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 | |
| | 12 x 15 on :30 Shooters | SP3 | |
| 600 | 3x{1 x 100 on 1:45 Kick | EN2 | |
| | $\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$ | 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 | |
| | $\{5 \times 75 \text{ on } 1:00 \text{ Freestyle}$ | EN2 | |
| | $\{5 \times 75 \text{ on } :55 \text{ Freestyle} \}$ | EN2 | |
| | {1 x 200 on 4:00 Freestyle | REC | |
| | $\{4 \times 75 \text{ on } 1:00 \text{ Freestyle}$ | EN2 | |
| | $\{4 \times 75 \text{ on } :55 \text{ Freestyle} \}$ | EN2 | |
| | $\{4 \times 75 \text{ on } : 50 \text{ Freestyle}$ | EN2 | |
| | {1 x 200 on 4:00 Freestyle | EN2 | |
| | ${3 \times 75 \text{ on :} 55 \text{ Freestyle}}$ | EN2 | |
| | ${3 \times 75 \text{ on } :50 \text{ Freestyle}}$ | EN2 | |
| | ${3 \times 75 \text{ on :} 45 \text{ Freestyle}}$ | 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 | | |
| | | | |

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 | |
| | $\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$ | EN2 | |
| 1,000 | 8 x 125 on 1:50 Pulls no br L.12 yds | EN1 | |
| 300 | 12×25 on :30 IM order-build | EN1 | |
| 2,875 | $1x{5 x 75 on 1:10 Freestyle}$ | EN1 | |
| | $\{5 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$ | EN2 | |
| | $\{5 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$ | EN2 | |
| | {1 x 200 on 4:00 Freestyle | REC | |
| | $\{4 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$ | EN1 | |
| | $\{4 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$ | EN2 | |
| | $\{4 \times 75 \text{ on } : 55 \text{ Freestyle} \}$ | EN2 | |
| | {1 x 200 on 4:00 Freestyle | EN2 | |
| | ${3 \times 75 \text{ on } 1:00 \text{ Freestyle}}$ | EN2 | |
| | $\{2 \times 75 \text{ on } :55 \text{ Freestyle} \}$ | EN2 | |
| | $\{1 \times 75 \text{ on } : 50 \text{ Freestyle} \}$ | 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 #2755 - Thursday, 01 January 2004 HighSchl - Silver

1 minute rest between sets

| Yards | 7:30 AM Start 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 | |
| | $\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$ | 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 | $1x{4 \times 75}$ on 1:20 Freestyle | EN1 | |

| | { 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 |
| 250 | 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 | |
| | $\{5 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ | EN2 | |
| | $\{5 \times 50 \text{ on } :55 \text{ Freestyle} \}$ | EN2 | |
| | $\{1 \times 150 \text{ on } 4:00 \text{ Freestyle}$ | REC | |
| | $\{4 \times 50 \text{ on } 1:00 \text{ Freestyle}$ | EN2 | |
| | $\{4 \times 50 \text{ on } :55 \text{ Freestyle} \}$ | EN2 | |
| | $\{4 \times 50 \text{ on } : 05 \text{ Freestyle} \}$ | EN2 | |
| | {1 x 150 on 4:00 Freestyle | EN2 | |
| | ${3 \times 50 \text{ on } :55 \text{ Freestyle}}$ | EN2 | |
| | ${3 \times 50 \text{ on } :50 \text{ Freestyle}}$ | EN2 | |
| | ${3 \times 50 \text{ on } :45 \text{ Freestyle}}$ | 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 #2758 - Friday, 02 January 2004 HighSchl - Breast 1 minute rest between sets

| | 2:00 | PM Start | | |
|-------|------|------------------------------------|-----|-----|
| Yards | Se | et Description | EGY | WOE |
| ===== | == | | === | === |
| | 1 | on 30:00 Physio Balls/Stretch | | |
| 800 | 8 | x 100 on 1:45 Stroke Drills | REC | |
| 180 | 12 | 2 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 | |
| | | or 3-4-5-6 by the 50 | | |
| | | | EN1 | |
| 1,275 | | | EN1 | |
| | - | 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 | |
| | • | | EN1 | |
| | | | EN1 | |
| | | x 100 on 1:30 Des to ludicrous spd | EN2 | |
| 400 | 8 | x 50 on :55 Stroke Drills | REC | |
| | | on 10:00 Ice | | |
| | 4:24 | PM 5,405 Yards - Stress Value = 56 | | |

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 | |
| | 1x{6 x 50 on 1:00 Kick | EN1 | |
| | {6 x 50 on :55 Kick | EN2 | |
| 1,000 | 5 x 200 on 2:45 Lungbuster pulls | EN1 | |
| | br 3-4-5-6 by the 50 | | |
| 450 | 9×50 on :45 Descend in sets of 3 | EN1 | |
| | 1x{4 x 125 on 1:55 Freestyle | EN2 | |
| | $\{6 \times 25 \text{ on } : 30 \text{ Freestyle 2 brths}$ | EN1 | |
| | {4 x 125 on 1:50 Freestyle | EN2 | |
| | $\{6 \times 25 \text{ on } : 30 \text{ Freestyle 2 brths}$ | EN1 | |
| | {4 x 125 on 1:45 Freestyle | EN2 | |
| | $\{6 \times 25 \text{ on } : 30 \text{ Freestyle 2 brths} \}$ | 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 | | |
| | | | |
| | *** * | | |

Workout #2761 - Friday, 02 January 2004 HighSchl - Fly

1 minute rest between sets

| Yards | 2:00 PM Start | EGY | MOT |
|-------|--------------------------------------------------------------|-----|-----|
| Ialus | Set Description | EGI | WOF |
| ===== | 1 20 00 51 1 7 11 /01 | === | === |
| | 1 on 30:00 Physio Balls/Stretch | | |
| 800 | | 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 | 9×50 on :45 Descend in sets of 3 | EN1 | |
| 1,450 | 1x{8 x 50 on 1:00 Butterfly | EN1 | |
| | $\{1 \times 150 \text{ on } 2:15 \text{ IM w/out the fly}$ | EN1 | |
| | {6 x 50 on :55 Butterfly | EN1 | |
| | $\{1 \times 150 \text{ on } 2:15 \text{ IM w/out the fly}$ | EN1 | |
| | {4 x 50 on :50 Butterfly | EN1 | |
| | $\{1 \times 150 \text{ on } 2:15 \text{ IM w/out the fly}\}$ | 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 Tce | | |
| | 4:25 PM 5,680 Yards - Stress Value = 62 | | |

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 | $1x{5 \times 50}$ on 1:00 Kick with zoomers | EN1 | |
| | $\{5 \times 50 \text{ on } :55 \text{ Kick with zoomers}\}$ | EN2 | |
| | {5 x 50 on :50 Kick with zoomers | EN2 | |
| | $\{5 \times 50 \text{ on } : 45 \text{ Kick with zoomers} \}$ | 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 | |

| | {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 |
| 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 5,880 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 = 13 | 9 | |

Workout #2760 - Friday, 02 January 2004 HighSchl - Bronze 1 minute rest between sets

| | 2:00 PM Start | | |
|-------|---------------------------------------------------------|-----|-----|
| Yards | | 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 | 6×50 on :55 Descend in sets of 3 | EN1 | |
| 1,275 | $1x\{6 \times 50 \text{ on } 1:05 \text{ Breaststroke}$ | EN2 | |
| | $\{5 \times 25 \text{ on } : 30 \text{ Freestyle} \}$ | EN1 | |
| | {6 x 50 on 1:00 Breaststroke | EN2 | |
| | $\{5 \times 25 \text{ on } : 30 \text{ Freestyle} \}$ | EN1 | |
| | {6 x 50 on :55 Breaststroke | EN2 | |
| | $\{5 \times 25 \text{ on } : 30 \text{ Freestyle} \}$ | 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 #2762 - Saturday, 03 January 2004 HighSchl - Platinum 1 minute rest between sets

| | 7:30 | ΑN | 1 St | cart | t | | | |
|-------|-------|------------|-------|-------|--------|------------------------|-----|-----|
| Yards | Se | et | Desc | crip | ption | | EGY | WOF |
| ===== | == | -=- | | | | | === | === |
| | 1 | or | n 30: | :00 | Weigh | nts | | |
| 800 | 1 | Х | 800 | on | 13:00 | Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 2 | 15 | on | :30 5 | Shooters | SP3 | |
| 1,200 | 3x{4 | Х | 25 0 | on : | :40 Ki | ck no board | EN1 | |
| | { 1 | Х | 100 | on | 2:00 | Kick | EN1 | |
| | { 1 | Х | 100 | on | 1:50 | Kick | EN2 | |
| | { 1 | Х | 100 | on | 1:40 | Kick | EN2 | |
| 1,200 | 2x{1 | Х | 200 | on | 2:40 | Pulls | EN1 | |
| | { 2 | Х | 100 | on | 1:25 | Lungbuster pulls | EN1 | |
| | { 4 | Х | 50 0 | on : | :45 Pu | ılls-nbbf&w + 2 yds | EN1 | |
| 500 | 1x{1 | Х | 100 | on | 1:50 | Freestyle | REC | |
| | { 1 | Х | 100 | on | 1:40 | Freestyle | REC | |
| | { 1 | Х | 100 | on | 1:30 | Freestyle | EN1 | |
| | | | | | | | EN1 | |
| | { 1 | Х | 100 | on | 1:10 | Freestyle | EN2 | |
| 2,800 | 1x{2 | Х | 200 | on | 2:30 | Freestyle | EN2 | |
| | { 4 | Х | 100 | on | 1:15 | Freestyle | EN2 | |
| | { 2 | Х | 200 | on | 2:25 | Freestyle | EN2 | |
| | { 4 | Х | 100 | on | 1:15 | Freestyle | EN2 | |
| | { 2 | Х | 200 | on | 2:20 | Freestyle | EN2 | |
| | { 4 | Х | 100 | on | 1:15 | 2 | EN2 | |
| | { 2 | Х | 200 | on | 2:15 | Freestyle | EN2 | |
| 250 | 1 | Х | 250 | on | 4:00 | Stroke Drills | REC | |
| | | | 10: | | | | | |
| | 10:03 | 3 <i>I</i> | AM 6, | , 93(|) Yard | ds - Stress Value = 97 | 7 | |
| | | | | | | | | |

Workout #2763 - Saturday, 03 January 2004 HighSchl - Gold 1 minute rest between sets

7:30 AM Start

| Yards | | Se | et | Desc | crip | otion | | EGY | WOF |
|-------|-----|----|-----|------|------|-------|---------------------|-----|-----|
| ===== | | == | -=- | | | | | === | === |
| | | 1 | or | 30: | :00 | Weigh | nts | | |
| 800 | | 1 | X | 800 | on | 13:00 | Swim-kick-pull-swim | REC | |
| 180 | | 12 | 2 > | 15 | on | :30 8 | Shooters | SP3 | |
| 1,200 | 3x{ | 4 | Х | 25 0 | on : | :40 K | ick no board | EN1 | |
| | { | 1 | Х | 100 | on | 2:00 | Kick | EN1 | |
| | { | 1 | Х | 100 | on | 1:55 | Kick | EN2 | |
| | { | 1 | Х | 100 | on | 1:50 | Kick | EN2 | |
| 1,200 | 2x{ | 1 | Х | 200 | on | 2:50 | Pulls | EN1 | |
| | { | 2 | Х | 100 | on | 1:30 | Lungbuster pulls | EN1 | |
| | | | | | | | | | |

| | { 1 | Х | 100 | on | 1:55 | Kick | EN2 |
|-------|-------|-----|------|-------|--------|---------------------|-----|
| | { 1 | Х | 100 | on | 1:50 | Kick | EN2 |
| 1,200 | 2x{1 | Х | 200 | on | 2:50 | Pulls | EN1 |
| | { 2 | Х | 100 | on | 1:30 | Lungbuster pulls | EN1 |
| | { 4 | Х | 50 0 | on : | :50 Pı | ulls-nbbf&w + 2 yds | EN1 |
| 400 | 1x{1 | Х | 100 | on | 1:50 | Freestyle | REC |
| | { 1 | Х | 100 | on | 1:40 | Freestyle | REC |
| | { 1 | Х | 100 | on | 1:30 | Freestyle | EN1 |
| | { 1 | Х | 100 | on | 1:20 | Freestyle | EN1 |
| 2,500 | 1x{2 | Х | 200 | on | 2:45 | Freestyle | EN2 |
| | { 3 | Х | 100 | on | 1:20 | Freestyle | EN2 |
| | { 2 | Х | 200 | on | 2:40 | Freestyle | EN2 |
| | { 3 | Х | 100 | on | 1:20 | Freestyle | EN2 |
| | { 2 | Х | 200 | on | 2:35 | Freestyle | EN2 |
| | { 3 | Х | 100 | on | 1:20 | Freestyle | EN2 |
| | { 2 | Х | 200 | on | 2:30 | Freestyle | EN2 |
| 250 | 1 | Х | 250 | on | 4:00 | Stroke Drills | REC |
| | 1 | 01 | n 10 | :00 | Ice | | |
| | 10:04 | 4 2 | AM 6 | , 530 |) Yard | ds - Stress Value = | 89 |
| | | | | | | | |

Workout #2764 - Saturday, 03 January 2004 HighSchl - Silver 1 minute rest between sets

1 illinute Test between sets

| | 7:30 AM Start | | |
|-------|-----------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| | 1 on 30:00 Weights | | |

| 700 | 1 | х | 700 | on | 13:00 | Swim-kick-pull-swim | REC |
|-------|-------|------------|-------|------|--------|------------------------|-----|
| 180 | 12 | 2 2 | k 15 | on | :30 5 | Shooters | SP3 |
| 900 | 3x{4 | Х | 25 0 | on : | :40 Ki | ck no board | EN1 |
| | { 1 | Х | 100 | on | 2:15 | Kick | EN1 |
| | {1 | Х | 100 | on | 2:10 | Kick | EN2 |
| 1,100 | 2x{1 | Х | 200 | on | 3:00 | Pulls | EN1 |
| | {2 | Х | 100 | on | 1:35 | Lungbuster pulls | EN1 |
| | { 3 | Х | 50 0 | on : | :55 Pu | ılls-nbbf&w + 2 yds | EN1 |
| 400 | 1x{1 | Х | 100 | on | 2:00 | Freestyle | REC |
| | {1 | Х | 100 | on | 1:50 | Freestyle | REC |
| | {1 | Х | 100 | on | 1:40 | Freestyle | REC |
| | {1 | Х | 100 | on | 1:30 | Freestyle | EN1 |
| 2,500 | 1x{2 | Х | 200 | on | 3:00 | Freestyle | EN2 |
| | { 3 | Х | 100 | on | 1:30 | Freestyle | EN2 |
| | { 2 | Х | 200 | on | 2:55 | Freestyle | EN2 |
| | { 3 | Х | 100 | on | 1:30 | Freestyle | EN2 |
| | { 2 | Х | 200 | on | 2:50 | Freestyle | EN2 |
| | { 3 | Х | 100 | on | 1:30 | Freestyle | EN2 |
| | {2 | Х | 200 | on | 2:45 | Freestyle | EN2 |
| 250 | 1 | Х | 250 | on | 4:00 | Stroke Drills | REC |
| | 1 | or | 10: | :00 | Ice | | |
| | 10:03 | 3 <i>I</i> | AM 6, | 030 |) Yard | ds - Stress Value = 81 | L |
| | | | | | | | |

Workout #2765 - Saturday, 03 January 2004 HighSchl - Bronze 1 minute rest between sets

| | 7:30 | AM St | art | : | | | |
|-------|------|---------|-----|-------|------------------------|-----|-----|
| Yards | Se | et Desc | rip | otion | | EGY | WOF |
| | == | | === | | | === | === |
| | 1 | on 30: | 00 | Weigh | nts | | |
| 600 | 1 | x 600 | on | 13:00 | Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 x 15 | on | :30 5 | Shooters | SP3 | |
| | 3x{4 | x 25 c | n: | 40 Ki | ck 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 c | n: | 55 Pu | ills-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 Group 3 - All

1 minute rest between sets

| | 5:30 E | | | | | |
|-------|--------|-------|---------|-----------------------|-----|-----|
| Yards | Set | Desc | ription | | EGY | WOF |
| ===== | === | ===== | | | === | === |
| | 1 0 | n 30: | 00 Stom | ach and Stretch | | |
| 800 | 1 > | 0.08 | on 13:0 | O Swim-kick-pull-swim | REC | |
| 180 | 12 | x 15 | on :45 | Shooters | SP3 | |
| 1,200 | 6x{1 x | 100 | on 2:00 | Kick | EN1 | |
| | { 4 > | 25 0 | n :40 K | ick no board | EN1 | |
| 1,500 | 3x{1 x | 200 | on 3:00 | Pulls | EN1 | |
| | {1 > | 150 | on 2:10 | Pulls | EN1 | |
| | {1 > | 100 | on 1:25 | Pulls | EN1 | |
| | {1 > | 50 o | n :40 P | ulls | EN2 | |
| 600 | 2 × | 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 × | 100 | on 1:20 | Freestyle | EN2 | |
| 250 | 1 × | 250 | on 4:00 | Stroke Drills | REC | |

Workout #2766 - Monday, 05 January 2004 HighSchl - All

8:00 PM 6,530 Yards - Stress Value = 65

1 minute rest between sets

| | 5:30 AM Start | | |
|-------|------------------------------------------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| | 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 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | |
| | $\{5 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | |
| | $\{5 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | |
| | $10x\{1 \times 25 \text{ on } : 30 \text{ Butterfly}$ | EN1 | |
| | {1 x 25 on :30 Backstroke | EN1 | |
| | {1 x 25 on :35 Breaststroke | EN1 | |
| | $\{1 \times 25 \text{ on } : 25 \text{ Freestyle}$ | 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 | | |

Workout #2770 - Monday, 05 January 2004 HighSchl - Platinum

1 minute rest between sets

| | 3:00 | PM | St | cart | | | | | | | | |
|-------|------|------|------|------|--------|---------|------|------|--------|------|-----|-----|
| Yards | Se | et : | Desc | crip | otion | | | | | | EGY | WOF |
| | == | === | ==== | ==== | | | ===: | -== | | | === | === |
| | 1 | on | 30: | :00 | Physi | io Bali | ls/S | Stre | etch | | | |
| 800 | 1 | Х | 800 | on | 13:00 |) Swim- | -ki | ck-p | oull-s | swim | REC | |
| 180 | 12 | 2 x | 15 | on | :45 8 | Shoote | rs | | | | SP3 | |
| 1,200 | 6x{1 | Х | 100 | on | 1:50 | Kick | | | | | EN2 | |
| | { 4 | X | 25 c | on : | :40 Ki | ick no | boa | ard | | | EN1 | |
| 1,200 | 2x{1 | Х | 150 | on | 2:15 | Pulls | no | br | L.12 | yds | EN1 | |
| | { 1 | Х | 150 | on | 2:10 | Pulls | no | br | L.12 | yds | EN1 | |
| | { 1 | Х | 150 | on | 2:05 | Pulls | no | br | L.12 | yds | EN1 | |
| | { 1 | Х | 150 | on | 2:00 | Pulls | no | br | L.12 | yds | EN2 | |
| 3,000 | 1x{1 | Х | 500 | on | 7:00 | Freest | tyle | € | | | EN1 | |
| | { 2 | X | 400 | on | 5:30 | Freest | tyle | 9 | | | EN1 | |
| | { 3 | X | 300 | on | 4:05 | Freest | tyle | € | | | EN2 | |
| | { 4 | X. | 200 | on | 2:40 | Freest | tyle | € | | | EN1 | |
| 200 | 1 | X. | 200 | on | 3:00 | Stroke | e Di | rill | Ls | | REC | |
| | 1 | on | 10: | :00 | Ice | | | | | | | |
| | 5:35 | ΡM | 6,5 | 580 | Yards | s - Sti | ress | s Vá | alue = | = 79 | | |

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-sw | im REC | |
| | 180 | 12 x 15 on :45 Shooters | SP3 | |
| | | 5x{1 x 100 on 2:00 Kick | EN2 | |
| | | $\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$ | EN1 | |
| | | $2x{1 x 150 on 2:15 Pulls no br L.12 y}$ | ds EN1 | |
| | | {1 x 150 on 2:10 Pulls no br L.12 y | ds EN1 | |
| | | {1 x 150 on 2:05 Pulls no br L.12 y | ds EN1 | |
| | | {1 x 150 on 2:00 Pulls no br L.12 y | ds EN2 | |
| | | $1x\{1 \times 500 \text{ on } 7:05 \text{ Freestyle}$ | EN1 | |
| | | $\{2 \times 400 \text{ on } 5:40 \text{ Freestyle}$ | 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

| | | 3:00 | PN | 1 St | tart | t | | | | | | | |
|--------|-------|------|-----|------|------|--------|---------|------|------|--------|------|-----|-----|
| | Yards | Se | et | Desc | crip | ption | | | | | | EGY | WOF |
| | ===== | == | === | | | | | | | | | === | === |
| F | | 1 | or | 1 30 | :00 | Physi | io Bali | ls/S | Stre | etch | | | |
| г - | 700 | 1 | Х | 700 | on | 13:00 |) Swim- | -ki | ck-p | pull-: | swim | REC | |
| _ | 180 | 12 | 2 > | k 15 | on | :45 8 | Shoote | rs | | | | SP3 | |
| | 1,000 | 5x{1 | Х | 100 | on | 2:15 | Kick | | | | | EN2 | |
| | | { 4 | Х | 25 0 | on : | :40 Ki | ick no | boa | ard | | | EN1 | |
| | 900 | 2x{1 | Х | 150 | on | 2:30 | Pulls | no | br | L.12 | yds | EN1 | |
| | | { 1 | Х | 150 | on | 2:25 | Pulls | no | br | L.12 | yds | EN1 | |
| | | { 1 | Х | 150 | on | 2:20 | Pulls | no | br | L.12 | yds | EN1 | |
| | 2,600 | 1x{1 | Х | 500 | on | 8:15 | Freest | tyle | 9 | | | EN1 | |
| | | { 2 | Х | 400 | on | 6:30 | Freest | tyle | Э | | | EN1 | |
| | | { 3 | Х | 300 | on | 4:50 | Freest | tyle | Э | | | EN2 | |
| | | { 2 | Х | 200 | on | 3:10 | Freest | tyle | 9 | | | EN1 | |
| | 200 | 1 | Х | 200 | on | 3:00 | Stroke | e Di | ril | ls | | REC | |
| | | 1 | or | 10: | :00 | Ice | | | | | | | |
| | | 5:33 | ΡN | 15,5 | 580 | Yards | s - Sti | ress | s Va | alue : | = 66 | | |
| | | | | | | | | | | | | | |

Workout #2767 - Monday, 05 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 |
| 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 \times 300 \text{ on } 5:30 \text{ Freestyle} $ EN2 |
| | $\{2 \times 200 \text{ on } 3:35 \text{ 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 #2772 - Tuesday, 06 January 2004 Group 3 - All 1 minute rest between sets

| | 5:30 AM Start | | | | |
|-------|---------------------------------------------------|------|------|----|---|
| Yards | Set Description | EGY | WORK | Sī | |
| ===== | ======================================= | === | ==== | == | |
| | 1 on 30:00 Weights | | L | DF | |
| 400 | 1 x 400 on 6:00 Choice | REC | S | CF | |
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | S | E | |
| | no breath last half | | | | |
| 1,000 | $1x{1 x 175 on 2:30 Freestyle}$ | EN1 | P | E | |
| | $\{1 \times 75 \text{ on } :55 \text{ Pulls}$ | EN2 | P | E | |
| | $\{1 \times 175 \text{ on } 2:25 \text{ Pulls}$ | EN1 | P | E | |
| | $\{1 \times 75 \text{ on } 1:00 \text{ Pulls}$ | EN2 | P | E | |
| | {1 x 175 on 2:20 Pulls | EN2 | P | E | |
| | $\{1 \times 75 \text{ on } 1:05 \text{ Pulls} \}$ | EN1 | P | E | |
| | $\{1 \times 175 \text{ on } 2:15 \text{ Pulls}$ | EN2 | P | E | = |
| | $\{1 \times 75 \text{ on } 1:10 \text{ Pulls}$ | EN1 | P | E | |
| 1,525 | 1x{3 x 125 on 1:40 Freestyle | EN2 | S | E | |
| | {1 x 200 on 3:00 Backstroke | EN1 | S | E | |
| | {3 x 125 on 1:35 Freestyle | EN2 | S | E | |
| | {1 x 200 on 3:00 Backstroke | EN1 | S | E | |
| | {3 x 125 on 1:30 Freestyle | EN2 | S | E | |
| 275 | 1×275 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

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

| | 5:30 | PI | 1 51 | tart | 2 | | | | | | | |
|-------|------|-----|------|------|--------|---------|------|------|--------|------------|-----|-----|
| Yards | Se | et | Desc | crip | otion | | | | | | EGY | WOF |
| | == | -=- | -=== | -=== | | | ===: | -=== | | | === | === |
| | 1 | or | 30: | :00 | Stoma | ach and | d St | cret | tch | | | |
| 800 | 1 | х | 800 | on | 13:00 | O Swim- | -ki | ck-p | pull-s | swim | REC | |
| 180 | 12 | 2 2 | 15 | on | :30 1 | Backst | roke | € | | | SP3 | |
| 1,000 | 1x{2 | Х | 100 | on | 2:00 | Kick | | | | | EN2 | |
| | { 2 | Х | 100 | on | 1:55 | Kick | | | | | EN2 | |
| | { 2 | Х | 100 | on | 1:50 | Kick | | | | | EN2 | |
| | { 2 | Х | 100 | on | 1:45 | Kick | | | | | EN2 | |
| | { 2 | Х | 100 | on | 1:40 | Kick | | | | | EN2 | |
| 1,250 | 1x{4 | Х | 125 | on | 1:55 | Pulls | no | br | L.12 | yds | EN1 | |
| | { 3 | Х | 125 | on | 1:50 | Pulls | no | br | L.12 | yds | EN1 | |
| | { 2 | Х | 125 | on | 1:45 | Pulls | no | br | L.12 | yds | EN1 | |
| | { 1 | Х | 125 | on | 1:40 | Pulls | no | br | L.12 | yds | EN2 | |
| 450 | 1x{3 | Х | 75 0 | on 1 | L:05 2 | 2bk-4bl | k-61 | ok k | oy 25 | ' s | EN1 | |
| | { 3 | Х | 75 0 | on 1 | L:10 | IM w/oı | ut t | the | free | | EN1 | |
| 2,700 | 1x{1 | Х | 200 | on | 3:30 | Breast | tsti | roke | € | | EN1 | |

| | { 1 | Х | 200 | on | 3:00 | Individual Medley | EN1 |
|-----|------|----|------|-----|-------|-----------------------|-----|
| | { 2 | Х | 175 | on | 3:00 | Breaststroke | EN1 |
| | { 1 | Х | 200 | on | 3:00 | Individual Medley | EN1 |
| | { 3 | Х | 150 | on | 2:30 | Breaststroke | EN1 |
| | { 1 | Х | 200 | on | 3:00 | Individual Medley | EN1 |
| | { 4 | Х | 125 | on | 2:00 | Breaststroke | EN1 |
| | { 1 | Х | 200 | on | 3:00 | Individual Medley | EN1 |
| | { 4 | Х | 100 | on | 1:35 | Breaststroke | EN2 |
| 300 | 1 | Х | 300 | on | 5:00 | Stroke Drills | REC |
| | 7:59 | PN | 16.6 | 680 | Yards | s - Stress Value = 75 | |

Workout #2774 - Wednesday, 07 January 2004 HighSchl - All

1 minute rest between sets

| | 5:30 AM Start | | |
|-------|-----------------------------------------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOI |
| ===== | | === | === |
| | 1 on 30:00 Weights | | |
| 500 | 1 x 500 on 7:30 Choice | REC | |
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | |
| 1,300 | $1x{4 \times 25}$ on :25 Pulls no br L.12 yds | EN1 | |
| | $\{4 \times 75 \text{ on } 1:10 \text{ Pulls no br L.}12 \text{ yds}$ | 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

| Yards | | et 1 | Desc | crip | | | | | | | | EGY | WOF |
|-------|----|------|------|------|--------|-----|-----|-----|---------|--------|----------|-------|-----|
| | | | | | Physi | | | | | | | | |
| 800 | | | | | 13:00 | | | | | | cr.ri m | DEC | |
| | 12 | | | | | | | | ~ v _ F | Juli-, | 2 M TIII | SP3 | |
| 100 | | | | | 2:00 | | | 3 | | | | EN2 | |
| | | | | | 1:55 | | | | | | | EN2 | |
| | | | | | 1:50 | | | | | | | EN2 | |
| | , | | | | 1:45 | | | | | | | EN2 | |
| | | | | | 1:40 | | | | | | | EN2 | |
| | | | | | 1:55 | | | no | hr | T. 12 | vds | | |
| | | | | | 1:50 | | | | | | _ | | |
| | | | | | 1:45 | | | | | | | | |
| | | | | | 1:40 | | | | | | - | | |
| | | | | | 1:05 2 | | | | | | | | |
| | - | | | | L:10] | | | | | - | | | |
| | | | | | 3:30 | | | | | | | EN1 | |
| | | | | | 3:00 | | | | | | | | |
| | | | | | 3:00 | | | | | | Ĭ | | |
| | | | | | 3:00 | | | | | | | | |
| | | | | | 2:30 | | | | | | | EN1 | |
| | , | | | | 3:00 | | | | | | | | |
| | | | | | 2:00 | | | | | | - | EN1 | |
| | | | | | 3:00 | | | | | | | | |
| 250 | | | | | 4:00 | | | | | | - | REC | |
| 200 | | | | | Ice | | 2 | | | | | - 120 | |
| | | | | | Yards | 3 - | Str | ess | s Vá | alue : | = 67 | | |

| Workout #2778 - Friday, 09 January 2004 |
|-----------------------------------------|
| Group 3 - All |
| 1 minute root between sets |

1 minute rest between sets

| Yards | 8:00 AM Start Set Description | EGY | WOF |
|-------|--------------------------------------------------------------------------|-----|-----|
| ===== | 1 20.00 0+ | === | === |
| 800 | 1 on 30:00 Stomach and Stretch | DEC | |
| 300 | 1 x 800 on 13:00 Swim-kick-pull-swim 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | |
| 300 | last half no breath | SFS | |
| 1 350 | 6x{1 x 125 on 2:00 Kick | EN2 | |
| 1,550 | {2 x 50 on 1:00 Kick no board | EN2 | |
| 1,000 | 8 x 125 on 1:50 Pulls no br L.12 yds | | |
| 300 | 12 x 25 on :30 IM order-build | EN1 | |
| | 1x{5 x 75 on 1:05 Freestyle | EN1 | |
| 0,100 | $\{5 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$ | 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 | |
| | $\{4 \times 75 \text{ on } : 50 \text{ Freestyle}\}$ | 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 | |

Workout #2780 - Friday, 09 January 2004 Group 3 - All

10:29 AM 7,200 Yards - Stress Value = 106

1 minute rest between sets

| | 5:30 PM Start | | |
|-------|------------------------------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| | ======================================= | === | === |
| | 1 on 30:00 Stomach and Stretch | | |
| 600 | 6 x 100 on 1:45 Stroke Drills | REC | |
| 180 | 12 x 15 on :45 Berzerks | SP3 | |
| 1,000 | 4x{2 x 75 on 1:20 Kick | EN2 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Kick no board}$ | 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 | |
| | $\{4 \times 125 \text{ on } 1:50 \text{ Butterfly } 2-5-2$ | EN1 | |
| | {1 x 100 on 1:15 Freestyle | EN2 | |
| | $\{5 \times 150 \text{ on } 2:10 \text{ Butterfly } 2-6-2$ | EN1 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 7:44 PM 5,980 Yards - Stress Value = 79 | | |

Workout #2777 - Friday, 09 January 2004 HighSchl - All

1 minute rest between sets

| Yards | 5:30 Se | | | | t ption | | EGY | WOF |
|-------|------------|-----|-------|-----|------------|-----------------------|-----|-----|
| | =: | === | | | | | === | === |
| | 1 | 01 | n 15: | :00 | Stret | ching | | |
| 600 | 1 | Х | 600 | on | 10:00 |) Swim-kick-drll-swim | REC | |
| 180 | 1: | 2 2 | k 15 | on | :45 3 | Shooters | SP3 | |
| | 1x{1 | Х | 400 | on | 5:45 | Pulls | EN1 | |
| | { 1 | Х | 400 | on | 5:30 | Pulls | EN1 | |
| | { 1 | Х | 400 | on | 5:15 | Pulls | EN2 | |
| | { 1 | Х | 400 | on | 5:00 | Pulls | EN1 | |
| | 1x{2 | Х | 225 | on | 2:45 | Freestyle | EN2 | |
| | { 1 | Х | 100 | on | 1:30 | Butterfly | EN1 | |
| | { 2 | Х | 225 | on | 2:40 | Freestyle | EN2 | |
| | { 1 | Х | 100 | on | 1:30 | Butterfly | EN1 | |

| | { 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

| | 3:00 PM Start | |
|-------|------------------------------------------------------------|---------|
| 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 |
| | $\{4 \times 25 \text{ on } : 30 \text{ Kick no board}$ | 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 |
| | $\{3 \times 100 \text{ on } 1:30 \text{ Butterfly } 2-4-2$ | EN1 |
| | $\{4 \times 125 \text{ on } 1:50 \text{ Butterfly } 2-5-2$ | 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 #2781 - Saturday, 10 January 2004 HighSchl - All 1 minute rest between sets

| ; | | 7:30 AM Start | | |
|---|-------|---------------------------------------------------------------------------|-----|-----|
| : | Yards | Set Description | EGY | WOF |
| | | 1 on 30:00 Weights | | |
| | 775 | 3 | REC | |
| | | | REC | |
| | | {1 x 100 on 1:40 Stroke Drills | REC | |
| | | {1 x 100 on 1:30 Stroke Drills | EN1 | |
| | | $\{1 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$ | EN1 | |
| | | $\{6 \times 50 \text{ on } : 45 \text{ Descend in sets of } 3$ | EN1 | |
| | 210 | 14×15 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 | |
| | | $\{2 \times 175 \text{ on } 2:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ | EN1 | |
| | | ${3 \times 150 \text{ on } 2:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 | |
| | | {3 x 50 on :50 Pulls 3 breaths | EN2 | |
| | 500 | 1x{3 x 100 on 1:30 Individual Medley | EN1 | |
| | | $\{8 \times 25 \text{ on } : 30 \text{ Free-}12.5 \text{y tuck spin} \}$ | 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 = 17 | 13 | |

Workout #2788 - Monday, 12 January 2004 Group 3 - All

1 minute rest between sets

| 0. | oup o m | | |
|------|-------------------|--|--|
| nute | rest between sets | | |

| | 5:30 | PN | 1 Sta | rt | | | | |
|-------|------|-----|-------|--------|----------------|------------------|-----|-----|
| Yards | Se | et | Descr | iption | | | EGY | WOF |
| | == | -=- | | | | | === | === |
| | 1 | or | 30:0 | 0 Stom | ach and Streto | ch | | |
| 800 | 1 | Х | 800 o | n 13:0 | 0 Swim-kick-p | ıll-swim | REC | |
| 180 | 12 | 2 2 | 15 o | n :30 | Shooters | | SP3 | |
| 1,200 | 4x{1 | Х | 150 o | n 2:45 | Kick | | EN2 | |
| | { 1 | Х | 100 o | n 1:50 | Kick | | EN2 | |
| | { 1 | Х | 50 on | :50 K | ick | | EN2 | |
| 1,500 | 1x{2 | Х | 175 o | n 2:15 | Pulls | | EN1 | |
| | { 2 | Х | 400 o | n 5:00 | Pulls | | EN2 | |
| | { 2 | Х | 175 o | n 2:05 | Pulls | | EN2 | |
| 300 | 2 | Х | 150 o | n 2:15 | 2bk-4bk-6bk } | oy 50 ' s | EN1 | |
| 1,800 | 1x{2 | Х | 200 o | n 2:45 | Backstroke | | EN2 | |
| | 8 } | Х | 25 on | :30 B | ack 10undrh2o | kicks | EN2 | |
| | { 2 | Х | 200 o | n 2:40 | Backstroke | | EN2 | |
| | 8 } | Х | 25 on | :30 B | ack11 undrh2o | kicks | EN2 | |
| | { 2 | Х | 200 o | n 2:35 | Backstroke | | EN2 | |
| | 8 } | X | 25 on | :30 B | ack12 udnrh2o | kicks | EN2 | |
| | | | | | | | | |

Workout #2785 - Monday, 12 January 2004 HighSchl - Breast

1 x 300 on 5:00 Stroke Drills 7:44 PM 6,080 Yards - Stress Value = 97

1 minute rest between sets

| | 3:00 | PM Start | | |
|-------|------|------------------------------------|-----|-----|
| Yards | Se | et Description | EGY | WOF |
| | == | | === | === |
| | 1 | on 30:00 Physio Balls/Stretch | | |
| 800 | 1 | x 800 on 13:00 Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 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 2klp | 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 4klp | 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

3:00 PM Start

| Yards | Se | et Description H | EGY | WOF |
|-------|------|--------------------------------------|-----|-----|
| ===== | == | | | === |
| | 1 | on 30:00 Physio Balls/Stretch | | |
| 800 | 1 | x 800 on 13:00 Swim-kick-pull-swim B | REC | |
| 180 | 12 | 2 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 B | EN3 | |
| 400 | 4 | x 100 on 1:45 Stroke Drills | REC | |
| | 1 | on 10:00 Ice | | |

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

Workout #2783 - Monday, 12 January 2004 HighSchl - Fly

1 minute rest between sets

| : | 3:00 | PM Start | | |
|-------|------|------------------------------------|-----|-----|
| Yards | Se | et Description | EGY | WOF |
| | == | | === | === |
| | 1 | on 30:00 Physio Balls/Stretch | | |
| 800 | 1 | x 800 on 13:00 Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 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 1up 1down | EN2 | |
| | { 2 | x 200 on 2:55 Butterfly 2-7-2 | EN2 | |
| | 8 } | x 25 on :30 Butterfly 1up 2down | EN2 | |
| | { 2 | x 200 on 2:50 Butterfly 2-8-2 | EN2 | |
| | 8 } | x 25 on :30 Butterfly 1up 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

| | 3:00 | PM Start | | |
|-------|------|------------------------------------|-----|-----|
| Yards | Se | et Description | EGY | WOF |
| ===== | == | | === | === |
| | 1 | on 30:00 Physio Balls/Stretch | | |
| 800 | 1 | x 800 on 13:00 Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 x 15 on :30 Shooters | SP3 | |
| 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-drll-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 | 8×25 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 | |
| | $\{6 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$ | EN2 | |
| | {1 x 150 on 2:05 Butterfly | EN2 | |
| | $\{6 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$ | 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 | | | | | | | |
|-------|------|-----|-------|------|--------|-----------------------|-----|-----|
| Yards | S€ | эt | Des | crip | otion | | EGY | WOE |
| ===== | == | -== | | | | | === | === |
| | 1 | or | 1 30 | :00 | Phys | io Balls/Stretch | | |
| 600 | 1 | Х | 600 | on | 13:00 | O Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 × | 15 | on | :30 | Shooters | SP3 | |
| 1,000 | 4x{1 | Х | 125 | on | 3:00 | Kick | EN2 | |
| | { 1 | Х | 125 | on | 2:50 | Kick | EN2 | |
| 1,500 | 2x{2 | Х | 125 | on | 2:20 | Pulls | EN1 | |
| | { 2 | Х | 125 | on | 2:15 | Pulls | EN1 | |
| | { 2 | Х | 125 | on | 2:10 | Pulls | EN2 | |
| 300 | 2 | Х | 150 | on | 3:00 | 2bk-4bk-6bk by 50's | EN1 | |
| 1,200 | 2x{2 | Х | 200 | on | 4:00 | Backstroke | EN2 | |
| | 8 } | Х | 25 (| on : | :45 Ba | ack 7 undrh2o kicks | EN2 | |
| 200 | 1 | Х | 200 | on | 5:00 | Stroke Drills | REC | |
| | 1 | or | 10 | :00 | Ice | | | |
| | 5:35 | PM | 1 4,9 | 980 | Yard | s - 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 | WORF |
| | ======================================= | === | ==== |
| | 1 on 30:00 Stomach and Stretch | | I |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | Ι |
| | 2 on each strk-revIM | | |
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | ٤ |
| | no breath last half | | |
| 1,250 | 1x{3 x 125 on 2:30 Kick | EN2 | ľ |
| | {3 x 125 on 2:25 Kick | EN2 | F |
| | {2 x 125 on 2:20 Kick | EN2 | ľ |
| | {2 x 125 on 2:15 Kick | EN2 | ľ |
| 1,300 | 2x{1 x 300 on 4:00 Pulls | EN2 | E |
| | {1 x 200 on 2:40 Pulls | EN2 | E |
| | {1 x 100 on 1:20 Pulls | EN2 | E |
| | {1 x 50 on 1:30 Pulls | REC | E |
| 250 | 10 x 25 on :30 Free 12.5y tuck spin | EN1 | ٤ |
| 1,400 | 1x{1 x 200 on :00 Brkn @ 50's 10 sec R | SP2 | ٤ |
| | {1 x 100 on 8:00 Freestyle | REC | ٤ |
| | {1 x 200 on :00 Brkn @ 50's 15 sec R | SP2 | ٤ |

| | { ⊥ | x 100 on | 8:00 Freestyle | REC | ۲ |
|-----|------|----------|---------------------------|-----|---|
| | { 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 |
| 400 | 1 | x 400 on | 7:00 Stroke Drills | REC | Γ |
| | 8:25 | PM 5,700 | Meters - Stress Value = 1 | L81 | |

Workout #2791 - Tuesday, 13 January 2004 HighSchl - Fly

1 minute rest between sets

| | 3:00 | PM Start | | |
|-------|------|-------------------------------------|-----|----|
| Yards | Se | et Description | EGY | WC |
| ===== | == | | === | == |
| | 1 | on 30:00 Physio Balls/Stretch | | |
| 800 | 1 | x 800 on 13:00 Under water trn dril | REC | |
| 180 | 12 | 2 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 | 2 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 |
| | ${3 \times 125 \text{ on } 1:50 \text{ Freestyle}}$ | 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 2 005 Varda Ctross Value | ′ | 0.6 | |

7:05 AM 3,005 Yards - Stress Value = 26

Workout #2790 - Tuesday, 13 January 2004 HighSchl - All 1 minute rest between sets

| | 11:00 AM Start | | |
|-------|--------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| | | === | |
| | 1 on 30:00 Stomach and Stretch | | I |
| 800 | 8 x 100 on 1:45 Stroke Drills | REC | Ι |
| | 2 on each strk-revIM | | |
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | ٤ |
| | no breath last half | | |
| | 1x{3 x 125 on 2:15 Kick | EN2 | ŀ |
| | {3 x 125 on 2:10 Kick | EN2 | ľ |
| | {2 x 125 on 2:05 Kick | EN2 | ľ |
| | {2 x 125 on 2:00 Kick | EN2 | ŀ |
| | 2x{1 x 300 on 3:45 Pulls | EN2 | Ε |
| | {1 x 200 on 2:30 Pulls | EN2 | E |
| | {1 x 100 on 1:15 Pulls | EN2 | Ε |
| | {1 x 50 on 1:30 Pulls | REC | |
| 250 | 10 x 25 on :30 Free 12.5y tuck spin | EN1 | |
| | $1x{1 \times 200 \text{ on :00 Brkn @ 50's 10 sec R}}$ | SP2 | |
| | {1 x 100 on 8:00 Freestyle | REC | |
| | {1 x 200 on :00 Brkn @ 50's 15 sec R | SP2 | 5 |
| | {1 x 100 on 8:00 Freestyle | REC | |
| | {1 x 200 on :00 Brkn @ 25's 5 sec R | SP2 | |
| | {1 x 100 on 8:00 Freestyle | REC | |
| | {1 x 200 on :00 Brkn @ 50's 10-20-30 | SP2 | |
| | $\{1 \times 100 \text{ on } 8:00 \text{ Freestyle}$ | REC | |
| | {1 x 200 on :00 Brkn @ 50's 30-20-10 | SP2 | ٤ |
| 600 | 6 x 100 on 1:45 Freestyle | REC | Γ |
| | 1 on 10:00 Ice | | I |
| | 1:33 PM 5,900 Yards - Stress Value = 1 | 54 | |

Workout #2798 - Wednesday, 14 January 2004 Group 3 - All

1 minute rest between sets

| | 5:30 PM Start | | |
|-------|-------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| | ======================================= | === | ==== |
| | 1 on 30:00 Physio Balls/Stretch | | I |
| 800 | 16 x 50 on 1:00 Stroke Drills | REC | Γ |
| | odds free evns nonfr | | |
| 180 | 12 x 15 on :30 Shooters | SP3 | ٤ |
| 1,200 | 12 x 100 on 1:50 Kick-odds 100% | EN2 | ŀ |
| 1,200 | $1x\{2 \times 200 \text{ on } 3:30 \text{ Pulls w/zoomers}$ | EN1 | E |
| | $\{2 \times 200 \text{ on } 3:15 \text{ Pulls w/zoomers}\}$ | EN2 | E |
| | $\{2 \times 200 \text{ on } 3:00 \text{ Pulls w/zoomers}$ | EN2 | E |
| 250 | 10 x 25 on :30 Free 12.5y tuck spin | EN1 | ٤ |
| 2,200 | 1x{6 x 75 on 1:20 Breaststroke | EN1 | ٤ |
| | {4 x 25 on :30 Freestyle-descend | EN1 | ٤ |
| | {6 x 75 on 1:15 Breaststroke | EN1 | ٤ |
| | {4 x 25 on :30 Freestyle-descend | EN1 | ٤ |
| | {6 x 75 on 1:10 Breaststroke | EN2 | ٤ |
| | {4 x 25 on :30 Freestyle-descend | EN1 | ٤ |
| | {6 x 75 on 1:05 Breaststroke | EN2 | ٤ |
| | {4 x 25 on :30 Freestyle-descend | EN1 | ٤ |
| 400 | 1 x 400 on 6:00 Stroke Drills | REC | Γ |
| | 7:58 PM 6,230 Yards - Stress Value = 83 | 3 | |

Workout #2795 - Wednesday, 14 January 2004 HighSchl - Breast 1 minute rest between sets

3:00 PM Start

| Yards | Set Description | | WORK |
|-------|---------------------------------|-----|------|
| ===== | | === | ==== |
| | 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 | Ρ |
|-------|------|------------------------------------|-----|---|
| | { 2 | x 200 on 3:15 Pulls w/zoomers | EN2 | Ρ |
| | { 2 | x 200 on 3:00 Pulls w/zoomers | EN2 | Ρ |
| 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 = 8 | 33 | |

Workout #2796 - Wednesday, 14 January 2004 **HighSchl - Distance** 1 minute rest between sets

| | 3:00 | PM | S | tart | t | | | |
|-------|------|-----|-----|------|-------|----------------------|-----|------|
| Yards | Se | et | Des | crip | ption | | EGY | WORK |
| ===== | =: | === | === | ==== | | | === | ==== |
| | | | | | _ | io Balls/Stretch | | L |
| 600 | 1: | 2 x | 50 | on | 1:00 | Stroke Drills | REC | D |
| | (| odd | s f | ree | evns | nonfr | | |
| 180 | 1: | 2 x | 15 | on | :45 3 | Shooters | SP3 | S |
| 800 | 8 | X | 100 | on | 1:50 | Kick-odds 100% | EN2 | K |
| 1,500 | 1x{2 | Х | 250 | on | 3:30 | Pulls | EN1 | P |
| | { 2 | Х | 250 | on | 3:15 | Pulls | EN2 | P |
| | { 2 | Х | 250 | on | 3:00 | Pulls | EN2 | P |
| 450 | 6 | Х | 75 | on 1 | 1:15 | IM w/out the breast | EN1 | S |
| 2,800 | 1x{1 | Х | 500 | on | 6:15 | Freestyle | EN1 | S |
| | { 5 | Х | 100 | on | 1:20 | Freestyle | EN2 | S |
| | { 1 | Х | 400 | on | 5:00 | Freestyle | EN2 | S |
| | { 4 | Х | 100 | on | 1:20 | Freestyle | EN2 | S |
| | {1 | Х | 300 | on | 3:45 | Freestyle | EN2 | S |
| | - | | | | | - | EN2 | S |
| | - | | | | | - | EN2 | |
| | - | | | | | - | EN2 | |
| 400 | - | | | | | Stroke Drills | REC | D |
| | | | | | Ice | | 0 | L |
| | | | | | | s - Stress Value = 1 | 103 | _ |

Workout #2793 - Wednesday, 14 January 2004 HighSchl - Fly

| | 3:00 PM Start | | | |
|-------|-----------------------------------------------------------|------|------|-----|
| Yards | Set Description | EGY | WORK | STF |
| ===== | ======================================= | === | ==== | === |
| | 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 | Bľ |
| 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 |
| | $\{2 \times 250 \text{ on } 3:15 \text{ Pulls}$ | EN2 | P | FF |
| | $\{2 \times 250 \text{ on } 3:00 \text{ Pulls}$ | EN2 | P | FF |
| 450 | 6×75 on 1:15 IM w/out the fly | EN1 | S | IN |
| 1,900 | $1x{1 x 100 on 1:30 Freestyle}$ | EN1 | S | FF |
| | $\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$ | EN1 | S | FLY |
| | $\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$ | EN1 | S | FF |
| | $\{5 \times 50 \text{ on } : 50 \text{ Butterfly } 2-9-2$ | EN1 | S | FLY |
| | {1 x 100 on 1:30 Freestyle | EN1 | S | FF |
| | $\{6 \times 75 \text{ on } 1:10 \text{ Butterfly } 2-8-2$ | 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 | 3 | |

3:00 PM Start

Workout #2794 - Wednesday, 14 January 2004 HighSchl - Backstroke 1 minute rest between sets

| | 3:00 PM Start | | | |
|-------|-------------------------------------------------------|------|------|----|
| Yards | Set Description | EGY | WORK | Sī |
| ===== | ======================================= | === | ==== | == |
| | 1 on 30:00 Physio Balls/Stretch | | L | DF |
| 600 | 12 x 50 on 1:00 Stroke Drills | REC | D | CF |
| | odds free evns nonfr | | | |
| 180 | 12 x 15 on :45 Shooters | SP3 | S | Ε |
| 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 | 6×75 on 1:15 IM w/out the back | EN1 | S | 1 |
| 2,000 | 1x{4 x 100 on 1:30 Backstroke | EN1 | S | E |
| | $\{4 \times 25 \text{ on :} 25 \text{ Freestyle}$ | EN1 | S | E |
| | {4 x 100 on 1:25 Backstroke | EN1 | S | E |
| | $\{4 \times 25 \text{ on :} 25 \text{ Freestyle}$ | EN1 | S | E |
| | {4 x 100 on 1:20 Backstroke | EN2 | S | E |
| | $\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$ | EN1 | S | E |
| | {4 x 100 on 1:15 Backstroke | EN2 | S | E |
| | $\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$ | EN1 | S | E |
| 400 | 1 x 400 on 6:00 Stroke Drills | REC | D | (|
| | 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 | Sī |
|-------|-------------------------------------------------------|-----|------|----|
| | ======================================= | === | ==== | == |
| | 1 on 30:00 Physio Balls/Stretch | | L | DF |
| 600 | 12 x 50 on 1:00 Stroke Drills | REC | D | CF |
| | odds free evns nonfr | | | |
| 180 | 12 x 15 on :45 Shooters | SP3 | S | Ε |
| 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 | 6×75 on 1:30 IM w/out the free | EN1 | S |] |
| 1,500 | 1x{3 x 100 on 2:00 Backstroke | EN1 | S | E |
| | $\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$ | EN1 | S | E |
| | {3 x 100 on 1:55 Backstroke | EN1 | S | E |
| | $\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$ | EN1 | S | E |
| | {3 x 100 on 1:50 Backstroke | EN2 | S | E |
| | $\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$ | 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

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

| 1,300 | 2x{4 | x 50 on 1:00 Butterfly | EN1 | S F |
|-------|------|-------------------------------|------|-----|
| | { 3 | x 50 on :55 Butterfly | EN1 | S F |
| | { 2 | x 50 on :50 Butterfly | EN1 | S F |
| | { 1 | x 50 on :45 Butterfly | EN1 | S F |
| | { 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

| | 5:30 | AM Start | | |
|-------|------|--------------------------------------|-----|------|
| Yards | Se | et Description | EGY | WORK |
| | =: | | === | ==== |
| | 1 | on 30:00 Weights | | I |
| 400 | 1 | x 400 on 6:00 Choice | REC | |
| 300 | 1: | 2 x 25 on :30 Berzerks | SP3 | |
| 1,100 | 1x{1 | x 125 on 1:55 Pulls | EN1 | |
| | { 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 | ٤ |
| | { 1 | x 150 on 2:15 IM w/out the breast | EN1 | ٤ |
| 200 | 1 | x 200 on 3:00 Stroke Drills | REC | Γ |
| | 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

| | 3:00 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 | |
| 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 | |
| | 16 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 | | |
| 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 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Kick no board}$ | EN1 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$ | EN1 | 3 |
| | | | |

| | == | ==: | | ===: | | | | | === | == |
|-------|------|-----|------|------|--------|----------|--------|--------|-----|----|
| | | | | | | ach and | | | | |
| | | | | | | Stroke | | | REC | |
| 600 | 12 | 2 : | x 50 | on | 1:15 | Choice | OTB | | SP3 | |
| 1,600 | 2x{1 | Х | 200 | on | 4:00 | Kick | | | EN1 | |
| | { 4 | Х | 25 (| on : | :30 K | ick no k | ooard | | EN1 | |
| | { 4 | Х | 25 (| on : | :30 Bı | utterfly | 7 | | EN1 | |
| | { 4 | Х | 25 (| on : | :30 K | ick no k | ooard | | EN1 | |
| | { 4 | Х | 25 (| on : | :30 Ba | ackstrol | ce | | EN1 | |
| | { 4 | Х | 25 (| on : | :30 K | ick no k | ooard | | EN1 | |
| | { 4 | Х | 25 (| on : | :30 Bi | reaststi | roke | | EN1 | |
| 300 | 1 | Х | 300 | on | 4:10 | Pulls | | | EN1 | |
| 900 | 3x{1 | Х | 100 | on | 1:20 | Freesty | yle | | EN1 | |
| | | | | | | Backsti | | | EN1 | |
| | { 1 | Х | 100 | on | 1:45 | Stroke | Drills | fly/br | EN1 | |
| 200 | 1 | Х | 200 | on | 2:45 | Pulls | | | EN1 | |
| 600 | 2x{1 | Х | 100 | on | 1:20 | Freesty | yle | | EN1 | |
| | { 1 | Х | 100 | on | 1:30 | Backsti | coke | | EN1 | |
| | { 1 | Х | 100 | on | 1:45 | Stroke | Drills | fly/br | EN1 | |
| 100 | 1 | Х | 100 | on | 1:25 | Pulls | | | EN1 | |
| 300 | 1x{1 | Х | 100 | on | 1:20 | Freesty | yle | | EN1 | |
| | { 1 | Х | 100 | on | 1:30 | Backsti | coke | | EN1 | |
| | { 1 | Х | 100 | on | 1:45 | Stroke | Drills | fly/br | EN1 | |
| 250 | | | | | | Stroke | | - | REC | |
| | | | | | | s - Stre | | | | |
| | | | - / | | | | | | | |

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 |
| | $1x{4 \times 50 \text{ on } :45 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 | P |
| | $\{4 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 3 \text{ yds}$ | EN1 | P |
| | $\{4 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 4 \text{ yds}$ | EN1 | P |
| | $1x{1 \times 300 \text{ on } 4:15 \text{ Freestyle}}$ | 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 |
| | $\{4 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$ | 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 | ΑM | 1 St | cart | 5 | | | |
|-------|------|-----|-------|------|-------|-----------------------|-----|-----|
| Yards | Se | et | Desc | crip | otion | | EGY | WOF |
| ===== | == | | | -=== | | | === | === |
| | 1 | or | 1 30: | :00 | Weigh | nts | | |
| 800 | 1 | Х | 800 | on | 12:00 |) Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 2 | 15 | on | :30 5 | Shooters | SP3 | |
| 1,200 | 1x{3 | Х | 100 | on | 2:00 | Kick-descend | EN1 | |
| | { 3 | Х | 100 | on | 1:50 | Kick-descend | EN2 | |
| | { 3 | Х | 100 | on | 1:40 | Kick-descend | EN2 | |
| | { 3 | Х | 100 | on | 1:30 | Kick-descend | EN2 | |
| 1,500 | 1x{4 | Х | 150 | on | 2:00 | Lungbuster pulls | EN1 | |
| | { 4 | Х | 125 | on | 1:45 | Pulls-nbbf&w + 2 yds | EN1 | |
| | { 4 | Х | 100 | on | 1:30 | Pulls no br L.12 yds | EN1 | |

| 800 | 2x{4 x | 25 o | n :30 | Free | 12.5y | tuck | spin | EN1 |
|-------|--------|-------|--------|-------|---------|-------|---------------|-----|
| | {2 x | 75 o | n 1:10 | 2bk- | -4bk-6b | k by | 25 ' s | EN1 |
| | {2 x | 75 o | n 1:15 | MI o | w/out t | he fi | ree | EN1 |
| 2,400 | 12 : | x 200 | on 3: | 00 Cl | nalleng | e set | t | EN2 |
| 250 | 1 x | 250 | on 4:0 | 0 St | roke Dr | ills | | REC |
| | 10:00 | AM 7, | 130 Ya | rds - | - Stres | s Vai | lue = | 99 |

Workout #2804 - Friday, 16 January 2004 HighSchl - All

0 seconds rest between sets

| | 3:00 | PM | St | tar | t | | | | | |
|-------|------|------|------|-----|--------|----------|----------|---------|-----|-----|
| Yards | Se | et 1 | Des | cri | ption | | | | EGY | WOF |
| ===== | == | | === | | | | | | === | === |
| | 1 | on | 20 | :00 | Physi | io Balls | s/Streto | ch | | |
| 500 | 10 | x C | 50 | on | 1:00 | Stroke | Drills | | REC | |
| 180 | 12 | 2 x | 15 | on | :45 \$ | Shooters | 3 | | SP3 | |
| | 2x{1 | X 2 | 200 | on | 4:00 | Kick | | | EN1 | |
| | { 4 | X 2 | 25 d | on | :30 K | ick no k | ooard | | EN1 | |
| | { 4 | x : | 25 d | on | :30 Bı | utterfly | | | EN1 | |
| | { 4 | x : | 25 d | on | :30 K | ick no k | ooard | | EN1 | |
| | { 4 | x : | 25 d | on | :30 Ba | ackstrol | ce | | EN1 | |
| | { 4 | X 2 | 25 (| on | :30 K: | ick no k | ooard | | EN1 | |
| | - | | | | | reaststi | roke | | EN1 | |
| 300 | | | | | | Pulls | | | EN1 | |
| | | | | | | Freesty | | | EN1 | |
| | - | | | | | Backsti | | | EN1 | |
| | | | | | | Stroke | Drills | fly/br | | |
| 200 | | | | | | Pulls | | | EN1 | |
| | | | | | | Freesty | • | | EN1 | |
| | | | | | | Backsti | | | EN1 | |
| | | | | | | Stroke | Drills | fly/br | | |
| 100 | | | | | | Pulls | | | EN1 | |
| | | | | | | Freesty | • | | EN1 | |
| | | | | | | Backsti | | | EN1 | |
| | | | | | | Stroke | | _ | | |
| 250 | | | | | | Stroke | Drills | | REC | |
| | | | | | Ice | | | | | |
| | 5:04 | PM | 4, | 930 | Yards | s - Stre | ess Valı | 1e = 47 | | |

Workout #2806 - Saturday, 17 January 2004 Group 3 - All

| Yards | 8:00 AM Start 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 | |
| | $\{4 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ | 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 | |
| | $\{2 \times 75 \text{ on } 1:10 2bk-4bk-6bk \text{ by } 25\text{'s}$ | EN1 | |
| | $\{2 \times 75 \text{ on } 1:15 \text{ IM w/out the free}$ | 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 |) | |

300

Workout #2809 - Monday, 19 January 2004 Group 3 - All 1 minute rest between sets

| | 6:00 PM Start | | | |
|--------|----------------------------------------------------------------|-----|------|---|
| Meters | Set Description | EGY | WORF | |
| ===== | ======================================= | === | ==== | |
| | 1 on 30:00 Stomach and Stretch | | I | |
| 700 | $1x{1 x 100 on 2:00 Freestyle}$ | REC | ٤ | |
| | {1 x 100 on 1:50 Freestyle | REC | ٤ | |
| | {1 x 100 on 1:40 Freestyle | EN1 | ٤ | |
| | {1 x 100 on 1:30 Freestyle | EN1 | ٤ | |
| | $\{6 \times 50 \text{ on } : 50 \text{ Descend in sets of } 3$ | EN1 | ٤ | |
| 180 | 12 x 15 on :30 Shooters | SP3 | ٤ | |
| 1,000 | 1x{4 x 100 on 2:00 Kick-descend | EN1 | F | |
| | $\{4 \times 75 \text{ on } 1:30 \text{ Kick-descend} \}$ | EN1 | ľ | : |
| | {4 x 50 on 1:00 Kick-descend | EN1 | F | |
| | $\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$ | EN1 | ľ | |
| 1,500 | 1x{2 x 250 on 3:45 Pulls | EN1 | E | |
| | {2 x 200 on 3:00 Pulls | EN1 | E | |
| | {2 x 150 on 2:15 Pulls | EN1 | Ε | |
| | {2 x 100 on 1:30 Pulls | EN1 | E | |
| | {2 x 50 on :45 Pulls | EN1 | Ε | |
| 300 | 12 x 25 on :35 Free 12.5m tuck spin | EN1 | ٤ | |
| 1,800 | 1x{1 x 600 on 8:30 Freestyle | EN1 | ٤ | |
| | {1 x 600 on 8:15 Freestyle | EN1 | ٤ | |
| | {1 x 600 on 8:00 Freestyle | EN2 | ٤ | |
| | <u>-</u> | | | |

Workout #2807 - Monday, 19 January 2004 HighSchl - All 1 minute rest between sets

8:15 PM 5,780 Meters - Stress Value = 69

REC

1 x 300 on 5:00 Stroke Drills

| | 7:30 AM Start | |
|-------|--------------------------------------------------------|---------|
| Yards | Set Description | EGY WOF |
| | | === === |
| | 1 on 30:00 Stomach and Stretch | |
| 800 | 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 | $1x{1 \times 600 \text{ on } 8:15}$ Freestyle | EN1 |
| | {1 x 600 on 8:00 Freestyle | EN1 |
| | $\{1 \times 600 \text{ on } 7:45 \text{ Freestyle} \}$ | EN1 |
| | $\{1 \times 600 \text{ on } 7:30 \text{ Freestyle}$ | 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

| | 2:00 PM Start | | |
|-------|---------------------------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| | 1 on 30:00 Physio Balls/Stretch | | |
| 800 | 1 x 800 on 12:00 Swim-kick-pull-swim | REC | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| | 1x{4 x 100 on 2:00 Kick-descend | EN1 | |
| | $\{4 \times 75 \text{ on } 1:30 \text{ Kick-descend}\}$ | EN1 | |
| | {4 x 50 on 1:00 Kick-descend | EN1 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Kick no board}$ | 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 |
| 300 | 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

| | 6:00 | PN | 1 S | tart | 5 | | |
|-------|------|-----|------|------|--------|---------------------------|----|
| Yards | Se | et | Des | crip | otion | EGY WO | ЭF |
| ===== | == | === | | | | | == |
| | 1 | or | 1 30 | :00 | Stoma | ach and Stretch | |
| 600 | 1 | Х | 600 | on | 10:00 |) Swim-kick-pull-swim REC | |
| 180 | 12 | 2 > | 15 | on | :30 \$ | Shooters SP3 | |
| 1,050 | 7 | Х | 150 | on | 3:15 | Kick-odds 100% effrt EN2 | |
| 900 | 1x{2 | Х | 150 | on | 2:15 | Pulls mid 50 br ev 5 EN1 | |
| | { 2 | Х | 150 | on | 2:15 | Pulls mid 50 br ev 6 EN1 | |
| | { 1 | Х | 150 | on | 2:15 | Pulls mid 50 br ev 7 EN1 | |
| | { 1 | Х | 150 | on | 2:15 | Pulls mid 50 br ev 8 EN1 | |
| 900 | 1x{1 | Х | 200 | on | 3:30 | Reverse IM EN1 | |
| | { 1 | Х | 200 | on | 3:20 | Individual Medley EN1 | |
| | { 1 | Х | 150 | on | 2:35 | Reverse IM-no free EN1 | |
| | { 1 | Х | 150 | on | 2:30 | IM no free EN1 | |
| | { 1 | Х | 100 | on | 1:40 | Reverse IM EN1 | |
| | { 1 | Х | 100 | on | 1:35 | Individual Medley EN1 | |
| 1,800 | 3x{4 | Х | 125 | on | 2:00 | Backstroke EN1 | |
| | { 4 | Х | 25 | on : | :40 Ba | ack 15m under water EN1 | |
| 200 | 1 | Х | 200 | on | 3:00 | Stroke Drills REC | |
| | 8:20 | ΡN | 15, | 630 | Yards | s - Stress Value = 66 | |

Workout #2810 - Tuesday, 20 January 2004 HighSchl - All 1 minute rest between sets

| | 5:30 AM Start | | |
|-------|-------------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK |
| ===== | ======================================= | === | ==== |
| | 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 |
| | $\{2 \times 50 \text{ on } 1:00 \text{ Pulls } 4 \text{ breaths}$ | EN1 | P |
| 1,050 | $1x{2 x 125 on 1:50 Freestyle}$ | EN1 | S |
| | $\{4 \times 25 \text{ on } : 30 \text{ Freestyle-descend} \}$ | EN1 | S |
| | {2 x 125 on 1:45 Freestyle | EN1 | S |
| | $\{4 \times 25 \text{ on } : 25 \text{ Freestyle-descend} \}$ | EN1 | S |
| | {2 x 125 on 1:40 Freestyle | EN1 | S |
| | $\{4 \times 25 \text{ on } : 20 \text{ Freestyle-descend} \}$ | 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 = 4 | 12 | |

Workout #2812 - Wednesday, 21 January 2004 HighSchl - Taper 1 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 | |
| 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 \times 50 \text{ on } : 40 \text{ Pulls } 4 \text{ breaths} $ EN | |
| 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 \times 100 \text{ on } 1:10 \text{ 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 | $1x{4 \times 200 \text{ on } 2:50 \text{ Lungbuster pulls}}$ | 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

| Yards | 3:00 PM Start Set Description | E | GY WOF |
|-------|------------------------------------------------------------|----------|---------|
| ===== | ======================================= | | :== === |
| | 1 on 30:00 Physio Balls/Stretc | h | |
| 600 | 1 x 600 on 13:00 Swim-kick-pul | l-swim R | REC |
| 180 | 12 x 15 on :45 Shooters | S | SP3 |
| 800 | 1x{3 x 100 on 2:15 Kick | E | EN2 |
| | {3 x 100 on 2:10 Kick | E | IN2 |
| | {2 x 100 on 2:05 Kick | E | IN2 |
| 800 | $1x{3 \times 200 \text{ on } 3:30 \text{ Lungbuster pul}}$ | ls E | IN1 |
| | {2 x 100 on 1:45 Lungbuster pul | | IN1 |
| | | | |

| 250 1 | 0 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 | $4x{4 \times 25}$ 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 | |
| | $\{1 \times 100 \text{ on } 1:30 \text{ Pulls br ev } 7$ | EN1 | |
| 300 | 12×25 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 | |
| | $\{4 \times 50 \text{ on } :55 \text{ Butterfly} \}$ | EN1 | |
| | {1 x 100 on 1:25 Freestyle | EN1 | |
| | $\{4 \times 50 \text{ on } : 50 \text{ Butterfly} \}$ | EN1 | |
| | {1 x 100 on 1:20 Freestyle | EN1 | |
| | $\{4 \times 50 \text{ on } : 45 \text{ Butterfly} \}$ | 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

| Yards | 5:30 AM Start 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 | |
| | $\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$ | EN2 | S | FR | |
| | $\{2 \times 75 \text{ on } :55 \text{ Freestyle} \}$ | 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 Valu | ie = | 52 | | |

Workout #2817 - Thursday, 22 January 2004 HighSchl - Taper 1

1 minute rest between sets

| Yards | | PM Start et Description | EGY | WOF |
|-------|------|------------------------------------|-----|-----|
| | 1 | on 30:00 Stomach and Stretch | | |
| 600 | | x 600 on 10:00 Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 x 15 on :45 Shooters | SP3 | |
| 900 | 3x{2 | x 100 on 1:45 Kick | EN2 | |
| | { 4 | x 25 on :40 Kick no board | EN1 | |
| 1,000 | 1x{3 | x 125 on 1:45 Pulls | EN1 | |
| | { 3 | x 125 on 1:40 Pulls | EN1 | |
| | { 2 | x 125 on 1:35 Pulls | EN1 | |
| 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 | |
| 2,250 | 1x{1 | x 225 on 3:00 Freestyle | EN1 | |
| | { 2 | x 225 on 2:55 Freestyle | EN2 | |
| | { 3 | x 225 on 2:50 Freestyle | EN2 | |
| | { 4 | x 225 on 2:45 Freestyle | EN2 | |
| 250 | 1 | x 250 on 4:00 Stroke Drills | REC | |
| | 1 | on 15:00 Techniques-starts | | |
| | 1 | on 13:00 Ice | | |
| | 5:34 | PM 5,480 Yards - Stress Value = 79 | | |

Workout #2816 - Thursday, 22 January 2004 HighSchl - Taper 2

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 | СНО | |
| 180 | 12×15 on :45 Shooters | SP3 | S | BR | |
| 800 | 1 x 800 on 11:15 Pulls | EN2 | P | FR | |
| 1,250 | $5x{1 x 50 on :55 Your Stroke}$ | EN1 | S | STK | |
| | $\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | EN2 | S | FR | |
| | $\{2 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$ | EN2 | S | FR | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | CD | |
| | 1 on 10:00 Ice | | L | DRY | |
| | 7:05 AM 2,930 Yards - Stress Valu | ie = | 45 | | |

Workout #2818 - Thursday, 22 January 2004 HighSchl - Taper 2 1 minute rest between sets

3:00 PM Start

| Yards | Se | et Description | EGY | WOF |
|-------|------|------------------------------------|-----|-----|
| ===== | == | | === | === |
| | 1 | on 30:00 Stomach and Stretch | | |
| 600 | 1 | x 600 on 10:00 Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 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

1 minute rest between sets

| | 3:00 | PM Start | | |
|-------|-----------------|------------------------------------|-----|-----|
| Yards | Se ⁻ | t Description | EGY | WOF |
| ===== | ==: | | === | === |
| | 1 0 | on 30:00 Stomach and Stretch | | |
| 500 | 1 : | x 500 on 10:00 Swim-kick-pull-swim | REC | |
| 180 | 12 | x 15 on :45 Shooters | SP3 | |
| 900 | 3x{2 : | x 100 on 2:15 Kick | EN2 | |
| | { 4 | x 25 on :40 Kick no board | EN1 | |
| 600 | 1x{3 : | x 100 on 1:50 Pulls | EN1 | |
| | {2: | x 100 on 1:45 Pulls | EN1 | |
| | {1: | x 100 on 1:40 Pulls | EN2 | |
| 300 | 1x{1 : | x 150 on 2:40 2bk-4bk-6bk by 50's | EN1 | |
| | {2: | x 75 on 1:30 IM w/out the free | EN1 | |
| 1,750 | 1x{1 : | x 175 on 2:50 Freestyle | EN1 | |
| | {2: | x 175 on 2:45 Freestyle | EN2 | |
| | {3: | x 175 on 2:40 Freestyle | EN2 | |
| | { 4 | x 175 on 2:35 Freestyle | EN2 | |
| 300 | 1 : | x 300 on 6:00 Stroke Drills | REC | |
| | 1 (| on 15:00 Techniques-starts | | |
| | 1 0 | on 13:00 Ice | | |
| | 5:35 | PM 4,530 Yards - Stress Value = 66 | | |
| | | | | |

Workout #2821 - Friday, 23 January 2004 HighSchl - Taper 1 1 minute rest between sets

.00 AM Start

| | | 7:00 | AM Start | | | |
|---|-------|------|---------------------------------|------|------|----|
| | Yards | Se | et Description | EGY | WORK | Sī |
| | ===== | == | | === | ==== | == |
| | | 1 | on 30:00 Stomach and Stretch | | L | DF |
| _ | 400 | 1 | x 400 on 7:30 Reverse IM drill | REC | D | I |
| _ | 300 | 12 | 2 x 25 on :30 12.5ez 12.5fast | SP3 | S | F |
| | 1,300 | 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 |
| | | { 3 | x 100 on 1:20 Pulls | EN1 | P | F |
| | | { 4 | x 25 on :30 Pulls 2 breaths | EN1 | P | F |
| | | { 4 | x 100 on 1:15 Pulls | EN1 | P | F |
| | 1,300 | 1x{1 | x 250 on 3:45 Backstroke | EN1 | S | E |
| | | { 1 | x 250 on 3:40 Backstroke | EN1 | S | E |
| | | { 1 | x 250 on 3:35 Backstroke | EN1 | S | E |
| | | { 1 | x 200 on 2:50 Backstroke | EN1 | S | E |
| | | { 1 | x 200 on 2:45 Backstroke | EN2 | S | E |
| | | { 1 | x 150 on 2:00 Backstroke | EN2 | S | E |
| | 200 | 1 | x 200 on 3:00 Stroke Drills | REC | D | C |
| | | 8:30 | AM 3,500 Yards - Stress Value = | = 40 | | |

Workout #2822 - Friday, 23 January 2004 HighSchl - Taper 2 1 minute rest between sets

| | 7:00 AM Start | | | | |
|-------|-------------------------------------------------------------------|------|------|----|---|
| Yards | Set Description | EGY | WORK | Sī | |
| ===== | ======================================= | === | ==== | == | |
| | 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 | E | |
| 1,000 | 1x{1 x 100 on 1:30 Pulls | EN1 | P | F | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Pulls } 2 \text{ breaths}$ | EN1 | P | E | |
| | {2 x 100 on 1:25 Pulls | EN1 | P | F | |
| | $\{4 \times 25 \text{ on :} 30 \text{ Pulls 2 breaths}$ | EN1 | P | F | |
| | {2 x 100 on 1:25 Pulls | EN1 | P | F | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Pulls } 2 \text{ breaths}$ | EN1 | P | E | - |
| | {2 x 100 on 1:25 Pulls | EN1 | P | F | |
| 1,150 | 1x{1 x 225 on 3:45 Backstroke | EN1 | S | Ε | |
| | {1 x 225 on 3:40 Backstroke | EN1 | S | E | |
| | {1 x 225 on 3:35 Backstroke | EN1 | S | Ε | |
| | {1 x 175 on 2:50 Backstroke | EN1 | S | Ε | |
| | {1 x 175 on 2:45 Backstroke | EN2 | S | E | |
| | {1 x 125 on 2:00 Backstroke | EN2 | S | Ε | |
| 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

| Yards | 3:00 PM Start Set Description | EGY | WOF |
|-------|-------------------------------------------------------|-----|-----|
| | | === | === |
| | 1 on 20:00 Stretching | | |
| 800 | ± | 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 | $1x\{1 \times 200 \text{ on } 3:00 \text{ Freestyle}$ | EN1 | |
| | $\{4 \times 50 \text{ on } 1:00 \ 25dr/25bld IMO$ | 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 | |
| | · · | EN1 | |
| | {1 x 200 on 2:40 Freestyle | EN2 | |
| 450 | 9 x 50 on 1:00 Stroke Drills | REC | |
| 100 | 1 on 10:00 Ice | | |

Workout #2824 - Saturday, 24 January 2004 HighSchl - Girls 1 minute rest between sets

5:04 PM 5,000 Yards - Stress Value = 54

7:00 AM Start

| Yards | Set | Set Description | | | | |
|-------|--------|------------------------------|-----|------|----|--|
| | ==== | | === | ==== | == | |
| | 1 or | n 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 | FΙ | |
| | {2 x | 100 on 2:00 Kick | EN1 | K | CF | |
| | {4 x | 25 on :40 Kick no board | EN1 | K | FΙ | |
| | {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 | Х | 100 on 1:30 Freestyle | EN1 | S | F |
|-------|------|----|----------------------------|------|---|---|
| | { 1 | Х | 250 on 3:45 Freestyle | EN1 | S | F |
| | { 4 | Х | 75 on 1:05 Freestyle | EN1 | S | F |
| | { 1 | Х | 200 on 2:55 Freestyle | EN1 | S | F |
| | { 4 | Х | 50 on :40 Freestyle | EN2 | S | F |
| | { 1 | Х | 150 on 2:05 Freestyle | EN1 | S | F |
| 350 | 7 | Х | 50 on 1:15 Stroke Drills | REC | D | C |
| | 9:00 | ΑN | 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 | WORF |
| | ======================================= | | |
| | 1 on 30:00 Stomach and Stretch | | I |
| 800 | 8 x 100 on 1:45 Stroke Drills | REC | Γ |
| 180 | 12 x 15 on :30 Shooters | SP3 | ٤ |
| | $2x{3 \times 25 \text{ on :}40 \text{ Kick no board}}$ | EN1 | F |
| | {2 x 25 on :35 Kick no board | EN1 | F |
| | $\{1 \times 25 \text{ on } : 30 \text{ Kick no board}$ | EN1 | F |
| | {1 x 100 on 2:00 Kick | EN1 | F |
| | {1 x 100 on 1:50 Kick | EN1 | |
| | {1 x 100 on 1:40 Kick | EN2 | F |
| | $1x{1 x 500 on 7:00 Pulls}$ | EN1 | E |
| | {1 x 500 on 6:45 Pulls | EN1 | |
| | {1 x 500 on 6:30 Pulls | EN2 | E |
| 300 | 12 x 25 on :30 Free 12.5y tuck spin | EN1 | ٤ |
| | $1x{2 x 250 on 3:20 Freestyle}$ | EN2 | ٤ |
| | {2 x 250 on 3:10 Freestyle | EN2 | ٤ |
| | {2 x 250 on 3:00 Freestyle | EN2 | ٤ |
| | {2 x 250 on 2:50 Freestyle | EN2 | ٤ |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | Γ |
| | 7:45 PM 6,080 Yards - Stress Value = 83 | 1 | |

Workout #2826 - Monday, 26 January 2004 HighSchl - Taper 1 1 minute rest between sets

| Yards | 5:30 AM Start Set Description | EGY | WORK | STK | |
|-------|------------------------------------------------|------|------|-----|---|
| ===== | ======================================= | === | ==== | === | = |
| | 1 on 15:00 Stretching | | L | DRY | |
| 400 | 1 x 400 on 7:00 Choice | REC | S | СНО | |
| 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 | |
| | $\{2 \times 75 \text{ on } 1:00 \text{ Pulls}$ | 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 | ie = | 47 | | |

Workout #2827 - Monday, 26 January 2004 HighSchl - Taper 1 1 minute rest between sets

| 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 | |

| | 3:00 PM Start | | | |
|-------|-----------------------------------------|-----|------|-----|
| Yards | ards Set Description | | WORF | |
| | ======================================= | === | ==== | |
| | 1 on 30:00 Physio Balls/Stretch | | I | |
| 800 | 8 x 100 on 1:45 Stroke Drills | REC | Ι | |
| | odds free evns nonfr | | | |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ | Yar |

Workout #2832 - Tuesday, 27 January 2004 Group 3 - All 1 minute rest between sets

| Ialus | se | t Description i | 701 | WOR |
|-------|------|------------------------------------|-----|------|
| ===== | ==: | 20.00 51 5.11 /01 1 | === | ==== |
| | | on 30:00 Physio Balls/Stretch | | I |
| 800 | | | REC | Ι |
| | 0 | dds free evns nonfr | | |
| 180 | 12 | x 15 on :45 Shooters | SP3 | 5 |
| 900 | 2x{3 | x 25 on :40 Kick no board | EN1 | F |
| | {2 | x 25 on :35 Kick no board H | EN2 | F |
| | {1: | x 25 on :30 Kick no board H | EN2 | F |
| | {1 | x 100 on 1:50 Kick | EN2 | F |
| | - | | EN2 | F |
| | • | | EN2 | F |
| 1 000 | - | | EN1 | I |
| 1,000 | - | | EN1 | I |
| 200 | - | | | 5 |
| | | x 25 on :30 Free 12.5y tuck spin H | | |
| 2,000 | - | <u> </u> | EN2 | 5 |
| | - | 2 | EN2 | 5 |
| | { 2 | x 250 on 3:00 Freestyle F | EN2 | 5 |
| | {2 | x 250 on 2:50 Freestyle | EN2 | 5 |
| 350 | 7 | x 50 on 1:00 Stroke Drills F | REC | Ι |
| | 1 | on 10:00 Techniques-Starts | | 5 |
| | 1 | on 10:00 Ice | | I |
| | 5:29 | PM 5,530 Yards - Stress Value = 77 | | |
| | | 301000 (4140) | | |
| | | | | |

| | 6:00 | PM Start | | | |
|-------|------|----------------|---------------------|-----|-----|
| Yards | Se | t Description | | EGY | WOI |
| ===== | == | | | === | === |
| | 1 | on 30:00 Stoma | ch and Stretch | | |
| 800 | 1 | x 800 on 12:00 | Swim-kick-pull-swim | REC | |
| 180 | 12 | x 15 on :30 S | hooters | SP3 | |
| 1,050 | 3x{2 | x 125 on 2:30 | Kick | EN2 | |
| | { 4 | x 25 on :30 Sp | rint kick | EN2 | |
| 1,050 | 3x{2 | x 125 on 1:45 | Pulls | EN1 | |
| | { 4 | x 25 on :30 Pu | lls 2 breaths | EN1 | |
| 450 | 1x{3 | x 75 on 1:10 2 | bk-4bk-6bk by 25's | EN1 | |
| | { 3 | x 75 on 1:15 I | M 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 #2825 - Monday, 26 January 2004 HighSchl - Taper 2 1 minute rest between sets

Workout #2830 - Tuesday, 27 January 2004 HighSchl - Taper 1 1 minute rest between sets

| Yards | 5:30 AM Start Set Description E | GY | WORK | STK | |
|-------|-------------------------------------------------|-----|------|-----|---|
| ===== | | == | ==== | === | = |
| | 1 on 15:00 Stretching | | L | DRY | |
| 400 | 1 x 400 on 7:00 Choice R | REC | S | CHO | |
| 180 | 12 x 15 on :45 Shooters S | 3P3 | S | FR | |
| 700 | $2x{1 \times 50 \text{ on :} 45 \text{ Pulls}}$ | IN1 | P | FR | |
| | {1 x 75 on 1:05 Pulls E | IN1 | P | FR | |
| | {1 x 100 on 1:30 Pulls E | IN1 | P | FR | |
| | {1 x 125 on 1:55 Pulls E | lN1 | P | FR | |
| 250 | 1 x 250 on 4:00 Stroke Drills R | 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 | | |

| | 5:30 AM Start | | |
|-------|----------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 30:00 Weights | | I |
| 200 | 1 x 200 on 4:00 Swim-kick-pull-swim | REC | Ι |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| 600 | 2x{2 x 125 on 1:45 Lungbuster pulls | EN1 | E |
| | { br 3-4-5-6-7 by 25's | | |
| | $\{2 \times 25 \text{ on } : 30 \text{ Pulls no breath}$ | EN1 | E |
| 1,900 | $1x{6 x 75 on 1:00 Freestyle}$ | EN1 | ٤ |
| | {5 x 100 on 1:20 Freestyle | EN1 | ٤ |
| | {4 x 125 on 1:40 Freestyle | EN1 | ٤ |
| | {3 x 150 on 2:00 Freestyle | EN1 | ٤ |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | Γ |
| | 1 on 10:00 Ice | | I |
| | 7:05 AM 3,080 Yards - Stress Value = 33 | L | |

Workout #2828 - Monday, 26 January 2004 HighSchl - Taper 2 1 minute rest between sets

Workout #2831 - Tuesday, 27 January 2004 HighSchl - Taper 2 1 minute rest between sets

| | 3:00 PM Start | | |
|-------|--------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK |
| | ======================================= | === | |
| | 1 on 30:00 Physio Balls/Stretch | | L |
| 800 | 8 x 100 on 1:45 Stroke Drills | REC | D |
| | odds free evns nonfr | | |
| 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 |
| | $\{1 \times 25 \text{ on } : 30 \text{ Kick no board}$ | 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 |
| | $\{1 \times 250 \text{ on } 3:20 \text{ Freestyle} \}$ | EN2 | S |
| | $\{1 \times 250 \text{ on } 3:10 \text{ Freestyle}$ | EN2 | S |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | D |

| Yards | 5:30 AM Start 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 B | EN1 | S |
| | 1 on 15:00 Techniques-starts | | D |
| | 1 on 15:00 Ice | | L |
| | 7:03 AM 1,000 Yards - Stress Value = 10 | 0 | |
| | | | |

Workout #2833 - Thursday, 29 January 2004 HighSchl - Taper 1 1 minute rest between sets

HighSchl - Taper 1 1 minute rest between sets

| | i minute rest between sets | | | 0 00 | | | | | |
|-------|--------------------------------------------------------------------------|-------|----------|------|--------|-------|-------------------------|-------|------|
| | | | 37l | | PM S | | | ПСУ | MODE |
| | 5:30 AM Start | | Yards | 56 | et Des | cript | tion | EGY | WORF |
| Yards | Set Description | EGY W | OF ===== | == | | | | = === | ==== |
| ===== | | === = | :== | | | | Physio Balls/Stretch | | 1 |
| | 1 on 15:00 Stretching | | 400 | | | | 6:00 Swim-kick-pull-swi | | |
| 600 | 1 x 600 on 11:00 Swim-kick-drll-swim | REC | 180 | | | | :45 Shooters | SP3 | - |
| 180 | 12 x 15 on :45 Shooters | SP3 | | • | | | :30 Kick | EN1 | |
| 1,200 | $2x\{2 \times 125 \text{ on } 1:40 \text{ Pulls no br L.}12 \text{ yds}$ | EN1 | | { 2 | x 75 | on 1: | :25 Kick | EN1 | F |
| | {2 x 100 on 1:20 Lungbuster pulls | EN1 | | { 2 | x 75 | on 1: | :20 Kick | EN2 | F |
| | {2 x 75 on 1:00 Pulls-nbbf&w + 2 yds | EN1 | | { 2 | x 75 | on 1: | :15 Kick | EN2 | F |
| 1,600 | 2x{1 x 100 on 1:30 Freestyle | EN1 | | { 2 | x 75 | on 1: | :10 Kick | EN2 | ٤ |
| • | {1 x 100 on 1:45 Stroke Drills | REC | | 1x{5 | x 50 | on :5 | 50 Pulls-nbbf&w + 2 yds | EN1 | E |
| | {1 x 100 on 1:25 Freestyle | EN1 | | { 5 | x 50 | on :4 | 45 Pulls-nbbf&w + 2 yds | EN1 | E |
| | {1 x 100 on 1:45 Stroke Drills | REC | | { 5 | x 50 | on :4 | 40 Pulls-nbbf&w + 2 yds | EN1 | E |
| | {1 x 100 on 1:20 Freestyle | EN1 | 200 | 8 | x 25 | on :3 | 30 IM order-build | EN1 | ٤ |
| | {1 x 100 on 1:45 Stroke Drills | REC | | 1x{4 | x 125 | on 1 | 1:50 Freestyle | EN1 | ٤ |
| | {1 x 100 on 1:15 Freestyle | EN2 | | { 4 | x 125 | on 1 | 1:45 Freestyle | EN1 | ٤ |
| | {1 x 100 on 1:45 Stroke Drills | REC | | { 2 | x 125 | on 1 | 1:40 Freestyle | EN1 | ٤ |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | | { 2 | x 125 | on 1 | 1:35 Freestyle | EN2 | ٤ |
| | 1 on 10:00 Ice | | 250 | 1 | x 250 | on 4 | 4:00 Stroke Drills | REC | Γ |
| | 7:04 AM 3,830 Yards - Stress Value = 29 | | | 1 | on 15 | :00 | Techniques-Starts | | Γ |
| | 1,111 1222 001000 14140 25 | | | 1 | on 10 | :00] | Ice | | I |
| | Workout #2834 - Thursday 29 January 2004 | | | 5:01 | PM 4, | 030 7 | Yards - Stress Value = | 45 | |

Workout #2834 - Thursday, 29 January 2004 HighSchl - Taper 2 1 minute rest between sets

Workout #2836 - Friday, 30 January 2004 HighSchl - Taper 2

| ! | 5:30 AM Start | | | 1 minute rest between sets | | |
|--------|-----------------------------------------|--------|-------|------------------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY W | | | | |
| ====== | ======================================= | === == | == | 3:00 PM Start | | |
| | 1 on 15:00 Stretching | | Yards | Set Description | EGY | WORF |
| 600 | 1 x 600 on 11:00 Swim-kick-drll-swim | REC | ===== | | === | ==== |
| 180 | 12 x 15 on :45 Shooters | SP3 | | 1 on 20:00 Physio Balls/Stretch | | I |
| 600 | 1x{2 x 125 on 1:50 Pulls no br L.12 yds | EN1 | 400 | 1 x 400 on 6:00 Swim-kick-pull-swim | REC | ٤ |
| | · · | EN1 | 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| | | EN1 | 450 | 1x{2 x 75 on 1:35 Kick | EN1 | F |
| 1,600 | · · | EN1 | | {2 x 75 on 1:30 Kick | EN1 | F |
| • | • | REC | | {2 x 75 on 1:25 Kick | EN2 | F |
| | {1 x 100 on 1:30 Freestyle | EN1 | 500 | $1x{5 x 50 on :50 Pulls-nbbf&w + 2 yds}$ | EN1 | Ε |
| | {1 x 100 on 1:45 Stroke Drills | REC | | $\{5 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | Ε |
| | {1 x 100 on 1:25 Freestyle | EN1 | 200 | 8×25 on :30 IM order-build | EN1 | ٤ |
| | {1 x 100 on 1:45 Stroke Drills | REC | 1,500 | $1x{4 x 125 on 2:00 Free L. 50 drill}$ | EN1 | ٤ |
| | {1 x 100 on 1:25 Freestyle | EN1 | | $\{4 \times 125 \text{ on } 1:55 \text{ Free L. } 50 \text{ drill}$ | EN1 | ٤ |
| | {1 x 100 on 1:45 Stroke Drills | REC | | $\{2 \times 125 \text{ on } 1:50 \text{ Free L. } 50 \text{ drill}$ | EN1 | ٤ |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | | $\{2 \times 125 \text{ on } 1:45 \text{ Free L. } 50 \text{ drill}$ | EN2 | ٤ |
| | 1 on 15:00 Ice | | 250 | 1 x 250 on 4:00 Stroke Drills | REC | Ι |
| | 7:03 AM 3,230 Yards - Stress Value = 21 | | | 1 on 15:00 Techniques-Starts | | Ι |
| | • | | | 1 on 15:00 Ice | | I |
| | Workout #2835 - Friday 30 January 2004 | | | 4:59 PM 3,480 Yards - Stress Value = 37 | ! | |

Workout #2835 - Friday, 30 January 2004 HighSchl - All 1 minute rest between sets

| | 5:30 AM Start | | | |
|-------|---------------|-----------------------|-----|-----|
| Yards | Set Descript | ion | EGY | WOF |
| | ========= | | === | === |
| | 1 on 15:00 S | tretching | | |
| 000 | 1 000 1 | 2 00 0 ' 1' 1 1 1 1 ' | DEG | |

| | 1 011 13.00 | SCIECCILING | |
|-------|------------------|---------------------------|-----|
| 800 | 1 x 800 on | 13:00 Swim-kick-drll-swim | REC |
| | no equipme | ent | |
| 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 | |

EGY WOF

SP3

EN1

EN1

EN1

EN1

EN1

REC

| Workout #2840 - Monday, 02 February | 2004 |
|-------------------------------------|------|
| Group 3 - All | |
| 1 minute rest between sets | |

| | 5:30 PM Start | | | |
|-------|--------------------------------------------------------|-----|------|---|
| Yards | Set Description | EGY | WORK | ٤ |
| ===== | ======================================= | === | ==== | = |
| | 1 on 30:00 Stomach and Stretch | | L | Γ |
| 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 | (|
| | 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 | 12×25 on :30 IM order-build | EN1 | S | |
| | $1x{4 x 125 on 2:00 Freestyle}$ | EN3 | S | |
| | {1 on 1:00 Rest | | M | |
| | $\{4 \times 125 \text{ on } 1:55 \text{ Freestyle}$ | EN3 | S | |
| | {1 on 1:00 Rest | | M | |
| | $\{4 \times 125 \text{ on } 1:50 \text{ Freestyle}$ | EN3 | S | |
| | {1 on 1:00 Rest | | M | |
| | $\{4 \times 125 \text{ on } 1:45 \text{ Freestyle} \}$ | 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 | | |
| | | | | |

Workout #2842 - Wednesday, 04 February 2004 HighSchl - Taper 2 1 minute rest between sets

1 on 35:00 Physio Balls/Stretch

 $1,250 \ 1x\{4 \ x \ 125 \ on \ 2:00 \ Pulls-nbbf&w + 2 \ yds \ EN1$

6 x 75 on 1:10 2bk-4bk-6bk by 25's

{2 x 100 on 1:40 Individual Medley

{3 x 100 on 1:35 Individual Medley

1 x 300 on 8:00 Stroke Drills/ICE

5:35 PM 5,980 Yards - Stress Value = 52

{3 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN1 {2 x 125 on 1:50 Pulls-nbbf&w + 2 yds EN1 $\{1 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds EN1}$

9 x 100 on 1:45 Stroke Drills

odds free evens choi

12 x 15 on :45 Shooters $1,200 3x{2 x 100 on 2:00 Kick no board}$ {4 x 50 on 1:00 Kick

 $1,200 \ 1x\{1 \ x \ 100 \ on \ 1:45 \ Individual \ Medley$ ${3 \times 100 \text{ on } 1:30 \text{ Freestyle}}$

{2 x 100 on 1:30 Freestyle

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

 20×25 on :30 IM order

3:00 PM Start

Set Description

brief meeting

Yards

900

180

450

500

300

Workout #2838 - Monday, 02 February 2004 HighSchl - All 1 minute rest between sets

| Yards | | AM Start et Description | EGY WOF |
|-------|------|------------------------------------|---------|
| | 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 | |

Workout #2839 - Monday, 02 February 2004 HighSchl - All 1 minute rest between sets

| | 3:00 PM Start | | | |
|-------|--------------------------------------|-----|------|-----------|
| Yards | Set Description | EGY | WORK | ٤ |
| ===== | | === | ==== | = |
| | 1 on 35:00 Physio Balls/Stretch | | L | Γ |
| 800 | 1 x 800 on 14:00 Swim-kick-pull-swim | REC | S | |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | (|
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | D | |
| 400 | 4 x 100 on 2:00 Kick | EN1 | K | \subset |
| 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 | Γ |
| | 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

| | 3:00 | PM Start | | |
|-------|------|------------------------------------|-----|-----|
| Yards | Se | et Description | EGY | WOF |
| ===== | == | | === | === |
| | 1 | on 35:00 Physio Balls/Stretch | | |
| | ŀ | orief meeting | | |
| 900 | 9 | x 100 on 1:45 Stroke Drills | REC | |
| | (| odds free evens choi | | |
| 180 | 12 | 2 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 #2843 - Wednesday, 04 February 2004 HighSchl - Girls | Yards | Set Description | EGY | |
|--------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|-----|
| | 1 minute rest between sets | | 1 on 30:00 Weights | | |
| | 1 minute 10st between sets | 400 | | REC | |
| | 3:00 PM Start | 300 1.500 | 12 x 25 on :30 12.5 ez 12.5 fast 1x{4 x 150 on 1:55 Pulls | SP3 EN1 | |
| Yards | Set Description EGY WOF | _,000 | {3 x 150 on 2:00 Pulls | EN1 | |
| ===== | 1 on 35:00 Physio Balls/Stretch | | {2 x 150 on 2:05 Pulls | EN1 | |
| | brief meeting | 400 | {1 x 150 on 2:10 Pulls | EN1 | |
| 900 | 9 x 100 on 1:45 Stroke Drills REC | 400 | 4 x 100 on 1:30 Freestyle-descend to speed | LNZ | |
| | odds free evens choi | 400 | - | REC | |
| 180 | 12 x 15 on :45 Shooters SP3 1x{2 x 100 on 2:00 Kick no board EN1 | | 1 on 10:00 Ice | | |
| 330 | {3 x 50 on 1:00 Kick EN1 | | 6:58 AM 3,000 Yards - Stress Value = 35 | | |
| 500 | 1x{2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN1 | | W | | |
| | $\{2 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds EN1}$ | | Workout #2844 - Thursday, 05 February 2004 | | |
| 300 | 6 x 50 on 1:00 Descend in sets of 3 EN1 | | HighSchl - Taper 2 | | |
| 800 | 8 x 100 on 1:45 Stroke Drills REC 1 on 10:00 Ice | | 1 minute rest between sets | | |
| | 4:50 PM 3,030 Yards - Stress Value = 18 | | 5:30 AM Start | | |
| | | Yards | | EGY | WOF |
| | Workout #2847 - Thursday, 05 February 2004 | ===== | | === | === |
| | Group 3 - All | 400 | 1 on 30:00 Weights 1 x 400 on 6:00 Choice | DEG | |
| | 1 minute rest between sets | 400 300 | | REC SP3 | |
| | 5.00 74 6 | | 1x{3 x 150 on 2:00 Pulls | EN1 | |
| Yards | 6:00 PM Start Set Description EGY WORK | | {2 x 150 on 2:05 Pulls | EN1 | |
| ===== | ====================================== | 300 | {1 x 150 on 2:10 Pulls | EN1 | |
| | 1 on 30:00 Stomach and Stretch L | 300 | 3 x 100 on 1:30 Freestyle-descend to speed | LNZ | |
| 800 | 1 x 800 on 13:00 Choice REC S | 200 | - | REC | |
| 300 | 12 x 25 on :30 12.5 easy 12.5 fast SP3 S 2x{2 x 125 on 2:15 Kick EN1 K | | 1 on 10:00 Ice | | |
| | {2 x 100 on 1:45 Kick EN1 K | | 6:50 AM 2,100 Yards - Stress Value = 27 | | |
| | (2 X 100 011 1.45 KICK HN1 K | | | | |
| | {2 x 75 on 1:15 Kick EN2 K | | Workout #2051 Evidor, 06 Echanom, 2004 | | |
| 1,200 | {2 x 75 on 1:15 Kick EN2 K 4 x 300 on 4:05 Pulls EN1 P | | Workout #2851 - Friday, 06 February 2004 | | |
| 1,200 450 | 12 x 75 on 1:15 Kick EN2 K 4 x 300 on 4:05 Pulls EN1 P 6 x 75 on 1:15 IM w/out the fly EN1 S | | Group 3 - All | | |
| | {2 x 75 on 1:15 Kick EN2 K 4 x 300 on 4:05 Pulls EN1 P | | | | |
| | 12 x 75 on 1:15 Kick EN2 K 4 x 300 on 4:05 Pulls EN1 P 6 x 75 on 1:15 IM w/out the fly EN1 S 1x{5 x 125 on 2:05 Butterfly 2-5-2 EN1 S {4 x 125 on 2:00 Butterfly 2-6-2 EN1 S {3 x 125 on 1:55 Butterfly 2-7-2 EN2 S | | Group 3 - All | | |
| | 12 x 75 on 1:15 Kick EN2 K 4 x 300 on 4:05 Pulls EN1 P 6 x 75 on 1:15 IM w/out the fly EN1 S 1x{5 x 125 on 2:05 Butterfly 2-5-2 EN1 S 4 x 125 on 2:00 Butterfly 2-6-2 EN1 S 3 x 125 on 1:55 Butterfly 2-7-2 EN2 S 4 x 125 on 1:50 Butterfly 2-8-2 EN2 S | Yards | Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description | EGY | |
| | 12 x 75 on 1:15 Kick EN2 K 4 x 300 on 4:05 Pulls EN1 P 6 x 75 on 1:15 IM w/out the fly EN1 S 1x{5 x 125 on 2:05 Butterfly 2-5-2 EN1 S {4 x 125 on 2:00 Butterfly 2-6-2 EN1 S {3 x 125 on 1:55 Butterfly 2-7-2 EN2 S | Yards ===== | Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description | | |
| 450 | 12 x 75 on 1:15 Kick EN2 K 4 x 300 on 4:05 Pulls EN1 P 6 x 75 on 1:15 IM w/out the fly EN1 S 1x{5 x 125 on 2:05 Butterfly 2-5-2 EN1 S 4 x 125 on 2:00 Butterfly 2-6-2 EN1 S 3 x 125 on 1:55 Butterfly 2-7-2 EN2 S 4 x 125 on 1:50 Butterfly 2-8-2 EN2 S 4 x 125 on 1:45 Butterfly EN2 S | ===== | Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description | | |
| 450 | 12 x 75 on 1:15 Kick EN2 K 4 x 300 on 4:05 Pulls EN1 P 6 x 75 on 1:15 IM w/out the fly EN1 S 1x{5 x 125 on 2:05 Butterfly 2-5-2 EN1 S 4 x 125 on 2:00 Butterfly 2-6-2 EN1 S 3 x 125 on 1:55 Butterfly 2-7-2 EN2 S 4 x 125 on 1:50 Butterfly 2-8-2 EN2 S 4 x 125 on 1:45 Butterfly EN2 S 1 x 225 on 3:30 Stroke Drills REC D | ===== | Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Stomach and Stretch 1x{1 x 400 on 7:00 Stroke Drills {1 x 300 on 5:00 Stroke Drills | === | |
| 450 | 12 x 75 on 1:15 Kick EN2 K 4 x 300 on 4:05 Pulls EN1 P 6 x 75 on 1:15 IM w/out the fly EN1 S 1x{5 x 125 on 2:05 Butterfly 2-5-2 EN1 S 44 x 125 on 2:00 Butterfly 2-6-2 EN1 S 3 x 125 on 1:55 Butterfly 2-7-2 EN2 S 2 x 125 on 1:50 Butterfly 2-8-2 EN2 S 3 x 125 on 1:45 Butterfly EN2 S 1 x 125 on 1:45 Butterfly EN2 S 1 x 225 on 3:30 Stroke Drills REC D 8:15 PM 6,050 Yards - Stress Value = 69 | ===== | Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Stomach and Stretch 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 | REC REC EN1 | |
| 450 | 1 | 1,000 | Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Stomach and Stretch 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 REC EN1 EN1 | |
| 450 | 12 x 75 on 1:15 Kick EN2 K 4 x 300 on 4:05 Pulls EN1 P 6 x 75 on 1:15 IM w/out the fly EN1 S 1x{5 x 125 on 2:05 Butterfly 2-5-2 EN1 S 44 x 125 on 2:00 Butterfly 2-6-2 EN1 S 3 x 125 on 1:55 Butterfly 2-7-2 EN2 S 2 x 125 on 1:50 Butterfly 2-8-2 EN2 S 3 x 125 on 1:45 Butterfly EN2 S 1 x 125 on 1:45 Butterfly EN2 S 1 x 225 on 3:30 Stroke Drills REC D 8:15 PM 6,050 Yards - Stress Value = 69 | 1,000 | Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Stomach and Stretch 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 REC EN1 | |
| 450 | 1 | 1,000 180 1,000 | Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Stomach and Stretch 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 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick no board {1 x 150 on 3:00 Kick hold under 2:20 | REC REC EN1 EN1 SP3 EN1 EN2 | |
| 450 | 1 | 1,000 180 1,000 | Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Stomach and Stretch 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 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick no board {1 x 150 on 3:00 Kick hold under 2:20 1x{4 x 100 on 1:30 Pulls | REC REC EN1 EN1 SP3 EN1 EN2 EN1 | |
| 225 | {2 x 75 on 1:15 Kick EN2 K 4 x 300 on 4:05 Pulls EN1 P 6 x 75 on 1:15 IM w/out the fly EN1 S 1x{5 x 125 on 2:05 Butterfly 2-5-2 EN1 S {4 x 125 on 2:00 Butterfly 2-6-2 EN1 S {3 x 125 on 1:55 Butterfly 2-7-2 EN2 S {2 x 125 on 1:50 Butterfly 2-8-2 EN2 S {1 x 125 on 1:45 Butterfly EN2 S 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 | 1,000 180 1,000 | Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Stomach and Stretch 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 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick no board {1 x 150 on 3:00 Kick hold under 2:20 1x{4 x 100 on 1:30 Pulls {4 x 25 on :30 Pulls 2 breaths | REC REC EN1 EN1 SP3 EN1 EN2 | |
| 450 225 Yards | 1 | 1,000 180 1,000 | Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Stomach and Stretch 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 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick no board {1 x 150 on 3:00 Kick hold under 2:20 1x{4 x 100 on 1:30 Pulls | REC REC EN1 EN1 SP3 EN1 EN2 EN1 | |
| 450 225 Yards ===== | 1 | 1,000 180 1,000 | Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Stomach and Stretch 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 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick no board {1 x 150 on 3:00 Kick hold under 2:20 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 | REC REC EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 | |
| 450 225 Yards ===== 600 300 | 1 | 1,000 180 1,000 | Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Stomach and Stretch 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 12 x 15 on :30 Stroke Drills 12 x 15 on :30 Stroke Drills 4x 1 x 100 on 2:00 Kick no board {1 x 150 on 3:00 Kick hold under 2:20 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 | REC REC EN1 SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 | |
| 450 225 Yards ===== 600 300 | 1 | 1,000 180 1,000 | Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Stomach and Stretch 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 1 x 100 on 1:30 Stroke Drills 1 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick no board 1 x 150 on 3:00 Kick hold under 2:20 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 4 x 25 on :30 Pulls 2 breaths 4 x 25 on :30 Pulls 5 x 100 on 1:20 Pulls 6 x 25 on :30 Pulls 2 breaths 6 x 100 on 1:15 Pulls | REC REC EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 | |
| 450 225 Yards ===== 600 300 | 1 | 1,000 180 1,000 1,400 | Group 3-All 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Stomach and Stretch 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 1 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick no board 1 x 150 on 3:00 Kick hold under 2:20 1x{4 x 100 on 1:30 Pulls 4 x 25 on :30 Pulls 2 breaths 2 x 100 on 1:25 Pulls 4 x 25 on :30 Pulls 2 breaths 5 x 100 on 1:15 Pulls 4 x 25 on :30 Pulls 2 breaths 5 x 100 on 1:15 Pulls 5 x 25 on :30 Pulls 2 breaths 5 x 50 on :45 Descend in sets of 3 | REC REC EN1 SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 | |
| Yards ==================================== | 1 | 1,000 180 1,000 1,400 | Group 3-All 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Stomach and Stretch 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 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick no board {1 x 150 on 3:00 Kick hold under 2:20 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 {1 x 100 on 1:15 Pulls {4 x 25 on :30 Pulls 2 breaths {5 x 50 on :45 Descend in sets of 3 1x{1 x 200 on 3:00 Individual Medley | RECC RECC EN1 | |
| Yards ==================================== | 1 | 1,000 180 1,000 1,400 | Group 3-All 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Stomach and Stretch 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 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick no board {1 x 150 on 3:00 Kick hold under 2:20 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 {1 x 100 on 1:15 Pulls {4 x 25 on :30 Pulls 2 breaths {1 x 100 on 1:15 Pulls {4 x 25 on :30 Pulls 2 breaths {5 x 50 on :45 Descend in sets of 3 1x{1 x 200 on 3:00 Individual Medley {3 x 50 on :45 Butterfly | RECC EN1 | |
| Yards ====== 600 300 800 | 1 | 1,000 180 1,000 1,400 | Group 3-All 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Stomach and Stretch 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 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick no board {1 x 150 on 3:00 Kick hold under 2:20 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 {1 x 100 on 1:15 Pulls {4 x 25 on :30 Pulls 2 breaths {5 x 50 on :45 Descend in sets of 3 1x{1 x 200 on 3:00 Individual Medley | RECC RECC EN1 | |
| Yards ==================================== | 1 | 1,000 180 1,000 1,400 | Group 3-All 1 minute rest between sets 5:30 PM Start Set Description 1 on 30:00 Stomach and Stretch 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 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick no board {1 x 150 on 3:00 Kick hold under 2:20 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 4 x 25 on :30 Pulls 2 breaths 5 x 100 on 1:25 Pulls 4 x 25 on :30 Pulls 2 breaths 5 x 100 on 1:25 Pulls 6 x 25 on :30 Pulls 2 breaths 7 x 100 on 1:55 Pulls 8 x 25 on :30 Pulls 2 breaths 9 x 50 on :45 Descend in sets of 3 1x{1 x 200 on 3:00 Individual Medley 8 x 50 on :45 Butterfly 8 x 200 on 2:55 Individual Medley | RECC EN1 | |
| Yards ==================================== | 1 | 1,000 180 1,000 1,400 | ## Group 3 - All ## I minute rest between sets 5:30 PM Start Set Description ## 1 on 30:00 Stomach and Stretch 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 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick no board {1 x 150 on 3:00 Kick hold under 2:20 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 {1 x 100 on 1:15 Pulls {4 x 25 on :30 Pulls 2 breaths {1 x 100 on 1:50 Pulls {4 x 25 on :30 Pulls 2 breaths {1 x 100 on 1:55 Pulls {4 x 25 on :30 Pulls 2 breaths {1 x 100 on 1:55 Pulls {4 x 25 on :30 Pulls 2 breaths {1 x 100 on 1:55 Pulls {4 x 25 on :30 Pulls 2 breaths {5 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 | RECC EN1 | |
| Yards ==================================== | 1 | 1,000 180 1,000 1,400 | ### Group 3 - All ### I minute rest between sets 5:30 PM Start Set Description ### 1 on 30:00 Stomach and Stretch 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 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick no board {1 x 150 on 3:00 Kick hold under 2:20 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 {1 x 100 on 1:15 Pulls {4 x 25 on :30 Pulls 2 breaths {1 x 100 on 1:15 Pulls {4 x 25 on :30 Pulls 2 breaths {1 x 100 on 1:15 Pulls {4 x 25 on :30 Pulls 2 breaths {1 x 100 on 1:15 Pulls {4 x 25 on :30 Pulls 2 breaths {1 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 } } | RECC EN1 | |
| Yards ===== 600 300 800 1,200 300 2,000 | 1 | 1,000 180 1,000 1,400 | Group 3-All 1 minute rest between sets 5:30 PM Start Set Description | RECC EN1 | |

8:00 PM 6,880 Yards - Stress Value = 99

Workout #2845 - Thursday, 05 February 2004 HighSchl - Taper 1 1 minute rest between sets

Workout #2850 - Friday, 06 February 2004 HighSchl - All

1 minute rest between sets

| | 3:00 | PM Start | | |
|-------|------|-----------------------------------------|-----|------|
| Yards | Se | et Description | EGY | WORK |
| ===== | == | | === | ==== |
| | | 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 | \times 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 |
| | 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 | ζ |
| ===== | ======================================= | === | ==== | = |
| | 1 on 30:00 Stomach and Stretch | | L | Ι |
| 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 | Ι |
| | 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 | ٤ |
| ===== | ======================================= | === | | = |
| | 1 on 30:00 Stomach and Stretch | | L | Ι |
| 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 | |
| | $\{1 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$ | 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 | Ι |
| | 1 on 10:00 Ice | | L | Γ |
| | 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 | ٤ |
| | $\{1 \times 400 \text{ on } 10:00 \text{ Sculling drills}$ | REC | Γ |
| 275 | 11 x 25 on :30 Berzerks | SP3 | ٤ |
| 1,200 | $3x{4 \times 25 \text{ on :} 30 \text{ Kick no board}}$ | EN1 | F |
| | {3 x 100 on 2:00 Kick-descend | EN2 | F |
| 1,500 | 1 x 1500 on 21:00 Pulls | EN1 | E |
| 750 | $1x{2 x 150 on 2:30 2bk-4bk-6bk by 50's}$ | EN1 | ٤ |
| | $\{4 \times 75 \text{ on } 1:10 \text{ IM w/out the free}$ | EN1 | ٤ |
| | {6 x 25 on :30 Free 12.5y tuck spin | EN1 | ٤ |
| 500 | 1x{1 x 200 on 8:00 Broken at 50's | SP2 | ٤ |
| | {3 x 100 on 6:00 Broken | SP2 | ٤ |
| 400 | 1 x 400 on 6:00 Stroke Drills | REC | Γ |
| | 1 on 10:00 Ice | | I |
| | 10:08 AM 5,450 Yards - Stress Value = 1 | 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 | 2 | |

Workout #2855 - Monday, 09 February 2004 HighSchl - All

| Yards | 3:00 PM Start 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 | |
| | $\{1 \times 600 \text{ on } 7:15 \text{ Freestyle} \}$ | EN2 | |
| | $\{1 \times 600 \text{ on } 7:00 \text{ Freestyle} \}$ | 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

Workout #2857 - Tuesday, 10 February 2004 HighSchl - Taper 1 1 minute rest between sets

5:30 AM Start
Yards Set Description

| | 5:30 AM Start | | |
|-------|-----------------------------------------------------------------------|-----|------|
| 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 |
| | $\{4 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | P |
| | $\{4 \times 50 \text{ on } : 40 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | P |
| | $1x{3 x 125 on 1:50 Free L. 25 fly}$ | EN1 | S |
| | $\{3 \times 125 \text{ on } 1:45 \text{ Free L. } 25 \text{ back}$ | 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 | |
| | | | |

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

Workout #2854 - Monday, 09 February 2004 HighSchl - Taper 2 1 minute rest between sets

Workout #2859 - Tuesday, 10 February 2004 HighSchl - Taper 1 1 minute rest between sets

| | 5:30 AM Start | | |
|-------|------------------------------------------------------------------------|-----|------|
| 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 |
| | $1x{3 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 | P |
| | ${3 \times 50 \text{ on :} 45 \text{ Pulls-nbbf&w + 2 yds}}$ | EN1 | P |
| | ${3 \times 50 \text{ on } :40 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 | P |
| | $1x{2 x 100 on 1:30 Free L. 25 fly}$ | EN1 | S |
| | $\{2 \times 100 \text{ on } 1:30 \text{ Free L. } 25 \text{ back}$ | 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 = 2 | 23 | |

| Yards | | PM Start et Description | EGY | WOF |
|-------|------|------------------------------------|-----|-----|
| ===== | == | | === | === |
| | | on 30:00 Stomach and Stretch | | |
| 900 | 9 | x 100 on 1:45 Stroke Drills | REC | |
| 180 | 12 | 2 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 | • | x 100 on 1:45 Stroke Drills | REC | |
| | | on 10:00 Ice | | |
| | | PM 5,030 Yards - Stress Value = 85 | | |

Workout #2861 - Tuesday, 10 February 2004 Group 3 - All 1 minute rest between sets

Workout #2858 - Tuesday, 10 February 2004 HighSchl - Taper 2 1 minute rest between sets

| | 6:15 | PM Start | | |
|-------|------|-----------------------------------|-----|------|
| Yards | Se | t Description | EGY | WORF |
| ===== | == | | === | ==== |
| | 1 | on 30:00 Stomach and Stretch | | I |
| 800 | 8 | x 100 on 1:45 Stroke Drills | REC | Ι |
| 180 | 12 | x 15 on :30 Shooters | SP3 | ٤ |
| | 1x{4 | x 75 on 1:30 Kick | EN1 | ľ |
| | { 4 | x 75 on 1:25 Kick | EN2 | ľ |
| | { 4 | x 75 on 1:20 Kick | EN2 | ľ |
| | { 4 | x 75 on 1:15 Kick | EN2 | ľ |
| | 1x{6 | x 75 on 1:10 Pulls no br L.12 yds | EN1 | E |
| | { 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 | E |
| | 1x{3 | x 75 on 1:10 2bk-4bk-6bk by 25's | EN1 | ٤ |
| | { 3 | x 75 on 1:15 IM w/out the back | EN1 | ٤ |
| | 1x{1 | x 100 on 1:30 Backstroke | EN1 | ٤ |
| | { 4 | x 25 on :45 Backstroke 12y under | EN2 | ٤ |
| | { 2 | x 100 on 1:25 Backstroke | EN2 | ٤ |
| | { 4 | x 25 on :40 Backstroke 12y under | EN2 | ٤ |
| | { 3 | x 100 on 1:20 Backstroke | EN2 | ٤ |
| | { 4 | x 25 on :35 Backstroke 12y under | EN2 | ٤ |
| | { 4 | x 100 on 1:15 Freestyle | EN2 | ٤ |
| | { 4 | x 25 on :30 Backstroke 12y under | EN2 | ٤ |
| 300 | 1 | x 300 on 5:00 Stroke Drills | REC | Ι |

8:30 PM 5,680 Yards - Stress Value = 71

| | 5:30 AM Start | | |
|-------|-------------------------------------------|-----|------|
| 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 | 6×50 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 = 1 | 6 | |
| | | | |

3:00 PM Start

Workout #2860 - Tuesday, 10 February 2004 HighSchl - Taper 2 1 minute rest between sets

| ** 1 | 3:00 PM Start | | |
|------|-----------------------------------------------------------------------|-----|-----|
| | 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 | |
| | $\{4 \times 75 \text{ on } 1:05 \text{ Pulls no br L.}12 \text{ yds}$ | EN1 | |
| | $\{4 \times 75 \text{ on } 1:00 \text{ Pulls no br L.}12 \text{ yds}$ | 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 #2062 Wadnesday 11 February 2004 | | |

Workout #2862 - Wednesday, 11 February 2004 HighSchl - Taper 1 1 minute rest between sets

| Yards | S | et Description | EGY | W |
|-------|------|-----------------------------------------|-----|----|
| | = | ======================================= | === | == |
| | 1 | on 35:00 Physio Balls/Stretch | | |
| 1,000 | 1 | x 1000 on 16:00 Swim-kick-pull-swim | REC | |
| 180 | 1. | 2 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

| 3:00 PM Start | | |
|------------------------------------------------------------------------|-----|----|
| 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 | SP3 | |
| 4x{1 x 100 on 2:00 Kick | EN1 | |
| $\{2 \times 25 \text{ on } : 30 \text{ Kick no board}$ | EN1 | |
| $1x\{4 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | |
| $\{4 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | |
| $\{4 \times 50 \text{ on } : 40 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | |
| $1x{4 \times 75 \text{ on } 1:10 2bk-4bk-6bk \text{ by } 25's}$ | EN1 | |
| {8 x 25 on :30 Free 12.5y tuck spin | EN1 | |
| $1x\{1 \times 100 \text{ on } 1:30 \text{ Stroke Drills}$ | EN1 | |
| {3 x 50 on :55 Your Stroke | EN1 | |
| $\{2 \times 100 \text{ on } 1:30 \text{ Stroke Drills}$ | 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

6:15 PM Start

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--------------------------------------------------------|-----|------|
| | ======================================= | === | ==== |
| | 1 on 30:00 Stomach and Stretch | | L |
| 600 | 1 x 600 on 9:00 Choice | REC | S |
| 180 | 12 x 15 on :30 Shooters | SP3 | S |
| | 1x{1 x 100 on 1:50 Kick | EN2 | K |
| | $\{2 \times 25 \text{ on } : 30 \text{ Kick no board}$ | EN1 | K |
| | {2 x 100 on 1:45 Kick | EN2 | K |
| | $\{2 \times 25 \text{ on } : 30 \text{ Kick no board}$ | EN1 | K |
| | {3 x 100 on 1:40 Kick | EN2 | K |
| | {2 x 25 on :30 Kick no board | EN1 | K |
| | {4 x 100 on 1:35 Kick | EN2 | K |
| | 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 | | EN1 | S |
| | #1-50 fly #2 50 back | | |
| | #3 50 brst #4 50free | | |
| | 1x{8 x 25 on :30 Breast des in 4's | | |
| | {1 x 200 on 3:30 Breaststroke | EN2 | |
| | {8 x 25 on :30 Breast des in 4's | EN2 | |
| | • | EN2 | |
| | {8 x 25 on :30 Breast des in 4's | | |
| | {3 x 100 on 1:40 Breaststroke | EN2 | |
| | {8 x 25 on :30 Breast des in 4's | | |
| | | EN2 | |
| 400 | | | D |
| | 8:30 PM 5,830 Yards - Stress Value = | 80 | |

Workout #2864 - Thursday, 12 February 2004 HighSchl - Taper 1 1 minute rest between sets

| | 5:30 AM Start | | | |
|-------|--------------------------------------------------------------------------------|------|------|----|
| Yards | Set Description | EGY | WORK | Sī |
| ===== | ======================================= | === | ==== | == |
| | 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 |
| | $\{1 \text{ x } 125 \text{ on } 1\text{:}50 \text{ IM w/}50 \text{ back}$ | EN1 | S | I |
| | $\{1 \text{ x } 125 \text{ on } 2\text{:}00 \text{ IM w/ } 50 \text{ breast} $ | EN1 | S | I |
| | $\{1 \times 125 \text{ on } 1:45 \text{ IM w/ } 50 \text{ free}$ | EN1 | S | I |
| | $\{1 \times 400 \text{ on } 6:00 \text{ Reverse IM drill} \}$ | 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

Group 3 - All

1 minute rest between sets

Workout #2872 - Friday, 13 February 2004

| | 1 minute rest between sets | | | 1 minute rest between sets | |
|--------|-----------------------------------------------------------------|---------|-------|------------------------------------------------------------|----------|
| Yards | 3:00 PM Start Set Description | EGY WOF | Yards | 5:30 PM Start Set Description | EGY WOF |
| | 1 on 30:00 Visualization | | | 1 on 30:00 Stomach and Stretch | |
| | 1 on 20:00 Stomach and Stretch | | 800 | 1 x 800 on 13:00 Swim-kick-pull-swim | REC |
| | 50 of everything | | 180 | 12 x 15 on :30 Shooters | SP3 |
| 800 | 1 x 800 on 12:00 Swim-kick-pull-swim | REC | | 3x{1 x 200 on 3:30 Kick | EN1 |
| 180 | 12 x 15 on :45 Shooters | SP3 | | $\{1 \times 25 \text{ on } : 45 \text{ Kick no board}$ | EN2 |
| | 1x{1 x 100 on 1:30 Kick | EN2 | | $\{1 \times 25 \text{ on } : 40 \text{ Kick no board}$ | EN2 |
| | {2 x 100 on 1:35 Kick | EN2 | | $\{1 \times 25 \text{ on } : 35 \text{ Kick no board}$ | EN2 |
| | {2 x 100 on 1:40 Kick | EN2 | | $\{1 \times 25 \text{ on } : 30 \text{ Kick no board}$ | EN2 |
| | {2 x 100 on 1:45 Kick | EN2 | | 1x{3 x 150 on 2:15 Pulls | EN1 |
| | {2 x 100 on 1:50 Kick | EN2 | | {3 x 125 on 1:50 Pulls no br L.12 yds | EN1 |
| | 1x{2 x 300 on 4:00 Pulls | EN1 | | ${3 \times 100 \text{ on } 1:30 \text{ Lungbuster pulls}}$ | EN1 |
| | {1 x 300 on 3:50 Pulls | EN2 | | 2 | EN1 |
| | {1 x 300 on 3:40 Pulls | EN2 | 450 | 9×50 on :45 Descend in sets of 3 | EN1 |
| 300 | 12 H 20 OH .00 HI 01401 24114 | EN1 | | $7x\{8 \times 25 \text{ on } : 30 \text{ Butterfly}$ | EN1 |
| | $1x{1 \times 200 \text{ on } 8:00 \text{ Broken at the } 50's}$ | SP2 | | {1 on 1:00 Rest | |
| | {1 x 100 on 6:00 Broken at the 25's | SP2 | 200 | | REC |
| 800 | 8 x 100 on 1:45 Stroke Drills | REC | | 7:48 PM 5,280 Yards - Stress Value = 52 | |
| | 1 on 10:00 Ice | | | | |
| | 5:33 PM 4,480 Yards - Stress Value = 76 | | | Workout #2869 - Friday, 13 February 2004 | |
| | | | | HighSchl - Taper 1 | |
| | Workout #2865 - Thursday, 12 February 2004 | | | 1 minute rest between sets | |
| | HighSchl - Taper 2 | | | | |
| | 1 minute rest between sets | | | 5:30 AM Start | |
| | | | Yards | Set Description | EGY WORF |
| | 5:30 AM Start | | | ======================================= | |
| Yards | Set Description EGY W | ORK STK | | 1 on 15:00 Stretching | I |
| ====== | | === === | 600 | 1 x 600 on 9.00 Swim-kick-drll-swim F | REC 9 |

| | 5:30 | AM S | tart | Ī. | | | | | | = |
|-------|------|--------|------|-------|----------|-----------|-------|------|-----|---|
| Yards | Se | et Des | crip | ption | | | EGY | WORK | STK | |
| ===== | == | | | | | | === | ==== | === | |
| | 1 | on 40 | :00 | Weigl | nts and | Stretch | | L | DRY | |
| 400 | 1 | x 400 | on | 6:00 | Choice | | REC | S | CHO | |
| 180 | 12 | 2 x 15 | on | :45 | Shooters | 3 | SP3 | S | СНО | |
| | 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 | Yard | s - Stre | ess Value | = = 1 | 12 | | |

Workout #2866 - Thursday, 12 February 2004 HighSchl - Taper 2 1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WOF |
|-------|-----------------------------------------|-----|-----|
| ===== | ======================================= | === | === |
| | 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 | 12×25 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 | | |

| | 5:30 AM Start | | |
|-------|-----------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 15:00 Stretching | | I |
| 600 | 1 x 600 on 9:00 Swim-kick-drll-swim | REC | ٤ |
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | ٤ |
| 700 | 1 x 700 on 9:30 Pulls | EN1 | E |
| | $4x{6} \times 25$ on :30 Butterfly | EN1 | ٤ |
| | {1 on 1:00 Rest | | N |
| 300 | 1 x 300 on 4:30 Stroke Drills | REC | Γ |
| | 1 on 15:00 Ice | | I |
| | 6:49 AM 2,500 Yards - Stress Value = 25 | 5 | |

Workout #2871 - Friday, 13 February 2004 HighSchl - Taper 1 1 minute rest between sets

3:00 PM Start

| Yards | Set Descri | ption | EGY WOF |
|-------|------------------|---------------------------|---------|
| | ======== | | === === |
| | 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 | Vards - Stress Value = 34 | |

Workout #2870 - Friday, 13 February 2004 HighSchl - Taper 2 1 minute rest between sets

| | 3:00 PM Start | | | |
|-------|-----------------------------------------|-----|-----|--|
| 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 | | |

3 x 200 on 3:00 Pulls L. 50 clsd fst EN1

EN1

EN1

REC

 7×100 on 2:00 Kick no board

{3 x 100 on 1:45 Stroke Drills

 $3x{1 x 150 on 2:30 Freestyle}$

1 on 10:00 Ice

10:00 AM Start

Workout #2875 - Saturday, 14 February 2004 Group 3 - All

5:09 PM 3,430 Yards - Stress Value = 24

1 minute rest between sets

| Yards | Set | Description | EGY | WOF |
|-------|--------|----------------------------------------|-----|-----|
| | === | | === | === |
| | 1 c | n 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 × | : 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 = 12 | 22 | |

Workout #2873 - Saturday, 14 February 2004 HighSchl - Taper 1 1 minute rest between sets

7:30 AM Start

| Yards | Set | Descrip | otion | | EGY | WOF |
|-------|--------|---------|--------|-----------------------|-----|-----|
| ===== | ==== | | | | === | === |
| | 1 or | n 55:00 | Weigh | nts and Visulztn | | |
| 400 | 1 x | 400 on | 10:00 |) Swim-kick-pull-swim | REC | |
| 180 | 12 2 | k 15 on | :45 8 | 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 | L:00 E | Pulls | EN1 | |
| | {4 x | 50 on : | :40 Pu | ılls | EN1 | |
| 300 | 6 x | 50 on : | :45 De | escend 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 | |

| | {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 | |
| | 0:00 AM 4,430 Yards - Stress Value = 65 | |

Workout #2874 - Saturday, 14 February 2004 HighSchl - Taper 2 1 minute rest between sets

| | 7:30 | AM | Sta | art | 5 | | | |
|-------|------|------|------|-----|--------|-----------------------|-----|-----|
| Yards | Se | et D | esci | rip | otion | | EGY | WOF |
| ===== | == | | ==== | -=- | | | === | === |
| | 1 | on | 55:0 | 0 (| Weigh | nts and Visulztn | | |
| 400 | 1 | x 4 | 00 0 | on | 10:00 |) Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 x | 15 c | on | :45 \$ | Shooters | SP3 | |
| | 1x{2 | x 1 | 00 0 | n | 2:05 | Kick | EN1 | |
| | { 2 | x 1 | 00 0 | n | 2:00 | Kick | EN2 | |
| | 1x{2 | x 1 | 25 c | on | 1:55 | Pulls | EN1 | |
| | { 2 | x 1 | 00 0 | on | 1:30 | Pulls | EN1 | |
| 300 | 6 | x 5 | 0 or | 1: | :50 De | escend in sets of 3 | EN1 | |
| | 1x{2 | x 1 | 50 0 | on | 2:15 | Freestyle | EN1 | |
| | { 1 | x 1 | 00 0 | on | 1:30 | Individual Medley | EN2 | |
| | {2 | x 1 | 50 0 | on | 2:10 | Freestyle | EN1 | |
| | { 1 | x 1 | 00 0 | on | 1:30 | Individual Medley | EN2 | |
| | {2 | x 1 | 50 0 | n | 2:05 | Freestyle | EN2 | |
| | {1 | x 1 | 00 0 | on | 1:30 | Individual Medley | EN2 | |
| | {2 | x 1 | 50 0 | on | 2:00 | Freestyle | EN2 | |
| | {1 | x 1 | 00 0 | on | 1:30 | Individual Medley | EN2 | |
| 200 | 1 | x 2 | 00 0 | on | 4:00 | Stroke Drills | REC | |
| | 1 | on | 15:0 | 0 (| Ice | | | |
| | 9:53 | AM | 3,53 | 30 | Yards | s - Stress Value = 46 | | |

Workout #2876 - Monday, 16 February 2004 HighSchl - Taper 1 1 minute rest between sets

| | 7:30 AM Start | | |
|-------|------------------------------------------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| | 1 on 55:00 Visualize/Stom&Stret | | |
| 600 | ± | REC | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 500 | 1 x 500 on 10:00 Kick every 3rd lap | EN2 | |
| | sprint free kick | | |
| | () | EN1 | |
| | $\{5 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | |
| | $1x{5 x 100 on 1:15 Freestyle}$ | EN1 | |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ | REC | |
| | $\{4 \times 100 \text{ on } 1:15 \text{ Freestyle}$ | EN1 | |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ | REC | |
| | {3 x 100 on 1:15 Freestyle | EN1 | |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ | REC | |
| | {2 x 100 on 1:15 Freestyle | EN1 | |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ | 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

Workout #2882 - Tuesday, 17 February 2004 Group 3 - Eric Blue Man 1 minute rest between sets

| 371 | 4:00 PM Start | CV M | DI | 371 | 6:15 PM Start | W MOE |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|-------------|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| | Set Description E0 | GY WC == == | | Yards | Set Description EC | GY WOF == === |
| 400 | <u> </u> | Р3 | L S S | 800 180 | 12 x 15 on :30 Shooters SE | ,3 |
| 300 | 3 x 100 on 2:00 Kick no board El #1 brst #2 free | N1 | K | | 1x{2 x 100 on 2:00 Kick EN {2 x 100 on 1:55 Kick EN | |
| 200 | #3 fly | | - | | {2 x 100 on 1:50 Kick EN | |
| 300 | 6 x 50 on 1:00 Stroke Drills RI 1 on 10:00 Ice | EC | D L | | {2 x 100 on 1:45 Kick EN {2 x 100 on 1:40 Kick EN | |
| | 5:06 PM 2,000 Yards - Stress Value = 19 | | | | 1x{3 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN | 11 |
| | | | | | {2 x 125 on 1:50 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN | |
| | Workout #2877 - Monday, 16 February 2004 | | | | {3 x 100 on 1:30 Lungbuster pulls EN | |
| | HighSchl - Taper 2 1 minute rest between sets | | | 450 | | |
| | 1 minute 1est between sets | | | | 1x{1 x 200 on :00 Freestyle SF {1 x 200 on 8:00 Freestyle RF | |
| | 7:30 AM Start | | | | {3 x 100 on 4:00 Broken SI | 2 |
| Yards ===== | Set Description | EGY === | | | {1 x 300 on 5:00 Stroke Drills RF 1x{4 x 25 on :30 Freestyle EN | |
| | 1 on 55:00 Visualize/Stom&Stret | | | | $\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$ | |
| 600 | 1 x 600 on 10:00 Swim-kick-pull-swim | | | | {4 x 25 on :20 Freestyle EN | |
| 180 400 | 12 x 15 on :45 Shooters 1 x 400 on 8:00 Kick every 3rd lap | SP3 EN2 | | 300 | 1 x 300 on 5:00 Stroke Drills RE 8:23 PM 5,080 Yards - Stress Value = 85 | C |
| | sprint free kick | | | | | |
| | 1x{3 x 75 on 1:10 Pulls-nbbf&w + 2 yds {3 x 75 on 1:05 Pulls-nbbf&w + 2 yds | EN1 EN1 | | | Workout #2884 - Tuesday, 17 February 2004 | |
| | 1x{5 x 100 on 1:30 Freestyle | EN1 | | | Group 3 - Chris P. | |
| | {1 x 50 on 1:00 Freestyle | REC | | | 1 minute rest between sets | |
| | $\{4 \times 100 \text{ on } 1:30 \text{ Freestyle} $ $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ | EN1 REC | | | 6:15 PM Start | |
| | {3 x 100 on 1:30 Freestyle | EN1 | | Yards | Set Description EC | Y WOF |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} $ $\{2 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$ | REC EN1 | = | ===== | 1 on 25:00 Stomach and Stretch | = === |
| | {1 x 50 on 1:00 Freestyle | REC | | 800 | | · C |
| | | | | | 1 X 000 OH 13.00 SWIM-KICK-PUII-SWIM KI | |
| 200 | {1 x 100 on 1:30 Freestyle | EN1 | | 180 | 12 x 15 on :30 Shooters SE | ,3 |
| 200 | - | EN1 REC | | | | °3 I1 |
| 200 | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills | | | | 12 x 15 on :30 Shooters SI 1x{2 x 100 on 2:00 Kick EN {2 x 100 on 1:55 Kick EN {2 x 100 on 1:50 Kick EN | °3 I1 I1 I1 |
| 200 | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 1 on 10:00 Ice 9:45 AM 3,530 Yards - Stress Value = 34 | | | | 12 x 15 on :30 Shooters SI 1x{2 x 100 on 2:00 Kick EN {2 x 100 on 1:55 Kick EN {2 x 100 on 1:50 Kick EN {2 x 100 on 1:45 Kick EN | 23 11 11 11 12 |
| 200 | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 1 on 10:00 Ice 9:45 AM 3,530 Yards - Stress Value = 34 Workout #2883 - Tuesday, 17 February 2004 | | | | 12 x 15 on :30 Shooters SI 1x{2 x 100 on 2:00 Kick EN {2 x 100 on 1:55 Kick EN {2 x 100 on 1:50 Kick EN {2 x 100 on 1:45 Kick EN {2 x 100 on 1:45 Kick EN {2 x 100 on 1:40 Kick EN 1x{3 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN | 23 11 11 11 12 12 |
| 200 | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 1 on 10:00 Ice 9:45 AM 3,530 Yards - Stress Value = 34 Workout #2883 - Tuesday, 17 February 2004 Group 3 - Girls | | | | 12 x 15 on :30 Shooters SI 1x{2 x 100 on 2:00 Kick EN {2 x 100 on 1:55 Kick EN {2 x 100 on 1:50 Kick EN {2 x 100 on 1:45 Kick EN {2 x 100 on 1:45 Kick EN {2 x 100 on 1:40 Kick EN {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {2 x 125 on 1:50 Pulls-nbbf&w + 2 yds EN | 23 11 11 11 12 12 11 |
| 200 | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 1 on 10:00 Ice 9:45 AM 3,530 Yards - Stress Value = 34 Workout #2883 - Tuesday, 17 February 2004 | | | | 12 x 15 on :30 Shooters SI 1x{2 x 100 on 2:00 Kick EN {2 x 100 on 1:55 Kick EN {2 x 100 on 1:50 Kick EN {2 x 100 on 1:45 Kick EN {2 x 100 on 1:45 Kick EN {2 x 100 on 1:40 Kick EN 1x{3 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN | 93 11 11 11 12 12 11 11 |
| | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 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 6:15 PM Start | REC | MOL | | 12 x 15 on :30 Shooters SI 1x{2 x 100 on 2:00 Kick EN {2 x 100 on 1:55 Kick EN {2 x 100 on 1:50 Kick EN {2 x 100 on 1:45 Kick EN {2 x 100 on 1:45 Kick EN {2 x 100 on 1:40 Kick EN {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:50 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {3 x 100 on 1:30 Lungbuster pulls 9 x 50 on :45 Descend in sets of 3 EN | 23 11 11 12 12 12 11 11 11 |
| 200 Yards ===== | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 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 | REC | | | 12 x 15 on :30 Shooters SI 1x{2 x 100 on 2:00 Kick EN {2 x 100 on 1:55 Kick EN {2 x 100 on 1:50 Kick EN {2 x 100 on 1:45 Kick EN {2 x 100 on 1:45 Kick EN {2 x 100 on 1:40 Kick EN {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {2 x 125 on 1:50 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {3 x 100 on 1:30 Lungbuster pulls EN 9 x 50 on :45 Descend in sets of 3 1x{1 x 200 on :00 Freestyle | 23 11 11 12 12 12 11 11 11 |
| Yards ===== | <pre>{1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 1 on 10:00 Ice 9:45 AM 3,530 Yards - Stress Value = 34</pre> | EGY | | | 12 x 15 on :30 Shooters SI 1x{2 x 100 on 2:00 Kick EN {2 x 100 on 1:55 Kick EN {2 x 100 on 1:50 Kick EN {2 x 100 on 1:45 Kick EN {2 x 100 on 1:45 Kick EN {2 x 100 on 1:40 Kick EN {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:50 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {3 x 100 on 1:30 Lungbuster pulls EN 9 x 50 on :45 Descend in sets of 3 EN {1 x 200 on 8:00 Freestyle {1 x 200 on 4:00 Broken SI | 23 11 11 12 12 12 11 11 11 11 11 11 11 11 |
| Yards ===== | <pre>{1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 1 on 10:00 Ice 9:45 AM 3,530 Yards - Stress Value = 34</pre> | EGY === | | | 12 x 15 on :30 Shooters 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 {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick 1x{3 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:50 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {1 x 200 on 1:45 Descend in sets of 3 EN 1x{1 x 200 on 8:00 Freestyle {1 x 200 on 4:00 Broken {1 x 300 on 5:00 Stroke Drills | 23 11 11 11 12 12 12 11 11 11 11 11 11 12 12 |
| Yards ===== | <pre>{1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 1 on 10:00 Ice 9:45 AM 3,530 Yards - Stress Value = 34</pre> | EGY | | | 12 x 15 on :30 Shooters SI 1x{2 x 100 on 2:00 Kick EN {2 x 100 on 1:55 Kick EN {2 x 100 on 1:50 Kick EN {2 x 100 on 1:45 Kick EN {2 x 100 on 1:45 Kick EN {2 x 100 on 1:40 Kick EN {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:50 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {3 x 100 on 1:30 Lungbuster pulls EN 9 x 50 on :45 Descend in sets of 3 EN {1 x 200 on 8:00 Freestyle {1 x 200 on 4:00 Broken SI | 23 11 11 11 12 12 11 11 11 11 11 |
| Yards ===== | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 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 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 800 on 13:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick} | EGY === REC SP3 EN1 EN1 | | | 12 x 15 on :30 Shooters 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 {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {2 x 125 on 1:50 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {3 x 100 on 1:45 Pulls-nbbf&w + 2 yds EN {1 x 200 on :45 Descend in sets of 3 EN 1x{1 x 200 on :00 Freestyle {1 x 200 on 8:00 Freestyle {3 x 100 on 4:00 Broken {1 x 300 on 5:00 Stroke Drills 2x{4 x 25 on :25 Freestyle {4 x 25 on :20 Freestyle EN | 23 11 11 11 12 12 12 11 11 11 11 11 11 11 |
| Yards ===== | <pre>{1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 1 on 10:00 Ice 9:45 AM 3,530 Yards - Stress Value = 34</pre> | EGY === REC SP3 EN1 | | | 12 x 15 on :30 Shooters 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 {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick {2 x 100 on 1:55 Pulls-nbbf&w + 2 yds EN {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {3 x 100 on 1:45 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {1 x 200 on 1:30 Lungbuster pulls 9 x 50 on :45 Descend in sets of 3 EN 1x{1 x 200 on 8:00 Freestyle {1 x 200 on 8:00 Freestyle {3 x 100 on 4:00 Broken {1 x 300 on 5:00 Stroke Drills 2x{4 x 25 on :25 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :15 Freestyle {6 x 25 on :15 Freestyle {6 x 25 on :15 Freestyle {7 x 200 on :15 Freestyle {8 x 25 on :15 Freestyle {1 x 200 on :15 Freestyle {1 x 200 on :15 Freestyle {2 x 25 on :15 Freestyle {3 x 25 on :15 Freestyle {4 x 25 on :15 Freestyle {4 x 25 on :15 Freestyle | 23 11 11 11 12 12 11 11 11 11 11 |
| Yards ===== | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 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 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 800 on 13:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick | EGY === REC SP3 EN1 EN1 EN1 EN2 EN2 | | 450 | 12 x 15 on :30 Shooters 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 {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {2 x 125 on 1:50 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {3 x 100 on 1:45 Pulls-nbbf&w + 2 yds EN {1 x 200 on :00 Freestyle {1 x 200 on 6:00 Freestyle {3 x 100 on 4:00 Broken {1 x 300 on 5:00 Stroke Drills 2x{4 x 25 on :25 Freestyle {4 x 25 on :25 Freestyle {4 x 25 on :15 Freestyle {4 x 25 on :15 Freestyle {4 x 25 on :15 Freestyle {6 x 25 on :15 Freestyle {6 x 25 on :15 Freestyle {7 x 200 on :15 Freestyle {8 x 25 on :15 Freestyle {1 x 200 on :15 Freestyle {1 x 25 on :15 Freestyle {2 x 25 on :15 Freestyle {3 x 25 on :15 Freestyle {4 x 25 on :15 Freestyle {4 x 25 on :15 Freestyle | 23 11 11 11 12 12 11 11 11 11 11 |
| Yards ===== | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 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 6:15 PM Start Set Description ==================================== | EGY ==== REC SP3 EN1 EN1 EN1 EN2 EN2 EN1 | | 450 | 12 x 15 on :30 Shooters 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 {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick {2 x 100 on 1:55 Pulls-nbbf&w + 2 yds EN {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {3 x 100 on 1:30 Lungbuster pulls 9 x 50 on :45 Descend in sets of 3 EN 1x{1 x 200 on 8:00 Freestyle {1 x 200 on 8:00 Freestyle {3 x 100 on 4:00 Broken {1 x 300 on 5:00 Stroke Drills RE 2x{4 x 25 on :25 Freestyle {4 x 25 on :15 Freestyle {6 x 25 on :15 Freestyle {7 x 300 on 5:00 Stroke Drills {8 x 300 on 5:00 Stroke Drills | 23 11 11 11 12 12 11 11 11 11 11 |
| Yards ===== | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 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 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 800 on 13:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick | EGY ==== REC SP3 EN1 EN1 EN2 EN2 EN1 EN1 | | 450 | 12 x 15 on :30 Shooters 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 {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick {2 x 100 on 1:55 Pulls-nbbf&w + 2 yds EN {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {3 x 100 on 1:30 Lungbuster pulls 9 x 50 on :45 Descend in sets of 3 EN 1x{1 x 200 on 8:00 Freestyle {1 x 200 on 8:00 Freestyle {3 x 100 on 4:00 Broken {1 x 300 on 5:00 Stroke Drills RE 2x{4 x 25 on :25 Freestyle {4 x 25 on :15 Freestyle {6 x 25 on :15 Freestyle {7 x 300 on 5:00 Stroke Drills {8 x 300 on 5:00 Stroke Drills | 23 11 11 11 12 12 11 11 11 11 11 |
| Yards ===== 800 180 | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 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 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 800 on 13:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick {2 x 100 on 1:50 Kick {2 x 100 on 1:50 Kick {2 x 100 on 1:45 Kick {2 x 100 on 1:45 Kick {2 x 100 on 1:55 Pulls-nbbf&w + 2 yds {3 x 125 on 1:50 Pulls-nbbf&w + 2 yds {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds {3 x 100 on 1:30 Lungbuster pulls | EGY ==== REC SP3 EN1 EN1 EN2 EN2 EN1 EN1 EN1 EN1 | | 450 | 12 x 15 on :30 Shooters 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 {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick {2 x 100 on 1:55 Pulls-nbbf&w + 2 yds EN {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {3 x 100 on 1:30 Lungbuster pulls 9 x 50 on :45 Descend in sets of 3 EN 1x{1 x 200 on 8:00 Freestyle {1 x 200 on 8:00 Freestyle {3 x 100 on 4:00 Broken {1 x 300 on 5:00 Stroke Drills RE 2x{4 x 25 on :25 Freestyle {4 x 25 on :15 Freestyle {6 x 25 on :15 Freestyle {7 x 300 on 5:00 Stroke Drills {8 x 300 on 5:00 Stroke Drills | 23 11 11 11 12 12 11 11 11 11 11 |
| Yards ===== | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 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 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 800 on 13:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick {2 x 100 on 1:55 Kick {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick }2 x 125 on 1:50 Pulls-nbbf&w + 2 yds {1 x 125 on 1:50 Pulls-nbbf&w + 2 yds {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds {3 x 100 on 1:30 Lungbuster pulls | EGY ==== REC SP3 EN1 EN1 EN2 EN2 EN1 EN1 EN1 | | 450 | 12 x 15 on :30 Shooters 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 {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick {2 x 100 on 1:55 Pulls-nbbf&w + 2 yds EN {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {3 x 100 on 1:30 Lungbuster pulls 9 x 50 on :45 Descend in sets of 3 EN 1x{1 x 200 on 8:00 Freestyle {1 x 200 on 8:00 Freestyle {3 x 100 on 4:00 Broken {1 x 300 on 5:00 Stroke Drills RE 2x{4 x 25 on :25 Freestyle {4 x 25 on :15 Freestyle {6 x 25 on :15 Freestyle {7 x 300 on 5:00 Stroke Drills {8 x 300 on 5:00 Stroke Drills | 23 11 11 11 12 12 11 11 11 11 11 |
| Yards ===== 800 180 | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 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 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 800 on 13:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick 2 x 100 on 1:55 Kick 2 x 100 on 1:55 Kick 2 x 100 on 1:45 Kick 2 x 100 on 1:45 Kick 2 x 100 on 1:50 Pulls-nbbf&w + 2 yds 4 x 125 on 1:55 Pulls-nbbf&w + 2 yds 4 x 125 on 1:50 Pulls-nbbf&w + 2 yds 4 x 125 on 1:45 Pulls-nbbf&w + 2 yds 4 x 125 on 1:45 Descend in sets of 3 1x{1 x 150 on 2:30 Backstroke {2 x 125 on 2:00 Backstroke | EGY === REC SP3 EN1 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 | | 450 | 12 x 15 on :30 Shooters 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 {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick {2 x 100 on 1:55 Pulls-nbbf&w + 2 yds EN {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {3 x 100 on 1:30 Lungbuster pulls 9 x 50 on :45 Descend in sets of 3 EN 1x{1 x 200 on 8:00 Freestyle {1 x 200 on 8:00 Freestyle {3 x 100 on 4:00 Broken {1 x 300 on 5:00 Stroke Drills RE 2x{4 x 25 on :25 Freestyle {4 x 25 on :15 Freestyle {6 x 25 on :15 Freestyle {7 x 300 on 5:00 Stroke Drills {8 x 300 on 5:00 Stroke Drills | 23 11 11 11 12 12 11 11 11 11 11 |
| Yards ===== 800 180 | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 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 6:15 PM Start Set Description | EGY ==== REC SP3 EN1 EN1 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 | | 450 | 12 x 15 on :30 Shooters 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 {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick {2 x 100 on 1:55 Pulls-nbbf&w + 2 yds EN {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {3 x 100 on 1:30 Lungbuster pulls 9 x 50 on :45 Descend in sets of 3 EN 1x{1 x 200 on 8:00 Freestyle {1 x 200 on 8:00 Freestyle {3 x 100 on 4:00 Broken {1 x 300 on 5:00 Stroke Drills RE 2x{4 x 25 on :25 Freestyle {4 x 25 on :15 Freestyle {6 x 25 on :15 Freestyle {7 x 300 on 5:00 Stroke Drills {8 x 300 on 5:00 Stroke Drills | 23 11 11 11 12 12 12 11 11 11 11 11 11 11 |
| Yards ===== 800 180 | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 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 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 800 on 13:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{2 x 100 on 2:00 Kick 2 x 100 on 1:55 Kick 2 x 100 on 1:55 Kick 2 x 100 on 1:45 Kick 2 x 100 on 1:45 Kick 2 x 100 on 1:50 Pulls-nbbf&w + 2 yds 4 x 125 on 1:55 Pulls-nbbf&w + 2 yds 4 x 125 on 1:50 Pulls-nbbf&w + 2 yds 4 x 125 on 1:45 Pulls-nbbf&w + 2 yds 4 x 125 on 1:45 Descend in sets of 3 1x{1 x 150 on 2:30 Backstroke {2 x 125 on 2:00 Backstroke | EGY === REC SP3 EN1 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 | | 450 | 12 x 15 on :30 Shooters 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 {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick {2 x 100 on 1:55 Pulls-nbbf&w + 2 yds EN {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {3 x 100 on 1:30 Lungbuster pulls 9 x 50 on :45 Descend in sets of 3 EN 1x{1 x 200 on 8:00 Freestyle {1 x 200 on 8:00 Freestyle {3 x 100 on 4:00 Broken {1 x 300 on 5:00 Stroke Drills RE 2x{4 x 25 on :25 Freestyle {4 x 25 on :15 Freestyle {6 x 25 on :15 Freestyle {7 x 300 on 5:00 Stroke Drills {8 x 300 on 5:00 Stroke Drills | 23 11 11 11 12 12 12 11 11 11 11 11 11 11 |
| Yards ===== 800 180 | {1 x 100 on 1:30 Freestyle 1 x 200 on 4:00 Stroke Drills 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 6:15 PM Start Set Description | EGY === REC SP3 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 | | 450 | 12 x 15 on :30 Shooters 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 {2 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick {2 x 100 on 1:55 Pulls-nbbf&w + 2 yds EN {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds EN {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN {3 x 100 on 1:30 Lungbuster pulls 9 x 50 on :45 Descend in sets of 3 EN 1x{1 x 200 on 8:00 Freestyle {1 x 200 on 8:00 Freestyle {3 x 100 on 4:00 Broken {1 x 300 on 5:00 Stroke Drills RE 2x{4 x 25 on :25 Freestyle {4 x 25 on :15 Freestyle {6 x 25 on :15 Freestyle {7 x 300 on 5:00 Stroke Drills {8 x 300 on 5:00 Stroke Drills | 23 11 11 11 12 12 12 11 11 11 11 11 11 11 |

Workout #2879 - Tuesday, 17 February 2004 HighSchl - Taper 1 1 minute rest between sets

| | 6:00 | Αl | 4 St | tart | 5 | | | | | |
|-------|------|-----|------|------|--------|----------|-----------|-------|------|-----|
| Yards | Se | et | Des | crip | ption | | | EGY | WORK | STK |
| | == | -=- | | -=== | | | | === | ==== | === |
| | 1 | 01 | n 20 | :00 | Weigh | nts and | Stretch | | L | DRY |
| | 1x{1 | Х | 100 | on | 1:55 | Stroke | Drills | REC | D | CHO |
| | { 1 | Х | 100 | on | 1:50 | Stroke | Drills | REC | D | CHO |
| | { 1 | Х | 100 | on | 1:40 | Stroke | Drills | REC | D | CHO |
| | { 1 | Х | 100 | on | 1:35 | Stroke | Drills | REC | D | CHO |
| | { 1 | Х | 100 | on | 1:30 | Stroke | Drills | EN1 | D | CHO |
| | { 1 | Х | 100 | on | 1:25 | Stroke | Drills | EN1 | D | CHO |
| | { 12 | 2 2 | k 15 | on | :45 \$ | Shooters | 3 | SP3 | S | CHO |
| | { 1 | Х | 100 | on | 1:25 | Stroke | Drills | EN1 | D | CHO |
| | { 1 | Х | 100 | on | 1:30 | Stroke | Drills | EN1 | D | CHO |
| | { 1 | Х | 100 | on | 1:35 | Stroke | Drills | REC | D | CHO |
| | { 1 | Х | 100 | on | 1:40 | Stroke | Drills | REC | D | CHO |
| | { 1 | Х | 100 | on | 1:45 | Stroke | Drills | REC | D | CHO |
| | { 1 | х | 100 | on | 1:50 | Stroke | Drills | REC | D | CD |
| | { 1 | Х | 100 | on | 1:55 | Stroke | Drills | REC | D | CHO |
| | 1 | 01 | n 10 | :00 | Ice | | | | L | DRY |
| | 7:00 | Αl | 11,4 | 480 | Yards | s - Stre | ess Value | e = 1 | 11 | |

Workout #2880 - Tuesday, 17 February 2004 HighSchl - Taper 1 1 minute rest between sets

| | 11:00 AM Start | | |
|-------|---------------------------------------------------------------------------|-----|-----|
| Yards | S Set Description | EGY | WOF |
| | ======================================= | === | === |
| | 1 on 55:00 Visulize & Stretch | | |
| 800 | 1 x 800 on 12:00 Stroke Drills | REC | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| | $4x\{2 \times 25 \text{ on } : 40 \text{ Kick no board}$ | EN1 | |
| | {3 x 50 on :55 Kick | EN1 | |
| | $1x\{1 \times 200 \text{ on } 2:45 \text{ Lungbuster pulls}$ | EN1 | |
| | { br 3-4-5-6 by 50's | | |
| | $\{1 \times 200 \text{ on } 2:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ | EN1 | |
| | $\{1 \times 200 \text{ on } 2:45 \text{ Pulls no br L.}12 \text{ yds}$ | EN1 | |
| | {1 x 200 on 2:45 Pulls | EN1 | |
| | $1x{5 x 75 on 1:10 IM w/out the free}$ | EN1 | |
| | $\{5 \times 75 \text{ on } 1:05 2bk-4bk-6bk \text{ by } 25\text{'s}$ | 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 | 11:00 AM Start Set Description | EGY | WOF |
|-------|---------------------------------------------------------------------------|-----|-----|
| ===== | | === | === |
| | 1 on 55:00 Visulize & Stretch | | |
| 800 | 1 x 800 on 12:00 Stroke Drills | REC | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| | $3x{2 \times 25 \text{ on :} 45 \text{ Kick no board}}$ | 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 | | |
| | $\{1 \times 150 \text{ on } 2:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ | EN1 | |
| | {1 x 150 on 2:20 Pulls | EN1 | |
| | $1x{3 \times 75}$ 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

| Vanda | 3:00 PM Start | ECV | MOL |
|-------|-----------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| | 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 | 3:00 PM Start Set Description | EGY | WOF |
|-------|-----------------------------------------|-----|-----|
| ===== | | === | === |
| | 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 | Se | et 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 | 2 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 | | |
| | { 1 | x 125 on 2:25 Kick | EN1 | K |
| | { 4 | x 25 on :35 Kick no board | EN1 | K |
| | • | x 125 on 2:20 Kick | | |
| | { 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 |
| | • | | EN1 | |
| 300 | 6 | x 50 on :45 Descend in sets of 3 | EN1 | S |
| | 1x{4 | x 25 on :30 Stroke Drills | EN1 | |
| | • | x 125 on 2:30 Breaststroke | | |
| | { 4 | x 25 on :30 Stroke Drills | EN1 | |
| | • | x 125 on 2:25 Breaststroke | | |
| | { 4 | x 25 on :30 Stroke Drills | EN1 | D |
| | • | x 125 on 2:20 Breaststroke | | |
| | { 4 | x 25 on :30 Stroke Drills | EN1 | |
| | { 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 = 4 | 13 | |

Workout #2887 - Wednesday, 18 February 2004 HighSchl - Chris P.

1 minute rest between sets

| | 5:30 PM Start Set Description | EGY WOF |
|-------|----------------------------------------------------------|---------|
| ===== | 1 on 30:00 Stomach and Stretch | === === |
| 800 | 1 x 800 on 14:00 Reverse IM drill | DEC |
| | 12 x 15 on :30 Shooters | SP3 |
| 100 | 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 |
| | $\{4 \times 25 \text{ on } : 35 \text{ Kick no board}$ | EN1 |
| | {1 x 125 on 2:15 Kick | EN1 |
| | $\{4 \times 25 \text{ on } : 35 \text{ Kick no board}\}$ | EN1 |
| | | EN1 |
| | {2 x 150 on 2:15 Pulls | EN1 |
| | {3 x 100 on 1:30 Pulls | EN1 |
| | $\{4 \times 75 \text{ on } 1:05 \text{ Pulls}$ | EN1 |
| 600 | | |
| | $1x{4 x 25 on :30 Stroke Drills}$ | EN1 |
| | | EN1 |
| | $\{4 \times 25 \text{ on } : 30 \text{ Stroke Drills}$ | EN1 |
| | · | EN1 |
| | · | EN1 |
| | {3 x 125 on 2:20 Breaststroke | EN1 |
| | $\{4 \times 25 \text{ on } : 30 \text{ Stroke Drills}$ | EN1 |
| | | EN1 |
| 400 | 4 x 100 on 1:30 Freestyle-descend to | EN1 |
| | ludicrous speed!!!!! | |
| 300 | | REC |
| | 7:56 PM 6,030 Yards - Stress Value = 53 | |

| 1 minute rest be | tween sets | |
|--------------------------|------------|----------|
| HighSchl - Ta | aper 1 | |
| Workout #2889 - Thursday | , 19 Febru | ary 2004 |
| 0 IM 0,030 Talus | DCICSS | varue – |

| | 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

| Yards | 6:15 PM Start Set Description | EGY | WOF |
|-------|------------------------------------------------------------|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | | REC | |
| 180 | | 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 | |
| | $\{5 \times 50 \text{ on } : 50 \text{ Butterfly} \}$ | EN1 | |
| | {1 x 200 on 3:00 Butterfly 2-5-2 | EN1 | |
| | $\{4 \times 50 \text{ on } : 50 \text{ Butterfly} \}$ | EN1 | |
| | $\{1 \times 150 \text{ on } 2:15 \text{ Butterfly } 2-6-2$ | EN1 | |
| | ${3 \times 50 \text{ on } :50 \text{ Butterfly}}$ | 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 | |
| | $\{5 \times 50 \text{ on } :50 \text{ Butterfly} \}$ | EN1 | |
| | {1 x 100 on 1:30 Freestyle | EN1 | |
| | {1 x 200 on 3:00 Butterfly 2-5-2 | EN1 | |
| | $\{4 \times 50 \text{ on } : 50 \text{ Butterfly} \}$ | EN1 | |
| | {1 x 100 on 1:30 Freestyle | EN1 | |
| | $\{1 \times 150 \text{ on } 2:15 \text{ Butterfly } 2-6-2$ | EN1 | |
| | ${3 \times 50 \text{ on } :}50 \text{ Butterfly}$ | EN1 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 8:14 PM 4,980 Yards - Stress Value = 55 | | |
| | | | |

500

Workout #2890 - Thursday, 19 February 2004 HighSchl - Chris P. 1 minute rest between sets

| Yards | | M Start Description | EGY | WOF |
|-------|--------|-----------------------------------------|-----|-----|
| ===== | | ======================================= | | |
| | 1 01 | n 30:00 Stomach and Stretch | | |
| 800 | | 800 on 13:00 Swim-kick-pull-swim | REC | |
| 180 | | 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 | |
| | | | | |

Workout #2895 - Friday, 20 February 2004 Group 3 - Eric Blue Man 1 minute rest between sets

8:31 PM 6,030 Yards - Stress Value = 68

REC

10 x 50 on 1:00 Stroke Drills

| | 5:30 PM Start | | |
|-------|------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| | ======================================= | === | ==== |
| | 1 on 30:00 Stomach and Stretch | | I |
| 600 | 12 x 50 on :55 Stroke Drills 3 on E | REC | Ι |
| 180 | 12 x 15 on :30 Shooters | SP3 | ٤ |
| | 4x{1 x 75 on 1:05 2bk-4bk-6bk by 25's | EN1 | ٤ |
| | $\{1 \times 75 \text{ on } 1:10 \text{ IM w/out the free}$ | EN1 | ٤ |
| | $1x{1 x 200 on :00 Brkn @ 50 10-20-30 R}$ | SP2 | ٤ |
| | $\{1 \times 200 \text{ on } 8:00 \text{ Freestyle} \}$ | REC | ٤ |
| | {1 x 100 on :00 Brkn @ 25 5 sec rest | SP2 | ٤ |
| | $\{1 \times 100 \text{ on } 5:00 \text{ Freestyle} \}$ | REC | ٤ |
| | {1 x 100 on :00 Brkn @ 25 10 sec rst | SP2 | ٤ |
| | $\{1 \times 100 \text{ on } 5:00 \text{ Freestyle} \}$ | REC | ٤ |
| 1,000 | 10 x 100 on 1:55 Kick-odds fast | EN1 | ľ |
| | 1x{2 x 200 on 2:50 Pulls | EN1 | E |
| | {2 x 175 on 2:25 Pulls | EN1 | E |
| | {1 x 150 on 2:00 Pulls | EN1 | E |
| 400 | 4 x 100 on 1:45 Stroke Drills | REC | Ι |
| | 7:30 PM 4,480 Yards - Stress Value = 73 | } | |

Workout #2896 - Friday, 20 February 2004 Group 3 - Chris P. 1 minute rest between sets

| | 5:30 PM Start | | |
|-------|-----------------------------------------|----|------|
| Yards | Set Description E | GΥ | WORF |
| ===== | ======================================= | == | ==== |
| | 1 on 30:00 Stomach and Stretch | | I |
| 600 | 12 x 50 on :55 Stroke Drills 3 on E R | EC | Ι |
| 180 | 12 x 15 on :30 Shooters S | PЗ | ٤ |
| | 4x{1 x 75 on 1:05 2bk-4bk-6bk by 25's E | N1 | ٤ |

| $\{1 \times 75 \text{ on } 1:10 \text{ IM w/out the free}$ | EN1 | ٤ |
|------------------------------------------------------------|-------|---|
| 1x{1 x 200 on :00 Brkn @ 50 10-20-30 B | R SP2 | ٤ |
| $\{1 \times 200 \text{ on } 8:00 \text{ Freestyle}$ | REC | ٤ |
| {1 x 100 on :00 Brkn @ 25 5 sec rest | c SP2 | ٤ |
| $\{1 \times 100 \text{ on } 5:00 \text{ Freestyle}$ | REC | ٤ |
| {1 x 100 on :00 Brkn @ 25 10 sec rs | SP2 | ٤ |
| $\{1 \times 100 \text{ on } 5:00 \text{ Freestyle}$ | REC | ٤ |
| 1,200 12 x 100 on 1:55 Kick-odds fast | EN1 | F |
| $1x{4 \times 225 \text{ on } 3:15 \text{ Pulls}}$ | EN1 | E |
| ${3 \times 200 \text{ on } 2:50 \text{ Pulls}}$ | EN1 | E |
| $\{2 \times 175 \text{ on } 2:25 \text{ Pulls}$ | EN1 | Ε |
| 300 3 x 100 on 1:45 Stroke Drills | REC | Γ |
| 7:46 PM 5,530 Yards - Stress Value = 8 | 34 | |

Workout #2893 - Friday, 20 February 2004 HighSchl - Taper 1 1 minute rest between sets

| | 3:00 PM Start | | | |
|-------|----------------------------------------------------------|-----|------|-----------|
| Yards | Set Description | EGY | WORK | ٤ |
| ===== | ======================================= | === | ==== | = |
| | 1 on 55:00 Visulize and Stretch | | L | Γ |
| 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 | \subset |
| | {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 | |
| | $4x\{4 \times 25 \text{ on } : 30 \text{ Stroke Drills}$ | REC | D | ٤ |
| | {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 | Γ |
| | 5:17 PM 3,480 Yards - Stress Value = | 26 | | |

Workout #2894 - Friday, 20 February 2004 HighSchl - Taper 2 1 minute rest between sets

| | 3:00 PM Start | | | |
|-------|----------------------------------------------------------|------|------|-----|
| Yards | Set Description | EGY | WORK | STF |
| ===== | ======================================= | === | ==== | === |
| | 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 |
| | $4x\{4 \times 25 \text{ on } : 40 \text{ Stroke Drills}$ | REC | D | STF |
| | {1 x 50 on 1:00 Your Stroke | EN1 | S | STF |
| | $\{1 \times 100 \text{ on } 1:35 \text{ Freestyle} \}$ | 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 | 2 | |

Workout #2897 - Friday, 20 February 2004 HS Girls - Senior State 1 minute rest between sets

Group 3 - Chris P. 1 minute rest between sets

| 5:30 PM Start Yards Set Description ===== 1 on 30:00 Stomach and Stretch 1 on 30:00 Stomach and Stretch 12 x 50 on :55 Stroke Drills 3 on E REC I 180 12 x 15 on :30 Shooters 180 12 x 15 on :30 Shooters 180 8 x 100 on 1:55 Kick-Odds fast EN1 F 1x{3 x 200 on 2:45 Pulls} 8:00 AM Start Yards Set Description ======= 1 on 30:00 Stomach and Stretch 1 on 30:00 Stomach and Stretch 1 on 30:00 Stomach and Stretch 1 x 800 on 14:00 Swim-kick-1 1 x 100 on 1:00 Kick #1fr #21 1 x 100 on 2:00 Kick 1 x 1 x 400 on 6:00 Pulls | retch | WOF |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|-----|
| 1 on 30:00 Stomach and Stretch I 800 1 x 800 on 14:00 Swim-kick-1 600 12 x 50 on :55 Stroke Drills 3 on E REC I 180 12 x 15 on :30 Shooters 180 12 x 15 on :30 Shooters SP3 S 4x{3 x 50 on 1:00 Kick #1fr #25 800 8 x 100 on 1:55 Kick-Odds fast EN1 F {1 x 100 on 2:00 Kick 1x{3 x 200 on 2:45 Pulls EN1 F 1x{1 x 400 on 6:00 Pulls} | | |
| $\{2 \times 175 \text{ on } 2:25 \text{ Pulls} \}$ EN1 F $\{1 \times 400 \text{ on } 5:50 \text{ Pulls} \}$ EN1 F $\{1 \times 400 \text{ on } 5:30 \text{ Pulls} \}$ | SP3 | |
| 300 4 x 75 on 1:05 2bk-4bk-6bk by 25's EN1 | EN1 ls no fre REC end nofre EN1 ills REC | |
| {4 x 50 on :40 Freestyle EN1 & Workout #2901 - Saturday, 21 Februar 250 1 x 250 on 4:00 Stroke Drills REC I HS Girls - Senior State | uary 2004 | |
| 7:34 PM 5,030 Yards - Stress Value = 48 1 minute rest between sets | s | |
| Workout #2898 - Friday, 20 February 2004 HS Girls - Sectional 8:00 AM Start Yards Set Description | | WOF |
| 1 minute rest between sets ====== =========================== | | === |
| 1 on 30:00 Stomach and Stree 5:30 PM Start 800 1 x 800 on 14:00 Swim-kick- Yards Set Description EGY WORF 180 12 x 15 on :30 Shooters | k-pull-swim REC SP3 | |
| 1 on 30:00 Stomach and Stretch I {1 x 100 on 2:00 Kick | tuck spin EN1 tuck spin EN1 EN2 EN2 EN2 | |
| 300 4 x 75 on 1:05 2bk-4bk-6bk by 25's EN1 | s Value = 60 | |
| {4 x 50 on :45 Backstroke | • | |
| 7:28 PM 4,580 Yards - Stress Value = 43 8:00 AM Start Yards Set Description | EGY | WOF |
| Workout #2899 - Saturday, 21 February 2004 | | === |
| Croup 3 - Eric Blue Man | k-pull-swim REC SP3 #2br #3fl EN1 EN1 | |
| 1 on 30:00 Stomach and Stretch 1 on 30:00 Stomach and Stretch 180 1 x 800 on 14:00 Swim-kick-pull-swim REC 180 12 x 15 on :30 Shooters 180 12 x 100 on 2:00 Kick #1fr #2br #3fl EN1 181 x 100 on 2:00 Kick EN1 181 x 400 on 6:00 Pulls 181 x 400 on 6:00 Pulls 181 x 400 on 5:50 Pulls 182 EN1 183 x 200 on 2:30 Free tyle 184 x 200 on 2:20 Freestyle 185 250 1 x 250 on 4:00 Stroke Drill 185 250 1 x 250 on 4:00 Stroke Drill 186 250 1 x 250 on 4:00 Stroke Drill 187 250 250 250 250 250 250 250 250 250 250 | EN2 EN2 EN2 ills REC | |

Workout #2905 - Monday, 23 February 2004 Group 3 - Eric Blue Man 1 minute rest between sets

| | 5:00 | ΡM | 1 St | cart | | | | |
|-------|------|-----|-------|------|--------|-----------------------|-----|-----|
| Yards | Se | et | Desc | crip | otion | | EGY | WOF |
| ===== | == | -=- | | | | | === | === |
| | 1 | or | 1 30: | :00 | Stoma | ach and Stretch | | |
| 600 | 1 | Х | 600 | on | 10:00 |) Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 2 | 15 | on | :30 8 | Shooters | SP3 | |
| | 2x{2 | Х | 125 | on | 2:15 | Kick | EN1 | |
| | { 4 | Х | 25 0 | on : | :40 Ki | ick no board | EN1 | |
| | 3x{1 | Х | 150 | on | 2:05 | Pulls | EN1 | |
| | { 3 | Х | 50 0 | on : | :40 Pı | ılls | EN1 | |
| | 1x{4 | Х | 75 0 | on 1 | L:05 2 | 2bk-4bk-6bk by 25's | EN1 | |
| | { 1 | Х | 100 | on | 1:45 | Individual Medley | EN1 | |
| | 1x{1 | Х | 400 | on | 5:30 | Freestyle | EN1 | |
| | { 1 | Х | 400 | on | 5:25 | Freestyle | EN2 | |
| | { 1 | Х | 400 | on | 5:20 | Freestyle | EN2 | |
| | { 1 | Х | 400 | on | 5:15 | Freestyle | EN2 | |
| 250 | 1 | Х | 250 | on | 4:00 | Stroke Drills | REC | |
| | 6:53 | ΡM | 14,6 | 530 | Yards | s - Stress Value = 54 | | |
| | | | | | | | | |

Workout #2906 - Monday, 23 February 2004 Group 3 - Chris P.

1 minute rest between sets

| Yards | | PM Start et Description | EGY | WOI |
|-------|------|------------------------------------|-----|-----|
| ===== | 1 | on 30:00 Stomach and Stretch | === | ==: |
| 600 | | x 600 on 10:00 Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 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 HighSchl - Taper 1

1 minute rest between sets

| | 3:00 PM Start | | | | |
|-------|--------------------------------------------------------|-----|------|-----|--|
| Yards | Set Description | EGY | WORK | STF | |
| ===== | ======================================= | === | ==== | === | |
| | 1 on 55:00 Visulize and Stretch | | L | DRY | |
| 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 | |
| | $\{1 \times 150 \text{ on } 1:55 \text{ Freestyle}$ | EN1 | S | FF | |
| | $\{1 \times 125 \text{ on } 1:45 \text{ Freestyle} \}$ | EN1 | S | FF | |
| | $\{1 \times 125 \text{ on } 1:40 \text{ Freestyle}$ | EN1 | S | FF | |
| | $\{1 \times 125 \text{ on } 1:35 \text{ Freestyle} \}$ | EN1 | S | FF | |
| | $\{1 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$ | EN1 | S | FF | |
| | {1 x 100 on 1:20 Freestyle | EN1 | S | FF | |
| | {1 x 100 on 1:15 Freestyle | EN2 | S | FF | |
| | $\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$ | EN1 | S | FF | |

| | { 1 | Х | 75 | on | 1:00 |) Freestyle | EN1 | S | FF |
|-----|------|----|------|-----|-------|-------------------|------|---|----|
| | { 1 | Х | 75 | on | :55 | Freestyle | EN2 | S | FF |
| | { 1 | Х | 50 | on | :45 | Freestyle | EN1 | S | FF |
| | { 1 | Х | 50 | on | :40 | Freestyle | EN1 | S | FF |
| | { 1 | х | 50 | on | :35 | Freestyle | EN1 | S | FF |
| 250 | 1 | Х | 250 | or | 4:0 | 00 Stroke Drills | REC | D | CI |
| | 5.08 | PN | ν 3. | 530 |) Yar | ds - Stress Value | = 33 | | |

Workout #2907 - Monday, 23 February 2004 HS Girls - Senior State 1 minute rest between sets

| | 5:00 | ΡN | 1 St | tart | t | | | |
|-------|------|-----|------|------|--------|-----------------------|-----|-----|
| Yards | Se | et | Des | crip | ption | | EGY | WOI |
| ===== | == | | | | | | === | === |
| | 1 | or | 1 30 | :00 | Stoma | ach and Stretch | | |
| 600 | 1 | Х | 600 | on | 10:00 |) Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 > | 15 | on | :30 9 | Shooters | SP3 | |
| | 3x{2 | Х | 125 | on | 2:15 | Kick | EN1 | |
| | { 4 | Х | 25 (| on : | :40 Ki | ick no board | EN1 | |
| | 4x{1 | Х | 150 | on | 2:05 | Pulls | EN1 | |
| | { 3 | Х | 50 0 | on : | :40 Pı | ılls | EN1 | |
| | 1x{2 | Х | 75 (| on 1 | 1:10 1 | IM w/out the free | EN1 | |
| | { 1 | Х | 100 | on | 1:45 | Individual Medley | EN1 | |
| | 1x{1 | Х | 400 | on | 5:30 | Freestyle | EN1 | |
| | { 1 | Х | 400 | on | 5:25 | Freestyle | EN2 | |
| | { 1 | Х | 400 | on | 5:20 | Freestyle | EN2 | |
| | { 1 | Х | 400 | on | 5:15 | Freestyle | EN2 | |
| | { 1 | Х | 400 | on | 5:10 | Freestyle | EN2 | |
| 250 | 1 | Х | 250 | on | 4:00 | Stroke Drills | REC | |
| | 7:07 | PN | 15, | 530 | Yards | s - Stress Value = 69 | | |
| | | | | | | | | |

Workout #2904 - Monday, 23 February 2004 HS Girls - Sectional

| | | PM Start | | |
|-------|------|------------------------------------|-----|-----|
| Yards | Se | et Description | EGY | WOF |
| ===== | == | | === | === |
| | 1 | on 30:00 Stomach and Stretch | | |
| 600 | 1 | x 600 on 10:00 Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 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 | | |
| | | | | |

6:15 PM Start

6:15 PM Start

Workout #2909 - Tuesday, 24 February 2004 Group 3 - Eric Blue Man 1 minute rest between sets

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

| ** 1 | 0.15 IM Scale | E 617 | F.7.0.F | | |
|-------|--------------------------------------------------------------------------|-------|---------|-------|----------|
| Yards | Set Description | EGY | | | |
| | 1 on 30:00 Stomach and Stretch | | | | 6:15 PM |
| 800 | 1 x 800 on 13:00 Swim-kick-pull-swim | REC | | Yards | Set I |
| 180 | 12 x 15 on :30 Shooters | SP3 | | | ==== |
| | 1x{1 x 300 on 4:00 Kick | EN1 | | | 1 on |
| | {1 x 200 on 3:50 Kick | EN1 | | 800 | |
| | {1 x 100 on 1:50 Kick | EN1 | | | 12 x |
| | $\{4 \times 25 \text{ on } : 40 \text{ Sprint kick}$ | EN2 | | 200 | 1x{1 x |
| | $1x\{2 \times 125 \text{ on } 1:55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | | | {1 x : |
| | $\{2 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | | | {1 x 2 |
| | {2 x 125 on 1:45 Pulls-nbbf&w + 2 yds | EN1 | | | {1 x : |
| | 1x{2 x 100 on 1:40 Individual Medley | EN1 | | | 1x{3 x 3 |
| | {4 x 25 on :30 Freestyle-descend | EN1 | | | {3 x } |
| | 1x{1 x 200 on :00 Brkn@ 50's 10-20-30 | SP2 | | | (3 x) |
| | {1 x 200 on 8:00 Freestyle | REC | | | {1 x : |
| | {1 x 100 on :00 Brkn @ 25's 10sec R | SP2 | | | 1x{3 x 3 |
| | {1 x 100 on 5:00 Freestyle | REC | | | 11 X 1 |
| | {1 x 100 on :00 Brkn @ 50 15 sec Rst | SP2 | | | (4 x 2 |
| 600 | 6 x 100 on 1:45 Stroke Drills | | | | 1x{4 x 3 |
| | 8:04 PM 4,030 Yards - Stress Value = 64 | | | | (3 x) |
| | , | | | | {2 x : |
| | Workout #2010 - Tuesday 24 February 2004 | | | | 12 X . |
| | | | | | |

Workout #2910 - Tuesday, 24 February 2004 Group 3 - Chris P. 1 minute rest between sets

| Yards | Set Description | EGY | WOI |
|-------|-----------------------------------------|-----|-----|
| ===== | ======================================= | === | === |
| | 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 | |

180 {1 x 100 on 1:50 Kick $1x{3 x 125 on 1:45 Pulls-nbbf&w + 2 yds EN1}$ ${3 \times 125 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds EN1}}$ $\{3 \times 125 \text{ on } 1:35 \text{ Pulls-nbbf&w} + 2 \text{ yds EN1} \}$ $\{1 \times 125 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds EN1}$ 1x{3 x 100 on 1:30 Individual Medley EN1 {1 x 150 on 2:15 2bk-4bk-6bk by 50's EN1 $\{4 \times 25 \text{ on } : 30 \text{ Freestyle-descend} \}$ EN1 1x{1 x 200 on :00 Brkn@ 50's 10-20-30 SP2 $\{1 \times 200 \text{ on } 8:00 \text{ Freestyle} \}$ REC {1 x 100 on :00 Brkn @ 25's 10sec R $\{1 \times 100 \text{ on } 5:00 \text{ Freestyle} \}$ {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

| | 3:00 PM Start | | |
|-------|-----------------------------------------|-----|-----|
| 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 | |

| | 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 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 | |
| | ${3 \times 125 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 | |
| | ${3 \times 125 \text{ on } 1:35 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 | |
| | $\{1 \times 125 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ | EN1 | |
| | 1x{3 x 100 on 1:30 Individual Medley | EN1 | |
| | {1 x 150 on 2:15 2bk-4bk-6bk by 50's | EN1 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Freestyle-descend} \}$ | 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

| | | PM Start | | |
|-------|------|--------------------------------------|-----|-----|
| Yards | Se | et Description | EGY | WOF |
| ===== | == | | === | === |
| | | on 30:00 Stomach and Stretch | | |
| | | x 800 on 13:00 Swim-kick-pull-swim I | | |
| 180 | | | SP3 | |
| | | | 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 1 | EN1 | |
| | { 3 | x 125 on 1:40 Pulls-nbbf&w + 2 yds 1 | EN1 | |
| | { 3 | x 125 on 1:35 Pulls-nbbf&w + 2 yds I | EN1 | |
| | { 1 | x 125 on 1:30 Pulls-nbbf&w + 2 yds I | 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 | • | x 250 on 4:00 Stroke Drills | REC | |
| | | 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 | EN1 | |
| | sprint-alt brst/free | | |
| 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 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Breaststroke-descend} \}$ | EN2 | |
| | {2 x 125 on 2:00 Breaststroke | EN2 | |
| | {1 x 150 on 2:30 Breaststroke | EN1 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Breaststroke-descend} \}$ | EN2 | |
| | {1 x 125 on 1:55 Breaststroke | EN2 | |
| | {1 x 150 on 2:30 Breaststroke | EN2 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Breaststroke-descend} \}$ | 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 | EN1 | |
| | sprint-alt brst/free | | |
| 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 | 2 |
| ===== | | === | ==== | = |
| | 1 on 55:00 Visualize & Stretch | | L | Γ |
| 600 | 1 x 600 on 9:00 Stroke Drills | REC | D | (|
| 180 | 12 x 15 on :45 Shooters | SP3 | S | (|
| | 1x{1 x 100 on 1:45 Kick | EN2 | K | (|
| | {1 x 100 on 1:50 Kick | EN1 | K | (|
| | {1 x 100 on 1:55 Kick | EN1 | K | (|
| | $\{1 \times 100 \text{ on } 1:15 \text{ Pulls}$ | 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 Me | dley EN1 | S |
| | { 4 | x 100 on 1:20 Freestyle | EN1 | S |
| | { 1 | x 100 on 1:30 Individual Me | dley EN1 | S |
| 250 | 1 | x 250 on 4:00 Stroke Drills | REC | D |
| | 1 | on 20:00 Stretch and Ice | | LΙ |
| | 5:21 | PM 3,030 Yards - Stress Val | ue = 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 | EN1 | |
| | sprint-alt brst/free | | |
| 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 | |
| | $\{1 \times 150 \text{ on } 2:30 \text{ Breaststroke} \}$ | 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 | EN1 | |
| | sprint-alt brst/free | | |
| 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

Workout #2919 - Thursday, 26 February 2004 HS Boys - Senior State 1 minute rest between sets

| | 6 15 704 01 1 | | | 1 minute Test between sets | |
|-------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| Yards | 6:15 PM Start Set Description | EGY WO | ıτ | | |
| | | WO | _ | 6:15 PM Start | |
| 600 180 400 | 12 x 15 on :30 Shooters 1x{1 x 100 on 2:00 Kick no board {2 x 100 on 1:55 Kick no board | REC SP3 EN1 | Yards ====== 600 180 | Set Description 1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{1 x 100 on 2:00 Kick no board {2 x 100 on 1:55 Kick no board | EGY WOF === === REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 |
| | | | | 8:11 PM 4,380 Yards - Stress Value = 45 | |

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

| ===== | | === | ==: |
|-------|------------------------------------------------------------------------|-----|-----|
| | 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 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | |
| | $\{5 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | |
| | 2 | 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

| Yards | 6:15 PM Start Set Description | EGY | WOF |
|-------|------------------------------------------------------------------------|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 10:00 Swim-kick-pull-swim | REC | |
| | 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 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | |
| | $\{5 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | |
| | $\{5 \times 50 \text{ on } : 40 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | |
| 400 | 16 x 25 on :30 Free 12.5y tuck spin | EN1 | |
| | 8x{1 x 100 on 1:25 Individual Medley | EN2 | |
| | $\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$ | EN2 | |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ | REC | |
| 500 | 5 x 100 on 1:45 Stroke Drills | REC | |
| | 8:23 PM 5,480 Yards - Stress Value = 53 | | |

Workout #2922 - Friday, 27 February 2004 Group 3 - Eric Blue Man 1 minute rest between sets

| Yards | 5:30 PM Start Set Description | EGY | WOF |
|-------|-----------------------------------------|-------|-----|
| ===== | 1 20 00 01 1 1 01 1 | === | === |
| | 1 on 30:00 Stomach and Stretch | | |
| 600 | 111111111111111111111111111111111111111 | | |
| 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 | | |
| 250 | • | REC | |
| 250 | 7:11 PM 3,730 Yards - Stress Value = 34 | 1.110 | |

5:30 PM Start

Workout #2923 - Friday, 27 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 | | |
| 600 | 1 x 600 on 10:00 Swim-kick-pull-swim | REC | |
| | 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 | 2112 | |
| | { lungbuster 3-5-7-9 | | |
| 400 | 1 x 400 on 7:00 Reverse IM drill | DEC | |
| 100 | 1x{2 x 150 on 2:30 Mid 50 non free | | |
| | | | |
| | {2 x 100 on 1:45 Individual Medley | | |
| | {2 x 150 on 2:25 Mid 50 non free | | |
| | {2 x 100 on 1:40 Individual Medley | | |
| | {2 x 150 on 2:20 Mid 50 non free | | |
| | {2 x 100 on 1:35 Individual Medley | | |
| | {2 x 150 on 2:15 Mid 50 non free | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 7:31 PM 4,930 Yards - Stress Value = 49 | | |
| | | | |

Workout #2925 - Friday, 27 February 2004 HS Girls - Sectional 1 minute rest between sets

| Yards | Set Description | EGY | WOI |
|-------|-----------------------------------------|-----|-----|
| | | === | === |
| | 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 | | |
| | 1x{3 x 150 on 2:30 Mid 50 non free | | |
| | {2 x 100 on 1:45 Individual Medley | EN1 | |
| | {3 x 150 on 2:25 Mid 50 non free | | |
| | {2 x 100 on 1:40 Individual Medley | | |
| | {3 x 150 on 2:20 Mid 50 non free | | |
| | {2 x 100 on 1:35 Individual Medley | | |
| | {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 #2924 - Friday, 27 February 2004 HS Boys - All

1 minute rest between sets

| Yards | 5:30 PM Start Set Description | EGY | WC |
|-------|----------------------------------------------------|-----|----|
| Tarus | set bescription | БОІ | WC |
| ===== | | === | == |
| | 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 | |
| | $\{1 \times 200 \text{ on } 2:45 \text{ Pulls} \}$ | EN1 | |

| {1 x 200 on 2:40 Pulls { 2nd 100 of each | EN2 |
|------------------------------------------|---------|
| { lungbuster 3-5-7-9 | |
| (Iuligouster 3-3-7-9 | |
| 400 1 x 400 on 7:00 Reverse IM dri | 11 REC |
| 1x{2 x 150 on 2:30 Mid 50 non fre | e EN1 |
| {1 x 100 on 1:45 Individual Med | ley EN1 |
| {2 x 150 on 2:25 Mid 50 non fre | e EN1 |
| {1 x 100 on 1:40 Individual Med | ley EN1 |
| {2 x 150 on 2:20 Mid 50 non fre | e EN1 |
| {1 x 100 on 1:35 Individual Med | ley EN1 |
| {2 x 150 on 2:15 Mid 50 non fre | e EN1 |
| 250 1 x 250 on 4:00 Stroke Drills | REC |
| 7:24 PM 4,480 Yards - Stress Valu | e = 44 |
| | |

Workout #2929 - Monday, 01 March 2004 Group 3 - Eric Blue Man 1 minute rest between sets

| | | PM Start | | |
|-------|------|------------------------------------|-----|-----|
| Yards | Se | et Description | EGY | WOF |
| | == | | === | === |
| | | on 20:00 Stomach and Stretch | | |
| 600 | 1 | x 600 on 10:00 Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 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 | |
| | - | - | REC | |
| | • | PM 3,580 Yards - Stress Value = 27 | | |
| | | | | |

Workout #2931 - Monday, 01 March 2004 Group 3 - Chris P.

| Yards | 5:00 PM Start Set Description | EGY WOI | F |
|-------|-------------------------------------------------------------------------|---------|---|
| | 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 | |
| | $1x{3 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 | |
| | ${3 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 | |
| | ${3 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 | |
| 400 | 16×25 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 | | |

5:00 PM Start

Yards Set Description

Workout #2932 - Monday, 01 March 2004 **HS Girls - Senior State** 1 minute rest between sets

| | { 1 | X | 300 | on | 3:50 | Freestyle | EN1 |
|-----|------|----|------|-----|-------|-----------------------|-----|
| 250 | 1 | Х | 250 | on | 4:00 | Stroke Drills | REC |
| | 6:39 | ΡN | 14,0 | 030 | Yards | s - Stress Value = 37 | |

| Workout #2933 - Monday, 01 March 2004 |
|---------------------------------------|
| HS Boys - Senior State |
| 1 minute rost between sets |

| | | | | 1 minute rest between sets | |
|-----|----------------------------------------------------------------------|-----|-------|--------------------------------------------------------------------------|---------|
| | 1 on 20:00 Stomach and Stretch | | | | |
| 600 | 1 x 600 on 10:00 Swim-kick-pull-swim | REC | | 5:00 PM Start | |
| 180 | | SP3 | Yards | Set Description | EGY WOF |
| | 1x{3 x 100 on 2:00 Kick | EN1 | | | === === |
| | {2 x 100 on 1:55 Kick | EN1 | | 1 on 20:00 Stomach and Stretch | |
| | {1 x 100 on 1:50 Kick | EN1 | 600 | 1 x 600 on 10:00 Swim-kick-pull-swim | REC |
| | $1x{4 x 50 on 1:00 Pulls-nbbf&w + 2 yds}$ | EN1 | 180 | <u>-</u> | SP3 |
| | $\{4 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | | 1x{3 x 100 on 2:00 Kick | EN1 |
| | $\{4 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | | {3 x 100 on 1:55 Kick | EN1 |
| 400 | 16 x 25 on :30 IM order-build | EN1 | | {2 x 100 on 1:50 Kick | EN1 |
| | 1x{1 x 300 on 4:10 Freestyle | EN1 | | $1x\{5 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 |
| | {3 x 100 on 1:20 Freestyle | EN1 | | $\{5 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 |
| | {1 x 300 on 4:05 Freestyle | EN1 | | $\{6 \times 50 \text{ on } : 50 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ | EN1 |
| | {3 x 100 on 1:20 Freestyle | EN1 | 400 | 16 x 25 on :30 IM order-build | EN1 |
| | {1 x 300 on 4:00 Freestyle | EN1 | | $1x\{1 \times 300 \text{ on } 4:00 \text{ Freestyle}$ | EN1 |
| | {3 x 100 on 1:20 Freestyle | EN1 | | {3 x 100 on 1:20 Freestyle | EN1 |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | | {1 x 300 on 3:50 Freestyle | EN1 |
| | 6:49 PM 4,580 Yards - Stress Value = 41 | | | {3 x 100 on 1:20 Freestyle | EN1 |
| | | | | {1 x 300 on 3:40 Freestyle | EN1 |
| | Workout #2930 - Monday, 01 March 2004 | | | {3 x 100 on 1:20 Freestyle | EN1 |
| | HS Girls - Sectional | | 400 | 8 x 50 on 1:00 Stroke Drills | REC |
| | 1 minute rest between sets | | | 6:56 PM 4,980 Yards - Stress Value = 44 | |

EGY WOF

1 minute rest between sets

Workout #2926 - Monday, 01 March 2004

| Yards | 5:00 PM Start Set Description | EGY | WOF | | Workout #2926 - Monday, 01 March 2004 HS Boys - Age Group State | |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|-----|------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| 600 180 | 1 on 20:00 Stomach and Stretch 1 x 600 on 10:00 Swim-kick-pull-swim 12 x 15 on :45 Shooters 1x{3 x 100 on 2:00 Kick | SP3 EN1 | === | Yards | 1 minute rest between sets 5:00 PM Start Set Description EGY WOD | F = |
| | {3 x 100 on 1:55 Kick {2 x 100 on 1:50 Kick 1x{5 x 50 on 1:00 Pulls-nbbf&w + 2 yds {5 x 50 on :55 Pulls-nbbf&w + 2 yds {6 x 50 on :50 Pulls-nbbf&w + 2 yds | EN1 EN1 EN1 EN1 | | 600 180 | 1 | |
| 400 | 1x{1 x 300 on 4:00 Freestyle {3 x 100 on 1:20 Freestyle {1 x 300 on 3:50 Freestyle {3 x 100 on 1:20 Freestyle | EN1 EN1 EN1 EN1 EN1 | | 400 | {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 16 x 25 on :30 IM order-build EN1 | |
| 400 | {3 x 100 on 1:20 Freestyle | EN1 EN1 REC | | | 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 | |
| | Workout #2928 - Monday, 01 March 2004 HS Boys - Sectional 1 minute rest between sets | | | 400 | {3 x 100 on 1:25 Freestyle EN1 8 x 50 on 1:00 Stroke Drills REC 6:58 PM 4,980 Yards - Stress Value = 44 | |

| Yards | 5:00 PM Start Set Description | EGY | WOF |
|-------|------------------------------------------------------------------------|-----|-----|
| | ======================================= | === | === |
| 600 | 1 on 20:00 Stomach and Stretch 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 | |
| | $\{4 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | |
| | $\{4 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | |
| 300 | 12×25 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 | |

5:00 PM Start Yards Set Description

Yards

Workout #2927 - Monday, 01 March 2004 **HS Boys - Divisionals** 1 minute rest between sets

| | { 1 | Х | 100 | on | 5:00 | Fre | est | cyle | | | | REC |
|-----|------|----|-----|-----|------|------|-----|------|-------|---|----|-----|
| 400 | 8 | Х | 50 | on | 1:00 | Str | oke | Dril | lls | | | REC |
| | 7:48 | ΡN | 43, | 925 | Yard | ls - | Str | cess | Value | = | 67 | |

| Workout #2938 - Tuesday, 02 March 200 | 4 |
|---------------------------------------|---|
| HS Girls - Senior State | |
| 1 minute rest between sets | |

| - 0 - 00 | occ becoriporen | | | |
|----------|-------------------------------------------------------------------------|-------|-------|-------------------------------------------------------------------------|
| | ======================================= | === : | === | 1 minute rest between sets |
| | 1 on 20:00 Stomach and Stretch | | | |
| 600 | 1 x 600 on 10:00 Swim-kick-pull-swim | REC | | 6:00 PM Start |
| 180 | 12 x 15 on :45 Shooters | SP3 | Yards | |
| | 1x{2 x 100 on 2:00 Kick | EN1 | ===== | |
| | {2 x 100 on 1:55 Kick | EN1 | | 1 on 25:00 Stomach and Stretch |
| | {2 x 100 on 1:50 Kick | EN1 | 425 | |
| | $1x{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 | 400 | 8 x 50 on 1:30 20 yds fast 30yds ez SP3 |
| | $\{4 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | | 1x{5 x 75 on 1:30 Kick EN1 |
| | $\{4 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | | {4 x 75 on 1:25 Kick EN1 |
| 300 | 12 x 25 on :30 IM order-build | EN1 | | {3 x 75 on 1:20 Kick EN1 |
| | 1x{1 x 300 on 4:30 Freestyle | EN1 | | {2 x 75 on 1:15 Kick EN1 |
| | {3 x 100 on 1:25 Freestyle | EN1 | | 4x{1 x 125 on 2:00 Pulls no br L.12 yds EN1 |
| | $\{1 \times 300 \text{ on } 4:25 \text{ Freestyle} \}$ | EN1 | | {1 x 100 on 1:30 Lungbuster pulls EN1 |
| | {3 x 100 on 1:25 Freestyle | EN1 | | 5x{1 x 75 on 1:10 2bk-4bk-6bk by 25's EN1 |
| | {1 x 300 on 4:20 Freestyle | EN1 | | $\{1 \times 75 \text{ on } 1:15 \text{ IM w/out the free} \text{EN1} $ |
| 250 | | REC | | 1x{1 x 200 on :00 Brkn @50's 10-20-30 SP2 |
| | 6:40 PM 4,030 Yards - Stress Value = 37 | | | {1 x 200 on 8:00 Freestyle REC |
| | | | | {1 x 100 on :00 Brkn @25's 10 sec R SP2 |
| | Workout #2940 - Tuesday, 02 March 2004 | | | {1 x 100 on 5:00 Freestyle REC |
| | Group 3 - Eric Blue Man | | 400 | 8 x 50 on 1:00 Stroke Drills REC |
| | Stoup & Elle Blue William | | | 7:58 PM 4,525 Yards - Stress Value = 74 |

EGY WOF

1 minute rest between sets Workout #2939 - Tuesday, 02 March 2004 6:00 PM Start EGY WORF **HS Girls - Sectional** Set Description

| | | === | ==== | | 1 minute rest between sets | |
|-----|-------------------------------------------------------|-----|------|--------|--------------------------------------------------------------|---------|
| | 1 on 25:00 Stomach and Stretch | | I | | | |
| 425 | 1 x 425 on 7:00 Stroke Drills | REC | Ι | | 6:00 PM Start | |
| 400 | 8 x 50 on 1:30 20 yds fast 30yds ez | SP3 | ٤ | Yards | | EGY WOF |
| | 1x{1 x 250 on 5:00 Kick | EN1 | F | ====== | ======================================= | === === |
| | {1 x 250 on 3:45 Pulls | EN1 | E | | 1 on 25:00 Stomach and Stretch | |
| 300 | 4 x 75 on 1:10 2bk-4bk-6bk by 25's | EN1 | ٤ | 425 | | REC |
| | 1x{1 x 100 on 1:30 Freestyle | EN1 | ٤ | 400 | | SP3 |
| | {4 x 25 on :30 Breaststroke | EN1 | ٤ | 100 | 1x{5 x 75 on 1:30 Kick | EN1 |
| | {2 x 100 on 1:25 Freestyle | EN1 | ٤ | | • | EN1 |
| | {3 x 25 on :25 Breaststroke | EN1 | ٤ | | · | EN1 |
| | {3 x 100 on 1:20 Freestyle | EN1 | ٤ | | • | EN1 |
| | {2 x 25 on :20 Breaststroke | EN2 | ٤ | | • | EN1 |
| | ${3 \times 50 \text{ on } 1:00 \text{ Breaststroke}}$ | EN1 | ٤ | | 6x{1 x 125 on 2:00 Pulls no br L.12 yds | |
| | $\{2 \times 25 \text{ on } : 20 \text{ Freestyle} \}$ | EN2 | ٤ | | · · · · · · · · · · · · · · · · · · · | EN1 |
| | {2 x 50 on :55 Breaststroke | EN1 | ٤ | | 4x{1 x 75 on 1:10 2bk-4bk-6bk by 25's | EN1 |
| | ${3 \times 25 \text{ on :} 25 \text{ Freestyle}}$ | EN1 | ٤ | | $\{1 \times 75 \text{ on } 1:15 \text{ IM w/out the free}\}$ | EN1 |
| | {1 x 50 on :50 Breaststroke | EN1 | ٤ | | · | SP2 |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | Ι | | · | REC |
| | 7:26 PM 3,075 Yards - Stress Value = 3 | 7 | | | {1 x 100 on :00 Brkn @25's 10 sec R | SP2 |
| | | | | | · | REC |
| | Workout #2934 - Tuesday, 02 March 2004 | | | 400 | · · · · · · · · · · · · · · · · · · · | REC |
| | Group 3 - Chris P. | | | | 8:07 PM 5,025 Yards - Stress Value = 79 | |

Group 3 - Chris P.

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

6:00 PM Start

Set Description

 $1x{4 x 75 on 1:30 Kick}$ ${3 \times 75 \text{ on } 1:25 \text{ Kick}}$

 $\{2 \times 75 \text{ on } 1:20 \text{ Kick} \}$

{1 x 75 on 1:15 Kick

Yards

=====

425

200

Workout #2937 - Tuesday, 02 March 2004 **HS Boys - Sectional** 1 minute rest between sets

1 on 25:00 Stomach and Stretch 1 x 425 on 7:00 Stroke Drills

8 x 50 on 1:30 20 yds fast 30yds ez SP3

 $3x{1 \times 125}$ on 2:00 Pulls no br L.12 yds EN1 {1 x 100 on 1:30 Lungbuster pulls $2x{1 x 75 on 1:10 2bk-4bk-6bk by 25's}$

 $\{1 \times 75 \text{ on } 1:15 \text{ IM w/out the free}$

 $2x{1 x 200 on 3:00 Backstroke}$

 $\{1 \times 175 \text{ on } 2:35 \text{ Backstroke} \}$

{1 x 150 on 2:10 Backstroke

{1 x 125 on 1:45 Backstroke

1 x 200 on 3:00 Stroke Drills

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

EGY WOF

REC

EN1

EN1

EN1

EN1

EN1

EN1

EN1

EN1

EN1

Workout #2935 - Tuesday, 02 March 2004

HS Boys - Divisionals 1 minute rest between sets

| | 6:00 | PM Start | | |
|-------|------|------------------------------------|-----|-----|
| Yards | Se | et 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

| | 5:30 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 | |
| | 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 | |
| | $\{1 \times 25 \text{ on } : 30 \text{ Kick} \}$ | 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 #2941 - Tuesday, 02 March 2004 **HS Boys - Senior State** 1 minute rest between sets

7:43 PM 4,050 Yards - Stress Value = 48

| Yards | | PM Start et Description | EGY | WOF |
|-------|------|------------------------------------|-----|-----|
| | 1 | on 25:00 Stomach and Stretch | | |
| 425 | | x 425 on 7:00 Stroke Drills | REC | |
| | | x 50 on 1:30 20 yds fast 30yds ez | | |
| 400 | | x 75 on 1:30 Kick | EN1 | |
| | • | x 75 on 1:35 Kick | EN1 | |
| | • | | EN1 | |
| | • | x 75 on 1:20 Kick | | |
| | • | 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 | | 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 | | PM Start et Description | EGY | WOF |
|-------|------|------------------------------------------|-----|-----|
| ===== | == | 05.00.00.00.00.00.00.00.00.00.00.00.00.0 | === | === |
| | | 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 | |

Workout #2949 - Wednesday, 03 March 2004 Group 3 - Chris P.

1 minute rest between sets

| | 5:30 | PM Start | | | |
|-------|------|---------------------------------|-----|------|-----------|
| Yards | Se | t Description | EGY | WORK | ξ |
| ===== | == | | === | ==== | = |
| | 1 | on 25:00 Stomach and Stretch | | L | Ι |
| 600 | 1 | x 600 on 10:00 Choice | REC | S | C |
| 180 | 12 | x 15 on :45 Shooters | SP3 | S | \subset |
| | 3x{1 | x 100 on 1:55 Kick | EN1 | K | (|
| | { 1 | x 75 on 1:25 Kick | EN1 | K | \subset |
| | { 1 | x 50 on :55 Kick | EN1 | K | (|
| | { 1 | x 25 on :25 Kick | EN1 | K | (|
| | 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

| | 5:30 | PM Start | | | |
|-------|------|---------------------------------|-----|------|---|
| Yards | Se | et Description | EGY | WORK | Ş |
| ===== | == | | === | ==== | = |
| | 1 | on 25:00 Stomach and Stretch | | L | Ι |
| 600 | 1 | x 600 on 10:00 Choice | REC | S | (|
| 180 | 12 | 2 x 15 on :45 Shooters | SP3 | S | (|
| | 3x{1 | x 100 on 1:55 Kick | EN1 | K | (|
| | { 1 | x 75 on 1:25 Kick | EN1 | K | (|
| | { 1 | x 50 on :55 Kick | EN1 | K | (|
| | { 1 | x 25 on :25 Kick | EN1 | K | (|
| | 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

| | 5:30 PM Start | EOU | | O.T. |
|-------|-----------------------------------------------------|-----|------|------|
| Yards | Set Description | EGY | WORK | STr |
| ===== | | === | ==== | === |
| | 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 |
| | $\{1 \times 75 \text{ on } 1:25 \text{ Kick} \}$ | 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 |
| | $\{2 \times 125 \text{ on } 1:50 \text{ Pulls}$ | EN1 | P | FF |
| | $\{2 \times 125 \text{ on } 1:45 \text{ Pulls}$ | EN1 | P | FF |
| | {2 x 125 on 1:40 Pulls | EN1 | P | FF |
| | 2x{4 x 100 on 1:40 IM drill | EN1 | D | 11 |
| | $\{4 \times 75 \text{ on } 1:15 \text{ Free drill}$ | EN1 | D | FF |
| | $\{4 \times 50 \text{ on } : 50 \text{ Back drill}$ | EN1 | S | Вř |

| | { 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

| 5:30 PM Star |
|--------------|
|--------------|

| | 5.50 | In Start | | | |
|-------|------|---------------------------------|-----|------|---|
| Yards | Se | et Description | EGY | WORK | 5 |
| ===== | == | | === | ==== | = |
| | 1 | on 25:00 Stomach and Stretch | | L | Ι |
| 600 | 1 | x 600 on 10:00 Choice | REC | S | (|
| 180 | 12 | 2 x 15 on :45 Shooters | SP3 | S | (|
| | 3x{1 | x 100 on 1:55 Kick | EN1 | K | (|
| | { 1 | x 75 on 1:25 Kick | EN1 | K | (|
| | { 1 | x 50 on :55 Kick | EN1 | K | (|
| | { 1 | x 25 on :25 Kick | EN1 | K | (|
| | 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

| | 5:30 PM Start | | | |
|-------|-----------------------------------------|-----|------|---|
| Yards | Set Description | EGY | WORK | ٤ |
| ===== | ======================================= | === | ==== | = |
| | 1 on 25:00 Stomach and Stretch | | L | Γ |
| 600 | 1 x 600 on 10:00 Choice | REC | S | 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 | | |

HS Boys - Age Group State

Workout #2943 - Wednesday, 03 March 2004 1 minute rest between sets

| | 5:30 PM Start | | | | |
|-------|---------------------------------------------------------|------|------|-----|---|
| Yards | Set Description | EGY | WORK | STF | |
| ===== | ======================================= | === | ==== | === | |
| | 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 | |
| | $\{2 \times 125 \text{ on } 1:40 \text{ Pulls}$ | EN1 | P | FF | |
| | 2x{4 x 100 on 1:40 IM drill | EN1 | D | IN | |
| | $\{4 \times 75 \text{ on } 1:15 \text{ Free drill}$ | EN1 | D | FF | |
| | $\{4 \times 50 \text{ on } :50 \text{ Back drill}$ | EN1 | S | Bľ | |
| | $\{4 \times 25 \text{ on :} 25 \text{ Butterfly drill}$ | 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 | 5 | | |

Workout #2942 - Wednesday, 03 March 2004 **HS Boys - Divisionals**

1 minute rest between sets

| | 5:30 PM Start | | | |
|-------|--------------------------------------------------------------|------|------|-----|
| Yards | Set Description | EGY | WORK | STF |
| | ======================================= | === | | === |
| | 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 |
| | 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 |
| | $\{1 \times 125 \text{ on } 1:50 \text{ Pulls}$ | EN1 | P | FF |
| | $\{1 \times 125 \text{ on } 1:45 \text{ Pulls}$ | EN1 | P | FF |
| | $\{1 \times 125 \text{ on } 1:40 \text{ Pulls}$ | EN1 | P | FF |
| 300 | 3 x 100 on 1:30 Freestyle-build | EN1 | S | FF |
| | $1x{4 \times 100 \text{ on } 1:40 \text{ IM drill}}$ | EN1 | D | IN |
| | $\{4 \times 75 \text{ on } 1:15 \text{ Fly drill}$ | EN1 | D | FLY |
| | $\{4 \times 50 \text{ on } :50 \text{ Breast drill}$ | EN1 | D | BF |
| | $\{4 \times 25 \text{ on :} 25 \text{ Back drill}$ | EN1 | D | Bŀ |
| | $\{1 \times 100 \text{ on } 1:30 \text{ Freestyle-build} \}$ | 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

| | 6:00 PM Start | | |
|-------|----------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| | ======================================= | === | ==== |
| | 1 on 25:00 Stomach and Stretch | | I |
| 600 | 1 x 600 on 10:00 Choice | REC | ٤ |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| 500 | 5 x 100 on 2:00 Kick odds w/out brd | EN1 | ľ |
| 600 | 8 x 75 on 1:05 Pulls evns nbbf&w | EN1 | E |
| | $1x{4 x 50 on 1:00 Breaststroke}$ | EN1 | ٤ |
| | $\{4 \times 50 \text{ on } : 50 \text{ Freestyle}$ | EN1 | ٤ |
| | {3 x 50 on 1:00 Breaststroke | EN1 | ٤ |
| | ${3 \times 50 \text{ on } :}50 \text{ Freestyle}$ | EN1 | ٤ |
| | {2 x 50 on 1:00 Breaststroke | EN1 | ٤ |
| | $\{2 \times 50 \text{ on } :50 \text{ Freestyle}$ | EN1 | ٤ |
| | {1 x 50 on 1:00 Breaststroke | EN1 | ٤ |
| | {1 x 50 on :50 Freestvle | EN1 | ٤ |

1 x 200 on 3:00 Stroke Drills 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 | 6:00 PM Start 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 | EN1 | |
| | evens fast w/board | | |
| 600 | 8 x 75 on 1:00 Pulls evns nbbf&w | EN1 | |
| 300 | 6×50 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

| | 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 | EN1 | |
| | evens fast w/board | | |
| 600 | 8 x 75 on 1:00 Pulls evns nbbf&w | EN1 | |
| 300 | 6×50 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

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 | EN1 |
| | evens fast w/board | |
| 600 | 8 x 75 on 1:00 Pulls evns nbbf&w | EN1 |
| 300 | 6×50 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 | EN1 | |
| | evens fast w/board | | |
| 600 | 8 x 75 on 1:00 Pulls evns nbbf&w | EN1 | |
| 300 | 6×50 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

| | 0:00 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 | EN1 | |
| | evens fast w/board | | |
| 600 | 8 x 75 on 1:00 Pulls evns nbbf&w | EN1 | |
| 300 | 6×50 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 | WOI |
| ===== | ======================================= | === | === |
| | 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 | 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 #2957 - Thursday, 04 March 2004 HS Boys - Divisionals 1 minute rest between sets

| | 6:00 PM Start | | |
|-------|-----------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 25:00 Stomach and Stretch | | I |
| 600 | 1 x 600 on 10:00 Choice | REC | ٤ |

| 180 | 12 | 2 x 15 on :45 Shooters | SP3 | Ş |
|-----|------|------------------------------------|-----|---|
| 500 | 5 | x 100 on 2:00 Kick odds w/out brd | EN1 | F |
| 600 | 8 | x 75 on 1:05 Pulls evns nbbf&w | EN1 | Ε |
| | 1x{4 | x 50 on 1:00 Breaststroke | EN1 | ٤ |
| | { 4 | x 50 on :50 Freestyle | EN1 | S |
| | { 3 | x 50 on 1:00 Breaststroke | EN1 | ٤ |
| | { 3 | x 50 on :50 Freestyle | EN1 | ٤ |
| | { 2 | x 50 on 1:00 Breaststroke | EN1 | ٤ |
| | { 2 | x 50 on :50 Freestyle | EN1 | ٤ |
| | { 1 | x 50 on 1:00 Breaststroke | EN1 | S |
| | { 1 | x 50 on :50 Freestyle | EN1 | ٤ |
| 200 | 1 | x 200 on 3:00 Stroke Drills | REC | Γ |
| | 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 | WO |
| | | === | === |
| | 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 | | |
| | $1x{1 \times 100}$ on 2:00 Kick no board | EN1 | |
| | $\{1 \times 100 \text{ on } 1:55 \text{ Kick no board}$ | EN1 | |
| | $\{1 \times 100 \text{ on } 1:50 \text{ Kick no board}$ | EN1 | |
| | $\{1 \times 100 \text{ on } 1:45 \text{ Kick no board}$ | EN1 | |
| | $\{1 \times 100 \text{ on } 1:40 \text{ Kick no board}$ | EN1 | |
| 500 | $5 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | |
| | no paddles | | |
| | 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 | EN1 | |
| | yards 95%, ez 5-10yd | | |
| 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 St | art | | | |
|-------|------|---------|---------|-----------------------|-----|-----|
| Yards | Se | et Desc | ription | | EGY | WOF |
| ===== | == | | | | === | === |
| | 1 | on 25: | 00 Stom | ach and Stretch | | |
| 600 | 1 | x 600 | on 10:0 | 0 Swim-kick-pull-swim | REC | |
| 300 | 12 | 2 x 25 | on :30 | 12.5 ez 12.5 fast | SP3 | |
| | (| concent | rate on | finsh | | |
| | 3x{1 | x 150 | on 2:45 | Kick | EN1 | |
| | { 1 | x 100 | on 1:50 | Kick | EN1 | |
| | { 1 | x 50 or | n :55 K | ick | EN1 | |
| 750 | 1 | x 750 | on 10:3 | 0 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 3,5 | 50 Yard | s - Stress Value = 49 | | |

5:30 PM Start

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SP3

EN1

REC

Workout #2961 - Friday, 05 March 2004 **HS Girls - Senior State** 1 minute rest between sets

| Yards | 5:30 PM Start 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 | | |
| | 3x{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 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 | | |

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 | Х | 150 on 2:45 Kick | EN1 |
|-------|------|---|---------------------------------|-----|
| | { 1 | Х | 100 on 1:50 Kick | EN1 |
| | { 1 | Х | 50 on :55 Kick | EN1 |
| 1,000 | 1 | Х | 1000 on 14:00 Pulls | EN1 |
| 400 | 1 | Х | 400 on 7:00 Reverse IM drill | REC |
| | 1x{1 | Х | 100 on :00 Broken @50 10 sec R | SP2 |
| | { 1 | Х | 100 on 8:00 Freestyle | REC |
| | { 1 | Х | 100 on :00 Broken @each25 15s R | SP2 |

Workout #2969 - Saturday, 06 March 2004 Group 3 - Chris P.

5 x 100 on 2:00 Stroke Drills REC 7:18 PM 4,500 Yards - Stress Value = 54

1 minute rest between sets

1 on 25:00 Stomach and Stretch

3 x 100 on 1:45 Individual Medley EN1

{4 x 25 on :30 Breaststroke-drill EN1

7:30 AM Start

Set Description

50 of everything

 $1x{4 \times 50 \text{ on } 1:00 \text{ Kick}}$

{3 x 50 on :55 Kick

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

1x{1 x 200 on 3:00 Pulls

{1 x 200 on 2:50 Pulls

{1 x 200 on 2:40 Pulls

 $1x\{1 \times 150 \text{ on } 2:15 \text{ Freestyle}$ $\{4 \times 25 \text{ on } : 30 \text{ Butterfly-drill} \}$

{1 x 150 on 2:15 Freestyle

 $\{1 \times 150 \text{ on } 2:15 \text{ Freestyle} \}$

 $\{1 \times 150 \text{ on } 2:15 \text{ Freestyle} \}$

{4 x 25 on :30 Freestyle-drill

1 x 250 on 4:00 Stroke Drills

9:03 AM 3,500 Yards - Stress Value = 38

9:10 AM 4,000 Yards - Stress Value = 41

{4 x 25 on :30 Backstroke-drill

1 x 600 on 9:00 Choice

12 x 25 on :40 Berzerks

Yards

300

250

| Workout #2960 - Friday, 05 March 2004 |
|---------------------------------------|
| HS Girls - Sectional |
| 1 minute rest between sets |

| 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 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 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

Workout #2964 - Saturday, 06 March 2004 **HS Girls - Senior State** 1 minute rest between sets

| Yards | 5:30 PM Start Set Description | EGY WOF | Yards | | AM Star et Descri | | EGY | WORK | Sī |
|------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------|----|
| 900 300 | 12 x 25 on :30 12.5 ez 12.5 fast concentrate on finsh 3x{1 x 150 on 2:45 Kick {1 x 100 on 1:50 Kick {1 x 50 on :55 Kick 1 x 900 on 13:00 Pulls 1 x 300 on 5:00 Reverse IM drill 1x{1 x 100 on :00 Broken @50 10 sec R {1 x 100 on 8:00 Freestyle {1 x 100 on :00 Broken @each25 15s R | REC SP3 EN1 EN1 EN1 EN1 REC SP2 REC SP2 REC | 600 | 1 1x{4 {3 {2 1x{1 {1 2x{1 {4 {4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1,4} {1, | 50 of eve x 600 on 2 x 25 on x 50 on x 50 on x 200 on x 200 on x 150 on x 25 on x 150 on | 9:00 Choice 1:40 Berzerks 1:00 Kick 1:55 Kick 1:50 Kick 1:00 Pulls 1:2:50 Pulls 1:2:15 Freestyle 1:30 Butterfly-drill 1:2:15 Freestyle 1:30 Backstroke-drill 1:2:15 Freestyle | REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 | S K K K P P S D S | F |
| | Workout #2958 - Friday, 05 March 2004 HS Boys - Sectional 1 minute rest between sets | | 250 | {1 {4 1 | x 150 on x 25 on x 250 on | :30 Breaststroke-drill 2:15 Freestyle :30 Freestyle-drill 4:00 Stroke Drills | EN1 EN1 REC | D S D D | F |

5:30 PM Start Yards Set Description

EN1

EN1

D E S E D E

 $\{1 \times 150 \text{ on } 2:15 \text{ Freestyle} \}$

{4 x 25 on :30 Backstroke-drill {1 x 150 on 2:15 Freestyle

 $\{4 \text{ x } 25 \text{ on } : 30 \text{ Breaststroke-drill EN1}$

Workout #2965 - Saturday, 06 March 2004 **HS Girls - Sectional** 1 minute rest between sets

| Yards | 7:30 AM Start Set Description | | WORK | ۷. | 50 | {1 x 150 on 2:15 Freestyle {4 x 25 on :30 Freestyle-drill 1 x 250 on 4:00 Stroke Drills 9:10 AM 4,000 Yards - Stress Value | EN EN RE | 11 11 EC | S I D I D 0 | E |
|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------|---------------------------------------------------------|---|
| 600 | <pre>1 on 25:00 Stomach and Stretch 50 of everything 1 x 600 on 9:00 Choice</pre> | REC | L S | | | Workout #2967 - Saturday, 06 March 200 | | : Т | | |
| 300 | 12 x 25 on :40 Berzerks | SP3 | S | | | HS Boys - Age Group State | | | | |
| | 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick | EN1 EN1 | K K | | | 1 minute rest between sets | | | | |
| | {2 x 50 on :50 Kick | EN1 | K | | | 7.20 AM Chart | | | | |
| | 1x{1 x 200 on 3:00 Pulls | EN1 | P | Yar | ds | 7:30 AM Start Set Description | Ŧ | EGY W | ORK : | ç |
| | $\{1 \times 200 \text{ on } 2:50 \text{ Pulls}$ | EN1 | P | ==== | | ======================================= | | | | |
| | {1 x 200 on 2:40 Pulls | EN1 | P | | | 1 on 25:00 Stomach and Stretch | | | LI | Γ |
| 300 | 3 x 100 on 1:45 Individual Medley | | S | | | 50 of everything | | | | |
| | 2x{1 x 150 on 2:15 Freestyle {4 x 25 on :30 Butterfly-drill | EN1 EN1 | S D | - | 00 | 1 x 600 on 9:00 Choice | | REC | S | |
| | {1 x 150 on 2:15 Freestyle | EN1 | S | - 3 | 00 | 12 x 25 on :40 Berzerks 1x{4 x 50 on 1:00 Kick | | SP3 EN1 | S (| |
| | {4 x 25 on :30 Backstroke-drill | EN1 | D | | | {3 x 50 on :55 Kick | | IN I | K (| |
| | $\{1 \times 150 \text{ on } 2:15 \text{ Freestyle} \}$ | EN1 | S | | | {2 x 50 on :50 Kick | | IN1 | K (| |
| | {4 x 25 on :30 Breaststroke-drill | | D | | | 1x{1 x 200 on 3:00 Pulls | E | EN1 | P | |
| | $\{1 \times 150 \text{ on } 2:15 \text{ Freestyle} $ $\{4 \times 25 \text{ on } :30 \text{ Freestyle-drill} \}$ | EN1 EN1 | S D | | | {1 x 200 on 2:50 Pulls | | EN1 | P | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | 2 | 00 | $\{1 \times 200 \text{ on } 2:40 \text{ Pulls} $ $3 \times 100 \text{ on } 1:45 \text{ Individual Medi}$ | | EN1 | P S | |
| | 9:20 AM 4,500 Yards - Stress Value = | | _ | 3 | 00 | 2x{1 x 150 on 2:15 Freestyle | _ | EN1 | S | |
| | | | | | | $\{4 \times 25 \text{ on } : 30 \text{ Butterfly-drill} \}$ | | EN1 | D I | E |
| | Workout #2968 - Saturday, 06 March 2004 | | | | | {1 x 150 on 2:15 Freestyle | E | EN1 | S | |
| | HS Boys - Sectional | | | | | $\{4 \times 25 \text{ on } : 30 \text{ Backstroke-drill} \}$ | | EN1 | D | |
| | 1 minute rest between sets | | | | | {1 x 150 on 2:15 Freestyle | | EN1 | S | |
| | | | | | | $\{4 \times 25 \text{ on } : 30 \text{ Breaststroke-dril} \}$ | | EN1 EN1 | D S | |
| | 7:30 AM Start | | | | | {4 x 25 on :30 Freestyle-drill | | EN1 | D | |
| Yards | Set Description | | WORK | · / | 50 | 1 x 250 on 4:00 Stroke Drills | F | REC | D | |
| | 1 on 25:00 Stomach and Stretch | | | | | 9:20 AM 4,500 Yards - Stress Value | e = 4 | . 6 | | |
| | 50 of everything | | _ | _ | | | | | | |
| 600 | 1 600 0:00 01 | D = 0 | _ | | | Workout #2970 - Monday, 08 March 200- | 4 | | | |
| 000 | 1 x 600 on 9:00 Choice | REC | S | (| | • | • | | | |
| 250 | 10×25 on :30 Berzerks | SP3 | S | C | | Group 3 - Chris P. | • | | | |
| | 10 x 25 on :30 Berzerks $1x\{4 \times 50 \text{ on } 1:00 \text{ Kick}$ | SP3 EN1 | S K | (| | • | • | | | |
| | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick | SP3 | S | ((| | Group 3 - Chris P. 1 minute rest between sets | • | | | |
| | 10 x 25 on :30 Berzerks $1x\{4 \times 50 \text{ on } 1:00 \text{ Kick}$ | SP3 EN1 EN1 | S K K | (((| ds | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start | | WORK | STK | |
| | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick} {3 x 50 on :55 Kick} {2 x 50 on :50 Kick} {1 x 50 on :45 Kick} 1x{1 x 200 on 2:40 Pulls | SP3 EN1 EN1 EN1 EN2 EN1 | S K K K K | (((| | Group 3 - Chris P. 1 minute rest between sets | EGY | WORK | | |
| 250 | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick} {3 x 50 on :55 Kick} {2 x 50 on :50 Kick} {1 x 50 on :45 Kick} 1x{1 x 200 on 2:40 Pulls} {2 x 200 on 2:30 Pulls | SP3 EN1 EN1 EN1 EN2 EN1 EN1 | S K K K P P | (((Yar | | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description | EGY === | ==== L | === DRY | |
| | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick} {3 x 50 on :55 Kick} {2 x 50 on :50 Kick} {1 x 50 on :45 Kick} 1x{1 x 200 on 2:40 Pulls} {2 x 200 on 2:30 Pulls} 3 x 100 on 1:30 Individual Medley | SP3 EN1 EN1 EN2 EN1 EN1 | S K K K P P | ((((Yar) | 00 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice | EGY === REC | ==== L S | DRY CHO | |
| 250 | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick} {3 x 50 on :55 Kick} {2 x 50 on :50 Kick} {1 x 50 on :45 Kick} 1x{1 x 200 on 2:40 Pulls} {2 x 200 on 2:30 Pulls} 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend | SP3 EN1 EN1 EN2 EN1 EN1 EN1 | S K K K P P | ((((Yar) | 00 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters | EGY === REC SP3 | ==== L S S | DRY CHO CHO | |
| 250 | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick} {3 x 50 on :55 Kick} {2 x 50 on :50 Kick} {1 x 50 on :45 Kick} 1x{1 x 200 on 2:40 Pulls} {2 x 200 on 2:30 Pulls} 3 x 100 on 1:30 Individual Medley | SP3 EN1 EN1 EN2 EN1 EN1 EN1 EN1 | S K K K P P S S | ((((Yar) | 00 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick | EGY === REC SP3 EN1 | ==== L S S K | DRY CHO CHO CHO | |
| 250 | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend | SP3 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 | S K K K P P S S S S | ((((Yar) | 00 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters | EGY === REC SP3 | ==== L S S K K | DRY CHO CHO | |
| 300 | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:45 Freestyle} | SP3 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 | S K K K K P P S S S S S S | ((((Yar) | 00 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1x{1 x 150 on 2:00 Pulls} | EGY === REC SP3 EN1 EN1 EN1 | ==== L S S K K K | DRY CHO CHO CHO CHO CHO CHO FR | |
| 250 | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:35 Freestyle {3 x | SP3 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 REC | S K K K P P S S S S | ((((Yar) | 00 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1 x 150 on 2:00 Pulls {2 x 75 on 1:00 Pulls | EGY === REC SP3 EN1 EN1 EN1 EN1 | L S S K K K P | DRY CHO CHO CHO CHO CHO FR | |
| 300 | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:45 Freestyle} | SP3 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 REC | S K K K K P P S S S S S S | C C C Yar ====: | == 00 80 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1 x 150 on 2:00 Pulls {2 x 75 on 1:00 Pulls {3 x 50 on :40 Pulls | EGY === REC SP3 EN1 EN1 EN1 EN1 | L S S K K K F P | DRY CHO CHO CHO CHO CHO FR FR | |
| 300 | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 2:05 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:35 Freestyle 1 x 500 on 8:00 Stroke Drills 9:15 AM 5,000 Yards - Stress Value = | SP3 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 REC | S K K K K P P S S S S S S | C C C Yar ====: | 00 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1 x 150 on 2:00 Pulls {2 x 75 on 1:00 Pulls {3 x 50 on :40 Pulls | EGY === REC SP3 EN1 EN1 EN1 EN1 | L S S K K K P | DRY CHO CHO CHO CHO FR FR FR IM | |
| 300 | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 2:05 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:35 Freestyle 1 x 500 on 8:00 Stroke Drills 9:15 AM 5,000 Yards - Stress Value = Workout #2966 - Saturday, 06 March 2004 | SP3 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 REC | S K K K K P P S S S S S S | C C C Yar ====: | == 00 80 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1 x 150 on 2:00 Pulls {2 x 75 on 1:00 Pulls {3 x 50 on :40 Pulls 12 x 25 on :30 IM order-build | EGY === REC SP3 EN1 EN1 EN1 EN1 EN1 | L S S K K K P P | DRY CHO CHO CHO CHO FR FR FR IM FR | |
| 300 | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 2:05 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:35 Freestyle 1 x 500 on 8:00 Stroke Drills 9:15 AM 5,000 Yards - Stress Value = | SP3 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 REC | S K K K K P P S S S S S S | C C C Yar ====: | == 00 80 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1 x 150 on 2:00 Pulls {2 x 75 on 1:00 Pulls {3 x 50 on :40 Pulls 12 x 25 on :30 IM order-build 1x{1 x 300 on 4:00 Freestyle {1 x 275 on 3:40 Freestyle {1 x 250 on 3:20 Freestyle | EGY === REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 | EEEE L S S S K K K K P P P S S S S S | DRY CHO CHO CHO CHO FR FR IM FR FR FR | |
| 300 | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 2:05 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle 1 x 500 on 8:00 Stroke Drills 9:15 AM 5,000 Yards - Stress Value = Workout #2966 - Saturday, 06 March 2004 HS Boys - Senior State | SP3 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 REC | S K K K K P P S S S S S S | C C C Yar ====: | == 00 80 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1 x 150 on 2:00 Pulls {2 x 75 on 1:00 Pulls {3 x 50 on :40 Pulls 12 x 25 on :30 IM order-build 1x{1 x 300 on 4:00 Freestyle {1 x 275 on 3:40 Freestyle {1 x 250 on 3:00 Freestyle {1 x 225 on 3:00 Freestyle {1 x 225 on 3:00 Freestyle | EGY === REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 | ==== L S S K K K P P P S S S S S S | DRY CHO CHO CHO CHO FR FR FR FR FR FR FR FR | |
| 300 | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 2:05 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:35 Freestyle 1 x 500 on 8:00 Stroke Drills 9:15 AM 5,000 Yards - Stress Value = Workout #2966 - Saturday, 06 March 2004 | SP3 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 60 | S K K K P P S S S S S D | C C Yar. 5 1 | == 00 80 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1 x 150 on 2:00 Pulls {2 x 75 on 1:00 Pulls {3 x 50 on :40 Pulls {3 x 50 on :40 Pulls 12 x 25 on :30 IM order-build 1x{1 x 300 on 4:00 Freestyle {1 x 275 on 3:40 Freestyle {1 x 250 on 3:20 Freestyle {1 x 225 on 3:00 Freestyle {1 x 200 on 2:40 Freestyle | EGY === REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 | EEEE L S S S K K K K P P P S S S S S | DRY CHO CHO CHO CHO FR FR FR IM FR FR FR FR FR | |
| 250 300 500 Yards | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 2:05 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:35 Freestyle 1 x 500 on 8:00 Stroke Drills 9:15 AM 5,000 Yards - Stress Value = Workout #2966 - Saturday, 06 March 2004 | SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN6 60 | S K K K P P S S S S S D | C C C Yar. 5 1 | == 00 80 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1x 1 x 150 on 2:00 Pulls {2 x 75 on 1:00 Pulls {3 x 50 on :40 Pulls 12 x 25 on :30 IM order-build 1x{1 x 300 on 4:00 Freestyle {1 x 275 on 3:40 Freestyle {1 x 25 on 3:00 Freestyle {1 x 200 on 2:40 Freestyle {1 x 200 on 2:20 Freestyle {1 x 175 on 2:20 Freestyle {1 x 150 on 2:00 Freestyle {1 x 175 on 2:20 Freestyle {1 x 150 on 2:00 Freestyle | EGY === REC SP3 EN1 | ==== L S S K K K K P P P S S S S S S S | DRY CHO CHO CHO CHO FR | |
| 300 | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 2:05 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:35 Freestyle 1 x 500 on 8:00 Stroke Drills 9:15 AM 5,000 Yards - Stress Value = Workout #2966 - Saturday, 06 March 2004 | SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN6 60 | S K K K P P S S S S S D | C C C Yar 5 1 | == 00 80 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1 x 150 on 2:00 Pulls {2 x 75 on 1:00 Pulls {3 x 50 on :40 Pulls 12 x 25 on :30 IM order-build 1x{1 x 300 on 4:00 Freestyle {1 x 275 on 3:40 Freestyle {1 x 25 on 3:00 Freestyle {1 x 200 on 2:40 Freestyle {1 x 200 on 2:20 Freestyle {1 x 175 on 2:20 Freestyle {1 x 175 on 2:00 Freestyle {1 x 175 on 3:00 Stroke Drills | EGY === REC SP3 EN1 | ==== L S S K K K K P P P S S S S S S S D | DRY CHO CHO CHO CHO FR | |
| 250 300 500 Yards | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 2:05 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:35 Freestyle 1 x 500 on 8:00 Stroke Drills 9:15 AM 5,000 Yards - Stress Value = Workout #2966 - Saturday, 06 March 2004 HS Boys - Senior State 1 minute rest between sets 7:30 AM Start Set Description | SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN6 60 | S K K K P P S S S S S D | C C C Yar 5 1 | == 00 80 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1x 1 x 150 on 2:00 Pulls {2 x 75 on 1:00 Pulls {3 x 50 on :40 Pulls 12 x 25 on :30 IM order-build 1x{1 x 300 on 4:00 Freestyle {1 x 275 on 3:40 Freestyle {1 x 25 on 3:00 Freestyle {1 x 200 on 2:40 Freestyle {1 x 200 on 2:20 Freestyle {1 x 175 on 2:20 Freestyle {1 x 150 on 2:00 Freestyle {1 x 175 on 2:20 Freestyle {1 x 150 on 2:00 Freestyle | EGY === REC SP3 EN1 | ==== L S S K K K K P P P S S S S S S S D | DRY CHO CHO CHO CHO FR | |
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| 250 300 500 Yards ===== | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 2:05 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:35 Freestyle-descend {3 x 150 on 1:35 Freestyle-descend {3 x 150 on 1:35 Freestyle 1 x 500 on 8:00 Stroke Drills 9:15 AM 5,000 Yards - Stress Value = Workout #2966 - Saturday, 06 March 2004 | SP3 EN1 | S K K K K P P S S S S D WORK S ======== L D S C S C | C C C Yard S 1 | == 00 80 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1 x 150 on 2:00 Pulls {2 x 75 on 1:00 Pulls {3 x 50 on :40 Pulls 12 x 25 on :30 IM order-build 1x{1 x 300 on 4:00 Freestyle {1 x 275 on 3:40 Freestyle {1 x 25 on 3:00 Freestyle {1 x 200 on 2:40 Freestyle {1 x 200 on 2:20 Freestyle {1 x 175 on 2:20 Freestyle {1 x 175 on 2:00 Freestyle {1 x 175 on 3:00 Stroke Drills | EGY === REC SP3 EN1 | ==== L S S K K K K P P P S S S S S S S D | DRY CHO CHO CHO CHO FR | |
| 250 300 500 Yards ===== | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:35 Freestyle 1 x 500 on 8:00 Stroke Drills 9:15 AM 5,000 Yards - Stress Value = Workout #2966 - Saturday, 06 March 2004 | SP3 EN1 | S K K K K P P S S S S D WORK S ==== = = L D S C K C | C C C Yard S 1 | == 00 80 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1 x 150 on 2:00 Pulls {2 x 75 on 1:00 Pulls {3 x 50 on :40 Pulls 12 x 25 on :30 IM order-build 1x{1 x 300 on 4:00 Freestyle {1 x 275 on 3:40 Freestyle {1 x 25 on 3:00 Freestyle {1 x 200 on 2:40 Freestyle {1 x 200 on 2:20 Freestyle {1 x 175 on 2:20 Freestyle {1 x 175 on 2:00 Freestyle {1 x 175 on 3:00 Stroke Drills | EGY === REC SP3 EN1 | ==== L S S K K K K P P P S S S S S S S D | DRY CHO CHO CHO CHO FR | |
| 250 300 500 Yards ===== | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:45 Freestyle 1 x 500 on 8:00 Stroke Drills 9:15 AM 5,000 Yards - Stress Value = Workout #2966 - Saturday, 06 March 2004 HS Boys - Senior State 1 minute rest between sets 7:30 AM Start Set Description ==================================== | SP3 EN1 | S K K K K P P S S S S S D WORK S ==== = 1 L D S C K C K C | C C C Yard S 1 | == 00 80 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1 x 150 on 2:00 Pulls {2 x 75 on 1:00 Pulls {3 x 50 on :40 Pulls 12 x 25 on :30 IM order-build 1x{1 x 300 on 4:00 Freestyle {1 x 275 on 3:40 Freestyle {1 x 25 on 3:00 Freestyle {1 x 200 on 2:40 Freestyle {1 x 200 on 2:20 Freestyle {1 x 175 on 2:20 Freestyle {1 x 175 on 2:00 Freestyle {1 x 175 on 3:00 Stroke Drills | EGY === REC SP3 EN1 | ==== L S S K K K K P P P S S S S S S S D | DRY CHO CHO CHO CHO FR | |
| 250 300 500 Yards ===== | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:35 Freestyle 1 x 500 on 8:00 Stroke Drills 9:15 AM 5,000 Yards - Stress Value = Workout #2966 - Saturday, 06 March 2004 HS Boys - Senior State 1 minute rest between sets 7:30 AM Start Set Description ==================================== | SP3 EN1 | S K K K K P P S S S S D WORK S ==== = = L D S C K C | C C C Yard S 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 | == 00 80 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1 x 150 on 2:00 Pulls {2 x 75 on 1:00 Pulls {3 x 50 on :40 Pulls 12 x 25 on :30 IM order-build 1x{1 x 300 on 4:00 Freestyle {1 x 275 on 3:40 Freestyle {1 x 25 on 3:00 Freestyle {1 x 200 on 2:40 Freestyle {1 x 200 on 2:20 Freestyle {1 x 175 on 2:20 Freestyle {1 x 175 on 2:00 Freestyle {1 x 175 on 3:00 Stroke Drills | EGY === REC SP3 EN1 | ==== L S S K K K K P P P S S S S S S S D | DRY CHO CHO CHO CHO FR | |
| 250 300 500 Yards ===== | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 2:05 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:45 Freestyle-descend {3 x 150 on 1:35 Freestyle 1 x 500 on 8:00 Stroke Drills 9:15 AM 5,000 Yards - Stress Value = Workout #2966 - Saturday, 06 March 2004 HS Boys - Senior State 1 minute rest between sets 7:30 AM Start Set Description ==================================== | SP3 EN1 EN1 EN1 EN2 | S K K K K P P S S S S S D WORK S ==== = D C C C C C P P | C C C Yar. 5 1 | == 00 80 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1 x 150 on 2:00 Pulls {2 x 75 on 1:00 Pulls {3 x 50 on :40 Pulls 12 x 25 on :30 IM order-build 1x{1 x 300 on 4:00 Freestyle {1 x 275 on 3:40 Freestyle {1 x 25 on 3:00 Freestyle {1 x 200 on 2:40 Freestyle {1 x 200 on 2:20 Freestyle {1 x 175 on 2:20 Freestyle {1 x 175 on 2:00 Freestyle {1 x 175 on 3:00 Stroke Drills | EGY === REC SP3 EN1 | ==== L S S K K K K P P P S S S S S S S D | DRY CHO CHO CHO CHO FR | |
| 250 300 500 Yards ===== | 10 x 25 on :30 Berzerks 1x{4 x 50 on 1:00 Kick {3 x 50 on :55 Kick {2 x 50 on :50 Kick {1 x 50 on :45 Kick 1x{1 x 200 on 2:40 Pulls {2 x 200 on 2:30 Pulls 3 x 100 on 1:30 Individual Medley 1x{3 x 150 on 2:15 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend {3 x 150 on 1:45 Freestyle 1 x 500 on 8:00 Stroke Drills 9:15 AM 5,000 Yards - Stress Value = Workout #2966 - Saturday, 06 March 2004 HS Boys - Senior State 1 minute rest between sets 7:30 AM Start Set Description ==================================== | SP3 EN1 EN1 EN1 EN2 EN1 EN1 EN1 EN1 EN2 | S K K K K P P S S S S S D WORK S ==== = L D S C C K C P | C C C Yar. 5 1 | == 00 80 | Group 3 - Chris P. 1 minute rest between sets 6:15 PM Start Set Description 1 on 25:00 Stomach and Stretch 1 x 500 on 8:00 Choice 12 x 15 on :45 Shooters 1x{3 x 50 on 1:00 Kick {2 x 75 on 1:25 Kick {1 x 100 on 1:50 Kick 1 x 150 on 2:00 Pulls {2 x 75 on 1:00 Pulls {3 x 50 on :40 Pulls 12 x 25 on :30 IM order-build 1x{1 x 300 on 4:00 Freestyle {1 x 275 on 3:40 Freestyle {1 x 25 on 3:00 Freestyle {1 x 200 on 2:40 Freestyle {1 x 200 on 2:20 Freestyle {1 x 175 on 2:20 Freestyle {1 x 175 on 2:00 Freestyle {1 x 175 on 3:00 Stroke Drills | EGY === REC SP3 EN1 | ==== L S S K K K K P P P S S S S S S S D | DRY CHO CHO CHO CHO FR | |

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 |
| | $\{2 \times 75 \text{ on } 1:25 \text{ Kick} \}$ | EN1 | K | CHO |
| | {1 x 100 on 1:50 Kick | EN1 | K | CHO |
| | 1x{1 x 150 on 2:00 Pulls | EN1 | P | FR |
| | $\{2 \times 75 \text{ on } 1:00 \text{ Pulls}$ | EN1 | P | FR |
| | ${3 \times 50 \text{ on :} 40 \text{ Pulls}}$ | EN1 | P | FR |
| 300 | 12 x 25 on :30 IM order-build | EN1 | S | IM |
| | $1x{1 \times 300 \text{ on } 4:00 \text{ Freestyle}}$ | EN1 | S | FR |
| | $\{1 \times 275 \text{ on } 3:40 \text{ Freestyle} \}$ | EN1 | S | FR |
| | $\{1 \times 250 \text{ on } 3:20 \text{ Freestyle} \}$ | EN1 | S | FR |
| | $\{1 \times 225 \text{ on } 3:00 \text{ Freestyle} \}$ | EN1 | S | FR |
| | $\{1 \times 200 \text{ on } 2:40 \text{ Freestyle} \}$ | EN1 | S | FR |
| | $\{1 \times 175 \text{ on } 2:20 \text{ Freestyle} \}$ | EN1 | S | FR |
| | $\{1 \times 150 \text{ on } 2:00 \text{ Freestyle} \}$ | EN1 | S | FR |
| 225 | 1 x 225 on 4:00 Stroke Drills | REC | D | CD |
| | 7:56 PM 4,030 Yards - Stress Value | = 4 | 10 | |

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 |
| | $\{2 \times 75 \text{ on } 1:00 \text{ Pulls}$ | EN1 | P | FR |
| | ${3 \times 50 \text{ on :} 40 \text{ Pulls}}$ | 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 |
| | $\{1 \times 275 \text{ on } 3:40 \text{ Freestyle} \}$ | EN1 | S | FR |
| | $\{1 \times 250 \text{ on } 3:20 \text{ Freestyle} \}$ | 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 |
| | $\{1 \times 150 \text{ on } 2:00 \text{ Freestyle} \}$ | EN1 | S | FR |
| 175 | 1 x 175 on 3:00 Stroke Drills | REC | D | CD |
| | 7:47 PM 3,580 Yards - Stress Value | ∋ = 3 | 37 | |

Workout #2971 - Monday, 08 March 2004 HS Boys - Sectional 1 minute rest between sets

| Yards | 6:15 PM Start Set Description | EGY | WORK | Sī |
|-------|--------------------------------------------------------|-----|------|----|
| ===== | ======================================= | === | ==== | == |
| | 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 | E |
| | {2 x 75 on 1:00 Pulls | EN1 | P | E |
| | {3 x 50 on :40 Pulls | EN1 | P | E |
| 450 | 6×75 on 1:10 IM w/out the free | EN1 | S | 1 |
| | $1x{1 x 300 on 4:00 Freestyle}$ | EN1 | S | E |
| | $\{1 \times 275 \text{ on } 3:40 \text{ Freestyle} \}$ | EN1 | S | E |

| { 1 | Х | 250 | on | 3:20 | Freestyle | EN1 | S | F |
|------|----------------------------------|------------------------------------------------------|---------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| { 1 | Х | 225 | on | 3:00 | Freestyle | EN1 | S | F |
| { 1 | Х | 200 | on | 2:40 | Freestyle | EN1 | S | F |
| { 1 | Х | 175 | on | 2:20 | Freestyle | EN1 | S | F |
| { 1 | Х | 150 | on | 2:00 | Freestyle | EN1 | S | F |
| { 1 | Х | 125 | on | 1:40 | Freestyle | EN1 | S | F |
| { 1 | Х | 100 | on | 1:20 | Freestyle | EN1 | S | F |
| 1 | Х | 400 | on | 6:00 | Stroke Drills | REC | D | C |
| 8:08 | Pl | 15,0 | 080 | Yards | s - Stress Value | = 46 | | |
| | {1 {1 {1 {1 {1 {1 | {1 x {1 x {1 x {1 x {1 x {1 x {1 x | {1 x 225 {1 x 200 {1 x 175 {1 x 150 {1 x 125 {1 x 100 1 x 400 | {1 x 225 on {1 x 200 on {1 x 175 on {1 x 150 on {1 x 125 on {1 x 100 on 1 x 400 on | {1 x 225 on 3:00 {1 x 200 on 2:40 {1 x 175 on 2:20 {1 x 150 on 2:00 {1 x 125 on 1:40 {1 x 100 on 1:20 1 x 400 on 6:00 | {1 x 250 on 3:20 Freestyle {1 x 225 on 3:00 Freestyle {1 x 200 on 2:40 Freestyle {1 x 175 on 2:20 Freestyle {1 x 150 on 2:00 Freestyle {1 x 125 on 1:40 Freestyle {1 x 100 on 1:20 Freestyle 1 x 400 on 6:00 Stroke Drills 8:08 PM 5,030 Yards - Stress Value | {1 x 225 on 3:00 Freestyle EN1 {1 x 200 on 2:40 Freestyle EN1 {1 x 175 on 2:20 Freestyle EN1 {1 x 150 on 2:00 Freestyle EN1 {1 x 125 on 1:40 Freestyle EN1 {1 x 100 on 1:20 Freestyle EN1 | {1 x 225 on 3:00 Freestyle EN1 S {1 x 200 on 2:40 Freestyle EN1 S {1 x 175 on 2:20 Freestyle EN1 S {1 x 150 on 2:00 Freestyle EN1 S {1 x 125 on 1:40 Freestyle EN1 S {1 x 100 on 1:20 Freestyle EN1 S 1 x 400 on 6:00 Stroke Drills REC D |

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 |
| | $\{2 \times 75 \text{ on } 1:00 \text{ Pulls}$ | EN1 | P | FR |
| | ${3 \times 50 \text{ on : } 40 \text{ Pulls}}$ | EN1 | P | FR |
| 300 | 12×25 on :30 IM order-build | EN1 | S | IM |
| | $1x{1 \times 300 \text{ on } 4:00 \text{ Freestyle}}$ | EN1 | S | FR |
| | $\{1 \times 275 \text{ on } 3:40 \text{ Freestyle} \}$ | EN1 | S | FR |
| | $\{1 \times 250 \text{ on } 3:20 \text{ Freestyle} \}$ | EN1 | S | FR |
| | $\{1 \times 225 \text{ on } 3:00 \text{ Freestyle} \}$ | EN1 | S | FR |
| | {1 x 200 on 2:40 Freestyle | EN1 | S | FR |
| | $\{1 \times 175 \text{ on } 2:20 \text{ Freestyle} \}$ | EN1 | S | FR |
| | $\{1 \times 150 \text{ on } 2:00 \text{ Freestyle}$ | EN1 | S | FR |
| 175 | 1 x 175 on 3:00 Stroke Drills | REC | D | CD |
| | 7:47 PM 3,580 Yards - Stress Value | e = 3 | 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 | СНО |
| | 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 | СНО |
| | $1x{1 x 150 on 2:15 Pulls}$ | EN1 | P | FR |
| | $\{2 \times 75 \text{ on } 1:05 \text{ Pulls}$ | EN1 | P | FR |
| | ${3 \times 50 \text{ on :} 45 \text{ Pulls}}$ | EN1 | P | FR |
| 300 | 12×25 on :30 IM order-build | EN1 | S | IM |
| | $1x{1 \times 300 \text{ on } 4:15 \text{ Freestyle}}$ | EN1 | S | FR |
| | $\{1 \times 275 \text{ on } 3:50 \text{ Freestyle} \}$ | EN1 | S | FR |
| | $\{1 \times 250 \text{ on } 3:30 \text{ Freestyle} \}$ | EN1 | S | FR |
| | $\{1 \times 225 \text{ on } 3:10 \text{ Freestyle} \}$ | EN1 | S | FR |
| | $\{1 \times 200 \text{ on } 2:50 \text{ Freestyle} \}$ | EN1 | S | FR |
| | $\{1 \times 175 \text{ on } 2:30 \text{ Freestyle} \}$ | EN1 | S | FR |
| | $\{1 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$ | EN1 | S | FR |
| 225 | 1 x 225 on 4:00 Stroke Drills | REC | D | CD |
| | 7:59 PM 4,030 Yards - Stress Value | = 4 | 10 | |

Workout #2976 - Tuesday, 09 March 2004 Group 3 - Chris P.

1 minute rest between sets

| | 6:00 PM Start | | |
|-------|--------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK |
| ===== | ======================================= | === | ==== |
| | 1 on 25:00 Stomach and Stretch | | L |
| 500 | 1 x 500 on 8:00 Stroke Drills | REC | D |
| 180 | 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 |
| | $\{4 \times 50 \text{ on } :55 \text{ Pulls no br L.12 yds}$ | 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 |
| | $\{1 \times 75 \text{ on } 1:00 \text{ Backstroke} \}$ | 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

| | 6:00 | PM Start | | |
|-------|------|----------------------------------|-----|------|
| Yards | Se | et Description | EGY | WORK |
| ===== | == | | === | ==== |
| | 1 | on 25:00 Stomach and Stretch | | L |
| 500 | 1 | x 500 on 8:00 Stroke Drills | REC | D |
| 180 | 12 | 2 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 | 6:00 PM Start Set Description | EGY | WORF |
|-------|----------------------------------------------------------------|-----|------|
| ===== | | === | ==== |
| | 1 on 25:00 Stomach and Stretch | | I |
| 500 | 1 x 500 on 8:00 Stroke Drills | REC | Γ |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| | 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 | ŀ |
| | 2x{1 x 300 on 4:00 Pulls | EN1 | E |
| | ${3 \times 50 \text{ on } :50 \text{ Pulls no br L.12 yds}}$ | EN1 | E |
| | 1x{1 x 400 on 6:30 Reverse IM drill | EN1 | Ι |
| | $\{6 \times 50 \text{ on } : 45 \text{ Descend in sets of } 3$ | EN1 | ٤ |
| 100 | 1 x 100 on :00 Brkn @ 25's 15 sec R | SP2 | ٤ |

00 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

| | 6:00 | PM Start | | |
|-------|------|------------------------------------|-----|------|
| Yards | Se | et Description | EGY | WORF |
| ===== | == | | === | ==== |
| | 1 | on 25:00 Stomach and Stretch | | I |
| 500 | 1 | x 500 on 8:00 Stroke Drills | REC | Γ |
| 180 | 12 | 2 x 15 on :45 Shooters | SP3 | ٤ |
| | 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 | E |
| | { 6 | x 50 on :50 Pulls no br L.12 yds | EN1 | E |
| | 1x{1 | x 400 on 6:30 Reverse IM drill | EN1 | Γ |
| | { 9 | x 50 on :45 Descend in sets of 3 | EN1 | ٤ |
| 100 | 1 | x 100 on :00 Brkn @ 25's 15 sec R | SP2 | ٤ |
| 600 | 6 | x 100 on 1:45 Stroke Drills | REC | Γ |
| | 7:52 | PM 4,530 Yards - Stress Value = 48 | | |

Workout #2978 - Tuesday, 09 March 2004 HS Boys - Senior State 1 minute rest between sets

| | 6:00 | PM Start | | |
|-------|------|-----------------------------------|-----|------|
| Yards | Se | et Description | EGY | WORK |
| ===== | == | | === | |
| | 1 | on 25:00 Stomach and Stretch | | L |
| 500 | 1 | x 500 on 8:00 Stroke Drills | REC | D |
| 180 | 12 | 2 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 = 3 | 38 | |

Workout #2981 - Tuesday, 09 March 2004 HS Boys - Age Group State 1 minute rest between sets

| | 6:00 PM Start | | |
|-------|----------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 25:00 Stomach and Stretch | | I |
| 500 | 1 x 500 on 8:00 Stroke Drills | REC | Ι |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| | 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 | ŀ |
| | 2x{1 x 300 on 4:30 Pulls | EN1 | E |
| | $\{6 \times 50 \text{ on } :55 \text{ Pulls no br L.12 yds}$ | EN1 | E |
| | $1x\{1 \times 400 \text{ on } 7:00 \text{ Reverse IM drill}$ | EN1 | Γ |
| | $\{6 \times 50 \text{ on } : 50 \text{ Descend in sets of } 3$ | EN1 | ٤ |
| 100 | 1 x 100 on :00 Brkn @ 25's 15 sec R | SP2 | ٤ |
| 500 | 5 x 100 on 2:00 Stroke Drills | REC | Γ |
| | 7:48 PM 4,080 Yards - Stress Value = 45 | j | |

Workout #2986 - Wednesday, 10 March 2004 Group 3 - Chris P. 1 minute rest between sets

| V l - | 6:00 PM Start | DOV | MODE |
|-------|------------------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 25:00 Stomach and Stretch | | I |
| 600 | 1 x 600 on 10:00 Stroke Drills | REC | Ι |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| | $4x{1 x 125 on 2:15 Freestyle}$ | EN1 | ľ |
| | $\{3 \times 25 \text{ on } : 40 \text{ Kick no board}$ | EN1 | F |
| | 1x{1 x 200 on 2:40 Pulls | EN1 | E |
| | {2 x 100 on 1:20 Pulls | EN1 | E |
| | $\{4 \times 50 \text{ on } : 40 \text{ Pulls}$ | EN1 | E |
| | $\{8 \times 25 \text{ on } : 30 \text{ Pulls no br L.} 12 \text{ yds}$ | EN1 | E |
| | 2x{1 x 75 on 1:05 2bk-4bk-6bk by 25's | EN1 | ٤ |
| | $\{1 \times 75 \text{ on } 1:10 \text{ IM w/out the free}$ | EN1 | ٤ |
| 100 | 1 x 100 on :00 Broken @25's 15 secR | SP2 | ٤ |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | Ι |
| | 7:29 PM 3,030 Yards - Stress Value = 37 | 7 | |

Workout #2982 - Wednesday, 10 March 2004 HS Girls - Senior State 1 minute rest between sets

| | 6:00 PM Start | | |
|-------|--------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 25:00 Stomach and Stretch | | I |
| 600 | 1 x 600 on 10:00 Stroke Drills | REC | Ι |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| | $4x{1 x 125 on 2:15 Freestyle}$ | EN1 | F |
| | {3 x 25 on :40 Kick no board | EN1 | ř |
| | 1x{1 x 200 on 2:50 Pulls | EN1 | E |
| | {2 x 100 on 1:25 Pulls | EN1 | E |
| | $\{4 \times 50 \text{ on } : 45 \text{ Pulls} \}$ | EN1 | E |
| | {8 x 25 on :30 Pulls no br L.12 yds | EN1 | E |
| | 2x{1 x 75 on 1:05 2bk-4bk-6bk by 25's | EN1 | ٤ |
| | $\{1 \times 75 \text{ on } 1:10 \text{ IM w/out the free}\}$ | EN1 | ٤ |
| 100 | 1 x 100 on :00 Broken @25's 15 secR | SP2 | ٤ |
| 250 | 5 x 50 on 1:00 Stroke Drills | REC | Ι |
| | 7:30 PM 3.030 Yards - Stress Value = 3 | 7 | |

Workout #2985 - Wednesday, 10 March 2004 HS Girls - Sectional 1 minute rest between sets

| Yards | Set D | Description | EGY | WORK |
|-------|---------|-------------|-----|------|
| | 6:00 PM | Start | | |

| | 1 | on 25:00 Stomach and Stretch | | L |
|-----|------|-----------------------------------|-----|---|
| 600 | 1 | x 600 on 10:00 Stroke Drills | REC | D |
| 180 | 12 | 2 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 = 3 | 39 | |

Workout #2984 - Wednesday, 10 March 2004 HS Boys - Sectional 1 minute rest between sets

| | 6:00 PM Start | | |
|-------|------------------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK |
| | ======================================= | === | ==== |
| | 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 |
| | ${3 \times 25 \text{ on :} 40 \text{ Kick no board}}$ | EN1 | K |
| | 1x{1 x 200 on 2:50 Pulls | EN1 | P |
| | {2 x 100 on 1:25 Pulls | EN1 | P |
| | $\{4 \times 50 \text{ on } : 45 \text{ Pulls}$ | EN1 | P |
| | $\{8 \times 25 \text{ on } : 30 \text{ Pulls no br L.} 12 \text{ yds}$ | EN1 | P |
| | $2x{1 x 75 on 1:05 2bk-4bk-6bk by 25's}$ | EN1 | S |
| | $\{1 \times 75 \text{ on } 1:10 \text{ IM w/out the free}$ | EN1 | S |
| | $5x{1 x 150 on 2:15 Freestyle}$ | EN1 | S |
| | ${3 \times 50 \text{ on } :}50 \text{ Stroke Drills}$ | EN1 | D |
| 400 | 1 x 400 on 7:00 Stroke Drills | REC | D |
| | 7:56 PM 4,580 Yards - Stress Value = 4 | 13 | |

Workout #2983 - Wednesday, 10 March 2004 HS Boys - Senior State 1 minute rest between sets

| | 6:00 PM Start | | |
|-------|------------------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK |
| | ======================================= | === | ==== |
| | 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 |
| | 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 |
| | $\{8 \times 25 \text{ on } : 30 \text{ Pulls no br L.} 12 \text{ yds}$ | 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 = 2 | 2.7 | |

Workout #2987 - Wednesday, 10 March 2004 HS Boys - Age Group State 1 minute rest between sets

Workout #2991 - Friday, 12 March 2004 HS Girls - Age Group State 1 minute rest between sets

| | 6:00 PM Start | | | | 6:00 PM Start | | |
|-------|------------------------------------------------------------|-----|------|-------|---------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK | Yards | Set Description | EGY | WORF |
| ===== | | === | ==== | ===== | ======================================= | === | ==== |
| | 1 on 25:00 Stomach and Stretch | | L | | 1 on 25:00 Stomach and Stretch | | I |
| 600 | 1 x 600 on 10:00 Stroke Drills | REC | D | 800 | 8 x 100 on 1:50 Stroke Drills | REC | Ι |
| 180 | 12 x 15 on :45 Shooters | SP3 | S | | odds free evns nonfr | | |
| | $4x{1 x 125 on 2:15 Freestyle}$ | EN1 | K | 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| | ${3 \times 25 \text{ on :} 40 \text{ Kick no board}}$ | EN1 | K | | $1x{4 \times 50 \text{ on } 1:00 \text{ Kick-descend}}$ | EN1 | F |
| | 1x{1 x 200 on 3:00 Pulls | EN1 | P | | {3 x 75 on 1:30 Kick-descend | EN1 | F |
| | {2 x 100 on 1:30 Pulls | EN1 | P | | {2 x 100 on 2:00 Kick #2 100% | EN1 | F |
| | $\{4 \times 50 \text{ on } : 45 \text{ Pulls}$ | EN1 | P | | {1 x 125 on 2:30 Kick-100% | EN2 | F |
| | {8 x 25 on :30 Pulls no br L.12 yds | EN1 | P | | 1x{1 x 250 on 3:45 Pulls | EN1 | E |
| | $2x{1 x 75 on 1:05 2bk-4bk-6bk by 25's}$ | EN1 | S | | {2 x 125 on 1:50 Pulls | EN1 | E |
| | $\{1 \times 75 \text{ on } 1:10 \text{ IM w/out the free}$ | EN1 | S | | {5 x 50 on :40 Pulls | EN2 | E |
| | $4x{1 x 150 on 2:20 Freestyle}$ | EN1 | S | 400 | 16 x 25 on :30 IM order-build | EN1 | ٤ |
| | ${3 \times 50 \text{ on } :55 \text{ Stroke Drills}}$ | EN1 | D | 200 | 2 x 100 on 6:00 Brkn #1 @ 50 20 sec \$ | SP2 | ٤ |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | | #2 brkn @25 15 sec R | | |
| | 7:50 PM 4,080 Yards - Stress Value = 3 | 39 | | 500 | 5 x 100 on 1:50 Stroke Drills | REC | Γ |
| | | | | | 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

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 | | 6:00 PM Start | | |
| ===== | ======================================= | === | === | Yards | Set Description E | EGY | WORF |
| | 1 on 25:00 Stomach and Stretch | | | ===== | ======================================= | === | ==== |
| 600 | 1 x 600 on 10:00 Swim-kick-pull-swim | REC | | | 1 on 25:00 Stomach and Stretch | | I |
| 180 | 12 x 15 on :45 Shooters | SP3 | | 800 | 8 x 100 on 1:50 Stroke Drills F | REC | Γ |
| | 2x{1 x 100 on 1:50 Kick | EN1 | | | odds free evns nonfr | | |
| | {2 x 50 on :55 Kick | EN1 | | 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| | $\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$ | EN1 | | | $1x\{4 \times 50 \text{ on } 1:00 \text{ Kick-descend}$ | EN1 | F |
| 400 | 1 x 400 on 5:30 Pulls-nbbf&w | EN1 | | | {3 x 75 on 1:30 Kick-descend | EN1 | F |
| 200 | 4 x 50 on :45 Freestyle-descend | EN1 | | | {2 x 100 on 2:00 Kick #2 100% | EN1 | F |
| | 1x{4 x 100 on 1:20 Freestyle | EN1 | | | {1 x 125 on 2:30 Kick-100% | EN2 | F |
| | $\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$ | EN1 | | | 1x{1 x 250 on 3:45 Pulls | EN1 | E |
| | {3 x 100 on 1:15 Freestyle | EN2 | | | {2 x 125 on 1:50 Pulls | EN1 | Ε |
| | {4 x 25 on :30 Backstroke | EN1 | | | {5 x 50 on :40 Pulls | EN2 | E |
| | {2 x 100 on 1:10 Freestyle | EN2 | | 400 | 16 x 25 on :30 IM order-build | EN1 | ٤ |
| | {4 x 25 on :30 Breaststroke | EN1 | | 200 | 2 x 100 on 6:00 Brkn #1 @ 50 20 sec S | SP2 | ٤ |
| | {1 x 100 on 1:05 Freestyle | EN2 | | | #2 brkn @25 15 sec R | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | | 500 | 5 x 100 on 1:50 Stroke Drills F | REC | Γ |
| | 7:35 PM 3,530 Yards - Stress Value = 38 | | | | 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 | |
| | $\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$ | EN1 | |
| 400 | 1 x 400 on 6:00 Pulls-nbbf&w | EN1 | |
| 300 | 6×50 on :50 Descend in sets of 3 | EN1 | |
| | $1x{4 x 100 on 1:30 Freestyle}$ | EN1 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$ | EN1 | |
| | {3 x 100 on 1:25 Freestyle | EN1 | |
| | {4 x 25 on :30 Backstroke | EN1 | |
| | {2 x 100 on 1:20 Freestyle | EN2 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Breaststroke} \}$ | 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

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

Workout #2995 - Tuesday, 16 March 2004 Group 3 - Sectional 1 minute rest between sets

| | 9:00 AM Start | | |
|-------|--------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK |
| ===== | ======================================= | === | ==== |
| | 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 |
| | 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 |
| | $\{2 \times 25 \text{ on } : 30 \text{ Kick no board}$ | EN1 | K |
| | {1 x 100 on 1:50 Kick | EN2 | K |
| | {2 x 25 on :30 Kick no board | EN1 | K |
| 450 | 9×50 on :50 Pulls-nbbf&w + 2 yds | EN1 | P |
| | 4x{1 x 200 on 2:45 Freestyle | EN1 | S |
| | $\{1 \times 50 \text{ on } :50 \text{ Freestyle} \}$ | EN1 | S |
| | {1 x 50 on :45 Freestyle | EN1 | S |
| | {1 x 50 on :40 Freestyle | EN2 | S |
| | $\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$ | EN2 | S |
| 250 | 1 x 250 on 4:00 Choice | REC | S |
| | 10:33 AM 3,530 Yards - Stress Value = | 35 | |

Workout #2992 - Saturday, 13 March 2004 HS Boys - Age Group State 1 minute rest between sets

| | 9:00 AM Start | | |
|-------|--------------------------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| | 1 on 25:00 Stomach and Stretch | | |
| 600 | 1 x 600 on 10:00 Stroke Drills | REC | |
| 180 | 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 | 12×50 on $1:00$ Pulls-nbbf&w + 2 yds | EN1 | |
| | 6x{1 x 125 on 2:15 Your Stroke | EN1 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Stroke Drills}$ | REC | |
| 200 | 1 x 200 on 3:00 Choice | REC | |
| | 10:45 AM 3,530 Yards - Stress Value = 25 | 5 | |

Workout #2994 - Monday, 15 March 2004 Group 3 - Sectional 1 minute rest between sets

| | 6:00 PM Start | | |
|-------|------------------------------------------------------------------|---------|--|
| Yards | Set Description | EGY WOF | |
| | ======================================= | | |
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 14:00 Swim-kick-drll-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 | |
| | $\{1 \times 125 \text{ on } 1:55 \text{ Pulls-nbbf&w}$ | EN1 | |
| | $\{1 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w}$ | 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 | |
| | $\{1 \times 150 \text{ on } 2:15 \text{ Ev.3rd lap weakstrke}\}$ | EN1 | |
| | {1 x 100 on 1:30 3rd lap 3 breaths | EN1 | |
| | $\{9 \times 50 \text{ on } : 45 \text{ Descend in sets of } 3$ | EN1 | |
| | { 1st 25 of 3rd 50-#1 | | |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | |

| Yards | 6:00 PM Start Set Description | EGY | WC |
|-------|---------------------------------------------|-----|----|
| | ======================================= | === | == |
| | 1 on 30:00 Stomach and Stretch | | |
| 500 | 5 x 100 on 1:45 Stroke Drills | REC | |
| 180 | 12 x 15 on :30 Shooters | SP3 | |
| 500 | 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 | 3×50 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 #2996 - Wednesday, 17 March 2004 Group 3 - Sectional 1 minute rest between sets

| 6:00 PM Start | | |
|------------------------------------------------------------|-----|------|
| Yards Set Description | EGY | WORF |
| ======================================= | === | ==== |
| 1 on 30:00 Stomach and Stretch | | I |
| 400 1 x 400 on 7:00 Choice | REC | ٤ |
| 300 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | ٤ |
| concentrate on finis | | |
| $1x{3 x 100 on 2:00 Kick #1br, #2fl, #3fr}$ | EN1 | F |
| $\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$ | EN1 | F |
| 300 1 x 300 on 4:30 Pulls-odd 100's br | EN1 | E |
| 3-4-5-6. Even br ev3 | | |
| $1x\{1 x 400 \text{ on } 7:00 \text{ Reverse IM drill}$ | REC | Ι |
| ${3 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}$ | REC | Ι |
| $\{1 \times 300 \text{ on } 5:15 \text{ Reverse IM drill}$ | REC | Ι |
| ${3 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}$ | REC | Ι |
| {1 x 200 on 3:30 Reverse IM drill | REC | Ι |
| ${3 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}$ | REC | Ι |
| $\{1 \times 100 \text{ on } 1:45 \text{ Reverse IM drill}$ | REC | Ι |
| ${3 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}$ | REC | Γ |
| 7:31 PM 3,000 Yards - Stress Value = 19 | 9 | |

6.00 PM Start

Workout #2997 - Wednesday, 17 March 2004 **Group 3 - Age Group State** 1 minute rest between sets

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 | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 30:00 Stomach and Stretch | | I |
| 400 | 1 x 400 on 7:00 Choice | REC | ٤ |
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | Ş |
| | concentrate on finis | | |
| | $1x{3 x 100 on 2:00 Kick #1br, #2fl, #3fr}$ | EN1 | ŀ |
| | {8 x 25 on :40 Kick no board | EN1 | F |
| 500 | 1 x 500 on 7:30 Pulls-odd 100's br | EN1 | E |
| | 3-4-5-6. Even br ev3 | | |
| 100 | 1 x 100 on :00 Broken at 50-15 sec | SP3 | ٤ |
| | rest, brkn at 75-10 | | |
| | sec rest | | |
| | 1x{3 x 50 on 1:00 Stroke Drills | REC | Γ |
| | $\{1 \times 300 \text{ on } 5:15 \text{ Reverse IM drill}$ | REC | Ι |
| | ${3 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}$ | REC | Γ |
| | {1 x 200 on 3:30 Reverse IM drill | REC | Γ |
| | ${3 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}$ | REC | Ι |
| | {1 x 100 on 1:45 Reverse IM drill | REC | Ι |
| | ${3 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}$ | REC | Ι |
| | 7:31 PM 3,000 Yards - Stress Value = 20 | 5 | |
| | | | |

6:00 PM Start Yards Set Description EGY WOF ===== 1 on 45:00 Dryland and stretch 600 12 x 50 on 1:00 Stroke Drills REC odds free evns nonfr 300 12 x 25 on :30 12.5 ez 12.5 fast SP3 concentrate on finsh 1 on 12:00 Techniques-Starts 600 6 x 100 on 2:00 Kick des 1-4 hold 5 EN2 #6 recovery $1x{2 x 125 on 2:00 Pulls no br L.12 yds EN1}$ $\{2 \times 125 \text{ on } 1:55 \text{ Pulls no br L.}12 \text{ yds EN}1$ {2 x 125 on 1:50 Pulls no br L.12 yds EN1 6 x 225 on 3:30 3min swim 30sec rest EN2 8 x 50 on 1:00 Stroke Drills 400 8:13 PM 4,000 Yards - Stress Value = 57

Group 3 - All 1 minute rest between sets

Workout #3001 - Thursday, 15 April 2004

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 | |
| | 1x{2 x 100 on 1:40 Pulls | EN1 | P | FR | |
| | {2 x 100 on 1:35 Pulls | EN1 | P | FR | |
| | {2 x 100 on 1:30 Pulls | EN1 | P | FR | |
| | $1x{4 \times 25 \text{ on :} 45 \text{ IM order}}$ | EN1 | S | IM | |
| | $\{2 \times 75 \text{ on } 1:30 \text{ Stroke Drills}$ | REC | D | FLY | |
| | $\{4 \times 25 \text{ on } : 40 \text{ IM order}\}$ | EN1 | S | IM | |
| | $\{2 \times 75 \text{ on } 1:30 \text{ Stroke Drills}$ | REC | D | BK | |
| | $\{4 \times 25 \text{ on } : 35 \text{ IM order}\}$ | EN1 | S | IM | |
| | $\{2 \times 75 \text{ on } 1:30 \text{ Stroke Drills}$ | REC | D | BR | |
| | $\{4 \times 25 \text{ on } : 30 \text{ IM order}$ | EN1 | S | IM | = |
| | $\{2 \times 75 \text{ on } 1:30 \text{ Stroke Drills}$ | REC | D | FR | |
| | | | | | |

| | 6:00 PM Start | | |
|-------|----------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK |
| ===== | | === | ==== |
| | 1 on 45:00 Dryland and stretch | | L |
| 600 | 12 x 50 on 1:00 Stroke Drills | REC | D |
| | 3 on each stroke | | |
| 300 | 12 x 25 on :30 Berzerks | SP3 | S |
| 600 | 1 x 600 on 12:00 Kick every 3rd lap | EN1 | K |
| | sprint free kick | | |
| 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 = 3 | 39 | |
| | | | |

7:35 PM 3,000 Yards - Stress Value = 30 Workout #2999 - Monday, 12 April 2004

Group 3 - All 1 minute rest between sets

| Yards | 6:00 PM Start 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 |
| | $\{4 \times 100 \text{ on } 1:25 \text{ Freestyle}$ | 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 |

Workout #3002 - Saturday, 17 April 2004 Group 3 - All 1 minute rest between sets

8:00 AM Start

| | 8:00 AM Start | | | |
|-------|----------------------------------------------------------|------|------|----|
| Yards | Set Description | EGY | WORK | Sī |
| ===== | ======================================= | === | ==== | == |
| | 1 on 25:00 Stomach 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 | F |
| | concentrate on finsh | | | |
| | 4x{1 x 100 on 2:00 Kick | EN1 | K | CF |
| | $\{4 \times 25 \text{ on } : 45 \text{ Kick no board}\}$ | 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 |
| | ${3 \times 200 \text{ on } 2:50 \text{ Freestyle}}$ | EN1 | S | F |
| | $\{2 \times 300 \text{ on } 4:00 \text{ Freestyle}$ | EN2 | S | F |
| | $\{1 \times 400 \text{ on } 5:00 \text{ Freestyle} \}$ | EN2 | S | F |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | C |
| | 9:57 AM 5,000 Yards - Stress Value = | = 60 | | |

6:00 PM Start

Workout #3003 - Monday, 19 April 2004 Group 3 - All 1 minute rest between sets

| | 4:30 | PM Start | | |
|-------|------|------------------------------------|-----|------|
| Yards | Se | et Description | EGY | WORF |
| ===== | == | | === | ==== |
| | 1 | on 30:00 Dryland and stretch | | I |
| | 2x{1 | x 100 on 1:45 Stroke Drills | REC | Ι |
| | { 1 | x 75 on 1:20 Stroke Drills | REC | Γ |
| | { 1 | x 50 on :55 Stroke Drills | REC | Ι |
| | { 1 | x 25 on :30 Stroke Drills | REC | Γ |
| | 1 | on 10:00 Techniques-Stanford | | Ι |
| | 1 | turn drills | | |
| | 2x{1 | x 100 on 2:00 Kick | EN1 | ŀ |
| | { 1 | x 100 on 1:55 Kick | EN1 | ŀ |
| | { 1 | x 100 on 1:50 Kick | EN1 | ľ |
| | { 1 | x 100 on 1:45 Kick | EN1 | ŀ |
| 1,000 | 4 | x 250 on 3:30 Pulls odd 50's brth | EN1 | E |
| | • | every 5 strokes | | |
| | 1x{2 | x 100 on 1:45 Individual Medley | EN1 | ٤ |
| | { 6 | x 50 on :55 Descend in sets of 3 | EN1 | ٤ |
| | 3x{4 | x 125 on 1:50 Freestyle | EN2 | ٤ |
| | { 1 | on 1:00 Rest | | N |
| 200 | 1 | x 200 on 4:00 Stroke Drills | REC | Γ |
| | 6:31 | PM 4,500 Yards - Stress Value = 53 | 3 | |
| | | | | |

Workout #3004 - Tuesday, 20 April 2004 Group 3 - All

1 minute rest between sets

| Yards | Se | et Description | EGY | WO |
|-------|------|------------------------------------|-----|-----|
| | == | | === | ==: |
| | | on 30:00 Dryland and stretch | | |
| 600 | | | REC | |
| | | 3 on each strk revIM | | |
| | | on 10:00 Techniques-Stanford | | |
| | | curn drills | | |
| | | x 100 on 2:00 Kick-very fast turns | | |
| | - | | EN1 | |
| | | 2 | EN1 | |
| | - | x 75 on 1:05 Pulls-nbbf&w + 2 yds | | |
| | | <u>-</u> | EN2 | |
| | • | | EN1 | |
| | - | | EN1 | |
| | | | EN2 | |
| | - | | EN2 | |
| | | | EN2 | |
| 250 | | | REC | |
| | 8:03 | PM 4,650 Yards - Stress Value = 58 | | |

Workout #3005 - Wednesday, 21 April 2004 Group 3 - All

1 minute rest between sets

| | 5:00 PM Start | | |
|-------|------------------------------------------------------------------|-----|----|
| Yards | | EGY | WC |
| ===== | ======================================= | === | == |
| | 1 on 30:00 Stomach and Stretch | | |
| 600 | 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 | |
| | • | EN1 | |
| | - · | | |
| | $\{3 \times 75 \text{ on } 1:15 \text{ IM w/out the free} \}$ | EN1 | |
| | $2x\{1 \times 125 \text{ on } 1:55 \text{ Freestyle L.25 4 brt}$ | ENI | |
| | $\{2 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | 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 |
| 250 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

| | 6:00 PM Start | | |
|-------|--------------------------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOI |
| | ======================================= | === | === |
| | 1 on 45:00 Dryland and stretch | | |
| | 2x{1 x 100 on 1:45 Stroke Drills | REC | |
| | $\{1 \times 75 \text{ on } 1:20 \text{ Stroke Drills}$ | REC | |
| | $\{1 \times 50 \text{ on } :55 \text{ Stroke Drills}$ | REC | |
| | {1 x 25 on :30 Stroke Drills | REC | |
| | 1 on 10:00 Techniques-TN turns | | |
| | $3x{1 \times 125}$ 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 | 3×400 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 | |
| | $\{8 \times 75 \text{ on } :55 \text{ Freestyle} \}$ | EN2 | |
| | $\{8 \times 75 \text{ on } : 50 \text{ Freestyle} \}$ | 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 | 7:30 AM Start Set Description | EGY | WC |
|-------|-----------------------------------------|-------|----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 8 x 100 on 1:45 Stroke Drills | REC | |
| 000 | odds free evns nonfr | TUDO | |
| | 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 | | |
| | {2 x 150 on 2:10 Pulls mid 50 br ev 7 | | |
| | {2 x 150 on 2:05 Pulls mid 50 br ev 9 | | |
| | 1 on 3:00 Bathroom break | ПІЛТ | |
| | 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 | | |
| 2 400 | 12 x 200 on 3:00 Challenge Set!!!!!! | | |
| - | 8 x 50 on 1:00 Stroke Drills | REC | |
| 100 | 9:41 AM 5,850 Yards - Stress Value = 77 | 11110 | |

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 | 16×25 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 | | |

Workout #3009 - Tuesday, 27 April 2004 Group 3 - All 1 minute rest between sets

| Varde | | PM Start et Description | EGY | MOE |
|-------|------|----------------------------------------|-----|-----|
| | == | | === | |
| | 1 | on 45:00 Dryland and stretch | | |
| 600 | | x 600 on 10:00 Swim-kick-pull-swim | REC | |
| | 1 | on 10:00 Techniques-TN Turns | | |
| | 4x{1 | x 100 on 2:00 Kick | EN1 | |
| | { 1 | x 100 on 1:30 Kick | EN2 | |
| | 1x{2 | x 300 on 4:20 Pulls | EN1 | |
| | { 2 | x 300 on 4:10 Pulls | EN1 | |
| | 1 | on 3:00 Bathroom Break | | |
| 300 | 3 | x 100 on 1:30 Freestyle-descend | EN1 | |
| | 2x{1 | x 200 on 3:30 Backstroke | EN1 | |
| | { 1 | x 175 on 3:00 Backstroke | EN1 | |
| | { 1 | x 150 on 2:30 Backstroke | EN1 | |
| | { 1 | x 125 on 2:00 Backstroke | EN1 | |
| | { 1 | x 100 on 1:35 Backstroke | EN1 | |
| | { 1 | x 75 on 1:10 Backstroke | EN1 | |
| | { 1 | x 50 on :45 Backstroke | EN1 | |
| | { 1 | x 25 on :20 Backstroke | EN1 | |
| | { 1 | x 100 on 1:30 Freestyle | EN1 | |
| 400 | 8 | x 50 on 1:00 Stroke Drills | REC | |
| | 8:30 | PM $5,300$ Yards - Stress Value = 47 | | |

Workout #3010 - Wednesday, 28 April 2004 Group 3 - All 1 minute rest between sets

| Yards | 5:00 PM Start Set Description | EGY WOF |
|-------|---------------------------------------------------------|---------|
| | 1 on 30:00 Dryland and stretch | |
| 600 | <u> -</u> | |
| 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 |
| | $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick}$ | EN2 |
| | {2 x 100 on 1:55 Kick | EN1 |
| | $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ | EN2 |
| | {3 x 100 on 1:50 Freestyle | EN2 |
| | $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick}$ | 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 |

| | { 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 1 | 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 | WOI |
| ===== | ======================================= | === | === |
| | 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 | |
| | $\{1 \times 50 \text{ on } 1:10 \text{ Butterfly } 2-2-2$ | EN1 | |
| | $\{1 \times 50 \text{ on } 1:05 \text{ Butterfly } 2-2-2$ | EN1 | |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Butterfly } 2-2-2$ | 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 | Se | et Descrip | otion | EGY | WOI |
| | == | | | | === |
| | 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 | | |

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Workout #3013 - Saturday, 01 May 2004 Group 3 - All

1 minute rest between sets

| | I minute rest between sets | | | | === | ==== | == |
|-------|--------------------------------------------------------|---------|--------|--------------------------------------------------------------------------------------------------|------------|-------------|---------------|
| Yards | 7:30 AM Start Set Description | EGY WOF | 600 | 1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Choice 6 x 50 on 1:00 Descend in sets of 3 | REC EN1 | L S S | DF CF F |
| | 1 on 30:00 Stomach and Stretch | | | | EN2 | | F |
| 800 | 1 x 800 on 13:00 Swim-kick-pull-swim | REC | 400 | | REC | D | C |
| 300 | 12 x 25 on :30 12.5ez 12.5 fast | SP3 | | 7:27 PM 4,300 Yards - Stress Value = | 63 | | |
| | concentrate on fnshs | | | | | | |
| | 1x{1 x 200 on 4:00 Kick | EN1 | | Workout #3016 - Wednesday, 05 May 2004 | | | |
| | {4 x 25 on :40 Kick no board | EN1 | | Group 3 - All | | | |
| | {2 x 150 on 2:50 Kick | EN1 | | 1 minute rest between sets | | | |
| | {4 x 25 on :40 Kick no board | EN1 | | 1 million 1 con between sets | | | |
| | {3 x 100 on 1:45 Kick | EN2 | | 5:15 AM Start | | | |
| | {4 x 25 on :40 Kick no board | EN1 | Yards | | EGY | WORK | ST |
| | 1x{3 x 150 on 2:00 Pulls | EN1 | ====== | ======================================= | | | |
| | {3 x 125 on 1:40 Pulls | EN1 | 525 | 1 x 525 on 7:30 Choice | REC | S | CF |
| | {3 x 100 on 1:20 Pulls | EN1 | | | SP3 | | F |
| | {3 x 75 on 1:00 Pulls | EN1 | 375 | 1 | EN1 | | I |
| | 1 on 5:00 Bathroom Break | | | 25fly 25brst 25free | | | |
| 400 | 16 x 25 on :30 IM order-build | EN1 | | $1x{3 \times 150}$ on 2:15 Lungbuster pulls | EN1 | P | F |
| | 1x{6 x 100 on 1:05 Freestyle | EN2 | | {2 x 150 on 2:10 Lungbuster pulls | EN1 | P | F |
| | {1 on 1:00 Rest | | | {1 x 150 on 2:05 Lungbuster pulls } | EN1 | P | F |
| | $\{5 \times 100 \text{ on } 1:05 \text{ Freestyle} \}$ | EN2 | | { br 5-6-7 by the 50 | | | |
| | {1 on 1:00 Rest | | | 1x{4 x 125 on 1:40 Freestyle | EN1 | S | F |
| | {4 x 100 on 1:05 Freestyle | EN2 | | {4 x 100 on 1:20 Freestyle | EN1 | S | F |
| | {1 on 1:00 Rest | | | $\{4 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$ | EN1 | | F |
| | ${3 \times 100 \text{ on } 1:05 \text{ Freestyle}}$ | EN2 | | $\{4 \times 50 \text{ on } : 40 \text{ Freestyle} \}$ | EN1 | | F |
| | {1 on 1:00 Rest | | | $1x{4 x 25 on :30 Freestyle}$ | EN1 | S | F |
| | {2 x 100 on 1:05 Freestyle | EN2 | | $\{4 \times 25 \text{ on :} 25 \text{ Freestyle}\}$ | EN1 | | F |
| | {1 on 1:00 Rest | T110 | | ` | EN1 | | F |
| F 0 0 | {1 x 100 on 1:05 Freestyle | EN2 | | | EN2 | | F |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | C |

6:00 PM Start

Yards Set Description

Workout #3014 - Monday, 03 May 2004 Group 3 - All

9:57 AM 6,550 Yards - Stress Value = 85

1 minute rest between sets

Workout #3017 - Wednesday, 05 May 2004 Group 3 - All 1 minute rest between sets

6:27 AM 4,060 Yards - Stress Value = 40

| ## 4:30 PM Start Yards | | | | | | | 1 minute Test between sets | | |
|----------------------------------------------------------------------------------|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|--|
| 1 on 30:00 Stomach and Stretch | | Set Description | | | | Set | Description | | |
| 250 1 x 250 on 4:00 Stroke Drills REC 7:00 PM 6,180 Yards - Stress Value = 86 | 180 | 8 x 100 on 1:45 Stroke Drills odds free evns back 12 x 15 on :45 Shooters 1x{2 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick {2 x 75 on 1:25 Kick {2 x 75 on 1:20 Kick {2 x 50 on :50 Kick {2 x 50 on :45 Kick {2 x 50 on :45 Kick } 1x{1 x 500 on 6:45 Pulls {1 x 500 on 6:30 Pulls 1 on 3:00 Bathroom Break 3 x 150 on 2:15 2bk-4bk-6bk by 50's 1x{6 x 125 on 2:00 Backstroke des in 3s {4 x 25 on :45 Undr Wtr Fly Kck {5 x 100 on 1:35 Back des1-4 hold 5 {4 x 25 on :45 Undr Wtr Fly Kck {4 x 75 on 1:10 Backstroke descend {4 x 25 on :45 Undr Wtr Fly Kck {3 x 50 on :45 Backstroke descend {4 x 25 on :45 Undr Wtr Fly Kck {3 x 50 on :45 Undr Wtr Fly Kck {3 x 50 on :45 Undr Wtr Fly Kck {3 x 50 on :45 Undr Wtr Fly Kck }1 x 250 on 4:00 Stroke Drills | SP3 EN1 EN1 EN1 EN2 EN2 EN2 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 | 180 | 1x 1x | 12 x 12 x {5 x {4 x {2 x {1 x {2 x | 150 on 1:00 Stroke Drills 15 on :45 Shooters 75 on 1:30 Kick 75 on 1:25 Kick 75 on 1:26 Kick 75 on 1:15 Kick 125 on 1:40 Pulls 100 on 1:30 Lungbuster pulls 125 on 1:35 Pulls 100 on 1:30 Lungbuster pulls 125 on 1:30 Pulls 100 on 1:30 Lungbuster pulls 125 on 1:30 Pulls 100 on 1:30 Lungbuster pulls 125 on 1:30 Bathroom Break 300 on 5:00 Rev IM drill-no fly 15 on :30 Butterfly 1:00 Rest 50 on 1:00 Stroke Drills | SP3 EN1 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 | |

Workout #3015 - Tuesday, 04 May 2004 Group 3 - All 1 minute rest between sets

EGY WORF

Workout #3018 - Thursday, 06 May 2004 Group 3 - All

1 minute rest between sets

| | 6:00 PM Start | | | |
|--------|----------------------------------------------------------|-----|-----|--------|
| Meters | Set Description | EGY | WOF | |
| ===== | ======================================= | === | === | 200 |
| | 1 on 40:00 Dryland and stretch | | | 200 |
| 800 | 1 x 800 on 14:00 Swim-kick-pull-swim | REC | | |
| 180 | 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 | | Meters |
| | 1 on 3:00 Bathroom Break | | | ===== |
| 300 | 3 x 100 on 1:40 Freestyle-descend | EN1 | | |
| | $1x\{1 \times 200 \text{ on } 4:00 \text{ Breaststroke}$ | EN1 | | 800 |
| | {4 x 50 on 1:00 Breaststroke-descend | EN1 | | 180 |
| | {1 x 200 on 3:50 Breaststroke | EN1 | | |
| | {4 x 50 on 1:00 Breaststroke-descend | EN1 | | |
| | | 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 | 2 | | |
| | | | | 450 |

Workout #3019 - Friday, 07 May 2004 Group 3 - All

1 minute rest between sets

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

Workout #3020 - Saturday, 08 May 2004 Group 3 - All

1 minute rest between sets

| Wl - | 8:00 AM Start | пси | F-7-01 |
|-------|--------------------------------------|-----|--------|
| Yards | Set Description | EGY | WO. |
| | | === | ==: |
| | 1 on 30:00 Dryland and stretch | | |
| 800 | 1 x 800 on 14:00 Swim-kick-pull-swim | REC | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 900 | 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 | EN1 | |
| | lap br ev 5 & 6bk | | |
| | 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 | | |
| | {1 x 200 on 3:10 Individual Medley | EN2 | |
| | (1 1 200 on 5.10 marvidual nearcy | | |

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

Workout #3021 - Monday, 10 May 2004 Group 3 - All

1 minute rest between sets

4:00 PM Start

4:00 PM Start

Set Description

| ===== | == | === | | | | | === | ==== |
|-------|------|-----|-------|-----|--------|-----------------------|-----|------|
| | 1 | or | 40 | :00 | Dryla | and and stretch | | I |
| 800 | 8 | Х | 100 | on | 2:00 | Stroke Drills | REC | Γ |
| 180 | 1: | 2 x | 15 | on | :45 \$ | Shooters | SP3 | ٤ |
| | 1x{3 | Х | 100 | on | 2:20 | Kick | EN1 | F |
| | { 3 | Х | 100 | on | 2:15 | Kick | EN1 | F |
| | { 3 | Х | 100 | on | 2:10 | Kick | EN1 | F |
| | 1x{1 | Х | 250 | on | 4:00 | Pulls | EN1 | E |
| | { 1 | Х | 250 | on | 3:50 | Pulls | EN1 | E |
| | { 1 | Х | 250 | on | 3:40 | Pulls | EN1 | E |
| | { 1 | Х | 250 | on | 3:30 | Pulls | EN2 | E |
| | 1 | or | n 3:0 | 0 O | Bathro | oom Break | | ľ |
| 450 | 3 | Х | 150 | on | 2:45 | 2bk-4bk-6bk by 50's | EN1 | ٤ |
| | 1x{1 | Х | 300 | on | 5:15 | Backstroke | EN1 | ٤ |
| | { 1 | Х | 100 | on | 1:50 | Backstroke | EN1 | ٤ |
| | { 1 | Х | 100 | on | 1:45 | Backstroke | EN1 | ٤ |
| | { 1 | Х | 100 | on | 1:40 | Backstroke | EN1 | ٤ |
| | { 1 | Х | 300 | on | 5:00 | Backstroke | EN1 | ٤ |
| | { 1 | Х | 100 | on | 1:45 | Backstroke | EN1 | ٤ |
| | { 1 | Х | 100 | on | 1:40 | Backstroke | EN1 | ٤ |
| | { 1 | Х | 100 | on | 1:35 | Backstroke | EN1 | ٤ |
| | { 1 | Х | 300 | on | 4:45 | Backstroke | EN1 | ٤ |
| | { 1 | Х | 100 | on | 1:40 | Backstroke | EN1 | ٤ |
| | { 1 | Х | 100 | on | 1:35 | Backstroke | EN1 | ٤ |
| | { 1 | Х | 100 | on | 1:30 | Backstroke | EN1 | ٤ |
| 200 | 1 | Х | 200 | on | 3:00 | Stroke Drills | REC | Γ |
| | 6:32 | PΝ | 15,3 | 330 | Mete | rs - Stress Value = ! | 51 | |

Workout #3022 - Tuesday, 11 May 2004 Group 3 - All

1 minute rest between sets

| Yards | Set Description | EGY | WORF |
|-------|-------------------------------------------------------------------------|-----|------|
| ===== | ======================================= | === | ==== |
| | 1 on 40:00 Dryland and stretch | | I |
| 600 | 12 x 50 on 1:00 Stroke Drills | REC | Γ |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| | 2x{1 x 100 on 2:00 Kick | EN2 | F |
| | $\{2 \times 50 \text{ on } 1:15 \text{ Kick no board}$ | EN1 | F |
| | {1 x 100 on 1:50 Kick | EN2 | F |
| | $\{2 \times 50 \text{ on } 1:15 \text{ Kick no board}$ | EN1 | F |
| | $1x{4 \times 50 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 5 \text{ yds}}$ | EN1 | E |
| | $\{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 5 \text{ yds}$ | EN1 | E |
| | $\{4 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 5 \text{ yds}$ | EN1 | E |
| | $\{4 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 5 \text{ yds}$ | EN1 | E |
| | 1 on 3:00 Bathroom Break | | N |
| 300 | 3 x 100 on 2:00 Individual Medley | EN1 | ٤ |
| | 1x{1 x 800 on 12:00 Freestyle | EN2 | ٤ |
| | {2 x 400 on 6:00 Freestyle | EN2 | ٤ |
| | {8 x 100 on 1:30 Freestyle | EN2 | ٤ |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | Γ |
| | 6:31 PM 5,380 Yards - Stress Value = 78 | 3 | |

Workout #3023 - Wednesday, 12 May 2004 Group 3 - All 1 minute rest between sets

| | { 2 | x 2 | 25 or | 2:35 | Freest | yle | | | | EN2 |
|-----|------|-----|-------|------|---------|------|-------|---|----|-----|
| | { 2 | x 1 | 00 or | 1:15 | Freest | yle | | | | EN2 |
| 300 | 6 | x 5 | 0 on | 1:00 | Stroke | Dril | ls | | | REC |
| | 6:30 | AM | 4,510 | Yard | s - Str | cess | Value | = | 63 | |

| | 4:00 PM Start | | | | | | |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|----------------------------|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| Yards | Set Description | | WOF | | Workout #3026 - Friday, 14 May 2004 | | |
| ===== | 1 45.00 Dayland and short sh | | === | | Group 3 - All | | |
| 600 | 1 on 45:00 Dryland and stretch 1 x 600 on 11:00 Swim-kick-pull-swi | m REC | | | 1 minute rest between sets | | |
| 180 | 12 x 15 on :45 Shooters | SP3 | | | 4:00 PM Start | | |
| | 1x{3 x 100 on 2:00 Kick | EN1 | | Meters | | EG | Y WOF |
| | {2 x 100 on 1:55 Kick | EN1 | | ===== | | == == | = === |
| | {1 x 100 on 1:50 Kick {6 x 50 on 1:00 Kick des in 3's | EN2 EN1 | | 000 | 1 on 40:00 Dryland and stretch | DE | G |
| | 1x{2 x 150 on 2:20 Pulls mid 50 br ev | | | 800 180 | ± | III KE | |
| | $\{2 \times 150 \text{ on } 2:15 \text{ Pulls mid } 50 \text{ br ev}$ | | | 200 | 2x{3 x 100 on 2:00 Kick | EN | |
| | {2 x 150 on 2:10 Pulls mid 50 br ev | | | | $\{4 \times 50 \text{ on } 1:15 \text{ Kick no board-}15\text{m}$ | EN | 2 |
| | $1x\{2 \times 200 \text{ on } 3:30 \text{ Reverse IM} $ $\{4 \times 50 \text{ on } 1:00 \text{ Freestyle-descend} \}$ | EN1 EN1 | | | { under water | | 1 |
| | 3x{5 x 100 on 1:45 Breaststroke | EN2 | | | 1x{1 x 400 on 6:00 Pulls {1 x 300 on 4:30 Pulls | EN EN | |
| | $\{1 \times 100 \text{ on } 1:20 \text{ Free w/a 6 beat kid}\}$ | k EN2 | | | {1 x 200 on 3:00 Pulls | EN | |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | | | {1 x 100 on 1:30 Pulls | EN | 1 |
| | 6:30 PM 5,280 Yards - Stress Value = 6 | 8 | | | Get out swim | | ~ |
| | Workout #3024 - Thursday, 13 May 2004 | | | 1 500 | 1 x 600 on 10:00 Reverse IM drill 30 x 50 on :45 Freestyle | RE EN | |
| | Group 3 - All | | | 500 | - | RE | |
| | 1 minute rest between sets | | | | 6:29 PM 5,580 Meters - Stress Value = | 51 | |
| | 1 minute Test Detween sets | | | | | | |
| | 4:00 PM Start | | | | Workout #3027 - Saturday, 15 May 2004 | | |
| Yards | Set Description | EGY | | | Group 3 - All | | |
| ===== | 1 on 35:00 Stomach and Stretch | - === | ==== I | | 1 minute rest between sets | | |
| 600 | 6 x 100 on 2:00 Stroke Drills | REC | Ī | | 8:00 PM Start | | |
| | odds free evns nonfr | | | Yards | Set Description EGY WORK ST | K PA | CE |
| 180 | 12 x 15 on :45 Shooters | SP3 | | ===== | | | == |
| | 3x{3 x 50 on 1:00 Kick {1 x 100 on 2:15 Kick-100% effort | EN1 EN2 | F F | 100 | 1 x 100 on 1:30 Freestyle S | 1: | 30 |
| 800 | 8 x 100 on 1:40 Lungbuster pulls | EN1 | E | | 8:02 PM 100 Yards | | |
| | odds br 3-5 evens4-6 | | | | | | |
| | | | | | Workout #2029 Monday 17 May 2004 | | |
| 300 | 1 x 300 on 5:00 Free ev 3rd lap 6bl | | ٤ | | Workout #3028 - Monday, 17 May 2004 | | |
| 300 | 1 x 300 on 5:00 Free ev 3rd lap 6bl $3x\{1 \ x \ 200 \ on \ 4:00 \ Fly \ 1st \ 50 \ 2-3-2$ | EN1 EN1 | 5 | | Group 3 - All | | |
| 300 | 1 x 300 on 5:00 Free ev 3rd lap 6bl | | | | • | | |
| 300 | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 {1 x 150 on 2:50 Fly 1st 50 2-4-2 | | | | Group 3 - All | | |
| 300 | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 {1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 | EN1 | ٤ | Yards | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | WORK | |
| 300 | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 | EN1 | ٤ | ===== | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | ==== | === |
| 300 | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 {1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 | EN1 | ٤ | | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | ==== | |
| | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 100 on 1:45 Freestyle | EN1 EN1 EN1 REC | נה נה יה יה יה | ===== | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | ==== D | === CHO FR |
| 300 500 | <pre>1 x 300 on 5:00 Free ev 3rd lap 6b) 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 50 on 1:45 Freestyle</pre> | EN1 EN1 EN1 EN1 REC REC | 5 5 5 | 625 | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | D | === CHO |
| | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 100 on 1:45 Freestyle | EN1 EN1 EN1 EN1 REC REC | נה נה יה יה יה | 625 | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | ==== D S K | === CHO FR FLY |
| | <pre>1 x 300 on 5:00 Free ev 3rd lap 6b) 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 100 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4</pre> | EN1 EN1 EN1 EN1 REC REC | נה נה יה יה יה | 625 | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | D | === CHO FR |
| | <pre>1 x 300 on 5:00 Free ev 3rd lap 6b) 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 50 on 1:45 Freestyle</pre> | EN1 EN1 EN1 EN1 REC REC | נה נה יה יה יה | 625 | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | D S K P P | === CHO FR FLY FR FR FR |
| | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 100 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4 | EN1 EN1 EN1 EN1 REC REC | נה נה יה יה יה | 625 | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | D S K P P P | === CHO FR FLY FR FR FR FR |
| | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 100 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4 Workout #3025 - Friday, 14 May 2004 Group 3 - All | EN1 EN1 EN1 EN1 REC REC | נה נה יה יה יה | 625 | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | D S K P P P P | === CHO FR FLY FR FR FR FR FR |
| 500 | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 50 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4 Workout #3025 - Friday, 14 May 2004 | EN1 EN1 EN1 REC REC 13 | ח מיני ני ני ני | 625 | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | D S K P P P | === CHO FR FLY FR FR FR FR |
| 500 Yards | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 100 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4 Workout #3025 - Friday, 14 May 2004 | EN1 EN1 EN1 REC REC 13 | S S S S S S S S S S S S S S S S S S S | 625 | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | D S K P P P P | === CHO FR FLY FR FR FR FR FR FR |
| 500 Yards ===== | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 100 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4 Workout #3025 - Friday, 14 May 2004 | EN1 EN1 EN1 REC REC 3 | £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ | 625 | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | ==== D S K P P P P P P P S | FR FLY FR |
| 500 Yards | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 100 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4 Workout #3025 - Friday, 14 May 2004 | EN1 EN1 EN1 REC REC 13 | £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ | 625 | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | ==== D S K P P P P P P P S S | FR F |
| 500 Yards ===== 525 | 1 x 300 on 5:00 Free ev 3rd lap 6b) 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 100 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4 | EN1 EN1 EN1 EN1 REC REC 13 | £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ | 625 | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | ==== D S K P P P P P P P S S | FR FLY FR |
| Yards ===== 525 210 | 1 x 300 on 5:00 Free ev 3rd lap 6b) 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 100 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4 Workout #3025 - Friday, 14 May 2004 | EN1 EN1 EN1 REC REC 13 EGY REC SP3 | £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ | 625 | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | ==== D S K P P P P P P P P S S S S | EEE CHO FR FLY FR IM CMB |
| Yards ===== 525 210 | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 50 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4 Workout #3025 - Friday, 14 May 2004 | EN1 EN1 EN1 REC REC 13 EGY REC SP3 | £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ | 625 | Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description EGY | The state of the s | FR F |
| Yards ===== 525 210 | 1 x 300 on 5:00 Free ev 3rd lap 6b) 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 100 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4 Workout #3025 - Friday, 14 May 2004 | EN1 EN1 EN1 REC REC 3 EGY EST EGY EST EST EST EN1 | £ | 625 | ### Group 3 - All ### I minute rest between sets 5:15 AM Start Set Description | The state of the s | FR F |
| Yards ===== 525 210 | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 50 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4 Workout #3025 - Friday, 14 May 2004 | EN1 EN1 EN1 EN1 REC REC 13 EGY EST REC SP3 EN1 RES EN1 | £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ | 625 | ## Group 3 - All ## I minute rest between sets 5:15 AM Start Set Description | SK K PPPPPPPSSSSSSSSSSSSSSSSSSSSSSSSSSS | FR IM CMB IM FR IM |
| Yards ===== 525 210 | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 50 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4 Workout #3025 - Friday, 14 May 2004 | EN1 EN1 EN1 EN1 REC REC 13 EGY REC SP3 EN1 ds EN1 ds EN1 ds EN1 | £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ | ===== 625 210 175 | ## Group 3 - All ## I minute rest between sets 5:15 AM Start Set Description | The state of the s | FR IM CMB IM FR IM |
| Yards ===== 525 210 | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 50 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4 Workout #3025 - Friday, 14 May 2004 | EN1 EN1 EN1 EN1 REC REC 13 EGY REC SP3 EN1 LLS EN1 LL | £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ £ | ===== 625 210 175 | ## Group 3 - All ## I minute rest between sets 5:15 AM Start Set Description | The state of the s | FR IM CMB IM FR IM |
| Yards ===== 525 210 | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 100 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4 Workout #3025 - Friday, 14 May 2004 | EN1 EN1 EN1 EN1 REC REC 13 EGY REC SP3 EN1 dis EN1 dis EN1 dis EN2 EN2 EN2 | \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ | ===== 625 210 175 | ## Group 3 - All ## I minute rest between sets 5:15 AM Start Set Description | The state of the s | FR IM CMB IM FR IM |
| Yards ===== 525 210 | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 100 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4 Workout #3025 - Friday, 14 May 2004 | EN1 EN1 EN1 EN1 REC REC 13 EGY REC SP3 EN1 LLS EN1 LL | \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ | ===== 625 210 175 | ## Group 3 - All ## I minute rest between sets 5:15 AM Start Set Description | The state of the s | FR IM CMB IM FR IM |
| Yards ===== 525 210 | 1 x 300 on 5:00 Free ev 3rd lap 6bl 3x{1 x 200 on 4:00 Fly 1st 50 2-3-2 { 2nd-2-4-2,3rd-2-5-2 { 4th-2-6-2 { 1 x 150 on 2:50 Fly 1st 50 2-4-2 { 2nd-2-5-2, 3rd-2-6-2 { 1 x 100 on 1:50 Fly 1st 50 2-5-2 { 2nd-2-6-2 { 1 x 50 on :50 Fly 2-6-2 { 1 x 100 on 1:45 Freestyle 10 x 50 on 1:15 Stroke Drills 6:24 PM 4,930 Yards - Stress Value = 4 Workout #3025 - Friday, 14 May 2004 | EN1 EN1 EN1 EN1 REC REC 13 EGY REC SP3 EN1 LIS EN1 LIS EN1 LIS EN2 EN2 EN2 EN2 | 2 2 2 2 1 E WOF === | ===== 625 210 175 | ## Group 3 - All ## I minute rest between sets 5:15 AM Start Set Description | The state of the s | FR IM CMB IM FR IM |

Workout #3029 - Monday, 17 May 2004 Group 3 - All

| 1 minute rest between sets |
|----------------------------|
|----------------------------|

| | 4:00 | PM Start | | | |
|-------|------|---------------------------------|-----|------|---|
| Yards | Se | et Description | EGY | WORK | ٤ |
| ===== | == | | === | ==== | = |
| | 1 | on 40:00 Dryland and stretch | | L | Ι |
| 800 | 1 | x 800 on 14:00 Choice | REC | S | (|
| | 8x{1 | x 15 on :00 Kick no board | SP3 | K | E |
| | { 1 | x 15 on :45 Freestyle | REC | S | |
| | { 1 | x 15 on :00 Kick no board | SP3 | K | E |
| | { 1 | x 15 on :45 Freestyle | REC | S | |
| | { 1 | x 100 on 2:00 Kick | EN2 | K | |
| | 3x{1 | x 200 on 3:00 Pulls | EN1 | P | |
| | { 1 | x 50 on :50 Pulls br ev 5 | EN1 | P | |
| | { 1 | x 50 on :50 Pulls br ev 6 | EN1 | P | |
| | { 1 | x 50 on :50 Pulls br ev 7 | EN1 | P | |
| | { 1 | x 50 on :50 Pulls br ev 8 | EN1 | P | |
| 300 | 3 | x 100 on 1:45 Freestyle-descend | EN1 | S | |
| | 1x{2 | x 400 on 5:20 Freestyle | EN2 | S | |
| | { 2 | x 400 on 5:15 Freestyle | EN2 | S | |
| | { 2 | x 400 on 5:10 Freestyle | EN2 | S | |
| 300 | 1 | x 300 on 5:00 Stroke Drills | REC | D | |
| | 6:29 | PM 6,280 Yards - Stress Value = | 91 | | |

Workout #3032 - Tuesday, 18 May 2004

Group 3 - Breast

1 minute rest between sets

| | 4:00 | PM | St | art | 5 | | | |
|--------|------|------|------|-----|--------|------------------------|-----|-----|
| Meters | Se | et I | Desc | rip | otion | | EGY | WOE |
| ===== | == | -=== | | === | | | === | === |
| | 1 | on | 40: | 00 | Dryla | and and stretch | | |
| 800 | 8 | x 1 | L00 | on | 2:00 | Stroke Drills 2 on E | REC | |
| 180 | 12 | 2 x | 15 | on | :30 \$ | Shooters | SP3 | |
| 900 | 1x{3 | x 1 | L00 | on | 2:00 | Kick | EN1 | |
| | { 3 | x 1 | L00 | on | 1:55 | Kick | EN2 | |
| | { 3 | x 1 | L00 | on | 1:50 | Kick | EN2 | |
| 1,000 | 5 | x 2 | 200 | on | 4:30 | Pulls w/ paddles | EN1 | |
| 2,100 | 1x{3 | x 1 | L50 | on | 3:00 | Breaststroke | EN1 | |
| | { 1 | x 1 | L00 | on | 2:00 | Freestyle | REC | |
| | { 3 | x 1 | L50 | on | 2:55 | Breaststroke | EN1 | |
| | { 1 | x 1 | L00 | on | 2:00 | Freestyle | REC | |
| | { 3 | x 1 | L50 | on | 2:50 | Breaststroke | EN1 | |
| | { 1 | x 1 | L00 | on | 2:00 | Freestyle | REC | |
| | { 3 | x 1 | L50 | on | 2:45 | Breaststroke | EN1 | |
| 200 | 1 | x 2 | 200 | on | 3:00 | Stroke Drills | REC | |
| | 6:32 | PM | 5,1 | 80 | Mete | rs - Stress Value = 52 | 2 | |

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 | |
| | $4x{1 \times 200 \text{ on } 3:15}$ 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 = 63 | 2 | |

Workout #3031 - Tuesday, 18 May 2004 Group 3 - Fly & Back

1 minute rest between sets

| | | 4:00 PM Start | | |
|--------|--------|--------------------------------------------------------|-----|-----|
| | Meters | Set Description | EGY | WOF |
| | ===== | ======================================= | === | === |
| č | | 1 on 40:00 Dryland and stretch | | |
| = | 800 | 8 x 100 on 2:00 Stroke Drills 2 on E | REC | |
| Γ | 180 | 12 x 15 on :30 Shooters | SP3 | |
| (T | 900 | 1x{3 x 100 on 2:00 Kick | EN1 | |
| E | | {3 x 100 on 1:55 Kick | EN2 | |
| Ľ | | {3 x 100 on 1:50 Kick | EN2 | |
| E | 900 | 6 x 150 on 2:20 Pulls | EN1 | |
| Ľ | 2,100 | 1x{3 x 200 on 4:00 Your Stroke-descend | EN2 | |
| | | $\{1 \times 200 \text{ on } 4:00 \text{ Freestyle}$ | REC | |
| | | {3 x 150 on 3:00 Your Stroke-descend | EN2 | |
| | | $\{1 \times 200 \text{ on } 4:00 \text{ Freestyle} \}$ | REC | |
| | | {3 x 100 on 2:00 Your Stroke-descend | EN2 | |
| | | $\{1 \times 200 \text{ on } 4:00 \text{ Freestyle} \}$ | REC | |
| | | {3 x 50 on 1:00 Your Stroke-descend | EN2 | |
| | | { use fins on des sets | | |
| | 400 | 8 x 50 on 1:15 Stroke Drills | REC | |
| | | 6:31 PM 5,280 Meters - Stress Value = 68 | 8 | |
| | | | | |
| | | | | |

Workout #3030 - Tuesday, 18 May 2004 **Group 3 - Sprint** 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 o | n E | REC | |
| 180 | 12 x 15 on :30 Shooters | | SP3 | |
| 1,200 | 1x{3 x 100 on 2:00 Kick | | EN1 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Sprint kick} \}$ | | EN2 | |
| | {3 x 100 on 1:55 Kick | | EN2 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Sprint kick} \}$ | | SP3 | |
| | {3 x 100 on 1:50 Kick | | EN2 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Sprint kick}$ | | EN2 | |
| 900 | 6 x 150 on 2:20 Pulls w/ paddles | | EN1 | |
| 1,800 | $2x{4 x 50 on 1:00 Freestyle-descend}$ | | EN2 | |
| | {1 x 100 on 3:00 Your #1 non free | | SP2 | |
| | $\{4 \times 50 \text{ on } :55 \text{ Freestyle descend} \}$ | | EN2 | |
| | {1 x 100 on 3:00 Your #1 non free | | SP2 | |
| | $\{4 \times 50 \text{ on } :50 \text{ Freestyle-descend} \}$ | | EN2 | |
| | {1 x 100 on 3:00 Your #1 non free | | SP2 | |
| 300 | 1 x 300 on 5:00 Stroke Drills | | REC | |
| | 6:30 PM 5,180 Meters - Stress Value | = 13 | 36 | |

300

4:00 PM Start

4:00 PM Start

Workout #3035 - Wednesday, 19 May 2004 Group 3 - Breast 1 minute rest between sets

| | { 1 | x 15 | 0 or | 2:4 | 0 Your | Strok | е | | EN1 |
|-----|--------|------|-------|-------|--------|----------|---------|----|-----|
| | { 3 | x 50 | on | 1:00 | Your | Stroke | drill | | EN1 |
| 300 | 6 | x 50 | on | 1:15 | Strol | ke Dril | ls | | REC |
| | 6 • 31 | PM 5 | . 430 |) Yar | ds - 9 | Stress ' | Value = | 53 | |

| | 4:00 PM Start | |
|-------|-------------------------------------------|---------|
| 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 | 6×50 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 |

REC 6:29 PM 5,180 Yards - Stress Value = 46

EN1

EN1

Workout #3036 - Wednesday, 19 May 2004 **Group 3 - Distance** 1 minute rest between sets

{2 x 100 on 1:50 Breaststroke $\{1 \text{ x 200 on 3:30 Individual Medley}$

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

1 x 300 on 5:00 Stroke Drills

| 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 | |
| | 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 | 6×50 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 | | |
| | ${3 \times 400 \text{ on } 5:50 \text{ Freestyle}}$ | EN2 | |
| | { #1-sp, #2des #3 100% | | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |

Workout #3038 - Wednesday, 19 May 2004 Group 3 - Fly & Back 1 minute rest between sets

6:31 PM 6,380 Yards - Stress Value = 88

| | 1.00 111 00010 | | |
|-------|--------------------------------------------------------|-----|-----|
| 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 | |
| | $\{1 \times 50 \text{ on } :50 \text{ Pulls br ev } 5$ | EN1 | |
| 300 | 6×50 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 | |

Workout #3034 - Wednesday, 19 May 2004 Group 3 - All 1 minute rest between sets

| | 5:15 AM Start | | |
|-------|--------------------------------------------------------------|------------|------|
| Yards | Set Description | EGY | WORF |
| 625 | 1 x 625 on 9:00 Stroke Drills | === REC | Ξ=== |
| 623 | every 3rd lap non fr | REC | L |
| 210 | | SP3 | ٤ |
| | 7 x 75 on 1:30 Kick no board | EN1 | |
| 323 | | EINT | Г |
| | 1st wall 7 fly kicks | | |
| | 2nd wall 9 fly kicks | | |
| | 3rd wall 11 fly kick | | |
| | $1x{4 \times 75}$ on 1:05 Pulls no br L. 8 yds | EN1 | E |
| | {4 x 75 on 1:05 Pulls no br L.16 yds | EN1 | E |
| | {4 x 75 on 1:05 Pulls no br L.25 yds | EN1 | E |
| | $1x{3 \times 75}$ on 1:10 IM w/out the free | EN1 | ٤ |
| | ${3 \times 75 \text{ on } 1:00 \text{ Freestyle}}$ | EN1 | ٤ |
| | $\{3 \times 75 \text{ on } 1:10 \text{ IM w/out the brst}\}$ | EN1 | ٤ |
| | {3 x 75 on 1:15 Breaststroke | EN1 | ٤ |
| | $\{3 \times 75 \text{ on } 1:10 \text{ IM w/out the back}\}$ | EN1 | ٤ |
| | {3 x 75 on 1:05 Backstroke | EN1 | ٤ |
| | $\{3 \times 75 \text{ on } 1:10 \text{ IM w/out the fly}\}$ | EN1 | ٤ |
| | {3 x 75 on 1:10 Butterfly | EN1 | ٤ |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | Γ |
| | 6:31 AM 4,260 Yards - Stress Value = 38 | 3 | |

Workout #3037 - Wednesday, 19 May 2004 Group 3 - Sprint 1 minute rest between sets

| | 4:00 | PM Start | | |
|-------|------|----------------------------------------|-----|-----|
| Yards | Se | et Description | EGY | WOF |
| | == | | === | === |
| | 1 | on 35:00 Stomach and Stretch | | |
| 800 | 1 | x 800 on 14:00 Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 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 | | |

EGY WOF

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 | 1×400 on $7:00 \ 100 \text{fr} \ 200 \text{Im} \ 100 \text{fr}$ | EN1 | |
| 1,400 | $7x{2 \times 50 \text{ on } 1:10 \text{ Breaststroke drill}}$ | EN1 | |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Breast OTB for time} \}$ | SP2 | |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$ | 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 | |
| | $3x{1 \times 300 \text{ on } 4:00 \text{ Freestyle}}$ | EN2 | |
| | $\{3 \times 100 \text{ on } 1:45 \text{ Free R.5sec between} \}$ | 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 | W |
|--------|----------------------------------------------------------------|-----|----|
| ===== | ======================================= | === | == |
| | 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 | |
| | $\{6 \times 50 \text{ on } 1:00 \text{ Your Stroke des in } 3$ | EN2 | |
| | $\{6 \times 50 \text{ on } :55 \text{ Your Stroke des in } 3$ | EN2 | |
| | $\{6 \times 50 \text{ on } :50 \text{ Your Stroke des in } 3$ | EN2 | |
| | $\{6 \times 50 \text{ on } : 45 \text{ Your Stroke des in } 3$ | 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 | \mathbb{W} C |
| ===== | ======================================= | === | == |
| | 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 1,300 | 10 x 100 on 2:00 Challenge kick set!! 13 x 100 on 1:30 Lungbuster pulls | EN2 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 |
| | $\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | EN2 |
| | $\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$ | 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

5:15 AM Start Set Description

Yards

1 minute rest between sets

| 5 | 25 | | | | | Revers | se I | IM (| drill | | REC | |
|---|-----|-------|-------|------|-----------------|---------|------|------|-------|-----|-----|--|
| 2 | 10 | | | | | Pit spi | rint | ī.s | | | SP3 | |
| 3 | 75 | | | | | Kick r | no k | ooaı | rd | | EN1 | |
| | | | | | 5 kic | | | | | | | |
| | | 2nd | d-6,3 | 3rd- | -7 , 4tł | n-8, & | | | | | | |
| | | 5tl | n wal | Ll 9 | 9 kic | ζS | | | | | | |
| | 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 | Freest | cyle | € | | | EN2 | |
| | { | (1 or | n 1:0 | 0 O | Rest | | | | | | | |
| | { | (4 x | 125 | on | 1:55 | Freest | cyle | 9 | | | EN2 | |
| | { | (1 or | n 1:0 | 0 O | Rest | | | | | | | |
| | { | (4 x | 125 | on | 1:50 | Freest | cyle | 9 | | | EN2 | |
| | { | (1 or | n 1:0 | 0 O | Rest | | | | | | | |
| | { | (4 x | 125 | on | 1:45 | Freest | cyle | 9 | | | EN2 | |
| 2 | 00 | 1 x | 200 | on | 3:00 | Stroke | e Di | ril | ls | | REC | |

Workout #3044 - Friday, 21 May 2004 Group 3 - All 1 minute rest between sets

6:31 AM 4,110 Yards - Stress Value = 64

| | | 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 | 7 | |
| | | | | |

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 | 3×100 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 | |
| | $\{1 \times 400 \text{ on } 8:00 \text{ IM for time}$ | SP1 | |
| 300 | 1 x 300 on 6:00 Stroke Drills | REC | |
| | 10:29 AM 6,380 Meters - Stress Value = 1 | 29 | |

Workout #3047 - Saturday, 22 May 2004 Group 3 - Gold

1 minute rest between sets

| | 8:00 | Αl | 4 St | tart | 5 | | | | |
|--------|-------|------------|-------|------|--------|----------|--------------|---------|-----|
| Meters | Se | et | Des | crip | ption | | | EGY | WOF |
| ===== | == | === | | | | | | | === |
| | 1 | 01 | n 30 | :00 | Dryla | and and | stretch | | |
| 600 | 1 | Х | 600 | on | 11:00 | Swim- | kick-pull-sv | vim REC | , |
| 180 | 12 | 2 2 | k 15 | on | :45 \$ | Shooters | 3 | SP3 |) |
| | 1x{3 | Х | 150 | on | 3:15 | Kick | | EN2 | |
| | { 3 | Х | 100 | on | 2:05 | Kick | | EN2 | |
| | { 1 | Х | 50 (| on 1 | 1:00 F | Kick | | EN2 | |
| | 1x{1 | Х | 300 | on | 4:30 | Pulls | | EN1 | |
| | { 1 | Х | 200 | on | 2:55 | Pulls | | EN1 | |
| | { 1 | Х | 300 | on | 4:15 | Pulls | | EN1 | |
| 300 | 3 | Х | 100 | on | 1:40 | Freesty | yle descend | EN1 | |
| | 1x{2 | Х | 400 | on | 6:40 | Indivi | dual Medley | EN2 | |
| | { 1 | Х | 100 | on | 2:00 | Stroke | Drills | REC | ; |
| | { 2 | Х | 400 | on | 6:30 | Individ | dual Medley | EN2 | |
| | { 1 | Х | 100 | on | 2:00 | Backsti | roke | REC | ; |
| | { 2 | Х | 400 | on | 6:20 | Individ | dual Medley | EN2 | |
| | { 1 | Х | 100 | on | 2:00 | Stroke | Drills | REC | ; |
| | { 1 | Х | 100 | on | 2:00 | Stroke | Drills | REC | : |
| | { 1 | Х | 400 | on | 8:00 | IM for | time | SP1 | |
| 200 | 1 | Х | 200 | on | 4:00 | Stroke | Drills | REC | |
| | 10:29 | 9 <i>I</i> | AM 6, | ,080 |) Mete | ers – St | tress Value | = 126 | |

Workout #3046 - Saturday, 22 May 2004 Group 3 - Silver

1 minute rest between sets

| Meters | 8:00 AM Start Set Description | EGY | MOE |
|--------|--------------------------------------|-----|-----|
| Meters | set bescription | EGI | 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 | Х | 400 | on | 7:20 | Individual Medley | EN2 |
|-----|-------|-----|------|------|--------|----------------------|-----|
| | { 1 | Х | 100 | on | 2:00 | Stroke Drills | REC |
| | { 2 | Х | 400 | on | 7:10 | Individual Medley | EN2 |
| | { 1 | Х | 100 | on | 2:00 | Backstroke | REC |
| | { 2 | Х | 400 | on | 7:00 | Individual Medley | EN2 |
| | { 1 | Х | 100 | on | 2:00 | Stroke Drills | REC |
| | { 1 | Х | 100 | on | 2:00 | Stroke Drills | REC |
| | { 1 | Х | 400 | on | 8:00 | IM for time | SP1 |
| 200 | 1 | Х | 200 | on | 4:00 | Stroke Drills | REC |
| | 10:32 | 2 2 | AM 5 | ,780 |) Mete | ers - Stress Value = | 123 |

Workout #3048 - Saturday, 22 May 2004 Group 3 - Bronze 1 minute rest between sets

| | 8:00 | ΑN | 1 St | cart | 5 | | | | | |
|--------|-------|------------|------|-------|--------|----------|-------|------------|-----|-----|
| Meters | Se | et | Des | crip | otion | | | | EGY | WOF |
| ===== | == | -=- | | | | ====== | | | === | === |
| | 1 | or | 30: | :00 | Dryla | and and | stre | etch | | |
| 600 | 1 | Х | 600 | on | 11:00 | O Swim-k | kick- | -pull-swim | REC | |
| 180 | 12 | 2 2 | 15 | on | :45 \$ | Shooters | 3 | | SP3 | |
| | 1x{3 | Х | 150 | on | 3:40 | Kick | | | EN2 | |
| | { 3 | Х | 100 | on | 2:25 | Kick | | | EN2 | |
| | { 1 | Х | 50 0 | on 1 | L:10 E | Kick | | | EN2 | |
| | 1x{1 | Х | 200 | on | 3:40 | Pulls | | | EN1 | |
| | { 1 | Х | 200 | on | 3:35 | Pulls | | | EN1 | |
| | { 1 | Х | 200 | on | 3:30 | Pulls | | | EN1 | |
| 200 | 1 | Х | 200 | on | 3:30 | Stroke | Dril | ls | EN1 | |
| | 1x{2 | Х | 400 | on | 8:00 | Individ | dual | Medley | EN2 | |
| | { 1 | Х | 100 | on | 2:00 | Stroke | Dril | ls | REC | |
| | { 2 | Х | 400 | on | 7:30 | Individ | dual | Medley | EN2 | |
| | { 1 | Х | 100 | on | 2:00 | Stroke | Dril | ls | REC | |
| | { 1 | Х | 400 | on | 7:00 | Individ | dual | Medley | EN2 | |
| | { 1 | Х | 100 | on | 2:00 | Stroke | Dril | ls | REC | |
| | { 1 | Х | 100 | on | 2:00 | Stroke | Dril | ls | REC | |
| | { 1 | Х | 400 | on | 8:00 | IM for | time | 2 | SP1 | |
| 200 | 1 | Х | 200 | on | 4:00 | Stroke | Dril | ls | REC | |
| | 10:29 |) <i>I</i> | AM 5 | , 380 |) Mete | ers – St | ress | Value = 1 | 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 | |
| ===== | ======================================= | === | ==== | === | = |
| 525 | 1 x 525 on 8:00 Choice | REC | S | СНО | |
| 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 | |
| | $\{1 \times 400 \text{ on } 5:20 \text{ Pulls}$ | EN1 | P | FR | |
| | $\{1 \times 300 \text{ on } 3:45 \text{ Pulls}$ | EN1 | P | FR | |
| | {1 x 200 on 2:20 Pulls | EN2 | P | FR | |
| | $\{1 \times 100 \text{ on } 1:05 \text{ Pulls}$ | EN2 | P | FR | |
| | $1x{1 x 150 on 2:15 Freestyle}$ | EN1 | S | FR | |
| | $\{1 \times 50 \text{ on } : 30 \text{ Freestyle} \}$ | EN2 | S | FR | |
| | $\{2 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$ | EN1 | S | FR | |
| | $\{2 \times 50 \text{ on } : 35 \text{ Freestyle} \}$ | EN2 | S | FR | |
| | ${3 \times 150 \text{ on } 1:55 \text{ Freestyle}}$ | EN1 | S | FR | |
| | ${3 \times 50 \text{ on :} 40 \text{ Freestyle}}$ | EN1 | S | FR | |
| | $\{4 \times 150 \text{ on } 1:45 \text{ Freestyle} \}$ | EN2 | S | FR | |
| | $\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | EN1 | S | FR | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | CD | |
| | 6:30 AM 4,660 Yards - Stress Valu | ie = | 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 | | |
| | $1x\{1 \times 200 \text{ on } 3:40 \text{ Stroke Drills}$ | 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 | |
| | $\{2 \times 50 \text{ on } 1:05 \text{ Kick no board}$ | 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 | |

Workout #3052 - Tuesday, 25 May 2004 Group 3 - Distance 1 minute rest between sets

6:30 PM 6,580 Meters - Stress Value = 86

| | 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 | |
| | $1x{4 \times 50}$ on 1:10 Kick no board | EN1 | |
| | $\{4 \times 50 \text{ on } 1:05 \text{ Kick no board}$ | 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 | |
| | ${3 \times 50 \text{ on :} 50 \text{ Pulls br ev 9}}$ | 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 | 7 | |

Workout #3051 - Tuesday, 25 May 2004 Group 3 - IM/Stroke 1 minute rest between sets

| Meters | 4:00 PM Start Set Description | EGY | WOF |
|--------|----------------------------------------------------------|-----|-----|
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 14:00 Swim-kick-pull-swim | REC | |
| | 12 x 15 on :45 Shooters | SP3 | |
| | $1x\{4 \times 50 \text{ on } 1:10 \text{ Kick no board}$ | 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 | |
| | ${3 \times 50 \text{ on :} 50 \text{ Pulls br ev 9}}$ | 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 | |
| | $\{4 \times 50 \text{ on } :55 \text{ Your Stroke} \}$ | 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 | $1x{4 \times 50}$ on 1:10 Kick no board | EN1 | |
| | $\{4 \times 50 \text{ on } 1:05 \text{ Kick no board}$ | EN1 | |
| | $\{4 \times 50 \text{ on } 1:00 \text{ Kick no board}$ | EN2 | |
| | {3 x 100 on 2:15 Kick-descend | EN2 | |
| 1,200 | 4x{1 x 150 on 2:15 Pulls | EN1 | |
| | ${3 \times 50 \text{ on } :50 \text{ Pulls br ev 9}}$ | 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 | 2 | |

Workout #3058 - Wednesday, 26 May 2004 Group 3 - Breast 1 minute rest between sets

| | 4:00 | PI | M St | tart | t | | | |
|--------|------|-----|------|------|-------|----------------------|-----|-----|
| Meters | Se | et | Des | crip | otion | | EGY | WOF |
| ===== | =: | === | | | | | === | === |
| | 1 | 01 | n 30 | :00 | Stoma | ach and Stretch | | |
| 800 | 8 | Х | 100 | on | 2:00 | Stroke Drills | REC | |
| 180 | 1: | 2 2 | x 15 | on | :45 | Shooters | SP3 | |
| 1,000 | 1 |) 2 | x 10 | or C | n 2:0 | 5 Kick odds fast | EN2 | |
| 900 | 1x{3 | Х | 150 | on | 3:15 | Pulls | EN1 | |
| | { 3 | Х | 150 | on | 3:00 | Pulls | EN1 | |
| 300 | 2 | Х | 150 | on | 2:30 | 2bk-4bk-6bk by 50's | EN1 | |
| 1,600 | 1x{1 | Х | 100 | on | 1:30 | Freestyle | EN1 | |
| | { 2 | Х | 150 | on | 3:00 | Breaststroke | EN1 | |
| | { 1 | Х | 100 | on | 1:30 | Freestyle | EN1 | |
| | { 2 | Х | 150 | on | 2:55 | Backstroke | EN1 | |
| | { 1 | Х | 100 | on | 1:30 | Freestyle | EN1 | |
| | { 2 | Х | 150 | on | 2:50 | Breaststroke | EN2 | |
| | { 1 | Х | 100 | on | 1:30 | Freestyle | EN1 | |
| | { 2 | Х | 150 | on | 2:45 | Breaststroke | EN2 | |
| 400 | 4 | Х | 100 | on | 1:40 | Descend to ludicrous | EN2 | |
| | : | spe | eed | | | | | |
| 300 | 1 | Х | 300 | on | 5:00 | Stroke Drills | REC | |

6:28 PM 5,480 Meters - Stress Value = 74

4:00 PM Start

Workout #3055 - Wednesday, 26 May 2004 Group 3 - Distance 1 minute rest between sets

| | 4:00 | ΡM | 1 St | tart | Ī. | | | |
|--------|------|-----|-------|------|--------|------------------------|-----|-----|
| Meters | Se | et | Desc | crip | ption | | EGY | WO |
| ===== | == | -=- | | | | | === | === |
| | 1 | or | 1 30: | :00 | Stoma | ach and Stretch | | |
| 800 | 8 | Х | 100 | on | 2:00 | Stroke Drills | REC | |
| 180 | 12 | 2 2 | 15 | on | :45 \$ | Shooters | SP3 | |
| 600 | 6 | Х | 100 | on | 2:05 | Kick | EN1 | |
| | 1x{3 | Х | 200 | on | 3:05 | Lungbuster pulls | EN1 | |
| | { 3 | Х | 200 | on | 3:00 | Lungbuster pulls | EN1 | |
| | { 3 | Х | 200 | on | 2:55 | Lungbuster pulls | EN1 | |
| | { < | odo | ds bi | r 3- | -4-5-6 | 5 | | |
| | { ∈ | eve | ens k | or 4 | 4-5-6- | -7 | | |
| 300 | 2 | Х | 150 | on | 2:30 | 2bk-4bk-6bk by 50's | EN1 | |
| | 1x{1 | Х | 500 | on | 7:05 | Freestyle | EN1 | |
| | { 2 | Х | 400 | on | 5:35 | Freestyle | EN1 | |
| | { 3 | Х | 300 | on | 4:10 | Freestyle | EN1 | |
| 400 | 4 | Х | 100 | on | 1:40 | Descend to ludicrous | EN2 | |
| | 5 | spe | eed | | | | | |
| 300 | 1 | Х | 300 | on | 5:00 | Stroke Drills | REC | |
| | 6:30 | ΡM | 16,5 | 580 | Mete | rs - Stress Value = 73 | 3 | |
| | | | | | | | | |

Workout #3057 - Wednesday, 26 May 2004 Group 3 - Backstroke 1 minute rest between sets

| 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 | EN2 |
| | speed | |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC |
| | 6:30 PM 6,080 Meters - Stress Value = 8 | 8 |

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 |
| | 2 | _ | |
| 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 |
| | $\{2 \times 25 \text{ on } : 30 \text{ Butterfly} \}$ | 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 |
| 200 | 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

| Meters | 4:00 PM Set | Start Description | EGY | WC |
|--------|----------------|-----------------------------------|-----|----|
| | 1 or | 30:00 Stomach and Stretch | | |
| 800 | | 100 on 2:00 Stroke Drills | REC | |
| 180 | 12 > | : 15 on :45 Shooters | SP3 | |
| 1,200 | 12 > | : 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 | |
| | { odd | ls br 3-4-5-6 | | |
| | { eve | ens 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 12.5rt 12.5lt | EN1 | |
| | {1 x | 50 on :45 Free 6bk limited br | EN3 | |
| 400 | 4 x | 100 on 1:40 Descend to ludicrous | EN2 | |
| | spe | eed | | |
| 300 | 1 x | 300 on 5:00 Stroke Drills | REC | |
| | 6:31 PM | 5,980 Meters - Stress Value = 105 | j | |

Workout #3061 - Thursday, 27 May 2004 Group 3 - Distance 1 minute rest between sets

| | 4:00 PM Start | | |
|--------|--------------------------------------------|-------|-----|
| Meters | Set Description | EGY | WOF |
| ===== | 1 20 00 01 1 1 01 1 | === | === |
| 000 | 1 on 30:00 Stomach and Stretch | D.E.G | |
| 800 | 1 x 800 on 15:00 Swim-kick-pull-swim | REC | |
| | 1 on 10:00 Techniques-TN turn | T111 | |
| | 1x{1 x 200 on 4:15 Kick | EN1 | |
| | | 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 = 73 | 1 | |
| | 2,22, 2,22, 2,22,2,2,2,2,2,2,2,2,2,2,2, | - | |

Workout #3059 - Thursday, 27 May 2004 Group 3 - IM/Stroke

1 minute rest between sets

| | Group 3 - IM/Stroke | | | | | | | |
|--------|------------------------------------------------------------------------------------------------------------------|-------------------|--------|----------|-------------|------------------|-------------------------------------------------------------------|-------------------|
| | 1 minute rest between sets | | | | | Star | | |
| | | | Meters | | Set | Descri | ption | EGY WOF |
| Meters | 4:00 PM Start Set Description | EGY WOF | 800 | | 1 on 1 x | 35:00 800 or | Dryland and stretch 15:00 Swim-kick-pull-swim | REC |
| 800 | 1 on 30:00 Stomach and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-TN turn | REC | 180 | 1x{ { | 2 x 2 x | 100 or 100 or | :45 Shooters 2:15 Kick 2:10 Kick | SP3 EN1 EN1 |
| 800 | 2x{1 x 200 on 4:15 Kick {4 x 50 on 1:05 Kick no board { 15m under water | EN1 EN1 | | { | 2 x 2 x | 100 or 100 or | 2:05 Kick 2:00 Kick 1:55 Kick | EN1 EN2 EN2 |
| · | 1x{2 x 250 on 4:00 Pulls {2 x 250 on 3:45 Pulls | EN1 EN1 | | { | 2 x | 200 or | 3:00 Lungbuster pulls 2:50 Lungbuster pulls 2:40 Lungbuster pulls | EN1 EN2 EN2 |
| | 1 x 400 on 8:00 Reverse IM drill 4x{1 x 200 on 3:30 150 free 50 stroke {1 x 150 on 2:40 100 free 50 stroke | EN1 EN1 EN1 | | { | odd eve | s br 3 ns br | -5-7-9 2-4-6-8 | |
| 200 | {1 x 100 on 1:45 50 free 50 stroke 1 x 200 on 3:00 Stroke Drills | EN2 REC | 300 | 3x{ | 1 x | 300 or | 1:40 Freestyle-descend 4:30 Freestyle 4:15 Freestyle | EN1 EN2 EN2 |
| | 1 on 10:00 Techniques-Starts 6:27 PM 5,000 Meters - Stress Value = 4 | 9 | 200 | { | 1 x 1 x | 300 or 200 or | 4:00 Freestyle 4:00 Stroke Drills | EN2 REC |
| | Workout #3060 Thursday 27 May 2004 | | | b:3 | Z PM | b,380 | Meters - Stress Value = 1 | JO |

Workout #3060 - Thursday, 27 May 2004 Group 3 - Sprint

1 minute rest between sets

Workout #3068 - Wednesday, 02 June 2004 Group 3 - Breast

| | 4:00 PM Start | | | 1 minute rest between sets | |
|--------|--------------------------------------------------------------------------------------------------------------------|-------------------|--------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| Meters | - | EGY WO | | 4:00 PM Start | |
| ===== | 1 on 30:00 Stomach and Stretch | | Meters | | EGY WOF |
| 800 | 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-TN turn | REC | | 1 on 30:00 Stomach and Stretch | |
| 800 | 2x{1 x 200 on 4:15 Kick {4 x 50 on 1:05 Kick no board { 15m under water | EN1 EN1 | | 12 x 15 on :45 Shooters | REC SP3 EN2 |
| | 1x{2 x 250 on 4:00 Pulls {2 x 250 on 3:45 Pulls | EN1 EN1 | 900 | {2 x 200 on 4:00 Kick | EN2 EN2 EN1 |
| | 1 x 400 on 8:00 Reverse IM drill 3x{1 x 200 on 3:30 Freestyle L.50 fast {1 x 150 on 2:30 Freestyle L.50 fast | EN1 EN1 EN1 | 400 | $\{3 \times 150 \text{ on } 2\text{:}40 \text{ Pulls paddles/fins} \\ 1 \times 400 \text{ on } 7\text{:}00 \text{ Choice-less } 50\% \text{ free}$ | EN2 |
| | {1 x 100 on 1:35 Freestyle L.50 fast {1 x 50 on :45 Freestyle fast {1 x 100 on 2:30 Freestyle | EN2 EN2 REC | 1,800 | {1 x 200 on 3:30 Individual Medley | EN2 EN2 EN2 |
| 200 | · · · | REC | 300 | {4 x 100 on 1:55 Breaststroke {1 x 200 on 3:30 Individual Medley | EN2 EN2 EN2 REC |
| | Workout #3062 - Friday, 28 May, 2004 | | 300 | 6:30 PM 5,580 Meters - Stress Value = 92 | |

Workout #3062 - Friday, 28 May 2004 Group 3 - All

1 minute rest between sets

Workout #3065 - Wednesday, 02 June 2004 Group 3 - Distance 1 minute rest between sets

| | 5:15 AM Start | | | | 1 minute rest between sets |
|------------|-------------------------------------------------------------------------|------------|-----------|------------|----------------------------------------------------------------------------------------------------------------------|
| Yards | Set Description | EGY | WORF | | 4:00 PM Start |
| 725 | 1 x 725 on 12:00 Free every 3rd lap | REC | ==== £ | Meters | Set Description EGY WORK STK |
| 210 275 | 14 x 15 on :30 Shooters 11 x 25 on :40 Kick no board | SP3 EN1 | S E | 800 | 1 on 30:00 Stomach and Stretch L DRY 8 x 100 on 2:00 Stroke Drills REC D CHO |
| 213 | 4x{1 x 50 on :55 Thumb drag {1 x 50 on :55 Fingertip | EN1 EN1 | I | 180 500 | 12 x 15 on :45 Shooters SP3 S BK 1x{1 x 250 on 5:00 Kick EN1 K FR |
| | {1 x 50 on :55 Catch up {1 x 50 on :55 Right arm only | EN1 EN1 | I | 500 | {1 x 250 on 4:45 Kick EN1 K FR 1x{1 x 250 on 3:30 Pulls EN2 P FR |
| | {1 x 50 on :55 Left arm only {1 x 50 on :55 6 kick switch | EN1 EN1 | I | 300 | {1 x 250 on 3:25 Pulls EN2 P FR 1 x 300 on 4:30 Choice EN1 S CHO |
| | {1 x 50 on :55 Closed fist {1 x 100 on 1:30 Free Perfect form | EN1 EN1 | I | 4,500 | 1x{1 x 1500 on 20:00 Freestyle EN2 S FR {2 x 750 on 10:30 Freestyle EN2 S FR |
| | 1 on 12:00 Techniques-Starts 6:28 AM 3,010 Yards - Stress Value = 29 | | Ī | 300 | {3 x 500 on 7:20 Freestyle EN2 S FR 1 x 300 on 5:00 Stroke Drills REC D CD 6:31 PM 7,080 Meters - Stress Value = 126 |
| | | | | | 0.31 FM 1,000 Meters - Stress Value - 120 |

Workout #3067 - Wednesday, 02 June 2004 Group 3 - Fly & Back 1 minute rest between sets

| | 4:00 PM Start | t | |
|--------|------------------|----------------------------|---------|
| Meters | Set Descrip | ption | 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 |
| 1,200 | $1x{3 x 150 on}$ | 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 | 1:00 Your Stroke-descend | EN2 |
| 300 | 1 x 300 on | 5:00 Stroke Drills | REC |
| | 6:31 PM 5,980 | Meters - Stress Value = 10 | 01 |
| | | | |

Workout #3064 - Wednesday, 02 June 2004 Group 3 - All

1 minute rest between sets

| | 5:15 AM Start | | |
|-------|----------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK |
| | | === | ==== |
| 625 | 1 x 625 on 10:00 Free every 3rd lap | REC | S |
| | non free | | |
| 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 | EN2 | S |
| | 3's and sets of 3 | | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D |
| | 6:31 AM 4,160 Yards - Stress Value = 5 | 57 | |

Workout #3066 - Wednesday, 02 June 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 | 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 | |
| | $\{1 \times 50 \text{ on } 1:15 13 \text{ fly kicks-} 100\% \text{ to} \}$ | 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 | 3 | |

Workout #3070 - Thursday, 03 June 2004 Group 3 - Breast

1 minute rest between sets

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

| 800 180 | 1×800 on $13:00$ Swim-kick-pull-swim 12×15 on $:45$ Shooters | REC SP3 |
|------------|--------------------------------------------------------------------------------|------------|
| 1,000 | 10 x 100 on 1:45 Kick | EN2 |
| , | 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 |
| | ${3 \times 75 \text{ on } 1:10 \text{ IM w/out the free}}$ | 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 |
| | $\{1 \times 200 \text{ on } 4:00 \text{ Breast for time} \}$ | 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 | 4:00 PM Start 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 | |
| 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 | |
| | ${3 \times 75 \text{ on } 1:10 \text{ IM w/out the free}}$ | 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

| | 4:00 PM Start | | |
|-------|--------------------------------------------------------------------------|-----|-----|
| Yards | Set Description | EGY | WO |
| | ======================================= | === | ==: |
| | 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 | $1x\{6 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | |
| | $\{4 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ | EN1 | |
| | $\{4 \times 75 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | |
| 450 | 1x{3 x 75 on 1:05 2bk-4bk-6bk by 25's | EN1 | |
| | $\{3 \times 75 \text{ on } 1:10 \text{ IM w/out the free}$ | 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 | EN2 | |
| | hold all under 1:15 | | |
| 1,000 | $20 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | |
| 450 | 1x{3 x 75 on 1:05 2bk-4bk-6bk by 25's | EN1 | |
| | $\{3 \times 75 \text{ on } 1:10 \text{ IM w/out the free}\}$ | EN1 | |
| 2,200 | $4x{1 \times 200 \text{ on } 3:00 \text{ Stroke Drills}}$ | EN1 | |
| | ${3 \times 50 \text{ on } :35 \text{ Freestyle}}$ | 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 | Se | et Description | EGY | WORF |
|--------|------|----------------------------------------|-----|------|
| ====== | == | ====================================== | === | ==== |
| 525 | | x 525 on 9:00 Swim-kick-drll-swim | | ٤ |
| 210 | | 1 | SP3 | |
| 225 | 9 | x 25 on :40 Kick no board | EN1 | ŀ |
| | r | min. 12yrds under | | |
| | 1x{1 | x 150 on 2:15 Pulls | EN1 | E |
| | { 1 | x 50 on :45 Pulls-nbbf&w + 2 yds | EN1 | E |
| | { 1 | x 150 on 2:05 Pulls | EN1 | |
| | { 2 | x 50 on :45 Pulls-nbbf&w + 2 yds | EN1 | E |
| | { 1 | x 150 on 1:55 Pulls | EN2 | E |
| | { 3 | x 50 on :45 Pulls-nbbf&w + 2 yds | EN1 | E |
| | { 1 | x 150 on 1:45 Pulls | EN2 | E |
| | { 4 | x 50 on :45 Pulls-nbbf&w + 2 yds | EN1 | E |
| | { 1 | x 150 on 1:35 Pulls | EN2 | E |
| | { 5 | x 50 on :45 Pulls-nbbf&w + 2 yds | EN1 | E |
| | 1x{2 | x 125 on 1:40 Freestyle L.25 fly | EN2 | ٤ |
| | { 2 | x 125 on 1:40 Freestyle L.25 back | EN2 | |
| | { 2 | x 125 on 1:45 Freestyle L.25 brst | EN1 | 5 5 |
| | {2 | x 125 on 1:35 Freestyle | EN1 | ٤ |
| | {2 | x 100 on 1:15 Freestyle L.25 fly | EN2 | ٤ |
| | | x 100 on 1:15 Freestyle L.25 back | | ٤ |
| | | x 100 on 1:20 Freestyle L.25 brst | | |
| | | - | EN2 | |
| 200 | - | x 200 on 3:00 Stroke Drills | | Ι |
| 200 | | 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 | |
| | $\{4 \times 75 \text{ on } : 50 \text{ Pulls}$ | EN2 | |
| | $8x{1 \times 25 \text{ on } :30 \text{ Non free}}$ | EN1 | |

EN1

{1 x 25 on :20 Freestyle

| | 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

| Yards | 8:00 AM Start Set Description | EGY | WORK | Sī |
|-------|-------------------------------------|------|------|----|
| ===== | | === | ==== | == |
| | 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 | SI |
| 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 | = 10 | 7 | |

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-drll-swim | REC |
| 210 | SP3 |
| $1x\{2 \times 75 \text{ on } 1:25 \text{ Kick no board}$ | EN1 |
| $\{2 \times 75 \text{ on } 1:20 \text{ Kick no board}$ | EN2 |
| $\{1 \times 75 \text{ on } 1:15 \text{ Kick no board}$ | EN2 |
| $1x{3 x 125 on 1:45 Lungbuster pulls}$ | EN1 |
| $\{2 \times 125 \text{ on } 1:40 \text{ Lungbuster pulls}$ | 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 |
| $\{4 \times 25 \text{ on } : 40 \text{ Backstroke } 15\text{m under}$ | 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 |
| $\{4 \times 25 \text{ on } : 40 \text{ Backstroke } 15\text{m under}$ | EN2 |
| {4 x 150 on 2:00 Backstroke | EN2 |
| $\{4 \times 25 \text{ on } : 40 \text{ Backstroke } 15\text{m under}$ | EN2 |
| 200 1 x 200 on 3:00 Stroke Drills | REC |
| 6:30 AM 4,060 Yards - Stress Value = 56 | |

4:00 PM Start

| Workout #3077 - Monday, 07 June | 200 |
|---------------------------------|-----|
| Group 3 - Platinum | |
| 1 minute rest between sets | |

| | 4:00 PM Start | | |
|--------|-------------------------------------------------------------------------|-----|----|
| 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 | |
| | $\{2 \times 50 \text{ on } 1:05 \text{ Kick no board}$ | EN1 | |
| | {1 x 100 on 1:55 Kick | EN2 | |
| | $\{4 \times 50 \text{ on } 1:05 \text{ Kick no board}$ | EN1 | |
| 1,200 | 2x{1 x 150 on 2:15 Pulls | EN1 | |
| | $\{1 \times 150 \text{ on } 2:15 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | |
| | {1 x 150 on 2:15 Lungbuster pulls | EN1 | |
| | { br 3-5-7 by the 50's | | |
| | $\{1 \times 150 \text{ on } 2:15 \text{ Pulls no br L.15 mtr}$ | EN1 | |
| 700 | 1x{1 x 200 on 3:30 Reverse IM drill | EN1 | |
| | $\{6 \times 50 \text{ on } :55 \text{ Descend in sets of } 3$ | EN1 | |
| | {1 x 200 on 3:30 Reverse IM drill | EN1 | |
| 2,400 | 6x{1 x 300 on 3:40 Freestyle | EN2 | |
| | $\{2 \times 50 \text{ on } : 45 \text{ Free 6 beat kick} \}$ | 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 | |
| | $\{2 \times 50 \text{ on } 1:05 \text{ Kick no board}$ | EN1 | |
| | {1 x 100 on 1:55 Kick | EN2 | |
| | $\{4 \times 50 \text{ on } 1:05 \text{ Kick no board}$ | EN1 | |
| | 2x{1 x 150 on 2:20 Pulls | EN1 | |
| | $\{1 \times 150 \text{ on } 2:20 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | |
| | $\{1 \times 150 \text{ on } 2:20 \text{ Lungbuster pulls}$ | EN1 | |
| | { br 3-5-7 by the 50's | | |
| | $1x{1 x 200 on 3:30 Reverse IM drill}$ | EN1 | |
| | $\{6 \times 50 \text{ on :} 55 \text{ Descend in sets of } 3$ | EN1 | |
| | {1 x 200 on 3:30 Reverse IM drill | EN1 | |
| | $6x{1 \times 300 \text{ on } 4:00 \text{ Freestyle}}$ | 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

| | 4:00 PM Start | | |
|--------|------------------------------------------------------------------------|-----|----|
| 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 | |
| | $\{2 \times 50 \text{ on } 1:10 \text{ Kick no board}$ | 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 | |
| | $\{1 \times 150 \text{ on } 2:30 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | |
| | {1 x 150 on 2:30 Lungbuster pulls | EN1 | |
| | { br 3-5-7 by the 50's | | |
| | $1x\{1 \times 200 \text{ on } 3:30 \text{ Reverse IM drill}$ | EN1 | |
| | $\{6 \times 50 \text{ on :} 55 \text{ Descend in sets of } 3$ | EN1 | |
| | | | |

| | { 1 | X | 200 or | n 3:30 | Reverse | e IM | drill | | EN1 |
|-----|--------|----|----------------|--------|----------|------|---------|----|-----|
| | 5x{1 | Х | 300 or | n 4:30 | Freest | yle | | | EN2 |
| | { 2 | Х | 50 on | 1:00 | Free 6 1 | beat | kick | | EN2 |
| 250 | 5 | Х | 50 on | 1:15 | Stroke 1 | Dril | Ls | | REC |
| | 6 • 31 | ÞΝ | <i>I</i> 5 830 |) Mete | rs - St | ress | Value = | 80 | |

Workout #3080 - Monday, 07 June 2004 Group 3 - Bronze 1 minute rest between sets

| | 4:00 PM Start | | |
|--------|-------------------------------------------------------------------------|-----|----|
| 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 | |
| | $\{2 \times 50 \text{ on } 1:10 \text{ Kick no board}$ | EN1 | |
| | 2x{1 x 150 on 2:30 Pulls | EN1 | |
| | $\{1 \times 150 \text{ on } 2:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | |
| | $\{1 \times 150 \text{ on } 2:30 \text{ Lungbuster pulls}$ | EN1 | |
| | { br 3-5-7 by the 50's | | |
| | $1x\{1 \times 200 \text{ on } 3:30 \text{ Reverse IM drill}$ | EN1 | |
| | $\{6 \times 50 \text{ on :} 55 \text{ Descend in sets of } 3$ | 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 | 3:30 PM Start 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 |
| | $\{4 \times 25 \text{ on } : 40 \text{ Sprint kick}$ | EN2 |
| | {3 x 100 on 2:05 Kick | EN2 |
| | $\{4 \times 25 \text{ on } : 40 \text{ Sprint kick}$ | 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 |
| | $\{2 \times 150 \text{ on } 2:45 \text{ IM w/out the brst}$ | EN1 |
| | {2 x 200 on 3:50 Breaststroke | EN2 |
| | $\{2 \times 150 \text{ on } 2:45 \text{ IM w/out the brst}$ | EN1 |
| | {3 x 200 on 3:40 Breaststroke | EN2 |
| | $\{2 \times 150 \text{ on } 2:45 \text{ IM w/out the breast} \}$ | EN1 |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC |
| | 6:00 PM 5,380 Meters - Stress Value = 7 | 5 |

3:30 PM Start

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 dril | 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 = 11 | .3 | |
| | | | |

Workout #3082 - Tuesday, 08 June 2004 Group 3 - Fly & Back 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 |
| 800 | 4x{1 x 50 on 1:00 Pulls br ev 9 | EN1 |
| | $\{1 \times 50 \text{ on } :55 \text{ Pulls br ev } 7$ | EN1 |
| | $\{1 \times 50 \text{ on } :50 \text{ Pulls br ev } 5$ | EN1 |
| | $\{1 \times 50 \text{ on } : 45 \text{ Pulls br ev } 3$ | EN1 |
| 300 | 2 x 150 on 2:30 2bk-4bk-6bk by 50's | EN1 |
| 2,400 | $4x{1 \times 150}$ on 2:15 Your Stroke w/fins | EN2 |
| | $\{2 \times 100 \text{ on } 1:25 \text{ Your Stroke w/ fins}$ | EN2 |
| | ${3 \times 50 \text{ on } :40 \text{ Your Stroke w/fins}}$ | 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 = 1 | 03 |

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 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Sprint kick}$ | EN2 | |
| | {3 x 100 on 1:50 Kick with flippers | EN2 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Sprint kick}$ | EN2 | |
| | {3 x 100 on 1:40 Kick | EN2 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Sprint kick}$ | EN2 | |
| 1,200 | $6x{1 x 50 on 1:00 Pulls br ev 9}$ | EN1 | |
| | $\{1 \times 50 \text{ on } :55 \text{ Pulls br ev } 7$ | EN1 | |
| | $\{1 \times 50 \text{ on } : 50 \text{ Pulls br ev } 5$ | EN1 | |

| | { 1 | Х | 50 | on | :45 Pı | ılls | s br e | ev (| 3 | | EN1 |
|-------|------|----|-----|------|---------|------|--------|------|------|----------|-----|
| 300 | 1x{1 | Х | 150 | on | 2:30 | 2bl | k-4bk- | -6b] | k by | y 50's | EN1 |
| | { 1 | Х | 150 | on | 3:00 | IM | w/out | у у | our | wkstrk | EN1 |
| 1,600 | 4x{1 | Х | 100 | on | 2:00 | 25 | fast | 75 | ez | | EN1 |
| | { 1 | Х | 100 | on | 2:00 | 50 | fast | 50 | ez | | EN2 |
| | { 1 | Х | 100 | on | 2:00 | 75 | fast | 25 | ez | | EN2 |
| | { 1 | Х | 100 | on | 2:00 | Fre | eestyl | le a | all | fast | EN3 |
| 300 | 6 | Х | 50 | on : | 1:15 \$ | Str | oke Dr | cil: | ls | | REC |
| | 6:01 | ΡN | 15, | 580 | Meter | rs - | - Stre | ess | Va] | lue = 9! | 5 |

Workout #3086 - Wednesday, 09 June 2004 Group 3 - IM/Stroke

1 minute rest between sets

| | 3:30 | PM | S | tart | _ | | | |
|--------|------|-----|------|------|--------|------------------------|-----|-----|
| Meters | Se | et | Des | crip | otion | | EGY | WOI |
| ===== | == | | ===: | | | | === | === |
| | 1 | on | 30 | :00 | Stoma | ach and Stretch | | |
| 800 | 1 | Х | 800 | on | 14:00 | O Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 x | 15 | on | :45 (| Choice | SP3 | |
| 1,000 | 1x{1 | Х | 100 | on | 2:05 | Kick | EN1 | |
| | { 2 | Х | 50 | on 1 | L:05 I | Kick no board | EN1 | |
| | { 2 | Х | 150 | on | 3:05 | Kick | EN1 | |
| | { 1 | Х | 100 | on | 2:00 | Kick | EN1 | |
| | { 2 | Х | 50 | on 1 | L:05 I | Kick no board | EN1 | |
| | { 2 | Х | 150 | on | 2:55 | Kick | EN1 | |
| 1,200 | 3 | Х | 400 | on | 6:45 | Pulls 300fr 100brst | EN1 | |
| 300 | 3 | Х | 100 | on | 1:40 | Descend in sets of 3 | EN1 | |
| 2,800 | 1x{3 | Х | 100 | on | 1:50 | Butterfly | EN1 | |
| | { 2 | Х | 200 | on | 2:45 | Individual Medley | EN2 | |
| | { 3 | Х | 100 | on | 1:40 | Backstroke | EN1 | |
| | { 2 | Х | 200 | on | 2:45 | Individual Medley | EN2 | |
| | { 3 | Х | 100 | on | 2:00 | Breaststroke | EN1 | |
| | { 2 | Х | 200 | on | 2:45 | Individual Medley | EN2 | |
| | { 3 | Х | 100 | on | 1:30 | Freestyle | EN1 | |
| | { 2 | Х | 200 | on | 2:45 | Individual Medley | EN2 | |
| 200 | 1 | Х | 200 | on | 4:00 | Stroke Drills | REC | |
| | 6:03 | PM | 6, | 480 | Mete | rs - Stress Value = 82 | 2 | |

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 | | |
| | 1 x 800 on 14:00 Swim-kick-pull-swim | | |
| 180 | 12 x 15 on :45 Choice | SP3 | |
| | 1x{2 x 100 on 2:05 Kick | EN1 | |
| | $\{2 \times 50 \text{ on } 1:05 \text{ Kick no board}$ | EN1 | |
| | {2 x 150 on 3:05 Kick | EN1 | |
| | $\{2 \times 50 \text{ on } 1:05 \text{ Kick no board}$ | EN1 | |
| | {2 x 100 on 2:00 Kick | EN1 | |
| | $\{2 \times 50 \text{ on } 1:05 \text{ Kick no board}$ | 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 | |
| | $\{1 \times 400 \text{ on } 5:40 \text{ Pulls}$ | EN1 | |
| | {1 x 400 on 5:30 Pulls | EN1 | |
| 400 | 8×50 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 = 83 | L | |

Workout #3092 - Thursday, 10 June 2004 Group 3 - Breast 1 minute rest between sets

5:30 PM 6,480 Yards - Stress Value = 103

Workout #3090 - Thursday, 10 June 2004 Group 3 - Fly 1 minute rest between sets

| Yards | 3:30 PM Start Set Description | EGY | WOF | Meters | 6:00 AM Start Set Description E | GY | WORF |
|--------------|-----------------------------------------------------------------------------------------------------------------|-------------|--------|----------|------------------------------------------|----------|--------|
| ===== | ======================================= | | | | ======================================= | | |
| | 1 on 20:00 Stomach and Stretch | | | 800 | · | EC | Γ |
| 700 | 7 x 100 on 1:30 Stroke Drills | REC | | 100 | ` | N1 | ٤ |
| 100 | odds free evns nonfr | ana | | 180 | | P3 | ٤ |
| 180 1,000 | 12 x 15 on :45 Shooters 8 x 125 on 2:05 Kick | SP3 EN2 | | 1,200 | ` | N2 N2 | ř ř |
| • | 1x{6 x 75 on 1:30 Pulls | EN2 | | | | N2 N2 | r |
| 300 | {6 x 75 on 1:20 Pulls | EN1 | | 900 | | N1 | E |
| 400 | 1 x 400 on 6:00 Free ev 3rd lap drl. | | | | _ | N1 | E |
| 1,800 | 2x{2 x 125 on 2:10 Breaststroke | EN2 | | | {1 x 150 on 2:15 Pulls E | N1 | E |
| | $\{2 \times 25 \text{ on } : 30 \text{ Freestyle}$ | SP1 | | 600 | 2 x 300 on 4:30 100fr 100strk 100fr E | N1 | ٤ |
| | {2 x 125 on 2:05 Breaststroke | EN2 | | 2,050 | , , | N1 | ٤ |
| | {2 x 25 on :30 Freestyle | SP1 | | | · · · · · · · · · · · · · · · · · · · | N2 | ٤ |
| | $\{2 \times 125 \text{ on } 2:00 \text{ Breaststroke} $ $\{2 \times 25 \text{ on } :30 \text{ Freestyle} \}$ | EN2 SP1 | | | • | N2 N2 | 2 |
| 200 | · · · · · · · · · · · · · · · · · · · | REC | | | · • | N2 | ٤ |
| 2.00 | 5:30 PM 5,180 Yards - Stress Value = 9 | | | | - | N2 | ٤ |
| | ., | | | | | N2 | ٤ |
| | Workout #3087 - Thursday, 10 June 2004 | | | | {2 x 100 on 1:30 Freestyle E | N2 | ٤ |
| | Group 3 - Distance | | | | • • • • • • • • • • • • • • • • • • • • | N2 | ٤ |
| | 1 minute rest between sets | | | 500 | | EC | Ι |
| | 1 minute Test between sets | | | | 7:59 AM 6,230 Meters - Stress Value = 96 | | |
| | 6:00 AM Start | | | | Workout #3089 - Thursday, 10 June 2004 | | |
| Meters | Set Description | EGY | | | • * | | |
| ===== | | | | | Group 3 - Backstroke | | |
| 800 | 1x{1 x 400 on 8:00 Stroke Drills | REC | Ι | | 1 minute rest between sets | | |
| 180 | {4 x 100 on 1:45 Freestyle-descend 12 x 15 on :45 Shooters | EN1 SP3 | 5 | | 6:00 AM Start | | |
| | 2x{1 x 150 on 3:00 Kick | EN1 | | Meters | | GY | WORF |
| | {1 x 100 on 2:00 Kick | EN1 | | | ======================================= | | |
| | {1 x 50 on 1:00 Kick | EN1 | ľ | 800 | 1x{1 x 400 on 8:00 Stroke Drills R | EC | Γ |
| 1,600 | $1x\{2 \times 50 \text{ on } : 45 \text{ Pulls}$ | EN1 | E | | • • • • • • • • • • • • • • • • • • • • | N1 | ٤ |
| | {2 x 150 on 2:10 Pulls | EN1 | E | 180 | | Р3 | ٤ |
| | {2 x 250 on 3:35 Pulls | EN1 | E | 1,200 | , | N2 | F |
| 300 | {2 x 350 on 4:55 Pulls 1 x 300 on 4:30 100fr 100strk 100fr | EN1 | E S | | ` | N2 N2 | ř ř |
| | 1 x 300 on 4.30 foolf foostik foolf 1x{1 x 600 on 7:30 Freestyle | EN2 | 2 | 900 | | N1 | F |
| 0,000 | {2 x 300 on 4:30 Freestyle | EN2 | 5 | 300 | ` | N1 | E |
| | {1 x 600 on 7:20 Freestyle | EN2 | ٤ | | • | N1 | E |
| | {6 x 100 on 1:30 Freestyle | EN2 | ٤ | 600 | 2 x 300 on 4:30 100fr 100strk 100fr E | N1 | ٤ |
| | $\{1 \times 600 \text{ on } 7:10 \text{ Freestyle} \}$ | EN2 | ٤ | 2,400 | • | N1 | ٤ |
| 0.00 | {12 x 50 on :45 Freestyle | EN2 | 5 | | · · | N1 | ٤ |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | Ι | | | N2 | ٤ |
| | 8:02 AM 7,280 Meters - Stress Value = | TT / | | | • | N2 EC | S E |
| | Workout #2004 Thursday 10 I 2004 | | | | · | N2 | ٤ |
| | Workout #3094 - Thursday, 10 June 2004 | | | | · | N2 | ٤ |
| | Group 3 - Distance | | | | • | N2 | ٤ |
| | 1 minute rest between sets | | | <i>-</i> | · | EC | Ι |
| | 3:30 PM Start | | | 300 | | EC | Ι |
| Yards | Set Description | EGY | WORF | | 8:02 AM 6,380 Meters - Stress Value = 93 | | |
| ====== | | | | | | | |
| | 1 on 20:00 Stomach and Stretch | | I | | | | |
| 700 | 7 x 100 on 1:30 Stroke Drills | REC | Ι | | | | |
| 180 | odds free evns nonfr 12 x 15 on :45 Shooters | 202 | , | | | | |
| 500 | 12 x 15 on :45 Shooters 4 x 125 on 2:00 Kick | SP3 EN2 | S F | | | | |
| 600 | 12×50 on :45 Descend in sets of 3 | | 5 | | | | |
| | 1x{1 x 1000 on 12:00 Freestyle | EN2 | 5 | | | | |
| | {1 x 900 on 10:45 Freestyle | EN2 | ٤ | | | | |
| | $\{1 \times 800 \text{ on } 9:35 \text{ Freestyle} \}$ | EN2 | ٤ | | | | |
| | $\{1 \times 700 \text{ on } 8:25 \text{ Freestyle} \}$ | EN2 | ٤ | | | | |
| | {1 x 600 on 7:10 Freestyle | EN2 | 5 | | | | |
| 500 | 10 x 50 on 1:00 Stroke Drills 5:30 PM 6.480 Yards - Stress Value = 1 | REC | Ι | | | | |

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 | REC |
| | odds free evns nonfr | |
| 180 | 12 x 15 on :45 Shooters | SP3 |
| 1,000 | 8 x 125 on 2:05 Kick | EN2 |
| 1,050 | $1x\{6 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 |
| | $\{4 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ | EN1 |
| | $\{4 \times 75 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | 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 |
| | $\{2 \times 25 \text{ on } : 45 \#1 \text{ free } \#2 \text{ your strk} \}$ | SP1 |
| | {1 x 100 on 1:35 Your Stroke | EN1 |
| | $\{2 \times 25 \text{ on } : 45 \#1 \text{ free } \#2 \text{ your strk} \}$ | SP1 |
| | $\{1 \times 75 \text{ on } 1:10 \text{ Your Stroke}$ | EN1 |
| | $\{2 \times 25 \text{ on } : 45 \#1 \text{ free } \#2 \text{ your strk} \}$ | SP1 |
| | {1 x 50 on :45 Your Stroke | EN1 |
| | $\{2 \times 25 \text{ on } : 45 \#1 \text{ free } \#2 \text{ your strk} \}$ | SP1 |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC |
| | 5:32 PM 5,180 Yards - Stress Value = 103 | 3 |

Workout #3088 - Thursday, 10 June 2004 Group 3 - Sprint 1 minute rest between sets

| | 6:00 AM Start | | |
|--------|------------------------------------------------------------------------|-----|------|
| Meters | Set Description | EGY | WORF |
| | ======================================= | === | ==== |
| 800 | 1x{1 x 400 on 8:00 Stroke Drills | REC | Ι |
| | {4 x 100 on 1:45 Freestyle-descend | EN1 | ٤ |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| 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 | $3x{1 \times 50 \text{ on } :45 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 | E |
| | {1 x 100 on 1:30 Pulls br 5-7 | EN1 | E |
| | {1 x 150 on 2:15 Pulls | EN1 | E |
| 300 | 1 x 300 on 4:30 100fr 100strk 100fr | EN1 | ٤ |
| 2,000 | $4x{3 x 100 on 1:30 Freestyle-descend}$ | EN2 | ٤ |
| | {1 x 50 on 1:15 Freestyle-100% | SP1 | ٤ |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$ | REC | Ι |
| | {2 x 50 on 1:00 25-100% no breath | SP1 | ٤ |
| | { 25 br ev 3-EN2 speed | | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | Ι |
| 100 | 1 x 100 on 2:00 OTB-100% for time | SP2 | ٤ |
| 300 | 6 x 50 on 1:15 Stroke Drills | REC | Ι |
| | 8:01 AM 5,980 Meters - Stress Value = 3 | L40 | |

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 | REC | |
| | odds free evns nonfr | | |
| 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 | $1x\{6 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | |
| | $\{6 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ | EN1 | |
| | $\{6 \times 75 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | 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 | WORF |
| | ======================================= | === | ==== |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | Γ |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| 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 | EN1 | E |
| | br 3-5-7 by the 50's | | |
| 300 | 3 x 100 on 1:45 Freestyle-descend | EN1 | ٤ |
| 1,650 | $1x{1 x 200 on 4:00 Breaststroke}$ | EN1 | ٤ |
| | {3 x 50 on 1:00 Breast w/fly kick | EN2 | Γ |
| | {2 x 200 on 3:50 Breaststroke | EN2 | ٤ |
| | {3 x 50 on 1:00 Breast w/free kick | EN2 | Γ |
| | {3 x 200 on 3:40 Breaststroke | EN2 | ٤ |
| | {3 x 50 on 1:00 Breast 2 kick 1 pull | EN2 | Γ |
| | { entire set w/paddles | | |
| 400 | 1 x 400 on 7:00 Stroke Drills | REC | Γ |
| | 8:00 AM 5,730 Meters - Stress Value = 8 | 34 | |

Workout #3102 - Friday, 11 June 2004 Group 3 - Breast 1 minute rest between sets

| 5 | | 3:30 | PM | . St | art | ; | | | |
|---|--------|------|-----|-------|-------|--------|------------------------|-----|-----|
| - | Meters | Se | èt | Desc | crip | otion | | EGY | WOF |
| - | ===== | == | -== | ==== | -=== | | | === | === |
| | | 1 | on | . 30: | :00 | Stoma | ach and Stretch | | |
| E | 800 | 1 | Х | 800 | on | 13:00 | Swim-kick-pull-swim | REC | |
| E | 180 | 12 |) X | 15 | on | :45 \$ | Shooters | SP3 | |
| Ε | 800 | 1x{2 | Х | 100 | on | 2:00 | Kick | EN1 | |
| 5 | | { 2 | Х | 100 | on | 1:55 | Kick | EN2 | |
| 5 | | { 2 | Х | 100 | on | 1:50 | Kick | EN2 | |
| 5 | | { 2 | Х | 100 | on | 1:45 | Kick | EN2 | |
| | 1,500 | 1 | Х | 1500 | or or | n 22:0 | 00 Pulls | EN1 | |
| 5 | 600 | 12 | EN1 | | | | | | |
| | 1,350 | 1x{1 | Х | 150 | on | 3:00 | Breaststroke | EN2 | |
| | | { 1 | Х | 300 | on | 5:30 | 150 fly 150 free | EN2 | |
| 5 | | { 1 | Х | 150 | on | 2:55 | Breaststroke | EN2 | |
| | | { 1 | Х | 300 | on | 5:30 | 150 back 150 free | EN2 | |
| | | { 1 | Х | 150 | on | 2:50 | Breaststroke | EN2 | |
| | | { 1 | Х | 300 | on | 5:30 | 150 breast 150 free | EN2 | |
| | 400 | 1 | Х | 400 | on | 6:00 | Individual Medley | EN2 | |
| | 400 | 8 | Х | 50 0 | on 1 | 1:15 | Stroke Drills | REC | |
| | | 5:59 | PM | 6,0 | 030 | Meter | rs - Stress Value = 85 | 5 | |

EN2

EN2

EN2

EN1

EN2

EN2

EN2

REC

Workout #3098 - Friday, 11 June 2004 **Group 3 - Distance** 1 minute rest between sets

Workout #3100 - Friday, 11 June 2004 Group 3 - Fly & Back 1 minute rest between sets

1 on 30:00 Stomach and Stretch

12 x 15 on :45 Shooters

{2 x 100 on 1:50 Kick

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

| | 6:00 | ΑN | 1 St | cart | 5 | | | | |
|--------|------|-----|------|------|--------|-------------------|-------|------|----|
| Meters | Se | et | Desc | crip | otion | | EGY | WORK | Sī |
| ===== | == | === | | -=== | | | === | ==== | == |
| 800 | 8 | X | 100 | on | 2:00 | Stroke Drills | REC | D | CF |
| 180 | 12 | 2 2 | 15 | on | :45 \$ | Shooters | SP3 | S | E |
| 600 | 4 | Х | 150 | on | 2:50 | Kick | EN2 | K | E |
| 1,800 | 6 | Х | 300 | on | 4:30 | Lungbuster pulls | EN1 | P | E |
| | k | or | 3-5- | -7 k | by 100 |)'s | | | |
| 400 | 4 | Х | 100 | on | 1:45 | Choice non free | EN1 | S | Sī |
| 2,500 | 1x{4 | Х | 250 | on | 3:30 | Freestyle | EN2 | S | E |
| | { 3 | Х | 250 | on | 3:25 | Freestyle | EN2 | S | E |
| | { 2 | Х | 250 | on | 3:20 | Freestyle | EN2 | S | E |
| | { 1 | Х | 250 | on | 3:15 | Freestyle | EN2 | S | F |
| 400 | 4 | Х | 100 | on | 1:45 | Free A.F.A.P | EN3 | S | E |
| 400 | 1 | Х | 400 | on | 6:00 | Stroke Drills | REC | D | (|
| | 8:06 | ΑN | 17,0 | 080 | Mete | rs - Stress Value | = 1.2 | 27 | |

{2 x 100 on 1:45 Kick 1 x 1500 on 22:00 Pulls 1,500 12 x 50 on :55 Descend in sets of 3 EN1 600 1,500 1x{1 x 200 on 3:30 Individual Medley {1 x 300 on 5:30 150 fly 150 free {1 x 200 on 3:20 Individual Medley {1 x 300 on 5:30 150 back 150 free {1 x 200 on 3:10 Individual Medley {1 x 300 on 5:30 150 breast 150 free EN2

800 1x{2 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick

3:30 PM Start Set Description

Meters =====

800

180

400

400

Workout #3099 - Friday, 11 June 2004 **Group 3 - Distance** 1 minute rest between sets

Workout #3095 - Friday, 11 June 2004 Group 3 - Sprint 1 minute rest between sets

1 x 400 on 6:00 Individual Medley

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

8 x 50 on 1:15 Stroke Drills

| | 3:30 | PM Start | | |
|--------|------|-------------------------------------|-----|-----|
| Meters | Se | et Description | EGY | WOF |
| | == | | === | === |
| | 1 | on 30:00 Stomach and Stretch | | |
| 800 | 1 | x 800 on 13:00 Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 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 = 10 | 6 | |

| | 6:00 2 | AM S | tar | t | | | |
|--------|--------|-------|------|--------|---------------------|-----|------|
| Meters | Set | Des | cri | ption | | EGY | WORF |
| ===== | === | | ===: | | | === | ==== |
| 800 | 8 2 | x 100 | on | 2:00 | Stroke Drills | REC | Γ |
| 180 | 12 | x 15 | on | :45 \$ | Shooters | SP3 | ٤ |
| 1,000 | 4x{1 2 | k 50 | on : | 1:15 H | Kick | EN3 | F |
| | {1 : | k 50 | on : | 1:10 H | Kick | EN3 | F |
| | {1 : | s 50 | on : | 1:05 E | Kick | EN3 | F |
| | {1 : | 100 | on | 2:30 | Kick no board | EN1 | F |
| 1,200 | 8 2 | k 150 | on | 2:30 | Lungbuster pulls | EN1 | E |
| | b | 3-5 | -7] | by 50 | 's | | |
| 300 | 3 : | k 100 | on | 1:45 | Choice non free | EN1 | ٤ |
| 2,000 | 2x{1 : | k 100 | on | 2:00 | Freestyle L.25 fast | EN1 | ٤ |
| | {1 : | k 150 | on | 2:45 | IM w/out the free | EN2 | ٤ |
| | {1 : | k 100 | on | 1:55 | Freestyle L.50 fast | EN2 | ٤ |
| | {1 : | k 150 | on | 2:45 | IM w/out the free | EN2 | ٤ |
| | {1 : | k 100 | on | 1:50 | Freestyle L.75 fast | EN2 | ٤ |
| | {1 : | k 150 | on | 2:45 | IM w/out the free | EN2 | ٤ |
| | {1 : | k 100 | on | 1:45 | Freestyle all fast | EN3 | ٤ |
| | {1 : | k 150 | on | 2:45 | IM w/out the free | EN2 | ٤ |
| 200 | 1 : | x 200 | on | 3:00 | Stroke Drills | REC | Γ |

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

Workout #3096 - Friday, 11 June 2004 Group 3 - Backstroke 1 minute rest between sets

| | 6:00 AM Start | | | |
|--------|----------------------------------------------------------|-------|------|---|
| Meters | Set Description | EGY | WORK | Š |
| ===== | ======================================= | === | ==== | = |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | D | C |
| 180 | 12 x 15 on :45 Shooters | SP3 | S | |
| 1,000 | $5x{1 \times 50 \text{ on } 1:15 \text{ Kick no board}}$ | EN2 | K | |
| | {1 x 50 on 1:10 Kick no board | EN2 | K | |
| | $\{1 \times 50 \text{ on } 1:05 \text{ Kick no board}$ | EN2 | K | |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Kick no board}$ | EN1 | K | |
| 1,200 | 8 x 150 on 2:30 Lungbuster pulls | EN1 | P | |
| | br 3-5-7 by 50's | | | |
| 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 | 5 | |

Workout #3101 - Friday, 11 June 2004

1 minute rest between sets

| IROUT WOTOI II | iday, 11 ounc 200 |
|----------------|-------------------|
| Group 3 | - Sprint |
| 1 | 14 |

| Workout #3107 - Monday, 14 June | 200 |
|---------------------------------|-----|
| Group 3 - Distance | |
| 1 minute rest between sets | |

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

| | 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 | |
| 1,200 | 6 x 200 on 3:20 Pulls | EN1 | |
| 600 | 12×50 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

| | 6:00 AM Start | |
|--------|--------------------------------------------------------------------------|---------|
| Meters | Set Description | EGY WOF |
| | ======================================= | |
| 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 |
| | $\{1 \times 100 \text{ on } 1:50 \text{ Butterfly} \}$ | EN1 |
| 180 | 12 x 15 on :45 Shooters | SP3 |
| 900 | $3x{4 \times 50 \text{ on } 1:05 \text{ Kick-all A.F.A.P}}$ | EN2 |
| | $\{1 \times 100 \text{ on } 2:00 \text{ Kick no board}$ | EN1 |
| 1,500 | $1x{3 \times 200 \text{ on } 3:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 |
| | ${3 \times 150 \text{ on } 2:15 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 |
| | ${3 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 |
| | ${3 \times 50 \text{ on } :45 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 |
| 600 | $2x{1 x 150 on 2:30 2bk-4bk-6bk by 50's}$ | EN1 |
| | $\{1 \times 150 \text{ on } 2:30 \text{ IM w/out the free}$ | 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 = 15 | 59 |

Workout #3104 - Monday, 14 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 |
| 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 | 1×300 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 |

| | 3:30 | PN | 1 S | tart | t | | | | | |
|--------|------|-----|------|------|--------|----------|-----------|------|------|-----|
| Meters | Se | ∍t | Des | crip | ption | | | EGY | WORK | STK |
| ===== | == | === | | | | | | === | ==== | === |
| | 1 | or | n 30 | :00 | Stoma | ach and | Stretch | | L | DRY |
| 900 | 1x{1 | X | 400 | on | 6:00 | Stroke | Drills | REC | D | FR |
| | { 1 | Х | 300 | on | 4:30 | Stroke | Drills | REC | D | IM |
| | { 4 | Х | 50 | on : | :55 St | troke Di | cills | REC | D | STK |
| 180 | 12 | 2 2 | k 15 | on | :45 \$ | Shooters | 3 | SP3 | S | FR |
| 600 | 1x{2 | х | 100 | on | 2:00 | Kick | | EN2 | K | FR |
| | { 2 | х | 100 | on | 1:55 | Kick | | EN2 | K | FR |
| | { 2 | Х | 100 | on | 1:50 | Kick | | EN2 | K | FR |
| 1,000 | 1x{1 | Х | 300 | on | 4:30 | Pulls | | EN2 | P | FR |
| | { 1 | Х | 250 | on | 3:40 | Pulls | | EN2 | P | FR |
| | { 1 | Х | 200 | on | 2:50 | Pulls | | EN2 | P | FR |
| | { 1 | х | 150 | on | 2:05 | Pulls | | EN2 | P | FR |
| | { 1 | Х | 100 | on | 1:20 | Pulls | | EN2 | P | FR |
| 300 | 3 | Х | 100 | on | 1:55 | Non fre | ee | EN1 | S | STK |
| 4,200 | 1x{2 | Х | 550 | on | 7:00 | Freesty | yle | EN2 | S | FR |
| | { 2 | Х | 450 | on | 6:00 | Freesty | yle | EN2 | S | FR |
| | { 2 | Х | 400 | on | 5:00 | Freesty | yle | EN2 | S | FR |
| | { 2 | Х | 300 | on | 4:00 | Freesty | yle | EN2 | S | FR |
| | { 2 | Х | 250 | on | 3:00 | Freesty | , /le | EN2 | S | FR |
| | { 2 | Х | 150 | on | 2:00 | Freesty | yle | EN2 | S | FR |
| 300 | 1 | X | 300 | on | 5:00 | Stroke | Drills | REC | D | CD |
| | 6:02 | ΡN | 17, | 480 | Mete | rs - Sti | cess Valı | ue = | 138 | |

Workout #3105 - Monday, 14 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 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 | |
| | $\{1 \times 50 \text{ on } : 50 \text{ Pulls no br 2nd } 25\text{m}$ | EN1 | |
| | $\{2 \times 100 \text{ on } 1:30 \text{ Pulls br } 5-7$ | EN1 | |
| 3,200 | $1x{2 x 400 on 5:20 Freestyle}$ | EN2 | |
| | {4 x 200 on 2:40 Freestyle | EN2 | |
| | {8 x 100 on 1:20 Freestyle | EN2 | |
| | $\{16 \times 50 \text{ on } : 40 \text{ Freestyle} \}$ | EN2 | |
| 300 | 1 x 300 on 6:00 Stroke Drills | REC | |
| | 8:03 AM 6,980 Meters - Stress Value = 13 | L7 | |

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 |
| ===== | ======================================= | === | ==== | === |
| | 1 on 30:00 Stomach and Stretch | | L | DRY |
| 900 | $1x{1 \times 400 \text{ on } 6:00 \text{ Stroke Drills}}$ | REC | D | FR |
| | {1 x 300 on 4:30 Stroke Drills | REC | D | IM |
| | $\{4 \times 50 \text{ on } :55 \text{ Stroke Drills}$ | REC | D | STK |
| 180 | 12 x 15 on :45 Shooters | SP3 | S | FR |
| 800 | 1x{3 x 100 on 2:00 Kick | EN2 | K | FR |
| | {3 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 |
| | $\{1 \times 250 \text{ on } 3:40 \text{ Pulls}$ | EN2 | P | FR |
| | $\{1 \times 200 \text{ on } 2:50 \text{ Pulls}$ | EN2 | P | FR |
| | $\{1 \times 150 \text{ on } 2:05 \text{ Pulls}$ | 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 |
| 3,000 | $1x{3 x 250 on 3:45 Freestyle}$ | EN2 | S | FR |
| | $\{5 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | EN1 | S | FR |
| | ${3 \times 250 \text{ on } 3:35 \text{ Freestyle}}$ | EN2 | S | FR |
| | $\{5 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | EN1 | S | FR |
| | ${3 \times 250 \text{ on } 3:25 \text{ Freestyle}}$ | EN2 | S | FR |
| | $\{5 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | EN1 | S | FR |
| 400 | 8 x 50 on 1:15 Stroke Drills | REC | D | CD |
| | 6:01 PM 6,580 Meters - Stress Val | ue = | 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 | EN1 | |
| | {1 x 100 on 2:15 Kick | EN1 | |
| | {1 x 50 on 1:05 Kick | EN1 | |
| 1,000 | $4x{1 x 50 on :50 Pulls 8 breaths}$ | EN1 | |
| | $\{1 \times 50 \text{ on } :50 \text{ Pulls } 7 \text{ breaths}$ | EN1 | |
| | $\{1 \times 50 \text{ on } :50 \text{ Pulls } 6 \text{ breaths}$ | EN1 | |
| | $\{1 \times 50 \text{ on } : 50 \text{ Pulls } 5 \text{ breaths}$ | EN1 | |
| | $\{1 \times 50 \text{ on } :50 \text{ Pulls } 4 \text{ breaths}$ | EN1 | |
| 400 | 2 x 200 on 3:30 Individual Medley | EN1 | |
| 1,800 | 1x{4 x 150 on 2:15 Freestyle | EN2 | |
| | {4 x 150 on 2:10 Freestyle | EN2 | |
| | {4 x 150 on 2:05 Freestyle | EN2 | |
| 400 | 4 x 100 on 2:00 Stroke Drills | REC | |
| | 8:03 AM 6,080 Meters - Stress Value = 78 | 3 | |

Workout #3109 - Monday, 14 June 2004 Group 3 - Sprint 1 minute rest between sets

3:30 PM Start

| Meters | Set Description | EGY | WORK | STK |
|--------|-----------------------------------------------------------|-----|------|-----|
| ===== | ======================================= | === | ==== | === |
| | 1 on 30:00 Stomach and Stretch | | L | DRY |
| 900 | $1x{1 \times 400 \text{ on } 6:00 \text{ Stroke Drills}}$ | REC | D | FR |
| | $\{1 \times 300 \text{ on } 4:30 \text{ Stroke Drills}$ | REC | D | IM |
| | $\{4 \times 50 \text{ on } :55 \text{ Stroke Drills}$ | REC | D | STK |
| 180 | 12 x 15 on :45 Shooters | SP3 | S | FR |
| 1,200 | 4x{1 x 100 on 2:10 Kick | EN2 | K | FR |
| | $\{4 \times 50 \text{ on } 1:10 \text{ Sprint kick}$ | EN2 | K | FR |
| 700 | 1x{1 x 250 on 3:45 Pulls | EN2 | P | FR |
| | {1 x 200 on 2:55 Pulls | EN2 | P | FR |
| | {1 x 150 on 2:10 Pulls | EN2 | P | FR |
| | {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 | Х | 100 | on | 1:30 | Free L.25 fast | EN1 | S | FR |
|-------|------|----|------|------|--------|------------------|------|----|----|
| | { 1 | Х | 100 | on | 1:45 | Stroke Drills | EN1 | D | FR |
| | { 1 | Х | 100 | on | 1:30 | Free L.50 fast | EN2 | S | FR |
| | { 1 | Х | 100 | on | 1:45 | Stroke Drills | EN1 | D | FR |
| | { 1 | Х | 100 | on | 1:30 | Free L.75 fast | EN2 | S | FR |
| | { 1 | Х | 100 | on | 1:45 | Stroke Drills | EN1 | D | FR |
| | { 1 | Х | 100 | on | 1:30 | Free all fast | EN2 | S | FR |
| | { 1 | Х | 100 | on | 1:45 | Stroke Drills | EN1 | D | FR |
| 400 | 8 | Х | 50 0 | on 1 | L:15 S | Stroke Drills | REC | D | CD |
| | 6:04 | ΡN | 16,0 | 080 | Meter | rs - Stress Valı | ie = | 89 | |

Workout #3110 - Monday, 14 June 2004 Group 3 - Sprint 1 minute rest between sets

| 3 | 3:30 PM Start | | | |
|---------|-------------------------------------------------------|-----|------|---|
| Yards | Set Description | EGY | WORK | S |
| ===== | ======================================= | === | ==== | = |
| | 1 on 30:00 Stomach and Stretch | | L | Γ |
| 800 | 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 4 | 1x{1 x 100 on 1:50 Kick | EN2 | K | |
| | {3 x 50 on :50 Kick | EN2 | K | |
| 900 1 | lx{6 x 50 on :50 Pulls-nbbf&w | EN1 | P | |
| | {6 x 50 on :45 Pulls-nbbf&w | EN1 | P | |
| | {6 x 50 on :40 Pulls-nbbf&w | EN1 | P | |
| 600 1 | x{3 x 100 on 1:30 Freestyle-descend | EN1 | S | |
| | {3 x 100 on 1:25 Freestyle-descend | EN1 | S | |
| 3,200 4 | $4x\{4 \times 125 \text{ on } 1:45 \text{ Freestyle}$ | EN1 | S | |
| | {6 x 25 on :20 Freestyle br ev 5 | EN2 | S | |
| | - | REC | S | |
| | • | SP2 | S | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | |
| | 5:01 PM 7,000 Yards - Stress Value = | | | |

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 | EN2 | |
| | {4 x 50 on 1:05 Kick | EN2 | |
| | {4 x 50 on 1:00 Kick | EN2 | |
| 1,500 | $1x{1 x 1000 on 14:15 Pulls with paddles}$ | EN1 | |
| | {2 x 250 on 3:30 Pulls with paddles | EN1 | |
| 3,600 | $4x{1 x 400 on 6:00 Freestyle}$ | EN2 | |
| | { hold under 5:00 | | |
| | {4 x 100 on 1:15 Freestyle | EN2 | |
| | {2 x 50 on 1:00 Stroke Drills | REC | |
| 500 | 5 x 100 on 2:00 Stroke Drills | REC | |
| | 8:06 AM 7.180 Meters - Stress Value = 10 | 7 | |

Group 3 - Middle Distance 1 minute rest between sets

Workout #3112 - Tuesday, 15 June 2004

| | 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 | |
| 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 | · · · · · · · · · · · · · · · · · · · | REC | |
| | 8:03 AM 6,580 Meters - Stress Value = 12 | 21 | |

Workout #3111 - Tuesday, 15 June 2004 **Group 3 - Sprint**

1 minute rest between sets

| | 6:00 | AM Start | | |
|--------|-------|-------------------------------------|-----|-----|
| Meters | Se | et Description | EGY | WOF |
| ===== | == | | === | === |
| 800 | 1 | x 800 on 15:00 Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 x 15 on :45 Shooters | SP3 | |
| 1,000 | 1x{10 | 0 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 = 17 | 0 | |

Workout #3114 - Wednesday, 16 June 2004 Group 3 - Distance

1 minute rest between sets

| | 6:00 AM Start | | |
|--------|-----------------------------------------------------------------------|-----|-----|
| Meters | Set Description | EGY | WOE |
| ===== | ======================================= | === | === |
| 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 | |
| | $\{2 \times 50 \text{ on } 1:05 \text{ Kick no board } 15\text{m un}$ | EN2 | |
| 1,800 | 3x{1 x 150 on 2:20 Pulls | EN1 | |
| | $\{1 \times 150 \text{ on } 2:15 \text{ Pulls br } 7-9-11$ | EN1 | |
| | {1 x 150 on 2:10 Pulls | EN1 | |
| | $\{1 \times 150 \text{ on } 2:05 \text{ Pulls br } 11-9-7$ | EN2 | |
| 600 | 2 x 300 on 5:00 Free every other lap | EN1 | |
| | non free drill | | |
| 2,400 | $1x{1 \times 500 \text{ on } 6:30 \text{ Freestyle}}$ | EN2 | |
| | {5 x 100 on 1:30 Freestyle | EN2 | |
| | $\{1 \times 400 \text{ on } 5:05 \text{ Freestyle} \}$ | 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 | | |
| | | | |

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

Workout #3116 - Wednesday, 16 June 2004 **Group 3 - Middle Distance** 1 minute rest between sets

| | 6:00 AM Start | | |
|--------|-----------------------------------------------------------|-----|-----|
| Meters | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| 800 | 8×100 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 | |
| | $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick}$ | 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 | |
| | $\{3 \times 50 \text{ on } : 45 \text{ Pulls br } 11-9-7$ | EN1 | |
| 600 | 2 x 300 on 5:00 Free every other lap | EN1 | |
| | non free drill | | |
| 2,000 | $1x\{1 \times 400 \text{ on } 6:00 \text{ Freestyle}$ | 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 = 7 | 7 | |

Workout #3115 - Wednesday, 16 June 2004 Group 3 - Sprint 1 minute rest between sets

| | 6:00 AM Start | | |
|--------|------------------------------------------------------------------|-----|-----|
| Meters | Set Description | EGY | WOF |
| | 0 100 1 55 04 1 2 41 0 7 | === | === |
| | 8 x 100 on 1:55 Stroke Drills 2 on E | | |
| 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 | |
| | $\{3 \times 50 \text{ on } 1:00 \text{ Pulls br } 7-9-11$ | EN1 | |
| | {1 x 150 on 2:20 Pulls | EN1 | |
| | $\{3 \times 50 \text{ on } : 50 \text{ Pulls br } 11-9-7$ | EN1 | |
| 300 | 1 x 300 on 5:30 Free every other lap | EN1 | |
| | non free drill | | |
| 1,400 | $4x\{4 \times 50 \text{ on } :50 \text{ Freestyle}$ | EN1 | |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Butterfly} \}$ | EN1 | |
| | $\{1 \times 100 \text{ on } 2:00 \text{ Freestyle 6bk br-ev5}\}$ | EN2 | |
| | { hold under 1:08 | | |
| 400 | 4 x 100 on 2:15 Stroke Drills | REC | |
| | 8:02 AM 5,480 Meters - Stress Value = 65 | 5 | |

Workout #3119 - Thursday, 17 June 2004 Group 3 - Distance 1 minute rest between sets

| | 3:30 | PM Start | | | |
|-------|------|---------------------------------|-----|------|---|
| Yards | Se | et Description | EGY | WORK | S |
| ===== | == | | === | ==== | = |
| | 1 | on 15:00 Stretching | | L | Ι |
| 400 | 1 | x 400 on 7:00 Stroke Drills | REC | D | C |
| 180 | 12 | 2 x 15 on :45 Shooters | SP3 | S | (|
| 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 | | |

Workout #3118 - Thursday, 17 June 2004 Group 3 - Middle Distance 1 minute rest between sets

| | 3:30 | PM Start | | |
|-------|------|---------------------------------|-----|--------|
| Yards | Se | et Description | EGY | WORK |
| ===== | == | | === | ==== : |
| | 1 | on 15:00 Stretching | | L |
| 400 | 1 | x 400 on 7:00 Stroke Drills | REC | D |
| 180 | 12 | 2 x 15 on :45 Shooters | SP3 | S |
| 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 | |

Workout #3117 - Thursday, 17 June 2004 Group 3 - All

1 minute rest between sets

| | 6:00 AM Start | | |
|--------|-----------------------------------------|-----|------|
| Meters | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| 800 | 1x{1 x 200 on 3:30 Freestyle | EN1 | ٤ |
| | {1 x 200 on 3:30 Free L. 50 fast | EN1 | ٤ |
| | {1 x 200 on 3:30 Free L. 100 fast | EN1 | ٤ |
| | {1 x 200 on 3:30 Free L. 150 fast | EN2 | ٤ |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| 1,000 | 2x{8 x 25 on :45 Kick 1-4 sprint 5-8 | EN2 | ŀ |
| | { no brd fly 15m under | | |
| | {1 x 100 on 2:15 Kick 100% | EN2 | ŀ |

| {1 | Х | 100 on 2:10 Kick 100% | EN2 | F |
|------------|----|-----------------------------------|-----|---|
| {1 | Х | 100 on 2:05 Kick 100% | EN2 | F |
| 1,500 1x{1 | Х | 50 on :50 Pulls br ev 3 | EN1 | E |
| { 2 | Х | 50 on :50 Pulls br ev 4 | EN1 | E |
| {1 | Х | 100 on 1:40 Pulls br 4-5 | EN1 | E |
| { 2 | X | 100 on 1:40 Pulls br 5-6 | EN1 | E |
| { 1 | X | 150 on 2:30 Pulls br 6-7-8 | EN1 | E |
| {2 | Х | 150 on 2:30 Pulls br 7-8-9 | EN1 | E |
| { 1 | X | 200 on 3:20 Pulls br 8-9-10-11 | EN1 | E |
| { 2 | X | 200 on 3:20 Pulls br 9-10-11-12 | EN1 | E |
| 400 8 | Х | 50 on 1:00 Odds free evens non | EN1 | ٤ |
| 1,800 3x{1 | Х | 50 on :00 Your Stroke | SP1 | ٤ |
| • | | 50 on 2:30 Freestyle | REC | ٤ |
| {1 | Х | 100 on :00 Your Stroke | SP1 | ٤ |
| {1 | Х | 100 on 4:00 Freestyle | REC | ٤ |
| { 1 | X | 150 on :00 Your Stroke | SP1 | ٤ |
| { 1 | X | 150 on 6:00 Freestyle | REC | ٤ |
| 8:04 | Αl | 4 5,680 Meters - Stress Value = 1 | 137 | |

Workout #3120 - Thursday, 17 June 2004 Group 3 - Sprint 1 minute rest between sets

| | 3:30 PM Start | | |
|-------|-------------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK |
| ===== | | === | |
| | 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 |
| | $\{2 \times 100 \text{ on } 1:25 \text{ Kick with flippers} \}$ | 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 | $2x\{1 \times 50 \text{ on } : 45 \text{ Pulls}$ | EN1 | P |
| | $\{1 \times 25 \text{ on } : 30 \text{ Pulls } 2 \text{ breaths}$ | EN1 | P |
| | {2 x 50 on :40 Pulls | EN1 | P |
| | $\{2 \times 25 \text{ on } : 30 \text{ Pulls } 2 \text{ breaths}$ | EN1 | P |
| | ${3 \times 50 \text{ on } :35 \text{ Pulls}}$ | EN2 | P |
| | ${3 \times 25 \text{ on :} 30 \text{ Pulls 2 breaths}}$ | 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 |
| | $\{1 \times 75 \text{ on } : 50 \text{ Freestyle} \}$ | EN2 | S |
| 1,500 | $6x{1 x 125 on 1:55 Freestyle}$ | EN1 | S |
| | $\{1 \times 125 \text{ on } 1:25 \text{ Freestyle} \}$ | EN2 | S |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | D |
| | 5:28 PM 5,980 Yards - Stress Value = | 83 | |

Workout #3123 - Friday, 18 June 2004 Group 3 - Distance 1 minute rest between sets

| | 6:00 | AM Start | | |
|--------|------|------------|----------------------------|---------|
| Meters | Se | t Descript | ion | EGY WOF |
| ===== | == | ======= | | === === |
| 800 | 1 | x 800 on 1 | 4:00 Swim-kick-pull-swim | REC |
| 180 | 12 | x 15 on : | :45 Shooters | SP3 |
| 600 | 1x{1 | x 100 on 2 | 2:15 Kick | EN1 |
| | { 6 | x 50 on 1: | :05 Kick no board | EN1 |
| | { 2 | x 100 on 2 | 2:10 Kick | EN1 |
| 1,200 | 1x{1 | x 200 on 3 | 3:00 Pulls | EN1 |
| | { 1 | x 100 on 1 | L:40 Pulls br 5-7 | EN1 |
| | { 1 | x 200 on 2 | 2:55 Pulls | EN1 |
| | { 2 | x 100 on 1 | l:35 Pulls br 6-8 | EN1 |
| | { 1 | x 200 on 2 | 2:50 Pulls | EN1 |
| | { 3 | x 100 on 1 | 1:30 Pulls br 7-8 | EN1 |
| 3,400 | 1x{1 | x 600 on 8 | 3:00 Freestyle | EN2 |
| | { 1 | x 600 on 7 | 7:45 Freestyle | EN2 |
| | { 1 | x 600 on 7 | 7:30 Freestyle | EN2 |
| | { 1 | x 500 on 6 | 5:40 Freestyle | EN2 |
| | { 1 | x 500 on 6 | 5:30 Freestyle | EN2 |
| | { 1 | x 500 on 6 | 5:20 Freestyle | EN2 |
| | { 1 | x 100 on 3 | 3:00 Freestyle | REC |
| 400 | 1 | x 400 on 6 | 5:00 Freestyle for time | EN3 |
| 500 | 5 | x 100 on 2 | 2:00 Stroke Drills | REC |
| | 8:04 | AM 7,080 M | Meters - Stress Value = 12 | 4 |

Workout #3122 - Friday, 18 June 2004 Group 3 - Middle Distance 1 minute rest between sets

| | 6:00 | Αl | 4 St | ar | t | | | |
|--------|------|-----|-------|------|--------|------------------------|-----|-----|
| Meters | Se | et | Desc | crip | ption | | EGY | WOE |
| ===== | == | -=- | | | | | === | === |
| 800 | 1 | Х | 800 | on | 14:00 | O Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 2 | k 15 | on | :45 | Shooters | SP3 | |
| 600 | 1x{1 | х | 100 | on | 2:15 | Kick | EN1 | |
| | { 6 | Х | 50 0 | on : | 1:05 1 | Kick no board | EN1 | |
| | { 2 | х | 100 | on | 2:10 | Kick | EN1 | |
| 1,200 | 1x{1 | Х | 200 | on | 3:00 | Pulls | EN1 | |
| | { 1 | Х | 100 | on | 1:40 | Pulls br 5-7 | EN1 | |
| | { 1 | Х | 200 | on | 2:55 | Pulls | EN1 | |
| | { 2 | Х | 100 | on | 1:35 | Pulls br 6-8 | EN1 | |
| | { 1 | Х | 200 | on | 2:50 | Pulls | EN1 | |
| | { 3 | Х | 100 | on | 1:30 | Pulls br 7-8 | EN1 | |
| 3,200 | 2x{1 | Х | 200 | on | 2:30 | Freestyle | EN2 | |
| | { 1 | Х | 200 | on | 3:15 | Individual Medley | EN2 | |
| | { 1 | Х | 200 | on | 2:35 | Freestyle | EN2 | |
| | { 1 | х | 200 | on | 3:10 | Individual Medley | EN2 | |
| | { 1 | Х | 200 | on | 2:40 | Freestyle | EN2 | |
| | { 1 | Х | 200 | on | 3:05 | Individual Medley | EN2 | |
| | { 1 | х | 200 | on | 2:45 | Freestyle | EN2 | |
| | { 1 | Х | 200 | on | 3:00 | Individual Medley | EN2 | |
| 600 | 6 | х | 100 | on | 2:00 | Stroke Drills | REC | |
| | 7:59 | Αl | 4 6,5 | 580 | Mete | rs - Stress Value = 98 | 3 | |

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 | |
| | $\{1 \times 100 \text{ on } 2:00 \text{ Kick w/fins rt. side}$ | EN1 | |

| | {1 | Х | .00 on 2:00 Ki | ck w/fins | back | EN1 |
|-------|------|----|----------------|-----------|------------------|-----|
| | { 1 | Х | .00 on 2:00 Ki | ck w/fins | lt. side | EN1 |
| 1,200 | 1x{1 | Х | 250 on 3:45 Pu | lls | | EN1 |
| | { 3 | Х | 0 on :50 Pull | s br ev 9 | | EN1 |
| | {1 | Х | 250 on 3:40 Pu | lls | | EN1 |
| | { 3 | Х | 0 on :50 Pull | s br ev 7 | | EN1 |
| | { 1 | Х | 250 on 3:35 Pu | lls | | EN1 |
| | { 3 | Х | 0 on :50 Pull | s br ev 5 | | EN1 |
| 300 | 2 | Х | .50 on 2:45 2b | k-4bk-6bk | by 50 ' s | EN1 |
| 2,700 | 1x{1 | Х | 000 on 7:30 Fr | eestyle | | EN1 |
| | { 1 | Х | 150 on 6:40 Fr | eestyle | | EN1 |
| | { 1 | Х | 100 on 5:50 Fr | eestyle | | EN1 |
| | { 1 | Х | 350 on 5:05 Fr | eestyle | | EN1 |
| | { 1 | Х | 300 on 4:15 Fr | eestyle | | EN1 |
| | { 1 | Х | 250 on 3:30 Fr | eestyle | | EN2 |
| | { 1 | Х | 200 on 2:45 Fr | eestyle | | EN2 |
| | { 1 | Х | .50 on 2:03 Fr | eestyle | | EN2 |
| | { 1 | Х | .00 on 1:21 Fr | eestyle | | EN2 |
| 300 | 6 | Х | 0 on 1:15 Str | oke Drill | s | REC |
| | 5:59 | PN | 6,280 Meters | - Stress | Value = 69 | 9 |

Workout #3121 - Friday, 18 June 2004 Group 3 - Sprint 1 minute rest between sets

| | 6:00 AM Start | | |
|--------|---------------------------------------------------------------------------------|-----|-----|
| Meters | Set Description | EGY | WOI |
| | ======================================= | === | === |
| 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 | |
| | $\{2 \times 50 \text{ on } 1:05 \text{ Kick no board}$ | EN1 | |
| | {2 x 100 on 2:10 Kick | EN1 | |
| | $\{4 \times 50 \text{ on } 1:05 \text{ Kick no board}$ | EN1 | |
| 1,200 | $1x{4 \times 50 \text{ on :55 Pulls}}$ | EN1 | |
| | $\{1 \times 100 \text{ on } 1:40 \text{ Pulls br } 5-7$ | EN1 | |
| | $\{4 \times 50 \text{ on } : 50 \text{ Pulls}$ | EN1 | |
| | {2 x 100 on 1:35 Pulls br 6-8 | EN1 | |
| | $\{4 \times 50 \text{ on } : 45 \text{ Pulls}$ | EN1 | |
| | {3 x 100 on 1:30 Pulls br 7-8 | EN1 | |
| 500 | 2x{1 x 100 on 1:45 Freestyle | REC | |
| | ${3 \times 50 \text{ on } 1:00 \#1 \text{ fl } \#2 \text{ ba } \#3 \text{ br}}$ | EN1 | |
| 1,650 | $3x{2 x 50 on 1:30 Free 1st 25 fast}$ | EN2 | |
| | { 2nd 25 sculling drll | | |
| | {3 x 100 on 1:40 Free-descend | EN2 | |
| | $\{1 \times 150 \text{ on } 3:00 \text{ IM w/out the free}$ | EN2 | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | |
| | 8:03 AM $5,730$ Meters - Stress Value = 72 | 2 | |
| | | | |

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Workout #3124 - Friday, 18 June 2004 **Group 3 - Sprint** 1 minute rest between sets

| | 1 minute rest between sets | | 000 | 0 11 100 011 2:00 0010110 211110 0000 | |
|--------|----------------------------------------------------------------------------|---------|--------|-----------------------------------------|------------|
| | 1 minute Test between sets | | | free evens non free | |
| | 2.20 PM Ct | | 180 | 12 x 15 on :45 Shooters | SP3 |
| M-+ | 3:30 PM Start | DOW MOT | 1,200 | 1x{1 x 100 on 2:15 Kick | EN1 |
| Meters | Set Description | EGY WOF | | | EN1 |
| | 1 on 30:00 Stomach and Stretch | === === | | | EN1 |
| 900 | 1x{1 x 300 on 6:00 Stroke Drills | REC | | | EN1 |
| 800 | {1 x 150 on 3:00 Stroke Drills | REC | | | EN1 |
| | {1 x 150 on 3:00 Stroke Drills {1 x 150 on 3:00 Stroke Drills | REC | | | EN1 |
| | {4 x 50 on :50 Freestyle-descend | EN1 | | | EN2 |
| 180 | 12 x 15 on :45 Shooters | SP3 | | | EN2 |
| | 2x{1 x 100 on 2:00 Kick w/fins stomach | EN1 | 1,000 | | EN2 |
| 000 | {1 x 100 on 2:00 Kick w/fins rt. side | | 400 | , | EN1 |
| | {1 x 100 on 2:00 Kick w/fins back | EN1 | | (* ** *** *** **** | EN1 |
| | {1 x 100 on 2:00 Kick w/fins back {1 x 100 on 2:00 Kick w/fins lt. side | | | | EN1 |
| 1.200 | 1x{1 x 250 on 3:45 Pulls | EN1 | 1,600 | · | EN2 |
| 1,200 | {3 x 50 on :50 Pulls br ev 9 | EN1 | | | EN1 |
| | {1 x 250 on 3:40 Pulls | EN1 | | | EN2 |
| | {3 x 50 on :50 Pulls br ev 7 | EN1 | | · | EN1 |
| | {1 x 250 on 3:35 Pulls | EN1 | | | EN2 EN1 |
| | {3 x 50 on :50 Pulls br ev 5 | EN1 | | • | EN2 |
| 300 | 2 x 150 on 2:45 2bk-4bk-6bk by 50's | EN1 | | • | EN2 |
| 2,250 | 1x{3 x 150 on 2:15 Freestyle | EN1 | 200 | | REC |
| | {1 x 200 on 3:30 100 #1, 100 free | EN1 | 200 | 6:04 PM 5,380 Meters - Stress Value = 8 | |
| | {2 x 50 on 1:30 25 scull 25 100% | EN2 | | 0.04 IM 3,300 Metels Stless value - | 00 |
| | {3 x 150 on 2:10 Freestyle | EN2 | | *** | |
| | $\{1 \times 200 \text{ on } 3:30 \ 100 \ \#1, \ 100 \ \text{free}$ | EN1 | | Workout #3128 - Monday, 21 June 2004 | |
| | {2 x 50 on 1:30 25 scull 25 100% | EN2 | | Group 3 - Fly | |
| | {3 x 150 on 2:05 Freestyle | EN2 | | 1 minute rest between sets | |
| | $\{1 \times 200 \text{ on } 3:30 \ 100 \ \#1, \ 100 \ \text{free}$ | EN1 | | | |
| | {2 x 50 on 1:30 25 scull 25 drill | EN2 | | 3:30 PM Start | |
| 250 | | REC | Meters | Set Description | EGY |
| | 5:58 PM 5,780 Meters - Stress Value = 6 | 9 | ===== | ======================================= | === |

Workout #3126 - Saturday, 19 June 2004 Group 3 - Freestylers 1 minute rest between sets

| Meters | Se | et Description | EGY W | OF |
|--------|------|-------------------------------------|-------|----|
| ===== | == | | === = | == |
| 800 | 1 | x 800 on 15:00 Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 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 | | x 100 on 1:15 Freestyle | EN2 | |
| | | 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 = 10 | 0 (| |

Workout #3129 - Monday, 21 June 2004 Group 3 - Breast 1 minute rest between sets

3:30 PM Start Meters Set Description

6:00 AM Start

#3128 - Monday, 21 June 2004 Group 3 - Fly ninute rest between sets

1 on 30:00 Stomach and Stretch

8 x 100 on 2:00 Stroke Drills odds REC

800

| ===== | | : === | ==== |
|-------|---------------------------------------------------------------|-------|------|
| | 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 |
| | $\{4 \times 50 \text{ on } 1:05 \text{ Kick no board}$ | EN1 | K |
| | {1 x 100 on 2:10 Kick | EN1 | K |
| | $\{4 \times 50 \text{ on } 1:05 \text{ Kick no board}$ | EN1 | K |
| | {1 x 100 on 2:05 Kick | EN1 | K |
| | $\{4 \times 50 \text{ on } 1:05 \text{ Kick no board}$ | 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 |
| | $\{4 \times 50 \text{ on } : 45 \text{ Pulls}$ | EN2 | P |
| 400 | $1x{1 x 150 on 3:00 IM w/out the free}$ | EN1 | S |
| | ${3 \times 50 \text{ on } :50 \text{ Freestyle}}$ | 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 |
| | $\{1 \times 200 \text{ on } 2:55 \text{ Butterfly w/fins} \}$ | EN2 | S |

{4 x 50 on 1:00 1 up 3 down EN2 $\{1 \times 200 \text{ on } 2:50 \text{ Butterfly w/fins} \}$ EN2 {4 x 50 on 1:00 1 up 4 down EN2 $\{1 \times 200 \text{ on } 2:45 \text{ Butterfly w/fins} \}$ EN2 {4 x 50 on 1:00 1 up 5 down EN2 {1 x 200 on 2:40 Butterfly EN2

{4 x 50 on 1:00 1 up 6 down EN2 1 x 300 on 5:00 Stroke Drills REC 6:01 PM 5,880 Meters - Stress Value = 78

300

EGY WORK

EN1

EN1

EN2

EN2

EN2

EN2

EN2

EN2

EN2 EN2

REC

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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 | REC | D |
| | free evens non free | | |
| 180 | | SP3 | - |
| 1,200 | 1x{1 x 100 on 2:15 Kick | EN1 | |
| | $\{4 \times 50 \text{ on } 1:05 \text{ Kick no board}\}$ | EN1 | |
| | {1 x 100 on 2:10 Kick | EN1 | |
| | $\{4 \times 50 \text{ on } 1:05 \text{ Kick no board}\}$ | EN1 | |
| | {1 x 100 on 2:05 Kick | EN1 | |
| | $\{4 \times 50 \text{ on } 1:05 \text{ Kick no board}\}$ | EN1 | |
| | {1 x 100 on 2:00 Kick | EN2 | |
| | {4 x 50 on 1:05 Kick | EN2 | |
| 1,000 | 1x{1 x 200 on 3:10 Pulls | EN1 | |
| | {2 x 150 on 2:20 Pulls | EN1 | _ |
| | {3 x 100 on 1:35 Pulls | EN1 | P |
| | $\{4 \times 50 \text{ on } : 45 \text{ Pulls}$ | EN2 | _ |
| 400 | $1x\{1 x 150 \text{ on } 3:00 \text{ IM } w/\text{out the free}$ | EN1 | S |
| | ${3 \times 50 \text{ on } :}50 \text{ Freestyle}$ | EN1 | S |
| | {1 x 100 on 1:45 Your Stroke | EN1 | |
| 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 | |

Workout #3127 - Monday, 21 June 2004 Group 3 - IM/Stroke 1 minute rest between sets

6:00 AM Start

3:30 PM Start

Set Description EGY WO Meters ______ ___ ___ ___ ___ ___ 800 1 x 800 on 15:00 Swim-kick-pull-swim REC 180 12 x 15 on :45 Shooters $1,000 5x{1 x 100 on 2:10 Kick}$ $\{2 \times 50 \text{ on } 1:05 \text{ Kick 1st } 15\text{m under} \}$ EN1 $1,200 \ 1x\{2 \ x \ 150 \ on \ 2:25 \ Lungbuster pulls$ EN1 $\{2 \times 150 \text{ on } 2:20 \text{ Lungbuster pulls}$ EN1 $\{2 \times 150 \text{ on } 2:10 \text{ Lungbuster pulls}$ EN1 {2 x 150 on 2:15 Lungbuster pulls { odds br 3-5-7 { evens br 4-6-8 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 {1 x 100 on 1:50 Your Stroke $\{1 \times 100 \text{ on } 1:45 \text{ Your Stroke} \}$ EN1 {1 x 200 on 3:30 Individual Medley EN1 1 x 200 on 4:00 Stroke Drills REC 8:04 AM 6,080 Meters - Stress Value = 60

Workout #3132 - Tuesday, 22 June 2004 Group 3 - Breast 1 minute rest between sets

| Yards | Set Description | EGY | WORF |
|--------|----------------------------------------------|-----|------|
| ====== | | === | ==== |
| | 1 on 15:00 Stretching | | I |
| | 1 on 30:00 Team meeting | | ľ |
| 800 | 4×200 on $3:30$ Swim-kick-pull-swim | REC | ٤ |

| Workout #3134 - Tuesday, 22 June | 2004 |
|----------------------------------|------|
| Group 3 - Fly | |
| 1 minute rest between sets | |

5:35 PM 3,880 Yards - Stress Value = 51

12 x 15 on :45 Shooters

1 x 600 on 12:00 Pulls

1,700 $1x\{4 \times 25 \text{ on :} 25 \text{ Breast 2X pullouts}$

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

{3 x 100 on 1:15 Freestyle

{4 x 100 on 1:15 Freestyle

16 x 25 on :40 Kick no board

{1 x 100 on 1:15 Freestyle

{6 x 25 on :25 Breast 2X pullouts

{8 x 25 on :25 Breast 2X pullouts

1 x 200 on 4:00 Stroke Drills

{10 x 25 on :25 Breast 2X pullouts

180

400

600

| Yards | 3:30 PM Start 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 | $1x\{2 \times 25 \text{ on } : 30 \text{ Butterfly } 20m \text{ under}$ | 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 | |
| 200 | 5:34 PM 4,080 Yards - Stress Value = 57 | 1.20 | |

Workout #3133 - Tuesday, 22 June 2004 Group 3 - Backstroke 1 minute rest between sets

| ΟF | | 3:30 | ΡM | 1 St | ar | t | | | | | |
|----|-------|------|-----|-------|-----|--------|----------|------|------------|-----|---------------|
| == | Yards | Se | ∍t | Desc | ri | ption | | | | EGY | $\mathbb{W}C$ |
| | ===== | == | === | | | | | | | === | == |
| | | 1 | or | 15: | 00 | Stret | ching | | | | |
| | | 1 | or | 30: | 00 | Team | meeting | 3 | | | |
| | 800 | 4 | Х | 200 | on | 3:30 | Swim-ki | ick- | pull-swim | REC | |
| | 180 | 12 | 2 x | 15 | on | :45 8 | Shooters | 3 | | SP3 | |
| | 600 | 6 | Х | 100 | on | 1:45 | Kick oc | dds | 100% | EN2 | |
| | 800 | 1 | Х | 800 | on | 12:00 | Pulls | alt | 100fr100ba | EN1 | |
| | 1,500 | 1x{2 | Х | 25 c | n | :30 Ba | ackstrok | ke 2 | Om under | EN2 | |
| | | { 1 | Х | 100 | on | 1:30 | Backstr | roke | <u> </u> | EN2 | |
| | | { 4 | Х | 25 c | n | :30 Ba | ackstrok | ke 1 | .8m under | EN2 | |
| | | {2 | Х | 100 | on | 1:25 | Backstr | roke | <u> </u> | EN2 | |
| | | { 6 | Х | 25 c | n | :30 Ba | ackstrok | ke 1 | .5m under | EN2 | |
| | | { 3 | Х | 100 | on | 1:20 | Backstr | roke | <u> </u> | EN2 | |
| | | { 8 | Х | 25 c | n | :30 Ba | ackstrok | ke 1 | .2m under | EN2 | |
| | | { 4 | Х | 100 | on | 1:15 | Backstr | roke | : | EN2 | |
| | 200 | 1 | Х | 200 | on | 4:00 | Stroke | Dri | lls | REC | |
| | | 5:34 | PM | 1 4,0 | 080 | Yards | s - Stre | ess | Value = 57 | | |
| | | | | | | | | | | | |

6:00 AM Start

Workout #3131 - Tuesday, 22 June 2004 Group 3 - IM/Stroke 1 minute rest between sets

| | 6:00 AM Start | |
|--------|----------------------------------------------------------------------|---------|
| Meters | Set Description | EGY WOF |
| | ======================================= | === === |
| 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 | 6×100 on 1:40 Descend in sets of 3 | EN1 |
| 2,100 | $1x{1 \times 300 \text{ on } 4:50 \ 100 \ fl \ 100 \ ba \ 100 \ br}$ | EN2 |
| | ${3 \times 50 \text{ on :} 55 \text{ Butterfly}}$ | EN1 |
| | $\{1 \times 300 \text{ on } 4:40 \text{ IM-Fl/fr/Ba/fr/Br/fr}$ | 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 |
| | ${3 \times 50 \text{ on } :}40 \text{ Freestyle}$ | 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 = 1 | 05 |
| | | |

Workout #3135 - Wednesday, 23 June 2004 Group 3 - IM/Stroke 1 minute rest between sets

| | 0.00 Am Start | |
|--------|-----------------------------------------------|---------|
| Meters | Set Description | EGY WOF |
| ===== | ======================================= | === === |
| 600 | 12×50 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 | 3 |

Workout #3136 - Thursday, 24 June 2004 Group 3 - IM/Stroke 1 minute rest between sets

| | 6:00 AM Start | | |
|--------|-----------------------------------------|-----|-----|
| Meters | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| | 1 on 50:00 Review with Tim | REC | |
| 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 | Х | 100 | on | 2:05 | Kick | EN2 |
|-------|---------------------------------|-----------------------|----------------------------------------|----------------------------|----------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------|
| | {1 | х | 100 | on | 1:55 | Kick | EN2 |
| 800 | 1x{1 | Х | 150 | on | 2:35 | Pulls 50br 100free | EN1 |
| | { 1 | X | 100 | on | 1:40 | Backstroke | EN1 |
| | { 1 | х | 150 | on | 2:35 | Pulls 50fr 50br 50fr | EN1 |
| | { 1 | X | 100 | on | 1:40 | Backstroke | EN1 |
| | { 1 | Х | 150 | on | 2:35 | Pulls 100fr 50br | EN1 |
| | { 1 | Х | 100 | on | 1:40 | Backstroke | EN1 |
| | { 1 | Х | 50 0 | on 1 | L:00 I | Pulls 4 breaths | EN1 |
| 500 | 1x{3 | Х | 100 | on | 1:40 | Freestyle-descend | EN1 |
| | { 4 | Х | 50 0 | on 1 | L:00 1 | Non free | EN1 |
| | | | \circ | 0 n | 3 • 3 0 | The Address Accord 1984 - 11 and | TONT 1 |
| 1,500 | 1x{2 | Х | 200 | OH | 5.50 | Individual Medley | FNT |
| 1,500 | - | | | | | - | REC |
| 1,500 | {1 | Х | 100 | on | 2:15 | - | REC |
| 1,500 | { 1 { 2 | x | 100 200 | on on | 2:15 3:20 | Stroke Drills Individual Medley | REC |
| 1,500 | { 1 { 2 { 1 | x x x | 100 200 100 | on on on | 2:15 3:20 2:15 | Stroke Drills Individual Medley | REC EN1 REC |
| 1,500 | {1 {2 {1 {2 | x x x | 100 200 100 200 | on on on on | 2:15 3:20 2:15 3:10 | Stroke Drills Individual Medley Stroke Drills Individual Medley | REC EN1 REC |
| 200 | {1 {2 {1 {2 {1 | х х х х | 100 200 100 200 100 | on on on on | 2:15 3:20 2:15 3:10 2:15 | Stroke Drills Individual Medley Stroke Drills Individual Medley | REC EN1 REC EN1 |
| | {1 {2 {1 {2 {1 1 | x x x x x | 100 200 100 200 100 200 | on on on on on | 2:15 3:20 2:15 3:10 2:15 4:00 | Stroke Drills Individual Medley Stroke Drills Individual Medley Stroke Drills | REC EN1 REC EN1 REC REC |

Workout #3140 - Monday, 28 June 2004 **Group 3 - Breast** 1 minute rest between sets

| | 3:30 | PM Start | | |
|--------|------|-------------------------------------|-----|-----|
| Meters | Se | et Description | EGY | WOF |
| ===== | == | | === | === |
| | 1 | on 25:00 Stomach and Stretch | | |
| 800 | 1 | x 800 on 14:00 Drill-Build-Swim-IM | REC | |
| 150 | 10 | 0 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 | 6:00 AM Start Set Description | EGY | MOE |
|--------|------------------------------------------|-------|-----|
| Mecers | | | |
| 800 | 1 x 800 on 14:00 Swim-kick-pull-swim | DEC | |
| 180 | 12×15 on :45 Shooters | SP3 | |
| | | | |
| 400 | 1 x 400 on 8:00 Kick even 100's with | ENI | |
| | 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 | <u>-</u> | DAT 1 | |
| 1,000 | 5 x 200 on 3:15 Free L.50 non free | EN1 | |
| | #1 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 | |
| 200 | 8:05 AM 7,580 Meters - Stress Value = 11 | | |

Workout #3143 - Monday, 28 June 2004 Group 3 - Distance 1 minute rest between sets

Workout #3141 - Monday, 28 June 2004 Group 3 - Fly & Back 1 minute rest between sets

| | 2 22 54 64 | | | 1 minute rest between sets | | |
|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 36.1 | 3:30 PM Start | E011 11 | | | | |
| Meters | Set Description | EGY W | | 3:30 PM Start | | |
| | 1 on 25:00 Stomach and Stretch | | Meters | Set Description | EGY | |
| 800 | 1 x 800 on 14:00 Drill-Build-Swim-IM | DEC | ===== | | === | === |
| 150 | 10 x 15 on 1:00 Breakouts | SP3 | 000 | 1 on 25:00 Stomach and Stretch | | |
| 400 | 1 x 400 on 9:00 Kick-alt fast/easy | EN2 | 800 | 1 x 800 on 14:00 Drill-Build-Swim-IM | | |
| | 1x{1 x 350 on 5:00 Pulls | EN2 | 150 | | SP3 | |
| 000 | {1 x 250 on 3:35 Pulls | EN2 | 1,200 | 6x{2 x 50 on 1:15 Kick no board | EN1 | |
| | {1 x 150 on 2:10 Pulls | EN2 | 1 000 | {1 x 100 on 2:00 Kick-100% effort!!!! | | |
| | {1 x 50 on :45 Pulls | EN1 | 1,200 | $2x\{1 \times 150 \text{ on } 2:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ $\{1 \times 150 \text{ on } 2:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ | | |
| 600 | 3 x 200 on 3:20 Freestyle-descend | EN1 | | {1 x 150 on 2:25 Pulls-hbb1&w + 2 yds {1 x 150 on 2:20 Pulls-hbbf&w + 2 yds | | |
| | 1x{1 x 600 on 9:00 Freestyle | EN2 | | {1 x 150 on 2:20 Fulls-hbb1&w + 2 yds {1 x 150 on 2:15 Pulls-hbbf&w + 2 yds | | |
| • | {2 x 500 on 7:30 Freestyle | EN2 | 300 | _ | EN1 | |
| | {3 x 400 on 6:00 Freestyle | EN2 | | 1x{2 x 200 on 3:40 Your Stroke | EN1 | |
| | {4 x 300 on 4:30 Freestyle | EN2 | 2,200 | {1 x 50 on 1:00 Stroke Drills | REC | |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | | {2 x 200 on 3:35 Your Stroke | EN2 | |
| | 6:01 PM 7,050 Meters - Stress Value = 1 | 27 | | {1 x 50 on 1:00 Stroke Drills | REC | |
| | | | | {2 x 200 on 3:30 Your Stroke | EN2 | |
| | Workout #3139 - Monday, 28 June 2004 | | | {1 x 50 on 1:00 Stroke Drills | REC | |
| | Group 3 - Middle Distance | | | {2 x 200 on 3:25 Your Stroke | EN2 | |
| | 1 minute rest between sets | | | {1 x 50 on 1:00 Stroke Drills | REC | |
| | i minute rest between sets | | | {2 x 200 on 3:20 Your Stroke | EN2 | |
| | 6.00 MM Start | | 200 | | REC | |
| Meters | 6:00 AM Start Set Description | EGY | WC | 5:59 PM 6,050 Meters - Stress Value = 82 | 2 | |
| ===== | - | | | | | |
| 800 | 1 x 800 on 14:00 Swim-kick-pull-swim | | | Workout #3137 - Monday, 28 June 2004 | | |
| 180 | 12 x 15 on :45 Shooters | SP3 | | Group 3 - Sprint | | |
| 600 | 1 x 600 on 12:30 Kick even 100's with | h EN1 | | 1 minute rest between sets | | |
| | out a board | | | | | |
| 2,000 | 5 x 400 on 6:00 Pulls #1 normal | EN1 | | 6:00 AM Start | | |
| | #2 L.100 br 9,#3 br | | Meters | Set Description | EGY | WOF |
| | 8-9 L.200,#4 L.300 | | ===== | ======================================= | === | === |
| | br 7-8-9,#5 br 6-7-8 | | 800 | 1 x 800 on 14:00 Swim-kick-pull-swim | REC | |
| 600 | 9 by the 100 4 x 150 on 2:30 Free L.50 non free | T111 | 180 | 12 x 15 on :45 Shooters | SP3 | |
| 600 | | | | | | |
| 000 | | EN1 | 1,000 | 1x{1 x 100 on 2:00 Kick | EN2 | |
| | descend 1-4 | | 1,000 | {3 x 50 on 1:10 Kick 100% | EN2 | |
| | descend 1-4 $1 \times \{2 \times 500 \text{ on } 6:30 \text{ Freestyle} \}$ | EN2 | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick | EN2 EN2 | |
| | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle | EN2 EN2 | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% | EN2 EN2 EN2 | |
| 2,500 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle | EN2 EN2 EN2 | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick | EN2 EN2 EN2 EN2 | |
| | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills | EN2 EN2 EN2 REC | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% | EN2 EN2 EN2 EN2 EN2 | |
| 2,500 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle | EN2 EN2 EN2 REC | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick | EN2 EN2 EN2 EN2 EN2 EN2 | |
| 2,500 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 | EN2 EN2 EN2 REC | | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% | EN2 EN2 EN2 EN2 EN2 EN2 EN2 | |
| 2,500 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 | EN2 EN2 EN2 REC | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal | EN2 EN2 EN2 EN2 EN2 EN2 | |
| 2,500 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 Group 3 - Middle Distance | EN2 EN2 EN2 REC | | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% | EN2 EN2 EN2 EN2 EN2 EN2 EN2 | |
| 2,500 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 | EN2 EN2 EN2 REC | | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #2 L.50-br 9,#3 br | EN2 EN2 EN2 EN2 EN2 EN2 EN2 | |
| 2,500 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 Group 3 - Middle Distance 1 minute rest between sets | EN2 EN2 EN2 REC | | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #2 L.50-br 9,#3 br 8-9 L.100,#4 L.150 | EN2 EN2 EN2 EN2 EN2 EN2 EN2 | |
| 2,500 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 Group 3 - Middle Distance 1 minute rest between sets 3:30 PM Start | EN2 EN2 EN2 REC | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free | EN2 EN2 EN2 EN2 EN2 EN2 EN2 | |
| 2,500 400 Meters | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 Group 3 - Middle Distance 1 minute rest between sets 3:30 PM Start Set Description | EN2 EN2 EN2 REC 9 | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 | EN2 EN2 EN2 EN2 EN2 EN2 EN1 | |
| 2,500 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 Group 3 - Middle Distance 1 minute rest between sets 3:30 PM Start Set Description | EN2 EN2 EN2 REC 9 | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle | EN2 EN2 EN2 EN2 EN2 EN2 EN1 | |
| 2,500 400 Meters | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 Group 3 - Middle Distance 1 minute rest between sets 3:30 PM Start Set Description ================================= | EN2 EN2 EN2 REC 9 | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 #1-1st-2nd25-100%} | EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1 | |
| 2,500 400 Meters ===== | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 | EN2 EN2 EN2 REC 9 | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 #1-1st-2nd25-100% {3 x 100 on 1:40 Freestyle | EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 | |
| 2,500 400 Meters ===== 800 150 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 Group 3 - Middle Distance 1 minute rest between sets 3:30 PM Start Set Description | EN2 EN2 EN2 REC 9 | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 #1-1st-2nd25-100% {3 x 100 on 1:40 Freestyle {2 x 50 on 1:00 Same as previous | EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 | |
| 2,500 400 Meters ===== 800 150 400 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 | EN2 EN2 EN2 REC 9 | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 #1-1st-2nd25-100% {3 x 100 on 1:40 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:35 Freestyle | EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 | |
| 2,500 400 Meters ===== 800 150 400 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 Group 3 - Middle Distance 1 minute rest between sets 3:30 PM Start Set Description | EN2 EN2 EN2 REC 9 | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 #1-1st-2nd25-100% {3 x 100 on 1:40 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Same as previous | EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 EN2 | |
| 2,500 400 Meters ===== 800 150 400 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 | EN2 EN2 EN2 REC 9 | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% {1 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 #1-1st-2nd25-100% {3 x 100 on 1:40 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:30 Freestyle | EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 | |
| 2,500 400 Meters ===== 800 150 400 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 | EN2 EN2 EN2 REC 9 | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 #1-1st-2nd25-100% {3 x 100 on 1:40 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:30 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:30 Freestyle {2 x 50 on 1:00 Same as previous | EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 | |
| 2,500 400 Meters ===== 800 150 400 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 Group 3 - Middle Distance 1 minute rest between sets 3:30 PM Start Set Description ==================================== | EN2 EN2 EN2 REC 9 EGY W === = REC SP3 EN2 EN2 EN2 EN2 | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 \$me as previous {3 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:30 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:30 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:30 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle | EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 | |
| 2,500 400 Meters ===== 800 150 400 800 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 | EN2 EN2 EN2 REC 9 EGY W === = REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 | 1,000 OF 600 == 2,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 \$#1-1st-2nd25-100% {3 x 100 on 1:40 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:30 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous | EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 | |
| 2,500 400 Meters ===== 800 150 400 800 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 Group 3 - Middle Distance 1 minute rest between sets 3:30 PM Start Set Description ==================================== | EN2 EN2 EN2 REC 9 EGY W === = REC SP3 EN2 EN2 EN2 EN2 EN1 EN1 | 1,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 \$ame as previous {3 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:30 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 2:00 Stroke Drills | EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN2 EN2 EN2 EN2 | |
| 2,500 400 Meters ===== 800 150 400 800 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 | EN2 EN2 EN2 REC 9 EGY W === = REC SP3 EN2 EN2 EN2 EN1 EN1 EN2 EN2 EN2 EN1 | 1,000 OF 600 == 2,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 \$#1-1st-2nd25-100% {3 x 100 on 1:40 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:30 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous | EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN2 EN2 EN2 EN2 | |
| 2,500 400 Meters ===== 800 150 400 800 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 | EN2 EN2 EN2 REC 9 EGY W === = REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN1 | 1,000 OF 600 == 2,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 \$ame as previous {3 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:30 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 2:00 Stroke Drills | EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN2 EN2 EN2 EN2 | |
| 2,500 400 Meters ===== 800 150 400 800 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 | EN2 EN2 EN2 REC 9 EGY W === = REC SP3 EN2 EN2 EN2 EN1 EN1 EN2 | 1,000 OF 600 == 2,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 \$ame as previous {3 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:30 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 2:00 Stroke Drills | EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN2 EN2 EN2 EN2 | |
| 2,500 400 Meters ===== 800 150 400 800 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 Group 3 - Middle Distance 1 minute rest between sets 3:30 PM Start Set Description ================================= | EN2 EN2 EN2 REC | 1,000 OF 600 == 2,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 \$ame as previous {3 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:30 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 2:00 Stroke Drills | EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN2 EN2 EN2 EN2 | |
| 2,500 400 Meters ===== 800 150 400 800 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 | EN2 EN2 EN2 REC 9 EGY W === = REC SP3 EN2 EN2 EN1 EN1 EN1 EN2 | 1,000 OF 600 == 2,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 \$ame as previous {3 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:30 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 2:00 Stroke Drills | EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN2 EN2 EN2 EN2 | |
| 2,500 400 Meters ===== 800 150 400 800 600 3,200 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 | EN2 EN2 EN2 REC 9 EGY W === = REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN2 | 1,000 OF 600 == 2,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 \$ame as previous {3 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:30 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 2:00 Stroke Drills | EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN2 EN2 EN2 EN2 | |
| 2,500 400 Meters ===== 800 150 400 800 | descend 1-4 1x{2 x 500 on 6:30 Freestyle {2 x 500 on 6:20 Freestyle {1 x 500 on 6:10 Freestyle 4 x 100 on 2:00 Stroke Drills 8:02 AM 7,080 Meters - Stress Value = 9 Workout #3144 - Monday, 28 June 2004 | EN2 EN2 EN2 REC 9 | 1,000 OF 600 == 2,000 | {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% {1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick 100% 5 x 200 on 3:30 Pulls #1 normal #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 4 x 150 on 2:30 Free L.50 non free descend 1-4 1x{3 x 100 on 1:45 Freestyle {2 x 50 on 1:00 \$ame as previous {3 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:30 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Same as previous {3 x 100 on 2:00 Stroke Drills | EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN2 EN2 EN2 EN2 | |

6:00 AM Start Workout #3142 - Monday, 28 June 2004 Meters Set Description Group 3 - Sprint 1 minute rest between sets 1 x 800 on 14:00 Choice 800 180 12 x 15 on :45 Shooters 3:30 PM Start 4 x 200 on 4:30 Kick L.50-100% effrt EN2 EGY WOF Meters Set Description $1x{2 x 150 on 2:15 Pulls}$ {2 x 150 on 2:10 Pulls 1 on 25:00 Stomach and Stretch {2 x 150 on 2:05 Pulls 1 x 800 on 14:00 Drill-Build-Swim-IM REC 800 600 4 x 150 on 2:45 IM w/out the free EN1 SP3 EN1 10 x 15 on 1:00 Breakouts 1x{4 x 100 on 1:40 Free hold under 1:10 EN3 $1,400 \ 7x\{2 \ x \ 50 \ on :55 \ Stroke Drills$ {1 x 400 on 8:00 Stroke Drills {1 x 100 on 2:00 Kick-100% effort!!!! EN2 {2 x 200 on 3:30 Free hold under 2:20 EN3 600 $1x\{1 \times 150 \text{ on } 2:30 \text{ Pulls-nbbf&w} + 2 \text{ yds EN1}$ {1 x 400 on 8:00 Stroke Drills {1 x 150 on 2:25 Pulls-nbbf&w + 2 yds EN1 {1 x 400 on 5:00 Free hold under 4:40 EN3 {1 x 150 on 2:20 Pulls-nbbf&w + 2 yds EN1 {1 x 400 on 8:00 Stroke Drills REC {1 x 150 on 2:15 Pulls-nbbf&w + 2 yds EN1 {8 x 50 on :55 Free hold under :35 {1 x 400 on 8:00 Stroke Drills 1 x 200 on 4:00 Reverse IM drill EN1 200 REC 2,100 3x{1 x 100 on 1:30 Freestyle EN1 {1 x 100 on 1:25 Freestyle EN2 8:08 AM 6,480 Meters - Stress Value = 154 {1 x 100 on 1:25 Freestyle EN2 {1 x 100 on 1:20 Freestyle Workout #3149 - Tuesday, 29 June 2004 {1 x 100 on 1:15 Freestyle **Group 3 - Middle Distance** {1 x 200 on 5:00 Stroke Drills REC {2 x 50 on 1:30 Free 6bk 5 brths EN3 REC 1 minute rest between sets 6 x 50 on 1:15 Stroke Drills 5:55 PM 5,550 Meters - Stress Value = 84 3:30 PM Start Yards Set Description EGY WORK Workout #3145 - Tuesday, 29 June 2004 ====== 600 1 x 600 on 9:00 Choice **Group 3 - Distance** 250 10 x 25 on :45 Breakouts 1 minute rest between sets 800 8 x 100 on 1:30 Kick EN2 1,200 3 x 400 on 5:00 Pulls 300 6 x 50 on :45 Descend EN2 6:00 AM Start 6 x 50 on :45 Descend in sets of 3 EN1 Meters Set Description EGY WOF $1x\{1 \times 200 \text{ on } 3:00 \text{ Freestyle}$ EN3 {1 x 100 on 1:30 Stroke Drills 1 x 800 on 14:00 Choice REC {1 x 300 on 4:30 Freestyle 800 EN3 180 12 x 15 on :45 Shooters {1 x 100 on 1:30 Stroke Drills REC 2 x 250 on 5:30 Kick L.50-100% effrt EN2 500 {1 x 400 on 6:00 Freestyle EN3 {1 x 400 on 6:00 Freestyle EN3 {1 x 100 on 1:30 Stroke Drills REC {1 x 500 on 7:30 Freestyle EN3 {1 x 100 on 2:00 Stroke Drills REC 1x{3 x 150 on 2:15 Pulls EN1 {3 x 150 on 2:10 Pulls EN2 EN2 {3 x 150 on 2:05 Pulls {1 x 150 on 2:00 Pulls EN2 $\{1 \times 400 \text{ on } 6:00 \text{ Freestyle} \}$ EN3 4×150 on 2:45 IM w/out the free EN1 {1 x 100 on 1:30 Stroke Drills REC D $1x\{1 \times 800 \text{ on } 12:00 \text{ Freestyle}$ EN3 ENS REC EN3 REC EN3 {1 x 300 on 4:30 Freestyle EN3 {1 x 200 on 4:00 Freestyle {1 x 100 on 1:30 Stroke Drills REC {1 x 800 on 12:00 Freestyle {1 x 200 on 3:00 Freestyle $\{1 \times 300 \text{ on } 6:00 \text{ Freestyle} \}$ REC REC {1 x 100 on 1:30 Stroke Drills {1 x 800 on 12:00 Freestyle 400 8 x 50 on 1:00 Stroke Drills {1 x 400 on 8:00 Freestyle 5:19 PM 6,550 Yards - Stress Value = 183 8:06 AM 6,880 Meters - Stress Value = 212 Workout #3148 - Tuesday, 29 June 2004

Workout #3151 - Tuesday, 29 June 2004 Group 3 - Distance 1 minute rest between sets

Workout #3148 - Tuesday, 29 June 200 Group 3 - IM/Stroke 1 minute rest between sets

| Yards | 3:30 PM Start Set Description | EGY | WORK | STK | PAC | Meters | | | 1 St Desc | | tion | | EGY | WOF |
|-------|---------------------------------------|-------|------|-----|------|--------|------|------|--------------|-----|-------|-----------------------|-----|-----|
| ===== | | === | ==== | === | ==== | 800 | 1 | lх | 800 | on | 14:00 |) Choice | REC | |
| | 1 x 600 on 9:00 Choice | REC | | CHO | 1:3 | 180 | 1 | 12 x | 15 | on | :45 9 | Shooters | SP3 | |
| 250 | 10 x 25 on :45 Breakouts | SP3 | S | FR | 3:0 | 800 | 5 | 3 × | 100 | on | 2:10 | Kick des in sets of4 | EN2 | |
| 800 | 8 x 100 on 1:30 Kick | EN2 | K | FR | 1:3 | 1,200 | 1x{1 | lх | 300 | on | 4:45 | Pulls | EN1 | |
| • | 2 x 1000 on 12:00 Pulls | EN2 | P | FR | 1:1 | , | • | | | | | Pulls | EN2 | |
| 1,500 | 30×50 on :45 Freestyle | EN3 | S | FR | 1:3 | | | | | | | Pulls | EN2 | |
| | hold under :28 | | | | | | • | | | | | Pulls | EN1 | |
| 400 | 1 x 400 on 7:00 Stroke Drills | REC | D | FR | 1:4 | 600 | , | | | | | 2bk-4bk-6bk by 50's | EN1 | |
| 1,500 | 30 x 50 on :45 Freestyle | EN3 | S | FR | 1:3 | | | | | | | Individual Medley | EN3 | |
| | hold under :28 | | | | | 2/100 | | | | | | Stroke Drills | REC | |
| 400 | 1 x 400 on 7:00 Stroke Drills | REC | D | FR | 1:4 | | | | | | | Your Stroke | EN3 | |
| | 5:30 PM 7,450 Yards - Stress ' | Value | = 24 | 16 | | | • | | | | | Stroke Drills | REC | |
| | | | | | | | , | | | | | Free 6bk 5 brths | EN3 | |
| | Workout #2146 Tuesday 20 June | 2004 | | | | | | | | | | Stroke Drills | REC | |
| | Workout #3146 - Tuesday, 29 June 2004 | | | | | | , | | | | | | | |
| | Group 3 - Middle Distance | | | | | 400 | _ | | | | | Stroke Drills | REC | |
| | 1 minute rest between sets | | | | | | 8:03 | 3 AN | 16,(| 180 | Metei | rs - Stress Value = 1 | 33 | |

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Workout #3152 - Tuesday, 29 June 2004 Group 3 - IM/Stroke 1 minute rest between sets

| | 3:30 | PM Start | | |
|-------|------|-----------------------------------|-----|------|
| Yards | Se | et 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 = 3 | 111 | |

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 | 16×50 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 | 2×150 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 | |
| | $\{1 \times 100 \text{ on } : 00 \text{ Freestyle}$ | SP1 | |
| | {1 x 100 on 4:00 Stroke Drills | REC | |
| | $\{1 \times 50 \text{ on } : 00 \text{ Freestyle}$ | 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 = 12 | 25 | |

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 | 6×50 on :45 Descend in sets of 3 | EN1 | S |
| 2,200 | $4x{1 x 200 on 2:30 Freestyle}$ | EN2 | S |
| | $\{1 \times 100 \text{ on } 2:00 \text{ Stroke Drills}$ | REC | D |
| | ${3 \times 50 \text{ on } 1:30 \text{ Freestyle}}$ | SP1 | S |
| | $\{1 \times 100 \text{ on } 2:00 \text{ Stroke Drills}$ | REC | D |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D |
| | 5:15 PM 5,600 Yards - Stress Value = 1 | 105 | |

Workout #3153 - Wednesday, 30 June 2004 Group 3 - All 1 minute rest between sets

| | 6:00 AM Start | | |
|--------|-----------------------------------------|-----|------|
| Meters | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| 800 | 1 x 800 on 15:00 Reverse IM drill | REC | Ι |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |

| | J21 (Z | | oo on 1:00 mich no board | |
|-----|---------|----|-----------------------------------|-----|
| | { 4 | Х | 25 on :45 Sprint kick | EN2 |
| | { 1 | Х | 100 on 2:00 Kick | EN2 |
| | 1x{1 | Х | 100 on 1:40 Pulls | EN1 |
| | { 2 | Х | 50 on :50 Pulls-nbbf&w + 2 yds | EN1 |
| | { 1 | Х | 150 on 2:30 Pulls | EN1 |
| | { 3 | Х | 50 on :50 Pulls-nbbf&w + 2 yds | EN1 |
| | { 1 | Х | 200 on 3:20 Pulls | EN1 |
| | { 4 | Х | 50 on :50 Pulls-nbbf&w + 2 yds | EN1 |
| 400 | 2 | Х | 200 on 3:15 IM 25 kick 25 drill | EN1 |
| | 2x{4 | Х | 100 on 1:35 Freestyle | EN1 |
| | { 3 | Х | 50 on :55 Your Stroke non free | EN1 |
| | { 3 | Х | 100 on 1:30 Freestyle | EN1 |
| | { 3 | Х | 50 on :55 Your Stroke non free | EN1 |
| | { 2 | Х | 100 on 1:25 Freestyle | EN2 |
| | { 3 | Х | 50 on :55 Your Stroke non free | EN1 |
| 400 | 1 | Х | 400 on 7:00 Stroke Drills | REC |
| | 8:05 | ΑN | 4 6,280 Meters - Stress Value = 7 | 73 |
| | | | | |

 $3x{2 \times 50}$ on 1:05 Kick no board

Workout #3158 - Thursday, 01 July 2004 Group 3 - Breast 1 minute rest between sets

|)F | Meters | 6:00 AM Start Set Description | EGY | WOF |
|----|--------|------------------------------------------------------------------|-----|-----|
| = | 800 | 8 x 100 on 2:00 Stroke Drills 2 on E | REC | |
| | | | SP3 | |
| | | 1x{2 x 150 on 3:15 Kick mid 50 brst | | |
| | 300 | {2 x 150 on 3:10 Kick mid 50 brst | | |
| | | {2 x 150 on 3:05 Kick mid 50 brst | | |
| | | { Last 50 of each 100% | | |
| | 1,200 | • | EN2 | |
| | • | | 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 | |
| | | $\{1 \times 150 \text{ on } 2:30 \text{ IM w/out the breast}$ | EN2 | |
| | | {3 x 100 on 1:55 Breaststroke | EN2 | |
| | | $\{1 \times 150 \text{ on } 2:30 \text{ IM w/out the breast}$ | EN2 | |
| | | {3 x 100 on 1:50 Breaststroke | EN2 | |
| | | $\{1 \times 150 \text{ on } 2:30 \text{ IM w/out the breast}$ | EN2 | |
| | | {3 x 100 on 1:45 Breaststroke | EN2 | |
| | | $\{1 \times 150 \text{ on } 2:30 \text{ IM w/out the breast} \}$ | EN2 | |
| | 400 | 1 x 400 on 8:00 Stroke Drills | REC | |
| | | 8:01 AM 5,880 Meters - Stress Value = 91 | = | |

Workout #3164 - Thursday, 01 July 2004 **Group 3 - Breast** 1 minute rest between sets

Workout #3160 - Thursday, 01 July 2004 Group 3 - Fly 1 minute rest between sets

| | 3:30 PM Start | | | | | |
|-------|------------------------------------|-----|--------|-------|---------------------------------------------------------------------------|---------|
| Yards | Set Description | EGY | WORK S | | 3:30 PM Start | |
| | | === | ==== = | Yards | Set Description | EGY WOF |
| 600 | 6 x 100 on 1:40 Stroke Drills | REC | DC | ===== | | |
| 300 | 12 x 25 on :30 10 EZ 15 fast | SP3 | S | 600 | 6 x 100 on 1:40 Stroke Drills | REC |
| 600 | 1x{2 x 100 on 1:55 Kick | EN1 | KC | 300 | | SP3 |
| | {2 x 100 on 1:50 Kick | EN2 | KC | | 1x{2 x 100 on 1:55 Kick | EN1 |
| | {2 x 100 on 1:45 Kick | EN2 | KC | | {2 x 100 on 1:50 Kick | EN2 |
| 750 | 1x{2 x 125 on 1:45 Pulls | EN1 | P | | | EN2 |
| | {2 x 125 on 1:40 Pulls | EN1 | P | | 1x{2 x 125 on 1:45 Pulls | EN1 |
| | {2 x 125 on 1:35 Pulls | EN2 | P | | {2 x 125 on 1:40 Pulls | EN1 |
| 400 | 4 x 100 on 1:30 Freestyle descend | EN1 | S | | {2 x 125 on 1:35 Pulls | EN2 |
| 2,625 | $1x{3 x 125 on 2:10 Breaststroke}$ | EN2 | S | 300 | 3 x 100 on 1:30 Freestyle descend | EN1 |
| | {3 x 50 on 1:00 Breast descend | EN2 | S | | $2x{3 \times 100 \text{ on } 1:25 \text{ Fly/free des. } 3 \text{ strk}}$ | |
| | {3 x 125 on 2:05 Breaststroke | EN2 | S | | {2 x 25 on :30 Butterfly 1 up 1down | EN2 |
| | {3 x 50 on 1:00 Breast descend | EN2 | S | | {3 x 100 on 1:30 Fly/free des. 4 strk | EN2 |
| | {3 x 125 on 2:00 Breaststroke | EN2 | S | | {2 x 25 on :30 Butterfly 1 up 2down | EN2 |
| | {3 x 50 on 1:00 Breast descend | EN2 | S | | {3 x 100 on 1:35 Fly/free des. 5 strk | EN2 |
| | {3 x 125 on 1:55 Breaststroke | EN2 | S | | · · · · · · · · · · · · · · · · · · · | EN2 |
| | {3 x 50 on 1:00 Breast descend | EN2 | S | | {3 x 100 on 1:40 Fly/free des. 6 strk | EN2 |
| | {3 x 125 on 1:50 Breaststroke | EN2 | S | | {2 x 25 on :30 Butterfly 1 up 4down | |
| | {3 x 50 on 1:00 Breast descend | EN2 | S | 200 | · · · · · · · · · · · · · · · · · · · | REC |
| 225 | 1 x 225 on 4:00 Stroke Drills | REC | D | | 5:06 PM 5,550 Yards - Stress Value = 90 | |

Workout #3154 - Thursday, 01 July 2004 **Group 3 - Distance**

5:08 PM 5,500 Yards - Stress Value = 90

1 minute rest between sets

| | 6:00 | Αl | M St | cart | 5 | | | | 1 |
|--------|------|-----|-------|------|-------|------------------------|-----|-----|---|
| Meters | Se | et | Desc | crip | ption | | EGY | WOF | |
| ===== | == | === | | | | | === | === | |
| 800 | 8 | Х | 100 | on | 2:00 | Stroke Drills 2 on E | REC | | |
| 180 | 12 | 2 2 | x 15 | on | :45 8 | Shooters | SP3 | | |
| 600 | 1x{2 | Х | 150 | on | 3:00 | Kick | EN1 | | |
| | { 2 | Х | 150 | on | 2:50 | Kick | EN2 | | |
| 1,000 | 1x{1 | х | 400 | on | 5:00 | Pulls | EN2 | | |
| | { 1 | х | 300 | on | 4:00 | Pulls | EN2 | | |
| | { 1 | х | 200 | on | 2:50 | Pulls | EN2 | | |
| | { 1 | Х | 100 | on | 1:30 | Pulls | EN2 | | |
| 300 | 2 | Х | 150 | on | 2:30 | 2bk-4bk-6bk by 50's | EN1 | | |
| 4,500 | 1x{2 | х | 800 | on | 10:00 |) 9:30 swims | EN2 | | |
| | { 2 | Х | 750 | on | 9:00 | 8:30 swims | EN2 | | |
| | { 2 | Х | 700 | on | 8:00 | 7:30 swims | EN2 | | |
| 200 | 1 | Х | 200 | on | 4:00 | Stroke Drills | REC | | |
| | 8:00 | Αl | M 7,5 | 580 | Mete | rs - Stress Value = 14 | 42 | | |

Workout #3163 - Thursday, 01 July 2004 **Group 3 - Distance** 1 minute rest between sets

| | 3:30 | PM | . St | cart | 5 | | | | | |
|----------------------|------|-----|------|------|-------|-----------|-------------------|-------|-----|----|
| Yards | Se | et | Desc | crip | otion | | | | EGY | WC |
| | == | | ==== | | | | | ===== | === | == |
| 600 | 6 | Х | 100 | on | 1:40 | Stroke D | rills | | REC | |
| 1-3 free 4-6 nonfree | | | | | | | | | | |
| 300 | 12 | 2 x | 25 | on | :30 1 | LO EZ 15 | fast | | SP3 | |
| 600 | 1 | Х | 600 | on | 10:00 |) Kick od | ld 100 ' s | w/brd | EN2 | |
| 1,000 | 1x{2 | Х | 125 | on | 1:40 | Pulls | | | EN1 | |
| | { 2 | Х | 125 | on | 1:35 | Pulls | | | EN1 | |
| | { 2 | Х | 125 | on | 1:30 | Pulls | | | EN2 | |
| | { 2 | Х | 125 | on | 1:25 | Pulls | | | EN2 | |
| 600 | 6 | Х | 100 | on | 1:40 | IM des i | n sets | of 3 | EN1 | |
| 3,600 | 1x{3 | Х | 600 | on | 7:05 | Freestyl | .e | | EN2 | |
| | { 2 | Х | 600 | on | 6:55 | Freestyl | .e | | EN2 | |
| | { 1 | Х | 600 | on | 6:45 | Freestyl | .e | | EN2 | |
| 300 | 1 | Х | 300 | on | 4:30 | Stroke D | rills | | REC | |
| | 5:12 | PM | 7,0 | 000 | Yards | s - Stres | s Value | = 116 | | |

Workout #3155 - Thursday, 01 July 2004 **Group 3 - Middle Distance** 1 minute rest between sets

5:06 PM 5,550 Yards - Stress Value = 90

| | 6:00 | ΑN | 1 St | art | 5 | | | |
|--------|---------------------|------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Meters | Se | et | Desc | crip | otion | | EGY | WOF |
| ===== | == | === | | -=== | | | === | === |
| 800 | 8 | х | 100 | on | 2:00 | Stroke Drills 2 on E | REC | |
| 180 | 12 | 2 2 | 15 | on | :45 \$ | Shooters | SP3 | |
| | 1x{2 | Х | 150 | on | 3:10 | Kick mid 50 brst | EN1 | |
| | { 2 | х | 150 | on | 3:00 | Kick mid 50 brst | EN2 | |
| | { 2 | Х | 150 | on | 2:50 | Kick mid 50 brst | EN2 | |
| | 1x{1 | Х | 400 | on | 5:20 | Pulls | EN2 | |
| | { 1 | Х | 300 | on | 4:15 | Pulls | EN2 | |
| | { 1 | Х | 200 | on | 3:00 | Pulls | EN2 | |
| | { 1 | Х | 100 | on | 1:35 | Pulls | EN2 | |
| 300 | 2 | Х | 150 | on | 2:30 | 2bk-4bk-6bk by 50's | EN1 | |
| | 2x{4 | Х | 300 | on | 4:00 | Freestyle | EN2 | |
| | { 1 | Х | 400 | on | 6:00 | Individual Medley | EN2 | |
| 200 | 1 | Х | 200 | on | 4:00 | Stroke Drills | REC | |
| | 7:57 | ΑN | 16,5 | 580 | Mete | rs - Stress Value = 12 | 21 | |
| | ===== 800 180 | Meters Se ====== 800 8 180 12 1x{2 | Meters Set ====== 800 8 x 180 12 x 1x{2 x {2 x {2 x 1x{1 x {1 x {1 x {1 x 300 2 x 2x{4 x 200 1 x | Meters Set Desc 800 8 x 100 180 12 x 15 1x{2 x 150 {2 x 150 {2 x 150 1x{1 x 400 {1 x 300 {1 x 200 {1 x 100 300 2 x 150 2x{4 x 300 {1 x 400 200 1 x 200 | Meters Set Descrip 800 8 x 100 on 180 12 x 15 on 1x{2 x 150 on {2 x 150 on {2 x 150 on {1 x 400 on {1 x 200 on {1 x 100 on 2x{4 x 300 on {1 x 400 on 2x 4 x 300 on {1 x 400 on 200 1 x 200 on } | 800 8 x 100 on 2:00 180 12 x 15 on :45 s 1x{2 x 150 on 3:10 {2 x 150 on 2:50 {2 x 150 on 5:20 {1 x 400 on 5:20 {1 x 200 on 3:00 {1 x 100 on 1:35 {1 x 200 on 2:30 {1 x 400 on 6:00 {1 x 200 on 4:00 {1 x 400 on 6:00 {1 x 200 on 4:00 {1 x 200 on 4:00 } | Meters Set Description ====== 800 8 x 100 on 2:00 Stroke Drills 2 on E 180 12 x 15 on :45 Shooters 1x{2 x 150 on 3:10 Kick mid 50 brst {2 x 150 on 3:00 Kick mid 50 brst {2 x 150 on 2:50 Kick mid 50 brst {1 x 400 on 5:20 Pulls {1 x 300 on 4:15 Pulls {1 x 200 on 3:00 Pulls {1 x 100 on 1:35 Pulls {1 x 100 on 2:30 2bk-4bk-6bk by 50's 2x{4 x 300 on 4:00 Freestyle {1 x 400 on 6:00 Individual Medley 200 1 x 200 on 4:00 Stroke Drills | Meters Set Description EGY ====== 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 {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 {1 x 100 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 |

Workout #3162 - Thursday, 01 July 2004 Group 3 - Middle Distance 1 minute rest between sets

| | 3:30 | PM | I St | tart | Ξ. | | |
|-------|------|-----|------|------|--------|-----------------------------------------|------|
| Yards | Se | et | Desc | crip | ption | EGY | WORF |
| | == | | ==== | | | ======================================= | ==== |
| 600 | 6 | Х | 100 | on | 1:40 | Stroke Drills REC | Γ |
| | - | 1-3 | fre | ee 4 | 1-6 no | nfree | |
| 300 | 12 | 2 x | 25 | on | :30 | .0 EZ 15 fast SP3 | ٤ |
| | 1x{2 | Х | 100 | on | 1:50 | Kick EN2 | ŀ |
| | { 2 | Х | 100 | on | 1:45 | Kick EN2 | |
| | { 2 | Х | 100 | on | 1:40 | Kick EN2 | |
| | 1x{2 | Х | 125 | on | 1:45 | Pulls EN1 | |
| | { 2 | Х | 125 | on | 1:40 | Pulls EN1 | |
| | { 2 | Х | 125 | on | 1:35 | Pulls EN2 | |
| | { 2 | Х | 125 | on | 1:30 | Pulls EN2 | |
| 600 | 6 | Х | 100 | on | 1:40 | ${\tt IM}$ des in sets of 3 ${\tt EN1}$ | |
| | 1x{4 | Х | 250 | on | 3:05 | Freestyle EN2 | |
| | { 1 | Х | 200 | on | 2:40 | 50 fl 100 fr 50 ba EN2 | |
| | { 3 | Х | 250 | on | 3:00 | Freestyle EN2 | |
| | { 1 | Х | 200 | on | 2:40 | 50 fl 100 fr 50 ba EN2 | |
| | { 2 | Х | 250 | on | 2:55 | Freestyle EN2 | |
| | { 1 | Х | 200 | on | 2:40 | 50 fl 100 fr 50 ba EN2 | |
| | { 1 | Х | 250 | on | 2:50 | Freestyle EN2 | ٤ |
| 300 | 1 | Х | 300 | on | 4:30 | Stroke Drills REC | Ι |
| | 5:09 | PM | 6,5 | 500 | Yards | - Stress Value = 106 | |

Workout #3161 - Thursday, 01 July 2004 Group 3 - Backstroke 1 minute rest between sets

| | 3:30 | ΡN | 4 St | tart | 5 | | | | | |
|-------|------|-----|-------|------|---------|-------------|---------|-----|------|---|
| Yards | Se | et | Des | crip | otion | | | EGY | WORK | Ę |
| ===== | == | -=- | | | | | | === | ==== | = |
| 600 | 6 | X | 100 | on | 1:40 | Stroke Dri | ills | REC | D | (|
| 300 | 12 | 2 2 | k 25 | on | :30 1 | 10 EZ 15 fa | ast | SP3 | S | |
| 600 | 1x{2 | Х | 100 | on | 1:55 | Kick | | EN1 | K | (|
| | { 2 | Х | 100 | on | 1:50 | Kick | | EN2 | K | (|
| | { 2 | Х | 100 | on | 1:45 | Kick | | EN2 | K | C |
| 750 | 1x{2 | Х | 125 | on | 1:45 | Pulls | | EN1 | P | |
| | { 2 | Х | 125 | on | 1:40 | Pulls | | EN1 | P | |
| | { 2 | Х | 125 | on | 1:35 | Pulls | | EN2 | P | |
| 400 | 4 | Х | 100 | on | 1:30 | Freestyle | descend | EN1 | S | |
| 2,500 | 1x{3 | Х | 100 | on | 1:35 | Backstroke | € | EN2 | S | |
| | { 1 | X | 200 | on | 2:35 | Backstroke | 9 | EN2 | S | |
| | { 3 | X | 100 | on | 1:30 | Backstroke | 9 | EN2 | S | |
| | { 1 | Х | 200 | on | 2:30 | Backstroke | € | EN2 | S | |
| | { 3 | X | 100 | on | 1:25 | Backstroke | 9 | EN2 | S | |
| | { 1 | Х | 200 | on | 2:25 | Backstroke | € | EN2 | S | |
| | { 3 | X | 100 | on | 1:20 | Backstroke | 9 | EN2 | S | |
| | { 1 | X | 200 | on | 2:20 | Backstroke | 9 | EN2 | S | |
| | { 3 | Х | 100 | on | 1:15 | Backstroke | € | EN2 | S | |
| | { 1 | X | 200 | on | 2:15 | Backstroke | 9 | EN2 | S | |
| 400 | 8 | Х | 50 0 | on 1 | 1:00 \$ | Stroke Dri | lls | REC | D | |
| | 5:01 | ΡN | 4 5,5 | 550 | Yards | s - 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 | |
| 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 | Х | 150 on 2:30 2bk-4bk-6bk by 50's | EN1 |
|-------|------|----|---------------------------------|-----|
| | { 2 | х | 150 on 2:45 IM w/out your #1 | EN1 |
| 2,400 | 1x{2 | Х | 200 on 3:00 Your Stroke w/fins | EN2 |
| | { 4 | Х | 50 on :35 Freestyle w/fins | EN2 |
| | { 2 | Х | 200 on 2:55 Your Stroke w/fins | EN2 |
| | { 4 | Х | 50 on :40 Freestyle w/fins | EN2 |
| | { 2 | Х | 200 on 2:50 Your Stroke w/fins | EN2 |
| | { 4 | Х | 50 on :45 Freestyle w/fins | EN2 |
| | { 2 | Х | 200 on 2:45 Your Stroke w/fins | EN2 |
| | { 4 | Х | 50 on :50 Freestyle w/fins | EN2 |
| 400 | 1 | X | 400 on 8:00 Stroke Drills | REC |
| | 8:03 | ΑN | 4 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 | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 1,200 | 1x{2 x 150 on 3:30 Kick mid 50 brst | EN1 | |
| | {2 x 150 on 3:25 Kick mid 50 brst | EN2 | |
| | {2 x 150 on 3:20 Kick mid 50 brst | EN2 | |
| | {2 x 150 on 3:15 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 | | |
| 300 | 2×150 on $2:45$ IM w/out the free | EN1 | |
| 2,200 | $4x{5 \times 50 \text{ on } :}45 \text{ Freestyle}$ | EN2 | |
| | {1 x 100 on 1:40 Free L.25 6bk br ev5 | EN2 | |
| | {1 x 100 on 1:40 Free L.50 6bk br ev5 | EN2 | |
| | {1 x 100 on 1:40 Free L.75 6bk br ev5 | EN2 | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | |
| | 8:02 AM 6,080 Meters - Stress Value = 10 |) 4 | |

Workout #3159 - Thursday, 01 July 2004 Group 3 - Sprint 1 minute rest between sets

| | 3:30 PM Start | | |
|-------|-------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| 600 | 6 x 100 on 1:40 Stroke Drills | REC | Γ |
| | 1-3 free 4-6 nonfree | | |
| 300 | 12 x 25 on :30 10 EZ 15 fast | SP3 | ٤ |
| 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 | ľ |
| 750 | 1x{2 x 125 on 1:45 Pulls | EN1 | E |
| | {2 x 125 on 1:40 Pulls | EN1 | E |
| | {2 x 125 on 1:35 Pulls | EN2 | E |
| 500 | 5 x 100 on 1:40 IM des in sets of 3 | EN1 | ٤ |
| 1,750 | $1x{4 x 100 on 1:25 Freestyle}$ | EN2 | ٤ |
| | {3 x 100 on 1:20 Freestyle | EN2 | ٤ |
| | {2 x 100 on 1:15 Freestyle | EN2 | ٤ |
| | {1 x 100 on 1:10 Freestyle | EN2 | ٤ |
| | $\{4 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$ | EN2 | ٤ |
| | ${3 \times 75 \text{ on } 1:00 \text{ Freestyle}}$ | EN2 | ٤ |
| | $\{2 \times 75 \text{ on } :55 \text{ Freestyle} \}$ | EN2 | ٤ |
| | $\{1 \times 75 \text{ on } : 50 \text{ Freestyle}$ | EN2 | ٤ |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | Γ |
| | 4:56 PM 5,000 Yards - Stress Value = 73 | L | |

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Workout #3165 - Friday, 02 July 2004 Group 3 - Distance 1 minute rest between sets

{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

| | 6:00 AM Start | | | | |
|--------|--------------------------------------------------------|-------|------|-----|---|
| Meters | Set Description | EGY | WORK | STF | |
| ===== | ======================================= | === | ==== | === | |
| 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 | |
| | $\{1 \times 500 \text{ on } 7:10 \text{ Pulls}$ | EN2 | P | FF | |
| | $\{1 \times 500 \text{ on } 7:00 \text{ Pulls}$ | 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 | |
| | $\{2 \times 500 \text{ on } 6:40 \text{ Freestyle} \}$ | EN2 | S | FF | |
| | $\{4 \times 250 \text{ on } 3:15 \text{ Freestyle} \}$ | EN2 | S | FF | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | CI | |
| | 7:59 AM 6,980 Meters - Stress Valu | e = 3 | 127 | | |
| | | | | | |
| | Workout #3166 - Friday, 02 July 2004 | | | | |

Group 3 - Middle Distance 1 minute rest between sets

| | 6:00 | ΑN | 1 St | tart | ī. | | | | |
|--------|------|-----|------|------|--------|-------------------|-------|------|-----|
| Meters | Se | et | Desc | crip | ption | | EGY | WORK | STF |
| ===== | == | -=- | | | === | ==== | === | | |
| 600 | 12 | 2 2 | s 50 | on | 1:00 | Stroke Drills | REC | D | CHC |
| 180 | 12 | 2 2 | 15 | on | :45 \$ | Shooters | SP3 | S | CHC |
| | 1x{2 | Х | 100 | on | 2:05 | Kick | EN1 | K | CHC |
| | { 2 | Х | 100 | on | 2:00 | Kick | EN2 | K | CHC |
| | { 2 | Х | 100 | on | 1:55 | Kick | EN2 | K | CHC |
| | 1x{1 | Х | 500 | on | 7:30 | Pulls | EN1 | P | FF |
| | { 1 | Х | 500 | on | 7:20 | Pulls | EN2 | P | FF |
| | { 1 | Х | 500 | on | 7:10 | Pulls | EN2 | P | FF |
| 400 | 2 | Х | 200 | on | 3:30 | Freestyle build | EN1 | S | FF |
| | 1x{3 | Х | 300 | on | 4:00 | Freestyle | EN2 | S | FF |
| | { 2 | Х | 300 | on | 3:50 | Freestyle | EN2 | S | FF |
| | { 1 | Х | 300 | on | 3:40 | Freestyle | EN2 | S | FF |
| | { 3 | Х | 200 | on | 2:35 | Freestyle | EN2 | S | FF |
| | { 2 | Х | 200 | on | 2:30 | Freestyle | EN2 | S | FF |
| | { 1 | Х | 200 | on | 2:25 | Freestyle | EN2 | S | FF |
| 200 | 1 | Х | 200 | on | 4:00 | Stroke Drills | REC | D | CI |
| | 7:51 | ΑN | 16,4 | 480 | Mete | rs - Stress Value | e = 1 | 116 | |

Workout #3168 - Friday, 02 July 2004 Group 3 - IM/Stroke 1 minute rest between sets

| Meters Set Description EGY WOF ====== | | 6:00 | ΑN | 1 St | tar | t | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|------|-----|------|-----|--------|------------------------|-----|-----|
| 180 | Meters | Se | et | Des | cri | ption | | EGY | WOF |
| 180 | ===== | == | -=- | | === | | | === | === |
| 900 1x{2 x 100 on 2:10 Kick EN1 | 600 | 12 | 2 2 | s 50 | on | 1:00 | Stroke Drills | REC | |
| {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 {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 2:50 100 breast 50 free EN2 {2 x 150 on 2:30 100 free 50 brst EN2 {2 x 100 on 1:45 Butterfly EN2 | 180 | 12 | 2 2 | ٤ 15 | on | :45 8 | Shooters | SP3 | |
| {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 {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 2:30 100 breast 50 free EN2 {2 x 150 on 1:45 Butterfly EN2 | 900 | 1x{2 | Х | 100 | on | 2:10 | Kick | EN1 | |
| {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 2:30 100 breast 50 free EN2 {2 x 150 on 1:45 Butterfly EN2 | | { 4 | Х | 25 (| on | :45 Sp | orint 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 | Х | 100 | on | 2:05 | 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 | | { 4 | Х | 25 (| on | :45 Sp | orint 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 | Х | 100 | on | 2:00 | Kick | EN2 | |
| {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 | | { 4 | Х | 25 (| on | :45 Sp | orint kick | EN2 | |
| 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 | 1,400 | 7x{1 | Х | 100 | on | 2:00 | Pulls 50fr 50 brst | 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 | | { 1 | Х | 100 | on | 1:55 | Pulls 50 fr 50 back | EN1 | |
| {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 | 600 | 6 | Х | 100 | on | 1:40 | Descend in sets of 3 | EN1 | |
| {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 | 2,000 | 1x{2 | Х | 150 | on | 2:40 | 100 fly 50 back | EN2 | |
| {2 x 150 on 2:30 100 free 50 brst EN2 {2 x 100 on 1:45 Butterfly EN2 | | { 2 | Х | 150 | on | 2:40 | 100 back 50 breast | EN2 | |
| {2 x 100 on 1:45 Butterfly EN2 | | { 2 | Х | 150 | on | 2:50 | 100 breast 50 free | EN2 | |
| | | { 2 | Х | 150 | on | 2:30 | 100 free 50 brst | EN2 | |
| {2 x 100 on 1:40 Backstroke EN2 | | { 2 | Х | 100 | on | 1:45 | Butterfly | EN2 | |
| | | { 2 | Х | 100 | on | 1:40 | Backstroke | EN2 | |

 $\{2 \times 100 \text{ on } 1:50 \text{ Breaststroke} \}$

| | 3:30 PM Start | | | |
|-------|----------------------------------------------|-----|------|---|
| Yards | Set Description | EGY | WORK | ٤ |
| ===== | ======================================= | === | ==== | = |
| 600 | 12 x 50 on 1:00 Stroke Drills | REC | D | C |
| 300 | 12 x 25 on :30 Breakouts | SP3 | S | |
| | 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 |
| 1,200 | 12 x 100 on 1:20 Lungbuster pulls | EN2 | P | |
| | odds br 3-5-7-9 | | | |
| | evens br 2-4-6-8 | | | |
| | $1x{1 \times 100}$ 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 | |

| | (± | 25 | 100 | , 011 | | J J 1110 | 1 T V T C | uuı | ricarcy | ПІЛТ | | _ | |
|-----|------|----|-----|-------|-----|----------|-----------|------|---------|------|---|---|---|
| | { 1 | Х | 100 | on (| 1:2 | 25 Ind | divid | ual | Medley | EN1 | ; | S | |
| | 3x{1 | Х | 50 | on | :35 | Your | Stro | ke | | EN2 | : | S | S |
| | { 2 | Х | 25 | on | :30 | Strol | ke Dr | ills | 3 | REC |] | D | Ş |
| | { 2 | Х | 50 | on | :40 | Your | Stro | ke | | EN2 | : | S | S |
| | { 2 | Х | 25 | on | :30 | Strol | ke Dr | ills | 3 | REC |] | D | Ş |
| | { 3 | Х | 50 | on | :45 | Your | Stro | ke | | EN2 | ; | S | Ş |
| | { 2 | Х | 25 | on | :30 | Strol | ke Dr | ills | 3 | REC |] | D | Ş |
| | { 4 | Х | 50 | on | :50 | Your | Stro | ke | | EN2 | ; | S | S |
| | { 2 | Х | 25 | on | :30 | Strol | ke Dr | ills | 3 | REC |] | D | Ş |
| 300 | 1 | Х | 300 | on (| 5:0 | 00 Sti | roke 1 | Dril | lls | REC |] | D | |
| | 5:08 | ΡN | 45, | 500 | Yaı | rds - | Stre | ss \ | /alue = | 80 | | | |
| | | | | | | | | | | | | | |

Workout #3169 - Friday, 02 July 2004 Group 3 - Freestylers 1 minute rest between sets

3:30 PM Start

Set Description

Yards

======

EN2

| 600 | 12 | 2 2 | k 50 | on | 1:00 | Stroke Dril | ls | REC | D | C |
|-------|------|-----|-------|------|--------|--------------|--------|-----|---|---|
| | (| odo | ds f | ree | evns | nonfr | | | | |
| 300 | 12 | 2 2 | k 25 | on | :30 E | Breakouts | | SP3 | S | |
| 500 | 1 | Х | 500 | on | 9:00 | Kick no boa | rd | EN2 | K | C |
| | 6 | ev. | . 4tl | n 25 | 5 15m | under | | | | |
| 1,100 | 1: | 1 2 | k 100 | 10 C | n 1:15 | Lungbuster | pulls | EN2 | Ρ | |
| | (| odo | ds b | r 3- | -5-7-9 |) | | | | |
| | 6 | eve | ens l | or 2 | 2-4-6- | -8 | | | | |
| | 1x{1 | Х | 100 | on | 1:45 | Individual 1 | Medley | EN1 | S | |
| | { 1 | Х | 100 | on | 1:35 | Individual 1 | Medley | EN1 | S | |
| | { 1 | Х | 100 | on | 1:25 | Individual 1 | Medley | EN1 | S | |
| | { 1 | Х | 100 | on | 1:15 | Individual 1 | Medley | EN2 | S | |
| | 1x{2 | Х | 300 | on | 4:00 | Freestyle | | EN1 | S | |
| | { 1 | Х | 100 | on | 1:05 | Freestyle | | EN2 | S | |
| | { 2 | Х | 300 | on | 4:00 | Freestyle | | EN1 | S | |
| | { 2 | Х | 100 | on | 1:10 | Freestyle | | EN2 | S | |
| | { 2 | Х | 300 | on | 4:00 | Freestyle | | EN1 | S | |
| | { 3 | Х | 100 | on | 1:15 | Freestyle | | EN2 | S | |
| | { 2 | Х | 300 | on | 4:00 | Freestyle | | EN1 | S | |
| | { 4 | X | 100 | on | 1:20 | Freestyle | | EN1 | S | |
| 200 | 1 | Х | 200 | on | 4:00 | Stroke Dril | ls | REC | D | |
| | | | | | | | | | | |

5:12 PM 6,500 Yards - Stress Value = 89

3:30 PM Start

Set Description

Yards

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

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 | (|
| | {1 x 100 on 1:55 Kick | EN1 | K | (|
| | {1 x 100 on 1:50 Kick | EN1 | K | (|
| | {1 x 100 on 1:45 Kick | EN2 | K | (|
| | {1 x 100 on 1:40 Kick | EN2 | K | (|
| | {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 | | | |
| | {1 x 100 on 1:35 Individual Medley | | | |
| | {1 x 100 on 1:25 Individual Medley | | | |
| 1,400 | $2x\{1 \times 50 \text{ on } : 35 \text{ Freestyle}$ | | | Ş |
| | $\{2 \times 25 \text{ on } : 30 \text{ Stroke Drills} \}$ | | | |
| | $\{2 \times 50 \text{ on } : 40 \text{ Freestyle br ev } 5$ | | | |
| | | REC | | |
| | ${3 \times 50 \text{ on :} 45 \text{ Freestyle br ev 6}}$ | | | |
| | • | REC | | |
| | $\{4 \times 50 \text{ on } : 50 \text{ Freestyle br ev } 7$ | | | |
| | $\{2 \times 25 \text{ on } : 30 \text{ Stroke Drills} \}$ | | D | |
| 300 | 1 x 300 on 5:00 Stroke Drills | | 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 | Desc | crip | otion | 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 | Х | 100 | on | 1:45 | Freestyle-descend | EN1 |
|-------|------|----|------|-----|------|---------------------|-----|
| | { 3 | Х | 100 | on | 1:40 | Freestyle-descend | EN1 |
| | { 3 | Х | 100 | on | 1:35 | Freestyle-descend | EN1 |
| 3,000 | 2x{1 | Х | 500 | on | 8:45 | Freestyle | EN3 |
| | { 1 | Х | 100 | on | 2:00 | Stroke Drills | REC |
| | { 1 | Х | 400 | on | 7:00 | Freestyle | EN3 |
| | { 1 | Х | 100 | on | 2:00 | Stroke Drills | REC |
| | { 1 | Х | 300 | on | 5:15 | Freestyle | EN3 |
| | { 1 | Х | 100 | on | 2:00 | Stroke Drills | REC |
| 200 | 1 | Х | 200 | on | 4:00 | Stroke Drills | REC |
| | 8:23 | ΑN | 17,5 | 580 | Mete | rs - Stress Value = | 210 |

Workout #3172 - Saturday, 03 July 2004 **Group 3 - Middle Distance** 1 minute rest between sets

| | 6:00 | ΑM | 1 S1 | tart | t | | | |
|--------|------|-----|------|------|--------|------------------------|-----|-----|
| Meters | Se | et | Des | crip | ption | | EGY | WOI |
| | == | === | ==== | ==== | | | === | === |
| 600 | 1 | Х | 600 | on | 12:00 | Swim-kick-drll-swim | REC | |
| 180 | 12 | 2 x | : 15 | on | :45 \$ | Shooters | SP3 | |
| | 1x{1 | Х | 150 | on | 3:10 | Kick | EN1 | |
| | { 1 | Х | 150 | on | 3:00 | Kick | EN2 | |
| | { 1 | Х | 150 | on | 2:50 | Kick | EN2 | |
| | { 1 | Х | 150 | on | 2:40 | Kick | EN2 | |
| 1,800 | 3 | Х | 600 | on | 9:00 | Pulls | EN1 | |
| | 1x{3 | Х | 100 | on | 1:45 | Freestyle-descend | EN1 | |
| | { 3 | Х | 100 | on | 1:40 | Freestyle-descend | EN1 | |
| | 2x{1 | Х | 300 | on | 6:00 | Freestyle | SP1 | |
| | { 1 | Х | 100 | on | 2:00 | Stroke Drills | REC | |
| | { 1 | Х | 250 | on | 5:00 | Freestyle | SP1 | |
| | { 1 | Х | 100 | on | 2:00 | Stroke Drills | REC | |
| | { 1 | Х | 200 | on | 4:00 | Freestyle | SP1 | |
| | { 1 | Х | 100 | on | 2:00 | Stroke Drills | REC | |
| | { 1 | Х | 150 | on | 3:00 | Freestyle | SP1 | |
| | { 1 | Х | 100 | on | 2:00 | Stroke Drills | REC | |
| 200 | 1 | Х | 200 | on | 4:00 | Stroke Drills | REC | |
| | 8:13 | ΑM | 16, | 580 | Mete | rs - Stress Value = 20 |)3 | |

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 12 x 15 on :45 Shooters 180 $1,000 1x{1 x 150 on 3:30 Kick}$ {1 x 150 on 3:20 Kick EN1 {1 x 150 on 3:10 Kick EN1 $\{2 \times 100 \text{ on } 2:15 \text{ Kick} \}$ EN1 {2 x 100 on 2:05 Kick EN1 {3 x 50 on 1:00 Kick 1,000 $5 \times 200 \text{ on } 3:15 \text{ Pulls-nbbf&w} + 2 \text{ yds EN1}$ 600 $1x{3 \times 100}$ on 1:45 Freestyle-descend {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 {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

Group 2 - All 1 minute rest between sets

| | 1 minute rest between sets | | | | | |
|--------|-------------------------------------------------------|--------|----------|-------------------------------------------|-----|------|
| | | | | 6:15 AM Start | | |
| | 6:00 AM Start | | Meters | Set Description | EGY | WORF |
| Meters | Set Description | EGY WO |)F ===== | ======================================= | === | ==== |
| ====== | ======================================= | === == | == | 1 on 35:00 Dryland and stretch | | I |
| 600 | 1 x 600 on 12:00 Swim-kick-drll-swim | REC | 600 | 6 x 100 on 2:00 Stroke Drills | REC | Γ |
| 180 | 12 x 15 on :45 Shooters | SP3 | | odds free evens strk | | |
| 1,000 | 1x{1 x 150 on 3:30 Kick | EN1 | 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| • | 1 x 150 on 3:20 Kick | EN1 | | 2x{1 x 150 on 3:30 Kick | EN1 | F |
| | 1 x 150 on 3:10 Kick | EN1 | | {1 x 100 on 2:20 Kick | EN1 | F |
| | {2 x 100 on 2:15 Kick | EN1 | | {1 x 50 on 1:10 Kick | EN1 | F |
| | {2 x 100 on 2:05 Kick | EN1 | 600 | 12 x 50 on 1:15 Pulls | EN1 | E |
| | {3 x 50 on 1:00 Kick | EN2 | 300 | 2 x 150 on 2:45 2bk-4bk-6bk by 50's | EN1 | ٤ |
| 1,000 | 5 x 200 on 3:15 Pulls-nbbf&w + 2 yds | EN1 | | 1x{1 x 200 on 3:30 Individual Medley | EN1 | ٤ |
| 600 | 1x{3 x 100 on 1:45 Freestyle-descend | EN1 | | {2 x 150 on 2:40 100 fly 50 back | EN1 | ٤ |
| | {3 x 100 on 1:40 Freestyle-descend | EN1 | | {1 x 200 on 3:30 Individual Medley | EN1 | ٤ |
| 2,700 | $3x\{1 \times 150 \text{ on } 3:00 \text{ Freestyle}$ | SP1 | | {2 x 150 on 2:40 100 back 50 breast | EN1 | ٤ |
| | {1 x 200 on 4:00 Stroke Drills | REC | | {1 x 200 on 3:30 Individual Medley | EN1 | ٤ |
| | {1 x 100 on 3:00 Freestyle | SP1 | | {2 x 150 on 2:40 100 breast 50 free | EN1 | ٤ |
| | {1 x 200 on 4:00 Stroke Drills | REC | | • • | EN1 | ٤ |
| | $\{1 \times 50 \text{ on } 3:00 \text{ Freestyle} \}$ | SP1 | | {2 x 150 on 2:40 100 free 50 fly | EN1 | ٤ |
| | {1 x 200 on 4:00 Stroke Drills | REC | 200 | 1 x 200 on 4:00 Stroke Drills | REC | Γ |
| | 8:19 AM 6,080 Meters - Stress Value = 1 | 17 | | 8:32 AM 4,480 Meters - Stress Value = 4 | 4 | |

Workout #3176 - Monday, 05 July 2004 Group 2 - All

1 minute rest between sets

Workout #3179 - Wednesday, 07 July 2004 Group 2 - All 1 minute rest between sets

| Meters | - | | Meters | | | | St Desc | | c otion | EGY | / WOF |
|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|-------|
| 300 | 1 x 200 on 4:00 Stroke Drills 5:32 PM 4,050 Meters - Stress Value = 57 Workout #3178 - Tuesday, 06 July 2004 Group 3 - All 1 minute rest between sets | REC SP3 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 REC | 800 180 200 | 1x 2x 1x | 1 12 {2 {2 {2 {2 {1 {1 {1 {3 {1 {3 {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 {3} {1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 | x x x x x x x x x x x x x x x x x x x | 800 15 100 100 100 100 150 150 200 200 100 100 100 100 200 200 | on o | Stomach and Stretch 15:00 Swim-kick-pull-swim :45 Shooters 2:25 Kick 2:20 Kick 2:15 Kick 2:16 Kick 2:10 Kick 2:30 Pulls mid 50 br ev 5 2:30 Pulls mid 50 br ev 6 2:30 Pulls mid 50 br ev 7 3:30 Free build each 50 3:30 Your Stroke 2:00 Freestyle 2:35 Your Stroke 2:00 Freestyle 1:45 Your Stroke 2:00 Freestyle 3:55 Your Stroke 2:00 Freestyle 3:55 Your Stroke 4:00 Stroke Drills Meters - Stress Value = 45 | SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 REC EN1 REC | |
| | 5:30 PM Start | | | | | | | | | | |

| Meters | Set Description | EGY | WORF |
|--------|--------------------------------------------|-----|------|
| | ======================================= | === | ==== |
| | 1 on 30:00 Dryland and stretch | | I |
| | $3x{1 x 100 on 2:00 Stroke Drills}$ | REC | Γ |
| | {2 x 50 on 1:15 Pulls | REC | Γ |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| | 3x{1 x 100 on 2:20 Kick | EN1 | ľ |
| | {2 x 50 on 1:15 Kick no board | EN1 | ľ |
| 800 | 16×50 on :55 Pulls-nbbf&w + 2 yds | EN1 | E |
| | 4x{1 x 400 on 7:00 Individual Medley | EN2 | ٤ |
| | {1 x 50 on 1:10 Stroke | EN1 | ٤ |
| | {1 x 50 on 1:05 Stroke | EN1 | ٤ |
| | {1 x 50 on 1:00 Stroke | EN1 | ٤ |
| | {1 x 50 on :55 Stroke | EN1 | ٤ |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | Ι |
| | 1 on 12:00 Techniques-Starts | | Ι |

7:59 PM 4,780 Meters - Stress Value = 66

Workout #3180 - Wednesday, 07 July 2004 Group 2 - All 1 minute rest between sets

| | 5:30 PM Start | | | |
|--------|--------------------------------------------------------|-------|------|---|
| Meters | Set Description | EGY | WORK | ۶ |
| ===== | ======================================= | === | ==== | = |
| | 1 on 30:00 Stomach and Stretch | | L | Ι |
| 600 | 1 x 600 on 12:00 Reverse IM drill | REC | D | |
| 180 | 12 x 15 on :45 Shooters | SP3 | S | |
| | $1x{4 \times 50}$ on 1:15 Kick no board | EN1 | K | |
| | $\{4 \times 50 \text{ on } 1:15 \text{ Kick no board}$ | EN1 | K | |
| | $\{4 \times 50 \text{ on } 1:15 \text{ Kick no board}$ | EN1 | K | E |
| | $\{4 \times 50 \text{ on } 1:15 \text{ Kick no board}$ | 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 | |
| | $1x\{2 \times 200 \text{ on } 3:10 \text{ Freestyle}$ | 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 | (|
| | {2 x 200 on 2:55 Freestyle | EN2 | S | |
| | {1 x 50 on 1:00 Stroke Drills | REC | D | (|
| | {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 | (|
| | {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 | L | |
| | • | | | |

Workout #3181 - Thursday, 08 July 2004 Group 2 - All

1 minute rest between sets

| | 6:15 AM Start | | |
|--------|-----------------------------------------------------|-----|------|
| Meters | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 35:00 Stomach and Stretch | | I |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | Ι |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| 800 | 4 x 200 on 4:15 Kick | EN1 | F |
| 1,000 | 1 x 1000 on 16:00 Pulls | EN1 | E |
| 300 | 6 x 50 on 1:00 Odds free evns nonfr | EN1 | ٤ |
| | 1x{5 x 100 on 1:50 Freestyle | EN1 | ٤ |
| | $\{4 \times 100 \text{ on } 1:45 \text{ Freestyle}$ | EN1 | ٤ |
| | {3 x 100 on 1:40 Freestyle | EN1 | ٤ |
| | {2 x 100 on 1:35 Freestyle | EN1 | ٤ |
| | {1 x 100 on 1:30 Freestyle | EN2 | ٤ |
| 300 | 1 x 300 on 6:00 Stroke Drills | REC | Ι |
| | 8:32 AM 4,880 Meters - Stress Value = | 48 | |

Workout #3182 - Thursday, 08 July 2004 Group 2 - All

1 minute rest between sets

| Yards | 5:30 PM Start 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 of4 | 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 | 12×25 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 |
| 00 | 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 | ΑN | 1 St | art | | | |
|--------|------|-----|-------|------|----------------------------|-----|-----|
| Meters | Se | et | Des | crip | otion | EGY | WOF |
| | == | === | | -=== | | === | === |
| 800 | 1 | Х | 800 | on | 14:00 Choice | REC | |
| 180 | 12 | 2 > | 15 | on | :45 Shooters | SP3 | |
| | 1x{1 | Х | 200 | on | 4:30 Kick | EN2 | |
| | { 1 | Х | 200 | on | 4:10 Kick | EN2 | |
| | { 1 | Х | 200 | on | 3:50 Kick | EN2 | |
| | 1x{2 | Х | 250 | on | 3:45 Pulls | EN1 | |
| | { 2 | Х | 250 | on | 3:35 Pulls | EN2 | |
| | { 2 | Х | 150 | on | 2:05 Pulls | EN2 | |
| 600 | 6 | Х | 100 | on | 1:40 Descend in sets of 3 | EN1 | |
| | 1x{1 | Х | 750 | on | 10:15 Freestyle | EN2 | |
| | { 1 | Х | 750 | on | 10:00 Freestyle | EN2 | |
| | { 1 | Х | 750 | on | 9:45 Freestyle | EN2 | |
| 250 | 1 | Х | 250 | on | 5:00 Stroke Drills | REC | |
| | 7:46 | ΑN | 1 5,9 | 980 | Meters - Stress Value = 10 |)2 | |

Workout #3189 - Monday, 12 July 2004 Group 3 - Distance 1 minute rest between sets

| | 6:00 | AN | 1 St | cart | | | | |
|--------|------|-----|-------|---------------|--------|------------------------|-----|-----|
| Meters | Se | et | Des | crip | otion | | EGY | WOF |
| ===== | == | === | | | | | === | === |
| 800 | 1 | Х | 800 | on | 15:00 |) Swim-kick-drll-swim | REC | |
| 180 | 1: | 2 x | 15 | on | :45 \$ | Shooters | SP3 | |
| 500 | 5 | Х | 100 | on | 2:10 | Kick evens brst | EN1 | |
| 1,500 | 3 | Х | 500 | on | 8:00 | Pulls | EN1 | |
| 600 | 1 | Х | 600 | on | 10:00 |) Reverse IM drill | REC | |
| | 1x{1 | Х | 400 | on | 7:00 | Freestyle | EN1 | |
| | { 1 | Х | 400 | on | 6:45 | Freestyle | EN1 | |
| | { 1 | Х | 400 | on | 6:30 | Freestyle | EN1 | |
| | { 1 | Х | 400 | on | 6:15 | Freestyle | EN1 | |
| | { 1 | Х | 400 | on | 6:00 | Freestyle | EN1 | |
| | { • | eve | en 10 | 00 ' s | dril | Ll | | |
| 300 | 6 | Х | 50 0 | on 1 | L:00 I | Descend in sets of 3 | EN1 | |
| 200 | 1 | Х | 200 | on | 3:00 | Stroke Drills | REC | |
| | 7:58 | ΑM | 16,0 | 080 | Meter | rs - Stress Value = 54 | 1 | |

EGY WOF

EN1

EN2

EGY WOR

EN2

EN2

EN2

EN1

Workout #3194 - Monday, 12 July 2004 Group 3 - Distance 1 minute rest between sets

| Meters | | M Start Descrip | | | EGY | WOF |
|--------|--------|--------------------|--------|-----------------------|-----|-----|
| | 1 | | 1 4 0 | | | |
| | | | |) Swim-kick-drll-swim | | |
| 180 | 12 : | x 15 on | :45 3 | 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 e | each 1 | L00 | | |
| | {3 x | 400 on | 6:00 | Free descend | EN2 | |
| 200 | 1 x | 200 on | 4:00 | Stroke Drills | REC | |

Workout #3185 - Monday, 12 July 2004 Group 3 - IM/Stroke 1 minute rest between sets

2x{1 x 400 on 6:00 Free-just make it {2 x 200 on 3:00 Free #1 neg split

1 x 800 on 14:00 Swim-kick-drll-swim REC

2 x 600 on 10:00 Pulls des by 200's EN1

3 x 100 on 1:40 Freestyle-descend EN1

{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

12 x 15 on :45 Shooters

{2 x 50 on 1:10 Kick no board

{2 x 50 on 1:10 Kick no board {1 x 100 on 2:00 Kick {2 x 50 on 1:10 Kick no board

1 x 800 on 14:00 Choice 12 x 15 on :45 Shooters

600 1x{1 x 200 on 4:30 Kick {1 x 200 on 4:10 Kick

 $1,300 \ 1x\{2 \ x \ 250 \ on \ 3:45 \ Pulls$

6:00 AM Start
Meters Set Description

{1 x 200 on 3:50 Kick

 $\{2 \text{ x } 250 \text{ on } 3:35 \text{ Pulls}$

{2 x 150 on 2:05 Pulls

Set Description

1x{1 x 100 on 2:10 Kick

{1 x 100 on 2:05 Kick

{1 x 100 on 1:55 Kick

{ #2 build each 100

6:00 AM Start

Meters Set Description

180

300

======

800

180 600

600

300

200

1,200

Meters

======

Workout #3183 - Monday, 12 July 2004 Group 3 - Middle Distance 1 minute rest between sets

5:20 PM 6,080 Meters - Stress Value = 77

| | 6:00 AM Start | | |
|--------|--------------------------------------------|-----|-----|
| Meters | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| 800 | 1 x 800 on 15:00 Swim-kick-drll-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 | 6×50 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 = 4 | 6 | |

Workout #3188 - Monday, 12 July 2004 Group 3 - IM/Stroke 1 minute rest between sets

6 x 100 on 2:10 Kick evens brst

6 x 100 on 2:00 odds free evns #1

 $\{2 \times 200 \text{ on } 3:45 \text{ Individual Medley}$ $\{2 \times 200 \text{ on } 3:30 \text{ Individual Medley}$

{2 x 200 on 3:15 Individual Medley

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

1 x 200 on 4:00 Stroke Drills 7:56 AM 5,480 Meters - Stress Value = 47

12 x 15 on :45 Shooters

1,600 1x{2 x 200 on 4:00 Individual Medley

4 x 300 on 5:15 Pulls

{ even 200's drill

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

1,800 1x{2 x 200 on 4:00 Your Stroke EN2

1 x 300 on 5:00 Stroke Drills 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 | ΑN | 1 St | cart | | | | |
|--------|------|-----|------|------|-------|------------------------|-----|-----|
| Meters | Se | EGY | WOF | | | | | |
| | == | === | | | -==== | | === | === |
| 800 | 1 | Х | 800 | on | 14:00 |) Choice | REC | |
| 180 | 12 | 2 > | 15 | on | :45 8 | Shooters | SP3 | |
| | 1x{1 | Х | 200 | on | 4:30 | Kick | EN2 | |
| | { 1 | Х | 200 | on | 4:10 | Kick | EN2 | |
| | { 1 | Х | 200 | on | 3:50 | Kick | EN2 | |
| | 1x{2 | Х | 250 | on | 3:45 | Pulls | EN1 | |
| | { 2 | Х | 250 | on | 3:35 | Pulls | EN2 | |
| | { 2 | Х | 150 | on | 2:05 | Pulls | EN2 | |
| 300 | 3 | Х | 100 | on | 1:40 | Freestyle-descend | EN1 | |
| | 1x{1 | Х | 400 | on | 5:30 | Freestyle | EN2 | |
| | { 1 | Х | 400 | on | 6:30 | IM w/out your choice | EN2 | |
| | { 1 | Х | 400 | on | 5:20 | Freestyle | EN2 | |
| | { 1 | Х | 400 | on | 6:30 | IM w/out your choice | EN2 | |
| | { 1 | Х | 400 | on | 5:10 | Freestyle | EN2 | |
| 300 | 1 | Х | 300 | on | 5:00 | Stroke Drills | REC | |
| | 7:40 | ΑN | 15.4 | 180 | Meter | rs - Stress Value = 92 | 2 | |

1 x 300 on 5:00 Stroke Drills REC
7:40 AM 5,480 Meters - Stress Value = 92

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 | 100 on 1:45 #1 drill #2 build E | EN1 |
|-----|------|------------------------------------|-----|
| | { 3 | 100 on 1:40 #1 drill #2 build E | EN1 |
| 300 | 6 | 50 on 1:00 Descend in sets of 3 H | EN1 |
| 200 | 1 | 200 on 4:00 Stroke Drills | REC |
| | 7:51 | M 5,080 Meters - Stress Value = 45 | |

| | 3:30 PM Start | | |
|--------|-----------------------------------------|-----|-----|
| Meters | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| 800 | 1 x 800 on 14:00 Swim-kick-drll-swim | REC | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |

Workout #3193 - Monday, 12 July 2004 Group 3 - Sprint 1 minute rest between sets

| 800 | 1 | x 800 on 14:00 Swim-kick-drll-swim | REC |
|-------|------|-------------------------------------|-----|
| 180 | 12 | 2 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 | 0 x 100 on 1:45 Lungbuster pulls | EN1 |
| | k | breathe 5-7 | |
| | 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 | 1 |

3:30 PM Start Meters Set Description ====== _____________________________________ 800 1 x 800 on 14:00 Swim-kick-drll-swim REC 12 x 15 on :45 Shooters 180 700 1x{1 x 100 on 2:10 Kick 12 x 50 on 1:10 Kick no board EN1 {1 x 100 on 2:05 Kick {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 EN1 breathe 5-7 1,500 1x{5 x 150 on 2:30 Freestyle EN1 {5 x 100 on 1:40 Freestyle EN1 $\{5 \times 50 \text{ on } : 50 \text{ Freestyle } \}$ EN1 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

Workout #3195 - Tuesday, 13 July 2004 **Group 3 - Distance** 1 minute rest between sets

| | 6:00 AM Start | | |
|--------|-----------------------------------------|-------|------------|
| Meters | Set Description | EGY W | - Iaio |
| 800 | 1 x 800 on 14:00 Choice | REC | ==== 60 |
| 180 | 12 x 15 on :45 Shooters | SP3 | 18 |
| 900 | 1x{6 x 50 on 1:15 Kick des in 3's | EN2 | 10 |
| | {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 | | 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 | 30 |
| | 1x{2 x 150 on 2:40 Free 1st 50 non free | | 30 |
| 1,000 | {1 x 100 on 1:45 Stroke Drills | | |
| | {1 x 100 on 1:45 Free 6bk br ev 5 | | |
| | {2 x 150 on 2:40 Free mid 50 non free | | |
| | {1 x 100 on 1:45 Stroke Drills | | |
| | {1 x 100 on 1:45 Free 6bk br ev 5 | | |
| | | | |
| | {2 x 150 on 2:40 Free last 50 non fr | | |
| | {1 x 100 on 1:45 Stroke Drills | | _ |
| 0.00 | {1 x 100 on 1:45 Free 6bk br ev 5 | | Yard |
| 200 | 1 x 200 on 4:00 Stroke Drills | | ===== |
| | 7:44 AM 4,980 Meters - Stress Value = 7 | 8 | 60 |
| | | | 1 0 |

| | 3:30 | PM S | tart | 5 | | | | | |
|-------|------|-------|------|--------|-----------------|------|------|-----|---|
| Yards | Se | t Des | crip | otion | | EGY | WORK | STK | |
| ===== | == | | ==== | | | === | ==== | === | = |
| 600 | 1 | x 600 | on | 10:00 |) Choice | REC | S | СНО | |
| 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 | s - Stress Valu | ıe = | 95 | | |

Workout #3190 - Monday, 12 July 2004 Group 3 - Sprint 1 minute rest between sets

Workout #3198 - Tuesday, 13 July 2004 **Group 3 - Middle Distance** 1 minute rest between sets

EGY WORK

3:30 PM Start

Set Description

Yards

| | 6:00 AM Start | |
|--------|---------------------------------------------|---------|
| Meters | Set Description | EGY WOF |
| | ======================================= | |
| 800 | 1 x 800 on 15:00 Swim-kick-drll-swim | REC |
| 180 | 12 x 15 on :45 Shooters | SP3 |
| 800 | 8 x 100 on 2:15 Kick evens brst | EN1 |
| 900 | 6×150 on 2:30 Pulls-nbbf&w + 2 yds | EN1 |
| 400 | 4 x 100 on 2:15 odds free evns nonfr | REC |
| 1,500 | $1x{3 x 100 on 2:00 #1 drill #2 build}$ | EN1 |
| | {3 x 100 on 1:55 #1 drill #2 build | EN1 |

{3 x 100 on 1:50 #1 drill #2 build EN1

| 600 | 1 x 600 | on | 10:00 Choice | REC | ٤ |
|-------|-------------|-----|--------------------------|-----|---|
| 180 | 12 x 15 | on | :45 Shooters | SP3 | ٤ |
| | 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 | E |
| 300 | 12 x 25 | on | :30 IM order-build | EN1 | ٤ |
| | 1x{4 x 100 | on | 1:20 Freestyle | EN2 | ٤ |
| | {3 x 200 | on | 2:30 Freestyle | EN2 | ٤ |
| | {2 x 300 | on | 3:30 Freestyle | EN2 | ٤ |
| | {1 x 400 | on | 4:20 Freestyle | EN2 | ٤ |
| 300 | 3 x 100 | on | 2:00 Stroke Drills | REC | Γ |
| | 5:00 PM 5,1 | L30 | Yards - Stress Value = 7 | 5 | |

Workout #3197 - Tuesday, 13 July 2004 Group 3 - IM/Stroke

1 minute rest between sets

| | Group 3 - IM/Stroke | | | | | | | | | | |
|-------|--------------------------------------------------------------------------|------------|------|--------|-----|------|--------------|-----|------------------------------------|------------|------|
| | 1 minute rest between sets | | | Meters | | | 1 St Desc | | ption | EGY | WORF |
| Yards | 3:30 PM Start Set Description | EGY | WORF | 1,000 | | | | | n 2:00 Stroke Drills evns nonfr | === REC | Ξ=== |
| 600 | 1 x 600 on 10:00 Choice | REC | | 180 | | 12 2 | k 15 | on | :45 Shooters | SP3 | S |
| 180 | 12 x 15 on :45 Shooters | SP3 | C | | 1x{ | 2 x | 150 | on | 3:20 Kick | EN2 | F |
| | 1x{2 x 125 on 2:20 Kick | EN2 | ř | | { | 2 x | 150 | on | 3:10 Kick | EN2 | ľ |
| 300 | {2 x 125 on 2:10 Kick | EN2 | ŀ | | { | 2 x | 150 | on | 3:00 Kick | EN2 | ľ |
| 500 | • | | ī | | 1x{ | 1 x | 400 | on | 6:00 Pulls | EN1 | E |
| 300 | 4 x 75 on 1:10 2bk-4bk-6bk by 25's | EN1 | ٤ | | { | 1 x | 400 | on | 5:55 Pulls | EN1 | E |
| | 1x{6 x 75 on 1:10 Your Stroke | EN2 | 5 | | { | 1 x | 400 | on | 5:50 Pulls | EN1 | E |
| 2,250 | {6 x 25 on :30 #2 stroke | EN2 | 5 | | { | 1 x | 400 | on | 5:45 Pulls | EN1 | E |
| | {6 x 100 on 1:30 Your Stroke | EN2 | c | 600 | | 1 x | 600 | on | 12:00 Reverse IM drill | REC | Γ |
| | {6 x 25 on :30 #2 stroke | EN2 | د د | | 1x{ | 1 x | 200 | on | :00 Brkn @100 rest 20 se | SP1 | ٤ |
| | • | | 5 | | { | 1 x | 400 | on | 12:00 Stroke Drills | REC | Γ |
| | {6 x 125 on 1:50 Your Stroke | EN2 EN2 | 2 | | { | 1 x | 200 | on | :00 Brkn @150 rest 20 se | SP1 | ٤ |
| 200 | {6 x 25 on :30 #2 stroke | | ٤ | | { | 1 x | 400 | on | 12:00 Stroke Drills | REC | Γ |
| 200 | 1 x 200 on 4:00 Stroke Drills 4:56 PM 4,530 Yards - Stress Value = 70 | REC) | L | | 7:5 | 3 A1 | 4 5,4 | 180 | Meters - Stress Value = | 31 | |

Workout #3196 - Tuesday, 13 July 2004 **Group 3 - Sprint** 1 minute rest between sets

Group 3 - IM/Stroke 1 minute rest between sets

| | 3:30 PM Start | | | | 6:00 AM Start | |
|---------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| Yards | Set Description | EGY | WORF | Meters | Set Description | EGY WC |
| ===== 600 180 500 500 300 1,800 | 1 x 600 on 10:00 Choice 12 x 15 on :45 Shooters 1x{2 x 125 on 2:20 Kick {2 x 125 on 2:10 Kick 10 x 50 on :40 Pulls-nbbf&w + 2 yds 4 x 75 on 1:10 IM w/out the free 1x{6 x 50 on :50 Descend in sets of 3 {6 x 25 on :30 #2 stroke {6 x 50 on :45 Descend in sets of 3 {6 x 25 on :30 #2 stroke {6 x 50 on :40 Descend in sets of 3 {6 x 25 on :30 #2 stroke {6 x 50 on :40 Descend in sets of 3 {6 x 25 on :30 #2 stroke {6 x 50 on :35 Descend in sets of 3 {6 x 25 on :30 #2 stroke {6 x 50 on :35 Descend in sets of 3 {6 x 25 on :30 #2 stroke {6 x 50 on :30 #2 stroke | REC SP3 EN2 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 | ==== | 1,000 180 900 1,200 | 10 x 100 on 2:00 Stroke Drills odds free evns nonfr 12 x 15 on :45 Shooters 1x{2 x 150 on 3:20 Kick {2 x 150 on 3:10 Kick {2 x 150 on 3:00 Kick 1x{1 x 300 on 4:30 Pulls {1 x 300 on 4:25 Pulls {1 x 300 on 4:25 Pulls {1 x 300 on 4:15 Pulls 1 x 600 on 12:00 200fr 200IMdrl 200fr 11 1x{1 x 200 on :00 IM brkn @50 5-10-15 {1 x 400 on 12:00 Stroke Drills {2 x 100 on 4:00 Brkn @50 rest 20 sec | === == REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 |
| 200 | 1 x 200 on 4:00 Stroke Drills 4:49 PM 4,080 Yards - Stress Value = 6 | REC 1 | L | | 7:55 AM 5,080 Meters - Stress Value = 77 | |

Workout #3199 - Wednesday, 14 July 2004 **Group 3 - Distance** 1 minute rest between sets

Workout #3202 - Wednesday, 14 July 2004 Group 3 - Sprint 1 minute rest between sets

Workout #3201 - Wednesday, 14 July 2004

| Meters | 6:00 AM Start Set Description | EGY | WORF | Meters | 6:00 AM Start Set Description | EGY WOF |
|--------|----------------------------------------------------------|-----|--------|--------|------------------------------------------|---------|
| 1,000 | 10 x 100 on 2:00 Stroke Drills odds free evns nonfr | REC | Ξ=== | 1,000 | odds free evns nonfr | REC |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ | 180 | | SP3 |
| | 1x{2 x 150 on 3:20 Kick | EN2 | F | 900 | 1x{2 x 150 on 3:20 Kick | EN2 |
| | {2 x 150 on 3:10 Kick | EN2 | F | | {2 x 150 on 3:10 Kick | EN2 |
| | {2 x 150 on 3:00 Kick | EN2 | ŀ | | {2 x 150 on 3:00 Kick | EN2 |
| | 1x{1 x 500 on 7:30 Pulls | EN1 | ī | 900 | 1x{1 x 300 on 4:30 Pulls | EN1 |
| | {1 x 500 on 7:35 Pulls | EN1 | T. | | {1 x 300 on 4:25 Pulls | EN1 |
| | {1 x 500 on 7:20 Pulls | EN1 | T T | | {1 x 300 on 4:20 Pulls | EN1 |
| | {1 x 500 on 7:20 Pulls {1 x 500 on 7:15 Pulls | | r T | 400 | 1 x 400 on 8:00 Reverse IM drill | REC |
| 0.00 | | EN1 | 1 - | 1,200 | 1x{2 x 100 on 5:00 Brkn @50 10 sec rest | SP1 |
| 800 | 2 x 400 on 8:00 Reverse IM drill | REC | L | • | {1 x 400 on 8:00 Stroke Drills | REC |
| | 1x{1 x 200 on :00 Brkn @100 rest 20 se | | ٤ | | {2 x 100 on 6:00 Brkn @50 rest 20 sec | |
| | $\{1 \times 400 \text{ on } 12:00 \text{ Stroke Drills}$ | REC | Ι | | {1 x 400 on 12:00 Stroke Drills | |
| | {1 x 200 on :00 Brkn @150 rest 20 se | SP1 | ٤ | | 7:57 AM 4,580 Meters - Stress Value = 74 | |
| | $\{1 \times 400 \text{ on } 12:00 \text{ Stroke Drills}$ | REC | Γ | | 7.57 Am 4,500 meters - Stress value - 79 | ı |
| | 8:03 AM 6,080 Meters - Stress Value = 8 | 89 | | | | |

Workout #3200 - Wednesday, 14 July 2004 **Group 3 - Middle Distance**

6:00 AM Start

2.20 DM C+ a-a-t

Set Description

12 x 15 on :45 Shooters

fr/fl/ba/br/fr X2 $1x{1 x 200 on 3:00 Pulls}$

{1 x 200 on 2:55 Pulls

{1 x 200 on 2:50 Pulls

8 x 50 on 1:00 Non-Freestyle

1 x 400 on 7:00 Stroke Drills

1 x 300 on 5:00 Stroke Drills

Meters

=====

800

180

500

400

400

800

300

1,500

Workout #3204 - Thursday, 15 July 2004 Group 3 - Distance 1 minute rest between sets

16 x 50 on 1:00 Stroke Drills

1 x 500 on 11:00 Kick no board alt.

15 x 100 on 1:30 Free hold under 1:15 EN2

8 x 100 on 1:30 Free hold under 1:15 EN2

EGY WO

REC

SP3

EN1

EN1

EN1

REC

| | { 1 | х | 100 | on | 1:3 | 0 Fre | eest | cyle | | REC | | S | FR |
|-----|------|-----|-----|-----|------|-------|------|------|------|------|----|---|----|
| 400 | 8 | x ! | 50 | on | 1:00 | Str | oke | Dri | lls | REC | | D | CD |
| | 4:49 | PM | 4, | 480 | Yar | ds - | Sti | ress | Valı | ie = | 61 | | |

Workout #3206 - Thursday, 15 July 2004 Group 3 - IM/Stroke 1 minute rest between sets

| Meters | 6:00 AM Start Set Description | EGY | WOF |
|--------|----------------------------------------------|-----|-----|
| ===== | | === | === |
| 800 | 16 x 50 on 1:00 Stroke Drills | REC | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 500 | 1×500 on $11:00$ Kick no board alt. | EN1 | |
| | fr/fl/ba/br/fr X2 | | |
| 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

| | 3:30 PM Start | | | |
|-------|-----------------------------------------|-----|------|---|
| Yards | Set Description | EGY | WORK | ٤ |
| ===== | ======================================= | === | ==== | = |
| 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 | ٤ |
| | {1 x 100 on 1:35 Your Stroke | EN2 | S | S |
| | {1 x 50 on :45 Your Stroke | EN2 | S | Š |
| | {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 = | 5.5 | | |

Workout #3203 - Thursday, 15 July 2004 Group 3 - Sprint 1 minute rest between sets

| | 6:00 AM Start | | |
|--------|----------------------------------------------|-----|-----|
| Meters | Set Description | EGY | WOF |
| | ======================================= | === | === |
| 800 | 16 x 50 on 1:00 Stroke Drills | REC | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 500 | 1×500 on $11:00$ Kick no board alt. | EN1 | |
| | fr/fl/ba/br/fr X2 | | |
| 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 = 4 | 5 | |

Workout #3209 - Thursday, 15 July 2004 Group 3 - Distance 1 minute rest between sets

7:48 AM 5,480 Meters - Stress Value = 75

| | 3:30 PM Start | | | |
|-------|-----------------------------------------|------|------|----|
| Yards | Set Description | EGY | WORK | Sī |
| ===== | ======================================= | === | ==== | == |
| 600 | 12 x 50 on 1:00 Stroke Drills | REC | D | CF |
| 180 | 12 x 15 on :45 Shooters | SP3 | S | Ε |
| 500 | 5 x 100 on 1:45 Kick | EN2 | K | CF |
| | $1x{1 x 400 on 5:00 Pulls}$ | EN1 | P | Ε |
| | {1 x 400 on 4:50 Pulls | EN2 | P | E |
| 2,500 | 5 x 500 on 6:30 Free rest 10 sec | EN2 | S | E |
| 400 | 8×50 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

| Motomo | 6:00 AM Start | ECV | MOT |
|--------|----------------------------------------------|-----|-----|
| Meters | Set Description | EGY | WOF |
| ===== | | === | === |
| 800 | 16 x 50 on 1:00 Stroke Drills | REC | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 500 | 1×500 on $11:00$ Kick no board alt. | EN1 | |
| | fr/fl/ba/br/fr X2 | | |
| | 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 | 2 | |

Workout #3210 - Thursday, 15 July 2004 Group 3 - Middle Distance 1 minute rest between sets

| | 3:30 P | M St | tart | | | | | | |
|-------|--------|------|------|------|---------------|-----|------|-----|---|
| Yards | Set | Des | EGY | WORK | STK | | | | |
| ===== | === | ==== | | | | === | ==== | === | = |
| 600 | 12 | x 50 | on | 1:00 | Stroke Drills | REC | D | СНО | |
| 180 | 12 | x 15 | on | :45 | Shooters | SP3 | S | FR | |
| 500 | 5 x | 100 | on | 1:45 | Kick | EN2 | K | СНО | |
| | 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 | |
| | | | | | | | | | |

3:30 PM Start

Set Description

500 5 x 100 on 1:45 Kick 800 1x{2 x 200 on 2:35 Pulls

{2 x 200 on 2:30 Pulls

{1 x 100 on 1:30 Freestyle

Yards

600

180

Workout #3207 - Thursday, 15 July 2004 Group 3 - Sprint 1 minute rest between sets

12 x 15 on :45 Shooters

1,600 $4x\{1 \times 150 \text{ on } 2:15 \text{ Freestyle L.50 fast EN2}$

12 x 50 on 1:00 Stroke Drills REC

 $\{1 \times 100 \text{ on } 1:30 \text{ Freestyle L.50 fast EN2}$ $\{1 \times 50 \text{ on } :45 \text{ Freestyle-fast}$ EN2

8 x 50 on 1:00 Stroke Drills REC 4:48 PM 4,080 Yards - Stress Value = 53

EGY WORK

SP3

EN1

EN2

| | {1 | Х | 400 | on | 4:30 | Freestyle | EN2 |
|-----|------|----|------|-----|-------|-----------------------|-----|
| 300 | 1 | Х | 300 | on | 5:00 | Stroke Drills | REC |
| | 5:00 | PN | 4 4, | 580 | Yards | s - Stress Value = 65 | |

Workout #3212 - Friday, 16 July 2004 Group 3 - Middle Distance 1 minute rest between sets

| Meters | 6:00 AM Start Set Description | EGY | WOF |
|--------|------------------------------------------|-----|-----|
| ===== | 1x{1 x 200 on 3:30 Freestyle | REC | === |
| | {1 x 200 on 3:30 Freestyle L.50 fast | | |
| | {1 x 200 on 3:30 Freestyle L.100 fast | | |
| | {1 x 200 on 3:30 Freestyle L.150 fast | | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 100 | 2x{1 x 100 on 2:10 Kick | EN1 | |
| | {2 x 50 on 1:05 Kick no board 15m | | |
| | { under water | | |
| 600 | | EN1 | |
| 000 | br 3-5-7 by the 50 | | |
| 400 | 2 x 200 on 3:30 Individual Medley | EN1 | |
| 100 | #1 rev drill #2 swim | | |
| | 1x{2 x 300 on 4:45 100fr 100fl 100fr | EN2 | |
| | · | EN2 | |
| | {2 x 300 on 4:35 100fr 100ba 100fr | | |
| | • | EN2 | |
| | {2 x 300 on 4:55 100fr 100br 100fr | EN2 | |
| | • | EN2 | |
| 200 | · · · · · · · · · · · · · · · · · · · | 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 | | M Start Descrip | | | | EGY | WOF |
|--------|--------------|--------------------|--------|------------|--------------|------------|-----|
| 900 | 1 ** (1 *** | 200 00 | 2.20 | Expostule | | === REC | === |
| 800 | | | | Freestyle | | | |
| | | | | _ | L.50 fast | | |
| | | | | _ | L.100 fast | | |
| | | | | _ | L.150 fast | | |
| | | | | Shooters | | SP3 | |
| 800 | - | 100 on | | | | EN1 | |
| | {2 x | 50 on 1 | 1:05 E | Kick no bo | pard 15m | EN1 | |
| | { un | der wate | er | | | | |
| 900 | 6 x | 150 on | 2:15 | Lungbuste | er pulls | EN1 | |
| 400 | 1x{4 x | 50 on 1 | 1:00 1 | Freestyle- | -descend | EN1 | |
| | { 4 x | 50 on : | :45 F: | reestyle-d | 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 | |
| | - | | | Your Stro | - | EN2 | |
| | • | | | Your Stro | | EN2 | |
| | • | | | Your Stro | | EN2 | |
| | - | | | Your Stro | | EN2 | |
| 300 | - | | | Stroke Di | | | |
| 500 | | | | | ss Value = 7 | | |

Workout #3211 - Friday, 16 July 2004 Group 3 - Distance 1 minute rest between sets

| | 6:00 AM | M Start | 5 | | | |
|--------|---------|----------|--------|-----------------------|-----|----|
| Meters | Set | Descrip | ption | | EGY | WC |
| ===== | ==== | | | | === | == |
| | 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 | 1:05 E | Kick no board 15m | EN1 | |
| | { unc | der wate | er | | | |
| 600 | 4 x | 150 on | 2:15 | Lungbuster pulls | EN1 | |
| | br | 3-5-7 k | by the | e 50 | | |
| 400 | 2 x | 200 on | 3:30 | Individual Medley | EN1 | |
| | #1 | rev dri | ill #2 | 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 | 4 5,480 | Mete | rs - Stress Value = 9 | 7 | |

Workout #3216 - Friday, 16 July 2004 Group 3 - Distance 1 minute rest between sets

3:30 PM Start Yards Set Description 1 on 10:00 Stretching $1x{3 \times 50 \text{ on } 1:00 \text{ Stroke Drills}}$ REC {1 x 100 on 1:30 Freestyle ${3 \times 50 \text{ on } :55 \text{ Stroke Drills}}$ REC {1 x 100 on 1:25 Freestyle EN1 ${3 \times 50 \text{ on } :50 \text{ Stroke Drills}}$ {1 x 100 on 1:20 Freestyle EN1 ${3 \times 50 \text{ on :} 45 \text{ Stroke Drills}}$ EN1 {1 x 100 on 1:15 Freestyle EN2 12 x 15 on :45 Shooters 180 SP3 $1x{1 \times 200 \text{ on } 3:30 \text{ Kick}}$ EN2 {1 x 150 on 2:35 Kick $\{1 \times 100 \text{ on } 1:42 \text{ Kick} \}$ EN2 {1 x 50 on :50 Kick EN2 1 x 800 on 11:00 Pulls-300fr 100ba-2X EN1 12 x 25 on :30 IM order-build EN1 $1x\{1 \times 600 \text{ on } 7:30 \text{ Freestyle}$ EN2 $\{1 \times 500 \text{ on } 6:00 \text{ Freestyle} \}$ EN2

EN1

 $1x\{12 \times 15 \text{ on } : 45 \text{ Shooters}$ 1x{2 x 100 on 2:10 Kick

Workout #3215 - Friday, 16 July 2004 Group 3 - IM/Stroke 1 minute rest between sets

{1 x 200 on 3:30 Reverse IM drill

| | Group 3 - IM/Stroke | | | | 1x{2 x 100 on 2:10 Kick | EN1 |
|------------------------------------------|---------------------------------------------------------------------|-------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | 1 minute rest between sets | | | | {2 x 100 on 2:00 Kick | EN1 |
| | | | | | {2 x 100 on 1:50 Kick | EN2 |
| | 3:30 PM Start | | | | 1x{2 x 300 on 4:30 Pulls {2 x 200 on 2:50 Pulls | EN1 EN1 |
| Yards | Set Description | EGY | WORK | ٤ | {2 x 100 on 1:20 Pulls | EN2 |
| ===== | ======================================= | === | ==== | = 300 | • | |
| | 1 on 10:00 Stretching | | L | 300 | 1x{2 x 200 on 2:40 Freestyle | EN2 |
| 1,000 | $1x{3 x 50 on 1:00 Stroke Drills}$ | REC | D | | | EN2 |
| | {1 x 100 on 1:30 Freestyle | EN1 | S | | · · · · · · · · · · · · · · · · · · · | EN2 |
| | ${3 \times 50 \text{ on } :55 \text{ Stroke Drills}}$ | REC | D | 400 | | REC |
| | • | EN1 | S | 200 | | EN1 |
| | · · | REC | D | 200 | | |
| | • - | EN1 | S | 100 | 1 x 100 on 4:00 Brkn @50 20 sec rest | SP1 |
| | • | EN1 | D | 400 | 1 x 400 on 7:00 Stroke Drills | REC |
| 1.00 | • - | EN2 | S | | 10:09 AM 5,580 Meters - Stress Value = 9 | 90 |
| 180 | | SP3 | S | - | | |
| 500 | • | EN2 EN2 | K K | | Workout #3220 - Saturday, 17 July 2004 | |
| | • | EN2 | K | | Group 3 - Middle Distance | |
| | • | EN2 | K | | 1 minute rest between sets | |
| 800 | 8 x 100 on 1:45 50 back 50 breast | | P | | 1 minute rest between sets | |
| 300 | | EN1 | S | | 0.00 7M Chamb | |
| | | EN2 | S | Meters | 8:00 AM Start Set Description | EGY WOF |
| , | | EN1 | | F ===== | ====================================== | |
| | · · · | EN1 | S | | 1 on 15:00 Stretching | |
| | $\{2 \times 50 \text{ on } 1:00 \text{ Butterfly} \}$ | EN1 | S | E | 2x{2 x 100 on 2:00 Stroke Drills | REC |
| | {3 x 100 on 1:30 Backstroke | EN1 | S | | { #1 free #2 non free | 1.20 |
| | ${3 \times 50 \text{ on } 1:00 \text{ Butterfly}}$ | EN1 | S | F | {1 x 200 on 3:30 Reverse IM drill | REC |
| | • | EN1 | S | | 1x{12 x 15 on :45 Shooters | SP3 |
| | ` | EN1 | S | F | 1x{2 x 100 on 2:10 Kick | EN1 |
| 250 | | REC | D | | {2 x 100 on 2:00 Kick | EN1 |
| | 5:10 PM 4,530 Yards - Stress Value = | 51 | | | {2 x 100 on 1:50 Kick | EN2 |
| | | | | | 1x{1 x 300 on 4:30 Pulls | EN1 |
| | Workout #3214 - Friday, 16 July 2004 | | | | {1 x 200 on 2:50 Pulls {1 x 100 on 1:20 Pulls | EN1 EN2 |
| | Group 3 - Sprint | | | 300 | • | |
| | | | | | | |
| | 1 minute rest between sets | | | | | |
| | I minute rest between sets | | | | $1x{2 x 200 on 2:40 Freestyle}$ | EN2 |
| | 6:00 AM Start | | | 400 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle | |
| Meters | 6:00 AM Start Set Description | | GY WO | 400 F 200 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills | EN2 EN2 REC |
| ===== | 6:00 AM Start Set Description | == = | | 400 E 200 100 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res | EN2 EN2 REC SP1 SP1 |
| ===== | 6:00 AM Start Set Description ==================================== | == = F | EC | 400 F 200 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res 5 x 100 on 2:00 Stroke Drills | EN2 REC SP1 SP1 REC |
| ===== | 6:00 AM Start Set Description ==================================== | == = F t E | === == REC IN1 | 400 E 200 100 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res | EN2 REC SP1 SP1 REC |
| ===== | 6:00 AM Start Set Description ==================================== | t E | EEC N1 N2 | 400 E 200 100 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn@50 20 sec res 5 x 100 on 2:00 Stroke Drills 9:53 AM 4,480 Meters - Stress Value = 71 | EN2 REC SP1 SP1 REC |
| ===== | 6:00 AM Start Set Description | t E | EEC N1 N2 | 400 E 200 100 | <pre>1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn@50 20 sec res 5 x 100 on 2:00 Stroke Drills 9:53 AM 4,480 Meters - Stress Value = 71</pre> Workout #3217 - Saturday, 17 July 2004 | EN2 REC SP1 SP1 REC |
| ### 800 180 | 6:00 AM Start Set Description ==================================== | t E | === == REC IN1 IN2 IN2 | 400 E 200 100 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn@50 20 sec res 5 x 100 on 2:00 Stroke Drills 9:53 AM 4,480 Meters - Stress Value = 71 | EN2 REC SP1 SP1 REC |
| ### 800 180 | 6:00 AM Start Set Description | t E | REC IN1 IN2 IN2 IN2 | 400 E 200 100 | <pre>1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn@50 20 sec res 5 x 100 on 2:00 Stroke Drills 9:53 AM 4,480 Meters - Stress Value = 71</pre> Workout #3217 - Saturday, 17 July 2004 | EN2 REC SP1 SP1 REC |
| 800 180 800 | 6:00 AM Start Set Description | EEE E | REC EN1 EN2 EN2 EN2 EN1 | 400 E 200 100 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res 5 x 100 on 2:00 Stroke Drills 9:53 AM 4,480 Meters - Stress Value = 71 Workout #3217 - Saturday, 17 July 2004 Group 3 - IM/Stroke | EN2 REC SP1 SP1 REC |
| ### 800 180 | 6:00 AM Start Set Description | EEE E | REC EN1 EN2 EN2 EN2 EN3 | 400 E 200 100 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res 5 x 100 on 2:00 Stroke Drills 9:53 AM 4,480 Meters - Stress Value = 71 Workout #3217 - Saturday, 17 July 2004 Group 3 - IM/Stroke | EN2 REC SP1 SP1 REC |
| 800 180 800 | 6:00 AM Start Set Description | t F | EEE EEE EEE EEE EEE EEE EEE EEE EEE EE | 400 = 200 500 Meters | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn@50 20 sec res 5 x 100 on 2:00 Stroke Drills 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 Set Description | EN2 EN2 REC SP1 SP1 REC |
| 180 800 180 800 600 300 | 6:00 AM Start Set Description | t F st F st F st F | EEE EEE EEE EEE EEE EEE EEE EEE EEE EE | 0F 400 200 100 500 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn@50 20 sec res 5 x 100 on 2:00 Stroke Drills 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 Set Description ==================================== | EN2 EN2 REC SP1 SP1 REC |
| 180 800 180 800 600 300 | 6:00 AM Start Set Description ==================================== | EEE EEEE | REC CN1 CN2 CN2 SP3 CN1 CN1 CN1 CN1 | Meters | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn@50 20 sec res 5 x 100 on 2:00 Stroke Drills 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 Set Description ==================================== | EN2 EN2 REC SP1 SP1 REC EGY WOF |
| 180 800 180 800 600 300 | 6:00 AM Start Set Description ==================================== | EEE E | REC EN1 EN2 EN2 EN3 EN1 EN1 EN1 EN1 EN1 EN1 | Meters | <pre>1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res 5 x 100 on 2:00 Stroke Drills 9:53 AM 4,480 Meters - Stress Value = 71</pre> | EN2 EN2 REC SP1 SP1 REC |
| 180 800 180 800 600 300 | 6:00 AM Start Set Description ==================================== | t H H S S T H H H H H H H H H H H H H H H | REC CN1 CN2 CN2 SP3 CN1 CN1 CN1 CN1 | Meters | <pre>1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res 5 x 100 on 2:00 Stroke Drills 9:53 AM 4,480 Meters - Stress Value = 71 Workout #3217 - Saturday, 17 July 2004</pre> | EN2 EN2 REC SP1 SP1 REC EGY WOF === === |
| 180 800 180 800 600 300 | 6:00 AM Start Set Description ==================================== | t Est Est E | REC | Meters ==================================== | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res 5 x 100 on 2:00 Stroke Drills 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 Set Description ==================================== | EN2 EN2 REC SP1 SP1 REC EGY WOF === === REC REC |
| 180 800 180 800 600 300 | 6:00 AM Start Set Description ==================================== | EEE EEE EEE EEE EEE EEE EEE EEE EEE EE | REC | Meters ==================================== | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res 5 x 100 on 2:00 Stroke Drills 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 Set Description ==================================== | EN2 EN2 REC SP1 SP1 REC EGY WOF === === REC REC SP3 |
| 180 800 180 800 600 300 | 6:00 AM Start Set Description | == = = F F F F F F F F F F F F F F F F | REC CN1 CN2 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN2 CN1 CN1 CN2 CN1 CN1 CN2 CN1 | Meters ==================================== | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res 5 x 100 on 2:00 Stroke Drills 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 Set Description ==================================== | EN2 EN2 REC SP1 SP1 REC EGY WOF === === REC REC SP3 EN1 |
| 180 800 180 800 600 300 | 6:00 AM Start Set Description | == = = = | REC CN1 CN2 CN1 | Meters ==================================== | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res 5 x 100 on 2:00 Stroke Drills 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 Set Description ==================================== | EN2 EN2 REC SP1 SP1 REC EGY WOF === === REC REC SP3 |
| 180 800 600 300 1,450 | 6:00 AM Start Set Description | == = = = | EEC CN1 CN2 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN2 CN1 CN1 CN2 CN1 | Meters ==================================== | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res 5 x 100 on 2:00 Stroke Drills 9:53 AM 4,480 Meters - Stress Value = 71 Workout #3217 - Saturday, 17 July 2004 | EN2 EN2 REC SP1 SP1 REC EGY WOF === === REC REC SP3 EN1 EN1 |
| 180 800 600 300 1,450 | 6:00 AM Start Set Description | == = = = | EEC CN1 CN2 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN2 CN1 CN1 CN2 CN1 | Meters ==================================== | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res 5 x 100 on 2:00 Stroke Drills 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 Set Description ==================================== | EN2 EN2 REC SP1 SP1 REC EGY WOF === REC REC SP3 EN1 EN1 EN2 |
| 180 800 600 300 1,450 | 6:00 AM Start Set Description | == = = = | EEC CN1 CN2 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN2 CN1 CN1 CN2 CN1 | Meters ==================================== | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn@50 20 sec res 5 x 100 on 2:00 Stroke Drills 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 Set Description ==================================== | EN2 EN2 REC SP1 SP1 REC EGY WOF === REC REC SP3 EN1 EN1 EN2 EN1 |
| 180 800 600 300 1,450 | 6:00 AM Start Set Description | == = = = | EEC CN1 CN2 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN2 CN1 CN1 CN2 CN1 | Meters ====== 800 600 200 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn@50 20 sec res 5 x 100 on 2:00 Stroke Drills 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 Set Description ==================================== | EN2 EN2 REC SP1 SP1 REC EGY WOF === === REC REC SP3 EN1 EN1 EN1 EN2 EN1 EN1 EN2 EN1 |
| 180 800 600 300 1,450 | 6:00 AM Start Set Description ==================================== | == = = = | EEC CN1 CN2 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN2 CN1 CN1 CN2 CN1 | Meters ====== 800 600 200 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn@50 20 sec res 5 x 100 on 2:00 Stroke Drills 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 Set Description ==================================== | EN2 EN2 REC SP1 SP1 REC EGY WOF === ==== REC REC SP3 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 |
| 180 800 600 300 1,450 | 6:00 AM Start Set Description ==================================== | == = = = | EEC CN1 CN2 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN2 CN1 CN1 CN2 CN1 | Meters ====== 800 600 200 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn@50 20 sec res 5 x 100 on 2:00 Stroke Drills 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 Set Description | EN2 EN2 REC SP1 SP1 REC EGY WOF === ==== REC REC SP3 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 |
| 180 800 600 300 1,450 | 6:00 AM Start Set Description ==================================== | == = = = | EEC CN1 CN2 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN2 CN1 CN1 CN2 CN1 | Meters ====== 800 600 1,000 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn@50 20 sec res 5 x 100 on 2:00 Stroke Drills 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 Set Description ==================================== | EN2 EN2 REC SP1 SP1 REC EGY WOF === ==== REC REC SP3 EN1 EN1 EN1 EN1 EN2 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 |
| 180 800 600 300 1,450 | 6:00 AM Start Set Description ==================================== | == = = F | EEC CN1 CN2 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN1 CN2 CN1 CN1 CN2 CN1 | Meters ====== 800 600 1,000 400 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res 5 x 100 on 2:00 Stroke Drills 9:53 AM 4,480 Meters - Stress Value = 71 Workout #3217 - Saturday, 17 July 2004 | EN2 EN2 REC SP1 SP1 REC EGY WOF === === REC SP3 EN1 EN1 EN1 EN2 EN1 EN1 EN2 EN1 EN1 EN2 EN1 EN1 EN2 EN1 |
| 800 180 800 600 300 1,450 | 6:00 AM Start Set Description =================================== | == = F F F F F F F F F F F F F F F F F | EEC CON1 CON1 CON1 CON1 CON1 CON1 CON1 CON | Meters ====== 800 1,000 1,000 400 200 1,000 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res 5 x 100 on 2:00 Stroke Drills 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 Set Description ==================================== | EN2 EN2 REC SP1 SP1 REC EGY WOF === === REC REC SP3 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN1 EN2 EN1 EN1 EN2 EN1 EN1 EN2 EN1 |
| 800 180 800 600 300 1,450 200 | 6:00 AM Start Set Description =================================== | == = F F F F F F F F F F F F F F F F F | EEC CON1 CON1 CON1 CON1 CON1 CON1 CON1 CON | Meters ====== 800 1,000 1,000 400 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1,000 1, | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res 5 x 100 on 2:00 Stroke Drills 9:53 AM 4,480 Meters - Stress Value = 71 Workout #3217 - Saturday, 17 July 2004 | EN2 EN2 REC SP1 SP1 REC EGY WOF === === REC SP3 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 |
| 800 180 800 600 300 1,450 200 | 6:00 AM Start Set Description ==================================== | == = = | EEC CON1 CON1 CON1 CON1 CON1 CON1 CON1 CON | Meters ====== 800 1,000 1,000 400 200 1,000 | 1x{2 x 200 on 2:40 Freestyle {2 x 200 on 2:35 Freestyle 1 x 400 on 8:00 Stroke Drills 1 x 200 on 6:00 Brkn@50 10-20-30sec 1 x 100 on 4:00 Brkn @ 50 20 sec res 5 x 100 on 2:00 Stroke Drills 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 Set Description | EN2 EN2 REC SP1 SP1 REC EGY WOF === === REC REC SP3 EN1 EN1 EN1 EN1 EN2 |

REC

Workout #3219 - Saturday, 17 July 2004 Group 3 - Sprint 1 minute rest between sets

| | 8:00 AM Start | | | | | | | |
|--------|-----------------------------------------------------------|---------|--|--|--|--|--|--|
| Meters | Set Description | EGY WOF | | | | | | |
| | ======================================= | | | | | | | |
| | 1 on 15:00 Stretching | | | | | | | |
| 800 | $2x\{2 \times 100 \text{ on } 2:00 \text{ Stroke Drills}$ | 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 | | | | | | |
| 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 | | | | | | |
| | $\{1 \times 100 \text{ on } 1:20 \text{ Freestyle}$ | 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 | 2 | | | | | | |
| | | | | | | | | |

Workout #3221 - Monday, 19 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 Swim-kick-pull-swim REC 180 12 x 15 on :45 Shooters SP3

| ===== | == | === | | ==== | | | === | == |
|-------|------|-----|------|------|-------|------------------------|-----|----|
| 800 | 1 | Х | 800 | on | 14:00 |) Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 2 | 15 | on | :45 8 | Shooters | SP3 | |
| | 1x{1 | Х | 200 | on | 4:30 | Kick L.50 breast | EN2 | |
| | { 1 | Х | 200 | on | 4:15 | Kick L.50 breast | EN2 | |
| | { 1 | Х | 200 | on | 4:00 | Kick L.50 breast | EN2 | |
| | 1x{2 | Х | 250 | on | 3:45 | Pulls | EN1 | |
| | { 2 | X | 200 | on | 2:55 | Pulls | EN1 | |
| | { 2 | Х | 150 | on | 2:05 | Pulls | EN1 | |
| | { 2 | X | 100 | on | 1:20 | Pulls | EN2 | |
| 300 | 1 | Х | 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 | Х | 400 | on | 5:40 | Freestyle | EN1 | |
| | { 1 | X | 400 | on | 5:30 | Freestyle | EN2 | |
| | { 1 | Х | 400 | on | 5:20 | Freestyle | EN2 | |
| 200 | 1 | X | 200 | on | 4:00 | Stroke Drills | REC | |
| | 7:41 | ΑN | 15,4 | 180 | Meter | rs - Stress Value = 70 |) | |

Workout #3225 - Monday, 19 July 2004 Group 3 - Distance 1 minute rest between sets

| | | M Star | | | | | |
|-------|--------|---------|--------|--------------|------------|-----|-----|
| Yards | Set | Descri | ption | | | EGY | WOF |
| ===== | ==== | | ===== | | | === | === |
| | 1 0 | n 10:00 | Stret | ching | | | |
| 600 | 1 x | 600 on | 10:00 |) Swim-kick- | -pull-swim | REC | |
| 180 | 12 : | x 15 on | :30 9 | 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 Fr | reestyle | | 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

| | 6:00 | ΑM | 1 St | cart | t | | | | | |
|--------|------|-----|-------|------|-------|----------|------|------------|-------|-----|
| Meters | Se | et | Des | crip | ption | | | | EGY | WOF |
| ===== | == | === | | | | | | | | === |
| 800 | 1 | Х | 800 | on | 14:00 | Swim- | kick | -pull-swin | n REC | |
| 180 | 12 | 2 x | 15 | on | :45 8 | Shooters | 3 | | SP3 | |
| | 1x{1 | Х | 200 | on | 4:30 | Kick L. | .50 | breast | EN2 | |
| | { 1 | Х | 200 | on | 4:15 | Kick L. | .50 | breast | EN2 | |
| | { 1 | Х | 200 | on | 4:00 | Kick L. | .50 | breast | EN2 | |
| | 1x{2 | Х | 200 | on | 2:55 | Pulls | | | EN1 | |
| | { 2 | Х | 150 | on | 2:05 | Pulls | | | EN1 | |
| | { 2 | Х | 100 | on | 1:20 | Pulls | | | EN2 | |
| 300 | 1 | Х | 300 | on | 5:00 | IM w/ou | ıt t | he free | EN1 | |
| | 1x{1 | Х | 400 | on | 6:00 | Freesty | yle | | EN1 | |
| | { 2 | Х | 200 | on | 2:55 | Freesty | yle | | EN1 | |
| | 8 } | Х | 100 | on | 1:25 | Freesty | yle | | EN2 | |
| 200 | 1 | Х | 200 | on | 4:00 | Stroke | Dri | lls | REC | |
| | 7:28 | ΑN | 1 4,5 | 580 | Meter | rs - Sti | cess | Value = 6 | 0 | |

Workout #3223 - Monday, 19 July 2004 Group 3 - IM/Stroke 1 minute rest between sets

| | 6:00 AM Start | EQ. | |
|--------|----------------------------------------------|-----|-----|
| 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 | |
| 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 | 2 | |

Workout #3224 - Monday, 19 July 2004 Group 3 - Sprint 1 minute rest between sets

Workout #3228 - Tuesday, 20 July 2004 Group 3 - Middle Distance 1 minute rest between sets

| | | | | | 1 minute rest between sets | | |
|----------------|-----------------------------------------------------------------------------------------------------------------|------------|--------|--------|------------------------------------------------------------------------------------|--------------|--------|
| | 6:00 AM Start | | | | | | |
| Meters | Set Description ==================================== | | WOF | | 6:00 AM Start | | |
| 800 | 1 x 800 on 14:00 Swim-kick-pull-swim | | | Meters | Set Description I | | WORF |
| 180 | 12 x 15 on :45 Shooters | SP3 | | 600 | | REC | |
| 500 | 1x{2 x 100 on 2:20 Kick L.50 sprint | EN2 | | 180 | | SP3 | ٤ |
| | {2 x 100 on 2:15 Kick L.50 sprint | EN2 | | 200 | | EN1 | F |
| | $\{1 \times 100 \text{ on } 2:10 \text{ Kick L.50 sprint}$ | EN2 | | | • | EN1 | F |
| 500 | 1x{1 x 200 on 3:00 Pulls | EN1 | | | {1 x 100 on 2:00 Kick | EN2 | F |
| | {1 x 150 on 2:15 Pulls | EN1 | | 1,400 | 2 x 700 on 10:30 Pulls | EN1 | E |
| | {1 x 100 on 1:30 Pulls | EN2 | | 600 | | | ٤ |
| 300 | {1 x 50 on :45 Pulls 2 x 150 on 2:30 2bk-4bk-6bk by 50's | EN1 EN1 | | | 1x{1 x 200 on :00 Brkn@50 10-20-30secR \$ | | ٤ |
| | 1x{2 x 50 on 1:00 Freestyle | EN1 | | | ` | REC | S |
| 1,500 | {1 x 200 on 3:45 Individual Medley | EN2 | | 250 | • | SP1 REC | £ E |
| | {3 x 50 on :55 Freestyle | EN1 | | 330 | 7:31 AM 4,180 Meters - Stress Value = 60 | | L |
| | {1 x 200 on 3:45 Individual Medley | EN2 | | | 7.31 AM 4,100 Meeels Seless value ov | 0 | |
| | $\{4 \times 50 \text{ on } : 50 \text{ Freestyle} \}$ | EN1 | | | Workent #2226 Tuesday 20 July 2004 | | |
| | {1 x 200 on 3:45 Individual Medley | EN2 | | | Workout #3226 - Tuesday, 20 July 2004 | | |
| | {5 x 50 on :45 Freestyle | EN1 | | | Group 3 - IM/Stroke | | |
| | { IM's rest 5 seconds | | | | 1 minute rest between sets | | |
| 200 | { after each 50 1 x 200 on 4:00 Stroke Drills | REC | | | 6.00.7% | | |
| 200 | 7:22 AM 3,780 Meters - Stress Value = 4 | | | Meters | 6:00 AM Start Set Description | ECV | WOF |
| | 7.22 III 3,700 Needlo Beless value 4 | . 0 | | ===== | ====================================== | | |
| | Workout #3229 - Tuesday, 20 July 2004 | | | 600 | 1 x 600 on 12:00 Choice | REC | |
| | Group 3 - Distance | | | 180 | 12 x 15 on :45 Shooters | SP3 | 3 |
| | • | | | 600 | 2x{1 x 100 on 2:10 Kick | EN1 | |
| | 1 minute rest between sets | | | | {1 x 100 on 2:05 Kick | EN1 | - |
| | 6:00 AM Start | | | | {1 x 100 on 2:00 Kick | EN2 | |
| Meters | | EGY | WORF | 1,200 | | | |
| ===== | ======================================= | | | 600 | 4 x 150 on 2:30 2bk-4bk-6bk by 50's 1x{1 x 200 on :00 Brkn@50 10-20-30secR | | |
| 600 | 1 x 600 on 12:00 Choice | REC | ٤ | 130 | { IM or your #1 stroke | DII | - |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ | | {1 x 200 on 8:00 Freestyle | REC | ; |
| | • | EN1 | ľ | | {1 x 50 on 5:00 Free OTB for time | SP1 | |
| | · | EN1 | ŀ | | { your #1 or freestyle | | |
| 0 000 | • | EN2 | ŀ | 350 | | REC | ; |
| 2,000 600 | 2 x 1000 on 14:00 Pulls 4 x 150 on 2:30 2bk-4bk-6bk by 50's | EN1 | E S | | 7:30 AM 3,980 Meters - Stress Value = 58 | 8 | |
| 000 | 1x{1 x 200 on :00 Brkn@50 10-20-30secR | | ٤ | | | | |
| | • | REC | 2 | | Workout #3227 - Tuesday, 20 July 2004 | | |
| | {1 x 100 on :00 Brkn @50 30 sec rest | SP1 | ٤ | | Group 3 - Sprint | | |
| 500 | 5 x 100 on 2:00 Stroke Drills | REC | Ι | | 1 minute rest between sets | | |
| | 7:36 AM 4,980 Meters - Stress Value = 7 | 2 | | | | | |
| | | | | | 6:00 AM Start | | |
| | Workout #3230 - Tuesday, 20 July 2004 | | | Meters | 1 | | WORF |
| | Group 3 - Distance | | | 600 | | REC | ٤ |
| | 1 minute rest between sets | | | 180 | | SP3 | ٤ |
| | | | | | | EN1 | ľ |
| 37 1 | 3:30 PM Start | יחוז כי | mız | | · | EN1 | F |
| Yards ===== | Set Description EGY WC | | | | • | EN2 | F |
| == | 1 on 15:00 Stretching | L D | | 600 | | EN1 | E |
| 400 | 1 x 400 on 7:00 Choice REC | S C | | 300 | odds br 5-7 evns 4-6 2 x 150 on 2:30 2bk-4bk-6bk by 50's B | רוז 1 | ٤ |
| 180 | 12 x 15 on :45 Shooters SP3 | S C | | 300 | 2 x 150 on 2:30 2DK-4DK-6DK DY 50'S R 1x{1 x 100 on :00 Brkn @50 for 20 secs \$ | | 2 |
| | 1x{3 x 50 on 1:00 Kick EN1 | K C | | | { Free or your #1 | - | ~ |
| | {3 x 50 on :55 Kick EN2 | K C | | | - | REC | ٤ |
| | {2 x 50 on :50 Kick EN2 | K C | | | {1 x 50 on 5:00 Free OTB for time | SP1 | ٤ |
| 450 | 2 x 225 on 3:00 Pulls EN1 | P | | | { your #1 or freestyle | | |
| | 1x{1 x 400 on 5:20 Freestyle EN1 {1 x 350 on 4:40 Freestyle EN1 | S | | 350 | | REC | Γ |
| | $\{1 \times 350 \text{ on } 4:40 \text{ Freestyle} $ EN1 $\{1 \times 50 \text{ on } :40 \text{ Freestyle} $ EN1 | S S | | | 7:15 AM 3,080 Meters - Stress Value = 39 | 9 | |
| | {1 x 300 on .40 Freestyle EN1 | S | | | | | |
| | {1 x 100 on 1:20 Freestyle EN1 | S | | | | | |
| | {1 x 250 on 3:20 Freestyle EN1 | S | | | | | |
| | {1 x 150 on 2:00 Freestyle EN1 | | FR | | | | |
| | {2 x 200 on 2:40 Freestyle EN1 | | FR | | | | |
| 200 | 1 x 200 on 3:00 Stroke Drills REC | | CD | | | | |
| | 4:50 PM 3,630 Yards - Stress Value = 38 |) | | | | | |

Workout #3231 - Wednesday, 21 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 | 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 = 4 |) | |

Workout #3232 - Wednesday, 21 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 | 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 | |
| | $\{5 \times 50 \text{ on } : 55 \text{ odds free evns nonfr}$ | EN1 | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | |
| | 7:26 AM 4,080 Meters - Stress Value = 4 | 0 | |

Workout #3233 - Wednesday, 21 July 2004 Group 3 - IM/Stroke 1 minute rest between sets

| | 6:00 AM Start | | |
|--------|--------------------------------------------------------------|-----|-----|
| Meters | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| 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 | |
| | $\{4 \times 50 \text{ on } :55 \text{ odds free evns nonfr}$ | EN1 | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | |
| | 7:17 AM 3,480 Meters - Stress Value = 3 | 5 | |

Workout #3234 - Wednesday, 21 July 2004 Group 3 - Sprint 1 minute rest between sets

| | 6:00 AM Start | | |
|--------|-----------------------------------------|-----|-----|
| Meters | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| 800 | 8×100 on 2:00 Stroke Drills | REC | |

| 180 | 12 | 2 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

1 minute Test between

| Meters | 7:00 AM Start Set Description | EGY WO |
|--------|-------------------------------------------------------|--------|
| 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 | |
| | $1x\{2 \times 100 \text{ on } 1:45 \text{ Freestyle}$ | 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 | 5 |

Workout #3236 - Wednesday, 28 July 2004 Group 3 - All

1 minute rest between sets

| | | 7:00 | ΑN | 1 Start | | |
|---|--------|------|-----|-----------------------------------|-----|------|
| | Meters | Se | ∍t | Description | EGY | WORF |
| | ===== | == | === | | === | ==== |
| | 300 | 3 | Х | 100 on 2:00 Stroke Drills | REC | Γ |
| _ | | 1x{4 | Х | 50 on 1:10 Kick | EN1 | F |
| F | | { 3 | Х | 50 on 1:05 Kick | EN1 | ľ |
| = | | { 2 | Х | 50 on 1:00 Kick | EN1 | F |
| | | { 1 | Х | 50 on :55 Kick | EN1 | F |
| | | 1x{1 | Х | 50 on :40 Pulls | EN2 | E |
| | | { 2 | Х | 50 on :45 Pulls | EN1 | E |
| | | { 3 | Х | 50 on :50 Pulls | EN1 | E |
| | | { 4 | Х | 50 on :55 Pulls | EN1 | E |
| | | 2x{1 | Х | 150 on 2:45 IM w/out the free | EN1 | ٤ |
| | | { 2 | Х | 50 on :55 #1fr #2fr w/6bk | EN1 | ٤ |
| | | { 1 | Х | 150 on 2:40 IM w/out the back | EN1 | ٤ |
| | | { 2 | Х | 50 on :55 #1back #2 fr w/6bk | EN1 | ٤ |
| | | { 1 | Х | 150 on 2:35 IM w/out the fly | EN1 | ٤ |
| | | { 2 | Х | 50 on :55 #1fly #2fr w/6bk | EN1 | ٤ |
| | | { 1 | Х | 150 on 2:30 IM w/out the breast | EN1 | ٤ |
| | | { 2 | Х | 50 on :55 #1brst #2fr w/6bk | EN1 | ٤ |
| | 200 | 1 | Х | 200 on 3:00 Stroke Drills | REC | Γ |
| | | 8:09 | ΑN | 1 3,500 Meters - Stress Value = 3 | 31 | |

Workout #3237 - Wednesday, 28 July 2004 Group 3 - All

1 minute rest between sets

8:10 AM 3,500 Meters - Stress Value = 26

Workout #3240 - Tuesday, 03 August 2004 Group 3 - All

| | :00 AM Start | | | 1 minute rest between sets | | | |
|--------|--------------------------------------------------------------------------------------------|-------------------|--------|------------------------------------------------------------------------------------------|-------------------|--------|------------------|
| Meters | Set Description | EGY WOF | | 7.00 7.4 0. | | | |
| 300 | 1 x 300 on 6:00 Choice x{1 x 100 on 2:15 Kick | REC EN1 | Meters | 7:00 AM Start Set Description | EGY W | ORK | STK |
| 1: | {2 x 50 on 1:15 Kick no board 15m { underwater x{1 x 150 on 2:30 Pulls L.50 br ev 7 | EN1 | 800 | 1x{2 x 100 on 2:30 Kick | EN1 | K | CHO CHO |
| | {1 x 150 on 2:30 Pulls mid 50 br ev 7 {1 x 150 on 2:30 Pulls 1st 50 br ev 7 | EN1 | | {1 x 100 on 2:20 Kick {1 x 100 on 2:10 Kick 1x{1 x 300 on 5:00 Pulls | EN1 EN1 | K P | CHO CHO FR |
| 1. | {1 x 100 on 1:40 Pulls 1st 50 br ev 7 {1 x 50 on :50 Pulls br ev 7 | EN1 EN1 | | {1 x 200 on 3:20 Pulls {1 x 100 on 1:40 Pulls 1x{2 x 100 on 1:45 Freestyle | EN1 EN1 EN1 | P S | FR FR FR |
| 1. | • | EN1 EN1 | | {2 x 50 on 1:00 Your Stroke {2 x 100 on 1:40 Freestyle {2 x 50 on 1:00 Your Stroke | EN1 EN1 EN1 | S | STK FR STK |
| | {1 x 200 on 3:00 Freestyle {2 x 100 on 1:50 Your Stroke {1 x 200 on 3:00 Freestyle | EN1 EN1 | | {2 x 100 on 1:35 Freestyle {2 x 50 on 1:00 Your Stroke {2 x 100 on 1:30 Freestyle | EN1 EN1 EN1 | S | FR STK FR |
| 300 | {1 x 100 on 1:50 Your Stroke {1 x 200 on 3:00 Freestyle 6 x 50 on 1:05 Stroke Drills | EN1 EN1 REC | | {2 x 50 on 1:00 Your Stroke {2 x 100 on 1:25 Freestyle {2 x 50 on 1:00 Your Stroke | EN1 EN1 EN1 | S | STK FR STK |
| 8 | :10 AM 3,500 Meters - Stress Value = 30 | J | 200 | 1 x 200 on 4:00 Stroke Drills 8:10 AM 3,500 Meters - Stress Val | | | CD |

Workout #3238 - Friday, 30 July 2004 Group 3 - All

1 minute rest between sets

Workout #3241 - Wednesday, 04 August 2004 Group 3 - All 1 minute rest between sets

| | | | | | | 1 minute rest between sets | |
|--------|--------|---------------------------------|-----|------|--------|------------------------------------------|----------|
| Meters | | M Start Description | ECV | WORF | | | |
| Metels | | | | WORL | | 7:00 AM Start | |
| 400 | 1 | 400 on 0.00 Crim bial mull arim | DEC | | Meters | Set Description EGY | Z WOF |
| 400 | | 400 on 8:00 Swim-kick-pull-swim | | | ===== | ======================================= | : === |
| | - | 50 on 1:10 Kick no board | EN1 | F | 800 | 1 x 800 on 15:00 Swim-kick-pull-swim REC | 2 |
| | • | 100 on 2:15 Kick | EN1 | F | | 3x{1 x 100 on 2:15 Kick EN1 | L |
| | | 50 on 1:10 Kick no board | EN1 | F | | {2 x 50 on 1:05 Kick no board EN1 | L |
| | - | 200 on 3:30 Lungbuster pulls | EN1 | E | | { 15m under water | |
| | {1 x | 200 on 3:20 Lungbuster pulls | EN1 | E | | 1x{1 x 200 on 3:10 Pulls EN1 | L |
| | {1 x | 200 on 3:10 Lungbuster pulls | EN1 | E | | {1 x 200 on 3:00 Pulls EN1 | L |
| | {1 x | 200 on 3:00 Lungbuster pulls | EN1 | E | | {1 x 200 on 2:50 Pulls EN1 | L |
| | { br | 3-5-7-9 by the 50 | | | | 2x{1 x 200 on 3:30 Individual Medley EN1 | |
| | 1x{1 x | 50 on :45 Your Stroke 100% | SP1 | ٤ | | {1 x 100 on 1:35 Freestyle EN1 | |
| | {1 x | 100 on 1:45 Freestyle | REC | ٤ | | {1 x 100 on 1:30 Freestyle EN1 | |
| | {2 x | 50 on :45 Your Stroke 100% | SP1 | ٤ | | {1 x 100 on 1:25 Freestyle EN1 | |
| | {1 x | 150 on 2:35 Freestyle | REC | ٤ | | {4 x 50 on 1:00 25drill 25swim EN1 | |
| | {3 x | 50 on :45 Your Stroke 100% | EN2 | ٤ | 200 | 1 x 200 on 4:00 Stroke Drills REC | |
| | {1 x | 200 on 3:30 Freestyle | REC | ٤ | 200 | 8:10 AM 3,600 Meters - Stress Value = 26 | <i>'</i> |
| | {4 x | 50 on :45 Your Stroke 100% | SP1 | ٤ | | 0.10 fm 3,000 Medels Beless value 20 | |
| | {1 x | 250 on 4:20 Freestyle | REC | ٤ | | | |
| | - | 50 on :45 Your Stroke 100% | SP1 | | | Workout #3242 - Thursday, 05 August 2004 | |
| | • | 300 on 5:15 Freestyle | REC | | | Group 3 - All | |
| | - | M 3,550 Meters - Stress Value = | | _ | | 1 minute rest between sets | |
| | | | | | | | |

Workout #3239 - Monday, 02 August 2004 Group 3 - All

1 minute rest between sets

| | 7:00 | ΑN | 1 St | cart | ; | | | | | |
|--------|------|-----|-------|------|-------|---------|---------|----------|-----|-----|
| Meters | Se | ∍t | Desc | crip | otion | | | | EGY | WOF |
| ===== | == | === | | | | -===== | | | === | === |
| 800 | 1 | х | 800 | on | 14:00 | Swim- | kick-pι | ıll-swim | REC | |
| | 1x{2 | Х | 200 | on | 4:40 | Kick | | | EN1 | |
| | { 2 | X | 100 | on | 2:20 | Kick | | | EN1 | |
| 700 | 7 | X | 100 | on | 1:40 | Lungbus | ster pu | ılls | EN1 | |
| | | odo | ds bi | c 5- | -7 | | | | | |
| | 6 | eve | ens k | or 4 | 1-6 | | | | | |
| | 1x{2 | Х | 200 | on | 3:40 | 50strk | 100fr | 50strk | EN1 | |
| | { 2 | Х | 200 | on | 3:35 | 50strk | 100fr | 50strk | EN1 | |
| | { 2 | Х | 200 | on | 3:30 | 50strk | 100fr | 50strk | EN1 | |
| 200 | 1 | Х | 200 | on | 4:00 | Stroke | Drills | 3 | REC | |

7:00 AM Start

| Meters | Se | et | Des | crip | ption | | EGY | WORF |
|--------|------|-----|------|------|-------|-----------------------|-----|------|
| ===== | == | === | | | | | === | ==== |
| 800 | 1 | 6 × | 50 | on | 1:00 | Stroke Drills | REC | Ι |
| | 4 | 4 c | on e | ach | strol | ce | | |
| 600 | 12 | 2 x | 50 | on | 1:10 | Kick des in 3's | EN1 | F |
| 600 | 1: | 2 x | 50 | on | :55 1 | Pulls-nbbf&w + 2 yds | EN1 | E |
| | 1x{1 | Х | 500 | on | 8:00 | Freestyle | EN1 | ٤ |
| | { 1 | Х | 400 | on | 6:20 | Freestyle | EN1 | ٤ |
| | { 1 | Х | 300 | on | 4:40 | Freestyle | EN1 | ٤ |
| | { 1 | Х | 200 | on | 3:00 | Freestyle | EN1 | ٤ |
| | { 1 | Х | 100 | on | 1:25 | Freestyle | EN1 | ٤ |
| 200 | 1 | Х | 200 | on | 4:00 | Stroke Drills | REC | Γ |
| | 8:13 | ΑN | 13, | 700 | Mete | rs - Stress Value = 3 | 30 | |

300

6:00 PM Start

Workout #3243 - Friday, 06 August 2004 Group 3 - All 1 minute rest between sets

| | 7:00 | Αl | 1 St | tart | 5 | | | |
|-------|------|-----|------|------|-------|----------------------|-----|-----|
| Yards | Se | et | Desc | crip | ption | | EGY | WOF |
| | == | === | | | | | === | === |
| 400 | 1 | Х | 400 | on | 8:00 | Swim-kick-drll-swim | REC | |
| | 1x{1 | Х | 100 | on | 2:30 | Kick | EN1 | |
| | { 1 | Х | 100 | on | 2:25 | Kick | EN1 | |
| | { 1 | Х | 100 | on | 2:20 | Kick | EN1 | |
| | { 1 | Х | 100 | on | 2:15 | Kick | EN1 | |
| | { 1 | Х | 100 | on | 2:10 | Kick | EN1 | |
| | { 1 | Х | 100 | on | 2:05 | Kick | EN1 | |
| | 1x{1 | Х | 100 | on | 1:20 | Pulls | EN1 | |
| | { 1 | Х | 100 | on | 1:25 | Pulls | EN1 | |
| | { 1 | X | 100 | on | 1:30 | Pulls | EN1 | |
| | { 1 | Х | 100 | on | 1:35 | Pulls | EN1 | |
| | { 1 | Х | 100 | on | 1:40 | Pulls | EN1 | |
| | { 1 | Х | 100 | on | 1:45 | Pulls | EN1 | |
| | 2x{1 | Х | 200 | on | 3:20 | Freestyle | EN1 | |
| | { 1 | Х | 200 | on | 3:20 | Freestyle L. 50 fast | EN1 | |

Workout #3244 - Tuesday, 07 September 2004 Group 3 - All

8:09 AM 3,500 Yards - Stress Value = 36

6 x 50 on 1:00 Stroke Drills

1 minute rest between sets

{1 x 200 on 3:20 Freestyle L.100 fast EN2 {1 x 200 on 3:20 Freestyle L.150 fast EN2

| Yards | Set Description | EGY | WORK | STr |
|-------|-------------------------------------------------------------|------|------|-----|
| ===== | | === | ==== | === |
| | 1 on 20:00 Stomach and Stretch | | L | DRY |
| 400 | 8 x 50 on :55 Stroke Drills | REC | D | FF |
| 600 | 8×75 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 |
| | $\{1 \times 125 \text{ on } 1:55 \text{ Pulls}$ | EN1 | P | FF |
| | $\{1 \times 125 \text{ on } 1:50 \text{ Pulls}$ | EN1 | P | FF |
| | $2x{1 x 100 on 1:45 Stroke Drills}$ | REC | D | FF |
| | $\{1 \times 25 \text{ on } : 30 \text{ Freestyle } 2bk$ | EN1 | S | FF |
| | $\{1 \times 25 \text{ on } : 30 \text{ Freestyle 4bk} \}$ | EN1 | S | FF |
| | $\{1 \times 25 \text{ on } : 30 \text{ Freestyle 6bk} \}$ | EN1 | S | FF |
| | $\{1 \times 100 \text{ on } 1:45 \text{ Stroke Drills}$ | REC | D | FF |
| | $\{1 \times 25 \text{ on } : 30 \text{ Freestyle br ev } 3$ | EN1 | S | FF |
| | $\{1 \times 25 \text{ on } : 30 \text{ Freestyle br ev } 4$ | EN1 | S | FF |
| | $\{1 \times 25 \text{ on } : 30 \text{ Freestyle br ev } 5$ | 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

| | 6:00 | PN | 1 Start | | |
|-------|------|-----|---------------------------------|-----|------|
| Yards | Se | ∍t | Description | EGY | WORF |
| | == | === | | === | ==== |
| | 1 | or | n 20:00 Stomach and Stretch | | I |
| 600 | 1x{2 | Х | 75 on 1:20 Stroke Drills | REC | Ι |
| | { 1 | Х | 100 on 2:00 Kick no board | REC | F |
| | { 2 | Х | 50 on :55 Stroke Drills | REC | Ι |
| | { 1 | Х | 100 on 2:00 Kick no board | REC | F |
| | { 2 | Х | 25 on :30 Stroke Drills | REC | Ι |
| | { 1 | Х | 100 on 2:00 Kick no board | REC | F |
| 120 | 8 | Х | 15 on :45 Shooters | SP3 | ٤ |
| 650 | 1x{1 | Х | 200 on 4:00 Kick | EN1 | ľ |
| | { 3 | Х | 50 on 1:00 Kick no board | EN1 | F |
| | { 1 | Х | 150 on 3:00 Kick | EN1 | F |
| | { 3 | Х | 50 on 1:00 Kick no board | EN1 | F |
| 600 | 8 | Х | 75 on 1:15 Pulls-nbbf&w + 2 yds | EN1 | E |
| 1,200 | | | 100 on 1:40 Freestyle | EN1 | ٤ |

| | { 3 | Х | 100 | on | 1:35 | Freestyle EN1 | S |
|-----|------|----|------|------|--------|-----------------------|---|
| | { 3 | Х | 100 | on | 1:30 | Freestyle EN1 | ٤ |
| | { 3 | Х | 100 | on | 1:25 | Freestyle EN1 | ٤ |
| 300 | 6 | Х | 50 0 | on : | :55 St | troke Drills REC | Γ |
| | 7:31 | PM | 13,4 | 170 | Yards | s - Stress Value = 31 | |

Workout #3246 - Thursday, 09 September 2004 Group 3 - All

1 minute rest between sets

| | 6:00 | PM Start | | |
|-------|------|------------------------------------|-----|-----|
| Yards | S | et Description | EGY | WOF |
| | 1 | on 20:00 Stomach and Stretch | | |
| 500 | 1x{1 | x 200 on 3:30 Stroke Drills | REC | |
| | { 1 | x 150 on 2:35 Stroke Drills | REC | |
| | { 1 | x 100 on 1:45 Stroke Drills | REC | |
| | { 1 | x 50 on :55 Stroke Drills | REC | |
| 120 | 8 | x 15 on :45 Shooters | SP3 | |
| 750 | 1x{3 | x 25 on :30 Kick-descend | EN1 | |
| | { 3 | x 50 on 1:00 Kick-descend | EN1 | |
| | { 3 | x 75 on 1:30 Kick-descend | EN1 | |
| | { 3 | x 100 on 2:00 Kick-descend | EN1 | |
| 600 | 1x{1 | x 150 on 2:15 Pulls no br L.10 yds | EN1 | |
| | { 1 | x 150 on 2:15 Pulls no br L.15 yds | EN1 | |
| | { 1 | x 150 on 2:15 Pulls no br L.20 yds | EN1 | |
| | { 1 | x 150 on 2:15 Pulls no br L.25 yds | EN1 | |
| 200 | 8 | x 25 on :30 IM order-build | EN1 | |
| 1,125 | 5 | x 225 on 3:30 3 min swims 30 sec R | EN1 | |
| 250 | 5 | x 50 on :55 Stroke Drills | REC | |
| | 7:32 | PM 3,545 Yards - Stress Value = 34 | | |

Workout #3247 - Monday, 13 September 2004 Group 3 - All

1 minute rest between sets

| | 5:00 | PM Start | | |
|-------|------|--------------------------------------|-----|-----|
| Yards | Se | et Description | EGY | WOF |
| ===== | == | | === | === |
| | 1 | on 20:00 Stomach and Stretch | | |
| 600 | 1 | x 600 on 12:00 Swim-kick-pull-swim | REC | |
| 120 | 8 | x 15 on :45 Shooters | SP3 | |
| 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 1 | EN1 | |
| | { 2 | x 150 on 2:15 Pulls mid 50 br ev 8 1 | EN1 | |
| | { 1 | x 150 on 2:15 Pulls mid 50 br ev 9 1 | 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 | Se | t Description | EGY | WORK | STK |
| | == | ======================================= | === | ==== | === |
| | 1 | on 20:00 Stomach and Stretch | | L | DRY |
| 600 | 12 | x 50 on :55 Stroke Drills | REC | D | CHO |
| | 6 | very 3rd one nonfre | | | |
| 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 | = 3 | 37 | |

Workout #3249 - Wednesday, 15 September 2004 Group 3 - All

1 minute rest between sets

| , | | PM Start | | | _ |
|-------|------|-----------------------------------------------------------|------------|--------|---|
| Yards | | et Description | | WORK | = |
| ===== | | | === | ==== | |
| EOO | | on 20:00 Stomach and Stretch | DEC | D | _ |
| 300 | - | x 100 on 1:45 Stroke Drills x 75 on 1:20 Stroke Drills | REC REC | D | - |
| | - | x 50 on :55 Stroke Drills | REC | D D | - |
| | | x 25 on :30 Stroke Drills | REC | D | - |
| 120 | | x 15 on :45 Shooters | SP3 | S | (|
| | | x 100 on 2:00 Kick | EN1 | K | _ |
| 700 | | x 100 on 2:00 kick x 100 on 1:55 Kick | EN1 | r K | - |
| | • | x 100 on 1:55 kick x 100 on 1:50 Kick | EN1 | K | |
| | | x 100 on 1:30 kick x 100 on 1:45 Kick | EN1 | K | |
| | • | x 100 on 1:45 kick x 100 on 1:50 Kick | EN1 | K | |
| | - | x 100 on 1:55 Kick | EN1 | K | |
| | | x 100 on 2:00 Kick | EN1 | | - |
| 1 050 | - | x 75 on 1:10 Pulls | EN1 | | |
| 1,000 | - | x 75 on 1:05 Pulls | EN1 | P | |
| | | x 75 on 1:00 Pulls | EN1 | P | |
| | | x 75 on :55 Pulls | EN2 | P | |
| 300 | | x 100 on 1:30 Freestyle-descend | | S | |
| | | x 50 on 1:00 Stroke Drills | EN1 | D | F |
| -, | | x 50 on 1:00 Freestyle | EN1 | S | _ |
| | - | x 25 on :30 Fly 1 up 1 down | EN1 | S | Ε |
| | | x 100 on 1:15 Freestyle | EN2 | S | |
| | | 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 | F |
| | { 1 | x 50 on :45 Freestyle | EN1 | S | |
| | { 4 | x 25 on :30 Fly 1 up 4 down | EN1 | S | E |
| | | 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 | | |

Workout #3250 - Thursday, 16 September 2004 Group 3 - All 1 minute rest between sets

| Yards | Se | et 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 = 2 | .7 | |

Workout #3251 - Monday, 20 September 2004 Group 3 - All 1 minute rest between sets

| Yards | 5:00 Se | | | | | | EGY | WOF |
|-------|------------|-----|------|-----|-------|-----------------------|-----|-----|
| ===== | == | -== | | | | | === | === |
| | | | | | | ach and Stretch | | |
| | | | | | | Swim-kick-pull-swim | | |
| | | | | | | Shooters | SP3 | |
| 800 | - | | | | | | EN1 | |
| | | | | | 2:00 | | EN1 | |
| | { 1 | Х | 100 | on | 1:50 | Kick | EN1 | |
| | { 1 | Х | 100 | on | 1:40 | Kick | EN2 | |
| 1,000 | 1x{2 | Х | 250 | on | 3:30 | Pulls | EN1 | |
| | { 2 | Х | 250 | on | 3:20 | Pulls | EN1 | |
| 400 | 16 | ō z | 25 | on | :30 | IM order-build | EN1 | |
| 1,350 | 1x{1 | Х | 150 | on | 2:15 | Freestyle | EN1 | |
| | { 1 | Х | 150 | on | 2:10 | Freestyle | EN1 | |
| | { 1 | Х | 150 | on | 2:05 | Freestyle | EN1 | |
| | { 1 | Х | 150 | on | 2:00 | Freestyle | EN2 | |
| | { 1 | Х | 150 | on | 1:55 | Freestyle | EN2 | |
| | { 1 | Х | 150 | on | 1:50 | Freestyle | EN2 | |
| | { 1 | Х | 150 | on | 1:45 | Freestyle | EN3 | |
| | { 1 | Х | 150 | on | 1:40 | Freestyle | EN3 | |
| | { 1 | Х | 150 | on | 1:35 | Freestyle | EN3 | |
| 500 | 5 | Х | 100 | on | 2:00 | Stroke Drills | REC | |
| | 7:00 | ΡM | 15,0 | 000 | Yards | s - Stress Value = 72 | | |
| | | | | | | | | |
| | | | | | | | | |

Workout #3252 - Tuesday, 21 September 2004 Group 3 - All

1 minute rest between sets

| | 6:00 PM Start | | | |
|-------|--------------------------------|-------------------------|-----|------|
| Yards | Set Descript | ion | EGY | WORK |
| | ========= | | === | ==== |
| | 1 on 30:00 S | tomach and Stretch | | L |
| 800 | 16 x 50 on : | 55 Stroke Drills | REC | D |
| | odds free e | vens nonf | | |
| 150 | 10 x 15 on : | 45 Shooters | SP3 | S |
| 900 | $1x{2 x 25 on :4}$ | 0 Kick no board | EN1 | K |
| | $\{2 \times 50 \text{ on } 1:$ | 00 Kick | EN1 | K |
| | {2 x 25 on :4 | 0 Kick no board | EN1 | K |
| | {2 x 75 on 1: | 25 Kick | EN1 | K |
| | {2 x 25 on :4 | 0 Kick no board | EN1 | K |
| | {2 x 100 on 1 | :50 Kick | EN1 | K |
| | {2 x 25 on :4 | 0 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 :4 | 5 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 :3 | 0 Back 15m under | EN1 | S |
| | {3 x 100 on 1 | :35 Backstroke | EN1 | S |
| | {4 x 25 on :3 | 0 Back 15m under | EN1 | S |
| | {3 x 75 on 1: | 10 Backstroke | EN1 | S |
| | {4 x 25 on :3 | 0 Back 15m under | EN1 | S |
| | {3 x 50 on :4 | 5 Backstroke | EN1 | S |
| | {4 x 25 on :3 | 0 Back 15m under | EN1 | S |
| 300 | 3 x 100 on 2 | :00 Stroke Drills | REC | D |
| | 8:09 PM 4,950 Y | ards - Stress Value = 4 | 14 | |

Workout #3253 - Wednesday, 22 September 2004 Group 3 - All

1 minute rest between sets

| Yards | Set | M Start Description | EGY | WC |
|-------|------|-------------------------------------------------------------------|------------|----|
| | | on 30:00 Stomach and Stretch | | |
| 600 | | 600 on 10:00 Drill-kck-pull-drill | REC | |
| 150 | | x 15 on :45 Shooters | SP3 | |
| 1,050 | | 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 | |
| | • | : 50 on :50 Kick | EN2 | |
| | • | : 25 on :30 Kick | EN1 | |
| | • | 25 on :25 Kick | EN2 | |
| | , | 25 on :20 Kick | EN1 | |
| 900 | | 100 on 1:30 Lungbuster pulls | EN1 | |
| | | lds br 3-5-7-9 | | |
| 200 | | rens br 2-4-6-8 | | |
| 300 | | 75 on 1:10 2bk-4bk-6bk by 25's | EN1 | |
| 1,/50 | - | : 125 on 2:20 Breast 2X pullouts | EN1 | |
| | • | 100 on 2:00 Breaststroke 90% | EN3 | |
| | - | : 125 on 2:15 Breast 2X pullouts | | |
| | • | | EN3 EN2 | |
| | | : 125 on 2:10 Breast 2X pullouts : 50 on 1:00 Breaststroke 90% | EN2 | |
| | • | : 125 on 2:05 Breast 2X pullouts | | |
| | - | - | EN3 | |
| 250 | • | 50 on 1:00 Stroke Drills | REC | |
| 200 | | PM 5,000 Yards - Stress Value = 76 | 1110 | |

Workout #3254 - Thursday, 23 September 2004 Group 3 - All

1 minute rest between sets

6:00 PM Start
Yards Set Description

| ===== | == | | === | ==== |
|-------|------|------------------------------------------|-----|------|
| | 1 | on 45:00 Stomach and Stretch | | I |
| 750 | 1x{2 | x 100 on 1:45 Stroke Drills | REC | Γ |
| | { 3 | x 75 on 1:20 Stroke Drills | REC | Γ |
| | { 4 | x 50 on :55 Stroke Drills | REC | Γ |
| | { 5 | x 25 on :30 Stroke Drills | REC | Γ |
| 150 | 10 | x 15 on :45 Shooters | SP3 | |
| 850 | 1x{1 | x 100 on 2:00 Kick | EN1 | |
| | { 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 | _ |
| | { 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 | \times 800 on 11:00 Pulls L.25 of each | EN1 | E |
| | 1 | .00-3 breaths total | | |
| 300 | 3 | x 100 on 1:40 Freestyle-descend | EN1 | ٤ |
| 1,050 | 3x{1 | x 25 on :30 Butterfly 2-2-2 | EN1 | ٤ |
| | { 1 | x 50 on :55 Butterfly 2-3-2 | EN1 | |
| | { 1 | x 75 on 1:20 Butterfly 2-4-2 | EN1 | |
| | { 1 | x 100 on 1:45 Butterfly 2-5-2 | EN1 | |
| | { 1 | x 100 on 1:30 Freestyle | REC | ٤ |
| 200 | 1 | x 200 on 4:00 Stroke Drills | REC | Ι |
| | 8:08 | PM 4,100 Yards - Stress Value = 3 | 7 | |

Workout #3255 - Monday, 27 September 2004 Group 3 - All 1 minute rest between sets

i minute rest between s

| | 5:00 | PM St | art | ; | | | |
|-------|------|---------|------|-------|-----------------------|-----|----|
| Yards | Se | et Desc | crip | otion | | EGY | WC |
| ===== | == | | | | | === | == |
| | 1 | on 30: | :00 | Stoma | ach and Stretch | | |
| 400 | 1 | x 400 | on | 10:00 | Drill-kck-pull-drill | REC | |
| 180 | 12 | x 15 | on | :45 3 | 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 c | on 1 | :15 | Stroke Drills | REC | |
| | 7:09 | PM 5,5 | 580 | Yards | s - Stress Value = 85 | | |

Workout #3256 - Tuesday, 28 September 2004 Group 3 - All

1 minute rest between sets

| | 6:00 | PM Start | | |
|-------|------|-----------------------------------|-----|------|
| Yards | Se | et Description | EGY | WORK |
| ===== | == | | === | ==== |
| | 1 | on 30:00 Stomach and Stretch | | L |
| 800 | 8 | x 100 on 1:45 Stroke Drills | REC | D |
| | Ţ | 50-1 arm, 50 choice | | |
| 180 | 12 | 2 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 = 9 | 94 | |

Workout #3257 - Wednesday, 29 September 2004 Group 3 - All

1 minute rest between sets

| | 5:00 PM Start | | |
|-------|----------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| ===== | | === | ==== |
| | 1 on 30:00 Stomach and Stretch | | I |
| 800 | 1 x 800 on 13:00 Reverse IM drill | | Ι |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 1,000 | 1x{1 x 125 on 2:30 Kick | EN1 | F |
| | {1 x 125 on 2:25 Kick | EN1 | _ |
| | {1 x 125 on 2:20 Kick | EN1 | _ |
| | {1 x 125 on 2:15 Kick | EN2 | _ |
| | {1 x 125 on 2:10 Kick | EN2 | F |
| | {1 x 125 on 2:05 Kick | EN2 | ľ |
| | {1 x 125 on 2:00 Kick | EN2 | ľ |
| | {1 x 125 on 1:55 Kick | EN2 | ľ |
| 1,200 | 1x{3 x 100 on 1:30 Lungbuster pulls | EN1 | E |
| | {3 x 100 on 1:25 Lungbuster pulls | EN1 | E |
| | {3 x 100 on 1:20 Lungbuster pulls | EN1 | E |
| | {3 x 100 on 1:15 Lungbuster pulls | EN1 | E |
| | { 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 | ٤ |
| 1,000 | $4x{1 x 25 on :40 Breaststroke}$ | EN1 | Ι |
| | {1 x 50 on 1:10 Breaststroke | EN1 | Ι |
| | $\{1 \times 75 \text{ on } 1:30 \text{ Breaststroke} \}$ | EN1 | Ι |
| | {1 x 100 on 2:00 Freestyle | REC | ٤ |
| 600 | 1x{3 x 50 on 1:00 Breaststroke-descend | EN1 | ٤ |
| | {3 x 50 on :55 Breaststroke-descend | EN1 | ٤ |
| | {3 x 50 on :50 Breaststroke-descend | EN2 | ٤ |
| | {3 x 50 on :45 Breaststroke | EN2 | ٤ |
| 400 | 4 x 100 on 2:00 Stroke Drills | REC | Ι |
| | 7:20 PM 5,480 Yards - Stress Value = 53 | L | |

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 F | REC |
|---------|--------------------------------------------------------------------------|-----|
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 |
| | good finishes | |
| 800 4 | $4x\{1 \times 100 \text{ on } 2:00 \text{ Kick no board}$ | EN1 |
| | {4 x 25 on :40 Sprint kick E | EN3 |
| 900 1 | $x{5 \times 75}$ on 1:10 Pulls-nbbf&w + 2 yds E | EN1 |
| | {4 x 75 on 1:05 Pulls-nbbf&w + 2 yds E | EN1 |
| | $\{3 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ | EN1 |
| 300 | 3 x 100 on 1:30 Frees L.25 closdfist E | EN1 |
| 1,000 2 | $2x\{8 \times 25 \text{ on } : 30 \text{ 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 F | REC |
| | 3:16 PM 4,100 Yards - Stress Value = 62 | |
| | • | |
| | Workout #2250 Saturday 02 October 2004 | |

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 | | EN2 |
| 1,000 | | EN2 |
| | (= | EN2 |
| | (= == ================================= | |
| 300 | $1x\{1 \times 75 \text{ on } 1:15 \text{ IM w/out the free}$ | |
| | $\{1 \times 75 \text{ on } 1:05 \text{ IM w/out the brst}$ | |
| | $\{1 \times 75 \text{ on } 1:10 \text{ IM w/out the back}\}$ | EN1 |
| | $\{1 \times 75 \text{ on } 1:10 \text{ IM w/out the fly}$ | 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

| | 5:00 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 | |
| 1,050 | $1x{2 x 25 on :30 Kick}$ | 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 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$ | EN1 | |
| | {3 x 125 on 2:10 Breaststroke | EN2 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$ | EN1 | |
| | {2 x 125 on 2:05 Breaststroke | EN2 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$ | EN1 | |
| | {1 x 125 on 2:00 Breaststroke | EN2 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$ | 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

| | 5:00 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 | |
| | 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 | |
| | $\{1 \times 150 \text{ on } 2:05 \text{ Lungbuster pulls}$ | EN1 | |
| | {1 x 150 on 2:00 Lungbuster pulls | EN1 | |
| 300 | 12×25 on :30 IM order-build | EN1 | |
| | $1x{3 x 400 on 5:00 Freestyle}$ | EN2 | |
| | $\{2 \times 400 \text{ on } 4:50 \text{ Freestyle} \}$ | 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 | 5:00 PM Start Set Description | EGY | WORK |
|-------|---------------------------------------------------------|-----|------|
| | ======================================= | === | ==== |
| | 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 |
| | $4x{1 \times 25 \text{ on } :}45 \text{ Kick no board}$ | EN1 | K |
| | $\{1 \times 25 \text{ on } : 40 \text{ Kick no board}$ | EN1 | K |
| | $\{1 \times 25 \text{ on } : 35 \text{ Kick no board}$ | EN1 | K |
| | $\{1 \times 25 \text{ on } : 30 \text{ Kick no board}$ | EN1 | K |
| | {1 x 100 on 1:30 Kick | EN2 | K |
| | 1x{2 x 250 on 3:20 Pulls | EN1 | P |

| | { 2 | Х | 150 | or or | n 2:00 Pulls | EN1 | P |
|-----|------|----|-----|-------|--------------------------|-----|---|
| | {2 | Х | 50 | on | :40 Pulls | EN1 | P |
| 3 | 3x{1 | Х | 75 | on | 1:05 2bk-4bk-6bk by 25's | EN1 | S |
| | { 1 | Х | 75 | on | 1:15 IM w/out the fly | EN1 | S |
| 3 | 3x{3 | Х | 75 | on | 1:15 Butterfly w/ fins | EN1 | S |
| | {2 | Х | 75 | on | 1:10 Butterfly w/ fins | EN1 | S |
| | { 1 | Х | 75 | on | 1:05 Butterfly w/ fins | EN1 | S |
| | { 1 | Х | 25 | on | 1:45 Freestyle | REC | S |
| | { 4 | Х | 25 | on | :30 Butterfly 1 up 2 dwn | EN2 | S |
| | { 4 | Х | 25 | on | :25 Butterfly 1 up 2 dwn | EN2 | S |
| 200 | 1 | Х | 200 | or or | n 4:00 Stroke Drills | REC | D |
| 7 | 7:16 | ΡN | 15, | 355 | Yards - Stress Value = 5 | 57 | |

Workout #3263 - Wednesday, 06 October 2004 Group 3 - Backstroke 1 minute rest between sets

| | 5:00 PM Start | | |
|-------|------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK |
| | ======================================= | === | |
| | 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 |
| | $\{1 \times 25 \text{ on } : 40 \text{ Kick no board}$ | EN1 | K |
| | $\{1 \times 25 \text{ on } : 35 \text{ Kick no board}$ | EN1 | K |
| | $\{1 \times 25 \text{ on } : 30 \text{ Kick no board}$ | 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 |
| | $\{2 \times 50 \text{ on } : 40 \text{ Pulls}$ | EN1 | P |
| 450 | $3x{1 x 75 on 1:05 2bk-4bk-6bk by 25's}$ | EN1 | S |
| | $\{1 \times 75 \text{ on } 1:15 \text{ IM w/out the back}$ | 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 = 6 | 55 | |

Workout #3265 - Thursday, 07 October 2004 Group 3 - IM/Stroke 1 minute rest between sets

| | 6:00 PM Start | | |
|-------|-------------------------------------------------------|-----|----|
| Yards | Set Description | EGY | M |
| ===== | ======================================= | === | == |
| | 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 | 6×100 on 1:30 Descend in sets of 3 | EN1 | |
| 2,000 | 10x{1 x 100 on 1:10 Individual Medley | EN2 | |
| | $\{1 \times 50 \text{ on } : 30 \text{ Freestyle}$ | EN2 | |
| | $\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | 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

| 6:00 PM Start | | | |
|-----------------------------------------|-------------------------|-----|------|
| Yards Set Descript: | ion | EGY | WORK |
| ======================================= | | === | ==== |
| 1 on 30:00 S | tomach and Stretch | | L |
| 800 8 x 100 on 1 | :30 Stroke Drills | REC | D |
| 180 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 |
| $1x\{8 \times 50 \text{ on } :5\}$ | 0 Pulls-nbbf&w + 2 yds | EN1 | P |
| $\{8 \times 50 \text{ on } : 4\}$ | 5 Pulls-nbbf&w + 2 yds | EN1 | P |
| {8 x 50 on :4 | O Pulls-nbbf&w + 2 yds | EN1 | P |
| 400 2 x 200 on 4 | :00 Individual Medley | EN1 | S |
| $5x{1 x 25 on :0}$ | O Freestyle | SP1 | S |
| {1 x 25 on 1: | 30 Freestyle | REC | S |
| $\{1 \times 50 \text{ on } : 0\}$ | O Freestyle | SP1 | S |
| $\{1 \times 50 \text{ on } 3: $ | 00 Freestyle | REC | S |
| {1 x 75 on :0 | O 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 Ya | ards - Stress Value = 1 | .04 | |

Workout #3266 - Saturday, 09 October 2004 Group 3 - All

1 minute rest between sets

| Yards | | AM Start t Description | FCV | WORK | CTV |
|--------|------|----------------------------------------|-----|------|-----|
| ====== | == | ====================================== | === | WOKK | === |
| | 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 | | CHO |
| | | 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 |
| | • | x 300 on 4:05 Pulls | EN1 | _ | |
| | • | x 300 on 3:55 Pulls | EN1 | _ | 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 | = 8 | 34 | |

Workout #3268 - Monday, 11 October 2004 Group 3 - Breast 1 minute rest between sets

| Yards | 5:00 PM Start Set Description | EGY | WOF |
|--------|-----------------------------------------|-----|-----|
| ====== | ======================================= | === | === |
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 14:00 Swim-kick-pull-swim | REC | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 1,200 | 24 x 50 on 1:00 Kick des in 3's | EN2 | |
| · | sets 1-3-5-7 breast | | |
| | sets 2-4-6-8 fly | | |
| 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 | Х | 100 on | 2:00 | Pulls | EN2 |
|-------|------|----|---------|--------|-----------------------|-----|
| | { 1 | Х | 75 on | 1:30 1 | Pulls | EN2 |
| | { 1 | Х | 50 on | 1:00 1 | Pulls | EN2 |
| | { 1 | Х | 25 on | :30 Pt | ılls | EN2 |
| 400 | 1 | Х | 400 on | 7:00 | Reverse IM drill | REC |
| 2,000 | 1x{4 | Х | 125 on | 2:10 | 100 breast 25 free | EN2 |
| | { 4 | Х | 125 on | 2:05 | 75 breast 50 free | EN2 |
| | { 4 | Х | 125 on | 2:00 | 50 breast 75 free | EN2 |
| | { 4 | Х | 125 on | 1:55 | 25 breast 100 free | EN2 |
| 500 | 5 | Х | 100 on | 1:45 | Stroke Drills | REC |
| | 7:30 | ΡN | 1 5,980 | Yards | s - Stress Value = 89 | |

Workout #3267 - Monday, 11 October 2004 Group 3 - Distance 1 minute rest between sets

| | 5:00 PM Start | | |
|-------|------------------------------------------|-----|---|
| Yards | Set Description | EGY | V |
| ===== | ======================================= | === | = |
| | 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

| | 6:00 PM Start | | |
|-------|--------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK |
| ===== | | === | ==== |
| | 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 | $4x{4 \times 25}$ on :35 Kick no board | EN1 | K |
| | $\{1 \times 100 \text{ on } 2:00 \text{ Kick no board}$ | 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 | $2x\{2 \times 75 \text{ on } 1:15 \text{ IM w/out the back}$ | 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 = 4 | 43 | |

Workout #3270 - Tuesday, 12 October 2004 Group 3 - Sprint 1 minute rest between sets

| | 6:00 PM Start | | |
|-------|-------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK |
| ===== | ======================================= | === | ==== |
| | 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 |
| | $4x{4 \times 25}$ 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 |
| | $2x{2 \times 75}$ 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 |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$ | EN3 | S |
| | $\{1 \times 75 \text{ on } 1:30 \text{ Freestyle}$ | EN3 | S |
| | $\{1 \times 25 \text{ on } : 30 \text{ Freestyle} \}$ | EN3 | S |
| | $\{2 \times 50 \text{ on } 1:00 \text{ Freestyle}$ | EN3 | S |
| | $\{1 \times 25 \text{ on } : 30 \text{ Freestyle}$ | EN3 | S |
| | $\{1 \times 75 \text{ on } 1:30 \text{ Freestyle} \}$ | EN3 | S |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$ | EN3 | S |
| | $\{2 \times 25 \text{ on } : 30 \text{ Freestyle} \}$ | EN3 | S |
| | {1 x 200 on 4:00 Stroke Drills | REC | D |
| | 8:30 PM 4,180 Yards - Stress Value = 9 | 93 | |

Workout #3272 - Wednesday, 13 October 2004 Group 3 - Distance 1 minute rest between sets

| Yards | 5:00 Se | | | | t ption | | | EGY | WOF |
|-------|------------|-----|-------|------|------------|----------------|---------|------|-----|
| ===== | == | | | | | | | === | === |
| 550 | | | | | | ch and Stretc | n | | |
| 750 | | | | | | Stroke Drills | | REC | |
| 180 | 12 | 2 > | 15 | on | :45 5 | Shooters | | SP3 | |
| 1,000 | 1 | Х | 1000 | 01 | n 18:0 | 00 Kick every | 3rd lap | EN1 | |
| | k | rs | st-e | /er | y 4th | lap | | | |
| | 1 | .5n | n unc | derv | water | fly | | | |
| 1,200 | 1x{5 | Х | 100 | on | 1:20 | Pulls | | EN1 | |
| | { 4 | х | 100 | on | 1:15 | Pulls | | EN2 | |
| | {3 | х | 100 | on | 1:10 | Pulls | | EN2 | |
| 200 | 4x{1 | х | 25 d | on | :30 St | roke Drills | | REC | |
| | | | | | | reestyle | | EN2 | |
| 3,800 | - | | | | | Freestyle | | EN2 | |
| | { 1 | х | 500 | on | 5:55 | Freestyle | | EN2 | |
| | {1 | х | 400 | on | 4:48 | Freestyle | | EN2 | |
| | {1 | x | 300 | on | 3:40 | Freestyle | | EN2 | |
| | | | | | | Freestyle | | EN2 | |
| | - | | | | | Freestyle | | EN3 | |
| | | | | | | Freestyle | | EN2 | |
| | | | | | | Freestyle | | EN2 | |
| 250 | | | | | | Stroke Drills | | REC | |
| 230 | Τ. | Λ | 230 | OH | 4.00 | SCIOVE DITITIS | | Vr.C | |

Workout #3271 - Wednesday, 13 October 2004 Group 3 - Fly

7:30 PM 7,380 Yards - Stress Value = 138

1 minute rest between sets

| Yards | 5:00 PM Start Set Description | EGY | WOF |
|-------|-----------------------------------------------|-----|-----|
| ===== | ======================================= | === | === |
| 750 | 1 on 30:00 Stomach and Stretch | 550 | |
| 750 | 15 x 50 on :55 Stroke Drills | REC | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 1,000 | 1×1000 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 |
|-------|------------------------------------------------------------|-----|
| | $\{1 \times 25 \text{ on } : 20 \text{ Freestyle}$ | 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 | $12 \times 100 \text{ on } 1:30 \text{ Fly/free } 3-4-5-6$ | 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

| | 6:00 | ΡN | 1 St | tart | t | | | |
|-------|------|----|------|------|---------|-----------------------|-----|-----|
| Yards | | | | _ | | | EGY | |
| | | | | | | | === | === |
| | | | | | | ach and Stretch | | |
| 800 | | | | | | Swim-kick-pull-swim | | |
| 180 | | | | | | Shooters | SP3 | |
| 1,050 | - | | | | | | EN1 | |
| | | | | | _ | orint kick | EN2 | |
| | | | | | 1:25 I | | EN1 | |
| | | | | | _ | orint kick | EN2 | |
| | | | | | 1:20 I | | EN2 | |
| | | | | | | orint kick | EN2 | |
| | | | | | l:15 I | | EN2 | |
| 1,000 | | | | | | Lungbuster pulls | EN1 | |
| | | | | | | Lungbuster pulls | EN1 | |
| | | | | | | Lungbuster pulls | EN1 | |
| | - | | | | | Lungbuster pulls | EN1 | |
| 450 | | | | | | 2bk-4bk-6bk by 50's | EN1 | |
| 2,725 | | | | | | Individual Medley | EN2 | |
| | | | | | | 100 fly 50 back | EN2 | |
| | | | | | | 100 back 50 breast | EN2 | |
| | | | | | | 100 breast 50 free | EN2 | |
| | - | | | | | Individual Medley | EN2 | |
| | | | | | | 75 fly 50 back | EN2 | |
| | | | | | | 75 back 50 breast | EN2 | |
| | | | | | | 75 breast 50 free | EN2 | |
| | | | | | | Individual Medley | EN2 | |
| | { 1 | Х | 100 | on | 1:30 | 50 fly 50 back | EN2 | |
| | { 1 | Х | 100 | on | 1:35 | 50 back 50 breast | EN2 | |
| | | | | | | 50 breast 50 free | EN2 | |
| 400 | 8 | Х | 50 | on 1 | 1:00 \$ | Stroke Drills | REC | |
| | 8:30 | PN | 16, | 605 | Yards | s - 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 | | REC | |
| 180 | | 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 | |
| | | 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 | |
| 450 | {1 x 125 on 1:40 Lungbuster pulls | EN1 | |
| 450 | 3 x 150 on 2:20 2bk-4bk-6bk by 50's | | |
| | · | REC | |
| | {1 x 25 on 1:00 Freestyle | SP1 | |
| | | REC | |
| | {1 x 50 on 2:00 Freestyle | SP1 | |
| | | REC | |
| | {1 x 75 on 3:00 Freestyle | SP1 | |
| | | REC | |
| 200 | {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 Ctoot

| | 7:00 AM Start | | | |
|-------|--------------------------------------------------------|------|------|----|
| Yards | Set Description | EGY | WORK | Sī |
| ===== | | === | ==== | == |
| | 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 | E |
| 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 | E |
| | $\{1 \times 250 \text{ on } 3:15 \text{ Pulls}$ | EN1 | P | E |
| | {1 x 200 on 2:30 Pulls | EN2 | P | E |
| | $\{1 \times 150 \text{ on } 1:50 \text{ Pulls}$ | EN2 | P | E |
| 300 | 12×25 on :30 IM order-build | EN1 | S | I |
| 2,100 | 1x{6 x 100 on 1:05 Freestyle | EN2 | S | E |
| | {1 on 1:00 Rest | | M | |
| | {5 x 100 on 1:05 Freestyle | EN2 | S | E |
| | {1 on 1:00 Rest | | M | |
| | $\{4 \times 100 \text{ on } 1:05 \text{ Freestyle}$ | EN2 | S | E |
| | {1 on 1:00 Rest | | M | |
| | {3 x 100 on 1:05 Freestyle | EN2 | S | E |
| | {1 on 1:00 Rest | | M | |
| | {2 x 100 on 1:05 Freestyle | EN2 | S | E |
| | {1 on 1:00 Rest | | M | |
| | $\{1 \times 100 \text{ on } 1:05 \text{ Freestyle} \}$ | 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

| | Т. | OI | 1 30. | . 00 | Scomach and Scretch | | | | | |
|-------|------|-----|-------|------|---------------------|-----------------------|-----|--|--|--|
| 800 | 1 | Х | 800 | on | 13:00 |) Reverse IM drill | REC | | | |
| 180 | 12 | 2 2 | k 15 | on | :45 \$ | Shooters | SP3 | | | |
| 600 | 6 | Х | 100 | on | 1:45 | Kick | EN2 | | | |
| 1,250 | 1x{4 | х | 100 | on | 1:20 | Pulls | EN1 | | | |
| | { 3 | Х | 125 | on | 1:35 | Pulls | EN2 | | | |
| | { 2 | Х | 150 | on | 1:50 | Pulls | EN1 | | | |
| | { 1 | Х | 175 | on | 2:05 | Pulls | EN2 | | | |
| 600 | 6 | Х | 100 | on | 1:30 | Descend in sets of 3 | EN1 | | | |
| 4,400 | 2x{1 | Х | 600 | on | 7:00 | Freestyle | EN2 | | | |
| | { 1 | Х | 600 | on | 6:50 | Freestyle | EN2 | | | |
| | { 1 | Х | 600 | on | 6:40 | Freestyle | EN2 | | | |
| | { 1 | Х | 400 | on | 6:00 | Freestyle | EN3 | | | |
| 200 | 1 | Х | 200 | on | 4:00 | Stroke Drills | REC | | | |
| | 7:31 | ΡN | 1 8,0 | 030 | Yards | s - Stress Value = 16 | 4 | | | |

1 on 30.00 Stomach and Stretch

Workout #3276 - Monday, 18 October 2004 Group 3 - Sprint

1 minute rest between sets

| | 5:00 PM Start | | |
|-------|-----------------------------------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOI |
| | ======================================= | === | === |
| | 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 | |
| | $\{6 \times 100 \text{ on } 1:25 \text{ Descend in sets of } 3$ | 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 | |
| | $\{6 \times 100 \text{ on } 1:15 \text{ Descend in sets of } 3$ | EN2 | |
| 450 | 9 x 50 on 1:00 Stroke Drills | REC | |
| | 7:30 PM 6,880 Yards - Stress Value = 102 | 2 | |

Workout #3279 - Tuesday, 19 October 2004 Group 3 - Distance 1 minute rest between sets

6:00 PM Start Yards Set Description ===== __________ 1 on 30:00 Stomach and Stretch 800 8 x 100 on 1:45 Stroke Drills D REC odds fr evens nonfr 180 12 x 15 on :45 Shooters SP3 $6x{4 \times 25 \text{ on :}40 \text{ Kick no board}}$ EN1 K {1 x 100 on 2:00 Kick EN2 $1x{2 x 150 on 1:45 Pulls}$ EN2 Ρ {2 x 150 on 1:50 Pulls EN2 {2 x 150 on 1:55 Pulls EN2 Ρ {2 x 150 on 2:00 Pulls Р $1x\{1 \times 75 \text{ on } 1:20 \text{ } 2bk-4bk-6bk \text{ by } 25's \text{ EN1}$ {1 x 75 on 1:15 2bk-4bk-6bk by 25's EN1 {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 $1x\{2 \times 300 \text{ on } 3:45 \text{ Freestyle}$ S EN2 {1 x 200 on 3:00 Butterfly 2-5-2 EN2 S {2 x 300 on 3:40 Freestyle EN2 $\{1 \text{ x 200 on } 2:50 \text{ Backstroke} \}$ EN2 {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 1 x 250 on 4:00 Stroke Drills

8:30 PM 6,930 Yards - Stress Value = 113

1 on 30:00 Dryland and stretch

| | Workout #3278 - Tuesday, 19 October 2004 Group 3 - Fly 1 minute rest between sets | | | 700 180 1,050 | 1 x 700 on 10:30 Stroke Drills RE 12 x 15 on :45 Shooters SP: 1x{2 x 100 on 1:30 Kick EN: {3 x 50 on 1:00 Kick-descend EN: | 3 2 | D S K C K C |
|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|----------------------|
| | 6:00 PM Start | | | | {2 x 100 on 1:40 Kick EN: {3 x 50 on 1:00 Kick-descend EN: | | K C |
| Yards | Set Description | | WORK | | {2 x 100 on 1:50 Kick EN | | K C |
| ===== | 1 on 30:00 Stomach and Stretch | | - ==== L | 1 200 | {3 x 50 on 1:00 Kick-descend EN: | | K C |
| 800 | 8 x 100 on 1:45 Stroke Drills | REC | | 1,200 | 1x{5 x 100 on 1:25 Lungbuster pulls EN: {4 x 100 on 1:20 Lungbuster pulls EN: | | P P |
| 180 | odds fr evens nonfr 12 x 15 on :45 Shooters | SP3 | B S | | {3 x 100 on 1:15 Lungbuster pulls EN | 1 | P |
| 100 | 6x{4 x 25 on :40 Kick no board | EN1 | | 300 | 3×100 on 1:30 Freestyle-descend EN: $6 \times \{4 \times 100 \text{ on 1:} 10 \text{ Backstroke w/fins EN:} \}$ | | S S |
| | {1 x 100 on 2:00 Kick | EN2 | | 2,100 | {1 on 1:20 Rest | _ | М |
| | 1x{2 x 150 on 1:45 Pulls {2 x 150 on 1:50 Pulls | EN2 EN2 | | 400 | $1x\{4 \times 25 \text{ on } : 30 \text{ Freestyle}$ | | S |
| | {2 x 150 on 1:55 Pulls | EN2 | 2 P | | $\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$ EN: $\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}$ EN: | | S S |
| | $\{2 \times 150 \text{ on } 2:00 \text{ Pulls} \\ 1x\{1 \times 75 \text{ on } 1:20 2bk-4bk-6bk \text{ by } 25': \}$ | EN2 | | | {4 x 25 on :15 Freestyle EN | 2 | S |
| | {1 x 75 on 1:15 2bk-4bk-6bk by 25': | | | 500 | 10 x 50 on 1:00 Stroke Drills REG 7:30 PM 6,730 Yards - Stress Value = 96 | | D |
| | {1 x 75 on 1:10 2bk-4bk-6bk by 25': | | | | 7.30 IM 0,730 Talus Scless value - 30 | | |
| | $\{1 \times 75 \text{ on } 1:05 \text{ 2bk-4bk-6bk by } 25': 1x\{3 \times 100 \text{ on } 1:35 \text{ Butterfly } 2-4-2 \}$ | s EN1 EN1 | | | Workout #3282 - Thursday, 21 October 2004 | | |
| | {3 x 50 on 1:00 Butterfly-descend | EN1 | . S | | Group 3 - All | | |
| | {4 x 25 on :25 Freestyle {3 x 100 on 1:35 Butterfly 2-5-2 | EN1 EN1 | | | 1 minute rest between sets | | |
| | {3 x 50 on 1:00 Butterfly-descend | EN1 | | | 6:00 PM Start | | |
| | $\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$ | EN1 | | Yards | Set Description | EGY | |
| | $\{3 \times 100 \text{ on } 1:35 \text{ Butterfly } 2-6-2 $ $\{3 \times 50 \text{ on } 1:00 \text{ Butterfly-descend} \}$ | EN1 EN1 | | ===== | 1 on 30:00 Stomach and Stretch | === | === |
| | {4 x 25 on :25 Freestyle | EN1 | . S | 800 | 1 x 800 on 13:00 Swim-kick-pull-swim | REC | |
| | $\{3 \times 100 \text{ on } 1:35 \text{ Butterfly } 2-7-2 $ $\{3 \times 50 \text{ on } 1:00 \text{ Butterfly-descend} \}$ | EN1 EN1 | | 180 | 12 x 15 on :45 Shooters | SP3 | |
| | {4 x 25 on :25 Freestyle | EN1 | | 1,250 | 1x{2 x 125 on 2:20 Kick {2 x 125 on 2:15 Kick | EN2 EN2 | |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | D D | | {2 x 125 on 2:15 Kick {2 x 125 on 2:10 Kick | EN2 | |
| | 8:30 PM 6,180 Yards - Stress Value = | 77 | | | {2 x 125 on 2:05 Kick | EN2 | |
| | Worksout #2281 Wodnesday 20 October 2004 | | | 1,500 | {2 x 125 on 2:00 Kick 2 x 750 on 10:30 Pulls L.25 of each | EN1 | |
| | Workout #3281 - Wednesday, 20 October 2004 | | | 1,500 | | TINI | |
| | Group 3 - Distance | | | | 100 br every 9 | | |
| | Group 3 - Distance 1 minute rest between sets | | | 450 | 9×50 on :50 Descend in sets of 3 | EN1 | |
| | 1 minute rest between sets | | | 450 500 500 | - | EN1 SP1 REC | |
| Yards | 1 minute rest between sets 5:00 PM Start | EGY | WORK S | 500 | 9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays | SP1 | |
| Yards ===== | 1 minute rest between sets 5:00 PM Start Set Description ==================================== | | | 500 | <pre>9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 8:24 PM 5,180 Yards - Stress Value = 88</pre> | SP1 | |
| ===== | 1 minute rest between sets 5:00 PM Start Set Description | === | ==== = L I | 500 | <pre>9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 8:24 PM 5,180 Yards - Stress Value = 88 Workout #3283 - Friday, 22 October 2004</pre> | SP1 | |
| | 1 minute rest between sets 5:00 PM Start Set Description | === | ==== = L I | 500 | 9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 8:24 PM 5,180 Yards - Stress Value = 88 Workout #3283 - Friday, 22 October 2004 Group 3 - All | SP1 | |
| 700 | 1 minute rest between sets 5:00 PM Start Set Description 1 on 30:00 Dryland and stretch 1 x 700 on 10:30 Stroke Drills 12 x 15 on :45 Shooters 1x{2 x 100 on 1:30 Kick | REC SP3 EN2 | ==== = L I D S K (| 500 | <pre>9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 8:24 PM 5,180 Yards - Stress Value = 88 Workout #3283 - Friday, 22 October 2004</pre> | SP1 | |
| 700 | I minute rest between sets 5:00 PM Start Set Description 1 on 30:00 Dryland and stretch 1 x 700 on 10:30 Stroke Drills 12 x 15 on :45 Shooters 1x{2 x 100 on 1:30 Kick {3 x 50 on 1:00 Kick-descend | REC SP3 EN2 EN2 | ==== = L I D S K C K C | 500 500 | 9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 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 | SP1 REC | |
| 700 | 1 minute rest between sets 5:00 PM Start Set Description 1 on 30:00 Dryland and stretch 1 x 700 on 10:30 Stroke Drills 12 x 15 on :45 Shooters 1x{2 x 100 on 1:30 Kick | REC SP3 EN2 | ==== = | 500 | 9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 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 | SP1 REC | |
| 700 | 1 minute rest between sets 5:00 PM Start Set Description 1 on 30:00 Dryland and stretch 1 x 700 on 10:30 Stroke Drills 12 x 15 on :45 Shooters 1x{2 x 100 on 1:30 Kick} 3 x 50 on 1:00 Kick-descend 2 x 100 on 1:40 Kick 3 x 50 on 1:00 Kick-descend 2 x 100 on 1:50 Kick | REC SP3 EN2 EN2 EN2 EN2 EN2 | E E E E E E E E E E E E E E E E E E E | 500 500 Yards | <pre>9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 8:24 PM 5,180 Yards - Stress Value = 88 Workout #3283 - Friday, 22 October 2004</pre> | SP1 REC | |
| 700 | 1 minute rest between sets 5:00 PM Start Set Description 1 on 30:00 Dryland and stretch 1 x 700 on 10:30 Stroke Drills 12 x 15 on :45 Shooters 1x{2 x 100 on 1:30 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:40 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:50 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:50 Kick {3 x 50 on 1:00 Kick-descend | REC SP3 EN2 EN2 EN2 EN2 EN2 EN2 | ==== = = | 500 500 Yards ===== | 9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 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 Set Description ==================================== | SP1 REC EGY === REC | |
| 700 | 1 minute rest between sets 5:00 PM Start Set Description 1 on 30:00 Dryland and stretch 1 x 700 on 10:30 Stroke Drills 12 x 15 on :45 Shooters 1x{2 x 100 on 1:30 Kick} 3 x 50 on 1:00 Kick-descend 2 x 100 on 1:40 Kick 3 x 50 on 1:00 Kick-descend 2 x 100 on 1:50 Kick | REC SP3 EN2 EN2 EN2 EN2 EN2 | E E E E E E E E E E E E E E E E E E E | 500 500 Yards | 9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 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 Set Description ==================================== | SP1 REC | |
| 700 180 | 1 minute rest between sets 5:00 PM Start Set Description 1 on 30:00 Dryland and stretch 1 x 700 on 10:30 Stroke Drills 12 x 15 on :45 Shooters 1x{2 x 100 on 1:30 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:40 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:50 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:50 Kick {3 x 50 on 1:00 Lungbuster pulls {4 x 100 on 1:25 Lungbuster pulls {3 x 100 on 1:15 Lungbuster pulls | REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 | ==== = | Yards ===== 800 300 | <pre>9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 8:24 PM 5,180 Yards - Stress Value = 88 Workout #3283 - Friday, 22 October 2004</pre> | EGY === REC SP3 EN1 | |
| 700 180 | I minute rest between sets 5:00 PM Start Set Description 1 on 30:00 Dryland and stretch 1 x 700 on 10:30 Stroke Drills 12 x 15 on :45 Shooters 1x{2 x 100 on 1:30 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:40 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:50 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:50 Kick {3 x 50 on 1:00 Kick-descend {4 x 100 on 1:50 Lungbuster pulls {3 x 100 on 1:20 Lungbuster pulls {3 x 100 on 1:30 Freestyle-descend | REC SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 | ==== = | Yards ===== 800 300 | <pre>9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 8:24 PM 5,180 Yards - Stress Value = 88 Workout #3283 - Friday, 22 October 2004</pre> | EGY === REC SP3 EN1 EN1 | |
| 700 180 | 1 minute rest between sets 5:00 PM Start Set Description 1 on 30:00 Dryland and stretch 1 x 700 on 10:30 Stroke Drills 12 x 15 on :45 Shooters 1x{2 x 100 on 1:30 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:40 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:50 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:50 Kick {3 x 50 on 1:00 Lungbuster pulls {4 x 100 on 1:25 Lungbuster pulls {3 x 100 on 1:15 Lungbuster pulls | REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 | ==== = | Yards ===== 800 300 | <pre>9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 8:24 PM 5,180 Yards - Stress Value = 88 Workout #3283 - Friday, 22 October 2004</pre> | EGY === REC SP3 EN1 | |
| 700 180 | I minute rest between sets 5:00 PM Start Set Description 1 on 30:00 Dryland and stretch 1 x 700 on 10:30 Stroke Drills 12 x 15 on :45 Shooters 1x{2 x 100 on 1:30 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:40 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:50 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:50 Kick {3 x 50 on 1:00 Kick-descend {3 x 50 on 1:00 Kick-descend }1x{5 x 100 on 1:25 Lungbuster pulls {4 x 100 on 1:25 Lungbuster pulls {3 x 100 on 1:15 Lungbuster pulls 3 x 100 on 1:30 Freestyle-descend 1 x 2500 on 35:00 Freestyle brk @500's 30 sec rt 1x{4 x 25 on :30 Freestyle | REC SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 | === = | Yards ===== 800 300 | <pre>9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 8:24 PM 5,180 Yards - Stress Value = 88 Workout #3283 - Friday, 22 October 2004</pre> | EGY === REC SP3 EN1 EN1 EN1 EN1 EN2 | |
| 700 180 | I minute rest between sets 5:00 PM Start Set Description | REC SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 | === = | Yards ===== 800 300 600 | 9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 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 Set Description | EGY ==== REC SP3 EN1 EN1 EN1 EN1 EN2 EN2 | |
| 700 180 | I minute rest between sets 5:00 PM Start Set Description 1 on 30:00 Dryland and stretch 1 x 700 on 10:30 Stroke Drills 12 x 15 on :45 Shooters 1x{2 x 100 on 1:30 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:40 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:50 Kick {3 x 50 on 1:00 Kick-descend {2 x 100 on 1:50 Kick {3 x 50 on 1:00 Kick-descend {3 x 50 on 1:00 Kick-descend }1x{5 x 100 on 1:25 Lungbuster pulls {4 x 100 on 1:25 Lungbuster pulls {3 x 100 on 1:15 Lungbuster pulls 3 x 100 on 1:30 Freestyle-descend 1 x 2500 on 35:00 Freestyle brk @500's 30 sec rt 1x{4 x 25 on :30 Freestyle | REC SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 | === = | Yards ===== 800 300 600 | <pre>9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 8:24 PM 5,180 Yards - Stress Value = 88 Workout #3283 - Friday, 22 October 2004</pre> | EGY ==== REC SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN2 | |
| 700 180 | I minute rest between sets 5:00 PM Start Set Description | REC SP3 EN2 EN2 EN2 EN1 | === = | Yards ===== 800 300 600 | 9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 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 Set Description ==================================== | EGY ==== REC SP3 EN1 EN1 EN1 EN1 EN2 EN2 | |
| 700 180 300 2,500 | I minute rest between sets 5:00 PM Start Set Description | REC SP3 EN2 EN2 EN2 EN1 | === | Yards ====== 800 300 600 900 400 1,200 300 | <pre>9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 8:24 PM 5,180 Yards - Stress Value = 88 Workout #3283 - Friday, 22 October 2004</pre> | EGY ==== REC SP3 EN1 EN1 EN1 EN1 EN2 EN2 EN1 EN1 EN3 SP1 | |
| 700 180 300 2,500 | I minute rest between sets 5:00 PM Start Set Description | REC SP3 EN2 EN2 EN2 EN1 | === | Yards ====== 800 300 600 900 400 1,200 | <pre>9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 8:24 PM 5,180 Yards - Stress Value = 88 Workout #3283 - Friday, 22 October 2004</pre> | EGY === REC SP3 EN1 EN1 EN1 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN1 EN1 EN1 | |
| 700 180 300 2,500 | I minute rest between sets 5:00 PM Start Set Description | REC SP3 EN2 EN2 EN2 EN1 | === | Yards ====== 800 300 600 900 400 1,200 300 | 9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 8:24 PM 5,180 Yards - Stress Value = 88 Workout #3283 - Friday, 22 October 2004 Group 3 - All I minute rest between sets 7:00 AM Start Set Description | EGY === REC SP3 EN1 EN1 EN1 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN1 EN1 EN1 | |
| 700 180 300 2,500 | I minute rest between sets 5:00 PM Start Set Description | REC SP3 EN2 EN2 EN2 EN1 | === | Yards ====== 800 300 600 900 400 1,200 300 | 9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 8:24 PM 5,180 Yards - Stress Value = 88 Workout #3283 - Friday, 22 October 2004 Group 3 - All I minute rest between sets 7:00 AM Start Set Description | EGY === REC SP3 EN1 EN1 EN1 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN1 EN1 EN1 | |
| 700 180 300 2,500 | I minute rest between sets 5:00 PM Start Set Description | REC SP3 EN2 EN2 EN2 EN1 | === | Yards ====== 800 300 600 900 400 1,200 300 | 9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 8:24 PM 5,180 Yards - Stress Value = 88 Workout #3283 - Friday, 22 October 2004 Group 3 - All I minute rest between sets 7:00 AM Start Set Description | EGY === REC SP3 EN1 EN1 EN1 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN1 EN1 EN1 | |
| 700 180 300 2,500 | I minute rest between sets 5:00 PM Start Set Description | REC SP3 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 REC 98 | === | Yards ====== 800 300 600 900 400 1,200 300 | 9 x 50 on :50 Descend in sets of 3 1 x 500 on 25:00 Killer Relays 10 x 50 on 1:00 Stroke Drills 8:24 PM 5,180 Yards - Stress Value = 88 Workout #3283 - Friday, 22 October 2004 Group 3 - All I minute rest between sets 7:00 AM Start Set Description | EGY === REC SP3 EN1 EN1 EN1 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN1 EN1 EN1 | |

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Workout #3287 - Monday, 25 October 2004 **Group 3 - Distance** 1 minute rest between sets

Workout #3285 - Monday, 25 October 2004 **HS Girls - All** 1 minute rest between sets

Workout #3288 - Monday, 25 October 2004

HS Girls - Eric Blue Man

| | E.OO DM Stomb | | | 1 influte Test between sets | | | |
|-------|--------------------------------------------------------|--------|----------|-----------------------------------------|-------|--------|-----|
| 371 | 5:00 PM Start | DOM N | 0.5 | | | | |
| Yards | Set Description | EGY W | OF | 3:00 PM Start | | | |
| ===== | 1 20 00 00 00 1 1 1 0 00 1 | === =: | == Yards | Set Description | EGY | WORK | STK |
| | 1 on 30:00 Stomach and Stretch | | ===== | ======================================= | === | ==== | === |
| 800 | 1 x 800 on 13:00 Swim-kick-drll-swim | | | 1 on 30:00 Stomach and Stretch | | L | DRY |
| 180 | 12 x 15 on :45 Shooters | SP3 | 400 | 8 x 50 on 1:15 Stroke Drills | REC | D | FR |
| 900 | 1x{2 x 100 on 2:00 Kick | EN1 | 180 | 12 x 15 on :45 Shooters | SP3 | S | FR |
| | {4 x 25 on :40 Kick no board | EN1 | | 1x{3 x 50 on 1:10 Kick | EN1 | K | CHO |
| | {2 x 100 on 1:55 Kick | EN1 | | {3 x 50 on 1:05 Kick | EN1 | K | CHO |
| | $\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$ | EN1 | | {3 x 50 on 1:00 Kick | EN1 | K | CHO |
| | {2 x 100 on 1:50 Kick | EN2 | | • | EN1 | K | СНО |
| | $\{4 \times 25 \text{ on } : 40 \text{ Kick no board}$ | EN2 | | • | EN1 | P | FR |
| 1,650 | 1 x 1650 on 22:00 Pulls | EN1 | | • | EN1 | P | FR |
| 400 | 4 x 100 on 1:30 Descend 1-4 | EN1 | | • | EN1 | P | |
| 3,200 | 1x{1 x 800 on 10:00 Freestyle | EN1 | | • | EN1 | S | FR |
| | {1 x 800 on 9:50 Freestyle | EN1 | | · | EN1 | S | |
| | {1 x 800 on 9:40 Freestyle | EN1 | | · · · · · · · · · · · · · · · · · · · | EN1 | S | FR |
| | 1 x 800 on 9:30 Freestyle | EN2 | | · · · · · · · · · · · · · · · · · · · | EN1 | S | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | 200 | ` | REC | D | |
| 200 | 7:29 PM 7,380 Yards - Stress Value = 79 | | 200 | | KEC | и М | CD |
| | For rarab boross varab 19 | | | 1 on 20:00 Stretch and Ice | 2 | | |
| | | | | 5:06 PM 3,480 Yards - Stress Value | : = 3 | Ю | |

Workout #3286 - Monday, 25 October 2004 **Group 3 - Sprint**

1 minute rest between sets

| | | | | | no only line blue him | |
|-------|-----------------------------------------------------|-----|-----|-------|-----------------------------------------|-----|
| | | | | | 1 minute rest between sets | |
| | 5:00 PM Start | | | | | |
| Yards | Set Description | EGY | WOF | | 5:00 PM Start | |
| | | === | === | Yards | Set Description EGY WORK | STK |
| | 1 on 30:00 Stomach and Stretch | | | ===== | | === |
| 800 | 1 x 800 on 13:00 Swim-kick-drll-swim | REC | | | 1 on 30:00 Stomach and Stretch L | DRY |
| 180 | 12 x 15 on :45 Shooters | SP3 | | 400 | 8 x 50 on 1:15 Stroke Drills REC D | FR |
| | 1x{2 x 100 on 2:00 Kick | EN1 | | 180 | 12 x 15 on :45 Shooters SP3 S | FR |
| | • | EN1 | | | 1x{2 x 100 on 2:00 Kick EN1 K | CHO |
| | {2 x 100 on 1:55 Kick | EN1 | | | {4 x 25 on :40 Kick no board EN1 K | FLY |
| | {4 x 25 on :40 Kick no board | EN1 | | | {2 x 100 on 1:55 Kick EN1 K | CHO |
| | {2 x 100 on 1:50 Kick | EN2 | | | {4 x 25 on :40 Kick no board EN1 K | FLY |
| | {4 x 25 on :40 Kick no board | EN2 | | | {2 x 100 on 1:50 Kick EN2 K | CHO |
| 1,200 | 12 x 100 on 1:30 Lungbuster pulls | EN1 | | | {4 x 25 on :40 Kick no board EN2 K | FLY |
| 400 | 4 x 100 on 1:45 Individual Medley | EN1 | | 1,000 | 1 x 1000 on 13:30 Pulls EN1 P | FR |
| | $1x{4 x 125 on 1:50 Freestyle}$ | EN1 | | 400 | 4 x 100 on 1:30 Descend 1-4 EN1 S | FR |
| | {6 x 50 on 1:00 Free-100% br ev 5 | SP1 | | | 1x{1 x 800 on 10:30 Freestyle EN1 S | FR |
| | {4 x 125 on 1:45 Freestyle | EN1 | | | {1 x 800 on 10:20 Freestyle EN1 S | FR |
| | {6 x 50 on 1:00 Free-100% br ev 5 | SP1 | | | {1 x 800 on 10:10 Freestyle EN1 S | FR |
| | $\{4 \times 125 \text{ on } 1:40 \text{ Freestyle}$ | EN1 | | | {1 x 800 on 10:00 Freestyle EN2 S | FR |
| | {6 x 50 on 1:00 Free-100% br ev 5 | SP1 | | 250 | • | CD |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | | | 1 on 10:00 Ice M | |
| | 7:30 PM 6,280 Yards - Stress Value = 122 | 2 | | | 7:30 PM 6,330 Yards - Stress Value = 73 | |

Workout #3284 - Monday, 25 October 2004 **HS Girls - All** 1 minute rest between sets

| | 6:00 AM Start | | |
|-------|-----------------------------------------------------------------------|-----|-----|
| 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 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | |
| | $1x{1 x 75 on 1:20 Freestyle}$ | EN1 | |
| | $\{1 \times 75 \text{ on } 1:15 \text{ Freestyle} \}$ | EN1 | |
| | $\{1 \times 75 \text{ on } 1:10 \text{ Freestyle}$ | EN1 | |
| | $\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$ | EN1 | |
| | $\{1 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$ | 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

Workout #3290 - Tuesday, 26 October 2004 HS Girls - All 1 minute rest between sets

| 6 | :00 PM Start | | | 3:00 PM Start | |
|---------|--------------------------------------------------------|--------|-------|--------------------------------------------------------|----------|
| Yards | Set Description | EGY WC | Yards | Set Description | EGY WOF |
| ===== | ======================================= | === == | ===== | | ==== === |
| | 1 on 30:00 Stomach and Stretch | | | 1 on 30:00 Dryland and team mtg | |
| 800 | 8 x 100 on 1:45 Stroke Drills | REC | 600 | 1 x 600 on 12:00 Swim-kick-pull- | swim REC |
| | odds free evns nonfr | | 180 | 12 x 15 on :45 Shooters | SP3 |
| 180 | 12 x 15 on :45 Shooters | SP3 | | 3x{1 x 100 on 2:20 Kick | EN1 |
| 1,200 | 12 x 100 on 2:00 Kick-odds 100% effor | EN2 | | $\{4 \times 25 \text{ on } : 45 \text{ Kick no board}$ | EN1 |
| 1,000 1 | x{1 x 300 on 4:00 Pulls | EN1 | | $1x{2 \times 100}$ on 1:50 Lungbuster pulls | EN1 |
| | {2 x 200 on 2:40 Pulls | EN1 | | {2 x 100 on 1:45 Lungbuster pulls | EN1 |
| | {3 x 100 on 1:20 Pulls | EN1 | | {2 x 100 on 1:40 Lungbuster pulls | EN1 |
| 600 4 | $x{1 \times 75}$ on 1:15 IM w/out the back | EN1 | 300 | 12×25 on :30 IM order-build | EN1 |
| | {1 x 75 on 1:10 2bk-4bk-6bk by 25's | EN1 | | 1x{3 x 125 on 2:05 Freestyle | EN1 |
| 3,000 1 | $x{1 \times 800 \text{ on } 10:00 \text{ Freestyle}}$ | EN2 | | $\{3 \times 125 \text{ on } 2:00 \text{ Freestyle} \}$ | EN1 |
| | {1 x 700 on 8:30 Freestyle | EN2 | | {3 x 125 on 1:55 Freestyle | EN1 |
| | $\{1 \times 600 \text{ on } 7:05 \text{ Freestyle} \}$ | EN2 | | $\{1 \times 125 \text{ on } 1:50 \text{ Freestyle} \}$ | EN2 |
| | {1 x 500 on 5:45 Freestyle | EN2 | 200 | 1 x 200 on 4:00 Stroke Drills | REC |
| | {1 x 400 on 4:28 Freestyle | EN2 | | 1 on 20:00 Stretch and Ice | |
| 350 | 7 x 50 on 1:00 Stroke Drills | REC | | 5:14 PM 3,730 Yards - Stress Value | = 36 |
| 8 | :30 PM $7,130$ Yards - Stress Value = 107 | | | | |

Workout #3292 - Tuesday, 26 October 2004 Group 3 - Backstroke 1 minute rest between sets

Workout #3291 - Tuesday, 26 October 2004 HS Girls - Eric Blue Man 1 minute rest between sets

| | | | | 3:00 PM Start | |
|-------|--------------------------------------------------------------|--------|-------|---------------------------------------------------------------|---------|
| | 6:00 PM Start | | Yards | Set Description | EGY WOF |
| Yards | Set Description | EGY WC | ===== | ======================================= | |
| ===== | | === == | | 1 on 30:00 Dryland and team mtg | |
| | 1 on 30:00 Stomach and Stretch | | 600 | 1 x 600 on 12:00 Swim-kick-pull-swim B | REC |
| 800 | 8 x 100 on 1:45 Stroke Drills | REC | 180 | 12 x 15 on :45 Shooters | SP3 |
| | odds free evns nonfr | | | 5x{1 x 100 on 2:00 Kick | EN1 |
| 180 | 12 x 15 on :45 Shooters | SP3 | | {4 x 25 on :40 Kick no board | EN1 |
| 1,200 | 12 x 100 on 2:00 Kick-odds 100% effor | EN2 | | 1x{3 x 100 on 1:30 Lungbuster pulls | EN1 |
| 1,000 | 1x{1 x 300 on 4:00 Pulls | EN1 | | {3 x 100 on 1:25 Lungbuster pulls | EN1 |
| | {2 x 200 on 2:40 Pulls | EN1 | | {3 x 100 on 1:20 Lungbuster pulls | EN1 |
| | {3 x 100 on 1:20 Pulls | EN1 | 300 | 2 x 150 on 2:15 2bk-4bk-6bk by 50's | EN1 |
| 600 | $4x\{1 \times 75 \text{ on } 1:15 \text{ IM w/out the back}$ | EN1 | | 1x{3 x 125 on 2:05 Butterfly 2-2-2 | EN1 |
| | {1 x 75 on 1:10 2bk-4bk-6bk by 25's | EN1 | | $\{1 \times 150 \text{ on } 2:40 \text{ IM w/out the fly} \}$ | EN1 |
| 2,000 | 1x{1 x 400 on 6:00 Backstroke | EN1 | | {3 x 125 on 2:00 Butterfly 2-3-2 | EN1 |
| | {8 x 50 on 1:00 Back des in sets of4 | EN2 | | $\{1 \times 150 \text{ on } 2:40 \text{ IM w/out the fly} \}$ | EN1 |
| | {1 x 300 on 4:25 Backstroke | EN1 | | {3 x 125 on 1:55 Butterfly 2-4-2 | EN1 |
| | {6 x 50 on 1:00 Back des in sets of3 | EN2 | | $\{1 \times 150 \text{ on } 2:40 \text{ IM w/out the fly} \}$ | EN1 |
| | {1 x 200 on 2:50 Backstroke | EN2 | | {3 x 125 on 1:50 Butterfly 2-5-2 | EN2 |
| | {4 x 50 on 1:00 Back des 1-4 | EN2 | 200 | 1 x 200 on 4:00 Stroke Drills | REC |
| | {1 x 100 on 1:20 Backstroke | EN2 | | 1 on 10:00 Ice | |
| | {2 x 50 on 1:00 Backstroke 100% | EN2 | | 5:25 PM 5,130 Yards - Stress Value = 55 | |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | | | |
| | 8:30 PM 6,180 Yards - Stress Value = 80 | | | | |

Workout #3289 - Tuesday, 26 October 2004 HS Girls - All 1 minute rest between sets

| | 6:00 AM Start | | |
|-------|----------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 10:00 Stretching | | I |
| 300 | 3 x 100 on 2:00 Stroke Drills | REC | Ι |
| 250 | 10 x 25 on :30 12.5 ez 12.5 fast | SP3 | ٤ |
| 750 | 1 x 750 on 12:00 Pulls | EN1 | E |
| | $2x{1 x 200 on 3:30 Frees L.50 non free}$ | EN1 | ٤ |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$ | EN1 | ٤ |
| | $\{1 \times 50 \text{ on } :55 \text{ Freestyle}$ | EN1 | ٤ |
| | $\{1 \times 50 \text{ on } :50 \text{ Freestyle}$ | EN1 | ٤ |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | Γ |
| | 1 on 10:00 Ice | | N |
| | 7:05 AM 2,250 Yards - Stress Value = 25 | 5 | |

Workout #3295 - Wednesday, 27 October 2004 **Group 3 - Breast** 1 minute rest between sets

| | 5:00 PM Start Set Description | EGY | |
|-------|------------------------------------------------------------------|-----|-----|
| | | === | === |
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | | REC | |
| | $\{1 \times 200 \text{ on } 3:20 \text{ Freestyle L.50 fast} \}$ | | |
| | {1 x 200 on 3:10 Freestyle L.100 fast | | |
| | {1 x 200 on 3:00 Freestyle L.150 fast | | |
| | 12 x 15 on :45 Shooters | SP3 | |
| 900 | 1x{1 x 100 on 2:00 Kick | EN1 | |
| | {1 x 125 on 2:00 Kick | EN2 | |
| | {1 x 100 on 1:50 Kick | EN2 | |
| | {1 x 125 on 2:10 Kick | EN2 | |
| | {1 x 100 on 1:40 Kick | EN2 | |
| | {1 x 125 on 2:20 Kick | EN2 | |
| | {1 x 100 on 1:30 Kick | EN2 | |
| | {1 x 125 on 2:30 Kick | EN1 | |
| 1,500 | 2x{1 x 200 on 3:30 Pulls | EN1 | |
| | $\{1 \times 175 \text{ on } 3:00 \text{ Pulls}$ | EN1 | |
| | {1 x 150 on 2:30 Pulls | EN1 | |
| | {1 x 125 on 2:00 Pulls | EN2 | |
| | {1 x 100 on 1:30 Pulls | EN2 | |
| | { all w/paddles & fins | | |
| 400 | $8x{1 x 25 on :30 Freestyle}$ | EN1 | |
| | | EN2 | |
| 2,025 | · | EN2 | |
| | · · | EN2 | |
| | $\{1 \times 100 \text{ on } 1:40 \text{ Breaststroke} \}$ | EN1 | |
| | $\{1 \times 125 \text{ on } 2:00 \text{ Breaststroke} \}$ | EN2 | |
| | · | EN2 | |
| | $\{1 \times 125 \text{ on } 1:50 \text{ Breaststroke} \}$ | EN2 | |
| | {1 on 1:00 Rest | | |
| 425 | | 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

| | 3:00 PM Start | | | |
|-------|-------------------------------------------------------|--------------|-----|-----|
| Yards | Set Description | | EGY | WOF |
| ===== | ======================================= | ======== | === | === |
| | 1 on 30:00 Stomach and S | tretch | | |
| 800 | 8 x 100 on 1:45 Stroke D | rills | REC | |
| 180 | 12×15 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 | |
| | {1 x 125 on 2:10 Kick | | EN1 | |
| | $\{1 \times 125 \text{ on } 2:05 \text{ Kick} \}$ | | EN1 | |
| | 1x{2 x 150 on 2:15 Pulls no | br L.12 yds | EN1 | |
| | {2 x 150 on 2:10 Pulls no | br L.12 yds | EN1 | |
| | {2 x 150 on 2:05 Pulls no | br L.12 yds | EN1 | |
| 300 | 12 x 25 on :30 IM order- | build | EN1 | |
| | $1x{4 x 125 on 1:50 Freestyl}$ | е | EN1 | |
| | $\{4 \times 125 \text{ on } 1:45 \text{ Freestyl} \}$ | е | EN2 | |
| | {4 x 125 on 1:40 Freestyl | е | EN2 | |
| | $\{4 \times 125 \text{ on } 1:35 \text{ Freestyl} \}$ | е | EN2 | |
| 250 | 1 x 250 on 4:00 Stroke D | rills | REC | |
| | 5:04 PM 5,180 Yards - Stres | s Value = 60 | | |

Workout #3299 - Thursday, 28 October 2004 Group 3 - All

1 minute rest between sets

| 6:00 PM Start Yards Set Description EGY |
|-----------------------------------------|
| 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 | EN1 | | | | |
| | {1 x 100 on 1:50 Kick | EN1 | | | | |
| | {1 x 50 on :55 Kick | EN1 | | | | |
| 700 | 1×700 on $9:00$ Pulls L.25 of each | EN1 | | | | |
| | 100 brth every 9 | | | | | |
| 600 | 6×100 on 1:30 Descend in sets of 3 | EN1 | | | | |
| 4,000 | 2x{1 x 400 on 6:00 Individual Medley | EN1 | | | | |
| | {2 x 300 on 4:25 Individual Medley | EN1 | | | | |
| | {3 x 200 on 2:50 Individual Medley | EN1 | | | | |
| | {4 x 100 on 1:20 Individual Medley | 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 Cirls - All | | | | | |

HS Girls - All

1 minute rest between sets

| | 5:30 AM Start | | | | |
|-------|--------------------------------------------------------|-------|------|-----|----|
| Yards | Set Description | EGY | WORK | STK | E |
| | ======================================= | === | ==== | === | == |
| | 1 on 20:00 Stretch | | L | DRY | |
| 400 | 1 x 400 on 8:00 Choice | REC | S | СНО | 2 |
| 180 | 12 x 15 on :45 Shooters | SP3 | S | BR | 5 |
| 600 | 2 x 300 on 5:00 Pulls | EN1 | P | FR | 1 |
| | $1x{1 x 400 on 6:00 Freestyle}$ | EN1 | S | FR | 1 |
| | $\{1 \times 300 \text{ on } 4:30 \text{ Freestyle} \}$ | EN1 | S | FR | 1 |
| | $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$ | EN1 | S | FR | 1 |
| | $\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$ | 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 Val | lue = | = 23 | | |
| | | | | | |

Workout #3298 - Thursday, 28 October 2004 **HS Girls - All**

1 minute rest between sets

| | | 3:00 PM Start | | |
|---|-------|-----------------------------------------|-----|------|
| | Yards | Set Description | EGY | WORK |
| | ===== | ======================================= | === | ==== |
| | | 1 on 30:00 Stomach and Stretch | | L |
| • | 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 | EN1 | K |
| | | {1 x 100 on 2:20 Kick | EN1 | S |
| | | {1 x 50 on 1:10 Kick | EN1 | K |
| | 600 | 2 x 300 on 5:00 Pulls L.25 of each | EN1 | P |
| | | 100 brth every 9 | | |
| | 250 | 1 x 250 on 5:00 Even 50's 6bk | EN1 | S |
| | | 1x{2 x 300 on 6:00 Individual Medley | EN1 | S |
| | | {3 x 200 on 3:50 Individual Medley | EN1 | S |
| | | {4 x 100 on 1:50 Individual Medley | EN1 | 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 = 4 | 12 | |

SP3

EN1

EN2

EN1

EN1

EN2

EN2

REC

L DRY

S FF

S FF

S CHC

K CHC

K CHC

K CHC

P FF

S FF

S FF

D WS7

EGY WORK

S

k

Ε

S

Ε

EGY WOF

REC

SP3

EN1

EN1

EN1

EN1

EN1

EN2

REC

REC

S IN

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 | 6×100 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 #3303 - Saturday, 30 October 2004 HS Girls - All 1 minute rest between sets

1 on 30:00 Stomach and Stretch

1 x 500 on 10:00 Choice

 $1x{4 x 125 on 2:15 Lungbuster pulls}$

16 x 25 on :40 Stroke Drills

 $\{4 \times 125 \text{ on } 2:10 \text{ Lungbuster pulls}$

9 x 50 on 1:00 Descend in sets of 3 EN1 $8 \times \{1 \times 100 \text{ on } 1:45 \text{ Individual Medley} \}$ EN1

12 x 15 on :45 Shooters

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

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

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

{1 x 100 on 2:20 Kick

{1 x 50 on 1:10 Kick

1 on 10:00 Ice

7:00 AM Start

Set Description

3:59 PM 4,880 Yards - Stress Value = 74

1 on 25:00 Stomach and Stretch

 $\{1 \times 200 \text{ on } 3:20 \text{ Free L.50 fast EN1} \}$ $\{1 \times 200 \text{ on } 3:10 \text{ Free L.100 fast EN2} \}$ $\{1 \times 200 \text{ on } 3:00 \text{ Free L.150 fast EN2} \}$

 $1x{1 \times 200 \text{ on } 3:30 \text{ Freestyle}}$

12 x 15 on :45 Shooters

 $1x{2 x 50 on 1:00 Kick}$

1 on 10:00 Ice

Set Description

7:00 AM Start

1,200

250

Yards

500

180

400

Yards

{2 x 75 on 1:25 Kick

{2 x 100 on 1:50 Kick

3 x 400 on 5:30 Pulls

 $1x{3 \times 200 \text{ on } 2:30 \text{ Freestyle}}$

 $\{3 \times 200 \text{ on } 2:25 \text{ Freestyle} \}$

 ${3 \times 200 \text{ on } 2:20 \text{ Freestyle}}$

8 x 25 on :30 IM order-build

1 x 250 on 4:00 Stroke Drills

Workout #3300 - Friday, 29 October 2004 HS Girls - All

| 1 minute | rest | between | sets |
|----------|------|---------|------|
|----------|------|---------|------|

| | 6:00 AM Start | | |
|-------|-------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 40:00 Weights and stretch | | I |
| 400 | 1 x 400 on 8:00 Choice | REC | ٤ |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| 800 | 4 x 200 on 3:30 3 min swims 30 secR | EN1 | ٤ |
| | $1x{4 x 25 on :35 Freestyle}$ | EN1 | ٤ |
| | $\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$ | EN1 | ٤ |
| | $\{4 \times 25 \text{ on :} 25 \text{ Freestyle}$ | EN2 | ٤ |
| | $\{4 \times 25 \text{ on } : 20 \text{ Freestyle}$ | EN2 | ٤ |
| 350 | 7 x 50 on 1:00 Stroke Drills | REC | Γ |
| | 7:30 AM 2,130 Yards - Stress Value = 21 | | |

Workout #3304 - Saturday, 30 October 2004 HS Girls - Eric Blue Man 1 minute rest between sets

9:31 AM 5,030 Yards - Stress Value = 46

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 | |
| | $\{1 \times 150 \text{ on } 3:20 \text{ Free L.50 fast } \}$ | EN1 | S | FF | |
| | $\{1 \times 150 \text{ on } 3:10 \text{ Free L.} 100 \text{ fast }$ | EN2 | S | FF | |
| | $\{1 \times 150 \text{ on } 3:00 \text{ All fast} \}$ | 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 | 8×25 on :30 IM order-build | EN1 | S | IN | |
| | $1x{3 x 150 on 2:30 Freestyle}$ | 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 | WSI | |
| | 1 on 10:00 Ice | | L | | |
| | 4:00 PM 3,880 Yards - Stress Value | = 5 | 7 | | |
| | | | | | |

| ľΕ | | | | |
|----------|-------|------------------------------------------------------------|-----|-----|
| r | ===== | | === | === |
| == | | 1 on 30:00 Stomach and Stretch | | |
| ζΣ. | 500 | 1 x 500 on 10:00 Choice | REC | |
| `F | 180 | 12 x 15 on :45 Shooters | SP3 | |
| `F `F | | 3x{1 x 150 on 2:45 Kick | EN1 | |
| - | | {1 x 100 on 1:50 Kick | EN1 | |
| `F | | {1 x 50 on :55 Kick | EN1 | |
| IC | | $1x{2 x 125 on 2:00 Lungbuster pulls}$ | EN1 | |
| IC | | {2 x 125 on 1:55 Lungbuster pulls | EN1 | |
| IC | | {2 x 125 on 1:50 Lungbuster pulls | EN1 | |
| 'F | | $\{2 \times 125 \text{ on } 1:45 \text{ Lungbuster pulls}$ | EN1 | |
| I | | {2 x 125 on 1:40 Lungbuster pulls | EN1 | |
| `F | 900 | 9×100 on 1:30 Descend in sets of 3 | EN1 | |
| `F | | 8x{1 x 100 on 1:20 Individual Medley | EN2 | |
| `F | | $\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$ | EN2 | |
| Γ | | $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$ | 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 #3301 - Friday, 29 October 2004 HS Girls - Eric Blue Man 1 minute rest between sets

2:00 PM Start Yards Set Description

| 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 | 2 | |

Workout #3305 - Monday, 01 November 2004 HS Girls - All 1 minute rest between sets

| Yards | 5:30 AM Start 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 |
| | ${3 \times 75 \text{ on } 1:05 \text{ Freestyle}}$ | EN1 | S | FR |
| | ${3 \times 50 \text{ on } :40 \text{ Freestyle}}$ | 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 | e = 2 | 24 | |

Workout #3306 - Monday, 01 November 2004 HS Girls - All 1 minute rest between sets

| | 3:00 PM Start | | | | |
|-------|-----------------------------------------------------|------|------|----|--|
| Yards | Set Description | EGY | WORK | Sī | |
| ===== | ======================================= | === | ==== | == | |
| | 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 | E | |
| | 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 | E | |
| | odds br 3-5-7 | | | | |
| | evens br 4-6-8 | | | | |
| | $1x{1 x 400 on 6:00 Freestyle}$ | EN2 | S | E | |
| | {2 x 300 on 4:25 Freestyle | EN2 | S | E | |
| | ${3 \times 200 \text{ on } 2:50 \text{ Freestyle}}$ | EN2 | S | E | |
| 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

| Yards | Set Description | EGY | WORK | Sī |
|-------|-------------------------------------------------------|------|------|----|
| ===== | ======================================= | === | ==== | == |
| | 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 | | | |
| | $1x{1 \times 500 \text{ on } 6:15 \text{ Freestyle}}$ | EN2 | S | F |
| | {2 x 400 on 5:00 Freestyle | EN2 | S | F |
| | ${3 \times 300 \text{ on } 3:45 \text{ Freestyle}}$ | EN2 | S | F |
| | {4 x 200 on 2:30 Freestyle | | S | |
| 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 | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 30:00 Stomach and Stretch | | I |
| 900 | $3x{3 \times 50}$ on 1:00 Stroke Drills | REC | Γ |
| | {1 x 150 on 2:15 Free build each 50 | EN1 | ٤ |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| 1,000 | $5x{4 x 25 on :30 Kick no board}$ | EN3 | F |
| | {1 x 100 on 2:00 Freestyle | REC | ٤ |
| 1,200 | 4x{1 x 200 on 2:30 Pulls | EN1 | E |
| | $\{2 \times 50 \text{ on } 1:15 \text{ Pulls } 3 \text{ breaths}$ | EN1 | E |
| 300 | $6x{1 x 25 on :30 Freestyle}$ | EN1 | ٤ |
| | $\{1 \times 25 \text{ on } : 20 \text{ Freestyle} \}$ | EN2 | ٤ |
| 2,000 | 2x{1 x 200 on 3:00 Backstroke | EN2 | ٤ |
| | {2 x 150 on 2:15 Backstroke | EN2 | ٤ |
| | {3 x 100 on 1:30 Backstroke | EN2 | ٤ |
| | {8 x 25 on 1:00 Backstroke 15m under | EN3 | ٤ |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | Γ |
| | 8:30 PM 5,830 Yards - Stress Value = 13 | 14 | |

Workout #3309 - Tuesday, 02 November 2004 HS Girls - All 1 minute rest between sets

| 5 Yards | :30 AM Start 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 |
| 12 | x{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 | 3:00 PM Start Set Description | EGY | WORF |
|-------|-------------------------------------------------------------------|-----|-----------|
| ===== | 1 on 30:00 Stomach and Stretch | === | ==== I |
| | 2x{3 x 50 on 1:00 Stroke Drills | REC | _ |
| | {1 x 150 on 2:30 Free build each 50 | EN1 | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| | 4x{4 x 25 on :45 Kick no board | EN2 | ř |
| | {1 x 100 on 2:00 Freestyle | REC | ٤ |
| | 3x{1 x 200 on 3:15 Pulls | EN1 | E |
| | $\{2 \times 50 \text{ on } 1:15 \text{ Pulls } 3 \text{ breaths}$ | EN1 | E |
| | $4x{1 x 25 on :35 Freestyle}$ | EN1 | ٤ |
| | $\{1 \times 25 \text{ on } : 25 \text{ Freestyle} \}$ | EN2 | ٤ |
| | 2x{2 x 150 on 3:00 Backstroke | EN2 | ٤ |
| | {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 | Γ |
| | 1 on 10:00 Ice | | N |
| | 5:32 PM 4,530 Yards - Stress Value = 78 | 3 | |

Workout #3311 - Tuesday, 02 November 2004 HS Girls - Eric Blue Man 1 minute rest between sets

| Yards | | PM Start et Description | EGY | WORF |
|-------|------|------------------------------------|-----|------|
| | == | | === | ==== |
| | 1 | on 30:00 Stomach and Stretch | | I |
| | 3x{3 | x 50 on 1:00 Stroke Drills | REC | Ι |
| | { 1 | x 150 on 2:15 Free build each 50 | EN1 | ٤ |
| 180 | 12 | 2 x 15 on :45 Shooters | SP3 | ٤ |
| | 4x{4 | x 25 on :30 Kick no board | EN3 | F |
| | { 1 | x 100 on 2:00 Freestyle | REC | ٤ |
| | 3x{1 | x 200 on 2:45 Pulls | EN1 | E |
| | { 2 | x 50 on 1:15 Pulls 3 breaths | EN1 | E |
| | 6x{1 | x 25 on :30 Freestyle | EN1 | ٤ |
| | { 1 | x 25 on :20 Freestyle | EN2 | ٤ |
| | 2x{1 | x 200 on 3:00 Backstroke | EN2 | ٤ |
| | { 2 | x 150 on 2:15 Backstroke | EN2 | ٤ |
| | { 3 | x 100 on 1:30 Backstroke | EN2 | ٤ |
| | 8 } | x 25 on 1:00 Backstroke 15m under | EN3 | ٤ |
| 250 | 1 | x 250 on 4:00 Stroke Drills | REC | Ι |
| | 1 | on 10:00 Ice | | ŀ |
| | 5:32 | PM 5,330 Yards - Stress Value = 10 |)5 | |

Workout #3314 - Wednesday, 03 November 2004 Group 3 - All

1 minute rest between sets

| | 5:00 PM Start | | |
|-------|-----------------------------------------------------------------|-----|----|
| Yards | Set Description | EGY | MC |
| ===== | ======================================= | === | == |
| | 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 | |
| | $\{1 \times 75 \text{ on } 1:15 \text{ IM w/out the breast}$ | EN1 | |
| 2,100 | $3x\{8 \times 25 \text{ on } 1:00 \text{ Brst drll-pddls/fins}$ | 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 #3313 - Wednesday, 03 November 2004 **HS Girls - All** 1 minute rest between sets

| Vende | | PM Start | ECV | MOL |
|-------|------|----------------------------------------|-----|-----|
| Yards | 56 | et Description | EGY | WOF |
| ===== | == | | === | === |
| | 1 | on 30:00 Stomach and Stretch | | |
| 800 | 1 | x 800 on 15:00 Reverse IM drill | REC | |
| 180 | 12 | 2 x 15 on :45 Shooters | SP3 | |
| 800 | 8 | x 100 on 2:15 Kick-odds 100% effrt | EN2 | |
| | 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 #3315 - Thursday, 04 November 2004 **HS Girls - All** 1 minute rest between sets

| Varda | | AM Start et Description | ECV | WORF |
|-------|--------|------------------------------------|-----|------|
| | 56 | st Description | EGI | WORL |
| ===== | == | 10.00.01 | === | ==== |
| | | on 10:00 Strething | | I |
| | | on 10:00 Sculling drills | | Σ |
| 300 | 12 | 2 x 25 on :30 12.5 ez 12.5 fast | SP3 | ٤ |
| | 1x{5 | x 50 on 1:00 Pulls-nbbf&w + 2 yds | EN1 | E |
| | { 5 | x 50 on :55 Pulls-nbbf&w + 2 yds | EN1 | E |
| | { 5 | x 50 on :50 Pulls-nbbf&w + 2 yds | EN1 | E |
| | { 5 | x 50 on :45 Pulls-nbbf&w + 2 yds | EN1 | E |
| | 2x{1 | x 100 on 2:00 Individual Medley | EN1 | ٤ |
| | { 4 | x 25 on :30 Butterfly | EN1 | ٤ |
| | {1 | x 100 on 1:55 Individual Medley | EN1 | ٤ |
| | { 4 | x 25 on :30 Backstroke | EN1 | ٤ |
| | {1 | x 100 on 1:50 Individual Medley | EN1 | ٤ |
| | - | x 25 on :30 Breaststroke | EN1 | |
| | 1 | x 100 on 1:45 Individual Medley | EN1 | ٤ |
| | | x 25 on :30 Freestyle | EN1 | |
| 200 | | - | REC | |
| | | on 10:00 Ice | | Ī |
| | | AM 3,100 Yards - Stress Value = 36 | 5 | _ |
| | , . 02 | ini S, iss idias beless value se | _ | |

Workout #3316 - Friday, 05 November 2004

Workout #3319 - Monday, 08 November 2004 HighSchl - All 1 minute rest between sets

| HS Girl | s - All |
|---------------|--------------|
| 1 minute rest | between sets |

| | 5:30 AM Start | | | | | 3:00 PM Start | |
|-------|--------------------------------------------------------|------|------|----|-------|-----------------------------------------|---------|
| Yards | Set Description | EGY | WORK | SI | Yards | Set Description | EGY WOF |
| ===== | ======================================= | === | ==== | == | ===== | ======================================= | === === |
| | 1 on 40:00 Weights | | L | DF | | 1 on 30:00 Dryland/Team mtg | |
| 500 | 1 x 500 on 9:00 Choice | REC | S | CF | 600 | 1 x 600 on 12:00 Swim-kick-pull-swim | REC |
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | S | E | 180 | 12 x 15 on :45 Shooters | SP3 |
| | $1x{1 \times 200 \text{ on } 3:10 \text{ Freestyle}}$ | EN1 | S | E | | $3x{4 \times 25}$ on :45 Kick no board | EN1 |
| | {1 x 150 on 2:20 Freestyle | EN2 | S | E | | {1 x 100 on 2:15 Kick | EN1 |
| | {1 x 100 on 1:35 Freestyle | EN1 | S | E | 800 | 1 x 800 on 13:00 Pulls L. 25 of each | EN1 |
| | {1 x 200 on 3:00 Freestyle | EN1 | S | E | | 100 br ev 7 | |
| | $\{1 \times 50 \text{ on } : 50 \text{ Freestyle}$ | EN1 | S | E | 300 | 3 x 100 on 2:00 Individual Medley | EN1 |
| | {1 x 150 on 2:15 Freestyle | EN1 | S | E | | 2x{1 x 250 on 3:45 Freestyle | EN1 |
| | {1 x 100 on 1:30 Freestyle | EN1 | S | E | | {3 x 50 on 1:00 Freestyle-descend | EN1 |
| | $\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | EN1 | S | E | | {1 x 250 on 3:40 Freestyle | EN1 |
| | $\{1 \times 200 \text{ on } 2:50 \text{ Freestyle} \}$ | EN2 | S | E | | {3 x 50 on 1:00 Freestyle-descend | EN1 |
| | {1 x 150 on 2:05 Freestyle | EN2 | S | E | | {1 x 250 on 3:35 Freestyle | EN1 |
| | $\{1 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$ | EN2 | S | E | | {3 x 50 on 1:00 Freestyle-descend | EN1 |
| | $\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$ | EN2 | S | E | 400 | 8 x 50 on 1:00 Stroke Drills | REC |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | C | | 1 on 10:00 Ice | |
| | 1 on 10:00 Ice | | M | | | 5:30 PM 5,280 Yards - Stress Value = 48 | |
| | 7:05 AM 2,500 Yards - Stress Value | = 33 | | | | | |

Workout #3320 - Monday, 08 November 2004 **Group 3 - Miguel Santos** 1 minute rest between sets

Workout #3318 - Monday, 08 November 2004 HighSchl - Platinum 1 minute rest between sets

| | | | | | 3:00 | PM | Start | |
|-------|------------------------------------------|-------|-----|-------|------|-----|---------------------------------|---------|
| | 5:15 PM Start | | | Yards | Se | t D | escription | EGY WOF |
| Yards | Set Description | EGY I | WOF | | == | | | |
| | ======================================= | === : | | | 1 | on | 30:00 Dryland/Team mtg | |
| | 1 on 15:00 Dryland | | | 800 | 1 | x 8 | 00 on 12:00 Swim-kick-pull-swin | n REC |
| 800 | 1 x 800 on 12:00 Swim-kick-pull-swim | REC | | 180 | 12 | Х | 15 on :45 Shooters | SP3 |
| 180 | 12 x 15 on :45 Shooters | SP3 | | 800 | 4x{4 | x 2 | 5 on :30 Kick no board | EN1 |
| 800 | $4x{4 \times 25}$ on :40 Kick no board | EN1 | | | { 1 | x 1 | 00 on 2:00 Kick | EN1 |
| | {1 x 100 on 2:00 Kick | EN1 | | 1,000 | 1 | x 1 | 000 on 13:00 Pulls L.25 of each | n EN1 |
| 1,000 | 1 x 1000 on 13:00 Pulls L.25 of each | EN1 | | | 1 | 00 | br ev 9 | |
| | 100 br ev 9 | | | 400 | 4 | x 1 | 00 on 1:30 Individual Medley | EN1 |
| 400 | 4 x 100 on 1:45 Individual Medley | EN1 | | 3,700 | 1x{2 | x 2 | 50 on 3:05 Freestyle | EN2 |
| 3,700 | $1x{2 x 250 on 3:15 Freestyle}$ | EN2 | | | { 6 | x 5 | 0 on :45 Freestyle-descend | EN2 |
| | {6 x 50 on :45 Freestyle-descend | EN2 | | | { 2 | x 2 | 50 on 3:00 Freestyle | EN2 |
| | {2 x 250 on 3:10 Freestyle | EN2 | | | { 6 | x 5 | 0 on :45 Freestyle-descend | EN1 |
| | {6 x 50 on :45 Freestyle-descend | EN1 | | | { 2 | x 2 | 50 on 2:55 Freestyle | EN2 |
| | {2 x 250 on 3:05 Freestyle | EN2 | | | { 6 | x 5 | 0 on :45 Freestyle-descend | EN2 |
| | {6 x 50 on :45 Freestyle-descend | EN2 | | | { 2 | x 2 | 50 on 2:50 Freestyle | EN2 |
| | {2 x 250 on 3:00 Freestyle | EN2 | | | { 6 | x 5 | 0 on :45 Freestyle-descend | EN2 |
| | {6 x 50 on :45 Freestyle-descend | EN2 | | | { 2 | x 2 | 50 on 2:45 Freestyle | EN2 |
| | {2 x 250 on 2:55 Freestyle | EN2 | | 250 | 1 | x 2 | 50 on 4:00 Stroke Drills | REC |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | | | 1 | on | 10:00 Ice | |
| | 7:29 PM 7,080 Yards - Stress Value = 100 | О | | | 5:34 | PM | 7,130 Yards - Stress Value = 1 | 0 (|

Workout #3317 - Monday, 08 November 2004 HighSchl - All 1 minute rest between sets

| | 5:30 AM Start | | | |
|-------|-------------------------------------------------------|-----|------|---|
| Yards | Set Description | EGY | WORK | ٤ |
| ===== | ======================================= | === | ==== | = |
| | 1 on 40:00 Weights and stretch | | L | Γ |
| 500 | 1 x 500 on 8:00 Choice | REC | S | (|
| 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 | |
| | $\{6 \times 25 \text{ on } : 25 \text{ Freestyle} \}$ | EN1 | S | |
| | $\{6 \times 25 \text{ on } : 20 \text{ Freestyle} \}$ | 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

| | 6:00 PM Start | | |
|-------|-------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| | | === | |
| | 1 on 30:00 Stomach and Stretch | | I |
| 900 | (| REC | Ι |
| | | REC | |
| | {1 x 100 on 2:00 Stroke Drills br/fl | | Ι |
| 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 | |
| | {1 x 100 on 1:45 Kick | EN2 | _ |
| | {1 x 100 on 1:40 Kick | EN2 | |
| 1,250 | 2x{1 x 125 on 2:00 Pulls br every 3 | EN1 | E |
| | $\{1 \times 125 \text{ on } 1:55 \text{ Pulls br every } 4$ | EN1 | |
| | $\{1 \times 125 \text{ on } 1:50 \text{ Pulls br every } 5$ | EN1 | |
| | {1 x 125 on 1:45 Pulls br every 6 | EN1 | |
| | {1 x 125 on 1:40 Pulls br every 7 | EN1 | E |
| 300 | , , , , , , , , , , , , , , , , , , , , | EN1 | ٤ |
| 1,875 | 1x{5 x 100 on 1:40 Backstroke | EN1 | |
| | {1 x 25 on 1:00 Backstroke | SP1 | |
| | | EN1 | |
| | • | SP1 | |
| | | EN1 | ٤ |
| | | SP1 | S |
| | | EN1 | ٤ |
| | | SP1 | ٤ |
| | | EN1 | |
| 205 | | SP1 | 5 |
| 325 | 1 x 325 on 6:00 Drill 4R-4L-4B | REC | Ι |
| | 8:30 PM 5,830 Yards - Stress Value = 81 | - | |

Workout #3325 - Tuesday, 09 November 2004 HighSchl - All 1 minute rest between sets

| | 3:00 PM Start | | |
|-------|----------------------------------------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| | 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 | |
| | $\{6 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | |
| | $\{5 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | 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 | 1×250 on $5:00$ Drill $4R-4L-4B$ | REC | |
| | 1 on 15:00 Ice | | |
| | 5:25 PM 4,305 Yards - Stress Value = 34 | | |

Workout #3321 - Tuesday, 09 November 2004 HighSchl - Platinum 1 minute rest between sets

| | 5:30 AM Start | | | |
|-------|-----------------------------------------|-----|------|---|
| Yards | Set Description | EGY | WORK | č |
| ===== | ======================================= | === | ==== | = |
| | 1 on 30:00 Physio balls/stretch | | L | Ι |
| 500 | 1 x 500 on 8:00 Choice | REC | S | (|
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | S | E |

| | 1x{3 | x 100 on 1:30 Freestyle-descend | ENI | 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 | | Μ |
| | 7:05 | AM 2,575 Yards - Stress Value = | 43 | |
| | | | | |

Workout #3324 - Tuesday, 09 November 2004 HighSchl - Platinum 1 minute rest between sets

| | 3:00 PM Start | |
|-------|------------------------------------------------------------------------|---------|
| Yards | Set Description | EGY WOF |
| | ======================================= | |
| | 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 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 |
| | $\{4 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ 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 | 1×250 on $4:00$ Drill $4R-4L-4B$ | REC |
| | 1 on 15:00 Ice | |
| | 5:25 PM 5,130 Yards - Stress Value = 41 | |

Workout #3323 - Tuesday, 09 November 2004 HighSchl - Boys 1 minute rest between sets

| | 5:30 AM Start | | | |
|-------|---------------------------------------------------------------|-----|------|---|
| Yards | Set Description | EGY | WORK | S |
| | ======================================= | === | ==== | = |
| | 1 on 30:00 Physio balls/stretch | | L | Γ |
| 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 |
| | $1x{3 \times 100}$ on 1:30 Freestyle-descend | EN1 | S | |
| | $\{3 \times 75 \text{ on } 1:05 \text{ Freestyle-descend} \}$ | 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 #3322 - Tuesday, 09 November 2004 HighSchl - Girls 1 minute rest between sets

| | 5:30 AM Start | | | |
|-------|----------------------------------------------------|-----|------|---|
| Yards | Set Description | EGY | WORK | Ş |
| ===== | ======================================= | === | ==== | = |
| | 1 on 30:00 Physio balls/stretch | | L | Γ |
| 500 | 1 x 500 on 8:00 Choice | REC | S | (|
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | S | E |
| | $1x{3 \times 100}$ 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 | |
| | $\{1 \times 50 \text{ on } 3:00 \text{ Freestyle}$ | REC | S | |
| 500 | 1×500 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

| | 5:00 PM Start | | |
|-------|----------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK |
| ===== | | === | ==== |
| | 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 = 2 | 25 | |

Workout #3328 - Wednesday, 10 November 2004 HighSchl - All

1 minute rest between sets

| 3:00 PM Start | |
|-----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Set Description | EGY WOF |
| ======================================= | === === |
| 1 on 40:00 Weights and stretch | |
| 1 x 600 on 12:00 Swim-kick-pull-swim | REC |
| 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 |
| 1 x 150 on 3:00 2bk-4bk-6bk by 50's | EN1 |
| $6x{8 \times 25 \text{ on :} 30 \text{ Butterfly}}$ | EN2 |
| {1 on 1:00 Rest | |
| 1 x 250 on 4:00 Stroke Drills | REC |
| 1 on 10:00 Ice | |
| 5:35 PM 4,630 Yards - Stress Value = 68 | |
| | 1 on 40:00 Weights and stretch 1 x 600 on 12:00 Swim-kick-pull-swim 12 x 15 on :45 Shooters 2x{2 x 75 on 1:35 Kick {2 x 75 on 1:30 Kick {2 x 75 on 1:25 Kick 1x{2 x 225 on 4:00 Pulls {2 x 225 on 3:45 Pulls {2 x 225 on 3:30 Pulls 1 x 150 on 3:00 2bk-4bk-6bk by 50's 6x{8 x 25 on :30 Butterfly {1 on 1:00 Rest 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice |

Workout #3327 - Wednesday, 10 November 2004 HighSchl - Platinum 1 minute rest between sets

| Yards | 3:00 PM Start Set Description | EGY | WOF |
|-------|-----------------------------------------|-----|-----|
| | ======================================= | === | === |
| | 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 | |

| 300 | `4 x{8 | <pre>x 300 on 3:30 Pulls x 75 on 1:05 2bk-4bk-6bk by 25's x 25 on :25 Butterfly on 1:10 Rest</pre> | EN2 EN1 EN2 |
|-----|-----------|----------------------------------------------------------------------------------------------------|-------------------|
| | 1 1 | x 250 on 4:00 Stroke Drills on 10:00 Ice PM 5,730 Yards - Stress Value = 82 | REC |

Workout #3331 - Thursday, 11 November 2004 **Group 3 - Miguel Santos** 1 minute rest between sets

3:00 PM Start

| Yards | Set | Description | EGY | WOF |
|-------|--------|------------------------------------|-----|-----|
| | === | | === | === |
| | 1 0 | n 30:00 Physio Balls/Stretch | | |
| 1,000 | 1x{1 > | 400 on 6:00 Stroke Drills | REC | |
| | {1 > | 300 on 5:00 Stroke Drills | REC | |
| | {1 > | 200 on 3:40 Stroke Drills | REC | |
| | {1 > | 100 on 1:30 Stroke Drills | REC | |
| 180 | 12 | x 15 on :45 Shooters | SP3 | |
| 900 | 3x{4 > | : 25 on :30 Kick no board | EN2 | |
| | {1 > | 150 on 2:35 Kick | EN2 | |
| | {1 > | 50 on 1:00 Kick | EN1 | |
| 1,200 | 3 > | : 400 on 5:45 Pulls-nbbf&w + 2 yds | EN1 | |
| 450 | 9 2 | 50 on :45 Descend in sets of 3 | EN1 | |
| 3,400 | 1x{1 > | 500 on 7:05 Backstroke | EN2 | |
| | {1 > | 500 on 6:15 Freestyle | EN2 | |
| | {1 > | : 400 on 5:40 Backstroke | EN2 | |
| | {2 > | 400 on 4:50 Freestyle | EN2 | |
| | {1 > | 300 on 4:15 Backstroke | EN2 | |
| | {3 > | 300 on 3:35 Freestyle | EN2 | |
| 200 | 1 > | 200 on 3:00 Stroke Drills | REC | |
| | 5:31 E | M 7,330 Yards - Stress Value = 10 | 3 | |

Workout #3330 - Thursday, 11 November 2004 HighSchl - All

1 minute rest between sets

| | 5:30 AM Start | | | |
|-------|---------------------------------------------------------|-----|------|---|
| Yards | Set Description | EGY | WORK | ٤ |
| ===== | ======================================= | === | ==== | = |
| | 1 on 30:00 Physio Balls/Stretch | | L | Γ |
| 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 | |
| | $\{1 \times 25 \text{ on } : 40 \text{ Freestyle} \}$ | SP2 | S | |
| | $\{1 \times 25 \text{ on } : 50 \text{ Freestyle}$ | SP2 | S | |
| | $\{1 \times 25 \text{ on } 1:00 \text{ Freestyle}$ | SP2 | S | |
| | $\{1 \times 200 \text{ on } 4:00 \text{ Stroke Drills}$ | 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

| | 3:00 PM Start | |
|-------|----------------------------------------------------------|---------|
| Yards | Set Description | EGY WOF |
| ===== | ======================================= | === === |
| | 1 on 30:00 Plyometrics/stretch | |
| | 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 |
| | $3x{4 \times 25 \text{ on :} 30 \text{ Kick no board}}$ | 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 | 9×50 on :45 Descend in sets of 3 | EN1 |
| 300 | 12 x 25 on 1:00 Breast drll pdls/fns | EN2 |
| | $1x{4 \times 75}$ on 1:15 Breaststroke | EN2 |
| | {4 x 75 on 1:00 25 brst 50 free | EN2 |
| | $\{4 \times 75 \text{ on } 1:10 \text{ Breaststroke} \}$ | EN2 |
| | {4 x 75 on 1:00 25 brst 50 free | EN2 |
| | $\{4 \times 75 \text{ on } 1:05 \text{ Breaststroke} \}$ | 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

| | 3:00 | PM Start | | |
|-------|------|--------------------------------------|-----|------|
| Yards | Se | et Description | EGY | WORF |
| | == | | === | ==== |
| | 1 | on 30:00 Plyometrics/stretch | | I |
| | 1x{1 | x 300 on 6:00 Stroke Drills | REC | Γ |
| | { 1 | x 250 on 5:00 Stroke Drills | REC | Ι |
| | { 1 | x 175 on 3:40 Stroke Drills | REC | Γ |
| | { 1 | x 75 on 1:30 Stroke Drills | REC | Ι |
| 180 | 12 | 2 x 15 on :45 Shooters | SP3 | ٢ |
| | 3x{4 | x 25 on :40 Kick no board | EN2 | F |
| | { 1 | x 150 on 3:20 Kick good effort | EN2 | F |
| 1,050 | 3 | x 350 on 5:00 Pulls | EN1 | E |
| 350 | 7 | x 50 on :55 Dscnd in 3's #7-100% | EN1 | ٤ |
| 200 | 8 | x 25 on 1:00 Breast drll fins/zmr | EN2 | Γ |
| | 1x{3 | x 75 on 1:30 Breaststroke | EN2 | ٤ |
| | { 4 | x 75 on 1:15 25 brst 50 free | EN2 | ٤ |
| | { 3 | x 75 on 1:25 Breaststroke | EN2 | ٤ |
| | { 4 | x 75 on 1:15 25 brst 50 free | EN2 | ٤ |
| | { 3 | x 75 on 1:20 Breaststroke | EN2 | ٤ |
| | { 4 | x 75 on 1:15 25 brst 50 free | EN2 | ٤ |
| 250 | 1 | x 250 on 4:00 Stroke Drills | REC | Γ |
| | 1 | on 10:00 Ice | | N |
| | 5:33 | PM 5,155 Yards - Stress Value = 70 |) | |

Workout #3332 - Thursday, 11 November 2004 HighSchl - Silver 1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WOF |
|-------|---------------------------------------------------------|-----|-----|
| ===== | ======================================= | === | === |
| | 1 on 30:00 Plyometrics/stretch | | |
| | 1x{1 x 300 on 6:00 Stroke Drills | REC | |
| | $\{1 \times 250 \text{ on } 5:00 \text{ Stroke Drills}$ | REC | |
| | $\{1 \times 175 \text{ on } 3:40 \text{ Stroke Drills}$ | REC | |
| | $\{1 \times 75 \text{ on } 1:30 \text{ Stroke Drills}$ | REC | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| | $3x{4 \times 25 \text{ on :} 45 \text{ Kick no board}}$ | EN2 | |
| | {1 x 100 on 2:30 Kick good effort | EN2 | |
| 750 | 3×250 on $5:00$ Pulls | EN1 | |

| 300 | 6×50 on 1:00 Descend in sets of 3 | EN1 |
|-----|---------------------------------------------------------------------|-----|
| 300 | 12 x 25 on 1:00 Breast drll clsd fst | EN2 |
| | $1x{4 \times 50}$ on 1:15 Breaststroke | EN2 |
| | $\{4 \times 50 \text{ on } 1:00 \ 25 \text{ brst } 25 \text{ free}$ | EN2 |
| | $\{4 \times 50 \text{ on } 1:10 \text{ Breaststroke} \}$ | EN2 |
| | {4 x 50 on 1:00 25 brst 25 free | EN2 |
| | $\{4 \times 50 \text{ on } 1:05 \text{ Breaststroke} \}$ | 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

| | 5:30 AM Start | | | |
|-------|--------------------------------------------------------|------|------|----|
| Yards | Set Description | EGY | WORK | Sī |
| ===== | ======================================= | === | ==== | == |
| | 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 | Ε |
| | $1x{4 x 125 on 2:00 Freestyle}$ | EN3 | S | F |
| | {1 on 1:00 Rest | | M | |
| | $\{4 \times 125 \text{ on } 1:50 \text{ Freestyle} \}$ | EN3 | S | F |
| | {1 on 1:00 Rest | | M | |
| | {4 x 125 on 1:40 Freestyle | EN3 | S | F |
| | {1 on 1:00 Rest | | M | |
| | {4 x 125 on 1:30 Freestyle | EN3 | S | F |
| 500 | 1 x 500 on 8:00 Freestyle | REC | S | F |
| | 1 on 10:00 Ice | | М | |
| | 7:05 AM 3,080 Yards - Stress Value | = 12 | 7 | |

Workout #3336 - Friday, 12 November 2004 HighSchl - All

1 minute rest between sets

| | 3:00 PM Start | | |
|-------|----------------------------------------------------------|-----|-----|
| 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 | | |
| | $4x\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$ | 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 | | |

7:00 AM Start

Workout #3337 - Saturday, 13 November 2004 HighSchl - Platinum 1 minute rest between sets

9:33 AM 4,980 Yards - Stress Value = 59

Workout #3345 - Monday, 15 November 2004

| • | workout #3545 - Monday, 15 November | 4 |
|---|-------------------------------------|---|
| | HighSchl - Distance | |
| | 1 minute rest between sets | |

| | 7:00 AM Start | | | | | I minute rest between sets | |
|-------|--------------------------------------|-----|------|---|-------|-------------------------------------------|---------|
| Yards | Set Description | EGY | WORK | ٤ | | | |
| ===== | | === | ==== | = | | 3:00 PM Start | |
| | 1 on 30:00 Dryland and stretch | | L | Γ | Yards | Set Description | EGY WOF |
| 800 | 16 x 50 on 1:00 Stroke Drills | REC | D | | ===== | ======================================= | === === |
| 180 | 12 x 15 on :45 Shooters | SP3 | S | (| | 1 on 30:00 Plyometrics/stretch | |
| 900 | 9 x 100 on 1:45 Kick-odds fast | EN2 | K | (| 800 | 1 x 800 on 12:00 Swim-kick-pull-swim | REC. |
| 1,500 | 3 x 500 on 6:15 Pulls | EN1 | P | | 180 | 12 x 15 on :45 Shooters | SP3 |
| 600 | 6 x 100 on 1:30 Freestyle-descend | EN1 | S | | | 3x{4 x 25 on :30 Kick no board | EN2 |
| | 1x{4 x 25 on :30 IM order | EN1 | S | | 000 | {1 x 100 on 1:50 Kick | |
| | {1 x 100 on 1:05 Freestyle | EN2 | S | | 1.200 | 1x{2 x 150 on 2:00 Pulls no br L.5 yds | |
| | {4 x 50 on :55 IM order | EN1 | S | | 1,200 | {2 x 150 on 1:55 Pulls no br L. 7 yds | |
| | {1 x 200 on 2:10 Freestyle | EN2 | S | | | {2 x 150 on 1:50 Pulls no br L. 9 yds | |
| | {4 x 75 on 1:20 IM order | EN1 | S | | | {2 x 150 on 1:30 rulls no br L.11 yds | |
| | {1 x 300 on 3:15 Freestyle | EN2 | S | | 300 | 4 x 75 on 1:10 IM w/out the | EN1 |
| | {4 x 100 on 1:45 IM order | EN1 | S | | | 1x{2 x 800 on 9:45 Freestyle | EN2 |
| | {1 x 400 on 4:20 Freestyle | EN2 | S | | 1,200 | • | EN2 |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | D | | | {2 x 600 on 7:15 Freestyle | EN2 |
| | 1 on 10:00 Ice | | M | | 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 9:34 AM 6,480 Yards - Stress Value = | 76 | | | 2.30 | 1 on 10:00 Ice | IVII C |
| | , | | | | | 5:34 PM 7,530 Yards - Stress Value = 118 | 0 |
| | | | | | | J.J4 FM /, JJU Tatus - Stress value = 110 | J |

Workout #3338 - Saturday, 13 November 2004 HighSchl - Gold 1 minute rest between sets

Workout #3344 - Monday, 15 November 2004 HighSchl - Fly 1 minute rest between sets

| | 7:00 AM Start | | | |
|-------|--------------------------------------------------------|-----|--------|---|
| Yards | Set Description | EGY | WORK S | : |
| ===== | ======================================= | === | ==== = | - |
| | 1 on 30:00 Dryland and stretch | | LI | |
| 800 | 16 x 50 on 1:00 Stroke Drills | REC | D (| |
| 180 | 12 x 15 on :45 Shooters | SP3 | S | |
| 900 | 9 x 100 on 2:00 Kick-odds fast | EN2 | K (| |
| 1,275 | 3 x 425 on 6:15 Pulls | EN1 | P | |
| 600 | 6 x 100 on 1:30 Freestyle-descend | EN1 | S | |
| | $1x{4 \times 25 \text{ on :} 30 \text{ IM order}}$ | EN1 | S | |
| | {1 x 100 on 1:20 Freestyle | EN2 | S | |
| | $\{4 \times 50 \text{ on } 1:00 \text{ IM order}$ | 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 | |
| | $\{4 \times 25 \text{ on :} 30 \text{ IM order-build}$ | 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 west between sets | | | | | | |

| workout #3339 - Saturday, 13 November | 2004 |
|---------------------------------------|------|
| HighSchl - Silver | |
| 1 minute rest between sets | |

| | 7:00 AM Start | | | |
|-------|-----------------------------------------------------|-----|------|---|
| Yards | Set Description | EGY | WORK | č |
| ===== | ======================================= | === | ==== | = |
| | 1 on 30:00 Dryland and stretch | | L | Γ |
| 800 | 16 x 50 on 1:00 Stroke Drills | REC | D | (|
| 180 | 12 x 15 on :45 Shooters | SP3 | S | |
| 750 | 10×75 on $2:00$ Kick-odds fast | EN2 | K | (|
| 1,050 | 3 x 350 on 6:15 Pulls | EN1 | P | |
| 300 | 3 x 100 on 1:50 Freestyle-descend | EN1 | S | |
| | $1x{4 \times 25}$ 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 | |
| | $\{4 \times 25 \text{ on } : 40 \text{ IM order}\}$ | 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 | |

| , | | PM Start | | |
|-------|------|-------------------------------------------|-----|-----|
| | | et Description | EGY | WOF |
| ===== | | | === | === |
| | | on 30:00 Plyometrics/stretch | | |
| | | x 800 on 12:00 Swim-kick-pull-swim | | |
| 180 | 12 | 2 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 | \times 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 | |
| • | - | <u> -</u> | REC | |
| | | x 50 on :55 Butterfly 2-2-2 | EN1 | |
| | | <u> -</u> | REC | |
| | | x 75 on 1:20 Butterfly 2-3-2 | | |
| | | - | REC | |
| | - | x 100 on 1:45 Butterfly 2-4-2 | | |
| | | - | REC | |
| 400 | - | <u> -</u> | REC | |
| 400 | | | KEC | |
| | | 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

Workout #3342 - Monday, 15 November 2004 HighSchl - Silver 1 minute rest between sets

| | | | | 1 minute Test between sets | | |
|-------|-------------------------------------------------------------------------|---------|-------|-----------------------------------------|-----|------|
| | 3:00 PM Start | | | | | |
| Yards | Set Description | EGY WOF | | 5:30 AM Start | | |
| ===== | ======================================= | === === | Yards | Set Description | EGY | WORK |
| | 1 on 30:00 Plyometrics/stretch | | | | === | ==== |
| 800 | 1 x 800 on 12:00 Swim-kick-pull-swim | REC | | 1 on 40:00 Weights and stretch | | I |
| 180 | 12 x 15 on :45 Shooters | SP3 | 400 | <u> </u> | REC | ٤ |
| 1,200 | $6x{4 x 25 on :45 Kick no board}$ | EN2 | 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | ٤ |
| | {1 x 100 on 2:15 Kick | EN2 | | 1x{2 x 75 on 1:15 Freestyle | EN2 | ٤ |
| 1,200 | $1x\{2 \times 150 \text{ on } 2:40 \text{ Pulls no br L.5} \text{ yds}$ | EN1 | | {1 x 150 on 2:20 Freestyle | EN2 | ٤ |
| | $\{2 \times 150 \text{ on } 2:35 \text{ Pulls no br L. 7 yds}$ | EN1 | | {2 x 75 on 1:15 Freestyle | EN2 | ٤ |
| | $\{2 \times 150 \text{ on } 2:30 \text{ Pulls no br L. 9 yds}$ | EN1 | | {1 x 150 on 2:15 Freestyle | EN2 | ٤ |
| | $\{2 \times 150 \text{ on } 2:25 \text{ Pulls no br L.11 yds}$ | EN1 | | {2 x 75 on 1:15 Freestyle | EN2 | ٤ |
| | , , , , , , , , , , , , , , , , , , , , | EN1 | | {1 x 150 on 2:10 Freestyle | EN2 | ٤ |
| 1,200 | 2x{1 x 100 on 2:00 Backstroke | EN1 | | {2 x 75 on 1:15 Freestyle | EN2 | ٤ |
| | {2 x 75 on 1:30 Backstroke | EN1 | | {1 x 150 on 2:05 Freestyle | EN2 | ٤ |
| | {3 x 50 on 1:00 Backstroke | EN1 | | {2 x 75 on 1:15 Freestyle | EN2 | ٤ |
| | {4 x 25 on :30 Backstroke | EN1 | | {1 x 150 on 2:00 Freestyle | EN2 | ٤ |
| | {1 x 100 on 1:30 Freestyle | EN2 | 200 | 1 x 200 on 4:00 Stroke Drills | REC | Ι |
| 250 | | REC | | 1 on 10:00 Ice | | N |
| | 1 on 10:00 Ice | | | 7:04 AM 2,400 Yards - Stress Value = 42 | | |
| | 5:34 PM 5,130 Yards - Stress Value = 60 | | | | | |

Workout #3340 - Monday, 15 November 2004 HighSchl - Platinum

1 minute rest between sets

5:30 AM Start Yards Set Description EGY WOR ===== ____________________________________ 1 on 40:00 Weights and stretch 400 1 x 400 on 7:00 Swim-kick-drll-swim REC 12 x 25 on :30 12.5 ez 12.5 fast 300 $1x{2 x 100 on 1:15 Freestyle}$ $\{1 \times 200 \text{ on } 2:20 \text{ Freestyle} \}$ EN2 {2 x 100 on 1:15 Freestyle EN2 $\{1 \times 200 \text{ on } 2:15 \text{ Freestyle} \}$ EN2 $\{2 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$ EN2 $\{1 \text{ x 200 on 2:10 Freestyle}$ EN2 $\{2 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$ EN2 $\{1 \times 200 \text{ on } 2:05 \text{ Freestyle} \}$ EN2 $\{2 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$ EN2 $\{1 \times 200 \text{ on } 2:00 \text{ Freestyle} \}$ 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 #3341 - Monday, 15 November 2004 HighSchl - Gold 1 minute rest between sets

| | 5:30 | AM | St | art | 5 | | | | |
|-------|------|------|------|------|-------|---------------|----------|-----|------|
| Yards | Se | et 1 | Desc | crip | otion | | | EGY | WORF |
| | == | ===: | ==== | -== | | | ====== | === | ==== |
| | 1 | on | 40: | 00 | Weigh | nts and stret | ch | | I |
| 400 | 1 | X 4 | 400 | on | 7:00 | Swim-kick-dr | ll-swim | REC | ٤ |
| 300 | 12 | 2 x | 25 | on | :30 1 | 12.5 ez 12.5 | fast | SP3 | ٤ |
| | 1x{2 | Х | 100 | on | 1:25 | Freestyle | | EN2 | ٤ |
| | { 1 | x 2 | 200 | on | 2:45 | Freestyle | | EN2 | ٤ |
| | { 2 | Х | 100 | on | 1:25 | Freestyle | | EN2 | ٤ |
| | { 1 | х | 200 | on | 2:40 | Freestyle | | EN2 | ٤ |
| | { 2 | x : | 100 | on | 1:25 | Freestyle | | EN2 | ٤ |
| | { 1 | х | 200 | on | 2:35 | Freestyle | | EN2 | ٤ |
| | { 2 | x : | 100 | on | 1:25 | Freestyle | | EN2 | ٤ |
| | { 1 | х | 200 | on | 2:30 | Freestyle | | EN2 | ٤ |
| | { 2 | x : | 100 | on | 1:25 | Freestyle | | EN2 | ٤ |
| 200 | 1 | x 2 | 200 | on | 3:00 | Stroke Drill | S | REC | Ι |
| | 1 | on | 10: | 00 | Ice | | | | N |
| | 7:04 | AM | 2 | 700 | Yards | s - Stress Va | lue = 48 | 3 | |

Workout #3343 - Monday, 15 November 2004 HighSchl - Sprint 1 minute rest between sets

| | | 3:00 PM Start | | |
|----|-------|----------------------------------------------------------------|-----|-----|
| | Yards | Set Description | EGY | WOF |
| Rľ | ===== | ======================================= | === | === |
| == | | 1 on 30:00 Plyometrics/stretch | | |
| Ι | 800 | 1 x 800 on 12:00 Swim-kick-pull-swim | REC | |
| Ę | 180 | 12 x 15 on :45 Shooters | SP3 | |
| Ş | 1,200 | $6x{4 \times 25 \text{ on :}40 \text{ Kick no board}}$ | EN2 | |
| Ę | | {1 x 100 on 1:55 Kick | EN2 | |
| 5 | 1,200 | $1x{2 x 150 on 2:20 Pulls no br L.5 yds}$ | EN1 | |
| Ş | | $\{2 \times 150 \text{ on } 2:15 \text{ Pulls no br L. 7 yds}$ | EN1 | |
| Ę | | $\{2 \times 150 \text{ on } 2:10 \text{ Pulls no br L. 9 yds}$ | EN1 | |
| ٤ | | $\{2 \times 150 \text{ on } 2:05 \text{ Pulls no br L.11 yds}$ | EN1 | |
| 5 | 300 | 4×75 on 1:20 IM w/out the | EN1 | |
| 5 | 1,800 | 1x{3 x 100 on 1:30 Freestyle-descend | EN1 | |
| ٤ | | {1 x 200 on 3:30 Freestyle | REC | |
| 5 | | {3 x 100 on 1:25 Freestyle-descend | EN1 | |
| Ş | | {1 x 200 on 3:30 Freestyle | REC | |
| Ι | | {3 x 100 on 1:20 Freestyle-descend | EN1 | |
| N | | {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 #3352 - Tuesday, 16 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 | |
| 900 | 6 x 150 on 2:30 #1,#3,#5 undr water | EN1 |
| | trn drill-all others | |
| | 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 | 20×50 on :50 Pulls-nbbf&w + 3 yds | |
| 600 | 6×100 on 1:30 Descend in sets of 3 | |
| 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 |
| 200 | {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 | 3:00 PM Start Set Description | EGY | WOF |
|-------|----------------------------------------------------------|-----|-----|
| | 1 on 30:00 Team pictures/strtch | | |
| 600 | <u>-</u> | REC | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 1,200 | 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 | 3×100 on 1:30 Descend in sets of 3 | EN1 | |
| 2,550 | $2x{1 x 125 on 2:05 Breaststroke}$ | EN2 | |
| | $\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | EN1 | |
| | {2 x 100 on 1:40 Breaststroke | EN2 | |
| | $\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | EN1 | |
| | {3 x 75 on 1:15 Breaststroke | EN2 | |
| | $\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | EN1 | |
| | $\{4 \times 50 \text{ on } : 50 \text{ Breaststroke} \}$ | EN2 | |
| | $\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | 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 |
|--------|--------------------------------------------------------|---------|
| ====== | ======================================= | === === |
| | 1 on 30:00 Team pictures/strtch | |
| 600 | 6 x 100 on 2:00 Stroke Drills | 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 | 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 |
| | $\{1 \times 150 \text{ on } 1:45 \text{ Freestyle} \}$ | 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 = 15 | 3 |
| | | |

3:00 PM Start

Workout #3350 - Tuesday, 16 November 2004 HighSchl - Fly

1 minute rest between sets

| | 3:00 PM Start | | |
|-------|-----------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| | 1 on 30:00 Team pictures/strtch | | |
| 600 | 6 x 100 on 2:00 Stroke Drills | REC | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 1,200 | 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 1up 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 1up 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 1up 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 | 5:30 AM Start Set Description | EGY | WORK | 2 |
|-------|--------------------------------------|-----|------|---|
| | | | | |
| | 1 on 30:00 Physio Balls/Stretch | | L | |
| 500 | 1 x 500 on 8:00 Underwater turn drll | REC | D | |
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | S | |
| 800 | 4 x 200 on 8:00 Your Stroke or IM | SP1 | S | S |
| 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

HighSchl - Distance 1 minute rest between sets

| | 1 minute rest between sets | | | | |
|-------|---------------------------------------------------------------|---------|-------|---------------------------------------------------------------------------|---------|
| | | | | 3:00 PM Start | |
| | 3:00 PM Start | | Yards | Set Description E | EGY WOF |
| Yards | Set Description | EGY WOF | ===== | ======================================= | -== === |
| ===== | ======================================= | === === | | 1 on 40:00 Weights and stretch | |
| | 1 on 30:00 Team pictures/strtch | | | $1x\{1 \times 200 \text{ on } 3:30 \text{ Freestyle}$ | REC |
| 600 | 6 x 100 on 2:00 Stroke Drills | REC | | $\{1 \times 200 \text{ on } 3:20 \text{ Freestyle L.50 fast } E$ | EN1 |
| 180 | 12 x 15 on :45 Shooters | SP3 | | $\{1 \times 200 \text{ on } 3:10 \text{ Freestyle L.} 100 \text{ fast B}$ | EN1 |
| 1,200 | 3x{2 x 100 on 2:00 Kick | EN1 | | $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.150 fast B}$ | EN2 |
| | {2 x 100 on 1:50 Kick | EN2 | 180 | | SP3 |
| | { odds fast | | | $2x{4 x 25 on :30 Kick no board}$ | EN2 |
| 1,000 | 5 x 200 on 3:00 Pulls | EN1 | | {3 x 50 on 1:00 Kick-descend | EN2 |
| 600 | 6 x 100 on 1:30 Descend in sets of 3 | EN1 | | {1 x 100 on 2:15 Kick F | REC |
| 2,100 | $2x{4 \times 25 \text{ on } :30 \text{ Freestyle-3 breaths}}$ | EN2 | - | 1 x 1000 on 14:00 Lungbuster pulls E | EN1 |
| | {2 x 50 on 1:00 Freestyle 6BK | EN2 | 300 | | EN1 |
| | {6 x 25 on :30 Freestyle 2 breaths | EN2 | | $1x{3 \times 250 \text{ on } 4:00 \text{ Freestyle L.50 strk}}$ | EN1 |
| | {4 x 50 on :50 Freestyle 6BK | EN2 | | (· · · · · · · · · · · · · · · · · · · | EN1 |
| | {8 x 25 on :30 Freestyle-1 breath | EN2 | | | EN1 |
| | {6 x 50 on :40 Freestyle 6BK | EN2 | | $\{2 \times 250 \text{ on } 3:20 \text{ Freestyle L.50 strk } E$ | EN1 |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | 250 | 5 x 50 on 1:00 Stroke Drills F | REC |
| | 1 on 10:00 Ice | | | 1 on 10:00 Ice | |
| | 5:34 PM $5,880$ Yards - Stress Value = 83 | | | 5:35 PM 5,730 Yards - Stress Value = 64 | |

Workout #3357 - Wednesday, 17 November 2004 Group 3 - Miguel Santos 1 minute rest between sets

Workout #3353 - Wednesday, 17 November 2004 HighSchl - Backstroke 1 minute rest between sets

| EGY WC | Yards | 3:00 PM Start Set Description | EGY WOF |
|------------------------------------------------------------------------------------------------|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| REC SP3 EN1 EN3 EN2 REC REC | 180 1,050 1,000 300 | <pre>1 on 40:00 Weights and stretch 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 12 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:00 Kick 10 x 100 on 1:30 Lungbuster pulls 12 x 25 on :30 Free 12.5y tuck spin</pre> | REC EN1 EN1 |
| | | {5 x 25 on :40 Backstroke 10 kicks | EN1 |
| | | {3 x 125 on 1:55 Backstroke | EN2 |
| | | · · | EN1 EN2 |
| | | | EN2 EN1 |
| EGY WOF | 250 | 5 x 50 on 1:00 Stroke Drills | REC |
| | | 1 on 10:00 Ice | |
| EN1 EN2 SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1 | | 5:35 PM 5,080 Yards - Stress Value = 66 | |
| | REC SP3 EN1 EN3 EN2 REC REC | REC 800 SP3 EN1 EN3 EN2 180 REC 1,050 REC 1,050 REC 250 EGY WOF 250 ERC EN1 EN1 EN2 EN2 EN2 EN1 | EGY WC Yards |

3:00 PM Start

Workout #3355 - Wednesday, 17 November 2004 HighSchl - Sprint 1 minute rest between sets

| | 3:00 PM Start | | |
|-------|------------------------------------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| | 1 on 40:00 Weights and stretch | | |
| 800 | $1x{1 x 200 on 3:30 Freestyle}$ | REC | |
| | $\{1 \times 200 \text{ on } 3:20 \text{ Freestyle L.50 fast} \}$ | EN1 | |
| | $\{1 \times 200 \text{ on } 3:10 \text{ Freestyle L.100 fast}$ | EN1 | |
| | $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.150 fast}$ | EN2 | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 1,050 | $3x{4 \times 25}$ 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 | |
| | $\{1 \times 50 \text{ on } :55 \text{ Freestyle} \}$ | EN1 | |
| | $\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | EN1 | |
| | $\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$ | 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 | | | |
|-------|----------------------------------------------------------|-----|-----|--|
| | ======================================= | === | === | |
| 0.00 | 1 on 30:00 Stomach and Stretch | | | |
| 900 | | ENI | | |
| | 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 | 12×50 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 | | |
| | $\{2 \times 75 \text{ on } 1:05 \text{ Breaststroke} \}$ | 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 | 3:00 PM Start 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 | |
| | ${3 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 | |
| | $\{2 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ | EN1 | |
| | $\{1 \times 125 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ | EN2 | |
| 600 | 12 x 50 on :50 Descend in sets of 3 | EN1 | |

| | 1x{1 | Х | 600 | on | 8:00 | Freestyle | EN2 |
|-----|------|-----|-------|-----|-------|-----------------------|-----|
| | { 2 | Х | 300 | on | 4:00 | Freestyle | EN2 |
| | { 4 | Х | 150 | on | 2:00 | Freestyle | EN2 |
| | { 6 | X | 100 | on | 1:20 | Freestyle | EN2 |
| 500 | 10 |) 2 | s 50 | on | 1:00 | Stroke Drills | REC |
| | 1 | or | n 10 | :00 | Ice | | |
| | 5:33 | ΡN | 1 6.4 | 130 | Yards | s - Stress Value = 91 | |

Workout #3361 - Thursday, 18 November 2004 HighSchl - Fly

1 minute rest between sets

| | 3:00 PM Start | | |
|-------|------------------------------------------------------------|-----|----|
| Yards | Set Description | EGY | W |
| ===== | ======================================= | === | == |
| | 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 | 12×50 on :45 Descend in sets of 3 | EN1 | |
| 1,800 | $1x\{2 x 150 \text{ on } 2:15 \text{ Butterfly } 2-4-2$ | EN2 | |
| | {3 x 100 on 1:30 50 fly 50 back | EN1 | |
| | ` | EN2 | |
| | {3 x 100 on 1:40 50 fly 50 breast | EN1 | |
| | $\{2 \times 150 \text{ on } 2:05 \text{ Butterfly } 2-6-2$ | 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 | 3:00 PM Start 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 | 12×50 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 | | | | {1 x 100 on 2:00 Freestyle R 5x{1 x 150 on 2:40 50swim 50pull 50dril E | N2 EC N1 N1 |
|---------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|----------------------|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| Yards | 5:30 AM Start Set Description | EGY | WOF | | 1 on 15:00 Ice | N1 |
| 500 300 | 1 on 30:00 Physio Balls/Stretch 1 x 500 on 8:00 Underwater turn dril 12 x 25 on :30 12.5 ez 12.5 fast 1x{1 x 25 on :00 Choice {1 x 75 on 2:00 Freestyle | | === | | 5:04 PM 3,030 Yards - Stress Value = 28 Workout #3365 - Friday, 19 November 2004 HighSchl - Platinum 1 minute rest between sets | |
| | {1 x 50 on :00 Choice {1 x 50 on 2:00 Freestyle {1 x 75 on :00 Choice {1 x 25 on 2:00 Freestyle {1 x 25 on :00 Choice {1 x 75 on 2:30 Freestyle | SP1 REC SP1 REC SP1 REC | | Yards ===== | 3 | |
| | {1 x 50 on :00 Choice {1 x 50 on 2:30 Freestyle {1 x 75 on :00 Choice {1 x 25 on 2:30 Freestyle {1 x 25 on :00 Choice {1 x 75 on 3:00 Freestyle {1 x 50 on :00 Choice {1 x 50 on 3:00 Freestyle {1 x 75 on 3:00 Freestyle {1 x 75 on :00 Choice | SP1 REC SP1 REC SP1 REC SP1 REC SP1 | | 200 | 1x{1 x 400 on 4:50 Freestyle EN2 {1 x 400 on 4:45 Freestyle EN2 {1 x 400 on 4:40 Freestyle EN2 {1 x 400 on 4:35 Freestyle EN2 {1 x 400 on 4:30 Freestyle EN2 1 x 200 on 3:00 Stroke Drills REC | S F S F S F D C |
| 250 | {1 x 25 on 3:00 Freestyle {1 x 25 on :00 Choice {1 x 75 on 3:30 Freestyle {1 x 50 on :00 Choice {1 x 50 on 3:30 Freestyle {1 x 75 on :00 Choice {1 x 25 on 3:30 Freestyle 1 x 250 on 4:00 Stroke Drills | REC SP1 REC SP1 REC SP1 REC REC | | Yards | Workout #3366 - Friday, 19 November 2004 HighSchl - Gold 1 minute rest between sets 5:30 AM Start Set Description EGY WOR | K ST |
| | 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 | | | 500 | 1 on 40:00 Weights and stretch 5 x 100 on 1:45 Stroke Drills REC odds free evns nonfr 12 x 25 on :30 12.5 ez 12.5 fast SP3 1x{1 x 400 on 5:25 Freestyle EN2 | L DF D CF S E S F |
| Yards ===== 500 300 | 5:30 AM Start Set Description 1 on 30:00 Physio Balls/Stretch 1 x 500 on 8:00 Underwater turn dril 12 x 25 on :30 12.5 ez 12.5 fast | | | 200 | 1 x 400 on 5:15 Freestyle EN2 1 x 400 on 5:10 Freestyle EN2 1 x 200 on 2:35 Freestyle EN2 1 x 200 on 3:00 Stroke Drills REC | S F S F S F D C |
| | <pre>1x{3 x 125 on 2:00 Pulls {2 x 125 on 1:55 Pulls {1 x 125 on 1:50 Pulls 2x{1 x 200 on 3:30 Individual Medley {1 x 100 on 1:40 Freestyle {1 x 100 on 1:35 Freestyle</pre> | EN1 EN1 EN1 EN1 EN1 | | | Workout #3367 - Friday, 19 November 2004 HighSchl - Silver 1 minute rest between sets 5:30 AM Start | |
| 250 | {1 x 100 on 1:30 Freestyle {4 x 25 on :30 Non free-descend 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 7:05 AM 3,000 Yards - Stress Value = 31 | EN1 EN1 REC | | Yards ===== | 1x{1 x 100 on 1:45 Stroke Drills REC {4 x 75 on 1:45 Stroke Drills odds free evns nonfr | E == L DF D F S |
| , , , , , , , , , , , , , , , , , , , | Workout #3368 - Friday, 19 November 2004 HighSchl - All 1 minute rest between sets 3:00 PM Start | | 3.V | 200 | 1x{1 x 400 on 6:00 Freestyle EN2 {1 x 400 on 5:55 Freestyle EN2 {1 x 400 on 5:50 Freestyle EN2 {1 x 300 on 4:20 Freestyle EN2 1 x 200 on 4:00 Stroke Drills REC | S E S F S F D C |
| Yards ===== 1,000 180 | Set Description 1 on 30:00 Stomach and Stretch 1 x 1000 on 18:00 400 rev IM 400 cho. 12 x 15 on :45 Shooters 3x{1 x 25 on :45 Kick no board {1 x 25 on :40 Kick no board {1 x 25 on :35 Kick no board | == == | EC P3 N2 N2 | | 1 on 10:00 Ice 7:05 AM 2,400 Yards - Stress Value = 42 | М |

| 20 AM Chamb | Workout #3370 - Saturday, 20 November 2004 | |
|------------------------------------------|-----------------------------------------------------------|--|
| 1 minute rest between sets | 9.33 AM 3,300 laids - Stiess value - 04 | |
| HighSchl - Bronze | 1 on 10:00 Ice 9:35 AM 5,580 Yards - Stress Value = 84 | |
| | 1 10.00 T | |
| Workout #3364 - Friday, 19 November 2004 | 250 1 x 250 on 4:00 Stroke Drills REC | |
| | | |

| | 5:30 AM Start | | | | | Workout #3370 - Saturday, 20 November 2004 | |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|-----------------------------------------------------------------------------------------|---------|-------|-------------------------------------------------------------------------|------------|
| Yards | | EGY | WORK | Sī | | HighSchl - Backstroke | |
| | | === | | == | | 1 minute rest between sets | |
| | • | REC | D | DF E | | 7:00 AM Start | |
| | {4 x 75 on 1:45 Stroke Drills | | S | | Yards | Set Description | EGY WOF |
| 200 | odds free evns nonfr | 252 | ~ | - | ===== | | === === |
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | | | | | 1 on 30:00 Stomach and Stretch | |
| | ` | EN2 EN2 | S S | | 800 | | |
| | | EN2 | | | 180 | 12 x 15 on :45 Shooters | SP3 |
| | | EN2 | | | 1,200 | · · · · · · · · · · · · · · · · · · · | EN2 EN2 |
| 200 | | REC | | C | | {2 x 100 on 1:50 Kick L.25 fly kick | EN2 |
| | 1 on 10:00 Ice | | M | | | | EN2 |
| | 7:05 AM 2,200 Yards - Stress Value = | = 38 | | | | {2 x 100 on 1:40 Kick L.25 fly kick | EN2 |
| | | | | | 1,000 | 2x{1 x 200 on 2:30 Pulls | EN2 |
| | Workout #3371 - Saturday, 20 November 2004 | | | | | • | EN2 |
| | HighSchl - Breast | | | | | · | EN1 |
| | 1 minute rest between sets | | | | 200 | · · | EN1 |
| | | | | | 300 | <u> </u> | EN1 EN2 |
| | 7:00 AM Start | | | | 3,000 | • | EN2 |
| Yards | Set Description | | EGY I | | | • | EN2 |
| ===== | | | === : | | | • | EN1 |
| 0.00 | 1 on 30:00 Stomach and Stretch | | DEG | | 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| 800 180 | 8 x 100 on 1:45 Stroke Drills 2 c 12 x 15 on :45 Shooters | on E | SP3 | | | 1 on 10:00 Ice | |
| 100 | 1x{3 x 100 on 2:00 Kick L.25 fly kic | :k | EN2 | | | 9:35 AM 6,730 Yards - Stress Value = 106 | |
| | {3 x 100 on 1:55 Kick L.25 fly kic | | EN2 | | | | |
| | {2 x 100 on 1:50 Kick L.25 fly kic | | EN2 | | | Workout #3372 - Saturday, 20 November 2004 | |
| | {2 x 100 on 1:45 Kick L.25 fly kic | | EN2 | | | HighSchl - Sprint | |
| | $\{2 \times 100 \text{ on } 1:40 \text{ Kick L.25 fly kic} \\ 2x\{1 \times 200 \text{ on } 3:45 \text{ Pulls} \}$ | ck | EN2 EN2 | | | 1 minute rest between sets | |
| | {1 x 150 on 2:40 Pulls | | EN2 | | | 7:00 AM Start | |
| | {1 x 100 on 1:45 Pulls | | EN1 | | Yards | | EGY WOF |
| | $\{1 \times 50 \text{ on } :50 \text{ Pulls}$ | | EN2 | | ===== | ± | |
| 300 | 4 x 75 on 1:15 2bk-4bk-6bk by 25' | s | EN1 | | | 1 on 30:00 Stomach and Stretch | |
| | $4x{3 \times 100}$ on 1:35 Breaststroke | | EN2 | | 800 | 8 x 100 on 1:45 Stroke Drills 2 on E | REC |
| | {2 x 75 on 1:10 Breaststroke | | EN2 | | 180 | 12 x 15 on :45 Shooters | SP3 |
| | $\{1 \times 50 \text{ on } : 45 \text{ Breaststroke} $ $\{1 \times 50 \text{ on } : 50 \text{ Freestyle} \}$ | | EN2 EN1 | | 1,200 | • | EN2 |
| 250 | 1 x 250 on 4:00 Stroke Drills | | REC | | | {3 x 100 on 1:55 Kick L.25 fly kick {2 x 100 on 1:50 Kick L.25 fly kick | EN2 EN2 |
| | 1 on 10:00 Ice | | | | | · · · · · · · · · · · · · · · · · · · | EN2 |
| | 9:34 AM 5,930 Yards - Stress Value = | 94 | | | | · · · · · · · · · · · · · · · · · · · | EN2 |
| | | | | | 1,000 | 2x{1 x 200 on 2:30 Pulls | EN2 |
| | Workout #3369 - Saturday, 20 November 2004 | | | | | {1 x 150 on 2:00 Pulls | EN2 |
| | HighSchl - Fly | | | | | {1 x 100 on 1:25 Pulls | EN1 |
| | 1 minute rest between sets | | | | 300 | {1 x 50 on :45 Pulls 4 x 75 on 1:15 2bk-4bk-6bk by 25's | EN1 EN1 |
| | | | | | | 5x{6 x 50 on 1:00 Freestyle | EN3 |
| | 7:00 AM Start | | | | , | | EN1 |
| Yards | | | EGY I | | 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | ± | | ===- | | | | |
| | ======================================= | -=== | === : | === | | 1 on 10:00 Ice | _ |
| 800 | ± | | | === | | | 5 |
| 180 | 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 2 c 12 x 15 on :45 Shooters | on E | | === | | 1 on 10:00 Ice | 5 |
| 180 | 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 2 c 12 x 15 on :45 Shooters 1x{3 x 100 on 2:10 Kick L.25 fly kick | on E | REC SP3 EN2 | === | | 1 on 10:00 Ice | |
| 180 | 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 2 of 12 x 15 on :45 Shooters 1x(3 x 100 on 2:10 Kick L.25 fly kick (3 x 100 on 2:05 Kick L.25 fly kick | on E ck ck | REC SP3 EN2 EN2 | === | | 1 on 10:00 Ice | 5 |
| 180 | 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 2 of 12 x 15 on :45 Shooters 1x{3 x 100 on 2:10 Kick L.25 fly kick {3 x 100 on 2:05 Kick L.25 fly kick {3 x 100 on 2:00 Kick L.25 fly kick | on E ck ck ck | REC SP3 EN2 EN2 EN2 | === | | 1 on 10:00 Ice | 5 |
| 180 1,200 | 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 2 of 12 x 15 on :45 Shooters 1x{3 x 100 on 2:10 Kick L.25 fly kick {3 x 100 on 2:05 Kick L.25 fly kick {3 x 100 on 2:00 Kick L.25 fly kick {3 x 100 on 1:55 Kick L.25 fly kick | on E ck ck ck | REC SP3 EN2 EN2 EN2 EN2 | === | | 1 on 10:00 Ice | 5 |
| 180 1,200 | 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 2 of 12 x 15 on :45 Shooters 1x{3 x 100 on 2:10 Kick L.25 fly kick {3 x 100 on 2:05 Kick L.25 fly kick {3 x 100 on 2:00 Kick L.25 fly kick | on E ck ck ck | REC SP3 EN2 EN2 EN2 | === | | 1 on 10:00 Ice | 5 |
| 180 1,200 | 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 2 of 12 x 15 on :45 Shooters 1x{3 x 100 on 2:10 Kick L.25 fly kick {3 x 100 on 2:05 Kick L.25 fly kick {3 x 100 on 2:00 Kick L.25 fly kick {3 x 100 on 1:55 Kick L.25 fly kick {3 x 100 on 1:55 Kick L.25 fly kick {3 x 100 on 1:55 Pulls {1 x 150 on 2:10 Pulls {1 x 100 on 1:25 Pulls | on E ck ck ck | REC SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 | === | | 1 on 10:00 Ice | 5 |
| 180 1,200 1,000 | 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 2 of 12 x 15 on :45 Shooters 1x{3 x 100 on 2:10 Kick L.25 fly kick {3 x 100 on 2:05 Kick L.25 fly kick {3 x 100 on 2:00 Kick L.25 fly kick {3 x 100 on 1:55 Kick L.25 fly kick {3 x 100 on 1:55 Kick L.25 fly kick {1 x 200 on 2:50 Pulls {1 x 150 on 2:10 Pulls {1 x 50 on :50 Pulls {1 x 50 on :50 Pulls | on E ck ck ck ck | REC SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN1 | === | | 1 on 10:00 Ice | 5 |
| 180 1,200 1,000 | 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 2 of 12 x 15 on :45 Shooters 1x{3 x 100 on 2:10 Kick L.25 fly kick {3 x 100 on 2:05 Kick L.25 fly kick {3 x 100 on 2:00 Kick L.25 fly kick {3 x 100 on 1:55 Kick L.25 fly kick {3 x 100 on 1:55 Kick L.25 fly kick {3 x 100 on 1:55 Pulls {1 x 150 on 2:10 Pulls {1 x 150 on 1:25 Pulls {1 x 50 on 1:15 2bk-4bk-6bk by 25' | on E ck ck ck ck | REC SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1 | === | | 1 on 10:00 Ice | 5 |
| 180 1,200 1,000 | 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 2 of 12 x 15 on :45 Shooters 1x{3 x 100 on 2:10 Kick L.25 fly kick {3 x 100 on 2:05 Kick L.25 fly kick {3 x 100 on 2:00 Kick L.25 fly kick {3 x 100 on 1:55 Kick L.25 fly kick {3 x 100 on 1:55 Kick L.25 fly kick {1 x 200 on 2:50 Pulls {1 x 150 on 2:10 Pulls {1 x 100 on 1:25 Pulls {1 x 50 on :50 Pulls {1 x 50 on :50 Pulls {1 x 50 on 1:15 2bk-4bk-6bk by 25'} 2x{5 x 50 on 1:00 Butterfly 2-5-2 | on E ck ck ck ck | REC SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 | === | | 1 on 10:00 Ice | 5 |
| 180 1,200 1,000 | 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 2 of 12 x 15 on :45 Shooters 1x{3 x 100 on 2:10 Kick L.25 fly kick {3 x 100 on 2:05 Kick L.25 fly kick {3 x 100 on 2:00 Kick L.25 fly kick {3 x 100 on 2:00 Kick L.25 fly kick {3 x 100 on 1:55 Kick L.25 fly kick {3 x 100 on 1:55 Kick L.25 fly kick {1 x 200 on 2:50 Pulls {1 x 150 on 2:10 Pulls {1 x 150 on 1:25 Pulls {1 x 50 on 1:50 Pulls {1 x 50 on 1:15 2bk-4bk-6bk by 25' 2x{5 x 50 on 1:00 Butterfly 2-5-2 {4 x 50 on 1:00 Butterfly 2-6-2 | on E ck ck ck ck | REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 | === | | 1 on 10:00 Ice | 5 |
| 180 1,200 1,000 | 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 2 of 12 x 15 on :45 Shooters 1x{3 x 100 on 2:10 Kick L.25 fly kick {3 x 100 on 2:05 Kick L.25 fly kick {3 x 100 on 2:00 Kick L.25 fly kick {3 x 100 on 1:55 Kick L.25 fly kick {3 x 100 on 1:55 Kick L.25 fly kick {1 x 200 on 2:50 Pulls {1 x 150 on 2:10 Pulls {1 x 100 on 1:25 Pulls {1 x 50 on :50 Pulls {1 x 50 on :50 Pulls {1 x 50 on 1:15 2bk-4bk-6bk by 25'} 2x{5 x 50 on 1:00 Butterfly 2-5-2 | on E ck ck ck ck | REC SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 | === | | 1 on 10:00 Ice | 5 |
| 180 1,200 1,000 | 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 2 of 12 x 15 on :45 Shooters 1x{3 x 100 on 2:10 Kick L.25 fly kick {3 x 100 on 2:05 Kick L.25 fly kick {3 x 100 on 2:06 Kick L.25 fly kick {3 x 100 on 2:50 Kick L.25 fly kick {3 x 100 on 1:55 Kick L.25 fly kick {1 x 200 on 2:50 Pulls {1 x 150 on 2:10 Pulls {1 x 150 on 1:25 Pulls {1 x 50 on 1:50 Pulls {1 x 50 on 1:50 Pulls {1 x 50 on 1:00 Butterfly 2-5-2 {4 x 50 on 1:00 Butterfly 2-6-2 {3 x 50 on 1:00 Butterfly 2-7-2 | on E ck ck ck ck | REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN2 | === | | 1 on 10:00 Ice | 5 |
| 180 1,200 1,000 | 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Stroke Drills 2 of 12 x 15 on :45 Shooters 1x{3 x 100 on 2:10 Kick L.25 fly kick {3 x 100 on 2:05 Kick L.25 fly kick {3 x 100 on 2:00 Kick L.25 fly kick {3 x 100 on 2:50 Kick L.25 fly kick {3 x 100 on 1:55 Kick L.25 fly kick {1 x 200 on 2:50 Pulls {1 x 150 on 2:10 Pulls {1 x 100 on 1:25 Pulls {1 x 50 on :50 Pulls 6 x 75 on 1:15 2bk-4bk-6bk by 25' 2x{5 x 50 on 1:00 Butterfly 2-5-2 {4 x 50 on 1:00 Butterfly 2-7-2 {2 x 50 on 1:00 Butterfly 2-8-2 | on E ck ck ck ck | REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN2 EN2 EN2 | === | | 1 on 10:00 Ice | 5 |

Workout #3380 - Monday, 22 November 2004 HighSchl - Distance 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 | |
| 750 | $1x\{2 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}$ | 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 | | |
| | {4 x 125 on 1:30 Pulls no br L.12 yds | | |
| 300 | 4 x 75 on 1:10 IM w/out the ? | EN1 | |
| | 1x{2 x 500 on 6:00 Freestyle | EN2 | |
| ., | • | REC | |
| | {2 x 500 on 5:50 Freestyle | EN2 | |
| | · · · · · · · · · · · · · · · · · · · | REC | |
| | · · · · · · · · · · · · · · · · · · · | EN2 | |
| 0.5.0 | (| | |
| 250 | | REC | |
| | 1 on 10:00 Ice and team mtg. | | |
| | 5:34 PM 7,480 Yards - Stress Value = 103 | 2 | |

Workout #3378 - Monday, 22 November 2004 HighSchl - Fly 1 minute rest between sets

| | 3:00 | ΡN | 1 Star | t | | | | | |
|-------|------|-----|--------|---------|---------|--------|-----------|-----|-----|
| Yards | Se | et | Descri | ption | | | | EGY | WOF |
| ===== | == | -=- | | | | | | === | === |
| | 1 | or | 30:00 |) Plyor | metrics | s/stre | tch | | |
| 800 | 1 | Х | 800 on | 12:00 |) Swim- | -kick- | pull-swim | REC | |
| 180 | 12 | 2 > | 15 on | :45 8 | Shoote | îs | | SP3 | |
| 1,200 | 1x{2 | Х | 25 on | :30 K | ick no | board | BSLR | EN1 | |
| | { 3 | Х | 100 on | 2:00 | Kick-c | descen | d | EN1 | |
| | { 4 | Х | 25 on | :30 K | ick no | board | BSLR | EN1 | |
| | { 3 | Х | 100 on | 2:00 | Kick-c | descen | d | EN1 | |
| | { 6 | Х | 25 on | :30 K | ick no | board | BSLR | EN1 | |
| | { 3 | Х | 100 on | 2:00 | Kick-c | descen | d | EN1 | |
| 1,250 | 1x{5 | Х | 125 on | 2:00 | Pulls | no br | L.12 yds | EN1 | |
| | { 5 | Х | 125 on | 1:55 | Pulls | no br | L.12 yds | EN1 | |
| 300 | 4 | Х | 75 on | 1:10 | IM w/οι | ıt the | ? | EN1 | |
| 2,100 | 2x{1 | Х | 200 on | 4:00 | Butter | fly 2 | 00 drill | EN1 | |
| | { 1 | Х | 200 on | 3:55 | 150 di | cill 5 | 0 swim | EN1 | |
| | { 1 | Х | 200 on | 3:50 | 100 di | cill 1 | 00 swim | EN1 | |
| | { 1 | Х | 200 on | 3:45 | 50 dri | 11 15 |) swim | EN2 | |
| | { 1 | Х | 250 on | 4:00 | Freest | tyle | | EN1 | |
| | | | | | | | | | |

Workout #3377 - Monday, 22 November 2004 HighSchl - Backstroke 1 minute rest between sets

1 on 10:00 Ice and team mtg. 5:34 PM 5,830 Yards - Stress Value = 59

| Yards | 3:00 PM Start 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 | 4×75 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

| | 5:30 | AM | St | cart | 5 | | | |
|-------|------|------|------|------|-------|-----------------------|-----|------|
| Yards | Se | et I | Desc | crip | otion | | EGY | WORK |
| ===== | == | ===: | | | | | === | ==== |
| | 1 | on | 40: | :00 | Weigh | nts and stretch | | I |
| 500 | 1 | x ! | 500 | on | 8:00 | Swim-kick-drll-swim | REC | S |
| | 1 | no e | equi | ipme | ent | | | |
| 300 | 12 | 2 x | 25 | on | :30 1 | 12.5 ez 12.5 fast | SP3 | ٤ |
| | 1x{2 | x 2 | 250 | on | 3:00 | Freestyle | EN2 | |
| | { 1 | х | 100 | on | 1:20 | Freestyle | EN1 | S |
| | { 1 | х | 100 | on | 1:15 | Freestyle | EN2 | ٤ |
| | { 1 | х | 100 | on | 1:10 | Freestyle | EN2 | S |
| | { 2 | x 2 | 250 | on | 2:55 | Freestyle | EN2 | S |
| | { 1 | х | 100 | on | 1:20 | Freestyle | EN1 | S |
| | { 1 | х | 100 | on | 1:15 | Freestyle | EN2 | S |
| | { 1 | х | 100 | on | 1:10 | Freestyle | EN2 | ٤ |
| | { 2 | x 2 | 250 | on | 2:50 | Freestyle | EN2 | S |
| 200 | 1 | x 2 | 200 | on | 3:00 | Stroke Drills | REC | Γ |
| | 1 | on | 10: | :00 | Ice | | | N |
| | 7:05 | AM | 3,1 | 100 | Yards | s - Stress Value = 52 | 2 | |

Workout #3375 - Monday, 22 November 2004 HighSchl - Gold 1 minute rest between sets

| | 5:30 | ΑM | 1 St | art | 5 | | | |
|-------|------|-----|------|------|-------|----------------------|-----|------|
| Yards | Se | ∍t | Des | crip | otion | | EGY | WORK |
| | == | === | -=== | -== | | | === | ==== |
| | 1 | or | 40 | :00 | Weigh | nts and stretch | | I |
| 500 | 1 | Х | 500 | on | 8:00 | Swim-kick-drll-swim | REC | ٤ |
| | 1 | 10 | equ: | ipme | ent | | | |
| 300 | 12 | 2 2 | 25 | on | :30 1 | 12.5 ez 12.5 fast | SP3 | ٤ |
| | 1x{2 | Х | 250 | on | 3:20 | Freestyle | EN2 | ٤ |
| | { 1 | Х | 100 | on | 1:25 | Freestyle | EN1 | ٤ |
| | { 1 | Х | 100 | on | 1:20 | Freestyle | EN2 | ٤ |
| | { 1 | Х | 100 | on | 1:15 | Freestyle | EN2 | ٤ |
| | { 2 | Х | 250 | on | 3:15 | Freestyle | EN2 | ٤ |
| | { 1 | Х | 100 | on | 1:20 | Freestyle | EN2 | ٤ |
| | { 1 | Х | 100 | on | 1:15 | Freestyle | EN2 | ٤ |
| | { 1 | Х | 250 | on | 3:10 | Freestyle | EN2 | ٤ |
| 200 | 1 | Х | 200 | on | 3:00 | Stroke Drills | REC | Γ |
| | 1 | or | 10: | :00 | Ice | | | ľ |
| | 7:03 | ΑN | 1 2. | 750 | Yards | s - Stress Value = 4 | 6 | |

Workout #3376 - Monday, 22 November 2004 HighSchl - Silver 1 minute rest between sets

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

| | 5 20 TM 01 1 | | | | 1 minute rest between sets | | |
|-------|----------------------------------------------------------------------------------------------------------------------|------------|-------|--------------|------------------------------------------------------------------------|------------|-----|
| Yards | 5:30 AM Start Set Description | ECV | WORF | | | | |
| ===== | ======================================= | | | ** 1 | 6:00 PM Start | B.G.17 | |
| | 1 on 40:00 Weights and stretch | | - | Yards | Set Description | EGY | |
| 400 | 1 x 400 on 8:00 Swim-kick-drll-swim | REC | | | 1 on 30:00 Physio Balls/Stretch | | |
| | no equipment | | | 800 | 1 x 800 on 12:00 Swim-kick-pull-swim | REC | |
| 300 | | SP3 | ٤ | 180 | 12 x 15 on :45 Shooters | SP3 | |
| | · | EN2 | Ş | 1,200 | 1x{2 x 25 on :30 Kick no board BSLR | EN1 | |
| | · · · · · · · · · · · · · · · · · · · | EN2 | ٤ | | {3 x 100 on 2:00 Kick-descend | EN1 | |
| | · · · · · · · · · · · · · · · · · · · | EN2 | 5 | | $\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}$ | EN1 | |
| | • • | EN2 | ٤ | | {3 x 100 on 2:00 Kick-descend | EN1 | |
| | · • | EN2 EN2 | 5 | | {6 x 25 on :30 Kick no board BSLR | EN1 | |
| | · · | EN2 | 5 | 1 000 | {3 x 100 on 2:00 Kick-descend | EN1 | |
| 200 | • • | REC | Ī | 1,000 300 | 10 x 100 on 1:30 Lungbuster swims 4×75 on 1:10 IM w/out the ? | EN1 EN1 | |
| | 1 on 10:00 Ice | | N | | 1x{2 x 500 on 6:15 Freestyle | EN2 | |
| | 7:05 AM 2,550 Yards - Stress Value = 45 | | | 3,200 | {1 x 100 on 1:30 Freestyle | REC | |
| | | | | | {2 x 500 on 6:10 Freestyle | EN2 | |
| | Workout #3373 - Monday, 22 November 2004 | | | | {1 x 100 on 1:30 Freestyle | REC | |
| | HighSchl - Bronze | | | | {2 x 500 on 6:05 Freestyle | EN2 | |
| | 1 minute rest between sets | | | 400 | | REC | |
| | 1 minute 11st between sets | | | | 8:29 PM 7,080 Yards - Stress Value = 92 | | |
| | 5:30 AM Start | | | | | | |
| Yards | | EGY | WORF | | Workout #3385 - Tuesday, 23 November 2004 | | |
| ===== | ======================================= | === | ==== | | HighSchl - Breast | | |
| | 1 on 40:00 Weights and stretch | | I | | 1 minute rest between sets | | |
| 300 | 1 x 300 on 8:00 Swim-kick-drll-swim | REC | ٤ | | | | |
| 200 | no equipment | 252 | _ | | 2:45 PM Start | | |
| 300 | | SP3 EN2 | 5 5 | Yards | 1 | EGY | |
| | | EN2 | 2 | | 1 15.00 0+ | === | === |
| | | EN2 | | 600 | 1 on 15:00 Stretch 6 x 100 on 1:45 Stroke Drills | REC | |
| | | EN2 | ٤ | 000 | UWTD alt free & back | KEC | |
| | | EN2 | ٤ | 180 | 12 x 15 on :45 Shooters | SP3 | |
| | · · · · · · · · · · · · · · · · · · · | EN2 | ٤ | 1,000 | 10 x 100 on 1:45 Kick-odds fast | EN2 | |
| | · | EN2 | ٤ | 1,250 | 10×125 on $1:40$ Pulls every 3rd | EN1 | |
| 150 | | REC | Ι | | nbbf&w + 2 yds | | |
| | 1 on 10:00 Ice | | ľ | 300 | 3 x 100 on 1:30 Descend in sets of 3 | | |
| | 7:05 AM 2,050 Yards - Stress Value = 40 | | | 2,400 | ` | EN2 | |
| | W 1 4 //2270 M 1 22 N 1 2004 | | | | • | EN2 EN2 | |
| | Workout #3379 - Monday, 22 November 2004 | | | | {4 x 150 on 2:20 5011 5011 2511 2511 {4 x 150 on 2:20 25fly 25free X3 | EN2 | |
| | HighSchl - Sprint | | | 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 1 minute rest between sets | | | | 1 on 10:00 Ice-short meeting | | |
| | 2 00 54 0 | | | | 4:58 PM 5,980 Yards - Stress Value = 90 | | |
| Yards | 3:00 PM Start Set Description | EC. | Y WOF | | | | |
| ===== | ======================================= | | | | Workout #3383 - Tuesday, 23 November 2004 | | |
| | 1 on 30:00 Plyometrics/stretch | | | | HighSchl - Distance | | |
| 800 | 1 x 800 on 12:00 Swim-kick-pull-swim | RE(| C | | 1 minute rest between sets | | |
| 180 | 12 x 15 on :45 Shooters | SP | 3 | | | | |
| 1,200 | 1x{2 x 25 on :30 Kick no board BSLR | EN: | | | 2:45 PM Start | | |
| | {3 x 100 on 2:00 Kick-descend | EN: | | Yards | Set Description | EGY | |
| | {4 x 25 on :30 Kick no board BSLR {3 x 100 on 2:00 Kick-descend | EN: EN: | | ===== | ======================================= | === | === |
| | {6 x 25 on :30 Kick no board BSLR | EN: | | 600 | 1 on 15:00 Stretch | DEG | |
| | {3 x 100 on 2:00 Kick-descend | EN: | | 600 | 6 x 100 on 1:45 Stroke Drills | REC | |
| 750 | 1x{3 x 125 on 2:00 Pulls no br L.12 yds | | | 180 | UWTD alt free & back 12 x 15 on :45 Shooters | SP3 | |
| | {3 x 125 on 1:50 Pulls no br L.12 yds | | | 500 | 5 x 100 on 2:00 Kick-odds fast | EN2 | |
| 300 | 4×75 on 1:10 IM w/out the ? | EN: | | 1,800 | 3 x 600 on 8:30 Pulls | EN1 | |
| 2,850 | $2x{4 x 100 on 1:35 Free alt. fast 25's}$ | EN: | | 300 | 3 x 100 on 1:30 Descend in sets of 3 | | |
| | ${3 \times 25 \text{ on } :}20 \text{ Freestyle}$ | EN: | | | 1x{3 x 500 on 6:45 Freestyle | EN2 | |
| | {4 x 100 on 1:30 Free alt. fast 25's | EN: | | | {2 x 500 on 6:35 Freestyle | EN2 | |
| | {3 x 25 on :20 Freestyle | EN: | | | $\{1 \times 500 \text{ on } 6:25 \text{ Freestyle} \}$ | EN2 | |
| | $\{4 \times 100 \text{ on } 1:25 \text{ Free alt. fast } 25's $ $\{3 \times 25 \text{ on } :20 \text{ Freestyle} \}$ | EN: EN: | | 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| 200 | 1 x 200 on 3:00 Stroke Drills | RE(| | | 1 on 10:00 Ice-short meeting | | |
| 200 | 1 on 10:00 Ice and team mtg. | ١٠٠٠ | - | | 5:01 PM 6,630 Yards - Stress Value = 98 | | |

EGY WOF

REC

SP3

EN1

EN2

EN2

REC

Workout #3381 - Tuesday, 23 November 2004 HighSchl - Boys 1 minute rest between sets

5:00 PM 6,130 Yards - Stress Value = 90

Workout #3386 - Tuesday, 23 November 2004 HighSchl - Sprint 1 minute rest between sets

6 x 100 on 1:45 Stroke Drills

 8×100 on 2:00 Kick-odds fast

1,950 $3x\{8 \times 25 \text{ on } 1:00 \text{ Breast fins/paddles} \quad EN2$

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

{2 x 75 on 1:10 Breaststroke

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

1 x 250 on 4:00 Stroke Drills

1 on 10:00 Ice-short meeting
5:01 PM 4,680 Yards - Stress Value = 68

 3×100 on 1:30 Descend in sets of 3×100

2:45 PM Start

Yards

600

180

800

300

250

=====

Set Description

{ fast turnover

{1 on 1:00 Rest

1 on 15:00 Stretch

UWTD alt free & back

6 x 100 on 1:55 Pulls

12 x 15 on :45 Shooters

| | AM Start | | |
|----------|--------------------------------------|-----|-----|
| Yards Se | et Description | EGY | WOF |
| 1 | on 30:00 Physio Balls/Stretch | | |
| | x 500 on 8:00 Underwater turn drll | REC | |
| | 2 x 25 on :30 12.5 ez 12.5 fast | SP3 | |
| | x 25 on 1:00 Freestyle | SP2 | |
| | x 100 on 2:00 Freestyle | REC | |
| | 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 | |
| | x 100 on 2:00 Freestyle | REC | |
| { 4 | x 25 on 1:00 Freestyle | SP2 | |
| • | x 100 on 2:00 Freestyle | REC | |
| , | | SP2 | |
| • | x 100 on 2:00 Freestyle | REC | |
| , | x 50 on :00 Choice OTB | SP2 | |
| , | x 200 on 3:00 Stroke Drills | REC | |
| | on 10:00 Ice | | |
| 7:05 | AM $2,250$ Yards - Stress Value = 77 | | |

Workout #3382 - Tuesday, 23 November 2004 HighSchl - Girls 1 minute rest between sets Workout #3389 - Wednesday, 24 November 2004 HighSchl - Breast 1 minute rest between sets

| Vl - | 5:30 AM Start | DOW MOT | Yards | 3:00 PM Start Set Description | EGY WOF |
|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-------|-----------------------------------------|---------|
| Yards | Set Description | EGY WOF | | ======================================= | === === |
| 500 | 1 on 30:00 Physio Balls/Stretch 1 x 500 on 8:00 Underwater turn drll 12 x 25 on :30 12.5 ez 12.5 fast 1x{6 x 25 on :30 Freestyle {1 x 100 on 2:00 Individual Medley {6 x 25 on :30 Butterfly | REC SP3 EN1 EN1 | 180 | 5-8 ba-br 9-11 br-fr | EN2 |
| | {1 x 100 on 2:00 Individual Medley | EN1 | | • | REC |
| | $\{6 \times 25 \text{ on } : 30 \text{ Freestyle} \}$ | EN1 | | ` | EN2 |
| | {1 x 100 on 2:00 Individual Medley | EN1 | | {1 x 100 on 1:30 Freestyle | REC |
| | {6 x 25 on :30 Backstroke | EN1 | | {4 x 25 on :35 Kick no board BSLR | EN2 |
| | {1 x 100 on 2:00 Individual Medley | EN1 | | {1 x 100 on 1:30 Freestyle | REC |
| | $\{6 \times 25 \text{ on } : 30 \text{ Freestyle} \}$ | EN1 | | {4 x 25 on :30 Kick no board BSLR | EN2 |
| | {1 x 100 on 2:00 Individual Medley | EN1 | 900 | 6 x 150 on 2:15 Lngbstr pulls 3-5-7 | EN1 |
| | {6 x 25 on :30 Breaststroke | EN1 | 250 | 10 x 25 on :30 Free 12.5y tuck spin | EN1 |
| | {1 x 100 on 2:00 Individual Medley | EN1 | 1,250 | 25 x 50 on :50 Breaststroke | EN2 |
| 400 | 1 x 400 on 7:00 Stroke Drills | REC | 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 1 on 10:00 Ice | | | 1 on 10:00 Ice | |
| | 7:04 AM 2,700 Yards - Stress Value = 30 | | | 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 | MOF |
| ===== | ======================================= | === | === |
| | 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 | 6×100 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

{1 on 10:00 Ice

{1 x 200 on 3:00 Stroke Drills

7:08 AM 2,900 Yards - Stress Value = 52

Workout #3392 - Wednesday, 24 November 2004 HighSchl - Sprint 1 minute rest between sets

| | 2.00 DM C+2x+ | | | | 1 minute rest between sets |
|-------|-------------------------------------------------------------------------------------------------------------------------|------------|-----|------------|---------------------------------------------------------------------------|
| Yards | 3:00 PM Start Set Description | EGY | WOF | | 3:00 PM Start |
| | | === | === | Yards | |
| | 1 on 30:00 Stomach and Stretch | | | | |
| | 1x{1 x 200 on 3:10 Freestyle L.50 fast | | | | 1 on 30:00 Stomach and Stretch |
| | {1 x 200 on 3:05 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast | | | 600 | $1x\{1 \times 200 \text{ on } 3:10 \text{ Freestyle L.50 fast EN1}$ |
| 180 | · · · · · · · · · · · · · · · · · · · | SP3 | | | {1 x 200 on 3:05 Freestyle L.100 fast EN2 |
| 100 | 5-8 ba-br 9-11 br-fr | DIJ | | 100 | {1 x 200 on 3:00 Freestyle L.150 fast EN2 |
| | $1 \times \{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR} \}$ | EN2 | | 180 | 12 x 15 on :45 Shooters 1-4 fl-ba SP3 5-8 ba-br 9-11 br-fr |
| | {1 x 100 on 1:30 Freestyle | REC | | 700 | $1x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$ EN2 |
| | {4 x 25 on :40 Kick no board BSLR | EN2 | | , 0 0 | {1 x 100 on 1:30 Freestyle REC |
| | {1 x 100 on 1:30 Freestyle | REC | | | {4 x 25 on :40 Kick no board BSLR EN2 |
| | {4 x 25 on :35 Kick no board BSLR | EN2 | | | {1 x 100 on 1:30 Freestyle REC |
| | {1 x 100 on 1:30 Freestyle | REC | | | $\{4 \times 25 \text{ on :} 35 \text{ Kick no board BSLR} $ EN2 |
| 900 | $\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR} $ 6 x 150 on 2:15 Lngbstr pulls 3-5-7 | EN2 EN1 | | | {1 x 100 on 1:30 Freestyle REC |
| 250 | | EN1 | | 0.00 | {4 x 25 on :30 Kick no board BSLR EN2 |
| 1,600 | | EN2 | | 900 250 | 3 £ |
| 250 | | REC | | 1,500 | |
| | 1 on 10:00 Ice | | | 250 | |
| | 5:03 PM 4,480 Yards - Stress Value = 68 | | | | 1 on 10:00 Ice |
| | | | | | 5:03 PM 4,380 Yards - Stress Value = 66 |
| | Workout #3390 - Wednesday, 24 November 2004 | | | | |
| | HighSchl - Backstroke | | | | Workout #3398 - Friday, 26 November 2004 |
| | 1 minute rest between sets | | | | HighSchl - Breast |
| | 3:00 PM Start | | | | 1 minute rest between sets |
| Yards | | EGY | WOF | | 3:00 PM Start |
| | | | === | Yards | |
| 600 | 1 on 30:00 Stomach and Stretch | TD 1 1 | | | |
| 600 | 1x{1 x 200 on 3:10 Freestyle L.50 fast {1 x 200 on 3:05 Freestyle L.100 fast | | | | 1 on 30:00 Physio Balls/Stretch |
| | {1 x 200 on 3:00 Freestyle L.150 fast | | | 600 | |
| 180 | · · · · · · · · · · · · · · · · · · · | SP3 | | 180 800 | |
| | 5-8 ba-br 9-11 br-fr | | | 1,000 | |
| 700 | $1x{4 \times 25}$ on :45 Kick no board BSLR | EN2 | | 300 | |
| | {1 x 100 on 1:30 Freestyle | REC | | 1,400 | 2x{4 x 50 on 1:00 Breaststroke EN2 |
| | {4 x 25 on :40 Kick no board BSLR | EN2 | | | {3 x 50 on :55 Breaststroke EN2 |
| | {1 x 100 on 1:30 Freestyle | REC | | | {2 x 50 on :50 Breaststroke EN2 |
| | $\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR} $ $\{1 \times 100 \text{ on } 1: 30 \text{ Freestyle} \}$ | EN2 REC | | | {1 x 50 on :45 Breaststroke EN2 |
| | {4 x 25 on :30 Kick no board BSLR | EN2 | | | {1 x 200 on 3:00 Freestyle REC |
| 900 | • | EN1 | | | 1 on 10:00 Ice 5:03 PM 4,280 Yards - Stress Value = 56 |
| 250 | | EN1 | | | J:05 PM 4,200 Tards - Stress value - 30 |
| 1,400 | 14 x 100 on 1:30 Backstroke | EN2 | | | Workout #3399 - Friday, 26 November 2004 |
| 250 | | REC | | | • * |
| | 1 on 10:00 Ice 5:04 PM 4,280 Yards - Stress Value = 64 | | | | HighSchl - Distance 1 minute rest between sets |
| | 0.01 111 1,200 14140 201000 14140 01 | | | | Timmute Test between sets |
| | Workout #3388 - Wednesday, 24 November 2004 | | | | 3:00 PM Start |
| | HighSchl - All | | | | Set Description EGY WORK S |
| | 1 minute rest between sets | | | | 1 on 30:00 Physio Balls/Stretch L D |
| | 5.20 AM Ctart | | | | 1 x 600 on 10:00 Reverse IM drill REC D |
| Yards | 5:30 AM Start Set Description | EGY | MOE | | 12 x 15 on :45 Shooters SP3 S |
| ===== | set bescription | | | | 5 x 100 on 1:55 Kick EN2 K 1 x 1650 on 22:00 Pulls EN1 P |
| | 1 on 40:00 Weights and stretch | | | • | 1 x 1650 on 22:00 Pulls EN1 P 6 x 50 on :45 Descend in sets of 3 EN1 S |
| | $1x{1 \times 200 \text{ on } 3:15}$ Freestyle L.50 fast | EN1 | | | 4 x 400 on 5:00 Freestyle EN2 S |
| | {1 x 200 on 3:10 Freestyle L.100 fast | | | | 1 x 200 on 4:00 Stroke Drills REC D |
| | $\{1 \times 200 \text{ on } 3:05 \text{ Freestyle L.150 fast} \}$ | | | | 1 on 10:00 Ice M |
| 300 | | SP3 | | | 5:06 PM 5,030 Yards - Stress Value = 68 |
| | 1x{10 x 100 on 1:30 Freestyle | EN2 | | | |
| | {1 x 200 on 3:00 Freestyle {6 x 100 on 1:30 Freestyle | REC EN2 | | | |
| | (| | | | |

REC

Workout #3400 - Friday, 26 November 2004 HighSchl - Fly

1 minute rest between sets

| | 3:00 PM Start | | |
|-------|-----------------------------------------------|-----|------|
| 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 | 6×50 on :45 Descend in sets of 3 | EN1 | S |
| 1,800 | $4x{1 \times 50}$ on 1:00 Butterfly lup 4down | EN2 | S |
| | {1 x 50 on :55 Butterfly lup 3down | EN2 | S |
| | {1 x 50 on :50 Butterfly 1up 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 = 6 | 5 O | |

Workout #3397 - Friday, 26 November 2004 HighSchl - Backstroke 1 minute rest between sets

| | 3:00 | PM Start | | |
|-------|------|-----------------------------------------|-----|------|
| Yards | Se | et 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 | 2 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 | \times 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 = 6 | 50 | |

Workout #3393 - Friday, 26 November 2004 HighSchl - Platinum 1 minute rest between sets

| | 7:00 | ΑN | 1 St | art | Ī. | | | |
|-------|------|-----|-------|------|-------|----------------------|-----|-----|
| Yards | Se | et | Desc | crip | otion | | EGY | WOI |
| ===== | == | === | | | | | === | === |
| | 1 | or | n 40: | :00 | Weigh | nts and Stretch | | |
| 800 | 8 | Х | 100 | on | 1:45 | Reverse IM drill | REC | |
| 300 | 12 | 2 > | 25 | on | :30 | 12.5 ez 12.5 fast | SP3 | |
| | 2x{1 | X | 100 | on | 2:00 | Kick | EN1 | |
| | { 1 | Х | 100 | on | 1:55 | Kick | EN1 | |
| | { 1 | Х | 100 | on | 1:50 | Kick | EN1 | |
| | { 1 | Х | 100 | on | 1:45 | Kick | EN2 | |
| | { 1 | Х | 100 | on | 1:40 | Kick | EN2 | |
| | { 1 | Х | 100 | on | 1:35 | Kick | EN2 | |
| | { 1 | Х | 100 | on | 1:30 | Kick | EN2 | |
| 1,200 | 8 | Х | 150 | on | 2:15 | Pulls-nbbf&w + 2 yds | EN1 | |
| 300 | 12 | 2 > | 25 | on | :30 | IM order-build | EN1 | |
| | 1x{3 | Х | 125 | on | 1:35 | Freestyle | EN2 | |
| | { 3 | Х | 125 | on | 1:30 | Freestyle | EN2 | |
| | { 3 | Х | 125 | on | 1:25 | Freestyle | EN2 | |
| | { 2 | Х | 125 | on | 1:30 | Freestyle | EN2 | |
| | { 2 | Х | 125 | on | 1:25 | Freestyle | EN2 | |
| | { 2 | Х | 125 | on | 1:20 | Freestyle | EN2 | |
| 200 | 1 | Х | 200 | on | 4:00 | Stroke Drills | REC | |
| | 1 | or | 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

| | 7:00 AM Start | | |
|-------|------------------------------------------------------------------|-----|-----|
| 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 | |
| | $\{3 \times 50 \text{ on } 1:00 \text{ Kick-descend in } 3's \}$ | 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

| | 7:00 | AM Start | | |
|-------|------|----------------------------------------|-----|-----|
| Yards | Se | et Description | EGY | WOE |
| ===== | == | :==================================== | === | === |
| | 1 | on 40:00 Weights and Stretch | | |
| 800 | | x 100 on 1:45 Reverse IM drill | REC | |
| 300 | 12 | 2 x 25 on :30 12.5 ez 12.5 fast | SP3 | |
| | 2x{1 | x 75 on 2:00 Kick | EN1 | |
| | | | 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 | 2 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

| | 7:00 AM Start | | |
|-------|----------------------------------------------------------------------|-----|-----|
| 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 2:10 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 | $6 \times 100 \text{ on } 2:15 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | |
| 200 | 8 x 25 on :45 IM order-build | EN1 | |
| | $1x{3 \times 75}$ on 1:45 Freestyle | EN2 | |
| | ${3 \times 75 \text{ on } 1:40 \text{ Freestyle}}$ | EN2 | |
| | ${3 \times 75 \text{ on } 1:35 \text{ Freestyle}}$ | EN2 | |
| | $\{2 \times 75 \text{ on } 1:40 \text{ Freestyle} \}$ | EN2 | |
| | $\{2 \times 75 \text{ on } 1:35 \text{ Freestyle} \}$ | EN2 | |
| | $\{2 \times 75 \text{ on } 1:30 \text{ Freestyle} \}$ | 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

| | 7:00 AM Start | | |
|-------|-----------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK |
| ===== | ======================================= | === | ==== |
| | 1 on 30:00 Stomach and Stretch | | L |
| 800 | 8 x 100 on 1:45 Stroke Drills-2 on | REC | D |
| | each stroke rev IMO | | |
| 180 | 12 x 15 on :45 Shooters | REC | S |
| | $3x{4 \times 25}$ on :45 Kck no brd BSLR-100% | EN3 | K |
| | { 12 kcks off each wll | | |
| | {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 | 9×50 on :50 Descend in sets of 3 | EN1 | S |
| 1,200 | 16 x 75 on 1:30 Choice-no fly-same | EN3 | S |
| | stroke entire set | | |
| 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 = 1 | .15 | |

Workout #3407 - Monday, 29 November 2004 HighSchl - Distance 1 minute rest between sets

| Yards | 3:00 PM Start Set Description | EGY | WOF |
|-------|------------------------------------------------------------------------|-----|-----|
| | 1 on 30:00 Physio Balls/Stretch | | |
| 0.00 | - | DEC | |
| 800 | 111 | | |
| 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 | |
| | $\{2 \times 175 \text{ on } 2:25 \text{ Pull no br L. } 7 \text{ yds}$ | EN1 | |
| | $\{2 \times 175 \text{ on } 2:20 \text{ Pull no br L. 9 yds}$ | EN1 | |
| | $\{2 \times 175 \text{ on } 2:15 \text{ Pull no br L.11 yds}$ | EN1 | |
| 450 | 6 x 75 on 1:10 IM w/out your choice | EN1 | |

| 3,500 | 1x{5 | Х | 100 | on | 1:10 | Fre | eestyle | | | E | N2 |
|-------|------|----|------|------|---------|------------|---------|-------|---|-----|----|
| | { 4 | Х | 200 | on | 2:20 | Fre | eestyle | | | E | N2 |
| | { 3 | Х | 300 | on | 3:30 | Fre | eestyle | | | E | N2 |
| | { 2 | Х | 400 | on | 4:40 | Fre | eestyle | | | E | N2 |
| | { 1 | Х | 500 | on | 5:50 | Fre | eestyle | | | E | N2 |
| 400 | 8 | Х | 50 0 | on 1 | 1:00 \$ | Str | oke Dri | lls | | R | EC |
| | 1 | or | 10: | :00 | Ice | | | | | | |
| | 5:35 | ΡN | 17,4 | 130 | Yards | s – | Stress | Value | = | 111 | |

Workout #3409 - Monday, 29 November 2004 HighSchl - Fly

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 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 | $1x\{2 \times 175 \text{ on } 2:40 \text{ Pull no br L. 5 yds}$ | EN1 | |
| | $\{2 \times 175 \text{ on } 2:35 \text{ Pull no br L. } 7 \text{ yds}$ | EN1 | |
| | $\{2 \times 175 \text{ on } 2:30 \text{ Pull no br L. 9 yds}$ | EN1 | |
| | {2 x 175 on 2:25 Pull no br L.11 yds | | |
| 450 | 6 x 75 on 1:10 IM w/out your choice | EN1 | |
| 2,100 | | EN2 | |
| | $\{2 \times 75 \text{ on } 1:15 \text{ Butterfly} \}$ | EN2 | |
| | $\{2 \times 75 \text{ on } 1:10 \text{ Butterfly} \}$ | EN2 | |
| | $\{2 \times 75 \text{ on } 1:05 \text{ Butterfly} \}$ | 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

| | 3:00 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 | n 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 | $1x\{2 \times 150 \text{ on } 2:30 \text{ Pull no br L. 5 yds}$ | EN1 | |
| • | {2 x 150 on 2:25 Pull no br L. 7 yds | | |
| | {2 x 150 on 2:20 Pull no br L. 9 yds | | |
| | {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 | | |
| | 3x{3 x 75 on 1:20 Backstroke | EN2 | |
| , | • | EN2 | |
| | • | 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 | |

| | 5:30 AM Start | | |
|-------|-------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 40:00 Weights and Stretch | | I |
| 500 | 1 x 500 on 9:00 Swim-kick-drll-swim | REC | ٤ |
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | ٤ |
| | 1x{2 x 200 on 2:20 Freestyle | EN2 | ٤ |
| | $\{4 \times 50 \text{ on } : 40 \text{ Freestyle des } 1-4$ | EN2 | ٤ |
| | {2 x 200 on 2:15 Freestyle | EN2 | ٤ |
| | $\{4 \times 50 \text{ on } : 40 \text{ Freestyle-des } 1-4$ | EN2 | ٤ |
| | {2 x 200 on 2:10 Freestyle | EN2 | ٤ |
| | $\{4 \times 50 \text{ on } : 40 \text{ Freestyle des } 1-4$ | EN2 | ٤ |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | Ι |
| | 1 on 10:00 Ice | | N |
| | 7:04 AM 2,800 Yards - Stress Value = 48 | 3 | |

Workout #3403 - Monday, 29 November 2004 HighSchl - Gold 1 minute rest between sets

| | 5:30 AM Start | | |
|-------|-------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| | ======================================= | === | ==== |
| | 1 on 40:00 Weights and Stretch | | I |
| 500 | 1 x 500 on 9:00 Swim-kick-drll-swim | REC | ٤ |
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | ٤ |
| | 1x{2 x 200 on 2:35 Freestyle | EN2 | ٤ |
| | $\{3 \times 50 \text{ on } : 45 \text{ Freestyle des } 1-3$ | EN2 | ٤ |
| | {2 x 200 on 2:30 Freestyle | EN2 | ٤ |
| | ${3 \times 50 \text{ on :} 45 \text{ Freestyle-des } 1-3}$ | EN2 | ٤ |
| | {2 x 200 on 2:25 Freestyle | EN2 | ٤ |
| | $\{3 \times 50 \text{ on } : 45 \text{ Freestyle des } 1-3$ | EN2 | ٤ |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | Ι |
| | 1 on 10:00 Ice | | ľ |
| | 7:04 AM 2,650 Yards - Stress Value = 45 | 5 | |

Workout #3404 - Monday, 29 November 2004 HighSchl - Silver 1 minute rest between sets

| | 5:30 AM Start | | |
|-------|-------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 40:00 Weights and Stretch | | I |
| 500 | 1 x 500 on 9:00 Swim-kick-drll-swim | REC | ٤ |
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | ٤ |
| | $1x\{2 \times 200 \text{ on } 3:00 \text{ Freestyle}$ | EN2 | ۶ |
| | $\{2 \times 50 \text{ on } :50 \text{ Freestyle} \}$ | EN2 | ٤ |
| | {2 x 200 on 2:55 Freestyle | EN2 | ٤ |
| | $\{2 \times 50 \text{ on } :50 \text{ Freestyle} \}$ | EN2 | ۶ |
| | {2 x 200 on 2:50 Freestyle | EN2 | ٤ |
| | $\{2 \times 50 \text{ on } :50 \text{ Freestyle} \}$ | EN2 | ۶ |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | Ι |
| | 1 on 10:00 Ice | | N |
| | 7:05 AM 2,500 Yards - Stress Value = 42 | 2 | |

Workout #3405 - Monday, 29 November 2004 HighSchl - Bronze 1 minute rest between sets

| | 5:30 AM Start | | |
|-------|-----------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 40:00 Weights and Stretch | | I |
| 500 | 1 x 500 on 9:00 Swim-kick-drll-swim | REC | ٤ |
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | ٤ |
| | 1x{2 x 200 on 4:00 Freestyle | EN2 | ٤ |
| | {2 x 200 on 3:50 Freestyle | EN2 | ٤ |

| | {2 | x 200 on 3:40 Freestyle EN2 | ٤ |
|-----|------|------------------------------------|---|
| 200 | 1 | x 200 on 4:00 Stroke Drills REC | Γ |
| | 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

| | 3:00 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 | |
| 1,050 | $6x{1 x 25 on :30 Kick no board BSLR}$ | 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 | |
| | $\{2 \times 175 \text{ on } 2:35 \text{ Pull no br L. } 7 \text{ yds}$ | 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 | 6×75 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 | |
| | $\{4 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$ | EN2 | |
| | $\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | 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

| | 6:00 H | PM Start | | |
|-------|--------|------------------------------------|-----|-----|
| Yards | Set | Description | EGY | WOF |
| ===== | === | | === | === |
| | 1 0 | 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 > | : 50 on 1:05 Kick | EN2 | |
| | {1 > | : 50 on 1:00 Kick | EN2 | |
| | {1 > | : 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 2 | 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 > | 100 on 1:30 Freestyle | REC | |
| 475 | 1 > | 475 on 8:00 Stroke Drills | REC | |

8:28 PM 7,055 Yards - Stress Value = 93

3:00 PM Start

3:00 PM Start

Workout #3410 - Tuesday, 30 November 2004 HighSchl - Boys 1 minute rest between sets

| | 4:00 PM Start | | |
|-------|---------------------------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| | ======================================= | === | === |
| | 1 on 30:00 Stomach and Stretch | | |
| 600 | 12×50 on $1:00$ Strk Drlls-odd fr/bk | REC | |
| | w/undrwtr turn drill | | |
| | evens breast or fly | | |
| 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 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ IM order-build}$ | EN1 | |
| | {2 x 100 on 1:25 Freestyle | EN1 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ IM order-build}$ | EN1 | |
| | {3 x 100 on 1:20 Freestyle | EN1 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ IM order-build}$ | EN1 | |
| | {4 x 100 on 1:15 Freestyle | EN1 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ IM order-build}$ | 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 | | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| | 8 x 100 on 2:00 Kick no board BSLR | | |
| | 9 kick off each wall | | |
| 600 | 3 x 200 on 3:55 Pulls | EN2 | |
| | 8 x 25 on :30 Free 12.5y tuck spin | | |
| | | EN2 | |
| | {4 x 75 on 1:20 Breaststroke | | |
| | • | EN2 | |
| | $\{4 \times 75 \text{ on } 1:15 \text{ Breaststroke} \}$ | | |
| | | EN2 | |
| | • | EN2 | |
| | {2 x 150 on 2:30 Breaststroke | | |
| | {4 x 75 on 1:05 Breaststroke | | |
| 400 | • | REC | |
| 400 | 1 on 10:00 Ice | KEC | |
| | 5:34 PM 5,180 Yards - Stress Value = 93 | | |
| | J. J4 FM J, 100 Tatus - 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 E | N1 |
|-----|------|------------------------------------|----|
| | 2x{1 | x 500 on 7:30 Free des by 100's E | N2 |
| | { 1 | x 400 on 6:00 Free des by 100's E | N2 |
| | { 1 | x 300 on 4:30 Free des by 100's E | N2 |
| | { 1 | x 200 on 3:00 Freestyle R | EC |
| 300 | 1 | x 300 on 5:00 Stroke Drills R | EC |
| | 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 | 3:00 PM Start 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 | $1x{8 \times 75 \text{ on } 1:15 \text{ Backstroke}}$ | 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

| | 3:00 PM Start | | |
|-------|-------------------------------------------------------|-----|-----|
| 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 | $1x\{8 \times 75 \text{ on } 1:10 \text{ Freestyle}$ | EN1 | |
| | $\{6 \times 25 \text{ on } : 30 \text{ Freestyle} \}$ | SP1 | |
| | $\{8 \times 75 \text{ on } 1:05 \text{ Freestyle}$ | EN2 | |
| | $\{6 \times 25 \text{ on } : 30 \text{ Freestyle} \}$ | SP1 | |
| | $\{8 \times 75 \text{ on } 1:00 \text{ Freestyle}$ | EN2 | |
| | $\{6 \times 25 \text{ on } : 30 \text{ Freestyle} \}$ | 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 | 3 | |

Workout #3416 - Thursday, 02 December 2004 Group 3 - Miguel Santos 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 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 | 12×75 on $1:05$ Pulls-nbbf&w + 2 yds | EN1 | |
| 300 | 3×100 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 | | AM Start et 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

| | 5:30 | AM Start | | | |
|-------|------|---------------------------------|------|------|----|
| Yards | Se | et Description | EGY | WORK | Sī |
| ===== | == | | === | ==== | == |
| | 1 | on 40:00 Weights and Stretch | | L | DF |
| 400 | 1 | x 400 on 7:00 Reverse IM drill | REC | D | 1 |
| 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 | F |
| | { 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

| | 5:30 AM Start | | | |
|-------|-----------------------------------------|-----|------|---|
| Yards | Set Description | EGY | WORK | ٤ |
| ===== | ======================================= | === | ==== | = |
| | 1 on 40:00 Weights and Stretch | | L | Ι |
| 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 (|
| { 3 | x 125 on 1:50 Alt. 25fly/25free | EN2 | S (|
| { 2 | x 125 on 1:45 Alt.25fly/25free | EN2 | S (|
| {1 | x 125 on 1:40 Alt. 25fly/25free | EN2 | S (|
| { 3 | x 25 on :25 Butterfly 1up 1down | EN2 | SF |
| { 3 | x 25 on :25 Butterfly 1up 2down | EN2 | SF |
| { 3 | x 25 on :25 Butterfly 1up 3down | EN2 | SF |
| { 3 | x 25 on :25 Butterfly 1up 2down | EN2 | SF |
| { 4 | x 25 on :25 Butterfly 1up 1down | EN2 | SF |
| 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

| | 5:30 | AM Start | | | |
|-------|------|---------------------------------|------|------|----|
| Yards | Se | et Description | EGY | WORK | Sī |
| | == | | === | ==== | == |
| | 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 | Ε |
| 1,750 | 1x{4 | x 100 on 1:25 Backstroke | EN2 | S | Ε |
| | { 3 | x 25 on :25 Backstroke 10ukow | EN2 | S | Ε |
| | { 4 | x 125 on 1:45 Backstroke | EN2 | S | Ε |
| | { 3 | x 25 on :25 Backstroke 9ukow | EN2 | S | Ε |
| | { 4 | x 150 on 2:05 Backstroke | EN2 | S | Ε |
| | { 4 | x 25 on :25 Backstroke 8ukow | EN2 | S | Ε |
| 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

| | 3:00 PM Start | | |
|-------|--------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 30:00 Physio Balls/Stretch | | I |
| 800 | 1 x 800 on 12:00 Reverse IM drill | REC | Γ |
| 180 | 12 x 15 on :30 Shooters | SP3 | ٤ |
| 500 | 10 x 50 on 1:00 Kick des in 3's #10 | EN2 | F |
| | for time | | |
| 450 | 6×75 on 1:05 Pulls-nbbf&w + 2 yds | EN1 | E |
| | $5x{1 x 100 on 2:00 Swim-kick-drll-swim}$ | EN1 | ٤ |
| | {4 x 25 on :30 IM order | EN1 | ٤ |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | Γ |
| | 1 on 15:00 Techniques-relay str | | Γ |
| | 1 on 10:00 Ice | | N |
| | 4:59 PM 3,130 Yards - Stress Value = 33 | L | |

Workout #3422 - Saturday, 04 December 2004

| Yards ===== | HighSchl-All 1 minute rest between sets 7:00 AM Start Set Description ==================================== | EGY WC | Yards ===== 800 180 | 1 on 30:00 Physio Balls/Stretch 1 x 800 on 14:00 Swim-kick-pull-swim 12 x 15 on :45 Shooters 1x{1 x 25 on :45 Kick no board | EGY === REC SP3 EN1 EN1 | WOF === |
|------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|------------|
| 1,200 300 2,000 250 | free evens non free 12 x 15 on :45 Shooters 2x{4 x 50 on 1:00 Kick no board BSLR {3 x 100 on 2:15 Kick-descend 3 x 400 on 6:00 Pulls 4 x 75 on 1:15 2bk-4bk-6bk by 25's 10 x 200 on 3:15 Challenge Set!!!!!!! | REC SP3 EN1 EN2 EN1 EN1 EN2 REC | 450 | {1 x 25 on :35 Kick no board {1 x 25 on :30 Kick no board {1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick 6 x 75 on 1:05 Pulls-nbbf&w + 2 yds 1x{4 x 100 on 1:40 Freestyle {4 x 25 on :30 IM order-build {4 x 100 on 1:35 Freestyle {4 x 25 on :30 IM order-build {4 x 100 on 1:30 Freestyle | EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 | |
| | Workout #3424 - Monday, 06 December 2004 HighSchl - Boys 1 minute rest between sets | | 200 | • | REC | |

| | 3:00 PM Start | | |
|-------|----------------------------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| | 1 on 30:00 Physio Balls/Stretch | | |
| 800 | 1 x 800 on 14:00 Swim-kick-pull-swim | REC | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| | $1x\{1 \times 25 \text{ on } : 45 \text{ Kick no board}$ | EN1 | |
| | $\{1 \times 25 \text{ on } : 40 \text{ Kick no board}$ | EN1 | |
| | $\{1 \times 25 \text{ on } : 35 \text{ Kick no board}\}$ | EN1 | |
| | $\{1 \times 25 \text{ on } : 30 \text{ Kick no board}$ | 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 | 6×75 on 1:05 Pulls-nbbf&w + 2 yds | EN1 | |
| | 1x{4 x 100 on 1:35 Freestyle | EN1 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ IM order-build}$ | EN1 | |
| | {4 x 100 on 1:30 Freestyle | EN1 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ IM order-build}$ | EN1 | |
| | {4 x 100 on 1:25 Freestyle | EN1 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ IM order-build}$ | 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 #3423 - Monday, 06 December 2004 HighSchl - Girls 1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORF |
|-------|-----------------------------------------------------|-----|------|
| ===== | ======================================= | === | ==== |
| | 1 on 30:00 Stomach and Stretch | | I |
| 600 | 1 x 600 on 12:00 Choice | REC | ٤ |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| | 1x{1 x 300 on 4:45 Freestyle | EN1 | ٤ |
| | {12 x 25 on :30 odds free evns nonfr | EN1 | ٤ |
| | {1 x 200 on 3:10 Freestyle | EN1 | ٤ |
| | {8 x 25 on :30 odds free evns nonfr | EN1 | ٤ |
| | $\{1 \times 100 \text{ on } 1:35 \text{ Freestyle}$ | EN1 | ٤ |
| | {4 x 25 on :30 odds free evns nonfr | EN1 | ٤ |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | Ι |
| | 1 on 10:00 Ice | | N |
| | 7:01 AM 2,230 Yards - Stress Value = 19 | 9 | |

Workout #3425 - Monday, 06 December 2004 HighSchl - Girls 1 minute rest between sets

Workout #3426 - Tuesday, 07 December 2004 **Group 3 - Miguel Santos** 1 minute rest between sets

| | 6:00 PM Start | | |
|-------|------------------------------------------------------------------------|-----|----|
| Yards | Set Description | EGY | WC |
| ===== | ======================================= | === | == |
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 1 x 800 on 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 | EN2 | |
| | 100% effort | | |
| 1,050 | $1x{5 x 75 on 1:10 Pulls-nbbf&w + 2 yds}$ | EN1 | |
| | $\{5 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | |
| | $\{4 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | |
| 300 | 2×150 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 | |
| | $\{1 \times 100 \text{ on } 2:00 \text{ Freestyle} \}$ | 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 | |
| | $\{1 \times 100 \text{ on } 2:00 \text{ Freestyle} \}$ | 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 #3427 - Wednesday, 08 December 2004 HighSchl - All

1 minute rest between sets

| | 3:00 | PM | Sta | rt | | | | |
|-------|------|------|-------|------|-------|----------------------|-----|------|
| Yards | Se | et I | Descr | ipt: | Lon | | EGY | WORK |
| | == | | | | | | === | ==== |
| | 1 | on | 30:0 | 0 Pł | ıysi | io Balls/Stretch | | L |
| 600 | 6 | x 1 | L00 o | n 2: | :00 | Stroke Drills odds | REC | D |
| | 1 | fr/k | ok w/ | undv | vtr | turns | | |
| | | | | | | reast | | |
| 180 | 12 | 2 x | 15 o | n :4 | 15 5 | Shooters | SP3 | S |
| | 1 | on | 12:0 | 0 Re | elay | y starts | | D |
| | 2x{1 | x 1 | L50 o | n 3: | :00 | Kick | EN1 | K |
| | { 1 | x 1 | L00 o | n 2: | :00 | Kick | EN1 | K |
| | { 1 | x 5 | 50 on | 1:0 |) O F | Kick | EN1 | K |
| 600 | 2 | х 3 | 300 o | n 4: | :15 | Pulls | EN1 | P |
| | 1x{1 | x 2 | 200 0 | n 3: | :00 | Freestyle | EN1 | S |
| | { 1 | x 2 | 200 0 | n 2: | :50 | Freestyle | EN1 | S |
| | { 1 | x 2 | 200 0 | n 2: | :40 | Freestyle | EN1 | S |
| | { 1 | x 2 | 200 0 | n 2: | :30 | Freestyle | EN1 | S |
| | { 1 | x 1 | L50 o | n 2: | :05 | Freestyle | EN1 | S |
| | { 1 | x 1 | L50 o | n 2: | :00 | Freestyle | EN1 | S |
| | { 1 | x 1 | L50 o | n 1 | :55 | Freestyle | EN1 | S |
| | { 1 | x 1 | L00 o | n 1: | :20 | Freestyle | EN1 | S |
| | { 1 | x 1 | L00 o | n 1: | :15 | Freestyle | EN1 | S |
| | { 1 | x 5 | 0 on | :40 |) Fi | reestyle | EN1 | S |
| 200 | 1 | x 2 | 200 0 | n 4: | :00 | Stroke Drills | REC | D |
| | 1 | on | 10:0 | 0 I | ce | | | M |
| | 5:04 | PM | 3,68 | 0 Yá | ards | s - Stress Value = 3 | 35 | |

Workout #3430 - Thursday, 09 December 2004 Group 3 - Miguel Santos 1 minute rest between sets

| | 6:00 PM Start | | |
|-------|--------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 30:00 Team meeting/stretch | | I |
| 800 | 4 x 200 on 3:30 Swim-kick-pull-swim | REC | ٤ |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| 1,100 | 1x{4 x 100 on 1:50 Kick | EN2 | F |
| | {3 x 100 on 1:45 Kick | EN2 | ŀ |
| | {2 x 100 on 1:40 Kick | EN2 | |
| | {1 x 100 on 1:35 Kick | EN2 | ľ |
| | {1 x 100 on 2:30 Kick no board | REC | ŀ |
| 1,200 | 12 x 100 on 1:30 Lungbuster pulls | EN1 | E |
| | odds br 3-5-7-9 | | |
| | evens br 2-4-6-8 | | |
| 450 | 6×75 on 1:15 IM w/out the | EN1 | ٤ |
| 2,000 | $1x{1 x 500 on 6:45 Freestyle}$ | EN2 | ٤ |
| | $\{1 \times 500 \text{ on } 6:30 \text{ Freestyle}$ | EN2 | ٤ |
| | $\{1 \times 500 \text{ on } 6:15 \text{ Freestyle} \}$ | EN2 | ٤ |
| | $\{1 \times 500 \text{ on } 6:00 \text{ Freestyle}$ | EN2 | ٤ |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | Γ |
| | 8:21 PM 6,230 Yards - Stress Value = 83 | 3 | |

Workout #3428 - Thursday, 09 December 2004 HighSchl - Boys 1 minute rest between sets

3:00 PM Start

EGY WORF Yards Set Description ===== 1 on 30:00 Stomach and Stretch 8 x 100 on 2:00 Stroke Drills REC 12 x 15 on :45 Shooters SP3 $1x{4 \times 25}$ on :45 Kick no board BSLR EN1 {1 x 100 on 2:00 Kick EN1 ľ $\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$ EN1 F {1 x 100 on 1:55 Kick EN1 $\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$ EN1 F

EN2

{1 x 100 on 1:50 Kick

| { 4 | x 25 on :30 Kick no board BSLR | EN1 | k |
|-------|---------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| { 1 | x 100 on 1:45 Kick | EN2 | k |
| 1 | on 10:00 Techniques-Relay Str | | Γ |
| x { 4 | x 75 on 1:10 Pulls-nbbf&w + 2 yds | EN1 | Ε |
| { 4 | x 75 on 1:05 Pulls-nbbf&w + 2 yds | EN1 | Ε |
| { 4 | x 75 on 1:00 Pulls-nbbf&w + 2 yds | EN1 | Ε |
| x{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 | Γ |
| 1 | on 10:00 Ice | | N |
| :04 | PM 3,580 Yards - Stress Value = 50 |) | |
| | {1 1 ×{4 {4 {4 ×{1 1 1 | 1 x 100 on 1:45 Kick 1 on 10:00 Techniques-Relay Str x(4 x 75 on 1:10 Pulls-nbbf&w + 2 yds {4 x 75 on 1:05 Pulls-nbbf&w + 2 yds {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds x(1 x 75 on 1:15 IM w/out the ? {1 x 75 on 1:10 2bk-4bk-6bk by 25's 1 x 200 on :00 Broken @50's 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice | {1 x 100 on 1:45 Kick EN2 1 on 10:00 Techniques-Relay Str x{4 x 75 on 1:10 Pulls-nbbf&w + 2 yds EN1 {4 x 75 on 1:05 Pulls-nbbf&w + 2 yds EN1 {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds EN1 {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds EN1 x{1 x 75 on 1:15 IM w/out the ? EN1 {1 x 75 on 1:10 2bk-4bk-6bk by 25's EN1 1 x 200 on :00 Broken @50's SP2 1 x 250 on 4:00 Stroke Drills REC |

Workout #3429 - Thursday, 09 December 2004 HighSchl - Girls 1 minute rest between sets

| | 3:00 PM Start | | |
|-------|--------------------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK |
| ===== | ======================================= | === | ==== |
| | 1 on 30:00 Stomach and Stretch | | I |
| | 50 of everything | | |
| 800 | 8 x 100 on 2:00 Stroke Drills | REC | Γ |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| | $3x{4 \times 25}$ on :45 Kick no board BSLR | EN1 | F |
| | {1 x 100 on 2:10 Kick | EN1 | F |
| | 1 on 10:00 Techniques-Relay Str | | Γ |
| | $1x{4 x 75 on 1:10 Pulls-nbbf&w + 2 yds}$ | EN1 | E |
| | $\{4 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ | EN1 | E |
| | $3x{1 x 75 on 1:15 IM w/out the ?}$ | EN1 | |
| | {1 x 75 on 1:10 2bk-4bk-6bk by 25's | EN1 | ٤ |
| 100 | 1 x 100 on :00 Broken @ 25's | SP2 | ٤ |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | Γ |
| | 1 on 10:00 Ice | | N |
| | 4:58 PM 2,980 Yards - Stress Value = 33 | 3 | |

Workout #3431 - Friday, 10 December 2004 HighSchl - Boys 1 minute rest between sets

| Yards | | PM Start et Description | EGY | WORK |
|--------|------|-----------------------------------|-----|------|
| ====== | == | | === | ==== |
| | 1 | on 30:00 Physio Balls/Stretch | | L |
| 600 | | <u>-</u> | REC | D |
| | | | | |
| 180 | 12 | 2 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 = 3 | 34 | |

Workout #3432 - Friday, 10 December 2004 HighSchl - Girls 1 minute rest between sets

| | 3:00 PM Start | | |
|-------|------------------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORK |
| | ======================================= | === | ==== |
| | 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 on 10:00 Techniques-Relay str | | D |
| | $1x{3 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 | P |
| | ${3 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 | P |
| | ${3 \times 50 \text{ on } :45 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 | P |
| | 5x{1 x 100 on 1:45 Freestyle | EN1 | S |
| | $\{1 \times 100 \text{ on } 1:45 \text{ Non freestyle}$ | 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 = 2 | 27 | |

Workout #3434 - Saturday, 11 December 2004 HighSchl - Boys 1 minute rest between sets

6:30 AM Start Yards Set Description EGY WORK ===== ______________________________________ 1 on 20:00 Stomach and Stretch 600 12 x 50 on 1:00 Stroke Drills REC D 180 12 x 15 on :45 Shooters SP3 S 1 on 10:00 Techniques-Relay str D $3x{1 \times 25 \text{ on :} 45 \text{ Kick no board}}$ EN1 K $\{1 \times 25 \text{ on } : 40 \text{ Kick no board}$ EN1 K $\{1 \times 25 \text{ on } : 35 \text{ Kick no board} \}$ EN1 K $\{1 \times 25 \text{ on } : 30 \text{ Kick no board} \}$ EN1 K $\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$ EN1 K 750 1 x 750 on 10:30 Pulls EN1 Ρ 300 6×50 on :50 Descend in sets of 3 EN1 S 100 1 x 100 on 5:00 Broken/time trial SP2

REC

Workout #3433 - Saturday, 11 December 2004 HighSchl - Miguel Santos 1 minute rest between sets

8:15 AM 3,030 Yards - Stress Value = 35

10 x 50 on 1:00 Stroke Drills

500

| | 5:00 AM Start | | |
|-------|-----------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| ===== | ======================================= | === | ==== |
| | 1 on 15:00 Stretching | | I |
| 700 | 1 x 700 on 10:30 Choice | REC | ٤ |
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | ٤ |
| 1,000 | 1x{2 x 100 on 1:35 Kick | EN1 | ŀ |
| | {2 x 100 on 1:30 Kick with flippers | EN1 | ŀ |
| | {2 x 100 on 1:25 Kick with flippers | EN1 | ŀ |
| | {2 x 100 on 1:20 Kick with flippers | EN2 | ŀ |
| | {2 x 100 on 1:15 Kick with flippers | EN2 | ŀ |
| 1,000 | 8 x 125 on 1:55 Pull no br L.12 yds | EN1 | E |
| 300 | 12 x 25 on :30 ALt IMO & fr tuckspn | EN1 | ٤ |
| 2,400 | 12 x 200 on 3:00 Challenge set | EN2 | ٤ |
| 300 | 1 x 300 on 5:00 Stroke Drills | REC | Ι |
| | 6:56 AM 6,000 Yards - Stress Value = 87 | 7 | |

Workout #3441 - Monday, 13 December 2004 Group 3 - Miguel Santos 1 minute rest between sets

6:00 PM Start
Yards Set Description EGY WOF

| | 1 | or | 1 30: | :00 | Physi | o Balls | /Stre | etch | | |
|-------|------|-----|-------|------|--------|----------|--------|---------|-----|-----|
| 800 | 1 | Х | 800 | on | 12:00 |) Swim-k | ick-p | oull-sv | wim | REC |
| 180 | 12 | 2 > | 15 | on | :45 8 | Shooters | 3 | | | SP3 |
| 1,200 | 3x{4 | Х | 25 0 | on : | :40 Ki | .ck no b | oard | BSLR | | EN1 |
| | { 1 | Х | 100 | on | 2:00 | Kick | | | | EN1 |
| | { 1 | Х | 100 | on | 1:50 | Kick | | | | EN2 |
| | { 1 | Х | 100 | on | 1:40 | Kick | | | | EN2 |
| 1,650 | 1 | Х | 1650 | or O | n 22:0 | 00 Pulls | 3 | | | EN1 |
| 600 | 8 | Х | 75 (| on 1 | L:15] | M w/out | the | ? | | EN1 |
| 2,000 | 1x{1 | Х | 400 | on | 5:30 | Freesty | /le | | | EN1 |
| | { 1 | Х | 400 | on | 5:15 | Freesty | /le | | | EN2 |
| | { 1 | Х | 400 | on | 5:00 | Freesty | /le | | | EN2 |
| | { 1 | Х | 400 | on | 4:45 | Freesty | /le | | | EN2 |
| | { 1 | Х | 400 | on | 4:30 | Freesty | /le | | | EN2 |
| 500 | 5 | Х | 100 | on | 2:00 | Stroke | Drill | Ls | | REC |
| | 8:29 | ΡN | 16,9 | 930 | Yards | s - Stre | ess Va | alue = | 83 | |
| | | | | | | | | | | |

Workout #3436 - Monday, 13 December 2004 HighSchl - Distance 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 14:00 Swim-kick-pull-swim | REC | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| | $2x{4 \times 25}$ 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 | |
| | $\{2 \times 200 \text{ on } 2:55 \text{ Pull no br L.}12 \text{ yds}$ | EN1 | |
| | $\{1 \times 200 \text{ on } 2:50 \text{ Pull no br L.}12 \text{ yds}$ | EN1 | |
| 300 | 4×75 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 #2429 Monday 12 December 2004 | | |

Workout #3438 - Monday, 13 December 2004 HighSchl - Fly

1 minute rest between sets

| Yards | | PM Start et Description | EGY | WOF |
|-------|------|------------------------------------|-----|-----|
| ===== | == | | === | === |
| | 1 | on 30:00 Plyometrics/stretch | | |
| 800 | 1 | x 800 on 14:00 Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 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 | |
| | | - | EN1 | |
| | - | x 150 on 3:00 Freestyle | REC | |
| 200 | | x 200 on 3:00 Stroke Drills | REC | |
| 200 | | on 10:00 Ice | | |
| | | PM 5,580 Yards - Stress Value = 51 | | |
| | | | | |

3.00 DM Start

Workout #3439 - Monday, 13 December 2004 HighSchl - Backstroke 1 minute rest between sets

| | 3:00 PM Stait | | |
|-------|-----------------------------------------------------------------------|-----|-----|
| 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 | |
| | $\{2 \times 200 \text{ on } 2:55 \text{ Pull no br L.}12 \text{ yds}$ | EN1 | |
| | $\{2 \times 200 \text{ on } 2:50 \text{ Pull no br L.}12 \text{ yds}$ | EN1 | |
| 300 | 4×75 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

| | 3:00 PM Start | | | | |
|-------|-----------------------------------|------|------|-----|---|
| 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 | СНО | |
| 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 Valu | ie = | 20 | | |
| | | | | | |

Workout #3435 - Monday, 13 December 2004 HighSchl - Girls

1 minute rest between sets

| | 5:30 AM Start | | |
|-------|-----------------------------------------------------------------------|-----|-----|
| 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 | |
| | $\{2 \times 125 \text{ on } 1:45 \text{ Pull no br L.}12 \text{ yds}$ | 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

| | 3:00 PM Start | | |
|-------|-----------------------------------------|-----|-----|
| 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 | - | | | | | | | | L.12 L.12 | - | EN1 EN1 |
|-------|------|----|------|------|--------|--------|------|------|--------------|------|------------|
| | { 1 | Х | 200 | on | 2:50 | Pull | no | br | L.12 | yds | EN1 |
| 600 | 8 | Х | 75 c | on 1 | L:15 I | IM w/c | out | the | ? | | EN1 |
| 1,800 | 1x{9 | Х | 100 | on | 1:40 | Desce | end | in | sets | of 3 | EN1 |
| | { 6 | Х | 100 | on | 1:35 | Desce | end | in | sets | of 3 | EN1 |
| | { 3 | Х | 100 | on | 1:30 | Desce | end | in | sets | of 3 | EN1 |
| 200 | 1 | Х | 200 | on | 3:00 | Strok | ce I | Oril | lls | | REC |
| | 1 | or | 10: | :00 | Ice | | | | | | |
| | 5:33 | PN | 15,7 | 780 | Yards | s - St | cres | ss V | /alue | = 56 | |

Workout #3445 - Tuesday, 14 December 2004 Group 3 - Miguel Santos 1 minute rest between sets

6.00 PM Start

| | 6:00 | PM : | star | C . | | | | | | | |
|-------|------|-------|-------|--------|--------|-------|------|------|-------|-----|-----|
| Yards | Se | et De | scri | ption | | | | | | EGY | WOF |
| ===== | == | | | | | | | | | === | === |
| | 1 | on 3 | 00:0 | Stoma | ach ar | nd St | tret | ch | | | |
| 800 | 4x{1 | x 10 | on on | 1:40 | Under | r wat | ter | trn | dril | REC | |
| | { 1 | x 10 | on on | 1:40 | Under | r wat | ter | trn | dril | REC | |
| 180 | 12 | 2 x 1 | 5 on | :45 3 | Shoote | ers | | | | SP3 | |
| 1,000 | 1 | x 10 | 00 01 | n 20:0 | 00 Kid | ck-ho | old | eac | h 100 | EN2 | |
| | υ | ınder | 1:5 | С | | | | | | | |
| 1,350 | 1x{4 | x 15 | on (| 2:15 | Pull | no k | br I | .12 | yds | EN1 | |
| | { 3 | x 15 | on (| 2:05 | Pull | no k | br I | .12 | yds | EN1 | |
| | { 2 | x 15 | on (| 1:55 | Pull | no l | br I | 1.12 | yds | EN1 | |
| 600 | 6 | x 10 | on (| 1:30 | Desce | end : | in s | sets | of 3 | EN1 | |
| 2,275 | 1x{5 | x 12 | ō on | 2:05 | Back | 9-8- | -7-6 | 5-5 | ukow | EN1 | |
| | { 4 | x 12 | 5 on | 2:00 | Back | 9-8- | -7-6 | 5-6 | ukow | EN1 | |
| | { 3 | x 12 | ō on | 1:55 | Back | 9-8- | -7-7 | 7-7 | ukow | EN1 | |
| | { 2 | x 12 | ō on | 1:50 | Back | 9-8- | -8-8 | 3-8 | ukow | EN2 | |
| | { 1 | x 12 | ō on | 1:45 | Back | 9-9- | -9-9 | 9-9 | ukow | EN2 | |
| | { 1 | x 20 | on (| 4:00 | Frees | style | е | | | REC | |
| | { 1 | x 20 | on (| 3:00 | Backs | strol | ke f | for | time | SP2 | |
| 250 | 1 | x 25 | on (| 5:00 | Strok | ke Di | rill | Ls | | REC | |
| | 8:30 | PM 6 | 455 | Yards | s - St | res | s Va | alue | = 88 | | |
| | | | | | | | | | | | |

Workout #3444 - Tuesday, 14 December 2004 HighSchl - Boys 1 minute rest between sets

4:00 PM Start 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 300 3 x 100 on 1:30 Freestyle REC S FR 300 3 x 100 on 1:45 Non free S STK EN1 400 8 x 50 on 1:00 DEBF 1-4 all free EN1 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

| | 5:30 | AM S | tar | t | | | | | | = |
|-------|------|--------|-----|-------|---------------|-------|------|------|----|---|
| Yards | Se | et Des | cri | ption | | | EGY | WORK | Sī | |
| ===== | == | | === | | | | === | ==== | == | |
| | 1 | on 10 | :00 | Stre | tching | | | L | DF | |
| 600 | 1 | x 600 | on | 10:00 |) Choice | | REC | S | CF | |
| 300 | 12 | 2 x 25 | on | :30 | 12.5 ez 12.5 | fast | SP3 | S | Ε | |
| | 2x{1 | x 200 | on | 3:00 | Pulls | | EN1 | P | E | |
| | { 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 | E | |
| | { 1 | x 400 | on | 5:15 | Freestyle | | EN2 | S | F | |
| | { 1 | x 400 | on | 5:00 | Freestyle | | EN2 | S | E | |
| 200 | 1 | x 200 | on | 3:00 | Stroke Drill | S | REC | D | C | |
| | 1 | on 10 | :00 | Ice | | | | M | | |
| | 7:04 | AM 4, | 700 | Yard | s - Stress Va | lue = | = 60 | | | |

Workout #3443 - Tuesday, 14 December 2004 HighSchl - Girls

1 minute rest between sets

| Yards | 3:00 PM Start Set Description | EGY | WOF |
|-------|-------------------------------------------------------|-----|-----|
| ===== | ======================================= | === | === |
| | 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 | 10×75 on $1:05$ Pulls-nbbf&w + 2 yds | EN1 | |
| | 8x{1 x 100 on 1:30 Individual Medley | EN1 | |
| | $\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$ | EN2 | |
| | $\{1 \times 50 \text{ on } :50 \text{ Freestyle}$ | REC | |
| 400 | 4 x 100 on 1:45 Stroke Drills | REC | |
| | 4:22 PM 4,050 Yards - Stress Value = 40 | | |

Workout #3450 - Wednesday, 15 December 2004 HighSchl - Breast 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 | |
| | $\{1 \times 200 \text{ on } 3:10 \text{ Freestyle L.50 fast}$ | EN1 | |
| | $\{1 \times 200 \text{ on } 3:05 \text{ Freestyle L.100 fast} \}$ | EN1 | |
| | $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.150 fast}$ | EN2 | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 900 | $2x\{2 \times 25 \text{ on } : 30 \text{ Kick no board B}$ | 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 | |
| | $\{2 \times 25 \text{ on } : 30 \text{ Kick no board LR}$ | 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 | |
| | $\{4 \times 125 \text{ on } 2:10 \text{ Breast w/pd fins}$ | EN1 | |
| | $\{4 \times 125 \text{ on } 2:05 \text{ Breast w/pd fins} \}$ | 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**

1 minute rest between sets

| | | 3:00 PM Start | | |
|--------|-------|------------------------------------------------------------------|-----|-----|
| | Yards | Set Description | EGY | WOF |
| | ===== | ======================================= | === | === |
| ī | | 1 on 45:00 Weights/Stretch/mtg | | |
| = | | $1x\{1 \times 200 \text{ on } 3:15 \text{ Freestyle}$ | REC | |
| F | | $\{1 \times 200 \text{ on } 3:10 \text{ Freestyle L.50 fast} \}$ | | |
| F | | $\{1 \times 200 \text{ on } 3:05 \text{ Freestyle L.100 fast}$ | EN1 | |
| E | | $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.150 fast}$ | EN2 | |
| E | 180 | 12 x 15 on :45 Shooters | SP3 | |
| E | | $2x\{2 \times 25 \text{ on } : 30 \text{ Kick no board B}$ | EN1 | |
| E | | {1 x 100 on 2:00 Kick | EN1 | |
| E | | $\{2 \times 25 \text{ on } : 30 \text{ Kick no board S}$ | EN1 | |
| E | | {1 x 100 on 1:55 Kick | REC | |
| E | | {2 x 25 on :30 Kick no board LR | EN1 | |
| | | {1 x 100 on 1:50 Kick | EN1 | |
| E E | 1,200 | 12 x 100 on 1:30 Lungbuster pulls | EN1 | |
| E E | 250 | 10 x 25 on :30 Free 12.5y tuck spin | EN1 | |
| | | 1x{1 x 400 on 5:30 Freestyle | EN1 | |
| C | | · - | EN1 | |
| | | · - | EN1 | |
| | | · · · · · · · · · · · · · · · · · · · | EN1 | |
| | 250 | · - | REC | |
| | 250 | 1 on 10:00 Ice | шс | |
| | | | | |
| | | 5:36 PM 5,580 Yards - Stress Value = 56 | | |

Workout #3449 - Wednesday, 15 December 2004 HighSchl - Backstroke 1 minute rest between sets

3:00 PM Start Yards Set Description EGY WOF 1 on 45:00 Weights/Stretch/mtg 800 $1x\{1 \times 200 \text{ on } 3:15 \text{ Freestyle}$ $\{1 \times 200 \text{ on } 3:10 \text{ Freestyle L.50 fast EN1} \}$ $\{1 \times 200 \text{ on } 3:05 \text{ Freestyle L.} 100 \text{ fast EN1}$ {1 x 200 on 3:00 Freestyle L.150 fast EN2 180 12 x 15 on :45 Shooters 900 $2x\{2 \times 25 \text{ on :} 30 \text{ Kick no board B}$ EN1 {1 x 100 on 2:00 Kick EN1 $\{2 \times 25 \text{ on } : 30 \text{ Kick no board S}$ {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 ${3 \times 175 \text{ on } 3:00 \text{ Backstroke}}$ EN1 $\{4 \text{ x } 150 \text{ on } 2\text{:}30 \text{ Backstroke}$ 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 #3446 - Wednesday, 15 December 2004 HighSchl - Boys

1 minute rest between sets

| Yards | 5:30 AM Start Set Description | EGY | WORF |
|-------|--------------------------------------------------------------------------|-----|------|
| ===== | | === | ==== |
| | 1 on 30:00 Physio Balls/Stretch | | I |
| 600 | 1 x 600 on 10:00 Choice | REC | ٤ |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| | $1x{4 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$ | EN1 | E |
| | $\{4 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$ | EN1 | E |
| | $1x\{1 \times 50 \text{ on } : 45 \text{ Freestyle}$ | EN1 | ٤ |
| | {1 x 100 on 1:30 Freestyle | EN1 | ٤ |
| | {1 x 150 on 2:15 Freestyle | EN1 | ٤ |
| | {1 x 200 on 3:00 Freestyle | EN1 | ٤ |
| | {1 x 250 on 3:45 Freestyle | EN1 | ٤ |
| | {1 x 200 on 2:50 Freestyle | EN1 | ٤ |
| | {1 x 150 on 2:00 Freestyle | EN1 | ٤ |
| | {1 x 100 on 1:15 Freestyle | EN2 | ٤ |
| | {1 x 50 on :35 Freestyle | EN2 | ٤ |
| 300 | 1 x 300 on 4:00 Stroke Drills | REC | Ι |
| | 1 on 10:00 Ice | | N |
| | 7:04 AM 2,930 Yards - Stress Value = 27 | 7 | |

Workout #3448 - Wednesday, 15 December 2004 HighSchl - Sprint

1 minute rest between sets

| Varde | 3:00 PM Start Set Description | EGY | MOE |
|-------|----------------------------------------------------------------------------|-----|-----|
| Tarus | Sec Description | EGI | WOF |
| ===== | 4 | === | === |
| | 1 on 45:00 Weights/Stretch/mtg | | |
| 800 | $1x\{1 \times 200 \text{ on } 3:15 \text{ Freestyle}$ | REC | |
| | $\{1 \times 200 \text{ on } 3:10 \text{ Freestyle L.50 fast}$ | EN1 | |
| | $\{1 \times 200 \text{ on } 3:05 \text{ Freestyle L.} 100 \text{ fast} \}$ | EN1 | |
| | {1 x 200 on 3:00 Freestyle L.150 fast | EN2 | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 900 | $2x{2 \times 25 \text{ on } :30 \text{ Kick no board B}}$ | EN1 | |
| | {1 x 100 on 2:00 Kick | EN1 | |
| | $\{2 \times 25 \text{ on } : 30 \text{ Kick no board S}$ | 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 | $1x\{8 \times 75 \text{ on } 1:10 \text{ Freestyle des in } 4's$ | EN1 | |
| | {6 x 75 on 1:10 Freestyle des in 3's | EN1 | |
| | | EN1 | |
| | {2 x 75 on 1:10 Freestyle-fast | EN1 | |
| 300 | · • | 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 | |
| | $\{1 \times 500 \text{ on } 6:45 \text{ Pulls}$ | EN1 | |
| | {1 x 500 on 6:30 Pulls | EN1 | |
| 600 | 12×50 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 | |
| | $\{3 \times 100 \text{ on } 2:00 \text{ Kick w/pd fins}$ | EN1 | |
| | $\{2 \times 50 \text{ on } 1:00 \text{ Kick w/pd fins}$ | 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 | 12×50 on :50 Descend in sets of 3 | EN1 | |
| | $1x{4 x 125 on 2:15 Breast 2X pullouts}$ | EN1 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Breast fast TO}$ | EN1 | |
| | {3 x 125 on 2:10 Breast 2X pullouts | EN1 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Breast fast TO}$ | EN1 | |
| | {2 x 125 on 2:05 Breast 2X pullouts | EN2 | |
| | $\{4 \times 25 \text{ on } : 30 \text{ Breast fast TO}$ | 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 | | 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 | 12×50 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 | | |

 $1,800 \ 1x{3} \ x \ 200 \ on \ 3:00 \ Backstroke$

1 on 10:00 Ice

{ without fins

400

Yards

350

350

{2 x 100 on 1:20 Freestyle

{2 x 200 on 2:55 Backstroke

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

 $\{1 \times 200 \text{ on } 2:50 \text{ Backstroke} \}$

 8×50 on 1:00 Stroke Drills

5:33 PM 6,280 Yards - Stress Value = 56

{1 on 10:00 8X25@100 chts/pb/pdl SP3

{1 on 10:00 8X25@100 undrwtr fly SP3

{1 on 10:00 OTB 15m sprints

1 x 350 on 5:00 Freestyle

{2 x 100 on 1:20 Freestyle

EGY WORK S

Workout #3453 - Thursday, 16 December 2004 HighSchl - Fly

1 minute rest between sets

| | | Group 3 - Miguel Santos | | |
|--------------------------------------------------------------------|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------|
| EGY WC | | 1 minute rest between sets | | |
| REC | | | | WORF |
| EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 | 800 180 1,000 | <pre>1 on 30:00 Stomach and Stretch 1 x 800 on 14:00 Reverse IM drill 12 x 15 on :45 Shooters 10 x 100 on 2:00 Kick-odds fast 1x{7 x 75 on 1:10 Pulls-nbbf&w + 2 yds {7 x 75 on 1:05 Pulls-nbbf&w + 2 yds 12 x 25 on :30 IM order-build 4x{1 x 25 on :00 Freestyle {1 x 75 on 3:00 Freestyle {1 x 50 on :00 Freestyle {1 x 50 on 3:00 Freestyle {1 x 75 on 3:00 Freestyle {1 x 25 on :00 Freestyle {1 x 50 on 3:00 Freestyle {1 x 25 on 3:00 Freestyle {1 x 50 on 1:00 Stroke Drills</pre> | REC SP3 EN2 EN1 EN1 EN1 SP2 REC SP2 REC SP2 REC REC | I |
| | | Workout #3461 - Friday, 17 December 2004 | | |
| | | S | | |
| | | 1 minute rest between sets | | |
| | | 2.00 PM Ctont | | |
| | Yards | Set Description | | WOF |
| EGY WC | 600 | 1 on 20:00 Team mtg/stretch 1 x 600 on 10:00 Reverse IM drill 12 x 15 on :45 Shooters | REC | : |
| === == | 180 | 12 X 13 OH :43 SHOOLEIS | | |
| | SP3 EN1 | SP3 ====== EN1 | REC SP3 ===== | REC SP3 |

EN1

EN1

EN1

EN1

EN1

REC

S STF

K FLY

S STF

S CI

SP3

REC

1 on 10:00 Ice

Workout #3462 - Friday, 17 December 2004

7:02 AM 700 Yards

Workout #3459 - Friday, 17 December 2004 HighSchl - Platinum 1 minute rest between sets

4:58 PM 3,880 Yards - Stress Value = 26

| | ===== | ======================================= | -= |
|---------------------------------------------|-------|--------------------------------------------------------|------|
| Workout #3451 - Thursday, 16 December 2004 | | 1 on 40:00 Weights and Stretch | LI |
| HighSchl - All | 600 | 1 x 600 on 10:00 Reverse IM drill RM | EC D |
| 9 | 300 | 12 x 25 on :30 12.5 ez 12.5 fast SI | 23 S |
| 1 minute rest between sets | | 1x{2 x 150 on 2:00 Freestyle En | N1 S |
| | | {2 x 150 on 1:55 Freestyle EN | N1 S |
| 5:30 AM Start | | $\{2 \times 150 \text{ on } 1:50 \text{ Freestyle} \}$ | N2 S |
| Set Description EGY WORK STF | 4 | {2 x 150 on 1:45 Freestyle En | N2 S |
| ======================================= | = | $\{2 \times 150 \text{ on } 1:40 \text{ Freestyle} \}$ | N2 S |
| 1 on 10:00 Stretching L DRY | ĭ | {2 x 150 on 1:35 Freestyle En | N2 S |
| 1 x 350 on 5:00 Freestyle REC S FF | | {1 x 300 on 4:00 Stroke Drills RI | EC D |
| 1x{1 on 10:00 Vrtcl Kck w/out zmmr SP3 K FF | | 1 on 10:00 Ice | M |
| {1 on 10:00 Running Pit Sprints SP3 S FF | | 7:03 AM 3,000 Yards - Stress Value = 42 | 2 |
| {1 on 10:00 StrthCrdz-shllw-deep SP3 S FF | | , | |

5:30 AM Start

Yards Set Description

Workout #3460 - Friday, 17 December 2004 HighSchl - Gold 1 minute rest between sets

| | 5:30 AM Start | | | |
|-------|---------------------------------------------------------|-----|------|---|
| Yards | Set Description | EGY | WORK | ٤ |
| ===== | ======================================= | === | ==== | = |
| | 1 on 40:00 Weights and Stretch | | L | Γ |
| 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 | |
| | $\{1 \times 250 \text{ on } 4:00 \text{ Stroke Drills}$ | REC | D | |
| | 1 on 10:00 Ice | | M | |
| | 7:03 AM 2,800 Yards - Stress Value = | 39 | | |

Workout #3458 - Friday, 17 December 2004 HighSchl - Silver

| | 5:30 AM Start | | |
|-------|-----------------------------------------------------|-----|--------|
| Yards | Set Description | EGY | WORK S |
| | ======================================= | === | ==== = |
| | 1 on 40:00 Weights and Stretch | | LI |
| 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 |
| | $\{1 \times 150 \text{ on } 2:05 \text{ Freestyle}$ | 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 | |

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 1 x 600 on 10:00 Reverse IM drill REC 600 300 12 x 25 on :30 12.5 ez 12.5 fast SP3 $1x\{2 \times 125 \text{ on } 2:25 \text{ Freestyle}$ $\{2 \times 125 \text{ on } 2:20 \text{ Freestyle} \}$ EN1 S $\{2 \text{ x } 125 \text{ on } 2:15 \text{ Freestyle}$ EN2 S $\{2 \times 125 \text{ on } 2:10 \text{ Freestyle} \}$ EN2 S $\{1 \times 125 \text{ on } 2:05 \text{ Freestyle} \}$ EN2 S $\{1 \times 225 \text{ on } 4:00 \text{ Stroke Drills}$ D 1 on 10:00 Ice 7:02 AM 2,250 Yards - Stress Value = 28

Workout #3463 - Saturday, 18 December 2004 HighSchl - Boys

1 minute rest between sets

6:00 AM Start

| | 0.00 | 1 11 | | cui | | | | | | | |
|-------|------|-----------------|------|-------|-------|--------|------|---------|------|-----|------|
| Yards | Se | Set Description | | | | | | | | | |
| ===== | == | === | -=== | -=== | | | -== | | | === | ==== |
| | 1 | or | 10 | :00 |) Sti | retchi | ing | | | | L |
| 800 | 1 | Х | 800 | or or | 12 | :00 St | rol | ke Dril | lls | REC | D |
| 300 | 12 | 2 2 | 25 | or or | :30 | 12.5 | 5 e2 | z 12.5 | fast | SP3 | S |
| | 1x{4 | Х | 25 | on | :45 | Kick | no | board | BSLR | EN1 | K |
| | { 4 | Х | 25 | on | :40 | Kick | no | board | BSLR | EN1 | K |
| | { 4 | Х | 25 | on | :35 | Kick | no | board | BSLR | EN1 | K |
| | { 4 | Х | 25 | on | :30 | Kick | no | board | BSLR | EN1 | K |

| { 6 | x 100 on 1:45 Kick | EN2 | K |
|---------|-----------------------------------|-----|---|
| 1,000 1 | x 1000 on 13:00 Pulls | EN1 | Ρ |
| 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 | | Μ |
| { 5 | x 100 on 1:05 Freestyle | EN2 | S |
| {1 | on 1:00 Rest | | Μ |
| { 4 | x 100 on 1:05 Freestyle | EN2 | S |
| {1 | on 1:00 Rest | | М |
| {3 | x 100 on 1:05 Freestyle | EN2 | S |
| {1 | on 1:00 Rest | | М |
| {2 | x 100 on 1:05 Freestyle | EN2 | S |
| {1 | on 1:00 Rest | | М |
| {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 | | М |
| 7:58 | AM 6,000 Yards - Stress Value = 8 | 3 | |
| | | | |

Workout #3465 - Monday, 20 December 2004 HighSchl - Distance 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 | |
| | 1x{8 x 25 on :30 Kick no board BSLR | EN1 | |
| | {3 x 100 on 2:00 Kick | EN1 | |

 $1x{2 \times 200 \text{ on } 2:40 \text{ Pull no br L.8 yds}}$ {2 x 200 on 2:35 Pull no br L.10 yds {2 x 200 on 2:30 Pull no br L. 12 yds EN1 8 x 75 on 1:10 IM w/out alt.strokes EN1 $1x{1 \times 800 \text{ on } 10:00 \text{ Freestyle}}$ $\{1 \times 800 \text{ on } 9:45 \text{ Freestyle} \}$ EN1 $\{1 \times 800 \text{ on } 9:40 \text{ Freestyle} \}$ 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 #3467 - Monday, 20 December 2004 HighSchl - Fly 1 minute rest between sets

| Yards | | AM Start et Description | EGY | WOF |
|--------|------|----------------------------------------|-----|-----|
| ====== | == | - | === | === |
| | 1 | on 40:00 Weights and Stretch | | |
| 800 | 1 | x 800 on 13:00 Swim-kick-pull-swim | REC | |
| 180 | 12 | 2 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 #3464 - Monday, 20 December 2004 HighSchl - Backstroke 1 minute rest between sets

| 250 | 1 | x 2 | 250 on | 4:00 | St | roke | Dri | ills | | REC | Ι |
|-----|------|-----|--------|-------|-----|------|-----|-------|---|-----|---|
| | 1 | on | 10:00 | Ice | | | | | | | N |
| | 9:29 | AM | 5,330 | Yards | - 8 | Stre | ess | Value | = | 66 | |

| Workout #3471 - Tuesday, 21 December | 2004 |
|--------------------------------------|------|
| HighSchl - Distance | |
| 1 minute rest between sets | |

| Yards | | M Start Description | EGY | WORF |
|-------|--------|-----------------------------------|-----|------|
| | 1 0 | n 30:00 Physio Balls/Stretch | | I |
| | | 100 on 1:45 StrkDrll w/undrwtr | REC | _ |
| | - | 100 on 1:45 StrkDrll w/undrwtr | | |
| 180 | 12 | x 15 on :45 Shooters | SP3 | ٤ |
| | 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 | Ε |
| | {1 x | 200 on 2:50 Pulls | EN1 | Ε |
| | {1 x | 300 on 4:00 Pulls | EN1 | Ε |
| 300 | 12 | x 25 on :30 Free 12.5y tuck spin | EN1 | |
| | 1x{1 x | 600 on 8:00 Freestyle | EN2 | - |
| | {2 x | 300 on 4:00 Freestyle | EN2 | |
| | {1 x | 500 on 6:40 Freestyle | EN2 | - |
| | {2 x | 250 on 3:20 Freestyle | EN2 | - |
| | {1 x | | EN2 | _ |
| | - | | EN2 | _ |
| 250 | | | REC | Γ |
| | | n 10:00 Ice | | ľ |
| | 9:31 A | M 6,480 Yards - Stress Value = 91 | | |
| | | | | |

Workout #3470 - Tuesday, 21 December 2004 HighSchl - Fly 1 minute rest between sets

7:00 AM Start

Ę

| Yards | Se | et Description | EGY | WORK |
|-------|------|------------------------------------|-----|------|
| ===== | == | | === | ==== |
| | 1 | on 30:00 Physio Balls/Stretch | | I |
| 800 | 4x{1 | x 100 on 1:45 StrkDrll w/undrwtr | REC | Γ |
| | { 1 | x 100 on 1:45 StrkDrll w/undrwtr | REC | Γ |
| 180 | 13 | 2 x 15 on :45 Shooters | SP3 | ٤ |
| 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 | E |
| | { 1 | x 200 on 2:35 Pulls | EN1 | |
| | { 1 | x 300 on 3:45 Pulls | EN1 | E |
| 300 | 1: | 2 x 25 on :30 Free 12.5y tuck spin | EN1 | |
| 2,400 | 2x{3 | x 150 on 2:15 Butterfly 2-5 | EN2 | |
| | { 6 | x 25 on :25 Butterfly | EN1 | |
| | { 2 | x 100 on 1:30 Butterfly 2-6 | EN2 | |
| | { 4 | x 25 on :25 Butterfly | EN1 | |
| | { 1 | x 50 on :45 Butterfly 2-7 | EN3 | ٤ |
| | { 2 | x 25 on :25 Butterfly | EN1 | S |
| | { 1 | x 200 on 3:00 Freestyle | REC | ٤ |
| | 1 | on 10:00 Ice | | M |
| | 9:30 | AM 6,130 Yards - Stress Value = 85 | 1 | |
| | | | | |

| | 7:00 | AM Start | | | |
|-------|------|-----------------------|---------------|-----|-----|
| Yards | Se | t Description | | EGY | WOF |
| ===== | == | | | === | === |
| | 1 | on 40:00 Weights and | Stretch | | |
| 800 | 1 | x 800 on 13:00 Swim-k | ick-pull-swim | REC | |
| 180 | 12 | x 15 on :45 Shooters | | SP3 | |
| 1,000 | 2x{8 | x 25 on :30 Kick no b | oard 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 Backstr | oke | EN1 | |
| | { 3 | x 125 on 2:15 Backstr | roke | EN1 | |
| | { 3 | x 125 on 2:10 Backstr | oke | EN1 | |
| | { 3 | x 125 on 2:05 Backstr | oke | EN1 | |
| 200 | 1 | x 200 on 3:00 Stroke | Drills | REC | |
| | 1 | on 10:00 Ice | | | |
| | 9:29 | AM 4,980 Yards - Stre | ss Value = 46 | | |
| | | | | | |
| | | | | | |

Workout #3466 - Monday, 20 December 2004 HighSchl - Sprint 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 vds | EN1 |

| | { 3 | Х | 100 | on | 2:00 | Kick | | | | EN1 |
|-------|------|----|-------|------|--------|--------|------|------|------------|-----|
| 1,000 | 1x{2 | Х | 200 | on | 2:50 | Pull | no | br | L.8 yds | EN1 |
| | { 2 | Х | 200 | on | 2:45 | Pull | no | br | L.10 yds | EN1 |
| | { 1 | Х | 200 | on | 2:40 | Pull | no | br | L. 12 yds | EN1 |
| 600 | 8 | Х | 75 (| on i | 1:10 1 | IM w/c | out | alt | t.strokes | EN1 |
| 1,500 | 1x{3 | Х | 125 | on | 2:00 | Frees | sty | le d | descend | EN1 |
| | { 3 | Х | 125 | on | 1:55 | Frees | sty. | le d | descend | EN1 |
| | { 3 | Х | 125 | on | 1:50 | Frees | sty. | le d | descend | EN1 |
| | { 3 | Х | 125 | on | 1:45 | Frees | sty | le d | descend | EN1 |
| 300 | 1 | Х | 300 | on | 5:00 | Strol | ce I | Dri: | lls | REC |
| | 1 | 01 | n 10 | :00 | Ice | | | | | |
| | 9:30 | Αl | 4 5,3 | 380 | Yards | s - St | cres | ss V | Value = 49 | |

Workout #3468 - Tuesday, 21 December 2004 HighSchl - Breast 1 minute rest between sets

| | 7:00 AM Start | | |
|-------|-----------------------------------------------------------------|-----|------|
| Yards | Set Description | EGY | WORF |
| | ======================================= | === | ==== |
| | 1 on 30:00 Physio Balls/Stretch | | I |
| 800 | $4x{1 x 100 on 1:45 StrkDrll w/undrwtr}$ | REC | Ι |
| | $\{1 \times 100 \text{ on } 1:45 \text{ StrkDrll w/undrwtr} \}$ | REC | Ι |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| 1,000 | $1x{4 x 100 on 2:00 Kick with pd fins}$ | EN1 | ŀ |
| | $\{4 \times 75 \text{ on } 1:30 \text{ Kick with pd fins} \}$ | EN1 | F |
| | $\{4 \times 50 \text{ on } 1:00 \text{ Kick with pd fins}$ | EN2 | ŀ |
| | $\{4 \times 25 \text{ on } : 30 \text{ Kick with pd fins} \}$ | EN1 | F |
| 1,200 | 2x{1 x 100 on 1:50 Pulls | EN1 | E |
| | {1 x 200 on 3:40 Pulls | EN1 | E |
| | {1 x 300 on 5:30 Pulls | EN1 | E |
| 300 | 12 x 25 on :30 Free 12.5y tuck spin | EN1 | ٤ |
| 1,600 | $1x{5 x 50 on :50 Breaststroke}$ | EN2 | ٤ |
| | {4 x 75 on 1:15 Breaststroke | EN2 | ٤ |
| | {3 x 100 on 1:40 Breaststroke | EN2 | ٤ |
| | {2 x 125 on 2:05 Breaststroke | EN2 | ٤ |
| | {1 x 150 on 2:30 Breaststroke | EN2 | ٤ |

{14 x 25 on :30 Breast 2X pullouts EN2

3:15 PM Start

Workout #3469 - Tuesday, 21 December 2004 HighSchl - Girls 1 minute rest between sets

| | 7:00 | ΑN | 1 St | cart | | | | |
|-------|------|-----|------|------|--------|-----------------------|-----|-----|
| Yards | Se | et | Desc | crip | otion | | EGY | WOF |
| | == | === | -=== | | -==== | | === | === |
| | 1 | or | 40: | :00 | Weigh | nts and Stretch | | |
| | 1x{1 | Х | 200 | on | 3:00 | Freestyle | REC | |
| | { 1 | Х | 200 | on | 3:00 | Freestyle L.50 fast | EN1 | |
| | { 1 | Х | 200 | on | 3:00 | Freestyle L.100 fast | EN1 | |
| | { 1 | Х | 200 | on | 3:00 | Freestyle L.150 fast | EN1 | |
| 180 | 12 | 2 2 | 15 | on | :45 8 | Shooters | SP3 | |
| | 2x{8 | Х | 25 0 | on : | :40 Ki | ick no board BSLR | EN1 | |
| | { 3 | Х | 100 | on | 2:00 | Kick-descend | EN1 | |
| | 1x{2 | Х | 150 | on | 2:15 | Lungbuster pulls | EN1 | |
| | { 2 | Х | 150 | on | 2:10 | Lungbuster pulls | EN1 | |
| | { 2 | Х | 150 | on | 2:05 | Lungbuster pulls | EN1 | |
| | { } | or | 3-5- | -7 k | y the | e 50 | | |
| 300 | 3 | Х | 100 | on | 1:30 | Descend in sets of 3 | EN1 | |
| | 1x{1 | Х | 600 | on | 7:30 | Freestyle | EN2 | |
| | { 1 | Х | 500 | on | 6:40 | Freestyle | EN2 | |
| | { 1 | Х | 400 | on | 5:40 | Freestyle | EN2 | |
| | { 1 | Х | 300 | on | 4:30 | Freestyle | EN2 | |
| 400 | 1 | Х | 400 | on | 7:00 | Stroke Drills | REC | |
| | 1 | or | 10: | :00 | Ice | | | |
| | 9:30 | ΑN | 15,3 | 380 | Yards | s - Stress Value = 71 | | |
| | | | | | | | | |

Workout #3473 - Tuesday, 21 December 2004 HighSchl - Miguel Santos 1 minute rest between sets

| | 3.13 III Deale | | |
|-------|-----------------------------------------|-----|----|
| Yards | Set Description | EGY | WC |
| ===== | | === | == |
| | 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 | $4x{6} \times 50$ 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 | 7:00 AM Start Set Description | EGY | WORF |
|-------|----------------------------------------------------------------|-----|------|
| ===== | ======================================= | === | ==== |
| | 1 on 30:00 Physio Balls/Stretch | | I |
| 800 | $4x{1 \times 100 \text{ on } 1:45 \text{ StrkDrll w/undrwtr}}$ | REC | Ι |
| | {1 x 100 on 1:45 StrkDrll w/undrwtr | REC | Ι |
| 180 | 12 x 15 on :45 Shooters | SP3 | ٤ |
| 1,250 | 1x{5 x 100 on 1:30 Kick with flippers | EN2 | ľ |
| | {5 x 75 on 1:05 Kick with flippers | EN2 | ľ |
| | {5 x 50 on :45 Kick with flippers | EN2 | ľ |
| | {5 x 25 on :30 Kick with flippers | EN2 | ŀ |
| 1,200 | 2x{1 x 100 on 1:30 Pulls | EN1 | E |
| | {1 x 200 on 2:50 Pulls | EN1 | E |

| | {1 x 300 c | n 4:00 Pulls | EN1 | Ε |
|---------|-------------|-----------------------------|-----|---|
| 300 | 12 x 25 c | n :30 Free 12.5y tuck spin | EN1 | S |
| 2,400 1 | x{12 x 50 c | n :40 Freestyle | EN2 | ٤ |
| | {1 x 150 c | n 2:15 Freestyle | EN3 | ٤ |
| | {10 x 50 c | n :40 Freestyle | EN2 | S |
| | {2 x 150 c | n 2:15 Freestyle | EN3 | ٤ |
| | {8 x 50 or | :40 Freestyle | EN2 | ٤ |
| | {3 x 150 c | n 2:15 Freestyle | EN3 | Ş |
| 250 | 1 x 250 c | n 4:00 Stroke Drills | REC | Γ |
| | 1 on 10:0 | 0 Ice | | Ν |
| (| 30 AM 6,38 | 0 Yards - Stress Value = 13 | 31 | |

Workout #3474 - Wednesday, 22 December 2004 Group 3 - Miguel Santos 1 minute rest between sets

| | 9:15 AM Start | | |
|-------|-------------------------------------------------------------------|-----|---|
| Yards | Set Description | EGY | V |
| ===== | | === | = |
| | 1 on 30:00 Stomach and Stretch | | |
| | $1x\{1 \times 200 \text{ on } 3:00 \text{ Freestyle}$ | REC | |
| | $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.50 fast} \}$ | EN1 | |
| | $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.100 fast} \}$ | EN1 | |
| | | EN2 | |
| 180 | | 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 | 6×100 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 | |
| | $\{4 \times 25 \text{ on } : 20 \text{ Freestyle}$ | EN2 | |
| | {1 x 100 on 1:30 Freestyle | REC | |
| | $\{6 \times 25 \text{ on } : 20 \text{ Freestyle}$ | 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 | · · · · · · · · · · · · · · · · · · · | REC | |
| | 11:30 AM 5,680 Yards - Stress Value = 65 | | |

EGY WC

Workout #3476 - Wednesday, 22 December 2004 Group 3 - Miguel Santos 1 minute rest between sets

| Yards | 3:15 PM Start Set Description | EGY | WOF |
|-------|-----------------------------------------------------------|-----|-----|
| ===== | ======================================= | === | === |
| | 1 on 30:00 Stomach and Stretch | | |
| 800 | 111111111111111111111111111111111111111 | | |
| 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 | |
| | $\{4 \times 75 \text{ on } 1:05 \text{ Lungbuster pulls}$ | EN1 | |
| | ${3 \times 75 \text{ on } 1:00 \text{ Lungbuster pulls}}$ | 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 | |
| | $\{2 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | REC | |
| | {1 x 125 on 2:15 Backstroke | EN3 | |
| | $\{2 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | REC | |
| | {1 x 125 on 2:30 Backstroke | EN3 | |
| | $\{2 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | REC | |
| | {1 x 125 on 2:45 Backstroke | EN3 | |
| | $\{2 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | REC | |
| | {1 x 125 on 3:00 Backstroke | EN3 | |
| | $\{2 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ | REC | |
| 500 | 1 x 500 on 8:00 Stroke Drills | REC | |
| | 5:43 PM 6,380 Yards - Stress Value = 11 | 1 | |

Workout #3475 - Wednesday, 22 December 2004 HighSchl - Girls

1 minute rest between sets

| Yards ===== | 3:00 PM Start Set Description | EGY | |
|----------------|----------------------------------------------------------------|------------|--|
| | 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 | | |
| | {1 x 200 on 3:00 Freestyle L.150 fast | | |
| 300 | · · · · · · · · · · · · · · · · · · · | EN1 | |
| 300 | | EN1 | |
| | | EN1 | |
| | | EN1 | |
| | { odds br 3-5-7 | TOTAL | |
| | { evens br 2-4-6 | | |
| 300 | 3 x 100 on 1:30 Freestyle-descend | EN1 | |
| 300 | 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 | |
| | | 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 | |
| | $\{1 \times 50 \text{ on } 4:00 \text{ Freestyle}\}$ | REC | |
| | $\{1 \times 30 \text{ on } 4.00 \text{ freestyle} \}$ | 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 {1 x 200 on :00 Individual Medley | REC SP1 | |
| 500 | 10 x 50 on 1:00 Individual Mediey | REC | |
| 500 | 1 on 15:00 Ice | KEC | |
| | T OU TO:00 TGE | | |

Workout #3477 - Thursday, 23 December 2004 HighSchl - Platinum 1 minute rest between sets

4:59 PM 3,850 Yards - Stress Value = 93

1 on 30:00 Stomach and Stretch 800 1 x 800 on 13:00 Choice-deep end undr REC trn drll, shallow end-open turns SP3 180 12 x 15 on :45 Shooters $1x{2 x 125 on 2:30 Kick}$ EN1 {2 x 125 on 2:20 Kick EN2 $\{2 \times 125 \text{ on } 2:10 \text{ Kick} \}$ EN2 $\{2 \times 125 \text{ on } 2:00 \text{ Kick} \}$ EN2 $1x{3 \times 50 \text{ on :} 45 \text{ Pulls}}$ EN1 {1 x 250 on 3:15 Pulls EN1 ${3 \times 50 \text{ on :} 45 \text{ Pulls}}$ EN1 $\{1 \times 250 \text{ on } 3:05 \text{ Pulls}$ EN2 ${3 \times 50 \text{ on :} 45 \text{ Pulls}}$ EN1 $\{1 \times 250 \text{ on } 2:55 \text{ Pulls}$ EN2 9×50 on :50 Descend in sets of 3 450 EN1 $1x{4 \times 125}$ on 1:55 IM with 50 fly EN1 ${3 \times 50 \text{ on :} 50 \text{ Butterfly}}$ EN1 $\{4 \times 125 \text{ on } 1:50 \text{ IM with } 50 \text{ back}$ EN1 ${3 \times 50 \text{ on } :}50 \text{ Backstroke}$ EN1 $\{4 \times 125 \text{ on } 2:00 \text{ IM with } 50 \text{ breast}$ EN1 $\{3 \times 50 \text{ on } :55 \text{ Breaststroke} \}$ EN1 {4 x 125 on 1:45 IM with 50 free ${3 \times 50 \text{ on } : 45 \text{ Freestyle}}$ 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

7:00 AM Start

Set Description

Yards

Workout #3478 - Thursday, 23 December 2004 HighSchl - Gold 1 minute rest between sets

00 AM Start

| | 7:00 AM Start | | |
|-------|------------------------------------------------------------------------------------------------------------|------------|----|
| | Set Description | EGY | |
| ===== | 1 on 30:00 Stomach and Stretch | === | == |
| 800 | | REC | |
| 000 | trn drll, shallow | 1.20 | |
| | end-open turns | | |
| 180 | - | 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 | |
| | $\{1 \times 250 \text{ on } 3:25 \text{ Pulls} \}$ | 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 | |
| | $1x\{4 \times 125 \text{ on } 2:00 \text{ IM with } 50 \text{ fly}$ | EN1 | |
| | $\{2 \times 50 \text{ on } : 55 \text{ Butterfly} \}$ | 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 | |
| | $\{2 \times 50 \text{ on } 1:00 \text{ Breaststroke} \}$ | EN1 EN1 | |
| | • | EN1 | |
| 200 | $\{2 \times 50 \text{ on } : 45 \text{ Freestyle} \\ 1 \times 200 \text{ on } 3:00 \text{ Stroke Drills} $ | REC | |
| 200 | 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice | KEC | |
| | 9:34 AM 6,180 Yards - Stress Value = 69 | | |
| | J. J. THI O, TOU THE OF | | |

EGY WORK STK PACE

Workout #3479 - Thursday, 23 December 2004 HighSchl - Silver 1 minute rest between sets

1 minute rest between sets

| | 1 minute rest between sets | | | | set bescription EG1 WORK SIK | | |
|-------|------------------------------------------------------------------------------------------------------------------------------|------------|----|-------|-------------------------------------------------------------------------------------------------------------|------------|-----|
| | 7.00 AM Start | | | | 100 x 100 on 1:20 Freestyle EN2 S FR | 1: | |
| Yards | 7:00 AM Start Set Description | EGY | WC | | 9:14 AM 10,000 Yards - Stress Value = 20 | 0 (| |
| ===== | ======================================= | | | | | | |
| | 1 on 30:00 Stomach and Stretch | | | | Workout #3486 - Monday, 27 December 2004 | | |
| 700 | 1×700 on $13:00$ Choice-deep end undr | REC | | | HighSchl - Distance | | |
| | trn drll, shallow | | | | 1 minute rest between sets | | |
| 1.00 | end-open turns | an 2 | | | | | |
| 180 | 12 x 15 on :45 Shooters 1x{2 x 100 on 2:30 Kick | SP3 EN1 | | , | 3:00 PM Start | | |
| | {2 x 100 on 2:25 Kick | EN2 | | Yards | Set Description | EGY | |
| | {2 x 100 on 2:20 Kick | EN2 | | | 1 on 30:00 Physio Balls/Stretch | | |
| | {2 x 100 on 2:15 Kick | EN2 | | 600 | | REC | |
| | $1x\{2 \times 50 \text{ on } :55 \text{ Pulls}$ | EN1 | | 300 | - | SP3 | |
| | {1 x 200 on 3:30 Pulls | EN1 | | 400 | 16 x 25 on :30 Kick no board BSLR | EN1 | |
| | {2 x 50 on :55 Pulls | EN1 | | 750 | | EN1 | |
| | {1 x 200 on 3:25 Pulls {2 x 50 on :55 Pulls | EN2 EN1 | | | | EN2 | |
| | {1 x 200 on 3:20 Pulls | EN2 | | | · • | EN2 EN2 | |
| 450 | | EN1 | | 250 | | REC | |
| | $1x{3 x 125 on 2:15 IM with 50 fly}$ | EN1 | | 200 | 1 on 10:00 Ice | тан | |
| | ${3 \times 50 \text{ on } 1:00 \text{ Butterfly}}$ | EN1 | | | 4:59 PM 5,300 Yards - Stress Value = 84 | | |
| | {3 x 125 on 2:15 IM with 50 back | EN1 | | | | | |
| | $\{3 \times 50 \text{ on } :55 \text{ Backstroke} $ $\{3 \times 125 \text{ on } 2:20 \text{ IM with } 50 \text{ breast} $ | EN1 EN1 | | | Workout #3488 - Monday, 27 December 2004 | | |
| | {3 x 50 on 1:00 Breaststroke | EN1 | | | HighSchl - Fly | | |
| | {3 x 125 on 2:10 IM with 50 free | EN1 | | | 1 minute rest between sets | | |
| | {3 x 50 on :45 Freestyle | EN1 | | | | | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | | | 3:00 PM Start | | |
| | 1 on 10:00 Ice | | | Yards | | EGY | |
| | 9:33 AM 5,330 Yards - Stress Value = 62 | | | ===== | | === | === |
| | | | | 600 | 1 on 30:00 Physio Balls/Stretch 1 x 600 on 10:00 Swim-kick-pull-swim | DEC | |
| | Workout #3480 - Thursday, 23 December 2004 | | | 300 | | SP3 | |
| | HighSchl - Bronze | | | 400 | | EN1 | |
| | 1 minute rest between sets | | | 750 | 10×75 on $1:05$ Pull no br L.12 yds | EN1 | |
| | 7.00.7% | | | 600 | | EN1 | |
| Yards | 7:00 AM Start Set Description | EGY | MC | 1,300 | · · · · · · · · · · · · · · · · · · · | EN1 | |
| ===== | ======================================= | | | | • | EN1 EN1 | |
| | 1 on 30:00 Stomach and Stretch | | | | · · · · · · · · · · · · · · · · · · · | EN1 | |
| 600 | 1 x 600 on 13:00 Choice-deep end undr | REC | | | | EN1 | |
| | trn drll, shallow | | | | | EN1 | |
| 1.00 | end-open turns | 272 | | 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| 180 | 12 x 15 on :45 Shooters 1x{2 x 100 on 2:30 Kick | SP3 EN1 | | | 1 on 10:00 Ice | | |
| | {2 x 100 on 2:25 Kick | EN2 | | | 4:59 PM 4,200 Yards - Stress Value = 43 | | |
| | {2 x 100 on 2:20 Kick | EN2 | | | W. J | | |
| | {2 x 100 on 2:15 Kick | EN2 | | | Workout #3489 - Monday, 27 December 2004 | | |
| | $1x\{2 \times 50 \text{ on } 1:00 \text{ Pulls}$ | EN1 | | | HighSchl - Backstroke | | |
| | {1 x 200 on 3:40 Pulls | EN1 | | | 1 minute rest between sets | | |
| | {2 x 50 on 1:00 Pulls {1 x 200 on 3:35 Pulls | EN1 EN2 | | | 2.00 PM (d | | |
| | {2 x 50 on 1:00 Pulls | EN2 | | Yards | 3:00 PM Start Set Description | EGY | MOE |
| | {1 x 200 on 3:30 Pulls | EN2 | | ===== | ======================================= | | |
| 300 | | EN1 | | | 1 on 30:00 Physio Balls/Stretch | | |
| | 1x{3 x 100 on 2:25 Individual Medley | EN1 | | 600 | 1 x 600 on 10:00 Swim-kick-pull-swim | REC | |
| | {3 x 50 on 1:00 Butterfly | EN1 | | 300 | | SP3 | |
| | {3 x 100 on 2:20 Individual Medley | EN1 | | 400 | | EN1 | |
| | {3 x 50 on 1:00 Backstroke {3 x 125 on 2:15 IM with 50 breast | EN1 EN1 | | 750 | 2 | EN1 | |
| | {3 x 50 on 1:00 Breaststroke | EN1 | | 600 | - | EN1 EN1 | |
| | {3 x 100 on 2:10 IM with 50 free | EN1 | | | - | EN1 | |
| | {3 x 50 on :50 Freestyle | EN1 | | | | EN1 | |
| 200 | - | REC | | | · | EN1 | |
| | | | | | | | |
| 200 | 1 on 10:00 Ice | | | | - | EN1 | |
| 200 | | | | _ | {1 x 100 on 1:30 Freestyle | EN1 | |
| 200 | 1 on 10:00 Ice 9:32 AM 4,855 Yards - Stress Value = 58 | | | 250 | $\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \\ 1 \times 250 \text{ on } 4:00 \text{ Stroke Drills} $ | | |
| 200 | 1 on 10:00 Ice | | | 250 | {1 x 100 on 1:30 Freestyle 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice | EN1 | |
| 200 | 1 on 10:00 Ice 9:32 AM 4,855 Yards - Stress Value = 58 | | | 250 | $\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \\ 1 \times 250 \text{ on } 4:00 \text{ Stroke Drills} $ | EN1 | |

7:00 AM Start

Yards Set Description

Workout #3484 - Monday, 27 December 2004 HighSchl - Platinum 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 | |
| | $4x\{1 \times 25 \text{ on } : 30 \text{ Kick no board}$ | EN1 | |
| | $\{1 \times 25 \text{ on } : 35 \text{ Kick no board}$ | EN1 | |
| | {1 x 25 on :40 Kick no board | EN1 | |
| | $\{1 \times 25 \text{ on } : 45 \text{ Kick no board}$ | 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 | 6×75 on 1:15 IM w/out free | EN1 | |
| | 1x{1 x 300 on 4:00 Freestyle | EN1 | |
| | $\{1 \times 300 \text{ on } 3:55 \text{ Freestyle} \}$ | 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 | | AM Start et Description | EGY | WOF |
|-------|------|------------------------------------|-----|-----|
| | 1 | on 40:00 Weights and Stretch | | |
| 0.00 | | 3 | DEC | |
| | | x 800 on 13:00 Swim-kick-pull-swim | | |
| 180 | | 2 x 15 on :45 Shooters | SP3 | |
| | • | x 25 on :30 Kick no board | EN1 | |
| | | | 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 | |
| | | 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 | |
| | | on 10:00 Ice | | |
| | | AM 5,580 Yards - Stress Value = 58 | | |

Workout #3483 - Monday, 27 December 2004 HighSchl - Silver

1 minute rest between sets

| Yards | 7:00 AM Start 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 | |
| | $\{1 \times 25 \text{ on } : 40 \text{ Kick no board}$ | EN1 | |
| | $\{1 \times 25 \text{ on } : 45 \text{ Kick no board}$ | EN1 | |
| | {1 x 100 on 2:00 Kick | EN1 | |

| | 1x{3 | Х | 150 | on | 2:30 | Pull no | br L.6 yds | EN1 |
|-----|------|----|-------|------|--------|----------|--------------|-----|
| | { 3 | Х | 150 | on | 2:25 | Pull no | br L.8 yds | EN1 |
| | { 2 | Х | 150 | on | 2:20 | Pull no | br L.10 yds | EN1 |
| 300 | 4 | Х | 75 c | on 1 | L:25 I | IM w/out | free | EN1 |
| | 1x{1 | X | 300 | on | 4:40 | Freesty | le | EN1 |
| | { 1 | Х | 300 | on | 4:35 | Freesty | le | EN1 |
| | { 1 | Х | 300 | on | 4:30 | Freesty | le | EN1 |
| | { 1 | Х | 300 | on | 4:25 | Freesty | le | EN2 |
| | { 1 | Х | 300 | on | 4:20 | Freesty | le | EN2 |
| | { 1 | х | 150 | on | 2:05 | Freesty | le | EN2 |
| 250 | 1 | Х | 250 | on | 4:00 | Stroke | Drills | REC |
| | 1 | or | n 10: | 00 | Ice | | | |
| | 9:31 | ΑN | 4 5,0 | 080 | Yards | s - Stre | ss Value = 5 | 3 |

Workout #3482 - Monday, 27 December 2004 HighSchl - Bronze 1 minute rest between sets

| | 7:00 AM Start | | |
|-------|--------------------------------------------------------------|-----|-----|
| 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 | |
| | $\{1 \times 25 \text{ on } : 35 \text{ Kick no board} \}$ | EN1 | |
| | $\{1 \times 25 \text{ on } : 40 \text{ Kick no board}$ | EN1 | |
| | $\{1 \times 25 \text{ on } : 45 \text{ Kick no board} \}$ | EN1 | |
| | {1 x 75 on 2:00 Kick | EN1 | |
| | 1x{3 x 125 on 2:30 Pull no br L.6 yds | EN1 | |
| | $\{3 \times 125 \text{ on } 2:25 \text{ Pull no br L.8 yds}$ | EN1 | |
| | {2 x 125 on 2:20 Pull no br L.10 yds | EN1 | |
| 300 | 4×75 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

3:00 PM Start EGY WOF Yards Set Description ===== 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 16 x 25 on :30 Kick no board BSLR EN1 400 10 x 75 on 1:05 Pull no br L.12 yds EN1 750 600 8×75 on 1:15 IM w/out alt.strokes $1,500 \ 1x{3} \ x \ 125 \ on \ 2:00 \ Free \ L.25 \ 6bk$ 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 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

500 10 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice 9:29 AM 4,880 Yards - Stress Value = 57

1 minute rest between sets

| Yards | 7:00 AM Start Set Description | EGY | MC |
|-------|---------------------------------------------|-----|----|
| | | | |
| | | | |
| | 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 | 12×75 on $1:05$ Pulls-odds fast | EN1 | |
| 600 | 6×100 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

| 3:00 PM Start | | |
|-----------------------------------------------------|-------|-----|
| Yards Set Description | EGY | WOF |
| ===== ================================= | ==== | === |
| 1 on 25:00 Stomach and Stretch | | |
| $3x{1 x 100 on 2:00 Free-undrwtr trn dr}$ | l REC | |
| {1 x 100 on 2:00 Back-undrwtr trn dr | l REC | |
| 300 | SP3 | |
| 600 1 x 600 on 9:00 Pulls | EN1 | |
| 300 3 x 100 on 1:40 Descend in sets of 3 | 3 EN1 | |
| $2x{1 x 125 on :00 Freestyle}$ | SP2 | |
| $\{1 \times 225 \text{ on } 7:00 \text{ Freestyle}$ | REC | |
| {1 x 100 on :00 Your Stroke-non free | SP2 | |
| $\{1 \times 200 \text{ on } 6:00 \text{ Freestyle}$ | REC | |
| $\{1 \times 75 \text{ on } : 00 \text{ Freestyle}$ | SP2 | |
| $\{1 \times 175 \text{ on } 5:00 \text{ Freestyle}$ | REC | |
| {1 x 50 on :00 Your Stroke-non free | SP2 | |
| $\{1 \times 150 \text{ on } 4:00 \text{ Freestyle}$ | REC | |
| 250 1 x 250 on 4:00 Stroke Drills | REC | |
| 1 on 10:00 Ice | | |
| 5:00 PM 4,250 Yards - Stress Value = 93 | 1 | |

Workout #3492 - Wednesday, 29 December 2004 HighSchl - Breast 1 minute rest between sets

| | 7:00 AM Start | | |
|-------|------------------------------------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| | ======================================= | === | === |
| | 1 on 40:00 Weights and Stretch | | |
| | $1x{1 x 200 on 3:00 Freestyle}$ | REC | |
| | $\{1 \times 200 \text{ on } 2:55 \text{ Freestyle L.50 fast} \}$ | EN1 | |
| | {1 x 200 on 2:50 Freestyle L.100 fast | EN1 | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| | $4x{4 \times 25 \text{ on :} 30 \text{ Kick no board BSLR}}$ | 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 | |
| | $\{1 \times 200 \text{ on } 3:35 \text{ Pulls with paddles} \}$ | 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

Workout #3494 - Wednesday, 29 December 2004 HighSchl - Distance 1 minute rest between sets

| Yards | 7:00 AM Start Set Description | EGY | WOH |
|-------|------------------------------------------------------------|-----|-----|
| | 1 on 40:00 Weights and Stretch | | |
| | $1x\{1 \times 200 \text{ on } 3:00 \text{ Freestyle}$ | 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 | |
| | $4x{4 \times 25 \text{ on :30 Kick no board BSLR}}$ | EN1 | |
| | ${3 \times 50 \text{ on } 1:00 \text{ Kick-descend}}$ | EN1 | |
| | $1x{1 x 250 on 3:45 Lungbuster pulls}$ | EN1 | |
| | {1 x 250 on 3:40 Lungbuster pulls | EN1 | |
| | $\{1 \times 250 \text{ on } 3:35 \text{ Lungbuster pulls}$ | EN1 | |
| | $\{1 \times 250 \text{ on } 3:30 \text{ Lungbuster pulls}$ | 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

| | 7:00 AM Start | | |
|-------|------------------------------------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| | ======================================= | === | === |
| | 1 on 40:00 Weights and Stretch | | |
| 600 | $1x{1 x 200 on 3:00 Freestyle}$ | REC | |
| | $\{1 \times 200 \text{ on } 2:55 \text{ Freestyle L.50 fast} \}$ | EN1 | |
| | $\{1 \times 200 \text{ on } 2:50 \text{ Freestyle L.100 fast}$ | EN1 | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 1,000 | $4x\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}$ | EN1 | |
| | ${3 \times 50 \text{ on } 1:00 \text{ Kick-descend}}$ | EN1 | |
| 1,000 | $1x{1 x 250 on 3:45 Lungbuster pulls}$ | EN1 | |
| | {1 x 250 on 3:40 Lungbuster pulls | EN1 | |
| | $\{1 \times 250 \text{ on } 3:35 \text{ Lungbuster pulls}$ | 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 | |
| | $\{4 \times 75 \text{ on } 1:10 \text{ Backstroke} \}$ | 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

| | 7:00 AM Start | | |
|-------|----------------------------------------------------------------------------|-----|-----|
| Yards | Set Description | EGY | WOF |
| ===== | ======================================= | === | === |
| | 1 on 40:00 Weights and Stretch | | |
| 600 | 1x{1 x 200 on 3:00 Freestyle | REC | |
| | $\{1 \times 200 \text{ on } 2:55 \text{ Freestyle L.50 fast} \}$ | EN1 | |
| | $\{1 \times 200 \text{ on } 2:50 \text{ Freestyle L.} 100 \text{ fast} \}$ | EN1 | |
| 180 | 12 x 15 on :45 Shooters | SP3 | |
| 1,000 | $4x{4 \times 25}$ 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 | |
| | $\{1 \times 250 \text{ on } 3:55 \text{ Lungbuster pulls} \}$ | 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 | |
| | $\{4 \times 75 \text{ on } 1:25 2bk-4bk-6bk \text{ by } 25\text{'s}$ | EN2 | |
| | $\{4 \times 75 \text{ on } 1:20 2bk-4bk-6bk \text{ by } 25\text{'s}$ | 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

| | 7:00 AM Start | | |
|-------|----------------------------------------------------------------|-----|------|
| 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 |
| 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 |
| | $\{2 \times 175 \text{ on } 2:50 \text{ Pulls with paddles}\}$ | EN2 | P |
| 450 | 9×50 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 |
| | $\{1 \times 100 \text{ on } 1:30 \text{ Breaststroke} \}$ | EN2 | S |
| | {1 x 100 on 1:25 Breaststroke | EN2 | S |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$ | 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 = 6 | 53 | |

Workout #3500 - Thursday, 30 December 2004 HighSchl - Breast 1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WC |
|-------|------------------------------------------------------------------------------------------------------|-----|----|
| | ======================================= | === | == |
| 600 | <pre>1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Deep end undwtr trns shallow end open trn</pre> | REC | |
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | |
| 1,000 | 2 x 500 on 6:45 Pulls | EN1 | |
| 300 | 6×50 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 | |
| | $\{6 \times 25 \text{ on } : 40 \text{ Breast fast TO}$ | EN2 | |
| | ${3 \times 100 \text{ on } 1:35 \text{ Breaststroke}}$ | 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

| | 7:00 AM Start | | |
|-------|-------------------------------------------------------|-----|------|
| 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 |
| 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 | 9×50 on :50 Descend in sets of 3 | EN1 | S |
| | $1x\{1 \times 500 \text{ on } 6:15 \text{ Freestyle}$ | 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 = 9 | 94 | |

Workout #3501 - Thursday, 30 December 2004 HighSchl - Distance 1 minute rest between sets

| | 3:00 PM Start | | |
|-------|-------------------------------------------------------|-----|----|
| 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 | |
| | $1x\{2 \times 400 \text{ on } 5:10 \text{ Freestyle}$ | 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

Workout #3497 - Thursday, 30 December 2004 HighSchl - Sprint 1 minute rest between sets

| | 7:00 AM Start | | | 1 minute Test between sets | | |
|-------|-----------------------------------------------------------------|---------|-------|----------------------------------------|------------|------|
| Yards | Set Description | EGY WOF | | 7:00 AM Start | | |
| | 1 on 30:00 Stomach and Stretch | | Yards | Set Description | EGY === | WORK |
| 700 | 14 x 50 on 1:00 Undrwtr trn drills | REC | | 1 on 30:00 Stomach and Stretch | | L |
| | odds free evns back | | 700 | 14 x 50 on 1:00 Undrwtr trn drills | REC | D |
| 180 | 12 x 15 on :45 Shooters | SP3 | | odds free evns back | | |
| 1,000 | 10 x 100 on 2:00 Kick | EN1 | 180 | 12 x 15 on :45 Shooters | SP3 | S |
| 1,350 | 6 x 225 on 2:50 Pulls | EN1 | 1,000 | 10 x 100 on 2:00 Kick | EN1 | K |
| 450 | 9×50 on :50 Descend in sets of 3 | EN1 | 900 | 1x{2 x 225 on 3:00 Pulls | EN1 | P |
| 1,950 | $1x\{2 \ x \ 150 \ on \ 2:25 \ Bttfrly fins/fstglvs$ | EN1 | | {1 x 225 on 2:55 Pulls | EN1 | P |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$ | REC | | 1 x 225 on 2:50 Pulls | EN2 | Р |
| | ${3 \times 125 \text{ on } 2:00 \text{ Bttrfly fins/fstglvs}}$ | EN1 | 450 | 9 x 50 on :50 Descend in sets of 3 | EN1 | S |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$ | REC | 2,550 | $3x{6} \times 75$ on 1:05 Freestyle | EN1 | S |
| | {4 x 100 on 1:35 Bttrfly fins/fstglvs | EN1 | , | ` | EN2 | S |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$ | REC | | ` | EN2 | S |
| | $\{5 \times 75 \text{ on } 1:10 \text{ Bttrfly fins/fstglvs}\}$ | EN1 | | · - | EN2 | S |
| | $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$ | REC | | · - | REC | D |
| | $\{6 \times 50 \text{ on } : 45 \text{ Bttrfly fins/fstglvs}\}$ | EN2 | 250 | | REC | D |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | 200 | 1 on 10:00 Ice | 1.20 | М |
| | 1 on 10:00 Ice | | | 9:30 AM 6,030 Yards - Stress Value = 6 | 3 | |
| | 9:30 AM $5,880$ Yards - Stress Value = 56 | | | J. Co III C, CCC IAIAS BEIEBB VAIAC C | Ü | |

Workout #3502 - Thursday, 30 December 2004 HighSchl - Fly

1 minute rest between sets

Workout #3506 - Friday, 31 December 2004 HighSchl - Platinum 1 minute rest between sets

| | | | | 7:00 AM Start | |
|---------------|------------------------------------------------------|--------|-------|--------------------------------------------------------------------------|--------|
| 3:00 PM Start | | | Yards | Set Description | EGY WC |
| Yards | Set Description | EGY WC | ===== | ======================================= | === == |
| ===== | | === == | | 1 on 40:00 Weights and Stretch | |
| | 1 on 30:00 Stomach and Stretch | | 800 | 1 x 800 on 13:00 Reverse IM drill | REC |
| 600 | 1 x 600 on 10:00 Deep end undwtr trns | REC | 180 | 12 x 15 on :45 Shooters | SP3 |
| | shallow end open trn | | | 2x{3 x 50 on 1:00 Kick | EN1 |
| 300 | 12 x 25 on :30 12.5 ez 12.5 fast | SP3 | | {3 x 50 on :55 Kick | EN2 |
| 1,500 | 3 x 500 on 6:45 Pulls | EN1 | | {3 x 50 on :50 Kick | EN2 |
| 300 | 6×50 on :50 Descend in sets of 3 | EN1 | | $1x\{2 \times 150 \text{ on } 2:10 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 |
| 1,200 | $2x\{8 \times 25 \text{ on } : 30 \text{ Butterfly}$ | EN1 | | · · | EN1 |
| | {1 on 1:00 Rest | | | - | EN1 |
| | {8 x 25 on :25 Butterfly | EN2 | | · · | EN2 |
| | {1 on 1:00 Rest | | 300 | · · | EN1 |
| | {8 x 25 on :20 Butterfly | EN2 | 2,400 | 12 x 200 on 3:00 Challlenge Set!!!!!! | EN2 |
| | {1 on 1:00 Rest | | 250 | | REC |
| 300 | 6 x 50 on 1:00 Stroke Drills | REC | | 1 on 10:00 Ice | |
| | 1 on 10:00 Ice | | | 9:34 AM 5,730 Yards - Stress Value = 83 | |
| | 4:59 PM 4,200 Yards - Stress Value = 50 | | | · · · · · · · · · · · · · · · · · · · | |

Workout #3503 - Thursday, 30 December 2004 HighSchl - Backstroke

1 minute rest between sets

Workout #3507 - Friday, 31 December 2004 HighSchl - Gold 1 minute rest between sets

| 3:00 PM Start Yards Set Description EGY WC ===== 1 on 30:00 Stomach and Stretch | 1 on 40:00 Weights and Stretch | EGY WC |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| 600 1 600 1000 7 | 12 x 700 on 13:00 Reverse IM drill | 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 } 2,1 | 12 x 15 on :45 Shooters 2x{3 x 50 on 1:05 Kick {3 x 50 on 1:00 Kick {2 x 50 on :55 Kick 1x{2 x 150 on 2:15 Pulls-nbbf&w + 2 yds {2 x 125 on 1:50 Pulls-nbbf&w + 2 yds {2 x 100 on 1:25 Pulls-nbbf&w + 2 yds {2 x 75 on 1:00 Pulls-nbbf&w + 2 yds 12 x 25 on :30 IM order-build 12 x 175 on 3:00 Challlenge Set!!!!! 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice 9:34 AM 5,230 Yards - Stress Value = 75 | SP3 EN1 EN2 EN2 EN1 EN1 EN1 EN2 EN1 EN2 REC |

7:00 AM Start

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 \times 125 \text{ on } 2:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} $ | EN1 | |
| | $\{2 \times 100 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ | EN1 | |
| 300 | 12×25 on :30 IM order-build | EN1 | |
| 1,800 | 12 x 150 on 3:00 Challlenge 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

Yards Set Description EGY WO ===== 1 on 40:00 Weights and Stretch 500 1 x 500 on 13:00 Reverse IM drill REC 12 x 15 on :45 Shooters 180 SP3 $2x{3 \times 50 \text{ on } 1:15 \text{ Kick}}$ EN1 {3 x 50 on 1:10 Kick EN2 {1 x 50 on 1:05 Kick EN2

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 Challlenge 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