#### Workout #2276 - Wednesday, 01 January 2003 HighSchl - Breast 1 minute rest between sets

#### HighSchl - All 1 minute rest between sets

Workout #2277 - Wednesday, 01 January 2003

HighSchl - Sprint

1 minute rest between sets

2:00 PM Start

	I minute rest between sets										
						7:30	AM Star	t			
	2:00 PM Start				Yards	Se	t Descri	ption	EGY	WORK	STF
Yards	Set Description	EGY	WORK	Sī	=====	==			===	====	===
=====	=======================================	===	====	==		1	on 30:00	Weights and stretch		L	DRY
	1 on 30:00 Shoulders & Stretch		L	DF	800	8	x 100 on	1:45 Stroke Drills	REC	D	IN
600	1 x 600 on 10:00 Choice	REC	S	CF		2	on each	stroke			
180	12 x 15 on :30 Shooters	SP3	S	Ε		1	on 15:00	Techniques-TN turns		D	FF
450	18 x 25 on :40 Kick	EN2	S	Ε	600	6	x 100 on	2:00 Kick	EN2	K	CHC
600	1x{3 x 100 on 2:15 Pulls	EN1	P	Ε		1	on 13:00	Techniques-Relay str		D	
	{3 x 100 on 2:00 Pulls	EN2	P	Ε	600	3	x 200 on	2:45 Pulls	EN1	P	FF
450	6 x 75 on 1:20 IM w/out your #1	EN1	S	1		1	on 13:00	Techniques-Stanford		D	FF
1,050	1x{1 x 300 on 5:15 Breaststroke	EN2	S	Ε		•		1:30 Freestyle	EN1	S	FF
	{1 x 250 on 4:15 Breaststroke	EN2	S	Ε		{ 1	x 200 on	3:00 Freestyle	EN1	S	FF
	{1 x 200 on 3:20 Breaststroke	EN2	S	Ε		{ 1	x 300 on	4:30 Freestyle	EN1	S	FF
	{1 x 150 on 2:25 Breaststroke	EN2	S	Ε		{ 2	x 400 on	6:00 Freestyle	EN1	S	FF
	{1 x 100 on 1:35 Breaststroke	EN2	S	Ε		{ 1	x 300 on	4:30 Freestyle	EN1	S	FF
	{1 x 50 on :45 Breaststroke	EN2	S	Ε		{ 1	x 200 on	3:00 Freestyle	EN1	S	FF
300	12 x 25 on :30 Breaststroke 100%	EN3	S	Ε		{ 1	x 100 on	1:30 Freestyle	EN1	S	FF
250	1 x 250 on 4:00 Stroke Drills	REC	D	(		1	on 10:00	Ice		L	DRY
	1 on 10:00 Ice		L	DF		9:59	AM 4,000	Yards - Stress Value	= 38		
	4:04 PM 3,880 Yards - Stress Value =	= 68									

## Workout #2273 - Wednesday, 01 January 2003 HighSchl - Distance

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

	2:00 PM Start			Yards	Set Description	EGY	WORF
Yards	Set Description	EGY	WORF			===	
	=======================================	===	====		1 on 30:00 Shoulders & Stretch		I
	1 on 30:00 Shoulders & Stretch		I	300	1 x 300 on 10:00 Choice	REC	٤
600	1 x 600 on 10:00 Choice	REC	٤	180	12 x 15 on :30 Shooters	SP3	٤
180	12 x 15 on :30 Shooters	SP3	٤	300	12 x 25 on 1:00 Sprint kick	SP3	٤
300	12 x 25 on :30 Sprint kick	SP3	٤		1x{3 x 100 on 2:30 Pulls	EN1	E
	1x{1 x 500 on 6:30 Pulls	EN1	E		{2 x 100 on 2:25 Pulls	EN2	E
	{1 x 500 on 6:25 Pulls	EN1	E	300	6 x 50 on 1:20 Freestyle des in 3's	EN1	٤
450	3 x 150 on 2:15 Free 1st 50 2bk,2nd	EN1	٤		$1x{4 x 75 on 2:00 Freestyle}$	EN2	٤
	50 4bk, 3rd 50 6bk				$\{4 \times 75 \text{ on } 1:55 \text{ Freestyle} \}$	EN2	٤
	1x{2 x 250 on 3:30 Freestyle	EN2	٤		$\{4 \times 75 \text{ on } 1:50 \text{ Freestyle} \}$	EN2	٤
	{2 x 250 on 3:25 Freestyle	EN2	٤		$\{2 \times 75 \text{ on } 1:45 \text{ Freestyle} \}$	EN2	٤
	{2 x 250 on 3:20 Freestyle	EN2	٤		{ last 25 of each 6bk		
	{2 x 250 on 3:15 Freestyle	EN2	٤	200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	{2 x 250 on 3:10 Freestyle	EN2	٤		1 on 10:00 Ice		I
200	1 x 200 on 3:00 Stroke Drills	REC	Ι		4:05 PM 2,830 Yards - Stress Value = 50	)	
	1 on 10:00 Ice		I				
	4:05 PM 5,230 Yards - Stress Value = 8	3			Workout #2274 - Wednesday, 01 January 2003		

## Workout #2275 - Wednesday, 01 January 2003 HighSchl - Fly & Back

#### 1 minute rest between sets

				Yards	Set Description	EGY	WORK
	2:00 PM Start					===	
Yards	Set Description	EGY	WORK		1 on 30:00 Shoulders & Stretch		L
=====		===	====	600	1 x 600 on 10:00 Choice	REC	S
	1 on 30:00 Shoulders & Stretch		L	180	12 x 15 on :30 Shooters	SP3	S
600	1 x 600 on 10:00 Choice	REC	S	400	16 x 25 on :40 Sprint kick	SP3	S
180	12 x 15 on :30 Shooters	SP3	S	900	1x{3 x 150 on 2:15 Pulls	EN1	P
400	16 x 25 on :45 Under water kick	SP3	S		{3 x 150 on 2:00 Pulls	EN2	P
	1x{3 x 150 on 2:15 Pulls	EN1	P	450	6 x 75 on 1:20 Free 1st 25 2bk,2nd	EN1	S
	{3 x 150 on 2:00 Pulls	EN2	P		25 4bk, 3rd 25 6bk		
300	4 x 75 on 1:20 IM w/out your #1	EN1	S	1,750	$1x{4 x 125 on 2:00 Freestyle}$	EN2	S
	1x{3 x 150 on 2:20 100 fly 50 back	EN2	S		{4 x 125 on 1:55 Freestyle	EN2	S
	{3 x 150 on 2:25 100 back 50 breast	EN2	S		$\{4 \times 125 \text{ on } 1:50 \text{ Freestyle} \}$	EN2	S
	{3 x 150 on 2:30 100 breast 50 free	EN2	S		$\{2 \times 125 \text{ on } 1:45 \text{ Freestyle} \}$	EN2	S
	{3 x 150 on 2:15 100 free 50 fly	EN2	S		{ last 25 of each 6bk		
200	1 x 200 on 3:00 Stroke Drills	REC	D	200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L		1 on 10:00 Ice		L
	4:05 PM 4,380 Yards - Stress Value = '	75			4:04 PM 4,480 Yards - Stress Value = 7	15	

#### Workout #2272 - Wednesday, 01 January 2003

10:00 AM Start

## Workout #2282 - Thursday, 02 January 2003 Group 2 - Silver

00	7	X	100	on	2:00	Sti	roke	Dri	ills		REC	D	
	1	on	10:	:00	Ice							L	Γ
	4:06	PM	3,9	980	Yards	3 -	Stre	SS	Value	=	60		

## 1 minute rest between sets

Workout #2278 - Thursday, 02 January 2003
HighSchl - Platinum
1 minute rest between sets

Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 25:00 Stomach and Stretch		L
600	6 x 100 on 2:15 Stroke Drills	REC	D
	odds free evens back		
	$1x{3 x 25 on :40 Kick no board}$	EN2	K
	${3 \times 50 \text{ on } 1:15 \text{ Kick no board}}$	EN2	K
	${3 \times 75}$ 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
	$2x\{8 \times 25 \text{ on } : 40 \text{ Butterfly}$	EN2	S
	{1 on :30 Rest		M
	$\{4 \times 50 \text{ on } 1:15 \text{ Butterfly} \}$	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	

	7:30 AM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
800	8 x 100 on 1:45 Stroke Drills	REC	D	C
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	
	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	S	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	REC	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		L	Γ
	10:06 AM 7,380 Yards - Stress Value =	= 10	7	

#### Workout #2283 - Thursday, 02 January 2003 HighSchl - Distance 1 minute rest between sets

#### Workout #2281 - Thursday, 02 January 2003 HighSchl - Gold 1 minute rest between sets

2:00 PM Start			
Yards Set Description EGY WOR	K	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	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	
$1x\{2 \times 300 \text{ on } 4:30 \text{ Pulls}$ EN1	Ρ	FR	
{2 x 250 on 3:30 Pulls EN1	Ρ	FR	
{2 x 200 on 2:40 Pulls EN2	Ρ	FR	
300 3 x 100 on 1:40 IM-descend EN1	S	IM	
$1x\{1 x 125 \text{ on } 2:15 \text{ Freestyle}$ SP2	S	FR	
$\{1 \times 125 \text{ on } 2:10 \text{ Freestyle} $ SP2	S	FR	
$\{1 \times 125 \text{ on } 2:05 \text{ Freestyle} $ SP2	S	FR	
$\{1 \times 125 \text{ on } 2:00 \text{ 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			

	7:30 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		L
800	8 x 100 on 1:45 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	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
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle}$	EN2	S
	$\{1 \times 50 \text{ on } :55 \text{ Freestyle}$	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 #2285 - Thursday, 02 January 2003 HighSchl - IM/Stroke 1 minute rest between sets

2:00 PM Start

Yards	Set Description	EGY	WORK	٤
=====		===	====	=
	1 on 30:00 Stomach and Stretch		L	Ι
600	12 x 50 on 1:00 Stroke Drills	REC	D	$\subset$
	odds free evens non			
180	12 x 15 on :30 Shooters	SP3	S	
800	2x{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	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	٤
	$\{1 \times 50 \text{ on } 3:00 \text{ Freestyle} \}$	REC	S	

7:30 AM Start

#### Workout #2280 - Thursday, 02 January 2003 HighSchl - Silver 1 minute rest between sets

700	7	Х	100	on	2:00	Sti	roke	Dri	ills	REC		D	CD
	1	on	10:	:00	Ice							L	DRY
	4:05	PM	3,8	380	Yards	s –	Stre	ess	Value	=	57		

## Workout #2287 - Friday, 03 January 2003

Yards	Set Description	EGY WOF	Group 2 - Silver
=====		=== ===	1 minute rest between sets
800 180	1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 12 x 15 on :30 Shooters 3x{1 x 150 on 3:15 Kick	REC SP3 EN2	10:00 AM Start Yards Set Description EGY WORK STK
	{1 x 100 on 2:15 Kick	EN2	1 on 25:00 Stomach and Stretch L DRY
	{1 x 50 on 1:05 Kick 1x{3 x 100 on 1:40 Lungbuster pulls {3 x 100 on 1:35 Lungbuster pulls	EN2 EN1 EN1	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
150	{3 x 100 on 1:30 Lungbuster pulls 3 x 50 on 1:00 25 free 25 non free	EN2 EN1	$3x{3 \times 50}$ on 1:10 Kick no board EN2 K BR
1,600 150	4 x 400 on 6:00 Freestyle 1 x 150 on 3:00 50 free 50 strk 50fr	EN2	{1 x 100 on 2:00 Kick EN2 K BR 400 2 x 200 on 3:20 Pulls EN1 P FR
130	6x{1 x 100 on 1:45 Individual Medley	EN2	$1 \times \{4 \times 125 \text{ on } 2:05 \text{ Freestyle} $ EN2 S FR $\{4 \times 125 \text{ on } 2:00 \text{ Freestyle} $ EN2 S FR
0.00	{1 x 50 on :45 Freestyle {1 x 50 on 1:00 Freestyle	EN2 REC	$\{4 \times 125 \text{ on } 1:55 \text{ Freestyle} \\ \{4 \times 125 \text{ on } 1:50 \text{ Freestyle} \\ \text{EN2} \\ \text{S} \text{ FR}$
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:07 AM 6,080 Yards - Stress Value = 8	REC 9	200 1 x 200 on 4:00 Stroke Drills REC D CD 12:00 PM 4,430 Yards - Stress Value = 66

## Workout #2279 - Thursday, 02 January 2003 HighSchl - Bronze

## 1 minute rest between sets

	E 00 PM 01				7:30	AM	Star	:t
	7:30 AM Start			Yards	Se	∍t	Descri	.pt
Yards	Set Description	EGY	WOF		==	===		:==:
======		===	===		1	on	35:00	W (
	1 on 30:00 Stomach and Stretch			800	1	Х	800 on	1
600	8 x 75 on 1:45 Stroke Drills	REC			1	on	10:00	T-
180	12 x 15 on :30 Shooters	SP3			1x{1	х	150 on	. 3
	3x{1 x 125 on 3:15 Kick	EN2			,		150 on	
	{1 x 75 on 2:10 Kick	EN2					150 on	
	{1 x 50 on 1:05 Kick	EN2			1	х	150 on	. 2
	$1x{3 \times 75}$ on 1:40 Lungbuster pulls	EN1			,		10:00	
	$\{3 \times 75 \text{ on } 1:35 \text{ Lungbuster pulls}$	EN1		800	1	х	800 on	. 1
	$\{2 \times 75 \text{ on } 1:30 \text{ Lungbuster pulls}$	EN2					10:00	
	{1 x 50 on 1:30 Pulls	EN1			1x{3	х	50 on	1:
200	4 x 50 on 1:00 Freestyle-descend	EN1			•		100 on	
1,200	4 x 300 on 6:00 Freestyle	EN2			,		50 on	
100	1 x 100 on 3:00 25 free 50 strk 25fr	REC					100 on	
	4x{1 x 100 on 2:30 Individual Medley	EN2			,		50 on	
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	EN2			•		100 on	
	$\{1 \times 50 \text{ on } 1:15 \text{ Freestyle}$	REC					50 on	
200	1 x 200 on 3:00 Stroke Drills	REC			,		100 on	
	1 on 10:00 Ice				•		10:00	
	10:06 AM 4,680 Yards - Stress Value = 6	7					10:00	
							M 4 00	

#### Workout #2284 - Thursday, 02 January 2003 HighSchl - Sprint 1 minute rest between sets

	2:00 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	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
	$\{1 \times 15 \text{ on } 2:00 \text{ Freestyle}$	REC	S	FR

#### Workout #2286 - Friday, 03 January 2003 HighSchl - All 1 minute rest between sets

	7:30 AM Star	t		
Yards	Set Descri	ption	EGY	WOF
			===	===
	1 on 35:00	Weights and stretch		
800		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 4.00	O Yards - Stress Value = 28	3	

5:30 AM Start

## Workout #2288 - Friday, 03 January 2003 HighSchl - All

-				
- 1	miniife	rest	hetween	sets

	2:00 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===		=
	1 on 30:00 Shoulders & Stretch		L	Γ
900	9 x 100 on 1:45 Stroke Drills	REC	D	(
180	12 x 15 on :30 Shooters	SP3	S	E
600	6 x 100 on 2:00 Kick	EN2	K	C
750	6 x 125 on 1:50 Pulls	EN1	P	
200	1 x 200 on 3:00 Individual Medley	EN1	S	
	$1x{2 x 100 on 1:30 Freestyle}$	EN1	S	
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	S	E
	{2 x 100 on 1:30 Freestyle	EN1	S	
	$\{4 \times 25 \text{ on } : 30 \text{ Backstroke} \}$	EN1	S	
	{2 x 100 on 1:30 Freestyle	EN1	S	
	$\{4 \times 25 \text{ on } : 30 \text{ Breaststroke} \}$	EN1	S	
	{2 x 100 on 1:30 Freestyle	EN1	S	
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	S	
250	5 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 15:00 Ice		L	Γ
	4:04 PM 4,080 Yards - Stress Value =	41		

### Workout #2289 - Monday, 06 January 2003 HighSchl - All

#### 1 minute rest between sets

Yards	Se	et	Desc	crip	otion			EGY	WOF
	==								===
						Stroke Drills		REC	
180						Shooters		SP3	
	,					Pulls		EN1	
						Pulls		EN1	
	•				1:05 I			EN1	
	,				:20 Pı			EN1	
	1x{1	Х	100	on	1:20	Freestyle		EN2	
	{ 1	Х	100	on	1:15	Freestyle		EN2	
	{ 1	Х	100	on	1:10	Freestyle		EN2	
	{ 1	Х	100	on	1:05	Freestyle		EN2	
	{ 1	Х	100	on	1:10	Freestyle		EN2	
	{ 1	Х	100	on	1:15	Freestyle		EN2	
	{ 1	Х	100	on	1:20	Freestyle		EN2	
	{ 1	Х	100	on	1:15	Freestyle		EN2	
	{ 1	Х	100	on	1:10	Freestyle		EN2	
	{ 1	Х	100	on	1:05	Freestyle		EN2	
	{ 1	Х	100	on	1:10	Freestyle		EN2	
	{ 1	Х	100	on	1:15	Freestyle		EN2	
	{ 1	Х	100	on	1:20	Freestyle		EN2	
	{ 1	Х	100	on	1:15	Freestyle		EN2	
	{ 1	Х	100	on	1:10	Freestyle		EN2	
	{ 1	Х	100	on	1:05	Freestyle		EN2	
200	1	Х	200	on	3:00	Stroke Drills		REC	
1,350	9	Х	150	on	2:15	Descend in sets of	3	EN2	
200	1	Х	200	on	3:00	Stroke Drills		REC	
	1	or	n 10:	:00	Ice				
	7:02	ΑN	4 5,0	030	Yards	s - 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
	=======================================	===	===
	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	
1,350	1x{3 x 150 on 2:00 Pulls	EN1	
	$\{9 \times 50 \text{ on } : 45 \text{ Pulls-des in } 3\text{'s}$	EN1	
	{3 x 150 on 2:00 Pulls	EN1	

1,000	1x{1	Х	100	on	2:00	Kick	EN2
	{ 2	Х	100	on	1:55	Kick	EN2
	{ 3	Х	100	on	1:50	Kick	EN2
	{ 4	Х	100	on	1:45	Kick	EN2
600	1x{1	Х	300	on	4:30	Individual Medley	EN1
	{ 1	Х	200	on	3:00	Individual Medley	EN1
	{ 1	Х	100	on	1:30	Individual Medley	EN1
2,500	5x{1	Х	200	on	2:30	Freestyle	EN2
	{ 1	Х	100	on	1:05	Freestyle	EN3
	{ 1	Х	200	on	2:30	Freestyle	EN2
200	1	Х	200	on	3:00	Stroke Drills	REC
400	4	Х	100	on	1:30	Freestyle descend to	EN2
ludicrous			ous	speed!!!!!			
250	1	Х	250	on	4:00	Stroke Drills	REC
	5:24	ΡN	17,2	280	Yards	s - Stress Value = 12	2.3

#### Workout #2292 - Monday, 06 January 2003 HighSchl - Gold 1 minute rest between sets

#### I illinute Test between

	2:55	PN	1 St	cart	5			
Yards	Se	et	Desc	crip	otion		EGY	WO
	1	===	20.		Ch a	======================================	===	===
900						Swim-kick-pull-swim	DEC	
						-	SP3	
100							EN1	
	-					ılls-des in 3's		
							EN1	
	1x{1	Х	100	on	2:10	Kick	EN2	
	{ 2	X	100	on	2:05	Kick	EN2	
	{ 3	Х	100	on	2:00	Kick	EN2	
	{ 4	Х	100	on	1:55	Kick	EN2	
						Individual Medley		
						Individual Medley		
	-					Individual Medley		
						Freestyle		
						Freestyle		
	-					2	EN2	
						Stroke Drills		
400						Freestyle descend to	EN2	
0.50					_	d!!!!!	DEC	
250	Τ	Х	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	ΡN	1 St	art	5			
Yards	Se	ŧt	Desc	crip	otion		EGY	WOF
=====	==	==					===	===
	1	or	30:	:00	Shoul	lders & Stretch		
800	1	Х	800	on	14:00	) Swim-kick-pull-swim	REC	
180	12	. >	15	on	:30 8	Shooters	SP3	
	1x{2	Х	150	on	2:30	Pulls	EN1	
	{ 9	Х	50 0	on :	:55 Pı	ılls-des in 3's	EN1	
	{ 2	Х	150	on	2:30	Pulls	EN1	
	1x{1	Х	100	on	2:25	Kick	EN2	
	{ 2	Х	100	on	2:20	Kick	EN2	
	{ 3	Х	100	on	2:15	Kick	EN2	
	{ 4	Х	100	on	2:10	Kick	EN2	
	1x{1	Х	300	on	5:30	Individual Medley	EN1	
	{ 1	Х	200	on	3:40	Individual Medley	EN1	
	{ 1	Х	100	on	1:50	Individual Medley	EN1	
	3x{1	Х	200	on	3:10	Freestyle	EN2	
	{ 1	Х	100	on	1:30	Freestyle	EN3	
	{ 1	Х	200	on	3:10	Freestyle	EN2	
200	1	Х	200	on	3:00	Stroke Drills	REC	
300	3	Х	100	on	1:45	Freestyle descend to	EN2	
	1	uc	dicro	ous	speed	1!!!!!		
200	1	Х	200	on	4:00	Stroke Drills	REC	
	5:23	ΡN	1 5,8	330	Yards	s - Stress Value = 91		

#### Workout #2291 - Monday, 06 January 2003 HighSchl - Bronze 1 minute rest between sets

2:55 PM Start

5:30 AM Start

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

## Workout #2294 - Tuesday, 07 January 2003 HighSchl - All

#### 1 minute rest between sets

Yards	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	1 on 25:00 Weights		L	DF
400	1 x 400 on 7:00 Reverse IM drill	REC	D	1
180	12 x 15 on :30 Shooters	SP3	S	FI
	1x{6 x 50 on :50 Pulls-nbbf&w	EN1	P	E
	{6 x 50 on :45 Pulls-nbbf&w	EN1	P	E
	$\{8 \times 50 \text{ on } : 40 \text{ Pulls-nbbf&w}$	EN1	P	E
	$1x{2 x 75 on 1:05 Freestyle}$	EN1	S	E
	$\{1 \times 150 \text{ on } 2:05 \text{ Freestyle}$	EN1	S	E

	{ 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	Se	et Description	EGY	WORF
=====	==		===	====
		on 25:00 Stomach and Stretch		Ι
		x 400 on 7:00 Swim-kick-pull-swim		S
180	12	2 x 15 on :30 Shooters	SP3	5
	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	E
	1x{4	x 50 on :50 DEBF-all free	EN1	5
	{ 4	x 50 on 1:00 DEBF-back fast strk	EN1	
	1x{1	x 200 on 2:45 Freestyle	EN1	
	{ 1	x 100 on 1:40 Individual Medley	EN1	
	{ 3	x 50 on :45 Freestyle-descend	EN1	
	{ 1	x 150 on 2:05 Freestyle	EN1	
	{2	x 100 on 1:40 Individual Medley	EN1	
	{ 3	x 50 on :45 Freestyle-descend	EN1	5
	{ 1	x 100 on 1:25 Freestyle	EN1	
	{3	x 100 on 1:40 Individual Medley	EN1	S
	-	x 50 on :45 Freestyle-descend	EN1	
7.5		x 25 on 2:00 Walk backs	EN1	5
200		x 200 on 3:00 Stroke Drills	REC	Ι
		on 10:00 Techniques-relay str		Ι
		PM 4,455 Yards - Stress Value = 55	5	_

#### 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	Se	et Description E	EGY	WORF
=====	==		===	====
	1	on 25:00 Shoulders & Stretch		I
800	4	x 200 on 3:30 Swim-kick-pull-swim F	REC	٤
180	12	2 x 15 on :30 Shooters	SP3	٤
1,200	1x{2	x 200 on 2:40 Pulls	EN1	E
	{ 2	x 200 on 2:35 Pulls	EN1	E
	{ 2	x 200 on 2:30 Pulls	EN1	E
1,250	1x{3	x 125 on 2:15 Kick	EN2	ŀ
	{ 3	x 125 on 2:10 Kick	EN2	ŀ
	{ 2	x 125 on 2:05 Kick	EN2	ľ
	{ 2	x 125 on 2:00 Kick	EN2	ŀ
600	6	x 100 on 1:30 IM build each 25	EN1	٤
3,000	1x{3	x 200 on 2:55 Backstroke	EN2	٤
	{ 3	x 50 on :50 Backstroke-descend	EN2	٤
	{ 3	x 200 on 2:50 Backstroke	EN2	٤
	{ 3	x 50 on :50 Backstroke-descend	EN2	٤
	{ 3	x 200 on 2:45 Backstroke	EN2	٤
	{ 3	x 50 on :50 Backstroke-desend	EN2	٤
	{ 3	x 200 on 2:40 Backstroke	EN2	٤
	{ 3	x 50 on :50 Backstroke-descend	EN2	٤
250	1	x 250 on 4:00 Stroke Drills	REC	Ι
	5:21	PM 7,280 Yards - Stress Value = 111	1	

#### Workout #2297 - Wednesday, 08 January 2003 HighSchl - Gold 1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 25:00 Shoulders & Stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
	1x{2 x 200 on 3:00 Pulls	EN1	E
	{2 x 200 on 2:55 Pulls	EN1	E
	12 x 200 on 2.50 Pulls	EN1	Ţ

800	4	Х	200	on	3:30	Swim-kick-pull-swim	REC	٤
180	12	2 2	15	on	:30	Shooters	SP3	٤
	1x{2	Х	200	on	3:00	Pulls	EN1	E
	{ 2	Х	200	on	2:55	Pulls	EN1	E
	{ 2	Х	200	on	2:50	Pulls	EN1	E
	1x{3	Х	125	on	2:35	Kick	EN2	F
	{ 3	Х	125	on	2:30	Kick	EN2	ŀ
	{ 2	Х	125	on	2:25	Kick	EN2	ŀ
	{ 2	Х	125	on	2:20	Kick	EN2	ŀ
300	3	Х	100	on	1:40	IM build each 25	EN1	٤
	1x{4	Х	200	on	3:20	Backstroke	EN2	٤
	{ 3	Х	50 0	on :	:55 B	ackstroke-descend	EN2	٤
	{ 3	Х	200	on	3:15	Backstroke	EN2	٤
	{ 3	Х	50 0	on :	:55 B	ackstroke-descend	EN2	٤
	{ 2	Х	200	on	3:10	Backstroke	EN2	٤
	{ 3	Х	50 0	on :	:50 B	ackstroke-desend	EN2	٤
	{ 1	Х	200	on	3:05	Backstroke	EN2	٤
	{ 3	Х	50 0	on :	:55 B	ackstroke-descend	EN2	٤
250	1	Х	250	on	4:00	Stroke Drills	REC	Ι
	5:22	PM	16,5	580	Yard	s - Stress Value = 10	0.0	

## Workout #2298 - Wednesday, 08 January 2003 HighSchl - Silver

#### 1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 25:00 Shoulders & Stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
	1x{2 x 200 on 3:15 Pulls	EN1	Ε
	{2 x 200 on 3:10 Pulls	EN1	E
	{1 x 200 on 3:05 Pulls	EN1	Ε
	1x{3 x 100 on 2:25 Kick	EN2	F
	{3 x 100 on 2:20 Kick	EN2	F

	{ 2	Х	100	on	2:15	Kic	ck			EN2	k
	{ 2	Х	100	on	2:10	Kic	ck			EN2	F
300	3	Х	100	on	2:00	IM	build	each	25	EN1	٤
	1x{3	Х	200	on	3:45	Вас	ckstro	ke		EN2	٤
	{ 3	Х	50 c	n 1	L:00 I	Back	kstrok	e-des	cend	EN2	٤
	{ 3	Х	200	on	3:40	Вас	ckstro	ke		EN2	٤
	{ 3	Х	50 c	n 1	L:00 I	Back	kstrok	e-des	cend	EN2	٤
	{ 3	Х	200	on	3:35	Вас	ckstro	ke		EN2	S
	{ 3	Х	50 c	n 1	L:00 I	Back	kstrok	e-des	end	EN2	S
	{ 1	Х	200	on	3:30	Вас	ckstro	ke		EN2	S
250	1	Х	250	on	4:00	Str	roke D	rills		REC	Γ
	5:22	PN	4 5,9	980	Yards	s -	Stres	s Val	ue =	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
	$\{1 \times 150 \text{ on } 3:05 \text{ Pulls}$	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
	${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	EN2	S	FR
	{3 x 150 on 3:40 Backstroke	EN2	S	BK
	${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	EN2	S	FR
	{3 x 150 on 3:35 Backstroke	EN2	S	BK
	${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	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	= 7	1	

## Workout #2301 - Thursday, 09 January 2003 HighSchl - All

#### 1 minute rest between sets

	5:30	ΑN	1 St	cart	_						
Yards	Se	et	Desc	crip	otion				EGY	WORK	Sī
=====	==	===						=====	===	====	==
	1	or	25	:00	Weig!	hts				L	DF
400	1	Х	400	on	6:00	Reverse	IM	drill	REC	D	I
180	12	2 >	15	on	:30	Shooters			SP3	S	Ε
	1x{1	Х	400	on	5:15	Pulls			EN2	P	F
	{ 1	Х	400	on	5:10	Pulls			EN2	P	F
	{ 1	Х	400	on	5:05	Pulls			EN2	P	F
	{ 1	Х	400	on	5:00	Pulls			EN2	P	F
	1x{1	Х	300	on	4:00	Freestyl	Le		EN2	S	F
	{ 2	Х	150	on	2:00	Freestyl	Le		EN2	S	F
	{ 3	Х	100	on	1:20	Freestyl	Le		EN2	S	F
	{ 1	Х	300	on	3:45	Freestyl	Le		EN2	S	F
	{ 2	Х	150	on	1:50	Freestyl	Le		EN2	S	F
	{ 3	Х	100	on	1:15	Freestyl	Le		EN2	S	F
200	1	Х	200	on	3:00	Stroke I	ori]	ls	REC	D	C
	1	or	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	Se	et Description	EGY	WORK	Sī
=====	==		===	====	==
500	1	x 500 on 8:00 Choice	REC	S	CF
180	12	2 x 15 on :30 Shooters	SP3	S	E
	1x{2	x 125 on 2:00 Lungbuster pulls	EN1	P	F
	{ 2	x 125 on 1:55 Lungbuster pulls	EN1	P	
	{ 2	x 125 on 1:50 Lungbuster pulls	EN1	P	E
	{ 2	x 125 on 1:45 Lungbuster pulls	EN1	P	F
	{ 2	x 125 on 1:40 Lungbuster pulls	EN1	P	E
	{ 2	x 125 on 1:35 Lungbuster pulls	EN1	P	F
	{ }	or 3-4-5-6-7			
	1x{1	x 250 on 3:45 Freestyle	EN1	S	E
	{ 4	x 25 on :30 Freestyle	EN3	S	E
	{ 1	x 250 on 3:40 Freestyle	EN1	S	
	{ 4	x 25 on :30 Freestyle	EN3	S	E
	{ 1	x 250 on 3:35 Freestyle	EN1	S	
	{ 4	x 25 on :30 Freestyle	EN3	S	E
	{ 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	E
	{ 4	x 25 on :30 Freestyle	EN2	S	F
	{ 1	x 250 on 3:10 Freestyle	EN2	S	E
	{ 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		

#### Workout #2303 - Friday, 10 January 2003 HighSchl - All

#### 1 minute rest between sets

2:55 PM Start EGY WORK Yards Set Description 1 on 15:00 Stretch 1 x 600 on 10:00 Reverse IM drill REC 600 D 12 x 15 on :30 Shooters 180  $1x{1 x 150 on 3:00 Kick}$ EN2 EN2  ${3 \times 50 \text{ on } 1:00 \text{ Kick-descend}}$ S {1 x 150 on 2:50 Kick EN2 K  ${3 \times 50 \text{ on } 1:00 \text{ Kick-descend}}$ EN2 K {1 x 150 on 2:40 Kick EN2 K  $\{3 \times 50 \text{ on } 1:00 \text{ Kick-descend} \}$ 1,350 6 x 225 on 3:00 Pulls EN1 Ρ 300 3 x 100 on 1:30 Free #1 2bk #2 4bk EN1 S #3 6bk  $8x{8 \times 25 \text{ on :} 25 \text{ Butterfly}}$ S {1 on :40 Rest Μ 200 1 x 200 on 3:00 Stroke Drills 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	

	{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	$12 \times 25$ on :30 IM order-build	EN1
3,200	$1x{1 \times 500 \text{ on } 6:00 \text{ Freestyle}}$	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
	$\{2 \times 75 \text{ on } : 50 \text{ Freestyle} \}$	EN2
	$\{2 \times 75 \text{ on } : 45 \text{ Freestyle} \}$	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 20 334 21 1

	7:30	ΑN	1 St	cart	5			
Yards	S€	∍t	Des	crip	otion		EGY	WOF
	==	-=-					===	===
	1	or	1 30	:00	Weigh	nts		
800	1	Х	800	on	13:00	Swim-kick-pull-swim	REC	
180	12	2 >	15	on	:30 \$	Shooters	SP3	
	1x{2	Х	250	on	3:40	Pulls	EN1	
	{ 2	Х	250	on	3:35	Pulls	EN1	
	{ 1	Х	250	on	3:30	Pulls	EN1	
1,000	10	) >	100	or (	n 1:50	) Kick	EN2	
300	12	2 >	₹ 25	on	:30	IM order-build	EN1	
	1x{1	Х	500	on	6:40	Freestyle	EN2	
	{ 2	Х	150	on	2:00	Freestyle	EN2	
	{ 2	Х	150	on	1:55	Freestyle	EN2	
	{ 1	Х	400	on	5:15	Freestyle	EN2	
	{ 2	Х	125	on	1:40	Freestyle	EN2	
	{ 2	Х	125	on	1:35	Freestyle	EN2	
	{ 1	Х	300	on	3:50	Freestyle	EN2	
	{ 2	Х	100	on	1:15	Freestyle	EN2	
	{ 2	Х	100	on	1:10	Freestyle	EN2	
	{ 1	Х	200	on	2:30	Freestyle	EN2	
400	8	Х	50 0	on 1	L:00 S	Stroke Drills	REC	
	1	or	10:	:00	Ice			

10:04 AM 6,830 Yards - Stress Value = 100

	Workout #2306 - Saturday, 11 January 2003 HighSchl - Silver 1 minute rest between sets			400	16 x 25 on :30 IM order-build 1x{4 x 100 on 1:30 Freestyle {3 x 200 on 3:00 Freestyle {2 x 300 on 4:30 Freestyle	EN1 EN1 EN1 EN1
Yards	7:30 AM Start Set Description	EGY		250	{1 x 400 on 6:00 Freestyle 5 x 50 on 1:10 Stroke Drills 8:30 PM 5,500 Yards - Stress Value = 53	EN1 REC
800	1 on 30:00 Weights 1 x 800 on 13:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 250 on 3:55 Pulls {1 x 250 on 3:50 Pulls {1 x 250 on 3:45 Pulls				Workout #2309 - Monday, 13 January 2003 HighSchl - Breast 1 minute rest between sets 2:55 PM Start	
900 300	9 x 100 on 2:15 Kick 12 x 25 on :30 IM order-build 1x{1 x 500 on 7:30 Freestyle {2 x 150 on 2:15 Freestyle	EN2 EN1 EN2 EN2		Yards	Set Description ====================================	
	{2 x 150 on 2:13 Freestyle {1 x 400 on 5:50 Freestyle {1 x 125 on 1:50 Freestyle {2 x 125 on 1:45 Freestyle {1 x 300 on 4:15 Freestyle {2 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2		800 500	<pre>1 x 800 on 15:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters  1x{3 x 125 on 2:30 Kick {3 x 125 on 2:25 Kick {2 x 125 on 2:20 Kick 1 x 800 on 17:00 Pulls 5 x 100 on 1:40 50 fly 50 free</pre>	SP3 EN2 EN2 EN2 EN1
400	8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice 10:04 AM 6,180 Yards - Stress Value = 89 Workout #2307 - Saturday, 11 January 2003	REC		2,400	<pre>1x{1 x 200 on 3:30 Breaststroke   {2 x 50 on 1:00 Breaststroke 100%   {2 x 200 on 3:25 Breaststroke   {2 x 50 on 1:00 Breaststroke 100%   {3 x 200 on 3:20 Breaststroke   {2 x 50 on 1:00 Breaststroke 100%   {4 x 200 on 3:15 Breaststroke</pre>	EN2 EN3 EN2 EN3 EN2 EN3 EN2
	HighSchl - Bronze  1 minute rest between sets			250	{2 x 50 on 1:00 Breaststroke 100& 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	EN3 REC
Yards	7:30 AM Start Set Description	EGY			5:34 PM 5,930 Yards - Stress Value = 105	5
800	1 on 30:00 Weights 1 x 800 on 13:00 Swim-kick-pull-swim		===		Workout #2313 - Monday, 13 January 2003 HighSchl - Distance	
180	12 x 15 on :30 Shooters	SP3			1 minute rest between sets	
675 200	1x{2 x 175 on 3:55 Pulls {1 x 175 on 3:50 Pulls {1 x 175 on 3:45 Pulls 9 x 75 on 2:15 Kick	SP3 EN1 EN1 EN1 EN2 EN1		Yards =====	1 minute rest between sets  2:55 PM Start Set Description	EGY WOF
675	1x{2 x 175 on 3:55 Pulls {1 x 175 on 3:50 Pulls {1 x 175 on 3:45 Pulls	EN1 EN1 EN1 EN2		800 180 500 2,000 900 3,000	I minute rest between sets  2:55 PM Start Set Description  1 on 30:00 Team meeting/stretch 1 x 800 on 15:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1 x 500 on 9:00 Kick 2 x 1000 on 13:20 Pulls 9 x 100 on 1:30 Descend in sets of 3  1x{2 x 500 on 6:00 Freestyle {2 x 500 on 5:45 Freestyle {2 x 500 on 5:30 Freestyle	REC SP3 EN2 EN1 EN1 EN2 EN2 EN2 EN2
675	<pre>1x{2  x 175  on 3:55  Pulls     {1  x 175  on 3:50  Pulls     {1  x 175  on 3:45  Pulls     9  x 75  on 2:15  Kick     8  x 25  on :45  IM order-build  1x{1  x 350  on 7:30  Freestyle     {2  x 100  on 2:15  Freestyle     {2  x 100  on 2:10  Freestyle     {1  x 300  on 5:50  Freestyle     {2  x 75  on 1:50  Freestyle     {2  x 75  on 1:45  Freestyle     {2  x 75  on 1:45  Freestyle     {2  x 75  on 1:25  Freestyle     {2</pre>	EN1 EN1 EN2 EN1 EN2		800 180 500 2,000 900 3,000	<pre>1 minute rest between sets  2:55 PM Start     Set Description</pre>	REC SP3 EN2 EN1 EN1 EN1 EN2 EN2
675 200	1x{2 x 175 on 3:55 Pulls {1 x 175 on 3:50 Pulls {1 x 175 on 3:45 Pulls 9 x 75 on 2:15 Kick 8 x 25 on :45 IM order-build 1x{1 x 350 on 7:30 Freestyle {2 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 300 on 5:50 Freestyle {2 x 75 on 1:50 Freestyle {2 x 75 on 1:45 Freestyle {2 x 75 on 1:45 Freestyle {1 x 250 on 4:15 Freestyle {2 x 75 on 1:25 Freestyle {1 x 250 on 4:15 Freestyle {2 x 75 on 1:25 Freestyle {3 x 50 on 1:30 Freestyle {1 x 100 on 1:30 Freestyle {1 x 100 on 1:00 Stroke Drills } on 10:00 Ice	EN1 EN1 EN2 EN1 EN2		800 180 500 2,000 900 3,000	I minute rest between sets  2:55 PM Start Set Description  1 on 30:00 Team meeting/stretch 1 x 800 on 15:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1 x 500 on 9:00 Kick 2 x 1000 on 13:20 Pulls 9 x 100 on 1:30 Descend in sets of 3  1x{2 x 500 on 6:00 Freestyle {2 x 500 on 6:05 Freestyle {2 x 500 on 5:45 Freestyle {2 x 500 on 1:30 Stroke Drills {1 x 100 on 1:40 Stroke Drills {1 x 100 on 1:50 Stroke Drills {1 x 100 on 2:00 Stroke Drills	REC SP3 EN2 EN1 EN1 EN2 EN2 EN2 ENC ENC REC REC REC
675 200	1x{2 x 175 on 3:55 Pulls {1 x 175 on 3:50 Pulls {1 x 175 on 3:45 Pulls 9 x 75 on 2:15 Kick 8 x 25 on :45 IM order-build  1x{1 x 350 on 7:30 Freestyle {2 x 100 on 2:15 Freestyle {2 x 100 on 2:10 Freestyle {1 x 300 on 5:50 Freestyle {2 x 75 on 1:50 Freestyle {2 x 75 on 1:45 Freestyle {1 x 250 on 4:15 Freestyle {1 x 250 on 4:15 Freestyle {1 x 100 on 1:30 Freestyle 8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice  10:04 AM 4,805 Yards - Stress Value = 68  Workout #2314 - Monday, 13 January 2003 Group 2 - Gold	EN1 EN1 EN1 EN2 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN3 EN2 EN6		800 180 500 2,000 900 3,000	I minute rest between sets  2:55 PM Start Set Description  1 on 30:00 Team meeting/stretch 1 x 800 on 15:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1 x 500 on 9:00 Kick 2 x 1000 on 13:20 Pulls 9 x 100 on 1:30 Descend in sets of 3  1x{2 x 500 on 6:00 Freestyle {2 x 500 on 5:45 Freestyle {2 x 500 on 5:30 Freestyle {2 x 500 on 5:30 Freestyle } 1x{1 x 100 on 1:30 Stroke Drills } 1 x 100 on 1:50 Stroke Drills {1 x 100 on 2:00 Stroke Drills } 1 x 100 on 2:00 Stroke Drills }	REC SP3 EN2 EN1 EN1 EN2 EN2 EN2 ENC ENC REC REC REC

#### Workout #2311 - Monday, 13 January 2003 HighSchl - Fly & Back 1 minute rest between sets

1 x 100 on 2:00 Stroke Drills

1 on 10:00 Ice 5:35 PM 5,280 Yards - Stress Value = 61

100

#### Workout #2312 - Monday, 13 January 2003 HighSchl - Sprint 1 minute rest between sets

	0.55.7%				1 minute rest between sets		
Yards	2:55 PM Start Set Description	EGY	WOE		0.55.7%		
=====	=======================================			Yards	2:55 PM Start Set Description	EGY	MOE
	1 on 30:00 Team meeting/stretch			=====	=======================================		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC			1 on 30:00 Team meeting/stretch		
180	12 x 15 on :30 Shooters	SP3		800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	1x{3 x 125 on 2:30 Kick	EN2		180	12 x 15 on :30 Shooters	SP3	
	{3 x 125 on 2:25 Kick	EN2		1,400	$2x{4 \times 25 \text{ on :} 30 \text{ Sprint kick}}$	EN2	
1 000	$\{2 \times 125 \text{ on } 2:20 \text{ Kick} \\ 1 \times 1000 \text{ on } 14:00 \text{ Pulls} $	EN2			{2 x 100 on 1:50 Kick	EN2	
1,000 600	6 x 1000 on 1:30 Freestyle-descnd	EN1 EN1			{4 x 25 on :30 Sprint kick	EN2	
000	1x{3 x 150 on 2:15 Your Stroke	EN2			{2 x 100 on 1:40 Kick	EN2	
	{3 x 100 on 1:30 Individual Medley	EN2		1 000	{4 x 25 on :30 Sprint kick	EN2	
	{3 x 150 on 2:10 Your Stroke	EN2		1,000 300	8 x 125 on 1:50 Pulls no br L.15 yds 2 x 150 on 2:15 1st 50 2bk 2nd 4bk	EN1	
	{3 x 100 on 1:30 Individual Medley	EN2		300	3rd 50 6bk	TINT	
	{3 x 150 on 2:05 Your Stroke	EN2		3,000	2x{1 x 200 on 3:00 Freestyle	EN1	
	{3 x 100 on 1:30 Individual Medley	EN2		.,	{3 x 100 on 1:30 Freestyle-descend	EN2	
	{3 x 150 on 2:00 Your Stroke	EN2			{1 x 200 on 3:00 Freestyle	EN1	
	{3 x 100 on 1:30 Individual Medley	EN2			{3 x 100 on 1:25 Freestyle-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC			$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$	EN1	
	1 on 10:00 Ice	4			${3 \times 100 \text{ on } 1:20 \text{ Freestyle-descend}}$	EN2	
	5:33 PM 6,830 Yards - Stress Value = 10	4		200	4 x 50 on 1:00 Stroke Drills	REC	
					1 on 10:00 Ice		
	Workout #2308 - Monday, 13 January 2003				5:36 PM 6,880 Yards - Stress Value = 96		
	HighSchl - All						
	1 minute rest between sets				Workout #2321 - Tuesday, 14 January 2003		
					Group 2 - Gold		
371	5:30 AM Start	DOV	D.T.O.T.		1 minute rest between sets		
Yards	Set Description	EGY			5 20 54 6		
600	1 x 600 on 10:00 Swim-kick-dril-swim			Yards	5:30 PM Start Set Description	EGY	MOE
	no equipment			======	======================================		
180	12 x 15 on :30 Shooters	SP3			1 on 25:00 Stomach and Stretch		
	1x{3 x 100 on 1:30 Pulls	EN1		700	7 x 100 on 1:45 Stroke Drills	REC	
	{3 x 125 on 1:50 Pulls	EN1			50 free 50 fly		
	{3 x 150 on 2:10 Pulls	EN1		180	12 x 15 on :30 Shooters	SP3	
	{3 x 175 on 2:30 Pulls	EN1			$3x{1 x 100 on 1:45 Kick with flippers}$	EN2	
	1x{1 x 150 on 2:15 Stroke Drills	REC			$\{1 \times 100 \text{ on } 1:45 \text{ Kick with flippers} \}$	EN2	
	$\{2 \times 200 \text{ on } 2:40 \text{ Freestyle} $ $\{2 \times 75 \text{ on } 1:10 \text{ Stroke Drills} \}$	EN1 REC			{1 x 100 on 1:45 Kick with flippers	EN2	
	{2 x 200 on 2:35 Freestyle	EN2			{ #1 w/brd #2 on back		
	{3 x 50 on :50 Stroke Drills	REC			{ #3 on stomach	DAT 1	
	{2 x 200 on 2:30 Freestyle	EN2			1x{4 x 50 on 1:00 Pulls-nbbf&w {4 x 50 on :55 Pulls-nbbf&w +2 yds	EN1 EN1	
	{6 x 25 on :30 Freestyle	REC			{4 x 50 on :50 Pulls-nbbf&w +3 yds	EN1	
	{2 x 200 on 2:25 Freestyle	EN2			{4 x 50 on :45 Pulls-nbbf&w +4 yds	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC		500	5 x 100 on 1:40 Des 1-3, #4EZ, 5 100%		
	1 on 10:00 Ice				2x{1 x 200 on 4:00 Butterfly	EN3	
	6:59 AM 4,880 Yards - Stress Value = 51				$\{3 \times 25 \text{ on } : 45 \text{ Butterfly } 5 \text{ brths}$	EN2	
					$\{1 \times 175 \text{ on } 3:20 \text{ Butterfly} \}$	EN2	
	Workout #2310 - Monday, 13 January 2003				${3 \times 25 \text{ on :} 45 \text{ Butterfly 4 brths}}$	EN2	
	HighSchl - Bronze				{1 x 150 on 2:45 Butterfly	EN2	
	1 minute rest between sets				{3 x 25 on :45 Butterfly 3 brths	EN2	
					{1 x 125 on 2:10 Butterfly	EN2	
	2:55 PM Start				$\{3 \times 25 \text{ on } : 45 \text{ Butterfly } 2 \text{ brths} $ $\{1 \times 100 \text{ on } 1 : 40 \text{ Butterfly} \}$	EN2 EN2	
Yards	Set Description	EGY	WOF		{3 x 25 on :45 Butterfly 1 brth	EN2	
=====		===	===		{1 on 1:00 Rest		
	1 on 30:00 Team meeting/stretch	_		400	•	REC	
600	1 x 600 on 15:00 Swim-kick-pull-swim				8:00 PM 5,730 Yards - Stress Value = 99		
180		SP3					
1 000	8 x 100 on 2:45 Kick alt br and fr	EN1					
1,000 600	1 x 1000 on 18:30 Pulls 6 x 100 on 2:00 Descend in sets of 3	EN1 EN1					
000	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					

REC

#### Workout #2319 - Tuesday, 14 January 2003 HighSchl - Breast 1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Team mtg & Stretch		I
800	8 x 100 on 1:45 Stroke Drills	REC	Ι
180	12 x 15 on :30 Shooters	SP3	٤
900	3x{1 x 150 on 3:00 Kick	EN2	ŀ
	{1 x 100 on 2:00 Kick	EN2	ľ
	{1 x 50 on 1:00 Kick	EN2	ŀ
1,000	4 x 250 on 3:45 Pulls	EN1	Ε
500	4 x 125 on 2:15 IM $w/$ 50 of #1 strk	EN1	٤
2,100	$1x{5 x 100 on 2:00 Breaststroke}$	EN1	٤
	${3 \times 50 \text{ on } 1:00 \text{ Breaststrke-descend}}$	EN2	٤
	{4 x 100 on 1:55 Breaststroke	EN1	٤
	{3 x 50 on 1:00 Breaststrke-descend	EN2	٤
	{3 x 100 on 1:50 Breaststroke	EN1	٤
	{3 x 50 on 1:00 Breaststrke-descend	EN2	٤
	{2 x 100 on 1:45 Breaststroke	EN1	٤
	{3 x 50 on 1:00 Breaststrke-descend	EN2	٤
	{1 x 100 on 1:40 Breaststroke	EN1	٤
500	10 x 50 on 1:00 Stroke Drills	REC	Γ
	1 on 10:00 Ice		I
	5:34 PM 5,980 Yards - Stress Value = 6	7	

#### Workout #2316 - Tuesday, 14 January 2003 HighSchl - Distance 1 minute rest between sets

	2:55	PM	I St	cart	5				
Yards	Se	et	Desc	crip	otion		EGY	WORK	٤
=====	==		====	-==			===	====	=
	1	or	30:	:00	${\tt Team}$	mtg & Stretch		L	Ι
800	8	Х	100	on	1:45	Stroke Drills	REC	D	
180	12	2 x	: 15	on	:30 8	Shooters	SP3	S	E
600	1x{1	Х	200	on	3:50	Kick	EN2	K	(
	{ 1	Х	200	on	3:40	Kick	EN2	K	(
	{ 1	Х	200	on	3:30	Kick	EN2	K	(
1,600	4	Х	400	on	5:15	Pulls	EN1	P	
600	3	Х	200	on	3:00	Freestyle-descend	EN2	S	
3,400	1x{2	Х	250	on	3:00	Freestyle	EN2	S	
	{ 5	Х	100	on	1:15	Freestyle	EN3	S	
	{ 2	Х	250	on	2:55	Freestyle	EN2	S	
	{ 4	Х	100	on	1:15	Freestyle	EN2	S	
	{ 2	Х	250	on	2:50	Freestyle	EN2	S	
	{ 3	Х	100	on	1:15	Freestyle	EN3	S	
	{ 2	Х	250	on	2:45	Freestyle	EN2	S	
	{ 2	Х	100	on	1:15	Freestyle	EN2	S	
500	10	) х	: 50	on	1:00	Stroke Drills	REC	D	
	1	or	10:	:00	Ice			L	Γ
	5:33	PM	17,6	680	Yards	s - Stress Value =	147		

#### Workout #2318 - Tuesday, 14 January 2003 HighSchl - Fly & Back 1 minute rest between sets

Yards	2:55 PM Start Set Description	EGY	WORF
	=======================================	===	====
	1 on 30:00 Team mtg & Stretch		I
800	8 x 100 on 1:45 Stroke Drills	REC	Γ
180	12 x 15 on :30 Shooters	SP3	٤
	3x{1 x 150 on 3:00 Kick	EN2	F
	{1 x 100 on 2:00 Kick	EN2	ľ
	{1 x 50 on 1:00 Kick	EN2	F
1,000	4 x 250 on 3:45 Pulls	EN1	E
500	$4 \times 125$ on $2:15$ IM $w/$ $50$ of $\#1$ strk	EN1	٤
	1x{5 x 100 on 2:00 Your Stroke	EN1	٤
	{3 x 50 on 1:00 Your Stroke-descend	EN2	٤
	{4 x 100 on 1:55 Your Stroke	EN1	٤

{3 x 50 on 1:00 Your Stroke-descend	EN2	S
{3 x 100 on 1:50 Your Stroke	EN1	٤
{3 x 50 on 1:00 Your Stroke-descend	EN2	٤
{2 x 100 on 1:45 Your Stroke	EN1	٤
{3 x 50 on 1:00 Your Stroke-descend	EN2	٤
{1 x 100 on 1:40 Your Stroke	EN1	S
500	REC	Ι
1 on 10:00 Ice		I
5:34 PM 5,980 Yards - Stress Value = 6	57	

## Workout #2315 - Tuesday, 14 January 2003 HighSchl - All

#### 1 minute rest between sets

	5:30	AM	I St	art	5					
Yards	Se	et	Desc	crip	otion			EGY	WORK	S
=====	=:		====					===	====	=
	1	on	30:	:00	Weigh	nts			L	Γ
500	5	Х	100	on	1:30	Stroke Dr.	ills	REC	D	
180	12	2 x	: 15	on	:30 \$	Shooters		SP3	S	F
	1x{1	Х	300	on	4:00	Pulls		EN1	P	
	{ 1	Х	300	on	3:55	Pulls		EN2	P	
	{ 1	Х	300	on	3:50	Pulls		EN2	P	
	{ 1	Х	300	on	3:45	Pulls		EN2	P	
	{ 1	Х	300	on	3:40	Pulls		EN2	P	
	1x{3	Х	100	on	1:15	Freestyle		EN2	S	
	{ 1	Х	100	on	1:30	Individua	l Medley	EN2	S	
	{ 3	Х	100	on	1:10	Freestyle		EN2	S	
	{ 1	Х	100	on	1:30	Individua	l Medley	EN2	S	
	{ 3	Х	100	on	1:05	Freestyle		EN2	S	
	{ 1	Х	100	on	1:30	Individua	l Medley	EN2	S	
200	1	Х	200	on	3:00	Stroke Dr.	ills	REC	D	
	1	on	10:	:00	Ice				L	Γ
	7:06	AM	1 3,5	580	Yards	s - Stress	Value =	58		

#### Workout #2320 - Tuesday, 14 January 2003 HighSchl - Bronze 1 minute rest between sets

Yards	Se	1	EGY	WOF
			===	===
000		on 30:00 Team mtg & Stretch	D = 0	
		x 100 on 1:45 Stroke Drills		
180			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 1	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		-	REC	
		on 10:00 Ice		
		PM 5,130 Yards - Stress Value = 75		
	5.55	IN J, 130 Talus Stless Value - /3		

#### Workout #2317 - Tuesday, 14 January 2003 HighSchl - Sprint 1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Team mtg & Stretch		I
800	8 x 100 on 1:45 Stroke Drills	REC	Ι
180	12 x 15 on :30 Shooters	SP3	۲
900	$1x\{6 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 1 \text{ yd}$	EN1	E
	$\{6 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1	E
	$\{6 \times 50 \text{ on } : 40 \text{ Pulls-nbbf&w} + 3 \text{ yds}$	EN1	E
1,000	1x{4 x 100 on 1:30 Kick with flippers	EN2	F
	{3 x 100 on 1:25 Kick with flippers	EN2	ŀ
	{2 x 100 on 1:20 Kick with flippers	EN2	F
	{1 x 100 on 1:15 Kick with flippers	EN2	ŀ
300	1 x 300 on 4:30 Free build each 100	EN1	٤
3,000	$5x{1 x 100 on 1:20 Freestyle}$	EN2	٤
	$\{4 \times 25 \text{ on } : 30 \text{ Free 6bk 3 brths}$	EN2	٤
	{1 x 100 on 1:15 Freestyle	EN2	٤
	$\{4 \times 25 \text{ on } : 30 \text{ Free } 6bk \text{ 2 brths}$	EN2	٤
	{1 x 100 on 1:10 Freestyle	EN2	٤
	{4 x 25 on :30 Free 6bk 1 brth	EN2	٤
	{1 on :45 Rest		N
350	7 x 50 on 1:00 Stroke Drills	REC	Ι
	1 on 10:00 Ice		I
	5:35 PM 6,530 Yards - Stress Value = 99	9	

#### 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	DEC	
000	1 on 8:00 Techniques-back strt	KEC	
	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	
		EN1	
	{6 x 75 on 1:10 Pulls-nbbf&w +2 yds		
2.40	· ·	SP3	
	$1x\{4 \times 150 \text{ on } 2:00 \text{ Freestyle}$	EN2	
		EN2	
		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	
	$\{2 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN2	
	$\{2 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN2	
	`	EN2	
	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	
250		REC	
	8:29 PM 5,840 Yards - Stress Value = 92		

#### Workout #2323 - Wednesday, 15 January 2003 HighSchl - Breast

#### 1 minute rest between sets

		PM Star				
Yards	S∈	et Descri	ption	EGY	WORK	5
=====	==		=======================================	===	====	=
	1	on 30:00	Shoulders & Stretch		L	Ι
800	1	x 800 on	14:00 Reverse IM drill	REC	D	
180	12	2 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	1 x { 4	x 25 on	·35 Pulls	EN1	P	

	{ 4	x 50 on 1:05 Pulls	EN1	Р
	{ 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		LΙ
	5:37	PM 6,280 Yards - Stress Value =	72	

## Workout #2325 - Wednesday, 15 January 2003 HighSchl - Distance

#### 1 minute rest between sets

	2:55	PN	1 St	tart	t		
Yards	Se	et	Des	crip	ption	EGY	WOF
=====	==	===				===	===
	1	or	n 30	:00	Shoulders & Stretch		
800	1	Х	800	on	14:00 Reverse IM drill	REC	
180	12	2 >	15	on	:30 Shooters	SP3	
500	1x{2	Х	125	on	2:30 Kick	EN2	
	{ 2	Х	125	on	2:15 Kick	EN2	
1,500	3	Х	500	on	6:45 Pulls	EN1	
600	6	Х	100	on	1:30 Descend in sets of 3	EN1	
3,200	1x{1	Х	800	on	11:00 Freestyle	EN1	
	{ 1	Х	800	on	10:50 Freestyle	EN1	
	{ 1	Х	800	on	10:40 Freestyle	EN1	
	{ 1	Х	800	on	10:30 Freestyle	EN1	
500	5	Х	100	on	1:30 Freestyle 100%	EN3	
250	1	Х	250	on	4:00 Stroke Drills	REC	
	1	or	n 10	:00	Ice		
	5:37	PN	17,	530	Yards - Stress Value = 100	)	

#### 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		
	$2x{4 \times 25 \text{ on } :30 \text{ Your Stroke}}$	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 = 1	106	

#### Workout #2324 - Wednesday, 15 January 2003 HighSchl - Bronze 1 minute rest between sets

	{ 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	

	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
	$\{8 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w}$	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	EN1	S
	4bk, 3rd 50 6bk		
	4x{6 x 25 on :40 Freestyle 100%	EN3	S
	$\{1 \times 75 \text{ on } 1:45 \text{ IM w/out free}$	EN1	S
	{4 x 25 on :30 Backstroke	EN1	S
	$\{1 \times 75 \text{ on } 1:40 \text{ IM w/out free}$	EN1	S
150	1 x 150 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L

#### Workout #2328 - Thursday, 16 January 2003 HighSchl - All 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WORK	Sī
	=======================================	===	====	==
	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	Ε
	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
	$1x\{8 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN2	S	F
	$\{8 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN2	S	F
	$\{8 \times 75 \text{ on } :50 \text{ Freestyle}$	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

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

#### Workout #2329 - Thursday, 16 January 2003 HighSchl - All 1 minute rest between sets

Yards	2:55 PM Start Set Description	EGY	WORK
=====	1 on 30:00 Shoulders & Stretch	===	====
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
	$\{10 \times 25 \text{ on :} 35 \text{ Sprint kick}\}$	EN2	K
1,800	$1x\{8 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w } +2yds$	EN1	P
	$\{8 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w } +3 \text{ yds}$	EN1	P
	$\{8 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w } +4 \text{ yds}$	EN1	P
300	2 x 150 on 2:15 1st 50 2bk, 2nd 50	EN1	S
	4bk, 3rd 50 6bk		
2,600	$4x{6 x 50 on :}40$ Freestyle	EN2	S
	$\{1 \times 125 \text{ on } 1:45 \text{ Freestyle} \}$	EN1	S
	$\{4 \times 25 \text{ on } : 30 \text{ Fly or back}$	EN3	S
	$\{1 \times 125 \text{ on } 1:40 \text{ Freestyle}$	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 = 1	101	

K =	Yards		EGY	WOF
- г.				===
<u>ا</u>		1 x 400 on 7:00 Stroke Drills		
D S	180	12 x 15 on :30 Shooters		
		3x{1 x 100 on 1:45 Kick		
K		{3 x 50 on 1:00 Kick no board	EN2	
Κ		1x{1 x 400 on 5:30 Pulls	EN1	
Κ		{1 x 400 on 5:20 Pulls	EN1	
P P		{1 x 400 on 5:10 Pulls	EN1	
		{1 x 400 on 5:00 Pulls	EN1	
Ρ	300	$3 \times 100$ on 1:30 Descend in sets of $3$	EN1	
S		$1x\{1 \times 100 \text{ on } 1:45 \text{ Breaststroke}$	EN2	
		$\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}\}$	EN2	
S		{2 x 100 on 1:40 Breaststroke	EN2	
S		$\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}\}$	EN2	
S		{3 x 100 on 1:35 Breaststroke		
S		$\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}\}$	EN2	
)		{4 x 100 on 1:30 Breaststroke		
L	200	1 x 200 on 3:00 Choice		
		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

Yards	6:15 PM Start 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
	${3 \times 50 \text{ on } 1:05 \text{ Kick no board}}$	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
	${3 \times 50 \text{ on :} 55 \text{ Butterfly}}$	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

ncciiscu	censed 10. South Dend SC/Kney 115						
Workout #2333 - Friday, 17 January 2003 Group 2 - Gold 1 minute rest between sets							
Yards	5:30 PM Start Set Description						
600	1 on 25:00 Stomach and Stretch 12 x 50 on 1:00 Stroke Drills 3 on each stroke						

	5:30 PM Start				
Yards	Set Description	EGY	WORK	SI	
	=======================================	===	====	==	
	1 on 25:00 Stomach and Stretch		L	DF	
600	12 x 50 on 1:00 Stroke Drills	REC	D	1	
	3 on each stroke				
	1 on 10:00 Techniques-starts		D		
	1x{2 x 100 on 2:00 Kick	EN2	K	Ε	
	$\{2 \times 75 \text{ on } 1:30 \text{ Kick no board}$	EN2	K	Ε	
	$\{2 \times 50 \text{ on } 1:00 \text{ Kick no board}$	EN2	K	E	
	{2 x 25 on :30 Kick no board	EN2	K	Ε	
	1v/2 v 150 on 2·30 Lunghueter nulle	FM1	D	E	

	1x{2 >	× 150	on 2	:30	Lungbuster	pulls	EN1	P	E
	-				Lungbuster	-		P	E
	-				_	-			
	{2 2	x 150	on 2	:20	Lungbuster	pulls	ENT	P	E
	{2 :	x 150	on 2	:15	Lungbuster	pulls	EN1	P	F
	{ 00	dds br	5-7	-9					
	{ e <sup>7</sup>	vens b	r 4-	6-8					
180	12	x 15	on:	30 \$	Shooters		SP3	S	FI
	2x{4 2	x 50 o	n :4	5 F:	reestyle		EN1	S	E
	{1 2	x 100	on 1	:30	Freestyle		EN1	S	F
	{ 4 2	x 50 o	n :4	5 F:	reestyle		EN1	S	F
	{1 2	x 100	on 1	:25	Freestyle		EN1	S	F
	{ 4 2	x 50 o	n:4	5 F:	reestyle		EN1	S	E
	{1 2	x 100	on 1	:20	Freestyle		EN2	S	F
	{ 4 2	x 50 o	n:4	5 F:	reestyle		EN1	S	E
	{1 2	x 100	on 1	:15	Freestyle		EN2	S	E

EN2

REC

S E

F

WC

D C

## 7:46 PM 5,680 Yards - Stress Value = 69 Workout #2331 - Friday, 17 January 2003 HighSchl - All

 $\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ 

{1 on 1:00 Rest

200

{1 x 100 on 1:10 Freestyle

1 x 200 on 3:00 Stroke Drills

#### 1 minute rest between sets

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

#### Workout #2332 - Friday, 17 January 2003 HighSchl - All 1 minute rest between sets

5	PM		S	t	a	r	t	
c -	_	D ~	_	_		÷		

	2:55 PM Start		
Yards	Set Description	EGY	WC
	=======================================	===	==
	1 on 15:00 Stretch		
600	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	
	${3 \times 100 \text{ on } 1:20 \text{ Lungbuster pulls}}$	EN1	
	{ odds br 3-5-7-9		
	{ evens br 2-4-6-8		
450	3 x 150 on 2:15 1st 50 2bk, 2nd 50	EN1	

	4	4bk,	, 3rd 5	50 6bk	
1,000	1	х	1000 or	n 30:00 Killer Relays	SP1
250	1	х 2	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

	7:30 AM Start		
Yards	Set Description	EGY	WC
	=======================================	===	==
	1 on 30:00 Weights		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,100	11 x 100 on 2:00 Kick odds 100% effrt	EN2	
	$1x{3 x 150 on 2:05 Lungbuster pulls}$	EN1	
	${3 \times 150 \text{ on } 2:00 \text{ Lungbuster pulls}}$	EN1	
	${3 \times 150 \text{ on } 1:55 \text{ Lungbuster pulls}}$	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	
	$\{1 \times 200 \text{ on } 3:00 \text{ Stroke Drills}$	REC	
	$\{4 \times 125 \text{ on } 1:45 \text{ Freestyle}$	EN3	
	{1 x 200 on 3:00 Stroke Drills	REC	
	1 on 15:00 Ice		
	10:05 AM 6,430 Yards - Stress Value = 168	3	

#### Workout #2337 - Monday, 20 January 2003 HighSchl - Breast 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	MOE
	=======================================	===	
	1 on 30:00 Shoulders & Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Shooters	SP3	
	1x{3 x 125 on 2:30 Kick L. 25 100%		
1,200	•	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

## Workout #2335 - Monday, 20 January 2003 HighSchl - Sprint

				1 minute rest between sets	
	3:00 PM Start				
Yards	Set Description	EGY WOF		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		1 on 30:00 Shoulders & Stretch	
180	12 x 15 on :30 Shooters	SP3	800		REC
600	1x{2 x 150 on 2:45 Kick	EN2	180	±	SP3
	{2 x 150 on 2:30 Kick	EN2			EN2
1,500	1x{3 x 250 on 3:20 Pulls	EN1	1,200		EN2
	{6 x 125 on 1:40 Pulls	EN1		-	EN2
3,200	1x{1 x 800 on 10:30 Freestyle	EN2			EN2
	{1 x 800 on 10:20 Freestyle	EN2	1,000	-	EN1
	{1 x 800 on 10:10 Freestyle	EN2	_,		EN1
	{1 x 800 on 10:00 Freestyle	EN2	2,000	`	EN2
1,000	10 x 100 on 1:30 Free-100% effort	EN3	-,		EN3
250	1 x 250 on 4:00 Stroke Drills	REC			EN2
	1 on 10:00 Ice			•	EN2
	5:36 PM 7,530 Yards - Stress Value = 15	9	200	· •	
			250	±	REC
	Workout #2336 - Monday, 20 January 2003			1 on 10:00 Ice	
	· ·			5:33 PM 5,680 Yards - Stress Value = 119	)
	HighSchl - Fly & Back			2.22 2 2, 222 2 202000 74240 223	
	1 minute rest between sets				
				Workout #2340 - Tuesday, 21 January 2003	

# 3:00 PM Start Yards Set Description EGY WOF 1 on 30:00 Shoulders & Stretch

=====	==		====					===	===
	1	on 30	:00	Shoul	lders	& Stre	etch		
800	1	x 800	on	13:00	) Swin	n-kick-	-pull-swim	REC	
180	12	2 x 15	on	:30 8	Shoote	ers		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	Lungk	ouster	pulls	EN1	
	{ 5	x 100	on	1:20	Lungk	ouster	pulls	EN1	
300	12	2 x 25	on	:30	IM ord	der-bu:	ild	EN1	
2,700	2x{4	x 125	on	1:55	Your	Stroke	9	EN2	
	{ 3	x 125	on	1:50	Your	Stroke	9	EN2	
	{ 2	x 125	on	1:45	Your	Stroke	9	EN2	
	{ 1	x 125	on	1:40	Your	Stroke	9	EN2	
	{ 1	x 100	on	2:00	IM 10	00% ef:	fort	EN3	
200	1	x 200	on	3:00	Strok	ke Dril	lls	REC	
	1	on 10	:00	Ice					
	5:34	PM 6,	430	Yards	s - St	ress V	/alue = 108	3	

#### 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 #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	Γ
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	
	$\{6 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	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	Γ
	7:05 AM 3,680 Yards - Stress Value =	46		

#### Workout #2346 - Wednesday, 22 January 2003 Group 2 - Gold 1 minute rest between sets

	{ 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		LI
	5:34	PM 7,530 Yards - Stress Value =	121	

	6:15 PM Start		
Yards	Set Description	EGY WO	)F
	=======================================		==
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 15:00 Stroke Drills-odd	REC	

#### Workout #2341 - Wednesday, 22 January 2003 HighSchl - Fly & Back 1 minute rest between sets

=====	=======================================	=== ==
	1 on 25:00 Stomach and Stretch	
800	1 x 800 on 15:00 Stroke Drills-odd	REC
	100's free even brst	
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	

	2:55 PM Start			
Yards	Set Description	EGY	WORK	Š
=====	=======================================	===	====	=
	1 on 30:00 Shoulders & Stretch		L	Γ
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	٤
	{2 x 150 on 2:50 Kick mid 50 100%	EN2	K	٤
	{2 x 125 on 2:30 Kick mid 50 100%	EN2	K	٤
	{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		
	{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	٤
	{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	Γ
	5:33 PM 6,430 Yards - Stress Value =	82		

#### Workout #2342 - Wednesday, 22 January 2003 HighSchl - Breast 1 minute rest between sets

#### Workout #2344 - Wednesday, 22 January 2003 HighSchl - Bronze 1 minute rest between sets

	2:55 PM Start		
Yards	Set Description	EGY	WORK S
=====	=======================================	===	==== =
	1 on 30:00 Shoulders & Stretch		LI
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
	-	EN2	
•	{8 x 75 on 1:15 Breaststroke	EN2	S
	{8 x 75 on 1:10 Breaststroke		
400	8 x 50 on 1:00 Stroke Drills		D
	1 on 14:00 Tce		т. г
	5:34 PM 5,680 Yards - Stress Value =	82	

2:55 PM Start			
Yards Set Description	EGY	WORK S	
1 on 30:00 Shoulders & Stretch		LΙ	
$8 \times 75$ on 1:40 Stroke Drills	REC	D C	
180	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	
${3 \times 100 \text{ on } 2:00 \text{ Pulls}}$	EN2	P	
${3 \times 100 \text{ on } 1:55 \text{ Pulls}}$	EN1	P	
900 12 x 75 on 1:30 Freestyle-descend	EN1	S	
$1,000 1x\{8 \times 25 \text{ on } :40 \text{ Butterfly}$	EN2	SF	
$\{6 \times 50 \text{ on } 1:00 \text{ Breaststroke} \}$	EN2	S	
$\{4 \times 75 \text{ on } 1:20 \text{ Backstroke} \}$	EN2	S	
$\{2 \times 100 \text{ on } 1:40 \text{ Freestyle}$	EN2	S	
500 10 x 50 on 1:00 Stroke Drills	REC	D	
1 on 14:00 Ice		LΙ	

5:33 PM 4,980 Yards - Stress Value = 66

## Workout #2343 - Wednesday, 22 January 2003 HighSchl - Distance

2:55 PM Start

## 1 minute rest between sets

Yards	Se	EGY	WORK	٤					
	==	-=-		-===			===	====	=
	1	or	30:	:00	Shoul	lders & Stretch		L	Ι
800	8	Х	100	on	1:40	Stroke Drills	REC	D	(
180	12	2 >	15	on	:30 \$	Shooters	SP3	S	
500	1x{1	Х	250	on	4:30	Kick L. 50 100%	EN2	S	
	{ 1	Х	250	on	4:15	Kick L. 50 100%	EN2	K	
1,200	1x{3	Х	200	on	2:40	Pulls	EN1	P	
	{ 2	Х	200	on	2:35	Pulls	EN1	P	
	{ 1	Х	200	on	2:30	Pulls	EN1	P	
450	3	Х	150	on	2:15	Freestyle-descend	EN1	S	
4,000	2x{1	Х	400	on	5:00	Freestyle	EN1	S	
	{ 5	Х	100	on	1:05	Freestyle	EN2	S	

S

EN2

 $\{1 \times 400 \text{ on } 4:55 \text{ Freestyle} \}$ 

#### Workout #2345 - Wednesday, 22 January 2003 HighSchl - Sp 1 minute rest bety

ay, 22 January 2003		{1	Х	250	on	4:10	IM w/ 3	100 breast	EN1
Sprint		{ 1	Х	200	on	3:10	IM w/10	00brst w/outfr	EN1
r ·	250	1	Х	250	on	5:00	Stroke	Drills	REC
tween sets		1	or	12:	0.0	Ice			

1	on	12:00	Ice					
5:35	PM	6,130	Yards	-	Stress	Value	=	64

	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
	(2 150 am 2-10 Kink mid 50 1000	CIACI	TZ.

Workout #2349 - Thursday, 23 January 2003
HighSchl - Distance
1 minute rest between sets

raras	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	$1x\{8 \times 50 \text{ on } : 40 \text{ Freestyle}$	EN1	S
	$\{6 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$	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 = 8	34	

	2:55	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 30:00 Stomach and Stretch		
800	1	x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12	2 x 15 on :30 Shooters	SP3	
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

#### Workout #2351 - Thursday, 23 January 2003 HighSchl - Fly & Back 1 minute rest between sets

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

ε = Ι	Yards		PM Start et Description	EGY	WC ==
E	800		on 30:00 Stomach and Stretch x 800 on 14:00 Swim-kick-pull-swim N	REC	
				SP3	
E			0 x 100 on 2:00 Kick with flippers		
(	,		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	
F	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	
		-	<u> </u>	REC	
	250			REC	
		Ι	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

Yards		M Stari Descri			EGY	WOF
=====	===:	======	-=====		===	===
	1 0:	n 30:00	Stomac	h and Stretch		
800	1 x	800 on	14:00	Swim-kick-pull-swim	REC	
180	12	x 15 on	:30 Sh	ooters	SP3	
1,000	10	x 100 or	n 2:00	Kick odds fast	EN2	
600	1x{1 x	200 on	4:30 P	ulls	EN1	
	{1 x	200 on	4:20 P	ulls	EN1	
	{1 x	200 on	4:10 P	ulls	EN1	
300	6 x	50 on	:45 Des	cend in sets of 3	EN1	
3,000	1x{1 x	250 on	4:10 I	M w/ 100 breast	EN1	
	{4 x	200 on	3:10 I	M w/100brst w/outfr	EN1	
	{1 x	250 on	4:10 I	M w/ 100 breast	EN1	
	{3 x	200 on	3:10 I	M w/100brst w/outfr	EN1	
	{1 x	250 on	4:10 I	M w/ 100 breast	EN1	
	{2 x	200 on	3:10 I	M w/100brst 2/outfr	EN1	

#### Workout #2347 - Thursday, 23 January 2003 HighSchl - All 1 minute rest between sets

## Group 2 - All 1 minute rest between sets

Workout #2354 - Friday, 24 January 2003

HighSchl - All

7:29 AM 5,030 Yards - Stress Value = 51

	1 111111111	Test between sets								
					,		PM Star			
	5:30 AM Start				Yards	Se	et Descri	ption	EGY	WOF
Yards	Set Description	on	EGY	WORK S		==			===	===
=====	==========		===	==== =				Stomach and Stretch		
	1 on 25:00 Wes	ghts		LΙ	600	1	x 600 on	12:00 Swim-kick-pull-swim	REC	
400	1 x 400 on 6:0	O Reverse IM drill	REC	D	180	12	2 x 15 on	:45 Shooters	SP3	
180	12 x 15 on :30	) Shooters	SP3	S		2x{1	x 100 on	2:15 Kick	EN2	
	1x{4 x 75 on 1:0	Pulls-nbbf&w	EN1	P		{ 1	x 100 on	2:10 Kick	EN2	
	4 x 75 on 1:00	Pulls-nbbf&w +2yds	EN1	P		{ 1	x 100 on	2:05 Kick	EN2	
	{4 x 75 on :55	Pulls-nbbf&w +3vds	EN1	P		{ 1	x 100 on	2:00 Kick	EN2	
	1x{2 x 200 on 3:0	00 Individual Medley	EN1	S	600	12	2 x 50 on	1:00 Pulls-nbbf&w	EN1	
	{2 x 200 on 3:	.0 Butterfly	EN1	SE		1	on 10:00	Techniques-starts		
	{2 x 200 on 2:	0 Backstroke	EN2	S		4x{4	x 25 on	:30 Butterfly	EN1	
	{2 x 200 on 3:	30 Breaststroke	EN2	S		{ 3	x 100 on	1:50 Individual Medley	EN1	
	{2 x 200 on 2:	30 Freestyle	EN2	S		1	on 10:00	Killer Relays		
200	1 x 200 on 3:0	00 Stroke Drills	REC	D	250	1	x 250 on	5:00 Stroke Drills	REC	
	1 on 10:00 Ice			LΙ		8:30	PM 4,030	Yards - Stress Value = 45		
	7:06 AM 3,680 Ya	ds - Stress Value =	48							

## Workout #2348 - Thursday, 23 January 2003 HighSchl - Bronze

## HighSchl - Bronze 1 minute rest between sets 1 minute rest between sets

					5:30	AM	Star	t			
	2:55 PM Start			Yards	Se	et De	scri	ption		EGY	WORF
Yards	Set Description	EGY	WOF	=====	==		====	=====		===	====
=====		===	===						and stretch		I
	1 on 30:00 Stomach and Stretch			500					Choice	REC	S
600	1 x 600 on 14:00 Swim-kick-pull-swim	REC		180					Shooters	SP3	S
180	12 x 15 on :30 Shooters	SP3			•				Pulls-nbbf&w	EN1	E
750	$10 \times 75$ on $2:00$ Kick-odds fast	EN2			-				Pulls-nbbf&w +1yd	EN1	E
1,000	1x{1 x 200 on 4:15 Pulls	EN1			•				Pulls-nbbf&w +2 yds		E
	{1 x 200 on 4:10 Pulls	EN1			-				Pulls-nbbf&w +3 yds		E
	{1 x 200 on 4:05 Pulls	EN1			-				Pulls-nbbf&w +4 yds	EN1	E
	{1 x 200 on 4:00 Pulls	EN1							Freestyle	EN1	٤
	{1 x 200 on 3:55 Pulls	EN1							Individual Medley	EN2	٤
450	$9 \times 50$ on 1:00 Descend in sets of 3	EN1							Freestyle	EN1	٤
1,500	1x{3 x 150 on 3:15 Backstroke	EN1			•				Individual Medley	EN2	٤
	{3 x 125 on 2:35 Backstroke	EN2			-				Freestyle	EN1	5
	{3 x 100 on 2:00 Backstroke	EN2			-				Individual Medley	EN2	٤
	{3 x 75 on 1:25 Backstroke	EN2							Freestyle	EN2	٤
	{3 x 50 on :55 Backstroke	EN2			•				Individual Medley	EN1	٤
400	1 x 400 on 9:00 Stroke Drills	REC							Freestyle	EN1	٤
	1 on 12:00 Ice				•				Individual Medley	EN1	٤
	5:33 PM 4,880 Yards - Stress Value = 61				,				Stroke Drills	REC	Γ
					•				Stroke Drills	REC	
	Workout #2350 - Thursday, 23 January 2003				,				Stroke Drills	REC	Γ
					•				Stroke Drills	REC	Ι
	HighSchl - Sprint				•				Stroke Drills	REC	
	1 minute rest between sets				,				Stroke Drills	REC	Σ
									niques-starts		Ε
	2:55 PM Start				_ 1	on 1	0:00	Ice			I

	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		
1 9 0	12 v 15 on •30 Chootors	CD3		

	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
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	$9 \times 50$ 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	

WC

#### Workout #2355 - Friday, 24 January 2003 HighSchl - All 1 minute rest between sets

#### Workout #2357 - Monday, 27 January 2003 **HighSchl - State Champions** 1 minute rest between sets

				1 influte Test between sets	
	2:55 PM Start				
Yards	Set Description	EGY WOF		2:55 PM Start	
=====	=======================================	=== ===	Yards	Set Description	EGY WC
	1 on 15:00 Stretch		=====	=======================================	=== ==
800	$4x{1 x 100 on 1:40 Stroke Drills}$	REC		1 on 30:00 Shoulders & Stretch	
	$\{1 \times 100 \text{ on } 1:50 \text{ Stroke Drills}$	REC	800		REC
180	12 x 15 on :30 Shooters	SP3	180	12 x 15 on :30 Shooters	SP3
600	6 x 100 on 1:55 Kick	EN2		1x{5 x 100 on 1:45 Kick	EN2
1,000	$1x\{2 \times 250 \text{ on } 3:30 \text{ Pulls-nbbf&w } +2yds$	EN1	1,200	$\{10 \times 50 \text{ on } 1:00 \text{ Descend in sets of } 3\}$	EN2
	$\{4 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w } +2\text{yds}$	EN1		{2 x 100 on 1:30 Kick	EN2
500	5 x 100 on 1:30 Individual Medley	EN1	1.800	1x{2 x 300 on 4:00 Pulls	EN1
1,600	$4x\{6 \times 50 \text{ on } : 45 \text{ Freestyle}$	EN1	1,000	{2 x 300 on 3:55 Pulls	EN1
	{1 x 100 on 1:45 Stroke Drills 50 EZ-	EN1		•	EN1
	{ 50 build to 100%		600	3 x 200 on 3:30 Individual Medley	EN1
350	$1x\{1 \times 125 \text{ on } 2:00 \text{ Stroke Drills}$	REC	1,800	<del>-</del>	
	{1 x 100 on 1:40 Stroke Drills	REC	1,000	3s + des each set	DIVE
	{1 x 75 on 1:20 Stroke Drills	REC	500		EN1
	{1 x 50 on :55 Stroke Drills	REC	200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Techniques-relay str		200	1 on 10:00 Ice	KEC
	1 on 10:00 Ice			5:36 PM 7,080 Yards - Stress Value = 96	
	5:00 PM 5.030 Yards - Stress Value = 50			J.30 FM /,000 Talus - Stress value = 90	

## Workout #2360 - Monday, 27 January 2003 Group 2 - Silver

#### 1 minute rest between sets

#### **Workout #2359 - Monday, 27 January 2003** HighSchl - Bronze 1 minute rest between sets

	6:15 PM Start			Yards	2:55 PM Start Set Description E	EGY
Yards	Set Description	EGY V	WOF :	=====	======================================	-==
					1 on 30:00 Shoulders & Stretch	
	1 on 30:00 Stomach and Stretch			600	1 x 600 on 14:00 Swim-kick-pull-swim R	REC
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC		180	-	SP3
180	12 x 15 on :30 Shooters	SP3		900	1x{4 x 75 on 1:55 Kick E	EN2
900	3x{1 x 150 on 3:30 Kick	EN2			· ·	EN2
	{1 x 100 on 2:15 Kick	EN2			{1 x 100 on 2:00 Kick E	EN2
	{1 x 50 on 1:05 Kick	EN2		1,200	1x{2 x 200 on 4:10 Pulls E	EN1
900	3 x 300 on 5:00 Pulls	EN1		•	{2 x 200 on 4:05 Pulls E	EN1
	1 on 10:00 Techniques-back strt				{2 x 200 on 4:00 Pulls E	EN1
1,350	$3x{4 x 25 on :30 Butterfly}$	EN1		400	2 x 200 on 5:15 Individual Medley E	EN1
	{1 on :30 Rest			1,200	12 x 100 on 2:00 Freestyle-descred in E	EN2
	$\{6 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1		•	3s + des each set	
	{1 on :30 Rest			200	1 x 200 on 3:00 Stroke Drills R	REC
	$\{8 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1			1 on 15:00 Ice	
	{1 on :30 Rest				5:29 PM 4,680 Yards - Stress Value = 65	
200	1 x 200 on 4:00 Stroke Drills	REC			,	
	8:30 PM 4,130 Yards - Stress Value = 47				W. J	

## Workout #2358 - Monday, 27 January 2003 HighSchl - Sectional

#### 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	
	$\{10 \times 50 \text{ on } 1:00 \text{ Descend in sets of } 3$	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-descned 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		

#### Workout #2361 - Tuesday, 28 January 2003 HighSchl - All 1 minute rest between sets

	5:30	AM	St	art									
Yards	Se	et I	Desc	crip	otion							EGY	WOF
=====	==		====							===		===	===
	1	on	30:	:00	Weigh	nts							
400	1	X 4	400	on	6:00	Revers	se :	IM o	dri	11		REC	
180	12	2 x	15	on	:30 \$	Shoote	rs					SP3	
1,000	1x{2	х	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	х	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 2	200	on	2:30	Freest	tyle	∋				EN2	
	{ 3	x 2	200	on	2:25	Freest	tyle	€				EN2	
	{ 3	x 2	200	on	2:20	Stroke	e Di	rill	ls			REC	
	{ 1	х 2	200	on	3:00	Stroke	e Di	ril:	ls			REC	
	1	on	10:	:00	Ice								
	7:03	AM	3,5	580	Yards	s - Sti	res	s Va	alue	e =	= 37		

	Workout #2362 - Tuesday, 28 January 2003			Yards	Set Description EG	Y W	
	HighSchl - All				1 on 20:00 Weights		
	1 minute rest between sets			600	3	C.	٤
				180	12 x 15 on :30 Shooters SP		٤
	3:30 PM Start			1,000	5 x 200 on 2:45 Pulls EN		E
Yards	Set Description	EGY			$4x\{2 \times 125 \text{ on } 1:50 \text{ Freestyle}$	1	٤
=====	1 on 20.00 Stomach and Strotch	===	===		$\{1 \times 150 \text{ on } 2:40 \text{ IM w/out free Drill RE}$	С	Γ
600	1 on 30:00 Stomach and Stretch 1 x 600 on 11:00 Swim-kick-pull-swim	DEC		200		С	Γ
180	12 x 15 on :30 Shooters	SP3			1 on 10:00 Ice		I
	1x{3 x 100 on 2:00 Kick	EN2			7:04 AM 3,580 Yards - Stress Value = 27		
, 00	{3 x 50 on :50 Kick	EN2					
	{2 x 100 on 1:55 Kick	EN2			Workout #2370 - Friday, 31 January 2003		
	{2 x 50 on :50 Kick	EN2			Group 2 - Gold		
900	$1x{2 x 150 on 2:15 Pulls mid 50 br ev 8}$	EN1			1 minute rest between sets		
	{2 x 150 on 2:10 Pulls mid 50 br ev 9						
	{2 x 150 on 2:05 Pulls mid 50 br ev10				6:15 PM Start		
450	9 x 50 on :45 Descend in sets of 3	EN1		Yards	Set Description E	GY 1	WOF
800	2x{3 x 100 on 1:25 Freestyle	EN1	:	=====		== :	===
75	$\{4 \times 25 \text{ on :} 30 \text{ IM order-build} $ 3 x 25 on 2:00 Walk backs	EN1 EN1			1 on 28:00 Stomach and Stretch		
250	1 x 250 on 5:00 Stroke Drills	REC		800		EC	
250	1 on 10:00 Techniques-relay str	тинс		750	1 on 10:00 Techniques-back star 3x{2 x 100 on 2:00 Kick E	NT O	
	5:32 PM 4,005 Yards - Stress Value = 44			750	•	N2 N2	
				750		N1	
	Workout #2364 - Wednesday, 29 January 2003			, 0 0		N1	
	Group 2 - All				· · · · · · · · · · · · · · · · · · ·	N1	
	1 minute rest between sets				{ breathe 3-4-5-6-7		
	1 initiate Test between sets			180	12 x 15 on :30 Shooters S	Р3	
	6:15 PM Start			3,000	• • • • • • • • • • • • • • • • • • • •	N2	
Yards	Set Description	EGY	WOF		`	N2	
=====	=======================================	===	===		`	N2 N2	
	1 on 30:00 Stomach and Stretch			250	· •	EC	
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC		250	8:30 PM 5,730 Yards - Stress Value = 89		
180	12 x 15 on :30 Shooters	SP3			,		
900	1x{6 x 50 on 1:10 Kick	EN2			Workout #2369 - Friday, 31 January 2003		
	{6 x 50 on 1:05 Kick	EN2			Group 2 - Silver		
1 350	{6 x 50 on 1:00 Kick 1x{6 x 75 on 1:15 Pulls-nbbf&w	EN2 EN1			•		
1,550	{6 x 75 on 1:10 Pulls-nbbf&w	EN1			1 minute rest between sets		
	{6 x 75 on 1:05 Pulls-nbbf&w	EN1			5:30 PM Start		
500	5 x 100 on 2:00 Stroke Drills	REC		Yards		GY I	WOF
1,200	$1x{2 x 150 on 3:00 IM w/out free}$	EN1	:	======	=======================================	== :	===
	$\{2 \times 150 \text{ on } 2:50 \text{ IM w/out fly}$	EN1			1 on 25:00 Stomach and Stretch		
	{2 x 150 on 2:40 IM w/ out back	EN2		600	1 x 600 on 12:00 Swim-kick-pull-swim R	EC	
250	{2 x 150 on 2:30 IM w/out breast	EN2		400		N1	
250	1 x 250 on 5:00 Stroke Drills 8:30 PM 5,180 Yards - Stress Value = 55	REC			4 on each stroke	0	
	0.30 FM 3,100 Taids - Stless value - 33			1,050	•	N2	
	Workout #2262 Wednesday 20 January 2002				•	N2 N2	
	Workout #2363 - Wednesday, 29 January 2003				·	N2	
	HighSchl - All			500	•	N1	
	1 minute rest between sets			2,150		N2	
	0.55.7%				{1 x 100 on 2:15 Stroke Drills R	EC	
Vondo	2:55 PM Start	ECV	MOT		{4 x 125 on 2:20 Backstroke E	N2	
Yards =====	Set Description	EGY				EC	
	1 on 30:00 Shoulders & Stretch				•	N2	
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC			•	EC	
180	12 x 15 on :30 Shooters	SP3			•	N2 EC	
	1x{2 x 100 on 2:00 Kick	EN1		200	·	EC EC	
	{2 x 100 on 1:55 Kick	EN1		200	7:45 PM 4,900 Yards - Stress Value = 65		
		EN1			,		
	{2 x 100 on 1:50 Kick						
1,000	1 x 1000 on 13:00 Pulls	EN1					
1,000 300	1 x 1000 on 13:00 Pulls 6 x 50 on :55 25 free 25 stroke	EN1 EN1					
•	1 x 1000 on 13:00 Pulls	EN1					

Workout #2365 - Thursday, 30 January 2003 HighSchl - All 1 minute rest between sets

#### Workout #2366 - Friday, 31 January 2003 HighSchl - All 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 18:00 Abs and stretch		I
400	1 x 400 on 7:00 Reverse IM drill	REC	Ι
180	12 x 15 on :30 Shooters	SP3	٤
1,250	1x{3 x 125 on 1:55 Pulls-nbbf&w +1yd	EN1	E
	{3 x 125 on 1:50 Pulls-nbbf&w +2 yds	EN1	E
	{3 x 125 on 1:45 Pulls-nbbf&w + 3yds	EN1	E
	{1 x 125 on 1:40 Pulls-nbbf&w +4 yds	EN1	E
1,500	15 x 100 on 1:25 Freestyle	EN1	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	1 on 15:00 Ice		I

#### Workout #2367 - Friday, 31 January 2003 HighSchl - All 1 minute rest between sets

7:04 AM 3,530 Yards - Stress Value = 35

	2:55 PM Start		
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	$1x\{1 \times 200 \text{ on } 2:50 \text{ Freestyle}$	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		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

W =l =	2:55 PM Start	DOV	MOT
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 • 1 9	PM 4.080	Yards - Stress Value = 44	

#### Workout #2373 - Wednesday, 05 February 2003 Group 2 - Gold

## 1 minute rest between sets

6:15 PM Start

		escription	EGY	WORK	Š
=====		0:00 Stomach and Stretch	===	====	=
000		00 on 14:00 Stroke Drills	DEC	D	L
800		.00's clsd fist	KEC	ע	
		100's thumb drg			
180		3	SP3	S	
			EN2		Б
000	-			K	
900		00 on 1:35 Pulls	EN1		-
300	-	00 on 1:30 Pulls	EN1		
		00 on 1:25 Pulls	EN1		
250		00 on 1:45 Individual Medley			
	-	on :55 Freestyle-descend	EN1		
2,400	-	00 on 6:00 Freestyle	EN1		
	{4 x 10	00 on 1:30 Freestyle	EN1	S	
	{1 x 40	00 on 5:40 Freestyle	EN1	S	
	{4 x 10	0 on 1:25 Freestyle	EN1	S	
	{1 x 40	0 on 5:20 Freestyle	EN2	S	
	{4 x 10	0 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		PM Start et Description	EGY	WORK	٤
	1	on 30:00 Stomach and Stretch			_
700		x 700 on 14:00 Stroke Drills	DEC	D T	L
700		odd 100's clsd fist	KEC	ע	
100		even 100's thumb drg	~= ^	~	
180				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	
		x 100 on 1:45 Freestyle	EN1	S	
		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	
		x 100 on 1:35 Freestyle	EN2	S	
200		x 200 on 4:00 Stroke Drills	REC	D	
200		PM 4,980 Yards - Stress Value =			
		,			

#### Workout #2372 - Wednesday, 05 February 2003 HighSchl - Sectional 1 minute rest between sets

	2:55 PM Start	
Yards	Set Description EGY WC	ÞΓ
	=======================================	==
	1 on 30:00 Stomach and Stretch	
800	1 x 800 on 13:00 Swim-kick-pull-swim REC	

EN1

EN2

EN1

EN2

====	===		====				===	===
	1 0	n 30	:00	Stoma	ach and Stre	etch		
800	1 x	800	on	13:00	) Swim-kick-	-pull-swim	REC	
180	12	x 15	on	:30 8	Shooters		SP3	
	1x{2 x	100	on	2:05	Kick		EN2	
	{2 x	100	on	2:00	Kick		EN2	
	{2 x	100	on	1:55	Kick		EN2	
	{2 x	100	on	1:50	Kick		EN2	
	1x{2 x	200	on	2:45	Pulls		EN1	
	{2 x	200	on	2:40	Pulls		EN2	
	1x{1 x	100	on	1:30	Individual	Medley	EN1	
	•				reestyle-des	scend	EN1	
	-				Freestyle		EN1	
	{2 x	100	on	1:10	Freestyle		EN2	

#### Workout #2371 - Wednesday, 05 February 2003 **HighSchl - State Champions** 1 minute rest between sets

4:53 PM 5,080 Yards - Stress Value = 62

1 x 300 on 5:00 Stroke Drills clsfst REC

 ${3 \times 150 \text{ on } 2:05 \text{ Freestyle}}$ 

 $\{2 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$ 

 ${3 \times 150 \text{ on } 2:05 \text{ Freestyle}}$ 

 $\{2 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ 

2:55 PM Start

5:30 AM Start

300

Yards	5	Set	Des	crip	ption			EGY	WOF
=====	=							===	===
	-	Lc	n 30	:00	Stoma	ach and Stretch			
800	-	l x	800	on	13:00	) Swim-kick-pull	-swim	REC	
180	-	12	x 15	on	:30 8	Shooters		SP3	
1,000	1x{2	2 x	100	on	1:55	Kick		EN2	
	{ 2	2 x	100	on	1:50	Kick		EN2	
	{ 2	2 x	100	on	1:45	Kick		EN2	
	{ 2	2 x	100	on	1:40	Kick		EN2	
	{ 2	2 x	100	on	1:35	Kick		EN2	
1,200	1x{2	2 x	200	on	2:40	Pulls		EN1	
	{ 2	2 x	200	on	2:35	Pulls		EN1	
	{ 2	2 x	200	on	2:30	Pulls		EN2	
250	1x{	l x	100	on	1:30	Individual Medl	.ey	EN1	
	{ 3	3 x	: 50 (	on :	:45 Fi	reestyle-descend	l	EN1	
2,250	1x{3	3 x	: 150	on	2:00	Freestyle		EN1	
	{ 3	3 x	100	on	1:05	Freestyle		EN2	
	{ 3	3 x	: 150	on	2:00	Freestyle		EN1	
	{ 3	3 x	100	on	1:10	Freestyle		EN2	
	{ 3	3 x	: 150	on	2:00	Freestyle		EN1	
	{ 3	3 x	100	on	1:15	Freestyle		EN2	
400	-	lх	400	on	7:00	Stroke Drills c	elsfst	REC	

## Workout #2375 - Thursday, 06 February 2003 HighSchl - All

5:04 PM 6,080 Yards - Stress Value = 76

#### 1 minute rest between sets

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

	{ 1	Х	200	on	2:55	Freestyle EN1	S	F
300	1	Х	300	on	5:00	Stroke Drills REC	D	C
		Thu	mb d	drag	3			
	1	on	12:	:00	Ice		L	DF
	7:04	AM	13,4	480	Yards	s - Stress Value = 37		

#### Workout #2377 - Thursday, 06 February 2003 HighSchl - Sectional 1 minute rest between sets

	2:55 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 25:00 Stomach and Stretch		L	Γ
600	1 x 600 on 10:00 Choice	REC	S	(
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	(
	{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	$12 \times 25$ on :30 IM order-build	EN1	S	
1,700	$1x{2 \times 300 \text{ on } 4:45 \text{ Individual Medley}}$	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	Γ
	5:16 PM 4,980 Yards - Stress Value =	54		

#### Workout #2376 - Thursday, 06 February 2003 **HighSchl - State Champions** 1 minute rest between sets

	2:55	PM	St	cart							
Yards	Se	et :	Desc	crip	otion				EGY	WORK	٤
=====	==	===	====			-===			===	====	=
	1	on	25:	:00	Stoma	ach	and St	retch		L	Γ
600	1	Х	600	on	10:00	) Ch	noice		REC	S	C
180	12	2 x	15	on	:30 8	Shoc	ters		SP3	S	
	2x{3	X.	50 d	on 1	L:00 F	Kick			EN2	K	C
	{ 3	X.	50 d	on :	:55 Ki	ck			EN2	K	C
	{ 3	X.	50 d	on :	:50 Ki	lck			EN2	K	C
	1x{1	Х	300	on	4:00	Pul	ls		EN1	P	
	{ 1	Х	300	on	3:50	Pul	ls		EN1	P	
	{ 1	Х	300	on	3:40	Pul	ls		EN1	P	
	{ 1	Х	300	on	3:30	Pul	ls		EN2	P	
300	12	2 x	25	on	:30 ]	ΙМ с	rder-b	uild	EN1	S	
	1x{1	х	400	on	6:00	Inc	lividua	l Medley	EN1	S	
	{ 4	Х	100	on	1:30	IM	or str	oke	EN1	S	
	{2	Х	300	on	4:30	Inc	lividua	l Medley	EN1	S	
	{ 3	x	100	on	1:30	IM	or str	oke	EN1	S	
	{ 3	х	200	on	3:00	Inc	lividua	l Medley	EN1	S	
	{2	x	100	on	1:30	IM	or str	oke	EN1	S	
400	1	Х	400	on	7:00	Str	oke Dr	ills	REC	D	
	1	on	15:	:00	Ice					L	Γ
	5:20	PM	6,0	080	Yards	s <b>–</b>	Stress	Value =	68		

#### Workout #2381 - Friday, 07 February 2003 Group 2 - Gold

#### 1 minute rest between sets

	5:30 PM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
	1 on 25:00 Stomach and Stretch		L
800	1 x 800 on 16:00 Stroke Drills odd	REC	D
	100's fr, evens brst		
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	EN3	S
	each set		
400	8 x 50 on 1:00 Stroke Drills	REC	D
	7:45 PM 5,830 Yards - Stress Value = 1	L56	

#### Workout #2380 - Friday, 07 February 2003 HighSchl - All 1 minute rest between sets

## 2:55 PM Start

	2:55 PM Start		
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	
	$\{8 \times 25 \text{ on } : 30 \text{ Pulls } 1 \text{ breath}$	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	
	$1x\{1 \times 100 \text{ on } 1:30 \text{ Stroke Drills}$	REC	
	{1 x 100 on 1:35 Stroke Drills	REC	
	{1 x 100 on 1:40 Stroke Drills	REC	
	$\{1 \times 100 \text{ on } 1:45 \text{ Stroke Drills}$	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

	5:30 AM Start				
Yards	Set Description	EGY	WORK	STK	
=====	=======================================	===	====	===	=
500	$1 \times 500$ 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	
	$\{4 \times 100 \text{ on } 1:25 \text{ Pulls}$	EN1	P	FR	
	$\{4 \times 75 \text{ on } 1:05 \text{ Pulls}$	EN2	P	FR	
	$\{4 \times 50 \text{ on } : 40 \text{ Pulls}$	EN2	P	FR	
1,200	$1x{4 \times 100}$ 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	$1x\{2 \times 50 \text{ on } : 45 \text{ Stroke Drills}$	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  $$\tt L$$  DRY 6:45 AM 3,530 Yards - Stress Value = 46

#### Workout #2378 - Friday, 07 February 2003 HighSchl - State Champions 1 minute rest between sets

5:30	AM Start			
Yards S	et Description	EGY	WORK	STK
====== =		===	====	=== =
500 1	x 500 on 7:30 Stroke Drills	REC	D	FR
180 1	2 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 Valu	ie =	61	

## Workout #2384 - Saturday, 08 February 2003 Group 2 - Gold

#### 1 minute rest between sets

Yards	10:00 AM Start Set Description	EGY	WOF
	1 05 00 01 1 1 01 1		
	1 on 25:00 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	
	$\{1 \times 50 \text{ on } :55 \text{ Stroke Drills}$	REC	
	$\{1 \times 50 \text{ on } : 50 \text{ Stroke Drills}$	EN1	
	{1 x 50 on :45 Stroke Drills	EN1	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
600	6 x 100 on 6:00 Individual Medley	SP2	
	from a dive 100%		
400	1 x 400 on 8:00 Stroke Drills	REC	
	12:30 PM 4,940 Yards - Stress Value = 10	)5	

#### Workout #2382 - Saturday, 08 February 2003 HighSchl - Sectional 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 25:00 Weights		L
800	8 x 100 on 1:40 Stroke Drills	REC	D
	odds free evens strk		
180	12 x 15 on :30 Shooters	SP3	S
800	$2x{1 x 25 on :25 Sprint kick}$	EN3	K
	{1 x 75 on 1:25 Kick	EN2	K
	{2 x 50 on :55 Kick	EN2	K
	{1 x 75 on 1:25 Kick	EN2	K
	$\{1 \times 25 \text{ on :} 25 \text{ Sprint kick}$	EN3	K
	{1 x 100 on 1:55 Kick	EN2	K
1,000	8 x 125 on 1:45 Lungbuster pulls	EN1	P
	br 3-4-5-6-7		
450	9 x 50 on :45 Freestyle-des in 3's	EN1	S
700	1x{3 x 100 on 2:30 Stroke or Free	SP2	S
	{1 x 300 on 6:00 Stroke Drills	REC	D
	$\{2 \times 50 \text{ on } 1:30 \text{ Freestyle}$	SP2	S
500	5 x 100 on 1:45 Stroke Drills	REC	D
	1 on 15:00 Techniques-open turn		D
	1 on 15:00 Ice		L
	9:52 AM 4,430 Yards - Stress Value = 8	31	

#### Workout #2383 - Saturday, 08 February 2003 HighSchl - State Champions 1 minute rest between sets

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

## Workout #2387 - Monday, 10 February 2003 Group 2 - Gold

#### 1 minute rest between sets

Yards	6:15 PM Start 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	
900	1x{1 x 300 on 6:00 Kick	EN2	
	$\{4 \times 25 \text{ on } : 45 \text{ Sprint kick}$	EN2	
	{1 x 200 on 4:00 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	$\{4 \times 25 \text{ on } : 45 \text{ Sprint kick}$	EN2	

1,000	$1x\{2 \ x \ 125 \ on \ 2:00 \ Pulls$	EN1
	{2 x 125 on 1:55 Pulls	EN1
	{2 x 125 on 1:50 Pulls	EN1
	{2 x 125 on 1:45 Pulls	EN1
	1 on 10:00 Techniques-Back strt	
1,650	1x{16 x 100 on 2:00 Freestyle	EN3
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	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

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

#### Workout #2385 - Monday, 10 February 2003 HighSchl - State Champions 1 minute rest between sets

	2:55	PM Start		
Yards	Se	et Description	EGY	WORK S
	==		===	==== =
	1	on 20:00 Stomach and Stretch		LI
		50 of everything		
600	1	x 600 on 10:00 Choice	REC	S C
850	1x{4	x 75 on 1:30 Kick	EN2	КC
	{ 3	x 100 on 1:55 Kick	EN2	КC
	{2	x 125 on 2:20 Kick	EN2	КC
900	1x{9	x 50 on :50 Pulls-nbbf&w +1 yd	EN1	P
	{ 9	x 50 on :45 Pulls-nbbf&w +2 yds	EN1	P
600	3	x 200 on 3:15 Individual Medley	EN1	S
1,800	1x{3	x 125 on 2:00 Your Stroke	EN1	S S
	{ 1	x 100 on 1:30 Individual Medley	EN1	S
	{ 3	x 125 on 1:55 Your Stroke	EN1	S S
	{ 1	x 100 on 1:30 Individual Medley	EN1	S
	{ 3	x 125 on 1:50 Your Stroke	EN1	SS
	{ 1	x 100 on 1:30 Individual Medley	EN1	S
	{ 3	x 125 on 1:45 Your Stroke	EN1	S S
500	5	x 100 on 1:45 Stroke Drills	REC	D
	1	on 15:00 Techniques-relay str		D
	1	on 15:00 Ice		LΙ
	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	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 30:00 Stomach and Stretch		
800	1	x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12	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	Sī
=====	=======================================	===	====	==
	1 on 25:00 Weights		L	DF
500	1 x 500 on 9:00 Reverse IM drill	REC	D	]
180	12 x 15 on :30 Shooters	SP3	S	FI
500	1x{1 x 250 on 3:30 Pulls	EN1	P	E
	$\{1 \times 250 \text{ on } 3:25 \text{ Pulls}$	EN1	P	E
1,575	1x{3 x 225 on 3:00 Freestyle	EN2	S	E
	${3 \times 175 \text{ on } 2:20 \text{ Freestyle}}$	EN1	S	F
	{3 x 125 on 1:40 Freestyle	EN1	S	E
275	1 x 275 on 5:00 Stroke Drills	REC	D	(
	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 PN	1 Start		
Yards	Set	Description	EGY	WOF
=====	====		===	===
	1 or	n 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	Х	100	on	1:45	Sti	roke	Dri	ills			REC
	1	on	10:	:00	Techr	niqu	ies-s	stai	rts			
	1	on	15:	:00	Ice							
5	:10	ΡМ	4.5	580	Yards	3 -	Stre	255	Value	=	7.5	

#### Workout #2388 - Tuesday, 11 February 2003 HighSchl - State Champions 1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	Sī
	=======================================	===	====	==
	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
	${3 \times 175 \text{ on } 2:10 \text{ Freestyle}}$	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

Yards	2:55 PM Start Set Description	EGY	WOF
======	=======================================	===	===
	1 on 20:00 Stomach and Stretch		
	50 of everything		
800	<u> </u>	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	
	$\{1 \times 150 \text{ on } 2:00 \text{ Lungbuster pulls}$	EN1	
	{4 x 75 on :55 Pulls	EN2	
	$\{1 \times 150 \text{ on } 2:00 \text{ Lungbuster pulls}$	EN1	
	{ br 5-6-7		
900	9 x 100 on 1:30 Descend in sets of 3	EN1	
	$1x\{1 \times 200 \text{ on } :00 \text{ IM or stroke}$	SP2	
	{1 x 200 on 8:00 Stroke Drills	REC	
	{2 x 100 on 4:00 Your Stroke or free	SP2	
		REC	
	$\{2 \times 50 \text{ on } 2:00 \text{ Freestyle} \}$	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

	2:55	PM Start				
Yards	Se	et Description	EGY	WORK	٤	
=====	==		===	====	=	
	1	on 20:00 Stomach and Stretch		L	Γ	
800	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	E	
	{ 1	x 50 on 1:00 Kick no board	EN1	K		
	{ 1	x 50 on 1:00 Kick no board	EN1	K		Y
	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	٤	1
	{ 3	x 100 on 1:45 Individual Medley	EN1	S		_
	{ 4	x 25 on :30 Stroke	EN1	S	٤	
600	6	x 100 on 1:45 Stroke Drills	REC	D		
	1	on 15:00 Ice		L	Γ	
	5:04	PM 4,000 Yards - Stress Value =	29			

#### Workout #2394 - Wednesday, 12 February 2003 HighSchl - State Champions 1 minute rest between sets

2:55 PM Start

6:15 PM Start

Yards	Se	et Description	EGY	WORK	č
=====	==		===	====	=
	1	on 20:00 Stomach and Stretch		L	Γ
800	1	x 800 on 14:00 Reverse IM drill	REC	D	
	1	on 10:00 Techniques-Stanford		D	
750		x 100 on 2:00 Kick	EN1	K	(
	{ 1	x 50 on 1:00 Kick no board	EN1	K	E
	{ 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	٤
	{ 3	x 100 on 1:45 Individual Medley	EN1	S	
	{ 4	x 25 on :30 Stroke	EN1	S	٤
500	5	x 100 on 1:45 Stroke Drills	REC	D	
	1	on 15:00 Ice		L	Ι
	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
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		L
800	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
300	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

	5:30	Αl	M St	tart	t					
Yards	Se	et	Des	crip	ption			EGY	WORK	S
=====	=:							===	====	=
	1	01	n 20	:00	Weigl	nts			L	Γ
425	1	Х	425	on	7:00	Choice		REC	S	C
210	1	4 :	x 15	on	:30	Pit sprints		SP3	S	
600	1x{3	Х	100	on	1:35	Lungbuster	pulls	EN1	P	
	{ 2	Х	100	on	1:30	Lungbuster	pulls	EN1	P	
	{ 1	Х	100	on	1:25	Lungbuster	pulls	EN1	P	
1,200	1x{1	Х	200	on	3:00	Freestyle		EN1	S	
	{ 1	X	200	on	3:20	Individual	Medley	EN1	S	
	{ 1	Х	200	on	2:55	Freestyle		EN1	S	
	{ 1	X	200	on	3:20	Individual	Medley	EN1	S	
	{ 1	Х	200	on	2:50	Freestyle		EN1	S	
	{ 1	Х	200	on	3:20	Individual	Medley	EN1	S	
200	1	Х	200	on	4:00	Stroke Dri	lls	REC	D	
	1	01	n 13	:00	Ice				L	Γ
	6:54	Αľ	M 2.	635	Yard	s - Stress '	Value =	26		

## Workout #2398 - Thursday, 13 February 2003 HighSchl - Sectional

#### 1 minute rest between sets

	2:55	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==	=======================================	===	===
	1	on 20:00 Stomach and Stretch		
625	1	x 625 on 10:00 Swim-kick-pull-swim	REC	
210	14	4 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

2:55 PM Start

EGY WORK STK

#### Workout #2395 - Thursday, 13 February 2003 HighSchl - State Champions 1 minute rest between sets

	5:30	ΑN	1 St	tart	5					
Yards	Se	et	Desc	crip	ption			EGY	WORK	٤
=====	==	===						===	====	=
	1	or	20:	:00	Weigh	nts			L	Γ
425	1	Х	425	on	7:00	Choice		REC	S	C
210	14	4 ×	15	on	:30 I	Pit sprints		SP3	S	
900	1x{3	Х	100	on	1:30	Lungbuster	pulls	EN1	P	
	{ 3	Х	100	on	1:25	Lungbuster	pulls	EN1	P	
	{ 3	Х	100	on	1:20	Lungbuster	pulls	EN1	P	
1,800	1x{2	Х	200	on	2:50	Freestyle		EN1	S	
	{ 1	Х	200	on	3:00	Individual	Medley	EN1	S	
	{ 2	Х	200	on	2:45	Freestyle		EN1	S	
	{ 1	Х	200	on	3:00	Individual	Medley	EN1	S	
	{ 2	Х	200	on	2:40	Freestyle		EN1	S	
	{ 1	Х	200	on	3:00	Individual	Medley	EN1	S	
200	1	Х	200	on	4:00	Stroke Dri	lls	REC	D	
	1	or	13:	:00	Ice				L	Ι
	7:04	ΑN	13,5	535	Yards	s - Stress \	/alue =	35		

#### Workout #2397 - Thursday, 13 February 2003 HighSchl - State Champions 1 minute rest between sets

Yards	Se	et	Desc	crip	otion		EGY	WOF
=====	==	-=-					===	===
	1	or	n 20:	:00	Stoma	ach and Stretch		
625	1	Х	625	on	10:00	) Swim-kick-pull-swim	REC	
210	14	1 z	k 15	on	:30 I	Pit sprints	SP3	
800	1x{2	Х	100	on	1:55	Kick	EN2	
	{ 2	Х	100	on	1:50	Kick	EN2	
	{ 2	Х	100	on	1:45	Kick	EN2	
	{ 2	Х	100	on	1:40	Kick	EN2	
800	1x{1	Х	200	on	2:30	Pulls	EN1	
	{ 2	Х	200	on	2:25	Pulls	EN2	
	{ 1	Х	200	on	2:20	Pulls	EN2	
2,250	1x{4	Х	125	on	1:40	Freestyle	EN1	
	{ 3	Х	125	on	1:35	Freestyle	EN1	
	{ 2	Х	125	on	1:30	Freestyle	EN2	
	{ 1	Х	125	on	1:25	Freestyle	EN2	
	{ 1	Х	100	on	1:05	Freestyle	EN2	
	{ 2	Х	100	on	1:10	Freestyle	EN2	
	{ 3	Х	100	on	1:15	Freestyle	EN1	
	{ 4	Х	100	on	1:20	Freestyle	EN2	
300	1	Х	300	on	5:00	Stroke Drills	REC	
	1	or	n 15:	:00	Techr	niques-relay str		
	4:51	ΡN	4 4,9	985	Yards	s - Stress Value = 71		

#### Workout #2403 - Friday, 14 February 2003 Group 2 - Gold

#### 1 minute rest between sets

	5:30 PM Start			
Yards	Set Description	EGY	WORK	٢
=====	=======================================	===	====	=
	1 on 25:00 Stomach and Stretch		L	Γ
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	Х	50 0	on :	1:05 \$	Stroke Drills	EN1	. D
2,700	1x{2	Х	200	on	3:05	Freestyle	EN1	. S
	{ 2	Х	200	on	3:00	Freestyle	EN1	. S
	{ 2	Х	200	on	2:55	Freestyle	EN1	. S
	{ 2	Х	150	on	2:20	Freestyle	EN1	. S
	{ 2	Х	150	on	2:15	Freestyle	EN1	. S
	{ 2	Х	150	on	2:10	Freestyle	EN2	S S
	{ 2	Х	100	on	1:35	Freestyle	EN1	. S
	{ 2	Х	100	on	1:30	Freestyle	EN2	S S
	{ 2	Х	100	on	1:25	Freestyle	EN2	S S
200	1	Х	200	on	3:00	Stroke Drills	REC	D D

#### Workout #2402 - Friday, 14 February 2003 HighSchl - Sectional 1 minute rest between sets

2:55 PM Start

Set Description

Yards

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

=====	==		===	====	===
	1	on 20:00 Stomach and Stretch		L	DRY
600	6	x 100 on 1:40 Stroke Drills	REC	D	CHO
180	1:	2 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	= 5	2	

#### Workout #2400 - Friday, 14 February 2003 HighSchl - State Champions 1 minute rest between sets

	5:30	AM Start			
Yards	Se	et Description	EGY	WORK	Sī
	==		===	====	==
425	1	x 425 on 7:00 Reverse IM drill	REC	D	I
	1	on 8:00 Sculling drills	REC	D	$\mathbb{C}\mathbb{N}$
180	12	2 x 15 on :30 Shooters	SP3	S	CF
	2x{1	x 100 on 1:30 Freestyle	EN1	S	F
	{ 1	x 100 on 1:25 Freestyle	EN1		F
	{ 1	x 100 on 1:20 Freestyle	EN1	S	F
	{ 1	x 100 on 1:15 Freestyle	EN1	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	

∠x{	x 50 on :50 Freestyle	ENI	SE
{ 1	x 50 on :45 Freestyle	EN1	S F
{ 1	x 50 on :40 Freestyle	EN1	S E
{ 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 E
{ 1	x 25 on :35 Breaststroke	EN1	S E
{ 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 #2401 - Friday, 14 February 2003 **HighSchl - State Champions** 1 minute rest between sets

 $2x{1 x 100 on 1:30 Individual Medley EN1}$ 

 $1x{1 x 200 on :00 Choice}$ 

{1 x 100 on :00 Choice

{1 x 100 on :00 Choice

{1 x 100 on 4:00 Stroke Drills

8 x 50 on :55 Stroke Drills

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

{3 x 50 on :45 Freestyle-descend EN1

 $\{1 \times 200 \text{ on } 8:00 \text{ Stroke Drills} \}$  REC

{1 x 100 on 4:00 Stroke Drills REC

#### Workout #2407 - Monday, 17 February 2003 HighSchl - Sectional 1 minute rest between sets

	2:55 PM Start						
Yards	Set Description EG	Y WO	RK STK		2:55 PM Start		
=====	=======================================	= ==:	== ===	Yards		EGY	WORF
	1 on 20:00 Stomach and Stretch		L DRY	=====	-		
600	6 x 100 on 1:40 Stroke Drills REG	2	D CHO		1 on 30:00 Visualization		I
180	12 x 15 on :30 Shooters SP	3	S CHO		1 on 20:00 Stomach and Stretch		I
700	1x{2 x 75 on 1:30 Kick EN		K CHO	400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	٤
	{2 x 100 on 2:00 Kick EN		K CHO	180	12 x 15 on :30 Shooters	SP3	٤
	{2 x 75 on 1:25 Kick EN		K CHO	500	1x{2 x 100 on 1:55 Kick	EN2	F
	{2 x 100 on 1:55 Kick EN		K CHO		{2 x 75 on 1:25 Kick	EN2	F
1,000	1 x 1000 on 13:00 Pulls EN		P FR		{2 x 50 on :55 Kick	EN2	F
200	2 x 100 on 1:30 Your Stroke EN		S STK		{2 x 25 on :25 Kick	EN2	F
2,000	1x{1 x 400 on 5:05 Freestyle EN		S FR	600	$3x{1 x 100 on 1:30 Lungbuster pulls}$	EN1	E
	{2 x 300 on 3:45 Freestyle EN		S FR S FR		{1 x 100 on 1:20 Pulls	EN1	E
	{3 x 200 on 2:25 Freestyle EN: {4 x 100 on 1:10 Freestyle EN:		S FR	150		EN1	S
400	8 x 50 on 1:00 Stroke Drills REG		D CD	1,500	1x{1 x 250 on 3:40 Freestyle	EN1	S
400	1 on 5:00 Techniques-relay str	_	D FR		{1 x 250 on 3:35 Freestyle	EN1	Ę
	1 on 15:00 Ice		L DRY		{1 x 250 on 3:30 Freestyle	EN1	٤
	5:00 PM 5,080 Yards - Stress Value =	57	2 2111		{1 x 250 on 3:25 Freestyle {1 x 250 on 3:20 Freestyle	EN1 EN1	2
					$\{1 \times 250 \text{ on } 3:20 \text{ Freestyle} \}$	EN1	<i>ک</i> ج
	Workent #2405 Setunday 15 February 2002			250		REC	Ī
	Workout #2405 - Saturday, 15 February 2003			230	1 on 15:00 Ice	INDC	I
	HighSchl - Sectional				5:07 PM 3,580 Yards - Stress Value = 3	7	-
	1 minute rest between sets				.,		
	7:30 PM Start				Workout #2406 - Monday, 17 February 2003		
Yards	Set Description	EGY	WORK S		HighSchl - State Champions		
======	=======================================				1 minute rest between sets		
	1 on 30:00 Visualization		M				
			T T				
	1 on 20:00 Stomach and Stretch		LI		2:55 PM Start		
600	1 x 600 on 11:00 Stroke Drills	REC	D (	Yards		EGY	WORF
180	1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters	SP3	D ( S (	Yards	Set Description		
180	1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick	SP3 EN2	D ( S ( K (		Set Description ====================================		==== I
180	1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick	SP3 EN2 EN2	D ( S ( K ( K (	=====	Set Description 1 on 30:00 Visualization 1 on 20:00 Stomach and Stretch	===	==== I I
180 600	1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick	SP3 EN2 EN2 EN2	D ( S ( K ( K ( K (	400	Set Description   1 on 30:00 Visualization  1 on 20:00 Stomach and Stretch  1 x 400 on 7:00 Swim-kick-pull-swim	=== REC	==== I I S
180 600 800	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls</pre>	SP3 EN2 EN2 EN2 EN1	D ( S ( K ( K ( P	=====	Set Description   1 on 30:00 Visualization  1 on 20:00 Stomach and Stretch  1 x 400 on 7:00 Swim-kick-pull-swim  12 x 15 on :30 Shooters	REC SP3	==== I I S S
180 600 800	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls 2x{1 x 100 on 1:30 Individual Medley</pre>	SP3 EN2 EN2 EN2 EN1	D ( S ( K ( K ( F S	400	Set Description 1 on 30:00 Visualization 1 on 20:00 Stomach and Stretch 1 x 400 on 7:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 125 on 2:20 Kick	REC SP3 EN2	==== I I S S
180 600 800 500	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls 2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend</pre>	SP3 EN2 EN2 EN2 EN1 EN1	D ( S ( K ( K ( P S	400	Set Description	REC SP3 EN2 EN2	==== I I S S F F
180 600 800 500	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls 2x{1 x 100 on 1:30 Individual Medley</pre>	SP3 EN2 EN2 EN2 EN1 EN1 EN1	D ( S ( K ( K ( P S S (	400	Set Description	REC SP3 EN2 EN2 EN2	==== I I S S F F
180 600 800 500	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls 2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend 2x{1 x 100 on :00 Choice {1 x 100 on 5:00 Stroke Drills</pre>	SP3 EN2 EN2 EN2 EN1 EN1 EN1 SP2	D ( S ( K ( K ( P S S ( D	400	Set Description	REC SP3 EN2 EN2 EN2 EN2	==== I I S S F F F
180 600 800 500 400	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls 2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend 2x{1 x 100 on :00 Choice {1 x 100 on 5:00 Stroke Drills</pre>	SP3 EN2 EN2 EN1 EN1 EN1 SP2 REC	D ( S ( K ( K ( P S S ( D	400	Set Description	REC SP3 EN2 EN2 EN2 EN2	==== I I S S F F F
180 600 800 500 400	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick    {1 x 100 on 2:00 Kick    {1 x 50 on 1:00 Kick     4 x 200 on 2:50 Pulls 2x{1 x 100 on 1:30 Individual Medley    {3 x 50 on :45 Freestyle-descend 2x{1 x 100 on :00 Choice    {1 x 100 on 5:00 Stroke Drills     10 x 50 on :55 Stroke Drills</pre>	SP3 EN2 EN2 EN1 EN1 EN1 SP2 REC	D ( S ( K ( K ( P S S ( D	400	Set Description	REC SP3 EN2 EN2 EN2 EN2	==== I I S S F F F
180 600 800 500 400	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls 2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend 2x{1 x 100 on :00 Choice {1 x 100 on 5:00 Stroke Drills 10 x 50 on :55 Stroke Drills 9:35 PM 3,580 Yards - Stress Value =</pre>	SP3 EN2 EN2 EN1 EN1 EN1 SP2 REC	D ( S ( K ( K ( P S S ( D	400	Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1	==== I I S S F F F F
180 600 800 500 400	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls 2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend 2x{1 x 100 on :00 Choice {1 x 100 on 5:00 Stroke Drills 10 x 50 on :55 Stroke Drills 9:35 PM 3,580 Yards - Stress Value =</pre> Workout #2404 - Saturday, 15 February 2003	SP3 EN2 EN2 EN1 EN1 EN1 SP2 REC	D ( S ( K ( K ( P S S ( D	400	Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1	==== I I S S F F F F F F
180 600 800 500 400	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls 2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend 2x{1 x 100 on :00 Choice {1 x 100 on :500 Stroke Drills 10 x 50 on :55 Stroke Drills 9:35 PM 3,580 Yards - Stress Value =</pre> Workout #2404 - Saturday, 15 February 2003 HighSchl - State Champions	SP3 EN2 EN2 EN1 EN1 EN1 SP2 REC	D ( S ( K ( K ( P S S ( D	400	Set Description	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1	I I S S S F F F F F S S S S S S
180 600 800 500 400	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls 2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend 2x{1 x 100 on :00 Choice {1 x 100 on 5:00 Stroke Drills 10 x 50 on :55 Stroke Drills 9:35 PM 3,580 Yards - Stress Value =</pre> Workout #2404 - Saturday, 15 February 2003	SP3 EN2 EN2 EN1 EN1 EN1 SP2 REC	D ( S ( K ( K ( P S S ( D	400	Set Description	REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1	==== I I S S F F F F F F S S S S S S S S S S
180 600 800 500 400	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters  2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls  2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend  2x{1 x 100 on :00 Choice {1 x 100 on :500 Stroke Drills 10 x 50 on :55 Stroke Drills 9:35 PM 3,580 Yards - Stress Value =  Workout #2404 - Saturday, 15 February 2003 HighSchl - State Champions 1 minute rest between sets</pre>	SP3 EN2 EN2 EN1 EN1 EN1 SP2 REC	D ( S ( K ( K ( P S S ( D	400	Set Description	REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1	==== I I S S F F F F F F G S S S S S S S S S S S
180 600 800 500 400	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls 2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend 2x{1 x 100 on :00 Choice {1 x 100 on :500 Stroke Drills 10 x 50 on :55 Stroke Drills 9:35 PM 3,580 Yards - Stress Value =</pre> Workout #2404 - Saturday, 15 February 2003 HighSchl - State Champions	SP3 EN2 EN2 EN1 EN1 EN1 SP2 REC REC 52	D ( S ( K ( K ( P S S ( D	400	Set Description	REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1	==== I I S S K K K K F F G S S S S S S S S S S S S S S S S S
180 600 800 500 400 500	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters  2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls  2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend  2x{1 x 100 on :00 Choice {1 x 100 on :5:00 Stroke Drills 10 x 50 on :55 Stroke Drills 9:35 PM 3,580 Yards - Stress Value =  Workout #2404 - Saturday, 15 February 2003 HighSchl - State Champions 1 minute rest between sets</pre> 7:30 PM Start	SP3 EN2 EN2 EN1 EN1 SP2 REC 52	D ( S C K C K C F S S C D D D	400	Set Description	REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1	==== I I S S S K K K K F F F S S S S S S S S
180 600 800 500 400 500	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters  2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls  2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend  2x{1 x 100 on :00 Choice {1 x 100 on :5:00 Stroke Drills 10 x 50 on :55 Stroke Drills 9:35 PM 3,580 Yards - Stress Value =  Workout #2404 - Saturday, 15 February 2003 HighSchl - State Champions 1 minute rest between sets  7:30 PM Start Set Description</pre>	SP3 EN2 EN2 EN1 EN1 SP2 REC 52	D ( S C K C K C F S S C D D D	400 180	Set Description	REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	==== I I S S S F F F F F S S S S S S S S S S
180 600 800 500 400 500	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters  2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls  2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend  2x{1 x 100 on :00 Choice {1 x 100 on 5:00 Stroke Drills 10 x 50 on :55 Stroke Drills 9:35 PM 3,580 Yards - Stress Value =  Workout #2404 - Saturday, 15 February 2003 HighSchl - State Champions 1 minute rest between sets  7:30 PM Start Set Description ====================================</pre>	SP3 EN2 EN2 EN1 EN1 SP2 REC 52	D ( S C K C K C K C P S S C D D D C C C C C C C C C C C C C C	400	Set Description	REC SP3 EN2 EN2 EN1	==== I I S S S K K K K F F F S S S S S S S S
180 600 800 500 400 500 Yards =====	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters  2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls  2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend  2x{1 x 100 on :00 Choice {1 x 100 on 5:00 Stroke Drills 10 x 50 on :55 Stroke Drills 9:35 PM 3,580 Yards - Stress Value =  Workout #2404 - Saturday, 15 February 2003 HighSchl - State Champions 1 minute rest between sets  7:30 PM Start Set Description ====================================</pre>	SP3 EN2 EN2 EN1 EN1 SP2 REC 52 EGY	D ( S C K C K C K C P S S C D D D C C C C C C C C C C C C C C	400 180	Set Description	REC SP3 EN2 EN2 EN1	==== I I S S S F F F F F S S S S S S S S S S
180 600 800 500 400 500	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters  2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls  2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend  2x{1 x 100 on :00 Choice {1 x 100 on 5:00 Stroke Drills 10 x 50 on :55 Stroke Drills 9:35 PM 3,580 Yards - Stress Value =  Workout #2404 - Saturday, 15 February 2003 HighSchl - State Champions 1 minute rest between sets  7:30 PM Start Set Description ====================================</pre>	SP3 EN2 EN2 EN1 EN1 SP2 REC 52 EGY ===	D ( S C K C K C K C F S S C D D D C S C C S C C D C C S C C C S C	400 180	Set Description	REC SP3 EN2 EN2 EN1	==== I I S S S F F F F F S S S S S S S S S S
180 600 800 500 400 500 Yards =====	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters  2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls  2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend  2x{1 x 100 on :00 Choice {1 x 100 on 5:00 Stroke Drills 10 x 50 on :55 Stroke Drills 9:35 PM 3,580 Yards - Stress Value =  Workout #2404 - Saturday, 15 February 2003  HighSchl - State Champions 1 minute rest between sets  7:30 PM Start Set Description ====================================</pre>	SP3 EN2 EN2 EN1 EN1 SP2 REC 52 EGY ===	D ( S C K C C K C C K C C C C C C C C C C C	400 180	Set Description	REC SP3 EN2 EN2 EN1	==== I I S S S F F F F F S S S S S S S S S S
180 600 800 500 400 500 Yards =====	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters  2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls  2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend  2x{1 x 100 on 5:00 Stroke Drills 10 x 50 on :55 Stroke Drills 9:35 PM 3,580 Yards - Stress Value =  Workout #2404 - Saturday, 15 February 2003  HighSchl - State Champions 1 minute rest between sets  7:30 PM Start Set Description ====================================</pre>	EGY ====  REC SP3 EN2 EN1 EN1 EN1 EN1 EN2 EGY	D C S C K C P S S C D D D WORK S ==== M L I C S C K C K C	400 180	Set Description	REC SP3 EN2 EN2 EN1	==== I I S S S F F F F F S S S S S S S S S S
180 600 800 500 400 500 Yards =====	<pre>1 x 600 on 11:00 Stroke Drills 12 x 15 on :30 Shooters  2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 4 x 200 on 2:50 Pulls  2x{1 x 100 on 1:30 Individual Medley {3 x 50 on :45 Freestyle-descend  2x{1 x 100 on :00 Choice {1 x 100 on 5:00 Stroke Drills 10 x 50 on :55 Stroke Drills 9:35 PM 3,580 Yards - Stress Value =  Workout #2404 - Saturday, 15 February 2003  HighSchl - State Champions 1 minute rest between sets  7:30 PM Start Set Description ====================================</pre>	SP3 EN2 EN2 EN1 EN1 SP2 REC 52 EGY ===	D C S C K C P S S C D D D WORK \$ = = = M L I C S C K C K C K C	400 180	Set Description	REC SP3 EN2 EN2 EN1	==== I I S S S F F F F F S S S S S S S S S S

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D

S (

SP2

SP2

SP2 REC REC

2:55 PM Start

#### 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 Stre	etch	L	DRY
400	1 x 400 on 6:00 Stroke Dril	ls 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	$1x{4 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w}}$	EN1	P	FR
	$\{4 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w}$	EN1	P	FR
100	4 x 25 on :30 IM order-buil	d EN1	S	IM
250	2x{1 x 25 on :00 Relays	SP2	S	CHO
	$\{1 \times 100 \text{ on } 3:00 \text{ Freestyle} \}$	REC	S	FR
1,500	$1x{4 x 125 on 1:40 Freestyle}$	EN1	S	FR
	$\{4 \times 125 \text{ on } 1:45 \text{ Freestyle} \}$	EN1	S	FR
	$\{2 \times 125 \text{ on } 1:50 \text{ Freestyle} \}$	EN1	S	FR
	$\{2 \times 125 \text{ on } 1:55 \text{ Freestyle} \}$	EN1	S	FR
250	1 x 250 on 4:00 Stroke Dril	ls REC	D	CD
	1 on 15:00 Ice		L	DRY
	5:09 PM 3,480 Yards - Stress V	/alue = :	37	

#### Workout #2408 - Tuesday, 18 February 2003 HighSchl - State Champions 1 minute rest between sets

	2.00 111 00010			
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
	$1x\{6 \times 50 \text{ on } :45 \text{ Pulls-nbbf&w}$	EN1	P	FR
	{6 x 50 on :40 Pulls-nbbf&w	EN1	P	FR
	$2x{1 x 25 on :00 Relays}$	SP2	S	CHO
	$\{1 \times 100 \text{ on } 3:00 \text{ Freestyle}$	REC	S	FR
	$1x{4 x 125 on 1:30 Freestyle}$	EN1	S	FR
	$\{4 \times 125 \text{ on } 1:35 \text{ Freestyle} \}$	EN1	S	FR
	$\{4 \times 125 \text{ on } 1:40 \text{ Freestyle} \}$	EN1	S	FR
	$\{2 \times 125 \text{ on } 1:45 \text{ Freestyle} \}$	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	٤
=====	=======================================	===	====	=
	1 on 35:00 Visualization		M	Γ
	1 on 15:00 Stomach and Stretch		L	Ι
600	1 x 600 on 12:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	$\overline{}$
	$1x{2 \times 100}$ on 2:00 Kick no board	EN2	K	$\overline{}$
	$\{2 \times 100 \text{ on } 1:55 \text{ Kick no board}$	EN2	K	$\subset$
450	6 x 75 on 1:05 Pulls-nbbf&w	EN1	P	
	1 on 10:00 Techniques-TN turns		D	
	$1x{1 \times 100}$ 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		LΙ
5:1	4	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
	=======================================	===	====
	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	$10 \times 75$ on $1:05$ Pulls-nbbf&w	EN1	P
	1 on 10:00 Techniques-TN turns		D
1,200	<pre>1x{1 x 100 on 1:40 Individual Medley</pre>	EN1	S
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	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 = 3	33	

#### Workout #2413 - Friday, 21 February 2003 HighSchl - Sectional 1 minute rest between sets

	2:55 PM Start			
Yards	Set Description	EGY	WORK	Ş
=====	=======================================	===	====	=
	1 on 35:00 Visualization		M	Γ
	1 on 15:00 Stomach and Stretch		L	Γ
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
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board}$	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	Γ
	5:01 PM 3,030 Yards - Stress Value =	29		

#### Workout #2412 - Friday, 21 February 2003 **HighSchl - State Champions** 1 minute rest between sets

	2:55 PM Start				
Yards	Set Description		EGY	WORK	٤
=====	==============		===	====	=
	1 on 35:00 Visualiz	ation		M	Γ
	1 on 15:00 Stomach	and Stretch		L	Γ
800	1 x 800 on 14:00 St	roke Drills	REC	D	C
	odd 100's free eve	n :n			
	100's non free				
180	12 x 15 on :30 Shoc	ters	SP3	S	C
	1x{1 x 300 on 6:00 Kic	k no board	EN1	K	(
	{1 x 200 on 4:00 Kic	k no board	EN1	K	C
	{1 x 100 on 2:00 Kic	k no board	EN1	K	C
800	2 x 400 on 5:30 Pul	.ls	EN1	P	
200	8 x 25 on :30 evens	IM order odds	EN1	S	(
	freestyle drill				
	$1x{2 x 250 on 3:30 Fre}$	estyle	EN1	S	
	{2 x 200 on 2:50 Fre	estyle	EN1	S	
	{2 x 150 on 2:10 Fre	estyle	EN1	S	
300	1 x 300 on 5:00 Str	oke Drills	REC	D	
	1 on 15:00 Ice			L	Γ
	5:15 PM 4,080 Yards -	Stress Value =	35		

#### Workout #2414 - Tuesday, 25 February 2003 **HighSchl - State Champions** 1 minute rest between sets

	2:55 PM Start			
Yards	Set Description	EGY	WORK	٤
	=======================================	===	====	=
	1 on 30:00 Visualization		L	Γ
	1 on 15:00 Stomach and Stretch		L	Ι
400	1 x 400 on 7:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	(
	1x{1 x 100 on 2:00 Kick	EN1	K	(
	{1 x 100 on 1:55 Kick	EN2	K	(
	{1 x 100 on 1:50 Kick	EN1	K	(
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	(
	{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

	2:55 PM Start		
Yards	Set Description	EGY	WORF
		===	====
	1 on 30:00 Visualization		ľ
	1 on 15:00 Stomach and Stretch		I
400	2 x 200 on 3:30 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :30 Shooters	SP3	٤
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	E
150	6 x 25 on :30 freestyle build	EN1	٤
500	2 x 250 on 3:30 Freestyle	EN1	٤
150	1 x 150 on 3:30 Stroke Drills	REC	Ι
	1 on 15:00 Ice		I
	4:36 PM 1,800 Yards - Stress Value = 17	7	

Workout #2416 - Wednesday, 26 February 2003 **HighSchl - State Champions** 1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	=======================================	===	====	===
	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	СНО
150	6 x 25 on :40 Kick	EN1	K	СНО
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	= 2	17	

2:55 PM Start

#### Workout #2419 - Monday, 03 March 2003 Group 3 - Boys

#### 1 minute rest between sets

	6:15 PM Start		
Yards	Set Description	EG:	Y WORK
	=======================================	===	
	1 on 30:00 Stomach and	d Stretch	I
400	1 x 400 on 8:00 Swim-	kick-pull-swim REG	C S
180	12 x 15 on :30 Shoote	rs SP3	3 .5
500	$1x{2 x 125 on 2:35 Kick}$	EN2	2 F
	{2 x 125 on 2:30 Kick	EN2	2 F
500	1x{1 x 250 on 3:45 Lungb	uster pulls EN	l E
	{1 x 250 on 3:40 Lungb	uster pulls ENI	l E
	{ #1 br 3-4-5-6-7		
	{ #2 br 5-6-7-8-9		
300	12 x 25 on :30 IM ord	er-build EN	1
1,000	1x{1 x 500 on 7:00 Frees	tyle EN2	2 .5
	{1 x 500 on 6:45 Frees	tyle EN2	2 .5
200	2 x 100 on 1:45 Stroke	e Drills REG	C I
	7:48 PM 3,080 Yards - St	ress Value = 44	

## Workout #2418 - Monday, 03 March 2003 Group 3 - Girls

#### 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	
	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 Descript	cion	EGY WOF
=====	=========		=== ===
		Stomach and Stretch	
800	1 x 800 on 1	15:00 Swim-kick-pull-swim	REC
180	12 x 15 on :	:30 Shooters	SP3
750	$1x{2 x 125 on 2}$	2:35 Kick	EN2
	{2 x 125 on 2	2:30 Kick	EN2
	{2 x 125 on 2	2:25 Kick	EN2
1,000	$1x{1 x 250 on 3}$	3:45 Lungbuster pulls	EN1
	{1 x 250 on 3	3:40 Lungbuster pulls	EN1
	{1 x 250 on 3	3:35 Lungbuster pulls	EN1
	{1 x 250 on 3	3:30 Lungbuster pulls	EN1
	{ odds br 3-4	1-5-6-7	
	{ evns br 5-6	5-7-8-9	
400	16 x 25 on :	:30 IM order-build	EN1
2,000	$1x{1 x 500 on 7}$	7:00 Freestyle	EN2
	{1 x 500 on 6	5:45 Freestyle	EN2
	{1 x 500 on 6	5:30 Freestyle	EN2
		5:15 Freestyle	EN2
400	4 x 100 on 1	l:45 Stroke Drills	REC
	8:24 PM 5,530 Y	Yards - Stress Value = 74	

#### Workout #2421 - Tuesday, 04 March 2003 Group 3 - Boys 1 minute rest between sets

	5:00	PM Start			
Yards	Se	et Description	EGY	WORK	5
	==		===		=
	1	on 20:00 Stomach and Stretch		L	Ι
600	6	x 100 on 1:45 Stroke Drills	REC	D	(
		odds fr evens non fr			
180	12	2 x 15 on :30 Shooters	SP3	S	(
450	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 50 on 1:00 Kick	EN2	K	(
	{ 1	x 50 on :55 Kick	EN2	K	(
	{ 1	x 50 on :50 Kick	EN2	K	(
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

Yards	5:00 PM Start Set Description	ECV	WORK
Ialus	set Description	EGI	MOKK
		===	====
	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	$3 \times 100$ 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	Se	et Description	EGY	WOF
	==		===	===
	1	on 20:00 Stomach and Stretch		
800	4	x 200 on 4:00 Reverse IM drill	REC	
180	12	2 x 15 on :30 Shooters	SP3	
	2x{1	x 100 on 2:00 Kick	EN2	
	{ 1	x 100 on 1:45 Kick	EN2	
	1x{2	x 100 on 1:25 Pulls no br L. 10yds	EN1	
	{ 2	$\times$ 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	$1x{2 \times 125}$ 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
	$\{1 \times 25 \text{ on } : 20 \text{ Freestyle}$	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 = $53$	

buth Bend SC/Riley HS	
Workout #2424 - Thursday, 06 March 2003 Group 3 - All	
1 minute rest between sets	
PM Start et Description	

	5:00	PM Start		
Yards	Se	et Description	EGY	WOF
	==	=======================================	===	===
	1	on 20:00 Stomach and Stretch		
800	1	x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12	2 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 1	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	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 20:00 Stomach and Stretch		
800	1	x 800 on 13:00 Choice	REC	
180	12	2 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	$\times$ 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{	lх	50 on :50 Freestyle		EN1
{	l x	50 on :45 Freestyle		EN1
{	l x	50 on :40 Freestyle		EN2
1,200 3x{	l x	150 on 2:15 Your Stroke		EN1
{:	2 x	25 on :30 Freestyle 6bk		EN1
{	l x	100 on 1:30 Your Stroke		EN1
{:	2 x	25 on :30 Freestyle 6bk		EN1
{	l x	50 on :45 Your Stroke		EN1
200	l x	200 on 4:00 Stroke Drills		REC
6:0	3 P	M 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	
	· · · · · · · · · · · · · · · · · · ·	EN1	
300	$1x\{1 \times 100 \text{ on } 1:30 \text{ Freestyle}$	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	
	${3 \times 75 \text{ on } 1:25 \text{ Your Stroke}}$	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								
Yards	Se	et	Desc	crip	otion			EGY	WOF
=====	==	===		-===	-====			===	===
	1	on	25:	:00	Stoma	ach and Stre	etch		
800	1	Х	800	on	14:00	) Swim-kick-	-pull-swim	REC	
180	12	2 x	: 15	on	:30 9	Shooters		SP3	
300	1x{1	Х	150	on	3:00	Kick		EN1	
	{ 1	Х	100	on	2:00	Kick		EN1	
	{ 1	Х	50 0	on 1	L:00 F	Kick		EN1	
1,200	6x{1	Х	100	on	1:30	Lungbuster	pulls	EN1	
	{ 1	Х	100	on	1:30	Pulls		EN1	
500	1x{1	Х	100	on	1:45	Individual	Medley	EN1	
	{ 1	Х	100	on	1:40	Individual	Medley	EN1	
	{ 1	Х	100	on	1:35	Individual	Medley	EN1	
	{ 1	Х	100	on	1:30	Individual	Medley	EN1	
	{ 1	Х	100	on	1:25	Individual	Medley	EN1	
350	1x{1	Х	100	on	:00 E	Broken	_	SP2	
	{1	Х	200	on	7:00	Freestyle		REC	
	{1	Х	50 0	on :	:00 Fi	reestyle		SP2	
200	1	Х	200	on	4:00	Stroke Dril	lls	REC	
	7:03	PM	1 3,5	530	Yards	s - Stress V	<i>Malue = 42</i>		

## Workout #2429 - Wednesday, 12 March 2003 Group 3 - All

#### 1 minute rest between sets

5:30 PM Start			
Yards Set Description	EGY	WORK	STK
=======================================	===	====	===
1 on 25:00 Stomach and Stretch		L	DRY
500 1 x 500 on 7:00 Stroke Drills	REC	D	CHO
180	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
$\{1 \times 100 \text{ on } 1:45 \text{ Stroke Drills}$	REC	D	FR
$\{1 \times 50 \text{ on } 1:00 \text{ Backstroke} \}$	EN1	S	BK
$\{1 \times 100 \text{ on } 1:45 \text{ Stroke Drills}$	REC	D	FR
$\{1 \times 50 \text{ on } 1:00 \text{ Breaststroke} \}$	EN1	S	BR
$\{1 \times 100 \text{ on } 1:45 \text{ Stroke Drills}$	REC	D	FR
$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	EN1	S	FR
$\{1 \times 100 \text{ on } 1:45 \text{ Stroke Drills}$	REC	D	FR
7:00 PM 3,080 Yards - Stress Valu	e = 2	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
	$\{1 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$	EN2
600	$1x{1 \times 300 \text{ on } 4:30 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$	EN1
	$\{1 \times 200 \text{ on } 3:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1
	$\{1 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	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	WORF
	=======================================	===	====
	1 on 30:00 Bolles school		I
500	5 x 100 on 2:00 Stroke Drills	REC	Γ
	$3x{1 x 25 on :45 Kick no board 8m und}$	EN1	ľ
	{1 x 25 on :45 Kck no board 10m und	EN1	ŀ
	{1 x 25 on :45 Kck no board 12m und	EN1	ľ
	{1 x 25 on :45 Kck no board 14m und	EN1	ŀ
	{2 x 100 on 2:00 Kick	EN2	ľ
650	$13 \times 50$ on :50 Pulls-nbbf&w + 2 yds	EN1	E
	1x{2 x 200 on 3:00 Freestyle	EN1	٤
	{2 x 200 on 2:55 Freestyle	EN1	٤
	{2 x 200 on 2:50 Freestyle	EN1	٤
250	$1 \times 250$ on $5:00$ Closed fist	REC	Ι
	7:39 PM $3,500$ Yards - Stress Value = $34$	4	

#### 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		

	10 x 50 on 1:00 Stroke Drills 1x{1 x 600 on 12:00 Vertical Kicking	REC EN2
1,000	{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	
	$\{1 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1
1,200	2x{1 x 300 on 4:30 Freestyle	EN1
	$\{1 \times 75 \text{ on } 1:10 \text{ Freestyle} \}$	EN1
	$\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$	EN1
	$\{1 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$	EN1
	$\{1 \times 75 \text{ on } :55 \text{ Freestyle} \}$	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

	0.00	rm Start			
Yards	Se	et Description	EGY	WORK	STK
=====	==		===	====	===
	1	on 30:00 Stomach and Stretch		L	DRY
400	4	x 100 on 2:00 Stroke Drills	REC	D	СНО
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	= 4	9	

#### Workout #2434 - Tuesday, 22 April 2003 Group 3 - All

#### 1 minute rest between sets

6:00 PM Start

Yards Set Description	EGY	WORF
=======================================		====
1 on 30:00 Plyometrics/strech		I
500 5 x 100 on 2:00 Stroke Drills	REC	Γ
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
f 12 x 25 on :40 12.5 yds under wat	er EN2	F
900 4x{1 x 100 on 1:30 Lungbuster pulls	EN1	E
{ breathe 3-5-7-5		
$\{1 \times 125 \text{ on } 2:00 \text{ Pulls hold strmln} \}$	EN1	E
{ until feet pass flag		
1,350 3x{4 x 75 on 1:05 Freestyle	EN1	٤
$\{1 \times 150 \text{ on } 2:15 50 \text{ clsd fist } 50 6\}$	bk EN1	٤
{ 50 closed fist		
250 1 x 250 on 4:00 Stroke Drills	REC	Γ
7:54 PM 4,500 Yards - Stress Value =	52	

EGY WORK S

#### Workout #2435 - Wednesday, 23 April 2003 Group 3 - All 1 minute rest between sets

	6:00	PM Start		
Yards	Se	et Description	EGY	WORF
=====	==		===	====
	1	on 30:00 Bolles school/strtch		I
600	3	x 200 on 4:00 Reverse IM drill	REC	Ι
1,600	4x{1	x 300 on 6:30 Kick	EN2	ľ
	{ 1	x 100 on 1:30 Kick 100% effort	EN3	ľ
750	1x{5	x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	E
	{ 5	x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	E
1,600	2x{1	x 125 on 1:55 Free L.25 4 breaths	EN1	٤
	{ 2	x 50 on :45 Freestyle	EN1	٤
	{ 1	x 125 on 1:50 Free L.25 3 breaths	EN1	٤
	{ 2	x 50 on :45 Freestyle	EN1	٤
	{ 1	x 125 on 1:45 Free L.25 2 breaths	EN1	٤
	{ 2	x 50 on :45 Freestyle	EN1	٤
	{ 1	x 125 on 1:40 Free L.25 1 breath	EN2	٤
250	1	x 250 on 5:00 Stroke Drills	REC	Ι
	7:58	PM 4,800 Yards - Stress Value = 73	3	

#### Workout #2436 - Thursday, 24 April 2003 Group 3 - All

#### 1 minute rest between sets

Varde	6:00 PM Start Set Description	EGY	MOE
		===	WOF
	1 on 30:00 Run around the lake		
400	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	
	$\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	$\{4 \times 25 \text{ on } : 35 \text{ Kick no board}$	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	$\{4 \times 25 \text{ on } : 30 \text{ Kick no board}$	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	
	$\{1 \times 250 \text{ on } 4:00 \text{ 3.5 mim swim } 30\text{s rst}$	EN1	
400	$4 \times 100$ 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	6:00				t otion		EGY	MO
		- L	Desc					
	1		20.		C+ om:	ach and Stretch		
600	_						DEC	
600	Τ	Х	600	OH	10:00	O Choice	REC	
180	12	2 2	₹ 15	on	:30	Shooters	SP3	
1,500	3x{1	Х	200	on	4:00	Kick	EN2	
	{ 1	Х	150	on	3:00	Kick	EN2	
	{ 1	Х	100	on	2:00	Kick	EN2	
	{ 1	Х	50 0	on 1	1:00 1	Kick	EN2	
100	1	Х	100	on	2:00	Kick for time	EN3	
1,000	2	Х	500	on	7:00	Pulls-nbbf&w + 2 yds	EN1	
300	1x{1	Х	100	on	2:00	Individual Medley	EN1	
	{ 1	Х	100	on	1:50	Individual Medley	EN1	
	{ 1	Х	100	on	1:40	Individual Medley	EN1	
1,250	1x{1	Х	200	on	3:30	Backstroke	EN1	
	{ 4	Х	25 0	on :	:30 Ba	ack 12.5 yds under	EN1	

	{ 1	x 175 on 3:00 Backstroke	ENI
	{ 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
250	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

	6:00	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
		on 30:00 Running and Stretch		
600	1	x 600 on 11:00 Swim-kick-pull-swim	REC	
180	12	2 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

6:00 PM Start

Set Description

Yards

## 1 minute rest between sets

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

1 on 30:00 Plyometrics/stretch		LΙ
600 1 x 600 on 11:00 Reverse IM drill	REC	D
180	SP3	S
1,500 2x{1 x 100 on 1:45 Kick	EN2	K (
	EN2	K
•		K (
•		K
•		K (
$\{2 \times 25 \text{ on } : 30 \text{ Kick no board}\}$	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	SF
$\{1 \times 50 \text{ on } :55 \text{ Butterfly } 2-6-2 \}$	EN1	SF
$\{1 \times 75 \text{ on } 1:20 \text{ Butterfly } 2-5-2 \}$	EN1	SF
{2 x 100 on 1:30 Individual Medley	EN1	S
<del>-</del>	EN1	SF
$\{1 \times 50 \text{ on } : 50 \text{ Butterfly } 2-3-2\}$	EN1	SF
$\{1 \times 25 \text{ on } : 25 \text{ Butterfly}\}$	EN1	SF
{2 x 100 on 1:30 Individual Medley	EN1	S
250 1 x 250 on 5:00 Stroke Drills		D
		ט
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	ΡN	1 St	tart	5				
Yards				_	ption			WORK	
=====							===	====	
						es school/stetch		L	
600						Stroke Drills	REC		
180						Shooters	SP3		
	•				1:45		EN2		
						ick no board	EN2		
	•				1:50		EN2		
						ick no board	EN2		
	-				1:55		EN2	K	C
						ick no board	EN2	K	
1,000	20	) >	₹ 50	on	:45 1	Pulls odds br ev 7	EN1	P	
	6	eve	ens i	nbbi	f&w +	2yds			
300	3	Х	100	on	1:30	Freestyle-descend	EN1	S	
	1x{1	Х	150	on	2:15	Freestyle	EN1	S	
	{ 1	Х	150	on	2:10	Freestyle	EN1	S	
	{ 1	Х	150	on	2:05	Freestyle	EN1	S	
	{ 1	Х	150	on	2:10	Freestyle	EN1	S	
	{ 1	Х	150	on	2:05	Freestyle	EN1	S	
	{ 1	Х	150	on	2:00	Freestyle	EN2	S	
	{ 1	Х	150	on	2:05	Freestyle	EN1	S	
	{ 1	Х	150	on	2:00	Freestyle	EN2	S	
	{ 1	Х	150	on	1:55	Freestyle	EN2	S	
	{ 1	Х	150	on	2:00	Freestyle	EN2	S	
	{ 1	Х	150	on	1:55	Freestyle	EN2	S	
	{ 1	Х	150	on	1:50	Freestyle	EN2	S	
250	1	Х	250	on	4:00	Stroke Drills	REC	D	
	8:11	ΡN	15,6	630	Yards	s - Stress Value =	80		

#### Workout #2441 - Saturday, 03 May 2003 Group 3 - All

#### 1 minute rest between sets

Yards	10:00 AM Start Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,600	4x{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	$\{4 \times 25 \text{ on } : 45 \text{ Kick no brd/} 12.5 \text{ und }$	EN2	
	{ 25's alt fly & back		
1,200	1x{3 x 200 on 2:45 Pulls	EN1	
	{2 x 200 on 2:40 Pulls	EN2	
	{1 x 200 on 2:35 Pulls	EN2	
200	$8 \times 25$ on :30 IM order-build	EN1	
2,000	$1x{4 x 125 on 2:00 Freestyle}$	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:55 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:50 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:45 Freestyle	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	12:27 PM 6,230 Yards - Stress Value = 17	79	

#### Workout #2442 - Monday, 05 May 2003 Group 3 - All

#### 1 minute rest between sets

Yards	6:00 PM Start Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	

	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
250	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

		et Description	EGY	
=====			===	===
000		on 30:00 Bolles school/stretc		
800		x 100 on 1:45 Stroke Drills	REC	
		odds free evns nonfr		
180		2 x 15 on :30 Shooters	SP3	
1,500		x 150 on 2:45 Kick	EN2	
		x 125 on 2:20 Kick	EN2	
		x 100 on 1:55 Kick	EN2	
	,	odds fr evens breast		
1,200		x 200 on 2:50 Pulls-nbbf&w + 2 yds		
	-	x 100 on 1:25 Pulls-nbbf&w + 2 yds		
	-	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	
		x 100 on 2:00 Freestyle	REC	
50		x 50 on 3:00 Buttrfly OTB fortime	EN3	
250		x 250 on 5:00 Stroke Drills	REC	
		PM 5,880 Yards - Stress Value = 65		

#### Workout #2444 - Wednesday, 07 May 2003 Group 3 - All

#### 1 minute rest between sets

	6:00	PM	I St	tart	ī.			
Yards	Se	et	Des	crip	ption		EGY	WORF
=====	==		====				===	====
	1	on	30	:00	Plyir	metrics/stretch		I
800	4	Х	200	on	3:30	Swim-kick-pull-swim	REC	٤
180	12	2 x	15	on	:30 \$	Shooters	SP3	٤
1,600	16	ο x	100	or O	n 2:00	) Kick odds 100%	EN2	ľ
1,350	1x{8	Х	75 (	on 1	l:05 I	Pulls-nbbf&w + 2 yds	EN1	E
	{ 6	Х	75 (	on 1	1:00 I	Pulls br 5-6-7	EN1	E
	{ 4	Х	75 (	on :	:55 Pı	ılls	EN2	E
300	12	2 x	25	on	:30	IM order-build	EN1	٤
2,400	1x{1	Х	400	on	5:30	Freestyle	EN2	٤
	{ 1	Х	400	on	5:20	Freestyle	EN2	۶
	{ 1	Х	400	on	5:10	Freestyle	EN2	٤
	{ 1	Х	400	on	5:00	Freestyle	EN2	۶
	{ 1	Х	400	on	4:50	Freestyle	EN2	٤
	{ 1	Х	400	on	4:40	Freestyle	EN2	٤
250	1	Х	250	on	5:00	Stroke Drills	REC	Ι
	8:29	PM	6.8	380	Yards	s - Stress Value = 1	0.6	

## Workout #2445 - Thursday, 08 May 2003 Group 3 - All

#### 1 minute rest between sets

	6:00	PM Start		
Yards	Se	et Description	EGY	WORF
=====	==			====
	1	on 29:00 Run and stretch		I
600	3	x 200 on 3:30 Reverse IM drill	REC	Ι
180	12	2 x 15 on :30 Shooters	SP3	٤
1,600	4x{1	x 300 on 5:45 Kick	EN2	ľ
	{ 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	E
	{ 1	x 300 on 4:05 Pulls	EN1	E
300	6	x 50 on :45 Free dwn ez bck fast	EN1	٤
1,550	1x{1	x 200 on 3:00 Backstroke	EN1	٤
	{ 4	x 50 on 1:15 Backstroke 15m under	EN1	٤
	{ 1	x 200 on 2:55 Backstroke	EN2	٤
	{ 4	x 50 on 1:15 Backstroke 15m under	EN1	٤
	{ 1	x 200 on 2:50 Backstroke	EN2	٤
	{ 1	x 200 on 2:45 Backstroke	EN2	٤
	{ 4	x 50 on 1:15 Backstroke 15m under	EN1	٤
	{ 1	x 100 on 2:00 Freestyle	REC	٤
	{ 1	x 50 on 3:00 Back OTB for time	SP2	٤
250	1	x 250 on 4:00 Stroke Drills	REC	Ι
	8:30	PM 6,280 Yards - Stress Value = 1	01	

## Workout #2446 - Saturday, 10 May 2003 Group 3 - All

#### 1 minute rest between sets

Yards	10:00 AM Start Set Description	EGY	WORK
=====	1 20.00 0+	===	====
800	1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 2 on each stroke	REC	L D
180	12 x 15 on :30 Shooters 6 fly/back 6 bck/brs	SP3	S
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

	{1 x 50 on 1:00 Kick 100%	EN3	K
1,200	8 x 150 on 2:05 Lungbuster pulls	EN1	Ρ
	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		Μ
	{1 x 100 on 1:10 Freestyle		Μ
	3rd 50 6bk		
2,000	1x{6 x 100 on 1:10 Freestyle	EN2	S
	{1 on 1:00 Rest		Μ
	{5 x 100 on 1:10 Freestyle	EN2	S
	{1 on 1:00 Rest		Μ
	$\{4 \times 100 \text{ on } 1:10 \text{ Freestyle}$	EN2	S
	{1 on 1:00 Rest		Μ
	{3 x 100 on 1:10 Freestyle	EN2	S
	{1 on 1:00 Rest		Μ
	{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

	4:00 PM Start			
Yards	Set Description	EGY	WORK	S
=====	=======================================	===	====	=
	1 on 29:00 Running and Stretch		L	Γ
800	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
	$\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$	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 #2448 - Tuesday, 13 May 2003 Group 3 - All 1 minute rest between sets			1,200 300 1,400	3 x 400 on 5:45 Pulls EN1 3 x 100 on 1:40 Freestyle-desend EN1 1x{4 x 100 on 2:15 Breaststroke EN1 {2 x 50 on 1:30 Breaststroke OTB EN3	:	P F S F S E S E
Yards	4:00 PM Start Set Description	EGY			{3 x 100 on 2:10 Breaststroke EN1 {2 x 50 on 1:30 Breaststroke OTB EN3 {2 x 100 on 2:05 Breaststroke EN2	;	S E S E
800 180 1,400	<pre>1 on 30:00 Running and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 2x{1 x 100 on 2:30 Kick {1 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick</pre>	REC SP3 EN2 EN2 EN2		300	{2 x 50 on 1:30 Breaststroke OTB EN3 {1 x 100 on 2:00 Breaststroke EN2 {2 x 50 on 1:30 Breaststroke OTB EN3 1 x 300 on 6:00 Stroke Drills REC 6:30 PM 5,480 Yards - Stress Value = 89	:	S E S E D C
	{1 x 100 on 2:15 Kick	EN2			Workout #2451 - Monday, 19 May 2003 Group 3 - All		
	{1 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick	EN2			1 minute rest between sets		
1,350	{1 x 100 on 2:00 Kick 1x{3 x 150 on 2:30 Lungbuster pulls {3 x 150 on 2:25 Lungbuster pulls {3 x 150 on 2:20 Lungbuster pulls	EN2 EN1 EN1 EN1		Yards	4:00 PM Start Set Description EG	Y WO!	
400	{ odds br 3-5-7 { evens br 2-4-6 8 x 50 on 1:00 odds free evns nonfr 1x{3 x 250 on 3:45 Freestyle	EN1 EN2			1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:30 Freestyle REG {1 x 200 on 3:25 150 EN1 50 fast EN	C 1	L I S S
200	{2 x 250 on 3:40 Freestyle {2 x 250 on 3:35 Freestyle 1 x 200 on 4:00 Stroke Drills	EN2 EN2 REC		180	{1 x 200 on 3:20 100 EN1 100 fast EN. {1 x 200 on 3:15 50 EN1 150 fast EN. 12 x 15 on :30 Shooters SP 1x{2 x 100 on 2:25 Kick EN.	3	S S S F K (
	6:30 PM 6,080 Yards - Stress Value = 86  Workout #2449 - Wednesday, 14 May 2003				{1 x 100 on 2:30 Kick no board EN. {2 x 100 on 2:20 Kick EN. {1 x 100 on 2:30 Kick no board EN. {2 x 100 on 2:15 Kick EN.	2	K E K C K E K C
	Group 3 - All 1 minute rest between sets				{1 x 100 on 2:30 Kick no board EN	2	K F
	4:00 PM Start				{2 x 100 on 2:10 Kick EN. {1 x 100 on 2:30 Kick no board EN.		K C K F
Meters	Set Description	EGY			{2 x 100 on 2:05 Kick EN. {1 x 100 on 2:30 Kick no board EN.		K C K F
800	1 on 30:00 Bolles school/stretc 8 x 100 on 2:00 Stroke Drills odds free evens non	REC	===	800 200	16 x 50 on 1:00 Pulls EN 1 x 200 on 3:00 Individual Medley EN $1 \times \{4 \times 400 \text{ on } 5:30 \text{ Freestyle} \}$ EN	1 2	P S S
180	12 x 15 on :30 Shooters 5x{2 x 100 on 2:15 Kick	SP3 EN2			{3 x 300 on 4:10 Freestyle EN: {2 x 200 on 2:45 Freestyle EN:	2	S S
	{2 x 50 on 1:05 Kick no board { 1st 15m dolphin kick { alt between back&fly	EN2		200	{1 x 100 on 1:20 Freestyle EN. 1 x 200 on 4:00 Stroke Drills REG 6:36 PM 6,680 Yards - Stress Value = 12	C	S D
	1x{1 x 500 on 7:55 Pulls {1 x 400 on 6:20 Pulls {1 x 300 on 4:45 Pulls {1 x 200 on 3:10 Pulls	EN1 EN1 EN1 EN1			Workout #2452 - Tuesday, 20 May 2003 Group 3 - All 1 minute rest between sets		
200	{1 x 100 on 1:35 Pulls 1 x 200 on 4:00 Reverse IM drill	EN1 REC					
200	1x{3 x 50 on 1:00 Backstroke 15m under {3 x 100 on 1:55 Backstroke 15m under	EN1		Yards	4:00 PM Start Set Description		WOF
200	{3 x 150 on 2:45 Backstroke 15m under {3 x 200 on 3:30 Backstroke 15m under 1 x 200 on 4:00 Stroke Drills	EN1 EN1 REC		600	1 on 30:00 Plyometrics/stretch 1 x 600 on 11:00 Swim-kick-dril-swim no equipment		
	6:32 PM 5,880 Meters - Stress Value = 7	3		180 1,500	12 x 15 on :30 Shooters 5x{1 x 150 on 3:15 Kick	SP3 EN2	
	Workout #2450 - Thursday, 15 May 2003				{1 x 100 on 2:10 Kick {1 x 50 on 1:05 Kick	EN2 EN2	
	Group 3 - All 1 minute rest between sets			2,000	2 x 1000 on 15:00 Pulls	EN1	
	4:00 PM Start			300 1,800	3 x 100 on 1:40 Freestyle-descend $1x\{3 \times 150 \text{ on } 2:30 \text{ Backstroke} \}$	EN1 EN1	
Yards	Set Description EGY	WORK			{3 x 150 on 2:25 Backstroke {3 x 150 on 2:20 Backstroke	EN1 EN2	
600 180 1,500	1 on 30:00 Stomach and Stretch 1 x 600 on 11:00 Choice REC 12 x 15 on :30 Shooters SP3 2x{4 x 50 on 1:15 Kick-descend EN2 {4 x 50 on 1:10 Kick-descend EN2 {4 x 50 on 1:05 Kick-descend EN2 {3 x 50 on 1:00 Kick-descend EN2 { 1st set free 2nd set { fly or breast	I S S K K	DF CF CF CF CF	200	{3 x 150 on 2:15 Freestyle 1 x 200 on 3:00 Stroke Drills 6:33 PM 6,580 Yards - Stress Value = 86	EN2 REC	

4:00 PM Start

4:00 PM Start

#### Workout #2453 - Wednesday, 21 May 2003 Group 3 - All

#### 1 minute rest between sets

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

#### Workout #2455 - Friday, 23 May 2003 Group 3 - All

#### 1 minute rest between sets

	4.00 IN Start				i minute rest between sets		
Yards	Set Description	EGY	WORF				
		===	====		4:00 PM Start		
	1 on 25:00 Bolles school		I	Yards	Set Description	EGY	WOF
600	1 x 600 on 11:00 Reverse IM drill	REC		=====	=======================================	===	===
180	12 x 15 on :30 Shooters	SP3	٤		1 on 30:00 Plyometrics/stretch		
1,500	$3x{4 \times 50}$ on 1:15 Kick no board	EN2		800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	{1 x 100 on 2:00 Kick	EN2	ľ	180	12 x 15 on :30 Shooters	SP3	
	· ·	EN2	F	1,000	1x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2			{3 x 50 on 1:15 Kick-descend	EN2	
1,000	·	EN1			{1 x 100 on 2:05 Kick	EN2	
	{1 x 200 on 3:05 Pulls	EN1	E		{3 x 50 on 1:10 Kick-descend	EN2	
	•	EN1	E		{1 x 100 on 2:10 Kick	EN2	
	{1 x 200 on 2:55 Pulls	EN1	E		$\{3 \times 50 \text{ on } 1:05 \text{ Kick-descend}\}$	EN2	
	{1 x 200 on 2:50 Pulls	EN2	E		{1 x 100 on 2:15 Kick	EN2	
300	2 x 150 on 2:30 1st 50 2bk 2nd 50	EN1	٤		{3 x 50 on 1:00 Kick-descend	EN2	
	4bk 3rd 50 6bk			1,000	1x{1 x 500 on 7:30 Pulls	EN1	
1,800	$1x{4 x 50 on 2:00 From dive/15 pushups}$		٤		$\{1 \times 500 \text{ on } 7:15 \text{ Pulls}$	EN1	
	{1 x 100 on 2:00 Breaststroke	EN2	٤	300	2 x 150 on 2:30 1st 50 2bk 2nd 50	EN1	
	$\{4 \times 50 \text{ on } 2:00 \text{ From dive/15 pushups}\}$				4bk 3rd 50 6bk		
	{2 x 100 on 1:55 Breaststroke	EN2	٤	1,400	1x{3 x 100 on 2:00 Butterfly 2-6-2	EN1	
	$\{4 \times 50 \text{ on } 2:00 \text{ From dive/15 pushups}\}$		٤		$\{1 \times 50 \text{ on } 1:00 \text{ Butterfly 1up 3 down}\}$	EN3	
	{3 x 100 on 1:50 Breaststroke	EN2			{3 x 100 on 1:55 Butterfly 2-5-2	EN1	
	$\{4 \times 50 \text{ on } 2:00 \text{ From dive/15 pushups}\}$				$\{1 \times 50 \text{ on } 1:00 \text{ Butterfly lup 4 down}\}$	EN3	
		EN2			${3 \times 100 \text{ on } 1:50 \text{ Butterfly } 2-4-2}$	EN1	
200	1 x 200 on 3:00 Stroke Drills		Ι		$\{1 \times 50 \text{ on } 1:00 \text{ Butterfly lup 5 down}$	EN3	
	6:36 PM 5,580 Yards - Stress Value = 8	3			$\{3 \times 100 \text{ on } 1:45 \text{ Butterfly } 2-3-2$	EN1	
					{1 x 50 on 1:00 Butterfly lup 6 down	EN3	
	Workout #2454 - Thursday, 22 May 2003			300	1 x 300 on 5:00 Stroke Drills	REC	

#### Workout #2454 - Thursday, 22 May 2003 Group 3 - All

#### 1 minute rest between sets

Meters		Description	FCV	WORK
=====				
		on 25:00 Stomach and Stretch		L
600	6 2	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 :	k 100 on 2:15 Kick	EN1	K
	{1 2	k 100 on 1:55 Kick	EN2	K
	{1 2	k 100 on 2:15 Kick	EN1	K
	{1 2	k 100 on 1:50 Kick	EN2	K
	{1 2	k 100 on 2:15 Kick	EN1	K
	{1 2	k 100 on 1:45 Kick	EN2	K
	{1 2	k 100 on 2:15 Kick	EN1	K
900	3 2	x 300 on 4:30 Pulls	EN1	P
200	1 2	<pre>c 200 on 3:00 Free-build each 50</pre>	EN1	S
	1x{1 2	x 50 on :55 Butterfly	EN1	S
	{2 :	k 50 on :50 Backstroke	EN1	S
	{3 2	x 50 on 1:00 Breaststroke	EN1	S
	{ 4 2	k 50 on :45 Freestyle	EN1	S
	{1 2	<pre>&lt; 200 on 3:30 Individual Medley</pre>	EN1	S
		k 50 on :55 Butterfly	EN1	S
	•	k 50 on :50 Backstroke	EN1	S
		50 on 1:00 Breaststroke	EN1	S
		<pre>   50 on :45 Freestyle </pre>	EN1	S
		<pre>x 200 on 3:30 Individual Medley</pre>	EN1	S
		x 50 on :55 Butterfly	EN1	S
	•	k 50 on :50 Backstroke	EN1	S
		50 on 1:00 Breaststroke	EN1	S
		<pre> 50 on :45 Freestyle</pre>	EN1	S
		<pre>x 200 on 3:30 Individual Medley</pre>	EN1	S
		x 50 on :55 Butterfly	EN1	S
	-	k 50 on :50 Backstroke	EN1	S
	-	<pre>&lt; 50 on 1:00 Breaststroke</pre>	EN1	S
	-	k 50 on :45 Freestyle	EN1	S
	-	<pre>&lt; 200 on 3:30 Individual Medley</pre>		S
200	1 2	x 200 on 4:00 Stroke Drills	REC	D

#### Workout #2456 - Saturday, 24 May 2003 Group 3 - All

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

	10:00 AM Start		
Yards	Set Description	EGY	WOI
		===	===
	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	
	$3x{1 \times 50 \text{ on :00 Butterfly}}$	SP2	
	$\{1 \times 150 \text{ on } 4:00 \text{ Freestyle}$	REC	
	{1 x 50 on :00 Backstroke	SP2	
	{1 x 150 on 4:00 Freestyle	REC	
	{1 x 50 on :00 Breaststroke	SP2	
	$\{1 \times 150 \text{ on } 4:00 \text{ Freestyle}$	REC	
300	6 x 50 on 1:15 Stroke Drills	REC	
	12:01 PM 4,880 Yards - Stress Value = 80	C	

#### Workout #2457 - Tuesday, 27 May 2003 Group 3 - All 1 minute rest between sets

	4:00 PM Start		
Meters	Set Description	EGY	WORF
		===	====
	1 on 30:00 Stomach and Stretch		I
800	8 x 100 on 1:45 Stroke Drills	REC	Γ
	odds free evns nonfr		
180	12 x 15 on :30 Shooters	SP3	٤
1,000	1x{2 x 100 on 2:15 Kick	EN2	F
	{2 x 100 on 2:10 Kick	EN2	F
	{2 x 100 on 2:05 Kick	EN2	ŀ
	{2 x 100 on 2:00 Kick	EN2	ŀ
	{2 x 100 on 1:55 Kick	EN2	ŀ
1,200	1x{3 x 200 on 3:00 Pulls	EN1	E
	{2 x 200 on 2:55 Pulls	EN1	E
	{1 x 200 on 2:50 Pulls	EN1	Ε
500	$10 \times 50$ on :55 Descend in sets of 3	EN1	٤
	hold #10 as fast as9		
2,400	$1x{1 \times 800 \text{ on } 15:00 \text{ Freestyle for time}}$	EN2	٤
	{8 x 100 on 1:30 Freestyle	EN2	٤
	{4 x 200 on 3:00 Freestyle	EN2	٤
300	1 x 300 on 6:00 Stroke Drills	REC	Ι
	6:30 PM 6,380 Meters - Stress Value = 1	101	

#### Workout #2458 - Wednesday, 28 May 2003 Group 3 - All

#### 1 minute rest between sets

	4:00	PN	1 St	cart	Į			
Meters	Se	∍t	Desc	crip	ption		EGY	WOE
=====	==	===					===	===
	1	or	1 30:	:00	Stom	ach and Stretch		
800	1	Х	800	on	15:0	O Swim-kick-pull-swim	REC	
180	12	2 2	15	on	:30	Shooters	SP3	
	2x{4	Х	50 0	on I	1:10	Kick no board	EN2	
	{ 3	Х	100	on	2:00	Kick-descend	EN2	
1,200	8	Х	150	on	2:20	Pulls breathe 3-4-5	EN1	
600	3	Х	200	on	3:30	Individual Medley	EN1	
	1x{4	Х	100	on	1:45	Backstroke	EN1	
	{ 2	Х	150	on	2:35	Backstroke	EN1	
	{ 3	Х	100	on	1:45	Backstroke	EN1	
	{ 2	Х	150	on	2:35	Backstroke	EN1	
	{ 2	Х	100	on	1:45	Backstroke	EN1	
	{ 2	Х	150	on	2:35	Backstroke	EN1	
	{ 1	Х	100	on	1:45	Backstroke	EN1	
	{ 2	Х	150	on	2:35	Backstroke	EN1	
200	1	Х	200	on	3:00	Stroke Drills	REC	
	6:31	PN	16,1	180	Mete	rs - Stress Value = 72	2	

#### 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	EN2	K
	{1 x 250 on 5:25 Kick	EN2	K
	{1 x 200 on 4:20 Kick	EN2	K
	{1 x 150 on 3:15 Kick	EN2	K
	{1 x 100 on 2:10 Kick	EN2	K
	{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	$6 \times 50$ on :50 Descend in sets of 3	EN1	S
1,400	$1x{4 x 50 on 1:00 Breaststroke}$	EN1	S
	$\{1 \times 200 \text{ on } 4:00 \text{ Breaststroke} \}$	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	S
=====	=======================================	===	====	=
	1 on 30:00 Plyometrics/stretch		L	Γ
800	8 x 100 on 1:45 Stroke Drills	REC	D	C
	2 on each stroke			
180	12 x 15 on :30 Shooters	SP3	S	E
	$1x{1 x 100 on 2:15 Kick no board}$	EN2	K	E
	{2 x 100 on 2:15 Kick	EN2	K	C
	$\{2 \times 100 \text{ on } 2:15 \text{ Kick no board}$	EN2	K	F
	{3 x 100 on 2:15 Kick	EN2	K	C
	{3 x 100 on 2:15 Kick no board	EN2	K	E
	6x{1 x 50 on 1:00 Pulls br ev 9	EN1	P	
	$\{1 \times 50 \text{ on } :55 \text{ Pulls br ev } 8$	EN1	P	
	$\{1 \times 50 \text{ on } : 50 \text{ Pulls br ev } 7$	EN1	P	
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls br ev } 6$	EN1	P	
	$\{1 \times 50 \text{ on } : 40 \text{ Pulls br ev } 5$	EN2	P	
400	2 x 200 on 3:30 Individual Medley	EN1	S	
	$1x\{2 \times 250 \text{ on } 4:00 \text{ Freestyle}$	EN1	S	
	$\{2 \times 250 \text{ on } 3:55 \text{ Freestyle}$	EN1	S	
	$\{2 \times 250 \text{ on } 3:50 \text{ Freestyle}$	EN1	S	
	$\{2 \times 250 \text{ on } 3:45 \text{ Freestyle} \}$	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	PN	1 St	tart	5			
Yards	Se	et	Des	crip	otion		EGY	WORK
	==	-=-					===	====
	1	or	30 a	:00	Stoma	ach and Stretch		L
800	1	Х	800	on	15:00	) Choice	REC	S
180	12	2 2	15	on	:30 \$	Shooters	SP3	S
1,000	4x{1	Х	150	on	3:00	Kick	EN2	K
	{ 2	Х	50 0	on 1	L:05 I	Kick no board	EN2	K
1,600	1x{1	Х	100	on	1:30	Pulls	EN1	P
	{ 1	Х	200	on	3:00	Pulls	EN1	P
	{ 1	Х	300	on	4:30	Pulls	EN1	P
	{ 1	Х	400	on	6:00	Pulls	EN1	P
	{ 1	Х	300	on	4:15	Pulls	EN1	P
	{ 1	Х	200	on	2:50	Pulls	EN1	P
	{ 1	Х	100	on	1:25	Pulls	EN1	P
300	6	Х	50 0	on :	:50 De	escend in sets of 3	EN1	S
2,400	2x{1	Х	150	on	2:35	100 fly 50 back	EN1	S
	{ 1	Х	150	on	2:35	100 back 50 breast	EN1	S
	{ 1	Х	150	on	2:35	100 breast 50 free	EN1	S
	{ 1	Х	150	on	2:35	100 free 50 fly	EN1	S
	{ 1	Х	200	on	3:20	Individual Medley	EN1	S
	{ 1	Х	200	on	3:10	Individual Medley	EN1	S
	{ 1	Х	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

REC

EN1

EN2

REC

S

S

S

 $\{3 \text{ x } 100 \text{ on } 1\text{:}55 \text{ Butterfly } 2\text{-}8\text{-}2 \\ \{1 \text{ x } 50 \text{ on } 1\text{:}30 \text{ Freestyle} \]$ 

{3 x 100 on 1:50 Butterfly 2-7-2

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

{1 x 50 on :50 Breaststroke

1 x 300 on 6:00 Stroke Drills

6:30 PM 6,080 Meters - Stress Value = 75

#### Workout #2462 - Wednesday, 04 June 2003 Group 3 - All

#### 1 minute rest between sets

					{3 x 100 on 1:50 Butterily 2-7-2	ENI	S
	4 00 PM GI				{1 x 50 on 1:30 Freestyle	REC	S
	4:00 PM Start				{1 x 50 on 1:00 Butterfly OTB	EN1	S
Meters	Set Description		WOF		{3 x 100 on 1:45 Butterfly 2-6-2	EN1	S
	=======================================	===	===		{1 x 50 on 1:30 Freestyle	REC	S
	1 on 30:00 Stomach and Stretch				{1 x 50 on 1:00 Butterfly OTB	EN1	S
800	1 x 800 on 15:00 Swim-kick-pull-swim				{3 x 100 on 1:40 Butterfly 2-5-2	EN1	S
180	12 x 15 on :30 Shooters	SP3	25	50	1 x 250 on 4:00 Stroke Drills	REC	D
	1x{1 x 50 on 1:00 Kick	EN2		6:	:30 PM 6,280 Meters - Stress Value =	76	
	{1 x 100 on 2:00 Kick	EN2					
	{1 x 150 on 3:00 Kick	EN2			W. 1. (   2464 F. 1)   06 Y   2002		
	{1 x 200 on 4:00 Kick	EN2			Workout #2464 - Friday, 06 June 2003		
	$\{1 \times 200 \text{ on } 4:00 \text{ Kick no board}$	EN2			Group 3 - All		
	{1 x 150 on 3:00 Kick no board	EN2			1 minute rest between sets		
	{1 x 100 on 2:00 Kick no board	EN2					
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board}$	EN2		4 :	:00 PM Start		
	$1x\{2 \times 50 \text{ on } :50 \text{ Pulls br ev } 3$	EN1	Meter		Set Description	EGY	WOF
	{1 x 200 on 3:00 Pulls	EN1	=====		=======================================		
	$\{2 \times 50 \text{ on } :50 \text{ Pulls br ev } 5$	EN1			1 on 30:00 Stomach and Stretch		
	{1 x 200 on 2:55 Pulls	EN1		13	x{1 x 50 on 1:00 Freestyle	EN1	
	$\{2 \times 50 \text{ on } :50 \text{ Pulls br ev } 7$	EN1			{1 x 100 on 1:50 Freestyle	REC	
	{1 x 200 on 2:50 Pulls	EN1			{1 x 150 on 2:35 Freestyle	EN1	
	{2 x 50 on :50 Pulls br ev 9	EN1			{1 x 200 on 3:15 Freestyle	EN1	
	{1 x 200 on 2:45 Pulls	EN1			{1 x 150 on 2:20 Freestyle	EN1	
	{2 x 50 on :50 Pulls br ev 11	EN1			{1 x 100 on 1:30 Freestyle	EN1	
	1 x 200 on 2:40 Pulls	EN1			{1 x 50 on :40 Freestyle	EN1	
300	2 x 150 on 2:30 1st 50 2bk 2nd 50	EN1	1.0	80	12 x 15 on :30 Shooters	SP3	
	4bk 3rd 50 6bk		10		x{1 x 100 on 2:15 Kick	EN2	
	2x{1 x 150 on 2:30 Backstroke	EN2		12	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:00 Backstroke	EN1			{1 x 100 on 2:10 kick	EN2	
	{1 x 50 on :55 Backstroke	EN1			{1 x 100 on 2:03 kick	EN2	
	{1 x 50 on :50 Backstroke	EN2			{1 x 100 on 2:10 kick	EN2	
	{1 x 150 on 2:25 Backstroke	EN2			{1 x 100 on 2:05 kick	EN2	
	{1 x 50 on 1:00 Backstroke	EN1			{1 x 100 on 2:00 kick	EN2	
	{1 x 50 on :55 Backstroke	EN1			·		
	{1 x 50 on :50 Backstroke	EN2			{1 x 100 on 2:00 Kick	EN2	
	{1 x 150 on 2:20 Backstroke	EN2			{1 x 100 on 1:55 Kick	EN2	
	{1 x 50 on 1:00 Backstroke	EN1		0-	{1 x 100 on 3:00 Kick for time	EN2	
	{1 x 50 on :55 Backstroke	EN1		83	x{1 x 150 on 2:15 Pulls	EN1	
	{1 x 50 on :50 Backstroke	EN2	4.0	0.0	{1 x 50 on 1:00 Pulls 3 breaths	EN1	
	{1 x 150 on 2:15 Backstroke	EN2	40	00	4 x 100 on 1:45 50 free 6bk 50 noni		
	{1 x 50 on 1:00 Backstroke	EN1		Τ.Σ	x{3 x 150 on 2:50 Breaststroke	EN1	
	{1 x 50 on :55 Backstroke	EN1			{2 x 150 on 2:40 Breaststroke	EN1	
	{1 x 50 on :50 Backstroke	EN2			$\{1 \times 150 \text{ on } 2:30 \text{ Breaststroke} \}$	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC			$\{1 \times 100 \text{ on } 1:55 \text{ Breaststroke} \}$	EN1	
200					$\{2 \times 100 \text{ on } 1:50 \text{ Breaststroke} \}$	EN1	
	6:30 PM 6,380 Meters - Stress Value = 9	U			{3 x 100 on 1:45 Breaststroke	EN1	
					$\{3 \times 50 \text{ on } 1:00 \text{ Breaststroke} \}$	EN1	
	Workout #2463 - Thursday, 05 June 2003				{2 x 50 on :55 Breaststroke	EN1	
					(1 ** 50 on •50 Property (1)	CIVIL	

300

## 4:00 PM Start

Meters	Set	EGY	WORK	
=====	====		===	====
	1 or	n 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 2	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

Group 3 - All

#### Workout #2465 - Monday, 09 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	
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	9	

#### Workout #2466 - Tuesday, 10 June 2003 Group 3 - All

#### 1 minute rest between sets

	3:30 PM	Start	
Yards	Set	Description	EGY WC
=====	====		=== ==
	1 or	n 30:00 Stomach and Stretch	
800	8 x	100 on 1:30 Stroke Drills	REC
180	12 x	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	3:30 PM Start Set Description	EGY W	C
	=======================================	=== =	=
	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	
	$\{8 \times 75 \text{ on } :55 \text{ Pulls}$	EN1	

300		2 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

		PM St							_
Yards	Se	et Des	crip	otion			EGY	WORK	2
=====	==						===	====	=
					ach and Stre			L	Ι
800	1 (	6 x 50	on	1:00	Stroke Dril	ls	REC	D	C
180	12	2 x 15	on	:30 8	Shooters		SP3	S	
	4x{1	x 100	on	2:00	Kick no boa	ard	EN2	S	Ε
	{ 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		
	1x{1	x 150	on	2:40	Breaststrok	ce -	EN1	S	
	{2	x 150	on	2:35	Breaststrok	ce	EN1	S	
	{ 3	x 150	on	2:30	Breaststrok	ce	EN1	S	
	{ 3	x 150	on	2:25	Breaststrok	ce	EN2	S	
	{2	x 150	on	2:20	Breaststrok	ce	EN2	S	
	-				Breaststrok				
350					Stroke Drill				
					s - Stress V				

#### Workout #2470 - Monday, 16 June 2003 Group 3 - Distance 1 minute rest between sets

#### 6:00 AM Start

	0.00 AM State		
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	
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	$1 \times 300$ 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 = 13	14	

#### Workout #2472 - Monday, 16 June 2003 Group 3 - Distance 1 minute rest between sets

## Group 3 - Distance 1 minute rest between sets

1 minute rest between sets	
	6:00 AM Start  Meters Set Description EGY WOF
3:30 PM Start	-
Yards Set Description EGY WC	
1 on 30:00 Med balls/stretch	{1 x 200 on 3:25 Free L.50 fast EN1
800 8 x 100 on 1:30 Stroke Drills REC	{1 x 200 on 3:20 Freestyle L.100 fast EN1
180 12 x 15 on :45 Shooters SP3	{1 x 200 on 3:15 Freestyle L.150 fast EN1
500 1 x 500 on 9:00 Kick des by 100's EN1	{1 x 200 on 3:10 Freestyle all fast EN1
2,000 1x{2 x 250 on 3:20 Pulls EN1	180
{2 x 250 on 3:15 Pulls EN1	600 1x{2 x 150 on 3:00 Kick EN1
{2 x 250 on 3:10 Pulls EN1	{2 x 150 on 2:55 Kick EN1
{2 x 250 on 3:05 Pulls EN1	1,600 1x{1 x 400 on 6:20 Pulls EN1
600 6 x 100 on 1:30 Descend in sets of 3 EN1	{2 x 200 on 3:00 Pulls EN1 {4 x 100 on 1:25 Pulls EN1
3,000 $1x\{3 \times 500 \text{ on } 6:15 \text{ Freestyle-descend} $ EN1 $\{3 \times 500 \text{ on } 6:05 \text{ Freestyle-descend} $ EN1	{8 x 50 on :40 Pulls EN1
500 5 x 100 on 1:30 Stroke Drills REC	300 6 x 50 on :50 Freestyle EN1
5:56 PM 7,580 Yards - Stress Value = 68	1,500 5x{1 x 200 on :00 Freestyle SP1
,	$\{1 \times 100 \text{ on } 7:30 \text{ Freestyle}$
Workout #2469 - Monday, 16 June 2003	1,000 1 x 1000 on 17:30 Freestyle REC
Group 3 - Sprint	1,000 10 x 100 on 1:30 Freestyle SP1
1 minute rest between sets	400 1 x 400 on 7:00 Freestyle REC
1 minute rest between sets	8:30 AM 7,580 Meters - Stress Value = 217
6:00 AM Start	Western #247/ Toronton 17 Long 2002
Meters Set Description EGY WO	Workout #2476 - Tuesday, 17 June 2003
800 1 x 800 on 15:00 Swim-kick-pull-swim REC	1 minute rest between sets
150	3:30 PM Start
1,500 5x{1 x 150 on 3:30 Kick EN1	Yards Set Description EGY WORK SI
{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 on 30:00 Plyometrics/stretch L DF
{1 x 50 on :50 Pulls 7 breaths EN1	1,000 1 x 1000 on 14:00 Choice REC S CF
$\{1 \times 50 \text{ on } : 50 \text{ Pulls 6 breaths} $ EN1	180
(1 - FO on +FO Dulla F brooths EN1	600 3x{1 x 100 on 1:45 Kick EN1 K F
{1 x 50 on :50 Pulls 5 breaths EN1	·
{1 x 50 on :50 Pulls 4 breaths EN1	{1 x 100 on 1:45 Kick no board EN1 K FI
$\{1 \times 50 \text{ on :} 50 \text{ Pulls 4 breaths} \}$ EN1 2 x 200 on 3:30 Individual Medley EN1	$\{1 \times 100 \text{ on } 1\text{:}45 \text{ Kick no board} \}$ EN1 K FI 2,000 $2x\{1 \times 200 \text{ on } 3\text{:}00 \text{ Pulls} \}$ EN1 P F
{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	{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 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	$\{1 \times 100 \text{ on } 1\text{:}45 \text{ Kick no board} \}$ EN1 K FI 2,000 $2x\{1 \times 200 \text{ on } 3\text{:}00 \text{ Pulls} \}$ EN1 P F
{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 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 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	{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 2:45 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
{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	{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 2:45 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
{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	{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 2:45 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 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	{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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2,900 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 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	{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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2,900 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 {3 x 100 on 1:20 Freestyle EN1 S F
{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	{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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2,900 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 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 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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2,900 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 {3 x 100 on 1:20 Freestyle EN1 S F {3 x 100 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F
{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 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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2,900 1x{1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F
{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  3:30 PM Start Yards Set Description EGY WORK	{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 2:55 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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {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
{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  3:30 PM Start Yards Set Description EGY WORK	{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 2:55 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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2 x 100 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
{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  3:30 PM Start Yards Set Description EGY WORK	{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 2:55 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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2 x 150 on 2:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F
{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  3:30 PM Start Yards Set Description EGY WORK ===== 1 on 30:00 Med balls/stretch L 500 5 x 100 on 1:45 Stroke Drills REC D	{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 2:55 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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2 x 100 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
{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  3:30 PM Start Yards Set Description EGY WORK ===== 1 on 30:00 Med balls/stretch L 500 5 x 100 on 1:45 Stroke Drills REC D 150 10 x 15 on :45 Shooters SP3 S	{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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2 x 100 on 2:40 Pulls EN1 P F {2 x 150 on 2:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F
{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  3:30 PM Start Yards Set Description EGY WORK ===== 1 on 30:00 Med balls/stretch L 500 5 x 100 on 1:45 Stroke Drills REC D	{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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2 x 100 on 2:40 Pulls EN1 P F {2 x 150 on 2:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F
{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  3:30 PM Start Yards Set Description EGY WORK  ===== 1 on 30:00 Med balls/stretch L 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 {1 x 100 on 1:45 Kick EN1 K {1 x 100 on 1:30 Kick EN2 K	{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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2 x 100 on 2:40 Pulls EN1 P F {2 x 150 on 2:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F
{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  3:30 PM Start Yards Set Description EGY WORK  ===== 1 on 30:00 Med balls/stretch L 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 {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 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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2 x 100 on 2:40 Pulls EN1 P F {2 x 150 on 2:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F
1 x 50 on :50 Pulls 4 breaths   EN1	{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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2 x 100 on 2:40 Pulls EN1 P F {2 x 150 on 2:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F
1 x 50 on :50 Pulls 4 breaths	{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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2 x 100 on 2:40 Pulls EN1 P F {2 x 150 on 2:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F
{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  3:30 PM Start Yards Set Description EGY WORK  ===== 1 on 30:00 Med balls/stretch L 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 {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	{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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2 x 100 on 2:40 Pulls EN1 P F {2 x 150 on 2:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F
1 x 50 on :50 Pulls 4 breaths	{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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2 x 100 on 2:40 Pulls EN1 P F {2 x 150 on 2:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F
{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  3:30 PM Start Yards Set Description EGY WORK  ===== 1 on 30:00 Med balls/stretch L 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 {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	{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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2 x 100 on 2:40 Pulls EN1 P F {2 x 150 on 2:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F
1 x 50 on :50 Pulls 4 breaths	{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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2 x 100 on 2:40 Pulls EN1 P F {2 x 150 on 2:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F
1 x 50 on :50 Pulls 4 breaths	{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 2:45 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {1 x 200 on 2:40 Pulls EN1 P F {2 x 100 on 2:40 Pulls EN1 P F {2 x 150 on 2:00 Freestyle EN1 S F {1 x 300 on 4:00 Freestyle EN1 S F

5:47 PM 5,000 Yards - Stress Value = 72

#### Workout #2474 - Tuesday, 17 June 2003 Group 3 - Sprint 1 minute rest between sets

#### 

#### Workout #2477 - Wednesday, 18 June 2003 Group 3 - Sprint

#### 1 minute rest between sets

	6:00 AM Start			
Meters	Set Description	EGY	WORK	Sī
- =====		===	====	==
1,050	$1x\{1 \text{ x 400 on 8:00 Reverse IM drill}$	REC	D	I
2	{1 x 300 on 5:45 Reverse IM drill	REC	D	Ε
5	{1 x 200 on 3:40 Stroke Drills	REC	D	Ε
=	$\{3 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	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
ž.	{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
E	$\{1 \times 250 \text{ on } 3:45 \text{ Pulls}$	EN1	P	F
	{1 x 200 on 3:00 Pulls	EN1	P	F
5	{1 x 150 on 2:15 Pulls	EN1	P	F
5	{1 x 100 on 1:30 Pulls	EN1	P	F
5	$\{1 \times 50 \text{ on } : 45 \text{ Pulls}$	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	Sī
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	5	

#### Workout #2480 - Thursday, 19 June 2003 Group 3 - Distance 1 minute rest between sets

	6:00	ΑN	4 St	tart	5							
Meters	Se	et	Des	crip	otion						EGY	WC
	==	===				===					===	==
800	1	Х	800	on	15:00	) F	Revers	se IN	1 dri	11	REC	
600	1	Х	600	on	12:00	) F	Kick o	odd 1	.00 <b>'</b> s	w/out	EN1	
	ć	a k	ooar	b								
1,600	1x{1	Х	400	on	6:20	Pι	ılls				EN1	
	{ 1	Х	400	on	6:10	Рι	ılls				EN1	
	{ 1	Х	400	on	6:00	Рι	ılls				EN1	
	{ 1	Х	400	on	5:50	Рι	ılls				EN1	
600	3	Х	200	on	3:15	Fı	reesty	/le-c	descei	nd	EN1	
4,500	1x{1	Х	1500	or or	n 22:0	0 0	Frees	style	)		EN2	
	{ 1	Х	1500	or or	1 21:0	0 0	Frees	style	)		EN2	
	{ 1	Х	1500	or or	n 20:0	0 0	Frees	style	)		EN2	
200	1	Х	200	on	4:00	St	croke	Dril	ls		REC	
	8:14	ΑN	1 8,3	300	Mete	rs	- Sti	cess	Value	e = 129	9	

	6:00 AM Start		
Meters	Set Description	EGY	WORF
900	2x{1 x 100 on 2:00 Stroke Drills	REC	Ι
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle 2 beat kck}\}$	EN1	٤
	{1 x 100 on 2:00 Stroke Drills	REC	Ι
	{1 x 50 on :55 Freestyle 4 beat kck	EN1	٤
	{1 x 100 on 2:00 Stroke Drills	EN1	٤
	{1 x 50 on :50 Freestyle 6 beat kck	EN1	٤
150	10 x 15 on :30 Shooters	SP3	S I
	1 on 5:00 Techniques-finishes		Ι
1,000	2x{1 x 100 on 2:10 Kick	EN1	
	{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	E
200	odds br 5-7 evns 4-6	TINT 1	_
300			
2,100	6x{1 x 200 on 3:15 Free last 50 fast		Ę
	, ,	EN1	
400	4 x 100 on 2:00 Stroke Drills 8:05 AM 6,050 Meters - Stress Value = 6		Ι

#### Workout #2475 - Tuesday, 17 June 2003 Group 3 - Sprint 1 minute rest between sets

	3:30 PM Start											
Yards	Set Description	EGY	WOF									
	=======================================											
	1 on 30:00 Plyometrics/stretch											
800	1x{1 x 400 on :00 Reverse IM drill	REC										
	{1 x 400 on 15:00 Swim-kick-pull-swim	REC										
150	10 x 15 on :45 Shooters	SP3										
500	$10 \times 50$ 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	1										

#### Workout #2478 - Wednesday, 18 June 2003 Group 3 - Distance 1 minute rest between sets

	6:00	ΑN	1 S1	tart	5			
Meters	Se	et	Des	crip	otion		EGY	WOF
=====	==	===					===	===
800	1	Х	800	on	14:00	) Swim-kick-pull-swim	REC	
180	13	2 2	15	on	:30 \$	Shooters	SP3	
700	1x{1	Х	250	on	5:00	Kick	EN1	
	{ 1	Х	200	on	4:00	Kick	EN1	
	{ 1	Х	150	on	3:00	Kick	EN1	
	{ 1	Х	100	on	2:00	Kick	EN1	
2,000	2x{1	Х	400	on	5:00	Pulls	EN2	
	{ 1	Х	300	on	4:00	Pulls	EN2	
	{ 1	Х	200	on	2:50	Pulls	EN1	
	{ 1	Х	100	on	1:30	Pulls	EN1	
300	1	Х	300	on	5:15	150 free 150 non fr	EN1	
3,450	1x{3	Х	300	on	4:00	Freestyle	EN2	
	{ 1	Х	400	on	7:00	Freestyle	EN3	
	{ 3	Х	250	on	3:20	Freestyle	EN2	
	{ 1	Х	400	on	7:00	Freestyle	EN3	
	{ 3	Х	200	on	2:40	Freestyle	EN2	
	{ 1	Х	400	on	7:00	Freestyle	EN3	

#### Workout #2482 - Thursday, 19 June 2003 Group 3 - Distance 1 minute rest between sets

 $\{1 \times 125 \text{ on } 6:00 \text{ Freestyle} \}$ 

5 x 50 on 1:00 Stroke Drills

5:54 PM 5,000 Yards - Stress Value = 89

#### Workout #2483 - Friday, 20 June 2003 Group 3 - Distance 1 minute rest between sets

Yards	3:30 PM Start Set Description				Meters	±	EGY	
	1 20.00 0+			==		1-(1 - 400 0:00 Grim high mull coin		===
1,000	1 on 30:00 Stomach and Stretch 1 x 1000 on 16:00 Swim-kick-pull-	- 0 1.1 i m	REC		1,600	1x{1 x 400 on 8:00 Swim-kick-pull-swim 1 {1 x 400 on 7:00 Alt. 100 fr dr, 100 }		
-	1x{1 x 300 on 6:00 Kick	SWIII	EN1			{ non free drill	KEC	
300	{1 x 300 on 5:45 Kick		EN1			{1 x 400 on 8:00 Swim-kick-pull-swim }	DEC	
	{1 x 300 on 5:45 kick		EN1			{1 x 400 on 7:00 Alt. 100 fr dr, 100 }		
1 200	1x{8 x 50 on :50 Pulls		EN1			{ non free drill	IVIIC	
1,200	{8 x 50 on :45 Pulls		EN1		500		EN1	
	{8 x 50 on :40 Pulls		EN1		300	•	EN1	
1 . 000	1x{1 x 1000 on 13:20 Freestyle		EN1			•	EN1	
,	{2 x 500 on 6:40 Freestyle		EN1				EN1	
	{4 x 250 on 3:20 Freestyle		EN1			·	EN1	
	{8 x 125 on 1:40 Freestyle		EN1			•	EN1	
400			REC		1,500	·	EN1	
	5:57 PM 7,500 Yards - Stress Value =	= 61			500		EN1	
		~ -				with a 6 beat kick		
	Workent #2470 Thursday 10 June 2002				3,200		EN2	
	Workout #2479 - Thursday, 19 June 2003				200		REC	
	Group 3 - Sprint					8:11 AM 7,500 Meters - Stress Value = 9		
	1 minute rest between sets					*		
	6:00 AM Start					Workout #2486 - Friday, 20 June 2003		
eters	1		WORK			Group 3 - Distance		
0.50	1 050 on 15.00 Chaica					1 minute rest between sets		
850 150		REC SP3		CF E		2.20 DM C+2x+		
		EN1		E E	Yards	3:30 PM Start	EGY	7 Ta1
, 200	-	EN1			1alus ======			
200	1x{2 x 150 on 2:30 Lungbuster pulls			F		1 on 30:00 Med balls/stretch		
,200	{2 x 150 on 2:25 Lungbuster pulls				1 200	3x{1 x 200 on 3:30 Stroke Drills	REC	,
	{2 x 150 on 2:20 Lungbuster pulls			E	1,200	{1 x 200 on 3:30 Reverse IM drill	REC	
	{2 x 150 on 2:15 Lungbuster pulls			F	500	1 x 500 on 10:00 Kick no board-fly	EN1	
	{ odds br 3-5-7 evens	ENT	P	Г	300	kck 3 lines off each	ENT	-
	{ breathe 4-6-8					wall-odd 50's free		
400	1x{2 x 50 on 1:00 Butterfly	EN1	S	FI		even 50's brst		
100	{2 x 50 on :55 Backstroke	EN1	S	E	2,000	4 x 500 on 7:00 Pulls	EN1	
	•	EN1	S	E	-	$1x\{12 \times 25 \text{ on } : 30 \text{ IM order-build}$	EN1	
	$\{2 \times 50 \text{ on } : 50 \text{ Freestyle} \}$	EN1	S	E		1x{2 x 200 on 3:00 Freestyle	EN1	
.000		EN1	S	E	2,000	{2 x 200 on 2:55 Freestyle	EN1	
,		EN1		E		{2 x 200 on 2:50 Freestyle	EN1	
	•	EN1		Ē		{2 x 200 on 2:45 Freestyle	EN1	
		EN1	S	E		{2 x 200 on 2:40 Freestyle	EN1	
200		REC		-	400	4 x 100 on 1:30 Freestyle descend to		
200	7:57 AM 6,000 Meters - Stress Value				100	ludicrous speed		•
					600	12 x 50 on 1:00 Stroke Drills	REC	7
	W					5:58 PM 7,000 Yards - Stress Value = 56		
	Workout #2481 - Thursday, 19 June 2003					,		
	Group 3 - Sprint							
	1 minute rest between sets							
	3:30 PM Start							
ards	Set Description		GY W					
	1 on 30.00 Stomach and Stratch		== =:	=== I				
====	1 on 30:00 Stomach and Stretch	, p -	EC					
	16 v 50 on . 55 C+ D 11 - 4			Ι				
800			Р3	S Ta				
800 150	$10 \times 15$ on :30 Shooters		דאי 1	ŀ				
800 150	$10 \times 15$ on :30 Shooters $5\times\{1 \times 50 \text{ on } 1:00 \text{ Kick} $	E	N1					
800 150	10 x 15 on :30 Shooters 5x{1 x 50 on 1:00 Kick {1 x 50 on :55 Kick	E E	N1	ľ				
800 150	10 x 15 on :30 Shooters 5x{1 x 50 on 1:00 Kick {1 x 50 on :55 Kick {1 x 50 on :50 Kick	E E	N1 N1	ľ ľ				
800 150 ,000	10 x 15 on :30 Shooters 5x{1 x 50 on 1:00 Kick {1 x 50 on :55 Kick {1 x 50 on :50 Kick {1 x 50 on :45 Kick	E E E	N1 N1 N2	F F				
150 ,000 900	10 x 15 on :30 Shooters 5x{1 x 50 on 1:00 Kick {1 x 50 on :55 Kick {1 x 50 on :50 Kick {1 x 50 on :45 Kick 12 x 75 on 1:00 Pulls br 3-5-7	E E E E	N1 N1 N2 N1	F F F				
800 150 ,000	10 x 15 on :30 Shooters  5x{1 x 50 on 1:00 Kick    {1 x 50 on :55 Kick    {1 x 50 on :50 Kick    {1 x 50 on :45 Kick     12 x 75 on 1:00 Pulls br 3-5-7     1 x 300 on 4:30 Freestyle every 3	E E E E	N1 N1 N2 N1	F F				
800 150 .,000	10 x 15 on :30 Shooters  5x{1 x 50 on 1:00 Kick    {1 x 50 on :55 Kick    {1 x 50 on :50 Kick    {1 x 50 on :45 Kick     12 x 75 on 1:00 Pulls br 3-5-7     1 x 300 on 4:30 Freestyle every 3     25 100% w/ 6 beat ki	E E E E Brd E	N1 N2 N1 N1	F F E E				
800 150 ,000 900 300	10 x 15 on :30 Shooters  5x{1 x 50 on 1:00 Kick    {1 x 50 on :55 Kick    {1 x 50 on :50 Kick    {1 x 50 on :45 Kick     12 x 75 on 1:00 Pulls br 3-5-7     1 x 300 on 4:30 Freestyle every 3	E E E Srd E Srd S	N1 N1 N2 N1	F F F				

REC

REC

č

EN1

EN1

{1 x 400 on 6:00 Pulls {1 x 200 on 3:00 Pulls

900 1x{3 x 100 on 1:30 Freestyle

#### Workout #2484 - Friday, 20 June 2003 **Group 3 - Sprint** 1 minute rest between sets

{1 x 300 on 5:15 Stroke Drills

{1 x 200 on 3:30 Stroke Drills {1 x 100 on 1:45 Stroke Drills

1 x 200 on 3:00 Freestyle

9 x 100 on 1:40 Descend in sets of 3 EN1 1 x 1000 on 15:00 Freestyle

4 x 200 on 4:20 Kick

2,000 1x{1 x 800 on 12:00 Pulls

{1 x 600 on 9:00 Pulls

800

900

200

1,000

	1 minute rest between sets			900		N1 N1
					· ·	N2
	6:00 AM Start			200		EC
Meters	Set Description	EGY		200	8:11 PM 7,500 Meters - Stress Value = 164	
=====			==		, , , , , , , , , , , , , , , , , , , ,	
850	1x{1 x 400 on 8:00 Swim-kick-pull-swim	REC			Workout #2487 - Saturday, 21 June 2003	
	{1 x 100 on 1:45 Freestyle	EN1			Group 3 - Sprint	
	{1 x 100 on 1:40 Freestyle {1 x 100 on 1:35 Freestyle	EN1 EN1			• •	
	{1 x 100 on 1:30 Freestyle	EN1			1 minute rest between sets	
	{1 x 50 on :40 Freestyle	EN1			6:00 PM Start	
150		SP3		Meters		GY WOF
1,200	8x{1 x 100 on 2:05 Kick	EN1		======	=======================================	
	{1 x 50 on 1:10 Sprint kick	EN1		650		EC
1,800	$1x{1 x 300 on 4:45 Pulls}$	EN1		150	10 x 15 on :30 Shooters S	Р3
	{3 x 50 on :45 Pulls br every 5	EN1		1,350	$3x{1 x 150 on :00 Freestyle}$ S	P1
	{1 x 300 on 4:40 Pulls	EN1			·	EC
	{3 x 50 on :50 Pulls br every 7 {1 x 300 on 4:35 Pulls	EN1 EN1				P1
	{3 x 50 on :55 Pulls br every 9	EN1			•	EC
	{1 x 300 on 4:30 Pulls	EN1			`	P1 EC
	{3 x 50 on 1:00 Pulls br every 11	EN1		900	{1 x 50 on 3:00 Stroke Drills R 3x{1 x 100 on 2:15 Kick hold under 1:45 E	
600	- · · · · · · · · · · · · · · · · · · ·	EN1		900	{1 x 100 on 2:00 Kick hold under 1:45 E	
1,200	12 x 100 on 1:30 Freestyle 10 sec res	EN1			•	N2
200	1 x 200 on 4:00 Stroke Drills	REC		900	•	P1
	7:56 AM 6,000 Meters - Stress Value = 64				{1 x 50 on 5:00 Stroke Drills R	EC
					·	P1
	Workout #2485 - Friday, 20 June 2003				•	EC
	Group 3 - Sprint				•	P1
	1 minute rest between sets			1 000	·	EC
				1,000	4 x 250 on 3:45 Pulls E	N1
				600	6 v 100 on 1.20 Freestyle F	M2
	3:30 PM Start			600 500	1	N2 EC
Yards	Set Description	EGY V		600 500	1 x 500 on 8:00 Stroke Drills R	EC
Yards	Set Description				<u>-</u>	EC
=====	Set Description ====================================	=== =			1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184	EC
=====	Set Description 1 on 30:00 Med balls/stretch 2x{3 x 100 on 1:45 Stroke Drills	=== =			1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003	EC
1,000	Set Description  1 on 30:00 Med balls/stretch  2x{3 x 100 on 1:45 Stroke Drills {1 x 200 on 3:30 Reverse IM drill	REC			1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast	EC
1,000	Set Description   1 on 30:00 Med balls/stretch  2x{3 x 100 on 1:45 Stroke Drills  {1 x 200 on 3:30 Reverse IM drill  8x{1 x 18 on :00 Freestyle OTB	=== =			1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003	EC
1,000	Set Description   1 on 30:00 Med balls/stretch  2x{3 x 100 on 1:45 Stroke Drills {1 x 200 on 3:30 Reverse IM drill  8x{1 x 18 on :00 Freestyle OTB	REC REC SP3 REC			1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast 1 minute rest between sets	EC
1,000 400 1,000	Set Description   1 on 30:00 Med balls/stretch  2x{3 x 100 on 1:45 Stroke Drills {1 x 200 on 3:30 Reverse IM drill  8x{1 x 18 on :00 Freestyle OTB {1 x 32 on 1:30 Freestyle 8 x 125 on 2:30 Kick odds 100% effrt  1x{2 x 125 on 1:55 Pulls br 2-3-4-5	REC REC SP3 REC			1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast 1 minute rest between sets  3:30 PM Start	EC
1,000 400 1,000	Set Description	REC REC SP3 REC EN2 EN1 EN1		500	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast 1 minute rest between sets  3:30 PM Start	EC GY WOF
1,000 400 1,000	Set Description	REC REC SP3 REC EN2 EN1 EN1		500 Yards	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast 1 minute rest between sets  3:30 PM Start Set Description E 1 on 30:00 Med balls/stretch	EC GY WOF
1,000 400 1,000 1,000	Set Description	REC REC SP3 REC EN2 EN1 EN1 EN1		Yards =====	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003 Group 3 - Breast 1 minute rest between sets  3:30 PM Start Set Description E ====================================	EC  GY WOF  == ===
1,000 400 1,000 1,000	Set Description	REC REC SP3 REC EN2 EN1 EN1 EN1 EN1		Yards ===== 800 180	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003 Group 3 - Breast 1 minute rest between sets  3:30 PM Start Set Description E ====================================	GY WOF == === EC P3
1,000 400 1,000 1,000	Set Description	REC REC SP3 REC EN2 EN1 EN1 EN1 EN1 EN1 EN1		Yards ===== 800 180	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast  1 minute rest between sets  3:30 PM Start Set Description E ====================================	GY WOF == === EC P3 N1
1,000 400 1,000 1,000	Set Description	REC REC SP3 REC EN2 EN1 EN1 EN1 EN1		Yards ===== 800 180	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast  1 minute rest between sets  3:30 PM Start Set Description E  1 on 30:00 Med balls/stretch 8 x 100 on 1:30 Stroke Drills R 12 x 15 on :45 Shooters S  2x{1 x 125 on 2:25 Kick E {1 x 125 on 2:20 Kick E	GY WOF == === EC P3 N1 N1
1,000 400 1,000 1,000	Set Description	REC REC SP3 REC EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2		Yards ===== 800 180 750	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast  1 minute rest between sets  3:30 PM Start Set Description E  1 on 30:00 Med balls/stretch 8 x 100 on 1:30 Stroke Drills R 12 x 15 on :45 Shooters S  2x{1 x 125 on 2:25 Kick E {1 x 125 on 2:20 Kick E {1 x 125 on 2:15 Kick E	GY WOF == === EC P3 N1 N1 N1
1,000 400 1,000 1,000	Set Description	REC REC SP3 REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2		Yards ===== 800 180 750	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast  1 minute rest between sets  3:30 PM Start Set Description E ====================================	GY WOF == === EC P3 N1 N1
1,000 400 1,000 1,000	Set Description	REC REC SP3 REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2		Yards ===== 800 180 750	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast  1 minute rest between sets  3:30 PM Start Set Description E  1 on 30:00 Med balls/stretch 8 x 100 on 1:30 Stroke Drills R 12 x 15 on :45 Shooters S  2x{1 x 125 on 2:25 Kick E {1 x 125 on 2:20 Kick E {1 x 125 on 2:15 Kick E {1 x 250 on 3:20 Pulls E {2 x 250 on 3:15 Pulls E	GY WOF == === EC P3 N1 N1 N1
1,000 400 1,000 1,000	Set Description	REC REC SP3 REC EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2		Yards ===== 800 180 750	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast  1 minute rest between sets  3:30 PM Start Set Description E  1 on 30:00 Med balls/stretch 8 x 100 on 1:30 Stroke Drills R 12 x 15 on :45 Shooters S 2x(1 x 125 on 2:25 Kick E {1 x 125 on 2:25 Kick E {1 x 125 on 2:15 Kick E {1 x 250 on 3:10 Pulls E {2 x 250 on 3:10 Pulls E {3 x 150 on 2:15 Free 1st 50 2bk, 2nd E	GY WOF == === EC P3 N1 N1 N1 N1 N1
1,000 400 1,000 1,000	Set Description	REC REC SP3 REC EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2		Yards ====== 800 180 750 1,250	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast  1 minute rest between sets  3:30 PM Start Set Description E  1 on 30:00 Med balls/stretch 8 x 100 on 1:30 Stroke Drills R 12 x 15 on :45 Shooters S 2x{1 x 125 on 2:25 Kick E {1 x 125 on 2:25 Kick E {1 x 125 on 2:15 Kick E {1 x 250 on 3:10 Pulls E {2 x 250 on 3:10 Pulls E {3 x 150 on 2:15 Free 1st 50 2bk, 2nd E 50 4bk, 3rd 50 6bk	GY WOF == === EC P3 N1 N1 N1 N1 N1
1,000 400 1,000 1,000	Set Description	REC REC SP3 REC EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2		Yards ====== 800 180 750 1,250	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast  1 minute rest between sets  3:30 PM Start Set Description E  1 on 30:00 Med balls/stretch 8 x 100 on 1:30 Stroke Drills R 12 x 15 on :45 Shooters S 2x(1 x 125 on 2:25 Kick E {1 x 125 on 2:25 Kick E {1 x 125 on 2:15 Kick E {1 x 250 on 3:20 Pulls E {2 x 250 on 3:10 Pulls E {3 x 150 on 2:15 Free 1st 50 2bk, 2nd E 50 4bk, 3rd 50 6bk 1x{3 x 200 on 3:30 Breaststroke E	GY WOF == === EC P3 N1 N1 N1 N1 N1
1,000 400 1,000 1,000	Set Description	REC REC SP3 REC EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2		Yards ====== 800 180 750 1,250	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast  1 minute rest between sets  3:30 PM Start Set Description E ====================================	GY WOF == === EC P3 N1 N1 N1 N1 N1 N1 N1 N1
1,000 400 1,000 1,000	Set Description	REC REC SP3 REC EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2		Yards ====== 800 180 750 1,250	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast  1 minute rest between sets  3:30 PM Start Set Description E ====================================	GY WOF == === EC P3 N1 N2 N2 N2 N2
1,000 400 1,000 1,000	Set Description	REC REC SP3 REC EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2		Yards ====== 800 180 750 1,250	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast  1 minute rest between sets  3:30 PM Start Set Description E ====================================	GY WOF == === EC P3 N1
1,000 400 1,000 1,000	Set Description	REC REC SP3 REC EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2	===	Yards ====== 800 180 750 1,250	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast  1 minute rest between sets  3:30 PM Start  Set Description E	GY WOF == === EC P3 N1 N2 N2 N2 N2 N2 N2 N2 N2
1,000 400 1,000 1,000 300 1,200	Set Description	REC REC SP3 REC EN2 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2	====	Yards ====== 800 180 750 1,250	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast  1 minute rest between sets  3:30 PM Start  Set Description E	GY WOF == === EC P3 N1 N2
1,000 400 1,000 1,000 300 1,200	Set Description	REC REC SP3 REC EN2 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2	====	Yards =====  800 180 750  1,250  450 2,300	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast  1 minute rest between sets  3:30 PM Start Set Description E  1 on 30:00 Med balls/stretch 8 x 100 on 1:30 Stroke Drills R 12 x 15 on :45 Shooters S  2x{1 x 125 on 2:25 Kick E {1 x 125 on 2:25 Kick E {1 x 125 on 2:15 Kick E {1 x 125 on 3:10 Pulls E {2 x 250 on 3:15 Pulls E {1 x 250 on 3:10 Pulls E {1 x 250 on 3:30 Breaststroke E {1 x 200 on 2:45 Individual Medley E {3 x 150 on 1:35 Breaststroke E {1 x 200 on 2:45 Individual Medley E {3 x 50 on :45 Breaststroke E {1 x 200 on 2:45 Individual Medley E {3 x 50 on :45 Breaststroke E {1 x 200 on 2:45 Individual Medley E {3 x 50 on :45 Breaststroke E {1 x 200 on 2:45 Individual Medley E {3 x 50 on :45 Breaststroke E {1 x 200 on 2:45 Individual Medley E {3 x 50 on :45 Breaststroke E {1 x 200 on 2:45 Individual Medley E {3 x 50 on :45 Breaststroke E {1 x 200 on 2:45 Individual Medley E {3 x 50 on :45 Breaststroke E {1 x 200 on 2:45 Individual Medley E	GY WOF == === EC P3 N1
1,000 400 1,000 1,000 300 1,200	Set Description	REC REC SP3 REC EN2 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2	====	Yards ====== 800 180 750 1,250	1 x 500 on 8:00 Stroke Drills R 8:12 PM 6,050 Meters - Stress Value = 184  Workout #2493 - Monday, 23 June 2003  Group 3 - Breast  1 minute rest between sets  3:30 PM Start Set Description E  1 on 30:00 Med balls/stretch 8 x 100 on 1:30 Stroke Drills R 12 x 15 on :45 Shooters S  2x{1 x 125 on 2:25 Kick E {1 x 125 on 2:25 Kick E {1 x 125 on 2:15 Kick E {1 x 125 on 3:10 Pulls E {2 x 250 on 3:15 Pulls E {2 x 250 on 3:15 Free 1st 50 2bk, 2nd E 50 4bk, 3rd 50 6bk  1x{3 x 200 on 2:45 Individual Medley E {3 x 150 on 2:45 Individual Medley E {1 x 200 on 2:45 Individual Medley E	GY WOF == === EC P3 N1 N2

REC

EN1

SP2

REC

EN1

EN1

#### Workout #2495 - Monday, 23 June 2003 Group 3 - Fly 1 minute rest between sets

	3:30 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	====	===
	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	
450	3 x 150 on 2:15 Free 1st 50 2bk, 2nd	i EN1	
	50 4bk, 3rd 50 6bk		
	1x{3 x 200 on 3:00 Butterfly 2-6-2	EN1	
	{1 x 200 on 2:45 Individual Medley	EN2	
	{3 x 150 on 2:10 Butterfly 2-7-2	EN2	
	{1 x 200 on 2:45 Individual Medley	EN2	
	{3 x 100 on 1:25 Butterfly 2-8-2	EN2	
	{1 x 200 on 2:45 Individual Medley	EN2	
	{3 x 50 on :40 Butterfly	EN2	
	{1 x 200 on 2:45 Individual Medley	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	5:43 PM 6,030 Yards - Stress Value = 69	)	

#### Workout #2489 - Monday, 23 June 2003 Group 3 - Middle Distance 1 minute rest between sets

	6:00	ΑN	1 St	art	5			
Meters	Se	et	Desc	crip	otion		EGY	WOF
	==	===		-===			===	===
800	1	Х	800	on	15:00	) Swim-kick-pull-swim	REC	
180	12	2 2	15	on	:45 8	Shooters	SP3	
1,200	1x{2	Х	150	on	3:10	Kick	EN1	
	{ 2	Х	150	on	3:05	Kick	EN1	
	{ 2	Х	150	on	3:00	Kick	EN1	
	{ 2	Х	150	on	2:55	Kick	EN1	
1,200	1x{2	Х	300	on	4:30	Pulls br ev 5	EN1	
	{ 1	Х	300	on	4:25	Pulls br ev 6	EN1	
	{ 1	Х	300	on	4:20	Pulls br ev 7	EN1	
300	3	Х	100	on	1:40	Butterfly	EN1	
3,000	1x{1	Х	500	on	7:15	Freestyle	EN2	
	{ 1	Х	500	on	7:10	Freestyle	EN2	
	{ 1	Х	500	on	7:05	Freestyle	EN2	
	{ 1	Х	500	on	7:00	Freestyle	EN2	
	{ 1	Х	500	on	6:55	Freestyle	EN2	
	{ 1	Х	500	on	6:50	Freestyle	EN2	
400	8	Х	50 0	on 1	L:10 S	Stroke Drills	REC	
	8:11	ΑN	17,0	080	Mete	rs - Stress Value = 10	)2	

#### Workout #2490 - Monday, 23 June 2003 Group 3 - Middle Distance 1 minute rest between sets

	6:00										
Meters	ers Set Description										
=====	==	-=-		-===			====	-===		===	===
800	1	Х	800	on	15:00	O Swim-	-kic	ck-p	oull-swim	REC	
180	12	2 2	k 15	on	:45 \$	Shoote	rs			SP3	
1,200	1x{2	Х	150	on	3:10	Kick				EN1	
	{ 2	Х	150	on	3:05	Kick				EN1	
	{ 2	Х	150	on	3:00	Kick				EN1	
	{ 2	Х	150	on	2:55	Kick				EN1	
1,200	1x{2	Х	300	on	4:30	Pulls	br	ev	5	EN1	
	{ 1	Х	300	on	4:25	Pulls	br	ev	6	EN1	
	{ 1	Х	300	on	4:20	Pulls	br	ev	7	EN1	
300	3	Х	100	on	1:40	Butter	rfly	Į		EN1	
3,000	1x{1	Х	500	on	7:15	Freest	tyle	€		EN2	

	{ 1	Х	500	on	7:10	Freestyle		EN2
	{ 1	Х	500	on	7:05	Freestyle		EN2
	{ 1	Х	500	on	7:00	Freestyle		EN2
	{ 1	Х	500	on	6:55	Freestyle		EN2
	{ 1	Х	500	on	6:50	Freestyle		EN2
400	8	Х	50	on I	1:10 8	Stroke Drills		REC
	8:11	Αl	47.0	080	Metei	rs - Stress Value	=	102

#### Workout #2491 - Monday, 23 June 2003 Group 3 - Middle Distance 1 minute rest between sets

	3:30	PM	St	art	5			
Yards	Se	t :	Desc	crip	otion		EGY	WOF
	==	==:	====	-===			===	===
	1	on	30:	00	Med 1	oalls/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	EN1	
	5	0	4bk,	31	rd 50	6bk		
	1x{6	Х	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	Х	600	on	8:00	Freestyle	EN1	
250	1	x :	250	on	5:00	Stroke Drills	REC	
	5:48	ΡM	6,5	530	Yard	s - Stress Value = 58		

#### Workout #2492 - Monday, 23 June 2003 Group 3 - Middle Distance 1 minute rest between sets

	3:30	PN	1 St	art	5			
Yards	Se	et	Desc	crip	otion		EGY	WOF
=====	==	===		-===			===	===
	1	or	1 30:	:00	Med k	palls/stretch		
800	8	Х	100	on	1:30	Stroke Drills	REC	
180	12	2 >	15	on	:45 \$	Shooters	SP3	
750	2x{1	Х	125	on	2:25	Kick	EN1	
	{ 1	Х	125	on	2:20	Kick	EN1	
	{ 1	Х	125	on	2:15	Kick	EN1	
1,250	1x{2	Х	250	on	3:20	Pulls	EN1	
	{ 2	Х	250	on	3:15	Pulls	EN1	
	{ 1	Х	250	on	3:10	Pulls	EN1	
300	2	Х	150	on	2:15	Free 1st 50 2bk, 2nd	EN1	
	į.	50	4bk,	. 31	rd 50	6bk		
3,000	1x{6	Х	100	on	1:20	Freestyle	EN1	
	{ 4	Х	150	on	2:00	Freestyle	EN1	
	{ 3	Х	200	on	2:40	Freestyle	EN1	
	{ 2	Х	300	on	4:00	Freestyle	EN1	
	{ 1	Х	600	on	8:00	Freestyle	EN1	
250	1	Х	250	on	5:00	Stroke Drills	REC	
	5:48	ΡN	16,5	530	Yards	s - 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 W	ЮF
	==========		=== =	:==
	1 on 30:00 Med b	alls/stretch		
800	8 x 100 on 1:30	Stroke Drills	REC	
180	12 x 15 on :45 S	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 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 Ba	ckstroke	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		

#### Workout #2496 - Tuesday, 24 June 2003 Group 3 - Middle Distance 1 minute rest between sets

	6:00	Z\ 1\	л Q+	- a rt	-			
Meters							EGY	MOI
======	==	===	====	====	=====		===	===
1.200	1 x { 1	v	400	on	• 00	Swim-kick-pull-swim	REC	
1,200						Reverse IM drill		
	-					O Swim-kick-pull-swim		
800						Kick	EN1	
000	•					Kick	EN2	
						Kick	EN1	
	•					Kick	EN2	
	,					Kick	EN1	
	•					Kick	EN2	
	,					Kick	EN1	
						Kick	EN2	
500	•					2bk-4bk-6bk by 50's	EN1	
						Individual Medley	EN1	
3,000						Freestyle	SP2	
-,						0 Freestyle	REC	
1,200						Pulls	EN1	
•						Stroke Drills	REC	
						ers - Stress Value = 10	62	

#### Workout #2497 - Tuesday, 24 June 2003 Group 3 - Middle Distance 1 minute rest between sets

Yards	3:30 PM Start Set Description	EGY	WOF
		===	===
	1 on 30:00 Stomach and Stretch		
800	$1x{1 x 200 on 3:00 Freestyle}$	EN1	
	$\{1 \times 200 \text{ on } 2:50 \text{ Freestyle L.50 fast} \}$	EN1	
	{1 x 200 on 2:40 Freestyle L.100 fast	EN1	
	$\{1 \times 200 \text{ on } 2:30 \text{ Freestyle L.150 fast}$	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	

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

#### 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		
	1x{1 x 200 on 3:00 Freestyle	EN1	
	$\{1 \times 200 \text{ on } 2:50 \text{ Freestyle L.50 fast} \}$	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	
	$\{1 \times 25 \text{ on } : 30 \text{ Freestyle no breath} \}$	EN1	
	$1x{1 x 400 on 6:00 Your Stroke}$	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 #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 = 18	35

REC

#### Workout #2500 - Thursday, 26 June 2003 Group 3 - Middle Distance 1 minute rest between sets

	6:00	AM Start		
Meters	Se	et 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	;	

900	3x{1	Х	150 on 3:15 Kick	EN1
	{ 3	Х	50 on 1:00 Kick no board	EN1
2,500	1x{3	Х	250 on 3:35 Pulls	EN1
	{ 3	Х	250 on 3:30 Pulls	EN1
	{ 2	Х	250 on 3:25 Pulls	EN2
	{ 2	Х	250 on 3:20 Pulls	EN2
450	1x{3	Х	50 on 1:00 Butterfly	EN1
	{ 3	Х	50 on :55 Backstroke	EN1
	{ 3	Х	50 on 1:05 Breaststroke	EN1
2,000	10	) >	<pre>200 on 3:15 Challenge Set!!!!!!</pre>	EN2
400	1	Х	400 on 8:00 Stroke Drills	REC
	8:03	ΑN	4 7,050 Meters - Stress Value = 100	)

{1 x 200 on 3:00 Freestyle {1 x 200 on 3:15 Stroke Drills

#### Workout #2506 - Monday, 07 July 2003 Group 3 - Middle Distance 1 minute rest between sets

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

6:00 AM Start

Set Description

Meters

======

800

#### 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		

#### Workout #2502 - Thursday, 26 June 2003 Group 3 - Middle Distance 1 minute rest between sets

	3:30	PN	1 St	art	:			
Yards	Se	et	Desc	crip	otion		EGY	MC
=====	==	-=-					===	==
	1	or	30:	00	Stoma	ch and Stretch		
	1x{1	Х	150	on	2:30	IM w/out the fly	EN1	
	{ 1	Х	100	on	1:45	Individual Medley	EN1	
	{ 1	Х	150	on	2:30	IM w/out the back	EN1	
	{ 1	Х	100	on	1:40	Individual Medley	EN1	
	{ 1	Х	150	on	2:30	IM w/out the breast	EN1	
	{ 1	Х	100	on	1:35	Individual Medley	EN1	
	{ 1	Х	150	on	2:30	IM w/out the free	EN1	
	{ 1	Х	100	on	1:30	Individual Medley	EN1	
1,000	4	Х	250	on	4:00	Kick	EN2	
	1x{1	Х	800	on	11:00	Pulls	EN1	
	{ 1	Х	800	on	10:30	Pulls	EN1	
	{ 1	Х	800	on	10:00	Pulls	EN1	
1,800	12	2 >	150	or or	n 2:15	Descend in sets of 3	EN2	
300	1	Х	300	on	5:00	Stroke Drills	REC	
	5:41	ΡM	16,5	500	Yards	s - Stress Value = 92		

#### Workout #2503 - Friday, 27 June 2003 Group 3 - Middle Distance 1 minute rest between sets

Meters	6:00 Se				t ption		EGY	WC
=====	==	-=-		-==			===	==
800	1x{1	Х	200	on	3:30	Freestyle	REC	
	<i>{</i> 1	×	200	on	3 • 30	Stroke Drills	REC	

180	13	2 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 = 5	5

#### Workout #2508 - Monday, 07 July 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		
C	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	
		$\{1 \times 125 \text{ on } 1:45 \text{ Pulls no br L. 8 yds}$	EN1	
		$\{1 \times 125 \text{ on } 1:40 \text{ Pulls no br L.}12 \text{ yds}$	EN1	
		$\{1 \times 125 \text{ on } 1:35 \text{ Pulls no br L.}15 \text{ yds}$	EN1	
	300	$12 \times 25$ 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		

3:30 PM Start

#### Workout #2505 - Monday, 07 July 2003 Group 3 - IM/Stroke 1 minute rest between sets

	6:00	ΑN	⊿ St	cart	Ī.					
Meters	Se	et	Desc	crip	otion				EGY	WOF
	==	-=-							===	===
800	1	Х	800	on	15:00	O Swin	n-kick	-pull-swim	REC	
180	12	2 2	k 15	on	:45 3	Shoote	ers		SP3	
1,000	5x{1	Х	100	on	2:15	Kick			EN1	
	{ 2	Х	50 0	on 1	l:15 E	Kick 1	lst 15r	n under	EN1	
1,200	1x{2	Х	150	on	2:30	Lungk	ouster	pulls	EN1	
	{ 2	Х	150	on	2:25	Lungk	ouster	pulls	EN1	
	{ 2	Х	150	on	2:20	Lungk	ouster	pulls	EN1	
	{ 2	Х	150	on	2:15	Lungk	ouster	pulls	EN1	
300	3	Х	100	on	2:00	50 fr	cee 50	non-free	EN1	
1,800	3x{1	Х	100	on	2:00	Your	Stroke	9	EN1	
	{ 1	Х	100	on	1:55	Your	Stroke	9	EN1	
	{ 1	Х	100	on	1:50	Your	Stroke	9	EN1	
	{ 1	Х	100	on	1:45	Your	Stroke	€	EN1	
	{ 1	Х	200	on	3:30	Indiv	/idual	Medley	EN1	
200	1	Х	200	on	4:00	Strok	ke Dri	lls	REC	
	7:56	ΑN	15,4	180	Mete	rs - 9	Stress	Value = 54	1	

#### Workout #2507 - Monday, 07 July 2003 Group 3 - IM/Stroke

#### 1 minute rest between sets

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	
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	$2x{1 \times 125}$ 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	$1x{5 \times 75}$ 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 #2504 - Monday, 07 July 2003 Group 3 - Sprint 1 minute rest between sets

6:00 AM Start

Meters	Set	Description	EGY	WOF
=====	====		===	===
800	1 x	800 on 15:00 Swim-kick-pull-swim	REC	
180	12 :	k 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	

{ 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

	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	
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	
	$\{1 \times 125 \text{ on } 1:40 \text{ Pulls no br L.}12 \text{ yds}$	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	
	$\{5 \times 75 \text{ on } : 55 \text{ Freestyle} \}$	EN2	
	${3 \times 75 \text{ on } :50 \text{ Freestyle}}$	EN2	
	$\{1 \times 75 \text{ on } : 45 \text{ Freestyle} \}$	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	5:06 PM 3,580 Yards - Stress Value = 43		

#### Workout #2512 - Tuesday, 08 July 2003 Group 3 - Middle Distance 1 minute rest between sets

	6:00	ΑN	1 St	art			
Meters	Se	et	Desc	crip	otion	EGY	WOF
	==	-=-		-==		===	===
800	1	Х	800	on	16:00 Swim-kick-pull-swim	REC	
180	12	2 >	k 15	on	:45 Shooters	SP3	
1,100	1x{3	Х	100	on	2:20 Kick	EN1	
	{ 3	Х	100	on	2:15 Kick	EN1	
	{ 3	Х	100	on	2:10 Kick	EN1	
	{ 2	Х	100	on	2:05 Kick	EN1	
1,500	1x{1	Х	250	on	3:55 Pulls	EN1	
	{ 1	Х	250	on	3:50 Pulls	EN1	
	{ 1	Х	250	on	3:45 Pulls	EN1	
	{ 1	Х	250	on	3:40 Pulls	EN1	
	{ 1	Х	250	on	3:35 Pulls	EN1	
	{ 1	Х	250	on	3:30 Pulls	EN1	
800	4	Х	200	on	3:45 Reverse IM drill	EN1	
1,600	4x{1	Х	150	on	:00 Freestyle	SP2	
	{ 1	Х	250	on	9:00 Freestyle	REC	
	8:09	ΑN	15,9	980	Meters - Stress Value = 10	)6	

#### Workout #2515 - Tuesday, 08 July 2003 Group 3 - Middle Distance 1 minute rest between sets

#### Workout #2516 - Tuesday, 08 July 2003 Group 3 - IM/Stroke 1 minute rest between sets

	3:30 PM Start					3:30	PM	St	art	;				
Yards	Set Description	EGY	WORK	٢	Yards	Se	et 1	Desc	rip	otion		EGY	WORK	٤
=====	=======================================	===	====	=	=====	==			===			= ===	====	=
	1 on 30:00 Stomach and Stretch		L	Ι		1	on	30:	00	Stoma	ach and Stretch		L	Γ
800	16 x 50 on 1:00 Stroke Drills	REC	D	(	800	16	íα	50	on	1:00	Stroke Drills	REC	D	C
	odds free evens non					C	odd:	s fr	ee	evens	s non			
180	12 x 15 on :45 Shooters	SP3	S	(	180	12	2 x	15	on	:45 8	Shooters	SP3	S	C
900	3x{1 x 150 on 3:00 Kick	EN1	K		900	3x{1	x :	150	on	3:00	Kick	EN1	K	
	{1 x 150 on 2:45 Kick no board	EN1	K	F		{ 1	x	150	on	2:45	Kick no board	EN1	K	F
1,200	$1x{1 x 400 on 5:30 Pulls}$	EN1	P		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	5:20	Pulls	EN1	P	
	{1 x 400 on 5:10 Pulls	EN1	P			{ 1	x ·	400	on	5:10	Pulls	EN1	P	
500	5 x 100 on 1:40 Individual Medley	EN1	S			{ 1	X ·	400	on	5:00	Pulls	EN1	P	
900	$3x{1 \times 50 \text{ on } :45 \text{ Your Stroke OTB}}$	SP2	S	٤	600	6	x :	100	on	1:40	Individual Medle	y EN1	S	
	{1 x 50 on 1:15 Your Stroke	SP2	S	٤	1,400	2x{1	x i	200	on	2:30	Freestyle OTB	SP2	S	
	{1 x 200 on 4:00 Freestyle	EN1	S			{ 1	x i	200	on	3:00	Freestyle	SP2	S	
	5:31 PM 4,480 Yards - Stress Value =	68				{ 1	х	300	on	6:00	Freestyle	REC	S	
						5:42	PM	5 <b>,</b> 4	80	Yards	s - Stress Value	= 117		

#### Workout #2511 - Tuesday, 08 July 2003 Group 3 - IM/Stroke 1 minute rest between sets

#### Workout #2510 - Tuesday, 08 July 2003 Group 3 - Sprint 1 minute rest between sets

	6:00	AM S	Start	t										
Meters		et Des						6:00						
							Meters	S	et	Desc	crip	otion	EGY	WOF
800					O Swim-kick-pull-swim			=	===				===	===
180					Shooters	SP3	800					16:00 Swim-kick-pull-swim		
1,100						EN1	180					:45 Shooters	SP3	
					Kick	EN1	1,100	•				2:20 Kick	EN1	
	{ 3	x 100	on on	2:10	Kick	EN1		{ 3	X	100	on	2:15 Kick	EN1	
					Kick	EN1		•				2:10 Kick	EN1	
1,500	1x{1	x 250	on (	3:55	Pulls	EN1		{ 2	X	100	on	2:05 Kick	EN1	
	{ 1	x 250	on (	3:50	Pulls	EN1	1,500	1x{1	X	250	on	3:55 Pulls	EN1	
	{ 1	x 250	on (	3:45	Pulls	EN1		{ 1	X	250	on	3:50 Pulls	EN1	
	{ 1	x 250	on on	3:40	Pulls	EN1		{ 1	X	250	on	3:45 Pulls	EN1	
	{ 1	x 250	on (	3:35	Pulls	EN1		{ 1	X	250	on	3:40 Pulls	EN1	
	{ 1	x 250	on on	3:30	Pulls	EN1		{ 1	X	250	on	3:35 Pulls	EN1	
800	4	x 200	on (	3:45	Reverse IM drill	EN1		{ 1	X	250	on	3:30 Pulls	EN1	
900	1x{1	x 150	on (	:00	IM w/out free	SP2	600	3	Х	200	on	3:45 Reverse IM drill	EN1	
	{ 1	x 150	on (	7:00	Freestyle	REC	900	1x{1	X	150	on	:00 Freestyle	SP2	
	{ 1	x 100	on (	:00	Your Stroke	SP2		{ 1	Х	150	on	7:00 Freestyle	REC	
	{ 1	x 200	on (	7:00	Freestyle	REC		{ 1	X	100	on	:00 Freestyle	SP2	
	{ 1	x 50	on	:00 Y	our Stroke	SP2		{ 1	X	200	on	7:00 Freestyle	REC	
	{ 1	x 250	on (	7:00	Freestyle	REC		{ 1	X	50 0	on :	:00 Freestyle	SP2	
	7:54	AM 5	,280	Mete	rs - Stress Value = 7	4		{ 1	Х	250	on	7:00 Freestyle	REC	
								7:51	ΑM	4 5,0	080	Meters - Stress Value = 72	2	

#### Workout #2514 - Tuesday, 08 July 2003 Group 3 - IM/Stroke 1 minute rest between sets

#### Workout #2513 - Tuesday, 08 July 2003 Group 3 - Sprint 1 minute rest between sets

	3:30 PM Start							
Yards	Set Description	EGY	WORK S		3:30 PM Start			
=====	=======================================	===	==== =	Yards	Set Description	EGY W	ORK	STK
	1 on 30:00 Stomach and Stretch		LΙ	=====	=======================================	=== =	===	===
800	16 x 50 on 1:00 Stroke Drills	REC	D (		1 on 30:00 Stomach and Stretch		L	DRY
	odds free evens non			600	12 x 50 on 1:00 Stroke Drills	REC	D	CHO
180	12 x 15 on :45 Shooters	SP3	S (		odds free evens non			
900	3x{1 x 150 on 3:00 Kick	EN1	K	180	12 x 15 on :45 Shooters	SP3	S	CHO
	{1 x 150 on 2:45 Kick no board	EN1	K F	600	2x{1 x 150 on 3:00 Kick	EN1	K	FR
1,200	1x{1 x 400 on 5:30 Pulls	EN1	P		$\{1 \times 150 \text{ on } 2:45 \text{ Kick no board}$	EN1	K	FLY
	{1 x 400 on 5:20 Pulls	EN1	P	800	$1x{1 x 400 on 5:30 Pulls}$	EN1	P	FR
	{1 x 400 on 5:10 Pulls	EN1	P		$\{1 \times 400 \text{ on } 5:20 \text{ Pulls}$	EN1	P	FR
500	5 x 100 on 1:40 Individual Medley	EN1	S	900	$3x{1 \times 50 \text{ on } :45 \text{ Freestyle OTB}}$	SP2	S	FR
900	3x{1 x 50 on :45 Your Stroke OTB	SP2	Sξ		$\{1 \times 50 \text{ on } 1:15 \text{ Freestyle} \}$	SP2	S	FR
	{1 x 50 on 1:15 Your Stroke	SP2	S S		$\{1 \times 200 \text{ on } 4:00 \text{ Freestyle} \}$	EN1	S	FR
	$\{1 \times 200 \text{ on } 4:00 \text{ Freestyle} \}$	EN1	S		5:06 PM 3,080 Yards - Stress Value	e = 57		
	5:31 PM 4.480 Yards - Stress Value =	68						

## Workout #2517 - Wednesday, 09 July 2003

	{ 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	Yaı	ds - Stress Value	= 10		

	• /	•
Group 3 - Middle	Distance	
1 minute rest bet	tween sets	

	6:00 AM Start				
Meters	Set Description	EGY	WORK	STK	E
=====	=======================================	===	====	===	==
800	1 x 800 on 16:00 Choice	REC	S	СНО	2
180	12 x 15 on :45 Shooters	SP3	S	СНО	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	СНО	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 Va	alue	= 48		

#### Workout #2519 - Wednesday, 09 July 2003 Group 3 - IM/Stroke 1 minute rest between sets

	6:00 AM Start				
Meters	Set Description	EGY	WORK	STK	Ε
=====	=======================================	===	====	===	==
800	1 x 800 on 16:00 Choice	REC	S	CHO	2
180	$12 \times 15$ on :45 Shooters	SP3	S	CHO	Ę
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
	${3 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}$	REC	D	FR	2
	7:52 AM 5,280 Meters - Stress Va	alue	= 45		

#### Workout #2518 - Wednesday, 09 July 2003 **Group 3 - Sprint**

#### 1 minute rest between sets

	6:00 AM Start				
Meters	Set Description	EGY	WORK	STK	E
=====	=======================================	===	====	===	==
800	1 x 800 on 16:00 Choice	REC	S	СНО	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	СНО	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 Va	alue	= 36		

#### Workout #2520 - Tuesday, 02 September 2003 Group 3 - All

#### 1 minute rest between sets

6:00 PM Start

	0.00 111 00010				
Yards	Set Description	EGY	WORK	STF	
	=======================================	===	====	===	
	1 on 20:00 Stomach and Stretch		L	DRY	
400	8 x 50 on :55 Stroke Drills	REC	D	FF	
600	$8 \times 75$ 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	$2x{1 \times 100 \text{ on } 1:45 \text{ Stroke Drills}}$	REC	D	FF	
	$\{1 \times 25 \text{ on } : 30 \text{ Freestyle 2bk} \}$	EN1	S	FF	
	$\{1 \times 25 \text{ on } : 30 \text{ Freestyle 4bk} \}$	EN1	S	FF	
	$\{1 \times 25 \text{ on } : 30 \text{ Freestyle 6bk} \}$	EN1	S	FF	
	$\{1 \times 100 \text{ on } 1:45 \text{ Stroke Drills}$	REC	D	FF	
	$\{1 \times 25 \text{ on } : 30 \text{ Freestyle br ev } 3$	EN1	S	FF	
	$\{1 \times 25 \text{ on } : 30 \text{ Freestyle br ev } 4$	EN1	S	FF	

#### Workout #2521 - Wednesday, 03 September 2003 Group 3 - All

#### 1 minute rest between sets

Yards		PM Start et Description	ECV	WORF
Ialus	56	et bescription	EGI	WORL
=====	==		===	====
		on 20:00 Stomach and Stretch		I
	•		REC	_
	•	x 100 on 2:00 Kick no board		
	{ 2	x 50 on :55 Stroke Drills	REC	Γ
	{ 1	x 100 on 2:00 Kick no board	REC	F
	{ 2	x 25 on :30 Stroke Drills	REC	Γ
	{ 1	x 100 on 2:00 Kick no board	REC	F
120	8	x 15 on :45 Shooters	SP3	٤
	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 1	EN1	E
	1x{3	x 100 on 1:40 Freestyle	EN1	٤
	{ 3	x 100 on 1:35 Freestyle	EN1	٤
	{ 3	x 100 on 1:30 Freestyle	EN1	٤
	-	x 100 on 1:25 Freestyle	EN1	٤
300		x 50 on :55 Stroke Drills	REC	Е
300		PM 3,470 Yards - Stress Value = 31	0	-

#### Workout #2522 - Thursday, 04 September 2003 Group 3 - All

	6:00	PM Start	
Yards	Se	et Description	EGY WOF
	==		
	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	

EGY WORK S

#### Workout #2523 - Monday, 08 September 2003 Group 3 - All

#### 1 minute rest between sets

## Group 3 - All 1 minute rest between sets

						6:00 PM Start	
	6:00 PM Start				Yards	Set Description EGY WORK ST	ľK
Yards	Set Description	EGY	WORK	STK	=====	=======================================	==
=====	=======================================	===	====	===		1 on 20:00 Stomach and Stretch L DR	۲۶
	1 on 20:00 Stomach and Stretch		L	DRY	600	2x{3 x 50 on 1:00 Stroke Drills REC D F	ľR
600	12 x 50 on :55 Stroke Drills	REC	D	CHO		{1 x 100 on 2:00 Kick no board EN1 K FL	LΥ
	every 3rd one nonfre					{2 x 25 on :30 Sprint kick EN2 K F	٦R
120	8 x 15 on :45 Shooters	SP3	S	FR	120	8 x 15 on :45 Shooters SP3 S F	٦R
	4x{1 x 100 on 2:00 Kick	EN1	K	CHO	800	8 x 100 on 2:00 Kick no board EN1 K I	ΙM
	{3 x 50 on 1:00 Kick no board	EN1	K	FLY	800	2 x 400 on 5:45 Pulls EN1 P F	FR
600	2 x 300 on 4:30 Pulls-nbbf&w	EN1	P	FR	300	12 x 25 on :30 IM order-build EN1 S I	ΙM
	$1x\{1 \times 400 \text{ on } 6:00 \text{ Freestyle}$	EN1	S	FR	1,200	$1x\{1 \times 300 \text{ on } 4:00 \text{ Freestyle}$ EN1 S F	?R
	{3 x 50 on 1:00 Backstroke	EN1	S	BK		$\{3 \times 100 \text{ on } 1:30 \text{ Freestyle}  \text{EN1}  \text{S}  \text{F} \}$	FR
	{1 x 300 on 4:30 Freestyle	EN1	S	FR		$\{1 \times 200 \text{ on } 2:50 \text{ Freestyle} \text{ EN1 } \text{S} \text{ F}$	7R
	{3 x 50 on 1:00 Backstroke	EN1	S	BK		$\{2 \times 100 \text{ on } 1:25 \text{ Freestyle}  \text{EN1}  \text{S}  \text{F}$	ľR
	{1 x 200 on 3:00 Freestyle	EN1	S	FR		$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle}  \text{EN1}  \text{S}  \text{F} $	ľR
	{3 x 50 on 1:00 Backstroke	EN1	S	BK		{1 x 100 on 1:20 Freestyle EN1 S F	٦R
	{1 x 100 on 1:30 Freestyle	EN1	S	FR	200	1 x 200 on 4:00 Stroke Drills REC D C	CD
250	1 x 250 on 4:00 Stroke Drills	REC	D			7:39 PM 4,020 Yards - Stress Value = 40	
	7:39 PM 4,020 Yards - Stress Value	= 3	37				

#### Workout #2524 - Tuesday, 09 September 2003 Group 3 - All

#### 1 minute rest between sets

#### Workout #2527 - Monday, 15 September 2003 Group 3 - All 1 minute rest between sets

	6:00	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 20:00 Stomach and Stretch		
600	1	x 600 on 12:00 Swim-kick-pull-swim	REC	
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	
	{ 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		

#### Workout #2525 - Wednesday, 10 September 2003 Group 3 - All

#### 1 minute rest between sets

	5:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 20:00 Stomach and Stretch		I
600	6 x 100 on 2:00 Stroke Drills odds	REC	Ι
	non freestyle		
120	8 x 15 on :45 Shooters	SP3	٤
	$3x{1 x 25 on :30 Kick no board}$	EN1	F
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board}$	EN1	F
	$\{1 \times 75 \text{ on } 1:30 \text{ Kick no board}$	EN1	F
	{1 x 100 on 2:00 Kick no board	EN1	F
600	$12 \times 50$ on :50 Pulls-nbbf&w + 2 yds	EN1	E
300	6 x 50 on :45 Freestyle des in 3's	EN1	٤
	$1x{3 x 125 on 2:00 Freestyle L. 25 fly}$	EN1	٤
	{3 x 125 on 1:55 Freestyle L.25 fly	EN1	٤
	${3 \times 125 \text{ on } 1:50 \text{ Freestyle L. } 25 \text{ fly}}$	EN1	٤
225	1 x 225 on 4:00 Stroke Drills	REC	Ι
	6:36 PM 3,720 Yards - Stress Value = 34	1	

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

6:00 PM Start

Meters Set Description

=====	=======================================	===	====	=
	1 on 25:00 Stomach and Stretch		L	Γ
700	7 x 100 on 1:50 Stroke Drills	REC	D	C
	odds free evns br/fl			
120	8 x 15 on :45 Shooters	SP3	S	
750	$3x{1 \times 100}$ on 2:00 Kick no board	EN1	K	F
	{1 x 75 on 1:30 Kick no board	EN1	K	F
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick no board}$	EN1	K	F
	$\{1 \times 25 \text{ on } : 30 \text{ Kick no board}$	EN1	K	F
800	2 x 400 on 5:45 Pulls	EN1	P	
750	$3x{1 \times 100}$ on 1:50 Individual Medley	EN1	S	
	${3 \times 50 \text{ on } :50 \text{ Freestyle}}$	EN1	S	
1,200	$1x{4 \times 75}$ on 1:20 Backstroke	EN1	S	
	$\{4 \times 75 \text{ on } 1:15 \text{ Backstroke} \}$	EN1	S	
	$\{4 \times 75 \text{ on } 1:10 \text{ Backstroke} \}$	EN1	S	
	$\{4 \times 75 \text{ on } 1:05 \text{ Backstroke} \}$	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	7:53 PM 4,520 Meters - Stress Value	= 42		

	Workout #2529 - Wednesday, 17 September 2003			{ breathe 3-4-5		
	Group 3 - All		700	$2x{4 \times 25 \text{ on :} 30 \text{ IM order}}$	EN1	
	1 minute rest between sets			{1 x 100 on 1:45 Individual Medley	EN1	
	Timilate Test between sets		4 = 0.0	{3 x 50 on :45 Freestyle-descend	EN1	
	5:00 PM Start		1,500	1x{5 x 100 on 1:10 Freestyle	EN2	
Yards	Set Description	EGY W		{1 on 1:00 Rest {4 x 100 on 1:10 Freestyle {1 on 1:00 Rest	EN2	
600	1 on 25:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-swir	n REC		{3 x 100 on 1:10 Freestyle {1 on 1:00 Rest	EN2	
120 600	8 x 15 on :45 Shooters 1x{2 x 100 on 2:00 Kick	SP3 EN1		{2 x 100 on 1:10 Freestyle	EN2	
000	{2 x 100 on 1:55 Kick	EN1		{1 on 1:00 Rest	ENTO	
	{1 x 100 on 1:50 Kick	EN2	400	{1 x 100 on 1:10 Freestyle 4 x 100 on 2:00 Stroke Drills	EN2 REC	
	{1 x 100 on 1:45 Kick	EN2	400	9:00 AM 5,070 Yards - Stress Value = 80	NEC	
100 900	1 x 100 on 3:00 Kick for time $1x\{4 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf\&w} + 2 \text{ yds}$	EN3 EN1		5.00 III 5,070 Iurus Seress varus 50		
	{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1 EN2		Workout #2532 - Saturday, 20 September 2003 Group 3 - Silver		
200	4x{1 x 25 on :30 Freestyle	EN1		1 minute rest between sets		
200	$\{1 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	EN2		1 initiate Test between sets		
1,200	$2x\{1 \times 100 \text{ on } 2:00 \text{ Breaststroke}$	EN1		7:00 AM Start		
	{4 x 25 on :30 Breast 2x pullouts	EN1	Yards		EGY	WOF
	{1 x 100 on 1:55 Breaststroke	EN1	=====	-		
	{4 x 25 on :30 Breast 2X pullouts	EN1		1 on 25:00 Stomach and Stretch		
	{1 x 100 on 1:50 Breaststroke	EN1	600		REC	
	{4 x 25 on :30 Breast 2X pullouts	EN1	120	8 x 15 on :30 Shooters	SP3	
250	5 x 50 on 1:05 Stroke Drills	REC	750	3x{2 x 100 on 2:00 Kick	EN2	
	6:52 PM 3,970 Yards - Stress Value = 4	5		$\{2 \times 25 \text{ on } : 45 \text{ Sprint kick}$	EN3	
			900	$6x{1 x 75 on 1:10 Lungbuster pulls}$	EN1	
	Workout #2530 - Thursday, 18 September 2003			{1 x 75 on 1:05 Lungbuster pulls	EN1	
	Group 3 - All		F 0 0	{ breathe 3-4-5		
	1 minute rest between sets		500	2x{4 x 25 on :30 IM order {1 x 100 on 1:45 Individual Medley	EN1 EN1	
				$\{1 \times 100 \text{ on } 1:45 \text{ individual Mediey} \}$	EN1	
	6:00 PM Start		1.500	1x{5 x 100 on 1:30 Freestyle	EN2	
Meters	Set Description	EGY WO	RF	{1 on 1:00 Rest		
=====	=======================================	=== ==		{4 x 100 on 1:30 Freestyle	EN2	
600	1 on 25:00 Stomach and Stretch		I	{1 on 1:00 Rest		
600	1x{4 x 100 on 2:00 Stroke Drills	REC	Γ	{3 x 100 on 1:30 Freestyle	EN2	
120	{8 x 25 on 1:00 Sculling drills 8 x 15 on :45 Shooters	REC SP3	I S	{1 on 1:00 Rest		
600	1 x 600 on 12:00 Vertical Kicking	EN2	ř	{2 x 100 on 1:30 Freestyle	EN2	
	3x{1 x 50 on 1:00 Pulls-nbbf&w + 2 yds		E	{1 on 1:00 Rest	<b>5370</b>	
	$\{1 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN1	I 300	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \\ 1 \times 300 \text{ on } 5:00 \text{ Stroke Drills} $	EN2 REC	
	$\{1 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN1	E 300	9:00 AM 4,670 Yards - Stress Value = 69	KEC	
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN1	E	5.00 fm 4,070 faras seress variae of		
	$\{1 \times 50 \text{ on } : 40 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN1	E	Workent #2522 Monday 22 Sentember 2002		
800	$4x{3 \times 25 \text{ on } :40 \text{ Butterfly}}$	EN1	ξ	Workout #2533 - Monday, 22 September 2003		
	{3 x 25 on :35 Butterfly	EN1	5	Group 3 - All		
	{2 x 25 on :30 Butterfly {1 on 1:00 Rest	EN1	ξ Ν	1 minute rest between sets		
	·					
	1 IST SET /-4-/- /NO		1*	5 00 7% 01		
	{ 1st set 2-4-2, 2nd } set 2-5-2, 3rd set			5:00 PM Start	ECV	MOE
	{ 1st set 2-4-2, 2nd { set 2-5-2, 3rd set { 2-6-2, 4th set 2-7-2		Yards	Set Description	EGY	
200	{ set 2-5-2, 3rd set	REC		Set Description		
200	{ set 2-5-2, 3rd set { 2-6-2, 4th set 2-7-2		Yards =====	Set Description 1 on 25:00 Stomach and Stretch	===	
200	{ set 2-5-2, 3rd set { 2-6-2, 4th set 2-7-2 1 x 200 on 4:00 Stroke Drills		Yards	Set Description 1 on 25:00 Stomach and Stretch	===	
200	{ set 2-5-2, 3rd set { 2-6-2, 4th set 2-7-2 1 x 200 on 4:00 Stroke Drills 7:44 PM 3,070 Meters - Stress Value = 3		Yards ===== I 600 200	Set Description  1 on 25:00 Stomach and Stretch x 600 on 14:00 Swim-kick-pull-swim	=== REC	
200	{ set 2-5-2, 3rd set { 2-6-2, 4th set 2-7-2 1 x 200 on 4:00 Stroke Drills 7:44 PM 3,070 Meters - Stress Value = 3 Workout #2531 - Saturday, 20 September 2003		Yards ===== I 600 200	Set Description  1 on 25:00 Stomach and Stretch 1 x 600 on 14:00 Swim-kick-pull-swim 8 x 25 on :30 12.5 ez 12.5 fast	REC SP3	
200	{ set 2-5-2, 3rd set { 2-6-2, 4th set 2-7-2 1 x 200 on 4:00 Stroke Drills 7:44 PM 3,070 Meters - Stress Value = 3 Workout #2531 - Saturday, 20 September 2003 Group 3 - Gold		Yards ===== I 600 200	Set Description   1 on 25:00 Stomach and Stretch  1 x 600 on 14:00 Swim-kick-pull-swim  8 x 25 on :30 12.5 ez 12.5 fast  2x{4 x 25 on :40 Kick no board  {1 x 100 on 2:00 Kick  {1 x 75 on 1:25 Kick	REC SP3 EN1	
200	{ set 2-5-2, 3rd set { 2-6-2, 4th set 2-7-2 1 x 200 on 4:00 Stroke Drills 7:44 PM 3,070 Meters - Stress Value = 3 Workout #2531 - Saturday, 20 September 2003		Yards ===== I 600 200	Set Description  1 on 25:00 Stomach and Stretch 1 x 600 on 14:00 Swim-kick-pull-swim 8 x 25 on :30 12.5 ez 12.5 fast  2x{4 x 25 on :40 Kick no board {1 x 100 on 2:00 Kick {1 x 75 on 1:25 Kick {1 x 50 on :55 Kick	REC SP3 EN1 EN1 EN1	
200	{ set 2-5-2, 3rd set { 2-6-2, 4th set 2-7-2 1 x 200 on 4:00 Stroke Drills 7:44 PM 3,070 Meters - Stress Value = 3 Workout #2531 - Saturday, 20 September 2003		Yards ====== I 600 200 700	Set Description  1 on 25:00 Stomach and Stretch 1 x 600 on 14:00 Swim-kick-pull-swim 8 x 25 on :30 12.5 ez 12.5 fast  2x{4 x 25 on :40 Kick no board {1 x 100 on 2:00 Kick {1 x 75 on 1:25 Kick {1 x 50 on :55 Kick {1 x 25 on :25 Kick	REC SP3 EN1 EN1 EN1 EN1 EN1	
200 Yards	{ set 2-5-2, 3rd set { 2-6-2, 4th set 2-7-2 1 x 200 on 4:00 Stroke Drills 7:44 PM 3,070 Meters - Stress Value = 3 Workout #2531 - Saturday, 20 September 2003		Yards ====== I 600 200 700	Set Description   1 on 25:00 Stomach and Stretch  1 x 600 on 14:00 Swim-kick-pull-swim  8 x 25 on :30 12.5 ez 12.5 fast  2x{4 x 25 on :40 Kick no board  {1 x 100 on 2:00 Kick  {1 x 75 on 1:25 Kick  {1 x 50 on :55 Kick  {1 x 25 on :25 Kick  1x{2 x 225 on 3:15 Pulls	REC SP3 EN1 EN1 EN1 EN1 EN2 EN1	
	{ set 2-5-2, 3rd set { 2-6-2, 4th set 2-7-2 1 x 200 on 4:00 Stroke Drills 7:44 PM 3,070 Meters - Stress Value = 3 Workout #2531 - Saturday, 20 September 2003	EGY W	Yards ====== I 600 200 700	Set Description	REC SP3 EN1 EN1 EN1 EN2 EN1 EN1	
Yards	{ set 2-5-2, 3rd set { 2-6-2, 4th set 2-7-2 1 x 200 on 4:00 Stroke Drills 7:44 PM 3,070 Meters - Stress Value = 3	EGY W	Yards ====== I 600 200 700	Set Description	REC SP3 EN1 EN1 EN1 EN2 EN1 EN1	
Yards	{ set 2-5-2, 3rd set } { 2-6-2, 4th set 2-7-2 } 1 x 200 on 4:00 Stroke Drills } 7:44 PM 3,070 Meters - Stress Value = 3	EGY W	Yards ====== I 600 200 700	Set Description	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	
Yards ===== 600 120	<pre>{ set 2-5-2, 3rd set { 2-6-2, 4th set 2-7-2     1 x 200 on 4:00 Stroke Drills 7:44 PM 3,070 Meters - Stress Value = 3      Workout #2531 - Saturday, 20 September 2003</pre>	EGY W = === = n REC SP3	Yards ======= [ 600 200 700 0F == 450	Set Description	REC SP3 EN1 EN1 EN1 EN2 EN1 EN1	
Yards ===== 600 120	<pre>{ set 2-5-2, 3rd set { 2-6-2, 4th set 2-7-2     1 x 200 on 4:00 Stroke Drills 7:44 PM 3,070 Meters - Stress Value = 3      Workout #2531 - Saturday, 20 September 2003</pre>	EGY W = === = n REC SP3 EN2	Yards ======= [ 600 200 700 0F == 450	Set Description	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	
Yards ===== 600 120 825	{ set 2-5-2, 3rd set     { 2-6-2, 4th set 2-7-2     1 x 200 on 4:00 Stroke Drills 7:44 PM 3,070 Meters - Stress Value = 3      Workout #2531 - Saturday, 20 September 2003	EGY W = === = n REC SP3 EN2 EN3	Yards ======= [ 600 200 700 0F == 450	Set Description	REC SP3 EN1	
Yards ===== 600 120 825	<pre>{ set 2-5-2, 3rd set { 2-6-2, 4th set 2-7-2     1 x 200 on 4:00 Stroke Drills 7:44 PM 3,070 Meters - Stress Value = 3      Workout #2531 - Saturday, 20 September 2003</pre>	EGY W = === = n REC SP3 EN2 EN3 EN1	Yards ======= [ 600 200 700 0F == 450	Set Description	REC SP3 EN1	
Yards ===== 600 120 825	<pre>{ set 2-5-2, 3rd set { 2-6-2, 4th set 2-7-2     1 x 200 on 4:00 Stroke Drills 7:44 PM 3,070 Meters - Stress Value = 3      Workout #2531 - Saturday, 20 September 2003</pre>	EGY W = === = n REC SP3 EN2 EN3 EN1 EN1	Yards ====================================	Set Description	REC SP3 EN1	
Yards ===== 600 120 825	{ set 2-5-2, 3rd set     { 2-6-2, 4th set 2-7-2     1 x 200 on 4:00 Stroke Drills 7:44 PM 3,070 Meters - Stress Value = 3      Workout #2531 - Saturday, 20 September 2003	EGY W = === =  n REC SP3 EN2 EN3 EN1 EN1 EN1	Yards ====================================	Set Description	REC SP3 EN1	
Yards ===== 600 120 825	<pre>{ set 2-5-2, 3rd set { 2-6-2, 4th set 2-7-2     1 x 200 on 4:00 Stroke Drills 7:44 PM 3,070 Meters - Stress Value = 3      Workout #2531 - Saturday, 20 September 2003</pre>	EGY W = === = n REC SP3 EN2 EN3 EN1 EN1	Yards ====================================	Set Description	REC SP3 EN1	

#### Workout #2534 - Tuesday, 23 September 2003 Group 3 - All

#### 1 minute rest between sets

	6:00								
Meters	Se	et	Desc	crip	otion			EGY	WOF
=====	==	-=-						===	===
	1	01	n 25:	:00	Stoma	ach and Stre	etch		
800	1	Х	800	on	14:00	Swim-kick-	-pull-swim	REC	
120	8	х	15 d	on :	:45 Sh	nooters		SP3	
800	1x{1	х	100	on	2:15	Kick		EN1	
	{1	х	100	on	2:10	Kick		EN1	
					2:05			EN1	
	•				2:00			EN1	
	•				1:55			EN2	
	•				1:50			EN2	
	,				1:45			EN2	
	•				1:40			EN2	
900	•					Lungbuster	กมไไร	EN1	
300						Lungbuster	-	EN1	
						Lungbuster	-	EN1	
					-5-7-9	_	pulls	LINI	
400	,				2-4-6-			T111	
						Individual	-	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
$\{4 \times 25 \text{ on } : 40 \text{ Back } 15\text{m under}$	EN1
{2 x 125 on 2:10 Backstroke	EN1
$\{4 \times 25 \text{ on } : 40 \text{ Back } 15\text{m under}$	EN1
{2 x 125 on 2:05 Backstroke	EN1
$\{4 \times 25 \text{ on } : 40 \text{ Back } 15\text{m under}$	EN1
{2 x 125 on 2:00 Backstroke	EN1
$\{4 \times 25 \text{ on } : 40 \text{ Back } 15\text{m under}$	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

5:00 PM Start

Yards	Se	t Description	EGY	WORK	5
=====	==		===	====	=
	1	on 25:00 Stomach and Stretch		L	Ι
600	6	x 100 on 1:45 Stroke Drills	REC	D	
	С	dds 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	
	{ 1	x 50 on :50 Kick	EN1	K	(
	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

	6:00 PM Start		
Meters	Set Description	EGY	WOI
=====	=======================================	===	===
	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	Х	15 on :45 Shooters S	P3
750	3x{2	Х	100 on 2:00 Kick E	N1
	{ 2	Х	25 on :45 Kick no board E	N1
1,000	1x{2	Х	125 on 2:05 Pulls no br L. 5 yds E	N1
	{ 2	Х	125 on 2:00 Pulls no br L. 7 yds E	N1
	{ 2	Х	125 on 1:55 Pulls no br L.9 yds E	N1
	{ 2	Х	125 on 1:50 Pulls no br L.11 yds E	N1
450	3x{3	Х	25 on :30 Freestyle E	N1
	{ 1	Х	75 on 1:15 IM w/out the fly	N1
1,500	3x{1	Х	125 on 2:15 100 free 25 fly E	N1
	{ 1	Х	125 on 2:10 75 free 50 fl 2-8-2 E	N1
	{ 1	Х	125 on 2:05 50 free 75 fly 2-7-2 E	N1
	{ 1	Х	125 on 2:00 25 fr 100 fl 2-6-2 E	N1
200	1	Х	200 on 3:00 Stroke Drills	EC
	8:00	ΡN	4 4,620 Meters - Stress Value = 43	

#### Workout #2537 - Saturday, 27 September 2003 Group 3 - All

#### 1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WC
	=======================================	===	==
	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	$3x{1 \times 100 \text{ on } 1:30 \text{ Freestyle}}$	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

5:00 PM Start Yards Set Description EC	Y WOF
1 on 25:00 Stomach and Stretch	
600 1 x 600 on 10:00 Swim-kick-pull-swim RE	C
120 8 x 15 on :30 Shooters SI	
1,000 2x{1 x 50 on 1:00 Kick EN	11
{1 x 75 on 1:25 Kick EN	1
{1 x 100 on 1:50 Kick EN	1
{1 x 125 on 2:15 Kick EN	12
{1 x 150 on 2:40 Kick EN	12
1,000 1x{2 x 200 on 2:50 Lungbuster pulls EN	1
{2 x 200 on 2:45 Lungbuster pulls EN	11
{1 x 200 on 2:40 Lungbuster pulls EN	1
{ odds br 3-5-7-9	
{ evens br 2-4-6-8	
300 6x{1 x 25 on :30 Non free EN	1
$\{1 \times 25 \text{ on } : 20 \text{ Freestyle} $ EN	1
2,900 1x{4 x 400 on 5:30 Freestyle EN	1
$\{3 \times 300 \text{ on } 4:05 \text{ Freestyle} \}$	1
{2 x 200 on 2:40 Freestyle EN	12
250 1 x 250 on 4:00 Stroke Drills RE	C
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 P	M Start		
Meters	Set	Description	EGY	WORF
=====	===		===	====
	1 0	n 25:00 Stomach and Stretch		I
800	8 x	100 on 1:50 Stroke Drills	REC	Ι
	2	on each stroke		
120	8 x	15 on :30 Shooters	SP3	٤
1,000	2x{1 x	125 on 2:35 Kick	EN1	ľ
	{1 x	125 on 2:30 Kick	EN1	ľ
	{1 x	125 on 2:25 Kick	EN1	ľ
	{1 x	125 on 2:20 Kick	EN1	ľ
1,150	1x{1 x	75 on 1:10 Lungbuster pulls	EN1	E
	{1 x	100 on 1:30 Pulls	EN1	E
	{1 x	75 on 1:10 Lungbuster pulls	EN1	E
	{1 x	125 on 1:50 Pulls	EN1	E
	{1 x	75 on 1:10 Lungbuster pulls	EN1	E
	{1 x	150 on 2:10 Pulls	EN1	E
	{1 x	75 on 1:10 Lungbuster pulls	EN1	E
	{1 x	175 on 2:30 Pulls	EN1	E
	{1 x	75 on 1:10 Lungbuster pulls	EN1	E
	{1 x	200 on 2:50 Pulls	EN1	E
	{1 x	25 on :30 Pulls no breath	EN1	E
	{ br	eathe 3-5-7		
300	1x{2 x	100 on 1:30 Freestyle	EN1	٤
	{4 x	25 on :35 Fly or breast	EN1	٤
1,950	2x{3 x	100 on 1:40 Backstroke	EN1	٤
	{2 x	25 on :45 Back 15m under	EN1	
	{3 x	75 on 1:15 Backstroke	EN1	
	{2 x	25 on :45 Back 15m under	EN1	٤
	{3 x	50 on :50 Backstroke	EN1	
	{2 x	25 on :45 Back 15m under	EN1	٤
	{1 x	150 on 3:00 Backstroke for time	EN3	٤
200	1 x	200 on 3:00 Stroke Drills	REC	Ι
	8:15 P	M 5,520 Meters - Stress Value = 0	67	

#### Workout #2540 - Wednesday, 01 October 2003 Group 3 - All

#### 1 minute rest between sets

5:00 PM Start			
Set Description	EGY	WORK	Ş
=======================================	===	====	=
1 on 25:00 Stomach and Stretch		L	Ι
12 x 50 on :55 Stroke Drills	REC	D	C
2 free 1 non free			
8 x 15 on :30 Shooters	SP3	S	
$3x{1 \times 75}$ on 1:30 Kick no board	EN1	K	E
$\{1 \times 75 \text{ on } 1:25 \text{ Kick no board}$	EN1	K	E
{1 x 150 on 3:00 Kick	EN1	K	C
$1x{1 x 500 on 7:00 Pulls}$	EN1	P	
$\{1 \times 500 \text{ on } 6:50 \text{ Pulls}$	EN1	P	
{1 x 500 on 6:40 Pulls	EN2	P	
$1x{4 x 25 on :30 Freestyle-descend}$	EN1	S	
$\{1 \times 100 \text{ on } 1:25 \text{ Freestyle}$	EN1	S	
$\{4 \times 25 \text{ on } : 30 \text{ Freestyle-descend} \}$	EN1	S	
{1 x 100 on 1:45 Individual Medley	EN1	S	
$1x{1 x 150 on 3:05 Breaststroke}$	EN1	S	
$\{2 \times 125 \text{ on } 2:30 \text{ Breaststroke} \}$	EN1	S	
${3 \times 100 \text{ on } 1:55 \text{ Breaststroke}}$	EN1	S	
$\{4 \times 75 \text{ on } 1:25 \text{ Breaststroke} \}$	EN1	S	
$\{5 \times 50 \text{ on } :55 \text{ Breaststroke} \}$	EN1	S	
1 x 250 on 4:00 Stroke Drills	REC	D	
7:02 PM 5,020 Yards - Stress Value =	49		
	Set Description	Set Description	Set Description         EGY WORK           ====================================

#### Workout #2541 - Thursday, 02 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	
900	1x{1 x 200 on 4:00 Kick	EN1	
	{1 x 175 on 3:30 Kick	EN1	
	{1 x 150 on 3:00 Kick	EN1	
	{1 x 125 on 2:30 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 75 on 1:30 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
	{1 x 25 on :30 Kick	EN1	
1,350	1x{2 x 225 on 3:15 Pulls	EN1	
	{2 x 225 on 3:05 Pulls	EN1	
	{2 x 225 on 2:55 Pulls	EN2	
300	$12 \times 25$ on :30 IM order-no fly	EN1	
1,200	2x{1 x 150 on 2:45 50 fl-50 fr-50 fl	EN1	
	{ 2nd 50 fly 2-4-2		
	{1 x 150 on 2:40 50 fl-50 fr-50 fl	EN1	
	{ 2nd 50 fly 2-5-2		
	{1 x 150 on 2:35 50 fl-50 fr-50 fl	EN1	
	{ 2nd 50 fly 2-6-2		
	{1 x 150 on 2:30 50 fl-50 fr-50 fl	EN1	
	{ 2nd 50 2-7-2		
400	8 x 50 on 1:00 Stroke Drills	REC	
	8:06 PM 5,070 Meters - Stress Value = 48	3	

#### Workout #2542 - Saturday, 04 October 2003 Group 3 - All 1 minute rest between sets

Yards	7:00 AM Start Set Description	EGY	WOF
	1 on 15:00 Stomach and Stretch		
800	1 x 800 on 13:00 Reverse IM drill	REC	
120	8 x 15 on :30 Shooters	SP3	
900	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	
1,800	1x{1 x 300 on 4:00 Pulls	EN1	
	{3 x 100 on 1:30 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	{3 x 100 on 1:25 Pulls	EN1	
	{1 x 300 on 4:30 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
450	3 x 150 on 2:15 Free 1st 50 2bk, 2nd	EN1	
	50 4bk, 3rd 50 6bk		
1,200	16 x 75 on 1:30 Freestyle	EN3	
500	10 x 50 on 1:00 Stroke Drills	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	WORF
	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	1 x 800 on 14:00 Choice	REC	٤
210	14 x 15 on :30 Cross pool sprints	SP3	٤
900	1x{2 x 100 on 1:45 Kick	EN2	ŀ
	$\{4 \times 25 \text{ on } : 30 \text{ Kick no board}$	EN1	ŀ
	{2 x 100 on 1:50 Kick	EN1	
	{4 x 25 on :30 Kick no board	EN1	ŀ
	{2 x 100 on 1:55 Kick	EN1	ŀ
	$\{4 \times 25 \text{ on } : 30 \text{ Kick no board}$	EN1	ŀ
1,200	2x{3 x 75 on 1:05 Pulls	EN1	E
	{3 x 75 on 1:00 Pulls	EN2	E
	{2 x 75 on :55 Pulls	EN2	E
250	10 x 25 on :30 Odds fr evens non fr	EN1	٤
3,000	1x{1 x 1000 on 15:00 Freestyle	EN2	٤
	{2 x 500 on 7:30 Freestyle	EN2	٤
	$\{5 \times 200 \text{ on } 3:00 \text{ Freestyle}$	EN2	٤
400	8 x 50 on 1:00 Stroke Drills	REC	Ι
	7:29 PM 6,760 Yards - Stress Value = 10	0.0	

#### Workout #2544 - Tuesday, 07 October 2003 Group 3 - All

#### 1 minute rest between sets

		PM Start		
Meters	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 30:00 Stomach and Stretch		
800	8	$\times$ 100 on 1:50 Stroke Drills 2 on E	REC	
120	8	x 15 on :30 Shooters	SP3	
750	3x{4	x 25 on :45 Sprint kick	EN2	
	{ 1	x 100 on 1:45 Kick	EN2	
	{ 2	x 25 on :40 Kick no board	EN1	
1,350	3x{1	x 200 on 2:50 Pulls	EN1	
	{ 1	x 150 on 2:00 Pulls	EN2	
	{ 1	x 100 on 1:15 Pulls	EN2	
500	1x{3	x 100 on 1:45 Freestyle-descend	EN1	
	{ 1	x 200 on 3:00 Individual Medley	EN1	
2,600	1x{6	x 75 on 1:20 Backstroke	EN1	
	{ 1	x 200 on 3:00 Backstroke	EN2	
	{ 6	x 75 on 1:15 Backstroke	EN1	
	{ 1	x 200 on 3:00 Backstroke	EN2	
	{ 6	x 75 on 1:10 Backstroke	EN1	
	{ 1	x 200 on 3:00 Backstroke	EN2	
	{ 6	x 75 on 1:05 Backstroke	EN2	
	{ 1	x 200 on 3:00 Backstroke	EN2	
250	1	x 250 on 4:00 Stroke Drills	REC	
	8:27	PM 6,370 Meters - Stress Value = 89	9	

#### Workout #2545 - Wednesday, 08 October 2003 Group 3 - All

#### 1 minute rest between sets

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

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

#### Workout #2546 - Thursday, 09 October 2003 Group 3 - All

#### 1 minute rest between sets

Varda		PM Start et Description	EGY	MOI
lalus		et bescription	EGI	WOI
	1	on 30:00 Stomach and Stretch		
800		x 800 on 14:00 Swim-kick-pull-swim	REC	
		x 15 on :30 Shooters	SP3	
			EN1	
1,000	-		EN1	
	•		EN1	
	•	x 125 on 2:25 Kick	EN1	
750	1x{2	x 125 on 2:00 Pulls no br L. 5 yds	EN1	
	{2	x 125 on 1:55 Pulls no br L. 6 yds	EN1	
	{ 2	x 125 on 1:50 Pulls no br L.7 yds	EN1	
450	1x{2	x 75 on 1:15 IM w/out the fly	EN1	
	{ 6	x 50 on :55 Free des in 3's	EN1	
1,800	2x{8	x 25 on :30 Butterfly	EN1	
	{ 4	x 50 on 1:00 Butterfly 2-4-2	EN1	
	{ 2	x 100 on 2:00 Butterfly 2-5-2	EN1	
	{ 1	x 200 on 4:00 Butterfly 2-6-2	EN1	
	{ 1	x 100 on 1:30 Freestyle	REC	
200	1	x 200 on 4:00 Stroke Drills	REC	
	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	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{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	2x{1 x 200 on 2:50 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN2	
	{1 x 200 on 2:30 Pulls	EN2	
300	12 x 25 on :30 IM order-build	EN1	
1,800	12 x 150 on 2:15 Freestyle des in 3's	EN2	
300	3 x 100 on 1:45 Stroke Drills	REC	
	8:57 AM 5,780 Yards - Stress Value = 86		

	Workout #2548 - Monday, 13 October 2003 Group 3 - All 1 minute rest between sets			1,400	{1 x 100 on 1:30 Kick EN2 {4 x 25 on :35 Kick no board EN1 1x{1 x 100 on 1:30 Pulls EN1 {2 x 200 on 2:50 Pulls EN1 {3 x 300 on 4:00 Pulls EN1	K K P P
Yards	5:00 PM Start Set Description	EGY 1	MOE	600	$2x\{2 \times 75 \text{ on } 1:15 \text{ IM w/out breast} $ EN1	S
800 210	1 on 5:00 Stretching 8 x 100 on 1:30 Stroke Drills 14 x 15 on :30 Cross pool sprints 3x{1 x 25 on :45 Kick no board	REC SP3 EN1		2,900	{2 x 75 on 1:10 2bk 4bk 6bk by 25's EN1  1x{4 x 125 on 2:05 Breaststroke EN2  {1 x 100 on 1:30 Freestyle EN1  {4 x 125 on 2:00 Breaststroke EN2  {1 x 100 on 1:30 Freestyle REC  {4 x 125 on 1:55 Breaststroke EN2	S S S S S
1,350	{1 x 25 on :40 Kick no board {1 x 25 on :35 Kick no board {1 x 25 on :30 Kick no board {3 x 100 on 1:45 Kick 1x{3 x 150 on 2:05 Pulls {3 x 150 on 2:00 Pulls	EN1 EN1 EN1 EN2 EN1 EN2		300	{1 x 100 on 1:30 Freestyle REC   {4 x 125 on 1:50 Breaststroke EN2   {1 x 100 on 1:30 Freestyle REC   {4 x 125 on 1:45 Breaststroke EN2   6 x 50 on 1:00 Stroke Drills REC   7:30 PM 6,920 Yards - Stress Value = 94	S S S D
300 3,200	{3 x 150 on 1:55 Pulls 3 x 100 on 1:40 Descend in sets of 1x{2 x 400 on 5:00 Freestyle {2 x 400 on 4:55 Freestyle {2 x 400 on 4:50 Freestyle	EN2 EN2 EN2			Workout #2551 - Wednesday, 15 October 2003 HighSchl - All 1 minute rest between sets	
200	{2 x 400 on 4:45 Freestyle 1 x 200 on 4:00 Stroke Drills 1 on 29:00 Stomach and Stretch 7:29 PM 7,260 Yards - Stress Value = 1	EN2 REC		Yards =====	3:00 PM Start Set Description EGY WG	===
	Workout #2549 - Tuesday, 14 October 2003 Group 3 - All			600	1 on 30:00 Physio Balls/Stretch  1x{1 x 100 on 2:00 Freestyle REC}  {1 x 100 on 1:50 Freestyle REC}  {1 x 100 on 1:40 Freestyle REC	L S S
Meters	1 minute rest between sets  6:00 PM Start Set Description	EGY 1	W○E	120	{1 x 100 on 1:30 Freestyle EN1 {4 x 50 on :50 Freestyle-descend EN1 8 x 15 on :30 Shooters SP3	S S S
800	1 on 30:00 Stomach and Stretch 1 x 800 on 14:00 Swim-kick-pull-swi	== === : im REC		800	1x{1 x 100 on 2:00 Kick EN2 {4 x 25 on :40 Kick no board EN1 {1 x 100 on 1:55 Kick EN2 {4 x 25 on :40 Freestyle EN1	K K K
120 1,000	8 x 15 on :30 Shooters 1x{2 x 150 on 3:05 Kick {2 x 125 on 2:35 Kick {2 x 100 on 2:05 Kick {2 x 75 on 1:35 Kick	SP3 EN1 EN1 EN1 EN1		1 400	{1 x 100 on 1:50 Kick EN2 {4 x 25 on :40 Kick no board EN1 {1 x 100 on 1:45 Kick EN2 {4 x 25 on :40 Kick no board EN1 1x{1 x 100 on 1:30 Pulls EN1	K K K K
•	{2 x 50 on 1:05 Kick 1x{2 x 200 on 3:00 Pulls {2 x 250 on 3:35 Pulls {2 x 300 on 4:10 Pulls 3x{1 x 100 on 1:30 Freestyle	EN1 EN1 EN1 EN1		450	{2 x 200 on 2:55 Pulls EN1 {3 x 300 on 4:20 Pulls EN1 1x{3 x 75 on 1:15 IM w/out breast EN1 {3 x 75 on 1:10 2bk 4bk 6bk by 25's EN1	P P S
	{4 x 25 on :30 Breast or Fly 3x{4 x 125 on 2:00 Backstroke {6 x 25 on :40 Backstroke 15m under	EN1 EN1 EN1 REC		1,800	1x{3 x 125 on 2:30 Breaststroke EN2 {1 x 100 on 1:30 Freestyle EN1 {3 x 125 on 2:20 Breaststroke EN2 {1 x 100 on 1:30 Freestyle REC {3 x 125 on 2:10 Breaststroke EN2 {1 x 100 on 1:30 Freestyle REC	S S S S
	Workout #2552 - Wednesday, 15 October 2003 Group 3 - All			200	{3 x 125 on 2:00 Breaststroke EN2	S S D L
	1 minute rest between sets				5:29 PM 5,370 Yards - Stress Value = 71	
Yards =====	5:00 PM Start Set Description	EGY WO				
800	1 on 30:00 Stomach and Stretch  1x{1 x 100 on 2:00 Freestyle    {1 x 100 on 1:50 Freestyle    {1 x 100 on 1:40 Freestyle    {1 x 100 on 1:30 Freestyle    {1 x 100 on 1:20 Freestyle    {6 x 50 on :45 Descend in sets of 3    {8 x 15 on :30 Shooters  1x{1 x 100 on 1:45 Kick    {4 x 25 on :35 Kick no board    {1 x 100 on 1:40 Kick    {4 x 25 on :35 Freestyle    {1 x 100 on 1:35 Kick    {1 x 100 on	REC REC REC EN1 EN2	L S S S S S K K K K K			
	{4 x 25 on :35 Kick no board	EN1	K			

#### Workout #2550 - Wednesday, 15 October 2003 HighSchl - Tim and David 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et 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	$\times$ 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
		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
		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	-	x 100 on 1:30 Pulls	EN1	P
	{ 2	x 200 on 2:50 Pulls	EN1	P
		x 300 on 4:00 Pulls	EN1	P
450	-	x 75 on 1:15 IM w/out breast	EN1	
		x 75 on 1:10 2bk 4bk 6bk by 25's		
2,900		x 125 on 2:05 Breaststroke	EN2	S
		x 100 on 1:30 Freestyle	EN1	S
		x 125 on 2:00 Breaststroke	EN2	S
	-	x 100 on 1:30 Freestyle	REC	S
		x 125 on 1:55 Breaststroke	EN2	S
	-	x 100 on 1:30 Freestyle	REC	S
	-	x 125 on 1:50 Breaststroke	EN2	S
	-	x 100 on 1:30 Freestyle	REC	S
	-	x 125 on 1:45 Breaststroke	EN2	S
200		x 200 on 3:00 Stroke Drills	REC	D
		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

	6:00 PM Start			
Meters	Set Description	EGY	WORK	STF
	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
800	$8 \times 100$ 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
	$\{1 \times 75 \text{ on } 1:20 \text{ IM w/out fly}$	EN1	S	IN
	${3 \times 50 \text{ on } :50 \text{ Freestyle-descend}}$	EN1	S	FF
	$\{1 \times 75 \text{ on } 1:20 \text{ IM w/out fly}$	EN1	S	IN
	${3 \times 50 \text{ on } :45 \text{ Freestyle-descend}}$	EN1	S	FF
2,100	$1x{1 x 200 on 4:00 Butterfly 2-4-2}$	EN1	S	FLY
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	S	FF
	{1 x 200 on 3:55 Butterfly 2-5-2	EN1	S	FLY
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	S	FF
	$\{1 \times 200 \text{ on } 3:50 \text{ Butterfly } 2-6-2 \}$	EN1	S	FLY
	{4 x 25 on :25 Freestyle	EN1	S	FLY

	{ 1	x 200 on 3:45 Butterfly 2-7-2	ENI	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
300	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

	7:00 AM Start		
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	$2x{4 \times 25 \text{ on :} 35 \text{ Kick no board}}$	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	$12 \times 25$ 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	2	

#### Workout #2555 - Monday, 20 October 2003 Group 3 - All

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

	5:00	PM Start			
Yards		et Description		WORK	
=====			===		
0.00		on 30:00 Stomach and Stretch	D.E.G	L	
800		x 100 on 1:45 Stroke Drills	REC	D	(
100		1-4 free 5-8 non fr	252	S	_
120		x 15 on :30 Shooters x 25 on :45 Kick no board	SP3 EN1		
800		x 100 on 1:30 Kick	EN1		_
		x 25 on :40 Kick no board	EN2		
	•	x 100 on 1:35 Kick	EN2		
	-	x 25 on :35 Kick no board	EN1		
	•	x 100 on 1:40 Kick	EN2		
	•	x 25 on :30 Kick no board	EN1		
	-	x 100 on 1:45 Kick	EN2		
1,200	•	x 300 on 4:00 Pulls	EN1		_
-,	-	x 150 on 2:00 Pulls	EN1		
		x 100 on 1:20 Pulls	EN1		
	{ 4	x 75 on 1:00 Pulls	EN1	Р	
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	
		x 50 on :40 Freestyle-descend		S	
3,400	2x{4	x 75 on 1:10 Backstroke	EN1	S	
		x 100 on 1:30 Individual Medley		S	
	{ 4	x 75 on 1:05 Backstroke	EN1	S	
	-	x 100 on 1:30 Individual Medley		S	
	-	x 75 on 1:00 Backstroke	EN2	S	
		x 100 on 1:30 Individual Medley		S	
	•		EN2	S	
		1	REC	S	
200		x 200 on 4:00 Stroke Drills		D	
	7:31	PM 7,120 Yards - Stress Value =	79		

#### Workout #2557 - Wednesday, 22 October 2003 Group 3 - All

#### 1 minute rest between sets

	5:00	PM Start		
Yards	Se	et Description	EGY	WO
=====	==		===	==
	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

Yards	Se	et Description	EGY	WOF
======			===	===
	1	on 30:00 Stomach and Stretch		
800	1x{1	x 200 on 3:30 Freestyle	REC	
	{ 1	x 150 on 2:30 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	
	-	x 50 on :55 Kick	EN1	
1,250	-	x 125 on 1:55 Pulls no br L.10 yds	EN1	
_,		x 125 on 1:50 Pulls no br L.10 yds		
		x 125 on 1:45 Pulls no br L.10 yds		
600		x 100 on 1:30 Descend in sets of 3		
		x 25 on :30 Butterfly	EN1	
1,000	-	on 1:00 Rest	ENT	
200	•		DEG	
200			REC	
	/:35	PM 6,070 Yards - Stress Value = 59		
		TY 1		

5:00 PM Start

#### Workout #2564 - Saturday, 25 October 2003 Group 3 - All

Yards	10:00 AM Start 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	
	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	$6 \times 100$ on 1:30 Descend in sets of 3	EN1	
2,800	$1x\{6 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	
	{1 x 100 on 1:30 Individual Medley	EN2	
	$\{6 \times 25 \text{ on } : 30 \text{ odds free evens fly}$	EN1	
		EN2	
		EN1	
	`	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	
	(	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 = 10	)2	

#### Workout #2563 - Saturday, 25 October 2003 HighSchl - Distance 1 minute rest between sets

	7:00	ΑN	1 St	art				
Yards	Se	et	Desc	crip	otion		EGY	WOF
=====	==	===		-===			===	===
	1	or	n 30:	00	Weigh	nts		
800	1	Х	800	on	13:00	) Swim-kick-pull-swim	REC	
120	8	Х	15 0	on :	:30 Sł	nooters	SP3	
600	2x{1	Х	100	on	1:50	Kick	EN2	
	{ 1	Х	100	on	1:40	Kick	EN2	
	{ 1	Х	100	on	1:30	Kick	EN2	
800	8	Х	100	on	1:30	Lungbuster pulls	EN1	
200	8	Х	25 0	on :	:30 IN	4 order-build	EN1	
5,500	1x{5	Х	500	on	6:15	Freestyle	EN2	
	{ 4	Х	400	on	4:55	Freestyle	EN2	
	{ 3	Х	300	on	3:40	Freestyle	EN2	
	{ 2	Х	200	on	2:24	Freestyle	EN2	
	{ 1	Х	100	on	1:11	Freestyle	EN2	
200	1	Х	200	on	3:00	Stroke Drills	REC	
	9:30	ΑN	1 8,2	220	Yards	s - Stress Value = 13	7	

#### Workout #2560 - Saturday, 25 October 2003 HighSchl - Platinum 1 minute rest between sets

# 7:00 AM Start Yards Set Description EGY WOF 1 on 30:00 Weights 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  $\{3 \times 200 \text{ on } 2:50 \text{ Lungbuster pulls}$ EN1  $\{4 \text{ x } 100 \text{ on } 1\text{:}30 \text{ Lungbuster pulls}$ 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  $\{6 \times 25 \text{ on } : 25 \text{ odds free evens fly}$ EN2 {1 x 200 on 2:50 Individual Medley EN2  $\{6 \times 25 \text{ on :} 25 \text{ odds free evens back}$ 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  $\{6 \times 25 \text{ on :} 20 \text{ odds free evens fly}$ EN2 {1 x 300 on 4:00 Individual Medley {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  $\{6 \times 25 \text{ on } : 20 \text{ Freestyle} \}$ EN2 200 1 x 200 on 3:00 Stroke Drills REC

#### Workout #2562 - Saturday, 25 October 2003 HighSchl - Gold

9:29 AM 7,320 Yards - Stress Value = 106

#### 1 minute rest between sets

	7:00	AN	4 Star	rt.				
Yards	S	et	Descri	ption			EGY	WOE
	=	===					===	===
	1	or	n 30:00	) Weigl	hts			
800	1	Х	800 or	13:00	0 Swim-	kick-pull-swim	REC	
120	8	х	15 on	:30 SI	hooters	-	SP3	
1,200	4x{1	Х	100 or	2:00	Kick		EN2	
	{ 1	×	100 or	1:55	Kick		EN2	
	{1	Х	100 or	1:50	Kick		EN2	

1,600 1	{3 x	300 on 4:15 Pulls 200 on 3:00 Lungbuster pulls 100 on 1:30 Lungbuster pulls 0's br 2-3-4-5	EN1 EN1 EN1
	{ 10	0's br 3-5-7-9	
300	3 x	100 on 1:40 Descend in sets of 3	EN1
2,250 1	x{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 A	M 6,470 Yards - Stress Value = 92	

#### Workout #2561 - Saturday, 25 October 2003 HighSchl - Silver 1 minute rest between sets

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

#### Workout #2559 - Saturday, 25 October 2003 HighSchl - Bronze 1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	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	$6 \times 100$ on $2:00$ Descend in sets of $3$	EN1	
1,200	$1x\{6 \times 25 \text{ on } : 45 \text{ Freestyle}$	EN1	
	{1 x 100 on 2:30 Individual Medley	EN2	
	$\{6 \times 25 \text{ on } : 45 \text{ Butterfly} \}$	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		

#### Workout #2565 - Monday, 27 October 2003 Group 3 - All

#### 1 minute rest between sets

	5:30	PM	1 S1	tart	Ī.			
Yards	Se	et	Des	crip	otion		EGY	WOE
=====	==	-=-	-===	====			===	===
	1	or	1 30	:00	Stoma	ach and Stretch		
600	1	Х	600	on	10:00	Swim-kick-pull-swim	REC	
300	12	2 2	25	on	:30	12.5 ez 12.5 fast	SP3	
600	3x{1	Х	100	on	1:45	Kick	EN2	
	{ 1	Х	100	on	1:45	Kick no board	EN2	
800	1	Х	800	on	11:00	) Pulls	EN1	
300	1x{1	Х	100	on	1:30	Freestyle	EN1	
	-						EN1	
						Freestyle	EN1	
2,000	1x{1	Х	250	on	3:15	Freestyle	EN2	
	{ 1	Х	250	on	3:10	Freestyle	EN2	
	-					Freestyle	EN2	
	{ 1	Х	250	on	3:00	Freestyle	EN2	
	-						EN2	
						Freestyle	EN2	
						2	EN2	
	-					Freestyle	EN2	
200						Stroke Drills	REC	
	7:15	ΡM	14,8	300	Yards	s - Stress Value = 75		

#### Workout #2566 - Tuesday, 28 October 2003 Group 3 - All

#### 1 minute rest between sets

Yards		Start Description	EGY	WOF
=====	===		===	===
	1 c	n 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 Lungbus	ster pulls EN1	
	-		-	
	•	150 on 2:05 Lungbus	ster pulls EN1	
	{ od	ds br 3-5-7		
	{ ev	ens br 4-6-8		
500	10x{1 x	25 on :30 Stroke	EN1	
	{1 x	25 on :20 Freestyle	e EN1	
2,700	1x{1 x	400 on 6:40 Backst:	roke EN1	
	{ 4 x	100 on 1:40 Backst:	roke EN1	
	{1 x	300 on 4:45 Backst:	roke EN1	
	{3 x	100 on 1:35 Backst:	roke EN1	
	{1 x	200 on 3:00 Backst:	roke EN1	
	{2 x	100 on 1:30 Backst:	roke EN1	
	{2 x	100 on 1:25 Backst:	roke EN1	
	{1 x	200 on 4:00 Freesty	yle EZ REC	
	{1 x	200 on 3:00 Backst:	coke for time EN3	
	{1 x	300 on 5:00 Stroke	Drills REC	
	7:30 PM	6,670 Yards - Stres	ss Value = 78	

#### Workout #2567 - Wednesday, 29 October 2003 Group 3 - All

Yards	Se	PM Start et Description	EGY	WO
=====		on 30:00 Stomach and Stretch		===
900		x 800 on 13:00 Swim-kick-pull-swim	DEC	
		x 15 on :30 Shooters	SP3	
		x 75 on 1:30 Kick	EN1	
1,330	-	x 75 on 1:35 Kick	EN1	
	•	x 75 on 1:20 Kick	EN2	
1.300	-	x 200 on 2:45 Pulls	EN1	
1,000	-	x 175 on 2:25 Pulls	EN1	
		x 150 on 2:05 Pulls	EN1	
	-	x 125 on 1:45 Pulls	EN1	
600	-	x 100 on 1:40 Individual Medley	EN1	
		x 50 on :40 Freestyle	EN2	
2,250	-	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 #2568 - Thursday, 30 October 2003 Group 3 - All

#### 1 minute rest between sets

	5:00	ΡM	1 St	cart	5			
Yards	Se	et	Desc	crip	otion		EGY	WORF
=====	==	-=-	-===	-==			===	====
	1	or	1 30:	:00	Stoma	ach and Stretch		I
800	1	Х	800	on	13:00	) Reverse IM drill	REC	Γ
120	8	Х	15 0	on :	:30 Sł	nooters	SP3	٤
1,250	1x{2	Х	125	on	2:20	Kick	EN1	
	{ 2	Х	125	on	2:15	Kick	EN2	ľ
	{ 2	Х	125	on	2:10	Kick	EN2	ŀ
	{ 2	Х	125	on	2:05	Kick	EN2	ľ
	{ 2	Х	125	on	2:00	Kick	EN2	ŀ
1,600	1x{1	Х	400	on	5:00	Pulls	EN2	
	{ 1	Х	400	on	4:55	Pulls	EN2	
	{ 1	Х	400	on	4:50	Pulls	EN2	
	{ 1	Х	400	on	4:44	Pulls	EN2	
550	1x{4	Х	75 (	on 1	L:15 I	IM w/out the fly	EN1	
	{ 4	Х	25 0	on :	:20 Fı	reestyle	EN2	٤
	{ 1	Х	150	on	2:15	2bk-4bk-6bk by 50's	EN1	£
2,800	1x{1	Х	200	on	3:30	Butterfly	EN1	٤
	{ 3	Х	100	on	1:30	Freestyle-descend	EN1	٤
	{ 1	Х	200	on	3:20	Butterfly	EN1	٤
	{ 3	Х	100	on	1:30	Freestyle-descend	EN1	
	{ 1	Х	200	on	3:10	Butterfly	EN1	٤
	{ 3	Х	100	on	1:30	Freestyle-descend	EN1	٤
	{ 1	Х	200	on	3:00	Butterfly	EN1	٤
	{ 3	Х	100	on	1:30	Freestyle-descend	EN1	٤
	{ 1	Х	200	on	2:50	Butterfly	EN2	٤
	{ 3	Х	100	on	1:30	Freestyle-descend	EN1	٤
	{ 1	Х	200	on	3:00	Freestyle EZ	REC	٤
	{ 1	Х	100	on	1:30	Butterfly OTB	EN3	٤
200	1	Х	200	on	3:00	Stroke Drills	REC	Ι
	7:30	PM	17,3	320	Yards	s - Stress Value = 99	9	

#### 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	
	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
1,200	$1x\{8 \times 75 \text{ on } 1:10 \text{ Lungbuster pulls}$	EN1	
	$\{8 \times 75 \text{ on } 1:05 \text{ Lungbuster pulls}$	EN1	
	{ odds br 3-5-7		
	{ evens br 4-6-8		
2,000	10x{1 x 100 on 1:15 Individual Medley	EN2	
	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle}$	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

Yards	5:30 PM Start Set Description	EGY	WORK	Sī
	=======================================	===	====	==
	1 on 30:00 Stomach and Stretch		L	DF
600	1 x 600 on 9.00 Stroke Drills	REC	D	F

		_	_					_	_
120	8	x 1	5 01	n :	:30 SI	nooters	SP3	S	F
900	3x{1	x 1	00	on	1:50	Kick	EN2	K	CF
	{ 1	x 1	00	on	1:40	Kick	EN1	K	CF
	{ 1	x 1	00	on	1:30	Kick	EN1	K	CF
700	7	x 1	00	on	1:20	Lungbuster pulls	EN1	P	F
	C	dds	br	3-	-5-7-9	9			
	€	even	s b	r 2	2-4-6-	-8			
200	8	x 2	5 01	า :	:30 II	M order-build	EN1	S	I
2,000	1x{2	x 2	50	on	3:20	Freestyle	EN1	S	F
	{ 2	x 2	50	on	3:15	Freestyle	EN1	S	F
	{ 2	x 2	50 (	on	3:10	Freestyle	EN2	S	F
	{ 2	x 2	50 (	on	3:05	Freestyle	EN2	S	F
200	1	x 2	00	on	3:00	Stroke Drills	REC	D	C
	7:17	PM	4,7	20	Yards	s - Stress Value	= 56		

#### Workout #2570 - Monday, 03 November 2003 HighSchl - All 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
400	$8 \times 50$ 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

	3:00 PM Start			
Yards	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	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	$1x\{2 \times 250 \text{ on } 3:45 \text{ Freestyle}$	EN1	S	F
	$\{2 \times 250 \text{ on } 3:30 \text{ Freestyle} \}$	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		

6:00 PM Start

#### 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	E
180	12 x 15 on :45 Shooters	SP3	S	E
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	E
	odds br 3-5-7-9			
	evens br 2-4-6-8			
300	12 x 25 on :30 IM order-build	EN1	S	1
2,000	$1x\{2 \times 250 \text{ on } 3:20 \text{ Freestyle}$	EN1	S	E
	{2 x 250 on 3:15 Freestyle	EN1	S	E
	{2 x 250 on 3:10 Freestyle	EN2	S	E
	{2 x 250 on 3:05 Freestyle	EN2	S	E
250	1 x 250 on 5:00 Stroke Drills	REC	D	C
	1 on 20:00 Ice		L	

#### Workout #2577 - Tuesday, 04 November 2003 Group 3 - All

5:23 PM 5,330 Yards - Stress Value = 64

#### 1 minute rest between sets

Yards	Set	Description	EGY	WOF
	====		===	===
	1 01	n 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	
	{ odd	ds br 3-5-7		
	{ eve	ens 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	
	•	100 on 1:25 Backstroke	EN2	
		100 on 1:20 Backstroke	EN2	
	-	200 on 4:00 Freestyle EZ	REC	
	{1 x	200 on 3:00 Backstroke for time	EN3	
	•	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	$12 \times 15$ on :45 Shooters	SP3	S	FR
450	$1x{2 x 75 on 1:15 Pulls}$	EN1	P	FR
	$\{2 \times 75 \text{ on } 1:10 \text{ Pulls}$	EN1	P	FR
	$\{2 \times 75 \text{ on } 1:05 \text{ Pulls}$	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 = 2	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	$1x\{2 \times 75 \text{ on } 1:20 \text{ IM w/out the free}$	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	$12 \times 100$ on $1:45$ Kick odds fast	EN1
750	$1x{2 x 125 on 1:50 Pulls no br L. 5 yds}$	EN1
	$\{2 \times 125 \text{ on } 1:45 \text{ Pulls no br L. 7 yds}$	EN1
	{2 x 125 on 1:40 Pulls no br L.10 yds	EN1
300	$1x\{2 \times 75 \text{ on } 1:05 \text{ IM w/out the free}$	EN1
	{3 x 50 on :40 Freestyle-descend	EN1
2,000	$5 \times 400$ 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	EN1	
	4bk, 3rd 50 6bk		
2,000	$1x{4 x 150 on 2:45 Breaststroke}$	EN1	
	$\{4 \times 125 \text{ on } 2:15 \text{ Breaststroke} \}$	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	EN1	S
	4bk, 3rd 50 6bk		
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
	$\{1 \times 200 \text{ on } 2:55 \text{ Freestyle} \}$	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	EN1	S
	4bk, 3rd 50 6bk		
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
300	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

Yards	6:00 Se				t ption		EGY	WOF
=====	==	-=-					===	===
						ach and Stretch		
800	1	Х	800	on	13:00	) Swim-kick-pull-swim	REC	
120	8	Х	15 (	on :	:30 Sh	nooters	SP3	
1,200	3x{1	Х	100	on	2:00	Kick	EN1	
	{ 1	Х	100	on	1:50	Kick	EN1	
	{ 1	Х	100	on	1:40	Kick	EN2	
	{ 1	Х	100	on	1:30	Kick	EN2	
1,500	1x{4	Х	125	on	1:50	Lungbuster pulls	EN1	
	{ 4	Х	125	on	1:45	Lungbuster pulls	EN1	
	{ 4	Х	125	on	1:40	Lungbuster pulls	EN1	
600	6	Х	100	on	1:30	Descend in sets of 3	EN1	
2,850	3x{1	Х	150	on	2:30	Butterfly 2-4-2	EN1	
	{ 1	Х	150	on	2:25	Butterfly 2-5-2	EN1	
	{ 1	Х	150	on	2:20	Butterfly 2-6-2	EN1	
	{ 1	Х	150	on	2:15	Butterfly 2-7-2	EN1	
	{ 1	х	150	on	2:10	Butterfly 2-8-2	EN1	
	{1	х	200	on	4:00	Freestyle	REC	
	8:30	PN	17,0	70	Yards	s - Stress Value = 64		

#### Workout #2581 - Thursday, 06 November 2003 HighSchl - All

W l -	5:30 AM Start	DCV	MODIA	O.F.
Yaras	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 #2583 - Thursday, 06 November 2003 HighSchl - All

1	minute	rest	between	sets

	11:00 AM Start		
Yards	Set Description	EGY	WORK S
=====	=======================================	===	==== =
	1 on 30:00 Shoulders & Stretch		LI
600	6 x 100 on 2:00 Stroke Drills	REC	D (
180	12 x 15 on :45 Shooters	SP3	S
600	2x{1 x 150 on 3:00 Kick	EN1	K (
	{1 x 100 on 2:00 Kick	EN1	K (
	{1 x 50 on 1:00 Kick	EN1	K (
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
	$\{1 \times 150 \text{ on } 2:15 \text{ Freestyle} \}$	EN1	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
	Hat Race		
	1 on 25:00 Stretch and Ice		LΙ
	1:16 PM 4,030 Yards - Stress Value =	39	

#### Workout #2582 - Thursday, 06 November 2003 HighSchl - Tim and David 1 minute rest between sets

#### 11:00 AM Start Set Description EGY WORK S Yards ===== 1 on 30:00 Shoutaers a SET. 6 x 100 on 2:00 Stroke Drills REC - Shooters SP3 1 on 30:00 Shoulders & Stretch Т. Г 600 D ( 180 1,200 4x{1 x 150 on 2:40 Kick EN1 K ( EN1 {1 x 100 on 1:45 Kick EN1 $\{1 \times 50 \text{ on } : 50 \text{ Kick} \}$ K ( EN1 750 1x{1 x 150 on 2:00 Pulls {1 x 100 on 1:20 Pulls EN1 {1 x 150 on 1:55 Pulls EN1 Ρ {1 x 100 on 1:20 Pulls EN1 $\{1 \times 150 \text{ on } 1:50 \text{ Pulls}$ EN1 {1 x 100 on 1:20 Pulls EN1 Р 4 x 100 on 1:30 Individual Medley EN1 $3,000 3x{1 x 300 on 3:45 Freestyle}$ EN1 $\{1 \times 250 \text{ on } 3:05 \text{ Freestyle} \}$ EN1 S $\{1 \times 200 \text{ on } 2:30 \text{ Freestyle} \}$ EN1 $\{1 \times 150 \text{ on } 1:50 \text{ Freestyle} \}$ S EN1 {1 x 100 on 1:15 Freestyle S EN1 250 1 x 250 on 5:00 Stroke Drills REC D LΙ 1 on 10:00 Ice 1:27 PM 6,380 Yards - Stress Value = 62

#### Workout #2588 - Friday, 07 November 2003 Group 3 - All

#### 1 minute rest between sets

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

1,500	1 x	1500 on 21:00 Pulls	EN1	Ε
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	٤
	{1 x	50 on :40 Freestyle	EN2	٤
	{1 x	50 on :45 Freestyle	REC	S
300	1 x	300 on 5:00 Stroke Drills	REC	Γ
	7:45 PM	6,550 Yards - Stress Value = 70	)	

#### Workout #2585 - Friday, 07 November 2003 HighSchl - All

#### 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 10:00 Stretching		I
600	1 x 600 on 8:00 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :45 Shooters	SP3	٤
1,200	$1x{4 x 75 on 1:15 Pulls-nbbf&w + 2 yds}$	EN1	E
	$\{4 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	E
	$\{4 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	E
	$\{4 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN2	E
1,600	$1x{1 x 400 on 6:00 Freestyle}$	EN1	٤
	$\{1 \times 400 \text{ on } 5:50 \text{ Freestyle} \}$	EN1	٤
	{1 x 400 on 5:40 Freestyle	EN1	٤
	$\{1 \times 400 \text{ on } 5:30 \text{ Freestyle} \}$	EN2	٤
250	1 x 250 on 5:00 Stroke Drills	REC	Γ
	1 on 15:00 Stretch and Ice		I
	7:02 AM 3,830 Yards - Stress Value = 4	2	

#### Workout #2587 - Friday, 07 November 2003 HighSchl - All 1 minute rest between sets

11:00 AM Start				
Set Description	EGY	WORK	STK	E
	===	====	===	==
1 on 40:00 Physio Balls/Stretch		L	DRY	
1 x 600 on 10:00 Stroke Drills	REC	D	CHO	1
8 x 15 on :45 Shooters	SP3	S	CHO	5
8 x 50 on 1:00 Kick des in 4's	EN1	K	СНО	2
3 x 150 on 2:15 Pulls	EN1	P	FR	1
28 x 25 on :30 IM order	EN1	S	IM	2
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 Va	lue =	= 20		
	Set Description  1 on 40:00 Physio Balls/Stretch 1 x 600 on 10:00 Stroke Drills 8 x 15 on :45 Shooters 8 x 50 on 1:00 Kick des in 4's 3 x 150 on 2:15 Pulls 28 x 25 on :30 IM order 1 x 200 on 4:00 Stroke Drills Hat race 1 on 10:00 Run the Gauntlet 1 on 20:00 Stretch and Ice	Set Description EGY	Set Description       EGY WORK         1 on 40:00 Physio Balls/Stretch       L         1 x 600 on 10:00 Stroke Drills       REC D         8 x 15 on :45 Shooters       SP3 S         8 x 50 on 1:00 Kick des in 4's EN1 K       K         3 x 150 on 2:15 Pulls       EN1 P         28 x 25 on :30 IM order       EN1 S         1 x 200 on 4:00 Stroke Drills       REC D         Hat race       1 on 10:00 Run the Gauntlet       S	Set Description       EGY WORK STK         1 on 40:00 Physio Balls/Stretch       L DRY         1 x 600 on 10:00 Stroke Drills       REC D CHO         8 x 15 on :45 Shooters       SP3 S CHO         8 x 50 on 1:00 Kick des in 4's EN1 K CHO         3 x 150 on 2:15 Pulls       EN1 P FR         28 x 25 on :30 IM order       EN1 S IM         1 x 200 on 4:00 Stroke Drills       REC D CD         Hat race       I on 10:00 Run the Gauntlet       S FLY         1 on 20:00 Stretch and Ice       L DRY

#### Workout #2586 - Friday, 07 November 2003 HighSchl - Tim and David 1 minute rest between sets

#### HighSchl - All 1 minute rest between sets

11:00 AM   Start		1 minute rest between sets									
Note   1					Vondo				ECV W	י אמר	nmz.
1	,							•			
1		<u>-</u>									
1	=====		=== =		400						
1	600	<u>-</u>	DEG								
1											
The color of the					1,200						
1 x 175 00 2225 Fulls											
1 x 175 0n 2120 Pull x	700				1.125						
1 x 175 on 2:15 Pulls		· · · · · · · · · · · · · · · · · · ·		_	1,120			-			
300		•									
1,350   1x/1 x   150 on 2:10   Butterfly 2-5-2   ENI   S   1 on 16:00   Stretch and Ice   L DRY	200	•			175						
1 x 150 on 2:25 Butterfily 2-5-2					1,0				1120		
1   x   150	1,330	<del>-</del>							= 43		2111
1 x 150 on 2:15 Butterfly 2-7-2							,				
1 x 150 on 2:10 Butterfly 2-8-2		<del>-</del>					XX 1 4 //25	01 M 1 10 M 1 20	102		
1 x 150 on 2:15 Butterfly 2:-7-2		<del>-</del>					Workout #25	• •	103		
1 x 150 on 2:20 Butterfly 2-6-2 ENL S (1 x 150 on 2:30 Butterfly 2-5-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:30 Butterfly 2-4-2 ENL S (1 x 150 on 2:40								HighSchl - All			
1 x 150 on 2:25 Butterfly 2-6-2 EN1 S   1 x 200 on 3:00 Stroke Drills   REC   D   1 x 200 on 3:00 Stroke Drills   REC   D   1 x 200 on 3:00 Stroke Drills   REC   D   1 x 200 on 3:00 Stroke Drills   REC   D   1 x 200 on 3:00 Stroke Drills   REC   D   1 x 200 on 3:00 Stroke Drills   REC   D   1 x 200 on 3:00 Stroke Drills   REC   D   1 x 200 on 3:00 Stroke Drills   REC   D   1 x 200 on 3:00 Stroke Drills   REC   D   1 x 200 on 3:00 Stroke Drills   REC   D   1 x 200 on 3:00 Stroke Drills   REC   D   1 x 200 on 3:00 Stroke Drills   REC   D   M x 200 on 3:00 Stroke Drills   REC   D   M x 200 on 3:00 Stroke Drills   REC   D   M x 200 on 3:00 Stroke Drills   REC   D   M x 200 on 3:00 Stroke Drills   REC   D   M x 200 on 3:00 Stroke Drills   REC   D   M x 200 on 3:00 Stroke Drills   REC   D   M x 300 on 3:00 Stroke Drills		<del>-</del>					1 m	inute rest between sets			
1 x 150 on 2:30 Butterfly 2-4-2											
1 x 200 on 3:00 Stroke Drills REC   Park   Set Description   Set Work   Set Number   Set Work   Set Number   Set Work   Set Number						3:00	) PM Star	t			
12:58 PM 4,070 Yards = Stress Value = 42	200	· · · · · · · · · · · · · · · · · · ·			Yards	S	Set Descri	ption		EGY	WOF
Norkout #2589 - Saturday, 08 November 2003	200			D	=====	=	.======:	====================================		===	===
Norkout #2599 - Saturday, 08 November 2003		12.30 IM 4,070 Talas Sciess value	12			1	on 59:59	Team Pictures/D-land	d		
HighSchl All		*** * ****** * * * * * * * * * * * * * *			800	1	x 800 on	14:00 Swim-kick-pull	l-swim	REC	
		Workout #2589 - Saturday, 08 November 2003			180	1	.2 x 15 on	:30 Shooters		SP3	
7:30 AM Start  Set Description  1 on 30:00 Weights and stretch 1 100 0 1 x 100 on 2:00 Kick for time ENY 1 x 800 on 14:00 Swim-kick-pull-swim REC 1 on 10:00 Techniques TN turns 1 1 x 800 on 12:00 Kick 2 x 100 on 12:00 Kick 3 x 100 on 12:00 Kick 4 x 10 x 1		HighSchl - All			900	1x{4	1 x 25 on	:45 Kick no board		EN1	
Tarlow		1 minute rest between sets				{ 2	2 x 100 on	2:00 Kick		EN1	
Yards						{ 4	1 x 25 on	:45 Kick no board		EN1	
1		7:30 AM Start				{ 2	2 x 100 on	1:55 Kick		EN1	
1	Yards	Set Description	EGY	Y WOF						EN1	
1 x 800 on 14:00 Swim-kick-pull-swim REC	=====	=======================================	== ===	====						EN1	
1 on 10:00 Techniques		1 on 30:00 Weights and stretch								EN2	
180	800	1 x 800 on 14:00 Swim-kick-pull-swi	im REC	C	1,000					EN1	
1		1 on 10:00 Techniques- TN turns						-			
1	180	12 x 15 on :45 Shooters	SP3	3	300					REC	
1	600	1x{2 x 100 on 2:00 Kick	EN1	L							
Workout #2596 - Tuesday, 11 November 2003   1 x 500 on 30:00 Killer Relays   SP1		{2 x 100 on 1:55 Kick	EN1	L		5:36	PM 4,080	Yards - Stress Value	= 44		
1 on 10:00 Techniques-relay str   1 x 500 on 30:00 Killer Relays   SP1   SP1   SP1   SP1   SP2   SP3   SP3   SP3   SP3   SP4		· ·	EN1	L							
1 x 500 on 30:00 Killer Relays   3P1   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     1 on 30:00 Stomach and Stretch     2 x 125 on 2:15 Kick   EN2     1 on 30:00 Stomach and Stretch   L DRY     2 x 100 on 1:45 Stroke Drills   REC   D IM     2 on each stroke     2 x 100 on 1:55 Kick   EN1     3 x 100 on 1:55 Kick   EN1   K CHO     3 x 100 on 1:55 Kick   EN1   K CHO     1 x 20 on 2:00 Files   EN1   EN1     2 x 125 on 1:50 Fulls   EN1   P FR     4 2 x 125 on 1:55 Pulls   EN1   P FR     4 2 x 125 on 1:55 Pulls   EN1   P FR     4 2 x 125 on 1:50 Pulls   EN1   P FR     4 2 x 125 on 1:50 Pulls   EN1   P FR     4 2 x 125 on 1:55 Pulls   EN1   P FR     4 2 x 125 on 1:50 Pulls   EN1   P FR     4 2 x 125 on 1:50 Pulls   EN1   P FR     4 2 x 125 on 1:55 Pulls   EN1   P FR     4 2 x 125 on 1:50 Pulls   EN1   P FR     4 2 x 125 on 1:50 Pulls   EN1   P FR     4 2 x 125 on 1:50 Pulls   EN1   P FR     4 2 x 125 on 1:50 Pulls   EN1   P FR     4 2 x 125 on 1:50 Pulls   EN1   P FR     4 2 x 125 on 1:50 Pulls   EN1   P FR     4 2 x 125 on 1:50 Pulls   EN1   P FR     4 2 x 125 on 1:50 Pulls   EN1   P FR     5 x 10 P FR     5 x 10 P M Start     6 x 10 P M Start     5 x 10 P M Start     5 x 10 P M Start     6 x 10 P M Start     5 x 10 P M Start     5 x 10 P M Start     6 x 10 P M Start     7 x 10 P M Start     8 x 15 On 30:00 Stomach and Stretch     1 x 10 P M Start     1 x 10 P M Start     2 x 125 P M Start     2 x 125 P M Start     1 x 10 P M Start     2 x 125 P M Start     2 x 125 P M Start     3 x 100 P M Start     4 x 10 P M Start     5 x 10 P M Start     6 x 10 P M Start     8 x 15 On 30:00 Stomach and Stretch     1 x 10 P M Start     2 x	600		EN1	L			Workout #259	96 - Tuesday, 11 November 20	003		
1 x 500 on 30:00 Killer Relays   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   1 on 30:00 Stomach and Stretch   2 on 30:00 Stomach and Stretch   2 x 150 on 2:40 Kick   EN2   2 x 150 on 1:45 Kick   EN2   2 x 100 on 1:45 Kick   EN2   2 x 100 on 1:45 Kick   EN2   2 x 100 on 1:50 Kick   EN1   2 on each stroke   S 1 x 800 on 1:50 Kick   EN1   K CHO   3 x 100 on 1:55 Kick   EN1   K CHO   3 x 100 on 1:55 Kick   EN1   K CHO   3 x 100 on 1:55 Kick   EN1   K CHO   3 x 100 on 1:55 Kick   EN1   K CHO   3 x 100 on 1:55 Kick   EN1   K CHO   3 x 100 on 1:55 Kick   EN1   K CHO   3 x 100 on 1:55 Kick   EN1   K CHO   3 x 100 on 1:55 Kick   EN1   K CHO   3 x 100 on 1:55 Kick   EN1   K CHO   3 x 100 on 1:55 Kick   EN1   K CHO   3 x 100 on 1:55 Kick   EN1   K CHO   400   1 x 400 on 7:00 Stroke Drills   REC   EN2   REC   EN2   REC   EN2   EN3   EN3   EN3   EN3   EN3   EN3   EN3   EN3   EN4   EN4   EN5								Group 3 - All			
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			SP1	L			1 m	•			
9:59 AM 2,980 Yards - Stress Value = 59  Workout #2592 - Monday, 10 November 2003  Group 3 - All  I minute rest between sets  1 on 30:00 Stomach and Stretch  1 2 8 x 15 on :30 Shooters  Set Description  EGY WORK  1 2 x 125 on 1:55 Fulls  1 0 x 30:00 Stomach and Stretch  1 0 x 30:00 Stomach and Stretch  1 0 x 30:00 Stomach and Stretch  1 0 x 2 x 125 on 1:45 Stroke Drills REC  1 0 x 30:00 Stomach and Stretch  1 0 x 2 x 125 on 1:50 Kick  EN1  2 x 125 on 1:45 Stroke Drills REC  1 x 3 x 100 on 1:45 Stroke  EN1  3 x 100 on 1:55 Kick  EN1  450  3 x 100 on 1:30 Shooters  SP3  S FR  2,700  4x(4 x 100 on 1:30 Backstroke  EN1  (1 x 200 on 2:40 Backstroke  EN2  1,000  1 x 400 on 7:00 Stroke Drills  REC  1,000  1 x 400 on 7:00 Stroke Drills  REC  1,000  1 x 400 on 7:00 Stroke Drills  REC  1,000  1 x 400 on 7:00 Stroke Drills  REC  800  1 x 800 on 14:00 Swim-kick-pull-swim REC  120  8 x 15 on :30 Shooters  EGY WORK  120  8 x 15 on :30 Shooters  EGY WORK  120  8 x 15 on :30 Shooters  EGY WORK  1 x 800 on 14:00 Swim-kick-pull-swim REC  120  8 x 15 on :30 Shooters  EN2  2 x 125 on 1:45 Stroke  EN2  2 x 125 on 1:50 Fulls  EN1  FR  1,000  1 x 400 on 7:00 Stroke Drills  REC  1,000  1 x 400 on 7:00 Stroke Drills  REC  800  1 x 800 on 14:00 Swim-kick-pull-swim REC  120  8 x 15 on :30 Shooters  SP3  1,000  1 x 2 x 125 on 1:30 Shooters  SP3  1,000  1 x 400 on 1:45 Kick  EN1  450  3 x 150 on 2:15 Zbk-4bk-6bk by 50's  EN1  450  3 x 150 on 2:15 2bk-4bk-6bk by 50's  EN1  450  3 x 150 on 2:15 2bk-4bk-6bk by 50's  EN1  450  3 x 25 on :40 Backstroke  EN2  450  450  3 x 25 on :40 Backstroke  EN1  450  1 x 400 on 7:00 Stroke Drills  REC  1,000  1 x 400 on 7:00 Stroke Drills  REC  1,000  1 x 400 on 7:00 Stroke Drills  REC  1,000  1 x 400 on 7:00 Stroke Drills  REC  1,000  1 x 400 on 7:00 Stroke Drills  REC  1,000  1 x 400 on 7:00 Stroke Drills  REC  1,000  1 x 400 on 7:00 Stroke Drills  EN1  EN1  FR  1,000  1 x 400 on 7:00 Stroke Drills  FR  1,000  1 x 400 on 7:00 Stroke Drills  FR  1,000 Stroke EN1  1 x 400 on 7:00 Stroke Drills  FR  1 x 400 o	300		REC	C			1 111	mute Test between sets			
Yards   Set Description   EGY WORK						6.00	) DM C+ar	<del>-</del>			
Workout #2592 - Monday, 10 November 2003		9:59 AM 2,980 Yards - Stress Value = 5	59		Yards					EGY	WOF
Start   Set   Description   EGY WORK STK   Set								•			
Second   S		Workout #2592 - Monday, 10 November 2003									
1 minute rest between sets   120 8 x 15 on :30 Shooters   SP3   1,000 1x{2 x 150 on 2:40 Kick   EN2   1,000 1x{2 x 125 on 2:15 Kick   EN1   EGY WORK STK   SP3   1,000 1x   1,45 Kick   EN2   1 on 30:00 Stomach and Stretch   L DRY   1,500   3 x 500 on 1:20 Kick   EN2   1 on 30:00 Stomach and Stretch   L DRY   1,500   3 x 500 on 7:00 Pulls   EN1   2 on each stroke   EN1   2 on each stroke   EN1   K CHO   3 x 100 on 1:55 Kick   EN1   K CHO   3 x 100 on 1:55 Kick   EN1   K CHO   3 x 100 on 1:50 Kick   EN1   K CHO   3 x 100 on 1:50 Kick   EN1   K CHO   3 x 100 on 1:50 Kick   EN1   K CHO   S x 125 on 1:50 Kick   EN1   K CHO   S x 125 on 1:50 Kick   EN1   K CHO   S x 200 on 3:00 Freestyle   EN1   P FR   S x 200 on 3:00 Freestyle   EN1   P FR   S x 200 on 3:00 Freestyle   EN1   P FR   S x 200 on 3:00 Freestyle   EN1   P FR   S x 200 on 3:00 Freestyle   EN1   S FR   S x 15 on 1:30 Shooters   SP3   S FR   1,000 1x{2 x 125 on 1:45 Pulls   EN1   P FR   S x 200 on 3:00 Freestyle   EN1   P FR   S x 200 on 3:00 Freestyl		Group 3 - All			800	1	x 800 on	14:00 Swim-kick-pull	l-swim	REC	
Set Description		1 minute rest between sets			120	8	8 x 15 on	:30 Shooters		SP3	
Yards Set Description					1,000	1x{2	2 x 150 on	2:40 Kick		EN2	
Yards Set Description		5:30 PM Start								EN1	
1 on 30:00 Stomach and Stretch 1 on 30:00 Stomach and Stretch 2 on each stroke 12 on each stroke 120 8 x 15 on :30 Shooters 120 4x 4 x 100 on 1:30 Backstroke 110 1 x 200 on 2:40 Backstroke 110 1 x 400 on 7:00 Stroke Drills 120 8 x 15 on 1:50 Pulls 120 8 x 15 on 1:50 Pulls 120 8 x 15 on 1:50 Pulls 120 8 x 15 on 1:20 Kick 120 0 x 150 Pulls 120 0 x 150 Pu	Yards		WORK	STK						EN2	
800 8 x 100 on 1:45 Stroke Drills REC D IM 1,500 3 x 500 on 7:00 Pulls EN1 2 on each stroke	=====	=======================================	====	===							
2 on each stroke  2 on each stroke  120 8 x 15 on :30 Shooters  SP3 S FR  2,700 4x{4 x 100 on 1:30 Backstroke}  EN1  900 1x{3 x 100 on 2:00 Kick}  EN1 K CHO  {3 x 25 on :40 Backstroke 15m under EN1  {3 x 100 on 1:55 Kick}  EN1 K CHO  {1 x 200 on 2:40 Backstroke EN2  {3 x 100 on 1:50 Kick}  EN1 K CHO  400 1 x 400 on 7:00 Stroke Drills  REC  1,000 1x{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  {2 x 125 on 3:00 Freestyle}  EN1 S FR		1 on 30:00 Stomach and Stretch	L	DRY		•					
120 8 x 15 on :30 Shooters SP3 S FR 2,700 4x{4 x 100 on 1:30 Backstroke EN1 900 1x{3 x 100 on 2:00 Kick EN1 K CHO {3 x 25 on :40 Backstroke 15m under EN1 {3 x 100 on 1:55 Kick EN1 K CHO {1 x 200 on 2:40 Backstroke EN2 {3 x 100 on 1:50 Kick EN1 K CHO 400 1 x 400 on 7:00 Stroke Drills REC 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 {2 x 125 on 3:00 Freestyle EN1 S FR } SFR	800	8 x 100 on 1:45 Stroke Drills REC	D	IM	-						
900 1x(3 x 100 on 2:00 Kick EN1 K CHO {3 x 25 on :40 Backstroke 15m under EN1 {3 x 100 on 1:55 Kick EN1 K CHO {1 x 200 on 2:40 Backstroke EN2 {3 x 100 on 1:50 Kick EN1 K CHO 400 1 x 400 on 7:00 Stroke Drills REC 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 {2 x 200 on 3:00 Freestyle EN1 S FR		2 on each stroke						-	50 <b>'</b> s		
{3 x 100 on 1:55 Kick EN1 K CHO {1 x 200 on 2:40 Backstroke EN2 {3 x 100 on 1:50 Kick EN1 K CHO 400 1 x 400 on 7:00 Stroke Drills REC 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 {2 x 200 on 3:00 Freestyle EN1 S FR	120	8 x 15 on :30 Shooters SP3	S	FR	2,700						
{3 x 100 on 1:50 Kick EN1 K CHO 400 1 x 400 on 7:00 Stroke Drills REC  1,000 1x{2 x 125 on 2:00 Pulls EN1 P FR 8:30 PM 6,970 Yards - Stress Value = 76  {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  {2 x 200 on 3:00 Freestyle EN1 S FR	900								nder		
1,000 1x{2 x 125 on 2:00 Pulls EN1 P FR 8:30 PM 6,970 Yards - Stress Value = 76 {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 } FR {1,000 5 x 200 on 3:00 Freestyle EN1 S FR					400						
{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					400					KEC	
1.000 1:50 Pulls EN1 P FR 1.000 5 x 200 on 3:00 Freestyle EN1 S FR	1,000					8:30	PM 6,9/0	rards - Stress Value	e = /6		
{2 x 125 on 1:45 Pulls EN1 P FR 1,000 5 x 200 on 3:00 Freestyle EN1 S 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		/:15 PM 4,0/0 Yards - Stress Value = 3	32								

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	

600 8	x 75 on 1:05 Lungbuster pulls	EN1
0	dds br 3-5-7	
е	vens 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 Tce	

#### Workout #2594 - Tuesday, 11 November 2003 HighSchl - All

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

#### 1 minute rest between sets

3:00 PM Start

	3.00 FM 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	$3x{2 \times 25 \text{ on :} 45 \text{ Kick no board}}$	EN1	
	{3 x 100 on 2:00 Kick-descend	EN2	
500	10 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
300	$6 \times 50$ 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 #2595 - Tuesday, 11 November 2003 HighSchl - Tim and David 1 minute rest between sets

Yards	3:00 PM Start Set Description	ECV	WORK
Ialus	Set Description	EGI	MOKK
=====		===	====
	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	$6 \times 50$ 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

	{ 2	Х	100	on	1:15	Backstroke	EN2	S
	{ 1	Х	150	on	2:15	Backstroke	EN1	S
	{ 2	Х	100	on	1:10	Backstroke	EN2	S
250	1	Х	250	on	4:00	Stroke Drills	REC	D
	1	or	11:	:00	Ice			L
	5:29	ΡN	4 6.2	280	Yards	s - 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	STF
	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
600	12 x 50 on 1:00 Stroke Drills	REC	D	IN
	3 on each stroke			
120	8 x 15 on :30 Shooters	SP3	S	Bľ
	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	$4 \times 75$ on 1:10 IM w/out breast	EN1	S	IM
900	$2x{1 x 50 on :00 Breaststroke OTB}$	SP2	S	BF
	$\{1 \times 50 \text{ on } 3:00 \text{ Freestyle} \}$	REC	S	FF
	{1 x 75 on :00 Breaststroke OTB	SP2	S	BF
	$\{1 \times 75 \text{ on } 4:00 \text{ Freestyle} \}$	REC	S	FF
	{1 x 100 on :00 Breaststroke OTB	SP2	S	BF
	$\{1 \times 100 \text{ on } 5:00 \text{ Freestyle} \}$	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
	$\{1 \times 50 \text{ on } 3:00 \text{ Freestyle} \}$	REC	S	FF
	{1 x 75 on :00 Breaststroke OTB	SP2	S	BF
	$\{1 \times 75 \text{ on } 4:00 \text{ Freestyle} \}$	REC	S	FF
	{1 x 100 on :00 Breaststroke OTB	SP2	S	BF
	$\{1 \times 100 \text{ on } 5:00 \text{ Freestyle} \}$	REC	S	FF
200	1 x 200 on 4:00 Stroke Drills	REC	D	CI
	8:02 PM 4,920 Yards - Stress Value	= 12	20	

#### Workout #2597 - Wednesday, 12 November 2003 HighSchl - All

	3:00	PM Start		
Yards	Se	et Description	EGY	WORK
=====	==		===	====
	1	on 30:00 Shoulders & Stretch		L
600		2 x 50 on 1:00 Stroke Drills	REC	D
		odds free evns nonfr		
1,000	•			K
	•			K
			EN1	
		x 50 on 1:00 Kick-descend		
	{ 1	x 100 on 1:50 Kick	EN1	K
	•	x 50 on 1:00 Kick-descend		
	{ 1		EN2	
	{ 3	x 50 on 1:00 Kick-descend	EN1	S
1,200	1x{1	x 400 on 5:30 Pulls	EN1	
	{ 1	x 400 on 5:20 Pulls	EN1	P
	{ 1	x 400 on 5:10 Pulls	EN2	_
300	1x{3	$\times$ 75 on 1:20 IM w/out breast	EN1	
	{ 1	x 75 on 1:10 2bk-4bk-6bk by 25's		
1,500	2x{1	x 150 on 3:00 Breaststroke	EN1	
	{ 1	x 150 on 2:50 Breaststroke	EN1	
	{ 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
	I	Hat Race		
	1	on 20:00 Stretch and Ice		L
	5:28	PM 5,000 Yards - Stress Value = 4	7	

#### Workout #2598 - Wednesday, 12 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
600	12 x 50 on 1:00 Stroke Drills	REC	D
	odds free evns nonfr		
1,000		EN1	K
		EN1	K
			K
			K
	{1 x 100 on 1:50 Kick	EN1	K
	${3 \times 50 \text{ on } 1:00 \text{ Kick-descend}}$	EN1	K
		EN2	
	{3 x 50 on 1:00 Kick-descend		
1,200			P
	(	EN1	_
	(	EN2	_
300	,	EN1	
	{1 x 75 on 1:10 2bk-4bk-6bk by 25's		
3,000	(	EN1	-
		EN1	
	{1 x 150 on 2:35 Breaststroke		
	{1 x 150 on 2:30 Breaststroke		
	{1 x 100 on 1:30 Freestyle		
	{12 x 25 on :30 Breast des in 3's		
400			D
	5:31 PM 6,500 Yards - Stress Value = 5	57	

#### Workout #2603 - Thursday, 13 November 2003 Group 3 - All

#### 1 minute rest between sets

6:00 PM Start

	0.00			
Meters	Se	et 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	
		2	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

	5:30 AM Start				
Yards	Set Description	EGY	WORK	STK	
	=======================================	===	====	===	=
	1 on 30.00 Weights		Т.	DRY	

600	1	x 600	on	9:00	Choice	REC	S	CHO
180	12	2 x 15	on	:30 8	Shooters	SP3	S	BR
1,000	1x{1	x 400	on	5:00	Pulls	EN2	Ρ	FR
	{ 1	x 300	on	4:00	Pulls	EN1	Ρ	FR
	{ 1	x 200	on	2:50	Pulls	EN1	Ρ	FR
	{ 1	x 100	on	1:30	Pulls	EN1	Ρ	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 Dril	ls REC	D	CHO
	1	on 10	:00	Ice			L	DRY
	6:59	AM 2,	980	Yards	s - Stress V	alue = 41		

#### Workout #2601 - Thursday, 13 November 2003 HighSchl - All

#### 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====		===	====
	1 on 30:00 Shoulders & Stretch		I
600	1 x 600 on 9:00 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
800	$2x{4 \times 25}$ 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	E
	$\{6 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1	Ε
	$\{6 \times 25 \text{ on } : 25 \text{ Pulls no br L.} 10 \text{ yds}$	EN1	E
	1 on 15:00 Techniques-TN turns		Γ
1,000	$20 \times 50$ on :55 Mid pool swims	EN1	٤
250	1 x 250 on 5:00 Stroke Drills	REC	Γ
	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		PM Start et Description	EGY	WORF
	==		===	
	1	on 30:00 Shoulders & Stretch		I
600	1	x 600 on 9:00 Swim-kick-pull-swim	REC	٤
180	12	2 x 15 on :30 Shooters	SP3	٤
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	ľ
900	1x{6	x 75 on 1:05 Lungbuster pulls	EN1	E
	{ 6	x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	E
	{ 6	x 25 on :25 Pulls no br L.10 yds	EN1	
400	1	x 400 on 7:00 Reverse IM drill	EN1	
2,750	1x{3	x 100 on 1:30 Butterfly 2-4-2	EN1	٤
	{ 3	x 50 on 1:00 Butterfly-descend	EN1	
	{ 4	x 25 on :20 Freestyle	EN2	
	{ 3	x 100 on 1:30 Butterfly 2-5-2	EN1	
	{ 3	x 50 on 1:00 Butterfly-descend	EN1	
	{ 4	x 25 on :20 Freestyle	EN2	
	{ 3	x 100 on 1:30 Butterfly 2-6-2	EN1	٤
	{ 3	x 50 on 1:00 Butterfly-descend	EN1	٤
	{ 4	x 25 on :20 Freestyle	EN2	٤
	{ 3	x 100 on 1:30 Butterfly 2-7-2	EN1	
	{ 3	x 50 on 1:00 Butterfly-descend	EN1	٤
	-	x 25 on :20 Freestyle	EN2	٤
	{ 3	x 100 on 1:30 Butterfly 2-8-2	EN1	٤
	{ 3	x 50 on 1:00 Butterfly-descend	EN1	
	{ 4	x 25 on :20 Freestyle	EN2	٤
250	1	x 250 on 4:00 Stroke Drills	REC	Γ
		on 10:00 Ice		I
	5:36	PM 6,280 Yards - Stress Value = 73	3	

#### Workout #2608 - Friday, 14 November 2003 Group 3 - All

#### 1 minute rest between sets

#### HighSchl - Tim and David 1 minute rest between sets

	1 initiate Test between sets				E.20	7.14	Cham	_			
	5:30 PM Start			Yards			Star Descri		EGY	WORK	STF
Yards	Set Description	EGY	WORF	=====	=	===	20.00	O+	===	====	===
	=======================================	===	====	0.00				Stomach and Stretch			DRY
	1 on 25:00 Stomach and Stretch		I	800				12:00 Stroke Drills	REC		CHC
800	16 x 50 on 1:00 Stroke Drills	REC	Ι	120				:30 Shooters	SP3	S	
180	12 x 15 on :45 Shooters	SP3	٤	1,600	,			1:20 Freestyle	EN1	S	
	1 on 15:00 Techniques-starts		Ι		{ 4	X	25 on	:30 Freestyle-descend	EN1	S	FF
1,000	1 x 1000 on 16:00 Vertical Kicking	EN2	F		{ 1	X	100 on	1:15 Freestyle	EN2	S	FF
1,000	1x{5 x 50 on 1:00 Pulls	EN1	E		{ 4	X	25 on	:30 Freestyle-descend	EN1	S	FF
•	{5 x 50 on :55 Pulls	EN1	Ε		{ 1	X	100 on	1:10 Freestyle	EN2	S	FF
	{5 x 50 on :50 Pulls	EN1	E		{ 4	X	25 on	:30 Freestyle-descend	EN1	S	FF
	{5 x 50 on :45 Pulls	EN1	F		{ 1	X	100 on	1:05 Freestyle	EN2	S	FF
450	•	EN1	٤		{ 4	X	25 on	:30 Freestyle-descend	EN1	S	FF
	$5x{1 \times 25 \text{ on :} 25 \text{ Butterfly}}$	EN1	ç	400	1	X	400 on	6:00 Stroke Drills	REC	D	CHC
-,	{1 x 25 on :25 Backstroke	EN1	ç		1	on	10:00	Stretch and Ice		L	DRY
	{1 x 25 on :30 Breaststroke	EN1	٤		7:01	AM	2,920	Yards - Stress Value	= 27		
	{1 x 25 on :20 Freestyle	EN1	ς.								
	$\{1 \times 150 \text{ on } 2:15 \text{ IM w/out the free}\}$	EN1	٤			W	wlygryf #24	607 Ewidov 14 November 2003	,		
250	1 x 250 on 4:00 Stroke Drills	REC	Г			WU		507 - Friday, 14 November 2003	,		
230	7:46 PM 4,930 Yards - Stress Value = 53		T				Hig	hSchl - Tim and David			
	1.40 rm 4,300 latus - Stress Value = 3.	L					1 m	inuta rost hotwoon sots			

#### Workout #2604 - Friday, 14 November 2003 HighSchl - All

#### 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WORK	STF	
=====	=======================================	===		===	
	1 on 30:00 Stomach and Stretch		L	DRY	
800	8 x 100 on 1:45 Stroke Drills	REC	D	CHC	
180	12 x 15 on :30 Shooters	SP3	S	Вř	
800	1x{1 x 100 on 1:30 Freestyle	EN1	S	FF	
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle-descend} \}$	EN1	S	FF	
	{1 x 100 on 1:25 Freestyle	EN1	S	FF	
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle-descend} \}$	EN1	S	FF	
	{1 x 100 on 1:20 Freestyle	EN1	S	FF	
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle-descend} \}$	EN1	S	FF	
	$\{1 \times 100 \text{ on } 1:15 \text{ Freestyle}$	EN2	S	FF	
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle-descend} \}$	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	5		

#### Workout #2606 - Friday, 14 November 2003 HighSchl - All

#### 1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	1 on 35:00 Team mtg/stretch		M	
400	1 x 400 on 7:00 Choice	REC	S	CF
120	8 x 15 on :30 Shooters	SP3	S	CF
750	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	E
	{2 x 150 on 2:10 Lungbuster pulls	EN1	P	E
	$\{2 \times 150 \text{ on } 2:05 \text{ Lungbuster pulls}$	EN1	P	E
300	$12 \times 25$ on :30 IM order-build	EN1	S	]
1,200	$3x{4 \times 100 \text{ on } 1:15 \text{ Freestyle}}$	EN2	S	E
	{1 on 1:00 Rest		M	
400	1 x 400 on 6:00 Stroke Drills	REC	D	(
	Hat Race			
	1 on 10:00 Ice		L	DF
	5:00 PM 4,070 Yards - Stress Value =	= 47		

## 3:00 PM Start

Yards	Se	et De	scri	ption			EGY	WORK	STK	
=====	==		====				===	====	===	=
	1	on 3	5:00	Team	mtg/str	retch		M		
400	1	x 40	0 on	7:00	Choice		REC	S	СНО	
120	8	x 15	on	:30 Sl	nooters		SP3	S	СНО	
750	1x{2	x 12	5 on	2:10	Kick		EN1	K	СНО	
	{ 2	x 12	5 on	2:05	Kick		EN1	K	СНО	
	{ 2	x 12	5 on	2:00	Kick		EN1	K	СНО	
900	1x{2	x 15	0 on	2:00	Pulls		EN1	P	FR	
	{ 2	x 15	0 on	1:55	Pulls		EN1	P	FR	
	{ 2	x 15	0 on	1:50	Pulls		EN2	P	FR	
300	12	2 x 2	5 on	:30	IM order	-build	EN1	S	IM	
1,600	4x{4	x 10	0 on	1:05	Freesty	/le	EN2	S	FR	
	{ 1	on 1	:00	Rest				M		
400	1	x 40	0 on	6:00	Stroke	Drills	REC	D	CD	
	1	on 1	0:00	Ice				L	DRY	
	5:01	PM 4	<b>,</b> 470	Yard	s - Stre	ess Valı	ıe =	58		

1 minute rest between sets

#### Workout #2611 - Saturday, 15 November 2003 Group 3 - All

		10:00 AM Start		
	Yards	Set Description	EGY	MC
	=====		===	==
		1 on 30:00 Stomach and Stretch		
I	1,000	1 x 1000 on 18:00 Swim-kick-pull-swim	REC	
	180	12 x 15 on :30 Shooters	SP3	
	1,200	$4x{1 x 100 on 1:45 Freestyle}$	EN1	
		{1 x 100 on 1:30 Kick	EN2	
		$\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$	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	$9 \times 50$ 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		
		,		

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Workout #2610 - Saturday, 15 November 2003	Yards	-		WORK S'
HighSchl - All 1 minute rest between sets		1 on 25:00 Stomach and Stretch		L DI
1 minute 1est between sets	400		REC	D CI
7:30 AM Start	300			S I
Yards Set Description EGY WO		•	EN1 EN1	P 1 P 1
		· · · · · · · · · · · · · · · · · · ·	EN1	P I
1 on 50:00 Weights 2 rounds		•	EN1	P 1
800 1 x 800 on 15:00 Swim-kick-pull-swim REC		•	EN2	P 1
180	1,350	•	EN2	P 1
800 8 x 100 on 2:00 Kick odds 100% effor EN1			EN2	S
900 1x{3 x 100 on 1:30 Pulls EN1		$\{6 \times 75 \text{ on } :50 \text{ Freestyle} \}$	EN2	S
{3 x 100 on 1:25 Pulls EN1 {3 x 100 on 1:20 Pulls EN2	200	1 x 200 on 3:00 Stroke Drills	REC	D
200 4 x 50 on :50 Freestyle-descend EN1		1 on 13:00 Stretch and Ice		L D
1,500 1x{1 x 500 on 7:00 Freestyle EN1		7:00 AM 3,250 Yards - Stress Value =	: 51	
{1 x 500 on 6:45 Freestyle EN2				
{1 x 500 on 6:30 Freestyle EN2		Workout #2613 - Monday, 17 November 2003		
200 1 x 200 on 3:00 Stroke Drills REC		HighSchl - All		
1 on 15:00 Stretch and Ice		1 minute rest between sets		
9:59 AM 4,580 Yards - Stress Value = 54				
		3:00 PM Start		
Workout #2609 - Saturday, 15 November 2003	Yards	±		WORK S
HighSchl - Tim and David			: ===	
1 minute rest between sets	600	1 on 30:00 Shoulders & Stretch	DEC	LI
	600	12 x 50 on :55 Stroke Drills odds free evens non	REC	D (
7:30 AM Start	180		SP3	S
Yards Set Description EGY WO	-	$2x\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$	EN1	
====== ================================	=	{3 x 100 on 1:55 Kick descend	EN2	
1 on 50:00 Weights 2 rounds	900	1x{3 x 150 on 2:15 Pulls	EN1	
800 1 x 800 on 12:00 Swim-kick-pull-swim REC		{2 x 150 on 2:05 Pulls	EN1	P
180 12 x 15 on :30 Shooters SP3		$\{1 \times 150 \text{ on } 1:55 \text{ Pulls}$	EN2	P
800 8 x 100 on 1:45 Kick odds 100% effor EN1		1 on 10:00 Techniques-starts		D
900 1x{3 x 100 on 1:25 Pulls EN1 {3 x 100 on 1:20 Pulls EN2	300	4		
{3 x 100 on 1:15 Pulls EN2	2,000	$4x{4 \times 125}$ on 1:45 Freestyle	EN2	
300 6 x 50 on :45 Descend in sets of 3 EN1	0.5.0	{1 on 1:00 Rest		M
2,000 1x{1 x 500 on 6:15 Freestyle EN1	250		REC	
$\{1 \times 500 \text{ on } 6:00 \text{ Freestyle} \}$ EN2		1 on 13:00 Stretch and Ice 5:29 PM 5,030 Yards - Stress Value =	- 71	L
$\{1 \times 500 \text{ on } 5:45 \text{ Freestyle} $ EN2		5.25 IM 5,050 Talus Scress value -	/ 1	
$\{1 \times 500 \text{ on } 5:30 \text{ Freestyle} $ EN2		NV 1 4 H2C14 NV 1 17 NV 1 2002		
300 1 x 300 on 5:00 Stroke Drills REC		Workout #2614 - Monday, 17 November 2003		
1 on 15:00 Stretch and Ice		HighSchl - Tim and David		
9:59 AM 5,280 Yards - Stress Value = 68		1 minute rest between sets		
Workout #2615 - Monday, 17 November 2003		3:00 PM Start		
Group 3 - All	Yards		EGY	WORK S
1 minute rest between sets	=====		: ===	==== :
1 minute 1est between sets		1 on 30:00 Shoulders & Stretch		LI
5:30 PM Start	600		REC	D (
Yards Set Description EGY WORK	180	odds free evens non 12 x 15 on :30 Shooters	an 3	S
===== =================================	_	$3x\{4 \times 25 \text{ on } : 30 \text{ Kick no board}$	SP3 EN1	
1 on 20:00 Stomach and Stretch L 1	I 1,200	{3 x 100 on 1:40 Kick descend	EN2	
600 12 x 50 on :55 Stroke Drills REC D	900	1x{3 x 150 on 1:45 Pulls	EN1	
odds free evens non		{2 x 150 on 1:55 Pulls	EN1	
120 8 x 15 on :30 Shooters SP3 S	_	{1 x 150 on 2:05 Pulls	EN2	
800 2x{4 x 25 on :30 Kick no board EN1 K I	400		EN1	S
{3 x 100 on 1:40 Kick descend EN2 K (	3,000	6x{4 x 125 on 1:40 Freestyle	EN2	S
900 1x{3 x 150 on 1:45 Pulls EN1 P		{1 on 1:00 Rest		M
{2 x 150 on 1:55 Pulls EN1 P {1 x 150 on 2:05 Pulls EN2 P	250		REC	
300 3 x 100 on 1:30 Individual Medley EN1 S		1 on 10:00 Stretch and Ice		L l
2,000 4x{4 x 125 on 1:40 Freestvle EN2 S		5:32 PM 6,530 Yards - Stress Value =	: 102	

D

EN2

REC

Workout #2612 - Monday, 17 November 2003 HighSchl - All 1 minute rest between sets

7:17 PM 4,970 Yards - Stress Value = 72

1 x 250 on 4:00 Stroke Drills

 $2,000 4x{4 x 125 on 1:40 Freestyle}$ 

{1 on 1:00 Rest

250

REC

REC

EN1

EN2

EN1

EN2

EN2

EN2

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#### Workout #2618 - Tuesday, 18 November 2003 Group 3 - All

#### 1 minute rest between sets

	6:00	PM Start		
Yards	Se	et 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	0 x 100 on 2:00 Kick-odds 100% effor	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 Backstroke 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		LI
400	1 x 400 on 7:00 Choice	REC	S (
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	$4 \times 100$ on 1:30 Freestyle-descend to	EN3	S
	ludicrous speed!!!!!		
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		LI
	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	WORF
=====	=======================================	===	====
	1 on 10:00 Stretch		I
400	1 x 400 on 8:00 Stroke Drills	REC	Ι
180	12 x 15 on :30 Shooters	SP3	٤
300	3 x 100 on 2:00 Kick no board	EN2	F
600	$1x{6 \times 50 \text{ on :55 DEBF all free}}$	EN1	٤
	$\{6 \times 50 \text{ on :} 55 \text{ DEBF ez fr fast non} \}$	EN1	
900	$1x{3 x 100 on 1:30 Freestyle-descend}$	EN1	٤
	{3 x 100 on 1:45 Your Stroke-descend	EN1	٤
	{3 x 100 on 1:45 IM-descend	EN1	٤
50	2 x 25 on 2:00 Choice OTB	EN1	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Ι
100	1 x 100 on 10:00 Time Trials	SP2	٤
250	1 x 250 on 4:00 Stroke Drills	REC	Ι
	1 on 15:00 Ice		I
	12:30 PM 2,980 Yards - Stress Value = 3	38	

#### Workout #2621 - Wednesday, 19 November 2003 Group 3 - All

#### 1 minute rest between sets

EGY WORK

5:30 PM Start Yards Set Description

# 8:00 PM 6,820 Yards - Stress Value = 99 Workout #2619 - Wednesday, 19 November 2003 HighSchl - All

1 minute rest between sets

1 on 30:00 Stomach and Stretch

 $\{6 \times 50 \text{ on } : 45 \text{ Descend in sets of } 3 \text{ EN1}$ 

800 1x{1 x 100 on 2:00 Freestyle

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

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

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

 $\{1 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$ 

120 8 x 15 on :45 Shooters 800  $2x\{4 \times 25 \text{ on :30 Kick no board}$ 

{1 x 100 on 2:00 Kick

{1 x 100 on 1:50 Kick

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

2,750  $1x{3}$  x 125 on 2:10 Breaststroke

250

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

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

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

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

 $\{3 \times 125 \text{ on } 2:05 \text{ Breaststroke} \}$ 

 $\{3 \times 125 \text{ on } 2:00 \text{ Breaststroke} \}$ 

 $\{3 \times 125 \text{ on } 1:55 \text{ Breaststroke} \}$ 

 $\{3 \text{ x } 125 \text{ on } 1\text{:}50 \text{ Breaststroke} \\ \{1 \text{ x } 100 \text{ on } 1\text{:}30 \text{ Freestyle} \}$ 

 $\{3 \times 125 \text{ on } 1:45 \text{ Breaststroke} \}$ 

1 x 250 on 5:00 Stroke Drills

 $1,800 \ 1x\{8 \ x \ 75 \ on \ 1:10 \ Pulls \ w/ \ snorkel$ 

 $\{8 \times 75 \text{ on } 1:05 \text{ Pulls w/ snorkel} \\ \{8 \times 75 \text{ on } 1:00 \text{ Pulls w/ snorkel} \}$ 

12 x 25 on :30 IM order-build

	3:00 PM Start			
Yards	Set Description	EGY	WORK	S
	=======================================	===	====	=
	1 on 30:00 Shoulders & Stretch		L	Γ
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	EN1	S	
	back #3 no brst			
	#4 no free			
3,000	$1x{4 \times 400}$ 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	
=====	=======================================	===	====	=
	1 on 30:00 Shoulders & Stretch		L	1
800	8 x 100 on 1:45 Stroke Drills	REC	D	(
	Odds free evns choic			
120	8 x 15 on :30 Shooters	SP3	S	
900	3x{1 x 150 on 2:30 Kick	EN2	K	(
	{1 x 100 on 1:40 Kick	EN2	K	(
	{1 x 50 on :50 Kick	EN2	K	(
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	$6 \times 75$ on 1:10 IM #1 no fly #2 no	EN1	S	
	back #3 no brst			
	#4 no free			
3,000	$1x{4 \times 400 \text{ on } 5:00 \text{ Freestyle}}$	EN2	S	
	{2 x 200 on 2:30 Freestyle	EN2	S	
	{3 x 300 on 3:45 Freestyle	EN2	S	
	$\{1 \times 100 \text{ on } 1:15 \text{ Freestyle}$	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	Se	et	Des	scri	iption	n		EGY	WORF
=====	==		-===					===	====
	1	or	n 30	0:00	) Stor	mach and S	tretch		I
800	4	Х	200	) or	n 3:30	O Swim-kic	k-pull-swim	REC	٤
120	8	Х	15	on	:30 \$	Shooters		SP3	٤
2,000	2x{2	Х	50	on	1:00	Kick		EN1	ŀ
	{ 2	Х	75	on	1:25	Kick		EN1	ŀ
	{ 2	Х	100	or (	n 1:50	0 Kick		EN1	ŀ
	{ 2	Х	125	ō or	n 2:15	5 Kick		EN1	ŀ
	{ 2	Х	150	or O	n 2:3	5 Kick		EN2	ŀ
1,200	1x{4	Х	100	or O	n 1:30	O Lungbust	er pulls	EN1	E
	{ 4	Х	100	or (	n 1:25	5 Lungbust	er pulls	EN1	E
	{ 4	Х	100	or (	n 1:20	0 Lungbust	er pulls	EN1	
450	6	Х	75	on	1:10	2bk-4bk-61	ok by 25's	EN1	٤
1,750	1x{2	Х	75	on	1:30	Butterfly	2-4-2	EN1	
	{ 2	Х	50	on	1:00	Butterfly	lup ldown	EN1	٤
	{ 2	Х	75	on	1:25	Butterfly	2-5-2	EN1	
	{ 2	Х	50	on	1:00	Butterfly	1up 2down	EN1	۶
	{ 2	Х	75	on	1:20	Butterfly	2-6-2	EN1	
	{ 2	Х	50	on	1:00	Butterfly	1up 3down	EN1	٤
	{ 2	Х	75	on	1:15	Butterfly	2-7-2	EN1	٤
	{ 2	Х	50	on	1:00	Butterfly	2up 4down	EN1	٤
	{ 2	Х	75	on	1:10	Butterfly	2-6-2	EN1	
	{ 2	Х	50	on	1:00	Butterfly	2up 5 down	EN1	٤
	{ 2	Х	75	on	1:05	Butterfly	2-5-2	EN1	٤
	{ 2	Х	50	on	1:00	Butterfly	2up 6down	EN1	٤
	{ 2	Х	75	on	1:00	Butterfly	2-4-2	EN1	٤
	{ 2	Х	50	on	1:00	Butterfly	2up 7down	EN1	٤
200	1	Х	200	) or	n 3:00	O Stroke D	rills	REC	Ι
	8:30	ΡN	16,	520	) Yar	ds - Stres	s Value = 68	3	

#### Workout #2622 - Thursday, 20 November 2003 HighSchl - All

#### 1 minute rest between sets

	5:30 AM Start				
Yards	Set Description	EGY	WORK	STK	
=====	=======================================	===	====	===	=
	1 on 30:00 Weights		L	DRY	
400	1 x 400 on 7:00 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 Valu	1e = 45		

#### Workout #2627 - Friday, 21 November 2003 Group 3 - All

#### 1 minute rest between sets

		PM Start		
Yards	Se	et Description	EGY	WORK
	==		===	====
	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	$\times$ 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 = 4	45	

#### Workout #2624 - Friday, 21 November 2003 HighSchl - All 1 minute rest between sets

	5:30	AM Start			
Yards	Se	et Description	EGY	WORK	Sī
=====	==		===	====	==
	1	on 10:00 Stretching		L	DF
600	12	2 x 50 on 1:00 Stroke Drills	REC	D	CF
180	1:	2 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
		<b>-</b>	EN1	S	F
		<u>-</u>	EN1	S	E
	-	-	EN1	S	E
		-	EN1	S	F
		-	EN1		F
	-	<b>-</b>	EN1	S	Ē
		<b>-</b>	EN1		F
400	-	x 100 on 2:00 Stroke Drills	REC	D	(
100		on 10:00 Techniques-relay str	TUDO	D	
		on 10:00 Ice		_	DF
			- 26	Ь	דע
	/:UI	AM 3,080 Yards - Stress Value =	- 20		

#### Workout #2626 - Friday, 21 November 2003 HighSchl - All 1 minute rest between sets

700 1x{2 x 150 on 2:15 2bk-4bk-6bk by 50's EN1 {4 x 100 on 1:50 Individual Medley EN1

10:04 AM 5,900 Yards - Stress Value = 133

16 x 75 on 1:30 Freestyle

1 on 10:00 Ice

6 x 50 on 1:00 Stroke Drills

1,200

300

#### Workout #2628 - Saturday, 22 November 2003 HighSchl - Tim and David 1 minute rest between sets

2 00 714 61					1 minute rest between sets		
3:00 PM Start Yards Set Description	EGY WO	RK STK	PACE		7.20 AM Stort		
===== =================================				Yards	7:30 AM Start Set Description	EGY	WOE
1 on 20:00 Stretch/mtg		S		=====	=======================================		
400 8 x 50 on :55 Stroke Drills	REC	D CHO	1:50		1 on 30:00 Weights		
180 12 x 15 on :30 Shooters	SP3	S CHO		800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
500 20 x 25 on :45 Sprint kick	EN2	K CHO		300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,000 1 x 1000 on 15:00 Pulls	EN1	P FR		1,400	2x{1 x 100 on 1:45 Kick	EN1	
150 6 x 25 on :45 Freestyle	REC EN1	S FR			{1 x 100 on 1:40 Kick	EN1	
200 1 x 200 on 15:00 Rabbit Game 350 7 x 50 on 1:00 Stroke Drills		S FR D CD			{1 x 100 on 1:35 Kick	EN2	
1 on 5:00 Run the Gauntlet	REC	S CD	2:00		{1 x 100 on 1:30 Kick	EN2	
1 on 20:00 Stretch and Ice		L DRY			{1 x 100 on 1:25 Kick {8 x 25 on :30 Kick no board	EN2	
5:02 PM 2,780 Yards - Stress	Value			1 900	1x{1 x 300 on 4:00 Pulls	EN1 EN1	
,				1,000	{3 x 100 on 1:20 Pulls	EN1	
Workout #2625 - Friday, 21 Noven	her 2003				{1 x 300 on 3:45 Pulls	EN2	
HighSchl - Tim and Davie					{3 x 100 on 1:15 Pulls	EN2	
S					{1 x 300 on 3:30 Pulls	EN2	
1 minute rest between set	S				{3 x 100 on 1:10 Pulls	EN2	
E.20 AM Chart				700	$1x{2 x 150 on 2:15 2bk-4bk-6bk by 50's}$	EN1	
5:30 AM Start Yards Set Description	E.C	Y WORK	CTIV		{4 x 100 on 1:30 Individual Medley	EN1	
Yards Set Description				1,200	<u>-</u>	EN3	
1 on 10:00 Stretching			DRY	300		REC	
600 12 x 50 on 1:00 Stroke Dr	ills RF		CHO		1 on 10:00 Ice	4.1	
180 12 x 15 on :45 Shooters	SP		CHO		10:04 AM 6,500 Yards - Stress Value = 14	<del>1</del> 1	
1,200 1x{5 x 100 on 1:20 Pulls	EN	1 P	FR				
$\{4 \times 100 \text{ on } 1:15 \text{ Pulls}$	EN	1 P	FR		Workout #2635 - Monday, 24 November 2003		
{3 x 100 on 1:10 Pulls	EN		FR		Group 3 - All		
1,400 1x{1 x 150 on 2:00 Freestyle			FR		1 minute rest between sets		
{2 x 125 on 1:40 Freestyle			FR				
{1 x 100 on 1:20 Freestyle			FR		5:30 PM Start		
$\{2 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$	EN EN		FR FR	Yards	±	EGY	
$\{1 \times 50 \text{ on : } 40 \text{ Freestyle} $ $\{1 \times 50 \text{ on : } 35 \text{ Freestyle} \}$	EN		FR		1 00 00 0	===	===
$\{2 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN		FR	600	1 on 20:00 Stomach and Stretch	DEC	
$\{1 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$			FR	600 120	1 x 600 on 9:00 Choice 8 x 15 on :30 Shooters	REC SP3	
{2 x 125 on 1:30 Freestyle		1 s	FR		1x{6 x 25 on :40 Kick no board	EN1	
$\{1 \times 150 \text{ on } 1:50 \text{ Freestyle}$		1 S	FR	300	{3 x 100 on 1:50 Kick	EN2	
600 6 x 100 on 1:30 Stroke Dr	ills RE	C D	CD		{4 x 25 on :35 Kick no board	EN1	
1 on 10:00 Ice		т	DRY				
					{2 x 100 on 1:45 Kick	EN2	
6:58 AM 3,980 Yards - Stress	Value					EN2 EN1	
	Value				{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick	EN1 EN2	
		= 33		1,000	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds	EN1 EN2 EN1	
6:58 AM 3,980 Yards - Stress		= 33		300	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds 6 x 50 on :45 Descend in sets of 3	EN1 EN2 EN1 EN1	
6:58 AM 3,980 Yards - Stress  Workout #2629 - Saturday, 22 Nove	mber 200	= 33		300	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds 6 x 50 on :45 Descend in sets of 3 1x{3 x 200 on 2:30 Freestyle	EN1 EN2 EN1 EN1 EN2	
6:58 AM 3,980 Yards - Stress  Workout #2629 - Saturday, 22 Nove  HighSchl - All	mber 200	= 33		300	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds 6 x 50 on :45 Descend in sets of 3 1x{3 x 200 on 2:30 Freestyle {3 x 200 on 2:25 Freestyle	EN1 EN2 EN1 EN1 EN2 EN2	
6:58 AM 3,980 Yards - Stress  Workout #2629 - Saturday, 22 Nove  HighSchl - All	mber 200	= 33		300 1,800	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds 6 x 50 on :45 Descend in sets of 3 1x{3 x 200 on 2:30 Freestyle {3 x 200 on 2:25 Freestyle {3 x 200 on 2:20 Freestyle	EN1 EN2 EN1 EN1 EN2 EN2 EN2	
6:58 AM 3,980 Yards - Stress  Workout #2629 - Saturday, 22 Nove  HighSchl - All  1 minute rest between set	mber 200	= 33		300 1,800	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds 6 x 50 on :45 Descend in sets of 3 1x{3 x 200 on 2:30 Freestyle {3 x 200 on 2:25 Freestyle {3 x 200 on 2:20 Freestyle	EN1 EN2 EN1 EN1 EN2 EN2 EN2	
6:58 AM 3,980 Yards - Stress  Workout #2629 - Saturday, 22 Nove  HighSchl - All  1 minute rest between set	mber 200. s	= 33 3 ==== =	GY WOF	300	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds 6 x 50 on :45 Descend in sets of 3 1x{3 x 200 on 2:30 Freestyle {3 x 200 on 2:25 Freestyle {3 x 200 on 2:20 Freestyle	EN1 EN2 EN1 EN1 EN2 EN2	
Workout #2629 - Saturday, 22 Nove  HighSchl - All  1 minute rest between set  7:30 AM Start  Yards Set Description  1 on 30:00 Weights	mber 200. s ==================================	= 33 3 ==== = = = = = = = = = = = = = =	GY WOF	300 1,800	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds 6 x 50 on :45 Descend in sets of 3 1x{3 x 200 on 2:30 Freestyle {3 x 200 on 2:25 Freestyle {3 x 200 on 2:20 Freestyle 7 x 50 on 1:00 Stroke Drills	EN1 EN2 EN1 EN1 EN2 EN2 EN2	
Workout #2629 - Saturday, 22 Nove  HighSchl - All  1 minute rest between set  7:30 AM Start  Yards Set Description  1 on 30:00 Weights  800 1 x 800 on 14:00 Swim-kic	mber 200. s ==================================	= 33 3 ==== = = = = = = = = = = = = = =	GY WOF == === EC	300 1,800	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds 6 x 50 on :45 Descend in sets of 3 1x{3 x 200 on 2:30 Freestyle {3 x 200 on 2:25 Freestyle {3 x 200 on 2:20 Freestyle 7 x 50 on 1:00 Stroke Drills	EN1 EN2 EN1 EN1 EN2 EN2 EN2	
6:58 AM 3,980 Yards - Stress  Workout #2629 - Saturday, 22 Nove HighSchl - All 1 minute rest between set  7:30 AM Start Yards Set Description	mber 200. s ==================================	= 33 3 ==== = = = = = = = = = = = = = =	GY WOF == === EC P3	300 1,800	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds 6 x 50 on :45 Descend in sets of 3 1x{3 x 200 on 2:30 Freestyle {3 x 200 on 2:25 Freestyle {3 x 200 on 2:20 Freestyle 7 x 50 on 1:00 Stroke Drills	EN1 EN2 EN1 EN1 EN2 EN2 EN2	
6:58 AM 3,980 Yards - Stress  Workout #2629 - Saturday, 22 Nove HighSchl - All 1 minute rest between set  7:30 AM Start Yards Set Description	mber 200. s ======= k-pull5 fast	= 33 3 ==== = = swim R S E E E	GY WOF == === EC P3 N1 N1 N1	300 1,800	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds 6 x 50 on :45 Descend in sets of 3 1x{3 x 200 on 2:30 Freestyle {3 x 200 on 2:25 Freestyle {3 x 200 on 2:20 Freestyle 7 x 50 on 1:00 Stroke Drills	EN1 EN2 EN1 EN1 EN2 EN2 EN2	
### Company of Company	mber 200. s ======= k-pull5 fast	= 33 3 ==== = = swim R S E E E	GY WOF == === EC P3 N1 N1 N2 N2	300 1,800	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds 6 x 50 on :45 Descend in sets of 3 1x{3 x 200 on 2:30 Freestyle {3 x 200 on 2:25 Freestyle {3 x 200 on 2:20 Freestyle 7 x 50 on 1:00 Stroke Drills	EN1 EN2 EN1 EN1 EN2 EN2 EN2	
### Workout #2629 - Saturday, 22 Nove    HighSchl - All     1 minute rest between set	mber 200. s ======= k-pull5 fast	= 33 3 ==== = = = = = = = = = = = = = = = = =	GY WOF == === EC P3 N1 N1 N2 N2 N2	300 1,800	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds 6 x 50 on :45 Descend in sets of 3 1x{3 x 200 on 2:30 Freestyle {3 x 200 on 2:25 Freestyle {3 x 200 on 2:20 Freestyle 7 x 50 on 1:00 Stroke Drills	EN1 EN2 EN1 EN1 EN2 EN2 EN2	
### Workout #2629 - Saturday, 22 Nove    HighSchl - All     1 minute rest between set	mber 200. s ======= k-pull5 fast	= 33 3 ==== = = = = = = = = = = = = = =	GY WOF == === EC P3 N1 N1 N2 N2 N1	300 1,800	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds 6 x 50 on :45 Descend in sets of 3 1x{3 x 200 on 2:30 Freestyle {3 x 200 on 2:25 Freestyle {3 x 200 on 2:20 Freestyle 7 x 50 on 1:00 Stroke Drills	EN1 EN2 EN1 EN1 EN2 EN2 EN2	
### Workout #2629 - Saturday, 22 Nove    HighSchl - All     1 minute rest between set	mber 200. s ======= k-pull5 fast	= 33 3 ==== = = = = = = = = = = = = = =	GY WOF == === EC P3 N1 N1 N2 N2 N1 N1 N1	300 1,800	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds 6 x 50 on :45 Descend in sets of 3 1x{3 x 200 on 2:30 Freestyle {3 x 200 on 2:25 Freestyle {3 x 200 on 2:20 Freestyle 7 x 50 on 1:00 Stroke Drills	EN1 EN2 EN1 EN1 EN2 EN2 EN2	
### Workout #2629 - Saturday, 22 Nove    HighSchl - All     1 minute rest between set	mber 200. s ======= k-pull5 fast	= 33  3  ==== = = = = = = = = = = = = =	GY WOF == === EC P3 N1 N1 N2 N2 N1 N1 N1 N2	300 1,800	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds 6 x 50 on :45 Descend in sets of 3 1x{3 x 200 on 2:30 Freestyle {3 x 200 on 2:25 Freestyle {3 x 200 on 2:20 Freestyle 7 x 50 on 1:00 Stroke Drills	EN1 EN2 EN1 EN1 EN2 EN2 EN2	
### Workout #2629 - Saturday, 22 Nove    HighSchl - All     1 minute rest between set	mber 200. s ======= k-pull5 fast	= 33  3  ==== = = = = = = = = = = = = =	GY WOF == === EC P3 N1 N1 N2 N2 N1 N1 N1	300 1,800	{2 x 100 on 1:45 Kick {2 x 25 on :30 Kick no board {1 x 100 on 1:40 Kick 4 x 250 on 3:30 Pulls-nbbf&w + 2 yds 6 x 50 on :45 Descend in sets of 3 1x{3 x 200 on 2:30 Freestyle {3 x 200 on 2:25 Freestyle {3 x 200 on 2:20 Freestyle 7 x 50 on 1:00 Stroke Drills	EN1 EN2 EN1 EN1 EN2 EN2 EN2	

ENS REC

#### Workout #2634 - Monday, 24 November 2003 HighSchl - All

#### 1 minute rest between sets

	5:30 PM Start		
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
	$\{1 \times 50 \text{ on } 1:00 \text{ Pulls } 6 \text{ brths total} \}$	EN1	P
	{2 x 100 on 1:25 Pulls	EN1	P
	$\{1 \times 50 \text{ on } 1:00 \text{ Pulls 5 brths total}$	EN1	P
	{2 x 100 on 1:20 Pulls	EN1	P
	$\{1 \times 50 \text{ on } 1:00 \text{ Pulls } 4 \text{ brths total} \}$	EN1	P
	{2 x 100 on 1:15 Pulls	EN2	P
	$\{1 \times 50 \text{ on } 1:00 \text{ Pulls 5 brths total}$	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 = 5	3	

#### Workout #2630 - Monday, 24 November 2003 HighSchl - Platinum

#### 1 minute rest between sets

Yards	3:00 PM Start 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	
	$\{4 \times 25 \text{ on } : 30 \text{ Kick no board}$	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	3	

#### Workout #2631 - Monday, 24 November 2003 HighSchl - Gold 1 minute rest between sets

Yards	3:00 Se				tion		EGY	WOF
======	==	===	====	====			===	===
	1	or	1 30:	:00	Phvsi	lo Balls/Stretch		
800					-	Swim-kick-pull-swim	REC	
180	12	2 >	15	on	:30 5	Shooters	SP3	
1,200	2x{4	Х	25 0	on :	:40 Ki	ick no board	EN1	
	{ 2	Х	100	on	2:00	Kick	EN2	
	{ 4	Х	25 0	n :	:40 Ki	lck no board	EN1	
	{ 2	Х	100	on	1:55	Kick	EN2	
1,000	10	) >	100	or or	n 1:30	Lungbuster pulls	EN1	
		odo	ds bi	3-	-5-7-9	9		
	6	eve	ens k	or 2	2-4-6-	-8		
300	3	Х	100	on	1:45	Individual Medley	EN1	
2,400	1x{2	Х	400	on	5:30	Freestyle	EN2	
	{ 4	Х	100	on	1:30	Freestyle-descend	EN2	
	{ 2	Х	400	on	5:15	Freestyle	EN2	
	{ 4	Х	100	on	1:30	Freestyle-descend	EN2	
250	1	Х	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	3:00 PM Start 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	$3x{4 \times 25}$ 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

	3:00 PM Start		
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	

	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	
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	9	

#### Workout #2636 - Tuesday, 25 November 2003 HighSchl - All

#### 1 minute rest between sets

	5:30	Αľ	M St	cart	ī.						
Yards	Se	et	Desc	crip	ption					EGY	WOF
	==	===		-==				==:		===	===
	1	01	n 30:	:00	Weigh	nts					
600	1	Х	600	on	10:00	Swim-kic	k-drl	1-:	swim	REC	
	1	10	equi	ipme	ent						
180	12	2 2	x 15	on	:30 \$	Shooters				SP3	
1,000	1x{4	Х	125	on	1:55	Pulls-nbbi	E&w +	2	yds	EN1	
	{ 2	Х	125	on	1:50	Pulls-nbbi	E&w +	2	yds	EN1	
	{ 2	Х	125	on	1:45	Pulls-nbbi	E&w +	2	yds	EN1	
1,200	1x{1	Х	200	on	2:40	Freestyle				EN2	
	{ 1	Х	200	on	2:35	Freestyle				EN2	
	{ 1	Х	200	on	2:30	Freestyle				EN2	
	{ 1	Х	200	on	2:25	Freestyle				EN2	
	{ 1	Х	200	on	2:20	Freestyle				EN2	
	{ 1	Х	200	on	2:15	Freestyle				EN2	
250	1	Х	250	on	4:00	Stroke Dri	ills			REC	
	1	01	n 10:	:00	Ice						
	7:04	Αľ	M 3,2	230	Yards	s - Stress	Valu	e =	= 40		

#### Workout #2637 - Tuesday, 25 November 2003 HighSchl - All

#### 1 minute rest between sets

Yards	3:00 Se				totion		EGY	WOF
	==	-=-		===				===
	1	or	1 30:	:00	Shoul	lders & Stretch		
800	1	Х	800	on	15:00	) Swim-kick-pull-swim	REC	
300	12	2 >	25	on	:30 1	12.5 easy 12.5 fast	SP3	
1,000	1x{4	Х	100	on	2:00	Kick	EN1	
	{ 3	Х	100	on	1:55	Kick	EN1	
	{ 2	Х	100	on	1:50	Kick	EN1	
	{ 1	Х	100	on	1:45	Kick	EN2	
1,000	1x{1	Х	100	on	1:30	Lungbuster pulls	EN1	
	{ 2	Х	100	on	1:25	Lungbuster pulls	EN1	
	{ 3	Х	100	on	1:20	Lungbuster pulls	EN1	
	{ 4	Х	100	on	1:15	Lungbuster pulls	EN2	
300	4	Х	75 0	on 1	L:05 2	2bk-4bk-6bk by 25's	EN1	
2,000	1x{1	Х	200	on	3:30	Backstroke	EN1	
	{ 2	Х	175	on	3:00	Backstroke	EN1	
	{ 3	Х	150	on	2:30	Backstroke	EN1	
	{ 4	Х	125	on	2:00	Backstroke	EN1	

	{5 x 10	0 on	1:35 Backstroke	EN1
500	20 x 2	5 on	:30 Freestyle 100% effrt	EN2
200	1 x 20	0 on	3:00 Stroke Drills	REC
	1 on 1	0:00	Ice	
	5:33 PM 6	,100	Yards - Stress Value = 70	

#### Workout #2644 - Wednesday, 26 November 2003 Group 3 - All

#### 1 minute rest between sets

	5:30 PM Start	
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
	$\{2 \times 150 \text{ on } 2:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1
	$\{2 \times 150 \text{ on } 2:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	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 = 13	6

#### Workout #2640 - Wednesday, 26 November 2003 HighSchl - Distance

F					
=		3:00 PM Start			
	Yards	Set Description	EGY	WORK	٤
	=====	=======================================	===	====	=
		1 on 30:00 Physio Balls/Stretch		L	Γ
	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			
		evns-nbbf&w + 4yds			
	400	$16 \times 25$ on :30 IM order-build	EN1	S	
	2,400	$1x{1 \times 400 \text{ on } 6:00 \text{ Freestyle}}$	EN2	S	
		$\{2 \times 400 \text{ on } 5:55 \text{ Freestyle} \}$	EN2	S	
		${3 \times 400 \text{ on } 5:50 \text{ Freestyle}}$	EN2	S	
	250	1 x 250 on 4:00 Stroke Drills	REC	D	
		1 on 10:00 Ice		L	Γ
		5:33 PM 6,530 Yards - Stress Value =	94		

#### Workout #2641 - Wednesday, 26 November 2003 HighSchl - IM/Stroke 1 minute rest between sets

#### HighSchl - Sprint 1 minute rest between sets

3:00 PM Start

	3:00 PM Start			
Yards	Set Description	EGY	WORK	=
=====	=======================================	===	====	
	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	
	$\{1 \times 150 \text{ on } 2:15 \text{ IM w/out your best}\}$	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 = 8	88		

	3.00 FM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 30:00 Physio Balls/Stretch		L	Γ
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			
	evns-nbbf&w + 4yds			
400	$16 \times 25$ on :30 IM order-build	EN1	S	
1,950	$3x{3 \times 100}$ on 1:30 Freestyle-descend	EN2	S	
	$\{6 \times 25 \text{ on } : 40 \text{ Freestyle-1 breath} \}$	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	Γ
	5:33 PM 6,080 Yards - Stress Value =	85		

#### Workout #2639 - Wednesday, 26 November 2003 HighSchl - All

## Group 3 - All 1 minute rest between sets

Workout #2649 - Friday, 28 November 2003

#### 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	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
	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	S
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	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 = 6	56	

#### 10:00 AM Start Yards Set Description EGY WORK ===== \_\_\_\_\_ 1 on 30:00 Stomach and Stretch 4 x 200 on 3:30 Swim-kick-pull-swim REC 120 8 x 15 on :30 Shooters SP3 $2,000 \ 2x{2 x 50 on 1:00 Kick}$ EN1 K $\{2 \times 75 \text{ on } 1:25 \text{ Kick} \}$ EN1 F $\{2 \times 100 \text{ on } 1:50 \text{ Kick} \}$ EN1 F {2 x 125 on 2:15 Kick EN1 K {2 x 150 on 2:35 Kick 1,200 $1x\{4 \times 100 \text{ on } 1:30 \text{ Lungbuster pulls}$ EN1 $\{4 \times 100 \text{ on } 1:25 \text{ Lungbuster pulls}$ EN1 F {4 x 100 on 1:20 Lungbuster pulls EN1 450 6 x 75 on 1:10 2bk-4bk-6bk by 25's EN1 1,750 $1x\{2 \times 75 \text{ on } 1:30 \text{ Butterfly } 2-4-2 \}$ EN1 {2 x 50 on 1:00 Butterfly lup ldown EN1 {2 x 75 on 1:25 Butterfly 2-5-2 EN1 ç {2 x 50 on 1:00 Butterfly 1up 2down EN1 S $\{2 \times 75 \text{ on } 1:20 \text{ Butterfly } 2-6-2 \}$ EN1 S $\{2 \times 50 \text{ on } 1:00 \text{ Butterfly lup 3down} \}$ EN1 $\{2 \times 75 \text{ on } 1:15 \text{ Butterfly } 2-7-2 \}$ {2 x 50 on 1:00 Butterfly 2up 4down EN1 {2 x 75 on 1:10 Butterfly 2-6-2 EN1 $\{2 \times 50 \text{ on } 1:00 \text{ Butterfly } 2\text{up } 5 \text{ down } \text{EN1} \}$ {2 x 75 on 1:05 Butterfly 2-5-2 EN1 {2 x 50 on 1:00 Butterfly 2up 6down EN1 $\{2 \times 75 \text{ on } 1:00 \text{ Butterfly } 2-4-2 \}$ EN1 $\{2 \times 50 \text{ on } 1:00 \text{ Butterfly 2up 7down EN1}$ S 200 1 x 200 on 3:00 Stroke Drills

12:30 PM 6,520 Yards - Stress Value = 68

#### Workout #2643 - Wednesday, 26 November 2003 HighSchl - Rookies

	3:00 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 30:00 Physio Balls/Stretch		L	Ι
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	$3x{3 \times 75}$ on 1:45 Freestyle-descend	EN2	S	
	{5 x 25 on :45 Freestyle-1 breath	EN2	S	
	$\{1 \times 100 \text{ on } 3:00 \text{ Freestyle}$	EN2	S	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		L	Ι
	5:30 PM $3,780$ Yards - Stress Value =	57		

#### Workout #2650 - Friday, 28 November 2003 HighSchl - All 1 minute rest between sets

	2:00 PM Start			
Yards	Set Description	EGY	WORK	Sī
=====		===	====	==
	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	CN
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

	/:30 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	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
1,500	3x{2 x 200 on 3:30 Kick	EN2	K
	$\{4 \times 25 \text{ on } : 30 \text{ Kick no brd } 25\text{y undr}$	EN2	K
450	9 x 50 on 2:00 Freestyle OTB	SP2	S
1,350	1x{3 x 125 on 1:45 Pulls	EN1	P
	{3 x 150 on 2:00 Pulls	EN1	P
	{3 x 175 on 2:15 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 5,030 Yards - Stress Value = $\frac{1}{2}$	140	

#### Workout #2648 - Friday, 28 November 2003 HighSchl - Gold 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	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
	$\{4 \times 25 \text{ on } : 30 \text{ Kick no brd } 18\text{y undr}$	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 = $\frac{1}{2}$	136	

#### Workout #2646 - Friday, 28 November 2003 HighSchl - Silver

#### 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	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	Х	150 on 3:30 Kick	EN2	K
	{ 4	Х	25 on :30 Kick no brd 12y undr	EN2	K
450	9	Х	50 on 2:00 Freestyle OTB	SP2	S
1,050	1x{2	Х	125 on 2:05 Pulls	EN1	Ρ
	{ 3	Х	150 on 2:30 Pulls	EN1	Ρ
	{ 2	Х	175 on 2:55 Pulls	EN1	Ρ
450	9	Х	50 on 2:00 Freestyle OTB	SP2	S
500	5	Х	100 on 1:45 Stroke Drills	REC	D
	1	01	n 10:00 Ice		L
	10:02	2. 7	AM 4.280 Yards - Stress Value =	1.31	

#### Workout #2645 - Friday, 28 November 2003 HighSchl - Bronze 1 minute rest between sets

	7:30 AM Start			
Yards	Set Description	EGY	WORK	STK
=====		===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
450	6 x 75 on 1:45 Stroke Drills	REC	D	СНО
	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	СНО
	$\{4 \times 25 \text{ on :} 30 \text{ Sprint kick}$	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	СНО
	1 on 10:00 Ice		L	DRY
	10:01 AM 3,230 Yards - Stress Valu	ie =	85	

#### Workout #2652 - Saturday, 29 November 2003 Group 3 - All 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	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	
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 = 13	2	

#### Workout #2653 - Saturday, 29 November 2003 HighSchl - Platinum 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	W
=====	=======================================	===	==
	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	2	

#### Workout #2654 - Saturday, 29 November 2003 HighSchl - Gold

#### 1 minute rest between sets

	7:30 AM Start		
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 = 11	5	

#### Workout #2651 - Saturday, 29 November 2003 HighSchl - Silver 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	MC
=====		===	==
	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 = 10	3	

#### Workout #2655 - Saturday, 29 November 2003 HighSchl - Bronze

#### 1 minute rest between sets

	7:30 AM Start		
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
1,800	6 x 300 on 6:10 Pulls	EN2
300	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

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

#### Workout #2656 - Monday, 01 December 2003 HighSchl - All

	5:30 AM Sta:	ct		
Yards	Set Descr	iption	EGY	WORK
	========		===	====
	1 on 10:0	) Stretch		L
600	1 x 600 or	n 10:00 Stroke Drills	REC	D
300	12 x 25 o	n :30 12.5 easy 12.5 fast	SP3	S
1,250	1x{1 x 250 or	n 3:45 Pulls	EN1	P
	{1 x 250 or	n 3:35 Pulls	EN1	P
	{1 x 250 or	n 3:25 Pulls	EN1	P
	{1 x 250 or	n 3:15 Pulls	EN2	P
	{1 x 250 or	n 3:05 Pulls	EN2	P
1,800	$1x{3 x 75 on}$	1:00 Freestyle	EN2	S
	{3 x 125 or	n 1:40 Freestyle	EN2	S
	{3 x 175 or	n 2:20 Freestyle	EN2	S
	{3 x 225 or	n 3:00 Freestyle	EN2	S
250	1 x 250 or	n 5:00 Stroke Drills	REC	D
	1 on 15:0	) Stretch and Ice		L
	7:02 AM 4,20	) Yards - Stress Value = 6	54	

	Workout #2657 - Monday, 01 December 2003 HighSchl - All 1 minute rest between sets		800 1,500	4 x 200 on 2:45 Pulls EN1 1x{2 x 150 on 2:00 Freestyle EN1 {1 x 200 on 3:00 Individual Medley EN2	P S S
	3:00 PM Start			{2 x 150 on 1:55 Freestyle EN2 {1 x 200 on 3:00 Individual Medley EN2 {2 x 150 on 1:50 Freestyle EN2	S S S
Yards =====	Set Description	EGY W		{1 x 200 on 3:00 Individual Medley EN2 1 x 200 on 3:00 Stroke Drills REC	S D
600 300 800	<pre>1 on 30:00 Team meeting/stretch 1 x 600 on 10:00 Swim-kick-pull-swi 12 x 25 on :30 Berzerks 8 x 100 on 1:45 Kick odds fast</pre>	SP3	200	1 on 10:00 Ice 7:04 AM 3,180 Yards - Stress Value = 42	LI
	1x{2 x 125 on 1:55 Pulls {1 x 100 on 1:15 Pulls	EN2 EN1 EN2		Workout #2660 - Tuesday, 02 December 2003 HighSchl - Girls	
	{2 x 125 on 1:50 Pulls {1 x 100 on 1:15 Pulls	EN1 EN2		1 minute rest between sets	
	{2 x 125 on 1:45 Pulls {1 x 100 on 1:15 Pulls	EN1 EN2	Vondo	3:00 PM Start	MOE
300	12 x 25 on :30 IM order-build	EN1	Yards =====		WOF ===
Z <b>,</b> 700	1x{2 x 300 on 4:00 Freestyle {6 x 50 on :40 Freestyle	EN2 EN2	600	1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Swim-kick-pull-swim REC	
	{2 x 300 on 3:45 Freestyle {6 x 50 on :40 Freestyle	EN2 EN2	300	12 x 25 on :30 Berzerks SP3	
	{2 x 300 on 3:30 Freestyle	EN2	800 1,400	8 x 100 on 2:00 Kick odds fast EN2 1x{2 x 125 on 2:00 Pulls EN1	
250	$\{6 \times 50 \text{ on } : 40 \text{ Freestyle} \\ 1 \times 250 \text{ on } 4:00 \text{ Stroke Drills} $	EN2 REC	·	{1 x 100 on 1:25 Pulls EN1	
230	1 on 10:00 Ice			{2 x 125 on 1:55 Pulls EN1 {1 x 100 on 1:25 Pulls EN2	
	5:16 PM 6,000 Yards - Stress Value = 9	7		{2 x 125 on 1:50 Pulls EN1	
	Workout #2661 - Tuesday, 02 December 2003			{1 x 100 on 1:25 Pulls EN2 {2 x 125 on 1:45 Pulls EN1	
	Group 3 - All		300	{1 x 100 on 1:25 Pulls EN2 12 x 25 on :30 IM order-build EN1	
	1 minute rest between sets			1x{2 x 300 on 4:30 Freestyle EN2	
	6:00 PM Start			{6 x 50 on :45 Freestyle EN2 {2 x 300 on 4:15 Freestyle EN2	
Meters	Set Description	EGY W		{6 x 50 on :45 Freestyle EN2	
	1 on 30:00 Stomach and Stretch			{2 x 300 on 4:00 Freestyle EN2 {6 x 50 on :45 Freestyle EN2	
800 180	1 x 800 on 14:00 Swim-kick-pull-swi 12 x 15 on :30 Shooters	m REC SP3	250	1 x 250 on 4:00 Stroke Drills REC	
	1x{5 x 50 on 1:10 Kick	EN1		1 on 11:00 Ice 5:29 PM 6,350 Yards - Stress Value = 100	
	{5 x 50 on 1:05 Kick {5 x 50 on 1:00 Kick	EN1 EN2			
		LIN Z			
000	{5 x 50 on :55 Kick	EN2		Workout #2666 - Wednesday, 03 December 2003	
900	·			Workout #2666 - Wednesday, 03 December 2003 Group 3 - All 1 minute rest between sets	
900	{5 x 50 on :55 Kick 1x{3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls	EN2 EN1		Group 3 - All 1 minute rest between sets	
900	{5 x 50 on :55 Kick 1x{3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls	EN2 EN1 EN1	Yards	Group 3 - All 1 minute rest between sets 5:30 PM Start	Worf
	{5 x 50 on :55 Kick 1x{3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds br 3-5-7-9 { evens br 2-4-6-8 4x{1 x 75 on 1:15 IM w/out the free	EN2 EN1 EN2 EN2	Yards =====	Group 3 - All  1 minute rest between sets  5:30 PM Start Set Description EGY N	====
600	{5 x 50 on :55 Kick 1x{3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds br 3-5-7-9 { evens br 2-4-6-8 4x{1 x 75 on 1:15 IM w/out the free {1 x 75 on 1:10 2bk-4bk-6bk by 25's 1x{2 x 150 on 2:40 Backstroke	EN2 EN1 EN1 EN2 EN1 EN1 EN1		Group 3 - All  1 minute rest between sets  5:30 PM Start Set Description EGY N  1 on 30:00 Stomach and Stretch	
600	{5 x 50 on :55 Kick 1x{3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds br 3-5-7-9 { evens br 2-4-6-8 4x{1 x 75 on 1:15 IM w/out the free {1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN2 EN1 EN1 EN2 EN1 EN1 EN1 EN1	600 300	Group 3 - All  1 minute rest between sets  5:30 PM Start Set Description EGY N  1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Reverse IM drill REC 12 x 25 on :30 12.5 easy 12.5 fast SP3	I I E
600	{5 x 50 on :55 Kick 1x{3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds br 3-5-7-9 { evens br 2-4-6-8 4x{1 x 75 on 1:15 IM w/out the free {1 x 75 on 1:10 2bk-4bk-6bk by 25's 1x{2 x 150 on 2:40 Backstroke {2 x 100 on 1:30 Freestyle {2 x 150 on 2:35 Backstroke {2 x 100 on 1:30 Freestyle	EN2 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1	600 300	Group 3 - All  1 minute rest between sets  5:30 PM Start Set Description EGY V  1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Reverse IM drill REC	I I
600	{5 x 50 on :55 Kick 1x{3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds br 3-5-7-9 { evens br 2-4-6-8 4x{1 x 75 on 1:15 IM w/out the free {1 x 75 on 1:10 2bk-4bk-6bk by 25's 1x{2 x 150 on 2:40 Backstroke {2 x 100 on 1:30 Freestyle {2 x 150 on 2:35 Backstroke	EN2 EN1 EN1 EN2 EN1 EN1 EN1 EN1	600 300 1,200	Group 3 - All  1 minute rest between sets  5:30 PM Start Set Description EGY N  1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Reverse IM drill REC 12 x 25 on :30 12.5 easy 12.5 fast SP3  4x{1 x 100 on 2:00 Kick EN1 {1 x 100 on 1:50 Kick EN1 {1 x 100 on 1:40 Kick EN2	==== I E S F F
600	15 x 50 on :55 Kick  1x{3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds br 3-5-7-9 { evens br 2-4-6-8  4x{1 x 75 on 1:15 IM w/out the free {1 x 75 on 1:10 2bk-4bk-6bk by 25's  1x{2 x 150 on 2:40 Backstroke {2 x 100 on 1:30 Freestyle {2 x 150 on 2:35 Backstroke {2 x 150 on 2:30 Backstroke {2 x 150 on 2:30 Backstroke {2 x 150 on 2:30 Backstroke {2 x 150 on 2:25 Backstroke	EN2 EN1	600 300 1,200	Group 3 - All  1 minute rest between sets  5:30 PM Start Set Description EGY N  1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Reverse IM drill REC 12 x 25 on :30 12.5 easy 12.5 fast SP3  4x{1 x 100 on 2:00 Kick EN1 {1 x 100 on 1:50 Kick EN1 {1 x 100 on 1:40 Kick EN2 1x{1 x 600 on 9:00 Pulls EN1 {1 x 500 on 7:05 Pulls EN1	==== I E F F F F
600	<pre>{5 x 50 on :55 Kick  1x{3 x 100 on 1:35 Lungbuster pulls     {3 x 100 on 1:30 Lungbuster pulls     {3 x 100 on 1:25 Lungbuster pulls     { odds br 3-5-7-9     { evens br 2-4-6-8  4x{1 x 75 on 1:15 IM w/out the free     {1 x 75 on 1:10 2bk-4bk-6bk by 25's  1x{2 x 150 on 2:40 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:35 Backstroke     {2 x 150 on 2:30 Backstroke     {2 x 150 on 2:30 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:30 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 100 on</pre>	EN2 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1	600 300 1,200	Group 3 - All  1 minute rest between sets  5:30 PM Start  Set Description EGY N  1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Reverse IM drill REC 12 x 25 on :30 12.5 easy 12.5 fast SP3  4x{1 x 100 on 2:00 Kick EN1 {1 x 100 on 1:50 Kick EN1 {1 x 100 on 1:40 Kick EN2  1x{1 x 600 on 9:00 Pulls EN1 {1 x 500 on 7:05 Pulls EN1 {1 x 400 on 5:20 Pulls EN1	==== I S F F F F E
600	15 x 50 on :55 Kick  1x{3 x 100 on 1:35 Lungbuster pulls     {3 x 100 on 1:30 Lungbuster pulls     {3 x 100 on 1:25 Lungbuster pulls     { odds br 3-5-7-9     { evens br 2-4-6-8  4x{1 x 75 on 1:15 IM w/out the free     {1 x 75 on 1:10 2bk-4bk-6bk by 25's  1x{2 x 150 on 2:40 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:35 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:30 Backstroke     {2 x 150 on 2:25 Backstroke     {2 x 150 on 2:26 Backstroke     {2 x 150 on 2:27 Backstroke     {2 x 150 on 2:28 Backstroke     {2 x 150 on 2:28 Backstroke     {2 x 150 on 2:29 Backstroke     {2 x 150 on 2:20 Backstroke     {2 x 150 on 2:20 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:20 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:20 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:20 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:20 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:20 Backstroke     {2 x 100 on 1:30 Freestyle	EN2 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN1	600 300 1,200 1,500	Group 3 - All  1 minute rest between sets  5:30 PM Start  Set Description	==== I I E F F F F F F F S S
600	15 x 50 on :55 Kick  1x{3 x 100 on 1:35 Lungbuster pulls     {3 x 100 on 1:30 Lungbuster pulls     {3 x 100 on 1:25 Lungbuster pulls     { odds br 3-5-7-9     { evens br 2-4-6-8  4x{1 x 75 on 1:15 IM w/out the free     {1 x 75 on 1:10 2bk-4bk-6bk by 25's  1x{2 x 150 on 2:40 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:35 Backstroke     {2 x 150 on 2:30 Backstroke     {2 x 150 on 1:30 Freestyle     {2 x 150 on 1:30 Freestyle     {2 x 150 on 2:30 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:25 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:25 Backstroke     {2 x 150 on 2:25 Backstroke     {2 x 150 on 2:25 Backstroke     {2 x 150 on 2:20 Backstroke     {2 x 150 on 2:215 Backstroke     {2 x 150 on 2:15 Backstroke}     {2 x 150 on 2:15 Backstroke}	EN2 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1	600 300 1,200 1,500	Group 3 - All  1 minute rest between sets  5:30 PM Start  Set Description	==== I I I I I I I I I I I I I I I I I
600 2,800	15 x 50 on :55 Kick  1x{3 x 100 on 1:35 Lungbuster pulls     {3 x 100 on 1:30 Lungbuster pulls     {3 x 100 on 1:25 Lungbuster pulls     { odds br 3-5-7-9     { evens br 2-4-6-8  4x{1 x 75 on 1:15 IM w/out the free     {1 x 75 on 1:10 2bk-4bk-6bk by 25's  1x{2 x 150 on 2:40 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:35 Backstroke     {2 x 150 on 2:30 Backstroke     {2 x 150 on 1:30 Freestyle     {2 x 150 on 1:30 Freestyle     {2 x 150 on 2:25 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:25 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:25 Backstroke     {2 x 150 on 2:25 Backstroke     {2 x 150 on 2:25 Backstroke     {2 x 150 on 2:20 Backstroke     {2 x 150 on 2:20 Backstroke     {2 x 150 on 2:15 Backstroke     {2 x 150 on 2:15 Backstroke	EN2 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1	600 300 1,200 1,500	Group 3 - All  1 minute rest between sets  5:30 PM Start Set Description EGY V  1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Reverse IM drill REC 12 x 25 on :30 12.5 easy 12.5 fast SP3  4x{1 x 100 on 2:00 Kick EN1 {1 x 100 on 1:50 Kick EN1 {1 x 100 on 1:40 Kick EN2 1x{1 x 600 on 9:00 Pulls EN1 {1 x 500 on 7:05 Pulls EN1 {1 x 400 on 5:20 Pulls EN1 1x{1 x 200 on 3:30 Individual Medley EN1 {6 x 50 on :50 Descend in sets of 3 EN1 1x{1 x 100 on 1:50 Breaststroke EN2 {8 x 25 on 1:00 From dive 10/pushups EN2 {2 x 100 on 1:45 Breaststroke EN2	=== I
600 2,800	15 x 50 on :55 Kick  1x{3 x 100 on 1:35 Lungbuster pulls     {3 x 100 on 1:30 Lungbuster pulls     {3 x 100 on 1:25 Lungbuster pulls     { odds br 3-5-7-9     { evens br 2-4-6-8  4x{1 x 75 on 1:15 IM w/out the free     {1 x 75 on 1:10 2bk-4bk-6bk by 25's  1x{2 x 150 on 2:40 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:35 Backstroke     {2 x 150 on 2:30 Backstroke     {2 x 150 on 1:30 Freestyle     {2 x 150 on 1:30 Freestyle     {2 x 150 on 2:30 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:25 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:25 Backstroke     {2 x 150 on 2:25 Backstroke     {2 x 150 on 2:25 Backstroke     {2 x 150 on 2:20 Backstroke     {2 x 150 on 2:215 Backstroke     {2 x 150 on 2:15 Backstroke}     {2 x 150 on 2:15 Backstroke}	EN2 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1	600 300 1,200 1,500	Group 3 - All  1 minute rest between sets  5:30 PM Start  Set Description  1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Reverse IM drill REC 12 x 25 on :30 12.5 easy 12.5 fast SP3  4x{1 x 100 on 2:00 Kick EN1 {1 x 100 on 1:50 Kick EN1 {1 x 100 on 9:00 Pulls EN1 {1 x 500 on 7:05 Pulls EN1 {1 x 400 on 5:20 Pulls EN1 {1 x 200 on 3:30 Individual Medley EN1 {6 x 50 on :50 Descend in sets of 3 EN1 1x{1 x 100 on 1:50 Breaststroke EN2 {8 x 25 on 1:00 From dive 10/pushups EN2	==== I I I I I I I I I I I I I I I I I
600 2,800	{5 x 50 on :55 Kick  1x{3 x 100 on 1:35 Lungbuster pulls     {3 x 100 on 1:30 Lungbuster pulls     {3 x 100 on 1:25 Lungbuster pulls     { odds br 3-5-7-9     { evens br 2-4-6-8  4x{1 x 75 on 1:15 IM w/out the free     {1 x 75 on 1:10 2bk-4bk-6bk by 25's  1x{2 x 150 on 2:40 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:35 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:30 Backstroke     {2 x 100 on 1:30 Freestyle     {2 x 150 on 2:25 Backstroke     {2 x 150 on 2:26 Backstroke     {2 x 150 on 2:27 Backstroke     {2 x 150 on 2:28 Backstroke     {2 x 150 on 2:28 Backstroke     {2 x 150 on 2:29 Backstroke     {2 x 150 on 2:15 Backstroke     {2 x 150 on 2:15 Backstroke     {2 x 150 on 4:00 Stroke Drills     {2 x 150 On 4:00 Strok	EN2 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1	600 300 1,200 1,500	### Group 3 - All ### I minute rest between sets  5:30 PM Start Set Description	== I I S K K K H H H S S S S S S S S S S S S S
600 2,800	15 x 50 on :55 Kick  1x{3 x 100 on 1:35 Lungbuster pulls {3 x 100 on 1:30 Lungbuster pulls {3 x 100 on 1:25 Lungbuster pulls { odds br 3-5-7-9 { evens br 2-4-6-8  4x{1 x 75 on 1:15 IM w/out the free {1 x 75 on 1:10 2bk-4bk-6bk by 25's  1x{2 x 150 on 2:40 Backstroke {2 x 100 on 1:30 Freestyle {2 x 150 on 2:35 Backstroke {2 x 150 on 2:35 Backstroke {2 x 100 on 1:30 Freestyle {2 x 150 on 2:25 Backstroke {2 x 100 on 1:30 Freestyle {2 x 150 on 2:25 Backstroke {2 x 100 on 1:30 Freestyle {2 x 150 on 2:25 Backstroke {2 x 100 on 1:30 Freestyle {2 x 150 on 2:26 Backstroke {2 x 100 on 1:30 Freestyle {2 x 150 on 2:20 Backstroke {2 x 100 on 1:30 Freestyle {2 x 150 on 2:21 Backstroke {2 x 150 on 2:15 Backstroke {3 x 150 on 2:15 Backstroke {4 x 250 on 4:00 Stroke Drills {4 x 250 on 4:00 Stroke Drills {4 x 150 on 2:15 Backstroke {4 x 250 on 4:00 Stroke Drills {5 x 250 on 4:00 Stroke Drills {6 x 250 on 4:00 Stroke Drills {7 x 250 on	EN2 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1	600 300 1,200 1,500	### Group 3 - All ### I minute rest between sets  5:30 PM Start  Set Description	== I I S K K K H H H S S S S S S S S S S
600 2,800	15 x 50 on :55 Kick     1x{3 x 100 on 1:35 Lungbuster pulls     3 x 100 on 1:30 Lungbuster pulls     4 x 100 on 1:25 Lungbuster pulls     6 odds br 3-5-7-9     6 evens br 2-4-6-8     4x{1 x 75 on 1:15 IM w/out the free     1 x 75 on 1:10 2bk-4bk-6bk by 25's     1x{2 x 150 on 2:40 Backstroke     2 x 150 on 1:30 Freestyle     2 x 150 on 2:35 Backstroke     2 x 150 on 2:30 Backstroke     2 x 150 on 2:30 Backstroke     2 x 150 on 2:25 Backstroke     2 x 150 on 2:25 Backstroke     2 x 150 on 2:25 Backstroke     2 x 150 on 2:26 Backstroke     2 x 150 on 2:27 Backstroke     2 x 150 on 2:28 Backstroke     3 x 150 on 2:29 Backstroke     4 x 150 on 2:15 Backstroke     5 x 150 on 2:15 Backstroke     6 x 150 on 2:15 Backstroke     1 x 250 on 4:00 Stroke Drills     8:30 PM 6,530 Meters - Stress Value =     Workout #2659 - Tuesday, 02 December 2003     HighSchl - All     1 minute rest between sets	EN2 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1	 600 300 1,200 1,500 500 1,600	### Group 3 - All ### I minute rest between sets  5:30 PM Start  Set Description	== 1 1 2 2 4 4 4 4 4 4 4 5 2 2 2 2 2 2 2 2 2 2
600 2,800 250	15 x 50 on :55 Kick     1x{3 x 100 on 1:35 Lungbuster pulls     3 x 100 on 1:30 Lungbuster pulls     4 x 100 on 1:25 Lungbuster pulls     6 odds br 3-5-7-9     6 evens br 2-4-6-8     4x{1 x 75 on 1:15 IM w/out the free     1 x 75 on 1:10 2bk-4bk-6bk by 25's     1x{2 x 150 on 2:40 Backstroke     2 x 150 on 2:35 Backstroke     2 x 150 on 2:35 Backstroke     2 x 150 on 2:30 Backstroke     2 x 150 on 2:30 Backstroke     2 x 150 on 2:25 Backstroke     2 x 150 on 2:25 Backstroke     2 x 150 on 2:25 Backstroke     2 x 150 on 2:26 Backstroke     2 x 150 on 2:27 Backstroke     2 x 150 on 2:28 Backstroke     3 x 100 on 1:30 Freestyle     4 x 150 on 2:15 Backstroke     5 x 150 on 2:15 Backstroke     6 x 150 on 2:15 Backstroke     1 x 250 on 4:00 Stroke Drills     8 x 30 PM 6,530 Meters - Stress Value =      Workout #2659 - Tuesday, 02 December 2003     HighSchl - All     1 minute rest between sets     5 x 30 AM Start     5 x 40 Description     5 x 50 Description     6 x 50 Description     7 x 50 Description     8 x 50 Description     9 x 50 Description     1 x 50 Description     2 x 50 Description     3 x 100 Description     4 x 50 Description     5 x 50 Description     5 x 50 Description     5 x 50 Description     6 x 50 Description     7 x 50 Description     8 x 50 Description     9 x 50 Description     1 x 50 Description     2 x 50 Description     2 x 50 Description     3 x 50 Description     4 x 50 Descript	EN2 EN1	===== 600 300 1,200 1,500 500 1,600	### Group 3 - All ### I minute rest between sets  5:30 PM Start  Set Description	== 1 1 2 2 4 4 4 4 4 4 4 5 2 2 2 2 2 2 2 2 2 2
600 2,800 250 Yards	15 x 50 on :55 Kick     1x{3 x 100 on 1:35 Lungbuster pulls     3 x 100 on 1:30 Lungbuster pulls     4 x 100 on 1:25 Lungbuster pulls     5 odds br 3-5-7-9     6 evens br 2-4-6-8     8 4x{1 x 75 on 1:15 IM w/out the free     1 x 75 on 1:10 2bk-4bk-6bk by 25's     1x{2 x 150 on 2:40 Backstroke     2 x 150 on 2:35 Backstroke     2 x 150 on 2:35 Backstroke     2 x 150 on 2:30 Backstroke     2 x 150 on 2:30 Backstroke     2 x 150 on 2:30 Backstroke     2 x 150 on 2:25 Backstroke     2 x 150 on 2:25 Backstroke     2 x 150 on 2:25 Backstroke     2 x 150 on 2:26 Backstroke     2 x 150 on 2:27 Backstroke     3 x 100 on 1:30 Freestyle     4 x 150 on 2:15 Backstroke     5 x 100 on 1:30 Freestyle     6 x 150 on 2:15 Backstroke     1 x 250 on 4:00 Stroke Drills     8 x 30 PM 6,530 Meters - Stress Value =      Workout #2659 - Tuesday, 02 December 2003     HighSchl - All     1 minute rest between sets     5 x 30 AM Start     5 x 400 on 1:45 Stroke Drills     8 x 30 PM 6,530 Weights     5 x 100 on 1:45 Stroke Drills     8 x 30 PM 6,530 Weights     5 x 100 on 1:45 Stroke Drills     8 x 30 PM 6,530 Weights     5 x 100 on 1:45 Stroke Drills     8 x 30 PM 6,530 Weights     5 x 100 on 1:45 Stroke Drills     8 x 30 PM 6,530 Weights     5 x 100 PM 6,530 Weights     6 x 100 PM 6,530 Weights     7 x 100 PM 6,530 Weights     8 x 100 PM 6,530 Weights     9 x 100 PM 6,530 Weights     1 x 100 PM 6,530 Weights	EN2 EN1	===== 600 300 1,200 1,500 500 1,600	### Group 3 - All ### I minute rest between sets  5:30 PM Start  Set Description	== 1 1 2 2 4 4 4 4 4 4 4 5 2 2 2 2 2 2 2 2 2 2

#### Workout #2665 - Wednesday, 03 December 2003 HighSchl - Platinum 1 minute rest between sets

	3:00	PM	St	art	Ξ.			
Yards	Se	et	Desc	crip	ption		EGY	WOF
	==	-==	====	-==			===	===
	1	on	30:	00	Physi	o Balls/Stretch		
800	1	Х	800	on	14:00	Swim-kick-pull-swim	REC	
180	12	2 x	15	on	:30 5	Shooters	SP3	
	2x{1	Х	150	on	2:45	Kick	EN1	
	{ 1	Х	100	on	1:50	Kick	EN1	
	{ 1	Х	50 c	n :	:50 Ki	ck	EN1	
	{ 6	Х	25 c	n :	:30 Ki	ck no board	EN1	
1,050	7	Х	150	on	2:00	Pulls	EN1	
300	4	Х	75 c	n i	1:10 2	2bk-4bk-6bk by 25's	EN1	
	1x{3	Х	125	on	2:00	Butterfly 2-5-2	EN1	
	{ 3	Х	125	on	2:00	IM w/ 50 fly	EN1	
	{ 3	Х	125	on	1:55	Backstroke	EN1	
	{ 3	Х	125	on	1:55	IM w/ 50 back	EN1	
	{ 3	Х	125	on	2:05	Breaststroke	EN1	
	{ 3	Х	125	on	2:05	IM w/ 50 breast	EN1	
	{ 3	Х	125	on	1:45	Freestyle	EN1	
	{ 3	Х	125	on	1:45	IM w/ 50 free	EN1	
300	1	Х	300	on	5:00	Stroke Drills	REC	
	1	on	10:	00	Ice			
	5:34	PM	6,5	30	Yards	s - Stress Value = 61		

#### Workout #2664 - Wednesday, 03 December 2003 HighSchl - Gold

#### 1 minute rest between sets

3:00 PM Start

	0.00		1 0	CUL	-			
Yards				-			EGY	WOF
							===	===
					_	io Balls/Stretch		
800	1	Х	800	on	14:0	0 Swim-kick-pull-swim	REC	
180	12	2 2	k 15	on	:30	Shooters	SP3	
900	2x{1	Х	150	on	3:00	Kick	EN1	
	{ 1	Х	100	on	2:00	Kick	EN1	
	{ 1	Х	50 (	on 1	L:00	Kick	EN1	
	{ 6	х	25 (	on :	:40 K	ick no board	EN1	
1,200	8	Х	150	on	2:15	Pulls	EN1	
450	6	Х	75 (	on 1	L:10	2bk-4bk-6bk by 25's	EN1	
2,000	1x{3	Х	100	on	2:00	Butterfly 2-5-2	EN1	
	{ 2	Х	100	on	2:00	Individual Medley	EN1	
	{ 3	Х	100	on	1:55	Backstroke	EN1	
	{ 2	Х	100	on	1:55	Individual Medley	EN1	
	{ 3	Х	100	on	2:05	Breaststroke	EN1	
	{ 2	Х	100	on	1:50	Individual Medley	EN1	
	{ 3	Х	100	on	1:30	Freestyle	EN1	
	{ 2	Х	100	on	1:45	Individual Medley	EN1	
300	1	Х	300	on	5:00	Stroke Drills	REC	
	1	or	n 10:	:00	Ice			
	5:34	PN	4 5,8	330	Yard	s - Stress Value = 52		

#### Workout #2662 - Wednesday, 03 December 2003 HighSchl - Silver

#### 1 minute rest between sets

Yards	3:00 PM Start 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	
	$\{4 \times 25 \text{ on } 1:00 \text{ Kick no board}$	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
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Tce	

#### Workout #2663 - Wednesday, 03 December 2003 HighSchl - Bronze

5:34 PM 5,030 Yards - Stress Value = 44

#### 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WOF
	==		===	===
	1	on 30:00 Physio Balls/Stretch		
800	1	x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12	2 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

Yards	3:00 PM Start Set Description	EGY	WOF
	1 on 15:00 Stretch		
800	1 x 800 on 13:30 Swim-kick-pull-swim	REC	
	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	
	$\{1 \times 50 \text{ on } :55 \text{ Kick} \}$	EN2	
	$\{1 \times 25 \text{ on } : 30 \text{ Kick} \}$	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	
	$\{3 \times 50 \text{ on } : 45 \text{ Pulls } 6 \text{ breaths}$	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	
	$\{2 \times 75 \text{ on } 1:05 \text{ Freestyle}$	EN3	
	$\{2 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN3	
	$\{1 \times 250 \text{ on } 5:00 \text{ Stroke Drills}$	REC	
	4:39 PM 4,750 Yards - Stress Value = 100	6	

Workout #2667 - Thursday, 04 December 2003 HighSchl - All 1 minute rest between sets				{1 on 1:00 Rest {3 x 100 on 1:10 Freestyle {1 on 1:00 Rest {2 x 100 on 1:10 Freestyle	M EN2 S M EN2 S
5:30 AM Start Yards Set Description	EGY = ===		500		M EN2 S REC D
<pre>1 on 29:00 Weights 600    1 x 600 on 10:00 Reverse IM drill 300    12 x 25 on :30 Berzerks 1x{1 x 600 on 9:00 Pulls     {1 x 500 on 7:05 Pulls     {1 x 400 on 5:20 Pulls     4x{1 x 25 on :30 Freestyle</pre>	REC SP3 EN1 EN1 EN1			7:42 PM 6,430 Yards - Stress Value =  Workout #2670 - Friday, 05 December 2003  HighSchl - All  1 minute rest between sets  5:30 AM Start	114
{1 x 25 on :20 Freestyle 400 4 x 100 on 1:30 Freestyle-descend to ludicrous speed 200 1 x 200 on 3:00 Stroke Drills	EN2		Yards =====	Set Description  1 on 10:00 Stretching  6 x 100 on 1:45 Stroke Drills	EGY WOF
1 on 10:00 Ice 7:05 AM 3,200 Yards - Stress Value = 38 Workout #2668 - Thursday, 04 December 2003	8		180	odds free evns nonfr 12 x 15 on :30 Shooters 1x{3 x 125 on 1:55 Pulls no br L. 5 {3 x 125 on 1:50 Pulls no br L. 7	SP3 yds EN1
HighSchl - All 1 minute rest between sets			1,500	3 x 125 on 1:45 Pulls no br L. 9 {3 x 125 on 1:40 Pulls no br L.11 1x{5 x 100 on 1:35 Backstroke {4 x 100 on 1:30 Backstroke	yds EN1
3:00 PM Start Yards Set Description ===== 1 on 15:00 Stretch			250	{3 x 100 on 1:25 Backstroke {2 x 100 on 1:20 Backstroke {1 x 100 on 1:15 Backstroke 1 x 250 on 4:00 Stroke Drills	EN2 EN2 EN2 REC
800 1 x 800 on 13:30 Swim-kick-pull-swir 350 14 x 25 on :30 12.5 easy 12.5 fast 750 2x{1 x 125 on 2:00 Kick {1 x 100 on 1:40 Kick	SP3 EN2 EN2			1 on 10:00 Ice 7:00 AM 4,030 Yards - Stress Value = Workout #2673 - Friday, 05 December 2003	44
{1 x 75 on 1:20 Kick {1 x 50 on :55 Kick {1 x 25 on :30 Kick 1,200 1x{3 x 100 on 1:30 Lungbuster pulls {3 x 50 on :45 Pulls 6 breaths	EN2 EN2 EN2 EN1 EN1			HighSchl - Platinum 1 minute rest between sets	
{3 x 100 on 1:25 Lungbuster pulls {3 x 50 on :45 Pulls 6 breaths {3 x 100 on 1:20 Lungbuster pulls	EN1 EN1 EN1		Yards	3:00 PM Start Set Description 1 on 10:00 Stretch	L
{3 x 100 on 1:25 Lungbuster pulls {3 x 50 on :45 Pulls 6 breaths {3 x 100 on 1:20 Lungbuster pulls 400 4 x 100 on 1:45 Individual Medley 2,500 2x{2 x 150 on 2:15 Freestyle {2 x 125 on 1:50 Freestyle {2 x 75 on 1:05 Freestyle	EN1 EN1 EN1 EN3 EN3 EN3 EN3		800 180 1,000	Set Description	E ===
{3 x 100 on 1:25 Lungbuster pulls {3 x 50 on :45 Pulls 6 breaths {3 x 100 on 1:20 Lungbuster pulls 400 4 x 100 on 1:45 Individual Medley 2,500 2x{2 x 150 on 2:15 Freestyle {2 x 125 on 1:50 Freestyle {2 x 100 on 1:30 Freestyle	EN1 EN1 EN1 EN3 EN3 EN3 EN3 EN3 EN3 EN3		800 180 1,000 1,200	Set Description   1 on 10:00 Stretch  1 x 800 on 12:00 Choice  12 x 15 on :30 Shooters  5x{1 x 100 on 2:00 Kick 100% effort  {4 x 25 on :40 Kick no board	E = = = L  REC S SP3 S EN3 K EN2 K EN1 P EN1 P EN1 P EN1 P EN1 P
{3 x 100 on 1:25 Lungbuster pulls {3 x 50 on :45 Pulls 6 breaths {3 x 100 on 1:20 Lungbuster pulls 400 4 x 100 on 1:45 Individual Medley 2,500 2x{2 x 150 on 2:15 Freestyle {2 x 125 on 1:50 Freestyle {2 x 100 on 1:30 Freestyle {2 x 75 on 1:05 Freestyle {2 x 50 on :45 Freestyle {1 x 250 on 5:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN3 EN3 EN3 EN3 EN3 EN3 EN3		800 180 1,000 1,200	Set Description	E = = = =
{3 x 100 on 1:25 Lungbuster pulls {3 x 50 on :45 Pulls 6 breaths {3 x 100 on 1:20 Lungbuster pulls 400 4 x 100 on 1:45 Individual Medley 2,500 2x{2 x 150 on 2:15 Freestyle {2 x 125 on 1:50 Freestyle {2 x 100 on 1:30 Freestyle {2 x 75 on 1:05 Freestyle {2 x 75 on 1:05 Freestyle {1 x 250 on 5:00 Stroke Drills 1 on 10:00 Ice 5:08 PM 6,000 Yards - Stress Value = 16  Workout #2675 - Friday, 05 December 2003 Group 3 - All 1 minute rest between sets	EN1 EN1 EN1 EN3 EN3 EN3 EN3 REC	DRK	800 180 1,000 1,200	Set Description	E = = = =
{3 x 100 on 1:25 Lungbuster pulls {3 x 50 on :45 Pulls 6 breaths {3 x 100 on 1:20 Lungbuster pulls 400 4 x 100 on 1:45 Individual Medley 2,500 2x{2 x 150 on 2:15 Freestyle {2 x 125 on 1:50 Freestyle {2 x 100 on 1:30 Freestyle {2 x 75 on 1:05 Freestyle {2 x 50 on :45 Freestyle {1 x 250 on 5:00 Stroke Drills 1 on 10:00 Ice 5:08 PM 6,000 Yards - Stress Value = 16  Workout #2675 - Friday, 05 December 2003 Group 3 - All I minute rest between sets  5:30 PM Start Yards Set Description	EN1 EN1 EN3 EN3 EN3 EN3 EN3 REC  66  EGY WC === ==  REC SP3 EN1 EN1 EN1 EN1 EN2	DRK	800 180 1,000 1,200	Set Description	E = = = =

#### Workout #2672 - Friday, 05 December 2003 HighSchl - Gold 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WORK
=====	==		===	====
	1	on 10:00 Stretch		L
800	1	x 800 on 12:00 Choice	REC	S
180	12	2 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 = 9	99	

#### Workout #2674 - Friday, 05 December 2003 HighSchl - Silver 1 minute rest between sets

3:00 PM Start

3:00 PM Start

Yards	Set Description	EGY	WORF	
=====	=======================================	===	====	
	1 on 10:00 Stretch		I	
650	1 x 650 on 12:00 Choice	REC	٤	
180	12 x 15 on :30 Shooters	SP3	٤	
	5x{1 x 75 on 2:00 Kick 100% effort	EN3	ľ	
	$\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$	EN2	ŀ	
	1x{1 x 350 on 6:00 Pulls	EN1	E	
	$\{1 \times 275 \text{ on } 4:30 \text{ Pulls}$	EN1	E	Υ
	$\{1 \times 200 \text{ on } 3:00 \text{ Pulls}$	EN1	E	==
	$\{1 \times 125 \text{ on } 1:50 \text{ Pulls}$	EN2	E	
400	$8 \times 50$ on 1:00 Descend in sets of 4	EN1	٤	
	1x{6 x 100 on 1:25 Freestyle	EN2	٤	
	{1 on 1:00 Rest		N	
	{5 x 100 on 1:25 Freestyle	EN2	٤	
	{1 on 1:00 Rest		N	
	{4 x 100 on 1:25 Freestyle	EN2	٤	
	{1 on 1:00 Rest		N	
	{3 x 100 on 1:25 Freestyle	EN2	٤	
200	1 x 200 on 3:00 Stroke Drills	REC	Ι	2
	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	WORF
=====	=======================================	===	====
	1 on 10:00 Stretch		I
500	1 x 500 on 12:00 Choice	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
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	E
	{1 x 200 on 4:20 Pulls	EN1	E
	{1 x 150 on 3:10 Pulls	EN1	E
	{1 x 75 on 1:35 Pulls	EN2	E
300	$6 \times 50$ on 1:15 Descend in sets of 3	EN1	٤

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

#### Workout #2676 - Saturday, 06 December 2003 HighSchl - All 1 minute rest between sets

	5:30	AM Start			
Yards	S	et Description	EGY	WORK	STF
=====	=:		===	====	===
	1	on 11:00 Stretching		L	FF
800	1	x 800 on 13:00 Stroke Drills	REC	S	CHC
180	1:	2 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	L	

#### Workout #2682 - Monday, 08 December 2003 Group 3 - All 1 minute rest between sets

	5:30	PN	1 St	cart	5			
Yards	Se	et	Desc	crip	otion		EGY	WOF
	==	===					===	===
	1	or	1 20:	:00	Stoma	ach and Stretch		
600	1	Х	600	on	11:00	Swim-kick-pull-swim	REC	
300	12	2 >	25	on	:30 1	12.5 easy 12.5 fast	SP3	
900	3x{4	Х	25 0	on :	:30 Sp	print kick	EN2	
	{ 1	Х	100	on	1:45	Kick	EN2	
	{ 4	Х	25 0	on :	:30 K	ick no board	EN2	
700	4	Х	175	on	2:15	Pulls	EN1	
400	1x{1	Х	100	on	1:30	Individual Medley	EN1	
	{ 6	Х	50 0	on :	:50 De	escend in sets of 3	EN1	
2,000	1x{1	Х	500	on	6:15	Freestyle	EN2	
	{ 1	Х	500	on	6:10	Freestyle	EN2	
	{ 1	Х	500	on	6:05	Freestyle	EN2	
	{ 1	Х	500	on	6:00	Freestyle	EN2	
200	1	Х	200	on	3:00	Stroke Drills	REC	
	7 • 1 5	ΡN	1 5 1	100	Yards	s - Stress Value = 81		

3:00 PM Start

Set Description

 $1,400 \ 2x{2} \ x \ 125 \ on \ 2:30 \ Kick$ 

Yards

800

180

1,200

600

=====

#### Workout #2680 - Monday, 08 December 2003 HighSchl - Breast 1 minute rest between sets

1 on 30:00 Physio Balls/Stretch

12 x 15 on :30 Shooters

 $\{2 \times 100 \text{ on } 1:55 \text{ Kick} \}$ 

6 x 200 on 4:30 Pulls

1,250  $1x{4}$  x 125 on 2:05 Breaststroke

 ${3 \times 125 \text{ on } 2:00 \text{ Breaststroke}}$ 

 $\{2 \times 125 \text{ on } 1:55 \text{ Breaststroke} \}$ 

 $\{1 \times 125 \text{ on } 1:50 \text{ Breaststroke} \}$ 

1 x 325 on 4:30 Stroke Drills

 $\{2 \times 75 \text{ on } 1:25 \text{ Kick} \}$ 

 $\{2 \times 50 \text{ on } :55 \text{ Kick} \}$ 

1 on 10:00 Ice

1 x 800 on 13:00 Swim-kick-pull-swim REC

EGY WOF

EN1

EN1

EN2

EN2

EN1

EN1

EN2

EN2

EN2

REC

	{ 1	х	125	on	1:40	But	teri	Ely				EN2
325	1	x .	325	on	4:30	Sti	roke	Dri	ills			REC
	1	on	10:	00	Ice							
	5:33	PM	6.5	530	Yards	. –	Stre	288	Value	=	71	

#### Workout #2679 - Monday, 08 December 2003 HighSchl - Backstroke 1 minute rest between sets

3:00 PM Start			
Yards Set Descrip	tion	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

		PM Start	
Yards	Se	et Description	EGY WOF
	==		=== ===
	1	on 30:00 Physio Balls/Stretch	
600	1	x 600 on 13:00 Swim-kick-pull-swim	REC
180	12	2 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 #2681 - Monday, 08 December 2003 HighSchl - Distance

5:33 PM 5,755 Yards - Stress Value = 64

 $8 \times 75$  on 1:15 IM w/out the breast

#### 1 minute rest between sets

** 1	3:00						EGU	
Yards	Se	∋t	Desc	crıp	otion		EGY	WOF
	==			-==	-====		===	===
					-	io Balls/Stretch		
						O Swim-kick-pull-swim		
180	12	2 >	15	on	:30	Shooters	SP3	
700	2x{1	Х	125	on	2:30	Kick	EN1	
	{ 1	Х	100	on	1:55	Kick	EN1	
	{ 1	Х	75 0	on 1	L:25 1	Kick	EN2	
	{ 1	Х	50 0	on :	:50 K	ick	EN2	
1,500	5	Х	300	on	4:00	Pulls	EN2	
300	4	Х	75 0	on 1	L:15	IM w/out the fly	EN1	
3,450	1x{5	Х	150	on	2:00	Freestyle	EN2	
	{ 1	Х	300	on	3:45	Freestyle	EN2	
	{ 4	Х	150	on	1:55	Freestyle	EN2	
	{ 1	Х	300	on	3:45	Freestyle	EN2	
	{ 3	Х	150	on	1:50	Freestyle	EN2	
	{ 1	Х	300	on	3:45	Freestyle	EN2	
	{ 2	Х	150	on	1:45	Freestyle	EN2	
	{ 1	Х	300	on	3:45	Freestyle	EN2	
						Freestyle	EN2	
300	1	Х	300	on	4:30	Stroke Drills	REC	
	1	or	10:	:00	Ice			
	5:32	PN	17,2	230	Yard	s - Stress Value = 118	3	

#### Workout #2678 - Monday, 08 December 2003 HighSchl - Fly

	3:00 PM Start		
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	$6 \times 75$ 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	

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Workout #2685 - Tuesday, 09 December 2003 Group 3 - All 1 minute rest between sets			200	<pre>1 x 200 on 3:00 Stroke Drills 1 on 10:00 Techniques-choice 1 on 5:00 PreMeet talk/tm room 5:44 PM 3,605 Yards - Stress Value = 37</pre>	REC	I I M
6:00 PM Start Meters Set Description	EG:	y Worf		Workout #2691 - Wednesday, 10 December 2003		
	===	= ====		Group 3 - All		
1 on 30:00 Stomach and Stretch		I		1 minute rest between sets		
800 1 x 800 on 14:00 Reverse IM drill	REC	C I				
180	SP			5:30 PM Start		
1,000 2x{1 x 125 on 2:40 Kick	EN:		Yards	Set Description	EGY	WOF
{1 x 125 on 2:35 Kick	EN:		=====	=======================================	===	===
{1 x 125 on 2:30 Kick	EN:			1 on 30:00 Stomach and Stretch		
{1 x 125 on 2:25 Kick	EN2		800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
1,350 1x{6 x 75 on 1:15 Lungbuster pulls	EN:		180	12 x 15 on :30 Shooters	SP3	
$\{6 \times 75 \text{ on } 1:10 \text{ Lungbuster pulls} $ $\{6 \times 75 \text{ on } 1:05 \text{ Lungbuster pulls} \}$	EN:		1,000	1x{5 x 50 on 1:00 Kick	EN1	
{ odds br 3-5-7	ĽIV.	т г		{5 x 50 on :55 Kick	EN2	
{ evens br 4-6-8				{5 x 50 on :50 Kick	EN2	
300 12 x 25 on :30 IM order-build	EN:	1 5	1 500	{5 x 50 on :45 Kick	EN2	
2,400 4x{1 x 150 on 2:35 Backstroke	EN2		1,500	1x{2 x 250 on 3:30 Pulls {4 x 125 on 1:45 Pulls	EN1 EN1	
{1 x 125 on 2:05 Backstroke	EN2			{5 x 100 on 1:25 Pulls	EN1	
{1 x 100 on 1:35 Backstroke	EN2		450	1x{2 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
{1 x 75 on 1:10 Backstroke	ENZ		430	{3 x 50 on :45 Freestyle-descend	EN1	
{1 x 50 on :45 Backstroke	ENZ	2 5		$\{2 \times 75 \text{ on } 1:15 \text{ IM w/out the breast}\}$	EN1	
{1 x 100 on 1:30 Freestyle	EN:	1 5	1.750	1x{1 x 200 on 4:00 Breaststroke	EN1	
200 1 x 200 on 4:00 Backstroke for time	SP:	1 ξ	± <b>,</b> 700	{1 x 50 on 2:00 Breaststroke	SP1	
200	REG	C [		{1 x 200 on 3:50 Breaststroke	EN1	
8:31 PM 6,430 Meters - Stress Value =	101			{1 x 50 on 2:00 Breaststroke	SP1	
				{1 x 200 on 3:40 Breaststroke	EN1	
Workout #2683 - Tuesday, 09 December 2003				{1 x 50 on 2:00 Breaststroke	SP1	
HighSchl - All				{1 x 200 on 3:30 Breaststroke	EN1	
1 minute rest between sets				{1 x 50 on 2:00 Breaststroke	SP1	
1 minute Test between sets				{1 x 200 on 3:20 Breaststroke	EN2	
E.20 AM Chamb				{1 x 50 on 2:00 Breaststroke	SP1	
5:30 AM Start Yards Set Description	ECV	WORK		{1 x 200 on 3:10 Breaststroke	EN2	
===== =================================				{1 x 50 on 2:00 Breaststroke	SP1	
1 on 29:00 Weights		L		{1 x 200 on 3:00 Breaststroke	EN2	
400 1 x 400 on 7:00 Stroke Drills	REC	D	400	{1 x 50 on 2:00 Breaststroke	SP1	
300 12 x 25 on :30 12.5 easy 12.5 fast		S	400	8 x 50 on 1:00 Stroke Drills	REC	
1,050 3x{1 x 50 on :45 Pulls	EN1	P		8:00 PM 6,080 Yards - Stress Value = 93		
{1 x 75 on 1:05 Pulls	EN1	P				
{1 x 100 on 1:25 Pulls	EN1	P		Workout #2686 - Wednesday, 10 December 2003		
{1 x 125 on 1:45 Pulls	EN1	P		HighSchl - Breast		
$1,350 \ 1x\{6 \ x \ 75 \ on \ 1:05 \ Backstroke$	EN1	S		1 minute rest between sets		
$\{6 \times 75 \text{ on } 1:00 \text{ Backstroke} \}$	EN2	S				
{6 x 75 on :55 Backstroke	EN2	S		3:00 PM Start		
300 1 x 300 on 5:00 Stroke Drills	REC	D	Yards		GY WO	RK
1 on 10:00 Ice		L	=====	=======================================		
7:04 AM 3,400 Yards - Stress Value = 4	15			1 on 30:00 Physio Balls/Stretch		L
			700		EC	S
Workout #2684 - Tuesday, 09 December 2003			180	12 x 15 on :30 Shooters S	Р3	S
HighSchl - All			1,000	1x{2 x 100 on 2:10 Kick E	N2	K
1 minute rest between sets				·	N2	K
i minute rest between sets				{2 x 100 on 2:00 Kick E	N2	K

	3:30 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 45:00 Set up for meet & Shldrs, Abs & Strtch		I
600	6 x 100 on 1:45 Stroke Drills	REC	Г
000		KEC	L
	odds fr evns non fr		
180	12 x 15 on :30 Shooters	SP3	٤
600	3x{1 x 100 on 2:00 Kick	EN2	F
	$\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$	EN1	F
600	$12 \times 50$ on :55 Pulls-nbbf&w + 2 yds	EN1	E
1,350	1x{1 x 200 on 3:30 Individual Medley	EN1	٤
	{3 x 100 on 1:30 Freestyle-descend	EN1	٤
	$\{1 \times 150 \text{ on } 2:35 \text{ IM w/out the free}$	EN1	٤
	{3 x 100 on 1:45 Stroke-descend	EN1	٤
	{1 x 100 on 1:45 Individual Medley	EN1	٤
	{3 x 100 on 1:30 Freestyle-descend	EN1	٤
75	3 x 25 on :00 OTB walk backs	EN1	٤

	==		===	====
	1	on 30:00 Physio Balls/Stretch		L
700	1	x 700 on 13:00 Choice	REC	S
180	12	2 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	$\times$ 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 = 9	90	

#### Workout #2687 - Wednesday, 10 December 2003 HighSchl - Distance 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WORK
=====	==		===	====
	1	on 30:00 Physio Balls/Stretch		L
800	1	x 800 on 13:00 Choice	REC	S
180	12	2 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	$\times$ 75 on 1:15 IM $\text{w/out}$ 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 = 1	119	

#### Workout #2689 - Wednesday, 10 December 2003 HighSchl - Fly

#### 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Physio Balls/Stretch		I
800	1 x 800 on 13:00 Choice	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
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	$1x{3 \times 200 \text{ on } 2:50 \text{ Pulls/snorkeling}}$	EN1	E
	{2 x 200 on 2:40 Pulls/snorkeling	EN1	E
	{1 x 200 on 2:30 Pulls/snorkeling	EN2	E
450	1x{2 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	٤
	{3 x 50 on :45 Freestyle-descend	EN1	٤
	$\{2 \times 75 \text{ on } 1:15 \text{ IM w/out the fly}$	EN1	٤
2,000	10x{1 x 50 on 1:00 Butterfly	EN3	٤
	$\{1 \times 50 \text{ on } 1:00 \text{ Butterfly } 2-2-2 \}$	REC	Ι
	{1 x 100 on 1:15 Freestyle	EN2	٤
400	1 x 400 on 6:00 Stroke Drills	REC	Ι
	1 on 15:00 Ice		I
	5:33 PM 6,030 Yards - Stress Value = 9	7	

#### Workout #2688 - Wednesday, 10 December 2003 HighSchl - Backstroke

#### 1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Physio Balls/Stretch		I
800	1 x 800 on 13:00 Choice	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
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	ľ
	{2 x 100 on 1:45 Kick	EN2	F
	{2 x 100 on 1:40 Kick	EN2	F
1,200	$1x{3 \times 200 \text{ on } 2:50 \text{ Pulls/snorkeling}}$	EN1	E
	{2 x 200 on 2:40 Pulls/snorkeling	EN1	E
	$\{1 \times 200 \text{ on } 2:30 \text{ Pulls/snorkeling} \}$	EN2	E
450	$1x\{2 \times 75 \text{ on } 1:10  2bk-4bk-6bk \text{ by } 25's$	EN1	٤

	{ 3	Х	50	on	:45	Freestyle-descend	EN1	٤
	{ 2	Х	75	on	1:15	IM w/out the back	EN1	٤
2,000	10x{1	Х	50	on	1:00	Backstroke	EN3	٤
	{ 1	Х	50	on	1:00	Backstroke	REC	Γ
	{ 1	Х	100	or O	1:1	5 Freestyle	EN2	٤
400	1	Х	400	or O	n 6:00	O Stroke Drills	REC	Γ
	1	or	n 15	5:00	) Ice			I
	5:33 I	PM	6,0	030	Yard	s - Stress Value =	97	

### Workout #2690 - Wednesday, 10 December 2003 HighSchl - Bronze

1	minute	rest	between	sets
	mmute	I CSL	Detween	3013

Yards		PM Start et Description	EGY	WORK
=====	==		===	====
	1	on 30:00 Physio Balls/Stretch		L
500	1	x 500 on 13:00 Choice	REC	S
180	12	2 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 = 5	51	

#### Workout #2693 - Thursday, 11 December 2003 Group 3 - All

	6:00	PM	. St	art	t					
Meters	Se	et	Desc	crip	ption				EGY	WORK
=====	==		====				======	==	===	====
	1	on	30:	:00	Stom	ach and St	retch			L
800	1	Х	800	on	13:0	0 Choice			REC	S
300	12	2 x	25	on	:30	12.5 easy	12.5 fa	st	SP3	S
1,200	2x{2	Х	125	on	2:30	Kick			EN1	K
	{ 2	Х	100	on	1:55	Kick			EN1	K
	{ 2	Х	75 0	on 1	1:25	Kick			EN2	K
1,500	5	Х	300	on	4:30	Pulls			EN1	P
450	6	Х	75 0	on 1	1:15	IM w/out t	he fly		EN1	S
1,875	1x{5	Х	125	on	2:05	Butterfly	2-5-2		EN1	S
	{ 4	Х	125	on	2:00	Butterfly	2-6-2		EN1	S
	{ 3	Х	125	on	1:55	Butterfly	2-7-2		EN2	S
	{ 2	Х	125	on	1:50	Butterfly	2-8-2		EN2	S
	{ 1	Х	125	on	1:45	Butterfly			EN2	S
425	1	Х	425	on	6:30	Stroke Dr	ills		REC	D
	8:27	PM	6,5	550	Mete	rs - Stres	s Value	=	81	

#### Workout #2692 - Thursday, 11 December 2003 HighSchl - All

#### 1 minute rest between sets

	5:30	AM S	tart	ī.					=
Yards	Se	t Des	crip	otion			EGY	WORK	
	==:						===	====	
	1 (	on 30	:00	Weigh	nts			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	

REC

D

L

#### Workout #2696 - Friday, 12 December 2003 Group 3 - All

7:08 AM 3,450 Yards - Stress Value = 43

 $\{2 \times 125 \text{ on } 1:50 \text{ Breaststroke} \}$ 

{1 x 200 on 3:00 Stroke Drills

1 on 10:00 Ice

#### 1 minute rest between sets

	5:30 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	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	
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle}$	EN2	
	$\{1 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$	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	
	$\{1 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN2	
	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	
	$\{1 \times 25 \text{ on } : 15 \text{ Freestyle} \}$	EN2	
700	7 x 100 on 1:45 Stroke Drills	REC	
	7:30 PM $4,505$ Yards - Stress Value = $40$		

#### Workout #2694 - Friday, 12 December 2003 HighSchl - All

#### 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 10:00 Stretching		I
600	1 x 600 on 9:00 Swim-kick-drll-swim	REC	٤
300	12 x 25 on :30 Berzerks	SP3	٤
1,200	12 x 100 on 1:20 Lungbuster pulls	EN1	E
	odds br 3-5-7-9		
	evens br 2-4-6-8		
250	$10 \times 25$ on :30 Freestyle	EN1	٤
	des in 3's hold 10		
2,400	1x{1 x 800 on 10:00 Freestyle	EN2	٤
	{1 x 800 on 9:30 Freestyle	EN2	٤
	{1 x 800 on 9:00 Freestyle	EN2	٤
250	1 x 250 on 4:00 Stroke Drills	REC	Ι
	1 on 10:00 Ice		I
	7:04 AM $5,000$ Yards - Stress Value = $74$	4	

#### 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WOF
=====	=======================================	===	===
800 180 800 500 1,000	<pre>1 on 30:00 Physio Balls/Stretch 1 x 800 on 14:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1 x 800 on 16:00 Social kick 10 x 50 on 1:00 Pulls-nbbf&amp;w + 2 yds 1x{4 x 25 on :30 Butterfly</pre>	REC SP3 EN1 EN1 EN1	
250	(	EN1 EN1 REC EN1	

#### Workout #2703 - Monday, 15 December 2003 Group 3 - All

#### 1 minute rest between sets

	5:30 PM Start			
Yards	Set Description	EGY	WORK	Ş
=====	=======================================	===	====	=
	1 on 20:00 Stomach and Stretch		L	Γ
600	1 x 600 on 9:00 Stroke Drills	REC	D	C
300	12 x 25 on :30 Berzerks	SP3	S	
800	$2x{4 \times 25}$ 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	$12 \times 25$ 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	
	$\{1 \times 300 \text{ on } 3:50 \text{ Freestyle}$	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

	3:00									
Yards	Se	et	Desc	crip	otion			EGY	WORK	Sī
	==	-=-		-==-			====	===	====	==
	1	or	30:	:00	Physi	io Balls/Stre	tch		L	DF
800	8	Х	100	on	1:40	Stroke Drill	S	REC	D	CF
180	12	2 ×	15	on	:30 \$	Shooters		SP3	S	F
1,600	2x{2	Х	100	on	2:00	Kick		EN1	K	Ε
	{ 2	Х	100	on	1:55	Kick		EN1	K	E
	{ 2	Х	100	on	1:50	Kick		EN2	K	E
	{ 2	Х	100	on	1:45	Kick		EN2	K	E
	{ (	odo	l w/k	ord	evns	w/out				
750	3	Х	250	on	6:15	Pulls		EN1	P	F
300	1	Х	300	on	5:00	Reverse IM d	lrill	REC	D	I
1,700	2x{2	Х	125	on	2:10	Breaststroke	•	EN1	S	E
	{ 2	Х	125	on	2:05	Breaststroke	:	EN1	S	E
	{ 1	Х	100	on	1:30	Freestyle		EN1	S	F
	{ 2	Х	125	on	2:00	Breaststroke	•	EN1	S	E
400	1	Х	400	on	6:00	Stroke Drill	s	REC	D	C
	1	or	10:	:00	Ice				L	DF
	5:34	PM	15,7	730	Yards	s - Stress Va	lue =	56		

# Workout #2701 - Monday, 15 December 2003

e = 101 monday, 10 December	
HighSchl - Distance	
1 minute rest between sets	

	3:00	PM	. St	art	_				
Yards	Se	et	Desc		EGY	WORK	Sī		
=====	==		====	-==			===	====	==
	1	on	30:	00	Physi	io Balls/Stretch		L	DF
800	8	Х	100	on	1:40	Stroke Drills	REC	D	CF
180	12	2 x	15	on	:30 8	Shooters	SP3	S	E
600	1x{2	Х	100	on	2:00	Kick	EN1	K	E
	{ 2	Х	100	on	1:55	Kick	EN1	K	E
	{ 2	Х	100	on	1:50	Kick	EN2	K	E
1,000	1	Х	1000	or (	n 13:0	00 Pulls	EN1	P	E
400	1	Х	400	on	7:00	Reverse IM drill	REC	D	]
3,600	1x{3	Х	300	on	4:00	Freestyle	EN1	S	E
	{ 3	Х	300	on	3:55	Freestyle	EN1	S	E
	{ 3	Х	300	on	3:50	Freestyle	EN2	S	E
	{ 3	Х	300	on	3:45	Freestyle	EN2	S	E
500	1	Х	500	on	9:00	Stroke Drills	REC	D	C
	1	on	10:	00	Ice			L	DF
	5:34	PM	7,0	080	Yards	s - Stress Value =	= 79		

#### Workout #2702 - Monday, 15 December 2003 HighSchl - Fly

#### 1 minute rest between sets

	3:00	PM	St	cart	5		
Yards	Se	et :	Des	crip	otion	EGY W	OF
	==	===	====	====			==
	1	on	30:	:00	Physi	io Balls/Stretch	
800	8	Х	100	on	1:40	Stroke Drills REC	
180	12	2 x	15	on	:30 8	Shooters SP3	
1,200	1x{2	Х	100	on	2:00	Kick no board EN1	
	{ 2	Х	100	on	1:55	Kick EN1	
	{ 2	Х	100	on	1:50	Kick no board EN2	
	{ 2	Х	100	on	1:45	Kick EN2	
	{ 2	X	100	on	1:40	Kick no board EN2	
	{ 2	Х	100	on	1:35	Kick EN2	
1,200	3	X	400	on	5:30	Snorkeling/pulls EN1	
300	1	Х	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	Х	100	on	1:30	Freestyle EN1	
400	1	X	400	on	6:00	Stroke Drills REC	
	1	on	10:	:00	Ice		
	5:35	PM	6,6	530	Yards	s - Stress Value = 66	

#### Workout #2700 - Monday, 15 December 2003 HighSchl - Backstroke 1 minute rest between sets

EGY WORK

# Set Description

3:00 PM Start

Yards

=====	==	-==							===	====
	1	or	1 30:	:00	Phys	io Bal	Lls/St	tretch		L
800	8	Х	100	on	1:40	Strol	ke Dri	ills	REC	D
180	12	2 2	15	on	:30 \$	Shoote	ers		SP3	S
1,200	1x{2	Х	100	on	2:00	Kick	with	flippers	EN1	K
	{ 2	Х	100	on	1:55	Kick	with	flippers	EN1	K
	{ 2	Х	100	on	1:50	Kick	with	flippers	EN2	K
	{ 2	Х	100	on	1:45	Kick	with	flippers	EN2	K
	{ 2	Х	100	on	1:40	Kick	with	flippers	EN2	K
	{ 2	Х	100	on	1:35	Kick	with	flippers	EN2	K
1,200	3	Х	400	on	6:15	Pulls	3		EN1	P
300	1	Х	300	on	6:00	Reve	rse IN	4 drill	REC	D
2,000	2x{2	Х	125	on	2:10	Backs	stroke	9	EN1	S
	{ 2	Х	125	on	2:05	Backs	stroke	9	EN1	S
	{ 2	Х	125	on	2:00	Backs	stroke	)	EN1	S
	{ 2	Х	125	on	1:55	Backs	stroke	)	EN1	S
400	1	Х	400	on	7:00	Strol	ke Dri	ills	REC	D
	1	or	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		
Yard	s Set Description	EGY	WOF
=====	= =====================================	===	===
	1 on 10:00 STretching		
60	0 1 x 600 on 10:00 Swim-kick-drll-swim	REC	
18	0 12 x 15 on :30 Shooters	SP3	
1,80	0 1x{6 x 75 on 1:05 Pulls	EN1	
	{6 x 100 on 1:25 Pulls	EN1	
I	{6 x 125 on 1:45 Pulls	EN1	
2,00	0 20 x 100 on 1:15 Freestyle	EN2	
25	0 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

Yards	3:00						ECV	WORK	СП
Ialus	56	さし	Desi	OT T	ption		EGI	MOKK	21
=====	==	===	-===:	====			===	====	==
					_	io Balls/Stretch			DF
800	8	Х	100	on	1:40	Stroke Drills	REC	D	CF
180	12	2 2	x 15	on	:30	Shooters	SP3	S	F
1,000	1x{2	Х	100	on	2:40	Kick	EN1	K	F
	{ 2	Х	100	on	2:35	Kick	EN1	K	F
	{ 2	Х	100	on	2:30	Kick	EN1	K	F
	{2	Х	100	on	2:25	Kick	EN2	K	F
	{2	Х	100	on	2:20	Kick	EN2	K	F
800	2	Х	400	on	8:00	Pulls	EN1	P	F
200	1	Х	200	on	6:00	Reverse IM drill	REC	D	I
1,600	2x{2	Х	100	on	2:20	Backstroke	EN1	S	Ε
	{ 2	Х	100	on	2:15	Backstroke	EN1	S	Ε
	{ 2	Х	100	on	2:10	Backstroke	EN1	S	Ε
	{2	Х	100	on	2:05	Backstroke	EN1	S	Ε
200	1	Х	200	on	5:00	Stroke Drills	REC	D	C
	1	01	n 10	:00	Ice			L	DF
	5:34	PI	M 4,	780	Yard	s - Stress Value :	= 45		

5:30 AM Start

#### Workout #2706 - Tuesday, 16 December 2003 Group 3 - All 1 minute rest between sets

#### Workout #2712 - Wednesday, 17 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	
1,200	4x{1 x 200 on 4:00 Kick	EN1	
	$\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$	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	ō	

Yards	5:30 PM Start Set Description	EGY	WORF
	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	$1x{1 x 100 on 2:00 Freestyle}$	REC	٤
	{1 x 100 on 1:50 Freestyle	REC	
	{1 x 100 on 1:40 Freestyle	REC	
	{1 x 100 on 1:30 Freestyle	EN1	٤
	{1 x 100 on 1:20 Freestyle	EN2	
	$\{6 \times 50 \text{ on } : 45 \text{ Descend in sets of } 3$	EN1	
180	12 x 15 on :30 Shooters	SP3	٤
1,600	$4x{4 \times 25}$ on :30 Kick no board	EN1	F
	{1 x 150 on 2:45 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	٤
	{1 x 50 on :45 Kick	EN2	F
1,500	2x{1 x 250 on 3:45 Pulls	EN1	E
	{2 x 125 on 1:45 Pulls	EN1	
	{5 x 50 on :40 Pulls	EN1	
450		EN1	
2,150	$1x{3 x 150 on 2:25 Breaststroke}$	EN2	
	{2 x 100 on 1:30 Individual Medley	EN2	
	{3 x 125 on 2:00 Breaststroke	EN2	
	{2 x 100 on 1:25 Individual Medley	EN2	
	{3 x 100 on 1:35 Breaststroke	EN2	
	{2 x 100 on 1:20 Individual Medley	EN2	٤
	${3 \times 75 \text{ on } 1:10 \text{ Breaststroke}}$	EN2	S
	{2 x 100 on 1:15 Individual Medley	EN2	٤
250	1 x 250 on 4:00 Stroke Drills	REC	Ι
	8:00 PM 6,930 Yards - Stress Value = 10	3	

#### Workout #2704 - Tuesday, 16 December 2003 HighSchl - All 1 minute rest between sets

Yards	Se	et	Des	crip	ption		EGY	WORK	ζ.	STK		
=====	==	===					===	====	=	===	=	
	1	or	n 29	:00	Weigh	nts		]		DRY		
400	1	Х	400	on	6:00	Choice	REC	5	3	CHO		
180	12	2 2	15	on	:30 \$	Shooters	SP3	(	3	FLY		
1,000	1x{1	Х	500	on	6:45	Pulls	EN1	I	2	FR		
	{ 1	Х	500	on	6:30	Pulls	EN2	I	2	FR		
1,600	1x{1	Х	200	on	3:00	Backstroke	EN1	5	3	BK		
	{ 1	Х	200	on	2:55	Backstroke	EN1	5	õ	BK		=
	{ 1	Х	200	on	2:50	Backstroke	EN1	5	õ	BK		
	{ 1	Х	200	on	2:45	Backstroke	EN2	S	3	BK		
	{ 1	Х	200	on	2:40	Backstroke	EN2	5	3	BK		
	{ 1	Х	200	on	2:35	Backstroke	EN2	S	3	BK		
	{ 1	Х	200	on	2:30	Backstroke	EN2	S	3	BK		
	{ 1	Х	200	on	2:25	Backstroke	EN2	5	3	BK		
250	1	Х	250	on	3:00	Stroke Drills	REC	I	)	CD		
	1	or	n 10	:00	Ice			]	L	DRY		
	7:04	ΑN	13,4	430	Yards	s - Stress Valu	ie =	48				

#### Workout #2709 - Wednesday, 17 December 2003 HighSchl - Breast 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	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	
	${3 \times 125 \text{ on } 1:55 \text{ Pulls/snorkeling}}$	EN1	
	${3 \times 125 \text{ on } 1:50 \text{ Pulls/snorkeling}}$	EN1	
	${3 \times 125 \text{ on } 1:45 \text{ Pulls/snorkeling}}$	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 #2705 - Tuesday, 16 December 2003 HighSchl - Girls

	4:00 PM Start	
Yards	Set Description	EGY WOF
=====	=======================================	=== ===
	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
	$\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$	EN1
600	6 x 100 on 1:40 Lungbuster pulls	EN1
	odds br 3-5-7-9	
	evens br 2-4-6-8	
600	$6 \times 100$ 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 = $30$	

3:00 PM Start

#### Workout #2710 - Wednesday, 17 December 2003 HighSchl - Distance 1 minute rest between sets

#### 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				
800	1 on 30:00 Physio Balls/Stretch 16 x 50 on 1:00 Stroke Drills 4 on E	REC	Yards	3:00 PM Start Set Description	EGY	WORF
180 750 1,500	12 x 15 on :30 Shooters 10 x 75 on 1:30 Kick no board 1x{3 x 125 on 1:50 Pulls/snorkeling {3 x 125 on 1:45 Pulls/snorkeling {3 x 125 on 1:40 Pulls/snorkeling	SP3 EN1 EN1 EN1 EN1	550 180 800 1,050	12 x 15 on :30 Shooters 16 x 50 on 1:30 Kick no board	REC SP3 EN1 EN1	 I E E
2,800 450	{3 x 125 on 1:35 Pulls/snorkeling 3 x 150 on 2:15 2bk-4bk-6bk by 50's 1x{1 x 1000 on 12:00 Freestyle {1 x 800 on 9:30 Freestyle {1 x 600 on 7:00 Freestyle {1 x 400 on 4:35 Freestyle 9 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice 5:34 PM 6,930 Yards - Stress Value = 95	EN2 EN1 EN2 EN2 EN2 EN2 EN2 REC	300 1,200 200	{4 x 75 on 1:20 Pulls {2 x 75 on 1:15 Pulls/snorkeling 2 x 150 on 3:15 2bk-4bk-6bk by 50's 3x{2 x 75 on 1:45 Breaststroke {1 x 150 on 3:00 50 br 50 fr 50 br {4 x 25 on :45 Breaststroke 100%	EN1 EN2 EN1 EN1 EN2 EN2 EN3 REC	F F S S S F T
				5:35 PM 4,280 Yards - Stress Value = 61		_

#### Workout #2707 - Wednesday, 17 December 2003 HighSchl - Fly

{1 x 150 on 2:05 50 ba 50 fr 50 ba {5 x 25 on :45 Backstroke 100%

8 x 50 on 1:00 Stroke Drills

1 on 10:00 Ice

400

# Workout #2715 - Thursday, 18 December 2003

1 minute rest between sets			Group 3 - All							
			1 minute rest between sets							
3:00 PM Start										
Yards Set Description	EGY WOF		6:00 PM Start							
	=== ===	Meters	Set Description EGY	WORK STF						
1 on 30:00 Physio Balls/Stretch			=======================================	==== ===						
800 16 x 50 on 1:00 Stroke Drills 4 on E			1 on 30:00 Stomach and Stretch	L DRY						
180 12 x 15 on :30 Shooters	SP3	800	8 x 100 on 1:45 Stroke Drills REC	D CHC						
1,200 6x{1 x 100 on 1:30 Kick with flippers	EN2		odds free evns nonfr							
{1 x 100 on 1:30 Kick with flippers	EN2	120	8 x 15 on :30 Shooters SP3	S BF						
1,500 1x{3 x 125 on 1:50 Pulls/snorkeling	EN1	1,050	1x{1 x 150 on 3:15 Kick EN1	K CHC						
{3 x 125 on 1:45 Pulls/snorkeling	EN1		{1 x 150 on 3:10 Kick EN1	K CHC						
{3 x 125 on 1:40 Pulls/snorkeling	EN1		{1 x 150 on 3:05 Kick EN1	K CHC						
{3 x 125 on 1:35 Pulls/snorkeling	EN2		{1 x 150 on 3:00 Kick EN1							
450 3 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1		{1 x 150 on 2:55 Kick EN2	K CHC						
2,000 2x{2 x 75 on 1:15 Butterfly 2-5-2	EN1		{1 x 150 on 2:50 Kick EN2							
{1 x 150 on 2:00 Freestyle	EN2		{1 x 150 on 2:45 Kick EN2							
{2 x 75 on 1:10 Butterfly 2-6-2	EN1	1,500	1x{2 x 250 on 3:45 Pulls EN1							
{1 x 150 on 2:00 Freestyle	EN2		{2 x 250 on 3:35 Pulls EN1							
{2 x 75 on 1:10 Butterfly 2-7-2	EN1		{2 x 250 on 3:25 Pulls EN2							
{1 x 150 on 2:00 Freestyle	EN2	600	$1x{3 \times 50 \text{ on } :55}$ Freestyle-descend EN1							
{4 x 25 on :45 Butterfly 100%	EN3		$\{1 \times 75 \text{ on } 1:20 \text{ IM w/out fly} \text{ EN1}$							
400 8 x 50 on 1:00 Stroke Drills	REC		{3 x 50 on :50 Freestyle-descend EN1							
1 on 10:00 Ice 5:35 PM 6,530 Yards - Stress Value = 94			$\{1 \times 75 \text{ on } 1:20 \text{ IM w/out fly} \}$ EN1							
5:55 PM 6,550 faids - Stress value = 94			{3 x 50 on :45 Freestyle-descend EN1							
		2,100	$1x\{1 \times 200 \text{ on } 3:45 \text{ Butterfly } 2-4-2 \text{ EN1}$							
Workout #2708 - Wednesday, 17 December 2003			{4 x 25 on :25 Freestyle EN1							
HighSchl - Backstroke			$\{1 \times 200 \text{ on } 3:40 \text{ Butterfly } 2-5-2 \text{ EN1} \}$							
1 minute rest between sets			$\{4 \times 25 \text{ on : } 25 \text{ Freestyle} $ EN1							
			{1 x 200 on 3:35 Butterfly 2-6-2 EN1							
3:00 PM Start			{4 x 25 on :25 Freestyle EN1							
Yards Set Description	EGY WOF		{1 x 200 on 3:30 Butterfly 2-7-2 EN1							
===== =================================			{4 x 25 on :25 Freestyle EN1							
1 on 30:00 Physio Balls/Stretch			{1 x 200 on 3:25 Butterfly 2-8-2 EN1							
800 16 x 50 on 1:00 Stroke Drills 4 on E	REC		{4 x 25 on :25 Freestyle EN1							
180 12 x 15 on :30 Shooters	SP3		{1 x 200 on 3:20 Butterfly 2-9-2 EN1							
900 12 x 75 on 1:30 Kick no board	EN1		{4 x 25 on :25 Freestyle EN1							
1,500 1x{3 x 125 on 1:50 Pulls/snorkeling	EN1		{1 x 200 on 3:15 Butterfly EN1							
{3 x 125 on 1:45 Pulls/snorkeling	EN1	200	{4 x 25 on :25 Freestyle EN1							
{3 x 125 on 1:40 Pulls/snorkeling	EN1	300								
{3 x 125 on 1:35 Pulls/snorkeling	EN2		8:30 PM 6,470 Meters - Stress Value =	13						
450 3 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1									
1,700 $4x\{2 \times 75 \text{ on } 1:05 \text{ Backstroke} $	EN1									
,										

EN3

REC

3:00 PM Start

## Workout #2713 - Thursday, 18 December 2003 HighSchl - All

#### 1 minute rest between sets

	5:30	AM Start		
Yards	Se	et Description	EGY	WORK
=====	==		===	====
	1	on 30:00 Weights		L
600	1	x 600 on 9:00 Choice	REC	S
300	4	x 75 on 1:10 2bk-4bk-6bk by 25'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	D
	1	on 10:00 Ice		L
	7:04	AM $3.300 \text{ Yards} - \text{Stress Value} = 4$	6	

#### Workout #2714 - Thursday, 18 December 2003 HighSchl - All

#### 1 minute rest between sets

Yards Set Description		WORK	
	===	====	===
1 on 30:00 Shoulders & Stretch		L	DRY
800 8 x 100 on 1:40 Stroke Drills	REC	D	CHC
odds free evns nonfr			
180	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
	EN2		CHC
· ·	EN2		СНС
	EN2		CHC
	EN1	P	FF
	EN1	P	FF
{1 x 250 on 3:15 Pulls	EN2	P	
600 1x{3 x 50 on :55 Freestyle-descend		S	
	EN1	S	
{3 x 50 on :50 Freestyle-descend		S	
	EN1		IN
{3 x 50 on :45 Freestyle-descend	EN1	S	FF
2,100 1x{1 x 200 on 3:30 Butterfly 2-4-2		S	FLY
$\{4 \times 25 \text{ on :} 25 \text{ Freestyle}\}$	EN1	S	FF
{1 x 200 on 3:25 Butterfly 2-5-2	EN1	S	FLY
	EN1	S	FF
{1 x 200 on 3:20 Butterfly 2-6-2	EN1	S	FLY
$\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	S	FLY
$\{1 \times 200 \text{ on } 3:15 \text{ Butterfly } 2-7-2 \}$	EN1	S	FLY
$\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	S	FLY
$\{1 \times 200 \text{ on } 3:10 \text{ Butterfly } 2-8-2 \}$	EN1	S	FLY
$\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	S	FF
$\{1 \times 200 \text{ on } 3:05 \text{ Butterfly } 2-9-2 \}$	EN1	S	FLY
	EN1	S	FF
$\{1 \times 200 \text{ on } 3:00 \text{ Butterfly} \}$	EN1	S	FLY
$\{4 \times 25 \text{ on } : 25 \text{ Freestyle}$	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	3	

#### Workout #2718 - Friday, 19 December 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-swi	Lm REC
1 on 17:00 Techniques-starts	
1,000 5x{1 x 100 on 2:00 Kick	EN1
$\{1 \times 100 \text{ on } 2:00 \text{ Kick no board}$	EN1
{ 12.5 yds under water	
1,000 1x{2 x 125 on 2:00 Lungbuster pulls	EN1
$\{2 \times 125 \text{ on } 1:55 \text{ Lungbuster pulls}$	EN1
$\{2 \times 125 \text{ on } 1:50 \text{ Lungbuster pulls}$	EN1
$\{2 \times 125 \text{ on } 1:45 \text{ Lungbuster pulls}$	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
$\{1 \times 150 \text{ on } 2:10 \text{ Freestyle}$	EN1
$\{1 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$	EN1
$\{1 \times 125 \text{ on } 1:50 \text{ Freestyle} \}$	EN1
$\{1 \times 125 \text{ on } 1:45 \text{ Freestyle} \}$	EN1
$\{1 \times 125 \text{ on } 1:40 \text{ Freestyle} \}$	EN2
$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$	EN1
$\{1 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$	EN1
$\{1 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$	EN2
$\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$	EN1
$\{1 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$	EN2
$\{1 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN2
$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN2
$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2
$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2
200 1 x 200 on 4:00 Stroke Drills	REC
7:45 PM 5,000 Yards - Stress Value = 4	15

#### Workout #2716 - Friday, 19 December 2003 HighSchl - All

Yards	5:30				tion		EGY	WOF
======	==		===				===	===
	1	on	10:	00	Stret	ching		
800	1	x 8	00	on	13:00	Swim-kick-drll-swim	REC	
180	12	2 x	15	on	:45 \$	Shooters	SP3	
1,000	2x{1	x 1	00	on	1:35	Pulls	EN1	
	{ 1	x 1	00	on	1:30	Pulls	EN1	
	{ 1	x 1	00	on	1:25	Pulls	EN1	
	{ 1	x 1	00	on	1:20	Pulls	EN1	
	{ 1	x 1	00	on	1:15	Pulls	EN2	
2,000	1x{1	x 5	00	on	7:30	Freestyle	EN1	
	{ 1	x 5	00	on	7:20	Freestyle	EN1	
	{ 1	x 5	00	on	7:10	Freestyle	EN1	
	{ 1	x 5	00	on	7:00	Freestyle	EN1	
200	1	x 2	00	on	3:00	Stroke Drills	REC	
	1	on	10:	00	Ice			
	7:03	AM	4,1	.80	Yards	s - Stress Value = 39		

#### 7:30 AM Start Workout #2717 - Friday, 19 December 2003 Yards Set Description EGY WOF HighSchl - All 1 minute rest between sets 1 on 30:00 Stomach and Stretch 800 1 x 800 on 13:00 Swim-kick-pull-swim REC 3:00 PM Start 180 12 x 15 on :45 Shooters EGY WORK \$ 1,200 2x{1 x 200 on 3:00 Pulls Yards Set Description \_\_\_\_\_ {2 x 100 on 1:30 Lungbuster pulls 1 on 30:00 Stomach and 1 x 500 on 7:30 Choice REC S C 1 on 30:00 Stomach and Stretch L I 1 x 500 on 7:30 Choice REC S C $\{4 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} = \text{EN1}$ 500 600 2x{2 x 75 on 1:05 2bk-4bk-6bk by 25's EN1 $\{2 \times 75 \text{ on } 1:10 \text{ IM w/out the free}$ EN1 x{1 x 100 on 2:00 Kick EN1 K {1 x 100 on 2:00 Kick no board EN1 K ( 800 4x{1 x 100 on 2:00 Kick 2,000 1x{1 x 400 on 5:20 Freestyle $\{2 \times 300 \text{ on } 4:00 \text{ Freestyle} \}$ $_{12}$ x 125 on 2:00 Lungbuster pulls EN1 P $_{12}$ x 125 on 1:55 Lungbuster pulls EN1 P 750 $1x\{2 \times 125 \text{ on } 2:00 \text{ Lungbuster pulls } EN1$ {3 x 200 on 2:40 Freestyle {4 x 100 on 1:20 Freestyle EN1 500 10 x 50 on 1:00 Stroke Drills REC {1 x 125 on 1:50 Lungbuster pulls EN1 P {1 x 125 on 1:45 Lungbuster pulls EN1 P 9:31 AM 5,280 Yards - Stress Value = 45 $\{ odds br 3-5-7-9-7 \}$ { evens br 2-4-6-8-6 8 x 25 on :30 IM order-build EN1 S Workout #2723 - Tuesday, 23 December 2003 200 1,600 $4x\{1 \times 200 \text{ on } 3:15 \text{ Individual Medley EN1}$ HighSchl - Breast {4 x 50 on :55 Stroke Drills REC D 1 minute rest between sets 200 REC D 1 x 200 on 3:00 Stroke Drills LI 1 on 10:00 Ice 2:00 PM Start 5:03 PM 4,230 Yards - Stress Value = 31 Yards Set Description ===== 1 on 30:00 Shoulders & Stretch Workout #2720 - Saturday, 20 December 2003 800 1 x 800 on 13:00 Swim-kick-pull-swim REC Group 3 - All $12 \times 15$ on :30 Shooters 180 1 minute rest between sets $1,200 \ 1x\{4 \ x \ 75 \ on \ 1:30 \ Kick$ $\{4 \times 75 \text{ on } 1:25 \text{ Kick} \}$ 10:00 AM Start {4 x 75 on 1:20 Kick EN2 EGY WOF Yards Set Description {4 x 75 on 1:15 Kick 1,000 1x{4 x 100 on 1:45 Pulls w/ zoomers 1 on 30:00 Stomach and Stretch {4 x 100 on 1:40 Pulls w/ zoomers EN1 {2 x 100 on 1:35 Pulls w/ zoomers EN1 $\{4 \times 100 \text{ on } 1:40 \text{ Pulls w/ zoomers}\}$ 600 1 x 600 on 11:00 Swim-kick-pull-swim REC 12 x 15 on :45 Shooters SP3 x {4 x 25 on :35 Kick no board EN1 {1 x 100 on 1:50 Kick EN2 450 9 x 50 on :50 Descend in sets of 3 EN1 800 $2x\{4 \times 25 \text{ on } : 35 \text{ Kick no board}$ 1,950 $3x{5 x 100 on 1:40 Breaststroke}$ {6 x 25 on :40 Breast 2X pullouts EN1 EN2 EN2 {1 x 100 on 1:40 Kick 1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice 1 x 100 on 1:30 Kick 2,000 1x{1 x 1000 on 13:30 Pulls EN1 4:34 PM 5,880 Yards - Stress Value = 79 450 9 x 50 on :45 Descend in sets of 3 EN1 Workout #2724 - Tuesday, 23 December 2003 6 x 100 on 6:00 Freestyle SP2 600 HighSchl - Distance 1 x 500 on 9:00 Stroke Drills 12:30 PM 5,130 Yards - Stress Value = 105 1 minute rest between sets Workout #2719 - Saturday, 20 December 2003 2:00 PM Start Yards Set Description HighSchl - All ====== 1 minute rest between sets 1 on 30:00 Shoulders & Stretch 800 1 x 800 on 13:00 Swim-kick-pull-swim REC 7:30 AM Start 180 12 x 15 on :30 Shooters Yards Set Description EGY WOF 8 x 75 on 1:30 Kick 600 EN1 ===== 1,000 1 x 1000 on 13:30 Pulls 1 on 30:00 Weights 9 x 50 on :50 Descend in sets of 3 EN1 450 1 x 600 on 10:00 Swim-kick-pull-swim REC 3,600 3x{1 x 600 on 7:30 Freestyle EN2 8 x 15 on :30 Shooters SP3 {6 x 100 on 1:30 Free hold under 1:10 EN3 EN1 EN2 800 2x{4 x 25 on :35 Kick no board 300 1 x 300 c... 1 on 10:00 Ice 1 x 300 on 5:00 Stroke Drills REC {1 x 100 on 1:50 Kick EN2 {1 x 100 on 1:40 Kick 4:34 PM 6,930 Yards - Stress Value = 171 {1 x 100 on 1:30 Kick EN2 1,500 1x{1 x 1000 on 13:30 Pulls {1 x 500 on 6:45 Pulls 300 6 x 50 on :45 Descend in sets of 3 EN1 600 6 x 100 on 6:00 Freestyle 10 x 100 on 1:45 Stroke Drills 1,000

Workout #2721 - Monday, 22 December 2003 HighSchl - All 1 minute rest between sets

10:04 AM 4,920 Yards - Stress Value = 97

1 on 10:00 Ice

#### Workout #2727 - Tuesday, 23 December 2003 HighSchl - Fly 1 minute rest between sets

{3 x 50 on 1:00 Backstroke 15m under EN1 {1 x 200 on 3:00 Stroke Drills REC

9:34 AM 4,230 Yards - Stress Value = 53

1 on 10:00 Ice

#### Workout #2725 - Tuesday, 23 December 2003 HighSchl - Bronze 1 minute rest between sets

2.00 PM Start			1 minute rest between sets
2:00 PM Start Yards Set Description	EGY WO		2.00 PM Start
===== =================================			2:00 PM Start Set Description EGY WOF
1 on 30:00 Shoulders & Stretch		=====	======================================
800 1 x 800 on 13:00 Swim-kick-pull-swi	Lm REC		1 on 30:00 Shoulders & Stretch
180	SP3	600	1 x 600 on 13:00 Swim-kick-pull-swim REC
1,200 $1x\{4 \times 75 \text{ on } 1:30 \text{ Kick with flippers}$	EN2	180	<del>_</del>
$\{4 \times 75 \text{ on } 1:25 \text{ Kick with flippers} \}$	EN2	900	1x{4 x 75 on 2:00 Kick EN2
$\{4 \times 75 \text{ on } 1:20 \text{ Kick with flippers} \}$	EN2		{4 x 75 on 1:55 Kick EN2
$\{4 \times 75 \text{ on } 1:15 \text{ Kick with flippers} \}$	EN2		{4 x 75 on 1:50 Kick EN2
1,200 1x{4 x 100 on 1:30 Pulls/snorkeling	EN1	800	1x{4 x 100 on 2:00 Lungbuster pulls EN1
{4 x 100 on 1:25 Pulls/snorkeling	EN1		{4 x 100 on 1:55 Lungbuster pulls EN1
$\{4 \times 100 \text{ on } 1:20 \text{ Pulls/snorkeling} \}$	EN1	300	
300 6 x 50 on :45 Descend in sets of 3 2,000 10x{8 x 25 on :25 Butterfly	EN1 EN2	1,500	$3x\{4 \times 100 \text{ on } 2:15 \text{ Backstroke}$ EN2
{1 on 1:00 Rest	LINZ	200	{4 x 25 on 1:00 Backstroke 15m under EN1
200 1 x 200 on 3:00 Stroke Drills	REC	300	
1 on 10:00 Ice	IVEC		1 on 10:00 Ice
4:36 PM 5,880 Yards - Stress Value = 86	5		4:34 PM 4,580 Yards - Stress Value = 63
1,00 111 0,000 14140 001000 14140 00	,		
Workout #2726 - Tuesday, 23 December 2003			Workout #2728 - Wednesday, 24 December 2003
HighSchl - Backstroke			HighSchl - All
1 minute rest between sets			1 minute rest between sets
1 innute 1est between sets			7:30 AM Start
2:00 PM Start		Yards	Set Description EGY WORK STK PACE
Yards Set Description	EGY WOF		
1 20 00 01 11 2 2 2 4 1	======	10,000	100 x 100 on 1:20 Freestyle EN2 S FR 1:20
1 on 30:00 Shoulders & Stretch	DEG		9:44 AM 10,000 Yards - Stress Value = 200
800 1 x 800 on 13:00 Swim-kick-pull-swir 180 12 x 15 on :30 Shooters			
180	SP3 EN2		Workout #2735 - Friday, 26 December 2003
$\{4 \times 75 \text{ on } 1:25 \text{ Kick with flippers}\}$	EN2		HighSchl - Breast
{4 x 75 on 1:20 Kick with flippers	EN2		1 minute rest between sets
{4 x 75 on 1:15 Kick with flippers	EN2		1
1,100 1x{4 x 100 on 1:40 Lungbuster pulls	EN1		2:00 PM Start
{4 x 100 on 1:35 Lungbuster pulls	EN1	Yards	
{3 x 100 on 1:30 Lungbuster pulls	EN1	=====	-
$9 \times 50$ on :50 Descend in sets of 3	EN1		1 on 30:00 Physio Balls/Stretch
2,000 4x{4 x 100 on 1:30 Backstroke	EN2	800	8 x 100 on 1:45 Stroke Drills REC
{4 x 25 on :45 Backstroke 15m under	EN1	180	12 x 15 on :30 Shooters SP3
300 1 x 300 on 5:00 Stroke Drills	REC	1,200	12 x 100 on 1:50 Kick-odds 100% EN1
1 on 10:00 Ice		900	
4:34 PM 6,030 Yards - Stress Value = 82	2	900	9 x 100 on 1:30 Descend in sets of 3 EN1
		1,800	$1x\{1 \times 50 \text{ on } : 50 \text{ Breaststroke} $ EN1
Workout #2722 - Tuesday, 23 December 2003			{1 x 50 on :45 Butterfly EN1
HighSchl - All			{2 x 75 on 1:15 Breaststroke EN1 {1 x 50 on :45 Butterfly EN1
1 minute rest between sets			{3 x 100 on 1:40 Breaststroke EN1
			{1 x 50 on :45 Butterfly EN1
7:30 AM Start			{4 x 125 on 2:05 Breaststroke EN2
Yards Set Description	EGY WORK		{1 x 50 on :45 Butterfly EN1
			{3 x 100 on 1:35 Breaststroke EN2
1 on 40:00 Weights and Stretch	I		$\{1 \times 50 \text{ on } : 45 \text{ Butterfly} $ EN1
600 1 x 600 on 9:00 Choice	REC S		{2 x 75 on 1:05 Breaststroke EN2
180 12 x 15 on :45 Shooters	SP3 S		{1 x 50 on :45 Butterfly EN1
1,000 1x{1 x 250 on 3:30 Pulls	EN1 I		{1 x 50 on :40 Breaststroke EN2
$\{1 \times 250 \text{ on } 3:25 \text{ Pulls} \}$	EN1 EN2 EN2	200	
{1 x 250 on 3:20 Pulls {1 x 250 on 3:15 Pulls	EN2 I		1 on 10:00 Ice
450 9 x 50 on :45 Descend in sets of 3	EN2 E		4:33 PM 6,030 Yards - Stress Value = 62
2,000 1x{3 x 150 on 2:15 Backstroke	EN1 S		
{3 x 50 on 1:00 Backstroke 15m under			
{3 x 150 on 2:10 Backstroke 15m under	EN2 S		
{3 x 50 on 1:00 Backstroke 15m under			
{3 x 150 on 2:05 Backstroke	EN2 S		
{3 x 50 on 1:00 Backstroke 15m under			
{1 x 200 on 3:00 Stroke Drills	REC I		

Ι

EGY WOF

EN1

EN2

EN2

EN2

EN2

REC

#### Workout #2736 - Friday, 26 December 2003 HighSchl - Distance 1 minute rest between sets

# HighSchl - Gold 1 minute rest between sets

					7:30	AM St	tart			
	2:00 PM Start			Yards	Se	et Desc	crip	otion	EGY	WOF
Yards	Set Descript	tion	EGY WOF	=====	==				===	===
=====	=========		=== ===		1	on 30:	:00	Weights		
	1 on 30:00 I	Physio Balls/Stretch		600	1	x 600	on	10:00 Swim-kick-drll-swim	REC	
800	8 x 100 on 3	1:45 Stroke Drills	REC	180	12	2 x 15	on	:30 Shooters	SP3	
180	12 x 15 on	:30 Shooters	SP3	750	1x{2	x 125	on	1:50 Pulls-nbbf&w + 2 yds	EN1	
750	1 x 750 on 3	15:00 Kick	EN1		{ 2	x 125	on	1:45 Pulls-nbbf&w + 2 yds	EN1	
1,250	25 x 50 on	:45 Pulls-nbbf&w + 2 yds	EN1		{ 2	x 125	on	1:40 Pulls-nbbf&w + 2 yds	EN1	
600	6 x 100 on 3	1:30 Descend in sets of 3	EN1	300	12	2 x 25	on	:30 IM order-build	EN1	
3,000	$1x{1 x 500 on }$	7:00 Freestyle	EN1	3,000	1x{3	x 400	on	5:20 Freestyle	EN2	
	{2 x 250 on 3	3:30 Freestyle	EN1		-			5:00 Individual Medley	EN2	
	{1 x 500 on 6	6:45 Freestyle	EN1		{ 2	x 400	on	5:10 Freestyle	EN2	
	{4 x 125 on 3	1:40 Freestyle	EN1		{ 1	x 300	on	4:45 Individual Medley	EN2	
	{1 x 500 on 6	6:30 Freestyle	EN2		{ 1	x 400	on	5:00 Freestyle	EN2	
	{5 x 100 on 3	1:18 Freestyle	EN2	200	1	x 200	on	3:00 Stroke Drills	REC	
250	1 x 250 on 5	5:00 Stroke Drills	REC		1	on 10:	:00	Ice		
	1 on 10:00	Ice			9:33	AM 5,0	030	Yards - Stress Value = 76		
	4:35 PM 6,830 Y	Yards - Stress Value = 73								

Yards

500

180

200

======

#### Workout #2733 - Friday, 26 December 2003 HighSchl - Backstroke 1 minute rest between sets

#### Workout #2731 - Friday, 26 December 2003 HighSchl - Silver 1 minute rest between sets

600  $1x\{2 \times 100 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds EN1}$ 

{1 x 200 on 3:50 Individual Medley

{1 x 200 on 3:40 Individual Medley

1 x 200 on 3:00 Stroke Drills

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

1 x 500 on 10:00 Swim-kick-drll-swim REC

 $\{2 \times 100 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds EN1}$ 

 $\{2 \times 100 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds EN1}$ 

7:30 AM Start

Set Description

1 on 30:00 Weights

 $2,800 1x{3 x 400 on 6:00 Freestyle}$ 

1 on 10:00 Ice

7:30 AM Start

12 x 15 on :30 Shooters

 $\{2 \times 400 \text{ on } 5:50 \text{ Freestyle} \}$ 

 $\{1 \times 400 \text{ on } 5:40 \text{ Freestyle} \}$ 

Yards	2:00 PM Start Set Description	EGY	MOT
Ialus	set Description	EGI	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	
1,250	5 x 250 on 3:30 Pulls	EN1	
800	$8 \times 100$ 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 #2732 - Friday, 26 December 2003 HighSchl - Bronze 1 minute rest between sets

9:34 AM 4,580 Yards - Stress Value = 72

#### Workout #2729 - Friday, 26 December 2003 HighSchl - Platinum

			Yards	Set Descri	otion	EGY WOF
	7:30 AM Start		=====	=======		=== ===
Yards	Set Description	EGY WOF		1 on 30:00	3	
=====	=======================================	=== ===	400		10:00 Swim-kick-drll-swim	REC
	1 on 30:00 Weights		180	12 x 15 on	:30 Shooters	SP3
600	1 x 600 on 10:00 Swim-kick-drll-swim	REC	600		2:00 Pulls-nbbf&w + 2 yds	
180	12 x 15 on :30 Shooters	SP3			1:55 Pulls-nbbf&w + 2 yds	
	$1x\{2 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1		{2 x 100 on	1:50 Pulls-nbbf&w + 2 yds	EN1
	{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	300		:40 IM order-build	EN1
	{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN1	2,200	1x{3 x 300 on	5:15 Freestyle	EN2
300	12 x 25 on :30 IM order-build	EN1		{1 x 200 on	4:00 Individual Medley	EN2
	$1x{3 \times 400 \text{ on } 5:00 \text{ Freestyle}}$	EN2		•		EN2
	{1 x 300 on 4:30 Individual Medley	EN2		{1 x 200 on	4:00 Individual Medley	EN2
	{2 x 400 on 4:45 Freestyle	EN2		{1 x 300 on	4:45 Freestyle	EN2
	{1 x 300 on 4:15 Individual Medley	EN2	200	1 x 200 on	3:00 Stroke Drills	REC
	{1 x 400 on 4:30 Freestyle	EN2		1 on 10:00	Ice	
	{1 x 300 on 4:00 Individual Medley	EN2		9:33 AM 3,880	Yards - Stress Value = 60	
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 #2734 - Friday, 26 December 2003 HighSchl - Bronze 1 minute rest between sets

#### Workout #2743 - Monday, 29 December 2003 HighSchl - All 1 minute rest between sets

2:00 PM Start Yards Set Description	EGY		Yards	2:00 PM Start Set Description	EGY WOF
1 on 30:00 Physio Balls/Stretch 600 8 x 75 on 1:45 Stroke Drills 180 12 x 15 on :30 Shooters 1,050 3x{1 x 75 on 2:00 Kick {1 x 75 on 1:50 Kick	REC SP3 EN1 EN2		800 180	<pre>1 on 30:00 Physio Balls/Stretch 1 x 800 on 12:00 Swim-kick-pull-swim 12 x 15 on :45 Shooters 1x{2 x 100 on 2:00 Kick {4 x 25 on :40 Sprint kick</pre>	REC SP3 EN1 EN2
{1 x 75 on 1:40 Kick {5 x 25 on :45 Sprint kick 750     15 x 50 on 1:00 Pulls-nbbf&w + 2 yds 150     2 x 75 on 1:30 2bk-4bk-6bk by 25's 2,000 5x{6 x 50 on :55 Descend in sets of 3 {1 x 100 on 2:00 Individual Medley	EN2 EN3 EN1 EN1 EN1			{2 x 100 on 1:50 Kick {4 x 25 on :40 Sprint kick {2 x 100 on 1:40 Kick {4 x 25 on :40 Sprint kick {2 x 100 on 1:30 Kick {4 x 25 on :40 Sprint kick	EN2 EN2 EN2 EN2 EN2 EN2
250	REC			1x{3 x 200 on 2:30 Freestyle	EN2 EN1 EN1 EN2
Workout #2737 - Friday, 26 December 2003				$\{3 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1
HighSchl - Sprint				{3 x 200 on 2:20 Freestyle {3 x 50 on :45 Freestyle	EN2 EN1
1 minute rest between sets				{3 x 200 on 2:10 Freestyle	EN1
				{3 x 50 on :45 Freestyle	EN1
2:00 PM Start			250	1 x 250 on 4:00 Stroke Drills	REC
Yards Set Description	EGY			1 on 10:00 Ice	
1 on 30:00 Physio Balls/Stretch	===	===		4:34 PM 6,730 Yards - Stress Value = 108	3
800 8 x 100 on 1:45 Stroke Drills	REC				
180 12 x 15 on :30 Shooters	SP3			Workout #2739 - Monday, 29 December 2003	
1,200 3x{1 x 100 on 2:00 Kick	EN1			HighSchl - Platinum	
{1 x 100 on 1:50 Kick	EN2			1 minute rest between sets	
{1 x 100 on 1:40 Kick	EN2				
{4 x 25 on :45 Sprint kick	EN3		,	7:30 AM Start	
1,050 14 x 75 on 1:05 Pulls-nbbf&w + 2 yds			Yards	Set Description	EGY WC
300 2 x 150 on 2:15 2bk-4bk-6bk by 50's 2,400 6x{6 x 50 on :45 Descend in sets of 3	EN1 EN1			1 on 30:00 Weights	
{1 x 100 on 1:45 Individual Medley	EN1		800	1 x 800 on 13:00 Swim-kick-drll-swim	n REC
250 1 x 250 on 4:00 Stroke Drills	REC		180	12 x 15 on :45 Shooters	SP3
1 on 10:00 Ice			1,500	1x{1 x 500 on 6:40 Pulls	EN1
4:35 PM 6,180 Yards - Stress Value = 77				{1 x 400 on 5:20 Pulls	EN1
				{1 x 300 on 4:00 Pulls	EN1
Workout #2738 - Saturday, 27 December 2003				{1 x 200 on 2:40 Pulls	EN1
•			400	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls	EN1 EN1
HighSchl - Girls			400	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke	EN1 EN1 EN1
•				{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle	EN1 EN1 EN1 EN1
HighSchl - Girls 1 minute rest between sets				{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley	EN1 EN1 EN1 EN1 EN2
HighSchl - Girls	EGY	WOF		{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle	EN1 EN1 EN1 EN1 EN2 EN2
HighSchl - Girls 1 minute rest between sets 7:00 AM Start				{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley	EN1 EN1 EN1 EN1 EN2
HighSchl-Girls  1 minute rest between sets  7:00 AM Start  Yards Set Description  1 on 25:00 Stomach and Stretch	===		2,000	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN2 EN2 REC
HighSchl-Girls 1 minute rest between sets  7:00 AM Start Yards Set Description  1 on 25:00 Stomach and Stretch 800 1 x 800 on 14:00 Swim-kick-pull-swim	=== REC		2,000	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle 1 x 200 on 3:00 Stroke Drills	EN1 EN1 EN1 EN2 EN2 REC
HighSchl - Girls  1 minute rest between sets  7:00 AM Start  Yards Set Description  1 on 25:00 Stomach and Stretch  800 1 x 800 on 14:00 Swim-kick-pull-swim  180 12 x 15 on :45 Shooters	REC SP3		2,000	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN2 EN2 REC
### HighSchl - Girls  1 minute rest between sets  7:00 AM Start  Yards Set Description  1 on 25:00 Stomach and Stretch  800 1 x 800 on 14:00 Swim-kick-pull-swim  180 12 x 15 on :45 Shooters  1,000 2x{1 x 100 on 2:10 Kick	REC SP3 EN1		2,000	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN2 EN2 REC
### HighSchl - Girls  1 minute rest between sets  7:00 AM Start  Yards Set Description  1 on 25:00 Stomach and Stretch  800 1 x 800 on 14:00 Swim-kick-pull-swim  180 12 x 15 on :45 Shooters  1,000 2x{1 x 100 on 2:10 Kick  {1 x 100 on 2:05 Kick	REC SP3 EN1 EN1		2,000	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN2 EN2 REC
### HighSchl - Girls  1 minute rest between sets  7:00 AM Start  Yards Set Description  1 on 25:00 Stomach and Stretch  800 1 x 800 on 14:00 Swim-kick-pull-swim  180 12 x 15 on :45 Shooters  1,000 2x{1 x 100 on 2:10 Kick	REC SP3 EN1		2,000	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN2 EN2 REC
### HighSchl - Girls  1 minute rest between sets  7:00 AM Start  Yards Set Description  1 on 25:00 Stomach and Stretch  800 1 x 800 on 14:00 Swim-kick-pull-swim  180 12 x 15 on :45 Shooters  1,000 2x{1 x 100 on 2:10 Kick  {1 x 100 on 2:05 Kick  {1 x 100 on 2:00 Kick	REC SP3 EN1 EN1		2,000	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN2 EN2 REC
### HighSchl - Girls  1 minute rest between sets  7:00 AM Start  Yards Set Description  1 on 25:00 Stomach and Stretch  800 1 x 800 on 14:00 Swim-kick-pull-swim  180 12 x 15 on :45 Shooters  1,000 2x{1 x 100 on 2:10 Kick  {1 x 100 on 2:05 Kick  {1 x 100 on 1:55 Kick  {1 x 100 on 1:50 Kick  1,000 8 x 125 on 2:00 Lungbuster pulls  odds br 3-5-7-9-7	REC SP3 EN1 EN1 EN1		2,000	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN2 EN2 REC
### HighSchl - Girls  1 minute rest between sets  7:00 AM Start  Yards Set Description  1 on 25:00 Stomach and Stretch  800 1 x 800 on 14:00 Swim-kick-pull-swim  180 12 x 15 on :45 Shooters  1,000 2x{1 x 100 on 2:10 Kick  {1 x 100 on 2:05 Kick  {1 x 100 on 1:55 Kick  {1 x 100 on 1:50 Kick  1,000 8 x 125 on 2:00 Lungbuster pulls  odds br 3-5-7-9-7  evens br 2-4-6-8-6	REC SP3 EN1 EN1 EN1 EN1 EN1		2,000	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN2 EN2 REC
### HighSchl - Girls  1 minute rest between sets  7:00 AM Start  Yards Set Description  1 on 25:00 Stomach and Stretch  800 1 x 800 on 14:00 Swim-kick-pull-swim  180 12 x 15 on :45 Shooters  1,000 2x{1 x 100 on 2:10 Kick  {1 x 100 on 2:05 Kick  {1 x 100 on 1:55 Kick  {1 x 100 on 1:50 Kick  1,000 8 x 125 on 2:00 Lungbuster pulls  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	REC SP3 EN1 EN1 EN1 EN1 EN1		2,000	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN2 EN2 REC
### HighSchl - Girls  1 minute rest between sets  7:00 AM Start  Yards Set Description  1 on 25:00 Stomach and Stretch  800 1 x 800 on 14:00 Swim-kick-pull-swim  180 12 x 15 on :45 Shooters  1,000 2x{1 x 100 on 2:10 Kick  {1 x 100 on 2:05 Kick  {1 x 100 on 1:55 Kick  {1 x 100 on 1:50 Kick  1,000 8 x 125 on 2:00 Lungbuster pulls  odds br 3-5-7-9-7  evens br 2-4-6-8-6	REC SP3 EN1 EN1 EN1 EN1 EN1		2,000	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN2 EN2 REC
### HighSchl - Girls  1 minute rest between sets  7:00 AM Start  Yards Set Description  1 on 25:00 Stomach and Stretch  800 1 x 800 on 14:00 Swim-kick-pull-swim  180 12 x 15 on :45 Shooters  1,000 2x{1 x 100 on 2:10 Kick  {1 x 100 on 2:05 Kick  {1 x 100 on 1:55 Kick  {1 x 100 on 1:50 Kick  1,000 8 x 125 on 2:00 Lungbuster pulls  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  {2 x 75 on 1:15 IM w/out the free	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1		2,000	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN2 EN2 REC
### HighSchl - Girls  1 minute rest between sets  7:00 AM Start  Yards	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1		2,000	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN2 EN2 REC
### HighSchl - Girls  1 minute rest between sets  7:00 AM Start  Yards Set Description  1 on 25:00 Stomach and Stretch  800 1 x 800 on 14:00 Swim-kick-pull-swim  180 12 x 15 on :45 Shooters  1,000 2x{1 x 100 on 2:10 Kick  {1 x 100 on 2:05 Kick  {1 x 100 on 1:55 Kick  {1 x 100 on 1:55 Kick  {1 x 100 on 1:55 Kick  1,000 8 x 125 on 2:00 Lungbuster pulls  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  {2 x 75 on 1:30 Freestyle  {1 x 100 on 1:30 Freestyle  {1 x 100 on 1:30 Freestyle  {1 x 100 on 1:45 Freestyle	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN3 REC EN3 REC		2,000	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN2 EN2 REC
### HighSchl - Girls  1 minute rest between sets  7:00 AM Start  Yards Set Description  1 on 25:00 Stomach and Stretch  800 1 x 800 on 14:00 Swim-kick-pull-swim  180 12 x 15 on :45 Shooters  1,000 2x{1 x 100 on 2:10 Kick  {1 x 100 on 2:05 Kick  {1 x 100 on 1:55 Kick  {1 x 100 on 1:50 Kick  1,000 8 x 125 on 2:00 Lungbuster pulls  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  {2 x 75 on 1:15 IM w/out the free  2,250 5x{2 x 75 on 1:30 Freestyle  {1 x 100 on 1:45 Freestyle  {1 x 100 on 1:30 Freestyle  {1 x 100 on 1:30 Freestyle  {1 x 100 on 1:30 Freestyle	REC SP3 EN1		2,000	{1 x 200 on 2:40 Pulls {1 x 100 on 1:20 Pulls 8x{1 x 25 on :30 Stroke {1 x 25 on :20 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN2 EN2 REC

#### Workout #2740 - Monday, 29 December 2003 HighSchl - Gold 1 minute rest between sets

#### Workout #2744 - Tuesday, 30 December 2003 HighSchl - Girls 1 minute rest between sets

Group 3 - All

1 minute rest between sets

	7:30 AM Start			7:00 AM Start	
Yards	Set Description	EGY WOF	Yards	Set Description	EGY WOF
=====		=== ===	=====	=======================================	=== ===
	1 on 30:00 Weights			1 on 30:00 Set-up and Stretch	
800	1 x 800 on 13:00 Swim-kick-drll-swim	REC	600	1 x 600 on 10:00 Swim-kick-pull-swim	REC
180	12 x 15 on :45 Shooters	SP3	120	8 x 15 on :30 Shooters	SP3
1,500	1x{1 x 500 on 7:05 Pulls	EN1	800	$2x{4 \times 25}$ on :35 Kick no board	EN1
	{1 x 400 on 5:40 Pulls	EN1		{1 x 100 on 2:00 Kick	EN2
	{1 x 300 on 4:15 Pulls	EN1		{1 x 100 on 1:55 Kick	EN2
	{1 x 200 on 2:50 Pulls	EN1		{1 x 100 on 1:50 Kick	EN2
	{1 x 100 on 1:25 Pulls	EN1	1,500	1x{1 x 1000 on 15:00 Pulls	EN1
300	6x{1 x 25 on :30 Stroke	EN1		$\{1 \times 500 \text{ on } 7:15 \text{ Pulls}$	EN1
	$\{1 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	EN1	300	$6 \times 50$ on :45 Descend in sets of $3$	EN1
1,800	9x{1 x 100 on 1:25 Individual Medley	EN2	600	6 x 100 on 6:00 Freestyle	SP2
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	500	1 x 500 on 8:00 Stroke Drills	REC
	$\{1 \times 50 \text{ on } :55 \text{ Freestyle} \}$	REC		1 on 10:00 Ice	
200	1 x 200 on 3:00 Stroke Drills	REC		9:29 AM 4,420 Yards - Stress Value = 97	
	1 on 10:00 Ice				
	9:34 AM 4,780 Yards - Stress Value = 53			Workout #2750 - Wednesday, 31 December 2003	

# HighSchl - Silver

#### 1 minute rest between sets

# Workout #2741 - Monday, 29 December 2003

1 minute rest between sets			11:00	AM S	Start			
		Yards	Se	t Des	cription	EGY	WORK	S
7:30 AM Start			==			===	====	=
Yards Set Description	EGY WOF		1	on 5:0	00 Stretching		L	Γ
	=== ===	800	8	x 100	on 1:45 Stroke Drills	REC	D	C
1 on 30:00 Weights		180	12	x 15	on :30 Shooters	SP3	S	
700 1 x 700 on 13:00 Swim-kick-drll-swim	REC	800	16	x 50	on :55 Kick odds 100%	EN2	K	C
180	SP3	1,500	3x{2	x 200	on 2:50 Pulls	EN1	P	
1,500 1x{1 x 500 on 7:30 Pulls	EN1		{ 4	x 25 d	on :30 Pulls 2 breaths	EN1	P	
$\{1 \times 400 \text{ on } 6:00 \text{ Pulls}$	EN1	400	2	x 200	on 3:30 Reverse IM	EN1	S	
{1 x 300 on 4:30 Pulls	EN1	2,200	2x{1	x 200	on 3:00 Butterfly 2-5-2	EN1	S	F
$\{1 \times 200 \text{ on } 3:00 \text{ Pulls}$	EN1		{ 2	x 25 d	on :30 Butterfly lup ldown	EN1	S	F
{1 x 100 on 1:30 Pulls	EN1		{ 1	x 150	on 2:15 Butterfly 2-6-2	EN1	S	F
250 5x{1 x 25 on :35 Stroke	EN1		{ 4	x 25 d	on :30 Butterfly 1up 2down	EN1	S	F
$\{1 \times 25 \text{ on :} 25 \text{ Freestyle}$	EN1		{ 1	x 100	on 1:30 Butterfly 2-7-2	EN1	S	F
1,400 7x{1 x 100 on 1:45 Individual Medley	EN2		{ 6	x 25 d	on :30 Butterfly 1up 3down	EN1	S	F
$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN2		{ 1	x 50 d	on :45 Butterfly 2-8-2	EN1	S	F
$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$	REC		8 }	x 25 d	on :30 Butterfly 1up 4down	EN1	S	F
200 1 x 200 on 3:00 Stroke Drills	REC		{ 1	x 100	on 2:00 Freestyle	REC	S	
1 on 10:00 Ice		250	1	x 250	on 4:00 Stroke Drills	REC	D	
9:33 AM 4,230 Yards - Stress Value = 45			1	on 30	:00 Stomach and Stretch		L	Γ
			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	
	$\{1 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN1	
1,000	5x{1 x 100 on 2:10 Individual Medley	EN2	
	$\{1 \times 50 \text{ on } : 50 \text{ Freestyle} \}$	EN2	
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$	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		

Yards

### Workout #2748 - Wednesday, 31 December 2003 HighSchl - Breast

#### 1 minute rest between sets

	mgn	Sciii - Di east	
1	minuto	nost hotwoon	cote

	I minute Test between sets				Workout #2745 - Wednesday, 31 December 2003
	7:30 AM Start				HighSchl - Backstroke
5	Set Description	EGY	WORK	Sī	1 minute rest between sets
=	=======================================	===	====	==	
	1 on 15:00 Stretching		L	DF	7:30 AM Start
١	0 - 100 on 1.45 Ctroke Drille	DEC	D	CI	

1 on 10:00 Ice

9:33 AM 5,330 Yards - Stress Value = 46

=====	=======================================	===	====	==				
	1 on 15:00 Stretching		L	DF		7:30 AM Start		
800	8 x 100 on 1:45 Stroke Drills	REC	D	CF	Yards		EGY	WORK
180	12 x 15 on :30 Shooters	SP3	S	E	======	=======================================	===	====
1,350	$6 \times 225$ on $3:45$ Pulls w/ zoomers	EN1	P	E		1 on 15:00 Stretching		L
400	2 x 200 on 3:30 Reverse IM	EN1	S	1	800	3	REC	D
2,200	$2x{1 x 200 on 3:20 Breaststroke}$	EN1	S	E	180		SP3	S
	{2 x 25 on :30 Breast 2X pullouts	EN1	S	E	1,500		EN1	Р
	{1 x 150 on 2:30 Breaststroke	EN1	S	E	,	•	EN1	P
	{4 x 25 on :30 Breast 2X pullouts	EN1	S	E	400	2 x 200 on 3:30 Reverse IM	EN1	S
	{1 x 100 on 1:40 Breaststroke	EN1	S	E	2,200	2x{1 x 200 on 3:00 Backstroke	EN1	S
	{6 x 25 on :30 Breast 2X pullouts	EN1	S		•	{2 x 25 on :30 Backstroke 15m under I	EN1	S
	{1 x 50 on :50 Breaststroke	EN1	S	E		{1 x 150 on 2:15 Backstroke	EN1	S
	{8 x 25 on :30 Breast 2X pullouts	EN1	S	E		{4 x 25 on :30 Backstroke 15m under 1	EN1	S
	$\{1 \times 100 \text{ on } 2:00 \text{ Freestyle}$	EN1		E		{1 x 100 on 1:30 Backstroke	EN1	S
250		REC	D	C		{6 x 25 on :30 Backstroke 15m under 1	EN1	S
	1 on 10:00 Ice		L	DF		{1 x 50 on :45 Backstroke	EN1	S
	9:35 AM 5,180 Yards - Stress Value =	= 47				{8 x 25 on :30 Backstroke 15m under B	EN1	S
						{1 x 100 on 2:00 Freestyle	REC	S
	Workout #2746 - Wednesday, 31 December 200	3			250	1 x 250 on 4:00 Stroke Drills	REC	D
	HighSchl - Distance					1 on 10:00 Ice		L
ingiscii - Distance						9:33 AM 5,330 Yards - Stress Value = 4	6	

## 1 minute rest between sets 7:30 AM Start

Yards	Se	et Des	crip	otion		EGY	WORK	STK	
=====	==		====			===	====	===	=
	1	on 15	:00	Stret	ching		L	DRY	
800	8	x 100	on	1:45	Stroke Drills	REC	D	CHO	
180	12	2 x 15	on	:30 8	Shooters	SP3	S	BK	
1,500	3x{2	x 200	on	2:50	Pulls	EN1	P	FR	
	{ 4	x 25	on :	:30 Pi	ulls 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	s - Stress Val	ue =	126		

#### Workout #2747 - Wednesday, 31 December 2003 HighSchl - Fly

#### 1 minute rest between sets

	7:30 AM				
Yards	Set	Description	EGY	WORK	٤
=====	====		===	====	=
	1 on	15:00 Stretching		L	Γ
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	E
	{2 x	25 on :30 Butterfly 1up 2down	EN1	S	E
	{1 x	150 on 2:15 Butterfly 2-6-2	EN1	S	E
	{4 x	25 on :30 Butterfly 1up 2down	EN1	S	E
	{1 x	100 on 1:30 Butterfly 2-7-2	EN1	S	E
	{6 x	25 on :30 Butterfly 1up 2down	EN1	S	E
	{1 x	50 on :45 Butterfly 2-8-2	EN1	S	E
	8 x	25 on :30 Butterfly 1up 2down	EN1	S	E
	{1 x	100 on 2:00 Freestyle	REC	S	
250	1 x	250 on 4:00 Stroke Drills	REC	D	

#### Workout #2751 - Wednesday, 31 December 2003 HighSchl - All

		PM Start	
Yards	Se	et Description	EGY WOF
=====	==		=== ===
	1	on 30:00 Physio Balls/Stretch	
800	1	x 800 on 13:00 Swim-kick-pull-swim	REC
180	12	2 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
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Yards	Set Description	EGY	WORK S
=====		===	==== =
	1 on 15:00 Stretching		LI
600	$8 \times 75$ on 1:45 Stroke Drills	REC	D (
180	12 x 15 on :30 Shooters	SP3	S
1,200	$3x{2 x 150 on 2:50 Pulls}$	EN1	P
	$\{4 \times 25 \text{ on } : 30 \text{ Pulls } 2 \text{ breaths}$	EN1	P
300	$2 \times 150$ 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
	$\{2 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN1	S
	{2 x 150 on 3:15 Butterfly 2-6-2	EN1	SF
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN1	S
	{3 x 100 on 2:05 Butterfly 2-7-2	EN1	SF
	$\{6 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN1	S
	$\{4 \times 50 \text{ on } 1:00 \text{ Butterfly } 2-8-2$	EN1	SF
	$\{8 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	S
250	1 x 250 on 6:00 Stroke Drills	REC	D
	1 on 10:00 Ice		LI
	9:28 AM $4,030$ Yards - Stress Value =	37	