

Workout #1692 - Tuesday, 01 January 2002

HighSchl - All

1 minute rest between sets

Yards	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		
200	8 x 25 on :30 IM order-build	EN1	
2x{	3 x 100 on 1:05 Freestyle	EN2	
	{3 x 50 on :45 Freestyle	EN1	
	{3 x 100 on 1:10 Freestyle	EN2	
	{3 x 50 on :40 Freestyle	EN2	
	{3 x 100 on 1:15 Freestyle	EN2	
	{3 x 50 on :35 Freestyle	EN2	
	{1 on :30 Rest		
	{1 x 200 on 4:00 IM for time	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	9:30 AM 6,700 Yards - Stress Value = 103		

	{1 x 100 on 1:40 Kick	EN2
	{1 x 100 on 1:30 Kick	EN2
1,200	6 x 200 on 2:45 Pulls	EN1
300	6 x 50 on :50 25 free 25 stroke	EN1
1x{	4 x 125 on 2:00 Backstroke	EN1
	{5 x 100 on 1:35 Backstroke	EN1
	{6 x 75 on 1:10 Backstroke	EN1
	{7 x 50 on :45 Backstroke	EN1
	{8 x 25 on :20 Backstroke	EN2
400	4 x 100 on 1:30 Descend to Ludicrous	EN2
500	1 x 500 on 8:00 Stroke Drills	REC
	1:24 PM 6,500 Yards - Stress Value = 77	

Workout #1694 - Wednesday, 02 January 2002

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	W
	1 on 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

1 minute rest between sets

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{	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 x 25 on 1:00 Freestyle	REC	
	{1 x 50 on :00 Stroke off the block	SP2	
	{1 x 50 on 2:00 Freestyle		
	{1 x 75 on :00 Stroke off the block	SP2	
	{1 x 75 on 3:00 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
	4:01 PM 4,580 Yards - Stress Value = 103		

Workout #1697 - Wednesday, 02 January 2002

HighSchl - Distance

1 minute rest between sets

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 x 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 x 125 on 1:45 Freestyle	EN1		S FR
	{3 x 200 on 2:45 Freestyle	EN1		S FR
	{4 x 125 on 1:40 Freestyle	EN2		S FR
	{3 x 200 on 2:40 Freestyle	EN2		S FR
	{4 x 125 on 1:35 Freestyle	EN2		S FR
500	10 x 50 on 1:00 Stroke Drills	REC		D CD
	9:31 AM 6,830 Yards - Stress Value = 79			

Workout #1699 - Wednesday, 02 January 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
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

Yards	Set Description	EGY	WOF
	1 on 40:00 Dryland and stretch		
800	4 x 200 on 4:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{8 x 50 on 1:00 Kick with flippers	EN2	
	{8 x 50 on :55 Kick with flippers	EN2	
	{8 x 50 on :50 Kick with flippers	EN2	
	{ 1st 15m under/no brd		
1,200	1x{4 x 100 on 1:35 Pulls no br L.10 yds	EN1	
	{4 x 100 on 1:30 Pulls no br L.15 yds	EN1	
	{4 x 100 on 1:25 Pulls no br L.20 yds	EN1	
450	9 x 50 on :45 Freestyle	EN1	
1,800	1x{4 x 150 on 2:30 100 fly 50 back	EN1	
	{4 x 150 on 2:30 100 back 50 breast	EN1	
	{4 x 150 on 2:30 100 breast 50 free	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
9:30 AM 5,880 Yards - Stress Value = 65			

Workout #1700 - Wednesday, 02 January 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
	1 on 30:00 Stomach and Stretch		L	I
400	1 x 400 on 8:00 Reverse IM drill	REC	D	
300	12 x 25 on :30 Berzerks	SP3	S	
	1x{3 x 150 on 2:15 Pulls	EN1	P	
	{3 x 150 on 2:10 Pulls	EN1	P	
	{3 x 150 on 2:05 Pulls	EN1	P	
	{3 x 150 on 2:00 Pulls	EN1	P	
400	2 x 200 on 3:30 Individual Medley	EN1	S	
2,000	5 x 400 on 4:45 Freestyle	EN2	S	
	1x{4 x 25 on :30 Freestyle	EN1	S	
	{4 x 25 on :25 Freestyle	EN1	S	
	{4 x 25 on :20 Freestyle	EN1	S	
	{4 x 25 on :15 Freestyle	EN1	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
4:01 PM 5,700 Yards - Stress Value = 76				

Workout #1698 - Wednesday, 02 January 2002

HighSchl - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
	1 on 40:00 Dryland and stretch		L	I
700	1 x 700 on 16:00 Stroke Drills	REC	D	C
180	12 x 15 on :30 Shooters	SP3	S	
900	3x{1 x 150 on 3:45 Kick	EN2	K	C
	{1 x 100 on 2:30 Kick	EN2	K	C
	{1 x 50 on 1:15 Kick	EN2	K	C
750	1x{5 x 50 on 1:10 Pulls-nbbf&w	EN1	P	
	{4 x 50 on 1:05 Pulls-nbbf&w	EN1	P	
	{3 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
	{2 x 50 on :55 Pulls-nbbf&w	EN1	P	
	{1 x 50 on :50 Pulls-nbbf&w	EN1	P	
300	3 x 100 on 2:15 Freestyle-descend	EN2	S	
1,200	1x{3 x 100 on 2:45 Individual Medley	EN1	S	
	{3 x 100 on 2:40 Individual Medley	EN1	S	
	{3 x 100 on 2:35 Individual Medley	EN1	S	
	{3 x 100 on 2:30 Individual Medley	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
9:30 AM 4,230 Yards - Stress Value = 53				

Workout #1696 - Wednesday, 02 January 2002

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 40:00 Dryland and stretch		
800	8 x 100 on 2:00 Stroke Drills L.25	REC	
	all out sprint-DRILL		
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{4 x 75 on 1:30 Kick w/ zoomers	EN2	
	{4 x 75 on 1:25 Kick w/zoozers	EN2	
	{4 x 75 on 1:20 Kick w/ zoomers	EN2	
	{4 x 75 on 1:15 Kick w/zoozers	EN2	
900	1x{6 x 50 on :55 Pulls no br L.10 yds	EN1	
	{6 x 50 on :50 Pulls no br L.15 yds	EN1	
	{6 x 50 on :45 Pulls no br L.20 yds	EN1	
200	10 x 20 on 1:30 Run and dive w/10p.u	SP3	
1,500	3x{1 x 100 on 1:45 Freestyle	REC	
	{1 x 100 on 1:40 Freestyle L.25 fast	EN1	
	{1 x 100 on 1:35 Freestyle L.50 fast	EN2	
	{1 x 100 on 1:30 Freestyle L.75 fast	EN2	
	{1 x 100 on 1:25 Freestyle all fast	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
9:31 AM 5,130 Yards - Stress Value = 69			

Workout #1702 - Thursday, 03 January 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
	1 on 30:00 Stomach and Stretch		L	I
800	8 x 100 on 1:45 Stroke Drills	REC	D	C
	odds free evens strk			
240	16 x 15 on :30 Shooters 4 on each	SP3	S	
	6x{1 x 100 on 2:00 Kick	EN1	K	C
	{2 x 50 on 1:00 Kick no board	EN1	K	C
	1x{4 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
	{4 x 50 on :55 Pulls-nbbf&w	EN1	P	
	{4 x 50 on :50 Pulls-nbbf&w	EN1	P	
	{4 x 50 on :45 Pulls-nbbf&w	EN1	P	
	{4 x 50 on :40 Pulls-nbbf&w	EN1	P	
400	16 x 25 on :30 IM order-build	EN1	S	
	2x{3 x 75 on 1:20 IM no free	EN1	S	
	{1 x 75 on 1:20 Butterfly	EN1	S	F
	{3 x 75 on 1:20 IM no free	EN1	S	
	{1 x 75 on 1:20 Backstroke	EN1	S	
	{3 x 75 on 1:20 IM no free	EN1	S	
	{1 x 75 on 1:20 Breaststroke	EN1	S	
500	1 x 500 on 10:00 Stroke Drills	REC	D	
1:29 PM 5,940 Yards - Stress Value = 54				

Workout #1701 - Thursday, 03 January 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
800	1 on 38:00 Weights and stretch		
300	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
	12 x 25 on :30 Berzerks	SP3	
	1x{1 x 200 on 4:00 Kick	EN2	
	{1 x 200 on 3:50 Kick	EN2	
	{1 x 200 on 3:40 Kick	EN2	
	{1 x 200 on 3:30 Kick	EN2	
	{1 x 200 on 3:20 Kick	EN2	
	1x{4 x 125 on 1:50 Pulls no br L.5 yds	EN1	
	{4 x 125 on 1:50 Pulls no br L.10 yds	EN1	
	{4 x 125 on 1:50 Pulls no br L.15 yds	EN1	
	{4 x 125 on 1:50 Pulls no br L.20 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	1x{8 x 75 on 1:05 Backstroke	EN1	
	{8 x 75 on 1:00 Backstroke	EN2	
	{8 x 75 on :55 Backstroke	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
9:30 AM 6,500 Yards - Stress Value = 85			

Workout #1703 - Thursday, 03 January 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:00 PM	Start		
600	1 on 30:00 Stomach and Stretch		L I
240	1 x 600 on 11:00 Swim-kick-pull-swim	REC	S
600	16 x 15 on :30 Shooters 4 on each	SP3	S
600	12 x 50 on 1:00 Kick no board	EN2	K C
900	12 x 50 on :45 Pulls-nbbf&w	EN1	P
	9 x 100 on 1:40 Descend in sets of 3	EN1	S
	1-3 free 4-6 IM		
	7-9 stroke		
100	4 x 25 on 1:30 Choice OTB	EN1	S C
300	1 x 300 on 5:00 Stroke Drills	REC	D
	1 on 7:00 Techniques-choice		D
5:49 PM 3,340 Yards - Stress Value = 38			

Workout #1707 - Friday, 04 January 2002

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
800	1 on 40:00 Dryland and stretch		
400	1 x 800 on 15:00 Swim-kick-drill-swim	REC	
	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 #1705 - Friday, 04 January 2002

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
	1 on 40:00 Dryland and stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	S
	4x{1 x 50 on :45 Free 1st 12yds fast	SP3	S
	{1 x 50 on :45 Free 2nd 12yds fast	REC	S
	{1 x 50 on :45 Free 3rd 12yds fast	REC	S
	{1 x 50 on :45 Free 4th 12yds fast	REC	S
	1x{1 x 1000 on 14:00 Pulls	EN1	F
	{2 x 500 on 6:45 Pulls	EN1	F
	1x{2 x 100 on 1:30 Freestyle	EN1	S
	{2 x 100 on 1:25 Freestyle	EN1	S
	{2 x 100 on 1:20 Freestyle	EN2	S
	1x{1 x 200 on 3:00 Butterfly	EN2	S
	{1 x 400 on 6:00 Individual Medley	EN2	S
	{1 x 200 on 2:50 Backstroke	EN2	S
	{1 x 400 on 6:00 Individual Medley	EN2	S
	{1 x 200 on 3:20 Breaststroke	EN2	S
	{1 x 400 on 6:00 Individual Medley	EN2	S
	{1 x 200 on 2:40 Freestyle	EN2	S
	{1 x 400 on 6:00 Individual Medley	EN2	S
300	6 x 50 on 1:00 Stroke Drills	REC	I
9:30 AM 6,900 Yards - Stress Value = 84			

Workout #1708 - Friday, 04 January 2002

HighSchl - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
	1 on 40:00 Dryland and stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{5 x 100 on 1:30 Kick with flippers	EN2	
	{4 x 100 on 1:25 Kick with flippers	EN2	
	{3 x 100 on 1:20 Kick with flippers	EN2	
1,000	1 x 1000 on 15:00 Pulls with paddles	EN1	
600	1x{2 x 100 on 1:40 Individual Medley	EN1	
	{2 x 100 on 1:35 Individual Medley	EN1	
	{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	
	{3 x 100 on 1:30 Freestyle-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:30 AM 6,080 Yards - Stress Value = 89			

Workout #1709 - Friday, 04 January 2002

HighSchl - All

1 minute rest between sets

2:00 PM Start

Yards	Set Description	EGY	WC
	1 on 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 Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Stomach and Stretch		
	125 of abs/pushups		
800	1 x 800 on 18:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	4x{3 x 50 on 1:20 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
900	3 x 300 on 5:30 Pulls	EN1	
200	8 x 25 on :45 IM 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 4,830 Yards - 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 x 50 on 1:00 Pulls	EN1	
2,100	1x{4 x 200 on 3:00 Free w/pddls & zmmrs	EN2	
	{4 x 175 on 2:35 Free w/pddls & zmmrs	EN2	
	{4 x 150 on 2:15 Free w/pddls & zmmrs	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	

9:30 AM 5,500 Yards - Stress Value = 122

Workout #1710 - Saturday, 05 January 2002

HighSchl - All

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 Weights and stretch			L I
800	1 x 800 on 15:00 Reverse IM drill	REC		D
400	16 x 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 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	WORK	S
	1 on 30:00 Dryland and stretch			I
800	16 x 50 on 1:00 Stroke Drills	REC		I
	odds back evens fly			
180	12 x 15 on :30 Shooters	SP3		S
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		F
400	4 x 100 on 1:50 Breaststroke	EN1		S
2,025	3x{4 x 25 on :30 Your Stroke	EN1		S
	{3 x 25 on :25 Your Stroke	EN1		S
	{2 x 25 on :20 Your Stroke	EN2		S
	{4 x 50 on 1:00 Your Stroke	EN1		S
	{3 x 50 on :55 Your Stroke	EN1		S
	{2 x 50 on :50 Your Stroke	EN1		S
	{ 1-flppr, 2-zmmr, 3-swm			
	{ 15m each wall under			
500	10 x 50 on 1:00 Stroke Drills	REC		I

5:30 PM 6,305 Yards - Stress Value = 68

Workout #1714 - Monday, 07 January 2002

HighSchl - Breast

1 minute rest between sets

{4 x 125 on 2:20 Freestyle EN3
 {4 x 125 on 2:30 Freestyle EN3
 200 1 x 200 on 3:00 Stroke Drills REC
 7:01 AM 5,500 Yards - 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	CHO
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 = 80			

Workout #1716 - Monday, 07 January 2002

HighSchl - Rookies

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	1x{3 x 100 on 2:30 Kick	EN2	
	{3 x 100 on 2:25 Kick	EN2	
	{3 x 100 on 2:20 Kick	EN2	
1,200	8 x 150 on 2:45 Pulls	EN1	
500	5 x 100 on 2:30 Individual Medley	EN1	
1,500	1x{2 x 250 on 4:30 Freestyle	EN1	
	{2 x 250 on 4:20 Freestyle	EN2	
	{2 x 250 on 4:10 Freestyle	EN2	
400	8 x 50 on 1:15 Stroke Drills	REC	
	5:31 PM 5,480 Yards - Stress Value = 67		

Workout #1712 - Monday, 07 January 2002

HighSchl - Distance

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Dryland and stretch		
1,000	1 x 1000 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
400	1x{4 x 25 on :45 Sprint kick	EN2	
	{4 x 25 on :40 Sprint kick	EN2	
	{4 x 25 on :35 Sprint kick	EN2	
	{4 x 25 on :30 Sprint kick	EN2	
1,000	20 x 50 on :40 Pulls	EN1	
400	1 x 400 on 6:00 Individual Medley	EN1	
4,000	1x{1 x 1000 on 15:00 Freestyle	EN1	
	{1 x 1000 on 14:30 Freestyle	EN1	
	{1 x 1000 on 14:00 Freestyle	EN1	
	{1 x 1000 on 13:30 Freestyle	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 7,280 Yards - Stress Value = 69		

Workout #1713 - Monday, 07 January 2002

HighSchl - Sprint

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	W
	1 on 30:00 Dryland and stretch		
800	1 x 800 on 15:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	5x{1 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
1,000	20 x 50 on :40 Pulls	EN1	
400	4 x 100 on 1:40 Individual Medley	EN1	
1,800	4x{2 x 75 on 1:15 Freestyle	EN1	
	{2 x 75 on 1:10 Freestyle	EN1	
	{2 x 75 on 1:05 Freestyle	EN1	
	{ 1st 25 2bk, 2nd254bk		
	{ 3rd 25 6bk		
500	10x{1 x 25 on :30 Freestyle	EN1	
	{1 x 25 on :20 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	5:29 PM 6,080 Yards - Stress Value = 66		

Workout #1711 - Monday, 07 January 2002

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{1 x 300 on 4:15 Pulls	EN1	
	{1 x 200 on 2:50 Pulls	EN1	
	{1 x 100 on 1:25 Pulls	EN2	
	{1 x 300 on 4:00 Pulls	EN2	
	{1 x 200 on 2:40 Pulls	EN2	
	{1 x 100 on 1:20 Pulls	EN2	
	{1 x 300 on 3:45 Pulls	EN2	
	{1 x 200 on 2:30 Pulls	EN2	
	{1 x 100 on 1:15 Pulls	EN2	
	{1 x 300 on 3:30 Pulls	EN2	
	{1 x 200 on 2:20 Pulls	EN2	
	{1 x 100 on 1:10 Pulls	EN1	
	1x{4 x 125 on 2:00 Freestyle	EN3	
	{4 x 125 on 2:10 Freestyle	EN3	

Workout #1720 - Tuesday, 08 January 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
800	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	2 x 100 on 2:00 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	{2 x 150 on 2:40 Kick	EN2	
	{2 x 175 on 3:00 Kick	EN2	
1x{5	5 x 50 on :50 Pulls	EN1	
	{2 x 100 on 1:15 Pulls	EN1	
	{5 x 50 on :45 Pulls	EN1	
	{2 x 100 on 1:15 Pulls	EN1	
	{5 x 50 on :40 Pulls	EN1	
	{2 x 100 on 1:15 Pulls	EN1	
600	3 x 200 on 3:15 Individual Medley	EN1	
1x{4	4 x 125 on 2:00 Freestyle	EN3	
	{4 x 125 on 2:10 Freestyle	EN3	
	{4 x 125 on 2:20 Freestyle	EN3	
	{4 x 125 on 2:30 Freestyle	EN3	
400	8 x 50 on 1:00 Stroke Drills	REC	
8:30 PM 6,550 Yards - Stress Value = 172			

Workout #1717 - Tuesday, 08 January 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
400	1 on 25:00 Weights		L DRY	
400	1 x 400 on 6:30 Stroke Drills	REC	D CHO	
300	12 x 25 on :30 Berzerks	SP3	S FLY	
1x{2	2 x 250 on 3:40 Pulls	EN1	P FR	
	{2 x 250 on 3:35 Pulls	EN1	P FR	
	{2 x 250 on 3:30 Pulls	EN1	P FR	
1x{5	5 x 125 on 1:35 Freestyle	EN2	S FR	
	{5 x 100 on 1:15 Freestyle	EN2	S FR	
	{5 x 75 on :55 Freestyle	EN2	S FR	
	{5 x 50 on :35 Freestyle	EN2	S FR	
250	5 x 50 on 1:00 Stroke Drills	REC	D CD	
7:01 AM 4,200 Yards - Stress Value = 62				

Workout #1718 - Tuesday, 08 January 2002

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WOF
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
3x{1	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	1 x 100 on 1:30 Lungbuster pulls	EN1	
	{1 x 200 on 3:00 Pulls-nbbf&w	EN1	
2x{4	4 x 100 on 1:30 Freestyle	EN1	
	{1 x 50 on 2:00 Your Stroke OTB	SP2	
	{4 x 125 on 1:50 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			
5:15 PM 5,500 Yards - Stress Value = 80			

Workout #1719 - Tuesday, 08 January 2002

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WORK
800	4 x 200 on 3:00 Swim-kick-pull-swim	REC	S
300	12 x 25 on :30 Berzerks	SP3	S
3x{1	1 x 50 on :50 Kick	EN2	F
	{1 x 100 on 1:45 Kick	EN2	F
	{1 x 150 on 2:45 Kick	EN2	F
3x{1	1 x 100 on 1:20 Lungbuster pulls	EN1	F
	{1 x 200 on 2:45 Pulls-nbbf&w	EN1	F
3x{4	4 x 100 on 1:20 Freestyle	EN1	S
	{1 x 50 on 2:00 Your Stroke OTB	SP2	S
	{4 x 125 on 1:40 Freestyle	EN1	S
	{1 x 50 on 2:00 Your Stroke OTB	SP2	S
	{1 on 1:00 Rest		M
600	1 x 600 on 9:00 Stroke Drills	REC	I
	1 on 30:00 Stomach and Stretch		I
5:22 PM 6,500 Yards - Stress Value = 96			

Workout #1727 - Wednesday, 09 January 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
1,200	1 on 30:00 Stomach and Stretch		
1x{1	1 x 200 on 3:30 Swim-kick-pull-swim	REC	
	{1 x 200 on 3:20 Swim-kick-pull-swim	REC	
	{1 x 200 on 3:10 Swim-kick-pull-swim	REC	
	{1 x 200 on 3:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
1,200	12 x 100 on 2:00 Kick-odds 100% effrt	EN2	
1x{1	1 x 50 on :45 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
	{1 x 150 on 2:15 Pulls	EN1	
	{1 x 200 on 3:00 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN2	
	{1 x 150 on 2:00 Pulls	EN2	
	{1 x 100 on 1:20 Pulls	EN2	
	{1 x 50 on :40 Pulls	EN2	
6x{1	1 x 25 on :30 Stroke	EN1	
	{1 x 25 on :20 Freestyle	EN2	
1x{4	4 x 250 on 3:45 Backstroke	EN1	
	{4 x 25 on :45 Back 15m under H2O	EN1	
	{3 x 200 on 2:55 Backstroke	EN1	
	{4 x 25 on :45 Back 15m under H2O	EN1	
	{3 x 150 on 2:10 Backstroke	EN1	
	{4 x 25 on :45 Back 15m under H2O	EN1	
	{4 x 100 on 1:25 Backstroke	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
8:30 PM 6,650 Yards - Stress Value = 83			

Workout #1721 - Wednesday, 09 January 2002

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
4x{	1 x 50 on :45 Back 1st 12yds fast	SP3	
	{ 1 x 50 on :45 Back 2nd 12yds fast	REC	
	{ 1 x 50 on :45 Back 3rd 12yds fast	REC	
	{ 1 x 50 on :45 Back 4th 12yds fast	REC	
2x{	1 x 100 on 2:00 Kick	EN2	
	{ 2 x 100 on 1:50 Kick	EN2	
	{ 3 x 100 on 1:40 Kick	EN2	
1x{	1 x 400 on 5:30 Pulls	EN1	
	{ 1 x 400 on 5:20 Pulls	EN1	
	{ 1 x 400 on 5:10 Pulls	EN2	
	{ 1 x 400 on 5:00 Pulls	EN2	
4x{	1 x 100 on 1:30 Individual Medley	EN1	
	{ 1 x 100 on 1:20 Freestyle	EN2	
1x{	3 x 200 on 8:00 Choice	SP1	
	{ 1 x 100 on 6:00 Choice	SP1	
600	1 x 600 on 9:00 Stroke Drills	REC	
	5:36 PM 6,500 Yards - Stress Value = 124		

Workout #1724 - Wednesday, 09 January 2002

Beat Penn - Fly & Back

1 minute rest between sets

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	1x{1 x 100 on 1:45 Kick with flippers	EN2	
	{ 2 x 100 on 1:40 Kick with flippers	EN2	
	{ 3 x 100 on 1:35 Kick with flippers	EN2	
	{ 2 x 100 on 1:55 Kick with flippers	EN2	
	{ 1 x 100 on 1:50 Kick with flippers	EN2	
1,200	1x{4 x 100 on 1:30 Pulls 3 brths L.25	EN1	
	{ 4 x 100 on 1:30 Pulls 2 brths L.25	EN1	
	{ 4 x 100 on 1:30 Pulls 1 brth L.25	EN1	
1,200	3x{3 x 100 on 1:30 Descend in sets of 3	EN2	
	{ 4 x 25 on :30 Your Stroke	EN2	
400	1x{1 x 200 on 8:00 #1 IM #2 stroke	SP1	
	{ 2 x 100 on 6:00 Your Stroke	SP1	
800	8 x 100 on 1:45 Stroke Drills	REC	
	5:25 PM 5,480 Yards - Stress Value = 93		

Workout #1725 - Wednesday, 09 January 2002

Beat Penn - Breast

1 minute rest between sets

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	
1,000	1x{4 x 100 on 2:00 Kick	EN2	
	{ 3 x 100 on 1:50 Kick	EN2	
	{ 2 x 100 on 1:40 Kick	EN2	
	{ 1 x 100 on 1:30 Kick	EN2	
1,000	1x{4 x 125 on 2:30 Pulls	EN1	
	{ 4 x 125 on 2:25 Pulls	EN1	
1,200	3x{3 x 100 on 1:30 Descend in sets of 3	EN2	
	{ 4 x 25 on :30 Breaststroke	EN2	
400	1x{1 x 200 on 8:00 #1 IM #2 breast	SP1	
	{ 2 x 100 on 6:00 Breaststroke	SP1	
800	8 x 100 on 1:45 Stroke Drills	REC	
	5:30 PM 5,380 Yards - Stress Value = 93		

Workout #1726 - Wednesday, 09 January 2002

Beat Penn - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
600	1 x 600 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
800	1x{2 x 100 on 2:30 Kick	EN2	
	{ 2 x 100 on 2:25 Kick	EN2	
	{ 2 x 100 on 2:20 Kick	EN2	
	{ 2 x 100 on 2:15 Kick	EN2	
1,000	1x{4 x 125 on 2:30 Pulls	EN1	
	{ 4 x 125 on 2:25 Pulls	EN1	
700	2x{3 x 100 on 2:00 Descend in sets of 3	EN2	
	{ 2 x 25 on :45 Choice	EN1	
400	1x{1 x 200 on 8:00 #1 IM #2 free	SP1	
	{ 2 x 100 on 6:00 Freestyle	SP1	
600	6 x 100 on 2:30 Stroke Drills	REC	
	5:26 PM 4,280 Yards - Stress Value = 78		

Workout #1722 - Wednesday, 09 January 2002

Beat Penn - Distance

1 minute rest between sets

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	
500	1x{1 x 100 on 2:10 Kick	EN2	
	{ 1 x 100 on 2:05 Kick	EN2	
	{ 1 x 100 on 2:00 Kick	EN2	
	{ 1 x 100 on 1:55 Kick	EN2	
	{ 1 x 100 on 1:50 Kick	EN2	
2,000	1x{2 x 500 on 7:30 Pulls	EN1	
	{ 2 x 500 on 7:00 Pulls	EN1	
900	9 x 100 on 1:30 Descend in sets of 3	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	
	5:24 PM 5,580 Yards - Stress Value = 87		

Workout #1723 - Wednesday, 09 January 2002

Beat Penn - Sprint

1 minute rest between sets

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	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 x 75 on 1:05 Pulls no br L.20 yds	EN1	
1,200	3x{3 x 100 on 1:30 Descend in sets of 3	EN2	
	{4 x 25 on :30 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		

Workout #1731 - Thursday, 10 January 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Stomach and Stretch		L	I
800	8 x 100 on 2:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Berzerks	SP3	S	
1x{4 x 25 on :30 Kick	EN2	K	C	
	{4 x 50 on :55 Kick	EN2	K	C
	{4 x 75 on 1:20 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 x 50 on :55 25 free 25 stroke	EN1	S	C
	{3 x 50 on :50 25 free 25 stroke	EN1	S	C
	{3 x 50 on :45 25 free 25 stroke	EN1	S	C
1x{4 x 100 on 2:00 Breaststroke	EN1	S		
	{4 x 25 on 1:00 Breast from a dive	SP2	S	
	{4 x 100 on 1:55 Breaststroke	EN1	S	
	{4 x 25 on 1:00 Breast from a dive	SP2	S	
	{4 x 100 on 1:50 Breaststroke	EN1	S	
	{4 x 25 on 1:00 Breast from a dive	SP2	S	
	{4 x 100 on 1:45 Breaststroke	EN2	S	
	{4 x 25 on 1:00 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			

Workout #1728 - Thursday, 10 January 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	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 x 500 on 6:15 Freestyle	EN2	S	E
	{1 x 400 on 6:00 Pulls	EN1	P	E
	{1 x 400 on 5:00 Freestyle	EN2	S	E
	{1 x 300 on 4:30 Pulls	EN1	P	E
	{1 x 300 on 3:45 Freestyle	EN2	S	E
	{1 x 200 on 3:00 Pulls	EN1	P	E
	{1 x 200 on 2:30 Freestyle	EN2	S	E

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

Workout #1730 - Thursday, 10 January 2002

HighSchl - Sectional

1 minute rest between sets

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{2 x 100 on 2:15 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	EN1		
	{4 x 100 on 1:35 Pulls	EN1	
300	6 x 50 on :45 Freestyle	EN1	
2x{1 x 200 on 3:30 Reverse IM drill	EN1		
	{1 x 200 on 3:00 Freestyle	EN1	
	{4 x 75 on 1:15 Stroke Drills 1 on E	EN1	
500	1 x 500 on 10:00 Freestyle	REC	
	5:09 PM 4,980 Yards - Stress Value = 42		

Workout #1729 - Thursday, 10 January 2002

HighSchl - State Champions

1 minute rest between sets

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{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{2 x 300 on 4:00 Pulls	EN1		
	{2 x 300 on 3:50 Pulls	EN1	
300	6 x 50 on :45 Freestyle	EN1	
4x{1 x 200 on 3:00 Individual Medley	EN1		
	{1 x 200 on 2:30 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 #1735 - Friday, 11 January 2002

Group 3 - All

1 minute rest between sets

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

Workout #1733 - Friday, 11 January 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:00 PM Start			
800	1 on 15:00 Stretching	REC	L
300	1 x 800 on 12:00 Choice	SP3	S
700	12 x 25 on :30 Berzerks	EN2	K
	7 x 100 on 1:50 Kick odds fast	EN1	P
	1x{3 x 400 on 4:00 Pulls	EN1	P
	{2 x 200 on 2:45 Pulls	EN1	P
	{1 x 100 on 1:25 Pulls	EN1	P
	1x{4 x 100 on 1:30 Freestyle	EN1	S
	{4 x 50 on :45 Freestyle	EN1	S
	{3 x 125 on 1:50 Freestyle	EN1	S
	{3 x 75 on 1:05 Freestyle	EN1	S
	{2 x 150 on 2:10 Freestyle	EN1	S
	{2 x 100 on 1:25 Freestyle	EN1	S
	{1 x 175 on 2:25 Freestyle	EN1	S
	{1 x 125 on 1:40 Freestyle	EN1	S
	2x{2 x 100 on 1:30 Your Stroke	EN1	S
	{4 x 25 on :30 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 #1738 - Saturday, 12 January 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
11:00 AM Start			
800	1 on 30:00 Stomach and Stretch	REC	
180	1 x 800 on 14:00 Swim-kick-pull-swim	SP3	
	12 x 15 on :30 Shooters	EN2	
	2x{2 x 150 on 2:45 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 50 on :55 Kick	EN1	
	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	16 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

Yards	Set Description	EGY	WOF
3:00 PM Start			
800	1 on 15:00 Stretching	REC	
180	1 x 800 on 15:00 Swim-kick-pull-swim	SP3	
	12 x 15 on :30 Shooters	EN2	
	1x{2 x 125 on 2:30 Kick	EN2	
	{2 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:15 Kick	EN1	
	1x{1 x 200 on 3:00 Pulls	EN1	
	{1 x 200 on 2:55 Pulls	EN1	
	{1 x 200 on 2:50 Pulls	EN1	
	{1 x 200 on 2:45 Pulls	EN1	
	{1 x 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 x 50 on :40 Freestyle	EN2	
	{1 x 25 on :40 Stroke Drills	REC	
350	7 x 50 on 1:00 Stroke Drills	REC	
4:53 PM 5,030 Yards - Stress Value = 58			
7:00 AM Start			
800	1 on 40:00 Weights and stretch	REC	
300	8 x 100 on 1:45 Stroke Drills	SP3	
	odds free evens strk	EN2	
	12 x 25 on :30 Berzerks	EN2	
	3x{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN1	
	1x{1 x 200 on 3:00 Pulls	EN1	
	{3 x 100 on 1:30 Pulls	EN1	
	{1 x 200 on 2:55 Pulls	EN1	
	{3 x 100 on 1:30 Pulls	EN1	
	{1 x 200 on 2:50 Pulls	EN1	
900	9 x 100 on 1:45 Individual Medley	EN1	
	odds drill		
	1x{1 x 200 on 8:00 Broken	SP1	
	{2 x 100 on 6:00 Broken	SP1	
500	1 x 500 on 7:30 Stroke Drills	REC	
9:26 AM 5,000 Yards - Stress Value = 83			

Workout #1732 - Friday, 11 January 2002

Beat Penn - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
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 #1736 - Saturday, 12 January 2002

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
7:00 AM Start				
800	1 on 40:00 Weights and stretch		L I	
800	8 x 100 on 1:30 Stroke Drills	REC	D C	
	odds free evens strk			
300	12 x 25 on :30 Berzerks	SP3	S C	
1,200	2x{2 x 150 on 2:45 Kick	EN2	K C	
	{2 x 100 on 1:50 Kick	EN2	K C	
	{2 x 50 on :55 Kick	EN2	K C	
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 C	
	{1 x 100 on 6:00 Broken	SP1	S C	
500	1 x 500 on 7:30 Stroke Drills	REC	D	
9:41 AM 6,050 Yards - Stress Value = 116				

3:00 PM Start

Yards	Set Description	EGY	WORK
=====			
	1 on 30:00 Dryland and stretch		L
	1x{1 x 400 on :00 Swim-kick-pull-swim	REC	S
	{1 x 400 on 15:00 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 x 400 on 5:05 Freestyle	EN2	S
300	6 x 50 on 1:00 Stroke Drills	REC	D
5:15 PM 6,000 Yards - Stress Value = 78			

Workout #1743 - Monday, 14 January 2002

Beat Penn - Distance

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
=====			
	1 on 30:00 Dryland and stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 15:00 Techniques-starts		
300	1x{1 x 100 on 2:00 Kick		EN2
	{1 x 100 on 1:55 Kick		EN2
	{1 x 100 on 1:50 Kick		EN2
1,600	1x{2 x 200 on 3:00 Pulls		EN1
	{2 x 200 on 2:55 Pulls		EN1
	{2 x 200 on 2:50 Pulls		EN1
	{2 x 200 on 2:45 Pulls		EN1
1,500	3 x 500 on 7:00 Freestyle		EN1
350	7 x 50 on 1:00 Stroke Drills	REC	
5:05 PM 4,530 Yards - Stress Value = 44			

Workout #1740 - Monday, 14 January 2002

Beat Penn - IM/Stroke

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
=====			
	1 on 30:00 Dryland and stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	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
	{4 x 125 on 1:50 Freestyle		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 #1739 - Monday, 14 January 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
=====			
	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 x 25 on :30 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

Workout #1741 - Monday, 14 January 2002

Beat Penn - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 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		

	{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		

Workout #1747 - Tuesday, 15 January 2002

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
	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	BF
	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 x 125 on 1:55 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			

Workout #1748 - Tuesday, 15 January 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 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 x 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		

Workout #1746 - Tuesday, 15 January 2002

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
	1 on 30:00 Stomach and Stretch			L DRY
800	1 x 800 on 12:00 Choice	REC	S	CHC
300	12 x 25 on :30 Berzerks	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 x 250 on 3:25 Pulls	EN1	P	FF
	1x{4 x 125 on 1:50 Freestyle	EN1	S	FF
	{4 x 125 on 1:45 Freestyle	EN1	S	FF
	{2 x 125 on 1:40 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			D
	5:39 PM 4,750 Yards - Stress Value = 60			

Workout #1745 - Tuesday, 15 January 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
	1 on 35:00 Weights and stretch			L I
600	1 x 600 on 11:00 Reverse IM drill	REC	D	
300	12 x 25 on :30 Berzerks	SP3	S	
	1x{2 x 400 on 5:30 Freestyle	EN1	S	

Workout #1751 - Wednesday, 16 January 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L I
	1x{1 x 400 on :00 Reverse IM drill	REC	D
	{1 x 400 on 15:00 Reverse IM drill	REC	D
300	12 x 25 on :30 Berzerks	SP3	S
	2x{2 x 50 on 1:00 Kick	EN2	K C
	{1 x 100 on 1:30 Kick	EN2	K C
	{1 x 100 on 1:45 Kick	EN2	K C
	{2 x 75 on 1:20 Kick	EN2	K C
	1x{4 x 75 on 1:30 Pulls	EN1	P
	{4 x 100 on 1:50 Pulls	EN1	P
	{4 x 125 on 2:15 Pulls	EN1	P
	{4 x 150 on 2:35 Pulls	EN1	P
300	12 x 25 on :30 Freestyle	EN1	S
	1x{2 x 200 on 4:00 Breaststroke	EN1	S
	{4 x 25 on 1:00 Breast from a dive	EN3	S
	{2 x 200 on 3:50 Breaststroke	EN1	S
	{4 x 25 on 1:00 Breast from a dive	EN3	S
	{2 x 200 on 3:40 Breaststroke	EN2	S
	{4 x 25 on 1:00 Breast from a dive	EN3	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	5:30 PM 5,800 Yards - Stress Value = 85		

Workout #1749 - Wednesday, 16 January 2002

HighSchl - Sectional

1 minute rest between sets

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 x 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 x 50 on 1:00 Pulls only 2 brths	EN1	
	{2 x 125 on 1:55 Pulls-nbbf&w	EN1	
	{1 x 50 on 1:00 Pulls only 2 brths	EN1	
	{1 x 125 on 1:50 Pulls-nbbf&w	EN1	
	4x{2 x 100 on 1:45 Your Stroke	EN1	
	{4 x 25 on :30 Stroke Drills 1 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

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 x 100 on 1:50 Kick w/out board	EN2	K
	1x{6 x 75 on 1:10 Pulls-nbbf&w	EN1	P
	{5 x 75 on 1:05 Pulls-nbbf&w	EN1	P
	{5 x 75 on 1:00 Pulls-nbbf&w	EN1	P
	5x{3 x 100 on 1:30 Freestyle	EN1	S
	{4 x 25 on :30 Stroke Drills 1 on E	EN1	D
300	3 x 100 on 2:00 Stroke Drills	REC	D

1 on 16:00 Team meeting M
5:29 PM 5,480 Yards - Stress Value = 59

Workout #1754 - Thursday, 17 January 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	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	
	3 x 400 on 5:15 Pulls	EN1	
	2x{1 x 200 on 3:20 Individual Medley	EN1	
	{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	
	{4 x 75 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	
	10 x 50 on 1:00 Stroke Drills	REC	
	8:30 PM 6,750 Yards - Stress Value = 85		

Workout #1752 - Thursday, 17 January 2002

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Visualization		
	1 on 30:00 Stomach and Stretch		
	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	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 x 75 on 1:15 Pulls-nbbf&w	EN1	
	{3 x 75 on 1:10 Pulls-nbbf&w	EN1	
	{2 x 75 on 1:05 Pulls-nbbf&w	EN1	
	9 x 50 on :45 Descend in sets of 3	EN1	
	1x{1 x 200 on 3:30 Reverse IM drill	EN1	
	{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 200 on 3:30 Reverse IM drill	EN1	
	{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 200 on 3:30 Reverse IM drill	EN1	
	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

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	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 x 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

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Visualization		
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
500	5 x 100 on 2:00 Kick	EN2	
900	3 x 300 on 4:15 Pulls	EN1	
	1x{2 x 400 on 5:45 Freestyle	EN1	
	{2 x 400 on 5:30 Freestyle	EN2	
300	1 x 300 on 4:00 Stroke Drills	REC	
	5:08 PM 4,000 Yards - Stress Value = 55		

Workout #1756 - Friday, 18 January 2002

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Visualization		
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
500	5 x 100 on 1:45 Kick	EN2	
1,200	4 x 300 on 4:00 Pulls	EN1	
	1x{2 x 400 on 5:15 Freestyle	EN1	
	{2 x 400 on 5:10 Freestyle	EN2	
	{2 x 400 on 5:05 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	5:18 PM 5,000 Yards - Stress Value = 74		

Workout #1755 - Friday, 18 January 2002

Beat Penn - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:30 AM Start		
	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

Yards	Set Description	EGY	WORK
	6:00 PM Start		
	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	S
	{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	P
	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 = 94		

Workout #1758 - Wednesday, 23 January 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	2:55 PM Start		
	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		

Workout #1760 - Wednesday, 23 January 2002

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Visualization		
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
1x{2	x 75 on 1:30 Kick	EN2	
{2	x 75 on 1:25 Kick	EN2	
1x{1	x 175 on 2:45 Pulls	EN1	
{1	x 175 on 2:40 Pulls	EN1	
1x{4	x 50 on :45 Stroke Drills	EN1	
{2	x 100 on 1:30 Freestyle	EN1	
{4	x 50 on :50 Stroke Drills	EN1	
{2	x 100 on 1:30 Freestyle	EN1	
{4	x 50 on :55 Stroke Drills	REC	
{2	x 100 on 1:30 Freestyle	EN1	
{4	x 50 on 1:00 Stroke Drills	REC	
{2	x 100 on 1:30 Freestyle	EN1	
350	14 x 25 on :30 Stroke Drills	REC	
	5:03 PM 3,500 Yards - Stress Value = 34		

{2	x 100 on 1:45 Butterfly	EN1
{2	x 50 on :55 Fly 15m	EN1
{1	x 125 on 2:05 Fly 15m	EN1
{3	x 50 on :50 Fly 15m under	EN1
{1	x 200 on 3:00 Freestyle	EN1
5	x 50 on 1:00 Stroke Drills	REC
	8:29 PM 6,500 Yards - Stress Value = 73	

Workout #1765 - Friday, 25 January 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	6:00 PM Start			
	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 on 10:00 Techniques-Stanford			D F
600	6 x 100 on 2:00 Kick	EN2		K CF
	1 on 5:00 Techniques-finishes			D I
600	6 x 100 on 1:30 Lungbuster pulls	EN1		P F
	1 on 14:00 Techniques-starts			D
240	8 x 30 on 1:00 Freestyle-OTB	SP3		S F
250	1 x 250 on 5:00 Stroke Drills	REC		D C
	8:00 PM 2,670 Yards - Stress Value = 35			

Workout #1759 - Wednesday, 23 January 2002

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	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	
1x{2	x 75 on 1:30 Kick	EN2	
{2	x 75 on 1:25 Kick	EN2	
{2	x 75 on 1:20 Kick	EN2	
{2	x 75 on 1:15 Kick	EN2	
1x{1	x 225 on 3:15 Pulls	EN1	
{1	x 225 on 3:10 Pulls	EN1	
{1	x 200 on 2:45 Pulls	EN1	
1x{5	x 50 on :45 Stroke Drills	EN1	
{2	x 100 on 1:30 Freestyle	EN1	
{5	x 50 on :50 Stroke Drills	EN1	
{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	
350	14 x 25 on :30 Stroke Drills	REC	
	5:21 PM 4,500 Yards - Stress Value = 42		

Workout #1763 - Friday, 25 January 2002

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	3:00 PM Start			
	1 on 30:00 Visualization			M
	1 on 15:00 Stretching			L DRY
800	8 x 100 on 2:00 Stroke Drills	REC		D CD
300	12 x 25 on :30 Berzerks	SP3		S CHO
300	3 x 100 on 2:00 Kick	EN2		K CHO
450	3 x 150 on 2:15 Pulls	EN1		P FR
1x{3	x 125 on 1:55 Freestyle	EN1		S FR
{3	x 125 on 1:50 Freestyle	EN2		S FR
{2	x 125 on 1:35 Freestyle	EN2		S FR
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	4:43 PM 3,050 Yards - Stress Value = 39			

Workout #1764 - Friday, 25 January 2002

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	3:00 PM Start			
	1 on 30:00 Visualization			M
	1 on 15:00 Stretching			L DRY
800	8 x 100 on 2:00 Stroke Drills	REC		D CD
300	12 x 25 on :30 Berzerks	SP3		S CHO
500	5 x 100 on 2:00 Kick	EN2		K CHO
600	3 x 200 on 2:40 Pulls	EN1		P FR
1x{3	x 125 on 1:45 Freestyle	EN1		S FR
{3	x 125 on 1:40 Freestyle	EN2		S FR
{2	x 125 on 1:35 Freestyle	EN2		S FR
300	1 x 300 on 5:00 Stroke Drills	REC		D CD
	4:49 PM 3,500 Yards - Stress Value = 45			

Workout #1762 - Thursday, 24 January 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	6:00 PM Start		
	1 on 30:00 Stomach and Stretch		
1,000	8 x 125 on 2:15 Stroke Drills 2 on E	REC	
300	12 x 25 on :30 Berzerks	SP3	
1x{4	x 200 on 3:45 Kick	EN2	
{3	x 150 on 2:40 Kick	EN2	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	
1x{1	x 300 on 5:00 Individual Medley	EN1	
{1	x 200 on 3:10 Individual Medley	EN1	
{1	x 100 on 1:30 Individual Medley	EN1	
2x{3	x 75 on 1:20 Butterfly	EN1	
{1	x 50 on 1:00 Fly 15m	EN1	

Workout #1766 - Saturday, 26 January 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 18:00 Swim-kick-pull-swim	REC	
1,300	1x{2 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	
	{2 x 100 on 1:40 Kick	EN2	
1,500	1x{4 x 150 on 2:00 Pulls	EN1	
	{3 x 150 on 1:55 Pulls	EN1	
	{2 x 150 on 1:50 Pulls	EN1	
	{1 x 150 on 1:45 Pulls	EN1	
750	1x{3 x 100 on 1:30 Descend in sets of 3	EN1	
	{3 x 75 on 1:05 Descend in sets of 3	EN1	
	{3 x 50 on :45 Descend in sets of 3	EN1	
	{3 x 25 on :30 Descend in sets of 3	EN1	
2,250	3x{1 x 200 on 2:15 Freestyle	EN2	
	{1 x 175 on 2:00 Freestyle	EN2	
	{1 x 150 on 1:45 Freestyle	EN2	
	{1 x 125 on 1:30 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 on :45 Rest		
600	12 x 50 on 1:00 Stroke Drills	REC	
1:30 PM 7,400 Yards - Stress Value = 94			

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		

Workout #1769 - Tuesday, 29 January 2002

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 20:00 Stomach and Stretch			L I
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 x 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 minute rest between sets

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	
1,200	2x{1 x 200 on 4:00 Kick	EN2	
	{1 x 150 on 2:50 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{3 x 50 on 1:00 Kick descend	EN2	
1,100	1x{6 x 75 on 1:05 Pulls no br L.10 yds	EN1	
	{4 x 100 on 1:30 Pulls no br L.15 yds	EN1	
	{2 x 125 on 1:50 Pulls no br L.20 yds	EN1	
450	1x{1 x 150 on 2:30 IM w/out free	EN1	
	{3 x 100 on 1:30 Freestyle-descend	EN1	
3,000	1x{4 x 400 on 5:00 Freestyle	EN2	
	{3 x 300 on 3:45 Freestyle	EN2	
	{2 x 200 on 2:30 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
8:30 PM 7,200 Yards - Stress Value = 111			

Workout #1772 - Wednesday, 30 January 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	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{2 x 250 on 3:45 Pulls	EN1	
	{2 x 250 on 3:30 Pulls	EN1	
	{2 x 250 on 3:15 Pulls	EN2	
	1x{2 x 50 on :50 Freestyle	EN1	
	{2 x 50 on :45 Freestyle	EN1	
	{2 x 50 on :40 Freestyle	EN1	
	{2 x 50 on :35 Freestyle	EN2	
	2x{2 x 150 on 2:15 Backstroke	EN1	
	{2 x 125 on 1:50 Backstroke	EN1	
	{2 x 100 on 1:25 Backstroke	EN2	
	{2 x 75 on 1:00 Backstroke	EN2	
	{4 x 50 on 2:00 Backstroke-100%	EN3	
300	1 x 300 on 5:00 Stroke Drills	REC	
8:30 PM 6,500 Yards - Stress Value = 106			

Workout #1767 - Monday, 28 January 2002

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Visualization		
	1 on 20:00 Stomach and Stretch		
	1 on 15:00 Team talk		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 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 1:40 Individual Medley	EN1	
	{3 x 100 on 1:50 Your Stroke	EN1	

Workout #1771 - Wednesday, 30 January 2002

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	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 x 100 on 2:15 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 x 100 on 1:45 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

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 25:00 Stomach and Stretch 75 of everything		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 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	Set Description	EGY	WOF
	6:00 PM Start		
	1 on 30:00 Stomach and Stretch		I
	1x{1 x 200 on 4:00 Swim-kick-pull-swim	REC	S
	{1 x 200 on 3:45 Swim-kick-pull-swim	REC	S
	{1 x 200 on 3:30 Swim-kick-pull-swim	EN1	S
	{1 x 200 on 3:15 Swim-kick-pull-swim	EN1	S
300	12 x 25 on :30 Berzerks	SP3	S
	1x{1 x 200 on 3:35 Kick	EN2	F
	{1 x 200 on 3:30 Kick	EN2	F
	{1 x 200 on 3:25 Kick	EN2	F
	{1 x 200 on 3:20 Kick	EN2	F
	{1 x 200 on 3:15 Kick	EN2	F

1,000	2 x 500 on 6:30 Pulls	EN1	F
625	5 x 125 on 2:15 IM with 50 free	EN1	S
	2x{5 x 25 on :30 Breaststroke	EN1	S
	{1 x 100 on 1:30 Breaststroke	EN2	S
	{5 x 25 on :30 Breaststroke	EN1	S
	{1 x 100 on 1:25 Breaststroke	EN2	S
	{5 x 25 on :30 Breaststroke	EN1	S
	{1 x 100 on 1:20 Breaststroke	EN2	S
	{5 x 25 on :30 Breaststroke	EN1	S
	{1 x 100 on 1:15 Breaststroke	EN2	S
	{1 on 2:00 Rest		M
400	4 x 100 on 1:30 Free descend to ludicrous speed	EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	I
	8:30 PM 6,325 Yards - Stress Value = 84		

Workout #1773 - Thursday, 31 January 2002

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	5:30 AM Start			
	1 on 35:00 Wts stretch on own			L I
600	1 x 600 on 11:00 Reverse IM drill	REC		D
300	12 x 25 on :30 Berzerks	SP3		S C
	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

Yards	Set Description	EGY	WORK	S
	6:00 PM Start			
	1 on 30:00 Stomach and Stretch			L I
800	8 x 100 on 1:45 Stroke Drills	REC		D
	2 on each stroke			
300	12 x 25 on :30 Berzerks	SP3		S
900	3x{1 x 100 on 2:00 Kick	EN2		K F
	{1 x 100 on 1:55 Kick	EN2		K
	{1 x 100 on 1:50 Kick	EN2		K
100	1 x 100 on 2:00 Kick for time	EN2		K C
1,500	3 x 500 on 7:00 Pulls	EN1		P
200	1 x 200 on 3:30 Individual Medley	EN1		S
3,000	1x{1 x 1000 on 15:00 Freestyle	EN3		S
	{2 x 500 on 7:30 Freestyle	EN3		S
	{4 x 250 on 3:45 Freestyle	EN3		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	8:30 PM 7,000 Yards - Stress Value = 229			

Workout #1775 - Monday, 04 February 2002

HighSchl - All

1 minute rest between sets

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	
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

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Reverse IM drill	REC	
300	12 x 25 on :30 Berzerks	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	
1x{	4 x 25 on :45 Backstroke 15m under	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	EN1	
	{3 x 100 on 1:15 Backstroke	EN2	
	{4 x 25 on :25 Backstroke 15m under	EN1	
	{2 x 100 on 1:10 Backstroke	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	8:30 PM 6,700 Yards - Stress Value = 83		

Workout #1777 - Tuesday, 05 February 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 33:00 Weights and stretch		L	DF
400	1 x 400 on 7:30 Reverse IM drill	REC	D	I
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	E
	{2 x 75 on 1:00 Pulls	EN1	P	E
1x{	1 x 400 on 5:45 Freestyle	EN1	S	E

	{1 x 400 on 5:30 Freestyle	EN1	S	E
	{1 x 400 on 5:15 Freestyle	EN2	S	E
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	7:00 AM 3,400 Yards - Stress Value = 42			

Workout #1778 - Tuesday, 05 February 2002

HighSchl - All

1 minute rest between sets

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

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	S
300	12 x 25 on :30 Berzerks	SP3	S
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	F
300	12 x 25 on :30 IM order-build	EN1	S
1x{	4 x 150 on 2:40 Breaststroke	EN1	S
	{4 x 150 on 2:35 Breaststroke	EN1	S
	{4 x 150 on 2:30 Breaststroke	EN2	S
200	1 x 200 on 3:00 Freestyle	REC	S
500	10 x 50 on :50 Breaststroke	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	I
	8:30 PM 6,500 Yards - Stress Value = 83		

Workout #1780 - Wednesday, 06 February 2002

HighSchl - Sectional

1 minute rest between sets

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	CHO
180	12 x 15 on :30 Shooters	SP3	S	BK
	2x{1 x 150 on 3:00 Kick no board {1 x 100 on 2:00 Kick no board {1 x 50 on 1:00 Kick no board	EN1	K	CHO
	2x{1 x 100 on 1:35 Pulls-nbbf&w {1 x 100 on 1:30 Pulls-nbbf&w {1 x 100 on 1:25 Pulls-nbbf&w	EN1	P	FR
	1x{8 x 25 on :40 IM order {8 x 25 on :35 IM order {8 x 25 on :30 IM order {8 x 25 on :25 IM order { 1st 4 of each set dr	EN1	S	IM
900	12 x 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 = 36

Workout #1781 - Wednesday, 06 February 2002

HighSchl - State Champions

1 minute rest between sets

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	CHO
180	12 x 15 on :30 Shooters	SP3	S	BK
	3x{1 x 150 on 3:00 Kick no board {1 x 100 on 2:00 Kick no board {1 x 50 on 1:00 Kick no board	EN1	K	CHO
	2x{1 x 100 on 1:35 Pulls-nbbf&w {1 x 100 on 1:30 Pulls-nbbf&w {1 x 100 on 1:25 Pulls-nbbf&w {1 x 100 on 1:20 Pulls-nbbf&w	EN1	P	FR
	1x{8 x 25 on :40 IM order {8 x 25 on :35 IM order {8 x 25 on :30 IM order {8 x 25 on :25 IM order { 1st 4 of each set dr	EN1	S	IM
900	12 x 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 = 41

Workout #1784 - Thursday, 07 February 2002

Group 3 - All

1 minute rest between sets

Yards	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 {6 x 50 on 1:00 Kick {6 x 50 on :55 Kick {4 x 50 on :50 Kick	EN2	K	CHO
	1x{4 x 125 on 1:50 Pulls {4 x 150 on 2:15 Pulls {4 x 175 on 2:35 Pulls	EN1	P	FR
	1x{3 x 100 on 1:35 Freestyle	EN1	S	FR

	{3 x 100 on 1:25 Freestyle	EN1	S	FR
	{3 x 100 on 1:15 Freestyle	EN2	S	FR
	3x{1 x 50 on 1:00 Butterfly	EN1	S	FLY
	{1 x 50 on :45 Freestyle	EN1	S	FR
	{1 x 50 on :55 Butterfly	EN1	S	FLY
	{1 x 50 on :45 Freestyle	EN1	S	FR
	{1 x 50 on :50 Butterfly	EN1	S	FLY
	{1 x 50 on :45 Freestyle	EN1	S	FR
	{1 x 50 on :45 Butterfly	EN1	S	FLY
	{1 x 50 on :45 Freestyle	EN1	S	FR
500	5 x 100 on 2:15 Stroke Drills	REC	D	CD

8:31 PM 6,600 Yards - Stress Value = 80

Workout #1783 - Thursday, 07 February 2002

HighSchl - All

1 minute rest between sets

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 {6 x 75 on 1:05 Pulls	EN1	P
	1x{3 x 150 on 2:15 100 free 50 fly {3 x 150 on 2:15 100 free 50 back {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 = 32

Workout #1786 - Monday, 11 February 2002

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 20:00 Stomach and Stretch 25 of everything		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
	1x{3 x 100 on 2:05 Kick {2 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick	EN2	K
500	1 x 500 on 7:30 Pulls	EN1	P
	1x{3 x 125 on 1:55 Freestyle {3 x 125 on 1:50 Freestyle {3 x 125 on 1:45 Freestyle {3 x 125 on 1:40 Freestyle	EN1	S
250	1 x 250 on 5:00 Stroke Drills	REC	D

4:26 PM 3,430 Yards - Stress Value = 44

Workout #1785 - Monday, 11 February 2002

HighSchl - State Champions

1 minute rest between sets

3:00 PM Start

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

Workout #1789 - Tuesday, 12 February 2002

Group 3 - All

1 minute rest between sets

6:00 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
180	12 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 = 159		

Workout #1787 - Tuesday, 12 February 2002

HighSchl - Sectional

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	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	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
	1x{2 x 125 on 2:00 Pulls	EN1	F
	{2 x 100 on 1:30 Pulls	EN1	F
	{2 x 75 on 1:05 Pulls	EN1	F
	{2 x 50 on :40 Pulls	EN1	F

400	1 x 400 on 7:00 Individual Medley	EN1	S
	build 2nd 50 of each stroke		
100	1 x 100 on :00 Choice	SP2	S
600	6 x 100 on 2:00 Stroke Drills	REC	I
	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	WORK
	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	S
	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	F
	{2 x 100 on 1:30 Pulls	EN1	F
	{2 x 75 on 1:05 Pulls	EN1	F
	8x{1 x 100 on 1:30 Individual Medley	EN1	S
	{1 x 50 on :40 Freestyle	EN2	S
	{4 x 25 on :25 Free descend 1-4	EN1	S
250	1 x 250 on 5:00 Stroke Drills	REC	I
	1 on 15:00 Techniques-relay str		S
	4:55 PM 4,030 Yards - Stress Value = 49		

Workout #1794 - Wednesday, 13 February 2002

Group 3 - Boys

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	
	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	
	1x{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	
	8:04 PM 4,930 Yards - Stress Value = 59		

Workout #1793 - Wednesday, 13 February 2002

Group 3 - Sprint and Stroke

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
800	1 on 30:00 Stomach and Stretch		
180	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 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	
	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	
400	4 x 100 on 1:30 Freestyle descend to ludicrous speed	EN2	
250	1 x 250 on 3:00 Stroke Drills	REC	
8:31 PM 6,480 Yards - Stress Value = 83			

4x{1 x 100 on 1:45 Your Stroke	EN1	S	FR
{3 x 50 on 1:00 Stroke Drills	REC	D	IM
{ sets of drill IM ord			
6x{1 x 25 on :30 Freestyle	EN1	S	FR
{1 x 25 on :30 Non free	EN1	S	STK
1 x 200 on 4:00 Stroke Drills	REC	D	CD
4:31 PM 3,080 Yards - Stress Value = 24			

Workout #1790 - Wednesday, 13 February 2002

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
	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 x 100 on 1:50 Kick no board		EN1
750	3 x 250 on 3:45 Pulls-nbbf&w		EN1
	4x{1 x 125 on 2:00 Your Stroke		EN1
	{4 x 50 on 1:00 Stroke Drills IM ord		REC
10x{1 x 25 on :30 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

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
	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 2:00 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	
	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			

Yards	Set Description	EGY	WORK	STK
6:00 PM Start				
	1 on 30:00 Stomach and Stretch			L I
800	1 x 800 on 15:00 Reverse IM drill	REC		D
180	12 x 15 on :30 Shooters	SP3		S
	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
	{1 x 400 on 5:45 Pulls	EN1		P
400	16 x 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 x 75 on 1:10 Butterfly	EN1		S F
	{1 x 75 on 1:10 Freestyle	EN1		S
	{1 x 50 on :45 Butterfly	EN1		S F
	{1 x 50 on :45 Freestyle	EN1		S
	{1 x 25 on :25 Butterfly	EN1		S F
	{1 x 25 on :25 Freestyle	EN1		S
200	1 x 200 on 4:00 Stroke Drills	REC		D
8:06 PM 4,980 Yards - Stress Value = 75				

Workout #1791 - Wednesday, 13 February 2002

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
	1 on 25:00 Stomach and Stretch			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 x 100 on 2:00 Kick no board	EN1		K CHO
500	2 x 250 on 3:45 Pulls-nbbf&w	EN1		P FR

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	S
800	1 on 30:00 Stomach and Stretch		L I	
800	1 x 800 on 15:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
	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 x 100 on 1:30 Butterfly	EN1	S F	
	{1 x 100 on 1:30 Freestyle	EN1	S	
	{1 x 75 on 1:10 Butterfly	EN1	S F	
	{1 x 75 on 1:10 Freestyle	EN1	S	
	{1 x 50 on :45 Butterfly	EN1	S F	
	{1 x 50 on :45 Freestyle	EN1	S	
	{1 x 25 on :25 Butterfly	EN1	S F	
	{1 x 25 on :25 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	S
800	1 on 30:00 Stomach and Stretch		L I	
800	1 x 800 on 15:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
	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	
	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

6:00 PM Start

Yards	Set Description	EGY	WORK	S
800	1 on 15:00 Stomach and Stretch		L I	
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 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 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

3:00 PM Start

Yards	Set Description	EGY	WOF	S
600	1 on 25:00 Stomach and Stretch			
180	1 x 600 on 10:00 Swim-kick-pull-swim	REC		
	12 x 15 on :30 Shooters	SP3		
	2x{1 x 100 on 2:00 Kick	EN2		
	{4 x 50 on 1:10 Kick no board 1 on E	EN1		
	1 on 10:00 Techniques-starts			
750	10 x 75 on 1:15 Pulls-nbbf&w		EN1	
	4x{2 x 100 on 1:45 Stroke Drills		REC	
	{4 x 25 on :30 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

11:00 AM Start

Yards	Set Description	EGY	WORK	S
800	1 on 30:00 Stomach and Stretch		L I	
800	1 x 800 on 15:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S C	
	1x{4 x 100 on 2:00 Kick	EN2	K C	
	{3 x 125 on 2:20 Kick	EN2	K C	
	{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	EN2	S	
	{1 on 1:00 Rest		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

Group 3 - Girls

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
800	1 x 800 on 15:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S C
	1x{3 x 125 on 2:20 Kick	EN2	K C
	{2 x 150 on 2:45 Kick	EN2	K C
	{1 x 175 on 3:05 Kick	EN2	K C
	1x{2 x 200 on 2:30 Pulls	EN1	P
	{2 x 300 on 3:45 Pulls	EN1	P
	1x{2 x 50 on :55 Freestyle	EN1	S
	{2 x 50 on :50 Freestyle	EN1	S
	{2 x 50 on :45 Freestyle	EN1	S
	1x{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
400	4 x 100 on 2:00 Stroke Drills	REC	D
	1:01 PM 5,030 Yards - Stress Value = 68		

Workout #1804 - Monday, 18 February 2002

Group 3 - Boys

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
800	16 x 50 on :55 Stroke Drills 4 on E	REC	I
180	12 x 15 on :30 Shooters	SP3	S
	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
	{ odds fast		
	1x{2 x 200 on 2:50 Pulls	EN1	F
	{2 x 200 on 2:45 Pulls	EN1	F
300	12 x 25 on :30 IM order-build	EN1	S
	1x{1 x 600 on 7:50 Freestyle	EN2	S
	{1 x 600 on 7:40 Freestyle	EN2	S
	{1 x 400 on 5:00 Freestyle	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	I
	7:53 PM 4,530 Yards - Stress Value = 62		

Workout #1802 - Monday, 18 February 2002

Group 3 - Sprint and Stroke

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
800	16 x 50 on :55 Stroke Drills 4 on E	REC	I
180	12 x 15 on :30 Shooters	SP3	S
	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	F
	{2 x 200 on 2:45 Pulls	EN1	F
	{2 x 200 on 2:40 Pulls	EN2	F
300	12 x 25 on :30 IM order-build	EN1	S
	1x{1 x 800 on 10:30 Freestyle	EN2	S

	{1 x 800 on 10:20 Freestyle	EN2	S
	{1 x 800 on 10:10 Freestyle	EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	I
	8:14 PM 6,080 Yards - Stress Value = 90		

Workout #1805 - Monday, 18 February 2002

Group 3 - Girls

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
800	16 x 50 on :55 Stroke Drills 4 on E	REC	I
180	12 x 15 on :30 Shooters	SP3	S
	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
	{ odds fast		
	1x{2 x 200 on 2:50 Pulls	EN1	F
	{2 x 200 on 2:45 Pulls	EN1	F
	{2 x 200 on 2:40 Pulls	EN2	F
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
	{1 x 100 on :00 Broken	SP2	S
	{1 x 200 on 9:00 Freestyle	REC	S
450	9 x 50 on 1:00 Stroke Drills	REC	I
	8:12 PM 5,030 Yards - Stress Value = 79		

Workout #1803 - Monday, 18 February 2002

Group 3 - Tim and David

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
800	16 x 50 on :55 Stroke Drills 4 on E	REC	I
180	12 x 15 on :30 Shooters	SP3	S
	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	F
	{2 x 200 on 2:45 Pulls	EN1	F
300	12 x 25 on :30 IM order-build	EN1	S
	1x{1 x 600 on 7:50 Freestyle	EN2	S
	{1 x 600 on 7:40 Freestyle	EN2	S
	{1 x 600 on 7:30 Freestyle	EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	I
	8:01 PM 5,080 Yards - Stress Value = 70		

Workout #1807 - Tuesday, 19 February 2002

Group 3 - Boys

1 minute rest between sets

6:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 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	
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	
	{1 x 50 on 1:30 Kick 100%	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	Set Description	EGY	WOF
	1 on 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	
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	
	{1 x 50 on 1:30 Kick 100%	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	
	{1 x 100 on 1:45 Individual Medley	EN1	
1x{	4 x 150 on 2:30 Backstroke	EN1	
	{3 x 150 on 2:25 Backstroke	EN1	
	{2 x 150 on 2:20 Backstroke	EN1	
	{1 x 150 on 2:15 Backstroke	EN1	
800	8 x 100 on 1:20 Backstroke	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	8:25 PM 6,030 Yards - Stress Value = 75		

Workout #1808 - Tuesday, 19 February 2002

Group 3 - Girls

1 minute rest between sets

6:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 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	
2x{	1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
1x{	3 x 125 on 1:50 Pulls	EN1	
	{3 x 125 on 1:45 Pulls	EN1	
500	1 x 500 on 7:00 Reverse IM drill	REC	

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

Workout #1810 - Tuesday, 19 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		
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	
	{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	
	{1 x 50 on 1:30 Kick 100%	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{	4 x 150 on 2:30 Backstroke	EN1	
	{3 x 150 on 2:25 Backstroke	EN1	
	{2 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 PM 5,080 Yards - Stress Value = 58		

Workout #1806 - Tuesday, 19 February 2002

HighSchl - State Champions

1 minute rest between sets

3:00 PM Start				
Yards	Set Description	EGY	WORK	SI
	1 on 25:00 Stomach and Stretch			L DF
500	1 x 500 on 9:00 Reverse IM drill	REC	S	F
180	12 x 15 on :30 Shooters	SP3	S	CF
4x{	1 x 150 on 3:00 Kick	EN2	K	CF
	{1 x 100 on 2:00 Kick	EN2	K	CF
	{1 x 50 on 1:00 Kick	EN2	K	CF
500	1 x 500 on 7:00 Pulls	EN1	P	F
1x{	5 x 100 on 1:30 Freestyle	EN1	S	F
	{4 x 100 on 1:25 Freestyle	EN1	S	F
	{3 x 100 on 1:20 Freestyle	EN1	S	F
	{2 x 100 on 1:15 Freestyle	EN2	S	F
	{1 x 100 on 1:10 Freestyle	EN2	S	F
250	1 x 250 on 5:00 Stroke Drills	REC	D	C
	4:42 PM 4,130 Yards - Stress Value = 54			

Workout #1808 - Tuesday, 19 February 2002

Group 3 - Girls

1 minute rest between sets

Workout #1812 - Wednesday, 20 February 2002

Group 3 - Boys

1 minute rest between sets

Yards	Set 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 x 15 on :30 Shooters	SP3	S
1x{	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
600	6 x 100 on 1:30 Lungbuster pulls	EN1	F
300	6 x 50 on :45 Descend in sets of 3	EN1	S
1x{	6 x 50 on 1:00 Breaststroke	EN1	S
	{5 x 75 on 1:25 Breaststroke	EN1	S
	{4 x 100 on 1:50 Breaststroke	EN1	S
	{3 x 125 on 2:15 Breaststroke	EN1	S
	{ every other one drill		
400	4 x 100 on 2:00 Stroke Drills	REC	I
	7:55 PM 4,180 Yards - Stress Value = 41		

Workout #1813 - Wednesday, 20 February 2002

Group 3 - Sprint and Stroke

1 minute rest between sets

Yards	Set 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 x 15 on :30 Shooters	SP3	S
2x{	1 x 100 on 2:00 Kick	EN2	F
	{1 x 100 on 1:55 Kick	EN2	F
	{1 x 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
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	F
450	9 x 50 on :45 Descend in sets of 3	EN1	S
1x{	6 x 50 on 1:00 Breaststroke	EN1	S
	{5 x 75 on 1:25 Breaststroke	EN1	S
	{4 x 100 on 1:50 Breaststroke	EN1	S
	{3 x 125 on 2:15 Breaststroke	EN1	S
1x{	2 x 100 on 1:30 Individual Medley	EN2	S
	{2 x 100 on 1:25 Individual Medley	EN2	S
	{2 x 100 on 1:20 Individual Medley	EN2	S
400	4 x 100 on 2:00 Stroke Drills	REC	I
	8:25 PM 5,980 Yards - Stress Value = 68		

Workout #1815 - Wednesday, 20 February 2002

Group 3 - Girls

1 minute rest between sets

Yards	Set 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 x 15 on :30 Shooters	SP3	S
1x{	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
600	6 x 100 on 1:30 Lungbuster pulls	EN1	F
300	6 x 50 on :45 Descend in sets of 3	EN1	S
1x{	6 x 50 on 1:00 Breaststroke	EN1	S

{5 x 75 on 1:25 Breaststroke	EN1	S
{4 x 100 on 1:50 Breaststroke	EN1	S
{3 x 125 on 2:15 Breaststroke	EN1	S
400 4 x 100 on 2:00 Stroke Drills	REC	I
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

Yards	Set 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 x 15 on :30 Shooters	SP3	S
2x{	1 x 100 on 2:00 Kick	EN2	F
	{1 x 100 on 1:55 Kick	EN2	F
	{1 x 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	F
300	6 x 50 on :45 Descend in sets of 3	EN1	S
1x{	6 x 50 on 1:00 Breaststroke	EN1	S
	{5 x 75 on 1:25 Breaststroke	EN1	S
	{4 x 100 on 1:50 Breaststroke	EN1	S
	{3 x 125 on 2:15 Breaststroke	EN1	S
400	4 x 100 on 2:00 Stroke Drills	REC	I
	8:10 PM 5,030 Yards - Stress Value = 53		

Workout #1811 - Wednesday, 20 February 2002

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Team meeting		M
	1 on 20:00 Stomach and Stretch		I
	35 of everything		
600	3 x 200 on 3:30 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
	1 on 10:00 Techniques-starts		I
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	F
	{4 x 75 on 1:10 Pulls	EN1	F
	{4 x 75 on 1:05 Pulls	EN1	F
100	1 x 100 on 8:00 Broken at each 25 for 5 seconds	SP2	S
500	10 x 50 on 1:00 Stroke Drills	REC	I
	5:11 PM 3,080 Yards - Stress Value = 42		

Workout #1816 - Thursday, 21 February 2002

Group 3 - Boys

1 minute rest between sets

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	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	2 x 250 on 3:30 Pulls	EN1	
	{1 x 250 on 3:20 Pulls	EN1	
1x{1	1 x 100 on 1:45 Individual Medley	EN1	
	{1 x 100 on 1:40 Individual Medley	EN1	
1x{8	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

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	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	2 x 250 on 3:30 Pulls	EN1	
	{1 x 250 on 3:20 Pulls	EN1	
1x{2	2 x 100 on 1:45 Individual Medley	EN1	
	{2 x 100 on 1:40 Individual Medley	EN1	
2x{8	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	
10x{1	1 x 25 on :30 Freestyle	EN1	
	{1 x 25 on :20 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	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	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	2 x 250 on 3:30 Pulls	EN1	
	{1 x 250 on 3:20 Pulls	EN1	
1x{2	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
 { rest 5 seconds
 {1 x 200 on 7:00 Freestyle REC
 400 4 x 100 on 2:00 Stroke Drills REC
 7:55 PM 4,030 Yards - Stress Value = 56

Workout #1818 - Thursday, 21 February 2002

Group 3 - Tim and David

1 minute rest between sets

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	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	2 x 250 on 3:30 Pulls	EN1	
	{1 x 250 on 3:20 Pulls	EN1	
1x{2	2 x 100 on 1:45 Individual Medley	EN1	
	{2 x 100 on 1:40 Individual Medley	EN1	
1x{8	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	
	8:03 PM 4,530 Yards - Stress Value = 46		

Workout #1820 - Friday, 22 February 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 15:00 Stomach and Stretch			L I
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

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 4 bk, 3rd 50 6bk	EN1	S
	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
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

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 x 15 on :30 Shooters	SP3	S	CHO
	1x{3 x 100 on 2:00 Kick-descend	EN2	K	CHO
	{3 x 100 on 1:55 Kick-descend	EN2	K	CHO
	{3 x 100 on 1:50 Kick-descend	EN2	K	CHO
1,200	3 x 400 on 5:30 Pulls	EN1	P	FR
300	12 x 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
	{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 = 76			

Workout #1823 - Saturday, 23 February 2002

Group 3 - Girls

1 minute rest between sets

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
400	1 x 400 on 5:30 Pulls	EN1	P
150	1 x 150 on 2:30 1st 50 2bk, 2nd 50 4 bk, 3rd 50 6bk	EN1	S
	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
	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	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 x 15 on :30 Shooters	SP3	S	CHO
	1x{3 x 100 on 2:00 Kick-descend	EN2	K	CHO
	{3 x 100 on 1:55 Kick-descend	EN2	K	CHO
800	2 x 400 on 5:30 Pulls	EN1	P	FR
200	8 x 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 Value = 61			

Workout #1826 - Monday, 25 February 2002

HighSchl - Boys

1 minute rest between sets

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

Workout #1828 - Monday, 25 February 2002

HighSchl - Sprint and Stroke

1 minute rest between sets

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{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		

Workout #1825 - Monday, 25 February 2002

HighSchl - Girls

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
	1 on 30:00 Stomach and Stretch			I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC		§
180	12 x 15 on :30 Shooters	SP3		§
	1x{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		F
	{1 x 150 on 1:55 Pulls	EN1		F
200	4 x 50 on :55 25 free 25 stroke	EN1		§
	1x{1 x 600 on 8:00 Freestyle	EN2		§
	{1 x 600 on 7:50 Freestyle	EN2		§
	{1 x 600 on 7:40 Freestyle	EN2		§
200	1 x 200 on 3:00 Stroke Drills	REC		I
7:34 PM 3,580 Yards - Stress Value = 57				

Workout #1827 - Monday, 25 February 2002

HighSchl - Tim and David

1 minute rest between sets

Yards	Set Description	EGY	WOF	§
	1 on 30:00 Stomach and Stretch			I
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC		
180	12 x 15 on :30 Shooters	SP3		
	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		
	{1 x 50 on 1:00 Kick	EN2		
	1x{2 x 150 on 2:15 Pulls	EN1		
	{2 x 150 on 2:10 Pulls	EN1		
250	5 x 50 on :55 25 free 25 stroke	EN1		
	1x{1 x 600 on 8:00 Freestyle	EN2		
	{1 x 600 on 7:50 Freestyle	EN2		
	{1 x 600 on 7:40 Freestyle	EN2		
250	1 x 250 on 5:00 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

Yards	Set Description	EGY	WORK	§
	1 on 25:00 Stomach and Stretch			L I
	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{4 x 75 on 1:30 Kick	EN2		K C
	{4 x 75 on 1:25 Kick	EN2		K C
	1x{3 x 125 on 1:55 Pulls	EN1		P
	{3 x 125 on 1:50 Pulls	EN1		P
	1x{3 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
7:43 PM 4,030 Yards - Stress Value = 46				

Workout #1832 - Tuesday, 26 February 2002

Group 3 - Sprint and Stroke

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
	1 on 25:00 Stomach and Stretch			L I
	95 of everything			
600	1 x 600 on 11:00 Reverse IM drill	REC		D
180	12 x 15 on :30 Shooters	SP3		S F
	1x{4 x 75 on 1:30 Kick	EN2		K C
	{4 x 75 on 1:25 Kick	EN2		K C
	{2 x 75 on 1:20 Kick	EN2		K C
	1x{2 x 125 on 2:00 Pulls	EN1		P
	{2 x 125 on 1:55 Pulls	EN1		P
	{2 x 125 on 1:50 Pulls	EN1		P
	1x{4 x 100 on 1:40 Individual Medley	EN1		S
	{4 x 25 on :30 Freestyle-descend	EN1		S
	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
300	12 x 25 on :25 IM order-all fast	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
8:01 PM 5,030 Yards - Stress Value = 54				

Workout #1830 - Tuesday, 26 February 2002

Group 3 - Girls

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
	1 on 25:00 Stomach and Stretch			L I
	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 C
	{2 x 75 on 1:25 Kick	EN2		K C
	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

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch 65 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 C
	{4 x 75 on 1:25 Kick	EN2	K C
	1x{2 x 125 on 1:55 Pulls	EN1	P
	{2 x 125 on 1:50 Pulls	EN1	P
	1x{4 x 100 on 1:40 Individual Medley	EN1	S
	{4 x 25 on :30 Freestyle-descend	EN1	S
	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	Set Description	EGY	WOF
	1 on 30:00 Stomach/Stretch 35		
600	6 x 100 on 2:00 Stroke Drills	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	
	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 x 200 on 3:30 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	Set Description	EGY	WOF
	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 x 100 on 1:30 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 x 100 on 1:40 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

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 x 100 on 1:30 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	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 x 100 on 1:30 Descend in sets of 3	EN1	
	1x{1 x 200 on :00 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 x 100 on 2:00 Kick L. 50 w/out brd	EN2	
	{4 x 50 on 1:15 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 x 50 on :45 Descend in sets of 3	EN1	
	4x{1 x 100 on 1:40 Butterfly	EN1	
	{1 x 75 on 1:15 Butterfly	EN1	
	{1 x 50 on :50 Butterfly	EN1	
	{1 x 25 on :25 Butterfly	EN1	
	{1 x 100 on 2:00 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	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 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 x 50 on :45 Descend in sets of 3	EN1	
	3x{1 x 100 on 1:40 Butterfly	EN1	
	{1 x 75 on 1:15 Butterfly	EN1	
	{1 x 50 on :50 Butterfly	EN1	
	{1 x 25 on :25 Butterfly	EN1	
	{1 x 100 on 2:00 Individual Medley	EN1	
250	1 x 250 on 5:00 Stroke Drills	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	S
	1 on 15:00 Stomach and Stretch		L	I
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 x 50 on 1:00 Freestyle	REC	
250	1 x 250 on 5:00 Stroke Drills	REC	
12:53 PM 4,530 Yards - Stress Value = 42			

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			

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 x 75 on 1:05 Pulls no br L.10 yds	EN1	
	{2 x 75 on 1:00 Pulls no br L.15 yds	EN1	
1,200	4 x 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			

Workout #1842 - Monday, 04 March 2002

HighSchl - Sprint and Stroke

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM	Start		
=====	=====	====	====
	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 x 75 on 1:05 Pulls no br L.10 yds	EN1	
	{2 x 75 on 1:00 Pulls no br L.15 yds	EN1	
1,600	4 x 400 on 5:30 Freestyle	EN1	
350	7 x 50 on 1:00 Stroke Drills	REC	
	7:47 PM 4,530 Yards - Stress Value = 50		

Group 3 - Tim and David

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
6:00 PM	Start			
=====	=====	====	====	====
	1 on 30:00 Stomach and Stretch			L DF
	65 of everything			
600	2 x 300 on 5:15 Reverse IM drill	REC	D	I
180	12 x 15 on :30 Shooters	SP3	S	CF
	1x{3 x 75 on 1:35 Kick -descend	EN2	K	CF
	{3 x 75 on 1:30 Kick-descend	EN2	K	CF
	1x{2 x 125 on 2:00 Pulls-nbbf&w	EN1	P	F
	{3 x 50 on :40 Pulls	EN1	P	F
	1x{5 x 75 on 1:10 Backstroke	EN1	S	E
	{5 x 75 on 1:05 Backstroke	EN1	S	E
	{5 x 75 on 1:00 Backstroke	EN2	S	E
300	6 x 50 on 1:00 Stroke Drills	REC	D	C
	7:31 PM 3,055 Yards - Stress Value = 35			

Workout #1847 - Wednesday, 06 March 2002

Group 3 - Taper 2

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM	Start		
=====	=====	====	====
	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 x 75 on 1:05 Pulls no br L.10 yds	EN1	
	{2 x 75 on 1:00 Pulls no br L.15 yds	EN1	
1,500	5 x 300 on 4:00 Freestyle	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:30 PM 3,580 Yards - Stress Value = 37		

Yards	Set Description	EGY	WORK	ST
6:00 PM	Start			
=====	=====	====	====	====
	1 on 30:00 Stomach and Stretch			I
	60 of everything			
600	6 x 100 on 2:00 Stroke Drills	REC		I
	odds free evns nonfr			
180	12 x 15 on :30 Shooters	SP3	S	
	2x{4 x 50 on 1:00 Kick no board 1 on E	EN1	F	
	{4 x 25 on :45 Sprint kick	EN3	F	
	1x{2 x 100 on 1:35 Lungbuster pulls	EN1	F	
	{2 x 100 on 1:30 Lungbuster pulls	EN1	F	
	{2 x 100 on 1:25 Lungbuster pulls	EN1	F	
300	12 x 25 on :30 IM order-build	EN1	S	
	3x{1 x 100 on 2:00 Stroke Drills	EN1	I	
	{1 x 100 on 1:30 Freestyle	EN1	S	
	{1 x 75 on 1:30 Stroke Drills	EN1	S	
	{1 x 75 on 1:05 Freestyle	EN1	S	
	{1 x 50 on 1:00 Stroke Drills	EN1	I	
	{1 x 50 on :45 Freestyle	EN1	S	
400	8 x 50 on 1:00 Stroke Drills	REC		I
	7:55 PM 4,030 Yards - Stress Value = 46			

Workout #1845 - Tuesday, 05 March 2002

Group 3 - Sprint and Stroke

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
6:00 PM	Start			
=====	=====	====	====	====
	1 on 30:00 Stomach and Stretch			L DF
	65 of everything			
600	2 x 300 on 5:15 Reverse IM drill	REC	D	I
180	12 x 15 on :30 Shooters	SP3	S	CF
	1x{3 x 75 on 1:35 Kick -descend	EN2	K	CF
	{3 x 75 on 1:30 Kick-descend	EN2	K	CF
	{3 x 75 on 1:25 Kick-descend	EN2	K	CF
75	1 x 75 on 2:00 Kick for time	EN2	K	CF
	2x{2 x 125 on 2:00 Pulls-nbbf&w	EN1	P	F
	{3 x 50 on :40 Pulls	EN1	P	F
	1x{6 x 75 on 1:10 Backstroke	EN1	S	E
	{6 x 75 on 1:05 Backstroke	EN1	S	E
	{6 x 75 on 1:00 Backstroke	EN2	S	E
350	7 x 50 on 1:00 Stroke Drills	REC	D	C
	7:48 PM 4,030 Yards - Stress Value = 46			

Workout #1846 - Tuesday, 05 March 2002

Workout #1849 - Wednesday, 06 March 2002

Group 3 - Taper 2

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch 55 of everything		I
800	16 x 50 on 1:00 Stroke Drills	REC	I
180	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
300	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
	{1 x 250 on 3:30 Pulls	EN1	F
	{1 x 250 on 3:25 Pulls	EN1	F
400	4 x 100 on 1:45 Individual Medley	EN1	S
	1x{1 x 100 on :00 Broken at each 25 { for 5 seconds	SP2	S
	{1 x 300 on 10:00 Freestyle	REC	S
	{1 x 100 on :00 Broken at each 25 { for 10 seconds	SP2	S
	{1 x 300 on 9:00 Freestyle	REC	S
	7:57 PM 4,080 Yards - Stress Value = 57		

	{1 x 50 on :45 Freestyle	EN1	S
300	6 x 50 on 1:00 Stroke Drills	REC	I
	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

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch 30 of everything		I
600	6 x 100 on 2:00 Stroke Drills odds free evns nonfr	REC	I
180	12 x 15 on :30 Shooters	SP3	S
	2x{4 x 50 on 1:00 Kick no board 1 on E	EN1	F
	{4 x 25 on :45 Sprint kick	EN3	F
	1x{2 x 100 on 1:35 Lungbuster pulls	EN1	F
	{2 x 100 on 1:30 Lungbuster pulls	EN1	F
	{2 x 100 on 1:25 Lungbuster pulls	EN1	F
400	16 x 25 on :30 IM order-build	EN1	S
100	1 x 100 on 8:00 Broken	SP2	S
600	6 x 100 on 2:00 Stroke Drills	REC	I
	7:45 PM 3,080 Yards - Stress Value = 43		

Workout #1848 - Wednesday, 06 March 2002

Group 3 - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch 55 of everything		L	DRY
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 x 50 on :55 Breaststroke	EN1	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	7:37 PM 3,280 Yards - Stress Value = 35			

Workout #1852 - Friday, 08 March 2002

Group 3 - Taper 2

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 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	
	1x{2 x 125 on 2:30 Kick	EN2	
	{2 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	1x{4 x 50 on 1:00 Pulls-nbbf&w	EN1	
	{4 x 50 on :55 Pulls-nbbf&w	EN1	
	{4 x 50 on :50 Pulls-nbbf&w	EN1	
	{4 x 50 on :45 Pulls-nbbf&w	EN1	
	1x{3 x 100 on 1:30 Freestyle	EN1	
	{3 x 100 on 1:25 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:39 PM 3,530 Yards - Stress Value = 41		

Workout #1851 - Wednesday, 06 March 2002

Group 3 - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch 60 of everything		I
600	6 x 100 on 2:00 Stroke Drills odds free evns nonfr	REC	I
180	12 x 15 on :30 Shooters	SP3	S
	2x{4 x 50 on 1:00 Kick no board 1 on E	EN1	F
	{4 x 25 on :45 Sprint kick	EN3	F
	1x{2 x 100 on 1:35 Lungbuster pulls	EN1	F
	{2 x 100 on 1:30 Lungbuster pulls	EN1	F
	{2 x 100 on 1:25 Lungbuster pulls	EN1	F
300	12 x 25 on :30 IM order-build	EN1	S
	2x{1 x 100 on 2:00 Stroke Drills	EN1	I
	{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 75 on 1:30 Stroke Drills	EN1	S
	{1 x 75 on 1:05 Freestyle	EN1	S
	{1 x 50 on 1:00 Stroke Drills	EN1	I

Workout #1853 - Saturday, 09 March 2002

Group 3 - Taper 2

1 minute rest between sets

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 for 10 seconds	SP2	
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	Set Description	EGY	WOF
6:00 PM Start			
800	1 on 25:00 Stomach and Stretch 25 of everything		
180	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			

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
	1 on 25:00 Stomach and Stretch 25 of everything		
800	8 x 100 on 2:00 Stroke Drills	2 on E	REC
180	12 x 15 on :30 Shooters		SP3
	1x{4 x 25 on :30 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 x 100 on 2:00 Kick no board		EN1
	1x{1 x 200 on 3:00 Pulls-nbbf&w		EN1
	{1 x 150 on 2:15 Pulls-nbbf&w		EN1
	{1 x 100 on 1:30 Pulls-nbbf&w		EN1
	{1 x 50 on :45 Pulls-nbbf&w		EN1
	4x{1 x 100 on 1:45 Reverse IM drill		EN1
	{4 x 25 on :30 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

Yards	Set Description	EGY	WORK	S
6:00 PM Start				
600	1 on 30:00 Stomach and Stretch 35 of everything			
180	12 x 15 on :30 Shooters	SP3	S	C
600	1 x 600 on 10:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	C
	2x{1 x 100 on 2:00 Kick	EN2	K	C
	{1 x 100 on 1:50 Kick	EN2	K	C
	{1 x 50 on :50 Kick	EN2	K	C
	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 on 2:00 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				

Yards	Set Description	EGY	WORK	S
6:00 PM Start				
	1 on 25:00 Stomach and Stretch			I
600	3 x 200 on 4:00 Swim-kick-pull-swim	REC	S	
180	12 x 15 on :30 Shooters	SP3	S	
	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	F	
	{1 x 100 on 1:30 Pulls	EN1	F	
	{1 x 150 on 2:15 Pulls	EN1	F	
	{1 x 200 on 3:00 Pulls	EN1	F	
	{1 x 250 on 3:45 Pulls	EN1	F	
	1x{6 x 75 on 1:15 Freestyle	EN1	S	
	{4 x 25 on :30 IM order	EN1	S	
	{6 x 75 on 1:10 Freestyle	EN1	S	
	{4 x 25 on :30 IM order	EN1	S	
	{6 x 75 on 1:05 Freestyle	EN1	S	
	{4 x 25 on :30 IM order	EN1	S	
250	1 x 250 on 5:00 Stroke Drills	REC	I	
7:46 PM 4,030 Yards - Stress Value = 35				

Workout #1856 - Wednesday, 13 March 2002

Group 3 - Taper 2

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
	1 on 25:00 Stomach and Stretch 25 of everything		
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

Workout #1859 - Tuesday, 09 April 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Optional Dryland		L	DF
	1 on 25:00 Stomach and Stretch		L	DF
180	1x{1 x 300 on 6:00 Reverse IM drill	REC	D	I
	{1 x 200 on 4:00 Reverse IM drill	REC	D	I
	{1 x 100 on 2:00 Reverse IM drill	REC	D	I
180	12 x 15 on :30 Shooters	SP3	S	F
600	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	F
200	1x{4 x 125 on 2:00 Freestyle	EN1	S	F
	{3 x 100 on 1:35 Freestyle	EN1	S	F
	{2 x 75 on 1:10 Freestyle	EN1	S	F
	{4 x 125 on 1:55 Freestyle	EN1	S	F
	{3 x 100 on 1:30 Freestyle	EN1	S	F
	{2 x 75 on 1:05 Freestyle	EN1	S	F
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

Yards	Set Description	EGY	WORK	ST
	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	F
800	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	F
	odds breathe 3-5-7-5			
	evens br 2-4-6-4			
300	12 x 25 on :30 IM order-build	EN1	S	I
300	3x{1 x 150 on 2:05 Freestyle	EN2	S	F
	{1 x 150 on 2:00 Freestyle	EN2	S	F
	{1 x 150 on 1:55 Freestyle	EN2	S	F
	{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	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	
300	3x{1 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
300	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	
300	1x{4 x 50 on :55 Freestyle	EN1	
	{4 x 50 on :50 Freestyle	EN1	
	{4 x 50 on :45 Freestyle	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	{3 x 50 on :45 Freestyle	EN1	
	{3 x 50 on :40 Freestyle	EN2	

	{2 x 50 on :45 Freestyle	EN1
	{2 x 50 on :40 Freestyle	EN2
	{2 x 50 on :35 Freestyle	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	7:23 PM 4,030 Yards - Stress Value = 46	

Workout #1862 - Friday, 12 April 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	4:00 PM Start		
	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	
300	1x{5 x 75 on 1:15 Pulls no br mid 25	EN1	
	{4 x 75 on 1:10 Pulls no br mid 25	EN1	
	{3 x 75 on 1:05 Pulls no br mid 25	EN1	
	{2 x 75 on 1:00 Pulls no br mid 25	EN1	
300	1x{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
	{4 x 25 on :15 Freestyle	EN2	
300	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	Set Description	EGY	WORK
	5:30 PM Start		
	1 on 30:00 Optional dry-land		I
	1 on 30:00 Stomach and Stretch		I
600	3 x 200 on 3:30 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
300	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
300	1x{2 x 250 on 3:45 Pulls	EN1	F
	{2 x 250 on 3:30 Pulls	EN1	F
450	3 x 100 on 1:45 Individual Medley	EN1	S
	1x{2 x 125 on 1:55 Freestyle	EN1	S
	{2 x 75 on :50 Freestyle	EN2	S
	{2 x 125 on 1:50 Freestyle	EN1	S
	{2 x 75 on :55 Freestyle	EN2	S
	{2 x 125 on 1:45 Freestyle	EN1	S
	{2 x 75 on 1:00 Freestyle	EN2	S
	{2 x 125 on 1:40 Freestyle	EN2	S
	{2 x 75 on 1:05 Freestyle	EN2	S
450	9 x 50 on 1:00 Stroke Drills	REC	I
	8:05 PM 5,030 Yards - Stress Value = 61		

Workout #1864 - Tuesday, 16 April 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 PM Start			
	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 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 x 50 on :50 Descend in sets of 3	EN1	S
	1x{4 x 200 on 2:50 Freestyle	EN1	S
	{3 x 200 on 2:45 Freestyle	EN1	S
	{2 x 200 on 2:40 Freestyle	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
8:03 PM 5,080 Yards - Stress Value = 70			

{2 x 100 on 1:25 Pulls	EN1
{2 x 100 on 1:20 Pulls	EN1
{2 x 100 on 1:15 Pulls	EN1
2x{1 x 100 on 1:40 Individual Medley	EN1
{3 x 50 on :45 Freestyle	EN1
1x{1 x 400 on 5:00 Freestyle	EN2
{1 x 400 on 5:15 Freestyle	EN2
{1 x 400 on 5:30 Freestyle	EN1
{1 x 400 on 5:45 Freestyle	EN1
200 1 x 200 on 4:00 Stroke Drills	REC
8:00 PM 5,100 Yards - Stress Value = 67	

Workout #1867 - Friday, 19 April 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:00 PM Start			
	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 turn drills		D
	1x{8 x 50 on :50 Freestyle	EN1	S
	{8 x 50 on :45 Freestyle	EN1	S
	{8 x 50 on :40 Freestyle	EN2	S
	{6 x 50 on :45 Freestyle	EN2	S
	{6 x 50 on :40 Freestyle	EN2	S
	{6 x 50 on :35 Freestyle	EN2	S
	{4 x 50 on :40 Freestyle	EN2	S
	{4 x 50 on :35 Freestyle	EN2	S
	{4 x 50 on :30 Freestyle	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
5:59 PM 4,500 Yards - Stress Value = 66			

Workout #1865 - Wednesday, 17 April 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM Start				
	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 x 75 on 1:05 Pulls	EN1	P	FR
2,500	1x{4 x 150 on 2:00 Freestyle	EN2	S	FR
	{4 x 25 on :30 IM order	EN1	S	IM
	{4 x 125 on 1:40 Freestyle	EN2	S	FR
	{4 x 25 on :30 IM order	EN1	S	IM
	{4 x 100 on 1:20 Freestyle	EN2	S	FR
	{4 x 25 on :30 IM order	EN1	S	IM
	{4 x 75 on 1:00 Freestyle	EN2	S	FR
	{4 x 25 on :30 IM order	EN1	S	IM
	{4 x 50 on :40 Freestyle	EN2	S	FR
	{4 x 25 on :30 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 = 69				

Workout #1868 - Saturday, 20 April 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:30 AM Start			
	1 on 30:00 Stomach and Stretch		L
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 = 83			

Workout #1866 - Thursday, 18 April 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM Start			
	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 x 100 on 1:30 Pulls	EN1	

Workout #1869 - Monday, 22 April 2002

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

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Oportional dryland		
	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	
	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	
	{1 x 600 on 7:30 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:13 PM 6,050 Yards - Stress Value = 86		

Workout #1870 - Tuesday, 23 April 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Optional dryland		L	I
	1 on 30:00 Stomach and Stretch		L	I
1,000	1 x 1000 on 16:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	F
	3x{1 x 100 on 2:00 Kick	EN2	K	I
	{1 x 100 on 1:50 Kick	EN2	K	C
	{1 x 100 on 1:40 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	
	1x{1 x 100 on 1:45 Individual Medley	EN1	S	
	{1 x 100 on 1:40 Individual Medley	EN1	S	
	{1 x 100 on 1:35 Individual Medley	EN1	S	
	{1 x 100 on 1:30 Individual Medley	EN1	S	
	{1 x 100 on 1:25 Individual Medley	EN1	S	
	1x{5 x 125 on 2:05 Backstroke	EN1	S	
	{5 x 100 on 1:35 Backstroke	EN1	S	
	{5 x 75 on 1:10 Backstroke	EN1	S	
	{5 x 50 on :45 Backstroke	EN1	S	
500	10 x 50 on 1:00 Stroke Drills	REC	D	
	8:17 PM 6,030 Yards - Stress Value = 59			

Workout #1871 - Wednesday, 24 April 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
425	1 x 425 on 8:00 Reverse IM drill	REC	D	
210	14 x 15 on :30 Pit sprints	SP3	S	
900	1x{4 x 75 on 1:05 Pulls	EN1	P	
	{4 x 75 on 1:00 Pulls	EN2	P	
	{4 x 75 on :55 Pulls	EN2	P	
2,400	2x{1 x 300 on 5:00 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 x 50 on 1:00 IM order	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	

Workout #1872 - Wednesday, 24 April 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	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

Yards	Set Description	EGY	WORK	S
	1 on 30:00 optional dryland		L	I
	1 on 30:00 Stomach and Stretch		L	I
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	K	C
	{5 x 50 on 1:00 Kick no board	EN2	K	F
	1x{1 x 500 on 7:00 Pulls-nbbf&w	EN1	P	
	{1 x 500 on 6:45 Pulls-nbbf&w	EN1	P	
	{1 x 500 on 6:30 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 x 200 on 3:20 75 free 125 fly	EN1	S	C
	{1 x 200 on 3:25 50 free 150 fly	EN1	S	C
	{1 x 200 on 3:30 25 free 175 fly	EN1	S	C
	{1 x 200 on 3:30 Butterfly	EN1	S	F
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

Yards	Set Description	EGY	WORK	STK
5:15 AM Start				
425	1 x 425 on 7:00 Choice	REC	S	CHO
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
	{3 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 = 71				

Workout #1875 - Friday, 26 April 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:00 PM Start				
600	1 on 30:00 Stomach and Stretch		L	I
	1 x 600 on 12:00 Swim-kick-pull-swim	REC	S	
	1 on 10:00 Techniques-Stanford		D	
800	1 x 800 on 16:00 Vertical Kicking	EN2	K	C
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

Yards	Set Description	EGY	WORK	STK
7:30 AM Start				
800	1 on 30:00 Stomach and Stretch		I	
800	16 x 50 on 1:00 Stroke Drills	REC	I	
300	12 x 25 on :30 Berzerks	SP3	S	
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	F	
	{2 x 250 on 3:30 Pulls	EN1	F	
	{3 x 100 on 1:25 Pulls	EN1	F	
250	1 x 250 on 4:00 1st 50 2bk 2-50 4bk	EN1	S	
	3-50 6bk 4-50 4bk			
	6-50 2 bk			
1x{6	x 25 on :30 Freestyle	EN1	S	
	{1 x 100 on 1:30 Individual Medley	EN1	S	
	{6 x 25 on :30 odds free evens fly	EN1	S	
	{1 x 200 on 3:00 Individual Medley	EN2	S	
	{6 x 25 on :30 odds free evens back	EN1	S	
	{1 x 300 on 4:30 Individual Medley	EN2	S	
	{6 x 25 on :30 odds free evens brst	EN1	S	
	{1 x 400 on 5:40 Individual Medley	EN2	S	
	{6 x 25 on :25 odds free evens fly	EN2	S	
	{1 x 300 on 4:15 Individual Medley	EN2	S	

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

Workout #1877 - Saturday, 27 April 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:30 PM Start			
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	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 x 25 on :45 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

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM Start				
700	1 on 30:00 Optional dryland		L	I
	1 on 30:00 Stomach and Stretch		L	I
300	7 x 100 on 1:45 Stroke Drills	REC	D	
	12 x 25 on :30 Berzerks	SP3	S	
1x{3	x 50 on 1:00 Kick descend	EN2	K	C
	{3 x 75 on 1:25 Kick descend	EN2	K	C
	{3 x 100 on 1:50 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	x 500 on :00 Freestyle for time	EN3	S	
	{1 x 250 on 12:30 Freestyle	REC	S	
	{4 x 125 on 1:50 Freestyle	EN3	S	
	{1 on 1:00 Rest		M	
	{4 x 125 on 1:55 Freestyle	EN3	S	
	{1 on 1:00 Rest		M	
	{4 x 125 on 2:00 Freestyle	EN3	S	
	{1 on 1:00 Rest		M	
	{4 x 125 on 2:05 Freestyle	EN3	S	
	{1 on 1:00 Rest		M	
	{4 x 125 on 2:10 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

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 PM Start			
=====	=====	=====	=====
	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	S
300	12 x 25 on :30 Berzerks	SP3	S
850	2x{1 x 200 on 4:00 Kick no board	EN2	F
	{3 x 75 on 1:30 Kick	EN2	F
1,500	1x{2 x 250 on 3:30 Pulls	EN1	F
	{2 x 250 on 3:20 Pulls	EN2	F
	{2 x 250 on 3:10 Pulls	EN2	F
750	2x{3 x 100 on 1:30 Freestyle-descend	EN1	S
	{3 x 25 on :30 Non free	EN1	S
2,500	2x{1 x 200 on 4:00 Stroke Drills	EN1	I
	{1 x 200 on 3:45 Stroke Drills	EN1	I
	{1 x 200 on 3:30 Stroke Drills	EN1	I
	{1 x 200 on 3:15 Breaststroke	EN2	S
	{3 x 50 on 1:00 Breaststroke-descend	EN1	S
	{3 x 50 on :55 Breaststroke-descend	EN1	S
	{3 x 50 on :50 Breaststroke-descend	EN2	S
8:30 PM	6,700 Yards - Stress Value = 94		

Workout #1880 - Thursday, 02 May 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM Start			
=====	=====	=====	=====
	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	
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 150 on 2:55 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 150 on 2:50 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
100	1 x 100 on 2:00 Kick for time	EN2	
1,500	3 x 500 on 6:45 Pulls	EN1	
400	1 x 400 on 6:00 IM build each 50	EN1	
8x{	8 x 25 on :30 Butterfly	EN2	
	{1 on 1:00 Rest		
250	1 x 250 on 5:00 Stroke Drills	REC	
8:30 PM	5,730 Yards - Stress Value = 78		

Workout #1881 - Friday, 03 May 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 AM Start			
=====	=====	=====	=====
425	1 x 425 on 7:00 Choice	REC	S
210	14 x 15 on :30 Berzerks	SP3	S
1x{	1 x 100 on 1:30 Pulls	EN1	P
	{1 x 200 on 3:00 Pulls	EN1	P
	{1 x 300 on 4:30 Pulls	EN1	P
	{1 x 300 on 4:15 Pulls	EN1	P
	{1 x 200 on 2:50 Pulls	EN1	P
	{1 x 100 on 1:25 Pulls	EN1	P
	{1 x 100 on 1:20 Pulls	EN2	P
	{1 x 200 on 2:40 Pulls	EN2	P
	{1 x 300 on 4:00 Pulls	EN2	P

	{1 x 300 on 3:45 Pulls	EN2	P
	{1 x 200 on 2:30 Pulls	EN2	P
	{1 x 100 on 1:15 Pulls	EN2	P
1x{	3 x 150 on 2:30 100 free 50 fly	EN1	S
	{3 x 150 on 2:39 100 free 50 back	EN1	S
	{3 x 150 on 2:30 100 free 50 breast	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:32 AM	4,585 Yards - Stress Value = 56		

Workout #1882 - Friday, 03 May 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:00 PM Start			
=====	=====	=====	=====
	1 on 30:00 Stomach and Stretch		L
	1 on 10:00 Sculling drills	REC	D
	1 on 15:00 Brick game		S
	1 on 15:00 Techniques-TN turns		D
4x{	1 x 25 on :00 1-fl 2-ba 3-br 4-fr	SP2	S
	{1 x 25 on 1:00 Freestyle	REC	S
	{1 x 50 on :00 1-fl 2-ba 3-br 4-fr	SP2	S
	{1 x 50 on 2:00 Freestyle	REC	S
	{1 x 75 on :00 1-fl 2-ba 3-br 4-fr	SP2	S
	{1 x 75 on 3:00 Freestyle	REC	S
	{1 x 100 on :00 1-fl 2-ba 3-br 4-fr	SP2	S
	{1 x 100 on 4:00 Freestyle	REC	S
300	12 x 25 on :40 Stroke Drills	REC	D
5:59 PM	2,300 Yards - Stress Value = 100		

Workout #1883 - Saturday, 04 May 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:30 AM Start			
=====	=====	=====	=====
	1 on 30:00 Stomach and Stretch		
1,000	8 x 125 on 2:30 Drill 2 on E L.25fst	EN1	
300	12 x 25 on :30 Berzerks	SP3	
1,000	4x{1 x 100 on 1:40 Kick	EN2	
	{1 x 75 on 1:20 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 25 on :30 Kick	EN2	
1,000	1x{1 x 400 on 6:00 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{1 x 100 on 1:15 Pulls	EN1	
400	4 x 100 on 1:45 Individual Medley	EN1	
3,100	1x{5 x 75 on 1:05 Freestyle	EN1	
	{5 x 75 on 1:00 Freestyle	EN2	
	{5 x 75 on :55 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{4 x 75 on 1:00 Freestyle	EN2	
	{4 x 75 on :55 Freestyle	EN2	
	{4 x 75 on :50 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{3 x 75 on :55 Freestyle	EN2	
	{3 x 75 on :50 Freestyle	EN2	
	{3 x 75 on :45 Freestyle	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
10:00 AM	7,100 Yards - Stress Value = 106		

Workout #1884 - Monday, 06 May 2002

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Optional dryland		L I	
	1 on 30:00 Stomach and Stretch		L I	
800	4 x 200 on 4:00 Reverse IM drill	REC	D	
300	12 x 25 on :30 Berzerks	SP3	S	
1,000	10 x 100 on 1:45 Kick	EN2	K C	
1,400	1x{3 x 300 on 4:00 Pulls	EN1	P	
	{2 x 200 on 2:40 Pulls	EN1	P	
	{1 x 100 on 1:20 Pulls	EN1	P	
450	3x{1 x 50 on :50 Freestyle	EN1	S	
	{1 x 50 on :45 Freestyle	EN1	S	
	{1 x 50 on :40 Freestyle	EN1	S	
3,000	2x{2 x 200 on 2:20 Freestyle	EN2	S	
	{2 x 200 on 2:15 Freestyle	EN2	S	
	{2 x 200 on 2:10 Freestyle	EN2	S	
	{3 x 100 on 1:30 Freestyle-descend	EN1	S	
500	10 x 50 on 1:00 Stroke Drills	REC	D	
8:28 PM 7,450 Yards - Stress Value = 106				

Workout #1885 - Monday, 06 May 2002

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Optional dryland		L I	
	1 on 30:00 Stomach and Stretch		L I	
800	4 x 200 on 4:00 Reverse IM drill	REC	D	
300	12 x 25 on :30 Berzerks	SP3	S	
1,000	10 x 100 on 2:00 Kick	EN2	K C	
1,400	1x{3 x 300 on 4:15 Pulls	EN1	P	
	{2 x 200 on 2:50 Pulls	EN1	P	
	{1 x 100 on 1:25 Pulls	EN1	P	
450	3x{1 x 50 on :50 Freestyle	EN1	S	
	{1 x 50 on :45 Freestyle	EN1	S	
	{1 x 50 on :40 Freestyle	EN1	S	
3,000	2x{2 x 200 on 2:30 Freestyle	EN2	S	
	{2 x 200 on 2:25 Freestyle	EN2	S	
	{2 x 200 on 2:20 Freestyle	EN2	S	
	{3 x 100 on 1:30 Freestyle-descend	EN1	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
8:29 PM 7,250 Yards - Stress Value = 106				

Workout #1886 - Monday, 06 May 2002

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	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 I	
300	12 x 25 on :30 Berzerks	SP3	S F	
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 F	
	2x{1 x 50 on :55 Freestyle	EN1	S F	
	{1 x 50 on :50 Freestyle	EN1	S F	
	{1 x 50 on :45 Freestyle	EN1	S F	
	2x{2 x 200 on 2:55 Freestyle	EN2	S F	
	{2 x 200 on 2:50 Freestyle	EN2	S F	
	{2 x 200 on 2:45 Freestyle	EN2	S F	
	{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 #1887 - Tuesday, 07 May 2002

Group 3 - Breast

1 minute rest between sets

Yards	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	
300	12 x 25 on :30 Berzerks	SP3	
900	1x{6 x 50 on 1:05 Kick des in 3's	EN2	
	{6 x 50 on 1:00 Kick des in 3's	EN2	
	{6 x 50 on :55 Kick des in 3's	EN2	
1,200	1x{3 x 150 on 3:15 Pulls	EN1	
	{3 x 150 on 3:05 Pulls	EN1	
	{2 x 150 on 2:55 Pulls	EN2	
450	9 x 50 on :45 Freestyle	EN1	
2,150	1x{4 x 200 on 3:30 Breaststroke	EN1	
	{3 x 175 on 3:00 Breaststroke	EN1	
	{2 x 150 on 2:30 Your Stroke	EN1	
	{1 x 125 on 2:00 Breaststroke	EN1	
	{4 x 100 on 2:00 Breaststroke des 1-4	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
8:30 PM 6,050 Yards - Stress Value = 69			

Workout #1890 - Tuesday, 07 May 2002

Group 3 - Distance

1 minute rest between sets

Yards	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	
250	10 x 25 on :30 Berzerks	SP3	
300	6 x 50 on 1:00 Kick des in 3's hold	EN2	
900	1x{2 x 225 on 3:15 Pulls	EN1	
	{1 x 225 on 3:05 Pulls	EN1	
	{1 x 225 on 2:55 Pulls	EN2	
300	6 x 50 on :45 Freestyle	EN1	
5,400	1x{5 x 500 on 6:15 Freestyle	EN2	
	{4 x 400 on 5:00 Freestyle	EN2	
	{3 x 300 on 3:45 Freestyle	EN2	
	{2 x 200 on 2:30 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
8:31 PM 8,150 Yards - Stress Value = 137			

Workout #1889 - Tuesday, 07 May 2002

Group 3 - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM Start			
800	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	
300	12 x 25 on :30 Berzerks	SP3	
900	1x{6 x 50 on 1:05 Kick des in 3's	EN2	
	{6 x 50 on 1:00 Kick des in 3's	EN2	
	{6 x 50 on :55 Kick des in 3's	EN2	
1,800	1x{3 x 225 on 3:15 Pulls	EN1	
	{3 x 225 on 3:05 Pulls	EN1	
	{2 x 225 on 2:55 Pulls	EN2	
450	9 x 50 on :45 Freestyle	EN1	
2,100	1x{3 x 100 on 1:50 Your Stroke	EN1	
	{4 x 100 on 1:45 Your Stroke	EN1	
	{5 x 100 on 1:40 Your Stroke	EN1	
	{5 x 75 on 1:15 Your Stroke	EN1	
	{4 x 75 on 1:10 Your Stroke	EN1	
	{3 x 75 on 1:05 Your Stroke	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
8:30 PM 6,750 Yards - Stress Value = 78			

	1 on 30:00 Optional dryland		
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
300	12 x 25 on :30 Berzerks	SP3	
1,050	2x{1 x 125 on 2:15 Kick	EN2	
	{1 x 125 on 2:10 Kick	EN2	
	{1 x 125 on 2:05 Kick	EN2	
	{3 x 50 on 1:00 Kick 100% effort	EN2	
1,800	1x{3 x 150 on 2:15 Pulls mid 50 br ev 9	EN1	
	{3 x 150 on 2:10 Pulls mid 50 br ev10	EN1	
	{3 x 150 on 2:05 Pulls mid 50 br ev11	EN1	
	{3 x 150 on 2:00 Pulls mid 50 br ev12	EN1	
400	4 x 100 on 1:30 Free L.25 stroke	EN1	
2,400	12x{1 x 100 on 1:15 Individual Medley	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
500	10 x 50 on 1:00 Stroke Drills	REC	
8:28 PM 7,250 Yards - Stress Value = 89			

Workout #1893 - Wednesday, 08 May 2002

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM Start			
=====			
	1 on 30:00 Optional dryland		
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
300	12 x 25 on :30 Berzerks	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	
	{3 x 25 on :45 Kick 100% effort	EN2	
	1x{3 x 150 on 2:15 Pulls mid 50 br ev 9	EN1	
	{3 x 150 on 2:10 Pulls mid 50 br ev10	EN1	
	{3 x 150 on 2:05 Pulls mid 50 br ev11	EN1	
	{3 x 150 on 2:00 Pulls mid 50 br ev12	EN1	
400	4 x 100 on 1:30 Free L.25 stroke	EN1	
11x	{1 x 100 on 1:20 Individual Medley	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
450	9 x 50 on 1:00 Stroke Drills	REC	
8:28 PM 6,850 Yards - Stress Value = 83			

Workout #1894 - Wednesday, 08 May 2002

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM Start			
=====			
	1 on 30:00 Optional dryland		
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
300	12 x 25 on :30 Berzerks	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	
	{3 x 50 on 1:00 Kick 100% effort	EN2	
	1x{3 x 150 on 2:15 Pulls mid 50 br ev 9	EN1	
	{3 x 150 on 2:10 Pulls mid 50 br ev10	EN1	
	{3 x 150 on 2:05 Pulls mid 50 br ev11	EN1	
	{3 x 150 on 2:00 Pulls mid 50 br ev12	EN1	
400	4 x 100 on 1:30 Free L.25 stroke	EN1	
10x	{1 x 100 on 1:35 Individual Medley	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 25 on :40 Freestyle	REC	
500	10 x 50 on 1:00 Stroke Drills	REC	
8:27 PM 6,450 Yards - Stress Value = 80			

Workout #1888 - Tuesday, 07 May 2002

Group 3 - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM Start			
=====			
	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	
300	12 x 25 on :30 Berzerks	SP3	
900	1x{6 x 50 on 1:05 Kick des in 3's	EN2	
	{6 x 50 on 1:00 Kick des in 3's	EN2	
	{6 x 50 on :55 Kick des in 3's	EN2	
1,600	1x{3 x 200 on 3:15 Pulls no br L.30 yds	EN1	
	{3 x 200 on 3:05 Pulls no br L.40 yds	EN1	
	{2 x 200 on 2:55 Pulls no br L.50 yds	EN1	
3,000	5x{6 x 50 on :45 Descend in sets of 3	EN1	
	{1 x 100 on :00 Freestyle 100%	SP1	
	{1 x 200 on 5:00 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
8:30 PM 6,800 Yards - Stress Value = 101			

Workout #1891 - Wednesday, 08 May 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 AM Start			
=====			
425	1 x 425 on 7:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Pit sprints	SP3	
2,000	1x{1 x 1000 on 14:00 Pulls	EN1	
	{2 x 500 on 6:45 Pulls	EN1	
1,800	12 x 150 on 2:15 Descend in sets of 3	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:31 AM 4,635 Yards - Stress Value = 64			

Workout #1892 - Wednesday, 08 May 2002

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM Start			
=====			

Workout #1897 - Thursday, 09 May 2002

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 PM Start			
	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	S
180	12 x 15 on :30 Shooters	SP3	S
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	F
	{2 x 200 on 4:00 Pulls	EN2	F
450	1x{2 x 50 on :50 Freestyle	EN1	S
	{2 x 75 on 1:10 Freestyle	EN1	S
	{2 x 100 on 1:30 Freestyle	EN1	S
2,700	1x{6 x 50 on 1:00 Under/overs	EN1	S
	{6 x 100 on 1:40 75 fr 25 br-descend	EN1	S
	{6 x 50 on 1:00 under/overs	EN1	S
	{6 x 100 on 1:35 50 fr 50 br-descend	EN1	S
	{6 x 50 on :50 Under/overs	EN1	S
	{6 x 100 on 1:30 25 fr 75 br-descend	EN2	S
450	9 x 50 on 1:00 Stroke Drills	REC	I
8:30 PM 6,180 Yards - Stress Value = 77			

Workout #1895 - Thursday, 09 May 2002

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 PM Start			
	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	S
180	12 x 15 on :30 Shooters	SP3	S
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	F
	{2 x 300 on 4:00 Pulls	EN2	F
450	1x{2 x 50 on :50 Freestyle	EN1	S
	{2 x 75 on 1:10 Freestyle	EN1	S
	{2 x 100 on 1:30 Freestyle	EN1	S
3,300	2 x 1650 on 22:00 Freestyle	EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	I
8:27 PM 7,130 Yards - Stress Value = 112			

Workout #1896 - Thursday, 09 May 2002

Group 3 - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 PM Start			
	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	S
180	12 x 15 on :30 Shooters	SP3	S
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	F
	{2 x 300 on 4:00 Pulls	EN2	F
450	1x{2 x 50 on :50 Freestyle	EN1	S
	{2 x 75 on 1:10 Freestyle	EN1	S
	{2 x 100 on 1:30 Freestyle	EN1	S
3,000	2x{3 x 50 on 1:00 Your Stroke	EN1	S
	{3 x 100 on 1:30 Freestyle-descend	EN1	S
	{4 x 50 on :55 Your Stroke	EN1	S
	{3 x 100 on 1:25 Freestyle-descend	EN1	S
	{5 x 50 on :50 Your Stroke	EN1	S
	{3 x 100 on 1:20 Freestyle-descend	EN2	S

350 7 x 50 on 1:00 Stroke Drills REC I
8:30 PM 6,780 Yards - Stress Value = 82

Workout #1898 - Thursday, 09 May 2002

Group 3 - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 PM Start			
	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	S
180	12 x 15 on :30 Shooters	SP3	S
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	F
	{2 x 200 on 4:00 Pulls	EN2	F
450	1x{2 x 50 on :50 Freestyle	EN1	S
	{2 x 75 on 1:10 Freestyle	EN1	S
	{2 x 100 on 1:30 Freestyle	EN1	S
1,700	4x{1 x 75 on 1:30 25 fast 50 ez	EN1	S
	{1 x 75 on 1:30 50 fast 25 ez	EN2	S
	{1 x 75 on 1:30 75 fast	EN2	S
	{1 x 200 on 4:00 Freestyle	REC	S
500	20 x 25 on :30 Odds 100% effort	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	I
8:30 PM 5,730 Yards - Stress Value = 69			

Workout #1899 - Friday, 10 May 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:15 AM Start				
	1 x 425 on 7:00 Reverse IM drill	REC	D	I
300	12 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

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	16 x 50 on :55 Stroke Drills 4 on E	REC	I
300	12 x 25 on :30 Berzerks	SP3	§
	3x{4 x 25 on :45 Sprint kick	EN2	F
	{4 x 25 on :45 Kick under water	EN2	F
1,000	20 x 50 on :40 Pulls	EN1	I
200	1 x 200 on 3:00 Individual Medley	EN1	§
	1x{8 x 25 on :30 Butterfly	EN1	§
	{1 x 200 on 2:30 Freestyle	EN2	§
	{8 x 25 on :25 Backstroke	EN1	§
	{1 x 200 on 2:30 Freestyle	EN2	§
	{8 x 25 on :20 Freestyle	EN2	§
	{1 x 200 on 2:30 Freestyle	EN2	§
	{8 x 25 on :35 Breaststroke	EN1	§
250	1 x 250 on 5:00 Stroke Drills	REC	I
	6:00 PM 4,550 Yards - Stress Value = 58		

	{2 x 50 on 1:00 Kick	EN1
1,650	1x{4 x 75 on 1:10 Pulls	EN1
	{5 x 75 on 1:05 Pulls	EN1
	{6 x 75 on 1:00 Pulls	EN2
	{7 x 75 on :55 Pulls	EN2
450	9 x 50 on :45 Freestyle	EN1
2,400	6 x 400 on 4:40 Freestyle	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
	8:24 PM 7,080 Yards - Stress Value = 107	

Workout #1903 - Monday, 13 May 2002

Group 3 - Silver

1 minute rest between sets

Yards	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 2:05 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 #1901 - Saturday, 11 May 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Choice	REC	
300	12 x 25 on :30 Berzerks	SP3	
	4x{1 x 150 on 2:45 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
100	1 x 100 on 2:00 Kick for time	EN2	
	1x{3 x 125 on 2:00 Pulls no br L.05 yds	EN1	
	{3 x 125 on 1:55 Pulls no br L.10 yds	EN1	
	{3 x 125 on 1:50 Pulls no br L.15 yds	EN1	
	{3 x 125 on 1:45 Pulls no br L.20 yds	EN1	
400	16 x 25 on :30 IM order-build	EN1	
	1x{6 x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 1:05 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	10:00 AM 6,800 Yards - Stress Value = 100		

Workout #1904 - Monday, 13 May 2002

Group 3 - Bronze

1 minute rest between sets

Yards	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	10 x 50 on 1:00 Stroke Drills	REC	
	8:25 PM 6,280 Yards - Stress Value = 88		

Workout #1902 - Monday, 13 May 2002

Group 3 - Gold

1 minute rest between sets

Yards	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	
1,200	2x{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 x 100 on 1:30 Kick	EN2	

Workout #1906 - Tuesday, 14 May 2002

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
	1 on 30:00 Stomach and Stretch		L I	
800	8 x 100 on 1:45 Stroke Drills	REC	D C	
300	12 x 25 on :30 Berzerks	SP3	S	
800	4 x 200 on 3:45 Kick	EN2	K	
1,000	1x{5 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
	{5 x 50 on :55 Pulls-nbbf&w	EN1	P	
	{5 x 50 on :50 Pulls-nbbf&w	EN1	P	
	{5 x 50 on :45 Pulls-nbbf&w	EN1	P	
500	5 x 100 on 1:40 Individual Medley	EN1	S	
2,400	3x{1 x 125 on 2:15 Breaststroke	EN2	S	
	{1 x 125 on 2:10 Breaststroke	EN2	S	
	{1 x 125 on 2:05 Breaststroke	EN2	S	
	{1 x 125 on 2:00 Breaststroke	EN2	S	
	{1 x 200 on :00 Breaststroke 100%	EN3	S	
	{1 x 100 on 6:00 Freestyle	REC	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
	6:30 PM 6,200 Yards - Stress Value = 109			

Workout #1905 - Tuesday, 14 May 2002

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
	1 on 30:00 Stomach and Stretch		L I	
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 x 50 on :55 Pulls	EN1	P	
	{4 x 50 on :50 Pulls	EN1	P	
	{4 x 50 on :45 Pulls	EN1	P	
	{ no breath last 25			
300	3 x 100 on 1:40 Individual Medley	EN1	S	
4,000	4x{4 x 125 on 1:45 Freestyle	EN2	S	
	{1 x 500 on 7:00 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

Yards	Set Description	EGY	WORK	§
	1 on 30:00 Stomach and Stretch		I	
800	8 x 100 on 1:45 Stroke Drills	REC	I	
300	12 x 25 on :30 Berzerks	SP3	S	
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	F	
	{5 x 50 on :55 Pulls-nbbf&w	EN1	F	
	{5 x 50 on :50 Pulls-nbbf&w	EN1	F	
	{5 x 50 on :45 Pulls-nbbf&w	EN1	F	
300	2 x 150 on 2:15 1st50-2bk 2nd50 4bk	EN1	S	
	3rd50-6bk			
2,800	2x{1 x 150 on 2:15 IM no free	EN2	S	
	{1 x 200 on 3:00 Your Stroke	EN2	S	
	{1 x 150 on 2:10 IM no free	EN2	S	
	{1 x 200 on 2:55 Your Stroke	EN2	S	
	{1 x 150 on 2:05 IM no free	EN2	S	
	{1 x 200 on 2:50 Your Stroke	EN2	S	
	{1 x 150 on 2:00 IM no free	EN2	S	
	{1 x 200 on 2:45 Your Stroke	EN2	S	

400 8 x 50 on 1:00 Stroke Drills REC I
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	EGY	WOF	§
	4:00 PM Start			
	1 on 30:00 Stomach and Stretch			
800	8 x 100 on 1:45 Stroke Drills	REC		
300	12 x 25 on :30 Berzerks	SP3		
1,200	12 x 100 on 2:00 Kick	EN2		
1,000	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		
500	5 x 100 on 1:40 Individual Medley	EN1		
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		
	{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		
	{1 x 200 on 3:30 Freestyle L.175 fast	EN2		
	{1 x 200 on 3:30 Freestyle all fast	EN2		
400	4 x 100 on 1:30 Freestyle-descend	EN2		
	to ludicrous speed			
400	8 x 50 on 1:00 Stroke Drills	REC		
	6:30 PM 6,200 Yards - Stress Value = 89			

Workout #1909 - Wednesday, 15 May 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
	5:15 AM Start			
425	1 x 425 on 7:00 Reverse IM drill	REC	D	
210	14 x 15 on :30 Pit sprints	SP3	S	
	1x{2 x 100 on 1:30 Pulls	EN1	P	
	{2 x 150 on 2:10 Pulls	EN1	P	
	{2 x 200 on 2:50 Pulls	EN1	P	
	{2 x 250 on 3:30 Pulls	EN1	P	
	1x{6 x 50 on :40 Freestyle	EN2	S	
	{1 x 400 on 6:30 Individual Medley	EN1	S	
	{2 x 300 on 4:45 Individual Medley	EN1	S	
	{3 x 200 on 3:05 Individual Medley	EN1	S	
	{4 x 100 on 1:30 Individual Medley	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:32 AM 4,535 Yards - Stress Value = 48			

Workout #1910 - Wednesday, 15 May 2002

Group 3 - Gold

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WORK
800	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	S
1,000	1x{1 x 100 on 1:40 Kick	EN2	K
	{3 x 50 on 1:00 Kick	EN2	K
	{1 x 100 on 1:45 Kick	EN2	K
	{3 x 50 on :55 Kick	EN2	K
	{1 x 100 on 1:50 Kick	EN2	K
	{3 x 50 on :50 Kick	EN2	K
	{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 x 200 on 4:00 Reverse IM drill	REC	D
	{3 x 75 on :55 Freestyle	EN2	S
	{3 x 75 on :50 Freestyle	EN2	S
	{3 x 75 on :45 Freestyle	EN2	S
	{1 x 200 on 4:00 Reverse IM drill	REC	D
	6:26 PM 7,130 Yards - Stress Value = 97		

Workout #1911 - Wednesday, 15 May 2002

Group 3 - Silver

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WORK
800	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	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	P
	{2 x 200 on 2:40 Pulls	EN2	P
1x	{3 x 100 on 1:30 Freestyle-descend	EN1	S
	{3 x 50 on 1:00 Your Stroke-descend	EN1	S
2x	{3 x 75 on 1:10 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	D
	{3 x 75 on 1:00 Freestyle	EN2	S
	{3 x 75 on :55 Freestyle	EN2	S
	{2 x 75 on :50 Freestyle	EN2	S
	{1 x 200 on 4:00 Reverse IM drill	REC	D
	6:26 PM 6,730 Yards - Stress Value = 89		

Workout #1912 - Wednesday, 15 May 2002

Group 3 - Bronze

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	S
1x	{1 x 100 on 2:15 Kick	EN2	K
	{3 x 50 on 1:00 Kick	EN2	K
	{1 x 100 on 2:10 Kick	EN2	K
	{4 x 50 on 1:00 Kick	EN2	K
	{1 x 100 on 2:05 Kick	EN2	K
	{5 x 50 on 1:00 Kick	EN2	K
1x	{2 x 200 on 3:10 Pulls	EN1	P
	{2 x 200 on 3:05 Pulls	EN1	P
	{1 x 200 on 3:00 Pulls	EN1	P
1x	{3 x 100 on 1:40 Freestyle-descend	EN1	S
	{2 x 50 on 1:00 Your Stroke-build	EN1	S
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 x 100 on 2:30 Reverse IM drill	REC	D
	{3 x 75 on 1:10 Freestyle	EN2	S
	{3 x 75 on 1:05 Freestyle	EN2	S
	{2 x 75 on 1:00 Freestyle	EN2	S
	{1 x 100 on 2:30 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 Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	4 x 200 on 3:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	3x{1 x 100 on 2:00 Kick L.25 fast	EN2	
	{1 x 100 on 1:55 Kick L.50 fast	EN2	
	{1 x 100 on 1:50 Kick L.75 fast	EN2	
	{1 x 100 on 1:45 Kick L.100 fast	EN2	
1,000	1x{4 x 100 on 2:00 Pulls	EN2	
	{4 x 100 on 1:55 Pulls	EN1	
	{2 x 100 on 1:50 Pulls	EN2	
300	12 x 25 on :30 IM order-build	EN1	
1,800	1x{4 x 150 on 2:45 Breaststroke	EN2	
	{3 x 150 on 2:40 Breaststroke	EN2	
	{2 x 150 on 2:35 Breaststroke	EN2	
	{1 x 150 on 2:30 Breaststroke	EN2	
	{3 x 100 on 1:50 Breaststroke-descend	EN2	
400	16 x 25 on :30 Freestyle ALL 6BK	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	6:29 PM 5,930 Yards - Stress Value = 94		

Workout #1913 - Thursday, 16 May 2002

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	4 x 200 on 3:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
800	2x{1 x 100 on 2:00 Kick L.25 fast	EN2	
	{1 x 100 on 1:55 Kick L.50 fast	EN2	
	{1 x 100 on 1:50 Kick L.75 fast	EN2	
	{1 x 100 on 1:45 Kick L.100 fast	EN2	
1,200	1x{4 x 100 on 1:15 Pulls	EN2	
	{4 x 100 on 1:20 Pulls	EN1	
	{4 x 100 on 1:15 Pulls	EN2	
300	12 x 25 on :30 IM order-build	EN1	
4,000	2x{1 x 1000 on 12:30 Freestyle	EN2	
	{10 x 100 on 1:30 Free hold under 1:05	EN2	
250	1 x 250 on 4:00 Freestyle	REC	
	6:30 PM 7,530 Yards - Stress Value = 126		

Workout #1914 - Thursday, 16 May 2002

Group 3 - Fly & Back

1 minute rest between sets

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 x 100 on 1:50 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 x 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 = 112		

Workout #1916 - Thursday, 16 May 2002

Group 3 - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch		L	I
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	C
	{1 x 100 on 1:55 Kick L.50 fast	EN2	K	C
	{1 x 100 on 1:50 Kick L.75 fast	EN2	K	C
	{1 x 100 on 1:45 Kick L.100 fast	EN2	K	C
1,300	2x{4 x 125 on 1:50 Pulls no br L. 25	EN1	P	
	{3 x 50 on :45 Pulls	EN1	P	
2,000	4x{1 x 25 on :00 Freestyle OTB	SP2	S	
	{1 x 25 on 1:30 Freestyle	REC	S	
	{1 x 50 on :00 Freestyle OTB	SP2	S	
	{1 x 50 on 2:30 Freestyle	REC	S	
	{1 x 75 on :00 Freestyle OTB	SP2	S	
	{1 x 75 on 3:30 Freestyle	REC	S	
	{1 x 100 on :00 Freestyle	SP2	S	

	{1 x 100 on 4:30 Freestyle	REC	S
300	6 x 50 on 1:00 Stroke Drills	REC	D
	6:30 PM 5,780 Yards - Stress Value = 144		

Workout #1917 - Friday, 17 May 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
	5:15 AM Start				
	1 x 425 on 7:00 Choice	REC	S	CHO	1
425	12 x 25 on :30 Pit sprints	SP3	S	CHO	2
300	1x{2 x 250 on 3:45 Pulls	EN1	P	FR	1
	{5 x 100 on 1:15 Pulls	EN1	P	FR	1
	1x{3 x 125 on 1:50 Freestyle	EN1	S	FR	1
	{3 x 125 on 1:45 Freestyle	EN1	S	FR	1
	{3 x 125 on 1:40 Freestyle	EN2	S	FR	1
	{3 x 125 on 1:35 Freestyle	EN2	S	FR	1
	{3 x 125 on 1:30 Freestyle	EN2	S	FR	1
	{3 x 125 on 1:25 Freestyle	EN2	S	FR	1
	1x{4 x 25 on :30 Freestyle	EN1	S	FR	2
	{4 x 25 on :25 Freestyle	EN1	S	FR	1
	{4 x 25 on :20 Freestyle	EN2	S	FR	1
	{4 x 25 on :15 Freestyle	EN2	S	FR	1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	6:29 AM 4,675 Yards - Stress Value = 68				

Workout #1918 - Friday, 17 May 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	4:00 PM Start		
	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{5 x 50 on 1:00 Kick	EN2	
	{5 x 50 on :55 Kick	EN2	
	{5 x 50 on :50 Kick	EN2	
	1x{4 x 75 on 1:10 Pulls	EN1	
	{4 x 75 on 1:05 Pulls	EN1	
	{4 x 75 on 1:00 Pulls	EN1	
	1x{1 x 100 on 2:00 Individual Medley	EN1	
	{1 x 100 on 1:55 Individual Medley	EN1	
	{1 x 100 on 1:50 Individual Medley	EN1	
	{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	EN2	
	{1 x 100 on 1:20 Individual Medley	EN2	
	{1 x 100 on 1:15 Individual Medley	EN2	
	{1 x 100 on 1:10 Individual Medley	EN2	
	{1 x 100 on 1:05 Individual Medley	EN2	
	{1 x 100 on 1:00 Individual Medley	EN2	
500	20 x 25 on :30 Odds free evens strk	EN1	
	all out		
250	1 x 250 on 5:00 Stroke Drills	REC	
	5:59 PM 4,800 Yards - Stress Value = 60		

Workout #1919 - Saturday, 18 May 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:30 AM Start			
	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 x 100 on 1:20 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 = 141			

Workout #1920 - Wednesday, 22 May 2002

Group 3 - All

1 minute rest between sets

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

Workout #1921 - Friday, 24 May 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:15 PM Start				
425	1 x 425 on 7:00 Choice	REC	S	CHO
180	12 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 Freestyle	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 x 150 on 1:55 Freestyle	EN2	S	FR
{ 1 x 150 on 1:50 Freestyle	EN2	S	FR
{ 1 x 175 on 2:30 Freestyle	EN1	S	FR
{ 1 x 175 on 2:20 Freestyle	EN2	S	FR
{ 1 x 175 on 2:10 Freestyle	EN2	S	FR
{ 1 x 175 on 2:05 Freestyle	EN2	S	FR
1 x 250 on 4:00 Stroke Drills	REC	D	CD
6:30 PM 4,705 Yards - Stress Value = 66			

Workout #1922 - Wednesday, 29 May 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:15 AM Start				
425	1 x 425 on 7:00 Reverse IM drill	REC		D
210	14 x 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

Yards	Set Description	EGY	WOF
6:00 AM Start			
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
800	4x{ 1 x 100 on 2:15 Kick	EN2	
	{ 1 x 100 on 2:15 Kick	EN2	
2,000	1x{ 1 x 400 on 6:00 Pulls	EN1	
	{ 2 x 300 on 4:30 Pulls	EN1	
	{ 3 x 200 on 3:00 Pulls	EN1	
	{ 4 x 100 on 1:30 Pulls	EN1	
300	6 x 50 on :50 Descend in sets of 3	EN1	
1,800	3x{ 1 x 200 on 4:00 Breaststroke	EN1	
	{ 1 x 150 on 2:50 Breaststroke	EN1	
	{ 1 x 100 on 1:50 Breaststroke	EN2	
	{ 3 x 50 on 1:00 Stroke Drills	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
8:00 AM 6,130 Yards - Stress Value = 66			

Workout #1930 - Monday, 10 June 2002

1 minute rest between sets

Group 3 - Breast

1 minute rest between sets

3:30 PM Start		6:00 AM Start		EGY	WOF
Yards	Set Description	Yards	Set Description		
800	1 on 30:00 Stomach and Stretch	800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
800	8 x 100 on 1:45 Stroke Drills	180	12 x 15 on :30 Shooters	SP3	
180	12 x 15 on :30 Shooters	800	4x{1 x 100 on 2:30 Kick no board	EN2	
900	3x{1 x 100 on 2:00 Kick		{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 1:45 Kick	2,000	1x{1 x 400 on 6:00 Pulls	EN1	
	{1 x 100 on 1:30 Kick		{2 x 300 on 4:30 Pulls	EN1	
400	8 x 50 on 1:00 Pulls	300	{3 x 200 on 3:00 Pulls	EN1	
2,200	4x{1 x 75 on :00 Breaststroke		{4 x 100 on 1:30 Pulls	EN1	
	{1 x 75 on 3:00 Freestyle	2,000	6 x 50 on :50 Descend in sets of 3	EN1	
	{1 x 200 on 3:00 Individual Medley		4x{1 x 200 on 3:00 Backstroke	EN2	
	{4 x 25 on :30 Breaststroke	250	{3 x 100 on 1:45 Backstroke-descend	EN1	
	{1 x 100 on 1:30 Freestyle		1 x 250 on 5:00 Stroke Drills	REC	
200	1 x 200 on 3:00 Stroke Drills		7:59 AM 6,330 Yards - Stress Value = 74		
5:30 PM	4,680 Yards - Stress Value = 107				

Workout #1929 - Monday, 10 June 2002

Group 3 - Backstroke

1 minute rest between sets

Workout #1927 - Monday, 10 June 2002

Group 3 - Fly

1 minute rest between sets

6:00 AM Start		3:30 PM Start		EGY	WOF	
Yards	Set Description	Yards	Set Description			
800	1 x 800 on 15:00 Swim-kick-pull-swim	800	1 on 30:00 Stomach and Stretch	L I		
180	12 x 15 on :30 Shooters	800	8 x 100 on 1:45 Stroke Drills	REC	D C	
5x{1 x 100 on 2:00 Kick with flippers	EN2	180	odds free evens back			
{1 x 100 on 2:00 Kick with flippers	EN2	900	12 x 15 on :30 Shooters	SP3	S	
1x{1 x 400 on 6:00 Pulls	EN1	900	3x{1 x 100 on 2:00 Kick no board	EN2	K	
{2 x 300 on 4:30 Pulls	EN1		{1 x 100 on 1:45 Kick no board	EN2	K	
{3 x 200 on 3:00 Pulls	EN1	600	{1 x 100 on 1:30 Kick	EN2	K	
{4 x 100 on 1:30 Pulls	EN1	2,200	12 x 50 on :40 Pulls	EN1	P	
300	6 x 50 on :50 Descend in sets of 3		2,200	4x{1 x 75 on :00 Backstroke	SP2	S
2x{1 x 200 on 3:30 Freestyle	EN1		{ 15m undr off each wl			
{1 x 200 on 3:25 150 free 50 fly	EN1		{1 x 75 on 3:00 Freestyle	REC	S	
{1 x 200 on 3:20 100 free 100 fly	EN2		{1 x 200 on 3:00 Individual Medley	EN1	S	
{1 x 200 on 3:15 50 free 150 fly	EN2	200	{4 x 25 on :30 Backstroke	SP2	S	
{1 x 200 on 3:10 Butterfly	EN2		{1 x 100 on 1:30 Backstroke	REC	S	
250	1 x 250 on 5:00 Stroke Drills		{1 x 100 on 1:30 Freestyle	REC	S	
8:01 AM	6,530 Yards - Stress Value = 82	200	1 x 200 on 3:00 Stroke Drills	REC	D	
		5:30 PM	4,880 Yards - Stress Value = 109			

Workout #1926 - Monday, 10 June 2002

Group 3 - Silver

1 minute rest between sets

Workout #1928 - Monday, 10 June 2002

Group 3 - Fly

1 minute rest between sets

3:30 PM Start		6:00 AM Start		EGY	WOF
Yards	Set Description	Yards	Set Description		
800	1 on 30:00 Stomach and Stretch	800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
800	8 x 100 on 1:45 Stroke Drills	180	12 x 15 on :30 Shooters	SP3	
180	12 x 15 on :30 Shooters	3x{1 x 150 on 4:00 Kick	EN2		
3x{1 x 100 on 2:00 Kick	EN2		{1 x 100 on 2:30 Kick	EN2	
{1 x 100 on 1:45 Kick	EN2		{1 x 50 on 1:10 Kick	EN2	
{1 x 100 on 1:30 Kick	EN2		1x{1 x 400 on 7:00 Pulls	EN1	
600	12 x 50 on :40 Pulls-nbbf&w		{1 x 300 on 5:15 Pulls	EN1	
4x{1 x 75 on :00 Butterfly	SP2	300	{1 x 200 on 3:30 Pulls	EN1	
{1 x 75 on 3:00 Freestyle	REC		{1 x 100 on 1:45 Pulls	EN1	
{1 x 200 on 3:00 Individual Medley	EN1		6 x 50 on 1:00 Descend in sets of 3	EN1	
{4 x 25 on :30 Butterfly	SP2		1x{1 x 500 on 8:45 Freestyle	EN1	
{1 x 100 on 1:30 Freestyle	REC		{1 x 500 on 8:20 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills		{1 x 500 on 7:55 Freestyle	EN2	
5:30 PM	4,880 Yards - Stress Value = 109		{1 x 500 on 7:30 Freestyle	EN2	
			{1 x 500 on 7:05 Freestyle	EN2	
		250	1 x 250 on 5:00 Stroke Drills	REC	
		8:00 AM	5,930 Yards - Stress Value = 78		

Workout #1924 - Monday, 10 June 2002

Group 3 - Backstroke

Workout #1925 - Monday, 10 June 2002

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 AM Start			
700	1 x 700 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 150 on 4:15 Kick	EN2	
	{1 x 100 on 2:40 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN2	
	1x{1 x 400 on 8:00 Pulls	EN1	
	{1 x 300 on 6:00 Pulls	EN1	
	{1 x 200 on 4:00 Pulls	EN1	
	{1 x 100 on 2:00 Pulls	EN1	
300	6 x 50 on 1:00 Descend in sets of 3	EN1	
	1x{1 x 500 on 10:00 Freestyle	EN1	
	{1 x 500 on 9:30 Freestyle	EN1	
	{1 x 500 on 9:00 Freestyle	EN2	
	{1 x 500 on 8:30 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
8:01 AM 5,330 Yards - Stress Value = 68			

Workout #1931 - Monday, 10 June 2002

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
3:30 PM Start				
	1 on 30:00 Stomach and Stretch		L I	
800	8 x 100 on 1:45 Stroke Drills	REC	D C	
	2 on each stroke			
180	12 x 15 on :30 Shooters	SP3	S	
	3x{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	
500	10 x 50 on :45 Pulls	EN1	P	
	3x{3 x 50 on 1:00 Backstroke	SP2	S	
	{1 x 100 on 1:45 Freestyle	REC	S	
	{2 x 100 on 1:45 Individual Medley	EN1	S	
	{4 x 25 on :30 Freestyle	SP2	S	
	{1 x 100 on 1:30 Freestyle	REC	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
5:30 PM 4,530 Yards - Stress Value = 111				

Workout #1933 - Tuesday, 11 June 2002

Group 3 - Breast

1 minute rest between sets

Meters	Set Description	EGY	WORK	Σ
6:00 AM Start				
800	8 x 100 on 2:00 Stroke Drills	REC	D	
	2 on each stroke			
180	12 x 15 on :30 Shooters	SP3	S	
900	3x{1 x 150 on 3:00 Kick	EN2	K	
	{1 x 100 on 2:00 Kick	EN2	K	
	{1 x 50 on 1:00 Kick	EN2	K	
100	1 x 100 on 2:00 Kick for time	EN2	K C	
1,600	4 x 400 on 5:30 Pulls	EN1	P	
400	4 x 100 on 1:30 Freestyle-descend	EN1	S	
2,100	1x{2 x 200 on 3:45 Breaststroke	EN1	S	
	{2 x 200 on 3:40 Breaststroke	EN1	S	
	{2 x 200 on 3:35 Breaststroke	EN2	S	
	{3 x 100 on 1:45 Breaststroke	EN2	S	
	{3 x 100 on 1:40 Breaststroke	EN2	S	
	{3 x 100 on 1:35 Breaststroke	EN2	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
7:59 AM 6,380 Meters - Stress Value = 90				

Workout #1934 - Tuesday, 11 June 2002

Group 3 - Fly

1 minute rest between sets

Meters	Set Description	EGY	WORK	Σ
6:00 AM Start				
800	8 x 100 on 2:00 Stroke Drills	REC	D	
	2 on each stroke			
180	12 x 15 on :30 Shooters	SP3	S F	
	3x{1 x 150 on 3:00 Kick	EN2	K F	
	{1 x 100 on 2:00 Kick	EN2	K F	
	{1 x 50 on 1:00 Kick	EN2	K F	
100	1 x 100 on 2:00 Kick for time	EN2	K C	
1,600	4 x 400 on 5:30 Pulls	EN1	P	
400	4 x 100 on 1:30 Freestyle-descend	EN1	S	
	4x{1 x 100 on 1:30 Butterfly	EN1	S F	
	{1 x 50 on 1:00 Freestyle	EN1	S	
	{1 x 100 on 1:35 Butterfly	EN1	S F	
	{1 x 50 on :55 Freestyle	EN1	S	
	{1 x 100 on 1:40 Butterfly	EN1	S F	
	{1 x 50 on :50 Freestyle	EN1	S	
	{1 x 100 on 1:45 Butterfly	EN1	S F	
	{1 x 50 on :45 Freestyle	EN1	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
8:01 AM 6,580 Meters - Stress Value = 76				

Workout #1935 - Tuesday, 11 June 2002

Group 3 - Backstroke

1 minute rest between sets

Meters	Set Description	EGY	WORK	Σ
6:00 AM Start				
800	8 x 100 on 2:00 Stroke Drills	REC	D	
	2 on each stroke			
180	12 x 15 on :30 Shooters	SP3	S	
900	3x{1 x 150 on 3:30 Kick no board	EN2	K	
	{1 x 100 on 2:00 Kick	EN2	K	
	{1 x 50 on 1:00 Kick	EN2	K	
100	1 x 100 on 2:00 Kick for time	EN2	K C	
1,600	4 x 400 on 5:30 Pulls	EN1	P	
400	4 x 100 on 1:30 Freestyle-descend	EN1	S	
2,000	1x{1 x 400 on 6:00 Backstroke	EN1	S	
	{8 x 50 on :55 Backstroke	EN1	S	
	{1 x 300 on 4:30 Backstroke	EN1	S	
	{6 x 50 on :50 Backstroke	EN1	S	
	{1 x 200 on 3:00 Backstroke	EN1	S	
	{4 x 50 on :45 Backstroke	EN1	S	
	{1 x 100 on 1:30 Backstroke	EN1	S	
	{2 x 50 on :40 Backstroke	EN1	S	
	{ 1st 15m of all 50's			
	{ must be under water			
500	1 x 500 on 8:00 Stroke Drills	REC	D	
7:59 AM 6,480 Meters - Stress Value = 72				

Workout #1936 - Tuesday, 11 June 2002

Group 3 - IM/Stroke

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK
1,000	1 x 1000 on 15:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
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 1:50 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
	{6 x 50 on :45 Your Stroke	EN1	S
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	Set Description	EGY	WORK	S
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 2:30 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	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	
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	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
900	18 x 50 on :45 Pulls-nbbf&w	EN1	P	FR
300	12 x 25 on :30 IM order-build	EN1	S	IM
3x	{1 x 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 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

6:00 AM Start

Yards	Set Description	EGY	WOF
800	1 x 800 on 15:00 200 fr 200 brst X 2	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	4x{2 x 100 on 2:15 Kick	EN2	
	{2 x 50 on 1:15 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 6,280 Yards - 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 x 50 on :45 Descend in sets of 3	EN1	S
3,000	1x{3 x 150 on 2:30 Breaststroke	EN2	S
	{6 x 50 on :40 Freestyle	EN2	S
	{3 x 150 on 2:25 Breaststroke	EN2	S
	{6 x 50 on :40 Freestyle	EN2	S
	{3 x 150 on 2:20 Breaststroke	EN2	S
	{6 x 50 on :40 Freestyle	EN2	S
	{3 x 150 on 2:15 Breaststroke	EN2	S
	{6 x 50 on :40 Freestyle	EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	D

5:30 PM 7,350 Yards - Stress Value = 124

Workout #1938 - Thursday, 13 June 2002

Group 3 - Fly

1 minute rest between sets

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	2 x 100 on 2:15 Kick	EN2	
	{ 2 x 50 on 1:15 Kick no board	EN2	
1x{4	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		
1x{1	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	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

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 x 50 on :45 Descend in sets of 3	EN1	S
3,050	1x{6 x 25 on :30 Butterfly	EN1	S
	{ 1 x 200 on 2:30 Individual Medley	EN2	S
	{ 6 x 50 on :55 Butterfly	EN1	S
	{ 1 x 200 on 2:35 Individual Medley	EN2	S
	{ 6 x 75 on 1:15 Butterfly	EN1	S
	{ 1 x 200 on 2:40 Individual Medley	EN2	S
	{ 6 x 100 on 1:35 Butterfly	EN1	S
	{ 1 x 200 on 2:45 Individual Medley	EN2	S
	{ 6 x 125 on 1:55 Butterfly	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
5:30 PM 7,300 Yards - Stress Value = 110			

Workout #1940 - Thursday, 13 June 2002

Group 3 - Backstroke

1 minute rest between sets

Yards	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 x 50 on 1:15 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 x 50 on 1:00 Back 5m under water	EN1	

	{ 1 x 50 on 1:00 Back 10m under water	EN1
	{ 1 x 50 on 1:00 Back 15m under water	EN1
	{ 1 x 50 on 1:00 Back 20m under water	EN1
1,500	1x{3 x 200 on 3:20 Backstroke-descend	EN2
	{ 3 x 150 on 2:30 Backstroke-descend	EN2
	{ 3 x 100 on 1:40 Backstroke-descend	EN2
	{ 3 x 50 on :50 Backstroke-descend	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
8:01 AM 6,180 Yards - Stress Value = 86		

Workout #1943 - Thursday, 13 June 2002

Group 3 - Backstroke

1 minute rest between sets

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 x 50 on :45 Descend in sets of 3	EN1	S
3,600	1x{3 x 450 on 6:20 IM w/ 150 back	EN1	S
	{ 3 x 350 on 4:45 IM w/ 125 back	EN1	S
	{ 3 x 250 on 3:20 IM w/ 100 back	EN1	S
	{ 3 x 150 on 1:55 IM w 75 back	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:30 PM 7,800 Yards - Stress Value = 100			

Workout #1939 - Thursday, 13 June 2002

Group 3 - Silver/Bronze

1 minute rest between sets

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 #1940 - Thursday, 13 June 2002

Group 3 - Backstroke

1 minute rest between sets

Yards	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 x 50 on 1:15 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 x 50 on 1:00 Back 5m under water	EN1	

Workout #1944 - Thursday, 13 June 2002

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
800	8 x 100 on 1:45 Stroke Drills odds free evens strk	REC	D	CHO
300	12 x 25 on :30 Berzerks	SP3	S	BR
	2x{3 x 50 on 1:00 Kick-descend	EN2	S	CHO
	{1 x 100 on 2:00 Kick	EN2	K	CHO
	{1 x 100 on 1:55 Kick	EN2	K	CHO
	{1 x 100 on 1:50 Kick	EN2	K	CHO
	1x{4 x 25 on :30 Pulls-nbbf&w	EN1	P	FR
	{5 x 50 on :50 Pulls-nbbf&w	EN1	P	FR
	{6 x 75 on 1:05 Pulls-nbbf&w	EN1	P	FR
	{7 x 100 on 1:25 Pulls-nbbf&w	EN1	P	FR
	1x{8 x 75 on 1:20 Backstroke	EN1	S	BK
	{1 x 200 on 3:00 Stroke Drills	REC	D	FR
	{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
500	20 x 25 on :30 IM order	EN1	S	IM
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD
5:30 PM 6,550 Yards - Stress Value = 67				

Workout #1947 - Friday, 14 June 2002

Group 3 - IM/Stroke

1 minute rest between sets

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 x 75 on 1:05 Pulls no br L.20 yds	EN1	
	{6 x 75 on 1:05 Pulls no br L.25 yds	EN1	
250	1x{1 x 100 on 1:30 Individual Medley	EN1	
	{1 x 50 on :50 Freestyle	EN1	
	{1 x 50 on :45 Freestyle	EN1	
	{1 x 50 on :40 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	
5:25 PM 6,500 Yards - Stress Value = 73			

Workout #1946 - Friday, 14 June 2002

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
800	1 x 800 on 13:00 Choice	REC	S	C
300	12 x 25 on :30 Berzerks	SP3	S	C
	5x{1 x 100 on 2:00 Kick	EN2	K	C
	{1 x 100 on 2:00 Kick no board	EN2	K	C
	1x{5 x 100 on 1:35 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 x 100 on 1:45 Individual Medley	EN1	S	
	{3 x 50 on :50 Freestyle-descend	EN1	S	
	3x{2 x 200 on 3:00 Freestyle	EN1	S	
	{3 x 75 on 1:15 Stroke Drills	REC	D	

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

Workout #1949 - Saturday, 15 June 2002

Group 3 - Breast

1 minute rest between sets

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

Workout #1951 - Saturday, 15 June 2002

Group 3 - Fly

1 minute rest between sets

Meters	Set Description	EGY	WORK
6:00 AM	Start		
1,000	1 on 30:00 Stomach and Stretch		L
	10 x 100 on 1:45 Stroke Drills	REC	D
	1-3 free 4-6 fly		
	7-10 choice		
180	12 x 15 on :30 Shooters	SP3	S
1,000	1x{2 x 100 on 2:00 Kick with flippers	EN2	K
	{2 x 100 on 1:55 Kick with flippers	EN2	K
	{2 x 100 on 1:50 Kick with flippers	EN2	K
	{2 x 100 on 1:45 Kick with flippers	EN2	K
	{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	16 x 50 on 1:30 Freestyle 100%	EN3	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
8:59 AM 7,180 Meters - Stress Value = 181			

Workout #1950 - Saturday, 15 June 2002

Group 3 - Backstroke

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:00 AM	Start		
1,000	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 x 200 on 4:30 Kick no brd/on sides	EN2	
	{4 x 50 on 1:05 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 x 150 on 5:00 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 = 182		

Workout #1948 - Saturday, 15 June 2002

Group 3 - Silver/Bronze

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
6:00 AM	Start			
1,000	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 x 50 on 3:00 Freestyle	REC	S FR	
	{1 x 100 on :00 Swim	SP2	S FR	
	{1 x 100 on 4:00 Freestyle	REC	S FR	
	{1 x 100 on :00 Swim	SP2	S FR	
	{1 x 150 on 5:00 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 Value = 169			

Workout #1955 - Monday, 17 June 2002

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:00 AM	Start		
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 x 400 on 5:30 Pulls	EN1
	{1 x 400 on 5:20 Pulls	EN2
	{1 x 400 on 5:10 Pulls	EN2
	{1 x 400 on 5:00 Pulls	EN2
200	4 x 50 on 1:00 Freestyle 6 beat kck	EN1
3,000	1x{1 x 1000 on 15:00 Freestyle	EN2
	{2 x 500 on 7:00 Freestyle	EN2
	{4 x 250 on 3:15 Freestyle	EN2
400	1x{1 x 100 on 1:20 Freestyle	EN2
	{1 x 100 on 1:15 Freestyle	EN2
	{1 x 100 on 1:10 Freestyle	EN2
	{1 x 100 on 1:05 Freestyle	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
8:00 AM	7,180 Meters - Stress Value = 127	

Workout #1958 - Monday, 17 June 2002

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 AM	Start		
800	8 x 100 on 1:30 Stroke Drills	REC	
	odds free evens strk		
300	12 x 25 on :30 Berzerks	SP3	
600	1x{1 x 200 on 3:45 Kick	EN2	
	{1 x 200 on 3:30 Kick	EN2	
	{1 x 200 on 3:15 Kick	EN2	
1,800	1x{2 x 300 on 4:00 Pulls-nbbf&w	EN2	
	{2 x 300 on 3:50 Pulls-nbbf&w	EN2	
	{2 x 300 on 3:40 Pulls-nbbf&w	EN2	
450	3 x 150 on 2:15 Free 1st 50 2bk, 2nd 50 4bk, 3rd 50 6bk	EN1	
4,500	1x{3 x 600 on 7:00 Freestyle	EN2	
	{3 x 500 on 5:50 Freestyle	EN2	
	{3 x 400 on 4:40 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
5:31 PM	8,650 Yards - Stress Value = 154		

Workout #1952 - Monday, 17 June 2002

Group 3 - Middle Distance

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:00 AM	Start		
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 x 50 on :50 Pulls no br 2nd 25m	EN1	
	{2 x 100 on 1:30 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 x 50 on :40 Freestyle	EN2	
300	1 x 300 on 6:00 Stroke Drills	REC	
8:00 AM	6,980 Meters - Stress Value = 117		

Workout #1959 - Monday, 17 June 2002

Group 3 - Middle Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
800	8 x 100 on 1:30 Stroke Drills odds free evens strk	REC	D	CHO
300	12 x 25 on :30 Berzerks	SP3	S	FR
900	1x{3 x 150 on 2:45 Kick	EN2	K	CHO
	{3 x 100 on 1:45 Kick	EN2	K	CHO
	{3 x 50 on :50 Kick	EN2	K	CHO
1,500	1x{2 x 250 on 3:30 Pulls	EN1	P	FR
	{2 x 250 on 3:20 Pulls	EN1	P	FR
	{2 x 250 on 3:10 Pulls	EN1	P	FR
500	1x{2 x 125 on 1:45 Freestyle	EN1	S	FR
	{2 x 125 on 1:40 Freestyle	EN2	S	FR
3,600	1x{2 x 300 on 3:50 Freestyle	EN2	S	FR
	{4 x 100 on 1:10 Freestyle	EN2	S	FR
	{2 x 300 on 3:40 Freestyle	EN2	S	FR
	{4 x 100 on 1:15 Freestyle	EN2	S	FR
	{2 x 300 on 3:30 Freestyle	EN2	S	FR
	{4 x 100 on 1:20 Freestyle	EN2	S	FR
	{2 x 300 on 3:20 Freestyle	EN2	S	FR
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD

5:29 PM 8,000 Yards - Stress Value = 124

{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 1-6 free 7-12 stroke	EN1	
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 x 50 on 1:30 Kick for time	EN3	
1,350	1x{9 x 100 on 1:30 Free-descend sets 3	EN2	
	{9 x 50 on :45 Free-descend sets 3	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	

8:01 AM 5,100 Meters - Stress Value = 83

Workout #1954 - Monday, 17 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 200 on 5:00 Kick	EN2	
	{2 x 150 on 3:30 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	2x{1 x 300 on 5:00 Pulls	EN1	
	{3 x 100 on 1:45 Lungbuster pulls { breathe 5-7	EN1	
300	3 x 100 on 1:45 Freestyle-descend	EN1	
	1x{1 x 800 on 13:00 Freestyle	EN2	
	{1 x 800 on 12:00 Freestyle	EN2	
	{1 x 800 on 11:00 Freestyle	EN2	
400	1 x 400 on 7:00 Stroke Drills	REC	

8:01 AM 6,280 Meters - Stress Value = 101

Workout #1957 - Monday, 17 June 2002

Group 3 - Sprint

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	S
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 x 50 on :50 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 x 125 on 1:50 Freestyle	EN1	S	
	{4 x 25 on :20 Freestyle br ev 5	EN2	S	
	{1 x 200 on 3:30 IM drill	EN1	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	

5:29 PM 7,050 Yards - Stress Value = 79

Workout #1956 - Monday, 17 June 2002

Group 3 - Silver/Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
800	8 x 100 on 1:45 Stroke Drills odds free evens strk	REC	
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	

Workout #1960 - Tuesday, 18 June 2002

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

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WOF
800	1 x 800 on 15:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
800	1x{1 x 400 on 8:00 Kick	EN2	
	{8 x 50 on 1:10 Kick 100% effort	EN2	
1,400	2x{2 x 200 on 3:00 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN2	
300	1 x 300 on 5:00 FR. every 2nd 50 fst	EN1	
3,300	1x{2 x 400 on 5:30 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN3	
	{2 x 400 on 5:20 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN3	
	{2 x 400 on 5:10 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN3	
200	1 x 200 on 4:00 Stroke Drills	REC	

8:00 AM 6,980 Meters - Stress Value = 165

Workout #1964 - Tuesday, 18 June 2002

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
800	1x{1 x 200 on 3:00 Freestyle L. 50 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN1	
	{1 x 200 on 3:00 Freestyle 200 fast	EN2	
300	12 x 25 on :30 Berzerks	SP3	
600	4 x 150 on 2:45 Kick-descend	EN2	
1,600	4 x 400 on 5:10 Pulls	EN2	
3,500	1x{1 x 800 on 11:00 Freestyle	EN1	
	{1 x 700 on 9:40 Freestyle	EN1	
	{1 x 600 on 8:15 Freestyle	EN1	
	{1 x 500 on 6:55 Freestyle	EN1	
	{1 x 400 on 5:30 Freestyle	EN1	
	{1 x 300 on 4:10 Freestyle	EN2	
	{1 x 200 on 2:45 Freestyle	EN2	
500	20 x 25 on :30 Free odds no breath	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	

5:30 PM 7,600 Yards - Stress Value = 111

Workout #1961 - Tuesday, 18 June 2002

Group 3 - Silver/Bronze

1 minute rest between sets

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	F
	2x{1 x 150 on 3:40 Kick	EN2	K	C
	{1 x 150 on 3:30 Kick	EN2	K	C
	{1 x 150 on 3:20 Kick	EN2	K	C
	{1 x 150 on 3:10 Kick	EN2	K	C
	1x{1 x 500 on 8:15 Pulls	EN1	P	
	{1 x 500 on 8:00 Pulls	EN1	P	
	{1 x 500 on 7:45 Pulls	EN1	P	
300	3 x 100 on 1:45 Free fast 2nd 50	EN1	S	
	1x{4 x 150 on 2:40 Backstroke	EN2	S	
	{3 x 50 on 1:00 Backstroke	EN2	S	
	{3 x 150 on 2:35 Backstroke	EN2	S	
	{3 x 50 on :55 Backstroke	EN2	S	
	{2 x 150 on 2:30 Backstroke	EN2	S	
	{3 x 50 on :50 Backstroke	EN2	S	
	{1 x 250 on 2:25 Backstroke	EN2	S	
250	1 x 250 on 4:00 Freestyle	REC	D	

Workout #1965 - Tuesday, 18 June 2002

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{3 x 150 on 3:00 Kick	EN2	
	{3 x 100 on 2:00 Kick	EN2	
	{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 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
	4x{8 x 25 on :30 IM order	EN1	
	{4 x 75 on 1:15 Stroke Drills	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	

5:30 PM 6,450 Yards - Stress Value = 77

Workout #1962 - Tuesday, 18 June 2002

Group 3 - Sprint

1 minute rest between sets

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 on 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 50 fast	EN1	
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 #1963 - Tuesday, 18 June 2002

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

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:00 AM Start			
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 x 100 on 1:45 Freestyle	EN1	
	{2 x 100 on 1:35 Freestyle	EN1	
1,500	1x{6 x 50 on 1:00 Descend in sets of 3	EN1	
	{6 x 50 on :55 Descend in sets of 3	EN1	
	{6 x 50 on :50 Descend in sets of 3	EN1	
	{6 x 50 on :45 Descend in sets of 3	EN1	
	{6 x 50 on :40 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 = 77			

Workout #1967 - Wednesday, 19 June 2002

Group 3 - Silver/Bronze

1 minute rest between sets

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

Workout #1966 - Tuesday, 18 June 2002

Group 3 - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM Start			
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
300	12 x 25 on :30 Berzerks	SP3	
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 x 125 on 1:50 Lungbuster pulls	EN1	
	{3 x 125 on 1:45 Lungbuster pulls	EN1	
	{3 x 125 on 1:40 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	EN1	
	{1 x 150 on 2:10 Freestyle	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 50 on :40 Sprint-3 breaths	EN3	
	{8 x 25 on :30 Stroke Drills	REC	
300	1 x 300 on 5:00 Catchup & thumb drag	REC	
5:29 PM 6,700 Yards - Stress Value = 82			

Workout #1971 - Thursday, 20 June 2002

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
6:00 AM Start				
800	1 x 800 on 15:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	
700	1x{1 x 250 on 5:00 Kick	EN2	K	C
	{1 x 200 on 4:00 Kick	EN2	K	C
	{1 x 150 on 3:00 Kick	EN2	K	C
	{1 x 100 on 2:00 Kick	EN2	K	C
2,700	1x{2 x 450 on 6:45 Pulls	EN1	P	
	{2 x 450 on 6:40 Pulls	EN1	P	
	{1 x 450 on 6:35 Pulls	EN1	P	
	{1 x 450 on 6:30 Pulls	EN1	P	
300	3 x 100 on 1:45 Individual Medley	EN1	S	
1,800	1x{1 x 600 on 9:00 Freestyle	EN1	S	
	{1 x 600 on 8:50 Freestyle	EN1	S	
	{1 x 600 on 8:40 Freestyle	EN1	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
8:00 AM 6,780 Meters - Stress Value = 75				

Workout #1968 - Wednesday, 19 June 2002

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WC
6:00 AM Start			
100	1 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
600	1 x 600 on 13:00 Kick evry 3rd 50 fst	EN2	
1,800	1x{1 x 800 on 12:00 Pulls	EN1	
	{1 x 600 on 9:00 Pulls	EN1	
	{1 x 400 on 6:00 Pulls	EN1	
400	8 x 50 on :50 Freestyle 6 beat kic	EN1	
3,300	1x{8 x 100 on 2:00 Freestyle	EN3	
	{1 x 300 on 5:00 Freestyle	REC	
	{8 x 100 on 1:55 Freestyle	EN3	
	{1 x 300 on 5:00 Freestyle	REC	
	{8 x 100 on 1:50 Freestyle	EN3	
	{1 x 300 on 5:00 Freestyle	REC	

Workout #1973 - Thursday, 20 June 2002

Group 3 - Distance

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	
600	1x{3 x 100 on 1:40 Kick-descend	EN2	
	{3 x 100 on 1:35 Kick-descend	EN2	
3,000	1x{1 x 1500 on 19:00 Pulls	EN2	
	{1 x 1500 on 18:00 Pulls	EN2	
2,500	1x{2 x 250 on 3:00 Freestyle	EN2	
	{2 x 250 on 2:55 Freestyle	EN2	
	{2 x 250 on 2:50 Freestyle	EN2	
	{2 x 250 on 2:45 Freestyle	EN2	
	{2 x 250 on 2:40 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
5:32 PM 8,250 Yards - Stress Value = 134			

Workout #1969 - Thursday, 20 June 2002

Group 3 - Silver/Bronze

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

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	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 Medley	EN2	

	{6 x 50 on :40 Freestyle	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
5:32 PM 7,200 Yards - Stress 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	S
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 x 100 on 1:35 Lungbuster pulls	EN1	P	
	{5 x 100 on 1:30 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 x 200 on 3:20 Freestyle	EN1	S	
	{3 x 150 on 2:30 Freestyle	EN1	S	
	{3 x 100 on 1:40 Freestyle	EN1	S	
	{3 x 50 on :50 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 x 75 on :55 Pulls	EN2		
	{6 x 75 on :50 Pulls	EN1		
300	12 x 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 x 100 on :00 Freestyle OTB	SP2		
	{1 x 100 on 3:30 Freestyle	REC		
	{1 x 150 on :00 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 = 151				

Workout #1975 - Sunday, 23 June 2002

Group 3 - Middle Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
800	16 x 50 on 1:00 Stroke Drills	REC	D	CHO
300	12 x 25 on :30 Berzerks	SP3	S	FR
900	1x{3 x 100 on 2:00 Kick	EN2	K	CHO
	{3 x 100 on 1:55 Kick	EN2	K	CHO
	{3 x 100 on 1:50 Kick	EN2	K	CHO
2,400	1x{1 x 800 on 11:30 Pulls	EN1	P	FR
	{1 x 800 on 11:00 Pulls	EN1	P	FR
	{1 x 800 on 10:30 Pulls	EN1	P	FR
600	12 x 50 on :40 Freestyle	EN1	S	FR
2,000	1x{1 x 500 on 6:40 Freestyle	EN1	S	FR
	{1 x 500 on 6:30 Freestyle	EN2	S	FR
	{1 x 500 on 6:20 Freestyle	EN2	S	FR
	{1 x 500 on 6:10 Freestyle	EN2	S	FR
350	7 x 50 on 1:00 Stroke Drills	REC	D	CHO

5:30 PM 7,350 Yards - Stress Value = 95

Workout #1977 - Monday, 24 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	
800	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	
900	1x{1 x 300 on 4:45 Pulls	EN1	
	{1 x 300 on 4:40 Pulls	EN1	
	{1 x 300 on 4:35 Pulls	EN1	
300	1 x 300 on 5:00 Individual Medley	EN1	
3,200	1x{3 x 100 on 1:45 Stroke Drills	EN1	
	{3 x 400 on 6:30 Freestyle	EN1	
	{3 x 100 on 1:45 Stroke Drills	EN1	
	{2 x 400 on 6:15 Freestyle	EN1	
	{2 x 100 on 1:45 Stroke Drills	EN1	
	{1 x 400 on 6:00 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	

7:59 AM 6,380 Meters - 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 x 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

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
800	16 x 50 on 1:00 Stroke Drills	REC	D	
300	12 x 25 on :30 Berzerks	SP3	S	
	1x{4 x 75 on 1:40 Kick	EN2	K	
	{4 x 75 on 1:35 Kick	EN2	K	
	{3 x 75 on 1:30 Kick	EN2	K	
	{3 x 75 on 1:25 Kick	EN2	K	
	1x{3 x 200 on 3:00 Pulls	EN1	P	
	{2 x 200 on 2:55 Pulls	EN1	P	
	{1 x 200 on 2:50 Pulls	EN1	P	
	1x{3 x 100 on 1:40 Individual Medley	EN1	S	
	{6 x 50 on :45 Descend in sets of 3	EN1	S	
	2x{1 x 200 on 3:30 Backstroke	EN1	S	
	{2 x 150 on 2:30 Backstroke	EN1	S	
	{3 x 100 on 1:35 Backstroke	EN2	S	
	{4 x 50 on :45 Backstroke	EN2	S	
	{1 x 150 on 3:00 Freestyle	REC	S	
150	1 x 150 on 3:00 Freestyle	REC	D	

5:30 PM 6,400 Yards - Stress Value = 80

Workout #1980 - Tuesday, 25 June 2002

Group 3 - Breast

1 minute rest between sets

6:00 AM Start

Meters	Set Description	EGY	WORK	STK
800	8 x 100 on 1:45 Stroke Drills	REC	D	CHO
	1-4 free 5-8 nonfree			
180	12 x 15 on :30 Shooters	SP3	S	BR
1,200	1x{3 x 100 on 2:10 Kick	EN2	K	BR
	{3 x 100 on 2:05 Kick	EN2	K	BR
	{3 x 100 on 2:00 Kick	EN2	K	BR
	{3 x 100 on 1:55 Kick	EN2	K	BR
1,200	1x{2 x 150 on 3:45 Pulls	EN1	P	BR
	{2 x 150 on 3:40 Pulls	EN1	P	BR
	{2 x 150 on 3:35 Pulls	EN1	P	BR
	{2 x 150 on 3:30 Pulls	EN1	P	BR
300	6 x 50 on :50 Pulls	EN1	S	FR
1,500	5x{1 x 100 on :00 Breaststroke	SP2	S	FR
	{1 x 200 on 6:00 Freestyle	REC	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD

8:00 AM 5,480 Meters - Stress Value = 106

Workout #1981 - Tuesday, 25 June 2002

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

Group 3 - Fly

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
800	8 x 100 on 1:45 Stroke Drills 1-4 free 5-8 nonfree	REC	D	CHO
180	12 x 15 on :30 Shooters	SP3	S	FLY
1x{3	3 x 100 on 2:10 Kick	EN2	K	FLY
{3	3 x 100 on 2:05 Kick	EN2	K	FLY
{3	3 x 100 on 2:00 Kick	EN2	K	FLY
{3	3 x 100 on 1:55 Kick	EN2	K	FLY
1x{2	2 x 250 on 3:45 Pulls	EN1	P	FR
{2	2 x 250 on 3:40 Pulls	EN1	P	FR
{2	2 x 250 on 3:35 Pulls	EN1	P	FR
{2	2 x 250 on 3:30 Pulls	EN1	P	FR
300	6 x 50 on :50 Pulls	EN1	S	FR
5x{1	1 x 100 on :00 Butterfly	SP2	S	FLY
{1	1 x 200 on 6:00 Freestyle	REC	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD

8:00 AM 6,280 Meters - Stress Value = 118

Workout #1986 - Tuesday, 25 June 2002

Group 3 - Middle Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	S	FR
300	12 x 25 on :30 Berzerks	SP3	S	FR
1,200	12 x 100 on 1:45 Kick odds 100%	EN2	K	FR
1,600	1x{2 x 200 on 2:45 Pulls	EN1	P	FR
{3	3 x 200 on 2:35 Pulls	EN1	P	FR
{3	3 x 200 on 2:25 Pulls	EN2	P	FR
300	12 x 25 on :30 IM order-build	EN1	S	FR
2,500	2x{4 x 250 on 5:00 Freestyle	EN3	S	FR
{1	1 x 250 on 4:00 Freestyle	REC	S	FR

5:31 PM 6,700 Yards - Stress Value = 181

Workout #1979 - Tuesday, 25 June 2002

Group 3 - Backstroke

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
800	8 x 100 on 1:45 Stroke Drills 1-4 free 5-8 nonfree	REC	D	CHO
180	12 x 15 on :30 Shooters	SP3	S	BK
1,200	1x{3 x 100 on 2:10 Kick	EN2	K	FR
{3	3 x 100 on 2:05 Kick	EN2	K	FR
{3	3 x 100 on 2:00 Kick	EN2	K	FR
{3	3 x 100 on 1:55 Kick	EN2	K	FR
2,000	1x{2 x 250 on 3:45 Pulls	EN1	P	FR
{2	2 x 250 on 3:40 Pulls	EN1	P	FR
{2	2 x 250 on 3:35 Pulls	EN1	P	FR
{2	2 x 250 on 3:30 Pulls	EN1	P	FR
300	6 x 50 on :50 Pulls	EN1	S	FR
1,500	5x{1 x 100 on :00 Backstroke	SP2	S	FR
{1	1 x 200 on 6:00 Freestyle	REC	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD

8:00 AM 6,280 Meters - Stress Value = 118

Workout #1982 - Tuesday, 25 June 2002

Group 3 - Middle Distance

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
800	1 x 800 on 15:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
1,000	10 x 100 on 2:05 Kick odds fast	EN2	K	C
1,500	1x{4 x 150 on 2:15 Reverse IM drill	EN1	P	
{4	4 x 150 on 2:10 Lungbuster pulls	EN1	P	
{2	2 x 150 on 2:05 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 x 300 on 4:30 Freestyle	EN1	S	
{3	3 x 100 on 1:15 Freestyle	EN2	S	
{2	2 x 300 on 4:25 Freestyle	EN1	S	
{3	3 x 100 on 1:20 Freestyle	EN2	S	
{2	2 x 300 on 4:20 Freestyle	EN1	S	
{3	3 x 100 on 1:25 Freestyle	EN1	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	

8:01 AM 6,880 Meters - Stress Value = 89

Workout #1984 - Tuesday, 25 June 2002

Group 3 - Silver/Bronze

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
800	8 x 100 on 2:00 Stroke Drills 1-4 free 5-8 nonfree	REC	D	C
180	12 x 15 on :30 Shooters	SP3	S	
2x{1	1 x 200 on 5:00 Kick	EN2	K	C
{3	3 x 100 on 2:20 Kick	EN2	K	C
{1	1 x 50 on 1:15 Kick-100%	EN2	K	C
1x{2	2 x 150 on 2:35 Lungbuster pulls	EN1	P	
{2	2 x 150 on 2:30 Lungbuster pulls	EN1	P	
{2	2 x 150 on 2:25 Lungbuster pulls	EN1	P	
{2	2 x 150 on 2:20 Lungbuster pulls	EN1	P	
200	1 x 200 on 3:45 Individual Medley	EN1	S	
2x{1	1 x 300 on 5:45 Backstroke	EN1	S	
{2	2 x 200 on 3:40 Backstroke	EN1	S	
{3	3 x 100 on 1:45 Backstroke	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	

8:00 AM 5,680 Meters - Stress Value = 75

Workout #1983 - Tuesday, 25 June 2002

Group 3 - Middle Distance

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
800	8 x 100 on 1:45 Stroke Drills 1-4 free 5-8 nonfree	REC	D	CHO
180	12 x 15 on :30 Shooters	SP3	S	FR
600	3 x 200 on 4:15 Kick	EN2	K	CHO
1,600	1x{2 x 400 on 6:00 Pulls	EN1	P	FR
{2	2 x 400 on 5:50 Pulls	EN1	P	FR
300	3 x 100 on 1:30 Freestyle	EN1	S	FR
3,600	1x{1 x 500 on 7:00 Freestyle	EN1	S	FR
{1	1 x 500 on 6:45 Freestyle	EN2	S	FR
{1	1 x 500 on 6:30 Freestyle	EN2	S	FR
{1	1 x 400 on 5:25 Freestyle	EN2	S	FR
{1	1 x 400 on 5:15 Freestyle	EN2	S	FR
{1	1 x 400 on 5:05 Freestyle	EN2	S	FR
{1	1 x 300 on 3:55 Freestyle	EN2	S	FR
{1	1 x 300 on 3:40 Freestyle	EN2	S	FR
{1	1 x 300 on 3:30 Freestyle	EN2	S	FR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD

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 6,680 Meters - Stress Value = 128

3:30 PM Start

Yards	Set Description	EGY	WORK	S
800	4 x 200 on 4:00 Swim-kick-pull-swim	REC	S	F
300	12 x 25 on :30 Berzerks	SP3	S	F
	1x{4 x 100 on 2:00 Kick	EN2	F	F
	{4 x 100 on 1:55 Kick	EN2	F	F
	{4 x 100 on 1:50 Kick	EN2	F	F
	1x{3 x 125 on 2:00 Pulls	EN1	F	F
	{3 x 125 on 1:55 Pulls	EN1	F	F
	{3 x 125 on 1:50 Pulls	EN1	F	F
	{3 x 125 on 1:45 Pulls	EN1	F	F
300	6 x 50 on :50 Freestyle	EN1	S	F
	1x{4 x 50 on :55 Stroke Drills	EN1	I	F
	{1 x 300 on 5:15 Individual Medley	EN1	S	F
	{4 x 50 on :50 Stroke Drills	EN1	I	F
	{2 x 200 on 3:20 Individual Medley	EN1	S	F
	{4 x 50 on :45 Stroke Drills	EN1	I	F
500	4 x 100 on 1:35 Individual Medley	EN2	S	F
	20 x 25 on :30 Odds free 100% evens drill	EN1	S	F

5:28 PM 6,300 Yards - Stress Value = 81

Workout #1987 - Wednesday, 26 June 2002

Group 3 - Silver/Bronze

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	F
180	12 x 15 on :30 Shooters	SP3	S	F
	1x{6 x 50 on 1:15 Kick	EN2	K C	F
	{6 x 50 on 1:10 Kick	EN2	K C	F
	{6 x 50 on 1:05 Kick	EN2	K C	F
	1x{1 x 400 on 7:00 Pulls	EN1	P	F
	{1 x 300 on 5:10 Pulls	EN1	P	F
	{1 x 200 on 3:20 Pulls	EN1	P	F
	{1 x 100 on 1:35 Pulls	EN1	P	F
300	6 x 50 on :50 Freestyle	EN1	S	F
	1x{2 x 200 on 4:00 Breaststroke	EN1	S	F
	{4 x 50 on :55 Breaststroke 100%	EN2	S	F
	{2 x 200 on 3:55 Breaststroke	EN1	S	F
	{4 x 50 on 1:00 Breaststroke 100%	EN2	S	F
	{2 x 200 on 3:50 Breaststroke	EN2	S	F
	{4 x 50 on 1:05 Breaststroke 100%	EN2	S	F
	{1 x 200 on 3:00 Stroke Drills	REC	D	F
	{2 x 200 on 3:45 Breaststroke	EN2	S	F
	{4 x 50 on 1:10 Breaststroke	EN2	S	F

8:01 AM 5,780 Meters - Stress Value = 84

Workout #1989 - Thursday, 27 June 2002

Group 3 - Middle Distance

1 minute rest between sets

6:00 AM Start

Meters	Set Description	EGY	WORK	ST
800	2x{1 x 200 on 3:30 Freestyle	REC	S	F
	{1 x 200 on 3:30 Reverse IM drill	REC	D	I
180	12 x 15 on :30 Shooters	SP3	S	F
500	1 x 500 on 10:00 Kick	EN2	K C	F
2,000	1x{1 x 1000 on 15:00 Pulls	EN1	P	F
	{2 x 500 on 7:15 Pulls	EN1	P	F
400	4 x 100 on 1:40 Freestyle-build	EN1	S	F
2,800	1x{1 x 400 on 8:00 Freestyle	SP2	S	F
	{3 x 200 on 3:15 Freestyle	EN2	S	F
	{1 x 200 on 4:00 Freestyle	REC	S	F
	{3 x 200 on 3:05 Freestyle	EN2	S	F

Workout #1991 - Thursday, 27 June 2002

Group 3 - Middle Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
800	1 x 800 on 14:00 Choice	REC	F
300	12 x 25 on :30 Berzerks	SP3	F
800	1x{1 x 200 on 4:00 Kick	EN2	F
	{1 x 200 on 3:50 Kick	EN2	F
	{1 x 200 on 3:40 Kick	EN2	F
	{1 x 200 on 3:30 Kick	EN2	F
2,000	1x{1 x 400 on 5:15 Pulls	EN1	F
	{1 x 400 on 5:10 Pulls	EN1	F
	{1 x 400 on 5:05 Pulls	EN1	F
	{1 x 400 on 5:00 Pulls	EN2	F
	{1 x 400 on 4:55 Pulls	EN2	F
600	6 x 100 on 1:30 Descend in sets of 3	EN1	F
2,700	1x{3 x 225 on 2:55 Freestyle	EN2	F
	{3 x 225 on 2:50 Freestyle	EN2	F
	{3 x 225 on 2:45 Freestyle	EN2	F
	{3 x 225 on 2:40 Freestyle	EN2	F
500	10 x 50 on 1:00 Stroke Drills	REC	F

5:30 PM 7,700 Yards - Stress Value = 118

Workout #1988 - Thursday, 27 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	F
180	12 x 15 on :30 Shooters	SP3	F
	1x{4 x 50 on 1:10 Kick	EN2	F
	{4 x 100 on 2:20 Kick	EN2	F
	{4 x 150 on 3:30 Kick	EN2	F
	1x{4 x 150 on 2:35 Pulls	EN1	F
	{4 x 100 on 1:45 Pulls	EN1	F
	{4 x 50 on :50 Pulls	EN1	F
400	2 x 200 on 4:00 Individual Medley	EN1	F
	1x{4 x 200 on 3:45 Backstroke	EN1	F
	{3 x 200 on 3:40 Backstroke	EN1	F
	{2 x 200 on 3:35 Backstroke	EN1	F
200	1 x 200 on 3:00 Stroke Drills	REC	F

8:01 AM 5,780 Meters - Stress Value = 71

Workout #1990 - Thursday, 27 June 2002

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM Start			
=====	=====	=====	=====
	1x{1 x 400 on 6:30 Freestyle	REC	
	{1 x 300 on 5:15 Backstroke	REC	
	{1 x 200 on 3:40 Breaststroke	REC	
	{1 x 100 on 1:45 Butterfly	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{4 x 125 on 2:30 Kick	EN2	
	{3 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	{1 x 125 on 2:15 Kick	EN2	
1,000	20 x 50 on :45 Pulls	EN1	
	4x{4 x 50 on 1:15 Under/over	EN1	
	{3 x 100 on 1:45 Breaststroke-descend	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
5:29 PM 6,150 Yards - Stress Value = 79			

Workout #1994 - Friday, 28 June 2002

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:30 PM Start			
=====	=====	=====	=====
800	1 x 800 on 14:00 Choice	REC	S C
300	12 x 25 on :30 Berzerks	SP3	S
1,000	1x{2 x 125 on 2:10 Kick	EN2	K C
	{2 x 125 on 2:05 Kick	EN2	K C
	{2 x 125 on 2:00 Kick	EN2	K C
	{2 x 125 on 1:55 Kick	EN2	K C
1,350	1x{4 x 75 on 1:05 Pulls	EN1	P
	{6 x 75 on 1:00 Pulls	EN1	P
	{8 x 75 on :55 Pulls	EN1	P
250	1x{1 x 100 on 1:30 Individual Medley	EN1	S
	{3 x 50 on :40 Freestyle	EN1	S
1,875	1x{5 x 125 on 1:40 Freestyle	EN2	S
	{5 x 125 on 1:35 Freestyle	EN2	S
	{5 x 125 on 1:30 Freestyle	EN2	S
500	5 x 100 on 1:05 Freestyle	EN2	S
225	1 x 225 on 5:00 Stroke Drills	REC	D
5:11 PM 6,300 Yards - Stress Value = 94			

Workout #1993 - Friday, 28 June 2002

Group 3 - Middle Distance

1 minute rest between sets

Meters	Set Description	EGY	WORK
6:00 AM Start			
=====	=====	=====	=====
1,000	1x{1 x 400 on 7:00 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

400 4 x 100 on 2:00 Stroke Drills REC D
7:58 AM 6,480 Meters - Stress Value = 129

Workout #1992 - Friday, 28 June 2002

Group 3 - Silver/Bronze

1 minute rest between sets

Meters	Set Description	EGY	WORK
6:00 AM Start			
=====	=====	=====	=====
800	8 x 100 on 2:00 Stroke Drills	REC	D
	odds free evens cho		
180	12 x 15 on :30 Shooters	SP3	S
	3x{2 x 100 on 2:20 Kick	EN2	K
	{3 x 50 on 1:15 Kick-descend	EN2	K
50	1 x 50 on 2:00 Kick 100% effort	EN3	K
	1x{1 x 500 on 9:00 Pulls	EN1	P
	{2 x 250 on 4:15 Pulls	EN1	P
300	2 x 150 on 2:30 1st 50 2bk 2nd 4bk	EN1	S
	3rd 50 6bk		
	2x{4 x 50 on 1:10 Butterfly	EN1	S
	{3 x 100 on 2:10 Butterfly	EN1	S
	{2 x 150 on 3:00 Butterfly	EN1	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
8:00 AM 5,280 Meters - Stress Value = 67			

Workout #1995 - Friday, 28 June 2002

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:30 PM Start			
=====	=====	=====	=====
300	2x{1 x 200 on 3:15 Freestyle	EN1	S
	{4 x 50 on 1:00 Stroke Drills 1 on E	REC	I
	12 x 25 on :30 Berzerks	SP3	S
	1x{10 x 25 on :45 Kick	EN2	F
	{8 x 25 on :40 Kick	EN2	F
	{6 x 25 on :35 Kick	EN2	F
	{4 x 25 on :30 Kick	EN2	F
	{3 x 100 on 2:00 Kick descend	EN2	F
	1x{3 x 175 on 2:45 Pulls	EN1	F
	{3 x 125 on 1:55 Pulls	EN1	F
	{3 x 75 on 1:05 Pulls	EN1	F
	{3 x 25 on :20 Pulls	EN1	F
150	1 x 150 on 2:15 1st 50 2bk, 2nd 4bk	EN1	S
	3rd 50 6bk		
	1x{3 x 150 on 2:45 IM no free	EN1	S
	{3 x 150 on 2:45 IM no breast	EN1	S
	{3 x 150 on 2:45 IM no back	EN1	S
	{3 x 150 on 2:45 IM no fly	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
5:20 PM 5,450 Yards - Stress Value = 66			

Workout #1996 - Saturday, 29 June 2002

Group 3 - Middle Distance

1 minute rest between sets

Meters	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{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 = 117		

Workout #1997 - Saturday, 29 June 2002

Group 3 - Silver/Bronze

1 minute rest between sets

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 x 50 on :55 Freestyle	EN1	
	{6 x 50 on :50 Freestyle	EN1	
	1x{1 x 200 on :00 Freestyle	SP3	
	{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	
	8:43 AM 6,280 Meters - Stress Value = 98		

Workout #1999 - Monday, 01 July 2002

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	5x{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
1,600	1x{1 x 400 on 6:00 Pulls	EN1	
	{2 x 300 on 4:30 Pulls	EN1	
	{3 x 200 on 3:00 Pulls	EN1	

300	6 x 50 on :50 Descend in sets of 3	EN1	
1,800	3x{1 x 200 on 4:00 Breaststroke	EN1	
	{1 x 150 on 2:50 Breaststroke	EN1	
	{1 x 100 on 1:50 Breaststroke	EN2	
	{3 x 50 on 1:00 Stroke Drills	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:59 AM 5,930 Yards - Stress Value = 66		

Workout #2003 - Monday, 01 July 2002

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	3:30 PM Start			
	8 x 100 on 1:45 Stroke Drills	REC	D	C
	odds free evens brst			
800	12 x 25 on :30 Berzerks	SP3	S	
300	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 x 25 on :30 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

Yards	Set Description	EGY	WOF
	6:00 AM Start		
	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	5x{1 x 100 on 2:00 Kick with flippers	EN2	
	{1 x 100 on 2:00 Kick with flippers	EN2	
	1x{2 x 300 on 4:30 Pulls	EN1	
	{3 x 200 on 3:00 Pulls	EN1	
	{4 x 100 on 1:30 Pulls	EN1	
200	4 x 50 on :50 Freestyle	EN1	
	2x{1 x 200 on 3:30 Freestyle	EN1	
	{1 x 200 on 3:25 150 free 50 fly	EN1	
	{1 x 200 on 3:20 100 free 100 fly	EN2	
	{1 x 200 on 3:15 50 free 150 fly	EN2	
	{1 x 200 on 3:10 Butterfly	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:54 AM 6,030 Yards - Stress Value = 77		

Workout #2005 - Monday, 01 July 2002

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ε
800	8 x 100 on 1:45 Stroke Drills odds free evens fly	REC	D	C
300	12 x 25 on :30 Berzerks	SP3	S	F
3x	{1 x 100 on 2:00 Kick	EN2	K	C
	{1 x 100 on 1:45 Kick	EN2	K	C
	{1 x 100 on 1:30 Kick	EN2	K	C
1,000	20 x 50 on :40 Pulls-nbbf&w	EN1	P	
4x	{1 x 75 on 1:10 Butterfly	EN1	S	F
	{1 x 75 on 1:05 Butterfly	EN1	S	F
	{1 x 200 on 3:00 Individual Medley	EN1	S	
	{4 x 25 on :30 Butterfly	EN1	S	F
	{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

800	1 x 800 on 16:00 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	
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	
300	6 x 50 on 1:00 Descend in sets of 3	EN1	
1x	{1 x 500 on 8:45 Freestyle	EN1	
	{1 x 500 on 8:20 Freestyle	EN1	
	{1 x 500 on 7:55 Freestyle	EN2	
	{1 x 500 on 7:30 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	

7:51 AM 5,480 Yards - Stress Value = 68

Workout #2004 - Monday, 01 July 2002

Group 3 - Silver/Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	ε
800	8 x 100 on 1:45 Stroke Drills 2 on each stroke	REC	D	C
300	12 x 25 on :30 Berzerks	SP3	S	
3x	{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	
600	12 x 50 on :45 Pulls	EN1	P	
4x	{3 x 50 on :55 Backstroke	EN1	S	
	{1 x 100 on 1:25 Freestyle	EN1	S	
	{2 x 100 on 1:45 Individual Medley	EN1	S	
	{4 x 25 on :30 Backstroke	EN1	S	
	{1 x 100 on 1:20 Freestyle	EN2	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	

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

Workout #2007 - Tuesday, 02 July 2002

Group 3 - Breast

1 minute rest between sets

6:00 AM Start

Meters	Set Description	EGY	WOF
900	9 x 100 on 2:00 Stroke Drills 1-3fr 4-6strk 7-9cho	REC	
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 x 200 on :00 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 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 = 103

Workout #2001 - Monday, 01 July 2002

Group 3 - Silver/Bronze

1 minute rest between sets

6:00 AM Start

Yards	Set Description	EGY	WOF
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Workout #2006 - Tuesday, 02 July 2002

Group 3 - Fly

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:00 AM Start			
900	9 x 100 on 2:00 Stroke Drills 1-3fr 4-6strk 7-9cho	REC	
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 x 100 on 1:35 Descend in sets of 3	EN1	
1x	{1 x 200 on :00 Butterfly R. 5,10,15 { seconds at each 50	SP2	
	{1 x 200 on 8:00 Freestyle	REC	
	{1 x 100 on :00 Butterfly	SP2	
	{ R. 5 seconds at 50		
	{1 x 100 on 4:00 Freestyle	REC	
	{1 x 100 on :00 Butterfly	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 = 103			

Workout #2008 - Tuesday, 02 July 2002

Group 3 - Backstroke

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:00 AM Start			
900	9 x 100 on 2:00 Stroke Drills 1-3fr 4-6strk 7-9cho	REC	
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 x 200 on :00 Backstrok R. 5,10,15 { seconds at each 50	SP2	
	{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 = 103			

Workout #2010 - Tuesday, 02 July 2002

Group 3 - IM/Stroke

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
3:30 PM Start				
800	1 x 800 on 14:00 Stroke Drills	REC	D	CF
300	12 x 25 on :30 Berzerks	SP3	S	ST
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	F
2,400	2x{2 x 50 on 1:05 Your Stroke	EN1	S	ST
	{1 x 200 on 3:30 Reverse IM drill	REC	D	I

{2 x 50 on 1:00 Your Stroke	EN1	S	ST
{1 x 200 on 3:30 Reverse IM drill	REC	D	I
{2 x 50 on :55 Your Stroke	EN1	S	ST
{1 x 200 on 3:30 Reverse IM drill	REC	D	I
{2 x 50 on :50 Your Stroke	EN1	S	ST
{1 x 200 on 3:30 Reverse IM drill	REC	D	I
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

Meters	Set Description	EGY	WORK	S
6:00 AM Start				
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 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
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	Set Description	EGY	WORK	STK
3:30 PM Start				
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 x 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 x 25 on :30 Freestyle	EN1	S	FR
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
5:25 PM 5,480 Yards - Stress Value = 46				

Workout #2012 - Wednesday, 03 July 2002

Group 3 - Breast

1 minute rest between sets

Meters	Set Description	EGY	WOF
800	1 x 800 on 15:00 200 fr 200 brst X 2	REC	
180	12 x 15 on :30 Shooters	SP3	
900	3x{2 x 100 on 2:15 Kick	EN2	
	{2 x 50 on 1:15 Kick no board	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	
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	
1,200	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

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 2:45 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 = 76			

Workout #2014 - Wednesday, 03 July 2002

Group 3 - Fly

1 minute rest between sets

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	

{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

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 x 50 on :45 Descend in sets of 3	EN1	S
	1x{2 x 25 on :30 Butterfly	EN1	S
	{1 x 150 on 1:50 Freestyle	EN2	S
	{2 x 50 on :55 Butterfly	EN1	S
	{1 x 150 on 1:55 Freestyle	EN2	S
	{2 x 75 on 1:15 Butterfly	EN1	S
	{1 x 150 on 2:00 Freestyle	EN1	S
	{2 x 100 on 1:35 Butterfly	EN1	S
	{1 x 150 on 2:05 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

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 x 50 on 1:15 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 x 150 on 2:15 Freestyle 4 beat kck	EN1	
	{1 x 100 on 1:30 Freestyle 6 beat kck	EN1	
600	3x{1 x 50 on 1:00 Back 5m under water	EN1	
	{1 x 50 on 1:00 Back 10m under water	EN1	
	{1 x 50 on 1:00 Back 15m 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			

Workout #2018 - Wednesday, 03 July 2002

Group 3 - Backstroke
1 minute rest between sets

Yards	Set Description	EGY	WORK
800	8 x 100 on 1:30 Stroke Drills odds free evens strk	REC	D
300	12 x 25 on :30 Berzerks	SP3	S
1,200	12 x 100 on 1:55 Kick	EN2	K
1,200	1x{2 x 200 on 2:45 Pulls	EN2	P
	{2 x 200 on 2:40 Pulls	EN2	P
	{2 x 200 on 2:35 Pulls	EN2	P
450	9 x 50 on :45 Descend in sets of 3	EN1	S
1,350	1x{1 x 450 on 6:45 IM w/ 150 back	EN1	S
	{1 x 350 on 5:15 IM w/ 125 back	EN1	S
	{1 x 250 on 3:45 IM w/ 100 back	EN1	S
	{2 x 150 on 2:15 IM w 75 back	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:05 PM 5,550 Yards - Stress Value = 77			

Workout #2013 - Wednesday, 03 July 2002

Group 3 - Silver/Bronze
1 minute rest between sets

Meters	Set Description	EGY	WOF
6:00 AM Start			
	1 on 10:00 Stretching		
800	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 x 50 on :55 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 x 50 on 1:00 Butterfly	EN1	
400	4 x 100 on 1:45 Freestyle-descend to ludicrous speed!!!!	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
8:00 AM 4,980 Meters - Stress Value = 57			

Workout #2016 - Wednesday, 03 July 2002

Group 3 - Silver/Bronze
1 minute rest between sets

Meters	Set Description	EGY	WC
6:00 AM Start			
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 #2020 - Wednesday, 03 July 2002

Group 3 - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
800	8 x 100 on 1:45 Stroke Drills odds free evens strk	REC	D	CHO
300	12 x 25 on :30 Berzerks	SP3	S	BR
	2x{3 x 50 on 1:00 Kick-descend	EN2	S	CHO
	{1 x 100 on 2:00 Kick	EN2	K	CHO
	{1 x 100 on 1:55 Kick	EN2	K	CHO
	{1 x 100 on 1:50 Kick	EN2	K	CHO
	1x{4 x 25 on :30 Pulls-nbbf&w	EN1	P	FR
	{5 x 50 on :50 Pulls-nbbf&w	EN1	P	FR
	{6 x 75 on 1:05 Pulls-nbbf&w	EN1	P	FR
	{7 x 100 on 1:25 Pulls-nbbf&w	EN1	P	FR
	1x{4 x 75 on 1:20 Backstroke	EN1	S	BK
	{1 x 200 on 3:00 Stroke Drills	REC	D	FR
	{4 x 75 on 1:15 Backstroke	EN1	S	BK
	{1 x 200 on 3:00 Stroke Drills	REC	D	FR
	{4 x 75 on 1:10 Backstroke	EN1	S	BK
500	20 x 25 on :30 IM order	EN1	S	IM
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
5:11 PM 5,500 Yards - Stress Value = 58				

Workout #2023 - Thursday, 04 July 2002

Group 3 - Breast
1 minute rest between sets

Meters	Set Description	EGY	WOF
6:00 AM Start			
	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	
400	1x{1 x 200 on 3:45 Individual Medley	EN1	
	{4 x 50 on :50 Freestyle-6bk	EN1	
1,700	1x{2 x 200 on 3:30 Breaststroke	EN1	
	{4 x 100 on 1:45 Breaststroke	EN1	
	{8 x 50 on :50 Breaststroke	EN2	
	{5 x 100 on 1:30 50 free 50 breast	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:58 AM 5,480 Meters - Stress Value = 75			

Workout #2021 - Thursday, 04 July 2002

Group 3 - Fly

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:00 AM Start		
	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 x 50 on :50 Freestyle-6bk	EN1	
2x{	8 x 50 on 1:00 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		

600	6 x 100 on 1:40 Descend in sets of 3	EN1
300	1x{1 x 200 on 8:00 IM or stroke	SP2
	{ 1 x 100 on 6:00 Free or stroke	SP2
400	4 x 100 on 2:00 Stroke Drills	REC
	7:53 AM 5,080 Meters - Stress Value = 91	

Workout #2027 - Friday, 05 July 2002

Group 3 - IM/Stroke

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:30 PM Start		
	1 on 15:00 Techniques-starts		
800	4 x 200 on 4:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
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 x 50 on 1:00 Stroke Drills	REC	
	{ 1 x 150 on 2:15 Freestyle	EN1	
	{ 4 x 75 on 1:20 Stroke Drills	REC	
	{ 1 x 150 on 2:15 Freestyle	EN1	
	{ 4 x 100 on 1:45 Stroke Drills	REC	
	5:06 PM 4,100 Yards - Stress Value = 33		

Workout #2022 - Thursday, 04 July 2002

Group 3 - Backstroke

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:00 AM Start		
	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		

Workout #2024 - Friday, 05 July 2002

Group 3 - Silver/Bronze

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:00 AM Start		
	1 on 15:00 Techniques-starts		
700	1 x 700 on 15:00 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	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 x 50 on 1:00 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 = 87		

Workout #2025 - Friday, 05 July 2002

Group 3 - IM/Stroke

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:00 AM Start		
	1 on 10:00 Stretch		
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 x 50 on 1:00 Pulls-nbbf&w	EN1	

Workout #2026 - Friday, 05 July 2002

Group 3 - Silver/Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	Σ
800	4 x 200 on 4:00 Swim-kick-pull-swim	REC	Σ	
300	12 x 25 on :30 Berzerks	SP3	Σ	
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	F	
	{2 x 150 on 2:15 Pulls	EN1	F	
	{2 x 150 on 2:10 Pulls	EN1	F	
400	4 x 100 on 1:30 Freestyle	EN1	Σ	
1x{3	x 100 on 1:50 Individual Medley	EN1	Σ	
	{2 x 100 on 1:45 Individual Medley	EN1	Σ	
	{1 x 100 on 1:40 Individual Medley	EN1	Σ	
	{12 x 25 on :30 IM order	EN1	Σ	
200	1 x 200 on 5:00 Stroke Drills	REC	I	
	1 on 10:00 Techniques-starts		I	

5:12 PM 4,600 Yards - Stress Value = 56

{1 x 200 on 3:30 Reverse IM	EN1	S
{4 x 100 on 1:45 Butterfly	EN1	S F
{1 x 200 on 3:30 Reverse IM	EN1	S
{4 x 100 on 1:40 Butterfly	EN1	S F
{1 x 200 on 3:30 Reverse IM	EN1	S
{4 x 100 on 1:35 Butterfly	EN1	S F
{1 x 200 on 3:30 Reverse IM	EN1	S
1 x 300 on 5:00 Stroke Drills	REC	D

8:08 AM 4,980 Meters - Stress Value = 57

Workout #2030 - Saturday, 06 July 2002

Group 3 - Backstroke

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	Σ
600	1 x 600 on 12:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S Σ	
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 on :45 Freestyle- 6bk	EN1	S	
2,500	1x{4 x 100 on 1:45 Backstroke	EN1	S	
	{1 x 200 on 3:30 Reverse IM	EN1	S	
	{3 x 200 on 3:20 Backstroke	EN1	S	
	{1 x 200 on 3:30 Reverse IM	EN1	S	
	{1 x 300 on 4:45 Backstroke	EN2	S	
	{1 x 200 on 3:30 Reverse IM	EN1	S	
	{1 x 400 on 6:00 Backstroke	EN2	S	
	{1 x 200 on 3:30 Reverse IM	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	

8:06 AM 4,980 Meters - Stress Value = 68

Workout #2031 - Saturday, 06 July 2002

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	Σ
600	1 x 600 on 12:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S Σ	
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 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 #2028 - Saturday, 06 July 2002

Group 3 - Silver/Bronze

1 minute rest between sets

6:00 AM Start

Meters	Set Description	EGY	WORK	Σ
600	1 x 600 on 12:00 Reverse IM drill	REC	D	
180	12 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 #2029 - Saturday, 06 July 2002

Group 3 - Fly

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	Σ
600	1 x 600 on 12:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S Σ	
	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	
	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	
	1x{1 x 150 on 2:40 IM w/out the free	EN1	S	
	{3 x 50 on :45 Freestyle- 6bk	EN1	S	
	1x{4 x 100 on 1:50 Butterfly	EN1	S F	

Workout #2033 - Monday, 08 July 2002

Group 3 - Distance

1 minute rest between sets

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 Freestyle	EN2	S
	{1 x 800 on 11:30 Freestyle	EN2	S
	{1 x 800 on 11:00 Freestyle	EN2	S
	{1 x 800 on 10:30 Freestyle	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
	7:52 AM 5,580 Meters - Stress Value = 102		

Workout #2037 - Monday, 08 July 2002

Group 3 - Distance

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 x 50 on 1:00 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 x 125 on 1:45 Freestyle	EN1	
	{ 4th 25 100%		
	{4 x 125 on 1:40 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		

Workout #2032 - Monday, 08 July 2002

Group 3 - Middle Distance

1 minute rest between sets

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
	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 x 400 on 5:50 Freestyle	EN2	S
	{1 x 400 on 5:40 Freestyle	EN2	S

	{1 x 400 on 5:30 Freestyle	EN2	S
	{1 x 400 on 5:20 Freestyle	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
	7:47 AM 5,080 Meters - Stress Value = 83		

Workout #2036 - Monday, 08 July 2002

Group 3 - Middle Distance

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	
	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 x 125 on 1:45 Freestyle	EN1	
	{ 4th 25 100%		
	{4 x 125 on 1:40 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 #2035 - Monday, 08 July 2002

Group 3 - Silver/Bronze

1 minute rest between sets

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 #2034 - Monday, 08 July 2002

Group 3 - Sprint
1 minute rest between sets

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 3rd 50 6bk	EN1	S
1,000	1x{1 x 200 on 3:20 Freestyle	EN1	S
	{1 x 150 on 2:30 Freestyle	EN1	S
	{1 x 100 on 1:40 Freestyle	EN1	S
	{1 x 50 on :50 Freestyle	EN1	S
	{1 x 50 on :45 Freestyle	EN2	S
	{1 x 100 on 1:30 Freestyle	EN2	S
	{1 x 150 on 2:15 Freestyle	EN2	S
	{1 x 200 on 3:00 Freestyle	EN2	S
400	4 x 100 on 2:00 Stroke Drills	REC	D
	7:59 AM 4,480 Meters - Stress Value = 63		

{1 x 150 on 2:35 100 fr drill 50 back EN1
 {1 x 150 on 2:35 100 fr drill 50 brst EN1
 {1 x 150 on 2:35 100 fr drill 50 free EN1
 200 1 x 200 on 4:00 Stroke Drills REC
 5:23 PM 4,980 Meters - Stress Value = 48

Workout #2040 - Tuesday, 09 July 2002

Group 3 - Middle Distance
1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 15:00 Stretching		
600	1 x 600 on 12:00 Swim-kick-pull-swim 100-200-200-100	REC	
	1 on 10:00 Techniques-relay str		
	6x{1 x 50 on 1:05 Kick w/out a board		EN2
	{1 x 100 on 1:40 Freestyle		EN1
	1x{4 x 100 on 1:30 Pulls		EN1
	{3 x 200 on 3:15 Pulls		EN1
	{2 x 200 on 3:10 Pulls		EN1
	{1 x 200 on 3:05 Pulls		EN1
500	10 x 50 on :50 Freestyle-build		EN1
	2x{1 x 200 on :00 Freestyle		SP2
	{1 x 200 on 8:00 Freestyle		REC
	{1 x 50 on :00 Freestyle		SP2
	{1 x 50 on 3:00 Freestyle		REC
300	1 x 300 on 5:00 Stroke Drills		REC
	8:01 AM 4,900 Meters - Stress Value = 92		

Workout #2039 - Tuesday, 09 July 2002

Group 3 - Distance
1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 15:00 Stretching		
600	1 x 600 on 12:00 Swim-kick-pull-swim 100-200-200-100	REC	
	1 on 10:00 Techniques-relay str		
900	6x{1 x 50 on 1:05 Kick w/out a board	EN2	
	{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	
	{1 x 200 on 3:05 Pulls	EN1	
250	5 x 50 on :50 Freestyle-build	EN1	
1,800	3x{1 x 300 on 5:00 Freestyle	EN3	
	{1 x 100 on :00 Freestyle	SP2	
	{1 x 200 on 5:00 Freestyle	REC	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:58 AM 4,950 Meters - Stress Value = 121		

Workout #2038 - Tuesday, 09 July 2002

Group 3 - Silver/Bronze
1 minute rest between sets

Meters	Set Description	EGY	WORK
	1 on 15:00 Stretching		L
600	1 x 600 on 12:00 100 swim 200 kick 200 pull 200 swim	REC	S
	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		

Workout #2042 - Tuesday, 09 July 2002

Group 3 - Distance
1 minute rest between sets

Meters	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 x 50 on 1:00 Pulls 3 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 x 50 on 1:00 Pulls 2 brths	EN1	
1,800	3x{1 x 150 on 2:35 100 fr drill 50 fly	EN1	

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

3:30 PM Start

Meters	Set Description	EGY	WORK	ST
800	1 on 15:00 Stretching			L DF
800	1 x 800 on 18:00 Stroke Drills	REC		S CF
180	12 x 15 on :30 Shooters	SP3		S FI
1x{	1 x 200 on 4:40 Kick	EN2		K CF
	{4 x 50 on 1:10 Kick	EN2		K CF
	{1 x 150 on 3:20 Kick	EN2		K CF
	{3 x 50 on 1:05 Kick	EN2		K CF
	{1 x 100 on 2:10 Kick	EN2		K CF
	{2 x 50 on 1:00 Kick	EN2		K CF
800	16 x 50 on 1:00 Pulls-nbbf&w	EN1		P F
1x{	1 x 200 on 4:00 Reverse IM drill	REC		D I
	{3 x 50 on 1:00 Stroke Drills	REC		D FI
	{1 x 200 on 3:55 Reverse IM drill	REC		D I
	{3 x 50 on 1:00 Stroke Drills	REC		D F
	{1 x 200 on 3:50 Reverse IM drill	REC		D I
	{3 x 50 on 1:00 Stroke Drills	REC		D E
	{1 x 200 on 3:45 Reverse IM drill	REC		D I
	{3 x 50 on 1:00 Stroke Drills	REC		D F
5:18 PM	4,080 Meters - Stress Value = 35			

Workout #2047 - Wednesday, 10 July 2002

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

Meters	Set Description	EGY	WOF
600	1 on 15:00 Stretching		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
	100-200-200-100		
180	12 x 15 on :30 Shooters	SP3	
600	1 x 600 on 12:30 Kick	EN1	
1,200	1x{1 x 300 on 4:45 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	
1,600	1x{1 x 400 on 6:00 Freestyle	EN1	
	{2 x 200 on 2:55 Freestyle	EN1	
	{4 x 100 on 1:25 Freestyle	EN2	
	{8 x 50 on :40 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
5:07 PM	4,480 Meters - Stress Value = 53		

Workout #2041 - Tuesday, 09 July 2002

Group 3 - Sprint

1 minute rest between sets

6:00 AM Start

Meters	Set Description	EGY	WOF
600	1 on 15:00 Stretching		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
	100-200-200-100		
1,200	4x{1 x 50 on 1:05 Kick w/out a board	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:00 Freestyle	EN1	
1,000	1x{4 x 100 on 1:45 Pulls	EN1	
	{3 x 100 on 1:40 Pulls	EN1	
	{2 x 100 on 1:35 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
350	7 x 50 on :50 Freestyle-build	EN1	
800	4x{1 x 50 on :00 Freestyle OTB	SP2	
	{1 x 150 on 5:00 Freestyle	REC	
150	1 x 150 on 3:00 Stroke Drills	REC	
7:51 AM	4,100 Meters - Stress Value = 57		

Workout #2046 - Wednesday, 10 July 2002

Group 3 - Silver/Bronze

1 minute rest between sets

6:00 AM Start

Meters	Set Description	EGY	WORK	ST
600	1 on 15:00 Stretching			L I
600	1 x 600 on 12:00 Reverse IM drill	REC		S
180	12 x 15 on :30 Shooters	SP3		S
1x{	2 x 150 on 3:45 Kick	EN2		K C
	{2 x 150 on 3:35 Kick	EN2		K C
	{2 x 150 on 3:25 Kick	EN2		K C
500	1 x 500 on 9:00 Pulls	EN1		P
4x{	2 x 100 on 2:00 Stroke Drills	REC		D
	{4 x 50 on :55 Stroke	EN1		S
200	1 x 200 on 4:00 Stroke Drills	REC		D
7:44 AM	3,980 Meters - Stress Value = 44			

Workout #2048 - Wednesday, 10 July 2002

Group 3 - Silver/Bronze

1 minute rest between sets

3:30 PM Start

Meters	Set Description	EGY	WOF
600	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 on 8:30 Breaststroke	EN1	
	{4 x 100 on 1:55 Breaststroke	EN1	
	{4 x 50 on 1:15 Breaststroke	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
5:14 PM	3,980 Meters - Stress Value = 43		

Workout #2045 - Wednesday, 10 July 2002

Group 3 - Distance

1 minute rest between sets

6:00 AM Start

Meters	Set Description	EGY	WORK
800	1 on 15:00 Stretching		L
800	1 x 800 on 15:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
800	1x{1 x 200 on 4:30 Kick	EN2	K
	{1 x 200 on 4:25 Kick	EN2	K
	{1 x 200 on 4:20 Kick	EN2	K
	{1 x 200 on 4:15 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
2,000	2x{1 x 200 on 3:00 Freestyle	EN1	S
	{1 x 200 on 3:10 50 drill 150 swim	EN1	S
	{1 x 200 on 3:20 100 drill 100 swim	EN1	S

Workout #2044 - Wednesday, 10 July 2002

Group 3 - Sprint

1 minute rest between sets

6:00 AM Start			
Meters	Set Description	EGY	WORK
600	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 x 200 on 3:10 50 drill 150 swim	EN1	S
	{1 x 200 on 3:20 100 drill 100 swim	EN1	S
	{1 x 200 on 3:30 150 drill 50 swim	EN1	D
	{1 x 200 on 3:30 Stroke Drills	EN1	D
7:40 AM 3,980 Meters - Stress Value = 52			

Workout #2051 - Thursday, 11 July 2002

Group 3 - Distance

1 minute rest between sets

6:00 AM Start			
Meters	Set Description	EGY	WORK
600	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 x 200 on 2:50 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
600	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
1,000	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
1,000	5 x 200 on 3:20 Pulls	EN1	P
300	3 x 100 on 1:45 Freestyle-descend	EN1	S
1,000	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

6:00 AM Start			
Meters	Set Description	EGY	WORK
600	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
800	4x{1 x 100 on 2:30 Kick	EN1	K
	{1 x 100 on 2:00 Kick	EN2	K
900	1x{3 x 100 on 1:40 Lungbuster pulls	EN1	P
	{3 x 100 on 1:35 Lungbuster pulls	EN1	P
	{3 x 100 on 1:30 Lungbuster pulls	EN1	P
	{ odds br 5-7 evns 4-6		
1,400	14 x 100 on 1:30 Freestyle	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
7:36 AM 4,080 Meters - Stress Value = 45			

Workout #2052 - Monday, 15 July 2002

Group 3 - Middle Distance

1 minute rest between sets

3:30 PM Start			
Yards	Set Description	EGY	WOF
400	1 on 15:00 Stretching		L
400	1 x 400 on 8:00 Choice	REC	S
300	12 x 25 on :30 Shooters	SP3	S
	1x{2 x 100 on 2:00 Kick	EN2	K
	{2 x 100 on 1:55 Kick	EN2	K
	{2 x 100 on 1:50 Kick	EN2	K
800	1 x 800 on 12:00 Pulls	EN1	P
	1x{1 x 500 on 6:30 Freestyle	EN2	S
	{1 x 500 on 6:20 Freestyle	EN2	S
	{1 x 500 on 6:10 Freestyle	EN2	S
400	4 x 100 on 1:30 Freestyle-descend to	EN2	S
	ludicrous speed		
200	1 x 200 on 4:00 Stroke Drills	REC	D
	1 on 15:00 Techniques-relay srt	EN1	P
5:13 PM 4,200 Yards - Stress Value = 70			

Workout #2053 - Tuesday, 16 July 2002

Group 3 - Middle Distance

1 minute rest between sets

6:00 AM Start			
Meters	Set Description	EGY	WORK
600	1 on 15:00 Stretching		L
800	1 x 800 on 15:00 Choice	REC	S
180	12 x 15 on :45 Shooters	SP3	S
	1x{1 x 150 on 3:10 Kick	EN2	K
	{1 x 150 on 3:05 Kick	EN2	K
	{1 x 50 on 1:00 Kick	EN2	K
	{1 x 50 on :55 Kick	EN2	K
800	4 x 200 on 3:00 Pulls	EN1	P
	1x{3 x 300 on 4:30 Freestyle	EN1	S
	{2 x 300 on 4:25 Freestyle	EN2	S
	{1 x 300 on 4:20 Freestyle	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
7:36 AM 4,180 Meters - Stress Value = 55			

Workout #2054 - Tuesday, 16 July 2002

Group 3 - Taper 2

1 minute rest between sets

6:00 AM Start

Meters	Set Description	EGY	WORK	STK
800	1 on 15:00 Stretching		L	DRY
800	1 x 800 on 15:00 Choice	REC	S	CHO
180	12 x 15 on :30 Shooters	SP3	S	CHO
	2x{1 x 200 on 4:40 Kick	EN2	K	CHO
	{1 x 150 on 3:30 Kick	EN2	K	CHO
	{1 x 100 on 2:20 Kick	EN2	K	CHO
	{1 x 50 on 1:10 Kick	EN2	K	CHO
300	6 x 50 on 1:00 Freestyle-6bk	EN1	S	FR
	1x{2 x 200 on 4:00 Backstroke	EN1	S	BK
	{4 x 50 on 1:00 Butterfly	EN1	S	FLY
	{2 x 150 on 2:55 Backstroke	EN1	S	BK
	{4 x 100 on 1:55 Butterfly	EN1	S	FLY
	{2 x 100 on 1:50 Backstroke	EN2	S	BK
	{4 x 150 on 2:50 Butterfly	EN1	S	FLY
400	1 x 400 on 8:00 Stroke Drills	REC	D	CD

8:00 AM 4,780 Meters - Stress Value = 57

Meters	Set Description	EGY	WOF
600	1 on 20:00 Stomach and Stretch		
	1 x 600 on 12:00 Choice		REC
	every 3rd lap sculling drill		
300	12 x 25 on :30 Berzerks		SP3
	1x{3 x 100 on 2:20 Kick		EN1
	{2 x 100 on 2:15 Kick		EN2
	{1 x 100 on 2:10 Kick		EN2
	1x{4 x 75 on 1:15 Pulls-nbbf&w		EN1
	{3 x 100 on 1:30 Pulls-nbbf&w		EN1
	{2 x 125 on 1:45 Pulls-nbbf&w		EN1
150	1 x 150 on 2:30 Every 3rd lap stroke		EN1
	2x{3 x 75 on 1:20 Freestyle		EN1
	{3 x 75 on 1:15 Freestyle		EN1
	{3 x 75 on 1:10 Freestyle		EN1
	{3 x 75 on 1:05 Freestyle		EN1
	{1 on 1:00 Rest		
	{ #1 2bk, #2 4bk, #3 6bk		
200	1 x 200 on 3:00 Stroke Drills		REC
	7:48 AM 4,500 Meters - Stress Value = 48		

Workout #2058 - Thursday, 12 September 2002

Group 3 - All

1 minute rest between sets

6:00 AM Start

Meters	Set Description	EGY	WC
800	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 x 50 on :45 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	

7:28 AM 3,580 Meters - Stress Value = 40

6:00 PM Start

Yards	Set Description	EGY	WOF
600	1 on 20:00 Stomach and Stretch		
	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 #2056 - Tuesday, 10 September 2002

Group 3 - All

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WORK
600	1 on 20:00 Stomach and Stretch		L
	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 = 31

Workout #2057 - Wednesday, 11 September 2002

Group 3 - All

1 minute rest between sets

6:00 AM Start

Workout #2059 - Saturday, 14 September 2002

Group 3 - All

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WC
600	1 on 20:00 Stomach and Stretch		
	1 x 600 on 12:00 Swim-kick-drill-swim	REC	
	1 on 10:00 Techniques-Stanford turn drills		
	2x{1 x 100 on 2:00 Kick	EN1	
	{1 x 25 on :45 Kick 100%	EN2	
	{1 x 100 on 1:55 Kick	EN1	
	{1 x 25 on :45 Kick 100%	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
	3x{1 x 75 on 1:15 Pulls 1 brth 1st 25	EN1	
	{1 x 75 on 1:10 Pulls 1 brth 2nd 25	EN1	
	{1 x 75 on 1:05 Pulls 1 brth 3rd 25	EN1	
	{1 x 100 on 1:35 Pulls 3 brth 1st 50	EN1	
	{1 x 100 on 1:30 Pulls 3 brth last 50	EN1	
	{1 x 125 on 1:50 Pulls 2 brths/25	EN1	
200	8 x 25 on :30 odds free evns nonfr	EN1	
	1x{3 x 125 on 2:10 IM w/ 50 fly	EN1	
	{3 x 125 on 2:05 IM w/ 50 back	EN1	
	{3 x 125 on 2:00 IM w/ 50 breast	EN1	
	{3 x 125 on 1:55 IM w/ 50 free	EN1	
250	1 x 250 on 4:30 Stroke Drills	REC	

9:34 AM 5,000 Yards - Stress Value = 46

Workout #2060 - Tuesday, 17 September 2002

Group 3 - All

1 minute rest between sets

6:15 PM Start

Yards	Set Description	EGY	WOF
800	1 on 25:00 Stomach and Stretch		
	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :40 12.5 ez 12.5 fast	EN2	
	concentrate on finsh		
	1x{2 x 125 on 2:45 Kick	EN2	
	{2 x 125 on 2:40 Kick	EN2	
	{2 x 125 on 2:05 Kick	EN2	
	1x{2 x 200 on 3:00 Lungbuster pulls	EN1	
	{2 x 200 on 2:55 Lungbuster pulls	EN1	
	{2 x 200 on 2:50 Lungbuster pulls	EN1	
	{ br 3-5-7-5 by the 50		
	3x{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	
	{8 x 25 on :30 Freestyle all 6bk	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	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

Yards	Set Description	EGY	WOF
600	1 on 25:00 Stomach and Stretch		I
	3 x 200 on 3:45 Swim-kick-pull-swim	REC	S
300	12 x 25 on :40 12.5 ez 12.5 fast	EN2	S
	concentrate on finsh		
	1x{3 x 100 on 2:15 Kick	EN1	F
	{3 x 100 on 2:10 Kick	EN2	F
	{3 x 100 on 2:05 Kick	EN2	F

Yards	Set Description	EGY	WORK	S
	{ #1 fr,#2 br, #3 fly			
	1x{1 x 100 on 1:30 Pulls	EN1	F	
	{1 x 200 on 2:50 Pulls	EN1	F	
	{1 x 300 on 4:00 Pulls	EN2	F	
	{1 x 400 on 5:00 Pulls	EN2	F	
300	6 x 50 on :50 Freestyle	EN1	S	
	1x{2 x 150 on 2:15 Freestyle	EN1	S	
	{3 x 50 on :45 Freestyle-descend	EN1	S	
	{2 x 150 on 2:10 Freestyle	EN1	S	
	{3 x 50 on :45 Freestyle-descend	EN1	S	
	{2 x 150 on 2:05 Freestyle	EN1	S	
	{3 x 50 on :45 Freestyle-descend	EN1	S	
	{2 x 150 on 2:00 Freestyle	EN1	S	
	{3 x 50 on :45 Freestyle-descend	EN1	S	
250	1 x 250 on 5:00 Stroke Drills	REC	I	
	clsd fst/thmb&fng			

8:16 PM 5,150 Yards - Stress Value = 61

Workout #2062 - Thursday, 19 September 2002

Group 3 - All

1 minute rest between sets

6:15 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 25:00 Stomach and Stretch		L	I
800	1 x 800 on 15:00 Stroke Drills	REC	D	
	alt. 100 free 100str			
300	12 x 25 on :40 12.5 ez 12.5 fast	EN1	S	
	concentrate on fnshs			
	6x{1 x 100 on :00 Kick	EN2	K	C
	{1 x 50 on 3:00 Kick no board	EN2	K	F
	{ 50's underwater			
	1x{1 x 300 on 4:30 Pulls	EN1	P	
	{1 x 300 on 4:15 Pulls	EN1	P	
	{1 x 300 on 4:00 Pulls	EN2	P	
	{1 x 300 on 3:45 Pulls	EN2	P	
	3 x 100 on 1:45 Individual Medley	EN1	S	
1,500	15 x 100 on 1:30 Freestyle	EN1	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	clsd fst/6-k-switch			
	catch-up			

8:17 PM 5,200 Yards - Stress Value = 57

Workout #2063 - Monday, 23 September 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	
	5x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	2x{1 x 150 on 2:15 Pulls br 2-3-4	EN1	
	{1 x 150 on 2:15 Pulls br 3-4-5	EN1	
	{1 x 150 on 2:15 Pulls br 4-5-6	EN1	
	{1 x 150 on 2:15 Pulls br 5-6-7	EN1	
200	8 x 25 on :30 IM order	EN1	
	1x{1 x 500 on 6:45 Freestyle	EN1	
	{1 x 500 on 6:35 Freestyle	EN2	
	{1 x 500 on 6:25 Freestyle	EN2	
	{1 x 500 on 6:15 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	#1 clsd fst #2ctchup		
	#3thmb drg #4fngtrtp		
	#5 choice		

8:10 PM 5,750 Yards - Stress Value = 76

Workout #2064 - Wednesday, 25 September 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	DRY
800	8 x 100 on 2:00 Stroke Drills	REC	D	CD
300	12 x 25 on :30 Berzerks	SP3	S	BK
	4x{1 x 200 on 4:00 Kick	EN1	K	CHO
	{1 x 50 on :45 Freestyle 6bk	EN1	S	FR
1,600	4 x 400 on 5:45 Pulls	EN1	P	FR
	4x{1 x 25 on :30 Freestyle	EN1	S	FR
	{1 x 25 on :20 Freestyle	EN2	S	FR
	1x{1 x 150 on 2:45 Breaststroke	EN1	S	BR
	{1 x 100 on 2:00 Stroke Drills	EN1	D	BR
	{1 x 150 on 2:40 Breaststroke	EN2	S	BR
	{1 x 100 on 2:00 Stroke Drills	EN1	D	BR
	{1 x 150 on 2:35 Breaststroke	EN2	S	BR
	{1 x 100 on 2:00 Stroke Drills	EN1	D	BR
	{1 x 125 on 2:15 Breaststroke	EN2	S	BR
	{1 x 50 on 1:00 Stroke Drills	EN1	D	BR
	{1 x 125 on 2:10 Breaststroke	EN2	S	BR
	{1 x 50 on 1:00 Stroke Drills	EN1	S	BR
	{1 x 125 on 2:05 Breaststroke	EN2	S	BR
	{1 x 50 on 1:00 Stroke Drills	EN1	D	BR
	{1 x 100 on 1:45 Breaststroke	EN2	S	BR
	{1 x 25 on :30 Stroke Drills	EN1	D	BR
	{1 x 100 on 1:40 Breaststroke	EN2	S	BR
250	1 x 250 on 5:00 Stroke Drills	REC	D	CD
	thumb & finger drag			
	8:17 PM 5,650 Yards - Stress Value = 62			

Workout #2065 - Thursday, 26 September 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	I
800	1 x 800 on 15:00 Choice	REC	S	C
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	C
	{1 x 100 on 1:55 Kick	EN2	K	C
	{1 x 100 on 1:50 Kick	EN2	K	C
	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	C
	{1 x 75 on 1:15 50 fly 25 free	EN1	S	C
	{1 x 75 on 1:15 Stroke Drills	EN1	D	F
	{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

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	CHO
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	CHO
	{1 x 125 on 2:20 Kick	EN2	K	CHO

	{1 x 125 on 2:15 Kick	EN2	K	CHO
	1x{5 x 75 on 1:10 Pulls	EN1	P	FR
	{5 x 75 on 1:05 Pulls	EN1	P	FR
	{6 x 75 on 1:00 Pulls	EN2	P	FR
200	8 x 25 on :30 Freestyle-build	EN1	S	FR
	1x{1 x 800 on 11:00 Freestyle	EN2	S	FR
	{2 x 400 on 5:15 Freestyle	EN2	S	FR
	{8 x 200 on 2:35 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	clsd fist/6 kick swt			
	8:20 PM 6,580 Yards - Stress Value = 110			

Workout #2067 - Tuesday, 01 October 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	3x{1 x 200 on 4:00 Kick-no board on sde	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
	1x{2 x 225 on 3:15 Pulls	EN1	
	{2 x 225 on 3:05 Pulls	EN1	
	{2 x 225 on 2:55 Pulls	EN2	
	2x{1 x 125 on 2:00 IM w 50 free(6-b-k)	EN1	
	{1 x 75 on 1:30 Your Stroke-no free	EN1	
	1x{1 x 200 on 3:20 Backstroke	EN1	
	{4 x 25 on :40 Back 15m under	EN2	
	{1 x 200 on 3:15 Backstroke	EN2	
	{4 x 25 on :40 Back 15m under	EN2	
	{1 x 200 on 3:10 Backstroke	EN2	
	{4 x 25 on :40 Back 15m under	EN2	
	{1 x 200 on 3:05 Backstroke	EN2	
	{4 x 25 on :40 Back 15m under	EN2	
	{1 x 200 on 3:00 Backstroke	EN2	
	{4 x 25 on :40 Back 15m under	EN2	
	{1 x 200 on 2:55 Backstroke	EN2	
	{4 x 25 on :40 Back 15m under	EN2	
100	1 x 100 on 2:00 Backstroke for time	SP2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	thumb&fingertip drag		
	8:26 PM 6,000 Yards - Stress Value = 98		

Workout #2068 - Wednesday, 02 October 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
800	1 on 30:00 Stomach and Stretch		
300	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	12 x 25 on :30 Berzerks	SP3	
	2x{4 x 50 on 1:00 Kick-descend	EN2	
	{1 x 200 on 4:00 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 x 50 on 1:05 Under/over	EN2	
	{2 x 125 on 2:25 Breaststroke	EN1	
	{2 x 50 on 1:05 Under/over	EN2	
	{2 x 125 on 2:20 Breaststroke	EN2	
	{2 x 50 on 1:05 Under/over	EN2	
	{2 x 125 on 2:15 Breaststroke	EN2	
	{2 x 50 on 1:05 Under/over	EN2	
	{2 x 125 on 2:10 Breaststroke	EN2	
	{2 x 50 on 1:05 Under/over	EN2	
400	4 x 100 on 1:45 Stroke Drills	REC	
8:23 PM 5,950 Yards - Stress Value = 82			

Workout #2069 - Thursday, 03 October 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	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 x 75 on 1:15 Butterfly 2-3-2	EN1	
	{1 x 75 on 1:10 Butterfly 2-4-2	EN1	
	{1 x 75 on 1:05 Butterfly 2-5-2	EN2	
	{1 x 75 on 1:20 Butterfly 2-4-2	EN1	
	{1 x 75 on 1:15 Butterfly 2-5-2	EN1	
	{1 x 75 on 1:10 Butterfly 2-6-2	EN1	
	{1 x 75 on 1:05 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

Yards	Set Description	EGY	WORK	S
6:00 PM Start				
800	1 on 30:00 Stomach and Stretch		L	I
180	8 x 100 on 1:45 Stroke Drills	REC	D	C
	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 x 150 on 2:05 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 x 25 on :30 odds free w/ 6bk	EN1	S C
{evens non-free		
4x{1 x 600 on 7:30 Freestyle	EN2	S
{2 x 100 on 1:30 Freestyle 100%	EN3	S
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

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
800	1 on 30:00 Stomach and Stretch		
300	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	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 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	
	{2 x 125 on 1:45 Pulls no br L.20 yds	EN1	
	{2 x 125 on 1:40 Pulls no br L.25 yds	EN2	
500	4 x 125 on 2:00 1st 50 2bk 2nd 50 4bk	EN1	
	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	
	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

Yards	Set Description	EGY	WOF
6:00 PM Start			
800	1 on 30:00 Stomach and Stretch		
300	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	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 x 25 on :30 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			

	{ 6 x 25 on :30 Kick	EN2	F
	{ 1 x 100 on 1:55 Kick no board	EN2	F
	{ 4 x 25 on :30 Kick	EN2	F
	{ 1 x 50 on :55 Kick no board	EN2	F
	{ 2 x 25 on :30 Kick	EN2	F
1,400	2x{ 2 x 150 on 2:10 Pulls	EN1	F
	{ 4 x 100 on 1:25 Lungbuster pulls	EN1	F
	{ br 3-5-7-9 on all		
300	1 x 300 on 5:00 Individual Medley	EN1	I
4,000	1x{ 4 x 400 on 5:00 Freestyle	EN2	S
	{ 3 x 400 on 4:50 Freestyle	EN2	S
	{ 2 x 400 on 4:40 Freestyle	EN2	S
	{ 1 x 400 on 4:30 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
8:33 AM 8,000 Yards - Stress Value = 129			

Workout #2075 - Tuesday, 15 October 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
=====			
	1 on 30:00 Stomach and Stretch		I
800	1 x 800 on 15:00 Reverse IM drill	REC	I
180	12 x 15 on :30 Shooters	SP3	S
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	F
	{ 2 x 100 on 1:45 Kick	EN2	F
1x	{ 2 x 200 on 2:55 Pulls	EN1	F
	{ 2 x 200 on 2:50 Pulls	EN1	F
	{ 2 x 200 on 2:45 Pulls	EN1	F
	{ 2 x 200 on 2:40 Pulls	EN2	F
300	12 x 25 on :30 IM order-build	EN1	S
1x	{ 3 x 125 on 2:05 Backstroke	EN1	S
	{ 6 x 50 on 1:00 Backstroke des in 3s	EN1	S
	{ 3 x 125 on 2:00 Backstroke	EN2	S
	{ 6 x 50 on 1:00 Backstroke des in 3s	EN1	S
	{ 3 x 125 on 1:55 Backstroke	EN2	S
	{ 6 x 50 on 1:00 Backstroke des in 3s	EN1	S
	{ 3 x 125 on 1:50 Backstroke	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
8:32 PM 6,580 Yards - Stress Value = 89			

Workout #2073 - Saturday, 12 October 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:30 AM Start			
=====			
	1 on 30:00 Stomach and Stretch		I
1,000	1x{ 1 x 200 on 3:00 Free last 50 fast	EN1	S
	{ 1 x 200 on 3:00 Free last 75 fast	EN1	S
	{ 1 x 200 on 3:00 Free last 100 fast	EN1	S
	{ 1 x 200 on 3:00 Free last 125 fast	EN1	S
	{ 1 x 200 on 3:00 Free last 150 fast	EN1	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	concentrate on finsh		
1,200	12 x 100 on 1:30 Kick with flippers	EN2	F
1,500	1x{ 1 x 500 on 7:00 Pulls	EN1	F
	{ 1 x 500 on 6:50 Pulls	EN1	F
	{ 1 x 500 on 6:40 Pulls	EN2	F
300	4 x 75 on 1:20 IM w/out free	EN1	S
3,000	1x{ 4 x 200 on 2:30 Freestyle	EN2	S
	{ 1 x 100 on 1:15 Freestyle	EN2	S
	{ 3 x 200 on 2:25 Freestyle	EN2	S
	{ 2 x 100 on 1:15 Freestyle	EN2	S
	{ 2 x 200 on 2:20 Freestyle	EN2	S
	{ 3 x 100 on 1:15 Freestyle	EN2	S
	{ 1 x 200 on 2:15 Freestyle	EN2	S
	{ 4 x 100 on 1:15 Freestyle	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
9:53 AM 7,500 Yards - Stress Value = 129			

Workout #2074 - Monday, 14 October 2002

Group 3 - All

1 minute rest between sets

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

Workout #2076 - Wednesday, 16 October 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{4	x 125 on 2:15 Kick	EN2	
	{4 x 125 on 2:10 Kick	EN2	
	{2 x 125 on 2:05 Kick	EN2	
1x{2	x 50 on 1:00 Pulls-nbbf&w	EN1	
	{4 x 50 on :55 Pulls-nbbf&w	EN1	
	{6 x 50 on :50 Pulls-nbbf&w	EN1	
	{8 x 50 on :45 Pulls-nbbf&w	EN1	
	{10 x 50 on :40 Pulls-nbbf&w	EN2	
1x{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{2	x 50 on 1:00 Under/over	EN2	
	{1 x 200 on 4:00 Breaststroke	EN1	
	{3 x 75 on 1:25 Breaststroke	EN1	
	{2 x 50 on 1:00 Under/over	EN2	
	{1 x 200 on 3:55 Breaststroke	EN2	
	{3 x 75 on 1:20 Breaststroke	EN2	
	{2 x 50 on 1:00 Under/over	EN2	
	{1 x 200 on 3:50 Breaststroke	EN2	
	{3 x 75 on 1:15 Breaststroke	EN2	
	{2 x 50 on 1:00 Under/over	EN2	
	{1 x 200 on 3:30 Breaststroke	EN2	
	{3 x 75 on 1:10 Breaststroke	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:31 PM 6,330 Yards - Stress Value = 91		

Workout #2077 - Thursday, 17 October 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
1x{2	x 125 on 2:20 Kick	EN2	
	{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	
1x{3	x 150 on 2:05 Pulls br ev 7 mid 50	EN1	
	{3 x 150 on 2:00 Pulls br ev 8 mid 50	EN2	
	{3 x 150 on 1:55 Pulls br ev 9 mid 50	EN2	
1x{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	SP1	
1x{4	x 25 on :25 Butterfly	EN2	
	{4 x 50 on :50 Butterfly 2-6-2	EN2	
	{4 x 75 on 1:15 Butterfly 2-7-2	EN2	
	{4 x 100 on 1:40 Butterfly 2-8-2	EN2	
	{3 x 25 on :25 Butterfly	EN2	
	{3 x 50 on :50 Butterfly 2-6-2	EN2	
	{3 x 75 on 1:15 Butterfly 2-7-2	EN2	
	{3 x 100 on 1:40 Butterfly 2-8-2	EN2	
	{2 x 25 on :25 Butterfly	EN2	
	{2 x 50 on :50 Butterfly 2-6-2	EN2	
	{2 x 75 on 1:15 Butterfly 2-7-2	EN2	
	{2 x 100 on 1:40 Butterfly 2-8-2	EN2	
	{1 x 25 on :25 Butterfly	EN2	
	{1 x 50 on :50 Butterfly 2-6-2	EN2	
	{1 x 75 on 1:15 Butterfly 2-7-2	EN2	
	{1 x 100 on 1:40 Butterfly 2-8-2	EN2	

300 6 x 50 on 1:00 Stroke Drills REC
8:30 PM 6,800 Yards - Stress Value = 119

Workout #2078 - Monday, 21 October 2002

Group 3 - All

1 minute rest between sets

Yards	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	FR
2x{1	x 100 on 2:00 Kick	EN2	K	CHO
	{1 x 100 on 1:55 Kick	EN2	K	CHO
	{1 x 100 on 1:50 Kick	EN2	K	CHO
	{1 x 100 on 1:45 Kick	EN2	K	CHO
	{1 x 100 on 1:40 Kick	EN2	K	CHO
1x{3	x 100 on 1:30 Pulls	EN1	P	FR
	{2 x 50 on 1:00 Pulls 4 breaths	EN1	P	FR
	{3 x 100 on 1:25 Pulls	EN1	P	FR
	{2 x 50 on 1:00 Pulls 3 breaths	EN1	P	FR
	{3 x 100 on 1:20 Pulls	EN2	P	FR
	{2 x 50 on 1:00 Pulls 2 breaths	EN1	P	FR
	{3 x 100 on 1:15 Pulls	EN2	P	FR
2x{1	x 50 on :55 Freestyle 2bk	EN1	S	FR
	{1 x 50 on :50 Freestyle 4 bk	EN1	S	FR
	{1 x 50 on :45 Freestyle 6bk	EN1	S	FR
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
	{1 on 1:00 Rest		M	
	{4 x 125 on 1:40 Freestyle	EN3	S	FR
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD
	7:30 PM 6,650 Yards - Stress Value = 206			

Workout #2079 - Monday, 21 October 2002

HighSchl - All

1 minute rest between sets

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 2:20 Kick	EN2	
	{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	
1x{3	x 150 on 2:05 Pulls br ev 7 mid 50	EN1	
	{3 x 150 on 2:00 Pulls br ev 8 mid 50	EN2	
	{3 x 150 on 1:55 Pulls br ev 9 mid 50	EN2	
1x{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	SP1	
1x{4	x 25 on :25 Butterfly	EN2	
	{4 x 50 on :50 Butterfly 2-6-2	EN2	
	{4 x 75 on 1:15 Butterfly 2-7-2	EN2	
	{4 x 100 on 1:40 Butterfly 2-8-2	EN2	
	{3 x 25 on :25 Butterfly	EN2	
	{3 x 50 on :50 Butterfly 2-6-2	EN2	
	{3 x 75 on 1:15 Butterfly 2-7-2	EN2	
	{3 x 100 on 1:40 Butterfly 2-8-2	EN2	
	{2 x 25 on :25 Butterfly	EN2	
	{2 x 50 on :50 Butterfly 2-6-2	EN2	
	{2 x 75 on 1:15 Butterfly 2-7-2	EN2	
	{2 x 100 on 1:40 Butterfly 2-8-2	EN2	
	{1 x 25 on :25 Butterfly	EN2	
	{1 x 50 on :50 Butterfly 2-6-2	EN2	
	{1 x 75 on 1:15 Butterfly 2-7-2	EN2	
	{1 x 100 on 1:40 Butterfly 2-8-2	EN2	
	5:30 PM Start		
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
2x{1	x 50 on 1:10 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 150 on 3:30 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	
150	1 x 150 on 3:00 Freestyle 1st 50 2bk	EN1	
	2nd 50 4bk 3rd 50 6bk		
2x{1	x 125 on 2:10 Freestyle	EN1	
	{1 x 125 on 2:05 Freestyle	EN1	
	{1 x 125 on 2:00 Freestyle	EN1	
	{1 x 125 on 1:55 Freestyle	EN1	
	{1 x 100 on 2:30 Freestyle EZ	REC	
250	1 x 250 on 5:00 Stroke Drills	REC	
	6:51 PM 3,530 Yards - Stress Value = 35		

Workout #2080 - Tuesday, 22 October 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM Start			
800	1 on 30:00 Stomach and Stretch		
180	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
	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	EN3	
1x{	3 x 300 on 4:15 Pulls	EN1	
	{2 x 200 on 2:40 Pulls	EN2	
	{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	EN2	
	{2 x 200 on 3:00 Backstroke	EN2	
	{2 x 150 on 2:30 Backstroke	EN2	
	{2 x 150 on 2:20 Backstroke	EN2	
	{2 x 150 on 2:10 Backstroke	EN2	
	{2 x 100 on 1:30 Backstroke	EN2	
	{2 x 100 on 1:25 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:30 PM 6,780 Yards - Stress Value = 102			

Workout #2081 - Tuesday, 22 October 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:30 PM Start				
400	1 on 15:00 Dryland and stretch		L	I
180	1 x 400 on 8:00 Choice	REC	S	C
	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

Yards	Set Description	EGY	WOF
6:00 PM Start			

	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 12.5 ez 12.5 fast	SP3	
concentrate on fnsh			
2x{	1 x 200 on 4:00 Kick no board	EN2	
	{1 x 150 on 3:00 Kick no board	EN2	
	{1 x 100 on 2:00 Kick no board	EN2	
	{1 x 50 on 1:00 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-descend	EN1	
	{3 x 125 on 2:10 Breaststroke	EN1	
	{3 x 50 on 1:00 Breaststroke-descend	EN1	
	{3 x 125 on 2:05 Breaststroke	EN1	
	{3 x 50 on 1:00 Breaststroke-descend	EN1	
	{3 x 125 on 2:00 Breaststroke	EN2	
	{3 x 50 on 1:00 Breaststroke-descend	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

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:00 PM Start				
	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 x 250 on 4:10 Pulls	EN1	P	F
	{1 x 250 on 4:05 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 x 25 on :25 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

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L I
800	16 x 50 on :55 Stroke Drills-odds free, evens non-free	REC	D C
180	12 x 15 on :30 Shooters	SP3	S
	1x{4 x 100 on 2:00 Kick Odds fast	EN2	K C
	{4 x 100 on 1:55 Kick odds fast	EN2	K C
	{4 x 100 on 1:50 Kick odds fast	EN2	K C
	1x{1 x 1000 on 14:00 Pulls	EN1	P
	{2 x 500 on 6:45 Pulls	EN1	P
	6x{1 x 25 on :30 Freestyle	EN1	S
	{1 x 25 on :20 Freestyle	EN2	S
	1x{4 x 75 on 1:20 Butterfly	EN1	S F
	{1 x 100 on 1:10 Individual Medley	EN2	S
	{4 x 75 on 1:15 Butterfly	EN1	S F
	{1 x 100 on 1:15 Individual Medley	EN2	S
	{4 x 75 on 1:10 Butterfly	EN2	S F
	{1 x 100 on 1:20 Individual Medley	EN2	S
	{4 x 75 on 1:05 Butterfly	EN2	S F
	{1 x 100 on 1:25 Individual Medley	EN2	S
	{4 x 75 on 1:00 Butterfly	EN2	S F
350	7 x 50 on 1:30 Individual Medley	EN2	S
	7:30 PM 6,830 Yards - Stress Value = 90	REC	D

Workout #2084 - Thursday, 24 October 2002

HighSchl - All

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 15:00 Dryland and stretch		L
500	5 x 100 on 2:00 Stroke Drills	REC	D
300	12 x 25 on :40 12.5 ez 12.5 fast concentrate on fnsh	SP3	S
	1x{2 x 125 on 2:45 Kick	EN2	K
	{2 x 125 on 2:40 Kick	EN2	K
	{2 x 125 on 2:35 Kick	EN2	K
	1x{2 x 75 on 1:20 Lungbuster pulls	EN1	P
	{3 x 75 on 1:15 Lungbuster pulls	EN1	P
	{4 x 75 on 1:10 Lungbuster pulls	EN1	P
	{3 x 75 on 1:05 Lungbuster pulls	EN2	P
	{2 x 75 on 1:00 Lungbuster pulls	EN2	P
	{ odds br 3-5-7 evens		
	{ breathe 2-4-6		
300	1 x 300 on 6:00 Individual Medley	EN1	S
	1x{9 x 50 on :50 Descend in sets of 3	EN1	S
	{9 x 50 on :45 Descend in sets of 3	EN2	S
	{9 x 50 on :40 Freestyle	EN2	S
250	5 x 50 on 1:05 Stroke Drills	REC	D
	6:45 PM 4,500 Yards - Stress Value = 66		

Workout #2086 - Monday, 28 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 Shooters	SP3	
1,200	1x{4 x 75 on 1:30 Kick	EN2	
	{4 x 75 on 1:25 Kick	EN2	
	{4 x 75 on 1:20 Kick	EN2	
	{4 x 75 on 1:15 Kick	EN2	

1,600	1x{2 x 200 on 2:30 Pulls		EN2
	{2 x 200 on 2:35 Pulls		EN2
	{2 x 200 on 2:40 Pulls		EN2
	{2 x 200 on 2:45 Pulls		EN1
400	1 x 400 on 6:00 Individual Medley		EN1
3,000	6x{1 x 300 on 3:45 Freestyle		EN2
	{2 x 100 on 1:30 Freestyle 100%		EN3
200	1 x 200 on 4:00 Stroke Drills		REC
	8:31 PM 7,380 Yards - Stress Value = 171		

Workout #2087 - Monday, 28 October 2002

HighSchl - All

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :40 Shooters	SP3	
	1x{3 x 75 on 1:40 Kick		EN2
	{3 x 100 on 2:05 Kick		EN2
	{3 x 125 on 2:30 Kick		EN2
	1x{2 x 150 on 2:45 Pulls		EN1
	{2 x 150 on 2:35 Pulls		EN1
	{2 x 150 on 2:25 Pulls		EN1
	{2 x 150 on 2:15 Pulls		EN1
	1x{1 x 400 on 6:00 Freestyle		EN2
	{1 x 400 on 5:55 Freestyle		EN2
	{1 x 400 on 5:50 Freestyle		EN2
	{1 x 400 on 5:45 Freestyle		EN2
	{1 x 400 on 5:40 Freestyle		EN2
200	4 x 50 on 1:00 Stroke Drills		REC
	7:53 PM 5,080 Yards - Stress Value = 77		

Workout #2088 - Tuesday, 29 October 2002

Group 3 - All

1 minute rest between sets

6:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 100 on 2:00 Kick		EN2
	{2 x 50 on :45 Kick		EN2
	{2 x 100 on 1:55 Kick		EN2
	{2 x 50 on :50 Kick		EN2
	{2 x 100 on 1:50 Kick		EN2
	{2 x 50 on :55 Kick		EN2
	{2 x 100 on 1:45 Kick		EN2
	1x{2 x 150 on 2:15 Pulls mid 50 br ev 7		EN1
	{2 x 150 on 2:15 Pulls mid 50 br ev 8		EN1
	{2 x 150 on 2:15 Pulls mid 50 br ev 9		EN1
	{2 x 150 on 2:15 Pulls mid 50 br ev10		EN1
300	4 x 75 on 1:15 1st 50 2bk 2nd 50 4bk		EN1
	3rd 50 6bk		
	1x{6 x 125 on 2:10 Backstroke		EN2
	{ straight swims		
	{5 x 125 on 2:05 Backstroke		EN2
	{ break at 100-10 sec		
	{4 x 125 on 2:00 Backstroke		EN2
	{ break at 75-10 sec		
	{3 x 125 on 1:55 Backstroke		EN2
	{ break at 50-10 sec		
	{2 x 125 on 1:50 Backstroke		EN2
	{ break at 25-10 sec		
	{1 x 125 on 1:30 Backstroke-100%		EN2
400	8 x 50 on 1:00 Stroke Drills		REC
	8:30 AM 6,605 Yards - Stress Value = 96		

Workout #2089 - Tuesday, 29 October 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
6:15 PM Start				
600	1 on 25:00 Stomach and Stretch		L	I
300	1 x 600 on 12:00 Reverse IM drill	REC	D	
300	12 x 25 on :30 Berzerks	SP3	S	F
	1 on 10:00 Techniques-free trns		D	
1x{	4 x 50 on 1:15 Kick	EN2	K	C
	{4 x 50 on 1:10 Kick	EN2	K	C
	{4 x 50 on 1:05 Kick	EN2	K	C
	{4 x 50 on 1:00 Kick	EN2	K	C
1x{	1 x 500 on 8:00 Pulls	EN1	P	
	{1 x 500 on 7:45 Pulls	EN1	P	
	{1 x 500 on 7:30 Pulls	EN1	P	
1x{	2 x 300 on 4:30 Freestyle	EN1	S	
	{2 x 250 on 3:45 Freestyle	EN1	S	
	{2 x 200 on 3:00 Freestyle	EN1	S	
	{2 x 150 on 2:15 Freestyle	EN1	S	
	{2 x 100 on 1:30 Freestyle	EN1	S	
200	1 x 200 on 5:00 Stroke Drills	REC	D	
8:30 PM 5,400 Yards - Stress Value = 63				

{4 x 25 on :40 Sprint kick	EN2
{3 x 75 on 1:15 Kick	EN2
1x{1 x 400 on 5:30 Pulls-nbbf&w	EN1
{3 x 50 on 1:00 Pulls 3 breaths	EN1
{1 x 300 on 4:05 Pulls-nbbf&w	EN1
{3 x 50 on 1:00 Pulls 3 breaths	EN1
{1 x 200 on 2:45 Pulls-nbbf&w	EN1
{3 x 50 on 1:00 Pulls 3 breaths	EN1
{1 x 100 on 1:20 Pulls-nbbf&w	EN1
{3 x 50 on 1:00 Pulls 3 breaths	EN1
8 x 25 on :30 IM order-build	EN1
1x{1 x 100 on 1:45 Breaststroke	EN2
{8 x 25 on 1:00 From dive/10 pushups	EN2
{2 x 100 on 1:40 Breaststroke	EN2
{8 x 25 on 1:00 From dive/10 pushups	EN2
{3 x 100 on 1:35 Breaststroke	EN2
{8 x 25 on 1:00 From dive/10 pushups	EN2
{4 x 100 on 1:30 Breaststroke	EN2
1 x 200 on 4:00 Stroke Drills	REC
8:35 PM 5,900 Yards - Stress Value = 94	

Workout #2092 - Thursday, 31 October 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WC
6:15 PM Start			
600	1 on 20:00 Stomach and Stretch		
300	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 x 250 on 5:25 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 x 300 on 4:45 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 x 25 on :30 IM order-build	EN1	
10x{	1 x 100 on 1:45 Individual Medley	EN1	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
200	1 x 200 on 4:00 Stroke Drills	REC	
8:30 PM 5,350 Yards - Stress Value = 62			

Workout #2090 - Tuesday, 29 October 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:15 PM Start			
600	1 on 20:00 Stomach and Stretch		
300	1 x 600 on 12:00 Stroke Drills	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1 on 10:00 Techniques-free trns		
1x{	2 x 100 on 2:15 Kick	EN2	
	{2 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	
	{2 x 125 on 2:05 Pulls no br L.15 yds	EN1	
	{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	
	{4 x 75 on 1:00 Freestyle	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 4:00 Stroke Drills	REC	
8:30 PM 5,700 Yards - Stress Value = 83			

Workout #2091 - Wednesday, 30 October 2002

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
	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 x 25 on :40 Sprint kick	EN2	
	{3 x 75 on 1:25 Kick	EN2	
	{4 x 25 on :40 Sprint kick	EN2	
	{3 x 75 on 1:20 Kick	EN2	

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 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-back turn		
1x{4	x 75 on 1:40 Kick no board	EN2	
	{4 x 75 on 1:35 Kick no board	EN2	
	{4 x 75 on 1:30 Kick no board	EN2	
1x{2	x 25 on :30 Stroke Drills	REC	
	{2 x 50 on 1:00 Stroke Drills	REC	
	{2 x 75 on 1:30 Stroke Drills	REC	
	{2 x 100 on 2:00 Stroke Drills	REC	
300	6 x 50 on :55 Pulls-nbbf&w	EN1	
300	12 x 25 on :30 IM order-build	EN1	
1x{2	x 50 on 1:00 Butterfly 2-2-2	EN1	
	{1 x 100 on 2:15 Butterfly	EN1	
	{3 x 50 on 1:00 Butterfly 2-3-2	EN1	
	{1 x 100 on 2:15 Butterfly	EN1	
	{4 x 50 on 1:00 Butterfly 2-4-2	EN1	
	{1 x 100 on 2:15 Butterfly	EN1	
	{5 x 50 on 1:00 Butterfly 2-5-2	EN1	
	{1 x 100 on 2:15 Butterfly	EN1	
	{6 x 50 on 1:00 Butterfly 2-6-2	EN1	
	{1 x 100 on 2:15 Butterfly	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:29 PM 4,500 Yards - Stress Value = 39		

Workout #2096 - Monday, 04 November 2002

HighSchl - Platinum

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 Swim-kick-pull-swim	REC	
180	12 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

2:55 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{2	x 100 on 2:15 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
1x{2	x 150 on 2:20 Pulls mid 50 br ev 5	EN1	
	{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 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{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{2	x 150 on 2:30 Pulls mid 50 br ev 5	EN1	
	{2 x 150 on 2:30 Pulls mid 50 br ev 7	EN1	
	{2 x 150 on 2:30 Pulls mid 50 br ev 9	EN1	
300	4 x 75 on 1:30 IM w/out the free	EN1	
1x{1	x 400 on 6:15 Freestyle	EN1	
	{1 x 400 on 6:10 Freestyle	EN1	
	{1 x 300 on 4:35 Freestyle	EN2	
	{1 x 200 on 3:00 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		
	5:29 PM 4,280 Yards - Stress Value = 49		

Workout #2093 - Monday, 04 November 2002

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{3	x 100 on 2:30 Kick	EN2	
	{3 x 100 on 2:25 Kick	EN2	
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	
300	4 x 75 on 1:30 IM w/out the free	EN1	
1x{1	x 400 on 7:00 Freestyle	EN1	
	{1 x 400 on 6:50 Freestyle	EN1	
	{1 x 400 on 6:40 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 3,830 Yards - Stress Value = 46		

Workout #2094 - Monday, 04 November 2002

HighSchl - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WOF
2:55 PM Start			
400	1 on 30:00 Stomach and Stretch		
	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/sttrch crds/med		
	1 on 14:00 Partner stretch/Ice		
5:28 PM 2,240 Yards - Stress Value = 26			

1 minute rest between sets

Yards	Set Description	EGY	WOF
2:55 PM Start			
	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 x 100 on 1:20 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 strtrch/Ice		
5:29 PM 6,580 Yards - Stress Value = 94			

Workout #2104 - Tuesday, 05 November 2002

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
6:15 PM Start				
	1 on 30:00 Stomach and Stretch		L	I
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 x 100 on 1:30 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 x 400 on 5:50 Freestyle	EN2	S	
	{1 x 400 on 5:40 Freestyle	EN2	S	
	{1 x 400 on 5:30 Freestyle	EN2	S	
	{1 x 400 on 5:20 Freestyle	EN2	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
8:30 PM 4,900 Yards - Stress Value = 62				

Workout #2100 - Tuesday, 05 November 2002

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
2:55 PM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 125 on 2:45 Kick	EN2	
	{1 x 125 on 2:40 Kick	EN2	
	{1 x 125 on 2:35 Kick	EN2	
	{1 x 125 on 2:30 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	1x{3 x 100 on 1:40 Lungbuster pulls	EN1	
	{3 x 100 on 1:35 Lungbuster pulls	EN1	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 150 on 2:30 2bk, 4bk, 6bk by 50s	EN1	
	1x{3 x 150 on 2:15 Freestyle	EN2	
	{3 x 150 on 2:10 Freestyle	EN2	
	{3 x 150 on 2:05 Freestyle	EN2	
	{3 x 150 on 2:00 Freestyle	EN2	
200	4 x 50 on 1:00 Stroke Drills	REC	
	1 on 18:00 Abs/S.cords/med ball		
	1 on 15:00 Partner strtrch/Ice		
5:28 PM 4,780 Yards - Stress Value = 65			

Workout #2105 - Tuesday, 05 November 2002

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
6:15 PM Start				
	1 on 30:00 Stomach and Stretch		L	I
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 x 325 on 6:00 Freestyle	EN2	S	
	{1 x 325 on 5:50 Freestyle	EN2	S	
	{1 x 325 on 5:40 Freestyle	EN2	S	
	{1 x 325 on 5:30 Freestyle	EN2	S	
	{1 x 300 on 4:50 Freestyle	EN2	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
8:29 PM 4,200 Yards - Stress Value = 48				

Workout #2099 - Tuesday, 05 November 2002

HighSchl - Platinum

Workout #2101 - Tuesday, 05 November 2002

HighSchl - Silver

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	
1x{	1 x 125 on 2:55 Kick	EN2	
	{1 x 125 on 2:50 Kick	EN2	
	{1 x 125 on 2:45 Kick	EN2	
	{1 x 125 on 2:40 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
1x{	3 x 100 on 1:50 Lungbuster pulls	EN1	
	{3 x 100 on 1:45 Lungbuster pulls	EN1	
	{3 x 100 on 1:40 Lungbuster pulls	EN1	
300	2 x 150 on 2:30 2bk, 4bk, 6bk by 50s	EN1	
1x{	3 x 150 on 2:30 Freestyle	EN2	
	{3 x 150 on 2:25 Freestyle	EN2	
	{2 x 150 on 2:20 Freestyle	EN2	
	{2 x 150 on 2:15 Freestyle	EN2	
200	4 x 50 on 1:00 Stroke Drills	REC	
	1 on 18:00 Abs/S.cords/med ball		
	1 on 15:00 Partner strtch/Ice		
	5:28 PM 4,480 Yards - Stress Value = 59		

Workout #2102 - Tuesday, 05 November 2002

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 15:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{	2 x 125 on 3:00 Kick	EN2	
	{2 x 125 on 2:55 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
1x{	3 x 100 on 2:00 Lungbuster pulls	EN1	
	{3 x 100 on 1:55 Lungbuster pulls	EN1	
	{2 x 100 on 1:50 Lungbuster pulls	EN1	
150	1 x 150 on 3:00 2bk, 4bk, 6bk by 50s	EN1	
1x{	3 x 150 on 2:45 Freestyle	EN2	
	{3 x 150 on 2:40 Freestyle	EN2	
	{2 x 150 on 2:40 Freestyle	EN2	
	{1 x 150 on 2:35 Freestyle	EN2	
200	4 x 50 on 1:00 Stroke Drills	REC	
	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		

Workout #2103 - Tuesday, 05 November 2002

HighSchl - Rookies

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 15:00 Reverse IM drill	REC	
90	6 x 15 on 1:00 Shooters	SP3	
450	1x{2 x 100 on 3:00 Kick	EN2	
	{2 x 100 on 2:55 Kick	EN2	
	{1 x 50 on 1:20 Kick	EN2	
500	1x{2 x 100 on 6:00 Lungbuster pulls	EN1	
	{2 x 100 on 5:30 Lungbuster pulls	EN1	
	{1 x 100 on 5:00 Lungbuster pulls	EN1	
100	1 x 100 on 3:00 2bk, 4bk, 6bk by 25s	EN1	
600	1x{2 x 150 on 4:30 Freestyle	EN2	
	{2 x 150 on 4:15 Freestyle	EN2	

100	1 x 100 on 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	

Workout #2111 - Wednesday, 06 November 2002

Group 2 - Gold

1 minute rest between sets

6:15 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
	odds free evns nonfr		
	1 on 10:00 Techniques-back strt		
1x{	2 x 150 on 3:25 Kick	EN2	
	{2 x 125 on 2:45 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 75 on 1:35 Kick	EN2	
	{2 x 50 on :30 Kick	EN2	
1x{	1 x 150 on 2:25 Pulls mid 50 br ev 5	EN1	
	{1 x 150 on 2:20 Pulls mid 50 br ev 7	EN1	
	{1 x 150 on 2:15 Pulls mid 50 br ev 9	EN1	
300	4 x 75 on 1:20 2bk, 4bk, 6bk by 25s	EN1	
10x{	1 x 100 on 1:45 Individual Medley	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
250	1 x 250 on 5:00 Stroke Drills	REC	
8:30	PM 4,800 Yards - Stress Value = 59		

Workout #2110 - Wednesday, 06 November 2002

HighSchl - Platinum

1 minute rest between sets

2:55 PM Start

Yards	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
180	12 x 15 on :30 Shooters	SP3	S	FR
1x{	6 x 75 on 1:30 Kick	EN2	K	CHO
	{5 x 75 on 1:25 Kick	EN2	K	CHO
	{4 x 75 on 1:20 Kick	EN2	K	CHO
	{3 x 75 on 1:15 Kick	EN2	K	CHO
1x{	1 x 400 on 5:00 Pulls	EN1	P	FR
	{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
	{1 x 25 on :20 Freestyle	EN2	S	FR
1x{	4 x 100 on 1:20 Freestyle	EN2	S	FR
	{4 x 100 on 1:15 Freestyle	EN2	S	FR
	{4 x 100 on 1:10 Freestyle	EN2	S	FR
	{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
	{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			

Workout #2107 - Wednesday, 06 November 2002

HighSchl - Gold

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK	STP
	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 x 300 on 4:15 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 x 25 on :20 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
	{4 x 100 on 1:20 Freestyle	EN2		S FF
	{3 x 100 on 1:15 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
	5:27 PM 4,980 Yards - Stress Value = 60			

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	STP
	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 x 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			

Workout #2112 - Thursday, 07 November 2002

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set 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 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 #2106 - Wednesday, 06 November 2002

HighSchl - Silver

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK	STP
	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 = 55			

Workout #2108 - Wednesday, 06 November 2002

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK	STP
	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 x 25 on :25 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

Workout #2113 - Thursday, 07 November 2002

HighSchl - All

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, ST. Includes workout details for 11:00 AM Start, ending at 1:01 PM with 4,030 Yards.

Summary table for Workout #2113 with columns: Yards, Set Description, EGY, WOF. Total: 1:29 PM 5,030 Yards - Stress Value = 53.

Workout #2117 - Thursday, 07 November 2002

HighSchl - Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for 11:00 AM Start, ending at 1:29 PM with 4,630 Yards.

Workout #2115 - Thursday, 07 November 2002

HighSchl - Platinum

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for 11:00 AM Start, ending at 1:31 PM with 6,380 Yards.

Workout #2118 - Thursday, 07 November 2002

HighSchl - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for 11:00 AM Start, ending at 1:30 PM with 4,230 Yards.

Workout #2116 - Thursday, 07 November 2002

HighSchl - Gold

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WOF. Includes workout details for 11:00 AM Start, ending at 1:30 PM with 4,230 Yards.

Workout #2114 - Thursday, 07 November 2002

HighSchl - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WOF
	11:00 AM Start		
	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		

{1 x 50 on :50 Freestyle 6 beatkick	EN1
{3 x 100 on 1:15 Pulls	EN1
2x{2 x 50 on 1:00 Under/over	EN1
{2 x 25 on :30 Dolphin dives	EN1
{1 x 25 on :45 TN turn heel slide	EN1
9:07 PM 3,680 Yards - Stress Value = 35	

Workout #2126 - Monday, 11 November 2002

Group 2 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	6:15 PM Start			
	1 on 30:00 Stomach and Stretch		L	I
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 x 25 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 #2119 - Friday, 08 November 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	5:30 AM Start			
	1 on 15:00 12 minute abs		L	I
600	1 x 600 on 10:00 Reverse IM drill	REC	D	
300	12 x 25 on :30 Berzerks	SP3	S	
400	16 x 25 on :30 Pulls	EN1	P	
	2x{1 x 100 on 1:30 Individual Medley	EN1	S	
	{2 x 50 on :55 Butterfly	EN1	D	F
	{1 x 100 on 1:35 Individual Medley	EN1	S	
	{2 x 50 on :55 Backstroke	EN1	D	
	{1 x 100 on 1:40 Individual Medley	EN1	S	
	{2 x 50 on :55 Breaststroke	EN1	D	
	{1 x 100 on 1:45 Individual Medley	EN1	S	
	{2 x 50 on :55 Freestyle	EN1	D	
1x{4 x 25 on :30 Freestyle	EN1	S		
	{4 x 25 on :25 Freestyle	EN1	S	
	{4 x 25 on :20 Freestyle	EN2	S	
	{4 x 25 on :15 Freestyle	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 15:00 Ice		L	I
	7:06 AM 3,500 Yards - Stress Value = 38			

Workout #2125 - Monday, 11 November 2002

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF
	2:55 PM Start		
	1 on 59:59 Picture/stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 200 on 3:45 Kick	EN2	
	{3 x 100 on 1:55 Kick-descend	EN2	
	1x{1 x 300 on 4:00 Pulls	EN1	
	{1 x 300 on 3:55 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{1 x 200 on 2:35 Pulls	EN1	
	{1 x 100 on 1:20 Pulls	EN1	
	{1 x 100 on 1:15 Pulls	EN1	
200	8 x 25 on :30 IM order-build	EN1	
	1x{4 x 100 on 1:15 Freestyle	EN2	
	{1 x 400 on 5:00 Freestyle	EN2	
	{3 x 100 on 1:15 Freestyle	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{2 x 100 on 1:15 Freestyle	EN2	
	{1 x 200 on 2:30 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 11:00 Ice		
	5:29 PM 4,880 Yards - Stress Value = 67		

Workout #2120 - Saturday, 09 November 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	7:30 PM Start		
	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 x 50 on 1:00 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	

Workout #2121 - Monday, 11 November 2002

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 59:59 Picture/stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{	1 x 200 on 3:45 Kick	EN2	
	{3 x 100 on 1:55 Kick-descend	EN2	
1x{	1 x 300 on 4:15 Pulls	EN1	
	{1 x 300 on 4:10 Pulls	EN1	
	{1 x 200 on 2:50 Pulls	EN1	
	{1 x 200 on 2:45 Pulls	EN1	
	{1 x 100 on 1:25 Pulls	EN1	
	{1 x 100 on 1:20 Pulls	EN1	
200	8 x 25 on :30 IM order-build	EN1	
1x{	4 x 100 on 1:20 Freestyle	EN2	
	{1 x 400 on 5:30 Freestyle	EN2	
	{3 x 100 on 1:20 Freestyle	EN2	
	{1 x 300 on 4:10 Freestyle	EN2	
	{2 x 100 on 1:20 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 11:00 Ice		
	5:29 PM 4,680 Yards - Stress Value = 63		

200 1 x 200 on 3:00 Stroke Drills REC
 1 on 11:00 Ice
 5:29 PM 3,980 Yards - Stress Value = 51

Workout #2124 - Monday, 11 November 2002

HighSchl - Rookies

1 minute rest between sets

Yards	Set 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 #2122 - Monday, 11 November 2002

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 59:59 Picture/stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{	1 x 200 on 4:15 Kick	EN2	
	{3 x 100 on 2:10 Kick-descend	EN2	
1x{	1 x 300 on 4:30 Pulls	EN1	
	{1 x 300 on 4:25 Pulls	EN1	
	{1 x 200 on 3:00 Pulls	EN1	
	{1 x 200 on 2:55 Pulls	EN1	
200	8 x 25 on :30 IM order-build	EN1	
1x{	4 x 100 on 1:30 Freestyle	EN2	
	{1 x 400 on 5:55 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
	{1 x 300 on 4:30 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 11:00 Ice		
	5:27 PM 4,280 Yards - Stress Value = 57		

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
1x{	1 x 300 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 x 50 on :50 Kick with flippers	EN2	
	{1 x 25 on :30 Kick with flippers	EN2	
1x{	1 x 100 on 1:45 Lungbuster pulls	EN1	
	{1 x 100 on 1:40 Lungbuster pulls	EN1	
	{1 x 100 on 1:35 Lungbuster pulls	EN1	
	{1 x 100 on 1:30 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 #2123 - Monday, 11 November 2002

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 59:59 Picture/stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{	1 x 200 on 5:00 Kick	EN2	
	{3 x 100 on 2:20 Kick-descend	EN2	
1x{	1 x 300 on 5:15 Pulls	EN1	
	{1 x 300 on 5:10 Pulls	EN1	
	{1 x 200 on 3:25 Pulls	EN1	
	{1 x 200 on 3:20 Pulls	EN1	
200	8 x 25 on :30 IM order-build	EN1	
1x{	4 x 100 on 1:40 Freestyle	EN2	
	{1 x 400 on 6:40 Freestyle	EN2	
	{3 x 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	ST
=====	=====	====	=====	==
	1 on 35:00 Shoulders & Stretch		L DF	
	4x{1 x 100 on 1:45 Reverse IM drill	REC	D I	
	{2 x 50 on :50 Stroke Drills	REC	D F	
180	12 x 15 on :30 Shooters	SP3	S FI	
	1x{1 x 100 on 2:00 Kick no board	EN2	K F	
	{3 x 50 on 1:00 Kick-descend	EN2	K CF	
	{1 x 125 on 2:25 Kick no board	EN2	K F	
	{3 x 50 on :55 Kick-descend	EN2	K CF	
	{1 x 150 on 2:50 Kick no board	EN2	K F	
	{3 x 50 on :50 Kick-descend	EN2	K CF	
	{1 x 175 on 3:15 Kick no board	EN2	K F	
	1x{1 x 500 on 7:00 Pulls	EN1	P F	
	{2 x 250 on 3:25 Pulls	EN1	P F	
	{4 x 125 on 1:40 Pulls	EN2	P F	
	{5 x 100 on 1:18 Pulls	EN2	P F	
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 C	
	1 on 10:00 Ice		L DF	
	5:38 PM 6,980 Yards - Stress Value = 109			

	{1 x 100 on 10:00 Stroke Drills	REC	D	
	{4 x 25 on :30 Butterfly	EN1	S F	
180	12 x 15 on :30 Shooters	SP3	S	
1,000	5x{1 x 100 on 2:00 Kick	EN2	K C	
	{1 x 100 on 1:30 Kick	EN2	K C	
1,800	1x{1 x 800 on 10:00 Pulls	EN2	P	
	{1 x 600 on 7:45 Pulls	EN2	P	
	{1 x 400 on 5:20 Pulls	EN1	P	
600	4 x 150 on 2:30 IM odds 75 back	EN1	S	
	evens 75 free			
2,600	4x{2 x 200 on 2:30 Freestyle	EN2	S	
	{1 x 100 on 1:20 Individual Medley	EN2	S	
	{2 x 75 on :50 Freestyle	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	1 on 12:00 Ice		L I	
	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	Set Description	EGY	WORK	ST
=====	=====	====	=====	==
	1 on 35:00 Circuit & Stretch		L I	
	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	
180	4 x 25 on :30 Butterfly	EN1	S F	
	12 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	
	evens 75 free			
	5x{1 x 200 on 2:40 Freestyle	EN2	S	
	{1 x 100 on 1:35 Individual Medley	EN2	S	
200	{2 x 75 on 1:00 Freestyle	EN2	S	
	1 x 200 on 4:00 Stroke Drills	REC	D	
	1 on 12:00 Ice		L I	
	5:35 PM 6,530 Yards - Stress Value = 111			

Workout #2134 - Wednesday, 13 November 2002

Group 2 - Gold

1 minute rest between sets

6:15 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	====	=====	==
	1 on 30:00 Stomach and Stretch		L	
	1x{3 x 125 on 2:15 Freestyle-descend	EN1	S	
	{3 x 100 on 1:45 Freestyle-descend	EN1	S	
	{3 x 75 on 1:15 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 x 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 x 150 on 2:50 Breaststroke	EN2	S	
	{1 x 150 on 2:45 Breaststroke	EN2	S	
	{1 x 150 on 2:40 Breaststroke	EN2	S	
	{1 x 100 on 1:50 Breaststroke	EN2	S	
	{1 x 100 on 1:45 Breaststroke	EN2	S	
	{1 x 100 on 1:40 Breaststroke	EN2	S	
	{1 x 50 on :55 Breaststroke	EN2	S	
	{1 x 50 on :50 Breaststroke	EN2	S	
	{1 x 50 on :45 Breaststroke	EN2	S	
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 = 76			

Workout #2129 - Wednesday, 13 November 2002

HighSchl - Silver

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	====	=====	==
	1 on 35:00 Circuit & Stretch		L I	
	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 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 I	
	5:30 PM 5,930 Yards - Stress Value = 99			

Workout #2132 - Wednesday, 13 November 2002

HighSchl - Platinum

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	====	=====	==
	1 on 35:00 Circuit & Stretch		L I	
700	1x{1 x 300 on :00 Stroke Drills	REC	D	
	{1 x 200 on :00 Stroke Drills	REC	D	

Workout #2131 - Wednesday, 13 November 2002

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start				2:55 PM Start			
Yards	Set Description	EGY	WORK	Yards	Set Description	EGY WORK	
	1 on 35:00 Circuit & Stretch		L I		1 on 35:00 Shoulders and Stretc		I
	1x{1 x 300 on :00 Stroke Drills	REC	D		1x{1 x 150 on 2:15 Freestyle	EN1	S
	{1 x 200 on :00 Stroke Drills	REC	D		{1 x 125 on 1:50 Stroke Drills	EN1	I
	{1 x 100 on 12:00 Stroke Drills	REC	D		{1 x 100 on 1:25 Freestyle	EN1	S
180	12 x 15 on :30 Shooters	SP3	S	180	{1 x 75 on 1:05 Stroke Drills	EN1	I
	4x{1 x 100 on 2:30 Kick	EN2	K C		{1 x 50 on :45 Freestyle	EN1	S
	{1 x 100 on 2:15 Kick	EN2	K C		12 x 15 on :30 Shooters	SP3	S
	1x{1 x 600 on 10:30 Pulls	EN2	P	450	2x{5 x 50 on 1:00 Kick	EN2	F
	{1 x 300 on 5:15 Pulls	EN2	P		{2 x 100 on 2:00 Kick-100%	EN2	F
	{1 x 100 on 1:45 Pulls	EN2	P		1x{4 x 150 on 2:00 Pulls	EN1	F
400	4 x 100 on 2:00 Freestyle-descend	EN1	S		{4 x 125 on 1:40 Pulls	EN1	F
	5x{1 x 200 on 3:20 Freestyle	EN2	S		3 x 150 on 2:15 1st-2bk 2-4bk 3-6bk	EN1	S
	{1 x 100 on 2:00 Individual Medley	EN2	S	250	8x{1 x 100 on 1:20 Freestyle	EN1	S
	{2 x 75 on 1:15 Freestyle	EN2	S		{1 x 100 on 1:15 Freestyle	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D		{1 x 100 on 1:10 Freestyle	EN2	S
	1 on 12:00 Ice		L I		{4 x 25 on :30 Freestyle-1 breath	EN2	S
	5:35 PM 5,430 Yards - Stress Value = 92				1 x 250 on 4:00 Stroke Drills	REC	I
					1 on 14:00 Ice		I

Workout #2138 - Thursday, 14 November 2002

HighSchl - Gold

1 minute rest between sets

2:55 PM Start				2:55 PM Start			
Yards	Set Description	EGY	WORK	Yards	Set Description	EGY WORK	
	1 on 35:00 Circuit and stretch		L DF		1 on 35:00 Shoulders and Stretc		I
500	1 x 500 on 12:00 Choice	REC	S CF		1x{1 x 150 on 2:15 Freestyle	EN1	S
90	6 x 15 on 1:00 Shooters	SP3	S F		{1 x 125 on 1:50 Stroke Drills	EN1	I
600	3x{1 x 100 on 3:00 Kick	EN1	K F		{1 x 100 on 1:25 Freestyle	EN1	S
	{1 x 100 on 3:00 Kick	EN2	K F		{1 x 75 on 1:05 Stroke Drills	EN1	I
600	1x{4 x 50 on 2:00 Pulls-nbbf&w	EN1	P F	180	{1 x 50 on :45 Freestyle	EN1	S
	{4 x 50 on 1:55 Pulls-nbbf&w	EN1	P F		12 x 15 on :30 Shooters	SP3	S
	{4 x 50 on 1:50 Pulls-nbbf&w	EN1	P F		2x{5 x 50 on 1:00 Kick	EN2	F
500	20 x 25 on 1:00 5 on each stroke	EN1	S I		{2 x 100 on 2:00 Kick-100%	EN2	F
	1 on 15:00 Techniques-starts		D		1x{4 x 150 on 2:15 Pulls	EN1	F
50	1 x 50 on 3:00 Free from a start	SP1	S F	450	{4 x 125 on 1:50 Pulls	EN1	F
200	1 x 200 on 5:00 Stroke Drills	REC	D C		3 x 150 on 2:30 1st-2bk 2-4bk 3-6bk	EN1	S
	1 on 15:00 Ice		L DF		7x{1 x 100 on 1:25 Freestyle	EN1	S
	5:33 PM 2,540 Yards - Stress Value = 28				{1 x 100 on 1:20 Freestyle	EN2	S
					{1 x 100 on 1:15 Freestyle	EN2	S
				250	{4 x 25 on :30 Freestyle-1 breath	EN2	S
					1 x 250 on 4:00 Stroke Drills	REC	I
					1 on 14:00 Ice		I
					5:33 PM 6,180 Yards - Stress Value = 94		

Workout #2140 - Thursday, 14 November 2002

Group 2 - Gold

1 minute rest between sets

6:15 PM Start			
Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
800	4 x 200 on 3:45 Swim-kick-pull-swim	REC	S
	1 on 10:00 Techniques-starts		I
	4x{1 x 100 on 2:10 Kick	EN2	F
	{1 x 100 on 1:50 Kick	EN2	F
500	1 x 500 on 7:30 Pulls every 3rd lap	EN1	F
	breathe every 7 strk		
200	8 x 25 on :30 IM order-build	EN1	S
	1x{4 x 400 on 5:40 Freestyle	EN2	S
	{3 x 300 on 4:15 Freestyle	EN2	S
	{2 x 200 on 2:50 Freestyle	EN2	S
	{1 x 100 on 1:25 Freestyle	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	8:30 PM 5,500 Yards - Stress Value = 83		

Workout #2139 - Thursday, 14 November 2002

HighSchl - Platinum

1 minute rest between sets

Workout #2137 - Thursday, 14 November 2002

HighSchl - Silver

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK
	1 on 35:00 Shoulders and Stretc		I
1x{	1 x 150 on 2:45 Freestyle	EN1	S
	{ 1 x 125 on 2:15 Stroke Drills	EN1	I
	{ 1 x 100 on 1:50 Freestyle	EN1	S
	{ 1 x 75 on 1:20 Stroke Drills	EN1	I
180	12 x 15 on :30 Shooters	SP3	S
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	F
	{ 4 x 125 on 1:55 Pulls	EN1	F
450	3 x 150 on 2:30 1st-2bk 2-4bk 3-6bk	EN1	S
6x{	1 x 100 on 1:30 Freestyle	EN1	S
	{ 1 x 100 on 1:25 Freestyle	EN2	S
	{ 1 x 100 on 1:20 Freestyle	EN2	S
	{ 4 x 25 on :30 Freestyle-1 breath	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 14:00 Ice		I
5:32 PM 5,730 Yards - Stress Value = 87			

200	1 x 200 on 6:00 Stroke Drills	REC
	1 on 15:00 Techniques-starts	
	1 on 15:00 Ice	
5:33 PM	2,290 Yards - Stress 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	S
	1 on 30:00 Stomach and Stretch			L I
	1 on 10:00 Sculling drills			D
800	1 x 800 on 16:00 Vertical kicking	EN2		K C
	1 on 10:00 Techniques-back strt			D
	1x{ 8 x 75 on 1:20 Backstroke	EN2		S
	{ 8 x 75 on 1:15 Backstroke	EN2		S
	{ 8 x 75 on 1:10 Backstroke	EN2		S
	1 on 10:00 Techniques-brst trns			D
400	4 x 100 on 2:15 Stroke Drills	REC		D
7:27 PM 3,000 Yards - Stress Value = 52				

Workout #2141 - Friday, 15 November 2002

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 25:00 Weights			L I
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 x 125 on 1:45 Lungbuster pulls	EN1		P
	{ 2 x 125 on 1:40 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 x 200 on 3:00 Freestyle	EN1		S
	{ 1 x 150 on 1:45 Freestyle	EN2		S
	{ 1 x 150 on 2:15 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 I
7:05 AM 3,355 Yards - Stress Value = 40				

Workout #2135 - Thursday, 14 November 2002

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK
	1 on 35:00 Shoulders and Stretc		I
1x{	1 x 125 on 2:25 Stroke Drills	EN1	I
	{ 1 x 100 on 1:50 Freestyle	EN1	S
	{ 1 x 75 on 1:20 Stroke Drills	EN1	I
	{ 1 x 50 on :55 Freestyle	EN1	S
180	12 x 15 on :30 Shooters	SP3	S
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	F
300	2 x 150 on 3:00 1st-2bk 2-4bk 3-6bk	EN1	S
6x{	1 x 100 on 1:45 Freestyle	EN1	S
	{ 1 x 100 on 1:40 Freestyle	EN2	S
	{ 1 x 100 on 1:35 Freestyle	EN2	S
	{ 4 x 25 on :30 Freestyle-1 breath	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	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

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 Shoulders & Stretch		
300	1 x 300 on 8:00 Reverse IM drill	REC	
90	6 x 15 on 1:00 Shooters	SP3	
	1 on 15:00 Techniques-fly/br tr		
600	2x{ 1 x 200 on 6:00 Kick	EN2	
	{ 4 x 25 on 1:00 Sprint kick	EN2	
500	1 x 500 on 12:00 Pulls every 3rd lap	EN1	
	breathe 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	

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 x 50 on :45 Pulls	EN1	
	{1 x 50 on :40 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 x 50 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 x 50 on :45 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

10:00 AM Start

Yards	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 x 125 on 1:45 Pulls no br L.11 yds	EN1
3x{1 x 100 on 1:45 Individual Medley	EN1
{1 x 100 on 1:30 Freestyle	EN1
{2 x 50 on :55 Backstroke	EN1
{4 x 25 on :35 Breaststroke	EN1
20 x 75 on 1:30 Freestyle	EN3
5 x 50 on 1:15 Stroke Drills	REC
12:30 PM 5,750 Yards - Stress Value = 133	

Workout #2147 - Monday, 18 November 2002

Group 2 - Gold

1 minute rest between sets

6:15 PM Start

Yards	Set Description	EGY	WORK
=====	=====	====	====
	1 on 30:00 Stomach and Stretch		I
600	12 x 50 on 1:10 Stroke Drills	REC	I
	1 on 10:00 Techniques-free turn		I
3x{	1 x 25 on :35 Kick	EN2	F
	{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 x 75 on 1:15 Pulls-nbbf&w	EN1	F
	{6 x 75 on 1:10 Pulls-nbbf&w	EN1	F
200	4 x 50 on :55 Freestyle-descend	EN1	S
1x{	1 x 200 on 4:00 Individual Medley	EN1	S
	{2 x 150 on 2:45 IM w/out the free	EN1	S
	{1 x 200 on 3:50 Individual Medley	EN1	S
	{2 x 150 on 2:45 IM w/out the breast	EN1	S
	{1 x 200 on 3:40 Individual Medley	EN1	S
	{2 x 150 on 2:45 IM w/out the back	EN1	S
	{1 x 200 on 3:30 Individual Medley	EN1	S
	{2 x 150 on 2:45 IM w/out fly	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	8:32 PM 4,650 Yards - Stress Value = 45		

Workout #2148 - Monday, 18 November 2002

Group 2 - Silver

1 minute rest between sets

6:15 PM Start

Yards	Set Description	EGY	WORK
=====	=====	====	====
	1 on 30:00 Stomach and Stretch		I
600	12 x 50 on 1:10 Stroke Drills	REC	I
	1 on 10:00 Techniques-free turn		I
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	F
	{6 x 75 on 1:10 Pulls	EN1	F
200	4 x 50 on :55 Freestyle-descend	EN1	S
1x{	2 x 100 on 2:15 Individual Medley	EN1	S
	{1 x 150 on 3:00 IM w/out the free	EN1	S
	{2 x 100 on 2:10 Individual Medley	EN1	S
	{1 x 150 on 3:00 IM w/out the breast	EN1	S
	{2 x 100 on 2:05 Individual Medley	EN1	S
	{1 x 150 on 3:00 IM w/out the back	EN1	S
	{2 x 100 on 2:00 Individual Medley	EN1	S
	{2 x 150 on 3:00 IM w/out fly	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	8:25 PM 4,050 Yards - Stress Value = 39		

Workout #2146 - Monday, 18 November 2002

HighSchl - All

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 Shoulders & Stretch		I
800	8 x 100 on 1:45 Stroke Drills	REC	I
	odds free evns nonfr		
180	12 x 15 on :30 Shooters	SP3	S
500	1 x 500 on 10:00 Freestyle for time	SP2	S
	1x{3 x 100 on 1:30 Pulls	EN1	F
	{3 x 100 on 1:25 Pulls	EN1	F
	{3 x 125 on 1:55 Pulls	EN1	F
	{3 x 125 on 1:50 Pulls	EN1	F
	1x{10 x 50 on 1:00 Kick	EN1	F
	{1 x 500 on 10:00 Kick for time	EN2	F
200	8 x 25 on :30 IM order-build	EN1	S
	3x{2 x 300 on 4:15 Freestyle	EN1	S
	{1 x 100 on 1:25 Freestyle-RED-10	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		I

5:34 PM 6,330 Yards - Stress Value = 112

Workout #2152 - Tuesday, 19 November 2002

Group 2 - Gold

1 minute rest between sets

6:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	S
	1 on 10:00 Techniques-IM turns		I
	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	F
300	3 x 100 on 1:45 Individual Medley	EN1	S
	1x{1 x 500 on 7:30 Freestyle	EN2	S
	{2 x 250 on 3:45 Freestyle	EN2	S
	{4 x 125 on 1:55 Freestyle	EN2	S
	{5 x 100 on 1:30 Freestyle	EN2	S
500	5 x 100 on 2:00 Stroke Drills	REC	I

8:30 PM 5,150 Yards - Stress Value = 66

Workout #2151 - Tuesday, 19 November 2002

HighSchl - Gold

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 Stomach and Stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
150	1 x 150 on 2:15 Free mid 50 6 beat k	EN1	F
500	1 x 500 on 10:00 Backstroke for time	SP1	S
	1x{3 x 100 on 2:00 Kick	EN2	F
	{3 x 100 on 1:55 Kick	EN2	F
	{3 x 100 on 1:50 Kick	EN2	F
	1x{1 x 500 on 7:00 Pulls	EN1	F
	{2 x 250 on 3:30 Pulls	EN1	F
300	3 x 100 on 1:40 Individual Medley	EN1	S
	1x{3 x 200 on 2:30 Freestyle	EN2	F
	{3 x 175 on 2:10 Freestyle	EN2	F
	{3 x 150 on 1:50 Freestyle	EN2	F
	{3 x 125 on 1:30 Freestyle	EN2	F
	{3 x 100 on 1:10 Freestyle	EN2	F

200 1 x 200 on 3:00 Stroke Drills REC
 1 on 15:00 Ice
 5:34 PM 6,280 Yards - Stress Value = 125

Workout #2149 - Tuesday, 19 November 2002

HighSchl - Silver

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 Stomach and Stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
150	1 x 150 on 2:15 Free mid 50 6 beat k	EN1	F
500	1 x 500 on 10:00 Backstroke for time	SP1	S
	1x{3 x 100 on 2:00 Kick	EN2	F
	{3 x 100 on 1:55 Kick	EN2	F
	{3 x 100 on 1:50 Kick	EN2	F
	1x{1 x 500 on 7:30 Pulls	EN1	F
	{2 x 250 on 3:45 Pulls	EN1	F
300	3 x 100 on 1:40 Individual Medley	EN1	S
	1x{3 x 200 on 3:00 Freestyle	EN2	F
	{3 x 175 on 2:40 Freestyle	EN2	F
	{3 x 150 on 2:10 Freestyle	EN2	F
	{1 x 125 on 1:50 Freestyle	EN2	F
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 15:00 Ice		I

5:33 PM 5,730 Yards - Stress Value = 113

Workout #2150 - Tuesday, 19 November 2002

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 Stomach and Stretch		I
400	1 x 400 on 12:30 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
150	1 x 150 on 3:00 Free mid 50 6 beat k	EN1	F
500	1 x 500 on 10:00 Freestyle for time	SP1	S
	1x{2 x 100 on 3:00 Kick	EN2	F
	{2 x 100 on 2:55 Kick	EN2	F
	1x{1 x 300 on 7:30 Pulls	EN1	F
	{2 x 150 on 3:45 Pulls	EN1	F
	1 on 10:00 Techniques-free turn		I
200	2 x 100 on 3:00 Individual Medley	EN1	S
	1x{2 x 200 on 5:00 Freestyle	EN2	F
	{2 x 150 on 3:45 Freestyle	EN2	F
	{2 x 100 on 2:30 Freestyle	EN2	F
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 15:00 Ice		I

5:34 PM 3,530 Yards - Stress Value = 83

Workout #2156 - Wednesday, 20 November 2002

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
6:15 PM Start			
800	1 on 30:00 Stomach and Stretch	I	I
	8 x 100 on 2:00 Stroke Drills	REC	I
	odds free evens fly		
	1 on 8:00 Techniques-finishes	I	I
2x	{1 x 150 on 3:00 Kick	EN2	F
	{1 x 100 on 2:05 Kick	EN2	F
	{1 x 50 on 1:05 Kick	EN2	F
1x	{1 x 200 on 3:00 Pulls	EN1	F
	{1 x 200 on 2:55 Pulls	EN1	F
	{1 x 200 on 2:50 Pulls	EN1	F
200	1 x 200 on 2:45 Pulls	EN1	F
	1 x 200 on 4:00 Stroke Drills	EN1	I
1x	{4 x 25 on :40 Backstroke 15m under	EN1	S
	{4 x 50 on 1:00 Backstroke	EN1	S
	{4 x 25 on :40 Backstroke 15m under	EN1	S
	{4 x 75 on 1:20 Backstroke	EN1	S
	{4 x 25 on :40 Backstroke 15m under	EN1	S
	{4 x 100 on 1:45 Backstroke	EN1	S
	{4 x 25 on :40 Backstroke 15m under	EN1	S
	{4 x 125 on 2:05 Backstroke	EN2	S
200	1 x 100 on 1:30 Freestyle	REC	S
200	1 x 200 on 5:00 Backstroke for time	EN2	S
200	4 x 50 on 1:00 Stroke Drills	REC	I
8:30 PM 4,700 Yards - Stress Value = 49			

Workout #2157 - Wednesday, 20 November 2002

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
6:15 PM Start			
600	1 on 30:00 Stomach and Stretch	I	I
	6 x 100 on 2:20 Stroke Drills	REC	I
	odds free evens fly		
	1 on 8:00 Techniques-finishes	I	I
2x	{1 x 125 on 2:50 Kick	EN2	F
	{1 x 75 on 1:40 Kick	EN2	F
	{1 x 25 on :30 Kick	EN2	F
1x	{1 x 200 on 3:30 Pulls	EN1	F
	{1 x 200 on 3:20 Pulls	EN1	F
	{1 x 200 on 3:10 Pulls	EN1	F
	{1 x 200 on 3:00 Pulls	EN1	F
200	1 x 200 on 4:00 Stroke Drills	EN1	I
1x	{4 x 25 on :45 Backstroke 15m under	EN1	S
	{4 x 50 on 1:10 Backstroke	EN1	S
	{4 x 25 on :45 Backstroke 15m under	EN1	S
	{4 x 75 on 1:40 Backstroke	EN1	S
	{4 x 25 on :45 Backstroke 15m under	EN1	S
	{4 x 100 on 2:10 Backstroke	EN1	S
	{4 x 25 on :45 Backstroke 15m under	EN1	S
	{4 x 125 on 2:30 Backstroke	EN2	S
	{1 x 100 on 2:00 Freestyle	REC	S
100	1 x 100 on 2:00 Backstroke for time	EN2	S
150	3 x 50 on 1:00 Stroke Drills	REC	I
8:29 PM 4,200 Yards - Stress Value = 44			

Workout #2153 - Wednesday, 20 November 2002

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
2:55 PM Start			
	1 on 35:00 Circuit and Stretch		L
1x	{3 x 75 on 1:10 Freestyle-descend	EN1	S

	{3 x 75 on 1:15 Your Stroke-descend	EN1	S
	{3 x 75 on 1:05 Freestyle-descend	EN1	S
	{3 x 75 on 1:10 Your Stroke-descend	EN1	S
180	12 x 15 on :30 Shooters	SP3	S
1x	{3 x 125 on 2:10 Kick	EN2	K
	{3 x 125 on 2:05 Kick	EN2	K
	{3 x 125 on 2:00 Kick	EN2	K
	{1 x 125 on 1:55 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	{6 x 100 on 1:25 Freestyle	EN2	S
	{4 x 50 on 1:00 Freestyle	EN3	S
	{6 x 100 on 1:20 Freestyle	EN2	S
	{4 x 50 on 1:00 Freestyle	EN3	S
	{8 x 100 on 1:15 Freestyle	EN2	S
	{4 x 50 on 1:00 Freestyle	EN3	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 15:00 Ice		L
5:35 PM 6,530 Yards - Stress Value = 131			

Workout #2154 - Wednesday, 20 November 2002

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
2:55 PM Start			
	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 x 100 on 1:35 Freestyle	EN2	S
	{6 x 50 on 1:00 Freestyle	EN3	S
	{8 x 100 on 1:30 Freestyle	EN2	S
	{6 x 50 on 1:00 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 = 118			

Workout #2155 - Wednesday, 20 November 2002

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
2:55 PM Start			
	1 on 35:00 Circuit and Stretch		L I
1x	{2 x 75 on 1:45 Freestyle	EN1	S
	{2 x 75 on 2:00 Your Stroke	EN1	S S
	{1 x 75 on 1:45 Freestyle	EN1	S
	{1 x 75 on 2:00 Your Stroke	EN1	S S
180	12 x 15 on :30 Shooters	SP3	S
1x	{3 x 75 on 2:20 Kick	EN2	K C
	{3 x 75 on 2:15 Kick	EN2	K C
	{2 x 75 on 2:10 Kick	EN2	K C
600	6 x 100 on 3:00 Lungbuster pulls	EN1	P
100	1 x 100 on 3:00 Individual Medley	EN1	S
1x	{4 x 100 on 3:10 Freestyle	EN2	S
	{4 x 50 on 1:30 Freestyle	EN3	S
	{4 x 100 on 3:05 Freestyle	EN2	S
	{4 x 50 on 1:30 Freestyle	EN3	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
	1 on 15:00 Ice		L I
5:30 PM 3,330 Yards - Stress Value = 71			

Workout #2162 - Thursday, 21 November 2002

Group 2 - Gold

1 minute rest between sets

5:30 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	
	1 on 10:00 Techniques-IM turns		
	1x{2 x 125 on 2:40 Kick	EN2	
	{2 x 125 on 2:35 Kick	EN2	
	{2 x 125 on 2:30 Kick	EN2	
750	10 x 75 on 1:15 Pulls 2 breaths L.25	EN1	
300	1 x 300 on 6:00 Individual Medley	EN1	
	1x{6 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:20 Freestyle	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 1:20 Freestyle	EN2	
300	1 x 300 on 5:30 Stroke Drills	REC	
	1 on 15:00 Techniques-starts		

7:58 PM 5,000 Yards - Stress Value = 68

Workout #2158 - Thursday, 21 November 2002

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 25:00 Weights		L	DF
500	1 x 500 on 8:00 Reverse IM drill	REC	D	I
180	12 x 15 on :30 Pit sprints	SP3	S	FI
	1x{1 x 25 on :25 Pulls	EN1	P	F
	{1 x 50 on :45 Pulls	EN1	P	F
	{1 x 75 on 1:05 Pulls	EN1	P	F
	{1 x 100 on 1:30 Pulls	EN1	P	F
	{1 x 125 on 1:50 Pulls	EN1	P	F
	{1 x 150 on 2:15 Pulls	EN1	P	F
	{1 x 175 on 2:35 Pulls	EN1	P	F
	{1 x 200 on 3:00 Pulls	EN1	P	F
	{1 x 225 on 3:20 Pulls	EN1	P	F
	{1 x 250 on 3:45 Pulls	EN1	P	F
	{1 x 275 on 4:05 Pulls	EN1	P	F
	2x{1 x 125 on 1:50 Freestyle	EN2	S	F
	{1 x 125 on 1:45 Freestyle	EN2	S	F
	{1 x 125 on 1:40 Freestyle	EN2	S	F
	{1 x 125 on 1:35 Freestyle	EN2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
	1 on 15:00 Ice		L	DF

7:11 AM 3,530 Yards - Stress Value = 43

Workout #2161 - Thursday, 21 November 2002

HighSchl - Gold

1 minute rest between sets

11:00 AM 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{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 x 100 on 1:30 Kick	EN2	

	{1 on :30 Rest		
1,200	2 x 600 on 8:00 Pulls	EN1	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
500	1 x 500 on 8:00 Breast for time	SP2	
	1x{2 x 250 on 3:30 Freestyle	EN2	
	{2 x 250 on 3:25 Freestyle	EN2	
	{2 x 250 on 3:20 Freestyle	EN2	
	{2 x 250 on 3:15 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 15:00 Ice		

1:33 PM 6,030 Yards - Stress Value = 128

Workout #2159 - Thursday, 21 November 2002

HighSchl - Silver

1 minute rest between sets

11:00 AM 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{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 on :30 Rest		
1,000	2 x 500 on 8:00 Pulls	EN1	
300	3 x 100 on 1:40 Freestyle-descend	EN1	
500	1 x 500 on 8:00 Breast for time	SP2	
	1x{2 x 200 on 3:20 Freestyle	EN2	
	{2 x 200 on 3:15 Freestyle	EN2	
	{2 x 200 on 3:10 Freestyle	EN2	
	{2 x 200 on 3:05 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 15:00 Ice		

1:35 PM 5,430 Yards - Stress Value = 118

Workout #2160 - Thursday, 21 November 2002

HighSchl - Bronze

1 minute rest between sets

11:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 Shoulders & Stretch		
400	1 x 400 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 100 on 3:00 Kick	EN2	
	{1 x 100 on 2:55 Kick	EN2	
	{1 x 100 on 2:50 Kick	EN2	
500	2 x 250 on 7:00 Pulls	EN1	
150	1 x 150 on 5:00 Free mid 50 6bk	EN1	
500	1 x 500 on 15:00 Breast for time	SP2	
	1x{2 x 125 on 3:20 Freestyle	EN2	
	{2 x 125 on 3:15 Freestyle	EN2	
	{1 x 125 on 3:10 Freestyle	EN2	
	{1 x 125 on 3:05 Freestyle	EN2	
100	1 x 100 on 5:00 Stroke Drills	REC	
	1 on 15:00 Ice		

1:35 PM 3,180 Yards - Stress Value = 90

Workout #2165 - Friday, 22 November 2002

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:30 PM Start		
	1 on 30:00 Stomach and Stretch		L
1x{1	1 x 100 on 1:45 Freestyle	REC	S
	{1 x 100 on 1:35 Freestyle	EN1	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 100 on 1:25 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN2	S
180	12 x 15 on :45 Shooters	SP3	S
1x{5	5 x 50 on :50 Kick with flippers	EN2	K
	{4 x 50 on :45 Kick with flippers	EN2	K
	{3 x 50 on :50 Kick with flippers	EN2	K
	{2 x 50 on :45 Kick with flippers	EN2	K
	{1 x 50 on :50 Kick with flippers	EN2	K
300	1 x 300 on 4:30 Pulls w/ paddles	EN1	P
200	1 x 200 on 4:00 Butterfly odd 50's drill even 50's swim	EN1	S
1x{2	2 x 125 on 2:25 Breaststroke	EN1	S
	{2 x 50 on 1:15 Breaststroke OTB	EN2	S
	{2 x 125 on 2:20 Breaststroke	EN1	S
	{2 x 50 on 1:15 Breaststroke OTB	EN2	S
	{2 x 125 on 2:15 Breaststroke	EN1	S
	{2 x 50 on 1:15 Breaststroke OTB	EN2	S
	{2 x 125 on 2:10 Breaststroke	EN1	S
	{2 x 50 on 1:15 Breaststroke OTB	EN2	S
	{2 x 125 on 2:05 Breaststroke	EN2	S
	{2 x 50 on 1:15 Breaststroke	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Techniques-back strt		D
	7:32 PM 3,880 Yards - Stress Value = 55		

Workout #2163 - Friday, 22 November 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	5:30 AM Start			
	1 on 12:00 Abs		L	DF
1x{1	1 x 200 on 3:30 Reverse IM drill	REC	D	I
	{1 x 200 on 3:15 Reverse IM drill	EN1	D	I
	{1 x 200 on 3:00 Reverse IM	EN1	S	I
300	12 x 25 on :30 Berzerks	SP3	S	E
1x{3	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	6 x 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

Yards	Set Description	EGY	WC
	2:55 PM Start		
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 200 skps 300 R.IM dr 200 choice 100fr 6bk	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{4	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	

1x{2	2 x 225 on 3:05 Pulls	EN1
	{2 x 225 on 3:00 Pulls	EN1
	{2 x 225 on 2:55 Pulls	EN1
400	4 x 100 on 1:30 Freestyle-descend to ludicrous speed!!!!	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Run the gauntlet	EN1
	1 on 16:00 Ice	
	4:59 PM 3,930 Yards - Stress Value = 47	

Workout #2166 - Saturday, 23 November 2002

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WC
	7:30 AM Start		
	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	
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	
	1 on 10:00 Ice		
	10:00 AM 7,050 Yards - Stress Value = 125		

Workout #2167 - Saturday, 23 November 2002

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
	7:30 AM Start		
	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 x 75 on 1:10 Freestyle	EN2	
	8x{1 x 25 on :30 IM order	EN1	
	{1 x 25 on :25 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 = 110		

Workout #2168 - Saturday, 23 November 2002

HighSchl - Silver

1 minute rest between sets

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 x 75 on 1:20 Freestyle	EN2	
	8x{1 x 25 on :30 IM order	EN1	
	{1 x 25 on :25 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	WOF
	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 x 25 on :30 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		

Workout #2174 - Monday, 25 November 2002

Group 2 - Gold

1 minute rest between sets

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 x 50 on 1:05 Kick no board	EN2	
	1x{2 x 100 on 1:40 Lungbuster pulls	EN1	
	{2 x 100 on 1:35 Lungbuster pulls	EN1	
	{2 x 100 on 1:30 Lungbuster pulls	EN1	
	{2 x 100 on 1:25 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 x 75 on 1:30 Butterfly 2-3-2	EN1
{3 x 75 on 1:25 Butterfly 2-4-2	EN1
{3 x 75 on 1:20 Butterfly 2-5-2	EN2
{3 x 50 on 1:05 Butterfly 2-3-2	EN1
{3 x 50 on 1:00 Butterfly 2-4-2	EN1
{3 x 50 on :55 Butterfly 2-5-2	EN1
{3 x 25 on :30 Butterfly 2-4-2	EN1
{3 x 25 on :25 Butterfly 2-5-2	EN1
8 x 50 on 1:05 Stroke Drills	REC

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

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 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

1 minute rest between sets

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

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 x 500 on 7:20 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	Set Description	EGY	WOF
	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 x 300 on 7:25 Freestyle	EN1	
	{1 x 300 on 7:20 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

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 Stomach and Stretch		L	DRY
	1x{1 x 300 on 6:00 Stroke Drills	REC	D	BR
	{1 x 200 on 4:00 Stroke Drills	REC	D	BR
	{1 x 100 on 2:00 Stroke Drills	REC	D	BR
	1 on 10:00 Techniques-TN turns		D	FR
	1x{1 x 100 on 2:00 Kick	EN2	K	FR
	{4 x 25 on :45 Sprint kick	EN3	K	FR
	{1 x 100 on 1:55 Kick	EN2	K	FR
	{4 x 25 on :45 Sprint kick	EN3	K	FR
	{1 x 100 on 1:50 Kick	EN2	K	FR
	{4 x 25 on :45 Sprint kick	EN3	K	FR
	{1 x 100 on 1:45 Kick	EN2	K	FR
600	3 x 200 on 3:00 Pulls-nbbf&w	EN1	P	FR
	2x{1 x 100 on 2:00 Breaststroke	EN1	S	BR
	{3 x 50 on 1:15 Under/over	EN1	S	BR
	1x{1 x 100 on 1:20 Freestyle	EN2	S	FR
	{1 x 150 on 2:05 Freestyle	EN2	S	FR
	{2 x 100 on 1:20 Freestyle	EN2	S	FR
	{1 x 200 on 2:45 Freestyle	EN2	S	FR
	{3 x 100 on 1:20 Freestyle	EN2	S	FR

{1 x 250 on 3:25 Freestyle	EN2	S	FR
{4 x 100 on 1:20 Freestyle	EN2	S	FR
{1 x 300 on 4:05 Freestyle	EN2	S	FR
{5 x 100 on 1:20 Freestyle	EN2	S	FR
{1 x 400 on 5:25 Freestyle	EN2	S	FR
6 x 50 on 1:10 Stroke Drills	REC	D	BR
8:30 PM 5,500 Yards - Stress Value = 93			

Workout #2175 - Tuesday, 26 November 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 13:00 Abs			L DF
475	1 x 475 on 8:00 Choice	REC	S	CF
210	14 x 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 x 150 on 1:55 Freestyle	EN2	S	F
	{4 x 150 on 1:50 Freestyle	EN2	S	F
	{4 x 150 on 1:45 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

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
300	12 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

Yards	Set Description	EGY	WOF
6:15 PM Start			
800	1 on 25:00 Stomach and Stretch		
	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-IM turns		
2x{1	1 x 200 on 4:00 Kick	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
1x{1	1 x 500 on 7:00 Pulls	EN1	
	{1 x 300 on 4:00 Pulls with paddles	EN1	
1x{1	1 x 100 on 2:00 Stroke Drills	EN1	
	{1 x 75 on 1:25 Stroke Drills	EN1	
	{1 x 50 on :50 Stroke Drills	EN1	
	{1 x 25 on :15 Stroke Drills	EN1	
1x{1	1 x 200 on 3:30 Individual Medley	EN2	
	{8 x 25 on :30 Butterfly	EN2	
	{1 x 200 on 3:30 Individual Medley	EN2	
	{8 x 25 on :25 Backstroke	EN2	
	{1 x 200 on 3:30 Individual Medley	EN2	
	{8 x 25 on :35 Breaststroke	EN2	
	{1 x 200 on 3:30 Individual Medley	EN2	
	{8 x 25 on :20 Freestyle	EN2	
100	1 x 100 on 1:30 Freestyle	REC	
600	6 x 100 on 1:30 Individual Medley	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
8:30 PM 5,300 Yards - Stress Value = 72			

Workout #2178 - Wednesday, 27 November 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
300	1 on 30:00 Weights		I
	1 x 300 on 5:00 Reverse IM drill	REC	I
3x{1	1 x 50 on :50 1st 12.5 fly rest fr	EN1	§
	{1 x 50 on :50 2nd 12.5 fly rest fr	EN1	§
	{1 x 50 on :50 3rd 12.5 fly rest fr	EN1	§
	{1 x 50 on :50 L. 12.5 fly rest fre	EN1	§
1x{4	4 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	§
	{4 x 75 on 1:00 Pulls-nbbf&w + 3 yds	EN1	§
1x{1	1 x 150 on 2:15 IM no free	EN1	§
	{4 x 50 on 1:00 Breaststroke	EN1	§
	{1 x 150 on 2:15 IM no free	EN1	§
	{3 x 75 on 1:20 Breaststroke	EN1	§
	{1 x 150 on 2:15 IM no free	EN1	§
	{2 x 100 on 1:40 Breaststroke	EN1	§
	{1 x 150 on 2:15 IM no free	EN1	§
	{1 x 125 on 2:00 Breaststroke	EN1	§
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		I
7:04 AM 3,050 Yards - Stress Value = 29			

Workout #2182 - Wednesday, 27 November 2002

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF
2:55 PM Start			
800	1 on 35:00 Circuit and Stretch		I
	1 x 800 on 13:00 Stroke Drills	REC	I
	odds fr evens non fr		
180	12 x 15 on :30 Shooters	SP3	§
1x{3	3 x 200 on 2:45 Freestyle	EN1	§
	{2 x 200 on 2:40 Pulls	EN1	§
	{1 x 200 on 2:35 Pulls	EN2	§

3x{1	1 x 75 on 1:25 Kick	EN2	§
	{1 x 75 on 1:20 Kick	EN2	§
	{1 x 75 on 1:15 Kick	EN2	§
	{1 x 75 on 1:10 Kick	EN2	§
1x{3	3 x 125 on 2:05 IM w/ 50 free-6bk	EN1	§
	{1 x 75 on 1:20 1st 25 5 brth-2nd 25	EN1	§
	{4 brth-3rd 25 2 brth		
1x{3	3 x 150 on 2:00 Freestyle	EN2	§
	{8 x 25 on :30 Butterfly	EN1	§
	{3 x 150 on 1:55 Freestyle	EN2	§
	{8 x 25 on :30 Butterfly	EN1	§
	{3 x 150 on 1:50 Freestyle	EN2	§
	{8 x 25 on :30 Butterfly	EN1	§
	{3 x 150 on 1:45 Freestyle	EN2	§
	{8 x 25 on :30 Butterfly	EN1	§
	{3 x 150 on 1:40 Freestyle	EN2	§
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		I
5:33 PM 6,780 Yards - Stress Value = 95			

Workout #2181 - Wednesday, 27 November 2002

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
2:55 PM Start			
800	1 on 35:00 Circuit and Stretch		I
	1 x 800 on 13:00 Stroke Drills	REC	I
	odds fr evens non fr		
180	12 x 15 on :30 Shooters	SP3	§
1x{3	3 x 200 on 3:00 Freestyle	EN1	§
	{2 x 200 on 2:55 Pulls	EN1	§
4x{1	1 x 75 on 1:35 Kick	EN2	§
	{1 x 75 on 1:30 Kick	EN2	§
	{1 x 75 on 1:25 Kick	EN2	§
1x{3	3 x 125 on 2:15 IM w/ 50 free-6bk	EN1	§
	{1 x 75 on 1:20 1st 25 5 brth-2nd 25	EN1	§
	{4 brth-3rd 25 2 brth		
1x{3	3 x 150 on 2:15 Freestyle	EN2	§
	{7 x 25 on :30 Butterfly	EN1	§
	{3 x 150 on 2:10 Freestyle	EN2	§
	{7 x 25 on :30 Butterfly	EN1	§
	{3 x 150 on 2:05 Freestyle	EN2	§
	{7 x 25 on :30 Butterfly	EN1	§
	{3 x 150 on 2:00 Freestyle	EN2	§
	{7 x 25 on :30 Butterfly	EN1	§
	{2 x 150 on 1:55 Freestyle	EN2	§
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		I
5:34 PM 6,330 Yards - Stress Value = 90			

Workout #2179 - Wednesday, 27 November 2002

HighSchl - Silver

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
600	1 on 35:00 Circuit and Stretch		I
	1 x 600 on 13:00 Stroke Drills	REC	I
	odds fr evens non fr		
180	12 x 15 on :30 Shooters	SP3	S
	1x{3 x 200 on 3:30 Freestyle	EN1	F
	{2 x 200 on 3:25 Pulls	EN1	F
	3x{1 x 75 on 1:45 Kick	EN2	F
	{1 x 75 on 1:40 Kick	EN2	F
	{1 x 75 on 1:35 Kick	EN2	F
	1x{3 x 125 on 2:30 IM w/ 50 free-6bk	EN1	S
	{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	S
	{8 x 25 on :30 Butterfly	EN1	S
	{2 x 150 on 2:30 Freestyle	EN2	S
	{8 x 25 on :30 Butterfly	EN1	S
	{2 x 150 on 2:25 Freestyle	EN2	S
	{8 x 25 on :30 Butterfly	EN1	S
	{2 x 150 on 2:20 Freestyle	EN2	S
	{8 x 25 on :30 Butterfly	EN1	S
	{2 x 150 on 2:15 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		I

5:33 PM 5,555 Yards - Stress Value = 75

	{6 x 75 on 1:10 Kick with flippers	EN2
	{4 x 75 on 1:05 Kick with flippers	EN2
	{alt 2 w/board 2w/out	
	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
	{4 x 125 on 1:50 Pulls no br L.15 yds	EN1
	2x{1 x 100 on 1:45 Individual Medley	EN1
	{1 x 50 on :45 Freestyle	EN1
	{1 x 50 on 1:00 Non free	EN1
	1x{1 x 50 on :50 Freestyle	EN1
	{1 x 50 on :45 Freestyle	EN1
	{1 x 50 on :40 Freestyle	EN2
	{1 x 250 on 3:20 Freestyle	EN2
	{1 x 50 on :50 Freestyle	EN1
	{1 x 50 on :45 Freestyle	EN1
	{1 x 50 on :40 Freestyle	EN2
	{1 x 250 on 3:15 Freestyle	EN2
	{1 x 50 on :50 Freestyle	EN1
	{1 x 50 on :45 Freestyle	EN1
	{1 x 50 on :40 Freestyle	EN2
	{1 x 250 on 3:10 Freestyle	EN2
	{1 x 50 on :50 Freestyle	EN1
	{1 x 50 on :45 Freestyle	EN1
	{1 x 50 on :40 Freestyle	EN2
	{1 x 250 on 3:05 Freestyle	EN2
	{1 x 50 on :50 Freestyle	EN1
	{1 x 50 on :45 Freestyle	EN1
	{1 x 50 on :40 Freestyle	EN2
	{1 x 250 on 3:00 Freestyle	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	1 on 15:00 Techniques-starts	

12:36 PM 6,000 Yards - Stress Value = 74

Workout #2180 - Wednesday, 27 November 2002

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
400	1 on 35:00 Circuit and Stretch		I
	1 x 400 on 13:00 Stroke Drills	REC	I
	odds fr evens non fr		
180	12 x 15 on :30 Shooters	SP3	S
	1x{2 x 200 on 5:00 Freestyle	EN1	F
	{2 x 200 on 4:30 Pulls	EN1	F
	3x{1 x 75 on 2:15 Kick	EN2	F
	{1 x 75 on 2:10 Kick	EN2	F
	{1 x 75 on 2:05 Kick	EN2	F
	{1 x 25 on :30 Sprint kick	EN2	F
	1x{1 x 125 on 3:00 IM w/ 50 free-6bk	EN1	S
	{1 x 75 on 1:30 1st 25 5 brth-2nd 25	EN1	S
	{4 brth-3rd 25 2 brth		
	1x{2 x 150 on 3:45 Freestyle	EN2	S
	{6 x 25 on :50 Butterfly	EN1	S
	{2 x 150 on 3:40 Freestyle	EN2	S
	{6 x 25 on :50 Butterfly	EN1	S
	{2 x 150 on 3:35 Freestyle	EN2	S
	{6 x 25 on :50 Butterfly	EN1	S
200	1 x 200 on 5:00 Stroke Drills	REC	I
	1 on 10:00 Ice		I

5:32 PM 3,880 Yards - Stress Value = 55

Workout #2184 - Friday, 29 November 2002

HighSchl - All

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{4 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	
	{2 x 125 on 1:45 Pulls no br L.20 yds	EN1	
	1x{4 x 100 on 1:15 Freestyle	EN2	
	{6 x 75 on :55 Freestyle	EN2	
	{8 x 50 on :35 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		

9:07 AM 3,500 Yards - Stress Value = 48

Workout #2185 - Friday, 29 November 2002

Group 2 - Gold

1 minute rest between sets

10:00 AM Start

Yards	Set Description	EGY	WOF
800	1 on 30:00 Stomach and Stretch		
	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-finishes		
	1x{8 x 75 on 1:15 Kick with flippers	EN2	

Workout #2186 - Friday, 29 November 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
2:00 PM Start			
800	1 on 30:00 Shoulders & Stretch		
300	4 x 200 on 3:15 Reverse IM drill	REC	
	12 x 25 on :30 Berzerks	SP3	
	1x{8 x 50 on :50 Pulls-nbbf&w	EN1	
	{8 x 50 on :45 Pulls-nbbf&w	EN1	
	{8 x 50 on :40 Pulls-nbbf&w	EN1	
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	
700	7 x 100 on 1:30 Freestyle des in 3's	EN1	
hold 7 as fast as 6			
300	1 x 300 on 40:00 Pentathlon	SP2	
500	1 x 500 on 8:00 Stroke Drills	REC	
1 on 10:00 Ice			
4:42 PM 4,800 Yards - Stress Value = 81			

7:30 AM Start

Yards	Set Description	EGY	WOF
=====			
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 14:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{3 x 300 on 5:10 Pulls	EN1	
	{3 x 250 on 4:10 Pulls	EN1	
	2x{6 x 50 on 1:15 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	7x{1 x 25 on :30 Non free	EN1	
	{1 x 25 on :30 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 5,450 Yards - Stress Value = 139			

Workout #2190 - Saturday, 30 November 2002

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:30 AM Start			
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 3:45 Pulls	EN1	
	{3 x 250 on 3:15 Pulls	EN1	
	{3 x 200 on 2:40 Pulls	EN1	
	1x{6 x 50 on 1:00 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	{6 x 50 on :55 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	{6 x 50 on :50 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
4x{1 x 25 on :30 Non free	EN1		
	{1 x 25 on :20 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 6,500 Yards - Stress Value = 151			

7:30 AM Start

Yards	Set Description	EGY	WOF
=====			
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 14:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{3 x 175 on 5:10 Pulls	EN1	
	{3 x 175 on 4:45 Pulls	EN1	
	2x{6 x 50 on 1:30 Kick	EN2	
	{1 x 75 on 2:00 Kick	EN2	
	2x{1 x 25 on :45 Non free	EN1	
	{1 x 25 on :45 Freestyle	EN1	
1,000	20 x 50 on 1:30 Freestyle	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
1 on 10:00 Ice			
10:05 AM 3,850 Yards - Stress Value = 97			

Workout #2195 - Monday, 02 December 2002

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:30 AM Start			
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 x 50 on 1:00 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	4x{1 x 25 on :30 Non free	EN1	
	{1 x 25 on :20 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 = 156			

6:15 PM Start

Yards	Set Description	EGY	WC
=====			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 drill-kick-pull-drill	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 150 on 3:15 Kick	EN2	
	{3 x 50 on 1:10 Kick no board	EN2	
	1x{1 x 100 on 1:45 Pulls-nbbf&w	EN1	
	{1 x 100 on 1:40 Pulls-nbbf&w	EN1	
	{1 x 100 on 1:35 Pulls-nbbf&w	EN1	
	{1 x 100 on 1:30 Pulls-nbbf&w	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	1x{4 x 400 on 6:00 Freestyle	EN2	
	{3 x 300 on 4:25 Freestyle	EN2	
	{2 x 200 on 2:55 Freestyle	EN2	
	{1 x 100 on 1:25 Freestyle	EN2	
200	4 x 50 on 1:15 Stroke Drills	REC	
8:30 PM 5,480 Yards - Stress Value = 86			

Workout #2189 - Saturday, 30 November 2002

HighSchl - Silver

1 minute rest between sets

Workout #2193 - Monday, 02 December 2002

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF
2:55 PM Start			
800	1 on 30:00 Shoulders & Stretch 1 x 800 on 14:00 Swim-kick-pull-swim 1 on 10:00 Techniques-relay srt	REC	
900	3x{1 x 150 on 2:45 Kick {1 x 100 on 1:50 Kick {1 x 50 on :55 Kick	EN2	
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	
4,000	1x{4 x 500 on 6:30 Freestyle {3 x 400 on 5:10 Freestyle {2 x 300 on 3:55 Freestyle {1 x 200 on 2:35 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	
5:33 PM 7,250 Yards - Stress Value = 74			

1 minute rest between sets

Yards	Set Description	EGY	WOF
2:55 PM Start			
600	1 on 30:00 Shoulders & Stretch 1 x 600 on 14:00 Swim-kick-pull-swim 1 on 10:00 Techniques-relay srt	REC	
	2x{1 x 150 on 4:30 Kick {1 x 100 on 3:00 Kick {1 x 50 on 1:30 Kick	EN2	
	1x{2 x 150 on 3:45 Pulls {2 x 150 on 3:40 Pulls	EN1	
	1x{1 x 500 on 10:00 Freestyle {2 x 400 on 8:00 Freestyle {3 x 300 on 6:00 Freestyle	EN1	
200	1 on 10:00 Techniques-turns 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	
5:33 PM 4,200 Yards - Stress Value = 40			

Workout #2196 - Tuesday, 03 December 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
2:55 PM Start			
800	1 on 30:00 Shoulders & Stretch 1 x 800 on 14:00 Swim-kick-pull-swim 1 on 10:00 Techniques-relay srt	REC	
	3x{1 x 150 on 2:55 Kick {1 x 100 on 1:55 Kick {1 x 50 on :55 Kick	EN2	
	1x{4 x 150 on 2:10 Pulls {2 x 150 on 2:05 Pulls {1 x 150 on 2:00 Pulls	EN1	
	1x{4 x 500 on 7:05 Freestyle {3 x 400 on 5:40 Freestyle {2 x 300 on 4:15 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	
5:33 PM 6,750 Yards - Stress Value = 68			

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
600	1 on 30:00 Weights 1 x 600 on 10:00 Choice	REC		L DRY S CHO
300	12 x 25 on :30 Berzerks	SP3		S FLY
	1x{1 x 100 on 1:15 Pulls {1 x 200 on 2:30 Pulls {1 x 300 on 3:45 Pulls	EN2		P FR P FR P FR
	{1 x 300 on 4:30 Freestyle {1 x 200 on 3:00 Freestyle {1 x 100 on 1:30 Freestyle	EN1		S FR S FR S FR
	{1 x 100 on 1:20 Pulls {1 x 200 on 2:40 Pulls {1 x 300 on 4:00 Pulls	EN1		P FR P FR P FR
	{1 x 300 on 4:15 Freestyle {1 x 200 on 2:50 Freestyle {1 x 100 on 1:25 Freestyle	EN1		S FR S FR S FR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC		D CD L DRY
7:05 AM 3,500 Yards - Stress Value = 42				

Workout #2194 - Monday, 02 December 2002

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
2:55 PM Start			
600	1 on 30:00 Shoulders & Stretch 1 x 600 on 14:00 Swim-kick-pull-swim 1 on 10:00 Techniques-relay srt	REC	
	3x{1 x 150 on 3:05 Kick {1 x 100 on 2:05 Kick {1 x 50 on 1:05 Kick	EN2	
	1x{3 x 150 on 2:25 Pulls {2 x 150 on 2:20 Pulls {1 x 150 on 2:15 Pulls	EN1	
	1x{3 x 500 on 8:20 Freestyle {3 x 400 on 6:40 Freestyle {2 x 300 on 5:00 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	
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

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:30 PM Start		
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 100 on 1:30 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 x 50 on 1:00 Kick no board	EN2	
	{ #1fly #2back #3 brst		
	1x{2 x 200 on 2:45 Freestyle	EN1	
	{2 x 75 on 1:10 IM w/out the free	EN1	
	{2 x 150 on 2:05 Freestyle	EN1	
	{2 x 75 on 1:10 IM w/out the breast	EN1	
	{2 x 125 on 1:45 Freestyle	EN1	
	{2 x 75 on 1:10 IM w/out the back	EN1	
	{2 x 100 on 1:25 Freestyle	EN1	
	{2 x 75 on 1:10 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		

500	4 x 125 on 2:00 Freestyle-descend	EN1
1,750	1x{4 x 125 on 2:25 Breaststroke	EN1
	{4 x 125 on 2:20 Breaststroke	EN1
	{4 x 125 on 2:15 Breaststroke	EN1
	{2 x 125 on 2:10 Breaststroke	EN1
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 14:00 Ice	
	5:33 PM 5,250 Yards - Stress Value = 58	

Workout #2198 - Wednesday, 04 December 2002

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
	2:55 PM Start		
	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		
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 #2203 - Wednesday, 04 December 2002

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	5:30 PM Start			
	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
	{2 x 125 on 2:50 Kick	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	P	FR
	2x{1 x 25 on :35 Stroke Drills	EN1	D	BR
	{1 x 50 on 1:10 Stroke Drills	EN1	S	BR
	{1 x 75 on 1:45 Stroke Drills	EN1	D	BR
	4x{1 x 100 on 1:50 Freestyle	EN1	S	FR
	{1 x 100 on 1:45 Freestyle	EN1	S	FR
	{1 x 100 on 1:40 Freestyle	EN1	S	FR
	{1 x 100 on 1:35 Freestyle	EN1	S	FR
	{1 on 1:00 Rest		M	
350	7 x 50 on 1:10 Stroke Drills	REC	D	CD
	odds free evens brst			
	7:59 PM 4,900 Yards - Stress Value = 52			

Workout #2199 - Wednesday, 04 December 2002

HighSchl - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WC
	2:55 PM Start		
	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		
1,200	12 x 100 on 1:45 Kick no board w/fins	EN2	
	1x{3 x 200 on 2:45 Pulls	EN1	
	{3 x 200 on 2:40 Pulls	EN2	
500	4 x 125 on 2:00 Freestyle-descend	EN1	
	1x{4 x 125 on 2:00 Your Stroke	EN1	
	{4 x 125 on 1:55 Your Stroke	EN1	
	{4 x 125 on 1:50 Your Stroke	EN1	
	{4 x 125 on 1:45 Your Stroke	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 14:00 Ice		
	5:33 PM 5,900 Yards - Stress Value = 67		

Workout #2200 - Wednesday, 04 December 2002

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
	2:55 PM Start		
	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	

Workout #2202 - Wednesday, 04 December 2002

HighSchl - Bronze

1 minute rest between sets

HighSchl - All

1 minute rest between sets

2:55 PM Start		2:55 PM Start		Yards	Set Description	EGY	WOF	STK
Yards	Set Description	EGY	WOF	=====	=====	=====	=====	=====
	1 on 35:00 Circuit and Stretch			800	8 x 100 on 1:30 Stroke Drills	REC		D C
600	1 x 600 on 15:00 Swim-kick-pull-swim	REC		1,600	1 on 10:00 Techniques-Stanford			D
	1 on 10:00 Techniques-Stanford				1x{1 x 200 on 2:40 Pulls	EN1		P
600	6 x 100 on 3:00 Kick odds fast	EN2			{1 x 175 on 2:20 Pulls	EN1		P
	1x{1 x 200 on 5:00 Pulls	EN1			{1 x 200 on 2:40 Pulls	EN1		P
	{2 x 200 on 4:30 Pulls	EN1			{1 x 150 on 2:00 Pulls	EN1		P
	1 on 10:00 Techniques-open trns				{1 x 200 on 2:40 Pulls	EN1		P
	2x{3 x 50 on 1:00 Freestyle	EN1			{1 x 125 on 1:40 Pulls	EN1		P
	{4 x 25 on :45 Butterfly	EN1			{1 x 200 on 2:40 Pulls	EN1		P
	{3 x 50 on 1:00 Freestyle	EN1			{1 x 100 on 1:20 Pulls	EN1		P
	{4 x 25 on :45 Backstroke	EN1			{1 x 200 on 2:40 Pulls	EN1		P
	{3 x 50 on 1:00 Freestyle	EN1		1,000	{1 x 50 on :40 Pulls	EN1		P
	{4 x 25 on :45 Breaststroke	EN1			1x{3 x 100 on 1:50 Kick	EN2		S C
200	1 x 200 on 5:00 Stroke Drills	REC			{3 x 100 on 1:45 Kick	EN2		K C
	1 on 10:00 Ice				{3 x 100 on 1:40 Kick	EN2		K C
	5:32 PM 3,500 Yards - Stress Value = 33			300	{1 x 100 on 1:35 Kick	EN2		K C
				2,850	3 x 100 on 1:30 Individual Medley	EN1		S
					1x{1 x 500 on 6:30 Freestyle	EN2		S
					{1 x 400 on 5:00 Freestyle	EN2		S
					{1 x 300 on 3:45 Freestyle	EN2		S
					{4 x 25 on :15 Freestyle	EN2		S
					{1 x 200 on 2:30 Freestyle	EN2		S
					{1 x 100 on 1:15 Freestyle	EN2		S
					{1 x 450 on 5:30 Freestyle	EN2		S
					{1 x 350 on 4:20 Freestyle	EN2		S
					{1 x 250 on 3:05 Freestyle	EN2		S
					{1 x 150 on 1:50 Freestyle	EN2		S
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC			{1 x 50 on :35 Freestyle	EN2		S
	1 on 10:00 Techniques-Stanford			300	1x{4 x 25 on :30 Freestyle	EN2		S
1,300	13 x 100 on 2:00 Kick odds fast	EN2			{4 x 25 on :25 Freestyle	EN2		S
1,200	1x{3 x 150 on 2:15 Pulls with paddles	EN1			{4 x 25 on :20 Freestyle	EN2		S
	{4 x 25 on :30 Pulls sprint no brth	EN2		200	1 x 200 on 4:00 Stroke Drills	REC		D
	{2 x 150 on 2:10 Pulls with paddles	EN1			1 on 10:00 Stretch			L I
	{4 x 25 on :30 Pulls sprint no brth	EN2			1 on 15:00 Ice			L I
	{1 x 150 on 2:05 Pulls with paddles	EN1			5:18 PM 7,050 Yards - Stress Value = 102			
	{4 x 25 on :30 Pulls sprint no brth	EN2						
500	4 x 125 on 2:00 IM with 50 free	EN1						
1,500	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						
	{3 x 100 on 1:25 Freestyle-descend	EN1						
	{3 x 100 on 1:20 Freestyle-descend	EN1						
200	1 x 200 on 3:00 Stroke Drills	REC						
	1 on 14:00 Ice							
	5:34 PM 5,500 Yards - Stress Value = 61							

Workout #2201 - Wednesday, 04 December 2002

HighSchl - Sprint

1 minute rest between sets

2:55 PM Start		2:55 PM Start		Yards	Set Description	EGY	WOF	STK
Yards	Set Description	EGY	WOF	=====	=====	=====	=====	=====
	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							
1,300	13 x 100 on 2:00 Kick odds fast	EN2						
1,200	1x{3 x 150 on 2:15 Pulls with paddles	EN1						
	{4 x 25 on :30 Pulls sprint no brth	EN2						
	{2 x 150 on 2:10 Pulls with paddles	EN1						
	{4 x 25 on :30 Pulls sprint no brth	EN2						
	{1 x 150 on 2:05 Pulls with paddles	EN1						
	{4 x 25 on :30 Pulls sprint no brth	EN2						
500	4 x 125 on 2:00 IM with 50 free	EN1						
1,500	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						
	{3 x 100 on 1:25 Freestyle-descend	EN1						
	{3 x 100 on 1:20 Freestyle-descend	EN1						
200	1 x 200 on 3:00 Stroke Drills	REC						
	1 on 14:00 Ice							
	5:34 PM 5,500 Yards - Stress Value = 61							

Workout #2204 - Thursday, 05 December 2002

HighSchl - All

1 minute rest between sets

5:30 AM Start		5:30 AM Start		Yards	Set Description	EGY	WORK	STK
Yards	Set Description	EGY	WORK	=====	=====	=====	=====	=====
	1 on 30:00 Weights							L DRY
500	1 x 500 on 7:30 Choice	REC						S CHO
250	10 x 25 on :30 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 - Stress Value = 58							

Workout #2205 - Thursday, 05 December 2002

Workout #2208 - Friday, 06 December 2002

Group 2 - Gold

1 minute rest between sets

6:15 PM Start

Yards	Set Description	EGY	WORK	STK
800	1 on 25:00 Stomach and Stretch		L	DRY
	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 = 34			

	{ 2 x 50 on :55 Kick	EN2
	{ 2 x 50 on :50 Kick	EN2
	{ 4 x 100 on 2:00 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 x 125 on 2:00 Lungbuster pulls	EN1
	{ br 4-5-6-7-8	
8x	{ 1 x 50 on :40 Freestyle	EN1
	{ 1 x 100 on 2:00 Stroke Drills	REC
200	1 x 200 on 3:00 Stroke Drills	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
600	1 on 25:00 Stomach and Stretch		
180	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
	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 x 75 on 1:05 Freestyle	EN2	
	{ 1 x 200 on 3:30 Freestyle	EN3	
	{ 4 x 75 on 1:00 Freestyle	EN2	
	{ 1 x 200 on 3:30 Freestyle	EN3	
	{ 2 x 75 on :55 Freestyle	EN2	
200	1 x 200 on 5:00 Stroke Drills	REC	
	8:30 PM 5,130 Yards - Stress Value = 104		

Workout #2206 - Friday, 06 December 2002

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
500	1 x 500 on 8:00 Stroke Drills	REC	I
300	12 x 25 on :30 Berzerks	SP3	§
1x	{ 5 x 50 on :45 Pulls	EN1	F
	{ 4 x 75 on 1:05 Pulls	EN1	F
	{ 3 x 100 on 1:30 Pulls	EN1	F
	{ 2 x 125 on 1:50 Pulls	EN1	F
	{ 1 x 150 on 2:15 Pulls	EN1	F
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 x 50 on :45 Freestyle	EN1	§
	{ 2 x 200 on 2:20 Freestyle	EN2	§
	{ 4 x 50 on :45 Freestyle	EN1	§
	{ 1 x 300 on 3:30 Freestyle	EN2	§
	{ 5 x 50 on :45 Freestyle	EN1	§
400	16 x 25 on :30 Odds free evens strk	EN1	§
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 15:00 Ice		I
	7:04 AM 4,650 Yards - Stress Value = 58		

Workout #2212 - Monday, 09 December 2002

HighSchl - Breast

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK
800	1 on 35:00 Shoulders & Stretch		I
1x	{ 1 x 200 on 3:45 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	§
180	12 x 15 on :30 Shooters	SP3	§
1,200	3x{ 1 x 100 on 2:00 Kick	EN2	F
	{ 1 x 100 on 1:55 Kick	EN2	F
	{ 1 x 100 on 1:50 Kick	EN2	F
	{ 1 x 100 on 1:45 Kick	EN2	F
750	1x{ 5 x 75 on 1:45 Pulls	EN1	F
	{ 5 x 75 on 1:35 Pulls	EN1	F
300	12 x 25 on :30 Butterfly-build	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	§
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 15:00 Ice		I
	5:34 PM 5,230 Yards - Stress Value = 98		

Workout #2207 - Friday, 06 December 2002

HighSchl - All

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
800	1 on 20:00 Team mtg/Stretch		
	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	

Workout #2209 - Monday, 09 December 2002

HighSchl - Distance

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 Shoulders & Stretch		
800	1x{1 x 200 on 3:00 Freestyle	REC	
	{1 x 200 on 2:55 Freestyle L.50 fast	EN1	
	{1 x 200 on 2:50 Freestyle L.100 fast	EN1	
	{1 x 200 on 2:45 Freestyle L.150 fast	EN1	
400	1x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
1,800	1x{1 x 600 on 8:15 Pulls	EN1	
	{1 x 600 on 8:00 Pulls	EN1	
	{1 x 600 on 7:45 Pulls	EN1	
900	9 x 100 on 1:30 Freestyle-des in 3's	EN1	
3,000	3x{1 x 400 on 5:00 Freestyle	EN2	
	{1 x 400 on 4:50 Freestyle	EN2	
	{2 x 100 on 1:20 Freestyle-100%	EN3	
500	10 x 50 on :55 Stroke Drills	REC	
	1 on 15:00 Ice		
	5:34 PM 7,400 Yards - Stress Value = 125		

Workout #2210 - Monday, 09 December 2002

HighSchl - Fly & Back

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 Shoulders & Stretch		
	1x{1 x 200 on 3:45 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	
180	12 x 15 on :30 Shooters	SP3	
	5x{1 x 100 on 2:00 Kick no board	EN2	
	{1 x 100 on 2:00 Kick no board 100%	EN2	
	1x{5 x 75 on 1:10 Pulls-nbbf&w	EN1	
	{5 x 75 on 1:05 Pulls-nbbf&w	EN1	
	{4 x 75 on 1:00 Pulls-nbbf&w	EN2	
300	12 x 25 on :30 Breaststroke-build	EN1	
	1x{4 x 200 on 3:15 Your Stroke	EN1	
	{2 x 50 on 1:00 Stroke 15m under	EN3	
	{3 x 200 on 3:10 Your Stroke	EN1	
	{2 x 50 on 1:00 Stroke 15m under	EN3	
	{2 x 200 on 3:05 Your Stroke	EN1	
	{2 x 50 on 1:00 Stroke 15m under	EN3	
300	6 x 50 on :55 Stroke Drills	REC	
	1 on 15:00 Ice		
	5:33 PM 5,730 Yards - Stress Value = 84		

Workout #2213 - Monday, 09 December 2002

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 Shoulders & Stretch		
	1x{1 x 200 on 5:30 Swim-kick-pull-swim	REC	
	{1 x 200 on 5:00 Swim-kick-pull-swim	REC	
	{1 x 200 on 4:30 Swim-kick-pull-swim	EN1	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 100 on 3:00 Kick	EN2	
	{1 x 100 on 2:55 Kick	EN2	
	{1 x 100 on 2:50 Kick	EN2	
	1x{5 x 75 on 1:45 Pulls	EN1	
	{5 x 75 on 1:35 Pulls	EN1	

200	8 x 25 on :45 Choice-build	EN1	
	3x{2 x 100 on 2:15 Freestyle	EN2	
	{1 x 100 on 2:10 Freestyle	EN2	
	{2 x 75 on 1:40 Freestyle	EN2	
	{1 x 75 on 1:30 Freestyle	EN2	
225	1 x 225 on 6:00 Stroke Drills	REC	
	1 on 15:00 Ice		
	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

Yards	Set Description	EGY	WOF
	1 on 35:00 Shoulders & Stretch		
800	1x{1 x 200 on 3:45 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	
180	12 x 15 on :30 Shooters	SP3	
1,500	3x{1 x 100 on 2:00 Kick with flippers	EN2	
	{1 x 100 on 1:50 Kick with flippers	EN2	
	{1 x 100 on 1:40 Kick with flippers	EN2	
	{1 x 100 on 1:30 Kick with flippers	EN2	
	{1 x 100 on 1:20 Kick with flippers	EN2	
1,050	1x{5 x 75 on 1:10 Pulls-nbbf&w	EN1	
	{5 x 75 on 1:05 Pulls-nbbf&w	EN1	
	{4 x 75 on 1:00 Pulls-nbbf&w	EN2	
300	12 x 25 on :30 Freestyle-build	EN1	
1,650	3x{2 x 125 on 1:50 Freestyle	EN1	
	{1 x 50 on 1:00 Freestyle-no breath	EN3	
	{2 x 100 on 1:25 Freestyle	EN1	
	{1 x 50 on 1:00 Freestyle-no breath	EN3	
500	10 x 50 on :55 Stroke Drills	REC	
	1 on 15:00 Ice		
	5:33 PM 5,980 Yards - Stress Value = 90		

Workout #2215 - Tuesday, 10 December 2002

HighSchl - All

1 minute rest between 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-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 25 on :30 Kick no board	EN2	
	{3 x 50 on 1:00 Kick no board	EN2	
	{3 x 75 on 1:30 Kick no board	EN2	
	{3 x 100 on 2:00 Kick no board	EN2	
900	12 x 75 on 1:05 Lungbuster pulls	EN1	
	odds br 3-5-7		
	evens br 2-4-6		
200	1 x 200 on 3:00 Individual Medley	EN1	
	1x{2 x 150 on 2:15 Freestyle	EN1	
	{1 x 100 on 1:05 Freestyle	EN2	
	{2 x 150 on 2:10 Freestyle	EN1	
	{1 x 100 on 1:10 Freestyle	EN2	
	{2 x 150 on 2:00 Freestyle	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
	{2 x 150 on 1:55 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
75	3 x 25 on 1:30 OTB-walk backs	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-relay srt		
	5:36 PM 4,605 Yards - Stress Value = 57		

Workout #2220 - Wednesday, 11 December 2002

Group 2 - Gold

1 minute rest between sets

6:15 PM Start

Yards	Set 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 = 150

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 x 25 on :30 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 x 125 on 1:50 Pulls	EN1	

	{4 x 125 on 1:45 Pulls	EN2
	{4 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 = 131

Workout #2217 - Wednesday, 11 December 2002

HighSchl - Silver

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	{3 x 125 on 2:15 Pulls	EN1	
	{3 x 125 on 2:10 Pulls	EN2	
	{2 x 125 on 2:05 Pulls	EN2	
1x	{3 x 100 on 2:15 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN3	
	{2 x 100 on 2:10 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN3	
	{1 x 100 on 2:05 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN3	
600	6 x 100 on 1:45 Freestyle-descend	EN1	
1x	{1 x 200 on 4:00 Individual Medley	EN2	
	{3 x 200 on 3:30 Freestyle	EN2	
	{2 x 200 on 3:50 Individual Medley	EN2	
	{2 x 200 on 3:20 Freestyle	EN2	
	{3 x 200 on 3:40 Individual Medley	EN2	
	{1 x 200 on 3:10 Freestyle	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:34 PM 5,880 Yards - Stress Value = 108

Workout #2216 - Wednesday, 11 December 2002

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Circuit and Stretch		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 125 on 3:00 Pulls	EN1	
	{3 x 125 on 2:45 Pulls	EN2	
	1x{2 x 100 on 3:00 Kick	EN2	
	{2 x 25 on 1:00 Sprint kick	EN3	
	{2 x 100 on 2:50 Kick	EN2	
	{2 x 25 on 1:00 Sprint kick	EN3	
	{2 x 100 on 2:40 Kick	EN2	
	{2 x 25 on :45 Sprint kick	EN3	
500	5 x 100 on 2:15 Freestyle-descend	EN1	
	1x{1 x 200 on 5:00 Individual Medley	EN2	
	{2 x 200 on 4:00 Freestyle	EN2	
	{1 x 200 on 4:50 Individual Medley	EN2	
	{2 x 200 on 3:50 Freestyle	EN2	
	{1 x 200 on 4:40 Individual Medley	EN2	
	{2 x 200 on 4:40 Freestyle	EN2	
	{1 x 200 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 4,580 Yards - Stress Value = 81		

Workout #2221 - Thursday, 12 December 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STF
	1 on 30:00 Stomach and Stretch			
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	BF
	{3 x 50 on :50 Breaststroke	EN1	S	BF
	{4 x 25 on :30 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			

Workout #2223 - Friday, 13 December 2002

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Shoulders & Stretch			
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 x 50 on :50 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		L I
	5:05 PM 4,180 Yards - Stress Value = 49		

Workout #2227 - Friday, 13 December 2002

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Shoulders & Stretch			L I
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 x 25 on :35 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 x 50 on :50 Free 4 beat kick	EN1	S	
	{1 x 50 on :50 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 I
	5:05 PM 5,080 Yards - Stress Value = 55			

Workout #2225 - Friday, 13 December 2002

HighSchl - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Shoulders & Stretch			L I
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 x 25 on :35 Sprint kick	SP3	S	
1,000	8 x 125 on 1:50 Lungbuster pulls	EN1	P	
	br 3-4-5-6-7			
	1x{1 x 50 on :50 Free 2 beat kick	EN1	S	
	{1 x 50 on :50 Free 4 beat kick	EN1	S	
	{1 x 50 on :50 Free 6 beat kick	EN1	S	
	3x{1 x 25 on :30 Your Stroke	EN1	S	S
	{2 x 50 on :55 Your Stroke	EN1	S	S
	{3 x 75 on 1:15 Your Stroke	EN1	S	S
	{4 x 100 on 1:30 Individual Medley	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice			L I
	5:08 PM 4,980 Yards - Stress Value = 55			

Workout #2222 - Friday, 13 December 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
1,000	1 on 8:00 Abs		L DRY	
300	1 x 1000 on 15:00 Choice	REC	S CHO	
1,200	12 x 25 on :30 Berzerks	SP3	S BK	
	6 x 200 on 2:45 Pulls	EN1	P FR	
	1x{2 x 50 on :50 Stroke Drills	EN1	D FR	
	{3 x 150 on 1:45 Freestyle	EN2	S FR	
	{2 x 50 on :50 Stroke Drills	EN1	D FR	
	{4 x 150 on 1:50 Freestyle	EN2	S FR	
	{2 x 50 on :50 Stroke Drills	EN1	S FR	
	{5 x 150 on 1:55 Freestyle	EN2	S FR	
	{2 x 50 on :50 Stroke Drills	EN1	D FR	
300	1 x 300 on 5:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		L DRY	
7:04 AM	5,000 Yards - Stress Value = 64			

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description	EGY	WOF
800	1 on 25:00 Stomach and Stretch		
200	4 x 200 on 3:30 Swim-kick-pull-swim	REC	
800	10 x 20 on :45 Shooters	SP3	
	4x{1 x 100 on 1:30 Kick with flippers	EN2	
	{1 x 100 on 1:45 Kick no board w/fins	EN2	
900	3 x 300 on 4:15 Pulls	EN1	
400	4 x 100 on 2:00 Stroke Drills	EN1	
3,625	1x{4 x 100 on 1:30 Freestyle	EN2	
	{4 x 100 on 1:25 Freestyle	EN2	
	{4 x 100 on 1:20 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{3 x 125 on 1:45 Freestyle	EN2	
	{3 x 125 on 1:40 Freestyle	EN2	
	{3 x 125 on 1:35 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{2 x 150 on 2:00 Freestyle	EN2	
	{2 x 150 on 1:55 Freestyle	EN2	
	{2 x 150 on 1:50 Freestyle	EN2	
400	8 x 50 on 1:15 Stroke Drills	REC	
11:59 AM	7,125 Yards - Stress Value = 103		

Workout #2224 - Friday, 13 December 2002

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
2:55 PM	Start			
400	1 on 30:00 Shoulders & Stretch		L I	
180	1 x 400 on 11:00 Reverse IM drill	REC	D	
	12 x 15 on :30 Shooters	SP3	S	
	6x{1 x 50 on 1:25 Kick	EN2	K C	
	{1 x 25 on :35 Sprint kick	SP3	S	
900	12 x 75 on 1:45 Pulls	EN1	P	
	2x{1 x 50 on 1:00 Free 2 beat kick	EN1	S	
	{1 x 50 on 1:00 Free 4 beat kick	EN1	S	
	{1 x 50 on 1:00 Free 6 beat kick	EN1	S	
	1x{4 x 100 on 2:20 Freestyle	EN1	S	
	{3 x 100 on 2:15 Freestyle	EN1	S	
	{2 x 100 on 2:10 Freestyle	EN1	S	
	{1 x 100 on 2:05 Freestyle	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		L I	
5:03 PM	3,430 Yards - Stress Value = 41			

Workout #2228 - Saturday, 14 December 2002

HighSchl - All

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WOF
800	1 on 30:00 Weights		
300	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
1,250	12 x 25 on :30 Berzerks	SP3	
	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	
1,150	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	
	{2 x 25 on :35 Sprint kick	EN2	
	{4 x 100 on 1:55 Kick	EN2	
	{1 x 25 on :30 Sprint kick	EN2	
250	1x{1 x 100 on 1:30 Individual Medley	EN1	
	{3 x 50 on :45 Freestyle-descend	EN1	
3,100	1x{5 x 75 on 1:05 Freestyle	EN2	
	{5 x 75 on 1:00 Freestyle	EN2	
	{5 x 75 on :55 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{4 x 75 on 1:00 Freestyle	EN2	
	{4 x 75 on :55 Freestyle	EN2	
	{4 x 75 on :50 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	EN2	
	{3 x 75 on :55 Freestyle	EN2	
	{3 x 75 on :50 Freestyle	EN2	
	{3 x 75 on :45 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
9:01 AM	7,250 Yards - Stress Value = 112		

Workout #2226 - Friday, 13 December 2002

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
2:55 PM	Start			
600	1 on 30:00 Shoulders & Stretch		L I	
180	1 x 600 on 11:00 Reverse IM drill	REC	D	
600	12 x 15 on :30 Shooters	SP3	S	
	6x{1 x 75 on 1:25 Kick	EN2	K C	
	{1 x 25 on :35 Sprint kick	SP3	S	
1,000	8 x 125 on 1:50 Lungbuster pulls	EN1	P	
	br 3-4-5-6-7			
150	1x{1 x 50 on :50 Free 2 beat kick	EN1	S	
	{1 x 50 on :50 Free 4 beat kick	EN1	S	
	{1 x 50 on :50 Free 6 beat kick	EN1	S	
2,250	3x{1 x 25 on :25 Freestyle	EN2	S	
	{2 x 50 on :45 Freestyle	EN1	S	
	{3 x 75 on 1:00 Freestyle	EN1	S	
	{4 x 100 on 1:30 Freestyle-descend	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		L I	
5:04 PM	4,980 Yards - Stress Value = 56			

Workout #2229 - Saturday, 14 December 2002

Workout #2233 - Monday, 16 December 2002

HighSchl - Breast

1 minute rest between sets

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 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	
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	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	
650	1x{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	
1,500	1x{2 x 250 on 3:20 Pulls	EN1	
	{2 x 250 on 3:15 Pulls	EN2	
	{2 x 250 on 3:10 Pulls	EN2	
300	3 x 100 on 1:30 Individual Medley	EN1	
3,600	1x{3 x 600 on 8:00 Freestyle-descend	EN2	
	{2 x 600 on 7:45 Freestyle #2 fast	EN2	
	{1 x 600 on 7:30 Freestyle-100%	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 7,280 Yards - Stress Value = 144		

Workout #2232 - Monday, 16 December 2002

HighSchl - Fly & Back

1 minute rest between sets

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	
	2x{4 x 50 on 1:00 Kick with flippers	EN2	
	{1 x 25 on :45 Sprint kick	EN2	
	{3 x 50 on :55 Kick with flippers	EN2	
	{2 x 25 on :45 Sprint kick	EN2	
	{2 x 50 on :50 Kick with flippers	EN2	
	{3 x 25 on :45 Sprint kick	EN2	

	{1 x 50 on :45 Kick with flippers	EN2	
	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 Individual Medley	EN1	
	2x{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 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,930 Yards - Stress Value = 92		

Workout #2234 - Monday, 16 December 2002

HighSchl - Bronze

1 minute rest between sets

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	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 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

Yards	Set Description	EGY	WORK
3:30 PM Start			
800	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 x 50 on 1:00 Kick-descend	EN2	K
1x	{ 1 x 200 on 2:55 Pulls	EN1	P
	{ 1 x 200 on 2:50 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 x 125 on 1:50 Freestyle	EN1	S
	{ 2 x 125 on 1:45 Freestyle	EN1	S
	{ 2 x 125 on 1:40 Freestyle	EN2	S
	{ 2 x 125 on 1:35 Freestyle	EN2	S
	{ 2 x 125 on 1:30 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 = 55			

Workout #2237 - Wednesday, 18 December 2002

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
6:15 PM Start			
800	1 on 25:00 Stomach and Stretch		L I
800	1 x 800 on 14:00 Reverse IM drill	REC	D
180	12 x 15 on :45 Shooters	SP3	S
1x	{ 2 x 100 on 2:00 Kick	EN2	K
	{ 4 x 25 on :45 Sprint kick	EN2	K
	{ 2 x 100 on 1:55 Kick	EN2	K
	{ 4 x 25 on :45 Sprint kick	EN2	K
	{ 2 x 100 on 1:50 Kick	EN2	K
	{ 4 x 25 on :45 Sprint kick	EN2	K
1x	{ 1 x 400 on 6:00 Pulls	EN1	P
	{ 1 x 400 on 5:45 Pulls	EN1	P
	1 on 10:00 Techniques-Back str		D
1x	{ 2 x 200 on 4:00 Butterfly	EN2	S F
	{ 1 x 100 on 1:30 Freestyle	EN1	S
	{ 2 x 175 on 3:20 Butterfly	EN2	S F
	{ 1 x 100 on 1:30 Freestyle	EN1	S
	{ 2 x 150 on 2:45 Butterfly	EN2	S F
	{ 1 x 100 on 1:30 Freestyle	EN1	S
	{ 2 x 125 on 2:10 Butterfly	EN2	S F
	{ 1 x 100 on 1:30 Freestyle	EN1	S
	{ 2 x 100 on 1:40 Butterfly	EN2	S F
	{ 1 x 100 on 1:15 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
8:30 PM 4,880 Yards - Stress Value = 69			

Workout #2236 - Wednesday, 18 December 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
2:55 PM Start			
800	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 x 50 on :50 Pulls-nbbf&w + 3 yds	EN1	

{ 5 x 50 on :45 Pulls-nbbf&w +4 yds	EN1
{ 5 x 50 on :40 Pulls-nbbf&w +5 yds	EN1
4x{ 2 x 75 on 1:20 Stroke Drills	EN1
{ 1 x 100 on 1:30 Freestyle	EN1
{ 1 x 100 on 1:25 Freestyle	EN1
{ 1 x 100 on 1:20 Freestyle	EN2
300 12 x 25 on :30 IM order	EN1
200 1 x 200 on 4:00 Stroke Drills	REC
1 on 25:00 Team meeting/Ice	
5:32 PM 5,080 Yards - Stress Value = 48	

Workout #2238 - Thursday, 19 December 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM Start			
800	1 on 35:00 Weights and Stretch		
800	1 x 800 on 14:00 Swim-kick-drill-swim	REC	
	no equipment		
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

1 minute rest between sets

Yards	Set Description	EGY	WORK
2:55 PM Start			
600	1 on 15:00 Stretch		L I
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 x 25 on :40 Sprint kick	EN2	K
500	5 x 100 on 1:30 Lungbuster pulls	EN1	P
	br 3-4-5-6		
3x	{ 1 x 25 on :30 Freestyle	EN1	S
	{ 1 x 50 on :55 Freestyle	EN1	S
	{ 1 x 75 on 1:15 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	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	
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 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	
300	3 x 100 on 1:25 Freestyle-descend	EN2	
	1x{2 x 500 on 6:30 Freestyle	EN2	
	{2 x 400 on 5:10 Freestyle	EN2	
	{2 x 300 on 3:55 Freestyle	EN2	
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 5,330 Yards - 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	Set 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 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	EGY	WOF
	1 on 15:00 Stretch		
400	1 x 400 on 11:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{	1 x 175 on 6:00 Kick	EN2	
	{1 x 75 on 1:50 Kick 100%	EN2	
	{1 x 75 on 1:40 Kick 100%	EN2	
	{1 x 75 on 1:30 Kick 100%	EN2	
1x{2	x 150 on 3:30 Pulls	EN1	
	{2 x 150 on 3:20 Pulls	EN2	
450	6 x 75 on 1:25 Freestyle-descend	EN2	
1x{6	x 75 on 1:50 Freestyle	EN2	
	{1 x 100 on 2:15 Freestyle 100%	EN3	
	{5 x 75 on 1:30 Freestyle	EN2	
	{1 x 100 on 2:15 Freestyle 100%	EN3	
	{3 x 75 on 1:20 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	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

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	
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	STP
	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 x 125 on 1:35 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 x 125 on 2:00 Kick	EN2		K CHC

500	4 x 125 on 2:00 IM with 50 free	EN1		S IM
	1x{3 x 200 on 2:30 Freestyle	EN2		S FF
	{3 x 200 on 2:25 Freestyle	EN2		S FF
	{3 x 200 on 2:20 Freestyle	EN2		S FF
250	1 x 250 on 4:00 Stroke Drills	REC		D CI
	1 on 10:00 Ice			L DRY
4:10	PM 5,530 Yards - Stress Value = 82			

Workout #2250 - Thursday, 26 December 2002

HighSchl - Gold

1 minute rest between sets

2:00 PM Start

Yards	Set Description	EGY	WORK	STP
	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 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	EN1		S IM
1x{3	x 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 x 250 on 4:00 Stroke Drills	REC		D CI
	1 on 10:00 Ice			L DRY
4:11	PM 5,030 Yards - Stress Value = 72			

Workout #2248 - Thursday, 26 December 2002

HighSchl - Silver

1 minute rest between sets

2:00 PM Start

Yards	Set Description	EGY	WORK	STP
	1 on 30:00 Stomach and Stretch			L I
800	8 x 100 on 1:40 Stroke Drills	REC		D C
	odds free evns nonfr			
180	12 x 15 on :30 Shooters	SP3		S F
1x{2	x 125 on 2:05 Pulls-nbbf&w	EN1		P
	{2 x 125 on 2:00 Pulls-nbbf&w	EN1		P
	{2 x 125 on 1:55 Pulls-nbbf&w	EN2		P
	{1 x 50 on :45 Pulls-nbbf&w	EN2		P
1x{2	x 125 on 2:45 Kick	EN2		K C
	{2 x 125 on 2:40 Kick	EN2		K C
	{2 x 125 on 2:35 Kick	EN2		K C
	{1 x 50 on 1:00 Kick	EN2		K C
400	4 x 100 on 2:00 Individual Medley	EN1		S
1x{3	x 200 on 3:00 Freestyle	EN2		S
	{2 x 200 on 2:55 Freestyle	EN2		S
	{2 x 200 on 2:50 Freestyle	EN2		S
250	1 x 250 on 4:00 Stroke Drills	REC		D
	1 on 10:00 Ice			L I
4:09	PM 4,630 Yards - Stress Value = 65			

Workout #2247 - Thursday, 26 December 2002

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
2:00 PM Start				
600	1 on 30:00 Stomach and Stretch	REC	L I	
180	8 x 75 on 1:40 Stroke Drills odds free evns nonfr	REC	D C	
1x{2	12 x 15 on :30 Shooters	SP3	S E	
	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 Pulls-nbbf&w	EN2	P	
1x{2	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 Kick	EN2	K C	
300	3 x 100 on 2:30 Individual Medley	EN1	S	
1x{3	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 on 10:00 Ice		L I	
4:09 PM 3,630 Yards - Stress Value = 53				

{1 x 100 on 1:40 Kick	EN2
{4 x 25 on :40 Sprint kick	EN2
{1 x 100 on 1:45 Kick	EN2
{4 x 25 on :45 Sprint kick	EN3
1,200 3 x 400 on 5:45 Pulls	EN1
600 6 x 100 on 1:30 Freestyle-des in 3's	EN1
2x{4 x 50 on :45 Freestyle	EN1
{4 x 75 on 1:05 Freestyle	EN1
{4 x 100 on 1:30 Freestyle	EN1
{4 x 25 on :45 Freestyle	SP2
800 8 x 100 on 2:00 Stroke Drills	REC
1 on 10:00 Ice	
10:09 AM 6,500 Yards - Stress Value = 92	

Workout #2253 - Friday, 27 December 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
2:00 PM Start				
800	1 on 30:00 Stomach and Stretch	REC	I	
180	4 x 200 on 3:30 Swim-kick-pull-swim	REC	S	
500	12 x 15 on :30 Shooters	SP3	S	
1x{1	5 x 100 on 2:00 Kick odds fast	EN2	F	
	{1 x 250 on 3:30 Pulls	EN1	F	
	{1 x 250 on 3:25 Pulls	EN1	F	
	{1 x 250 on 3:20 Pulls	EN1	F	
1x{4	4 x 50 on :50 Freestyle	EN1	S	
	{4 x 50 on :45 Freestyle	EN1	S	
	{4 x 50 on :40 Freestyle	EN2	S	
	{4 x 25 on :30 Freestyle	EN1	S	
	{4 x 25 on :25 Freestyle	EN1	S	
	{4 x 25 on :20 Freestyle	EN2	S	
400	4 x 100 on 2:00 Stroke Drills	REC	I	
	1 on 20:00 Ice		I	
3:58 PM 3,530 Yards - Stress Value = 35				

Workout #2252 - Friday, 27 December 2002

Group 2 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF	S
11:00 AM Start				
800	1 on 25:00 Stomach and Stretch	REC		
180	1 x 800 on 14:00 Swim-kick-pull-swim	REC		
1,200	12 x 15 on :30 Shooters	SP3		
4x{1	4 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		
	{4 x 25 on :30 Freestyle 100%	SP1		
500	10 x 50 on 1:00 Stroke Drills	REC		
1:26 PM 6,580 Yards - Stress Value = 104				

Workout #2258 - Monday, 30 December 2002

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF	S
10:00 AM Start				
600	1 on 25:00 Stomach and Stretch	REC		
180	1 x 600 on 12:00 Swim-kick-pull-swim	REC		
1x{1	12 x 15 on :30 Shooters	SP3		
	{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	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	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				

Workout #2251 - Friday, 27 December 2002

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF	S
7:30 AM Start				
800	1 on 30:00 Shoulders & Stretch	REC		
300	2 x 400 on 7:00 Reverse IM drill	REC		
1x{1	12 x 25 on :30 Berzerks	SP3		
	{4 x 25 on 1:30 Kick	EN2		
	{4 x 25 on :30 Sprint kick	EN2		
	{1 x 100 on 1:35 Kick	EN2		
	{4 x 25 on :35 Sprint kick	EN3		

Workout #2261 - Monday, 30 December 2002

HighSchl - Breast

1 minute rest between sets

2:00 PM Start			
Yards	Set Description	EGY	WORK S
	1 on 30:00 Shoulders & Stretch		L I
400	1 x 400 on 6:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	1 on 15:00 Vertical Kicking	EN2	K
600	1 x 600 on 15:00 Pulls	EN1	P
300	3 x 100 on 1:30 Freestyle-descend	EN1	S
1,900	1x{1 x 250 on 4:30 IM w/ 100 breast	EN2	S
	{3 x 100 on 1:50 Breaststroke	EN2	S
	{1 x 250 on 4:15 IM w/ 100 breast	EN2	S
	{3 x 100 on 1:45 Breaststroke	EN2	S
	{1 x 250 on 4:00 IM w/ 100 breast	EN2	S
	{3 x 100 on 1:40 Breaststroke	EN2	S
	{1 x 250 on 3:45 IM w/ 100 breast	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L I
4:08 PM 3,580 Yards - Stress Value = 54			

Workout #2263 - Monday, 30 December 2002

HighSchl - Distance

1 minute rest between sets

2:00 PM Start			
Yards	Set Description	EGY	WORK S
	1 on 30:00 Shoulders & Stretch		L I
400	1 x 400 on 6:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	3x{1 x 100 on 1:45 Kick	EN2	K C
	{4 x 25 on :30 Kick	EN2	K C
1,650	1 x 1650 on 21:00 Pulls	EN1	P
450	3 x 150 on 2:15 Freestyle-descend	EN1	S
	1x{2 x 250 on 3:15 Freestyle	EN2	S
	{1 x 500 on 6:30 Freestyle	EN2	S
	{2 x 250 on 3:00 Freestyle	EN2	S
	{1 x 500 on 6:00 Freestyle	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L I
4:07 PM 5,530 Yards - Stress Value = 79			

Workout #2260 - Monday, 30 December 2002

HighSchl - Fly & Back

1 minute rest between sets

2:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Shoulders & Stretch		
400	1 x 400 on 6:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
1,000	1 x 1000 on 15:00 Pulls	EN1	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
1,000	1x{1 x 250 on 4:00 IM w/ 100 of #1 strk	EN2	
	{4 x 100 on 1:30 Your Stroke	EN2	
	{1 x 250 on 3:50 IM w/ 100 of #1 strk	EN2	
	{3 x 100 on 1:25 Your Stroke	EN2	
	{1 x 250 on 3:40 IM w/ 100 of #1 strk	EN1	
	{2 x 100 on 1:20 Your Stroke	EN2	
	{1 x 250 on 3:30 IM w/ 100 of #1 strk	EN2	
	{1 x 100 on 1:15 Your Stroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:07 PM 4,730 Yards - Stress Value = 69			

Workout #2255 - Monday, 30 December 2002

HighSchl - Platinum

1 minute rest between sets

7:30 AM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
180	12 x 15 on :30 Shooters	SP3	
1,600	1x{2 x 200 on 2:45 Pulls	EN1	
	{2 x 100 on 1:20 Pulls	EN1	
	{2 x 200 on 2:40 Pulls	EN1	
	{2 x 100 on 1:20 Pulls	EN1	
	{2 x 200 on 2:35 Pulls	EN1	
1,000	1x{3 x 100 on 1:50 Kick	EN2	
	{3 x 100 on 1:45 Kick	EN2	
	{4 x 100 on 1:40 Kick	EN2	
400	4 x 100 on 1:30 Individual Medley	EN1	
3,000	3x{2 x 125 on 1:30 Freestyle	EN2	
	{2 x 125 on 1:25 Freestyle	EN2	
	{2 x 125 on 1:20 Freestyle	EN2	
	{2 x 125 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 15:00 Ice		
10:08 AM 7,180 Yards - Stress Value = 107			

Workout #2256 - Monday, 30 December 2002

HighSchl - Gold

1 minute rest between sets

7:30 AM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 200 on 2:55 Pulls	EN1	
	{2 x 100 on 1:25 Pulls	EN1	
	{2 x 200 on 2:50 Pulls	EN1	
	{1 x 100 on 1:25 Pulls	EN1	
	{2 x 200 on 2:45 Pulls	EN1	
	1x{3 x 100 on 2:00 Kick	EN2	
	{3 x 100 on 1:55 Kick	EN2	
	{4 x 100 on 1:50 Kick	EN2	
250	2 x 125 on 2:00 IM w/ 50 of #1 strke	EN1	
	3x{2 x 125 on 1:45 Freestyle	EN2	
	{2 x 125 on 1:40 Freestyle	EN2	
	{2 x 125 on 1:35 Freestyle	EN2	
	{1 on 1:00 Rest		
400	1 x 400 on 6:00 Stroke Drills	REC	
	1 on 15:00 Ice		
10:08 AM 6,380 Yards - Stress Value = 89			

Workout #2257 - Monday, 30 December 2002

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:30 AM	Start		
800	1 on 30:00 Weights		
180	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
	12 x 15 on :30 Shooters	SP3	
	1x{2 x 200 on 3:10 Pulls	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
	{1 x 200 on 3:05 Pulls	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
	{2 x 200 on 3:00 Pulls	EN1	
	1x{3 x 100 on 2:10 Kick	EN2	
	{3 x 100 on 2:05 Kick	EN2	
	{3 x 100 on 2:00 Kick	EN2	
300	3 x 100 on 2:00 Individual Medley	EN1	
	2x{3 x 125 on 2:00 Freestyle	EN2	
	{3 x 125 on 1:55 Freestyle	EN2	
	{2 x 125 on 1:50 Freestyle	EN2	
	{1 on 1:00 Rest		
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 15:00 Ice		
10:08 AM	5,880 Yards - Stress Value = 82		

Workout #2254 - Monday, 30 December 2002

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:30 AM	Start		
800	1 on 30:00 Weights		
180	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
	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	
	{3 x 75 on 1:55 Freestyle	EN2	
	{2 x 75 on 1:50 Freestyle	EN2	
	{1 on 1:00 Rest		
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 15:00 Ice		
10:06 AM	4,630 Yards - Stress Value = 60		

Workout #2262 - Monday, 30 December 2002

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
2:00 PM	Start			
300	1 on 30:00 Shoulders & Stretch		L	I
180	1 x 300 on 6:00 Reverse IM drill	REC		D
	12 x 15 on :30 Shooters	SP3		S
	1x{2 x 100 on 2:30 Kick	EN2	K	C
	{2 x 100 on 2:25 Kick	EN2	K	C
	{2 x 100 on 2:20 Kick	EN2	K	C
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 x 200 on 4:30 Breaststroke	EN1		S
	{4 x 25 on :45 Breaststroke 100%	EN2		S
	{1 x 150 on 3:20 Breaststroke	EN1		S

{4 x 25 on :45 Breaststroke 100%	EN2	S
{1 x 100 on 2:10 Breaststroke	EN2	S
{4 x 25 on :45 Breaststroke 100%	EN2	S
{1 x 50 on 1:05 Breaststroke	EN2	S
{4 x 25 on :45 Breaststroke 100%	EN2	S
1 x 300 on 6:00 Stroke Drills	REC	D
1 on 1:00 Ice		L I
3:59 PM	3,380 Yards - Stress Value = 48	

Workout #2259 - Monday, 30 December 2002

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK
2:00 PM	Start		
400	1 on 30:00 Shoulders & Stretch		L
180	1 x 400 on 6:00 Reverse IM drill	REC	D
1,000	12 x 15 on :30 Shooters	SP3	S
750	4 x 250 on 3:30 Pulls	EN1	P
	10x{1 x 25 on :45 Sprint kick	EN2	K
	{1 x 50 on 1:00 Kick	EN2	K
200	{8 x 25 on 1:30 IM order-build	EN1	S
1,950	1x{6 x 75 on 1:10 Freestyle odds 6bk	EN1	S
	{6 x 75 on 1:05 Freestyle odds 6bk	EN2	S
	{6 x 75 on 1:00 Freestyle odds 6bk	EN2	S
	{6 x 100 on 1:30 Freestyle-descend	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L
4:07 PM	4,730 Yards - Stress Value = 68		

Workout #2268 - Tuesday, 31 December 2002

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
10:00 AM	Start		
800	1 on 25:00 Stomach and Stretch		
240	1 x 800 on 18:00 Swim-kick-pull-swim	REC	
	16 x 15 on :45 Shooters	SP3	
	1x{3 x 125 on 2:30 Kick with flippers	EN2	
	{3 x 50 on 1:00 Kick with flippers	EN2	
	{3 x 125 on 2:25 Kick with flippers	EN2	
	{3 x 50 on 1:00 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		

Workout #2270 - Tuesday, 31 December 2002

HighSchl - Distance

1 minute rest between sets

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	
1x{	1 x 300 on 4:15 Pulls	EN1	
	{1 x 300 on 4:10 Pulls	EN1	
	{1 x 300 on 4:05 Pulls	EN1	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
4x{	1 x 200 on :00 Freestyle	SP2	
	{1 x 200 on 8:00 Freestyle	REC	
	1 on 10:00 Ice		
4:06 PM	4,280 Yards - Stress Value = 109		

Workout #2269 - Tuesday, 31 December 2002

HighSchl - IM/Stroke

1 minute rest between sets

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 Your Stroke	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{1 x 50 on :00 Your Stroke	SP2	
	{1 x 100 on 3:00 Freestyle	REC	
	{1 x 75 on :00 Your Stroke	SP2	
	{1 x 100 on 3:30 Freestyle	REC	
	{1 x 100 on :00 Your Stroke	SP2	
	{1 x 100 on 4:00 Freestyle	REC	
	1 on 10:00 Ice		
4:07 PM	4,230 Yards - Stress Value = 100		

Workout #2264 - Tuesday, 31 December 2002

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch		L	I
1,000	1x{1 x 200 on 3:00 Stroke Drills	REC	D	
	{3 x 200 on 3:00 Freestyle-descend	EN2	S	
	{1 x 200 on 3:00 Stroke Drills	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	F
1,200	4x{1 x 100 on 1:50 Kick	EN2	K	C
	{1 x 100 on 1:40 Kick	EN2	K	C
	{4 x 25 on :30 Sprint kick	EN3	K	
2,000	5 x 400 on 5:00 Pulls	EN1	P	
300	12 x 25 on :30 IM order-build	EN1	S	
2,200	1x{4 x 100 on 1:20 Freestyle	EN2	S	
	{3 x 50 on 1:00 Freestyle 100%	SP1	S	
	{4 x 100 on 1:15 Freestyle	EN2	S	
	{3 x 50 on 1:00 Freestyle 100%	SP1	S	
	{4 x 100 on 1:10 Freestyle	EN2	S	
	{3 x 50 on 1:00 Freestyle 100%	SP1	S	
	{4 x 100 on 1:05 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
10:06 AM	7,130 Yards - Stress Value = 162			

Workout #2265 - Tuesday, 31 December 2002

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch		L	I
	1x{1 x 200 on 3:00 Stroke Drills	REC	D	
	{3 x 200 on 3:00 Freestyle-descend	EN2	S	
	{1 x 200 on 3:00 Stroke Drills	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	F
	3x{1 x 100 on 2:05 Kick	EN2	K	C
	{1 x 100 on 2:00 Kick	EN2	K	C
	{4 x 25 on :40 Sprint kick	EN3	K	
1,600	4 x 400 on 5:30 Pulls	EN1	P	
300	12 x 25 on :30 IM order-build	EN1	S	
	1x{4 x 100 on 1:30 Freestyle	EN2	S	
	{3 x 50 on 1:00 Freestyle 100%	SP1	S	
	{4 x 100 on 1:25 Freestyle	EN2	S	
	{3 x 50 on 1:00 Freestyle 100%	SP1	S	
	{4 x 100 on 1:20 Freestyle	EN2	S	
	{3 x 50 on 1:00 Freestyle 100%	SP1	S	
	{4 x 100 on 1:15 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
10:04 AM	6,430 Yards - Stress Value = 148			

Workout #2266 - Tuesday, 31 December 2002

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch		L	I
	1x{1 x 200 on 3:30 Stroke Drills	REC	D	
	{3 x 200 on 3:30 Freestyle-descend	EN2	S	
	{1 x 100 on 1:45 Stroke Drills	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	F
	3x{1 x 100 on 2:15 Kick	EN2	K	C
	{1 x 100 on 2:10 Kick	EN2	K	C
	{4 x 25 on :45 Sprint kick	EN3	K	
1,600	4 x 400 on 6:20 Pulls	EN1	P	
300	12 x 25 on :30 IM order-build	EN1	S	
	1x{3 x 100 on 1:40 Freestyle	EN2	S	
	{3 x 50 on 1:00 Freestyle 100%	SP1	S	
	{3 x 100 on 1:35 Freestyle	EN2	S	
	{3 x 50 on 1:00 Freestyle 100%	SP1	S	
	{3 x 100 on 1:30 Freestyle	EN2	S	
	{3 x 50 on 1:00 Freestyle 100%	SP1	S	
	{3 x 100 on 1:25 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	5,930 Yards - Stress Value = 140			

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		L I
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	S F
3x{	1 x 75 on 2:15 Kick	EN2	K C
	{ 1 x 75 on 2:10 Kick	EN2	K C
	{ 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 x 75 on 1:40 Freestyle	EN2	S
	{ 3 x 50 on 1:00 Freestyle 100%	SP1	S
	{ 3 x 75 on 1:35 Freestyle	EN2	S
	{ 3 x 50 on 1:00 Freestyle 100%	SP1	S
	{ 3 x 75 on 1:30 Freestyle	EN2	S
	{ 3 x 50 on 1:00 Freestyle 100%	SP1	S
	{ 3 x 75 on 1:25 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

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 x 50 on :00 Freestyle	EN2	
	{ 1 x 100 on 3:00 Freestyle	SP2	
	{ 1 x 75 on :00 Freestyle	SP2	
	{ 1 x 100 on 3:30 Freestyle	REC	
	{ 1 x 100 on :00 Freestyle	SP2	
	{ 1 x 100 on 4:00 Freestyle	REC	
	1 on 10:00 Ice		

4:07 PM 4,230 Yards - Stress Value = 118