x{3 x 150 on 2:35 Freestyle	EN2	
	$\{8 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	
	{2 x 150 on 2:30 Freestyle	EN2	
	{8 x 25 on :30 Butterfly	EN1	
	{2 x 150 on 2:25 Freestyle	EN2	
	$\{8 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	٤
	{2 x 150 on 2:20 Freestyle	EN2	
	{8 x 25 on :30 Butterfly	EN1	
	{2 x 150 on 2:15 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	Ι
	1 on 10:00 Ice		I
	5:33 PM 5,555 Yards - Stress Value = 75	5	

Workout #2180 - Wednesday, 27 November 2002 HighSchl - Bronze 1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 35:00 Circuit and Stretch		I
400	1 x 400 on 13:00 Stroke Drills	REC	Ι
	odds fr evens non fr		
180	12 x 15 on :30 Shooters	SP3	٤
	1x{2 x 200 on 5:00 Freestyle	EN1	E
	{2 x 200 on 4:30 Pulls	EN1	E
	3x{1 x 75 on 2:15 Kick	EN2	ľ
	{1 x 75 on 2:10 Kick	EN2	ľ
	{1 x 75 on 2:05 Kick	EN2	ľ
	$\{1 \times 25 \text{ on } : 30 \text{ Sprint kick} \}$	EN2	F
	$1x{1 x 125 on 3:00 IM w/ 50 free-6bk}$	EN1	٤
	{1 x 75 on 1:30 1st 25 5 brth-2nd 25	EN1	٤
	{ 4 brth-3rd 25 2 brth		
	$1x{2 x 150 on 3:45 Freestyle}$	EN2	٤
	{6 x 25 on :50 Butterfly	EN1	٤
	{2 x 150 on 3:40 Freestyle	EN2	٤
	{6 x 25 on :50 Butterfly	EN1	
	{2 x 150 on 3:35 Freestyle	EN2	٤
	{6 x 25 on :50 Butterfly	EN1	٤
200	1 x 200 on 5:00 Stroke Drills	REC	Ι
	1 on 10:00 Ice		I
	5:32 PM $3,880$ Yards - Stress Value = $5!$	5	

Workout #2185 - Friday, 29 November 2002 Group 2 - Gold 1 minute rest between sets

Yards	10:00 AM Start Set Description	EGY	WOF
	=======================================	===	===
800	1 on 30:00 Stomach and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-finishes	REC	
	1x{8 x 75 on 1:15 Kick with flippers	EN2	

{ 6	Х	75 on 1:10 Kick with flippers	EN2
{ 4	Х	75 on 1:05 Kick with flippers	EN2
{	alt	2 w/board 2w/out	
1x{3	Х	125 on 2:00 Pulls no br L. 5 yds	EN1
{ 3	Х	125 on 1:55 Pulls no br L.10 yds	EN1
{ 4	Х	125 on 1:50 Pulls no br L.15 yds	EN1
2x{1	Х	100 on 1:45 Individual Medley	EN1
{ 1	Х	50 on :45 Freestyle	EN1
{ 1	Х	50 on 1:00 Non free	EN1
1x{1	Х	50 on :50 Freestyle	EN1
{ 1	Х	50 on :45 Freestyle	EN1
{ 1	Х	50 on :40 Freestyle	EN2
{ 1	Х	250 on 3:20 Freestyle	EN2
{ 1	Х	50 on :50 Freestyle	EN1
{ 1	Х	50 on :45 Freestyle	EN1
{ 1	Х	50 on :40 Freestyle	EN2
{ 1	Х	250 on 3:15 Freestyle	EN2
{ 1	Х	50 on :50 Freestyle	EN1
{ 1	Х	50 on :45 Freestyle	EN1
{ 1	Х	50 on :40 Freestyle	EN2
{ 1	Х	250 on 3:10 Freestyle	EN2
{ 1	Х	50 on :50 Freestyle	EN1
{ 1	Х	50 on :45 Freestyle	EN1
{ 1	Х	50 on :40 Freestyle	EN2
{ 1	Х	250 on 3:05 Freestyle	EN2
{ 1	Х	50 on :50 Freestyle	EN1
{ 1	Х	50 on :45 Freestyle	EN1
{ 1	Х	50 on :40 Freestyle	EN2
{ 1	Х	250 on 3:00 Freestyle	EN2
1	Х	200 on 4:00 Stroke Drills	REC
1	01	n 15:00 Techniques-starts	
12:36	6 I	PM 6,000 Yards - Stress Value = 74	1

Workout #2184 - Friday, 29 November 2002 HighSchl - All 1 minute rest between sets

200

Yards	7:30 AM Start Set Description	EGY	WOE
400	1 on 30:00 Weights 1 x 400 on 7:00 Swim-kick-drill-swim 12 x 25 on :30 Berzerks 1x{4 x 125 on 2:00 Pulls no br L. 5 yds {2 x 125 on 1:55 Pulls no br L.10 yds {2 x 125 on 1:50 Pulls no br L.15 yds {2 x 125 on 1:45 Pulls no br L.20 yds 1x{4 x 100 on 1:15 Freestyle {6 x 75 on :55 Freestyle	SP3 EN1 EN1 EN1 EN1 EN2 EN2	
300	{8 x 50 on :35 Freestyle 1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice 9:07 AM 3,500 Yards - Stress Value = 48	EN2 REC	

EN1

EN1

EN2

EN2

EN2

EN2

REC

Workout #2186 - Friday, 29 November 2002

	HighSchl - All			7:30 AM Start		
	1 minute rest between sets		Yards	Set Description	EGY	WOF
,, ,	2:00 PM Start		600	1 on 30:00 Stomach and Stretch 1 x 600 on 14:00 Swim-kick-pull-swim		===
Yards	Set Description	EGY WOF	300		SP3	
1,000 700	<pre>1 on 30:00 Shoulders & Stretch 4 x 200 on 3:15 Reverse IM drill 12 x 25 on :30 Berzerks 1x{8 x 50 on :50 Pulls-nbbf&w {8 x 50 on :45 Pulls-nbbf&w {8 x 50 on :40 Pulls-nbbf&w 10 x 100 on 2:00 Kick-odds fast 7 x 100 on 1:30 Freestyle des in 3's hold 7 as fast as 6 1 x 300 on 40:00 Pentathlon</pre>	REC SP3 EN1 EN1 EN1 EN2 EN1	1,500 250	-	EN1 EN2 EN2 EN1 EN1 EN3 REC	
500	1 x 500 on 8:00 Stroke Drills	REC		Workout #2190 - Saturday, 30 November 2002		
	1 on 10:00 Ice			HighSchl - Bronze		
	4:42 PM 4,800 Yards - Stress Value = 81			1 minute rest between sets		
	W			1 influte rest between sets		
	Workout #2187 - Saturday, 30 November 2002			7:30 AM Start		
	HighSchl - Platinum		Yards	Set Description	EGY	WOF
	1 minute rest between sets		=====	=======================================		
Yards =====	7:30 AM Start Set Description	EGY WOF	400 300	12 x 25 on :30 Berzerks	SP3	
800	1 on 30:00 Stomach and Stretch 1 x 800 on 14:00 Swim-kick-pull-swim 12 x 25 on :30 Berzerks			1x{3 x 175 on 5:10 Pulls {3 x 175 on 4:45 Pulls 2x{6 x 50 on 1:30 Kick	EN1 EN2	
	1x{3 x 300 on 3:45 Pulls {3 x 250 on 3:15 Pulls {3 x 200 on 2:40 Pulls	EN1 EN1 EN1	1,000	{1 x 75 on 2:00 Kick 2x{1 x 25 on :45 Non free {1 x 25 on :45 Freestyle 20 x 50 on 1:30 Freestyle	EN2 EN1 EN1 EN3	
	1x{6 x 50 on 1:00 Kick {1 x 100 on 1:30 Kick {6 x 50 on :55 Kick	EN2 EN2 EN2	250	-	REC	
	{1 x 100 on 1:30 Kick {6 x 50 on :50 Kick {1 x 100 on 1:30 Kick 4x{1 x 25 on :30 Non free	EN2 EN2 EN2 EN1		Workout #2195 - Monday, 02 December 2002 Group 2 - Silver		
	$\{1 \times 25 \text{ on :} 20 \text{ Freestyle} \}$	EN1		1 minute rest between sets		
1,500	20×75 on 1:30 Freestyle	EN3				
250	1 x 250 on 4:00 Stroke Drills	REC		6:15 PM Start		
	1 on 10:00 Ice	E 1	Yards	Set Description	EGY	Z WC
	10:04 AM 6,500 Yards - Stress Value = 15 Workout #2188 - Saturday, 30 November 2002 HighSchl - Gold	21	800 180	<pre>1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 dril-kick-pull-drill 12 x 15 on :30 Shooters</pre>	= === l REC SP3	C
	1 minute rest between sets			2x{1 x 150 on 3:15 Kick	EN2	
Yards	7:30 AM Start Set Description	EGY WOF		{3 x 50 on 1:10 Kick no board 1x{1 x 100 on 1:45 Pulls-nbbf&w {1 x 100 on 1:40 Pulls-nbbf&w	EN2 EN1 EN1	L L
======	=======================================	=== ===		{1 x 100 on 1:35 Pulls-nbbf&w	EN1	-

300

200

{1 x 100 on 1:30 Pulls-nbbf&w

 12×25 on :30 IM order-build

 $1x{4 \times 400}$ on 6:00 Freestyle

 $\{3 \times 300 \text{ on } 4:25 \text{ Freestyle} \}$

{2 x 200 on 2:55 Freestyle

 $\{1 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$

4 x 50 on 1:15 Stroke Drills

8:30 PM 5,480 Yards - Stress Value = 86

7:30 AM Start		
Yards Set Description	EGY	WO
		==:
1 on 30:00 Stomach and Stretch		
800 1 x 800 on 14:00 Swim-kick-pull-swim	REC	
300 12 x 25 on :30 Berzerks	SP3	
$1x{3 x 300 on 4:00 Pulls}$	EN2	
{3 x 250 on 3:30 Pulls	EN1	
{1 x 200 on 2:55 Pulls	EN1	
$3x\{6 \times 50 \text{ on } 1:00 \text{ Kick}$	EN2	
{1 x 100 on 1:45 Kick	EN2	
$4x{1 x 25 on :30 Non free}$	EN1	
$\{1 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	EN1	
1,500 20 x 75 on 1:30 Freestyle	EN3	
250 1 x 250 on $4:00$ Stroke Drills	REC	
1 on 10:00 Ice		
10:04 AM 6,100 Yards - Stress Value = 1	56	

Workout #2189 - Saturday, 30 November 2002 HighSchl - Silver 1 minute rest between sets

1 minute rest between sets

Workout #2193 - Monday, 02 December 2002

out #2193 - Monday, 02 December 2002				1 minute rest between sets
HighSchl - Platinum				
1 minute rest between sets		2:55	PM	Start

1 minute rest between sets		Yards Set Description	EGY WOF
2:55 PM Start Yards Set Description	EGY WOF	$_{\scriptscriptstyle \pm}$ 600 1 x 600 on 14:00 Swim-kick-pull-swim F	=== === REC
1 on 30:00 Shoulders & Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim 1 on 10:00 Techniques-relay srt	n REC	{1 x 100 on 3:00 Kick	EN2 EN2
900 3x{1 x 150 on 2:45 Kick {1 x 100 on 1:50 Kick {1 x 50 on :55 Kick	EN2 EN2 EN2	1x{2 x 150 on 3:45 Pulls E {2 x 150 on 3:40 Pulls E	EN2 EN1 EN1
1,350 1x{4 x 150 on 2:00 Pulls {3 x 150 on 1:55 Pulls {2 x 150 on 1:50 Pulls	EN1 EN1 EN2	{2 x 400 on 8:00 Freestyle {3 x 300 on 6:00 Freestyle }	EN1 EN1 EN1
4,000 1x{4 x 500 on 6:30 Freestyle {3 x 400 on 5:10 Freestyle {2 x 300 on 3:55 Freestyle	EN1 EN1 EN1	1 on 10:00 Ice	REC
{1 x 200 on 2:35 Freestyle 200 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 REC	5:33 PM 4,200 Yards - Stress Value = 40 Workout #2196 - Tuesday, 03 December 2002	
5:33 PM 7,250 Yards - Stress Value = 74	1	HighSchl - All	

Workout #2192 - Monday, 02 December 2002 HighSchl - Gold

Workout #2192 - Monday, 02 December 2002									
HighSchl - Gold			5:30 AM	Start					
1 minute rest between sets		Yards	Set D	escrip	otion	EGY	WORK	STK	
		=====	=====			===	====	===	=
2:55 PM Start Yards Set Description	EGY WOF	600 300	1 x 6	00 on	Weights 10:00 Choice :30 Berzerks	REC SP3	S	DRY CHO FLY	
1 on 30:00 Shoulders & Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim 1 on 10:00 Techniques-relay srt 3x{1 x 150 on 2:55 Kick {1 x 100 on 1:55 Kick {1 x 50 on :55 Kick 1x{4 x 150 on 2:10 Pulls {2 x 150 on 2:05 Pulls {1 x 150 on 2:00 Pulls 1x{4 x 500 on 7:05 Freestyle {3 x 400 on 5:40 Freestyle {2 x 300 on 4:15 Freestyle 200 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN2 EN2 EN2 EN1	200	1x{1 x 1 {1 x 2 {1 x 3 {1 x 3 {1 x 2 {1 x 1 {1 x 1 {1 x 2 {1 x 3 {1 x 2 {1 x 3 {1 x 3 {1 x 3	00 on	1:15 Pulls 2:30 Pulls 3:45 Pulls 4:30 Freestyle 3:00 Freestyle 1:20 Pulls 2:40 Pulls 4:00 Pulls 4:15 Freestyle 2:50 Freestyle 1:25 Freestyle 3:00 Stroke Drills	EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	P P P S S S P P P S S S D	FR FR FR FR FR FR FR	
5:33 PM 6,750 Yards - Stress Value = 68			7:05 AM	3,500	Yards - Stress Val	ue =	42		

Workout #2194 - Monday, 02 December 2002 HighSchl - Silver

1 minute rest between sets

Yards		PM Start et Description	EGY	WOF
=====	==		===	===
600		on 30:00 Shoulders & Stretch x 600 on 14:00 Swim-kick-pull-swim	REC	
	1	on 10:00 Techniques-relay srt		
	3x{1	x 150 on 3:05 Kick	EN2	
	{ 1	x 100 on 2:05 Kick	EN2	
	{ 1	x 50 on 1:05 Kick	EN2	
	1x{3	x 150 on 2:25 Pulls	EN1	
	{ 2	x 150 on 2:20 Pulls	EN1	
	{ 1	x 150 on 2:15 Pulls	EN2	
	1x{3	x 500 on 8:20 Freestyle	EN1	
	{ 3	x 400 on 6:40 Freestyle	EN1	
	{ 2	x 300 on 5:00 Freestyle	EN1	
200	1	x 200 on 3:00 Stroke Drills	REC	
	1	on 10:00 Ice		
	5:35	PM 5,900 Yards - Stress Value = 61		

Workout #2191 - Monday, 02 December 2002 HighSchl - Bronze

Workout #2197 - Tuesday, 03 December 2002 HighSchl - All

_				
l m	inute	rest	betwe	en sets

3:30 PM Start	
Yards Set Description	EGY WC
	= === ==
1 on 30:00 Stomach and Stretch	
600 1 x 600 on 10:00 Swim-kick-drill-swi	m REC
180	SP3
$1x{3 \times 100 \text{ on } 1:30 \text{ Lungbuster pulls}}$	EN1
{2 x 100 on 1:25 Lungbuster pulls	EN1
{1 x 100 on 1:20 Lungbuster pulls	EN1
{ odds breathe 3-5-7-5	
{ evens br 2-4-6-4	
$2x{1 x 150 on 3:00 Kick}$	EN2
$\{3 \times 50 \text{ on } 1:00 \text{ Kick no board}$	EN2
{	
$1x\{2 \times 200 \text{ on } 2:45 \text{ Freestyle}$	EN1
$\{2 \times 75 \text{ on } 1:10 \text{ IM w/out the free}$	EN1
$\{2 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$	EN1
$\{2 \times 75 \text{ on } 1:10 \text{ IM w/out the breast}$	EN1
$\{2 \times 125 \text{ on } 1:45 \text{ Freestyle} \}$	EN1
$\{2 \times 75 \text{ on } 1:10 \text{ IM w/out the back}$	EN1
{2 x 100 on 1:25 Freestyle	EN1
$\{2 \times 75 \text{ on } 1:10 \text{ IM w/out the fly}$	EN1
100 4 x 25 on 1:30 Choice OTB-walk back	EN1
200 1 x 200 on 3:00 Stroke Drills	REC
1 on 11:00 Techniques-relay str	
5:29 PM 4,030 Yards - Stress Value = 45	

Workout #2203 - Wednesday, 04 December 2002 Group 2 - Silver

1 minute rest between sets

	5:30 PM Start			
Yards	Set Description	EGY	WORK	STK
=====	=======================================	===	====	===
	1 on 25:00 Stomach and Stretch		L	DRY
800	8 x 100 on 2:20 Stroke Drills	REC	D	CMB
	odds free evens brst			
	1 on 8:00 Techniques-turns		D	FLY
150	10 x 15 on :45 Shooters	SP3	S	FLY
	1x{2 x 125 on 2:55 Kick	EN2	K	CHO
		EN2	K	CHO
	{2 x 125 on 2:45 Kick	EN2	K	CHO
	{2 x 125 on 2:40 Kick	EN2	K	CHO
700	1 x 700 on 12:30 Pulls	EN1	Р	FR
	$2x{1 \times 25 \text{ on } :35 \text{ Stroke Drills}}$	EN1	D	BR
	•	EN1		BR
	{1 x 75 on 1:45 Stroke Drills	EN1	D	BR
	•	EN1		FR
		EN1		FR
		EN1		
	{1 x 100 on 1:35 Freestyle	EN1		
	{1 on 1:00 Rest		М	
350	7 x 50 on 1:10 Stroke Drills	REC	D	CD
000	odds free evens brst	1120	_	02
	7:59 PM 4,900 Yards - Stress Value	_ = -	5.2	
	III 1/ 500 Taras Deress varue	- `	, _	

Workout #2200 - Wednesday, 04 December 2002 HighSchl - Breast

1 minute rest between sets

Yards	2:55 PM Start Set Description	EGY	MOE
Tarus	sec bescription	EGI	WOI
=====	=======================================	===	===
	1 on 35:00 Circuit and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-Stanford		
1,000	10 x 100 on 1:55 Kick odds fast	EN2	
1,000	1x{2 x 200 on 3:00 Pulls	EN1	
	{3 x 200 on 2:50 Pulls	EN2	

500	4	Х	125	on	2:00	Freestyle-descend	EN1
1,750	1x{4	Х	125	on	2:25	Breaststroke	EN1
	{ 4	Х	125	on	2:20	Breaststroke	EN1
	{ 4	Х	125	on	2:15	Breaststroke	EN1
	{ 2	Х	125	on	2:10	Breaststroke	EN1
200	1	Х	200	on	3:00	Stroke Drills	REC
	1	or	14:	:00	Ice		
	5:33	PM	1 5,2	250	Yards	s - Stress Value = 58	

Workout #2198 - Wednesday, 04 December 2002 HighSchl - Distance

1 minute rest between sets

	2:55	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	_	on 35:00 Circuit and Stretch		
800	1	x 800 on 15:00 Swim-kick-pull-swim	REC	
	1	on 10:00 Techniques-Stanford		
400	4	x 100 on 2:00 Kick 100% effort	EN2	
	1x{1	x 1000 on 13:30 Pulls	EN1	
	{ 2	x 500 on 6:40 Pulls	EN1	
500	4	x 125 on 2:00 Freestyle-descend	EN1	
	1x{3	x 250 on 3:30 Freestyle	EN2	
	{ 3	x 250 on 3:25 Freestyle	EN2	
	{ 2	x 250 on 3:20 Freestyle	EN2	
	{ 2	x 250 on 3:15 Freestyle	EN2	
200	1	x 200 on 3:00 Stroke Drills	REC	
	1	on 14:00 Ice		
	5:34	PM 6.400 Yards - Stress Value = 83		

Workout #2199 - Wednesday, 04 December 2002 HighSchl - Fly & Back 1 minute rest between sets

	2:55	PN	1 St	art	.						
Yards	Se	et	Des	crip	otion					EGY	WC
	==	===	-===							===	==
	1	or	1 35	:00	Circu	ıit ar	nd St	retch			
800	1	Х	800	on	15:00) Swin	n-kic	k-pul	l-swim	REC	
	1	or	10:	:00	Techr	niques	s-Sta	nford			
1,200	12	2 >	100	or (1:45	5 Kic	c no	board	w/fins	EN2	
	1x{3	Х	200	on	2:45	Pulls	3			EN1	
	{ 3	Х	200	on	2:40	Pulls	3			EN2	
500	4	Х	125	on	2:00	Frees	style	-desc	end	EN1	
	1x{4	Х	125	on	2:00	Your	Stro	ke		EN1	
	{ 4	Х	125	on	1:55	Your	Stro	ke		EN1	
	{ 4	Х	125	on	1:50	Your	Stro	ke		EN1	
	{ 4	Х	125	on	1:45	Your	Stro	ke		EN1	
200	1	Х	200	on	3:00	Strol	ke Dr	ills		REC	
	1	or	14	:00	Ice						
	5:33	PN	15,9	900	Yards	s - St	ress	Value	= 67		

Workout #2202 - Wednesday, 04 December 2002 HighSchl - Bronze 1 minute rest between sets

HighSchl - All 1 minute rest between sets

	1 minute rest between sets													
					2:55	ΡM	Sta	art						
	2:55 PM Start		Yar	rds	Se	et I	Descr	rip	tion			EGY	WORK	Ę
Yards	Set Description	EGY 1	WOF ====	===	==	-==-		===:				===		=
=====		===	=== 8	300	8	x i	100 c	on :	1:30	Stroke Dril	lls	REC	D	C
	1 on 35:00 Circuit and Stretch				1	on	10:0	00.	Techr	niques-Stani	ford		D	
600	1 x 600 on 15:00 Swim-kick-pull-swim	REC	1,6	500	1x{1	x 2	200 c	on i	2:40	Pulls		EN1	P	
	1 on 10:00 Techniques-Stanford				{ 1	x i	175 c	on :	2:20	Pulls		EN1	P	
600	6 x 100 on 3:00 Kick odds fast	EN2			{ 1	x 2	200 c	on :	2:40	Pulls		EN1	P	
	1x{1 x 200 on 5:00 Pulls	EN1			{ 1	x i	150 c	on :	2:00	Pulls		EN1	P	
	{2 x 200 on 4:30 Pulls	EN1			-					Pulls		EN1	P	
	1 on 10:00 Techniques-open trns				{ 1	x i	125 c	on :	1:40	Pulls		EN1	P	
	2x{3 x 50 on 1:00 Freestyle	EN1			{ 1	x 2	200 c	on i	2:40	Pulls		EN1	P	
	{4 x 25 on :45 Butterfly	EN1			{ 1	x i	100 c	on :	1:20	Pulls		EN1	P	
	{3 x 50 on 1:00 Freestyle	EN1			{ 1	x 2	200 c	on 2	2:40	Pulls		EN1	P	
	{4 x 25 on :45 Backstroke	EN1			{ 1	X :	50 or	n :	40 Pı	ulls		EN1	P	
	{3 x 50 on 1:00 Freestyle	EN1	1,0	000	1x{3	x i	100 c	on :	1:50	Kick		EN2	S	C
	{4 x 25 on :45 Breaststroke	EN1			•					Kick		EN2	K	C
200	1 x 200 on 5:00 Stroke Drills	REC								Kick		EN2	K	C
	1 on 10:00 Ice				•					Kick		EN2	K	C
	5:32 PM 3,500 Yards - Stress Value = 33		3	300	3	X I	100 c	on :	1:30	Individual	Medley	EN1	S	
			2,8	350	1x{1	X ;	500 c	on	6:30	Freestyle		EN2	S	
	Workout #2201 - Wednesday, 04 December 2002									Freestyle		EN2	S	
	• •									Freestyle		EN2	S	
	HighSchl - Sprint				{ 4	x 2	25 or	า :	15 Fı	reestyle		EN2	S	
										-				
	1 minute rest between sets				{1	x 2	200 c	on :		Freestyle		EN2	S	
	1 minute rest between sets				{ 1 { 1	х 2 х 2	200 c	on i	1:15	Freestyle		EN2	S	
	1 minute rest between sets 2:55 PM Start				{ 1 { 1 { 1	х 2 х 2 х 4	200 c 100 c 450 c	on : on :	1:15 5:30	Freestyle Freestyle		EN2 EN2	S S	
Yards	2:55 PM Start Set Description	EGY 1			{1 {1 {1 {1	x 2 x 3 x 4 x 3	200 c 100 c 450 c 350 c	on i on i on i	1:15 5:30 4:20	Freestyle Freestyle Freestyle		EN2 EN2 EN2	S S S	
Yards	2:55 PM Start Set Description ====================================				{1 {1 {1 {1 {1	x 2 x 3 x 3 x 2	200 c 100 c 450 c 350 c 250 c	on i on i on i on i	1:15 5:30 4:20 3:05	Freestyle Freestyle Freestyle Freestyle		EN2 EN2 EN2 EN2	S S S S	
=====	2:55 PM Start Set Description ====================================	=== :			{1 {1 {1 {1 {1	x 2 x 3 x 3 x 2 x 3	200 c 100 c 450 c 350 c 250 c	on ion ion ion ion ion ion ion ion ion i	1:15 5:30 4:20 3:05 1:50	Freestyle Freestyle Freestyle Freestyle Freestyle		EN2 EN2 EN2 EN2 EN2	5 5 5 5 5	
	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim	=== :	===		{1 {1 {1 {1 {1 {1	X 2 X 3 X 2 X 3 X 3 X 3 X 3 X 3 X 3 X 3	200 c 100 c 450 c 350 c 250 c 150 c	on i	1:15 5:30 4:20 3:05 1:50 35 F1	Freestyle Freestyle Freestyle Freestyle Freestyle reestyle		EN2 EN2 EN2 EN2 EN2 EN2	S S S S S	
800	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch x 800 on 15:00 Swim-kick-pull-swim on 10:00 Techniques-Stanford	REC	===	300 :	{1 {1 {1 {1 {1 {1 {1	X 2 X 2 X 2 X 2 X 2 X 2 X 2 X 2 X 2 X 2	200 c 100 c 450 c 350 c 250 c 150 c 50 or	on in it	1:15 5:30 4:20 3:05 1:50 35 F1	Freestyle Freestyle Freestyle Freestyle Freestyle reestyle reestyle		EN2 EN2 EN2 EN2 EN2 EN2 EN2	5 5 5 5 5 5 5	
800 1,300	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Stanford 13 x 100 on 2:00 Kick odds fast	REC EN2	===	300 :	{1 {1 {1 {1 {1 {1 {1 {4} 4 4 4 4	X 2 X 2 X 2 X 2 X 2 X 2 X 2 X 2 X 2 X 2	200 c 100 c 450 c 350 c 250 c 150 c 50 or 25 or	on in in	1:15 5:30 4:20 3:05 1:50 35 F1 30 F1 25 F1	Freestyle Freestyle Freestyle Freestyle Freestyle reestyle reestyle reestyle		EN2 EN2 EN2 EN2 EN2 EN2 EN2	5 5 5 5 5 5 5 5 5	
800 1,300	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Stanford 13 x 100 on 2:00 Kick odds fast 1x{3 x 150 on 2:15 Pulls with paddles	REC EN2 EN1	3		{1 {1 {1 {1 {1 {1 {1 44 44 44	X 2 X 2 X 2 X 2 X 2 X 2 X 2 X 2 X 2 X 2	200 c 100 c 450 c 350 c 250 c 150 c 50 or 25 or 25 or	on in in in in	1:15 5:30 4:20 3:05 1:50 35 F1 30 F1 25 F1 20 F1	Freestyle Freestyle Freestyle Freestyle reestyle reestyle reestyle reestyle		EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	
800 1,300	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Stanford 13 x 100 on 2:00 Kick odds fast 1x{3 x 150 on 2:15 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth	REC EN2 EN1 EN2	3	300 :	{1 {1 {1 {1 {1 {1 {1 {4 {4 {4	X 2 X 2 X 2 X 2 X 2 X 2 X 2 X 2 X 2 X 2	200 c 100 c 450 c 350 c 250 c 150 c 50 or 25 or 25 or 200 c	on in in in in	1:15 5:30 4:20 3:05 1:50 35 F1 30 F1 25 F1 20 F1 4:00	Freestyle Freestyle Freestyle Freestyle reestyle reestyle reestyle reestyle retestyle retestyle retestyle	lls	EN2 EN2 EN2 EN2 EN2 EN2 EN2	555555555555555555555555555555555555555	
800 1,300	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Stanford 13 x 100 on 2:00 Kick odds fast 1x{3 x 150 on 2:15 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {2 x 150 on 2:10 Pulls with paddles	REC EN2 EN1 EN2 EN1	3		{1 {1 {1 {1 {1 {1 {1 {4 {4 {4 {4	x 2 x 3 x 3 x 3 x 2 x 2 x 2 x 2 x 2	200 c 100 c 450 c 350 c 150 c 50 or 25 or 25 or 25 or 200 c 10:0	on in	1:15 5:30 4:20 3:05 1:50 35 F1 30 F1 25 F1 20 F1 4:00 Stret	Freestyle Freestyle Freestyle Freestyle reestyle reestyle reestyle reestyle retestyle retestyle retestyle	lls	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S S S S S S S D L	
800 1,300	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Stanford 13 x 100 on 2:00 Kick odds fast 1x{3 x 150 on 2:15 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {2 x 150 on 2:10 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth	REC EN2 EN1 EN2 EN1 EN2 EN1 EN2	3	200	{1 {1 {1 {1 {1 {1 {4 {4 {4 1 1	x 2 x 3 x 3 x 3 x 3 x 2 x 2 x 2 on	200 c 100 c 450 c 350 c 250 c 150 c 25 or 25 or 25 or 210:0 15:0	on in	1:15 5:30 4:20 3:05 1:50 35 F1 30 F1 25 F1 20 F1 4:00 Stret	Freestyle Freestyle Freestyle Freestyle reestyle reestyle reestyle reestyle retestyle retestyle retestyle		EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	555555555555555555555555555555555555555	
800 1,300	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Stanford 13 x 100 on 2:00 Kick odds fast 1x{3 x 150 on 2:15 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {2 x 150 on 2:10 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {1 x 150 on 2:05 Pulls with paddles	REC EN2 EN1 EN2 EN1 EN2 EN1	3	200	{1 {1 {1 {1 {1 {1 {4 {4 {4 1 1	x 2 x 3 x 3 x 3 x 3 x 2 x 2 x 2 on	200 c 100 c 450 c 350 c 250 c 150 c 25 or 25 or 25 or 210:0 15:0	on in	1:15 5:30 4:20 3:05 1:50 35 F1 30 F1 25 F1 20 F1 4:00 Stret	Freestyle Freestyle Freestyle Freestyle reestyle reestyle reestyle reestyle retestyle retestyle retestyle		EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S S S S S S S D L	
800 1,300 1,200	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Stanford 13 x 100 on 2:00 Kick odds fast 1x{3 x 150 on 2:15 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {2 x 150 on 2:10 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {1 x 150 on 2:05 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {1 x 25 on :30 Pulls sprint no brth	REC EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1	3	200	{1 {1 {1 {1 {1 {1 {1 {4 {4 {4 1 1	x 2 x 3 x 3 x 3 x 3 x 2 x 2 x 2 on	200 c 100 c 450 c 350 c 250 c 150 c 25 or 25 or 25 or 210:0 15:0	on in	1:15 5:30 4:20 3:05 1:50 35 F1 30 F1 25 F1 20 F1 4:00 Stret	Freestyle Freestyle Freestyle Freestyle reestyle reestyle reestyle reestyle retestyle retestyle retestyle		EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S S S S S S S D L	
800 1,300 1,200	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Stanford 13 x 100 on 2:00 Kick odds fast 1x{3 x 150 on 2:15 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {2 x 150 on 2:10 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {1 x 150 on 2:05 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {1 x 150 on 2:05 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth 4 x 125 on 2:00 IM with 50 free	REC EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1	3	200	{1 {1 {1 {1 {1 {1 {1 {4 {4 {4 1 1	x 2 x 3 x 3 x 3 x 3 x 2 x 2 x 2 on	200 c 100 c 450 c 350 c 250 c 150 c 25 or 25 or 25 or 210:0 15:0	on in	1:15 5:30 4:20 3:05 1:50 35 F1 30 F1 25 F1 20 F1 4:00 Stret	Freestyle Freestyle Freestyle Freestyle reestyle reestyle reestyle reestyle retestyle retestyle retestyle		EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S S S S S S S D L	
800 1,300 1,200	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Stanford 13 x 100 on 2:00 Kick odds fast 1x{3 x 150 on 2:15 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {2 x 150 on 2:10 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {1 x 150 on 2:05 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth 4 x 125 on 2:00 IM with 50 free 1x{3 x 100 on 1:40 Freestyle-descend	EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN1	3	200	{1 {1 {1 {1 {1 {1 {1 {4 {4 {4 1 1	x 2 x 3 x 3 x 3 x 3 x 2 x 2 x 2 on	200 c 100 c 450 c 350 c 250 c 150 c 25 or 25 or 25 or 210:0 15:0	on in	1:15 5:30 4:20 3:05 1:50 35 F1 30 F1 25 F1 20 F1 4:00 Stret	Freestyle Freestyle Freestyle Freestyle reestyle reestyle reestyle reestyle retestyle retestyle retestyle		EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S S S S S S S D L	
800 1,300 1,200	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Stanford 13 x 100 on 2:00 Kick odds fast 1x{3 x 150 on 2:15 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {2 x 150 on 2:10 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {1 x 150 on 2:05 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth 4 x 125 on 2:00 IM with 50 free 1x{3 x 100 on 1:40 Freestyle-descend {3 x 100 on 1:35 Freestyle-descend	EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1	3	200	{1 {1 {1 {1 {1 {1 {1 {4 {4 {4 1 1	x 2 x 3 x 3 x 3 x 3 x 2 x 2 x 2 on	200 c 100 c 450 c 350 c 250 c 150 c 25 or 25 or 25 or 210:0 15:0	on in	1:15 5:30 4:20 3:05 1:50 35 F1 30 F1 25 F1 20 F1 4:00 Stret	Freestyle Freestyle Freestyle Freestyle reestyle reestyle reestyle reestyle retestyle retestyle retestyle		EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S S S S S S S D L	
800 1,300 1,200	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Stanford 13 x 100 on 2:00 Kick odds fast 1x{3 x 150 on 2:15 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {2 x 150 on 2:10 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {1 x 150 on 2:05 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth 4 x 125 on 2:00 IM with 50 free 1x{3 x 100 on 1:40 Freestyle-descend {3 x 100 on 1:35 Freestyle-descend {3 x 100 on 1:30 Freestyle-descend	EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN1 EN1	3	200	{1 {1 {1 {1 {1 {1 {1 {4 {4 {4 1 1	x 2 x 3 x 3 x 3 x 3 x 2 x 2 x 2 on	200 c 100 c 450 c 350 c 250 c 150 c 25 or 25 or 25 or 210:0 15:0	on in	1:15 5:30 4:20 3:05 1:50 35 F1 30 F1 25 F1 20 F1 4:00 Stret	Freestyle Freestyle Freestyle Freestyle reestyle reestyle reestyle reestyle retestyle retestyle retestyle		EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S S S S S S S D L	
800 1,300 1,200	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Stanford 13 x 100 on 2:00 Kick odds fast 1x{3 x 150 on 2:15 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {2 x 150 on 2:10 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {1 x 150 on 2:05 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth {1 x 150 on 2:05 Pulls with paddles {4 x 25 on :30 Pulls sprint no brth 4 x 125 on 2:00 IM with 50 free 1x{3 x 100 on 1:40 Freestyle-descend {3 x 100 on 1:35 Freestyle-descend {3 x 100 on 1:25 Freestyle-descend {3 x 100 on 1:25 Freestyle-descend	REC EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN1 EN1 EN1	3	200	{1 {1 {1 {1 {1 {1 {1 {4 {4 {4 1 1	x 2 x 3 x 3 x 3 x 3 x 2 x 2 x 2 on	200 c 100 c 450 c 350 c 250 c 150 c 25 or 25 or 25 or 210:0 15:0	on in	1:15 5:30 4:20 3:05 1:50 35 F1 30 F1 25 F1 20 F1 4:00 Stret	Freestyle Freestyle Freestyle Freestyle reestyle reestyle reestyle reestyle retestyle retestyle retestyle		EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S S S S S S S D L	
800 1,300 1,200 500 1,500	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Stanford 13 x 100 on 2:00 Kick odds fast 1x{3 x 150 on 2:15 Pulls with paddles 4 x 25 on :30 Pulls sprint no brth 2 x 150 on 2:10 Pulls with paddles 4 x 25 on :30 Pulls sprint no brth 1 x 150 on 2:05 Pulls with paddles 4 x 25 on :30 Pulls sprint no brth 1 x 150 on 2:05 Pulls with paddles 4 x 25 on :30 Pulls sprint no brth 4 x 125 on 2:00 IM with 50 free 1x{3 x 100 on 1:40 Freestyle-descend 3 x 100 on 1:35 Freestyle-descend 3 x 100 on 1:25 Freestyle-descend 3 x 100 on 1:25 Freestyle-descend	EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN1 EN1 EN1 EN1	3	200	{1 {1 {1 {1 {1 {1 {1 {4 {4 {4 1 1	x 2 x 3 x 3 x 3 x 3 x 2 x 2 x 2 on	200 c 100 c 450 c 350 c 250 c 150 c 25 or 25 or 25 or 210:0 15:0	on in	1:15 5:30 4:20 3:05 1:50 35 F1 30 F1 25 F1 20 F1 4:00 Stret	Freestyle Freestyle Freestyle Freestyle reestyle reestyle reestyle reestyle retestyle retestyle retestyle		EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S S S S S S S D L	
800 1,300 1,200	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Stanford 13 x 100 on 2:00 Kick odds fast 1x{3 x 150 on 2:15 Pulls with paddles 4 x 25 on :30 Pulls sprint no brth 2 x 150 on 2:10 Pulls with paddles 4 x 25 on :30 Pulls sprint no brth 1 x 150 on 2:05 Pulls with paddles 4 x 25 on :30 Pulls sprint no brth 1 x 150 on 2:05 Pulls with paddles 4 x 25 on :30 Pulls sprint no brth 4 x 125 on 2:00 IM with 50 free 1x{3 x 100 on 1:40 Freestyle-descend 3 x 100 on 1:35 Freestyle-descend 3 x 100 on 1:25 Freestyle-descend 3 x 100 on 1:25 Freestyle-descend 3 x 100 on 1:20 Freestyle-descend 1 x 200 on 3:00 Stroke Drills	REC EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN1 EN1 EN1	3	200	{1 {1 {1 {1 {1 {1 {1 {4 {4 {4 1 1	x 2 x 3 x 3 x 3 x 3 x 2 x 2 x 2 on	200 c 100 c 450 c 350 c 250 c 150 c 25 or 25 or 25 or 210:0 15:0	on in	1:15 5:30 4:20 3:05 1:50 35 F1 30 F1 25 F1 20 F1 4:00 Stret	Freestyle Freestyle Freestyle Freestyle reestyle reestyle reestyle reestyle retestyle retestyle retestyle		EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S S S S S S S D L	
800 1,300 1,200 500 1,500	2:55 PM Start Set Description 1 on 35:00 Circuit and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Stanford 13 x 100 on 2:00 Kick odds fast 1x{3 x 150 on 2:15 Pulls with paddles 4 x 25 on :30 Pulls sprint no brth 2 x 150 on 2:10 Pulls with paddles 4 x 25 on :30 Pulls sprint no brth 1 x 150 on 2:05 Pulls with paddles 4 x 25 on :30 Pulls sprint no brth 1 x 150 on 2:05 Pulls with paddles 4 x 25 on :30 Pulls sprint no brth 4 x 125 on 2:00 IM with 50 free 1x{3 x 100 on 1:40 Freestyle-descend 3 x 100 on 1:35 Freestyle-descend 3 x 100 on 1:25 Freestyle-descend 3 x 100 on 1:25 Freestyle-descend	EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN1 EN1 EN1 EN1	3	200	{1 {1 {1 {1 {1 {1 {1 {4 {4 {4 1 1	x 2 x 3 x 3 x 3 x 3 x 2 x 2 x 2 on	200 c 100 c 450 c 350 c 250 c 150 c 25 or 25 or 25 or 210:0 15:0	on in	1:15 5:30 4:20 3:05 1:50 35 F1 30 F1 25 F1 20 F1 4:00 Stret	Freestyle Freestyle Freestyle Freestyle reestyle reestyle reestyle reestyle retestyle retestyle retestyle		EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S S S S S S S D L	

Workout #2204 - Thursday, 05 December 2002 HighSchl - All

	5:30	AM St	tart	Ξ.					
Yards	Se	t Desc	crip	otion		EGY	WORK	STK	
=====	==	=====				===	====	===	=
	1	on 30	:00	Weigh	nts		L	DRY	
500	1	x 500	on	7:30	Choice	REC	S	СНО	
250	10	x 25	on	:30 E	Berzerks	SP3	S	BR	
	1x{2	x 225	on	3:00	Pulls	EN1	P	FR	
	{ 2	x 225	on	2:55	Pulls	EN1	P	FR	
	{ 2	x 225	on	2:50	Pulls	EN1	P	FR	
	1x{4	x 150	on	1:50	Freestyle	EN2	S	FR	
	{ 4	x 150	on	1:45	Freestyle	EN2	S	FR	
	{ 4	x 150	on	1:40	Freestyle	EN2	S	FR	
	{ 1	x 200	on	3:00	Stroke Drills	REC	D	CD	
	1	on 10	:00	Ice			L	DRY	
	7:08	AM 4,	100	Yards	s - Stress Valı	ie =	58		

Workout #2208 - Friday, 06 December 2002 Group 2 - Gold

1 minute rest between sets

	6:15	PM Start			
Yards	Se	et Description	EGY	WORK	STK
	==				===
	1	on 25:00 Stomach and Stretch		L	DRY
800	8	x 100 on 2:15 Stroke Drills	REC	D	CMB
		odds free evens fly			
	1	on 15:00 Techniques-Stanford		D	FR
	6x{2	x 25 on :40 Kick no board	EN1	S	FLY
	{ 1	x 50 on 1:10 Kick	EN2	K	FLY
	1x{5	x 50 on 1:05 Pulls-nbbf&w	EN1	P	FR
	{ 4	x 50 on 1:00 Pulls-nbbf&w	EN1	P	FR
	{ 3	x 50 on :55 Pulls-nbbf&w	EN1	P	FR
	{ 2	x 50 on :50 Pulls-nbbf&w	EN1	P	FR
	{ 1	x 50 on :45 Pulls-nbbf&w	EN1	P	FR
200	8	x 25 on :30 Freestyle-build	EN1	S	FR
	1x{1	x 200 on 4:15 Butterfly	EN1	S	FLY
	{ 1	x 200 on 4:10 Butterfly	EN1	S	FLY
	{ 1	x 200 on 4:05 Butterfly	EN1	S	FLY
	{ 1	x 200 on 4:00 Butterfly	EN1	S	FLY
	{ 1	x 150 on 3:10 Butterfly	EN1	S	FLY
	{ 1	x 150 on 3:05 Butterfly	EN1	S	FLY
	{ 1	x 150 on 3:00 Butterfly	EN1	S	FLY
	{ 1	x 100 on 2:05 Butterfly	EN1	S	FLY
	{ 1	x 100 on 2:00 Butterfly	EN1	S	FLY
	{ 1	x 50 on 1:00 Butterfly	EN1	S	FLY
300	5	x 60 on 1:15 Stroke Drills	REC	D	CD
	8:30	PM 4,150 Yards - Stress Value	= 3	34	

Workout #2206 - Friday, 06 December 2002 HighSchl - All

1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
500	1 x 500 on 8:00 Stroke Drills	REC	Ι
300	12 x 25 on :30 Berzerks	SP3	٤
	1x{5 x 50 on :45 Pulls	EN1	Ε
	{4 x 75 on 1:05 Pulls	EN1	Ε
	{3 x 100 on 1:30 Pulls	EN1	
	{2 x 125 on 1:50 Pulls	EN1	_
	{1 x 150 on 2:15 Pulls	EN1	
	1x{1 x 100 on 1:45 Individual Medley	EN1	
	{1 x 100 on 1:40 Individual Medley	EN1	
	{1 x 100 on 1:35 Individual Medley	EN1	
	{1 x 100 on 1:30 Individual Medley	EN1	
	$1x{3 x 100 on 1:10 Freestyle}$	EN2	
	${3 \times 50 \text{ on } :45 \text{ Freestyle}}$	EN1	5
	{2 x 200 on 2:20 Freestyle	EN2	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
		EN2	
	$\{5 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
400	16 x 25 on :30 Odds free evens strk	EN1	٤
200	1 x 200 on 4:00 Stroke Drills	REC	Γ
	1 on 15:00 Ice		I
	7:04 AM 4,650 Yards - Stress Value = 5	3	

Workout #2207 - Friday, 06 December 2002 HighSchl - All

1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 20:00 Team mtg/Stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
	4-fr 4-ba 4-br 4-fly		
600	12 x 50 on 1:15 OTB 25 fast 25 ez	SP3	
	1x{2 x 50 on 1:00 Kick	EN2	

{2 x 50 on :55 Kick	EN2
{2 x 50 on :50 Kick	EN2
$\{4 \times 100 \text{ on } 2:00 \text{ Kick no board}$	EN1
$1x{3 x 125 on 1:50 Lungbuster pulls}$	EN1
{ br 2-3-4-5-6	
{2 x 125 on 1:55 Lungbuster pulls	EN1
{ br 3-4-5-6-7	
$\{1 \times 125 \text{ on } 2:00 \text{ Lungbuster pulls}$	EN1
{ br 4-5-6-7-8	
$8x{1 \times 50 \text{ on } :40 \text{ Freestyle}}$	EN1
{1 x 100 on 2:00 Stroke Drills	REC
200	REC
1 on 17:00 Ice	
4:59 PM 4,250 Yards - Stress Value = 45	

Workout #2214 - Monday, 09 December 2002 Group 2 - Gold

1 minute rest between sets

	6:15 PM Start		
Yards	Set Description	EGY	WOF
=====		===	===
	1 on 25:00 Stomach and Stretch		
	1 x 600 on 11:00 Swim-kick-pull-swim		
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 25 on :35 Kick	EN2	
	{3 x 50 on 1:10 Kick	EN2	
	{3 x 75 on 1:45 Kick	EN2	
	{3 x 100 on 2:20 Kick	EN2	
	1x{1 x 300 on 4:45 Pulls	EN1	
	{1 x 300 on 4:35 Pulls	EN1	
	{1 x 300 on 4:25 Pulls	EN2	
	1 on 10:00 Techniques-starts		
400	4 x 100 on 1:45 Individual Medley	EN1	
	1x{8 x 75 on 1:10 Freestyle	EN2	
	{1 x 200 on 3:30 Freestyle	EN3	
	$\{6 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$	EN2	
	{1 x 200 on 3:30 Freestyle	EN3	
	$\{4 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$	EN2	
	{1 x 200 on 3:30 Freestyle	EN3	
	$\{2 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN2	
200	1 x 200 on 5:00 Stroke Drills	REC	
	8:30 PM 5,130 Yards - Stress Value = 104	ł	

Workout #2212 - Monday, 09 December 2002 HighSchl - Breast 1 minute rest between sets

2:55 PM Start Yards Set Description EGY WORK ____________________________________ ===== 1 on 35:00 Shoulders & Stretch 800 $1x\{1 \times 200 \text{ on } 3:45 \text{ Swim-kick-pull-swim REC}$ {1 x 200 on 3:30 Swim-kick-pull-swim REC {1 x 200 on 3:15 Swim-kick-pull-swim EN1 {1 x 200 on 3:00 Swim-kick-pull-swim EN1 12 x 15 on :30 Shooters 1,200 3x{1 x 100 on 2:00 Kick EN2 {1 x 100 on 1:55 Kick EN2 {1 x 100 on 1:50 Kick EN2 {1 x 100 on 1:45 Kick EN2 750 1x{5 x 75 on 1:45 Pulls EN1 Ε $\{5 \times 75 \text{ on } 1:35 \text{ Pulls}$ EN1 12 x 25 on :30 Butterfly-build 300 EN1 1,800 4x{2 x 100 on 1:50 Freestyle EN2 {1 x 50 on 1:00 Breaststroke-100% EN3 {2 x 75 on 1:20 Breaststroke EN2 {1 x 50 on 1:00 Breaststroke-100% EN3 1 x 200 on 3:00 Stroke Drills REC 200 Γ 1 on 15:00 Ice

5:34 PM 5,230 Yards - Stress Value = 98

Workout #2209 - Monday, 09 December 2002 HighSchl - Distance 1 minute rest between sets

	2:55	ΡN	1 St	cart				
Yards	Se	t	Desc	crip	otion		EGY	WOF
=====	==	==		-==			===	===
	1	or	n 35:	:00	Shoul	lders & Stretch		
800	1x{1	Х	200	on	3:00	Freestyle	REC	
	{ 1	Х	200	on	2:55	Freestyle L.50 fast	EN1	
	{ 1	Х	200	on	2:50	Freestyle L.100 fast	EN1	
	{ 1	Х	200	on	2:45	Freestyle L.150 fast	EN1	
400	1x{1	Х	100	on	2:00	Kick	EN2	
	{ 1	Х	100	on	1:50	Kick	EN2	
	{ 1	Х	100	on	1:40	Kick	EN2	
	{ 1	Х	100	on	1:30	Kick	EN2	
1,800	1x{1	Х	600	on	8:15	Pulls	EN1	
	{ 1	Х	600	on	8:00	Pulls	EN1	
	{ 1	Х	600	on	7:45	Pulls	EN1	
900	9	Х	100	on	1:30	Freestyle-des in 3's	EN1	
3,000	3x{1	Х	400	on	5:00	Freestyle	EN2	
	{ 1	Х	400	on	4:50	Freestyle	EN2	
	{ 2	Х	100	on	1:20	Freestyle-100%	EN3	
500	10) 2	s 50	on	:55 \$	Stroke Drills	REC	
	1	or	n 15:	:00	Ice			
	5:34	PN	17,4	100	Yards	s - Stress Value = 125	5	

Workout #2210 - Monday, 09 December 2002 HighSchl - Fly & Back 1 minute rest between sets

Vanda	2:55 PM Start	ECV	WORF
Yards	Set Description	EGI ===	WORr
	1 on 35:00 Shoulders & Stretch		I
	1x{1 x 200 on 3:45 Swim-kick-pull-swim	REC	٤
	{1 x 200 on 3:30 Swim-kick-pull-swim	REC	٤
	{1 x 200 on 3:15 Swim-kick-pull-swim	EN1	٤
	$\{1 \times 200 \text{ on } 3:00 \text{ Swim-kick-pull-swim}\}$	EN1	S
180	12 x 15 on :30 Shooters	SP3	٤
	5x{1 x 100 on 2:00 Kick no board	EN2	ľ
	$\{1 \times 100 \text{ on } 2:00 \text{ Kick no board } 100\%$	EN2	ľ
	$1x{5 x 75 on 1:10 Pulls-nbbf&w}$	EN1	Ε
	$\{5 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} \}$	EN1	E
	$\{4 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN2	Ε
300	12 x 25 on :30 Breaststroke-build	EN1	٤
	1x{4 x 200 on 3:15 Your Stroke	EN1	٤
	$\{2 \times 50 \text{ on } 1:00 \text{ Stroke } 15\text{m under}$	EN3	٤
	{3 x 200 on 3:10 Your Stroke	EN1	٤
	$\{2 \times 50 \text{ on } 1:00 \text{ Stroke } 15\text{m under}$	EN3	٤
	{2 x 200 on 3:05 Your Stroke	EN1	٤
	$\{2 \times 50 \text{ on } 1:00 \text{ Stroke } 15\text{m under}$	EN3	٤
300	6 x 50 on :55 Stroke Drills	REC	Ι
	1 on 15:00 Ice		I
	5:33 PM 5,730 Yards - Stress Value = 84	4	

Workout #2213 - Monday, 09 December 2002 HighSchl - Bronze 1 minute rest between sets

EN2

EN2

EN1

EN1

F

ŀ

Ε

{1 x 100 on 2:55 Kick

{1 x 100 on 2:50 Kick

 $\{5 \times 75 \text{ on } 1:35 \text{ Pulls}$

 $1x{5 x 75 on 1:45 Pulls}$

200	8	x 25 on :45 Choice-build	EN1	٤
	3x{2	x 100 on 2:15 Freestyle	EN2	٤
	{ 1	x 100 on 2:10 Freestyle	EN2	٤
	{ 2	x 75 on 1:40 Freestyle	EN2	٤
	{ 1	x 75 on 1:30 Freestyle	EN2	٤
225	1	x 225 on 6:00 Stroke Drills	REC	Γ
	1	on 15:00 Ice		I
	5:34	PM 4,130 Yards - Stress Value =	62	

Workout #2211 - Monday, 09 December 2002 HighSchl - Sprint 1 minute rest between sets

2:55 PM Start

	2.55 IN Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 35:00 Shoulders & Stretch		I
800	$1x{1 \times 200 \text{ on } 3:45 \text{ Swim-kick-pull-swim}}$	REC	٤
	{1 x 200 on 3:30 Swim-kick-pull-swim	REC	٤
	{1 x 200 on 3:15 Swim-kick-pull-swim	EN1	٤
	{1 x 200 on 3:00 Swim-kick-pull-swim	EN1	٤
180	12 x 15 on :30 Shooters	SP3	٤
1,500	$3x{1 \times 100}$ on 2:00 Kick with flippers	EN2	F
	{1 x 100 on 1:50 Kick with flippers	EN2	F
	{1 x 100 on 1:40 Kick with flippers	EN2	F
	{1 x 100 on 1:30 Kick with flippers	EN2	F
	{1 x 100 on 1:20 Kick with flippers	EN2	F
1,050	$1x{5 x 75 on 1:10 Pulls-nbbf&w}$	EN1	E
	$\{5 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w}$	EN1	E
	$\{4 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN2	E
300	12 x 25 on :30 Freestyle-build	EN1	٤
1,650	$3x{2 x 125 on 1:50 Freestyle}$	EN1	٤
	{1 x 50 on 1:00 Freestyle-no breath	EN3	٤
	{2 x 100 on 1:25 Freestyle	EN1	٤
	{1 x 50 on 1:00 Freestyle-no breath	EN3	٤
500	10 x 50 on :55 Stroke Drills	REC	Γ
	1 on 15:00 Ice		I
	5:33 PM 5,980 Yards - Stress Value = 90)	

Workout #2215 - Tuesday, 10 December 2002 HighSchl - All 1 minute rest between sets

i minute rest between

Yards	3:30 Se				tion			EGY	WC
	==	==		-===				===	==
	1	or	1 30:	:00	Stoma	ach and Stre	etch		
600	1	Х	600	on	10:00	0 Swim-kick-	-drill-swim	REC	
180	12	. >	15	on	:30 \$	Shooters		SP3	
	1x{3	Х	25 0	on :	30 K	ick no board	d	EN2	
	{ 3	Х	50 0	on 1	:00 I	Kick no boar	rd	EN2	
	{ 3	Х	75 c	on 1	:30 I	Kick no boar	rd	EN2	
	{ 3	Х	100	on	2:00	Kick no boa	ard	EN2	
900	12	. >	75	on	1:05	Lungbuster	pulls	EN1	
	0	dc	ds bi	3-	-5-7				
	е	ve	ens k	or 2	2-4-6				
200	1	Х	200	on	3:00	Individual	Medley	EN1	
	1x{2	Х	150	on	2:15	Freestyle		EN1	
	{ 1	Х	100	on	1:05	Freestyle		EN2	
	{ 2	Х	150	on	2:10	Freestyle		EN1	
	{ 1	Х	100	on	1:10	Freestyle		EN2	
	{ 2	Х	150	on	2:00	Freestyle		EN1	
	{ 1	Х	100	on	1:15	Freestyle		EN2	
	{ 2	Х	150	on	1:55	Freestyle		EN2	
	{ 1	Х	100	on	1:20	Freestyle		EN2	
75	3	Х	25 0	on 1	:30 (OTB-walk bac	cks	EN1	
300	1	Х	300	on	5:00	Stroke Dri	lls	REC	
	1	or	10:	:00	Techi	niques-relay	y srt		
	5:36	ΡN	14,6	505	Yards	s - Stress \	Value = 57		

REC

Workout #2220 - Wednesday, 11 December 2002 Group 2 - Gold

1 minute rest between sets

	6:15	PM Start			
Yards	Se	et Description	EGY	WORK	STK
=====	==		===	====	===
	1	on 25:00 Stomach and Stretch		L	DRY
800	8	x 100 on 1:45 Stroke Drills	REC	D	FR
	1	on 10:00 Techniques-TN turns		D	FR
	2x{1	x 100 on 2:10 Kick	EN2	K	FR
	{ 2	x 25 on :45 Sprint kick	EN2	K	FR
	{ 1	x 100 on 2:05 Kick	EN2	K	FR
	{ 2	x 25 on :45 Sprint kick	EN2	K	FR
	{ 1	x 100 on 2:00 Kick	EN2	K	FR
	{ 2	x 25 on :45 Kick	EN2	K	FR
	1x{2	x 200 on 3:00 Pulls-nbbf&w	EN1	P	FR
	{ 2	x 200 on 2:55 Pulls-nbbf&w	EN1	P	FR
	{ 1	x 200 on 2:50 Pulls-nbbf&w	EN1	P	FR
200	8	x 25 on :30 IM order-build	EN1	S	IM
	1x{4	x 125 on 2:00 Freestyle	EN3	S	FR
	{ 1	on 1:00 Rest		M	
	{ 4	x 125 on 1:55 Freestyle	EN3	S	FR
	{ 1	on 1:00 Rest		M	
	{ 4	x 125 on 1:50 Freestyle	EN3	S	FR
	{ 1	on 1:00 Rest		M	
	{ 4	x 125 on 1:45 Freestyle	EN3	S	FR
350	7	x 50 on 1:00 Stroke Drills	REC	D	CD
	8:30	PM 5,250 Yards - Stress Value	e = 1	.50	

Workout #2219 - Wednesday, 11 December 2002 HighSchl - Platinum

1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WOF
		===	===
	1 on 30:00 Circuit and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,250	1x{3 x 125 on 1:40 Pulls	EN1	
	{3 x 125 on 1:35 Pulls	EN2	
	{4 x 125 on 1:30 Pulls	EN2	
1,350	3x{1 x 100 on 2:00 Kick	EN2	
	$\{2 \times 25 \text{ on } : 30 \text{ Sprint kick} \}$	EN3	
	{1 x 100 on 1:50 Kick	EN2	
	{2 x 25 on :30 Sprint kick	EN3	
	{1 x 100 on 1:40 Kick	EN2	
	{2 x 25 on :30 Sprint kick	EN3	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
4,200	1x{1 x 200 on 3:00 Individual Medley	EN2	
	{4 x 200 on 2:20 Freestyle	EN2	
	{2 x 200 on 2:55 Individual Medley	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{3 x 200 on 2:50 Individual Medley	EN2	
	{2 x 200 on 2:30 Freestyle	EN2	
	{4 x 200 on 2:45 Individual Medley	EN2	
	{1 x 200 on 2:35 Freestyle	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:38 PM 7,880 Yards - Stress Value = 157	'	

Workout #2218 - Wednesday, 11 December 2002 HighSchl - Gold

1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Circuit and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	$1x{4} \times 125$ on 1:50 Pulls	EN1	

		x 125 on 1:45 Pulls	EN2
	•	x 125 on 1:40 Pulls	EN2
	3x{1	x 100 on 2:00 Kick	EN2
	{ 2	x 25 on :35 Sprint kick	EN3
	{ 1	x 100 on 1:55 Kick	EN2
	{ 2	x 25 on :35 Sprint kick	EN3
	{ 1	x 100 on 1:50 Kick	EN2
	{ 2	x 25 on :35 Sprint kick	EN3
600	6	x 100 on 1:30 Freestyle-descend	EN1
	1x{1	x 200 on 3:20 Individual Medley	EN2
	{ 3	x 200 on 2:50 Freestyle	EN2
	{ 2	x 200 on 3:15 Individual Medley	EN2
	{ 2	x 200 on 2:45 Freestyle	EN2
	{ 3	x 200 on 3:10 Individual Medley	EN2
	{ 1	x 200 on 2:40 Freestyle	EN2
	{ 1	x 200 on 3:00 Stroke Drills	REC
	1	on 10:00 Ice	
	5:33	PM 6,830 Yards - Stress Value = 13	31

Workout #2217 - Wednesday, 11 December 2002 HighSchl - Silver 1 minute rest between sets

2:55 PM Start

			- ~ .		_				
Yards	Se	Set Description							
=====	==							===	===
	1	or	30 i	:00	Circu	it and Stre	etch		
600	1	Х	600	on	10:00) Swim-kick-	-pull-swim	REC	
180	12	2 >	15	on	:30 9	Shooters		SP3	
	1x{3	Х	125	on	2:15	Pulls		EN1	
	{ 3	Х	125	on	2:10	Pulls		EN2	
	{ 2	Х	125	on	2:05	Pulls		EN2	
	1x{3	Х	100	on	2:15	Kick		EN2	
	{ 4	Х	25 0	on :	:45 Sp	orint kick		EN3	
	{ 2	Х	100	on	2:10	Kick		EN2	
	{ 4	Х	25 0	on :	:45 Sp	orint kick		EN3	
	{ 1	Х	100	on	2:05	Kick		EN2	
	{ 4	Х	25 0	on :	:45 Sp	orint kick		EN3	
600	6	Х	100	on	1:45	Freestyle-	descend	EN1	
	1x{1	Х	200	on	4:00	Individual	Medley	EN2	
	{ 3	Х	200	on	3:30	Freestyle		EN2	
	{ 2	Х	200	on	3:50	Individual	Medley	EN2	
	{ 2	Х	200	on	3:20	Freestyle		EN2	
	{ 3	Х	200	on	3:40	Individual	Medley	EN2	

{1 x 200 on 3:10 Freestyle {1 x 200 on 3:00 Stroke Drills

5:34 PM 5,880 Yards - Stress Value = 108

1 on 10:00 Ice

Workout #2216 - Wednesday, 11 December 2002 HighSchl - Bronze 1 minute rest between sets

	2:55	PN	√l St	tart						
Yards	Se	et	Desc	crip	otion				EGY	WOF
=====	==	===			-====		=====		===	===
	1	or	n 30:	:00	Circu	uit and	d Stre	etch		
400	1	Х	400	on	10:00) Swim-	-kick	-pull-swim	REC	
180	12	2 2	k 15	on	:30 8	Shoote	rs		SP3	
	1x{3	Х	125	on	3:00	Pulls			EN1	
	{ 3	Х	125	on	2:45	Pulls			EN2	
	1x{2	Х	100	on	3:00	Kick			EN2	
	{ 2	Х	25 0	on 1	L:00 S	Sprint	kick		EN3	
	{ 2	Х	100	on	2:50	Kick			EN2	
	{ 2	Х	25 0	on 1	L:00 S	Sprint	kick		EN3	
	{ 2	Х	100	on	2:40	Kick			EN2	
	{ 2	Х	25 0	on :	:45 Sp	print 1	kick		EN3	
500	5	Х	100	on	2:15	Freest	tyle-d	descend	EN1	
	1x{1	Х	200	on	5:00	Indiv	idual	Medley	EN2	
	{ 2	Х	200	on	4:00	Freest	tyle		EN2	
	{ 1	Х	200	on	4:50	Indiv	idual	Medley	EN2	
	{ 2	Х	200	on	3:50	Freest	tyle		EN2	
	{ 1	Х	200	on	4:40	Indiv	idual	Medley	EN2	
	{ 2	Х	200	on	4:40	Freest	tyle		EN2	
	{ 1	Х	200	on	5:00	Stroke	e Dri	lls	REC	
	1	or	n 10:	:00	Ice					
	5:33	ΡN	4,5	580	Yards	s - Sti	ress ^v	Value = 81		

Workout #2221 - Thursday, 12 December 2002 HighSchl - All

1 minute rest between sets

	3:30 PM Start			
Yards	Set Description	EGY	WORK	STF
=====	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
600	6 x 100 on 1:45 Stroke Drills	REC	D	CI .
180	12 x 15 on :30 Shooters	SP3	S	BF
	1x{2 x 100 on 2:00 Kick	EN2	K	CHC
	{2 x 100 on 1:50 Kick	EN2	K	CHC
	{2 x 100 on 1:40 Kick	EN2	K	CHC
	{2 x 100 on 1:30 Kick	EN2	K	CHC
	1x{3 x 150 on 2:15 Pulls	EN1	P	FF
	{2 x 150 on 2:10 Pulls	EN1	P	FF
	{1 x 150 on 2:05 Pulls	EN1	P	FF
	$3x{1 x 50 on :55 Free 2 beat kick}$	EN1	S	FF
	{1 x 50 on :50 Free 4 beat kick	EN1	S	FF
	{1 x 50 on :45 Free 6 beat kick	EN1	S	FF
	$2x{1 x 100 on 1:20 Freestyle}$	EN2	S	FF
	{2 x 75 on 1:05 Backstroke	EN1	S	Bľ
	{3 x 50 on :50 Breaststroke	EN1	S	BF
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	S	FLY
75	3 x 25 on 1:30 OTB walk backs	EN1	S	CHC
200	1 x 200 on 3:00 Stroke Drills	REC	D	CI
	1 on 10:00 Techniques-relay str		D	
	5:34 PM 4,205 Yards - Stress Value	= 51	L	

Workout #2223 - Friday, 13 December 2002 HighSchl - Breast

1 minute rest between sets

77l	2:55 PM Start	DOV	MODIL (_
Yards	Set Description	EGY	WORK S	C
=====	=======================================	===	==== =	=
	1 on 30:00 Shoulders & Stretch		L I	Ε
600	1 x 600 on 11:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
600	6x{1 x 75 on 1:25 Kick	EN2	K	
	{1 x 25 on :35 Sprint kick	SP3	S	
900	12 x 75 on 1:45 Pulls	EN1	P	
450	$3x{1 x 50 on :50 Free 2 beat kick}$	EN1	S	
	$\{1 \times 50 \text{ on } : 50 \text{ Free 4 beat kick} \}$	EN1	S	

	{ 1	x 50 on	:50 Free 6 beat kick	EN1	S
1,250	1x{4	x 125 on	2:20 Breaststroke	EN1	S
	{ 3	x 125 on	2:15 Breaststroke	EN1	S
	{ 2	x 125 on	2:10 Breaststroke	EN1	S
	{ 1	x 125 on	2:05 Breaststroke	EN1	S
200	1	x 200 on	3:00 Stroke Drills	REC	D
	1	on 10:00	Ice		LΙ
	5:05	PM 4,180	Yards - Stress Value =	49	

Workout #2227 - Friday, 13 December 2002 HighSchl - Distance

1 minute rest between sets

	2:55 PM Start			
Yards	Set Description	EGY	WORK	S
=====	=======================================	===	====	=
	1 on 30:00 Shoulders & Stretch		L	Γ
600	1 x 600 on 11:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
	6x{1 x 75 on 1:25 Kick	EN2	K	C
	$\{1 \times 25 \text{ on } : 35 \text{ Sprint kick} \}$	SP3	S	
1,000	8 x 125 on 1:50 Lungbuster pulls	EN1	P	
	br 3-4-5-6-7			
	$2x{1 x 50 on :50 Free 2 beat kick}$	EN1	S	
	$\{1 \times 50 \text{ on } : 50 \text{ Free 4 beat kick} \}$	EN1	S	
	$\{1 \times 50 \text{ on } :50 \text{ Free 6 beat kick}$	EN1	S	
2,000	2 x 1000 on 13:30 Freestyle	EN1	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		L	Γ
	5:05 PM 5,080 Yards - Stress Value =	55		

Workout #2225 - Friday, 13 December 2002 HighSchl - Fly & Back 1 minute rest between sets

ľ					
=		2:55 PM Start			
Ĭ.	Yards	Set Description	EGY	WORK	٤
Γ		=======================================	===	====	=
F		1 on 30:00 Shoulders & Stretch		L	Γ
C	600	1 x 600 on 11:00 Reverse IM drill	REC	D	
C	180	12 x 15 on :30 Shooters	SP3	S	
C		6x{1 x 75 on 1:25 Kick	EN2	K	C
C		{1 x 25 on :35 Sprint kick	SP3	S	
F	1,000	8 x 125 on 1:50 Lungbuster pulls	EN1	P	
F		br 3-4-5-6-7			
F F		$1x{1 \times 50 \text{ on } :50 \text{ Free 2 beat kick}}$	EN1	S	
F		$\{1 \times 50 \text{ on } : 50 \text{ Free 4 beat kick} \}$	EN1	S	
F F		$\{1 \times 50 \text{ on } :50 \text{ Free 6 beat kick}$	EN1	S	
		$3x{1 x 25 on :30 Your Stroke}$	EN1	S	٤
F		$\{2 \times 50 \text{ on } :55 \text{ Your Stroke}$	EN1	S	٤
ľ		{3 x 75 on 1:15 Your Stroke	EN1	S	٤
F		{4 x 100 on 1:30 Individual Medley	EN1	S	
Y	200	1 x 200 on 3:00 Stroke Drills	REC	D	
C		1 on 10:00 Ice		L	Γ
Ι		5:08 PM 4,980 Yards - Stress Value =	55		

Workout #2222 - Friday, 13 December 2002 HighSchl - All 1 minute rest between sets

Group 2 - Gold 1 minute rest between sets

	1 minute rest between sets				0.00 ***	
					9:30 AM Start	
	5:30 AM Start			Yards	±	
Yards	Set Description EGY	WOR	K STK	=====	=======================================	
=====		====	= === =		1 on 25:00 Stomach and Stretch	
	1 on 8:00 Abs		L DRY	800	4 x 200 on 3:30 Swim-kick-pull-swim REC	
1,000	1 x 1000 on 15:00 Choice REC		S CHO	200	10 x 20 on :45 Shooters SP3	
300	12 x 25 on :30 Berzerks SP3		S BK	800	4x{1 x 100 on 1:30 Kick with flippers EN2	
				000	{1 x 100 on 1:45 Kick no board w/fins EN2	
1,200	6 x 200 on 2:45 Pulls EN1		P FR	000		
	$1x\{2 \times 50 \text{ on } :50 \text{ Stroke Drills} \text{ EN1}$	1	D FR	900	3 x 300 on 4:15 Pulls EN1	
	{3 x 150 on 1:45 Freestyle EN2	:	S FR	400		
	{2 x 50 on :50 Stroke Drills EN1]	D FR	3 , 625	$1x{4 x 100 on 1:30 Freestyle}$ EN2	
	{4 x 150 on 1:50 Freestyle EN2		S FR		$\{4 \times 100 \text{ on } 1:25 \text{ Freestyle} $ EN2	
	{2 x 50 on :50 Stroke Drills EN1		S FR		{4 x 100 on 1:20 Freestyle EN2	
					{1 x 200 on 4:00 Freestyle REC	
	{5 x 150 on 1:55 Freestyle EN2		S FR		{3 x 125 on 1:45 Freestyle EN2	
	{2 x 50 on :50 Stroke Drills EN1		D FR			
300	1 x 300 on 5:00 Stroke Drills REC]	D CD		{3 x 125 on 1:40 Freestyle EN2	
	1 on 10:00 Ice		L DRY		$\{3 \times 125 \text{ on } 1:35 \text{ Freestyle} $ EN2	
	7:04 AM 5,000 Yards - Stress Value =	64			{1 x 200 on 4:00 Freestyle REC	
					$\{2 \times 150 \text{ on } 2:00 \text{ Freestyle} $ EN2	
	W				$\{2 \times 150 \text{ on } 1:55 \text{ Freestyle} $ EN2	
	Workout #2224 - Friday, 13 December 2002				{2 x 150 on 1:50 Freestyle EN2	
	HighSchl - Bronze			400		
	1 minute rest between sets			100	11:59 AM 7,125 Yards - Stress Value = 103	
	1 influte Test between sets				11.39 AM /,123 Talus - Scless Value - 103	
	2:55 PM Start				Workout #2228 - Saturday, 14 December 2002	
Yards	Set Description	EGY	WORK S		HighSchl - All	
=====	=======================================	===	==== =		o e e e e e e e e e e e e e e e e e e e	
	1 on 30:00 Shoulders & Stretch		LI		1 minute rest between sets	
400	1 x 400 on 11:00 Reverse IM drill	REC	D			
180	12 x 15 on :30 Shooters	SP3			6:30 AM Start	
100	6x{1 x 50 on 1:25 Kick	EN2		Yards	Set Description EGY WOF	:
		SP3		======	-	
0.00	{1 x 25 on :35 Sprint kick				1 on 30:00 Weights	
900	12 x 75 on 1:45 Pulls	EN1	P	000		
	2x{1 x 50 on 1:00 Free 2 beat kick	EN1	S	800	-	
	{1 x 50 on 1:00 Free 4 beat kick	EN1	S	300	12 x 25 on :30 Berzerks SP3	
	(2 11 00 011 2:00 1200 1 2000 112011	ПІЛТ	5			
	{1 x 50 on 1:00 Free 6 beat kick	EN1	S		1x{1 x 250 on 3:30 Pulls EN1	
	{1 x 50 on 1:00 Free 6 beat kick	EN1	S			
	$\{1 \times 50 \text{ on } 1:00 \text{ Free 6 beat kick} \\ 1\times\{4 \times 100 \text{ on } 2:20 \text{ Freestyle} \}$	EN1 EN1	S S		1x{1 x 250 on 3:30 Pulls EN1	
	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle	EN1 EN1 EN1	S S S		1x{1 x 250 on 3:30 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1	
	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle	EN1 EN1 EN1 EN1	S S S		1x{1 x 250 on 3:30 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1 {1 x 250 on 3:15 Pulls EN2	
0.00	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 100 on 2:05 Freestyle	EN1 EN1 EN1 EN1	S S S S	1,250	1x{1 x 250 on 3:30 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:10 Pulls EN2	
200	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 100 on 2:05 Freestyle 1 x 200 on 3:00 Stroke Drills	EN1 EN1 EN1 EN1	S S S S D	1,250	1x{1 x 250 on 3:30 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 1x{4 x 25 on :45 Sprint kick EN2	
200	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 100 on 2:05 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN1 EN1 REC	S S S S	1,250	1x{1 x 250 on 3:30 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 1x{4 x 25 on :45 Sprint kick EN2 {2 x 100 on 1:45 Kick EN2	
200	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 100 on 2:05 Freestyle 1 x 200 on 3:00 Stroke Drills	EN1 EN1 EN1 EN1 EN1 REC	S S S S D	1,250	1x{1 x 250 on 3:30 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 1x{4 x 25 on :45 Sprint kick EN2 {2 x 100 on 1:45 Kick EN2 {3 x 25 on :40 Sprint kick EN2	
200	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 100 on 2:05 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN1 EN1 REC	S S S S D	1,250	1x{1 x 250 on 3:30 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 1x{4 x 25 on :45 Sprint kick EN2 {2 x 100 on 1:45 Kick EN2 {3 x 25 on :40 Sprint kick EN2 {3 x 100 on 1:50 Kick EN2	
200	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 100 on 2:05 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 5:03 PM 3,430 Yards - Stress Value =	EN1 EN1 EN1 EN1 EN1 REC	S S S S D	1,250	1x{1 x 250 on 3:30 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 1x{4 x 25 on :45 Sprint kick EN2 {2 x 100 on 1:45 Kick EN2 {3 x 25 on :40 Sprint kick EN2	
200	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 100 on 2:05 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 5:03 PM 3,430 Yards - Stress Value =	EN1 EN1 EN1 EN1 EN1 REC	S S S S D	1,250	1x{1 x 250 on 3:30 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 1x{4 x 25 on :45 Sprint kick EN2 {2 x 100 on 1:45 Kick EN2 {3 x 25 on :40 Sprint kick EN2 {3 x 100 on 1:50 Kick EN2 {4 x 100 on 1:55 Kick EN2 {4 x 100 on 1:55 Kick EN2	
200	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 100 on 2:05 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 5:03 PM 3,430 Yards - Stress Value =	EN1 EN1 EN1 EN1 EN1 REC	S S S S D	1,250	1x{1 x 250 on 3:30 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 1x{4 x 25 on :45 Sprint kick EN2 {2 x 100 on 1:45 Kick EN2 {3 x 25 on :40 Sprint kick EN2 {3 x 25 on :35 Sprint kick EN2	
200	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 100 on 2:05 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 5:03 PM 3,430 Yards - Stress Value =	EN1 EN1 EN1 EN1 EN1 REC	S S S S D	1,250	1x{1 x 250 on 3:30 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 1x{4 x 25 on :45 Sprint kick EN2 {2 x 100 on 1:45 Kick EN2 {3 x 25 on :40 Sprint kick EN2 {3 x 100 on 1:50 Kick EN2 {4 x 100 on 1:55 Kick EN2 {4 x 100 on 1:55 Kick EN2	
200	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 100 on 2:05 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 5:03 PM 3,430 Yards - Stress Value = Workout #2226 - Friday, 13 December 2002 HighSchl - Sprint	EN1 EN1 EN1 EN1 EN1 REC	S S S S D	1,250	1x{1 x 250 on 3:30 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 1x{4 x 25 on :45 Sprint kick EN2 {2 x 100 on 1:45 Kick EN2 {3 x 25 on :40 Sprint kick EN2 {3 x 100 on 1:50 Kick EN2 {4 x 100 on 1:55 Kick EN2 {4 x 25 on :35 Sprint kick EN2 {4 x 25 on :35 Sprint kick EN2 {4 x 25 on :30 Sprint kick EN2 {1 x 25 on :30 Sprint kick EN2	
200	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 100 on 2:05 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 5:03 PM 3,430 Yards - Stress Value = Workout #2226 - Friday, 13 December 2002	EN1 EN1 EN1 EN1 EN1 REC	S S S S D	1,250 1,150 250	1x{1 x 250 on 3:30 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 1x{4 x 25 on :45 Sprint kick EN2 {2 x 100 on 1:45 Kick EN2 {3 x 25 on :40 Sprint kick EN2 {3 x 100 on 1:50 Kick EN2 {4 x 100 on 1:55 Kick EN2 {4 x 100 on 1:55 Kick EN2 {1 x 25 on :30 Sprint kick EN2 {1 x 25 on :30 Sprint kick EN2 {1 x 25 on :30 Sprint kick EN2 {1 x 50 on :45 Freestyle-descend EN1	
	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 100 on 2:05 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 5:03 PM 3,430 Yards - Stress Value = Workout #2226 - Friday, 13 December 2002	EN1 EN1 EN1 EN1 REC	S S S D L I	1,250 1,150 250	1x{1 x 250 on 3:30 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 1x{4 x 25 on :45 Sprint kick EN2 {2 x 100 on 1:45 Kick EN2 {3 x 25 on :40 Sprint kick EN2 {3 x 100 on 1:50 Kick EN2 {4 x 100 on 1:55 Kick EN2 {4 x 100 on 1:55 Kick EN2 {1 x 25 on :30 Sprint kick EN2 {1 x 25 on :40 Sprint kick EN2 {3 x 50 on :45 Freestyle-descend EN1 1x{5 x 75 on 1:05 Freestyle}	
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Yards ====== 600 180 600 1,000	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 100 on 2:05 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 5:03 PM 3,430 Yards - Stress Value = Workout #2226 - Friday, 13 December 2002 HighSchl - Sprint 1 minute rest between sets 2:55 PM Start Set Description	EN1 EN1 EN1 EN1 EN1 EC2 41 EGY === REC SP3 EN1 EN1 EN1 EN1 EN1	S S S S S S S S S S S S S S S S S S S	1,250 1,150 250 3,100	1x{1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 {2 x 100 on 1:45 Kick EN2 {3 x 25 on :40 Sprint kick EN2 {3 x 100 on 1:50 Kick EN2 {4 x 100 on 1:55 Kick EN2 {4 x 100 on 1:35 Fick EN2 {1 x 25 on :30 Sprint kick EN2 {1 x 5 on :30 Freestyle-descend EN1 {3 x 50 on :45 Freestyle-descend EN1 {4 x 75 on 1:05 Freestyle EN2 {5 x 75 on 1:05 Freestyle EN2 {1 x 200 on 4:00 Freestyle EN2 {4 x 75 on :55 Freestyle EN2 {4 x 75 on :50 Freestyle EN2 {4 x 75 on :55 Freestyle EN2 {3 x 75 on :55 Freestyle EN2 {3 x 75 on :45 Freestyle EN2 <	
Yards ====== 600 180 600 1,000 150 2,250	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 100 on 2:05 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 5:03 PM 3,430 Yards - Stress Value = Workout #2226 - Friday, 13 December 2002 HighSchl - Sprint 1 minute rest between sets 2:55 PM Start Set Description	EN1 EN1 EN1 EN1 EN1 EC2 41 EGY === REC SP3 EN1 EN1 EN1 EN1 EN1 EN1	S S S S S S S S S S S S S S S S S S S	1,250 1,150 250 3,100	1x{1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 {2 x 100 on 1:45 Kick EN2 {3 x 25 on :40 Sprint kick EN2 {3 x 100 on 1:50 Kick EN2 {4 x 100 on 1:55 Kick EN2 {4 x 100 on 1:35 Fick EN2 {1 x 25 on :30 Sprint kick EN2 {1 x 5 on :30 Freestyle-descend EN1 {3 x 50 on :45 Freestyle-descend EN1 {4 x 75 on 1:05 Freestyle EN2 {5 x 75 on 1:05 Freestyle EN2 {1 x 200 on 4:00 Freestyle EN2 {4 x 75 on :55 Freestyle EN2 {4 x 75 on :50 Freestyle EN2 {4 x 75 on :55 Freestyle EN2 {3 x 75 on :55 Freestyle EN2 {3 x 75 on :45 Freestyle EN2 <	
Yards ====== 600 180 600 1,000	{1 x 50 on 1:00 Free 6 beat kick 1x{4 x 100 on 2:20 Freestyle {3 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 100 on 2:05 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 5:03 PM 3,430 Yards - Stress Value = Workout #2226 - Friday, 13 December 2002 HighSchl - Sprint 1 minute rest between sets 2:55 PM Start Set Description	EN1 EN1 EN1 EN1 EN1 EC2 41 EGY === REC SP3 EN1 EN1 EN1 EN1 EN1	S S S S S S S S S S S S S S S S S S S	1,250 1,150 250 3,100	1x{1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:25 Pulls EN1 {1 x 250 on 3:20 Pulls EN1 {1 x 250 on 3:15 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 {1 x 250 on 3:10 Pulls EN2 {2 x 100 on 1:45 Kick EN2 {3 x 25 on :40 Sprint kick EN2 {3 x 100 on 1:50 Kick EN2 {4 x 100 on 1:55 Kick EN2 {4 x 100 on 1:35 Fick EN2 {1 x 25 on :30 Sprint kick EN2 {1 x 5 on :30 Freestyle-descend EN1 {3 x 50 on :45 Freestyle-descend EN1 {4 x 75 on 1:05 Freestyle EN2 {5 x 75 on 1:05 Freestyle EN2 {1 x 200 on 4:00 Freestyle EN2 {4 x 75 on :55 Freestyle EN2 {4 x 75 on :50 Freestyle EN2 {4 x 75 on :55 Freestyle EN2 {3 x 75 on :55 Freestyle EN2 {3 x 75 on :45 Freestyle EN2 <	

5:04 PM 4,980 Yards - Stress Value = 56

Workout #2233 - Monday, 16 December 2002 HighSchl - Breast 1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 35:00 Shoulders & Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,300	2x{4 x 50 on 1:00 Kick	EN2	
	$\{1 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$	EN2	
	{3 x 50 on :55 Kick	EN2	
	{2 x 25 on :45 Sprint kick	EN2	
	{2 x 50 on :50 Kick	EN2	
	{3 x 25 on :45 Sprint kick	EN2	
	{1 x 50 on :45 Kick	EN2	
750	$1x{3 x 125 on 2:00 Pulls no br L. 5 yds}$	EN1	
	{3 x 125 on 1:55 Pulls no br L.10 yds	EN1	
200	2 x 100 on 1:30 Freestyle-6bk	EN1	
2,400	2x{3 x 150 on 2:30 100 breast 50 free	EN2	
	{6 x 25 on :30 Your Stroke-descend	EN2	
	{3 x 150 on 2:20 50 free 100 breast	EN2	
	{6 x 25 on :30 Freestyle-descend	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,830 Yards - Stress Value = 91		

Workout #2230 - Monday, 16 December 2002 HighSchl - Distance 1 minute rest between sets

Yards	2:55 Se				t otion		EGY	WOI
=====	==	===		====	======		===	===
	1	or	35	:00	Shoul	lders & Stretch		
800	1	Х	800	on	13:00	Swim-kick-pull-swim	REC	
180	12	2 x	: 15	on	:30 9	Shooters	SP3	
650	1x{4	Х	50 0	on 1	1:00 F	Kick	EN2	
	{ 1	Х	25 0	on :	:45 Sp	orint kick	EN2	
	{ 3	Х	50	on :	:55 Ki	lck	EN2	
	{ 2	Х	25 (on :	:45 Sp	orint kick	EN2	
	{ 2	Х	50	on :	:50 Ki	lck	EN2	
	{ 3	Х	25 (on :	:45 Sp	orint kick	EN2	
	{ 1	Х	50	on :	:45 Ki	lck	EN2	
1,500	1x{2	Х	250	on	3:20	Pulls	EN1	
	{ 2	Х	250	on	3:15	Pulls	EN2	
	{ 2	Х	250	on	3:10	Pulls	EN2	
300	3	Х	100	on	1:30	Individual Medley	EN1	
3,600	1x{3	Х	600	on	8:00	Freestyle-descend	EN2	
	{ 2	Х	600	on	7:45	Freestyle #2 fast	EN2	
	{ 1	Х	600	on	7:30	Freestyle-100%	EN3	
250	1	Х	250	on	4:00	Stroke Drills	REC	
	1	or	10	:00	Ice			
	5:35	PM	17,2	280	Yards	s - Stress Value = 144	1	

Workout #2232 - Monday, 16 December 2002 HighSchl - Fly & Back 1 minute rest between sets

Yards	2:55 Se				rt .ptic	on	EGY	WOF
=====	==	===	-==				===	===
	_					oulders & Stretch		
800	1	Х	800	or or	ı 13:	:00 Swim-kick-pull-swim	REC	
180	12	2 >	15	5 or	1 :30) Shooters	SP3	
	2x{4	Х	50	on	1:00) Kick with flippers	EN2	
	{ 1	Х	25	on	:45	Sprint kick	EN2	
	{ 3	Х	50	on	:55	Kick with flippers	EN2	
	{ 2	Х	25	on	:45	Sprint kick	EN2	
	{ 2	Х	50	on	:50	Kick with flippers	EN2	
	{ 3	Х	25	on	:45	Sprint kick	EN2	

1 x	50 on :45 Kick with flippers	EN2
3 x	125 on 2:00 Pulls no br L. 5 yds	EN1
3 x	125 on 1:55 Pulls no br L.10 yds	EN1
3 x	100 on 1:30 Individual Medley	EN1
3 x	150 on 2:15 100 stroke 50 free	EN2
6 x	25 on :30 Your Stroke-descend	EN2
3 x	150 on 2:15 50 free 100 stroke	EN2
6 x	25 on :30 Freestyle-descend	EN2
1 01	n 1:00 Rest	
1 x	200 on 3:00 Stroke Drills	REC
1 01	n 10:00 Ice	
84 PI	M 5,930 Yards - Stress Value = 92	
	3 x 3 x 3 x 6 x 3 x 6 x 1 on 1 x 1 on	3 x 125 on 2:00 Pulls no br L. 5 yds 3 x 125 on 1:55 Pulls no br L.10 yds 3 x 100 on 1:30 Individual Medley 3 x 150 on 2:15 100 stroke 50 free 6 x 25 on :30 Your Stroke-descend 3 x 150 on 2:15 50 free 100 stroke 6 x 25 on :30 Freestyle-descend 1 on 1:00 Rest

Workout #2234 - Monday, 16 December 2002 HighSchl - Bronze 1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 35:00 Shoulders & Stretch		
400	1 x 400 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 100 on 3:00 Kick	EN2	
	{2 x 100 on 2:50 Kick	EN2	
	{1 x 100 on 2:40 Kick	EN2	
600	1 x 600 on 12:00 Pulls	EN1	
300	3 x 100 on 2:45 Individual Medley	EN1	
	1x{8 x 75 on 1:45 Backstroke	EN2	
	{8 x 75 on 1:40 Backstroke	EN2	
	{8 x 75 on 1:35 Backstroke	EN2	
200	1 x 200 on 5:00 Stroke Drills	REC	
	1 on 15:00 Ice		
	5:34 PM 4,080 Yards - Stress Value = 64		

Workout #2231 - Monday, 16 December 2002 HighSchl - Sprint 1 minute rest between sets

Yards		PM Start et Description	EGY	WO
	1	on 35:00 Shoulders & Stretch		
800	1	x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12	2 x 15 on :30 Shooters	SP3	
1,300	2x{4	x 50 on 1:00 Kick	EN2	
	{ 1	x 25 on :45 Sprint kick	EN2	
	{ 3	x 50 on :55 Kick	EN2	
	{ 2	x 25 on :45 Sprint kick	EN2	
	{ 2	x 50 on :50 Kick	EN2	
	{ 3	x 25 on :45 Sprint kick	EN2	
	{ 1	x 50 on :45 Kick	EN2	
750	1x{3	x 125 on 2:00 Pulls no br L. 5 yds	EN1	
	{ 3	x 125 on 1:55 Pulls no br L.10 yds	EN1	
300	3	x 100 on 1:30 Freestyle-descend	EN1	
2,800	2x{4	x 150 on 2:05 Freestyle	EN2	
	{ 4	x 25 on :30 Freestyle-descend	EN2	
	{ 4	x 150 on 1:55 Freestyle	EN2	
	{ 4	x 25 on :30 Freestyle-descend	EN2	
	{ 1	on 1:00 Rest		
200	1	x 200 on 3:00 Stroke Drills	REC	
	1	on 10:00 Ice		
	5:35	PM 6,330 Yards - Stress Value = 100)	

Workout #2235 - Tuesday, 17 December 2002 HighSchl - All

_				
- 1	minute	rest	between	sets

	3:30 PM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
	1 on 25:00 Stomach and Stretch		L
800	1 x 800 on 14:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
	$3x{1 x 100 on 2:00 Kick no board}$	EN2	K
	${3 \times 50 \text{ on } 1:00 \text{ Kick-descend}}$	EN2	K
	1x{1 x 200 on 2:55 Pulls	EN1	P
	$\{1 \times 200 \text{ on } 2:50 \text{ Pulls}$	EN1	P
	{1 x 200 on 2:45 Pulls	EN1	P
	{1 x 200 on 2:40 Pulls	EN2	P
300	2 x 150 on 2:15 1st 50 2bk 2nd 4bk	EN1	S
	3rd 50 6bk		-
	$1x\{2 \times 125 \text{ on } 1:50 \text{ Freestyle}$	EN1	S
	$\{2 \times 125 \text{ on } 1:45 \text{ Freestyle} \}$	EN1	S
	$\{2 \times 125 \text{ on } 1:40 \text{ Freestyle}$	EN2	S
	{2 x 125 on 1:35 Freestyle	EN2	S
	$\{2 \times 125 \text{ on } 1:30 \text{ Freestyle}$	EN2	S
75	3 x 25 on 1:30 OTB walk backs	EN1	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
	1 on 13:00 Techniques-relay str		D
	5:34 PM 4,455 Yards - Stress Value = 5	55	

Workout #2237 - Wednesday, 18 December 2002 Group 2 - Gold

1 minute rest between sets

6:15 PM Start

Yards	Se	et D	escri	ption		EGY	WORK	٤
=====	==		=====			===	====	=
	1	on	25:00	Stoma	ach and Stretch		L	Ι
800	1	x 8	00 on	14:00	Reverse IM drill	REC	D	
180	12	2 x	15 on	:45	Shooters	SP3	S	
	1x{2	x 1	00 on	2:00	Kick	EN2	K	
	{ 4	x 2	5 on	:45 Sr	print kick	EN2	K	
	{ 2	x 1	00 on	1:55	Kick	EN2	K	
	{ 4	x 2	5 on	:45 Sp	print kick	EN2	K	
	{ 2	x 1	00 on	1:50	Kick	EN2	K	
	{ 4	x 2	5 on	:45 Sp	print kick	EN2	K	
	1x{1	x 4	00 on	6:00	Pulls	EN1	P	
	{ 1	x 4	00 on	5:45	Pulls	EN1	P	
	1	on	10:00	Techr	niques-Back strt		D	
	1x{2	x 2	00 on	4:00	Butterfly	EN2	S	F
	{ 1	x 1	00 on	1:30	Freestyle	EN1	S	
	{ 2	x 1	75 on	3:20	Butterfly	EN2	S	F
	{ 1	x 1	00 on	1:30	Freestyle	EN1	S	
	{ 2	x 1	50 on	2:45	Butterfly	EN2	S	F
	{ 1	x 1	00 on	1:30	Freestyle	EN1	S	
	{ 2	x 1	25 on	2:10	Butterfly	EN2	S	F
	{ 1	x 1	00 on	1:30	Freestyle	EN1	S	
	{ 2	x 1	00 on	1:40	Butterfly	EN2	S	F
	{ 1	x 1	00 on	1:15	Freestyle	EN2	S	
200	1	x 2	00 on	3:00	Stroke Drills	REC	D	
	8:30	PM	4,880	Yards	s - Stress Value =	69		

Workout #2236 - Wednesday, 18 December 2002 HighSchl - All

1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 35:00 Shoulders & Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
800	8 x 100 on 2:00 Kick odds w/out brd	EN1	
	$1x{5 x 50 on :55 Pulls-nbbf&w +2 yds}$	EN1	
	$\{5 \times 50 \text{ on } : 50 \text{ Pulls-nbbf&w} + 3 \text{ vds} $	EN1	

{ 5	X	50	on	:45	Pul	ls	-nbk	of&w	+4	yds		EN1
{ 5	Х	50	on	:40	Pul	ls	-nbk	of&w	+5	yds		EN1
4x{2	Х	75	on	1:20	St	ro	ke I	ril	ls			EN1
{ 1	Х	100	on	1:3	80 F	re	esty	/le				EN1
{ 1	Х	100	on	1:2	25 F	re	esty	/le				EN1
{ 1	Х	100	on	1:2	0 F	re	esty	/le				EN2
12	2 >	25	on	:30	IM.	10	rdeı	<u>-</u>				EN1
1	Х	200	on	4:0	0 S	str	oke	Dri	lls			REC
1	or	n 25	:00	Tea	ım m	nee	ting	g/Ic	е			
5:32	ΡN	15,	080	Yar	ds	-	Stre	ess	Valı	ie =	48	
	{5 4x{2 {1 {1 1 1	{5 x 4x{2 x {1 x {1 x 1 2 x 1 x 1 or	{5 x 50 4x{2 x 75 {1 x 100 {1 x 100 {1 x 100 12 x 25 1 x 200 1 on 25	{5 x 50 on 4x{2 x 75 on {1 x 100 on {1 x 100 on {1 x 100 on 12 x 25 on 1 x 200 on 1 on 25:00	{5 x 50 on :40 4x{2 x 75 on 1:20 {1 x 100 on 1:3 {1 x 100 on 1:2 {1 x 100 on 1:2 12 x 25 on :30 1 x 200 on 4:0 1 on 25:00 Tea	{5 x 50 on :40 Pul 4x{2 x 75 on 1:20 St {1 x 100 on 1:30 E {1 x 100 on 1:25 E {1 x 100 on 1:20 E 12 x 25 on :30 IM 1 x 200 on 4:00 S 1 on 25:00 Team m	{5 x 50 on :40 Pulls 4x{2 x 75 on 1:20 Stro {1 x 100 on 1:30 Fre {1 x 100 on 1:25 Fre {1 x 100 on 1:20 Fre 12 x 25 on :30 IM of 1 x 200 on 4:00 Str 1 on 25:00 Team mee	{5 x 50 on :40 Pulls-nbk 4x{2 x 75 on 1:20 Stroke I {1 x 100 on 1:30 Freesty {1 x 100 on 1:25 Freesty {1 x 100 on 1:20 Freesty 12 x 25 on :30 IM order 1 x 200 on 4:00 Stroke 1 on 25:00 Team meeting	{5 x 50 on :40 Pulls-nbbf&w 4x{2 x 75 on 1:20 Stroke Dril {1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle 12 x 25 on :30 IM order 1 x 200 on 4:00 Stroke Dri 1 on 25:00 Team meeting/Ic	{5 x 50 on :40 Pulls-nbbf&w +5 4x{2 x 75 on 1:20 Stroke Drills {1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle 12 x 25 on :30 IM order 1 x 200 on 4:00 Stroke Drills 1 on 25:00 Team meeting/Ice	1 x 100 on 1:30 Freestyle 1 x 100 on 1:25 Freestyle 1 x 100 on 1:20 Freestyle 12 x 25 on :30 IM order 1 x 200 on 4:00 Stroke Drills 1 on 25:00 Team meeting/Ice	{5 x 50 on :40 Pulls-nbbf&w +5 yds 4x{2 x 75 on 1:20 Stroke Drills {1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle 12 x 25 on :30 IM order 1 x 200 on 4:00 Stroke Drills

30 20

Workout #2238 - Thursday, 19 December 2002 HighSchl - All

1 minute rest between sets

	5:30 AM Start			
Yards	Set Descrip	tion	EGY	WC
=====	========		===	==
	1 on 35:00	Weights and Stretch		
800	1 x 800 on	14:00 Swim-kick-drill-swim	REC	
	no equipme	nt		
500	20 x 25 on	:30 Berzerks 5 on each	SP3	
	$1x{1 x 200 on}$	3:30 Reverse IM drill	EN1	
	{1 x 200 on	3:00 Stroke Drills	EN1	
	{1 x 200 on	3:25 Reverse IM drill	EN1	
	{1 x 200 on	3:00 Stroke Drills	EN1	
	{1 x 200 on	3:20 Reverse IM drill	EN1	
	{1 x 200 on	3:00 Stroke Drills	EN1	
	1 on 15:00	Ice		
	7:05 AM 2,500	Yards - Stress Value = 32		

Workout #2239 - Thursday, 19 December 2002 HighSchl - All

	2:55 PM Start			
Yards	Set Description	EGY	WORK	Ş
=====	=======================================	===	====	=
	1 on 15:00 Stretch		L	Γ
600	8 x 75 on 1:15 Stroke Drills	REC	D	
	odds free evns nonfr			
180	12 x 15 on :30 Shooters 3 on each	SP3	S	
	2x{2 x 100 on 2:00 Kick	EN1	K	C
	$\{1 \times 25 \text{ on } : 40 \text{ Sprint kick} \}$	EN2	K	
500	5 x 100 on 1:30 Lungbuster pulls	EN1	P	
	br 3-4-5-6			
	$3x{1 \times 25 \text{ on :30 Freestyle}}$	EN1	S	
	$\{1 \times 50 \text{ on } :55 \text{ Freestyle} \}$	EN1	S	
	$\{1 \times 75 \text{ on } 1:15 \text{ Freestyle} \}$	EN1	S	
	{1 x 100 on 1:30 Freestyle	EN1	S	
	{ 1st 25 of each fast			
	{ set 1&3 free #2 strk			
	1 on 15:00 Techniques-relay str		S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	4:20 PM 2,680 Yards - Stress Value =	25		
	•			

Workout #2246 - Friday, 20 December 2002 Group 2 - Gold

1 minute rest between sets

	5:30 PM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 25:00 Stomach and Stretch		L
400	1 x 400 on 8:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	$1x{2 x 125 on 2:10 Kick with flippers}$	EN2	K
	{2 x 125 on 2:05 Kick with flippers	EN2	K
	{2 x 125 on 2:00 Kick with flippers	EN2	K
600	6 x 100 on 1:45 Stroke Drills	EN1	D
600	1 x 600 on 9:00 Pulls	EN1	P
300	6 x 50 on :50 Free descend in 3's	EN1	S
	$1x{1 x 400 on 7:00 Individual Medley}$	EN2	S
	{4 x 100 on 1:30 Individual Medley	EN2	S
	{1 x 300 on 5:00 Individual Medley	EN2	S
	{3 x 100 on 1:30 Individual Medley	EN2	S
	{1 x 200 on 3:10 Individual Medley	EN2	S
	{2 x 100 on 1:30 Individual Medley	EN2	S
300	6 x 50 on 1:10 Stroke Drills	REC	D
	7:30 PM 4,930 Yards - Stress Value =	73	

Workout #2245 - Friday, 20 December 2002 HighSchl - Breast 1 minute rest between sets

	2:55	PM Start		
Yards	Se	et Description I	EGY	WOJ
	==		===	===
	1	on 15:00 Stretch		
600	1	x 600 on 11:00 Swim-kick-pull-swim I	REC	
180	12	2 x 15 on :30 Shooters	SP3	
600	1x{1	x 300 on 6:00 Kick	EN2	
	{ 1	x 100 on 1:50 Kick 100%	EN2	
	{ 1	x 100 on 1:40 Kick 100%	EN2	
	{ 1	x 100 on 1:30 Kick 100%	EN2	
600	1x{2	x 150 on 3:30 Pulls	EN1	
	{ 2	x 150 on 3:20 Pulls	EN2	
600	6	x 100 on 1:25 Freestyle-descend	EN2	
1,650	1x{6	x 100 on 1:50 Breaststroke	EN2	
	{ 3	x 25 on :30 Breaststroke 100%	EN3	
	{ 5	x 100 on 1:45 Breaststroke	EN2	
	{ 3	x 25 on :30 Breaststroke 100%	EN3	
	{ 4	x 100 on 1:40 Breaststroke	EN2	
250	1	x 250 on 4:00 Stroke Drills	REC	
	1	on 10:00 Run the Guantlet!!!!		
	1	on 15:00 Ice		
	5:06	PM 4,480 Yards - Stress Value = 78		

Workout #2242 - Friday, 20 December 2002 HighSchl - Distance 1 minute rest between sets

	2:55	ΡN	1 St	art				
Yards	Se	et	Desc	crip	otion		EGY	WOE
=====	==	-=-			-====		===	===
	1	or	n 15:	:00	Stret	tch		
600	1	Х	600	on	11:00) Swim-kick-pull-swim	REC	
180	12	2 2	k 15	on	:30 \$	Shooters	SP3	
	1x{1	Х	300	on	6:00	Kick	EN2	
	{ 1	Х	100	on	1:50	Kick 100%	EN2	
	{ 1	Х	100	on	1:40	Kick 100%	EN2	
	{ 1	Х	100	on	1:30	Kick 100%	EN2	
	1x{2	Х	250	on	3:30	Pulls	EN1	
	{ 2	Х	250	on	3:20	Pulls	EN2	
300	3	X	100	on	1:25	Freestyle-descend	EN2	
	1x{2	Х	500	on	6:30	Freestyle	EN2	
	{ 2	X	400	on	5:10	Freestyle	EN2	
	{ 2	X	300	on	3:55	Freestyle	EN2	
250	1	X	250	on	4:00	Stroke Drills	REC	

1	on	10:00	Run	the	Guantle	et!!!!			
1	on	15:00	Ice						
5:04	PM	5,330	Yard	s -	Stress	Value	=	88	

Workout #2244 - Friday, 20 December 2002 HighSchl - Fly & Back 1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 15:00 Stretch		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 300 on 6:00 Kick	EN2	
	{1 x 100 on 1:50 Kick 100%	EN2	
	{1 x 100 on 1:40 Kick 100%	EN2	
	{1 x 100 on 1:30 Kick 100%	EN2	
	1x{2 x 250 on 3:30 Pulls	EN1	
	{2 x 250 on 3:20 Pulls	EN2	
600	6 x 100 on 1:25 Freestyle-descend	EN2	
	1x{6 x 125 on 1:50 Your Stroke	EN2	
	{3 x 50 on :45 Your Stroke 100%	EN3	
	{5 x 100 on 1:30 Your Stroke	EN2	
	{3 x 50 on :45 Your Stroke 100%	EN3	
	{4 x 75 on 1:05 Your Stroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Run the Guantlet!!!!		
	1 on 15:00 Ice		
	5:04 PM 5,080 Yards - Stress Value = 95		

Workout #2240 - Friday, 20 December 2002 HighSchl - All 1 minute rest between sets

	5:30	AM Start				
Yards	Se	et Description	EGY	WORK	STK	
	=:		===	====	===	=
	1	on 10:00 Abs		L	DRY	
400	1	x 400 on 6:00 Stroke Drills	REC	D	CHO	
300	12	2 x 25 on :30 Berzerks	SP3	S	BR	
	1x{1	x 500 on 6:15 Pulls	EN2	P	FR	
	{ 2	x 250 on 3:05 Pulls	EN2	P	FR	
	{ 5	x 100 on 1:15 Pulls	EN2	P	FR	
	1x{1	x 50 on :35 Freestyle	EN2	S	FR	
	{ 1	x 200 on 2:45 Freestyle	EN1	S	FR	
	{ 2	x 50 on :35 Freestyle	EN2	S	FR	
	{ 1	x 200 on 2:40 Freestyle	EN2	S	FR	
	{ 3	x 50 on :35 Freestyle	EN2	S	FR	
	{ 1	x 200 on 2:35 Freestyle	EN2	S	FR	
	{ 4	x 50 on :35 Freestyle	EN2	S	FR	
	{ 1	x 200 on 2:30 Freestyle	EN2	S	FR	
	{ 5	x 50 on :35 Freestyle	EN2	S	FR	
	{ 1	x 200 on 2:25 Freestyle	EN2	S	FR	
	1x{4	x 25 on :30 Freestyle	EN1	S	FR	
	{ 4	x 25 on :25 Freestyle	EN1	S	FR	
	{ 4	x 25 on :20 Freestyle	EN2	S	FR	
	{ 4	x 25 on :15 Freestyle	EN2	S	FR	
400	1	x 400 on 6:00 Stroke Drills	REC	D	CD	
	1	on 14:00 Ice		L	DRY	

7:04 AM 4,750 Yards - Stress Value = 81

Workout #2241 - Friday, 20 December 2002 HighSchl - Bronze 1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EG	Y WO
=====	=======================================	=== ==	= ==:
	1 on 15:00 Stretch		
400	1 x 400 on 11:00 Swim-kick-pull-s	wim RE	С
180	12 x 15 on :30 Shooters	SP	3
	1x{1 x 175 on 6:00 Kick	EN	2
	{1 x 75 on 1:50 Kick 100%	EN	2
	{1 x 75 on 1:40 Kick 100%	EN	2
	{1 x 75 on 1:30 Kick 100%	EN	2
	1x{2 x 150 on 3:30 Pulls	EN	1
	{2 x 150 on 3:20 Pulls	EN	2
450	6 x 75 on 1:25 Freestyle-descend	EN	2
	$1x\{6 \times 75 \text{ on } 1:50 \text{ Freestyle}$	EN	2
	{1 x 100 on 2:15 Freestyle 100%	EN	3
	$\{5 \times 75 \text{ on } 1:30 \text{ Freestyle} \}$	EN	2
	{1 x 100 on 2:15 Freestyle 100%	EN	3
	${3 \times 75 \text{ on } 1:20 \text{ Freestyle}}$	EN	2
250	1 x 250 on 4:00 Stroke Drills	RE	C
	1 on 10:00 Run the Guantlet!!!!		
	1 on 15:00 Ice		
	5:03 PM 3,530 Yards - Stress Value =	- 68	

Workout #2243 - Friday, 20 December 2002 HighSchl - Sprint 1 minute rest between sets

2:55 PM Start

	2.00	III Beare		
Yards	Se	et Description	EGY	WOI
=====	==		===	===
	1	on 15:00 Stretch		
600	1	x 600 on 11:00 Swim-kick-pull-swim	REC	
180	12	2 x 15 on :30 Shooters	SP3	
600	1x{1	x 300 on 6:00 Kick	EN2	
	{ 1	x 100 on 1:50 Kick 100%	EN2	
	{ 1	x 100 on 1:40 Kick 100%	EN2	
	{ 1	x 100 on 1:30 Kick 100%	EN2	
1,000	1x{2	x 250 on 3:30 Pulls	EN1	
	{ 2	x 250 on 3:20 Pulls	EN2	
600	6	x 100 on 1:25 Freestyle-descend	EN2	
1,850	1x{6	x 125 on 1:50 Freestyle L.25 6bk	EN2	
	{ 3	x 50 on :45 Freestyle 100%	EN3	
	{ 5	x 100 on 1:30 Freestyle L.50 6bk	EN2	
	{ 3	x 50 on :45 Freestyle 100%	EN3	
	{ 4	x 75 on 1:05 Freestyle all 6bk	EN2	
250	1	x 250 on 4:00 Stroke Drills	REC	
	1	on 10:00 Run the Guantlet!!!!		
	1	on 15:00 Ice		
	5:04	PM 5,080 Yards - Stress Value = 95		

Workout #2249 - Thursday, 26 December 2002 HighSchl - Platinum 1 minute rest between sets

,	2:00 PM Start			
Yards	Set Description	EGY	WORK	STF
=====	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
800	8 x 100 on 1:40 Stroke Drills	REC	D	CHC
	odds free evns nonfr			
180	12 x 15 on :30 Shooters	SP3	S	FLY
	1x{2 x 125 on 1:45 Pulls-nbbf&w	EN1	P	FF
	{2 x 125 on 1:40 Pulls-nbbf&w	EN1	P	FF
	$\{2 \times 125 \text{ on } 1:35 \text{ Pulls-nbbf&w}$	EN2	P	FF
	{2 x 125 on 1:30 Pulls-nbbf&w	EN2	P	FF
	1x{2 x 125 on 2:15 Kick	EN2	K	CHC
	{2 x 125 on 2:10 Kick	EN2	K	CHC
	{2 x 125 on 2:05 Kick	EN2	K	CHC
	$\{2 \times 125 \text{ on } 2:00 \text{ Kick} \}$	EN2	K	CHC

500	4	Х	125	on	2:00	IM with 50 free EN1 S	IN
	1x{3	Х	200	on	2:30	Freestyle EN2 S	FF
	{ 3	Х	200	on	2:25	Freestyle EN2 S	FF
	{ 3	Х	200	on	2:20	Freestyle EN2 S	FF
250	1	Х	250	on	4:00	Stroke Drills REC D	CI
	1	OI	n 10	:00	Ice	L	DRY
	4:10	Pl	1 5,	530	Yards	s - Stress Value = 82	

Workout #2250 - Thursday, 26 December 2002 HighSchl - Gold

1 minute rest between sets

	2:00	PM	St	tart	5				
Yards	Se	et :	Des	crip	otion		EGY	WORK	STF
	==	===	===	====				====	===
	1	on	30	:00	Stoma	ach and Stretch		L	DRY
800	8	X	100	on	1:40	Stroke Drills	REC	D	CHC
	(odd	s fi	ree	evns	nonfr			
180	12	2 x	15	on	:30 8	Shooters	SP3	S	FLY
	1x{2	X	125	on	2:00	Pulls-nbbf&w	EN1	P	FF
	{ 2	X	125	on	1:55	Pulls-nbbf&w	EN1	P	FF
	{ 2	X	125	on	1:50	Pulls-nbbf&w	EN2	P	FF
	{ 1	X	100	on	1:20	Pulls-nbbf&w	EN2	P	FF
	1x{2	X	125	on	2:30	Kick	EN2	K	CHC
	{ 2	X	125	on	2:25	Kick	EN2	K	CHC
	{ 2	X	125	on	2:20	Kick	EN2	K	CHC
	{ 1	X	100	on	1:50	Kick	EN2	K	CHC
500	4	X	125	on	2:00	IM with 50 free	e EN1	S	IN
	1x{3	х	200	on	2:50	Freestyle	EN2	S	FF
	{ 3	X.	200	on	2:45	Freestyle	EN2	S	FF
	{ 2	x	200	on	2:40	Freestyle	EN2	S	FF
250	1	х	250	on	4:00	Stroke Drills	REC	D	CI
	1	on	10	:00	Ice			L	DRY
	4:11	PM	5,0	080	Yards	s - Stress Value	= 72	2	

Workout #2248 - Thursday, 26 December 2002 HighSchl - Silver

	2:00 PM Start				
Yards	Set Description		EGY	WORK	S
=====	=======================================	======	===	====	=
	1 on 30:00 Stomach and St	retch		L	Γ
800	8 x 100 on 1:40 Stroke Dr	ills	REC	D	C
	odds free evns nonfr				
180	12 x 15 on :30 Shooters		SP3	S	F
	$1x\{2 \times 125 \text{ on } 2:05 \text{ Pulls-nbb}$	f&w	EN1	P	
	$\{2 \times 125 \text{ on } 2:00 \text{ Pulls-nbb}$	f&w	EN1	P	
	{2 x 125 on 1:55 Pulls-nbb	f&w	EN2	P	
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls-nbbf} \&$	W	EN2	P	
	$1x{2 x 125 on 2:45 Kick}$		EN2	K	C
	$\{2 \times 125 \text{ on } 2:40 \text{ Kick} \}$		EN2	K	C
	$\{2 \times 125 \text{ on } 2:35 \text{ Kick} \}$		EN2	K	C
	{1 x 50 on 1:00 Kick		EN2	K	C
400	4 x 100 on 2:00 Individua	1 Medley	EN1	S	
	$1x{3 \times 200 \text{ on } 3:00 \text{ Freestyle}}$		EN2	S	
	$\{2 \times 200 \text{ on } 2:55 \text{ Freestyle} \}$		EN2	S	
	$\{2 \times 200 \text{ on } 2:50 \text{ Freestyle} \}$		EN2	S	
250	1 x 250 on 4:00 Stroke Dr	ills	REC	D	
	1 on 10:00 Ice			L	Γ
	4:09 PM 4,630 Yards - Stress	Value =	65		

Workout #2247 - Thursday, 26 December 2002 HighSchl - Bronze 1 minute rest between sets

	2:00 PM	4 Start	:				
Yards	Set	Descrip	tion		EGY	WORK	٤
	====				===	====	=
	1 01	n 30:00	Stoma	ach and Stretch		L	Ι
600	8 x	75 on 1	:40 9	Stroke Drills	REC	D	C
	odo	ds free	evns	nonfr			
180	12 :	k 15 on	:30 9	Shooters	SP3	S	F
	1x{2 x	100 on	2:05	Pulls-nbbf&w	EN1	P	
	{2 x	100 on	2:00	Pulls-nbbf&w	EN1	P	
	{2 x	100 on	1:55	Pulls-nbbf&w	EN2	P	
	{1 x	50 on :	45 Pı	ılls-nbbf&w	EN2	P	
	1x{2 x	100 on	2:45	Kick	EN2	K	C
	{2 x	100 on	2:40	Kick	EN2	K	C
	{2 x	100 on	2:35	Kick	EN2	K	C
	{1 x	50 on 1	:00 F	Kick	EN2	K	C
300	3 x	100 on	2:30	Individual Medley	EN1	S	
	1x{3 x	150 on	3:00	Freestyle	EN2	S	
	{2 x	150 on	2:55	Freestyle	EN2	S	
	{2 x	150 on	2:50	Freestyle	EN2	S	
200	1 x	200 on	4:00	Stroke Drills	REC	D	
	1 01	n 10:00	Ice			L	Γ
	4:09 Pi	4 3,630	Yards	s - Stress Value =	53		

Workout #2252 - Friday, 27 December 2002 Group 2 - Platinum 1 minute rest between sets

	11:00 7	AM Start		
Yards	Set	Description	EGY	WOF
=====	====		===	===
	1 or	n 25:00 Stomach and Stretch		
800	1 x	800 on 14:00 Swim-kick-pull-swim	REC	
180	12 2	x 15 on :30 Shooters	SP3	
1,200	4x{1 x	50 on 1:05 Kick	EN2	
	{1 x	100 on 2:10 Kick	EN2	
	{1 x	150 on 3:15 Kick	EN2	
1,200	1x{2 x	200 on 3:00 Pulls-nbbf&w	EN1	
	{2 x	200 on 2:50 Pulls-nbbf&w	EN1	
	{2 x	200 on 2:40 Pulls-nbbf&w	EN2	
600	6 x	100 on 1:40 Descend in sets of 3	EN1	
2,100	1x{3 x	150 on 2:15 Freestyle	EN1	
	{2 x	150 on 2:10 Freestyle	EN1	
	{1 x	150 on 2:05 Freestyle	EN1	
	{4 x	25 on :30 Freestyle 100%	SP1	
	{3 x	100 on 1:25 Freestyle	EN2	
	{2 x	100 on 1:20 Freestyle	EN2	
	{1 x	100 on 1:15 Freestyle	EN2	
	{4 x	25 on :30 Freestyle 100%	SP1	
	{3 x	50 on :45 Freestyle	EN2	
	{2 x	50 on :40 Freestyle	EN2	
	{1 x	50 on :35 Freestyle	EN2	
		25 on :30 Freestyle 100%	SP1	

Workout #2251 - Friday, 27 December 2002 HighSchl - All

1:26 PM 6,580 Yards - Stress Value = 104

REC

10 x 50 on 1:00 Stroke Drills

1 minute rest between sets

7:30 AM Start Yards Set Description	EGY WOF
1 on 30:00 Shoulders & Stretch	
800 2 x 400 on 7:00 Reverse IM drill	REC
300 12 x 25 on :30 Berzerks	SP3
1x{1 x 100 on 1:30 Kick	EN2
$\{4 \times 25 \text{ on } : 30 \text{ Sprint kick}$	EN2
{1 x 100 on 1:35 Kick	EN2
$\{4 \times 25 \text{ on :} 35 \text{ Sprint kick}$	EN3

	{1	Х	100 on 1:40 Kick	EN2
	{ 4	Х	25 on :40 Sprint kick	EN2
	{ 1	Х	100 on 1:45 Kick	EN2
	{ 4	Х	25 on :45 Sprint kick	EN3
1,200	3	Х	400 on 5:45 Pulls	EN1
600	6	Х	100 on 1:30 Freestyle-des in 3's	EN1
	2x{4	Х	50 on :45 Freestyle	EN1
	{ 4	Х	75 on 1:05 Freestyle	EN1
	{ 4	Х	100 on 1:30 Freestyle	EN1
	{ 4	Х	25 on :45 Freestyle	SP2
800	8	Х	100 on 2:00 Stroke Drills	REC
	1	01	n 10:00 Ice	
	10:0	9 2	AM 6,500 Yards - Stress Value = 9	2

Workout #2253 - Friday, 27 December 2002 HighSchl - All

1 minute rest between sets

	2:00	PM Start		
Yards	Se	et Description	EGY	WORK
=====	==		===	====
	1	on 30:00 Stomach and Stretch		I
800	4	x 200 on 3:30 Swim-kick-pull-swim	REC	S
180	12	2 x 15 on :30 Shooters	SP3	S
500	5	x 100 on 2:00 Kick odds fast	EN2	F
	1x{1	x 250 on 3:30 Pulls	EN1	E
	{ 1	x 250 on 3:25 Pulls	EN1	Ε
	{ 1	x 250 on 3:20 Pulls	EN1	E
	1x{4	x 50 on :50 Freestyle	EN1	5
	{ 4	x 50 on :45 Freestyle	EN1	5
	{ 4	x 50 on :40 Freestyle	EN2	5
	{ 4	x 25 on :30 Freestyle	EN1	S
	{ 4	x 25 on :25 Freestyle	EN1	5
	{ 4	x 25 on :20 Freestyle	EN2	
400	4	x 100 on 2:00 Stroke Drills	REC	Ι
	1	on 20:00 Ice		I
	3:58	PM 3,530 Yards - Stress Value = 35	5	

Workout #2258 - Monday, 30 December 2002 Group 2 - Silver 1 minute rest between sets

	10:00 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 200 on 4:30 Kick	EN2	
	{1 x 150 on 3:20 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	1x{1 x 200 on 3:30 Pulls	EN1	
	{1 x 200 on 3:20 Pulls	EN1	
	{1 x 200 on 3:10 Pulls	EN1	
	{1 x 200 on 3:00 Pulls	EN1	
	1 on 10:00 Techniques-back strt		
	2x{1 x 200 on 4:30 Breaststroke	EN1	
	{3 x 25 on :45 Breaststroke	EN3	
	{1 x 150 on 3:20 Breaststroke	EN1	
	{3 x 25 on :45 Breaststroke	EN3	
	{1 x 100 on 2:10 Breaststroke	EN2	
	{3 x 25 on :45 Breaststroke	EN3	
200	1 x 200 on 4:00 Stroke Drills	REC	
	12:00 PM 3,630 Yards - Stress Value = 63		

1 on 10:00 Ice

4:07 PM 4,730 Yards - Stress Value = 69

Workout #2261 - Monday, 30 December 2002 HighSchl - Breast 1 minute rest between sets

Workout #2255 - Monday, 30 December 2002 HighSchl - Platinum 1 minute rest between sets

Yards	2:00 PM Start Set Description	FCV	WORK S	Yards	7:30 AM Start Set Description	EGY	MOE
=====	======================================				======================================		
400	1 on 30:00 Shoulders & Stretch 1 x 400 on 6:00 Reverse IM drill		LI	800	1 on 30:00 Weights		
180	12 x 15 on :30 Shooters	SP3		180		SP3	
100	1 on 15:00 Vertical Kicking	EN2				EN1	
600	1 x 600 on 15:00 Pulls	EN1		1,000		EN1	
300	3 x 100 on 1:30 Freestyle-descend				•	EN1	
	$1\times\{1\times250 \text{ on } 4:30 \text{ IM w}/100 \text{ breast}$	EN2				EN1	
•	{3 x 100 on 1:50 Breaststroke	EN2	S			EN1	
	$\{1 \times 250 \text{ on } 4:15 \text{ IM w} / 100 \text{ breast} \}$	EN2		1,000	•	EN2	
	{3 x 100 on 1:45 Breaststroke	EN2		,		EN2	
	$\{1 \times 250 \text{ on } 4:00 \text{ IM w/ } 100 \text{ breast} \}$	EN2	S		{4 x 100 on 1:40 Kick	EN2	
	{3 x 100 on 1:40 Breaststroke	EN2	S	400	4 x 100 on 1:30 Individual Medley	EN1	
	$\{1 \text{ x } 250 \text{ on } 3\text{:}45 \text{ IM w/ } 100 \text{ breast} \}$	EN2	S	3,000	3x{2 x 125 on 1:30 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	D		•	EN2	
	1 on 10:00 Ice		LΙ		`	EN2	
	4:08 PM 3,580 Yards - Stress Value =	= 54			{2 x 125 on 1:15 Freestyle {1 on 1:00 Rest	EN2	
	Workout #2263 - Monday, 30 December 2002			200	1 x 200 on 3:00 Stroke Drills	REC	
	HighSchl - Distance				1 on 15:00 Ice	_	
	1 minute rest between sets				10:08 AM 7,180 Yards - Stress Value = 10	7	
					Workout #2256 Monday, 20 December, 2002		
	2:00 PM Start				Workout #2256 - Monday, 30 December 2002		
Yards	±		WORK S		HighSchl - Gold		
=====	1 20 00 01 11 6 01 1	===			1 minute rest between sets		
400	1 on 30:00 Shoulders & Stretch 1 x 400 on 6:00 Reverse IM drill	DEC	L I D		7:30 AM Start		
180	12 x 15 on :30 Shooters	SP3		Yards		EGY	MOE
100	3x{1 x 100 on 1:45 Kick	EN2		=====	=======================================		
	{4 x 25 on :30 Kick	EN2			1 on 30:00 Weights		
1,650	1 x 1650 on 21:00 Pulls	EN1		000		DEG	
		P.IVI I	P	800	IN X DU ON LIUU STROKE DRILLS 4 ON B	REC:	
-				800 180			
450	3 x 150 on 2:15 Freestyle-descend		S	180	12 x 15 on :30 Shooters	SP3 EN1	
450		EN1	S S		12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls	SP3	
450	3 x 150 on 2:15 Freestyle-descend $1x\{2 \ x \ 250 \ on \ 3:15 \ Freestyle$	EN1 EN2	S S S		12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls	SP3 EN1	
450	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle	EN1 EN2 EN2	S S S S		12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls	SP3 EN1 EN1	
450	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle	EN1 EN2 EN2 EN2	5 5 5 5 5		12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls	SP3 EN1 EN1 EN1	
450	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	EN1 EN2 EN2 EN2 EN2 EN2 REC	5 5 5 5 5		12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick	SP3 EN1 EN1 EN1 EN1	
450	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills	EN1 EN2 EN2 EN2 EN2 EN2 REC	S S S S D		12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick	SP3 EN1 EN1 EN1 EN1 EN1 EN2 EN2	
450	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	EN1 EN2 EN2 EN2 EN2 EN2 REC	S S S S D	180	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2	
450	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	EN1 EN2 EN2 EN2 EN2 EN2 REC	S S S S D		12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke	SP3 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2	
450	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value =	EN1 EN2 EN2 EN2 EN2 EN2 REC	S S S S D	180	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1	
450	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back	EN1 EN2 EN2 EN2 EN2 EN2 REC	S S S S D	180	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:40 Freestyle	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2	
450	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value =	EN1 EN2 EN2 EN2 EN2 EN2 REC	S S S S D	180	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1	
450	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets	EN1 EN2 EN2 EN2 EN2 EN2 REC	S S S S D	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
450	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back	EN1 EN2 EN2 EN2 EN2 REC	S S S S D	180	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2	
250	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets 2:00 PM Start Set Description ====================================	EN1 EN2 EN2 EN2 EN2 EN2 REC	S S S D L I	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest 1 x 400 on 6:00 Stroke Drills	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2	
450 250 Yards	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets 2:00 PM Start Set Description ====================================	EN1 EN2 EN2 EN2 EN2 REC	S S S S D L I	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest 1 x 400 on 6:00 Stroke Drills 1 on 15:00 Ice	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2	
450 250 Yards =====	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets 2:00 PM Start Set Description	EN1 EN2 EN2 EN2 EN2 REC	S S S S D L I	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest 1 x 400 on 6:00 Stroke Drills 1 on 15:00 Ice	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2	
450 250 Yards	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets 2:00 PM Start Set Description	EN1 EN2 EN2 EN2 EN2 REC	S S S S D L I	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest 1 x 400 on 6:00 Stroke Drills 1 on 15:00 Ice	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2	
450 250 Yards =====	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets 2:00 PM Start Set Description	EN1 EN2 EN2 EN2 EN2 REC	S S S S D L I	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest 1 x 400 on 6:00 Stroke Drills 1 on 15:00 Ice	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2	
450 250 Yards ===== 400 180	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets 2:00 PM Start Set Description	EN1 EN2 EN2 EN2 EN2 REC	S S S S S D L I	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest 1 x 400 on 6:00 Stroke Drills 1 on 15:00 Ice	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2	
Yards ====================================	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets 2:00 PM Start Set Description ===================================	EN1 EN2 EN2 EN2 EN2 REC	S S S S S D L I	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest 1 x 400 on 6:00 Stroke Drills 1 on 15:00 Ice	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2	
450 250 Yards ===== 400 180	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets 2:00 PM Start Set Description ====================================	EN1 EN2 EN2 EN2 EN2 REC	S S S S S D L I	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest 1 x 400 on 6:00 Stroke Drills 1 on 15:00 Ice	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2	
Yards ====================================	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets 2:00 PM Start Set Description	EN1 EN2 EN2 EN2 EN2 REC = 79	SSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSS	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest 1 x 400 on 6:00 Stroke Drills 1 on 15:00 Ice	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2	
Yards ====================================	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets 2:00 PM Start Set Description	EN1 EN2 EN2 EN2 EN2 REC = 79	EGY WOF === ==== REC SP3 EN2 EN1 EN1 EN1 EN2 EN2	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest 1 x 400 on 6:00 Stroke Drills 1 on 15:00 Ice	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2	
Yards ====================================	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets 2:00 PM Start Set Description ====================================	EN1 EN2 EN2 EN2 EN2 REC = 79	EGY WOF === ==== REC SP3 EN2 EN1 EN1 EN1 EN2 EN2	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest 1 x 400 on 6:00 Stroke Drills 1 on 15:00 Ice	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2	
Yards ====== 400 180	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets 2:00 PM Start Set Description	EN1 EN2 EN2 EN2 EN2 REC = 79	EGY WOF === ==== REC SP3 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest 1 x 400 on 6:00 Stroke Drills 1 on 15:00 Ice	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2	
Yards ====================================	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets 2:00 PM Start Set Description	EN1 EN1 EN2 EN2 EN2 REC F 79	EGY WOF === ==== REC SP3 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest 1 x 400 on 6:00 Stroke Drills 1 on 15:00 Ice	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2	
Yards ====== 400 180	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets 2:00 PM Start Set Description 1 on 30:00 Shoulders & Stretch 1 x 400 on 6:00 Reverse IM drill 12 x 15 on :30 Shooters 3x{1 x 100 on 2:00 Kick 4 x 25 on :45 Sprint kick 1 x 1000 on 15:00 Pulls 3 x 100 on 1:30 Freestyle-descend 1x{1 x 250 on 4:00 IM w/ 100 of #1 stress 4 x 100 on 1:30 Your Stroke {1 x 250 on 3:50 IM w/ 100 of #1 stress {3 x 100 on 1:25 Your Stroke {1 x 250 on 3:40 IM w/ 100 of #1 stress {3 x 100 on 1:25 Your Stroke {1 x 250 on 3:40 IM w/ 100 of #1 stress {3 x 100 on 1:25 Your Stroke {1 x 250 on 3:40 IM w/ 100 of #1 stress {4 x 250 on 3:40 IM w/ 100 of #1 stress {5 x 250 on 3:40 IM w/ 100 of #1 stress {6 x 250 on 3:40 IM w/ 100 of #1 stress {6 x 250 on 3:40 IM w/ 100 of #1 stress {6 x 250 on 3:40 IM w/ 100 of #1 stress {6 x 250 on 3:40 IM w/ 100 of #1 stress {7 x 250 on 3:40 IM	EN1 EN1 EN2 EN2 EN2 EN2 REC F 79	EGY WOF === === REC SP3 EN2 EN1 EN1 EN1 EN2 EN2 EN2 EN1 EN1 EN2 EN2 EN2 EN1 EN2	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest 1 x 400 on 6:00 Stroke Drills 1 on 15:00 Ice	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2	
Yards ====== 400 180	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets 2:00 PM Start Set Description	EN1 EN1 EN2 EN2 EN2 EN2 REC F 79	EGY WOF === === REC SP3 EN2 EN1 EN1 EN1 EN2 EN2 EN2 EN1 EN1 EN2 EN2 EN2 EN1 EN2	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest 1 x 400 on 6:00 Stroke Drills 1 on 15:00 Ice	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2	
Yards ====================================	3 x 150 on 2:15 Freestyle-descend 1x{2 x 250 on 3:15 Freestyle {1 x 500 on 6:30 Freestyle {2 x 250 on 3:00 Freestyle {1 x 500 on 6:00 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 4:07 PM 5,530 Yards - Stress Value = Workout #2260 - Monday, 30 December 2002 HighSchl - Fly & Back 1 minute rest between sets 2:00 PM Start Set Description	EN1 EN1 EN2 EN2 EN2 EN2 REC F 79	SSSSSDDLII	250	12 x 15 on :30 Shooters 1x{2 x 200 on 2:55 Pulls {2 x 100 on 1:25 Pulls {2 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls {2 x 200 on 2:45 Pulls {2 x 200 on 2:45 Pulls 1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {4 x 100 on 1:50 Kick 2 x 125 on 2:00 IM w/ 50 of #1 strke 3x{2 x 125 on 1:45 Freestyle {2 x 125 on 1:35 Freestyle {2 x 125 on 1:35 Freestyle {1 on 1:00 Rest 1 x 400 on 6:00 Stroke Drills 1 on 15:00 Ice	SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2	

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EN2

EN2

EN2

Workout #2257 - Monday, 30 December 2002 HighSchl - Silver 1 minute rest between sets

Yards	7:30 AM Start Set Description	EGY	WOF	300	1 on 1:00 Ice	S D L I
	1 on 30:00 Weights				3:59 PM 3,380 Yards - Stress Value = 48	
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC				
180	12 x 15 on :30 Shooters	SP3			Workout #2259 - Monday, 30 December 2002	
	1x{2 x 200 on 3:10 Pulls	EN1			HighSchl - Sprint	
	{2 x 100 on 1:30 Pulls	EN1			1 minute rest between sets	
	{1 x 200 on 3:05 Pulls	EN1			1 1111111111 1050 000000000	
	{2 x 100 on 1:30 Pulls	EN1			2:00 PM Start	
	{2 x 200 on 3:00 Pulls	EN1		Yards		JORK
	1x{3 x 100 on 2:10 Kick	EN2		======	1	-===
	{3 x 100 on 2:05 Kick	EN2			1 on 30:00 Shoulders & Stretch	L
	{3 x 100 on 2:00 Kick	EN2		400	1 x 400 on 6:00 Reverse IM drill REC	D
300	3 x 100 on 2:00 Individual Medley	EN1		180	12 x 15 on :30 Shooters SP3	S
	2x{3 x 125 on 2:00 Freestyle	EN2		1,000	4 x 250 on 3:30 Pulls EN1	P
	$\{3 \times 125 \text{ on } 1:55 \text{ Freestyle} \}$	EN2		750	$10x\{1 \times 25 \text{ on : } 45 \text{ Sprint kick} $ EN2	K
	{2 x 125 on 1:50 Freestyle	EN2			{1 x 50 on 1:00 Kick EN2	K
	{1 on 1:00 Rest			200	8 x 25 on :30 IM order-build EN1	S
300	1 x 300 on 5:00 Stroke Drills	REC		1,950	$1x\{6 \times 75 \text{ on } 1:10 \text{ Freestyle odds } 6bk \text{ EN1}$	S
	1 on 15:00 Ice				$\{6 \times 75 \text{ on } 1:05 \text{ Freestyle odds } 6bk \text{ EN2} \}$	S
	10:08 AM 5,880 Yards - Stress Value = 82	2			$\{6 \times 75 \text{ on } 1:00 \text{ Freestyle odds } 6bk \text{ EN2} \}$	S
					{6 x 100 on 1:30 Freestyle-descend EN2	S
	Workout #2254 - Monday, 30 December 2002			250		D
	HighSchl - Bronze				1 on 10:00 Ice	L
	1 minute rest between sets				4:07 PM 4,730 Yards - Stress Value = 68	

	7:30 AM Start		
Yards	Set Description	EGY	WOF
		===	===
	1 on 30:00 Weights		
	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 150 on 3:10 Pulls	EN1	
	{2 x 75 on 1:30 Pulls	EN1	
	{1 x 150 on 3:05 Pulls	EN1	
	{2 x 75 on 1:30 Pulls	EN1	
	{2 x 200 on 1:50 Pulls	EN1	
	1x{3 x 75 on 2:10 Kick	EN2	
	{3 x 75 on 2:05 Kick	EN2	
	{2 x 75 on 2:00 Kick	EN2	
	1 x 100 on 2:00 Kick	EN2	
300	3 x 100 on 2:00 Freestyle-descend	EN1	
	2x{3 x 75 on 2:00 Freestyle	EN2	
	•	EN2	
	{2 x 75 on 1:50 Freestyle	EN2	
	{1 on 1:00 Rest		
300	1 x 300 on 5:00 Stroke Drills	REC	
300	1 on 15:00 Ice	IVEC.	
		1	
	10:06 AM 4,630 Yards - Stress Value = 60	J	

Workout #2262 - Monday, 30 December 2002 HighSchl - Bronze 1 minute rest between sets

	2:00 PM Start			
Yards	Set Description	EGY	WORK	٢
=====	=======================================	===	====	=
	1 on 30:00 Shoulders & Stretch		L	Ι
300	1 x 300 on 6:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
	1x{2 x 100 on 2:30 Kick	EN2	K	\subset
	{2 x 100 on 2:25 Kick	EN2	K	\subset
	{2 x 100 on 2:20 Kick	EN2	K	(
800	16 x 50 on 1:10 Pulls-nbbf&w	EN1	P	
300	3 x 100 on 2:00 Freestyle-descend	EN2	S	
	$1x{1 \times 200 \text{ on } 4:30 \text{ Breaststroke}}$	EN1	S	
	{4 x 25 on :45 Breaststroke 100%	EN2	S	
	$\{1 \times 150 \text{ on } 3:20 \text{ Breaststroke} \}$	EN1	S	

Workout #2268 - Tuesday, 31 December 2002 Group 2 - Silver 1 minute rest between sets

{4 x 25 on :45 Breaststroke 100% {1 x 100 on 2:10 Breaststroke

{4 x 25 on :45 Breaststroke 100%

 $\{1 \text{ x } 50 \text{ on } 1\text{:}05 \text{ Breaststroke} \}$

	10:00 AM Start Set Description	EGY	WOF
=====		===	===
000	1 on 25:00 Stomach and Stretch		
800			
240		SP3	
	$1x{3 x 125 on 2:30 Kick with flippers}$	EN2	
	${3 \times 50 \text{ on } 1:00 \text{ Kick with flippers}}$	EN2	
	{3 x 125 on 2:25 Kick with flippers	EN2	
	${3 \times 50 \text{ on } 1:00 \text{ Kick with flippers}}$	EN2	
	1x{1 x 300 on 5:15 Pulls	EN1	
	{1 x 250 on 4:10 Pulls	EN1	
	{1 x 200 on 3:10 Pulls	EN1	
	{1 x 150 on 2:15 Pulls	EN2	
	{1 x 100 on 1:25 Pulls	EN2	
	{1 x 50 on :40 Pulls	EN2	
500	5 x 100 on 2:15 Stroke Drills	REC	
	1x{3 x 150 on 2:50 Freestyle-descend	EN2	
	{1 x 50 on 1:00 Freestyle 100%	EN3	
	{3 x 150 on 2:45 Freestyle-descend	EN2	
	{1 x 50 on 1:00 Freestyle 100%	EN3	
	{3 x 150 on 2:40 Freestyle descend	EN2	
	{1 x 50 on 1:00 Freestyle 100%	EN3	
	{3 x 150 on 2:35 Freestyle descend	EN2	
	{1 x 50 on 1:00 Freestyle 100%	EN3	
400	4 x 100 on 2:15 Stroke Drills	REC	
	1 on 20:00 Game		
	12:57 PM 6,040 Yards - Stress Value = 93	3	

10:06 AM 7,130 Yards - Stress Value = 162

Workout #2270 - Tuesday, 31 December 2002 HighSchl - Distance 1 minute rest between sets

Workout #2265 - Tuesday, 31 December 2002 HighSchl - Gold 1 minute rest between sets

	2:00 PM Start						
Yards	Set Description	E	EGY WOF		7:30 AM Start		
	=======================================			Yards		EGY	WORK S
	1 on 30:00 Stomach and Stretch			======	=======================================		
800	1 x 800 on 15:00 Swim-kick-pull-sv	vim F	REC		1 on 30:00 Stomach and Stretch		LI
180	12 x 15 on :30 Shooters	5	SP3		1x{1 x 200 on 3:00 Stroke Drills	REC	D _
500	5 x 100 on 2:00 Kick odds fast	E	EN2		{3 x 200 on 3:00 Freestyle-descend		S
	1x{1 x 300 on 4:15 Pulls	E	EN1		{1 x 200 on 3:00 Stroke Drills	REC	D
	{1 x 300 on 4:10 Pulls	E	EN1	180	-	SP3	S F
	{1 x 300 on 4:05 Pulls	E	EN1		3x{1 x 100 on 2:05 Kick	EN2	КC
300	3 x 100 on 1:30 Freestyle-descend	Ε	EN1		{1 x 100 on 2:00 Kick	EN2	КC
	$4x{1 \times 200 \text{ on } :00 \text{ Freestyle}}$	5	SP2		{4 x 25 on :40 Sprint kick	EN3	K
	$\{1 \times 200 \text{ on } 8:00 \text{ Freestyle}$	F	REC	1,600		EN1	P
	1 on 10:00 Ice			300		EN1	S
	4:06 PM 4,280 Yards - Stress Value =	109			$1x{4 \times 100}$ on 1:30 Freestyle	EN2	S
					{3 x 50 on 1:00 Freestyle 100%	SP1	S
	Workout #2269 - Tuesday, 31 December 2002				{4 x 100 on 1:25 Freestyle	EN2	S
	HighSchl - IM/Stroke				{3 x 50 on 1:00 Freestyle 100%	SP1	S
	<u> </u>				{4 x 100 on 1:20 Freestyle	EN2	S
	1 minute rest between sets				{3 x 50 on 1:00 Freestyle 100%	SP1	S
					{4 x 100 on 1:15 Freestyle	EN2	S
,	2:00 PM Start	_			{3 x 50 on 1:00 Freestyle 100%	SP1	S
Yards	Set Description		EGY WOF	250	1 x 250 on 4:00 Stroke Drills	REC	D
=====	1 22 22 22 22 23 24 24 24 24 24 24 24 24 24 24 24 24 24	=== =			1 on 10:00 Ice		LI
000	1 on 30:00 Stomach and Stretch		200		10:04 AM 6,430 Yards - Stress Value	= 148	}
800 180	1 x 800 on 15:00 Swim-kick-pull-sv						
500	12 x 15 on :30 Shooters 5 x 100 on 2:00 Kick odds fast		SP3 EN2		Workout #2266 - Tuesday, 31 December 2002		
	1x{1 x 300 on 4:15 Pulls		EN1		HighSchl - Silver		
000	{1 x 300 on 4:10 Pulls		EN1		1 minute rest between sets		
200	1 x 200 on 3:00 Free build each 50		EN1		1 minute Test between sets		
1,950	$3x{1 \times 25 \text{ on } :00 \text{ Your Stroke}}$		SP2		7:30 AM Start		
•	{1 x 100 on 2:30 Freestyle	F	REC	Yards		FCV	WORK S
	{1 x 50 on :00 Your Stroke	S	SP2	======	=======================================		
	$\{1 \times 100 \text{ on } 3:00 \text{ Freestyle}$	F	REC				
		_	VEC.		1 on 30:00 Stomach and Stretch		Т. Г
	{1 x 75 on :00 Your Stroke		SP2		1 on 30:00 Stomach and Stretch	REC	ΓΙ
		S			$1x{1 x 200 on 3:30 Stroke Drills}$	REC EN2	D
	{1 x 75 on :00 Your Stroke	S	SP2		$1x\{1 \times 200 \text{ on } 3:30 \text{ Stroke Drills} $ $\{3 \times 200 \text{ on } 3:30 \text{ Freestyle-descend} \}$	EN2	D S
	$\{1 \times 75 \text{ on } : 00 \text{ Your Stroke} $ $\{1 \times 100 \text{ on } 3:30 \text{ Freestyle} \}$	S F	SP2 REC	180	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills</pre>	EN2 REC	D S D
	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke	S F	SP2 REC SP2	180	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters</pre>	EN2 REC SP3	D S D S F
	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle	S F S	SP2 REC SP2	180	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills</pre>	EN2 REC	D S D
	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice	S F S	SP2 REC SP2	180	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick</pre>	EN2 REC SP3 EN2	D S D S F K (
	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value =	S F S	SP2 REC SP2		<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick</pre>	EN2 REC SP3 EN2 EN2	D S D S F K C K C
	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value =	S F S	SP2 REC SP2		<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls</pre>	EN2 REC SP3 EN2 EN2 EN3	D S D S F K C K C
	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum	S F S	SP2 REC SP2	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls</pre>	EN2 REC SP3 EN2 EN2 EN3 EN1	D S D S F K C K C K
	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value =	S F S	SP2 REC SP2	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100%</pre>	EN2 REC SP3 EN2 EN2 EN3 EN1 EN1 EN2 SP1	D S F K C K C F S
	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets	S F S	SP2 REC SP2	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle {3 x 100 on 1:35 Freestyle } }</pre>	EN2 REC SP3 EN2 EN2 EN3 EN1 EN1	D S F K C K C K
Vovdo	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start	5 F 100	SP2 REC SP2 REC	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% } }</pre>	EN2 REC SP3 EN2 EN2 EN3 EN1 EN1 EN2 SP1	D S F K C K C F S S
Yards	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on :00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002	EGY	SP2 REC SP2 REC WORK S	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:30 Freestyle {4 x</pre>	EN2 REC SP3 EN2 EN2 EN3 EN1 EN1 EN2 SP1 EN2 SP1 EN2	D S D S F K C K F S S S S S
Yards =====	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description ====================================	EGY	SP2 REC SP2 REC WORK S	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:30 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 50 on</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1	D S F K C K F S S S S S S S
=====	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description ====================================	EGY ===	SP2 REC SP2 REC WORK S ==== = L I	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:30 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 100 o</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2	D S F K C K P S S S S S S S S S
=====	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on :00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description ====================================	EGY ===	SP2 REC SP2 REC WORK \$ ==== = L I D	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN3 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1	D S F K K K P S S S S S S S S S S S
=====	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on :00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description ====================================	EGY === REC EN2	WORK S ==== = L I D S	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2	D S F K C K P S S S S S S S D
1,000	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on :00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description ====================================	EGY === REC EN2 REC	WORK S ==== = L I D S D	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 REC	D S F K K K P S S S S S S D L I
1,000 180	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on :00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description	EGY === REC EN2 REC SP3	WORK S ==== = L I D S D S F	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 REC	D S F K K K P S S S S S S D L I
1,000 180	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on :00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description ====================================	EGY === REC EN2 REC SP3 EN2	WORK S === = L I D S D S E K C	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 REC	D S F K K K P S S S S S S D L I
1,000 180	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description	EGY ==== REC EN2 REC SP3 EN2 EN2	WORK S ==== L I D S D K C	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 REC	D S F K K K P S S S S S S D L I
1,000 180	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on :00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description ====================================	EGY === REC EN2 REC SP3 EN2	WORK S === = L I D S D S E K C	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 REC	D S F K K K P S S S S S S D L I
1,000 180 1,200	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description	EGY ==== REC EN2 REC SP3 EN2 EN2 EN2	WORK S ==== L I D S D K C K C	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 REC	D S F K K K P S S S S S S D L I
1,000 180 1,200 2,000 300	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description ====================================	EGY ==== REC EN2 REC SP3 EN2 EN2 EN3 EN1	WORK S ==== L I D S I K (K (1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 REC	D S F K K K P S S S S S S D L I
1,000 180 1,200 2,000 300	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description	EGY ==== REC EN2 REC SP3 EN2 EN2 EN1 EN1	WORK S ==== = L I D S I K (K P S	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 REC	D S F K K K P S S S S S S D L I
1,000 180 1,200 2,000 300	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description	EGY === REC EN2 EN2 EN2 EN1 EN1 EN1 EN1	WORK S ==== = L I D S D K (K P S S S	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 REC	D S F K K K P S S S S S S D L I
1,000 180 1,200 2,000 300	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description ====================================	EGY === REC EN2 EN2 EN2 EN1 EN1 EN1 EN2 SP1	WORK S ==== = L I D S I K C K P S S S	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 REC	D S F K K K P S S S S S S D L I
1,000 180 1,200 2,000 300	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description ====================================	EGY === REC EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2	WORK \$ === = L I D S F K C K P S S S S S S	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 REC	D S F K K K P S S S S S S D L I
1,000 180 1,200 2,000 300	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description ====================================	EGY === REC EN2 EN2 EN2 EN1 EN1 EN2 SP1 EN2 SP1	WORK S === = L I D S F K C K P S S S S S S S S S	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 REC	D S F K K K P S S S S S S D L I
1,000 180 1,200 2,000 300	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on :00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description ====================================	EGY === REC EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 EN2	SP2 REC SP2 REC WORK S ==== = L I D S I K C K P S S S S S S S S S S S S S S S S S S S	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 REC	D S F K K K P S S S S S S D L I
1,000 180 1,200 2,000 300 2,200	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on 4:00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description	EGY === REC EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1	SP2 REC SP2 REC WORK S ==== = L I D S F K C K P S S S S S S S S S S S S S S S S S	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 REC	D S F K K K P S S S S S S D L I
1,000 180 1,200 2,000 300	{1 x 75 on :00 Your Stroke {1 x 100 on 3:30 Freestyle {1 x 100 on :00 Your Stroke {1 x 100 on :00 Freestyle 1 on 10:00 Ice 4:07 PM 4,230 Yards - Stress Value = Workout #2264 - Tuesday, 31 December 2002 HighSchl - Platinum 1 minute rest between sets 7:30 AM Start Set Description ====================================	EGY === REC EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 EN2	SP2 REC SP2 REC WORK S ==== = L I D S I K C K P S S S S S S S S S S S S S S S S S S S	1,600	<pre>1x{1 x 200 on 3:30 Stroke Drills {3 x 200 on 3:30 Freestyle-descend {1 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Sprint kick 4 x 400 on 6:20 Pulls 12 x 25 on :30 IM order-build 1x{3 x 100 on 1:40 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:35 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 100 on 1:25 Freestyle {3 x 50 on 1:00 Freestyle 100% {3 x 5</pre>	EN2 REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 SP1 EN2 SP1 EN2 SP1 EN2 SP1 REC	D S F K K K P S S S S S S D L I

Workout #2267 - Tuesday, 31 December 2002 HighSchl - Bronze 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WORK S
	=======================================	===	==== =
	1 on 30:00 Stomach and Stretch		LI
	$1x{1 x 150 on 3:30 Stroke Drills}$	REC	D
	{3 x 150 on 3:30 Freestyle-descend	EN2	S
	{1 x 50 on 1:45 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	SE
	$3x{1 x 75 on 2:15 Kick}$	EN2	K (
	{1 x 75 on 2:10 Kick	EN2	K (
	{4 x 25 on :45 Sprint kick	EN3	K
1,200	4 x 300 on 6:20 Pulls	EN1	P
300	12 x 25 on :30 IM order-build	EN1	S
	$1x{3 \times 75}$ on 1:40 Freestyle	EN2	S
	{3 x 50 on 1:00 Freestyle 100%	SP1	S
	${3 \times 75 \text{ on } 1:35 \text{ Freestyle}}$	EN2	S
	{3 x 50 on 1:00 Freestyle 100%	SP1	S
	${3 \times 75 \text{ on } 1:30 \text{ Freestyle}}$	EN2	S
	{3 x 50 on 1:00 Freestyle 100%	SP1	S
	${3 \times 75 \text{ on } 1:25 \text{ Freestyle}}$	EN2	S
	{3 x 50 on 1:00 Freestyle 100%	SP1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L I
	10:08 AM 4,830 Yards - Stress Value =	= 121	L

Workout #2271 - Tuesday, 31 December 2002 HighSchl - Sprint 1 minute rest between sets

	2:00 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	
500	5 x 100 on 2:00 Kick odds fast	EN2	
600	1x{1 x 300 on 4:15 Pulls	EN1	
	{1 x 300 on 4:10 Pulls	EN1	
200	1 x 200 on 3:00 Free build each 50	EN1	
1,950	$3x{1 x 25 on :00 Freestyle}$	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	$\{1 \times 50 \text{ on } : 00 \text{ Freestyle}$	EN2	
	{1 x 100 on 3:00 Freestyle	SP2	
	$\{1 \times 75 \text{ on } : 00 \text{ Freestyle} \}$	SP2	
	{1 x 100 on 3:30 Freestyle	REC	
	$\{1 \times 100 \text{ on } : 00 \text{ Freestyle} \}$	SP2	
	{1 x 100 on 4:00 Freestyle	REC	
	1 on 10:00 Ice		
	4:07 PM 4,230 Yards - Stress Value = 118	3	