

**Workout #2753 - Thursday, 01 January 2004**

**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	
600	3x{1 x 100 on 1:45 Kick	EN2	
	{4 x 25 on :40 Kick no board	EN2	
1,000	8 x 125 on 1:50 Pulls no br L.12 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
3,100	1x{5 x 75 on 1:05 Freestyle	EN1	
	{5 x 75 on 1:00 Freestyle	EN2	
	{5 x 75 on :55 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{4 x 75 on 1:00 Freestyle	EN2	
	{4 x 75 on :55 Freestyle	EN2	
	{4 x 75 on :50 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	EN2	
	{3 x 75 on :55 Freestyle	EN2	
	{3 x 75 on :50 Freestyle	EN2	
	{3 x 75 on :45 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:56 AM 6,230 Yards - Stress Value = 86		

{4 x 75 on 1:15 Freestyle	EN1
{4 x 75 on 1:10 Freestyle	EN2
{1 x 200 on 4:00 Freestyle	EN2
{3 x 75 on 1:15 Freestyle	EN2
{3 x 75 on 1:10 Freestyle	EN2
{3 x 75 on 1:05 Freestyle	EN2
{1 x 200 on 4:00 Freestyle	REC
{2 x 75 on 1:10 Freestyle	EN2
{2 x 75 on 1:05 Freestyle	EN2
{2 x 75 on 1:00 Freestyle	EN2
1 x 250 on 4:00 Stroke Drills	REC
1 on 10:00 Ice	
9:54 AM 5,180 Yards - Stress Value = 65	

**Workout #2752 - Thursday, 01 January 2004**

**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-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
525	3x{1 x 75 on 1:45 Kick	EN2	
	{4 x 25 on :40 Kick no board	EN2	
800	8 x 100 on 1:50 Pulls no br L.12 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
2,100	1x{5 x 50 on 1:05 Freestyle	EN1	
	{5 x 50 on 1:00 Freestyle	EN2	
	{5 x 50 on :55 Freestyle	EN2	
	{1 x 150 on 4:00 Freestyle	REC	
	{4 x 50 on 1:00 Freestyle	EN2	
	{4 x 50 on :55 Freestyle	EN2	
	{4 x 50 on :05 Freestyle	EN2	
	{1 x 150 on 4:00 Freestyle	EN2	
	{3 x 50 on :55 Freestyle	EN2	
	{3 x 50 on :50 Freestyle	EN2	
	{3 x 50 on :45 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:53 AM 4,755 Yards - Stress Value = 64		

**Workout #2754 - Thursday, 01 January 2004**

**HighSchl - Gold**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
600	3x{1 x 100 on 1:45 Kick	EN2	
	{4 x 25 on :40 Kick no board	EN2	
1,000	8 x 125 on 1:50 Pulls no br L.12 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
2,875	1x{5 x 75 on 1:10 Freestyle	EN1	
	{5 x 75 on 1:05 Freestyle	EN2	
	{5 x 75 on 1:00 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{4 x 75 on 1:05 Freestyle	EN1	
	{4 x 75 on 1:00 Freestyle	EN2	
	{4 x 75 on :55 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	EN2	
	{3 x 75 on 1:00 Freestyle	EN2	
	{2 x 75 on :55 Freestyle	EN2	
	{1 x 75 on :50 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:56 AM 6,005 Yards - Stress Value = 80		

**Workout #2758 - Friday, 02 January 2004**

**HighSchl - Breast**

**1 minute rest between sets**

2:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
900	1x{6 x 50 on 1:00 Kick no board	EN1	
	{6 x 50 on :55 Kick no board	EN2	
	{6 x 50 on :50 Kick no board	EN2	
1,000	5 x 200 on 2:45 Lungbuster pulls	EN1	
	br 3-4-5-6 by the 50		
450	9 x 50 on :45 Descend in sets of 3	EN1	
1,275	1x{6 x 50 on 1:05 Under/overs	EN1	
	{5 x 25 on :30 Breast 2X pullouts	EN1	
	{6 x 50 on 1:00 Under/overs	EN1	
	{5 x 25 on :30 Breast 2X pullouts	EN1	
	{6 x 50 on :55 Under/overs	EN1	
	{5 x 25 on :30 Breast 2X pullouts	EN1	
400	4 x 100 on 1:30 Des to ludicrous spd	EN2	
400	8 x 50 on :55 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:24 PM 5,405 Yards - Stress Value = 56		

**Workout #2755 - Thursday, 01 January 2004**

**HighSchl - Silver**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
700	1 x 700 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
525	3x{1 x 75 on 1:45 Kick	EN2	
	{4 x 25 on :40 Kick no board	EN2	
800	8 x 100 on 1:50 Pulls no br L.12 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
2,425	1x{4 x 75 on 1:20 Freestyle	EN1	

**Workout #2759 - Friday, 02 January 2004**

**HighSchl - Distance**

**1 minute rest between sets**

2:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 Physio Balls/Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{6 x 50 on 1:00 Kick	EN1	
	{6 x 50 on :55 Kick	EN2	
	5 x 200 on 2:45 Lungbuster pulls	EN1	
	br 3-4-5-6 by the 50		
450	9 x 50 on :45 Descend in sets of 3	EN1	
1,000	1x{4 x 125 on 1:55 Freestyle	EN2	
	{6 x 25 on :30 Freestyle 2 brths	EN1	
	{4 x 125 on 1:50 Freestyle	EN2	
	{6 x 25 on :30 Freestyle 2 brths	EN1	
	{4 x 125 on 1:45 Freestyle	EN2	
	{6 x 25 on :30 Freestyle 2 brths	EN1	
400	4 x 100 on 1:30 Des to ludicrous spd	EN2	
400	8 x 50 on :55 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:24 PM 5,780 Yards - Stress Value = 74		

{1 x 150 on 2:15 IM w/out the back	EN1
{6 x 50 on :45 Backstroke	EN1
{1 x 150 on 2:15 IM w/out the back	EN1
{6 x 50 on :45 Backstroke	EN1
{1 x 150 on 2:15 IM w/out the back	EN1
{6 x 50 on :45 Backstroke	EN1
4 x 100 on 1:30 Des to ludicrous spd	EN2
8 x 50 on :55 Stroke Drills	REC
1 on 10:00 Ice	
4:24 PM 5,880 Yards - Stress Value = 64	

**Workout #2756 - Friday, 02 January 2004**

**HighSchl - All**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 15:00 Stretching		
600	12 x 50 on 1:00 Stroke Drills 3 on E	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{3 x 150 on 2:00 Pulls	EN1	
	{3 x 125 on 1:40 Pulls	EN1	
	{3 x 75 on 1:00 Pulls	EN1	
	{3 x 50 on :40 Pulls	EN1	
600	2 x 300 on 4:30 Every 3rd lap your	EN1	
	stroke (nonfr) fast		
1,800	12 x 150 on 2:15 Freestyle	EN3	
600	24 x 25 on :30 IM order	EN1	
500	5 x 100 on 2:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:33 AM 5,480 Yards - Stress Value = 139		

**Workout #2761 - Friday, 02 January 2004**

**HighSchl - Fly**

**1 minute rest between sets**

2:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 Physio Balls/Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{5 x 50 on 1:00 Kick with flippers	EN1	
	{5 x 50 on :55 Kick with flippers	EN2	
	{5 x 50 on :50 Kick with flippers	EN2	
	{5 x 50 on :45 Kick with flippers	EN2	
1,000	5 x 200 on 2:45 Lungbuster pulls	EN1	
	br 3-4-5-6 by the 50		
450	9 x 50 on :45 Descend in sets of 3	EN1	
1,450	1x{8 x 50 on 1:00 Butterfly	EN1	
	{1 x 150 on 2:15 IM w/out the fly	EN1	
	{6 x 50 on :55 Butterfly	EN1	
	{1 x 150 on 2:15 IM w/out the fly	EN1	
	{4 x 50 on :50 Butterfly	EN1	
	{1 x 150 on 2:15 IM w/out the fly	EN1	
	{2 x 50 on :45 Butterfly	EN1	
400	4 x 100 on 1:30 Des to ludicrous spd	EN2	
400	8 x 50 on :55 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:25 PM 5,680 Yards - Stress Value = 62		

**Workout #2760 - Friday, 02 January 2004**

**HighSchl - Bronze**

**1 minute rest between sets**

2:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 Physio Balls/Stretch		
600	8 x 75 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
750	1x{6 x 50 on 1:15 Kick	EN1	
	{5 x 50 on 1:10 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
750	5 x 150 on 2:45 Lungbuster pulls	EN1	
	br 3-4-5 by the 50's		
300	6 x 50 on :55 Descend in sets of 3	EN1	
1,275	1x{6 x 50 on 1:05 Breaststroke	EN2	
	{5 x 25 on :30 Freestyle	EN1	
	{6 x 50 on 1:00 Breaststroke	EN2	
	{5 x 25 on :30 Freestyle	EN1	
	{6 x 50 on :55 Breaststroke	EN2	
	{5 x 25 on :30 Freestyle	EN1	
400	4 x 100 on 1:30 Des to ludicrous spd	EN2	
400	8 x 50 on :55 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:24 PM 4,655 Yards - Stress Value = 59		

**Workout #2757 - Friday, 02 January 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

2:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 Physio Balls/Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{5 x 50 on 1:00 Kick with zoomers	EN1	
	{5 x 50 on :55 Kick with zoomers	EN2	
	{5 x 50 on :50 Kick with zoomers	EN2	
	{5 x 50 on :45 Kick with zoomers	EN2	
1,000	5 x 200 on 2:45 Lungbuster pulls	EN1	
	br 3-4-5-6 by the 50		
450	9 x 50 on :45 Descend in sets of 3	EN1	
1,650	1x{6 x 50 on :45 Backstroke	EN1	

**Workout #2762 - Saturday, 03 January 2004**

**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	
1,200	3x{4 x 25 on :40 Kick no board	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
1,200	2x{1 x 200 on 2:40 Pulls	EN1	
	{2 x 100 on 1:25 Lungbuster pulls	EN1	
	{4 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
500	1x{1 x 100 on 1:50 Freestyle	REC	
	{1 x 100 on 1:40 Freestyle	REC	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:10 Freestyle	EN2	
2,800	1x{2 x 200 on 2:30 Freestyle	EN2	
	{4 x 100 on 1:15 Freestyle	EN2	
	{2 x 200 on 2:25 Freestyle	EN2	
	{4 x 100 on 1:15 Freestyle	EN2	
	{2 x 200 on 2:20 Freestyle	EN2	
	{4 x 100 on 1:15 Freestyle	EN2	
	{2 x 200 on 2:15 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

10:03 AM 6,930 Yards - Stress Value = 97

**Workout #2763 - Saturday, 03 January 2004**

**HighSchl - Gold**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	3x{4 x 25 on :40 Kick no board	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
1,200	2x{1 x 200 on 2:50 Pulls	EN1	
	{2 x 100 on 1:30 Lungbuster pulls	EN1	
	{4 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
400	1x{1 x 100 on 1:50 Freestyle	REC	
	{1 x 100 on 1:40 Freestyle	REC	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
2,500	1x{2 x 200 on 2:45 Freestyle	EN2	
	{3 x 100 on 1:20 Freestyle	EN2	
	{2 x 200 on 2:40 Freestyle	EN2	
	{3 x 100 on 1:20 Freestyle	EN2	
	{2 x 200 on 2:35 Freestyle	EN2	
	{3 x 100 on 1:20 Freestyle	EN2	
	{2 x 200 on 2:30 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

10:04 AM 6,530 Yards - Stress Value = 89

**Workout #2764 - Saturday, 03 January 2004**

**HighSchl - Silver**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		

700	1 x 700 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	3x{4 x 25 on :40 Kick no board	EN1	
	{1 x 100 on 2:15 Kick	EN1	
	{1 x 100 on 2:10 Kick	EN2	
1,100	2x{1 x 200 on 3:00 Pulls	EN1	
	{2 x 100 on 1:35 Lungbuster pulls	EN1	
	{3 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
400	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	
	{1 x 100 on 1:30 Freestyle	EN1	
2,500	1x{2 x 200 on 3:00 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
	{2 x 200 on 2:55 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
	{2 x 200 on 2:50 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
	{2 x 200 on 2:45 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

10:03 AM 6,030 Yards - Stress Value = 81

**Workout #2765 - Saturday, 03 January 2004**

**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-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{4 x 25 on :40 Kick no board	EN1	
	{1 x 100 on 2:30 Kick	EN1	
	2x{1 x 200 on 3:30 Pulls	EN1	
	{2 x 100 on 1:45 Lungbuster pulls	EN1	
	{2 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
300	3 x 100 on 2:00 Descend in sets of 3	EN1	
	1x{2 x 200 on 3:30 Freestyle	EN2	
	{3 x 100 on 1:45 Freestyle	EN2	
	{2 x 200 on 3:25 Freestyle	EN2	
	{3 x 100 on 1:45 Freestyle	EN2	
	{2 x 200 on 3:20 Freestyle	EN2	
	{3 x 100 on 1:45 Freestyle	EN2	
	{2 x 200 on 3:15 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

10:02 AM 5,380 Yards - Stress Value = 76

**Workout #2771 - Monday, 05 January 2004**

**1 minute rest between sets**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM Start			
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
1,200	12 x 15 on :45 Shooters	SP3	
1,500	6x{1 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :40 Kick no board	EN1	
1,500	3x{1 x 200 on 3:00 Pulls	EN1	
	{1 x 150 on 2:10 Pulls	EN1	
	{1 x 100 on 1:25 Pulls	EN1	
	{1 x 50 on :40 Pulls	EN2	
600	2 x 300 on 4:30 Every 3rd lap stroke	EN1	
2,000	1x{1 x 400 on 6:00 Freestyle	EN1	
	{2 x 300 on 4:15 Freestyle	EN1	
	{3 x 200 on 2:45 Freestyle	EN1	
	{4 x 100 on 1:20 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
8:00 PM 6,530 Yards - Stress Value = 65			

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	5x{1 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :40 Kick no board	EN1	
	2x{1 x 150 on 2:15 Pulls no br L.12 yds	EN1	
	{1 x 150 on 2:10 Pulls no br L.12 yds	EN1	
	{1 x 150 on 2:05 Pulls no br L.12 yds	EN1	
	{1 x 150 on 2:00 Pulls no br L.12 yds	EN2	
	1x{1 x 500 on 7:05 Freestyle	EN1	
	{2 x 400 on 5:40 Freestyle	EN1	
	{3 x 300 on 4:15 Freestyle	EN2	
	{4 x 200 on 2:50 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM 6,380 Yards - Stress Value = 76			

**Workout #2768 - Monday, 05 January 2004**

**HighSchl - Silver**

**1 minute rest between sets**

**Workout #2766 - Monday, 05 January 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
	1 on 15:00 Stretching		
800	8 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{5 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
10x{1 x 25 on :30 Butterfly	EN1		
	{1 x 25 on :30 Backstroke	EN1	
	{1 x 25 on :35 Breaststroke	EN1	
	{1 x 25 on :25 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM 3,230 Yards - Stress Value = 23			

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Physio Balls/Stretch		
700	1 x 700 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	5x{1 x 100 on 2:15 Kick	EN2	
	{4 x 25 on :40 Kick no board	EN1	
900	2x{1 x 150 on 2:30 Pulls no br L.12 yds	EN1	
	{1 x 150 on 2:25 Pulls no br L.12 yds	EN1	
	{1 x 150 on 2:20 Pulls no br L.12 yds	EN1	
2,600	1x{1 x 500 on 8:15 Freestyle	EN1	
	{2 x 400 on 6:30 Freestyle	EN1	
	{3 x 300 on 4:50 Freestyle	EN2	
	{2 x 200 on 3:10 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:33 PM 5,580 Yards - Stress Value = 66			

**Workout #2767 - Monday, 05 January 2004**

**HighSchl - Bronze**

**1 minute rest between sets**

**Workout #2770 - Monday, 05 January 2004**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	6x{1 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :40 Kick no board	EN1	
1,200	2x{1 x 150 on 2:15 Pulls no br L.12 yds	EN1	
	{1 x 150 on 2:10 Pulls no br L.12 yds	EN1	
	{1 x 150 on 2:05 Pulls no br L.12 yds	EN1	
	{1 x 150 on 2:00 Pulls no br L.12 yds	EN2	
3,000	1x{1 x 500 on 7:00 Freestyle	EN1	
	{2 x 400 on 5:30 Freestyle	EN1	
	{3 x 300 on 4:05 Freestyle	EN2	
	{4 x 200 on 2:40 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 6,580 Yards - Stress Value = 79			

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	5x{1 x 100 on 2:30 Kick	EN2	
	{4 x 25 on :45 Kick no board	EN1	
900	2x{1 x 150 on 2:45 Pulls no br L.12 yds	EN1	
	{1 x 150 on 2:40 Pulls no br L.12 yds	EN1	
	{1 x 150 on 2:35 Pulls no br L.12 yds	EN1	
2,100	1x{2 x 400 on 7:30 Freestyle	EN1	
	{3 x 300 on 5:30 Freestyle	EN2	
	{2 x 200 on 3:35 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM 4,980 Yards - Stress Value = 61			

**Workout #2769 - Monday, 05 January 2004**

**HighSchl - Gold**

**Workout #2772 - Tuesday, 06 January 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:30 AM	Start			
400	1 on 30:00 Weights		L DF	
300	1 x 400 on 6:00 Choice	REC	S CF	
	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S F	
	no breath last half			
1,000	1x{1 x 175 on 2:30 Freestyle	EN1	P F	
	{1 x 75 on :55 Pulls	EN2	P F	
	{1 x 175 on 2:25 Pulls	EN1	P F	
	{1 x 75 on 1:00 Pulls	EN2	P F	
	{1 x 175 on 2:20 Pulls	EN2	P F	
	{1 x 75 on 1:05 Pulls	EN1	P F	
	{1 x 175 on 2:15 Pulls	EN2	P F	
	{1 x 75 on 1:10 Pulls	EN1	P F	
1,525	1x{3 x 125 on 1:40 Freestyle	EN2	S F	
	{1 x 200 on 3:00 Backstroke	EN1	S F	
	{3 x 125 on 1:35 Freestyle	EN2	S F	
	{1 x 200 on 3:00 Backstroke	EN1	S F	
	{3 x 125 on 1:30 Freestyle	EN2	S F	
275	1 x 275 on 4:00 Stroke Drills	REC	D C	
	1 on 10:00 Ice		L DF	
	7:05 AM 3,500 Yards - Stress Value = 58			

**Workout #2773 - Tuesday, 06 January 2004**

**Group 3 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 PM	Start		
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Shooters	SP3	
	1x{2 x 100 on 2:15 Kick	EN2	
	{4 x 50 on 1:00 Kick 100% effort	EN2	
	{2 x 100 on 2:10 Freestyle	EN1	
	{4 x 50 on 1:00 Kick 100% effort	EN2	
	{2 x 100 on 2:05 Kick	EN1	
	{4 x 50 on 1:00 Kick 100% effort	EN2	
1,400	4 x 350 on 5:00 Pulls	EN1	
500	5 x 100 on 1:45 Individual Medley	EN1	
	3x{8 x 50 on 1:00 Back des in 4's	EN2	
	{1 x 200 on 3:00 Backstroke	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	8:30 PM 6,280 Meters - Stress Value = 88		

**Workout #2776 - Wednesday, 07 January 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Backstroke	SP3	
1,000	1x{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
1,250	1x{4 x 125 on 1:55 Pulls no br L.12 yds	EN1	
	{3 x 125 on 1:50 Pulls no br L.12 yds	EN1	
	{2 x 125 on 1:45 Pulls no br L.12 yds	EN1	
	{1 x 125 on 1:40 Pulls no br L.12 yds	EN2	
450	1x{3 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	
	{3 x 75 on 1:10 IM w/out the free	EN1	
2,700	1x{1 x 200 on 3:30 Breaststroke	EN1	

{1 x 200 on 3:00 Individual Medley	EN1
{2 x 175 on 3:00 Breaststroke	EN1
{1 x 200 on 3:00 Individual Medley	EN1
{3 x 150 on 2:30 Breaststroke	EN1
{1 x 200 on 3:00 Individual Medley	EN1
{4 x 125 on 2:00 Breaststroke	EN1
{1 x 200 on 3:00 Individual Medley	EN1
{4 x 100 on 1:35 Breaststroke	EN2
1 x 300 on 5:00 Stroke Drills	REC
7:59 PM 6,680 Yards - Stress Value = 75	

**Workout #2774 - Wednesday, 07 January 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
500	1 on 30:00 Weights		
300	1 x 500 on 7:30 Choice	REC	
	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,300	1x{4 x 25 on :25 Pulls no br L.12 yds	EN1	
	{4 x 75 on 1:10 Pulls no br L.12 yds	EN1	
	{4 x 100 on 1:30 Pulls no br L.12 yds	EN1	
	{4 x 125 on 1:50 Pulls no br L.12 yds	EN1	
1,000	10 x 100 on 1:15 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 AM 3,300 Yards - Stress Value = 45		

**Workout #2775 - Wednesday, 07 January 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
800	1 on 30:00 Physio Balls/Stretch		
180	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
	12 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
	1x{4 x 125 on 1:55 Pulls no br L.12 yds	EN1	
	{3 x 125 on 1:50 Pulls no br L.12 yds	EN1	
	{2 x 125 on 1:45 Pulls no br L.12 yds	EN1	
	{1 x 125 on 1:40 Pulls no br L.12 yds	EN2	
	1x{3 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	
	{3 x 75 on 1:10 IM w/out the free	EN1	
	1x{1 x 200 on 3:30 Breaststroke	EN1	
	{1 x 200 on 3:00 Individual Medley	EN1	
	{2 x 175 on 3:00 Breaststroke	EN1	
	{1 x 200 on 3:00 Individual Medley	EN1	
	{3 x 150 on 2:30 Breaststroke	EN1	
	{1 x 200 on 3:00 Individual Medley	EN1	
	{4 x 125 on 2:00 Breaststroke	EN1	
	{1 x 200 on 3:00 Individual Medley	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,230 Yards - Stress Value = 67		

**Workout #2778 - Friday, 09 January 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	last half no breath		
1,350	6x{1 x 125 on 2:00 Kick	EN2	
	{2 x 50 on 1:00 Kick no board	EN2	
1,000	8 x 125 on 1:50 Pulls no br L.12 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
3,100	1x{5 x 75 on 1:05 Freestyle	EN1	
	{5 x 75 on 1:00 Freestyle	EN2	
	{5 x 75 on :55 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{4 x 75 on 1:00 Freestyle	EN2	
	{4 x 75 on :55 Freestyle	EN2	
	{4 x 75 on :50 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	EN2	
	{3 x 75 on :55 Freestyle	EN2	
	{3 x 75 on :50 Freestyle	EN2	
	{3 x 75 on :45 Freestyle	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	10:29 AM 7,200 Yards - Stress Value = 106		

	{2 x 225 on 2:35 Freestyle	EN2
	{1 x 100 on 1:30 Butterfly	EN1
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:04 AM 4,230 Yards - Stress Value = 57	

**Workout #2779 - Friday, 09 January 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
400	1 x 400 on 6:00 Choice	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	no breath last half		
	4x{1 x 100 on 1:45 Kick	EN2	
	{4 x 25 on :30 Kick no board	EN1	
900	9 x 100 on 1:15 Pulls	EN2	
600	2 x 300 on 4:30 Every 3rd lap stroke	EN1	
	1x{1 x 50 on :50 Butterfly 2-2-2	EN1	
	{2 x 75 on 1:10 Butterfly 2-3-2	EN1	
	{3 x 100 on 1:30 Butterfly 2-4-2	EN1	
	{4 x 125 on 1:50 Butterfly 2-5-2	EN1	
	{5 x 150 on 2:10 Butterfly 2-6-2	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice	REC	
	5:04 PM 5,000 Yards - Stress Value = 66		

**Workout #2780 - Friday, 09 January 2004**

**Group 3 - All**

**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 :45 Berzerks	SP3	
1,000	4x{2 x 75 on 1:20 Kick	EN2	
	{4 x 25 on :30 Kick no board	EN1	
1,200	12 x 100 on 1:15 Pulls	EN2	
600	2 x 300 on 4:30 Every 3rd lap stroke	EN1	
2,150	1x{1 x 50 on :50 Butterfly 2-2-2	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
	{2 x 75 on 1:10 Butterfly 2-3-2	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
	{3 x 100 on 1:30 Butterfly 2-4-2	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
	{4 x 125 on 1:50 Butterfly 2-5-2	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
	{5 x 150 on 2:10 Butterfly 2-6-2	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:44 PM 5,980 Yards - Stress Value = 79		

**Workout #2781 - Saturday, 10 January 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
775	1x{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 100 on 1:50 Stroke Drills	REC	
	{1 x 100 on 1:40 Stroke Drills	REC	
	{1 x 100 on 1:30 Stroke Drills	EN1	
	{1 x 75 on 1:00 Freestyle	EN1	
	{6 x 50 on :45 Descend in sets of 3	EN1	
210	14 x 15 on :45 Pit sprints	SP3	
1,075	1x{1 x 900 on 16:00 Vertical Kicking	EN2	
	{7 x 25 on :40 Under water fly kick	EN2	
1,150	1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 175 on 2:20 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 150 on 2:00 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 50 on :50 Pulls 3 breaths	EN2	
500	1x{3 x 100 on 1:30 Individual Medley	EN1	
	{8 x 25 on :30 Free-12.5y tuck spin	EN1	
2,000	4x{4 x 125 on 2:00 Freestyle	EN3	
	{1 on 1:00 Rest		
300	1 x 300 on 4:30 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:06 AM 6,010 Yards - Stress Value = 173		

**Workout #2777 - Friday, 09 January 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		
600	1 x 600 on 10:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{1 x 400 on 5:45 Pulls	EN1	
	{1 x 400 on 5:30 Pulls	EN1	
	{1 x 400 on 5:15 Pulls	EN2	
	{1 x 400 on 5:00 Pulls	EN1	
	1x{2 x 225 on 2:45 Freestyle	EN2	
	{1 x 100 on 1:30 Butterfly	EN1	
	{2 x 225 on 2:40 Freestyle	EN2	
	{1 x 100 on 1:30 Butterfly	EN1	

**Workout #2788 - Monday, 12 January 2004**

5:34 PM 6,630 Yards - Stress Value = 218

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	4x{1 x 150 on 2:45 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
1,500	1x{2 x 175 on 2:15 Pulls	EN1	
	{2 x 400 on 5:00 Pulls	EN2	
	{2 x 175 on 2:05 Pulls	EN2	
300	2 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
1,800	1x{2 x 200 on 2:45 Backstroke	EN2	
	{8 x 25 on :30 Back 10undrh2o kicks	EN2	
	{2 x 200 on 2:40 Backstroke	EN2	
	{8 x 25 on :30 Back11 undrh2o kicks	EN2	
	{2 x 200 on 2:35 Backstroke	EN2	
300	{8 x 25 on :30 Back12 udnrh2o kicks	EN2	
	1 x 300 on 5:00 Stroke Drills	REC	
	7:44 PM 6,080 Yards - Stress Value = 97		

**Workout #2785 - Monday, 12 January 2004**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	4x{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
900	1x{2 x 150 on 3:25 Pulls	EN1	
	{2 x 150 on 3:20 Pulls	EN1	
	{2 x 150 on 3:15 Pulls	EN2	
450	3 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
1,650	1x{2 x 200 on 3:30 Breaststroke	EN2	
	{6 x 25 on :30 Breaststroke 2k1p	EN2	
	{2 x 200 on 3:25 Breaststroke	EN2	
	{6 x 25 on :30 Breaststroke 3k1p	EN2	
	{2 x 200 on 3:20 Breaststroke	EN2	
	{6 x 25 on :30 Breaststroke 4k1p	EN2	
400	4 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,580 Yards - Stress Value = 80		

**Workout #2786 - Monday, 12 January 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
600	2x{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
1,200	1x{2 x 250 on 3:40 Pulls	EN1	
	{2 x 200 on 2:50 Pulls	EN1	
	{2 x 150 on 2:00 Pulls	EN2	
450	3 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
3,000	3 x 1000 on 15:00 Freestyle-descend	EN3	
400	4 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Ice		

**Workout #2783 - Monday, 12 January 2004**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	4x{1 x 150 on 2:30 Kick with flippers	EN2	
	{1 x 100 on 1:40 Kick with flippers	EN2	
	{1 x 50 on :50 Kick with flippers	EN2	
1,500	1x{2 x 175 on 2:15 Pulls/snorkeling	EN1	
	{2 x 400 on 5:00 Pulls/snorkeling	EN1	
	{2 x 175 on 2:10 Pulls/snorkeling	EN1	
450	3 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
2,200	1x{2 x 200 on 3:00 Butterfly 2-6-2	EN2	
	{8 x 25 on :30 Butterfly lup 1down	EN2	
	{2 x 200 on 2:55 Butterfly 2-7-2	EN2	
	{8 x 25 on :30 Butterfly lup 2down	EN2	
	{2 x 200 on 2:50 Butterfly 2-8-2	EN2	
	{8 x 25 on :30 Butterfly lup 3down	EN2	
	{2 x 200 on 2:45 Butterfly 2-9-2	EN2	
500	5 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,830 Yards - Stress Value = 95		

**Workout #2784 - Monday, 12 January 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	4x{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
1,300	1x{2 x 150 on 2:15 Pulls/snorkeling	EN1	
	{2 x 350 on 5:00 Pulls/snorkeling	EN1	
	{2 x 150 on 2:05 Pulls/snorkeling	EN1	
450	3 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
1,800	1x{2 x 200 on 3:10 Backstroke	EN2	
	{8 x 25 on :30 Back 7 undrh2o kicks	EN2	
	{2 x 200 on 3:05 Backstroke	EN2	
	{8 x 25 on :30 Back 8 undrh2o kicks	EN2	
	{2 x 200 on 3:00 Butterfly 2-8-2	EN2	
	{8 x 25 on :30 Back 9 udnrh2o kicks	EN2	
400	4 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,130 Yards - Stress Value = 84		

**Workout #2782 - Monday, 12 January 2004**

**HighSchl - All**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 15:00 Stretching		
600	1 x 600 on 10:00 Swim-kick-drill-swim	REC	
360	12 x 30 on :30 Berzerks	SP3	
1,000	1x{4 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	
	{2 x 100 on 1:20 Lungbuster pulls	EN1	
	{1 x 100 on 1:15 Lungbuster pulls	EN1	
	{ odds br 3-5-7-9		
	{ evens br 2-4-6-8		
200	8 x 25 on :30 Free-12.5y tuck spin	EN1	
1,800	1x{6 x 75 on 1:00 Freestyle	EN2	
	{1 x 150 on 2:05 Butterfly	EN1	
	{6 x 75 on 1:00 Freestyle	EN2	
	{1 x 150 on 2:05 Butterfly	EN2	
	{6 x 75 on 1:00 Freestyle	EN2	
	{1 x 150 on 2:20 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:03 AM 4,160 Yards - Stress Value = 61		

**Workout #2787 - Monday, 12 January 2004**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	====	====
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	4x{1 x 125 on 3:00 Kick	EN2	
	{1 x 125 on 2:50 Kick	EN2	
1,500	2x{2 x 125 on 2:20 Pulls	EN1	
	{2 x 125 on 2:15 Pulls	EN1	
	{2 x 125 on 2:10 Pulls	EN2	
300	2 x 150 on 3:00 2bk-4bk-6bk by 50's	EN1	
1,200	2x{2 x 200 on 4:00 Backstroke	EN2	
	{8 x 25 on :45 Back 7 undrh2o kicks	EN2	
200	1 x 200 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 4,980 Yards - Stress Value = 74		

**Workout #2792 - Tuesday, 13 January 2004**

**Group 3 - All**

**1 minute rest between sets**

6:00 PM Start

Meters	Set Description	EGY	WORK	STK
=====	=====	====	====	====
	1 on 30:00 Stomach and Stretch			I
800	8 x 100 on 2:00 Stroke Drills	REC		I
	2 on each strk-revIM			
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3		S
	no breath last half			
1,250	1x{3 x 125 on 2:30 Kick	EN2		F
	{3 x 125 on 2:25 Kick	EN2		F
	{2 x 125 on 2:20 Kick	EN2		F
	{2 x 125 on 2:15 Kick	EN2		F
1,300	2x{1 x 300 on 4:00 Pulls	EN2		F
	{1 x 200 on 2:40 Pulls	EN2		F
	{1 x 100 on 1:20 Pulls	EN2		F
	{1 x 50 on 1:30 Pulls	REC		F
250	10 x 25 on :30 Free 12.5y tuck spin	EN1		S
1,400	1x{1 x 200 on :00 Brkn @ 50's 10 sec R	SP2		S
	{1 x 100 on 8:00 Freestyle	REC		S
	{1 x 200 on :00 Brkn @ 50's 15 sec R	SP2		S

{1 x 100 on 8:00 Freestyle	REC	S
{1 x 200 on :00 Brkn @ 25's 5 sec R	SP2	S
{1 x 100 on 8:00 Freestyle	REC	S
{1 x 200 on :00 Brkn @ 50's 10-20-30	SP2	S
{1 x 100 on 8:00 Freestyle	REC	S
{1 x 200 on :00 Brkn @ 50's 30-20-10	SP2	S
1 x 400 on 7:00 Stroke Drills	REC	I
8:25 PM 5,700 Meters - Stress Value = 181		

**Workout #2791 - Tuesday, 13 January 2004**

**HighSchl - Fly**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	====	====
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Under water trn dril	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{4 x 150 on 3:00 Kick	EN1	
	{3 x 100 on 2:00 Kick	EN1	
	{2 x 50 on 1:00 Kick	EN1	
1,500	1x{1 x 500 on 6:45 Pulls	EN1	
	{1 x 500 on 6:30 Pulls	EN1	
	{1 x 500 on 6:15 Pulls	EN1	
600	12 x 50 on :50 Descend in sets of 3	EN1	
2,000	1x{3 x 100 on 1:25 Butterfly 2-4	EN1	
	{2 x 100 on 1:15 Freestyle	EN1	
	{3 x 100 on 1:25 Butterfly 2-5	EN1	
	{2 x 100 on 1:15 Freestyle	EN1	
	{3 x 100 on 1:25 Butterfly 2-6	EN1	
	{2 x 100 on 1:15 Freestyle	EN1	
	{3 x 100 on 1:25 Butterfly 2-7	EN1	
	{2 x 100 on 1:15 Freestyle	EN1	
450	9 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,530 Yards - Stress Value = 58		

**Workout #2789 - Tuesday, 13 January 2004**

**HighSchl - All**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	====	====	====
	1 on 30:00 Stomach and Stretch			L DRY
700	1 x 700 on 10:30 Choice	REC		S CHO
180	12 x 15 on :45 Shooters	SP3		S FLY
800	1 x 800 on 11:00 Pulls	EN1		P FR
1,125	1x{3 x 100 on 1:30 Freestyle	EN1		S FR
	{3 x 125 on 1:50 Freestyle	EN1		S FR
	{3 x 150 on 2:10 Freestyle	EN1		S FR
200	1 x 200 on 3:00 Stroke Drills	REC		D FR
	1 on 10:00 Ice			L DRY
	7:05 AM 3,005 Yards - Stress Value = 26			



**Workout #2790 - Tuesday, 13 January 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	11:00 AM Start		
	1 on 30:00 Stomach and Stretch		I
800	8 x 100 on 1:45 Stroke Drills	REC	I
	2 on each strk-revIM		
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	no breath last half		
	1x{3 x 125 on 2:15 Kick	EN2	F
	{3 x 125 on 2:10 Kick	EN2	F
	{2 x 125 on 2:05 Kick	EN2	F
	{2 x 125 on 2:00 Kick	EN2	F
	2x{1 x 300 on 3:45 Pulls	EN2	F
	{1 x 200 on 2:30 Pulls	EN2	F
	{1 x 100 on 1:15 Pulls	EN2	F
	{1 x 50 on 1:30 Pulls	REC	F
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	S
	1x{1 x 200 on :00 Brkn @ 50's 10 sec R	SP2	S
	{1 x 100 on 8:00 Freestyle	REC	S
	{1 x 200 on :00 Brkn @ 50's 15 sec R	SP2	S
	{1 x 100 on 8:00 Freestyle	REC	S
	{1 x 200 on :00 Brkn @ 25's 5 sec R	SP2	S
	{1 x 100 on 8:00 Freestyle	REC	S
	{1 x 200 on :00 Brkn @ 50's 10-20-30	SP2	S
	{1 x 100 on 8:00 Freestyle	REC	S
	{1 x 200 on :00 Brkn @ 50's 30-20-10	SP2	S
600	6 x 100 on 1:45 Freestyle	REC	I
	1 on 10:00 Ice		I
	1:33 PM 5,900 Yards - Stress Value = 164		

**Workout #2798 - Wednesday, 14 January 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	5:30 PM Start		
	1 on 30:00 Physio Balls/Stretch		I
800	16 x 50 on 1:00 Stroke Drills	REC	I
	odds free evns nonfr		
180	12 x 15 on :30 Shooters	SP3	S
1,200	12 x 100 on 1:50 Kick-odds 100%	EN2	F
1,200	1x{2 x 200 on 3:30 Pulls w/zoomers	EN1	F
	{2 x 200 on 3:15 Pulls w/zoomers	EN2	F
	{2 x 200 on 3:00 Pulls w/zoomers	EN2	F
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	S
2,200	1x{6 x 75 on 1:20 Breaststroke	EN1	S
	{4 x 25 on :30 Freestyle-descend	EN1	S
	{6 x 75 on 1:15 Breaststroke	EN1	S
	{4 x 25 on :30 Freestyle-descend	EN1	S
	{6 x 75 on 1:10 Breaststroke	EN2	S
	{4 x 25 on :30 Freestyle-descend	EN1	S
	{6 x 75 on 1:05 Breaststroke	EN2	S
	{4 x 25 on :30 Freestyle-descend	EN1	S
400	1 x 400 on 6:00 Stroke Drills	REC	I
	7:58 PM 6,230 Yards - Stress Value = 83		

**Workout #2795 - Wednesday, 14 January 2004**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	3:00 PM Start		
	1 on 30:00 Physio Balls/Stretch		L
600	12 x 50 on 1:00 Stroke Drills	REC	D
	odds free evns nonfr		
180	12 x 15 on :45 Shooters	SP3	S
1,200	12 x 100 on 1:50 Kick-odds 100%	EN2	K

1,200	1x{2 x 200 on 3:30 Pulls w/zoomers	EN1	P
	{2 x 200 on 3:15 Pulls w/zoomers	EN2	P
	{2 x 200 on 3:00 Pulls w/zoomers	EN2	P
450	6 x 75 on 1:15 IM w/out the breast	EN1	S
1,800	1x{5 x 75 on 1:20 Breaststroke	EN1	S
	{4 x 25 on :30 Freestyle	EN1	S
	{5 x 75 on 1:15 Breaststroke	EN1	S
	{4 x 25 on :30 Freestyle	EN1	S
	{5 x 75 on 1:10 Breaststroke	EN2	S
	{4 x 25 on :30 Freestyle	EN2	S
	{5 x 75 on 1:05 Breaststroke	EN2	S
400	1 x 400 on 6:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L
	5:34 PM 5,830 Yards - Stress Value = 83		

**Workout #2796 - Wednesday, 14 January 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	3:00 PM Start		
	1 on 30:00 Physio Balls/Stretch		L
600	12 x 50 on 1:00 Stroke Drills	REC	D
	odds free evns nonfr		
180	12 x 15 on :45 Shooters	SP3	S
800	8 x 100 on 1:50 Kick-odds 100%	EN2	K
1,500	1x{2 x 250 on 3:30 Pulls	EN1	P
	{2 x 250 on 3:15 Pulls	EN2	P
	{2 x 250 on 3:00 Pulls	EN2	P
450	6 x 75 on 1:15 IM w/out the breast	EN1	S
2,800	1x{1 x 500 on 6:15 Freestyle	EN1	S
	{5 x 100 on 1:20 Freestyle	EN2	S
	{1 x 400 on 5:00 Freestyle	EN2	S
	{4 x 100 on 1:20 Freestyle	EN2	S
	{1 x 300 on 3:45 Freestyle	EN2	S
	{3 x 100 on 1:20 Freestyle	EN2	S
	{1 x 200 on 2:30 Freestyle	EN2	S
	{2 x 100 on 1:20 Freestyle	EN2	S
400	1 x 400 on 6:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L
	5:33 PM 6,730 Yards - Stress Value = 103		

**Workout #2793 - Wednesday, 14 January 2004**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STF
	3:00 PM Start			
	1 on 30:00 Physio Balls/Stretch			L DRY
600	12 x 50 on 1:00 Stroke Drills	REC	D	CHC
	odds free evns nonfr			
180	12 x 15 on :45 Shooters	SP3	S	BF
1,200	12 x 100 on 1:50 Kick-odds 100%	EN2	K	CHC
1,500	1x{2 x 250 on 3:30 Pulls	EN1	P	FF
	{2 x 250 on 3:15 Pulls	EN2	P	FF
	{2 x 250 on 3:00 Pulls	EN2	P	FF
450	6 x 75 on 1:15 IM w/out the fly	EN1	S	IM
1,900	1x{1 x 100 on 1:30 Freestyle	EN1	S	FF
	{4 x 25 on :30 Butterfly	EN1	S	FLY
	{1 x 100 on 1:30 Freestyle	EN1	S	FF
	{5 x 50 on :50 Butterfly 2-9-2	EN1	S	FLY
	{1 x 100 on 1:30 Freestyle	EN1	S	FF
	{6 x 75 on 1:10 Butterfly 2-8-2	EN1	S	FLY
	{1 x 100 on 1:30 Freestyle	EN1	S	FF
	{7 x 100 on 1:30 Butterfly 2-7-2	EN1	S	FLY
400	1 x 400 on 6:00 Stroke Drills	REC	D	CI
	1 on 10:00 Ice		L	DRY
	5:33 PM 6,230 Yards - Stress Value = 78			

**Workout #2794 - Wednesday, 14 January 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Physio Balls/Stretch			L DF
600	12 x 50 on 1:00 Stroke Drills odds free evns nonfr	REC		D CF
180	12 x 15 on :45 Shooters	SP3		S E
1,200	12 x 100 on 1:50 Kick-odds 100%	EN2		K CF
1,500	1x{2 x 250 on 3:30 Pulls	EN1		P E
	{2 x 250 on 3:15 Pulls	EN2		P E
	{2 x 250 on 3:00 Pulls	EN2		P E
450	6 x 75 on 1:15 IM w/out the back	EN1		S I
2,000	1x{4 x 100 on 1:30 Backstroke	EN1		S E
	{4 x 25 on :25 Freestyle	EN1		S E
	{4 x 100 on 1:25 Backstroke	EN1		S E
	{4 x 25 on :25 Freestyle	EN1		S E
	{4 x 100 on 1:20 Backstroke	EN2		S E
	{4 x 25 on :25 Freestyle	EN1		S E
	{4 x 100 on 1:15 Backstroke	EN2		S E
	{4 x 25 on :25 Freestyle	EN1		S E
400	1 x 400 on 6:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			L DF
	5:32 PM 6,330 Yards - Stress Value = 88			

**Workout #2797 - Wednesday, 14 January 2004**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Physio Balls/Stretch			L DF
600	12 x 50 on 1:00 Stroke Drills odds free evns nonfr	REC		D CF
180	12 x 15 on :45 Shooters	SP3		S E
1,000	10 x 100 on 2:20 Kick-odds 100%	EN2		K CF
1,200	1x{2 x 200 on 3:30 Pulls	EN1		P E
	{2 x 200 on 3:15 Pulls	EN2		P E
	{2 x 200 on 3:00 Pulls	EN2		P E
450	6 x 75 on 1:30 IM w/out the free	EN1		S I
1,500	1x{3 x 100 on 2:00 Backstroke	EN1		S E
	{4 x 25 on :30 Freestyle	EN1		S E
	{3 x 100 on 1:55 Backstroke	EN1		S E
	{4 x 25 on :30 Freestyle	EN1		S E
	{3 x 100 on 1:50 Backstroke	EN2		S E
	{4 x 25 on :30 Freestyle	EN1		S E
	{3 x 100 on 1:45 Backstroke	EN2		S E
200	1 x 200 on 4:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			L DF
	5:33 PM 5,130 Yards - Stress Value = 72			

**Workout #2801 - Thursday, 15 January 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch			L I
800	8 x 100 on 2:00 Stroke Drills odds free evns nonfr	REC		D C
300	12 x 25 on 1:15 Breaststroke OTB	SP3		S
1,000	1x{1 x 400 on 8:00 Kick	EN1		K C
	{1 x 300 on 6:00 Kick	EN1		K C
	{1 x 200 on 4:00 Kick	EN1		K C
	{1 x 100 on 2:00 Kick	EN1		K C
1,000	10 x 100 on 1:40 Lungbuster pulls	EN1		P
450	1x{3 x 100 on 1:30 Freestyle-descend	EN1		S
	{1 x 150 on 2:30 IM w/out the fly	EN1		S

1,300	2x{4 x 50 on 1:00 Butterfly	EN1		S E
	{3 x 50 on :55 Butterfly	EN1		S E
	{2 x 50 on :50 Butterfly	EN1		S E
	{1 x 50 on :45 Butterfly	EN1		S E
	{1 x 150 on 2:15 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	8:17 PM 5,050 Yards - Stress Value = 50			

**Workout #2799 - Thursday, 15 January 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Weights			I
400	1 x 400 on 6:00 Choice	REC		S
300	12 x 25 on :30 Berzerks	SP3		S
1,100	1x{1 x 125 on 1:55 Pulls	EN1		E
	{2 x 100 on 1:15 Pulls	EN2		E
	{1 x 125 on 1:50 Pulls	EN1		E
	{2 x 100 on 1:15 Pulls	EN2		E
	{1 x 125 on 1:45 Pulls	EN1		E
	{2 x 100 on 1:15 Pulls	EN2		E
	{1 x 125 on 1:40 Pulls	EN1		E
1,350	3x{6 x 50 on :50 Breaststroke	EN1		S
	{1 x 150 on 2:15 IM w/out the breast	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		I
	1 on 10:00 Ice			I
	7:06 AM 3,350 Yards - Stress Value = 41			

**Workout #2800 - Thursday, 15 January 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF	S
	1 on 30:00 Stomach and Stretch			
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC		
180	12 x 15 on :45 Shooters	SP3		
400	8 x 50 on 2:00 Choice OTB non free	SP2		
	1x{1 x 100 on 1:30 Kick	EN2		
	{2 x 50 on 1:00 Kick	EN1		
	{2 x 100 on 1:35 Kick	EN2		
	{2 x 50 on :55 Kick	EN2		
	{3 x 100 on 1:40 Kick	EN2		
	{2 x 50 on :50 Kick	EN2		
	{4 x 100 on 1:45 Kick	EN2		
	1x{8 x 75 on 1:00 Pulls	EN1		
	{6 x 75 on :55 Pulls	EN2		
	{4 x 75 on :50 Pulls	EN2		
300	3 x 100 on 1:45 Individual Medley	EN1		
	1x{8 x 50 on 2:00 Freestyle OTB	SP2		
500	5 x 100 on 1:45 Stroke Drills	REC		
	1 on 10:00 Ice			
	5:34 PM 5,230 Yards - Stress Value = 136			

**Workout #2805 - Friday, 16 January 2004**

**Group 3 - All**

**0 seconds rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	12 x 50 on 1:00 Stroke Drills	REC	
600	12 x 50 on 1:15 Choice OTB	SP3	
1,600	2x{1 x 200 on 4:00 Kick	EN1	
	{4 x 25 on :30 Kick no board	EN1	
	{4 x 25 on :30 Butterfly	EN1	
	{4 x 25 on :30 Kick no board	EN1	
	{4 x 25 on :30 Backstroke	EN1	
	{4 x 25 on :30 Kick no board	EN1	
	{4 x 25 on :30 Breaststroke	EN1	
300	1 x 300 on 4:10 Pulls	EN1	
900	3x{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:30 Backstroke	EN1	
	{1 x 100 on 1:45 Stroke Drills fly/br	EN1	
200	1 x 200 on 2:45 Pulls	EN1	
600	2x{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:30 Backstroke	EN1	
	{1 x 100 on 1:45 Stroke Drills fly/br	EN1	
100	1 x 100 on 1:25 Pulls	EN1	
300	1x{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:30 Backstroke	EN1	
	{1 x 100 on 1:45 Stroke Drills fly/br	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:42 PM 5,450 Yards - Stress Value = 64		

**Workout #2802 - Friday, 16 January 2004**

**HighSchl - All**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 15:00 Stretching		L
600	6 x 100 on 1:45 Stroke Drills	REC	D
180	12 x 15 on :45 Shooters	SP3	S
	1x{4 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	P
	{4 x 50 on :50 Pulls-nbbf&w + 3 yds	EN1	P
	{4 x 50 on :55 Pulls-nbbf&w + 4 yds	EN1	P
	1x{1 x 300 on 4:15 Freestyle	EN1	S
	{2 x 150 on 2:05 Freestyle	EN1	S
	{1 x 300 on 4:15 Freestyle	EN1	S
	{3 x 100 on 1:25 Freestyle	EN1	S
	{1 x 300 on 4:15 Freestyle	EN1	S
	{4 x 75 on 1:05 Freestyle	EN1	S
	{1 x 300 on 4:15 Freestyle	EN1	S
300	6 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L
	7:05 AM 3,780 Yards - Stress Value = 34		

**Workout #2803 - Friday, 16 January 2004**

**HighSchl - All**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{3 x 100 on 2:00 Kick-descend	EN1	
	{3 x 100 on 1:50 Kick-descend	EN2	
	{3 x 100 on 1:40 Kick-descend	EN2	
	{3 x 100 on 1:30 Kick-descend	EN2	
1,500	1x{4 x 150 on 2:00 Lungbuster pulls	EN1	
	{4 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 100 on 1:30 Pulls no br L.12 yds	EN1	

800	2x{4 x 25 on :30 Free 12.5y tuck spin	EN1	
	{2 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	{2 x 75 on 1:15 IM w/out the free	EN1	
2,400	12 x 200 on 3:00 Challenge set	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	10:00 AM 7,130 Yards - Stress Value = 99		

**Workout #2804 - Friday, 16 January 2004**

**HighSchl - All**

**0 seconds rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Physio Balls/Stretch		
500	10 x 50 on 1:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{1 x 200 on 4:00 Kick	EN1	
	{4 x 25 on :30 Kick no board	EN1	
	{4 x 25 on :30 Butterfly	EN1	
	{4 x 25 on :30 Kick no board	EN1	
	{4 x 25 on :30 Backstroke	EN1	
	{4 x 25 on :30 Kick no board	EN1	
	{4 x 25 on :30 Breaststroke	EN1	
300	1 x 300 on 4:10 Pulls	EN1	
	3x{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:30 Backstroke	EN1	
	{1 x 100 on 1:45 Stroke Drills fly/br	EN1	
200	1 x 200 on 2:45 Pulls	EN1	
	2x{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:30 Backstroke	EN1	
	{1 x 100 on 1:45 Stroke Drills fly/br	EN1	
100	1 x 100 on 1:25 Pulls	EN1	
	1x{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:30 Backstroke	EN1	
	{1 x 100 on 1:45 Stroke Drills fly/br	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:04 PM 4,930 Yards - Stress Value = 47		

**Workout #2806 - Saturday, 17 January 2004**

**Group 3 - All**

**1 minute rest between sets**

8:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{3 x 100 on 2:00 Kick-descend	EN1	
	{3 x 100 on 1:50 Kick-descend	EN2	
	{3 x 100 on 1:40 Kick-descend	EN2	
	{3 x 100 on 1:30 Kick-descend	EN2	
1,500	1x{4 x 150 on 2:00 Lungbuster pulls	EN1	
	{4 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 100 on 1:30 Pulls no br L.12 yds	EN1	
800	2x{4 x 25 on :30 Free 12.5y tuck spin	EN1	
	{2 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	{2 x 75 on 1:15 IM w/out the free	EN1	
2,400	12 x 200 on 3:00 Challenge set	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	10:30 AM 7,130 Yards - Stress Value = 99		

**Workout #2809 - Monday, 19 January 2004**

**Group 3 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 PM	Start		
700	1 on 30:00 Stomach and Stretch		I
	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	EN1	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{6 x 50 on :50 Descend in sets of 3	EN1	S
180	12 x 15 on :30 Shooters	SP3	S
1,000	1x{4 x 100 on 2:00 Kick-descend	EN1	F
	{4 x 75 on 1:30 Kick-descend	EN1	F
	{4 x 50 on 1:00 Kick-descend	EN1	F
	{4 x 25 on :40 Kick no board	EN1	F
1,500	1x{2 x 250 on 3:45 Pulls	EN1	F
	{2 x 200 on 3:00 Pulls	EN1	F
	{2 x 150 on 2:15 Pulls	EN1	F
	{2 x 100 on 1:30 Pulls	EN1	F
	{2 x 50 on :45 Pulls	EN1	F
300	12 x 25 on :35 Free 12.5m tuck spin	EN1	S
1,800	1x{1 x 600 on 8:30 Freestyle	EN1	S
	{1 x 600 on 8:15 Freestyle	EN1	S
	{1 x 600 on 8:00 Freestyle	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	I
8:15 PM	5,780 Meters - Stress Value = 69		

**Workout #2807 - Monday, 19 January 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:30 AM	Start		
800	1 on 30:00 Stomach and Stretch		
	8 x 100 on 1:45 Stroke Drills	REC	
	1-4 free 5-8 nonfree		
180	12 x 15 on :45 Shooters	SP3	
1,000	20 x 50 on :45 Pulls	EN1	
2,400	1x{1 x 600 on 8:15 Freestyle	EN1	
	{1 x 600 on 8:00 Freestyle	EN1	
	{1 x 600 on 7:45 Freestyle	EN1	
	{1 x 600 on 7:30 Freestyle	EN1	
400	4 x 100 on 1:30 Freestyle-descend to	EN2	
	ludicrous speed		
400	8 x 50 on 1:00 Stroke Drills	REC	
9:29 AM	5,180 Yards - Stress Value = 49		

**Workout #2808 - Monday, 19 January 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
2:00 PM	Start		
800	1 on 30:00 Physio Balls/Stretch		
	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{4 x 100 on 2:00 Kick-descend	EN1	
	{4 x 75 on 1:30 Kick-descend	EN1	
	{4 x 50 on 1:00 Kick-descend	EN1	
	{4 x 25 on :30 Kick no board	EN1	
	1x{2 x 250 on 3:30 Pulls	EN1	
	{2 x 200 on 2:45 Pulls	EN1	
	{2 x 150 on 2:05 Pulls	EN1	
	{2 x 100 on 1:20 Pulls	EN2	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
	1x{1 x 400 on 6:00 Individual Medley	EN1	
	{4 x 100 on 1:30 Freestyle	EN1	
	{1 x 300 on 4:30 Individual Medley	EN1	

{3 x 100 on 1:30 Freestyle	EN1
{1 x 200 on 3:00 Individual Medley	EN1
{2 x 100 on 1:30 Freestyle	EN1
{1 x 100 on 1:30 Individual Medley	EN1
{1 x 100 on 1:30 Freestyle	EN1
1 x 300 on 5:00 Stroke Drills	REC
1 on 10:00 Ice	

4:28 PM 5,980 Yards - Stress Value = 56

**Workout #2811 - Tuesday, 20 January 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
6:00 PM	Start		
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,050	7 x 150 on 3:15 Kick-odds 100% effrt	EN2	
	1x{2 x 150 on 2:15 Pulls mid 50 br ev 5	EN1	
	{2 x 150 on 2:15 Pulls mid 50 br ev 6	EN1	
	{1 x 150 on 2:15 Pulls mid 50 br ev 7	EN1	
	{1 x 150 on 2:15 Pulls mid 50 br ev 8	EN1	
900	1x{1 x 200 on 3:30 Reverse IM	EN1	
	{1 x 200 on 3:20 Individual Medley	EN1	
	{1 x 150 on 2:35 Reverse IM-no free	EN1	
	{1 x 150 on 2:30 IM no free	EN1	
	{1 x 100 on 1:40 Reverse IM	EN1	
	{1 x 100 on 1:35 Individual Medley	EN1	
1,800	3x{4 x 125 on 2:00 Backstroke	EN1	
	{4 x 25 on :40 Back 15m under water	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
8:20 PM	5,630 Yards - Stress Value = 66		

**Workout #2810 - Tuesday, 20 January 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
	1 on 30:00 Weights		L
500	1 x 500 on 8:00 Choice	REC	S
300	12 x 25 on :30 12.5 easy 12.5 fast	SP3	S
1,200	3x{4 x 75 on 1:00 Pulls	EN2	P
	{2 x 50 on 1:00 Pulls 4 breaths	EN1	P
1,050	1x{2 x 125 on 1:50 Freestyle	EN1	S
	{4 x 25 on :30 Freestyle-descend	EN1	S
	{2 x 125 on 1:45 Freestyle	EN1	S
	{4 x 25 on :25 Freestyle-descend	EN1	S
	{2 x 125 on 1:40 Freestyle	EN1	S
	{4 x 25 on :20 Freestyle-descend	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L
7:05 AM	3,250 Yards - Stress Value = 42		

**Workout #2812 - Wednesday, 21 January 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{3 x 100 on 1:30 Kick	EN2	
	{3 x 100 on 1:40 Kick	EN2	
	{3 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN1	
1,350	1x{5 x 200 on 2:40 Lungbuster pulls	EN1	
	{3 x 100 on 1:20 Lungbuster pulls	EN1	
	{1 x 50 on :40 Pulls 4 breaths	EN1	
300	12 x 25 on :30 Back 12.5y swim	EN1	
2,050	1x{4 x 100 on 1:25 Your Stroke	EN1	
	{3 x 50 on :45 Freestyle-descend	EN1	
	{4 x 100 on 1:20 Your Stroke	EN2	
	{3 x 50 on :45 Freestyle-descend	EN1	
	{4 x 100 on 1:15 Your Stroke	EN2	
	{3 x 50 on :45 Freestyle-descend	EN1	
	{4 x 100 on 1:10 Your Stroke	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	1 on 10:00 Ice		
	5:34 PM 6,030 Yards - Stress Value = 76		

**Workout #2814 - Wednesday, 21 January 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
900	1x{3 x 100 on 2:05 Kick	EN2	
	{3 x 100 on 2:00 Kick	EN2	
	{3 x 100 on 1:55 Kick	EN2	
1,000	1x{4 x 200 on 2:50 Lungbuster pulls	EN1	
	{2 x 100 on 1:25 Lungbuster pulls	EN1	
300	12 x 25 on :30 Back 12.5y swim	EN1	
1,650	1x{3 x 100 on 1:35 Your Stroke	EN1	
	{3 x 50 on :45 Freestyle-descend	EN1	
	{3 x 100 on 1:30 Your Stroke	EN2	
	{3 x 50 on :45 Freestyle-descend	EN1	
	{3 x 100 on 1:25 Your Stroke	EN2	
	{3 x 50 on :45 Freestyle-descend	EN1	
	{3 x 100 on 1:20 Your Stroke	EN2	
600	12 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	1 on 10:00 Ice		
	5:34 PM 5,430 Yards - Stress Value = 65		

**Workout #2813 - Wednesday, 21 January 2004**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
800	1x{3 x 100 on 2:15 Kick	EN2	
	{3 x 100 on 2:10 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
800	1x{3 x 200 on 3:30 Lungbuster pulls	EN1	
	{2 x 100 on 1:45 Lungbuster pulls	EN1	

250	10 x 25 on :40 Back 12.5y swim	EN1
1,350	3x{3 x 100 on 2:10 Your Stroke	EN1
	{3 x 50 on :55 Freestyle-descend	EN1
450	9 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Techniques-Starts	
	1 on 10:00 Ice	
	5:34 PM 4,430 Yards - Stress Value = 46	

**Workout #2820 - Thursday, 22 January 2004**

**Group 3 - All**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 13:00 Swim-kick-pull-swim	REC	
600	12 x 50 on 1:15 OTB-breast	SP3	
1,200	4x{4 x 25 on :30 Sprint kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
1,200	3x{4 x 75 on 1:00 Pulls	EN1	
	{1 x 100 on 1:30 Pulls br ev 7	EN1	
300	12 x 25 on :30 IM order-build	EN1	
1,200	1x{4 x 50 on 1:00 Butterfly	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{4 x 50 on :55 Butterfly	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{4 x 50 on :50 Butterfly	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
	{4 x 50 on :45 Butterfly	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	8:15 PM 5,575 Yards - Stress Value = 78		

**Workout #2815 - Thursday, 22 January 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Weights			L DRY
500	1 x 500 on 8:00 Stroke Drills	REC		D CHO
180	12 x 15 on :45 Shooters	SP3		S BR
900	1 x 900 on 11:15 Pulls	EN2		P FR
1,500	6x{1 x 50 on :50 Your Stroke	EN1		S STK
	{1 x 50 on :40 Freestyle	EN2		S FR
	{2 x 75 on :55 Freestyle	EN2		S FR
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			L DRY
	7:06 AM 3,280 Yards - Stress Value = 52			

**Workout #2817 - Thursday, 22 January 2004**

**1 minute rest between sets**

**HighSchl - Taper 1**

**1 minute rest between sets**

3:00 PM Start		3:00 PM Start		3:00 PM Start	
Yards	Set Description	EGY	WOF	Yards	Set Description
	1 on 30:00 Stomach and Stretch				1 on 30:00 Stomach and Stretch
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC		500	1 x 500 on 10:00 Swim-kick-pull-swim
180	12 x 15 on :45 Shooters	SP3		180	12 x 15 on :45 Shooters
900	3x{2 x 100 on 1:45 Kick	EN2		900	3x{2 x 100 on 2:15 Kick
	{4 x 25 on :40 Kick no board	EN1			{4 x 25 on :40 Kick no board
1,000	1x{3 x 125 on 1:45 Pulls	EN1		600	1x{3 x 100 on 1:50 Pulls
	{3 x 125 on 1:40 Pulls	EN1			{2 x 100 on 1:45 Pulls
	{2 x 125 on 1:35 Pulls	EN1			{1 x 100 on 1:40 Pulls
300	1x{1 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1		300	1x{1 x 150 on 2:40 2bk-4bk-6bk by 50's
	{2 x 75 on 1:10 IM w/out the free	EN1			{2 x 75 on 1:30 IM w/out the free
2,250	1x{1 x 225 on 3:00 Freestyle	EN1		1,750	1x{1 x 175 on 2:50 Freestyle
	{2 x 225 on 2:55 Freestyle	EN2			{2 x 175 on 2:45 Freestyle
	{3 x 225 on 2:50 Freestyle	EN2			{3 x 175 on 2:40 Freestyle
	{4 x 225 on 2:45 Freestyle	EN2			{4 x 175 on 2:35 Freestyle
250	1 x 250 on 4:00 Stroke Drills	REC		300	1 x 300 on 6:00 Stroke Drills
	1 on 15:00 Techniques-starts				1 on 15:00 Techniques-starts
	1 on 13:00 Ice				1 on 13:00 Ice
5:34 PM	5,480 Yards - Stress Value = 79			5:35 PM	4,530 Yards - Stress Value = 66

**Workout #2821 - Friday, 23 January 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

**Workout #2816 - Thursday, 22 January 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

5:30 AM Start		7:00 AM Start		7:00 AM Start		
Yards	Set Description	EGY	WORK	STK	Yards	Set Description
	1 on 30:00 Weights		L	DRY		1 on 30:00 Stomach and Stretch
500	1 x 500 on 8:00 Stroke Drills	REC	D	CHO	400	1 x 400 on 7:30 Reverse IM drill
180	12 x 15 on :45 Shooters	SP3	S	BR	300	12 x 25 on :30 12.5ez 12.5fast
800	1 x 800 on 11:15 Pulls	EN2	P	FR	1,300	1x{1 x 100 on 1:30 Pulls
1,250	5x{1 x 50 on :55 Your Stroke	EN1	S	STK		{4 x 25 on :30 Pulls 2 breaths
	{1 x 50 on :45 Freestyle	EN2	S	FR		{2 x 100 on 1:25 Pulls
	{2 x 75 on 1:00 Freestyle	EN2	S	FR		{4 x 25 on :30 Pulls 2 breaths
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD		{4 x 100 on 1:20 Pulls
	1 on 10:00 Ice		L	DRY		{4 x 25 on :30 Pulls 2 breaths
7:05 AM	2,930 Yards - Stress Value = 45				1,300	1x{1 x 250 on 3:45 Backstroke
						{1 x 250 on 3:40 Backstroke
						{1 x 250 on 3:35 Backstroke
						{1 x 200 on 2:50 Backstroke
						{1 x 200 on 2:45 Backstroke
						{1 x 150 on 2:00 Backstroke
					200	1 x 200 on 3:00 Stroke Drills
						8:30 AM 3,500 Yards - Stress Value = 40

**Workout #2818 - Thursday, 22 January 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

3:00 PM Start		3:00 PM Start	
Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
900	3x{2 x 100 on 1:55 Kick	EN2	
	{4 x 25 on :40 Kick no board	EN1	
750	1x{3 x 125 on 1:50 Pulls	EN1	
	{2 x 125 on 1:45 Pulls	EN1	
	{1 x 125 on 1:40 Pulls	EN2	
300	1x{1 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
	{2 x 75 on 1:10 IM w/out the free	EN1	
2,000	1x{1 x 200 on 2:50 Freestyle	EN1	
	{2 x 200 on 2:45 Freestyle	EN2	
	{3 x 200 on 2:40 Freestyle	EN2	
	{4 x 200 on 2:35 Freestyle	EN2	
300	1 x 300 on 6:00 Stroke Drills	REC	
	1 on 15:00 Techniques-starts		
	1 on 13:00 Ice		
5:32 PM	5,030 Yards - Stress Value = 72		

**Workout #2819 - Thursday, 22 January 2004**

**HighSchl - Bronze**

**Workout #2822 - Friday, 23 January 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Stomach and Stretch			L DF
400	1 x 400 on 7:30 Reverse IM drill	REC		D I
300	12 x 25 on :30 12.5ez 12.5fast	SP3		S F
1,000	1x{1 x 100 on 1:30 Pulls	EN1		P F
	{4 x 25 on :30 Pulls 2 breaths	EN1		P F
	{2 x 100 on 1:25 Pulls	EN1		P F
	{4 x 25 on :30 Pulls 2 breaths	EN1		P F
	{2 x 100 on 1:25 Pulls	EN1		P F
	{4 x 25 on :30 Pulls 2 breaths	EN1		P F
	{2 x 100 on 1:25 Pulls	EN1		P F
1,150	1x{1 x 225 on 3:45 Backstroke	EN1		S E
	{1 x 225 on 3:40 Backstroke	EN1		S E
	{1 x 225 on 3:35 Backstroke	EN1		S E
	{1 x 175 on 2:50 Backstroke	EN1		S E
	{1 x 175 on 2:45 Backstroke	EN2		S E
	{1 x 125 on 2:00 Backstroke	EN2		S E
200	1 x 200 on 3:00 Stroke Drills	REC		D C
	8:26 AM 3,050 Yards - Stress Value = 36			

**Workout #2823 - Friday, 23 January 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stretching		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 easy 12.5 fast	SP3	
800	1x{1 x 200 on 3:50 Kick	EN1	
	{2 x 150 on 2:50 Kick	EN2	
	{3 x 100 on 1:50 Kick	EN2	
600	1x{3 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
1,800	1x{1 x 200 on 3:00 Freestyle	EN1	
	{4 x 50 on 1:00 25dr/25bld IMO	EN1	
	{1 x 200 on 2:55 Freestyle	EN1	
	{4 x 50 on 1:00 25dr/25bld IMO	EN1	
	{1 x 200 on 2:50 Freestyle	EN1	
	{4 x 50 on 1:00 25dr/25bld IMO	EN1	
	{1 x 200 on 2:45 Freestyle	EN1	
	{4 x 50 on 1:00 25dr/25bld IMO	EN1	
	{1 x 200 on 2:40 Freestyle	EN2	
450	9 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:04 PM 5,000 Yards - Stress Value = 54		

**Workout #2824 - Saturday, 24 January 2004**

**HighSchl - Girls**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Weights			L DF
600	6 x 100 on 2:00 Stroke Drills	REC		D CF
180	12 x 15 on :30 Shooters	SP3		S CF
900	1x{2 x 50 on 1:00 Kick	EN1		K CF
	{4 x 25 on :40 Kick no board	EN1		K FI
	{2 x 100 on 2:00 Kick	EN1		K CF
	{4 x 25 on :40 Kick no board	EN1		K FI
	{2 x 150 on 3:00 Kick	EN1		K CF
	{4 x 25 on :40 Kick no board	EN1		K FI
1,000	8 x 125 on 2:00 Lungbuster pulls	EN1		P F
	br 3-4-5-6-7 by 25's			

1,500	1x{4 x 100 on 1:30 Freestyle	EN1		S F
	{1 x 250 on 3:45 Freestyle	EN1		S F
	{4 x 75 on 1:05 Freestyle	EN1		S F
	{1 x 200 on 2:55 Freestyle	EN1		S F
	{4 x 50 on :40 Freestyle	EN2		S F
	{1 x 150 on 2:05 Freestyle	EN1		S F
350	7 x 50 on 1:15 Stroke Drills	REC		D C
	9:00 AM 4,530 Yards - Stress Value = 43			

**Workout #2829 - Monday, 26 January 2004**

**Group 3 - All**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch			I
800	8 x 100 on 1:45 Stroke Drills	REC		I
180	12 x 15 on :30 Shooters	SP3		S
	2x{3 x 25 on :40 Kick no board	EN1		F
	{2 x 25 on :35 Kick no board	EN1		F
	{1 x 25 on :30 Kick no board	EN1		F
	{1 x 100 on 2:00 Kick	EN1		F
	{1 x 100 on 1:50 Kick	EN1		F
	{1 x 100 on 1:40 Kick	EN2		F
	1x{1 x 500 on 7:00 Pulls	EN1		F
	{1 x 500 on 6:45 Pulls	EN1		F
	{1 x 500 on 6:30 Pulls	EN2		F
300	12 x 25 on :30 Free 12.5y tuck spin	EN1		S
	1x{2 x 250 on 3:20 Freestyle	EN2		S
	{2 x 250 on 3:10 Freestyle	EN2		S
	{2 x 250 on 3:00 Freestyle	EN2		S
	{2 x 250 on 2:50 Freestyle	EN2		S
400	8 x 50 on 1:00 Stroke Drills	REC		I
	7:45 PM 6,080 Yards - Stress Value = 81			

**Workout #2826 - Monday, 26 January 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 15:00 Stretching			L DRY
400	1 x 400 on 7:00 Choice	REC		S CHO
180	12 x 15 on :45 Shooters	SP3		S FR
1,500	1x{2 x 50 on :40 Pulls	EN1		P FR
	{2 x 150 on 2:00 Pulls	EN1		P FR
	{2 x 75 on 1:00 Pulls	EN1		P FR
	{2 x 175 on 2:20 Pulls	EN1		P FR
	{2 x 100 on 1:20 Pulls	EN1		P FR
	{2 x 200 on 2:40 Pulls	EN1		P FR
1,200	12 x 100 on 1:15 Freestyle	EN2		S FR
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	1 on 5:00 Techniques-Starts			D
	1 on 10:00 Ice			L DRY
	6:59 AM 3,530 Yards - Stress Value = 47			

**Workout #2827 - Monday, 26 January 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		I
800	8 x 100 on 1:45 Stroke Drills odds free evns nonfr	REC	I
180	12 x 15 on :45 Shooters	SP3	S
900	2x{3 x 25 on :40 Kick no board	EN1	F
	{2 x 25 on :35 Kick no board	EN2	F
	{1 x 25 on :30 Kick no board	EN2	F
	{1 x 100 on 1:50 Kick	EN2	F
	{1 x 100 on 1:40 Kick	EN2	F
	{1 x 100 on 1:30 Kick	EN2	F
1,000	1x{1 x 500 on 6:45 Pulls	EN1	F
	{1 x 500 on 6:30 Pulls	EN1	F
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	S
2,000	1x{2 x 250 on 3:20 Freestyle	EN2	S
	{2 x 250 on 3:10 Freestyle	EN2	S
	{2 x 250 on 3:00 Freestyle	EN2	S
	{2 x 250 on 2:50 Freestyle	EN2	S
350	7 x 50 on 1:00 Stroke Drills	REC	I
	1 on 10:00 Techniques-Starts		S
	1 on 10:00 Ice		I
5:29 PM 5,530 Yards - Stress Value = 77			

**Workout #2825 - Monday, 26 January 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	1 on 15:00 Stretching		L	DRY
400	1 x 400 on 7:00 Choice	REC	S	CHO
180	12 x 15 on :45 Shooters	SP3	S	FR
700	2x{1 x 50 on :45 Pulls	EN1	P	FR
	{1 x 75 on 1:05 Pulls	EN1	P	FR
	{1 x 100 on 1:30 Pulls	EN1	P	FR
	{1 x 125 on 1:55 Pulls	EN1	P	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 15:00 Techniques-Starts		D	
	1 on 15:00 Stretching		L	DRY
	1 on 10:00 Ice		L	DRY
6:59 AM 1,530 Yards - Stress Value = 14				

**Workout #2828 - Monday, 26 January 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		L
800	8 x 100 on 1:45 Stroke Drills odds free evns nonfr	REC	D
180	12 x 15 on :45 Shooters	SP3	S
	1x{3 x 25 on :40 Kick no board	EN1	K
	{2 x 25 on :35 Kick no board	EN2	K
	{1 x 25 on :30 Kick no board	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
700	1 x 700 on 10:00 Pulls	EN1	P
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	S
	1x{2 x 250 on 3:40 Freestyle	EN2	S
	{2 x 250 on 3:30 Freestyle	EN2	S
	{1 x 250 on 3:20 Freestyle	EN2	S
	{1 x 250 on 3:10 Freestyle	EN2	S
250	5 x 50 on 1:00 Stroke Drills	REC	D

1 on 15:00 Techniques-Starts	S
1 on 15:00 Stretch	L
1 on 10:00 Ice	L
5:29 PM 4,080 Yards - Stress Value = 54	

**Workout #2832 - Tuesday, 27 January 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,050	3x{2 x 125 on 2:30 Kick	EN2	
	{4 x 25 on :30 Sprint kick	EN2	
1,050	3x{2 x 125 on 1:45 Pulls	EN1	
	{4 x 25 on :30 Pulls 2 breaths	EN1	
450	1x{3 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	{3 x 75 on 1:15 IM w/out the back	EN1	
2,250	1x{3 x 150 on 2:15 Backstroke	EN1	
	{2 x 150 on 2:10 Backstroke	EN1	
	{1 x 150 on 2:05 Backstroke	EN1	
	{3 x 125 on 1:50 Backstroke	EN1	
	{2 x 125 on 1:45 Freestyle	EN2	
	{1 x 125 on 1:40 Backstroke	EN2	
	{3 x 100 on 1:30 Backstroke	EN1	
	{2 x 100 on 1:25 Backstroke	EN1	
	{1 x 100 on 1:20 Backstroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
8:16 PM 5,980 Yards - Stress Value = 70			

**Workout #2830 - Tuesday, 27 January 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights		I
200	1 x 200 on 4:00 Swim-kick-pull-swim	REC	I
180	12 x 15 on :45 Shooters	SP3	S
600	2x{2 x 125 on 1:45 Lungbuster pulls	EN1	F
	{br 3-4-5-6-7 by 25's		
	{2 x 25 on :30 Pulls no breath	EN1	F
1,900	1x{6 x 75 on 1:00 Freestyle	EN1	S
	{5 x 100 on 1:20 Freestyle	EN1	S
	{4 x 125 on 1:40 Freestyle	EN1	S
	{3 x 150 on 2:00 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		I
7:05 AM 3,080 Yards - Stress Value = 31			

**Workout #2831 - Tuesday, 27 January 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights		L
	1 on 15:00 Stretch		L
1,000	1 x 1000 on 18:00 Swim-kick-pull-swim	EN1	S
	1 on 15:00 Techniques-starts		D
	1 on 15:00 Ice		L
7:03 AM 1,000 Yards - Stress Value = 10			



**Workout #2833 - Thursday, 29 January 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 15:00 Stretching		
600	1 x 600 on 11:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	2x{2 x 125 on 1:40 Pulls no br L.12 yds	EN1	
	{2 x 100 on 1:20 Lungbuster pulls	EN1	
	{2 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
1,600	2x{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:45 Stroke Drills	REC	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:45 Stroke Drills	REC	
	{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:45 Stroke Drills	REC	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:45 Stroke Drills	REC	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM	3,830 Yards - Stress Value = 29		

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
=====	=====	====	====
	1 on 20:00 Physio Balls/Stretch		
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 75 on 1:30 Kick	EN1	
	{2 x 75 on 1:25 Kick	EN1	
	{2 x 75 on 1:20 Kick	EN2	
	{2 x 75 on 1:15 Kick	EN2	
	{2 x 75 on 1:10 Kick	EN2	
	1x{5 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	
200	8 x 25 on :30 IM order-build	EN1	
	1x{4 x 125 on 1:50 Freestyle	EN1	
	{4 x 125 on 1:45 Freestyle	EN1	
	{2 x 125 on 1:40 Freestyle	EN1	
	{2 x 125 on 1:35 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 15:00 Techniques-Starts		
	1 on 10:00 Ice		
5:01 PM	4,030 Yards - Stress Value = 45		

**Workout #2834 - Thursday, 29 January 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 15:00 Stretching		
600	1 x 600 on 11:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	1x{2 x 125 on 1:50 Pulls no br L.12 yds	EN1	
	{2 x 100 on 1:30 Lungbuster pulls	EN1	
	{2 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
1,600	2x{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:45 Stroke Drills	REC	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:45 Stroke Drills	REC	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:45 Stroke Drills	REC	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:45 Stroke Drills	REC	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 15:00 Ice		
7:03 AM	3,230 Yards - Stress Value = 21		

**Workout #2836 - Friday, 30 January 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
=====	=====	====	====
	1 on 20:00 Physio Balls/Stretch		
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
450	1x{2 x 75 on 1:35 Kick	EN1	
	{2 x 75 on 1:30 Kick	EN1	
	{2 x 75 on 1:25 Kick	EN2	
500	1x{5 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
200	8 x 25 on :30 IM order-build	EN1	
1,500	1x{4 x 125 on 2:00 Free L. 50 drill	EN1	
	{4 x 125 on 1:55 Free L. 50 drill	EN1	
	{2 x 125 on 1:50 Free L. 50 drill	EN1	
	{2 x 125 on 1:45 Free L. 50 drill	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 15:00 Techniques-Starts		
	1 on 15:00 Ice		
4:59 PM	3,480 Yards - Stress Value = 37		

**Workout #2835 - Friday, 30 January 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
=====	=====	====	====
	1 on 15:00 Stretching		
800	1 x 800 on 13:00 Swim-kick-drill-swim	REC	
	no equipment		
180	12 x 15 on :45 Shooters	SP3	
1,500	2x{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 175 on 2:35 Freestyle	EN1	
	{1 x 150 on 2:10 Freestyle	EN1	
	{1 x 125 on 1:45 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
600	12 x 50 on :55 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	1 on 10:00 Ice		
7:03 AM	3,080 Yards - Stress Value = 22		

**Workout #2837 - Friday, 30 January 2004**

**Workout #2840 - Monday, 02 February 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:30 PM Start				
900	1 on 30:00 Stomach and Stretch		L I	
800	1 x 800 on 13:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
	1x{6 x 50 on 1:00 Kick	EN1	K C	
	{6 x 50 on :55 Kick	EN1	K C	
	{6 x 50 on :50 Kick	EN2	K C	
	1x{1 x 400 on 5:20 Pulls	EN1	P	
	{1 x 300 on 4:00 Pulls	EN1	P	
	{1 x 200 on 2:40 Pulls	EN1	P	
	{1 x 100 on 1:20 Pulls	EN1	P	
300	12 x 25 on :30 IM order-build	EN1	S	
	1x{4 x 125 on 2:00 Freestyle	EN3	S	
	{1 on 1:00 Rest		M	
	{4 x 125 on 1:55 Freestyle	EN3	S	
	{1 on 1:00 Rest		M	
	{4 x 125 on 1:50 Freestyle	EN3	S	
	{1 on 1:00 Rest		M	
	{4 x 125 on 1:45 Freestyle	EN3	S	
	{1 on 1:00 Rest		M	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
7:44 PM 5,580 Yards - Stress Value = 152				

3:00 PM Start

Yards	Set Description	EGY	WOF
1 on 35:00 Physio Balls/Stretch			
brief meeting			
900	9 x 100 on 1:45 Stroke Drills	REC	
odds free evens choi			
180	12 x 15 on :45 Shooters	SP3	
1,200	3x{2 x 100 on 2:00 Kick no board	EN1	
	{4 x 50 on 1:00 Kick	EN1	
1,250	1x{4 x 125 on 2:00 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 125 on 1:55 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
450	6 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
1,200	1x{1 x 100 on 1:45 Individual Medley	EN1	
	{3 x 100 on 1:30 Freestyle	EN1	
	{2 x 100 on 1:40 Individual Medley	EN1	
	{2 x 100 on 1:30 Freestyle	EN1	
	{3 x 100 on 1:35 Individual Medley	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
500	20 x 25 on :30 IM order	EN1	
300	1 x 300 on 8:00 Stroke Drills/ICE	REC	
5:35 PM 5,980 Yards - Stress Value = 52			

**Workout #2842 - Wednesday, 04 February 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

**Workout #2838 - Monday, 02 February 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
1 on 15:00 Stretch			
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
90	6 x 15 on :45 Shooters	SP3	
	4x{1 x 50 on 1:00 Closed fist	REC	
	{1 x 50 on 1:00 Texas Hook em' Horns	REC	
	{1 x 50 on 1:00 O.K. drill	REC	
	{1 x 50 on 1:00 Swim-build each 25	EN1	
	1 on 5:00 Techniques-Starts		
	1 on 10:00 Set-up for meet		
	1 on 10:00 Stretch		
	1 on 10:00 Ice		
6:57 AM 1,690 Yards - Stress Value = 6			

3:00 PM Start

Yards	Set Description	EGY	WOF
1 on 35:00 Physio Balls/Stretch			
brief meeting			
900	9 x 100 on 1:45 Stroke Drills	REC	
odds free evens choi			
180	12 x 15 on :45 Shooters	SP3	
700	2x{2 x 100 on 2:00 Kick no board	EN1	
	{3 x 50 on 1:00 Kick	EN1	
750	1x{3 x 125 on 1:55 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
300	6 x 50 on 1:00 Descend in sets of 3	EN1	
1,200	1x{1 x 100 on 1:45 Individual Medley	EN1	
	{3 x 100 on 1:30 Freestyle	EN1	
	{2 x 100 on 1:40 Individual Medley	EN1	
	{2 x 100 on 1:30 Freestyle	EN1	
	{3 x 100 on 1:35 Individual Medley	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
1 on 10:00 Ice			
5:11 PM 4,230 Yards - Stress Value = 36			

**Workout #2839 - Monday, 02 February 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
3:00 PM Start				
1 on 35:00 Physio Balls/Stretch				
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	S	
150	10 x 15 on :45 Shooters	SP3	S C	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
400	4 x 100 on 2:00 Kick	EN1	K C	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
400	4 x 100 on 1:30 Pulls-nbbf&w	EN1	P	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Stretch		L I	
	1 on 15:00 Ice and Team meeting		M	
5:06 PM 2,950 Yards - Stress Value = 14				

**Workout #2841 - Wednesday, 04 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

**Workout #2843 - Wednesday, 04 February 2004**

**HighSchl - Girls**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
900	1 on 35:00 Physio Balls/Stretch brief meeting		
900	9 x 100 on 1:45 Stroke Drills odds free evens choi	REC	
180	12 x 15 on :45 Shooters		SP3
350	1x{2 x 100 on 2:00 Kick no board {3 x 50 on 1:00 Kick	EN1	EN1
500	1x{2 x 125 on 1:55 Pulls-nbbf&w + 2 yds {2 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	EN1
300	6 x 50 on 1:00 Descend in sets of 3	EN1	
800	8 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:50 PM 3,030 Yards - Stress Value = 18		

**Workout #2847 - Thursday, 05 February 2004**

**Group 3 - All**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 13:00 Choice	REC	S
300	12 x 25 on :30 12.5 easy 12.5 fast	SP3	S
	2x{2 x 125 on 2:15 Kick {2 x 100 on 1:45 Kick {2 x 75 on 1:15 Kick	EN1	K
1,200	4 x 300 on 4:05 Pulls	EN1	P
450	6 x 75 on 1:15 IM w/out the fly	EN1	S
	1x{5 x 125 on 2:05 Butterfly 2-5-2 {4 x 125 on 2:00 Butterfly 2-6-2 {3 x 125 on 1:55 Butterfly 2-7-2 {2 x 125 on 1:50 Butterfly 2-8-2 {1 x 125 on 1:45 Butterfly	EN1	S
225	1 x 225 on 3:30 Stroke Drills	REC	D
	8:15 PM 6,050 Yards - Stress Value = 69		

**Workout #2846 - Thursday, 05 February 2004**

**HighSchl - All**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Team mtg/stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
800	1x{2 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick {2 x 100 on 1:50 Kick {2 x 100 on 1:45 Kick	EN1	EN2
1,200	1x{1 x 400 on 5:30 Pulls {1 x 400 on 5:20 Pulls {1 x 400 on 5:10 Pulls	EN1	EN2
300	12 x 25 on :30 IM order-build	EN1	
2,000	4x{5 x 100 on 1:10 Freestyle {1 on 1:00 Rest	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	5:02 PM 5,500 Yards - Stress Value = 87		

**Workout #2845 - Thursday, 05 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
400	1 x 400 on 6:00 Choice		REC
300	12 x 25 on :30 12.5 ez 12.5 fast		SP3
1,500	1x{4 x 150 on 1:55 Pulls {3 x 150 on 2:00 Pulls {2 x 150 on 2:05 Pulls {1 x 150 on 2:10 Pulls		EN1
400	4 x 100 on 1:30 Freestyle-descend to speed		EN2
400	1 x 400 on 6:00 Stroke Drills		REC
	1 on 10:00 Ice		
	6:58 AM 3,000 Yards - Stress Value = 35		

**Workout #2844 - Thursday, 05 February 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
400	1 x 400 on 6:00 Choice		REC
300	12 x 25 on :30 12.5 ez 12.5 fast		SP3
	1x{3 x 150 on 2:00 Pulls {2 x 150 on 2:05 Pulls {1 x 150 on 2:10 Pulls		EN1
300	3 x 100 on 1:30 Freestyle-descend to speed		EN2
200	1 x 200 on 6:00 Stroke Drills		REC
	1 on 10:00 Ice		
	6:50 AM 2,100 Yards - Stress Value = 27		

**Workout #2851 - Friday, 06 February 2004**

**Group 3 - All**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
1,000	1x{1 x 400 on 7:00 Stroke Drills {1 x 300 on 5:00 Stroke Drills {1 x 200 on 3:10 Stroke Drills {1 x 100 on 1:30 Stroke Drills		REC
180	12 x 15 on :30 Shooters		SP3
1,000	4x{1 x 100 on 2:00 Kick no board {1 x 150 on 3:00 Kick hold under 2:20		EN2
1,400	1x{4 x 100 on 1:30 Pulls {4 x 25 on :30 Pulls 2 breaths {3 x 100 on 1:25 Pulls {4 x 25 on :30 Pulls 2 breaths {2 x 100 on 1:20 Pulls {4 x 25 on :30 Pulls 2 breaths {1 x 100 on 1:15 Pulls {4 x 25 on :30 Pulls 2 breaths		EN1
450	9 x 50 on :45 Descend in sets of 3		EN1
2,600	1x{1 x 200 on 3:00 Individual Medley {3 x 50 on :45 Butterfly {2 x 200 on 2:55 Individual Medley {3 x 50 on :40 Backstroke {3 x 200 on 2:50 Individual Medley {3 x 50 on :50 Breaststroke {4 x 200 on 2:45 Individual Medley {3 x 50 on :35 Freestyle		EN2
250	1 x 250 on 4:00 Stroke Drills		REC
	8:00 PM 6,880 Yards - Stress Value = 99		

**Workout #2850 - Friday, 06 February 2004**

**HighSchl - All**

**1 minute rest between sets**

3:00 PM Start			
Yards	Set Description	EGY	WORK
	1 on 20:00 Physio Balls/Stretch	L	
600	1 x 600 on 10:00 Choice	REC	S
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
1,050	1x{3 x 125 on 2:20 Kick	EN2	K
	{3 x 100 on 1:50 Kick	EN2	K
	{3 x 75 on 1:20 Kick	EN2	K
	{3 x 50 on :50 Kick	EN2	K
1,300	1x{4 x 100 on 1:15 Pulls	EN2	P
	{3 x 25 on :30 Pulls 2 breaths	EN1	P
	{3 x 100 on 1:20 Pulls	EN1	P
	{3 x 25 on :30 Pulls 2 breaths	EN1	P
	{2 x 100 on 1:25 Pulls	EN1	P
	{3 x 25 on :30 Pulls 2 breaths	EN1	P
	{1 x 100 on 1:30 Pulls	EN1	P
	{3 x 25 on :30 Pulls 2 breaths	EN1	P
300	6 x 50 on :45 Descend in sets of 3	EN1	S
1,600	4x{1 x 250 on 3:15 Freestyle	EN2	S
	{3 x 50 on :55 Choice non free	EN1	S
400	1 x 400 on 6:00 Stroke Drills	REC	D
	1 on 10:00 Ice	L	I
5:05 PM 5,500 Yards - Stress Value = 78			

**Workout #2849 - Friday, 06 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

5:30 AM Start			
Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch	L	I
600	1 x 600 on 10:00 Reverse IM drill	REC	D
180	12 x 15 on :45 Shooters	SP3	S
1,000	1 x 1000 on 12:30 Pulls	EN1	P
1,000	1x{1 x 200 on 2:40 Freestyle	EN2	S
	{1 x 200 on 2:35 Freestyle	EN2	S
	{1 x 200 on 2:30 Freestyle	EN2	S
	{1 x 200 on 2:25 Freestyle	EN2	S
	{1 x 200 on 2:20 Freestyle	EN2	S
250	5 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice	L	I
7:04 AM 3,030 Yards - Stress Value = 37			

**Workout #2848 - Friday, 06 February 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

5:30 AM Start			
Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch	L	I
600	1 x 600 on 10:00 Reverse IM drill	REC	D
180	12 x 15 on :45 Shooters	SP3	S
400	1 x 400 on 6:00 Pulls	EN1	P
600	1x{1 x 150 on 2:15 Freestyle	EN1	S
	{1 x 150 on 2:10 Freestyle	EN1	S
	{1 x 150 on 2:05 Freestyle	EN2	S
	{1 x 150 on 2:00 Freestyle	EN2	S
250	5 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Stretching	L	I
	1 on 10:00 Ice	L	I
7:03 AM 2,030 Yards - Stress Value = 21			

**Workout #2852 - Saturday, 07 February 2004**

**HighSchl - All**

**1 minute rest between sets**

7:30 AM Start			
Yards	Set Description	EGY	WORK
	1 on 30:00 Weights		I
825	1x{1 x 425 on 6:00 Choice	REC	S
	{1 x 400 on 10:00 Sculling drills	REC	I
275	11 x 25 on :30 Berzerks	SP3	S
1,200	3x{4 x 25 on :30 Kick no board	EN1	F
	{3 x 100 on 2:00 Kick-descend	EN2	F
1,500	1 x 1500 on 21:00 Pulls	EN1	F
750	1x{2 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	S
	{4 x 75 on 1:10 IM w/out the free	EN1	S
	{6 x 25 on :30 Free 12.5y tuck spin	EN1	S
500	1x{1 x 200 on 8:00 Broken at 50's	SP2	S
	{3 x 100 on 6:00 Broken	SP2	S
400	1 x 400 on 6:00 Stroke Drills	REC	I
	1 on 10:00 Ice		I
10:08 AM 5,450 Yards - Stress Value = 105			

**Workout #2856 - Monday, 09 February 2004**

**Group 3 - All**

**1 minute rest between sets**

5:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
500	10 x 50 on 1:15 OTB 20 yds fast 30ez	SP3	
700	7 x 100 on 2:00 Kick-odds 100% effrt	EN2	
	1x{2 x 225 on 3:00 Pulls	EN1	
	{2 x 225 on 2:55 Pulls	EN1	
	{2 x 225 on 2:20 Pulls	EN2	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
	1x{1 x 800 on 10:00 Freestyle	EN2	
	{1 x 800 on 9:45 Freestyle	EN2	
	{1 x 800 on 9:30 Freestyle	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
7:15 PM 6,400 Yards - Stress Value = 102			

**Workout #2855 - Monday, 09 February 2004**

**HighSchl - All**

**1 minute rest between sets**

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 35:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
450	9 x 50 on 1:30 20 yds fast 30yds ez	SP3	
	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	
	1x{2 x 200 on 2:40 Pulls	EN1	
	{2 x 200 on 2:30 Pulls	EN2	
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
	1x{1 x 600 on 7:30 Freestyle	EN2	
	{1 x 600 on 7:15 Freestyle	EN2	
	{1 x 600 on 7:00 Freestyle	EN2	
200	1 x 200 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:16 PM 5,000 Yards - Stress Value = 77			

**Workout #2853 - Monday, 09 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 15:00 Stretching		L
400	1 x 400 on 7:00 Reverse IM drill	REC	D
180	12 x 15 on :45 Shooters	SP3	S
	1x{4 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	P
	{4 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	P
	{4 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	P
	1x{3 x 125 on 1:50 Free L. 25 fly	EN1	S
	{3 x 125 on 1:45 Free L. 25 back	EN1	S
	{3 x 125 on 1:55 Free L. 25 breast	EN1	S
	{3 x 125 on 1:40 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Techniques-Starts		D
	1 on 10:00 Ice		L
6:59 AM 2,880 Yards - Stress Value = 33			

**Workout #2854 - Monday, 09 February 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 15:00 Stretching		L
400	1 x 400 on 7:00 Reverse IM drill	REC	D
180	12 x 15 on :45 Shooters	SP3	S
	1x{3 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	P
	{3 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	P
	{3 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	P
	1x{2 x 100 on 1:30 Free L. 25 fly	EN1	S
	{2 x 100 on 1:30 Free L. 25 back	EN1	S
	{2 x 100 on 1:45 Free L. 25 breast	EN1	S
	{2 x 100 on 1:20 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 15:00 Techniques-Starts		D
	1 on 15:00 Ice		L
6:58 AM 2,030 Yards - Stress Value = 23			

**Workout #2861 - Tuesday, 10 February 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
800	8 x 100 on 1:45 Stroke Drills	REC	I
180	12 x 15 on :30 Shooters	SP3	S
	1x{4 x 75 on 1:30 Kick	EN1	F
	{4 x 75 on 1:25 Kick	EN2	F
	{4 x 75 on 1:20 Kick	EN2	F
	{4 x 75 on 1:15 Kick	EN2	F
	1x{6 x 75 on 1:10 Pulls no br L.12 yds	EN1	F
	{6 x 75 on 1:05 Pulls no br L.12 yds	EN1	F
	{6 x 75 on 1:00 Pulls no br L.12 yds	EN1	F
	1x{3 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	S
	{3 x 75 on 1:15 IM w/out the back	EN1	S
	1x{1 x 100 on 1:30 Backstroke	EN1	S
	{4 x 25 on :45 Backstroke 12y under	EN2	S
	{2 x 100 on 1:25 Backstroke	EN2	S
	{4 x 25 on :40 Backstroke 12y under	EN2	S
	{3 x 100 on 1:20 Backstroke	EN2	S
	{4 x 25 on :35 Backstroke 12y under	EN2	S
	{4 x 100 on 1:15 Freestyle	EN2	S
	{4 x 25 on :30 Backstroke 12y under	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	I
8:30 PM 5,680 Yards - Stress Value = 71			

**Workout #2857 - Tuesday, 10 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights		L I
400	1 x 400 on 7:00 Choice	REC	S C
180	12 x 15 on :45 Shooters	SP3	S C
	1x{1 x 250 on 3:30 Pulls	EN1	P
	{1 x 250 on 3:25 Pulls	EN1	P
	{1 x 250 on 3:20 Pulls	EN1	P
	1x{1 x 100 on 1:30 Individual Medley	EN1	S
	{2 x 100 on 1:40 Breaststroke	EN1	S
	{1 x 100 on 1:30 Individual Medley	EN1	S
	{3 x 75 on 1:15 Breaststroke	EN1	S
	{1 x 100 on 1:30 Individual Medley	EN1	S
	{4 x 50 on :50 Breaststroke	EN1	S
	{1 x 100 on 1:30 Individual Medley	EN1	S
	{5 x 25 on :25 Breaststroke	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L I
7:03 AM 2,680 Yards - Stress Value = 24			

**Workout #2859 - Tuesday, 10 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
900	9 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{6 x 75 on 1:25 Kick	EN1	
	{4 x 75 on 1:20 Kick	EN2	
	{6 x 75 on 1:15 Kick	EN2	
	1x{4 x 75 on 1:05 Pulls no br L.12 yds	EN1	
	{6 x 75 on 1:00 Pulls no br L.12 yds	EN1	
	{4 x 75 on :55 Pulls no br L.12 yds	EN1	
	1x{3 x 100 on 1:30 Freestyle-descend	EN2	
	{3 x 100 on 1:40 Stroke or IM descend	EN1	
	1x{1 x 200 on 8:00 Broken @ 50's	SP2	
	{2 x 100 on 6:00 Broken at 50 or 25	SP2	
700	7 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Ice		
5:29 PM 5,030 Yards - Stress Value = 85			

**Workout #2858 - Tuesday, 10 February 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights		L
400	1 x 400 on 7:00 Choice	REC	S
180	12 x 15 on :45 Shooters	SP3	S
300	6 x 50 on :45 Descend in sets of 3	EN1	S
	1x{1 x 100 on 1:40 Breaststroke	EN1	S
	{2 x 75 on 1:15 Breaststroke	EN1	S
	{3 x 50 on :50 Breaststroke	EN1	S
	{4 x 25 on :25 Breaststroke	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Stretching		L
	1 on 15:00 Ice		L
7:02 AM 1,580 Yards - Stress Value = 16			

**Workout #2860 - Tuesday, 10 February 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
900	9 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{4 x 75 on 1:30 Kick	EN1	
	{4 x 75 on 1:25 Kick	EN2	
	{2 x 75 on 1:15 Kick	EN2	
	1x{4 x 75 on 1:10 Pulls no br L.12 yds	EN1	
	{4 x 75 on 1:05 Pulls no br L.12 yds	EN1	
	{4 x 75 on 1:00 Pulls no br L.12 yds	EN1	
	1x{3 x 100 on 1:30 Freestyle-descend	EN2	
	{3 x 100 on 1:40 Stroke or IM descend	EN1	
	1x{1 x 200 on 8:00 Broken @ 50's	SP2	
	{1 x 100 on 6:00 Broken at 25's	SP2	
800	8 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	1 on 10:00 Ice		
	5:27 PM 4,430 Yards - Stress Value = 67		

**Workout #2862 - Wednesday, 11 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 35:00 Physio Balls/Stretch		
1,000	1 x 1000 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{1 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :30 Kick no board	EN1	
	1x{6 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
	{6 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
	{6 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	
	1x{4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	{8 x 25 on :30 Free 12.5y tuck spin	EN1	
	1x{1 x 100 on 1:30 Stroke Drills	EN1	
	{3 x 50 on :55 Your Stroke	EN1	
	{2 x 100 on 1:30 Stroke Drills	EN1	
	{3 x 50 on :55 Your Stroke	EN1	
	{3 x 100 on 1:30 Stroke Drills	EN1	
	{3 x 50 on :55 Your Stroke	EN1	
	{4 x 100 on 1:30 Stroke Drills	EN1	
	{3 x 50 on :55 Your Stroke	EN1	
	1 on 10:00 Ice		
	5:17 PM 4,980 Yards - Stress Value = 47		

**Workout #2863 - Wednesday, 11 February 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 35:00 Physio Balls/Stretch		
1,000	1 x 1000 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{1 x 100 on 2:00 Kick	EN1	
	{2 x 25 on :30 Kick no board	EN1	
	1x{4 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	
	1x{4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	{8 x 25 on :30 Free 12.5y tuck spin	EN1	
	1x{1 x 100 on 1:30 Stroke Drills	EN1	
	{3 x 50 on :55 Your Stroke	EN1	
	{2 x 100 on 1:30 Stroke Drills	EN1	

{3 x 50 on :55 Your Stroke	EN1
{3 x 100 on 1:30 Stroke Drills	EN1
{3 x 50 on :55 Your Stroke	EN1
{4 x 100 on 1:30 Stroke Drills	EN1
{3 x 50 on :55 Your Stroke	EN1
1 on 10:00 Ice	

5:08 PM 4,480 Yards - Stress Value = 42

**Workout #2868 - Thursday, 12 February 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch			L I
600	1 x 600 on 9:00 Choice	REC		S C
180	12 x 15 on :30 Shooters	SP3		S
	1x{1 x 100 on 1:50 Kick	EN2		K C
	{2 x 25 on :30 Kick no board	EN1		K F
	{2 x 100 on 1:45 Kick	EN2		K C
	{2 x 25 on :30 Kick no board	EN1		K F
	{3 x 100 on 1:40 Kick	EN2		K C
	{2 x 25 on :30 Kick no board	EN1		K F
	{4 x 100 on 1:35 Kick	EN2		K C
	2x{1 x 300 on 4:00 Pulls	EN1		P
	{3 x 100 on 1:30 Lungbuster pulls	EN1		P
	{ br 4-5-6-7			
500	4 x 125 on 2:00 Individual Medley	EN1		S
	#1-50 fly #2 50 back			
	#3 50 brst #4 50free			
	1x{8 x 25 on :30 Breast des in 4's	EN2		S
	{1 x 200 on 3:30 Breaststroke	EN2		S
	{8 x 25 on :30 Breast des in 4's	EN2		S
	{2 x 150 on 2:35 Breaststroke	EN2		S
	{8 x 25 on :30 Breast des in 4's	EN2		S
	{3 x 100 on 1:40 Breaststroke	EN2		S
	{8 x 25 on :30 Breast des in 4's	EN2		S
	{4 x 50 on :45 Breaststroke	EN2		S
	1 x 400 on 6:00 Stroke Drills	REC		D
	8:30 PM 5,830 Yards - Stress Value = 80			

**Workout #2864 - Thursday, 12 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
	1 on 40:00 Weights and Stretch			L DF
400	1 x 400 on 6:00 Choice	REC		S CF
180	12 x 15 on :45 Shooters	SP3		S CF
	2x{1 x 125 on 1:55 IM w/ 50 fly	EN1		S I
	{1 x 125 on 1:50 IM w/50 back	EN1		S I
	{1 x 125 on 2:00 IM w/ 50 breast	EN1		S I
	{1 x 125 on 1:45 IM w/ 50 free	EN1		S I
	{1 x 400 on 6:00 Reverse IM drill	EN1		D I
200	1 x 200 on 3:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			L DF
	7:08 AM 2,580 Yards - Stress Value = 23			

**Workout #2867 - Thursday, 12 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Visualization		
	1 on 20:00 Stomach and Stretch		
	50 of everything		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{1 x 100 on 1:30 Kick	EN2	
	{2 x 100 on 1:35 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	1x{2 x 300 on 4:00 Pulls	EN1	
	{1 x 300 on 3:50 Pulls	EN2	
	{1 x 300 on 3:40 Pulls	EN2	
300	12 x 25 on :30 IM order-build	EN1	
	1x{1 x 200 on 8:00 Broken at the 50's	SP2	
	{1 x 100 on 6:00 Broken at the 25's	SP2	
800	8 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 4,480 Yards - Stress Value = 76		

**Workout #2865 - Thursday, 12 February 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	5:30 AM Start			
	1 on 40:00 Weights and Stretch		L DRY	
400	1 x 400 on 6:00 Choice	REC	S CHO	
180	12 x 15 on :45 Shooters	SP3	S CHO	
	1x{1 x 100 on 1:20 Stroke Drills	EN1	D FR	
	{1 x 100 on 1:25 Stroke Drills	EN1	D FR	
	{1 x 100 on 1:30 Stroke Drills	EN1	D FR	
	{1 x 100 on 1:35 Stroke Drills	EN1	D FR	
	{1 x 100 on 1:40 Stroke Drills	EN1	D FR	
	{1 x 100 on 1:45 Stroke Drills	REC	D FR	
	{1 x 100 on 1:50 Stroke Drills	REC	D FR	
	{1 x 100 on 1:55 Stroke Drills	REC	D FR	
	{1 x 100 on 2:00 Stroke Drills	REC	D FR	
	1 on 15:00 Ice		L DRY	
	6:57 AM 1,480 Yards - Stress Value = 12			

**Workout #2866 - Thursday, 12 February 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Visualization		
	1 on 20:00 Stomach and Stretch		
	25 of everything		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
800	16 x 50 on 1:05 Kick des in 4's	EN1	
	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	
300	12 x 25 on :30 IM order-build	EN1	
	1x{1 x 100 on 6:00 Broken at the 50	SP2	
	{1 x 100 on 6:00 Broken at the 25's	SP2	
800	8 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:31 PM 3,980 Yards - Stress Value = 47		

**Workout #2872 - Friday, 13 February 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	5:30 PM Start		
	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	
	3x{1 x 200 on 3:30 Kick	EN1	
	{1 x 25 on :45 Kick no board	EN2	
	{1 x 25 on :40 Kick no board	EN2	
	{1 x 25 on :35 Kick no board	EN2	
	{1 x 25 on :30 Kick no board	EN2	
	1x{3 x 150 on 2:15 Pulls	EN1	
	{3 x 125 on 1:50 Pulls no br L.12 yds	EN1	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
450	9 x 50 on :45 Descend in sets of 3	EN1	
	7x{8 x 25 on :30 Butterfly	EN1	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:48 PM 5,280 Yards - Stress Value = 52		

**Workout #2869 - Friday, 13 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	5:30 AM Start		
	1 on 15:00 Stretching		I
600	1 x 600 on 9:00 Swim-kick-drill-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
700	1 x 700 on 9:30 Pulls	EN1	F
	4x{6 x 25 on :30 Butterfly	EN1	S
	{1 on 1:00 Rest		M
300	1 x 300 on 4:30 Stroke Drills	REC	I
	1 on 15:00 Ice		I
	6:49 AM 2,500 Yards - Stress Value = 25		

**Workout #2871 - Friday, 13 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Visualization		
	1 on 20:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 easy 12.5 fast	SP3	
800	8 x 100 on 2:00 Kick no board	EN1	
800	4 x 200 on 3:00 Pulls L. 50 clsd fst	EN1	
	4x{1 x 150 on 2:15 Freestyle	EN1	
	{3 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:21 PM 4,500 Yards - Stress Value = 34		

**Workout #2870 - Friday, 13 February 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Visualization		
	1 on 20:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
700	7 x 100 on 2:00 Kick no board	EN1	
600	3 x 200 on 3:00 Pulls L. 50 clsd fst	EN1	
	3x{1 x 150 on 2:30 Freestyle	EN1	
	{3 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:09 PM 3,430 Yards - Stress Value = 24		

	{1 x 150 on 1:40 Freestyle	EN2
	{1 x 100 on 1:15 Individual Medley	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 15:00 Ice	
	10:00 AM 4,430 Yards - Stress Value = 65	

**Workout #2875 - Saturday, 14 February 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
400	8 x 50 on 1:15 OTB 20yd fast 30y ez	SP3	
	2x{1 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
600	1 x 600 on 9:00 Pulls every 3rd lap	EN1	
	3 breaths		
300	12 x 25 on :30 IM order-build	EN1	
	1x{6 x 50 on 1:00 Freestyle	EN3	
	{1 x 200 on 2:30 Freestyle	EN2	
	{5 x 50 on 1:00 Freestyle	EN3	
	{1 x 200 on 2:30 Freestyle	EN2	
	{4 x 50 on 1:00 Freestyle	EN3	
	{1 x 200 on 2:30 Freestyle	EN2	
	{3 x 50 on 1:00 Freestyle	EN3	
	{1 x 200 on 2:30 Freestyle	EN2	
	{2 x 50 on 1:00 Freestyle	EN3	
	{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	EN3	
400	1 x 400 on 6:00 Stroke Drills	REC	
	11:55 AM 5,350 Yards - Stress Value = 122		

**Workout #2873 - Saturday, 14 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 55:00 Weights and Visulztn		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 1:50 Kick	EN1	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
	1x{1 x 125 on 1:40 Pulls	EN1	
	{2 x 100 on 1:20 Pulls	EN1	
	{3 x 75 on 1:00 Pulls	EN1	
	{4 x 50 on :40 Pulls	EN1	
300	6 x 50 on :45 Descend in sets of 3	EN1	
	1x{4 x 150 on 1:55 Freestyle	EN2	
	{1 x 100 on 1:15 Individual Medley	EN2	
	{3 x 150 on 1:50 Freestyle	EN2	
	{1 x 100 on 1:15 Individual Medley	EN2	
	{2 x 150 on 1:45 Freestyle	EN2	
	{1 x 100 on 1:15 Individual Medley	EN2	

**Workout #2874 - Saturday, 14 February 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 55:00 Weights and Visulztn		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 2:05 Kick	EN1	
	{2 x 100 on 2:00 Kick	EN2	
	1x{2 x 125 on 1:55 Pulls	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
300	6 x 50 on :50 Descend in sets of 3	EN1	
	1x{2 x 150 on 2:15 Freestyle	EN1	
	{1 x 100 on 1:30 Individual Medley	EN2	
	{2 x 150 on 2:10 Freestyle	EN1	
	{1 x 100 on 1:30 Individual Medley	EN2	
	{2 x 150 on 2:05 Freestyle	EN2	
	{1 x 100 on 1:30 Individual Medley	EN2	
	{2 x 150 on 2:00 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 15:00 Ice		
	9:53 AM 3,530 Yards - Stress Value = 46		

**Workout #2876 - Monday, 16 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 55:00 Visualize/Stom&Stret		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
500	1 x 500 on 10:00 Kick every 3rd lap	EN2	
	sprint free kick		
	1x{5 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	1x{5 x 100 on 1:15 Freestyle	EN1	
	{1 x 50 on 1:00 Freestyle	REC	
	{4 x 100 on 1:15 Freestyle	EN1	
	{1 x 50 on 1:00 Freestyle	REC	
	{3 x 100 on 1:15 Freestyle	EN1	
	{1 x 50 on 1:00 Freestyle	REC	
	{2 x 100 on 1:15 Freestyle	EN1	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 100 on 1:15 Freestyle	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:48 AM 4,030 Yards - Stress Value = 40		



**Workout #2878 - Monday, 16 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	4:00 PM Start		
	1 on 15:00 Stretching		L
1,000	1 x 1000 on 16:00 Swim-kick-pull-swim	REC	S
400	8 x 50 on 1:15 OTB 20yd fast 30y ez	SP3	S
300	3 x 100 on 2:00 Kick no board	EN1	K
	#1 brst #2 free		
	#3 fly		
300	6 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L
	5:06 PM 2,000 Yards - Stress Value = 19		

**Workout #2877 - Monday, 16 February 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	7:30 AM Start		
	1 on 55:00 Visualize/Stom&Stret		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
400	1 x 400 on 8:00 Kick every 3rd lap	EN2	
	sprint free kick		
1x{3	3 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
1x{5	5 x 100 on 1:30 Freestyle	EN1	
	{1 x 50 on 1:00 Freestyle	REC	
	{4 x 100 on 1:30 Freestyle	EN1	
	{1 x 50 on 1:00 Freestyle	REC	
	{3 x 100 on 1:30 Freestyle	EN1	
	{1 x 50 on 1:00 Freestyle	REC	
	{2 x 100 on 1:30 Freestyle	EN1	
	{1 x 50 on 1:00 Freestyle	REC	
200	{1 x 100 on 1:30 Freestyle	EN1	
	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:45 AM 3,530 Yards - Stress Value = 34		

**Workout #2883 - Tuesday, 17 February 2004**

**Group 3 - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	6:15 PM Start		
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{2	2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
1x{3	3 x 125 on 1:55 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	
450	9 x 50 on :45 Descend in sets of 3	EN1	
1x{1	1 x 150 on 2:30 Backstroke	EN1	
	{2 x 125 on 2:00 Backstroke	EN1	
	{3 x 100 on 1:30 Backstroke	EN1	
	{4 x 75 on 1:05 Backstroke	EN1	
	{5 x 50 on :40 Backstroke	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	8:11 PM 4,980 Yards - Stress Value = 50		

**Workout #2882 - Tuesday, 17 February 2004**

**Group 3 - Eric Blue Man**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	6:15 PM Start		
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{2	2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
1x{3	3 x 125 on 1:55 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	
450	9 x 50 on :45 Descend in sets of 3	EN1	
1x{1	1 x 200 on :00 Freestyle	SP1	
	{1 x 200 on 8:00 Freestyle	REC	
	{3 x 100 on 4:00 Broken	SP2	
	{1 x 300 on 5:00 Stroke Drills	REC	
1x{4	4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	8:23 PM 5,080 Yards - Stress Value = 85		

**Workout #2884 - Tuesday, 17 February 2004**

**Group 3 - Chris P.**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	6:15 PM Start		
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{2	2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
1x{3	3 x 125 on 1:55 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	
450	9 x 50 on :45 Descend in sets of 3	EN1	
1x{1	1 x 200 on :00 Freestyle	SP1	
	{1 x 200 on 8:00 Freestyle	REC	
	{3 x 100 on 4:00 Broken	SP2	
	{1 x 300 on 5:00 Stroke Drills	REC	
2x{4	4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
	{4 x 25 on :15 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	8:30 PM 5,580 Yards - Stress Value = 93		

**Workout #2879 - Tuesday, 17 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
6:00 AM Start				
1	on 20:00 Weights and Stretch		L	DRY
1x{1	x 100 on 1:55 Stroke Drills	REC	D	CHO
{1	x 100 on 1:50 Stroke Drills	REC	D	CHO
{1	x 100 on 1:40 Stroke Drills	REC	D	CHO
{1	x 100 on 1:35 Stroke Drills	REC	D	CHO
{1	x 100 on 1:30 Stroke Drills	EN1	D	CHO
{1	x 100 on 1:25 Stroke Drills	EN1	D	CHO
{12	x 15 on :45 Shooters	SP3	S	CHO
{1	x 100 on 1:25 Stroke Drills	EN1	D	CHO
{1	x 100 on 1:30 Stroke Drills	EN1	D	CHO
{1	x 100 on 1:35 Stroke Drills	REC	D	CHO
{1	x 100 on 1:40 Stroke Drills	REC	D	CHO
{1	x 100 on 1:45 Stroke Drills	REC	D	CHO
{1	x 100 on 1:50 Stroke Drills	REC	D	CD
{1	x 100 on 1:55 Stroke Drills	REC	D	CHO
1	on 10:00 Ice		L	DRY
7:00 AM 1,480 Yards - Stress Value = 11				

**Workout #2880 - Tuesday, 17 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
11:00 AM Start			
1	on 55:00 Visulize & Stretch		
800	1 x 800 on 12:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
4x{2	x 25 on :40 Kick no board	EN1	
{3	x 50 on :55 Kick	EN1	
1x{1	x 200 on 2:45 Lungbuster pulls	EN1	
{	br 3-4-5-6 by 50's		
{1	x 200 on 2:45 Pulls-nbbf&w + 2 yds	EN1	
{1	x 200 on 2:45 Pulls no br L.12 yds	EN1	
{1	x 200 on 2:45 Pulls	EN1	
1x{5	x 75 on 1:10 IM w/out the free	EN1	
{5	x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	
1x{1	x 100 on 6:00 Brkn@ 25's 10 sec R	SP2	
{1	x 50 on 4:00 Brkn@ 25 15 sec Rest	SP2	
500	10 x 50 on 1:00 Stroke Drills	REC	
1	on 10:00 Ice		
1:32 PM 3,980 Yards - Stress Value = 46			

**Workout #2881 - Tuesday, 17 February 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
11:00 AM Start			
1	on 55:00 Visulize & Stretch		
800	1 x 800 on 12:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
3x{2	x 25 on :45 Kick no board	EN1	
{2	x 50 on 1:05 Kick	EN1	
1x{1	x 150 on 2:20 Lungbuster pulls	EN1	
{	br 4-5-6 by 50's		
{1	x 150 on 2:20 Pulls-nbbf&w + 2 yds	EN1	
{1	x 150 on 2:20 Pulls	EN1	
1x{3	x 75 on 1:15 IM w/out the free	EN1	
{3	x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
100	1 x 100 on 6:00 Brkn@25 10-20-30s R	SP2	
500	10 x 50 on 1:00 Stroke Drills	REC	
1	on 10:00 Ice		
1:14 PM 2,930 Yards - Stress Value = 32			

**Workout #2885 - Wednesday, 18 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
1	on 45:00 Visulize & Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1x{1	x 125 on 2:30 Kick	EN1	
{1	x 125 on 2:25 Kick	EN1	
{1	x 125 on 2:20 Kick	EN1	
{1	x 125 on 2:15 Kick	EN1	
600	8 x 75 on 1:05 Pulls	EN1	
4x{4	x 25 on :30 Stroke	EN1	
{1	x 200 on 3:30 Reverse IM drill	EN1	
800	8 x 100 on 1:45 Stroke Drills	REC	
1	on 10:00 Techniques-Starts		
1	on 10:00 Ice		
5:27 PM 4,080 Yards - Stress Value = 29			

**Workout #2886 - Wednesday, 18 February 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
1	on 45:00 Visulize & Stretch		
600	1 x 600 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1x{1	x 100 on 2:15 Kick	EN1	
{1	x 100 on 2:10 Kick	EN1	
{1	x 100 on 2:05 Kick	EN1	
{1	x 100 on 2:00 Kick	EN1	
450	6 x 75 on 1:10 Pulls	EN1	
4x{4	x 25 on :40 Stroke	EN1	
{1	x 200 on 3:40 Reverse IM drill	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
1	on 10:00 Techniques-Starts		
1	on 10:00 Ice		
5:17 PM 3,030 Yards - Stress Value = 27			

**Workout #2888 - Wednesday, 18 February 2004**

**HighSchl - Eric Blue Man**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 14:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1x{	1 x 125 on 2:30 Kick	EN1	K
	{4 x 25 on :35 Kick no board	EN1	K
	{1 x 125 on 2:25 Kick	EN1	K
	{4 x 25 on :35 Kick no board	EN1	K
	{1 x 125 on 2:20 Kick	EN1	K
	{4 x 25 on :35 Kick no board	EN1	K
	{1 x 125 on 2:15 Kick	EN1	K
	{4 x 25 on :35 Kick no board	EN1	K
1x{	1 x 300 on 4:30 Pulls	EN1	P
	{2 x 150 on 2:15 Pulls	EN1	P
	{3 x 100 on 1:30 Pulls	EN1	P
300	6 x 50 on :45 Descend in sets of 3	EN1	S
1x{	4 x 25 on :30 Stroke Drills	EN1	D
	{1 x 125 on 2:30 Breaststroke	EN1	S
	{4 x 25 on :30 Stroke Drills	EN1	D
	{2 x 125 on 2:25 Breaststroke	EN1	S
	{4 x 25 on :30 Stroke Drills	EN1	D
	{3 x 125 on 2:20 Breaststroke	EN1	S
	{4 x 25 on :30 Stroke Drills	EN1	D
	{4 x 125 on 2:15 Breaststroke	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
	7:40 PM 4,930 Yards - Stress Value = 43		

**Workout #2887 - Wednesday, 18 February 2004**

**HighSchl - Chris P.**

**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 14:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{	1 x 125 on 2:30 Kick	EN1	
	{4 x 25 on :35 Kick no board	EN1	
	{1 x 125 on 2:25 Kick	EN1	
	{4 x 25 on :35 Kick no board	EN1	
	{1 x 125 on 2:20 Kick	EN1	
	{4 x 25 on :35 Kick no board	EN1	
	{1 x 125 on 2:15 Kick	EN1	
	{4 x 25 on :35 Kick no board	EN1	
1x{	1 x 300 on 4:30 Pulls	EN1	
	{2 x 150 on 2:15 Pulls	EN1	
	{3 x 100 on 1:30 Pulls	EN1	
	{4 x 75 on 1:05 Pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
1x{	4 x 25 on :30 Stroke Drills	EN1	
	{1 x 125 on 2:30 Breaststroke	EN1	
	{4 x 25 on :30 Stroke Drills	EN1	
	{2 x 125 on 2:25 Breaststroke	EN1	
	{4 x 25 on :30 Stroke Drills	EN1	
	{3 x 125 on 2:20 Breaststroke	EN1	
	{4 x 25 on :30 Stroke Drills	EN1	
	{4 x 125 on 2:15 Breaststroke	EN1	
400	4 x 100 on 1:30 Freestyle-descend to	EN1	
	ludicrous speed!!!!		
300	1 x 300 on 5:00 Stroke Drills	REC	
	7:56 PM 6,030 Yards - Stress Value = 53		

**Workout #2889 - Thursday, 19 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

6:00 AM Start

Yards	Set Description	EGY	WORK
	1 on 15:00 Stretching		L
1,000	1 x 1000 on 16:00 Swim-kick-pull-swim	REC	S
	1 on 10:00 Techniques-Starts		S
	1 on 20:00 Stretch and Ice		L
	7:01 AM 1,000 Yards		

**Workout #2892 - Thursday, 19 February 2004**

**HighSchl - 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 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{	1 x 150 on 3:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
	{1 x 150 on 2:45 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 150 on 2:30 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
1x{	1 x 400 on 6:00 Pulls	EN1	
	{1 x 400 on 5:45 Pulls	EN1	
300	4 x 75 on 1:05 2bk-4bk-6bk by 12's	EN1	
1x{	1 x 250 on 3:45 Butterfly 2-4-2	EN1	
	{5 x 50 on :50 Butterfly	EN1	
	{1 x 200 on 3:00 Butterfly 2-5-2	EN1	
	{4 x 50 on :50 Butterfly	EN1	
	{1 x 150 on 2:15 Butterfly 2-6-2	EN1	
	{3 x 50 on :50 Butterfly	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	8:07 PM 4,430 Yards - Stress Value = 45		

**Workout #2891 - Thursday, 19 February 2004**

**HighSchl - Eric Blue Man**

**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 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{	1 x 150 on 3:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
	{1 x 150 on 2:45 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 150 on 2:30 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
1x{	1 x 500 on 6:45 Pulls	EN1	
	{1 x 500 on 6:35 Pulls	EN2	
450	6 x 75 on 1:05 2bk-4bk-6bk by 12's	EN1	
1x{	1 x 250 on 3:45 Butterfly 2-4-2	EN1	
	{5 x 50 on :50 Butterfly	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 200 on 3:00 Butterfly 2-5-2	EN1	
	{4 x 50 on :50 Butterfly	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 150 on 2:15 Butterfly 2-6-2	EN1	
	{3 x 50 on :50 Butterfly	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	8:14 PM 4,980 Yards - Stress Value = 55		

**Workout #2890 - Thursday, 19 February 2004**

**HighSchl - Chris P.**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x	{1 x 150 on 3:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
	{1 x 150 on 2:45 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 150 on 2:30 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
1x	{1 x 500 on 6:45 Pulls	EN1	
	{1 x 500 on 6:35 Pulls	EN2	
	{1 x 500 on 6:25 Pulls	EN2	
450	6 x 75 on 1:05 2bk-4bk-6bk by 12's	EN1	
1x	{1 x 250 on 3:45 Butterfly 2-4-2	EN1	
	{5 x 50 on :50 Butterfly	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 200 on 3:00 Butterfly 2-5-2	EN1	
	{4 x 50 on :50 Butterfly	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 150 on 2:15 Butterfly 2-6-2	EN1	
	{3 x 50 on :50 Butterfly	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:30 Butterfly 2-7-2	EN1	
	{2 x 50 on :50 Butterfly	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
	8:31 PM 6,030 Yards - Stress Value = 68		

{1 x 75 on 1:10 IM w/out the free	EN1	§
1x{1 x 200 on :00 Brkn @ 50 10-20-30 R	SP2	§
{1 x 200 on 8:00 Freestyle	REC	§
{1 x 100 on :00 Brkn @ 25 5 sec rest	SP2	§
{1 x 100 on 5:00 Freestyle	REC	§
{1 x 100 on :00 Brkn @ 25 10 sec rst	SP2	§
{1 x 100 on 5:00 Freestyle	REC	§
1,200 12 x 100 on 1:55 Kick-odds fast	EN1	F
1x{4 x 225 on 3:15 Pulls	EN1	F
{3 x 200 on 2:50 Pulls	EN1	F
{2 x 175 on 2:25 Pulls	EN1	F
300 3 x 100 on 1:45 Stroke Drills	REC	I
7:46 PM 5,530 Yards - Stress Value = 84		

**Workout #2893 - Friday, 20 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STP
	1 on 55:00 Visulize and Stretch			L I
800	8 x 100 on 1:45 Stroke Drills	REC		D C
180	12 x 15 on :45 Shooters	SP3		S C
1x	{1 x 100 on 2:00 Kick	EN1		K C
	{2 x 75 on 1:30 Kick	EN1		K C
	{3 x 50 on 1:00 Kick	EN1		K C
	{4 x 25 on :30 Kick	EN1		K C
500	4 x 125 on 1:50 Pulls	EN1		P
4x	{4 x 25 on :30 Stroke Drills	REC		D §
	{1 x 100 on 1:40 Individual Medley	EN1		S
	{1 x 100 on 1:25 Freestyle	EN1		S
300	3 x 100 on 1:45 Stroke Drills	REC		D
	1 on 10:00 Ice			L I
	5:17 PM 3,480 Yards - Stress Value = 26			

**Workout #2894 - Friday, 20 February 2004**

**HighSchl - Taper 2**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	12 x 50 on :55 Stroke Drills 3 on E	REC	I
180	12 x 15 on :30 Shooters	SP3	§
4x	{1 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	§
	{1 x 75 on 1:10 IM w/out the free	EN1	§
1x	{1 x 200 on :00 Brkn @ 50 10-20-30 R	SP2	§
	{1 x 200 on 8:00 Freestyle	REC	§
	{1 x 100 on :00 Brkn @ 25 5 sec rest	SP2	§
	{1 x 100 on 5:00 Freestyle	REC	§
	{1 x 100 on :00 Brkn @ 25 10 sec rst	SP2	§
	{1 x 100 on 5:00 Freestyle	REC	§
1,000	10 x 100 on 1:55 Kick-odds fast	EN1	F
1x	{2 x 200 on 2:50 Pulls	EN1	F
	{2 x 175 on 2:25 Pulls	EN1	F
	{1 x 150 on 2:00 Pulls	EN1	F
400	4 x 100 on 1:45 Stroke Drills	REC	I
	7:30 PM 4,480 Yards - Stress Value = 73		

Yards	Set Description	EGY	WORK	STP
	1 on 55:00 Visulize and Stretch			L DRY
800	8 x 100 on 1:45 Stroke Drills	REC		D CHC
180	12 x 15 on :45 Shooters	SP3		S CHC
1x	{1 x 100 on 2:15 Kick	EN1		K CHC
	{2 x 75 on 1:40 Kick	EN1		K CHC
	{3 x 50 on 1:05 Kick	EN1		K CHC
400	4 x 100 on 1:35 Pulls	EN1		P FF
4x	{4 x 25 on :40 Stroke Drills	REC		D STP
	{1 x 50 on 1:00 Your Stroke	EN1		S STP
	{1 x 100 on 1:35 Freestyle	EN1		S FF
300	3 x 100 on 1:45 Stroke Drills	REC		D CI
	1 on 10:00 Ice			L DRY
	5:15 PM 3,080 Yards - Stress Value = 22			

**Workout #2896 - Friday, 20 February 2004**

**Group 3 - Chris P.**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	12 x 50 on :55 Stroke Drills 3 on E	REC	I
180	12 x 15 on :30 Shooters	SP3	§
4x	{1 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	§

**Workout #2897 - Friday, 20 February 2004**

**HS Girls - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM Start			
600	1 on 30:00 Stomach and Stretch	REC	I
180	12 x 50 on :55 Stroke Drills 3 on E	REC	I
800	12 x 15 on :30 Shooters	SP3	§
	8 x 100 on 1:55 Kick-Odds fast	EN1	F
	1x{3 x 200 on 2:45 Pulls	EN1	F
	{2 x 175 on 2:25 Pulls	EN1	F
	{1 x 150 on 2:05 Pulls	EN1	F
300	4 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	§
	1x{4 x 100 on 1:45 Individual Medley	EN1	§
	{4 x 50 on :50 Butterfly	EN1	§
	{3 x 100 on 1:40 Individual Medley	EN1	§
	{4 x 50 on :45 Backstroke	EN1	§
	{2 x 100 on 1:35 Individual Medley	EN1	§
	{4 x 50 on :55 Breaststroke	EN1	§
	{1 x 100 on 1:30 Individual Medley	EN1	§
	{4 x 50 on :40 Freestyle	EN1	§
250	1 x 250 on 4:00 Stroke Drills	REC	I
7:34 PM 5,030 Yards - Stress Value = 48			

**Group 3 - Chris P.**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
8:00 AM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{3 x 50 on 1:00 Kick #1fr #2br #3fl	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	1x{1 x 400 on 6:00 Pulls	EN1	
	{1 x 400 on 5:50 Pulls	EN1	
	{1 x 400 on 5:30 Pulls	EN1	
	{1 x 400 on 5:40 Pulls	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
	6x{2 x 50 on :40 Freestyle	EN1	
	{1 x 50 on :55 Stroke Drills no fre	REC	
	{4 x 25 on :25 Choice-descend nofre	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
10:12 AM 5,580 Yards - Stress Value = 48			

**Workout #2901 - Saturday, 21 February 2004**

**HS Girls - Senior State**

**1 minute rest between sets**

**Workout #2898 - Friday, 20 February 2004**

**HS Girls - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM Start			
600	1 on 30:00 Stomach and Stretch	REC	I
180	12 x 50 on :55 Stroke Drills 3 on E	REC	I
800	12 x 15 on :30 Shooters	SP3	§
	8 x 100 on 1:55 Kick-Odds fast	EN1	F
	1x{3 x 200 on 2:45 Pulls	EN1	F
	{2 x 175 on 2:25 Pulls	EN1	F
300	4 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	§
	1x{4 x 100 on 1:45 Individual Medley	EN1	§
	{4 x 50 on :50 Butterfly	EN1	§
	{3 x 100 on 1:40 Individual Medley	EN1	§
	{4 x 50 on :45 Backstroke	EN1	§
	{2 x 100 on 1:35 Individual Medley	EN1	§
	{4 x 50 on :55 Breaststroke	EN1	§
250	1 x 250 on 4:00 Stroke Drills	REC	I
7:28 PM 4,580 Yards - Stress Value = 43			

**8:00 AM Start**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{3 x 50 on 1:00 Kick #1fr #2br #3fl	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	1x{1 x 400 on 6:00 Pulls	EN1	
	{1 x 400 on 5:50 Pulls	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
	1x{3 x 200 on 2:40 Freestyle	EN2	
	{3 x 200 on 2:30 Freestyle	EN2	
	{2 x 200 on 2:20 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
10:00 AM 4,980 Yards - Stress Value = 60			

**Workout #2902 - Saturday, 21 February 2004**

**HS Girls - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
8:00 AM Start			
800	1 on 30:00 Stomach and Stretch	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{3 x 50 on 1:00 Kick #1fr #2br #3fl	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	1x{1 x 400 on 6:00 Pulls	EN1	
	{1 x 400 on 5:50 Pulls	EN1	
	{1 x 400 on 5:40 Pulls	EN1	
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	
	4x{2 x 50 on :45 Freestyle	EN1	
	{1 x 50 on 1:00 Stroke Drills no fre	REC	
	{4 x 25 on :30 Choice-descend	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:59 AM 4,580 Yards - Stress Value = 39			

**8:00 AM Start**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{3 x 50 on 1:00 Kick #1fr #2br #3fl	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	1x{1 x 400 on 6:00 Pulls	EN1	
	{1 x 400 on 5:50 Pulls	EN1	
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	
	1x{3 x 200 on 2:40 Freestyle	EN2	
	{3 x 200 on 2:30 Freestyle	EN2	
	{1 x 200 on 2:20 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
9:54 AM 4,630 Yards - Stress Value = 55			

**Workout #2900 - Saturday, 21 February 2004**

**Workout #2905 - Monday, 23 February 2004**

**Group 3 - Eric Blue Man**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{2 x 125 on 2:15 Kick	EN1	
	{4 x 25 on :40 Kick no board	EN1	
	3x{1 x 150 on 2:05 Pulls	EN1	
	{3 x 50 on :40 Pulls	EN1	
	1x{4 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	
	{1 x 100 on 1:45 Individual Medley	EN1	
	1x{1 x 400 on 5:30 Freestyle	EN1	
	{1 x 400 on 5:25 Freestyle	EN2	
	{1 x 400 on 5:20 Freestyle	EN2	
	{1 x 400 on 5:15 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	6:53 PM 4,630 Yards - Stress Value = 54		

**Workout #2906 - Monday, 23 February 2004**

**Group 3 - Chris P.**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{2 x 125 on 2:15 Kick	EN1	
	{4 x 25 on :40 Kick no board	EN1	
	4x{1 x 150 on 2:05 Pulls	EN1	
	{3 x 50 on :40 Pulls	EN1	
	1x{2 x 75 on 1:10 IM w/out the free	EN1	
	{1 x 100 on 1:45 Individual Medley	EN1	
	1x{1 x 400 on 5:00 Freestyle	EN2	
	{1 x 400 on 4:55 Freestyle	EN2	
	{1 x 400 on 4:50 Freestyle	EN2	
	{1 x 400 on 4:45 Freestyle	EN2	
	{1 x 400 on 4:40 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:05 PM 5,530 Yards - Stress Value = 73		

**Workout #2903 - Monday, 23 February 2004**

**HighSch1 - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STP
	1 on 55:00 Visulize and Stretch			
600	1 x 600 on 9:00 Choice	REC	S	FF
180	12 x 15 on :45 Shooters	SP3	S	CHC
	1x{2 x 100 on 1:45 Kick	EN1	K	CHC
	{2 x 100 on 1:40 Kick	EN1	K	CHC
	{1 x 100 on 1:35 Kick	EN1	K	CHC
	1x{1 x 250 on 3:20 Pulls	EN1	P	FF
	{1 x 250 on 3:10 Pulls	EN1	P	FF
	1 on 10:00 Techniques-Starts			D
	1x{1 x 150 on 2:05 Freestyle	EN1	S	FF
	{1 x 150 on 2:00 Freestyle	EN1	S	FF
	{1 x 150 on 1:55 Freestyle	EN1	S	FF
	{1 x 125 on 1:45 Freestyle	EN1	S	FF
	{1 x 125 on 1:40 Freestyle	EN1	S	FF
	{1 x 125 on 1:35 Freestyle	EN1	S	FF
	{1 x 100 on 1:25 Freestyle	EN1	S	FF
	{1 x 100 on 1:20 Freestyle	EN1	S	FF
	{1 x 100 on 1:15 Freestyle	EN2	S	FF
	{1 x 75 on 1:05 Freestyle	EN1	S	FF

	{1 x 75 on 1:00 Freestyle	EN1	S	FF
	{1 x 75 on :55 Freestyle	EN2	S	FF
	{1 x 50 on :45 Freestyle	EN1	S	FF
	{1 x 50 on :40 Freestyle	EN1	S	FF
	{1 x 50 on :35 Freestyle	EN1	S	FF
250	1 x 250 on 4:00 Stroke Drills	REC	D	CI
	5:08 PM 3,530 Yards - Stress Value = 33			

**Workout #2907 - Monday, 23 February 2004**

**HS Girls - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{2 x 125 on 2:15 Kick	EN1	
	{4 x 25 on :40 Kick no board	EN1	
	4x{1 x 150 on 2:05 Pulls	EN1	
	{3 x 50 on :40 Pulls	EN1	
	1x{2 x 75 on 1:10 IM w/out the free	EN1	
	{1 x 100 on 1:45 Individual Medley	EN1	
	1x{1 x 400 on 5:30 Freestyle	EN1	
	{1 x 400 on 5:25 Freestyle	EN2	
	{1 x 400 on 5:20 Freestyle	EN2	
	{1 x 400 on 5:15 Freestyle	EN2	
	{1 x 400 on 5:10 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:07 PM 5,530 Yards - Stress Value = 69		

**Workout #2904 - Monday, 23 February 2004**

**HS Girls - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{2 x 125 on 2:15 Kick	EN1	
	{4 x 25 on :40 Kick no board	EN1	
	3x{1 x 150 on 2:05 Pulls	EN1	
	{3 x 50 on :40 Pulls	EN1	
	1x{4 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	
	{1 x 100 on 1:45 Individual Medley	EN1	
	1x{1 x 400 on 5:15 Freestyle	EN1	
	{1 x 400 on 5:10 Freestyle	EN2	
	{1 x 400 on 5:05 Freestyle	EN2	
	{1 x 400 on 5:00 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	6:52 PM 4,630 Yards - Stress Value = 54		

**Workout #2909 - Tuesday, 24 February 2004**

**Group 3 - Eric Blue Man**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 300 on 4:00 Kick	EN1	
	{1 x 200 on 3:50 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{4 x 25 on :40 Sprint kick	EN2	
	1x{2 x 125 on 1:55 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	1x{2 x 100 on 1:40 Individual Medley	EN1	
	{4 x 25 on :30 Freestyle-descend	EN1	
	1x{1 x 200 on :00 Brkn@ 50's 10-20-30	SP2	
	{1 x 200 on 8:00 Freestyle	REC	
	{1 x 100 on :00 Brkn @ 25's 10sec R	SP2	
	{1 x 100 on 5:00 Freestyle	REC	
	{1 x 100 on :00 Brkn @ 50 15 sec Rst	SP2	
600	6 x 100 on 1:45 Stroke Drills	REC	
	8:04 PM 4,030 Yards - Stress Value = 64		

**Workout #2910 - Tuesday, 24 February 2004**

**Group 3 - Chris P.**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 400 on 7:00 Kick	EN2	
	{1 x 300 on 5:15 Kick	EN2	
	{1 x 200 on 3:30 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	1x{3 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 125 on 1:35 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 125 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
	1x{3 x 100 on 1:30 Individual Medley	EN1	
	{1 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
	{4 x 25 on :30 Freestyle-descend	EN1	
	1x{1 x 200 on :00 Brkn@ 50's 10-20-30	SP2	
	{1 x 200 on 8:00 Freestyle	REC	
	{1 x 100 on :00 Brkn @ 25's 10sec R	SP2	
	{1 x 100 on 5:00 Freestyle	REC	
	{4 x 50 on 2:00 Choice	SP2	
1,000	5 x 200 on 3:00 Stroke Drills	REC	
	8:30 PM 5,580 Yards - Stress Value = 96		

**Workout #2908 - Tuesday, 24 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 55:00 Visualize and Stretc		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	3x{1 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :35 Kick no board	EN1	
600	6 x 100 on 1:30 Pulls	EN1	
	1 on 10:00 Techniques-Starts		
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
100	1 x 100 on :00 Brkn @ 25 10-20-30 R	SP2	
400	4 x 100 on 1:45 Stroke Drills	REC	

1 on 20:00 Stretch and Ice  
5:26 PM 2,980 Yards - Stress Value = 32

**Workout #2911 - Tuesday, 24 February 2004**

**HS Girls - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 400 on 7:00 Kick	EN2	
	{1 x 300 on 5:15 Kick	EN2	
	{1 x 200 on 3:30 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	1x{3 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 125 on 1:35 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 125 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
	1x{3 x 100 on 1:30 Individual Medley	EN1	
	{1 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
	{4 x 25 on :30 Freestyle-descend	EN1	
	1x{4 x 100 on 1:35 Backstroke	EN1	
	{3 x 100 on 1:30 Backstroke	EN1	
	{2 x 100 on 1:25 Backstroke	EN1	
	{1 x 100 on 1:20 Backstroke	EN1	
	{12 x 25 on :30 Backstroke des in 3s	EN2	
500	5 x 100 on 1:45 Stroke Drills	REC	
	8:24 PM 5,580 Yards - Stress Value = 62		

**Workout #2912 - Tuesday, 24 February 2004**

**HS Girls - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 400 on 7:00 Kick	EN2	
	{1 x 300 on 5:15 Kick	EN2	
	{1 x 200 on 3:30 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	1x{3 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 125 on 1:35 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 125 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
	1x{3 x 100 on 1:30 Individual Medley	EN1	
	{1 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
	{4 x 25 on :30 Freestyle-descend	EN1	
	1x{4 x 100 on 1:35 Backstroke	EN1	
	{3 x 100 on 1:30 Backstroke	EN1	
	{2 x 100 on 1:25 Backstroke	EN1	
	{1 x 100 on 1:20 Backstroke	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	8:13 PM 5,030 Yards - Stress Value = 56		

**Workout #2915 - Wednesday, 25 February 2004**

**Group 3 - Eric Blue Man**

**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 2 on E	REC	
180	12 x 15 on :30 Shooters	SP3	
450	1 x 450 on 9:00 Kick-every 3rd lap sprint-alt brst/free	EN1	
450	3 x 150 on 2:15 Pulls mid 50 br ev 9	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1x{	3 x 125 on 2:05 Breaststroke	EN1	
	{1 x 150 on 2:30 Breaststroke	EN1	
	{4 x 25 on :30 Breaststroke-descend	EN2	
	{2 x 125 on 2:00 Breaststroke	EN2	
	{1 x 150 on 2:30 Breaststroke	EN1	
	{4 x 25 on :30 Breaststroke-descend	EN2	
	{1 x 125 on 1:55 Breaststroke	EN2	
	{1 x 150 on 2:30 Breaststroke	EN2	
	{4 x 25 on :30 Breaststroke-descend	EN2	
400	4 x 100 on 1:45 Stroke Drills	REC	
7:21 PM 4,080 Yards - Stress Value = 42			

**Workout #2916 - Wednesday, 25 February 2004**

**Group 3 - Chris P.**

**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 2 on E	REC	
180	12 x 15 on :30 Shooters	SP3	
900	2 x 450 on 9:00 Kick-every 3rd lap sprint-alt brst/free	EN1	
900	6 x 150 on 2:15 Pulls mid 50 br ev 9	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1x{	3 x 125 on 2:05 Breaststroke	EN1	
	{1 x 150 on 2:30 Breaststroke	EN1	
	{4 x 25 on :30 Breaststroke-descend	EN2	
	{2 x 125 on 2:00 Breaststroke	EN2	
	{1 x 150 on 2:30 Breaststroke	EN1	
	{4 x 25 on :30 Breaststroke-descend	EN2	
	{1 x 125 on 1:55 Breaststroke	EN2	
	{1 x 150 on 2:30 Breaststroke	EN2	
	{4 x 25 on :30 Breaststroke-descend	EN2	
500	5 x 100 on 1:45 Stroke Drills	REC	
7:39 PM 5,080 Yards - Stress Value = 52			

**Workout #2913 - Wednesday, 25 February 2004**

**HighSchl - Taper 1**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 55:00 Visualize & Stretch			L I
600	1 x 600 on 9:00 Stroke Drills	REC		D C
180	12 x 15 on :45 Shooters	SP3		S C
1x{	1 x 100 on 1:45 Kick	EN2		K C
	{1 x 100 on 1:50 Kick	EN1		K C
	{1 x 100 on 1:55 Kick	EN1		K C
	{1 x 100 on 1:15 Pulls	EN2		P
	{1 x 100 on 1:20 Pulls	EN1		P
	{1 x 100 on 1:25 Pulls	EN1		P
	1 on 10:00 Techniques-Starts			D
1x{	1 x 100 on 1:20 Freestyle	EN1		S
	{1 x 100 on 1:30 Individual Medley	EN1		S
	{2 x 100 on 1:20 Freestyle	EN1		S
	{1 x 100 on 1:30 Individual Medley	EN1		S

	{3 x 100 on 1:20 Freestyle	EN1	S
	{1 x 100 on 1:30 Individual Medley	EN1	S
	{4 x 100 on 1:20 Freestyle	EN1	S
	{1 x 100 on 1:30 Individual Medley	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 20:00 Stretch and Ice		L I
5:21 PM 3,030 Yards - Stress Value = 29			

**Workout #2914 - Wednesday, 25 February 2004**

**HS Girls - Senior State**

**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 2 on E	REC	
180	12 x 15 on :30 Shooters	SP3	
900	2 x 450 on 9:00 Kick-every 3rd lap sprint-alt brst/free	EN1	
900	6 x 150 on 2:15 Pulls mid 50 br ev 9	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1x{	3 x 125 on 2:05 Breaststroke	EN1	
	{1 x 150 on 2:30 Breaststroke	EN1	
	{4 x 25 on :30 Breaststroke-descend	EN2	
	{3 x 125 on 2:00 Breaststroke	EN2	
	{1 x 150 on 2:30 Breaststroke	EN1	
	{4 x 25 on :30 Breaststroke-descend	EN2	
	{3 x 125 on 1:55 Breaststroke	EN2	
	{1 x 150 on 2:30 Breaststroke	EN2	
	{5 x 25 on :30 Breaststroke-descend	EN2	
500	5 x 100 on 1:45 Stroke Drills	REC	
7:45 PM 5,480 Yards - Stress Value = 61			

**Workout #2917 - Wednesday, 25 February 2004**

**HS Girls - Sectional**

**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 2 on E	REC	
180	12 x 15 on :30 Shooters	SP3	
900	2 x 450 on 9:00 Kick-every 3rd lap sprint-alt brst/free	EN1	
900	6 x 150 on 2:15 Pulls mid 50 br ev 9	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1x{	3 x 125 on 2:05 Breaststroke	EN1	
	{1 x 150 on 2:30 Breaststroke	EN1	
	{4 x 25 on :30 Breaststroke-descend	EN2	
	{2 x 125 on 2:00 Breaststroke	EN2	
	{1 x 150 on 2:30 Breaststroke	EN1	
	{4 x 25 on :30 Breaststroke-descend	EN2	
	{1 x 125 on 1:55 Breaststroke	EN2	
	{1 x 150 on 2:30 Breaststroke	EN2	
	{4 x 25 on :30 Breaststroke-descend	EN2	
500	5 x 100 on 1:45 Stroke Drills	REC	
7:39 PM 5,080 Yards - Stress Value = 52			



**Workout #2920 - Thursday, 26 February 2004**

**Group 3 - Eric Blue Man**

**1 minute rest between sets**

6:15 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 100 on 2:00 Kick no board	EN1	
	{2 x 100 on 1:55 Kick no board	EN1	
	{3 x 100 on 1:50 Kick no board	EN1	
	1x{3 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
400	16 x 25 on :30 Free 12.5y tuck spin	EN1	
	4x{1 x 100 on 1:40 Individual Medley	EN1	
	{3 x 100 on 1:45 Stroke Drills	EN1	
	{ 1st drill fly 2nd Ba		
	{ 3rd set br 4th free		
8:05 PM 3,980 Yards - Stress Value = 41			

**Workout #2921 - Thursday, 26 February 2004**

**Group 3 - Chris P.**

**1 minute rest between sets**

6:15 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 100 on 2:00 Kick no board	EN1	
	{2 x 100 on 1:55 Kick no board	EN1	
	{3 x 100 on 1:50 Kick no board	EN1	
	{4 x 100 on 1:45 Kick no board	EN1	
	1x{5 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
	4x{1 x 100 on 1:40 Individual Medley	EN1	
	{4 x 100 on 1:45 Stroke Drills	EN1	
	{ 1st drill fly 2nd Ba		
	{ 3rd set br 4th free		
8:22 PM 5,080 Yards - Stress Value = 48			

**Workout #2918 - Thursday, 26 February 2004**

**HS Girls - Sectional**

**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 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 100 on 2:00 Kick no board	EN1	
	{2 x 100 on 1:55 Kick no board	EN1	
	{3 x 100 on 1:50 Kick no board	EN1	
	{4 x 100 on 1:45 Kick no board	EN1	
	1x{5 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	
400	16 x 25 on :30 Free 12.5y tuck spin	EN1	
	8x{1 x 100 on 1:25 Individual Medley	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
500	5 x 100 on 1:45 Stroke Drills	REC	
8:23 PM 5,480 Yards - Stress Value = 53			

**Workout #2919 - Thursday, 26 February 2004**

**HS Boys - Senior State**

**1 minute rest between sets**

6:15 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 100 on 2:00 Kick no board	EN1	
	{2 x 100 on 1:55 Kick no board	EN1	
	{3 x 100 on 1:50 Kick no board	EN1	
	1x{3 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
400	16 x 25 on :30 Free 12.5y tuck spin	EN1	
	4x{1 x 100 on 1:30 Individual Medley	EN1	
	{4 x 100 on 1:45 Stroke Drills	EN1	
	{ 1st drill fly 2nd Ba		
	{ 3rd set br 4th free		
8:11 PM 4,380 Yards - Stress Value = 45			

**Workout #2922 - Friday, 27 February 2004**

**Group 3 - Eric Blue Man**

**1 minute rest between sets**

5:30 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 75 on 1:30 Kick	EN1	
	{3 x 75 on 1:25 Kick	EN2	
	{2 x 75 on 1:20 Kick	EN2	
	1x{1 x 200 on 3:00 Pulls	EN1	
	{1 x 200 on 2:50 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{ 2nd 100 of each		
	{ lungbuster 3-5-7-9		
300	1 x 300 on 5:00 Reverse IM drill	REC	
	1x{2 x 150 on 2:30 Mid 50 non free	EN1	
	{2 x 150 on 2:25 Mid 50 non free	EN1	
	{2 x 150 on 2:20 Mid 50 non free	EN1	
	{2 x 150 on 2:15 Mid 50 non free	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:11 PM 3,730 Yards - Stress Value = 34			

**Workout #2923 - Friday, 27 February 2004**

**HS Girls - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{	5 x 75 on 1:30 Kick	EN1	
	{ 4 x 75 on 1:25 Kick	EN2	
	{ 3 x 75 on 1:20 Kick	EN2	
1x{	2 x 200 on 2:50 Pulls	EN1	
	{ 1 x 200 on 2:40 Pulls	EN1	
	{ 1 x 200 on 2:30 Pulls	EN2	
	{ 2nd 100 of each		
	{ lungbuster 3-5-7-9		
400	1 x 400 on 7:00 Reverse IM drill	REC	
1x{	2 x 150 on 2:30 Mid 50 non free	EN1	
	{ 2 x 100 on 1:45 Individual Medley	EN1	
	{ 2 x 150 on 2:25 Mid 50 non free	EN1	
	{ 2 x 100 on 1:40 Individual Medley	EN1	
	{ 2 x 150 on 2:20 Mid 50 non free	EN1	
	{ 2 x 100 on 1:35 Individual Medley	EN1	
	{ 2 x 150 on 2:15 Mid 50 non free	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:31 PM 4,930 Yards - Stress Value = 49		

	{ 1 x 200 on 2:40 Pulls	EN2
	{ 2nd 100 of each	
	{ lungbuster 3-5-7-9	
400	1 x 400 on 7:00 Reverse IM drill	REC
1x{	2 x 150 on 2:30 Mid 50 non free	EN1
	{ 1 x 100 on 1:45 Individual Medley	EN1
	{ 2 x 150 on 2:25 Mid 50 non free	EN1
	{ 1 x 100 on 1:40 Individual Medley	EN1
	{ 2 x 150 on 2:20 Mid 50 non free	EN1
	{ 1 x 100 on 1:35 Individual Medley	EN1
	{ 2 x 150 on 2:15 Mid 50 non free	EN1
250	1 x 250 on 4:00 Stroke Drills	REC
	7:24 PM 4,480 Yards - Stress Value = 44	

**Workout #2929 - Monday, 01 March 2004**

**Group 3 - Eric Blue Man**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1x{	1 x 100 on 2:00 Kick	EN1	
	{ 1 x 100 on 1:55 Kick	EN1	
	{ 1 x 100 on 1:50 Kick	EN1	
	{ 1 x 100 on 1:45 Kick	EN1	
1x{	3 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{ 3 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{ 2 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	
1x{	1 x 300 on 4:15 Freestyle	EN1	
	{ 3 x 100 on 1:45 Stroke Drills	REC	
	{ 1 x 300 on 4:10 Freestyle	EN1	
	{ 3 x 100 on 1:45 Stroke Drills	REC	
	{ 1 x 300 on 4:05 Freestyle	EN1	
	{ 3 x 100 on 1:45 Stroke Drills	REC	
	6:33 PM 3,580 Yards - Stress Value = 27		

**Workout #2925 - Friday, 27 February 2004**

**HS Girls - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{	5 x 75 on 1:30 Kick	EN1	
	{ 4 x 75 on 1:25 Kick	EN2	
	{ 3 x 75 on 1:20 Kick	EN2	
1x{	2 x 200 on 2:50 Pulls	EN1	
	{ 1 x 200 on 2:40 Pulls	EN1	
	{ 1 x 200 on 2:30 Pulls	EN2	
	{ 2nd 100 of each		
	{ lungbuster 3-5-7-9		
400	1 x 400 on 7:00 Reverse IM drill	REC	
1x{	3 x 150 on 2:30 Mid 50 non free	EN1	
	{ 2 x 100 on 1:45 Individual Medley	EN1	
	{ 3 x 150 on 2:25 Mid 50 non free	EN1	
	{ 2 x 100 on 1:40 Individual Medley	EN1	
	{ 3 x 150 on 2:20 Mid 50 non free	EN1	
	{ 2 x 100 on 1:35 Individual Medley	EN1	
	{ 3 x 150 on 2:15 Mid 50 non free	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:41 PM 5,530 Yards - Stress Value = 53		

**Workout #2931 - Monday, 01 March 2004**

**Group 3 - Chris P.**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1x{	1 x 100 on 2:00 Kick	EN1	
	{ 1 x 100 on 1:55 Kick	EN1	
	{ 1 x 100 on 1:50 Kick	EN1	
	{ 1 x 100 on 1:45 Kick	EN1	
1x{	3 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{ 3 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{ 3 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
400	16 x 25 on :30 IM order-build	EN1	
1x{	1 x 400 on 5:30 Freestyle	EN1	
	{ 4 x 100 on 1:45 Stroke Drills	REC	
	{ 1 x 400 on 5:25 Freestyle	EN1	
	{ 4 x 100 on 1:45 Stroke Drills	REC	
	{ 1 x 400 on 5:20 Freestyle	EN1	
	{ 4 x 100 on 1:45 Stroke Drills	REC	
	6:47 PM 4,430 Yards - Stress Value = 33		

**Workout #2924 - Friday, 27 February 2004**

**HS Boys - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{	3 x 75 on 1:30 Kick	EN1	
	{ 4 x 75 on 1:25 Kick	EN2	
	{ 3 x 75 on 1:20 Kick	EN2	
1x{	2 x 200 on 2:50 Pulls	EN1	
	{ 1 x 200 on 2:45 Pulls	EN1	

**Workout #2932 - Monday, 01 March 2004**

**HS Girls - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{3 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	1x{4 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
400	16 x 25 on :30 IM order-build	EN1	
	1x{1 x 300 on 4:10 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	{1 x 300 on 4:05 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	{1 x 300 on 4:00 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	6:49 PM 4,580 Yards - Stress Value = 41		

**Workout #2930 - Monday, 01 March 2004**

**HS Girls - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{3 x 100 on 2:00 Kick	EN1	
	{3 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	1x{5 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{6 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
400	16 x 25 on :30 IM order-build	EN1	
	1x{1 x 300 on 4:00 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	{1 x 300 on 3:50 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	{1 x 300 on 3:40 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	6:56 PM 4,980 Yards - Stress Value = 44		

**Workout #2928 - Monday, 01 March 2004**

**HS Boys - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	1x{4 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	1x{1 x 300 on 4:00 Freestyle	EN1	
	{3 x 100 on 1:25 Freestyle	EN1	
	{1 x 300 on 3:55 Freestyle	EN1	
	{3 x 100 on 1:25 Freestyle	EN1	

	{1 x 300 on 3:50 Freestyle	EN1
250	1 x 250 on 4:00 Stroke Drills	REC
	6:39 PM 4,030 Yards - Stress Value = 37	

**Workout #2933 - Monday, 01 March 2004**

**HS Boys - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{3 x 100 on 2:00 Kick	EN1	
	{3 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	1x{5 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{6 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
400	16 x 25 on :30 IM order-build	EN1	
	1x{1 x 300 on 4:00 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	{1 x 300 on 3:50 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	{1 x 300 on 3:40 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	6:56 PM 4,980 Yards - Stress Value = 44		

**Workout #2926 - Monday, 01 March 2004**

**HS Boys - Age Group State**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{3 x 100 on 2:00 Kick	EN1	
	{3 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	1x{5 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{6 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
400	16 x 25 on :30 IM order-build	EN1	
	1x{1 x 300 on 4:30 Freestyle	EN1	
	{3 x 100 on 1:25 Freestyle	EN1	
	{1 x 300 on 4:25 Freestyle	EN1	
	{3 x 100 on 1:25 Freestyle	EN1	
	{1 x 300 on 4:20 Freestyle	EN1	
	{3 x 100 on 1:25 Freestyle	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	6:58 PM 4,980 Yards - Stress Value = 44		

**Workout #2927 - Monday, 01 March 2004**

**HS Boys - Divisionals**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	1x{4 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	1x{1 x 300 on 4:30 Freestyle	EN1	
	{3 x 100 on 1:25 Freestyle	EN1	
	{1 x 300 on 4:25 Freestyle	EN1	
	{3 x 100 on 1:25 Freestyle	EN1	
	{1 x 300 on 4:20 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	6:40 PM 4,030 Yards - Stress Value = 37		

**Workout #2940 - Tuesday, 02 March 2004**

**Group 3 - Eric Blue Man**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		I
425	1 x 425 on 7:00 Stroke Drills	REC	I
400	8 x 50 on 1:30 20 yds fast 30yds ez	SP3	F
	1x{1 x 250 on 5:00 Kick	EN1	F
	{1 x 250 on 3:45 Pulls	EN1	F
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	F
	1x{1 x 100 on 1:30 Freestyle	EN1	F
	{4 x 25 on :30 Breaststroke	EN1	F
	{2 x 100 on 1:25 Freestyle	EN1	F
	{3 x 25 on :25 Breaststroke	EN1	F
	{3 x 100 on 1:20 Freestyle	EN1	F
	{2 x 25 on :20 Breaststroke	EN2	F
	{3 x 50 on 1:00 Breaststroke	EN1	F
	{2 x 25 on :20 Freestyle	EN2	F
	{2 x 50 on :55 Breaststroke	EN1	F
	{3 x 25 on :25 Freestyle	EN1	F
	{1 x 50 on :50 Breaststroke	EN1	F
200	1 x 200 on 3:00 Stroke Drills	REC	I
	7:26 PM 3,075 Yards - Stress Value = 37		

**Workout #2934 - Tuesday, 02 March 2004**

**Group 3 - Chris P.**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
425	1 x 425 on 7:00 Stroke Drills	REC	
400	8 x 50 on 1:30 20 yds fast 30yds ez	SP3	
	1x{4 x 75 on 1:30 Kick	EN1	
	{3 x 75 on 1:25 Kick	EN1	
	{2 x 75 on 1:20 Kick	EN1	
	{1 x 75 on 1:15 Kick	EN1	
	4x{1 x 125 on 2:00 Pulls no br L.12 yds	EN1	
	{1 x 100 on 1:30 Lungbuster pulls	EN1	
	3x{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	{1 x 75 on 1:15 IM w/out the free	EN1	
	1x{1 x 200 on :00 Brkn @50's 10-20-30	SP2	
	{1 x 200 on 8:00 Freestyle	REC	
	{1 x 100 on :00 Brkn @25's 10 sec R	SP2	

	{1 x 100 on 5:00 Freestyle	REC
400	8 x 50 on 1:00 Stroke Drills	REC
	7:48 PM 3,925 Yards - Stress Value = 67	

**Workout #2938 - Tuesday, 02 March 2004**

**HS Girls - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
425	1 x 425 on 7:00 Stroke Drills	REC	
400	8 x 50 on 1:30 20 yds fast 30yds ez	SP3	
	1x{5 x 75 on 1:30 Kick	EN1	
	{4 x 75 on 1:25 Kick	EN1	
	{3 x 75 on 1:20 Kick	EN1	
	{2 x 75 on 1:15 Kick	EN1	
	4x{1 x 125 on 2:00 Pulls no br L.12 yds	EN1	
	{1 x 100 on 1:30 Lungbuster pulls	EN1	
	5x{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	{1 x 75 on 1:15 IM w/out the free	EN1	
	1x{1 x 200 on :00 Brkn @50's 10-20-30	SP2	
	{1 x 200 on 8:00 Freestyle	REC	
	{1 x 100 on :00 Brkn @25's 10 sec R	SP2	
	{1 x 100 on 5:00 Freestyle	REC	
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:58 PM 4,525 Yards - Stress Value = 74		

**Workout #2939 - Tuesday, 02 March 2004**

**HS Girls - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
425	1 x 425 on 7:00 Stroke Drills	REC	
400	8 x 50 on 1:30 20 yds fast 30yds ez	SP3	
	1x{5 x 75 on 1:30 Kick	EN1	
	{4 x 75 on 1:25 Kick	EN1	
	{3 x 75 on 1:20 Kick	EN1	
	{2 x 75 on 1:15 Kick	EN1	
	{8 x 25 on :40 Kick no board	EN1	
	6x{1 x 125 on 2:00 Pulls no br L.12 yds	EN1	
	{1 x 100 on 1:30 Lungbuster pulls	EN1	
	4x{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	{1 x 75 on 1:15 IM w/out the free	EN1	
	1x{1 x 200 on :00 Brkn @50's 10-20-30	SP2	
	{1 x 200 on 8:00 Freestyle	REC	
	{1 x 100 on :00 Brkn @25's 10 sec R	SP2	
	{1 x 100 on 5:00 Freestyle	REC	
400	8 x 50 on 1:00 Stroke Drills	REC	
	8:07 PM 5,025 Yards - Stress Value = 79		

**Workout #2937 - Tuesday, 02 March 2004**

**HS Boys - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
425	1 x 425 on 7:00 Stroke Drills	REC	
400	8 x 50 on 1:30 20 yds fast 30yds ez	SP3	
	1x{4 x 75 on 1:30 Kick	EN1	
	{3 x 75 on 1:25 Kick	EN1	
	{2 x 75 on 1:20 Kick	EN1	
	{1 x 75 on 1:15 Kick	EN1	
	3x{1 x 125 on 2:00 Pulls no br L.12 yds	EN1	
	{1 x 100 on 1:30 Lungbuster pulls	EN1	
	2x{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	{1 x 75 on 1:15 IM w/out the free	EN1	
	2x{1 x 200 on 3:00 Backstroke	EN1	
	{1 x 175 on 2:35 Backstroke	EN1	
	{1 x 150 on 2:10 Backstroke	EN1	
	{1 x 125 on 1:45 Backstroke	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:43 PM 4,050 Yards - Stress Value = 48		

**Workout #2941 - Tuesday, 02 March 2004**

**HS Boys - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
425	1 x 425 on 7:00 Stroke Drills	REC	
400	8 x 50 on 1:30 20 yds fast 30yds ez	SP3	
	1x{5 x 75 on 1:30 Kick	EN1	
	{4 x 75 on 1:25 Kick	EN1	
	{3 x 75 on 1:20 Kick	EN1	
	{2 x 75 on 1:15 Kick	EN1	
	4x{1 x 125 on 2:00 Pulls no br L.12 yds	EN1	
	{1 x 100 on 1:30 Lungbuster pulls	EN1	
	5x{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	{1 x 75 on 1:15 IM w/out the free	EN1	
	1x{1 x 200 on :00 Brkn @50's 10-20-30	SP2	
	{1 x 200 on 8:00 Freestyle	REC	
	{1 x 100 on :00 Brkn @25's 10 sec R	SP2	
	{1 x 100 on 5:00 Freestyle	REC	
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:58 PM 4,525 Yards - Stress Value = 74		

**Workout #2936 - Tuesday, 02 March 2004**

**HS Boys - Age Group State**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
425	1 x 425 on 7:00 Stroke Drills	REC	
400	8 x 50 on 1:30 20 yds fast 30yds ez	SP3	
	1x{5 x 75 on 1:30 Kick	EN1	
	{4 x 75 on 1:25 Kick	EN1	
	{3 x 75 on 1:20 Kick	EN1	
	{2 x 75 on 1:15 Kick	EN1	
	{8 x 25 on :40 Kick no board	EN1	
	6x{1 x 125 on 2:00 Pulls no br L.12 yds	EN1	
	{1 x 100 on 1:30 Lungbuster pulls	EN1	
	4x{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	{1 x 75 on 1:15 IM w/out the free	EN1	
	1x{1 x 200 on :00 Brkn @50's 10-20-30	SP2	
	{1 x 200 on 8:00 Freestyle	REC	
	{1 x 100 on :00 Brkn @25's 10 sec R	SP2	
	{1 x 100 on 5:00 Freestyle	REC	

400 8 x 50 on 1:00 Stroke Drills REC  
8:07 PM 5,025 Yards - Stress Value = 79

**Workout #2935 - Tuesday, 02 March 2004**

**HS Boys - Divisionals**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
425	1 x 425 on 7:00 Stroke Drills	REC	
400	8 x 50 on 1:30 20 yds fast 30yds ez	SP3	
	1x{4 x 75 on 1:30 Kick	EN1	
	{3 x 75 on 1:25 Kick	EN1	
	{2 x 75 on 1:20 Kick	EN1	
	{1 x 75 on 1:15 Kick	EN1	
	3x{1 x 125 on 2:00 Pulls no br L.12 yds	EN1	
	{1 x 100 on 1:30 Lungbuster pulls	EN1	
	2x{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	{1 x 75 on 1:15 IM w/out the free	EN1	
	1x{1 x 200 on :00 Brkn @50's 10-20-30	SP2	
	{1 x 200 on 8:00 Freestyle	REC	
	{1 x 100 on :00 Brkn @25's 10 sec R	SP2	
	{1 x 100 on 5:00 Freestyle	REC	
350	7 x 50 on 1:00 Stroke Drills	REC	
	7:41 PM 3,500 Yards - Stress Value = 65		

**Workout #2948 - Wednesday, 03 March 2004**

**Group 3 - Eric Blue Man**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 10:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{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	
	1x{1 x 125 on 1:55 Pulls	EN1	
	{1 x 125 on 1:50 Pulls	EN1	
	{1 x 125 on 1:45 Pulls	EN1	
	{1 x 125 on 1:40 Pulls	EN1	
500	5 x 100 on 1:40 Individual Medley	EN1	
	#1 & #5 drill-descnd		
	#2-#3-#4		
100	1 x 100 on :00 Brkn @25's 10 sec R	SP2	
	from a dive		
600	12 x 50 on 1:00 Stroke Drills 3 on E	REC	
	6:59 PM 2,980 Yards - Stress Value = 31		

**Workout #2949 - Wednesday, 03 March 2004**

**Group 3 - Chris P.**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STP
	1 on 25:00 Stomach and Stretch		L I	
600	1 x 600 on 10:00 Choice	REC	S C	
180	12 x 15 on :45 Shooters	SP3	S C	
3x	{1 x 100 on 1:55 Kick	EN1	K C	
	{1 x 75 on 1:25 Kick	EN1	K C	
	{1 x 50 on :55 Kick	EN1	K C	
	{1 x 25 on :25 Kick	EN1	K C	
1x	{1 x 125 on 1:55 Pulls	EN1	P	
	{1 x 125 on 1:50 Pulls	EN1	P	
	{2 x 125 on 1:45 Pulls	EN1	P	
	{2 x 125 on 1:40 Pulls	EN1	P	
300	3 x 100 on 1:40 Individual Medley	EN1	S	
2x	{3 x 100 on 1:40 Breaststroke	EN1	S	
	{3 x 75 on 1:15 Breaststroke	EN1	S	
	{3 x 50 on :50 Breaststroke	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	7:16 PM 4,130 Yards - Stress Value = 37			

**Workout #2947 - Wednesday, 03 March 2004**

**HS Girls - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STP
	1 on 25:00 Stomach and Stretch		L I	
600	1 x 600 on 10:00 Choice	REC	S C	
180	12 x 15 on :45 Shooters	SP3	S C	
3x	{1 x 100 on 1:55 Kick	EN1	K C	
	{1 x 75 on 1:25 Kick	EN1	K C	
	{1 x 50 on :55 Kick	EN1	K C	
	{1 x 25 on :25 Kick	EN1	K C	
1x	{1 x 125 on 1:55 Pulls	EN1	P	
	{1 x 125 on 1:50 Pulls	EN1	P	
	{2 x 125 on 1:45 Pulls	EN1	P	
	{2 x 125 on 1:40 Pulls	EN1	P	
300	3 x 100 on 1:40 Individual Medley	EN1	S	
2x	{3 x 100 on 1:40 Breaststroke	EN1	S	
	{3 x 75 on 1:15 Breaststroke	EN1	S	
	{3 x 50 on :50 Breaststroke	EN1	S	
	{3 x 25 on :25 Breaststroke	EN1	S	
	{1 x 100 on 1:30 Freestyle	REC	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	7:22 PM 4,530 Yards - Stress Value = 39			

**Workout #2946 - Wednesday, 03 March 2004**

**HS Girls - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STP
	1 on 25:00 Stomach and Stretch		L DRY	
600	1 x 600 on 10:00 Choice	REC	S CHC	
180	12 x 15 on :45 Shooters	SP3	S CHC	
3x	{1 x 100 on 1:55 Kick	EN1	K CHC	
	{1 x 75 on 1:25 Kick	EN1	K CHC	
	{1 x 50 on :55 Kick	EN1	K CHC	
	{1 x 25 on :25 Kick	EN1	K CHC	
1x	{2 x 125 on 1:55 Pulls	EN1	P FF	
	{2 x 125 on 1:50 Pulls	EN1	P FF	
	{2 x 125 on 1:45 Pulls	EN1	P FF	
	{2 x 125 on 1:40 Pulls	EN1	P FF	
2x	{4 x 100 on 1:40 IM drill	EN1	D IM	
	{4 x 75 on 1:15 Free drill	EN1	D FF	
	{4 x 50 on :50 Back drill	EN1	S BF	

	{4 x 25 on :25 Butterfly drill	EN1	D FLY
	{1 x 100 on 1:30 Freestyle-build	EN1	S FF
250	1 x 250 on 4:00 Stroke Drills	REC	D CI
	7:29 PM 4,980 Yards - Stress Value = 45		

**Workout #2944 - Wednesday, 03 March 2004**

**HS Boys - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STP
	1 on 25:00 Stomach and Stretch		L I	
600	1 x 600 on 10:00 Choice	REC	S C	
180	12 x 15 on :45 Shooters	SP3	S C	
3x	{1 x 100 on 1:55 Kick	EN1	K C	
	{1 x 75 on 1:25 Kick	EN1	K C	
	{1 x 50 on :55 Kick	EN1	K C	
	{1 x 25 on :25 Kick	EN1	K C	
1x	{1 x 125 on 1:55 Pulls	EN1	P	
	{1 x 125 on 1:50 Pulls	EN1	P	
	{2 x 125 on 1:45 Pulls	EN1	P	
	{2 x 125 on 1:40 Pulls	EN1	P	
300	3 x 100 on 1:40 Individual Medley	EN1	S	
2x	{3 x 100 on 1:40 Breaststroke	EN1	S	
	{3 x 75 on 1:15 Breaststroke	EN1	S	
	{3 x 50 on :50 Breaststroke	EN1	S	
	{3 x 25 on :25 Breaststroke	EN1	S	
	{1 x 100 on 1:30 Freestyle	REC	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	7:22 PM 4,530 Yards - Stress Value = 39			

**Workout #2945 - Wednesday, 03 March 2004**

**HS Boys - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STP
	1 on 25:00 Stomach and Stretch		L I	
600	1 x 600 on 10:00 Choice	REC	S C	
180	12 x 15 on :45 Shooters	SP3	S C	
3x	{1 x 100 on 1:55 Kick	EN1	K C	
	{1 x 75 on 1:25 Kick	EN1	K C	
	{1 x 50 on :55 Kick	EN1	K C	
	{1 x 25 on :25 Kick	EN1	K C	
1x	{1 x 125 on 1:55 Pulls	EN1	P	
	{1 x 125 on 1:50 Pulls	EN1	P	
	{2 x 125 on 1:45 Pulls	EN1	P	
	{2 x 125 on 1:40 Pulls	EN1	P	
300	3 x 100 on 1:40 Individual Medley	EN1	S	
2x	{3 x 100 on 1:40 Breaststroke	EN1	S	
	{3 x 75 on 1:15 Breaststroke	EN1	S	
	{3 x 50 on :50 Breaststroke	EN1	S	
	{3 x 25 on :25 Breaststroke	EN1	S	
	{1 x 100 on 1:30 Freestyle	REC	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	7:22 PM 4,530 Yards - Stress Value = 39			

**Workout #2943 - Wednesday, 03 March 2004**

**HS Boys - Age Group State**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STP
5:30 PM Start				
600	1 on 25:00 Stomach and Stretch		L	DRY
180	1 x 600 on 10:00 Choice	REC	S	CHC
	12 x 15 on :45 Shooters	SP3	S	CHC
	3x{1 x 100 on 1:55 Kick	EN1	K	CHC
	{1 x 75 on 1:25 Kick	EN1	K	CHC
	{1 x 50 on :55 Kick	EN1	K	CHC
	{1 x 25 on :25 Kick	EN1	K	CHC
	1x{2 x 125 on 1:55 Pulls	EN1	P	FF
	{2 x 125 on 1:50 Pulls	EN1	P	FF
	{2 x 125 on 1:45 Pulls	EN1	P	FF
	{2 x 125 on 1:40 Pulls	EN1	P	FF
	2x{4 x 100 on 1:40 IM drill	EN1	D	IM
	{4 x 75 on 1:15 Free drill	EN1	D	FF
	{4 x 50 on :50 Back drill	EN1	S	BF
	{4 x 25 on :25 Butterfly drill	EN1	D	FLY
250	{1 x 100 on 1:30 Freestyle-build	EN1	S	FF
	1 x 250 on 4:00 Stroke Drills	REC	D	CI
7:29 PM 4,980 Yards - Stress Value = 45				

**Workout #2942 - Wednesday, 03 March 2004**

**HS Boys - Divisionals**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STP
5:30 PM Start				
600	1 on 25:00 Stomach and Stretch		L	DRY
180	1 x 600 on 10:00 Choice	REC	S	CHC
	12 x 15 on :45 Shooters	SP3	S	CHC
	2x{1 x 100 on 2:00 Kick	EN1	K	CHC
	{1 x 75 on 1:30 Kick	EN1	K	CHC
	{1 x 50 on 1:00 Kick	EN1	K	CHC
	{1 x 25 on :30 Kick	EN1	K	CHC
	1x{1 x 125 on 1:55 Pulls	EN1	P	FF
	{1 x 125 on 1:50 Pulls	EN1	P	FF
	{1 x 125 on 1:45 Pulls	EN1	P	FF
	{1 x 125 on 1:40 Pulls	EN1	P	FF
300	3 x 100 on 1:30 Freestyle-build	EN1	S	FF
	1x{4 x 100 on 1:40 IM drill	EN1	D	IM
	{4 x 75 on 1:15 Fly drill	EN1	D	FLY
	{4 x 50 on :50 Breast drill	EN1	D	BF
	{4 x 25 on :25 Back drill	EN1	D	BF
	{1 x 100 on 1:30 Freestyle-build	EN1	S	FF
400	1 x 400 on 6:00 Freestyle-ez	REC	S	CI
7:08 PM 3,580 Yards - Stress Value = 30				

**Workout #2951 - Thursday, 04 March 2004**

**Group 3 - Eric Blue Man**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STP
6:00 PM Start				
600	1 on 25:00 Stomach and Stretch			I
180	1 x 600 on 10:00 Choice	REC		
500	12 x 15 on :45 Shooters	SP3		
600	5 x 100 on 2:00 Kick odds w/out brd	EN1	F	
	8 x 75 on 1:05 Pulls evns nbbf&w	EN1	F	
	1x{4 x 50 on 1:00 Breaststroke	EN1		
	{4 x 50 on :50 Freestyle	EN1		
	{3 x 50 on 1:00 Breaststroke	EN1		
	{3 x 50 on :50 Freestyle	EN1		
	{2 x 50 on 1:00 Breaststroke	EN1		
	{2 x 50 on :50 Freestyle	EN1		
	{1 x 50 on 1:00 Breaststroke	EN1		
	{1 x 50 on :50 Freestyle	EN1		

200	1 x 200 on 3:00 Stroke Drills	REC	I
7:30 PM 3,080 Yards - Stress Value = 28			

**Workout #2955 - Thursday, 04 March 2004**

**Group 3 - Chris P.**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
6:00 PM Start			
600	1 on 25:00 Stomach and Stretch		
180	1 x 600 on 10:00 Choice	REC	
700	12 x 15 on :45 Shooters	SP3	
	7 x 100 on 2:00 Kick odds w/out brd	EN1	
	evens fast w/board		
600	8 x 75 on 1:00 Pulls evns nbbf&w	EN1	
300	6 x 50 on :45 Descend in sets of 3	EN1	
	3x{1 x 125 on 2:00 100 free 25 fly	EN1	
	{1 x 125 on 1:55 75 free 50 fly 2-8-2	EN1	
	{1 x 125 on 1:50 50 free 75 fly 2-7-2	EN1	
	{1 x 125 on 1:45 25 fr 100 fly 2-6-2	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:44 PM 4,080 Yards - Stress Value = 39			

**Workout #2956 - Thursday, 04 March 2004**

**HS Girls - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
6:00 PM Start			
600	1 on 25:00 Stomach and Stretch		
180	1 x 600 on 10:00 Choice	REC	
700	12 x 15 on :45 Shooters	SP3	
	7 x 100 on 2:00 Kick odds w/out brd	EN1	
	evens fast w/board		
600	8 x 75 on 1:00 Pulls evns nbbf&w	EN1	
300	6 x 50 on :45 Descend in sets of 3	EN1	
	3x{1 x 125 on 2:00 100 free 25 fly	EN1	
	{1 x 125 on 1:55 75 free 50 fly 2-8-2	EN1	
	{1 x 125 on 1:50 50 free 75 fly 2-7-2	EN1	
	{1 x 125 on 1:45 25 fr 100 fly 2-6-2	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:44 PM 4,080 Yards - Stress Value = 39			

**Workout #2954 - Thursday, 04 March 2004**

**HS Girls - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
6:00 PM Start			
600	1 on 25:00 Stomach and Stretch		
180	1 x 600 on 10:00 Choice	REC	
700	12 x 15 on :45 Shooters	SP3	
	7 x 100 on 2:00 Kick odds w/out brd	EN1	
	evens fast w/board		
600	8 x 75 on 1:00 Pulls evns nbbf&w	EN1	
300	6 x 50 on :45 Descend in sets of 3	EN1	
	4x{1 x 125 on 2:00 100 free 25 fly	EN1	
	{1 x 125 on 1:55 75 free 50 fly 2-8-2	EN1	
	{1 x 125 on 1:50 50 free 75 fly 2-7-2	EN1	
	{1 x 125 on 1:45 25 fr 100 fly 2-6-2	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:51 PM 4,580 Yards - Stress Value = 43			

**Workout #2952 - Thursday, 04 March 2004**

**HS Boys - Sectional**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 10:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
700	7 x 100 on 2:00 Kick odds w/out brd evens fast w/board	EN1	
600	8 x 75 on 1:00 Pulls evns nbbf&w	EN1	
300	6 x 50 on :45 Descend in sets of 3	EN1	
4x{	1 x 125 on 2:00 100 free 25 fly	EN1	
	{ 1 x 125 on 1:55 75 free 50 fly 2-8-2	EN1	
	{ 1 x 125 on 1:50 50 free 75 fly 2-7-2	EN1	
	{ 1 x 125 on 1:45 25 fr 100 fly 2-6-2	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:51 PM 4,580 Yards - Stress Value = 43		

**Workout #2950 - Thursday, 04 March 2004**

**HS Boys - Senior State**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 10:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
700	7 x 100 on 2:00 Kick odds w/out brd evens fast w/board	EN1	
600	8 x 75 on 1:00 Pulls evns nbbf&w	EN1	
300	6 x 50 on :45 Descend in sets of 3	EN1	
4x{	1 x 125 on 2:00 100 free 25 fly	EN1	
	{ 1 x 125 on 1:55 75 free 50 fly 2-8-2	EN1	
	{ 1 x 125 on 1:50 50 free 75 fly 2-7-2	EN1	
	{ 1 x 125 on 1:45 25 fr 100 fly 2-6-2	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:51 PM 4,580 Yards - Stress Value = 43		

**Workout #2953 - Thursday, 04 March 2004**

**HS Boys - Age Group State**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 10:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
700	7 x 100 on 2:00 Kick odds w/out brd evens fast w/board	EN1	
600	8 x 75 on 1:00 Pulls evns nbbf&w	EN1	
300	6 x 50 on :45 Descend in sets of 3	EN1	
4x{	1 x 125 on 2:00 100 free 25 fly	EN1	
	{ 1 x 125 on 1:55 75 free 50 fly 2-8-2	EN1	
	{ 1 x 125 on 1:50 50 free 75 fly 2-7-2	EN1	
	{ 1 x 125 on 1:45 25 fr 100 fly 2-6-2	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:51 PM 4,580 Yards - Stress Value = 43		

**Workout #2957 - Thursday, 04 March 2004**

**HS Boys - Divisionals**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 25:00 Stomach and Stretch		I
600	1 x 600 on 10:00 Choice	REC	S

180	12 x 15 on :45 Shooters	SP3	S
500	5 x 100 on 2:00 Kick odds w/out brd	EN1	K
600	8 x 75 on 1:05 Pulls evns nbbf&w	EN1	F
1x{	4 x 50 on 1:00 Breaststroke	EN1	S
	{ 4 x 50 on :50 Freestyle	EN1	S
	{ 3 x 50 on 1:00 Breaststroke	EN1	S
	{ 3 x 50 on :50 Freestyle	EN1	S
	{ 2 x 50 on 1:00 Breaststroke	EN1	S
	{ 2 x 50 on :50 Freestyle	EN1	S
	{ 1 x 50 on 1:00 Breaststroke	EN1	S
	{ 1 x 50 on :50 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	7:30 PM 3,080 Yards - Stress Value = 28		

**Workout #2963 - Friday, 05 March 2004**

**Group 3 - Eric Blue Man**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 20:00 Stretch		
600	1 x 600 on 10:00 Alt 100 free drill	REC	
	50 breast drill		
300	12 x 25 on :40 12.5 ez 12.5 fast	SP3	
	1-6 brst 7-12 free		
1x{	1 x 100 on 2:00 Kick no board	EN1	
	{ 1 x 100 on 1:55 Kick no board	EN1	
	{ 1 x 100 on 1:50 Kick no board	EN1	
	{ 1 x 100 on 1:45 Kick no board	EN1	
	{ 1 x 100 on 1:40 Kick no board	EN1	
500	5 x 100 on 1:30 Pulls-nbbf&w + 2 yds no paddles	EN1	
1x{	3 x 100 on 1:45 25fl-25ba-50brst	EN1	
	{ 3 x 100 on 1:25 Freestyle-build	EN1	
100	4 x 25 on :00 OTB-walkbacks 15-20 yards 95%, ez 5-10yd	EN1	
400	4 x 100 on 2:00 Stroke Drills	REC	
	6:50 PM 3,000 Yards - Stress Value = 29		

**Workout #2962 - Friday, 05 March 2004**

**Group 3 - Chris P.**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast concentrate on finish	SP3	
3x{	1 x 150 on 2:45 Kick	EN1	
	{ 1 x 100 on 1:50 Kick	EN1	
	{ 1 x 50 on :55 Kick	EN1	
750	1 x 750 on 10:30 Pulls	EN1	
200	1 x 200 on 4:00 Reverse IM drill	REC	
1x{	1 x 100 on :00 Broken @50 10 sec R	SP2	
	{ 1 x 100 on 8:00 Freestyle	REC	
	{ 1 x 100 on :00 Broken @each25 15s R	SP2	
500	5 x 100 on 2:00 Stroke Drills	REC	
	7:07 PM 3,550 Yards - Stress Value = 49		



**Workout #2961 - Friday, 05 March 2004**

**HS Girls - Senior State**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
800	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	concentrate on finsh		
3x{1	1 x 150 on 2:45 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 50 on :55 Kick	EN1	
900	1 x 900 on 13:00 Pulls	EN1	
300	1 x 300 on 5:00 Reverse IM drill	REC	
1x{1	1 x 100 on :00 Broken @50 10 sec R	SP2	
	{1 x 100 on 8:00 Freestyle	REC	
	{1 x 100 on :00 Broken @each25 15s R	SP2	
500	5 x 100 on 2:00 Stroke Drills	REC	
	7:10 PM 4,000 Yards - Stress Value = 50		

**Workout #2960 - Friday, 05 March 2004**

**HS Girls - Sectional**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
800	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	concentrate on finsh		
4x{1	1 x 150 on 2:45 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 50 on :55 Kick	EN1	
1,000	1 x 1000 on 14:00 Pulls	EN1	
400	1 x 400 on 7:00 Reverse IM drill	REC	
1x{1	1 x 100 on :00 Broken @50 10 sec R	SP2	
	{1 x 100 on 8:00 Freestyle	REC	
	{1 x 100 on :00 Broken @each25 15s R	SP2	
500	5 x 100 on 2:00 Stroke Drills	REC	
	7:18 PM 4,500 Yards - Stress Value = 54		

**Workout #2959 - Friday, 05 March 2004**

**HS Boys - Senior State**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
800	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	concentrate on finsh		
3x{1	1 x 150 on 2:45 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 50 on :55 Kick	EN1	
900	1 x 900 on 13:00 Pulls	EN1	
300	1 x 300 on 5:00 Reverse IM drill	REC	
1x{1	1 x 100 on :00 Broken @50 10 sec R	SP2	
	{1 x 100 on 8:00 Freestyle	REC	
	{1 x 100 on :00 Broken @each25 15s R	SP2	
500	5 x 100 on 2:00 Stroke Drills	REC	
	7:10 PM 4,000 Yards - Stress Value = 50		

**Workout #2958 - Friday, 05 March 2004**

**HS Boys - Sectional**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF

=====  
=====

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	concentrate on finsh		
4x{1	1 x 150 on 2:45 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 50 on :55 Kick	EN1	
1,000	1 x 1000 on 14:00 Pulls	EN1	
400	1 x 400 on 7:00 Reverse IM drill	REC	
1x{1	1 x 100 on :00 Broken @50 10 sec R	SP2	
	{1 x 100 on 8:00 Freestyle	REC	
	{1 x 100 on :00 Broken @each25 15s R	SP2	
500	5 x 100 on 2:00 Stroke Drills	REC	
	7:18 PM 4,500 Yards - Stress Value = 54		

**Workout #2969 - Saturday, 06 March 2004**

**Group 3 - Chris P.**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WORK	SI
	1 on 25:00 Stomach and Stretch			L I
	50 of everything			
600	1 x 600 on 9:00 Choice	REC	S	C
300	12 x 25 on :40 Berzerks	SP3	S	C
1x{4	1 x 50 on 1:00 Kick	EN1	K	C
	{3 x 50 on :55 Kick	EN1	K	C
	{2 x 50 on :50 Kick	EN1	K	C
1x{1	1 x 200 on 3:00 Pulls	EN1	P	
	{1 x 200 on 2:50 Pulls	EN1	P	
	{1 x 200 on 2:40 Pulls	EN1	P	
300	3 x 100 on 1:45 Individual Medley	EN1	S	
1x{1	1 x 150 on 2:15 Freestyle	EN1	S	
	{4 x 25 on :30 Butterfly-drill	EN1	D	F
	{1 x 150 on 2:15 Freestyle	EN1	S	
	{4 x 25 on :30 Backstroke-drill	EN1	D	
	{1 x 150 on 2:15 Freestyle	EN1	S	
	{4 x 25 on :30 Breaststroke-drill	EN1	D	
	{1 x 150 on 2:15 Freestyle	EN1	S	
	{4 x 25 on :30 Freestyle-drill	EN1	D	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	9:03 AM 3,500 Yards - Stress Value = 38			

**Workout #2964 - Saturday, 06 March 2004**

**HS Girls - Senior State**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WORK	SI
	1 on 25:00 Stomach and Stretch			L DF
	50 of everything			
600	1 x 600 on 9:00 Choice	REC	S	CF
300	12 x 25 on :40 Berzerks	SP3	S	CF
1x{4	1 x 50 on 1:00 Kick	EN1	K	CF
	{3 x 50 on :55 Kick	EN1	K	CF
	{2 x 50 on :50 Kick	EN1	K	CF
1x{1	1 x 200 on 3:00 Pulls	EN1	P	F
	{1 x 200 on 2:50 Pulls	EN1	P	F
2x{1	1 x 150 on 2:15 Freestyle	EN1	S	F
	{4 x 25 on :30 Butterfly-drill	EN1	D	FI
	{1 x 150 on 2:15 Freestyle	EN1	S	F
	{4 x 25 on :30 Backstroke-drill	EN1	D	E
	{1 x 150 on 2:15 Freestyle	EN1	S	F
	{4 x 25 on :30 Breaststroke-drill	EN1	D	E
	{1 x 150 on 2:15 Freestyle	EN1	S	F
	{4 x 25 on :30 Freestyle-drill	EN1	D	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	9:10 AM 4,000 Yards - Stress Value = 41			

**Workout #2965 - Saturday, 06 March 2004**

**HS Girls - Sectional**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 25:00 Stomach and Stretch 50 of everything			L I
600	1 x 600 on 9:00 Choice	REC	S	C
300	12 x 25 on :40 Berzerks	SP3	S	C
	1x{4 x 50 on 1:00 Kick	EN1	K	C
	{3 x 50 on :55 Kick	EN1	K	C
	{2 x 50 on :50 Kick	EN1	K	C
	1x{1 x 200 on 3:00 Pulls	EN1	P	
	{1 x 200 on 2:50 Pulls	EN1	P	
	{1 x 200 on 2:40 Pulls	EN1	P	
300	3 x 100 on 1:45 Individual Medley	EN1	S	
	2x{1 x 150 on 2:15 Freestyle	EN1	S	
	{4 x 25 on :30 Butterfly-drill	EN1	D	F
	{1 x 150 on 2:15 Freestyle	EN1	S	
	{4 x 25 on :30 Backstroke-drill	EN1	D	
	{1 x 150 on 2:15 Freestyle	EN1	S	
	{4 x 25 on :30 Breaststroke-drill	EN1	D	
	{1 x 150 on 2:15 Freestyle	EN1	S	
	{4 x 25 on :30 Freestyle-drill	EN1	D	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	9:20 AM 4,500 Yards - Stress Value = 46			

**Workout #2968 - Saturday, 06 March 2004**

**HS Boys - Sectional**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 25:00 Stomach and Stretch 50 of everything			L I
600	1 x 600 on 9:00 Choice	REC	S	C
250	10 x 25 on :30 Berzerks	SP3	S	C
	1x{4 x 50 on 1:00 Kick	EN1	K	C
	{3 x 50 on :55 Kick	EN1	K	C
	{2 x 50 on :50 Kick	EN1	K	C
	{1 x 50 on :45 Kick	EN2	K	C
	1x{1 x 200 on 2:40 Pulls	EN1	P	
	{2 x 200 on 2:30 Pulls	EN1	P	
300	3 x 100 on 1:30 Individual Medley	EN1	S	
	1x{3 x 150 on 2:15 Freestyle-descend	EN1	S	
	{3 x 150 on 2:05 Freestyle-descend	EN1	S	
	{3 x 150 on 1:55 Freestyle-descend	EN2	S	
	{3 x 150 on 1:45 Freestyle-descend	EN2	S	
	{3 x 150 on 1:35 Freestyle	EN2	S	
500	1 x 500 on 8:00 Stroke Drills	REC	D	
	9:15 AM 5,000 Yards - Stress Value = 60			

**Workout #2966 - Saturday, 06 March 2004**

**HS Boys - Senior State**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 25:00 Stomach and Stretch 50 of everything			L DF
600	1 x 600 on 9:00 Choice	REC	S	CF
300	12 x 25 on :40 Berzerks	SP3	S	CF
	1x{4 x 50 on 1:00 Kick	EN1	K	CF
	{3 x 50 on :55 Kick	EN1	K	CF
	{2 x 50 on :50 Kick	EN1	K	CF
	1x{1 x 200 on 3:00 Pulls	EN1	P	F
	{1 x 200 on 2:50 Pulls	EN1	P	F
	2x{1 x 150 on 2:15 Freestyle	EN1	S	F
	{4 x 25 on :30 Butterfly-drill	EN1	D	FI

	{1 x 150 on 2:15 Freestyle	EN1	S	F
	{4 x 25 on :30 Backstroke-drill	EN1	D	F
	{1 x 150 on 2:15 Freestyle	EN1	S	F
	{4 x 25 on :30 Breaststroke-drill	EN1	D	F
	{1 x 150 on 2:15 Freestyle	EN1	S	F
	{4 x 25 on :30 Freestyle-drill	EN1	D	F
	1 x 250 on 4:00 Stroke Drills	REC	D	C
	9:10 AM 4,000 Yards - Stress Value = 41			

**Workout #2967 - Saturday, 06 March 2004**

**HS Boys - Age Group State**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 25:00 Stomach and Stretch 50 of everything			L I
600	1 x 600 on 9:00 Choice	REC	S	C
300	12 x 25 on :40 Berzerks	SP3	S	C
	1x{4 x 50 on 1:00 Kick	EN1	K	C
	{3 x 50 on :55 Kick	EN1	K	C
	{2 x 50 on :50 Kick	EN1	K	C
	1x{1 x 200 on 3:00 Pulls	EN1	P	
	{1 x 200 on 2:50 Pulls	EN1	P	
	{1 x 200 on 2:40 Pulls	EN1	P	
300	3 x 100 on 1:45 Individual Medley	EN1	S	
	2x{1 x 150 on 2:15 Freestyle	EN1	S	
	{4 x 25 on :30 Butterfly-drill	EN1	D	F
	{1 x 150 on 2:15 Freestyle	EN1	S	
	{4 x 25 on :30 Backstroke-drill	EN1	D	
	{1 x 150 on 2:15 Freestyle	EN1	S	
	{4 x 25 on :30 Breaststroke-drill	EN1	D	
	{1 x 150 on 2:15 Freestyle	EN1	S	
	{4 x 25 on :30 Freestyle-drill	EN1	D	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	9:20 AM 4,500 Yards - Stress Value = 46			

**Workout #2970 - Monday, 08 March 2004**

**Group 3 - Chris P.**

**1 minute rest between sets**

6:15 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 Stomach and Stretch			L DRY
500	1 x 500 on 8:00 Choice	REC	S	CHO
180	12 x 15 on :45 Shooters	SP3	S	CHO
	1x{3 x 50 on 1:00 Kick	EN1	K	CHO
	{2 x 75 on 1:25 Kick	EN1	K	CHO
	{1 x 100 on 1:50 Kick	EN1	K	CHO
	1x{1 x 150 on 2:00 Pulls	EN1	P	FR
	{2 x 75 on 1:00 Pulls	EN1	P	FR
	{3 x 50 on :40 Pulls	EN1	P	FR
300	12 x 25 on :30 IM order-build	EN1	S	IM
	1x{1 x 300 on 4:00 Freestyle	EN1	S	FR
	{1 x 275 on 3:40 Freestyle	EN1	S	FR
	{1 x 250 on 3:20 Freestyle	EN1	S	FR
	{1 x 225 on 3:00 Freestyle	EN1	S	FR
	{1 x 200 on 2:40 Freestyle	EN1	S	FR
	{1 x 175 on 2:20 Freestyle	EN1	S	FR
	{1 x 150 on 2:00 Freestyle	EN1	S	FR
175	1 x 175 on 3:00 Stroke Drills	REC	D	CD
	7:47 PM 3,580 Yards - Stress Value = 37			

**Workout #2974 - Monday, 08 March 2004**

**HS Girls - Sectional**

**1 minute rest between sets**

6:15 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 Stomach and Stretch			L DRY
500	1 x 500 on 8:00 Choice	REC		S CHO
180	12 x 15 on :45 Shooters	SP3		S CHO
	2x{3 x 50 on 1:00 Kick	EN1		K CHO
	{2 x 75 on 1:25 Kick	EN1		K CHO
	{1 x 100 on 1:50 Kick	EN1		K CHO
	1x{1 x 150 on 2:00 Pulls	EN1		P FR
	{2 x 75 on 1:00 Pulls	EN1		P FR
	{3 x 50 on :40 Pulls	EN1		P FR
300	12 x 25 on :30 IM order-build	EN1		S IM
	1x{1 x 300 on 4:00 Freestyle	EN1		S FR
	{1 x 275 on 3:40 Freestyle	EN1		S FR
	{1 x 250 on 3:20 Freestyle	EN1		S FR
	{1 x 225 on 3:00 Freestyle	EN1		S FR
	{1 x 200 on 2:40 Freestyle	EN1		S FR
	{1 x 175 on 2:20 Freestyle	EN1		S FR
	{1 x 150 on 2:00 Freestyle	EN1		S FR
225	1 x 225 on 4:00 Stroke Drills	REC		D CD

7:56 PM 4,030 Yards - Stress Value = 40

**Workout #2973 - Monday, 08 March 2004**

**HS Girls - Senior State**

**1 minute rest between sets**

6:15 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 Stomach and Stretch			L DRY
500	1 x 500 on 8:00 Choice	REC		S CHO
180	12 x 15 on :45 Shooters	SP3		S CHO
	1x{3 x 50 on 1:00 Kick	EN1		K CHO
	{2 x 75 on 1:25 Kick	EN1		K CHO
	{1 x 100 on 1:50 Kick	EN1		K CHO
	1x{1 x 150 on 2:00 Pulls	EN1		P FR
	{2 x 75 on 1:00 Pulls	EN1		P FR
	{3 x 50 on :40 Pulls	EN1		P FR
300	12 x 25 on :30 IM order-build	EN1		S IM
	1x{1 x 300 on 4:00 Freestyle	EN1		S FR
	{1 x 275 on 3:40 Freestyle	EN1		S FR
	{1 x 250 on 3:20 Freestyle	EN1		S FR
	{1 x 225 on 3:00 Freestyle	EN1		S FR
	{1 x 200 on 2:40 Freestyle	EN1		S FR
	{1 x 175 on 2:20 Freestyle	EN1		S FR
	{1 x 150 on 2:00 Freestyle	EN1		S FR
175	1 x 175 on 3:00 Stroke Drills	REC		D CD

7:47 PM 3,580 Yards - Stress Value = 37

**Workout #2971 - Monday, 08 March 2004**

**HS Boys - Sectional**

**1 minute rest between sets**

6:15 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 25:00 Stomach and Stretch			L DF
500	1 x 500 on 8:00 Choice	REC		S CF
180	12 x 15 on :45 Shooters	SP3		S CF
	2x{3 x 50 on 1:00 Kick	EN1		K CF
	{2 x 75 on 1:25 Kick	EN1		K CF
	{1 x 100 on 1:50 Kick	EN1		K CF
	2x{1 x 150 on 2:00 Pulls	EN1		P F
	{2 x 75 on 1:00 Pulls	EN1		P F
	{3 x 50 on :40 Pulls	EN1		P F
450	6 x 75 on 1:10 IM w/out the free	EN1		S I
	1x{1 x 300 on 4:00 Freestyle	EN1		S F
	{1 x 275 on 3:40 Freestyle	EN1		S F

	{1 x 250 on 3:20 Freestyle	EN1		S F
	{1 x 225 on 3:00 Freestyle	EN1		S F
	{1 x 200 on 2:40 Freestyle	EN1		S F
	{1 x 175 on 2:20 Freestyle	EN1		S F
	{1 x 150 on 2:00 Freestyle	EN1		S F
	{1 x 125 on 1:40 Freestyle	EN1		S F
	{1 x 100 on 1:20 Freestyle	EN1		S F
400	1 x 400 on 6:00 Stroke Drills	REC		D C

8:08 PM 5,030 Yards - Stress Value = 46

**Workout #2972 - Monday, 08 March 2004**

**HS Boys - Senior State**

**1 minute rest between sets**

6:15 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 Stomach and Stretch			L DRY
500	1 x 500 on 8:00 Choice	REC		S CHO
180	12 x 15 on :45 Shooters	SP3		S CHO
	1x{3 x 50 on 1:00 Kick	EN1		K CHO
	{2 x 75 on 1:25 Kick	EN1		K CHO
	{1 x 100 on 1:50 Kick	EN1		K CHO
	1x{1 x 150 on 2:00 Pulls	EN1		P FR
	{2 x 75 on 1:00 Pulls	EN1		P FR
	{3 x 50 on :40 Pulls	EN1		P FR
300	12 x 25 on :30 IM order-build	EN1		S IM
	1x{1 x 300 on 4:00 Freestyle	EN1		S FR
	{1 x 275 on 3:40 Freestyle	EN1		S FR
	{1 x 250 on 3:20 Freestyle	EN1		S FR
	{1 x 225 on 3:00 Freestyle	EN1		S FR
	{1 x 200 on 2:40 Freestyle	EN1		S FR
	{1 x 175 on 2:20 Freestyle	EN1		S FR
	{1 x 150 on 2:00 Freestyle	EN1		S FR
175	1 x 175 on 3:00 Stroke Drills	REC		D CD

7:47 PM 3,580 Yards - Stress Value = 37

**Workout #2975 - Monday, 08 March 2004**

**HS Boys - Age Group State**

**1 minute rest between sets**

6:15 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 Stomach and Stretch			L DRY
500	1 x 500 on 8:00 Choice	REC		S CHO
180	12 x 15 on :45 Shooters	SP3		S CHO
	2x{3 x 50 on 1:00 Kick	EN1		K CHO
	{2 x 75 on 1:25 Kick	EN1		K CHO
	{1 x 100 on 1:50 Kick	EN1		K CHO
	1x{1 x 150 on 2:15 Pulls	EN1		P FR
	{2 x 75 on 1:05 Pulls	EN1		P FR
	{3 x 50 on :45 Pulls	EN1		P FR
300	12 x 25 on :30 IM order-build	EN1		S IM
	1x{1 x 300 on 4:15 Freestyle	EN1		S FR
	{1 x 275 on 3:50 Freestyle	EN1		S FR
	{1 x 250 on 3:30 Freestyle	EN1		S FR
	{1 x 225 on 3:10 Freestyle	EN1		S FR
	{1 x 200 on 2:50 Freestyle	EN1		S FR
	{1 x 175 on 2:30 Freestyle	EN1		S FR
	{1 x 150 on 2:05 Freestyle	EN1		S FR
225	1 x 225 on 4:00 Stroke Drills	REC		D CD

7:59 PM 4,030 Yards - Stress Value = 40

**Workout #2976 - Tuesday, 09 March 2004**

**Group 3 - Chris P.**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM Start			
500	1 on 25:00 Stomach and Stretch		L
180	1 x 500 on 8:00 Stroke Drills	REC	D
	12 x 15 on :45 Shooters	SP3	S
	1x{1 x 100 on 2:00 Kick	EN1	K
	{2 x 125 on 2:25 Kick	EN1	K
	{1 x 150 on 2:50 Kick	EN1	K
	1x{1 x 300 on 4:00 Pulls	EN1	P
	{4 x 50 on :55 Pulls no br L.12 yds	EN1	P
150	6 x 25 on :30 odds free evens nonf	EN1	S
	1x{1 x 150 on 2:30 Backstroke	EN1	S
	{1 x 150 on 2:25 Backstroke	EN1	S
	{1 x 125 on 2:00 Backstroke	EN1	S
	{1 x 125 on 1:55 Backstroke	EN1	S
	{1 x 100 on 1:30 Backstroke	EN1	S
	{1 x 100 on 1:25 Backstroke	EN1	S
	{1 x 75 on 1:00 Backstroke	EN1	S
	{1 x 75 on :55 Backstroke	EN1	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
7:28 PM 3,030 Yards - Stress Value = 29			

**Workout #2977 - Tuesday, 09 March 2004**

**HS Girls - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM Start			
500	1 on 25:00 Stomach and Stretch		L
180	1 x 500 on 8:00 Stroke Drills	REC	D
	12 x 15 on :45 Shooters	SP3	S
	1x{2 x 100 on 2:00 Kick	EN1	K
	{2 x 125 on 2:25 Kick	EN1	K
	{2 x 150 on 2:50 Kick	EN1	K
	1x{2 x 300 on 4:00 Pulls	EN1	P
	{4 x 50 on :55 Pulls no br L.12 yds	EN1	P
150	6 x 25 on :30 odds free evens nonf	EN1	S
	1x{2 x 150 on 2:30 Backstroke	EN1	S
	{1 x 150 on 2:25 Backstroke	EN1	S
	{2 x 125 on 2:00 Backstroke	EN1	S
	{1 x 125 on 1:55 Backstroke	EN1	S
	{2 x 100 on 1:30 Backstroke	EN1	S
	{1 x 100 on 1:25 Backstroke	EN1	S
	{2 x 75 on 1:00 Backstroke	EN1	S
	{1 x 75 on :55 Backstroke	EN1	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
7:44 PM 4,030 Yards - Stress Value = 38			

**Workout #2980 - Tuesday, 09 March 2004**

**HS Girls - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM Start			
500	1 on 25:00 Stomach and Stretch		I
180	1 x 500 on 8:00 Stroke Drills	REC	I
	12 x 15 on :45 Shooters	SP3	S
	1x{2 x 100 on 2:00 Kick	EN1	F
	{2 x 125 on 2:25 Kick	EN1	F
	{2 x 150 on 2:50 Kick	EN1	F
	{2 x 175 on 3:15 Kick	EN1	F
	2x{1 x 300 on 4:00 Pulls	EN1	F
	{3 x 50 on :50 Pulls no br L.12 yds	EN1	F
	1x{1 x 400 on 6:30 Reverse IM drill	EN1	I
	{6 x 50 on :45 Descend in sets of 3	EN1	S
100	1 x 100 on :00 Brkn @ 25's 15 sec R	SP2	S

600 6 x 100 on 1:45 Stroke Drills REC I  
7:44 PM 4,080 Yards - Stress Value = 44

**Workout #2979 - Tuesday, 09 March 2004**

**HS Boys - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM Start			
500	1 on 25:00 Stomach and Stretch		I
180	1 x 500 on 8:00 Stroke Drills	REC	I
	12 x 15 on :45 Shooters	SP3	S
	1x{2 x 100 on 2:00 Kick	EN1	F
	{2 x 125 on 2:25 Kick	EN1	F
	{2 x 150 on 2:50 Kick	EN1	F
	{2 x 175 on 3:15 Kick	EN1	F
	2x{1 x 300 on 4:00 Pulls	EN1	F
	{6 x 50 on :50 Pulls no br L.12 yds	EN1	F
	1x{1 x 400 on 6:30 Reverse IM drill	EN1	I
	{9 x 50 on :45 Descend in sets of 3	EN1	S
100	1 x 100 on :00 Brkn @ 25's 15 sec R	SP2	S
600	6 x 100 on 1:45 Stroke Drills	REC	I
7:52 PM 4,530 Yards - Stress Value = 48			

**Workout #2978 - Tuesday, 09 March 2004**

**HS Boys - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM Start			
500	1 on 25:00 Stomach and Stretch		L
180	1 x 500 on 8:00 Stroke Drills	REC	D
	12 x 15 on :45 Shooters	SP3	S
	1x{2 x 100 on 2:00 Kick	EN1	K
	{2 x 125 on 2:25 Kick	EN1	K
	{2 x 150 on 2:50 Kick	EN1	K
	1x{2 x 300 on 4:00 Pulls	EN1	P
	{4 x 50 on :55 Pulls no br L.12 yds	EN1	P
150	6 x 25 on :30 odds free evens nonf	EN1	S
	1x{2 x 150 on 2:30 Backstroke	EN1	S
	{1 x 150 on 2:25 Backstroke	EN1	S
	{2 x 125 on 2:00 Backstroke	EN1	S
	{1 x 125 on 1:55 Backstroke	EN1	S
	{2 x 100 on 1:30 Backstroke	EN1	S
	{1 x 100 on 1:25 Backstroke	EN1	S
	{2 x 75 on 1:00 Backstroke	EN1	S
	{1 x 75 on :55 Backstroke	EN1	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
7:44 PM 4,030 Yards - Stress Value = 38			

**Workout #2981 - Tuesday, 09 March 2004**

**HS Boys - Age Group State**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM Start			
500	1 on 25:00 Stomach and Stretch	REC	I
180	1 x 500 on 8:00 Stroke Drills	SP3	S
	12 x 15 on :45 Shooters	EN1	F
	1x{2 x 125 on 2:30 Kick	EN1	F
	{2 x 150 on 3:00 Kick	EN1	F
	{2 x 175 on 3:30 Kick	EN1	F
	2x{1 x 300 on 4:30 Pulls	EN1	F
	{6 x 50 on :55 Pulls no br L.12 yds	EN1	F
	1x{1 x 400 on 7:00 Reverse IM drill	EN1	I
	{6 x 50 on :50 Descend in sets of 3	EN1	S
100	1 x 100 on :00 Brkn @ 25's 15 sec R	SP2	S
500	5 x 100 on 2:00 Stroke Drills	REC	I
7:48 PM 4,080 Yards - Stress Value = 45			

	1 on 25:00 Stomach and Stretch		L
600	1 x 600 on 10:00 Stroke Drills	REC	D
180	12 x 15 on :45 Shooters	SP3	S
	4x{1 x 125 on 2:15 Freestyle	EN1	K
	{3 x 25 on :40 Kick no board	EN1	K
	1x{1 x 200 on 2:50 Pulls	EN1	P
	{2 x 100 on 1:25 Pulls	EN1	P
	{4 x 50 on :45 Pulls	EN1	P
	{8 x 25 on :30 Pulls no br L.12 yds	EN1	P
	2x{1 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	S
	{1 x 75 on 1:10 IM w/out the free	EN1	S
	4x{1 x 150 on 2:15 Freestyle	EN1	S
	{3 x 50 on :50 Stroke	EN1	S
250	5 x 50 on 1:00 Stroke Drills	REC	D
7:49 PM 4,130 Yards - Stress Value = 39			

**Workout #2984 - Wednesday, 10 March 2004**

**HS Boys - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM Start			
600	1 on 25:00 Stomach and Stretch	REC	D
180	1 x 600 on 10:00 Stroke Drills	SP3	S
	12 x 15 on :45 Shooters	EN1	K
	4x{1 x 125 on 2:15 Freestyle	EN1	K
	{3 x 25 on :40 Kick no board	EN1	K
	1x{1 x 200 on 2:50 Pulls	EN1	P
	{2 x 100 on 1:25 Pulls	EN1	P
	{4 x 50 on :45 Pulls	EN1	P
	{8 x 25 on :30 Pulls no br L.12 yds	EN1	P
	2x{1 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	S
	{1 x 75 on 1:10 IM w/out the free	EN1	S
	5x{1 x 150 on 2:15 Freestyle	EN1	S
	{3 x 50 on :50 Stroke Drills	EN1	D
400	1 x 400 on 7:00 Stroke Drills	REC	D
7:56 PM 4,580 Yards - Stress Value = 43			

**Workout #2983 - Wednesday, 10 March 2004**

**HS Boys - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM Start			
600	1 on 25:00 Stomach and Stretch	REC	D
180	1 x 600 on 10:00 Stroke Drills	SP3	S
	12 x 15 on :45 Shooters	EN1	K
	3x{1 x 125 on 2:15 Freestyle	EN1	K
	{3 x 25 on :40 Kick no board	EN1	K
	1x{1 x 200 on 2:50 Pulls	EN1	P
	{2 x 100 on 1:25 Pulls	EN1	P
	{8 x 25 on :30 Pulls no br L.12 yds	EN1	P
	3x{1 x 150 on 2:15 Freestyle	EN1	S
	{3 x 50 on :50 Stroke Drills	EN1	D
200	1 x 200 on 3:00 Stroke Drills	REC	D
7:30 PM 3,080 Yards - Stress Value = 27			

**Workout #2982 - Wednesday, 10 March 2004**

**HS Girls - Senior State**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM Start			
600	1 on 25:00 Stomach and Stretch	REC	I
180	1 x 600 on 10:00 Stroke Drills	SP3	S
	12 x 15 on :45 Shooters	EN1	F
	4x{1 x 125 on 2:15 Freestyle	EN1	F
	{3 x 25 on :40 Kick no board	EN1	F
	1x{1 x 200 on 2:50 Pulls	EN1	F
	{2 x 100 on 1:25 Pulls	EN1	F
	{4 x 50 on :45 Pulls	EN1	F
	{8 x 25 on :30 Pulls no br L.12 yds	EN1	F
	2x{1 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	S
	{1 x 75 on 1:10 IM w/out the free	EN1	S
100	1 x 100 on :00 Broken @25's 15 sec R	SP2	S
250	5 x 50 on 1:00 Stroke Drills	REC	I
7:30 PM 3,030 Yards - Stress Value = 37			

**Workout #2985 - Wednesday, 10 March 2004**

**HS Girls - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM Start			

**Workout #2987 - Wednesday, 10 March 2004**

**HS Boys - Age Group State**

**1 minute rest between sets**

6:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch	L	
600	1 x 600 on 10:00 Stroke Drills	REC	D
180	12 x 15 on :45 Shooters	SP3	S
4x{	1 x 125 on 2:15 Freestyle	EN1	K
	{3 x 25 on :40 Kick no board	EN1	K
1x{	1 x 200 on 3:00 Pulls	EN1	P
	{2 x 100 on 1:30 Pulls	EN1	P
	{4 x 50 on :45 Pulls	EN1	P
	{8 x 25 on :30 Pulls no br L.12 yds	EN1	P
2x{	1 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	S
	{1 x 75 on 1:10 IM w/out the free	EN1	S
4x{	1 x 150 on 2:20 Freestyle	EN1	S
	{3 x 50 on :55 Stroke Drills	EN1	D
200	1 x 200 on 4:00 Stroke Drills	REC	D
7:50 PM 4,080 Yards - Stress Value = 39			

**Workout #2991 - Friday, 12 March 2004**

**HS Girls - Age Group State**

**1 minute rest between sets**

6:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch	I	
800	8 x 100 on 1:50 Stroke Drills	REC	I
	odds free evns nonfr		
180	12 x 15 on :45 Shooters	SP3	S
1x{	4 x 50 on 1:00 Kick-descend	EN1	K
	{3 x 75 on 1:30 Kick-descend	EN1	K
	{2 x 100 on 2:00 Kick #2 100%	EN1	K
	{1 x 125 on 2:30 Kick-100%	EN2	K
1x{	1 x 250 on 3:45 Pulls	EN1	F
	{2 x 125 on 1:50 Pulls	EN1	F
	{5 x 50 on :40 Pulls	EN2	F
400	16 x 25 on :30 IM order-build	EN1	S
200	2 x 100 on 6:00 Brkn #1 @ 50 20 sec	SP2	S
	#2 brkn @25 15 sec R		
500	5 x 100 on 1:50 Stroke Drills	REC	I
7:51 PM 3,580 Yards - Stress Value = 48			

**Workout #2989 - Thursday, 11 March 2004**

**HS Girls - Age Group State**

**1 minute rest between sets**

6:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
2x{	1 x 100 on 1:50 Kick	EN1	
	{2 x 50 on :55 Kick	EN1	
	{4 x 25 on :40 Kick no board	EN1	
400	1 x 400 on 5:30 Pulls-nbbf&w	EN1	
200	4 x 50 on :45 Freestyle-descend	EN1	
1x{	4 x 100 on 1:20 Freestyle	EN1	
	{4 x 25 on :30 Butterfly	EN1	
	{3 x 100 on 1:15 Freestyle	EN2	
	{4 x 25 on :30 Backstroke	EN1	
	{2 x 100 on 1:10 Freestyle	EN2	
	{4 x 25 on :30 Breaststroke	EN1	
	{1 x 100 on 1:05 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:35 PM 3,530 Yards - Stress Value = 38			

**Workout #2990 - Friday, 12 March 2004**

**HS Boys - Age Group State**

**1 minute rest between sets**

6:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch	I	
800	8 x 100 on 1:50 Stroke Drills	REC	I
	odds free evns nonfr		
180	12 x 15 on :45 Shooters	SP3	S
1x{	4 x 50 on 1:00 Kick-descend	EN1	K
	{3 x 75 on 1:30 Kick-descend	EN1	K
	{2 x 100 on 2:00 Kick #2 100%	EN1	K
	{1 x 125 on 2:30 Kick-100%	EN2	K
1x{	1 x 250 on 3:45 Pulls	EN1	F
	{2 x 125 on 1:50 Pulls	EN1	F
	{5 x 50 on :40 Pulls	EN2	F
400	16 x 25 on :30 IM order-build	EN1	S
200	2 x 100 on 6:00 Brkn #1 @ 50 20 sec	SP2	S
	#2 brkn @25 15 sec R		
500	5 x 100 on 1:50 Stroke Drills	REC	I
7:51 PM 3,580 Yards - Stress Value = 48			

**Workout #2988 - Thursday, 11 March 2004**

**HS Boys - Age Group State**

**1 minute rest between sets**

6:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
2x{	1 x 100 on 2:00 Kick	EN1	
	{2 x 50 on 1:00 Kick	EN1	
	{4 x 25 on :40 Kick no board	EN1	
400	1 x 400 on 6:00 Pulls-nbbf&w	EN1	
300	6 x 50 on :50 Descend in sets of 3	EN1	
1x{	4 x 100 on 1:30 Freestyle	EN1	
	{4 x 25 on :30 Butterfly	EN1	
	{3 x 100 on 1:25 Freestyle	EN1	
	{4 x 25 on :30 Backstroke	EN1	
	{2 x 100 on 1:20 Freestyle	EN2	
	{4 x 25 on :30 Breaststroke	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:38 PM 3,530 Yards - Stress Value = 34			

**Workout #2993 - Saturday, 13 March 2004**

**HS Girls - Age Group State**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
9:00 AM Start			
600	1 on 25:00 Stomach and Stretch	L	
180	1 x 600 on 10:00 Stroke Drills	REC	D
	12 x 15 on :45 Shooters	SP3	S
	1x{1 x 100 on 2:00 Kick	EN1	K
	{2 x 25 on :30 Kick no board	EN1	K
	{1 x 100 on 1:55 Kick	EN1	K
	{2 x 25 on :30 Kick no board	EN1	K
	{1 x 100 on 1:50 Kick	EN2	K
	{2 x 25 on :30 Kick no board	EN1	K
450	9 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	P
	4x{1 x 200 on 2:45 Freestyle	EN1	S
	{1 x 50 on :50 Freestyle	EN1	S
	{1 x 50 on :45 Freestyle	EN1	S
	{1 x 50 on :40 Freestyle	EN2	S
	{1 x 50 on :35 Freestyle	EN2	S
250	1 x 250 on 4:00 Choice	REC	S
10:33 AM 3,530 Yards - Stress Value = 35			

7:43 PM 3,530 Yards - Stress Value = 28

**Workout #2995 - Tuesday, 16 March 2004**

**Group 3 - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
6:00 PM Start			
500	1 on 30:00 Stomach and Stretch		
180	5 x 100 on 1:45 Stroke Drills	REC	
500	12 x 15 on :30 Shooters	SP3	
	5 x 100 on 2:00 Kick-odds fast	EN2	
	1x{1 x 225 on 3:00 Pulls	EN1	
	{1 x 225 on 2:50 Pulls	EN1	
150	3 x 50 on :50 Descend in sets of 3	EN1	
1,500	15 x 100 on 1:30 Choice 5-10 sec rest	EN1	
	keep HR above 20bpm		
	1-8. Keep HR above		
	25bpm #9-15		
250	1 x 250 on 4:00 Stroke Drills	REC	
7:37 PM 3,530 Yards - Stress Value = 38			

**Workout #2992 - Saturday, 13 March 2004**

**HS Boys - Age Group State**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
9:00 AM Start			
600	1 on 25:00 Stomach and Stretch		
180	1 x 600 on 10:00 Stroke Drills	REC	
	12 x 15 on :45 Shooters	SP3	
	1x{1 x 100 on 2:15 Kick	EN1	
	{2 x 25 on :45 Kick no board	EN1	
	{1 x 100 on 2:10 Kick	EN1	
	{2 x 25 on :45 Kick no board	EN1	
	{1 x 100 on 2:05 Kick	EN1	
	{2 x 25 on :45 Kick no board	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{2 x 25 on :45 Kick no board	EN1	
600	12 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	6x{1 x 125 on 2:15 Your Stroke	EN1	
	{4 x 25 on :30 Stroke Drills	REC	
200	1 x 200 on 3:00 Choice	REC	
10:45 AM 3,530 Yards - Stress Value = 25			

**Workout #2996 - Wednesday, 17 March 2004**

**Group 3 - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM Start			
400	1 on 30:00 Stomach and Stretch		I
300	1 x 400 on 7:00 Choice	REC	S
	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	concentrate on finis		
	1x{3 x 100 on 2:00 Kick #1br,#2fl,#3fr	EN1	F
	{4 x 25 on :40 Kick no board	EN1	F
300	1 x 300 on 4:30 Pulls-odd 100's br	EN1	F
	3-4-5-6. Even br ev3		
	1x{1 x 400 on 7:00 Reverse IM drill	REC	I
	{3 x 50 on 1:00 Stroke Drills	REC	I
	{1 x 300 on 5:15 Reverse IM drill	REC	I
	{3 x 50 on 1:00 Stroke Drills	REC	I
	{1 x 200 on 3:30 Reverse IM drill	REC	I
	{3 x 50 on 1:00 Stroke Drills	REC	I
	{1 x 100 on 1:45 Reverse IM drill	REC	I
	{3 x 50 on 1:00 Stroke Drills	REC	I
7:31 PM 3,000 Yards - Stress Value = 19			

**Workout #2994 - Monday, 15 March 2004**

**Group 3 - Sectional**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
6:00 PM Start			
800	1 on 30:00 Stomach and Stretch		
	1 x 800 on 14:00 Swim-kick-drill-swim	REC	
	no equipment		
180	12 x 15 on :45 Shooters	SP3	
	3x{1 x 100 on 2:00 Kick no board	EN1	
	{4 x 25 on :40 Kick	EN1	
	1x{1 x 125 on 2:00 Pulls-nbbf&w	EN1	
	{1 x 125 on 1:55 Pulls-nbbf&w	EN1	
	{1 x 125 on 1:50 Pulls-nbbf&w	EN1	
	{1 x 125 on 1:45 Pulls-nbbf&w	EN1	
	1x{1 x 250 on 3:45 Every 3rd lap #1 str	EN1	
	{1 x 200 on 3:00 Every 3rd lap 6bk	EN1	
	{1 x 150 on 2:15 Ev.3rd lap weakstroke	EN1	
	{1 x 100 on 1:30 3rd lap 3 breaths	EN1	
	{9 x 50 on :45 Descend in sets of 3	EN1	
	{ 1st 25 of 3rd 50-#1		
300	1 x 300 on 5:00 Stroke Drills	REC	

**Workout #2997 - Wednesday, 17 March 2004**

**Group 3 - Age Group State**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		I	
400	1 x 400 on 7:00 Choice	REC	S	
300	12 x 25 on :30 12.5 ez 12.5 fast concentrate on finis	SP3	S	
	1x{3 x 100 on 2:00 Kick #1br,#2fl,#3fr	EN1	F	
	{8 x 25 on :40 Kick no board	EN1	F	
500	1 x 500 on 7:30 Pulls-odd 100's br	EN1	F	
	3-4-5-6. Even br ev3			
100	1 x 100 on :00 Broken at 50-15 sec rest, brkn at 75-10 sec rest	SP3	S	
	1x{3 x 50 on 1:00 Stroke Drills	REC	I	
	{1 x 300 on 5:15 Reverse IM drill	REC	I	
	{3 x 50 on 1:00 Stroke Drills	REC	I	
	{1 x 200 on 3:30 Reverse IM drill	REC	I	1,350
	{3 x 50 on 1:00 Stroke Drills	REC	I	400
	{1 x 100 on 1:45 Reverse IM drill	REC	I	
	{3 x 50 on 1:00 Stroke Drills	REC	I	

7:31 PM 3,000 Yards - Stress Value = 26

**Workout #2998 - Thursday, 18 March 2004**

**Group 3 - All**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L DRY	
500	10 x 50 on 1:00 Stroke Drills	REC	D CHO	
300	12 x 25 on :30 Berzerks	SP3	S CHO	
	1x{2 x 75 on 1:40 Kick	EN1	K CHO	
	{2 x 75 on 1:35 Kick	EN1	K CHO	
	{2 x 75 on 1:30 Kick	EN1	K CHO	
	{2 x 75 on 1:25 Kick	EN1	K CHO	1,200
	1x{2 x 100 on 1:40 Pulls	EN1	P FR	400
	{2 x 100 on 1:35 Pulls	EN1	P FR	
	{2 x 100 on 1:30 Pulls	EN1	P FR	
	1x{4 x 25 on :45 IM order	EN1	S IM	
	{2 x 75 on 1:30 Stroke Drills	REC	D FLY	
	{4 x 25 on :40 IM order	EN1	S IM	
	{2 x 75 on 1:30 Stroke Drills	REC	D BK	
	{4 x 25 on :35 IM order	EN1	S IM	
	{2 x 75 on 1:30 Stroke Drills	REC	D BR	
	{4 x 25 on :30 IM order	EN1	S IM	
	{2 x 75 on 1:30 Stroke Drills	REC	D FR	

7:35 PM 3,000 Yards - Stress Value = 30

**Workout #2999 - Monday, 12 April 2004**

**Group 3 - All**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Dryland and stretch		L DRY	
600	12 x 50 on 1:00 Stroke Drills	REC	D FR	
	1 on 12:00 Techniques-		D	
	1x{3 x 75 on 1:35 Kick	EN1	K FR	
	{3 x 75 on 1:30 Kick	EN1	K FR	
	{2 x 75 on 1:25 Kick	EN1	K FR	
750	6 x 125 on 2:00 Pulls-nbbf&w	EN1	P FR	
	1x{4 x 100 on 1:30 Freestyle	EN1	S FR	
	{4 x 100 on 1:25 Freestyle	EN1	S FR	
	{4 x 100 on 1:20 Freestyle	EN1	S FR	
	{4 x 100 on 1:15 Freestyle	EN1	S FR	
450	9 x 50 on 1:00 Stroke Drills	REC	D CD	

7:54 PM 4,000 Yards - Stress Value = 30

**Workout #3000 - Tuesday, 13 April 2004**

**Group 3 - All**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 45:00 Dryland and stretch			
600	12 x 50 on 1:00 Stroke Drills odds free evns nonfr	REC		
300	12 x 25 on :30 12.5 ez 12.5 fast concentrate on finsh	SP3		
	1 on 12:00 Techniques-Starts			
600	6 x 100 on 2:00 Kick des 1-4 hold 5 #6 recovery	EN2		
	1x{2 x 125 on 2:00 Pulls no br L.12 yds	EN1		
	{2 x 125 on 1:55 Pulls no br L.12 yds	EN1		
	{2 x 125 on 1:50 Pulls no br L.12 yds	EN1		
1,350	6 x 225 on 3:30 3min swim 30sec rest	EN2		
400	8 x 50 on 1:00 Stroke Drills	REC		

8:13 PM 4,000 Yards - Stress Value = 57

**Workout #3001 - Thursday, 15 April 2004**

**Group 3 - All**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 45:00 Dryland and stretch		L	
600	12 x 50 on 1:00 Stroke Drills 3 on each stroke	REC	D	
300	12 x 25 on :30 Berzerks	SP3	S	
600	1 x 600 on 12:00 Kick every 3rd lap sprint free kick	EN1	K	
900	1 x 900 on 12:00 Pulls every 3rd lap	EN1	P	
	1 on 12:00 Techniques-starts		D	
1,200	12 x 100 on 1:30 Descend in sets of 3	EN1	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D	

8:10 PM 4,000 Yards - Stress Value = 39

**Workout #3002 - Saturday, 17 April 2004**

**Group 3 - All**

**1 minute rest between sets**

8:00 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 Stomach and Stretch		L DF	
500	5 x 100 on 1:45 Stroke Drills odds free evns nonfr	REC	D CF	
300	12 x 25 on :30 12.5 ez 12.5 fast concentrate on finsh	SP3	S F	
	4x{1 x 100 on 2:00 Kick	EN1	K CF	
	{4 x 25 on :45 Kick no board	EN1	K FI	
	1x{2 x 125 on 1:55 Lungbuster pulls	EN1	P F	
	{2 x 125 on 1:50 Lungbuster pulls	EN1	P F	
	{2 x 125 on 1:45 Lungbuster pulls	EN1	P F	
	{2 x 125 on 1:40 Lungbuster pulls	EN1	P F	
	{ odds br 3-4-5-6-7			
	{ evens br 2-3-4-5-6			
200	8 x 25 on :30 IM order-build	EN1	S I	
	1x{4 x 100 on 1:30 Freestyle	EN1	S F	
	{3 x 200 on 2:50 Freestyle	EN1	S F	
	{2 x 300 on 4:00 Freestyle	EN2	S F	
	{1 x 400 on 5:00 Freestyle	EN2	S F	
200	1 x 200 on 4:00 Stroke Drills	REC	D C	

9:57 AM 5,000 Yards - Stress Value = 60



**Workout #3003 - Monday, 19 April 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
4:30 PM	Start		
=====	=====	=====	=====
	1 on 30:00 Dryland and stretch		I
2x{1	x 100 on 1:45 Stroke Drills	REC	I
	{1 x 75 on 1:20 Stroke Drills	REC	I
	{1 x 50 on :55 Stroke Drills	REC	I
	{1 x 25 on :30 Stroke Drills	REC	I
	1 on 10:00 Techniques-Stanford turn drills		I
2x{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 x 100 on 1:45 Kick	EN1	F
1,000	4 x 250 on 3:30 Pulls odd 50's brth every 5 strokes	EN1	F
	1x{2 x 100 on 1:45 Individual Medley	EN1	S
	{6 x 50 on :55 Descend in sets of 3	EN1	S
	3x{4 x 125 on 1:50 Freestyle	EN2	S
	{1 on 1:00 Rest		M
200	1 x 200 on 4:00 Stroke Drills	REC	I
	6:31 PM 4,500 Yards - Stress Value = 53		

**Workout #3004 - Tuesday, 20 April 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
6:00 PM	Start		
=====	=====	=====	=====
600	1 on 30:00 Dryland and stretch		
	12 x 50 on 1:00 Stroke Drills	REC	
	3 on each strk revIM		
	1 on 10:00 Techniques-Stanford turn drills		
3x{2	x 100 on 2:00 Kick-very fast turns	EN1	
	{4 x 25 on :45 Kick no board	EN1	
1x{5	x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN2	
4x{1	x 25 on :30 Non free	EN1	
	{1 x 25 on :20 Freestyle	EN1	
1x{2	x 300 on 4:00 Freestyle	EN2	
	{2 x 300 on 3:50 Freestyle	EN2	
	{2 x 300 on 3:40 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	8:03 PM 4,650 Yards - Stress Value = 58		

**Workout #3005 - Wednesday, 21 April 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM	Start		
=====	=====	=====	=====
600	1 on 30:00 Stomach and Stretch		
	6 x 100 on 2:00 Stroke Drills	REC	
	1-3 free 4-6 non fr		
	1 on 10:00 Techniques-Stanford turn drills		
800	8 x 100 on 2:00 Kick odds 100%	EN2	
1x{1	x 300 on 4:15 Pulls	EN1	
	{2 x 150 on 2:05 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN2	
1x{3	x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	{3 x 75 on 1:15 IM w/out the free	EN1	
2x{1	x 125 on 1:55 Freestyle L.25 4 brt	EN1	
	{2 x 50 on :45 Freestyle	EN1	
	{1 x 125 on 1:50 Freestyle L.25 3brth	EN1	

	{2 x 50 on :45 Freestyle	EN1
	{1 x 125 on 1:45 Freestyle L.25 2brth	EN1
	{2 x 50 on :45 Freestyle	EN1
	{1 x 125 on 1:40 Freestyle L.25 1brth	EN1
	{2 x 50 on :45 Freestyle	EN1
	5 x 50 on 1:00 Stroke Drills	REC
7:06 PM	4,800 Yards - Stress Value = 48	

**Workout #3006 - Thursday, 22 April 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
6:00 PM	Start		
=====	=====	=====	=====
	1 on 45:00 Dryland and stretch		
2x{1	x 100 on 1:45 Stroke Drills	REC	
	{1 x 75 on 1:20 Stroke Drills	REC	
	{1 x 50 on :55 Stroke Drills	REC	
	{1 x 25 on :30 Stroke Drills	REC	
	1 on 10:00 Techniques-TN turns		
3x{1	x 125 on 2:30 Kick L.25 undr water	EN1	
	{ fly kick-100%		
	{1 x 125 on 2:30 Kick 1st 25 under	EN1	
	{ water fly kick-100%		
1,200	3 x 400 on 5:30 Pulls #1 nbbf&w+2yds	EN1	
	#2 br 3-5-7-9 by 25s		
	#3 descend each 100		
400	1 x 400 on 6:00 Reverse IM drill	REC	
1x{8	x 75 on 1:00 Freestyle	EN2	
	{8 x 75 on :55 Freestyle	EN2	
	{8 x 75 on :50 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	8:13 PM 4,900 Yards - Stress Value = 56		

**Workout #3007 - Saturday, 24 April 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
7:30 AM	Start		
=====	=====	=====	=====
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
	odds free evns nonfr		
2x{3	x 25 on :30 Kick	EN1	
	{2 x 25 on :25 Kick	EN2	
	{1 x 25 on :20 Kick	EN2	
	{1 x 50 on :55 Kick	EN1	
	{2 x 50 on :50 Kick	EN2	
	{3 x 50 on :45 Kick	EN2	
1x{2	x 150 on 2:15 Pulls mid 50 br ev 5	EN1	
	{2 x 150 on 2:10 Pulls mid 50 br ev 7	EN1	
	{2 x 150 on 2:05 Pulls mid 50 br ev 9	EN1	
	1 on 3:00 Bathroom break		
1x{3	x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	{3 x 75 on 1:05 IM w/out the free	EN1	
2,400	12 x 200 on 3:00 Challenge Set!!!!!!!	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	9:41 AM 5,850 Yards - Stress Value = 77		

**Workout #3008 - Monday, 26 April 2004**

**Group 3 - All**

**1 minute rest between sets**

4:30 PM Start		
Yards	Set Description	EGY WOF
=====	=====	====
	1 on 30:00 Dryland and stretch	
1x{	1 x 200 on 3:30 150 drill 50 build	REC
	{ 1 x 200 on 3:30 100 drill 2-50s buil	EN1
	{ 1 x 200 on 3:30 50 drill 3-50s build	EN1
	1 on 10:00 Techniques-TN turns	
2x{	1 x 50 on 1:00 Kick	EN1
	{ 1 x 50 on :55 Kick	EN1
	{ 1 x 50 on :50 Kick	EN2
	{ 1 x 50 on :45 Kick	EN2
	{ 1 x 200 on 4:00 Kick no board	EN1
900	9 x 100 on 1:30 Lungbuster pulls	EN1
	odds br 3-5-7-9	
	evens br 2-4-6-8	
	1 on 3:00 Bathroom Break	
400	16 x 25 on :30 IM order-build	EN1
3,000	6 x 500 on 6:00 Freestyle	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
6:48 PM 6,000 Yards - Stress Value = 87		

	{ 1 x 100 on 1:15 Pulls	EN1
	1 on 3:00 Bathroom Break	
450	3 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1
1x{	1 x 125 on 2:30 Breaststroke	EN2
	{ 4 x 25 on :35 Breast 2X pullouts	EN1
	{ 1 x 125 on 2:25 Breaststroke	EN1
	{ 4 x 25 on :35 Breast 2X pullouts	EN1
	{ 1 x 125 on 2:20 Breaststroke	EN1
	{ 4 x 25 on :35 Breast 2X pullouts	EN1
	{ 1 x 125 on 2:15 Breaststroke	EN1
	{ 4 x 25 on :35 Breast 2X pullouts	EN1
	{ 1 x 125 on 2:10 Breaststroke	EN1
	{ 4 x 25 on :35 Breast 2X pullouts	EN1
	{ 1 x 125 on 2:05 Breaststroke	EN1
	{ 4 x 25 on :35 Breast 2X pullouts	EN1
	{ 1 x 125 on 2:00 Breaststroke	EN2
	{ 4 x 25 on :35 Breast 2X pullouts	EN1
400	4 x 100 on 1:30 Freestyle-descend to	EN1
	ludicrous speed!!!!	
400	8 x 50 on 1:00 Stroke Drills	REC
7:30 PM 5,505 Yards - Stress Value = 58		

**Workout #3011 - Thursday, 29 April 2004**

**Group 3 - All**

**1 minute rest between sets**

6:00 PM Start		
Yards	Set Description	EGY WOF
=====	=====	====
	1 on 59:59 Dryland and stretch	
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC
180	12 x 15 on :45 Shooters	SP3
800	8 x 100 on 2:30 Kick odds good effor	EN1
900	3 x 300 on 5:00 Pulls	EN1
	2x{ 1 x 50 on 1:15 Butterfly 2-2-2	EN1
	{ 1 x 50 on 1:10 Butterfly 2-2-2	EN1
	{ 1 x 50 on 1:05 Butterfly 2-2-2	EN1
	{ 1 x 50 on 1:00 Butterfly 2-2-2	EN1
300	1 x 300 on 5:00 Stroke Drills	REC
8:31 PM 3,380 Yards - Stress Value = 28		

**Workout #3012 - Friday, 30 April 2004**

**Group 3 - All**

**1 minute rest between sets**

4:30 PM Start		
Yards	Set Description	EGY WOF
=====	=====	====
	1 on 20:00 Dryland and stretch	
	1x{ 1 x 200 on 3:00 Freestyle	EN1
	{ 1 x 200 on 3:00 Freestyle L.50 fast	EN1
	{ 1 x 200 on 3:00 Freestyle L.100 fast	EN1
	{ 1 x 200 on 3:00 Freestyle L.150 fast	EN1
	1 on 10:00 Techniques-Relay Srt	
850	1 x 850 on 16:00 Vertical kicking	EN2
300	3 x 100 on 1:30 Freestyle-descend	EN1
400	1 x 400 on 20:00 Killer Relays	SP1
200	1 x 200 on 3:00 Stroke Drills	REC
6:00 PM 2,550 Yards - Stress Value = 60		

**Workout #3010 - Wednesday, 28 April 2004**

**Group 3 - All**

**1 minute rest between sets**

5:00 PM Start		
Yards	Set Description	EGY WOF
=====	=====	====
	1 on 30:00 Dryland and stretch	
600	6 x 100 on 1:45 Stroke Drills	REC
180	12 x 15 on :45 Shooters	SP3
1x{	1 x 100 on 2:00 Kick	EN1
	{ 4 x 25 on :45 Sprint kick	EN2
	{ 2 x 100 on 1:55 Kick	EN1
	{ 4 x 25 on :45 Sprint kick	EN2
	{ 3 x 100 on 1:50 Freestyle	EN2
	{ 4 x 25 on :45 Sprint kick	EN2
1x{	1 x 400 on 6:00 Pulls	EN1
	{ 1 x 300 on 4:15 Pulls	EN1
	{ 1 x 200 on 2:40 Pulls	EN2

**Workout #3013 - Saturday, 01 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:30 AM	Start		
800	1 on 30:00 Stomach and Stretch		
300	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
	12 x 25 on :30 12.5ez 12.5 fast	SP3	
	concentrate on fnshs		
1x{	1 x 200 on 4:00 Kick	EN1	
	{ 4 x 25 on :40 Kick no board	EN1	
	{ 2 x 150 on 2:50 Kick	EN1	
	{ 4 x 25 on :40 Kick no board	EN1	
	{ 3 x 100 on 1:45 Kick	EN2	
	{ 4 x 25 on :40 Kick no board	EN1	
1x{	3 x 150 on 2:00 Pulls	EN1	
	{ 3 x 125 on 1:40 Pulls	EN1	
	{ 3 x 100 on 1:20 Pulls	EN1	
	{ 3 x 75 on 1:00 Pulls	EN1	
	1 on 5:00 Bathroom Break		
400	16 x 25 on :30 IM order-build	EN1	
1x{	6 x 100 on 1:05 Freestyle	EN2	
	{ 1 on 1:00 Rest		
	{ 5 x 100 on 1:05 Freestyle	EN2	
	{ 1 on 1:00 Rest		
	{ 4 x 100 on 1:05 Freestyle	EN2	
	{ 1 on 1:00 Rest		
	{ 3 x 100 on 1:05 Freestyle	EN2	
	{ 1 on 1:00 Rest		
	{ 2 x 100 on 1:05 Freestyle	EN2	
	{ 1 on 1:00 Rest		
	{ 1 x 100 on 1:05 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
9:57 AM	6,550 Yards - Stress Value = 85		

6:00 PM Start

Yards	Set Description	EGY	WORK	ST
600	1 on 30:00 Stomach and Stretch			L DF
300	1 x 600 on 12:00 Choice	REC		S CF
3,000	6 x 50 on 1:00 Descend in sets of 3	EN1		S F
400	1 x 3000 on 30:00 Freestyle	EN2		S F
	1 x 400 on 6:00 Stroke Drills	REC		D C
	7:27 PM 4,300 Yards - Stress Value = 63			

**Workout #3016 - Wednesday, 05 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:15 AM	Start			
525	1 x 525 on 7:30 Choice	REC		S CF
210	14 x 15 on :30 Pit sprints	SP3		S F
375	5 x 75 on 1:30 Kick no board	EN1		K I
	25fly 25brst 25free			
	1x{ 3 x 150 on 2:15 Lungbuster pulls	EN1		P F
	{ 2 x 150 on 2:10 Lungbuster pulls	EN1		P F
	{ 1 x 150 on 2:05 Lungbuster pulls	EN1		P F
	{ br 5-6-7 by the 50			
	1x{ 4 x 125 on 1:40 Freestyle	EN1		S F
	{ 4 x 100 on 1:20 Freestyle	EN1		S F
	{ 4 x 75 on 1:00 Freestyle	EN1		S F
	{ 4 x 50 on :40 Freestyle	EN1		S F
	1x{ 4 x 25 on :30 Freestyle	EN1		S F
	{ 4 x 25 on :25 Freestyle	EN1		S F
	{ 4 x 25 on :20 Freestyle	EN1		S F
	{ 4 x 25 on :15 Freestyle	EN2		S F
250	1 x 250 on 4:00 Stroke Drills	REC		D C
6:27 AM	4,060 Yards - Stress Value = 40			

**Workout #3014 - Monday, 03 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
4:30 PM	Start		
800	1 on 30:00 Stomach and Stretch		
	8 x 100 on 1:45 Stroke Drills	REC	
	odds free evns back		
180	12 x 15 on :45 Shooters	SP3	
1x{	2 x 100 on 2:00 Kick	EN1	
	{ 2 x 100 on 1:55 Kick	EN1	
	{ 2 x 75 on 1:25 Kick	EN1	
	{ 2 x 75 on 1:20 Kick	EN2	
	{ 2 x 50 on :50 Kick	EN2	
	{ 2 x 50 on :45 Kick	EN2	
1x{	1 x 500 on 7:00 Pulls	EN1	
	{ 1 x 500 on 6:45 Pulls	EN1	
	{ 1 x 500 on 6:30 Pulls	EN2	
	1 on 3:00 Bathroom Break		
450	3 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
1x{	6 x 125 on 2:00 Backstroke des in 3s	EN2	
	{ 4 x 25 on :45 Undr Wtr Fly Kck	EN2	
	{ 5 x 100 on 1:35 Back des1-4 hold 5	EN2	
	{ 4 x 25 on :45 Undr Wtr Fly Kck	EN2	
	{ 4 x 75 on 1:10 Backstroke descend	EN2	
	{ 4 x 25 on :45 Undr Wtr Fly Kck	EN2	
	{ 3 x 50 on :45 Backstroke descend	EN2	
	{ 4 x 25 on :45 Undr Wtr Fly Kck	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:00 PM	6,180 Yards - Stress Value = 86		

**Workout #3017 - Wednesday, 05 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
600	1 on 30:00 Dryland and stretch			I
180	12 x 50 on 1:00 Stroke Drills	REC		I
	12 x 15 on :45 Shooters	SP3		S
	1x{ 5 x 75 on 1:30 Kick	EN1		F
	{ 4 x 75 on 1:25 Kick	EN2		F
	{ 3 x 75 on 1:20 Kick	EN2		F
	{ 2 x 75 on 1:15 Kick	EN2		F
	1x{ 2 x 125 on 1:40 Pulls	EN1		F
	{ 1 x 100 on 1:30 Lungbuster pulls	EN1		F
	{ 2 x 125 on 1:35 Pulls	EN2		F
	{ 1 x 100 on 1:30 Lungbuster pulls	EN1		F
	{ 2 x 125 on 1:30 Pulls	EN1		F
	{ 1 x 100 on 1:30 Lungbuster pulls	EN1		F
	1 on 3:00 Bathroom Break			M
600	2 x 300 on 5:00 Rev IM drill-no fly	EN1		S
	8x{ 8 x 25 on :30 Butterfly	EN1		S
	{ 1 on 1:00 Rest			M
300	6 x 50 on 1:00 Stroke Drills	REC		I
7:30 PM	5,380 Yards - Stress Value = 58			

**Workout #3015 - Tuesday, 04 May 2004**

**Group 3 - All**

**1 minute rest between sets**

**Workout #3018 - Thursday, 06 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 PM Start			
800	1 on 40:00 Dryland and stretch		
180	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
	12 x 15 on :45 Shooters	SP3	
	3x{1 x 150 on 3:30 Kick	EN1	
	{1 x 100 on 2:20 Kick	EN1	
	{1 x 50 on 1:10 Kick	EN1	
	1x{2 x 200 on 3:10 Pulls	EN1	
	{2 x 200 on 3:00 Pulls	EN1	
	{2 x 200 on 2:50 Pulls	EN1	
	1 on 3:00 Bathroom Break		
300	3 x 100 on 1:40 Freestyle-descend	EN1	
	1x{1 x 200 on 4:00 Breaststroke	EN1	
	{4 x 50 on 1:00 Breaststroke-descend	EN1	
	{1 x 200 on 3:50 Breaststroke	EN1	
	{4 x 50 on 1:00 Breaststroke-descend	EN1	
	{1 x 200 on 3:40 Breaststroke	EN2	
	{4 x 50 on 1:00 Breaststroke-descend	EN1	
	{1 x 200 on 3:30 Breaststroke	EN2	
	{4 x 50 on 1:00 Breaststroke-descend	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
8:30 PM 5,180 Meters - Stress Value = 52			

**Workout #3019 - Friday, 07 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
4:30 PM Start			
525	1 on 15:00 Dryland and stretch		L
150	1 x 525 on 8:00 Choice	REC	S
	10 x 15 on :45 Running pit sprints	EN1	S
	9x{1 x 25 on :45 Kick no board	EN1	K
	{1 x 50 on 1:00 Freestyle	REC	S
	3x{1 x 25 on :00 Freestyle OTB	SP2	S
	{1 x 75 on 2:00 Freestyle	REC	S
	{1 x 50 on :00 Freestyle OTB	SP2	S
	{1 x 50 on 2:00 Freestyle	REC	S
	{1 x 75 on :00 Freestyle OTB	SP2	S
	{1 x 25 on 2:00 Freestyle	REC	S
	{1 x 400 on 7:00 Stroke Drills	REC	D
5:59 PM 3,450 Yards - Stress Value = 49			

**Workout #3020 - Saturday, 08 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
8:00 AM Start			
800	1 on 30:00 Dryland and stretch		
180	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
900	12 x 15 on :45 Shooters	SP3	
	9 x 100 on 2:15 Kick-odds 100%	EN2	
	1x{2 x 300 on 4:30 Pulls	EN1	
	{3 x 200 on 3:00 Lungbuster pulls	EN1	
	{ 200's br 2-3-4-5		
	{ 100's br 5-7		
	1 on 3:00 Bathroom Break		
400	1 x 400 on 6:30 Freestyle every 3rd lap br ev 5 & 6bk	EN1	
	1x{1 x 200 on 3:30 Individual Medley	EN2	
	{4 x 50 on :50 odds free evens fly	EN1	
	{1 x 200 on 3:20 Individual Medley	EN2	
	{4 x 50 on :50 odds free evens back	EN1	
	{1 x 200 on 3:10 Individual Medley	EN2	

{4 x 50 on :55 odds free evens brst	EN1
{1 x 200 on 3:00 Individual Medley	EN2
{4 x 50 on :50 odds free evens fly	EN2
{1 x 200 on 2:50 Individual Medley	EN2
{4 x 50 on :50 odds free evens back	EN2
{1 x 200 on 2:40 Individual Medley	EN2
{4 x 50 on :55 odds free evens brst	EN2
1 x 200 on 3:00 Stroke Drills	REC
10:31 AM 6,080 Yards - Stress Value = 83	

**Workout #3021 - Monday, 10 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
4:00 PM Start			
800	1 on 40:00 Dryland and stretch		I
180	8 x 100 on 2:00 Stroke Drills	REC	I
	12 x 15 on :45 Shooters	SP3	S
	1x{3 x 100 on 2:20 Kick	EN1	F
	{3 x 100 on 2:15 Kick	EN1	F
	{3 x 100 on 2:10 Kick	EN1	F
	1x{1 x 250 on 4:00 Pulls	EN1	F
	{1 x 250 on 3:50 Pulls	EN1	F
	{1 x 250 on 3:40 Pulls	EN1	F
	{1 x 250 on 3:30 Pulls	EN2	F
	1 on 3:00 Bathroom Break		M
450	3 x 150 on 2:45 2bk-4bk-6bk by 50's	EN1	S
	1x{1 x 300 on 5:15 Backstroke	EN1	S
	{1 x 100 on 1:50 Backstroke	EN1	S
	{1 x 100 on 1:45 Backstroke	EN1	S
	{1 x 100 on 1:40 Backstroke	EN1	S
	{1 x 300 on 5:00 Backstroke	EN1	S
	{1 x 100 on 1:45 Backstroke	EN1	S
	{1 x 100 on 1:40 Backstroke	EN1	S
	{1 x 100 on 1:35 Backstroke	EN1	S
	{1 x 300 on 4:45 Backstroke	EN1	S
	{1 x 100 on 1:40 Backstroke	EN1	S
	{1 x 100 on 1:35 Backstroke	EN1	S
	{1 x 100 on 1:30 Backstroke	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
6:32 PM 5,330 Meters - Stress Value = 51			

**Workout #3022 - Tuesday, 11 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
4:00 PM Start			
600	1 on 40:00 Dryland and stretch		I
180	12 x 50 on 1:00 Stroke Drills	REC	I
	12 x 15 on :45 Shooters	SP3	S
	2x{1 x 100 on 2:00 Kick	EN2	F
	{2 x 50 on 1:15 Kick no board	EN1	F
	{1 x 100 on 1:50 Kick	EN2	F
	{2 x 50 on 1:15 Kick no board	EN1	F
	1x{4 x 50 on 1:05 Pulls-nbbf&w + 5 yds	EN1	F
	{4 x 50 on 1:00 Pulls-nbbf&w + 5 yds	EN1	F
	{4 x 50 on :55 Pulls-nbbf&w + 5 yds	EN1	F
	{4 x 50 on :50 Pulls-nbbf&w + 5 yds	EN1	F
	1 on 3:00 Bathroom Break		M
300	3 x 100 on 2:00 Individual Medley	EN1	S
	1x{1 x 800 on 12:00 Freestyle	EN2	S
	{2 x 400 on 6:00 Freestyle	EN2	S
	{8 x 100 on 1:30 Freestyle	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	I
6:31 PM 5,380 Yards - Stress Value = 78			

**Workout #3023 - Wednesday, 12 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 45:00 Dryland and stretch		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{3 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{6 x 50 on 1:00 Kick des in 3's	EN1	
	1x{2 x 150 on 2:20 Pulls mid 50 br ev 9	EN1	
	{2 x 150 on 2:15 Pulls mid 50 br ev 9	EN1	
	{2 x 150 on 2:10 Pulls mid 50 br ev 9	EN1	
	1x{2 x 200 on 3:30 Reverse IM	EN1	
	{4 x 50 on 1:00 Freestyle-descend	EN1	
	3x{5 x 100 on 1:45 Breaststroke	EN2	
	{1 x 100 on 1:20 Free w/a 6 beat kick	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	6:30 PM 5,280 Yards - Stress Value = 68		

**Workout #3024 - Thursday, 13 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 35:00 Stomach and Stretch		I
600	6 x 100 on 2:00 Stroke Drills	REC	I
	odds free evns nonfr		
180	12 x 15 on :45 Shooters	SP3	S
	3x{3 x 50 on 1:00 Kick	EN1	F
	{1 x 100 on 2:15 Kick-100% effort	EN2	F
800	8 x 100 on 1:40 Lungbuster pulls	EN1	F
	odds br 3-5 evens4-6		
300	1 x 300 on 5:00 Free ev 3rd lap 6bk	EN1	S
	3x{1 x 200 on 4:00 Fly 1st 50 2-3-2	EN1	S
	{2nd-2-4-2,3rd-2-5-2		
	{4th-2-6-2		
	{1 x 150 on 2:50 Fly 1st 50 2-4-2	EN1	S
	{2nd-2-5-2, 3rd-2-6-2		
	{1 x 100 on 1:50 Fly 1st 50 2-5-2	EN1	S
	{2nd-2-6-2		
	{1 x 50 on :50 Fly 2-6-2	EN1	S
	{1 x 100 on 1:45 Freestyle	REC	S
500	10 x 50 on 1:15 Stroke Drills	REC	I
	6:24 PM 4,930 Yards - Stress Value = 43		

**Workout #3025 - Friday, 14 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	5:15 AM Start		
	=====	=====	=====
525	1 x 525 on 8:00 Choice	REC	
210	14 x 15 on :30 Pit sprints	SP3	
525	7 x 75 on 1:30 Kick no board	EN1	
	5-6-7 fly kicks off		
	each wall-descend in		
	3's hold 7 a.f.a 6		
	2x{1 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 125 on 1:35 Pulls-nbbf&w + 2 yds	EN2	
	1x{2 x 225 on 2:45 Freestyle	EN2	
	{2 x 100 on 1:15 Individual Medley	EN2	
	{2 x 225 on 2:40 Freestyle	EN2	
	{2 x 100 on 1:15 Individual Medley	EN2	

	{2 x 225 on 2:35 Freestyle	EN2
	{2 x 100 on 1:15 Freestyle	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	6:30 AM 4,510 Yards - Stress Value = 63	

**Workout #3026 - Friday, 14 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
	4:00 PM Start		
	=====	=====	=====
	1 on 40:00 Dryland and stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{3 x 100 on 2:00 Kick	EN1	
	{4 x 50 on 1:15 Kick no board-15m	EN2	
	{ under water		
	1x{1 x 400 on 6:00 Pulls	EN1	
	{1 x 300 on 4:30 Pulls	EN1	
	{1 x 200 on 3:00 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
	Get out swim		
600	1 x 600 on 10:00 Reverse IM drill	REC	
1,500	30 x 50 on :45 Freestyle	EN1	
500	5 x 100 on 2:00 Stroke Drills	REC	
	6:29 PM 5,580 Meters - Stress Value = 51		

**Workout #3027 - Saturday, 15 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PACE
	8:00 PM Start				
	=====	=====	=====	=====	=====
100	1 x 100 on 1:30 Freestyle		S		1:30
	8:02 PM 100 Yards				

**Workout #3028 - Monday, 17 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	5:15 AM Start			
	=====	=====	=====	=====
625	1 x 625 on 10:00 Stroke Drills	REC		D CHO
	every 3rd lap nonfr			
210	14 x 15 on :30 Pit sprints	SP3		S FR
175	7 x 25 on :40 Kick no board	EN2		K FLY
	15m under water			
	1x{1 x 200 on 2:40 Pulls	EN1		P FR
	{1 x 175 on 2:20 Pulls	EN1		P FR
	{1 x 150 on 2:00 Pulls	EN1		P FR
	{1 x 125 on 1:40 Pulls	EN1		P FR
	{1 x 100 on 1:20 Pulls	EN1		P FR
	{1 x 75 on 1:00 Pulls	EN1		P FR
	{1 x 50 on :40 Pulls	EN1		P FR
	{1 x 25 on :20 Pulls	EN1		P FR
	1x{3 x 125 on 1:50 Free L.25 fly	EN1		S CMB
	{4 x 25 on :30 IM order	EN1		S IM
	{3 x 125 on 1:45 Free L.25 back	EN1		S CMB
	{4 x 25 on :30 IM order	EN1		S IM
	{3 x 125 on 1:55 Free L.25 brst	EN1		S CMB
	{4 x 25 on :30 IM order	EN1		S IM
	{3 x 125 on 1:40 Freestyle	EN1		S FR
	{4 x 25 on :30 IM order	EN1		S IM
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	6:28 AM 4,060 Yards - Stress Value = 41			

**Workout #3029 - Monday, 17 May 2004**

**1 minute rest between sets**

**Group 3 - All**

**1 minute rest between sets**

4:00 PM Start				4:00 PM Start		
Yards	Set Description	EGY	WORK S	Meters	Set Description	EGY WOF
	1 on 40:00 Dryland and stretch				1 on 40:00 Dryland and stretch	
800	1 x 800 on 14:00 Choice	REC	S C	800	8 x 100 on 2:00 Stroke Drills 2 on E	REC
8x	{1 x 15 on :00 Kick no board	SP3	K F	180	12 x 15 on :30 Shooters	SP3
	{1 x 15 on :45 Freestyle	REC	S	900	1x{3 x 100 on 2:00 Kick	EN1
	{1 x 15 on :00 Kick no board	SP3	K F		{3 x 100 on 1:55 Kick	EN2
	{1 x 15 on :45 Freestyle	REC	S	900	{3 x 100 on 1:50 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2	K	2,100	1x{3 x 200 on 4:00 Your Stroke-descend	EN2
3x	{1 x 200 on 3:00 Pulls	EN1	P		{1 x 200 on 4:00 Freestyle	REC
	{1 x 50 on :50 Pulls br ev 5	EN1	P		{3 x 150 on 3:00 Your Stroke-descend	EN2
	{1 x 50 on :50 Pulls br ev 6	EN1	P		{1 x 200 on 4:00 Freestyle	REC
	{1 x 50 on :50 Pulls br ev 7	EN1	P		{3 x 100 on 2:00 Your Stroke-descend	EN2
	{1 x 50 on :50 Pulls br ev 8	EN1	P		{1 x 200 on 4:00 Freestyle	REC
300	3 x 100 on 1:45 Freestyle-descend	EN1	S		{3 x 50 on 1:00 Your Stroke-descend	EN2
1x	{2 x 400 on 5:20 Freestyle	EN2	S	400	{ use fins on des sets	
	{2 x 400 on 5:15 Freestyle	EN2	S		8 x 50 on 1:15 Stroke Drills	REC
	{2 x 400 on 5:10 Freestyle	EN2	S		6:31 PM 5,280 Meters - Stress Value = 68	
300	1 x 300 on 5:00 Stroke Drills	REC	D			

**Workout #3030 - Tuesday, 18 May 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

**Workout #3032 - Tuesday, 18 May 2004**

**Group 3 - Breast**

**1 minute rest between sets**

4:00 PM Start				4:00 PM Start		
Meters	Set Description	EGY	WOF	Meters	Set Description	EGY WOF
	1 on 40:00 Dryland and stretch				1 on 40:00 Dryland and stretch	
800	8 x 100 on 2:00 Stroke Drills 2 on E	REC		800	8 x 100 on 2:00 Stroke Drills 2 on E	REC
180	12 x 15 on :30 Shooters	SP3		180	12 x 15 on :30 Shooters	SP3
900	1x{3 x 100 on 2:00 Kick	EN1		1,200	1x{3 x 100 on 2:00 Kick	EN1
	{3 x 100 on 1:55 Kick	EN2			{4 x 25 on :30 Sprint kick	EN2
	{3 x 100 on 1:50 Kick	EN2			{3 x 100 on 1:55 Kick	EN2
1,000	5 x 200 on 4:30 Pulls w/ paddles	EN1		900	{3 x 100 on 1:50 Kick	EN2
2,100	1x{3 x 150 on 3:00 Breaststroke	EN1		1,800	{4 x 25 on :30 Sprint kick	EN2
	{1 x 100 on 2:00 Freestyle	REC			6 x 150 on 2:20 Pulls w/ paddles	EN1
	{3 x 150 on 2:55 Breaststroke	EN1			2x{4 x 50 on 1:00 Freestyle-descend	EN2
	{1 x 100 on 2:00 Freestyle	REC			{1 x 100 on 3:00 Your #1 non free	SP2
	{3 x 150 on 2:50 Breaststroke	EN1			{4 x 50 on :55 Freestyle descend	EN2
	{1 x 100 on 2:00 Freestyle	REC			{1 x 100 on 3:00 Your #1 non free	SP2
	{3 x 150 on 2:50 Breaststroke	EN1			{4 x 50 on :50 Freestyle-descend	EN2
	{1 x 100 on 2:00 Freestyle	REC			{1 x 100 on 3:00 Your #1 non free	SP2
	{3 x 150 on 2:45 Breaststroke	EN1		300	1 x 300 on 5:00 Stroke Drills	REC
200	1 x 200 on 3:00 Stroke Drills	REC			6:30 PM 5,180 Meters - Stress Value = 136	

**Workout #3033 - Tuesday, 18 May 2004**

**Group 3 - Distance**

**1 minute rest between sets**

4:00 PM Start			
Meters	Set Description	EGY	WOF
	1 on 40:00 Dryland and stretch		
800	8 x 100 on 2:00 Stroke Drills 2 on E	REC	
180	12 x 15 on :30 Shooters	SP3	
1x	{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
1,500	1 x 1500 on 22:30 Pulls	EN1	
4x	{1 x 200 on 3:15 Freestyle	REC	
	{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 200 on 2:45 Freestyle	EN2	
500	10 x 50 on 1:15 Stroke Drills	REC	

6:31 PM 5,980 Meters - Stress Value = 62

**Workout #3031 - Tuesday, 18 May 2004**

**Group 3 - Fly & Back**

**Workout #3035 - Wednesday, 19 May 2004**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 35:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1 x 1000 on 21:40 Social kick	EN1	
1,000	2x{1 x 200 on 4:20 Pulls	EN1	
	{1 x 150 on 3:15 Pulls	EN1	
	{1 x 100 on 2:10 Pulls	EN1	
	{1 x 50 on 1:05 Pulls	EN1	
300	6 x 50 on :55 Descend in sets of 3	EN1	
1,600	1x{4 x 100 on 2:00 Breaststroke	EN1	
	{1 x 200 on 3:30 Individual Medley	EN1	
	{3 x 100 on 1:55 Breaststroke	EN1	
	{1 x 200 on 3:30 Individual Medley	EN1	
	{2 x 100 on 1:50 Breaststroke	EN1	
	{1 x 200 on 3:30 Individual Medley	EN1	
	{1 x 100 on 1:45 Breaststroke	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
6:29 PM 5,180 Yards - Stress Value = 46			

**Workout #3036 - Wednesday, 19 May 2004**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 35:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	1 x 600 on 13:00 Social kick	EN1	
300	3x{1 x 250 on 3:45 Pulls odd 50's br 7	EN1	
	{1 x 250 on 3:45 Pulls evn 50's br 9	EN1	
300	6 x 50 on :55 Descend in sets of 3	EN1	
1x{1 x 600 on 9:00 Freestyle	EN2		
	{ negative split		
	{ 2 x 500 on 7:25 Freestyle	EN2	
	{ #1 neg split #2 des		
	{ each 100		
	{ 3 x 400 on 5:50 Freestyle	EN2	
	{ #1-sp, #2des #3 100%		
200	1 x 200 on 3:00 Stroke Drills	REC	
6:31 PM 6,380 Yards - Stress Value = 88			

**Workout #3038 - Wednesday, 19 May 2004**

**Group 3 - Fly & Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 35:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1 x 1000 on 21:40 Social kick	EN1	
1,500	3x{1 x 200 on 3:05 Pulls L.50 br ev 5	EN1	
	{1 x 150 on 2:20 Pulls L. 50 br ev 5	EN1	
	{1 x 100 on 1:35 Pulls L.50 br ev 5	EN1	
	{1 x 50 on :50 Pulls br ev 5	EN1	
300	6 x 50 on :55 Descend in sets of 3	EN1	
1,350	1x{1 x 150 on 3:00 Your Stroke	EN1	
	{3 x 50 on 1:00 Your Stroke drill	EN1	
	{1 x 150 on 3:00 Your Stroke	EN1	
	{1 x 150 on 2:50 Your Stroke	EN1	
	{3 x 50 on 1:00 Your Stroke drill	EN1	
	{1 x 150 on 3:00 Your Stroke	EN1	
	{1 x 150 on 2:50 Your Stroke	EN1	

	{1 x 150 on 2:40 Your Stroke	EN1
	{3 x 50 on 1:00 Your Stroke drill	EN1
300	6 x 50 on 1:15 Stroke Drills	REC
6:31 PM 5,430 Yards - Stress Value = 53		

**Workout #3034 - Wednesday, 19 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 35:00 Stomach and Stretch		
5:15 AM Start			
625	1 x 625 on 9:00 Stroke Drills	REC	I
	every 3rd lap non fr		
210	14 x 15 on :30 Pit sprints	SP3	S
525	7 x 75 on 1:30 Kick no board	EN1	F
	1st wall 7 fly kicks		
	2nd wall 9 fly kicks		
	3rd wall 11 fly kick		
1x{4 x 75 on 1:05 Pulls no br L. 8 yds	EN1	F	
	{4 x 75 on 1:05 Pulls no br L.16 yds	EN1	F
	{4 x 75 on 1:05 Pulls no br L.25 yds	EN1	F
1x{3 x 75 on 1:10 IM w/out the free	EN1	S	
	{3 x 75 on 1:00 Freestyle	EN1	S
	{3 x 75 on 1:10 IM w/out the brst	EN1	S
	{3 x 75 on 1:15 Breaststroke	EN1	S
	{3 x 75 on 1:10 IM w/out the back	EN1	S
	{3 x 75 on 1:05 Backstroke	EN1	S
	{3 x 75 on 1:10 IM w/out the fly	EN1	S
	{3 x 75 on 1:10 Butterfly	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
6:31 AM 4,260 Yards - Stress Value = 38			

**Workout #3037 - Wednesday, 19 May 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 35:00 Stomach and Stretch		
4:00 PM Start			
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1 x 1000 on 21:40 Social kick	EN1	
1,000	4x{1 x 200 on 3:15 Pulls L.50 br ev 5	EN1	
	{1 x 50 on 1:00 Pulls 100% br ev 5	EN1	
300	6 x 50 on :55 Descend in sets of 3	EN1	
2,250	3x{1 x 100 on 1:40 Freestyle	EN1	
	{1 x 50 on 1:00 Non free	EN1	
	{1 x 100 on 1:40 Freestyle	EN1	
	{1 x 100 on 1:35 Freestyle	EN1	
	{1 x 50 on 1:00 Non free	EN1	
	{1 x 100 on 1:40 Freestyle	EN1	
	{1 x 100 on 1:35 Freestyle	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 50 on 1:00 Non free	EN1	
200	1 x 200 on 3:00 Freestyle	REC	
6:30 PM 5,730 Yards - Stress Value = 54			

**Workout #3039 - Thursday, 20 May 2004**

**Group 3 - Breast**

**1 minute rest between sets**

4:00 PM Start

Meters	Set Description	EGY	WC
=====	=====	====	==
	1 on 40:00 Dryland and stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 2:00 Challenge kick set!!	EN2	
800	2 x 400 on 8:00 Pulls	EN1	
400	1 x 400 on 7:00 100fr 200Im 100fr	EN1	
1,400	7x{2 x 50 on 1:10 Breaststroke drill	EN1	
	{1 x 50 on 1:00 Breast OTB for time	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
300	1 x 300 on 5:00 Stroke Drills	REC	
	6:30 PM 4,880 Meters - Stress Value = 90		

**Workout #3041 - Thursday, 20 May 2004**

**Group 3 - Distance**

**1 minute rest between sets**

4:00 PM Start

Meters	Set Description	EGY	WC
=====	=====	====	==
	1 on 40:00 Dryland and stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 2:00 Challenge kick set!!	EN2	
	1x{1 x 700 on 10:30 Pulls	EN1	
	{1 x 700 on 10:00 Pulls	EN1	
300	1 x 300 on 5:30 50fr 200IM 50fr	EN1	
	3x{1 x 300 on 4:00 Freestyle	EN2	
	{3 x 100 on 1:45 Free R.5sec between	EN2	
	{ each 100		
300	1 x 300 on 5:00 Stroke Drills	REC	
	6:31 PM 5,780 Meters - Stress Value = 89		

**Workout #3040 - Thursday, 20 May 2004**

**Group 3 - Fly & Back**

**1 minute rest between sets**

4:00 PM Start

Meters	Set Description	EGY	WC
=====	=====	====	==
	1 on 40:00 Dryland and stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 2:00 Challenge kick set!!	EN2	
1,200	6 x 200 on 3:00 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4-6-8		
400	1 x 400 on 7:00 100fr 200Im 100fr	EN1	
1,500	1x{6 x 50 on 1:05 Your Stroke des in 3	EN2	
	{6 x 50 on 1:00 Your Stroke des in 3	EN2	
	{6 x 50 on :55 Your Stroke des in 3	EN2	
	{6 x 50 on :50 Your Stroke des in 3	EN2	
	{6 x 50 on :45 Your Stroke des in 3	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	6:29 PM 5,380 Meters - Stress Value = 82		

**Workout #3042 - Thursday, 20 May 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

4:00 PM Start

Meters	Set Description	EGY	WC
=====	=====	====	==
	1 on 40:00 Dryland and stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	

1,000	10 x 100 on 2:00 Challenge kick set!!	EN2
1,300	13 x 100 on 1:30 Lungbuster pulls	EN1
	odds br 5-7 evens4-6	
400	1 x 400 on 7:00 100fr 200Im 100fr	EN1
1,800	4x{1 x 50 on :50 Freestyle	EN1
	{1 x 50 on :45 Freestyle	EN2
	{1 x 50 on :40 Freestyle	EN2
	{1 x 100 on 2:00 Free hold under 1:10	EN2
	{1 x 200 on 4:00 Freestyle	REC
	6:30 PM 5,480 Meters - Stress Value = 67	

**Workout #3043 - Friday, 21 May 2004**

**Group 3 - All**

**1 minute rest between sets**

5:15 AM Start

Yards	Set Description	EGY	WOF
=====	=====	====	==
525	1 x 525 on 9:00 Reverse IM drill	REC	
	150fr 125 other strk		
210	14 x 15 on :30 Pit sprints	SP3	
375	3 x 125 on 2:30 Kick no board	EN1	
	1st wall 5 kicks		
	2nd-6,3rd-7,4th-8, &		
	5th wall 9 kicks		
	1x{2 x 100 on 1:25 Pulls no br L.12 yds	EN1	
	{2 x 100 on 1:20 Pulls no br L.12 yds	EN1	
	{2 x 100 on 1:15 Pulls no br L.12 yds	EN2	
	{2 x 100 on 1:10 Pulls no br L.12 yds	EN2	
	1x{4 x 125 on 2:00 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 125 on 1:55 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 125 on 1:50 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 125 on 1:45 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:31 AM 4,110 Yards - Stress Value = 64		

**Workout #3044 - Friday, 21 May 2004**

**Group 3 - All**

**1 minute rest between sets**

4:00 PM Start

Meters	Set Description	EGY	WOF
=====	=====	====	==
	1 on 59:59 Ultimate/stretch		
600	12 x 50 on 1:05 Stroke Drills 3 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 2:20 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{ odds 100%		
	1x{1 x 250 on 3:45 Pulls	EN1	
	{1 x 200 on 2:55 Pulls	EN1	
	{1 x 150 on 2:10 Pulls	EN1	
	{1 x 100 on 1:25 Pulls	EN1	
	1 on 10:00 Techniques-Relay Str		
	1 on 25:00 Relay Sprint Game	SP2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	6:30 PM 2,380 Meters - Stress Value = 27		



**Workout #3045 - Saturday, 22 May 2004**

**Group 3 - Platinum**

**1 minute rest between sets**

8:00 AM Start			
Meters	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
900	1x{3 x 150 on 3:00 Kick	EN2	
	{3 x 100 on 1:55 Kick	EN2	
	{3 x 50 on :55 Kick	EN2	
900	1x{1 x 300 on 4:10 Pulls	EN1	
	{1 x 300 on 4:05 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
300	3 x 100 on 1:40 Descend in sets of 3	EN1	
3,200	1x{2 x 400 on 6:00 Individual Medley	EN2	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{2 x 400 on 5:50 Individual Medley	EN2	
	{1 x 100 on 2:00 Backstroke	REC	
	{2 x 400 on 5:40 Individual Medley	EN2	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 400 on 8:00 IM for time	SP1	
300	1 x 300 on 6:00 Stroke Drills	REC	
	10:29 AM 6,380 Meters - Stress Value = 129		

**Workout #3047 - Saturday, 22 May 2004**

**Group 3 - Gold**

**1 minute rest between sets**

8:00 AM Start			
Meters	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{3 x 150 on 3:15 Kick	EN2	
	{3 x 100 on 2:05 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 200 on 2:55 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
300	3 x 100 on 1:40 Freestyle descend	EN1	
	1x{2 x 400 on 6:40 Individual Medley	EN2	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{2 x 400 on 6:30 Individual Medley	EN2	
	{1 x 100 on 2:00 Backstroke	REC	
	{2 x 400 on 6:20 Individual Medley	EN2	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 400 on 8:00 IM for time	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	10:29 AM 6,080 Meters - Stress Value = 126		

**Workout #3046 - Saturday, 22 May 2004**

**Group 3 - Silver**

**1 minute rest between sets**

8:00 AM Start			
Meters	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{3 x 150 on 3:30 Kick	EN2	
	{3 x 100 on 2:15 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
	1x{1 x 200 on 3:20 Pulls	EN1	
	{1 x 200 on 3:10 Pulls	EN1	
	{1 x 200 on 3:00 Pulls	EN1	
200	1 x 200 on 3:30 Stroke Drills	EN1	

	1x{2 x 400 on 7:20 Individual Medley	EN2	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{2 x 400 on 7:10 Individual Medley	EN2	
	{1 x 100 on 2:00 Backstroke	REC	
	{2 x 400 on 7:00 Individual Medley	EN2	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 400 on 8:00 IM for time	SP1	
	1 x 200 on 4:00 Stroke Drills	REC	
	10:32 AM 5,780 Meters - Stress Value = 123		

**Workout #3048 - Saturday, 22 May 2004**

**Group 3 - Bronze**

**1 minute rest between sets**

8:00 AM Start			
Meters	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{3 x 150 on 3:40 Kick	EN2	
	{3 x 100 on 2:25 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN2	
	1x{1 x 200 on 3:40 Pulls	EN1	
	{1 x 200 on 3:35 Pulls	EN1	
	{1 x 200 on 3:30 Pulls	EN1	
200	1 x 200 on 3:30 Stroke Drills	EN1	
	1x{2 x 400 on 8:00 Individual Medley	EN2	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{2 x 400 on 7:30 Individual Medley	EN2	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 400 on 7:00 Individual Medley	EN2	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 400 on 8:00 IM for time	SP1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	10:29 AM 5,380 Meters - Stress Value = 114		

**Workout #3049 - Monday, 24 May 2004**

**Group 3 - All**

**1 minute rest between sets**

5:15 AM Start				
Yards	Set Description	EGY	WORK	STK
	1 x 525 on 8:00 Choice	REC	S	CHO
210	14 x 15 on :30 Pit sprints	SP3	S	FR
225	9 x 25 on :40 Kick no board	EN1	K	FLY
	15m under water			
	1x{1 x 500 on 7:05 Pulls	EN1	P	FR
	{1 x 400 on 5:20 Pulls	EN1	P	FR
	{1 x 300 on 3:45 Pulls	EN1	P	FR
	{1 x 200 on 2:20 Pulls	EN2	P	FR
	{1 x 100 on 1:05 Pulls	EN2	P	FR
	1x{1 x 150 on 2:15 Freestyle	EN1	S	FR
	{1 x 50 on :30 Freestyle	EN2	S	FR
	{2 x 150 on 2:05 Freestyle	EN1	S	FR
	{2 x 50 on :35 Freestyle	EN2	S	FR
	{3 x 150 on 1:55 Freestyle	EN1	S	FR
	{3 x 50 on :40 Freestyle	EN1	S	FR
	{4 x 150 on 1:45 Freestyle	EN2	S	FR
	{4 x 50 on :45 Freestyle	EN1	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	6:30 AM 4,660 Yards - Stress Value = 56			

**Workout #3050 - Monday, 24 May 2004**

**Group 3 - All**

**1 minute rest between sets**

4:00 PM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
180	1x{1 x 200 on 3:40 Stroke Drills	REC	
	{1 x 150 on 2:40 Stroke Drills	REC	
	{1 x 100 on 1:45 Stroke Drills	REC	
	{1 x 50 on :50 Stroke Drills	REC	
	{3 x 100 on 1:40 #1 2bk #2 4bk #3 6bk	EN1	
180	12 x 15 on :45 Shooters	SP3	
	4x{1 x 100 on 2:00 Kick	EN1	
	{2 x 25 on :45 Sprint kick	EN2	
	{2 x 50 on 1:05 Kick no board	EN1	
	{15m under water		
	1x{1 x 750 on 11:00 Pulls	EN1	
	{1 x 750 on 10:30 Pulls	EN1	
400	2 x 200 on 3:30 Reverse IM	EN1	
	5x{1 x 250 on 3:50 Freestyle	EN1	
	{1 x 250 on 3:10 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:30 PM 6,580 Meters - Stress Value = 86		

**Workout #3052 - Tuesday, 25 May 2004**

**Group 3 - Distance**

**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 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{4 x 50 on 1:10 Kick no board	EN1	
	{4 x 50 on 1:05 Kick no board	EN1	
	{4 x 50 on 1:00 Kick no board	EN2	
	{3 x 100 on 2:15 Kick-descend	EN2	
	4x{1 x 150 on 2:15 Pulls	EN1	
	{3 x 50 on :50 Pulls br ev 9	EN1	
500	10 x 50 on :55 Odds free evns nonfr	EN1	
	1x{2 x 400 on 5:40 Freestyle	EN2	
	{2 x 400 on 5:35 Freestyle	EN2	
	{2 x 400 on 5:30 Freestyle	EN2	
300	6 x 50 on 1:15 Stroke Drills	REC	
	6:30 PM 6,280 Meters - Stress Value = 97		

**Workout #3051 - Tuesday, 25 May 2004**

**Group 3 - IM/Stroke**

**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 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
900	1x{4 x 50 on 1:10 Kick no board	EN1	
	{4 x 50 on 1:05 Kick no board	EN1	
	{4 x 50 on 1:00 Kick no board	EN2	
	{3 x 100 on 2:15 Kick-descend	EN2	
1,200	4x{1 x 150 on 2:15 Pulls	EN1	
	{3 x 50 on :50 Pulls br ev 9	EN1	
500	10 x 50 on :55 Odds free evns nonfr	EN1	
2,000	1x{1 x 200 on 3:30 Individual Medley	EN1	
	{6 x 50 on :55 Your Stroke	EN1	
	{1 x 200 on 3:25 Individual Medley	EN1	
	{5 x 50 on :55 Your Stroke	EN1	
	{1 x 200 on 3:20 Individual Medley	EN1	
	{4 x 50 on :55 Your Stroke	EN1	
	{1 x 200 on 3:15 Individual Medley	EN2	

	{3 x 50 on :55 Your Stroke	EN1
	{1 x 200 on 3:10 Individual Medley	EN2
	{2 x 50 on :55 Your Stroke	EN1
200	4 x 50 on 1:15 Stroke Drills	REC
	6:28 PM 5,780 Meters - Stress Value = 67	

**Workout #3053 - Tuesday, 25 May 2004**

**Group 3 - Sprint**

**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 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
900	1x{4 x 50 on 1:10 Kick no board	EN1	
	{4 x 50 on 1:05 Kick no board	EN1	
	{4 x 50 on 1:00 Kick no board	EN2	
	{3 x 100 on 2:15 Kick-descend	EN2	
1,200	4x{1 x 150 on 2:15 Pulls	EN1	
	{3 x 50 on :50 Pulls br ev 9	EN1	
500	10 x 50 on :55 Odds free evns nonfr	EN1	
1,800	1x{4 x 100 on 1:45 Freestyle-descend	EN2	
	{1 x 200 on 4:00 Stroke Drills	REC	
	{4 x 100 on 1:40 Freestyle-descend	EN2	
	{1 x 200 on 4:00 Freestyle	EN1	
	{4 x 100 on 1:35 Freestyle-descend	EN2	
	{1 x 200 on 4:00 Stroke Drills	REC	
300	6 x 50 on 1:15 Stroke Drills	REC	
	6:28 PM 5,680 Meters - Stress Value = 72		

**Workout #3058 - Wednesday, 26 May 2004**

**Group 3 - Breast**

**1 minute rest between sets**

4:00 PM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 2:05 Kick odds fast	EN2	
900	1x{3 x 150 on 3:15 Pulls	EN1	
	{3 x 150 on 3:00 Pulls	EN1	
	2 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
1,600	1x{1 x 100 on 1:30 Freestyle	EN1	
	{2 x 150 on 3:00 Breaststroke	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{2 x 150 on 2:55 Backstroke	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{2 x 150 on 2:50 Breaststroke	EN2	
	{1 x 100 on 1:30 Freestyle	EN1	
	{2 x 150 on 2:45 Breaststroke	EN2	
400	4 x 100 on 1:40 Descend to ludicrous speed	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	6:28 PM 5,480 Meters - Stress Value = 74		

**Workout #3055 - Wednesday, 26 May 2004**

**Group 3 - Distance**

**1 minute rest between sets**

4:00 PM Start

Meters	Set Description	EGY	WOF
=====	=====	====	====
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
600	6 x 100 on 2:05 Kick	EN1	
	1x{3 x 200 on 3:05 Lungbuster pulls	EN1	
	{3 x 200 on 3:00 Lungbuster pulls	EN1	
	{3 x 200 on 2:55 Lungbuster pulls	EN1	
	{ odds br 3-4-5-6		
	{ evens br 4-5-6-7		
300	2 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
	1x{1 x 500 on 7:05 Freestyle	EN1	
	{2 x 400 on 5:35 Freestyle	EN1	
	{3 x 300 on 4:10 Freestyle	EN1	
400	4 x 100 on 1:40 Descend to ludicrous speed	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	6:30 PM 6,580 Meters - Stress Value = 73		

**Workout #3057 - Wednesday, 26 May 2004**

**Group 3 - Backstroke**

**1 minute rest between sets**

4:00 PM Start

Meters	Set Description	EGY	WOF
=====	=====	====	====
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 2:05 Kick odds fast	EN2	
1,200	1x{3 x 200 on 3:15 Lungbuster pulls	EN1	
	{3 x 200 on 3:00 Lungbuster pulls	EN1	
	{ odds br 3-4-5-6		
	{ evens br 4-5-6-7		
300	2 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
1,900	1x{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 150 on 2:35 Backstroke	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{2 x 150 on 2:30 Backstroke	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{3 x 150 on 2:25 Backstroke	EN2	
	{1 x 100 on 1:30 Freestyle	EN1	
	{4 x 150 on 2:20 Backstroke	EN2	
400	4 x 100 on 1:40 Descend to ludicrous speed	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	6:30 PM 6,080 Meters - Stress Value = 88		

**Workout #3054 - Wednesday, 26 May 2004**

**Group 3 - All**

**1 minute rest between sets**

5:15 AM Start

Yards	Set Description	EGY	WORK
=====	=====	====	====
525	1 x 525 on 8:00 Free Every 3rd lap non freestyle	REC	S
210	14 x 15 on :30 Pit sprints	SP3	S
525	7 x 75 on 1:30 Kick no board	EN1	K
	1x{4 x 200 on 2:45 Pulls	EN1	P
	{2 x 200 on 2:40 Pulls	EN1	P
	1x{3 x 100 on 1:30 Freestyle	EN1	S
	{2 x 25 on :30 Butterfly	EN1	S
	{2 x 100 on 1:25 Freestyle	EN1	S
	{2 x 25 on :30 Backstroke	EN1	S
	{1 x 100 on 1:20 Freestyle	EN1	S
	{2 x 25 on :30 Breaststroke	EN1	S

{2 x 100 on 1:15 Freestyle	EN2	S
{2 x 25 on :30 Butterfly	EN1	S
{3 x 100 on 1:10 Freestyle	EN2	S
{2 x 25 on :30 Backstroke	EN1	S
{2 x 100 on 1:05 Freestyle	EN2	S
{2 x 25 on :30 Breaststroke	EN1	S
{1 x 100 on 1:00 Freestyle	EN2	S
1 x 200 on 3:00 Stroke Drills	REC	D
6:30 AM 4,360 Yards - Stress Value = 47		

**Workout #3056 - Wednesday, 26 May 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

4:00 PM Start

Meters	Set Description	EGY	WC
=====	=====	====	==
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	12 x 100 on 1:45 Kick with flippers	EN2	
800	1x{2 x 200 on 3:15 Lungbuster pulls	EN1	
	{2 x 200 on 3:00 Lungbuster pulls	EN1	
	{ odds br 3-4-5-6		
	{ evens br 4-5-6-7		
300	2 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
2,000	10x{1 x 50 on 1:00 25 clsd fist 25 t.d.	EN1	
	{1 x 50 on 1:00 25 t.d. 25 fingertip	EN1	
	{1 x 50 on 1:00 25 6KS 12.5ft 12.5lt	EN1	
	{1 x 50 on :45 Free 6bk limited br	EN3	
400	4 x 100 on 1:40 Descend to ludicrous speed	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	6:31 PM 5,980 Meters - Stress Value = 105		

**Workout #3061 - Thursday, 27 May 2004**

**Group 3 - Distance**

**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	
	1 on 10:00 Techniques-TN turn		
	1x{1 x 200 on 4:15 Kick	EN1	
	{4 x 50 on 1:05 Kick no board	EN1	
	{ 15m under water		
	1x{2 x 250 on 4:00 Pulls	EN1	
	{2 x 250 on 3:45 Pulls	EN1	
400	1 x 400 on 7:00 Reverse IM drill	EN1	
	1x{15 x 100 on 1:45 10 sec rest between	EN2	
	{ each-hold 5-10 secs.		
	{ off mile pace		
	{1 x 150 on 3:00 Freestyle	REC	
	{8 x 100 on 1:45 15 sec rest between	EN2	
	{ each-hold 10 seconds		
	{ off 800 pace		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
	6:30 PM 5,300 Meters - Stress Value = 71		

**Workout #3059 - Thursday, 27 May 2004**

**1 minute rest between sets**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
4:00 PM	Start		
800	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-TN turn		
800	2x{1 x 200 on 4:15 Kick	EN1	
	{4 x 50 on 1:05 Kick no board	EN1	
	{ 15m under water		
1,000	1x{2 x 250 on 4:00 Pulls	EN1	
	{2 x 250 on 3:45 Pulls	EN1	
400	1 x 400 on 8:00 Reverse IM drill	EN1	
1,800	4x{1 x 200 on 3:30 150 free 50 stroke	EN1	
	{1 x 150 on 2:40 100 free 50 stroke	EN1	
	{1 x 100 on 1:45 50 free 50 stroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
6:27 PM	5,000 Meters - Stress Value = 49		

Meters	Set Description	EGY	WOF
4:00 PM	Start		
800	1 on 35:00 Dryland and stretch		
180	12 x 15 on :45 Shooters		
800	1x{2 x 100 on 2:15 Kick	EN1	
	{2 x 100 on 2:10 Kick	EN1	
	{2 x 100 on 2:05 Kick	EN1	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
1,000	1x{3 x 200 on 3:00 Lungbuster pulls	EN1	
	{2 x 200 on 2:50 Lungbuster pulls	EN2	
400	{1 x 200 on 2:40 Lungbuster pulls	EN2	
	{ odds br 3-5-7-9		
	{ evens br 2-4-6-8		
300	3 x 100 on 1:40 Freestyle-descend	EN1	
	3x{1 x 300 on 4:30 Freestyle	EN2	
	{1 x 300 on 4:15 Freestyle	EN2	
	{1 x 300 on 4:00 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
6:32 PM	6,380 Meters - Stress Value = 105		

**Workout #3060 - Thursday, 27 May 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
4:00 PM	Start		
800	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-TN turn		
800	2x{1 x 200 on 4:15 Kick	EN1	
	{4 x 50 on 1:05 Kick no board	EN1	
	{ 15m under water		
1,000	1x{2 x 250 on 4:00 Pulls	EN1	
	{2 x 250 on 3:45 Pulls	EN1	
400	1 x 400 on 8:00 Reverse IM drill	EN1	
1,800	3x{1 x 200 on 3:30 Freestyle L.50 fast	EN1	
	{1 x 150 on 2:30 Freestyle L.50 fast	EN1	
	{1 x 100 on 1:35 Freestyle L.50 fast	EN2	
	{1 x 50 on :45 Freestyle fast	EN2	
	{1 x 100 on 2:30 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Starts		
6:28 PM	5,000 Meters - Stress Value = 45		

**Workout #3068 - Wednesday, 02 June 2004**

**Group 3 - Breast**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
4:00 PM	Start		
800	1 on 30:00 Stomach and Stretch		
180	12 x 15 on :45 Shooters		
800	8 x 100 on 2:00 Stroke Drills	REC	
1,200	1x{2 x 200 on 4:10 Kick	EN2	
	{2 x 200 on 4:05 Kick	EN2	
	{2 x 200 on 4:00 Kick	EN2	
900	1x{3 x 150 on 2:45 Pulls paddles/fins	EN1	
	{3 x 150 on 2:40 Pulls paddles/fins	EN2	
400	1 x 400 on 7:00 Choice-less 50% free	EN1	
1,800	1x{4 x 100 on 2:05 Breaststroke	EN2	
	{1 x 200 on 3:30 Individual Medley	EN2	
	{4 x 100 on 2:00 Breaststroke	EN2	
	{1 x 200 on 3:30 Individual Medley	EN2	
	{4 x 100 on 1:55 Breaststroke	EN2	
	{1 x 200 on 3:30 Individual Medley	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
6:30 PM	5,580 Meters - Stress Value = 92		

**Workout #3062 - Friday, 28 May 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:15 AM	Start		
725	1 x 725 on 12:00 Free every 3rd lap non free	REC	§
210	14 x 15 on :30 Shooters	SP3	§
275	11 x 25 on :40 Kick no board	EN1	§
	4x{1 x 50 on :55 Thumb drag	EN1	I
	{1 x 50 on :55 Fingertip	EN1	I
	{1 x 50 on :55 Catch up	EN1	I
	{1 x 50 on :55 Right arm only	EN1	I
	{1 x 50 on :55 Left arm only	EN1	I
	{1 x 50 on :55 6 kick switch	EN1	I
	{1 x 50 on :55 Closed fist	EN1	I
	{1 x 100 on 1:30 Free Perfect form	EN1	§
	1 on 12:00 Techniques-Starts		I
6:28 AM	3,010 Yards - Stress Value = 29		

**Workout #3065 - Wednesday, 02 June 2004**

**Group 3 - Distance**

**1 minute rest between sets**

Meters	Set Description	EGY	WORK	STK
4:00 PM	Start			
800	1 on 30:00 Stomach and Stretch			L DRY
180	12 x 15 on :45 Shooters			SP3 S BK
800	8 x 100 on 2:00 Stroke Drills	REC		D CHO
500	1x{1 x 250 on 5:00 Kick	EN1		K FR
	{1 x 250 on 4:45 Kick	EN1		K FR
500	1x{1 x 250 on 3:30 Pulls	EN2		P FR
	{1 x 250 on 3:25 Pulls	EN2		P FR
300	1 x 300 on 4:30 Choice	EN1		S CHO
4,500	1x{1 x 1500 on 20:00 Freestyle	EN2		S FR
	{2 x 750 on 10:30 Freestyle	EN2		S FR
	{3 x 500 on 7:20 Freestyle	EN2		S FR
300	1 x 300 on 5:00 Stroke Drills	REC		D CD
6:31 PM	7,080 Meters - Stress Value = 126			

**Workout #3063 - Tuesday, 01 June 2004**

**Group 3 - All**

**Workout #3067 - Wednesday, 02 June 2004**

**Group 3 - Fly & Back**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
	4:00 PM Start		
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	1x{3 x 150 on 2:45 Kick with flippers	EN2	
	{3 x 150 on 2:40 Kick with flippers	EN2	
	{2 x 150 on 2:35 Kick with flippers	EN2	
900	1x{3 x 150 on 2:30 Pulls mid 50 br ev 7	EN1	
	{3 x 150 on 2:20 Pulls mid 50 br ev 9	EN2	
400	1 x 400 on 7:00 Choice-less 50% free	EN1	
2,200	2x{2 x 150 on 2:50 100 #1, 50 weak strk	EN2	
	{2 x 150 on 2:45 100 #1, 50 weak strk	EN2	
	{2 x 150 on 2:40 100 #1, 50 weak strk	EN2	
	{4 x 50 on 1:00 Your Stroke-descend	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	6:31 PM 5,980 Meters - Stress Value = 101		

**Workout #3064 - Wednesday, 02 June 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	5:15 AM Start		
	1 x 625 on 10:00 Free every 3rd lap non free	REC	S
210	14 x 15 on :30 Pit sprints	SP3	S
525	7 x 75 on 1:30 Kick no board	EN1	K
800	8 x 100 on 1:30 Lungbuster pulls	EN1	P
1,800	12 x 150 on 2:15 Freestyle-descend in 3's and sets of 3	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
	6:31 AM 4,160 Yards - Stress Value = 57		

**Workout #3066 - Wednesday, 02 June 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
	4:00 PM Start		
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{10 x 50 on 1:10 odds free 100% evens	EN2	
	{ choice-just make it		
	{10 x 50 on 1:00 Kick with flippers	EN2	
1,200	1x{4 x 150 on 2:30 Pulls mid 50 br ev 7	EN1	
	{4 x 150 on 2:20 Pulls mid 50 br ev 9	EN2	
400	1 x 400 on 8:00 Choice-less 50% free	EN1	
1,800	3x{1 x 50 on 1:15 OTB 100% effort 30m	EN2	
	{1 x 50 on 1:15 13 fly kicks-100% to	EN2	
	{ 30m-then 20m ez		
	{3 x 100 on 1:40 Freestyle-descend	EN2	
	{1 x 200 on 4:30 IM-rest 10 sec at 50	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	6:32 PM 5,680 Meters - Stress Value = 93		

**Workout #3070 - Thursday, 03 June 2004**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	4:00 PM Start		
	1 on 40:00 Dryland and stretch		

800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 1:45 Kick	EN2	
1,500	1x{6 x 125 on 2:10 Pulls fins/paddles	EN1	
	{4 x 125 on 2:05 Pulls fins/paddles	EN1	
	{2 x 125 on 2:00 Pulls fins/paddles	EN1	
450	1x{3 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	
	{3 x 75 on 1:10 IM w/out the free	EN1	
1,300	1x{8 x 50 on 1:00 Breast 2X pullouts	EN2	
	{6 x 50 on :55 Breast 2X pullouts	EN2	
	{4 x 50 on :50 Breast 2X pullouts	EN2	
	{2 x 50 on :45 Breast 2X pullouts	EN2	
	{1 x 100 on 2:00 Freestyle	REC	
	{1 x 200 on 4:00 Breast for time	SP1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	6:30 PM 5,530 Yards - Stress Value = 82		

**Workout #3072 - Thursday, 03 June 2004**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	4:00 PM Start		
	1 on 40:00 Dryland and stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	6 x 100 on 1:45 Kick	EN2	
2,100	3 x 700 on 9:00 Pulls	EN1	
450	1x{3 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	
	{3 x 75 on 1:10 IM w/out the free	EN1	
2,700	1x{3 x 225 on 2:40 Freestyle	EN2	
	{3 x 225 on 2:35 Freestyle	EN2	
	{3 x 225 on 2:30 Freestyle	EN2	
	{3 x 225 on 2:25 Freestyle	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	6:30 PM 7,130 Yards - Stress Value = 100		

**Workout #3069 - Thursday, 03 June 2004**

**Group 3 - Fly & Back**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	4:00 PM Start		
	1 on 40:00 Dryland and stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 1:30 Kick with flippers	EN2	
	hold all under 1:15		
1,050	1x{6 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 75 on :55 Pulls-nbbf&w + 2 yds	EN1	
450	1x{3 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	
	{3 x 75 on 1:10 IM w/out the free	EN1	
2,500	2x{3 x 125 on 2:00 Your Stroke	EN1	
	{3 x 100 on 1:35 Your Stroke	EN2	
	{3 x 75 on 1:10 Your Stroke	EN2	
	{3 x 50 on :45 Your Stroke	EN2	
	{8 x 25 on :30 Your Stroke 100%	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	6:32 PM 6,280 Yards - Stress Value = 84		

**Workout #3071 - Thursday, 03 June 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

4:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Dryland and stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	12 x 100 on 1:30 Kick with flippers hold all under 1:15	EN2	
1,000	20 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
450	1x{3 x 75 on 1:05 2bk-4bk-6bk by 25's {3 x 75 on 1:10 IM w/out the free	EN1	
2,200	4x{1 x 200 on 3:00 Stroke Drills {3 x 50 on :35 Freestyle	EN1	EN2
	{1 x 100 on 2:00 Stroke Drills	REC	
	{4 x 25 on :30 Free 6bk 2 brths	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	

6:31 PM 6,130 Yards - Stress Value = 73

**Workout #3073 - Friday, 04 June 2004**

**Group 3 - All**

**1 minute rest between sets**

5:15 AM Start

Yards	Set Description	EGY	WOF
525	1 x 525 on 9:00 Swim-kick-drill-swim	REC	ε
210	14 x 15 on :30 Pit sprints	SP3	ε
225	9 x 25 on :40 Kick no board min. 12yds under	EN1	F
	1x{1 x 150 on 2:15 Pulls	EN1	F
	{1 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F
	{1 x 150 on 2:05 Pulls	EN1	F
	{2 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F
	{1 x 150 on 1:55 Pulls	EN2	F
	{3 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F
	{1 x 150 on 1:45 Pulls	EN2	F
	{4 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F
	{1 x 150 on 1:35 Pulls	EN2	F
	{5 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F
	1x{2 x 125 on 1:40 Freestyle L.25 fly	EN2	ε
	{2 x 125 on 1:40 Freestyle L.25 back	EN2	ε
	{2 x 125 on 1:45 Freestyle L.25 brst	EN1	ε
	{2 x 125 on 1:35 Freestyle	EN1	ε
	{2 x 100 on 1:15 Freestyle L.25 fly	EN2	ε
	{2 x 100 on 1:15 Freestyle L.25 back	EN2	ε
	{2 x 100 on 1:20 Freestyle L.25 brst	EN2	ε
	{2 x 100 on 1:10 Freestyle	EN2	ε
200	1 x 200 on 3:00 Stroke Drills	REC	I

6:30 AM 4,460 Yards - Stress Value = 60

**Workout #3074 - Friday, 04 June 2004**

**Group 3 - All**

**1 minute rest between sets**

4:00 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 125 on 2:10 Kick	EN1	
	{2 x 125 on 2:05 Kick	EN2	
	{2 x 125 on 2:00 Kick	EN2	
	{2 x 125 on 1:55 Kick	EN2	
	1x{6 x 75 on 1:00 Pulls	EN2	
	{6 x 75 on :55 Pulls	EN2	
	{4 x 75 on :50 Pulls	EN2	
	8x{1 x 25 on :30 Non free	EN1	
	{1 x 25 on :20 Freestyle	EN1	

10x{1 x 100 on 1:10 Individual Medley	EN2
{1 x 50 on :30 Freestyle	EN2
{1 x 50 on :50 Freestyle	EN1
500 5 x 100 on 2:00 Stroke Drills	REC
6:13 PM 6,080 Yards - Stress Value = 87	

**Workout #3075 - Saturday, 05 June 2004**

**Group 3 - All**

**1 minute rest between sets**

8:00 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 20:00 Dryland and stretch			L DF
	1x{1 x 200 on 3:00 Freestyle	REC	S	F
	{1 x 200 on 3:00 Free L. 50 fast	EN1	S	F
	{1 x 200 on 3:00 Free L.100 fast	EN1	S	F
	{1 x 200 on 3:00 Free L.150 fast	EN2	S	F
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S	CF
500	5 x 100 on 1:45 Kick-odds 100%	EN2	K	CF
500	5 x 100 on 1:25 Lungbuster pulls	EN1	P	F
1,200	16 x 75 on 1:30 Your Stroke	EN3	S	ST
400	8 x 50 on 1:00 Stroke Drills	REC	D	C
	1 on 59:59 Work w/ groups 1 & 2			D

10:32 AM 3,700 Yards - Stress Value = 107

**Workout #3076 - Monday, 07 June 2004**

**Group 3 - All**

**1 minute rest between sets**

5:15 AM Start

Yards	Set Description	EGY	WOF
625	1 x 625 on 10:00 Swim-kick-drill-swim	REC	
210	14 x 15 on :30 Pit sprints	SP3	
	1x{2 x 75 on 1:25 Kick no board	EN1	
	{2 x 75 on 1:20 Kick no board	EN2	
	{1 x 75 on 1:15 Kick no board	EN2	
	1x{3 x 125 on 1:45 Lungbuster pulls	EN1	
	{2 x 125 on 1:40 Lungbuster pulls	EN1	
	{1 x 125 on 1:35 Lungbuster pulls	EN1	
	{ odds br 3-4-5-6-7		
	{ evens br 2-3-4-5-6		
	1x{1 x 150 on 2:15 Backstroke	EN1	
	{4 x 25 on :40 Backstroke 15m under	EN2	
	{2 x 150 on 2:10 Backstroke	EN1	
	{4 x 25 on :40 Backstroke 15m under	EN2	
	{3 x 150 on 2:05 Backstroke	EN2	
	{4 x 25 on :40 Backstroke 15m under	EN2	
	{4 x 150 on 2:00 Backstroke	EN2	
	{4 x 25 on :40 Backstroke 15m under	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	

6:30 AM 4,060 Yards - Stress Value = 56

**Workout #3077 - Monday, 07 June 2004**

**Group 3 - Platinum**

**1 minute rest between sets**

Meters	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim-	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	2x{1 x 100 on 2:00 Kick	EN1	
	{2 x 50 on 1:05 Kick no board	EN1	
	{1 x 100 on 1:55 Kick	EN2	
	{4 x 50 on 1:05 Kick no board	EN1	
1,200	2x{1 x 150 on 2:15 Pulls	EN1	
	{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:15 Lungbuster pulls	EN1	
	{ br 3-5-7 by the 50's		
	{1 x 150 on 2:15 Pulls no br L.15 mtr	EN1	
700	1x{1 x 200 on 3:30 Reverse IM drill	EN1	
	{6 x 50 on :55 Descend in sets of 3	EN1	
	{1 x 200 on 3:30 Reverse IM drill	EN1	
2,400	6x{1 x 300 on 3:40 Freestyle	EN2	
	{2 x 50 on :45 Free 6 beat kick	EN2	
300	6 x 50 on 1:15 Stroke Drills	REC	
	6:31 PM 6,580 Meters - Stress Value = 92		

**Workout #3078 - Monday, 07 June 2004**

**Group 3 - Gold**

**1 minute rest between sets**

Meters	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim-	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{1 x 100 on 2:00 Kick	EN1	
	{2 x 50 on 1:05 Kick no board	EN1	
	{1 x 100 on 1:55 Kick	EN2	
	{4 x 50 on 1:05 Kick no board	EN1	
	2x{1 x 150 on 2:20 Pulls	EN1	
	{1 x 150 on 2:20 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:20 Lungbuster pulls	EN1	
	{ br 3-5-7 by the 50's		
	1x{1 x 200 on 3:30 Reverse IM drill	EN1	
	{6 x 50 on :55 Descend in sets of 3	EN1	
	{1 x 200 on 3:30 Reverse IM drill	EN1	
	6x{1 x 300 on 4:00 Freestyle	EN2	
	{2 x 50 on :50 Free 6 beat kick	EN2	
300	6 x 50 on 1:15 Stroke Drills	REC	
	6:30 PM 6,280 Meters - Stress Value = 89		

**Workout #3079 - Monday, 07 June 2004**

**Group 3 - Silver**

**1 minute rest between sets**

Meters	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim-	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{2 x 100 on 2:15 Kick	EN1	
	{2 x 50 on 1:10 Kick no board	EN1	
	{1 x 100 on 2:05 Kick	EN2	
	{2 x 50 on 1:10 Kick no board	EN1	
	2x{1 x 150 on 2:30 Pulls	EN1	
	{1 x 150 on 2:30 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:30 Lungbuster pulls	EN1	
	{ br 3-5-7 by the 50's		
	1x{1 x 200 on 3:30 Reverse IM drill	EN1	
	{6 x 50 on :55 Descend in sets of 3	EN1	

	{1 x 200 on 3:30 Reverse IM drill	EN1
	5x{1 x 300 on 4:30 Freestyle	EN2
	{2 x 50 on 1:00 Free 6 beat kick	EN2
250	5 x 50 on 1:15 Stroke Drills	REC
	6:31 PM 5,830 Meters - Stress Value = 80	

**Workout #3080 - Monday, 07 June 2004**

**Group 3 - Bronze**

**1 minute rest between sets**

Meters	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim-	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{2 x 100 on 2:15 Kick	EN1	
	{2 x 50 on 1:10 Kick no board	EN1	
	{1 x 100 on 2:05 Kick	EN2	
	{2 x 50 on 1:10 Kick no board	EN1	
	2x{1 x 150 on 2:30 Pulls	EN1	
	{1 x 150 on 2:30 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:30 Lungbuster pulls	EN1	
	{ br 3-5-7 by the 50's		
	1x{1 x 200 on 3:30 Reverse IM drill	EN1	
	{6 x 50 on :55 Descend in sets of 3	EN1	
	{1 x 200 on 3:30 Reverse IM drill	EN1	
	5x{1 x 300 on 5:00 Freestyle	EN2	
	{2 x 50 on 1:00 Free 6 beat kick	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:30 PM 5,780 Meters - Stress Value = 80		

**Workout #3084 - Tuesday, 08 June 2004**

**Group 3 - Breast**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
800	1x{3 x 100 on 2:05 Kick	EN1	
	{4 x 25 on :40 Sprint kick	EN2	
	{3 x 100 on 2:05 Kick	EN2	
	{4 x 25 on :40 Sprint kick	EN2	
900	6x{1 x 50 on 1:15 Pulls	EN1	
	{1 x 50 on 1:10 Pulls	EN2	
	{1 x 50 on 1:05 Pulls	EN2	
300	2 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
2,100	1x{1 x 200 on 4:00 Breaststroke	EN1	
	{2 x 150 on 2:45 IM w/out the brst	EN1	
	{2 x 200 on 3:50 Breaststroke	EN2	
	{2 x 150 on 2:45 IM w/out the brst	EN1	
	{3 x 200 on 3:40 Breaststroke	EN2	
	{2 x 150 on 2:45 IM w/out the breast	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	6:00 PM 5,380 Meters - Stress Value = 75		

**Workout #3083 - Tuesday, 08 June 2004**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
500	1 x 500 on 10:00 Kick for time	EN2	
1x	{1 x 200 on 3:00 Pulls	EN1	
	{1 x 200 on 2:55 Pulls	EN1	
	{1 x 200 on 2:50 Pulls	EN1	
	{1 x 200 on 2:45 Pulls	EN2	
	{1 x 200 on 2:40 Pulls	EN2	
	{1 x 200 on 2:35 Pulls	EN2	
	{1 x 200 on 2:30 Pulls	EN2	
	{ hold all under 2:30		
500	1 x 500 on 9:00 Free Ev 3rd lap drill	EN1	
2x	{1 x 500 on 7:30 Freestyle neg split	EN2	
	{1 x 500 on 7:30 1st 250 under 3:05	EN2	
	{ 2nd 250 under 3:30		
	{1 x 500 on 7:30 Free descend 100's	EN2	
	{1 x 200 on 4:00 Stroke Drills	REC	
6:02 PM	6,780 Meters - Stress Value = 113		

**Workout #3082 - Tuesday, 08 June 2004**

**Group 3 - Fly & Back**

**1 minute rest between sets**

3:30 PM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
800	1x{3 x 100 on 2:05 Kick	EN1	
	{4 x 25 on :40 Sprint kick	EN2	
	{3 x 100 on 2:05 Kick	EN2	
	{4 x 25 on :40 Sprint kick	EN2	
800	4x{1 x 50 on 1:00 Pulls br ev 9	EN1	
	{1 x 50 on :55 Pulls br ev 7	EN1	
	{1 x 50 on :50 Pulls br ev 5	EN1	
	{1 x 50 on :45 Pulls br ev 3	EN1	
300	2 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
2,400	4x{1 x 150 on 2:15 Your Stroke w/fins	EN2	
	{2 x 100 on 1:25 Your Stroke w/ fins	EN2	
	{3 x 50 on :40 Your Stroke w/fins	EN2	
	{1 on 2:00 Remove fins		
	{1 x 100 on 2:30 Your Stroke	EN3	
300	1 x 300 on 5:00 Stroke Drills	REC	
6:00 PM	5,580 Meters - Stress Value = 103		

**Workout #3081 - Tuesday, 08 June 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

3:30 PM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	1x{3 x 100 on 2:00 Kick with flippers	EN1	
	{4 x 25 on :30 Sprint kick	EN2	
	{3 x 100 on 1:50 Kick with flippers	EN2	
	{4 x 25 on :30 Sprint kick	EN2	
	{3 x 100 on 1:40 Kick	EN2	
	{4 x 25 on :30 Sprint kick	EN2	
1,200	6x{1 x 50 on 1:00 Pulls br ev 9	EN1	
	{1 x 50 on :55 Pulls br ev 7	EN1	
	{1 x 50 on :50 Pulls br ev 5	EN1	

	{1 x 50 on :45 Pulls br ev 3	EN1	
300	1x{1 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
	{1 x 150 on 3:00 IM w/out your wkstrk	EN1	
1,600	4x{1 x 100 on 2:00 25 fast 75 ez	EN1	
	{1 x 100 on 2:00 50 fast 50 ez	EN2	
	{1 x 100 on 2:00 75 fast 25 ez	EN2	
	{1 x 100 on 2:00 Freestyle all fast	EN3	
300	6 x 50 on 1:15 Stroke Drills	REC	
6:01 PM	5,580 Meters - Stress Value = 95		

**Workout #3086 - Wednesday, 09 June 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

3:30 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 :45 Choice	SP3	
1,000	1x{1 x 100 on 2:05 Kick	EN1	
	{2 x 50 on 1:05 Kick no board	EN1	
	{2 x 150 on 3:05 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{2 x 50 on 1:05 Kick no board	EN1	
	{2 x 150 on 2:55 Kick	EN1	
1,200	3 x 400 on 6:45 Pulls 300fr 100brst	EN1	
300	3 x 100 on 1:40 Descend in sets of 3	EN1	
2,800	1x{3 x 100 on 1:50 Butterfly	EN1	
	{2 x 200 on 2:45 Individual Medley	EN2	
	{3 x 100 on 1:40 Backstroke	EN1	
	{2 x 200 on 2:45 Individual Medley	EN2	
	{3 x 100 on 2:00 Breaststroke	EN1	
	{2 x 200 on 2:45 Individual Medley	EN2	
	{3 x 100 on 1:30 Freestyle	EN1	
	{2 x 200 on 2:45 Individual Medley	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
6:03 PM	6,480 Meters - Stress Value = 82		

**Workout #3085 - Wednesday, 09 June 2004**

**Group 3 - Freestylers**

**1 minute rest between sets**

3:30 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 :45 Choice	SP3	
	1x{2 x 100 on 2:05 Kick	EN1	
	{2 x 50 on 1:05 Kick no board	EN1	
	{2 x 150 on 3:05 Kick	EN1	
	{2 x 50 on 1:05 Kick no board	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{2 x 50 on 1:05 Kick no board	EN1	
	{2 x 150 on 2:55 Kick	EN1	
	1x{1 x 400 on 6:00 Pulls	EN1	
	{1 x 400 on 5:50 Pulls	EN1	
	{1 x 400 on 5:40 Pulls	EN1	
	{1 x 400 on 5:30 Pulls	EN1	
400	8 x 50 on 1:00 Odds non free evens	EN1	
	free w/a 6bk		
1,800	12 x 150 on 2:15 Freestyle	EN2	
400	1 x 400 on 6:00 Stroke Drills	REC	
6:00 PM	6,480 Meters - Stress Value = 81		



**Workout #3092 - Thursday, 10 June 2004**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
700	7 x 100 on 1:30 Stroke Drills odds free evns nonfr	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	8 x 125 on 2:05 Kick	EN2	
900	1x{6 x 75 on 1:30 Pulls {6 x 75 on 1:20 Pulls	EN1	
400	1 x 400 on 6:00 Free ev 3rd lap drll	EN1	
1,800	2x{2 x 125 on 2:10 Breaststroke {2 x 25 on :30 Freestyle	EN2	
	{2 x 125 on 2:05 Breaststroke	EN2	
	{2 x 25 on :30 Freestyle	SP1	
	{2 x 125 on 2:00 Breaststroke	EN2	
	{2 x 25 on :30 Freestyle	SP1	
200	1 x 200 on 3:00 Stroke Drills	REC	
5:30 PM 5,180 Yards - Stress Value = 93			

**Workout #3087 - Thursday, 10 June 2004**

**Group 3 - Distance**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
800	1x{1 x 400 on 8:00 Stroke Drills {4 x 100 on 1:45 Freestyle-descend	REC	I
180	12 x 15 on :45 Shooters	SP3	
600	2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick	EN1	F
	{1 x 50 on 1:00 Kick	EN1	F
1,600	1x{2 x 50 on :45 Pulls {2 x 150 on 2:10 Pulls	EN1	F
	{2 x 250 on 3:35 Pulls	EN1	F
	{2 x 350 on 4:55 Pulls	EN1	F
300	1 x 300 on 4:30 100fr 100strk 100fr	EN1	
3,600	1x{1 x 600 on 7:30 Freestyle {2 x 300 on 4:30 Freestyle	EN2	
	{1 x 600 on 7:20 Freestyle	EN2	
	{6 x 100 on 1:30 Freestyle	EN2	
	{1 x 600 on 7:10 Freestyle	EN2	
	{12 x 50 on :45 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	I
8:02 AM 7,280 Meters - Stress Value = 117			

**Workout #3094 - Thursday, 10 June 2004**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
700	7 x 100 on 1:30 Stroke Drills odds free evns nonfr	REC	I
180	12 x 15 on :45 Shooters	SP3	
500	4 x 125 on 2:00 Kick	EN2	F
600	12 x 50 on :45 Descend in sets of 3	EN1	
4,000	1x{1 x 1000 on 12:00 Freestyle {1 x 900 on 10:45 Freestyle	EN2	
	{1 x 800 on 9:35 Freestyle	EN2	
	{1 x 700 on 8:25 Freestyle	EN2	
	{1 x 600 on 7:10 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	I
5:30 PM 6,480 Yards - Stress Value = 103			

**Workout #3090 - Thursday, 10 June 2004**

**Group 3 - Fly**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
800	1x{1 x 400 on 8:00 Stroke Drills {4 x 100 on 1:45 Freestyle-descend	REC	I
180	12 x 15 on :45 Shooters	SP3	
1,200	4x{1 x 150 on 2:45 Kick with flippers {1 x 100 on 1:45 Kick with flippers	EN2	F
	{1 x 50 on :50 Kick with flippers	EN2	F
900	3x{1 x 50 on :45 Pulls-nbbf&w + 2 yds {1 x 100 on 1:30 Pulls br 5-7	EN1	F
	{1 x 150 on 2:15 Pulls	EN1	F
600	2 x 300 on 4:30 100fr 100strk 100fr	EN1	
2,050	1x{5 x 50 on 1:00 Butterfly {2 x 100 on 1:15 Freestyle	EN1	
	{5 x 50 on :55 Butterfly	EN2	
	{2 x 100 on 1:20 Freestyle	EN2	
	{5 x 50 on :50 Butterfly	EN2	
	{2 x 100 on 1:25 Freestyle	EN2	
	{5 x 50 on :45 Butterfly	EN2	
	{2 x 100 on 1:30 Freestyle	EN2	
	{5 x 50 on :40 Butterfly	EN2	
500	5 x 100 on 2:15 Stroke Drills	REC	I
7:59 AM 6,230 Meters - Stress Value = 96			

**Workout #3089 - Thursday, 10 June 2004**

**Group 3 - Backstroke**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
800	1x{1 x 400 on 8:00 Stroke Drills {4 x 100 on 1:45 Freestyle-descend	REC	I
180	12 x 15 on :45 Shooters	SP3	
1,200	4x{1 x 150 on 2:45 Kick with flippers {1 x 100 on 1:45 Kick with flippers	EN2	F
	{1 x 50 on :50 Kick with flippers	EN2	F
900	3x{1 x 50 on :45 Pulls-nbbf&w + 2 yds {1 x 100 on 1:30 Pulls br 5-7	EN1	F
	{1 x 150 on 2:15 Pulls	EN1	F
600	2 x 300 on 4:30 100fr 100strk 100fr	EN1	
2,400	2x{1 x 100 on 1:45 Backstroke {1 x 100 on 1:40 Backstroke	EN1	
	{1 x 100 on 1:35 Backstroke	EN2	
	{1 x 100 on 1:30 Backstroke	EN2	
	{1 x 100 on 2:00 Stroke Drills	REC	I
	{1 x 200 on 3:00 Backstroke	EN2	
	{1 x 200 on 2:55 Backstroke	EN2	
	{1 x 200 on 2:50 Backstroke	EN2	
	{1 x 100 on 2:00 Stroke Drills	REC	I
300	6 x 50 on 1:15 Stroke Drills	REC	I
8:02 AM 6,380 Meters - Stress Value = 93			

**Workout #3091 - Thursday, 10 June 2004**

**Group 3 - Fly & Back**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
700	7 x 100 on 1:30 Stroke Drills odds free evns nonfr	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	8 x 125 on 2:05 Kick	EN2	
1,050	1x{6 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 75 on :55 Pulls-nbbf&w + 2 yds	EN2	
400	1 x 400 on 6:00 Free ev 3rd lap drll	EN1	
1,650	3x{1 x 125 on 2:00 Your Stroke	EN1	
	{2 x 25 on :45 #1 free #2 your strk	SP1	
	{1 x 100 on 1:35 Your Stroke	EN1	
	{2 x 25 on :45 #1 free #2 your strk	SP1	
	{1 x 75 on 1:10 Your Stroke	EN1	
	{2 x 25 on :45 #1 free #2 your strk	SP1	
	{1 x 50 on :45 Your Stroke	EN1	
	{2 x 25 on :45 #1 free #2 your strk	SP1	
200	1 x 200 on 3:00 Stroke Drills	REC	
5:32 PM 5,180 Yards - Stress Value = 103			

**Workout #3088 - Thursday, 10 June 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	1x{1 x 400 on 8:00 Stroke Drills	REC	I
	{4 x 100 on 1:45 Freestyle-descend	EN1	S
180	12 x 15 on :45 Shooters	SP3	S
1,200	4x{1 x 150 on 2:45 Kick with flippers	EN2	F
	{1 x 100 on 1:45 Kick with flippers	EN2	F
	{1 x 50 on :50 Kick with flippers	EN2	F
900	3x{1 x 50 on 1:30 Pulls br 5-7	EN1	F
	{1 x 100 on 1:30 Pulls br 5-7	EN1	F
	{1 x 150 on 2:15 Pulls	EN1	F
300	1 x 300 on 4:30 100fr 100strk 100fr	EN1	S
2,000	4x{3 x 100 on 1:30 Freestyle-descend	EN2	S
	{1 x 50 on 1:15 Freestyle-100%	SP1	S
	{1 x 50 on 1:00 Stroke Drills	REC	I
	{2 x 50 on 1:00 25-100% no breath	SP1	S
	{25 br ev 3-EN2 speed		
200	1 x 200 on 3:00 Stroke Drills	REC	I
100	1 x 100 on 2:00 OTB-100% for time	SP2	S
300	6 x 50 on 1:15 Stroke Drills	REC	I
8:01 AM 5,980 Meters - Stress Value = 140			

**Workout #3093 - Thursday, 10 June 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
700	7 x 100 on 1:30 Stroke Drills odds free evns nonfr	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{2 x 125 on 2:00 Kick with flippers	EN2	
	{2 x 125 on 1:55 Kick with flippers	EN2	
	{2 x 125 on 1:50 Kick with flippers	EN2	
	{2 x 125 on 1:45 Kick with flippers	EN2	
1,350	1x{6 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
	{6 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{6 x 75 on :55 Pulls-nbbf&w + 2 yds	EN1	
400	1 x 400 on 6:00 Free ev 3rd lap drll	EN1	

1,800	6x{2 x 25 on :30 Freestyle	SP1	
	{1 x 100 on 1:30 Freestyle	REC	
	{1 x 50 on :00 Freestyle	SP1	
	{1 x 100 on 2:15 Freestyle	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
5:30 PM 5,730 Yards - Stress Value = 103			

**Workout #3097 - Friday, 11 June 2004**

**Group 3 - Breast**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	8 x 100 on 2:00 Stroke Drills	REC	I
180	12 x 15 on :45 Shooters	SP3	S
1,200	4x{1 x 100 on 2:05 Kick	EN2	F
	{1 x 100 on 2:00 Kick	EN2	F
	{1 x 100 on 1:55 Kick	EN2	F
1,200	8 x 150 on 2:30 Lungbuster pulls br 3-5-7 by the 50's	EN1	F
300	3 x 100 on 1:45 Freestyle-descend	EN1	S
1,650	1x{1 x 200 on 4:00 Breaststroke	EN1	S
	{3 x 50 on 1:00 Breast w/fly kick	EN2	I
	{2 x 200 on 3:50 Breaststroke	EN2	S
	{3 x 50 on 1:00 Breast w/free kick	EN2	I
	{3 x 200 on 3:40 Breaststroke	EN2	S
	{3 x 50 on 1:00 Breast 2 kick 1 pull	EN2	I
	{entire set w/paddles		
400	1 x 400 on 7:00 Stroke Drills	REC	I
8:00 AM 5,730 Meters - Stress Value = 84			

**Workout #3102 - Friday, 11 June 2004**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start

Meters	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 :45 Shooters	SP3	
800	1x{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
1,500	1 x 1500 on 22:00 Pulls	EN1	
600	12 x 50 on :55 Descend in sets of 3	EN1	
1,350	1x{1 x 150 on 3:00 Breaststroke	EN2	
	{1 x 300 on 5:30 150 fly 150 free	EN2	
	{1 x 150 on 2:55 Breaststroke	EN2	
	{1 x 300 on 5:30 150 back 150 free	EN2	
	{1 x 150 on 2:50 Breaststroke	EN2	
	{1 x 300 on 5:30 150 breast 150 free	EN2	
400	1 x 400 on 6:00 Individual Medley	EN2	
400	8 x 50 on 1:15 Stroke Drills	REC	
5:59 PM 6,030 Meters - Stress Value = 85			

**Workout #3098 - Friday, 11 June 2004**

**Group 3 - Distance**

1 minute rest between sets

6:00 AM Start

Meters	Set Description	EGY	WORK	ST
800	8 x 100 on 2:00 Stroke Drills	REC	D	CF
180	12 x 15 on :45 Shooters	SP3	S	F
600	4 x 150 on 2:50 Kick	EN2	K	F
1,800	6 x 300 on 4:30 Lungbuster pulls br 3-5-7 by 100's	EN1	P	F
400	4 x 100 on 1:45 Choice non free	EN1	S	ST
2,500	1x{4 x 250 on 3:30 Freestyle	EN2	S	F
	{3 x 250 on 3:25 Freestyle	EN2	S	F
	{2 x 250 on 3:20 Freestyle	EN2	S	F
	{1 x 250 on 3:15 Freestyle	EN2	S	F
400	4 x 100 on 1:45 Free A.F.A.P	EN3	S	F
400	1 x 400 on 6:00 Stroke Drills	REC	D	C

8:06 AM 7,080 Meters - Stress Value = 127

**Workout #3099 - Friday, 11 June 2004**

**Group 3 - Distance**

1 minute rest between sets

3:30 PM Start

Meters	Set Description	EGY	WOF
800	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
800	1x{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
1,500	1 x 1500 on 22:00 Pulls	EN1	
400	8 x 50 on 1:00 IM order-build	EN1	
2,400	1x{1 x 400 on 5:30 Freestyle	EN2	
	{1 x 400 on 6:15 200 fly 200 free	EN2	
	{1 x 400 on 5:20 Freestyle	EN2	
	{1 x 400 on 6:15 200 back 200 free	EN2	
	{1 x 400 on 5:10 Freestyle	EN2	
	{1 x 400 on 6:30 200 breast 200 free	EN2	
400	1 x 400 on 6:00 Individual Medley	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	

6:00 PM 6,780 Meters - Stress Value = 106

**Workout #3096 - Friday, 11 June 2004**

**Group 3 - Backstroke**

1 minute rest between sets

6:00 AM Start

Meters	Set Description	EGY	WORK	S
800	8 x 100 on 2:00 Stroke Drills	REC	D	C
180	12 x 15 on :45 Shooters	SP3	S	
1,000	5x{1 x 50 on 1:15 Kick no board	EN2	K	
	{1 x 50 on 1:10 Kick no board	EN2	K	
	{1 x 50 on 1:05 Kick no board	EN2	K	
	{1 x 50 on 1:00 Kick no board	EN1	K	
1,200	8 x 150 on 2:30 Lungbuster pulls br 3-5-7 by 50's	EN1	P	
300	3 x 100 on 1:45 Freestyle-descend	EN1	S	
1,950	1x{1 x 150 on 2:30 Backstroke	EN1	S	
	{3 x 50 on 1:00 Backstroke-100%	EN3	S	
	{2 x 150 on 2:25 Backstroke	EN2	S	
	{3 x 50 on 1:00 Backstroke-100%	EN3	S	
	{3 x 150 on 2:20 Backstroke	EN2	S	
	{3 x 50 on 1:00 Backstroke-100%	EN3	S	
	{4 x 150 on 2:15 Backstroke	EN2	S	
400	1 x 400 on 7:00 Stroke Drills	REC	D	

8:00 AM 5,830 Meters - Stress Value = 106

**Workout #3100 - Friday, 11 June 2004**

**Group 3 - Fly & Back**

1 minute rest between sets

3:30 PM Start

Meters	Set Description	EGY	WOF
800	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
800	1x{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
1,500	1 x 1500 on 22:00 Pulls	EN1	
600	12 x 50 on :55 Descend in sets of 3	EN1	
1,500	1x{1 x 200 on 3:30 Individual Medley	EN2	
	{1 x 300 on 5:30 150 fly 150 free	EN2	
	{1 x 200 on 3:20 Individual Medley	EN2	
	{1 x 300 on 5:30 150 back 150 free	EN2	
	{1 x 200 on 3:10 Individual Medley	EN2	
	{1 x 300 on 5:30 150 breast 150 free	EN2	
400	1 x 400 on 6:00 Individual Medley	EN2	
400	8 x 50 on 1:15 Stroke Drills	REC	

6:00 PM 6,180 Meters - Stress Value = 88

**Workout #3095 - Friday, 11 June 2004**

**Group 3 - Sprint**

1 minute rest between sets

6:00 AM Start

Meters	Set Description	EGY	WORK	S
800	8 x 100 on 2:00 Stroke Drills	REC	I	
180	12 x 15 on :45 Shooters	SP3	S	
1,000	4x{1 x 50 on 1:15 Kick	EN3	F	
	{1 x 50 on 1:10 Kick	EN3	F	
	{1 x 50 on 1:05 Kick	EN3	F	
	{1 x 100 on 2:30 Kick no board	EN1	F	
1,200	8 x 150 on 2:30 Lungbuster pulls br 3-5-7 by 50's	EN1	F	
300	3 x 100 on 1:45 Choice non free	EN1	S	
2,000	2x{1 x 100 on 2:00 Freestyle L.25 fast	EN1	S	
	{1 x 150 on 2:45 IM w/out the free	EN2	S	
	{1 x 100 on 1:55 Freestyle L.50 fast	EN2	S	
	{1 x 150 on 2:45 IM w/out the free	EN2	S	
	{1 x 100 on 1:50 Freestyle L.75 fast	EN2	S	
	{1 x 150 on 2:45 IM w/out the free	EN2	S	
	{1 x 100 on 1:45 Freestyle all fast	EN3	S	
	{1 x 150 on 2:45 IM w/out the free	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	I	

8:01 AM 5,680 Meters - Stress Value = 118

**Workout #3101 - Friday, 11 June 2004**

8:11 AM 7,680 Meters - Stress Value = 114

**Group 3 - Sprint**

1 minute rest between sets

Meters	Set Description	EGY	WOF
	3:30 PM Start		
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
800	12 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
1,200	6 x 200 on 3:20 Pulls	EN1	
600	12 x 50 on :55 Descend in sets of 3	EN1	
2,100	1x{3 x 100 on 2:00 Freestyle-descend	EN2	
	{3 x 100 on 1:55 Freestyle-descend	EN2	
	{3 x 100 on 1:50 Freestyle-descend	EN2	
	{3 x 100 on 1:45 Freestyle-descend	EN2	
	{3 x 100 on 1:40 Freestyle-descend	EN2	
	{3 x 100 on 1:35 Freestyle-descend	EN2	
	{3 x 100 on 1:30 Freestyle-descend	EN2	
300	6 x 50 on 1:15 Stroke Drills	REC	
	5:59 PM 5,980 Meters - Stress Value = 91		

**Workout #3103 - Saturday, 12 June 2004**

**Group 3 - All**

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:00 AM Start		
900	1x{1 x 200 on 3:30 Stroke Drills	REC	
	{1 x 100 on 1:45 Backstroke	EN1	
	{1 x 200 on 3:30 Stroke Drills	REC	
	{1 x 100 on 1:55 Breaststroke	EN1	
	{1 x 200 on 3:30 Stroke Drills	REC	
	{1 x 100 on 1:50 Butterfly	EN1	
180	12 x 15 on :45 Shooters	SP3	
900	3x{4 x 50 on 1:05 Kick-all A.F.A.P	EN2	
	{1 x 100 on 2:00 Kick no board	EN1	
1,500	1x{3 x 200 on 3:00 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 150 on 2:15 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
600	2x{1 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
	{1 x 150 on 2:30 IM w/out the free	EN1	
1,000	5 x 200 on 8:00 Your Stroke	SP2	
400	4 x 100 on 2:00 Stroke Drills	REC	
	8:11 AM 5,480 Meters - Stress Value = 159		

**Workout #3104 - Monday, 14 June 2004**

**Group 3 - Distance**

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:00 AM Start		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
800	4 x 200 on 4:00 Kick	EN1	
2,000	1x{2 x 500 on 7:30 Pulls	EN1	
	{2 x 500 on 7:15 Pulls	EN1	
300	1 x 300 on 4:30 IM w/out the free	EN1	
3,200	1x{1 x 800 on 11:00 Freestyle	EN2	
	{1 x 800 on 10:50 Freestyle	EN2	
	{1 x 800 on 10:40 Freestyle	EN2	
	{1 x 800 on 10:30 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	

**Workout #3107 - Monday, 14 June 2004**

**Group 3 - Distance**

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
	3:30 PM Start			
	1 on 30:00 Stomach and Stretch		L	DRY
900	1x{1 x 400 on 6:00 Stroke Drills	REC	D	FR
	{1 x 300 on 4:30 Stroke Drills	REC	D	IM
	{4 x 50 on :55 Stroke Drills	REC	D	STK
180	12 x 15 on :45 Shooters	SP3	S	FR
600	1x{2 x 100 on 2:00 Kick	EN2	K	FR
	{2 x 100 on 1:55 Kick	EN2	K	FR
	{2 x 100 on 1:50 Kick	EN2	K	FR
1,000	1x{1 x 300 on 4:30 Pulls	EN2	P	FR
	{1 x 250 on 3:40 Pulls	EN2	P	FR
	{1 x 200 on 2:50 Pulls	EN2	P	FR
	{1 x 150 on 2:05 Pulls	EN2	P	FR
	{1 x 100 on 1:20 Pulls	EN2	P	FR
300	3 x 100 on 1:55 Non free	EN1	S	STK
4,200	1x{2 x 550 on 7:00 Freestyle	EN2	S	FR
	{2 x 450 on 6:00 Freestyle	EN2	S	FR
	{2 x 400 on 5:00 Freestyle	EN2	S	FR
	{2 x 300 on 4:00 Freestyle	EN2	S	FR
	{2 x 250 on 3:00 Freestyle	EN2	S	FR
	{2 x 150 on 2:00 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	6:02 PM 7,480 Meters - Stress Value = 138			

**Workout #3105 - Monday, 14 June 2004**

**Group 3 - Middle Distance**

1 minute rest between sets

Meters	Set Description	EGY	WOF
	6:00 AM Start		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{10 x 50 on 1:05 Kick	EN2	
	{1 x 500 on 10:00 Kick 100% effort	EN2	
1,500	5x{1 x 50 on :50 Pulls no br 1st 25m	EN1	
	{1 x 50 on :50 Pulls no br 2nd 25m	EN1	
	{2 x 100 on 1:30 Pulls br 5-7	EN1	
3,200	1x{2 x 400 on 5:20 Freestyle	EN2	
	{4 x 200 on 2:40 Freestyle	EN2	
	{8 x 100 on 1:20 Freestyle	EN2	
	{16 x 50 on :40 Freestyle	EN2	
300	1 x 300 on 6:00 Stroke Drills	REC	
	8:03 AM 6,980 Meters - Stress Value = 117		

**Workout #3108 - Monday, 14 June 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

3:30 PM Start

Meters	Set Description	EGY	WORK	STK
900	1x{1 x 400 on 6:00 Stroke Drills {1 x 300 on 4:30 Stroke Drills {4 x 50 on :55 Stroke Drills	REC	D	FR
180	12 x 15 on :45 Shooters	SP3	S	FR
800	1x{3 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick {2 x 100 on 1:50 Kick	EN2	K	FR
1,000	1x{1 x 300 on 4:30 Pulls {1 x 250 on 3:40 Pulls {1 x 200 on 2:50 Pulls {1 x 150 on 2:05 Pulls {1 x 100 on 1:20 Pulls	EN2	P	FR
300	3 x 100 on 1:55 Non free	EN1	S	STK
3,000	1x{3 x 250 on 3:45 Freestyle {5 x 50 on :45 Freestyle {3 x 250 on 3:35 Freestyle {5 x 50 on :45 Freestyle {3 x 250 on 3:25 Freestyle {5 x 50 on :45 Freestyle	EN2	S	FR
400	8 x 50 on 1:15 Stroke Drills	REC	D	CD

6:01 PM 6,580 Meters - Stress Value = 108

**Workout #3106 - Monday, 14 June 2004**

**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 x 15 on :45 Shooters	SP3	
1,500	5x{1 x 150 on 3:30 Kick {1 x 100 on 2:15 Kick {1 x 50 on 1:05 Kick	EN1	
1,000	4x{1 x 50 on :50 Pulls 8 breaths {1 x 50 on :50 Pulls 7 breaths {1 x 50 on :50 Pulls 6 breaths {1 x 50 on :50 Pulls 5 breaths {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 {4 x 150 on 2:10 Freestyle {4 x 150 on 2:05 Freestyle	EN2	
400	4 x 100 on 2:00 Stroke Drills	REC	

8:03 AM 6,080 Meters - Stress Value = 78

**Workout #3109 - Monday, 14 June 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

3:30 PM Start

Meters	Set Description	EGY	WORK	STK
900	1x{1 x 400 on 6:00 Stroke Drills {1 x 300 on 4:30 Stroke Drills {4 x 50 on :55 Stroke Drills	REC	D	FR
180	12 x 15 on :45 Shooters	SP3	S	FR
1,200	4x{1 x 100 on 2:10 Kick {4 x 50 on 1:10 Sprint kick	EN2	K	FR
700	1x{1 x 250 on 3:45 Pulls {1 x 200 on 2:55 Pulls {1 x 150 on 2:10 Pulls {1 x 100 on 1:25 Pulls	EN2	P	FR
300	3 x 100 on 1:55 Non free	EN1	S	STK

2,400	3x{1 x 100 on 1:30 Free L.25 fast	EN1	S	FR
	{1 x 100 on 1:45 Stroke Drills	EN1	D	FR
	{1 x 100 on 1:30 Free L.50 fast	EN2	S	FR
	{1 x 100 on 1:45 Stroke Drills	EN1	D	FR
	{1 x 100 on 1:30 Free L.75 fast	EN2	S	FR
	{1 x 100 on 1:45 Stroke Drills	EN1	D	FR
	{1 x 100 on 1:30 Free all fast	EN2	S	FR
	{1 x 100 on 1:45 Stroke Drills	EN1	D	FR
400	8 x 50 on 1:15 Stroke Drills	REC	D	CD

6:04 PM 6,080 Meters - Stress Value = 89

**Workout #3110 - Monday, 14 June 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
800	1 on 30:00 Stomach and Stretch		L	I
	8 x 100 on 1:30 Stroke Drills	REC	D	C
	odds free evens strk			
300	12 x 25 on :45 Berzerks	SP3	S	
1,000	4x{1 x 100 on 1:50 Kick {3 x 50 on :50 Kick	EN2	K	
900	1x{6 x 50 on :50 Pulls-nbbf&w {6 x 50 on :45 Pulls-nbbf&w {6 x 50 on :40 Pulls-nbbf&w	EN1	P	
600	1x{3 x 100 on 1:30 Freestyle-descend {3 x 100 on 1:25 Freestyle-descend	EN1	S	
3,200	4x{4 x 125 on 1:45 Freestyle {6 x 25 on :20 Freestyle br ev 5 {1 x 100 on 2:00 Freestyle {1 x 50 on 1:30 Freestyle	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	

6:01 PM 7,000 Yards - Stress Value = 99

**Workout #3113 - Tuesday, 15 June 2004**

**Group 3 - Distance**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	1x{4 x 50 on 1:10 Kick {4 x 50 on 1:05 Kick {4 x 50 on 1:00 Kick	EN2	
1,500	1x{1 x 1000 on 14:15 Pulls with paddles {2 x 250 on 3:30 Pulls with paddles	EN1	
3,600	4x{1 x 400 on 6:00 Freestyle { hold under 5:00 {4 x 100 on 1:15 Freestyle {2 x 50 on 1:00 Stroke Drills	EN2	
500	5 x 100 on 2:00 Stroke Drills	REC	

8:06 AM 7,180 Meters - Stress Value = 107

**Workout #3112 - Tuesday, 15 June 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

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	1x{4 x 50 on 1:15 Kick	EN2	
	{4 x 50 on 1:10 Kick	EN2	
	{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
2,400	3 x 800 on 12:00 Pulls	EN2	
2,000	1x{4 x 200 on 2:50 Freestyle	EN2	
	{1 on :40 Rest		
	{3 x 200 on 2:45 Freestyle	EN2	
	{1 on :45 Rest		
	{2 x 200 on 2:40 Rest	EN2	
	{1 on :40 Rest		
	{1 x 200 on 2:35 Freestyle	EN2	
400	8 x 50 on 1:15 Stroke Drills	REC	
8:03 AM 6,580 Meters - Stress Value = 121			

**Workout #3111 - Tuesday, 15 June 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{10 x 50 on 1:05 Kick	EN2	
	{1 x 500 on 10:00 Kick for time	EN3	
900	6 x 150 on 2:30 Pulls mid 50 br ev 8	EN1	
400	1 x 400 on 8:00 Individual Medley	EN1	
2,000	2x{3 x 50 on 1:00 Freestyle-all out!!!	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 50 on :55 Freestyle-all out!!!	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 50 on :50 Freestyle-all out!!!	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 50 on :45 Freestyle-all out!!!	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
200	4 x 50 on 1:15 Stroke Drills	REC	
8:00 AM 5,480 Meters - Stress Value = 170			

**Workout #3114 - Wednesday, 16 June 2004**

**Group 3 - Distance**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
800	8 x 100 on 1:55 Stroke Drills 2 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
600	2x{1 x 100 on 2:05 Kick	EN1	
	{4 x 25 on :45 Sprint kick	EN2	
	{2 x 50 on 1:05 Kick no board 15m un	EN2	
1,800	3x{1 x 150 on 2:20 Pulls	EN1	
	{1 x 150 on 2:15 Pulls br 7-9-11	EN1	
	{1 x 150 on 2:10 Pulls	EN1	
	{1 x 150 on 2:05 Pulls br 11-9-7	EN2	
600	2 x 300 on 5:00 Free every other lap	EN1	
	non free drill		
2,400	1x{1 x 500 on 6:30 Freestyle	EN2	
	{5 x 100 on 1:30 Freestyle	EN2	
	{1 x 400 on 5:05 Freestyle	EN2	
	{4 x 100 on 1:30 Freestyle	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
	{ hold 100's under 110		

400 1 x 400 on 7:00 Stroke Drills REC  
8:04 AM 6,780 Meters - Stress Value = 101

**Workout #3116 - Wednesday, 16 June 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
800	8 x 100 on 1:55 Stroke Drills 2 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
900	3x{1 x 100 on 2:05 Kick	EN1	
	{4 x 25 on :45 Sprint kick	EN2	
	{2 x 50 on 1:05 Kick no board 15m un	EN2	
1,200	2x{1 x 150 on 2:20 Pulls	EN1	
	{3 x 50 on :50 Pulls br 7-9-11	EN1	
	{1 x 150 on 2:10 Pulls	EN1	
	{3 x 50 on :45 Pulls br 11-9-7	EN1	
600	2 x 300 on 5:00 Free every other lap	EN1	
	non free drill		
2,000	1x{1 x 400 on 6:00 Freestyle	EN1	
	{2 x 300 on 4:15 Freestyle	EN1	
	{3 x 200 on 2:40 Freestyle	EN2	
	{4 x 100 on 1:15 Freestyle	EN2	
	{ hold all under 1:15		
	{ base		
400	4 x 100 on 2:15 Stroke Drills	REC	
7:59 AM 6,080 Meters - Stress Value = 77			

**Workout #3115 - Wednesday, 16 June 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
800	8 x 100 on 1:55 Stroke Drills 2 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	4x{1 x 100 on 2:05 Kick	EN1	
	{4 x 25 on :45 Sprint kick	EN2	
	{2 x 50 on 1:05 Kick no board 15m un	EN2	
1,200	2x{1 x 150 on 2:30 Pulls	EN1	
	{3 x 50 on 1:00 Pulls br 7-9-11	EN1	
	{1 x 150 on 2:20 Pulls	EN1	
	{3 x 50 on :50 Pulls br 11-9-7	EN1	
300	1 x 300 on 5:30 Free every other lap	EN1	
	non free drill		
1,400	4x{4 x 50 on :50 Freestyle	EN1	
	{1 x 50 on 1:00 Butterfly	EN1	
	{1 x 100 on 2:00 Freestyle 6bk br-ev5	EN2	
	{ hold under 1:08		
400	4 x 100 on 2:15 Stroke Drills	REC	
8:02 AM 5,480 Meters - Stress Value = 65			

**Workout #3119 - Thursday, 17 June 2004**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 15:00 Stretching			L I
400	1 x 400 on 7:00 Stroke Drills	REC		D C
180	12 x 15 on :45 Shooters	SP3		S C
600	1x{2 x 100 on 1:45 Kick	EN2		K
	{2 x 100 on 1:40 Kick	EN2		K
	{2 x 100 on 1:35 Kick	EN2		K
1,500	1x{1 x 200 on 2:25 Pulls	EN1		P
	{4 x 25 on :30 Pulls 2 breaths	EN1		P
	{2 x 200 on 2:25 Pulls	EN2		P
	{4 x 25 on :30 Pulls 2 breaths	EN1		P
	{3 x 200 on 2:25 Pulls	EN2		P
	{4 x 25 on :30 Pulls 2 breaths	EN1		P
300	3 x 100 on 1:40 Individual Medley	EN1		S
3,600	1x{2 x 300 on 4:00 Freestyle	EN1		S
	{2 x 150 on 1:45 Freestyle	EN2		S
	{2 x 400 on 5:20 Freestyle	EN1		S
	{2 x 200 on 2:20 Freestyle	EN2		S
	{2 x 500 on 6:15 Freestyle	EN2		S
	{2 x 250 on 2:55 Freestyle	EN2		S
250	1 x 250 on 4:00 Stroke Drills	REC		D
5:33 PM 6,830 Yards - Stress Value = 105				

	{1 x 100 on 2:10 Kick 100%	EN2		F
	{1 x 100 on 2:05 Kick 100%	EN2		F
1,500	1x{1 x 50 on :50 Pulls br ev 3	EN1		F
	{2 x 50 on :50 Pulls br ev 4	EN1		F
	{1 x 100 on 1:40 Pulls br 4-5	EN1		F
	{2 x 100 on 1:40 Pulls br 5-6	EN1		F
	{1 x 150 on 2:30 Pulls br 6-7-8	EN1		F
	{2 x 150 on 2:30 Pulls br 7-8-9	EN1		F
	{1 x 200 on 3:20 Pulls br 8-9-10-11	EN1		F
	{2 x 200 on 3:20 Pulls br 9-10-11-12	EN1		F
400	8 x 50 on 1:00 Odds free evens non	EN1		S
1,800	3x{1 x 50 on :00 Your Stroke	SP1		S
	{1 x 50 on 2:30 Freestyle	REC		S
	{1 x 100 on :00 Your Stroke	SP1		S
	{1 x 100 on 4:00 Freestyle	REC		S
	{1 x 150 on :00 Your Stroke	SP1		S
	{1 x 150 on 6:00 Freestyle	REC		S
8:04 AM 5,680 Meters - Stress Value = 137				

**Workout #3120 - Thursday, 17 June 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 15:00 Stretching			L
400	1 x 400 on 7:00 Stroke Drills	REC		D
180	12 x 15 on :45 Shooters	SP3		S
1,000	1x{2 x 100 on 1:30 Kick with flippers	EN2		K
	{2 x 100 on 1:25 Kick with flippers	EN2		K
	{2 x 100 on 1:20 Kick with flippers	EN2		K
	{2 x 100 on 1:15 Kick with flippers	EN2		K
	{2 x 100 on 1:10 Kick with flippers	EN2		K
900	2x{1 x 50 on :45 Pulls	EN1		P
	{1 x 25 on :30 Pulls 2 breaths	EN1		P
	{2 x 50 on :40 Pulls	EN1		P
	{2 x 25 on :30 Pulls 2 breaths	EN1		P
	{3 x 50 on :35 Pulls	EN2		P
	{3 x 25 on :30 Pulls 2 breaths	EN1		P
300	3 x 100 on 2:00 Individual Medley	EN1		S
1,200	8x{1 x 75 on 1:10 Freestyle	EN1		S
	{1 x 75 on :50 Freestyle	EN2		S
1,500	6x{1 x 125 on 1:55 Freestyle	EN1		S
	{1 x 125 on 1:25 Freestyle	EN2		S
500	10 x 50 on 1:00 Stroke Drills	REC		D
5:28 PM 5,980 Yards - Stress Value = 83				

Yards	Set Description	EGY	WORK	S
	1 on 15:00 Stretching			L
400	1 x 400 on 7:00 Stroke Drills	REC		D
180	12 x 15 on :45 Shooters	SP3		S
1,000	1x{2 x 100 on 1:30 Kick with flippers	EN2		K
	{2 x 100 on 1:25 Kick with flippers	EN2		K
	{2 x 100 on 1:20 Kick with flippers	EN2		K
	{2 x 100 on 1:15 Kick with flippers	EN2		K
	{2 x 100 on 1:10 Kick with flippers	EN2		K
900	2x{1 x 50 on :45 Pulls	EN1		P
	{1 x 25 on :30 Pulls 2 breaths	EN1		P
	{2 x 50 on :40 Pulls	EN1		P
	{2 x 25 on :30 Pulls 2 breaths	EN1		P
	{3 x 50 on :35 Pulls	EN2		P
	{3 x 25 on :30 Pulls 2 breaths	EN1		P
300	3 x 100 on 2:00 Individual Medley	EN1		S
1,200	8x{1 x 75 on 1:10 Freestyle	EN1		S
	{1 x 75 on :50 Freestyle	EN2		S
1,500	6x{1 x 125 on 1:55 Freestyle	EN1		S
	{1 x 125 on 1:25 Freestyle	EN2		S
500	10 x 50 on 1:00 Stroke Drills	REC		D
5:28 PM 5,980 Yards - Stress Value = 83				

**Workout #3118 - Thursday, 17 June 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 15:00 Stretching			L I
400	1 x 400 on 7:00 Stroke Drills	REC		D C
180	12 x 15 on :45 Shooters	SP3		S C
600	1x{2 x 100 on 1:45 Kick	EN2		K
	{2 x 100 on 1:40 Kick	EN2		K
	{2 x 100 on 1:35 Kick	EN2		K
1,400	1x{1 x 125 on 1:45 Pulls	EN1		P
	{2 x 25 on :30 Pulls 2 breaths	EN1		P
	{2 x 125 on 1:40 Pulls	EN1		P
	{2 x 25 on :30 Pulls 2 breaths	EN1		P
	{3 x 125 on 1:35 Pulls	EN2		P
	{2 x 25 on :30 Pulls 2 breaths	EN1		P
	{4 x 125 on 1:30 Pulls	EN2		P
300	3 x 100 on 1:40 Individual Medley	EN1		S
3,000	3x{2 x 150 on 1:45 Freestyle	EN2		S
	{1 x 100 on 1:20 Freestyle	EN1		S
	{1 x 100 on 1:15 Freestyle	EN2		S
	{1 x 100 on 1:10 Freestyle	EN2		S
	{1 x 400 on 6:00 Individual Medley	EN2		S
500	1 x 500 on 9:00 Stroke Drills	REC		D
5:30 PM 6,380 Yards - Stress Value = 100				

Yards	Set Description	EGY	WORK	S
	1 on 15:00 Stretching			L
400	1 x 400 on 7:00 Stroke Drills	REC		D
180	12 x 15 on :45 Shooters	SP3		S
1,000	1x{2 x 100 on 1:30 Kick with flippers	EN2		K
	{2 x 100 on 1:25 Kick with flippers	EN2		K
	{2 x 100 on 1:20 Kick with flippers	EN2		K
	{2 x 100 on 1:15 Kick with flippers	EN2		K
	{2 x 100 on 1:10 Kick with flippers	EN2		K
900	2x{1 x 50 on :45 Pulls	EN1		P
	{1 x 25 on :30 Pulls 2 breaths	EN1		P
	{2 x 50 on :40 Pulls	EN1		P
	{2 x 25 on :30 Pulls 2 breaths	EN1		P
	{3 x 50 on :35 Pulls	EN2		P
	{3 x 25 on :30 Pulls 2 breaths	EN1		P
300	3 x 100 on 2:00 Individual Medley	EN1		S
1,200	8x{1 x 75 on 1:10 Freestyle	EN1		S
	{1 x 75 on :50 Freestyle	EN2		S
1,500	6x{1 x 125 on 1:55 Freestyle	EN1		S
	{1 x 125 on 1:25 Freestyle	EN2		S
500	10 x 50 on 1:00 Stroke Drills	REC		D
5:28 PM 5,980 Yards - Stress Value = 83				

**Workout #3117 - Thursday, 17 June 2004**

**Group 3 - All**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WORK	S
800	1x{1 x 200 on 3:30 Freestyle	EN1		S
	{1 x 200 on 3:30 Free L. 50 fast	EN1		S
	{1 x 200 on 3:30 Free L. 100 fast	EN1		S
	{1 x 200 on 3:30 Free L. 150 fast	EN2		S
180	12 x 15 on :45 Shooters	SP3		S
1,000	2x{8 x 25 on :45 Kick 1-4 sprint 5-8	EN2		F
	{ no brd fly 15m under			
	{1 x 100 on 2:15 Kick 100%	EN2		F

Meters	Set Description	EGY	WORK	S
800	1x{1 x 200 on 3:30 Freestyle	EN1		S
	{1 x 200 on 3:30 Free L. 50 fast	EN1		S
	{1 x 200 on 3:30 Free L. 100 fast	EN1		S
	{1 x 200 on 3:30 Free L. 150 fast	EN2		S
180	12 x 15 on :45 Shooters	SP3		S
1,000	2x{8 x 25 on :45 Kick 1-4 sprint 5-8	EN2		F
	{ no brd fly 15m under			
	{1 x 100 on 2:15 Kick 100%	EN2		F

**Workout #3123 - Friday, 18 June 2004**

**Group 3 - Distance**

**1 minute rest between sets**

6:00 AM Start			
Meters	Set Description	EGY	WOF
=====	=====	====	====
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	1x{1 x 100 on 2:15 Kick	EN1	
	{ 6 x 50 on 1:05 Kick no board	EN1	
	{ 2 x 100 on 2:10 Kick	EN1	
1,200	1x{1 x 200 on 3:00 Pulls	EN1	
	{ 1 x 100 on 1:40 Pulls br 5-7	EN1	
	{ 1 x 200 on 2:55 Pulls	EN1	
	{ 2 x 100 on 1:35 Pulls br 6-8	EN1	
	{ 1 x 200 on 2:50 Pulls	EN1	
	{ 3 x 100 on 1:30 Pulls br 7-8	EN1	
3,400	1x{1 x 600 on 8:00 Freestyle	EN2	
	{ 1 x 600 on 7:45 Freestyle	EN2	
	{ 1 x 600 on 7:30 Freestyle	EN2	
	{ 1 x 500 on 6:40 Freestyle	EN2	
	{ 1 x 500 on 6:30 Freestyle	EN2	
	{ 1 x 500 on 6:20 Freestyle	EN2	
	{ 1 x 100 on 3:00 Freestyle	REC	
400	1 x 400 on 6:00 Freestyle for time	EN3	
500	5 x 100 on 2:00 Stroke Drills	REC	
8:04 AM 7,080 Meters - Stress Value = 124			

	{ 1 x 100 on 2:00 Kick w/fins back	EN1	
	{ 1 x 100 on 2:00 Kick w/fins lt. side	EN1	
1,200	1x{1 x 250 on 3:45 Pulls	EN1	
	{ 3 x 50 on :50 Pulls br ev 9	EN1	
	{ 1 x 250 on 3:40 Pulls	EN1	
	{ 3 x 50 on :50 Pulls br ev 7	EN1	
	{ 1 x 250 on 3:35 Pulls	EN1	
	{ 3 x 50 on :50 Pulls br ev 5	EN1	
300	2 x 150 on 2:45 2bk-4bk-6bk by 50's	EN1	
2,700	1x{1 x 500 on 7:30 Freestyle	EN1	
	{ 1 x 450 on 6:40 Freestyle	EN1	
	{ 1 x 400 on 5:50 Freestyle	EN1	
	{ 1 x 350 on 5:05 Freestyle	EN1	
	{ 1 x 300 on 4:15 Freestyle	EN1	
	{ 1 x 250 on 3:30 Freestyle	EN2	
	{ 1 x 200 on 2:45 Freestyle	EN2	
	{ 1 x 150 on 2:03 Freestyle	EN2	
	{ 1 x 100 on 1:21 Freestyle	EN2	
300	6 x 50 on 1:15 Stroke Drills	REC	
5:59 PM 6,280 Meters - Stress Value = 69			

**Workout #3121 - Friday, 18 June 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

6:00 AM Start			
Meters	Set Description	EGY	WOF
=====	=====	====	====
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	2x{1 x 100 on 2:15 Kick	EN1	
	{ 2 x 50 on 1:05 Kick no board	EN1	
	{ 2 x 100 on 2:10 Kick	EN1	
	{ 4 x 50 on 1:05 Kick no board	EN1	
1,200	1x{4 x 50 on :55 Pulls	EN1	
	{ 1 x 100 on 1:40 Pulls br 5-7	EN1	
	{ 4 x 50 on :50 Pulls	EN1	
	{ 2 x 100 on 1:35 Pulls br 6-8	EN1	
	{ 4 x 50 on :45 Pulls	EN1	
	{ 3 x 100 on 1:30 Pulls br 7-8	EN1	
500	2x{1 x 100 on 1:45 Freestyle	REC	
	{ 3 x 50 on 1:00 #1 fl #2 ba #3 br	EN1	
1,650	3x{2 x 50 on 1:30 Free 1st 25 fast	EN2	
	{ 2nd 25 sculling drill		
	{ 3 x 100 on 1:40 Free-descend	EN2	
	{ 1 x 150 on 3:00 IM w/out the free	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
8:03 AM 5,730 Meters - Stress Value = 72			

**Workout #3122 - Friday, 18 June 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

6:00 AM Start			
Meters	Set Description	EGY	WOF
=====	=====	====	====
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	1x{1 x 100 on 2:15 Kick	EN1	
	{ 6 x 50 on 1:05 Kick no board	EN1	
	{ 2 x 100 on 2:10 Kick	EN1	
1,200	1x{1 x 200 on 3:00 Pulls	EN1	
	{ 1 x 100 on 1:40 Pulls br 5-7	EN1	
	{ 1 x 200 on 2:55 Pulls	EN1	
	{ 2 x 100 on 1:35 Pulls br 6-8	EN1	
	{ 1 x 200 on 2:50 Pulls	EN1	
	{ 3 x 100 on 1:30 Pulls br 7-8	EN1	
3,200	2x{1 x 200 on 2:30 Freestyle	EN2	
	{ 1 x 200 on 3:15 Individual Medley	EN2	
	{ 1 x 200 on 2:35 Freestyle	EN2	
	{ 1 x 200 on 3:10 Individual Medley	EN2	
	{ 1 x 200 on 2:40 Freestyle	EN2	
	{ 1 x 200 on 3:05 Individual Medley	EN2	
	{ 1 x 200 on 2:45 Freestyle	EN2	
	{ 1 x 200 on 3:00 Individual Medley	EN2	
600	6 x 100 on 2:00 Stroke Drills	REC	
7:59 AM 6,580 Meters - Stress Value = 98			

**Workout #3125 - Friday, 18 June 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

3:30 PM Start			
Meters	Set Description	EGY	WOF
=====	=====	====	====
	1 on 30:00 Stomach and Stretch		
800	1x{1 x 300 on 6:00 Stroke Drills	REC	
	{ 1 x 150 on 3:00 Stroke Drills	REC	
	{ 1 x 150 on 3:00 Stroke Drills	REC	
	{ 4 x 50 on :50 Freestyle-descend	EN1	
180	12 x 15 on :45 Shooters	SP3	
800	2x{1 x 100 on 2:00 Kick w/fins stomach	EN1	
	{ 1 x 100 on 2:00 Kick w/fins rt. side	EN1	



**Workout #3124 - Friday, 18 June 2004**

**Group 3 - Sprint**  
**1 minute rest between sets**

3:30 PM Start

Meters	Set Description	EGY	WOF
800	1 on 30:00 Stomach and Stretch		
800	1x{1 x 300 on 6:00 Stroke Drills	REC	
	{1 x 150 on 3:00 Stroke Drills	REC	
	{1 x 150 on 3:00 Stroke Drills	REC	
	{4 x 50 on :50 Freestyle-descend	EN1	
180	12 x 15 on :45 Shooters	SP3	
800	2x{1 x 100 on 2:00 Kick w/fins stomach	EN1	
	{1 x 100 on 2:00 Kick w/fins rt. side	EN1	
	{1 x 100 on 2:00 Kick w/fins back	EN1	
	{1 x 100 on 2:00 Kick w/fins lt. side	EN1	
1,200	1x{1 x 250 on 3:45 Pulls	EN1	
	{3 x 50 on :50 Pulls br ev 9	EN1	
	{1 x 250 on 3:40 Pulls	EN1	
	{3 x 50 on :50 Pulls br ev 7	EN1	
	{1 x 250 on 3:35 Pulls	EN1	
	{3 x 50 on :50 Pulls br ev 5	EN1	
300	2 x 150 on 2:45 2bk-4bk-6bk by 50's	EN1	
2,250	1x{3 x 150 on 2:15 Freestyle	EN1	
	{1 x 200 on 3:30 100 #1, 100 free	EN1	
	{2 x 50 on 1:30 25 scull 25 100%	EN2	
	{3 x 150 on 2:10 Freestyle	EN2	
	{1 x 200 on 3:30 100 #1, 100 free	EN1	
	{2 x 50 on 1:30 25 scull 25 100%	EN2	
	{3 x 150 on 2:05 Freestyle	EN2	
	{1 x 200 on 3:30 100 #1, 100 free	EN1	
	{2 x 50 on 1:30 25 scull 25 drill	EN2	
250	5 x 50 on 1:15 Stroke Drills	REC	
5:58 PM 5,780 Meters - Stress Value = 69			

**Workout #3126 - Saturday, 19 June 2004**

**Group 3 - Freestylers**  
**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
900	1 x 900 on 16:00 Vertical Kicking	EN2	
1,500	1x{2 x 300 on 4:45 Pulls	EN1	
	{2 x 300 on 4:30 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
600	1x{3 x 50 on 1:00 Freestyle	EN1	
	{3 x 50 on :55 Freestyle	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	{3 x 50 on :45 Freestyle	EN2	
2,100	1x{6 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 1:15 Freestyle	EN2	
400	8 x 50 on 1:10 Stroke Drills	REC	
8:02 AM 6,480 Meters - Stress Value = 100			

**Workout #3129 - Monday, 21 June 2004**

**Group 3 - Breast**  
**1 minute rest between sets**

3:30 PM Start

Meters	Set Description	EGY	WORK
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Meters	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	8 x 100 on 2:00 Stroke Drills odds	REC	D
	free evens non free		
180	12 x 15 on :45 Shooters	SP3	S
1,200	1x{1 x 100 on 2:15 Kick	EN1	K
	{4 x 50 on 1:05 Kick no board	EN1	K
	{1 x 100 on 2:10 Kick	EN1	K
	{4 x 50 on 1:05 Kick no board	EN1	K
	{1 x 100 on 2:05 Kick	EN1	K
	{4 x 50 on 1:05 Kick no board	EN1	K
	{1 x 100 on 2:00 Kick	EN2	K
	{4 x 50 on 1:05 Kick	EN2	K
1,000	20 x 50 on 1:10 Pulls	EN2	P
400	1x{1 x 150 on 3:00 IM w/out the free	EN1	S
	{3 x 50 on :50 Freestyle	EN1	S
	{1 x 100 on 1:45 Your Stroke	EN1	S
1,600	1x{2 x 200 on 3:50 Breaststroke	EN2	S
	{3 x 50 on 1:00 1-fl 2-ba 3-fr	EN1	S
	{2 x 150 on 2:50 Breaststroke	EN2	S
	{3 x 50 on 1:00 1-fl 2-ba 3-fr	EN1	S
	{2 x 100 on 1:50 Breaststroke	EN2	S
	{3 x 50 on 1:00 1-fl 2-ba 3-fr	EN1	S
	{2 x 50 on :55 Breaststroke	EN2	S
	{3 x 50 on 1:00 1-fl 2-ba 3-fr	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
6:04 PM 5,380 Meters - Stress Value = 80			

**Workout #3128 - Monday, 21 June 2004**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Meters	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	8 x 100 on 2:00 Stroke Drills odds	REC	D
	free evens non free		
180	12 x 15 on :45 Shooters	SP3	S
1,200	1x{1 x 100 on 2:15 Kick	EN1	K
	{4 x 50 on 1:05 Kick no board	EN1	K
	{1 x 100 on 2:10 Kick	EN1	K
	{4 x 50 on 1:05 Kick no board	EN1	K
	{1 x 100 on 2:05 Kick	EN1	K
	{4 x 50 on 1:05 Kick no board	EN1	K
	{1 x 100 on 2:00 Kick	EN2	K
	{4 x 50 on 1:05 Kick	EN2	K
1,000	1x{1 x 200 on 3:10 Pulls	EN1	P
	{2 x 150 on 2:20 Pulls	EN1	P
	{3 x 100 on 1:35 Pulls	EN1	P
	{4 x 50 on :45 Pulls	EN2	P
400	1x{1 x 150 on 3:00 IM w/out the free	EN1	S
	{3 x 50 on :50 Freestyle	EN1	S
	{1 x 100 on 1:45 Your Stroke	EN1	S
2,000	1x{1 x 200 on 3:00 Butterfly w/fins	EN1	S
	{4 x 50 on 1:00 1 up 2 down	EN2	S
	{1 x 200 on 2:55 Butterfly w/fins	EN2	S
	{4 x 50 on 1:00 1 up 3 down	EN2	S
	{1 x 200 on 2:50 Butterfly w/fins	EN2	S
	{4 x 50 on 1:00 1 up 4 down	EN2	S
	{1 x 200 on 2:45 Butterfly w/fins	EN2	S
	{4 x 50 on 1:00 1 up 5 down	EN2	S
	{1 x 200 on 2:40 Butterfly	EN2	S
	{4 x 50 on 1:00 1 up 6 down	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
6:01 PM 5,880 Meters - Stress Value = 78			

**Workout #3130 - Monday, 21 June 2004**

**Group 3 - Backstroke**

**1 minute rest between sets**

3:30 PM Start

Meters	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	8 x 100 on 2:00 Stroke Drills odds free evens non free	REC	D
180	12 x 15 on :45 Shooters	SP3	S
1,200	1x{1 x 100 on 2:15 Kick	EN1	K
	{4 x 50 on 1:05 Kick no board	EN1	K
	{1 x 100 on 2:10 Kick	EN1	K
	{4 x 50 on 1:05 Kick no board	EN1	K
	{1 x 100 on 2:05 Kick	EN1	K
	{4 x 50 on 1:05 Kick no board	EN1	K
	{1 x 100 on 2:00 Kick	EN2	K
	{4 x 50 on 1:05 Kick	EN2	K
1,000	1x{1 x 200 on 3:10 Pulls	EN1	P
	{2 x 150 on 2:20 Pulls	EN1	P
	{3 x 100 on 1:35 Pulls	EN1	P
	{4 x 50 on :45 Pulls	EN2	P
400	1x{1 x 150 on 3:00 IM w/out the free	EN1	S
	{3 x 50 on :50 Freestyle	EN1	S
	{1 x 100 on 1:45 Your Stroke	EN1	S
2,250	1x{3 x 150 on 2:40 Back/free	EN1	S
	{1 x 100 on 1:30 Backstroke	EN2	S
	{3 x 150 on 2:35 Back/free	EN2	S
	{1 x 100 on 1:30 Backstroke	EN2	S
	{3 x 150 on 2:30 Back/free	EN2	S
	{1 x 150 on 1:30 Backstroke	EN2	S
	{3 x 150 on 2:25 Back/free	EN2	S
	{1 x 100 on 1:30 Backstroke	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
6:03 PM 6,130 Meters - Stress Value = 83			

180	12 x 15 on :45 Shooters	SP3	S
400	16 x 25 on :40 Kick no board	EN1	K
600	1 x 600 on 12:00 Pulls	EN1	F
1,700	1x{4 x 25 on :25 Breast 2X pullouts	EN2	S
	{1 x 100 on 1:15 Freestyle	EN2	S
	{6 x 25 on :25 Breast 2X pullouts	EN2	S
	{2 x 100 on 1:15 Freestyle	EN2	S
	{8 x 25 on :25 Breast 2X pullouts	EN2	S
	{3 x 100 on 1:15 Freestyle	EN2	S
	{10 x 25 on :25 Breast 2X pullouts	EN2	S
	{4 x 100 on 1:15 Freestyle	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
5:35 PM 3,880 Yards - Stress Value = 51			

**Workout #3134 - Tuesday, 22 June 2004**

**Group 3 - Fly**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
	1 on 15:00 Stretching		
	1 on 30:00 Team meeting		
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	6 x 100 on 1:45 Kick odds 100%	EN2	
800	1 x 800 on 12:00 Pulls alt 100fr100ba	EN1	
1,500	1x{2 x 25 on :30 Butterfly 20m under	EN2	
	{1 x 100 on 1:30 50 fly 50 free	EN2	
	{4 x 25 on :30 Butterfly 18m under	EN2	
	{2 x 100 on 1:25 50 fly 50 free	EN2	
	{6 x 25 on :30 Butterfly 15m under	EN2	
	{3 x 100 on 1:20 50 fly 50 free	EN2	
	{8 x 25 on :30 Butterfly 12m under	EN2	
	{4 x 100 on 1:15 50 fly free	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
5:34 PM 4,080 Yards - Stress Value = 57			

**Workout #3127 - Monday, 21 June 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	5x{1 x 100 on 2:10 Kick	EN1	
	{2 x 50 on 1:05 Kick 1st 15m under	EN1	
1,200	1x{2 x 150 on 2:25 Lungbuster pulls	EN1	
	{2 x 150 on 2:20 Lungbuster pulls	EN1	
	{2 x 150 on 2:10 Lungbuster pulls	EN1	
	{2 x 150 on 2:15 Lungbuster pulls	EN1	
	{ odds br 3-5-7		
	{ evens br 4-6-8		
300	3 x 100 on 1:40 Freestyle-descend	EN1	
2,400	4x{1 x 100 on 2:00 Your Stroke	EN1	
	{1 x 100 on 1:55 Your Stroke	EN1	
	{1 x 100 on 1:50 Your Stroke	EN1	
	{1 x 100 on 1:45 Your Stroke	EN1	
	{1 x 200 on 3:30 Individual Medley	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
8:04 AM 6,080 Meters - Stress Value = 60			

**Workout #3133 - Tuesday, 22 June 2004**

**Group 3 - Backstroke**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
	1 on 15:00 Stretching		
	1 on 30:00 Team meeting		
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	6 x 100 on 1:45 Kick odds 100%	EN2	
800	1 x 800 on 12:00 Pulls alt 100fr100ba	EN1	
1,500	1x{2 x 25 on :30 Backstroke 20m under	EN2	
	{1 x 100 on 1:30 Backstroke	EN2	
	{4 x 25 on :30 Backstroke 18m under	EN2	
	{2 x 100 on 1:25 Backstroke	EN2	
	{6 x 25 on :30 Backstroke 15m under	EN2	
	{3 x 100 on 1:20 Backstroke	EN2	
	{8 x 25 on :30 Backstroke 12m under	EN2	
	{4 x 100 on 1:15 Backstroke	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
5:34 PM 4,080 Yards - Stress Value = 57			

**Workout #3132 - Tuesday, 22 June 2004**

**Group 3 - Breast**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		I
	1 on 30:00 Team meeting		M
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	S

**Workout #3131 - Tuesday, 22 June 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM	Start		
800	2 x 400 on 7:30 Reverse IM drill	REC	
180	12 x 15 on :45 Shooters	SP3	
900	1x{3 x 100 on 2:15 Kick	EN2	
	{3 x 100 on 2:10 Kick	EN2	
	{3 x 100 on 2:05 Kick	EN2	
1,500	1x{2 x 250 on 3:45 Pulls	EN1	
	{2 x 250 on 3:35 Pulls	EN1	
	{2 x 250 on 3:25 Pulls	EN2	
600	6 x 100 on 1:40 Descend in sets of 3	EN1	
2,100	1x{1 x 300 on 4:50 100 fl 100 ba 100 br	EN2	
	{3 x 50 on :55 Butterfly	EN1	
	{1 x 300 on 4:40 IM-Fl/fr/Ba/fr/Br/fr	EN2	
	{3 x 50 on :50 Backstroke	EN2	
	{1 x 300 on 4:30 50 fr 200IM 50 fr	EN2	
	{3 x 50 on 1:00 Breaststroke	EN2	
	{1 x 300 on 4:20 100 fl 100 ba 100 br	EN2	
	{3 x 50 on :40 Freestyle	EN2	
	{1 x 300 on 4:10 150 #1 150 free	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
8:00 AM	6,380 Meters - Stress Value = 105		

**Workout #3135 - Wednesday, 23 June 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM	Start		
600	12 x 50 on 1:00 Stroke Drills 3 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	2x{1 x 150 on 3:15 Kick no board	EN2	
	{ 50fly 50back 50free		
	{1 x 150 on 3:15 Kick no board	EN2	
	{1 x 100 on 2:15 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
1,500	2x{1 x 150 on 2:35 Pulls 50br 100free	EN1	
	{1 x 100 on 1:40 Backstroke	EN1	
	{1 x 150 on 2:35 Pulls 50fr 50br 50fr	EN1	
	{1 x 100 on 1:40 Backstroke	EN1	
	{1 x 150 on 2:35 Pulls 100fr 50br	EN1	
	{1 x 100 on 1:40 Backstroke	EN1	
500	1x{3 x 100 on 1:40 Freestyle-descend	EN1	
	{4 x 50 on 1:00 Non free	EN1	
2,100	1x{3 x 200 on 3:30 Individual Medley	EN1	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{3 x 200 on 3:20 Individual Medley	EN1	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{3 x 200 on 3:10 Individual Medley	EN1	
	{1 x 100 on 2:00 Stroke Drills	REC	
300	1 x 300 on 5:00 Stroke Drills	REC	
8:09 AM	6,380 Meters - Stress Value = 73		

**Workout #3136 - Thursday, 24 June 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM	Start		
180	12 x 15 on :45 Shooters	SP3	
600	1x{1 x 150 on 3:15 Kick no board	EN2	
	{ 50fly 50back 50free		
	{1 x 150 on 3:15 Kick no board	EN2	
	{1 x 100 on 2:15 Kick	EN1	
	{1 on 50:00 Review with Tim	REC	

	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
800	1x{1 x 150 on 2:35 Pulls 50br 100free	EN1	
	{1 x 100 on 1:40 Backstroke	EN1	
	{1 x 150 on 2:35 Pulls 50fr 50br 50fr	EN1	
	{1 x 100 on 1:40 Backstroke	EN1	
	{1 x 150 on 2:35 Pulls 100fr 50br	EN1	
	{1 x 100 on 1:40 Backstroke	EN1	
	{1 x 50 on 1:00 Pulls 4 breaths	EN1	
500	1x{3 x 100 on 1:40 Freestyle-descend	EN1	
	{4 x 50 on 1:00 Non free	EN1	
1,500	1x{2 x 200 on 3:30 Individual Medley	EN1	
	{1 x 100 on 2:15 Stroke Drills	REC	
	{2 x 200 on 3:20 Individual Medley	EN1	
	{1 x 100 on 2:15 Stroke Drills	REC	
	{2 x 200 on 3:10 Individual Medley	EN1	
	{1 x 100 on 2:15 Stroke Drills	REC	
200	1 x 200 on 4:00 Stroke Drills	REC	
8:11 AM	3,780 Meters - Stress Value = 45		

**Workout #3140 - Monday, 28 June 2004**

**Group 3 - Breast**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
3:30 PM	Start		
1	on 25:00 Stomach and Stretch		
800	1 x 800 on 14:00 Drill-Build-Swim-IM	REC	
150	10 x 15 on 1:00 Breakouts	SP3	
1,200	6x{2 x 50 on 1:15 Kick no board	EN1	
	{1 x 100 on 2:00 Kick-100% effort!!!!	EN2	
1,200	2x{1 x 150 on 2:30 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:25 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:20 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds	EN1	
300	3 x 100 on 1:40 Freestyle-descend	EN1	
2,100	1x{3 x 150 on 3:00 Breaststroke	EN2	
	{2 x 50 on 1:00 Stroke Drills	REC	
	{3 x 150 on 2:55 Breaststroke	EN2	
	{2 x 50 on 1:00 Stroke Drills	REC	
	{3 x 150 on 2:50 Breaststroke	EN2	
	{2 x 50 on 1:00 Stroke Drills	REC	
	{3 x 150 on 2:45 Breaststroke	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
6:01 PM	5,950 Meters - Stress Value = 82		

**Workout #3138 - Monday, 28 June 2004**

**Group 3 - Distance**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM	Start		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
400	1 x 400 on 8:00 Kick even 100's with	EN1	
	out a board		
2,000	5 x 400 on 6:00 Pulls #1 normal	EN1	
	#2 L.100 br 9,#3 br		
	8-9 L.200,#4 L.300		
	br 7-8-9,#5 br 6-7-8		
	9 by the 100		
1,000	5 x 200 on 3:15 Free L.50 non free	EN1	
	#1&#5 drill des 2-4		
3,000	1x{1 x 1000 on 13:00 Freestyle	EN2	
	{1 x 1000 on 12:30 Freestyle	EN2	
	{1 x 1000 on 12:00 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
8:05 AM	7,580 Meters - Stress Value = 111		

**Workout #3143 - Monday, 28 June 2004**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start

Meters	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 14:00 Drill-Build-Swim-IM	REC	
150	10 x 15 on 1:00 Breakouts	SP3	
400	1 x 400 on 9:00 Kick-alt fast/easy	EN2	
800	1x{1 x 350 on 5:00 Pulls	EN2	
	{1 x 250 on 3:35 Pulls	EN2	
	{1 x 150 on 2:10 Pulls	EN2	
	{1 x 50 on :45 Pulls	EN1	
600	3 x 200 on 3:20 Freestyle-descend	EN1	
4,000	1x{1 x 600 on 9:00 Freestyle	EN2	
	{2 x 500 on 7:30 Freestyle	EN2	
	{3 x 400 on 6:00 Freestyle	EN2	
	{4 x 300 on 4:30 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
6:01 PM 7,050 Meters - Stress Value = 127			

**Workout #3139 - Monday, 28 June 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WC
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	1 x 600 on 12:30 Kick even 100's with	EN1	
	out a board		
2,000	5 x 400 on 6:00 Pulls #1 normal	EN1	
	#2 L.100 br 9, #3 br		
	8-9 L.200, #4 L.300		
	br 7-8-9, #5 br 6-7-8		
	9 by the 100		
600	4 x 150 on 2:30 Free L.50 non free	EN1	
	descend 1-4		
2,500	1x{2 x 500 on 6:30 Freestyle	EN2	
	{2 x 500 on 6:20 Freestyle	EN2	
	{1 x 500 on 6:10 Freestyle	EN2	
400	4 x 100 on 2:00 Stroke Drills	REC	
8:02 AM 7,080 Meters - Stress Value = 99			

**Workout #3144 - Monday, 28 June 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

3:30 PM Start

Meters	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 14:00 Drill-Build-Swim-IM	REC	
150	10 x 15 on 1:00 Breakouts	SP3	
400	1 x 400 on 9:00 Kick-alt fast/easy	EN2	
800	1x{1 x 350 on 5:00 Pulls	EN2	
	{1 x 250 on 3:35 Pulls	EN2	
	{1 x 150 on 2:10 Pulls	EN2	
	{1 x 50 on :45 Pulls	EN1	
600	3 x 200 on 3:20 Freestyle-descend	EN1	
3,200	1x{8 x 50 on :45 Freestyle	EN2	
	{4 x 100 on 1:30 Freestyle	EN2	
	{2 x 200 on 3:00 Freestyle	EN2	
	{1 x 400 on 6:00 Freestyle	EN2	
	{1 x 400 on 5:20 Freestyle	EN2	
	{2 x 200 on 2:40 Freestyle	EN2	
	{4 x 100 on 1:20 Freestyle	EN2	
	{8 x 50 on :40 Freestyle	EN2	
600	6 x 100 on 2:15 Stroke Drills	REC	
5:56 PM 6,550 Meters - Stress Value = 112			

**Workout #3141 - Monday, 28 June 2004**

**Group 3 - Fly & Back**

**1 minute rest between sets**

3:30 PM Start

Meters	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 14:00 Drill-Build-Swim-IM	REC	
150	10 x 15 on 1:00 Breakouts	SP3	
1,200	6x{2 x 50 on 1:15 Kick no board	EN1	
	{1 x 100 on 2:00 Kick-100% effort!!!!	EN2	
1,200	2x{1 x 150 on 2:30 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:25 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:20 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds	EN1	
300	3 x 100 on 1:40 Freestyle-descend	EN1	
2,200	1x{2 x 200 on 3:40 Your Stroke	EN1	
	{1 x 50 on 1:00 Stroke Drills	REC	
	{2 x 200 on 3:35 Your Stroke	EN2	
	{1 x 50 on 1:00 Stroke Drills	REC	
	{2 x 200 on 3:30 Your Stroke	EN2	
	{1 x 50 on 1:00 Stroke Drills	REC	
	{2 x 200 on 3:25 Your Stroke	EN2	
	{1 x 50 on 1:00 Stroke Drills	REC	
	{2 x 200 on 3:20 Your Stroke	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
5:59 PM 6,050 Meters - Stress Value = 82			

**Workout #3137 - Monday, 28 June 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{1 x 100 on 2:00 Kick	EN2	
	{3 x 50 on 1:10 Kick 100%	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{3 x 50 on 1:10 Kick 100%	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{3 x 50 on 1:10 Kick 100%	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{3 x 50 on 1:10 Kick 100%	EN2	
1,000	5 x 200 on 3:30 Pulls #1 normal	EN1	
	#2 L.50-br 9, #3 br		
	8-9 L.100, #4 L.150		
	br 7-8-9, #5 br 6-7-8		
	9 by the 50		
600	4 x 150 on 2:30 Free L.50 non free	EN1	
	descend 1-4		
2,000	1x{3 x 100 on 1:45 Freestyle	EN1	
	{2 x 50 on 1:00 #1-1st&#2-2nd25-100%	EN2	
	{3 x 100 on 1:40 Freestyle	EN1	
	{2 x 50 on 1:00 Same as previous	EN2	
	{3 x 100 on 1:35 Freestyle	EN1	
	{2 x 50 on 1:00 Same as previous	EN2	
	{3 x 100 on 1:30 Freestyle	EN1	
	{2 x 50 on 1:00 Same as previous	EN2	
	{3 x 100 on 1:25 Freestyle	EN2	
	{2 x 50 on 1:00 Same as previous	EN2	
500	5 x 100 on 2:00 Stroke Drills	REC	
8:04 AM 6,080 Meters - Stress Value = 75			

**Workout #3142 - Monday, 28 June 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

3:30 PM Start

Meters	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 14:00 Drill-Build-Swim-IM	REC	
150	10 x 15 on 1:00 Breakouts	SP3	
1,400	7x{2 x 50 on :55 Stroke Drills	EN1	
	{1 x 100 on 2:00 Kick-100% effort!!!!	EN2	
600	1x{1 x 150 on 2:30 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:25 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:20 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds	EN1	
200	1 x 200 on 4:00 Reverse IM drill	EN1	
2,100	3x{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:25 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 200 on 5:00 Stroke Drills	REC	
	{2 x 50 on 1:30 Free 6bk 5 brths	EN3	
300	6 x 50 on 1:15 Stroke Drills	REC	

5:55 PM 5,550 Meters - Stress Value = 84

**Workout #3145 - Tuesday, 29 June 2004**

**Group 3 - Distance**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 14:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
500	2 x 250 on 5:30 Kick L.50-100% effrt	EN2	
	1x{3 x 150 on 2:15 Pulls	EN1	
	{3 x 150 on 2:10 Pulls	EN2	
	{3 x 150 on 2:05 Pulls	EN2	
	{1 x 150 on 2:00 Pulls	EN2	
600	4 x 150 on 2:45 IM w/out the free	EN1	
	1x{1 x 800 on 12:00 Freestyle	EN3	
	{1 x 200 on 4:00 Freestyle	REC	
	{1 x 800 on 12:00 Freestyle	EN3	
	{1 x 300 on 6:00 Freestyle	REC	
	{1 x 800 on 12:00 Freestyle	EN3	
	{1 x 400 on 8:00 Freestyle	REC	

8:06 AM 6,880 Meters - Stress Value = 212

**Workout #3151 - Tuesday, 29 June 2004**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	PAC
600	1 x 600 on 9:00 Choice	REC	S	CHO	1:3
250	10 x 25 on :45 Breakouts	SP3	S	FR	3:0
800	8 x 100 on 1:30 Kick	EN2	K	FR	1:3
2,000	2 x 1000 on 12:00 Pulls	EN2	P	FR	1:1
1,500	30 x 50 on :45 Freestyle	EN3	S	FR	1:3
	hold under :28				
400	1 x 400 on 7:00 Stroke Drills	REC	D	FR	1:4
1,500	30 x 50 on :45 Freestyle	EN3	S	FR	1:3
	hold under :28				
400	1 x 400 on 7:00 Stroke Drills	REC	D	FR	1:4

5:30 PM 7,450 Yards - Stress Value = 246

**Workout #3146 - Tuesday, 29 June 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 14:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
800	4 x 200 on 4:30 Kick L.50-100% effrt	EN2	
	1x{2 x 150 on 2:15 Pulls	EN1	
	{2 x 150 on 2:10 Pulls	EN2	
	{2 x 150 on 2:05 Pulls	EN2	
600	4 x 150 on 2:45 IM w/out the free	EN1	
	1x{4 x 100 on 1:40 Free hold under 1:10	EN3	
	{1 x 400 on 8:00 Stroke Drills	REC	
	{2 x 200 on 3:30 Free hold under 2:20	EN3	
	{1 x 400 on 8:00 Stroke Drills	REC	
	{1 x 400 on 5:00 Free hold under 4:40	EN3	
	{1 x 400 on 8:00 Stroke Drills	REC	
	{8 x 50 on :55 Free hold under :35	EN3	
	{1 x 400 on 8:00 Stroke Drills	REC	

8:08 AM 6,480 Meters - Stress Value = 154

**Workout #3149 - Tuesday, 29 June 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK
600	1 x 600 on 9:00 Choice	REC	S
250	10 x 25 on :45 Breakouts	SP3	S
800	8 x 100 on 1:30 Kick	EN2	K
1,200	3 x 400 on 5:00 Pulls	EN2	P
300	6 x 50 on :45 Descend in sets of 3	EN1	S
	1x{1 x 200 on 3:00 Freestyle	EN3	S
	{1 x 100 on 1:30 Stroke Drills	REC	D
	{1 x 300 on 4:30 Freestyle	EN3	S
	{1 x 100 on 1:30 Stroke Drills	REC	D
	{1 x 400 on 6:00 Freestyle	EN3	S
	{1 x 100 on 1:30 Stroke Drills	REC	D
	{1 x 500 on 7:30 Freestyle	EN3	S
	{1 x 100 on 2:00 Stroke Drills	REC	D
	{1 x 400 on 6:00 Freestyle	EN3	S
	{1 x 100 on 1:30 Stroke Drills	REC	D
	{1 x 300 on 4:30 Freestyle	EN3	S
	{1 x 100 on 1:30 Stroke Drills	REC	D
	{1 x 200 on 3:00 Freestyle	EN2	S
	{1 x 100 on 1:30 Stroke Drills	REC	D
400	8 x 50 on 1:00 Stroke Drills	REC	D

5:19 PM 6,550 Yards - Stress Value = 183

**Workout #3148 - Tuesday, 29 June 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 14:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
800	8 x 100 on 2:10 Kick des in sets of 4	EN2	
1,200	1x{1 x 300 on 4:45 Pulls	EN1	
	{1 x 300 on 4:35 Pulls	EN2	
	{1 x 300 on 4:25 Pulls	EN2	
	{1 x 300 on 4:15 Pulls	EN1	
600	4 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
2,100	3x{1 x 200 on 3:30 Individual Medley	EN3	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 150 on 3:00 Your Stroke	EN3	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 50 on 1:00 Free 6bk 5 brths	EN3	
	{1 x 100 on 2:00 Stroke Drills	REC	
400	1 x 400 on 7:00 Stroke Drills	REC	

8:03 AM 6,080 Meters - Stress Value = 133

**Workout #3152 - Tuesday, 29 June 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK
600	1 x 600 on 9:00 Choice	REC	S
250	10 x 25 on :45 Breakouts	SP3	S
800	8 x 100 on 1:30 Kick	EN2	K
1,200	3 x 400 on 5:40 Pulls	EN1	P
300	6 x 50 on :45 Descend in sets of 3	EN1	S
2,250	5x{1 x 100 on 1:10 Individual Medley	EN2	S
	{1 x 100 on 2:00 Stroke Drills	REC	D
	{3 x 50 on 1:30 Your Stroke	SP1	S
	{1 x 100 on 2:00 Stroke Drills	REC	D
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:20 PM 5,650 Yards - Stress Value = 111			

3x{2 x 50 on 1:05 Kick no board	EN1	F	
{4 x 25 on :45 Sprint kick	EN2	F	
{1 x 100 on 2:00 Kick	EN2	F	
1x{1 x 100 on 1:40 Pulls	EN1	F	
{2 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	F	
{1 x 150 on 2:30 Pulls	EN1	F	
{3 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	F	
{1 x 200 on 3:20 Pulls	EN1	F	
{4 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	F	
400 2 x 200 on 3:15 IM 25 kick 25 drill	EN1	I	
2x{4 x 100 on 1:35 Freestyle	EN1	S	
{3 x 50 on :55 Your Stroke non free	EN1	S	
{3 x 100 on 1:30 Freestyle	EN1	S	
{3 x 50 on :55 Your Stroke non free	EN1	S	
{2 x 100 on 1:25 Freestyle	EN2	S	
{3 x 50 on :55 Your Stroke non free	EN1	S	
400 1 x 400 on 7:00 Stroke Drills	REC	I	
8:05 AM 6,280 Meters - Stress Value = 73			

**Workout #3147 - Tuesday, 29 June 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 14:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
800	16 x 50 on 1:10 Kick des in sets of 4	EN2	
900	1x{1 x 300 on 4:45 Pulls	EN1	
	{1 x 300 on 4:35 Pulls	EN2	
	{1 x 300 on 4:25 Pulls	EN2	
300	2 x 150 on 2:45 IM w/out the free	EN1	
2,400	3x{1 x 150 on :00 Freestyle	SP1	
	{1 x 150 on 6:00 Stroke Drills	REC	
	{1 x 100 on :00 Freestyle	SP1	
	{1 x 100 on 4:00 Stroke Drills	REC	
	{1 x 50 on :00 Freestyle	SP1	
	{1 x 50 on 2:00 Stroke Drills	REC	
	{1 x 200 on 5:00 Individual Medley	REC	
	{ 25 kick 25 drill		
200	1 x 200 on 4:00 Stroke Drills	REC	
8:03 AM 5,580 Meters - Stress Value = 125			

**Workout #3158 - Thursday, 01 July 2004**

**Group 3 - Breast**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	8 x 100 on 2:00 Stroke Drills 2 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
900	1x{2 x 150 on 3:15 Kick mid 50 brst	EN1	
	{2 x 150 on 3:10 Kick mid 50 brst	EN2	
	{2 x 150 on 3:05 Kick mid 50 brst	EN2	
	{ Last 50 of each 100%		
1,200	1x{2 x 300 on 4:45 Lungbuster pulls	EN2	
	{2 x 300 on 4:35 Lungbuster pulls	EN1	
	{ br 3-5-7 by the 100		
600	1x{2 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
	{2 x 150 on 2:45 IM w/out your #1	EN1	
1,800	1x{3 x 100 on 2:00 Breaststroke	EN2	
	{1 x 150 on 2:30 IM w/out the breast	EN2	
	{3 x 100 on 1:55 Breaststroke	EN2	
	{1 x 150 on 2:30 IM w/out the breast	EN2	
	{3 x 100 on 1:50 Breaststroke	EN2	
	{1 x 150 on 2:30 IM w/out the breast	EN2	
	{3 x 100 on 1:45 Breaststroke	EN2	
	{1 x 150 on 2:30 IM w/out the breast	EN2	
400	1 x 400 on 8:00 Stroke Drills	REC	
8:01 AM 5,880 Meters - Stress Value = 91			

**Workout #3150 - Tuesday, 29 June 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK
600	1 x 600 on 9:00 Choice	REC	S
250	10 x 25 on :45 Breakouts	SP3	S
800	8 x 100 on 1:30 Kick	EN2	K
1,200	3 x 400 on 5:40 Pulls	EN1	P
300	6 x 50 on :45 Descend in sets of 3	EN1	S
2,200	4x{1 x 200 on 2:30 Freestyle	EN2	S
	{1 x 100 on 2:00 Stroke Drills	REC	D
	{3 x 50 on 1:30 Freestyle	SP1	S
	{1 x 100 on 2:00 Stroke Drills	REC	D
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:15 PM 5,600 Yards - Stress Value = 105			

**Workout #3153 - Wednesday, 30 June 2004**

**Group 3 - All**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WORK
800	1 x 800 on 15:00 Reverse IM drill	REC	I
180	12 x 15 on :45 Shooters	SP3	S

**Workout #3164 - Thursday, 01 July 2004**

**Group 3 - Breast**  
1 minute rest between sets

3:30 PM Start		
Yards	Set Description	EGY WORK S
600	6 x 100 on 1:40 Stroke Drills	REC D C
300	12 x 25 on :30 10 EZ 15 fast	SP3 S
600	1x{2 x 100 on 1:55 Kick	EN1 K C
	{2 x 100 on 1:50 Kick	EN2 K C
	{2 x 100 on 1:45 Kick	EN2 K C
750	1x{2 x 125 on 1:45 Pulls	EN1 P
	{2 x 125 on 1:40 Pulls	EN1 P
	{2 x 125 on 1:35 Pulls	EN2 P
400	4 x 100 on 1:30 Freestyle descend	EN1 S
2,625	1x{3 x 125 on 2:10 Breaststroke	EN2 S
	{3 x 50 on 1:00 Breast descend	EN2 S
	{3 x 125 on 2:05 Breaststroke	EN2 S
	{3 x 50 on 1:00 Breast descend	EN2 S
	{3 x 125 on 2:00 Breaststroke	EN2 S
	{3 x 50 on 1:00 Breast descend	EN2 S
	{3 x 125 on 1:55 Breaststroke	EN2 S
	{3 x 50 on 1:00 Breast descend	EN2 S
	{3 x 125 on 1:50 Breaststroke	EN2 S
	{3 x 50 on 1:00 Breast descend	EN2 S
225	1 x 225 on 4:00 Stroke Drills	REC D
5:08 PM 5,500 Yards - Stress Value = 90		

**Workout #3160 - Thursday, 01 July 2004**

**Group 3 - Fly**  
1 minute rest between sets

3:30 PM Start		
Yards	Set Description	EGY WOF
600	6 x 100 on 1:40 Stroke Drills	REC
300	12 x 25 on :30 10 EZ 15 fast	SP3
	1x{2 x 100 on 1:55 Kick	EN1
	{2 x 100 on 1:50 Kick	EN2
	{2 x 100 on 1:45 Kick	EN2
	1x{2 x 125 on 1:45 Pulls	EN1
	{2 x 125 on 1:40 Pulls	EN1
	{2 x 125 on 1:35 Pulls	EN2
300	3 x 100 on 1:30 Freestyle descend	EN1
	2x{3 x 100 on 1:25 Fly/free des. 3 strk	EN2
	{2 x 25 on :30 Butterfly 1 up 1down	EN2
	{3 x 100 on 1:30 Fly/free des. 4 strk	EN2
	{2 x 25 on :30 Butterfly 1 up 2down	EN2
	{3 x 100 on 1:35 Fly/free des. 5 strk	EN2
	{2 x 25 on :30 Butterfly 1 up 3down	EN2
	{3 x 100 on 1:40 Fly/free des. 6 strk	EN2
	{2 x 25 on :30 Butterfly 1 up 4down	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
5:06 PM 5,550 Yards - Stress Value = 90		

**Workout #3154 - Thursday, 01 July 2004**

**Group 3 - Distance**  
1 minute rest between sets

6:00 AM Start		
Meters	Set Description	EGY WOF
800	8 x 100 on 2:00 Stroke Drills 2 on E	REC
180	12 x 15 on :45 Shooters	SP3
600	1x{2 x 150 on 3:00 Kick	EN1
	{2 x 150 on 2:50 Kick	EN2
1,000	1x{1 x 400 on 5:00 Pulls	EN2
	{1 x 300 on 4:00 Pulls	EN2
	{1 x 200 on 2:50 Pulls	EN2
	{1 x 100 on 1:30 Pulls	EN2
300	2 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1
4,500	1x{2 x 800 on 10:00 9:30 swims	EN2
	{2 x 750 on 9:00 8:30 swims	EN2
	{2 x 700 on 8:00 7:30 swims	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
8:00 AM 7,580 Meters - Stress Value = 142		

**Workout #3155 - Thursday, 01 July 2004**

**Group 3 - Middle Distance**  
1 minute rest between sets

6:00 AM Start		
Meters	Set Description	EGY WOF
800	8 x 100 on 2:00 Stroke Drills 2 on E	REC
180	12 x 15 on :45 Shooters	SP3
	1x{2 x 150 on 3:10 Kick mid 50 brst	EN1
	{2 x 150 on 3:00 Kick mid 50 brst	EN2
	{2 x 150 on 2:50 Kick mid 50 brst	EN2
	1x{1 x 400 on 5:20 Pulls	EN2
	{1 x 300 on 4:15 Pulls	EN2
	{1 x 200 on 3:00 Pulls	EN2
	{1 x 100 on 1:35 Pulls	EN2
300	2 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1
	2x{4 x 300 on 4:00 Freestyle	EN2
	{1 x 400 on 6:00 Individual Medley	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
7:57 AM 6,580 Meters - Stress Value = 121		

**Workout #3163 - Thursday, 01 July 2004**

**Group 3 - Distance**  
1 minute rest between sets

3:30 PM Start		
Yards	Set Description	EGY WC
600	6 x 100 on 1:40 Stroke Drills	REC
	1-3 free 4-6 nonfree	
300	12 x 25 on :30 10 EZ 15 fast	SP3
600	1 x 600 on 10:00 Kick odd 100's w/brd	EN2
1,000	1x{2 x 125 on 1:40 Pulls	EN1
	{2 x 125 on 1:35 Pulls	EN1
	{2 x 125 on 1:30 Pulls	EN2
	{2 x 125 on 1:25 Pulls	EN2
600	6 x 100 on 1:40 IM des in sets of 3	EN1
3,600	1x{3 x 600 on 7:05 Freestyle	EN2
	{2 x 600 on 6:55 Freestyle	EN2
	{1 x 600 on 6:45 Freestyle	EN2
300	1 x 300 on 4:30 Stroke Drills	REC
5:12 PM 7,000 Yards - Stress Value = 116		

**Workout #3162 - Thursday, 01 July 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK
600	6 x 100 on 1:40 Stroke Drills 1-3 free 4-6 nonfree	REC	I
300	12 x 25 on :30 10 EZ 15 fast	SP3	S
1x{2 x 100 on 1:50 Kick		EN2	F
{2 x 100 on 1:45 Kick		EN2	F
{2 x 100 on 1:40 Kick		EN2	F
1x{2 x 125 on 1:45 Pulls		EN1	F
{2 x 125 on 1:40 Pulls		EN1	F
{2 x 125 on 1:35 Pulls		EN2	F
{2 x 125 on 1:30 Pulls		EN2	F
600	6 x 100 on 1:40 IM des in sets of 3	EN1	S
1x{4 x 250 on 3:05 Freestyle		EN2	S
{1 x 200 on 2:40 50 fl 100 fr 50 ba		EN2	S
{3 x 250 on 3:00 Freestyle		EN2	S
{1 x 200 on 2:40 50 fl 100 fr 50 ba		EN2	S
{2 x 250 on 2:55 Freestyle		EN2	S
{1 x 200 on 2:40 50 fl 100 fr 50 ba		EN2	S
{1 x 250 on 2:50 Freestyle		EN2	S
300	1 x 300 on 4:30 Stroke Drills	REC	I

5:09 PM 6,500 Yards - Stress Value = 106

**Workout #3161 - Thursday, 01 July 2004**

**Group 3 - Backstroke**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK
600	6 x 100 on 1:40 Stroke Drills	REC	D C
300	12 x 25 on :30 10 EZ 15 fast	SP3	S
600	1x{2 x 100 on 1:55 Kick	EN1	K C
{2 x 100 on 1:50 Kick		EN2	K C
{2 x 100 on 1:45 Kick		EN2	K C
750	1x{2 x 125 on 1:45 Pulls	EN1	P
{2 x 125 on 1:40 Pulls		EN1	P
{2 x 125 on 1:35 Pulls		EN2	P
400	4 x 100 on 1:30 Freestyle descend	EN1	S
2,500	1x{3 x 100 on 1:35 Backstroke	EN2	S
{1 x 200 on 2:35 Backstroke		EN2	S
{3 x 100 on 1:30 Backstroke		EN2	S
{1 x 200 on 2:30 Backstroke		EN2	S
{3 x 100 on 1:25 Backstroke		EN2	S
{1 x 200 on 2:25 Backstroke		EN2	S
{3 x 100 on 1:20 Backstroke		EN2	S
{1 x 200 on 2:20 Backstroke		EN2	S
{3 x 100 on 1:15 Backstroke		EN2	S
{1 x 200 on 2:15 Backstroke		EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	D

5:01 PM 5,550 Yards - Stress Value = 85

**Workout #3157 - Thursday, 01 July 2004**

**Group 3 - Fly & Back**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	8 x 100 on 2:00 Stroke Drills 2 on E	REC	I
180	12 x 15 on :45 Shooters	SP3	S
900	1x{2 x 150 on 3:15 Kick mid 50 brst	EN1	F
{2 x 150 on 3:10 Kick mid 50 brst		EN2	F
{2 x 150 on 3:05 Kick mid 50 brst		EN2	F
{ Last 50 of each 100%			
1,200	1x{2 x 300 on 4:45 Lungbuster pulls	EN2	S
{2 x 300 on 4:35 Lungbuster pulls		EN1	S
{ br 3-5-7 by the 100			

600	1x{2 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
{2 x 150 on 2:45 IM w/out your #1		EN1	
2,400	1x{2 x 200 on 3:00 Your Stroke w/fins	EN2	
{4 x 50 on :35 Freestyle w/fins		EN2	
{2 x 200 on 2:55 Your Stroke w/fins		EN2	
{4 x 50 on :40 Freestyle w/fins		EN2	
{2 x 200 on 2:50 Your Stroke w/fins		EN2	
{4 x 50 on :45 Freestyle w/fins		EN2	
{2 x 200 on 2:45 Your Stroke w/fins		EN2	
{4 x 50 on :50 Freestyle w/fins		EN2	
400	1 x 400 on 8:00 Stroke Drills	REC	

8:03 AM 6,480 Meters - Stress Value = 103

**Workout #3156 - Thursday, 01 July 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	8 x 100 on 2:00 Stroke Drills 2 on E	REC	I
180	12 x 15 on :45 Shooters	SP3	S
1,200	1x{2 x 150 on 3:30 Kick mid 50 brst	EN1	F
{2 x 150 on 3:25 Kick mid 50 brst		EN2	F
{2 x 150 on 3:20 Kick mid 50 brst		EN2	F
{2 x 150 on 3:15 Kick mid 50 brst		EN2	F
{ Last 50 of each 100%			
1,200	1x{2 x 300 on 4:45 Lungbuster pulls	EN2	S
{2 x 300 on 4:35 Lungbuster pulls		EN1	S
{ br 3-5-7 by the 100			
300	2 x 150 on 2:45 IM w/out the free	EN1	S
2,200	4x{5 x 50 on :45 Freestyle	EN2	S
{1 x 100 on 1:40 Free L.25 6bk br ev5		EN2	S
{1 x 100 on 1:40 Free L.50 6bk br ev5		EN2	S
{1 x 100 on 1:40 Free L.75 6bk br ev5		EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	I

8:02 AM 6,080 Meters - Stress Value = 104

**Workout #3159 - Thursday, 01 July 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK
600	6 x 100 on 1:40 Stroke Drills 1-3 free 4-6 nonfree	REC	I
300	12 x 25 on :30 10 EZ 15 fast	SP3	S
600	1x{2 x 100 on 1:55 Kick	EN1	F
{2 x 100 on 1:50 Kick		EN2	F
{2 x 100 on 1:45 Kick		EN2	F
750	1x{2 x 125 on 1:45 Pulls	EN1	F
{2 x 125 on 1:40 Pulls		EN1	F
{2 x 125 on 1:35 Pulls		EN2	F
500	5 x 100 on 1:40 IM des in sets of 3	EN1	S
1,750	1x{4 x 100 on 1:25 Freestyle	EN2	S
{3 x 100 on 1:20 Freestyle		EN2	S
{2 x 100 on 1:15 Freestyle		EN2	S
{1 x 100 on 1:10 Freestyle		EN2	S
{4 x 75 on 1:05 Freestyle		EN2	S
{3 x 75 on 1:00 Freestyle		EN2	S
{2 x 75 on :55 Freestyle		EN2	S
{1 x 75 on :50 Freestyle		EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	I

4:56 PM 5,000 Yards - Stress Value = 71



**Workout #3165 - Friday, 02 July 2004**

**Group 3 - Distance**

1 minute rest between sets

Meters	Set Description	EGY	WORK	STP
6:00 AM	Start			
600	12 x 50 on 1:00 Stroke Drills	REC	D	CHC
180	12 x 15 on :45 Shooters	SP3	S	CHC
600	1x{2 x 100 on 2:05 Kick	EN1	K	CHC
	{2 x 100 on 2:00 Kick	EN2	K	CHC
	{2 x 100 on 1:55 Kick	EN2	K	CHC
2,000	1x{1 x 500 on 7:30 Pulls	EN1	P	FF
	{1 x 500 on 7:20 Pulls	EN2	P	FF
	{1 x 500 on 7:10 Pulls	EN2	P	FF
	{1 x 500 on 7:00 Pulls	EN2	P	FF
400	2 x 200 on 3:30 Freestyle build	EN1	S	FF
3,000	1x{1 x 1000 on 13:30 Freestyle	EN2	S	FF
	{2 x 500 on 6:40 Freestyle	EN2	S	FF
	{4 x 250 on 3:15 Freestyle	EN2	S	FF
200	1 x 200 on 4:00 Stroke Drills	REC	D	CI
7:59 AM	6,980 Meters - Stress Value = 127			

**Workout #3166 - Friday, 02 July 2004**

**Group 3 - Middle Distance**

1 minute rest between sets

Meters	Set Description	EGY	WORK	STP
6:00 AM	Start			
600	12 x 50 on 1:00 Stroke Drills	REC	D	CHC
180	12 x 15 on :45 Shooters	SP3	S	CHC
	1x{2 x 100 on 2:05 Kick	EN1	K	CHC
	{2 x 100 on 2:00 Kick	EN2	K	CHC
	{2 x 100 on 1:55 Kick	EN2	K	CHC
	1x{1 x 500 on 7:30 Pulls	EN1	P	FF
	{1 x 500 on 7:20 Pulls	EN2	P	FF
	{1 x 500 on 7:10 Pulls	EN2	P	FF
400	2 x 200 on 3:30 Freestyle build	EN1	S	FF
	1x{3 x 300 on 4:00 Freestyle	EN2	S	FF
	{2 x 300 on 3:50 Freestyle	EN2	S	FF
	{1 x 300 on 3:40 Freestyle	EN2	S	FF
	{3 x 200 on 2:35 Freestyle	EN2	S	FF
	{2 x 200 on 2:30 Freestyle	EN2	S	FF
	{1 x 200 on 2:25 Freestyle	EN2	S	FF
200	1 x 200 on 4:00 Stroke Drills	REC	D	CI
7:51 AM	6,480 Meters - Stress Value = 116			

**Workout #3168 - Friday, 02 July 2004**

**Group 3 - IM/Stroke**

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:00 AM	Start		
600	12 x 50 on 1:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
900	1x{2 x 100 on 2:10 Kick	EN1	
	{4 x 25 on :45 Sprint kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
1,400	7x{1 x 100 on 2:00 Pulls 50fr 50 brst	EN1	
	{1 x 100 on 1:55 Pulls 50 fr 50 back	EN1	
600	6 x 100 on 1:40 Descend in sets of 3	EN1	
2,000	1x{2 x 150 on 2:40 100 fly 50 back	EN2	
	{2 x 150 on 2:40 100 back 50 breast	EN2	
	{2 x 150 on 2:50 100 breast 50 free	EN2	
	{2 x 150 on 2:30 100 free 50 brst	EN2	
	{2 x 100 on 1:45 Butterfly	EN2	
	{2 x 100 on 1:40 Backstroke	EN2	
	{2 x 100 on 1:50 Breaststroke	EN2	

(2 x 100 on 1:35 Freestyle EN2  
 400 8 x 50 on 1:00 Stroke Drills REC  
 8:10 AM 6,080 Meters - Stress Value = 91

**Workout #3170 - Friday, 02 July 2004**

**Group 3 - IM/Stroke**

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
3:30 PM	Start			
600	12 x 50 on 1:00 Stroke Drills	REC	D	CHC
300	12 x 25 on :30 Breakouts	SP3	S	CHC
	1x{1 x 100 on 2:00 Kick	EN1	K	CHC
	{1 x 100 on 1:55 Kick	EN1	K	CHC
	{1 x 100 on 1:50 Kick	EN1	K	CHC
	{1 x 100 on 1:45 Kick	EN2	K	CHC
	{1 x 100 on 1:40 Kick	EN2	K	CHC
	{1 x 100 on 1:35 Kick	EN2	K	CHC
	{1 x 100 on 1:30 Kick	EN2	K	CHC
1,200	12 x 100 on 1:20 Lungbuster pulls	EN2	P	CI
	odds br 3-5-7-9			
	evens br 2-4-6-8			
	1x{1 x 100 on 1:45 Individual Medley	EN1	S	CHC
	{1 x 100 on 1:35 Individual Medley	EN1	S	CHC
	{1 x 100 on 1:25 Individual Medley	EN1	S	CHC
	3x{1 x 50 on :35 Your Stroke	EN2	S	CHC
	{2 x 25 on :30 Stroke Drills	REC	D	CHC
	{2 x 50 on :40 Your Stroke	EN2	S	CHC
	{2 x 25 on :30 Stroke Drills	REC	D	CHC
	{3 x 50 on :45 Your Stroke	EN2	S	CHC
	{2 x 25 on :30 Stroke Drills	REC	D	CHC
	{4 x 50 on :50 Your Stroke	EN2	S	CHC
	{2 x 25 on :30 Stroke Drills	REC	D	CHC
300	1 x 300 on 5:00 Stroke Drills	REC	D	CI
5:08 PM	5,500 Yards - Stress Value = 80			

**Workout #3169 - Friday, 02 July 2004**

**Group 3 - Freestylers**

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
3:30 PM	Start			
600	12 x 50 on 1:00 Stroke Drills	REC	D	CHC
	odds free evns nonfr			
300	12 x 25 on :30 Breakouts	SP3	S	CHC
500	1 x 500 on 9:00 Kick no board	EN2	K	CHC
	ev. 4th 25 15m under			
1,100	11 x 100 on 1:15 Lungbuster pulls	EN2	P	CI
	odds br 3-5-7-9			
	evens br 2-4-6-8			
	1x{1 x 100 on 1:45 Individual Medley	EN1	S	CHC
	{1 x 100 on 1:35 Individual Medley	EN1	S	CHC
	{1 x 100 on 1:25 Individual Medley	EN1	S	CHC
	{1 x 100 on 1:15 Individual Medley	EN2	S	CHC
	1x{2 x 300 on 4:00 Freestyle	EN1	S	CHC
	{1 x 100 on 1:05 Freestyle	EN2	S	CHC
	{2 x 300 on 4:00 Freestyle	EN1	S	CHC
	{2 x 100 on 1:10 Freestyle	EN2	S	CHC
	{2 x 300 on 4:00 Freestyle	EN1	S	CHC
	{3 x 100 on 1:15 Freestyle	EN2	S	CHC
	{2 x 300 on 4:00 Freestyle	EN1	S	CHC
	{4 x 100 on 1:20 Freestyle	EN1	S	CHC
200	1 x 200 on 4:00 Stroke Drills	REC	D	CI
5:12 PM	6,500 Yards - Stress Value = 89			

**Workout #3167 - Friday, 02 July 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WC
600	12 x 50 on 1:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
900	1x{2 x 100 on 2:10 Kick	EN1	
	{4 x 25 on :45 Sprint kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
1,500	15 x 100 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
300	6 x 50 on 1:05 odds fly evnes back	EN1	
2,100	3x{1 x 150 on 2:30 Free 3rd 50 6bk	EN2	
	{1 x 150 on 2:30 Free 2nd 50 6bk	EN2	
	{1 x 150 on 2:30 Free 1st 50 6bk	EN2	
	{1 x 100 on 1:40 Free 2nd 50 6bk	EN2	
	{1 x 100 on 1:40 Free 1st 50 6bk	EN2	
	{1 x 50 on 2:00 Free 6bk br 3v 7	EN3	
400	8 x 50 on 1:10 Stroke Drills	REC	
8:12 AM 5,980 Meters - Stress Value = 98			

**Workout #3171 - Friday, 02 July 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	S
600	12 x 50 on 1:00 Stroke Drills	REC	D	C
300	12 x 25 on :30 Breakouts	SP3	S	
700	1x{1 x 100 on 2:00 Kick	EN1	K	C
	{1 x 100 on 1:55 Kick	EN1	K	C
	{1 x 100 on 1:50 Kick	EN1	K	C
	{1 x 100 on 1:45 Kick	EN2	K	C
	{1 x 100 on 1:40 Kick	EN2	K	C
	{1 x 100 on 1:35 Kick	EN2	K	C
	{1 x 100 on 1:30 Kick	EN2	K	C
900	12 x 75 on 1:10 Pulls	EN1	P	
	odds br 2-3-4			
	evens br 5-6-7			
300	1x{1 x 100 on 1:45 Individual Medley	EN1	S	
	{1 x 100 on 1:35 Individual Medley	EN1	S	
	{1 x 100 on 1:25 Individual Medley	EN1	S	
1,400	2x{1 x 50 on :35 Freestyle	EN2	S	S
	{2 x 25 on :30 Stroke Drills	REC	D	
	{2 x 50 on :40 Freestyle br ev 5	EN2	S	
	{2 x 25 on :30 Stroke Drills	REC	D	
	{3 x 50 on :45 Freestyle br ev 6	EN2	S	
	{2 x 25 on :30 Stroke Drills	REC	D	
	{4 x 50 on :50 Freestyle br ev 7	EN2	S	
	{2 x 25 on :30 Stroke Drills	REC	D	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
4:54 PM 4,500 Yards - Stress Value = 55				

**Workout #3174 - Saturday, 03 July 2004**

**Group 3 - Distance**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
600	1 x 600 on 12:00 Swim-kick-drll-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	1x{1 x 150 on 3:10 Kick	EN1	
	{1 x 150 on 3:00 Kick	EN2	
	{1 x 150 on 2:50 Kick	EN2	
	{1 x 150 on 2:40 Kick	EN2	
2,100	3 x 700 on 10:15 Pulls	EN1	

900	1x{3 x 100 on 1:45 Freestyle-descend	EN1	
	{3 x 100 on 1:40 Freestyle-descend	EN1	
	{3 x 100 on 1:35 Freestyle-descend	EN1	
3,000	2x{1 x 500 on 8:45 Freestyle	EN3	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 400 on 7:00 Freestyle	EN3	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 300 on 5:15 Freestyle	EN3	
	{1 x 100 on 2:00 Stroke Drills	REC	
200	1 x 200 on 4:00 Stroke Drills	REC	
8:23 AM 7,580 Meters - Stress Value = 210			

**Workout #3172 - Saturday, 03 July 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
600	1 x 600 on 12:00 Swim-kick-drll-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{1 x 150 on 3:10 Kick	EN1	
	{1 x 150 on 3:00 Kick	EN2	
	{1 x 150 on 2:50 Kick	EN2	
	{1 x 150 on 2:40 Kick	EN2	
1,800	3 x 600 on 9:00 Pulls	EN1	
	1x{3 x 100 on 1:45 Freestyle-descend	EN1	
	{3 x 100 on 1:40 Freestyle-descend	EN1	
	2x{1 x 300 on 6:00 Freestyle	SP1	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 250 on 5:00 Freestyle	SP1	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 200 on 4:00 Freestyle	SP1	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 150 on 3:00 Freestyle	SP1	
	{1 x 100 on 2:00 Stroke Drills	REC	
200	1 x 200 on 4:00 Stroke Drills	REC	
8:13 AM 6,580 Meters - Stress Value = 203			

**Workout #3175 - Saturday, 03 July 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
600	1 x 600 on 12:00 Swim-kick-drll-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{1 x 150 on 3:30 Kick	EN1	
	{1 x 150 on 3:20 Kick	EN1	
	{1 x 150 on 3:10 Kick	EN1	
	{2 x 100 on 2:15 Kick	EN1	
	{3 x 50 on 1:00 Kick	EN2	
1,000	5 x 200 on 3:15 Pulls-nbbf&w + 2 yds	EN1	
600	1x{3 x 100 on 1:45 Freestyle-descend	EN1	
	{3 x 100 on 1:40 Freestyle-descend	EN1	
2,700	3x{1 x 150 on 3:00 Your Stroke	SP1	
	{1 x 200 on 4:00 Stroke Drills	REC	
	{1 x 100 on 3:00 Your Stroke	SP1	
	{1 x 200 on 4:00 Stroke Drills	REC	
	{1 x 50 on 3:00 Your Stroke	SP1	
	{1 x 200 on 4:00 Stroke Drills	REC	
8:19 AM 6,080 Meters - Stress Value = 117			

**Workout #3173 - Saturday, 03 July 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM	Start		
600	1 x 600 on 12:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{1 x 150 on 3:30 Kick	EN1	
	{1 x 150 on 3:20 Kick	EN1	
	{1 x 150 on 3:10 Kick	EN1	
	{2 x 100 on 2:15 Kick	EN1	
	{2 x 100 on 2:05 Kick	EN1	
	{3 x 50 on 1:00 Kick	EN2	
1,000	5 x 200 on 3:15 Pulls-nbbf&w + 2 yds	EN1	
600	1x{3 x 100 on 1:45 Freestyle-descend	EN1	
	{3 x 100 on 1:40 Freestyle-descend	EN1	
2,700	3x{1 x 150 on 3:00 Freestyle	SP1	
	{1 x 200 on 4:00 Stroke Drills	REC	
	{1 x 100 on 3:00 Freestyle	SP1	
	{1 x 200 on 4:00 Stroke Drills	REC	
	{1 x 50 on 3:00 Freestyle	SP1	
	{1 x 200 on 4:00 Stroke Drills	REC	
8:19 AM	6,080 Meters - Stress Value = 117		

**Group 2 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:15 AM	Start		
600	1 on 35:00 Dryland and stretch		I
600	6 x 100 on 2:00 Stroke Drills	REC	I
	odds free evens strk		
180	12 x 15 on :45 Shooters	SP3	S
2x{1 x 150 on 3:30 Kick		EN1	F
{1 x 100 on 2:20 Kick		EN1	F
{1 x 50 on 1:10 Kick		EN1	F
600	12 x 50 on 1:15 Pulls	EN1	F
300	2 x 150 on 2:45 2bk-4bk-6bk by 50's	EN1	S
1x{1 x 200 on 3:30 Individual Medley		EN1	S
{2 x 150 on 2:40 100 fly 50 back		EN1	S
{1 x 200 on 3:30 Individual Medley		EN1	S
{2 x 150 on 2:40 100 back 50 breast		EN1	S
{1 x 200 on 3:30 Individual Medley		EN1	S
{2 x 150 on 2:40 100 breast 50 free		EN1	S
{1 x 200 on 3:30 Individual Medley		EN1	S
{2 x 150 on 2:40 100 free 50 fly		EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
8:32 AM	4,480 Meters - Stress Value = 44		

**Workout #3176 - Monday, 05 July 2004**

**Group 2 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
3:30 PM	Start		
600	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
4x{1 x 100 on 2:30 Kick		EN1	
{2 x 25 on :45 Kick no board		EN1	
1x{2 x 100 on 2:00 Pulls-nbbf&w + 2 yds		EN1	
{2 x 100 on 1:55 Pulls-nbbf&w + 2 yds		EN1	
{2 x 100 on 1:55 Pulls-nbbf&w + 2 yds		EN1	
300	6 x 50 on 1:00 Descend in sets of 3	EN1	
1x{1 x 400 on 7:00 Freestyle		EN2	
{2 x 300 on 5:15 Freestyle		EN2	
{3 x 200 on 3:30 Freestyle		EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
5:32 PM	4,050 Meters - Stress Value = 57		

**Workout #3179 - Wednesday, 07 July 2004**

**Group 2 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:15 AM	Start		
800	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1x{2 x 100 on 2:25 Kick		EN1	
{2 x 100 on 2:20 Kick		EN1	
{2 x 100 on 2:15 Kick		EN1	
{2 x 100 on 2:10 Kick		EN2	
2x{1 x 150 on 2:30 Pulls mid 50 br ev 5		EN1	
{1 x 150 on 2:30 Pulls mid 50 br ev 6		EN1	
{1 x 150 on 2:30 Pulls mid 50 br ev 7		EN1	
200	1 x 200 on 3:30 Free build each 50	EN1	
1x{3 x 200 on 3:30 Your Stroke		EN1	
{1 x 100 on 2:00 Freestyle		REC	
{3 x 150 on 2:35 Your Stroke		EN1	
{1 x 100 on 2:00 Freestyle		REC	
{3 x 100 on 1:45 Your Stroke		EN1	
{1 x 100 on 2:00 Freestyle		REC	
{3 x 50 on :55 Your Stroke		EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
8:30 AM	4,880 Meters - Stress Value = 45		

**Workout #3178 - Tuesday, 06 July 2004**

**Group 3 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
5:30 PM	Start		
	1 on 30:00 Dryland and stretch		I
3x{1 x 100 on 2:00 Stroke Drills		REC	I
{2 x 50 on 1:15 Pulls		REC	I
180	12 x 15 on :45 Shooters	SP3	S
3x{1 x 100 on 2:20 Kick		EN1	F
{2 x 50 on 1:15 Kick no board		EN1	F
800	16 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	F
4x{1 x 400 on 7:00 Individual Medley		EN2	S
{1 x 50 on 1:10 Stroke		EN1	S
{1 x 50 on 1:05 Stroke		EN1	S
{1 x 50 on 1:00 Stroke		EN1	S
{1 x 50 on :55 Stroke		EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 12:00 Techniques-Starts		I
7:59 PM	4,780 Meters - Stress Value = 66		

**Workout #3177 - Tuesday, 06 July 2004**

**Workout #3180 - Wednesday, 07 July 2004**

**Group 2 - All**

**1 minute rest between sets**

5:30 PM Start

Meters	Set Description	EGY	WORK	§
	1 on 30:00 Stomach and Stretch		L	I
600	1 x 600 on 12:00 Reverse IM drill	REC	D	
180	12 x 15 on :45 Shooters	SP3	S	
1x{	4 x 50 on 1:15 Kick no board	EN1	K	
	{4 x 50 on 1:15 Kick no board	EN1	K	
	{4 x 50 on 1:15 Kick no board	EN1	K	
	{4 x 50 on 1:15 Kick no board	EN1	K	
1x{	1 x 300 on 4:30 Pulls	EN2	P	
	{1 x 250 on 3:45 Pulls	EN2	P	
	{1 x 200 on 3:00 Pulls	EN2	P	
	{1 x 150 on 2:15 Pulls	EN2	P	
	{1 x 100 on 1:30 Pulls	EN2	P	
200	1 x 200 on 3:30 Reverse IM drill	REC	D	
1x{	2 x 200 on 3:10 Freestyle	EN2	S	
	{1 x 50 on 1:00 Stroke Drills	REC	D	C
	{2 x 200 on 3:05 Freestyle	EN2	S	
	{1 x 50 on 1:00 Stroke Drills	REC	D	C
	{2 x 200 on 3:00 Freestyle	EN2	S	
	{1 x 50 on 1:00 Stroke Drills	REC	D	C
	{2 x 200 on 2:55 Freestyle	EN2	S	
	{1 x 50 on 1:00 Stroke Drills	REC	D	C
	{2 x 200 on 2:50 Freestyle	EN2	S	
	{1 x 50 on 1:00 Stroke Drills	REC	D	C
	{2 x 200 on 2:45 Freestyle	EN2	S	
	{1 x 50 on 1:00 Stroke Drills	REC	D	C
	{2 x 200 on 2:40 Freestyle	EN2	S	
300	1 x 300 on 6:00 Stroke Drills	REC	D	

7:59 PM 6,180 Meters - Stress Value = 101

**Workout #3181 - Thursday, 08 July 2004**

**Group 2 - All**

**1 minute rest between sets**

6:15 AM Start

Meters	Set Description	EGY	WORK	§
	1 on 35:00 Stomach and Stretch		I	
800	8 x 100 on 2:00 Stroke Drills	REC	I	
180	12 x 15 on :45 Shooters	SP3	S	
800	4 x 200 on 4:15 Kick	EN1	F	
1,000	1 x 1000 on 16:00 Pulls	EN1	F	
300	6 x 50 on 1:00 Odds free evns nonfr	EN1	S	
1x{	5 x 100 on 1:50 Freestyle	EN1	S	
	{4 x 100 on 1:45 Freestyle	EN1	S	
	{3 x 100 on 1:40 Freestyle	EN1	S	
	{2 x 100 on 1:35 Freestyle	EN1	S	
	{1 x 100 on 1:30 Freestyle	EN2	S	
300	1 x 300 on 6:00 Stroke Drills	REC	I	

8:32 AM 4,880 Meters - Stress Value = 48

**Workout #3182 - Thursday, 08 July 2004**

**Group 2 - All**

**1 minute rest between sets**

5:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
800	8 x 100 on 2:00 Kick des in sets of 4	EN1	
1x{	1 x 300 on 4:45 Pulls	EN1	
	{1 x 300 on 4:40 Pulls	EN1	
	{1 x 300 on 4:35 Pulls	EN1	
	{1 x 300 on 4:30 Pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	

4x{	1 x 150 on 2:30 IM w/out the free	EN1
	{1 x 150 on 2:30 Your Stroke	EN1
	{1 x 150 on 2:15 Freestyle	EN1
	{1 x 150 on 2:30 Your #2 Stroke	EN1
400	8 x 50 on 1:00 Stroke Drills	REC
	7:59 PM 6,080 Yards - Stress Value = 54	

**Workout #3187 - Monday, 12 July 2004**

**Group 3 - Distance**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 14:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
1x{	1 x 200 on 4:30 Kick	EN2	
	{1 x 200 on 4:10 Kick	EN2	
	{1 x 200 on 3:50 Kick	EN2	
1x{	2 x 250 on 3:45 Pulls	EN1	
	{2 x 250 on 3:35 Pulls	EN2	
	{2 x 150 on 2:05 Pulls	EN2	
600	6 x 100 on 1:40 Descend in sets of 3	EN1	
1x{	1 x 750 on 10:15 Freestyle	EN2	
	{1 x 750 on 10:00 Freestyle	EN2	
	{1 x 750 on 9:45 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	7:46 AM 5,980 Meters - Stress Value = 102		

**Workout #3189 - Monday, 12 July 2004**

**Group 3 - Distance**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 15:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
500	5 x 100 on 2:10 Kick evns brst	EN1	
1,500	3 x 500 on 8:00 Pulls	EN1	
600	1 x 600 on 10:00 Reverse IM drill	REC	
1x{	1 x 400 on 7:00 Freestyle	EN1	
	{1 x 400 on 6:45 Freestyle	EN1	
	{1 x 400 on 6:30 Freestyle	EN1	
	{1 x 400 on 6:15 Freestyle	EN1	
	{1 x 400 on 6:00 Freestyle	EN1	
	{ even 100's drill		
300	6 x 50 on 1:00 Descend in sets of 3	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:58 AM 6,080 Meters - Stress Value = 54		

**Workout #3194 - Monday, 12 July 2004**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 14:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{1 x 100 on 2:15 Kick	EN1	
	{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
1,600	2 x 800 on 12:30 Pulls des by 200's	EN1	
	1x{1 x 600 on 9:00 Free-just make it	EN1	
	{2 x 500 on 7:30 Free #1 neg split	EN1	
	{ #2 build each 100		
	{3 x 400 on 6:00 Free descend	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
5:20 PM 6,080 Meters - Stress Value = 77			

Meters	Set Description	EGY	WOF
800	1 x 800 on 14:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{1 x 100 on 2:10 Kick	EN1	
	{2 x 50 on 1:10 Kick no board	EN1	
	{1 x 100 on 2:05 Kick	EN1	
	{2 x 50 on 1:10 Kick no board	EN1	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
1,200	2 x 600 on 10:00 Pulls des by 200's	EN1	
	2x{1 x 400 on 6:00 Free-just make it	EN1	
	{2 x 200 on 3:00 Free #1 neg split	EN1	
	{ #2 build each 100		
	{4 x 100 on 1:30 Free descend	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
5:15 PM 5,580 Meters - Stress Value = 66			

**Workout #3185 - Monday, 12 July 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 15:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
500	5 x 100 on 2:10 Kick evens brst	EN1	
1,200	3 x 400 on 7:00 Pulls	EN1	
600	1 x 600 on 12:00 Reverse IM drill	REC	
	1x{2 x 200 on 3:30 Freestyle	EN1	
	{2 x 200 on 3:20 Freestyle	EN1	
	{2 x 200 on 3:10 Freestyle	EN1	
	{2 x 200 on 3:00 Freestyle	EN1	
	{ even 200's drill		
300	6 x 50 on 1:00 Descend in sets of 3	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
7:52 AM 5,480 Meters - Stress Value = 46			

Meters	Set Description	EGY	WOF
800	1 x 800 on 14:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
600	1x{1 x 200 on 4:30 Kick	EN2	
	{1 x 200 on 4:10 Kick	EN2	
	{1 x 200 on 3:50 Kick	EN2	
1,300	1x{2 x 250 on 3:45 Pulls	EN1	
	{2 x 250 on 3:35 Pulls	EN2	
	{2 x 150 on 2:05 Pulls	EN2	
300	3 x 100 on 1:40 Freestyle-descend	EN1	
1,800	1x{2 x 200 on 4:00 Your Stroke	EN2	
	{1 x 400 on 6:30 IM w/out your choice	EN2	
	{2 x 200 on 3:40 Your Stroke	EN2	
	{1 x 400 on 6:30 IM w/out your choice	EN2	
	{1 x 200 on 3:20 Your Stroke	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
7:43 AM 5,280 Meters - Stress Value = 87			

**Workout #3186 - Monday, 12 July 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 14:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{1 x 200 on 4:30 Kick	EN2	
	{1 x 200 on 4:10 Kick	EN2	
	{1 x 200 on 3:50 Kick	EN2	
	1x{2 x 250 on 3:45 Pulls	EN1	
	{2 x 250 on 3:35 Pulls	EN2	
	{2 x 150 on 2:05 Pulls	EN2	
300	3 x 100 on 1:40 Freestyle-descend	EN1	
	1x{1 x 400 on 5:30 Freestyle	EN2	
	{1 x 400 on 6:30 IM w/out your choice	EN2	
	{1 x 400 on 5:20 Freestyle	EN2	
	{1 x 400 on 6:30 IM w/out your choice	EN2	
	{1 x 400 on 5:10 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
7:40 AM 5,480 Meters - Stress Value = 92			

**Workout #3188 - Monday, 12 July 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 15:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	6 x 100 on 2:10 Kick evens brst	EN1	
1,200	4 x 300 on 5:15 Pulls	EN1	
600	6 x 100 on 2:00 odds free evns #1	REC	
1,600	1x{2 x 200 on 4:00 Individual Medley	EN1	
	{2 x 200 on 3:45 Individual Medley	EN1	
	{2 x 200 on 3:30 Individual Medley	EN1	
	{2 x 200 on 3:15 Individual Medley	EN1	
	{ even 200's drill		
300	6 x 50 on 1:00 Descend in sets of 3	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:56 AM 5,480 Meters - Stress Value = 47			

**Workout #3191 - Monday, 12 July 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

3:30 PM Start

**Workout #3192 - Monday, 12 July 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

3:30 PM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 14:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1x{	1 x 100 on 2:10 Kick	EN1	
	{ 2 x 50 on 1:10 Kick no board	EN1	
	{ 1 x 100 on 2:05 Kick	EN1	
	{ 2 x 50 on 1:10 Kick no board	EN1	
	{ 1 x 100 on 2:00 Kick	EN2	
	{ 2 x 50 on 1:10 Kick no board	EN1	
	{ 1 x 100 on 1:55 Kick	EN2	
1,000	10 x 100 on 1:45 Lungbuster pulls breathe 5-7	EN1	
1x{	4 x 100 on 1:55 Your Stroke	EN1	
	{ 1 x 150 on 2:40 IM w/out your #1	EN1	
	{ 3 x 50 on 1:00 Your Stroke descend	EN2	
	{ 4 x 100 on 1:50 Your Stroke	EN1	
	{ 1 x 150 on 2:40 IM w/out your #1	EN1	
	{ 3 x 50 on 1:00 Your Stroke descend	EN2	
	{ 4 x 100 on 1:45 Your Stroke	EN1	
	{ 1 x 150 on 2:40 IM w/out your #1	EN1	
	{ 3 x 50 on 1:00 Your Stroke descend	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
5:16 PM 5,080 Meters - Stress Value = 54			

	{ 3 x 100 on 1:45 #1&#3 drill #2 build	EN1
	{ 3 x 100 on 1:40 #1&#3 drill #2 build	EN1
300	6 x 50 on 1:00 Descend in sets of 3	EN1
200	1 x 200 on 4:00 Stroke Drills	REC
7:51 AM 5,080 Meters - Stress Value = 45		

**Workout #3193 - Monday, 12 July 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

3:30 PM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 14:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
700	1x{ 1 x 100 on 2:10 Kick	EN1	
	{ 2 x 50 on 1:10 Kick no board	EN1	
	{ 1 x 100 on 2:05 Kick	EN1	
	{ 2 x 50 on 1:10 Kick no board	EN1	
	{ 1 x 100 on 2:00 Kick	EN2	
	{ 2 x 50 on 1:10 Kick no board	EN1	
	{ 1 x 100 on 1:55 Kick	EN2	
700	7 x 100 on 1:45 Lungbuster pulls breathe 5-7	EN1	
1,500	1x{ 5 x 150 on 2:30 Freestyle	EN1	
	{ 5 x 100 on 1:40 Freestyle	EN1	
	{ 5 x 50 on :50 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
4:56 PM 4,080 Meters - Stress Value = 42			

**Workout #3184 - Monday, 12 July 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 14:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
900	1x{ 6 x 50 on 1:15 Kick des in 3's	EN2	
	{ 6 x 50 on 1:10 Kick des in 3's	EN2	
	{ 6 x 50 on 1:05 Kick des in 3's	EN2	
800	1x{ 1 x 250 on 4:00 Pulls	EN1	
	{ 1 x 250 on 3:50 Pulls	EN2	
	{ 2 x 150 on 2:15 Pulls	EN2	
600	6 x 100 on 1:40 Descend in sets of 3	EN1	
1,500	1x{ 2 x 150 on 2:40 Free 1st 50 non free	EN2	
	{ 1 x 100 on 1:45 Stroke Drills	REC	
	{ 1 x 100 on 1:45 Free 6bk br ev 5	EN2	
	{ 2 x 150 on 2:40 Free mid 50 non free	EN2	
	{ 1 x 100 on 1:45 Stroke Drills	REC	
	{ 1 x 100 on 1:45 Free 6bk br ev 5	EN2	
	{ 2 x 150 on 2:40 Free last 50 non fr	EN2	
	{ 1 x 100 on 1:45 Stroke Drills	REC	
	{ 1 x 100 on 1:45 Free 6bk br ev 5	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:44 AM 4,980 Meters - Stress Value = 78			

**Workout #3195 - Tuesday, 13 July 2004**

**Group 3 - Distance**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 x 600 on 10:00 Choice	REC	S	CHO
180	12 x 15 on :45 Shooters	SP3	S	FR
1x{	8 x 100 on 1:15 Freestyle	EN2	S	FR
	{ 1 x 800 on 9:30 Freestyle	EN2	S	FR
	{ 2 x 200 on 2:30 Freestyle	EN2	S	FR
	{ 1 x 800 on 9:00 Freestyle	EN2	S	FR
	{ 2 x 400 on 5:00 Freestyle	EN2	S	FR
	{ 1 x 800 on 8:30 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
4:49 PM 5,480 Yards - Stress Value = 95				

**Workout #3198 - Tuesday, 13 July 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WORK
600	1 x 600 on 10:00 Choice	REC	S
180	12 x 15 on :45 Shooters	SP3	S
1x{	2 x 125 on 2:20 Kick	EN2	F
	{ 2 x 125 on 2:10 Kick	EN2	F
	{ 2 x 125 on 2:15 Kick	EN2	F
1,000	20 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	F
300	12 x 25 on :30 IM order-build	EN1	S
1x{	4 x 100 on 1:20 Freestyle	EN2	S
	{ 3 x 200 on 2:30 Freestyle	EN2	S
	{ 2 x 300 on 3:30 Freestyle	EN2	S
	{ 1 x 400 on 4:20 Freestyle	EN2	S
300	3 x 100 on 2:00 Stroke Drills	REC	I
5:00 PM 5,130 Yards - Stress Value = 75			

**Workout #3190 - Monday, 12 July 2004**

**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-drill-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
800	8 x 100 on 2:15 Kick evens brst	EN1	
900	6 x 150 on 2:30 Pulls-nbbf&w + 2 yds	EN1	
400	4 x 100 on 2:15 odds free evns nonfr	REC	
1,500	1x{ 3 x 100 on 2:00 #1&#3 drill #2 build	EN1	
	{ 3 x 100 on 1:55 #1&#3 drill #2 build	EN1	
	{ 3 x 100 on 1:50 #1&#3 drill #2 build	EN1	

**Workout #3197 - Tuesday, 13 July 2004**

**1 minute rest between sets**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

3:30 PM Start		EGY	WORF
Yards	Set Description		
600	1 x 600 on 10:00 Choice	REC	§
180	12 x 15 on :45 Shooters	SP3	§
500	1x{2 x 125 on 2:20 Kick	EN2	¶
	{2 x 125 on 2:10 Kick	EN2	¶
500	10 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	¶
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	§
2,250	1x{6 x 75 on 1:10 Your Stroke	EN2	§
	{6 x 25 on :30 #2 stroke	EN2	§
	{6 x 100 on 1:30 Your Stroke	EN2	§
	{6 x 25 on :30 #2 stroke	EN2	§
	{6 x 125 on 1:50 Your Stroke	EN2	§
	{6 x 25 on :30 #2 stroke	EN2	§
200	1 x 200 on 4:00 Stroke Drills	REC	I

4:56 PM 4,530 Yards - Stress Value = 70

6:00 AM Start		EGY	WORF
Meters	Set Description		
1,000	10 x 100 on 2:00 Stroke Drills	REC	I
	odds free evns nonfr		
180	12 x 15 on :45 Shooters	SP3	§
	1x{2 x 150 on 3:20 Kick	EN2	¶
	{2 x 150 on 3:10 Kick	EN2	¶
	{2 x 150 on 3:00 Kick	EN2	¶
	1x{1 x 400 on 6:00 Pulls	EN1	¶
	{1 x 400 on 5:55 Pulls	EN1	¶
	{1 x 400 on 5:50 Pulls	EN1	¶
	{1 x 400 on 5:45 Pulls	EN1	¶
600	1 x 600 on 12:00 Reverse IM drill	REC	I
	1x{1 x 200 on :00 Brkn @100 rest 20 se	SP1	§
	{1 x 400 on 12:00 Stroke Drills	REC	I
	{1 x 200 on :00 Brkn @150 rest 20 se	SP1	§
	{1 x 400 on 12:00 Stroke Drills	REC	I

7:53 AM 5,480 Meters - Stress Value = 81

**Workout #3196 - Tuesday, 13 July 2004**

**Workout #3201 - Wednesday, 14 July 2004**

**Group 3 - Sprint**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

**1 minute rest between sets**

3:30 PM Start		EGY	WORF
Yards	Set Description		
600	1 x 600 on 10:00 Choice	REC	§
180	12 x 15 on :45 Shooters	SP3	§
500	1x{2 x 125 on 2:20 Kick	EN2	¶
	{2 x 125 on 2:10 Kick	EN2	¶
500	10 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	¶
300	4 x 75 on 1:10 IM w/out the free	EN1	§
1,800	1x{6 x 50 on :50 Descend in sets of 3	EN2	§
	{6 x 25 on :30 #2 stroke	EN2	§
	{6 x 50 on :45 Descend in sets of 3	EN2	§
	{6 x 25 on :30 #2 stroke	EN2	§
	{6 x 50 on :40 Descend in sets of 3	EN2	§
	{6 x 25 on :30 #2 stroke	EN2	§
	{6 x 50 on :35 Descend in sets of 3	EN2	§
	{6 x 25 on :30 #2 stroke	EN2	§
200	1 x 200 on 4:00 Stroke Drills	REC	I

4:49 PM 4,080 Yards - Stress Value = 61

6:00 AM Start		EGY	WC
Meters	Set Description		
1,000	10 x 100 on 2:00 Stroke Drills	REC	
	odds free evns nonfr		
180	12 x 15 on :45 Shooters	SP3	
900	1x{2 x 150 on 3:20 Kick	EN2	
	{2 x 150 on 3:10 Kick	EN2	
	{2 x 150 on 3:00 Kick	EN2	
	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 300 on 4:25 Pulls	EN1	
	{1 x 300 on 4:20 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
600	1 x 600 on 12:00 200fr 200IMdrl 200fr	REC	
1,200	1x{1 x 200 on :00 IM brkn @50 5-10-15	SP1	
	{1 x 400 on 12:00 Stroke Drills	REC	
	{2 x 100 on 4:00 Brkn @50 rest 20 sec	SP1	
	{1 x 400 on 12:00 Stroke Drills	REC	

7:55 AM 5,080 Meters - Stress Value = 77

**Workout #3199 - Wednesday, 14 July 2004**

**Workout #3202 - Wednesday, 14 July 2004**

**Group 3 - Distance**

**Group 3 - Sprint**

**1 minute rest between sets**

**1 minute rest between sets**

6:00 AM Start		EGY	WORF
Meters	Set Description		
1,000	10 x 100 on 2:00 Stroke Drills	REC	I
	odds free evns nonfr		
180	12 x 15 on :45 Shooters	SP3	§
	1x{2 x 150 on 3:20 Kick	EN2	¶
	{2 x 150 on 3:10 Kick	EN2	¶
	{2 x 150 on 3:00 Kick	EN2	¶
	1x{1 x 500 on 7:30 Pulls	EN1	¶
	{1 x 500 on 7:25 Pulls	EN1	¶
	{1 x 500 on 7:20 Pulls	EN1	¶
	{1 x 500 on 7:15 Pulls	EN1	¶
800	2 x 400 on 8:00 Reverse IM drill	REC	I
	1x{1 x 200 on :00 Brkn @100 rest 20 se	SP1	§
	{1 x 400 on 12:00 Stroke Drills	REC	I
	{1 x 200 on :00 Brkn @150 rest 20 se	SP1	§
	{1 x 400 on 12:00 Stroke Drills	REC	I

8:03 AM 6,080 Meters - Stress Value = 89

6:00 AM Start		EGY	WOF
Meters	Set Description		
1,000	10 x 100 on 2:00 Stroke Drills	REC	
	odds free evns nonfr		
180	12 x 15 on :45 Shooters	SP3	
900	1x{2 x 150 on 3:20 Kick	EN2	
	{2 x 150 on 3:10 Kick	EN2	
	{2 x 150 on 3:00 Kick	EN2	
	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 300 on 4:25 Pulls	EN1	
	{1 x 300 on 4:20 Pulls	EN1	
400	1 x 400 on 8:00 Reverse IM drill	REC	
1,200	1x{2 x 100 on 5:00 Brkn @50 10 sec rest	SP1	
	{1 x 400 on 8:00 Stroke Drills	REC	
	{2 x 100 on 6:00 Brkn @50 rest 20 sec	SP1	
	{1 x 400 on 12:00 Stroke Drills	REC	

7:57 AM 4,580 Meters - Stress Value = 74

**Workout #3200 - Wednesday, 14 July 2004**

**Group 3 - Middle Distance**

**Workout #3204 - Thursday, 15 July 2004**

**Group 3 - Distance**

1 minute rest between sets

Meters	Set Description	EGY	WC
800	16 x 50 on 1:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
500	1 x 500 on 11:00 Kick no board alt. fr/fl/ba/br/fr X2	EN1	
1x{1 x 200 on 3:00 Pulls		EN1	
{1 x 200 on 2:55 Pulls		EN1	
{1 x 200 on 2:50 Pulls		EN1	
400	8 x 50 on 1:00 Non-Freestyle	EN1	
1,500	15 x 100 on 1:30 Free hold under 1:15	EN2	
400	1 x 400 on 7:00 Stroke Drills	REC	
800	8 x 100 on 1:30 Free hold under 1:15	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
7:48 AM 5,480 Meters - Stress Value = 75			

**Workout #3209 - Thursday, 15 July 2004**

**Group 3 - Distance**

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
600	12 x 50 on 1:00 Stroke Drills	REC	D	CF
180	12 x 15 on :45 Shooters	SP3	S	F
500	5 x 100 on 1:45 Kick	EN2	K	CF
1x{1 x 400 on 5:00 Pulls		EN1	P	F
{1 x 400 on 4:50 Pulls		EN2	P	F
2,500	5 x 500 on 6:30 Free rest 10 sec	EN2	S	F
400	8 x 50 on 1:00 Stroke Drills	REC	D	C
4:56 PM 4,980 Yards - Stress Value = 79				

**Workout #3205 - Thursday, 15 July 2004**

**Group 3 - Middle Distance**

1 minute rest between sets

Meters	Set Description	EGY	WOF
800	16 x 50 on 1:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
500	1 x 500 on 11:00 Kick no board alt. fr/fl/ba/br/fr X2	EN1	
1x{2 x 200 on 3:00 Pulls		EN1	
{2 x 200 on 2:55 Pulls		EN1	
400	8 x 50 on 1:00 Non-Freestyle	EN1	
800	8 x 100 on 1:30 Free hold under 1:15	EN2	
400	1 x 400 on 7:00 Stroke Drills	REC	
800	8 x 100 on 1:30 Free hold under 1:15	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
7:40 AM 4,980 Meters - Stress Value = 62			

**Workout #3210 - Thursday, 15 July 2004**

**Group 3 - Middle Distance**

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
600	12 x 50 on 1:00 Stroke Drills	REC	D	CHO
180	12 x 15 on :45 Shooters	SP3	S	FR
500	5 x 100 on 1:45 Kick	EN2	K	CHO
1x{1 x 400 on 5:00 Pulls		EN1	P	FR
{1 x 400 on 4:50 Pulls		EN2	P	FR
4x{1 x 200 on 2:30 Freestyle		EN2	S	FR
{1 x 100 on 1:12 Freestyle		EN2	S	FR
{1 x 100 on 1:08 Freestyle		EN2	S	FR

400	{1 x 100 on 1:30 Freestyle	REC	S	FR
8 x 50 on 1:00 Stroke Drills	REC	D	CD	
4:49 PM 4,480 Yards - Stress Value = 61				

**Workout #3206 - Thursday, 15 July 2004**

**Group 3 - IM/Stroke**

1 minute rest between sets

Meters	Set Description	EGY	WOF
800	16 x 50 on 1:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
500	1 x 500 on 11:00 Kick no board alt. fr/fl/ba/br/fr X2	EN1	
800	1x{2 x 200 on 3:00 Pulls	EN1	
{2 x 200 on 2:55 Pulls		EN1	
300	2 x 150 on 2:45 2bk-4bk-6bk by 50's	EN1	
800	8 x 100 on 2:00 Your Stroke rest 10s	EN2	
400	1 x 400 on 7:00 Stroke Drills	REC	
800	8 x 100 on 2:00 Your Stroke rest 10s	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
7:46 AM 4,880 Meters - Stress Value = 61			

**Workout #3208 - Thursday, 15 July 2004**

**Group 3 - IM/Stroke**

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
600	12 x 50 on 1:00 Stroke Drills	REC	D	C
180	12 x 15 on :45 Shooters	SP3	S	
500	5 x 100 on 1:45 Kick	EN2	K	C
600	1x{2 x 200 on 2:35 Pulls	EN1	P	
{1 x 200 on 2:30 Pulls		EN2	P	
1,800	3x{1 x 200 on 2:50 Individual Medley	EN2	S	
{1 x 150 on 2:25 Your Stroke		EN2	S	S
{1 x 100 on 1:35 Your Stroke		EN2	S	S
{1 x 50 on :45 Your Stroke		EN2	S	S
{1 x 100 on 1:30 Freestyle		REC	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
4:49 PM 4,080 Yards - Stress Value = 55				

**Workout #3203 - Thursday, 15 July 2004**

**Group 3 - Sprint**

1 minute rest between sets

Meters	Set Description	EGY	WOF
800	16 x 50 on 1:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
500	1 x 500 on 11:00 Kick no board alt. fr/fl/ba/br/fr X2	EN1	
800	1x{2 x 200 on 3:00 Pulls	EN1	
{2 x 200 on 2:55 Pulls		EN1	
300	2 x 150 on 2:45 2bk-4bk-6bk by 50's	EN1	
1,500	6x{1 x 100 on 1:30 Free hold under 1:20	EN2	
{1 x 50 on 1:00 Stroke Drills		REC	
{1 x 50 on :40 Free 6bk br ev 5		EN2	
{1 x 50 on 1:00 Stroke Drills		REC	
400	1 x 400 on 7:00 Stroke Drills	REC	
7:32 AM 4,480 Meters - Stress Value = 45			



**Workout #3207 - Thursday, 15 July 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
600	12 x 50 on 1:00 Stroke Drills	REC	I
180	12 x 15 on :45 Shooters	SP3	S
500	5 x 100 on 1:45 Kick	EN2	F
800	1x{2 x 200 on 2:35 Pulls	EN1	F
	{2 x 200 on 2:30 Pulls	EN2	F
1,600	4x{1 x 150 on 2:15 Freestyle L.50 fast	EN2	S
	{1 x 100 on 1:30 Freestyle L.50 fast	EN2	S
	{1 x 50 on :45 Freestyle-fast	EN2	S
	{1 x 100 on 1:30 Freestyle	REC	S
400	8 x 50 on 1:00 Stroke Drills	REC	I
4:48 PM 4,080 Yards - Stress Value = 53			

**Workout #3211 - Friday, 16 July 2004**

**Group 3 - Distance**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM Start			
	1x{1 x 200 on 3:30 Freestyle	REC	
	{1 x 200 on 3:30 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:30 Freestyle L.100 fast	EN2	
	{1 x 200 on 3:30 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
	2x{1 x 100 on 2:10 Kick	EN1	
	{2 x 50 on 1:05 Kick no board 15m	EN1	
	{ under water		
600	4 x 150 on 2:15 Lungbuster pulls	EN1	
	br 3-5-7 by the 50		
400	2 x 200 on 3:30 Individual Medley	EN1	
	#1 rev drill #2 swim		
	1x{1 x 500 on 6:45 Freestyle	EN2	
	{1 x 150 on 2:40 Breaststroke	EN2	
	{1 x 500 on 6:35 Freestyle	EN2	
	{2 x 150 on 2:20 Backstroke	EN2	
	{1 x 500 on 6:25 Freestyle	EN2	
	{3 x 150 on 2:30 Butterfly	EN2	
	{1 x 500 on 6:15 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:39 AM 5,480 Meters - Stress Value = 97			

**Workout #3216 - Friday, 16 July 2004**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM Start			
	1 on 10:00 Stretching		
	1x{3 x 50 on 1:00 Stroke Drills	REC	
	{1 x 100 on 1:30 Freestyle	EN1	
	{3 x 50 on :55 Stroke Drills	REC	
	{1 x 100 on 1:25 Freestyle	EN1	
	{3 x 50 on :50 Stroke Drills	REC	
	{1 x 100 on 1:20 Freestyle	EN1	
	{3 x 50 on :45 Stroke Drills	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
180	12 x 15 on :45 Shooters	SP3	
	1x{1 x 200 on 3:30 Kick	EN2	
	{1 x 150 on 2:35 Kick	EN2	
	{1 x 100 on 1:42 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
800	1 x 800 on 11:00 Pulls-300fr 100ba-2X	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	1x{1 x 600 on 7:30 Freestyle	EN2	
	{1 x 500 on 6:00 Freestyle	EN2	

	{1 x 400 on 4:30 Freestyle	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
5:00 PM 4,580 Yards - Stress Value = 65		

**Workout #3212 - Friday, 16 July 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM Start			
	1x{1 x 200 on 3:30 Freestyle	REC	
	{1 x 200 on 3:30 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:30 Freestyle L.100 fast	EN2	
	{1 x 200 on 3:30 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
	2x{1 x 100 on 2:10 Kick	EN1	
	{2 x 50 on 1:05 Kick no board 15m	EN1	
	{ under water		
600	4 x 150 on 2:15 Lungbuster pulls	EN1	
	br 3-5-7 by the 50		
400	2 x 200 on 3:30 Individual Medley	EN1	
	#1 rev drill #2 swim		
	1x{2 x 300 on 4:45 100fr 100fl 100fr	EN2	
	{2 x 100 on 1:30 Freestyle	EN2	
	{2 x 300 on 4:35 100fr 100ba 100fr	EN2	
	{2 x 100 on 1:25 Freestyle	EN2	
	{2 x 300 on 4:55 100fr 100br 100fr	EN2	
	{2 x 100 on 1:20 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:35 AM 4,980 Meters - Stress Value = 84			

**Workout #3213 - Friday, 16 July 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM Start			
	1x{1 x 200 on 3:30 Freestyle	REC	
	{1 x 200 on 3:30 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:30 Freestyle L.100 fast	EN2	
	{1 x 200 on 3:30 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
	4x{1 x 100 on 2:10 Kick	EN1	
	{2 x 50 on 1:05 Kick no board 15m	EN1	
	{ under water		
900	6 x 150 on 2:15 Lungbuster pulls	EN1	
400	1x{4 x 50 on 1:00 Freestyle-descend	EN1	
	{4 x 50 on :45 Freestyle-descend	EN2	
1,600	1x{1 x 150 on 2:45 IM w/out the free	EN2	
	{1 x 150 on 2:15 IM w/out the brst	EN2	
	{1 x 150 on 2:35 IM w/out the back	EN2	
	{1 x 150 on 2:25 IM w/out the fly	EN2	
	{4 x 100 on 1:40 Your Stroke	EN2	
	{3 x 100 on 1:35 Your Stroke	EN2	
	{2 x 100 on 1:30 Your Stroke	EN2	
	{1 x 100 on 1:25 Your Stroke	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
7:39 AM 4,980 Meters - Stress Value = 76			

**Workout #3215 - Friday, 16 July 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 10:00 Stretching	L	
1,000	1x{3 x 50 on 1:00 Stroke Drills	REC	D
	{1 x 100 on 1:30 Freestyle	EN1	S
	{3 x 50 on :55 Stroke Drills	REC	D
	{1 x 100 on 1:25 Freestyle	EN1	S
	{3 x 50 on :50 Stroke Drills	REC	D
	{1 x 100 on 1:20 Freestyle	EN1	S
	{3 x 50 on :45 Stroke Drills	EN1	D
	{1 x 100 on 1:15 Freestyle	EN2	S
180	12 x 15 on :45 Shooters	SP3	S
500	1x{1 x 200 on 3:30 Kick	EN2	K C
	{1 x 150 on 2:35 Kick	EN2	K C
	{1 x 100 on 1:42 Kick	EN2	K C
	{1 x 50 on :50 Kick	EN2	K C
800	8 x 100 on 1:45 50 back 50 breast	EN1	P C
300	12 x 25 on :30 IM order-build	EN1	S
1,500	1x{1 x 100 on 1:30 Backstroke	EN2	S
	{1 x 50 on 1:00 Butterfly	EN1	S F
	{2 x 100 on 1:30 Backstroke	EN1	S
	{2 x 50 on 1:00 Butterfly	EN1	S F
	{3 x 100 on 1:30 Backstroke	EN1	S
	{3 x 50 on 1:00 Butterfly	EN1	S F
	{4 x 100 on 1:30 Backstroke	EN1	S
	{4 x 50 on 1:00 Butterfly	EN1	S F
250	1 x 250 on 5:00 Stroke Drills	REC	D
5:10 PM 4,530 Yards - Stress Value = 51			

**Workout #3214 - Friday, 16 July 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

6:00 AM Start

Meters	Set Description	EGY	WOF
800	1x{1 x 200 on 3:30 Freestyle	REC	
	{1 x 200 on 3:30 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:30 Freestyle L.100 fast	EN2	
	{1 x 200 on 3:30 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
800	4x{1 x 100 on 2:10 Kick	EN1	
	{2 x 50 on 1:05 Kick no board 15m	EN1	
	{ under water		
600	4 x 150 on 2:15 Lungbuster pulls	EN1	
	br 3-5-7 by the 50		
300	1 x 300 on 5:00 IM w/out the free	EN1	
1,450	1x{2 x 50 on :50 Freestyle	EN1	
	{3 x 50 on 1:00 #1 9br #2 7br #3 5br	EN2	
	{2 x 100 on 1:40 Freestyle	EN1	
	{3 x 50 on 1:00 #1 9br #2 7br #3 5br	EN2	
	{2 x 150 on 2:30 Freestyle	EN1	
	{3 x 50 on 1:00 #1 9br #2 7br #3 5br	EN2	
	{2 x 200 on 3:20 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:31 AM 4,330 Meters - Stress Value = 55			

**Workout #3218 - Saturday, 17 July 2004**

**Group 3 - Distance**

**1 minute rest between sets**

8:00 AM Start

Meters	Set Description	EGY	WOF
	1 on 15:00 Stretching		
	2x{2 x 100 on 2:00 Stroke Drills	REC	
	{ #1 free #2 non free		
	{1 x 200 on 3:30 Reverse IM drill	REC	

1x{12 x 15 on :45 Shooters	SP3
1x{2 x 100 on 2:10 Kick	EN1
{2 x 100 on 2:00 Kick	EN1
{2 x 100 on 1:50 Kick	EN2
1x{2 x 300 on 4:30 Pulls	EN1
{2 x 200 on 2:50 Pulls	EN1
{2 x 100 on 1:20 Pulls	EN2
300 3 x 100 on 1:40 Descend in sets of 3	EN1
1x{2 x 200 on 2:40 Freestyle	EN2
{2 x 200 on 2:35 Freestyle	EN2
{2 x 200 on 2:30 Freestyle	EN2
400 1 x 400 on 8:00 Stroke Drills	REC
200 4 x 50 on 1:00 Non-Freestyle	EN1
200 1 x 200 on 6:00 Brkn@50 10-20-30sec	SP1
100 1 x 100 on 4:00 Brkn @50 20 sec rest	SP1
400 1 x 400 on 7:00 Stroke Drills	REC
10:09 AM 5,580 Meters - Stress Value = 90	

**Workout #3220 - Saturday, 17 July 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

8:00 AM Start

Meters	Set Description	EGY	WOF
	1 on 15:00 Stretching		
	2x{2 x 100 on 2:00 Stroke Drills	REC	
	{ #1 free #2 non free		
	{1 x 200 on 3:30 Reverse IM drill	REC	
	1x{12 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 2:10 Kick	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN2	
	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 200 on 2:50 Pulls	EN1	
	{1 x 100 on 1:20 Pulls	EN2	
300	3 x 100 on 1:40 Descend in sets of 3	EN1	
	1x{2 x 200 on 2:40 Freestyle	EN2	
	{2 x 200 on 2:35 Freestyle	EN2	
400	1 x 400 on 8:00 Stroke Drills	REC	
200	1 x 200 on 6:00 Brkn@50 10-20-30sec	SP1	
100	1 x 100 on 4:00 Brkn @ 50 20 sec res	SP1	
500	5 x 100 on 2:00 Stroke Drills	REC	
9:53 AM 4,480 Meters - Stress Value = 71			

**Workout #3217 - Saturday, 17 July 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

8:00 AM Start

Meters	Set Description	EGY	WOF
	1 on 15:00 Stretching		
	2x{2 x 100 on 2:00 Stroke Drills	REC	
	{ #1 free #2 non free		
	{1 x 200 on 3:30 Reverse IM drill	REC	
180	1x{12 x 15 on :45 Shooters	SP3	
600	1x{2 x 100 on 2:10 Kick	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN2	
	600 1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 200 on 2:50 Pulls	EN1	
	{1 x 100 on 1:20 Pulls	EN2	
200	1 x 200 on 4:00 Free build each 50	EN1	
1,000	1x{1 x 300 on 5:15 100fr 100#1 100fr	EN2	
	{2 x 200 on 3:30 50fr 100#1 50fr	EN2	
	{3 x 100 on 1:45 Your Stroke	EN2	
400	1 x 400 on 8:00 Stroke Drills	REC	
200	1 x 200 on 6:00 Brkn@50 10-20-30 sec	SP1	
100	1 x 100 on 4:00 Brkn @50 20 sec rest	SP1	
400	4 x 100 on 2:00 Stroke Drills	REC	
9:57 AM 4,480 Meters - Stress Value = 75			

**Workout #3219 - Saturday, 17 July 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
8:00 AM	Start		
800	1 on 15:00 Stretching		
800	2x{2 x 100 on 2:00 Stroke Drills	REC	
	{ #1 free #2 non free		
180	{1 x 200 on 3:30 Reverse IM drill	REC	
180	1x{12 x 15 on :45 Shooters	SP3	
400	1x{2 x 100 on 2:10 Kick	EN1	
	{2 x 100 on 2:00 Kick	EN1	
300	1x{1 x 100 on 1:35 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN2	
	{1 x 100 on 1:25 Pulls	EN1	
200	1 x 200 on 4:00 Free build each 50	EN1	
1,000	2x{1 x 200 on 3:00 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 2:00 Stroke Drills	REC	
200	1 x 200 on 4:00 Stroke Drills	REC	
200	1 x 200 on 6:00 Brkn@50 10-20-30 sec	SP1	
100	1 x 100 on 4:00 Brkn @50 20 sec rest	SP1	
200	1 x 200 on 5:00 Stroke Drills	REC	
9:41 AM	3,580 Meters - Stress Value = 62		

**Workout #3221 - Monday, 19 July 2004**

**Group 3 - Distance**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM	Start		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1x{	1 x 200 on 4:30 Kick L.50 breast	EN2	
	{1 x 200 on 4:15 Kick L.50 breast	EN2	
	{1 x 200 on 4:00 Kick L.50 breast	EN2	
1x{	2 x 250 on 3:45 Pulls	EN1	
	{2 x 200 on 2:55 Pulls	EN1	
	{2 x 150 on 2:05 Pulls	EN1	
	{2 x 100 on 1:20 Pulls	EN2	
300	1 x 300 on 5:00 IM w/out the free	EN1	
1x{	1 x 400 on 6:00 Freestyle	EN1	
	{1 x 400 on 5:50 Freestyle	EN1	
	{1 x 400 on 5:40 Freestyle	EN1	
	{1 x 400 on 5:30 Freestyle	EN2	
	{1 x 400 on 5:20 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:41 AM	5,480 Meters - Stress Value = 70		

**Workout #3225 - Monday, 19 July 2004**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{	1 x 100 on 1:50 Kick	EN1	
	{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	
500	4 x 125 on 1:40 Lungbuster pulls	EN1	
300	3 x 100 on 1:40 Individual Medley	EN1	
1x{	1 x 200 on 2:30 Freestyle	EN2	
	{2 x 100 on 1:05 Freestyle	EN2	
	{4 x 50 on :45 Freestyle	EN1	

{1 x 200 on 2:25 Freestyle	EN2
{2 x 100 on 1:10 Freestyle	EN2
{4 x 50 on :45 Freestyle	EN1
{1 x 200 on 2:20 Freestyle	EN2
{2 x 100 on 1:15 Freestyle	EN2
{4 x 50 on :45 Freestyle	EN1
200 1 x 200 on 3:00 Stroke Drills	REC
4:20 PM	4,080 Yards - Stress Value = 54

**Workout #3222 - Monday, 19 July 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM	Start		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1x{	1 x 200 on 4:30 Kick L.50 breast	EN2	
	{1 x 200 on 4:15 Kick L.50 breast	EN2	
	{1 x 200 on 4:00 Kick L.50 breast	EN2	
1x{	2 x 200 on 2:55 Pulls	EN1	
	{2 x 150 on 2:05 Pulls	EN1	
	{2 x 100 on 1:20 Pulls	EN2	
300	1 x 300 on 5:00 IM w/out the free	EN1	
1x{	1 x 400 on 6:00 Freestyle	EN1	
	{2 x 200 on 2:55 Freestyle	EN1	
	{8 x 100 on 1:25 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:28 AM	4,580 Meters - Stress Value = 60		

**Workout #3223 - Monday, 19 July 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM	Start		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
500	1x{2 x 100 on 2:15 Kick L.50 breast	EN2	
	{2 x 100 on 2:10 Kick L.50 breast	EN2	
	{1 x 100 on 2:05 Kick L.50 breast	EN2	
500	1x{1 x 200 on 3:00 Pulls	EN1	
	{1 x 150 on 2:15 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN2	
	{1 x 50 on :45 Pulls	EN1	
300	2 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
1,600	1x{1 x 400 on 7:00 100free 100stroke X2	EN1	
	{2 x 200 on 3:30 Individual Medley	EN1	
	{4 x 100 on 1:45 Your Stroke 50dr 50s	EN1	
	{8 x 50 on :55 odds strk even fr6bk	EN1	
400	4 x 100 on 1:40 Freestyle descend	EN2	
	to ludicrous speed!!		
200	1 x 200 on 4:00 Stroke Drills	REC	
7:34 AM	4,480 Meters - Stress Value = 52		

**Workout #3224 - Monday, 19 July 2004**

**Group 3 - Sprint**  
**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM Start			
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
500	1x{2 x 100 on 2:20 Kick L.50 sprint	EN2	
	{2 x 100 on 2:15 Kick L.50 sprint	EN2	
	{1 x 100 on 2:10 Kick L.50 sprint	EN2	
500	1x{1 x 200 on 3:00 Pulls	EN1	
	{1 x 150 on 2:15 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN2	
	{1 x 50 on :45 Pulls	EN1	
300	2 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
1,300	1x{2 x 50 on 1:00 Freestyle	EN1	
	{1 x 200 on 3:45 Individual Medley	EN2	
	{3 x 50 on :55 Freestyle	EN1	
	{1 x 200 on 3:45 Individual Medley	EN2	
	{4 x 50 on :50 Freestyle	EN1	
	{1 x 200 on 3:45 Individual Medley	EN2	
	{5 x 50 on :45 Freestyle	EN1	
	{ IM's rest 5 seconds		
	{ after each 50		
200	1 x 200 on 4:00 Stroke Drills	REC	
7:22 AM 3,780 Meters - Stress Value = 46			

**Workout #3229 - Tuesday, 20 July 2004**

**Group 3 - Distance**  
**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM Start			
600	1 x 600 on 12:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN2	
2,000	2 x 1000 on 14:00 Pulls	EN1	
600	4 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
	1x{1 x 200 on :00 Brkn@50 10-20-30secR	SP1	
	{1 x 200 on 8:00 Freestyle	REC	
	{1 x 100 on :00 Brkn @50 30 sec rest	SP1	
500	5 x 100 on 2:00 Stroke Drills	REC	
7:36 AM 4,980 Meters - Stress Value = 72			

**Workout #3230 - Tuesday, 20 July 2004**

**Group 3 - Distance**  
**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
3:30 PM Start				
	1 on 15:00 Stretching			L DRY
400	1 x 400 on 7:00 Choice	REC		S CHO
180	12 x 15 on :45 Shooters	SP3		S CHO
	1x{3 x 50 on 1:00 Kick	EN1		K CHO
	{3 x 50 on :55 Kick	EN2		K CHO
	{2 x 50 on :50 Kick	EN2		K CHO
450	2 x 225 on 3:00 Pulls	EN1		P FR
	1x{1 x 400 on 5:20 Freestyle	EN1		S FR
	{1 x 350 on 4:40 Freestyle	EN1		S FR
	{1 x 50 on :40 Freestyle	EN1		S FR
	{1 x 300 on 4:00 Freestyle	EN1		S FR
	{1 x 100 on 1:20 Freestyle	EN1		S FR
	{1 x 250 on 3:20 Freestyle	EN1		S FR
	{1 x 150 on 2:00 Freestyle	EN1		S FR
	{2 x 200 on 2:40 Freestyle	EN1		S FR
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
4:50 PM 3,630 Yards - Stress Value = 38				

**Workout #3228 - Tuesday, 20 July 2004**

**Group 3 - Middle Distance**  
**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM Start			
600	1 x 600 on 12:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN2	
1,400	2 x 700 on 10:30 Pulls	EN1	
600	4 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
	1x{1 x 200 on :00 Brkn@50 10-20-30secR	SP1	
	{1 x 200 on 8:00 Freestyle	REC	
	{1 x 50 on 5:00 Free OTB for time	SP1	
350	7 x 50 on 1:00 Stroke Drills	REC	
7:31 AM 4,180 Meters - Stress Value = 60			

**Workout #3226 - Tuesday, 20 July 2004**

**Group 3 - IM/Stroke**  
**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM Start			
600	1 x 600 on 12:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
600	2x{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN2	
1,200	8 x 150 on 2:30 Pulls 50ba 50br 50fr	EN1	
600	4 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
450	1x{1 x 200 on :00 Brkn@50 10-20-30secR	SP1	
	{ IM or your #1 stroke		
	{1 x 200 on 8:00 Freestyle	REC	
	{1 x 50 on 5:00 Free OTB for time	SP1	
	{ your #1 or freestyle		
350	7 x 50 on 1:00 Stroke Drills	REC	
7:30 AM 3,980 Meters - Stress Value = 58			

**Workout #3227 - Tuesday, 20 July 2004**

**Group 3 - Sprint**  
**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM Start			
600	1 x 600 on 12:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN2	
600	6 x 100 on 1:40 Lungbuster pulls	EN1	
	odds br 5-7 evns 4-6		
300	2 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	
	1x{1 x 100 on :00 Brkn @50 for 20 secs	SP1	
	{ Free or your #1		
	{1 x 300 on 8:00 Freestyle	REC	
	{1 x 50 on 5:00 Free OTB for time	SP1	
	{ your #1 or freestyle		
350	7 x 50 on 1:00 Stroke Drills	REC	
7:15 AM 3,080 Meters - Stress Value = 39			

**Workout #3231 - Wednesday, 21 July 2004**

**Group 3 - Distance**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM	Start		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{1 x 200 on 4:20 Kick	EN1	
	{1 x 150 on 3:15 Kick	EN1	
	{1 x 100 on 2:10 Kick	EN1	
	{1 x 50 on 1:05 Kick	EN1	
	2x{1 x 150 on 2:20 Pulls L. 50 br ev 5	EN1	
	{1 x 150 on 2:20 Pulls mid 50 br ev 5	EN1	
	{1 x 150 on 2:20 Pulls 1st 50 br ev 5	EN1	
	3x{1 x 250 on 4:20 100sw 50ki 100dr	EN1	
	{5 x 50 on :55 odds free evns nonfr	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:26 AM	4,080 Meters - Stress Value = 40		

**Workout #3232 - Wednesday, 21 July 2004**

**Group 3 - Middle Distance**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM	Start		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{1 x 200 on 4:20 Kick	EN1	
	{1 x 150 on 3:15 Kick	EN1	
	{1 x 100 on 2:10 Kick	EN1	
	{1 x 50 on 1:05 Kick	EN1	
	2x{1 x 150 on 2:20 Pulls L. 50 br ev 5	EN1	
	{1 x 150 on 2:20 Pulls mid 50 br ev 5	EN1	
	{1 x 150 on 2:20 Pulls 1st 50 br ev 5	EN1	
	3x{1 x 250 on 4:20 100sw 50ki 100dr	EN1	
	{5 x 50 on :55 odds free evns nonfr	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:26 AM	4,080 Meters - Stress Value = 40		

**Workout #3233 - Wednesday, 21 July 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM	Start		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
500	1x{1 x 200 on 4:20 Kick	EN1	
	{1 x 150 on 3:15 Kick	EN1	
	{1 x 100 on 2:10 Kick	EN1	
	{1 x 50 on 1:05 Kick	EN1	
600	1x{1 x 150 on 2:20 Pulls L. 50 br ev 5	EN1	
	{1 x 150 on 2:20 Pulls mid 50 br ev 5	EN1	
	{1 x 150 on 2:20 Pulls 1st 50 br ev 5	EN1	
	{1 x 150 on 2:20 Pulls	EN1	
1,200	3x{1 x 200 on 3:30 50dr 100sw 50dr	EN1	
	{4 x 50 on :55 odds free evns nonfr	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:17 AM	3,480 Meters - Stress Value = 35		

**Workout #3234 - Wednesday, 21 July 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
6:00 AM	Start		
800	8 x 100 on 2:00 Stroke Drills	REC	

180	12 x 15 on :45 Shooters	SP3	
	1x{1 x 200 on 4:20 Kick	EN1	
	{1 x 150 on 3:15 Kick	EN1	
	{1 x 100 on 2:10 Kick	EN1	
	{1 x 50 on 1:05 Kick	EN1	
	1x{1 x 150 on 2:20 Pulls L. 50 br ev 5	EN1	
	{1 x 150 on 2:20 Pulls mid 50 br ev 5	EN1	
	{1 x 150 on 2:20 Pulls 1st 50 br ev 5	EN1	
	3x{1 x 150 on 2:45 50dr 100sw 506bk	EN1	
	{4 x 50 on :55 odds free evns nonfr	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:12 AM	3,180 Meters - Stress Value = 30		

**Workout #3235 - Tuesday, 27 July 2004**

**Group 3 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
7:00 AM	Start		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
	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	
	2x{1 x 150 on 2:30 Lungbuster pulls	EN1	
	{ br 3-5-7 by 50's		
	{1 x 100 on 1:40 Lungbuster pulls	EN1	
	{ br 5-7 by 50's		
	{1 x 50 on :50 Lungbuster pulls	EN1	
	{ br ev 7		
300	6 x 50 on :55 Descend in sets of 3	EN1	
	1x{2 x 100 on 1:45 Freestyle	EN1	
	{2 x 100 on 1:40 Freestyle	EN1	
	{2 x 100 on 1:35 Freestyle	EN1	
	{2 x 100 on 1:30 Freestyle	EN1	
	{2 x 100 on 1:25 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
8:10 AM	3,500 Meters - Stress Value = 25		

**Workout #3236 - Wednesday, 28 July 2004**

**Group 3 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
7:00 AM	Start		
300	3 x 100 on 2:00 Stroke Drills	REC	I
	1x{4 x 50 on 1:10 Kick	EN1	F
	{3 x 50 on 1:05 Kick	EN1	F
	{2 x 50 on 1:00 Kick	EN1	F
	{1 x 50 on :55 Kick	EN1	F
	1x{1 x 50 on :40 Pulls	EN2	F
	{2 x 50 on :45 Pulls	EN1	F
	{3 x 50 on :50 Pulls	EN1	F
	{4 x 50 on :55 Pulls	EN1	F
	2x{1 x 150 on 2:45 IM w/out the free	EN1	S
	{2 x 50 on :55 #1fr #2fr w/6bk	EN1	S
	{1 x 150 on 2:40 IM w/out the back	EN1	S
	{2 x 50 on :55 #1back #2 fr w/6bk	EN1	S
	{1 x 150 on 2:35 IM w/out the fly	EN1	S
	{2 x 50 on :55 #1fly #2fr w/6bk	EN1	S
	{1 x 150 on 2:30 IM w/out the breast	EN1	S
	{2 x 50 on :55 #1brst #2fr w/6bk	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
8:09 AM	3,500 Meters - Stress Value = 31		

**Workout #3237 - Wednesday, 28 July 2004**

**Group 3 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
7:00 AM Start			
300	1 x 300 on 6:00 Choice	REC	
	2x{1 x 100 on 2:15 Kick	EN1	
	{ 2 x 50 on 1:15 Kick no board 15m	EN1	
	{ underwater		
	1x{1 x 150 on 2:30 Pulls L.50 br ev 7	EN1	
	{ 1 x 150 on 2:30 Pulls mid 50 br ev 7	EN1	
	{ 1 x 150 on 2:30 Pulls 1st 50 br ev 7	EN1	
	{ 1 x 100 on 1:40 Pulls L. 50 br ev 7	EN1	
	{ 1 x 100 on 1:40 Pulls 1st 50 br ev 7	EN1	
	{ 1 x 50 on :50 Pulls br ev 7	EN1	
	1x{4 x 100 on 1:50 Your Stroke	EN1	
	{ 1 x 200 on 3:00 Freestyle	EN1	
	{ 3 x 100 on 1:50 Your Stroke	EN1	
	{ 1 x 200 on 3:00 Freestyle	EN1	
	{ 2 x 100 on 1:50 Your Stroke	EN1	
	{ 1 x 200 on 3:00 Freestyle	EN1	
	{ 1 x 100 on 1:50 Your Stroke	EN1	
	{ 1 x 200 on 3:00 Freestyle	EN1	
300	6 x 50 on 1:05 Stroke Drills	REC	
8:10 AM 3,500 Meters - Stress Value = 30			

**Workout #3238 - Friday, 30 July 2004**

**Group 3 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
7:00 AM Start			
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	§
	1x{3 x 50 on 1:10 Kick no board	EN1	§
	{ 3 x 100 on 2:15 Kick	EN1	§
	{ 3 x 50 on 1:10 Kick no board	EN1	§
	1x{1 x 200 on 3:30 Lungbuster pulls	EN1	§
	{ 1 x 200 on 3:20 Lungbuster pulls	EN1	§
	{ 1 x 200 on 3:10 Lungbuster pulls	EN1	§
	{ 1 x 200 on 3:00 Lungbuster pulls	EN1	§
	{ br 3-5-7-9 by the 50		
	1x{1 x 50 on :45 Your Stroke 100%	SP1	§
	{ 1 x 100 on 1:45 Freestyle	REC	§
	{ 2 x 50 on :45 Your Stroke 100%	SP1	§
	{ 1 x 150 on 2:35 Freestyle	REC	§
	{ 3 x 50 on :45 Your Stroke 100%	EN2	§
	{ 1 x 200 on 3:30 Freestyle	REC	§
	{ 4 x 50 on :45 Your Stroke 100%	SP1	§
	{ 1 x 250 on 4:20 Freestyle	REC	§
	{ 5 x 50 on :45 Your Stroke 100%	SP1	§
	{ 1 x 300 on 5:15 Freestyle	REC	§
8:07 AM 3,550 Meters - Stress Value = 71			

**Workout #3239 - Monday, 02 August 2004**

**Group 3 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
7:00 AM Start			
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
	1x{2 x 200 on 4:40 Kick	EN1	
	{ 2 x 100 on 2:20 Kick	EN1	
700	7 x 100 on 1:40 Lungbuster pulls	EN1	
	odds br 5-7		
	evens br 4-6		
	1x{2 x 200 on 3:40 50strk 100fr 50strk	EN1	
	{ 2 x 200 on 3:35 50strk 100fr 50strk	EN1	
	{ 2 x 200 on 3:30 50strk 100fr 50strk	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	

8:10 AM 3,500 Meters - Stress Value = 26

**Workout #3240 - Tuesday, 03 August 2004**

**Group 3 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WORK	STK
7:00 AM Start				
800	8 x 100 on 2:00 Stroke Drills	REC	D	CHO
	1x{2 x 100 on 2:30 Kick	EN1	K	CHO
	{ 1 x 100 on 2:20 Kick	EN1	K	CHO
	{ 1 x 100 on 2:10 Kick	EN1	K	CHO
	1x{1 x 300 on 5:00 Pulls	EN1	P	FR
	{ 1 x 200 on 3:20 Pulls	EN1	P	FR
	{ 1 x 100 on 1:40 Pulls	EN1	P	FR
	1x{2 x 100 on 1:45 Freestyle	EN1	S	FR
	{ 2 x 50 on 1:00 Your Stroke	EN1	S	STK
	{ 2 x 100 on 1:40 Freestyle	EN1	S	FR
	{ 2 x 50 on 1:00 Your Stroke	EN1	S	STK
	{ 2 x 100 on 1:35 Freestyle	EN1	S	FR
	{ 2 x 50 on 1:00 Your Stroke	EN1	S	STK
	{ 2 x 100 on 1:30 Freestyle	EN1	S	FR
	{ 2 x 50 on 1:00 Your Stroke	EN1	S	STK
	{ 2 x 100 on 1:25 Freestyle	EN1	S	FR
	{ 2 x 50 on 1:00 Your Stroke	EN1	S	STK
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
8:10 AM 3,500 Meters - Stress Value = 25				

**Workout #3241 - Wednesday, 04 August 2004**

**Group 3 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
7:00 AM Start			
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	3x{1 x 100 on 2:15 Kick	EN1	
	{ 2 x 50 on 1:05 Kick no board	EN1	
	{ 15m under water		
	1x{1 x 200 on 3:10 Pulls	EN1	
	{ 1 x 200 on 3:00 Pulls	EN1	
	{ 1 x 200 on 2:50 Pulls	EN1	
	2x{1 x 200 on 3:30 Individual Medley	EN1	
	{ 1 x 100 on 1:35 Freestyle	EN1	
	{ 1 x 100 on 1:30 Freestyle	EN1	
	{ 1 x 100 on 1:25 Freestyle	EN1	
	{ 4 x 50 on 1:00 25drill 25swim	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
8:10 AM 3,600 Meters - Stress Value = 26			

**Workout #3242 - Thursday, 05 August 2004**

**Group 3 - All**

**1 minute rest between sets**

Meters	Set Description	EGY	WOF
7:00 AM Start			
800	16 x 50 on 1:00 Stroke Drills	REC	I
	4 on each stroke		
600	12 x 50 on 1:10 Kick des in 3's	EN1	§
600	12 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	§
	1x{1 x 500 on 8:00 Freestyle	EN1	§
	{ 1 x 400 on 6:20 Freestyle	EN1	§
	{ 1 x 300 on 4:40 Freestyle	EN1	§
	{ 1 x 200 on 3:00 Freestyle	EN1	§
	{ 1 x 100 on 1:25 Freestyle	EN1	§
200	1 x 200 on 4:00 Stroke Drills	REC	I
8:13 AM 3,700 Meters - Stress Value = 30			

**Workout #3243 - Friday, 06 August 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
400	1 x 400 on 8:00 Swim-kick-drill-swim	REC	
1x{	1 x 100 on 2:30 Kick	EN1	
	{ 1 x 100 on 2:25 Kick	EN1	
	{ 1 x 100 on 2:20 Kick	EN1	
	{ 1 x 100 on 2:15 Kick	EN1	
	{ 1 x 100 on 2:10 Kick	EN1	
	{ 1 x 100 on 2:05 Kick	EN1	
1x{	1 x 100 on 1:20 Pulls	EN1	
	{ 1 x 100 on 1:25 Pulls	EN1	
	{ 1 x 100 on 1:30 Pulls	EN1	
	{ 1 x 100 on 1:35 Pulls	EN1	
	{ 1 x 100 on 1:40 Pulls	EN1	
	{ 1 x 100 on 1:45 Pulls	EN1	
2x{	1 x 200 on 3:20 Freestyle	EN1	
	{ 1 x 200 on 3:20 Freestyle L. 50 fast	EN1	
	{ 1 x 200 on 3:20 Freestyle L.100 fast	EN2	
	{ 1 x 200 on 3:20 Freestyle L.150 fast	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	

8:09 AM 3,500 Yards - Stress Value = 36

**Workout #3244 - Tuesday, 07 September 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STP
	1 on 20:00 Stomach and Stretch		L	DRY
400	8 x 50 on :55 Stroke Drills	REC	D	FF
600	8 x 75 on 1:45 Kick no board	EN1	K	FLY
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
2x{	1 x 100 on 1:45 Stroke Drills	REC	D	FF
	{ 1 x 25 on :30 Freestyle 2bk	EN1	S	FF
	{ 1 x 25 on :30 Freestyle 4bk	EN1	S	FF
	{ 1 x 25 on :30 Freestyle 6bk	EN1	S	FF
	{ 1 x 100 on 1:45 Stroke Drills	REC	D	FF
	{ 1 x 25 on :30 Freestyle br ev 3	EN1	S	FF
	{ 1 x 25 on :30 Freestyle br ev 4	EN1	S	FF
	{ 1 x 25 on :30 Freestyle br ev 5	EN1	S	FF
300	6 x 50 on :55 Stroke Drills	REC	D	CI

7:13 PM 2,500 Yards - Stress Value = 10

**Workout #3245 - Wednesday, 08 September 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 20:00 Stomach and Stretch		I
600	1x{ 2 x 75 on 1:20 Stroke Drills	REC	I
	{ 1 x 100 on 2:00 Kick no board	REC	F
	{ 2 x 50 on :55 Stroke Drills	REC	I
	{ 1 x 100 on 2:00 Kick no board	REC	F
	{ 2 x 25 on :30 Stroke Drills	REC	I
	{ 1 x 100 on 2:00 Kick no board	REC	F
120	8 x 15 on :45 Shooters	SP3	S
650	1x{ 1 x 200 on 4:00 Kick	EN1	F
	{ 3 x 50 on 1:00 Kick no board	EN1	F
	{ 1 x 150 on 3:00 Kick	EN1	F
	{ 3 x 50 on 1:00 Kick no board	EN1	F
600	8 x 75 on 1:15 Pulls-nbbf&w + 2 yds	EN1	F
1,200	1x{ 3 x 100 on 1:40 Freestyle	EN1	S

	{ 3 x 100 on 1:35 Freestyle	EN1	S
	{ 3 x 100 on 1:30 Freestyle	EN1	S
	{ 3 x 100 on 1:25 Freestyle	EN1	S
300	6 x 50 on :55 Stroke Drills	REC	I

7:31 PM 3,470 Yards - Stress Value = 31

**Workout #3246 - Thursday, 09 September 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set 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

**Workout #3247 - Monday, 13 September 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
120	8 x 15 on :45 Shooters	SP3	
700	1x{ 2 x 100 on 2:00 Kick	EN1	
	{ 2 x 100 on 1:55 Kick	EN1	
	{ 2 x 100 on 1:50 Kick	EN1	
	{ 1 x 100 on 1:45 Kick	EN2	
750	1x{ 2 x 150 on 2:15 Pulls mid 50 br ev 7	EN1	
	{ 2 x 150 on 2:15 Pulls mid 50 br ev 8	EN1	
	{ 1 x 150 on 2:15 Pulls mid 50 br ev 9	EN1	
1,650	1x{ 3 x 200 on 2:50 Freestyle	EN1	
	{ 6 x 25 on :30 Breaststroke	EN1	
	{ 2 x 200 on 2:50 Freestyle	EN1	
	{ 6 x 25 on :30 Breaststroke	EN1	
	{ 1 x 200 on 2:50 Freestyle	EN1	
	{ 6 x 25 on :30 Breaststroke	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	

6:39 PM 4,020 Yards - Stress Value = 39

**Workout #3248 - Tuesday, 14 September 2004**

**Group 3 - All**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 20:00 Stomach and Stretch		L	DRY
600	12 x 50 on :55 Stroke Drills every 3rd one nonfre	REC	D	CHO
120	8 x 15 on :45 Shooters	SP3	S	FR
1,000	4x{1 x 100 on 2:00 Kick	EN1	K	CHO
	{3 x 50 on 1:00 Kick no board	EN1	K	FLY
600	2 x 300 on 4:30 Pulls-nbbf&w	EN1	P	FR
1,450	1x{1 x 400 on 5:20 Freestyle	EN1	S	FR
	{3 x 50 on 1:00 Backstroke	EN1	S	BK
	{1 x 300 on 4:15 Freestyle	EN1	S	FR
	{3 x 50 on 1:00 Backstroke	EN1	S	BK
	{1 x 200 on 3:00 Freestyle	EN1	S	FR
	{3 x 50 on 1:00 Backstroke	EN1	S	BK
	{1 x 100 on 1:35 Freestyle	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD

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

Yards	Set Description	EGY	WORK
	1 on 25:00 Stomach and Stretch		L
600	1 x 600 on 11:00 Choice	REC	S
120	8 x 15 on :45 Shooters	SP3	S
900	1x{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
	{1 x 50 on :55 Kick	EN1	K
	{1 x 100 on 1:50 Kick	EN1	K
	{1 x 150 on 2:45 Kick	EN1	K
	{1 x 150 on 2:30 Kick	EN1	K
	{1 x 100 on 1:40 Kick	EN1	K
	{1 x 50 on :50 Kick	EN1	K
800	1x{4 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	P
	{4 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	P
	{4 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	P
	{4 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	P
200	8 x 25 on :45 Freestyle	EN1	S
300	6 x 50 on 2:00 Rabbit game	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	D

7:40 PM 3,120 Yards - Stress Value = 27

**Workout #3251 - Monday, 20 September 2004**

**Group 3 - All**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 20:00 Stomach and Stretch		L	I
500	1x{2 x 100 on 1:45 Stroke Drills	REC	D	C
	{2 x 75 on 1:20 Stroke Drills	REC	D	C
	{2 x 50 on :55 Stroke Drills	REC	D	C
	{2 x 25 on :30 Stroke Drills	REC	D	C
120	8 x 15 on :45 Shooters	SP3	S	
700	1x{1 x 100 on 2:00 Kick	EN1	K	C
	{1 x 100 on 1:55 Kick	EN1	K	C
	{1 x 100 on 1:50 Kick	EN1	K	C
	{1 x 100 on 1:45 Kick	EN1	K	C
	{1 x 100 on 1:50 Kick	EN1	K	C
	{1 x 100 on 1:55 Kick	EN1	K	C
	{1 x 100 on 2:00 Kick	EN1	K	C
1,050	1x{4 x 75 on 1:10 Pulls	EN1	P	
	{4 x 75 on 1:05 Pulls	EN1	P	
	{4 x 75 on 1:00 Pulls	EN1	P	
	{2 x 75 on :55 Pulls	EN2	P	
300	3 x 100 on 1:30 Freestyle-descend	EN1	S	
1,200	1x{1 x 50 on 1:00 Stroke Drills	EN1	D	E
	{1 x 50 on 1:00 Freestyle	EN1	S	
	{4 x 25 on :30 Fly 1 up 1 down	EN1	S	E
	{1 x 100 on 1:15 Freestyle	EN2	S	
	{1 x 50 on 1:00 Stroke Drills	EN1	D	E
	{1 x 50 on :55 Freestyle	EN1	S	
	{4 x 25 on :30 Fly 1 up 2 down	EN1	S	E
	{1 x 100 on 1:20 Freestyle	EN2	S	
	{1 x 50 on 1:00 Stroke Drills	EN1	D	E
	{1 x 50 on :50 Freestyle	EN1	S	
	{4 x 25 on :30 Fly 1 up 3 down	EN1	S	E
	{1 x 100 on 1:25 Freestyle	EN1	S	
	{1 x 50 on 1:00 Stroke Drills	EN1	D	E
	{1 x 50 on :45 Freestyle	EN1	S	
	{4 x 25 on :30 Fly 1 up 4 down	EN1	S	E
	{1 x 100 on 1:30 Freestyle	EN1	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	

6:40 PM 4,120 Yards - Stress Value = 37

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
800	2x{4 x 25 on :40 Kick no board	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:40 Kick	EN2	
1,000	1x{2 x 250 on 3:30 Pulls	EN1	
	{2 x 250 on 3:20 Pulls	EN1	
400	16 x 25 on :30 IM order-build	EN1	
1,350	1x{1 x 150 on 2:15 Freestyle	EN1	
	{1 x 150 on 2:10 Freestyle	EN1	
	{1 x 150 on 2:05 Freestyle	EN1	
	{1 x 150 on 2:00 Freestyle	EN2	
	{1 x 150 on 1:55 Freestyle	EN2	
	{1 x 150 on 1:50 Freestyle	EN2	
	{1 x 150 on 1:45 Freestyle	EN3	
	{1 x 150 on 1:40 Freestyle	EN3	
	{1 x 150 on 1:35 Freestyle	EN3	
500	5 x 100 on 2:00 Stroke Drills	REC	

7:00 PM 5,000 Yards - Stress Value = 72

**Workout #3250 - Thursday, 16 September 2004**

**Group 3 - All**

**1 minute rest between sets**

6:00 PM Start



**Workout #3252 - Tuesday, 21 September 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM Start			
800	1 on 30:00 Stomach and Stretch		L
	16 x 50 on :55 Stroke Drills	REC	D
	odds free evens nonf		
150	10 x 15 on :45 Shooters	SP3	S
900	1x{2 x 25 on :40 Kick no board	EN1	K
	{2 x 50 on 1:00 Kick	EN1	K
	{2 x 25 on :40 Kick no board	EN1	K
	{2 x 75 on 1:25 Kick	EN1	K
	{2 x 25 on :40 Kick no board	EN1	K
	{2 x 100 on 1:50 Kick	EN1	K
	{2 x 25 on :40 Kick no board	EN1	K
	{2 x 125 on 2:15 Kick	EN2	K
1,050	3x{1 x 200 on 2:45 Pulls	EN1	P
	{3 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	P
300	3 x 100 on 1:40 Individual Medley	EN1	S
1,450	1x{3 x 125 on 2:00 Backstroke	EN1	S
	{4 x 25 on :30 Back 15m under	EN1	S
	{3 x 100 on 1:35 Backstroke	EN1	S
	{4 x 25 on :30 Back 15m under	EN1	S
	{3 x 75 on 1:10 Backstroke	EN1	S
	{4 x 25 on :30 Back 15m under	EN1	S
	{3 x 50 on :45 Backstroke	EN1	S
	{4 x 25 on :30 Back 15m under	EN1	S
300	3 x 100 on 2:00 Stroke Drills	REC	D
8:09 PM 4,950 Yards - Stress Value = 44			

**Workout #3253 - Wednesday, 22 September 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM Start			
600	1 on 30:00 Stomach and Stretch		
	1 x 600 on 10:00 Drill-kck-pull-drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,050	1x{3 x 75 on 1:30 Kick	EN1	
	{3 x 75 on 1:25 Kick	EN1	
	{3 x 75 on 1:20 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN1	
	{2 x 50 on :55 Kick	EN1	
	{2 x 50 on :50 Kick	EN2	
	{1 x 25 on :30 Kick	EN1	
	{1 x 25 on :25 Kick	EN2	
	{1 x 25 on :20 Kick	EN1	
900	9 x 100 on 1:30 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4-6-8		
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
1,750	1x{4 x 125 on 2:20 Breast 2X pullouts	EN1	
	{1 x 100 on 2:00 Breaststroke 90%	EN3	
	{3 x 125 on 2:15 Breast 2X pullouts	EN1	
	{2 x 75 on 1:30 Breaststroke 90%	EN3	
	{2 x 125 on 2:10 Breast 2X pullouts	EN2	
	{3 x 50 on 1:00 Breaststroke 90%	EN3	
	{1 x 125 on 2:05 Breast 2X pullouts	EN2	
	{4 x 25 on :30 Breaststroke 90%	EN3	
250	5 x 50 on 1:00 Stroke Drills	REC	
7:11 PM 5,000 Yards - Stress Value = 76			

**Workout #3254 - Thursday, 23 September 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM Start			

Yards	Set Description	EGY	WC
5:00 PM Start			
	1 on 45:00 Stomach and Stretch		I
750	1x{2 x 100 on 1:45 Stroke Drills	REC	I
	{3 x 75 on 1:20 Stroke Drills	REC	I
	{4 x 50 on :55 Stroke Drills	REC	I
	{5 x 25 on :30 Stroke Drills	REC	I
150	10 x 15 on :45 Shooters	SP3	S
850	1x{1 x 100 on 2:00 Kick	EN1	F
	{1 x 25 on :30 Sprint kick	EN2	F
	{1 x 100 on 2:00 Kick	EN1	F
	{2 x 25 on :30 Sprint kick	EN2	F
	{1 x 100 on 2:00 Kick	EN2	F
	{3 x 25 on :30 Sprint kick	EN2	F
	{1 x 100 on 2:00 Kick	EN1	F
	{4 x 25 on :30 Sprint kick	EN2	F
	{1 x 100 on 2:30 Kick	REC	F
	{1 x 100 on 1:30 Kick for time	EN2	F
800	1 x 800 on 11:00 Pulls L.25 of each	EN1	F
	100-3 breaths total		
300	3 x 100 on 1:40 Freestyle-descend	EN1	S
1,050	3x{1 x 25 on :30 Butterfly 2-2-2	EN1	S
	{1 x 50 on :55 Butterfly 2-3-2	EN1	S
	{1 x 75 on 1:20 Butterfly 2-4-2	EN1	S
	{1 x 100 on 1:45 Butterfly 2-5-2	EN1	S
	{1 x 100 on 1:30 Freestyle	REC	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
8:08 PM 4,100 Yards - Stress Value = 37			

**Workout #3255 - Monday, 27 September 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM Start			
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 10:00 Drill-kck-pull-drill	REC	
180	12 x 15 on :45 Shooters	SP3	
700	1x{3 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	{2 x 100 on 1:40 Kick	EN2	
750	1x{2 x 125 on 1:50 Pulls no br L.10 yds	EN1	
	{2 x 125 on 1:45 Pulls no br L.12 yds	EN1	
	{1 x 125 on 1:40 Pulls no br L.14 yds	EN1	
	{1 x 125 on 1:35 Pulls no br L.16 yds	EN1	
300	1x{1 x 100 on 1:45 Individual Medley	EN1	
	{1 x 100 on 1:35 Individual Medley	EN1	
	{1 x 100 on 1:25 Individual Medley	EN1	
3,000	1x{1 x 500 on 6:15 Freestyle	EN2	
	{2 x 400 on 5:00 Freestyle	EN2	
	{3 x 300 on 3:45 Freestyle	EN2	
	{4 x 200 on 2:30 Freestyle	EN2	
250	5 x 50 on 1:15 Stroke Drills	REC	
7:09 PM 5,580 Yards - Stress Value = 85			

**Workout #3256 - Tuesday, 28 September 2004**

**Group 3 - All**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	8 x 100 on 1:45 Stroke Drills	REC	D
	50-1 arm, 50 choice		
180	12 x 15 on :45 Shooters	SP3	S
800	4 x 200 on 4:00 Kick no board	EN1	K
900	1x{1 x 300 on 4:05 Pulls	EN1	P
	{1 x 300 on 3:55 Pulls	EN1	P
	{1 x 300 on 3:45 Pulls	EN1	P
300	2x{1 x 75 on 1:10 IM w/out the free	EN1	S
	{1 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	S
2,300	1x{5 x 100 on 1:40 Backstroke	EN1	S
	{1 x 200 on 4:00 Backstroke	EN3	S
	{4 x 100 on 1:35 Backstroke	EN1	S
	{1 x 200 on 4:00 Backstroke	EN3	S
	{3 x 100 on 1:30 Backstroke	EN1	S
	{1 x 200 on 4:00 Backstroke	EN3	S
	{2 x 100 on 1:25 Backstroke	EN2	S
	{1 x 200 on 4:00 Backstroke	EN3	S
	{1 x 100 on 1:20 Backstroke	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D

8:16 PM 5,480 Yards - Stress Value = 94

**Workout #3257 - Wednesday, 29 September 2004**

**Group 3 - All**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
800	1 x 800 on 13:00 Reverse IM drill	REC	I
180	12 x 15 on :45 Shooters	SP3	S
1,000	1x{1 x 125 on 2:30 Kick	EN1	F
	{1 x 125 on 2:25 Kick	EN1	F
	{1 x 125 on 2:20 Kick	EN1	F
	{1 x 125 on 2:15 Kick	EN2	F
	{1 x 125 on 2:10 Kick	EN2	F
	{1 x 125 on 2:05 Kick	EN2	F
	{1 x 125 on 2:00 Kick	EN2	F
	{1 x 125 on 1:55 Kick	EN2	F
1,200	1x{3 x 100 on 1:30 Lungbuster pulls	EN1	F
	{3 x 100 on 1:25 Lungbuster pulls	EN1	F
	{3 x 100 on 1:20 Lungbuster pulls	EN1	F
	{3 x 100 on 1:15 Lungbuster pulls	EN1	F
	{ Odds br 3-5-7-9		
	{ evens br 2-4-6-8		
300	2 x 150 on 2:30 2bk-4bk-6bk by 50's	EN1	S
1,000	4x{1 x 25 on :40 Breaststroke	EN1	I
	{1 x 50 on 1:10 Breaststroke	EN1	I
	{1 x 75 on 1:30 Breaststroke	EN1	I
	{1 x 100 on 2:00 Freestyle	REC	S
600	1x{3 x 50 on 1:00 Breaststroke-descend	EN1	S
	{3 x 50 on :55 Breaststroke-descend	EN1	S
	{3 x 50 on :50 Breaststroke-descend	EN2	S
	{3 x 50 on :45 Breaststroke	EN2	S
400	4 x 100 on 2:00 Stroke Drills	REC	I

7:20 PM 5,480 Yards - Stress Value = 51

**Workout #3258 - Thursday, 30 September 2004**

**Group 3 - All**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 45:00 Stomach and Stretch		

600	1 x 600 on 10:00 Choice	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	good finishes		
800	4x{1 x 100 on 2:00 Kick no board	EN1	
	{4 x 25 on :40 Sprint kick	EN3	
900	1x{5 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
300	3 x 100 on 1:30 Frees L.25 cloadfist	EN1	
1,000	2x{8 x 25 on :30 Butterfly	EN1	
	{1 on 1:00 Rest		
	{6 x 25 on :30 Fly 1 up 2 down	EN1	
	{1 on 1:00 Rest		
	{4 x 25 on :30 Fly 1 up 3 down	EN1	
	{1 on 1:00 Rest		
	{2 x 25 on :30 Fly 2 up 4 down	EN1	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	

8:16 PM 4,100 Yards - Stress Value = 62

**Workout #3259 - Saturday, 02 October 2004**

**Group 3 - All**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
500	1 x 500 on 8:00 Swim/drill-undrwater	REC	
	turn drill		
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
	good finishes		
1,050	1x{3 x 50 on 1:00 Kick	EN1	
	{1 x 100 on 1:30 Kick	EN2	
	{3 x 50 on :55 Kick	EN2	
	{2 x 100 on 1:35 Kick	EN2	
	{3 x 50 on :50 Kick	EN2	
	{3 x 100 on 1:40 Kick	EN2	
1,050	1x{1 x 350 on 4:20 Pulls	EN2	
	{1 x 350 on 4:10 Pulls	EN2	
	{1 x 350 on 4:00 Pulls	EN2	
300	1x{1 x 75 on 1:15 IM w/out the free	EN1	
	{1 x 75 on 1:05 IM w/out the brst	EN1	
	{1 x 75 on 1:10 IM w/out the back	EN1	
	{1 x 75 on 1:10 IM w/out the fly	EN1	
1,800	12 x 150 on 2:15 Frees-descend in 3's	EN3	
400	4 x 100 on 2:00 Stroke Drills	REC	

9:01 AM 5,400 Yards - Stress Value = 156

**Workout #3261 - Monday, 04 October 2004**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,050	1x{2 x 25 on :30 Kick	EN1	
	{2 x 50 on :55 Kick	EN1	
	{2 x 75 on 1:20 Kick	EN1	
	{2 x 100 on 1:45 Kick	EN1	
	{2 x 125 on 2:10 Kick	EN1	
	{2 x 150 on 2:35 Kick	EN2	
900	12 x 75 on 1:20 Pulls	EN1	
300	3 x 100 on 1:30 Freestyle-build	EN1	
1,650	1x{4 x 125 on 2:15 Breaststroke	EN1	
	{4 x 25 on :30 Butterfly	EN1	
	{3 x 125 on 2:10 Breaststroke	EN2	
	{4 x 25 on :30 Butterfly	EN1	
	{2 x 125 on 2:05 Breaststroke	EN2	
	{4 x 25 on :30 Butterfly	EN1	
	{1 x 125 on 2:00 Breaststroke	EN2	
	{4 x 25 on :30 Butterfly	EN1	
400	4 x 100 on 2:00 Stroke Drills	REC	
7:16 PM 5,280 Yards - Stress Value = 56			

**Workout #3260 - Monday, 04 October 2004**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
	use turn drill		
180	12 x 15 on :45 Shooters	SP3	
1x{2 x 25 on :30 Kick	EN1		
	{2 x 50 on :55 Kick	EN1	
	{2 x 75 on 1:20 Kick	EN1	
	{2 x 100 on 1:45 Kick	EN1	
	{2 x 125 on 2:10 Kick	EN1	
	{2 x 150 on 2:35 Kick	EN2	
2x{1 x 150 on 2:15 Lungbuster pulls	EN1		
	{1 x 150 on 2:10 Lungbuster pulls	EN1	
	{1 x 150 on 2:05 Lungbuster pulls	EN1	
	{1 x 150 on 2:00 Lungbuster pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
1x{3 x 400 on 5:00 Freestyle	EN2		
	{2 x 400 on 4:50 Freestyle	EN2	
	{1 x 400 on 4:40 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:15 PM 6,180 Yards - Stress Value = 83			

**Workout #3262 - Wednesday, 06 October 2004**

**Group 3 - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM Start			
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 14:00 Stroke Drills	REC	D
180	12 x 15 on :45 Shooters	SP3	S
4x{1 x 25 on :45 Kick no board	EN1		K
	{1 x 25 on :40 Kick no board	EN1	K
	{1 x 25 on :35 Kick no board	EN1	K
	{1 x 25 on :30 Kick no board	EN1	K
	{1 x 100 on 1:30 Kick	EN2	K
1x{2 x 250 on 3:20 Pulls	EN1		P

{2 x 150 on 2:00 Pulls	EN1	P
{2 x 50 on :40 Pulls	EN1	P
3x{1 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	S
{1 x 75 on 1:15 IM w/out the fly	EN1	S
3x{3 x 75 on 1:15 Butterfly w/ fins	EN1	S
{2 x 75 on 1:10 Butterfly w/ fins	EN1	S
{1 x 75 on 1:05 Butterfly w/ fins	EN1	S
{1 x 25 on 1:45 Freestyle	REC	S
{4 x 25 on :30 Butterfly 1 up 2 dwn	EN2	S
{4 x 25 on :25 Butterfly 1 up 2 dwn	EN2	S
200 1 x 200 on 4:00 Stroke Drills	REC	D
7:16 PM 5,355 Yards - Stress Value = 57		

**Workout #3263 - Wednesday, 06 October 2004**

**Group 3 - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:00 PM Start			
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 14:00 Stroke Drills	REC	D
180	12 x 15 on :45 Shooters	SP3	S
800	4x{1 x 25 on :45 Kick no board	EN1	K
	{1 x 25 on :40 Kick no board	EN1	K
	{1 x 25 on :35 Kick no board	EN1	K
	{1 x 25 on :30 Kick no board	EN1	K
	{1 x 100 on 1:30 Kick	EN2	K
900	1x{2 x 250 on 3:20 Pulls	EN1	P
	{2 x 150 on 2:00 Pulls	EN1	P
	{2 x 50 on :40 Pulls	EN1	P
450	3x{1 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	S
	{1 x 75 on 1:15 IM w/out the back	EN1	S
2,700	3x{2 x 125 on 2:00 Backstroke	EN1	S
	{2 x 125 on 1:55 Backstroke	EN1	S
	{2 x 125 on 1:50 Backstroke	EN1	S
	{1 x 50 on :45 Backstroke	EN2	S
	{1 x 50 on :40 Backstroke	EN2	S
	{1 x 50 on :35 Backstroke	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
7:19 PM 6,030 Yards - Stress Value = 65			

**Workout #3265 - Thursday, 07 October 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
6:00 PM Start			
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:30 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	1x{2 x 150 on 2:45 Kick	EN1	
	{2 x 150 on 2:40 Kick	EN2	
	{2 x 150 on 2:35 Kick	EN2	
	{2 x 150 on 2:30 Kick	EN2	
1,000	1 x 1000 on 13:00 Pulls L.25 of each	EN1	
	100 br ev 8 or 9		
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
2,000	10x{1 x 100 on 1:10 Individual Medley	EN2	
	{1 x 50 on :30 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
250	1 x 250 on 4:00 Stroke Drills	REC	
8:09 PM 6,030 Yards - Stress Value = 74			

**Workout #3264 - Thursday, 07 October 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM	Start		
800	1 on 30:00 Stomach and Stretch	L	
180	8 x 100 on 1:30 Stroke Drills	REC	D
	12 x 15 on :45 Shooters	SP3	S
	1x{2 x 150 on 2:45 Kick	EN1	K
	{2 x 150 on 2:40 Kick	EN2	K
	{2 x 150 on 2:35 Kick	EN2	K
	{2 x 150 on 2:30 Kick	EN2	K
	1x{8 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	P
	{8 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	P
	{8 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	P
400	2 x 200 on 4:00 Individual Medley	EN1	S
	5x{1 x 25 on :00 Freestyle	SP1	S
	{1 x 25 on 1:30 Freestyle	REC	S
	{1 x 50 on :00 Freestyle	SP1	S
	{1 x 50 on 3:00 Freestyle	REC	S
	{1 x 75 on :00 Freestyle	SP1	S
	{1 x 75 on 4:30 Freestyle	REC	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
8:33 PM	5,480 Yards - Stress Value = 104		

**Workout #3266 - Saturday, 09 October 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
7:00 AM	Start			
	1 on 15:00 Stomach and Stretch	L	DRY	
600	12 x 50 on 1:00 Stroke Drills	REC	D	CD
180	12 x 15 on :45 Shooters	SP3	S	CHO
800	1x{2 x 100 on 2:00 Kick	EN1	K	CHO
	{2 x 50 on 1:00 Kick	EN1	K	CHO
	{2 x 100 on 1:50 Kick	EN1	K	CHO
	{2 x 50 on 1:00 Kick	EN1	K	CHO
	{2 x 100 on 1:40 Kick	EN2	K	CHO
900	1x{1 x 300 on 4:15 Pulls	EN1	P	FR
	{1 x 300 on 4:05 Pulls	EN1	P	FR
	{1 x 300 on 3:55 Pulls	EN1	P	FR
200	8 x 25 on :30 IM order-build	EN1	S	IM
3,600	2x{4 x 125 on 1:35 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Freestyle	EN1	S	FR
	{3 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Freestyle	EN1	S	FR
	{2 x 125 on 1:25 Freestyle	EN2	S	FR
	{1 x 100 on 1:30 Freestyle	EN1	S	FR
	{1 x 125 on 1:20 Freestyle	EN2	S	FR
	{1 x 250 on 5:00 Freestyle	REC	S	FR
9:02 AM	6,280 Yards - Stress Value = 84			

**Workout #3268 - Monday, 11 October 2004**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM	Start		
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	24 x 50 on 1:00 Kick des in 3's sets 1-3-5-7 breast sets 2-4-6-8 fly	EN2	
900	1x{1 x 200 on 4:00 Pulls	EN2	
	{1 x 175 on 3:30 Pulls	EN2	
	{1 x 150 on 3:00 Pulls	EN2	
	{1 x 125 on 2:30 Pulls	EN2	

	{1 x 100 on 2:00 Pulls	EN2	
	{1 x 75 on 1:30 Pulls	EN2	
	{1 x 50 on 1:00 Pulls	EN2	
	{1 x 25 on :30 Pulls	EN2	
400	1 x 400 on 7:00 Reverse IM drill	REC	
2,000	1x{4 x 125 on 2:10 100 breast 25 free	EN2	
	{4 x 125 on 2:05 75 breast 50 free	EN2	
	{4 x 125 on 2:00 50 breast 75 free	EN2	
	{4 x 125 on 1:55 25 breast 100 free	EN2	
500	5 x 100 on 1:45 Stroke Drills	REC	
7:30 PM	5,980 Yards - Stress Value = 89		

**Workout #3267 - Monday, 11 October 2004**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	W
5:00 PM	Start		
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
500	10 x 50 on 1:00 des in 3's #10-100%	EN2	
1,800	1x{1 x 600 on 7:30 Pulls	EN1	
	{1 x 600 on 7:20 Pulls	EN2	
	{1 x 600 on 7:10 Pulls	EN2	
300	3 x 100 on 1:30 Free L.25 6bk	EN1	
3,650	1x{1 x 1650 on 24:00 Freestyle	EN2	
	{ break at each 500		
	{ for 20 seconds		
	{2 x 1000 on 15:00 #1 break@ 500 30 sec	EN2	
	{ #2 br@ 250's 20 secR		
200	1 x 200 on 3:00 Stroke Drills	REC	
7:33 PM	7,430 Yards - Stress Value = 123		

**Workout #3269 - Tuesday, 12 October 2004**

**Group 3 - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM	Start		
	1 on 30:00 Stomach and Stretch	L	
	1 on 30:00 Shoulder Clinic	M	
600	1 x 600 on 10:30 Stroke Drills	REC	D
180	12 x 15 on :45 Shooters	SP3	S
800	4x{4 x 25 on :35 Kick no board	EN1	K
	{1 x 100 on 2:00 Kick no board	EN1	K
800	1x{1 x 200 on 2:45 Pulls	EN1	P
	{1 x 200 on 2:40 Pulls	EN1	P
	{1 x 200 on 2:35 Pulls	EN1	P
	{1 x 200 on 2:30 Pulls	EN1	P
600	2x{2 x 75 on 1:15 IM w/out the back	EN1	S
	{2 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	S
1,400	1x{4 x 50 on :50 25 back 25 brst	EN1	S
	{4 x 75 on 1:10 50 back 25 breast	EN1	S
	{4 x 100 on 1:30 75 back 25 breast	EN1	S
	{4 x 125 on 1:45 100 back 25 breast	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
8:30 PM	4,580 Yards - Stress Value = 43		

**Workout #3270 - Tuesday, 12 October 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM Start			
	1 on 30:00 Stomach and Stretch		L
	1 on 30:00 Shoulder Clinic		M
600	1 x 600 on 10:30 Stroke Drills	REC	D
180	12 x 15 on :45 Shooters	SP3	S
	4x{4 x 25 on :35 Sprint kick	EN1	K
	{1 x 100 on 2:00 Kick no board	EN1	K
600	3 x 200 on 3:00 Pulls hold under ?	EN2	P
	2x{2 x 75 on 1:15 IM w/out the back	EN1	S
	{2 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	S
	2x{2 x 25 on :30 Freestyle	EN3	S
	{1 x 50 on 1:00 Freestyle	EN3	S
	{1 x 75 on 1:30 Freestyle	EN3	S
	{1 x 25 on :30 Freestyle	EN3	S
	{2 x 50 on 1:00 Freestyle	EN3	S
	{1 x 25 on :30 Freestyle	EN3	S
	{1 x 75 on 1:30 Freestyle	EN3	S
	{1 x 50 on 1:00 Freestyle	EN3	S
	{2 x 25 on :30 Freestyle	EN3	S
	{1 x 200 on 4:00 Stroke Drills	REC	D
8:30 PM 4,180 Yards - Stress Value = 93			

**Workout #3272 - Wednesday, 13 October 2004**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM Start			
	1 on 30:00 Stomach and Stretch		
750	15 x 50 on :55 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1 x 1000 on 18:00 Kick every 3rd lap	EN1	
	brst-every 4th lap		
	15m underwater fly		
1,200	1x{5 x 100 on 1:20 Pulls	EN1	
	{4 x 100 on 1:15 Pulls	EN2	
	{3 x 100 on 1:10 Pulls	EN2	
200	4x{1 x 25 on :30 Stroke Drills	REC	
	{1 x 25 on :20 Freestyle	EN2	
3,800	1x{1 x 600 on 7:00 Freestyle	EN2	
	{1 x 500 on 5:55 Freestyle	EN2	
	{1 x 400 on 4:48 Freestyle	EN2	
	{1 x 300 on 3:40 Freestyle	EN2	
	{1 x 200 on 3:12 Freestyle	EN2	
	{3 x 200 on 3:00 Freestyle	EN3	
	{3 x 200 on 2:40 Freestyle	EN2	
	{3 x 200 on 2:20 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:30 PM 7,380 Yards - Stress Value = 138			

**Workout #3271 - Wednesday, 13 October 2004**

**Group 3 - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM Start			
	1 on 30:00 Stomach and Stretch		
750	15 x 50 on :55 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1 x 1000 on 18:00 Kick every 3rd lap	EN1	
	brst-every 4th lap		
	15m underwater fly		
	1x{5 x 100 on 1:20 Pulls	EN1	
	{4 x 100 on 1:15 Pulls	EN2	
	{3 x 100 on 1:10 Pulls	EN2	

	6x{1 x 25 on :30 Stroke Drills	REC	
	{1 x 25 on :20 Freestyle	EN2	
1,200	12 x 100 on 1:30 Fly/free 3-4-5-6	EN2	
	descend in sets of 3		
400	4 x 100 on 2:00 Stroke Drills	REC	
1,200	12 x 100 on 1:30 Fly/free 3-4-5-6	EN2	
	descend in sets of 3		
300	6 x 50 on 1:00 Stroke Drills	REC	
7:30 PM 6,530 Yards - Stress Value = 87			

**Workout #3273 - Thursday, 14 October 2004**

**Group 3 - IM/Stroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
6:00 PM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,050	1x{1 x 75 on 1:30 Kick	EN1	
	{4 x 25 on :30 Sprint kick	EN2	
	{2 x 75 on 1:25 Kick	EN1	
	{4 x 25 on :30 Sprint kick	EN2	
	{3 x 75 on 1:20 Kick	EN2	
	{4 x 25 on :30 Sprint kick	EN2	
	{4 x 75 on 1:15 Kick	EN2	
1,000	2x{1 x 125 on 1:55 Lungbuster pulls	EN1	
	{1 x 125 on 1:50 Lungbuster pulls	EN1	
	{1 x 125 on 1:45 Lungbuster pulls	EN1	
	{1 x 125 on 1:40 Lungbuster pulls	EN1	
450	3 x 150 on 2:20 2bk-4bk-6bk by 50's	EN1	
2,725	1x{1 x 400 on 6:00 Individual Medley	EN2	
	{1 x 150 on 2:15 100 fly 50 back	EN2	
	{1 x 150 on 2:20 100 back 50 breast	EN2	
	{1 x 150 on 2:30 100 breast 50 free	EN2	
	{2 x 300 on 4:30 Individual Medley	EN2	
	{1 x 125 on 1:50 75 fly 50 back	EN2	
	{1 x 125 on 1:55 75 back 50 breast	EN2	
	{1 x 125 on 2:05 75 breast 50 free	EN2	
	{3 x 200 on 3:00 Individual Medley	EN2	
	{1 x 100 on 1:30 50 fly 50 back	EN2	
	{1 x 100 on 1:35 50 back 50 breast	EN2	
	{1 x 100 on 1:40 50 breast 50 free	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
8:30 PM 6,605 Yards - Stress Value = 91			

**Workout #3274 - Thursday, 14 October 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{1 x 75 on 1:30 Kick	EN1	
	{4 x 25 on :30 Sprint kick	EN2	
	{2 x 75 on 1:25 Kick	EN1	
	{4 x 25 on :30 Sprint kick	EN2	
	{3 x 75 on 1:20 Kick	EN2	
	{4 x 25 on :30 Sprint kick	EN2	
	{4 x 75 on 1:15 Kick	EN2	
	2x{1 x 125 on 1:55 Lungbuster pulls	EN1	
	{1 x 125 on 1:50 Lungbuster pulls	EN1	
	{1 x 125 on 1:45 Lungbuster pulls	EN1	
	{1 x 125 on 1:40 Lungbuster pulls	EN1	
450	3 x 150 on 2:20 2bk-4bk-6bk by 50's	EN1	
	3x{1 x 100 on 2:00 Stroke Drills	REC	
	{1 x 25 on 1:00 Freestyle	SP1	
	{1 x 75 on 1:30 Stroke Drills	REC	
	{1 x 50 on 2:00 Freestyle	SP1	
	{1 x 50 on 1:00 Stroke Drills	REC	
	{1 x 75 on 3:00 Freestyle	SP1	
	{1 x 25 on :30 Stroke Drills	REC	
	{1 x 100 on 4:00 Freestyle	SP1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	8:30 PM 5,280 Yards - Stress Value = 98		

**Workout #3275 - Saturday, 16 October 2004**

**Group 3 - All**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 25:00 Stomach and Stretch			L DF
500	1 x 500 on 9:00 Stroke Drills	REC		D CF
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3		S F
1,050	1x{3 x 125 on 2:00 Kick	EN2		K CF
	{3 x 100 on 1:35 Kick	EN2		K CF
	{3 x 75 on 1:10 Kick	EN2		K CF
	{3 x 50 on :45 Kick	EN2		K CF
900	1x{1 x 300 on 4:00 Pulls	EN1		P F
	{1 x 250 on 3:15 Pulls	EN1		P F
	{1 x 200 on 2:30 Pulls	EN2		P F
	{1 x 150 on 1:50 Pulls	EN2		P F
300	12 x 25 on :30 IM order-build	EN1		S I
2,100	1x{6 x 100 on 1:05 Freestyle	EN2		S F
	{1 on 1:00 Rest			M
	{5 x 100 on 1:05 Freestyle	EN2		S F
	{1 on 1:00 Rest			M
	{4 x 100 on 1:05 Freestyle	EN2		S F
	{1 on 1:00 Rest			M
	{3 x 100 on 1:05 Freestyle	EN2		S F
	{1 on 1:00 Rest			M
	{2 x 100 on 1:05 Freestyle	EN2		S F
	{1 on 1:00 Rest			M
	{1 x 100 on 1:05 Freestyle	EN2		S F
500	10 x 50 on 1:00 Stroke Drills	REC		D C
	8:59 AM 5,650 Yards - Stress Value = 90			

**Workout #3277 - Monday, 18 October 2004**

**Group 3 - Distance**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WOF

	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Reverse IM drill	REC	
180	12 x 15 on :45 Shooters	SP3	
600	6 x 100 on 1:45 Kick	EN2	
1,250	1x{4 x 100 on 1:20 Pulls	EN1	
	{3 x 125 on 1:35 Pulls	EN2	
	{2 x 150 on 1:50 Pulls	EN1	
	{1 x 175 on 2:05 Pulls	EN2	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
4,400	2x{1 x 600 on 7:00 Freestyle	EN2	
	{1 x 600 on 6:50 Freestyle	EN2	
	{1 x 600 on 6:40 Freestyle	EN2	
	{1 x 400 on 6:00 Freestyle	EN3	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:31 PM 8,030 Yards - Stress Value = 164		

**Workout #3276 - Monday, 18 October 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Reverse IM drill	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	12 x 100 on 1:45 Kick	EN2	
	1x{2 x 100 on 1:25 Pulls	EN1	
	{2 x 125 on 1:40 Pulls	EN2	
	{2 x 150 on 1:55 Pulls	EN1	
	{2 x 175 on 2:10 Pulls	EN2	
600	6 x 100 on 1:45 Individual Medley	EN1	
	1x{6 x 100 on 1:30 Descend in sets of 3	EN2	
	{1 x 50 on 1:00 Stroke Drills	REC	
	{6 x 100 on 1:25 Descend in sets of 3	EN2	
	{1 x 50 on 1:00 Stroke Drills	REC	
	{6 x 100 on 1:20 Descend in sets of 3	EN2	
	{1 x 50 on 1:00 Stroke Drills	REC	
	{6 x 100 on 1:15 Descend in sets of 3	EN2	
450	9 x 50 on 1:00 Stroke Drills	REC	
	7:30 PM 6,880 Yards - Stress Value = 102		

**Workout #3279 - Tuesday, 19 October 2004**

**Group 3 - Distance**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	8 x 100 on 1:45 Stroke Drills	REC	D
	odds fr evens nonfr		
180	12 x 15 on :45 Shooters	SP3	S
	6x{4 x 25 on :40 Kick no board	EN1	K
	{1 x 100 on 2:00 Kick	EN2	K
	1x{2 x 150 on 1:45 Pulls	EN2	P
	{2 x 150 on 1:50 Pulls	EN2	P
	{2 x 150 on 1:55 Pulls	EN2	P
	{2 x 150 on 2:00 Pulls	EN2	P
	1x{1 x 75 on 1:20 2bk-4bk-6bk by 25's	EN1	S
	{1 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	S
	{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	S
	{1 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	S
	1x{2 x 300 on 3:45 Freestyle	EN2	S
	{1 x 200 on 3:00 Butterfly 2-5-2	EN2	S
	{2 x 300 on 3:40 Freestyle	EN2	S
	{1 x 200 on 2:50 Backstroke	EN2	S
	{2 x 300 on 3:35 Freestyle	EN2	S
	{1 x 200 on 3:15 Breaststroke	EN2	S
	{2 x 300 on 3:30 Freestyle	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	8:30 PM 6,930 Yards - Stress Value = 113		

**Workout #3278 - Tuesday, 19 October 2004**

**Group 3 - Fly**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	8 x 100 on 1:45 Stroke Drills odds fr evens nonfr	REC	D
180	12 x 15 on :45 Shooters	SP3	S
	6x{4 x 25 on :40 Kick no board	EN1	K
	{1 x 100 on 2:00 Kick	EN2	K
	1x{2 x 150 on 1:45 Pulls	EN2	P
	{2 x 150 on 1:50 Pulls	EN2	P
	{2 x 150 on 1:55 Pulls	EN2	P
	{2 x 150 on 2:00 Pulls	EN2	P
	1x{1 x 75 on 1:20 2bk-4bk-6bk by 25's	EN1	S
	{1 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	S
	{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	S
	{1 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	S
	1x{3 x 100 on 1:35 Butterfly 2-4-2	EN1	S
	{3 x 50 on 1:00 Butterfly-descend	EN1	S
	{4 x 25 on :25 Freestyle	EN1	S
	{3 x 100 on 1:35 Butterfly 2-5-2	EN1	S
	{3 x 50 on 1:00 Butterfly-descend	EN1	S
	{4 x 25 on :25 Freestyle	EN1	S
	{3 x 100 on 1:35 Butterfly 2-7-2	EN1	S
	{3 x 50 on 1:00 Butterfly-descend	EN1	S
	{4 x 25 on :25 Freestyle	EN1	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
	8:30 PM 6,180 Yards - Stress Value = 77		

**Workout #3281 - Wednesday, 20 October 2004**

**Group 3 - Distance**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Dryland and stretch		L I
700	1 x 700 on 10:30 Stroke Drills	REC	D
180	12 x 15 on :45 Shooters	SP3	S
	1x{2 x 100 on 1:30 Kick	EN2	K C
	{3 x 50 on 1:00 Kick-descend	EN2	K C
	{2 x 100 on 1:40 Kick	EN2	K C
	{3 x 50 on 1:00 Kick-descend	EN2	K C
	{2 x 100 on 1:50 Kick	EN2	K C
	{3 x 50 on 1:00 Kick-descend	EN2	K C
	1x{5 x 100 on 1:25 Lungbuster pulls	EN1	P
	{4 x 100 on 1:20 Lungbuster pulls	EN1	P
	{3 x 100 on 1:15 Lungbuster pulls	EN1	P
300	3 x 100 on 1:30 Freestyle-descend	EN1	S
2,500	1 x 2500 on 35:00 Freestyle brk @500's 30 sec rt	EN2	S
	1x{4 x 25 on :30 Freestyle	EN1	S
	{4 x 25 on :25 Freestyle	EN1	S
	{4 x 25 on :20 Freestyle	EN1	S
	{4 x 25 on :15 Freestyle	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
	7:29 PM 6,830 Yards - Stress Value = 98		

**Workout #3280 - Wednesday, 20 October 2004**

**Group 3 - Backstroke**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Dryland and stretch		L I

700	1 x 700 on 10:30 Stroke Drills	REC	D
180	12 x 15 on :45 Shooters	SP3	S
1,050	1x{2 x 100 on 1:30 Kick	EN2	K C
	{3 x 50 on 1:00 Kick-descend	EN2	K C
	{2 x 100 on 1:40 Kick	EN2	K C
	{3 x 50 on 1:00 Kick-descend	EN2	K C
	{2 x 100 on 1:50 Kick	EN2	K C
	{3 x 50 on 1:00 Kick-descend	EN2	K C
1,200	1x{5 x 100 on 1:25 Lungbuster pulls	EN1	P
	{4 x 100 on 1:20 Lungbuster pulls	EN1	P
	{3 x 100 on 1:15 Lungbuster pulls	EN1	P
300	3 x 100 on 1:30 Freestyle-descend	EN1	S
2,400	6x{4 x 100 on 1:10 Backstroke w/fins	EN2	S
	{1 on 1:20 Rest		M
400	1x{4 x 25 on :30 Freestyle	EN1	S
	{4 x 25 on :25 Freestyle	EN1	S
	{4 x 25 on :20 Freestyle	EN1	S
	{4 x 25 on :15 Freestyle	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
	7:30 PM 6,730 Yards - Stress Value = 96		

**Workout #3282 - Thursday, 21 October 2004**

**Group 3 - All**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,250	1x{2 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:15 Kick	EN2	
	{2 x 125 on 2:10 Kick	EN2	
	{2 x 125 on 2:05 Kick	EN2	
	{2 x 125 on 2:00 Kick	EN1	
1,500	2 x 750 on 10:30 Pulls L.25 of each 100 br every 9	EN1	
450	9 x 50 on :50 Descend in sets of 3	EN1	
500	1 x 500 on 25:00 Killer Relays	SP1	
500	10 x 50 on 1:00 Stroke Drills	REC	
	8:24 PM 5,180 Yards - Stress Value = 88		

**Workout #3283 - Friday, 22 October 2004**

**Group 3 - All**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Dryland and stretch		
800	1 x 800 on 13:00 Stroke Drills	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast 3 on each stroke	SP3	
600	1x{1 x 50 on 1:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN1	
	{1 x 150 on 2:50 Kick	EN1	
	{1 x 150 on 2:45 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
900	6 x 150 on 2:00 Pulls-nbbf&w + 2 yds	EN1	
400	16 x 25 on :30 IM order-build	EN1	
1,200	16 x 75 on 1:30 Freestyle	EN3	
300	1 x 300 on 20:00 Rabbit game	SP1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	9:01 AM 4,750 Yards - Stress Value = 129		

**Workout #3287 - Monday, 25 October 2004**

**Group 3 - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
900	1x{2 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :40 Kick no board	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{4 x 25 on :40 Kick no board	EN1	
	{2 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :40 Kick no board	EN2	
1,650	1 x 1650 on 22:00 Pulls	EN1	
400	4 x 100 on 1:30 Descend 1-4	EN1	
3,200	1x{1 x 800 on 10:00 Freestyle	EN1	
	{1 x 800 on 9:50 Freestyle	EN1	
	{1 x 800 on 9:40 Freestyle	EN1	
	{1 x 800 on 9:30 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:29 PM 7,380 Yards - Stress Value = 79			

**Workout #3285 - Monday, 25 October 2004**

**HS Girls - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch			
400	8 x 50 on 1:15 Stroke Drills	REC	D	FR
180	12 x 15 on :45 Shooters	SP3	S	FR
	1x{3 x 50 on 1:10 Kick	EN1	K	CHO
	{3 x 50 on 1:05 Kick	EN1	K	CHO
	{3 x 50 on 1:00 Kick	EN1	K	CHO
	{3 x 50 on :55 Kick	EN1	K	CHO
	1x{1 x 200 on 3:15 Pulls	EN1	P	FR
	{1 x 200 on 3:05 Pulls	EN1	P	FR
	{1 x 200 on 2:55 Pulls	EN1	P	FR
	1x{4 x 150 on 2:30 Freestyle	EN1	S	FR
	{3 x 150 on 2:25 Freestyle	EN1	S	FR
	{2 x 150 on 2:20 Freestyle	EN1	S	FR
	{1 x 150 on 2:15 Freestyle	EN1	S	FR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	1 on 20:00 Stretch and Ice			M
5:06 PM 3,480 Yards - Stress Value = 36				

**Workout #3286 - Monday, 25 October 2004**

**Group 3 - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :40 Kick no board	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{4 x 25 on :40 Kick no board	EN1	
	{2 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :40 Kick no board	EN2	
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	
400	4 x 100 on 1:45 Individual Medley	EN1	
	1x{4 x 125 on 1:50 Freestyle	EN1	
	{6 x 50 on 1:00 Free-100% br ev 5	SP1	
	{4 x 125 on 1:45 Freestyle	EN1	
	{6 x 50 on 1:00 Free-100% br ev 5	SP1	
	{4 x 125 on 1:40 Freestyle	EN1	
	{6 x 50 on 1:00 Free-100% br ev 5	SP1	
400	8 x 50 on 1:00 Stroke Drills	REC	
7:30 PM 6,280 Yards - Stress Value = 122			

**Workout #3288 - Monday, 25 October 2004**

**HS Girls - Eric Blue Man**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch			
400	8 x 50 on 1:15 Stroke Drills	REC	D	FR
180	12 x 15 on :45 Shooters	SP3	S	FR
	1x{2 x 100 on 2:00 Kick	EN1	K	CHO
	{4 x 25 on :40 Kick no board	EN1	K	FLY
	{2 x 100 on 1:55 Kick	EN1	K	CHO
	{4 x 25 on :40 Kick no board	EN1	K	FLY
	{2 x 100 on 1:50 Kick	EN2	K	CHO
	{4 x 25 on :40 Kick no board	EN2	K	FLY
1,000	1 x 1000 on 13:30 Pulls	EN1	P	FR
400	4 x 100 on 1:30 Descend 1-4	EN1	S	FR
	1x{1 x 800 on 10:30 Freestyle	EN1	S	FR
	{1 x 800 on 10:20 Freestyle	EN1	S	FR
	{1 x 800 on 10:10 Freestyle	EN1	S	FR
	{1 x 800 on 10:00 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
7:30 PM 6,330 Yards - Stress Value = 73				

**Workout #3284 - Monday, 25 October 2004**

**HS Girls - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 10:00 Stretching		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{5 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
	1x{1 x 75 on 1:20 Freestyle	EN1	
	{1 x 75 on 1:15 Freestyle	EN1	
	{1 x 75 on 1:10 Freestyle	EN1	
	{1 x 75 on 1:05 Freestyle	EN1	
	{1 x 75 on 1:00 Freestyle	EN2	
225	1 x 225 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM 1,880 Yards - Stress Value = 17			



**Workout #3293 - Tuesday, 26 October 2004**

**Group 3 - Distance**

**1 minute rest between sets**

6:00 PM Start			
Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
	odds free evns nonfr		
180	12 x 15 on :45 Shooters	SP3	
1,200	12 x 100 on 2:00 Kick-odds 100% effor	EN2	
1,000	1x{1 x 300 on 4:00 Pulls	EN1	
	{2 x 200 on 2:40 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
600	4x{1 x 75 on 1:15 IM w/out the back	EN1	
	{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
3,000	1x{1 x 800 on 10:00 Freestyle	EN2	
	{1 x 700 on 8:30 Freestyle	EN2	
	{1 x 600 on 7:05 Freestyle	EN2	
	{1 x 500 on 5:45 Freestyle	EN2	
	{1 x 400 on 4:28 Freestyle	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
8:30 PM 7,130 Yards - Stress Value = 107			

**Workout #3290 - Tuesday, 26 October 2004**

**HS Girls - All**

**1 minute rest between sets**

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Dryland and team mtg		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	3x{1 x 100 on 2:20 Kick	EN1	
	{4 x 25 on :45 Kick no board	EN1	
	1x{2 x 100 on 1:50 Lungbuster pulls	EN1	
	{2 x 100 on 1:45 Lungbuster pulls	EN1	
	{2 x 100 on 1:40 Lungbuster pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	1x{3 x 125 on 2:05 Freestyle	EN1	
	{3 x 125 on 2:00 Freestyle	EN1	
	{3 x 125 on 1:55 Freestyle	EN1	
	{1 x 125 on 1:50 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 20:00 Stretch and Ice		
5:14 PM 3,730 Yards - Stress Value = 36			

**Workout #3292 - Tuesday, 26 October 2004**

**Group 3 - Backstroke**

**1 minute rest between sets**

6:00 PM Start			
Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
	odds free evns nonfr		
180	12 x 15 on :45 Shooters	SP3	
1,200	12 x 100 on 2:00 Kick-odds 100% effor	EN2	
1,000	1x{1 x 300 on 4:00 Pulls	EN1	
	{2 x 200 on 2:40 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
600	4x{1 x 75 on 1:15 IM w/out the back	EN1	
	{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
2,000	1x{1 x 400 on 6:00 Backstroke	EN1	
	{8 x 50 on 1:00 Back des in sets of4	EN2	
	{1 x 300 on 4:25 Backstroke	EN1	
	{6 x 50 on 1:00 Back des in sets of3	EN2	
	{1 x 200 on 2:50 Backstroke	EN2	
	{4 x 50 on 1:00 Back des 1-4	EN2	
	{1 x 100 on 1:20 Backstroke	EN2	
	{2 x 50 on 1:00 Backstroke 100%	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
8:30 PM 6,180 Yards - Stress Value = 80			

**Workout #3291 - Tuesday, 26 October 2004**

**HS Girls - Eric Blue Man**

**1 minute rest between sets**

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Dryland and team mtg		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	5x{1 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :40 Kick no board	EN1	
	1x{3 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	
	{3 x 100 on 1:20 Lungbuster pulls	EN1	
300	2 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
	1x{3 x 125 on 2:05 Butterfly 2-2-2	EN1	
	{1 x 150 on 2:40 IM w/out the fly	EN1	
	{3 x 125 on 2:00 Butterfly 2-3-2	EN1	
	{1 x 150 on 2:40 IM w/out the fly	EN1	
	{3 x 125 on 1:55 Butterfly 2-4-2	EN1	
	{1 x 150 on 2:40 IM w/out the fly	EN1	
	{3 x 125 on 1:50 Butterfly 2-5-2	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:25 PM 5,130 Yards - Stress Value = 55			

**Workout #3289 - Tuesday, 26 October 2004**

**HS Girls - All**

**1 minute rest between sets**

6:00 AM Start			
Yards	Set Description	EGY	WOF
	1 on 10:00 Stretching		I
300	3 x 100 on 2:00 Stroke Drills	REC	I
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
750	1 x 750 on 12:00 Pulls	EN1	F
	2x{1 x 200 on 3:30 Frees L.50 non free	EN1	S
	{1 x 50 on 1:00 Freestyle	EN1	S
	{1 x 50 on :55 Freestyle	EN1	S
	{1 x 50 on :50 Freestyle	EN1	S
250	1 x 250 on 5:00 Stroke Drills	REC	I
	1 on 10:00 Ice		N
7:05 AM 2,250 Yards - Stress Value = 25			

**Workout #3295 - Wednesday, 27 October 2004**

**Group 3 - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM Start			
800	1x{1 x 200 on 3:30 Freestyle {1 x 200 on 3:20 Freestyle L.50 fast {1 x 200 on 3:10 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast	REC EN1 EN1 EN2	
180	12 x 15 on :45 Shooters	SP3	
900	1x{1 x 100 on 2:00 Kick {1 x 125 on 2:00 Kick {1 x 100 on 1:50 Kick {1 x 125 on 2:10 Kick {1 x 100 on 1:40 Kick {1 x 125 on 2:20 Kick {1 x 100 on 1:30 Kick {1 x 125 on 2:30 Kick	EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN1	
1,500	2x{1 x 200 on 3:30 Pulls {1 x 175 on 3:00 Pulls {1 x 150 on 2:30 Pulls {1 x 125 on 2:00 Pulls {1 x 100 on 1:30 Pulls { all w/paddles & fins	EN1 EN1 EN1 EN2 EN2	
400	8x{1 x 25 on :30 Freestyle {1 x 25 on :20 Freestyle	EN1 EN2	
2,025	3x{1 x 100 on 1:30 Breaststroke {1 x 100 on 1:35 Breaststroke {1 x 100 on 1:40 Breaststroke {1 x 125 on 2:00 Breaststroke {1 x 125 on 1:55 Breaststroke {1 x 125 on 1:50 Breaststroke {1 on 1:00 Rest	EN2 EN2 EN1 EN2 EN2 EN2	
425	17 x 25 on :30 Stroke Drills	REC	
7:30 PM 6,230 Yards - Stress Value = 94			

**Workout #3294 - Wednesday, 27 October 2004**

**HS Girls - Eric Blue Man**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
800	8 x 100 on 1:45 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
1x{	1 x 125 on 2:30 Kick 1 x 125 on 2:25 Kick 1 x 125 on 2:20 Kick 1 x 125 on 2:15 Kick 1 x 125 on 2:10 Kick 1 x 125 on 2:05 Kick	EN1 EN1 EN1 EN1 EN1 EN1	
1x{	2 x 150 on 2:15 Pulls no br L.12 yds 2 x 150 on 2:10 Pulls no br L.12 yds 2 x 150 on 2:05 Pulls no br L.12 yds	EN1 EN1 EN1	
300	12 x 25 on :30 IM order-build	EN1	
1x{	4 x 125 on 1:50 Freestyle 4 x 125 on 1:45 Freestyle 4 x 125 on 1:40 Freestyle 4 x 125 on 1:35 Freestyle	EN1 EN2 EN2 EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
5:04 PM 5,180 Yards - Stress Value = 60			

**Workout #3299 - Thursday, 28 October 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
6:00 PM Start			

1	on 30:00 Stomach and Stretch		
500	10 x 50 on 1:00 Stroke Drills	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
900	3x{1 x 150 on 2:45 Kick {1 x 100 on 1:50 Kick {1 x 50 on :55 Kick	EN1 EN1 EN1	
700	1 x 700 on 9:00 Pulls L.25 of each 100 brth every 9	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
4,000	2x{1 x 400 on 6:00 Individual Medley {2 x 300 on 4:25 Individual Medley {3 x 200 on 2:50 Individual Medley {4 x 100 on 1:20 Individual Medley	EN1 EN1 EN1 EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
8:29 PM 7,250 Yards - Stress Value = 74			

**Workout #3296 - Thursday, 28 October 2004**

**HS Girls - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	F
5:30 AM Start					
1	on 20:00 Stretch			L DRY	
400	1 x 400 on 8:00 Choice	REC	S	CHO	2
180	12 x 15 on :45 Shooters	SP3	S	BR	5
600	2 x 300 on 5:00 Pulls	EN1	P	FR	1
1x{	1 x 400 on 6:00 Freestyle 1 x 300 on 4:30 Freestyle 1 x 200 on 3:00 Freestyle 1 x 100 on 1:30 Freestyle	EN1 EN1 EN1 EN1	S	FR	1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 12:00 Techniques-starts		D		
	1 on 10:00 Ice		L		
7:04 AM 2,480 Yards - Stress Value = 23					

**Workout #3298 - Thursday, 28 October 2004**

**HS Girls - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM Start			
700	14 x 50 on 1:00 Stroke Drills	REC	D
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
2x{	1 x 150 on 3:30 Kick 1 x 100 on 2:20 Kick 1 x 50 on 1:10 Kick	EN1 EN1 EN1	K S K
600	2 x 300 on 5:00 Pulls L.25 of each 100 brth every 9	EN1	P
250	1 x 250 on 5:00 Even 50's 6bk	EN1	S
1x{	2 x 300 on 6:00 Individual Medley 3 x 200 on 3:50 Individual Medley 4 x 100 on 1:50 Individual Medley	EN1 EN1 EN1	S S S
200	1 x 200 on 4:00 Stroke Drills	REC	D
	1 on 15:00 Ice		M
5:15 PM 4,250 Yards - Stress Value = 42			

**Workout #3297 - Thursday, 28 October 2004**

**HS Girls - Eric Blue Man**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
700	14 x 50 on 1:00 Stroke Drills	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	3x{1 x 150 on 2:45 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 50 on :55 Kick	EN1	
1,000	1 x 1000 on 13:00 Pulls L.25 of each	EN1	
	100 brth every 9		
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
	1x{1 x 400 on 6:30 Individual Medley	EN1	
	{2 x 300 on 4:35 Individual Medley	EN1	
	{3 x 200 on 3:00 Individual Medley	EN1	
	{4 x 100 on 1:25 Individual Medley	EN1	
500	1 x 500 on 9:00 Stroke Drills	REC	
	1 on 15:00 Ice		
	5:30 PM 6,000 Yards - Stress Value = 57		

**Workout #3300 - Friday, 29 October 2004**

**HS Girls - All**

**1 minute rest between sets**

6:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and stretch		I
400	1 x 400 on 8:00 Choice	REC	S
180	12 x 15 on :45 Shooters	SP3	S
800	4 x 200 on 3:30 3 min swims 30 secR	EN1	S
	1x{4 x 25 on :35 Freestyle	EN1	S
	{4 x 25 on :30 Freestyle	EN1	S
	{4 x 25 on :25 Freestyle	EN2	S
	{4 x 25 on :20 Freestyle	EN2	S
350	7 x 50 on 1:00 Stroke Drills	REC	I
	7:30 AM 2,130 Yards - Stress Value = 21		

**Workout #3302 - Friday, 29 October 2004**

**HS Girls - All**

**1 minute rest between sets**

2:00 PM Start

Yards	Set Description	EGY	WORK	STF
	1 on 25:00 Stomach and Stretch			L DRY
	1x{1 x 150 on 3:30 Freestyle	REC	S	FF
	{1 x 150 on 3:20 Free L.50 fast	EN1	S	FF
	{1 x 150 on 3:10 Free L.100 fast	EN2	S	FF
	{1 x 150 on 3:00 All fast	EN2	S	FF
180	12 x 15 on :45 Shooters	SP3	S	CHC
	1x{2 x 50 on 1:10 Kick	EN1	K	CHC
	{4 x 75 on 1:45 Kick	EN1	K	CHC
900	3 x 300 on 5:30 Pulls	EN1	P	FF
200	8 x 25 on :30 IM order-build	EN1	S	IM
	1x{3 x 150 on 2:30 Freestyle	EN2	S	FF
	{3 x 150 on 2:25 Freestyle	EN2	S	FF
	{3 x 150 on 2:20 Freestyle	EN2	S	FF
250	1 x 250 on 4:00 Stroke Drills	REC	D	WST
	1 on 10:00 Ice			L
	4:00 PM 3,880 Yards - Stress Value = 57			

**Workout #3301 - Friday, 29 October 2004**

**HS Girls - Eric Blue Man**

**1 minute rest between sets**

2:00 PM Start

Yards	Set Description	EGY	WORK	STF

=====

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		L DRY
	1x{1 x 200 on 3:30 Freestyle	REC	S
	{1 x 200 on 3:20 Free L.50 fast	EN1	S
	{1 x 200 on 3:10 Free L.100 fast	EN2	S
	{1 x 200 on 3:00 Free L.150 fast	EN2	S
180	12 x 15 on :45 Shooters	SP3	S
	1x{2 x 50 on 1:00 Kick	EN1	K
	{2 x 75 on 1:25 Kick	EN1	K
	{2 x 100 on 1:50 Kick	EN2	K
1,200	3 x 400 on 5:30 Pulls	EN1	P
200	8 x 25 on :30 IM order-build	EN1	S
	1x{3 x 200 on 2:30 Freestyle	EN2	S
	{3 x 200 on 2:25 Freestyle	EN2	S
	{3 x 200 on 2:20 Freestyle	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L
	3:59 PM 4,880 Yards - Stress Value = 74		

**Workout #3303 - Saturday, 30 October 2004**

**HS Girls - All**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		I
500	1 x 500 on 10:00 Choice	REC	S
180	12 x 15 on :45 Shooters	SP3	S
	3x{1 x 150 on 3:30 Kick	EN1	F
	{1 x 100 on 2:20 Kick	EN1	F
	{1 x 50 on 1:10 Kick	EN1	F
	1x{4 x 125 on 2:15 Lungbuster pulls	EN1	F
	{4 x 125 on 2:10 Lungbuster pulls	EN1	F
450	9 x 50 on 1:00 Descend in sets of 3	EN1	S
	8x{1 x 100 on 1:45 Individual Medley	EN1	S
	{1 x 50 on :45 Freestyle	EN2	S
	{1 x 50 on 1:00 Freestyle	REC	S
400	16 x 25 on :40 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	9:31 AM 5,030 Yards - Stress Value = 46		

**Workout #3304 - Saturday, 30 October 2004**

**HS Girls - Eric Blue Man**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
500	1 x 500 on 10:00 Choice	REC	
180	12 x 15 on :45 Shooters	SP3	
	3x{1 x 150 on 2:45 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 50 on :55 Kick	EN1	
	1x{2 x 125 on 2:00 Lungbuster pulls	EN1	
	{2 x 125 on 1:55 Lungbuster pulls	EN1	
	{2 x 125 on 1:50 Lungbuster pulls	EN1	
	{2 x 125 on 1:45 Lungbuster pulls	EN1	
	{2 x 125 on 1:40 Lungbuster pulls	EN1	
900	9 x 100 on 1:30 Descend in sets of 3	EN1	
	8x{1 x 100 on 1:20 Individual Medley	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
400	16 x 25 on :40 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:29 AM 5,730 Yards - Stress Value = 59		

**Workout #3308 - Monday, 01 November 2004**

**Group 3 - All**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,050	1x{3 x 125 on 2:15 Kick	EN2	
	{3 x 100 on 1:45 Kick	EN2	
	{3 x 75 on 1:15 Kick	EN2	
	{3 x 50 on :45 Kick	EN2	
1,500	10 x 150 on 2:15 Lungbuster pulls	EN1	
	odds br 3-5-7		
	evens br 4-6-8		
400	16 x 25 on :30 IM order-build	EN1	
3,000	1x{1 x 500 on 6:00 Freestyle	EN2	
	{2 x 400 on 4:45 Freestyle	EN2	
	{3 x 300 on 3:30 Freestyle	EN2	
	{4 x 200 on 2:15 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	

7:30 PM 7,550 Yards - Stress Value = 112

**Workout #3305 - Monday, 01 November 2004**

**HS Girls - All**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and stretch		L	DRY
400	1 x 400 on 7:00 Choice	REC	S	CHO
180	12 x 15 on :45 Shooters	SP3	S	FR
500	2 x 250 on 3:45 Pulls	EN1	P	FR
	1x{3 x 125 on 2:00 Freestyle	EN1	S	FR
	{3 x 100 on 1:35 Freestyle	EN1	S	FR
	{3 x 75 on 1:05 Freestyle	EN1	S	FR
	{3 x 50 on :40 Freestyle	EN2	S	FR
	{1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		L	DRY

7:06 AM 2,330 Yards - Stress Value = 24

**Workout #3306 - Monday, 01 November 2004**

**HS Girls - All**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Stomach and Stretch		L	DF
600	6 x 100 on 2:15 Stroke Drills	REC	D	C
180	12 x 15 on :45 Shooters	SP3	S	F
	1x{3 x 125 on 2:40 Kick	EN2	K	CF
	{3 x 100 on 2:05 Kick	EN2	K	CF
	{3 x 75 on 1:30 Kick	EN2	K	CF
900	6 x 150 on 2:30 Lungbuster pulls	EN1	P	F
	odds br 3-5-7			
	evens br 4-6-8			
	1x{1 x 400 on 6:00 Freestyle	EN2	S	F
	{2 x 300 on 4:25 Freestyle	EN2	S	F
	{3 x 200 on 2:50 Freestyle	EN2	S	F
250	1 x 250 on 5:00 Stroke Drills	REC	D	C
	1 on 15:00 Ice		L	

5:16 PM 4,430 Yards - Stress Value = 66

**Workout #3307 - Monday, 01 November 2004**

**HS Girls - Eric Blue Man**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Stomach and Stretch		L	DF
600	6 x 100 on 2:15 Stroke Drills	REC	D	C
180	12 x 15 on :45 Shooters	SP3	S	F
	1x{3 x 125 on 2:20 Kick	EN2	K	CF
	{3 x 100 on 1:50 Kick	EN2	K	CF
	{3 x 75 on 1:20 Kick	EN2	K	CF
1,200	8 x 150 on 2:15 Lungbuster pulls	EN1	P	F
	odds br 3-5-7			
	evens br 4-6-8			
	1x{1 x 500 on 6:15 Freestyle	EN2	S	F
	{2 x 400 on 5:00 Freestyle	EN2	S	F
	{3 x 300 on 3:45 Freestyle	EN2	S	F
	{4 x 200 on 2:30 Freestyle	EN2	S	F
250	1 x 250 on 5:00 Stroke Drills	REC	D	C
	1 on 15:00 Ice		L	

5:31 PM 6,130 Yards - Stress Value = 81

**Workout #3312 - Tuesday, 02 November 2004**

**Group 3 - All**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
900	3x{3 x 50 on 1:00 Stroke Drills	REC	I
	{1 x 150 on 2:15 Free build each 50	EN1	S
180	12 x 15 on :45 Shooters	SP3	S
1,000	5x{4 x 25 on :30 Kick no board	EN3	F
	{1 x 100 on 2:00 Freestyle	REC	S
1,200	4x{1 x 200 on 2:30 Pulls	EN1	F
	{2 x 50 on 1:15 Pulls 3 breaths	EN1	F
300	6x{1 x 25 on :30 Freestyle	EN1	S
	{1 x 25 on :20 Freestyle	EN2	S
2,000	2x{1 x 200 on 3:00 Backstroke	EN2	S
	{2 x 150 on 2:15 Backstroke	EN2	S
	{3 x 100 on 1:30 Backstroke	EN2	S
	{8 x 25 on 1:00 Backstroke 15m under	EN3	S
250	1 x 250 on 4:00 Stroke Drills	REC	I

8:30 PM 5,830 Yards - Stress Value = 114

**Workout #3309 - Tuesday, 02 November 2004**

**HS Girls - All**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 10:00 Stretch		
600	1 x 600 on 12:00 Reverse IM drill	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 125 on 2:15 Lungbuster pulls	EN1	
	{2 x 125 on 2:10 Lungbuster pulls	EN1	
	{2 x 125 on 2:05 Lungbuster pulls	EN1	
	{ br 3-4-5-6-7		
1,350	9 x 150 on 2:15 Descend in sets of 3	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Techniques-Relay Str		
	1 on 10:00 Ice		

7:04 AM 3,130 Yards - Stress Value = 40

**Workout #3310 - Tuesday, 02 November 2004**

**HS Girls - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOLF
	1 on 30:00 Stomach and Stretch		I
	2x{3 x 50 on 1:00 Stroke Drills	REC	I
	{1 x 150 on 2:30 Free build each 50	EN1	S
180	12 x 15 on :45 Shooters	SP3	S
	4x{4 x 25 on :45 Kick no board	EN2	F
	{1 x 100 on 2:00 Freestyle	REC	S
	3x{1 x 200 on 3:15 Pulls	EN1	F
	{2 x 50 on 1:15 Pulls 3 breaths	EN1	F
	4x{1 x 25 on :35 Freestyle	EN1	S
	{1 x 25 on :25 Freestyle	EN2	S
	2x{2 x 150 on 3:00 Backstroke	EN2	S
	{2 x 100 on 2:00 Backstroke	EN2	S
	{2 x 50 on 1:00 Backstroke	EN2	S
	{8 x 25 on 1:00 Backstroke 15m under	EN3	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		N
5:32 PM 4,530 Yards - Stress Value = 78			

**Workout #3313 - Wednesday, 03 November 2004**

**HS Girls - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOLF
	1 on 30:00 Stomach and Stretch		
	1 x 800 on 15:00 Reverse IM drill	REC	
800	12 x 15 on :45 Shooters	SP3	
180	8 x 100 on 2:15 Kick-odds 100% effrt	EN2	
800	1x{2 x 250 on 4:15 Pulls	EN1	
	{1 x 250 on 4:00 Pulls	EN2	
	2x{1 x 75 on 1:20 2bk-4bk-6bk by 25's	EN1	
	{1 x 75 on 1:30 IM w/out the breast	EN1	
	3x{8 x 25 on :45 Breast-FAST TURNOVER	EN1	
	{1 x 150 on 3:00 Breaststroke	EN1	
	{1 x 100 on 1:55 Breaststroke	EN2	
	{1 x 50 on :55 Breaststroke	EN2	
	{1 on 1:00 Rest		
400	1 x 400 on 8:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM 4,730 Yards - Stress Value = 56			

**Workout #3311 - Tuesday, 02 November 2004**

**HS Girls - Eric Blue Man**

**1 minute rest between sets**

Yards	Set Description	EGY	WOLF
	1 on 30:00 Stomach and Stretch		I
	3x{3 x 50 on 1:00 Stroke Drills	REC	I
	{1 x 150 on 2:15 Free build each 50	EN1	S
180	12 x 15 on :45 Shooters	SP3	S
	4x{4 x 25 on :30 Kick no board	EN3	F
	{1 x 100 on 2:00 Freestyle	REC	S
	3x{1 x 200 on 2:45 Pulls	EN1	F
	{2 x 50 on 1:15 Pulls 3 breaths	EN1	F
	6x{1 x 25 on :30 Freestyle	EN1	S
	{1 x 25 on :20 Freestyle	EN2	S
	2x{1 x 200 on 3:00 Backstroke	EN2	S
	{2 x 150 on 2:15 Backstroke	EN2	S
	{3 x 100 on 1:30 Backstroke	EN2	S
	{8 x 25 on 1:00 Backstroke 15m under	EN3	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		N
5:32 PM 5,330 Yards - Stress Value = 105			

**Workout #3315 - Thursday, 04 November 2004**

**HS Girls - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOLF
	1 on 10:00 Strething		I
	1 on 10:00 Sculling drills		I
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{5 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	F
	{5 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	F
	{5 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	F
	{5 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F
	2x{1 x 100 on 2:00 Individual Medley	EN1	S
	{4 x 25 on :30 Butterfly	EN1	S
	{1 x 100 on 1:55 Individual Medley	EN1	S
	{4 x 25 on :30 Backstroke	EN1	S
	{1 x 100 on 1:50 Individual Medley	EN1	S
	{4 x 25 on :30 Breaststroke	EN1	S
	{1 x 100 on 1:45 Individual Medley	EN1	S
	{4 x 25 on :30 Freestyle	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		I
7:02 AM 3,100 Yards - Stress Value = 36			

**Workout #3314 - Wednesday, 03 November 2004**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 13:00 Reverse IM drill	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 1:45 Kick-odds 100% effrt	EN2	
1,000	1x{2 x 250 on 3:15 Pulls	EN1	
	{2 x 250 on 3:05 Pulls	EN2	
600	4x{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	{1 x 75 on 1:15 IM w/out the breast	EN1	
2,100	3x{8 x 25 on 1:00 Brst drll-pddls/fins	EN1	
	{1 x 200 on 3:30 Breaststroke	EN1	
	{1 x 150 on 2:30 Breaststroke	EN1	
	{1 x 100 on 1:35 Breaststroke	EN2	
	{1 x 50 on :45 Breaststroke	EN2	
	{1 on 1:00 Rest		
250	1 x 250 on 4:00 Stroke Drills	REC	
7:30 PM 5,930 Yards - Stress Value = 73			

**Workout #3316 - Friday, 05 November 2004**

**HS Girls - All**

**1 minute rest between sets**

5:30 AM Start			
Yards	Set Description	EGY	WORK ST
	1 on 40:00 Weights		L DF
500	1 x 500 on 9:00 Choice	REC	S CF
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S F
	1x{1 x 200 on 3:10 Freestyle	EN1	S F
	{1 x 150 on 2:20 Freestyle	EN2	S F
	{1 x 100 on 1:35 Freestyle	EN1	S F
	{1 x 200 on 3:00 Freestyle	EN1	S F
	{1 x 50 on :50 Freestyle	EN1	S F
	{1 x 150 on 2:15 Freestyle	EN1	S F
	{1 x 100 on 1:30 Freestyle	EN1	S F
	{1 x 50 on :45 Freestyle	EN1	S F
	{1 x 200 on 2:50 Freestyle	EN2	S F
	{1 x 150 on 2:05 Freestyle	EN2	S F
	{1 x 100 on 1:25 Freestyle	EN2	S F
	{1 x 50 on :40 Freestyle	EN2	S F
200	1 x 200 on 4:00 Stroke Drills	REC	D C
	1 on 10:00 Ice		M
7:05 AM 2,500 Yards - Stress Value = 33			

**Workout #3319 - Monday, 08 November 2004**

**HighSchl - All**

**1 minute rest between sets**

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Dryland/Team mtg		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :45 Kick no board	EN1	
	{1 x 100 on 2:15 Kick	EN1	
800	1 x 800 on 13:00 Pulls L. 25 of each	EN1	
	100 br ev 7		
300	3 x 100 on 2:00 Individual Medley	EN1	
	2x{1 x 250 on 3:45 Freestyle	EN1	
	{3 x 50 on 1:00 Freestyle-descend	EN1	
	{1 x 250 on 3:40 Freestyle	EN1	
	{3 x 50 on 1:00 Freestyle-descend	EN1	
	{1 x 250 on 3:35 Freestyle	EN1	
	{3 x 50 on 1:00 Freestyle-descend	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:30 PM 5,280 Yards - Stress Value = 48			

**Workout #3320 - Monday, 08 November 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

5:15 PM Start			
Yards	Set Description	EGY	WOF
	1 on 15:00 Dryland		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
800	4x{4 x 25 on :40 Kick no board	EN1	
	{1 x 100 on 2:00 Kick	EN1	
1,000	1 x 1000 on 13:00 Pulls L.25 of each	EN1	
	100 br ev 9		
400	4 x 100 on 1:45 Individual Medley	EN1	
3,700	1x{2 x 250 on 3:15 Freestyle	EN2	
	{6 x 50 on :45 Freestyle-descend	EN2	
	{2 x 250 on 3:10 Freestyle	EN2	
	{6 x 50 on :45 Freestyle-descend	EN1	
	{2 x 250 on 3:05 Freestyle	EN2	
	{6 x 50 on :45 Freestyle-descend	EN2	
	{2 x 250 on 3:00 Freestyle	EN2	
	{6 x 50 on :45 Freestyle-descend	EN2	
	{2 x 250 on 2:55 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:29 PM 7,080 Yards - Stress Value = 100			

**Workout #3318 - Monday, 08 November 2004**

**HighSchl - Platinum**

**1 minute rest between sets**

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Dryland/Team mtg		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
800	4x{4 x 25 on :30 Kick no board	EN1	
	{1 x 100 on 2:00 Kick	EN1	
1,000	1 x 1000 on 13:00 Pulls L.25 of each	EN1	
	100 br ev 9		
400	4 x 100 on 1:30 Individual Medley	EN1	
3,700	1x{2 x 250 on 3:05 Freestyle	EN2	
	{6 x 50 on :45 Freestyle-descend	EN2	
	{2 x 250 on 3:00 Freestyle	EN2	
	{6 x 50 on :45 Freestyle-descend	EN1	
	{2 x 250 on 2:55 Freestyle	EN2	
	{6 x 50 on :45 Freestyle-descend	EN2	
	{2 x 250 on 2:50 Freestyle	EN2	
	{6 x 50 on :45 Freestyle-descend	EN2	
	{2 x 250 on 2:45 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM 7,130 Yards - Stress Value = 100			

**Workout #3317 - Monday, 08 November 2004**

**HighSchl - All**

**1 minute rest between sets**

5:30 AM Start			
Yards	Set Description	EGY	WORK S
	1 on 40:00 Weights and stretch		L I
500	1 x 500 on 8:00 Choice	REC	S C
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
800	8 x 100 on 1:30 Lungbuster pulls	EN1	P
	1x{6 x 25 on :30 Freestyle	EN1	S
	{6 x 25 on :25 Freestyle	EN1	S
	{6 x 25 on :20 Freestyle	EN2	S
	{1 x 200 on 3:00 Individual Medley	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D C
	1 on 10:00 Ice		M
7:05 AM 2,500 Yards - Stress Value = 29			

**Workout #3326 - Tuesday, 09 November 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	6:00 PM Start		
	1 on 30:00 Stomach and Stretch		I
900	3x{1 x 100 on 1:30 Stroke Drills	REC	I
	{1 x 100 on 1:45 Stroke Drills	REC	I
	{1 x 100 on 2:00 Stroke Drills br/fl	REC	I
180	12 x 15 on :45 Shooters	SP3	S
1,000	2x{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	EN2	F
	{1 x 100 on 1:45 Kick	EN2	F
	{1 x 100 on 1:40 Kick	EN2	F
1,250	2x{1 x 125 on 2:00 Pulls br every 3	EN1	F
	{1 x 125 on 1:55 Pulls br every 4	EN1	F
	{1 x 125 on 1:50 Pulls br every 5	EN1	F
	{1 x 125 on 1:45 Pulls br every 6	EN1	F
	{1 x 125 on 1:40 Pulls br every 7	EN1	F
300	4 x 75 on 1:15 IM w/out the back	EN1	S
1,875	1x{5 x 100 on 1:40 Backstroke	EN1	S
	{1 x 25 on 1:00 Backstroke	SP1	S
	{4 x 100 on 1:40 Backstroke	EN1	S
	{2 x 25 on 1:00 Backstroke	SP1	S
	{3 x 100 on 1:40 Backstroke	EN1	S
	{3 x 25 on 1:00 Backstroke	SP1	S
	{2 x 100 on 1:40 Backstroke	EN1	S
	{4 x 25 on 1:00 Backstroke	SP1	S
	{1 x 100 on 1:40 Backstroke	EN1	S
	{5 x 25 on 1:00 Backstroke	SP1	S
325	1 x 325 on 6:00 Drill 4R-4L-4B	REC	I
	8:30 PM 5,830 Yards - Stress Value = 81		

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
6x{1 x 50 on :00 Freestyle	SP1	S
{1 x 50 on 3:00 Freestyle	REC	S
1 x 500 on 9:00 Drill 4R-4L-4B	REC	D
1 on 10:00 Ice		M
7:05 AM 2,575 Yards - Stress Value = 43		

**Workout #3324 - Tuesday, 09 November 2004**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Team mtg/stretch		
800	8 x 100 on 1:30 Stroke Drills	REC	
	odds free evens back		
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 2:00 Kick	EN1	
	{2 x 75 on 1:30 Kick	EN1	
	{2 x 50 on 1:00 Kick	EN1	
	{2 x 25 on :30 Kick	EN1	
	1x{5 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	6x{4 x 25 on :40 Stroke Drills	REC	
	{1 x 125 on 2:00 Your Stroke Grt.Tech	EN1	
	{1 x 100 on 1:30 Individual Medley	EN1	
400	4 x 100 on 1:30 Freestyle-descend to	EN1	
	luicrous speed		
250	1 x 250 on 4:00 Drill 4R-4L-4B	REC	
	1 on 15:00 Ice		
	5:25 PM 5,130 Yards - Stress Value = 41		

**Workout #3325 - Tuesday, 09 November 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Stomach and Stretch		
600	6 x 100 on 2:00 Stroke Drills	REC	
	odds free evens back		
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 2:20 Kick	EN1	
	{2 x 75 on 1:45 Kick	EN1	
	{2 x 50 on 1:10 Kick	EN1	
	{2 x 25 on :35 Kick	EN1	
	1x{6 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{6 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{5 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
	5x{4 x 25 on :40 Stroke Drills	REC	
	{1 x 125 on 2:00 Your Stroke Grt.Tech	EN1	
	{1 x 100 on 2:00 Individual Medley	EN1	
300	3 x 100 on 1:45 Freestyle-descend to	EN1	
	luicrous speed		
250	1 x 250 on 5:00 Drill 4R-4L-4B	REC	
	1 on 15:00 Ice		
	5:25 PM 4,305 Yards - Stress Value = 34		

**Workout #3323 - Tuesday, 09 November 2004**

**HighSchl - Boys**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	5:30 AM Start		
	1 on 30:00 Physio balls/stretch		L I
500	1 x 500 on 8:00 Choice	REC	S C
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S F
	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
	1x{1 x 300 on 4:30 Pulls	EN1	P
	{1 x 250 on 3:45 Pulls	EN1	P
	{1 x 200 on 3:00 Pulls	EN1	P
	{1 x 150 on 2:15 Pulls	EN1	P
300	1 x 300 on 6:00 Drill 4R-4L-4B	REC	D
	1 on 15:00 Ice		M
	7:05 AM 2,750 Yards - Stress Value = 29		

**Workout #3321 - Tuesday, 09 November 2004**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	5:30 AM Start		
	1 on 30:00 Physio balls/stretch		L I
500	1 x 500 on 8:00 Choice	REC	S C
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S F

**Workout #3322 - Tuesday, 09 November 2004**

**HighSchl - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:30 AM Start				
500	1 on 30:00 Physio balls/stretch		L	I
500	1 x 500 on 8:00 Choice	REC	S	C
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S	F
	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	
	6x{1 x 50 on :00 Freestyle	SP1	S	
	{1 x 50 on 3:00 Freestyle	REC	S	
500	1 x 500 on 9:00 Drill 4R-4L-4B	REC	D	
	1 on 10:00 Ice		M	
7:05 AM 2,575 Yards - Stress Value = 43				

**Workout #3329 - Wednesday, 10 November 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ε
5:00 PM Start				
	1 on 30:00 Stomach and Stretch		L	
1,600	1 x 1600 on 24:00 Swim-kick-pull-swim	REC	S	
180	12 x 15 on :45 Shooters	SP3	S	
500	1 x 500 on 59:59 Technique and film	REC	S	
900	1 x 900 on 16:00 Vertical Kicking	EN2	K	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
7:31 PM 3,580 Yards - Stress Value = 25				

**Workout #3328 - Wednesday, 10 November 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF	ε
3:00 PM Start				
	1 on 40:00 Weights and stretch			
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC		
180	12 x 15 on :45 Shooters	SP3		
	2x{2 x 75 on 1:35 Kick	EN2		
	{2 x 75 on 1:30 Kick	EN2		
	{2 x 75 on 1:25 Kick	EN2		
	1x{2 x 225 on 4:00 Pulls	EN1		
	{2 x 225 on 3:45 Pulls	EN1		
	{2 x 225 on 3:30 Pulls	EN2		
150	1 x 150 on 3:00 2bk-4bk-6bk by 50's	EN1		
	6x{8 x 25 on :30 Butterfly	EN2		
	{1 on 1:00 Rest			
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
5:35 PM 4,630 Yards - Stress Value = 68				

**Workout #3327 - Wednesday, 10 November 2004**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF	ε
3:00 PM Start				
	1 on 40:00 Weights and stretch			
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC		
180	12 x 15 on :45 Shooters	SP3		
	2x{2 x 100 on 1:35 Kick	EN2		
	{2 x 100 on 1:30 Kick	EN2		
	{2 x 100 on 1:25 Kick	EN2		
	1x{2 x 300 on 4:00 Pulls	EN1		
	{2 x 300 on 3:45 Pulls	EN1		

	{2 x 300 on 3:30 Pulls		EN2	
300	4 x 75 on 1:05 2bk-4bk-6bk by 25's		EN1	
	6x{8 x 25 on :25 Butterfly		EN2	
	{1 on 1:10 Rest			
250	1 x 250 on 4:00 Stroke Drills		REC	
	1 on 10:00 Ice			
5:34 PM 5,730 Yards - Stress Value = 82				

**Workout #3331 - Thursday, 11 November 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF	ε
3:00 PM Start				
	1 on 30:00 Physio Balls/Stretch			
1,000	1x{1 x 400 on 6:00 Stroke Drills		REC	
	{1 x 300 on 5:00 Stroke Drills		REC	
	{1 x 200 on 3:40 Stroke Drills		REC	
	{1 x 100 on 1:30 Stroke Drills		REC	
180	12 x 15 on :45 Shooters		SP3	
900	3x{4 x 25 on :30 Kick no board		EN2	
	{1 x 150 on 2:35 Kick		EN2	
	{1 x 50 on 1:00 Kick		EN1	
1,200	3 x 400 on 5:45 Pulls-nbbf&w + 2 yds		EN1	
450	9 x 50 on :45 Descend in sets of 3		EN1	
3,400	1x{1 x 500 on 7:05 Backstroke		EN2	
	{1 x 500 on 6:15 Freestyle		EN2	
	{1 x 400 on 5:40 Backstroke		EN2	
	{2 x 400 on 4:50 Freestyle		EN2	
	{1 x 300 on 4:15 Backstroke		EN2	
	{3 x 300 on 3:35 Freestyle		EN2	
200	1 x 200 on 3:00 Stroke Drills		REC	
5:31 PM 7,330 Yards - Stress Value = 108				

**Workout #3330 - Thursday, 11 November 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF	ε
5:30 AM Start				
	1 on 30:00 Physio Balls/Stretch		L	I
400	1 x 400 on 6:00 Free L.25 of each	EN1	S	
	100 use a 6 beat kic			
300	12 x 25 on :30 12.5 ez 12.5 fast	EN2	S	
375	3 x 125 on 1:40 Freestyle-descend	EN1	S	
	5x{1 x 25 on :30 Freestyle	REC	S	
	{1 x 25 on :40 Freestyle	SP2	S	
	{1 x 25 on :50 Freestyle	SP2	S	
	{1 x 25 on 1:00 Freestyle	SP2	S	
	{1 x 200 on 4:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
7:05 AM 2,575 Yards - Stress Value = 50				



**Workout #3333 - Thursday, 11 November 2004**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
180	1x{1 x 400 on 6:00 Stroke Drills	REC	
	{1 x 300 on 5:00 Stroke Drills	REC	
	{1 x 200 on 3:40 Stroke Drills	REC	
	{1 x 100 on 1:30 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :30 Kick no board	EN2	
	{1 x 150 on 2:35 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN1	
1,200	3 x 400 on 5:00 Pulls	EN1	
450	9 x 50 on :45 Descend in sets of 3	EN1	
300	12 x 25 on 1:00 Breast drill pdls/fns	EN2	
	1x{4 x 75 on 1:15 Breaststroke	EN2	
	{4 x 75 on 1:00 25 brst 50 free	EN2	
	{4 x 75 on 1:10 Breaststroke	EN2	
	{4 x 75 on 1:00 25 brst 50 free	EN2	
	{4 x 75 on 1:05 Breaststroke	EN2	
	{4 x 75 on 1:00 25 brst 50 free	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,080 Yards - Stress Value = 82		

**Workout #3334 - Thursday, 11 November 2004**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
180	1x{1 x 300 on 6:00 Stroke Drills	REC	
	{1 x 250 on 5:00 Stroke Drills	REC	
	{1 x 175 on 3:40 Stroke Drills	REC	
	{1 x 75 on 1:30 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :40 Kick no board	EN2	
	{1 x 150 on 3:20 Kick good effort	EN2	
1,050	3 x 350 on 5:00 Pulls	EN1	
350	7 x 50 on :55 Dscnd in 3's #7-100%	EN1	
200	8 x 25 on 1:00 Breast drill fins/zmr	EN2	
	1x{3 x 75 on 1:30 Breaststroke	EN2	
	{4 x 75 on 1:15 25 brst 50 free	EN2	
	{3 x 75 on 1:25 Breaststroke	EN2	
	{4 x 75 on 1:15 25 brst 50 free	EN2	
	{3 x 75 on 1:20 Breaststroke	EN2	
	{4 x 75 on 1:15 25 brst 50 free	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 5,155 Yards - Stress Value = 70		

**Workout #3332 - Thursday, 11 November 2004**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
180	1x{1 x 300 on 6:00 Stroke Drills	REC	
	{1 x 250 on 5:00 Stroke Drills	REC	
	{1 x 175 on 3:40 Stroke Drills	REC	
	{1 x 75 on 1:30 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :45 Kick no board	EN2	
	{1 x 100 on 2:30 Kick good effort	EN2	
750	3 x 250 on 5:00 Pulls	EN1	

300	6 x 50 on 1:00 Descend in sets of 3	EN1
300	12 x 25 on 1:00 Breast drill clsd fst	EN2
	1x{4 x 50 on 1:15 Breaststroke	EN2
	{4 x 50 on 1:00 25 brst 25 free	EN2
	{4 x 50 on 1:10 Breaststroke	EN2
	{4 x 50 on 1:00 25 brst 25 free	EN2
	{4 x 50 on 1:05 Breaststroke	EN2
	{4 x 50 on 1:00 25 brst 25 free	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:33 PM 4,380 Yards - Stress Value = 60	

**Workout #3335 - Friday, 12 November 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	SI
	1 on 30:00 Weights and stretch			L DF
400	1 x 400 on 7:00 Reverse IM drill	REC		D I
180	12 x 15 on :30 12.5 ez 12.5 fast	SP3		S E
	1x{4 x 125 on 2:00 Freestyle	EN3		S E
	{1 on 1:00 Rest			M
	{4 x 125 on 1:50 Freestyle	EN3		S E
	{1 on 1:00 Rest			M
	{4 x 125 on 1:40 Freestyle	EN3		S E
	{1 on 1:00 Rest			M
	{4 x 125 on 1:30 Freestyle	EN3		S E
500	1 x 500 on 8:00 Freestyle	REC		S E
	1 on 10:00 Ice			M
	7:05 AM 3,080 Yards - Stress Value = 127			

**Workout #3336 - Friday, 12 November 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Team mtg/stretch		
300	1 x 300 on 8:00 Sculling drills	REC	
900	1 x 900 on 16:00 Vertical Kicking	EN2	
180	12 x 15 on :45 Shooters	SP3	
	1 on 15:00 Techniques-relay str		
	4x{4 x 50 on 1:00 Stroke Drills	REC	
	{1 x 100 on 2:00 Swim-great technique	EN1	
	1 on 15:00 Guantlet		
	1 on 10:00 Ice		
	5:00 PM 2,580 Yards - Stress Value = 29		

**Workout #3337 - Saturday, 13 November 2004**

9:33 AM 4,980 Yards - Stress Value = 59

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Dryland and stretch		L I	
800	16 x 50 on 1:00 Stroke Drills	REC	D C	
180	12 x 15 on :45 Shooters	SP3	S	
900	9 x 100 on 1:45 Kick-odds fast	EN2	K C	
1,500	3 x 500 on 6:15 Pulls	EN1	P	
600	6 x 100 on 1:30 Freestyle-descend	EN1	S	
	1x{4 x 25 on :30 IM order	EN1	S	
	{1 x 100 on 1:05 Freestyle	EN2	S	
	{4 x 50 on :55 IM order	EN1	S	
	{1 x 200 on 2:10 Freestyle	EN2	S	
	{4 x 75 on 1:20 IM order	EN1	S	
	{1 x 300 on 3:15 Freestyle	EN2	S	
	{4 x 100 on 1:45 IM order	EN1	S	
	{1 x 400 on 4:20 Freestyle	EN2	S	
500	10 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

9:34 AM 6,480 Yards - Stress Value = 76

**Workout #3338 - Saturday, 13 November 2004**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Dryland and stretch		L I	
800	16 x 50 on 1:00 Stroke Drills	REC	D C	
180	12 x 15 on :45 Shooters	SP3	S	
900	9 x 100 on 2:00 Kick-odds fast	EN2	K C	
1,275	3 x 425 on 6:15 Pulls	EN1	P	
600	6 x 100 on 1:30 Freestyle-descend	EN1	S	
	1x{4 x 25 on :30 IM order	EN1	S	
	{1 x 100 on 1:20 Freestyle	EN2	S	
	{4 x 50 on 1:00 IM order	EN1	S	
	{1 x 200 on 2:40 Freestyle	EN2	S	
	{4 x 50 on 1:00 IM order	EN1	S	
	{1 x 300 on 4:00 Freestyle	EN2	S	
	{4 x 25 on :30 IM order-build	EN1	S	
	{1 x 400 on 5:20 Freestyle	EN2	S	
500	10 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

9:33 AM 5,855 Yards - Stress Value = 70

**Workout #3339 - Saturday, 13 November 2004**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Dryland and stretch		L I	
800	16 x 50 on 1:00 Stroke Drills	REC	D C	
180	12 x 15 on :45 Shooters	SP3	S	
750	10 x 75 on 2:00 Kick-odds fast	EN2	K C	
1,050	3 x 350 on 6:15 Pulls	EN1	P	
300	3 x 100 on 1:50 Freestyle-descend	EN1	S	
	1x{4 x 25 on :40 IM order	EN1	S	
	{1 x 100 on 1:40 Freestyle	EN2	S	
	{4 x 25 on :40 IM order	EN1	S	
	{1 x 200 on 3:20 Freestyle	EN2	S	
	{4 x 25 on :40 IM order	EN1	S	
	{1 x 300 on 5:00 Freestyle	EN2	S	
	{4 x 25 on :40 IM order	EN1	S	
	{1 x 400 on 6:20 Freestyle	EN2	S	
500	10 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

**Workout #3345 - Monday, 15 November 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	3x{4 x 25 on :30 Kick no board	EN2	
	{1 x 100 on 1:50 Kick	EN2	
1,200	1x{2 x 150 on 2:00 Pulls no br L.5 yds	EN1	
	{2 x 150 on 1:55 Pulls no br L. 7 yds	EN1	
	{2 x 150 on 1:50 Pulls no br L. 9 yds	EN1	
	{2 x 150 on 1:45 Pulls no br L.11 yds	EN1	
300	4 x 75 on 1:10 IM w/out the	EN1	
4,200	1x{2 x 800 on 9:45 Freestyle	EN2	
	{2 x 700 on 8:30 Freestyle	EN2	
	{2 x 600 on 7:15 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:34 PM 7,530 Yards - Stress Value = 118

**Workout #3344 - Monday, 15 November 2004**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	6x{4 x 25 on :40 Kick no board	EN2	
	{1 x 100 on 1:55 Kick	EN2	
1,200	1x{2 x 150 on 2:20 Pulls no br L.5 yds	EN1	
	{2 x 150 on 2:15 Pulls no br L. 7 yds	EN1	
	{2 x 150 on 2:10 Pulls no br L. 9 yds	EN1	
	{2 x 150 on 2:05 Pulls no br L.11 yds	EN1	
300	4 x 75 on 1:20 IM w/out the	EN1	
1,800	2x{2 x 25 on :30 Butterfly 2-1-2	EN1	
	{1 x 100 on 1:30 Freestyle	REC	
	{2 x 50 on :55 Butterfly 2-2-2	EN1	
	{1 x 100 on 1:30 Freestyle	REC	
	{2 x 75 on 1:20 Butterfly 2-3-2	EN1	
	{1 x 100 on 1:30 Freestyle	REC	
	{2 x 100 on 1:45 Butterfly 2-4-2	EN1	
	{1 x 100 on 1:30 Freestyle	REC	
400	1 x 400 on 6:00 Stroke Drills	REC	
	1 on 9:00 Ice		

5:34 PM 5,880 Yards - Stress Value = 56

**Workout #3346 - Monday, 15 November 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	6x{4 x 25 on :45 Kick no board	EN2	
	{1 x 100 on 2:15 Kick	EN2	
1,200	1x{2 x 150 on 2:40 Pulls no br L.5 yds	EN1	
	{2 x 150 on 2:35 Pulls no br L. 7 yds	EN1	
	{2 x 150 on 2:30 Pulls no br L. 9 yds	EN1	
	{2 x 150 on 2:25 Pulls no br L.11 yds	EN1	
300	4 x 75 on 1:30 IM w/out the	EN1	
1,200	2x{1 x 100 on 2:00 Backstroke	EN1	
	{2 x 75 on 1:30 Backstroke	EN1	
	{3 x 50 on 1:00 Backstroke	EN1	
	{4 x 25 on :30 Backstroke	EN1	
	{1 x 100 on 1:30 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:34 PM 5,130 Yards - Stress Value = 60

**Workout #3342 - Monday, 15 November 2004**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and stretch		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{2 x 75 on 1:15 Freestyle	EN2	
	{1 x 150 on 2:20 Freestyle	EN2	
	{2 x 75 on 1:15 Freestyle	EN2	
	{1 x 150 on 2:15 Freestyle	EN2	
	{2 x 75 on 1:15 Freestyle	EN2	
	{1 x 150 on 2:10 Freestyle	EN2	
	{2 x 75 on 1:15 Freestyle	EN2	
	{1 x 150 on 2:05 Freestyle	EN2	
	{2 x 75 on 1:15 Freestyle	EN2	
	{1 x 150 on 2:00 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:04 AM 2,400 Yards - Stress Value = 42

**Workout #3340 - Monday, 15 November 2004**

**HighSchl - Platinum**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and stretch		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{2 x 100 on 1:15 Freestyle	EN2	
	{1 x 200 on 2:20 Freestyle	EN2	
	{2 x 100 on 1:15 Freestyle	EN2	
	{1 x 200 on 2:15 Freestyle	EN2	
	{2 x 100 on 1:15 Freestyle	EN2	
	{1 x 200 on 2:10 Freestyle	EN2	
	{2 x 100 on 1:15 Freestyle	EN2	
	{1 x 200 on 2:05 Freestyle	EN2	
	{2 x 100 on 1:15 Freestyle	EN2	
	{1 x 200 on 2:00 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:04 AM 2,950 Yards - Stress Value = 52

**Workout #3343 - Monday, 15 November 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	6x{4 x 25 on :40 Kick no board	EN2	
	{1 x 100 on 1:55 Kick	EN2	
1,200	1x{2 x 150 on 2:20 Pulls no br L.5 yds	EN1	
	{2 x 150 on 2:15 Pulls no br L. 7 yds	EN1	
	{2 x 150 on 2:10 Pulls no br L. 9 yds	EN1	
	{2 x 150 on 2:05 Pulls no br L.11 yds	EN1	
300	4 x 75 on 1:20 IM w/out the	EN1	
1,800	1x{3 x 100 on 1:30 Freestyle-descend	EN1	
	{1 x 200 on 3:30 Freestyle	REC	
	{3 x 100 on 1:25 Freestyle-descend	EN1	
	{1 x 200 on 3:30 Freestyle	REC	
	{3 x 100 on 1:20 Freestyle-descend	EN1	
	{1 x 200 on 3:30 Freestyle	REC	
	{3 x 100 on 1:15 Freestyle-descend	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:34 PM 5,880 Yards - Stress Value = 58

**Workout #3341 - Monday, 15 November 2004**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and stretch		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{2 x 100 on 1:25 Freestyle	EN2	
	{1 x 200 on 2:45 Freestyle	EN2	
	{2 x 100 on 1:25 Freestyle	EN2	
	{1 x 200 on 2:40 Freestyle	EN2	
	{2 x 100 on 1:25 Freestyle	EN2	
	{1 x 200 on 2:35 Freestyle	EN2	
	{2 x 100 on 1:25 Freestyle	EN2	
	{1 x 200 on 2:30 Freestyle	EN2	
	{2 x 100 on 1:25 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:04 AM 2,700 Yards - Stress Value = 48

**Workout #3352 - Tuesday, 16 November 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
6:00 PM Start			
900	1 on 30:00 Physio Balls/Stretch		
180	6 x 150 on 2:30 #1,#3,#5 undr water trn drill-all others	EN1	
1,200	2bk-4bk-6bk by 50's		
180	12 x 15 on :45 Shooters	SP3	
1,200	1x{3 x 50 on 1:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 150 on 3:00 Kick	EN1	
	{3 x 50 on :55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 150 on 2:45 Kick	EN2	
	{3 x 50 on :50 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 150 on 2:30 Kick	EN2	
1,000	20 x 50 on :50 Pulls-nbbf&w + 3 yds	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
2,500	1x{1 x 200 on 3:10 Backstroke	EN1	
	{1 x 200 on 3:05 Backstroke	EN1	
	{1 x 200 on 3:00 Backstroke	EN1	
	{1 x 200 on 2:55 Backstroke	EN2	
	{1 x 100 on 1:15 Backstroke	EN2	
	{1 x 200 on 2:50 Backstroke	EN2	
	{1 x 175 on 2:40 Backstroke	EN1	
	{1 x 175 on 2:35 Backstroke	EN2	
	{1 x 175 on 2:30 Backstroke	EN2	
	{1 x 175 on 2:25 Backstroke	EN2	
	{1 x 150 on 2:10 Backstroke	EN2	
	{1 x 150 on 2:05 Backstroke	EN2	
	{1 x 150 on 2:00 Backstroke	EN2	
	{1 x 125 on 1:45 Backstroke	EN2	
	{1 x 125 on 1:40 Backstroke	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
8:30 PM 6,680 Yards - Stress Value = 96			

**Workout #3351 - Tuesday, 16 November 2004**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
600	1 on 30:00 Team pictures/strtch		
180	6 x 100 on 2:00 Stroke Drills	REC	
1,200	12 x 15 on :45 Shooters	SP3	
	3x{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN2	
	{ odds fast		
750	5 x 150 on 3:00 Pulls	EN1	
300	3 x 100 on 1:30 Descend in sets of 3	EN1	
2,550	2x{1 x 125 on 2:05 Breaststroke	EN2	
	{1 x 50 on :45 Freestyle	EN1	
	{2 x 100 on 1:40 Breaststroke	EN2	
	{1 x 50 on :45 Freestyle	EN1	
	{3 x 75 on 1:15 Breaststroke	EN2	
	{1 x 50 on :45 Freestyle	EN1	
	{4 x 50 on :50 Breaststroke	EN2	
	{1 x 50 on :45 Freestyle	EN1	
	{5 x 25 on :25 Breaststroke	EN2	
	{1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:32 PM 5,580 Yards - Stress Value = 75			

**Workout #3348 - Tuesday, 16 November 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
600	1 on 30:00 Team pictures/strtch		
180	6 x 100 on 2:00 Stroke Drills	REC	
	12 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN2	
	{ odds fast		
1,200	6 x 200 on 2:45 Pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
	5x{1 x 350 on 5:00 Freestyle	EN3	
	{1 x 150 on 1:45 Freestyle	EN2	
	{1 x 100 on 2:00 Stroke Drills	REC	
300	1 x 300 on 4:30 Stroke Drills	REC	
	1 on 10:00 Ice		
5:33 PM 6,480 Yards - Stress Value = 153			

**Workout #3350 - Tuesday, 16 November 2004**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
600	1 on 30:00 Team pictures/strtch		
180	6 x 100 on 2:00 Stroke Drills	REC	
1,200	12 x 15 on :45 Shooters	SP3	
	3x{2 x 100 on 1:50 Kick	EN1	
	{2 x 100 on 1:40 Kick	EN2	
	{ odds fast		
1,200	6 x 200 on 2:30 Pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
2,300	1x{9 x 100 on 1:30 Fly/free 3-4-4-3	EN2	
	{4 x 25 on :30 Butterfly lup 2down	EN1	
	{1 x 100 on 2:00 Freestyle	REC	
	{6 x 100 on 1:30 Fly/free 3-4-4-3	EN2	
	{4 x 25 on :30 Butterfly lup 3down	EN1	
	{1 x 100 on 2:00 Freestyle	REC	
	{3 x 100 on 1:30 Fly/free 3-4-4-3	EN2	
	{4 x 25 on :30 Butterfly lup 4down	EN2	
400	1 x 400 on 6:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 6,480 Yards - Stress Value = 83			

**Workout #3347 - Tuesday, 16 November 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	SE
5:30 AM Start				
500	1 on 30:00 Physio Balls/Stretch		L	
300	1 x 500 on 8:00 Underwater turn drill	REC	D	
800	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S	
400	4 x 200 on 8:00 Your Stroke or IM	SP1	S	SE
400	4 x 100 on 2:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
7:07 AM 2,000 Yards - Stress Value = 76				

**Workout #3349 - Tuesday, 16 November 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
600	1 on 30:00 Team pictures/strtch		
180	6 x 100 on 2:00 Stroke Drills	REC	
1,200	12 x 15 on :45 Shooters	SP3	
	3x{2 x 100 on 2:00 Kick	EN1	
	{ 2 x 100 on 1:50 Kick	EN2	
	{ odds fast		
1,000	5 x 200 on 3:00 Pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
2,100	2x{4 x 25 on :30 Freestyle-3 breaths	EN2	
	{ 2 x 50 on 1:00 Freestyle 6BK	EN2	
	{ 6 x 25 on :30 Freestyle 2 breaths	EN2	
	{ 4 x 50 on :50 Freestyle 6BK	EN2	
	{ 8 x 25 on :30 Freestyle-1 breath	EN2	
	{ 6 x 50 on :40 Freestyle 6BK	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM	5,880 Yards - Stress Value = 83		

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
	1 on 40:00 Weights and stretch		
	1x{1 x 200 on 3:30 Freestyle	REC	
	{ 1 x 200 on 3:20 Freestyle L.50 fast	EN1	
	{ 1 x 200 on 3:10 Freestyle L.100 fast	EN1	
	{ 1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
	2x{4 x 25 on :30 Kick no board	EN2	
	{ 3 x 50 on 1:00 Kick-descend	EN2	
	{ 1 x 100 on 2:15 Kick	REC	
1,000	1 x 1000 on 14:00 Lungbuster pulls	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
	1x{3 x 250 on 4:00 Freestyle L.50 strk	EN1	
	{ 3 x 250 on 3:45 Freestyle L.50 strk	EN1	
	{ 2 x 250 on 3:30 Freestyle L.50 strk	EN1	
	{ 2 x 250 on 3:20 Freestyle L.50 strk	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM	5,730 Yards - Stress Value = 64		

**Workout #3357 - Wednesday, 17 November 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
5:00 PM	Start		
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 15:00 Choice not all free	REC	
180	12 x 15 on :45 Shooters	SP3	
300	6 x 50 on 1:00 Free 12.5y tuck spin	EN1	
2,400	4x{1 x 350 on 5:00 Freestyle	EN3	
	{ 1 x 150 on 1:45 Freestyle	EN2	
	{ 1 x 100 on 2:00 Stroke Drills	REC	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 40:00 Techniques-filming		
7:29 PM	4,380 Yards - Stress Value = 106		

**Workout #3353 - Wednesday, 17 November 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
	1 on 40:00 Weights and stretch		
800	1x{1 x 200 on 3:30 Freestyle	REC	
	{ 1 x 200 on 3:20 Freestyle L.50 fast	EN1	
	{ 1 x 200 on 3:10 Freestyle L.100 fast	EN1	
	{ 1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
1,050	3x{4 x 25 on :40 Kick no board	EN2	
	{ 3 x 50 on 1:00 Kick-descend	EN2	
	{ 1 x 100 on 2:00 Kick	REC	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1,500	1x{3 x 125 on 2:05 Backstroke	EN1	
	{ 5 x 25 on :40 Backstroke 10 kicks	EN1	
	{ 3 x 125 on 1:55 Backstroke	EN2	
	{ 5 x 25 on :40 Backstroke 11 kicks	EN1	
	{ 3 x 125 on 1:45 Backstroke	EN2	
	{ 5 x 25 on :40 Backstroke 12 kicks	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM	5,080 Yards - Stress Value = 66		

**Workout #3356 - Wednesday, 17 November 2004**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
	1 on 40:00 Weights and stretch		
	1x{1 x 200 on 3:30 Freestyle	REC	
	{ 1 x 200 on 3:20 Freestyle L.50 fast	EN1	
	{ 1 x 200 on 3:10 Freestyle L.100 fast	EN1	
	{ 1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :30 Kick no board	EN2	
	{ 3 x 50 on 1:00 Kick-descend	EN2	
	{ 1 x 100 on 2:00 Kick	REC	
1,200	16 x 75 on 1:15 Pulls	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
	1x{3 x 125 on 2:05 Breaststroke	EN1	
	{ 4 x 25 on :30 Breast fast turnover	EN1	
	{ 3 x 125 on 1:55 Breaststroke	EN2	
	{ 4 x 25 on :30 Breast fast turnover	EN1	
	{ 3 x 125 on 1:45 Breaststroke	EN2	
	{ 5 x 25 on :30 Breast fast turnover	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM	5,230 Yards - Stress Value = 68		

**Workout #3354 - Wednesday, 17 November 2004**

**Workout #3355 - Wednesday, 17 November 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and stretch		
800	1x{1 x 200 on 3:30 Freestyle	REC	
	{1 x 200 on 3:20 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:10 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
1,050	3x{4 x 25 on :40 Kick no board	EN2	
	{3 x 50 on 1:05 Kick-descend	EN2	
	{1 x 100 on 2:15 Kick	REC	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1,500	2x{4 x 125 on 2:00 Freestyle	EN1	
	{1 x 50 on :55 Freestyle	EN1	
	{1 x 50 on :45 Freestyle	EN1	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 100 on 2:15 Stroke Drills	REC	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,080 Yards - Stress Value = 57		

**Workout #3363 - Thursday, 18 November 2004**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
900	6 x 150 on 2:30 Odds-underwater trns	EN1	
	evens 2-4-6bk by 50s		
180	12 x 15 on :45 Shooters	SP3	
1,000	2x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{8 x 25 on :45 Sprint kick	EN2	
750	6 x 125 on 2:30 Pulls	EN2	
600	12 x 50 on :50 Descend in sets of 3	EN1	
1,650	1x{2 x 200 on 3:30 Breaststroke	EN2	
	{2 x 175 on 2:55 Breaststroke	EN2	
	{2 x 150 on 2:25 Breaststroke	EN2	
	{2 x 125 on 1:55 Breaststroke	EN2	
	{2 x 100 on 1:30 Breaststroke	EN2	
	{2 x 75 on 1:05 Breaststroke	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:32 PM 5,380 Yards - Stress Value = 86		

**Workout #3360 - Thursday, 18 November 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
900	6 x 150 on 2:30 Odds-underwater trns	EN1	
	evens 2-4-6bk by 50s		
180	12 x 15 on :45 Shooters	SP3	
	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	
	1x{4 x 125 on 1:55 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN2	
600	12 x 50 on :50 Descend in sets of 3	EN1	

	1x{1 x 600 on 8:00 Freestyle	EN2
	{2 x 300 on 4:00 Freestyle	EN2
	{4 x 150 on 2:00 Freestyle	EN2
	{6 x 100 on 1:20 Freestyle	EN2
500	10 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:33 PM 6,430 Yards - Stress Value = 91	

**Workout #3361 - Thursday, 18 November 2004**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
900	6 x 150 on 2:30 Odds-underwater trns	EN1	
	evens 2-4-6bk by 50s		
180	12 x 15 on :45 Shooters	SP3	
1,000	2x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN1	
	{4 x 25 on :45 Sprint kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
1,250	10 x 125 on 1:35 Pulls-nbbf&w + 2 yds	EN2	
600	12 x 50 on :45 Descend in sets of 3	EN1	
1,800	1x{2 x 150 on 2:15 Butterfly 2-4-2	EN2	
	{3 x 100 on 1:30 50 fly 50 back	EN1	
	{2 x 150 on 2:10 Butterfly 2-5-2	EN2	
	{3 x 100 on 1:40 50 fly 50 breast	EN1	
	{2 x 150 on 2:05 Butterfly 2-6-2	EN2	
	{3 x 100 on 1:20 50 fly 50 free	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 6,230 Yards - Stress Value = 93		

**Workout #3362 - Thursday, 18 November 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
900	6 x 150 on 2:30 Odds-underwater trns	EN1	
	evens 2-4-6bk by 50s		
180	12 x 15 on :45 Shooters	SP3	
1,000	2x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN1	
	{4 x 25 on :45 Sprint kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
1,250	10 x 125 on 1:35 Pulls-nbbf&w + 2 yds	EN2	
600	12 x 50 on :45 Descend in sets of 3	EN1	
1,950	1x{3 x 150 on 2:00 Backstroke	EN2	
	{2 x 100 on 1:30 50 back 50 fly	EN1	
	{3 x 150 on 1:55 Backstroke	EN2	
	{2 x 100 on 1:40 50 back 50 breast	EN1	
	{3 x 150 on 1:50 Backstroke	EN2	
	{2 x 100 on 1:20 50 back 50 free	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 6,380 Yards - Stress Value = 98		

**Workout #3359 - Thursday, 18 November 2004**

**HighSchl - Boys**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
500	1 x 500 on 8:00 Underwater turn drill	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
1x{	1 x 25 on :00 Choice	SP1	
	{1 x 75 on 2:00 Freestyle	REC	
	{1 x 50 on :00 Choice	SP1	
	{1 x 50 on 2:00 Freestyle	REC	
	{1 x 75 on :00 Choice	SP1	
	{1 x 25 on 2:00 Freestyle	REC	
	{1 x 25 on :00 Choice	SP1	
	{1 x 75 on 2:30 Freestyle	REC	
	{1 x 50 on :00 Choice	SP1	
	{1 x 50 on 2:30 Freestyle	REC	
	{1 x 75 on :00 Choice	SP1	
	{1 x 25 on 2:30 Freestyle	REC	
	{1 x 25 on :00 Choice	SP1	
	{1 x 75 on 3:00 Freestyle	REC	
	{1 x 50 on :00 Choice	SP1	
	{1 x 50 on 3:00 Freestyle	REC	
	{1 x 75 on :00 Choice	SP1	
	{1 x 25 on 3:00 Freestyle	REC	
	{1 x 25 on :00 Choice	SP1	
	{1 x 75 on 3:30 Freestyle	REC	
	{1 x 50 on :00 Choice	SP1	
	{1 x 50 on 3:30 Freestyle	REC	
	{1 x 75 on :00 Choice	SP1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 AM 2,250 Yards - Stress Value = 60		

**Workout #3358 - Thursday, 18 November 2004**

**HighSchl - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
500	1 x 500 on 8:00 Underwater turn drill	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
1x{	3 x 125 on 2:00 Pulls	EN1	
	{2 x 125 on 1:55 Pulls	EN1	
	{1 x 125 on 1:50 Pulls	EN1	
2x{	1 x 200 on 3:30 Individual Medley	EN1	
	{1 x 100 on 1:40 Freestyle	EN1	
	{1 x 100 on 1:35 Freestyle	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{4 x 25 on :30 Non free-descend	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 3,000 Yards - Stress Value = 31		

**Workout #3368 - Friday, 19 November 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 18:00 400 rev IM 400 choic	REC	
180	12 x 15 on :45 Shooters	SP3	
3x{	1 x 25 on :45 Kick no board	EN2	
	{1 x 25 on :40 Kick no board	EN2	
	{1 x 25 on :35 Kick no board	EN2	

	{1 x 25 on :30 Kick no board	EN2	
	{1 x 100 on 2:00 Freestyle	REC	
5x{	1 x 150 on 2:40 50swim 50pull 50dril	EN1	
	{4 x 25 on :35 IM order-build	EN1	
	1 on 10:00 Run the Gauntlet!!!!	EN1	
	1 on 15:00 Ice		
	5:04 PM 3,030 Yards - Stress Value = 28		

**Workout #3365 - Friday, 19 November 2004**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	SI
	1 on 40:00 Weights and stretch			L DF
500	5 x 100 on 1:45 Stroke Drills	REC		D CF
	odds free evns nonfr			
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3		S E
1x{	1 x 400 on 4:50 Freestyle	EN2		S E
	{1 x 400 on 4:45 Freestyle	EN2		S E
	{1 x 400 on 4:40 Freestyle	EN2		S E
	{1 x 400 on 4:35 Freestyle	EN2		S E
	{1 x 400 on 4:30 Freestyle	EN2		S E
200	1 x 200 on 3:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			M
	7:05 AM 3,000 Yards - Stress Value = 52			

**Workout #3366 - Friday, 19 November 2004**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	SI
	1 on 40:00 Weights and stretch			L DF
500	5 x 100 on 1:45 Stroke Drills	REC		D CF
	odds free evns nonfr			
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3		S E
1x{	1 x 400 on 5:25 Freestyle	EN2		S E
	{1 x 400 on 5:20 Freestyle	EN2		S E
	{1 x 400 on 5:15 Freestyle	EN2		S E
	{1 x 400 on 5:10 Freestyle	EN2		S E
	{1 x 200 on 2:35 Freestyle	EN2		S E
200	1 x 200 on 3:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			M
	7:05 AM 2,800 Yards - Stress Value = 48			

**Workout #3367 - Friday, 19 November 2004**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	SI
	1 on 40:00 Weights and stretch			L DF
1x{	1 x 100 on 1:45 Stroke Drills	REC		D E
	{4 x 75 on 1:45 Stroke Drills			S
	odds free evns nonfr			
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3		S E
1x{	1 x 400 on 6:00 Freestyle	EN2		S E
	{1 x 400 on 5:55 Freestyle	EN2		S E
	{1 x 400 on 5:50 Freestyle	EN2		S E
	{1 x 300 on 4:20 Freestyle	EN2		S E
200	1 x 200 on 4:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			M
	7:05 AM 2,400 Yards - Stress Value = 42			

**Workout #3364 - Friday, 19 November 2004**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:30 AM	Start			
	1 on 40:00 Weights and stretch		L	DF
1x{1	x 100 on 1:45 Stroke Drills	REC	D	E
	{ 4 x 75 on 1:45 Stroke Drills		S	
	odds free evns nonfr			
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S	E
1x{1	x 400 on 7:15 Freestyle	EN2	S	E
	{ 1 x 400 on 7:05 Freestyle	EN2	S	E
	{ 1 x 400 on 6:45 Freestyle	EN2	S	E
	{ 1 x 100 on 1:35 Freestyle	EN2	S	E
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
7:05 AM	2,200 Yards - Stress Value = 38			

**Workout #3371 - Saturday, 20 November 2004**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:00 AM	Start		
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
1x{3	x 100 on 2:00 Kick L.25 fly kick	EN2	
	{ 3 x 100 on 1:55 Kick L.25 fly kick	EN2	
	{ 2 x 100 on 1:50 Kick L.25 fly kick	EN2	
	{ 2 x 100 on 1:45 Kick L.25 fly kick	EN2	
	{ 2 x 100 on 1:40 Kick L.25 fly kick	EN2	
2x{1	x 200 on 3:45 Pulls	EN2	
	{ 1 x 150 on 2:40 Pulls	EN2	
	{ 1 x 100 on 1:45 Pulls	EN1	
	{ 1 x 50 on :50 Pulls	EN2	
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	
4x{3	x 100 on 1:35 Breaststroke	EN2	
	{ 2 x 75 on 1:10 Breaststroke	EN2	
	{ 1 x 50 on :45 Breaststroke	EN2	
	{ 1 x 50 on :50 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:34 AM	5,930 Yards - Stress Value = 94		

**Workout #3369 - Saturday, 20 November 2004**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:00 AM	Start		
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	1x{3 x 100 on 2:10 Kick L.25 fly kick	EN2	
	{ 3 x 100 on 2:05 Kick L.25 fly kick	EN2	
	{ 3 x 100 on 2:00 Kick L.25 fly kick	EN2	
	{ 3 x 100 on 1:55 Kick L.25 fly kick	EN2	
1,000	2x{1 x 200 on 2:50 Pulls	EN2	
	{ 1 x 150 on 2:10 Pulls	EN2	
	{ 1 x 100 on 1:25 Pulls	EN1	
	{ 1 x 50 on :50 Pulls	EN1	
450	6 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	
1,700	2x{5 x 50 on 1:00 Butterfly 2-5-2	EN2	
	{ 4 x 50 on 1:00 Butterfly 2-6-2	EN2	
	{ 3 x 50 on 1:00 Butterfly 2-7-2	EN2	
	{ 2 x 50 on 1:00 Butterfly 2-8-2	EN2	
	{ 1 x 50 on 1:00 Butterfly	EN2	
	{ 1 x 100 on 1:45 Freestyle	EN1	

250 1 x 250 on 4:00 Stroke Drills REC  
 1 on 10:00 Ice  
 9:35 AM 5,580 Yards - Stress Value = 84

**Workout #3370 - Saturday, 20 November 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:00 AM	Start		
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	1x{3 x 100 on 2:00 Kick L.25 fly kick	EN2	
	{ 3 x 100 on 1:55 Kick L.25 fly kick	EN2	
	{ 2 x 100 on 1:50 Kick L.25 fly kick	EN2	
	{ 2 x 100 on 1:45 Kick L.25 fly kick	EN2	
	{ 2 x 100 on 1:40 Kick L.25 fly kick	EN2	
1,000	2x{1 x 200 on 2:30 Pulls	EN2	
	{ 1 x 150 on 2:00 Pulls	EN2	
	{ 1 x 100 on 1:25 Pulls	EN1	
	{ 1 x 50 on :45 Pulls	EN1	
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	
3,000	5x{3 x 100 on 1:20 Backstroke	EN2	
	{ 2 x 75 on :55 Backstroke	EN2	
	{ 1 x 50 on :35 Backstroke	EN2	
	{ 1 x 100 on 1:30 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:35 AM	6,730 Yards - Stress Value = 106		

**Workout #3372 - Saturday, 20 November 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:00 AM	Start		
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	1x{3 x 100 on 2:00 Kick L.25 fly kick	EN2	
	{ 3 x 100 on 1:55 Kick L.25 fly kick	EN2	
	{ 2 x 100 on 1:50 Kick L.25 fly kick	EN2	
	{ 2 x 100 on 1:45 Kick L.25 fly kick	EN2	
	{ 2 x 100 on 1:40 Kick L.25 fly kick	EN2	
1,000	2x{1 x 200 on 2:30 Pulls	EN2	
	{ 1 x 150 on 2:00 Pulls	EN2	
	{ 1 x 100 on 1:25 Pulls	EN1	
	{ 1 x 50 on :45 Pulls	EN1	
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	
2,000	5x{6 x 50 on 1:00 Freestyle	EN3	
	{ 4 x 25 on :25 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:34 AM	5,730 Yards - Stress Value = 146		



**Workout #3380 - Monday, 22 November 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
750	1x{2 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend	EN1	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend	EN1	
1,500	1x{4 x 125 on 1:40 Pulls no br L.12 yds	EN1	
	{4 x 125 on 1:35 Pulls no br L.12 yds	EN1	
	{4 x 125 on 1:30 Pulls no br L.12 yds	EN1	
300	4 x 75 on 1:10 IM w/out the ?	EN1	
3,700	1x{2 x 500 on 6:00 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{2 x 500 on 5:50 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{3 x 500 on 5:40 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice and team mtg.		
	5:34 PM 7,480 Yards - Stress Value = 102		

**Workout #3378 - Monday, 22 November 2004**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	1x{2 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend	EN1	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend	EN1	
1,250	1x{5 x 125 on 2:00 Pulls no br L.12 yds	EN1	
	{5 x 125 on 1:55 Pulls no br L.12 yds	EN1	
300	4 x 75 on 1:10 IM w/out the ?	EN1	
2,100	2x{1 x 200 on 4:00 Butterfly 200 drill	EN1	
	{1 x 200 on 3:55 150 drill 50 swim	EN1	
	{1 x 200 on 3:50 100 drill 100 swim	EN1	
	{1 x 200 on 3:45 50 drill 150 swim	EN2	
	{1 x 250 on 4:00 Freestyle	EN1	
	1 on 10:00 Ice and team mtg.		
	5:34 PM 5,830 Yards - Stress Value = 59		

**Workout #3377 - Monday, 22 November 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
900	1x{2 x 25 on :45 Kick no board BSLR	EN1	
	{2 x 100 on 2:30 Kick	EN1	
	{4 x 25 on :45 Kick no board BSLR	EN1	
	{2 x 100 on 2:30 Kick	EN1	
	{6 x 25 on :45 Kick no board BSLR	EN1	
	{2 x 100 on 2:30 Kick	EN1	
1,000	1x{5 x 100 on 1:45 Pulls no br L.12 yds	EN1	
	{5 x 100 on 1:40 Pulls no br L.12 yds	EN1	
300	4 x 75 on 1:20 IM w/out the ?	EN1	

1,800	1x{4 x 150 on 2:45 Backstroke	EN1	
	{4 x 125 on 2:15 Backstroke	EN1	
	{4 x 100 on 1:50 Backstroke	EN1	
	{4 x 75 on 1:20 Backstroke	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice and team mtg.		
	5:33 PM 5,230 Yards - Stress Value = 47		

**Workout #3374 - Monday, 22 November 2004**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and stretch		
500	1 x 500 on 8:00 Swim-kick-drill-swim	REC	
	no equipment		
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{2 x 250 on 3:00 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{2 x 250 on 2:55 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{2 x 250 on 2:50 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 3,100 Yards - Stress Value = 52		

**Workout #3375 - Monday, 22 November 2004**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and stretch		
500	1 x 500 on 8:00 Swim-kick-drill-swim	REC	
	no equipment		
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{2 x 250 on 3:20 Freestyle	EN2	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{2 x 250 on 3:15 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 250 on 3:10 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:03 AM 2,750 Yards - Stress Value = 46		

**Workout #3376 - Monday, 22 November 2004**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and stretch	I	§
400	1 x 400 on 8:00 Swim-kick-drll-swim no equipment	REC	§
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	§
	1x{2 x 250 on 3:45 Freestyle	EN2	§
	{1 x 100 on 1:35 Freestyle	EN2	§
	{1 x 100 on 1:30 Freestyle	EN2	§
	{2 x 250 on 3:40 Freestyle	EN2	§
	{1 x 100 on 1:35 Freestyle	EN2	§
	{1 x 100 on 1:30 Freestyle	EN2	§
	{1 x 250 on 3:35 Freestyle	EN2	§
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice	N	§

7:05 AM 2,550 Yards - Stress Value = 45

**Workout #3373 - Monday, 22 November 2004**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and stretch	I	§
300	1 x 300 on 8:00 Swim-kick-drll-swim no equipment	REC	§
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	§
	1x{2 x 200 on 3:45 Freestyle	EN2	§
	{1 x 75 on 1:35 Freestyle	EN2	§
	{1 x 75 on 1:30 Freestyle	EN2	§
	{2 x 200 on 3:40 Freestyle	EN2	§
	{1 x 75 on 1:35 Freestyle	EN2	§
	{1 x 75 on 1:30 Freestyle	EN2	§
	{1 x 200 on 3:35 Freestyle	EN2	§
150	1 x 150 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice	N	§

7:05 AM 2,050 Yards - Stress Value = 40

**Workout #3379 - Monday, 22 November 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	1x{2 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend	EN1	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend	EN1	
	{6 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend	EN1	
750	1x{3 x 125 on 2:00 Pulls no br L.12 yds	EN1	
	{3 x 125 on 1:50 Pulls no br L.12 yds	EN1	
300	4 x 75 on 1:10 IM w/out the ?	EN1	
2,850	2x{4 x 100 on 1:35 Free alt. fast 25's	EN2	
	{3 x 25 on :20 Freestyle	EN2	
	{4 x 100 on 1:30 Free alt. fast 25's	EN2	
	{3 x 25 on :20 Freestyle	EN2	
	{4 x 100 on 1:25 Free alt. fast 25's	EN2	
	{3 x 25 on :20 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice and team mtg.		

5:33 PM 6,280 Yards - Stress Value = 87

**Workout #3387 - Tuesday, 23 November 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	1x{2 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend	EN1	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend	EN1	
	{6 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend	EN1	
1,000	10 x 100 on 1:30 Lungbuster swims	EN1	
300	4 x 75 on 1:10 IM w/out the ?	EN1	
3,200	1x{2 x 500 on 6:15 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{2 x 500 on 6:10 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{2 x 500 on 6:05 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	

8:29 PM 7,080 Yards - Stress Value = 92

**Workout #3385 - Tuesday, 23 November 2004**

**HighSchl - Breast**

**1 minute rest between sets**

2:45 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretch		
600	6 x 100 on 1:45 Stroke Drills	REC	
	UWTD alt free & back		
180	12 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 1:45 Kick-odds fast	EN2	
1,250	10 x 125 on 1:40 Pulls every 3rd	EN1	
	nbbf&w + 2 yds		
300	3 x 100 on 1:30 Descend in sets of 3	EN1	
2,400	1x{4 x 150 on 2:20 50fly 50free 50 fly	EN2	
	{4 x 150 on 2:20 25fl 25fr 50fl 50fr	EN2	
	{4 x 150 on 2:20 50fr 50fl 25fr 25fl	EN2	
	{4 x 150 on 2:20 25fly 25free X3	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice-short meeting		

4:58 PM 5,980 Yards - Stress Value = 90

**Workout #3383 - Tuesday, 23 November 2004**

**HighSchl - Distance**

**1 minute rest between sets**

2:45 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretch		
600	6 x 100 on 1:45 Stroke Drills	REC	
	UWTD alt free & back		
180	12 x 15 on :45 Shooters	SP3	
500	5 x 100 on 2:00 Kick-odds fast	EN2	
1,800	3 x 600 on 8:30 Pulls	EN1	
300	3 x 100 on 1:30 Descend in sets of 3	EN1	
	1x{3 x 500 on 6:45 Freestyle	EN2	
	{2 x 500 on 6:35 Freestyle	EN2	
	{1 x 500 on 6:25 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice-short meeting		

5:01 PM 6,630 Yards - Stress Value = 98

**Workout #3381 - Tuesday, 23 November 2004**

**HighSchl - Boys**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
500	1 x 500 on 8:00 Underwater turn drll	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
1x{4	x 25 on 1:00 Freestyle	SP2	
	{1 x 100 on 2:00 Freestyle	REC	
	{4 x 25 on 1:00 Butterfly	SP2	
	{1 x 100 on 2:00 Freestyle	REC	
	{4 x 25 on 1:00 Freestyle	SP2	
	{1 x 100 on 2:00 Freestyle	REC	
	{4 x 25 on 1:00 Backstroke	SP2	
	{1 x 100 on 2:00 Freestyle	REC	
	{4 x 25 on 1:00 Freestyle	SP2	
	{1 x 100 on 2:00 Freestyle	REC	
	{4 x 25 on 1:00 Breaststroke	SP2	
	{1 x 100 on 2:00 Freestyle	REC	
	{1 x 50 on :00 Choice OTB	SP2	
	{1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,250 Yards - Stress Value = 77

5:00 PM 6,130 Yards - Stress Value = 90

**Workout #3386 - Tuesday, 23 November 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

2:45 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretch		
600	6 x 100 on 1:45 Stroke Drills	REC	
	UWTD alt free & back		
180	12 x 15 on :45 Shooters	SP3	
800	8 x 100 on 2:00 Kick-odds fast	EN2	
600	6 x 100 on 1:55 Pulls	EN1	
300	3 x 100 on 1:30 Descend in sets of 3	EN1	
1,950	3x{8 x 25 on 1:00 Breast fins/paddles	EN2	
	{ fast turnover		
	{2 x 50 on :50 Breaststroke	EN1	
	{2 x 75 on 1:10 Breaststroke	EN2	
	{2 x 100 on 1:30 Breaststroke	EN2	
	{1 on 1:00 Rest		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice-short meeting		

5:01 PM 4,680 Yards - Stress Value = 68

**Workout #3382 - Tuesday, 23 November 2004**

**HighSchl - Girls**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
500	1 x 500 on 8:00 Underwater turn drll	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
1x{6	x 25 on :30 Freestyle	EN1	
	{1 x 100 on 2:00 Individual Medley	EN1	
	{6 x 25 on :30 Butterfly	EN1	
	{1 x 100 on 2:00 Individual Medley	EN1	
	{6 x 25 on :30 Freestyle	EN1	
	{1 x 100 on 2:00 Individual Medley	EN1	
	{6 x 25 on :30 Backstroke	EN1	
	{1 x 100 on 2:00 Individual Medley	EN1	
	{6 x 25 on :30 Freestyle	EN1	
	{1 x 100 on 2:00 Individual Medley	EN1	
	{6 x 25 on :30 Breaststroke	EN1	
	{1 x 100 on 2:00 Individual Medley	EN1	
400	1 x 400 on 7:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:04 AM 2,700 Yards - Stress Value = 30

**Workout #3389 - Wednesday, 24 November 2004**

**HighSchl - Breast**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
1x{1	x 200 on 3:10 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:05 Freestyle L.100 fast	EN2	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters 1-4 fl-ba	SP3	
	5-8 ba-br 9-11 br-fr		
1x{4	x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :40 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :35 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :30 Kick no board BSLR	EN2	
900	6 x 150 on 2:15 Lngbstr pulls 3-5-7	EN1	
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
1,250	25 x 50 on :50 Breaststroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:04 PM 4,130 Yards - Stress Value = 61

**Workout #3384 - Tuesday, 23 November 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

2:45 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretch		
600	6 x 100 on 1:45 Stroke Drills	REC	
	UWTD alt free & back		
180	12 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	
1,250	10 x 125 on 1:50 Pulls every 3rd	EN1	
	nbbf&w + 2 yds		
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
2,250	1x{5 x 150 on 2:15 Freestyle	EN2	
	{5 x 150 on 2:05 Freestyle	EN2	
	{5 x 150 on 1:55 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice-short meeting		

**Workout #3391 - Wednesday, 24 November 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
180	1x{1 x 200 on 3:10 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:05 Freestyle L.100 fast	EN2	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters 1-4 fl-ba	SP3	
	5-8 ba-br 9-11 br-fr		
180	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :40 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :35 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :30 Kick no board BSLR	EN2	
900	6 x 150 on 2:15 Lngbstr pulls 3-5-7	EN1	
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
1,600	8 x 200 on 2:30 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:03 PM 4,480 Yards - Stress Value = 68			

**Workout #3390 - Wednesday, 24 November 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1x{1 x 200 on 3:10 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:05 Freestyle L.100 fast	EN2	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters 1-4 fl-ba	SP3	
	5-8 ba-br 9-11 br-fr		
700	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :40 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :35 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :30 Kick no board BSLR	EN2	
900	6 x 150 on 2:15 Lngbstr pulls 3-5-7	EN1	
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
1,400	14 x 100 on 1:30 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:04 PM 4,280 Yards - Stress Value = 64			

**Workout #3388 - Wednesday, 24 November 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and stretch		
300	1x{1 x 200 on 3:15 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:10 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:05 Freestyle L.150 fast	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{10 x 100 on 1:30 Freestyle	EN2	
	{1 x 200 on 3:00 Freestyle	REC	
	{6 x 100 on 1:30 Freestyle	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
	{1 on 10:00 Ice		
7:08 AM 2,900 Yards - Stress Value = 52			

**Workout #3392 - Wednesday, 24 November 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1x{1 x 200 on 3:10 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:05 Freestyle L.100 fast	EN2	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters 1-4 fl-ba	SP3	
	5-8 ba-br 9-11 br-fr		
700	1x{4 x 25 on :45 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :40 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :35 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :30 Kick no board BSLR	EN2	
900	6 x 150 on 2:15 Lngbstr pulls 3-5-7	EN1	
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
1,500	30 x 50 on :40 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:03 PM 4,380 Yards - Stress Value = 66			

**Workout #3398 - Friday, 26 November 2004**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		L
600	1 x 600 on 10:00 Reverse IM drill	REC	D
180	12 x 15 on :45 Shooters	SP3	S
800	8 x 100 on 1:55 Kick	EN2	K
1,000	2 x 500 on 7:00 Pulls	EN1	P
300	6 x 50 on :45 Descend in sets of 3	EN1	S
1,400	2x{4 x 50 on 1:00 Breaststroke	EN2	S
	{3 x 50 on :55 Breaststroke	EN2	S
	{2 x 50 on :50 Breaststroke	EN2	S
	{1 x 50 on :45 Breaststroke	EN2	S
	{1 x 200 on 3:00 Freestyle	REC	S
	1 on 10:00 Ice		M
5:03 PM 4,280 Yards - Stress Value = 56			

**Workout #3399 - Friday, 26 November 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STF
	1 on 30:00 Physio Balls/Stretch		L	DRY
600	1 x 600 on 10:00 Reverse IM drill	REC	D	IM
180	12 x 15 on :45 Shooters	SP3	S	BF
500	5 x 100 on 1:55 Kick	EN2	K	FF
1,650	1 x 1650 on 22:00 Pulls	EN1	P	FF
300	6 x 50 on :45 Descend in sets of 3	EN1	S	FF
1,600	4 x 400 on 5:00 Freestyle	EN2	S	FF
200	1 x 200 on 4:00 Stroke Drills	REC	D	CI
	1 on 10:00 Ice			M
5:06 PM 5,030 Yards - Stress Value = 68				

**Workout #3400 - Friday, 26 November 2004**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		L
600	1 x 600 on 10:00 Reverse IM drill	REC	D
180	12 x 15 on :45 Shooters	SP3	S
800	8 x 100 on 1:45 Kick	EN2	K
1,000	2 x 500 on 6:30 Pulls	EN1	P
300	6 x 50 on :45 Descend in sets of 3	EN1	S
1,800	4x{1 x 50 on 1:00 Butterfly lup 4down	EN2	S
	{1 x 50 on :55 Butterfly lup 3down	EN2	S
	{1 x 50 on :50 Butterfly lup 3down	EN2	S
	{1 x 50 on :45 Butterfly lup 2down	EN2	S
	{1 x 50 on :40 Butterfly lup 2down	EN2	S
	{1 x 50 on :35 Butterfly	EN2	S
	{1 x 150 on 2:15 Freestyle	REC	S
	1 on 10:00 Ice		M
5:04 PM 4,680 Yards - Stress Value = 60			

**Workout #3397 - Friday, 26 November 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		L
600	1 x 600 on 10:00 Reverse IM drill	REC	D
180	12 x 15 on :45 Shooters	SP3	S
800	8 x 100 on 1:45 Kick	EN2	K
1,000	2 x 500 on 6:30 Pulls	EN1	P
300	6 x 50 on :45 Descend in sets of 3	EN1	S
1,800	4x{1 x 50 on 1:00 Backstroke 10ukow	EN2	S
	{1 x 50 on :55 Backstroke 9ukow	EN2	S
	{1 x 50 on :50 Backstroke 8ukow	EN2	S
	{1 x 50 on :45 Backstroke 7ukow	EN2	S
	{1 x 50 on :40 Backstroke 6ukow	EN2	S
	{1 x 50 on :35 Backstroke 5ukow	EN2	S
	{1 x 150 on 2:15 Freestyle	REC	S
	1 on 10:00 Ice		M
5:04 PM 4,680 Yards - Stress Value = 60			

**Workout #3393 - Friday, 26 November 2004**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
800	8 x 100 on 1:45 Reverse IM drill	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	2x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 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	
1,200	8 x 150 on 2:15 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	1x{3 x 125 on 1:35 Freestyle	EN2	
	{3 x 125 on 1:30 Freestyle	EN2	
	{3 x 125 on 1:25 Freestyle	EN2	
	{2 x 125 on 1:30 Freestyle	EN2	
	{2 x 125 on 1:25 Freestyle	EN2	
	{2 x 125 on 1:20 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

9:31 AM 6,075 Yards - Stress Value = 88

**Workout #3394 - Friday, 26 November 2004**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
800	8 x 100 on 1:45 Reverse IM drill	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	2x{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{3 x 50 on 1:00 Kick-descend in 3's	EN2	
900	6 x 150 on 2:15 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	1x{3 x 125 on 1:45 Freestyle	EN2	
	{3 x 125 on 1:40 Freestyle	EN2	
	{3 x 125 on 1:35 Freestyle	EN2	
	{2 x 125 on 1:40 Freestyle	EN2	
	{2 x 125 on 1:35 Freestyle	EN2	
	{2 x 125 on 1:30 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:31 AM 5,675 Yards - Stress Value = 83			

**Workout #3395 - Friday, 26 November 2004**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
800	8 x 100 on 1:45 Reverse IM drill	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	2x{1 x 75 on 2:00 Kick	EN1	
	{1 x 75 on 1:55 Kick	EN1	
	{1 x 75 on 1:50 Kick	EN1	
	{1 x 75 on 1:45 Kick	EN2	
	{1 x 75 on 1:40 Kick	EN2	
	{1 x 75 on 1:35 Kick	EN2	
	{1 x 75 on 1:30 Kick	EN2	
1,000	8 x 125 on 2:15 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	1x{3 x 100 on 1:35 Freestyle	EN2	
	{3 x 100 on 1:30 Freestyle	EN2	
	{3 x 100 on 1:25 Freestyle	EN2	
	{2 x 100 on 1:30 Freestyle	EN2	
	{2 x 100 on 1:25 Freestyle	EN2	
	{2 x 100 on 1:20 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:31 AM 5,150 Yards - Stress Value = 73			

**Workout #3396 - Friday, 26 November 2004**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	7:00 AM Start		
	1 on 40:00 Weights and Stretch		
800	8 x 100 on 1:45 Reverse IM drill	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	2x{1 x 75 on 2:10 Kick	EN1	
	{1 x 75 on 2:05 Kick	EN1	
	{1 x 75 on 2:00 Kick	EN1	
	{1 x 75 on 1:55 Kick	EN2	
	{1 x 75 on 1:50 Kick	EN2	
	{1 x 100 on 3:00 Kick 100% effort	EN2	
600	6 x 100 on 2:15 Pulls-nbbf&w + 2 yds	EN1	
200	8 x 25 on :45 IM order-build	EN1	
	1x{3 x 75 on 1:45 Freestyle	EN2	
	{3 x 75 on 1:40 Freestyle	EN2	
	{3 x 75 on 1:35 Freestyle	EN2	
	{2 x 75 on 1:40 Freestyle	EN2	
	{2 x 75 on 1:35 Freestyle	EN2	
	{2 x 75 on 1:30 Freestyle	EN2	
150	1 x 150 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:31 AM 4,125 Yards - Stress Value = 57		

**Workout #3401 - Saturday, 27 November 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	7:00 AM Start		
	1 on 30:00 Stomach and Stretch		L
800	8 x 100 on 1:45 Stroke Drills-2 on each stroke rev IMO	REC	D
180	12 x 15 on :45 Shooters	REC	S
	3x{4 x 25 on :45 Kck no brd BSLR-100% { 12 kcks off each wll	EN3	K
	{1 x 100 on 2:05 Kick	EN1	K
	{1 x 100 on 1:55 Kick	EN1	K
	{1 x 100 on 2:00 Kick	EN1	K
	1x{3 x 200 on 2:45 Pulls	EN1	P
	{1 x 150 on 2:15 Pulls	EN1	P
	{2 x 175 on 2:30 Freestyle	EN1	P
450	9 x 50 on :50 Descend in sets of 3	EN1	S
1,200	16 x 75 on 1:30 Choice-no fly-same stroke entire set	EN3	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	9:34 AM 5,430 Yards - Stress Value = 115		

**Workout #3407 - Monday, 29 November 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
700	4x{1 x 25 on :30 Kick no board BSLR	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
1,400	1x{2 x 175 on 2:30 Pull no br L. 5 yds	EN1	
	{2 x 175 on 2:25 Pull no br L. 7 yds	EN1	
	{2 x 175 on 2:20 Pull no br L. 9 yds	EN1	
	{2 x 175 on 2:15 Pull no br L.11 yds	EN1	
450	6 x 75 on 1:10 IM w/out your choice	EN1	

3,500	1x{5 x 100 on 1:10 Freestyle	EN2
	{4 x 200 on 2:20 Freestyle	EN2
	{3 x 300 on 3:30 Freestyle	EN2
	{2 x 400 on 4:40 Freestyle	EN2
	{1 x 500 on 5:50 Freestyle	EN2
400	8 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 7,430 Yards - Stress Value = 111	

**Workout #3409 - Monday, 29 November 2004**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,050	6x{1 x 25 on :30 Kick no board BSLR	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
1,400	1x{2 x 175 on 2:40 Pull no br L. 5 yds	EN1	
	{2 x 175 on 2:35 Pull no br L. 7 yds	EN1	
	{2 x 175 on 2:30 Pull no br L. 9 yds	EN1	
	{2 x 175 on 2:25 Pull no br L.11 yds	EN1	
450	6 x 75 on 1:10 IM w/out your choice	EN1	
2,100	3x{2 x 75 on 1:20 Butterfly	EN2	
	{2 x 75 on 1:15 Butterfly	EN2	
	{2 x 75 on 1:10 Butterfly	EN2	
	{2 x 75 on 1:05 Butterfly	EN1	
	{1 x 100 on 1:30 Freestyle	REC	
	{ (1)2-5, (2)2-6, (3)2-7		
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,230 Yards - Stress Value = 79		

**Workout #3406 - Monday, 29 November 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
700	4x{1 x 25 on :40 Kick no board BSLR	EN2	
	{1 x 50 on 1:10 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
1,200	1x{2 x 150 on 2:30 Pull no br L. 5 yds	EN1	
	{2 x 150 on 2:25 Pull no br L. 7 yds	EN1	
	{2 x 150 on 2:20 Pull no br L. 9 yds	EN1	
	{2 x 150 on 2:15 Pull no br L.11 yds	EN1	
450	6 x 75 on 1:20 IM w/out your choice	EN1	
2,325	3x{3 x 75 on 1:20 Backstroke	EN2	
	{3 x 75 on 1:15 Backstroke	EN2	
	{3 x 75 on 1:10 Backstroke	EN2	
	{1 x 100 on 1:45 Freestyle	REC	
275	1 x 275 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,930 Yards - Stress Value = 79		

**Workout #3402 - Monday, 29 November 2004**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORF
	1 on 40:00 Weights and Stretch		I
500	1 x 500 on 9:00 Swim-kick-drill-swim	REC	§
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	§
1x	{ 2 x 200 on 2:20 Freestyle	EN2	§
	{ 4 x 50 on :40 Freestyle des 1-4	EN2	§
	{ 2 x 200 on 2:15 Freestyle	EN2	§
	{ 4 x 50 on :40 Freestyle-des 1-4	EN2	§
	{ 2 x 200 on 2:10 Freestyle	EN2	§
	{ 4 x 50 on :40 Freestyle des 1-4	EN2	§
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		N
7:04 AM 2,800 Yards - Stress Value = 48			

**Workout #3403 - Monday, 29 November 2004**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORF
	1 on 40:00 Weights and Stretch		I
500	1 x 500 on 9:00 Swim-kick-drill-swim	REC	§
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	§
1x	{ 2 x 200 on 2:35 Freestyle	EN2	§
	{ 3 x 50 on :45 Freestyle des 1-3	EN2	§
	{ 2 x 200 on 2:30 Freestyle	EN2	§
	{ 3 x 50 on :45 Freestyle-des 1-3	EN2	§
	{ 2 x 200 on 2:25 Freestyle	EN2	§
	{ 3 x 50 on :45 Freestyle des 1-3	EN2	§
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		N
7:04 AM 2,650 Yards - Stress Value = 45			

**Workout #3404 - Monday, 29 November 2004**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORF
	1 on 40:00 Weights and Stretch		I
500	1 x 500 on 9:00 Swim-kick-drill-swim	REC	§
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	§
1x	{ 2 x 200 on 3:00 Freestyle	EN2	§
	{ 2 x 50 on :50 Freestyle	EN2	§
	{ 2 x 200 on 2:55 Freestyle	EN2	§
	{ 2 x 50 on :50 Freestyle	EN2	§
	{ 2 x 200 on 2:50 Freestyle	EN2	§
	{ 2 x 50 on :50 Freestyle	EN2	§
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		N
7:05 AM 2,500 Yards - Stress Value = 42			

**Workout #3405 - Monday, 29 November 2004**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORF
	1 on 40:00 Weights and Stretch		I
500	1 x 500 on 9:00 Swim-kick-drill-swim	REC	§
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	§
1x	{ 2 x 200 on 4:00 Freestyle	EN2	§
	{ 2 x 200 on 3:50 Freestyle	EN2	§

	{ 2 x 200 on 3:40 Freestyle	EN2	§
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		N
7:05 AM 2,200 Yards - Stress Value = 36			

**Workout #3408 - Monday, 29 November 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,050	6x{ 1 x 25 on :30 Kick no board BSLR	EN2	
	{ 1 x 50 on 1:00 Kick	EN2	
	{ 1 x 50 on :55 Kick	EN2	
	{ 1 x 50 on :50 Kick	EN2	
1,400	1x{ 2 x 175 on 2:40 Pull no br L. 5 yds	EN1	
	{ 2 x 175 on 2:35 Pull no br L. 7 yds	EN1	
	{ 2 x 175 on 2:30 Pull no br L. 9 yds	EN1	
	{ 2 x 175 on 2:25 Pull no br L.11 yds	EN1	
450	6 x 75 on 1:10 IM w/out your choice	EN1	
2,000	1x{ 4 x 150 on 2:15 Freestyle	EN2	
	{ 4 x 125 on 1:50 Freestyle	EN2	
	{ 4 x 100 on 1:30 Freestyle	EN2	
	{ 4 x 75 on 1:05 Freestyle	EN2	
	{ 4 x 50 on :45 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:33 PM 6,280 Yards - Stress Value = 88			

**Workout #3411 - Tuesday, 30 November 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
700	4x{ 1 x 25 on :30 Kick no board BSLR	EN2	
	{ 1 x 50 on 1:05 Kick	EN2	
	{ 1 x 50 on 1:00 Kick	EN2	
	{ 1 x 50 on :55 Kick	EN2	
1,200	1x{ 2 x 150 on 2:15 Pull no br L. 5 yds	EN1	
	{ 2 x 150 on 2:10 Pull no br L. 7 yds	EN1	
	{ 2 x 150 on 2:05 Pull no br L. 9 yds	EN1	
	{ 2 x 150 on 2:00 Pull no br L.11 yds	EN1	
600	8 x 75 on 1:10 IM w/out your choice	EN1	
3,100	4x{ 3 x 75 on 1:05 Backstroke	EN2	
	{ 3 x 75 on 1:00 Backstroke	EN2	
	{ 3 x 75 on :55 Backstroke	EN2	
	{ 1 x 100 on 1:30 Freestyle	REC	
475	1 x 475 on 8:00 Stroke Drills	REC	
	1 on 10:00 Ice		
8:28 PM 7,055 Yards - Stress Value = 93			

**Workout #3410 - Tuesday, 30 November 2004**

**HighSchl - Boys**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	12 x 50 on 1:00 Strk Drlls-odd fr/bk w/undrwtr turn drill evens breast or fly	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 125 on 2:15 Kick	EN2	
	{2 x 125 on 2:10 Kick	EN2	
	{2 x 125 on 2:05 Kick	EN2	
750	6 x 125 on 1:50 Lungbuster pulls	EN1	
300	3 x 100 on 1:30 Freestyle	EN1	
	2x{1 x 100 on 1:30 Freestyle	EN1	
	{4 x 25 on :30 IM order-build	EN1	
	{2 x 100 on 1:25 Freestyle	EN1	
	{4 x 25 on :30 IM order-build	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	{4 x 25 on :30 IM order-build	EN1	
	{4 x 100 on 1:15 Freestyle	EN1	
	{4 x 25 on :30 IM order-build	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	6:13 PM 5,630 Yards - Stress Value = 61		

**Workout #3414 - Wednesday, 01 December 2004**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Physio Balls/Stretch		
	1x{1 x 200 on 3:10 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:05 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
800	8 x 100 on 2:00 Kick no board BSLR	EN2	
	9 kick off each wall		
600	3 x 200 on 3:55 Pulls	EN2	
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	
	1x{2 x 150 on 2:15 Breaststroke	EN2	
	{4 x 75 on 1:20 Breaststroke	EN2	
	{2 x 150 on 2:20 Breaststroke	EN2	
	{4 x 75 on 1:15 Breaststroke	EN2	
	{2 x 150 on 2:25 Breaststroke	EN2	
	{4 x 75 on 1:10 Breaststroke	EN2	
	{2 x 150 on 2:30 Breaststroke	EN2	
	{4 x 75 on 1:05 Breaststroke	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,180 Yards - Stress Value = 93		

**Workout #3415 - Wednesday, 01 December 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
	1x{1 x 200 on 3:10 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:05 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
600	6 x 100 on 2:00 Kick no board BSLR	EN2	
	9 kick off each wall		
	1x{2 x 300 on 4:15 Lungbuster pulls	EN1	
	{2 x 300 on 4:00 Lungbuster pulls	EN1	
	{ brth 3-5-7 by 100's		

200	8 x 25 on :30 Free 12.5y tuck spin	EN1
	2x{1 x 500 on 7:30 Free des by 100's	EN2
	{1 x 400 on 6:00 Free des by 100's	EN2
	{1 x 300 on 4:30 Free des by 100's	EN2
	{1 x 200 on 3:00 Freestyle	REC
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 5,880 Yards - Stress Value = 89	

**Workout #3413 - Wednesday, 01 December 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
600	1x{1 x 200 on 3:10 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:05 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
800	8 x 100 on 2:15 Kick no board BSLR	EN2	
	9 kick off each wall		
900	1x{2 x 300 on 4:30 Lungbuster pulls	EN1	
	{1 x 300 on 4:15 Lungbuster pulls	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
2,250	1x{8 x 75 on 1:15 Backstroke	EN1	
	{3 x 50 on 1:00 Backstroke 15m under	EN3	
	{8 x 75 on 1:10 Backstroke	EN2	
	{3 x 50 on 1:00 Backstroke 15m under	EN3	
	{8 x 75 on 1:05 Backstroke	EN2	
	{3 x 50 on 1:00 Backstroke 15m under	EN3	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 5,330 Yards - Stress Value = 100		

**Workout #3412 - Wednesday, 01 December 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
600	1x{1 x 200 on 3:10 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:05 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
800	8 x 100 on 2:15 Kick no board BSLR	EN2	
	9 kick off each wall		
900	1x{2 x 300 on 4:30 Lungbuster pulls	EN1	
	{1 x 300 on 4:15 Lungbuster pulls	EN1	
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	
2,250	1x{8 x 75 on 1:10 Freestyle	EN1	
	{6 x 25 on :30 Freestyle	SP1	
	{8 x 75 on 1:05 Freestyle	EN2	
	{6 x 25 on :30 Freestyle	SP1	
	{8 x 75 on 1:00 Freestyle	EN2	
	{6 x 25 on :30 Freestyle	SP1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,330 Yards - Stress Value = 108		



**Workout #3416 - Thursday, 02 December 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Reverse IM drill	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
900	1x{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{2 x 50 on :55 Kick	EN2	
	{2 x 50 on :50 Kick	EN2	
900	12 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
300	3 x 100 on 1:30 Descend in sets of 3	EN1	
2,700	2x{3 x 100 on 1:35 Backstroke	EN2	
	{3 x 25 on :35 Backstroke 10ukow	EN2	
	{3 x 125 on 1:55 Backstroke	EN2	
	{3 x 25 on :35 Backstroke 9ukow	EN2	
	{3 x 150 on 2:15 Backstroke	EN2	
	{3 x 25 on :35 Backstroke 8ukow	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	8:25 PM 6,400 Yards - Stress Value = 96		

**Workout #3417 - Friday, 03 December 2004**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
400	1 x 400 on 7:00 Reverse IM drill	REC	
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,200	3x{1 x 200 on 4:00 Breast hold under315	EN2	
	{8 x 25 on :30 Breast fins/paddles	EN2	
	{1 on :30 Rest		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 AM 2,050 Yards - Stress Value = 32		

**Workout #3418 - Friday, 03 December 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
	1 on 40:00 Weights and Stretch		L	DF
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S	E
	1x{1 x 250 on 3:20 Freestyle	EN2	S	E
	{2 x 250 on 3:15 Freestyle	EN2	S	E
	{3 x 250 on 3:10 Freestyle	EN2	S	E
	{2 x 250 on 3:05 Freestyle	EN2	S	E
	{1 x 250 on 3:00 Freestyle	EN2	S	E
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
	7:06 AM 3,050 Yards - Stress Value = 53			

**Workout #3419 - Friday, 03 December 2004**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	1 on 40:00 Weights and Stretch		L	I
400	1 x 400 on 7:00 Reverse IM drill	REC	D	

200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S	
1,650	1x{4 x 125 on 1:55 Alt. 25fly/25free	EN2	S	C
	{3 x 125 on 1:50 Alt. 25fly/25free	EN2	S	C
	{2 x 125 on 1:45 Alt.25fly/25free	EN2	S	C
	{1 x 125 on 1:40 Alt. 25fly/25free	EN2	S	C
	{3 x 25 on :25 Butterfly lup 1down	EN2	S	F
	{3 x 25 on :25 Butterfly lup 2down	EN2	S	F
	{3 x 25 on :25 Butterfly lup 3down	EN2	S	F
	{3 x 25 on :25 Butterfly lup 2down	EN2	S	F
	{4 x 25 on :25 Butterfly lup 1down	EN2	S	F
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	7:03 AM 2,500 Yards - Stress Value = 43			

**Workout #3420 - Friday, 03 December 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	SI
	1 on 40:00 Weights and Stretch		L	DF
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S	E
1,750	1x{4 x 100 on 1:25 Backstroke	EN2	S	E
	{3 x 25 on :25 Backstroke 10ukow	EN2	S	E
	{4 x 125 on 1:45 Backstroke	EN2	S	E
	{3 x 25 on :25 Backstroke 9ukow	EN2	S	E
	{4 x 150 on 2:05 Backstroke	EN2	S	E
	{4 x 25 on :25 Backstroke 8ukow	EN2	S	E
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
	7:04 AM 2,600 Yards - Stress Value = 44			

**Workout #3421 - Friday, 03 December 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Physio Balls/Stretch		L	I
800	1 x 800 on 12:00 Reverse IM drill	REC	D	I
180	12 x 15 on :30 Shooters	SP3	S	E
500	10 x 50 on 1:00 Kick des in 3's #10	EN2	S	F
	for time			
450	6 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	S	E
	5x{1 x 100 on 2:00 Swim-kick-drill-swim	EN1	S	E
	{4 x 25 on :30 IM order	EN1	S	E
200	1 x 200 on 4:00 Stroke Drills	REC	D	I
	1 on 15:00 Techniques-relay str		I	
	1 on 10:00 Ice		M	
	4:59 PM 3,130 Yards - Stress Value = 31			

**Workout #3422 - Saturday, 04 December 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
7:00 AM	Start		
800	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills odds free evns non free	REC	
180	12 x 15 on :45 Shooters		SP3
2x{4	4 x 50 on 1:00 Kick no board BSLR		EN1
	{3 x 100 on 2:15 Kick-descend		EN2
1,200	3 x 400 on 6:00 Pulls		EN1
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's		EN1
2,000	10 x 200 on 3:15 Challenge Set!!!!!!		EN2
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
9:33 AM	5,730 Yards - Stress Value = 78		

3:00 PM Start

Yards	Set Description	EGY	WOF
800	1 on 30:00 Physio Balls/Stretch		
180	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
	12 x 15 on :45 Shooters		SP3
	1x{1 x 25 on :45 Kick no board		EN1
	{1 x 25 on :40 Kick no board		EN1
	{1 x 25 on :35 Kick no board		EN1
	{1 x 25 on :30 Kick no board		EN1
	{1 x 100 on 2:00 Kick		EN1
	{1 x 100 on 1:55 Kick		EN1
	{1 x 100 on 1:50 Kick		EN1
450	6 x 75 on 1:05 Pulls-nbbf&w + 2 yds		EN1
	1x{4 x 100 on 1:40 Freestyle		EN1
	{4 x 25 on :30 IM order-build		EN1
	{4 x 100 on 1:35 Freestyle		EN1
	{4 x 25 on :30 IM order-build		EN1
	{4 x 100 on 1:30 Freestyle		EN1
	{4 x 25 on :30 IM order-build		EN1
200	1 x 200 on 4:00 Stroke Drills		REC
	1 on 15:00 Techniques-starts		
	1 on 15:00 Ice		
5:13 PM	3,530 Yards - Stress Value = 29		

**Workout #3424 - Monday, 06 December 2004**

**HighSchl - Boys**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
800	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters		SP3
1x{1	x 25 on :45 Kick no board		EN1
	{1 x 25 on :40 Kick no board		EN1
	{1 x 25 on :35 Kick no board		EN1
	{1 x 25 on :30 Kick no board		EN1
	{1 x 100 on 2:00 Kick		EN1
	{1 x 100 on 1:55 Kick		EN1
	{1 x 100 on 1:50 Kick		EN1
450	6 x 75 on 1:05 Pulls-nbbf&w + 2 yds		EN1
1x{4	x 100 on 1:35 Freestyle		EN1
	{4 x 25 on :30 IM order-build		EN1
	{4 x 100 on 1:30 Freestyle		EN1
	{4 x 25 on :30 IM order-build		EN1
	{4 x 100 on 1:25 Freestyle		EN1
	{4 x 25 on :30 IM order-build		EN1
200	1 x 200 on 4:00 Stroke Drills		REC
	1 on 15:00 Techniques-starts		
	1 on 15:00 Ice		
5:12 PM	3,530 Yards - Stress Value = 29		

**Workout #3426 - Tuesday, 07 December 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
6:00 PM	Start		
800	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Underwater trn drill	REC	
180	12 x 15 on :45 Shooters		SP3
800	1 x 800 on 16:00 Kick every 3rd lap 100% effort		EN2
1,050	1x{5 x 75 on 1:10 Pulls-nbbf&w + 2 yds		EN1
	{5 x 75 on 1:05 Pulls-nbbf&w + 2 yds		EN1
	{4 x 75 on 1:00 Pulls-nbbf&w + 2 yds		EN1
300	2 x 150 on 2:15 2bk-4bk-6bk by 50's		EN1
2,300	1x{4 x 200 on 3:30 Back #1 3:00 #2 2:50		EN2
	{ #3 2:40 #4 2:30		
	{4 x 25 on :45 Back 15m under		EN1
	{1 x 100 on 2:00 Freestyle		REC
	{4 x 150 on 2:35 Back #1 2:10 #2 2:05		EN2
	{ #3 2:00 #4 1:55		
	{4 x 25 on :45 Back 15m under		EN1
	{1 x 100 on 2:00 Freestyle		REC
	{4 x 100 on 1:45 Back #1 1:20 #2 1:15		EN2
	{4 x 25 on :45 Back 15m under		EN1
500	10 x 50 on 1:00 Stroke Drills		REC
8:29 PM	5,930 Yards - Stress Value = 76		

**Workout #3423 - Monday, 06 December 2004**

**HighSchl - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
600	1 on 30:00 Stomach and Stretch		I
600	1 x 600 on 12:00 Choice	REC	S
180	12 x 15 on :45 Shooters		SP3
1x{1	x 300 on 4:45 Freestyle		EN1
	{12 x 25 on :30 odds free evns nonfr		EN1
	{1 x 200 on 3:10 Freestyle		EN1
	{8 x 25 on :30 odds free evns nonfr		EN1
	{1 x 100 on 1:35 Freestyle		EN1
	{4 x 25 on :30 odds free evns nonfr		EN1
250	1 x 250 on 5:00 Stroke Drills		REC
	1 on 10:00 Ice		I
7:01 AM	2,230 Yards - Stress Value = 19		

**Workout #3425 - Monday, 06 December 2004**

**HighSchl - Girls**

**1 minute rest between sets**

**Workout #3427 - Wednesday, 08 December 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM Start			
600	1 on 30:00 Physio Balls/Stretch		L
600	6 x 100 on 2:00 Stroke Drills odds fr/bk w/undwtr turns evens fly or breast	REC	D
180	12 x 15 on :45 Shooters	SP3	S
	1 on 12:00 Relay starts		D
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
600	2 x 300 on 4:15 Pulls	EN1	P
1x{1 x 200 on 3:00 Freestyle		EN1	S
	{1 x 200 on 2:50 Freestyle	EN1	S
	{1 x 200 on 2:40 Freestyle	EN1	S
	{1 x 200 on 2:30 Freestyle	EN1	S
	{1 x 150 on 2:05 Freestyle	EN1	S
	{1 x 150 on 2:00 Freestyle	EN1	S
	{1 x 150 on 1:55 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN1	S
	{1 x 100 on 1:15 Freestyle	EN1	S
200	{1 x 50 on :40 Freestyle	EN1	S
	1 x 200 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
5:04 PM 3,680 Yards - Stress Value = 35			

**Workout #3430 - Thursday, 09 December 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 PM Start			
	1 on 30:00 Team meeting/stretch		I
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	S
180	12 x 15 on :45 Shooters	SP3	S
1,100	1x{4 x 100 on 1:50 Kick	EN2	F
	{3 x 100 on 1:45 Kick	EN2	F
	{2 x 100 on 1:40 Kick	EN2	F
	{1 x 100 on 1:35 Kick	EN2	F
	{1 x 100 on 2:30 Kick no board	REC	F
1,200	12 x 100 on 1:30 Lungbuster pulls odds br 3-5-7-9 evens br 2-4-6-8	EN1	F
450	6 x 75 on 1:15 IM w/out the	EN1	S
2,000	1x{1 x 500 on 6:45 Freestyle	EN2	S
	{1 x 500 on 6:30 Freestyle	EN2	S
	{1 x 500 on 6:15 Freestyle	EN2	S
	{1 x 500 on 6:00 Freestyle	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	I
8:21 PM 6,230 Yards - Stress Value = 83			

**Workout #3428 - Thursday, 09 December 2004**

**HighSchl - Boys**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM Start			
	1 on 30:00 Stomach and Stretch		I
800	8 x 100 on 2:00 Stroke Drills	REC	I
180	12 x 15 on :45 Shooters	SP3	S
1x{4 x 25 on :45 Kick no board BSLR		EN1	F
	{1 x 100 on 2:00 Kick	EN1	F
	{4 x 25 on :40 Kick no board BSLR	EN1	F
	{1 x 100 on 1:55 Kick	EN1	F
	{4 x 25 on :35 Kick no board BSLR	EN1	F
	{1 x 100 on 1:50 Kick	EN2	F

	{4 x 25 on :30 Kick no board BSLR	EN1	F
	{1 x 100 on 1:45 Kick	EN2	F
	1 on 10:00 Techniques-Relay Str		I
1x{4 x 75 on 1:10 Pulls-nbbf&w + 2 yds		EN1	F
	{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	F
	{4 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	F
3x{1 x 75 on 1:15 IM w/out the ?		EN1	S
	{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	S
	1 x 200 on :00 Broken @50's	SP2	S
	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
5:04 PM 3,580 Yards - Stress Value = 50			

**Workout #3429 - Thursday, 09 December 2004**

**HighSchl - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM Start			
	1 on 30:00 Stomach and Stretch		I
	50 of everything		
800	8 x 100 on 2:00 Stroke Drills	REC	I
180	12 x 15 on :45 Shooters	SP3	S
3x{4 x 25 on :45 Kick no board BSLR		EN1	F
	{1 x 100 on 2:10 Kick	EN1	F
	1 on 10:00 Techniques-Relay Str		I
1x{4 x 75 on 1:10 Pulls-nbbf&w + 2 yds		EN1	F
	{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	F
3x{1 x 75 on 1:15 IM w/out the ?		EN1	S
	{1 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	S
100	1 x 100 on :00 Broken @ 25's	SP2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
4:58 PM 2,980 Yards - Stress Value = 33			

**Workout #3431 - Friday, 10 December 2004**

**HighSchl - Boys**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM Start			
	1 on 30:00 Physio Balls/Stretch		L
600	12 x 50 on 1:00 Stroke Drills	REC	D
180	12 x 15 on :45 Shooters	SP3	S
1x{2 x 100 on 2:00 Kick		EN1	K
	{2 x 100 on 1:55 Kick	EN1	K
	{1 x 100 on 1:50 Kick	EN1	K
	1 on 10:00 Techniques-Relay str		D
1x{3 x 50 on :55 Pulls-nbbf&w + 2 yds		EN1	P
	{3 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	P
	{3 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	P
	{1 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	P
8x{1 x 100 on 1:30 Freestyle		EN1	S
	{1 x 100 on 1:30 Non freestyle	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice/team meeting		M
5:03 PM 3,580 Yards - Stress Value = 34			

**Workout #3432 - Friday, 10 December 2004**

**HighSchl - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM Start			
600	1 on 30:00 Physio Balls/Stretch	REC	L
180	12 x 50 on 1:00 Stroke Drills	SP3	S
	12 x 15 on :45 Shooters	EN1	K
	1x{2 x 100 on 2:00 Kick	EN1	K
	{2 x 100 on 1:55 Kick	EN1	K
	1 on 10:00 Techniques-Relay str		D
	1x{3 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	P
	{3 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	P
	{3 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	P
	5x{1 x 100 on 1:45 Freestyle	EN1	S
	{1 x 100 on 1:45 Non freestyle	EN1	S
300	1 x 300 on 6:00 Stroke Drills	REC	D
	1 on 10:00 Ice/team meeting		M
4:56 PM 2,930 Yards - Stress Value = 27			

1	on 30:00 Physio Balls/Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	3x{4 x 25 on :40 Kick no board BSLR	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
1,650	1 x 1650 on 22:00 Pulls	EN1	
600	8 x 75 on 1:15 IM w/out the ?	EN1	
2,000	1x{1 x 400 on 5:30 Freestyle	EN1	
	{1 x 400 on 5:15 Freestyle	EN2	
	{1 x 400 on 5:00 Freestyle	EN2	
	{1 x 400 on 4:45 Freestyle	EN2	
	{1 x 400 on 4:30 Freestyle	EN2	
500	5 x 100 on 2:00 Stroke Drills	REC	
8:29 PM 6,930 Yards - Stress Value = 83			

**Workout #3436 - Monday, 13 December 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====			
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:00 Kick-descend	EN1	
	1x{2 x 200 on 3:00 Pull no br L.12 yds	EN1	
	{2 x 200 on 2:55 Pull no br L.12 yds	EN1	
	{1 x 200 on 2:50 Pull no br L.12 yds	EN1	
300	4 x 75 on 1:15 IM w/out the ?	EN1	
	1x{1 x 1000 on 15:00 Freestyle	EN1	
	{1 x 1000 on 14:30 Freestyle	EN1	
	{1 x 1000 on 14:00 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM 6,280 Yards - Stress Value = 60			

**Workout #3438 - Monday, 13 December 2004**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====			
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	3x{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:00 Kick-descend	EN1	
1,200	1x{2 x 200 on 3:00 Pull no br L.12 yds	EN1	
	{2 x 200 on 2:55 Pull no br L.12 yds	EN1	
	{2 x 200 on 2:50 Pull no br L.12 yds	EN1	
300	4 x 75 on 1:15 IM w/out the fly	EN1	
1,700	2x{4 x 25 on :30 Butterfly	EN1	
	{4 x 100 on 1:45 Butterfly 2-4	EN1	
	{4 x 50 on 1:00 Butterfly-descend	EN1	
	{1 x 150 on 3:00 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM 5,580 Yards - Stress Value = 51			

**Workout #3433 - Saturday, 11 December 2004**

**HighSchl - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:00 AM Start			
=====			
	1 on 15:00 Stretching		I
700	1 x 700 on 10:30 Choice	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
1,000	1x{2 x 100 on 1:35 Kick	EN1	F
	{2 x 100 on 1:30 Kick with flippers	EN1	F
	{2 x 100 on 1:25 Kick with flippers	EN1	F
	{2 x 100 on 1:20 Kick with flippers	EN2	F
	{2 x 100 on 1:15 Kick with flippers	EN2	F
1,000	8 x 125 on 1:55 Pull no br L.12 yds	EN1	F
300	12 x 25 on :30 Alt IMO & fr tuckspn	EN1	S
2,400	12 x 200 on 3:00 Challenge set	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	I
6:56 AM 6,000 Yards - Stress Value = 87			

**Workout #3441 - Monday, 13 December 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

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

**Workout #3439 - Monday, 13 December 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	3x{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:00 Kick-descend	EN1	
1,200	1x{2 x 200 on 3:00 Pull no br L.12 yds	EN1	
	{2 x 200 on 2:55 Pull no br L.12 yds	EN1	
	{2 x 200 on 2:50 Pull no br L.12 yds	EN1	
300	4 x 75 on 1:15 IM w/out the back	EN1	
1,650	2x{3 x 100 on 1:50 Backstroke	EN1	
	{3 x 75 on 1:20 Backstroke	EN1	
	{3 x 50 on :55 Backstroke	EN1	
	{1 x 150 on 3:00 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 5,530 Yards - Stress Value = 50		

**Workout #3440 - Monday, 13 December 2004**

**HighSchl - Boys**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	1 on 20:00 Stomach and Stretch			L DRY
550	11 x 50 on 1:00 Stroke Drills	REC		D CHO
180	12 x 15 on :45 Shooters	SP3		S CHO
500	5 x 100 on 2:00 Kick	EN1		K CHO
500	5 x 100 on 1:30 Pulls	EN1		P FR
300	12 x 25 on :45 12.5 ez 12.5 fast	EN1		S CHO
	1 on 10:00 Techniques-Starts	EN1		D FR
1,000	10 x 100 on 2:00 Stroke Drills	REC		D CD
	50 free 50 non free			
	1st & 3rd 25 clsdfst			
	4:42 PM 3,030 Yards - Stress Value = 20			

**Workout #3435 - Monday, 13 December 2004**

**HighSchl - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{2 x 125 on 1:55 Pull no br L.8 yds	EN1	
	{2 x 125 on 1:45 Pull no br L.12 yds	EN1	
900	3 x 300 on 4:20 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 AM 2,500 Yards - Stress Value = 25		

**Workout #3437 - Monday, 13 December 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	3x{4 x 25 on :45 Kick no board BSLR	EN2	
	{3 x 100 on 2:00 Kick-descend	EN1	

1,000	1x{2 x 200 on 3:00 Pull no br L.12 yds	EN1	
	{2 x 200 on 2:55 Pull no br L.12 yds	EN1	
	{1 x 200 on 2:50 Pull no br L.12 yds	EN1	
600	8 x 75 on 1:15 IM w/out the ?	EN1	
1,800	1x{9 x 100 on 1:40 Descend in sets of 3	EN1	
	{6 x 100 on 1:35 Descend in sets of 3	EN1	
	{3 x 100 on 1:30 Descend in sets of 3	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 5,780 Yards - Stress Value = 56		

**Workout #3445 - Tuesday, 14 December 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	4x{1 x 100 on 1:40 Under water trn dril	REC	
	{1 x 100 on 1:40 Under water trn dril	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1 x 1000 on 20:00 Kick-hold each 100	EN2	
	under 1:50		
1,350	1x{4 x 150 on 2:15 Pull no br L.12 yds	EN1	
	{3 x 150 on 2:05 Pull no br L.12 yds	EN1	
	{2 x 150 on 1:55 Pull no br L.12 yds	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
2,275	1x{5 x 125 on 2:05 Back 9-8-7-6-5 ukow	EN1	
	{4 x 125 on 2:00 Back 9-8-7-6-6 ukow	EN1	
	{3 x 125 on 1:55 Back 9-8-7-7-7 ukow	EN1	
	{2 x 125 on 1:50 Back 9-8-8-8-8 ukow	EN2	
	{1 x 125 on 1:45 Back 9-9-9-9-9 ukow	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{1 x 200 on 3:00 Backstroke for time	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	8:30 PM 6,455 Yards - Stress Value = 88		

**Workout #3444 - Tuesday, 14 December 2004**

**HighSchl - Boys**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stretch			L DRY
400	1 x 400 on 7:00 Stroke Drills	REC		D FR
180	12 x 15 on :45 Shooters	SP3		S FR
300	3 x 100 on 2:15 Kick	EN1		K CHO
300	3 x 100 on 1:30 Freestyle	REC		S FR
300	3 x 100 on 1:45 Non free	EN1		S STK
400	8 x 50 on 1:00 DEBF 1-4 all free	EN1		S FR
	5-8 25 free 25 nonfr			
50	2 x 25 on 1:00 OTB	EN1		S FR
300	6 x 50 on 1:00 Stroke Drills	REC		D CHO
	5:27 PM 2,230 Yards - Stress Value = 17			

**Workout #3442 - Tuesday, 14 December 2004**

**HighSchl - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
5:30 AM Start				
600	1 on 10:00 Stretching			L DF
600	1 x 600 on 10:00 Choice	REC		S CF
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3		S F
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
1x{	1 x 400 on 6:00 Freestyle	EN1		S F
	{1 x 400 on 5:45 Freestyle	EN1		S F
	{1 x 400 on 5:30 Freestyle	EN2		S F
	{1 x 400 on 5:15 Freestyle	EN2		S F
	{1 x 400 on 5:00 Freestyle	EN2		S F
200	1 x 200 on 3:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			M
7:04 AM 4,700 Yards - Stress Value = 60				

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 45:00 Weights/Stretch/mtg		
	1x{1 x 200 on 3:15 Freestyle		REC
	{1 x 200 on 3:10 Freestyle L.50 fast		EN1
	{1 x 200 on 3:05 Freestyle L.100 fast		EN1
	{1 x 200 on 3:00 Freestyle L.150 fast		EN2
180	12 x 15 on :45 Shooters		SP3
2x{	2 x 25 on :30 Kick no board B		EN1
	{1 x 100 on 2:00 Kick		EN1
	{2 x 25 on :30 Kick no board S		EN1
	{1 x 100 on 1:55 Kick		REC
	{2 x 25 on :30 Kick no board LR		EN1
	{1 x 100 on 1:50 Kick		EN1
1,200	12 x 100 on 1:30 Lungbuster pulls		EN1
250	10 x 25 on :30 Free 12.5y tuck spin		EN1
	1x{1 x 400 on 5:30 Freestyle		EN1
	{2 x 300 on 4:10 Freestyle		EN1
	{3 x 200 on 2:45 Freestyle		EN1
	{4 x 100 on 1:25 Freestyle		EN1
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
5:36 PM 5,580 Yards - Stress Value = 56			

**Workout #3443 - Tuesday, 14 December 2004**

**HighSchl - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 10:00 Stretching		
600	1 x 600 on 10:00 Choice	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
1x{	4 x 25 on :45 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend	EN1	
750	10 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
8x{	1 x 100 on 1:30 Individual Medley	EN1	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
400	4 x 100 on 1:45 Stroke Drills	REC	
4:22 PM 4,050 Yards - Stress Value = 40			

**Workout #3449 - Wednesday, 15 December 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 45:00 Weights/Stretch/mtg		
	1x{1 x 200 on 3:15 Freestyle		REC
	{1 x 200 on 3:10 Freestyle L.50 fast		EN1
	{1 x 200 on 3:05 Freestyle L.100 fast		EN1
	{1 x 200 on 3:00 Freestyle L.150 fast		EN2
180	12 x 15 on :45 Shooters		SP3
900	2x{2 x 25 on :30 Kick no board B		EN1
	{1 x 100 on 2:00 Kick		EN1
	{2 x 25 on :30 Kick no board S		EN1
	{1 x 100 on 1:55 Kick		REC
	{2 x 25 on :30 Kick no board LR		EN1
	{1 x 100 on 1:50 Kick		EN1
1,200	12 x 100 on 1:30 Lungbuster pulls		EN1
250	10 x 25 on :30 Free 12.5y tuck spin		EN1
1,525	1x{2 x 200 on 3:30 Backstroke		EN1
	{3 x 175 on 3:00 Backstroke		EN1
	{4 x 150 on 2:30 Backstroke		EN1
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
5:34 PM 5,105 Yards - Stress Value = 51			

**Workout #3450 - Wednesday, 15 December 2004**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 45:00 Weights/Stretch/mtg		
800	1x{1 x 200 on 3:15 Freestyle	REC	
	{1 x 200 on 3:10 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:05 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters		SP3
900	2x{2 x 25 on :30 Kick no board B	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{2 x 25 on :30 Kick no board S	EN1	
	{1 x 100 on 1:55 Kick	REC	
	{2 x 25 on :30 Kick no board LR	EN1	
	{1 x 100 on 1:50 Kick	EN1	
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
1,500	1x{4 x 125 on 2:15 Breast w/pd fins	EN1	
	{4 x 125 on 2:10 Breast w/pd fins	EN1	
	{4 x 125 on 2:05 Breast w/pd fins	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM 5,080 Yards - Stress Value = 51			

**Workout #3447 - Wednesday, 15 December 2004**

**HighSchl - Distance**

**Workout #3446 - Wednesday, 15 December 2004**

**HighSchl - Boys**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		I
600	1 x 600 on 10:00 Choice	REC	S
180	12 x 15 on :45 Shooters	SP3	S
	1x{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	F
	{4 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	F
	1x{1 x 50 on :45 Freestyle	EN1	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 150 on 2:15 Freestyle	EN1	S
	{1 x 200 on 3:00 Freestyle	EN1	S
	{1 x 250 on 3:45 Freestyle	EN1	S
	{1 x 200 on 2:50 Freestyle	EN1	S
	{1 x 150 on 2:00 Freestyle	EN1	S
	{1 x 100 on 1:15 Freestyle	EN2	S
	{1 x 50 on :35 Freestyle	EN2	S
300	1 x 300 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		N
7:04 AM 2,930 Yards - Stress Value = 27			

**Workout #3448 - Wednesday, 15 December 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 45:00 Weights/Stretch/mtg		
800	1x{1 x 200 on 3:15 Freestyle	REC	
	{1 x 200 on 3:10 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:05 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
900	2x{2 x 25 on :30 Kick no board B	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{2 x 25 on :30 Kick no board S	EN1	
	{1 x 100 on 1:55 Kick	REC	
	{2 x 25 on :30 Kick no board LR	EN1	
	{1 x 100 on 1:50 Kick	EN1	
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
1,500	1x{8 x 75 on 1:10 Freestyle des in 4's	EN1	
	{6 x 75 on 1:10 Freestyle des in 3's	EN1	
	{4 x 75 on 1:10 Freestyle des 1-4	EN1	
	{2 x 75 on 1:10 Freestyle-fast	EN1	
300	1 x 300 on 6:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM 5,130 Yards - Stress Value = 51			

**Workout #3456 - Thursday, 16 December 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Under water trn dril	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{4 x 150 on 3:00 Kick	EN1	
	{3 x 100 on 2:00 Kick	EN1	
	{2 x 50 on 1:00 Kick	EN1	
1,500	1x{1 x 500 on 7:00 Pulls	EN1	
	{1 x 500 on 6:45 Pulls	EN1	
	{1 x 500 on 6:30 Pulls	EN1	
600	12 x 50 on :50 Descend in sets of 3	EN1	
1,800	1x{3 x 200 on 3:00 Backstroke	EN1	
	{2 x 100 on 1:20 Freestyle	EN1	

	{2 x 200 on 2:55 Backstroke	EN1	
	{2 x 100 on 1:20 Freestyle	EN1	
	{1 x 200 on 2:50 Backstroke	EN1	
	{2 x 100 on 1:20 Freestyle	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
8:25 PM 6,380 Yards - Stress Value = 56			

**Workout #3455 - Thursday, 16 December 2004**

**HighSchl - Breast**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Under water trn dril	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{4 x 150 on 3:00 Kick w/pd fins	EN1	
	{3 x 100 on 2:00 Kick w/pd fins	EN1	
	{2 x 50 on 1:00 Kick w/pd fins	EN1	
	1x{1 x 350 on 7:00 Pulls	EN1	
	{1 x 350 on 6:45 Pulls	EN1	
	{1 x 350 on 6:30 Pulls	EN1	
600	12 x 50 on :50 Descend in sets of 3	EN1	
	1x{4 x 125 on 2:15 Breast 2X pullouts	EN1	
	{4 x 25 on :30 Breast fast TO	EN1	
	{3 x 125 on 2:10 Breast 2X pullouts	EN1	
	{4 x 25 on :30 Breast fast TO	EN1	
	{2 x 125 on 2:05 Breast 2X pullouts	EN2	
	{4 x 25 on :30 Breast fast TO	EN1	
	{1 x 125 on 2:00 Breast 2X pullouts	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM 5,530 Yards - Stress Value = 54			

**Workout #3452 - Thursday, 16 December 2004**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Under water trn dril	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 150 on 3:00 Kick	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{2 x 50 on 1:00 Kick	EN1	
	1x{1 x 500 on 7:00 Pulls	EN1	
	{1 x 500 on 6:45 Pulls	EN1	
	{1 x 500 on 6:30 Pulls	EN1	
600	12 x 50 on :50 Descend in sets of 3	EN1	
	1x{3 x 250 on 3:35 Freestyle	EN1	
	{1 x 100 on 1:45 Non free	EN1	
	{3 x 250 on 3:25 Freestyle	EN1	
	{1 x 100 on 1:45 Non free	EN1	
	{3 x 250 on 3:15 Freestyle	EN1	
	{1 x 100 on 1:45 Non free	EN1	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM 6,580 Yards - Stress Value = 61			

**Workout #3453 - Thursday, 16 December 2004**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM	Start		
800	1 on 30:00 Physio Balls/Stretch		
180	1 x 800 on 13:00 Under water trn dril	REC	
1,000	12 x 15 on :45 Shooters	SP3	
	1x{4 x 150 on 3:00 Kick	EN1	
	{3 x 100 on 2:00 Kick	EN1	
	{2 x 50 on 1:00 Kick	EN1	
1,500	1x{1 x 500 on 7:00 Pulls	EN1	
	{1 x 500 on 6:45 Pulls	EN1	
	{1 x 500 on 6:30 Pulls	EN1	
600	12 x 50 on :50 Descend in sets of 3	EN1	
2,000	1x{3 x 100 on 1:30 Butterfly 2-4	EN1	
	{2 x 100 on 1:20 Freestyle	EN1	
	{3 x 100 on 1:30 Butterfly 2-5	EN1	
	{2 x 100 on 1:20 Freestyle	EN1	
	{3 x 100 on 1:30 Butterfly 2-6	EN1	
	{2 x 100 on 1:20 Freestyle	EN1	
	{3 x 100 on 1:30 Butterfly 2-7	EN1	
	{2 x 100 on 1:20 Freestyle	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM	6,380 Yards - Stress Value = 58		

1 on 10:00 Ice  
7:02 AM 700 Yards

M

**Workout #3462 - Friday, 17 December 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
4:30 PM	Start		
800	1 on 30:00 Stomach and Stretch		I
180	1 x 800 on 14:00 Reverse IM drill	REC	I
1,000	12 x 15 on :45 Shooters	SP3	S
	10 x 100 on 2:00 Kick-odds fast	EN2	F
	1x{7 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	F
	{7 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	F
300	12 x 25 on :30 IM order-build	EN1	S
	4x{1 x 25 on :00 Freestyle	SP2	S
	{1 x 75 on 3:00 Freestyle	REC	S
	{1 x 50 on :00 Freestyle	SP2	S
	{1 x 50 on 3:00 Freestyle	REC	S
	{1 x 75 on :00 Freestyle	SP2	S
	{1 x 25 on 3:00 Freestyle	REC	S
600	12 x 50 on 1:00 Stroke Drills	REC	I
6:59 PM	5,130 Yards - Stress Value = 100		

**Workout #3461 - Friday, 17 December 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
600	1 on 20:00 Team mtg/stretch		
180	1 x 600 on 10:00 Reverse IM drill	REC	
800	12 x 15 on :45 Shooters	SP3	
	8 x 100 on 2:00 Kick-odds fast	EN1	
	1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 100 on 1:25 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 100 on 1:20 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 100 on 1:15 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	3x{1 x 200 on 3:00 Freestyle	REC	
	{4 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Run the Guantlet!!!!		
	1 on 10:00 Ice		
4:58 PM	3,880 Yards - Stress Value = 26		

**Workout #3459 - Friday, 17 December 2004**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:30 AM	Start			
600	1 on 40:00 Weights and Stretch			I I
300	1 x 600 on 10:00 Reverse IM drill	REC		D
	12 x 25 on :30 12.5 ez 12.5 fast	SP3		S
	1x{2 x 150 on 2:00 Freestyle	EN1		S
	{2 x 150 on 1:55 Freestyle	EN1		S
	{2 x 150 on 1:50 Freestyle	EN2		S
	{2 x 150 on 1:45 Freestyle	EN2		S
	{2 x 150 on 1:40 Freestyle	EN2		S
	{2 x 150 on 1:35 Freestyle	EN2		S
	{1 x 300 on 4:00 Stroke Drills	REC		D
	1 on 10:00 Ice			M
7:03 AM	3,000 Yards - Stress Value = 42			

**Workout #3454 - Thursday, 16 December 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM	Start		
800	1 on 30:00 Physio Balls/Stretch		
180	1 x 800 on 13:00 Under water trn dril	REC	
1,000	12 x 15 on :45 Shooters	SP3	
	1x{4 x 150 on 3:00 Kick	EN1	
	{3 x 100 on 2:00 Kick	EN1	
	{2 x 50 on 1:00 Kick	EN1	
1,500	1x{1 x 500 on 7:00 Pulls	EN1	
	{1 x 500 on 6:45 Pulls	EN1	
	{1 x 500 on 6:30 Pulls	EN1	
600	12 x 50 on :50 Descend in sets of 3	EN1	
1,800	1x{3 x 200 on 3:00 Backstroke	EN1	
	{2 x 100 on 1:20 Freestyle	EN1	
	{2 x 200 on 2:55 Backstroke	EN1	
	{2 x 100 on 1:20 Freestyle	EN1	
	{1 x 200 on 2:50 Backstroke	EN1	
	{2 x 100 on 1:20 Freestyle	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:33 PM	6,280 Yards - Stress Value = 56		

**Workout #3451 - Thursday, 16 December 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STF
5:30 AM	Start			
350	1 on 10:00 Stretching			L DR
	1 x 350 on 5:00 Freestyle	REC		S FF
	1x{1 on 10:00 Vrtcl Kck w/out zmmr	SP3		K FF
	{1 on 10:00 Running Pit Sprints	SP3		S FF
	{1 on 10:00 StrthCrzd-shllw-deep	SP3		S FF
	{1 on 10:00 8X25@100 chts/pb/pdl	SP3		S STF
	{1 on 10:00 8X25@100 undrwtr fly	SP3		K FLY
	{ without fins			
	{1 on 10:00 OTB 15m sprints	SP3		S STF
350	1 x 350 on 5:00 Freestyle	REC		S CI



**Workout #3460 - Friday, 17 December 2004**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 Weights and Stretch		L I	
600	1 x 600 on 10:00 Reverse IM drill	REC	D	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S	
	1x{2 x 150 on 2:10 Freestyle	EN1	S	
	{2 x 150 on 2:05 Freestyle	EN1	S	
	{2 x 150 on 2:00 Freestyle	EN2	S	
	{2 x 150 on 1:55 Freestyle	EN2	S	
	{2 x 150 on 1:50 Freestyle	EN2	S	
	{1 x 150 on 1:45 Freestyle	EN2	S	
	{1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
7:03 AM 2,800 Yards - Stress Value = 39				

	{6 x 100 on 1:45 Kick	EN2	K	
1,000	1 x 1000 on 13:00 Pulls	EN1	P	
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	S	
	1x{6 x 100 on 1:05 Freestyle	EN2	S	
	{1 on 1:00 Rest		M	
	{5 x 100 on 1:05 Freestyle	EN2	S	
	{1 on 1:00 Rest		M	
	{4 x 100 on 1:05 Freestyle	EN2	S	
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:05 Freestyle	EN2	S	
	{1 on 1:00 Rest		M	
	{2 x 100 on 1:05 Freestyle	EN2	S	
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:05 Freestyle	EN2	S	
500	1 x 500 on 7:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
7:58 AM 6,000 Yards - Stress Value = 83				

**Workout #3465 - Monday, 20 December 2004**

**HighSchl - Distance**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 Weights and Stretch		L I	
600	1 x 600 on 10:00 Reverse IM drill	REC	D	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S	
	1x{2 x 150 on 2:25 Freestyle	EN1	S	
	{2 x 150 on 2:20 Freestyle	EN1	S	
	{2 x 150 on 2:15 Freestyle	EN2	S	
	{2 x 150 on 2:10 Freestyle	EN2	S	
	{1 x 150 on 2:05 Freestyle	EN2	S	
	{1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
7:02 AM 2,500 Yards - Stress Value = 33				

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{8 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick	EN1	
	1x{2 x 200 on 2:40 Pull no br L.8 yds	EN1	
	{2 x 200 on 2:35 Pull no br L.10 yds	EN1	
	{2 x 200 on 2:30 Pull no br L. 12 yds	EN1	
600	8 x 75 on 1:10 IM w/out alt.strokes	EN1	
	1x{1 x 800 on 10:00 Freestyle	EN1	
	{1 x 800 on 9:45 Freestyle	EN1	
	{1 x 800 on 9:40 Freestyle	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:29 AM 5,980 Yards - Stress Value = 54			

**Workout #3457 - Friday, 17 December 2004**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 Weights and Stretch		L I	
600	1 x 600 on 10:00 Reverse IM drill	REC	D	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S	
	1x{2 x 125 on 2:25 Freestyle	EN1	S	
	{2 x 125 on 2:20 Freestyle	EN1	S	
	{2 x 125 on 2:15 Freestyle	EN2	S	
	{2 x 125 on 2:10 Freestyle	EN2	S	
	{1 x 125 on 2:05 Freestyle	EN2	S	
	{1 x 225 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
7:02 AM 2,250 Yards - Stress Value = 28				

**Workout #3467 - Monday, 20 December 2004**

**HighSchl - Fly**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	2x{8 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick	EN1	
1,000	1x{2 x 200 on 2:50 Pull no br L.8 yds	EN1	
	{2 x 200 on 2:45 Pull no br L.10 yds	EN1	
	{1 x 200 on 2:40 Pull no br L. 12 yds	EN1	
450	6 x 75 on 1:10 IM w/out alt.strokes	EN1	
1,500	1x{3 x 125 on 2:10 Alt. 25fly 25free	EN1	
	{3 x 125 on 2:05 Alt. 25fly 25free	EN1	
	{3 x 125 on 2:00 Alt. 25fly 25free	EN1	
	{3 x 125 on 1:55 Alt. 25fly 25free	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:29 AM 5,230 Yards - Stress Value = 47			

**Workout #3463 - Saturday, 18 December 2004**

**HighSchl - Boys**

**1 minute rest between sets**

6:00 AM Start

Yards	Set Description	EGY	WORK
	1 on 10:00 Stretching		L
800	1 x 800 on 12:00 Stroke Drills	REC	D
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{4 x 25 on :45 Kick no board BSLR	EN1	K
	{4 x 25 on :40 Kick no board BSLR	EN1	K
	{4 x 25 on :35 Kick no board BSLR	EN1	K
	{4 x 25 on :30 Kick no board BSLR	EN1	K

**Workout #3464 - Monday, 20 December 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	2x{8 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick	EN1	
1,000	1x{2 x 200 on 3:15 Pull no br L.8 yds	EN1	
	{2 x 200 on 3:10 Pull no br L.10 yds	EN1	
	{1 x 200 on 3:05 Pull no br L. 12 yds	EN1	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
1,500	1x{3 x 125 on 2:20 Backstroke	EN1	
	{3 x 125 on 2:15 Backstroke	EN1	
	{3 x 125 on 2:10 Backstroke	EN1	
	{3 x 125 on 2:05 Backstroke	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:29 AM 4,980 Yards - Stress Value = 46		

**Workout #3466 - Monday, 20 December 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	2x{8 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick	EN1	
1,000	1x{2 x 200 on 2:50 Pull no br L.8 yds	EN1	
	{2 x 200 on 2:45 Pull no br L.10 yds	EN1	
	{1 x 200 on 2:40 Pull no br L. 12 yds	EN1	
600	8 x 75 on 1:10 IM w/out alt.strokes	EN1	
1,500	1x{3 x 125 on 2:00 Freestyle descend	EN1	
	{3 x 125 on 1:55 Freestyle descend	EN1	
	{3 x 125 on 1:50 Freestyle descend	EN1	
	{3 x 125 on 1:45 Freestyle descend	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:30 AM 5,380 Yards - Stress Value = 49		

**Workout #3468 - Tuesday, 21 December 2004**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		I
800	4x{1 x 100 on 1:45 StrkDrll w/undrwtr	REC	I
	{1 x 100 on 1:45 StrkDrll w/undrwtr	REC	I
180	12 x 15 on :45 Shooters	SP3	S
1,000	1x{4 x 100 on 2:00 Kick with pd fins	EN1	F
	{4 x 75 on 1:30 Kick with pd fins	EN1	F
	{4 x 50 on 1:00 Kick with pd fins	EN2	F
	{4 x 25 on :30 Kick with pd fins	EN1	F
1,200	2x{1 x 100 on 1:50 Pulls	EN1	F
	{1 x 200 on 3:40 Pulls	EN1	F
	{1 x 300 on 5:30 Pulls	EN1	F
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	S
1,600	1x{5 x 50 on :50 Breaststroke	EN2	S
	{4 x 75 on 1:15 Breaststroke	EN2	S
	{3 x 100 on 1:40 Breaststroke	EN2	S
	{2 x 125 on 2:05 Breaststroke	EN2	S
	{1 x 150 on 2:30 Breaststroke	EN2	S
	{14 x 25 on :30 Breast 2X pullouts	EN2	S

250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	9:29 AM 5,330 Yards - Stress Value = 66		

**Workout #3471 - Tuesday, 21 December 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		I
	4x{1 x 100 on 1:45 StrkDrll w/undrwtr	REC	I
	{1 x 100 on 1:45 StrkDrll w/undrwtr	REC	I
180	12 x 15 on :45 Shooters	SP3	S
	1x{3 x 100 on 2:00 Kick	EN1	F
	{3 x 75 on 1:30 Kick	EN1	F
	{3 x 50 on 1:00 Kick	EN2	F
	{3 x 25 on :30 Kick	EN1	F
	2x{1 x 100 on 1:30 Pulls	EN1	F
	{1 x 200 on 2:50 Pulls	EN1	F
	{1 x 300 on 4:00 Pulls	EN1	F
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	S
	1x{1 x 600 on 8:00 Freestyle	EN2	S
	{2 x 300 on 4:00 Freestyle	EN2	S
	{1 x 500 on 6:40 Freestyle	EN2	S
	{2 x 250 on 3:20 Freestyle	EN2	S
	{1 x 400 on 5:20 Freestyle	EN2	S
	{2 x 200 on 2:40 Freestyle	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	9:31 AM 6,480 Yards - Stress Value = 91		

**Workout #3470 - Tuesday, 21 December 2004**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		I
800	4x{1 x 100 on 1:45 StrkDrll w/undrwtr	REC	I
	{1 x 100 on 1:45 StrkDrll w/undrwtr	REC	I
180	12 x 15 on :45 Shooters	SP3	S
1,250	1x{5 x 100 on 1:45 Kick	EN2	F
	{5 x 75 on 1:20 Kick	EN2	F
	{5 x 50 on :55 Kick	EN2	F
	{5 x 25 on :25 Kick	EN2	F
1,200	2x{1 x 100 on 1:20 Pulls	EN1	F
	{1 x 200 on 2:35 Pulls	EN1	F
	{1 x 300 on 3:45 Pulls	EN1	F
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	S
2,400	2x{3 x 150 on 2:15 Butterfly 2-5	EN2	S
	{6 x 25 on :25 Butterfly	EN1	S
	{2 x 100 on 1:30 Butterfly 2-6	EN2	S
	{4 x 25 on :25 Butterfly	EN1	S
	{1 x 50 on :45 Butterfly 2-7	EN3	S
	{2 x 25 on :25 Butterfly	EN1	S
	{1 x 200 on 3:00 Freestyle	REC	S
	1 on 10:00 Ice		M
	9:30 AM 6,130 Yards - Stress Value = 85		

**Workout #3469 - Tuesday, 21 December 2004**

**HighSchl - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	7:00 AM Start		
	1 on 40:00 Weights and Stretch		
	1x{1 x 200 on 3:00 Freestyle	REC	
	{1 x 200 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN1	
180	12 x 15 on :45 Shooters	SP3	
	2x{8 x 25 on :40 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend	EN1	
	1x{2 x 150 on 2:15 Lungbuster pulls	EN1	
	{2 x 150 on 2:10 Lungbuster pulls	EN1	
	{2 x 150 on 2:05 Lungbuster pulls	EN1	
	{ br 3-5-7 by the 50		
300	3 x 100 on 1:30 Descend in sets of 3	EN1	
	1x{1 x 600 on 7:30 Freestyle	EN2	
	{1 x 500 on 6:40 Freestyle	EN2	
	{1 x 400 on 5:40 Freestyle	EN2	
	{1 x 300 on 4:30 Freestyle	EN2	
400	1 x 400 on 7:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:30 AM 5,380 Yards - Stress Value = 71		

**Workout #3473 - Tuesday, 21 December 2004**

**HighSchl - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	3:15 PM Start		
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Underwater trn drill	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,600	2x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{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 x 100 on 1:45 Freestyle	REC	
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4-6-8		
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
2,000	4x{6 x 50 on :45 Backstroke	EN1	
	{4 x 25 on :30 Backstroke 12 ukow	EN1	
	{1 x 100 on 1:45 Freestyle	REC	
400	1 x 400 on 7:00 Stroke Drills	REC	
	5:43 PM 6,600 Yards - Stress Value = 67		

**Workout #3472 - Tuesday, 21 December 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WORF
	7:00 AM Start		
	1 on 30:00 Physio Balls/Stretch		I
800	4x{1 x 100 on 1:45 StrkDrll w/undrwtr	REC	I
	{1 x 100 on 1:45 StrkDrll w/undrwtr	REC	I
180	12 x 15 on :45 Shooters	SP3	S
1,250	1x{5 x 100 on 1:30 Kick with flippers	EN2	F
	{5 x 75 on 1:05 Kick with flippers	EN2	F
	{5 x 50 on :45 Kick with flippers	EN2	F
	{5 x 25 on :30 Kick with flippers	EN2	F
1,200	2x{1 x 100 on 1:30 Pulls	EN1	F
	{1 x 200 on 2:50 Pulls	EN1	F

	{1 x 300 on 4:00 Pulls	EN1	F
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	S
2,400	1x{12 x 50 on :40 Freestyle	EN2	S
	{1 x 150 on 2:15 Freestyle	EN3	S
	{10 x 50 on :40 Freestyle	EN2	S
	{2 x 150 on 2:15 Freestyle	EN3	S
	{8 x 50 on :40 Freestyle	EN2	S
	{3 x 150 on 2:15 Freestyle	EN3	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	9:30 AM 6,380 Yards - Stress Value = 131		

**Workout #3474 - Wednesday, 22 December 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	W
	9:15 AM Start		
	1 on 30:00 Stomach and Stretch		
	1x{1 x 200 on 3:00 Freestyle	REC	
	{1 x 200 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
	2x{8 x 25 on :40 Kick no board BSLR	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
1,000	1 x 1000 on 15:00 Pulls-nbbf&w + 2 yds	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
	2x{2 x 25 on :20 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :20 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{6 x 25 on :20 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{8 x 25 on :20 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
300	6 x 50 on 1:00 Stroke Drills	REC	
	11:30 AM 5,680 Yards - Stress Value = 65		

**Workout #3476 - Wednesday, 22 December 2004**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

3:15 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	
180	12 x 15 on :45 Shooters	SP3	
	1x{5 x 50 on 1:00 Kick	EN1	
	{5 x 50 on :55 Kick	EN1	
	{5 x 50 on :50 Kick	EN2	
	{5 x 50 on :45 Kick	EN2	
	1x{5 x 75 on 1:10 Lungbuster pulls	EN1	
	{4 x 75 on 1:05 Lungbuster pulls	EN1	
	{3 x 75 on 1:00 Lungbuster pulls	EN1	
	{2 x 75 on :55 Lungbuster pulls	EN2	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
	2x{1 x 125 on 2:00 Backstroke	EN3	
	{2 x 50 on :45 Freestyle	REC	
	{1 x 125 on 2:15 Backstroke	EN3	
	{2 x 50 on :45 Freestyle	REC	
	{1 x 125 on 2:30 Backstroke	EN3	
	{2 x 50 on :45 Freestyle	REC	
	{1 x 125 on 2:45 Backstroke	EN3	
	{2 x 50 on :45 Freestyle	REC	
	{1 x 125 on 3:00 Backstroke	EN3	
	{2 x 50 on :45 Freestyle	REC	
500	1 x 500 on 8:00 Stroke Drills	REC	

5:43 PM 6,380 Yards - Stress Value = 114

7:00 AM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Choice-deep end undr	REC	
	trn drill, shallow end-open turns		
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 125 on 2:30 Kick	EN1	
	{2 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:10 Kick	EN2	
	{2 x 125 on 2:00 Kick	EN2	
	1x{3 x 50 on :45 Pulls	EN1	
	{1 x 250 on 3:15 Pulls	EN1	
	{3 x 50 on :45 Pulls	EN1	
	{1 x 250 on 3:05 Pulls	EN2	
	{3 x 50 on :45 Pulls	EN1	
	{1 x 250 on 2:55 Pulls	EN2	
450	9 x 50 on :50 Descend in sets of 3	EN1	
	1x{4 x 125 on 1:55 IM with 50 fly	EN1	
	{3 x 50 on :50 Butterfly	EN1	
	{4 x 125 on 1:50 IM with 50 back	EN1	
	{3 x 50 on :50 Backstroke	EN1	
	{4 x 125 on 2:00 IM with 50 breast	EN1	
	{3 x 50 on :55 Breaststroke	EN1	
	{4 x 125 on 1:45 IM with 50 free	EN1	
	{3 x 50 on :45 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

9:33 AM 6,430 Yards - Stress Value = 74

**Workout #3478 - Thursday, 23 December 2004**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
	1x{1 x 200 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN1	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
	1x{4 x 75 on 1:15 Lungbuster pulls	EN1	
	{4 x 75 on 1:10 Lungbuster pulls	EN1	
	{4 x 75 on 1:05 Lungbuster pulls	EN1	
	{ odds br 3-5-7		
	{ evens br 2-4-6		
300	3 x 100 on 1:30 Freestyle-descend	EN1	
	1x{1 x 25 on :00 Butterfly	SP1	
	{1 x 50 on 2:00 Freestyle	REC	
	{1 x 50 on :00 Butterfly	SP1	
	{1 x 50 on 2:30 Freestyle	REC	
	{1 x 75 on :00 50 fly 25 back	SP1	
	{1 x 50 on 3:00 Freestyle	REC	
	{1 x 100 on :00 50 fly 50 back	SP1	
	{1 x 50 on 3:30 Freestyle	REC	
	{1 x 125 on :00 50fly 50back 25brst	SP1	
	{1 x 50 on 4:00 Freestyle	REC	
	{1 x 150 on :00 50fly 50back 50brst	SP1	
	{1 x 50 on 4:30 Freestyle	REC	
	{1 x 175 on :00 50fl 50ba 50br 25fr	SP1	
	{1 x 50 on 5:00 Freestyle	REC	
	{1 x 200 on :00 Individual Medley	SP1	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 15:00 Ice		

4:59 PM 3,850 Yards - Stress Value = 93

7:00 AM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Choice-deep end undr	REC	
	trn drill, shallow end-open turns		
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 125 on 2:30 Kick	EN1	
	{2 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:15 Kick	EN2	
	1x{3 x 50 on :45 Pulls	EN1	
	{1 x 250 on 3:30 Pulls	EN1	
	{3 x 50 on :45 Pulls	EN1	
	{1 x 250 on 3:25 Pulls	EN2	
	{3 x 50 on :45 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN2	
450	9 x 50 on :50 Descend in sets of 3	EN1	
	1x{4 x 125 on 2:00 IM with 50 fly	EN1	
	{2 x 50 on :55 Butterfly	EN1	
	{4 x 125 on 2:00 IM with 50 back	EN1	
	{2 x 50 on :55 Backstroke	EN1	
	{4 x 125 on 2:05 IM with 50 breast	EN1	
	{2 x 50 on 1:00 Breaststroke	EN1	
	{4 x 125 on 1:50 IM with 50 free	EN1	
	{2 x 50 on :45 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

9:34 AM 6,180 Yards - Stress Value = 69

**Workout #3477 - Thursday, 23 December 2004**

**HighSchl - Platinum**

**1 minute rest between sets**

**Workout #3479 - Thursday, 23 December 2004**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
700	1 x 700 on 13:00 Choice-deep end undr trn drill, shallow end-open turns	REC	
180	12 x 15 on :45 Shooters	SP3	
1x{2	x 100 on 2:30 Kick	EN1	
	{2 x 100 on 2:25 Kick	EN2	
	{2 x 100 on 2:20 Kick	EN2	
	{2 x 100 on 2:15 Kick	EN2	
1x{2	x 50 on :55 Pulls	EN1	
	{1 x 200 on 3:30 Pulls	EN1	
	{2 x 50 on :55 Pulls	EN1	
	{1 x 200 on 3:25 Pulls	EN2	
	{2 x 50 on :55 Pulls	EN1	
	{1 x 200 on 3:20 Pulls	EN2	
450	9 x 50 on :55 Descend in sets of 3	EN1	
1x{3	x 125 on 2:15 IM with 50 fly	EN1	
	{3 x 50 on 1:00 Butterfly	EN1	
	{3 x 125 on 2:15 IM with 50 back	EN1	
	{3 x 50 on :55 Backstroke	EN1	
	{3 x 125 on 2:20 IM with 50 breast	EN1	
	{3 x 50 on 1:00 Breaststroke	EN1	
	{3 x 125 on 2:10 IM with 50 free	EN1	
	{3 x 50 on :45 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:33 AM 5,330 Yards - Stress Value = 62			

**Workout #3480 - Thursday, 23 December 2004**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 13:00 Choice-deep end undr trn drill, shallow end-open turns	REC	
180	12 x 15 on :45 Shooters	SP3	
1x{2	x 100 on 2:30 Kick	EN1	
	{2 x 100 on 2:25 Kick	EN2	
	{2 x 100 on 2:20 Kick	EN2	
	{2 x 100 on 2:15 Kick	EN2	
1x{2	x 50 on 1:00 Pulls	EN1	
	{1 x 200 on 3:40 Pulls	EN1	
	{2 x 50 on 1:00 Pulls	EN1	
	{1 x 200 on 3:35 Pulls	EN2	
	{2 x 50 on 1:00 Pulls	EN1	
	{1 x 200 on 3:30 Pulls	EN2	
300	6 x 50 on 1:00 Descend in sets of 3	EN1	
1x{3	x 100 on 2:25 Individual Medley	EN1	
	{3 x 50 on 1:00 Butterfly	EN1	
	{3 x 100 on 2:20 Individual Medley	EN1	
	{3 x 50 on 1:00 Backstroke	EN1	
	{3 x 125 on 2:15 IM with 50 breast	EN1	
	{3 x 50 on 1:00 Breaststroke	EN1	
	{3 x 100 on 2:10 IM with 50 free	EN1	
	{3 x 50 on :50 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:32 AM 4,855 Yards - Stress Value = 58			

**Workout #3481 - Friday, 24 December 2004**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PACE
10,000	100 x 100 on 1:20 Freestyle	EN2	S	FR	1:20
9:14 AM 10,000 Yards - Stress Value = 200					

**Workout #3486 - Monday, 27 December 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
400	16 x 25 on :30 Kick no board BSLR	EN1	
750	10 x 75 on 1:05 Pull no br L.12 yds	EN1	
1x{1	x 1000 on 11:40 Freestyle	EN2	
	{2 x 500 on 5:50 Freestyle	EN2	
	{4 x 250 on 2:55 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:59 PM 5,300 Yards - Stress Value = 84			

**Workout #3488 - Monday, 27 December 2004**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
400	16 x 25 on :30 Kick no board BSLR	EN1	
750	10 x 75 on 1:05 Pull no br L.12 yds	EN1	
600	8 x 75 on 1:15 IM w/out the fly	EN1	
1,300	2x{6 x 25 on :30 Butterfly	EN1	
	{1 x 100 on 1:55 Butterfly 2-3	EN1	
	{1 x 100 on 1:50 Butterfly 2-4	EN1	
	{1 x 100 on 1:45 Butterfly 2-5	EN1	
	{1 x 100 on 1:40 Butterfly 2-6	EN1	
	{1 x 100 on 1:35 Butterfly 2-7	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:59 PM 4,200 Yards - Stress Value = 43			

**Workout #3489 - Monday, 27 December 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
400	16 x 25 on :30 Kick no board BSLR	EN1	
750	10 x 75 on 1:05 Pull no br L.12 yds	EN1	
600	8 x 75 on 1:15 IM w/out the fly	EN1	
2x{8	x 25 on :30 Backstroke 10ukow	EN1	
	{1 x 75 on 1:25 Back 10-9-8ukow	EN1	
	{1 x 75 on 1:20 Back 10-9-8ukow	EN1	
	{1 x 75 on 1:15 Back 10-9-8ukow	EN1	
	{1 x 75 on 1:10 Back 10-9-8ukow	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:57 PM 4,100 Yards - Stress Value = 44			

**Workout #3484 - Monday, 27 December 2004**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
4x	{1 x 25 on :30 Kick no board	EN1	
	{1 x 25 on :35 Kick no board	EN1	
	{1 x 25 on :40 Kick no board	EN1	
	{1 x 25 on :45 Kick no board	EN1	
	{1 x 100 on 2:00 Kick	EN1	
1x	{3 x 175 on 2:30 Pull no br L.6 yds	EN1	
	{3 x 175 on 2:25 Pull no br L.8 yds	EN1	
	{2 x 175 on 2:20 Pull no br L.10 yds	EN1	
450	6 x 75 on 1:15 IM w/out free	EN1	
1x	{1 x 300 on 4:00 Freestyle	EN1	
	{1 x 300 on 3:55 Freestyle	EN1	
	{1 x 300 on 3:50 Freestyle	EN1	
	{1 x 300 on 3:45 Freestyle	EN1	
	{1 x 300 on 3:40 Freestyle	EN2	
	{1 x 300 on 3:35 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:31 AM 5,680 Yards - Stress Value = 57		

**Workout #3485 - Monday, 27 December 2004**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
4x	{1 x 25 on :30 Kick no board	EN1	
	{1 x 25 on :35 Kick no board	EN1	
	{1 x 25 on :40 Kick no board	EN1	
	{1 x 25 on :45 Kick no board	EN1	
	{1 x 100 on 2:00 Kick	EN1	
1x	{3 x 175 on 2:30 Pull no br L.6 yds	EN1	
	{3 x 175 on 2:25 Pull no br L.8 yds	EN1	
	{2 x 175 on 2:20 Pull no br L.10 yds	EN1	
450	6 x 75 on 1:15 IM w/out free	EN1	
1x	{1 x 300 on 4:10 Freestyle	EN1	
	{1 x 300 on 4:05 Freestyle	EN1	
	{1 x 300 on 4:00 Freestyle	EN1	
	{1 x 300 on 3:55 Freestyle	EN2	
	{1 x 300 on 3:50 Freestyle	EN2	
	{1 x 200 on 2:25 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:31 AM 5,580 Yards - Stress Value = 58		

**Workout #3483 - Monday, 27 December 2004**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
700	1 x 700 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
4x	{1 x 25 on :30 Kick no board	EN1	
	{1 x 25 on :35 Kick no board	EN1	
	{1 x 25 on :40 Kick no board	EN1	
	{1 x 25 on :45 Kick no board	EN1	
	{1 x 100 on 2:00 Kick	EN1	

	1x{3 x 150 on 2:30 Pull no br L.6 yds	EN1
	{3 x 150 on 2:25 Pull no br L.8 yds	EN1
	{2 x 150 on 2:20 Pull no br L.10 yds	EN1
300	4 x 75 on 1:25 IM w/out free	EN1
1x	{1 x 300 on 4:40 Freestyle	EN1
	{1 x 300 on 4:35 Freestyle	EN1
	{1 x 300 on 4:30 Freestyle	EN1
	{1 x 300 on 4:25 Freestyle	EN2
	{1 x 300 on 4:20 Freestyle	EN2
	{1 x 150 on 2:05 Freestyle	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	9:31 AM 5,080 Yards - Stress Value = 53	

**Workout #3482 - Monday, 27 December 2004**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
600	1 x 600 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
4x	{1 x 25 on :30 Kick no board	EN1	
	{1 x 25 on :35 Kick no board	EN1	
	{1 x 25 on :40 Kick no board	EN1	
	{1 x 25 on :45 Kick no board	EN1	
	{1 x 75 on 2:00 Kick	EN1	
1x	{3 x 125 on 2:30 Pull no br L.6 yds	EN1	
	{3 x 125 on 2:25 Pull no br L.8 yds	EN1	
	{2 x 125 on 2:20 Pull no br L.10 yds	EN1	
300	4 x 75 on 1:30 IM w/out free	EN1	
1x	{1 x 300 on 6:00 Freestyle	EN1	
	{1 x 300 on 5:45 Freestyle	EN1	
	{1 x 300 on 5:30 Freestyle	EN1	
	{1 x 300 on 5:15 Freestyle	EN2	
	{1 x 150 on 2:30 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:31 AM 4,380 Yards - Stress Value = 45		

**Workout #3487 - Monday, 27 December 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
400	16 x 25 on :30 Kick no board BSLR	EN1	
750	10 x 75 on 1:05 Pull no br L.12 yds	EN1	
600	8 x 75 on 1:15 IM w/out alt.strokes	EN1	
1,500	1x{3 x 125 on 2:00 Free L.25 6bk	EN1	
	{3 x 125 on 1:55 Free L.25 6bk	EN1	
	{3 x 125 on 1:50 Free L.25 6bk	EN1	
	{3 x 125 on 1:45 Free L.25 6bk	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:58 PM 4,400 Yards - Stress Value = 46		

**Workout #3490 - Tuesday, 28 December 2004**

**HighSchl - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Underwater trn drill	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 2:05 Kick	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
900	12 x 75 on 1:05 Pulls-odds fast	EN1	
600	6 x 100 on 1:40 Descend in sets of 3	EN1	
	6x{4 x 25 on :30 Free/Stroke	SP1	
	{1 x 200 on 4:00 Stroke Drills	REC	
	{ alt sets free/stroke		
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:31 AM 5,480 Yards - Stress Value = 82		

**Workout #3491 - Tuesday, 28 December 2004**

**HighSchl - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
	3x{1 x 100 on 2:00 Free-undrwtr trn drl	REC	
	{1 x 100 on 2:00 Back-undrwtr trn drl	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
600	1 x 600 on 9:00 Pulls	EN1	
300	3 x 100 on 1:40 Descend in sets of 3	EN1	
	2x{1 x 125 on :00 Freestyle	SP2	
	{1 x 225 on 7:00 Freestyle	REC	
	{1 x 100 on :00 Your Stroke-non free	SP2	
	{1 x 200 on 6:00 Freestyle	REC	
	{1 x 75 on :00 Freestyle	SP2	
	{1 x 175 on 5:00 Freestyle	REC	
	{1 x 50 on :00 Your Stroke-non free	SP2	
	{1 x 150 on 4:00 Freestyle	REC	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:00 PM 4,250 Yards - Stress Value = 91		

**Workout #3492 - Wednesday, 29 December 2004**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
	1x{1 x 200 on 3:00 Freestyle	REC	
	{1 x 200 on 2:55 Freestyle L.50 fast	EN1	
	{1 x 200 on 2:50 Freestyle L.100 fast	EN1	
180	12 x 15 on :45 Shooters	SP3	
	4x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 50 on 1:00 Kick-descend	EN1	
	1x{1 x 200 on 3:45 Pulls with paddles	EN1	
	{1 x 200 on 3:40 Pulls with paddles	EN1	
	{1 x 200 on 3:35 Pulls with paddles	EN1	
	{1 x 200 on 3:30 Pulls with paddles	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
	2x{2 x 125 on 2:00 Breaststroke	EN1	
	{2 x 100 on 1:35 Breaststroke	EN2	
	{2 x 75 on 1:10 Breaststroke	EN2	
	{2 x 50 on :45 Breaststroke	EN2	
	{2 x 25 on :25 Breaststroke	EN2	
	{ 1st w/pd fins 2nd+5s		

500 10 x 50 on 1:00 Stroke Drills REC  
 1 on 10:00 Ice  
 9:29 AM 4,880 Yards - Stress Value = 57

**Workout #3494 - Wednesday, 29 December 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
	1x{1 x 200 on 3:00 Freestyle	REC	
	{1 x 200 on 2:55 Freestyle L.50 fast	EN1	
	{1 x 200 on 2:50 Freestyle L.100 fast	EN1	
180	12 x 15 on :45 Shooters	SP3	
	4x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 50 on 1:00 Kick-descend	EN1	
	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	
	{ br 3-4-5-6-7 by 50's		
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
	1x{4 x 125 on 1:45 Freestyle	EN1	
	{4 x 125 on 1:40 Freestyle	EN2	
	{4 x 125 on 1:35 Freestyle	EN2	
	{4 x 125 on 1:30 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:31 AM 5,580 Yards - Stress Value = 67		

**Workout #3493 - Wednesday, 29 December 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
	1x{1 x 200 on 3:00 Freestyle	REC	
	{1 x 200 on 2:55 Freestyle L.50 fast	EN1	
	{1 x 200 on 2:50 Freestyle L.100 fast	EN1	
180	12 x 15 on :45 Shooters	SP3	
	4x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 50 on 1:00 Kick-descend	EN1	
1,000	1x{1 x 250 on 3:45 Lungbuster pulls	EN1	
	{1 x 250 on 3:40 Lungbuster pulls	EN1	
	{1 x 250 on 3:35 Lungbuster pulls	EN1	
	{1 x 250 on 3:30 Lungbuster pulls	EN1	
	{ br 3-4-5-6-7 by 50's		
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1,500	1x{4 x 125 on 2:00 Backstroke	EN1	
	{4 x 100 on 1:35 Backstroke	EN2	
	{4 x 75 on 1:10 Backstroke	EN2	
	{4 x 50 on :45 Backstroke	EN2	
	{4 x 25 on :25 Backstroke	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:29 AM 5,080 Yards - Stress Value = 57		

**Workout #3495 - Wednesday, 29 December 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:00 AM Start			
600	1x{1 x 200 on 3:00 Freestyle	REC	
	{1 x 200 on 2:55 Freestyle L.50 fast	EN1	
	{1 x 200 on 2:50 Freestyle L.100 fast	EN1	
180	12 x 15 on :45 Shooters	SP3	
1,000	4x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 50 on 1:00 Kick-descend	EN1	
1,000	1x{1 x 250 on 4:00 Lungbuster pulls	EN1	
	{1 x 250 on 3:55 Lungbuster pulls	EN1	
	{1 x 250 on 3:50 Lungbuster pulls	EN1	
	{1 x 250 on 3:45 Lungbuster pulls	EN1	
	{ br 3-4-5-6-7 by 50's		
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1,200	1x{4 x 75 on 1:30 2bk-4bk-6bk by 25's	EN2	
	{4 x 75 on 1:25 2bk-4bk-6bk by 25's	EN2	
	{4 x 75 on 1:20 2bk-4bk-6bk by 25's	EN2	
	{4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN2	
	{ L.25 of each 3breath		
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:28 AM 4,780 Yards - Stress Value = 56			

**Workout #3499 - Thursday, 30 December 2004**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
7:00 AM Start			
700	1 on 30:00 Stomach and Stretch	L	
	14 x 50 on 1:00 Undrwtr trn drills	REC	D
	odds free evns back		
180	12 x 15 on :45 Shooters	SP3	S
1,000	10 x 100 on 2:00 Kick	EN1	K
1,050	1x{2 x 175 on 3:00 Pulls with paddles	EN1	P
	{2 x 175 on 2:55 Pulls with paddles	EN1	P
	{2 x 175 on 2:50 Pulls with paddles	EN2	P
450	9 x 50 on :50 Descend in sets of 3	EN1	S
1,800	3x{8 x 25 on :30 Breast 2X pullouts	EN1	S
	{1 x 100 on 1:35 Breaststroke	EN2	S
	{1 x 100 on 1:30 Breaststroke	EN2	S
	{1 x 100 on 1:25 Breaststroke	EN2	S
	{1 x 50 on 1:00 Freestyle	REC	S
	{1 x 50 on 1:00 Breast 100% fast TO	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
9:31 AM 5,430 Yards - Stress Value = 63			

**Workout #3500 - Thursday, 30 December 2004**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM Start			
600	1 on 30:00 Stomach and Stretch		
	1 x 600 on 10:00 Deep end undwtr trns	REC	
	shallow end open trn		
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,000	2 x 500 on 6:45 Pulls	EN1	
300	6 x 50 on :50 Descend in sets of 3	EN1	
1,600	1x{1 x 200 on 3:30 Breaststroke	EN1	
	{6 x 25 on :40 Breast-fast TO	EN2	
	{2 x 150 on 2:30 Breaststroke	EN2	
	{6 x 25 on :40 Breast fast TO	EN2	
	{3 x 100 on 1:35 Breaststroke	EN2	

{6 x 25 on :40 Breast fast TO	EN2
{4 x 50 on :45 Breaststroke	EN2
{6 x 25 on :40 Breast fast TO	EN2
300 6 x 50 on 1:00 Stroke Drills	REC
1 on 10:00 Ice	
4:59 PM 4,100 Yards - Stress Value = 55	

**Workout #3496 - Thursday, 30 December 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
7:00 AM Start			
700	1 on 30:00 Stomach and Stretch		L
	14 x 50 on 1:00 Undrwtr trn drills	REC	D
	odds free evns back		
180	12 x 15 on :45 Shooters	SP3	S
600	6 x 100 on 2:00 Kick	EN1	K
	1x{2 x 225 on 3:00 Pulls	EN1	P
	{2 x 225 on 2:55 Pulls	EN1	P
	{2 x 225 on 2:50 Pulls	EN2	P
450	9 x 50 on :50 Descend in sets of 3	EN1	S
	1x{1 x 500 on 6:15 Freestyle	EN2	S
	{2 x 400 on 5:05 Freestyle	EN2	S
	{3 x 300 on 3:50 Freestyle	EN2	S
	{4 x 200 on 2:35 Freestyle	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
9:30 AM 6,530 Yards - Stress Value = 94			

**Workout #3501 - Thursday, 30 December 2004**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM Start			
600	1 on 30:00 Stomach and Stretch		
	1 x 600 on 10:00 Deep end undwtr trns	REC	
	shallow end open trn		
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,000	2 x 500 on 6:45 Pulls	EN1	
	1x{2 x 400 on 5:10 Freestyle	EN2	
	{2 x 400 on 5:05 Freestyle	EN2	
	{2 x 400 on 5:00 Freestyle	EN2	
	{2 x 400 on 4:55 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:00 PM 5,350 Yards - Stress Value = 86			



**Workout #3498 - Thursday, 30 December 2004**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
700	14 x 50 on 1:00 Undrwtr trn drills	REC	
	odds free evns back		
180	12 x 15 on :45 Shooters	SP3	
1,000	10 x 100 on 2:00 Kick	EN1	
1,350	6 x 225 on 2:50 Pulls	EN1	
450	9 x 50 on :50 Descend in sets of 3	EN1	
1,950	1x{2 x 150 on 2:25 Bttrfly fins/fstglvs	EN1	
	{1 x 50 on 1:00 Freestyle	REC	
	{3 x 125 on 2:00 Bttrfly fins/fstglvs	EN1	
	{1 x 50 on 1:00 Freestyle	REC	
	{4 x 100 on 1:35 Bttrfly fins/fstglvs	EN1	
	{1 x 50 on 1:00 Freestyle	REC	
	{5 x 75 on 1:10 Bttrfly fins/fstglvs	EN1	
	{1 x 50 on 1:00 Freestyle	REC	
	{6 x 50 on :45 Bttrfly fins/fstglvs	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:30 AM 5,880 Yards - Stress Value = 56		

**Workout #3497 - Thursday, 30 December 2004**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
700	14 x 50 on 1:00 Undrwtr trn drills	REC	D
	odds free evns back		
180	12 x 15 on :45 Shooters	SP3	S
1,000	10 x 100 on 2:00 Kick	EN1	K
900	1x{2 x 225 on 3:00 Pulls	EN1	P
	{1 x 225 on 2:55 Pulls	EN1	P
	{1 x 225 on 2:50 Pulls	EN2	P
450	9 x 50 on :50 Descend in sets of 3	EN1	S
2,550	3x{6 x 75 on 1:05 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN2	S
	{1 x 100 on 1:15 Freestyle	EN2	S
	{1 x 100 on 1:10 Freestyle	EN2	S
	{1 x 100 on 2:00 Stroke Drill-IM	REC	D
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	9:30 AM 6,030 Yards - Stress Value = 63		

**Workout #3502 - Thursday, 30 December 2004**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Deep end undwtr trns	REC	
	shallow end open trn		
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,500	3 x 500 on 6:45 Pulls	EN1	
300	6 x 50 on :50 Descend in sets of 3	EN1	
1,200	2x{8 x 25 on :30 Butterfly	EN1	
	{1 on 1:00 Rest		
	{8 x 25 on :25 Butterfly	EN2	
	{1 on 1:00 Rest		
	{8 x 25 on :20 Butterfly	EN2	
	{1 on 1:00 Rest		
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:59 PM 4,200 Yards - Stress Value = 50		

**Workout #3506 - Friday, 31 December 2004**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 40:00 Weights and Stretch		
800	1 x 800 on 13:00 Reverse IM drill	REC	
180	12 x 15 on :45 Shooters	SP3	
2x{3 x 50 on 1:00 Kick		EN1	
	{3 x 50 on :55 Kick	EN2	
	{3 x 50 on :50 Kick	EN2	
1x{2 x 150 on 2:10 Pulls-nbbf&w + 2 yds		EN1	
	{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 100 on 1:20 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 75 on :55 Pulls-nbbf&w + 2 yds	EN2	
300	12 x 25 on :30 IM order-build	EN1	
2,400	12 x 200 on 3:00 Challenge Set!!!!!!	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:34 AM 5,730 Yards - Stress Value = 83		

**Workout #3503 - Thursday, 30 December 2004**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Deep end undwtr trns	REC	
	shallow end open trn		
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,000	2 x 500 on 6:45 Pulls	EN1	
450	9 x 50 on :50 Descend in sets of 3	EN1	
1,800	2x{3 x 100 on 1:30 Backstroke	EN1	
	{4 x 25 on :30 Back-10ukow-fast BO	EN2	
	{2 x 100 on 1:20 Backstroke	EN2	
	{4 x 25 on :35 Back-11ukow-fast BO	EN2	
	{1 x 100 on 1:10 Backstroke	EN2	
	{4 x 25 on :40 Back-12ukow-fast BO	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:59 PM 4,400 Yards - Stress Value = 56		

**Workout #3507 - Friday, 31 December 2004**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 40:00 Weights and Stretch		
700	1 x 700 on 13:00 Reverse IM drill	REC	
180	12 x 15 on :45 Shooters	SP3	
2x{3 x 50 on 1:05 Kick		EN1	
	{3 x 50 on 1:00 Kick	EN2	
	{2 x 50 on :55 Kick	EN2	
1x{2 x 150 on 2:15 Pulls-nbbf&w + 2 yds		EN1	
	{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 100 on 1:25 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN2	
300	12 x 25 on :30 IM order-build	EN1	
2,100	12 x 175 on 3:00 Challenge Set!!!!!!	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:34 AM 5,230 Yards - Stress Value = 75		

**Workout #3505 - Friday, 31 December 2004**

**HighSchl - Silver**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WC
	1 on 40:00 Weights and Stretch		
600	1 x 600 on 13:00 Reverse IM drill	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{3 x 50 on 1:10 Kick	EN1	
	{3 x 50 on 1:05 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	1x{2 x 150 on 2:30 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 2:05 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 100 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
1,800	12 x 150 on 3:00 Challenge Set!!!!!!	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

9:33 AM 4,580 Yards - Stress Value = 64

**Workout #3504 - Friday, 31 December 2004**

**HighSchl - Bronze**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WC
	1 on 40:00 Weights and Stretch		
500	1 x 500 on 13:00 Reverse IM drill	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{3 x 50 on 1:15 Kick	EN1	
	{3 x 50 on 1:10 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
	1x{2 x 150 on 2:50 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 2:20 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 100 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
200	8 x 25 on :40 IM order-build	EN1	
1,500	12 x 125 on 3:00 Challenge Set!!!!!!	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

9:34 AM 3,980 Yards - Stress Value = 56