

Workout #2276 - Wednesday, 01 January 2003

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
2:00 PM	Start			
600	1 on 30:00 Shoulders & Stretch			L DF
600	1 x 600 on 10:00 Choice	REC		S CF
180	12 x 15 on :30 Shooters	SP3		S F
450	18 x 25 on :40 Kick	EN2		S F
600	1x{3 x 100 on 2:15 Pulls	EN1		P F
	{3 x 100 on 2:00 Pulls	EN2		P F
450	6 x 75 on 1:20 IM w/out your #1	EN1		S J
1,050	1x{1 x 300 on 5:15 Breaststroke	EN2		S F
	{1 x 250 on 4:15 Breaststroke	EN2		S F
	{1 x 200 on 3:20 Breaststroke	EN2		S F
	{1 x 150 on 2:25 Breaststroke	EN2		S F
	{1 x 100 on 1:35 Breaststroke	EN2		S F
	{1 x 50 on :45 Breaststroke	EN2		S F
300	12 x 25 on :30 Breaststroke 100%	EN3		S F
250	1 x 250 on 4:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			L DF
4:04 PM	3,880 Yards - Stress Value = 68			

HighSchl - All

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WORK	STF
800	1 on 30:00 Weights and stretch			L DRY
	8 x 100 on 1:45 Stroke Drills	REC		D IM
	2 on each stroke			
600	1 on 15:00 Techniques-TN turns			D FF
	6 x 100 on 2:00 Kick	EN2		K CHC
	1 on 13:00 Techniques-Relay str			D
600	3 x 200 on 2:45 Pulls	EN1		P FF
	1 on 13:00 Techniques-Stanford			D FF
	1x{1 x 100 on 1:30 Freestyle	EN1		S FF
	{1 x 200 on 3:00 Freestyle	EN1		S FF
	{1 x 300 on 4:30 Freestyle	EN1		S FF
	{2 x 400 on 6:00 Freestyle	EN1		S FF
	{1 x 300 on 4:30 Freestyle	EN1		S FF
	{1 x 200 on 3:00 Freestyle	EN1		S FF
	{1 x 100 on 1:30 Freestyle	EN1		S FF
	1 on 10:00 Ice			L DRY
9:59 AM	4,000 Yards - Stress Value = 38			

Workout #2277 - Wednesday, 01 January 2003

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
2:00 PM	Start			
300	1 on 30:00 Shoulders & Stretch			I
600	1 x 600 on 10:00 Choice	REC		S
180	12 x 15 on :30 Shooters	SP3		S
300	12 x 25 on :30 Sprint kick	SP3		S
	1x{3 x 100 on 2:30 Pulls	EN1		F
	{2 x 100 on 2:25 Pulls	EN2		F
300	6 x 50 on 1:20 Freestyle des in 3's	EN1		S
450	1x{4 x 75 on 2:00 Freestyle	EN2		S
	{4 x 75 on 1:55 Freestyle	EN2		S
	{4 x 75 on 1:50 Freestyle	EN2		S
	{2 x 75 on 1:45 Freestyle	EN2		S
	{ last 25 of each 6bk			
200	1 x 200 on 3:00 Stroke Drills	REC		I
	1 on 10:00 Ice			I
4:05 PM	2,830 Yards - Stress Value = 50			

2:00 PM Start

Yards	Set Description	EGY	WORK	STF
300	1 on 30:00 Shoulders & Stretch			I
180	1 x 300 on 10:00 Choice	REC		S
300	12 x 15 on :30 Shooters	SP3		S
	12 x 25 on 1:00 Sprint kick	SP3		S
	1x{3 x 100 on 2:30 Pulls	EN1		F
	{2 x 100 on 2:25 Pulls	EN2		F
300	6 x 50 on 1:20 Freestyle des in 3's	EN1		S
	1x{4 x 75 on 2:00 Freestyle	EN2		S
	{4 x 75 on 1:55 Freestyle	EN2		S
	{4 x 75 on 1:50 Freestyle	EN2		S
	{2 x 75 on 1:45 Freestyle	EN2		S
	{ last 25 of each 6bk			
200	1 x 200 on 3:00 Stroke Drills	REC		I
	1 on 10:00 Ice			I
4:05 PM	2,830 Yards - Stress Value = 50			

Workout #2274 - Wednesday, 01 January 2003

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
2:00 PM	Start			
600	1 on 30:00 Shoulders & Stretch			L
600	1 x 600 on 10:00 Choice	REC		S
180	12 x 15 on :30 Shooters	SP3		S
400	16 x 25 on :40 Sprint kick	SP3		S
	1x{3 x 150 on 2:15 Pulls	EN1		P
	{3 x 150 on 2:00 Pulls	EN2		P
300	4 x 75 on 1:20 IM w/out your #1	EN1		S
	1x{3 x 150 on 2:20 100 fly 50 back	EN2		S
	{3 x 150 on 2:25 100 back 50 breast	EN2		S
	{3 x 150 on 2:30 100 breast 50 free	EN2		S
	{3 x 150 on 2:15 100 free 50 fly	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 10:00 Ice			L
4:05 PM	4,380 Yards - Stress Value = 75			

2:00 PM Start

Yards	Set Description	EGY	WORK	STF
600	1 on 30:00 Shoulders & Stretch			L
180	1 x 600 on 10:00 Choice	REC		S
400	16 x 25 on :40 Sprint kick	SP3		S
900	1x{3 x 150 on 2:15 Pulls	EN1		P
	{3 x 150 on 2:00 Pulls	EN2		P
450	6 x 75 on 1:20 Free 1st 25 2bk,2nd	EN1		S
	25 4bk, 3rd 25 6bk			
1,750	1x{4 x 125 on 2:00 Freestyle	EN2		S
	{4 x 125 on 1:55 Freestyle	EN2		S
	{4 x 125 on 1:50 Freestyle	EN2		S
	{2 x 125 on 1:45 Freestyle	EN2		S
	{ last 25 of each 6bk			
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 10:00 Ice			L
4:04 PM	4,480 Yards - Stress Value = 75			

Workout #2272 - Wednesday, 01 January 2003

Workout #2282 - Thursday, 02 January 2003

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 Stomach and Stretch		L	
600	6 x 100 on 2:15 Stroke Drills odds free evens back	REC	D	
	1x{3 x 25 on :40 Kick no board	EN2	K	
	{3 x 50 on 1:15 Kick no board	EN2	K	
	{3 x 75 on 1:50 Kick no board	EN2	K	
	{3 x 100 on 2:30 Kick no board	EN2	K	
300	12 x 25 on :45 12.5 easy 12.5 fast	SP3	S	
	2x{8 x 25 on :40 Butterfly	EN2	S	
	{1 on :30 Rest		M	
	{4 x 50 on 1:15 Butterfly	EN2	S	
	{1 on :30 Rest		M	
	{2 x 100 on 2:20 Butterfly	EN2	S	
	{1 on :30 Rest		M	
	{1 x 200 on 4:20 Butterfly	EN2	S	
	{1 on :30 Rest		M	
300	1 x 300 on 6:00 Stroke Drills	REC	D	
	12:00 PM 3,550 Yards - Stress Value = 59			

Workout #2283 - Thursday, 02 January 2003

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	DRY
600	12 x 50 on 1:00 Stroke Drills odds free evens non	REC	D	CHO
180	12 x 15 on :30 Shooters	SP3	S	BR
	1x{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
	1x{2 x 300 on 4:30 Pulls	EN1	P	FR
	{2 x 250 on 3:30 Pulls	EN1	P	FR
	{2 x 200 on 2:40 Pulls	EN2	P	FR
300	3 x 100 on 1:40 IM-descend	EN1	S	IM
	1x{1 x 125 on 2:15 Freestyle	SP2	S	FR
	{1 x 125 on 2:10 Freestyle	SP2	S	FR
	{1 x 125 on 2:05 Freestyle	SP2	S	FR
	{1 x 125 on 2:00 Freestyle	SP2	S	FR
800	8 x 100 on 2:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		L	DRY
	4:04 PM 4,280 Yards - Stress Value = 85			

Workout #2285 - Thursday, 02 January 2003

HighSchl - IM/Stroke

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	I
600	12 x 50 on 1:00 Stroke Drills odds free evens non	REC	D	C
180	12 x 15 on :30 Shooters	SP3	S	
800	2x{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
	{1 x 100 on 1:45 Kick	EN2	K	C
1,000	1x{5 x 100 on 1:30 Pulls-nbbf&w	EN1	P	
	{5 x 100 on 1:25 Pulls-nbbf&w	EN1	P	
200	1 x 200 on 3:00 Individual Medley	EN1	S	
500	5x{1 x 50 on :00 Your Stroke	SP2	S	S
	{1 x 50 on 3:00 Freestyle	REC	S	

700 7 x 100 on 2:00 Stroke Drills REC D
1 on 10:00 Ice L I
4:06 PM 3,980 Yards - Stress Value = 60

Workout #2278 - Thursday, 02 January 2003

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	I
800	8 x 100 on 1:45 Stroke Drills	REC	D	C
180	12 x 15 on :30 Shooters	SP3	S	
900	3x{1 x 150 on 2:30 Kick	EN2	K	C
	{1 x 100 on 1:45 Kick	EN2	K	C
	{1 x 50 on :55 Kick	EN2	K	C
1,200	1x{5 x 100 on 1:20 Lungbuster pulls	EN1	P	
	{4 x 100 on 1:15 Lungbuster pulls	EN1	P	
	{3 x 100 on 1:10 Lungbuster pulls	EN2	P	
300	6 x 50 on :50 25 free 25 non free	EN1	S	C
2,000	5 x 400 on 4:45 Freestyle	EN2	S	
200	1 x 200 on 3:00 Freestyle	REC	S	
1,600	8x{1 x 100 on 1:15 Individual Medley	EN2	S	
	{1 x 50 on :35 Freestyle	EN2	S	
	{1 x 50 on :45 Freestyle	REC	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		L	I
	10:06 AM 7,380 Yards - Stress Value = 107			

Workout #2281 - Thursday, 02 January 2003

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	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	
	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{4 x 100 on 1:30 Lungbuster pulls	EN1	P	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	P	
	{3 x 100 on 1:20 Lungbuster pulls	EN2	P	
200	4 x 50 on 1:00 25 free 25 non free	EN1	S	
1,600	4 x 400 on 5:25 Freestyle	EN2	S	
200	1 x 200 on 3:00 Freestyle	REC	S	
	7x{1 x 100 on 1:35 Individual Medley	EN2	S	
	{1 x 50 on :40 Freestyle	EN2	S	
	{1 x 50 on :55 Freestyle	REC	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		L	
	10:06 AM 6,480 Yards - Stress Value = 93			

Workout #2280 - Thursday, 02 January 2003

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 50 on 1:05 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	EN2	
150	3 x 50 on 1:00 25 free 25 non free	EN1	
1,600	4 x 400 on 6:00 Freestyle	EN2	
150	1 x 150 on 3:00 50 free 50 strk 50fr	REC	
	6x{1 x 100 on 1:45 Individual Medley	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:07 AM 6,080 Yards - Stress Value = 89		

Workout #2279 - Thursday, 02 January 2003

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	8 x 75 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 125 on 3:15 Kick	EN2	
	{1 x 75 on 2:10 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
	1x{3 x 75 on 1:40 Lungbuster pulls	EN1	
	{3 x 75 on 1:35 Lungbuster pulls	EN1	
	{2 x 75 on 1:30 Lungbuster pulls	EN2	
	{1 x 50 on 1:30 Pulls	EN1	
200	4 x 50 on 1:00 Freestyle-descend	EN1	
1,200	4 x 300 on 6:00 Freestyle	EN2	
100	1 x 100 on 3:00 25 free 50 strk 25fr	REC	
	4x{1 x 100 on 2:30 Individual Medley	EN2	
	{1 x 50 on 1:00 Freestyle	EN2	
	{1 x 50 on 1:15 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:06 AM 4,680 Yards - Stress Value = 67		

Workout #2284 - Thursday, 02 January 2003

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	DRY
600	12 x 50 on 1:00 Stroke Drills	REC	D	CHO
	odds free evens non			
180	12 x 15 on :30 Shooters	SP3	S	BR
800	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
1,000	1x{5 x 100 on 1:30 Pulls-nbbf&w	EN1	P	FR
	{5 x 100 on 1:25 Pulls-nbbf&w	EN1	P	FR
300	3 x 100 on 1:40 IM-descend	EN1	S	IM
300	6x{1 x 35 on :00 Freestyle	SP2	S	FR
	{1 x 15 on 2:00 Freestyle	REC	S	FR

700	7 x 100 on 2:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		L	DRY
	4:05 PM 3,880 Yards - Stress Value = 57			

Workout #2287 - Friday, 03 January 2003

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 Stomach and Stretch		L	DRY
	3x{3 x 50 on 1:00 Stroke Drills	REC	D	BR
	{3 x 50 on 1:15 Stroke Drills	REC	D	BR
180	12 x 15 on :45 Shooters	SP3	S	CHO
	3x{3 x 50 on 1:10 Kick no board	EN2	K	BR
	{1 x 100 on 2:00 Kick	EN2	K	BR
400	2 x 200 on 3:20 Pulls	EN1	P	FR
	1x{4 x 125 on 2:05 Freestyle	EN2	S	FR
	{4 x 125 on 2:00 Freestyle	EN2	S	FR
	{4 x 125 on 1:55 Freestyle	EN2	S	FR
	{4 x 125 on 1:50 Freestyle	EN2	S	FR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	12:00 PM 4,430 Yards - Stress Value = 66			

Workout #2286 - Friday, 03 January 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 35:00 Weights and stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-TN turns		
	1x{1 x 150 on 3:00 Kick	EN2	
	{1 x 150 on 2:50 Kick	EN2	
	{1 x 150 on 2:40 Kick	EN2	
	{1 x 150 on 2:30 Kick	EN2	
	1 on 10:00 Techniques-Stanford		
800	1 x 800 on 11:00 Pulls	EN1	
	1 on 10:00 Techniques-starts		
	1x{3 x 50 on 1:00 Butterfly	EN1	
	{3 x 100 on 1:45 Stroke Drills	REC	
	{3 x 50 on 1:00 Backstroke	EN1	
	{3 x 100 on 1:45 Stroke Drills	REC	
	{3 x 50 on 1:00 Breaststroke	EN1	
	{3 x 100 on 1:45 Stroke Drills	REC	
	{3 x 50 on 1:00 Freestyle	EN1	
	{3 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Techniques-relay str		
	1 on 10:00 Ice		
	10:08 AM 4,000 Yards - Stress Value = 28		

Workout #2288 - Friday, 03 January 2003

HighSchl - All

1 minute rest between sets

2:00 PM Start

Yards	Set Description	EGY	WORK	S
900	1 on 30:00 Shoulders & Stretch	REC	L I	
180	9 x 100 on 1:45 Stroke Drills	SP3	D C	
600	12 x 15 on :30 Shooters	EN2	K C	
750	6 x 100 on 2:00 Kick	EN1	P	
200	6 x 125 on 1:50 Pulls	EN1	S	
	1 x 200 on 3:00 Individual Medley	EN1	S	
	1x{2 x 100 on 1:30 Freestyle	EN1	S	
	{4 x 25 on :30 Butterfly	EN1	S F	
	{2 x 100 on 1:30 Freestyle	EN1	S	
	{4 x 25 on :30 Backstroke	EN1	S	
	{2 x 100 on 1:30 Freestyle	EN1	S	
	{4 x 25 on :30 Breaststroke	EN1	S	
	{2 x 100 on 1:30 Freestyle	EN1	S	
	{4 x 25 on :30 Freestyle	EN1	S	
250	5 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 15:00 Ice		L I	

4:04 PM 4,080 Yards - Stress Value = 41

Workout #2289 - Monday, 06 January 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
500	1 x 500 on 8:00 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 175 on 2:30 Pulls	EN1	
	{3 x 125 on 1:45 Pulls	EN1	
	{3 x 75 on 1:05 Pulls	EN1	
	{2 x 25 on :20 Pulls	EN1	
	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	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 100 on 1:05 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 100 on 1:05 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
1,350	9 x 150 on 2:15 Descend in sets of 3	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:02 AM 5,030 Yards - Stress Value = 76

Workout #2290 - Monday, 06 January 2003

HighSchl - Platinum

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
800	1 on 30:00 Shoulders & Stretch		
180	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
1,350	12 x 15 on :30 Shooters	SP3	
	1x{3 x 150 on 2:00 Pulls	EN1	
	{9 x 50 on :45 Pulls-des in 3's	EN1	
	{3 x 150 on 2:00 Pulls	EN1	

1,000	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
600	1x{1 x 300 on 4:30 Individual Medley	EN1
	{1 x 200 on 3:00 Individual Medley	EN1
	{1 x 100 on 1:30 Individual Medley	EN1
2,500	5x{1 x 200 on 2:30 Freestyle	EN2
	{1 x 100 on 1:05 Freestyle	EN3
	{1 x 200 on 2:30 Freestyle	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
400	4 x 100 on 1:30 Freestyle descend to	EN2
	ludicrous speed!!!!	
250	1 x 250 on 4:00 Stroke Drills	REC

5:24 PM 7,280 Yards - Stress Value = 123

Workout #2292 - Monday, 06 January 2003

HighSchl - Gold

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
800	1 on 30:00 Shoulders & Stretch		
180	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Shooters	SP3	
	1x{3 x 150 on 2:15 Pulls	EN1	
	{9 x 50 on :45 Pulls-des in 3's	EN1	
	{3 x 150 on 2:15 Pulls	EN1	
	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	
	{4 x 100 on 1:55 Kick	EN2	
	1x{1 x 300 on 5:00 Individual Medley	EN1	
	{1 x 200 on 3:20 Individual Medley	EN1	
	{1 x 100 on 1:40 Individual Medley	EN1	
	4x{1 x 200 on 2:45 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN3	
	{1 x 200 on 2:45 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
400	4 x 100 on 1:30 Freestyle descend to	EN2	
	ludicrous speed!!!!		
250	1 x 250 on 4:00 Stroke Drills	REC	

5:24 PM 6,780 Yards - Stress Value = 109

Workout #2293 - Monday, 06 January 2003

HighSchl - Silver

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Shoulders & Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{	2 x 150 on 2:30 Pulls	EN1	
	{9 x 50 on :55 Pulls-des in 3's	EN1	
	{2 x 150 on 2:30 Pulls	EN1	
1x{	1 x 100 on 2:25 Kick	EN2	
	{2 x 100 on 2:20 Kick	EN2	
	{3 x 100 on 2:15 Kick	EN2	
	{4 x 100 on 2:10 Kick	EN2	
1x{	1 x 300 on 5:30 Individual Medley	EN1	
	{1 x 200 on 3:40 Individual Medley	EN1	
	{1 x 100 on 1:50 Individual Medley	EN1	
3x{	1 x 200 on 3:10 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	EN3	
	{1 x 200 on 3:10 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
300	3 x 100 on 1:45 Freestyle descend to ludicrous speed!!!!	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	5:23 PM 5,830 Yards - Stress Value = 91		

Workout #2291 - Monday, 06 January 2003

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Shoulders & Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{	2 x 100 on 2:30 Pulls	EN1	
	{7 x 50 on 1:10 Pulls	EN1	
	{2 x 100 on 2:30 Pulls	EN1	
1x{	1 x 75 on 2:25 Kick	EN2	
	{2 x 75 on 2:20 Kick	EN2	
	{3 x 75 on 2:15 Kick	EN2	
	{4 x 75 on 2:10 Kick	EN2	
1x{	1 x 200 on 5:30 Individual Medley	EN1	
	{1 x 100 on 3:40 Individual Medley	EN1	
	{1 x 50 on 1:50 Butterfly	EN1	
3x{	1 x 150 on 3:10 Freestyle	EN2	
	{1 x 75 on 1:30 Freestyle	EN3	
	{1 x 150 on 3:10 Freestyle	EN2	
225	1 x 225 on 4:00 Stroke Drills	REC	
300	3 x 100 on 1:45 Freestyle descend to ludicrous speed!!!!	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	5:24 PM 4,680 Yards - Stress Value = 71		

Workout #2294 - Tuesday, 07 January 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

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
180	12 x 15 on :30 Shooters	SP3		S FI
1x{	6 x 50 on :50 Pulls-nbbf&w	EN1		P F
	{6 x 50 on :45 Pulls-nbbf&w	EN1		P F
	{8 x 50 on :40 Pulls-nbbf&w	EN1		P F
1x{	2 x 75 on 1:05 Freestyle	EN1		S F
	{1 x 150 on 2:05 Freestyle	EN1		S F

	{4 x 75 on 1:00 Freestyle	EN1		S F
	{2 x 150 on 2:05 Freestyle	EN1		S F
	{6 x 75 on :55 Freestyle	EN2		S F
	{3 x 150 on 2:05 Freestyle	EN2		S F
200	1 x 200 on 3:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			L DF
	7:05 AM 3,580 Yards - Stress Value = 45			

Workout #2295 - Tuesday, 07 January 2003

HighSchl - All

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 Stomach and Stretch		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1x{	4 x 75 on 1:30 Kick	EN2	F
	{4 x 75 on 1:25 Kick	EN2	F
	{4 x 75 on 1:20 Kick	EN2	F
800	8 x 100 on 1:30 Lungbuster pulls	EN1	F
1x{	4 x 50 on :50 DEBF-all free	EN1	S
	{4 x 50 on 1:00 DEBF-back fast strk	EN1	S
1x{	1 x 200 on 2:45 Freestyle	EN1	S
	{1 x 100 on 1:40 Individual Medley	EN1	S
	{3 x 50 on :45 Freestyle-descend	EN1	S
	{1 x 150 on 2:05 Freestyle	EN1	S
	{2 x 100 on 1:40 Individual Medley	EN1	S
	{3 x 50 on :45 Freestyle-descend	EN1	S
	{1 x 100 on 1:25 Freestyle	EN1	S
	{3 x 100 on 1:40 Individual Medley	EN1	S
	{3 x 50 on :45 Freestyle-descend	EN1	S
75	3 x 25 on 2:00 Walk backs	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Techniques-relay str		I
	5:34 PM 4,455 Yards - Stress Value = 55		

Workout #2300 - Wednesday, 08 January 2003

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 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{	3 x 100 on 2:30 Kick no board	EN2	
	{3 x 100 on 2:25 Kick no board	EN2	
	{3 x 100 on 2:20 Kick no board	EN2	
1,200	3 x 400 on 6:00 Pulls	EN1	
	1 on 15:00 Techniques-starts		
1x{	4 x 150 on 2:15 Freestyle	EN1	
	{3 x 150 on 2:10 Freestyle	EN1	
	{2 x 150 on 2:05 Freestyle	EN2	
	{1 x 150 on 2:00 Freestyle	EN2	
300	6 x 50 on 1:10 Stroke Drills	REC	
	8:30 PM 4,880 Yards - Stress Value = 56		

Workout #2296 - Wednesday, 08 January 2003

HighSchl - Platinum

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 Shoulders & Stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1,200	1x{2 x 200 on 2:40 Pulls	EN1	F
	{2 x 200 on 2:35 Pulls	EN1	F
	{2 x 200 on 2:30 Pulls	EN1	F
1,250	1x{3 x 125 on 2:15 Kick	EN2	F
	{3 x 125 on 2:10 Kick	EN2	F
	{2 x 125 on 2:05 Kick	EN2	F
	{2 x 125 on 2:00 Kick	EN2	F
600	6 x 100 on 1:30 IM build each 25	EN1	S
3,000	1x{3 x 200 on 2:55 Backstroke	EN2	S
	{3 x 50 on :50 Backstroke-descend	EN2	S
	{3 x 200 on 2:50 Backstroke	EN2	S
	{3 x 50 on :50 Backstroke-descend	EN2	S
	{3 x 200 on 2:45 Backstroke	EN2	S
	{3 x 50 on :50 Backstroke-desend	EN2	S
	{3 x 200 on 2:40 Backstroke	EN2	S
	{3 x 50 on :50 Backstroke-descend	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I

5:21 PM 7,280 Yards - Stress Value = 111

Workout #2297 - Wednesday, 08 January 2003

HighSchl - Gold

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 Shoulders & 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{2 x 200 on 3:00 Pulls	EN1	F
	{2 x 200 on 2:55 Pulls	EN1	F
	{2 x 200 on 2:50 Pulls	EN1	F
	1x{3 x 125 on 2:35 Kick	EN2	F
	{3 x 125 on 2:30 Kick	EN2	F
	{2 x 125 on 2:25 Kick	EN2	F
	{2 x 125 on 2:20 Kick	EN2	F
300	3 x 100 on 1:40 IM build each 25	EN1	S
	1x{4 x 200 on 3:20 Backstroke	EN2	S
	{3 x 50 on :55 Backstroke-descend	EN2	S
	{3 x 200 on 3:15 Backstroke	EN2	S
	{3 x 50 on :55 Backstroke-descend	EN2	S
	{2 x 200 on 3:10 Backstroke	EN2	S
	{3 x 50 on :50 Backstroke-desend	EN2	S
	{1 x 200 on 3:05 Backstroke	EN2	S
	{3 x 50 on :55 Backstroke-descend	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I

5:22 PM 6,580 Yards - Stress Value = 100

Workout #2298 - Wednesday, 08 January 2003

HighSchl - Silver

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 Shoulders & 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{2 x 200 on 3:15 Pulls	EN1	F
	{2 x 200 on 3:10 Pulls	EN1	F
	{1 x 200 on 3:05 Pulls	EN1	F
	1x{3 x 100 on 2:25 Kick	EN2	F
	{3 x 100 on 2:20 Kick	EN2	F

	{2 x 100 on 2:15 Kick	EN2	F
	{2 x 100 on 2:10 Kick	EN2	F
300	3 x 100 on 2:00 IM build each 25	EN1	S
	1x{3 x 200 on 3:45 Backstroke	EN2	S
	{3 x 50 on 1:00 Backstroke-descend	EN2	S
	{3 x 200 on 3:40 Backstroke	EN2	S
	{3 x 50 on 1:00 Backstroke-descend	EN2	S
	{3 x 200 on 3:35 Backstroke	EN2	S
	{3 x 50 on 1:00 Backstroke-desend	EN2	S
	{1 x 200 on 3:30 Backstroke	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I

5:22 PM 5,980 Yards - Stress Value = 89

Workout #2299 - Wednesday, 08 January 2003

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 Shoulders & Stretch			L DRY
600	4 x 150 on 3:30 Swim-kick-pull	REC	S	FR
180	12 x 15 on :30 Shooters	SP3	S	FR
	1x{2 x 150 on 3:15 Pulls	EN1	P	FR
	{2 x 150 on 3:10 Pulls	EN1	P	FR
	{1 x 150 on 3:05 Pulls	EN1	P	FR
	1x{3 x 75 on 2:25 Kick	EN2	K	CHO
	{3 x 75 on 2:20 Kick	EN2	K	CHO
	{2 x 75 on 2:15 Kick	EN2	K	CHO
	{2 x 75 on 2:10 Kick	EN2	K	CHO
300	3 x 100 on 2:00 Freestyle	EN1	S	FR
	1x{3 x 150 on 3:45 Backstroke	EN2	S	BK
	{3 x 50 on 1:00 Freestyle	EN2	S	FR
	{3 x 150 on 3:40 Backstroke	EN2	S	BK
	{3 x 50 on 1:00 Freestyle	EN2	S	FR
	{3 x 150 on 3:35 Backstroke	EN2	S	BK
	{3 x 50 on 1:00 Freestyle	EN2	S	FR
	{1 x 150 on 3:30 Backstroke	EN2	S	BK
150	1 x 150 on 4:00 Stroke Drills	REC	D	CD

5:22 PM 4,680 Yards - Stress Value = 71

Workout #2301 - Thursday, 09 January 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	SI
	1 on 25:00 Weights			L DF
400	1 x 400 on 6:00 Reverse IM drill	REC	D	I
180	12 x 15 on :30 Shooters	SP3	S	E
	1x{1 x 400 on 5:15 Pulls	EN2	P	F
	{1 x 400 on 5:10 Pulls	EN2	P	F
	{1 x 400 on 5:05 Pulls	EN2	P	F
	{1 x 400 on 5:00 Pulls	EN2	P	F
	1x{1 x 300 on 4:00 Freestyle	EN2	S	F
	{2 x 150 on 2:00 Freestyle	EN2	S	F
	{3 x 100 on 1:20 Freestyle	EN2	S	F
	{1 x 300 on 3:45 Freestyle	EN2	S	F
	{2 x 150 on 1:50 Freestyle	EN2	S	F
	{3 x 100 on 1:15 Freestyle	EN2	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			L DF

7:09 AM 4,180 Yards - Stress Value = 75

Workout #2302 - Friday, 10 January 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
500	1 x 500 on 8:00 Choice	REC	S	CF
180	12 x 15 on :30 Shooters	SP3	S	F
	1x{2 x 125 on 2:00 Lungbuster pulls	EN1	P	F
	{2 x 125 on 1:55 Lungbuster pulls	EN1	P	F
	{2 x 125 on 1:50 Lungbuster pulls	EN1	P	F
	{2 x 125 on 1:45 Lungbuster pulls	EN1	P	F
	{2 x 125 on 1:40 Lungbuster pulls	EN1	P	F
	{2 x 125 on 1:35 Lungbuster pulls	EN1	P	F
	{ br 3-4-5-6-7			
1x{	1 x 250 on 3:45 Freestyle	EN1	S	F
	{4 x 25 on :30 Freestyle	EN3	S	F
	{1 x 250 on 3:40 Freestyle	EN1	S	F
	{4 x 25 on :30 Freestyle	EN3	S	F
	{1 x 250 on 3:35 Freestyle	EN1	S	F
	{4 x 25 on :30 Freestyle	EN3	S	F
	{1 x 250 on 3:30 Freestyle	EN1	S	F
	{4 x 25 on :30 Freestyle	EN3	S	F
	{1 x 250 on 3:25 Freestyle	EN1	S	F
	{4 x 25 on :30 Freestyle	EN3	S	F
	{1 x 250 on 3:20 Freestyle	EN2	S	F
	{4 x 25 on :30 Freestyle	EN3	S	F
	{1 x 250 on 3:15 Freestyle	EN2	S	F
	{4 x 25 on :30 Freestyle	EN2	S	F
	{1 x 250 on 3:10 Freestyle	EN2	S	F
	{4 x 25 on :30 Freestyle	EN3	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		L	DF
	7:07 AM 5,180 Yards - Stress Value = 88			

	{2 x 250 on 3:10 Pulls	EN1
	{2 x 250 on 3:05 Pulls	EN1
1,200	12 x 100 on 1:30 Kick	EN2
300	12 x 25 on :30 IM order-build	EN1
3,200	1x{1 x 500 on 6:00 Freestyle	EN2
	{2 x 150 on 1:50 Freestyle	EN2
	{2 x 150 on 1:45 Freestyle	EN2
	{1 x 400 on 4:45 Freestyle	EN2
	{2 x 125 on 1:35 Freestyle	EN2
	{2 x 125 on 1:25 Freestyle	EN2
	{1 x 300 on 3:30 Freestyle	EN2
	{2 x 100 on 1:10 Freestyle	EN2
	{2 x 100 on 1:05 Freestyle	EN2
	{1 x 200 on 2:15 Freestyle	EN2
	{2 x 75 on :50 Freestyle	EN2
	{2 x 75 on :45 Freestyle	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	10:04 AM 7,580 Yards - Stress Value = 113	

Workout #2305 - Saturday, 11 January 2003

HighSchl - Gold

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 250 on 3:40 Pulls	EN1	
	{2 x 250 on 3:35 Pulls	EN1	
	{1 x 250 on 3:30 Pulls	EN1	
1,000	10 x 100 on 1:50 Kick	EN2	
300	12 x 25 on :30 IM order-build	EN1	
	1x{1 x 500 on 6:40 Freestyle	EN2	
	{2 x 150 on 2:00 Freestyle	EN2	
	{2 x 150 on 1:55 Freestyle	EN2	
	{1 x 400 on 5:15 Freestyle	EN2	
	{2 x 125 on 1:40 Freestyle	EN2	
	{2 x 125 on 1:35 Freestyle	EN2	
	{1 x 300 on 3:50 Freestyle	EN2	
	{2 x 100 on 1:15 Freestyle	EN2	
	{2 x 100 on 1:10 Freestyle	EN2	
	{1 x 200 on 2:30 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:04 AM 6,830 Yards - Stress Value = 100		

Workout #2303 - Friday, 10 January 2003

HighSchl - All

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK
	1 on 15:00 Stretch		L
600	1 x 600 on 10:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	1x{1 x 150 on 3:00 Kick	EN2	S
	{3 x 50 on 1:00 Kick-descend	EN2	S
	{1 x 150 on 2:50 Kick	EN2	K
	{3 x 50 on 1:00 Kick-descend	EN2	K
	{1 x 150 on 2:40 Kick	EN2	K
	{3 x 50 on 1:00 Kick-descend	EN2	K
1,350	6 x 225 on 3:00 Pulls	EN1	P
300	3 x 100 on 1:30 Free #1 2bk #2 4bk	EN1	S
	#3 6bk		
	8x{8 x 25 on :25 Butterfly	EN2	S
	{1 on :40 Rest		M
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Run the Guantlet!!!!		S
	1 on 10:00 Ice		L
	5:08 PM 5,130 Yards - Stress Value = 74		

Workout #2304 - Saturday, 11 January 2003

HighSchl - Platinum

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,500	1x{2 x 250 on 3:15 Pulls	EN1	

Workout #2306 - Saturday, 11 January 2003

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 250 on 3:55 Pulls	EN1	
	{1 x 250 on 3:50 Pulls	EN1	
	{1 x 250 on 3:45 Pulls	EN1	
900	9 x 100 on 2:15 Kick	EN2	
300	12 x 25 on :30 IM order-build	EN1	
	1x{1 x 500 on 7:30 Freestyle	EN2	
	{2 x 150 on 2:15 Freestyle	EN2	
	{2 x 150 on 2:10 Freestyle	EN2	
	{1 x 400 on 5:50 Freestyle	EN2	
	{2 x 125 on 1:50 Freestyle	EN2	
	{2 x 125 on 1:45 Freestyle	EN2	
	{1 x 300 on 4:15 Freestyle	EN2	
	{2 x 100 on 1:25 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:04 AM 6,180 Yards - Stress Value = 89		

Workout #2307 - Saturday, 11 January 2003

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 175 on 3:55 Pulls	EN1	
	{1 x 175 on 3:50 Pulls	EN1	
	{1 x 175 on 3:45 Pulls	EN1	
675	9 x 75 on 2:15 Kick	EN2	
200	8 x 25 on :45 IM order-build	EN1	
	1x{1 x 350 on 7:30 Freestyle	EN2	
	{2 x 100 on 2:15 Freestyle	EN2	
	{2 x 100 on 2:10 Freestyle	EN2	
	{1 x 300 on 5:50 Freestyle	EN2	
	{2 x 75 on 1:50 Freestyle	EN2	
	{2 x 75 on 1:45 Freestyle	EN2	
	{1 x 250 on 4:15 Freestyle	EN2	
	{2 x 75 on 1:25 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:04 AM 4,805 Yards - Stress Value = 68		

Workout #2314 - Monday, 13 January 2003

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 25:00 Stomach and Stretch		
1,000	1 x 1000 on 18:00 Swim-kick-pull-swim	REC	
	1 on 8:00 Techniques-finishes	SP3	
	1x{2 x 100 on 2:15 Kick	EN2	
	{2 x 75 on 1:40 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 75 on 1:35 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{2 x 75 on 1:30 Kick	EN2	
800	8 x 100 on 1:30 Lungbuster pulls	EN1	

400	16 x 25 on :30 IM order-build	EN1
	1x{4 x 100 on 1:30 Freestyle	EN1
	{3 x 200 on 3:00 Freestyle	EN1
	{2 x 300 on 4:30 Freestyle	EN1
	{1 x 400 on 6:00 Freestyle	EN1
250	5 x 50 on 1:10 Stroke Drills	REC
	8:30 PM 5,500 Yards - Stress Value = 53	

Workout #2309 - Monday, 13 January 2003

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Team meeting/stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{3 x 125 on 2:30 Kick	EN2	
	{3 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
800	1 x 800 on 17:00 Pulls	EN1	
500	5 x 100 on 1:40 50 fly 50 free	EN1	
2,400	1x{1 x 200 on 3:30 Breaststroke	EN2	
	{2 x 50 on 1:00 Breaststroke 100%	EN3	
	{2 x 200 on 3:25 Breaststroke	EN2	
	{2 x 50 on 1:00 Breaststroke 100%	EN3	
	{2 x 200 on 3:20 Breaststroke	EN2	
	{2 x 50 on 1:00 Breaststroke 100%	EN3	
	{4 x 200 on 3:15 Breaststroke	EN2	
	{2 x 50 on 1:00 Breaststroke 100%	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,930 Yards - Stress Value = 105		

Workout #2313 - Monday, 13 January 2003

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Team meeting/stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
500	1 x 500 on 9:00 Kick	EN2	
2,000	2 x 1000 on 13:20 Pulls	EN1	
900	9 x 100 on 1:30 Descend in sets of 3	EN1	
3,000	1x{2 x 500 on 6:00 Freestyle	EN2	
	{2 x 500 on 5:45 Freestyle	EN2	
	{2 x 500 on 5:30 Freestyle	EN2	
400	1x{1 x 100 on 1:30 Stroke Drills	REC	
	{1 x 100 on 1:40 Stroke Drills	REC	
	{1 x 100 on 1:50 Stroke Drills	REC	
	{1 x 100 on 2:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 7,780 Yards - Stress Value = 106		

Workout #2311 - Monday, 13 January 2003

HighSchl - Fly & Back

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Team meeting/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	
	{3 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
1,000	1 x 1000 on 14:00 Pulls	EN1	
600	6 x 100 on 1:30 Freestyle-descnd	EN1	
1x{	3 x 150 on 2:15 Your Stroke	EN2	
	{3 x 100 on 1:30 Individual Medley	EN2	
	{3 x 150 on 2:10 Your Stroke	EN2	
	{3 x 100 on 1:30 Individual Medley	EN2	
	{3 x 150 on 2:05 Your Stroke	EN2	
	{3 x 100 on 1:30 Individual Medley	EN2	
	{3 x 150 on 2:00 Your Stroke	EN2	
	{3 x 100 on 1:30 Individual Medley	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:33 PM	6,830 Yards - Stress Value = 104		

Workout #2308 - Monday, 13 January 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
600	1 x 600 on 10:00 Swim-kick-dril-swim no equipment	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{	3 x 100 on 1:30 Pulls	EN1	
	{3 x 125 on 1:50 Pulls	EN1	
	{3 x 150 on 2:10 Pulls	EN1	
	{3 x 175 on 2:30 Pulls	EN1	
1x{	1 x 150 on 2:15 Stroke Drills	REC	
	{2 x 200 on 2:40 Freestyle	EN1	
	{2 x 75 on 1:10 Stroke Drills	REC	
	{2 x 200 on 2:35 Freestyle	EN2	
	{3 x 50 on :50 Stroke Drills	REC	
	{2 x 200 on 2:30 Freestyle	EN2	
	{6 x 25 on :30 Freestyle	REC	
	{2 x 200 on 2:25 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
6:59 AM	4,880 Yards - Stress Value = 51		

Workout #2310 - Monday, 13 January 2003

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Team meeting/stretch		
600	1 x 600 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
800	8 x 100 on 2:45 Kick alt br and fr	EN1	
1,000	1 x 1000 on 18:30 Pulls	EN1	
600	6 x 100 on 2:00 Descend in sets of 3	EN1	
1x{	4 x 100 on 2:00 Freestyle	EN1	
	{3 x 200 on 3:50 Freestyle	EN1	
	{2 x 300 on 5:30 Freestyle	EN2	
	{1 x 400 on 7:30 Freestyle	EN2	
100	1 x 100 on 2:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM	5,280 Yards - Stress Value = 61		

Workout #2312 - Monday, 13 January 2003

HighSchl - Sprint

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Team meeting/stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,400	2x{4 x 25 on :30 Sprint kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :30 Sprint kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
	{4 x 25 on :30 Sprint kick	EN2	
1,000	8 x 125 on 1:50 Pulls no br L.15 yds	EN1	
300	2 x 150 on 2:15 1st 50 2bk 2nd 4bk 3rd 50 6bk	EN1	
3,000	2x{1 x 200 on 3:00 Freestyle	EN1	
	{3 x 100 on 1:30 Freestyle-descend	EN2	
	{1 x 200 on 3:00 Freestyle	EN1	
	{3 x 100 on 1:25 Freestyle-descend	EN2	
	{1 x 200 on 3:00 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle-descend	EN2	
200	4 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:36 PM	6,880 Yards - Stress Value = 96		

Workout #2321 - Tuesday, 14 January 2003

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
700	7 x 100 on 1:45 Stroke Drills	REC	
	50 free 50 fly		
180	12 x 15 on :30 Shooters	SP3	
3x{	1 x 100 on 1:45 Kick with flippers	EN2	
	{1 x 100 on 1:45 Kick with flippers	EN2	
	{1 x 100 on 1:45 Kick with flippers	EN2	
	{ #1 w/brd #2 on back		
	{ #3 on stomach		
1x{	4 x 50 on 1:00 Pulls-nbbf&w	EN1	
	{4 x 50 on :55 Pulls-nbbf&w +2 yds	EN1	
	{4 x 50 on :50 Pulls-nbbf&w +3 yds	EN1	
	{4 x 50 on :45 Pulls-nbbf&w +4 yds	EN1	
500	5 x 100 on 1:40 Des 1-3,#4EZ, 5 100%	EN1	
2x{	1 x 200 on 4:00 Butterfly	EN3	
	{3 x 25 on :45 Butterfly 5 brths	EN2	
	{1 x 175 on 3:20 Butterfly	EN2	
	{3 x 25 on :45 Butterfly 4 brths	EN2	
	{1 x 150 on 2:45 Butterfly	EN2	
	{3 x 25 on :45 Butterfly 3 brths	EN2	
	{1 x 125 on 2:10 Butterfly	EN2	
	{3 x 25 on :45 Butterfly 2 brths	EN2	
	{1 x 100 on 1:40 Butterfly	EN2	
	{3 x 25 on :45 Butterfly 1 brth	EN2	
	{1 on 1:00 Rest		
400	8 x 50 on 1:00 Stroke Drills	REC	
8:00 PM	5,730 Yards - Stress Value = 99		

Workout #2319 - Tuesday, 14 January 2003

HighSchl - Breast

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Team mtg & Stretch		I
800	8 x 100 on 1:45 Stroke Drills	REC	I
180	12 x 15 on :30 Shooters	SP3	S
900	3x{1 x 150 on 3:00 Kick	EN2	F
	{1 x 100 on 2:00 Kick	EN2	F
	{1 x 50 on 1:00 Kick	EN2	F
1,000	4 x 250 on 3:45 Pulls	EN1	F
500	4 x 125 on 2:15 IM w/ 50 of #1 strk	EN1	S
2,100	1x{5 x 100 on 2:00 Breaststroke	EN1	S
	{3 x 50 on 1:00 Breaststroke-descend	EN2	S
	{4 x 100 on 1:55 Breaststroke	EN1	S
	{3 x 50 on 1:00 Breaststroke-descend	EN2	S
	{3 x 100 on 1:50 Breaststroke	EN1	S
	{3 x 50 on 1:00 Breaststroke-descend	EN2	S
	{2 x 100 on 1:45 Breaststroke	EN1	S
	{3 x 50 on 1:00 Breaststroke-descend	EN2	S
	{1 x 100 on 1:40 Breaststroke	EN1	S
500	10 x 50 on 1:00 Stroke Drills	REC	I
	1 on 10:00 Ice		I

5:34 PM 5,980 Yards - Stress Value = 67

{3 x 50 on 1:00 Your Stroke-descend	EN2	S
{3 x 100 on 1:50 Your Stroke	EN1	S
{3 x 50 on 1:00 Your Stroke-descend	EN2	S
{2 x 100 on 1:45 Your Stroke	EN1	S
{3 x 50 on 1:00 Your Stroke-descend	EN2	S
{1 x 100 on 1:40 Your Stroke	EN1	S
10 x 50 on 1:00 Stroke Drills	REC	I
1 on 10:00 Ice		I

Workout #2315 - Tuesday, 14 January 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights		L I
500	5 x 100 on 1:30 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S F
	1x{1 x 300 on 4:00 Pulls	EN1	P
	{1 x 300 on 3:55 Pulls	EN2	P
	{1 x 300 on 3:50 Pulls	EN2	P
	{1 x 300 on 3:45 Pulls	EN2	P
	{1 x 300 on 3:40 Pulls	EN2	P
	1x{3 x 100 on 1:15 Freestyle	EN2	S
	{1 x 100 on 1:30 Individual Medley	EN2	S
	{3 x 100 on 1:10 Freestyle	EN2	S
	{1 x 100 on 1:30 Individual Medley	EN2	S
	{3 x 100 on 1:05 Freestyle	EN2	S
	{1 x 100 on 1:30 Individual Medley	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L I

7:06 AM 3,580 Yards - Stress Value = 58

Workout #2316 - Tuesday, 14 January 2003

HighSchl - Distance

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Team mtg & Stretch		L I
800	8 x 100 on 1:45 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S F
600	1x{1 x 200 on 3:50 Kick	EN2	K C
	{1 x 200 on 3:40 Kick	EN2	K C
	{1 x 200 on 3:30 Kick	EN2	K C
1,600	4 x 400 on 5:15 Pulls	EN1	P
600	3 x 200 on 3:00 Freestyle-descend	EN2	S
3,400	1x{2 x 250 on 3:00 Freestyle	EN2	S
	{5 x 100 on 1:15 Freestyle	EN3	S
	{2 x 250 on 2:55 Freestyle	EN2	S
	{4 x 100 on 1:15 Freestyle	EN2	S
	{2 x 250 on 2:50 Freestyle	EN2	S
	{3 x 100 on 1:15 Freestyle	EN3	S
	{2 x 250 on 2:45 Freestyle	EN2	S
	{2 x 100 on 1:15 Freestyle	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L I

5:33 PM 7,680 Yards - Stress Value = 147

Workout #2320 - Tuesday, 14 January 2003

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Team mtg & Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{1 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN3	
	1x{2 x 200 on 4:00 Pulls	EN1	
	{2 x 200 on 3:50 Pulls	EN1	
	{1 x 200 on 3:40 Pulls	EN1	
500	5 x 100 on 2:15 des 1-3, 4 ez, 5 fst	EN1	
	1x{1 x 250 on 5:00 Freestyle	EN1	
	{3 x 100 on 2:30 Backstroke	EN1	
	{1 x 250 on 4:50 Freestyle	EN1	
	{3 x 100 on 2:45 Breaststroke	EN1	
	{1 x 250 on 4:40 Freestyle	EN2	
	{3 x 100 on 2:00 Butterfly	EN2	
200	4 x 50 on 1:15 Stroke Drills	REC	
	1 on 10:00 Ice		

5:35 PM 5,130 Yards - Stress Value = 75

Workout #2318 - Tuesday, 14 January 2003

HighSchl - Fly & Back

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Team mtg & Stretch		I
800	8 x 100 on 1:45 Stroke Drills	REC	I
180	12 x 15 on :30 Shooters	SP3	S
	3x{1 x 150 on 3:00 Kick	EN2	F
	{1 x 100 on 2:00 Kick	EN2	F
	{1 x 50 on 1:00 Kick	EN2	F
1,000	4 x 250 on 3:45 Pulls	EN1	F
500	4 x 125 on 2:15 IM w/ 50 of #1 strk	EN1	S
	1x{5 x 100 on 2:00 Your Stroke	EN1	S
	{3 x 50 on 1:00 Your Stroke-descend	EN2	S
	{4 x 100 on 1:55 Your Stroke	EN1	S

Workout #2317 - Tuesday, 14 January 2003

HighSchl - Sprint

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Team mtg & Stretch	I	
800	8 x 100 on 1:45 Stroke Drills	REC	I
180	12 x 15 on :30 Shooters	SP3	S
900	1x{6 x 50 on :50 Pulls-nbbf&w + 1 yd	EN1	F
	{6 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F
	{6 x 50 on :40 Pulls-nbbf&w + 3 yds	EN1	F
1,000	1x{4 x 100 on 1:30 Kick with flippers	EN2	F
	{3 x 100 on 1:25 Kick with flippers	EN2	F
	{2 x 100 on 1:20 Kick with flippers	EN2	F
	{1 x 100 on 1:15 Kick with flippers	EN2	F
300	1 x 300 on 4:30 Free build each 100	EN1	F
3,000	5x{1 x 100 on 1:20 Freestyle	EN2	S
	{4 x 25 on :30 Free 6bk 3 brths	EN2	S
	{1 x 100 on 1:15 Freestyle	EN2	S
	{4 x 25 on :30 Free 6bk 2 brths	EN2	S
	{1 x 100 on 1:10 Freestyle	EN2	S
	{4 x 25 on :30 Free 6bk 1 brth	EN2	S
	{1 on :45 Rest	M	
350	7 x 50 on 1:00 Stroke Drills	REC	I
	1 on 10:00 Ice	I	

5:35 PM 6,530 Yards - Stress Value = 99

{4 x 50 on 1:05 Pulls	EN1	P
{4 x 75 on 1:35 Pulls	EN1	P
{4 x 100 on 2:00 Pulls	EN1	P
300 3 x 100 on 1:30 Freestyle-descend	EN1	S
2,700 4x{5 x 75 on 1:20 Breaststroke	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	EN2	S
250 1 x 250 on 4:00 Stroke Drills	REC	D
1 on 10:00 Ice		L I

5:37 PM 6,280 Yards - Stress Value = 72

Workout #2325 - Wednesday, 15 January 2003

HighSchl - Distance

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Shoulders & Stretch		
800	1 x 800 on 14:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
500	1x{2 x 125 on 2:30 Kick	EN2	
	{2 x 125 on 2:15 Kick	EN2	
1,500	3 x 500 on 6:45 Pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
3,200	1x{1 x 800 on 11:00 Freestyle	EN1	
	{1 x 800 on 10:50 Freestyle	EN1	
	{1 x 800 on 10:40 Freestyle	EN1	
	{1 x 800 on 10:30 Freestyle	EN1	
500	5 x 100 on 1:30 Freestyle 100%	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:37 PM 7,530 Yards - Stress Value = 100

Workout #2327 - Wednesday, 15 January 2003

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 15:00 Swim-kick-pull-swim	REC	
	1 on 8:00 Techniques-back strt		
1x{3 x 100 on 2:05 Kick	EN2		
{3 x 100 on 2:00 Kick	EN2		
{3 x 100 on 1:55 Kick	EN2		
1x{6 x 75 on 1:15 Pulls-nbbf&w	EN1		
{6 x 75 on 1:10 Pulls-nbbf&w +2 yds	EN1		
240 16 x 15 on :30 Shooters	SP3		
1x{4 x 150 on 2:00 Freestyle	EN2		
{4 x 150 on 1:55 Freestyle	EN2		
{3 x 125 on 1:40 Freestyle	EN2		
{3 x 125 on 1:35 Freestyle	EN2		
{2 x 100 on 1:20 Freestyle	EN2		
{2 x 100 on 1:15 Freestyle	EN2		
{2 x 75 on 1:00 Freestyle	EN2		
{2 x 75 on :55 Freestyle	EN2		
{1 x 50 on :40 Freestyle	EN2		
{1 x 50 on :35 Freestyle	EN2		
250 1 x 250 on 4:00 Stroke Drills	REC		

8:29 PM 5,840 Yards - Stress Value = 92

Workout #2322 - Wednesday, 15 January 2003

HighSchl - Fly & Back

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Shoulders & Stretch		L
800	1 x 800 on 14:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1x{4 x 100 on 1:35 Kick with flippers	EN2	K	
{4 x 100 on 1:30 Kick with flippers	EN2	K	
{4 x 100 on 1:25 Kick with flippers	EN2	K	
800 8 x 100 on 1:25 Pulls-nbbf&w	EN1	P	
300 2 x 150 on 2:15 1st 50 2bk, 2nd 50	EN1	S	
	4bk, 3rd 50 6bk		
2x{4 x 25 on :30 Your Stroke	EN1	S	
{4 x 50 on :55 Your Stroke	EN1	S	
{4 x 75 on 1:15 Your Stroke	EN1	S	
{4 x 100 on 1:30 Your Stroke	EN1	S	
{4 x 125 on 1:40 Your Stroke	EN2	S	
{1 x 200 on 4:00 Your Stroke 100%	EN3	S	
250 1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		L

5:35 PM 6,930 Yards - Stress Value = 106

Workout #2323 - Wednesday, 15 January 2003

HighSchl - Breast

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Shoulders & Stretch	L	I
800	1 x 800 on 14:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1,050	1x{2 x 150 on 3:00 Kick	EN2	K
	{2 x 150 on 2:50 Kick	EN2	K
	{2 x 150 on 2:40 Kick	EN2	K
	{1 x 150 on 2:30 Kick	EN2	K
1,000	1x{4 x 25 on :35 Pulls	EN1	P

Workout #2324 - Wednesday, 15 January 2003

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Shoulders & Stretch		L
600	1 x 600 on 14:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	1x{10 x 25 on :45 Kick	EN2	K
	{10 x 25 on :40 Kick	EN2	K
	{10 x 25 on :35 Kick	EN2	K
	1x{8 x 50 on 1:10 Pulls-nbbf&w	EN1	P
	{8 x 75 on 1:05 Pulls-nbbf&w	EN1	P
	{8 x 50 on 1:00 Pulls-nbbf&w	EN1	P
150	1 x 150 on 4:00 1st 50 2bk, 2nd 50 4bk, 3rd 50 6bk	EN1	S
	4x{6 x 25 on :40 Freestyle 100%	EN3	S
	{1 x 75 on 1:45 IM w/out free	EN1	S
	{4 x 25 on :30 Backstroke	EN1	S
	{1 x 75 on 1:40 IM w/out free	EN1	S
150	1 x 150 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L

5:33 PM 4,830 Yards - Stress Value = 84

	{3 x 50 on 1:00 Breaststroke	EN1
	{4 x 100 on 1:30 Individual Medley	EN2
	{3 x 50 on :45 Freestyle	EN1
200	1 x 200 on 3:00 Stroke Drills	REC

8:33 PM 6,030 Yards - Stress Value = 75

Workout #2328 - Thursday, 16 January 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Weights			L DF
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
180	12 x 15 on :30 Shooters	SP3	S	E
	1x{2 x 150 on 2:00 Pulls	EN2	P	F
	{2 x 150 on 1:55 Pulls	EN2	P	F
	{2 x 150 on 1:50 Pulls	EN2	P	F
	1x{8 x 75 on 1:00 Freestyle	EN2	S	F
	{8 x 75 on :55 Freestyle	EN2	S	F
	{8 x 75 on :50 Freestyle	EN2	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			L DF

7:05 AM 3,530 Yards - Stress Value = 61

Workout #2326 - Wednesday, 15 January 2003

HighSchl - Sprint

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Shoulders & Stretch		L
800	1 x 800 on 14:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
750	1x{10 x 25 on :45 Sprint kick	EN2	K
	{10 x 25 on :40 Sprint kick	EN2	K
	{10 x 25 on :35 Sprint kick	EN2	K
1,800	1x{8 x 75 on 1:10 Pulls-nbbf&w +2yds	EN1	P
	{8 x 75 on 1:05 Pulls-nbbf&w +3 yds	EN1	P
	{8 x 75 on 1:00 Pulls-nbbf&w +4 yds	EN1	P
300	2 x 150 on 2:15 1st 50 2bk, 2nd 50 4bk, 3rd 50 6bk	EN1	S
2,600	4x{6 x 50 on :40 Freestyle	EN2	S
	{1 x 125 on 1:45 Freestyle	EN1	S
	{4 x 25 on :30 Fly or back	EN3	S
	{1 x 125 on 1:40 Freestyle	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L

5:34 PM 6,680 Yards - Stress Value = 101

Workout #2329 - Thursday, 16 January 2003

HighSchl - All

1 minute rest between sets

2:50 PM Start

Yards	Set Description	EGY	WOF
400	1 x 400 on 7:00 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 100 on 1:45 Kick	EN2	
	{3 x 50 on 1:00 Kick no board	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	EN1	
	{1 x 400 on 5:00 Pulls	EN1	
300	3 x 100 on 1:30 Descend in sets of 3	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	
200	1 x 200 on 3:00 Choice	REC	
	1 on 20:00 Stretch and Ice		

4:53 PM 5,030 Yards - Stress Value = 73

Workout #2330 - Thursday, 16 January 2003

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 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 100 on 2:00 Kick	EN2	
	{3 x 50 on 1:05 Kick no board	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	
600	6 x 100 on 1:30 Freestyle-descend	EN1	
	1x{1 x 400 on 7:00 Individual Medley	EN1	
	{3 x 50 on :55 Butterfly	EN1	
	{2 x 300 on 5:00 Individual Medley	EN1	
	{3 x 50 on :50 Backstroke	EN1	
	{3 x 200 on 3:10 Individual Medley	EN2	

Workout #2333 - Friday, 17 January 2003

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
600	1 on 25:00 Stomach and Stretch		L DF	
	12 x 50 on 1:00 Stroke Drills	REC	D I	
	3 on each stroke			
	1 on 10:00 Techniques-starts		D	
	1x{2 x 100 on 2:00 Kick	EN2	K E	
	{2 x 75 on 1:30 Kick no board	EN2	K E	
	{2 x 50 on 1:00 Kick no board	EN2	K E	
	{2 x 25 on :30 Kick no board	EN2	K E	
	1x{2 x 150 on 2:30 Lungbuster pulls	EN1	P E	
	{2 x 150 on 2:25 Lungbuster pulls	EN1	P E	
	{2 x 150 on 2:20 Lungbuster pulls	EN1	P E	
	{2 x 150 on 2:15 Lungbuster pulls	EN1	P E	
	{ odds br 5-7-9			
	{ evens br 4-6-8			
180	12 x 15 on :30 Shooters	SP3	S FI	
	2x{4 x 50 on :45 Freestyle	EN1	S E	
	{1 x 100 on 1:30 Freestyle	EN1	S E	
	{4 x 50 on :45 Freestyle	EN1	S E	
	{1 x 100 on 1:25 Freestyle	EN1	S E	
	{4 x 50 on :45 Freestyle	EN1	S E	
	{1 x 100 on 1:20 Freestyle	EN2	S E	
	{4 x 50 on :45 Freestyle	EN1	S E	
	{1 x 100 on 1:15 Freestyle	EN2	S E	
	{4 x 50 on :45 Freestyle	EN2	S E	
	{1 x 100 on 1:10 Freestyle	EN2	S E	
	{1 on 1:00 Rest	M		
200	1 x 200 on 3:00 Stroke Drills	REC	D C	
7:46 PM 5,680 Yards - Stress Value = 69				

Yards	Set Description	EGY	WOF
1,000	1 x 1000 on 30:00 Killer Relays		SP1
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Run the Gauntlet		EN1
	1 on 10:00 Ice		
5:06 PM 4,280 Yards - Stress Value = 130			

Workout #2334 - Saturday, 18 January 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WC
800	1 on 30:00 Weights		
180	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
1,100	12 x 15 on :30 Shooters		SP3
	11 x 100 on 2:00 Kick odds 100% effrt		EN2
	1x{3 x 150 on 2:05 Lungbuster pulls		EN1
	{3 x 150 on 2:00 Lungbuster pulls		EN1
	{3 x 150 on 1:55 Lungbuster pulls		EN2
	{ odds br 5-7-9		
	{ evens br 4-6-8		
200	8 x 25 on :30 IM order-build		EN1
	1x{4 x 125 on 1:55 Freestyle		EN3
	{1 x 200 on 3:00 Stroke Drills		REC
	{4 x 125 on 1:50 Freestyle		EN3
	{1 x 200 on 3:00 Stroke Drills		REC
	{4 x 125 on 1:50 Freestyle		EN3
	{1 x 200 on 3:00 Stroke Drills		REC
	{4 x 125 on 1:45 Freestyle		EN3
	{1 x 200 on 3:00 Stroke Drills		REC
	1 on 15:00 Ice		
10:05 AM 6,430 Yards - Stress Value = 168			

Workout #2331 - Friday, 17 January 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WC
700	1 x 700 on 12:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 500 on 7:00 Freestyle	EN1	
	{1 x 500 on 6:45 Pulls	EN1	
	{1 x 500 on 6:30 Pulls	EN2	
2,400	12 x 200 on 3:00 Challenge set!!!!!!	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM 5,080 Yards - Stress Value = 75			

Workout #2332 - Friday, 17 January 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WC
600	1 on 15:00 Stretch		
	1 x 600 on 10:00 Swim-kick-drill-swim	REC	
	no equipment		
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 100 on 1:30 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN3	
	1x{3 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	
	{3 x 100 on 1:20 Lungbuster pulls	EN1	
	{ odds br 3-5-7-9		
	{ evens br 2-4-6-8		
450	3 x 150 on 2:15 1st 50 2bk, 2nd 50	EN1	

Yards	Set Description	EGY	WOF
800	1 on 30:00 Shoulders & Stretch		
180	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
1,250	12 x 15 on :30 Shooters		SP3
	1x{3 x 125 on 2:30 Kick L. 25 100%		EN2
	{3 x 125 on 2:25 Kick L.25 100%		EN2
	{3 x 125 on 2:20 Kick L. 25 100%		EN2
	{1 x 125 on 2:15 Kick L. 25 100%		EN2
750	1x{5 x 75 on 1:30 Pulls		EN1
	{5 x 75 on 1:20 Pulls		EN1
300	12 x 25 on :30 IM order-build		EN1
2,250	2x{3 x 150 on 2:40 Breaststroke		EN2
	{3 x 125 on 2:10 Breaststroke		EN2
	{3 x 100 on 1:40 Breaststroke		EN2
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
5:33 PM 5,780 Yards - Stress Value = 89			

Workout #2339 - Monday, 20 January 2003

HighSchl - Distance
1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Shoulders & Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
600	1x{2 x 150 on 2:45 Kick	EN2	
	{2 x 150 on 2:30 Kick	EN2	
1,500	1x{3 x 250 on 3:20 Pulls	EN1	
	{6 x 125 on 1:40 Pulls	EN1	
3,200	1x{1 x 800 on 10:30 Freestyle	EN2	
	{1 x 800 on 10:20 Freestyle	EN2	
	{1 x 800 on 10:10 Freestyle	EN2	
	{1 x 800 on 10:00 Freestyle	EN2	
1,000	10 x 100 on 1:30 Free-100% effort	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:36 PM 7,530 Yards - Stress Value = 159			

Workout #2336 - Monday, 20 January 2003

HighSchl - Fly & Back
1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Shoulders & Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,250	1x{3 x 125 on 2:30 Kick L. 25 100%	EN2	
	{3 x 125 on 2:25 Kick L.25 100%	EN2	
	{3 x 125 on 2:20 Kick L. 25 100%	EN2	
	{1 x 125 on 2:15 Kick L. 25 100%	EN2	
1,000	1x{5 x 100 on 1:30 Lungbuster pulls	EN1	
	{5 x 100 on 1:20 Lungbuster pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
2,700	2x{4 x 125 on 1:55 Your Stroke	EN2	
	{3 x 125 on 1:50 Your Stroke	EN2	
	{2 x 125 on 1:45 Your Stroke	EN2	
	{1 x 125 on 1:40 Your Stroke	EN2	
	{1 x 100 on 2:00 IM 100% effort	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM 6,430 Yards - Stress Value = 108			

Workout #2338 - Monday, 20 January 2003

HighSchl - Bronze
1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Shoulders & Stretch		
600	1 x 600 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 75 on 2:30 Kick L. 25 100%	EN2	
	{3 x 75 on 2:25 Kick L.25 100%	EN2	
	{3 x 75 on 2:20 Kick L. 25 100%	EN2	
	{1 x 75 on 2:15 Kick L. 25 100%	EN2	
	1x{5 x 75 on 1:30 Pulls	EN1	
	{5 x 75 on 1:20 Pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	2x{3 x 150 on 2:40 Freestyle	EN2	
	{3 x 125 on 2:10 Freestyle	EN2	
	{3 x 100 on 1:40 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:33 PM 5,080 Yards - Stress Value = 77			

Workout #2335 - Monday, 20 January 2003

HighSchl - Sprint
1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Shoulders & Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,250	1x{3 x 125 on 2:30 Kick L. 25 100%	EN2	
	{3 x 125 on 2:25 Kick L.25 100%	EN2	
	{3 x 125 on 2:20 Kick L. 25 100%	EN2	
	{1 x 125 on 2:15 Kick L. 25 100%	EN2	
1,000	1x{5 x 100 on 1:30 Lungbuster pulls	EN1	
	{5 x 100 on 1:20 Lungbuster pulls	EN1	
2,000	4x{4 x 25 on :30 Freestyle-no breath	EN2	
	{3 x 50 on 1:00 Freestyle 100%	EN3	
	{2 x 75 on 1:05 Free-nbbf&w	EN2	
	{1 x 100 on 1:30 Freestyle-6bk	EN2	
200	10 x 20 on 1:00 Pit sprints/rnng str	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:33 PM 5,680 Yards - Stress Value = 119			

Workout #2340 - Tuesday, 21 January 2003

HighSchl - All
1 minute rest between sets

5:30 AM Start			
Yards	Set Description	EGY	WORK S
	1 on 25:00 Weights		L I
600	1 x 600 on 9:30 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1,500	3 x 500 on 6:45 Pulls	EN1	P
1,200	1x{6 x 50 on :40 Freestyle	EN2	S
	{3 x 100 on 1:20 Freestyle-descend	EN2	S
	{6 x 50 on :40 Freestyle	EN2	S
	{3 x 100 on 1:20 Freestyle-descend	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L I
7:05 AM 3,680 Yards - Stress Value = 46			

Workout #2346 - Wednesday, 22 January 2003

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 15:00 Stroke Drills-odd 100's free even brst	REC	
180	12 x 15 on :30 Choice	SP3	
800	2x{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
1,000	1x{1 x 500 on 7:30 Pulls	EN1	
	{1 x 500 on 7:00 Pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
2,000	1x{1 x 200 on 4:00 Breaststroke	EN1	
	{3 x 100 on 2:00 Breaststroke-descend	EN2	
	{1 x 200 on 3:50 Breaststroke	EN2	
	{3 x 100 on 1:55 Breaststroke-descend	EN2	
	{1 x 200 on 3:40 Breaststroke	EN2	
	{3 x 100 on 1:50 Breaststroke-descend	EN2	
	{1 x 200 on 3:30 Breaststroke	EN2	
	{3 x 100 on 1:45 Breaststroke-descend	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	8:29 PM 5,380 Yards - Stress Value = 74		

	{5 x 100 on 1:10 Freestyle	EN2	S
	{1 x 200 on 3:00 Freestyle	EN3	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
	1 on 14:00 Ice		L I
	5:34 PM 7,530 Yards - Stress Value = 121		

Workout #2341 - Wednesday, 22 January 2003

HighSchl - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Shoulders & Stretch			L I
800	8 x 100 on 1:40 Stroke Drills	REC		D C
180	12 x 15 on :30 Shooters	SP3		S
1,100	1x{2 x 150 on 3:00 Kick mid 50 100%	EN2		K S
	{2 x 150 on 2:50 Kick mid 50 100%	EN2		K S
	{2 x 125 on 2:30 Kick mid 50 100%	EN2		K S
	{2 x 125 on 2:20 Kick mid 50 100%	EN2		K S
1,350	1x{3 x 150 on 2:05 Pulls	EN1		P
	{3 x 150 on 2:00 Pulls	EN2		P
	{3 x 150 on 1:55 Pulls	EN1		P
600	6 x 100 on 1:40 Individual Medley	EN1		S
1,800	1x{8 x 75 on 1:10 Your Stroke	EN1		S S
	{8 x 75 on 1:05 Your Stroke	EN2		S S
	{8 x 75 on 1:00 Your Stroke	EN2		S S
600	12 x 50 on 1:00 Stroke Drills	REC		D
	1 on 14:00 Ice			L I
	5:33 PM 6,430 Yards - Stress Value = 82			

Workout #2342 - Wednesday, 22 January 2003

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Shoulders & Stretch			L I
800	8 x 100 on 1:40 Stroke Drills	REC		D C
180	12 x 15 on :30 Shooters	SP3		S
1,100	1x{2 x 150 on 3:00 Kick mid 50 100%	EN2		K
	{2 x 150 on 2:50 Kick mid 50 100%	EN2		K
	{2 x 125 on 2:30 Kick mid 50 100%	EN2		K
	{2 x 125 on 2:20 Kick mid 50 100%	EN2		K
800	1x{3 x 100 on 2:20 Pulls	EN1		P
	{3 x 100 on 2:15 Pulls	EN2		P
	{2 x 100 on 2:10 Pulls	EN1		P
600	6 x 100 on 1:40 Individual Medley	EN1		S
1,800	1x{8 x 75 on 1:20 Breaststroke	EN2		S
	{8 x 75 on 1:15 Breaststroke	EN2		S
	{8 x 75 on 1:10 Breaststroke	EN2		S
400	8 x 50 on 1:00 Stroke Drills	REC		D
	1 on 14:00 Ice			L I
	5:34 PM 5,680 Yards - Stress Value = 82			

Workout #2344 - Wednesday, 22 January 2003

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Shoulders & Stretch			L I
600	8 x 75 on 1:40 Stroke Drills	REC		D C
180	12 x 15 on :30 Shooters	SP3		S
900	1x{2 x 125 on 3:00 Kick mid 50 100%	EN2		K
	{2 x 125 on 2:50 Kick mid 50 100%	EN2		K
	{2 x 100 on 2:30 Kick last 50 100%	EN2		K
	{2 x 100 on 2:20 Kick last 50 100%	EN2		K
900	1x{3 x 100 on 2:05 Pulls	EN1		P
	{3 x 100 on 2:00 Pulls	EN2		P
	{3 x 100 on 1:55 Pulls	EN1		P
900	12 x 75 on 1:30 Freestyle-descend	EN1		S
1,000	1x{8 x 25 on :40 Butterfly	EN2		S F
	{6 x 50 on 1:00 Breaststroke	EN2		S
	{4 x 75 on 1:20 Backstroke	EN2		S
	{2 x 100 on 1:40 Freestyle	EN2		S
500	10 x 50 on 1:00 Stroke Drills	REC		D
	1 on 14:00 Ice			L I
	5:33 PM 4,980 Yards - Stress Value = 66			

Workout #2343 - Wednesday, 22 January 2003

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Shoulders & Stretch			L I
800	8 x 100 on 1:40 Stroke Drills	REC		D C
180	12 x 15 on :30 Shooters	SP3		S
500	1x{1 x 250 on 4:30 Kick L. 50 100%	EN2		S
	{1 x 250 on 4:15 Kick L. 50 100%	EN2		K
1,200	1x{3 x 200 on 2:40 Pulls	EN1		P
	{2 x 200 on 2:35 Pulls	EN1		P
	{1 x 200 on 2:30 Pulls	EN1		P
450	3 x 150 on 2:15 Freestyle-descend	EN1		S
4,000	2x{1 x 400 on 5:00 Freestyle	EN1		S
	{5 x 100 on 1:05 Freestyle	EN2		S
	{1 x 400 on 4:55 Freestyle	EN2		S

Workout #2345 - Wednesday, 22 January 2003

HighSchl - Sprint

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Shoulders & Stretch		L
800	8 x 100 on 1:40 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1,100	1x{2 x 150 on 3:00 Kick mid 50 100%	EN2	K
	{2 x 150 on 2:10 Kick mid 50 100%	EN2	K
	{2 x 125 on 2:30 Kick mid 50 100%	EN2	K
	{2 x 125 on 2:20 Kick mid 50 100%	EN2	K
1,350	1x{3 x 150 on 2:05 Pulls	EN1	P
	{3 x 150 on 2:00 Pulls	EN2	P
	{3 x 150 on 1:55 Pulls	EN1	P
600	6 x 100 on 1:30 Freestyle-descend	EN1	S
1,500	1x{8 x 50 on :40 Freestyle	EN1	S
	{6 x 75 on 1:00 Freestyle	EN2	S
	{4 x 100 on 1:20 Freestyle	EN2	S
	{2 x 125 on 1:40 Freestyle	EN2	S
160	8 x 20 on 1:00 Running Pit sprints	SP3	S
600	12 x 50 on 1:00 Stroke Drills	REC	D
	1 on 14:00 Ice		L
5:33 PM 6,290 Yards - Stress Value = 84			

	{1 x 250 on 4:10 IM w/ 100 breast	EN1
	{1 x 200 on 3:10 IM w/100brst w/outfr	EN1
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 12:00 Ice	
5:35 PM 6,130 Yards - Stress Value = 64		

Workout #2349 - Thursday, 23 January 2003

HighSchl - Distance

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 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
700	7 x 100 on 2:00 Kick-odds fast	EN2	
1,800	1x{1 x 600 on 8:30 Pulls	EN1	
	{1 x 600 on 8:15 Pulls	EN1	
	{1 x 600 on 8:00 Pulls	EN1	
450	9 x 50 on :45 Descend in sets of 3	EN1	
3,000	1x{1 x 1000 on 13:30 Freestyle	EN1	
	{1 x 1000 on 13:15 Freestyle	EN1	
	{1 x 1000 on 13:00 Freestyle	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 12:00 Ice		
5:34 PM 7,180 Yards - Stress Value = 73			

Workout #2353 - Thursday, 23 January 2003

Group 2 - Gold

1 minute rest between sets

6:15 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 25:00 Stomach and Stretch		L	I
500	1x{1 x 200 on 4:00 Stroke Drills	REC	D	E
	{1 x 150 on 3:00 Stroke Drills	REC	D	E
	{1 x 100 on 2:00 Stroke Drills	REC	D	E
	{1 x 50 on 1:00 Stroke Drills	REC	D	E
180	12 x 15 on :30 Shooters	SP3	S	C
900	6x{1 x 100 on 2:10 Kick no board	EN2	K	
	{1 x 50 on 1:10 Sprint kick	EN2	K	
1,200	1x{1 x 400 on 6:00 Pulls-nbbf&w	EN1	P	
	{1 x 400 on 5:50 Pulls-nbbf&w	EN1	P	
	{1 x 400 on 5:40 Pulls-nbbf&w	EN1	P	
600	12 x 50 on 1:05 25 drill 25 build	EN1	D	E
2,100	1x{4 x 125 on 1:50 Freestyle	EN1	S	
	{4 x 175 on 2:35 Freestyle	EN1	S	
	{4 x 225 on 3:20 Freestyle	EN1	S	
250	5 x 50 on 1:00 Stroke Drills	REC	D	
8:29 PM 5,730 Yards - Stress Value = 64				

2:55 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	10 x 100 on 2:00 Kick with flippers	EN2	
	odds hold under 1:15		
1,200	1x{1 x 300 on 4:15 Pulls	EN1	
	{1 x 300 on 4:10 Pulls	EN1	
	{1 x 300 on 4:05 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
450	9 x 50 on :45 Descend in sets of 3	EN1	
2,100	1x{3 x 200 on 2:55 Your Stroke	EN1	
	{2 x 200 on 2:50 Your Stroke	EN1	
	{1 x 200 on 2:45 Your Stroke	EN1	
	{3 x 150 on 2:10 Your Stroke	EN1	
	{2 x 150 on 2:05 Your Stroke	EN1	
	{1 x 150 on 2:00 Your Stroke	EN1	
500	10x{1 x 25 on :20 Your Stroke	EN2	
	{1 x 25 on :40 Freestyle	REC	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 12:00 Ice		
5:33 PM 6,480 Yards - Stress Value = 69			

Workout #2352 - Thursday, 23 January 2003

HighSchl - Breast

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 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	10 x 100 on 2:00 Kick odds fast	EN2	
600	1x{1 x 200 on 4:30 Pulls	EN1	
	{1 x 200 on 4:20 Pulls	EN1	
	{1 x 200 on 4:10 Pulls	EN1	
300	6 x 50 on :45 Descend in sets of 3	EN1	
3,000	1x{1 x 250 on 4:10 IM w/ 100 breast	EN1	
	{4 x 200 on 3:10 IM w/100brst w/outfr	EN1	
	{1 x 250 on 4:10 IM w/ 100 breast	EN1	
	{3 x 200 on 3:10 IM w/100brst w/outfr	EN1	
	{1 x 250 on 4:10 IM w/ 100 breast	EN1	
	{2 x 200 on 3:10 IM w/100brst 2/outfr	EN1	

Workout #2347 - Thursday, 23 January 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:30 AM	Start			
400	1 on 25:00 Weights	REC	L	I
180	1 x 400 on 6:00 Reverse IM drill	REC	D	
	12 x 15 on :30 Shooters	SP3	S	
	1x{4 x 75 on 1:05 Pulls-nbbf&w	EN1	P	
	{4 x 75 on 1:00 Pulls-nbbf&w +2yds	EN1	P	
	{4 x 75 on :55 Pulls-nbbf&w +3yds	EN1	P	
	1x{2 x 200 on 3:00 Individual Medley	EN1	S	
	{2 x 200 on 3:10 Butterfly	EN1	S	F
	{2 x 200 on 2:50 Backstroke	EN2	S	
	{2 x 200 on 3:30 Breaststroke	EN2	S	
	{2 x 200 on 2:30 Freestyle	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		L	I
7:06 AM	3,680 Yards - Stress Value = 48			

Group 2 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:15 PM	Start		
600	1 on 25:00 Stomach and Stretch		
180	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
	12 x 15 on :45 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	
600	12 x 50 on 1:00 Pulls-nbbf&w	EN1	
	1 on 10:00 Techniques-starts		
	4x{4 x 25 on :30 Butterfly	EN1	
	{3 x 100 on 1:50 Individual Medley	EN1	
	1 on 10:00 Killer Relays		
250	1 x 250 on 5:00 Stroke Drills	REC	
8:30 PM	4,030 Yards - Stress Value = 45		

Workout #2348 - Thursday, 23 January 2003

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
2:55 PM	Start		
600	1 on 30:00 Stomach and Stretch		
180	1 x 600 on 14:00 Swim-kick-pull-swim	REC	
750	12 x 15 on :30 Shooters	SP3	
1,000	10 x 75 on 2:00 Kick-odds fast	EN2	
	1x{1 x 200 on 4:15 Pulls	EN1	
	{1 x 200 on 4:10 Pulls	EN1	
	{1 x 200 on 4:05 Pulls	EN1	
	{1 x 200 on 4:00 Pulls	EN1	
	{1 x 200 on 3:55 Pulls	EN1	
450	9 x 50 on 1:00 Descend in sets of 3	EN1	
1,500	1x{3 x 150 on 3:15 Backstroke	EN1	
	{3 x 125 on 2:35 Backstroke	EN2	
	{3 x 100 on 2:00 Backstroke	EN2	
	{3 x 75 on 1:25 Backstroke	EN2	
	{3 x 50 on :55 Backstroke	EN2	
400	1 x 400 on 9:00 Stroke Drills	REC	
	1 on 12:00 Ice		
5:33 PM	4,880 Yards - Stress Value = 61		

Workout #2354 - Friday, 24 January 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
500	1 on 18:00 Abs and stretch		I
180	1 x 500 on 8:00 Choice	REC	S
	12 x 15 on :30 Shooters	SP3	S
	1x{2 x 125 on 2:00 Pulls-nbbf&w	EN1	F
	{2 x 125 on 1:55 Pulls-nbbf&w +1yd	EN1	F
	{2 x 125 on 1:50 Pulls-nbbf&w +2 yds	EN1	F
	{2 x 125 on 1:45 Pulls-nbbf&w +3 yds	EN1	F
	{2 x 125 on 1:40 Pulls-nbbf&w +4 yds	EN1	F
	1x{3 x 100 on 1:15 Freestyle	EN1	S
	{1 x 200 on 2:45 Individual Medley	EN2	S
	{3 x 100 on 1:15 Freestyle	EN1	S
	{1 x 200 on 2:50 Individual Medley	EN2	S
	{3 x 100 on 1:15 Freestyle	EN1	S
	{1 x 200 on 2:55 Individual Medley	EN2	S
	{3 x 100 on 1:15 Freestyle	EN2	S
	{1 x 200 on 3:00 Individual Medley	EN1	S
	{3 x 100 on 1:15 Freestyle	EN1	S
	{1 x 200 on 3:05 Individual Medley	EN1	S
	1x{1 x 100 on 1:30 Stroke Drills	REC	I
	{1 x 100 on 1:35 Stroke Drills	REC	I
	{1 x 100 on 1:40 Stroke Drills	REC	I
	{1 x 100 on 1:45 Stroke Drills	REC	I
	{1 x 100 on 1:50 Stroke Drills	REC	I
	{1 x 100 on 1:55 Stroke Drills	REC	I
	1 on 10:00 Techniques-starts		I
	1 on 10:00 Ice		I
7:29 AM	5,030 Yards - Stress Value = 51		

Workout #2350 - Thursday, 23 January 2003

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
2:55 PM	Start		
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
1,000	12 x 15 on :30 Shooters	SP3	
1,200	10 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	
	{1 x 300 on 4:00 Pulls	EN1	
450	9 x 50 on :45 Descend in sets of 3	EN1	
2,500	5x{3 x 150 on 2:00 Freestyle	EN1	
	{1 on 1:00 Rest		
	{1 x 50 on 1:30 OTB 25 fast 25 ez	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 12:00 Ice		
5:35 PM	6,380 Yards - Stress Value = 67		

Workout #2356 - Friday, 24 January 2003

Workout #2355 - Friday, 24 January 2003

HighSchl - All

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretch		
800	4x{1 x 100 on 1:40 Stroke Drills	REC	
	{1 x 100 on 1:50 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
600	6 x 100 on 1:55 Kick	EN2	
1,000	1x{2 x 250 on 3:30 Pulls-nbbf&w +2yds	EN1	
	{4 x 125 on 1:45 Pulls-nbbf&w +2yds	EN1	
500	5 x 100 on 1:30 Individual Medley	EN1	
1,600	4x{6 x 50 on :45 Freestyle	EN1	
	{1 x 100 on 1:45 Stroke Drills 50 EZ-	EN1	
	{50 build to 100%		
350	1x{1 x 125 on 2:00 Stroke Drills	REC	
	{1 x 100 on 1:40 Stroke Drills	REC	
	{1 x 75 on 1:20 Stroke Drills	REC	
	{1 x 50 on :55 Stroke Drills	REC	
	1 on 10:00 Techniques-relay str		
	1 on 10:00 Ice		
5:00 PM 5,030 Yards - Stress Value = 50			

Workout #2357 - Monday, 27 January 2003

HighSchl - State Champions

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Shoulders & Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{5 x 100 on 1:45 Kick	EN2	
	{10 x 50 on 1:00 Descend in sets of 3	EN2	
	{2 x 100 on 1:30 Kick	EN2	
1,800	1x{2 x 300 on 4:00 Pulls	EN1	
	{2 x 300 on 3:55 Pulls	EN1	
	{2 x 300 on 3:50 Pulls	EN1	
600	3 x 200 on 3:30 Individual Medley	EN1	
1,800	12 x 150 on 2:00 Freestyle-descnd in	EN2	
	3s + des each set		
500	20 x 25 on :30 IM order	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:36 PM 7,080 Yards - Stress Value = 96			

Workout #2360 - Monday, 27 January 2003

Group 2 - Silver

1 minute rest between sets

6:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	3x{1 x 150 on 3:30 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
900	3 x 300 on 5:00 Pulls	EN1	
	1 on 10:00 Techniques-back strt		
1,350	3x{4 x 25 on :30 Butterfly	EN1	
	{1 on :30 Rest		
	{6 x 25 on :30 Butterfly	EN1	
	{1 on :30 Rest		
	{8 x 25 on :30 Butterfly	EN1	
	{1 on :30 Rest		
200	1 x 200 on 4:00 Stroke Drills	REC	
8:30 PM 4,130 Yards - Stress Value = 47			

Workout #2359 - Monday, 27 January 2003

HighSchl - Bronze

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Shoulders & Stretch		
600	1 x 600 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	1x{4 x 75 on 1:55 Kick	EN2	
	{10 x 50 on 1:00 Descend in sets of 3	EN2	
	{1 x 100 on 2:00 Kick	EN2	
1,200	1x{2 x 200 on 4:10 Pulls	EN1	
	{2 x 200 on 4:05 Pulls	EN1	
	{2 x 200 on 4:00 Pulls	EN1	
400	2 x 200 on 5:15 Individual Medley	EN1	
1,200	12 x 100 on 2:00 Freestyle-descnd in	EN2	
	3s + des each set		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 15:00 Ice		
5:29 PM 4,680 Yards - Stress Value = 65			

Workout #2361 - Tuesday, 28 January 2003

HighSchl - All

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Shoulders & Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{4 x 100 on 1:55 Kick	EN2	
	{10 x 50 on 1:00 Descend in sets of 3	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	1x{2 x 300 on 4:10 Pulls	EN1	
	{2 x 300 on 4:05 Pulls	EN1	
	{2 x 300 on 4:00 Pulls	EN1	
600	3 x 200 on 3:30 Individual Medley	EN1	
1,800	12 x 150 on 2:00 Freestyle-descnd in	EN2	
	3s + des each set		
400	1 x 400 on 7:00 Stroke Drills	REC	
	1 on 15:00 Ice		
5:33 PM 6,580 Yards - Stress Value = 87			

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
400	1 x 400 on 6:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{2 x 125 on 1:50 Pulls no br L. 3 yds	EN1	
	{2 x 125 on 1:45 Pulls no br L. 4 yds	EN1	
	{2 x 125 on 1:40 Pulls no br L. 5 yds	EN1	
	{2 x 125 on 1:35 Pulls no br L. 6 yds		
2,000	1x{3 x 200 on 2:30 Freestyle	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{3 x 200 on 2:20 Stroke Drills	REC	
	{1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:03 AM 3,580 Yards - Stress Value = 37			

Workout #2362 - Tuesday, 28 January 2003

HighSchl - All

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
600	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	
750	1x{3 x 100 on 2:00 Kick	EN2	
	{3 x 50 on :50 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 50 on :50 Kick	EN2	
900	1x{2 x 150 on 2:15 Pulls mid 50 br ev 8	EN1	
	{2 x 150 on 2:10 Pulls mid 50 br ev 9	EN1	
	{2 x 150 on 2:05 Pulls mid 50 br ev10	EN1	
450	9 x 50 on :45 Descend in sets of 3	EN1	
800	2x{3 x 100 on 1:25 Freestyle	EN1	
	{4 x 25 on :30 IM order-build	EN1	
75	3 x 25 on 2:00 Walk backs	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-relay str		
5:32 PM 4,005 Yards - Stress Value = 44			

Workout #2364 - Wednesday, 29 January 2003

Group 2 - All

1 minute rest between sets

6:15 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	
900	1x{6 x 50 on 1:10 Kick	EN2	
	{6 x 50 on 1:05 Kick	EN2	
	{6 x 50 on 1:00 Kick	EN2	
1,350	1x{6 x 75 on 1:15 Pulls-nbbf&w	EN1	
	{6 x 75 on 1:10 Pulls-nbbf&w	EN1	
	{6 x 75 on 1:05 Pulls-nbbf&w	EN1	
500	5 x 100 on 2:00 Stroke Drills	REC	
1,200	1x{2 x 150 on 3:00 IM w/out free	EN1	
	{2 x 150 on 2:50 IM w/out fly	EN1	
	{2 x 150 on 2:40 IM w/ out back	EN2	
	{2 x 150 on 2:30 IM w/out breast	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
8:30 PM 5,180 Yards - Stress Value = 55			

Workout #2363 - Wednesday, 29 January 2003

HighSchl - All

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Shoulders & 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	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
1,000	1 x 1000 on 13:00 Pulls	EN1	
300	6 x 50 on :55 25 free 25 stroke	EN1	
	1x{1 x 100 on 1:45 Individual Medley	EN1	
4:24 PM 2,980 Yards - Stress Value = 27			

Workout #2365 - Thursday, 30 January 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Weights		I
600	1 x 600 on 11:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1,000	5 x 200 on 2:45 Pulls	EN1	F
	4x{2 x 125 on 1:50 Freestyle	EN1	S
	{1 x 150 on 2:40 IM w/out free Drill	REC	I
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		I
7:04 AM 3,580 Yards - Stress Value = 27			

Workout #2370 - Friday, 31 January 2003

Group 2 - Gold

1 minute rest between sets

6:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 28:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-back star		
750	3x{2 x 100 on 2:00 Kick	EN2	
	{2 x 25 on :45 Sprint kick	EN2	
750	1x{3 x 125 on 2:00 Lungbuster pulls	EN1	
	{2 x 125 on 1:55 Lungbuster pulls	EN1	
	{1 x 125 on 1:50 Lungbuster pulls	EN1	
	{ breathe 3-4-5-6-7		
180	12 x 15 on :30 Shooters	SP3	
3,000	1x{3 x 400 on 5:00 Freestyle	EN2	
	{3 x 300 on 3:45 Freestyle	EN2	
	{3 x 200 on 2:30 Freestyle	EN2	
	{3 x 100 on 1:15 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
8:30 PM 5,730 Yards - Stress Value = 89			

Workout #2369 - Friday, 31 January 2003

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
400	16 x 25 on :45 12.5 ez 12.5 fast	EN1	
	4 on each stroke		
1,050	1x{3 x 50 on 1:10 Kick no board	EN2	
	{3 x 75 on 1:40 Kick no board	EN2	
	{3 x 100 on 2:05 Kick no board	EN2	
	{3 x 125 on 2:30 Kick no board	EN2	
500	10 x 50 on 1:00 Pulls-nbbf&w	EN1	
2,150	1x{5 x 125 on 2:30 Backstroke	EN2	
	{1 x 100 on 2:15 Stroke Drills	REC	
	{4 x 125 on 2:20 Backstroke	EN2	
	{1 x 100 on 2:15 Stroke Drills	REC	
	{3 x 125 on 2:10 Backstroke	EN2	
	{1 x 100 on 2:15 Stroke Drills	REC	
	{2 x 125 on 2:00 Backstroke	EN2	
	{1 x 100 on 2:15 Stroke Drills	REC	
200	8 x 25 on :40 Stroke Drills	REC	
7:45 PM 4,900 Yards - Stress Value = 65			

Workout #2366 - Friday, 31 January 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 18:00 Abs and stretch		I
400	1 x 400 on 7:00 Reverse IM drill	REC	I
180	12 x 15 on :30 Shooters	SP3	S
1,250	1x{3 x 125 on 1:55 Pulls-nbbf&w +1yd	EN1	F
	{3 x 125 on 1:50 Pulls-nbbf&w +2 yds	EN1	F
	{3 x 125 on 1:45 Pulls-nbbf&w + 3yds	EN1	F
	{1 x 125 on 1:40 Pulls-nbbf&w +4 yds	EN1	F
1,500	15 x 100 on 1:25 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 15:00 Ice		I
7:04 AM 3,530 Yards - Stress Value = 35			

Workout #2367 - Friday, 31 January 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretch		
800	1 x 800 on 14:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
750	1x{4 x 75 on 1:30 Kick	EN2	
	{4 x 75 on 1:25 Kick	EN2	
	{2 x 75 on 1:20 Kick	EN2	
1,000	1x{1 x 300 on 4:00 Pulls	EN1	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{2 x 100 on 1:25 Lungbuster pulls	EN1	
1,500	1x{1 x 200 on 2:50 Freestyle	EN1	
	{6 x 25 on :30 Closed fist	EN1	
	{1 x 175 on 2:30 Freestyle	EN1	
	{6 x 25 on :30 Thumb drag	EN1	
	{1 x 150 on 2:05 Freestyle	EN1	
	{6 x 25 on :30 Finger tip drag	EN1	
	{1 x 125 on 1:45 Freestyle	EN1	
	{6 x 25 on :30 Catch-up	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{6 x 25 on :30 Combination drill	EN1	
150	3 x 50 on 1:00 Freestyle-descend	EN1	
250	1 x 250 on 4:00 Stroke Drills-non fr	REC	
	1 on 15:00 Ice		
4:53 PM 4,630 Yards - Stress Value = 52			

Workout #2368 - Friday, 31 January 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch and brief team mtg		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 10:00 Techniques-relay sts		
750	1x{2 x 125 on 2:30 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 75 on 1:30 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{2 x 25 on :30 Kick	EN2	
	1 on 10:00 Techniques-Stanford		
800	1 x 800 on 12:00 Pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
1,200	1x{3 x 150 on 2:15 Freestyle	EN1	
	{3 x 150 on 2:10 Freestyle	EN1	

	{2 x 150 on 2:05 Freestyle	EN1
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 15:00 Ice	
5:19 PM 4,080 Yards - Stress Value = 44		

Workout #2373 - Wednesday, 05 February 2003

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch			L I
800	1 x 800 on 14:00 Stroke Drills	REC		D
	odd 100's clsd fist			
	even 100's thumb drg			
180	12 x 15 on :45 Shooters	SP3		S
800	4x{1 x 100 on 2:10 Kick	EN2		K F
	{2 x 50 on 1:00 Kick no board	EN2		K F
900	1x{3 x 100 on 1:35 Pulls	EN1		P
	{3 x 100 on 1:30 Pulls	EN1		P
	{3 x 100 on 1:25 Pulls	EN1		P
250	1x{1 x 100 on 1:45 Individual Medley	EN1		S
	{3 x 50 on :55 Freestyle-descend	EN1		S
2,400	1x{1 x 400 on 6:00 Freestyle	EN1		S
	{4 x 100 on 1:30 Freestyle	EN1		S
	{1 x 400 on 5:40 Freestyle	EN1		S
	{4 x 100 on 1:25 Freestyle	EN1		S
	{1 x 400 on 5:20 Freestyle	EN2		S
	{4 x 100 on 1:20 Freestyle	EN2		S
300	6 x 50 on 1:00 Stroke Drills	REC		D
8:30 PM 5,630 Yards - Stress Value = 67				

Workout #2374 - Wednesday, 05 February 2003

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch			L I
700	1 x 700 on 14:00 Stroke Drills	REC		D
	odd 100's clsd fist			
	even 100's thumb drg			
180	12 x 15 on :45 Shooters	SP3		S
	3x{2 x 75 on 1:45 Kick	EN2		K F
	{2 x 75 on 1:30 Kick no board	EN2		K F
	1x{3 x 100 on 1:45 Pulls	EN1		P
	{3 x 100 on 1:40 Pulls	EN1		P
	{1 x 100 on 1:35 Pulls	EN1		P
	2x{1 x 100 on 2:00 Individual Medley	EN1		S
	{3 x 50 on :55 Freestyle-descend	EN1		S
	1x{1 x 300 on 5:15 Freestyle	EN1		S
	{3 x 100 on 1:45 Freestyle	EN1		S
	{1 x 300 on 5:00 Freestyle	EN1		S
	{3 x 100 on 1:40 Freestyle	EN1		S
	{1 x 300 on 4:45 Freestyle	EN2		S
	{3 x 100 on 1:35 Freestyle	EN2		S
200	1 x 200 on 4:00 Stroke Drills	REC		D
8:30 PM 4,980 Yards - Stress Value = 61				

Workout #2372 - Wednesday, 05 February 2003

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{2	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	
1x{2	2 x 200 on 2:45 Pulls	EN1	
	{2 x 200 on 2:40 Pulls	EN2	
1x{1	1 x 100 on 1:30 Individual Medley	EN1	
	{3 x 50 on :45 Freestyle-descend	EN1	
1x{3	3 x 150 on 2:05 Freestyle	EN1	
	{2 x 100 on 1:10 Freestyle	EN2	
	{3 x 150 on 2:05 Freestyle	EN1	
	{2 x 100 on 1:15 Freestyle	EN2	
	{3 x 150 on 2:05 Freestyle	EN1	
	{2 x 100 on 1:20 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills clsfst	REC	
	4:53 PM 5,080 Yards - Stress Value = 62		

Workout #2371 - Wednesday, 05 February 2003

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 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{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	
	{2 x 100 on 1:35 Kick	EN2	
1,200	1x{2 x 200 on 2:40 Pulls	EN1	
	{2 x 200 on 2:35 Pulls	EN1	
	{2 x 200 on 2:30 Pulls	EN2	
250	1x{1 x 100 on 1:30 Individual Medley	EN1	
	{3 x 50 on :45 Freestyle-descend	EN1	
2,250	1x{3 x 150 on 2:00 Freestyle	EN1	
	{3 x 100 on 1:05 Freestyle	EN2	
	{3 x 150 on 2:00 Freestyle	EN1	
	{3 x 100 on 1:10 Freestyle	EN2	
	{3 x 150 on 2:00 Freestyle	EN1	
	{3 x 100 on 1:15 Freestyle	EN2	
400	1 x 400 on 7:00 Stroke Drills clsfst	REC	
	5:04 PM 6,080 Yards - Stress Value = 76		

Workout #2375 - Thursday, 06 February 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
	1 on 25:00 Weights			L DF
400	1 x 400 on 7:00 Reverse IM drill	REC		D I
180	12 x 15 on :30 Shooters	SP3		S E
1,200	3 x 400 on 5:20 Pulls	EN1		P E
1,400	1x{1 x 200 on 2:25 Freestyle	EN2		S E
	{1 x 200 on 2:30 Freestyle	EN2		S E
	{1 x 200 on 2:35 Freestyle	EN1		S E
	{1 x 200 on 2:40 Freestyle	EN1		S E
	{1 x 200 on 2:45 Freestyle	EN1		S E
	{1 x 200 on 2:50 Freestyle	EN1		S E

	{1 x 200 on 2:55 Freestyle	EN1		S E
300	1 x 300 on 5:00 Stroke Drills	REC		D C
	Thumb drag			
	1 on 12:00 Ice			L DF
	7:04 AM 3,480 Yards - Stress Value = 37			

Workout #2377 - Thursday, 06 February 2003

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
	1 on 25:00 Stomach and Stretch			L I
600	1 x 600 on 10:00 Choice	REC		S C
180	12 x 15 on :30 Shooters	SP3		S
900	2x{3 x 50 on 1:00 Kick	EN2		K C
	{3 x 50 on :55 Kick	EN2		K C
	{3 x 50 on :50 Kick	EN2		K C
900	1x{1 x 300 on 4:10 Pulls	EN1		P
	{1 x 300 on 4:00 Pulls	EN1		P
	{1 x 300 on 3:50 Pulls	EN1		P
300	12 x 25 on :30 IM order-build	EN1		S
1,700	1x{2 x 300 on 4:45 Individual Medley	EN1		S
	{3 x 100 on 1:35 IM or stroke	EN1		S
	{3 x 200 on 3:10 Individual Medley	EN1		S
	{2 x 100 on 1:35 IM or stroke	EN1		S
	1 on 10:00 Techniques-			D
400	1 x 400 on 7:00 Stroke Drills	REC		D
	1 on 15:00 Ice			L I
	5:16 PM 4,980 Yards - Stress Value = 54			

Workout #2376 - Thursday, 06 February 2003

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
	1 on 25:00 Stomach and Stretch			L I
600	1 x 600 on 10:00 Choice	REC		S C
180	12 x 15 on :30 Shooters	SP3		S
	2x{3 x 50 on 1:00 Kick	EN2		K C
	{3 x 50 on :55 Kick	EN2		K C
	{3 x 50 on :50 Kick	EN2		K C
	1x{1 x 300 on 4:00 Pulls	EN1		P
	{1 x 300 on 3:50 Pulls	EN1		P
	{1 x 300 on 3:40 Pulls	EN1		P
	{1 x 300 on 3:30 Pulls	EN2		P
300	12 x 25 on :30 IM order-build	EN1		S
	1x{1 x 400 on 6:00 Individual Medley	EN1		S
	{4 x 100 on 1:30 IM or stroke	EN1		S
	{2 x 300 on 4:30 Individual Medley	EN1		S
	{3 x 100 on 1:30 IM or stroke	EN1		S
	{3 x 200 on 3:00 Individual Medley	EN1		S
	{2 x 100 on 1:30 IM or stroke	EN1		S
400	1 x 400 on 7:00 Stroke Drills	REC		D
	1 on 15:00 Ice			L I
	5:20 PM 6,080 Yards - Stress Value = 68			

Workout #2381 - Friday, 07 February 2003

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 25:00 Stomach and Stretch		L
800	1 x 800 on 16:00 Stroke Drills odd 100's fr, evens brst	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1,000	4x{1 x 100 on 2:00 Kick	EN2	K
	{3 x 50 on 1:05 Kick no board	EN2	K
1,200	1x{2 x 200 on 3:00 Pulls	EN1	P
	{2 x 200 on 2:50 Pulls	EN1	P
	{2 x 200 on 2:40 Pulls	EN2	P
450	2x{3 x 50 on :55 Freestyle-descend	EN1	S
	{3 x 25 on :30 Non free-descend	EN1	S
1,800	12 x 150 on 2:15 Freestyle-descend each set	EN3	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
	7:45 PM 5,830 Yards - Stress Value = 156		

Workout #2380 - Friday, 07 February 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		
600	1 x 600 on 10:00 Swim-kick-drll-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
800	8 x 100 on 1:55 Kick-odds fast	EN2	
	1x{1 x 200 on 2:30 Pulls	EN2	
	{4 x 50 on :45 Pulls	EN1	
	{1 x 200 on 2:30 Pulls	EN1	
	{8 x 25 on :30 Pulls 1 breath	EN1	
400	16 x 25 on :30 IM order-build	EN1	
	1x{3 x 150 on 2:05 Freestyle-descend	EN2	
	{3 x 150 on 2:00 Freestyle-descend	EN2	
	{3 x 150 on 1:55 Freestyle-descend	EN2	
	{3 x 150 on 1:50 Freestyle-descend	EN2	
1x	{1 x 100 on 1:30 Stroke Drills	REC	
	{1 x 100 on 1:35 Stroke Drills	REC	
	{1 x 100 on 1:40 Stroke Drills	REC	
	{1 x 100 on 1:45 Stroke Drills	REC	
	{1 x 100 on 1:50 Stroke Drills	REC	
	1 on 15:00 Ice		
	4:55 PM 5,080 Yards - Stress Value = 73		

Workout #2379 - Friday, 07 February 2003

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 7:30 Stomach and Stretch			
500	1 x 500 on 7:30 Stroke Drills	REC	D	FR
180	12 x 15 on :30 Shooters	SP3	S	BR
1,400	1x{4 x 125 on 1:45 Pulls	EN1	P	FR
	{4 x 100 on 1:25 Pulls	EN1	P	FR
	{4 x 75 on 1:05 Pulls	EN2	P	FR
	{4 x 50 on :40 Pulls	EN2	P	FR
1,200	1x{4 x 100 on 1:20 Freestyle	EN1	S	FR
	{1 on :30 Rest		M	
	{4 x 100 on 1:15 Freestyle	EN2	S	FR
	{1 on :45 Rest		M	
	{4 x 100 on 1:10 Freestyle	EN2	S	FR
	{1 on 1:00 Rest		M	
250	1x{2 x 50 on :45 Stroke Drills	REC	D	CD
	{2 x 50 on :55 Stroke Drills	REC	D	CD
	{1 x 50 on 1:05 Stroke Drills	REC	D	CD

1 on 15:00 Ice L DRY
6:45 AM 3,530 Yards - Stress Value = 46

Workout #2378 - Friday, 07 February 2003

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 5:30 Stomach and Stretch			
500	1 x 500 on 7:30 Stroke Drills	REC	D	FR
180	12 x 15 on :30 Shooters	SP3	S	BR
	1x{4 x 125 on 1:40 Pulls	EN1	P	FR
	{4 x 100 on 1:20 Pulls	EN1	P	FR
	{4 x 75 on 1:00 Pulls	EN1	P	FR
	{4 x 50 on :40 Pulls	EN1	P	FR
	2x{4 x 100 on 1:15 Freestyle	EN1	S	FR
	{1 on :30 Rest		M	
	{4 x 100 on 1:10 Freestyle	EN2	S	FR
	{1 on :45 Rest		M	
	{4 x 100 on 1:05 Freestyle	EN2	S	FR
	{1 on 1:00 Rest		M	
	1x{1 x 150 on 2:15 Stroke Drills	REC	D	CD
	{1 x 150 on 2:20 Stroke Drills	REC	D	CD
	{1 x 150 on 2:25 Stroke Drills	REC	D	CD
	1 on 15:00 Ice		L	DRY
	7:02 AM 4,930 Yards - Stress Value = 61			

Workout #2384 - Saturday, 08 February 2003

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 10:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
240	16 x 15 on :45 Shooters	SP3	
800	8 x 100 on 2:00 Kick odds fast	EN2	
1,600	2 x 800 on 12:00 Pulls	EN1	
500	2x{1 x 50 on 1:00 Stroke Drills	REC	
	{1 x 50 on :55 Stroke Drills	REC	
	{1 x 50 on :50 Stroke Drills	EN1	
	{1 x 50 on :45 Stroke Drills	EN1	
	{1 x 50 on :45 Freestyle	EN1	
600	6 x 100 on 6:00 Individual Medley from a dive 100%	SP2	
400	1 x 400 on 8:00 Stroke Drills	REC	
	12:30 PM 4,940 Yards - Stress Value = 105		

Workout #2382 - Saturday, 08 February 2003

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:30 AM	Start		
800	1 on 25:00 Weights 8 x 100 on 1:40 Stroke Drills odds free evens strk	REC	L D
180	12 x 15 on :30 Shooters	SP3	S
800	2x{1 x 25 on :25 Sprint kick {1 x 75 on 1:25 Kick {2 x 50 on :55 Kick {1 x 75 on 1:25 Kick {1 x 25 on :25 Sprint kick {1 x 100 on 1:55 Kick	EN3 EN2 EN2 EN2 EN3 EN2	K K K K K K
1,000	8 x 125 on 1:45 Lungbuster pulls br 3-4-5-6-7	EN1	P
450	9 x 50 on :45 Freestyle-des in 3's	EN1	S
700	1x{3 x 100 on 2:30 Stroke or Free {1 x 300 on 6:00 Stroke Drills {2 x 50 on 1:30 Freestyle	SP2 REC SP2	S D S
500	5 x 100 on 1:45 Stroke Drills 1 on 15:00 Techniques-open turn 1 on 15:00 Ice	REC	D D L
9:52 AM	4,430 Yards - Stress Value = 81		

Workout #2383 - Saturday, 08 February 2003

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:30 AM	Start		
800	1 on 25:00 Weights 8 x 100 on 1:40 Stroke Drills odds free evens strk	REC	L D
180	12 x 15 on :30 Shooters	SP3	S
1,200	3x{1 x 25 on :25 Sprint kick {1 x 75 on 1:25 Kick {2 x 50 on :55 Kick {1 x 75 on 1:25 Kick {1 x 25 on :25 Sprint kick {1 x 100 on 1:55 Kick	EN3 EN2 EN2 EN2 EN3 EN2	K K K K K K
1,250	10 x 125 on 1:45 Lungbuster pulls br 3-4-5-6-7	EN1	P
450	9 x 50 on :45 Freestyle-des in 3's	EN1	S
1,100	1x{1 x 200 on 6:00 Stroke or IM {1 x 200 on 4:00 Stroke Drills {3 x 100 on 2:30 Stroke or Free {1 x 300 on 6:00 Stroke Drills {2 x 50 on 1:30 Freestyle	SP2 REC SP2 REC SP2	S D S D S
500	5 x 100 on 1:45 Stroke Drills 1 on 15:00 Ice	REC	D L
9:59 AM	5,480 Yards - Stress Value = 111		

Workout #2387 - Monday, 10 February 2003

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 15:00 Swim-kick-pull-swim	REC	L D
180	12 x 15 on :30 Shooters	SP3	S
900	1x{1 x 300 on 6:00 Kick {4 x 25 on :45 Sprint kick {1 x 200 on 4:00 Kick {4 x 25 on :45 Sprint kick {1 x 100 on 2:00 Kick {4 x 25 on :45 Sprint kick	EN2 EN2 EN2 EN2 EN2 EN2	K K K K K K

1,000	1x{2 x 125 on 2:00 Pulls {2 x 125 on 1:55 Pulls {2 x 125 on 1:50 Pulls {2 x 125 on 1:45 Pulls 1 on 10:00 Techniques-Back strt	EN1 EN1 EN1 EN1
1,650	1x{16 x 100 on 2:00 Freestyle {1 x 50 on 1:00 Freestyle	EN3 EN3
250	5 x 50 on 1:00 Stroke Drills	REC
8:30 PM	4,780 Yards - Stress Value = 132	

Workout #2386 - Monday, 10 February 2003

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
2:55 PM	Start			
600	1 on 20:00 Stomach and Stretch 50 of everything 1 x 600 on 10:00 Choice	REC	L I S	C
600	1x{3 x 75 on 1:30 Kick {3 x 100 on 2:00 Kick {1 x 125 on 2:30 Kick	EN2 EN2 EN2	K K K	C
400	1x{6 x 50 on :50 Pulls-nbbf&w +1 yd {6 x 50 on :45 Pulls-nbbf&w +2 yds 2 x 200 on 3:15 Individual Medley	EN1 EN1 EN1	P P S	
400	1x{3 x 125 on 2:00 Your Stroke {1 x 100 on 1:30 Individual Medley {3 x 125 on 1:55 Your Stroke {1 x 100 on 1:30 Individual Medley {3 x 125 on 1:50 Your Stroke {1 x 100 on 1:30 Individual Medley {3 x 125 on 1:45 Your Stroke	EN1 EN1 EN1 EN1 EN1 EN1 EN1	S S S S S S S	S S S S S S S
400	4 x 100 on 1:45 Stroke Drills 1 on 15:00 Techniques-starts 1 on 15:00 Ice	REC	D D L	I
5:04 PM	4,450 Yards - Stress Value = 41			

Workout #2385 - Monday, 10 February 2003

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
2:55 PM	Start			
600	1 on 20:00 Stomach and Stretch 50 of everything 1 x 600 on 10:00 Choice	REC	L I S	C
850	1x{4 x 75 on 1:30 Kick {3 x 100 on 1:55 Kick {2 x 125 on 2:20 Kick	EN2 EN2 EN2	K K K	C
900	1x{9 x 50 on :50 Pulls-nbbf&w +1 yd {9 x 50 on :45 Pulls-nbbf&w +2 yds 3 x 200 on 3:15 Individual Medley	EN1 EN1 EN1	P P S	
600	3 x 200 on 3:15 Individual Medley	EN1	S	
1,800	1x{3 x 125 on 2:00 Your Stroke {1 x 100 on 1:30 Individual Medley {3 x 125 on 1:55 Your Stroke {1 x 100 on 1:30 Individual Medley {3 x 125 on 1:50 Your Stroke {1 x 100 on 1:30 Individual Medley {3 x 125 on 1:45 Your Stroke	EN1 EN1 EN1 EN1 EN1 EN1 EN1	S S S S S S S	S S S S S S S
500	5 x 100 on 1:45 Stroke Drills 1 on 15:00 Techniques-relay str 1 on 15:00 Ice	REC	D D L	I
5:17 PM	5,250 Yards - Stress Value = 50			

Workout #2392 - Tuesday, 11 February 2003

Group 2 - Gold

1 minute rest between sets

6:15 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	
3x{	1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
1x{	1 x 400 on 6:00 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	EN2	
	{1 x 100 on 1:15 Pulls	EN2	
	1 on 10:00 Techniques-starts		
1x{	4 x 100 on 2:00 Breaststroke	EN2	
	{1 x 50 on 1:15 Breaststroke OTB	EN3	
	{3 x 100 on 1:55 Breaststroke	EN2	
	{2 x 50 on 1:15 Breaststroke OTB	EN3	
	{2 x 100 on 1:50 Breaststroke	EN2	
	{3 x 50 on 1:15 Breaststroke OTB	EN3	
	{1 x 100 on 1:45 Breaststroke	EN2	
	{4 x 50 on 1:15 Breaststroke	EN3	
350	7 x 50 on 1:00 Stroke Drills	REC	
	8:30 PM 4,530 Yards - Stress Value = 85		

Workout #2389 - Tuesday, 11 February 2003

HighSchl - Sectional

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	SI
	1 on 25:00 Weights		L	DF
500	1 x 500 on 9:00 Reverse IM drill	REC	D	I
180	12 x 15 on :30 Shooters	SP3	S	FI
500	1x{1 x 250 on 3:30 Pulls	EN1	P	F
	{1 x 250 on 3:25 Pulls	EN1	P	F
1,575	1x{3 x 225 on 3:00 Freestyle	EN2	S	F
	{3 x 175 on 2:20 Freestyle	EN1	S	F
	{3 x 125 on 1:40 Freestyle	EN1	S	F
275	1 x 275 on 5:00 Stroke Drills	REC	D	C
	1 on 15:00 Ice		L	DF
	7:02 AM 3,030 Yards - Stress Value = 34			

Workout #2390 - Tuesday, 11 February 2003

HighSchl - Sectional

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
	50 of everything		
800	8 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
800	1x{6 x 50 on 1:00 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{6 x 50 on :55 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
900	1x{4 x 75 on 1:00 Pulls	EN1	
	{1 x 150 on 2:00 Lungbuster pulls	EN1	
	{4 x 75 on :55 Pulls	EN2	
	{1 x 150 on 2:00 Lungbuster pulls	EN1	
	{ br 5-6-7		
900	9 x 100 on 1:30 Descend in sets of 3	EN1	
500	1x{2 x 100 on 4:00 Your Stroke or free	SP2	
	{1 x 200 on 3:00 Stroke Drills	REC	
	{2 x 50 on 2:00 Freestyle	SP2	

500	5 x 100 on 1:45 Stroke Drills	REC
	1 on 10:00 Techniques-starts	
	1 on 15:00 Ice	
5:10 PM	4,580 Yards - Stress Value = 75	

Workout #2388 - Tuesday, 11 February 2003

HighSchl - State Champions

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	SI
	1 on 25:00 Weights		L	DF
500	1 x 500 on 9:00 Reverse IM drill	REC	D	I
180	12 x 15 on :30 Shooters	SP3	S	FI
	1x{1 x 300 on 3:45 Pulls	EN1	P	F
	{1 x 300 on 3:40 Pulls	EN1	P	F
	1x{3 x 225 on 2:45 Freestyle	EN2	S	F
	{3 x 175 on 2:10 Freestyle	EN1	S	F
	{3 x 125 on 1:35 Freestyle	EN1	S	F
275	1 x 275 on 5:00 Stroke Drills	REC	D	C
	1 on 15:00 Ice		L	DF
	7:02 AM 3,130 Yards - Stress Value = 36			

Workout #2391 - Tuesday, 11 February 2003

HighSchl - State Champions

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
	50 of everything		
800	8 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{6 x 50 on 1:00 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{6 x 50 on :55 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	1x{4 x 75 on 1:00 Pulls	EN1	
	{1 x 150 on 2:00 Lungbuster pulls	EN1	
	{4 x 75 on :55 Pulls	EN2	
	{1 x 150 on 2:00 Lungbuster pulls	EN1	
	{ br 5-6-7		
900	9 x 100 on 1:30 Descend in sets of 3	EN1	
	1x{1 x 200 on :00 IM or stroke	SP2	
	{1 x 200 on 8:00 Stroke Drills	REC	
	{2 x 100 on 4:00 Your Stroke or free	SP2	
	{1 x 200 on 3:00 Stroke Drills	REC	
	{2 x 50 on 2:00 Freestyle	SP2	
600	6 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Techniques-relay str		
	1 on 15:00 Ice		
5:20 PM	5,080 Yards - Stress Value = 95		

Workout #2393 - Wednesday, 12 February 2003

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
2:55 PM Start				
800	1 on 20:00 Stomach and Stretch		L I	
	1 x 800 on 14:00 Reverse IM drill	REC	D	
	1 on 10:00 Techniques-Stanford		D	
3x{	1 x 100 on 2:00 Kick	EN1	K C	
	{1 x 50 on 1:00 Kick no board	EN1	K F	
	{1 x 50 on 1:00 Kick no board	EN1	K	
	{1 x 50 on 1:00 Kick no board	EN1	K	
1x{	4 x 75 on 1:10 Pulls-nbbf&w	EN1	P	
	{4 x 75 on 1:05 Pulls-nbbf&w	EN1	P	
	{2 x 75 on 1:00 Pulls-nbbf&w	EN1	P	
	1 on 10:00 Techniques-relay str		D	
1x{	3 x 50 on :55 Stroke Drills	EN1	D	
	{3 x 100 on 1:30 Freestyle	EN1	S	
	{4 x 25 on :30 Freestyle	EN1	S	
	{3 x 50 on :55 Stroke Drills	EN1	D S	
	{3 x 100 on 1:45 Individual Medley	EN1	S	
	{4 x 25 on :30 Stroke	EN1	S S	
600	6 x 100 on 1:45 Stroke Drills	REC	D	
	1 on 15:00 Ice		L I	
5:04 PM 4,000 Yards - Stress Value = 29				

Workout #2394 - Wednesday, 12 February 2003

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
2:55 PM Start				
800	1 on 20:00 Stomach and Stretch		L I	
	1 x 800 on 14:00 Reverse IM drill	REC	D	
	1 on 10:00 Techniques-Stanford		D	
750	3x{1 x 100 on 2:00 Kick	EN1	K C	
	{1 x 50 on 1:00 Kick no board	EN1	K F	
	{1 x 50 on 1:00 Kick no board	EN1	K	
	{1 x 50 on 1:00 Kick no board	EN1	K	
750	1x{4 x 75 on 1:10 Pulls-nbbf&w	EN1	P	
	{4 x 75 on 1:05 Pulls-nbbf&w	EN1	P	
	{2 x 75 on 1:00 Pulls-nbbf&w	EN1	P	
	1 on 10:00 Techniques-relay str		D	
2,200	2x{3 x 50 on :55 Stroke Drills	EN1	D	
	{3 x 100 on 1:30 Freestyle	EN1	S	
	{4 x 25 on :30 Freestyle	EN1	S	
	{3 x 50 on :55 Stroke Drills	EN1	D S	
	{3 x 100 on 1:45 Individual Medley	EN1	S	
	{4 x 25 on :30 Stroke	EN1	S S	
500	5 x 100 on 1:45 Stroke Drills	REC	D	
	1 on 15:00 Ice		L I	
5:21 PM 5,000 Yards - Stress Value = 39				

Workout #2399 - Thursday, 13 February 2003

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
6:15 PM Start				
800	1 on 30:00 Stomach and Stretch		L	
	1 x 800 on 15:00 Stroke Drills odd	REC	D	
	100's free evens bck			
180	12 x 15 on :30 Shooters	SP3	S	
900	3x{2 x 75 on 1:40 Kick	EN2	K	
	{2 x 75 on 1:30 Kick no board	EN2	K	
1,200	16 x 75 on 1:05 Lungbuster pulls	EN1	P	
	br 3-5-7			
450	6 x 75 on 1:15 IM without the free	EN1	S	
1,650	1x{2 x 200 on 3:30 Backstroke	EN1	S	

{2 x 175 on 3:00 Backstroke	EN1	S
{2 x 150 on 2:30 Backstroke	EN1	S
{2 x 125 on 2:00 Backstroke	EN2	S
{2 x 100 on 1:30 Freestyle	EN2	S
{2 x 75 on 1:00 Backstroke	EN2	S
6 x 50 on 1:00 Stroke Drills	REC	D
8:30 PM 5,480 Yards - Stress Value = 64		

Workout #2396 - Thursday, 13 February 2003

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:30 AM Start				
	1 on 20:00 Weights		L I	
425	1 x 425 on 7:00 Choice	REC	S C	
210	14 x 15 on :30 Pit sprints	SP3	S	
600	1x{3 x 100 on 1:35 Lungbuster pulls	EN1	P	
	{2 x 100 on 1:30 Lungbuster pulls	EN1	P	
	{1 x 100 on 1:25 Lungbuster pulls	EN1	P	
1,200	1x{1 x 200 on 3:00 Freestyle	EN1	S	
	{1 x 200 on 3:20 Individual Medley	EN1	S	
	{1 x 200 on 2:55 Freestyle	EN1	S	
	{1 x 200 on 3:20 Individual Medley	EN1	S	
	{1 x 200 on 2:50 Freestyle	EN1	S	
	{1 x 200 on 3:20 Individual Medley	EN1	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	1 on 13:00 Ice		L I	
6:54 AM 2,635 Yards - Stress Value = 26				

Workout #2398 - Thursday, 13 February 2003

HighSchl - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WOF	S
2:55 PM Start				
	1 on 20:00 Stomach and Stretch			
625	1 x 625 on 10:00 Swim-kick-pull-swim	REC		
210	14 x 15 on :30 Pit sprints	SP3		
600	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		
600	1x{1 x 200 on 2:45 Pulls	EN1		
	{2 x 200 on 2:40 Pulls	EN2		
1,750	1x{4 x 100 on 1:25 Freestyle	EN1		
	{3 x 100 on 1:20 Freestyle	EN1		
	{2 x 100 on 1:15 Freestyle	EN2		
	{1 x 100 on 1:10 Freestyle	EN2		
	{1 x 75 on :50 Freestyle	EN2		
	{2 x 75 on :55 Freestyle	EN2		
	{3 x 75 on 1:00 Freestyle	EN1		
	{4 x 75 on 1:05 Freestyle	EN1		
200	1 x 200 on 4:00 Stroke Drills	REC		
	1 on 15:00 Techniques-choice			
	1 on 15:00 Ice			
4:56 PM 3,985 Yards - Stress Value = 53				

Workout #2395 - Thursday, 13 February 2003

HighSchl - State Champions

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 20:00 Weights		L I	
425	1 x 425 on 7:00 Choice	REC	S C	
210	14 x 15 on :30 Pit sprints	SP3	S	
900	1x{3 x 100 on 1:30 Lungbuster pulls	EN1	P	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	P	
	{3 x 100 on 1:20 Lungbuster pulls	EN1	P	
1,800	1x{2 x 200 on 2:50 Freestyle	EN1	S	
	{1 x 200 on 3:00 Individual Medley	EN1	S	
	{2 x 200 on 2:45 Freestyle	EN1	S	
	{1 x 200 on 3:00 Individual Medley	EN1	S	
	{2 x 200 on 2:40 Freestyle	EN1	S	
	{1 x 200 on 3:00 Individual Medley	EN1	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	1 on 13:00 Ice		L I	

7:04 AM 3,535 Yards - Stress Value = 35

	{3 x 50 on 1:05 Stroke Drills	EN1	D
2,700	1x{2 x 200 on 3:05 Freestyle	EN1	S
	{2 x 200 on 3:00 Freestyle	EN1	S
	{2 x 200 on 2:55 Freestyle	EN1	S
	{2 x 150 on 2:20 Freestyle	EN1	S
	{2 x 150 on 2:15 Freestyle	EN1	S
	{2 x 150 on 2:10 Freestyle	EN2	S
	{2 x 100 on 1:35 Freestyle	EN1	S
	{2 x 100 on 1:30 Freestyle	EN2	S
	{2 x 100 on 1:25 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D

7:45 PM 5,980 Yards - Stress Value = 72

Workout #2402 - Friday, 14 February 2003

HighSchl - Sectional

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 20:00 Stomach and Stretch		L	DRY
600	6 x 100 on 1:40 Stroke Drills	REC	D	CHO
180	12 x 15 on :30 Shooters	SP3	S	CHO
	1x{1 x 75 on 1:30 Kick	EN2	K	CHO
	{2 x 100 on 2:00 Kick	EN2	K	CHO
	{1 x 75 on 1:25 Kick	EN2	K	CHO
	{2 x 100 on 1:55 Kick	EN2	K	CHO
500	1 x 500 on 7:00 Pulls	EN1	P	FR
200	2 x 100 on 1:45 Your Stroke	EN1	S	STK
	1x{2 x 300 on 4:00 Freestyle	EN1	S	FR
	{3 x 200 on 2:35 Freestyle	EN2	S	FR
	{4 x 100 on 1:15 Freestyle	EN2	S	FR
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Techniques-TN turns		D	FR
	1 on 15:00 Ice		L	DRY

4:53 PM 4,030 Yards - Stress Value = 52

Workout #2400 - Friday, 14 February 2003

HighSchl - State Champions

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
425	1 x 425 on 7:00 Reverse IM drill	REC	D	I
	1 on 8:00 Sculling drills	REC	D	CM
180	12 x 15 on :30 Shooters	SP3	S	CH
	2x{1 x 100 on 1:30 Freestyle	EN1	S	F
	{1 x 100 on 1:25 Freestyle	EN1	S	F
	{1 x 100 on 1:20 Freestyle	EN1	S	F
	{1 x 100 on 1:15 Freestyle	EN1	S	F
300	1 x 300 on 5:00 Stroke Drills	REC	S	F
	1 on 8:00 Techniques-relay str		D	I
	2x{1 x 75 on 1:05 Freestyle	EN1	S	F
	{1 x 75 on 1:00 Freestyle	EN1	S	F
	{1 x 75 on :55 Freestyle	EN2	S	F
	{1 x 75 on :50 Freestyle	EN2	S	F
	1 on 8:00 Techniques-open trns		D	
	2x{1 x 50 on :50 Freestyle	EN1	S	F
	{1 x 50 on :45 Freestyle	EN1	S	F
	{1 x 50 on :40 Freestyle	EN1	S	F
	{1 x 50 on :35 Freestyle	EN2	S	F
	1 on 6:00 Techniques-finishes		D	
	2x{1 x 25 on :30 Butterfly	EN1	S	FI
	{1 x 25 on :25 Backstroke	EN1	S	F
	{1 x 25 on :35 Breaststroke	EN1	S	F
	{1 x 25 on :20 Freestyle	EN1	S	F
	1x{1 x 100 on 1:30 Stroke Drills	REC	D	C
	{1 x 100 on 1:35 Stroke Drills	REC	D	C
	{1 x 100 on 1:40 Stroke Drills	REC	D	C
	{1 x 100 on 1:45 Stroke Drills	REC	D	C
	1 on 10:00 Ice		L	DF

7:04 AM 3,005 Yards - Stress Value = 30

Workout #2403 - Friday, 14 February 2003

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 25:00 Stomach and Stretch		L I	
600	12 x 50 on 1:00 Stroke Drills	REC	D C	
	odds free evens brst			
180	12 x 15 on :30 Shooters	SP3	S F	
800	1x{1 x 100 on 2:20 Kick	EN2	K	
	{1 x 100 on 2:15 Kick	EN2	K	
	{1 x 100 on 2:10 Kick	EN2	K	
	{1 x 100 on 2:05 Kick	EN2	K	
	{1 x 100 on 2:00 Kick	EN2	K	
	{1 x 100 on 1:55 Kick	EN2	K	
	{1 x 100 on 1:50 Kick	EN2	K	
	{1 x 100 on 1:45 Kick	EN2	K	
1,000	1 x 1000 on 15:00 Pulls	EN1	P	
500	2x{1 x 100 on 1:45 Individual Medley	EN1	S	

	{3 x 50 on 1:05 Stroke Drills	EN1	D
2,700	1x{2 x 200 on 3:05 Freestyle	EN1	S
	{2 x 200 on 3:00 Freestyle	EN1	S
	{2 x 200 on 2:55 Freestyle	EN1	S
	{2 x 150 on 2:20 Freestyle	EN1	S
	{2 x 150 on 2:15 Freestyle	EN1	S
	{2 x 150 on 2:10 Freestyle	EN2	S
	{2 x 100 on 1:35 Freestyle	EN1	S
	{2 x 100 on 1:30 Freestyle	EN2	S
	{2 x 100 on 1:25 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D

7:45 PM 5,980 Yards - Stress Value = 72

Workout #2401 - Friday, 14 February 2003

HighSchl - State Champions

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 20:00 Stomach and Stretch			L DRY
600	6 x 100 on 1:40 Stroke Drills	REC		D CHO
180	12 x 15 on :30 Shooters	SP3		S CHO
700	1x{2 x 75 on 1:30 Kick	EN2		K CHO
	{2 x 100 on 2:00 Kick	EN2		K CHO
	{2 x 75 on 1:25 Kick	EN2		K CHO
	{2 x 100 on 1:55 Kick	EN2		K CHO
1,000	1 x 1000 on 13:00 Pulls	EN1		P FR
200	2 x 100 on 1:30 Your Stroke	EN1		S STK
2,000	1x{1 x 400 on 5:05 Freestyle	EN1		S FR
	{2 x 300 on 3:45 Freestyle	EN1		S FR
	{3 x 200 on 2:25 Freestyle	EN1		S FR
	{4 x 100 on 1:10 Freestyle	EN2		S FR
400	8 x 50 on 1:00 Stroke Drills	REC		D CD
	1 on 5:00 Techniques-relay str			D FR
	1 on 15:00 Ice			L DRY

5:00 PM 5,080 Yards - Stress Value = 57

Workout #2405 - Saturday, 15 February 2003

HighSchl - Sectional

1 minute rest between sets

7:30 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Visualization			M
	1 on 20:00 Stomach and Stretch			L I
600	1 x 600 on 11:00 Stroke Drills	REC		D C
180	12 x 15 on :30 Shooters	SP3		S C
600	2x{1 x 150 on 3:00 Kick	EN2		K C
	{1 x 100 on 2:00 Kick	EN2		K C
	{1 x 50 on 1:00 Kick	EN2		K C
800	4 x 200 on 2:50 Pulls	EN1		P
500	2x{1 x 100 on 1:30 Individual Medley	EN1		S
	{3 x 50 on :45 Freestyle-descend	EN1		S
400	2x{1 x 100 on :00 Choice	SP2		S C
	{1 x 100 on 5:00 Stroke Drills	REC		D
500	10 x 50 on :55 Stroke Drills	REC		D

9:35 PM 3,580 Yards - Stress Value = 52

Workout #2404 - Saturday, 15 February 2003

HighSchl - State Champions

1 minute rest between sets

7:30 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Visualization			M
	1 on 20:00 Stomach and Stretch			L I
800	1 x 800 on 13:00 Stroke Drills	REC		D C
180	12 x 15 on :30 Shooters	SP3		S C
	3x{1 x 150 on 2:45 Kick	EN2		K C
	{1 x 100 on 1:50 Kick	EN2		K C
	{1 x 50 on :55 Kick	EN2		K C
1,000	4 x 250 on 3:15 Pulls	EN1		P
	2x{1 x 100 on 1:30 Individual Medley	EN1		S
	{3 x 50 on :45 Freestyle-descend	EN1		S
	1x{1 x 200 on :00 Choice	SP2		S C
	{1 x 200 on 8:00 Stroke Drills	REC		D
	{1 x 100 on :00 Choice	SP2		S C
	{1 x 100 on 4:00 Stroke Drills	REC		D
	{1 x 100 on :00 Choice	SP2		S C
	{1 x 100 on 4:00 Stroke Drills	REC		D
400	8 x 50 on :55 Stroke Drills	REC		D

9:47 PM 4,580 Yards - Stress Value = 80

Workout #2407 - Monday, 17 February 2003

HighSchl - Sectional

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Visualization			I
	1 on 20:00 Stomach and Stretch			I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC		S
180	12 x 15 on :30 Shooters	SP3		S
500	1x{2 x 100 on 1:55 Kick	EN2		F
	{2 x 75 on 1:25 Kick	EN2		F
	{2 x 50 on :55 Kick	EN2		F
	{2 x 25 on :25 Kick	EN2		F
600	3x{1 x 100 on 1:30 Lungbuster pulls	EN1		F
	{1 x 100 on 1:20 Pulls	EN1		F
150	6 x 25 on :30 Descend in 3's	EN1		S
1,500	1x{1 x 250 on 3:40 Freestyle	EN1		S
	{1 x 250 on 3:35 Freestyle	EN1		S
	{1 x 250 on 3:30 Freestyle	EN1		S
	{1 x 250 on 3:25 Freestyle	EN1		S
	{1 x 250 on 3:20 Freestyle	EN1		S
	{1 x 250 on 3:15 Freestyle	EN1		S
250	5 x 50 on 1:00 Stroke Drills	REC		I
	1 on 15:00 Ice			I

5:07 PM 3,580 Yards - Stress Value = 37

Workout #2406 - Monday, 17 February 2003

HighSchl - State Champions

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Visualization			I
	1 on 20:00 Stomach and Stretch			I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC		S
180	12 x 15 on :30 Shooters	SP3		S
	1x{2 x 125 on 2:20 Kick	EN2		F
	{2 x 100 on 1:55 Kick	EN2		F
	{2 x 75 on 1:25 Kick	EN2		F
	{2 x 50 on :55 Kick	EN2		F
	4x{1 x 100 on 1:20 Lungbuster pulls	EN1		F
	{1 x 100 on 1:15 Pulls	EN1		F
200	8 x 25 on :30 Descend in 4's	EN1		S
	1x{1 x 250 on 3:30 Freestyle	EN1		S
	{1 x 250 on 3:25 Freestyle	EN1		S
	{1 x 250 on 3:20 Freestyle	EN1		S
	{1 x 250 on 3:15 Freestyle	EN1		S
	{1 x 250 on 3:10 Freestyle	EN1		S
	{1 x 250 on 3:05 Freestyle	EN1		S
	{1 x 250 on 3:00 Freestyle	EN2		S
	{1 x 250 on 2:55 Freestyle	EN2		S
250	5 x 50 on 1:00 Stroke Drills	REC		I

5:04 PM 4,530 Yards - Stress Value = 53

Workout #2409 - Tuesday, 18 February 2003

HighSchl - Sectional

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Visualization			L DRY
	1 on 20:00 Stomach and Stretch			L DRY
400	1 x 400 on 6:00 Stroke Drills	REC		D CHO
180	12 x 15 on :30 Shooters	SP3		S CHO
400	1x{2 x 100 on 2:05 Kick	EN1		K CHO
	{1 x 100 on 2:00 Kick	EN2		K CHO
	{1 x 100 on 1:55 Kick	EN2		K CHO
400	1x{4 x 50 on :50 Pulls-nbbf&w	EN1		P FR
	{4 x 50 on :45 Pulls-nbbf&w	EN1		P FR
100	4 x 25 on :30 IM order-build	EN1		S IM
250	2x{1 x 25 on :00 Relays	SP2		S CHO
	{1 x 100 on 3:00 Freestyle	REC		S FR
1,500	1x{4 x 125 on 1:40 Freestyle	EN1		S FR
	{4 x 125 on 1:45 Freestyle	EN1		S FR
	{2 x 125 on 1:50 Freestyle	EN1		S FR
	{2 x 125 on 1:55 Freestyle	EN1		S FR
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	1 on 15:00 Ice			L DRY

5:09 PM 3,480 Yards - Stress Value = 37

Workout #2408 - Tuesday, 18 February 2003

HighSchl - State Champions

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Visualization			L DRY
	1 on 20:00 Stomach and Stretch			L DRY
400	1 x 400 on 6:00 Stroke Drills	REC		D CHO
180	12 x 15 on :30 Shooters	SP3		S CHO
	1x{2 x 125 on 2:15 Kick	EN2		K CHO
	{2 x 125 on 2:10 Kick	EN2		K CHO
	{1 x 100 on 1:40 Kick	EN2		K CHO
	1x{6 x 50 on :45 Pulls-nbbf&w	EN1		P FR
	{6 x 50 on :40 Pulls-nbbf&w	EN1		P FR
	2x{1 x 25 on :00 Relays	SP2		S CHO
	{1 x 100 on 3:00 Freestyle	REC		S FR
	1x{4 x 125 on 1:30 Freestyle	EN1		S FR
	{4 x 125 on 1:35 Freestyle	EN1		S FR
	{4 x 125 on 1:40 Freestyle	EN1		S FR
	{2 x 125 on 1:45 Freestyle	EN1		S FR
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	1 on 15:00 Ice			L DRY

5:11 PM 4,030 Yards - Stress Value = 47

Workout #2411 - Wednesday, 19 February 2003

HighSchl - Sectional

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 Visualization			M I
	1 on 15:00 Stomach and Stretch			L I
600	1 x 600 on 12:00 Reverse IM drill	REC		D
180	12 x 15 on :30 Shooters	SP3		S C
	1x{2 x 100 on 2:00 Kick no board	EN2		K C
	{2 x 100 on 1:55 Kick no board	EN2		K C
450	6 x 75 on 1:05 Pulls-nbbf&w	EN1		P
	1 on 10:00 Techniques-TN turns			D
	1x{1 x 100 on 1:40 Individual Medley	EN1		S
	{4 x 50 on 1:00 Stroke Drills	REC		D E
	{1 x 100 on 1:40 Individual Medley	EN1		S
	{4 x 50 on 1:00 Stroke Drills	REC		D
	{1 x 100 on 1:40 Individual Medley	EN1		S

	{4 x 50 on 1:00 Stroke Drills	REC		D
	{1 x 100 on 1:40 Individual Medley	EN1		S
	{4 x 50 on 1:00 Stroke Drills	REC		D
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 15:00 Ice			L I

5:14 PM 3,030 Yards - Stress Value = 23

Workout #2410 - Wednesday, 19 February 2003

HighSchl - State Champions

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 Visualization			M
	1 on 15:00 Stomach and Stretch			L
1,000	1 x 1000 on 16:00 Reverse IM drill	REC		D
180	12 x 15 on :30 Shooters	SP3		S
700	1x{3 x 100 on 2:00 Kick no board	EN2		K
	{2 x 100 on 1:55 Kick no board	EN2		K
	{2 x 100 on 1:50 Kick no board	EN2		K
750	10 x 75 on 1:05 Pulls-nbbf&w	EN1		P
	1 on 10:00 Techniques-TN turns			D
1,200	1x{1 x 100 on 1:40 Individual Medley	EN1		S
	{4 x 50 on 1:00 Stroke Drills	REC		D
	{1 x 100 on 1:35 Individual Medley	EN1		S
	{4 x 50 on 1:00 Stroke Drills	REC		D
	{1 x 100 on 1:30 Individual Medley	EN1		S
	{4 x 50 on 1:00 Stroke Drills	REC		D
	{1 x 100 on 1:25 Individual Medley	EN1		S
	{4 x 50 on 1:00 Stroke Drills	REC		D
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 15:00 Ice			L

5:28 PM 4,030 Yards - Stress Value = 33

Workout #2413 - Friday, 21 February 2003

HighSchl - Sectional

1 minute rest between sets

2:55 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 35:00 Visualization			M I
	1 on 15:00 Stomach and Stretch			L I
400	1 x 400 on 7:30 Stroke Drills	REC		D C
	odd 100's free even			
	100's non free			
180	12 x 15 on :30 Shooters	SP3		S C
450	1x{1 x 250 on 5:00 Kick no board	EN1		K C
	{1 x 150 on 3:00 Kick no board	EN1		K C
	{1 x 50 on 1:00 Kick no board	EN1		K C
400	1 x 400 on 6:00 Pulls	EN1		P
200	8 x 25 on :30 evens IM order odds	EN1		S C
	freestyle drill			
1,200	1x{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
200	1 x 200 on 4:00 Stroke Drills	REC		D
	1 on 15:00 Ice			L I

5:01 PM 3,030 Yards - Stress Value = 29

Workout #2412 - Friday, 21 February 2003

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2:55 PM Start				
800	1 on 35:00 Visualization		M I	
	1 on 15:00 Stomach and Stretch		L I	
800	1 x 800 on 14:00 Stroke Drills odd 100's free even 100's non free	REC	D C	
180	12 x 15 on :30 Shooters	SP3	S C	
	1x{1 x 300 on 6:00 Kick no board	EN1	K C	
	{1 x 200 on 4:00 Kick no board	EN1	K C	
	{1 x 100 on 2:00 Kick no board	EN1	K C	
800	2 x 400 on 5:30 Pulls	EN1	P	
200	8 x 25 on :30 evens IM order odds freestyle drill	EN1	S C	
	1x{2 x 250 on 3:30 Freestyle	EN1	S	
	{2 x 200 on 2:50 Freestyle	EN1	S	
	{2 x 150 on 2:10 Freestyle	EN1	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 15:00 Ice		L I	
5:15 PM 4,080 Yards - Stress Value = 35				

Workout #2414 - Tuesday, 25 February 2003

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2:55 PM Start				
	1 on 30:00 Visualization		L I	
	1 on 15:00 Stomach and Stretch		L I	
400	1 x 400 on 7:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S C	
	1x{1 x 100 on 2:00 Kick	EN1	K C	
	{1 x 100 on 1:55 Kick	EN2	K C	
	{1 x 100 on 1:50 Kick	EN1	K C	
500	10 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
300	3 x 100 on 2:00 Individual Medley	EN1	S	
	2x{1 x 25 on 1:00 Relay	SP3	S C	
	{1 x 100 on 2:30 Freestyle	REC	S	
400	1 x 400 on 8:00 Stroke Drills	REC	D	
4:36 PM 2,330 Yards - Stress Value = 21				

Workout #2415 - Wednesday, 26 February 2003

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2:55 PM Start				
	1 on 30:00 Visualization		M I	
	1 on 15:00 Stomach and Stretch		L I	
400	2 x 200 on 3:30 Swim-kick-pull-swim	REC	S	
150	10 x 15 on :30 Shooters	SP3	S	
200	1x{1 x 25 on :40 Kick	EN1	F	
	{1 x 75 on 1:30 Kick	EN1	F	
	{1 x 100 on 2:00 Kick	EN1	F	
250	5 x 50 on 1:00 Pulls	EN1	F	
150	6 x 25 on :30 freestyle build	EN1	S	
500	2 x 250 on 3:30 Freestyle	EN1	S	
150	1 x 150 on 3:30 Stroke Drills	REC	I	
	1 on 15:00 Ice		I	
4:36 PM 1,800 Yards - Stress Value = 17				

Workout #2416 - Wednesday, 26 February 2003

HighSchl - State Champions

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
2:55 PM Start				
	1 on 30:00 Visualization		M DRY	
	1 on 15:00 Stomach and Stretch		L DRY	
500	1 x 500 on 9:00 Choice	REC	S CHO	
180	12 x 15 on :30 Shooters	SP3	S CHO	
150	6 x 25 on :40 Kick	EN1	K CHO	
400	4 x 100 on 1:40 Pulls	EN1	P FR	
450	1x{12 x 25 on :35 IM order	EN1	S IM	
	{2 x 50 on 1:05 Breaststroke	EN1	S BR	
	{2 x 25 on :40 Breaststroke	EN1	S BR	
200	1 x 200 on 4:00 Stroke Drills	REC	D CD	
	1 on 15:00 Ice		L DRY	
4:41 PM 1,880 Yards - Stress Value = 17				

Workout #2419 - Monday, 03 March 2003

Group 3 - Boys

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
6:15 PM Start				
	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	
500	1x{2 x 125 on 2:35 Kick	EN2	F	
	{2 x 125 on 2:30 Kick	EN2	F	
500	1x{1 x 250 on 3:45 Lungbuster pulls	EN1	F	
	{1 x 250 on 3:40 Lungbuster pulls	EN1	F	
	{ #1 br 3-4-5-6-7			
	{ #2 br 5-6-7-8-9			
300	12 x 25 on :30 IM order-build	EN1	S	
1,000	1x{1 x 500 on 7:00 Freestyle	EN2	S	
	{1 x 500 on 6:45 Freestyle	EN2	S	
200	2 x 100 on 1:45 Stroke Drills	REC	I	
7:48 PM 3,080 Yards - Stress Value = 44				

Workout #2418 - Monday, 03 March 2003

Group 3 - Girls

1 minute rest between sets

Yards	Set Description	EGY	WOF	STK
6:15 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		
	1x{2 x 125 on 2:35 Kick	EN2		
	{2 x 125 on 2:30 Kick	EN2		
	{2 x 125 on 2:25 Kick	EN2		
	1x{1 x 250 on 3:45 Lungbuster pulls	EN1		
	{1 x 250 on 3:40 Lungbuster pulls	EN1		
	{1 x 250 on 3:35 Lungbuster pulls	EN1		
	{1 x 250 on 3:30 Lungbuster pulls	EN1		
	{ odds br 3-4-5-6-7			
	{ evns br 5-6-7-8-9			
400	16 x 25 on :30 IM order-build	EN1		
	1x{1 x 500 on 7:00 Freestyle	EN2		
	{1 x 500 on 6:45 Freestyle	EN2		
	{1 x 500 on 6:30 Freestyle	EN2		
400	4 x 100 on 1:45 Stroke Drills	REC		
8:18 PM 5,030 Yards - Stress Value = 64				

Workout #2417 - Monday, 03 March 2003

Group 2 - Gold

1 minute rest between sets

6:15 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	
750	1x{2 x 125 on 2:35 Kick	EN2	
	{2 x 125 on 2:30 Kick	EN2	
	{2 x 125 on 2:25 Kick	EN2	
1,000	1x{1 x 250 on 3:45 Lungbuster pulls	EN1	
	{1 x 250 on 3:40 Lungbuster pulls	EN1	
	{1 x 250 on 3:35 Lungbuster pulls	EN1	
	{1 x 250 on 3:30 Lungbuster pulls	EN1	
	{ odds br 3-4-5-6-7		
	{ evns br 5-6-7-8-9		
400	16 x 25 on :30 IM order-build	EN1	
2,000	1x{1 x 500 on 7:00 Freestyle	EN2	
	{1 x 500 on 6:45 Freestyle	EN2	
	{1 x 500 on 6:30 Freestyle	EN2	
	{1 x 500 on 6:15 Freestyle	EN2	
400	4 x 100 on 1:45 Stroke Drills	REC	
	8:24 PM 5,530 Yards - Stress Value = 74		

Workout #2421 - Tuesday, 04 March 2003

Group 3 - Boys

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 20:00 Stomach and Stretch			L I
600	6 x 100 on 1:45 Stroke Drills	REC		D C
	odds fr evens non fr			
180	12 x 15 on :30 Shooters	SP3		S C
450	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
	{1 x 50 on 1:00 Kick	EN2		K C
	{1 x 50 on :55 Kick	EN2		K C
	{1 x 50 on :50 Kick	EN2		K C
600	2 x 300 on 4:15 Pulls	EN1		P
300	3 x 100 on 1:30 Freestyle-descend	EN1		S
1,200	6x{1 x 100 on 1:30 Individual Medley	EN1		S
	{1 x 50 on :40 Freestyle	EN2		S
	{1 x 50 on :50 Freestyle	REC		S
200	1 x 200 on 5:00 Stroke Drills	REC		D
	6:29 PM 3,530 Yards - Stress Value = 37			

Workout #2420 - Tuesday, 04 March 2003

Group 3 - Girls

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 20:00 Stomach and Stretch		L
800	8 x 100 on 1:45 Stroke Drills	REC	D
	odds fr evens non fr		
180	12 x 15 on :30 Shooters	SP3	S
	1x{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
	{1 x 100 on 1:45 Kick	EN2	K
	{1 x 50 on 1:00 Kick	EN2	K
	{1 x 50 on :55 Kick	EN2	K
	{1 x 50 on :50 Kick	EN2	K
	{1 x 50 on :45 Kick	EN2	K
900	3 x 300 on 4:15 Pulls	EN1	P
300	3 x 100 on 1:30 Freestyle-descend	EN1	S

10x{1 x 100 on 1:30 Individual Medley	EN1	S
{1 x 50 on :40 Freestyle	EN2	S
{1 x 50 on :50 Freestyle	REC	S
250 1 x 250 on 5:00 Stroke Drills	REC	D
6:50 PM 5,030 Yards - Stress Value = 51		

Workout #2422 - Wednesday, 05 March 2003

Group 3 - Boys

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
800	4 x 200 on 4:00 Reverse IM drill	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	
	1x{2 x 100 on 1:25 Pulls no br L. 10yds	EN1	
	{2 x 100 on 1:20 Pulls no br L.15 yds	EN1	
	5x{1 x 25 on :30 Stroke	EN1	
	{1 x 25 on :20 Freestyle	EN1	
	1x{2 x 200 on 2:45 Freestyle	EN1	
	{4 x 50 on :50 Your Stroke	EN1	
	{2 x 200 on 2:40 Freestyle	EN2	
	{4 x 50 on :50 Your Stroke	EN1	
	{2 x 200 on 2:35 Freestyle	EN2	
	{4 x 50 on :50 Your Stroke	EN1	
250	1 x 250 on 3:00 Stroke Drills	REC	
	6:36 PM 4,080 Yards - Stress Value = 47		

Workout #2423 - Wednesday, 05 March 2003

Group 3 - Girls

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
800	4 x 200 on 4:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
600	3x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
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. 10yds	EN1	
	{2 x 125 on 1:50 Pulls no br L.15 yds	EN1	
250	5x{1 x 25 on :30 Stroke	EN1	
	{1 x 25 on :20 Freestyle	EN1	
1,800	1x{2 x 200 on 2:45 Freestyle	EN1	
	{4 x 50 on :50 Your Stroke	EN1	
	{2 x 200 on 2:40 Freestyle	EN2	
	{4 x 50 on :50 Your Stroke	EN1	
	{2 x 200 on 2:35 Freestyle	EN2	
	{4 x 50 on :50 Your Stroke	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:46 PM 4,580 Yards - Stress Value = 53		

Workout #2424 - Thursday, 06 March 2003

Group 3 - All

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
950	1x{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 50 on :50 Kick	EN2	
	{3 x 100 on 2:00 Kick	EN2	
	{4 x 50 on :50 Kick	EN2	
1,000	1x{1 x 400 on 5:00 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
	{1 x 200 on 2:50 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
800	8 x 100 on 1:30 Descend in sets of 4	EN1	
400	1x{1 x 100 on :00 Broken	SP2	
	{1 x 200 on 8:00 Freestyle	REC	
	{1 x 100 on :00 Broken	SP2	
400	1 x 400 on 10:00 Stroke Drills	REC	
	6:47 PM 4,530 Yards - Stress Value = 64		

Workout #2425 - Friday, 07 March 2003

Group 3 - Boys

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
800	1 x 800 on 13:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
900	1x{1 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{3 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
900	1x{3 x 150 on 2:05 Pulls mid 50 br ev 7	EN1	
	{3 x 150 on 2:00 Pulls mid 50 br ev 8	EN1	
250	1x{1 x 50 on :50 Freestyle	EN1	
	{1 x 50 on :45 Freestyle	EN1	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle-build 25's	EN1	
1,350	3x{1 x 150 on 2:15 Your Stroke	EN1	
	{3 x 25 on :30 Freestyle-descend	EN1	
	{1 x 100 on 1:30 Your Stroke	EN1	
	{3 x 25 on :30 Freestyle-descend	EN1	
	{1 x 50 on :45 Your Stroke	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:16 PM 4,580 Yards - Stress Value = 48		

Workout #2426 - Friday, 07 March 2003

Group 3 - Girls

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
800	1 x 800 on 13:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
900	1x{1 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{3 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
600	1x{2 x 150 on 2:05 Pulls mid 50 br ev 7	EN1	
	{2 x 150 on 2:00 Pulls mid 50 br ev 8	EN1	

150	1x{1 x 50 on :50 Freestyle	EN1
	{1 x 50 on :45 Freestyle	EN1
	{1 x 50 on :40 Freestyle	EN2
1,200	3x{1 x 150 on 2:15 Your Stroke	EN1
	{2 x 25 on :30 Freestyle 6bk	EN1
	{1 x 100 on 1:30 Your Stroke	EN1
	{2 x 25 on :30 Freestyle 6bk	EN1
	{1 x 50 on :45 Your Stroke	EN1
200	1 x 200 on 4:00 Stroke Drills	REC
	6:08 PM 4,030 Yards - Stress Value = 45	

Workout #2427 - Friday, 07 March 2003

Group 2 - All

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	1x{1 x 100 on 2:05 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{3 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
900	1x{7 x 50 on :55 Pulls-nbbf&w	EN1	
	{6 x 50 on :50 Pulls-nbbf&w	EN1	
	{5 x 50 on :45 Pulls-nbbf&w	EN1	
300	1x{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
1,500	2x{3 x 100 on 1:55 Your Stroke	EN1	
	{3 x 75 on 1:25 Your Stroke	EN1	
	{3 x 50 on :55 Your Stroke	EN1	
	{3 x 25 on :25 Your Stroke	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:25 PM 4,580 Yards - Stress Value = 52		

Workout #2428 - Tuesday, 11 March 2003

Group 3 - All

1 seconds rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
300	1x{1 x 150 on 3:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
1,200	6x{1 x 100 on 1:30 Lungbuster pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
500	1x{1 x 100 on 1:45 Individual Medley	EN1	
	{1 x 100 on 1:40 Individual Medley	EN1	
	{1 x 100 on 1:35 Individual Medley	EN1	
	{1 x 100 on 1:30 Individual Medley	EN1	
	{1 x 100 on 1:25 Individual Medley	EN1	
350	1x{1 x 100 on :00 Broken	SP2	
	{1 x 200 on 7:00 Freestyle	REC	
	{1 x 50 on :00 Freestyle	SP2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:03 PM 3,530 Yards - Stress Value = 42		

Workout #2429 - Wednesday, 12 March 2003

Group 3 - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 25:00 Stomach and Stretch		L DRY	
500	1 x 500 on 7:00 Stroke Drills	REC	D CHO	
180	12 x 15 on :45 Shooters	SP3	S CHO	
300	3 x 100 on 2:00 Kick no board	EN1	K CHO	
600	8 x 75 on 1:10 Pulls-nbbf&w	EN1	P FR	
300	12 x 25 on :30 IM order-build	EN1	S IM	
1,200	2x{1 x 50 on 1:00 Butterfly	EN1	S FLY	
	{1 x 100 on 1:45 Stroke Drills	REC	D FR	
	{1 x 50 on 1:00 Backstroke	EN1	S BK	
	{1 x 100 on 1:45 Stroke Drills	REC	D FR	
	{1 x 50 on 1:00 Breaststroke	EN1	S BR	
	{1 x 100 on 1:45 Stroke Drills	REC	D FR	
	{1 x 50 on 1:00 Freestyle	EN1	S FR	
	{1 x 100 on 1:45 Stroke Drills	REC	D FR	
7:00 PM 3,080 Yards - Stress Value = 23				

Workout #2430 - Monday, 14 April 2003

Group 3 - All

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
400	4 x 100 on 2:00 Stroke Drills	REC	
600	8x{1 x 50 on 1:00 Kick	EN1	
	{1 x 25 on :45 Sprint kick	EN2	
600	1x{1 x 300 on 4:30 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 200 on 3:00 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
1,200	2x{1 x 150 on 2:30 2 min swim 30s rest	EN1	
	{1 x 200 on 3:00 2.5 min swim 30s rst	EN1	
	{1 x 250 on 3:30 3 min swim 30s rest	EN1	
250	1 x 250 on 5:00 Closed fist	REC	
7:18 PM 3,050 Yards - Stress Value = 26			

Workout #2431 - Tuesday, 15 April 2003

Group 3 - All

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Bolles school		I
500	5 x 100 on 2:00 Stroke Drills	REC	I
	3x{1 x 25 on :45 Kick no board 8m und	EN1	F
	{1 x 25 on :45 Kck no board 10m und	EN1	F
	{1 x 25 on :45 Kck no board 12m und	EN1	F
	{1 x 25 on :45 Kck no board 14m und	EN1	F
	{2 x 100 on 2:00 Kick	EN2	F
650	13 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	F
	1x{2 x 200 on 3:00 Freestyle	EN1	S
	{2 x 200 on 2:55 Freestyle	EN1	S
	{2 x 200 on 2:50 Freestyle	EN1	S
250	1 x 250 on 5:00 Closed fist	REC	I
7:39 PM 3,500 Yards - Stress Value = 34			

Workout #2432 - Wednesday, 16 April 2003

Group 3 - All

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Running and stretch		

500	10 x 50 on 1:00 Stroke Drills	REC	
1,050	1x{1 x 600 on 12:00 Vertical Kicking	EN2	
	{6 x 75 on 1:30 Kick-des in 3's	EN2	
600	3x{1 x 100 on 1:30 Lungbuster pulls	EN1	
	{ br 3-4-5-6		
	{1 x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
1,200	2x{1 x 300 on 4:30 Freestyle	EN1	
	{1 x 75 on 1:10 Freestyle	EN1	
	{1 x 75 on 1:05 Freestyle	EN1	
	{1 x 75 on 1:00 Freestyle	EN1	
	{1 x 75 on :55 Freestyle	EN1	
250	1 x 250 on 5:00 Thumb and fingertip	REC	
7:37 PM 3,600 Yards - Stress Value = 41			

Workout #2433 - Monday, 21 April 2003

Group 3 - All

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L DRY	
400	4 x 100 on 2:00 Stroke Drills	REC	D CHO	
1,400	1x{1 x 100 on 2:05 Kick	EN2	K FR	
	{4 x 25 on :45 Kick no board	EN2	K FLY	
	{2 x 100 on 2:00 Kick	EN2	K FR	
	{4 x 25 on :45 Kick no board	EN2	K FLY	
	{3 x 100 on 1:55 Kick	EN2	K FR	
	{4 x 25 on :45 Kick no board	EN2	K FLY	
	{4 x 100 on 1:50 Kick	EN2	K FR	
	{4 x 25 on :45 Kick no board	EN2	K FLY	
800	2 x 400 on 5:45 Pulls	EN1	P FR	
1,250	1x{4 x 125 on 1:55 Freestyle	EN1	S FR	
	{3 x 125 on 1:50 Freestyle	EN1	S FR	
	{2 x 125 on 1:45 Freestyle	EN1	S FR	
	{1 x 125 on 1:40 Freestyle	EN2	S FR	
200	1 x 200 on 4:00 Stroke Drills	REC	D CD	
7:49 PM 4,050 Yards - Stress Value = 49				

Workout #2434 - Tuesday, 22 April 2003

Group 3 - All

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Plyometrics/strech		I
500	5 x 100 on 2:00 Stroke Drills	REC	I
	50 free 50 non free		
1,500	1x{2 x 150 on 3:00 Kick	EN2	F
	{3 x 100 on 2:00 Kick-descend	EN2	F
	{4 x 75 on 1:30 Kick no board/side	EN2	F
	{6 x 50 on 1:00 Kick all 100%	EN2	F
	{12 x 25 on :40 12.5 yds under water	EN2	F
900	4x{1 x 100 on 1:30 Lungbuster pulls	EN1	F
	{ breathe 3-5-7-5		
	{1 x 125 on 2:00 Pulls hold strmln	EN1	F
	{ until feet pass flag		
1,350	3x{4 x 75 on 1:05 Freestyle	EN1	S
	{1 x 150 on 2:15 50 clsd fist 50 6bk	EN1	S
	{ 50 closed fist		
250	1 x 250 on 4:00 Stroke Drills	REC	I
7:54 PM 4,500 Yards - Stress Value = 52			

Workout #2435 - Wednesday, 23 April 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
600	1 on 30:00 Bolles school/strtch	I	I
1,600	3 x 200 on 4:00 Reverse IM drill	REC	I
	4x{1 x 300 on 6:30 Kick	EN2	F
	{1 x 100 on 1:30 Kick 100% effort	EN3	F
750	1x{5 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	F
1,600	2x{5 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	F
	{1 x 125 on 1:55 Free L.25 4 breaths	EN1	S
	{2 x 50 on :45 Freestyle	EN1	S
	{1 x 125 on 1:50 Free L.25 3 breaths	EN1	S
	{2 x 50 on :45 Freestyle	EN1	S
	{1 x 125 on 1:45 Free L.25 2 breaths	EN1	S
	{2 x 50 on :45 Freestyle	EN1	S
	{1 x 125 on 1:40 Free L.25 1 breath	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	I
7:58 PM 4,800 Yards - Stress Value = 73			

Workout #2436 - Thursday, 24 April 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
400	1 on 30:00 Run around the lake		
	1 x 400 on 8:00 Swim-kick-pull-swim	REC	
	1x{3 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Kick no board	EN1	
	{2 x 100 on 1:55 Kick	EN2	
	{4 x 25 on :40 Kick no board	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :35 Kick no board	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{4 x 25 on :30 Kick no board	EN2	
	{3 x 100 on 2:00 Kick	EN2	
750	3 x 250 on 3:30 Pulls every 3rd lap	EN1	
	only 3 breaths		
	2x{1 x 150 on 2:30 2 min swim 30s rest	EN1	
	{1 x 200 on 3:00 2.5 min swim 30s rst	EN1	
	{1 x 250 on 3:30 3 min swim 30s rest	EN1	
	{1 x 250 on 4:00 3.5 mim swim 30s rst	EN1	
400	4 x 100 on 1:30 Freestyle descend to	EN2	
	ludicrous speed		
250	1 x 250 on 4:00 Stroke Drills	REC	
8:02 PM 5,000 Yards - Stress Value = 62			

Workout #2437 - Monday, 28 April 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
600	1 on 30:00 Stomach and Stretch		
180	1 x 600 on 10:00 Choice	REC	
1,500	12 x 15 on :30 Shooters	SP3	
	3x{1 x 200 on 4:00 Kick	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
100	1 x 100 on 2:00 Kick for time	EN3	
1,000	2 x 500 on 7:00 Pulls-nbbf&w + 2 yds	EN1	
300	1x{1 x 100 on 2:00 Individual Medley	EN1	
	{1 x 100 on 1:50 Individual Medley	EN1	
	{1 x 100 on 1:40 Individual Medley	EN1	
1,250	1x{1 x 200 on 3:30 Backstroke	EN1	
	{4 x 25 on :30 Back 12.5 yds under	EN1	

{1 x 175 on 3:00 Backstroke	EN1
{4 x 25 on :30 Back 12.5 yds under	EN1
{1 x 150 on 2:30 Backstroke	EN1
{4 x 25 on :30 Back 12.5 yds under	EN1
{1 x 125 on 2:00 Backstroke	EN1
{4 x 25 on :30 Back 12.5 yds under	EN1
{1 x 100 on 1:35 Backstroke	EN1
{4 x 25 on :30 Back 12.5 yds under	EN1
1 x 250 on 4:00 Stroke Drills	REC

8:12 PM 5,180 Yards - Stress Value = 69

Workout #2438 - Tuesday, 29 April 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
600	1 on 30:00 Running and Stretch		
180	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Shooters	SP3	
	1x{3 x 125 on 2:30 Kick	EN2	
	{3 x 125 on 2:25 Kick	EN2	
	{3 x 125 on 2:20 Kick	EN2	
	{3 x 125 on 2:15 Kick	EN2	
	1x{1 x 250 on 3:35 Pulls	EN1	
	{1 x 250 on 3:30 Pulls	EN1	
	{1 x 250 on 3:25 Pulls	EN1	
	{1 x 250 on 3:20 Pulls	EN1	
200	4 x 50 on :45 Freestyle	EN1	
	4x{1 x 150 on 3:00 Breaststroke	EN1	
	{3 x 50 on 1:30 Under/over	EN1	
	{2 x 25 on :40 Breaststroke	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
8:20 PM 5,130 Yards - Stress Value = 65			

Workout #2439 - Wednesday, 30 April 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
6:00 PM Start				
600	1 on 30:00 Plyometrics/stretch		L	I
180	1 x 600 on 11:00 Reverse IM drill	REC	D	
1,500	12 x 15 on :30 Shooters	SP3	S	
	2x{1 x 100 on 1:45 Kick	EN2	K	C
	{2 x 25 on :30 Kick no board	EN2	K	
	{2 x 100 on 1:50 Kick	EN2	K	C
	{2 x 25 on :30 Kick no board	EN2	K	
	{3 x 100 on 1:55 Kick	EN2	K	C
	{2 x 25 on :30 Kick no board	EN2	K	
1,000	8 x 125 on 1:45 Lungbuster pulls	EN1	P	
	odds br 3-5-7-9-7			
	evens br 2-4-6-8-6			
2,100	3x{1 x 25 on :30 Butterfly	EN1	S	F
	{1 x 50 on :55 Butterfly 2-6-2	EN1	S	F
	{1 x 75 on 1:20 Butterfly 2-5-2	EN1	S	F
	{2 x 100 on 1:30 Individual Medley	EN1	S	
	{1 x 75 on 1:15 Butterfly 2-4-2	EN1	S	F
	{1 x 50 on :50 Butterfly 2-3-2	EN1	S	F
	{1 x 25 on :25 Butterfly	EN1	S	F
	{2 x 100 on 1:30 Individual Medley	EN1	S	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
8:14 PM 5,630 Yards - Stress Value = 69				

Workout #2440 - Thursday, 01 May 2003

Group 3 - All

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Bolles school/stetch		L I	
600	6 x 100 on 1:45 Stroke Drills	REC	D C	
180	12 x 15 on :30 Shooters	SP3	S	
	2x{1 x 100 on 1:45 Kick	EN2	K C	
	{2 x 25 on :30 Kick no board	EN2	K	
	{2 x 100 on 1:50 Kick	EN2	K C	
	{2 x 25 on :30 Kick no board	EN2	K	
	{3 x 100 on 1:55 Kick	EN2	K C	
	{2 x 25 on :30 Kick no board	EN2	K	
1,000	20 x 50 on :45 Pulls odds br ev 7 evens nbbf&w + 2yds	EN1	P	
300	3 x 100 on 1:30 Freestyle-descend	EN1	S	
	1x{1 x 150 on 2:15 Freestyle	EN1	S	
	{1 x 150 on 2:10 Freestyle	EN1	S	
	{1 x 150 on 2:05 Freestyle	EN1	S	
	{1 x 150 on 2:10 Freestyle	EN1	S	
	{1 x 150 on 2:05 Freestyle	EN1	S	
	{1 x 150 on 2:00 Freestyle	EN2	S	
	{1 x 150 on 2:05 Freestyle	EN1	S	
	{1 x 150 on 2:00 Freestyle	EN2	S	
	{1 x 150 on 2:05 Freestyle	EN1	S	
	{1 x 150 on 1:55 Freestyle	EN2	S	
	{1 x 150 on 2:00 Freestyle	EN2	S	
	{1 x 150 on 1:55 Freestyle	EN2	S	
	{1 x 150 on 1:50 Freestyle	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	

8:11 PM 5,630 Yards - Stress Value = 80

1x{2 x 125 on 2:30 Kick	EN2
{4 x 25 on :45 Kick no board	EN2
{2 x 125 on 2:25 Kick	EN2
{4 x 25 on :40 Kick no board	EN2
{2 x 125 on 2:20 Kick	EN2
{4 x 25 on :35 Kick no board	EN2
{2 x 125 on 2:15 Kick	EN2
{4 x 25 on :30 Kick no board	EN2
{1 x 100 on 3:00 Kick for time	EN2
1x{3 x 150 on 2:05 Pulls	EN1
{3 x 150 on 2:00 Pulls	EN1
{3 x 150 on 1:55 Pulls	EN2
3x{1 x 100 on 1:45 Non free	EN1
{4 x 25 on :30 Freestyle-descend	EN1
2x{1 x 125 on 2:30 Breaststroke	EN2
{1 x 125 on 2:25 Breaststroke	EN2
{1 x 125 on 2:20 Breaststroke	EN2
{1 x 125 on 2:15 Breaststroke	EN2
{4 x 25 on :45 Brst From a dive100%	EN3
1 x 250 on 5:00 Stroke Drills	REC

8:28 PM 5,880 Yards - Stress Value = 92

Workout #2443 - Tuesday, 06 May 2003

Group 3 - All

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Bolles school/stretc		
800	8 x 100 on 1:45 Stroke Drills	REC	
	odds free evns nonfr		
180	12 x 15 on :30 Shooters	SP3	
1,500	2x{2 x 150 on 2:45 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{ odds fr evens breast		
1,200	1x{2 x 200 on 2:50 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 100 on 1:25 Pulls-nbbf&w + 2 yds	EN1	
	{8 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	
300	3 x 100 on 1:40 25fr 25ba 25br 25fr	EN1	
1,600	1x{1 x 100 on 1:30 Butterfly 2-8-2	EN1	
	{1 x 50 on 1:30 Butterfly	EN1	
	{1 x 50 on 1:35 Butterfly	EN1	
	{1 x 50 on 1:40 Butterfly	EN1	
	{1 x 50 on 1:45 Butterfly	EN1	
	{2 x 100 on 1:30 Butterfly 2-7-2	EN1	
	{1 x 50 on 1:50 Butterfly	EN1	
	{1 x 50 on 1:45 Butterfly	EN1	
	{1 x 50 on 1:40 Butterfly	EN1	
	{3 x 100 on 1:30 Butterfly 2-6-2	EN1	
	{1 x 50 on 1:35 Butterfly	EN1	
	{1 x 50 on 1:30 Butterfly	EN1	
	{4 x 100 on 1:30 Butterfly 2-5-2	EN1	
	{1 x 50 on 1:25 Butterfly	EN1	
	{1 x 100 on 2:00 Freestyle	REC	
50	1 x 50 on 3:00 Buttrfly OTB fortime	EN3	
250	1 x 250 on 5:00 Stroke Drills	REC	

8:29 PM 5,880 Yards - Stress Value = 65

Workout #2442 - Monday, 05 May 2003

Group 3 - All

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	

Workout #2444 - Wednesday, 07 May 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
6:00 PM Start			
800	1 on 30:00 Plyometrics/stretch		I
180	4 x 200 on 3:30 Swim-kick-pull-swim	REC	S
1,600	12 x 15 on :30 Shooters	SP3	S
1,350	16 x 100 on 2:00 Kick odds 100%	EN2	F
	1x{8 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	F
	{6 x 75 on 1:00 Pulls br 5-6-7	EN1	F
	{4 x 75 on :55 Pulls	EN2	F
300	12 x 25 on :30 IM order-build	EN1	S
2,400	1x{1 x 400 on 5:30 Freestyle	EN2	S
	{1 x 400 on 5:20 Freestyle	EN2	S
	{1 x 400 on 5:10 Freestyle	EN2	S
	{1 x 400 on 5:00 Freestyle	EN2	S
	{1 x 400 on 4:50 Freestyle	EN2	S
	{1 x 400 on 4:40 Freestyle	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	I
8:29 PM 6,880 Yards - Stress Value = 106			

	{1 x 50 on 1:00 Kick 100%	EN3	K
1,200	8 x 150 on 2:05 Lungbuster pulls	EN1	P
	odds br 5-7-9		
	evens br 4-6-8		
450	3 x 150 on 2:15 1st 50 2bk 2nd 4bk	EN1	S
100	1x{1 on 1:00 Rest		M
	{1 x 100 on 1:10 Freestyle		M
	3rd 50 6bk		
2,000	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
450	9 x 50 on 1:00 Stroke Drills	REC	D
12:30 PM 6,680 Yards - Stress Value = 103			

Workout #2447 - Monday, 12 May 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
4:00 PM Start				
800	1 on 29:00 Running and Stretch		L	I
	8 x 100 on 1:45 Stroke Drills	REC	D	C
	odds free evns nonfr			
180	12 x 15 on :30 Shooters	SP3	S	
	2x{3 x 50 on 1:00 Kick	EN2	K	C
	{4 x 25 on :45 Kick no board	EN2	K	F
	{3 x 50 on 1:00 Kick	EN2	K	C
	{4 x 25 on :40 Kick no board	EN2	K	F
	{3 x 50 on 1:00 Kick	EN2	K	C
	{4 x 25 on :35 Kick no board	EN2	K	F
	{ 25's are all under			
1,600	4 x 400 on 5:30 Pulls	EN1	P	
300	3 x 100 on 1:30 Freestyle-descend	EN1	S	
	6x{8 x 25 on :30 Butterfly	EN1	S	F
	{1 on 1:00 Rest		M	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
6:30 PM 5,830 Yards - Stress Value = 68				

Workout #2445 - Thursday, 08 May 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
6:00 PM Start			
	1 on 29:00 Run and stretch		I
600	3 x 200 on 3:30 Reverse IM drill	REC	I
180	12 x 15 on :30 Shooters	SP3	S
1,600	4x{1 x 300 on 5:45 Kick	EN2	F
	{1 x 100 on 2:00 Kick for time	EN3	F
1,800	1x{3 x 300 on 4:15 Pulls	EN1	F
	{2 x 300 on 4:10 Pulls	EN1	F
	{1 x 300 on 4:05 Pulls	EN1	F
300	6 x 50 on :45 Free dwn ez bck fast	EN1	S
1,550	1x{1 x 200 on 3:00 Backstroke	EN1	S
	{4 x 50 on 1:15 Backstroke 15m under	EN1	S
	{1 x 200 on 2:55 Backstroke	EN2	S
	{4 x 50 on 1:15 Backstroke 15m under	EN1	S
	{1 x 200 on 2:50 Backstroke	EN2	S
	{1 x 200 on 2:45 Backstroke	EN2	S
	{4 x 50 on 1:15 Backstroke 15m under	EN1	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 50 on 3:00 Back OTB for time	SP2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
8:30 PM 6,280 Yards - Stress Value = 101			

Workout #2446 - Saturday, 10 May 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
10:00 AM Start			
	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
	6 fly/back 6 bck/brs		
1,500	1x{2 x 125 on 2:30 Kick	EN2	K
	{1 x 50 on 1:00 Kick 100%	EN3	K
	{2 x 125 on 2:25 Kick	EN2	K
	{1 x 50 on 1:00 Kick 100%	EN3	K
	{2 x 125 on 2:20 Kick	EN2	K
	{1 x 50 on 1:00 Kick 100%	EN3	K
	{2 x 125 on 2:15 Kick	EN2	K
	{1 x 50 on 1:00 Kick 100%	EN3	K
	{2 x 125 on 2:10 Kick	EN2	K

Workout #2448 - Tuesday, 13 May 2003

Group 3 - All

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Running and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,400	2x{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
1,350	1x{3 x 150 on 2:30 Lungbuster pulls	EN1	
	{3 x 150 on 2:25 Lungbuster pulls	EN1	
	{3 x 150 on 2:20 Lungbuster pulls	EN1	
	{ odds br 3-5-7		
	{ evens br 2-4-6		
400	8 x 50 on 1:00 odds free evns nonfr	EN1	
1,750	1x{3 x 250 on 3:45 Freestyle	EN2	
	{2 x 250 on 3:40 Freestyle	EN2	
	{2 x 250 on 3:35 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:30 PM 6,080 Yards - Stress Value = 86		

Workout #2449 - Wednesday, 14 May 2003

Group 3 - All

1 minute rest between sets

4:00 PM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Bolles school/stretc		
800	8 x 100 on 2:00 Stroke Drills	REC	
	odds free evens non		
180	12 x 15 on :30 Shooters	SP3	
5x	{2 x 100 on 2:15 Kick	EN2	
	{2 x 50 on 1:05 Kick no board	EN2	
	{ 1st 15m dolphin kick		
	{ alt between back&fly		
1x	{1 x 500 on 7:55 Pulls	EN1	
	{1 x 400 on 6:20 Pulls	EN1	
	{1 x 300 on 4:45 Pulls	EN1	
	{1 x 200 on 3:10 Pulls	EN1	
	{1 x 100 on 1:35 Pulls	EN1	
200	1 x 200 on 4:00 Reverse IM drill	REC	
1x	{3 x 50 on 1:00 Backstroke 15m under	EN1	
	{3 x 100 on 1:55 Backstroke 15m under	EN1	
	{3 x 150 on 2:45 Backstroke 15m under	EN1	
	{3 x 200 on 3:30 Backstroke 15m under	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:32 PM 5,880 Meters - Stress Value = 73		

Workout #2450 - Thursday, 15 May 2003

Group 3 - All

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Stomach and Stretch			L DF
600	1 x 600 on 11:00 Choice	REC	S	CF
180	12 x 15 on :30 Shooters	SP3	S	FI
1,500	2x{4 x 50 on 1:15 Kick-descend	EN2	K	CF
	{4 x 50 on 1:10 Kick-descend	EN2	K	CF
	{4 x 50 on 1:05 Kick-descend	EN2	K	CF
	{3 x 50 on 1:00 Kick-descend	EN2	K	CF
	{ 1st set free 2nd set			
	{ fly or breast			

1,200	3 x 400 on 5:45 Pulls	EN1	P	F
300	3 x 100 on 1:40 Freestyle-desend	EN1	S	F
1,400	1x{4 x 100 on 2:15 Breaststroke	EN1	S	F
	{2 x 50 on 1:30 Breaststroke OTB	EN3	S	F
	{3 x 100 on 2:10 Breaststroke	EN1	S	F
	{2 x 50 on 1:30 Breaststroke OTB	EN3	S	F
	{2 x 100 on 2:05 Breaststroke	EN2	S	F
	{2 x 50 on 1:30 Breaststroke OTB	EN3	S	F
	{1 x 100 on 2:00 Breaststroke	EN2	S	F
	{2 x 50 on 1:30 Breaststroke OTB	EN3	S	F
300	1 x 300 on 6:00 Stroke Drills	REC	D	C
	6:30 PM 5,480 Yards - Stress Value = 89			

Workout #2451 - Monday, 19 May 2003

Group 3 - All

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch			L I
	1x{1 x 200 on 3:30 Freestyle	REC	S	
	{1 x 200 on 3:25 150 EN1 50 fast	EN1	S	
	{1 x 200 on 3:20 100 EN1 100 fast	EN2	S	
	{1 x 200 on 3:15 50 EN1 150 fast	EN3	S	
180	12 x 15 on :30 Shooters	SP3	S	F
	1x{2 x 100 on 2:25 Kick	EN2	K	C
	{1 x 100 on 2:30 Kick no board	EN2	K	F
	{2 x 100 on 2:20 Kick	EN2	K	C
	{1 x 100 on 2:30 Kick no board	EN2	K	F
	{2 x 100 on 2:15 Kick	EN2	K	C
	{1 x 100 on 2:30 Kick no board	EN2	K	F
	{2 x 100 on 2:10 Kick	EN2	K	C
	{1 x 100 on 2:30 Kick no board	EN2	K	F
	{2 x 100 on 2:05 Kick	EN2	K	C
	{1 x 100 on 2:30 Kick no board	EN2	K	F
800	16 x 50 on 1:00 Pulls	EN1	P	
200	1 x 200 on 3:00 Individual Medley	EN1	S	
	1x{4 x 400 on 5:30 Freestyle	EN2	S	
	{3 x 300 on 4:10 Freestyle	EN2	S	
	{2 x 200 on 2:45 Freestyle	EN2	S	
	{1 x 100 on 1:20 Freestyle	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	6:36 PM 6,680 Yards - Stress Value = 125			

Workout #2452 - Tuesday, 20 May 2003

Group 3 - All

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
600	1 x 600 on 11:00 Swim-kick-dril-swim	REC	
	no equipment		
180	12 x 15 on :30 Shooters	SP3	
1,500	5x{1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
2,000	2 x 1000 on 15:00 Pulls	EN1	
300	3 x 100 on 1:40 Freestyle-descend	EN1	
1,800	1x{3 x 150 on 2:30 Backstroke	EN1	
	{3 x 150 on 2:25 Backstroke	EN1	
	{3 x 150 on 2:20 Backstroke	EN2	
	{3 x 150 on 2:15 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:33 PM 6,580 Yards - Stress Value = 86		

Workout #2453 - Wednesday, 21 May 2003

6:31 PM 6,480 Meters - Stress Value = 72

Group 3 - All

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 Bolles school		I
600	1 x 600 on 11:00 Reverse IM drill	REC	I
180	12 x 15 on :30 Shooters	SP3	S
1,500	3x{4 x 50 on 1:15 Kick no board	EN2	F
	{1 x 100 on 2:00 Kick	EN2	F
	{1 x 100 on 2:05 Kick	EN2	F
	{1 x 100 on 2:10 Kick	EN2	F
1,000	1x{1 x 200 on 3:10 Pulls	EN1	F
	{1 x 200 on 3:05 Pulls	EN1	F
	{1 x 200 on 3:00 Pulls	EN1	F
	{1 x 200 on 2:55 Pulls	EN1	F
	{1 x 200 on 2:50 Pulls	EN2	F
300	2 x 150 on 2:30 1st 50 2bk 2nd 50	EN1	S
	4bk 3rd 50 6bk		
1,800	1x{4 x 50 on 2:00 From dive/15 pushups	EN2	S
	{1 x 100 on 2:00 Breaststroke	EN2	S
	{4 x 50 on 2:00 From dive/15 pushups	EN2	S
	{2 x 100 on 1:55 Breaststroke	EN2	S
	{4 x 50 on 2:00 From dive/15 pushups	EN2	S
	{3 x 100 on 1:50 Breaststroke	EN2	S
	{4 x 50 on 2:00 From dive/15 pushups	EN2	S
	{4 x 100 on 1:45 Breaststroke	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I

6:36 PM 5,580 Yards - Stress Value = 88

Workout #2454 - Thursday, 22 May 2003

Group 3 - All

1 minute rest between sets

4:00 PM Start

Meters	Set Description	EGY	WORK
	1 on 25:00 Stomach and Stretch		L
600	6 x 100 on 1:45 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	2x{1 x 100 on 2:00 Kick	EN2	K
	{1 x 100 on 2:15 Kick	EN1	K
	{1 x 100 on 1:55 Kick	EN2	K
	{1 x 100 on 2:15 Kick	EN1	K
	{1 x 100 on 1:50 Kick	EN2	K
	{1 x 100 on 2:15 Kick	EN1	K
	{1 x 100 on 1:45 Kick	EN2	K
	{1 x 100 on 2:15 Kick	EN1	K
900	3 x 300 on 4:30 Pulls	EN1	P
200	1 x 200 on 3:00 Free-build each 50	EN1	S
	1x{1 x 50 on :55 Butterfly	EN1	S
	{2 x 50 on :50 Backstroke	EN1	S
	{3 x 50 on 1:00 Breaststroke	EN1	S
	{4 x 50 on :45 Freestyle	EN1	S
	{1 x 200 on 3:30 Individual Medley	EN1	S
	{2 x 50 on :55 Butterfly	EN1	S
	{3 x 50 on :50 Backstroke	EN1	S
	{4 x 50 on 1:00 Breaststroke	EN1	S
	{1 x 50 on :45 Freestyle	EN1	S
	{1 x 200 on 3:30 Individual Medley	EN1	S
	{3 x 50 on :55 Butterfly	EN1	S
	{4 x 50 on :50 Backstroke	EN1	S
	{1 x 50 on 1:00 Breaststroke	EN1	S
	{2 x 50 on :45 Freestyle	EN1	S
	{1 x 200 on 3:30 Individual Medley	EN1	S
	{4 x 50 on :55 Butterfly	EN1	S
	{1 x 50 on :50 Backstroke	EN1	S
	{2 x 50 on 1:00 Breaststroke	EN1	S
	{3 x 50 on :45 Freestyle	EN1	S
	{1 x 200 on 3:30 Individual Medley	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	D

Workout #2455 - Friday, 23 May 2003

Group 3 - All

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{1 x 100 on 2:00 Kick	EN2	
	{3 x 50 on 1:15 Kick-descend	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{3 x 50 on 1:10 Kick-descend	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{3 x 50 on 1:05 Kick-descend	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
1,000	1x{1 x 500 on 7:30 Pulls	EN1	
	{1 x 500 on 7:15 Pulls	EN1	
300	2 x 150 on 2:30 1st 50 2bk 2nd 50	EN1	
	4bk 3rd 50 6bk		
1,400	1x{3 x 100 on 2:00 Butterfly 2-6-2	EN1	
	{1 x 50 on 1:00 Butterfly lup 3 down	EN3	
	{3 x 100 on 1:55 Butterfly 2-5-2	EN1	
	{1 x 50 on 1:00 Butterfly lup 4 down	EN3	
	{3 x 100 on 1:50 Butterfly 2-4-2	EN1	
	{1 x 50 on 1:00 Butterfly lup 5 down	EN3	
	{3 x 100 on 1:45 Butterfly 2-3-2	EN1	
	{1 x 50 on 1:00 Butterfly lup 6 down	EN3	
300	1 x 300 on 5:00 Stroke Drills	REC	

6:11 PM 4,980 Yards - Stress Value = 64

Workout #2456 - Saturday, 24 May 2003

Group 3 - All

1 minute rest between sets

10:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretch		
600	1 x 600 on 11:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
800	8 x 100 on 2:15 Kick all 100% effort	EN2	
800	8 x 100 on 1:40 Lungbuster pulls	EN1	
400	1 x 400 on 7:00 Reverse IM drill	EN1	
	3x{1 x 50 on :00 Butterfly	SP2	
	{1 x 150 on 4:00 Freestyle	REC	
	{1 x 50 on :00 Backstroke	SP2	
	{1 x 150 on 4:00 Freestyle	REC	
	{1 x 50 on :00 Breaststroke	SP2	
	{1 x 150 on 4:00 Freestyle	REC	
300	6 x 50 on 1:15 Stroke Drills	REC	

12:01 PM 4,880 Yards - Stress Value = 80

Workout #2457 - Tuesday, 27 May 2003

Group 3 - All

1 minute rest between sets

4:00 PM Start

Meters	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
800	8 x 100 on 1:45 Stroke Drills odds free evns nonfr	REC	I
180	12 x 15 on :30 Shooters	SP3	S
1,000	1x{2 x 100 on 2:15 Kick {2 x 100 on 2:10 Kick {2 x 100 on 2:05 Kick {2 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick	EN2	F
1,200	1x{3 x 200 on 3:00 Pulls {2 x 200 on 2:55 Pulls {1 x 200 on 2:50 Pulls	EN1	F
500	10 x 50 on :55 Descend in sets of 3 hold #10 as fast as9	EN1	S
2,400	1x{1 x 800 on 15:00 Freestyle for time {8 x 100 on 1:30 Freestyle {4 x 200 on 3:00 Freestyle	EN2	S
300	1 x 300 on 6:00 Stroke Drills	REC	I
6:30 PM 6,380 Meters - Stress Value = 101			

Workout #2458 - Wednesday, 28 May 2003

Group 3 - All

1 minute rest between sets

4:00 PM Start

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	
	2x{4 x 50 on 1:10 Kick no board {3 x 100 on 2:00 Kick-descend	EN2	
1,200	8 x 150 on 2:20 Pulls breathe 3-4-5	EN1	
600	3 x 200 on 3:30 Individual Medley	EN1	
	1x{4 x 100 on 1:45 Backstroke {2 x 150 on 2:35 Backstroke {3 x 100 on 1:45 Backstroke {2 x 150 on 2:35 Backstroke {2 x 100 on 1:45 Backstroke {2 x 150 on 2:35 Backstroke {1 x 100 on 1:45 Backstroke {2 x 150 on 2:35 Backstroke	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:31 PM 6,180 Meters - Stress Value = 72			

Workout #2459 - Thursday, 29 May 2003

Group 3 - All

1 minute rest between sets

4:00 PM Start

Meters	Set Description	EGY	WORK
	1 on 25:00 Stomach and Stretch		L
800	1 x 800 on 15:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1,050	1x{1 x 300 on 6:30 Kick {1 x 250 on 5:25 Kick {1 x 200 on 4:20 Kick {1 x 150 on 3:15 Kick {1 x 100 on 2:10 Kick {1 x 50 on 1:05 Kick	EN2	K
	1 on 19:00 Techniques-starts	EN1	P
1,100	11 x 100 on 1:40 Lungbuster pulls	EN1	P
300	6 x 50 on :50 Descend in sets of 3	EN1	S
1,400	1x{4 x 50 on 1:00 Breaststroke {1 x 200 on 4:00 Breaststroke	EN1	S

	{4 x 50 on 1:00 Breaststroke	EN1	S
	{2 x 150 on 3:00 Breaststroke	EN1	S
	{4 x 50 on 1:00 Breaststroke	EN1	S
	{3 x 100 on 2:00 Breaststroke	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:29 PM 5,030 Meters - Stress Value = 60			

Workout #2460 - Monday, 02 June 2003

Group 3 - All

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Plyometrics/stretch		L I
800	8 x 100 on 1:45 Stroke Drills 2 on each stroke	REC	D C
180	12 x 15 on :30 Shooters	SP3	S F
	1x{1 x 100 on 2:15 Kick no board {2 x 100 on 2:15 Kick {2 x 100 on 2:15 Kick no board {3 x 100 on 2:15 Kick {3 x 100 on 2:15 Kick no board	EN2	K F
	6x{1 x 50 on 1:00 Pulls br ev 9 {1 x 50 on :55 Pulls br ev 8 {1 x 50 on :50 Pulls br ev 7 {1 x 50 on :45 Pulls br ev 6 {1 x 50 on :40 Pulls br ev 5	EN1	P
400	2 x 200 on 3:30 Individual Medley	EN1	S
	1x{2 x 250 on 4:00 Freestyle {2 x 250 on 3:55 Freestyle {2 x 250 on 3:50 Freestyle {2 x 250 on 3:45 Freestyle	EN1	S
300	6 x 50 on 1:10 Stroke Drills	REC	D
6:31 PM 6,280 Yards - Stress Value = 71			

Workout #2461 - Tuesday, 03 June 2003

Group 3 - All

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 15:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1,000	4x{1 x 150 on 3:00 Kick {2 x 50 on 1:05 Kick no board	EN2	K
1,600	1x{1 x 100 on 1:30 Pulls {1 x 200 on 3:00 Pulls {1 x 300 on 4:30 Pulls {1 x 400 on 6:00 Pulls {1 x 300 on 4:15 Pulls {1 x 200 on 2:50 Pulls {1 x 100 on 1:25 Pulls	EN1	P
300	6 x 50 on :50 Descend in sets of 3	EN1	S
2,400	2x{1 x 150 on 2:35 100 fly 50 back {1 x 150 on 2:35 100 back 50 breast {1 x 150 on 2:35 100 breast 50 free {1 x 150 on 2:35 100 free 50 fly {1 x 200 on 3:20 Individual Medley {1 x 200 on 3:10 Individual Medley {1 x 200 on 3:00 Individual Medley	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
6:31 PM 6,480 Yards - Stress Value = 70			

Workout #2462 - Wednesday, 04 June 2003

Group 3 - All

1 minute rest between sets

4:00 PM Start			
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{	1 x 50 on 1:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{1 x 200 on 4:00 Kick	EN2	
	{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	
1x{2	x 50 on :50 Pulls br ev 3	EN1	
	{1 x 200 on 3:00 Pulls	EN1	
	{2 x 50 on :50 Pulls br ev 5	EN1	
	{1 x 200 on 2:55 Pulls	EN1	
	{2 x 50 on :50 Pulls br ev 7	EN1	
	{1 x 200 on 2:50 Pulls	EN1	
	{2 x 50 on :50 Pulls br ev 9	EN1	
	{1 x 200 on 2:45 Pulls	EN1	
	{2 x 50 on :50 Pulls br ev 11	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
300	2 x 150 on 2:30 1st 50 2bk 2nd 50 4bk 3rd 50 6bk	EN1	
2x{1	x 150 on 2:30 Backstroke	EN2	
	{1 x 50 on 1:00 Backstroke	EN1	
	{1 x 50 on :55 Backstroke	EN1	
	{1 x 50 on :50 Backstroke	EN2	
	{1 x 150 on 2:25 Backstroke	EN2	
	{1 x 50 on 1:00 Backstroke	EN1	
	{1 x 50 on :55 Backstroke	EN1	
	{1 x 50 on :50 Backstroke	EN2	
	{1 x 150 on 2:20 Backstroke	EN2	
	{1 x 50 on 1:00 Backstroke	EN1	
	{1 x 50 on :55 Backstroke	EN1	
	{1 x 50 on :50 Backstroke	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
6:30 PM 6,380 Meters - Stress Value = 90			

Workout #2463 - Thursday, 05 June 2003

Group 3 - All

1 minute rest between sets

4:00 PM Start			
Meters	Set Description	EGY	WORK
=====	=====	====	====
	1 on 30:00 Plyometrics/stretch		L
800	1x{1 x 200 on :00 Freestyle	REC	S
	{1 x 400 on :00 Swim-kick-pull-swim	REC	S
	{1 x 200 on 15:00 Freestyle	EN1	S
180	12 x 15 on :30 Shooters	SP3	S
1,000	1x{4 x 50 on 1:05 Kick	EN2	K
	{4 x 50 on 1:00 Kick	EN2	K
	{4 x 50 on :55 Kick	EN2	K
	{4 x 50 on 1:00 Kick	EN2	K
	{4 x 50 on 1:05 Kick	EN2	K
2,000	1x{1 x 500 on 7:30 Pulls	EN1	P
	{1 x 500 on 7:20 Pulls	EN1	P
	{1 x 500 on 7:10 Pulls	EN1	P
	{1 x 500 on 7:00 Pulls	EN2	P
500	1x{3 x 100 on 1:40 Free build 2nd 50	EN1	S
	{1 x 200 on 4:00 Individual Medley	EN1	S
1,550	1x{1 x 50 on 1:00 Butterfly OTB	EN1	S

{3 x 100 on 1:55 Butterfly 2-8-2	EN1	S
{1 x 50 on 1:30 Freestyle	REC	S
{1 x 50 on 1:00 Butterfly OTB	EN1	S
{3 x 100 on 1:50 Butterfly 2-7-2	EN1	S
{1 x 50 on 1:30 Freestyle	REC	S
{1 x 50 on 1:00 Butterfly OTB	EN1	S
{3 x 100 on 1:45 Butterfly 2-6-2	EN1	S
{1 x 50 on 1:30 Freestyle	REC	S
{1 x 50 on 1:00 Butterfly OTB	EN1	S
{3 x 100 on 1:40 Butterfly 2-5-2	EN1	S
1 x 250 on 4:00 Stroke Drills	REC	D
6:30 PM 6,280 Meters - Stress Value = 76		

Workout #2464 - Friday, 06 June 2003

Group 3 - All

1 minute rest between sets

4:00 PM Start			
Meters	Set Description	EGY	WOF
=====	=====	====	====
	1 on 30:00 Stomach and Stretch		
1x{1	x 50 on 1:00 Freestyle	EN1	
	{1 x 100 on 1:50 Freestyle	REC	
	{1 x 150 on 2:35 Freestyle	EN1	
	{1 x 200 on 3:15 Freestyle	EN1	
	{1 x 150 on 2:20 Freestyle	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 50 on :40 Freestyle	EN1	
180	12 x 15 on :30 Shooters	SP3	
1x{1	x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:00 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 3:00 Kick for time	EN2	
8x{1	x 150 on 2:15 Pulls	EN1	
	{1 x 50 on 1:00 Pulls 3 breaths	EN1	
400	4 x 100 on 1:45 50 free 6bk 50 nonfr	EN1	
1x{3	x 150 on 2:50 Breaststroke	EN1	
	{2 x 150 on 2:40 Breaststroke	EN1	
	{1 x 150 on 2:30 Breaststroke	EN1	
	{1 x 100 on 1:55 Breaststroke	EN1	
	{2 x 100 on 1:50 Breaststroke	EN1	
	{3 x 100 on 1:45 Breaststroke	EN1	
	{3 x 50 on 1:00 Breaststroke	EN1	
	{2 x 50 on :55 Breaststroke	EN1	
	{1 x 50 on :50 Breaststroke	EN2	
300	1 x 300 on 6:00 Stroke Drills	REC	
6:30 PM 6,080 Meters - Stress Value = 75			

Workout #2465 - Monday, 09 June 2003

Group 3 - All

1 minute rest between sets

Meters	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	
180	12 x 15 on :30 Shooters	SP3	
1,000	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 200 on 4:30 Kick no board	EN1	
1,500	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 300 on 4:25 Pulls	EN1	
	{1 x 300 on 4:20 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	{1 x 300 on 4:10 Pulls	EN1	
500	1x{1 x 150 on 2:30 1st 50 2bk 2nd 4bk	EN1	
	{ 3rd 50 6bk		
	{3 x 50 on :50 Freestyle-descend	EN1	
	{1 x 200 on 3:30 Individual Medley	EN1	
2,400	1x{2 x 400 on 5:15 Freestyle	EN2	
	{2 x 400 on 5:10 Freestyle	EN2	
	{2 x 400 on 5:05 Freestyle	EN2	
400	8 x 50 on 1:15 Stroke Drills	REC	
	6:30 PM 6,780 Meters - Stress Value = 99		

Workout #2466 - Tuesday, 10 June 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:30 PM Start		
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:30 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
1,500	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 x 100 on 1:30 Kick	EN2	
1,500	1x{4 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 125 on 1:35 Pulls-nbbf&w + 2 yds	EN2	
300	6 x 50 on :45 Descend in sets of 3	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	
400	1x{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN1	
	{4 x 25 on :15 Freestyle	EN2	
400	4 x 100 on 1:45 Stroke Drills	REC	
	5:59 PM 7,480 Yards - Stress Value = 101		

Workout #2467 - Wednesday, 11 June 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:30 PM Start		
	1 on 30:00 Plyometrics		
1,000	1 x 1000 on 18:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	6x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
1,800	1x{8 x 75 on 1:05 Pulls	EN1	
	{8 x 75 on 1:00 Pulls	EN1	
	{8 x 75 on :55 Pulls	EN1	

300	12 x 25 on :30 IM order-build	EN1
1,750	1x{1 x 200 on 3:30 Butterfly 2-5-2	EN2
	{3 x 50 on 1:00 Fly 15m off each wal	EN2
	{1 x 200 on 3:20 Butterfly 2-6-2	EN2
	{3 x 50 on 1:00 Fly 15m off each wal	EN2
	{1 x 200 on 3:10 Butterfly 2-7-2	EN2
	{3 x 50 on 1:00 Fly 15m off each wal	EN2
	{1 x 200 on 3:00 Butterfly 2-8-2	EN2
	{3 x 50 on 1:00 Fly 15m off each wal	EN2
	{1 x 200 on 2:50 Butterfly 2-9-2	EN2
	{3 x 50 on 1:00 Fly 15m off each wal	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
	6:00 PM 6,630 Yards - Stress Value = 87	

Workout #2468 - Thursday, 12 June 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
	3:30 PM Start			
	1 on 30:00 Stomach and Stretch			L I
800	16 x 50 on 1:00 Stroke Drills	REC		D C
180	12 x 15 on :30 Shooters	SP3		S
	4x{1 x 100 on 2:00 Kick no board	EN2		S F
	{1 x 200 on 3:30 Freestyle	EN2		S
	1x{4 x 150 on 2:00 Pulls	EN1		P
	{4 x 150 on 1:55 Pulls	EN2		P
	{4 x 150 on 1:50 Pulls	EN2		P
	2x{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
	1x{1 x 150 on 2:40 Breaststroke	EN1		S
	{2 x 150 on 2:35 Breaststroke	EN1		S
	{3 x 150 on 2:30 Breaststroke	EN1		S
	{3 x 150 on 2:25 Breaststroke	EN2		S
	{2 x 150 on 2:20 Breaststroke	EN2		S
	{1 x 150 on 2:15 Breaststroke	EN2		S
350	7 x 50 on 1:00 Stroke Drills	REC		D
	6:00 PM 6,730 Yards - Stress Value = 94			

Workout #2470 - Monday, 16 June 2003

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:00 AM Start		
	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
800	4 x 200 on 4:00 Kick	EN1	
2,000	1x{2 x 500 on 7:30 Pulls	EN1	
	{2 x 500 on 7:15 Pulls	EN1	
300	1 x 300 on 4:30 IM w/out the free	EN1	
3,200	1x{1 x 800 on 11:30 Freestyle	EN2	
	{1 x 800 on 11:15 Freestyle	EN2	
	{1 x 800 on 11:00 Freestyle	EN2	
	{1 x 800 on 10:45 Freestyle	EN2	
	{ #1 just make, #2 neg		
	{ split, #3 des 200's		
	{ #4 best effort		
400	1 x 400 on 7:00 Stroke Drills	REC	
	8:13 AM 7,680 Meters - Stress Value = 114		

Workout #2472 - Monday, 16 June 2003

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM	Start		
800	1 on 30:00 Med balls/stretch		
180	8 x 100 on 1:30 Stroke Drills	REC	
500	12 x 15 on :45 Shooters	SP3	
2,000	1 x 500 on 9:00 Kick des by 100's	EN1	
	2 x 250 on 3:20 Pulls	EN1	
	2 x 250 on 3:15 Pulls	EN1	
	2 x 250 on 3:10 Pulls	EN1	
	2 x 250 on 3:05 Pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
3,000	1x{3 x 500 on 6:15 Freestyle-descend	EN1	
	{3 x 500 on 6:05 Freestyle-descend	EN1	
500	5 x 100 on 1:30 Stroke Drills	REC	
5:56 PM	7,580 Yards - Stress Value = 68		

Workout #2469 - Monday, 16 June 2003

Group 3 - Sprint

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	
150	10 x 15 on :45 Shooters	SP3	
1,500	5x{1 x 150 on 3:30 Kick	EN1	
	{1 x 100 on 2:15 Kick	EN1	
	{1 x 50 on 1:05 Kick	EN1	
1,000	4x{1 x 50 on :50 Pulls 8 breaths	EN1	
	{1 x 50 on :50 Pulls 7 breaths	EN1	
	{1 x 50 on :50 Pulls 6 breaths	EN1	
	{1 x 50 on :50 Pulls 5 breaths	EN1	
	{1 x 50 on :50 Pulls 4 breaths	EN1	
400	2 x 200 on 3:30 Individual Medley	EN1	
1,800	1x{4 x 150 on 2:15 Freestyle	EN2	
	{4 x 150 on 2:10 Freestyle	EN2	
	{4 x 150 on 2:05 Freestyle	EN2	
	1 on 15:00 Techniques-Starts		
400	4 x 100 on 2:00 Stroke Drills	REC	
8:17 AM	6,050 Meters - Stress Value = 77		

Workout #2471 - Monday, 16 June 2003

Group 3 - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
3:30 PM	Start			
	1 on 30:00 Med balls/stretch		L	I
500	5 x 100 on 1:45 Stroke Drills	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,200	4x{1 x 100 on 2:00 Kick	EN1	K	C
	{1 x 100 on 1:45 Kick	EN1	K	
	{1 x 100 on 1:30 Kick	EN2	K	
600	12 x 50 on 1:00 Pulls br ev 9	EN1	P	
	1 on 10:00 Techniques-finishes		D	
200	8 x 25 on :30 Odds free evens fly	EN1	S	
2,025	1x{3 x 125 on 1:40 Freestyle	EN2	S	
	{6 x 50 on :45 Freestyle-descend	EN2	S	
	{3 x 125 on 1:35 Freestyle	EN2	S	
	{6 x 50 on :45 Freestyle-descend	EN2	S	
	{3 x 125 on 1:30 Freestyle	EN2	S	
	{6 x 50 on :45 Freestyle-descend	EN2	S	
325	13 x 25 on :40 Stroke Drills	REC	D	
5:47 PM	5,000 Yards - Stress Value = 72			

Workout #2473 - Tuesday, 17 June 2003

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:00 AM	Start		
1,000	1x{1 x 200 on 3:30 Freestyle		REC
	{1 x 200 on 3:25 Free L.50 fast		EN1
	{1 x 200 on 3:20 Freestyle L.100 fast		EN1
	{1 x 200 on 3:15 Freestyle L.150 fast		EN1
	{1 x 200 on 3:10 Freestyle all fast		EN1
180	12 x 15 on :30 Shooters	SP3	
600	1x{2 x 150 on 3:00 Kick		EN1
	{2 x 150 on 2:55 Kick		EN1
1,600	1x{1 x 400 on 6:20 Pulls		EN1
	{2 x 200 on 3:00 Pulls		EN1
	{4 x 100 on 1:25 Pulls		EN1
	{8 x 50 on :40 Pulls		EN1
300	6 x 50 on :50 Freestyle		EN1
1,500	5x{1 x 200 on :00 Freestyle		SP1
	{1 x 100 on 7:30 Freestyle		REC
1,000	1 x 1000 on 17:30 Freestyle		REC
1,000	10 x 100 on 1:30 Freestyle		SP1
400	1 x 400 on 7:00 Freestyle		REC
8:30 AM	7,580 Meters - Stress Value = 217		

Workout #2476 - Tuesday, 17 June 2003

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
3:30 PM	Start			
	1 on 30:00 Plyometrics/stretch			L DF
1,000	1 x 1000 on 14:00 Choice	REC		S CF
180	12 x 15 on :30 Shooters	SP3		S F
600	3x{1 x 100 on 1:45 Kick	EN1		K F
	{1 x 100 on 1:45 Kick no board	EN1		K FI
2,000	2x{1 x 200 on 3:00 Pulls	EN1		P F
	{1 x 200 on 2:55 Pulls	EN1		P F
	{1 x 200 on 2:50 Pulls	EN1		P F
	{1 x 200 on 2:45 Pulls	EN1		P F
	{1 x 200 on 2:40 Pulls	EN1		P F
400	1 x 400 on 6:00 Reverse IM drill	REC		D I
2,900	1x{1 x 300 on 4:00 Freestyle	EN1		S F
	{2 x 150 on 2:00 Freestyle	EN1		S F
	{1 x 300 on 4:00 Freestyle	EN1		S F
	{3 x 100 on 1:20 Freestyle	EN1		S F
	{1 x 300 on 4:00 Freestyle	EN1		S F
	{4 x 75 on 1:00 Freestyle	EN1		S F
	{1 x 300 on 4:00 Freestyle	EN1		S F
	{6 x 50 on :40 Freestyle	EN1		S F
	{1 x 300 on 4:00 Freestyle	EN1		S F
	{8 x 25 on :40 Freestyle	EN1		S F
400	1 x 400 on 7:00 Stroke Drills	REC		D C
6:01 PM	7,480 Yards - Stress Value = 62			

Workout #2474 - Tuesday, 17 June 2003

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:00 AM Start			
900	2x{1 x 100 on 2:00 Stroke Drills	REC	I
	{1 x 50 on 1:00 Freestyle 2 beat kck	EN1	S
	{1 x 100 on 2:00 Stroke Drills	REC	I
	{1 x 50 on :55 Freestyle 4 beat kck	EN1	S
	{1 x 100 on 2:00 Stroke Drills	EN1	S
	{1 x 50 on :50 Freestyle 6 beat kck	EN1	S
150	10 x 15 on :30 Shooters	SP3	S
	1 on 5:00 Techniques-finishes	I	
1,000	2x{1 x 100 on 2:10 Kick	EN1	F
	{1 x 100 on 2:05 Kick	EN1	F
	{1 x 100 on 2:00 Kick	EN1	F
	{1 x 100 on 1:55 Kick	EN1	F
	{1 x 100 on 1:50 Kick	EN1	F
1,200	12 x 100 on 1:40 Lungbuster pulls	EN1	F
	odds br 5-7 evns 4-6		
300	1 x 300 on 5:00 IM without the free	EN1	S
2,100	6x{1 x 200 on 3:15 Free last 50 fast	EN1	S
	{3 x 50 on 1:00 Back or fly	EN1	S
400	4 x 100 on 2:00 Stroke Drills	REC	I
8:05 AM 6,050 Meters - Stress Value = 61			

Workout #2475 - Tuesday, 17 June 2003

Group 3 - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM Start			
1 on 30:00 Plyometrics/stretch			
800	1x{1 x 400 on :00 Reverse IM drill	REC	
	{1 x 400 on 15:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
500	10 x 50 on 2:00 Freestyle	SP2	
1,000	5x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 2:00 Kick no board	EN1	
400	8 x 50 on 2:15 Freestyle	SP2	
800	1x{2 x 200 on 3:00 Pulls	EN1	
	{2 x 200 on 2:55 Pulls	EN1	
300	6 x 50 on 2:30 Freestyle	SP2	
400	1 x 400 on 6:00 Stroke Drills	REC	
6:01 PM 4,350 Yards - Stress Value = 144			

Workout #2478 - Wednesday, 18 June 2003

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:00 AM Start			
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
700	1x{1 x 250 on 5:00 Kick	EN1	
	{1 x 200 on 4:00 Kick	EN1	
	{1 x 150 on 3:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
2,000	2x{1 x 400 on 5:00 Pulls	EN2	
	{1 x 300 on 4:00 Pulls	EN2	
	{1 x 200 on 2:50 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
300	1 x 300 on 5:15 150 free 150 non fr	EN1	
3,450	1x{3 x 300 on 4:00 Freestyle	EN2	
	{1 x 400 on 7:00 Freestyle	EN3	
	{3 x 250 on 3:20 Freestyle	EN2	
	{1 x 400 on 7:00 Freestyle	EN3	
	{3 x 200 on 2:40 Freestyle	EN2	
	{1 x 400 on 7:00 Freestyle	EN3	

250 1 x 250 on 5:00 Stroke Drills REC
8:09 AM 7,680 Meters - Stress Value = 183

Workout #2477 - Wednesday, 18 June 2003

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WORK	SI
6:00 AM Start				
1,050	1x{1 x 400 on 8:00 Reverse IM drill	REC	D	I
	{1 x 300 on 5:45 Reverse IM drill	REC	D	E
	{1 x 200 on 3:40 Stroke Drills	REC	D	E
	{3 x 50 on :45 Freestyle	EN1	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
1,200	1x{6 x 50 on 1:10 Kick des in 3's	EN1	K	F
	{6 x 50 on 1:05 Kick des in 3's	EN1	K	F
	{6 x 50 on 1:00 Kick des in 3's	EN1	K	F
	{6 x 50 on :55 Kick des in 3's	EN1	K	F
1,050	1x{1 x 300 on 4:30 Pulls	EN1	P	F
	{1 x 250 on 3:45 Pulls	EN1	P	F
	{1 x 200 on 3:00 Pulls	EN1	P	F
	{1 x 150 on 2:15 Pulls	EN1	P	F
	{1 x 100 on 1:30 Pulls	EN1	P	F
	{1 x 50 on :45 Pulls	EN1	P	F
500	1x{1 x 100 on 1:40 Freestyle	EN1	S	F
	{1 x 100 on 1:35 Freestyle	EN1	S	F
	{1 x 100 on 1:30 Freestyle	EN1	S	F
	{2 x 100 on 2:00 Non-Freestyle	EN1	S	SI
1,800	12 x 150 on 2:30 Freestyle	EN2	S	F
300	1 x 300 on 5:00 Stroke Drills	REC	D	C
7:59 AM 6,050 Meters - Stress Value = 76				

Workout #2480 - Thursday, 19 June 2003

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WC
6:00 AM Start			
800	1 x 800 on 15:00 Reverse IM drill	REC	
600	1 x 600 on 12:00 Kick odd 100's w/out a board	EN1	
1,600	1x{1 x 400 on 6:20 Pulls	EN1	
	{1 x 400 on 6:10 Pulls	EN1	
	{1 x 400 on 6:00 Pulls	EN1	
	{1 x 400 on 5:50 Pulls	EN1	
600	3 x 200 on 3:15 Freestyle-descend	EN1	
4,500	1x{1 x 1500 on 22:00 Freestyle	EN2	
	{1 x 1500 on 21:00 Freestyle	EN2	
	{1 x 1500 on 20:00 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
8:14 AM 8,300 Meters - Stress Value = 129			

Workout #2482 - Thursday, 19 June 2003

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch	REC	
1,000	1 x 1000 on 16:00 Swim-kick-pull-swim	REC	
900	1x{1 x 300 on 6:00 Kick	EN1	
	{1 x 300 on 5:45 Kick	EN1	
	{1 x 300 on 5:30 Kick	EN1	
1,200	1x{8 x 50 on :50 Pulls	EN1	
	{8 x 50 on :45 Pulls	EN1	
	{8 x 50 on :40 Pulls	EN1	
4,000	1x{1 x 1000 on 13:20 Freestyle	EN1	
	{2 x 500 on 6:40 Freestyle	EN1	
	{4 x 250 on 3:20 Freestyle	EN1	
	{8 x 125 on 1:40 Freestyle	EN1	
400	4 x 100 on 1:45 Stroke Drills	REC	
5:57 PM 7,500 Yards - Stress Value = 61			

Workout #2479 - Thursday, 19 June 2003

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WORK	SI
850	1 x 850 on 15:00 Choice	REC	S	CF
150	10 x 15 on :45 Shooters	SP3	S	F
1,200	6x{1 x 100 on 2:00 Kick	EN1	K	F
	{2 x 50 on 1:15 Kick no board	EN1	K	FI
1,200	1x{2 x 150 on 2:30 Lungbuster pulls	EN1	P	F
	{2 x 150 on 2:25 Lungbuster pulls	EN1	P	F
	{2 x 150 on 2:20 Lungbuster pulls	EN1	P	F
	{2 x 150 on 2:15 Lungbuster pulls	EN1	P	F
	{ odds br 3-5-7 evens			
	{ breathe 4-6-8			
400	1x{2 x 50 on 1:00 Butterfly	EN1	S	FI
	{2 x 50 on :55 Backstroke	EN1	S	F
	{2 x 50 on 1:05 Breaststroke	EN1	S	F
	{2 x 50 on :50 Freestyle	EN1	S	F
2,000	2x{1 x 200 on 3:00 Freestyle	EN1	S	F
	{2 x 150 on 2:10 Freestyle	EN1	S	F
	{3 x 100 on 1:25 Freestyle	EN1	S	F
	{4 x 50 on :40 Freestyle	EN1	S	F
200	1 x 200 on 5:00 Stroke Drills	REC	D	C
7:57 AM 6,000 Meters - Stress Value = 59				

Workout #2481 - Thursday, 19 June 2003

Group 3 - Sprint

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
150	10 x 15 on :30 Shooters	SP3	S
1,000	5x{1 x 50 on 1:00 Kick	EN1	F
	{1 x 50 on :55 Kick	EN1	F
	{1 x 50 on :50 Kick	EN1	F
	{1 x 50 on :45 Kick	EN2	F
900	12 x 75 on 1:00 Pulls br 3-5-7	EN1	F
300	1 x 300 on 4:30 Freestyle every 3rd	EN1	S
	25 100% w/ 6 beat ki		
1,600	8x{1 x 75 on :00 Freestyle	SP2	S
	{1 x 125 on 6:00 Freestyle	REC	S
250	5 x 50 on 1:00 Stroke Drills	REC	I
5:54 PM 5,000 Yards - Stress Value = 89			

Workout #2483 - Friday, 20 June 2003

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WORK
1,600	1x{1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
	{1 x 400 on 7:00 Alt. 100 fr dr, 100	REC	I
	{ non free drill		
	{1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
	{1 x 400 on 7:00 Alt. 100 fr dr, 100	REC	I
	{ non free drill		
500	1x{1 x 250 on 5:00 Kick	EN1	F
	{1 x 50 on 1:15 Kick	EN1	F
	{1 x 50 on 1:10 Kick	EN1	F
	{1 x 50 on 1:05 Kick	EN1	F
	{1 x 50 on 1:00 Kick	EN1	F
	{1 x 50 on :55 Kick	EN1	F
1,500	5 x 300 on 4:30 Pulls	EN1	F
500	1 x 500 on 8:00 Every 3rd 50 100%	EN1	S
	with a 6 beat kick		
3,200	8 x 400 on 6:15 Free 20 sec rest	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
8:11 AM 7,500 Meters - Stress Value = 95			

Workout #2486 - Friday, 20 June 2003

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Med balls/stretch		
1,200	3x{1 x 200 on 3:30 Stroke Drills	REC	
	{1 x 200 on 3:30 Reverse IM drill	REC	
500	1 x 500 on 10:00 Kick no board-fly	EN1	
	kck 3 lines off each		
	wall-odd 50's free		
	even 50's brst		
2,000	4 x 500 on 7:00 Pulls	EN1	
300	1x{12 x 25 on :30 IM order-build	EN1	
2,000	1x{2 x 200 on 3:00 Freestyle	EN1	
	{2 x 200 on 2:55 Freestyle	EN1	
	{2 x 200 on 2:50 Freestyle	EN1	
	{2 x 200 on 2:45 Freestyle	EN1	
	{2 x 200 on 2:40 Freestyle	EN1	
400	4 x 100 on 1:30 Freestyle descend to	EN2	
	ludicrous speed		
600	12 x 50 on 1:00 Stroke Drills	REC	
5:58 PM 7,000 Yards - Stress Value = 56			

Workout #2484 - Friday, 20 June 2003

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WC
6:00 AM Start			
850	1x{1 x 400 on 8:00 Swim-kick-pull-swim	REC	
	{1 x 100 on 1:45 Freestyle	EN1	
	{1 x 100 on 1:40 Freestyle	EN1	
	{1 x 100 on 1:35 Freestyle	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 50 on :40 Freestyle	EN1	
150	10 x 15 on :30 Shooters	SP3	
1,200	8x{1 x 100 on 2:05 Kick	EN1	
	{1 x 50 on 1:10 Sprint kick	EN1	
1,800	1x{1 x 300 on 4:45 Pulls	EN1	
	{3 x 50 on :45 Pulls br every 5	EN1	
	{1 x 300 on 4:40 Pulls	EN1	
	{3 x 50 on :50 Pulls br every 7	EN1	
	{1 x 300 on 4:35 Pulls	EN1	
	{3 x 50 on :55 Pulls br every 9	EN1	
	{1 x 300 on 4:30 Pulls	EN1	
	{3 x 50 on 1:00 Pulls br every 11	EN1	
600	3 x 200 on 3:45 100 free 100 non fre	EN1	
1,200	12 x 100 on 1:30 Freestyle 10 sec res	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:56 AM 6,000 Meters - Stress Value = 64			

Workout #2485 - Friday, 20 June 2003

Group 3 - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM Start			
	1 on 30:00 Med balls/stretch		
1,000	2x{3 x 100 on 1:45 Stroke Drills	REC	
	{1 x 200 on 3:30 Reverse IM drill	REC	
400	8x{1 x 18 on :00 Freestyle OTB	SP3	
	{1 x 32 on 1:30 Freestyle	REC	
1,000	8 x 125 on 2:30 Kick odds 100% effrt	EN2	
1,000	1x{2 x 125 on 1:55 Pulls br 2-3-4-5	EN1	
	{2 x 125 on 1:50 Pulls br 3-4-5-6	EN1	
	{2 x 125 on 1:45 Pulls br 4-5-6-7	EN1	
	{2 x 125 on 1:40 Pulls br 5-6-7-8	EN1	
300	12 x 25 on :30 IM order-build	EN1	
1,200	1x{3 x 100 on 1:20 Freestyle	EN2	
	{3 x 100 on 1:15 Freestyle	EN2	
	{3 x 100 on 1:10 Freestyle	EN2	
	{3 x 100 on 1:05 Freestyle	EN2	
	{ all 1:05 or faster		
200	1 x 200 on 4:00 Stroke Drills	REC	
5:36 PM 5,100 Yards - Stress Value = 61			

Workout #2488 - Saturday, 21 June 2003

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:00 PM Start			
1,500	1x{1 x 500 on 8:45 Stroke Drills	REC	
	{1 x 400 on 7:00 Stroke Drills	REC	
	{1 x 300 on 5:15 Stroke Drills	REC	
	{1 x 200 on 3:30 Stroke Drills	REC	
	{1 x 100 on 1:45 Stroke Drills	REC	
800	4 x 200 on 4:20 Kick	EN1	
900	9 x 100 on 1:40 Descend in sets of 3	EN1	
1,000	1 x 1000 on 15:00 Freestyle	SP2	
200	1 x 200 on 3:00 Freestyle	REC	
2,000	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	
	{1 x 200 on 3:00 Pulls	EN1	
900	1x{3 x 100 on 1:30 Freestyle	EN1	
	{3 x 100 on 1:25 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
8:11 PM 7,500 Meters - Stress Value = 164			

Workout #2487 - Saturday, 21 June 2003

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:00 PM Start			
650	1 x 650 on 11:00 Choice	REC	
150	10 x 15 on :30 Shooters	SP3	
1,350	3x{1 x 150 on :00 Freestyle	SP1	
	{1 x 50 on 5:00 Stroke Drills	REC	
	{1 x 100 on :00 Freestyle	SP1	
	{1 x 50 on 4:00 Stroke Drills	REC	
	{1 x 50 on :00 Freestyle	SP1	
	{1 x 50 on 3:00 Stroke Drills	REC	
900	3x{1 x 100 on 2:15 Kick hold under 1:45	EN2	
	{1 x 100 on 2:00 Kick hold under 1:45	EN2	
	{1 x 100 on 1:45 Kick	EN2	
900	2x{1 x 150 on :00 Non free	SP1	
	{1 x 50 on 5:00 Stroke Drills	REC	
	{1 x 100 on :00 Non free	SP1	
	{1 x 50 on 4:00 Stroke Drills	REC	
	{1 x 50 on :00 Non free	SP1	
	{1 x 50 on 3:00 Stroke Drills	REC	
1,000	4 x 250 on 3:45 Pulls	EN1	
600	6 x 100 on 1:20 Freestyle	EN2	
500	1 x 500 on 8:00 Stroke Drills	REC	
8:12 PM 6,050 Meters - Stress Value = 184			

Workout #2493 - Monday, 23 June 2003

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM Start			
	1 on 30:00 Med balls/stretch		
800	8 x 100 on 1:30 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
750	2x{1 x 125 on 2:25 Kick	EN1	
	{1 x 125 on 2:20 Kick	EN1	
	{1 x 125 on 2:15 Kick	EN1	
1,250	1x{2 x 250 on 3:20 Pulls	EN1	
	{2 x 250 on 3:15 Pulls	EN1	
	{1 x 250 on 3:10 Pulls	EN1	
450	3 x 150 on 2:15 Free 1st 50 2bk, 2nd	EN1	
	50 4bk, 3rd 50 6bk		
2,300	1x{3 x 200 on 3:30 Breaststroke	EN1	
	{1 x 200 on 2:45 Individual Medley	EN2	
	{3 x 150 on 2:30 Breaststroke	EN2	
	{1 x 200 on 2:45 Individual Medley	EN2	
	{3 x 100 on 1:35 Breaststroke	EN2	
	{1 x 200 on 2:45 Individual Medley	EN2	
	{3 x 50 on :45 Breaststroke	EN2	
	{1 x 200 on 2:45 Individual Medley	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
5:46 PM 6,030 Yards - Stress Value = 69			

Workout #2495 - Monday, 23 June 2003

Group 3 - Fly

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 :45 Shooters	SP3	
1,200	1x{2 x 150 on 3:10 Kick	EN1	
	{2 x 150 on 3:05 Kick	EN1	
	{2 x 150 on 3:00 Kick	EN1	
	{2 x 150 on 2:55 Kick	EN1	
1,200	1x{2 x 300 on 4:30 Pulls br ev 5	EN1	
	{1 x 300 on 4:25 Pulls br ev 6	EN1	
	{1 x 300 on 4:20 Pulls br ev 7	EN1	
300	3 x 100 on 1:40 Butterfly	EN1	
3,000	1x{1 x 500 on 7:15 Freestyle	EN2	
	{1 x 500 on 7:10 Freestyle	EN2	
	{1 x 500 on 7:05 Freestyle	EN2	
	{1 x 500 on 7:00 Freestyle	EN2	
	{1 x 500 on 6:55 Freestyle	EN2	
	{1 x 500 on 6:50 Freestyle	EN2	
400	8 x 50 on 1:10 Stroke Drills	REC	
8:11 AM 7,080 Meters - Stress Value = 102			

Workout #2489 - Monday, 23 June 2003

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 :45 Shooters	SP3	
1,200	1x{2 x 150 on 3:10 Kick	EN1	
	{2 x 150 on 3:05 Kick	EN1	
	{2 x 150 on 3:00 Kick	EN1	
	{2 x 150 on 2:55 Kick	EN1	
1,200	1x{2 x 300 on 4:30 Pulls br ev 5	EN1	
	{1 x 300 on 4:25 Pulls br ev 6	EN1	
	{1 x 300 on 4:20 Pulls br ev 7	EN1	
300	3 x 100 on 1:40 Butterfly	EN1	
3,000	1x{1 x 500 on 7:15 Freestyle	EN2	
	{1 x 500 on 7:10 Freestyle	EN2	
	{1 x 500 on 7:05 Freestyle	EN2	
	{1 x 500 on 7:00 Freestyle	EN2	
	{1 x 500 on 6:55 Freestyle	EN2	
	{1 x 500 on 6:50 Freestyle	EN2	
400	8 x 50 on 1:10 Stroke Drills	REC	
8:11 AM 7,080 Meters - Stress Value = 102			

Workout #2490 - Monday, 23 June 2003

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 :45 Shooters	SP3	
1,200	1x{2 x 150 on 3:10 Kick	EN1	
	{2 x 150 on 3:05 Kick	EN1	
	{2 x 150 on 3:00 Kick	EN1	
	{2 x 150 on 2:55 Kick	EN1	
1,200	1x{2 x 300 on 4:30 Pulls br ev 5	EN1	
	{1 x 300 on 4:25 Pulls br ev 6	EN1	
	{1 x 300 on 4:20 Pulls br ev 7	EN1	
300	3 x 100 on 1:40 Butterfly	EN1	
3,000	1x{1 x 500 on 7:15 Freestyle	EN2	

1 x 500 on 7:10 Freestyle	EN2
1 x 500 on 7:05 Freestyle	EN2
1 x 500 on 7:00 Freestyle	EN2
1 x 500 on 6:55 Freestyle	EN2
1 x 500 on 6:50 Freestyle	EN2
8 x 50 on 1:10 Stroke Drills	REC
8:11 AM 7,080 Meters - Stress Value = 102	

Workout #2491 - Monday, 23 June 2003

Group 3 - Middle Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM Start			
800	1 on 30:00 Med balls/stretch		
800	8 x 100 on 1:30 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{1 x 125 on 2:25 Kick	EN1	
	{1 x 125 on 2:20 Kick	EN1	
	{1 x 125 on 2:15 Kick	EN1	
	1x{2 x 250 on 3:20 Pulls	EN1	
	{2 x 250 on 3:15 Pulls	EN1	
	{1 x 250 on 3:10 Pulls	EN1	
300	2 x 150 on 2:15 Free 1st 50 2bk, 2nd 50 4bk, 3rd 50 6bk	EN1	
	1x{6 x 100 on 1:20 Freestyle	EN1	
	{4 x 150 on 2:00 Freestyle	EN1	
	{3 x 200 on 2:40 Freestyle	EN1	
	{2 x 300 on 4:00 Freestyle	EN1	
	{1 x 600 on 8:00 Freestyle	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
5:48 PM 6,530 Yards - Stress Value = 58			

Workout #2492 - Monday, 23 June 2003

Group 3 - Middle Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM Start			
800	1 on 30:00 Med balls/stretch		
800	8 x 100 on 1:30 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
750	2x{1 x 125 on 2:25 Kick	EN1	
	{1 x 125 on 2:20 Kick	EN1	
	{1 x 125 on 2:15 Kick	EN1	
1,250	1x{2 x 250 on 3:20 Pulls	EN1	
	{2 x 250 on 3:15 Pulls	EN1	
	{1 x 250 on 3:10 Pulls	EN1	
300	2 x 150 on 2:15 Free 1st 50 2bk, 2nd 50 4bk, 3rd 50 6bk	EN1	
3,000	1x{6 x 100 on 1:20 Freestyle	EN1	
	{4 x 150 on 2:00 Freestyle	EN1	
	{3 x 200 on 2:40 Freestyle	EN1	
	{2 x 300 on 4:00 Freestyle	EN1	
	{1 x 600 on 8:00 Freestyle	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
5:48 PM 6,530 Yards - Stress Value = 58			

Workout #2494 - Monday, 23 June 2003

Group 3 - Backstroke

1 minute rest between sets

3:30 PM Start			
Yards	Set Description	EGY	WOF
800	1 on 30:00 Med balls/stretch		
180	8 x 100 on 1:30 Stroke Drills	REC	
750	12 x 15 on :45 Shooters	SP3	
1,250	2x{1 x 125 on 2:25 Kick	EN1	
	{1 x 125 on 2:20 Kick	EN1	
	{1 x 125 on 2:15 Kick	EN1	
1,250	1x{2 x 250 on 3:20 Pulls	EN1	
	{2 x 250 on 3:15 Pulls	EN1	
	{1 x 250 on 3:10 Pulls	EN1	
450	3 x 150 on 2:15 Free 1st 50 2bk, 2nd 50 4bk, 3rd 50 6bk	EN1	
2,300	1x{3 x 200 on 2:50 Backstroke	EN1	
	{1 x 200 on 2:45 Individual Medley	EN2	
	{3 x 150 on 2:05 Backstroke	EN2	
	{1 x 200 on 2:45 Individual Medley	EN2	
	{3 x 100 on 1:20 Backstroke	EN2	
	{1 x 200 on 2:45 Individual Medley	EN2	
	{3 x 50 on :40 Backstroke	EN2	
	{1 x 200 on 2:45 Individual Medley	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
5:42 PM 6,030 Yards - Stress Value = 69			

	{1 x 500 on 6:45 Pulls	EN1	
	{1 x 500 on 6:30 Pulls	EN1	
250	1x{1 x 100 on 1:30 Freestyle 2 beat kck	EN1	
	{1 x 75 on 1:05 Freestyle 4 beat kck	EN1	
	{1 x 50 on :40 Freestyle 6 beat kck	EN1	
	{1 x 25 on :30 Freestyle no breath	EN1	
2,400	1x{1 x 400 on 4:40 Freestyle	EN2	
	{4 x 100 on 1:15 Freestyle	EN2	
	{1 x 400 on 4:35 Freestyle	EN2	
	{4 x 100 on 1:15 Freestyle	EN2	
	{1 x 400 on 4:30 Freestyle	EN2	
	{4 x 100 on 1:15 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
5:40 PM 6,530 Yards - Stress Value = 102			

Workout #2498 - Tuesday, 24 June 2003

Group 3 - IM/Stroke

1 minute rest between sets

3:30 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
180	1x{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 200 on 2:50 Freestyle L.50 fast	EN1	
	{1 x 200 on 2:40 Freestyle L.100 fast	EN1	
	{1 x 200 on 2:30 Freestyle L.150 fast	EN1	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 125 on 2:00 Kick	EN2	
	{3 x 100 on 1:35 Kick	EN2	
	{4 x 75 on 1:10 Kick	EN2	
	{5 x 50 on :45 Kick	EN2	
	1x{1 x 500 on 7:00 Pulls	EN1	
	{1 x 500 on 6:45 Pulls	EN1	
	2x{1 x 100 on 1:30 Freestyle 2 beat kck	EN1	
	{1 x 75 on 1:05 Freestyle 4 beat kck	EN1	
	{1 x 50 on :40 Freestyle 6 beat kck	EN1	
	{1 x 25 on :30 Freestyle no breath	EN1	
300	1x{1 x 400 on 6:00 Your Stroke	EN2	
	{4 x 100 on 1:10 Freestyle	EN2	
	{1 x 400 on 5:50 Your Stroke	EN2	
	{4 x 100 on 1:10 Freestyle	EN2	
	{1 x 400 on 5:40 Your Stroke	EN2	
	{4 x 100 on 1:10 Freestyle	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
5:41 PM 6,280 Yards - Stress Value = 100			

Workout #2496 - Tuesday, 24 June 2003

Group 3 - Middle Distance

1 minute rest between sets

6:00 AM Start			
Meters	Set Description	EGY	WOF
1,200	1x{1 x 400 on :00 Swim-kick-pull-swim	REC	
	{1 x 400 on :00 Reverse IM drill	REC	
	{1 x 400 on 20:00 Swim-kick-pull-swim	REC	
800	1x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
500	1x{2 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
	{1 x 200 on 3:30 Individual Medley	EN1	
3,000	6x{1 x 200 on :00 Freestyle	SP2	
	{1 x 300 on 10:00 Freestyle	REC	
1,200	4 x 300 on 4:15 Pulls	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
8:12 AM 7,000 Meters - Stress Value = 162			

Workout #2499 - Wednesday, 25 June 2003

Group 3 - Middle Distance

1 minute rest between sets

6:00 AM Start			
Meters	Set Description	EGY	WOF
1,000	1x{1 x 300 on 5:15 250 free 50 stroke	REC	
	{1 x 250 on 4:20 200 free 50 stroke	REC	
	{1 x 200 on 3:25 150 free 50 stroke	REC	
	{1 x 150 on 2:30 100 free 50 stroke	REC	
	{1 x 100 on 1:35 50 free 50 stroke	EN1	
150	10 x 15 on :45 Shooters	SP3	
900	3x{1 x 200 on 4:15 Kick no board 15m	EN1	
	{ fly off each wall		
	{1 x 100 on 2:00 Kick	EN1	
2,450	7x{1 x 250 on 3:45 Pulls br 4-5-6-7-8	EN1	
	{1 x 100 on 1:30 Free hold under 1:20	EN2	
250	1 x 250 on 5:00 Freestyle	REC	
2,000	5x{1 x 300 on 5:00 Free best effort	EN3	
	{1 x 100 on 2:00 Free best effort	EN3	
300	6 x 50 on 1:10 Stroke Drills	REC	
8:15 AM 7,050 Meters - Stress Value = 185			

Workout #2497 - Tuesday, 24 June 2003

Group 3 - Middle Distance

1 minute rest between sets

3:30 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1x{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 200 on 2:50 Freestyle L.50 fast	EN1	
	{1 x 200 on 2:40 Freestyle L.100 fast	EN1	
	{1 x 200 on 2:30 Freestyle L.150 fast	EN1	
180	12 x 15 on :30 Shooters	SP3	
1,100	1x{2 x 125 on 2:00 Kick	EN2	
	{3 x 100 on 1:35 Kick	EN2	
	{4 x 75 on 1:10 Kick	EN2	
	{5 x 50 on :45 Kick	EN2	
1,500	1x{1 x 500 on 7:00 Pulls	EN1	

Workout #2500 - Thursday, 26 June 2003

Group 3 - Middle Distance

1 minute rest between sets

6:00 AM Start

Meters	Set Description	EGY	WOF
800	8 x 100 on 2:00 Stroke Drills	REC	
900	3x{1 x 150 on 3:15 Kick	EN1	
	{1 x 100 on 2:15 Kick	EN1	
	{1 x 50 on 1:10 Kick	EN1	
1,500	1 x 1500 on 22:30 Pulls	EN1	
900	9 x 100 on 1:40 Descend in sets of 3	EN1	
2,700	1x{3 x 400 on 6:00 Freestyle	EN1	
	{3 x 300 on 4:30 Freestyle	EN1	
	{3 x 200 on 3:00 Freestyle	EN1	
200	4 x 50 on 1:15 Stroke Drills	REC	

8:05 AM 7,000 Meters - Stress Value = 66

	{1 x 200 on 3:00 Freestyle	EN1
	{1 x 200 on 3:15 Stroke Drills	REC
900	3x{1 x 150 on 3:15 Kick	EN1
	{3 x 50 on 1:00 Kick no board	EN1
2,500	1x{3 x 250 on 3:35 Pulls	EN1
	{3 x 250 on 3:30 Pulls	EN1
	{2 x 250 on 3:25 Pulls	EN2
	{2 x 250 on 3:20 Pulls	EN2
450	1x{3 x 50 on 1:00 Butterfly	EN1
	{3 x 50 on :55 Backstroke	EN1
	{3 x 50 on 1:05 Breaststroke	EN1
2,000	10 x 200 on 3:15 Challenge Set!!!!!!!	EN2
400	1 x 400 on 8:00 Stroke Drills	REC

8:03 AM 7,050 Meters - Stress Value = 100

Workout #2506 - Monday, 07 July 2003

Group 3 - Middle Distance

1 minute rest between sets

Workout #2501 - Thursday, 26 June 2003

Group 3 - Middle Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Plyometrics/stretch		
1,000	1 x 1000 on 15:00 Swim-kick-pull-swim	REC	
750	1x{2 x 125 on 2:20 Kick	EN1	
	{2 x 125 on 2:10 Kick	EN1	
	{2 x 125 on 2:00 Kick	EN2	
2,500	1x{2 x 400 on 5:30 Pulls	EN1	
	{3 x 300 on 4:05 Pulls	EN1	
	{4 x 200 on 2:40 Pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
1,800	12 x 150 on 2:15 Freestyle	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	

5:43 PM 6,550 Yards - Stress Value = 145

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 :45 Shooters	SP3	
1,000	5x{1 x 100 on 2:15 Kick	EN1	
	{2 x 50 on 1:15 Kick 1st 15m under	EN1	
1,200	1x{2 x 150 on 2:30 Lungbuster pulls	EN1	
	{2 x 150 on 2:25 Lungbuster pulls	EN1	
	{2 x 150 on 2:20 Lungbuster pulls	EN1	
	{2 x 150 on 2:15 Lungbuster pulls	EN1	
300	3 x 100 on 2:00 50 free 50 non-free	EN1	
1,800	1x{3 x 300 on 5:00 Freestyle	EN1	
	{2 x 300 on 4:45 Freestyle	EN1	
	{1 x 300 on 4:30 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	

7:52 AM 5,480 Meters - Stress Value = 55

Workout #2508 - Monday, 07 July 2003

Group 3 - Middle Distance

1 minute rest between sets

Workout #2502 - Thursday, 26 June 2003

Group 3 - Middle Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
1,000	1x{1 x 150 on 2:30 IM w/out the fly	EN1	
	{1 x 100 on 1:45 Individual Medley	EN1	
	{1 x 150 on 2:30 IM w/out the back	EN1	
	{1 x 100 on 1:40 Individual Medley	EN1	
	{1 x 150 on 2:30 IM w/out the breast	EN1	
	{1 x 100 on 1:35 Individual Medley	EN1	
	{1 x 150 on 2:30 IM w/out the free	EN1	
	{1 x 100 on 1:30 Individual Medley	EN1	
1,000	4 x 250 on 4:00 Kick	EN2	
	1x{1 x 800 on 11:00 Pulls	EN1	
	{1 x 800 on 10:30 Pulls	EN1	
	{1 x 800 on 10:00 Pulls	EN1	
1,800	12 x 150 on 2:15 Descend in sets of 3	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	

5:41 PM 6,500 Yards - Stress Value = 92

3:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	6 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	2x{1 x 125 on 1:50 Pulls no br L.5 yds	EN1	
	{1 x 125 on 1:45 Pulls no br L. 8 yds	EN1	
	{1 x 125 on 1:40 Pulls no br L.12 yds	EN1	
	{1 x 125 on 1:35 Pulls no br L.15 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	1x{1 x 500 on 6:40 Freestyle	EN2	
	{5 x 100 on 1:10 Freestyle	EN2	
	{1 x 500 on 6:15 Freestyle	EN2	
	{5 x 100 on 1:15 Freestyle	EN2	
	{1 x 500 on 5:50 Freestyle	EN2	
	{5 x 100 on 1:20 Freestyle	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	

5:39 PM 6,030 Yards - Stress Value = 88

Workout #2503 - Friday, 27 June 2003

Group 3 - Middle Distance

1 minute rest between sets

6:00 AM Start

Meters	Set Description	EGY	WC
800	1x{1 x 200 on 3:30 Freestyle	REC	
	{1 x 200 on 3:30 Stroke Drills	REC	

Workout #2505 - Monday, 07 July 2003

Group 3 - IM/Stroke

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 :45 Shooters	SP3	
1,000	5x{1 x 100 on 2:15 Kick	EN1	
	{2 x 50 on 1:15 Kick 1st 15m under	EN1	
1,200	1x{2 x 150 on 2:30 Lungbuster pulls	EN1	
	{2 x 150 on 2:25 Lungbuster pulls	EN1	
	{2 x 150 on 2:20 Lungbuster pulls	EN1	
	{2 x 150 on 2:15 Lungbuster pulls	EN1	
300	3 x 100 on 2:00 50 free 50 non-free	EN1	
1,800	3x{1 x 100 on 2:00 Your Stroke	EN1	
	{1 x 100 on 1:55 Your Stroke	EN1	
	{1 x 100 on 1:50 Your Stroke	EN1	
	{1 x 100 on 1:45 Your Stroke	EN1	
	{1 x 200 on 3:30 Individual Medley	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:56 AM 5,480 Meters - Stress Value = 54			

{2 x 50 on :50 Freestyle	EN1
{1 x 50 on 1:00 Butterfly	EN1
{1 x 50 on :50 Freestyle	EN1
{1 x 50 on 1:00 Butterfly	EN1
100 1 x 100 on 2:00 Stroke Drills	REC
7:46 AM 4,980 Meters - Stress Value = 49	

Workout #2509 - Monday, 07 July 2003

Group 3 - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM Start			
1 on 30:00 Stomach and Stretch			
600	6 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
600	2x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
500	1x{1 x 125 on 1:50 Pulls no br L.5 yds	EN1	
	{1 x 125 on 1:45 Pulls no br L. 8 yds	EN1	
	{1 x 125 on 1:40 Pulls no br L.12 yds	EN1	
	{1 x 125 on 1:35 Pulls no br L.15 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
1,200	1x{7 x 75 on 1:00 Freestyle	EN1	
	{5 x 75 on :55 Freestyle	EN2	
	{3 x 75 on :50 Freestyle	EN2	
	{1 x 75 on :45 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
5:06 PM 3,580 Yards - Stress Value = 43			

Workout #2507 - Monday, 07 July 2003

Group 3 - IM/Stroke

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:30 PM Start			
1 on 30:00 Stomach and Stretch			
600	6 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
900	3x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
1,000	2x{1 x 125 on 1:50 Pulls no br L.5 yds	EN1	
	{1 x 125 on 1:45 Pulls no br L. 8 yds	EN1	
	{1 x 125 on 1:40 Pulls no br L.12 yds	EN1	
	{1 x 125 on 1:35 Pulls no br L.15 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
1,850	1x{5 x 75 on 1:05 Your Stroke	EN2	
	{2 x 100 on 1:30 Weak stroke	EN2	
	{4 x 75 on 1:05 Your Stroke	EN2	
	{2 x 100 on 1:30 Weak stroke	EN2	
	{3 x 75 on 1:05 Your Stroke	EN2	
	{2 x 100 on 1:30 Weak stroke	EN2	
	{2 x 75 on 1:05 Your Stroke	EN2	
	{2 x 100 on 1:30 Weak stroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
5:30 PM 5,030 Yards - Stress Value = 70			

Workout #2512 - Tuesday, 08 July 2003

Group 3 - Middle Distance

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:00 AM Start			
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,100	1x{3 x 100 on 2:20 Kick	EN1	
	{3 x 100 on 2:15 Kick	EN1	
	{3 x 100 on 2:10 Kick	EN1	
	{2 x 100 on 2:05 Kick	EN1	
1,500	1x{1 x 250 on 3:55 Pulls	EN1	
	{1 x 250 on 3:50 Pulls	EN1	
	{1 x 250 on 3:45 Pulls	EN1	
	{1 x 250 on 3:40 Pulls	EN1	
	{1 x 250 on 3:35 Pulls	EN1	
	{1 x 250 on 3:30 Pulls	EN1	
800	4 x 200 on 3:45 Reverse IM drill	EN1	
1,600	4x{1 x 150 on :00 Freestyle	SP2	
	{1 x 250 on 9:00 Freestyle	REC	
8:09 AM 5,980 Meters - Stress Value = 106			

Workout #2504 - Monday, 07 July 2003

Group 3 - Sprint

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 :45 Shooters	SP3	
1,000	5x{1 x 100 on 2:15 Kick	EN1	
	{2 x 50 on 1:15 Kick 1st 15m under	EN1	
1,200	1x{2 x 150 on 2:30 Lungbuster pulls	EN1	
	{2 x 150 on 2:25 Lungbuster pulls	EN1	
	{2 x 150 on 2:20 Lungbuster pulls	EN1	
	{2 x 150 on 2:15 Lungbuster pulls	EN1	
300	3 x 100 on 2:00 50 free 50 non-free	EN1	
1,400	2x{4 x 50 on :50 Freestyle	EN1	
	{1 x 50 on 1:00 Butterfly	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	{1 x 50 on 1:00 Butterfly	EN1	

Workout #2515 - Tuesday, 08 July 2003

Group 3 - Middle Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L I	
800	16 x 50 on 1:00 Stroke Drills odds free evens non	REC	D C	
180	12 x 15 on :45 Shooters	SP3	S C	
900	3x{1 x 150 on 3:00 Kick	EN1	K	
	{1 x 150 on 2:45 Kick no board	EN1	K E	
1,200	1x{1 x 400 on 5:30 Pulls	EN1	P	
	{1 x 400 on 5:20 Pulls	EN1	P	
	{1 x 400 on 5:10 Pulls	EN1	P	
500	5 x 100 on 1:40 Individual Medley	EN1	S	
900	3x{1 x 50 on :45 Your Stroke OTB	SP2	S S	
	{1 x 50 on 1:15 Your Stroke	SP2	S S	
	{1 x 200 on 4:00 Freestyle	EN1	S	
5:31 PM 4,480 Yards - Stress Value = 68				

Workout #2516 - Tuesday, 08 July 2003

Group 3 - IM/Stroke

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L I	
800	16 x 50 on 1:00 Stroke Drills odds free evens non	REC	D C	
180	12 x 15 on :45 Shooters	SP3	S C	
900	3x{1 x 150 on 3:00 Kick	EN1	K	
	{1 x 150 on 2:45 Kick no board	EN1	K E	
1,600	1x{1 x 400 on 5:30 Pulls	EN1	P	
	{1 x 400 on 5:20 Pulls	EN1	P	
	{1 x 400 on 5:10 Pulls	EN1	P	
	{1 x 400 on 5:00 Pulls	EN1	P	
600	6 x 100 on 1:40 Individual Medley	EN1	S	
1,400	2x{1 x 200 on 2:30 Freestyle OTB	SP2	S	
	{1 x 200 on 3:00 Freestyle	SP2	S	
	{1 x 300 on 6:00 Freestyle	REC	S	
5:42 PM 5,480 Yards - Stress Value = 117				

Workout #2511 - Tuesday, 08 July 2003

Group 3 - IM/Stroke

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,100	1x{3 x 100 on 2:20 Kick	EN1	
	{3 x 100 on 2:15 Kick	EN1	
	{3 x 100 on 2:10 Kick	EN1	
	{2 x 100 on 2:05 Kick	EN1	
1,500	1x{1 x 250 on 3:55 Pulls	EN1	
	{1 x 250 on 3:50 Pulls	EN1	
	{1 x 250 on 3:45 Pulls	EN1	
	{1 x 250 on 3:40 Pulls	EN1	
	{1 x 250 on 3:35 Pulls	EN1	
	{1 x 250 on 3:30 Pulls	EN1	
800	4 x 200 on 3:45 Reverse IM drill	EN1	
900	1x{1 x 150 on :00 IM w/out free	SP2	
	{1 x 150 on 7:00 Freestyle	REC	
	{1 x 100 on :00 Your Stroke	SP2	
	{1 x 200 on 7:00 Freestyle	REC	
	{1 x 50 on :00 Your Stroke	SP2	
	{1 x 250 on 7:00 Freestyle	REC	
7:54 AM 5,280 Meters - Stress Value = 74			

Workout #2510 - Tuesday, 08 July 2003

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,100	1x{3 x 100 on 2:20 Kick	EN1	
	{3 x 100 on 2:15 Kick	EN1	
	{3 x 100 on 2:10 Kick	EN1	
	{2 x 100 on 2:05 Kick	EN1	
1,500	1x{1 x 250 on 3:55 Pulls	EN1	
	{1 x 250 on 3:50 Pulls	EN1	
	{1 x 250 on 3:45 Pulls	EN1	
	{1 x 250 on 3:40 Pulls	EN1	
	{1 x 250 on 3:35 Pulls	EN1	
	{1 x 250 on 3:30 Pulls	EN1	
600	3 x 200 on 3:45 Reverse IM drill	EN1	
900	1x{1 x 150 on :00 Freestyle	SP2	
	{1 x 150 on 7:00 Freestyle	REC	
	{1 x 100 on :00 Freestyle	SP2	
	{1 x 200 on 7:00 Freestyle	REC	
	{1 x 50 on :00 Freestyle	SP2	
	{1 x 250 on 7:00 Freestyle	REC	
7:51 AM 5,080 Meters - Stress Value = 72			

Workout #2514 - Tuesday, 08 July 2003

Group 3 - IM/Stroke

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L I	
800	16 x 50 on 1:00 Stroke Drills odds free evens non	REC	D C	
180	12 x 15 on :45 Shooters	SP3	S C	
900	3x{1 x 150 on 3:00 Kick	EN1	K	
	{1 x 150 on 2:45 Kick no board	EN1	K E	
1,200	1x{1 x 400 on 5:30 Pulls	EN1	P	
	{1 x 400 on 5:20 Pulls	EN1	P	
	{1 x 400 on 5:10 Pulls	EN1	P	
500	5 x 100 on 1:40 Individual Medley	EN1	S	
900	3x{1 x 50 on :45 Your Stroke OTB	SP2	S S	
	{1 x 50 on 1:15 Your Stroke	SP2	S S	
	{1 x 200 on 4:00 Freestyle	EN1	S	
5:31 PM 4,480 Yards - Stress Value = 68				

Workout #2513 - Tuesday, 08 July 2003

Group 3 - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L I	
600	12 x 50 on 1:00 Stroke Drills odds free evens non	REC	D CHO	
180	12 x 15 on :45 Shooters	SP3	S CHO	
600	2x{1 x 150 on 3:00 Kick	EN1	K FR	
	{1 x 150 on 2:45 Kick no board	EN1	K FLY	
800	1x{1 x 400 on 5:30 Pulls	EN1	P FR	
	{1 x 400 on 5:20 Pulls	EN1	P FR	
900	3x{1 x 50 on :45 Freestyle OTB	SP2	S FR	
	{1 x 50 on 1:15 Freestyle	SP2	S FR	
	{1 x 200 on 4:00 Freestyle	EN1	S FR	
5:06 PM 3,080 Yards - Stress Value = 57				

Workout #2517 - Wednesday, 09 July 2003

Group 3 - Middle Distance

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK	F
800	1 x 800 on 16:00 Choice	REC	S	CHO	2
180	12 x 15 on :45 Shooters	SP3	S	CHO	5
1,000	1x{6 x 50 on 1:15 Kick	EN1	K	CHO	2
	{4 x 100 on 2:25 Kick	EN1	K	CHO	2
	{2 x 150 on 3:30 Kick	EN1	K	CHO	2
1,500	1 x 1500 on 24:00 Pulls	EN1	P	FR	1
2,000	5x{1 x 250 on 4:00 Freestyle	EN1	S	FR	1
	{3 x 50 on 1:00 Stroke Drills	REC	D	IM	2
7:53 AM 5,480 Meters - Stress Value = 48					

Workout #2519 - Wednesday, 09 July 2003

Group 3 - IM/Stroke

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK	F
800	1 x 800 on 16:00 Choice	REC	S	CHO	2
180	12 x 15 on :45 Shooters	SP3	S	CHO	5
1,000	1x{6 x 50 on 1:15 Kick	EN1	K	CHO	2
	{4 x 100 on 2:25 Kick	EN1	K	CHO	2
	{2 x 150 on 3:30 Kick	EN1	K	CHO	2
1,500	1 x 1500 on 24:00 Pulls	EN1	P	FR	1
1,800	6x{1 x 150 on 2:40 Your Stroke	EN1	S	STK	1
	{3 x 50 on 1:00 Stroke Drills	REC	D	FR	2
7:52 AM 5,280 Meters - Stress Value = 45					

Workout #2518 - Wednesday, 09 July 2003

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK	F
800	1 x 800 on 16:00 Choice	REC	S	CHO	2
180	12 x 15 on :45 Shooters	SP3	S	CHO	5
1,000	1x{6 x 50 on 1:15 Kick	EN1	K	CHO	2
	{4 x 100 on 2:25 Kick	EN1	K	CHO	2
	{2 x 150 on 3:30 Kick	EN1	K	CHO	2
1,000	1 x 1000 on 16:00 Pulls	EN1	P	FR	1
1,500	6x{1 x 100 on 1:35 Freestyle	EN1	S	FR	1
	{3 x 50 on 1:00 Stroke Drills	REC	D	IM	2
7:38 AM 4,480 Meters - Stress Value = 36					

Workout #2520 - Tuesday, 02 September 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
	1 on 20:00 Stomach and Stretch			L	DRY
400	8 x 50 on :55 Stroke Drills	REC	D	FF	
600	8 x 75 on 1:45 Kick no board	EN1	K	FLY	
500	1x{1 x 125 on 2:05 Pulls	EN1	P	FF	
	{1 x 125 on 2:00 Pulls	EN1	P	FF	
	{1 x 125 on 1:55 Pulls	EN1	P	FF	
	{1 x 125 on 1:50 Pulls	EN1	P	FF	
700	2x{1 x 100 on 1:45 Stroke Drills	REC	D	FF	
	{1 x 25 on :30 Freestyle 2bk	EN1	S	FF	
	{1 x 25 on :30 Freestyle 4bk	EN1	S	FF	
	{1 x 25 on :30 Freestyle 6bk	EN1	S	FF	
	{1 x 100 on 1:45 Stroke Drills	REC	D	FF	
	{1 x 25 on :30 Freestyle br ev 3	EN1	S	FF	
	{1 x 25 on :30 Freestyle br ev 4	EN1	S	FF	

{1 x 25 on :30 Freestyle br ev 5 EN1 S FF
 300 6 x 50 on :55 Stroke Drills REC D CI
 7:13 PM 2,500 Yards - Stress Value = 10

Workout #2521 - Wednesday, 03 September 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
	1 on 20:00 Stomach and Stretch			I	
	1x{2 x 75 on 1:20 Stroke Drills	REC	I		
	{1 x 100 on 2:00 Kick no board	REC	F		
	{2 x 50 on :55 Stroke Drills	REC	I		
	{1 x 100 on 2:00 Kick no board	REC	F		
	{2 x 25 on :30 Stroke Drills	REC	I		
120	{1 x 100 on 2:00 Kick no board	REC	F		
	8 x 15 on :45 Shooters	SP3	S		
	1x{1 x 200 on 4:00 Kick no board	EN1	F		
	{3 x 50 on 1:00 Kick no board	EN1	F		
	{1 x 150 on 3:00 Kick	EN1	F		
	{3 x 50 on 1:00 Kick no board	EN1	F		
600	8 x 75 on 1:15 Pulls-nbbf&w + 2 yds	EN1	F		
	1x{3 x 100 on 1:40 Freestyle	EN1	S		
	{3 x 100 on 1:35 Freestyle	EN1	S		
	{3 x 100 on 1:30 Freestyle	EN1	S		
	{3 x 100 on 1:25 Freestyle	EN1	S		
300	6 x 50 on :55 Stroke Drills	REC	I		
7:31 PM 3,470 Yards - Stress Value = 31					

Workout #2522 - Thursday, 04 September 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF	STK	F
	1 on 20:00 Stomach and Stretch				
500	1x{1 x 200 on 3:30 Stroke Drills	REC			
	{1 x 150 on 2:35 Stroke Drills	REC			
	{1 x 100 on 1:45 Stroke Drills	REC			
	{1 x 50 on :55 Stroke Drills	REC			
120	8 x 15 on :45 Shooters	SP3			
750	1x{3 x 25 on :30 Kick-descend	EN1			
	{3 x 50 on 1:00 Kick-descend	EN1			
	{3 x 75 on 1:30 Kick-descend	EN1			
	{3 x 100 on 2:00 Kick-descend	EN1			
600	1x{1 x 150 on 2:15 Pulls no br L.10 yds	EN1			
	{1 x 150 on 2:15 Pulls no br L.15 yds	EN1			
	{1 x 150 on 2:15 Pulls no br L.20 yds	EN1			
	{1 x 150 on 2:15 Pulls no br L.25 yds	EN1			
200	8 x 25 on :30 IM order-build	EN1			
1,125	5 x 225 on 3:30 3 min swims 30 sec R	EN1			
250	5 x 50 on :55 Stroke Drills	REC			
7:32 PM 3,545 Yards - Stress Value = 34					

Workout #2523 - Monday, 08 September 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
600	1 on 20:00 Stomach and Stretch		L	DRY
600	12 x 50 on :55 Stroke Drills every 3rd one nonfre	REC	D	CHO
120	8 x 15 on :45 Shooters	SP3	S	FR
4x{	1 x 100 on 2:00 Kick	EN1	K	CHO
600	{3 x 50 on 1:00 Kick no board	EN1	K	FLY
600	2 x 300 on 4:30 Pulls-nbbf&w	EN1	P	FR
1x{	1 x 400 on 6:00 Freestyle	EN1	S	FR
	{3 x 50 on 1:00 Backstroke	EN1	S	BK
	{1 x 300 on 4:30 Freestyle	EN1	S	FR
	{3 x 50 on 1:00 Backstroke	EN1	S	BK
	{1 x 200 on 3:00 Freestyle	EN1	S	FR
	{3 x 50 on 1:00 Backstroke	EN1	S	BK
	{1 x 100 on 1:30 Freestyle	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD

7:39 PM 4,020 Yards - Stress Value = 37

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
600	1 on 20:00 Stomach and Stretch		L	DRY
600	2x{3 x 50 on 1:00 Stroke Drills	REC	D	FR
120	{1 x 100 on 2:00 Kick no board	EN1	K	FLY
800	{2 x 25 on :30 Sprint kick	EN2	K	FR
800	8 x 15 on :45 Shooters	SP3	S	FR
800	8 x 100 on 2:00 Kick no board	EN1	K	IM
300	2 x 400 on 5:45 Pulls	EN1	P	FR
1,200	12 x 25 on :30 IM order-build	EN1	S	IM
1,200	1x{1 x 300 on 4:00 Freestyle	EN1	S	FR
	{3 x 100 on 1:30 Freestyle	EN1	S	FR
	{1 x 200 on 2:50 Freestyle	EN1	S	FR
	{2 x 100 on 1:25 Freestyle	EN1	S	FR
	{1 x 100 on 1:30 Freestyle	EN1	S	FR
200	{1 x 100 on 1:20 Freestyle	EN1	S	FR
	1 x 200 on 4:00 Stroke Drills	REC	D	CD

7:39 PM 4,020 Yards - Stress Value = 40

Workout #2527 - Monday, 15 September 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
600	1 on 20:00 Stomach and Stretch		L
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	S
120	8 x 15 on :45 Shooters	SP3	S
600	1x{2 x 100 on 2:00 Kick	EN1	K
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
600	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 9	EN1	
1,500	1x{3 x 200 on 2:50 Freestyle	EN1	
	{4 x 25 on :30 Breaststroke	EN1	
	{2 x 200 on 2:50 Freestyle	EN1	
	{4 x 25 on :30 Breaststroke	EN1	
	{1 x 200 on 2:50 Freestyle	EN1	
	{4 x 25 on :30 Breaststroke	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	

7:31 PM 3,620 Yards - Stress Value = 32

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 23:00 Stomach and Stretch		L	I
120	1 x 600 on 11:00 Swim-kick-pull-swim	REC	S	
600	8 x 15 on :45 Shooters	SP3	S	
750	6 x 100 on 2:00 Kick-odds fast	EN1	K	C
1,125	3 x 250 on 3:45 Lungbuster pulls br 2-3-4-5-6 by 50's	EN1	P	
300	5 x 225 on 3:30 3 min swim 30s rest	EN2	S	
	1 x 300 on 5:00 Swim-kick-pull-swim	REC	S	

6:32 PM 3,495 Yards - Stress Value = 41

Workout #2528 - Tuesday, 16 September 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
600	1 on 20:00 Stomach and Stretch		L	I
600	6 x 100 on 2:00 Stroke Drills odds non freestyle	REC	D	C
120	8 x 15 on :45 Shooters	SP3	S	
3x{	1 x 25 on :30 Kick no board	EN1	K	F
	{1 x 50 on 1:00 Kick no board	EN1	K	F
	{1 x 75 on 1:30 Kick no board	EN1	K	F
	{1 x 100 on 2:00 Kick no board	EN1	K	F
600	12 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	P	
300	6 x 50 on :45 Freestyle des in 3's	EN1	S	
1x{	3 x 125 on 2:00 Freestyle L. 25 fly	EN1	S	
	{3 x 125 on 1:55 Freestyle L.25 fly	EN1	S	
	{3 x 125 on 1:50 Freestyle L. 25 fly	EN1	S	
225	1 x 225 on 4:00 Stroke Drills	REC	D	

6:36 PM 3,720 Yards - Stress Value = 34

6:00 PM Start

Meters	Set Description	EGY	WORK	STK
700	1 on 25:00 Stomach and Stretch		L	I
700	7 x 100 on 1:50 Stroke Drills odds free evns br/fl	REC	D	C
120	8 x 15 on :45 Shooters	SP3	S	
750	3x{1 x 100 on 2:00 Kick no board	EN1	K	F
	{1 x 75 on 1:30 Kick no board	EN1	K	F
	{1 x 50 on 1:00 Kick no board	EN1	K	F
	{1 x 25 on :30 Kick no board	EN1	K	F
800	2 x 400 on 5:45 Pulls	EN1	P	
750	3x{1 x 100 on 1:50 Individual Medley	EN1	S	
	{3 x 50 on :50 Freestyle	EN1	S	
1,200	1x{4 x 75 on 1:20 Backstroke	EN1	S	
	{4 x 75 on 1:15 Backstroke	EN1	S	
	{4 x 75 on 1:10 Backstroke	EN1	S	
	{4 x 75 on 1:05 Backstroke	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	

7:53 PM 4,520 Meters - Stress Value = 42

Workout #2526 - Thursday, 11 September 2003

Workout #2529 - Wednesday, 17 September 2003

Group 3 - All

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :45 Shooters	SP3	
600	1x{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
900	1x{4 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN2	
200	4x{1 x 25 on :30 Freestyle	EN1	
	{1 x 25 on :20 Freestyle	EN2	
1,200	2x{1 x 100 on 2:00 Breaststroke	EN1	
	{4 x 25 on :30 Breast 2x pullouts	EN1	
	{1 x 100 on 1:55 Breaststroke	EN1	
	{4 x 25 on :30 Breast 2X pullouts	EN1	
	{1 x 100 on 1:50 Breaststroke	EN1	
	{4 x 25 on :30 Breast 2X pullouts	EN1	
250	5 x 50 on 1:05 Stroke Drills	REC	
	6:52 PM 3,970 Yards - Stress Value = 46		

Workout #2530 - Thursday, 18 September 2003

Group 3 - All

1 minute rest between sets

6:00 PM Start

Meters	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
600	1x{4 x 100 on 2:00 Stroke Drills	REC	I
	{8 x 25 on 1:00 Sculling drills	REC	I
120	8 x 15 on :45 Shooters	SP3	S
600	1 x 600 on 12:00 Vertical Kicking	EN2	F
750	3x{1 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	F
	{1 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	F
	{1 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	F
	{1 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F
	{1 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	F
800	4x{3 x 25 on :40 Butterfly	EN1	S
	{3 x 25 on :35 Butterfly	EN1	S
	{2 x 25 on :30 Butterfly	EN1	S
	{1 on 1:00 Rest		N
	{ 1st set 2-4-2, 2nd		
	{ set 2-5-2, 3rd set		
	{ 2-6-2, 4th set 2-7-2		
200	1 x 200 on 4:00 Stroke Drills	REC	I
	7:44 PM 3,070 Meters - Stress Value = 37		

Workout #2531 - Saturday, 20 September 2003

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
825	3x{2 x 100 on 1:45 Kick	EN2	
	{3 x 25 on :40 Sprint kick	EN3	
25	1 x 25 on :00 Under water fly kick	EN1	
900	3x{1 x 75 on 1:10 Lungbuster pulls	EN1	
	{1 x 75 on 1:05 Lungbuster pulls	EN1	
	{1 x 75 on 1:00 Lungbuster pulls	EN2	
	{1 x 75 on :55 Lungbuster pulls	EN2	

	{ breathe 3-4-5		
700	2x{4 x 25 on :30 IM order	EN1	
	{1 x 100 on 1:45 Individual Medley	EN1	
	{3 x 50 on :45 Freestyle-descend	EN1	
1,500	1x{5 x 100 on 1:10 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:10 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:10 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:10 Freestyle	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 1:10 Freestyle	EN2	
400	4 x 100 on 2:00 Stroke Drills	REC	
	9:00 AM 5,070 Yards - Stress Value = 80		

Workout #2532 - Saturday, 20 September 2003

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
750	3x{2 x 100 on 2:00 Kick	EN2	
	{2 x 25 on :45 Sprint kick	EN3	
900	6x{1 x 75 on 1:10 Lungbuster pulls	EN1	
	{1 x 75 on 1:05 Lungbuster pulls	EN1	
	{ breathe 3-4-5		
500	2x{4 x 25 on :30 IM order	EN1	
	{1 x 100 on 1:45 Individual Medley	EN1	
	{1 x 50 on 1:00 Freestyle w/ 6bk	EN1	
1,500	1x{5 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:30 Freestyle	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 1:30 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	9:00 AM 4,670 Yards - Stress Value = 69		

Workout #2533 - Monday, 22 September 2003

Group 3 - All

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 14:00 Swim-kick-pull-swim	REC	
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	
700	2x{4 x 25 on :40 Kick no board	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 75 on 1:25 Kick	EN1	
	{1 x 50 on :55 Kick	EN1	
	{1 x 25 on :25 Kick	EN2	
900	1x{2 x 225 on 3:15 Pulls	EN1	
	{2 x 225 on 3:10 Pulls	EN1	
450	1x{3 x 50 on :50 Freestyle	EN1	
	{3 x 50 on :45 Freestyle	EN1	
	{3 x 50 on :40 Freestyle	EN1	
1,400	1x{3 x 200 on 2:30 Freestyle	EN2	
	{3 x 200 on 2:20 Freestyle	EN2	
	{1 x 200 on 2:10 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	6:46 PM 4,500 Yards - Stress Value = 58		

Workout #2534 - Tuesday, 23 September 2003

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:00 PM Start		
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :45 Shooters	SP3	
800	1x{1 x 100 on 2:15 Kick	EN1	
	{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
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 3-5-7-9		
	{ evens br 2-4-6-8		
400	4 x 100 on 1:45 Individual Medley	EN1	
1,400	1x{2 x 125 on 2:15 Backstroke	EN1	
	{4 x 25 on :40 Back 15m under	EN1	
	{2 x 125 on 2:10 Backstroke	EN1	
	{4 x 25 on :40 Back 15m under	EN1	
	{2 x 125 on 2:05 Backstroke	EN1	
	{4 x 25 on :40 Back 15m under	EN1	
	{2 x 125 on 2:00 Backstroke	EN1	
	{4 x 25 on :40 Back 15m under	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	8:01 PM 4,720 Meters - Stress Value = 43		

Workout #2535 - Wednesday, 24 September 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	5:00 PM Start			
	1 on 25:00 Stomach and Stretch			L I
600	6 x 100 on 1:45 Stroke Drills	REC		D C
	odds free evns nonfr			
120	8 x 15 on :45 Shooters	SP3		S
	2x{1 x 150 on 2:50 Kick	EN1		K C
	{1 x 100 on 1:50 Kick	EN1		K C
	{1 x 50 on :50 Kick	EN1		K C
	1x{2 x 300 on 4:15 Pulls	EN1		P
	{3 x 200 on 2:40 Pulls	EN1		P
	{4 x 100 on 1:15 Pulls	EN1		P
	1x{3 x 100 on 1:30 Freestyle-descend	EN1		S
	{3 x 75 on 1:05 Freestyle-descend	EN1		S
	{3 x 50 on :45 Freestyle-descend	EN1		S
	{3 x 25 on :25 Freestyle-descend	EN1		S
	3x{1 x 100 on 2:00 Breaststroke	EN1		S
	{1 x 100 on 1:50 Breaststroke	EN1		S
	{1 x 100 on 1:40 Breaststroke	EN2		S
	{4 x 25 on :40 Breaststroke drill	EN1		D
200	1 x 200 on 3:00 Stroke Drills	REC		D
	7:01 PM 5,070 Yards - Stress Value = 50			

Workout #2536 - Thursday, 25 September 2003

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:00 PM Start		
	1 on 25:00 Stomach and Stretch		
600	12 x 50 on 1:00 Stroke Drills	REC	
	3 on each-rev IM ord		

120	8 x 15 on :45 Shooters	SP3
750	3x{2 x 100 on 2:00 Kick	EN1
	{2 x 25 on :45 Kick no board	EN1
1,000	1x{2 x 125 on 2:05 Pulls no br L. 5 yds	EN1
	{2 x 125 on 2:00 Pulls no br L. 7 yds	EN1
	{2 x 125 on 1:55 Pulls no br L.9 yds	EN1
	{2 x 125 on 1:50 Pulls no br L.11 yds	EN1
450	3x{3 x 25 on :30 Freestyle	EN1
	{1 x 75 on 1:15 IM w/out the fly	EN1
1,500	3x{1 x 125 on 2:15 100 free 25 fly	EN1
	{1 x 125 on 2:10 75 free 50 fl 2-8-2	EN1
	{1 x 125 on 2:05 50 free 75 fly 2-7-2	EN1
	{1 x 125 on 2:00 25 fr 100 fl 2-6-2	EN1
200	1 x 200 on 3:00 Stroke Drills	REC
	8:00 PM 4,620 Meters - Stress Value = 43	

Workout #2537 - Saturday, 27 September 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	7:00 AM Start		
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 10:00 Reverse IM drill	REC	
120	8 x 15 on :45 Shooters	SP3	
900	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	
1,350	1x{3 x 150 on 2:00 Pulls	EN1	
	{3 x 150 on 1:55 Pulls	EN2	
	{3 x 150 on 1:50 Pulls	EN2	
600	3x{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:40 Individual Medley	EN1	
2,200	11 x 200 on 3:00 Challenge Set!!!!!!!	EN2	
300	1 x 300 on 4:30 Stroke Drills	REC	
	9:09 AM 6,070 Yards - Stress Value = 95		

Workout #2538 - Monday, 29 September 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:00 PM Start		
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
1,000	2x{1 x 50 on 1:00 Kick	EN1	
	{1 x 75 on 1:25 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 125 on 2:15 Kick	EN2	
	{1 x 150 on 2:40 Kick	EN2	
1,000	1x{2 x 200 on 2:50 Lungbuster pulls	EN1	
	{2 x 200 on 2:45 Lungbuster pulls	EN1	
	{1 x 200 on 2:40 Lungbuster pulls	EN1	
	{ odds br 3-5-7-9		
	{ evens br 2-4-6-8		
300	6x{1 x 25 on :30 Non free	EN1	
	{1 x 25 on :20 Freestyle	EN1	
2,900	1x{4 x 400 on 5:30 Freestyle	EN1	
	{3 x 300 on 4:05 Freestyle	EN1	
	{2 x 200 on 2:40 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:07 PM 6,170 Yards - Stress Value = 68		

Workout #2539 - Tuesday, 30 September 2003

Group 3 - All

1 minute rest between sets

6:00 PM Start

Meters	Set Description	EGY	WORK
800	1 on 25:00 Stomach and Stretch	I	I
800	8 x 100 on 1:50 Stroke Drills 2 on each stroke	REC	I
120	8 x 15 on :30 Shooters	SP3	S
1,000	2x{1 x 125 on 2:35 Kick 1 x 125 on 2:30 Kick 1 x 125 on 2:25 Kick 1 x 125 on 2:20 Kick	EN1	F
1,150	1x{1 x 75 on 1:10 Lungbuster pulls 1 x 100 on 1:30 Pulls 1 x 75 on 1:10 Lungbuster pulls 1 x 125 on 1:50 Pulls 1 x 75 on 1:10 Lungbuster pulls 1 x 150 on 2:10 Pulls 1 x 75 on 1:10 Lungbuster pulls 1 x 175 on 2:30 Pulls 1 x 75 on 1:10 Lungbuster pulls 1 x 200 on 2:50 Pulls 1 x 25 on :30 Pulls no breath { breathe 3-5-7	EN1	F
300	1x{2 x 100 on 1:30 Freestyle 4 x 25 on :35 Fly or breast	EN1	S
1,950	2x{3 x 100 on 1:40 Backstroke 2 x 25 on :45 Back 15m under 3 x 75 on 1:15 Backstroke 2 x 25 on :45 Back 15m under 3 x 50 on :50 Backstroke 2 x 25 on :45 Back 15m under 1 x 150 on 3:00 Backstroke for time	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
8:15 PM 5,520 Meters - Stress Value = 67			

Workout #2540 - Wednesday, 01 October 2003

Group 3 - All

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
600	1 on 25:00 Stomach and Stretch	L I	I
600	12 x 50 on :55 Stroke Drills 2 free 1 non free	REC	D C
120	8 x 15 on :30 Shooters	SP3	S
900	3x{1 x 75 on 1:30 Kick no board 1 x 75 on 1:25 Kick no board 1 x 150 on 3:00 Kick	EN1	K F
1,500	1x{1 x 500 on 7:00 Pulls 1 x 500 on 6:50 Pulls 1 x 500 on 6:40 Pulls	EN1	P
400	1x{4 x 25 on :30 Freestyle-descend 1 x 100 on 1:25 Freestyle 4 x 25 on :30 Freestyle-descend 1 x 100 on 1:45 Individual Medley	EN1	S
1,250	1x{1 x 150 on 3:05 Breaststroke 2 x 125 on 2:30 Breaststroke 3 x 100 on 1:55 Breaststroke 4 x 75 on 1:25 Breaststroke 5 x 50 on :55 Breaststroke	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
7:02 PM 5,020 Yards - Stress Value = 49			

Workout #2541 - Thursday, 02 October 2003

Group 3 - All

1 minute rest between sets

6:00 PM Start

Meters	Set Description	EGY	WOF
800	1 on 30:00 Stomach and Stretch		
120	8 x 15 on :30 Shooters	SP3	SP3
900	1x{1 x 200 on 4:00 Kick 1 x 175 on 3:30 Kick 1 x 150 on 3:00 Kick 1 x 125 on 2:30 Kick 1 x 100 on 2:00 Kick 1 x 75 on 1:30 Kick 1 x 50 on 1:00 Kick 1 x 25 on :30 Kick	EN1	EN1
1,350	1x{2 x 225 on 3:15 Pulls 2 x 225 on 3:05 Pulls 2 x 225 on 2:55 Pulls	EN1	EN1
300	12 x 25 on :30 IM order-no fly	EN1	EN1
1,200	2x{1 x 150 on 2:45 50 fl-50 fr-50 fl { 2nd 50 fly 2-4-2 1 x 150 on 2:40 50 fl-50 fr-50 fl { 2nd 50 fly 2-5-2 1 x 150 on 2:35 50 fl-50 fr-50 fl { 2nd 50 fly 2-6-2 1 x 150 on 2:30 50 fl-50 fr-50 fl { 2nd 50 2-7-2	EN1	EN1
400	8 x 50 on 1:00 Stroke Drills	REC	REC
8:06 PM 5,070 Meters - Stress Value = 48			

Workout #2542 - Saturday, 04 October 2003

Group 3 - All

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WOF
800	1 on 15:00 Stomach and Stretch		
120	8 x 15 on :30 Shooters	SP3	SP3
900	3x{1 x 100 on 2:00 Kick 1 x 100 on 1:50 Kick 1 x 100 on 1:40 Kick	EN1	EN1
1,800	1x{1 x 300 on 4:00 Pulls 3 x 100 on 1:30 Pulls 1 x 300 on 4:15 Pulls 3 x 100 on 1:25 Pulls 1 x 300 on 4:30 Pulls 3 x 100 on 1:20 Pulls	EN1	EN1
450	3 x 150 on 2:15 Free 1st 50 2bk, 2nd 50 4bk, 3rd 50 6bk	EN1	EN1
1,200	16 x 75 on 1:30 Freestyle	EN3	EN3
500	10 x 50 on 1:00 Stroke Drills	REC	REC
9:02 AM 5,770 Yards - Stress Value = 111			

Workout #2543 - Monday, 06 October 2003

Group 3 - All

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Choice	REC	S
210	14 x 15 on :30 Cross pool sprints	SP3	S
900	1x{2 x 100 on 1:45 Kick	EN2	F
	{4 x 25 on :30 Kick no board	EN1	F
	{2 x 100 on 1:50 Kick	EN1	F
	{4 x 25 on :30 Kick no board	EN1	F
	{2 x 100 on 1:55 Kick	EN1	F
	{4 x 25 on :30 Kick no board	EN1	F
1,200	2x{3 x 75 on 1:05 Pulls	EN1	F
	{3 x 75 on 1:00 Pulls	EN2	F
	{2 x 75 on :55 Pulls	EN2	F
250	10 x 25 on :30 Odds fr evens non fr	EN1	S
3,000	1x{1 x 1000 on 15:00 Freestyle	EN2	S
	{2 x 500 on 7:30 Freestyle	EN2	S
	{5 x 200 on 3:00 Freestyle	EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	I
7:29 PM 6,760 Yards - Stress Value = 100			

Workout #2544 - Tuesday, 07 October 2003

Group 3 - All

1 minute rest between sets

6:00 PM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:50 Stroke Drills 2 on E	REC	S
120	8 x 15 on :30 Shooters	SP3	S
750	3x{4 x 25 on :45 Sprint kick	EN2	F
	{1 x 100 on 1:45 Kick	EN2	F
	{2 x 25 on :40 Kick no board	EN1	F
1,350	3x{1 x 200 on 2:50 Pulls	EN1	F
	{1 x 150 on 2:00 Pulls	EN2	F
	{1 x 100 on 1:15 Pulls	EN2	F
500	1x{3 x 100 on 1:45 Freestyle-descend	EN1	F
	{1 x 200 on 3:00 Individual Medley	EN1	F
2,600	1x{6 x 75 on 1:20 Backstroke	EN1	F
	{1 x 200 on 3:00 Backstroke	EN2	F
	{6 x 75 on 1:15 Backstroke	EN1	F
	{1 x 200 on 3:00 Backstroke	EN2	F
	{6 x 75 on 1:10 Backstroke	EN1	F
	{1 x 200 on 3:00 Backstroke	EN2	F
	{6 x 75 on 1:05 Backstroke	EN2	F
	{1 x 200 on 3:00 Backstroke	EN2	F
250	1 x 250 on 4:00 Stroke Drills	REC	I
8:27 PM 6,370 Meters - Stress Value = 89			

Workout #2545 - Wednesday, 08 October 2003

Group 3 - All

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
900	1x{3 x 100 on 1:40 Freestyle-descend	EN1	F
	{3 x 100 on 1:35 Freestyle-descend	EN1	F
	{3 x 100 on 1:30 Freestyle-descend	EN1	F
120	8 x 15 on :30 Shooters	SP3	S
1,200	1x{4 x 75 on 1:30 Kick	EN1	F
	{4 x 25 on :45 Kick no board	EN1	F
	{4 x 75 on 1:25 Kick	EN1	F
	{4 x 25 on :40 Kick no board	EN1	F
	{4 x 75 on 1:20 Kick	EN2	F
	{4 x 25 on :35 Kick no board	EN1	F

1,000	10 x 100 on 1:30 Lungbuster pulls	EN1
	odds br 3-5-7-9	
	evens br 2-4-6-8	
450	3 x 150 on 2:15 Freestyle 1st 50 2bk	EN1
	2nd 50 4bk 3rd-6bk	
2,150	1x{3 x 150 on 2:30 Breaststroke	EN2
	{2 x 100 on 1:35 Individual Medley	EN1
	{3 x 125 on 2:05 Breaststroke	EN2
	{2 x 100 on 1:30 Individual Medley	EN1
	{3 x 100 on 1:40 Breaststroke	EN1
	{2 x 100 on 1:25 Individual Medley	EN2
	{3 x 75 on 1:15 Breaststroke	EN2
	{2 x 100 on 1:20 Individual Medley	EN1
200	1 x 200 on 3:00 Stroke Drills	REC
7:20 PM 6,020 Yards - Stress Value = 77		

Workout #2546 - Thursday, 09 October 2003

Group 3 - All

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	S
120	8 x 15 on :30 Shooters	SP3	S
1,000	2x{1 x 125 on 2:40 Kick	EN1	F
	{1 x 125 on 2:35 Kick	EN1	F
	{1 x 125 on 2:30 Kick	EN1	F
	{1 x 125 on 2:25 Kick	EN1	F
750	1x{2 x 125 on 2:00 Pulls no br L. 5 yds	EN1	F
	{2 x 125 on 1:55 Pulls no br L. 6 yds	EN1	F
	{2 x 125 on 1:50 Pulls no br L.7 yds	EN1	F
450	1x{2 x 75 on 1:15 IM w/out the fly	EN1	F
	{6 x 50 on :55 Free des in 3's	EN1	F
1,800	2x{8 x 25 on :30 Butterfly	EN1	F
	{4 x 50 on 1:00 Butterfly 2-4-2	EN1	F
	{2 x 100 on 2:00 Butterfly 2-5-2	EN1	F
	{1 x 200 on 4:00 Butterfly 2-6-2	EN1	F
	{1 x 100 on 1:30 Freestyle	REC	I
200	1 x 200 on 4:00 Stroke Drills	REC	I
8:14 PM 5,120 Yards - Stress Value = 40			

Workout #2547 - Saturday, 11 October 2003

Group 3 - All

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
	1 on 15:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1,200	1x{2 x 100 on 2:00 Kick	EN1	F
	{2 x 100 on 1:55 Kick	EN1	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
	{2 x 100 on 1:35 Kick	EN2	F
1,200	2x{1 x 200 on 2:50 Pulls	EN1	F
	{1 x 200 on 2:40 Pulls	EN2	F
	{1 x 200 on 2:30 Pulls	EN2	F
300	12 x 25 on :30 IM order-build	EN1	F
1,800	12 x 150 on 2:15 Freestyle des in 3's	EN2	F
300	3 x 100 on 1:45 Stroke Drills	REC	I
8:57 AM 5,780 Yards - Stress Value = 86			

Workout #2548 - Monday, 13 October 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 5:00 Stretching		
800	8 x 100 on 1:30 Stroke Drills	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
1,200	3x{1 x 25 on :45 Kick no board	EN1	
	{1 x 25 on :40 Kick no board	EN1	
	{1 x 25 on :35 Kick no board	EN1	
	{1 x 25 on :30 Kick no board	EN1	
	{3 x 100 on 1:45 Kick	EN2	
1,350	1x{3 x 150 on 2:05 Pulls	EN1	
	{3 x 150 on 2:00 Pulls	EN2	
	{3 x 150 on 1:55 Pulls	EN2	
300	3 x 100 on 1:40 Descend in sets of 3	EN1	
3,200	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	
	{2 x 400 on 4:45 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 29:00 Stomach and Stretch		
	7:29 PM 7,260 Yards - Stress Value = 119		

Workout #2549 - Tuesday, 14 October 2003

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
1,000	1x{2 x 150 on 3:05 Kick	EN1	
	{2 x 125 on 2:35 Kick	EN1	
	{2 x 100 on 2:05 Kick	EN1	
	{2 x 75 on 1:35 Kick	EN1	
	{2 x 50 on 1:05 Kick	EN1	
1,500	1x{2 x 200 on 3:00 Pulls	EN1	
	{2 x 250 on 3:35 Pulls	EN1	
	{2 x 300 on 4:10 Pulls	EN1	
600	3x{1 x 100 on 1:30 Freestyle	EN1	
	{4 x 25 on :30 Breast or Fly	EN1	
1,950	3x{4 x 125 on 2:00 Backstroke	EN1	
	{6 x 25 on :40 Backstroke 15m under	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	8:30 PM 6,270 Meters - Stress Value = 60		

Workout #2552 - Wednesday, 15 October 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle	REC	S
	{1 x 100 on 1:40 Freestyle	REC	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN2	S
	{6 x 50 on :45 Descend in sets of 3	EN1	S
120	8 x 15 on :30 Shooters	SP3	S
800	1x{1 x 100 on 1:45 Kick	EN2	K
	{4 x 25 on :35 Kick no board	EN1	K
	{1 x 100 on 1:40 Kick	EN2	K
	{4 x 25 on :35 Freestyle	EN1	K
	{1 x 100 on 1:35 Kick	EN2	K
	{4 x 25 on :35 Kick no board	EN1	K

	{1 x 100 on 1:30 Kick	EN2	K
	{4 x 25 on :35 Kick no board	EN1	K
1,400	1x{1 x 100 on 1:30 Pulls	EN1	P
	{2 x 200 on 2:50 Pulls	EN1	P
	{3 x 300 on 4:00 Pulls	EN1	P
600	2x{2 x 75 on 1:15 IM w/out breast	EN1	S
	{2 x 75 on 1:10 2bk 4bk 6bk by 25's	EN1	S
2,900	1x{4 x 125 on 2:05 Breaststroke	EN2	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{4 x 125 on 2:00 Breaststroke	EN2	S
	{1 x 100 on 1:30 Freestyle	REC	S
	{4 x 125 on 1:55 Breaststroke	EN2	S
	{1 x 100 on 1:30 Freestyle	REC	S
	{4 x 125 on 1:50 Breaststroke	EN2	S
	{1 x 100 on 1:30 Freestyle	REC	S
	{4 x 125 on 1:45 Breaststroke	EN2	S
300	6 x 50 on 1:00 Stroke Drills	REC	D
	7:30 PM 6,920 Yards - Stress Value = 94		

Workout #2551 - Wednesday, 15 October 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		L
600	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle	REC	S
	{1 x 100 on 1:40 Freestyle	REC	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{4 x 50 on :50 Freestyle-descend	EN1	S
120	8 x 15 on :30 Shooters	SP3	S
800	1x{1 x 100 on 2:00 Kick	EN2	K
	{4 x 25 on :40 Kick no board	EN1	K
	{1 x 100 on 1:55 Kick	EN2	K
	{4 x 25 on :40 Freestyle	EN1	K
	{1 x 100 on 1:50 Kick	EN2	K
	{4 x 25 on :40 Kick no board	EN1	K
	{1 x 100 on 1:45 Kick	EN2	K
	{4 x 25 on :40 Kick no board	EN1	K
1,400	1x{1 x 100 on 1:30 Pulls	EN1	P
	{2 x 200 on 2:55 Pulls	EN1	P
	{3 x 300 on 4:20 Pulls	EN1	P
450	1x{3 x 75 on 1:15 IM w/out breast	EN1	S
	{3 x 75 on 1:10 2bk 4bk 6bk by 25's	EN1	S
1,800	1x{3 x 125 on 2:30 Breaststroke	EN2	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{3 x 125 on 2:20 Breaststroke	EN2	S
	{1 x 100 on 1:30 Freestyle	REC	S
	{3 x 125 on 2:10 Breaststroke	EN2	S
	{1 x 100 on 1:30 Freestyle	REC	S
	{3 x 125 on 2:00 Breaststroke	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 15:00 Stretch and Ice		L
	5:29 PM 5,370 Yards - Stress Value = 71		

Workout #2550 - Wednesday, 15 October 2003

HighSchl - Tim and David

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		L
800	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle	REC	S
	{1 x 100 on 1:40 Freestyle	REC	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN2	S
	{6 x 50 on :45 Descend in sets of 3	EN1	S
120	8 x 15 on :30 Shooters	SP3	S
800	1x{1 x 100 on 1:45 Kick	EN2	K
	{4 x 25 on :30 Kick no board	EN1	K
	{1 x 100 on 1:40 Kick	EN2	K
	{4 x 25 on :30 Freestyle	EN1	K
	{1 x 100 on 1:35 Kick	EN2	K
	{4 x 25 on :30 Kick no board	EN1	K
	{1 x 100 on 1:30 Kick	EN2	K
	{4 x 25 on :30 Kick no board	EN1	K
1,400	1x{1 x 100 on 1:30 Pulls	EN1	P
	{2 x 200 on 2:50 Pulls	EN1	P
	{3 x 300 on 4:00 Pulls	EN1	P
450	1x{3 x 75 on 1:15 IM w/out breast	EN1	S
	{3 x 75 on 1:10 2bk 4bk 6bk by 25's	EN1	S
2,900	1x{4 x 125 on 2:05 Breaststroke	EN2	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{4 x 125 on 2:00 Breaststroke	EN2	S
	{1 x 100 on 1:30 Freestyle	REC	S
	{4 x 125 on 1:55 Breaststroke	EN2	S
	{1 x 100 on 1:30 Freestyle	REC	S
	{4 x 125 on 1:50 Breaststroke	EN2	S
	{1 x 100 on 1:30 Freestyle	REC	S
	{4 x 125 on 1:45 Breaststroke	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L
	5:34 PM 6,670 Yards - Stress Value = 92		

Workout #2553 - Thursday, 16 October 2003

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	STP
	1 on 30:00 Stomach and Stretch		L	DRY
800	8 x 100 on 1:45 Stroke Drills	REC	D	CHC
	odds free evns nonfr			
120	8 x 15 on :30 Shooters	SP3	S	BF
1,050	1x{1 x 150 on 3:15 Kick	EN1	K	CHC
	{1 x 150 on 3:10 Kick	EN1	K	CHC
	{1 x 150 on 3:05 Kick	EN1	K	CHC
	{1 x 150 on 3:00 Kick	EN1	K	CHC
	{1 x 150 on 2:55 Kick	EN2	K	CHC
	{1 x 150 on 2:50 Kick	EN2	K	CHC
	{1 x 150 on 2:45 Kick	EN2	K	CHC
1,500	1x{2 x 250 on 3:35 Pulls	EN1	P	FF
	{2 x 250 on 3:30 Pulls	EN1	P	FF
	{2 x 250 on 3:25 Pulls	EN2	P	FF
600	1x{3 x 50 on :55 Freestyle-descend	EN1	S	FF
	{1 x 75 on 1:20 IM w/out fly	EN1	S	IM
	{3 x 50 on :50 Freestyle-descend	EN1	S	FF
	{1 x 75 on 1:20 IM w/out fly	EN1	S	IM
	{3 x 50 on :45 Freestyle-descend	EN1	S	FF
2,100	1x{1 x 200 on 4:00 Butterfly 2-4-2	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FF
	{1 x 200 on 3:55 Butterfly 2-5-2	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FF
	{1 x 200 on 3:50 Butterfly 2-6-2	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FLY

{1 x 200 on 3:45 Butterfly 2-7-2	EN1	S	FLY
{4 x 25 on :25 Freestyle	EN1	S	FLY
{1 x 200 on 3:40 Butterfly 2-8-2	EN1	S	FLY
{4 x 25 on :25 Freestyle	EN1	S	FF
{1 x 200 on 3:35 Butterfly 2-9-2	EN1	S	FLY
{4 x 25 on :25 Freestyle	EN1	S	FF
{1 x 200 on 3:30 Butterfly	EN1	S	FLY
{4 x 25 on :25 Freestyle	EN1	S	FF
1 x 300 on 5:00 Stroke Drills	REC	D	CI

8:30 PM 6,470 Meters - Stress Value = 75

Workout #2554 - Saturday, 18 October 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 15:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
800	2x{4 x 25 on :35 Kick no board	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
2,000	1x{1 x 1000 on 13:30 Pulls	EN1	
	{2 x 500 on 6:45 Pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
600	6 x 100 on 6:00 Freestyle	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	9:04 AM 4,670 Yards - Stress Value = 102		

Workout #2555 - Monday, 20 October 2003

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 13:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
1,000	10 x 100 on 1:45 Kick	EN2	
300	12 x 25 on :30 IM order-build	EN1	
2,400	3x{6 x 100 on 1:15 Freestyle	EN2	
	{1 x 200 on 3:00 Individual Medley	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:24 PM 4,910 Yards - Stress Value = 73		

Workout #2556 - Tuesday, 21 October 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
800	1 on 30:00 Stomach and Stretch		L I	
800	8 x 100 on 1:45 Stroke Drills	REC	D C	
120	8 x 15 on :30 Shooters	SP3	S F	
800	1x{4 x 25 on :45 Kick no board	EN1	K F	
	{1 x 100 on 1:30 Kick	EN2	K C	
	{4 x 25 on :40 Kick no board	EN1	K F	
	{1 x 100 on 1:35 Kick	EN2	K C	
	{4 x 25 on :35 Kick no board	EN1	K F	
	{1 x 100 on 1:40 Kick	EN2	K C	
	{4 x 25 on :30 Kick no board	EN1	K F	
	{1 x 100 on 1:45 Kick	EN2	K C	
1,200	1x{1 x 300 on 4:00 Pulls	EN1	P	
	{2 x 150 on 2:00 Pulls	EN1	P	
	{3 x 100 on 1:20 Pulls	EN1	P	
	{4 x 75 on 1:00 Pulls	EN1	P	
600	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	EN1	S	
3,400	2x{4 x 75 on 1:10 Backstroke	EN1	S	
	{1 x 100 on 1:30 Individual Medley	EN1	S	
	{4 x 75 on 1:05 Backstroke	EN1	S	
	{1 x 100 on 1:30 Individual Medley	EN1	S	
	{4 x 75 on 1:00 Backstroke	EN2	S	
	{1 x 100 on 1:30 Individual Medley	EN1	S	
	{4 x 75 on :55 Backstroke	EN2	S	
	{1 x 200 on 3:30 Freestyle	REC	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	7:31 PM 7,120 Yards - Stress Value = 79			

5:00 PM Start

Yards	Set Description	EGY	WOF
800	1 on 30:00 Stomach and Stretch		
1x{1 x 200 on 3:30 Freestyle		REC	
{1 x 150 on 2:30 Freestyle		REC	
{1 x 100 on 1:35 Freestyle		EN1	
{1 x 50 on :45 Freestyle		REC	
{4 x 75 on 1:10 Individual Medley		EN1	
120	8 x 15 on :30 Shooters	SP3	
1,500	3x{1 x 25 on :40 Kick no board	EN1	
{1 x 50 on 1:10 Kick no board		EN1	
{1 x 75 on 1:40 Kick no board		EN1	
{1 x 100 on 2:00 Kick no board		EN1	
{5 x 50 on :55 Kick		EN1	
1,250	1x{2 x 125 on 1:55 Pulls no br L.10 yds	EN1	
{4 x 125 on 1:50 Pulls no br L.10 yds		EN1	
{4 x 125 on 1:45 Pulls no br L.10 yds		EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
1,600	8x{8 x 25 on :30 Butterfly	EN1	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:35 PM 6,070 Yards - Stress Value = 59		

Workout #2564 - Saturday, 25 October 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 26:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
1,200	4x{1 x 100 on 1:50 Kick	EN2	
{1 x 100 on 1:40 Kick		EN2	
{1 x 100 on 1:30 Kick		EN2	
1,600	1x{2 x 300 on 4:00 Pulls	EN1	
{3 x 200 on 2:50 Lungbuster pulls		EN1	
{4 x 100 on 1:30 Lungbuster pulls		EN1	
	{ 200's br 2-3-4-5		
	{ 100's br 3-5-7-9		
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
2,800	1x{6 x 25 on :30 Freestyle	EN1	
{1 x 100 on 1:30 Individual Medley		EN2	
{6 x 25 on :30 odds free evens fly		EN1	
{1 x 200 on 3:00 Individual Medley		EN2	
{6 x 25 on :30 odds free evens back		EN1	
{1 x 300 on 4:30 Individual Medley		EN2	
{6 x 25 on :30 odds free evens brst		EN1	
{1 x 400 on 5:40 Individual Medley		EN2	
{6 x 25 on :25 odds free evens fly		EN2	
{1 x 300 on 4:15 Individual Medley		EN2	
{6 x 25 on :25 odds free evens back		EN2	
{1 x 200 on 2:50 Individual Medley		EN2	
{6 x 25 on :25 odds free evens brst		EN2	
{1 x 100 on 1:25 Individual Medley		EN2	
{6 x 25 on :25 Freestyle		EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	12:30 PM 7,320 Yards - Stress Value = 102		

Workout #2557 - Wednesday, 22 October 2003

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 13:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
1,650	3x{2 x 100 on 2:00 Kick	EN1	
{1 x 50 on :45 Kick		EN2	
{1 x 100 on 1:55 Kick		EN1	
{1 x 50 on :45 Kick		EN2	
{1 x 100 on 1:50 Kick		EN1	
{1 x 50 on :45 Kick		EN2	
1,600	4 x 400 on 5:15 Pulls	EN2	
600	3x{1 x 100 on 1:40 Individual Medley	EN1	
{1 x 50 on :45 Freestyle		EN1	
{1 x 50 on :55 Stroke Drills		REC	
1,950	1x{2 x 200 on 4:00 Breaststroke	EN1	
{2 x 175 on 3:20 Breaststroke		EN1	
{2 x 150 on 2:45 Breaststroke		EN1	
{2 x 125 on 2:10 Breaststroke		EN1	
{1 x 125 on 2:00 Breaststroke		EN2	
{1 x 150 on 2:15 Breaststroke		EN2	
{1 x 175 on 2:30 Breaststroke		EN2	
{1 x 200 on 2:40 Breaststroke		EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:31 PM 6,920 Yards - Stress Value = 89		

Workout #2558 - Thursday, 23 October 2003

Group 3 - All

1 minute rest between sets

Workout #2563 - Saturday, 25 October 2003

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
600	2x{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
800	8 x 100 on 1:30 Lungbuster pulls	EN1	
200	8 x 25 on :30 IM order-build	EN1	
5,500	1x{5 x 500 on 6:15 Freestyle	EN2	
	{4 x 400 on 4:55 Freestyle	EN2	
	{3 x 300 on 3:40 Freestyle	EN2	
	{2 x 200 on 2:24 Freestyle	EN2	
	{1 x 100 on 1:11 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:30 AM	8,220 Yards - Stress Value = 137		

1,600	1x{2 x 300 on 4:15 Pulls	EN1	
	{3 x 200 on 3:00 Lungbuster pulls	EN1	
	{4 x 100 on 1:30 Lungbuster pulls	EN1	
	{ 200's br 2-3-4-5		
	{ 100's br 3-5-7-9		
300	3 x 100 on 1:40 Descend in sets of 3	EN1	
2,250	1x{6 x 25 on :30 Freestyle	EN1	
	{1 x 100 on 1:40 Individual Medley	EN2	
	{6 x 25 on :30 odds free evens fly	EN2	
	{1 x 200 on 3:20 Individual Medley	EN2	
	{6 x 25 on :30 odds free evens back	EN2	
	{1 x 300 on 5:00 Individual Medley	EN2	
	{6 x 25 on :30 odds brst evens fly	EN2	
	{1 x 300 on 4:45 Individual Medley	EN2	
	{6 x 25 on :30 odds free evens back	EN2	
	{1 x 200 on 3:10 Individual Medley	EN2	
	{6 x 25 on :30 odds free evens brst	EN2	
	{1 x 100 on 1:35 Individual Medley	EN2	
	{6 x 25 on :20 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
9:29 AM	6,470 Yards - Stress Value = 92		

Workout #2561 - Saturday, 25 October 2003

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
1,200	4x{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
1,600	1x{2 x 300 on 4:00 Pulls	EN1	
	{3 x 200 on 2:50 Lungbuster pulls	EN1	
	{4 x 100 on 1:30 Lungbuster pulls	EN1	
	{ 200's br 2-3-4-5		
	{ 100's br 3-5-7-9		
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
2,800	1x{6 x 25 on :25 Freestyle	EN1	
	{1 x 100 on 1:25 Individual Medley	EN2	
	{6 x 25 on :25 odds free evens fly	EN2	
	{1 x 200 on 2:50 Individual Medley	EN2	
	{6 x 25 on :25 odds free evens back	EN2	
	{1 x 300 on 4:15 Individual Medley	EN2	
	{6 x 25 on :25 odds free evens brst	EN2	
	{1 x 400 on 5:40 Individual Medley	EN2	
	{6 x 25 on :20 odds free evens fly	EN2	
	{1 x 300 on 4:00 Individual Medley	EN2	
	{6 x 25 on :20 odds free evens back	EN2	
	{1 x 200 on 2:40 Individual Medley	EN2	
	{6 x 25 on :20 odds free evens brst	EN2	
	{1 x 100 on 1:20 Individual Medley	EN2	
	{6 x 25 on :20 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:29 AM	7,320 Yards - Stress Value = 106		

Yards	Set Description	EGY	WOF
7:00 AM	Start		
600	1 x 600 on 13:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
1,200	4x{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
1,000	1x{1 x 300 on 5:15 Pulls	EN1	
	{2 x 200 on 3:30 Lungbuster pulls	EN1	
	{3 x 100 on 1:45 Lungbuster pulls	EN1	
	{ 200's br 2-3-4-5		
	{ 100's br 3-5-7-9		
300	3 x 100 on 1:40 Descend in sets of 3	EN1	
2,250	1x{6 x 25 on :30 Descend in sets of 3	EN1	
	{1 x 100 on 2:00 Individual Medley	EN2	
	{6 x 25 on :30 Descend in sets of 3	EN1	
	{1 x 200 on 4:00 Individual Medley	EN2	
	{6 x 25 on :30 Descend in sets of 3	EN1	
	{1 x 300 on 6:00 Individual Medley	EN2	
	{6 x 25 on :30 Descend in sets of 3	EN1	
	{1 x 300 on 5:30 Individual Medley	EN2	
	{6 x 25 on :30 Descend in sets of 3	EN1	
	{1 x 200 on 3:40 Individual Medley	EN2	
	{6 x 25 on :30 Descend in sets of 3	EN1	
	{1 x 100 on 1:50 Individual Medley	EN2	
	{6 x 25 on :30 Descend in sets of 3	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
9:31 AM	5,670 Yards - Stress Value = 80		

Workout #2562 - Saturday, 25 October 2003

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
1,200	4x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	

Workout #2559 - Saturday, 25 October 2003

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
500	1 on 30:00 Weights		
500	1 x 500 on 13:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
900	4x{1 x 75 on 2:20 Kick	EN2	
	{1 x 75 on 2:15 Kick	EN2	
	{1 x 75 on 2:10 Kick	EN2	
900	1x{1 x 250 on 5:15 Pulls	EN1	
	{2 x 175 on 3:30 Lungbuster pulls	EN1	
	{3 x 100 on 2:00 Lungbuster pulls	EN1	
	{ 200's br 2-3-4-5		
	{ 100's br 3-5-7-9		
600	6 x 100 on 2:00 Descend in sets of 3	EN1	
1,200	1x{6 x 25 on :45 Freestyle	EN1	
	{1 x 100 on 2:30 Individual Medley	EN2	
	{6 x 25 on :45 Butterfly	EN1	
	{1 x 200 on 4:50 Individual Medley	EN2	
	{6 x 25 on :45 Backstroke	EN1	
	{1 x 300 on 7:00 Individual Medley	EN2	
	{6 x 25 on :45 Breaststroke	EN1	
250	1 x 250 on 6:00 Stroke Drills	REC	
9:30 AM	4,470 Yards - Stress Value = 58		

{3 x 150 on 2:10 Lungbuster pulls EN1
 {3 x 150 on 2:05 Lungbuster pulls EN1
 { odds br 3-5-7
 { evens br 4-6-8

500	10x{1 x 25 on :30 Stroke	EN1
	{1 x 25 on :20 Freestyle	EN1
2,700	1x{1 x 400 on 6:40 Backstroke	EN1
	{4 x 100 on 1:40 Backstroke	EN1
	{1 x 300 on 4:45 Backstroke	EN1
	{3 x 100 on 1:35 Backstroke	EN1
	{1 x 200 on 3:00 Backstroke	EN1
	{2 x 100 on 1:30 Backstroke	EN1
	{2 x 100 on 1:25 Backstroke	EN1
	{1 x 200 on 4:00 Freestyle EZ	REC
	{1 x 200 on 3:00 Backstroke for time	EN3
	{1 x 300 on 5:00 Stroke Drills	REC
7:30 PM	6,670 Yards - Stress Value = 78	

Workout #2567 - Wednesday, 29 October 2003

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		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
1,350	2x{3 x 75 on 1:30 Kick	EN1	
	{3 x 75 on 1:25 Kick	EN1	
	{3 x 75 on 1:20 Kick	EN2	
1,300	1x{2 x 200 on 2:45 Pulls	EN1	
	{2 x 175 on 2:25 Pulls	EN1	
	{2 x 150 on 2:05 Pulls	EN1	
	{2 x 125 on 1:45 Pulls	EN1	
600	3x{1 x 100 on 1:40 Individual Medley	EN1	
	{2 x 50 on :40 Freestyle	EN2	
2,250	1x{3 x 100 on 1:50 Breaststroke	EN1	
	{6 x 25 on :30 Breast 2x pullouts	EN1	
	{3 x 100 on 1:45 Breaststroke	EN1	
	{6 x 25 on :30 Breast 2x pullouts	EN1	
	{3 x 100 on 1:40 Breaststroke	EN2	
	{6 x 25 on :30 Breast 2x pullouts	EN1	
	{3 x 100 on 1:35 Breaststroke	EN2	
	{6 x 25 on :30 Breast 2x pullouts	EN1	
	{3 x 100 on 1:30 Breaststroke	EN2	
	{6 x 25 on :30 Breast 2x pullouts	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:30 PM	6,670 Yards - Stress Value = 78		

Workout #2565 - Monday, 27 October 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM	Start		
1 on	30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
600	3x{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:45 Kick no board	EN2	
800	1 x 800 on 11:00 Pulls	EN1	
300	1x{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:10 Freestyle	EN1	
2,000	1x{1 x 250 on 3:15 Freestyle	EN2	
	{1 x 250 on 3:10 Freestyle	EN2	
	{1 x 250 on 3:05 Freestyle	EN2	
	{1 x 250 on 3:00 Freestyle	EN2	
	{1 x 250 on 2:55 Freestyle	EN2	
	{1 x 250 on 2:50 Freestyle	EN2	
	{1 x 250 on 2:45 Freestyle	EN2	
	{1 x 250 on 2:40 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:15 PM	4,800 Yards - Stress Value = 75		

Workout #2566 - Tuesday, 28 October 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
1 on	30:00 Stomach and Stretch		
800	1x{1 x 200 on 3:30 Freestyle	REC	
	{1 x 150 on 2:40 Backstroke	REC	
	{1 x 100 on 1:55 Breaststroke	REC	
	{1 x 50 on :55 Butterfly	REC	
	{6 x 50 on :45 Descend in sets of 3	EN1	
120	8 x 15 on :30 Shooters	SP3	
1,200	4x{2 x 25 on :45 Kick no board	EN1	
	{2 x 125 on 2:15 Kick	EN2	
1,350	1x{3 x 150 on 2:15 Lungbuster pulls	EN1	

Workout #2568 - Thursday, 30 October 2003

Group 3 - All

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
800	1 x 800 on 13:00 Reverse IM drill	REC	I
120	8 x 15 on :30 Shooters	SP3	S
1,250	1x{2 x 125 on 2:20 Kick	EN1	F
	{2 x 125 on 2:15 Kick	EN2	F
	{2 x 125 on 2:10 Kick	EN2	F
	{2 x 125 on 2:05 Kick	EN2	F
	{2 x 125 on 2:00 Kick	EN2	F
1,600	1x{1 x 400 on 5:00 Pulls	EN2	F
	{1 x 400 on 4:55 Pulls	EN2	F
	{1 x 400 on 4:50 Pulls	EN2	F
	{1 x 400 on 4:44 Pulls	EN2	F
550	1x{4 x 75 on 1:15 IM w/out the fly	EN1	S
	{4 x 25 on :20 Freestyle	EN2	S
	{1 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	S
2,800	1x{1 x 200 on 3:30 Butterfly	EN1	S
	{3 x 100 on 1:30 Freestyle-descend	EN1	S
	{1 x 200 on 3:20 Butterfly	EN1	S
	{3 x 100 on 1:30 Freestyle-descend	EN1	S
	{1 x 200 on 3:10 Butterfly	EN1	S
	{3 x 100 on 1:30 Freestyle-descend	EN1	S
	{1 x 200 on 3:00 Butterfly	EN1	S
	{3 x 100 on 1:30 Freestyle-descend	EN1	S
	{1 x 200 on 2:50 Butterfly	EN2	S
	{3 x 100 on 1:30 Freestyle-descend	EN1	S
	{1 x 200 on 3:00 Freestyle EZ	REC	S
	{1 x 100 on 1:30 Butterfly OTB	EN3	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
7:30 PM 7,320 Yards - Stress Value = 99			

120	8 x 15 on :30 Shooters	SP3	S	F
900	3x{1 x 100 on 1:50 Kick	EN2	K	CF
	{1 x 100 on 1:40 Kick	EN1	K	CF
	{1 x 100 on 1:30 Kick	EN1	K	CF
700	7 x 100 on 1:20 Lungbuster pulls	EN1	P	F
	odds br 3-5-7-9			
	evens br 2-4-6-8			
200	8 x 25 on :30 IM order-build	EN1	S	I
2,000	1x{2 x 250 on 3:20 Freestyle	EN1	S	F
	{2 x 250 on 3:15 Freestyle	EN1	S	F
	{2 x 250 on 3:10 Freestyle	EN2	S	F
	{2 x 250 on 3:05 Freestyle	EN2	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
7:17 PM 4,720 Yards - Stress Value = 56				

Workout #2570 - Monday, 03 November 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
400	8 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
1,000	1x{3 x 125 on 2:00 Freestyle	EN1	
	{3 x 125 on 1:55 Freestyle	EN1	
	{2 x 125 on 1:50 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 12:00 Ice		
7:05 AM 2,380 Yards - Stress Value = 21			

Workout #2571 - Monday, 03 November 2003

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Physio Balls/Stretch			L DF
600	1 x 600 on 10:00 Stroke Drills	REC	D	F
180	12 x 15 on :45 Shooters	SP3	S	F
600	2x{1 x 100 on 2:00 Kick	EN2	K	CF
	{1 x 100 on 1:55 Kick	EN1	K	CF
	{1 x 100 on 1:50 Kick	EN1	K	CF
600	6 x 100 on 1:30 Lungbuster pulls	EN1	P	F
	odds br 3-5-7-9			
	evens br 2-4-6-8			
	1 on 15:00 Techniques-Stanford			D F
	turn drills			
1,250	1x{2 x 250 on 3:45 Freestyle	EN1	S	F
	{2 x 250 on 3:30 Freestyle	EN1	S	F
	{1 x 250 on 3:15 Freestyle	EN2	S	F
250	1 x 250 on 5:00 Stroke Drills	REC	D	C
	1 on 10:00 Techniques-starts			D
	1 on 20:00 Ice			L
5:23 PM 3,480 Yards - Stress Value = 36				

Workout #2569 - Saturday, 01 November 2003

Group 3 - All

1 minute rest between sets

10:00 AM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
1,200	3x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
2,000	10x{1 x 100 on 1:15 Individual Medley	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	EN1	
1,200	1x{8 x 75 on 1:10 Lungbuster pulls	EN1	
	{8 x 75 on 1:05 Lungbuster pulls	EN1	
	{ odds br 3-5-7		
	{ evens br 4-6-8		
2,000	10x{1 x 100 on 1:15 Individual Medley	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
12:30 PM 7,620 Yards - Stress Value = 105			

Workout #2573 - Monday, 03 November 2003

Group 3 - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Stomach and Stretch			L DF
600	1 x 600 on 9:00 Stroke Drills	REC	D	F

Workout #2572 - Monday, 03 November 2003

HighSchl - Tim and David

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Physio Balls/Stretch			L DF
600	1 x 600 on 10:00 Stroke Drills	REC		D F
180	12 x 15 on :45 Shooters	SP3		S F
1,200	4x{1 x 100 on 1:50 Kick	EN2		K CF
	{1 x 100 on 1:40 Kick	EN1		K CF
	{1 x 100 on 1:30 Kick	EN1		K CF
800	8 x 100 on 1:20 Lungbuster pulls	EN1		P F
	odds br 3-5-7-9			
	evens br 2-4-6-8			
300	12 x 25 on :30 IM order-build	EN1		S I
2,000	1x{2 x 250 on 3:20 Freestyle	EN1		S F
	{2 x 250 on 3:15 Freestyle	EN1		S F
	{2 x 250 on 3:10 Freestyle	EN2		S F
	{2 x 250 on 3:05 Freestyle	EN2		S F
250	1 x 250 on 5:00 Stroke Drills	REC		D C
	1 on 20:00 Ice			L
5:23 PM 5,330 Yards - Stress Value = 64				

Workout #2577 - Tuesday, 04 November 2003

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	1x{1 x 200 on 3:30 Freestyle	REC	
	{1 x 150 on 2:40 Backstroke	REC	
	{1 x 100 on 1:55 Breaststroke	REC	
	{1 x 50 on :55 Butterfly	REC	
	{6 x 50 on :45 Descend in sets of 3	EN1	
120	8 x 15 on :30 Shooters	SP3	
1,200	4x{2 x 25 on :45 Kick no board	EN1	
	{2 x 125 on 2:15 Kick	EN2	
1,350	1x{3 x 150 on 2:15 Lungbuster pulls	EN1	
	{3 x 150 on 2:10 Lungbuster pulls	EN1	
	{3 x 150 on 2:05 Lungbuster pulls	EN1	
	{ odds br 3-5-7		
	{ evens br 4-6-8		
500	10x{1 x 25 on :30 Stroke	EN1	
	{1 x 25 on :20 Freestyle	EN1	
2,700	1x{1 x 400 on 6:20 Backstroke	EN1	
	{4 x 100 on 1:35 Backstroke	EN1	
	{1 x 300 on 4:30 Backstroke	EN1	
	{3 x 100 on 1:30 Backstroke	EN1	
	{1 x 200 on 2:50 Backstroke	EN2	
	{2 x 100 on 1:25 Backstroke	EN2	
	{2 x 100 on 1:20 Backstroke	EN2	
	{1 x 200 on 4:00 Freestyle EZ	REC	
	{1 x 200 on 3:00 Backstroke for time	EN3	
	{1 x 300 on 5:00 Stroke Drills	REC	
8:28 PM 6,670 Yards - Stress Value = 84			

Workout #2574 - Tuesday, 04 November 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Weights and stretch			L DRY
400	4 x 100 on 2:00 Stroke Drills	REC		D FR
180	12 x 15 on :45 Shooters	SP3		S FR
450	1x{2 x 75 on 1:15 Pulls	EN1		P FR
	{2 x 75 on 1:10 Pulls	EN1		P FR
	{2 x 75 on 1:05 Pulls	EN1		P FR

900	3x{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	EN1		S FR
200	4 x 50 on 1:00 Stroke Drills	REC		D CD
	1 on 15:00 Stretch and ice			L DRY
7:00 AM 2,130 Yards - Stress Value = 22				

Workout #2576 - Tuesday, 04 November 2003

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Shoulders & Stretch		
600	12 x 50 on 1:00 Stroke Drills	REC	
	odds free evens choi		
	1 on 10:00 Techniques-TN turns		
180	12 x 15 on :45 Shooters	SP3	
600	6 x 100 on 2:00 Kick odds fast	EN1	
500	4 x 125 on 2:00 Pulls no br L.10 yds	EN1	
300	1x{2 x 75 on 1:20 IM w/out the free	EN1	
	{3 x 50 on :50 Freestyle-descend	EN1	
800	4 x 200 on 3:30 3 min swims 30s rest	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-starts		
Match Race			
	1 on 25:00 Stretch and Ice		
5:27 PM 3,230 Yards - Stress Value = 30			

Workout #2575 - Tuesday, 04 November 2003

HighSchl - Tim and David

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Shoulders & Stretch		
600	12 x 50 on 1:00 Stroke Drills	REC	
	odds free evens choi		
120	8 x 15 on :30 Shooters	SP3	
1,200	12 x 100 on 1:45 Kick odds fast	EN1	
750	1x{2 x 125 on 1:50 Pulls no br L. 5 yds	EN1	
	{2 x 125 on 1:45 Pulls no br L. 7 yds	EN1	
	{2 x 125 on 1:40 Pulls no br L.10 yds	EN1	
300	1x{2 x 75 on 1:05 IM w/out the free	EN1	
	{3 x 50 on :40 Freestyle-descend	EN1	
2,000	5 x 400 on 4:40 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 5:00 Techniques-starts		
Match Race			
	1 on 25:00 Stretch and Ice		
5:28 PM 5,220 Yards - Stress Value = 67			

Workout #2580 - Wednesday, 05 November 2003

Group 3 - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
1,200	12 x 100 on 1:45 Kick odds fast	EN2	
1,800	1x{2 x 300 on 4:15 Pulls	EN1	
	{2 x 300 on 4:05 Pulls	EN1	
	{2 x 300 on 3:55 Pulls	EN2	
450	3 x 150 on 2:15 1st 50 2bk, 2nd 50 4bk, 3rd 50 6bk	EN1	
2,000	1x{4 x 150 on 2:45 Breaststroke	EN1	
	{4 x 125 on 2:15 Breaststroke	EN1	
	{4 x 100 on 1:45 Breaststroke	EN1	
	{4 x 75 on 1:15 Breaststroke	EN1	
	{4 x 50 on :50 Breaststroke	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	8:00 PM 6,770 Yards - Stress Value = 77		

Workout #2578 - Wednesday, 05 November 2003

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		L
600	6 x 100 on 2:00 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S
600	1x{2 x 125 on 2:30 Kick	EN1	K
	{2 x 100 on 2:00 Kick	EN1	K
	{2 x 75 on 1:30 Kick	EN1	K
600	1x{1 x 200 on 3:00 Pulls	EN1	P
	{1 x 200 on 2:55 Pulls	EN1	P
	{1 x 200 on 2:50 Pulls	EN1	P
300	2 x 150 on 2:30 1st 50 2bk, 2nd 50 4bk, 3rd 50 6bk	EN1	S
1,800	2x{4 x 25 on :30 IM order	EN1	S
	{1 x 200 on 3:00 Freestyle	EN1	S
	{4 x 25 on :30 IM order	EN1	S
	{1 x 200 on 2:55 Freestyle	EN1	S
	{4 x 25 on :30 IM order	EN1	S
	{1 x 200 on 2:50 Freestyle	EN1	S
200	4 x 50 on 1:00 Stroke Drills	REC	D
	Hat Race		
	1 on 25:00 Stretch and Ice		L
	5:19 PM 4,280 Yards - Stress Value = 40		

Workout #2579 - Wednesday, 05 November 2003

HighSchl - Tim and David

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		L
600	6 x 100 on 2:00 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S
900	1x{2 x 150 on 2:30 Kick	EN1	K
	{2 x 125 on 2:00 Kick	EN1	K
	{2 x 100 on 1:30 Kick	EN1	K
	{2 x 75 on 1:00 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	EN1	P
450	3 x 150 on 2:15 1st 50 2bk, 2nd 50 4bk, 3rd 50 6bk	EN1	S
3,600	2x{4 x 100 on 1:30 Backstroke	EN1	S

{1 x 200 on 2:50 Backstroke	EN2	S
{4 x 100 on 1:25 Backstroke	EN1	S
{1 x 200 on 2:45 Backstroke	EN2	S
{4 x 100 on 1:20 Backstroke	EN2	S
{1 x 200 on 2:40 Backstroke	EN2	S
{1 on 1:00 Rest		M
1 x 300 on 6:00 Stroke Drills	REC	D
5:30 PM 7,230 Yards - Stress Value = 89		

Workout #2584 - Thursday, 06 November 2003

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 13:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
1,200	3x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
1,500	1x{4 x 125 on 1:50 Lungbuster pulls	EN1	
	{4 x 125 on 1:45 Lungbuster pulls	EN1	
	{4 x 125 on 1:40 Lungbuster pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
2,850	3x{1 x 150 on 2:30 Butterfly 2-4-2	EN1	
	{1 x 150 on 2:25 Butterfly 2-5-2	EN1	
	{1 x 150 on 2:20 Butterfly 2-6-2	EN1	
	{1 x 150 on 2:15 Butterfly 2-7-2	EN1	
	{1 x 150 on 2:10 Butterfly 2-8-2	EN1	
	{1 x 200 on 4:00 Freestyle	REC	
	8:30 PM 7,070 Yards - Stress Value = 64		

Workout #2581 - Thursday, 06 November 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	SI
	1 on 35:00 Weights and stretch			L DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC		S F
180	12 x 15 on :45 Shooters	SP3		S F
800	1 x 800 on 12:00 Pulls	EN1		P F
500	5 x 100 on 1:30 Freestyle	EN1		S F
200	1 x 200 on 4:00 Stroke Drills	REC		D C
	1 on 10:00 Stretch and Ice			L DF
	6:59 AM 2,080 Yards - Stress Value = 20			

Workout #2579 - Wednesday, 05 November 2003

HighSchl - Tim and David

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		L
600	6 x 100 on 2:00 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S
900	1x{2 x 150 on 2:30 Kick	EN1	K
	{2 x 125 on 2:00 Kick	EN1	K
	{2 x 100 on 1:30 Kick	EN1	K
	{2 x 75 on 1:00 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	EN1	P
450	3 x 150 on 2:15 1st 50 2bk, 2nd 50 4bk, 3rd 50 6bk	EN1	S
3,600	2x{4 x 100 on 1:30 Backstroke	EN1	S

Workout #2583 - Thursday, 06 November 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
	11:00 AM Start				
	=====				
	1 on 30:00 Shoulders & Stretch		L I		
600	6 x 100 on 2:00 Stroke Drills	REC	D C		
180	12 x 15 on :45 Shooters	SP3	S		
600	2x{1 x 150 on 3:00 Kick	EN1	K C		
	{1 x 100 on 2:00 Kick	EN1	K C		
	{1 x 50 on 1:00 Kick	EN1	K C		
750	1x{1 x 150 on 2:15 Pulls	EN1	P		
	{1 x 100 on 1:30 Pulls	EN1	P		
	{1 x 150 on 2:10 Pulls	EN1	P		
	{1 x 100 on 1:30 Pulls	EN1	P		
	{1 x 150 on 2:05 Pulls	EN1	P		
	{1 x 100 on 1:30 Pulls	EN1	P		
200	2 x 100 on 1:45 Individual Medley	EN1	S		
1,500	3x{1 x 200 on 3:00 Freestyle	EN1	S		
	{1 x 150 on 2:15 Freestyle	EN1	S		
	{1 x 100 on 1:30 Freestyle	EN1	S		
	{1 x 50 on :45 Freestyle	EN1	S		
200	1 x 200 on 4:00 Stroke Drills	REC	D		
	Hat Race				
	1 on 25:00 Stretch and Ice		L I		
	1:16 PM 4,030 Yards - Stress Value = 39				

Workout #2582 - Thursday, 06 November 2003

HighSchl - Tim and David

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
	11:00 AM Start				
	=====				
	1 on 30:00 Shoulders & Stretch		L I		
600	6 x 100 on 2:00 Stroke Drills	REC	D C		
180	12 x 15 on :45 Shooters	SP3	S		
1,200	4x{1 x 150 on 2:40 Kick	EN1	K C		
	{1 x 100 on 1:45 Kick	EN1	K C		
	{1 x 50 on :50 Kick	EN1	K C		
750	1x{1 x 150 on 2:00 Pulls	EN1	P		
	{1 x 100 on 1:20 Pulls	EN1	P		
	{1 x 150 on 1:55 Pulls	EN1	P		
	{1 x 100 on 1:20 Pulls	EN1	P		
	{1 x 150 on 1:50 Pulls	EN1	P		
	{1 x 100 on 1:20 Pulls	EN1	P		
400	4 x 100 on 1:30 Individual Medley	EN1	S		
3,000	3x{1 x 300 on 3:45 Freestyle	EN1	S		
	{1 x 250 on 3:05 Freestyle	EN1	S		
	{1 x 200 on 2:30 Freestyle	EN1	S		
	{1 x 150 on 1:50 Freestyle	EN1	S		
	{1 x 100 on 1:15 Freestyle	EN1	S		
250	1 x 250 on 5:00 Stroke Drills	REC	D		
	1 on 10:00 Ice		L I		
	1:27 PM 6,380 Yards - Stress Value = 62				

Workout #2588 - Friday, 07 November 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
	5:30 PM Start				
	=====				
	1 on 30:00 Stomach and Stretch		I		
800	8 x 100 on 1:30 Stroke Drills	REC	I		
	2 on each stroke				
1,250	1x{2 x 125 on 2:30 Kick	EN1	F		
	{2 x 125 on 2:25 Kick	EN1	F		
	{2 x 125 on 2:20 Kick	EN1	F		
	{2 x 125 on 2:15 Kick	EN2	F		
	{2 x 125 on 2:10 Kick	EN2	F		

1,500	1 x 1500 on 21:00 Pulls	EN1	F		
300	6 x 50 on :45 Descend in sets of 3	EN1	S		
2,400	12x{1 x 100 on 1:20 Individual Medley	EN2	S		
	{1 x 50 on :40 Freestyle	EN2	S		
	{1 x 50 on :45 Freestyle	REC	S		
300	1 x 300 on 5:00 Stroke Drills	REC	I		
	7:45 PM 6,550 Yards - Stress Value = 70				

Workout #2585 - Friday, 07 November 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
	5:30 AM Start				
	=====				
	1 on 10:00 Stretching		I		
600	1 x 600 on 8:00 Swim-kick-pull-swim	REC	S		
180	12 x 15 on :45 Shooters	SP3	S		
1,200	1x{4 x 75 on 1:15 Pulls-nbbf&w + 2 yds	EN1	F		
	{4 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	F		
	{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	F		
	{4 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN2	F		
1,600	1x{1 x 400 on 6:00 Freestyle	EN1	S		
	{1 x 400 on 5:50 Freestyle	EN1	S		
	{1 x 400 on 5:40 Freestyle	EN1	S		
	{1 x 400 on 5:30 Freestyle	EN2	S		
250	1 x 250 on 5:00 Stroke Drills	REC	I		
	1 on 15:00 Stretch and Ice		I		
	7:02 AM 3,830 Yards - Stress Value = 42				

Workout #2587 - Friday, 07 November 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
	11:00 AM Start				
	=====				
	1 on 40:00 Physio Balls/Stretch		L DRY		
600	1 x 600 on 10:00 Stroke Drills	REC	D CHO	1	
120	8 x 15 on :45 Shooters	SP3	S CHO	5	
400	8 x 50 on 1:00 Kick des in 4's	EN1	K CHO	2	
450	3 x 150 on 2:15 Pulls	EN1	P FR	1	
700	28 x 25 on :30 IM order	EN1	S IM	2	
200	1 x 200 on 4:00 Stroke Drills	REC	D CD	2	
	Hat race				
	1 on 10:00 Run the Gauntlet		S FLY		
	1 on 20:00 Stretch and Ice		L DRY		
	1:04 PM 2,470 Yards - Stress Value = 20				

Workout #2586 - Friday, 07 November 2003

HighSchl - Tim and David

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
11:00 AM	Start			
600	1 on 40:00 Physio Balls/Stretch	REC	L	
120	1 x 600 on 10:00 Stroke Drills	SP3	D	
800	8 x 15 on :45 Shooters	EN1	S	
700	16 x 50 on 1:00 Kick des in 4's	EN1	K	
1,350	1x{1 x 175 on 2:30 Pulls	EN1	P	
	{1 x 175 on 2:25 Pulls	EN1	P	
	{1 x 175 on 2:20 Pulls	EN1	P	
	{1 x 175 on 2:15 Pulls	EN1	P	
300	6 x 50 on :45 Descend in sets of 3	EN1	S	
1,350	1x{1 x 150 on 2:30 Butterfly 2-4-2	EN1	S	
	{1 x 150 on 2:25 Butterfly 2-5-2	EN1	S	
	{1 x 150 on 2:20 Butterfly 2-6-2	EN1	S	
	{1 x 150 on 2:15 Butterfly 2-7-2	EN1	S	
	{1 x 150 on 2:10 Butterfly 2-8-2	EN1	S	
	{1 x 150 on 2:15 Butterfly 2-7-2	EN1	S	
	{1 x 150 on 2:20 Butterfly 2-6-2	EN1	S	
	{1 x 150 on 2:25 Butterfly 2-5-2	EN1	S	
	{1 x 150 on 2:30 Butterfly 2-4-2	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
12:58 PM	4,070 Yards - Stress Value = 42			

Workout #2589 - Saturday, 08 November 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:30 AM	Start		
800	1 on 30:00 Weights and stretch	REC	
	1 x 800 on 14:00 Swim-kick-pull-swim		
	1 on 10:00 Techniques- TN turns		
180	12 x 15 on :45 Shooters	SP3	
600	1x{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
600	8 x 75 on 1:05 Lungbuster pulls	EN1	
	1 on 10:00 Techniques-relay str		
500	1 x 500 on 30:00 Killer Relays	SP1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 15:00 Ice		
9:59 AM	2,980 Yards - Stress Value = 59		

Workout #2592 - Monday, 10 November 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM	Start			
800	1 on 30:00 Stomach and Stretch		L	DRY
	8 x 100 on 1:45 Stroke Drills	REC	D	IM
	2 on each stroke			
120	8 x 15 on :30 Shooters	SP3	S	FR
900	1x{3 x 100 on 2:00 Kick	EN1	K	CHO
	{3 x 100 on 1:55 Kick	EN1	K	CHO
	{3 x 100 on 1:50 Kick	EN1	K	CHO
1,000	1x{2 x 125 on 2:00 Pulls	EN1	P	FR
	{2 x 125 on 1:55 Pulls	EN1	P	FR
	{2 x 125 on 1:50 Pulls	EN1	P	FR
	{2 x 125 on 1:45 Pulls	EN1	P	FR
1,000	5 x 200 on 3:00 Freestyle	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
7:15 PM	4,070 Yards - Stress Value = 32			

Workout #2590 - Monday, 10 November 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
	1 on 20:00 Stomach and Stretch			L DRY
400	1 x 400 on 7:00 Choice	REC		S CHO
180	12 x 15 on :30 Shooters	SP3		S FR
1,200	1x{2 x 200 on 2:50 Pulls	EN1	P	FR
	{2 x 200 on 2:45 Pulls	EN1	P	FR
	{2 x 200 on 2:40 Pulls	EN1	P	FR
1,125	1x{3 x 125 on 1:50 Freestyle	EN2	S	FR
	{3 x 125 on 1:45 Freestyle	EN2	S	FR
	{3 x 125 on 1:40 Freestyle	EN2	S	FR
175	1 x 175 on 3:00 Stroke Drills	REC	D	CD
	1 on 16:00 Stretch and Ice			L DRY
6:59 AM	3,080 Yards - Stress Value = 43			

Workout #2591 - Monday, 10 November 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
	1 on 59:59 Team Pictures/D-land		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	1x{4 x 25 on :45 Kick no board	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :45 Kick no board	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{4 x 25 on :45 Kick no board	EN1	
	{2 x 100 on 1:50 Kick	EN1	
100	1 x 100 on 2:00 Kick for time	EN2	
1,000	1 x 1000 on 15:00 Pulls	EN1	
800	8 x 100 on 1:30 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 15:00 Ice		
5:36 PM	4,080 Yards - Stress Value = 44		

Workout #2596 - Tuesday, 11 November 2003

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	
120	8 x 15 on :30 Shooters	SP3	
1,000	1x{2 x 150 on 2:40 Kick	EN2	
	{2 x 125 on 2:15 Kick	EN1	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 75 on 1:20 Kick	EN2	
	{2 x 50 on :50 Kick	EN2	
1,500	3 x 500 on 7:00 Pulls	EN1	
450	3 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
2,700	4x{4 x 100 on 1:30 Backstroke	EN1	
	{3 x 25 on :40 Backstroke 15m under	EN1	
	{1 x 200 on 2:40 Backstroke	EN2	
400	1 x 400 on 7:00 Stroke Drills	REC	
8:30 PM	6,970 Yards - Stress Value = 76		

Workout #2593 - Tuesday, 11 November 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 Weights		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
600	8 x 75 on 1:05 Lungbuster pulls	EN1	
	odds br 3-5-7		
	evens br 4-6-8		
1,350	1x{1 x 100 on 1:25 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{1 x 125 on 1:45 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{1 x 150 on 2:05 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{1 x 175 on 2:20 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{1 x 200 on 2:35 Freestyle	EN1	
	{1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:02 AM 2,730 Yards - Stress Value = 25

	{2 x 100 on 1:15 Backstroke	EN2	S
	{1 x 150 on 2:15 Backstroke	EN1	S
	{2 x 100 on 1:10 Backstroke	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 11:00 Ice		L

5:29 PM 6,280 Yards - Stress Value = 79

Workout #2599 - Wednesday, 12 November 2003

Group 3 - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch			L DRY
600	12 x 50 on 1:00 Stroke Drills	REC		D IM
	3 on each stroke			
120	8 x 15 on :30 Shooters	SP3		S BK
	1 on 10:00 Techniques-starts			D
900	3x{2 x 100 on 2:00 Kick	EN1		K CHC
	{1 x 100 on 1:30 Kick	EN2		K CHC
300	4 x 75 on 1:10 IM w/out breast	EN1		S IM
900	2x{1 x 50 on :00 Breaststroke OTB	SP2		S BF
	{1 x 50 on 3:00 Freestyle	REC		S FF
	{1 x 75 on :00 Breaststroke OTB	SP2		S BF
	{1 x 75 on 4:00 Freestyle	REC		S FF
	{1 x 100 on :00 Breaststroke OTB	SP2		S BF
	{1 x 100 on 5:00 Freestyle	REC		S FF
1,000	4 x 250 on 3:45 Pulls	EN1		P FF
900	2x{1 x 50 on :00 Breaststroke OTB	SP2		S BF
	{1 x 50 on 3:00 Freestyle	REC		S FF
	{1 x 75 on :00 Breaststroke OTB	SP2		S BF
	{1 x 75 on 4:00 Freestyle	REC		S FF
	{1 x 100 on :00 Breaststroke OTB	SP2		S BF
	{1 x 100 on 5:00 Freestyle	REC		S FF
200	1 x 200 on 4:00 Stroke Drills	REC		D CI

8:02 PM 4,920 Yards - Stress Value = 120

Workout #2594 - Tuesday, 11 November 2003

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Shoulders & Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
1,050	3x{2 x 25 on :45 Kick no board	EN1	
	{3 x 100 on 2:00 Kick-descend	EN2	
500	10 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
300	6 x 50 on :50 Descend in sets of 3	EN1	
1,300	1x{1 x 100 on 2:00 Backstroke	EN1	
	{2 x 100 on 1:55 Backstroke	EN1	
	{1 x 100 on 1:50 Backstroke	EN1	
	{2 x 100 on 1:45 Backstroke	EN1	
	{1 x 100 on 1:40 Backstroke	EN1	
	{2 x 100 on 1:35 Backstroke	EN1	
	{1 x 100 on 1:30 Backstroke	EN2	
	{2 x 100 on 1:25 Backstroke	EN2	
	{1 x 100 on 1:20 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	Hat race		
	1 on 29:00 Stretch and Ice		

5:29 PM 4,380 Yards - Stress Value = 52

Workout #2597 - Wednesday, 12 November 2003

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Shoulders & Stretch		L
600	12 x 50 on 1:00 Stroke Drills	REC	D
	odds free evns nonfr		
1,000	1x{1 x 100 on 2:00 Kick	EN1	K
	{3 x 50 on 1:00 Kick-descend	EN1	K
	{1 x 100 on 1:55 Kick	EN1	K
	{3 x 50 on 1:00 Kick-descend	EN1	K
	{1 x 100 on 1:50 Kick	EN1	K
	{3 x 50 on 1:00 Kick-descend	EN1	K
	{1 x 100 on 1:45 Kick	EN2	K
	{3 x 50 on 1:00 Kick-descend	EN1	S
1,200	1x{1 x 400 on 5:30 Pulls	EN1	P
	{1 x 400 on 5:20 Pulls	EN1	P
	{1 x 400 on 5:10 Pulls	EN2	P
300	1x{3 x 75 on 1:20 IM w/out breast	EN1	S
	{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	S
1,500	2x{1 x 150 on 3:00 Breaststroke	EN1	S
	{1 x 150 on 2:50 Breaststroke	EN1	S
	{1 x 150 on 2:45 Breaststroke	EN1	S
	{1 x 150 on 2:40 Breaststroke	EN1	S
	{6 x 25 on :40 Breast des in 3's	EN1	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
	Hat Race		
	1 on 20:00 Stretch and Ice		L

5:28 PM 5,000 Yards - Stress Value = 47

Workout #2595 - Tuesday, 11 November 2003

HighSchl - Tim and David

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Shoulders & Stretch		L
800	8 x 100 on 1:45 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1,050	3x{2 x 25 on :30 Kick no board	EN1	K
	{3 x 100 on 1:50 Kick-descend	EN2	K
900	18 x 50 on :45 Pulls	EN1	P
300	6 x 50 on :45 Descend in sets of 3	EN1	S
2,800	2x{1 x 150 on 2:15 Backstroke	EN1	S
	{2 x 100 on 1:25 Backstroke	EN1	S
	{1 x 150 on 2:15 Backstroke	EN1	S
	{2 x 100 on 1:20 Backstroke	EN2	S
	{1 x 150 on 2:15 Backstroke	EN1	S

Workout #2598 - Wednesday, 12 November 2003

HighSchl - Tim and David

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Shoulders & Stretch		L
600	12 x 50 on 1:00 Stroke Drills	REC	D
	odds free evns nonfr		
1,000	1x{1 x 100 on 2:00 Kick	EN1	K
	{3 x 50 on 1:00 Kick-descend	EN1	K
	{1 x 100 on 1:55 Kick	EN1	K
	{3 x 50 on 1:00 Kick-descend	EN1	K
	{1 x 100 on 1:50 Kick	EN1	K
	{3 x 50 on 1:00 Kick-descend	EN1	K
	{1 x 100 on 1:45 Kick	EN2	K
	{3 x 50 on 1:00 Kick-descend	EN1	S
1,200	1x{1 x 400 on 5:30 Pulls	EN1	P
	{1 x 400 on 5:20 Pulls	EN1	P
	{1 x 400 on 5:10 Pulls	EN2	P
300	1x{3 x 75 on 1:20 IM w/out breast	EN1	S
	{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	S
3,000	3x{1 x 150 on 2:45 Breaststroke	EN1	S
	{1 x 150 on 2:40 Breaststroke	EN1	S
	{1 x 150 on 2:35 Breaststroke	EN1	S
	{1 x 150 on 2:30 Breaststroke	EN1	S
	{1 x 100 on 1:30 Freestyle	REC	S
	{12 x 25 on :30 Breast des in 3's	EN1	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
	5:31 PM 6,500 Yards - Stress Value = 57		

Workout #2603 - Thursday, 13 November 2003

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
1,200	3x{4 x 25 on :40 Kick no board	EN1	
	{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
900	1x{6 x 75 on 1:10 Lungbuster pulls	EN1	
	{6 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
	{6 x 25 on :30 Pulls no br L.10 yds	EN1	
400	1 x 400 on 8:00 Reverse IM drill	EN1	
2,200	1x{3 x 100 on 1:40 Butterfly 2-4-2	EN1	
	{3 x 50 on 1:00 Butterfly-descend	EN1	
	{4 x 25 on :25 Freestyle	EN2	
	{3 x 100 on 1:40 Butterfly 2-5-2	EN1	
	{3 x 50 on 1:00 Butterfly-descend	EN1	
	{4 x 25 on :25 Freestyle	EN2	
	{3 x 100 on 1:40 Butterfly 2-6-2	EN1	
	{3 x 50 on 1:00 Butterfly-descend	EN1	
	{4 x 25 on :25 Freestyle	EN2	
	{3 x 100 on 1:40 Butterfly 2-7-2	EN1	
	{3 x 50 on 1:00 Butterfly-descend	EN1	
	{4 x 25 on :25 Freestyle	EN2	
500	1 x 500 on 8:00 Stroke Drills	REC	
	8:30 PM 6,120 Meters - Stress Value = 67		

Workout #2600 - Thursday, 13 November 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Weights		L	DRY

600	1 x 600 on 9:00 Choice	REC	S	CHO
180	12 x 15 on :30 Shooters	SP3	S	BR
1,000	1x{1 x 400 on 5:00 Pulls	EN2	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
1,000	1x{4 x 125 on 1:40 Freestyle	EN2	S	FR
	{4 x 125 on 1:35 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CHO
	1 on 10:00 Ice		L	DRY
	6:59 AM 2,980 Yards - Stress Value = 41			

Workout #2601 - Thursday, 13 November 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Shoulders & Stretch		I
600	1 x 600 on 9:00 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
800	2x{4 x 25 on :40 Kick no board	EN1	F
	{1 x 100 on 2:00 Kick	EN1	F
	{1 x 100 on 1:50 Kick	EN2	F
	{1 x 100 on 1:40 Kick	EN2	F
900	1x{6 x 75 on 1:05 Lungbuster pulls	EN1	F
	{6 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F
	{6 x 25 on :25 Pulls no br L.10 yds	EN1	F
	1 on 15:00 Techniques-TN turns		I
1,000	20 x 50 on :55 Mid pool swims	EN1	S
250	1 x 250 on 5:00 Stroke Drills	REC	I
	Hat race		
	1 on 28:00 Stretch and Ice		I
	5:28 PM 3,730 Yards - Stress Value = 38		

Workout #2602 - Thursday, 13 November 2003

HighSchl - Tim and David

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Shoulders & Stretch		I
600	1 x 600 on 9:00 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1,200	3x{4 x 25 on :40 Kick no board	EN1	F
	{1 x 100 on 2:00 Kick	EN1	F
	{1 x 100 on 1:50 Kick	EN2	F
	{1 x 100 on 1:40 Kick	EN2	F
900	1x{6 x 75 on 1:05 Lungbuster pulls	EN1	F
	{6 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F
	{6 x 25 on :25 Pulls no br L.10 yds	EN1	F
400	1 x 400 on 7:00 Reverse IM drill	EN1	I
2,750	1x{3 x 100 on 1:30 Butterfly 2-4-2	EN1	S
	{3 x 50 on 1:00 Butterfly-descend	EN1	S
	{4 x 25 on :20 Freestyle	EN2	S
	{3 x 100 on 1:30 Butterfly 2-5-2	EN1	S
	{3 x 50 on 1:00 Butterfly-descend	EN1	S
	{4 x 25 on :20 Freestyle	EN2	S
	{3 x 100 on 1:30 Butterfly 2-6-2	EN1	S
	{3 x 50 on 1:00 Butterfly-descend	EN1	S
	{4 x 25 on :20 Freestyle	EN2	S
	{3 x 100 on 1:30 Butterfly 2-7-2	EN1	S
	{3 x 50 on 1:00 Butterfly-descend	EN1	S
	{4 x 25 on :20 Freestyle	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		I
	5:36 PM 6,280 Yards - Stress Value = 73		

Workout #2608 - Friday, 14 November 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 PM Start				
800	1 on 25:00 Stomach and Stretch		I	
180	16 x 50 on 1:00 Stroke Drills	REC	I	
1,000	12 x 15 on :45 Shooters	SP3	S	BF
1,000	1 on 15:00 Techniques-starts		I	
1,000	1 x 1000 on 16:00 Vertical Kicking	EN2	F	
1,250	1x{5 x 50 on 1:00 Pulls	EN1	F	
	{5 x 50 on :55 Pulls	EN1	F	
	{5 x 50 on :50 Pulls	EN1	F	
	{5 x 50 on :45 Pulls	EN1	F	
450	3 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	S	
1,250	5x{1 x 25 on :25 Butterfly	EN1	S	
	{1 x 25 on :25 Backstroke	EN1	S	
	{1 x 25 on :30 Breaststroke	EN1	S	
	{1 x 25 on :20 Freestyle	EN1	S	
	{1 x 150 on 2:15 IM w/out the free	EN1	S	
250	1 x 250 on 4:00 Stroke Drills	REC	I	
7:46 PM	4,930 Yards - Stress Value = 51			

HighSchl - Tim and David

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
800	1 on 30:00 Stomach and Stretch			L DRY
120	1 x 800 on 12:00 Stroke Drills	REC		D CHC
1,600	8 x 15 on :30 Shooters	SP3		S BF
	2x{1 x 100 on 1:20 Freestyle	EN1		S FF
	{4 x 25 on :30 Freestyle-descend	EN1		S FF
	{1 x 100 on 1:15 Freestyle	EN2		S FF
	{4 x 25 on :30 Freestyle-descend	EN1		S FF
	{1 x 100 on 1:10 Freestyle	EN2		S FF
	{4 x 25 on :30 Freestyle-descend	EN1		S FF
	{1 x 100 on 1:05 Freestyle	EN2		S FF
	{4 x 25 on :30 Freestyle-descend	EN1		S FF
400	1 x 400 on 6:00 Stroke Drills	REC		D CHC
	1 on 10:00 Stretch and Ice			L DRY
7:01 AM	2,920 Yards - Stress Value = 27			

Workout #2607 - Friday, 14 November 2003

HighSchl - Tim and David

1 minute rest between sets

Workout #2604 - Friday, 14 November 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
800	1 on 30:00 Stomach and Stretch			L DRY
180	8 x 100 on 1:45 Stroke Drills	REC		D CHC
800	12 x 15 on :30 Shooters	SP3		S BF
800	1x{1 x 100 on 1:30 Freestyle	EN1		S FF
	{4 x 25 on :30 Freestyle-descend	EN1		S FF
	{1 x 100 on 1:25 Freestyle	EN1		S FF
	{4 x 25 on :30 Freestyle-descend	EN1		S FF
	{1 x 100 on 1:20 Freestyle	EN1		S FF
	{4 x 25 on :30 Freestyle-descend	EN1		S FF
	{1 x 100 on 1:15 Freestyle	EN2		S FF
	{4 x 25 on :30 Freestyle-descend	EN1		S FF
400	8 x 50 on 1:00 Stroke Drills	REC		D CHC
	1 on 15:00 Stretch and Ice			L DRY
7:00 AM	2,180 Yards - Stress Value = 16			

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 35:00 Team mtg/stretch			M
120	1 x 400 on 7:00 Choice	REC		S CHO
750	8 x 15 on :30 Shooters	SP3		S CHO
	1x{2 x 125 on 2:10 Kick	EN1		K CHO
	{2 x 125 on 2:05 Kick	EN1		K CHO
	{2 x 125 on 2:00 Kick	EN1		K CHO
900	1x{2 x 150 on 2:00 Pulls	EN1		P FR
	{2 x 150 on 1:55 Pulls	EN1		P FR
	{2 x 150 on 1:50 Pulls	EN2		P FR
300	12 x 25 on :30 IM order-build	EN1		S IM
1,600	4x{4 x 100 on 1:05 Freestyle	EN2		S FR
	{1 on 1:00 Rest			M
400	1 x 400 on 6:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			L DRY
5:01 PM	4,470 Yards - Stress Value = 58			

Workout #2611 - Saturday, 15 November 2003

Group 3 - All

1 minute rest between sets

Workout #2606 - Friday, 14 November 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
400	1 on 35:00 Team mtg/stretch			M
120	1 x 400 on 7:00 Choice	REC		S CF
750	8 x 15 on :30 Shooters	SP3		S CF
	1x{2 x 125 on 2:30 Kick	EN1		K CF
	{2 x 125 on 2:25 Kick	EN1		K CF
	{2 x 125 on 2:20 Kick	EN1		K CF
900	1x{2 x 150 on 2:15 Lungbuster pulls	EN1		P F
	{2 x 150 on 2:10 Lungbuster pulls	EN1		P F
	{2 x 150 on 2:05 Lungbuster pulls	EN1		P F
300	12 x 25 on :30 IM order-build	EN1		S I
1,200	3x{4 x 100 on 1:15 Freestyle	EN2		S E
	{1 on 1:00 Rest			M
400	1 x 400 on 6:00 Stroke Drills	REC		D C
	Hat Race			
	1 on 10:00 Ice			L DF
5:00 PM	4,070 Yards - Stress Value = 47			

10:00 AM Start

Yards	Set Description	EGY	WC
1,000	1 on 30:00 Stomach and Stretch		
180	1 x 1000 on 18:00 Swim-kick-pull-swim	REC	
1,200	12 x 15 on :30 Shooters	SP3	
	4x{1 x 100 on 1:45 Freestyle	EN1	
	{1 x 100 on 1:30 Kick	EN2	
	{4 x 25 on :40 Kick no board	EN1	
1,200	1x{4 x 100 on 1:25 Pulls	EN1	
	{4 x 100 on 1:20 Pulls	EN2	
	{4 x 100 on 1:15 Pulls	EN2	
450	9 x 50 on :45 Descend in sets of 3	EN1	
2,500	1x{1 x 500 on 6:20 Freestyle	EN2	
	{1 x 500 on 6:10 Freestyle	EN2	
	{1 x 500 on 6:00 Freestyle	EN2	
	{1 x 500 on 5:50 Freestyle	EN2	
	{1 x 500 on 5:40 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
12:27 PM	7,030 Yards - Stress Value = 97		

Workout #2605 - Friday, 14 November 2003

Workout #2610 - Saturday, 15 November 2003

HighSchl - All

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WOF
800	1 on 50:00 Weights 2 rounds		
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 100% effor	EN1	
900	1x{3 x 100 on 1:30 Pulls	EN1	
	{3 x 100 on 1:25 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN2	
200	4 x 50 on :50 Freestyle-descend	EN1	
1,500	1x{1 x 500 on 7:00 Freestyle	EN1	
	{1 x 500 on 6:45 Freestyle	EN2	
	{1 x 500 on 6:30 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 15:00 Stretch and Ice		
9:59 AM 4,580 Yards - Stress Value = 54			

Yards	Set Description	EGY	WORK	ST
	1 on 25:00 Stomach and Stretch			L DF
400	1 x 400 on 7:00 Stroke Drills	REC		D CF
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3		S F
1,000	1x{1 x 200 on 3:00 Pulls	EN1		P F
	{1 x 200 on 2:55 Pulls	EN1		P F
	{1 x 200 on 2:50 Pulls	EN1		P F
	{1 x 200 on 2:45 Pulls	EN1		P F
	{1 x 200 on 2:40 Pulls	EN2		P F
1,350	1x{6 x 75 on 1:00 Freestyle	EN2		P F
	{6 x 75 on :55 Freestyle	EN2		S F
	{6 x 75 on :50 Freestyle	EN2		S F
200	1 x 200 on 3:00 Stroke Drills	REC		D C
	1 on 13:00 Stretch and Ice			L DF
7:00 AM 3,250 Yards - Stress Value = 51				

Workout #2613 - Monday, 17 November 2003

HighSchl - All

1 minute rest between sets

3:00 PM Start

7:30 AM Start

Yards	Set Description	EGY	WOF
800	1 on 50:00 Weights 2 rounds		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
800	8 x 100 on 1:45 Kick odds 100% effor	EN1	
900	1x{3 x 100 on 1:25 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN2	
	{3 x 100 on 1:15 Pulls	EN2	
300	6 x 50 on :45 Descend in sets of 3	EN1	
2,000	1x{1 x 500 on 6:15 Freestyle	EN1	
	{1 x 500 on 6:00 Freestyle	EN2	
	{1 x 500 on 5:45 Freestyle	EN2	
	{1 x 500 on 5:30 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 15:00 Stretch and Ice		
9:59 AM 5,280 Yards - Stress Value = 68			

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Shoulders & Stretch			L I
600	12 x 50 on :55 Stroke Drills	REC		D C
	odds free evens non			
180	12 x 15 on :30 Shooters	SP3		S
800	2x{4 x 25 on :40 Kick no board	EN1		K F
	{3 x 100 on 1:55 Kick descend	EN2		K C
900	1x{3 x 150 on 2:15 Pulls	EN1		P
	{2 x 150 on 2:05 Pulls	EN1		P
	{1 x 150 on 1:55 Pulls	EN2		P
	1 on 10:00 Techniques-starts			D
300	3 x 100 on 1:45 Individual Medley	EN1		S
2,000	4x{4 x 125 on 1:45 Freestyle	EN2		S
	{1 on 1:00 Rest			M
250	1 x 250 on 5:00 Stroke Drills	REC		D
	1 on 13:00 Stretch and Ice			L I
5:29 PM 5,030 Yards - Stress Value = 74				

Workout #2614 - Monday, 17 November 2003

HighSchl - Tim and David

1 minute rest between sets

3:00 PM Start

5:30 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 20:00 Stomach and Stretch			L I
600	12 x 50 on :55 Stroke Drills	REC		D C
	odds free evens non			
120	8 x 15 on :30 Shooters	SP3		S
800	2x{4 x 25 on :30 Kick no board	EN1		K F
	{3 x 100 on 1:40 Kick descend	EN2		K C
900	1x{3 x 150 on 1:45 Pulls	EN1		P
	{2 x 150 on 1:55 Pulls	EN1		P
	{1 x 150 on 2:05 Pulls	EN2		P
300	3 x 100 on 1:30 Individual Medley	EN1		S
2,000	4x{4 x 125 on 1:40 Freestyle	EN2		S
	{1 on 1:00 Rest			M
250	1 x 250 on 4:00 Stroke Drills	REC		D
	1 on 10:00 Stretch and Ice			L I
7:17 PM 4,970 Yards - Stress Value = 72				

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Shoulders & Stretch			L I
600	12 x 50 on :55 Stroke Drills	REC		D C
	odds free evens non			
180	12 x 15 on :30 Shooters	SP3		S
1,200	3x{4 x 25 on :30 Kick no board	EN1		K F
	{3 x 100 on 1:40 Kick descend	EN2		K C
900	1x{3 x 150 on 1:45 Pulls	EN1		P
	{2 x 150 on 1:55 Pulls	EN1		P
	{1 x 150 on 2:05 Pulls	EN2		P
400	4 x 100 on 1:30 Individual Medley	EN1		S
3,000	6x{4 x 125 on 1:40 Freestyle	EN2		S
	{1 on 1:00 Rest			M
250	1 x 250 on 4:00 Stroke Drills	REC		D
	1 on 10:00 Stretch and Ice			L I
5:32 PM 6,530 Yards - Stress Value = 102				

Workout #2612 - Monday, 17 November 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Workout #2618 - Tuesday, 18 November 2003

Group 3 - All

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
1,000	10 x 100 on 2:00 Kick-odds 100% effort	EN2	
1,250	1x{2 x 250 on 4:00 Pulls	EN1	
	{2 x 250 on 3:55 Pulls	EN1	
	{1 x 250 on 3:50 Pulls	EN1	
600	1x{4 x 75 on 1:20 IM w/out the back	EN1	
	{4 x 75 on 1:15 Freestyle-descend	EN1	
1,200	2x{1 x 25 on 1:00 Backstroke OTB	SP2	
	{1 x 50 on 2:00 Backstroke OTB	SP2	
	{2 x 75 on 3:00 Backstroke OTB	SP2	
	{1 x 50 on 2:00 Backstroke-OTB	SP2	
	{1 x 25 on 1:00 Backstroke-OTB	SP2	
	{1 x 300 on 6:00 Freestyle	REC	
100	1 x 100 on 4:00 Freestyle for time	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
8:30 PM 5,270 Yards - Stress Value = 113			

Workout #2616 - Tuesday, 18 November 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Weights		L	I
400	1 x 400 on 7:00 Choice	REC	S	C
300	12 x 25 on :30 12.5 ez fr 12.5fast	SP3	S	
1,800	3 x 600 on 8:30 Pulls	EN1	P	
400	4 x 100 on 1:30 Freestyle-descend to ludicrous speed!!!!	EN3	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		L	I
7:02 AM 3,100 Yards - Stress Value = 54				

Workout #2617 - Tuesday, 18 November 2003

HighSchl - All

1 minute rest between sets

10:50 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 10:00 Stretch		I	
400	1 x 400 on 8:00 Stroke Drills	REC	I	
180	12 x 15 on :30 Shooters	SP3	S	
300	3 x 100 on 2:00 Kick no board	EN2	P	
600	1x{6 x 50 on :55 DEBF all free	EN1	S	
	{6 x 50 on :55 DEBF ez fr fast non	EN1	S	
900	1x{3 x 100 on 1:30 Freestyle-descend	EN1	S	
	{3 x 100 on 1:45 Your Stroke-descend	EN1	S	
	{3 x 100 on 1:45 IM-descend	EN1	S	
50	2 x 25 on 2:00 Choice OTB	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	I	
100	1 x 100 on 10:00 Time Trials	SP2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	I	
	1 on 15:00 Ice		I	
12:30 PM 2,980 Yards - Stress Value = 38				

Workout #2621 - Wednesday, 19 November 2003

Group 3 - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK
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Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch		L	
800	1x{1 x 100 on 2:00 Freestyle	REC	S	
	{1 x 100 on 1:50 Freestyle	REC	S	
	{1 x 100 on 1:40 Freestyle	REC	S	
	{1 x 100 on 1:30 Freestyle	EN1	S	
	{1 x 100 on 1:20 Freestyle	EN2	S	
	{6 x 50 on :45 Descend in sets of 3	EN1	S	
120	8 x 15 on :45 Shooters	SP3	S	
800	2x{4 x 25 on :30 Kick no board	EN1	K	
	{1 x 100 on 2:00 Kick	EN2	K	
	{1 x 100 on 1:50 Kick	EN2	K	
	{1 x 100 on 1:40 Kick	EN2	K	
1,800	1x{8 x 75 on 1:10 Pulls w/ snorkel	EN1	P	
	{8 x 75 on 1:05 Pulls w/ snorkel	EN1	P	
	{8 x 75 on 1:00 Pulls w/ snorkel	EN1	P	
300	12 x 25 on :30 IM order-build	EN1	S	
2,750	1x{3 x 125 on 2:10 Breaststroke	EN2	S	
	{1 x 100 on 1:30 Freestyle	EN1	S	
	{3 x 125 on 2:05 Breaststroke	EN2	S	
	{1 x 100 on 1:30 Freestyle	EN1	S	
	{3 x 125 on 2:00 Breaststroke	EN2	S	
	{1 x 100 on 1:30 Freestyle	EN1	S	
	{3 x 125 on 1:55 Breaststroke	EN2	S	
	{1 x 100 on 1:30 Freestyle	EN1	S	
	{3 x 125 on 1:50 Breaststroke	EN2	S	
	{1 x 100 on 1:30 Freestyle	EN1	S	
	{3 x 125 on 1:45 Breaststroke	EN2	S	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
8:00 PM 6,820 Yards - Stress Value = 99				

Workout #2619 - Wednesday, 19 November 2003

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Shoulders & Stretch		L	I
800	8 x 100 on 1:45 Stroke Drills	REC	D	C
	Odds free evns choic			
120	8 x 15 on :30 Shooters	SP3	S	
900	3x{1 x 150 on 3:00 Kick	EN2	K	C
	{1 x 100 on 2:00 Kick	EN2	K	C
	{1 x 50 on 1:00 Kick	EN2	K	C
1,500	1x{1 x 500 on 7:00 Pulls	EN1	P	
	{1 x 500 on 6:50 Pulls	EN1	P	
	{1 x 500 on 6:40 Pulls	EN1	P	
300	4 x 75 on 1:15 IM #1 no fly #2 no back #3 no brst #4 no free	EN1	S	
3,000	1x{4 x 400 on 5:20 Freestyle	EN2	S	
	{2 x 200 on 2:40 Freestyle	EN2	S	
	{3 x 300 on 4:00 Freestyle	EN2	S	
	{1 x 100 on 1:20 Freestyle	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Stroke Drills	REC	D	
5:32 PM 6,870 Yards - Stress Value = 101				

Workout #2620 - Wednesday, 19 November 2003

HighSchl - Tim and David

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
800	1 on 30:00 Shoulders & Stretch	L	I	
	8 x 100 on 1:45 Stroke Drills	REC	D	C
	Odds free evns choic			
120	8 x 15 on :30 Shooters	SP3	S	
900	3x{1 x 150 on 2:30 Kick	EN2	K	C
	{1 x 100 on 1:40 Kick	EN2	K	C
	{1 x 50 on :50 Kick	EN2	K	C
1,500	1x{1 x 500 on 6:40 Pulls	EN1	P	
	{1 x 500 on 6:30 Pulls	EN1	P	
	{1 x 500 on 6:20 Pulls	EN1	P	
450	6 x 75 on 1:10 IM #1 no fly #2 no back #3 no brst #4 no free	EN1	S	
3,000	1x{4 x 400 on 5:00 Freestyle	EN2	S	
	{2 x 200 on 2:30 Freestyle	EN2	S	
	{3 x 300 on 3:45 Freestyle	EN2	S	
	{1 x 100 on 1:15 Freestyle	EN2	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Stroke Drills	REC	D	
	5:29 PM 7,070 Yards - Stress Value = 102			

Workout #2623 - Thursday, 20 November 2003

Group 3 - All

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WORK	STK
800	1 on 30:00 Stomach and Stretch	I		
	4 x 200 on 3:30 Swim-kick-pull-swim	REC	S	
120	8 x 15 on :30 Shooters	SP3	S	
2,000	2x{2 x 50 on 1:00 Kick	EN1	F	
	{2 x 75 on 1:25 Kick	EN1	F	
	{2 x 100 on 1:50 Kick	EN1	F	
	{2 x 125 on 2:15 Kick	EN1	F	
	{2 x 150 on 2:35 Kick	EN2	F	
1,200	1x{4 x 100 on 1:30 Lungbuster pulls	EN1	F	
	{4 x 100 on 1:25 Lungbuster pulls	EN1	F	
	{4 x 100 on 1:20 Lungbuster pulls	EN1	F	
450	6 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	S	
1,750	1x{2 x 75 on 1:30 Butterfly 2-4-2	EN1	S	
	{2 x 50 on 1:00 Butterfly 1up 1down	EN1	S	
	{2 x 75 on 1:25 Butterfly 2-5-2	EN1	S	
	{2 x 50 on 1:00 Butterfly 1up 2down	EN1	S	
	{2 x 75 on 1:20 Butterfly 2-6-2	EN1	S	
	{2 x 50 on 1:00 Butterfly 1up 3down	EN1	S	
	{2 x 75 on 1:15 Butterfly 2-7-2	EN1	S	
	{2 x 50 on 1:00 Butterfly 2up 4down	EN1	S	
	{2 x 75 on 1:10 Butterfly 2-6-2	EN1	S	
	{2 x 50 on 1:00 Butterfly 2up 5 down	EN1	S	
	{2 x 75 on 1:05 Butterfly 2-5-2	EN1	S	
	{2 x 50 on 1:00 Butterfly 2up 6down	EN1	S	
	{2 x 75 on 1:00 Butterfly 2-4-2	EN1	S	
	{2 x 50 on 1:00 Butterfly 2up 7down	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	I	
	8:30 PM 6,520 Yards - Stress Value = 68			

Workout #2622 - Thursday, 20 November 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 30:00 Weights	L	DRY	
	1 x 400 on 7:00 Stroke Drills	REC	D	CHO

120	8 x 15 on :30 Shooters	SP3	S	BR
1,250	1x{3 x 125 on 1:45 Pulls	EN1	P	FR
	{3 x 125 on 1:40 Pulls	EN1	P	FR
	{3 x 125 on 1:35 Pulls	EN2	P	FR
	{1 x 125 on 1:30 Pulls	EN2	P	FR
1,000	1x{4 x 100 on 1:20 Freestyle	EN1	S	FR
	{3 x 100 on 1:15 Freestyle	EN2	S	FR
	{2 x 100 on 1:10 Freestyle	EN2	S	FR
	{1 x 100 on 1:05 Freestyle	EN2	S	FR
400	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
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		L	DRY
	7:05 AM 3,370 Yards - Stress Value = 45			

Workout #2627 - Friday, 21 November 2003

Group 3 - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 15:00 Stretch		L	
500	1 x 500 on 10:00 Sculling drill	REC	S	
160	8 x 20 on 1:00 Run/dive sprints	SP3	S	
900	1 x 900 on 16:00 Vertical Kicking	EN1	K	
1,000	1 x 1000 on 15:00 Pulls w/snorkels	EN1	P	
1,600	2x{1 x 150 on 2:30 100 fly 50 back	EN1	S	
	{1 x 150 on 2:30 100 back 50 breast	EN1	S	
	{1 x 150 on 2:45 100 breast 50 free	EN1	S	
	{1 x 150 on 2:30 100 free 50 fly	EN1	S	
	{1 x 200 on 3:00 Individual Medley	EN2	S	
400	1 x 400 on 7:00 Stroke Drills	REC	D	
	1 on 15:00 Techniques-starts		D	
	7:28 PM 4,560 Yards - Stress Value = 45			

Workout #2624 - Friday, 21 November 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 10:00 Stretching		L	DF
600	12 x 50 on 1:00 Stroke Drills	REC	D	CH
180	12 x 15 on :45 Shooters	SP3	S	CF
900	1x{3 x 100 on 1:30 Lungbuster pulls	EN1	P	F
	{3 x 100 on 1:25 Lungbuster pulls	EN1	P	F
	{3 x 100 on 1:20 Lungbuster pulls	EN1	P	F
1,000	1x{1 x 150 on 2:15 Freestyle	EN1	S	F
	{1 x 125 on 1:50 Freestyle	EN1	S	F
	{1 x 100 on 1:30 Freestyle	EN1	S	F
	{1 x 75 on 1:05 Freestyle	EN1	S	F
	{1 x 50 on :45 Freestyle	EN1	S	F
	{1 x 50 on :40 Freestyle	EN1	S	F
	{1 x 75 on 1:00 Freestyle	EN1	S	F
	{1 x 100 on 1:20 Freestyle	EN1	S	F
	{1 x 125 on 1:40 Freestyle	EN1	S	F
	{1 x 150 on 2:00 Freestyle	EN1	S	F
400	4 x 100 on 2:00 Stroke Drills	REC	D	C
	1 on 10:00 Techniques-relay str		D	
	1 on 10:00 Ice		L	DF
	7:01 AM 3,080 Yards - Stress Value = 26			

Workout #2626 - Friday, 21 November 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
	3:00 PM Start				
	1 on 20:00 Stretch/mtg		S		
400	8 x 50 on :55 Stroke Drills	REC	D CHO		1:50
180	12 x 15 on :30 Shooters	SP3	S CHO		3:20
500	20 x 25 on :45 Sprint kick	EN2	K CHO		3:00
1,000	1 x 1000 on 15:00 Pulls	EN1	P FR		1:30
150	6 x 25 on :45 Freestyle	REC	S FR		3:00
200	1 x 200 on 15:00 Rabbit Game	EN1	S FR		7:30
350	7 x 50 on 1:00 Stroke Drills	REC	D CD		2:00
	1 on 5:00 Run the Gauntlet		S		
	1 on 20:00 Stretch and Ice		L DRY		
	5:02 PM 2,780 Yards - Stress Value = 29				

Workout #2625 - Friday, 21 November 2003

HighSchl - Tim and David

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	5:30 AM Start			
	1 on 10:00 Stretching		L DRY	
600	12 x 50 on 1:00 Stroke Drills	REC	D CHO	
180	12 x 15 on :45 Shooters	SP3	S CHO	
1,200	1x{5 x 100 on 1:20 Pulls	EN1	P FR	
	{4 x 100 on 1:15 Pulls	EN1	P FR	
	{3 x 100 on 1:10 Pulls	EN1	P FR	
1,400	1x{1 x 150 on 2:00 Freestyle	EN1	S FR	
	{2 x 125 on 1:40 Freestyle	EN1	S FR	
	{1 x 100 on 1:20 Freestyle	EN1	S FR	
	{2 x 75 on 1:00 Freestyle	EN1	S FR	
	{1 x 50 on :40 Freestyle	EN1	S FR	
	{1 x 50 on :35 Freestyle	EN1	S FR	
	{2 x 75 on :55 Freestyle	EN1	S FR	
	{1 x 100 on 1:15 Freestyle	EN1	S FR	
	{2 x 125 on 1:30 Freestyle	EN1	S FR	
	{1 x 150 on 1:50 Freestyle	EN1	S FR	
600	6 x 100 on 1:30 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		L DRY	
	6:58 AM 3,980 Yards - Stress Value = 33			

Workout #2629 - Saturday, 22 November 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	7:30 AM Start		
	1 on 30:00 Weights		
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	
1,000	2x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{8 x 25 on :40 Kick no board	EN2	
1,600	1x{1 x 300 on 4:30 Pulls	EN1	
	{3 x 100 on 1:30 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN2	
	{3 x 100 on 1:25 Pulls	EN2	
	{1 x 200 on 2:40 Pulls	EN2	
	{2 x 100 on 1:20 Pulls	EN2	
700	1x{2 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
	{4 x 100 on 1:50 Individual Medley	EN1	
1,200	16 x 75 on 1:30 Freestyle	EN3	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:04 AM 5,900 Yards - Stress Value = 133		

Workout #2628 - Saturday, 22 November 2003

HighSchl - Tim and David

1 minute rest between sets

Yards	Set Description	EGY	WOF
	7:30 AM Start		
	1 on 30:00 Weights		
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	
1,400	2x{1 x 100 on 1:45 Kick	EN1	
	{1 x 100 on 1:40 Kick	EN1	
	{1 x 100 on 1:35 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	{1 x 100 on 1:25 Kick	EN2	
	{8 x 25 on :30 Kick no board	EN1	
1,800	1x{1 x 300 on 4:00 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{1 x 300 on 3:45 Pulls	EN2	
	{3 x 100 on 1:15 Pulls	EN2	
	{1 x 300 on 3:30 Pulls	EN2	
	{3 x 100 on 1:10 Pulls	EN2	
700	1x{2 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
	{4 x 100 on 1:30 Individual Medley	EN1	
1,200	16 x 75 on 1:30 Freestyle	EN3	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:04 AM 6,500 Yards - Stress Value = 141		

Workout #2635 - Monday, 24 November 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:30 PM Start		
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 9:00 Choice	REC	
120	8 x 15 on :30 Shooters	SP3	
900	1x{6 x 25 on :40 Kick no board	EN1	
	{3 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :35 Kick no board	EN1	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 25 on :30 Kick no board	EN1	
	{1 x 100 on 1:40 Kick	EN2	
1,000	4 x 250 on 3:30 Pulls-nbbf&w + 2 yds	EN1	
300	6 x 50 on :45 Descend in sets of 3	EN1	
1,800	1x{3 x 200 on 2:30 Freestyle	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{3 x 200 on 2:20 Freestyle	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	7:15 PM 5,070 Yards - Stress Value = 69		

Workout #2634 - Monday, 24 November 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 10:00 Stretch		L
800	8 x 100 on 1:45 Stroke Drills	REC	D
	2 on each rev IM ord		
180	12 x 15 on :30 Shooters	SP3	S
1,000	1x{2 x 100 on 1:30 Pulls	EN1	P
	{1 x 50 on 1:00 Pulls 6 brths total	EN1	P
	{2 x 100 on 1:25 Pulls	EN1	P
	{1 x 50 on 1:00 Pulls 5 brths total	EN1	P
	{2 x 100 on 1:20 Pulls	EN1	P
	{1 x 50 on 1:00 Pulls 4 brths total	EN1	P
	{2 x 100 on 1:15 Pulls	EN2	P
	{1 x 50 on 1:00 Pulls 5 brths total	EN1	P
1,800	12 x 150 on 2:15 Freestyle	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L

7:01 PM 4,030 Yards - Stress Value = 53

Workout #2630 - Monday, 24 November 2003

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	2x{4 x 25 on :30 Kick no board	EN1	
	{2 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :30 Kick no board	EN1	
	{2 x 100 on 1:40 Kick	EN2	
1,200	12 x 100 on 1:20 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4-6-8		
400	4 x 100 on 1:40 Individual Medley	EN1	
3,000	1x{2 x 500 on 6:30 Freestyle	EN2	
	{5 x 100 on 1:30 Freestyle-descend	EN2	
	{2 x 500 on 6:15 Freestyle	EN2	
	{5 x 100 on 1:30 Freestyle-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:36 PM 7,030 Yards - Stress Value = 103

Workout #2631 - Monday, 24 November 2003

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	2x{4 x 25 on :40 Kick no board	EN1	
	{2 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :40 Kick no board	EN1	
	{2 x 100 on 1:55 Kick	EN2	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4-6-8		
300	3 x 100 on 1:45 Individual Medley	EN1	
2,400	1x{2 x 400 on 5:30 Freestyle	EN2	
	{4 x 100 on 1:30 Freestyle-descend	EN2	
	{2 x 400 on 5:15 Freestyle	EN2	
	{4 x 100 on 1:30 Freestyle-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	

1 on 10:00 Ice
5:32 PM 6,130 Yards - Stress Value = 88

Workout #2632 - Monday, 24 November 2003

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	3x{4 x 25 on :45 Kick no board	EN1	
	{2 x 100 on 2:15 Kick	EN2	
800	8 x 100 on 1:45 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4-6-8		
300	3 x 100 on 2:00 Individual Medley	EN1	
2,400	1x{2 x 400 on 6:30 Freestyle	EN2	
	{4 x 100 on 1:45 Freestyle-descend	EN2	
	{2 x 400 on 6:15 Freestyle	EN2	
	{4 x 100 on 1:45 Freestyle-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:33 PM 5,430 Yards - Stress Value = 81

Workout #2633 - Monday, 24 November 2003

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
600	2x{4 x 25 on 1:00 Kick no board	EN1	
	{2 x 100 on 2:30 Kick	EN2	
700	7 x 100 on 2:00 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4-6-8		
300	3 x 100 on 2:45 Individual Medley	EN1	
1,800	1x{2 x 300 on 6:30 Freestyle	EN2	
	{3 x 100 on 2:00 Freestyle-descend	EN2	
	{2 x 300 on 6:00 Freestyle	EN2	
	{3 x 100 on 2:00 Freestyle-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:28 PM 4,430 Yards - Stress Value = 63

Workout #2638 - Tuesday, 25 November 2003

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
24	12 x 2 on :30 Shooters	SP3	
900	3x{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN2	
1,200	1x{1 x 300 on 5:00 Pulls	EN1	
	{3 x 100 on 1:40 Pulls	EN1	
	{1 x 200 on 3:10 Pulls	EN1	
	{2 x 100 on 1:35 Pulls	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
450	6 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	
1,600	4x{4 x 50 on 1:00 Backstroke 15m under	EN1	
	{1 x 200 on 3:00 Backstroke	EN2	
500	20 x 25 on :30 Freestyle 100% effrt	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	8:29 PM 5,824 Meters - Stress Value = 99		

Workout #2636 - Tuesday, 25 November 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
600	1 x 600 on 10:00 Swim-kick-drill-swim	REC	
	no equipment		
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{4 x 125 on 1:55 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
1,200	1x{1 x 200 on 2:40 Freestyle	EN2	
	{1 x 200 on 2:35 Freestyle	EN2	
	{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 200 on 2:25 Freestyle	EN2	
	{1 x 200 on 2:20 Freestyle	EN2	
	{1 x 200 on 2:15 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 AM 3,230 Yards - Stress Value = 40		

Workout #2637 - Tuesday, 25 November 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Shoulders & Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 easy 12.5 fast	SP3	
1,000	1x{4 x 100 on 2:00 Kick	EN1	
	{3 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
1,000	1x{1 x 100 on 1:30 Lungbuster pulls	EN1	
	{2 x 100 on 1:25 Lungbuster pulls	EN1	
	{3 x 100 on 1:20 Lungbuster pulls	EN1	
	{4 x 100 on 1:15 Lungbuster pulls	EN2	
300	4 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	
2,000	1x{1 x 200 on 3:30 Backstroke	EN1	
	{2 x 175 on 3:00 Backstroke	EN1	
	{3 x 150 on 2:30 Backstroke	EN1	
	{4 x 125 on 2:00 Backstroke	EN1	

	{5 x 100 on 1:35 Backstroke	EN1	
500	20 x 25 on :30 Freestyle 100% effrt	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 6,100 Yards - Stress Value = 70		

Workout #2644 - Wednesday, 26 November 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
300	12 x 25 on :30 Berzerks	SP3	
500	10 x 50 on 2:00 Freestyle OTB	SP2	
1,200	4x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
1,200	1x{2 x 150 on 2:15 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 150 on 2:10 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 150 on 2:05 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 150 on 2:00 Pulls-nbbf&w + 2 yds	EN1	
500	10 x 50 on 2:00 Freestyle OTB	SP2	
600	6 x 100 on 1:45 Stroke Drills	REC	
	7:58 PM 5,100 Yards - Stress Value = 136		

Workout #2640 - Wednesday, 26 November 2003

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Physio Balls/Stretch			
800	1 x 800 on 14:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
1,000	1x{2 x 125 on 2:15 Kick	EN2	K	C
	{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
1,500	20 x 75 on 1:05 Pulls	EN1	P	
	odds-nbbf&w + 2yds			
	evens-nbbf&w + 4yds			
400	16 x 25 on :30 IM order-build	EN1	S	
2,400	1x{1 x 400 on 6:00 Freestyle	EN2	S	
	{2 x 400 on 5:55 Freestyle	EN2	S	
	{3 x 400 on 5:50 Freestyle	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		L	I
	5:33 PM 6,530 Yards - Stress Value = 94			

Workout #2641 - Wednesday, 26 November 2003

HighSchl - IM/Stroke

1 minute rest between sets

3:00 PM Start		EGY	WORK
Yards	Set Description	====	====
	1 on 30:00 Physio Balls/Stretch		L
800	1 x 800 on 14:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1,000	1x{2 x 125 on 2:15 Kick	EN2	K
	{2 x 125 on 2:10 Kick	EN2	K
	{2 x 125 on 2:05 Kick	EN2	K
	{2 x 125 on 2:00 Kick	EN2	K
1,500	20 x 75 on 1:05 Pulls	EN1	P
	odds-nbbf&w + 2yds		
	evns-nbbf&w + 4yds		
400	16 x 25 on :30 IM order-build	EN1	S
2,100	3x{1 x 200 on 3:30 Your Stroke	EN2	S
	{1 x 200 on 3:00 Individual Medley	EN2	S
	{1 x 150 on 2:30 Your Stroke	EN2	S
	{1 x 150 on 2:15 IM w/out your best	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L
5:31 PM 6,230 Yards - Stress Value = 88			

HighSchl - Sprint

1 minute rest between sets

3:00 PM Start		EGY	WORK	S
Yards	Set Description	====	====	====
	1 on 30:00 Physio Balls/Stretch			L I
	1 x 800 on 14:00 Reverse IM drill	REC		D
	12 x 15 on :30 Shooters	SP3		S
1,000	1x{2 x 125 on 2:15 Kick	EN2		K C
	{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
1,500	20 x 75 on 1:05 Pulls	EN1		P
	odds-nbbf&w + 2yds			
	evns-nbbf&w + 4yds			
400	16 x 25 on :30 IM order-build	EN1		S
1,950	3x{3 x 100 on 1:30 Freestyle-descend	EN2		S
	{6 x 25 on :40 Freestyle-1 breath	EN2		S
	{1 x 200 on 3:30 Freestyle	EN2		S
250	1 x 250 on 4:00 Stroke Drills	REC		D
	1 on 10:00 Ice			L I
5:33 PM 6,080 Yards - Stress Value = 85				

Workout #2649 - Friday, 28 November 2003

Group 3 - All

1 minute rest between sets

Workout #2639 - Wednesday, 26 November 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start		EGY	WORK
Yards	Set Description	====	====
	1 on 10:00 Stretch		L
600	6 x 100 on 1:45 Stroke Drills	REC	D
300	12 x 25 on :30 12.5 easy 12.5 fast	SP3	S
1,800	1x{6 x 100 on 1:20 Pulls	EN1	P
	{4 x 150 on 1:55 Pulls	EN2	P
	{2 x 300 on 3:45 Pulls	EN2	P
1,600	8x{1 x 100 on 1:15 Individual Medley	EN2	S
	{1 x 50 on :35 Freestyle	EN2	S
	{1 x 50 on :45 Freestyle	REC	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L
6:59 AM 4,500 Yards - Stress Value = 66			

10:00 AM Start		EGY	WORK	S
Yards	Set Description	====	====	====
	1 on 30:00 Stomach and Stretch			I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC		S
120	8 x 15 on :30 Shooters	SP3		S
2,000	2x{2 x 50 on 1:00 Kick	EN1		F
	{2 x 75 on 1:25 Kick	EN1		F
	{2 x 100 on 1:50 Kick	EN1		F
	{2 x 125 on 2:15 Kick	EN1		F
	{2 x 150 on 2:35 Kick	EN2		F
1,200	1x{4 x 100 on 1:30 Lungbuster pulls	EN1		F
	{4 x 100 on 1:25 Lungbuster pulls	EN1		F
	{4 x 100 on 1:20 Lungbuster pulls	EN1		F
450	6 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1		S
1,750	1x{2 x 75 on 1:30 Butterfly 2-4-2	EN1		S
	{2 x 50 on 1:00 Butterfly 1up 1down	EN1		S
	{2 x 75 on 1:25 Butterfly 2-5-2	EN1		S
	{2 x 50 on 1:00 Butterfly 1up 2down	EN1		S
	{2 x 75 on 1:20 Butterfly 2-6-2	EN1		S
	{2 x 50 on 1:00 Butterfly 1up 3down	EN1		S
	{2 x 75 on 1:15 Butterfly 2-7-2	EN1		S
	{2 x 50 on 1:00 Butterfly 2up 4down	EN1		S
	{2 x 75 on 1:10 Butterfly 2-6-2	EN1		S
	{2 x 50 on 1:00 Butterfly 2up 5 down	EN1		S
	{2 x 75 on 1:05 Butterfly 2-5-2	EN1		S
	{2 x 50 on 1:00 Butterfly 2up 6down	EN1		S
	{2 x 75 on 1:00 Butterfly 2-4-2	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		I
12:30 PM 6,520 Yards - Stress Value = 68				

Workout #2643 - Wednesday, 26 November 2003

HighSchl - Rookies

1 minute rest between sets

3:00 PM Start		EGY	WORK	S
Yards	Set Description	====	====	====
	1 on 30:00 Physio Balls/Stretch		L I	
400	1 x 400 on 14:00 Reverse IM drill	REC		D
180	12 x 15 on :30 Shooters	SP3		S
600	1x{2 x 75 on 2:15 Kick	EN2		K C
	{2 x 75 on 2:10 Kick	EN2		K C
	{2 x 75 on 2:05 Kick	EN2		K C
	{2 x 75 on 2:00 Kick	EN2		K C
800	16 x 50 on 1:15 Pulls	EN1		P
	odds-nbbf&w + 2yds			
	evns-nbbf&w + 4yds			
200	8 x 25 on :45 IM order-build	EN1		S
1,350	3x{3 x 75 on 1:45 Freestyle-descend	EN2		S
	{5 x 25 on :45 Freestyle-1 breath	EN2		S
	{1 x 100 on 3:00 Freestyle	EN2		S
250	1 x 250 on 5:00 Stroke Drills	REC		D
	1 on 10:00 Ice			L I
5:30 PM 3,780 Yards - Stress Value = 57				

Workout #2642 - Wednesday, 26 November 2003

Workout #2650 - Friday, 28 November 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	2:00 PM Start			
	1 on 30:00 Physio Balls/Stretch			L DF
800	1 x 800 on 14:00 Choice	REC		S CF
275	11 x 25 on :30 12.5 easy 12.5 fast	SP3		S E
800	1 x 800 on 16:00 Vertical Kicking	EN2		K CM
1,000	20 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1		P F
1,500	15 x 100 on 1:30 Freestyle	EN1		S E
200	1 x 200 on 3:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			L DF
	4:04 PM 4,575 Yards - Stress Value = 52			

Workout #2647 - Friday, 28 November 2003

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	7:30 AM Start			
	1 on 30:00 Stomach and Stretch			L DRY
600	6 x 100 on 1:45 Stroke Drills	REC		D CHO
	odds free evns nonfr			
180	12 x 15 on :30 Shooters	SP3		S BR
1,500	3x{2 x 200 on 3:30 Kick	EN2		K CHO
	{4 x 25 on :30 Kick no brd 25y undr	EN2		K FLY
450	9 x 50 on 2:00 Freestyle OTB	SP2		S FR
1,350	1x{3 x 125 on 1:45 Pulls	EN1		P FR
	{3 x 150 on 2:00 Pulls	EN1		P FR
	{3 x 175 on 2:15 Pulls	EN1		P FR
450	9 x 50 on 2:00 Freestyle OTB	SP2		S FR
500	5 x 100 on 1:45 Stroke Drills	REC		D CHO
	1 on 10:00 Ice			L DRY
	10:02 AM 5,030 Yards - Stress Value = 140			

Workout #2648 - Friday, 28 November 2003

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	7:30 AM Start			
	1 on 30:00 Stomach and Stretch			L
600	6 x 100 on 1:45 Stroke Drills	REC		D
	odds free evns nonfr			
180	12 x 15 on :30 Shooters	SP3		S
1,350	3x{2 x 175 on 3:30 Kick	EN2		K
	{4 x 25 on :30 Kick no brd 18y undr	EN2		K
450	9 x 50 on 2:00 Freestyle OTB	SP2		S
1,200	1x{2 x 125 on 1:55 Pulls	EN1		P
	{4 x 150 on 2:15 Pulls	EN1		P
	{2 x 175 on 2:35 Pulls	EN1		P
450	9 x 50 on 2:00 Freestyle OTB	SP2		S
500	5 x 100 on 1:45 Stroke Drills	REC		D
	1 on 10:00 Ice			L
	10:02 AM 4,730 Yards - Stress Value = 136			

Workout #2646 - Friday, 28 November 2003

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	7:30 AM Start			
	1 on 30:00 Stomach and Stretch			L
450	6 x 75 on 1:45 Stroke Drills	REC		D
	odds free evns nonfr			
180	12 x 15 on :30 Shooters	SP3		S

1,200	3x{2 x 150 on 3:30 Kick	EN2		K
	{4 x 25 on :30 Kick no brd 12y undr	EN2		K
450	9 x 50 on 2:00 Freestyle OTB	SP2		S
1,050	1x{2 x 125 on 2:05 Pulls	EN1		P
	{3 x 150 on 2:30 Pulls	EN1		P
	{2 x 175 on 2:55 Pulls	EN1		P
450	9 x 50 on 2:00 Freestyle OTB	SP2		S
500	5 x 100 on 1:45 Stroke Drills	REC		D
	1 on 10:00 Ice			L
	10:02 AM 4,280 Yards - Stress Value = 131			

Workout #2645 - Friday, 28 November 2003

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	7:30 AM Start			
	1 on 30:00 Stomach and Stretch			L DRY
450	6 x 75 on 1:45 Stroke Drills	REC		D CHO
	odds free evns nonfr			
180	12 x 15 on :30 Shooters	SP3		S BR
1,050	3x{2 x 125 on 3:30 Kick	EN2		K CHO
	{4 x 25 on :30 Sprint kick	EN2		K FLY
250	5 x 50 on 3:30 Freestyle OTB	SP2		S FR
750	1x{2 x 100 on 2:05 Pulls	EN1		P FR
	{2 x 125 on 2:35 Pulls	EN1		P FR
	{2 x 150 on 3:05 Pulls	EN1		P FR
250	5 x 50 on 3:30 Freestyle OTB	SP2		S FR
300	6 x 50 on 1:30 Stroke Drills	REC		D CHO
	1 on 10:00 Ice			L DRY
	10:01 AM 3,230 Yards - Stress Value = 85			

Workout #2652 - Saturday, 29 November 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC	STK
	7:30 AM Start			
	1 on 30:00 Stomach and Stretch			L
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC		D
300	12 x 25 on :30 Berzerks	SP3		S
2,400	12 x 200 on 3:00 Challenge Set!!!!!!!	EN2		K
800	2x{1 x 100 on 2:00 Kick	EN1		P
	{1 x 100 on 1:50 Kick	EN1		P
	{1 x 100 on 1:40 Kick	EN2		P
	{1 x 100 on 1:30 Kick	EN2		P
3,000	6 x 500 on 6:10 Pulls	EN2		P
400	4 x 100 on 1:40 Stroke Drills	REC		D
	1 on 10:00 Ice			L
	10:04 AM 7,500 Yards - Stress Value = 132			

Workout #2653 - Saturday, 29 November 2003

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WC
	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	
2,400	12 x 200 on 3:00 Challenge Set!!!!!!!	EN2	
800	2x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
3,000	6 x 500 on 6:10 Pulls	EN2	
400	4 x 100 on 1:40 Stroke Drills	REC	
	1 on 10:00 Ice		
10:04 AM 7,500 Yards - Stress Value = 132			

Workout #2654 - Saturday, 29 November 2003

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
	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	
2,100	12 x 175 on 3:00 Challenge Set!!!!!!!	EN2	
700	2x{1 x 100 on 2:05 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 50 on 1:00 Sprint kick	EN2	
2,550	6 x 425 on 6:10 Pulls	EN2	
400	4 x 100 on 1:40 Stroke Drills	REC	
	1 on 10:00 Ice		
10:04 AM 6,650 Yards - Stress Value = 115			

Workout #2651 - Saturday, 29 November 2003

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
	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	
1,800	12 x 150 on 3:00 Challenge Set!!!!!!!	EN2	
600	2x{1 x 75 on 2:00 Kick	EN1	
	{1 x 75 on 1:50 Kick	EN1	
	{1 x 75 on 1:40 Kick	EN2	
	{1 x 75 on 1:30 Kick	EN2	
2,250	6 x 375 on 6:10 Pulls	EN2	
300	4 x 75 on 1:40 Stroke Drills	REC	
	1 on 10:00 Ice		
10:04 AM 5,650 Yards - Stress Value = 103			

Workout #2655 - Saturday, 29 November 2003

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
	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	
1,500	12 x 125 on 3:00 Challenge Set!!!!!!!	EN2	
600	2x{1 x 75 on 2:00 Kick	EN1	

{1 x 75 on 1:50 Kick	EN1
{1 x 75 on 1:40 Kick	EN2
{1 x 75 on 1:30 Kick	EN2
6 x 300 on 6:10 Pulls	EN2
4 x 75 on 1:40 Stroke Drills	REC
1 on 10:00 Ice	
10:04 AM 4,900 Yards - Stress Value = 88	

Workout #2658 - Monday, 01 December 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 20:00 Stomach and Stretch		I
800	8 x 100 on 1:30 Stroke Drills	REC	I
300	12 x 25 on :30 12.5 easy 12.5 fast	SP3	S
1,000	1x{2 x 125 on 2:30 Kick	EN1	F
	{2 x 125 on 2:20 Kick	EN1	F
	{2 x 125 on 2:10 Kick	EN2	F
	{2 x 125 on 2:00 Kick	EN2	F
800	16 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F
300	3 x 100 on 1:40 Individual Medley	EN1	S
1,800	1x{2 x 300 on 4:00 Freestyle	EN2	S
	{6 x 50 on :40 Freestyle	EN2	S
	{2 x 300 on 3:45 Freestyle	EN2	S
	{6 x 50 on :40 Freestyle	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
7:17 PM 5,250 Yards - Stress Value = 73			

Workout #2656 - Monday, 01 December 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 10:00 Stretch		L
600	1 x 600 on 10:00 Stroke Drills	REC	D
300	12 x 25 on :30 12.5 easy 12.5 fast	SP3	S
1,250	1x{1 x 250 on 3:45 Pulls	EN1	P
	{1 x 250 on 3:35 Pulls	EN1	P
	{1 x 250 on 3:25 Pulls	EN1	P
	{1 x 250 on 3:15 Pulls	EN2	P
	{1 x 250 on 3:05 Pulls	EN2	P
1,800	1x{3 x 75 on 1:00 Freestyle	EN2	S
	{3 x 125 on 1:40 Freestyle	EN2	S
	{3 x 175 on 2:20 Freestyle	EN2	S
	{3 x 225 on 3:00 Freestyle	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	D
	1 on 15:00 Stretch and Ice		L
7:02 AM 4,200 Yards - Stress Value = 64			

Workout #2657 - Monday, 01 December 2003

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Team meeting/stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
800	8 x 100 on 1:45 Kick odds fast	EN2	
1,050	1x{2 x 125 on 1:55 Pulls	EN1	
	{1 x 100 on 1:15 Pulls	EN2	
	{2 x 125 on 1:50 Pulls	EN1	
	{1 x 100 on 1:15 Pulls	EN2	
	{2 x 125 on 1:45 Pulls	EN1	
	{1 x 100 on 1:15 Pulls	EN2	
300	12 x 25 on :30 IM order-build	EN1	
2,700	1x{2 x 300 on 4:00 Freestyle	EN2	
	{6 x 50 on :40 Freestyle	EN2	
	{2 x 300 on 3:45 Freestyle	EN2	
	{6 x 50 on :40 Freestyle	EN2	
	{2 x 300 on 3:30 Freestyle	EN2	
	{6 x 50 on :40 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:16 PM 6,000 Yards - Stress Value = 97		

Workout #2661 - Tuesday, 02 December 2003

Group 3 - All

1 minute rest between sets

6:00 PM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{5 x 50 on 1:10 Kick	EN1	
	{5 x 50 on 1:05 Kick	EN1	
	{5 x 50 on 1:00 Kick	EN2	
	{5 x 50 on :55 Kick	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	EN2	
	{ odds br 3-5-7-9		
	{ evens br 2-4-6-8		
600	4x{1 x 75 on 1:15 IM w/out the free	EN1	
	{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
2,800	1x{2 x 150 on 2:40 Backstroke	EN1	
	{2 x 100 on 1:30 Freestyle	EN1	
	{2 x 150 on 2:35 Backstroke	EN1	
	{2 x 100 on 1:30 Freestyle	EN1	
	{2 x 150 on 2:30 Backstroke	EN1	
	{2 x 100 on 1:30 Freestyle	EN1	
	{2 x 150 on 2:25 Backstroke	EN2	
	{2 x 100 on 1:30 Freestyle	EN1	
	{2 x 150 on 2:20 Backstroke	EN2	
	{2 x 100 on 1:30 Freestyle	EN1	
	{2 x 150 on 2:15 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	8:30 PM 6,530 Meters - Stress Value = 83		

Workout #2659 - Tuesday, 02 December 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Weights			L I
500	5 x 100 on 1:45 Stroke Drills	REC		D C
180	12 x 15 on :30 Shooters	SP3		S

800	4 x 200 on 2:45 Pulls	EN1	P
1,500	1x{2 x 150 on 2:00 Freestyle	EN1	S
	{1 x 200 on 3:00 Individual Medley	EN2	S
	{2 x 150 on 1:55 Freestyle	EN2	S
	{1 x 200 on 3:00 Individual Medley	EN2	S
	{2 x 150 on 1:50 Freestyle	EN2	S
	{1 x 200 on 3:00 Individual Medley	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L I
	7:04 AM 3,180 Yards - Stress Value = 42		

Workout #2660 - Tuesday, 02 December 2003

HighSchl - Girls

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
800	8 x 100 on 2:00 Kick odds fast	EN2	
1,400	1x{2 x 125 on 2:00 Pulls	EN1	
	{1 x 100 on 1:25 Pulls	EN1	
	{2 x 125 on 1:55 Pulls	EN1	
	{1 x 100 on 1:25 Pulls	EN2	
	{2 x 125 on 1:50 Pulls	EN1	
	{1 x 100 on 1:25 Pulls	EN2	
	{2 x 125 on 1:45 Pulls	EN1	
	{1 x 100 on 1:25 Pulls	EN2	
300	12 x 25 on :30 IM order-build	EN1	
2,700	1x{2 x 300 on 4:30 Freestyle	EN2	
	{6 x 50 on :45 Freestyle	EN2	
	{2 x 300 on 4:15 Freestyle	EN2	
	{6 x 50 on :45 Freestyle	EN2	
	{2 x 300 on 4:00 Freestyle	EN2	
	{6 x 50 on :45 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 11:00 Ice		
	5:29 PM 6,350 Yards - Stress Value = 100		

Workout #2666 - Wednesday, 03 December 2003

Group 3 - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
600	1 x 600 on 10:00 Reverse IM drill	REC	I
300	12 x 25 on :30 12.5 easy 12.5 fast	SP3	S
1,200	4x{1 x 100 on 2:00 Kick	EN1	F
	{1 x 100 on 1:50 Kick	EN1	F
	{1 x 100 on 1:40 Kick	EN2	F
1,500	1x{1 x 600 on 9:00 Pulls	EN1	F
	{1 x 500 on 7:05 Pulls	EN1	F
	{1 x 400 on 5:20 Pulls	EN1	F
500	1x{1 x 200 on 3:30 Individual Medley	EN1	S
	{6 x 50 on :50 Descend in sets of 3	EN1	S
1,600	1x{1 x 100 on 1:50 Breaststroke	EN2	S
	{8 x 25 on 1:00 From dive 10/pushups	EN2	S
	{2 x 100 on 1:45 Breaststroke	EN2	S
	{8 x 25 on 1:00 From dive/10 pushups	EN2	S
	{3 x 100 on 1:40 Breaststroke	EN2	S
	{8 x 25 on 1:00 From dive/10 pushups	EN1	S
	{4 x 100 on 1:35 Breaststroke	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	I
	8:01 PM 6,000 Yards - Stress Value = 78		

Workout #2665 - Wednesday, 03 December 2003

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 150 on 2:45 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 50 on :50 Kick	EN1	
	{6 x 25 on :30 Kick no board	EN1	
1,050	7 x 150 on 2:00 Pulls	EN1	
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	1x{3 x 125 on 2:00 Butterfly 2-5-2	EN1	
	{3 x 125 on 2:00 IM w/ 50 fly	EN1	
	{3 x 125 on 1:55 Backstroke	EN1	
	{3 x 125 on 1:55 IM w/ 50 back	EN1	
	{3 x 125 on 2:05 Breaststroke	EN1	
	{3 x 125 on 2:05 IM w/ 50 breast	EN1	
	{3 x 125 on 1:45 Freestyle	EN1	
	{3 x 125 on 1:45 IM w/ 50 free	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,530 Yards - Stress Value = 61		

Workout #2664 - Wednesday, 03 December 2003

HighSchl - Gold

1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	2x{1 x 150 on 3:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
	{6 x 25 on :40 Kick no board	EN1	
1,200	8 x 150 on 2:15 Pulls	EN1	
450	6 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
2,000	1x{3 x 100 on 2:00 Butterfly 2-5-2	EN1	
	{2 x 100 on 2:00 Individual Medley	EN1	
	{3 x 100 on 1:55 Backstroke	EN1	
	{2 x 100 on 1:55 Individual Medley	EN1	
	{3 x 100 on 2:05 Breaststroke	EN1	
	{2 x 100 on 1:50 Individual Medley	EN1	
	{3 x 100 on 1:30 Freestyle	EN1	
	{2 x 100 on 1:45 Individual Medley	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,830 Yards - Stress Value = 52		

Workout #2662 - Wednesday, 03 December 2003

HighSchl - Silver

1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 150 on 3:30 Kick	EN1	
	{1 x 100 on 2:20 Kick	EN1	
	{1 x 50 on 1:10 Kick	EN1	
	{4 x 25 on 1:00 Kick no board	EN1	
1,000	8 x 125 on 2:15 Pulls	EN1	
300	4 x 75 on 1:30 2bk-4bk-6bk by 25's	EN1	
	1x{3 x 75 on 2:00 Butterfly 2-5-2	EN1	

	{2 x 100 on 2:00 Individual Medley	EN1
	{3 x 75 on 1:55 Backstroke	EN1
	{2 x 100 on 1:55 Individual Medley	EN1
	{3 x 75 on 2:05 Breaststroke	EN1
	{2 x 100 on 1:50 Individual Medley	EN1
	{3 x 75 on 1:10 Freestyle	EN1
	{2 x 100 on 1:45 Individual Medley	EN1
	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:34 PM 5,030 Yards - Stress Value = 44	

Workout #2663 - Wednesday, 03 December 2003

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
800	2x{1 x 150 on 4:00 Kick	EN1	
	{1 x 100 on 2:35 Kick	EN1	
	{1 x 50 on 1:15 Kick	EN1	
	{4 x 25 on 1:00 Kick no board	EN1	
600	8 x 75 on 1:50 Pulls	EN1	
300	4 x 75 on 1:30 2bk-4bk-6bk by 25's	EN1	
1,500	1x{3 x 75 on 2:00 Butterfly 2-5-2	EN1	
	{2 x 75 on 2:00 IM w/out the fly	EN1	
	{3 x 75 on 1:55 Backstroke	EN1	
	{2 x 75 on 1:55 IM w/out the back	EN1	
	{3 x 75 on 2:05 Breaststroke	EN1	
	{2 x 75 on 1:50 IM w/out the breast	EN1	
	{3 x 75 on 1:20 Freestyle	EN1	
	{2 x 75 on 1:45 IM w/out the free	EN1	
200	1 x 200 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 4,380 Yards - Stress Value = 40		

Workout #2669 - Thursday, 04 December 2003

Group 3 - All

1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 15:00 Stretch		
800	1 x 800 on 13:30 Swim-kick-pull-swim	REC	
350	14 x 25 on :30 12.5 easy 12.5 fast	SP3	
	2x{1 x 125 on 2:00 Kick	EN2	
	{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	
	1x{3 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 50 on :45 Pulls 6 breaths	EN1	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	
	{3 x 50 on :45 Pulls 6 breaths	EN1	
	{3 x 100 on 1:20 Lungbuster pulls	EN1	
400	4 x 100 on 1:45 Individual Medley	EN1	
	1x{2 x 150 on 2:15 Freestyle	EN3	
	{2 x 125 on 1:50 Freestyle	EN3	
	{2 x 100 on 1:30 Freestyle	EN3	
	{2 x 75 on 1:05 Freestyle	EN3	
	{2 x 50 on :45 Freestyle	EN3	
	{1 x 250 on 5:00 Stroke Drills	REC	
	4:39 PM 4,750 Yards - Stress Value = 106		

Workout #2667 - Thursday, 04 December 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
600	1 on 29:00 Weights		
600	1 x 600 on 10:00 Reverse IM drill	REC	
300	12 x 25 on :30 Berzerks	SP3	
1x{1	1 x 600 on 9:00 Pulls	EN1	
	{1 x 500 on 7:05 Pulls	EN1	
	{1 x 400 on 5:20 Pulls	EN1	
4x{1	1 x 25 on :30 Freestyle	EN1	
	{1 x 25 on :20 Freestyle	EN2	
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 Ice		

7:05 AM 3,200 Yards - Stress Value = 38

	{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	10 x 50 on 1:00 Stroke Drills	REC	D

7:42 PM 6,430 Yards - Stress Value = 114

Workout #2668 - Thursday, 04 December 2003

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretch		
800	1 x 800 on 13:30 Swim-kick-pull-swim	REC	
350	14 x 25 on :30 12.5 easy 12.5 fast	SP3	
750	2x{1 x 125 on 2:00 Kick	EN2	
	{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	
1,200	1x{3 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 50 on :45 Pulls 6 breaths	EN1	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	
	{3 x 50 on :45 Pulls 6 breaths	EN1	
	{3 x 100 on 1:20 Lungbuster pulls	EN1	
400	4 x 100 on 1:45 Individual Medley	EN1	
2,500	2x{2 x 150 on 2:15 Freestyle	EN3	
	{2 x 125 on 1:50 Freestyle	EN3	
	{2 x 100 on 1:30 Freestyle	EN3	
	{2 x 75 on 1:05 Freestyle	EN3	
	{2 x 50 on :45 Freestyle	EN3	
	{1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:08 PM 6,000 Yards - Stress Value = 166

Workout #2670 - Friday, 05 December 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 10:00 Stretching		
600	6 x 100 on 1:45 Stroke Drills	REC	
	odds free evns nonfr		
180	12 x 15 on :30 Shooters	SP3	
1,500	1x{3 x 125 on 1:55 Pulls no br L. 5 yds	EN1	
	{3 x 125 on 1:50 Pulls no br L. 7 yds	EN1	
	{3 x 125 on 1:45 Pulls no br L. 9 yds	EN1	
	{3 x 125 on 1:40 Pulls no br L.11 yds	EN1	
1,500	1x{5 x 100 on 1:35 Backstroke	EN1	
	{4 x 100 on 1:30 Backstroke	EN1	
	{3 x 100 on 1:25 Backstroke	EN2	
	{2 x 100 on 1:20 Backstroke	EN2	
	{1 x 100 on 1:15 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:00 AM 4,030 Yards - Stress Value = 44

Workout #2673 - Friday, 05 December 2003

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 10:00 Stretch		L
800	1 x 800 on 12:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1,000	5x{1 x 100 on 2:00 Kick 100% effort	EN3	K
	{4 x 25 on :40 Kick no board	EN2	K
1,200	1x{1 x 450 on 6:00 Pulls	EN1	P
	{1 x 350 on 4:30 Pulls	EN1	P
	{1 x 250 on 3:00 Pulls	EN1	P
	{1 x 150 on 1:40 Pulls	EN2	P
450	9 x 50 on :50 Descend in sets of 3	EN1	S
2,100	1x{6 x 100 on 1:05 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{5 x 100 on 1:05 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{4 x 100 on 1:05 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{3 x 100 on 1:05 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{2 x 100 on 1:05 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{1 x 100 on 1:05 Freestyle	EN2	S
300	1 x 300 on 4:30 Stroke Drills	REC	D
	1 on 10:00 Ice		L

5:04 PM 6,030 Yards - Stress Value = 106

Workout #2675 - Friday, 05 December 2003

Group 3 - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 15:00 Stretch		L
800	1 x 800 on 12:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1,200	6x{1 x 100 on 2:00 Kick 100% effort	EN3	K
	{4 x 25 on :40 Kick no board	EN2	K
1,200	1x{1 x 450 on 6:20 Freestyle	EN1	P
	{1 x 350 on 4:45 Pulls	EN1	P
	{1 x 250 on 3:20 Pulls	EN1	P
	{1 x 150 on 1:55 Pulls	EN2	P
450	9 x 50 on :50 Descend in sets of 3	EN1	S
2,100	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

Workout #2672 - Friday, 05 December 2003

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 10:00 Stretch		L
800	1 x 800 on 12:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1,000	5x{1 x 100 on 2:00 Kick 100% effort	EN3	K
	{4 x 25 on :40 Kick no board	EN2	K
1,100	1x{1 x 400 on 6:00 Pulls	EN1	P
	{1 x 325 on 4:30 Pulls	EN1	P
	{1 x 225 on 3:00 Pulls	EN1	P
	{1 x 150 on 1:55 Pulls	EN2	P
450	9 x 50 on :50 Descend in sets of 3	EN1	S
1,800	1x{6 x 100 on 1:15 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{5 x 100 on 1:15 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{4 x 100 on 1:15 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{3 x 100 on 1:15 Freestyle	EN2	S
300	1 x 300 on 4:30 Stroke Drills	REC	D
	1 on 10:00 Ice		L
	5:02 PM 5,630 Yards - Stress Value = 99		

Workout #2674 - Friday, 05 December 2003

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 10:00 Stretch		I
650	1 x 650 on 12:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
	5x{1 x 75 on 2:00 Kick 100% effort	EN3	F
	{4 x 25 on :40 Kick no board	EN2	F
	1x{1 x 350 on 6:00 Pulls	EN1	F
	{1 x 275 on 4:30 Pulls	EN1	F
	{1 x 200 on 3:00 Pulls	EN1	F
	{1 x 125 on 1:50 Pulls	EN2	F
400	8 x 50 on 1:00 Descend in sets of 4	EN1	S
	1x{6 x 100 on 1:25 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{5 x 100 on 1:25 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{4 x 100 on 1:25 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{3 x 100 on 1:25 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		I
	5:04 PM 5,055 Yards - Stress Value = 90		

Workout #2671 - Friday, 05 December 2003

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 10:00 Stretch		I
500	1 x 500 on 12:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
625	5x{1 x 75 on 2:00 Kick 100% effort	EN3	F
	{2 x 25 on 1:20 Kick no board	EN2	F
700	1x{1 x 275 on 6:00 Pulls	EN1	F
	{1 x 200 on 4:20 Pulls	EN1	F
	{1 x 150 on 3:10 Pulls	EN1	F
	{1 x 75 on 1:35 Pulls	EN2	F
300	6 x 50 on 1:15 Descend in sets of 3	EN1	S

1,000	1x{4 x 100 on 2:05 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{3 x 100 on 2:05 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{2 x 100 on 2:05 Freestyle	EN2	S
	{1 on 1:00 Rest		M
	{1 x 100 on 2:05 Freestyle	EN2	S
200	8 x 25 on 1:00 Stroke Drills	REC	I
	1 on 10:00 Ice		I
	5:04 PM 3,505 Yards - Stress Value = 66		

Workout #2676 - Saturday, 06 December 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STF
	1 on 11:00 Stretching			L FF
800	1 x 800 on 13:00 Stroke Drills	REC	S	CHC
180	12 x 15 on :30 Shooters	SP3	S	FF
1,500	1x{2 x 250 on 3:45 Pulls	EN1	P	FF
	{2 x 250 on 3:35 Pulls	EN1	P	FF
	{2 x 250 on 3:25 Pulls	EN1	P	FF
1,600	1x{3 x 100 on 1:30 Freestyle	EN1	S	FF
	{4 x 25 on :30 Freestyle-descend	EN1	S	FF
	{3 x 100 on 1:25 Freestyle	EN1	S	FF
	{4 x 25 on :30 Freestyle-descend	EN1	S	FF
	{3 x 100 on 1:20 Freestyle	EN1	S	FF
	{4 x 25 on :30 Freestyle-descend	EN1	S	FF
	{3 x 100 on 1:15 Freestyle	EN2	S	FF
	{4 x 25 on :30 Freestyle-descend	EN1	S	FF
200	1 x 200 on 3:00 Stroke Drills	REC	D	CI
	1 on 10:00 Ice			L DRY
	7:04 AM 4,280 Yards - Stress Value = 41			

Workout #2682 - Monday, 08 December 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 easy 12.5 fast	SP3	
900	3x{4 x 25 on :30 Sprint kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{4 x 25 on :30 Kick no board	EN2	
700	4 x 175 on 2:15 Pulls	EN1	
400	1x{1 x 100 on 1:30 Individual Medley	EN1	
	{6 x 50 on :50 Descend in sets of 3	EN1	
2,000	1x{1 x 500 on 6:15 Freestyle	EN2	
	{1 x 500 on 6:10 Freestyle	EN2	
	{1 x 500 on 6:05 Freestyle	EN2	
	{1 x 500 on 6:00 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:15 PM 5,100 Yards - Stress Value = 81		

Workout #2680 - Monday, 08 December 2003

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,400	2x{2 x 125 on 2:30 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 75 on 1:25 Kick	EN2	
	{2 x 50 on :55 Kick	EN2	
1,200	6 x 200 on 4:30 Pulls	EN1	
600	8 x 75 on 1:15 IM w/out the breast	EN1	
1,250	1x{4 x 125 on 2:05 Breaststroke	EN1	
	{3 x 125 on 2:00 Breaststroke	EN2	
	{2 x 125 on 1:55 Breaststroke	EN2	
	{1 x 125 on 1:50 Breaststroke	EN2	
325	1 x 325 on 4:30 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 5,755 Yards - Stress Value = 64		

Workout #2681 - Monday, 08 December 2003

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
700	2x{1 x 125 on 2:30 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN1	
	{1 x 75 on 1:25 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
1,500	5 x 300 on 4:00 Pulls	EN2	
300	4 x 75 on 1:15 IM w/out the fly	EN1	
3,450	1x{5 x 150 on 2:00 Freestyle	EN2	
	{4 x 150 on 1:55 Freestyle	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{3 x 150 on 1:50 Freestyle	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{2 x 150 on 1:45 Freestyle	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 150 on 1:40 Freestyle	EN2	
300	1 x 300 on 4:30 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:32 PM 7,230 Yards - Stress Value = 118		

Workout #2678 - Monday, 08 December 2003

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,400	2x{2 x 125 on 2:30 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 75 on 1:25 Kick	EN2	
	{2 x 50 on :50 Kick	EN2	
1,500	5 x 300 on 4:00 Snorkeling	EN1	
450	6 x 75 on 1:15 IM w/out the fly	EN1	
1,875	1x{5 x 125 on 2:00 Butterfly 2-5-2	EN1	
	{4 x 125 on 1:55 Butterfly 2-6-2	EN1	
	{3 x 125 on 1:50 Butterfly 2-7-2	EN2	
	{2 x 125 on 1:45 Butterfly 2-8-2	EN2	

	{1 x 125 on 1:40 Butterfly	EN2
325	1 x 325 on 4:30 Stroke Drills	REC
	1 on 10:00 Ice	
	5:33 PM 6,530 Yards - Stress Value = 71	

Workout #2679 - Monday, 08 December 2003

HighSchl - Backstroke

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,050	1x{3 x 125 on 2:30 Kick	EN1	
	{3 x 100 on 2:00 Kick	EN1	
	{3 x 75 on 1:30 Kick	EN2	
	{3 x 50 on 1:00 Kick	EN2	
1,500	5 x 300 on 4:30 Pulls	EN1	
600	8 x 75 on 1:20 IM w/out the back	EN1	
1,875	1x{5 x 125 on 2:00 Backstroke	EN1	
	{4 x 125 on 1:55 Backstroke	EN1	
	{3 x 125 on 1:50 Backstroke	EN2	
	{2 x 125 on 1:45 Backstroke	EN2	
	{1 x 125 on 1:40 Backstroke	EN2	
325	1 x 325 on 4:30 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 6,330 Yards - Stress Value = 68		

Workout #2677 - Monday, 08 December 2003

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 75 on 2:30 Kick	EN1	
	{3 x 75 on 2:25 Kick	EN1	
	{3 x 75 on 2:20 Kick	EN2	
	{3 x 75 on 2:15 Kick	EN2	
800	4 x 200 on 4:30 Pulls	EN1	
300	4 x 75 on 2:00 IM w/out the back	EN1	
	1x{5 x 75 on 2:00 Backstroke	EN1	
	{4 x 75 on 1:55 Backstroke	EN1	
	{3 x 75 on 1:50 Backstroke	EN2	
	{2 x 75 on 1:45 Backstroke	EN2	
	{1 x 75 on 1:40 Backstroke	EN2	
225	1 x 225 on 4:30 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 4,130 Yards - Stress Value = 46		

Workout #2685 - Tuesday, 09 December 2003

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
800	1 x 800 on 14:00 Reverse IM drill	REC	I
180	12 x 15 on :30 Shooters	SP3	S
1,000	2x{1 x 125 on 2:40 Kick	EN1	F
	{1 x 125 on 2:35 Kick	EN1	F
	{1 x 125 on 2:30 Kick	EN1	F
	{1 x 125 on 2:25 Kick	EN2	F
1,350	1x{6 x 75 on 1:15 Lungbuster pulls	EN1	F
	{6 x 75 on 1:10 Lungbuster pulls	EN1	F
	{6 x 75 on 1:05 Lungbuster pulls	EN1	F
	{ odds br 3-5-7		
	{ evens br 4-6-8		
300	12 x 25 on :30 IM order-build	EN1	S
2,400	4x{1 x 150 on 2:35 Backstroke	EN2	S
	{1 x 125 on 2:05 Backstroke	EN2	S
	{1 x 100 on 1:35 Backstroke	EN2	S
	{1 x 75 on 1:10 Backstroke	EN2	S
	{1 x 50 on :45 Backstroke	EN2	S
	{1 x 100 on 1:30 Freestyle	EN1	S
200	1 x 200 on 4:00 Backstroke for time	SP1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	8:31 PM 6,430 Meters - Stress Value = 101		

Workout #2683 - Tuesday, 09 December 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 29:00 Weights		L
400	1 x 400 on 7:00 Stroke Drills	REC	D
300	12 x 25 on :30 12.5 easy 12.5 fast	SP3	S
1,050	3x{1 x 50 on :45 Pulls	EN1	P
	{1 x 75 on 1:05 Pulls	EN1	P
	{1 x 100 on 1:25 Pulls	EN1	P
	{1 x 125 on 1:45 Pulls	EN1	P
1,350	1x{6 x 75 on 1:05 Backstroke	EN1	S
	{6 x 75 on 1:00 Backstroke	EN2	S
	{6 x 75 on :55 Backstroke	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L
	7:04 AM 3,400 Yards - Stress Value = 45		

Workout #2684 - Tuesday, 09 December 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 45:00 Set up for meet & Shldrs, Abs & Strtch		I
600	6 x 100 on 1:45 Stroke Drills	REC	I
	odds fr evns non fr		
180	12 x 15 on :30 Shooters	SP3	S
600	3x{1 x 100 on 2:00 Kick	EN2	F
	{4 x 25 on :40 Kick no board	EN1	F
600	12 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	F
1,350	1x{1 x 200 on 3:30 Individual Medley	EN1	S
	{3 x 100 on 1:30 Freestyle-descend	EN1	S
	{1 x 150 on 2:35 IM w/out the free	EN1	S
	{3 x 100 on 1:45 Stroke-descend	EN1	S
	{1 x 100 on 1:45 Individual Medley	EN1	S
	{3 x 100 on 1:30 Freestyle-descend	EN1	S
75	3 x 25 on :00 OTB walk backs	EN1	S

200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Techniques-choice		I
	1 on 5:00 PreMeet talk/tm room		M
	5:44 PM 3,605 Yards - Stress Value = 37		

Workout #2691 - Wednesday, 10 December 2003

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 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{5 x 50 on 1:00 Kick	EN1	
	{5 x 50 on :55 Kick	EN2	
	{5 x 50 on :50 Kick	EN2	
	{5 x 50 on :45 Kick	EN2	
1,500	1x{2 x 250 on 3:30 Pulls	EN1	
	{4 x 125 on 1:45 Pulls	EN1	
	{5 x 100 on 1:25 Pulls	EN1	
450	1x{2 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	{3 x 50 on :45 Freestyle-descend	EN1	
	{2 x 75 on 1:15 IM w/out the breast	EN1	
1,750	1x{1 x 200 on 4:00 Breaststroke	EN1	
	{1 x 50 on 2:00 Breaststroke	SP1	
	{1 x 200 on 3:50 Breaststroke	EN1	
	{1 x 50 on 2:00 Breaststroke	SP1	
	{1 x 200 on 3:40 Breaststroke	EN1	
	{1 x 50 on 2:00 Breaststroke	SP1	
	{1 x 200 on 3:30 Breaststroke	EN1	
	{1 x 50 on 2:00 Breaststroke	SP1	
	{1 x 200 on 3:20 Breaststroke	EN2	
	{1 x 50 on 2:00 Breaststroke	SP1	
	{1 x 200 on 3:10 Breaststroke	EN2	
	{1 x 50 on 2:00 Breaststroke	SP1	
	{1 x 200 on 3:00 Breaststroke	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	8:00 PM 6,080 Yards - Stress Value = 93		

Workout #2686 - Wednesday, 10 December 2003

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		L
700	1 x 700 on 13:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1,000	1x{2 x 100 on 2:10 Kick	EN2	K
	{2 x 100 on 2:05 Kick	EN2	K
	{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
1,000	1x{2 x 200 on 3:00 Pulls/snorkeling	EN1	P
	{2 x 200 on 2:55 Pulls/snorkeling	EN1	P
	{1 x 200 on 2:50 Pulls/snorkeling	EN2	P
450	1x{2 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	S
	{3 x 50 on :50 Freestyle-descend	EN1	S
	{2 x 75 on 1:20 IM w/out the breast	EN1	S
1,800	9x{1 x 50 on 1:10 Breaststroke	EN3	S
	{1 x 50 on 1:10 Breaststroke	REC	D
	{1 x 100 on 1:25 Freestyle	EN2	S
400	1 x 400 on 6:00 Stroke Drills	REC	D
	1 on 15:00 Ice		L
	5:33 PM 5,530 Yards - Stress Value = 90		

Workout #2687 - Wednesday, 10 December 2003

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		L
800	1 x 800 on 13:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
800	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
	{2 x 100 on 1:45 Kick	EN2	K
1,400	1x{3 x 200 on 2:50 Pulls/snorkeling	EN1	P
	{2 x 200 on 2:40 Pulls/snorkeling	EN1	P
	{2 x 200 on 2:30 Pulls/snorkeling	EN2	P
450	1x{2 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	S
	{3 x 50 on :45 Freestyle-descend	EN1	S
	{2 x 75 on 1:15 IM w/out the breast	EN1	S
2,100	6x{1 x 200 on 3:30 Breaststroke	EN3	S
	{1 x 150 on 2:30 Freestyle	REC	D
400	1 x 400 on 6:00 Stroke Drills	REC	D
	1 on 15:00 Ice		L
5:34 PM 6,130 Yards - Stress Value = 119			

Workout #2689 - Wednesday, 10 December 2003

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		I
800	1 x 800 on 13:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1,000	1x{2 x 100 on 2:00 Kick no board	EN2	F
	{2 x 100 on 1:55 Kick no board	EN2	F
	{2 x 100 on 1:50 Kick no board	EN2	F
	{2 x 100 on 1:45 Kick no board	EN2	F
	{2 x 100 on 1:40 Kick no board	EN2	F
1,200	1x{3 x 200 on 2:50 Pulls/snorkeling	EN1	F
	{2 x 200 on 2:40 Pulls/snorkeling	EN1	F
	{1 x 200 on 2:30 Pulls/snorkeling	EN2	F
450	1x{2 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	S
	{3 x 50 on :45 Freestyle-descend	EN1	S
	{2 x 75 on 1:15 IM w/out the fly	EN1	S
2,000	10x{1 x 50 on 1:00 Butterfly	EN3	S
	{1 x 50 on 1:00 Butterfly 2-2-2	REC	I
	{1 x 100 on 1:15 Freestyle	EN2	S
400	1 x 400 on 6:00 Stroke Drills	REC	I
	1 on 15:00 Ice		I
5:33 PM 6,030 Yards - Stress Value = 97			

Workout #2688 - Wednesday, 10 December 2003

HighSchl - Backstroke

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		I
800	1 x 800 on 13:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1,000	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
1,200	1x{3 x 200 on 2:50 Pulls/snorkeling	EN1	F
	{2 x 200 on 2:40 Pulls/snorkeling	EN1	F
	{1 x 200 on 2:30 Pulls/snorkeling	EN2	F
450	1x{2 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	S

	{3 x 50 on :45 Freestyle-descend	EN1	S
	{2 x 75 on 1:15 IM w/out the back	EN1	S
2,000	10x{1 x 50 on 1:00 Backstroke	EN3	S
	{1 x 50 on 1:00 Backstroke	REC	I
	{1 x 100 on 1:15 Freestyle	EN2	S
400	1 x 400 on 6:00 Stroke Drills	REC	I
	1 on 15:00 Ice		I
5:33 PM 6,030 Yards - Stress Value = 97			

Workout #2690 - Wednesday, 10 December 2003

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		L
500	1 x 500 on 13:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
750	1x{2 x 75 on 2:10 Kick	EN2	K
	{2 x 75 on 2:05 Kick	EN2	K
	{2 x 75 on 2:00 Kick	EN2	K
	{2 x 75 on 1:55 Kick	EN2	K
	{2 x 75 on 1:50 Kick	EN2	K
900	1x{3 x 150 on 3:00 Pulls	EN1	P
	{2 x 150 on 2:55 Pulls	EN1	P
	{1 x 150 on 2:50 Pulls	EN2	P
300	1x{1 x 75 on 1:45 2bk-4bk-6bk by 25's	EN1	S
	{3 x 50 on 1:05 Freestyle-descend	EN1	S
	{1 x 75 on 1:45 IM w/out the breast	EN1	S
1,250	5x{1 x 50 on 1:20 Breaststroke	EN2	S
	{1 x 50 on 1:15 Breaststroke	EN2	S
	{1 x 50 on 1:10 Breaststroke	EN2	S
	{1 x 100 on 2:30 Freestyle	REC	S
300	1 x 300 on 7:00 Stroke Drills	REC	D
	1 on 15:00 Ice		L
5:34 PM 4,180 Yards - Stress Value = 51			

Workout #2693 - Thursday, 11 December 2003

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 13:00 Choice	REC	S
300	12 x 25 on :30 12.5 easy 12.5 fast	SP3	S
1,200	2x{2 x 125 on 2:30 Kick	EN1	K
	{2 x 100 on 1:55 Kick	EN1	K
	{2 x 75 on 1:25 Kick	EN2	K
1,500	5 x 300 on 4:30 Pulls	EN1	P
450	6 x 75 on 1:15 IM w/out the fly	EN1	S
1,875	1x{5 x 125 on 2:05 Butterfly 2-5-2	EN1	S
	{4 x 125 on 2:00 Butterfly 2-6-2	EN1	S
	{3 x 125 on 1:55 Butterfly 2-7-2	EN2	S
	{2 x 125 on 1:50 Butterfly 2-8-2	EN2	S
	{1 x 125 on 1:45 Butterfly	EN2	S
425	1 x 425 on 6:30 Stroke Drills	REC	D
8:27 PM 6,550 Meters - Stress Value = 81			

Workout #2692 - Thursday, 11 December 2003

1 minute rest between sets

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM Start			
500	1 on 30:00 Weights		L
500	5 x 100 on 1:45 Stroke Drills	REC	D
300	12 x 25 on :30 12.5 easy 12.5 fast	SP3	S
1,200	1x{2 x 300 on 4:15 Pulls	EN1	P
	{2 x 200 on 2:45 Pulls	EN1	P
	{2 x 100 on 1:20 Pulls	EN1	P
1,450	1x{2 x 125 on 2:10 Breaststroke	EN1	S
	{2 x 125 on 2:05 Breaststroke	EN1	S
	{2 x 125 on 2:00 Breaststroke	EN2	S
	{2 x 125 on 1:55 Breaststroke	EN2	S
	{2 x 125 on 1:50 Breaststroke	EN2	S
	{1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L
7:08 AM 3,450 Yards - Stress Value = 43			

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
800	1 x 800 on 16:00 Social kick	EN1	
500	10 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
1,000	1x{4 x 25 on :30 Butterfly	EN1	
	{4 x 50 on :55 Butterfly 2-7-2	EN1	
	{4 x 75 on 1:15 Butterfly 2-6-2	EN1	
	{4 x 100 on 1:30 Butterfly 2-5-2	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 5:00 Run the gauntlet!!!!	EN1	
	1 on 15:00 Stretch and Ice		
5:03 PM 3,530 Yards - Stress Value = 30			

Workout #2703 - Monday, 15 December 2003

Group 3 - All

1 minute rest between sets

Workout #2696 - Friday, 12 December 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM Start			
	1 on 15:00 Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 15:00 Techniques-Starts		
800	8 x 100 on 2:00 Kick	EN1	
800	16 x 50 on 1:00 Pulls-nbbf&w + 3 yds	EN1	
600	3 x 200 on 3:30 Individual Medley	EN1	
625	1x{1 x 25 on :20 Freestyle	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 75 on 1:00 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 125 on 1:40 Freestyle	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 75 on :55 Freestyle	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 25 on :15 Freestyle	EN2	
700	7 x 100 on 1:45 Stroke Drills	REC	
7:30 PM 4,505 Yards - Stress Value = 40			

Yards	Set Description	EGY	WORK	S
5:30 PM Start				
	1 on 20:00 Stomach and Stretch			L I
600	1 x 600 on 9:00 Stroke Drills	REC		D C
300	12 x 25 on :30 Berzerks	SP3		S
800	2x{4 x 25 on :30 Kick no board	EN1		K F
	{3 x 100 on 2:00 Kick-descend	EN2		K C
1,000	1 x 1000 on 12:30 Pulls	EN1		P
300	12 x 25 on :30 IM order-build	EN1		S
1,800	1x{1 x 300 on 4:00 Freestyle	EN2		S
	{3 x 100 on 1:30 Freestyle-descend	EN2		S
	{1 x 300 on 3:55 Freestyle	EN2		S
	{3 x 100 on 1:30 Freestyle-descend	EN2		S
	{1 x 300 on 3:50 Freestyle	EN2		S
	{3 x 100 on 1:30 Freestyle-descend	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
7:15 PM 5,000 Yards - Stress Value = 75				

Workout #2699 - Monday, 15 December 2003

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
3:00 PM Start				
	1 on 30:00 Physio Balls/Stretch			L DF
800	8 x 100 on 1:40 Stroke Drills	REC		D CF
180	12 x 15 on :30 Shooters	SP3		S F
1,600	2x{2 x 100 on 2:00 Kick	EN1		K E
	{2 x 100 on 1:55 Kick	EN1		K E
	{2 x 100 on 1:50 Kick	EN2		K E
	{2 x 100 on 1:45 Kick	EN2		K E
	{ odd w/brd evns w/out			
750	3 x 250 on 6:15 Pulls	EN1		P F
300	1 x 300 on 5:00 Reverse IM drill	REC		D I
1,700	2x{2 x 125 on 2:10 Breaststroke	EN1		S E
	{2 x 125 on 2:05 Breaststroke	EN1		S E
	{1 x 100 on 1:30 Freestyle	EN1		S F
	{2 x 125 on 2:00 Breaststroke	EN1		S E
400	1 x 400 on 6:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			L DF
5:34 PM 5,730 Yards - Stress Value = 56				

Workout #2694 - Friday, 12 December 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM Start			
	1 on 10:00 Stretching		I
600	1 x 600 on 9:00 Swim-kick-drill-swim	REC	S
300	12 x 25 on :30 Berzerks	SP3	S
1,200	12 x 100 on 1:20 Lungbuster pulls	EN1	F
	odds br 3-5-7-9		
	evens br 2-4-6-8		
250	10 x 25 on :30 Freestyle	EN1	S
	des in 3's hold 10		
2,400	1x{1 x 800 on 10:00 Freestyle	EN2	S
	{1 x 800 on 9:30 Freestyle	EN2	S
	{1 x 800 on 9:00 Freestyle	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		I
7:04 AM 5,000 Yards - Stress Value = 74			

Workout #2695 - Friday, 12 December 2003

HighSchl - All

Workout #2701 - Monday, 15 December 2003

HighSchl - Distance

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Physio Balls/Stretch			L DF
800	8 x 100 on 1:40 Stroke Drills	REC		D CF
180	12 x 15 on :30 Shooters	SP3		S F
600	1x{2 x 100 on 2:00 Kick	EN1		K F
	{2 x 100 on 1:55 Kick	EN1		K F
	{2 x 100 on 1:50 Kick	EN2		K F
1,000	1 x 1000 on 13:00 Pulls	EN1		P F
400	1 x 400 on 7:00 Reverse IM drill	REC		D I
3,600	1x{3 x 300 on 4:00 Freestyle	EN1		S F
	{3 x 300 on 3:55 Freestyle	EN1		S F
	{3 x 300 on 3:50 Freestyle	EN2		S F
	{3 x 300 on 3:45 Freestyle	EN2		S F
500	1 x 500 on 9:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			L DF

5:34 PM 7,080 Yards - Stress Value = 79

Workout #2702 - Monday, 15 December 2003

HighSchl - Fly

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	8 x 100 on 1:40 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{2 x 100 on 2:00 Kick no board	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick no board	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:40 Kick no board	EN2	
	{2 x 100 on 1:35 Kick	EN2	
1,200	3 x 400 on 5:30 Snorkeling/pulls	EN1	
300	1 x 300 on 5:00 Reverse IM drill	REC	
2,550	3x{2 x 125 on 2:00 Fly 2-4-2 L.25 whole	EN1	
	{2 x 125 on 1:55 Fly 2-5-2 L.25 whole	EN1	
	{2 x 125 on 1:50 Fly 2-6-2 L.25 whole	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
400	1 x 400 on 6:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:35 PM 6,630 Yards - Stress Value = 66

Workout #2700 - Monday, 15 December 2003

HighSchl - Backstroke

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		L
800	8 x 100 on 1:40 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1,200	1x{2 x 100 on 2:00 Kick with flippers	EN1	K
	{2 x 100 on 1:55 Kick with flippers	EN1	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
	{2 x 100 on 1:35 Kick with flippers	EN2	K
1,200	3 x 400 on 6:15 Pulls	EN1	P
300	1 x 300 on 6:00 Reverse IM drill	REC	D
2,000	2x{2 x 125 on 2:10 Backstroke	EN1	S
	{2 x 125 on 2:05 Backstroke	EN1	S
	{2 x 125 on 2:00 Backstroke	EN1	S
	{2 x 125 on 1:55 Backstroke	EN1	S
400	1 x 400 on 7:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L

5:33 PM 6,080 Yards - Stress Value = 59

Workout #2697 - Monday, 15 December 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 10:00 STretching		
600	1 x 600 on 10:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,800	1x{6 x 75 on 1:05 Pulls	EN1	
	{6 x 100 on 1:25 Pulls	EN1	
	{6 x 125 on 1:45 Pulls	EN1	
2,000	20 x 100 on 1:15 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 4,830 Yards - Stress Value = 65

Workout #2698 - Monday, 15 December 2003

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Physio Balls/Stretch			L DF
800	8 x 100 on 1:40 Stroke Drills	REC		D CF
180	12 x 15 on :30 Shooters	SP3		S F
1,000	1x{2 x 100 on 2:40 Kick	EN1		K F
	{2 x 100 on 2:35 Kick	EN1		K F
	{2 x 100 on 2:30 Kick	EN1		K F
	{2 x 100 on 2:25 Kick	EN2		K F
	{2 x 100 on 2:20 Kick	EN2		K F
800	2 x 400 on 8:00 Pulls	EN1		P F
200	1 x 200 on 6:00 Reverse IM drill	REC		D I
1,600	2x{2 x 100 on 2:20 Backstroke	EN1		S F
	{2 x 100 on 2:15 Backstroke	EN1		S F
	{2 x 100 on 2:10 Backstroke	EN1		S F
	{2 x 100 on 2:05 Backstroke	EN1		S F
200	1 x 200 on 5:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			L DF

5:34 PM 4,780 Yards - Stress Value = 45

Workout #2706 - Tuesday, 16 December 2003

Group 3 - All

1 minute rest between sets

Meters	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	
180	12 x 15 on :30 Shooters	SP3	
1,200	4x{1 x 200 on 4:00 Kick	EN1	
	{4 x 25 on :45 Sprint kick	EN2	
1,200	1x{3 x 100 on 1:40 Lungbuster pulls	EN1	
	{3 x 100 on 1:35 Lungbuster pulls	EN1	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 100 on 1:25 Lungbuster pulls	EN2	
	{ odds br 3-5-7-9		
	{ evens br 2-4-6-8		
400	1 x 400 on 7:00 Reverse IM drill	REC	
2,250	1x{3 x 125 on 2:05 Backstroke	EN2	
	{3 x 125 on 2:00 Backstroke	EN2	
	{3 x 125 on 1:55 Backstroke	EN2	
	{3 x 125 on 1:50 Backstroke	EN2	
	{3 x 125 on 1:45 Backstroke	EN2	
	{3 x 125 on 1:40 Backstroke	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
8:30 PM 6,330 Meters - Stress Value = 96			

Workout #2704 - Tuesday, 16 December 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
	1 on 29:00 Weights		L DRY	
400	1 x 400 on 6:00 Choice	REC	S CHO	
180	12 x 15 on :30 Shooters	SP3	S FLY	
1,000	1x{1 x 500 on 6:45 Pulls	EN1	P FR	
	{1 x 500 on 6:30 Pulls	EN2	P FR	
1,600	1x{1 x 200 on 3:00 Backstroke	EN1	S BK	
	{1 x 200 on 2:55 Backstroke	EN1	S BK	
	{1 x 200 on 2:50 Backstroke	EN1	S BK	
	{1 x 200 on 2:45 Backstroke	EN2	S BK	
	{1 x 200 on 2:40 Backstroke	EN2	S BK	
	{1 x 200 on 2:35 Backstroke	EN2	S BK	
	{1 x 200 on 2:30 Backstroke	EN2	S BK	
	{1 x 200 on 2:25 Backstroke	EN2	S BK	
250	1 x 250 on 3:00 Stroke Drills	REC	D CD	
	1 on 10:00 Ice		L DRY	
7:04 AM 3,430 Yards - Stress Value = 48				

Workout #2705 - Tuesday, 16 December 2003

HighSchl - Girls

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:00 PM Start			
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 7:00 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
600	3x{1 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :40 Kick no board	EN1	
600	6 x 100 on 1:40 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4-6-8		
600	6 x 100 on 1:45 Descend in sets of 3	EN1	
	1-3 free 4-6 IMorSTR		
400	8 x 50 on 1:00 Down easy Back fast	EN1	
75	3 x 25 on 1:00 OTB-walk backs	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
5:40 PM 3,055 Yards - Stress Value = 30			

Workout #2712 - Wednesday, 17 December 2003

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 PM Start			
	1 on 30:00 Stomach and Stretch		
800	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle	REC	S
	{1 x 100 on 1:40 Freestyle	REC	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN2	S
	{6 x 50 on :45 Descend in sets of 3	EN1	S
180	12 x 15 on :30 Shooters	SP3	S
1,600	4x{4 x 25 on :30 Kick no board	EN1	F
	{1 x 150 on 2:45 Kick	EN2	F
	{1 x 100 on 1:40 Kick	EN2	S
	{1 x 50 on :45 Kick	EN2	F
1,500	2x{1 x 250 on 3:45 Pulls	EN1	F
	{2 x 125 on 1:45 Pulls	EN1	F
	{5 x 50 on :40 Pulls	EN1	F
450	3 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	S
2,150	1x{3 x 150 on 2:25 Breaststroke	EN2	S
	{2 x 100 on 1:30 Individual Medley	EN2	S
	{3 x 125 on 2:00 Breaststroke	EN2	S
	{2 x 100 on 1:25 Individual Medley	EN2	S
	{3 x 100 on 1:35 Breaststroke	EN2	S
	{2 x 100 on 1:20 Individual Medley	EN2	S
	{3 x 75 on 1:10 Breaststroke	EN2	S
	{2 x 100 on 1:15 Individual Medley	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
8:00 PM 6,930 Yards - Stress Value = 103			

Workout #2709 - Wednesday, 17 December 2003

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Physio Balls/Stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
180	12 x 15 on :30 Shooters	SP3	
900	12 x 75 on 1:30 Kick no board	EN1	
1,500	1x{3 x 125 on 2:00 Pulls/snorkeling	EN1	
	{3 x 125 on 1:55 Pulls/snorkeling	EN1	
	{3 x 125 on 1:50 Pulls/snorkeling	EN1	
	{3 x 125 on 1:45 Pulls/snorkeling	EN2	
300	2 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
1,600	4x{2 x 75 on 1:25 Breaststroke	EN1	
	{1 x 150 on 2:40 50 br 50 fr 50 br	EN2	
	{4 x 25 on :45 Breaststroke 100%	EN3	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM 5,580 Yards - Stress Value = 81			

Workout #2710 - Wednesday, 17 December 2003

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
800	1 on 30:00 Physio Balls/Stretch		
180	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
750	12 x 15 on :30 Shooters	SP3	
1,500	10 x 75 on 1:30 Kick no board	EN1	
	1x{3 x 125 on 1:50 Pulls/snorkeling	EN1	
	{3 x 125 on 1:45 Pulls/snorkeling	EN1	
	{3 x 125 on 1:40 Pulls/snorkeling	EN1	
	{3 x 125 on 1:35 Pulls/snorkeling	EN2	
450	3 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
2,800	1x{1 x 1000 on 12:00 Freestyle	EN2	
	{1 x 800 on 9:30 Freestyle	EN2	
	{1 x 600 on 7:00 Freestyle	EN2	
	{1 x 400 on 4:35 Freestyle	EN2	
450	9 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM 6,930 Yards - Stress Value = 95			

5:34 PM 5,930 Yards - Stress Value = 88

Workout #2711 - Wednesday, 17 December 2003

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
550	1 on 30:00 Physio Balls/Stretch		I
180	11 x 50 on 1:30 Stroke Drills	REC	I
800	12 x 15 on :30 Shooters	SP3	S
1,050	16 x 50 on 1:30 Kick no board	EN1	F
	1x{4 x 75 on 1:30 Pulls	EN1	F
	{4 x 75 on 1:25 Pulls	EN1	F
	{4 x 75 on 1:20 Pulls	EN1	F
	{2 x 75 on 1:15 Pulls/snorkeling	EN2	F
300	2 x 150 on 3:15 2bk-4bk-6bk by 50's	EN1	S
1,200	3x{2 x 75 on 1:45 Breaststroke	EN1	S
	{1 x 150 on 3:00 50 br 50 fr 50 br	EN2	S
	{4 x 25 on :45 Breaststroke 100%	EN3	S
200	4 x 50 on 1:30 Stroke Drills	REC	I
	1 on 10:00 Ice		I
5:35 PM 4,280 Yards - Stress Value = 61			

Workout #2707 - Wednesday, 17 December 2003

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
800	1 on 30:00 Physio Balls/Stretch		
180	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
1,200	12 x 15 on :30 Shooters	SP3	
1,500	6x{1 x 100 on 1:30 Kick with flippers	EN2	
	{1 x 100 on 1:30 Kick with flippers	EN2	
	1x{3 x 125 on 1:50 Pulls/snorkeling	EN1	
	{3 x 125 on 1:45 Pulls/snorkeling	EN1	
	{3 x 125 on 1:40 Pulls/snorkeling	EN1	
	{3 x 125 on 1:35 Pulls/snorkeling	EN2	
450	3 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
2,000	2x{2 x 75 on 1:15 Butterfly 2-5-2	EN1	
	{1 x 150 on 2:00 Freestyle	EN2	
	{2 x 75 on 1:10 Butterfly 2-6-2	EN1	
	{1 x 150 on 2:00 Freestyle	EN2	
	{2 x 75 on 1:10 Butterfly 2-7-2	EN1	
	{1 x 150 on 2:00 Freestyle	EN2	
	{4 x 25 on :45 Butterfly 100%	EN3	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 6,530 Yards - Stress Value = 94			

Workout #2715 - Thursday, 18 December 2003

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	STF
6:00 PM Start				
800	1 on 30:00 Stomach and Stretch		L	DRY
	8 x 100 on 1:45 Stroke Drills	REC	D	CHC
	odds free evns nonfr			
120	8 x 15 on :30 Shooters	SP3	S	BF
1,050	1x{1 x 150 on 3:15 Kick	EN1	K	CHC
	{1 x 150 on 3:10 Kick	EN1	K	CHC
	{1 x 150 on 3:05 Kick	EN1	K	CHC
	{1 x 150 on 3:00 Kick	EN1	K	CHC
	{1 x 150 on 2:55 Kick	EN2	K	CHC
	{1 x 150 on 2:50 Kick	EN2	K	CHC
	{1 x 150 on 2:45 Kick	EN2	K	CHC
1,500	1x{2 x 250 on 3:45 Pulls	EN1	P	FF
	{2 x 250 on 3:35 Pulls	EN1	P	FF
	{2 x 250 on 3:25 Pulls	EN2	P	FF
600	1x{3 x 50 on :55 Freestyle-descend	EN1	S	FF
	{1 x 75 on 1:20 IM w/out fly	EN1	S	IM
	{3 x 50 on :50 Freestyle-descend	EN1	S	FF
	{1 x 75 on 1:20 IM w/out fly	EN1	S	IM
	{3 x 50 on :45 Freestyle-descend	EN1	S	FF
2,100	1x{1 x 200 on 3:45 Butterfly 2-4-2	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FF
	{1 x 200 on 3:40 Butterfly 2-5-2	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FF
	{1 x 200 on 3:35 Butterfly 2-6-2	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FF
	{1 x 200 on 3:30 Butterfly 2-7-2	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FLY
	{1 x 200 on 3:25 Butterfly 2-8-2	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FF
	{1 x 200 on 3:20 Butterfly 2-9-2	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FF
	{1 x 200 on 3:15 Butterfly	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FF
300	1 x 300 on 5:00 Stroke Drills	REC	D	CI
8:30 PM 6,470 Meters - Stress Value = 75				

Workout #2708 - Wednesday, 17 December 2003

HighSchl - Backstroke

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
800	1 on 30:00 Physio Balls/Stretch		
180	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
900	12 x 15 on :30 Shooters	SP3	
1,500	10 x 75 on 1:30 Kick no board	EN1	
	1x{3 x 125 on 1:50 Pulls/snorkeling	EN1	
	{3 x 125 on 1:45 Pulls/snorkeling	EN1	
	{3 x 125 on 1:40 Pulls/snorkeling	EN1	
	{3 x 125 on 1:35 Pulls/snorkeling	EN2	
450	3 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
1,700	4x{2 x 75 on 1:05 Backstroke	EN1	
	{1 x 150 on 2:05 50 ba 50 fr 50 ba	EN2	
	{5 x 25 on :45 Backstroke 100%	EN3	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

Workout #2713 - Thursday, 18 December 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
600	1 on 30:00 Weights		L
300	1 x 600 on 9:00 Choice	REC	S
2,150	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	S
	1x{3 x 150 on 2:25 Breaststroke	EN2	S
	{2 x 100 on 1:30 Individual Medley	EN2	S
	{3 x 125 on 2:00 Breaststroke	EN2	S
	{2 x 100 on 1:25 Individual Medley	EN2	S
	{3 x 100 on 1:35 Breaststroke	EN2	S
	{2 x 100 on 1:20 Individual Medley	EN2	S
	{3 x 75 on 1:10 Breaststroke	EN2	S
250	{2 x 100 on 1:15 Individual Medley	EN2	S
	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L

7:04 AM 3,300 Yards - Stress Value = 46

	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
	1 on 17:00 Techniques-starts		
1,000	5x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 2:00 Kick no board	EN1	
	{ 12.5 yds under water		
1,000	1x{2 x 125 on 2:00 Lungbuster pulls	EN1	
	{2 x 125 on 1:55 Lungbuster pulls	EN1	
	{2 x 125 on 1:50 Lungbuster pulls	EN1	
	{2 x 125 on 1:45 Lungbuster pulls	EN1	
	{ odds br 3-5-7-9-7		
	{ evens br 2-4-6-8-6		
500	20 x 25 on :30 IM order-build	EN1	
1,500	1x{1 x 150 on 2:15 Freestyle	EN1	
	{1 x 150 on 2:10 Freestyle	EN1	
	{1 x 150 on 2:05 Freestyle	EN1	
	{1 x 125 on 1:50 Freestyle	EN1	
	{1 x 125 on 1:45 Freestyle	EN1	
	{1 x 125 on 1:40 Freestyle	EN2	
	{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 75 on 1:05 Freestyle	EN1	
	{1 x 75 on 1:00 Freestyle	EN2	
	{1 x 75 on :55 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 50 on :35 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	

7:45 PM 5,000 Yards - Stress Value = 45

Workout #2714 - Thursday, 18 December 2003

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STP
800	1 on 30:00 Shoulders & Stretch		L	DRY
	8 x 100 on 1:40 Stroke Drills	REC	D	CHC
	odds free evns nonfr			
180	12 x 15 on :30 Shooters	SP3	S	BF
1,050	1x{1 x 150 on 3:00 Kick	EN1	K	CHC
	{1 x 150 on 2:55 Kick	EN1	K	CHC
	{1 x 150 on 2:50 Kick	EN1	K	CHC
	{1 x 150 on 2:45 Kick	EN1	K	CHC
	{1 x 150 on 2:40 Kick	EN2	K	CHC
	{1 x 150 on 2:35 Kick	EN2	K	CHC
	{1 x 150 on 2:30 Kick	EN2	K	CHC
1,250	1x{2 x 250 on 3:35 Pulls	EN1	P	FF
	{2 x 250 on 3:25 Pulls	EN1	P	FF
	{1 x 250 on 3:15 Pulls	EN2	P	FF
600	1x{3 x 50 on :55 Freestyle-descend	EN1	S	FF
	{1 x 75 on 1:15 IM w/out fly	EN1	S	IM
	{3 x 50 on :50 Freestyle-descend	EN1	S	FF
	{1 x 75 on 1:10 IM w/out fly	EN1	S	IM
	{3 x 50 on :45 Freestyle-descend	EN1	S	FF
2,100	1x{1 x 200 on 3:30 Butterfly 2-4-2	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FF
	{1 x 200 on 3:25 Butterfly 2-5-2	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FF
	{1 x 200 on 3:20 Butterfly 2-6-2	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FLY
	{1 x 200 on 3:15 Butterfly 2-7-2	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FLY
	{1 x 200 on 3:10 Butterfly 2-8-2	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FF
	{1 x 200 on 3:05 Butterfly 2-9-2	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FF
	{1 x 200 on 3:00 Butterfly	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FF
300	1 x 300 on 5:00 Stroke Drills	REC	D	CI
	1 on 10:00 Ice		L	DRY

5:34 PM 6,280 Yards - Stress Value = 68

Workout #2716 - Friday, 19 December 2003

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
800	1 on 10:00 Stretching		
	1 x 800 on 13:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	2x{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	EN2	
2,000	1x{1 x 500 on 7:30 Freestyle	EN1	
	{1 x 500 on 7:20 Freestyle	EN1	
	{1 x 500 on 7:10 Freestyle	EN1	
	{1 x 500 on 7:00 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:03 AM 4,180 Yards - Stress Value = 39

Workout #2718 - Friday, 19 December 2003

Group 3 - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
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Workout #2717 - Friday, 19 December 2003

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch		L I	
500	1 x 500 on 7:30 Choice	REC	S C	
180	12 x 15 on :30 Shooters	SP3	S C	
800	4x{1 x 100 on 2:00 Kick {1 x 100 on 2:00 Kick no board	EN1	K	
750	1x{2 x 125 on 2:00 Lungbuster pulls {2 x 125 on 1:55 Lungbuster pulls {1 x 125 on 1:50 Lungbuster pulls {1 x 125 on 1:45 Lungbuster pulls	EN1	P	
	{ odds br 3-5-7-9-7 { evens br 2-4-6-8-6	EN1	P	
200	8 x 25 on :30 IM order-build	EN1	S	
1,600	4x{1 x 200 on 3:15 Individual Medley {4 x 50 on :55 Stroke Drills	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		L I	
5:03 PM 4,230 Yards - Stress Value = 31				

Workout #2720 - Saturday, 20 December 2003

Group 3 - All

1 minute rest between sets

10:00 AM Start

Yards	Set Description	EGY	WOF	S
	1 on 30:00 Stomach and Stretch			
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC		
180	12 x 15 on :45 Shooters	SP3		
800	2x{4 x 25 on :35 Kick no board {1 x 100 on 1:50 Kick {1 x 100 on 1:40 Kick {1 x 100 on 1:30 Kick	EN1	EN2	
2,000	1x{1 x 1000 on 13:30 Pulls {2 x 500 on 6:45 Pulls	EN1	EN1	
450	9 x 50 on :45 Descend in sets of 3	EN1		
600	6 x 100 on 6:00 Freestyle	SP2		
500	1 x 500 on 9:00 Stroke Drills	REC		
12:30 PM 5,130 Yards - Stress Value = 105				

Workout #2719 - Saturday, 20 December 2003

HighSchl - All

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WOF	S
	1 on 30:00 Weights			
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC		
120	8 x 15 on :30 Shooters	SP3		
800	2x{4 x 25 on :35 Kick no board {1 x 100 on 1:50 Kick {1 x 100 on 1:40 Kick {1 x 100 on 1:30 Kick	EN1	EN2	
1,500	1x{1 x 1000 on 13:30 Pulls {1 x 500 on 6:45 Pulls	EN1	EN1	
300	6 x 50 on :45 Descend in sets of 3	EN1		
600	6 x 100 on 6:00 Freestyle	SP2		
1,000	10 x 100 on 1:45 Stroke Drills	REC		
	1 on 10:00 Ice			
10:04 AM 4,920 Yards - Stress Value = 97				

Workout #2721 - Monday, 22 December 2003

HighSchl - All

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WOF	S
	1 on 30:00 Stomach and Stretch			
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC		
180	12 x 15 on :45 Shooters	SP3		
1,200	2x{1 x 200 on 3:00 Pulls {2 x 100 on 1:30 Lungbuster pulls {4 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	EN1	
600	2x{2 x 75 on 1:05 2bk-4bk-6bk by 25's {2 x 75 on 1:10 IM w/out the free	EN1	EN1	
2,000	1x{1 x 400 on 5:20 Freestyle {2 x 300 on 4:00 Freestyle {3 x 200 on 2:40 Freestyle {4 x 100 on 1:20 Freestyle	EN1	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC		
9:31 AM 5,280 Yards - Stress Value = 45				

Workout #2723 - Tuesday, 23 December 2003

HighSchl - Breast

1 minute rest between sets

2:00 PM Start

Yards	Set Description	EGY	WOF	S
	1 on 30:00 Shoulders & Stretch			
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC		
180	12 x 15 on :30 Shooters	SP3		
1,200	1x{4 x 75 on 1:30 Kick {4 x 75 on 1:25 Kick {4 x 75 on 1:20 Kick {4 x 75 on 1:15 Kick	EN2	EN2	
1,000	1x{4 x 100 on 1:45 Pulls w/ zoomers {4 x 100 on 1:40 Pulls w/ zoomers {2 x 100 on 1:35 Pulls w/ zoomers	EN1	EN1	
450	9 x 50 on :50 Descend in sets of 3	EN1		
1,950	3x{5 x 100 on 1:40 Breaststroke {6 x 25 on :40 Breast 2X pullouts	EN2	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC		
	1 on 10:00 Ice			
4:34 PM 5,880 Yards - Stress Value = 79				

Workout #2724 - Tuesday, 23 December 2003

HighSchl - Distance

1 minute rest between sets

2:00 PM Start

Yards	Set Description	EGY	WOF	S
	1 on 30:00 Shoulders & Stretch			
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC		
180	12 x 15 on :30 Shooters	SP3		
600	8 x 75 on 1:30 Kick	EN1		
1,000	1 x 1000 on 13:30 Pulls	EN1		
450	9 x 50 on :50 Descend in sets of 3	EN1		
3,600	3x{1 x 600 on 7:30 Freestyle {6 x 100 on 1:30 Free hold under 1:10	EN2	EN3	
300	1 x 300 on 5:00 Stroke Drills	REC		
	1 on 10:00 Ice			
4:34 PM 6,930 Yards - Stress Value = 171				

Workout #2727 - Tuesday, 23 December 2003

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 Shoulders & Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{4 x 75 on 1:30 Kick with flippers	EN2	
	{4 x 75 on 1:25 Kick with flippers	EN2	
	{4 x 75 on 1:20 Kick with flippers	EN2	
	{4 x 75 on 1:15 Kick with flippers	EN2	
1,200	1x{4 x 100 on 1:30 Pulls/snorkeling	EN1	
	{4 x 100 on 1:25 Pulls/snorkeling	EN1	
	{4 x 100 on 1:20 Pulls/snorkeling	EN1	
300	6 x 50 on :45 Descend in sets of 3	EN1	
2,000	10x{8 x 25 on :25 Butterfly	EN2	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:36 PM 5,880 Yards - Stress Value = 86			

Workout #2725 - Tuesday, 23 December 2003

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Shoulders & Stretch		
600	1 x 600 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	1x{4 x 75 on 2:00 Kick	EN2	
	{4 x 75 on 1:55 Kick	EN2	
	{4 x 75 on 1:50 Kick	EN2	
800	1x{4 x 100 on 2:00 Lungbuster pulls	EN1	
	{4 x 100 on 1:55 Lungbuster pulls	EN1	
300	6 x 50 on 1:00 Descend in sets of 3	EN1	
1,500	3x{4 x 100 on 2:15 Backstroke	EN2	
	{4 x 25 on 1:00 Backstroke 15m under	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:34 PM 4,580 Yards - Stress Value = 63			

Workout #2726 - Tuesday, 23 December 2003

HighSchl - Backstroke

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Shoulders & Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{4 x 75 on 1:30 Kick with flippers	EN2	
	{4 x 75 on 1:25 Kick with flippers	EN2	
	{4 x 75 on 1:20 Kick with flippers	EN2	
	{4 x 75 on 1:15 Kick with flippers	EN2	
1,100	1x{4 x 100 on 1:40 Lungbuster pulls	EN1	
	{4 x 100 on 1:35 Lungbuster pulls	EN1	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	
450	9 x 50 on :50 Descend in sets of 3	EN1	
2,000	4x{4 x 100 on 1:30 Backstroke	EN2	
	{4 x 25 on :45 Backstroke 15m under	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:34 PM 6,030 Yards - Stress Value = 82			

Workout #2728 - Wednesday, 24 December 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
10,000	100 x 100 on 1:20 Freestyle	EN2	S	FR	1:20
9:44 AM 10,000 Yards - Stress Value = 200					

Workout #2735 - Friday, 26 December 2003

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	12 x 100 on 1:50 Kick-odds 100%	EN1	
900	6 x 150 on 2:45 Pulls w/ zoomers	EN1	
900	9 x 100 on 1:30 Descend in sets of 3	EN1	
1,800	1x{1 x 50 on :50 Breaststroke	EN1	
	{1 x 50 on :45 Butterfly	EN1	
	{2 x 75 on 1:15 Breaststroke	EN1	
	{1 x 50 on :45 Butterfly	EN1	
	{3 x 100 on 1:40 Breaststroke	EN1	
	{1 x 50 on :45 Butterfly	EN1	
	{4 x 125 on 2:05 Breaststroke	EN2	
	{1 x 50 on :45 Butterfly	EN1	
	{3 x 100 on 1:35 Breaststroke	EN2	
	{1 x 50 on :45 Butterfly	EN1	
	{2 x 75 on 1:05 Breaststroke	EN2	
	{1 x 50 on :45 Butterfly	EN1	
	{1 x 50 on :40 Breaststroke	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:33 PM 6,030 Yards - Stress Value = 62			

Workout #2722 - Tuesday, 23 December 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
600	1 x 600 on 9:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{1 x 250 on 3:30 Pulls	EN1	
	{1 x 250 on 3:25 Pulls	EN1	
	{1 x 250 on 3:20 Pulls	EN2	
	{1 x 250 on 3:15 Pulls	EN2	
450	9 x 50 on :45 Descend in sets of 3	EN1	
2,000	1x{3 x 150 on 2:15 Backstroke	EN1	
	{3 x 50 on 1:00 Backstroke 15m under	EN1	
	{3 x 150 on 2:10 Backstroke	EN2	
	{3 x 50 on 1:00 Backstroke 15m under	EN1	
	{3 x 150 on 2:05 Backstroke	EN2	
	{3 x 50 on 1:00 Backstroke 15m under	EN1	
	{1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:34 AM 4,230 Yards - Stress Value = 53			

Workout #2736 - Friday, 26 December 2003

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
2:00 PM	Start		
800	1 on 30:00 Physio Balls/Stretch		
180	8 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
750	1 x 750 on 15:00 Kick	EN1	
1,250	25 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
3,000	1x{1 x 500 on 7:00 Freestyle	EN1	
	{2 x 250 on 3:30 Freestyle	EN1	
	{1 x 500 on 6:45 Freestyle	EN1	
	{4 x 125 on 1:40 Freestyle	EN1	
	{1 x 500 on 6:30 Freestyle	EN2	
	{5 x 100 on 1:18 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:35 PM	6,830 Yards - Stress Value = 73		

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-drll-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
750	1x{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
3,000	1x{3 x 400 on 5:20 Freestyle	EN2	
	{1 x 300 on 5:00 Individual Medley	EN2	
	{2 x 400 on 5:10 Freestyle	EN2	
	{1 x 300 on 4:45 Individual Medley	EN2	
	{1 x 400 on 5:00 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:33 AM	5,030 Yards - Stress Value = 76		

Workout #2733 - Friday, 26 December 2003

HighSchl - Backstroke

1 minute rest between sets

Yards	Set Description	EGY	WOF
2:00 PM	Start		
800	1 on 30:00 Physio Balls/Stretch		
180	8 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	12 x 100 on 1:50 Kick-odds 100%	EN1	
1,250	5 x 250 on 3:30 Pulls	EN1	
800	8 x 100 on 1:30 Descend in sets of 4	EN1	
2,250	1x{3 x 200 on 3:00 Backstroke	EN1	
	{2 x 175 on 2:30 Backstroke	EN1	
	{3 x 150 on 2:05 Backstroke	EN1	
	{2 x 125 on 1:40 Backstroke	EN2	
	{3 x 100 on 1:15 Backstroke	EN2	
	{2 x 75 on :55 Backstroke	EN2	
	{3 x 50 on :35 Backstroke	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:34 PM	6,730 Yards - Stress Value = 70		

Workout #2731 - Friday, 26 December 2003

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:30 AM	Start		
	1 on 30:00 Weights		
500	1 x 500 on 10:00 Swim-kick-drll-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
600	1x{2 x 100 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 100 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 100 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
2,800	1x{3 x 400 on 6:00 Freestyle	EN2	
	{1 x 200 on 3:50 Individual Medley	EN2	
	{2 x 400 on 5:50 Freestyle	EN2	
	{1 x 200 on 3:40 Individual Medley	EN2	
	{1 x 400 on 5:40 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:34 AM	4,580 Yards - Stress Value = 72		

Workout #2729 - Friday, 26 December 2003

HighSchl - Platinum

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-drll-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	1x{3 x 400 on 5:00 Freestyle	EN2	
	{1 x 300 on 4:30 Individual Medley	EN2	
	{2 x 400 on 4:45 Freestyle	EN2	
	{1 x 300 on 4:15 Individual Medley	EN2	
	{1 x 400 on 4:30 Freestyle	EN2	
	{1 x 300 on 4:00 Individual Medley	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:33 AM	5,330 Yards - Stress Value = 82		

Workout #2732 - Friday, 26 December 2003

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:30 AM	Start		
	1 on 30:00 Weights		
400	1 x 400 on 10:00 Swim-kick-drll-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
600	1x{2 x 100 on 2:00 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 100 on 1:55 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 100 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :40 IM order-build	EN1	
2,200	1x{3 x 300 on 5:15 Freestyle	EN2	
	{1 x 200 on 4:00 Individual Medley	EN2	
	{2 x 300 on 5:00 Freestyle	EN2	
	{1 x 200 on 4:00 Individual Medley	EN2	
	{1 x 300 on 4:45 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:33 AM	3,880 Yards - Stress Value = 60		

Workout #2730 - Friday, 26 December 2003

Workout #2734 - Friday, 26 December 2003

HighSchl - Bronze

1 minute rest between sets

2:00 PM Start		
Yards	Set Description	EGY WOF
	1 on 30:00 Physio Balls/Stretch	
600	8 x 75 on 1:45 Stroke Drills	REC
180	12 x 15 on :30 Shooters	SP3
1,050	3x{1 x 75 on 2:00 Kick	EN1
	{1 x 75 on 1:50 Kick	EN2
	{1 x 75 on 1:40 Kick	EN2
	{5 x 25 on :45 Sprint kick	EN3
750	15 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1
150	2 x 75 on 1:30 2bk-4bk-6bk by 25's	EN1
2,000	5x{6 x 50 on :55 Descend in sets of 3	EN1
	{1 x 100 on 2:00 Individual Medley	EN1
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
4:34 PM 4,980 Yards - Stress Value = 69		

Workout #2737 - Friday, 26 December 2003

HighSchl - Sprint

1 minute rest between sets

2:00 PM Start		
Yards	Set Description	EGY WOF
	1 on 30:00 Physio Balls/Stretch	
800	8 x 100 on 1:45 Stroke Drills	REC
180	12 x 15 on :30 Shooters	SP3
1,200	3x{1 x 100 on 2:00 Kick	EN1
	{1 x 100 on 1:50 Kick	EN2
	{1 x 100 on 1:40 Kick	EN2
	{4 x 25 on :45 Sprint kick	EN3
1,050	14 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1
300	2 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1
2,400	6x{6 x 50 on :45 Descend in sets of 3	EN1
	{1 x 100 on 1:45 Individual Medley	EN1
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
4:35 PM 6,180 Yards - Stress Value = 77		

Workout #2738 - Saturday, 27 December 2003

HighSchl - Girls

1 minute rest between sets

7:00 AM Start		
Yards	Set Description	EGY WOF
	1 on 25:00 Stomach and Stretch	
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC
180	12 x 15 on :45 Shooters	SP3
1,000	2x{1 x 100 on 2:10 Kick	EN1
	{1 x 100 on 2:05 Kick	EN1
	{1 x 100 on 2:00 Kick	EN1
	{1 x 100 on 1:55 Kick	EN1
	{1 x 100 on 1:50 Kick	EN1
1,000	8 x 125 on 2:00 Lungbuster pulls	EN1
	odds br 3-5-7-9-7	
	evens br 2-4-6-8-6	
600	2x{2 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1
	{2 x 75 on 1:15 IM w/out the free	EN1
2,250	5x{2 x 75 on 1:30 Freestyle	EN3
	{1 x 100 on 1:45 Freestyle	REC
	{1 x 100 on 1:30 Freestyle	EN3
	{1 x 100 on 1:45 Freestyle	REC
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
9:34 AM 6,080 Yards - Stress Value = 108		

Workout #2743 - Monday, 29 December 2003

HighSchl - All

1 minute rest between sets

2:00 PM Start		
Yards	Set Description	EGY WOF
	1 on 30:00 Physio Balls/Stretch	
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC
180	12 x 15 on :45 Shooters	SP3
1,200	1x{2 x 100 on 2:00 Kick	EN1
	{4 x 25 on :40 Sprint kick	EN2
	{2 x 100 on 1:50 Kick	EN2
	{4 x 25 on :40 Sprint kick	EN2
	{2 x 100 on 1:40 Kick	EN2
	{4 x 25 on :40 Sprint kick	EN2
	{2 x 100 on 1:30 Kick	EN2
	{4 x 25 on :40 Sprint kick	EN2
1,600	4 x 400 on 5:15 Pulls	EN2
450	1x{2 x 75 on 1:10 IM w/out the free	EN1
	{12 x 25 on :30 Descend in sets of 3	EN1
2,250	1x{3 x 200 on 2:30 Freestyle	EN2
	{3 x 50 on :45 Freestyle	EN1
	{3 x 200 on 2:20 Freestyle	EN2
	{3 x 50 on :45 Freestyle	EN1
	{3 x 200 on 2:10 Freestyle	EN2
	{3 x 50 on :45 Freestyle	EN1
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
4:34 PM 6,730 Yards - Stress Value = 108		

Workout #2739 - Monday, 29 December 2003

HighSchl - Platinum

1 minute rest between sets

7:30 AM Start		
Yards	Set Description	EGY WC
	1 on 30:00 Weights	
800	1 x 800 on 13:00 Swim-kick-drill-swim	REC
180	12 x 15 on :45 Shooters	SP3
1,500	1x{1 x 500 on 6:40 Pulls	EN1
	{1 x 400 on 5:20 Pulls	EN1
	{1 x 300 on 4:00 Pulls	EN1
	{1 x 200 on 2:40 Pulls	EN1
	{1 x 100 on 1:20 Pulls	EN1
400	8x{1 x 25 on :30 Stroke	EN1
	{1 x 25 on :20 Freestyle	EN1
2,000	10x{1 x 100 on 1:15 Individual Medley	EN2
	{1 x 50 on :35 Freestyle	EN2
	{1 x 50 on :45 Freestyle	REC
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
9:33 AM 5,080 Yards - Stress Value = 56		

Workout #2740 - Monday, 29 December 2003

HighSchl - Gold
1 minute rest between sets

7:30 AM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
800	1 x 800 on 13:00 Swim-kick-drll-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,500	1x{1 x 500 on 7:05 Pulls	EN1	
	{1 x 400 on 5:40 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	{1 x 200 on 2:50 Pulls	EN1	
	{1 x 100 on 1:25 Pulls	EN1	
300	6x{1 x 25 on :30 Stroke	EN1	
	{1 x 25 on :20 Freestyle	EN1	
1,800	9x{1 x 100 on 1:25 Individual Medley	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 50 on :55 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:34 AM 4,780 Yards - Stress Value = 53			

Workout #2744 - Tuesday, 30 December 2003

HighSchl - Girls
1 minute rest between sets

7:00 AM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Set-up and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :30 Shooters	SP3	
800	2x{4 x 25 on :35 Kick no board	EN1	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
1,500	1x{1 x 1000 on 15:00 Pulls	EN1	
	{1 x 500 on 7:15 Pulls	EN1	
300	6 x 50 on :45 Descend in sets of 3	EN1	
600	6 x 100 on 6:00 Freestyle	SP2	
500	1 x 500 on 8:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:29 AM 4,420 Yards - Stress Value = 97			

Workout #2741 - Monday, 29 December 2003

HighSchl - Silver
1 minute rest between sets

7:30 AM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
700	1 x 700 on 13:00 Swim-kick-drll-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,500	1x{1 x 500 on 7:30 Pulls	EN1	
	{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	
250	5x{1 x 25 on :35 Stroke	EN1	
	{1 x 25 on :25 Freestyle	EN1	
1,400	7x{1 x 100 on 1:45 Individual Medley	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:33 AM 4,230 Yards - Stress Value = 45			

Workout #2750 - Wednesday, 31 December 2003

Group 3 - All
1 minute rest between sets

11:00 AM Start			
Yards	Set Description	EGY	WORK S
	1 on 5:00 Stretching		L I
800	8 x 100 on 1:45 Stroke Drills	REC	D C
180	12 x 15 on :30 Shooters	SP3	S
800	16 x 50 on :55 Kick odds 100%	EN2	K C
1,500	3x{2 x 200 on 2:50 Pulls	EN1	P
	{4 x 25 on :30 Pulls 2 breaths	EN1	P
400	2 x 200 on 3:30 Reverse IM	EN1	S
2,200	2x{1 x 200 on 3:00 Butterfly 2-5-2	EN1	S F
	{2 x 25 on :30 Butterfly lup 1down	EN1	S F
	{1 x 150 on 2:15 Butterfly 2-6-2	EN1	S F
	{4 x 25 on :30 Butterfly lup 2down	EN1	S F
	{1 x 100 on 1:30 Butterfly 2-7-2	EN1	S F
	{6 x 25 on :30 Butterfly lup 3down	EN1	S F
	{1 x 50 on :45 Butterfly 2-8-2	EN1	S F
	{8 x 25 on :30 Butterfly lup 4down	EN1	S F
	{1 x 100 on 2:00 Freestyle	REC	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 30:00 Stomach and Stretch		L I
1:29 PM 6,130 Yards - Stress Value = 62			

Workout #2742 - Monday, 29 December 2003

HighSchl - Bronze
1 minute rest between sets

7:30 AM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
600	1 x 600 on 13:00 Swim-kick-drll-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,500	1x{1 x 500 on 9:10 Pulls	EN1	
	{1 x 400 on 7:20 Pulls	EN1	
	{1 x 300 on 5:30 Pulls	EN1	
	{1 x 200 on 3:40 Pulls	EN1	
	{1 x 100 on 1:50 Pulls	EN1	
200	4x{1 x 25 on :40 Stroke	EN1	
	{1 x 25 on :30 Freestyle	EN1	
1,000	5x{1 x 100 on 2:10 Individual Medley	EN2	
	{1 x 50 on :50 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:33 AM 3,680 Yards - Stress Value = 39			

Workout #2748 - Wednesday, 31 December 2003

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 15:00 Stretching			L DF
800	8 x 100 on 1:45 Stroke Drills	REC		D CF
180	12 x 15 on :30 Shooters	SP3		S E
1,350	6 x 225 on 3:45 Pulls w/ zoomers	EN1		P E
400	2 x 200 on 3:30 Reverse IM	EN1		S I
2,200	2x{1 x 200 on 3:20 Breaststroke	EN1		S E
	{2 x 25 on :30 Breast 2X pullouts	EN1		S E
	{1 x 150 on 2:30 Breaststroke	EN1		S E
	{4 x 25 on :30 Breast 2X pullouts	EN1		S E
	{1 x 100 on 1:40 Breaststroke	EN1		S E
	{6 x 25 on :30 Breast 2X pullouts	EN1		S E
	{1 x 50 on :50 Breaststroke	EN1		S E
	{8 x 25 on :30 Breast 2X pullouts	EN1		S E
	{1 x 100 on 2:00 Freestyle	EN1		S E
250	1 x 250 on 4:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			L DF
9:35 AM 5,180 Yards - Stress Value = 47				

Workout #2746 - Wednesday, 31 December 2003

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 15:00 Stretching			L DRY
800	8 x 100 on 1:45 Stroke Drills	REC		D CHO
180	12 x 15 on :30 Shooters	SP3		S BK
1,500	3x{2 x 200 on 2:50 Pulls	EN1		P FR
	{4 x 25 on :30 Pulls 2 breaths	EN1		P FR
400	2 x 200 on 3:30 Reverse IM	EN1		S IM
2,800	1x{1 x 500 on 7:30 Freestyle	EN1		S FR
	{5 x 100 on 1:30 Freestyle	EN3		S FR
	{1 x 400 on 5:40 Freestyle	EN1		S FR
	{4 x 100 on 1:30 Freestyle	EN3		S FR
	{1 x 300 on 4:00 Freestyle	EN1		S FR
	{3 x 100 on 1:30 Freestyle	EN3		S FR
	{1 x 200 on 2:30 Freestyle	EN2		S FR
	{2 x 100 on 1:30 Freestyle	EN3		S FR
300	1 x 300 on 4:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			L DRY
9:35 AM 5,980 Yards - Stress Value = 126				

Workout #2747 - Wednesday, 31 December 2003

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 15:00 Stretching			L I
800	8 x 100 on 1:45 Stroke Drills	REC		D C
180	12 x 15 on :30 Shooters	SP3		S
1,500	3x{2 x 200 on 2:50 Pulls	EN1		P
	{4 x 25 on :30 Pulls 2 breaths	EN1		P
400	2 x 200 on 3:30 Reverse IM	EN1		S
2,200	2x{1 x 200 on 3:00 Butterfly 2-5-2	EN1		S F
	{2 x 25 on :30 Butterfly lup 2down	EN1		S E
	{1 x 150 on 2:15 Butterfly 2-6-2	EN1		S E
	{4 x 25 on :30 Butterfly lup 2down	EN1		S E
	{1 x 100 on 1:30 Butterfly 2-7-2	EN1		S E
	{6 x 25 on :30 Butterfly lup 2down	EN1		S E
	{1 x 50 on :45 Butterfly 2-8-2	EN1		S E
	{8 x 25 on :30 Butterfly lup 2down	EN1		S E
	{1 x 100 on 2:00 Freestyle	REC		S
250	1 x 250 on 4:00 Stroke Drills	REC		D

1 on 10:00 Ice
9:33 AM 5,330 Yards - Stress Value = 46

Workout #2745 - Wednesday, 31 December 2003

HighSchl - Backstroke

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 15:00 Stretching		L
800	8 x 100 on 1:45 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1,500	3x{2 x 200 on 2:50 Pulls	EN1	P
	{4 x 25 on :30 Pulls 2 breaths	EN1	P
400	2 x 200 on 3:30 Reverse IM	EN1	S
2,200	2x{1 x 200 on 3:00 Backstroke	EN1	S
	{2 x 25 on :30 Backstroke 15m under	EN1	S
	{1 x 150 on 2:15 Backstroke	EN1	S
	{4 x 25 on :30 Backstroke 15m under	EN1	S
	{1 x 100 on 1:30 Backstroke	EN1	S
	{6 x 25 on :30 Backstroke 15m under	EN1	S
	{1 x 50 on :45 Backstroke	EN1	S
	{8 x 25 on :30 Backstroke 15m under	EN1	S
	{1 x 100 on 2:00 Freestyle	REC	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L
9:33 AM 5,330 Yards - Stress Value = 46			

Workout #2751 - Wednesday, 31 December 2003

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	3x{1 x 150 on 3:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
100	1 x 100 on 2:00 Kick for time	EN3	
1,200	1x{8 x 75 on 1:05 Pulls	EN1	
	{8 x 75 on 1:00 Pulls	EN2	
450	1x{1 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
	{1 x 150 on 2:45 IM w/out the breast	EN1	
	{3 x 50 on :45 Descend in sets of 3	EN1	
1,600	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	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:35 PM 5,480 Yards - Stress Value = 78			

Workout #2749 - Wednesday, 31 December 2003

HighSchl - Bronze

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 15:00 Stretching			L I
600	8 x 75 on 1:45 Stroke Drills	REC		D C
180	12 x 15 on :30 Shooters	SP3		S
1,200	3x{2 x 150 on 2:50 Pulls	EN1		P
	{4 x 25 on :30 Pulls 2 breaths	EN1		P
300	2 x 150 on 3:30 IM w/out the free	EN1		S
1,500	1x{1 x 200 on 4:30 Butterfly 2-5-2	EN1		S F
	{2 x 25 on :30 Freestyle	EN1		S
	{2 x 150 on 3:15 Butterfly 2-6-2	EN1		S F
	{4 x 25 on :30 Freestyle	EN1		S
	{3 x 100 on 2:05 Butterfly 2-7-2	EN1		S F
	{6 x 25 on :30 Freestyle	EN1		S
	{4 x 50 on 1:00 Butterfly 2-8-2	EN1		S F
	{8 x 25 on :30 Freestyle	EN1		S
250	1 x 250 on 6:00 Stroke Drills	REC		D
	1 on 10:00 Ice			L I
9:28 AM 4,030 Yards - Stress Value = 37				