

**Workout #3508 - Saturday, 01 January 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
1x{4	4 x 25 on :30 Kick no board BSLR	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :35 Kick no board BSLR	EN2	
	{2 x 75 on 1:30 Kick	EN2	
	{4 x 25 on :40 Kick no board BSLR	EN2	
	{3 x 50 on 1:00 Kick	EN2	
	{4 x 25 on :45 Kick no board BSLR	EN2	
1x{3	3 x 150 on 2:00 Pulls-nbbf&w + 2 yds	EN2	
	{3 x 150 on 1:55 Pulls-nbbf&w + 2 yds	EN2	
	{2 x 150 on 1:50 Pulls-nbbf&w + 2 yds	EN2	
450	6 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
600	6 x 100 on 6:00 Freestyle	SP2	
500	1 x 500 on 8:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:34 AM	4,530 Yards - Stress Value = 111		

**Workout #3515 - Monday, 03 January 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	3x{4 x 25 on :30 Kick no board BSLR	EN2	
	{1 x 100 on 1:55 Kick	EN2	
1,200	1x{2 x 150 on 2:00 Pulls no br L.5 yds	EN1	
	{2 x 150 on 1:55 Pulls no br L. 7 yds	EN1	
	{2 x 150 on 1:50 Pulls no br L. 9 yds	EN1	
	{2 x 150 on 1:45 Pulls no br L.11 yds	EN1	
300	4 x 75 on 1:10 IM w/out the	EN1	
4,200	1x{2 x 800 on 9:30 Freestyle	EN2	
	{2 x 700 on 8:10 Freestyle	EN2	
	{2 x 600 on 6:55 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM	7,580 Yards - Stress Value = 118		

**Workout #3513 - Monday, 03 January 2005**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	6x{4 x 25 on :35 Kick no board	EN2	
	{1 x 100 on 1:55 Kick	EN2	
1,200	1x{2 x 150 on 2:15 Pulls no br L.5 yds	EN1	
	{2 x 150 on 2:10 Pulls no br L. 7 yds	EN1	
	{2 x 150 on 2:05 Pulls no br L. 9 yds	EN1	
	{2 x 150 on 2:00 Pulls no br L.11 yds	EN1	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
2,300	2x{3 x 25 on :25 Butterfly 2-2	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
	{3 x 50 on :50 Butterfly 2-3	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
	{3 x 75 on 1:10 Butterfly 2-4	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	

	{3 x 100 on 1:30 Butterfly 2-5	EN2
	{1 x 100 on 1:20 Freestyle	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:34 PM	6,230 Yards - Stress Value = 88	

**Workout #3514 - Monday, 03 January 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	6x{4 x 25 on :40 Kick no board BSLR	EN2	
	{1 x 100 on 2:05 Kick	EN2	
900	1x{2 x 150 on 2:30 Pulls no br L.5 yds	EN1	
	{2 x 150 on 2:25 Pulls no br L. 7 yds	EN1	
	{2 x 150 on 2:20 Pulls no br L. 9 yds	EN1	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
1,800	3x{1 x 100 on 1:50 Backstroke	EN1	
	{2 x 75 on 1:20 Backstroke	EN1	
	{3 x 50 on :55 Backstroke	EN1	
	{4 x 25 on :25 Backstroke	EN1	
	{1 x 100 on 1:30 Freestyle	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM	5,480 Yards - Stress Value = 63		

**Workout #3509 - Monday, 03 January 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and stretch		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{2 x 100 on 1:10 Freestyle	EN2	
	{1 x 200 on 2:20 Freestyle	EN2	
	{2 x 100 on 1:10 Freestyle	EN2	
	{1 x 200 on 2:15 Freestyle	EN2	
	{2 x 100 on 1:10 Freestyle	EN2	
	{1 x 200 on 2:10 Freestyle	EN2	
	{2 x 100 on 1:10 Freestyle	EN2	
	{1 x 200 on 2:05 Freestyle	EN2	
	{2 x 100 on 1:10 Freestyle	EN2	
	{1 x 200 on 2:00 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM	3,000 Yards - Stress Value = 52		

**Workout #3510 - Monday, 03 January 2005**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and stretch		I
400	1 x 400 on 7:00 Swim-kick-drll-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{2 x 100 on 1:20 Freestyle	EN2	S
	{1 x 200 on 2:40 Freestyle	EN2	S
	{2 x 100 on 1:20 Freestyle	EN2	S
	{1 x 200 on 2:35 Freestyle	EN2	S
	{2 x 100 on 1:20 Freestyle	EN2	S
	{1 x 200 on 2:30 Freestyle	EN2	S
	{2 x 100 on 1:20 Freestyle	EN2	S
	{1 x 200 on 2:25 Freestyle	EN2	S
	{2 x 100 on 1:20 Freestyle	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

7:04 AM 2,750 Yards - Stress Value = 48

	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	6x{4 x 25 on :30 Kick no board BSLR	EN2	
	{1 x 100 on 1:55 Kick	EN2	
1,200	1x{2 x 150 on 2:15 Pulls no br L.5 yds	EN1	
	{2 x 150 on 2:10 Pulls no br L. 7 yds	EN1	
	{2 x 150 on 2:05 Pulls no br L. 9 yds	EN1	
	{2 x 150 on 2:00 Pulls no br L.11 yds	EN1	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
2,300	1x{3 x 100 on 1:25 Freestyle-descend	EN1	
	{1 x 200 on 3:30 Freestyle	REC	
	{3 x 100 on 1:20 Freestyle-descend	EN1	
	{1 x 200 on 3:30 Freestyle	REC	
	{3 x 100 on 1:15 Freestyle-descend	EN1	
	{1 x 200 on 3:30 Freestyle	REC	
	{3 x 100 on 1:10 Freestyle-descend	EN2	
	{1 x 200 on 3:30 Freestyle	REC	
	{3 x 100 on 1:05 Freestyle-descend	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	

5:24 PM 6,380 Yards - Stress Value = 67

**Workout #3517 - Tuesday, 04 January 2005**

**HighSchl - Boys**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and stretch		I
400	1 x 400 on 7:00 Swim-kick-drll-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{2 x 100 on 1:30 Freestyle	EN2	S
	{1 x 200 on 3:00 Freestyle	EN2	S
	{2 x 100 on 1:30 Freestyle	EN2	S
	{1 x 200 on 2:55 Freestyle	EN2	S
	{2 x 100 on 1:30 Freestyle	EN2	S
	{1 x 200 on 2:50 Freestyle	EN2	S
	{2 x 100 on 1:30 Freestyle	EN2	S
	{1 x 200 on 2:45 Freestyle	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

7:04 AM 2,500 Yards - Stress Value = 44

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 10:00 Stretching		
600	1 x 600 on 9:00 Underwater turn drll	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	
	{2 x 100 on 1:45 Kick	EN2	
	1x{1 x 300 on 4:20 Pulls	EN1	
	{1 x 300 on 4:10 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
	1x{1 x 200 on 3:00 Individual Medley	EN1	
	{8 x 25 on :30 Butterfly	EN1	
	{1 x 200 on 3:00 Individual Medley	EN1	
	{8 x 25 on :30 Backstroke	EN1	
	{1 x 200 on 3:00 Individual Medley	EN1	
	{8 x 25 on :30 Breaststroke	EN1	
	{1 x 200 on 3:00 Individual Medley	EN1	
	{8 x 25 on :30 Freestyle	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	

4:45 PM 4,880 Yards - Stress Value = 45

**Workout #3512 - Monday, 03 January 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and stretch		I
300	1 x 300 on 7:00 Swim-kick-drll-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{2 x 100 on 1:50 Freestyle	EN2	S
	{1 x 200 on 3:40 Freestyle	EN2	S
	{2 x 100 on 1:50 Freestyle	EN2	S
	{1 x 200 on 3:35 Freestyle	EN2	S
	{2 x 100 on 1:50 Freestyle	EN2	S
	{1 x 200 on 3:30 Freestyle	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

7:03 AM 2,050 Yards - Stress Value = 36

**Workout #3516 - Monday, 03 January 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
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**Workout #3518 - Tuesday, 04 January 2005**

**HighSchl - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====	=====	====	====
	1 on 30:00 Team meeting		
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater turn drill	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{1 x 300 on 4:30 Pulls	EN1	
	{1 x 300 on 4:20 Pulls	EN1	
300	3 x 100 on 1:40 Freestyle-descend	EN1	
	1x{1 x 200 on 3:20 Individual Medley	EN1	
	{8 x 25 on :30 Butterfly	EN1	
	{1 x 200 on 3:20 Individual Medley	EN1	
	{8 x 25 on :30 Backstroke	EN1	
	{1 x 200 on 3:20 Individual Medley	EN1	
	{8 x 25 on :30 Breaststroke	EN1	
	{1 x 200 on 3:20 Individual Medley	EN1	
	{8 x 25 on :30 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 4,130 Yards - Stress Value = 38		

**Workout #3523 - Wednesday, 05 January 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM Start			
=====	=====	====	====
	1 on 30:00 Stomach and Stretch		
	1x{1 x 200 on 3:00 Freestyle	REC	
	{1 x 200 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :40 Kick no board BSLR	EN2	
	{3 x 50 on 1:00 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	
	1x{4 x 125 on 2:00 Backstroke	EN1	
	{6 x 25 on :40 Backstroke 10ukow	EN1	
	{4 x 125 on 1:55 Backstroke	EN2	
	{6 x 25 on :40 Backstroke 11ukow	EN1	
	{4 x 125 on 1:50 Backstroke	EN2	
	{6 x 25 on :40 Backstroke 12ukow	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
	7:27 PM 5,780 Yards - Stress Value = 74		

**Workout #3522 - Wednesday, 05 January 2005**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====	=====	====	====
	1 on 40:00 Weights and stretch		
800	1x{1 x 200 on 3:30 Freestyle	REC	
	{1 x 200 on 3:20 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:10 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
1,050	3x{4 x 25 on :30 Kick no board BSLR	EN2	
	{3 x 50 on :55 Kick-descend	EN2	
	{1 x 100 on 2:00 Kick	REC	
1,200	16 x 75 on 1:15 Pulls with paddles	EN1	

300	12 x 25 on :30 Free 12.5y tuck spin	EN1
1,450	1x{3 x 125 on 2:05 Breaststroke	EN1
	{4 x 25 on :30 Breast fast turnover	EN1
	{3 x 125 on 1:55 Breaststroke	EN2
	{4 x 25 on :30 Breast fast turnover	EN1
	{3 x 125 on 1:45 Breaststroke	EN2
	{5 x 25 on :30 Breast fast turnover	EN1
250	5 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:34 PM 5,230 Yards - Stress Value = 68	

**Workout #3519 - Wednesday, 05 January 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====	=====	====	====
	1 on 40:00 Weights and stretch		
	1x{1 x 200 on 3:30 Freestyle	REC	
	{1 x 200 on 3:20 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:10 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
	2x{4 x 25 on :30 Kick no board BSLR	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
	{1 x 100 on 2:00 Kick	REC	
1,000	1 x 1000 on 14:00 Lungbuster pulls	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
	1x{3 x 250 on 3:50 Freestyle L.50 strk	EN1	
	{3 x 250 on 3:35 Freestyle L.50 strk	EN1	
	{2 x 250 on 3:25 Freestyle L.50 strk	EN1	
	{2 x 250 on 3:20 Freestyle L.50 strk	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,780 Yards - Stress Value = 64		

**Workout #3521 - Wednesday, 05 January 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====	=====	====	====
	1 on 40:00 Weights and stretch		
800	1x{1 x 200 on 3:30 Freestyle	REC	
	{1 x 200 on 3:20 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:10 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
1,050	3x{4 x 25 on :40 Kick no board BSLR	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
	{1 x 100 on 2:00 Kick	REC	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1,500	1x{3 x 125 on 2:00 Backstroke	EN1	
	{5 x 25 on :40 Backstroke 10ukow	EN1	
	{3 x 125 on 1:50 Backstroke	EN2	
	{5 x 25 on :40 Backstroke 11ukow	EN1	
	{3 x 125 on 1:40 Backstroke	EN2	
	{5 x 25 on :40 Backstroke 12ukow	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,080 Yards - Stress Value = 66		

**Workout #3520 - Wednesday, 05 January 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 40:00 Weights and stretch		
800	1x{1 x 200 on 3:30 Freestyle	REC	
	{1 x 200 on 3:20 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:10 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
1,050	3x{4 x 25 on :40 Kick no board BSLR	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
	{1 x 100 on 2:05 Kick	REC	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1,500	2x{4 x 125 on 2:00 Freestyle	EN1	
	{1 x 50 on :50 Freestyle	EN1	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 50 on :30 Freestyle	EN2	
	{1 x 100 on 2:00 Stroke Drills	REC	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,180 Yards - Stress Value = 58		

**Workout #3525 - Friday, 07 January 2005**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
	5:30 AM Start			
	1 on 40:00 Weights and Stretch			L DF
400	1 x 400 on 7:00 Reverse IM drill	REC	D I	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S E	
	1x{1 x 200 on 3:30 Breaststroke	EN2	S E	
	{2 x 175 on 2:55 Breaststroke	EN2	S E	
	{3 x 150 on 2:25 Breaststroke	EN2	S E	
	{4 x 125 on 1:55 Breaststroke	EN2	S E	
200	1 x 200 on 3:00 Stroke Drills	REC	D C	
	1 on 10:00 Ice		M	
	7:04 AM 2,400 Yards - Stress Value = 42			

**Workout #3524 - Friday, 07 January 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
	5:30 AM Start			
	1 on 40:00 Weights and Stretch			L DF
400	1 x 400 on 7:00 Reverse IM drill	REC	D I	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S E	
	1x{1 x 600 on 8:00 Freestyle	EN2	S E	
	{2 x 300 on 4:00 Freestyle	EN2	S E	
	{4 x 150 on 2:00 Freestyle	EN2	S E	
250	1 x 250 on 4:00 Stroke Drills	REC	D C	
	1 on 10:00 Ice		M	
	7:04 AM 2,750 Yards - Stress Value = 48			

**Workout #3526 - Friday, 07 January 2005**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
	5:30 AM Start			
	1 on 40:00 Weights and Stretch			L DF
400	1 x 400 on 7:00 Reverse IM drill	REC	D I	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S E	

1,500	1x{2 x 150 on 2:15 Butterfly 2-4	EN1	S FI
	{2 x 100 on 1:30 50 fly 50 back	EN2	S CM
	{2 x 150 on 2:10 Butterfly 2-5	EN2	S FI
	{2 x 100 on 1:40 50 fly 50 breast	EN2	S CM
	{2 x 150 on 2:05 Butterfly 2-6	EN2	S FI
	{2 x 100 on 1:20 50 fly 50 free	EN2	S CM
300	1 x 300 on 5:00 Stroke Drills	REC	D C
	1 on 10:00 Ice		M
	7:03 AM 2,500 Yards - Stress Value = 39		

**Workout #3527 - Friday, 07 January 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
	5:30 AM Start			
	1 on 40:00 Weights and Stretch			L I
400	1 x 400 on 7:00 Reverse IM drill	REC	D	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S	
1,750	1x{2 x 150 on 2:00 Backstroke	EN2	S	
	{3 x 100 on 1:30 50 back 50 fly	EN2	S C	
	{2 x 150 on 1:55 Backstroke	EN2	S	
	{2 x 100 on 1:40 50 back 50 breast	EN2	S C	
	{3 x 150 on 1:50 Butterfly 2-6	EN2	S	
	{2 x 100 on 1:20 50 back 50 free	EN2	S C	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	7:04 AM 2,700 Yards - Stress Value = 47			

**Workout #3528 - Friday, 07 January 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
	3:00 PM Start			
	1 on 15:00 Stretching			I
600	1 x 600 on 10:00 Reverse IM drill	REC	I	
180	12 x 15 on :45 Shooters	SP3	S	
	1x{4 x 75 on 1:30 Kick	EN2	F	
	{3 x 75 on 1:25 Kick	EN2	F	
	{2 x 75 on 1:20 Kick	EN2	F	
	{1 x 75 on 1:15 Kick	EN2	F	
	1x{1 x 75 on :55 Pulls-nbbf&w + 2 yds	EN2	F	
	{2 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN2	F	
	{3 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	F	
	{4 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	F	
300	12 x 25 on :30 IM order-build	EN1	S	
	1x{1 x 200 on 2:30 Freestyle	EN2	S	
	{4 x 25 on :30 Freestyle-descend	EN2	S	
	{2 x 200 on 2:35 Freestyle	EN2	S	
	{4 x 25 on :30 Freestyle-descend	EN2	S	
	{3 x 200 on 2:40 Freestyle	EN2	S	
	{4 x 25 on :30 Freestyle-descend	EN2	S	
	{4 x 200 on 2:45 Freestyle	EN2	S	
	{4 x 25 on :30 Freestyle-descend	EN2	S	
300	1 x 300 on 5:00 Stroke Drills	REC	I	
	1 on 10:00 Ice		M	
	5:02 PM 5,280 Yards - Stress Value = 83			

**Workout #3532 - Saturday, 08 January 2005**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:00 AM	Start		
=====	=====	====	====
	1 on 35:00 Physio Balls/Stretch		
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	2x{8 x 25 on :40 Kick no board BSLR	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
1,000	4 x 250 on 5:00 Pulls with paddles	EN1	
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
1,600	2x{1 x 50 on 1:05 Breaststroke-descend	EN2	
	{2 x 50 on 1:00 Breaststroke	EN2	
	{1 x 50 on :55 Breaststroke	EN2	
	{1 x 50 on 1:00 Breaststroke	EN2	
	{2 x 50 on :55 Breaststroke	EN2	
	{3 x 50 on :50 Breaststroke-descend	EN2	
	{3 x 50 on :55 Breaststroke-descend	EN2	
	{2 x 50 on :50 Breaststroke	EN2	
	{1 x 50 on :45 Breaststroke	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:35 AM 5,080 Yards - Stress Value = 66		

	{1 x 300 on 4:00 Pulls	EN1
	{1 x 200 on 2:50 Pulls	EN1
	{1 x 100 on 1:30 Pulls	EN1
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1
2,500	2x{5 x 125 on 1:55 Back alt. UW 25's	EN1
	{4 x 100 on 1:30 Back alt. UW 25's	EN1
	{3 x 75 on 1:05 Back alt. UW 25's	EN1
	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	9:36 AM 5,980 Yards - Stress Value = 58	

**Workout #3530 - Saturday, 08 January 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:00 AM	Start		
=====	=====	====	====
	1 on 35:00 Physio Balls/Stretch		
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	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	1x{1 x 400 on 5:30 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	{1 x 200 on 2:55 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
450	6 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
1,875	1x{5 x 125 on 2:00 Free L.25 no breath	EN2	
	{4 x 125 on 1:55 Free L.25 no breath	EN2	
	{3 x 125 on 1:50 Free L.25 no breath	EN2	
	{2 x 125 on 1:45 Free L.25 no breath	EN2	
	{1 x 125 on 1:40 Free L.25 no breath	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:34 AM 5,655 Yards - Stress Value = 72		

**Workout #3531 - Saturday, 08 January 2005**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:00 AM	Start		
=====	=====	====	====
	1 on 35:00 Physio Balls/Stretch		
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	2x{8 x 25 on :40 Kick no board BSLR	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
1,000	1x{1 x 400 on 5:45 Pulls	EN1	
	{1 x 300 on 4:20 Pulls	EN1	
	{1 x 200 on 2:55 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
1,400	4x{1 x 50 on 1:00 Butterfly 2-4	EN2	
	{1 x 50 on 1:00 Butterfly 2-5	EN2	
	{1 x 50 on 1:00 Butterfly 2-6	EN2	
	{1 x 50 on 1:00 Butterfly 2-7	EN2	
	{1 x 50 on 1:00 Butterfly 2-8	EN2	
	{4 x 25 on :40 Butterfly-descend	EN2	
400	1 x 400 on 6:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:34 AM 5,080 Yards - Stress Value = 62		

**Workout #3542 - Monday, 10 January 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
6:15 PM	Start		
=====	=====	====	====
	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	
	3x{1 x 25 on :30 Kick no board	EN1	
	{1 x 25 on :35 Kick no board	EN1	
	{1 x 25 on :40 Kick no board	EN1	
	{1 x 25 on :45 Kick no board	EN1	
	{3 x 100 on 2:00 Kick-dscnd frm 1:45	EN2	
1,000	5 x 200 on 2:50 Pulls L.100 Lungbstr	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
	1x{1 x 250 on 3:30 Freestyle	EN1	
	{1 x 250 on 3:25 Freestyle	EN1	
	{1 x 250 on 3:20 Freestyle	EN2	
	{1 x 200 on 2:45 Freestyle	EN1	
	{1 x 200 on 2:40 Freestyle	EN2	
	{1 x 200 on 2:35 Freestyle	EN2	
	{1 x 150 on 2:00 Freestyle	EN2	
	{1 x 150 on 1:55 Freestyle	EN2	
	{1 x 150 on 1:50 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	8:30 PM 5,680 Yards - Stress Value = 70		

**Workout #3529 - Saturday, 08 January 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:00 AM	Start		
=====	=====	====	====
	1 on 35:00 Physio Balls/Stretch		
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	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	1x{1 x 400 on 5:00 Pulls	EN1	

**Workout #3538 - Monday, 10 January 2005**

**HighSchl - Distance**

**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	
1,000	1x{4 x 25 on :30 Kick no board BSLR	EN1	
	{4 x 100 on 2:00 Kick-descend	EN1	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	{4 x 100 on 2:00 Kick-descend	EN1	
1,500	1x{4 x 125 on 1:40 Pulls no br L.12 yds	EN1	
	{4 x 125 on 1:35 Pulls no br L.12 yds	EN1	
	{4 x 125 on 1:30 Pulls no br L.12 yds	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
3,200	1x{2 x 500 on 5:50 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{2 x 500 on 5:40 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{2 x 500 on 5:30 Freestyle	EN2	
350	1 x 350 on 6:00 Stroke Drills	REC	
	1 on 10:00 Ice and team mtg.		
	5:34 PM 7,330 Yards - Stress Value = 95		

**Workout #3541 - Monday, 10 January 2005**

**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	
1,200	1x{2 x 25 on :30 Kick no board BS	EN1	
	{3 x 100 on 2:00 Kick-descend	EN1	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend	EN1	
	{6 x 25 on :30 Kick no board BSLRBS	EN1	
	{3 x 100 on 2:00 Kick-descend	EN1	
1,250	1x{5 x 125 on 2:00 Pulls no br L.12 yds	EN1	
	{5 x 125 on 1:55 Pulls no br L.12 yds	EN1	
300	4 x 75 on 1:10 IM w/out the ?	EN1	
2,100	2x{1 x 200 on 4:00 Butterfly 200 drill	EN1	
	{1 x 200 on 3:55 150 drill 50 swim	EN1	
	{1 x 200 on 3:50 100 drill 100 swim	EN1	
	{1 x 200 on 3:45 50 drill 150 swim	EN2	
	{1 x 250 on 4:00 Freestyle	EN1	
	1 on 10:00 Ice and team mtg.		
	5:34 PM 5,830 Yards - Stress Value = 59		

**Workout #3540 - Monday, 10 January 2005**

**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	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{2 x 25 on :40 Kick no board BS	EN1	
	{3 x 100 on 2:15 Kick	EN1	
	{4 x 25 on :40 Kick no board BSLR	EN1	
	{2 x 100 on 2:15 Kick	EN1	
	{6 x 25 on :40 Kick no board BSLRBS	EN1	
	{2 x 100 on 2:15 Kick	EN1	
1,100	1x{6 x 100 on 1:40 Pulls no br L.12 yds	EN1	
	{5 x 100 on 1:35 Pulls no br L.12 yds	EN1	
300	4 x 75 on 1:20 IM w/out alt.strokes	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 5,430 Yards - Stress Value = 49		

**Workout #3536 - Monday, 10 January 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and stretch		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
	no equipment		
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{2 x 250 on 3:00 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{2 x 250 on 2:55 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{2 x 250 on 2:50 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 AM 3,000 Yards - Stress Value = 52		

**Workout #3535 - Monday, 10 January 2005**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and stretch		
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
	no equipment		
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{2 x 250 on 3:20 Freestyle	EN2	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{2 x 250 on 3:15 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 250 on 3:10 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:03 AM 2,700 Yards - Stress Value = 46		

**Workout #3534 - Monday, 10 January 2005**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOLF
300	1 on 40:00 Weights and stretch 1 x 300 on 7:00 Swim-kick-drll-swim no equipment	REC	I
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	§
1x{2	2 x 250 on 3:45 Freestyle	EN2	§
	{1 x 100 on 1:35 Freestyle	EN2	§
	{1 x 100 on 1:30 Freestyle	EN2	§
	{2 x 250 on 3:40 Freestyle	EN2	§
	{1 x 100 on 1:35 Freestyle	EN2	§
	{1 x 100 on 1:30 Freestyle	EN2	§
	{1 x 250 on 3:35 Freestyle	EN2	§
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

7:04 AM 2,450 Yards - Stress Value = 45

**Workout #3537 - Monday, 10 January 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOLF
300	1 on 40:00 Weights and stretch 1 x 300 on 7:00 Swim-kick-drll-swim no equipment	REC	I
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	§
1x{2	2 x 200 on 3:45 Freestyle	EN2	§
	{1 x 75 on 1:35 Freestyle	EN2	§
	{1 x 75 on 1:30 Freestyle	EN2	§
	{2 x 200 on 3:40 Freestyle	EN2	§
	{1 x 75 on 1:35 Freestyle	EN2	§
	{1 x 75 on 1:30 Freestyle	EN2	§
	{1 x 200 on 3:35 Freestyle	EN2	§
150	1 x 150 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

7:04 AM 2,050 Yards - Stress Value = 40

**Workout #3533 - Monday, 10 January 2005**

**HighSchl - Miguel Santos**

**1 minute rest between sets**

5:15 AM Start

Yards	Set Description	EGY	WOLF
500	1 on 5:00 Stretching 1 x 500 on 8:00 Stroke Drills alt 100 fr 100 back	REC	I
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	§
600	8 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	§
2,700	1x{1 x 300 on 4:15 Freestyle	EN1	§
	{1 x 200 on 2:50 Freestyle	EN1	§
	{1 x 200 on 2:40 Freestyle	EN1	§
	{1 x 200 on 2:30 Freestyle	EN2	§
	{1 x 300 on 4:15 Freestyle	EN1	§
	{1 x 150 on 2:05 Freestyle	EN1	§
	{1 x 150 on 2:00 Freestyle	EN1	§
	{1 x 150 on 1:50 Freestyle	EN2	§
	{1 x 300 on 4:15 Freestyle	EN1	§
	{1 x 100 on 1:25 Freestyle	EN1	§
	{1 x 100 on 1:20 Freestyle	EN1	§
	{1 x 100 on 1:15 Freestyle	EN2	§
	{1 x 300 on 4:15 Freestyle	EN1	§
	{1 x 50 on :45 Freestyle	EN1	§
	{1 x 50 on :40 Freestyle	EN1	§
	{1 x 50 on :35 Freestyle	EN2	§
400	4 x 100 on 1:45 Stroke Drills	REC	I

6:31 AM 4,500 Yards - Stress Value = 50

**Workout #3539 - Monday, 10 January 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOLF
800	1 on 30:00 Physio Balls/Stretch 1 x 800 on 12:00 Swim-kick-pull-swim	REC	I
180	12 x 15 on :45 Shooters	SP3	§
1,200	1x{2 x 25 on :30 Kick no board BS	EN1	§
	{3 x 100 on 2:00 Kick-descend	EN1	§
	{4 x 25 on :30 Kick no board BSLR	EN1	§
	{3 x 100 on 2:00 Kick-descend	EN1	§
	{6 x 25 on :30 Kick no board BSLRBS	EN1	§
	{3 x 100 on 2:00 Kick-descend	EN1	§
750	1x{3 x 125 on 2:00 Pulls no br L.12 yds	EN1	§
	{3 x 125 on 1:50 Pulls no br L.12 yds	EN1	§
300	4 x 75 on 1:10 IM w/out the ?	EN1	§
2,850	2x{4 x 100 on 1:35 Free alt. fast 25's	EN2	§
	{3 x 25 on :20 Freestyle	EN2	§
	{4 x 100 on 1:30 Free alt. fast 25's	EN2	§
	{3 x 25 on :20 Freestyle	EN2	§
	{4 x 100 on 1:25 Free alt. fast 25's	EN2	§
	{3 x 25 on :20 Freestyle	EN2	§
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice and team mtg.		M

5:33 PM 6,280 Yards - Stress Value = 87

**Workout #3544 - Tuesday, 11 January 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WOLF
800	1 on 33:00 Stomach and Stretch 1 x 800 on 14:00 Alt 100's back/free with underwater trns	REC	I
400	16 x 25 on :30 12.5 ez 12.5 fast	SP3	§
1x{1	1 x 100 on 2:00 Kick	EN1	§
	{1 x 100 on 1:55 Kick	EN1	§
	{1 x 100 on 2:00 Kick	EN1	§
	{1 x 100 on 1:50 Kick	EN1	§
	{1 x 100 on 2:00 Kick	EN1	§
	{1 x 100 on 1:45 Kick	EN2	§
	{1 x 100 on 2:00 Kick	EN2	§
	{1 x 100 on 1:40 Kick	EN2	§
	{1 x 100 on 2:00 Kick	EN1	§
	{1 x 100 on 1:35 Kick	EN2	§
	{1 x 100 on 2:00 Kick	EN1	§
	{1 x 100 on 1:30 Kick	EN2	§
1,000	1 x 1000 on 16:00 Pulls des each 250 rest 10secs. at 500	EN1	§
600	6 x 100 on 1:30 Descend in sets of 3	EN1	§
3x{1	1 x 25 on :30 Freestyle	EN1	§
	{1 x 25 on :25 Freestyle	EN1	§
	{1 x 25 on :20 Freestyle	EN2	§
	{1 x 25 on :15 Freestyle	EN2	§
	{1 x 50 on 1:00 Freestyle	REC	I
	{1 x 50 on :00 Freestyle	SP2	§
	{1 x 100 on 3:00 Freestyle	REC	I
	{1 x 50 on :00 Backstroke	SP2	§
	{1 x 100 on 3:00 Freestyle	REC	I
	{1 x 50 on :00 Butterfly	SP2	§
	{1 x 100 on 3:00 Freestyle	REC	I
300	3 x 100 on 2:00 Stroke Drills	REC	I

8:30 PM 6,100 Yards - Stress Value = 100

**Workout #3543 - Tuesday, 11 January 2005**

**HighSchl - Boys**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
8x	{1 x 50 on 1:00 Stroke Drills	REC	
	{1 x 50 on 1:00 Stroke Drills	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	
	{1 x 125 on 2:10 Kick	EN1	
	{1 x 125 on 2:05 Kick	EN1	
1x	{3 x 150 on 2:15 Pulls	EN1	
	{2 x 150 on 2:10 Pulls	EN1	
	{1 x 150 on 2:05 Pulls	EN1	
600	6 x 100 on 1:30 1-3fr 4-6strk descen	EN1	
2x	{1 x 200 on 2:30 Freestyle	EN1	
	{2 x 100 on 1:18 Freestyle	EN1	
	{4 x 50 on :40 Freestyle	EN1	
	{8 x 25 on :20 Freestyle	EN2	
50	2 x 25 on :00 OTB	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	5:34 PM 5,130 Yards - Stress Value = 48		

**Workout #3547 - Wednesday, 12 January 2005**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
1x	{1 x 200 on 3:15 Freestyle	REC	
	{1 x 200 on 3:10 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:05 Freestyle L.100 fast	EN2	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
3x	{4 x 25 on :40 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :35 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :30 Kick no board BSLR	EN2	
1,500	10 x 150 on 2:15 lngbstr pulls 3-5-7	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
2x	{4 x 50 on :55 Breast w/pd fins	EN2	
	{4 x 50 on :50 Breast w/pd fins	EN2	
	{4 x 50 on :45 Breast w/pd fins	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,930 Yards - Stress Value = 77		

**Workout #3546 - Wednesday, 12 January 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
1x	{1 x 200 on 3:15 Freestyle	REC	
	{1 x 200 on 3:10 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:05 Freestyle L.100 fast	EN2	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
2x	{4 x 25 on :40 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :35 Kick no board BSLR	EN2	

	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :30 Kick no board BSLR	EN2	
1,500	10 x 150 on 2:15 lngbstr pulls 3-5-7	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1x	{3 x 200 on 2:40 Freestyle	EN2	
	{3 x 200 on 2:35 Freestyle	EN2	
	{3 x 200 on 2:30 Freestyle	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:32 PM 6,430 Yards - Stress Value = 95		

**Workout #3549 - Wednesday, 12 January 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1x{1 x 200 on 3:15 Freestyle	REC	
	{1 x 200 on 3:10 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:05 Freestyle L.100 fast	EN2	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
1,500	3x{4 x 25 on :40 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :35 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :30 Kick no board BSLR	EN2	
1,500	10 x 150 on 2:15 lngbstr pulls 3-5-7	EN1	
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
1,600	1x{4 x 100 on 1:35 Backstroke	EN2	
	{4 x 100 on 1:30 Backstroke	EN2	
	{4 x 100 on 1:25 Backstroke	EN2	
	{4 x 100 on 1:20 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,080 Yards - Stress Value = 84		

**Workout #3545 - Wednesday, 12 January 2005**

**HighSchl - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 5:00 Stretching		
800	1x{1 x 200 on 3:00 Freestyle	REC	
	{1 x 200 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
400	16 x 25 on :30 12.5 ez 12.5 fast	SP3	
450	9 x 50 on 1:00 Kick descend in 3's	EN2	
2,400	1x{2 x 250 on 3:05 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{2 x 250 on 3:00 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{2 x 250 on 2:55 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
400	1 x 400 on 7:00 Stroke Drills	REC	
	6:30 AM 4,450 Yards - Stress Value = 81		



**Workout #3548 - Wednesday, 12 January 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1x{1 x 200 on 3:15 Freestyle	REC	
	{1 x 200 on 3:10 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:05 Freestyle L.100 fast	EN2	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
1,500	3x{4 x 25 on :40 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :35 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	{4 x 25 on :30 Kick no board BSLR	EN2	
1,500	10 x 150 on 2:15 Lngbstr pulls 3-5-7	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1,500	10x{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 50 on :35 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:31 PM 6,030 Yards - Stress Value = 83		

**Workout #3554 - Thursday, 13 January 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Under water trn drill	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{4 x 150 on 3:00 Kick	EN1	
	{3 x 100 on 2:00 Kick	EN1	
	{2 x 50 on 1:00 Kick	EN1	
	1x{1 x 500 on 6:45 Pulls	EN1	
	{1 x 500 on 6:30 Pulls	EN1	
	{1 x 500 on 6:15 Pulls	EN1	
600	12 x 50 on :50 Descend in sets of 3	EN1	
	1x{3 x 200 on 2:50 Backstroke	EN2	
	{3 x 100 on 1:15 Freestyle	EN2	
	{2 x 200 on 2:45 Backstroke	EN2	
	{3 x 100 on 1:15 Freestyle	EN2	
	{1 x 200 on 2:40 Backstroke	EN2	
	{3 x 100 on 1:15 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	8:26 PM 6,680 Yards - Stress Value = 80		

**Workout #3553 - Thursday, 13 January 2005**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Under water trn drill	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{4 x 150 on 3:00 Kick w/pd fins	EN1	
	{3 x 100 on 2:00 Kick w/pd fins	EN1	
	{2 x 50 on 1:00 Kick w/pd fins	EN1	
1,050	1x{1 x 350 on 6:45 Pulls	EN1	
	{1 x 350 on 6:30 Pulls	EN1	
	{1 x 350 on 6:15 Pulls	EN1	
600	12 x 50 on :50 Descend in sets of 3	EN1	
1,550	1x{4 x 125 on 2:10 Breast 2X pullouts	EN1	
	{4 x 25 on :30 Breast fast TO	EN1	
	{3 x 125 on 2:05 Breast 2X pullouts	EN1	

	{4 x 25 on :30 Breast fast TO	EN1
	{2 x 125 on 2:00 Breast 2X pullouts	EN2
	{4 x 25 on :30 Breast fast TO	EN1
	{1 x 125 on 1:55 Breast 2X pullouts	EN2
450	9 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:34 PM 5,630 Yards - Stress Value = 54	

**Workout #3551 - Thursday, 13 January 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Under water trn drill	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 6:45 Pulls	EN1	
	{1 x 500 on 6:30 Pulls	EN1	
	{1 x 500 on 6:15 Pulls	EN1	
600	12 x 50 on :50 Descend in sets of 3	EN1	
	1x{3 x 250 on 3:30 Freestyle	EN1	
	{1 x 100 on 1:45 Non free	EN1	
	{3 x 250 on 3:20 Freestyle	EN1	
	{1 x 100 on 1:45 Non free	EN1	
	{3 x 250 on 3:10 Freestyle	EN1	
	{1 x 100 on 1:45 Non free	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,630 Yards - Stress Value = 61		

**Workout #3552 - Thursday, 13 January 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Under water trn drill	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{4 x 150 on 3:00 Kick	EN1	
	{3 x 100 on 2:00 Kick	EN1	
	{2 x 50 on 1:00 Kick	EN1	
	1x{1 x 500 on 6:45 Pulls	EN1	
	{1 x 500 on 6:30 Pulls	EN1	
	{1 x 500 on 6:15 Pulls	EN1	
600	12 x 50 on :50 Descend in sets of 3	EN1	
	1x{3 x 200 on 2:40 Backstroke	EN1	
	{3 x 100 on 1:15 Freestyle	EN1	
	{2 x 200 on 2:35 Backstroke	EN1	
	{3 x 100 on 1:15 Freestyle	EN1	
	{1 x 200 on 2:30 Backstroke	EN1	
	{3 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 6,630 Yards - Stress Value = 59		

**Workout #3550 - Thursday, 13 January 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:30 AM Start				
400	1 on 40:00 Weights and Stretch		L I	
	1 x 400 on 6:00 Free L.25 of each 100 use a 6 beat kic	EN1	S	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN2	S	
	5x{1 x 25 on :30 Freestyle	REC	S	
	{1 x 25 on :40 Freestyle	SP2	S	
	{1 x 25 on :50 Freestyle	SP2	S	
	{1 x 25 on 1:00 Freestyle	SP2	S	
	{1 x 100 on 2:00 Stroke Drills	REC	D C	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
7:04 AM 1,950 Yards - Stress Value = 46				

**Workout #3555 - Friday, 14 January 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
3:00 PM Start				
	1 on 15:00 Stretching		L I	
600	1 x 600 on 11:00 Reverse IM drill	REC	D	
180	12 x 15 on :45 Shooters	SP3	S	
500	10 x 50 on 1:00 Kick-des in 3's hold #10 as fast as #9	EN2	K	
500	10 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	P	
300	12 x 25 on :30 IM order-build	EN1	S	
	1 on 20:00 Killer Relays	SP1	S	
1,000	10 x 100 on 1:45 Stroke Drills	REC	D	
	1 on 5:00 Run the Gauntlet!!!!	EN1	S E	
	1 on 10:00 Ice		M	
4:57 PM 3,080 Yards - Stress Value = 25				

**Workout #3556 - Saturday, 15 January 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:00 AM Start				
	1 on 30:00 Stomach and Stretch		L	
850	1x{3 x 100 on 2:00 Stroke Drills	REC	D	
	{4 x 75 on 1:25 Stroke Drills	REC	D	
	{5 x 50 on :55 Stroke Drills	REC	D	
180	12 x 15 on :45 Shooters	SP3	S	
1,200	2x{12 x 25 on :30 Kick no board BSLR	EN1	K	
	{1 x 100 on 2:00 Kick	EN1	K	
	{1 x 100 on 1:45 Kick	EN2	K	
	{1 x 100 on 1:30 Kick	EN2	K	
1,200	1x{3 x 125 on 1:40 Pulls	EN1	P	
	{3 x 50 on :45 Pulls 6 breaths	EN2	P	
	{2 x 125 on 1:35 Pulls	EN1	P	
	{3 x 50 on :45 Pulls 5 breaths	EN2	P	
	{1 x 125 on 1:30 Pulls	EN2	P	
	{3 x 50 on :45 Pulls 4 breaths	EN2	P	
450	6 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	S	
2,900	1x{1 x 300 on 3:30 Freestyle	EN2	S	
	{6 x 50 on :50 Backstroke	EN1	S	
	{2 x 250 on 2:55 Freestyle	EN2	S	
	{5 x 50 on :50 Backstroke	EN1	S	
	{3 x 200 on 2:20 Freestyle	EN2	S	
	{4 x 50 on :50 Backstroke	EN1	S	
	{4 x 150 on 1:45 Freestyle	EN2	S	
	{3 x 50 on :50 Backstroke	EN1	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
7:32 AM 7,030 Yards - Stress Value = 93				

**Workout #3559 - Saturday, 15 January 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
7:00 AM Start				
	1 on 30:00 Stomach and Stretch		L	
	1x{3 x 100 on 2:00 Stroke Drills	REC	D	
	{4 x 75 on 1:25 Stroke Drills	REC	D	
	{5 x 50 on :55 Stroke Drills	REC	D	
180	12 x 15 on :45 Shooters	SP3	S	
	2x{12 x 25 on :30 Kick no board BSLR	EN1	K	
	{1 x 100 on 2:00 Kick	EN1	K	
	{1 x 100 on 1:45 Kick	EN2	K	
	{1 x 100 on 1:30 Kick	EN2	K	
	1x{3 x 125 on 1:40 Pulls	EN1	P	
	{3 x 50 on :45 Pulls 6 breaths	EN2	P	
	{2 x 125 on 1:35 Pulls	EN1	P	
	{3 x 50 on :45 Pulls 5 breaths	EN2	P	
	{1 x 125 on 1:30 Pulls	EN2	P	
	{3 x 50 on :45 Pulls 4 breaths	EN2	P	
450	6 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	S	
	1x{1 x 300 on 3:15 Freestyle	EN2	S	
	{3 x 50 on :50 Your Stroke	EN1	S	
	{2 x 250 on 2:45 Freestyle	EN2	S	
	{3 x 50 on :50 Your Stroke	EN1	S	
	{3 x 200 on 2:10 Freestyle	EN2	S	
	{3 x 50 on :50 Your Stroke	EN1	S	
	{4 x 150 on 1:40 Freestyle	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		L	
9:33 AM 6,580 Yards - Stress Value = 90				

**Workout #3558 - Saturday, 15 January 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
7:00 AM Start				
	1 on 30:00 Stomach and Stretch		L	
	1x{3 x 100 on 2:00 Stroke Drills	REC	D	
	{4 x 75 on 1:25 Stroke Drills	REC	D	
	{5 x 50 on :55 Stroke Drills	REC	D	
180	12 x 15 on :45 Shooters	SP3	S	
	2x{12 x 25 on :30 Kick no board BSLR	EN1	K	
	{1 x 100 on 2:00 Kick	EN1	K	
	{1 x 100 on 1:50 Kick	EN2	K	
	{1 x 100 on 1:40 Kick	EN2	K	
	1x{3 x 125 on 1:50 Pulls	EN1	P	
	{2 x 50 on :45 Pulls 6 breaths	EN2	P	
	{2 x 125 on 1:45 Pulls	EN1	P	
	{2 x 50 on :45 Pulls 5 breaths	EN2	P	
	{1 x 125 on 1:40 Pulls	EN2	P	
	{2 x 50 on :45 Pulls 4 breaths	EN2	P	
450	6 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	S	
	1x{1 x 300 on 3:40 Freestyle	EN2	S	
	{3 x 50 on :50 Your Stroke	EN1	S	
	{2 x 250 on 3:05 Freestyle	EN2	S	
	{3 x 50 on :50 Your Stroke	EN1	S	
	{3 x 200 on 2:25 Freestyle	EN2	S	
	{3 x 50 on :50 Your Stroke	EN1	S	
	{4 x 150 on 1:50 Freestyle	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		L	
9:34 AM 6,430 Yards - Stress Value = 87				

**Workout #3557 - Saturday, 15 January 2005**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	7:00 AM Start		
	1 on 30:00 Stomach and Stretch		L
180	1x{3 x 100 on 2:00 Stroke Drills	REC	D
	{4 x 75 on 1:25 Stroke Drills	REC	D
	{5 x 50 on :55 Stroke Drills	REC	D
180	12 x 15 on :45 Shooters	SP3	S
	2x{8 x 25 on :40 Kick no board BSLR	EN1	K
	{1 x 100 on 2:15 Kick	EN1	K
	{1 x 100 on 2:05 Kick	EN2	K
	{1 x 100 on 1:55 Kick	EN2	K
	1x{3 x 125 on 2:05 Pulls	EN1	P
	{1 x 50 on :50 Pulls 6 breaths	EN2	P
	{2 x 125 on 2:00 Pulls	EN1	P
	{1 x 50 on :50 Pulls 5 breaths	EN2	P
	{1 x 125 on 1:55 Pulls	EN2	P
	{1 x 50 on :50 Pulls 4 breaths	EN2	P
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	S
	1x{3 x 50 on :55 Your Stroke	EN1	S
	{2 x 250 on 3:45 Freestyle	EN2	S
	{3 x 50 on :55 Your Stroke	EN1	S
	{3 x 200 on 3:00 Freestyle	EN2	S
	{3 x 50 on :55 Your Stroke	EN1	S
	{4 x 150 on 2:15 Freestyle	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		L
	9:34 AM 5,580 Yards - Stress Value = 75		

**Workout #3560 - Saturday, 15 January 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	7:00 AM Start		
	1 on 30:00 Stomach and Stretch		L
180	1x{3 x 100 on 2:00 Stroke Drills	REC	D
	{4 x 75 on 1:25 Stroke Drills	REC	D
	{5 x 50 on :55 Stroke Drills	REC	D
180	12 x 15 on :45 Shooters	SP3	S
	1x{8 x 25 on :50 Kick no board BSLR	EN1	K
	{1 x 100 on 2:30 Kick	EN1	K
	{1 x 100 on 2:20 Kick	EN2	K
	{1 x 100 on 2:10 Kick	EN2	K
	1x{3 x 100 on 2:05 Pulls	EN1	P
	{1 x 50 on :50 Pulls	EN2	P
	{2 x 100 on 2:00 Pulls	EN1	P
	{1 x 50 on :50 Pulls	EN2	P
	{1 x 100 on 1:55 Pulls	EN2	P
	{1 x 50 on :50 Pulls	EN2	P
450	6 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	S
	1x{3 x 50 on 1:00 Your Stroke	EN1	S
	{2 x 250 on 4:30 Freestyle	EN2	S
	{3 x 50 on 1:00 Your Stroke	EN1	S
	{3 x 200 on 3:30 Freestyle	EN2	S
	{3 x 50 on 1:00 Your Stroke	EN1	S
	{4 x 150 on 2:35 Freestyle	EN2	S
250	1 x 250 on 5:30 Stroke Drills	REC	D
	1 on 10:00 Ice		L
	9:33 AM 5,130 Yards - Stress Value = 68		

**Workout #3565 - Monday, 17 January 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	9:00 AM Start		

	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{4 x 75 on 1:30 Kick no board BSLR	EN1	
	{ 10-11-12 ukow		
	{3 x 100 on 1:50 Kick		EN2
	1x{2 x 175 on 2:20 Pull no br L.5 yds		EN1
	{2 x 175 on 2:15 Pull no br L.7 yds		EN1
	{2 x 175 on 2:10 Pull no br L.9 yds		EN2
300	4 x 75 on 1:10 IM w/out your choice	EN1	
	5x{1 x 200 on 3:00 Free hold under 2:15	EN2	
	{6 x 50 on :45 Free-des. #1-2 2bk		EN2
	{ #3-4 4bk #5-6 6bk		
	{ hold all under :32		
	{1 x 100 on 1:30 Freestyle		REC
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	11:29 AM 6,230 Yards - Stress Value = 84		

**Workout #3567 - Monday, 17 January 2005**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
400	16 x 25 on :30 Kick no board BSLR	EN1	
600	12 x 50 on :45 Pull no br L.12.5yds	EN1	
	6x{1 x 50 on 1:00 Breaststroke		EN1
	{1 x 50 on :55 Breaststroke		EN1
	{1 x 50 on :50 Breaststroke		EN2
	{1 x 50 on :45 Breaststroke		EN2
	{3 x 25 on :40 Brst fast TO w/frkck		EN1
500	1 x 500 on 8:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:59 PM 4,050 Yards - Stress Value = 44		

**Workout #3561 - Monday, 17 January 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	7:00 AM Start		
	1 on 35:00 Weights and Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{4 x 75 on 1:30 Kick no board BSLR	EN1	
	{ 10-11-12 ukow		
	{3 x 100 on 1:50 Kick		EN1
	1x{2 x 175 on 2:20 Pull no br L.5 yds		EN1
	{2 x 175 on 2:15 Pull no br L.7 yds		EN1
	{2 x 175 on 2:10 Pull no br L.9 yds		EN2
300	4 x 75 on 1:10 IM w/out your choice	EN1	
	5x{1 x 200 on 3:00 Free hold under 2:05	EN2	
	{6 x 50 on :45 Free-des. #1-2 2bk		EN2
	{ #3-4 4bk #5-6 6bk		
	{ hold all under :30		
	{1 x 100 on 1:30 Freestyle		REC
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:32 AM 6,180 Yards - Stress Value = 81		

**Workout #3569 - Monday, 17 January 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
400	16 x 25 on :30 Kick no board BSLR	EN1	
600	12 x 50 on :45 Pull no br L.12.5yds	EN1	
1x{	1 x 200 on 2:30 Freestyle	EN2	
	{ 5 x 100 on 1:30 Free-des-hold 1st 1	EN2	
	{ under 1:15		
	{ 1 x 300 on 3:45 Freestyle	EN2	
	{ 5 x 100 on 1:25 Free-des-hold 1st 1	EN1	
	{ under 1:15		
	{ 1 x 400 on 5:00 Freestyle	EN2	
	{ 5 x 100 on 1:20 Free-des-hold 1st 1	EN2	
	{ under 1:15		
	{ 1 x 500 on 6:15 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:01 PM 5,000 Yards - Stress Value = 75			

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:00 AM Start			
800	1 on 35:00 Weights and Stretch		
180	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
1,000	12 x 15 on :45 Shooters	SP3	
	2x{ 4 x 75 on 1:45 Kick no board BSLR	EN1	
	{ 10-11-12 ukow		
	{ 2 x 100 on 2:10 Kick 25fr 50 br 25fr	EN1	
1,200	1x{ 2 x 150 on 2:30 Pull no br L.5 yds	EN1	
	{ 2 x 150 on 2:25 Pull no br L.7 yds	EN1	
	{ 2 x 150 on 2:20 Pull no br L.9 yds	EN2	
	{ 2 x 150 on 2:15 Pull no br L.11 yds	EN1	
300	4 x 75 on 1:20 IM w/out the back	EN1	
1,575	1x{ 3 x 200 on 3:30 Backstroke 5 ukow	EN2	
	{ 3 x 175 on 3:00 Backstroke 6 ukow	EN2	
	{ 3 x 150 on 2:30 Backstroke 7 ukow	EN2	
225	1 x 225 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:31 AM 5,280 Yards - Stress Value = 66			

**Workout #3562 - Monday, 17 January 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:00 AM Start			
800	1 on 35:00 Weights and Stretch		
180	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
1,200	12 x 15 on :45 Shooters	SP3	
	2x{ 4 x 75 on 1:30 Kick no board BSLR	EN1	
	{ 10-11-12 ukow		
	{ 3 x 100 on 1:55 Kick 25fr 50 br 25fr	EN1	
1,400	1x{ 2 x 175 on 2:30 Pull no br L.5 yds	EN1	
	{ 2 x 175 on 2:25 Pull no br L.7 yds	EN1	
	{ 2 x 175 on 2:20 Pull no br L.9 yds	EN2	
	{ 2 x 175 on 2:15 Pull no br L.11 yds	EN1	
300	4 x 75 on 1:10 IM w/out your choice	EN1	
1,500	5x{ 1 x 100 on 1:45 25@:30 2 breaths	EN2	
	{ 75-100% effort		
	{ 1 x 100 on 1:45 50@1:00 3br-4br/25	EN2	
	{ 50-100% effort		
	{ 1 x 100 on 1:45 75@1:30 4br-5br-6br	EN2	
	{ per25-25 100%effort		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:30 AM 5,780 Yards - Stress Value = 73			

Yards	Set Description	EGY	WOF
7:00 AM Start			
800	1 on 35:00 Weights and Stretch		
180	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
1,200	12 x 15 on :45 Shooters	SP3	
	2x{ 4 x 75 on 1:30 Kick no board BSLR	EN1	
	{ 10-11-12 ukow		
	{ 3 x 100 on 1:55 Kick 25fr 50 br 25fr	EN1	
1,400	1x{ 2 x 175 on 2:30 Pull no br L.5 yds	EN1	
	{ 2 x 175 on 2:25 Pull no br L.7 yds	EN1	
	{ 2 x 175 on 2:20 Pull no br L.9 yds	EN2	
	{ 2 x 175 on 2:15 Pull no br L.11 yds	EN1	
300	4 x 75 on 1:10 IM w/out the fly	EN1	
1,600	1x{ 4 x 100 on 1:25 3 strks fly off wall	EN2	
	{ 4 x 100 on 1:30 4 strks fly off wall	EN2	
	{ 4 x 100 on 1:35 5 strks fly off wall	EN2	
	{ 4 x 100 on 1:40 6 strks fly off wall	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
9:31 AM 5,630 Yards - Stress Value = 71			

**Workout #3566 - Monday, 17 January 2005**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
600	1 on 30:00 Physio Balls/Stretch		
300	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
400	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
600	16 x 25 on :30 Kick no board BSLR	EN1	
1,600	12 x 50 on :45 Pull no br L.12.5yds	EN1	
	8x{ 8 x 25 on :25 Butterfly	EN2	
	{ 1 on 1:10 Rest		
500	1 x 500 on 8:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:02 PM 4,000 Yards - Stress Value = 54			

**Workout #3564 - Monday, 17 January 2005**

**HighSchl - Backstroke**

**Workout #3568 - Monday, 17 January 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
600	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
400	16 x 25 on :30 Kick no board BSLR	EN1	
600	12 x 50 on :45 Pull no br L.12.5yds	EN1	
1,500	1x{4 x 200 on 3:00 Free alt fast 50's	EN2	
	{3 x 150 on 2:15 Free alt fast 50's	EN2	
	{2 x 100 on 1:30 Free alt fast 50's	EN2	
	{1 x 50 on :45 Free 6bk, 5brths	EN2	
400	4 x 100 on 1:30 Freestyle-descend to	EN2	
	ludicrous speed		
	hold #1 under 1:15		
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:58 PM	4,300 Yards - Stress Value = 60		

	1 on 5:00 Stretcing		
	1x{1 x 200 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 200 on 2:50 Freestyle L.100fast	EN1	
	{1 x 200 on 2:40 Freestyle L.150 fast	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{1 x 300 on 4:30 Lungbuster pulls	EN1	
	{ br 2-3-4 by 100's		
	{1 x 300 on 4:20 Lungbuster pulls	EN1	
	{ br 3-4-5 by 100's		
	{1 x 300 on 4:10 Lungbuster pulls	EN1	
	{ br 4-5-6 by 100's		
	{1 x 300 on 4:00 Lungbuster pulls	EN1	
	{ br 5-6-7 by 100's		
	1x{4 x 125 on 1:40 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{4 x 125 on 1:35 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{4 x 125 on 1:30 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{4 x 125 on 1:25 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
6:29 AM	4,500 Yards - Stress Value = 72		

**Workout #3570 - Tuesday, 18 January 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STP
5:30 AM	Start			
	1 on 10:00 Stretching		L	DRY
	1 on 5:00 Freestyle	REC	S	FF
1x{1	on 10:00 Vrtcl Kck w/zmmrs	SP3	K	FF
	{1 on 10:00 Running Pit Sprints	SP3	S	FF
	{1 on 10:00 StrthCrz-PA-Dep/Shl	SP3	S	FF
	{1 on 10:00 12X25@45 fins/fstglv	SP3	S	STP
	{1 on 10:00 12X25@45 undwtr w/fn	SP3	K	FLY
	{1 on 10:00 OTB 15m sprints	SP3	S	STP
	1 on 5:00 Freestyle	REC	S	CI
	1 on 10:00 Ice		M	
7:00 AM	0 Yards			

**Workout #3571 - Tuesday, 18 January 2005**

**HighSchl - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
600	1 x 600 on 9:00 Underwater trn drill	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
900	1x{3 x 100 on 2:00 Kick-descend	EN1	
	{3 x 100 on 1:55 Kick-descend	EN1	
	{3 x 100 on 1:50 Kick-descend	EN1	
600	1 x 600 on 8:00 Pulls-use 500 race	EN1	
	strategy L.100br ev5		
300	3 x 100 on 1:30 Descend in sets of 3	EN1	
1,250	1x{5 x 50 on 1:00 Backstroke	EN1	
	{5 x 50 on :55 Backstroke	EN1	
	{5 x 50 on :50 Backstroke	EN1	
	{5 x 50 on :45 Backstroke	EN2	
	{5 x 50 on :40 Backstroke	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
4:17 PM	4,200 Yards - Stress Value = 46		

**Workout #3577 - Wednesday, 19 January 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM	Start		
	1 on 30:00 Stomach and Stretch		
	1x{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 200 on 2:55 Freestyle L. 50 fast	EN1	
	{1 x 200 on 2:50 Freestyle L.100 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
	1x{8 x 50 on 1:00 Kick no board BSLR	EN1	
	{6 x 100 on 1:55 Kick	EN1	
1,500	15 x 100 on 1:30 Lungbuster pulls	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
	1x{1 x 200 on 3:00 Free 2 50's use 6bk	EN1	
	{4 x 50 on :40 Free last one 100%	EN2	
	{1 x 250 on 3:45 Free 2 50's use 6bk	EN1	
	{5 x 50 on :40 Free last one 100%	EN2	
	{1 x 300 on 4:30 Free 3 50's use 6bk	EN1	
	{6 x 50 on :40 Free last one 100%	EN2	
	{1 x 350 on 5:15 Free 3 50's use 6bk	EN1	
	{7 x 50 on :40 Free last one 100%	EN2	
	{1 x 400 on 6:00 Free 4 50's use 6bk	EN1	
	{8 x 50 on :40 Free last one 100%	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:30 PM	6,830 Yards - Stress Value = 88		

**Workout #3572 - Wednesday, 19 January 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:15 AM	Start		

**Workout #3576 - Wednesday, 19 January 2005**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
600	1x{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 200 on 2:55 Freestyle L. 50 fast	EN1	
	{1 x 200 on 2:50 Freestyle L.100 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{8 x 50 on 1:00 Kick no board BSLR	EN1	
	{6 x 100 on 2:00 Kick	EN1	
1,200	4 x 300 on 4:15 Lungbuster pulls	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1,800	1x{4 x 75 on 1:20 Breaststroke	EN2	
	{1 x 150 on 2:15 IM w/out breast	EN1	
	{4 x 75 on 1:15 Breaststroke	EN2	
	{1 x 150 on 2:15 IM w/out breast	EN1	
	{4 x 75 on 1:05 Breaststroke	EN2	
	{1 x 150 on 2:15 IM w/out breast	EN1	
500	1 x 500 on 8:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,580 Yards - Stress Value = 72		

**Workout #3573 - Wednesday, 19 January 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
1x{1 x 200 on 3:00 Freestyle		EN1	
	{1 x 200 on 2:55 Freestyle L. 50 fast	EN1	
	{1 x 200 on 2:50 Freestyle L.100 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
1x{8 x 50 on 1:00 Kick no board BSLR		EN1	
	{6 x 100 on 2:00 Kick	EN1	
1,200	4 x 300 on 4:15 Lungbuster pulls	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1x{1 x 500 on 6:50 Freestyle		EN1	
	{1 x 400 on 5:30 Freestyle	EN1	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 300 on 4:05 Freestyle	EN1	
	{2 x 100 on 1:10 Freestyle	EN2	
	{1 x 200 on 2:45 Freestyle	EN1	
	{3 x 100 on 1:10 Freestyle	EN2	
	{1 x 100 on 1:25 Freestyle	EN1	
	{4 x 100 on 1:10 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,030 Yards - Stress Value = 75		

**Workout #3575 - Wednesday, 19 January 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
1x{1 x 200 on 3:00 Freestyle		EN1	
	{1 x 200 on 2:55 Freestyle L. 50 fast	EN1	
	{1 x 200 on 2:50 Freestyle L.100 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
1x{8 x 50 on 1:00 Kick no board BSLR		EN1	
	{6 x 100 on 2:00 Kick	EN1	
1,200	4 x 300 on 4:15 Lungbuster pulls	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	

1x{1 x 200 on 3:00 Backstroke	EN1
{4 x 50 on :50 Backstroke	EN1
{2 x 25 on :45 Back 7ukow 100%	SP2
{2 x 200 on 2:50 Backstroke	EN2
{4 x 50 on :50 Backstroke	EN1
{2 x 25 on :45 Back 7ukow 100%	SP2
{3 x 200 on 2:40 Backstroke	EN2
{4 x 50 on :50 Backstroke	EN1
{2 x 25 on :45 Back 7ukow 100%	SP2
250 1 x 250 on 4:00 Stroke Drills	REC
1 on 10:00 Ice	
5:33 PM 5,480 Yards - Stress Value = 83	

**Workout #3574 - Wednesday, 19 January 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
600	1x{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 200 on 2:55 Freestyle L. 50 fast	EN1	
	{1 x 200 on 2:50 Freestyle L.100 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{8 x 50 on 1:00 Kick no board BSLR	EN1	
	{6 x 100 on 2:00 Kick	EN1	
1,200	4 x 300 on 4:15 Lungbuster pulls	EN1	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
2,200	1x{1 x 200 on 3:00 Free 2 50's use 6bk	EN1	
	{4 x 50 on :40 Free last one 100%	EN1	
	{1 x 250 on 3:45 Free 2 50's use 6bk	EN1	
	{5 x 50 on :40 Free last one 100%	EN1	
	{1 x 300 on 4:30 Free 3 50's use 6bk	EN1	
	{6 x 50 on :40 Free last one 100%	EN1	
	{1 x 350 on 5:15 Free 3 50's use 6bk	EN1	
	{7 x 50 on :40 Free last one 100%	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 5,730 Yards - Stress Value = 62		

**Workout #3580 - Thursday, 20 January 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
400	1 x 400 on 7:00 Underwater turn drill	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	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	
1x{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds		EN1	
	{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN2	
200	8 x 25 on :30 IM order-build	SP3	
1x{1 x 150 on 2:15 Backstroke		EN2	
	{4 x 75 on 1:15 Back 15m.-TO-larm dr	EN1	
	{2 x 150 on 2:10 Backstroke	EN2	
	{4 x 75 on 1:15 Back 15m.-TO-larm dr	EN1	
	{3 x 150 on 2:05 Backstroke	EN2	
	{4 x 75 on 1:15 Back 15m.-TO-larm dr	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	4:22 PM 4,500 Yards - Stress Value = 68		

**Workout #3582 - Thursday, 20 January 2005**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Underwater turn drill	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{3 x 125 on 2:30 Kick	EN1	
	{3 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
1,000	1x{4 x 100 on 2:00 Pulls with paddles	EN1	
	{3 x 100 on 1:50 Pulls with paddles	EN1	
	{2 x 100 on 1:40 Pulls with paddles	EN2	
	{1 x 100 on 1:30 Pulls with paddles	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
2,000	2x{3 x 100 on 1:45 Breast w/pd fins	EN2	
	{2 x 50 on 1:00 Kick no brd on back	EN1	
	{2 x 125 on 2:10 Breast w/pd fins	EN2	
	{2 x 50 on 1:00 Kick no brd on back	EN1	
	{1 x 150 on 2:35 Breast w/pd fins	EN2	
	{2 x 50 on 1:00 Kick no brd on back	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,580 Yards - Stress Value = 83		

**Workout #3583 - Thursday, 20 January 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Underwater turn drill	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{3 x 125 on 2:30 Kick	EN1	
	{3 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
1,000	1x{4 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,000	1x{1 x 1000 on 14:00 Freestyle	EN2	
	{ brk@250s-10s.rst-des		
	{1 x 800 on 11:00 Freestyle	EN2	
	{ br@200's-10s.rst-des		
	{1 x 600 on 8:15 Freestyle	EN2	
	{ br@150s-10s.rst-des		
	{1 x 400 on 5:30 Freestyle	EN2	
	{ br@100s-10s.rst-des		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,580 Yards - Stress Value = 109		

**Workout #3579 - Thursday, 20 January 2005**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Underwater turn drill	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{3 x 125 on 2:30 Kick	EN1	
	{3 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
1,250	1x{4 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN2	

300	12 x 25 on :30 12.5 ez 12.5 fast	SP3
2,700	2x{3 x 100 on 1:15 3 strks fly off wall	EN2
	{3 x 50 on :45 Freestyle	REC
	{3 x 100 on 1:20 4 strks fly off wall	EN2
	{3 x 50 on :45 Freestyle	REC
	{3 x 100 on 1:25 5 strks fly off wall	EN2
	{3 x 50 on :45 Freestyle	REC
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:33 PM 6,480 Yards - Stress Value = 89	

**Workout #3581 - Thursday, 20 January 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Underwater turn drill	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{3 x 125 on 2:30 Kick	EN1	
	{3 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
1,250	1x{4 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
2,700	1x{1 x 150 on 2:05 Backstroke	EN2	
	{4 x 75 on 1:15 Back 15m.-TO-larm dr	EN1	
	{2 x 150 on 2:00 Backstroke	EN2	
	{4 x 75 on 1:15 Back 15m.-TO-larm dr	EN1	
	{3 x 150 on 1:55 Backstroke	EN2	
	{4 x 75 on 1:15 Back 15m.-TO-larm dr	EN1	
	{4 x 150 on 1:50 Backstroke	EN2	
	{4 x 75 on 1:15 Back 15m.-TO-larm dr	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,430 Yards - Stress Value = 95		

**Workout #3578 - Thursday, 20 January 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STF
	1 on 10:00 Stretching			L DRY
	1 on 5:00 Freestyle	REC		S FF
1,000	1x{1 on 10:00 Vrtcl Kck w/out zmmr	SP3		K FF
	{1 on 10:00 Running Pit Sprints	SP3		S FF
	{1 on 10:00 StrthCrzd-shllw-deep	SP3		S FF
	{1 on 10:00 12X25@45 chts/pb/pdl	SP3		S STF
	{1 on 10:00 12X25@45 undrwrtr fly	SP3		K FLY
	{ without fins			
	{1 on 10:00 OTB 15m sprints	SP3		S STF
	1 on 5:00 Freestyle	REC		S CI
	1 on 10:00 Ice			M
	7:00 AM 0 Yards			

**Workout #3584 - Friday, 21 January 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

5:15 AM Start

Yards	Set Description	EGY	WC
	1 on 5:00 Stretching		
400	1 x 400 on 7:00 Reverse IM drill	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
600	1 x 600 on 12:00 Kick L.25 of each100 all out sprint	EN2	
	1x{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:29 Freestyle	EN1	
	{1 x 100 on 1:28 Freestyle	EN1	
	{1 x 100 on 1:27 Freestyle	EN1	
	{1 x 100 on 1:26 Freestyle	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:24 Freestyle	EN1	
	{1 x 100 on 1:23 Freestyle	EN1	
	{1 x 100 on 1:22 Freestyle	EN1	
	{1 x 100 on 1:21 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:19 Freestyle	EN2	
	{1 x 100 on 1:18 Freestyle	EN2	
	{1 x 100 on 1:17 Freestyle	EN2	
	{1 x 100 on 1:16 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:14 Freestyle	EN2	
	{1 x 100 on 1:13 Freestyle	EN2	
	{1 x 100 on 1:12 Freestyle	EN2	
	{1 x 100 on 1:11 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 100 on 1:09 Freestyle	EN2	
	{1 x 100 on 1:08 Freestyle	EN2	
	{1 x 100 on 1:07 Freestyle	EN2	
	{1 x 100 on 1:06 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	

6:30 AM 4,200 Yards - Stress Value = 64

**Workout #3585 - Friday, 21 January 2005**

**HighSchl - All**

**1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WORF
	1 on 40:00 Weights and stretch		I
800	1 x 800 on 15:00 Reverse IM drill	REC	I
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	2x{4 x 75 on 1:30 Kick no board BSLR	EN1	F
	{6 x 50 on :55 Kick	EN1	F
	1x{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	F
	{4 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	F
	{4 x 75 on :55 Pulls-nbbf&w + 2 yds	EN2	F
300	12 x 25 on :30 IM order-build	EN1	S
	1x{4 x 125 on 2:00 Freestyle	EN3	S
	{1 on 1:00 Rest		M
	{4 x 125 on 1:50 Freestyle	EN3	S
	{1 on 1:00 Rest		M
	{4 x 125 on 1:40 Freestyle	EN3	S
	{1 on 1:00 Rest		M
	{4 x 125 on 1:30 Freestyle	EN3	S
200	1 x 200 on 3:00 Freestyle	REC	S
	1 on 10:00 Ice		M

9:32 AM 5,700 Yards - Stress Value = 159

**Workout #3586 - Friday, 21 January 2005**

**HighSchl - All**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORF
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Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		I
600	6 x 100 on 2:00 Reverse IM drill	REC	I
180	12 x 15 on :45 Shooters	SP3	S
	4x{2 x 75 on 1:30 Kick	EN1	F
	{1 x 50 on 1:00 Strk Drll-non free	REC	I
	4x{2 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	F
	{1 x 50 on 1:00 Strk Drll-non free	REC	I
	2x{1 x 50 on 1:00 25 fly 25 back	EN1	S
	{1 x 50 on :50 25 back 25 brst	EN1	S
	{1 x 50 on :40 25 brst 25 free	EN1	S
	{1 x 50 on 1:00 25 free 25 fly	EN1	S
	{1 x 50 on :50 25 fly 25 back	EN1	S
	{1 x 50 on :40 25 back 25 brst	EN1	S
	{1 x 50 on 1:00 25 brst 25 free	EN1	S
	{1 x 50 on :50 25 free 25 fly	EN1	S
	{1 x 50 on :40 25 fly 25 back	EN1	S
800	8 x 100 on 2:00 Odds fr evns non fr	EN1	I
	1 on 5:00 Run the Gauntlet!!!!	EN1	S
	1 on 10:00 Ice		M

4:57 PM 4,080 Yards - Stress Value = 36

**Workout #3596 - Monday, 24 January 2005**

**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 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
750	3x{1 x 100 on 2:00 Kick no board BSLR	EN1	
	{3 x 50 on 1:00 Kick-descend	EN2	
1,400	1x{4 x 50 on :40 Pull no br L.5 yds	EN1	
	{4 x 75 on 1:00 Pull no br L.7 yds	EN1	
	{4 x 100 on 1:20 Pull no br L.9 yds	EN1	
	{4 x 125 on 1:40 Pull no br L.10 yds	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
3,800	1x{2 x 400 on 5:00 Freestyle	EN1	
	{1 x 200 on 3:10 Butterfly	EN1	
	{2 x 400 on 5:00 Freestyle	EN1	
	{1 x 200 on 3:00 Backstroke	EN1	
	{2 x 400 on 5:00 Freestyle	EN1	
	{1 x 200 on 3:20 Breaststroke	EN1	
	{2 x 400 on 5:00 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	

8:30 PM 7,430 Yards - Stress Value = 74



**Workout #3594 - Monday, 24 January 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
750	3x{1 x 100 on 2:00 Kick no board BSLR	EN1	
	{3 x 50 on 1:00 Kick-dscnd br or fr	EN2	
900	1x{4 x 100 on 1:20 Pull no br L.9 yds	EN1	
	{4 x 125 on 1:40 Pull no br L.10 yds	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
3,800	1x{2 x 400 on 5:00 Freestyle	EN1	
	{1 x 200 on 2:50 Butterfly	EN1	
	{2 x 400 on 5:00 Freestyle	EN1	
	{1 x 200 on 2:50 Backstroke	EN1	
	{2 x 400 on 5:00 Freestyle	EN1	
	{1 x 200 on 3:10 Breaststroke	EN1	
	{2 x 400 on 5:00 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 6,980 Yards - Stress Value = 69		

	{3 x 100 on 1:30 Freestyle	EN2
	{3 x 125 on 2:00 Backstroke	EN2
	{3 x 125 on 1:50 Freestyle	EN2
400	1 x 400 on 8:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:34 PM 5,630 Yards - Stress Value = 72	

**Workout #3587 - Monday, 24 January 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{1 x 400 on 5:00 Freestyle	EN2	
	{1 x 400 on 4:40 Freestyle	EN2	
	{1 x 400 on 4:20 Freestyle	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 300 on 3:30 Freestyle	EN2	
	{1 x 300 on 3:15 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 3,050 Yards - Stress Value = 54		

**Workout #3593 - Monday, 24 January 2005**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	4x{1 x 100 on 2:00 Kick no board BSLR	EN1	
	{3 x 50 on 1:00 Kick-dscnd br or fr	EN2	
1,400	1x{4 x 50 on :45 Pull no br L.5 yds	EN1	
	{4 x 75 on 1:05 Pull no br L.7 yds	EN1	
	{4 x 100 on 1:25 Pull no br L.9 yds	EN1	
	{4 x 125 on 1:45 Pull no br L.10 yds	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
2,000	1x{4 x 50 on :50 25 fly 25 free	EN1	
	{4 x 100 on 1:40 Alt 25 fly 25 free	EN1	
	{4 x 150 on 2:30 Alt 25 fly 25 free	EN1	
	{4 x 200 on 3:20 Alt 25fly 25 free	EN1	
400	1 x 400 on 7:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,080 Yards - Stress Value = 60		

**Workout #3588 - Monday, 24 January 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{1 x 400 on 5:20 Freestyle	EN2	
	{1 x 400 on 5:00 Freestyle	EN2	
	{1 x 400 on 4:40 Freestyle	EN2	
	{1 x 300 on 4:00 Freestyle	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 AM 2,850 Yards - Stress Value = 50		

**Workout #3595 - Monday, 24 January 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
700	1 x 700 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	4x{1 x 75 on 2:00 Kick no board BSLR	EN1	
	{3 x 50 on 1:00 Kick-dscnd br or fr	EN2	
	1x{3 x 50 on :50 Pull no br L.5 yds	EN1	
	{3 x 75 on 1:15 Pull no br L.7 yds	EN1	
	{3 x 100 on 1:40 Pull no br L.9 yds	EN1	
	{3 x 125 on 2:05 Pull no br L.10 yds	EN1	
300	4 x 75 on 1:20 IM w/out alt.strokes	EN1	
	1x{3 x 50 on 1:00 Backstroke	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	{3 x 75 on 1:20 Backstroke	EN1	
	{3 x 75 on 1:10 Freestyle	EN1	
	{3 x 100 on 1:40 Backstroke	EN2	

**Workout #3589 - Monday, 24 January 2005**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{1 x 400 on 6:00 Freestyle	EN2	
	{1 x 400 on 5:45 Freestyle	EN2	
	{1 x 400 on 5:30 Freestyle	EN2	
	{1 x 300 on 4:30 Freestyle	EN2	
	{1 x 150 on 2:05 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:04 AM 2,600 Yards - Stress Value = 45		

**Workout #3590 - Monday, 24 January 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		I
300	1 x 300 on 7:00 Swim-kick-pull-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{1 x 400 on 7:00 Freestyle	EN2	S
	{1 x 400 on 6:45 Freestyle	EN2	S
	{1 x 400 on 6:30 Freestyle	EN2	S
	{1 x 200 on 3:20 Freestyle	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	7:04 AM 2,250 Yards - Stress Value = 40		

**Workout #3592 - Monday, 24 January 2005**

**HighSchl - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		===
600	1 x 600 on 13:00 Swim-kick-pull-swim	REC	===
180	12 x 15 on :45 Shooters	SP3	===
	2x{4 x 25 on :40 Kick no board BSLR	EN1	===
	{3 x 100 on 2:00 Kick-descend	EN1	===
	1x{3 x 150 on 2:15 Pull no br L.7 yds	EN1	===
	{3 x 150 on 2:10 Pull no br L. 9 yds	EN1	===
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	===
	1x{2 x 200 on 2:45 Freestyle	EN1	===
	{4 x 25 on :30 IM order	EN1	===
	{2 x 175 on 2:30 Freestyle	EN1	===
	{4 x 25 on :30 IM order	EN1	===
	{2 x 150 on 2:15 Freestyle	EN1	===
	{4 x 25 on :30 IM order	EN1	===
	{2 x 125 on 2:00 Freestyle	EN1	===
	{4 x 25 on :30 IM order	EN1	===
	{2 x 100 on 1:45 Freestyle	EN1	===
	{4 x 25 on :30 IM order	EN1	===
250	1 x 250 on 5:00 Stroke Drills	REC	===
	1 on 15:00 Ice		===
	5:28 PM 5,030 Yards - Stress Value = 46		===

**Workout #3591 - Monday, 24 January 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		===
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	===
180	12 x 15 on :45 Shooters	SP3	===
1,000	4x{1 x 100 on 2:00 Kick no board BSLR	EN1	===
	{3 x 50 on 1:00 Kick-dscnd br or fr	EN2	===
1,400	1x{4 x 50 on :45 Pull no br L.5 yds	EN1	===
	{4 x 75 on 1:05 Pull no br L.7 yds	EN1	===
	{4 x 100 on 1:25 Pull no br L.9 yds	EN1	===
	{4 x 125 on 1:45 Pull no br L.10 yds	EN1	===
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	===
2,200	1x{4 x 150 on 2:00 Freestyle	EN1	===
	{2 x 50 on 1:15 Free 6BK 100% 5brths	EN3	===
	{4 x 125 on 1:40 Freestyle	EN1	===
	{2 x 50 on 1:15 Free 6BK 100% 5brths	EN3	===
	{4 x 100 on 1:20 Freestyle	EN1	===
	{2 x 50 on 1:15 Free 6BK 100% 5brths	EN2	===
	{4 x 75 on 1:00 Freestyle	EN1	===
	{2 x 50 on 1:15 Free 6BK 100% 5brths	EN3	===
400	1 x 400 on 7:00 Stroke Drills	REC	===

1 on 10:00 Ice  
5:34 PM 6,280 Yards - Stress Value = 78

**Workout #3602 - Tuesday, 25 January 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

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	===
900	9 x 100 on 1:55 Kick-odds 100%	EN2	===
900	1x{2 x 150 on 2:05 Pulls	EN1	===
	{2 x 150 on 2:00 Pulls	EN1	===
	{2 x 150 on 1:55 Pulls	EN1	===
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	===
4,000	2x{6 x 50 on :45 Descend in sets of 3	EN2	===
	{1 x 300 on 4:00 Freestyle	EN2	===
	{5 x 50 on :45 Free des 1-3 #5fast	EN2	===
	{1 x 250 on 3:20 Freestyle	EN2	===
	{4 x 50 on :45 Free des 1-3 #4 fast	EN2	===
	{1 x 200 on 2:40 Freestyle	EN2	===
	{3 x 50 on :45 Freestyle-descend	EN2	===
	{1 x 150 on 2:00 Freestyle	EN2	===
	{2 x 50 on :45 Freestyle both fast	EN2	===
	{1 x 100 on 1:20 Freestyle	EN2	===
200	1 x 200 on 3:00 Stroke Drills	REC	===
	8:32 PM 7,230 Yards - Stress Value = 124		===

**Workout #3600 - Tuesday, 25 January 2005**

**HighSchl - Breast**

**1 minute rest between sets**

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	===
1,100	11 x 100 on 2:00 Kick-odds 100%	EN2	===
900	1x{3 x 100 on 1:50 Pulls with paddles	EN1	===
	{3 x 100 on 1:45 Pulls with paddles	EN1	===
	{3 x 100 on 1:40 Pulls with paddles	EN1	===
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	===
2,100	2x{3 x 125 on 2:10 Brst 1st & L.25 100%	EN2	===
	{3 x 100 on 1:45 Brst 1st & L.25 100%	EN2	===
	{3 x 75 on 1:15 Brst 1st & L.25 100%	EN2	===
	{6 x 25 on :40 Drill fast TOW/frkck	EN2	===
250	1 x 250 on 4:00 Stroke Drills	REC	===
	1 on 10:00 Ice		===
	5:34 PM 5,630 Yards - Stress Value = 92		===

**Workout #3597 - Tuesday, 25 January 2005**

**HighSchl - Distance**  
**1 minute rest between sets**

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	
700	7 x 100 on 2:00 Kick-odds 100%	EN2	
2,000	2 x 1000 on 13:00 Pulls	EN1	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{4 x 200 on 2:35 Freestyle	EN2	
	{3 x 200 on 2:30 Freestyle	EN2	
	{2 x 200 on 2:25 Freestyle	EN2	
	{1 x 200 on 2:20 Freestyle	EN2	
	{4 x 50 on 1:00 Stroke Drills	REC	
	{5 x 100 on 1:30 Freestyle	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,930 Yards - Stress Value = 123		

**Workout #3599 - Tuesday, 25 January 2005**

**HighSchl - Fly**  
**1 minute rest between sets**

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	
1,000	10 x 100 on 1:50 Kick-odds 100%	EN2	
1,350	1x{3 x 150 on 1:55 Pulls	EN1	
	{3 x 150 on 1:50 Pulls	EN1	
	{3 x 150 on 1:45 Pulls	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
2,000	5x{1 x 100 on 1:30 75 free 25 fly	EN1	
	{1 x 100 on 1:30 50 free 50 fly	EN2	
	{1 x 100 on 1:30 25 free 75 fly	EN1	
	{1 x 100 on 1:30 Butterfly	EN1	
	{1 on 2:00 Change fist gloves		
	{ odd sets w/fins&fstg		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 5,880 Yards - Stress Value = 81		

**Workout #3601 - Tuesday, 25 January 2005**

**HighSchl - Girls**  
**1 minute rest between sets**

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	
900	9 x 100 on 2:00 Kick -odds fast	EN2	
	1x{1 x 300 on 4:30 Pulls	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	{1 x 300 on 4:00 Pulls	EN2	
	{3 x 50 on :50 Freestyle	EN1	
600	6 x 100 on 1:40 Descend in sets of 3	EN1	
	1x{1 x 200 on :00 Brkn @50's 10-20-30s	SP1	
	{1 x 250 on 9:00 Freestyle	REC	
	{1 x 100 on 3:00 Brkn @25's 10-20-30s	SP1	
	{7 x 50 on 1:00 Stroke Drills	REC	
	1 on 15:00 Ice		
	5:19 PM 4,730 Yards - Stress Value = 73		

**Workout #3598 - Tuesday, 25 January 2005**

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

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	
1,000	10 x 100 on 2:00 Kick-odds 100%	EN2	
900	1x{2 x 150 on 2:05 Pulls	EN1	
	{2 x 150 on 2:00 Pulls	EN1	
	{2 x 150 on 1:55 Pulls	EN1	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
3,000	2x{6 x 50 on :45 Descend in sets of 3	EN1	
	{1 x 300 on 4:00 Freestyle	EN2	
	{5 x 50 on :45 Free des 1-3 #5fast	EN1	
	{1 x 250 on 3:20 Freestyle	EN2	
	{4 x 50 on :45 Free des 1-3 #4 fast	EN1	
	{1 x 200 on 2:40 Freestyle	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 6,480 Yards - Stress Value = 89		

**Workout #3603 - Wednesday, 26 January 2005**

**Group 3 - Miguel Santos**  
**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 5:00 Stretching		L
600	3 x 200 on 3:00 Freestyle-descend	EN1	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{2 x 200 on 3:00 Lungbuster pulls	EN1	P
	{2 x 200 on 2:50 Lungbuster pulls	EN1	P
	{2 x 200 on 2:40 Lungbuster pulls	EN1	P
	{ odds br 3-5-7-9 by50		
	{ evns br 2-4-6-8 by50		
	3x{3 x 100 on 1:20 Freestyle	EN1	S
	{1 x 150 on 2:15 Backstroke	EN1	S
	{1 x 75 on 1:05 2bk-4bk-6bk by 25's	EN1	S
	{1 x 75 on 1:10 IM w/out back	EN1	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
	6:30 AM 4,300 Yards - Stress Value = 47		

**Workout #3609 - Wednesday, 26 January 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 Stomach and Stretch		
1x{	1 x 200 on 3:10 Freestyle	REC	
	{ 1 x 200 on 3:00 Freestyle L.50 fast	EN1	
	{ 1 x 200 on 2:50 Freestyle L.100 fast	EN2	
	{ 1 x 200 on 2:40 Freestyle L.150 fast	EN2	
300	12 x 25 on :45 Shooters	SP3	
1x{	4 x 25 on :30 Kick no board BSLR	EN1	
	{ 2 x 100 on 1:45 Kick	EN2	
	{ 4 x 25 on :35 Kick no board BSLR	EN1	
	{ 2 x 100 on 1:45 Kick	EN2	
	{ 4 x 25 on :40 Kick no board BSLR	EN1	
	{ 2 x 100 on 1:45 Kick	EN2	
	{ 4 x 25 on :45 Kick no board BSLR	EN1	
	{ 2 x 100 on 1:45 Kick	EN2	
1,200	6 x 200 on 2:45 Lungbuster pulls br 3-5-7-9 by the 50	EN2	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1x{	3 x 125 on 1:50 Backstroke	EN2	
	{ 3 x 25 on :45 Back 15m underwater	EN2	
	{ 3 x 125 on 1:45 Backstroke	EN2	
	{ 3 x 25 on :45 Back 15m underwater	EN2	
	{ 3 x 125 on 1:40 Backstroke	EN2	
	{ 3 x 25 on :45 Back 15m underwater	EN2	
	{ 3 x 125 on 1:35 Backstroke	EN2	
	{ 3 x 25 on :45 Back 15m underwater	EN2	
400	4 x 100 on 2:00 Stroke Drills	REC	
	7:22 PM 6,000 Yards - Stress Value = 109		

**Workout #3604 - Wednesday, 26 January 2005**

**HighSchl - Breast**

**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 3:00 Freestyle L.50 fast	EN1	
	{ 1 x 200 on 2:50 Freestyle L.100 fast	EN2	
	{ 1 x 200 on 2:40 Freestyle L.150 fast	EN2	
300	12 x 25 on :45 Shooters	SP3	
1,000	1x{ 4 x 25 on :30 Kick no board BSLR	EN1	
	{ 4 x 25 on :35 Kick no board BSLR	EN1	
	{ 4 x 25 on :40 Kick no board BSLR	EN1	
	{ 4 x 25 on :45 Kick no board BSLR	EN1	
	{ 6 x 100 on 1:45 Kick	EN2	
1,200	6 x 200 on 2:45 Lungbuster pulls br 3-5-7-9 by the 50	EN2	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1,800	4x{ 6 x 75 on 1:10 Breaststroke	EN2	
	{ 1 on 1:00 Rest		
	{ odd sets w/finsFSTGL		
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:36 PM 5,500 Yards - Stress Value = 101		

**Workout #3607 - Wednesday, 26 January 2005**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 40:00 Weights and Stretch		
1x{	1 x 200 on 3:00 Freestyle L.50 fast	EN1	
	{ 1 x 200 on 2:50 Freestyle L.100 fast	EN2	
	{ 1 x 200 on 2:40 Freestyle L.150 fast	EN2	

300	12 x 25 on :45 Shooters	SP3
1x{	4 x 25 on :30 Kick no board BSLR	EN1
	{ 4 x 25 on :35 Kick no board BSLR	EN1
	{ 4 x 25 on :40 Kick no board BSLR	EN1
	{ 4 x 25 on :45 Kick no board BSLR	EN1
	{ 6 x 100 on 1:45 Kick	EN2
1,200	6 x 200 on 2:45 Lungbuster pulls br 3-5-7-9 by the 50	EN2
300	12 x 25 on :30 Free 12.5y tuck spin	EN1
4x{	1 x 250 on 3:30 Freestyle	EN1
	{ 3 x 100 on 1:05 Freestyle	EN2
	{ 1 x 50 on 1:00 Stroke Drills	REC
250	5 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:34 PM 6,050 Yards - Stress Value = 99	

**Workout #3605 - Wednesday, 26 January 2005**

**HighSchl - Backstroke**

**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 3:00 Freestyle L.50 fast	EN1	
	{ 1 x 200 on 2:50 Freestyle L.100 fast	EN2	
	{ 1 x 200 on 2:40 Freestyle L.150 fast	EN2	
300	12 x 25 on :45 Shooters	SP3	
1,000	1x{ 4 x 25 on :30 Kick no board BSLR	EN1	
	{ 4 x 25 on :35 Kick no board BSLR	EN1	
	{ 4 x 25 on :40 Kick no board BSLR	EN1	
	{ 4 x 25 on :45 Kick no board BSLR	EN1	
	{ 6 x 100 on 1:45 Kick	EN2	
1,200	6 x 200 on 2:45 Lungbuster pulls br 3-5-7-9 by the 50	EN2	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1,800	4x{ 3 x 125 on 1:45 Backstroke	EN2	
	{ 3 x 25 on :45 Back 15m underwater	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,500 Yards - Stress Value = 101		

**Workout #3606 - Wednesday, 26 January 2005**

**HighSchl - Girls**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
4x{	4 x 25 on :45 Kick no board BSLR	EN1	
	{ 1 x 100 on 2:00 Kick no board	EN1	
750	10 x 75 on 1:10 Pulls-nbbf&w	EN1	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
4x{	1 x 200 on 3:30 Reverse IM drill	REC	
	{ 4 x 50 on 1:00 Stroke Drills	REC	
	1 on 15:00 Ice		
	5:21 PM 4,430 Yards - Stress Value = 35		

**Workout #3608 - Wednesday, 26 January 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
600	1x{1 x 200 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 200 on 2:50 Freestyle L.100 fast	EN2	
	{1 x 200 on 2:40 Freestyle L.150 fast	EN2	
300	12 x 25 on :45 Shooters	SP3	
1,000	1x{4 x 25 on :30 Kick no board BSLR	EN1	
	{4 x 25 on :35 Kick no board BSLR	EN1	
	{4 x 25 on :40 Kick no board BSLR	EN1	
	{4 x 25 on :45 Kick no board BSLR	EN1	
	{6 x 100 on 1:45 Kick	EN2	
1,200	6 x 200 on 2:45 Lungbuster pulls br 3-5-7-9 by the 50	EN2	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
1,900	4x{3 x 125 on 1:40 Freestyle	EN2	
	{4 x 25 on :45 #1,3 2 brth, #2,4 1b	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,550 Yards - Stress Value = 103		

**Workout #3610 - Thursday, 27 January 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:45 Underwater trn drill	REC	
	odds free evens back		
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 2:05 Kick	EN2	
	{4 x 50 on :55 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{4 x 50 on :55 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{4 x 50 on :55 Kick	EN2	
1,000	1 x 1000 on 14:00 Pulls	EN1	
	1x{3 x 50 on :50 Freestyle-descend	EN1	
	{3 x 50 on :45 Freestyle-descend	EN1	
	{3 x 50 on :40 Freestyle-descend	EN1	
	4x{1 x 100 on 1:25 Free hold under 1:10	EN2	
	{1 x 100 on 1:20 Free hold under 1:10	EN2	
	{1 x 100 on 1:15 Free-under 1:09-2bk	EN2	
	{1 x 100 on 1:10 Freestyle 4bk	EN2	
	{1 x 100 on 1:05 Freestyle 6bk	EN2	
	{1 x 250 on 4:00 Stroke Drills	REC	
	8:23 PM 6,630 Yards - Stress Value = 87		

**Workout #3611 - Friday, 28 January 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 5:00 Stretch		
800	1 x 800 on 12:00 Reverse IM drill	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{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 :55 Pulls-nbbf&w + 2 yds	EN1	
	2x{1 x 400 on 5:00 Freestyle	EN1	
	{4 x 100 on 1:20 Free-hold under 1:10	EN1	
	{4 x 50 on :45 Freestyle-descend	EN2	
500	5 x 100 on 2:00 Stroke Drills	REC	
	6:31 AM 4,500 Yards - Stress Value = 45		

**Workout #3616 - Friday, 28 January 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		
600	1 x 600 on 10:00 Reverse IM drill	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 125 on 2:30 Kick	EN1	
	{2 x 125 on 2:25 Kick	EN1	
	{2 x 125 on 2:20 Kick	EN2	
700	7 x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{4 x 25 on :30 IM order-build	EN1	
	{4 x 50 on 1:00 Stroke Drills	REC	
	{4 x 25 on :30 IM order-build	EN1	
	{4 x 75 on 1:30 Stroke Drills	REC	
	{4 x 25 on :30 IM order-build	EN1	
	{4 x 100 on 2:00 Stroke Drills	REC	
	{4 x 25 on :30 IM order-build	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 5:00 Gauntlet		
	1 on 15:00 Ice		
	5:02 PM 4,080 Yards - Stress Value = 39		

**Workout #3613 - Friday, 28 January 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	1 on 40:00 Weights and Stretch			L I
600	1 x 600 on 10:00 Reverse IM drill	REC		D
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3		S
	1x{5 x 100 on 1:05 Freestyle	EN2		S
	{1 on 1:00 Rest			M
	{4 x 100 on 1:05 Freestyle	EN2		S
	{1 on 1:00 Rest			M
	{3 x 100 on 1:05 Freestyle	EN2		S
	{1 on 1:00 Rest			M
	{2 x 100 on 1:05 Freestyle	EN2		S
	{1 on 1:00 Rest			M
	{1 x 100 on 1:05 Freestyle	EN2		S
250	1 x 250 on 4:00 Stroke Drills	REC		D
	1 on 10:00 Ice			M
	7:04 AM 2,650 Yards - Stress Value = 42			

**Workout #3614 - Friday, 28 January 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
	1 on 40:00 Weights and Stretch			L I
600	1 x 600 on 10:00 Reverse IM drill	REC		D
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3		S
	1x{5 x 100 on 1:10 Freestyle	EN2		S
	{1 on 1:00 Rest			M
	{4 x 100 on 1:10 Freestyle	EN2		S
	{1 on 1:00 Rest			M
	{3 x 100 on 1:10 Freestyle	EN2		S
	{1 on 1:00 Rest			M
	{2 x 100 on 1:10 Freestyle	EN2		S
250	1 x 250 on 4:00 Stroke Drills	REC		D
	1 on 10:00 Ice			M
	7:03 AM 2,550 Yards - Stress Value = 40			

**Workout #3615 - Friday, 28 January 2005**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:30 AM Start				
800	1 on 30:00 Stomach and Stretch			
180	8 x 100 on 2:00 Stroke Drills 2 on E	REC		
	1 on 10:00 Techniques-Starts			
600	12 x 15 on :45 Shooters	SP3		
300	1x{4 x 25 on :30 Kick no board BSLR	EN1		
	{4 x 50 on 1:00 Kick no board BSLR	EN1		
	{4 x 75 on 1:30 Kick no board BSLR	EN1		
1,000	1 x 1000 on 15:00 Pulls	EN1		
450	6 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1		
200	1 x 200 on 5:00 Brkn @50' 10-20-30s	SP1		
500	5 x 100 on 2:00 Stroke Drills	REC		
	1 on 15:00 Ice			
250	1 x 250 on 4:00 Stroke Drills	REC		
	1 on 10:00 Ice			
7:05 AM 2,450 Yards - Stress Value = 38				

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:00 AM Start			
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills 2 on E	REC	
	1 on 10:00 Techniques-Starts		
180	12 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :30 Kick no board BSLR	EN1	
	{4 x 50 on 1:00 Kick no board BSLR	EN1	
	{4 x 75 on 1:30 Kick no board BSLR	EN1	
1,000	1 x 1000 on 15:00 Pulls	EN1	
450	6 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	
200	1 x 200 on 5:00 Brkn @50' 10-20-30s	SP1	
500	5 x 100 on 2:00 Stroke Drills	REC	
	1 on 15:00 Ice		
	1 on 10:00 Techniques-Relay Str		
9:26 AM 3,730 Yards - Stress Value = 43			

**Workout #3612 - Friday, 28 January 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:30 AM Start				
800	1 on 40:00 Weights and Stretch			
500	1 x 500 on 10:00 Reverse IM drill	REC		
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3		
	1x{4 x 100 on 1:40 Freestyle	EN2		
	{1 on 1:00 Rest			
	{3 x 100 on 1:40 Freestyle	EN2		
	{1 on 1:00 Rest			
	{2 x 100 on 1:40 Freestyle	EN2		
	{1 on 1:00 Rest			
	{1 x 100 on 1:40 Freestyle	EN2		
250	1 x 250 on 5:00 Stroke Drills	REC		
	1 on 10:00 Ice			
7:04 AM 2,050 Yards - Stress Value = 32				

**Workout #3628 - Monday, 31 January 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 1:50 Kick	EN2	
	1x{4 x 125 on 1:50 Pull no br L.5 yds	EN1	
	{3 x 125 on 1:45 Pull no br L.7 yds	EN1	
	{2 x 125 on 1:40 Pull no br L.8 yds	EN1	
	{1 x 125 on 1:35 Pull no br L.9 yds	EN1	
450	6 x 75 on 1:15 IM w/out your choice	EN1	
	2x{4 x 100 on 1:25 Free alt.fast 25's	EN1	
	{1 x 100 on 2:00 Free 100%-br ev 5	EN3	
	{3 x 75 on 1:05 Free alt.fast 25's	EN1	
	{1 x 75 on 1:30 Free 100% br ev 5	EN3	
	{2 x 50 on :40 Free alt.fast 25's	EN1	
	{1 x 50 on 1:00 Free 100% br ev 5	EN3	
	{1 x 200 on 4:00 Closed fist drill	REC	
300	6 x 50 on 1:00 Stroke Drills	REC	
8:00 PM 6,480 Yards - Stress Value = 85			

**Workout #3617 - Saturday, 29 January 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 AM Start			
800	1 on 30:00 Stomach and Stretch		
180	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
	12 x 15 on :45 Shooters	SP3	
	1x{2 x 125 on 2:30 Kick	EN1	
	{2 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:10 Kick	EN2	
	{2 x 125 on 2:00 Kick	EN2	
1,500	3 x 500 on 7:00 Pulls w/ snorkel	EN1	
450	6 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	1x{5 x 100 on 1:10 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:09 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:08 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:07 Freestyle	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 1:06 Freestyle	EN2	
600	12 x 50 on 1:00 Stroke Drills	REC	
7:19 AM 6,030 Yards - Stress Value = 73			

**Workout #3625 - Monday, 31 January 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
800	2x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 1:50 Kick	EN2	
1,250	1x{4 x 125 on 1:50 Pull no br L.5 yds	EN1	
	{3 x 125 on 1:45 Pull no br L.7 yds	EN1	
	{2 x 125 on 1:40 Pull no br L.8 yds	EN1	
	{1 x 125 on 1:35 Pull no br L.9 yds	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
3,200	1x{1 x 800 on 10:00 Freestyle	EN1	
	{2 x 400 on 4:55 Freestyle	EN1	
	{4 x 200 on 2:25 Freestyle	EN1	
	{8 x 100 on 1:12 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 7,030 Yards - Stress Value = 76			

**Workout #3618 - Saturday, 29 January 2005**

**HighSchl - Girls**

**Workout #3627 - Monday, 31 January 2005**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	3x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 1:50 Kick	EN2	
1,250	1x{4 x 125 on 1:50 Pull no br L.5 yds	EN1	
	{3 x 125 on 1:45 Pull no br L.7 yds	EN1	
	{2 x 125 on 1:40 Pull no br L.8 yds	EN1	
	{1 x 125 on 1:35 Pull no br L.9 yds	EN1	
450	6 x 75 on 1:15 IM w/out the fly	EN1	
1,400	2x{4 x 50 on 1:00 Butterfly w/fins	EN1	
	{3 x 50 on :55 Butterfly w/fins	EN1	
	{2 x 50 on :50 Butterfly w/fins	EN1	
	{1 x 50 on :45 Butterfly w/fins	EN1	
	{1 x 200 on 4:00 Closed fist drill	REC	
	{ odd set w/fins even		
	{ set 25fly 25free		
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 5,780 Yards - Stress Value = 54		

**Workout #3623 - Monday, 31 January 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :40 Kick no board BSLR	EN1	
	{3 x 100 on 2:10 Kick	EN2	
	1x{3 x 125 on 2:00 Pull no br L.7 yds	EN1	
	{2 x 125 on 1:55 Pull no br L.8 yds	EN1	
	{1 x 125 on 1:50 Pull no br L.9 yds	EN1	
450	6 x 75 on 1:25 IM w/out the back	EN1	
	2x{4 x 50 on 1:00 Backstroke w/fins	EN1	
	{3 x 50 on :55 Backstroke w/fins	EN1	
	{2 x 50 on :50 Backstroke w/fins	EN1	
	{1 x 50 on :45 Backstroke w/fins	EN1	
	{1 x 200 on 4:00 Closed fist drill	REC	
	{ odd set w/fins even		
	{ set without fins		
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 5,280 Yards - Stress Value = 49		

**Workout #3619 - Monday, 31 January 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		I
400	1 x 400 on 7:00 Swim-kick-drll-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{2 x 300 on 4:00 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN1	S
	{1 x 100 on 1:15 Freestyle	EN1	S
	{1 x 100 on 1:10 Freestyle	EN2	S
	{2 x 300 on 3:45 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN1	S
	{1 x 100 on 1:15 Freestyle	EN1	S
	{1 x 100 on 1:10 Freestyle	EN2	S

250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	7:03 AM 2,750 Yards - Stress Value = 32		

**Workout #3620 - Monday, 31 January 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		I
400	1 x 400 on 7:00 Swim-kick-drll-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{2 x 300 on 4:15 Freestyle	EN1	S
	{1 x 100 on 1:25 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN1	S
	{1 x 100 on 1:15 Freestyle	EN2	S
	{2 x 300 on 4:00 Freestyle	EN1	S
	{1 x 100 on 1:25 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN1	S
	{1 x 100 on 1:15 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	7:04 AM 2,700 Yards - Stress Value = 32		

**Workout #3621 - Monday, 31 January 2005**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		I
400	1 x 400 on 7:00 Swim-kick-drll-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{2 x 300 on 4:40 Freestyle	EN1	S
	{1 x 100 on 1:35 Freestyle	EN1	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 100 on 1:25 Freestyle	EN2	S
	{2 x 300 on 4:30 Freestyle	EN1	S
	{1 x 100 on 1:35 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	7:04 AM 2,500 Yards - Stress Value = 29		

**Workout #3622 - Monday, 31 January 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		I
400	1 x 400 on 7:00 Swim-kick-drll-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{2 x 200 on 4:00 Freestyle	EN1	S
	{1 x 75 on 1:25 Freestyle	EN1	S
	{1 x 75 on 1:20 Freestyle	EN1	S
	{1 x 75 on 1:15 Freestyle	EN2	S
	{2 x 200 on 3:45 Freestyle	EN1	S
	{1 x 75 on 1:25 Freestyle	EN1	S
	{1 x 75 on 1:20 Freestyle	EN1	S
	{1 x 75 on 1:15 Freestyle	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	7:04 AM 2,150 Yards - Stress Value = 28		

**Workout #3624 - Monday, 31 January 2005**

**HighSchl - Girls**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Visualization		M
	1 on 20:00 Physio Balls/Stretch		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S
180	12 x 15 on :45 Shooters	SP3	S
	1x{4 x 25 on :40 Kick no board BSLR	EN1	F
	{3 x 100 on 2:15 Kick	EN1	F
	1x{1 x 200 on 3:00 Lungbuster pulls	EN1	F
	{1 x 200 on 2:50 Lungbuster pulls	EN1	F
	{ br 3-4-5-6 by the 50		
150	2 x 75 on 1:15 IM w/out your choice	EN1	S
	1x{2 x 150 on 2:15 Freestyle	EN1	S
	{3 x 50 on 1:00 Butterfly	EN1	S
	{2 x 150 on 2:15 Freestyle	EN1	S
	{3 x 50 on :55 Backstroke	EN1	S
	{2 x 150 on 2:15 Freestyle	EN1	S
	{3 x 50 on 1:05 Breaststroke	EN1	S
	{2 x 150 on 2:15 Freestyle	EN1	S
	{3 x 50 on :50 Freestyle	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	5:15 PM 3,530 Yards - Stress Value = 37		

**Workout #3626 - Monday, 31 January 2005**

**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	
1,200	3x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 1:50 Kick	EN2	
1,250	1x{4 x 125 on 1:50 Pull no br L.5 yds	EN1	
	{3 x 125 on 1:45 Pull no br L.7 yds	EN1	
	{2 x 125 on 1:40 Pull no br L.8 yds	EN1	
	{1 x 125 on 1:35 Pull no br L.9 yds	EN1	
450	6 x 75 on 1:15 IM w/out your choice	EN1	
1,900	2x{4 x 100 on 1:30 Free alt.fast 25's	EN1	
	{3 x 75 on 1:05 Free alt.fast 25's	EN1	
	{2 x 50 on :45 Free alt.fast 25's	EN1	
	{1 x 25 on :30 Free no breath	EN1	
	{1 x 200 on 4:00 Closed fist drill	REC	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 6,130 Yards - Stress Value = 58		

**Workout #3630 - Tuesday, 01 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

6:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	8 x 100 on 1:45 Stroke Drills	REC	
	underwater turn drill		
	odds free evens back		
180	12 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :35 Kick no board BSLR	EN1	
	{1 x 75 on 1:30 Kick	EN1	
	{1 x 75 on 1:25 Kick	EN2	
	{1 x 75 on 1:20 Kick	EN2	
	{1 x 75 on 1:15 Kick	EN2	
1,650	1 x 1650 on 22:00 Pulls	EN1	

600	6 x 100 on 1:30 Descend in sets of 3	EN1
	1x{1 x 400 on 5:30 Freestyle	EN1
	{1 x 400 on 5:15 Freestyle	EN2
	{1 x 400 on 5:00 Freestyle	EN2
	{1 x 400 on 4:45 Freestyle	EN2
	{1 x 400 on 4:30 Freestyle	EN2
500	5 x 100 on 2:00 Stroke Drills	REC
	8:29 PM 6,930 Yards - Stress Value = 82	

**Workout #3629 - Tuesday, 01 February 2005**

**HighSchl - Girls**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF	STP
	1 on 30:00 Visualization			M
	1 on 15:00 Stretching			L DRY
700	1 x 700 on 13:00 Choice	REC		S CHC
	1 on 10:00 Techniques-Starts			D
180	12 x 15 on :45 Shooters	SP3		S CHC
	1x{1 x 100 on 2:30 Kick	EN1		K CHC
	{2 x 50 on 1:00 Kick no board	EN1		K FLY
	{1 x 100 on 2:20 Kick	EN1		K CHC
	{2 x 50 on 1:00 Kick no board	EN1		K FLY
	{1 x 100 on 2:10 Kick	EN1		K CHC
	{2 x 50 on 1:00 Kick no board	EN1		K CHC
	{1 x 100 on 2:00 Kick	EN1		K CHC
700	14 x 50 on :55 Pulls-nbbf&w	EN1		P FF
300	12 x 25 on :30 IM order-build	EN1		S IM
100	1 x 100 on :00 Broken at the 25	SP2		S CHC
	rest 10-20-30 secnds			
600	1 x 600 on 13:00 Stroke Drills	REC		D CI
	5:10 PM 3,280 Yards - Stress Value = 34			

**Workout #3634 - Wednesday, 02 February 2005**

**HighSchl - Breast**

**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 3:00 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
900	1x{4 x 25 on :30 Kick no board BSLR	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :35 Kick no board BSLR	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{4 x 25 on :40 Kick no board BSLR	EN1	
	{2 x 100 on 1:50 Kick	EN1	
1,200	12 x 100 on 1:45 Pulls with paddles	EN1	
400	16 x 25 on :30 12.5 ez 12.5 fast	EN1	
1,500	3x{1 x 200 on 3:30 Breaststroke	EN2	
	{6 x 50 on :55 Breast 2X pullouts	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,030 Yards - Stress Value = 70		



**Workout #3631 - Wednesday, 02 February 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
180	1x{1 x 200 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
180	1x{4 x 25 on :30 Kick no board BSLR	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :35 Kick no board BSLR	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{4 x 25 on :40 Kick no board BSLR	EN1	
	{2 x 100 on 1:50 Kick	EN1	
1,500	12 x 125 on 1:45 Lungbuster pulls br 3-4-5-6-7	EN1	
400	16 x 25 on :30 12.5 ez 12.5 fast	EN1	
400	1x{4 x 200 on 2:30 Freestyle	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{2 x 200 on 2:20 Freestyle	EN2	
	{1 x 200 on 2:15 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 5,980 Yards - Stress Value = 83		

**Workout #3633 - Wednesday, 02 February 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
600	1x{1 x 200 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
900	1x{4 x 25 on :30 Kick no board BSLR	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :35 Kick no board BSLR	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{4 x 25 on :40 Kick no board BSLR	EN1	
	{2 x 100 on 1:50 Kick	EN1	
1,500	12 x 125 on 1:45 Lungbuster pulls br 3-4-5-6-7	EN1	
400	16 x 25 on :30 12.5 ez 12.5 fast	EN1	
1,400	2x{2 x 200 on 3:10 Backstroke	EN1	
	{6 x 50 on :50 Descend in sets of 3	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 5,380 Yards - Stress Value = 63		

**Workout #3635 - Wednesday, 02 February 2005**

**HighSchl - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Visualization		N
	1 on 20:00 Stomach and Stretch		I
180	1x{1 x 200 on 3:30 Freestyle	REC	S
	{1 x 200 on 3:20 Freestyle L.25 fast	EN1	S
	{1 x 200 on 3:10 Freestyle L.50 fast	EN1	S
180	12 x 15 on :45 Shooters	SP3	S
180	2x{4 x 25 on :45 Kick no board BSLR	EN1	F
	{1 x 200 on 4:30 Kick	EN1	F
500	10 x 50 on 1:00 Pulls-nbbf&w	EN1	F
300	12 x 25 on :40 12.5 ez 12.5 fast	EN1	S

1x{2 x 125 on 2:30 Stroke Drills	REC	I
{2 x 100 on 1:55 Stroke Drills	REC	I
{2 x 75 on 1:25 Stroke Drills	REC	I
{2 x 50 on :55 Stroke Drills	REC	I
{2 x 25 on :25 Stroke Drills	REC	I
1 on 10:00 Ice		N
5:11 PM 2,930 Yards - Stress Value = 25		

**Workout #3632 - Wednesday, 02 February 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
600	1x{1 x 200 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
900	1x{4 x 25 on :30 Kick no board BSLR	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :35 Kick no board BSLR	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{4 x 25 on :40 Kick no board BSLR	EN1	
	{2 x 100 on 1:50 Kick	EN1	
1,500	12 x 125 on 1:45 Lungbuster pulls br 3-4-5-6-7	EN1	
400	16 x 25 on :30 12.5 ez 12.5 fast	EN1	
1,500	1x{6 x 100 on 1:30 Descend in sets of 3	EN2	
	{6 x 75 on 1:05 Descend in sets of 3	EN2	
	{6 x 50 on :45 Descend in sets of 3	EN2	
	{6 x 25 on :25 Descend in sets of 3	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:33 PM 5,480 Yards - Stress Value = 73		

**Workout #3636 - Thursday, 03 February 2005**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		
600	6 x 100 on 1:45 Underwater trn drill odds fr evens back	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	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	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
1,250	1x{4 x 125 on 2:15 Pulls	EN1	
	{3 x 125 on 2:10 Pulls	EN1	
	{2 x 125 on 2:05 Pulls	EN1	
	{1 x 125 on 2:00 Pulls	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
2,100	3x{6 x 25 on :40 Drill-Fast TO w/frkc	EN1	
	{3 x 75 on 1:15 Breaststroke	EN2	
	{2 x 75 on 1:10 Breaststroke	EN2	
	{1 x 75 on 1:05 Breaststroke	EN2	
	{1 x 100 on 1:30 Free-hold under 1:10	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	5:25 PM 5,680 Yards - Stress Value = 74		

**Workout #3637 - Thursday, 03 February 2005**

**HighSchl - Distance**

**1 minute rest between sets**

3:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		
600	6 x 100 on 1:45 Underwater trn drill odds fr evens back	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{3 x 300 on 4:00 Pulls	EN1	
	{2 x 300 on 3:55 Pulls	EN1	
	{1 x 300 on 3:50 Pulls	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
	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	1 x 250 on 4:00 Stroke Drills	REC	
5:20 PM 6,730 Yards - Stress Value = 97			

**Workout #3638 - Thursday, 03 February 2005**

**HighSchl - Fly**

**1 minute rest between sets**

3:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		
600	6 x 100 on 1:45 Underwater trn drill odds fr evens back	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	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	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
1,500	1x{4 x 125 on 1:50 Pulls	EN1	
	{2 x 250 on 3:30 Pulls	EN1	
	{1 x 500 on 6:40 Pulls	EN1	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
2,250	3x{3 x 50 on 1:00 Butterfly 2-2	EN1	
	{3 x 50 on :55 Butterfly 2-3	EN1	
	{3 x 50 on :50 Butterfly 2-4	EN1	
	{2 x 50 on :45 Butterfly 2-5	EN2	
	{2 x 50 on :40 Butterfly 2-6	EN2	
	{4 x 25 on :25 Freestyle-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
5:25 PM 6,080 Yards - Stress Value = 69			

**Workout #3639 - Thursday, 03 February 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

3:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		
600	6 x 100 on 1:45 Underwater trn drill odds fr evens back	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	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
	1x{4 x 125 on 1:40 Pulls	EN1	
	{2 x 250 on 3:15 Pulls	EN1	
	{1 x 500 on 6:15 Pulls	EN1	

300	12 x 25 on :30 12.5 ez 12.5 fast	EN1
	2x{5 x 75 on 1:05 Backstroke	EN1
	{5 x 75 on 1:00 Backstroke	EN2
	{5 x 75 on :55 Backstroke	EN2
	{3 x 25 on :40 Backstroke 15 ukow	EN2
	{2 x 25 on :40 Backstroke 12 ukow	EN2
	{1 x 25 on :30 Backstroke 9 ukow	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
5:23 PM 6,380 Yards - Stress Value = 83		

**Workout #3640 - Friday, 04 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

5:15 AM Start

Yards	Set Description	EGY	WOF
	1 on 5:00 Stretching		
800	1 x 800 on 13:00 Swim-kick-drill-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
	1x{1 x 125 on 2:30 Kick	EN1	
	{1 x 125 on 2:25 Kick	EN1	
	{1 x 125 on 2:20 Kick	EN2	
	{1 x 125 on 2:15 Kick	EN2	
	1x{1 x 500 on 7:30 Free hold 1:20/100	EN1	
	{1 x 400 on 6:00 Free hold 1:19/100	EN1	
	{1 x 300 on 4:30 Free hold 1:18/100	EN1	
	{1 x 200 on 3:00 Free hold 1:17/100	EN1	
	{1 x 100 on 1:30 Free hold 1:16/100	EN1	
	{3 x 50 on :45 Freestyle-descend	EN1	
700	7 x 100 on 1:45 Stroke Drills	REC	
6:31 AM 3,950 Yards - Stress Value = 26			

**Workout #3644 - Friday, 04 February 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 4:00 Weights and Stretch		L
600	1 x 600 on 9:00 Reverse IM drill	REC	D
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	S
	1x{1 x 500 on 6:40 Free hold 1:10/100	EN2	S
	{1 x 400 on 5:20 Free hold 1:09/100	EN2	S
	{1 x 300 on 4:00 Free hold 1:08/100	EN2	S
	{1 x 200 on 2:40 Free hold 1:07/100	EN2	S
	{1 x 100 on 1:20 Free hold 1:06/100	EN2	S
	{3 x 50 on :40 Desc. #1 under :30	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
7:04 AM 2,800 Yards - Stress Value = 36			

**Workout #3641 - Friday, 04 February 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 40:00 Weights and Stretch		L
550	1 x 550 on 9:00 Reverse IM drill	REC	D
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	S
	1x{1 x 500 on 7:05 Free hold 1:15/100	EN2	S
	{1 x 400 on 5:40 Free hold 1:14/100	EN2	S
	{1 x 300 on 4:15 Free hold 1:13/100	EN2	S
	{1 x 200 on 2:50 Free hold 1:12/100	EN2	S
	{1 x 100 on 1:25 Free hold 1:11/100	EN2	S
	{3 x 50 on :45 Desc. #1 under :35	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
7:05 AM 2,700 Yards - Stress Value = 36			

	{1 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1
	{1 x 100 on 1:25 Pulls-nbbf&w + 2 yds	EN1
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1
	1x{1 x 300 on 4:00 Freestyle	EN1
	{2 x 150 on 2:00 Freestyle	EN1
	{3 x 100 on 1:20 Freestyle	EN1
	{4 x 75 on 1:00 Freestyle	EN1
	{6 x 50 on :40 Freestyle	EN1
300	12 x 25 on :45 Stroke Drills	REC
	1 on 15:00 Ice	
5:01 PM 4,380 Yards - Stress Value = 41		

**Workout #3645 - Friday, 04 February 2005**

**HighSchl - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Visualization		L
	1 on 15:00 Stretching		L
600	1 x 600 on 11:00 Reverse IM drill	REC	D
180	12 x 15 on :45 Shooters	SP3	S
500	1 x 500 on 12:00 Social kick	EN1	K
	2x{1 x 100 on 2:20 Kick	EN1	K
	{1 x 75 on 1:45 Kick	EN1	K
	{1 x 50 on 1:10 Kick	EN1	K
	{1 x 25 on :35 Kick	EN1	K
300	12 x 25 on :45 12.5 ez 12.5 fast	EN1	S
	3x{1 x 200 on 3:30 Stroke Drills	REC	D
	{4 x 25 on :45 Stroke Drills 1 on E	REC	D
	1 on 10:00 Ice		M
5:12 PM 2,980 Yards - Stress Value = 20			

**Workout #3647 - Saturday, 05 February 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	2x{4 x 25 on :30 Kick no board BSLR	EN2	
	{1 x 100 on 1:50 Kick-100%	EN2	
	{2 x 50 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 1:40 Kick-100%	EN2	
	{1 x 100 on 2:00 Kick no board BSLR	EN2	
	{1 x 100 on 1:30 Kick-100%	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
1,200	6x{1 x 100 on 1:10 Individual Medley	EN2	
	{1 x 50 on :30 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
1,350	1x{3 x 150 on 1:50 Pulls	EN2	
	{3 x 150 on 1:45 Pulls	EN2	
	{3 x 150 on 1:40 Pulls	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
1,200	6x{1 x 100 on 1:10 Individual Medley	EN2	
	{1 x 50 on :30 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
500	1 x 500 on 7:30 Stroke Drills	REC	
	1 on 10:00 Ice		
7:58 AM 7,030 Yards - Stress Value = 100			

**Workout #3643 - Friday, 04 February 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 40:00 Weights and Stretch		L
400	1 x 400 on 9:00 Reverse IM drill	REC	D
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	S
	1x{1 x 500 on 9:10 Free hold 1:40/100	EN2	S
	{1 x 400 on 7:20 Free hold 1:38/100	EN2	S
	{1 x 300 on 5:30 Free hold 1:36/100	EN2	S
	{1 x 200 on 3:40 Free hold 1:34/100	EN2	S
100	1 x 100 on 2:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
7:06 AM 2,200 Yards - Stress Value = 31			

**Workout #3646 - Friday, 04 February 2005**

**HighSchl - Boys**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Team mtg and stretch		
600	1 x 600 on 10:00 Reverse IM drill	REC	
180	12 x 15 on :45 Shooters	SP3	
	3x{1 x 100 on 2:00 Kick	EN1	
	{1 x 75 on 1:30 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
	{1 x 25 on :30 Kick	EN1	
	3x{1 x 25 on :25 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	

**Workout #3648 - Saturday, 05 February 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{4 x 25 on :30 Kick no board BSLR	EN2	
	{1 x 100 on 2:05 Kick-100%	EN2	
	{2 x 50 on 1:00 Kick no board BSLR	EN2	
	{1 x 100 on 1:55 Kick-100%	EN2	
	{1 x 100 on 2:00 Kick no board BSLR	EN2	
	{1 x 100 on 1:45 Kick-100%	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
	5x{1 x 100 on 1:20 Individual Medley	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
	1x{3 x 150 on 2:00 Pulls	EN2	
	{3 x 150 on 1:55 Pulls	EN2	
	{3 x 150 on 1:50 Pulls	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
	4x{1 x 100 on 1:20 Individual Medley	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
500	1 x 500 on 8:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:58 AM 6,430 Yards - Stress Value = 91		

**Workout #3649 - Saturday, 05 February 2005**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{4 x 25 on :40 Kick no board BSLR	EN2	
	{1 x 100 on 2:15 Kick-100%	EN2	
	{2 x 50 on 1:15 Kick no board BSLR	EN2	
	{1 x 100 on 2:10 Kick-100%	EN2	
	{1 x 100 on 2:20 Kick no board BSLR	EN2	
	{1 x 100 on 2:05 Kick-100%	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
	4x{1 x 100 on 1:40 Individual Medley	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on 1:05 Freestyle	REC	
	1x{2 x 150 on 2:25 Pulls	EN2	
	{2 x 150 on 2:20 Pulls	EN2	
	{2 x 150 on 2:15 Pulls	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
	4x{1 x 100 on 1:40 Individual Medley	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 50 on 1:05 Freestyle	REC	
400	1 x 400 on 7:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	8:00 AM 5,680 Yards - Stress Value = 79		

**Workout #3650 - Saturday, 05 February 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	8 x 75 on 1:45 Stroke Drills 2 on E	REC	I
180	12 x 15 on :45 Shooters	SP3	£
	2x{4 x 25 on :40 Kick no board BSLR	EN2	F

	{1 x 100 on 2:15 Kick-100%	EN2	F
	{2 x 50 on 1:15 Kick no board BSLR	EN2	F
	{1 x 100 on 2:10 Kick-100%	EN2	F
	{1 x 100 on 2:20 Kick no board BSLR	EN2	F
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	£
	4x{1 x 100 on 2:00 Individual Medley	EN2	£
	{1 x 50 on :45 Freestyle	EN2	£
	{1 x 50 on 1:00 Freestyle	REC	£
	1x{2 x 150 on 2:40 Pulls	EN2	F
	{2 x 150 on 2:35 Pulls	EN2	F
	{2 x 150 on 2:30 Pulls	EN2	F
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	£
	4x{1 x 100 on 2:00 Individual Medley	EN2	£
	{1 x 50 on :45 Freestyle	EN2	£
	{1 x 50 on 1:00 Freestyle	REC	£
300	1 x 300 on 6:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	7:59 AM 5,180 Yards - Stress Value = 75		

**Workout #3660 - Monday, 07 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	4x{4 x 25 on :30 Kick no board BSLR	EN1	
	{4 x 50 on :55 Kick-descend	EN2	
1,050	6 x 175 on 2:30 Pull no br L.7 yds	EN1	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
2,400	3 x 800 on 12:00 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	8:21 PM 6,180 Yards - Stress Value = 88		

**Workout #3655 - Monday, 07 February 2005**

**Group 2 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :40 Kick no board BSLR	EN1	
	{4 x 50 on 1:00 Kick-descend	EN2	
1,050	6 x 175 on 2:30 Pull no br L.7 yds	EN1	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
	1x{3 x 150 on 2:30 Freestyle-descend	EN1	
	{1 x 50 on 1:00 Freestyle 6BK	EN3	
	{3 x 125 on 2:00 Freestyle-descnd	EN2	
	{1 x 50 on 1:00 Freestyle 6BK	EN3	
	{3 x 100 on 1:30 Freestyle-descend	EN2	
	{1 x 50 on 1:00 Freestyle 6BK	EN3	
	{3 x 75 on 1:05 Freestyle-descend	EN2	
	{1 x 50 on 1:00 Freestyle 6BK	EN3	
	{3 x 50 on :40 Freestyle-descend	EN2	
	{1 x 50 on 1:00 Freestyle 6BK	EN2	
400	4 x 100 on 1:45 Stroke Drills	REC	
	5:16 PM 5,380 Yards - Stress Value = 73		

**Workout #3656 - Monday, 07 February 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{4 x 25 on :30 Kick no board BSLR	EN1	
	{4 x 50 on :55 Kick-descend	EN2	
700	4 x 175 on 2:30 Pull no br L.7 yds	EN1	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
2,000	2 x 1000 on 12:00 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:01 PM 4,630 Yards - Stress Value = 67			

**Workout #3658 - Monday, 07 February 2005**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	2x{4 x 25 on :30 Kick no board BSLR	EN1	
	{4 x 50 on :55 Kick-descend	EN2	
700	4 x 175 on 2:30 Pull no br L.7 yds	EN1	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
1,700	1x{4 x 125 on 2:00 Butterfly 2-3	EN2	
	{3 x 25 on :30 Butterfly 1up 2down	EN2	
	{4 x 100 on 1:35 Butterfly 2-4	EN2	
	{3 x 25 on :30 Butterfly 1up 2down	EN2	
	{4 x 75 on 1:10 Butterfly 2-5	EN2	
	{3 x 25 on :30 Butterfly 1up 2down	EN2	
	{4 x 50 on :45 Butterfly 2-6	EN2	
400	4 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Ice		
5:08 PM 4,480 Yards - Stress Value = 63			

**Workout #3659 - Monday, 07 February 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	2x{4 x 25 on :30 Kick no board BSLR	EN1	
	{4 x 50 on :55 Kick-descend	EN2	
700	4 x 175 on 2:30 Pull no br L.7 yds	EN1	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
1,650	1x{1 x 200 on 3:30 Backstroke	EN2	
	{2 x 175 on 3:00 Backstroke	EN2	
	{3 x 150 on 2:35 Backstroke	EN2	
	{4 x 100 on 1:45 Backstroke	EN2	
	{10 x 25 on :45 Backstroke 100%	EN3	
400	4 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Ice		
5:12 PM 4,430 Yards - Stress Value = 70			

**Workout #3651 - Monday, 07 February 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		I
500	1 x 500 on 8:00 Swim-kick-drll-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	S
	1x{1 x 400 on 5:20 Freestyle	EN1	S
	{1 x 400 on 5:15 Freestyle	EN1	S
	{1 x 400 on 5:10 Freestyle	EN1	S
	{1 x 400 on 5:05 Freestyle	REC	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
7:02 AM 2,650 Yards - Stress Value = 15			

**Workout #3654 - Monday, 07 February 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		I
500	1 x 500 on 8:00 Swim-kick-drll-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	S
	1x{1 x 375 on 5:20 Freestyle	EN1	S
	{1 x 375 on 5:15 Freestyle	EN1	S
	{1 x 375 on 5:10 Freestyle	EN1	S
	{1 x 375 on 5:05 Freestyle	REC	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
7:02 AM 2,550 Yards - Stress Value = 15			

**Workout #3653 - Monday, 07 February 2005**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		I
400	1 x 400 on 8:00 Swim-kick-drll-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	S
	1x{1 x 325 on 5:20 Freestyle	EN1	S
	{1 x 325 on 5:15 Freestyle	EN1	S
	{1 x 325 on 5:10 Freestyle	EN1	S
	{1 x 325 on 5:05 Freestyle	REC	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
7:02 AM 2,200 Yards - Stress Value = 12			

**Workout #3652 - Monday, 07 February 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		I
400	1 x 400 on 8:00 Swim-kick-drll-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	S
	1x{1 x 300 on 5:20 Freestyle	EN1	S
	{1 x 300 on 5:15 Freestyle	EN1	S
	{1 x 300 on 5:10 Freestyle	EN1	S
	{1 x 300 on 5:05 Freestyle	REC	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
7:02 AM 2,100 Yards - Stress Value = 12			

**Workout #3657 - Monday, 07 February 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
600	1 on 30:00 Physio Balls/Stretch		
180	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
600	12 x 15 on :45 Shooters	SP3	
700	2x{4 x 25 on :30 Kick no board BSLR	EN1	
300	{4 x 50 on :55 Kick-descend	EN2	
1,750	4 x 175 on 2:30 Pull no br L.7 yds	EN1	
	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
	1x{3 x 150 on 2:00 Freestyle-descend	EN1	
	{1 x 50 on 1:00 Freestyle 6BK	EN3	
	{3 x 125 on 2:00 Freestyle-descend	EN2	
	{1 x 50 on 1:00 Freestyle 6BK	EN3	
	{3 x 100 on 1:20 Freestyle-descend	EN2	
	{1 x 50 on 1:00 Freestyle 6BK	EN3	
	{3 x 75 on 1:00 Freestyle-descend	EN2	
	{1 x 50 on 1:00 Freestyle 6BK	EN3	
	{3 x 50 on :40 Freestyle-descend	EN2	
	{1 x 50 on 1:00 Freestyle 6BK	EN2	
400	4 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:06 PM 4,530 Yards - Stress Value = 65		

**Workout #3662 - Tuesday, 08 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
6:00 PM	Start		
800	1 on 30:00 Stomach and Stretch		
180	8 x 100 on 1:45 Underwater trn drill	REC	
	odds free evns back		
	12 x 15 on :45 Shooters	SP3	
	1x{1 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN2	
	{3 x 100 on 1:50 Kick	EN2	
	{4 x 100 on 1:45 Kick	EN2	
	1x{1 x 400 on 5:20 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{1 x 100 on 1:20 Pulls	EN1	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
	1x{3 x 200 on 2:30 Freestyle	EN2	
	{1 x 200 on 4:00 Backstroke	EN3	
	{3 x 200 on 3:00 Backstroke	EN2	
	{1 x 200 on 4:00 Freestyle	EN3	
	{3 x 200 on 2:20 Freestyle	EN2	
	{1 x 200 on 4:00 Backstroke	EN3	
	{3 x 200 on 2:50 Backstroke	EN2	
	{1 x 200 on 4:00 Freestyle	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	8:30 PM 6,730 Yards - Stress Value = 135		

**Workout #3661 - Tuesday, 08 February 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
800	1 on 30:00 Stomach and Stretch		
180	8 x 100 on 2:00 Underwater trn drill	REC	
	odds free evns back		
	12 x 15 on :45 Shooters	SP3	
	1x{4 x 100 on 2:00 Kick	EN1	
	{3 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN2	

	{1 x 100 on 1:45 Kick	EN2	
	1x{1 x 400 on 5:20 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{1 x 100 on 1:20 Pulls	EN1	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{1 x 200 on :00 Brkn @50's 10-20-30s	SP2	
	{1 x 500 on 12:00 Freestyle	REC	
	{1 x 100 on :00 Brkn @25's 10s rest	SP2	
	{1 x 500 on 10:00 Freestyle	REC	
	1 on 10:00 Ice		
	5:12 PM 4,580 Yards - Stress Value = 72		

**Workout #3663 - Wednesday, 09 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:15 AM	Start		
	1 on 5:00 Stretching		
	1x{1 x 200 on 3:00 Freestyle L.50 fast	REC	
	{1 x 200 on 2:45 Freestyle L.100 fast	EN1	
	{1 x 200 on 2:30 Freestyle L.150 fast	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{4 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	1x{3 x 150 on 2:10 Freestyle-descend	EN2	
	{3 x 150 on 2:05 Freestyle-descend	EN2	
	{3 x 150 on 2:00 Freestyle-descend	EN2	
	{3 x 150 on 1:55 Freestyle-descend	EN2	
	{3 x 150 on 1:50 Freestyle-descend	EN2	
	{ 1st one of each set		
	{ hold under 1:50		
300	6 x 50 on 1:00 Stroke Drills	REC	
	6:30 AM 4,350 Yards - Stress Value = 72		

**Workout #3665 - Wednesday, 09 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 PM	Start		
	1 on 30:00 Stomach and Stretch		
	1x{1 x 200 on 3:00 Freestyle L.50 fast	REC	
	{1 x 200 on 2:50 Freestyle L.100 fast	EN1	
	{1 x 200 on 2:40 Freestyle L.150 fast	EN1	
	{1 x 200 on 2:30 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
	2x{4 x 25 on :40 Kick no board BSLR	EN1	
	{1 x 125 on 2:30 Kick	EN1	
	{1 x 125 on 2:25 Kick	EN1	
	{1 x 125 on 2:20 Kick	EN2	
	{1 x 125 on 2:15 Kick	EN2	
1,350	9 x 150 on 2:05 Lungbuster pulls	EN1	
	odds br 3-4-5		
	evens br 2-3-4		
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
	1x{1 x 200 on 3:15 Individual Medley	EN1	
	{5 x 50 on 1:00 Butterfly	EN1	
	{1 x 200 on 3:15 Individual Medley	EN1	
	{5 x 50 on :55 Backstroke	EN1	
	{1 x 200 on 3:15 Individual Medley	EN1	
	{5 x 50 on 1:00 Breaststroke	EN1	
	{1 x 200 on 3:15 Individual Medley	EN1	
	{5 x 50 on :50 Freestyle	EN1	
400	4 x 100 on 1:45 Stroke Drills	REC	
	7:55 PM 6,030 Yards - Stress Value = 64		

**Workout #3664 - Wednesday, 09 February 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM Start			
=====	=====	====	=====
	1 on 40:00 Weights and Stretch		I
	1 on 20:00 Visualization		M
1x{	1 x 200 on 3:00 Freestyle L.25 fast	REC	S
	{ 1 x 200 on 2:50 Freestyle L.50 fast	EN1	S
	{ 1 x 200 on 2:40 Freestyle L.75 fast	EN1	S
180	12 x 15 on :45 Shooters	SP3	S
1x{	4 x 25 on :40 Kick no board BSLR	EN1	F
	{ 1 x 100 on 2:00 Kick	EN1	F
	{ 1 x 100 on 1:55 Kick	EN1	F
	{ 1 x 100 on 1:50 Kick	EN1	F
	{ 4 x 25 on :40 Kick no board BSLR	EN1	F
900	6 x 150 on 2:05 Lungbuster pulls odds br 3-4-5 evens br 2-3-4	EN1	F
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
1x{	1 x 200 on 3:15 Stroke Drills	REC	I
	{ 4 x 50 on 1:00 Stroke Drills	REC	I
	{ 1 x 200 on 3:15 Stroke Drills	REC	I
	{ 4 x 50 on 1:00 Stroke Drills	REC	I
	{ 1 x 200 on 3:15 Stroke Drills	REC	I
	{ 4 x 50 on 1:00 Stroke Drills	REC	I
	{ 1 x 200 on 3:15 Stroke Drills	REC	I
	{ 4 x 50 on 1:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
5:33 PM	4,080 Yards - Stress Value = 37		

**Workout #3666 - Thursday, 10 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
6:00 PM Start			
=====	=====	====	====
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Underwater trn drill odd 100's fr, evns bk	REC	
180	12 x 15 on :45 Shooters	SP3	
1x{	5 x 75 on 1:30 Kick	EN1	
	{ 5 x 75 on 1:25 Kick	EN1	
	{ 5 x 75 on 1:20 Kick	EN1	
	{ 5 x 75 on 1:15 Kick	EN1	
1,000	20 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
1x{	1 x 150 on 2:15 Backstroke	EN1	
	{ 2 x 150 on 2:10 Backstroke	EN1	
	{ 3 x 150 on 2:05 Backstroke	EN2	
	{ 3 x 150 on 2:00 Freestyle	EN1	
	{ 2 x 150 on 1:55 Freestyle	EN2	
	{ 1 x 150 on 1:50 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
400	4 x 100 on 1:30 Descend to Ludicrous speed!!!!!!!!!!!!!!	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
8:29 PM	6,530 Yards - Stress Value = 71		

**Workout #3667 - Friday, 11 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:15 AM Start			
=====	=====	====	=====
	1 on 5:00 Stretch		
600	8 x 75 on 1:25 Stroke Drills 2 on E	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
1x{	1 x 500 on 7:30 Free hold under 6:00	EN2	

{ 1 x 400 on 6:00 Free hold under 4:48	EN2
{ 1 x 100 on 1:30 Free hold under 1:12	EN2
{ 1 x 300 on 4:30 Free hold under 3:36	EN2
{ 1 x 200 on 3:00 Free hold under 2:24	EN2
{ 1 x 500 on 7:30 Free hold under 5:50	EN2
{ 1 x 400 on 6:00 Free hold under 4:40	EN2
{ 1 x 100 on 1:30 Free hold under 1:10	EN2
{ 1 x 300 on 4:30 Free hold under 3:30	EN2
{ 1 x 200 on 3:00 Free hold under 2:20	EN2
1 x 250 on 4:00 Stroke Drills	REC
6:30 AM 4,150 Yards - Stress Value = 63	

**Workout #3668 - Friday, 11 February 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
5:30 AM Start				
=====	=====	====	=====	=====
	1 on 30:00 Weights and Stretch		L	I
600	1 x 600 on 10:00 Reverse IM drill	REC	D	
180	12 x 15 on :45 Shooters	SP3	S	C
1x{	1 x 200 on 2:40 Freestyle	EN1	S	
	{ 6 x 50 on :45 Freestyle-descend	EN1	S	
	{ 1 x 200 on 2:35 Freestyle	EN1	S	
	{ 5 x 50 on :45 Freestyle-descend	EN1	S	
	{ 1 x 200 on 2:30 Freestyle	EN1	S	
	{ 4 x 50 on :45 Freestyle-descend	EN1	S	
	{ 1 x 200 on 2:25 Freestyle	EN2	S	
	{ 3 x 50 on :45 Freestyle-descend	EN1	S	
	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
7:00 AM	2,730 Yards - Stress Value = 26			

**Workout #3669 - Friday, 11 February 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
=====	=====	====	=====
	1 on 45:00 Visualization/stretc		
600	1 x 600 on 10:00 Reverse IM drill	REC	
180	12 x 15 on :45 Shooters	SP3	
1x{	8 x 25 on :30 Kick no board BSLR	EN1	
	{ 1 x 300 on 6:00 Social Kick	EN1	
	{ 2 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
	{ 2 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	
	{ 2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	
1x{	1 x 300 on 4:00 Freestyle	EN1	
	{ 5 x 25 on :30 Free good finishes	EN1	
	{ 2 x 150 on 2:05 Freestyle	EN1	
	{ 5 x 25 on :30 Free good finishes	EN1	
	{ 3 x 100 on 1:25 Freestyle	EN1	
	{ 5 x 25 on :30 Free good finishes	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:05 PM	3,505 Yards - Stress Value = 32		

**Workout #3673 - Saturday, 12 February 2005**

**HighSchl - Breast**

**1 minute rest between sets**

7:00 PM Start			
Yards	Set Description	EGY	WORK
	1 on 45:00 Visualization/stretc		L
400	8 x 50 on 1:00 Stroke Drills	REC	D
180	12 x 15 on :45 Shooters	SP3	S
500	1x{2 x 100 on 1:55 Kick	EN1	K
	{2 x 75 on 1:25 Kick	EN1	K
	{2 x 50 on :55 Kick	EN1	K
	{2 x 25 on :25 Kick	EN1	K
400	4 x 100 on 1:50 Pulls	EN1	P
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S
1,400	4x{3 x 75 on 1:30 1st 25 TO drill,2nd	EN2	S
	{ 25-2X pullouts,3rd		
	{ 25-at pace		
	{1 x 125 on 1:50 Freestyle	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

9:10 PM 3,330 Yards - Stress Value = 47

**Workout #3670 - Saturday, 12 February 2005**

**HighSchl - Distance**

**1 minute rest between sets**

7:00 PM Start			
Yards	Set Description	EGY	WORK
	1 on 45:00 Visualization/stretc		L
400	8 x 50 on 1:00 Stroke Drills	REC	D
180	12 x 15 on :45 Shooters	SP3	S
	1x{2 x 100 on 1:55 Kick	EN1	K
	{2 x 75 on 1:25 Kick	EN1	K
	{2 x 50 on :55 Kick	EN1	K
	{2 x 25 on :25 Kick	EN1	K
500	1 x 500 on 7:00 Pulls	EN1	P
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	5x{3 x 50 on :50 Free-at pace	EN2	S
	{1 x 150 on 2:15 Freestyle	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

9:07 PM 3,530 Yards - Stress Value = 48

**Workout #3672 - Saturday, 12 February 2005**

**HighSchl - Fly**

**1 minute rest between sets**

7:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 45:00 Visualization/stretc		
400	8 x 50 on 1:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters	SP3	
500	1x{2 x 100 on 1:55 Kick	EN1	
	{2 x 75 on 1:25 Kick	EN1	
	{2 x 50 on :55 Kick	EN1	
	{2 x 25 on :25 Kick	EN1	
500	5 x 100 on 1:25 Pulls	EN1	
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,600	4x{3 x 100 on 1:30 3 strks fly off wall	EN2	
	{ descend		
	{2 x 50 on :50 Freestyle	EN1	
	{ dont do 50's of last		
	{ set		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

9:09 PM 3,630 Yards - Stress Value = 53

**Workout #3671 - Saturday, 12 February 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

7:00 PM Start			
Yards	Set Description	EGY	WORK
	1 on 45:00 Visualization/stretc		L
400	8 x 50 on 1:00 Stroke Drills	REC	D
180	12 x 15 on :45 Shooters	SP3	S
500	1x{2 x 100 on 1:55 Kick	EN1	K
	{2 x 75 on 1:25 Kick	EN1	K
	{2 x 50 on :55 Kick	EN1	K
	{2 x 25 on :25 Kick	EN1	K
500	5 x 100 on 1:25 Pulls	EN1	P
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S
1,500	6x{2 x 50 on :55 Free-at 2nd 50 pace	EN2	S
	{1 x 150 on 2:30 Freestyle	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

9:10 PM 3,530 Yards - Stress Value = 46

**Workout #3676 - Monday, 14 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

5:15 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
	1x{1 x 200 on 3:00 Freestyle L.50 fast	REC	
	{1 x 200 on 2:50 Freestyle L.100 fast	EN1	
	{1 x 200 on 2:40 Freestyle L.150 fast	EN1	
	{1 x 200 on 2:30 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
	2x{4 x 25 on :40 Kick no board BSLR	EN1	
	{1 x 125 on 2:30 Kick	EN1	
	{1 x 125 on 2:25 Kick	EN1	
	{1 x 125 on 2:20 Kick	EN2	
900	6 x 150 on 2:05 Lungbuster pulls	EN1	
	odds br 3-4-5		
	evens br 2-3-4		
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
	1x{1 x 200 on 3:20 Individual Medley	EN1	
	{5 x 50 on 1:00 Butterfly	EN1	
	{1 x 200 on 3:20 Individual Medley	EN1	
	{5 x 50 on :55 Backstroke	EN1	
	{1 x 200 on 3:20 Individual Medley	EN1	
	{5 x 50 on 1:00 Breaststroke	EN1	
	{1 x 200 on 3:20 Individual Medley	EN1	
	{5 x 50 on :50 Freestyle	EN1	
400	4 x 100 on 1:45 Stroke Drills	REC	

7:30 PM 5,330 Yards - Stress Value = 54

**Workout #3674 - Monday, 14 February 2005**

**HighSchl - All**

**1 minute rest between sets**

5:30 AM Start			
Yards	Set Description	EGY	WORK
	1 on 30:00 Weights and Stretch		L
1,600	1 x 1600 on 24:00 Swim-kick-pull-swim	REC	S
	1 on 10:00 Techniques-Relay Str		D
	1 on 15:00 Ice		M

6:49 AM 1,600 Yards



**Workout #3675 - Monday, 14 February 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
400	1 on 45:00 Visualization/strrch	I	
180	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S
180	12 x 15 on :45 Shooters	SP3	S
500	1 on 10:00 Techniques-Starts	I	
600	5 x 100 on 2:00 Kick	EN1	F
600	6 x 100 on 1:30 Pulls	EN1	F
	1x{2 x 250 on 3:45 Freestyle	EN1	S
	{2 x 200 on 3:00 Choice	EN1	S
	{2 x 150 on 2:15 Choice	EN1	S
	{2 x 100 on 1:30 Choice	EN1	S
	{2 x 50 on :45 Choice	EN1	S
300	3 x 100 on 1:45 Stroke Drills	REC	I
	1 on 10:00 Ice	M	
5:13 PM 3,480 Yards - Stress Value = 33			

**Workout #3678 - Tuesday, 15 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
6:00 PM Start			
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{3 x 150 on 3:00 Kick	EN1	
	{2 x 150 on 2:45 Kick	EN2	
	{1 x 150 on 2:30 Kick	EN2	
	1x{6 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
	{6 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{6 x 75 on :55 Pulls-nbbf&w + 2 yds	EN1	
450	9 x 50 on :45 Descend in sets of 3	EN1	
2,000	5 x 400 on 5:15 Freestyle	EN2	
500	5 x 100 on 1:45 Stroke Drills	REC	
8:15 PM 6,180 Yards - Stress Value = 76			

**Workout #3677 - Tuesday, 15 February 2005**

**HighSchl - Boys**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
600	1 on 45:00 Vslztn/Stmch&Strrch	L	
180	6 x 100 on 1:40 Stroke Drills	REC	D
180	12 x 15 on :45 Shooters	SP3	S
	1 on 12:00 Techniques-Starts	D	
	3x{1 x 25 on :45 Kick no board	EN1	K
	{1 x 25 on :40 Kick no board	EN1	K
	{1 x 25 on :35 Kick no board	EN1	K
	{1 x 25 on :30 Kick no board	EN1	K
	{2 x 25 on :45 Sprint kick	EN1	K
850	1 x 850 on 12:00 Pulls	EN1	P
300	6 x 50 on :45 Descend in sets of 3	EN1	S
100	1 x 100 on 5:00 Broken/time trial	SP2	S
500	1 x 500 on 8:00 Stroke Drills	REC	D
	1 on 10:00 Ice	M	
5:14 PM 2,980 Yards - Stress Value = 34			

**Workout #3679 - Wednesday, 16 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:15 AM Start			

Yards	Set Description	EGY	WOF
600	1 on 5:00 Stretch		
300	8 x 75 on 1:25 Stroke Drills	2 on E	REC
	12 x 25 on :30 12.5 ez 12.5 fast		EN1
	1x{1 x 500 on 7:30 Free hold under 6:00		EN2
	{1 x 400 on 6:00 Free hold under 4:48		EN2
	{1 x 100 on 1:30 Free hold under 1:12		EN2
	{1 x 300 on 4:30 Free hold under 3:36		EN2
	{1 x 200 on 3:00 Free hold under 2:24		EN2
	{1 x 500 on 7:30 Free hold under 5:50		EN2
	{1 x 400 on 6:00 Free hold under 4:40		EN2
	{1 x 100 on 1:30 Free hold under 1:10		EN2
	{1 x 300 on 4:30 Free hold under 3:30		EN2
	{1 x 200 on 3:00 Free hold under 2:20		EN2
250	1 x 250 on 4:00 Stroke Drills		REC
6:30 AM 4,150 Yards - Stress Value = 63			

**Workout #3681 - Wednesday, 16 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM Start			
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
	12 x 15 on :45 Shooters	SP3	
	1x{4 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 1:50 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	{2 x 100 on 1:40 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	1x{4 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 125 on 1:45 Lungbuster pulls	EN1	
	{2 x 150 on 2:00 Lungbuster pulls	EN1	
	{1 x 175 on 2:10 Lungbuster pulls	EN1	
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	1x{4 x 125 on 2:00 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:55 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:50 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:45 Freestyle	EN3	
500	10 x 50 on 1:00 Stroke Drills	REC	
7:27 PM 6,230 Yards - Stress Value = 160			

**Workout #3682 - Wednesday, 16 February 2005**

**Group 3 - High Schoolers**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:00 PM Start			
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
900	3x{2 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :30 Kick no board BSLR	EN1	
850	1x{3 x 125 on 1:55 Lungbuster pulls	EN1	
	{2 x 150 on 2:15 Lungbuster pulls	EN1	
	{1 x 175 on 2:30 Lungbuster pulls	EN1	
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
750	1x{3 x 125 on 2:00 Freestyle	EN3	
	{1 on 1:00 Rest		
	{3 x 125 on 1:55 Freestyle	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:50 PM 3,980 Yards - Stress Value = 72			

**Workout #3680 - Wednesday, 16 February 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 45:00 Visualization		
800	1 x 800 on 13:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1 on 10:00 Techniques-Starts		
500	10 x 50 on 1:00 Kick no board	EN1	
600	12 x 50 on :50 Pulls	EN1	
	1x{4 x 50 on 1:00 Stroke Drills	REC	
	{1 x 200 on 3:00 Freestyle	REC	
	{3 x 50 on 1:00 Stroke Drills	REC	
	{1 x 150 on 2:15 Freestyle	REC	
	{2 x 50 on 1:00 Stroke Drills	REC	
	{1 x 100 on 1:30 Freestyle	REC	
	{1 x 50 on 1:00 Stroke Drills	REC	
	1 on 15:00 Ice/Team meeting		
	5:12 PM 3,030 Yards - Stress Value = 18		

**Workout #3683 - Thursday, 17 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:45 Underwater trn drill	REC	
	odds fr evns back		
180	12 x 15 on :45 Shooters	SP3	
1,000	1 x 1000 on 20:00 Kick every 3rd lap	EN2	
	100% effort		
1,000	1 x 1000 on 15:00 Pulls every 3rd lap	EN1	
	3 breaths total		
450	9 x 50 on :45 Descend in sets of 3	EN1	
	1x{4 x 25 on :30 Backstroke	EN3	
	{1 x 100 on 1:30 Freestyle	EN1	
	{4 x 25 on :35 Backstroke	EN3	
	{1 x 150 on 2:15 Freestyle	EN1	
	{4 x 25 on :40 Backstroke	EN3	
	{1 x 200 on 3:00 Freestyle	EN1	
	{4 x 25 on :45 Backstroke	EN3	
	{1 x 250 on 3:45 Freestyle	EN1	
	{4 x 25 on :50 Backstroke	EN3	
	{1 x 300 on 4:30 Freestyle	EN1	
	{4 x 25 on :55 Backstroke	EN3	
	{1 x 350 on 5:15 Freestyle	EN1	
	{4 x 25 on 1:00 Backstroke	EN3	
	{1 x 400 on 8:00 Stroke Drills	REC	
	8:30 PM 5,880 Yards - Stress Value = 97		

**Workout #3684 - Thursday, 17 February 2005**

**Group 3 - High Schoolers**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:45 Underwater trn drill	REC	
	odds fr evns back		
180	12 x 15 on :45 Shooters	SP3	
1,000	1 x 1000 on 20:00 Kick every 3rd lap	EN2	
	100% effort		
1,000	1 x 1000 on 15:00 Pulls every 3rd lap	EN1	
	3 breaths total		
450	9 x 50 on :45 Descend in sets of 3	EN1	
1,100	1x{4 x 25 on :30 Your Stroke	EN3	
	{1 x 100 on 1:30 Freestyle	EN1	

{4 x 25 on :35 Your Stroke	EN3
{1 x 150 on 2:15 Freestyle	EN1
{4 x 25 on :40 Your Stroke	EN3
{1 x 200 on 3:00 Freestyle	EN1
{4 x 25 on :45 Your Stroke	EN3
{1 x 250 on 5:00 Stroke Drills	REC
8:02 PM 4,530 Yards - Stress Value = 70	

**Workout #3686 - Friday, 18 February 2005**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 45:00 Visualization/stretch		
1,000	1 x 1000 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
500	2x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 50 on 1:00 Kick	EN1	
600	1x{2 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 75 on :55 Pulls-nbbf&w + 2 yds	EN1	
300	1x{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN1	
500	1 x 500 on 8:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:56 PM 3,080 Yards - Stress Value = 23		

**Workout #3685 - Friday, 18 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 5:00 Stretching		
500	1 x 500 on 8:00 Reverse IM drill	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:35 Pulls-nbbf&w + 2 yds	EN1	
	{ no breath L.12 yds		
400	16 x 25 on :30 IM order-build	EN1	
	1x{3 x 250 on 3:30 Freestyle-descend	EN1	
	{3 x 250 on 3:20 Freestyle-descend	EN1	
	{3 x 250 on 3:10 Freestyle-descend	EN1	
	{3 x 250 on 3:00 Freestyle-descend	EN2	
	{ 1st repeat of each		
	{ set should be 3:00		
	{ or faster :-)		
300	1 x 300 on 5:00 Stroke Drills	REC	
	6:30 AM 5,500 Yards - Stress Value = 63		

**Workout #3687 - Friday, 18 February 2005**

**Group 3 - Miguel Santos**

**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	
800	1 x 800 on 16:00 Vertical kicking	EN1	
	1 on 15:00 Techniques-Starts		
1x{3	x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	
	{ 3 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
	{ 3 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{ 3 x 75 on :55 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
300	2 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
1x{4	x 25 on :30 Freestyle	EN1	
	{ 4 x 25 on :25 Freestyle	EN1	
	{ 4 x 25 on :20 Freestyle	EN2	
	{ 4 x 25 on :15 Freestyle	EN2	
200	1 x 200 on 3:00 Freestyle	REC	
400	4 x 100 on 1:30 Freestyle-descend to ludicrous speed	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:15 PM 4,530 Yards - Stress Value = 43		

**Workout #3688 - Monday, 21 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

9:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :40 Sprint w/fist gloves	SP3	
1x{4	x 25 on :30 Kick no board BSLR	EN1	
	{ 2 x 50 on 1:00 Kick no board BSLR	EN1	
	{ 1 x 100 on 2:00 Kick no board BSLR	EN1	
	{ 4 x 100 on 2:00 Kick-descend	EN2	
	{ 3 x 50 on 1:00 Kick-descend	EN2	
	{ 2 x 25 on :30 Kick-100%	EN2	
1,000	8 x 125 on 1:50 Pull no br L.12 yds	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
1x{3	x 100 on 1:30 Freestyle	EN1	
	{ 3 x 50 on :45 Freestyle-deseend	EN2	
	{ 3 x 100 on 1:25 Freestyle	EN1	
	{ 3 x 50 on :45 Freestyle-descend	EN2	
	{ 3 x 100 on 1:20 Freestyle	EN2	
	{ 3 x 50 on :45 Freestyle-descend	EN2	
	{ 3 x 100 on 1:15 Freestyle	EN2	
	{ 3 x 50 on :45 Freestyle-descend	EN2	
	{ 3 x 100 on 1:10 Freestyle	EN2	
	{ 3 x 50 on :45 Freestyle-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	11:32 AM 5,550 Yards - Stress Value = 79		

**Workout #3689 - Monday, 21 February 2005**

**HighSchl - All**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1 on 10:00 Techniques-Relay Str		
1x{4	x 25 on :30 Kick no board BSLR	EN1	
	{ 1 x 100 on 2:00 Kick	EN1	
	{ 1 x 100 on 1:50 Kick	EN1	

	{ 1 x 100 on 1:40 Kick	EN2	
500	4 x 125 on 1:45 Pull no br L. 8 yds	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
2x{2	x 100 on 1:20 Freestyle	EN1	
	{ 3 x 50 on :45 Freestyle-descend	EN1	
	{ 3 x 50 on :40 Freestyle-descend	EN2	
	{ 1 x 150 on 2:15 Freestyle	REC	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:49 PM 3,530 Yards - Stress Value = 33		

**Workout #3691 - Tuesday, 22 February 2005**

**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	8 x 100 on 1:45 Underwater trn drill	REC	
	odds free evens back		
180	12 x 15 on :45 Shooters	SP3	
2x{2	x 75 on 1:30 Kick	EN1	
	{ 2 x 75 on 1:25 Kick	EN1	
	{ 2 x 75 on 1:20 Kick	EN2	
	{ odds 100% effort		
1x{2	x 200 on 2:45 Pulls	EN1	
	{ 1 x 150 on 2:05 Pulls	EN1	
	{ 2 x 100 on 1:25 Pulls	EN1	
	{ 1 x 50 on :40 Pulls	EN1	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
1x{3	x 150 on 2:00 Freestyle	EN1	
	{ 3 x 150 on 1:55 Freestyle	EN1	
	{ 3 x 150 on 1:50 Freestyle	EN2	
	{ 3 x 150 on 1:45 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	8:00 PM 5,030 Yards - Stress Value = 56		

**Workout #3690 - Tuesday, 22 February 2005**

**HighSchl - All**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	6 x 100 on 1:40 Underwater trn drill	REC	
	free or back		
180	12 x 15 on :45 Shooters	SP3	
	1 on 10:00 Techniques-Relay Str		
1x{2	x 75 on 1:30 Kick	EN1	
	{ 2 x 75 on 1:25 Kick	EN1	
	{ 2 x 75 on 1:20 Kick	EN1	
	{ 2nd of each set 90%		
1x{3	x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	
	{ 3 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
	{ 3 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	
150	1 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
1x{2	x 100 on 1:10 Freestyle	EN2	
	{ 3 x 50 on :45 Freestyle-descend	EN1	
	{ 2 x 100 on 1:15 Freestyle	EN2	
	{ 3 x 50 on :45 Freestyle-descend	EN1	
	{ 2 x 100 on 1:20 Freestyle	EN1	
	{ 3 x 50 on :45 Freestyle-descend	EN1	
	{ 2 x 100 on 1:25 Freestyle	EN1	
	{ 3 x 50 on :45 Freestyle-descend	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	4:38 PM 3,480 Yards - Stress Value = 41		

**Workout #3693 - Wednesday, 23 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
180	1x{1 x 200 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN1	
180	12 x 15 on :45 Shooters	SP3	
	4x{4 x 25 on :30 Kick no board BSLR	EN1	
	{4 x 25 on :45 Sprint kick	EN2	
	1x{1 x 400 on 5:15 Pulls	EN1	
	{1 x 400 on 5:05 Pulls	EN1	
	{1 x 400 on 4:55 Pulls	EN2	
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
	3x{1 x 25 on :00 Your Stroke	SP2	
	{1 x 125 on 3:00 Freestyle	REC	
	{1 x 50 on :00 Your Stroke	SP2	
	{1 x 100 on 3:00 Freestyle	REC	
	{1 x 75 on :00 Your Stroke	SP2	
	{1 x 75 on 3:00 Freestyle	REC	
500	1 x 500 on 9:00 Stroke Drills	REC	
	7:12 PM 4,930 Yards - Stress Value = 89		

{1 x 250 on 3:15 Freestyle EN1  
 200 1 x 200 on 3:00 Stroke Drills REC  
 8:01 PM 5,080 Yards - Stress Value = 80

**Workout #3695 - Friday, 25 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	SI
	1 on 10:00 Stretching			L DF
600	1 x 600 on 10:00 Choice	REC	S	CF
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S	F
	1x{1 x 600 on 7:00 Freestyle	EN2	S	F
	{1 x 500 on 6:15 Freestyle	EN2	S	F
	{1 x 400 on 5:20 Freestyle	EN1	S	F
	{1 x 300 on 4:15 Freestyle	EN1	S	F
	{1 x 200 on 3:00 Freestyle	EN1	S	F
	{1 x 100 on 1:35 Freestyle	EN1	S	F
	1x{4 x 25 on :30 Freestyle	EN1	S	F
	{4 x 25 on :25 Freestyle	EN1	S	F
	{4 x 25 on :20 Freestyle	EN2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
	6:22 AM 3,500 Yards - Stress Value = 48			

**Workout #3692 - Wednesday, 23 February 2005**

**HighSchl - All**

**1 minute rest between sets**

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	
	1 on 10:00 Techniques-Relay Str		
300	6 x 50 on :50 Descend in sets of 3	EN1	
50	1 x 50 on 5:00 Relay/brkn @25's	SP2	
	1x{1 x 100 on 2:00 Kick	EN1	
	{2 x 50 on 1:00 Kick	EN1	
	{4 x 25 on :30 Kick	EN1	
	{2 x 50 on 1:05 Kick	EN1	
	{1 x 100 on 2:10 Kick	EN1	
	1x{1 x 250 on 3:30 Pulls	EN1	
	{1 x 250 on 3:20 Pulls	EN1	
300	6 x 50 on :50 Descend in sets of 3	EN1	
50	1 x 50 on 5:00 Relay/brkn @25's	SP2	
500	1 x 500 on 8:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:58 PM 2,980 Yards - Stress Value = 32		

**Workout #3696 - Friday, 25 February 2005**

**HighSchl - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Reverse IM drill	REC	
180	12 x 15 on :45 Shooters	SP3	
800	1x{8 x 50 on 1:00 Kick no board BSLR	EN1	
	{1 x 400 on 8:00 Kick-great effort!!!	EN2	
750	1x{3 x 25 on :30 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 75 on 1:15 Pulls-nbbf&w + 2 yds	EN1	
300	{3 x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
	12 x 25 on :30 IM order-build	EN1	
1,400	1x{1 x 100 on 1:45 Individual Medley	EN1	
	{2 x 125 on 1:50 Freestyle	EN1	
	{1 x 100 on 1:40 Individual Medley	EN1	
	{2 x 125 on 1:45 Freestyle	EN1	
	{1 x 100 on 1:35 Freestyle	EN1	
	{2 x 125 on 1:40 Freestyle	EN1	
	{1 x 100 on 1:30 Individual Medley	EN1	
	{2 x 125 on 1:35 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	6:59 PM 4,480 Yards - Stress Value = 42		

**Workout #3694 - Thursday, 24 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
500	1 x 500 on 9:00 Underwater trn drill	REC	
180	12 x 15 on :45 Shooters	SP3	
	2x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN1	
600	1 x 600 on 8:30 Pulls	EN1	
	1x{3 x 50 on :50 Freestyle-descend	EN1	
	{3 x 50 on :45 Freestyle-descend	EN1	
	1x{4 x 250 on 3:30 Freestyle	EN1	
	{3 x 250 on 3:25 Freestyle	EN1	
	{2 x 250 on 3:20 Freestyle	EN1	

**Workout #3697 - Saturday, 26 February 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Stroke Drills	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
500	20 x 25 on :30 Odds sprint kick	EN1	
600	1 x 600 on 8:00 Pulls-nbbf&w + 2 yds	EN1	
600	6 x 100 on 1:30 Freestyle	EN1	
	1x{6 x 50 on 1:00 Descend in sets of 3	EN1	
	{6 x 50 on :55 Descend in sets of 3	EN1	
	{6 x 50 on :50 Descend in sets of 3	EN1	
	{6 x 50 on :45 Descend in sets of 3	EN1	
	{6 x 50 on :40 Descend in sets of 3	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:50 AM 4,500 Yards - Stress Value = 44		

**Workout #3698 - Tuesday, 01 March 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 20:00 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 2:00 Kick	EN1	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{2 x 100 on 1:50 Kick	EN1	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{2 x 100 on 1:40 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	1x{1 x 300 on 4:10 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
	{1 x 300 on 3:50 Pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
200	1 x 200 on :00 Brkn @50's	SP2	
200	1 x 200 on 8:00 Stroke Drills	REC	
100	1 x 100 on :00 Brkn @ your choice	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:07 PM 3,980 Yards - Stress Value = 63		

**Workout #3699 - Wednesday, 02 March 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
	1x{1 x 200 on 3:00 Freestyle L.25 fast	EN1	§
	{1 x 200 on 3:00 Freestyle L.50 fast	EN1	§
	{1 x 200 on 3:00 Freestyle L.75 fast	EN1	§
180	12 x 15 on :45 Shooters	SP3	§
	1x{4 x 25 on :30 Kick no board BSLR	EN1	F
	{4 x 25 on :35 Kick no board BSLR	EN1	F
	{4 x 25 on :40 Kick no board BSLR	EN1	F
	{4 x 25 on :45 Kick no board BSLR	EN1	F
400	4 x 100 on 1:25 Lungbuster pulls	EN1	F
	3x{1 x 25 on :30 Your Stroke	EN1	§
	{1 x 50 on :55 Your Stroke	EN1	§
	{1 x 75 on 1:15 Your Stroke	EN1	§
	{1 x 100 on 1:30 Your Stroke	EN1	§
	{4 x 125 on 2:00 25drll 75bld 25drll	EN1	§
200	1 x 200 on 3:00 Stroke Drills	REC	I
	7:09 PM 4,030 Yards - Stress Value = 44		

**Workout #3700 - Thursday, 03 March 2005**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
800	8 x 100 on 1:40 Underwater trn drill	REC	
	odds free evens back		
180	12 x 15 on :45 Shooters	SP3	
450	1x{3 x 50 on 1:00 Kick	EN1	
	{3 x 50 on :55 Kick	EN1	
	{3 x 50 on :50 Kick	EN2	
500	1x{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
300	6 x 50 on :50 Descend in sets of 3	EN1	
1,000	1x{4 x 100 on 1:20 Freestyle	EN1	
	{3 x 100 on 1:15 Freestyle	EN1	
	{2 x 100 on 1:10 Freestyle	EN1	
	{1 x 100 on 1:05 Freestyle	EN1	
150	1 x 150 on 2:15 Freestyle	REC	
400	1x{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN1	
	{4 x 25 on :15 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:38 PM 4,030 Yards - Stress Value = 35		

**Workout #3701 - Friday, 04 March 2005**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	1x{3 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN1	
600	1x{1 x 100 on 1:25 Pulls	EN1	
	{2 x 100 on 1:20 Pulls	EN1	
	{3 x 100 on 1:15 Pulls	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
1,200	1x{2 x 150 on 2:15 Freestyle	EN1	
	{2 x 150 on 2:05 Freestyle	EN1	
	{2 x 150 on 1:55 Freestyle	EN1	
	{2 x 150 on 1:45 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:02 PM 3,680 Yards - Stress Value = 40		

**Workout #3702 - Friday, 04 March 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{3 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:40 Kick	EN1	
	1x{1 x 100 on 1:30 Pulls	EN1	
	{2 x 100 on 1:20 Pulls	EN1	
	{3 x 100 on 1:10 Pulls	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	
	1x{2 x 150 on 2:15 Freestyle	EN1	
	{2 x 150 on 2:05 Freestyle	EN1	
	{2 x 150 on 1:55 Freestyle	EN1	
	{2 x 150 on 1:45 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:32 PM 3,680 Yards - Stress Value = 40		

400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
180	12 x 15 on :45 Shooters	SP3	S
600	1x{4 x 25 on :30 Kick no board BSLR	EN1	F
	{1 x 50 on 1:00 Kick	EN1	F
	{4 x 25 on :35 Kick no board BSLR	EN1	F
	{1 x 100 on 2:00 Kick	EN1	F
	{4 x 25 on :40 Kick no board BSLR	EN1	F
	{1 x 150 on 3:00 Kick	EN1	F
500	4 x 125 on 1:45 Lungbuster pulls	EN1	F
200	8 x 25 on :30 12.5 ez 12.5 fast	EN1	S
1,400	1x{1 x 150 on 2:15 Your Stroke	EN1	S
	{2 x 50 on :50 Freestyle	EN1	S
	{2 x 125 on 1:50 Your Stroke	EN1	S
	{2 x 50 on :45 Freestyle	EN1	S
	{3 x 100 on 1:30 Your Stroke	EN1	S
	{2 x 50 on :40 Freestyle	EN2	S
	{4 x 75 on 1:05 Your Stroke	EN1	S
	{2 x 50 on :35 Freestyle	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	7:32 PM 3,480 Yards - Stress Value = 36		

**Workout #3706 - Tuesday, 08 March 2005**

**Group 3 - All**

**1 minute rest between sets**

**Workout #3704 - Saturday, 05 March 2005**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 20:00 Stomach and Stretch		L
800	1 x 800 on 12:00 Choice	REC	D
180	12 x 15 on :45 Shooters	SP3	S
750	3x{4 x 25 on :30 Kick no board BSLR	EN1	K
	{3 x 50 on :55 Kick-descend	EN1	K
750	1 x 750 on 10:00 Pulls	EN1	P
450	1x{3 x 50 on :50 Freestyle-descend	EN1	S
	{3 x 50 on :45 Freestyle-descend	EN1	S
	{3 x 50 on :40 Freestyle-descend	EN1	S
200	1 x 200 on :00 Broken @50 10-20-30	SP2	S
400	1 x 400 on 6:00 Stroke Drills	REC	D
	9:25 AM 3,530 Yards - Stress Value = 48		

Yards	Set Description	EGY	WORK
	1 on 25:00 Stomach and Stretch		I
600	6 x 100 on 1:40 Stroke Drills	REC	I
180	12 x 15 on :45 Shooters	SP3	S
500	1x{1 x 100 on 2:00 Kick	EN1	F
	{1 x 100 on 1:55 Kick	EN1	F
	{1 x 100 on 1:50 Kick	EN1	F
	{1 x 100 on 1:45 Kick	EN2	F
	{1 x 100 on 1:40 Kick	EN2	F
450	1x{2 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	F
	{2 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	F
	{2 x 75 on :55 Pulls-nbbf&w + 2 yds	EN2	F
200	8 x 25 on :30 12.5 ez 12.5 fast	EN1	S
1,200	1x{1 x 400 on 5:15 Freestyle	EN1	S
	{1 x 400 on 5:00 Freestyle	EN2	S
	{1 x 400 on 4:45 Freestyle	EN2	S
300	6 x 50 on 1:00 Stroke Drills	REC	I
	7:31 PM 3,430 Yards - Stress Value = 43		

**Workout #3703 - Saturday, 05 March 2005**

**Group 3 - Miguel Santos**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 20:00 Stomach and Stretch		
800	1 x 800 on 12:00 Underwater trn drill	REC	
180	12 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 50 on :55 Kick-descend	EN1	
750	1 x 750 on 10:00 Pulls	EN1	
	1x{3 x 50 on :50 Freestyle-descend	EN1	
	{3 x 50 on :45 Freestyle-descend	EN1	
	{3 x 50 on :40 Freestyle-descend	EN1	
200	1 x 200 on :00 Broken @50 10-20-30	SP2	
400	1 x 400 on 6:00 Stroke Drills	REC	
	8:25 AM 3,530 Yards - Stress Value = 48		

**Workout #3707 - Friday, 02 September 2005**

**Generic**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S
300	12 x 25 on :45 Kick no board BSLR	EN1	F
600	8 x 75 on 1:20 Pulls	EN1	F
1,400	1x{3 x 50 on 1:00 Butterfly	EN1	S
	{1 x 200 on 3:20 Individual Medley	EN1	S
	{3 x 50 on 1:00 Backstroke	EN1	S
	{1 x 200 on 3:20 Individual Medley	EN1	S
	{3 x 50 on 1:05 Breaststroke	EN1	S
	{1 x 200 on 3:20 Individual Medley	EN1	S
	{3 x 50 on :50 Freestyle	EN1	S
	{1 x 200 on 3:20 Individual Medley	SP1	S
	{ last IM 100%		
200	1 x 200 on 3:00 Stroke Drills	REC	I
	7:00 AM 2,900 Yards - Stress Value = 39		

**Workout #3705 - Monday, 07 March 2005**

**Group 3 - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 20:00 Stomach and Stretch		I

**Workout #3708 - Monday, 12 September 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
	2x{4 x 25 on :30 Kick no board BSLR	EN1	F
	{2 x 75 on 1:20 Kick	EN2	F
	1x{1 x 200 on 3:00 Pulls	EN1	F
	{1 x 200 on 2:45 Pulls	EN1	F
	{1 x 200 on 2:30 Pulls	EN2	F
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	S
	1x{3 x 150 on 2:15 Freestyle	EN2	S
	{1 x 200 on 3:00 Backstroke	EN1	S
	{3 x 150 on 2:10 Freestyle	EN2	S
	{1 x 200 on 3:00 Backstroke	EN1	S
	{3 x 150 on 2:05 Freestyle	EN2	S
	{1 x 200 on 3:00 Backstroke	EN1	S
	{3 x 150 on 2:00 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	4:22 PM 4,550 Yards - Stress Value = 62		

**Workout #3709 - Monday, 12 September 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
	2x{4 x 25 on :30 Kick no board BSLR	EN1	F
	{2 x 75 on 1:30 Kick	EN2	F
	1x{1 x 200 on 3:00 Pulls	EN1	F
	{1 x 200 on 2:45 Pulls	EN1	F
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	S
	1x{2 x 150 on 2:15 Freestyle	EN2	S
	{1 x 150 on 2:30 Your Stroke	EN1	S
	{2 x 150 on 2:10 Freestyle	EN2	S
	{1 x 150 on 2:30 Your Stroke	EN1	S
	{2 x 150 on 2:05 Freestyle	EN2	S
	{1 x 150 on 2:30 Your Stroke	EN1	S
	{2 x 150 on 2:00 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	4:09 PM 3,600 Yards - Stress Value = 48		

**Workout #3710 - Tuesday, 13 September 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Strecching		I
400	1 x 400 on 7:00 Underwater trn drill	REC	S
150	10 x 15 on :45 Shooters	SP3	S
	1x{1 x 100 on 2:10 Kick	EN1	F
	{1 x 100 on 2:05 Kick	EN1	F
	{1 x 100 on 2:00 Kick	EN1	F
	{1 x 100 on 1:55 Kick	EN1	F
	{1 x 100 on 1:50 Kick	EN2	F
	1x{1 x 300 on 4:30 Pulls	EN1	F
	{1 x 200 on 3:00 Pulls	EN1	F
	{1 x 100 on 1:30 Pulls	EN1	F
300	3 x 100 on 1:40 Freestyle-descend	EN1	S
	3x{1 x 100 on 1:45 Backstroke	EN1	S
	{2 x 75 on 1:15 Backstroke	EN1	S
	{3 x 50 on :50 Freestyle	EN1	S

{4 x 25 on :40 Back 12yds under EN1  
 200 1 x 200 on 4:00 Stroke Drills REC  
 4:18 PM 3,650 Yards - Stress Value = 35

**Workout #3711 - Wednesday, 14 September 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		I
	1x{1 x 150 on 2:30 Freestyle L. 50 fast	EN1	F
	{1 x 150 on 2:30 Freestyle L.100 fast	EN1	F
	{1 x 150 on 2:30 Freestyle L.150 fast	EN1	F
150	10 x 15 on :45 Shooters	SP3	S
	1x{4 x 50 on 1:00 Kick no board BSLR	EN1	F
	{3 x 100 on 2:00 Kick	EN1	F
700	7 x 100 on 1:30 Lungbuster pulls	EN1	S
	odds br 3-5-7-5		
	evens br 2-4-6-4		
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	S
	3x{1 x 200 on 3:30 Individual Medley	EN1	S
	{4 x 25 on :30 Butterfly	EN1	S
	{1 x 200 on 3:20 Individual Medley	EN1	S
	{4 x 25 on :30 Backstroke	EN1	S
	{1 x 200 on 3:10 Individual Medley	EN1	S
	{4 x 25 on :30 Breaststroke	EN1	S
	{1 x 200 on 3:00 Individual Medley	EN1	S
	{4 x 25 on :30 Freestyle	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	4:56 PM 5,900 Yards - Stress Value = 63		

**Workout #3712 - Thursday, 15 September 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		I
400	1 x 400 on 8:00 Underwater trn drill	REC	S
150	10 x 15 on :45 Shooters	SP3	S
	1x{1 x 125 on 2:30 Kick	EN1	F
	{1 x 125 on 2:25 Kick	EN1	F
	{1 x 125 on 2:20 Kick	EN1	F
	{1 x 125 on 2:15 Kick	EN1	F
1,200	4 x 300 on 4:00 Pulls	EN1	S
300	6 x 50 on :50 Descend in sets of 3	EN1	S
	1x{4 x 100 on 1:10 Freestyle	EN2	S
	{1 x 200 on 3:30 Freestyle	REC	S
	{4 x 75 on :55 Freestyle	EN2	S
	{1 x 200 on 3:30 Freestyle	REC	S
	{4 x 50 on :40 Freestyle	EN2	S
	{1 x 200 on 3:30 Freestyle	REC	S
	4:14 PM 4,050 Yards - Stress Value = 43		

**Workout #3713 - Monday, 19 September 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
	1x{4 x 25 on :45 Kick no board BSLR	EN1	F
	{4 x 25 on :40 Kick no board BSLR	EN1	F
	{4 x 25 on :35 Kick no board BSLR	EN1	F
	{4 x 25 on :30 Kick no board BSLR	EN1	F
	{2 x 100 on 2:00 Kick 100% effort	EN1	F
	1x{4 x 75 on 1:10 Pull no br L. 5 yds	EN1	F
	{4 x 75 on 1:10 Pull no br L.10 yds	EN1	F
	{4 x 75 on 1:10 Pull no br L.15 yds	EN1	F
300	4 x 75 on 1:20 IM w/out alt.strokes	EN1	S
2,000	5 x 400 on 5:00 Freestyle	EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	I
	4:28 PM 4,750 Yards - Stress Value = 64		

**Workout #3714 - Tuesday, 20 September 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		I
400	1 x 400 on 8:00 Underwater trn drill	REC	S
150	10 x 15 on :45 Shooters	SP3	S
	1x{2 x 125 on 2:30 Kick	EN1	F
	{2 x 100 on 2:00 Kick	EN1	F
	{2 x 75 on 1:30 Kick	EN1	F
	{2 x 50 on 1:00 Kick	EN1	F
	1x{2 x 50 on :45 Pulls	EN1	F
	{2 x 75 on 1:05 Pulls	EN1	F
	{2 x 100 on 1:30 Pulls	EN1	F
	{2 x 125 on 1:50 Pulls	EN1	F
300	3 x 100 on 1:30 Descend in sets of 3	EN1	F
	1x{1 x 150 on 2:30 Backstroke	EN1	F
	{2 x 125 on 2:00 Backstroke	EN1	F
	{3 x 100 on 1:35 Backstroke	EN1	F
	{4 x 75 on 1:10 Backstroke	EN1	F
	{5 x 50 on :45 Backstroke	EN1	F
200	1 x 200 on 4:00 Backstroke for time	SP1	F
400	1 x 400 on 8:00 Stroke Drills	REC	I
	4:25 PM 4,100 Yards - Stress Value = 51		

**Workout #3715 - Wednesday, 21 September 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		I
	1x{1 x 150 on 2:30 Freestyle L.50 fast	EN1	F
	{1 x 150 on 2:30 Freestyle L100 fast	EN1	F
	{1 x 150 on 2:30 Freestyle L.150 fast	EN1	F
150	10 x 15 on :45 Shooters	SP3	S
	1x{4 x 50 on 1:00 Kick no board BSLR	EN1	F
	{4 x 75 on 1:30 Kick	EN1	F
	1x{3 x 100 on 1:40 Lungbuster pulls	EN1	F
	{3 x 100 on 1:35 Lungbuster pulls	EN1	F
	{3 x 100 on 1:30 Lungbuster pulls	EN1	F
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	F
	1x{4 x 125 on 2:30 Breaststroke	EN1	F
	{1 x 150 on 2:15 Freestyle	EN1	F
	{4 x 125 on 2:20 Breaststroke	EN1	F
	{1 x 150 on 2:15 Freestyle	EN1	F

{4 x 125 on 2:10 Breaststroke EN2

300 1 x 300 on 5:00 Stroke Drills REC

4:30 PM 4,350 Yards - Stress Value = 52

**Workout #3716 - Thursday, 22 September 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 stretching		I
400	1 x 400 on 7:00 Underwater trn drill	REC	S
150	10 x 15 on :45 Shooters	SP3	S
	1x{4 x 50 on 1:05 Kick	EN1	F
	{4 x 50 on 1:00 Kick	EN1	F
	{3 x 50 on :55 Kick	EN2	F
	{3 x 50 on :50 Kick	EN2	F
	1x{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	F
	{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	F
	{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN1	F
	{2 x 125 on 1:35 Pulls-nbbf&w + 2 yds	EN2	F
300	6 x 50 on :50 Descend in sets of 3	EN1	F
	1x{4 x 25 on :30 Butterfly	EN1	F
	{1 x 50 on 1:00 Freestyle	REC	F
	{4 x 25 on :30 Butterfly	EN1	F
	{2 x 50 on :55 Freestyle	REC	F
	{4 x 25 on :30 Butterfly	EN1	F
	{3 x 50 on :50 Freestyle	REC	F
	{4 x 25 on :30 Butterfly	EN1	F
	{4 x 50 on :45 Freestyle	EN1	F
	{4 x 25 on :30 Butterfly	EN1	F
	{3 x 50 on :50 Freestyle	REC	F
	{4 x 25 on :30 Butterfly	EN1	F
	{4 x 50 on :45 Freestyle	EN1	F
	{4 x 25 on :30 Butterfly	EN1	F
	{3 x 50 on :50 Freestyle	REC	F
	{4 x 25 on :30 Butterfly	EN1	F
	{4 x 25 on :30 Butterfly	EN1	F
	{2 x 50 on :55 Freestyle	REC	F
	{4 x 25 on :30 Butterfly	EN1	F
	{1 x 50 on 1:00 Freestyle	REC	F
400	1 x 400 on 7:00 Stroke Drills	REC	I
	4:29 PM 4,450 Yards - Stress Value = 39		

**Workout #3717 - Wednesday, 12 October 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S
	1x{1 x 150 on 2:30 Freestyle L. 50 fast	EN1	F
	{1 x 150 on 2:30 Freestyle L.100 fast	EN1	F
	{1 x 150 on 2:30 Freestyle L.150 fast	EN1	F
	1x{4 x 50 on 1:00 Kick no board BSLR	EN1	F
	{3 x 100 on 2:00 Kick	EN1	F
700	7 x 100 on 1:30 Lungbuster pulls	EN1	F
	odds br 3-5-7-5		
	evens br 2-4-6-4		
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	F
	3x{1 x 100 on 1:30 Individual Medley	EN1	F
	{4 x 25 on :30 Butterfly	EN1	F
	{1 x 100 on 1:30 Individual Medley	EN1	F
	{4 x 25 on :30 Backstroke	EN1	F
	{1 x 100 on 1:30 Individual Medley	EN1	F
	{4 x 25 on :30 Breaststroke	EN1	F
	{1 x 100 on 1:30 Individual Medley	EN1	F
	{4 x 25 on :30 Freestyle	EN1	F
200	1 x 200 on 4:00 Stroke Drills	REC	I
	4:32 PM 4,850 Yards - Stress Value = 44		



**Workout #3718 - Wednesday, 12 October 2005**

**HighSchl - All**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
300	1 x 300 on 6:00 Underwater trn drill	REC	
100	4 x 25 on :30 Free 12.5y tuck spin	SP3	
400	8 x 50 on 1:15 Kick	EN1	
600	4 x 150 on 3:00 Pulls	EN1	
300	6 x 50 on :55 Descend in sets of 3	EN1	
	1x{4 x 50 on 1:10 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{4 x 75 on 1:30 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{4 x 50 on 1:00 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
4:08 PM	3,000 Yards - Stress Value = 31		

**Workout #3719 - Wednesday, 19 October 2005**

**HighSchl - All**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
400	1 x 400 on 6:00 Underwater trn drill	REC	
150	10 x 15 on :30 Shooters	SP3	
	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 100 on 1:45 Kick	EN2	
900	3 x 300 on 4:00 Pulls-nbbf&w + 2 yds	EN1	
200	8 x 25 on :30 Free 12.5y tuck spin	REC	
	1x{5 x 200 on 2:20 Freestyle	EN2	
	{5 x 200 on 2:15 Freestyle	EN2	
	{5 x 200 on 2:10 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
4:21 PM	5,450 Yards - Stress Value = 83		

**Workout #3720 - Saturday, 22 October 2005**

**HighSchl - All**

**1 minute rest between sets**

8:00 AM Start

Yards	Set Description	EGY	WC
	1 on 5:00 Stretching		
400	1 x 400 on 7:00 200 SKPS 200 undtrnd	REC	
150	10 x 15 on :30 Shooters	SP3	
	1x{2 x 25 on :30 Kick	EN1	
	{2 x 50 on :55 Kick	EN1	
	{2 x 75 on 1:20 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 125 on 2:10 Kick	EN2	
	3x{1 x 200 on 2:40 Pulls	EN1	
	{2 x 100 on 1:15 Lungbuster pulls	EN1	
	{ br 3-4-5-6		
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	
	10x{1 x 100 on 1:15 Individual Medley	EN1	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
300	1 x 300 on 5:00 Freestyle	REC	
9:28 AM	5,000 Yards - Stress Value = 53		

**Workout #3725 - Monday, 24 October 2005**

**Group 3 - Gold**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF

=====

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
	3x{2 x 100 on 2:00 Kick	EN1	F
	{4 x 25 on :45 Kick no board BSLR	EN1	F
	1x{2 x 125 on 2:00 Pull no br L.5 yds	EN1	F
	{2 x 125 on 1:55 Pull no br L.5 yds	EN1	F
	{2 x 125 on 1:50 Pull no br L.5 yds	EN1	F
	{2 x 125 on 1:45 Pull no br L.5 yds	EN1	F
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	S
	1x{3 x 500 on 7:00 Freestyle	EN1	S
	{2 x 500 on 6:45 Freestyle	EN2	S
	{1 x 500 on 6:30 Freestyle	EN2	S
250	5 x 50 on 1:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
5:29 PM	6,000 Yards - Stress Value = 71		

**Workout #3724 - Monday, 24 October 2005**

**Group 3 - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		I
300	1 x 300 on 8:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
	2x{2 x 75 on 2:00 Kick	EN1	F
	{4 x 25 on :45 Kick no board BSLR	EN1	F
	1x{2 x 100 on 2:00 Pull no br L.5 yds	EN1	F
	{2 x 100 on 1:55 Pull no br L.5 yds	EN1	F
	{2 x 100 on 1:50 Pull no br L.5 yds	EN1	F
200	1 x 200 on 5:00 Individual Medley	EN1	S
	1x{3 x 250 on 4:45 Freestyle	EN1	S
	{2 x 250 on 4:30 Freestyle	EN1	S
	{1 x 250 on 4:15 Freestyle	EN1	S
250	5 x 50 on 1:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
5:06 PM	3,500 Yards - Stress Value = 34		

**Workout #3723 - Monday, 24 October 2005**

**Group 3 - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		I
200	1 x 200 on 8:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
	2x{2 x 50 on 2:00 Kick	EN1	F
	{4 x 25 on 1:30 Kick no board BSLR	EN1	F
	1x{2 x 75 on 2:00 Pull no br L.5 yds	EN1	F
	{2 x 75 on 1:55 Pull no br L.5 yds	EN1	F
	{2 x 75 on 1:50 Pull no br L.5 yds	EN1	F
200	1 x 200 on 5:00 Individual Medley	EN1	S
	1x{3 x 150 on 4:45 Freestyle	EN1	S
	{2 x 150 on 4:30 Freestyle	EN1	S
	{1 x 150 on 4:15 Freestyle	EN1	S
200	4 x 50 on 1:30 Stroke Drills	REC	I
	1 on 10:00 Ice		M
5:13 PM	2,500 Yards - Stress Value = 27		

**Workout #3722 - Monday, 24 October 2005**

**HighSchl - Gold**

**1 minute rest between sets**

				3:00 PM Start			
Yards	Set Description	EGY	WORF	Yards	Set Description	EGY	WC
5:30 AM Start					1 on 30:00 Stomach and Stretch		
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	400	1 x 400 on 10:00 Underwater trn drill	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S	150	10 x 15 on :45 Shooters	SP3	
	1 on 30:00 Weights and Stretch		I		4x{2 x 75 on 2:00 Kick	REC	
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S		{1 x 100 on 2:00 Kick	EN3	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S	750	1 x 750 on 15:00 Pulls	EN1	
	1x{2 x 150 on 2:15 Pull no br L.5 yds	EN1	F		1x{3 x 75 on 1:40 Descend in sets of 3	EN1	
	{2 x 150 on 2:10 Pull no br L.7 yds	EN1	F		{3 x 75 on 1:30 Descend in sets of 3	EN1	
	{2 x 150 on 2:05 Pull no br L.9 yds	EN1	F		1x{2 x 100 on 2:10 Backstroke	EN1	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	S		{2 x 100 on 2:05 Backstroke	EN1	
	1x{3 x 250 on 3:30 Freestyle	EN2	S		{2 x 100 on 2:00 Backstroke	EN1	
	{2 x 250 on 3:20 Freestyle	EN2	S		{2 x 75 on 1:30 Backstroke	EN1	
	{1 x 250 on 3:10 Freestyle	EN2	S		{2 x 75 on 1:25 Backstroke	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	I	400	16 x 25 on :30 Freestyle-odds fast	EN1	
	1 on 5:00 Ice		N	400	1 x 400 on 6:00 Stroke Drills	REC	
7:05 AM 3,600 Yards - Stress Value = 54					1 on 10:00 Ice		
					5:29 PM 4,600 Yards - Stress Value = 58		

**Workout #3721 - Monday, 24 October 2005**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORF
5:30 AM Start			
	1 on 30:00 Weights and Stretch		I
300	1 x 300 on 7:00 Swim-kick-pull-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{2 x 125 on 2:15 Pull no br L.5 yds	EN1	F
	{2 x 125 on 2:10 Pull no br L.7 yds	EN1	F
	{2 x 125 on 2:05 Pull no br L.9 yds	EN1	F
	1x{3 x 200 on 3:30 Freestyle	EN2	S
	{2 x 200 on 3:20 Freestyle	EN2	S
150	1 x 150 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		N
7:01 AM 2,500 Yards - Stress Value = 38			

**Workout #3726 - Tuesday, 25 October 2005**

**HighSchl - Gold**

**1 minute rest between sets**

3:00 PM Start			
Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
500	1 x 500 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	4x{2 x 100 on 2:00 Kick	REC	
	{1 x 100 on 2:00 Kick	EN3	
1,000	1 x 1000 on 15:00 Pulls	EN1	
	1x{3 x 100 on 1:40 Descend in sets of 3	EN1	
	{3 x 100 on 1:30 Descend in sets of 3	EN1	
	1x{2 x 125 on 2:15 Backstroke	EN1	
	{2 x 125 on 2:10 Backstroke	EN1	
	{2 x 125 on 2:05 Backstroke	EN1	
	{2 x 100 on 1:50 Backstroke	EN1	
	{2 x 100 on 1:45 Backstroke	EN1	
	{2 x 100 on 1:40 Backstroke	EN1	
	{2 x 75 on 1:20 Backstroke	EN1	
	{2 x 75 on 1:15 Backstroke	EN1	
	{2 x 75 on 1:10 Backstroke	EN1	
400	16 x 25 on :30 Freestyle-odds fast	EN1	
400	1 x 400 on 6:00 Stroke Drills	REC	
	1 on 5:00 Ice		
5:34 PM 6,050 Yards - Stress Value = 68			

**Workout #3727 - Tuesday, 25 October 2005**

**HighSchl - Silver**

**1 minute rest between sets**

**Workout #3728 - Tuesday, 25 October 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start			
Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
300	1 x 300 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	4x{2 x 50 on 2:00 Kick	REC	
	{1 x 75 on 2:00 Kick	EN3	
600	1 x 600 on 15:00 Pulls	EN1	
	1x{3 x 50 on 1:40 Descend in sets of 3	EN1	
	{3 x 50 on 1:30 Descend in sets of 3	EN1	
	1x{2 x 75 on 2:10 Backstroke	EN1	
	{2 x 75 on 2:05 Backstroke	EN1	
	{2 x 75 on 2:00 Backstroke	EN1	
	{2 x 50 on 1:30 Backstroke	EN1	
	{2 x 50 on 1:25 Backstroke	EN1	
	{2 x 50 on 1:20 Backstroke	EN1	
200	8 x 25 on 1:00 Freestyle-odds fast	EN1	
200	1 x 200 on 6:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:29 PM 3,200 Yards - Stress Value = 45			

**Workout #3729 - Thursday, 27 October 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Stomach and Stretch		
150	4x{1 x 100 on 1:45 Underwater trn drill {3 x 50 on 1:00 Stroke Drills non fr	REC	REC
	10 x 15 on :45 Shooters	SP3	
	1x{4 x 75 on 1:30 Kick	EN1	
	{3 x 100 on 2:00 Kick	EN1	
	{2 x 125 on 2:30 Kick	EN1	
	{1 x 150 on 3:00 Kick	EN1	
	1x{3 x 125 on 1:55 Pulls	EN1	
	{3 x 125 on 1:50 Pulls	EN1	
	{3 x 125 on 1:45 Pulls	EN1	
	{1 x 125 on 1:40 Pulls	EN2	
300	6 x 50 on :50 Descend in sets of 3	EN1	
	2x{1 x 100 on 1:50 Butterfly 2-2	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:45 Butterfly 2-3	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:40 Butterfly 2-4	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:35 Butterfly 2-5	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:30 Butterfly 2-6	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:31 PM 5,900 Yards - Stress Value = 63		

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
	1x{1 x 175 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 175 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 175 on 3:00 Freestyle L.150 fast	EN1	
	{1 x 175 on 3:00 Freestyle all fast	EN1	
150	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board BSLR	EN1	
	{2 x 100 on 1:45 Kick	EN1	
	{4 x 25 on :40 Kick no board BSLR	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	{4 x 25 on :35 Kick no board BSLR	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	{2 x 100 on 2:00 Kick	EN1	
1,400	4 x 350 on 5:00 Pulls	EN1	
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	1x{4 x 125 on 2:00 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:55 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:50 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:45 Freestyle	EN3	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:04 AM 6,000 Yards - Stress Value = 163		

**Workout #3732 - Saturday, 29 October 2005**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	7:30 AM Start		
	1 on 30:00 Plyometrics/stretch		
	1x{1 x 175 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 175 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 175 on 3:00 Freestyle L.150 fast	EN1	
	{1 x 175 on 3:00 Freestyle all fast	EN1	
150	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board BSLR	EN1	
	{2 x 75 on 1:45 Kick	EN1	
	{4 x 25 on :40 Kick no board BSLR	EN1	
	{2 x 75 on 1:50 Kick	EN1	
	{4 x 25 on :35 Kick no board BSLR	EN1	
	{2 x 75 on 1:55 Kick	EN1	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	{2 x 100 on 2:00 Kick	EN1	
1,200	4 x 300 on 5:00 Pulls	EN1	
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	
	1x{4 x 100 on 2:00 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 100 on 1:55 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 100 on 1:50 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 100 on 1:45 Freestyle	EN3	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:04 AM 5,250 Yards - Stress Value = 137		

**Workout #3730 - Saturday, 29 October 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	7:30 AM Start		
	1 on 30:00 Plyometrics/stretch		
	1x{1 x 200 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.150 fast	EN1	
	{1 x 200 on 3:00 Freestyle all fast	EN1	
150	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board BSLR	EN1	
	{2 x 100 on 1:45 Kick	EN1	
	{4 x 25 on :40 Kick no board BSLR	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	{4 x 25 on :35 Kick no board BSLR	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	{2 x 100 on 2:00 Kick	EN1	
1,600	4 x 400 on 5:00 Pulls	EN1	
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	1x{4 x 125 on 2:00 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:55 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:50 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:45 Freestyle	EN3	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:04 AM 6,300 Yards - Stress Value = 165		

**Workout #3731 - Saturday, 29 October 2005**

**HighSchl - Gold**

**1 minute rest between sets**

7:30 AM Start

**Workout #3733 - Saturday, 29 October 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	7:30 AM Start		
	1 on 30:00 Plyometrics/stretch		
150	1x{1 x 100 on 3:00 Freestyle L.25 fast	EN1	
	{1 x 100 on 3:00 Freestyle L. 50 fast	EN1	
	{1 x 100 on 3:00 Freestyle L. 75 fast	EN1	
	{1 x 100 on 3:00 Freestyle all fast	EN1	
150	10 x 15 on :45 Shooters	SP3	
	1x{2 x 25 on 1:30 Kick no board BSLR	EN1	
	{2 x 50 on 1:45 Kick	EN1	
	{2 x 25 on 1:20 Kick no board BSLR	EN1	
	{2 x 50 on 1:50 Kick	EN1	
	{2 x 25 on 1:10 Kick no board BSLR	EN1	
	{2 x 50 on 1:55 Kick	EN1	
	{2 x 25 on :30 Kick no board BSLR	EN1	
	{2 x 50 on 2:00 Kick	EN1	
600	4 x 150 on 5:00 Pulls	EN1	
200	4 x 50 on 1:15 Freestyle	EN1	
	1x{4 x 75 on 2:00 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 75 on 1:55 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 75 on 1:50 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 75 on 1:45 Freestyle	EN3	
200	1 x 200 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:03 AM 3,350 Yards - Stress Value = 94		

	{2 x 100 on 1:30 Pull no br L.7 yds	EN1
	{1 x 100 on 1:30 Pull no br L.8 yds	EN1
300	4 x 75 on 1:20 IM w/out alt.strokes	EN1
	1x{1 x 500 on 7:30 Freestyle	EN1
	{2 x 400 on 6:00 Freestyle	EN1
	{3 x 300 on 4:30 Freestyle	EN1
	{4 x 200 on 3:00 Freestyle	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 5:00 Ice	
	5:34 PM 6,500 Yards - Stress Value = 67	

**Workout #3736 - Tuesday, 01 November 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	3:00 PM Start		
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	1x{2 x 125 on 2:30 Kick	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{2 x 75 on 1:30 Kick	EN1	
	{2 x 50 on 1:00 Kick	EN1	
1,000	1 x 1000 on 15:00 Pulls	EN1	
300	3 x 100 on 1:40 Descend in sets of 3	EN1	
	4x{1 x 100 on 2:10 Kick no board	EN1	
	{1 x 100 on 1:50 Stroke Drills	REC	
	{1 x 100 on 1:40 Stroke	EN1	
	{4 x 25 on :30 Stroke 100% effort	EN3	
	{1 x 200 on 4:00 Stroke Drills	REC	
400	16 x 25 on :30 Berzerks	SP3	
	1 on 10:00 Ice		
	5:35 PM 5,550 Yards - Stress Value = 74		

**Workout #3734 - Monday, 31 October 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	5:30 AM Start		
	1 on 30:00 Weights		
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{2 x 100 on 1:30 Lungbuster pulls	EN1	
	{2 x 100 on 1:25 Lungbuster pulls	EN1	
	{2 x 100 on 1:20 Lungbuster pulls	EN1	
	{ odds br 3-5-7-9		
	{ evens br 2-4-6-8		
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
	1x{3 x 200 on 2:40 Freestyle	EN2	
	{3 x 200 on 2:35 Freestyle	EN2	
	{3 x 200 on 2:30 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 5:00 Ice		
	7:04 AM 3,550 Yards - Stress Value = 55		

**Workout #3737 - Wednesday, 02 November 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 40:00 Weights and Stretch		
	1x{1 x 200 on 3:20 Freestyle	REC	
	{1 x 200 on 3:20 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:20 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:20 Freestyle L.150 fast	EN1	
150	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :40 Kick no board BSLR	EN1	
	{4 x 50 on 1:15 Kick no board BSLR	EN1	
	{4 x 75 on 1:45 Kick no board BSLR	EN1	
1,000	8 x 125 on 2:00 Lungbuster pulls	EN1	
	breathe 2-3-4-5-6		
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
	4x{1 x 200 on 4:00 Individual Medley	EN1	
	{1 x 75 on 1:30 Your Stroke fast	EN3	
	{1 x 50 on 1:00 Your Stroke fast	EN3	
	{2 x 25 on :30 Your Stroke fast	EN3	
	{1 x 50 on 1:00 Your Stroke fast	EN3	
	{1 x 75 on 1:30 Your Stroke fast	EN3	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 6:00 Ice		
	5:34 PM 5,000 Yards - Stress Value = 110		

**Workout #3735 - Monday, 31 October 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
	2x{4 x 50 on 1:00 Kick no board BSLR	EN1	
	{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{4 x 100 on 1:30 Pull no br L.5 yds	EN1	
	{3 x 100 on 1:30 Pull no br L.6 yds	EN1	

**Workout #3739 - Thursday, 03 November 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
11:00 AM	Start		
1	on 45:00 Stomach/Stretch/Mtg		
1x{1 x 400	on 10:00 Swim-kick-pull-swim	REC	
{8 x 50	on 1:30 25 drill 25 swim	REC	
150			
1x{4 x 25	on 1:00 Butterfly	EN1	
{4 x 25	on 1:00 Backstroke	EN1	
{4 x 25	on 1:00 Breaststroke	EN1	
{4 x 25	on 1:00 Freestyle	EN1	
400	8 x 50 on 2:30 Kick	EN1	
400	8 x 50 on 1:45 Pulls	EN1	
600	8 x 75 on 3:00 Freestyle	EN1	
200	1 x 200 on 5:00 Freestyle EZ	REC	
	Techniques-Starts/Tr		
1:31 PM	2,800 Yards - Stress Value = 18		

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
11:00 AM	Start		
1x{1 x 200	on 3:30 Underwater trn drill	REC	
{1 x 200	on 3:30 Swim-kick-pull-swim	REC	
{1 x 200	on 3:30 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
800	8 x 100 on 2:00 Kick	EN1	
1x{1 x 200	on 3:00 Pulls	EN1	
{1 x 175	on 2:35 Pulls	EN1	
{1 x 150	on 2:10 Pulls	EN1	
{1 x 125	on 1:45 Pulls	EN1	
{1 x 100	on 1:20 Pulls	EN1	
{1 x 75	on :55 Pulls	EN2	
{1 x 50	on :35 Pulls	EN2	
{1 x 25	on :15 Pulls	EN2	
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	
1x{3 x 150	on 2:05 Freestyle L.50 strk	EN1	
{3 x 150	on 2:00 Freestyle L.50 strk	EN1	
{3 x 150	on 1:55 Freestyle L.50 strk	EN1	
{3 x 150	on 1:50 Freestyle L.50 strk	EN1	
{3 x 150	on 1:45 Freestyle L.50 strk	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
12:31 PM	5,200 Yards - Stress Value = 48		

**Workout #3738 - Thursday, 03 November 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
11:00 AM	Start			
1	on 45:00 Stomach/Stretch/Mtg		D	
800	1 x 800 on 14:00 Reverse IM drill	REC	D	
250	10 x 25 on :30 Berzerks Fast TO	SP3	S	C
1x{2 x 125	on 2:30 Kick	EN1	K	
{2 x 125	on 2:25 Kick	EN1	K	
{2 x 125	on 2:20 Kick	EN1	K	
3x{1 x 150	on 2:15 Pulls	EN1	P	
{1 x 50	on :50 Pulls 8 brths total	EN1	P	
{1 x 50	on :50 Pulls 7 brths total	EN1	P	
{1 x 50	on :50 Pulls 6 brths total	EN1	P	
200	8 x 25 on :30 IM order-build	EN1	S	
1x{4 x 200	on 2:50 Freestyle	EN1	S	
{4 x 100	on 1:25 Freestyle	EN1	S	
{3 x 200	on 2:45 Freestyle	EN1	S	
{3 x 100	on 1:20 Freestyle	EN1	S	
{2 x 200	on 2:40 Freestyle	EN1	S	
{2 x 100	on 1:20 Freestyle	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
1	on 10:00 Ice		M	
1:35 PM	5,800 Yards - Stress Value = 55			

**Workout #3742 - Friday, 04 November 2005**

**HS Girls - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	S
4:30 PM	Start			
400	1 x 400 on 8:00 Stroke Drills	REC	I	
300	3 x 100 on 2:00 Kick	EN1	K	
150	10 x 15 on :45 Shooters	SP3	S	
1x{4 x 50	on 1:00 Down easy back fast	EN2	S	
{4 x 50	on 1:00 Dwn ez fr bckfst nfr	EN1	S	
1x{3 x 100	on 1:40 Freestyle-descend	EN1	S	
{3 x 100	on 1:30 Your Stroke-descend	EN1	S	
100	4 x 25 on :00 Off the blocks	EN1	S	
200	1 x 200 on 4:00 Stroke Drills	REC	I	
5:20 PM	2,150 Yards - Stress Value = 22			

**Workout #3740 - Friday, 04 November 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM	Start		
1	on 30:00 Weights and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
1x{12 x 25	on :30 Stroke Drills	REC	
{1 x 100	on 2:15 Kick no board	EN1	
{6 x 50	on 1:00 Stroke Drills	REC	
{1 x 100	on 2:15 Kick no board	EN1	
{4 x 75	on 1:30 Stroke Drills	REC	
{1 x 100	on 2:15 Kick no board	EN1	
{3 x 100	on 2:00 Stroke Drills	REC	
{1 x 100	on 2:15 Kick no board	EN1	
{2 x 150	on 3:00 Stroke Drills	REC	
{1 x 100	on 2:15 Kick no board	EN1	
1	on 10:00 Ice		
7:04 AM	2,600 Yards - Stress Value = 5		

**Workout #3741 - Friday, 04 November 2005**

**Workout #3743 - Saturday, 05 November 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
	7:30 AM Start			
	1 on 30:00 Plyometrics/stretch			L DF
1x{2	x 100 on 2:00 Stroke Drills	REC		D CF
	{2 x 100 on 1:55 Stroke Drills	REC		D CF
	{2 x 100 on 1:50 Stroke Drills	REC		D CF
	{2 x 100 on 1:45 Stroke Drills	REC		D CF
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3		S CF
	good finish-fast TO			
	4x{4 x 25 on :45 Kick no board BSLR	EN1		K FI
	{3 x 50 on 1:00 Kick-descend	EN1		K CF
1x{2	x 50 on :45 Pulls	EN1		P F
	{3 x 100 on 1:25 Pulls	EN1		P F
	{4 x 150 on 2:00 Pulls	EN2		P F
150	10 x 15 on :45 Shooters	SP3		S CF
	1x{6 x 100 on 1:10 Freestyle	EN2		S F
	{1 on 1:00 Rest			M
	{5 x 100 on 1:10 Freestyle	EN2		S F
	{1 on 1:00 Rest			M
	{4 x 100 on 1:10 Freestyle	EN2		S F
	{1 on 1:00 Rest			M
	{3 x 100 on 1:10 Freestyle	EN2		S F
	{1 on 1:00 Rest			M
	{2 x 100 on 1:10 Freestyle	EN2		S F
	{1 on 1:00 Rest			M
	{1 x 100 on 1:10 Freestyle	EN2		S F
500	5 x 100 on 2:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			M
	10:03 AM 5,850 Yards - Stress Value = 86			

**Workout #3744 - Monday, 07 November 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
	5:30 AM Start			
	1 on 30:00 Weights			I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC		S F
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3		S F
	3x{1 x 100 on 1:30 Pulls	EN1		F
	{1 x 100 on 1:25 Pulls	EN1		F
	{1 x 100 on 1:20 Pulls	EN1		F
	{1 x 100 on 1:15 Pulls	EN1		F
	1x{2 x 225 on 3:00 Freestyle	EN1		S
	{2 x 225 on 2:55 Freestyle	EN1		S
	{2 x 225 on 2:50 Freestyle	EN1		S
	{2 x 225 on 2:45 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		I
	1 on 5:00 Ice			M
	7:05 AM 3,900 Yards - Stress Value = 40			

**Workout #3745 - Monday, 07 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
	5:30 AM Start			
	1 on 30:00 Weights and Stretch			L DF
500	1 x 500 on 8:00 Swim-kick-pull-swim	REC		S F
300	12 x 25 on :30 L.12.5 fast grt.fnsh	SP3		S F
800	2 x 400 on 5:40 Pulls	EN1		P F
800	1 x 800 on 12:00 Freestyle	EN1		S F
100	1 x 100 on 2:00 Stroke Drills	REC		D C
	6:44 AM 2,500 Yards - Stress Value = 28			

**Workout #3746 - Monday, 07 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
	3:00 PM Start			
	1 on 15:00 Team meeting			M
	1 on 30:00 Med balls/stretch			I
	1 on 10:00 Techniques-drill			I
	instruction			
500	1 x 500 on 8:00 Swim-kick-pull-swim	REC		S
150	10 x 15 on :45 Shooters	SP3		S
600	3x{4 x 25 on :45 Kick no board BSLR	EN1		F
	{1 x 100 on 2:00 Kick	EN1		F
400	1 x 400 on 5:40 Pulls	EN1		F
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1		S
1,800	3 x 600 on 8:00 Freestyle	EN1		S
250	1 x 250 on 5:00 Stroke Drills	REC		I
	5:12 PM 4,000 Yards - Stress Value = 37			

**Workout #3747 - Monday, 07 November 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
	3:00 PM Start			
	1 on 30:00 Team meeting/stretch			M
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC		S
150	10 x 15 on :45 Shooters	SP3		S
	2x{4 x 25 on :40 Kick no board BSLR	EN1		F
	{3 x 75 on 1:30 Kick	EN1		F
	1x{1 x 100 on 2:00 Freestyle	REC		F
	{1 x 100 on 2:00 Kick for time	EN3		F
	1x{3 x 125 on 2:00 Pull no br L.5 yds	EN1		F
	{3 x 125 on 1:55 Pull no br L.6 yds	EN1		F
	{2 x 125 on 1:50 Pull no br L.7 yds	EN1		F
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1		F
	1x{1 x 500 on 5:50 Freestyle	EN2		F
	{5 x 100 on 1:10 Freestyle	EN2		F
	{1 x 400 on 4:40 Freestyle	EN2		F
	{4 x 100 on 1:10 Freestyle	EN2		F
	{1 x 300 on 3:30 Freestyle	EN2		F
	{3 x 100 on 1:10 Freestyle	EN2		F
	{1 x 200 on 2:20 Freestyle	EN2		F
	{2 x 100 on 1:10 Freestyle	EN2		F
300	1 x 300 on 6:00 Stroke Drills	REC		I
	1 on 15:00 Ice			M
	5:29 PM 6,000 Yards - Stress Value = 87			

**Workout #3749 - Monday, 07 November 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Team meeting/stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
	2x{4 x 25 on :40 Kick no board BSLR	EN1	
	{3 x 75 on 1:30 Kick	EN1	
	1x{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 2:00 Kick for time	EN3	
	1x{3 x 125 on 2:00 Pull no br L.5 yds	EN1	
	{3 x 125 on 1:55 Pull no br L.6 yds	EN1	
	{2 x 125 on 1:50 Pull no br L.7 yds	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
	1x{1 x 500 on 6:40 Freestyle	EN2	
	{5 x 100 on 1:20 Freestyle	EN2	
	{1 x 400 on 5:20 Freestyle	EN2	
	{4 x 100 on 1:20 Freestyle	EN2	
	{1 x 300 on 4:00 Freestyle	EN2	
	{3 x 100 on 1:20 Freestyle	EN2	
	{1 x 200 on 2:40 Freestyle	EN2	
300	1 x 300 on 6:00 Stroke Drills	REC	
	1 on 15:00 Ice		
	5:31 PM 5,800 Yards - Stress Value = 83		

**Workout #3750 - Monday, 07 November 2005**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Team meeting/stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
	2x{4 x 25 on :40 Kick no board BSLR	EN1	
	{3 x 75 on 1:40 Kick	EN1	
	1x{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 2:30 Kick for time	EN3	
	1x{3 x 125 on 2:20 Pull no br L.5 yds	EN1	
	{3 x 125 on 2:15 Pull no br L.6 yds	EN1	
300	4 x 75 on 1:25 IM w/out alt.strokes	EN1	
	1x{1 x 500 on 7:55 Freestyle	EN2	
	{5 x 100 on 1:35 Freestyle	EN2	
	{1 x 400 on 6:20 Freestyle	EN2	
	{4 x 100 on 1:35 Freestyle	EN2	
	{1 x 300 on 4:45 Freestyle	EN2	
300	1 x 300 on 6:00 Stroke Drills	REC	
	1 on 15:00 Ice		
	5:31 PM 5,050 Yards - Stress Value = 71		

**Workout #3748 - Monday, 07 November 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Team meeting/stretch		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
	2x{4 x 25 on 1:00 Kick no board BSLR	EN1	
	{3 x 50 on 1:30 Kick	EN1	
	1x{1 x 50 on 1:30 Freestyle	REC	
	{1 x 100 on 3:00 Kick for time	EN3	
	1x{3 x 75 on 2:20 Pull no br L.5 yds	EN1	
	{3 x 75 on 2:15 Pull no br L.6 yds	EN1	
200	4 x 50 on 1:25 Freestyle	EN1	
	1x{1 x 400 on 9:00 Freestyle	EN2	

	{4 x 100 on 2:15 Freestyle	EN2
	{1 x 300 on 6:45 Freestyle	EN2
	{3 x 100 on 2:15 Freestyle	EN2
200	1 x 200 on 6:00 Stroke Drills	REC
	1 on 15:00 Ice	
	5:30 PM 3,450 Yards - Stress Value = 51	

**Workout #3753 - Tuesday, 08 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
500	1 x 500 on 8:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
500	4 x 125 on 2:30 Kick	EN1	
600	2 x 300 on 4:20 Pulls	EN1	
300	3 x 100 on 1:30 Descend in sets of 3	EN1	
1,600	8x{1 x 25 on :30 Butterfly	EN1	
	{1 x 25 on :30 Freestyle	EN1	
	{1 x 25 on :30 Butterfly	EN1	
	{1 x 25 on :30 Freestyle	EN1	
	{1 x 25 on :30 Butterfly	EN1	
	{1 x 25 on :30 Freestyle	EN1	
	{1 x 25 on :30 Butterfly	EN1	
	{1 x 25 on :30 Freestyle	EN1	
	{1 on 1:00 Rest		
350	1 x 350 on 7:00 Stroke Drills	REC	
	5:03 PM 4,000 Yards - Stress Value = 36		

**Workout #3751 - Tuesday, 08 November 2005**

**HighSchl - Boys**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 12.5 ez 12.5 fast	SP3	
	2x{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	{ odds fast		
	2x{1 x 200 on 2:40 Pulls	EN1	
	{2 x 100 on 1:20 Pulls	EN1	
	{4 x 50 on :40 Pulls	EN1	
300	3 x 100 on 1:30 Descend in sets of 3	EN1	
	1x{6 x 25 on :30 Backstroke	EN1	
	{4 x 100 on 1:30 Backstroke	EN2	
	{6 x 25 on :30 Backstroke	EN1	
	{4 x 100 on 1:25 Backstroke	EN2	
	{6 x 25 on :30 Backstroke	EN1	
	{4 x 100 on 1:20 Backstroke	EN2	
	{6 x 25 on :30 Backstroke	EN1	
	{4 x 100 on 1:15 Backstroke	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	5:16 PM 5,850 Yards - Stress Value = 73		

**Workout #3752 - Tuesday, 08 November 2005**

**HighSchl - Girls**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM Start			
600	1 on 30:00 Stomach and Stretch		
150	1 x 600 on 10:00 Underwater trn drill	REC	
1,200	10 x 15 on :45 12.5 ez 12.5 fast	SP3	
	2x{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	{ odds fast		
1,200	2x{1 x 200 on 3:00 Pulls	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
	{4 x 50 on :45 Pulls	EN1	
300	3 x 100 on 1:40 Descend in sets of 3	EN1	
2,000	5x{1 x 300 on 4:30 100kck 100drl 100swm	EN1	
	{4 x 25 on :30 Choice-good effort	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:27 PM 5,650 Yards - Stress Value = 58			

**Workout #3755 - Wednesday, 09 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Weights and Stretch		I
500	2 x 250 on 4:00 Freestyle L.50 fast	EN1	§
	1 on 10:00 Techniques-drill		I
	instruction		
150	10 x 15 on :45 Shooters	SP3	§
500	2x{4 x 25 on :45 Kick no board BSLR	EN1	¶
	{3 x 50 on 1:00 Kick-descend	EN1	¶
600	3 x 200 on 2:50 Pulls	EN1	¶
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	§
1,800	2x{1 x 300 on 4:30 Backstroke	EN1	§
	{1 x 250 on 3:45 Backstroke	EN1	§
	{1 x 200 on 3:00 Backstroke	EN1	§
	{1 x 150 on 2:15 Backstroke	EN1	§
150	1 x 150 on 3:00 Stroke Drills	REC	I
4:59 PM 4,000 Yards - Stress Value = 43			

**Workout #3754 - Wednesday, 09 November 2005**

**HighSchl - Boys**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Weights and Stretch		
600	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	
150	10 x 15 on :45 Shooters	SP3	
750	1x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 50 on 1:00 Kick	EN1	
	{4 x 25 on :35 Kick no board BSLR	EN1	
	{3 x 50 on :55 Kick	EN1	
	{4 x 25 on :40 Kick no board BSLR	EN1	
	{3 x 50 on :50 Kick	EN2	
1,200	12 x 100 on 1:20 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4-6-8		
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	
1,800	1x{8 x 75 on 1:15 Breaststroke	EN1	
	{8 x 75 on 1:10 Breaststroke	EN1	
	{8 x 75 on 1:05 Breaststroke	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	

1 on 10:00 Ice  
5:12 PM 5,000 Yards - Stress Value = 54

**Workout #3756 - Thursday, 10 November 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM Start			
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,150	1x{3 x 125 on 2:20 Kick-descend	EN1	
	{3 x 100 on 1:50 Kick-descend	EN1	
	{3 x 75 on 1:25 Kick-descend	EN1	
	{3 x 50 on :55 Kick-descend	EN2	
	{4 x 25 on :25 Kick-descend	EN2	
1,500	1x{1 x 500 on 6:40 Pulls	EN1	
	{1 x 500 on 6:30 Pulls	EN1	
	{1 x 500 on 6:20 Pulls	EN1	
450	9 x 50 on :50 Descend in sets of 3	EN1	
2,250	1x{5 x 25 on :30 Butterfly lup 1down	EN1	
	{2 x 100 on 1:40 Butterfly 2-2	EN1	
	{1 x 50 on :45 Freestyle	EN1	
	{5 x 25 on :30 Butterfly lup 2down	EN1	
	{2 x 100 on 1:35 Butterfly 2-3	EN1	
	{1 x 50 on :45 Freestyle	EN1	
	{5 x 25 on :30 Butterfly lup 3down	EN2	
	{2 x 100 on 1:30 Butterfly 2-4	EN2	
	{1 x 50 on :45 Freestyle	EN1	
	{5 x 25 on :30 Butterfly lup 4down	EN2	
	{2 x 100 on 1:25 Butterfly 2-5	EN2	
	{1 x 50 on :45 Freestyle	EN1	
	{5 x 25 on :30 Butterfly lup 5down	EN2	
	{2 x 100 on 1:20 Butterfly 2-6	EN2	
	{1 x 50 on :45 Freestyle	EN1	
	{5 x 25 on :30 Butterfly 2up 6down	EN2	
	{2 x 100 on 1:15 Butterfly 2-7	EN2	
	{1 x 50 on :45 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 7:00 Ice		
5:34 PM 6,350 Yards - Stress Value = 69			

**Workout #3757 - Thursday, 10 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM Start			
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	8 x 75 on 1:30 Kick	EN1	
600	6 x 100 on 1:25 Lungbuster pulls	EN1	
	odds br 2-3-4-5		
	evens br 3-4-5-6		
400	16 x 25 on :30 L.12.5 fast grt.fnsh	EN1	
1,350	3x{1 x 25 on :00 Freestyle	SP2	
	{1 x 100 on 2:30 Stroke Drills	REC	
	{1 x 50 on :00 Freestyle	SP2	
	{1 x 100 on 3:00 Stroke Drills	REC	
	{1 x 75 on :00 Freestyle	SP2	
	{1 x 100 on 3:30 Stroke Drills	REC	
300	6 x 50 on 1:00 Stroke Drills	REC	
4:56 PM 4,000 Yards - Stress Value = 67			



**Workout #3758 - Friday, 11 November 2005**

**HighSchl - All**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
400	1 x 400 on 7:00 Reverse IM drill	EN1	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
900	1x{2 x 150 on 2:00 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 150 on 1:55 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 150 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
1,600	2 x 800 on 10:00 Freestyle	EN2	
400	4 x 100 on 1:30 Freestyle-descend to ludicrous speed!!!!	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 5:00 Ice		

7:03 AM 3,750 Yards - Stress Value = 63

**Workout #3760 - Friday, 11 November 2005**

**HighSchl - All**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 14:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	3x{4 x 25 on :30 Kick	EN1	
	{1 x 100 on 1:45 Stroke Drills	REC	
500	1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 25 on :30 Pulls-nbbf&w + 2 yds	EN1	
200	8 x 25 on :30 IM order-build	EN1	
1,800	6x{2 x 100 on 1:45 Stroke Drills	REC	
	{4 x 25 on :30 Freestyle	EN1	
	1 on 10:00 Ice		

5:04 PM 4,050 Yards - Stress Value = 22

**Workout #3759 - Friday, 11 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights and Stretch		
500	1 x 500 on 9:00 Reverse IM drill	REC	
	1 on 10:00 Techniques-Drill inst		
300	12 x 25 on :30 L.12.5 fast grt.fnsh	SP3	
900	3x{1 x 50 on :45 Pulls	EN1	
	{1 x 100 on 1:25 Pulls	EN1	
	{1 x 150 on 2:05 Pulls	EN1	
600	2 x 300 on 4:10 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	

6:55 AM 2,500 Yards - Stress Value = 27

**Workout #3761 - Friday, 11 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Stomach and Stretch			
500	1 x 500 on 9:00 Reverse IM drill	REC	D	I
	1 on 10:00 Techniques-drill inst		D	F
500	5 x 100 on 2:00 Stroke Drills	EN1	K	CF
500	5x{1 x 50 on :45 Pulls	EN1	P	F

	{1 x 50 on :40 Pulls	EN1	P	F
200	8 x 25 on :30 IM order-build	EN1	S	I
2,100	2x{1 x 200 on 3:30 Stroke Drills	REC	D	F
	{4 x 50 on :45 Freestyle	EN1	S	F
	{1 x 150 on 2:35 Stroke Drills	REC	D	F
	{4 x 50 on :45 Freestyle	EN1	S	F
	{1 x 100 on 1:45 Stroke Drills	REC	D	F
	{4 x 50 on :45 Freestyle	EN1	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C

4:54 PM 4,000 Yards - Stress Value = 23

**Workout #3763 - Saturday, 12 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Med balls/stretch		
500	5 x 100 on 2:00 Stroke Drills	REC	
	1 on 10:00 Techniques-drill inst		
150	10 x 15 on :45 Shooters	SP3	
500	10 x 50 on 1:00 Kick	EN1	
500	4 x 125 on 1:45 Pulls	EN1	
350	14 x 25 on :30 L.12.5 fast grt.fnsh	SP3	
2,000	2x{1 x 200 on 3:00 Backstroke	EN1	
	{4 x 50 on :45 Backstroke	EN1	
	{1 x 150 on 2:15 Backstroke	EN1	
	{3 x 50 on :45 Backstroke	EN1	
	{1 x 100 on 1:30 Backstroke	EN1	
	{2 x 50 on :45 Backstroke	EN1	
	{1 x 100 on 2:00 Freestyle	REC	

9:28 AM 4,000 Yards - Stress Value = 48

**Workout #3766 - Saturday, 12 November 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Plyometrics/stretch		
800	8 x 100 on 1:30 Stroke Drills	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{4 x 25 on :30 Kick no board BSLR	EN1	
	{4 x 50 on :45 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	{4 x 50 on :50 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	{4 x 50 on :55 Kick	EN1	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	{4 x 50 on 1:00 Kick	EN1	
1,350	1x{3 x 150 on 2:00 Pulls mid 50 br ev 7	EN1	
	{3 x 150 on 1:55 Pulls mid 50 br ev 8	EN1	
	{3 x 150 on 1:50 Pulls mid 50 br ev 9	EN1	
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	
2,400	12 x 200 on 3:00 Challenge set!!!!!!	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

10:02 AM 6,450 Yards - Stress Value = 85

**Workout #3765 - Saturday, 12 November 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Plyometrics/stretch		
700	7 x 100 on 1:40 Stroke Drills	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	4x{4 x 25 on :40 Kick no board BSLR	EN1	
	{3 x 50 on 1:00 Kick	EN2	
1,200	1x{3 x 150 on 2:10 Pulls mid 50 br ev 7	EN1	
	{3 x 150 on 2:05 Pulls mid 50 br ev 8	EN1	
	{2 x 150 on 2:00 Pulls mid 50 br ev 9	EN1	
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	
2,100	12 x 175 on 3:00 Challenge set!!!!!!!	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:02 AM 5,700 Yards - Stress Value = 78		

**Workout #3762 - Saturday, 12 November 2005**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Plyometrics/stretch		
600	6 x 100 on 2:00 Stroke Drills	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	4x{4 x 25 on :45 Kick no board BSLR	EN1	
	{3 x 50 on 1:10 Kick-descend	EN2	
900	1x{2 x 150 on 2:30 Pulls mid 50 br ev 7	EN1	
	{2 x 150 on 2:25 Pulls mid 50 br ev 8	EN1	
	{2 x 150 on 2:20 Pulls mid 50 br ev 9	EN1	
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	
1,800	12 x 150 on 3:00 Challenge set!!!!!!!	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:03 AM 5,000 Yards - Stress Value = 70		

**Workout #3764 - Saturday, 12 November 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Plyometrics/stretch		
450	6 x 75 on 2:00 Stroke Drills	REC	
150	10 x 15 on :45 Shooters	SP3	
900	3x{4 x 25 on 1:00 Kick no board BSLR	EN1	
	{4 x 50 on 1:15 Kick-descend	EN2	
750	1x{2 x 125 on 2:30 Pulls mid 50 br ev 7	EN1	
	{2 x 125 on 2:25 Pulls mid 50 br ev 8	EN1	
	{2 x 125 on 2:20 Pulls mid 50 br ev 9	EN1	
100	1 x 100 on 2:30 Freestyle-build	EN1	
1,500	12 x 125 on 3:00 Challenge set!!!!!!!	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:02 AM 4,100 Yards - Stress Value = 58		

**Workout #3768 - Monday, 14 November 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 35:00 Weights		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S

250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
1,000	1x{1 x 250 on 3:30 Pulls	EN1	F
	{1 x 250 on 3:20 Pulls	EN1	F
	{1 x 250 on 3:10 Pulls	EN1	F
	{1 x 250 on 3:00 Pulls	EN1	F
1,800	18 x 100 on 1:05 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 7:00 Ice		M
	7:04 AM 3,650 Yards - Stress Value = 54		

**Workout #3767 - Monday, 14 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights and Stretch		L I
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	S
	1 on 10:00 Techniques-drill inst		D
200	8 x 25 on :30 L.12.5 fast grt.fnsh	SP3	S
800	2 x 400 on 5:35 Pulls	EN1	P
800	2 x 400 on 5:30 Freestyle	EN1	S
100	1 x 100 on 2:00 Stroke Drills	REC	D
	6:53 AM 2,500 Yards - Stress Value = 24		

**Workout #3770 - Monday, 14 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Team meeting		
	1 on 30:00 Med balls/stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-drill inst		
800	4x{4 x 25 on :45 Kick no board BSLR	EN1	
	{1 x 100 on 1:55 Kick	EN1	
700	1 x 700 on 9:55 Pulls	EN1	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
2,400	1x{1 x 600 on 8:00 Freestyle	EN2	
	{1 x 600 on 7:45 Freestyle	EN2	
	{1 x 600 on 7:30 Freestyle	EN2	
	{1 x 600 on 7:15 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	5:20 PM 5,000 Yards - Stress Value = 66		

**Workout #3773 - Monday, 14 November 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	4x{1 x 25 on :30 Kick no board BSLR	EN1	
	{1 x 50 on :55 Kick no board BSLR	EN1	
	{1 x 75 on 1:20 Kick no board BSLR	EN1	
	{3 x 50 on 1:00 Kick	EN1	
1,350	1x{6 x 75 on 1:05 Pull no br L.5 yds	EN1	
	{6 x 75 on 1:00 Pull no br L.6 yds	EN1	
	{6 x 75 on :55 Pull no br L.7 yds	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
2,800	2x{3 x 100 on 1:30 Fr-3stk fly off wlls	EN1	
	{3 x 100 on 1:25 Fr-3stk fly off wlls	EN1	
	{3 x 100 on 1:20 Fr-3stk fly off wlls	EN1	
	{3 x 100 on 1:15 Fr-3stk fly off wlls	EN1	
	{1 x 200 on 3:00 Freestyle	REC	
	1 on 10:00 Ice		
5:28 PM	6,400 Yards - Stress Value = 57		

{3 x 100 on 1:40 Fr-3stk fly off wlls EN1  
 {1 x 200 on 3:00 Freestyle REC  
 1 on 10:00 Ice  
 5:30 PM 5,500 Yards - Stress Value = 50

**Workout #3771 - Monday, 14 November 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
450	3x{1 x 25 on :45 Kick no board BSLR	EN1	
	{1 x 50 on 1:30 Kick no board BSLR	EN1	
	{1 x 75 on 2:15 Kick no board BSLR	EN1	
600	1x{4 x 50 on 1:20 Pull no br L.5 yds	EN1	
	{4 x 50 on 1:15 Pull no br L.6 yds	EN1	
	{4 x 50 on 1:10 Pull no br L.7 yds	EN1	
300	4 x 75 on 1:45 IM w/out alt.strokes	EN1	
1,500	2x{3 x 50 on 1:55 Fr-3stk fly off wlls	EN1	
	{3 x 50 on 1:50 Fr-3stk fly off wlls	EN1	
	{3 x 50 on 1:45 Fr-3stk fly off wlls	EN1	
	{3 x 50 on 1:40 Fr-3stk fly off wlls	EN1	
	{1 x 150 on 3:00 Freestyle	REC	
	1 on 10:00 Ice		
5:28 PM	3,400 Yards - Stress Value = 32		

**Workout #3772 - Monday, 14 November 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	4x{1 x 25 on :30 Kick no board BSLR	EN1	
	{1 x 50 on 1:00 Kick no board BSLR	EN1	
	{1 x 75 on 1:30 Kick no board BSLR	EN1	
	{2 x 50 on 1:00 Kick	EN1	
1,350	1x{6 x 75 on 1:10 Pull no br L.5 yds	EN1	
	{6 x 75 on 1:05 Pull no br L.6 yds	EN1	
	{6 x 75 on 1:00 Pull no br L.7 yds	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
2,800	2x{3 x 100 on 1:40 Fr-3stk fly off wlls	EN1	
	{3 x 100 on 1:35 Fr-3stk fly off wlls	EN1	
	{3 x 100 on 1:30 Fr-3stk fly off wlls	EN1	
	{3 x 100 on 1:25 Fr-3stk fly off wlls	EN1	
	{1 x 200 on 3:00 Freestyle	REC	
	1 on 10:00 Ice		
5:31 PM	6,200 Yards - Stress Value = 55		

**Workout #3774 - Tuesday, 15 November 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
900	3x{1 x 150 on 3:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
100	1 x 100 on 2:00 Kick for Time	EN2	
1,000	5 x 200 on 2:40 Pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
2,675	1x{3 x 25 on :25 Backstroke	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{3 x 50 on :50 Backstroke	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{3 x 75 on 1:15 Backstroke	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{3 x 100 on 1:40 Backstroke	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{3 x 125 on 2:05 Backstroke	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{3 x 100 on 1:40 Backstroke	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{3 x 75 on 1:15 Backstroke	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{3 x 50 on :50 Backstroke	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{3 x 25 on :25 Backstroke	EN1	
225	1 x 225 on 3:30 Stroke Drills	REC	
	1 on 5:00 Ice		
1:30 PM	6,250 Yards - Stress Value = 61		

**Workout #3769 - Monday, 14 November 2005**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
750	3x{1 x 25 on :40 Kick no board BSLR	EN1	
	{1 x 50 on 1:10 Kick no board BSLR	EN1	
	{1 x 75 on 1:35 Kick no board BSLR	EN1	
	{2 x 50 on 1:00 Kick	EN1	
900	1x{4 x 75 on 1:20 Pull no br L.5 yds	EN1	
	{4 x 75 on 1:15 Pull no br L.6 yds	EN1	
	{4 x 75 on 1:10 Pull no br L.7 yds	EN1	
300	4 x 75 on 1:20 IM w/out alt.strokes	EN1	
2,800	2x{3 x 100 on 1:55 Fr-3stk fly off wlls	EN1	
	{3 x 100 on 1:50 Fr-3stk fly off wlls	EN1	
	{3 x 100 on 1:45 Fr-3stk fly off wlls	EN1	

**Workout #3775 - Tuesday, 15 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	1 on 10:00 Techniques-drill inst		
150	10 x 15 on :45 Shooters	SP3	
750	1x{2 x 125 on 2:30 Kick	EN1	
	{2 x 125 on 2:25 Kick	EN1	
	{2 x 125 on 2:20 Kick	EN1	
900	1x{1 x 300 on 4:20 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	{1 x 300 on 4:10 Pulls	EN1	
300	12 x 25 on :30 L.12.5 fast grt.fnsh	SP3	
1,800	3x{3 x 50 on 1:00 Butterfly	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{2 x 50 on :55 Butterfly	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 50 on :50 Butterfly	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
500	1 x 500 on 10:00 Swim-kick-pull-swim	REC	
	5:19 PM 5,000 Yards - Stress Value = 51		

**Workout #3777 - Wednesday, 16 November 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 45:00 Team Pictures/Strtch		
500	1x{1 x 100 on 1:50 Freestyle	REC	
	{1 x 100 on 1:45 Freestyle L.25 6bk	EN1	
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	
	{1 x 100 on 1:35 Freestyle L.75 6bk	EN1	
	{1 x 100 on 1:30 Freestyle all 6bk	EN1	
150	10 x 15 on :45 Shooters	SP3	
900	3x{4 x 25 on :30 Kick no board BSLR	EN1	
	{2 x 100 on 1:45 Kick	EN2	
900	6 x 150 on 2:00 Lungbuster pulls	EN1	
	breathe 3-4-5-6-7-8		
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
2,400	4x{1 x 200 on 3:30 Breast 2x pullouts	EN1	
	{1 x 50 on 1:00 Breaststroke	EN1	
	{1 x 50 on :55 Breaststroke	EN1	
	{1 x 50 on :50 Breaststroke	EN2	
	{1 x 50 on :45 Breaststroke	EN2	
	{25 fly kick 25 fast		
	{1 x 200 on 4:00 Freestyle	REC	
	1 on 10:00 Ice		
	5:35 PM 5,100 Yards - Stress Value = 56		

**Workout #3776 - Wednesday, 16 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights and Stretch		
750	3 x 250 on 4:00 Freestyle L.50 fast	EN1	
	1 on 10:00 Techniques-drill inst		
150	10 x 15 on :45 Shooters	SP3	
250	1x{4 x 25 on :45 Kick no board BSLR	EN1	
	{3 x 50 on :55 Kick-descend	EN1	
800	4 x 200 on 2:50 Lungbuster pulls	EN1	
	breathe 3-4-5-6		
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
2,000	2x{2 x 125 on 2:00 Backstroke	EN1	

	{2 x 125 on 1:55 Backstroke	EN1
	{2 x 125 on 1:50 Backstroke	EN1
	{2 x 125 on 1:45 Backstroke	EN1
400	4 x 100 on 1:30 Freestyle-descend to	EN1
	ludicrous speed!!!!	
350	1 x 350 on 7:00 Stroke Drills	REC
	5:14 PM 5,000 Yards - Stress Value = 52	

**Workout #3779 - Thursday, 17 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	1 on 10:00 Techniques-drill inst		
150	10 x 15 on :45 Shooters	SP3	
800	1x{4 x 100 on 1:25 Pulls	EN1	
	{4 x 100 on 1:20 Pulls	EN1	
300	12 x 25 on :30 L.12.5 fast grt.fnsh	SP3	
1,400	4x{1 x 100 on :00 Your Stroke	SP1	
	{1 x 250 on 7:00 Freestyle	REC	
1,200	4x{1 x 50 on :00 Your Stroke	SP1	
	{1 x 250 on 6:00 Freestyle	REC	
500	5 x 100 on 2:00 Stroke Drills	REC	
	5:23 PM 4,950 Yards - Stress Value = 74		

**Workout #3778 - Thursday, 17 November 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stomach and Stretch		
400	1 x 400 on 6:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
800	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	
	{2 x 100 on 1:45 Kick	EN2	
1,000	1x{2 x 125 on 1:40 Pulls	EN1	
	{2 x 125 on 1:35 Pulls	EN1	
	{2 x 125 on 1:30 Pulls	EN2	
	{2 x 125 on 1:25 Pulls	EN2	
450	9 x 50 on :50 Descend in sets of 3	EN1	
3,000	1x{5 x 100 on 1:10 Freestyle	EN2	
	{5 x 50 on 1:00 Freestyle	EN3	
	{5 x 100 on 1:09 Freestyle	EN2	
	{5 x 50 on 1:00 Freestyle	EN3	
	{5 x 100 on 1:08 Freestyle	EN2	
	{5 x 50 on 1:00 Freestyle	EN3	
	{5 x 100 on 1:07 Freestyle	EN2	
	{5 x 50 on 1:00 Freestyle	EN2	
400	4 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:11 PM 6,200 Yards - Stress Value = 124		

**Workout #3780 - Thursday, 17 November 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stomach and Stretch		
400	1 x 400 on 6:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
800	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	
	{2 x 100 on 1:45 Kick	EN2	
950	1x{2 x 125 on 1:50 Pulls	EN1	
	{2 x 125 on 1:45 Pulls	EN1	
	{2 x 125 on 1:40 Pulls	EN2	
	{2 x 100 on 1:20 Pulls	EN2	
400	8 x 50 on :50 Descend in sets of 4	EN1	
2,850	1x{5 x 100 on 1:20 Freestyle	EN2	
	{5 x 50 on 1:00 Freestyle	EN3	
	{5 x 100 on 1:18 Freestyle	EN2	
	{5 x 50 on 1:00 Freestyle	EN3	
	{5 x 100 on 1:16 Freestyle	EN2	
	{5 x 50 on 1:00 Freestyle	EN3	
	{5 x 100 on 1:14 Freestyle	EN2	
	{2 x 50 on 1:00 Freestyle	EN2	
400	4 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:11 PM 5,950 Yards - Stress Value = 120		

**Workout #3781 - Thursday, 17 November 2005**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 15:00 Stomach and Stretch		
300	1 x 300 on 6:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
700	1x{2 x 100 on 2:10 Kick	EN1	
	{2 x 100 on 2:05 Kick	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN2	
800	1x{2 x 100 on 1:40 Pulls	EN1	
	{2 x 100 on 1:35 Pulls	EN1	
	{2 x 100 on 1:30 Pulls	EN2	
	{2 x 100 on 1:25 Pulls	EN2	
450	9 x 50 on :50 Descend in sets of 3	EN1	
2,650	1x{5 x 100 on 1:35 Freestyle	EN2	
	{5 x 50 on 1:00 Freestyle	EN3	
	{5 x 100 on 1:30 Freestyle	EN2	
	{5 x 50 on 1:00 Freestyle	EN3	
	{5 x 100 on 1:25 Freestyle	EN2	
	{5 x 50 on 1:00 Freestyle	EN3	
	{4 x 100 on 1:20 Freestyle	EN2	
400	4 x 100 on 1:45 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:11 PM 5,450 Yards - Stress Value = 113		

**Workout #3783 - Friday, 18 November 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights and Stretch		I
400	1 x 400 on 7:00 Reverse IM drill	REC	I
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
750	1x{5 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	F
	{4 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F

	{3 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	F
	{2 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	F
	{1 x 50 on 1:00 Pulls-nbbf&w + 2 yds	EN1	F
2,000	1x{1 x 500 on 6:00 Freestyle	EN2	S
	{1 x 500 on 5:50 Freestyle	EN2	S
	{1 x 500 on 5:40 Freestyle	EN2	S
	{1 x 500 on 5:30 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	7:04 AM 3,600 Yards - Stress Value = 57		

**Workout #3785 - Friday, 18 November 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	W
	1 on 20:00 Physio Balls/Stretch		
800	1 x 800 on 14:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
500	1x{1 x 25 on :30 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
	{1 x 75 on 1:30 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 75 on 1:25 Kick	EN1	
	{1 x 50 on :55 Kick	EN1	
	{1 x 25 on :25 Kick	EN1	
1,000	1 x 1000 on 15:00 Pulls-nbbf&w + 2 yds	EN1	
200	8 x 25 on :30 IM order-build	EN1	
2,400	4x{1 x 300 on 4:30 100dr 100kck 100swm	EN1	
	{4 x 25 on :30 odds drill evns free	EN1	
	{1 x 200 on 3:30 Freestyle-EZ	REC	
	1 on 10:00 Ice		
	5:06 PM 5,050 Yards - Stress Value = 38		

**Workout #3782 - Friday, 18 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights and Stretch		I
600	1 x 600 on 10:00 Reverse IM drill	REC	I
	1 on 10:00 Techniques-drll inst		I
300	12 x 25 on :30 L.12.5 fast grt.fnsh	SP3	S
800	1x{4 x 50 on :55 Pulls	EN1	F
	{4 x 50 on :50 Pulls	EN1	F
	{4 x 50 on :45 Pulls	EN1	F
	{4 x 50 on :40 Pulls	EN1	F
700	7 x 100 on 2:00 Reverse IM drill	REC	I
100	1 x 100 on 2:00 Stroke Drills	REC	I
	6:59 AM 2,500 Yards - Stress Value = 20		

**Workout #3784 - Friday, 18 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Reverse IM drill	REC	
	1 on 10:00 Techniques-drill inst		
150	10 x 15 on :45 Shooters	SP3	
800	1x{4 x 100 on 1:55 Kick	EN1	
	{4 x 75 on 1:25 Kick	EN1	
	{2 x 50 on :55 Kick	EN1	
800	1 x 800 on 11:20 Pulls-nbbf&w + 2 yds	EN1	
400	16 x 25 on :30 IM order-build	EN1	
1,950	1x{1 x 100 on 2:00 Stroke Drills	REC	
	{6 x 25 on :30 Butterfly	EN1	
	{2 x 125 on 2:30 Stroke Drills	REC	
	{6 x 25 on :30 Backstroke	EN1	
	{3 x 150 on 3:00 Stroke Drills	REC	
	{6 x 25 on :30 Breaststroke	EN1	
	{4 x 175 on 3:30 Stroke Drills	REC	
5:18 PM 4,700 Yards - Stress Value = 32			

**Workout #3786 - Saturday, 19 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Med balls/stretch		L
600	6 x 100 on 2:00 Stroke Drills	REC	D
	1 on 10:00 Techniques-drill inst		D
150	10 x 15 on :45 Shooters	SP3	S
750	5x{1 x 50 on 1:05 Kick	EN1	K
	{1 x 50 on 1:00 Kick	EN1	K
	{1 x 50 on :55 Kick	EN1	K
750	1x{2 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	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	S
2,000	5x{2 x 100 on 1:40 Butterfly 2-2	EN1	S
	{2 x 100 on 1:30 Freestyle	EN1	S
500	5 x 100 on 2:00 Stroke Drills	REC	D
9:49 PM 5,050 Yards - Stress Value = 41			

**Workout #3787 - Sunday, 20 November 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	ST
	1 on 25:00 Plyometrics/stretch			L
800	1x{2 x 100 on 2:00 Stroke Drills	REC	D	CF
	{2 x 100 on 1:50 Stroke Drills	REC	D	CF
	{2 x 100 on 1:40 Stroke Drills	REC	D	CF
	{2 x 100 on 1:30 Stroke Drills	REC	D	CF
150	10 x 15 on :45 Shooters	SP3	S	CF
800	4x{1 x 25 on :30 Freestyle	SP2	S	F
	{1 x 25 on :40 Freestyle	SP2	S	F
	{1 x 25 on :50 Freestyle	SP2	S	F
	{1 x 25 on 1:00 Freestyle	SP2	S	F
	{1 x 100 on 2:00 Freestyle	REC	S	F
1,000	5x{1 x 100 on 1:30 Kick	EN2	K	CF
	{1 x 100 on 2:00 Kick	EN1	K	CF
1,400	1x{4 x 125 on 1:40 Pulls	EN1	P	F
	{4 x 100 on 1:20 Pulls	EN1	P	F
	{4 x 75 on 1:00 Pulls	EN1	P	F
	{4 x 50 on :40 Pulls	EN1	P	F
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S	CF

1,200	16 x 75 on 1:30 Freestyle	EN3	S	F
300	1 x 300 on 5:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
10:05 AM 5,900 Yards - Stress Value = 157				

**Workout #3797 - Monday, 21 November 2005**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio/Stetch/Tm mtg		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	4x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:40 Kick	EN1	
750	1x{2 x 75 on 1:55 Pulls	EN1	
	{3 x 75 on 1:50 Pulls	EN1	
	{3 x 75 on 1:45 Pulls	EN1	
	{2 x 75 on 1:40 Pulls	EN1	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
2,100	2x{3 x 100 on 1:50 Breaststroke-descend	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{3 x 100 on 1:45 Breaststroke-descend	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{3 x 100 on 1:40 Breaststroke-descend	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:31 PM 5,330 Yards - Stress Value = 66			

**Workout #3796 - Monday, 21 November 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio/Stetch/Tm mtg		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
600	2x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:40 Kick	EN1	
1,000	1x{3 x 125 on 1:50 Pull no br L. 5 yds	EN1	
	{3 x 125 on 1:45 Pull no br L.6 yds	EN1	
	{2 x 125 on 1:40 Pull no br L.7 yds	EN1	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
3,600	1x{1 x 500 on 6:40 Freestyle	EN1	
	{2 x 400 on 5:20 Freestyle	EN1	
	{3 x 300 on 4:00 Freestyle	EN1	
	{4 x 200 on 2:40 Freestyle	EN1	
	{5 x 120 on 1:30 Freestyle	EN2	
400	1x{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
	{4 x 25 on :15 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
5:24 PM 6,880 Yards - Stress Value = 74			

**Workout #3795 - Monday, 21 November 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
400	1 on 30:00 Physio/Stetch/Tm mtg		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
1,200	4x{1 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:40 Kick	EN1	
	{1 x 100 on 1:30 Kick	EN2	
1,250	1x{2 x 125 on 1:45 Pull no br L.4 yds	EN1	
	{3 x 125 on 1:40 Pull no br L. 5 yds	EN1	
	{3 x 125 on 1:35 Pull no br L.6 yds	EN1	
	{2 x 125 on 1:30 Pull no br L.7 yds	EN2	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
3,000	2x{4 x 100 on 1:25 Backstroke-descend	EN1	
	{2 x 50 on 1:00 #1 ez fr #2 back drl	EN1	
	{4 x 100 on 1:20 Backstroke-descend	EN1	
	{2 x 50 on 1:00 #1 ez fr #2 back drl	EN1	
	{4 x 100 on 1:15 Backstroke-descend	EN2	
	{2 x 50 on 1:00 #1 ez fr #2 back drl	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:34 PM 6,730 Yards - Stress Value = 79			

**Workout #3788 - Monday, 21 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
700	1 on 30:00 Weights and Stretch		
	1 x 700 on 11:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-drill inst		
200	8 x 25 on :30 L.12.5 fast grt.fnsh	SP3	
1,000	1x{1 x 400 on 5:30 Pulls	EN1	
	{1 x 400 on 5:25 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
1,000	5 x 200 on 2:30 Freestyle	EN2	
100	1 x 100 on 2:00 Stroke Drills	REC	
6:58 AM 3,000 Yards - Stress Value = 38			

**Workout #3793 - Monday, 21 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 15:00 Team meeting		
	1 on 30:00 Med balls/stretch		
700	1 x 700 on 11:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-drill inst		
150	10 x 15 on :45 Shooters	SP3	
1,000	5x{4 x 25 on :40 Kick no board BSLR	EN1	
	{1 x 100 on 1:50 Kick	EN1	
1,000	1x{1 x 250 on 3:30 Pulls	EN1	
	{1 x 250 on 3:25 Pulls	EN1	
	{1 x 250 on 3:20 Pulls	EN1	
	{1 x 250 on 3:15 Pulls	EN1	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
2,400	3 x 800 on 10:00 Freestyle	EN2	
400	4 x 100 on 2:00 Stroke Drills	REC	
5:40 PM 5,950 Yards - Stress Value = 75			

**Workout #3792 - Monday, 21 November 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
5:30 AM Start			
	1 on 30:00 Weights and Stretch		
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,250	5 x 250 on 3:00 Pull no br L.8 yds	EN1	
1,800	1x{1 x 300 on 3:30 Freestyle	EN2	
	{2 x 300 on 3:25 Freestyle	EN2	
	{3 x 300 on 3:20 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM 3,900 Yards - Stress Value = 58			

**Workout #3791 - Monday, 21 November 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
	1 on 30:00 Weights and Stretch		
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,125	5 x 225 on 3:00 Pull no br L.8 yds	EN1	
1,650	1x{1 x 275 on 3:30 Freestyle	EN2	
	{2 x 275 on 3:25 Freestyle	EN2	
	{3 x 275 on 3:20 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM 3,625 Yards - Stress Value = 54			

**Workout #3790 - Monday, 21 November 2005**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
	1 on 30:00 Weights and Stretch		
300	1 x 300 on 6:00 Swim-kick-pull-swim	REC	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,000	5 x 200 on 3:00 Pull no br L.8 yds	EN1	
1,350	1x{1 x 225 on 3:30 Freestyle	EN2	
	{2 x 225 on 3:25 Freestyle	EN2	
	{3 x 225 on 3:20 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM 3,100 Yards - Stress Value = 47			

**Workout #3789 - Monday, 21 November 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
	1 on 30:00 Weights and Stretch		
300	1 x 300 on 6:00 Swim-kick-pull-swim	REC	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
750	5 x 150 on 3:00 Pull no br L.8 yds	EN1	
1,050	1x{1 x 175 on 3:30 Freestyle	EN2	
	{2 x 175 on 3:25 Freestyle	EN2	
	{3 x 175 on 3:20 Freestyle	EN2	
150	1 x 150 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM 2,500 Yards - Stress Value = 39			

**Workout #3794 - Monday, 21 November 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
600	1 on 30:00 Physio/Stetch/Tm mtg		
180	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
1,200	12 x 15 on :45 Shooters	SP3	
	4x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:40 Kick	EN1	
1,250	1x{2 x 125 on 1:55 Pull no br L.4 yds	EN1	
	{3 x 125 on 1:50 Pull no br L. 5 yds	EN1	
	{3 x 125 on 1:45 Pull no br L.6 yds	EN1	
	{2 x 125 on 1:40 Pull no br L.7 yds	EN1	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
2,400	2x{3 x 100 on 1:30 Freestyle-descend	EN1	
	{2 x 50 on 1:00 Free lez 1-6bk	EN1	
	{3 x 100 on 1:25 Freestyle-descend	EN1	
	{2 x 50 on 1:00 Free lez 1-6bk	EN1	
	{3 x 100 on 1:20 Freestyle-descend	EN2	
	{2 x 50 on 1:00 Free lez 1-6bk	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:31 PM 6,130 Yards - Stress Value = 64			

**Workout #3802 - Tuesday, 22 November 2005**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
600	1 on 30:00 Stomach and Stretch		
150	1 x 600 on 9:00 Underwater trn drill	REC	
1,200	10 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend to 100%	EN1	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
900	1x{1 x 200 on 3:30 Breaststroke	EN1	
	{4 x 25 on :25 Odds free evens brst	EN1	
	{1 x 150 on 2:30 Breaststroke	EN1	
	{4 x 25 on :25 Odds free evens brst	EN1	
	{1 x 100 on 1:35 Breaststroke	EN2	
	{4 x 25 on :25 Odds free evens brst	EN1	
	{1 x 50 on :45 Breaststroke	EN2	
	{4 x 25 on :25 Odds free evens brst	EN1	
1,800	1x{1 x 400 on 5:20 Pulls	EN1	
	{4 x 100 on 1:20 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{2 x 100 on 1:20 Pulls	EN1	
200	8 x 25 on :30 12.5 ez 12.5 fast	EN1	
900	1x{1 x 200 on 3:20 Breaststroke	EN1	
	{4 x 25 on :25 Odds free evens brst	EN1	
	{1 x 150 on 2:25 Breaststroke	EN2	
	{4 x 25 on :25 Odds free evens brst	EN1	
	{1 x 100 on 1:30 Breaststroke	EN2	
	{4 x 25 on :25 Odds free evens brst	EN1	
	{1 x 50 on :40 Breaststroke	EN2	
	{4 x 25 on :25 Odds free evens brst	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 8:00 Ice		
5:34 PM 6,250 Yards - Stress Value = 64			

**Workout #3799 - Tuesday, 22 November 2005**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
600	1 on 30:00 Stomach and Stretch		
150	1 x 600 on 9:00 Underwater trn drill	REC	
400	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend to 100%	EN1	
1,800	1x{1 x 400 on 5:20 Pulls	EN1	
	{4 x 100 on 1:20 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{2 x 100 on 1:20 Pulls	EN1	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
4,000	4 x 1000 on 12:30 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 7,500 Yards - Stress Value = 111			

**Workout #3798 - Tuesday, 22 November 2005**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
600	1 on 30:00 Stomach and Stretch		
150	1 x 600 on 9:00 Underwater trn drill	REC	
1,200	10 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend to 100%	EN1	
1,800	1x{1 x 400 on 5:20 Pulls	EN1	
	{4 x 100 on 1:20 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{2 x 100 on 1:20 Pulls	EN1	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
2,400	1x{6 x 75 on 1:10 Fly w/fins	EN1	
	{3 x 50 on :55 Freestyle	REC	
	{6 x 75 on 1:10 Fly w/fins 1up 2down	EN1	
	{3 x 50 on :55 Freestyle	REC	
	{6 x 75 on 1:10 Fly w/fins 1up 3down	EN1	
	{3 x 50 on :55 Freestyle	REC	
	{6 x 75 on 1:10 Fly w/fins 1up 4down	EN2	
	{3 x 50 on :55 Freestyle	REC	
	1 on 10:00 Ice		
5:34 PM 6,450 Yards - Stress Value = 60			

**Workout #3800 - Tuesday, 22 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM Start			
600	1 on 30:00 Physio Balls/Stretch		
150	1 x 700 on 11:00 Underwater trn drill	REC	
	1 on 10:00 Techniques-drll inst		
150	10 x 15 on :45 Shooters	SP3	
1,000	8 x 125 on 2:20 Kick	EN1	
900	3 x 300 on 4:00 Pulls	EN1	
300	12 x 25 on :30 L.12.5 fast grt.fnsh	SP3	
2,550	3x{4 x 75 on 1:15 Butterfly 2-3	EN1	
	{6 x 25 on :30 Butterfly 1up 1down	EN1	
	{1 x 400 on 8:00 Stroke Drills	REC	
300	1x{3 x 25 on :30 Freestyle	EN1	
	{3 x 25 on :25 Freestyle	EN1	
	{3 x 25 on :20 Freestyle	EN1	
	{3 x 25 on :15 Freestyle	EN2	
100	1 x 100 on 2:00 Stroke Drills	REC	
5:38 PM 6,000 Yards - Stress Value = 55			



**Workout #3801 - Tuesday, 22 November 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	3x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 100 on 2:00 Kick-descend to 100%	EN1	
1,800	1x{1 x 400 on 5:20 Pulls	EN1	
	{4 x 100 on 1:20 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{2 x 100 on 1:20 Pulls	EN1	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
2,600	2x{2 x 100 on 1:25 Freestyle	EN1	
	{4 x 25 on :30 Free-6bk 2 brths	EN2	
	{2 x 100 on 1:20 Freestyle	EN1	
	{4 x 25 on :30 Free-6bk 2 brths	EN2	
	{2 x 100 on 1:15 Freestyle	EN1	
	{4 x 25 on :30 Free-6bk 2 brths	EN2	
	{2 x 100 on 1:10 Freestyle	EN1	
	{1 x 200 on 3:30 Freestyle	REC	
	1 on 8:00 Ice		
	5:32 PM 6,650 Yards - Stress Value = 67		

**Workout #3804 - Tuesday, 22 November 2005**

**HS Girls - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 15:00 Stomach and Stretch		
600	1 x 600 on 10:00 Underwater trn drill	REC	
250	10 x 25 on :30 Berzerks	SP3	
600	6 x 100 on 2:00 Kick-descend in 3's	EN2	
1,000	1x{1 x 400 on 5:20 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{1 x 100 on 1:20 Pulls	EN1	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
3,000	3 x 1000 on 12:30 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:00 PM 6,000 Yards - Stress Value = 95		

**Workout #3803 - Tuesday, 22 November 2005**

**HS Girls - IM/Stroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 15:00 Stomach and Stretch		
600	1 x 600 on 10:00 Underwater trn drill	REC	
250	10 x 25 on :30 Berzerks	SP3	
1,200	12 x 100 on 2:00 Kick-descend in 3's	EN2	
1,000	1x{1 x 400 on 6:00 Pulls	EN1	
	{1 x 300 on 4:30 Pulls	EN1	
	{1 x 200 on 3:00 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
300	3 x 100 on 1:40 Freestyle-descend	EN1	
1,200	4x{1 x 25 on :00 Choice	SP2	
	{1 x 75 on 2:30 Freestyle	REC	
	{1 x 50 on :00 Choice	SP2	
	{1 x 50 on 2:30 Freestyle	REC	
	{1 x 75 on :00 Choice	SP2	
	{1 x 25 on 2:30 Freestyle	REC	

200 1 x 200 on 3:00 Stroke Drills REC  
 1 on 10:00 Ice  
 5:03 PM 4,750 Yards - Stress Value = 107

**Workout #3807 - Wednesday, 23 November 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 45:00 Weights and Stretch		I
500	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	S
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle	EN1	S
150	10 x 15 on :45 Shooters	SP3	S
600	1x{4 x 50 on 1:00 Kick no board BSLR	EN1	F
	{4 x 50 on :55 Kick no board BSLR	EN1	F
	{4 x 50 on :50 Kick no board BSLR	EN1	F
1,600	16 x 100 on 1:30 Lungbuster pulls	EN1	F
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	S
3,200	1x{4 x 200 on 3:00 Freestyle	EN2	S
	{4 x 200 on 2:55 Freestyle	EN2	S
	{4 x 200 on 2:50 Freestyle	EN2	S
	{4 x 200 on 2:45 Freestyle	EN2	S
200	4 x 50 on 1:00 Stroke Drills	REC	I
	1 on 7:00 Ice		M
	5:45 PM 6,500 Yards - Stress Value = 98		

**Workout #3808 - Wednesday, 23 November 2005**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
	1 on 45:00 Weights and Stretch		
500	1x{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
150	10 x 15 on :45 Shooters	SP3	
1,200	2x{4 x 50 on 1:00 Kick no board BSLR	EN1	
	{4 x 50 on :55 Kick no board BSLR	EN1	
	{4 x 50 on :50 Kick no board BSLR	EN1	
1,600	16 x 100 on 1:20 Lngbstr plls w/pddls	EN1	
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
1,600	8x{8 x 25 on :25 Butterfly	EN2	
	{1 on 1:00 Rest		
200	4 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:46 PM 5,500 Yards - Stress Value = 72		

**Workout #3809 - Wednesday, 23 November 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 45:00 Weights and Stretch		
500	1x{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
150	10 x 15 on :45 Shooters	SP3	
1,200	2x{4 x 50 on 1:00 Kick no board BSLR	EN1	
	{4 x 50 on :55 Kick no board BSLR	EN1	
	{4 x 50 on :50 Kick no board BSLR	EN1	
1,600	16 x 100 on 1:30 Lngbstr plls w/pddls	EN1	
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
2,000	1x{7 x 125 on 2:00 Swim-odds fast bckst	EN2	
	{5 x 125 on 1:55 Swim-odds fast bckst	EN2	
	{3 x 125 on 1:50 Swim-odds fast bckst	EN2	
	{1 x 125 on 1:45 Swim-odds fast bckst	EN2	
200	4 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:44 PM 5,900 Yards - Stress Value = 80		

**Workout #3806 - Wednesday, 23 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights and Stretch		I
750	3 x 250 on 3:50 Freestyle L.50 fast	EN1	§
	1 on 10:00 Techniques-drill inst		I
150	10 x 15 on :45 Shooters	SP3	§
1,200	3x{4 x 25 on :40 Kick no board BSLR	EN1	F
	{6 x 50 on :55 Kick-des in 3's	EN1	F
1,000	4 x 250 on 3:30 Lungbuster pulls	EN1	F
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	§
1,900	1x{1 x 200 on 2:50 Backstroke	EN2	§
	{1 x 200 on 2:45 Backstroke	EN2	§
	{1 x 200 on 2:40 Backstroke	EN2	§
	{1 x 200 on 2:35 Backstroke	EN2	§
	{1 x 200 on 2:30 Backstroke	EN2	§
	{1 x 150 on 2:05 Backstroke	EN2	§
	{1 x 150 on 2:00 Backstroke	EN2	§
	{1 x 150 on 1:55 Backstroke	EN2	§
	{1 x 150 on 1:50 Backstroke	EN2	§
	{1 x 100 on 1:20 Backstroke	EN2	§
	{1 x 100 on 1:15 Backstroke	EN2	§
	{1 x 100 on 1:10 Backstroke	EN2	§
700	1 x 700 on 14:00 Stroke Drills	REC	I
	5:30 PM 6,000 Yards - Stress Value = 77		

**Workout #3805 - Wednesday, 23 November 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 45:00 Weights and Stretch		
500	1x{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
150	10 x 15 on :45 Shooters	SP3	
1,200	2x{4 x 50 on 1:00 Kick no board BSLR	EN1	
	{4 x 50 on :55 Kick no board BSLR	EN1	

	{4 x 50 on :50 Kick no board BSLR	EN1	
1,600	16 x 100 on 1:30 Lngbstr plls w/pddls	EN1	
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
2,000	1x{7 x 125 on 2:00 Freestyle-odds fast	EN2	
	{5 x 125 on 1:55 Freestyle-odds fast	EN2	
	{3 x 125 on 1:50 Freestyle-odds fast	EN2	
	{1 x 125 on 1:45 Freestyle-odds fast	EN2	
200	4 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:44 PM 5,900 Yards - Stress Value = 80		

**Workout #3810 - Thursday, 24 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	W
	1 on 30:00 Physio Balls/Stretch		
700	1 x 700 on 11:00 Underwater trn drill	REC	
	1 on 10:00 Techniques-drill inst		
150	10 x 15 on :45 Shooters	SP3	
1,200	4x{2 x 100 on 1:20 Pulls	EN1	
	{2 x 50 on :40 Pulls	EN1	
900	4x{1 x 75 on 1:25 Kick	EN2	
	{1 x 75 on 1:20 Kick	EN2	
	{1 x 75 on 1:30 Kick	EN1	
800	4 x 200 on 8:00 Freestyle	SP2	
2,000	10x{1 x 100 on 1:45 Individual Medley	EN1	
	{1 x 100 on 2:00 Stroke Drills	REC	
	5:47 PM 5,750 Yards - Stress Value = 123		

**Workout #3811 - Friday, 25 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights and Stretch		I
700	1 x 700 on 11:00 Reverse IM drill	REC	I
	1 on 10:00 Techniques-drill inst		I
200	8 x 25 on :30 L.12.5 fast grt.fnsh	SP3	§
1,000	10x{1 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F
	{1 x 50 on :35 Pulls-nbbf&w + 2 yds	EN2	F
1,000	1x{2 x 500 on 6:00 Freestyle	EN2	§
100	1 x 100 on 2:00 Stroke Drills	REC	I
	6:57 AM 3,000 Yards - Stress Value = 43		

**Workout #3816 - Friday, 25 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
700	1 on 30:00 Stomach and Stretch		I
	1 x 700 on 11:00 Reverse IM drill	REC	I
	1 on 10:00 Techniques-drill inst		I
1,000	1x{4 x 100 on 1:50 Kick	EN2	F
	{4 x 75 on 1:25 Kick	EN2	F
	{4 x 50 on :55 Kick	EN2	F
	{4 x 25 on :30 Kick	EN1	F
1,200	1x{6 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	F
	{6 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	F
	{6 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F
	{6 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	F
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	S
2,000	1x{4 x 100 on 2:00 Reverse IM drill	REC	I
	{3 x 200 on 3:40 Reverse IM drill	REC	I
	{2 x 300 on 5:00 Reverse IM drill	REC	I
	{1 x 400 on 6:00 Reverse IM drill	REC	I
5:14 PM	5,200 Yards - Stress Value = 34		

**Workout #3814 - Friday, 25 November 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:30 AM	Start		
	1 on 45:00 Weights and Stretch		
600	1 x 600 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters Brst or Bck	SP3	
1,000	1x{1 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:35 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:30 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN1	
	{1 x 100 on 1:25 Kick	EN2	
1,500	1x{4 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 125 on 1:35 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 125 on 1:30 Pulls-nbbf&w + 2 yds	EN2	
300	12 x 25 on :30 IM order-build	EN1	
2,250	1x{1 x 250 on 3:00 Freestyle	EN2	
	{5 x 50 on :40 Freestyle	EN1	
	{1 x 250 on 2:55 Freestyle	EN2	
	{5 x 50 on :40 Freestyle	EN2	
	{1 x 250 on 2:50 Freestyle	EN2	
	{5 x 50 on :40 Freestyle	EN2	
	{1 x 250 on 2:45 Freestyle	EN2	
	{5 x 50 on :40 Freestyle	EN2	
	{1 x 250 on 2:40 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
10:03 AM	6,000 Yards - Stress Value = 85		

**Workout #3819 - Friday, 25 November 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
	1 on 30:00 Physio Balls/Stretch		
400	1 x 400 on 6:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters brst or bck	SP3	
1,050	1x{3 x 50 on :50 Kick-descend in 3's	EN2	

	{3 x 75 on 1:15 Kick-descend in 3's	EN2	
	{3 x 100 on 1:40 Kick-descend in 3's	EN2	
	{3 x 125 on 2:05 Kick-descend in 3's	EN2	
900	1x{6 x 75 on :55 Pulls-nbbf&w + 2 yds	EN1	
	{6 x 75 on :50 Pulls-nbbf&w + 2 yds	EN2	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
2,000	10x{1 x 100 on 1:10 Individual Medley	EN2	
	{1 x 50 on :30 Freestyle	EN2	
	{1 x 50 on :40 Freestyle	REC	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:02 PM	5,000 Yards - Stress Value = 80		

**Workout #3813 - Friday, 25 November 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
7:30 AM	Start		
	1 on 45:00 Weights and Stretch		
600	1 x 600 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters Brst or Bck	SP3	
900	1x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN1	
1,250	1x{4 x 125 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 125 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds	EN2	
300	12 x 25 on :30 IM order-build	EN1	
2,075	1x{1 x 225 on 3:00 Freestyle	EN2	
	{5 x 50 on :45 Freestyle	EN1	
	{1 x 225 on 2:55 Freestyle	EN2	
	{5 x 50 on :45 Freestyle	EN2	
	{1 x 225 on 2:50 Freestyle	EN2	
	{5 x 50 on :45 Freestyle	EN2	
	{1 x 225 on 2:45 Freestyle	EN2	
	{4 x 50 on :45 Freestyle	EN2	
	{1 x 225 on 2:40 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
10:03 AM	5,475 Yards - Stress Value = 72		

**Workout #3820 - Friday, 25 November 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM	Start		
	1 on 30:00 Physio Balls/Stretch		
350	1 x 350 on 6:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters brst or bck	SP3	
675	1x{3 x 50 on :55 Kick-descend in 3's	EN2	
	{3 x 75 on 1:25 Kick-descend in 3's	EN2	
	{3 x 100 on 1:50 Kick-descend in 3's	EN2	
900	1x{6 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{6 x 75 on :55 Pulls-nbbf&w + 2 yds	EN2	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
2,000	10x{1 x 100 on 1:15 Individual Medley	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :45 Freestyle	REC	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:01 PM	4,575 Yards - Stress Value = 72		

**Workout #3815 - Friday, 25 November 2005**

**HighSchl - Silver**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		
400	1 x 400 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters Brst or Bck	SP3	
800	1x{1 x 100 on 2:15 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN1	
	{1 x 100 on 2:15 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN2	
1,200	1x{4 x 100 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 100 on 1:45 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 100 on 1:40 Pulls-nbbf&w + 2 yds	EN2	
300	12 x 25 on :30 IM order-build	EN1	
1,800	1x{1 x 200 on 3:00 Freestyle	EN2	
	{4 x 50 on :50 Freestyle	EN1	
	{1 x 200 on 2:55 Freestyle	EN2	
	{4 x 50 on :50 Freestyle	EN2	
	{1 x 200 on 2:50 Freestyle	EN2	
	{4 x 50 on :50 Freestyle	EN2	
	{1 x 200 on 2:45 Freestyle	EN2	
	{4 x 50 on :50 Freestyle	EN2	
	{1 x 200 on 2:40 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

10:04 AM 4,850 Yards - Stress Value = 70

**Workout #3818 - Friday, 25 November 2005**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		I
300	1 x 300 on 6:00 Reverse IM drill	REC	I
150	10 x 15 on :45 Shooters brst or bck	SP3	S
675	1x{3 x 50 on 1:00 Kick-descend in 3's	EN2	F
	{3 x 75 on 1:30 Kick-descend in 3's	EN2	F
	{3 x 100 on 2:00 Kick-descend in 3's	EN2	F
900	1x{6 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	F
	{6 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN2	F
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
1,600	8x{1 x 100 on 1:40 Individual Medley	EN2	S
	{1 x 50 on :40 Freestyle	EN2	S
	{1 x 50 on 1:00 Freestyle	REC	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

5:04 PM 4,075 Yards - Stress Value = 66

**Workout #3812 - Friday, 25 November 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		I
300	1 x 300 on 10:00 Reverse IM drill	REC	I
150	10 x 15 on :45 Shooters Brst or Bck	SP3	S
700	1x{1 x 100 on 2:30 Kick	EN1	F
	{1 x 100 on 2:20 Kick	EN1	F
	{1 x 100 on 2:30 Kick	EN1	F
	{1 x 100 on 2:15 Kick	EN2	F
	{1 x 100 on 2:30 Kick	EN1	F

	{1 x 100 on 2:10 Kick	EN2	F
	{1 x 100 on 2:30 Kick	EN1	F
900	1x{4 x 75 on 1:50 Pulls-nbbf&w + 2 yds	EN1	F
	{4 x 75 on 1:45 Pulls-nbbf&w + 2 yds	EN1	F
	{4 x 75 on 1:40 Pulls-nbbf&w + 2 yds	EN2	F
200	8 x 25 on :45 IM order-build	EN1	S
1,350	1x{1 x 150 on 3:00 Freestyle	EN2	S
	{3 x 50 on 1:00 Freestyle	EN1	S
	{1 x 150 on 2:55 Freestyle	EN2	S
	{3 x 50 on 1:00 Freestyle	EN2	S
	{1 x 150 on 2:50 Freestyle	EN2	S
	{3 x 50 on 1:00 Freestyle	EN2	S
	{1 x 150 on 2:45 Freestyle	EN2	S
	{3 x 50 on 1:00 Freestyle	EN2	S
	{1 x 150 on 2:40 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

10:03 AM 3,800 Yards - Stress Value = 55

**Workout #3817 - Friday, 25 November 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		I
200	1 x 200 on 6:00 Reverse IM drill	REC	I
150	10 x 15 on :45 Shooters brst or bck	SP3	S
675	1x{3 x 50 on 1:05 Kick-descend in 3's	EN2	F
	{3 x 75 on 1:40 Kick-descend in 3's	EN2	F
	{3 x 100 on 2:15 Kick-descend in 3's	EN2	F
600	1x{6 x 50 on 1:10 Pulls-nbbf&w + 2 yds	EN1	F
	{6 x 50 on 1:05 Pulls-nbbf&w + 2 yds	EN2	F
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
1,200	6x{1 x 100 on 2:00 Individual Medley	EN2	S
	{1 x 50 on :50 Freestyle	EN2	S
	{1 x 50 on 1:10 Freestyle	REC	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

5:02 PM 3,275 Yards - Stress Value = 56

**Workout #3822 - Saturday, 26 November 2005**

**HighSchl - All**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		L
750	1x{1 x 250 on 4:20 Stroke Drills	REC	D
	{1 x 200 on 3:30 Stroke Drills	REC	D
	{1 x 150 on 2:35 Stroke Drills	REC	D
	{1 x 100 on 1:45 Stroke Drills	REC	D
	{1 x 50 on :50 Stroke Drills	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,000	1x{4 x 25 on :30 Kck no brd BSLR-9kck	EN1	K
	{3 x 50 on 1:00 Kick	EN1	K
	{4 x 25 on :35 Kck nobrd BSLR-10kck	EN1	K
	{3 x 50 on 1:00 Kick	EN1	K
	{4 x 25 on :40 Kck nobrd BSLR-11kck	EN1	K
	{3 x 50 on 1:00 Kick	EN1	K
	{4 x 25 on :45 Kck nobrd BSLR-12kck	EN1	K
	{3 x 50 on 1:00 Kick	EN1	K
1,200	4 x 300 on 4:00 Pulls	EN1	P
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	S
600	6 x 100 on 6:00 Freestyle	SP2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

9:59 AM 4,200 Yards - Stress Value = 93

**Workout #3821 - Saturday, 26 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

7:30 AM Start		
Yards	Set Description	EGY WORK
	1 on 30:00 Med balls/stretch	L
700	14 x 50 on 1:00 Stroke Drills	REC D
	1 on 10:00 Techniques-drill inst	D
150	10 x 15 on :45 Shooters	SP3 S
1,000	20 x 50 on :55 Kick-odds 100%	EN2 K
1,250	1x{4 x 125 on 1:45 Pulls	EN1 P
	{3 x 125 on 1:40 Pulls	EN1 P
	{2 x 125 on 1:35 Pulls	EN1 P
	{1 x 125 on 1:30 Pulls	EN2 P
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1 S
1,800	1x{8 x 75 on 1:10 Backstroke	EN1 S
	{8 x 75 on 1:05 Backstroke	EN2 S
	{8 x 75 on 1:00 Backstroke	EN2 S
800	8 x 100 on 2:00 Stroke Drills	REC D
10:01 AM 6,000 Yards - Stress Value = 72		

**Workout #3832 - Monday, 28 November 2005**

**HighSchl - Breast**

**1 minute rest between sets**

3:00 PM Start		
Yards	Set Description	EGY WOF
	1 on 20:00 Physio Balls/Stretch	
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
800	2x{4 x 50 on 1:00 Kick no board BSLR	EN1
	{4 x 50 on 1:00 Kick	EN1
1,200	1x{4 x 100 on 1:30 Pull no br L. 5 yds	EN1
	{4 x 100 on 1:25 Pull no br L.5 yds	EN1
	{4 x 100 on 1:20 Pull no br L.5 yds	EN1
200	1 x 200 on 3:00 Reverse IM drill	REC
1,800	3x{3 x 100 on 1:40 Breaststroke	EN2
	{2 x 75 on 1:15 Breaststroke	EN2
	{1 x 50 on :45 Breaststroke	EN2
	{4 x 25 on :30 Breast Fast TO	EN2
400	4 x 100 on 1:30 Freestyle-descend to	EN2
	ludicrous speed	
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:08 PM 5,200 Yards - Stress Value = 70		

**Workout #3831 - Monday, 28 November 2005**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start		
Yards	Set Description	EGY WORK
	1 on 20:00 Physio Balls/Stretch	I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC S
150	10 x 15 on :45 Shooters	SP3 S
400	1x{4 x 50 on 1:00 Kick no board BSLR	EN1 F
	{4 x 50 on 1:00 Kick	EN1 F
1,200	1x{4 x 100 on 1:30 Pull no br L. 5 yds	EN1 F
	{4 x 100 on 1:25 Pull no br L.5 yds	EN1 F
	{4 x 100 on 1:20 Pull no br L.5 yds	EN1 F
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1 S
2,800	7 x 400 on 5:00 Freestyle	EN2 S
400	4 x 100 on 1:30 Freestyle-desend to	EN2 S
	ludicrous speed!!!!	
250	1 x 250 on 4:00 Stroke Drills	REC I
	1 on 10:00 Ice	N
5:06 PM 5,900 Yards - Stress Value = 89		

**Workout #3829 - Monday, 28 November 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

3:00 PM Start		
Yards	Set Description	EGY WOF
	1 on 20:00 Physio Balls/Stretch	
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
800	2x{4 x 50 on 1:00 Kick no board BSLR	EN1
	{4 x 50 on 1:00 Kick	EN1
1,200	1x{4 x 100 on 1:20 Pull no br L. 5 yds	EN1
	{4 x 100 on 1:15 Pull no br L.5 yds	EN1
	{4 x 100 on 1:10 Pull no br L.5 yds	EN1
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1
1,800	3x{3 x 100 on 1:20 Backstroke	EN2
	{2 x 75 on 1:00 Backstroke	EN2
	{1 x 50 on :40 Backstroke	EN2
	{4 x 25 on :45 Back 12.5yds under	EN2
400	4 x 100 on 1:30 Freestyle-descend to	EN2
	ludicrous speed	
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:06 PM 5,300 Yards - Stress Value = 73		

**Workout #3824 - Monday, 28 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

5:30 AM Start		
Yards	Set Description	EGY WORK S
	1 on 30:00 Weights and Stretch	L I
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC S
200	8 x 25 on :30 L.12.5 fast grt.fnsh	SP3 S
800	2 x 400 on 5:15 Pulls	EN1 P
1,600	2 x 800 on 10:30 Freestyle	EN2 S
100	1 x 100 on 2:00 Stroke Drills	REC D
6:55 AM 3,500 Yards - Stress Value = 48		

**Workout #3828 - Monday, 28 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

3:00 PM Start		
Yards	Set Description	EGY WOF
	1 on 15:00 Team mtg	
	1 on 30:00 Med balls/stretch	
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC
	1 on 10:00 Techniques-drill inst	
150	10 x 15 on :45 Shooters	SP3
1,200	6x{4 x 25 on :40 Kick no board BSLR	EN2
	{1 x 100 on 1:50 Kick	EN2
1,200	3 x 400 on 5:10 Pulls	EN2
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1
2,400	4 x 600 on 7:30 Freestyle	EN2
400	8 x 50 on :50 Stroke Drills	REC
5:47 PM 6,450 Yards - Stress Value = 105		

**Workout #3826 - Monday, 28 November 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
1,000	20 x 50 on :40 Pulls-nbbf&w + 2 yds	EN1	F
1,875	1x{5 x 125 on 1:30 Freestyle	EN2	S
	{4 x 125 on 1:25 Freestyle	EN2	S
	{3 x 125 on 1:20 Freestyle	EN2	S
	{2 x 125 on 1:15 Freestyle	EN2	S
	{1 x 125 on 1:10 Freestyle	EN2	S
225	1 x 225 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

7:04 AM 3,800 Yards - Stress Value = 59

**Workout #3827 - Monday, 28 November 2005**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
900	18 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F
1,500	1x{2 x 125 on 1:45 Freestyle	EN2	S
	{4 x 125 on 1:40 Freestyle	EN2	S
	{3 x 125 on 1:35 Freestyle	EN2	S
	{2 x 125 on 1:30 Freestyle	EN2	S
	{1 x 125 on 1:25 Freestyle	EN2	S
225	1 x 225 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

7:03 AM 3,325 Yards - Stress Value = 51

**Workout #3823 - Monday, 28 November 2005**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		I
300	1 x 300 on 6:00 Swim-kick-pull-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
800	16 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	F
1,375	1x{4 x 125 on 2:00 Freestyle	EN2	S
	{3 x 125 on 1:55 Freestyle	EN2	S
	{2 x 125 on 1:50 Freestyle	EN2	S
	{2 x 125 on 1:45 Freestyle	EN2	S
225	1 x 225 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

7:04 AM 3,000 Yards - Stress Value = 48

**Workout #3825 - Monday, 28 November 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		I
300	1 x 300 on 6:00 Swim-kick-pull-swim	REC	S
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
650	13 x 50 on 1:05 Pulls-nbbf&w + 2 yds	EN1	F
1,000	1x{4 x 100 on 2:00 Freestyle	EN2	S
	{3 x 100 on 1:55 Freestyle	EN2	S

{2 x 100 on 1:50 Freestyle	EN2
{1 x 100 on 1:45 Freestyle	EN2
150 1 x 150 on 3:00 Stroke Drills	REC
1 on 10:00 Ice	
7:04 AM 2,400 Yards - Stress Value = 38	

**Workout #3830 - Monday, 28 November 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Physio Balls/Stretch		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
800	2x{4 x 50 on 1:00 Kick no board BSLR	EN1	F
	{4 x 50 on 1:00 Kick	EN1	F
1,200	1x{4 x 100 on 1:30 Pull no br L. 5 yds	EN1	F
	{4 x 100 on 1:25 Pull no br L.5 yds	EN1	F
	{4 x 100 on 1:20 Pull no br L.5 yds	EN1	F
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	S
1,800	4x{6 x 50 on :45 Freestyle	EN1	S
	{2 x 75 on 1:10 Freestyle-100%	EN3	S
400	4 x 100 on 1:30 Freestyle-desend to	EN2	S
	ludicrous speed!!!!!!		
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

5:07 PM 5,300 Yards - Stress Value = 85

**Workout #3833 - Tuesday, 29 November 2005**

**HS Girls - Distance**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		I
	and team meeting		
1,000	1x{1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
	{12 x 50 on 1:15 Down drill/back swim	REC	S
1,000	1x{1 x 200 on 4:00 Kick	EN1	F
	{2 x 100 on 2:00 Kick	EN1	F
	{12 x 50 on 1:00 Kick-Last 25-100%	EN2	S
200	1 x 200 on 3:00 Freestyle	REC	S
2,400	1x{3 x 400 on 5:10 Freestyle	EN2	F
	{3 x 400 on 4:45 Freestyle	EN2	F
300	12 x 25 on :30 Berzerks	SP3	S
200	1 x 200 on 3:00 Freestyle	REC	S
1,000	10 x 100 on 1:30 Pulls	EN1	F
500	1x{5 x 25 on :40 Freestyle	EN1	F
	{5 x 25 on :35 Freestyle	EN1	F
	{5 x 25 on :30 Freestyle	EN1	F
	{5 x 25 on :25 Freestyle	EN1	F
200	1 x 200 on 3:00 Freestyle	REC	S
	1 on 10:00 Ice		M

5:32 PM 6,800 Yards - Stress Value = 90

**Workout #3834 - Tuesday, 29 November 2005**

**HS Girls - IM/Stroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch and team meeting		
1,000	1x{1 x 400 on 8:00 Swim-kick-pull-swim	REC	
	{12 x 50 on 1:15 Down drill/back swim	REC	
1,000	1x{1 x 200 on 4:00 Kick	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{12 x 50 on 1:00 Kick-Last 25-100%	EN2	200
200	1 x 200 on 3:00 Freestyle	REC	
1,000	1x{4 x 50 on 1:00 Freestyle	REC	
	{1 x 50 on 1:15 Your Stroke	EN3	
	{3 x 50 on 1:00 Freestyle	REC	
	{2 x 50 on 1:15 Your Stroke	EN3	
	{2 x 50 on 1:00 Freestyle	REC	
	{3 x 50 on 1:15 Your Stroke	EN3	
	{1 x 50 on 1:00 Freestyle	REC	
	{4 x 50 on 1:15 Your Stroke	EN3	
300	12 x 25 on :30 Berzerks	SP3	
200	1 x 200 on 3:00 Freestyle	REC	
1,000	10 x 100 on 1:30 Pulls	EN1	
500	1x{5 x 25 on :40 Freestyle	EN1	
	{5 x 25 on :35 Freestyle	EN1	
	{5 x 25 on :30 Freestyle	EN1	
	{5 x 25 on :25 Freestyle	EN1	
200	1 x 200 on 3:00 Freestyle	REC	
	1 on 10:00 Ice		
	5:25 PM 5,400 Yards - Stress Value = 72		

**Workout #3838 - Wednesday, 30 November 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		L
500	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	S
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle	EN2	S
150	10 x 15 on :45 Shooters	SP3	S
800	2x{1 x 100 on 2:00 Kick no board BSLR	EN1	K
	{4 x 75 on 1:40 Kick	EN1	K
1,200	8 x 150 on 2:15 Lungbuster pulls	EN1	P
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	S
3,000	3x{1 x 500 on 7:30 Freestyle	EN2	S
	{5 x 100 on 1:45 Freestyle	EN3	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 5:00 Ice		M
	5:45 PM 6,050 Yards - Stress Value = 153		

**Workout #3839 - Wednesday, 30 November 2005**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		I
500	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	S
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle	EN2	S
150	10 x 15 on :45 Shooters	SP3	S
1,200	3x{1 x 100 on 1:50 Kick no board BSLR	EN1	F

	{4 x 75 on 1:25 Kick	EN1	F
1,200	8 x 150 on 1:55 Lungbuster pulls	EN1	F
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	S
3,375	1x{5 x 125 on 1:45 Alt. 25 fly 25 free	EN2	S
	{1 x 100 on 1:15 Freestyle	EN1	S
	{4 x 125 on 1:40 Alt. 25 fly 25 free	EN2	S
	{2 x 100 on 1:15 Freestyle	EN1	S
	{3 x 125 on 1:35 Alt. 25 fly 25 free	EN2	S
	{3 x 100 on 1:15 Freestyle	EN1	S
	{2 x 125 on 1:30 Alt. 25 fly 25 free	EN2	S
	{4 x 100 on 1:15 Freestyle	EN1	S
	{1 x 125 on 1:25 Alt. 25 fly 25 free	EN2	S
	{5 x 100 on 1:15 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 5:00 Ice		M
	5:43 PM 6,825 Yards - Stress Value = 89		

**Workout #3836 - Wednesday, 30 November 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		L
500	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	S
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle	EN2	S
150	10 x 15 on :45 Shooters	SP3	S
1,200	3x{1 x 100 on 2:00 Kick no board BSLR	EN1	K
	{4 x 75 on 1:40 Kick	EN1	K
1,200	8 x 150 on 2:15 Lungbuster pulls	EN1	P
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	S
2,400	1x{4 x 150 on 2:20 Backstroke	EN2	S
	{3 x 100 on 1:35 50 back 50 fly	EN2	S
	{3 x 150 on 2:20 Backstroke	EN2	S
	{3 x 100 on 1:40 50 back 50 breast	EN2	S
	{2 x 150 on 2:20 Backstroke	EN2	S
	{3 x 100 on 1:30 50 back 50 free	EN2	S
	{1 x 150 on 2:20 Backstroke	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 5:00 Ice		M
	5:42 PM 5,850 Yards - Stress Value = 85		

**Workout #3835 - Wednesday, 30 November 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights and Stretch		I
750	3 x 250 on 3:50 Freestyle L.50 fast	EN1	S
	1 on 10:00 Techniques-drill inst		I
1,250	5x{4 x 25 on :40 Kick no board BSLR	EN2	F
	{3 x 50 on :55 Kick descend	EN2	F
1,200	6 x 200 on 2:35 Pulls	EN2	F
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	S
2,500	1x{1 x 300 on 4:15 Backstroke	EN1	S
	{2 x 250 on 3:30 Backstroke	EN2	S
	{3 x 200 on 2:45 Backstroke	EN2	S
	{4 x 150 on 2:00 Backstroke	EN2	S
	{5 x 100 on 1:20 Backstroke	EN2	S
500	5 x 100 on 2:00 Stroke Drills	REC	I
	5:32 PM 6,500 Yards - Stress Value = 107		

**Workout #3837 - Wednesday, 30 November 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM Start			
800	1 x 800 on 13:00 Reverse IM drill	REC	D
200	8 x 25 on :30 L.12.5 fast grt.fnsh	SP3	S
1,200	4x{1 x 50 on :40 Pulls	EN1	P
500	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	S
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle	EN2	S
150	10 x 15 on :45 Shooters	SP3	S
1,200	3x{1 x 100 on 2:00 Kick no board BSLR	EN1	K
	{4 x 75 on 1:40 Kick	EN1	K
1,200	8 x 150 on 2:15 Lungbuster pulls	EN1	P
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	S
2,400	4x{1 x 200 on 3:00 Freestyle	EN1	S
	{1 x 50 on :50 Freestyle	EN1	S
	{1 x 50 on :45 Freestyle	EN1	S
	{1 x 50 on :40 Freestyle	EN2	S
	{1 x 50 on :35 Freestyle	EN2	S
200	{2 x 100 on 2:00 #1-EZ #2-100%	EN2	S
	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 5:00 Ice	M	
5:44 PM 5,850 Yards - Stress Value = 73			

5:30 AM Start

Yards	Set Description	EGY	WORK
=====			
	1 on 30:00 Weights and Stretch		L
800	1 x 800 on 13:00 Reverse IM drill	REC	D
200	8 x 25 on :30 L.12.5 fast grt.fnsh	SP3	S
1,200	4x{1 x 50 on :40 Pulls	EN1	P
	{1 x 100 on 1:20 Pulls	EN1	P
	{1 x 150 on 2:00 Pulls	EN1	P
900	3 x 300 on 3:50 Freestyle	EN2	S
400	1 x 400 on 8:00 Stroke Drills	REC	D
6:57 AM 3,500 Yards - Stress Value = 38			

**Workout #3843 - Friday, 02 December 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM Start			
=====			
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 13:00 Reverse IM drill	REC	D
	1 on 10:00 Techniques-drill inst		D
150	10 x 15 on :45 Shooters	SP3	S
800	8 x 100 on 1:50 Stroke Drills	REC	D
1,000	10x{1 x 50 on :45 Pulls	EN1	P
	{1 x 50 on :40 Pulls	EN1	P
3,150	3x{1 x 200 on 3:30 Stroke Drills	REC	D
	{4 x 50 on :45 Freestyle	EN1	S
	{1 x 150 on 2:35 Stroke Drills	REC	D
	{4 x 50 on :45 Freestyle	EN1	S
	{1 x 100 on 1:45 Stroke Drills	REC	D
	{4 x 50 on :45 Freestyle	EN1	S
600	6 x 100 on 2:00 Stroke Drills	REC	D
5:39 PM 6,500 Yards - Stress Value = 34			

3:00 PM Start

Yards	Set Description	EGY	WORK
=====			
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 13:00 Reverse IM drill	REC	D
	1 on 10:00 Techniques-drill inst		D
150	10 x 15 on :45 Shooters	SP3	S
800	8 x 100 on 1:50 Stroke Drills	REC	D
1,000	10x{1 x 50 on :45 Pulls	EN1	P
	{1 x 50 on :40 Pulls	EN1	P
3,150	3x{1 x 200 on 3:30 Stroke Drills	REC	D
	{4 x 50 on :45 Freestyle	EN1	S
	{1 x 150 on 2:35 Stroke Drills	REC	D
	{4 x 50 on :45 Freestyle	EN1	S
	{1 x 100 on 1:45 Stroke Drills	REC	D
	{4 x 50 on :45 Freestyle	EN1	S
600	6 x 100 on 2:00 Stroke Drills	REC	D
5:39 PM 6,500 Yards - Stress Value = 34			

**Workout #3840 - Friday, 02 December 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 AM Start			
=====			
	1 on 40:00 Weights and Stretch		I
800	1 x 800 on 12:00 Reverse IM drill	REC	I
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S
500	1x{1 x 200 on 3:00 Pulls	EN1	P
	{1 x 150 on 2:15 Pulls	EN1	P
	{1 x 100 on 1:30 Pulls	EN1	P
	{1 x 50 on :45 Pulls	EN1	P
500	1x{1 x 50 on :45 Freestyle	EN1	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 150 on 2:15 Freestyle	EN1	S
	{1 x 200 on 3:00 Freestyle	EN1	S
400	8 x 50 on 1:00 Stroke Drills 2 on E	REC	I
	1 on 8:00 Ice	M	
7:04 AM 2,500 Yards - Stress Value = 22			

**Workout #3844 - Saturday, 03 December 2005**

**HS Girls - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
7:30 AM Start			
=====			
	1 on 30:00 Plyometrics/stretch		L
1,000	1 x 1000 on 18:00 Choice	REC	S
1,000	10 x 100 on 1:30 Pulls	EN1	P
3,200	4x{1 x 100 on 1:15 Freestyle L.25 #1	EN2	S
	{1 x 100 on 1:20 Freestyle L.50 #1	EN2	S
	{1 x 100 on 1:25 Freestyle L.75 #1	EN2	S
	{1 x 100 on 1:30 Freestyle L.25 #1	EN2	S
	{1 x 100 on 1:30 Individual Medley	EN2	S
	{1 x 100 on 1:25 Individual Medley	EN2	S
	{1 x 100 on 1:20 Individual Medley	EN2	S
	{1 x 100 on 1:15 Individual Medley	EN2	S
1,000	1x{1 x 500 on 8:30 Kick	EN2	K
	{10 x 50 on 1:00 Kick-25 fast 25 ez	EN2	K
300	12 x 25 on :30 Berzerks	SP3	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice	M	
10:00 AM 6,700 Yards - Stress Value = 106			

7:30 AM Start

Yards	Set Description	EGY	WORK
=====			
	1 on 30:00 Plyometrics/stretch		L
1,000	1 x 1000 on 18:00 Choice	REC	S
1,000	10 x 100 on 1:30 Pulls	EN1	P
3,200	4x{1 x 100 on 1:15 Freestyle L.25 #1	EN2	S
	{1 x 100 on 1:20 Freestyle L.50 #1	EN2	S
	{1 x 100 on 1:25 Freestyle L.75 #1	EN2	S
	{1 x 100 on 1:30 Freestyle L.25 #1	EN2	S
	{1 x 100 on 1:30 Individual Medley	EN2	S
	{1 x 100 on 1:25 Individual Medley	EN2	S
	{1 x 100 on 1:20 Individual Medley	EN2	S
	{1 x 100 on 1:15 Individual Medley	EN2	S
1,000	1x{1 x 500 on 8:30 Kick	EN2	K
	{10 x 50 on 1:00 Kick-25 fast 25 ez	EN2	K
300	12 x 25 on :30 Berzerks	SP3	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice	M	
10:00 AM 6,700 Yards - Stress Value = 106			

**Workout #3842 - Friday, 02 December 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM Start			
=====			
	1 on 30:00 Physio Balls/Stretch		L I
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	D
	1 on 15:00 Techniques-TN turns		D
150	10 x 15 on :45 Shooters	SP3	S C
600	6 x 100 on 2:00 Kick	EN1	K C
600	1 x 600 on 9:00 Pulls	EN1	P
	1 on 10:00 Techniques-Relay Str		D C
400	16 x 25 on :30 Choice-odds fast	EN1	S C
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice	M	
5:04 PM 2,750 Yards - Stress Value = 22			

3:00 PM Start

Yards	Set Description	EGY	WORK
=====			
	1 on 30:00 Physio Balls/Stretch		L I
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	D
	1 on 15:00 Techniques-TN turns		D
150	10 x 15 on :45 Shooters	SP3	S C
600	6 x 100 on 2:00 Kick	EN1	K C
600	1 x 600 on 9:00 Pulls	EN1	P
	1 on 10:00 Techniques-Relay Str		D C
400	16 x 25 on :30 Choice-odds fast	EN1	S C
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice	M	
5:04 PM 2,750 Yards - Stress Value = 22			

**Workout #3841 - Friday, 02 December 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**



**Workout #3851 - Monday, 05 December 2005**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Physio Balls/Stretch		I
600	1 x 600 on 9:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,000	4x{4 x 25 on :30 Kick no board BSLR	EN1	F
	{3 x 50 on :55 Kick	EN2	F
1,000	1x{2 x 200 on 4:00 Pulls	EN1	F
	{2 x 200 on 3:55 Pulls	EN1	F
	{1 x 200 on 3:50 Pulls	EN2	F
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	S
2,250	1x{4 x 125 on 2:10 Breaststroke	EN2	S
	{5 x 50 on 1:00 Breaststroke	EN1	S
	{3 x 125 on 2:05 Breaststroke	EN2	S
	{5 x 50 on :55 Breaststroke	EN2	S
	{2 x 125 on 2:00 Breaststroke	EN2	S
	{5 x 50 on :50 Breaststroke	EN2	S
	{1 x 125 on 1:55 Breaststroke	EN2	S
	{5 x 50 on :45 Breaststroke	EN2	S
	1 on 10:00 Individual Specific	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 5:00 Ice		N
5:34 PM 5,500 Yards - Stress Value = 79			

{10 x 25 on :30 Back finish w/flip	EN2
{4 x 125 on 1:30 Backstroke	EN2
{10 x 25 on :30 Back finish w/flip	EN2
1 on 10:00 Individual Specific	EN2
200 1 x 200 on 3:00 Stroke Drills	REC
1 on 5:00 Ice	
5:35 PM 6,450 Yards - Stress Value = 97	

**Workout #3845 - Monday, 05 December 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
	1 on 30:00 Weights and Stretch		I
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	S
2,800	8 x 25 on :30 L.12.5 fast grt.fnsh	SP3	S
	1x{1 x 400 on 5:30 Freestyle	EN2	F
	{1 x 400 on 5:15 Freestyle	EN2	F
	{1 x 400 on 5:00 Freestyle	EN2	F
	{1 x 400 on 4:45 Freestyle	EN2	F
	{1 x 400 on 5:00 Pulls	EN2	F
	{1 x 400 on 5:15 Pulls	EN1	F
	{1 x 400 on 5:30 Pulls	EN1	F
200	1 x 200 on 3:00 Stroke Drills	REC	I
6:59 AM 4,000 Yards - Stress Value = 56			

**Workout #3854 - Monday, 05 December 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Physio Balls/Stretch		I
600	1 x 600 on 9:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
500	2x{4 x 25 on :30 Kick no board BSLR	EN1	F
	{3 x 50 on :55 Kick	EN2	F
1,800	1x{1 x 600 on 8:00 Pulls odd 100's br 5	EN1	F
	{1 x 600 on 8:00 Pulls odd 100's br 6	EN1	F
	{1 x 600 on 8:00 Pulls odd 100's br 7	EN1	F
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	S
3,300	1x{2 x 225 on 3:00 Freestyle	EN2	S
	{10 x 50 on :45 Freestyle	EN3	S
	{2 x 225 on 2:55 Freestyle	EN2	S
	{10 x 50 on :45 Freestyle	EN3	S
	{2 x 225 on 2:50 Freestyle	EN2	S
	{10 x 50 on :45 Freestyle	EN3	S
	{2 x 225 on 2:45 Freestyle	EN2	S
	1 on 10:00 Individual Specific	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 5:00 Ice		N
5:36 PM 6,850 Yards - Stress Value = 161			

**Workout #3850 - Monday, 05 December 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 15:00 Team meeting		I
	1 on 30:00 Med balls/stretch		I
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,200	6x{4 x 25 on :35 Kick no board BSLR	EN2	F
	{1 x 100 on 1:45 Kick	EN2	F
1,200	1 x 1200 on 15:00 Pulls	EN2	F
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	S
2,400	1x{1 x 600 on 7:45 Freestyle	EN2	S
	{1 x 600 on 7:30 Freestyle	EN2	S
	{1 x 600 on 7:15 Freestyle	EN2	S
	{1 x 600 on 7:00 Freestyle	EN2	S
400	1 x 400 on 8:00 Stroke Drills	REC	I
5:34 PM 6,450 Yards - Stress Value = 105			

**Workout #3848 - Monday, 05 December 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
	1 on 30:00 Weights		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	S
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
900	1x{2 x 150 on 2:00 Pull no br L.5 yds	EN1	F
	{2 x 150 on 1:55 Pull no br L.5 yds	EN1	F
	{2 x 150 on 1:50 Pull no br L.5 yds	EN1	F
2,400	3 x 800 on 9:00 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 7:00 Ice		N
7:04 AM 4,150 Yards - Stress Value = 67			

**Workout #3852 - Monday, 05 December 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Physio Balls/Stretch		I
600	1 x 600 on 9:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
1,000	4x{4 x 25 on :30 Kick no board BSLR	EN1	F
	{3 x 50 on :50 Kick	EN2	F
1,200	1x{2 x 300 on 4:00 Pulls odd 100's br 5	EN1	F
	{2 x 300 on 3:45 Pulls odd 100's br 6	EN1	F
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	S
3,000	2x{4 x 125 on 1:35 Backstroke	EN2	S

**Workout #3847 - Monday, 05 December 2005**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	S
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
900	1x{2 x 150 on 2:05 Pull no br L.5 yds	EN1	F
	{2 x 150 on 2:00 Pull no br L.5 yds	EN1	F
	{2 x 150 on 1:55 Pull no br L.5 yds	EN1	F
2,250	3 x 750 on 9:00 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 7:00 Ice		M
7:04 AM 4,000 Yards - Stress Value = 64			

**Workout #3846 - Monday, 05 December 2005**

**HighSchl - Silver**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	S
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
900	1x{2 x 150 on 2:20 Pull no br L.5 yds	EN1	F
	{2 x 150 on 2:15 Pull no br L.5 yds	EN1	F
	{2 x 150 on 2:10 Pull no br L.5 yds	EN1	F
1,800	3 x 600 on 8:30 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 7:00 Ice		M
7:05 AM 3,550 Yards - Stress Value = 55			

**Workout #3849 - Monday, 05 December 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	S
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
600	1x{2 x 100 on 2:20 Pull no br L.5 yds	EN1	F
	{2 x 100 on 2:15 Pull no br L.5 yds	EN1	F
	{2 x 100 on 2:10 Pull no br L.5 yds	EN1	F
1,350	3 x 450 on 8:30 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 7:00 Ice		M
7:05 AM 2,800 Yards - Stress Value = 43			

**Workout #3853 - Monday, 05 December 2005**

**HighSchl - Sprint**

**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 9:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	4x{4 x 25 on :30 Kick no board BSLR	EN1	
	{3 x 50 on :55 Kick	EN2	
1,200	1x{2 x 300 on 4:30 Pulls odd 100's br 5	EN1	
	{2 x 300 on 4:15 Pulls odd 100's br 6	EN1	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
2,500	1x{3 x 125 on 1:45 Freestyle	EN2	
	{10 x 25 on :30 Free finish w/flip	EN2	
	{3 x 125 on 1:40 Freestyle	EN2	

{10 x 25 on :30 Free finish w/flip	EN2
{3 x 125 on 1:35 Freestyle	EN2
{10 x 25 on :30 Free finish w/flip	EN2
{3 x 125 on 1:30 Freestyle	EN2
{10 x 25 on :30 Free finish w/flip	EN2
1 on 10:00 Individual Specific	EN2
1 x 200 on 3:00 Stroke Drills	REC
1 on 5:00 Ice	

5:33 PM 5,950 Yards - Stress Value = 89

**Workout #3855 - Monday, 05 December 2005**

**HS Girls - All**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 odds drll/evns bldup	EN1	
900	1x{7 x 100 on 2:00 Kick	EN1	
	{8 x 25 on :40 odds sprnt evns ez	EN1	
150	10 x 15 on :45 Shooters	SP3	
150	1 x 150 on 2:15 Distance per stroke	REC	
1,200	12x{2 x 25 on :40 odds fast evens drll	EN2	
	{1 x 50 on 1:15 hold pace	EN2	
1,000	5 x 200 on 3:00 Pulls-nbbf&w	EN1	
200	1 x 200 on 3:00 Distance per stroke	REC	
300	12 x 25 on :40 Berzerks	SP3	
150	1 x 150 on 2:15 Stroke Drills	REC	
	1 on 5:00 Ice		
5:32 PM 4,950 Yards - Stress Value = 64			

**Workout #3858 - Wednesday, 07 December 2005**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 45:00 Weights and Stretch		I
500	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	S
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle	EN2	S
150	10 x 15 on :45 Shooters	SP3	S
600	1x{2 x 100 on 2:00 Kick	EN1	F
	{2 x 100 on 1:55 Kick	EN1	F
	{2 x 100 on 1:50 Kick	EN2	F
1,000	8 x 125 on 2:00 Lungbuster pulls	EN1	F
	breathe 3-4-5-6-7		
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	S
2,000	1x{1 x 1000 on 15:00 Freestyle	EN1	S
	{2 x 500 on 7:30 Freestyle	EN1	S
500	10 x 50 on 1:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
5:31 PM 5,000 Yards - Stress Value = 51			

**Workout #3863 - Wednesday, 07 December 2005**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		
500	1x{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
150	10 x 15 on :45 Shooters	SP3	
800	1x{2 x 100 on 1:50 Kick	EN1	
	{2 x 100 on 1:45 Kick	EN1	
	{2 x 100 on 1:40 Kick	EN2	
	{2 x 100 on 1:35 Kick	EN2	
1,250	10 x 125 on 1:35 Lungbuster pulls	EN1	
	breathe 3-4-5-6-7		
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
1,600	1x{4 x 100 on 1:35 Fr w/25 fly 15sec r	EN1	
	{4 x 100 on 1:30 Fr w/25 fly 10 sec r	EN1	
	{4 x 100 on 1:25 Fr w/25 fly 5sec rst	EN1	
	{1 x 400 on 5:00 Fr w/25 fly	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:26 PM 5,050 Yards - Stress Value = 53		

**Workout #3860 - Wednesday, 07 December 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		
500	1x{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
150	10 x 15 on :45 Shooters	SP3	
800	1x{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
1,000	8 x 125 on 1:50 Lungbuster pulls	EN1	
	breathe 3-4-5-6-7		
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
1,800	2x{4 x 75 on 1:15 Backstroke	EN1	
	{4 x 75 on 1:10 Backstroke	EN1	
	{4 x 75 on 1:05 Backstroke	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:31 PM 5,000 Yards - Stress Value = 53		

**Workout #3859 - Wednesday, 07 December 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
750	3 x 250 on 3:45 Freestyle L.50 fast	EN1	
	1 on 10:00 Techniques-drill inst		
150	10 x 15 on :45 Shooters	SP3	
1,250	5x{4 x 25 on :35 Kick no board BSLR	EN2	
	{3 x 50 on :50 Kick-descend	EN2	
1,200	2x{1 x 200 on 2:35 Lungbuster pulls	EN2	
	{1 x 200 on 2:30 Lungbuster pulls	EN2	
	{1 x 200 on 2:25 Lungbuster pulls	EN2	

300	12 x 25 on :30 Free 12.5y tuck spin	EN1	
2,500	2x{2 x 125 on 1:50 Backstroke	EN2	
	{2 x 125 on 1:45 Backstroke	EN2	
	{2 x 125 on 1:40 Backstroke	EN2	
	{2 x 125 on 1:35 Backstroke	EN2	
	{2 x 125 on 1:30 Backstroke	EN2	
400	1 x 400 on 8:00 Stroke Drills	REC	
	5:34 PM 6,550 Yards - Stress Value = 116		

**Workout #3861 - Wednesday, 07 December 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		
500	1x{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
150	10 x 15 on :45 Shooters	SP3	
800	1x{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
1,000	8 x 125 on 1:50 Lungbuster pulls	EN1	
	breathe 3-4-5-6-7		
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
2,100	2x{3 x 100 on 1:35 Freestyle	EN1	
	{3 x 100 on 1:30 Freestyle	EN1	
	{3 x 100 on 1:25 Freestyle	EN1	
	{1 x 150 on 3:00 Stroke Drills	REC	
200	4 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:30 PM 5,000 Yards - Stress Value = 53		

**Workout #3862 - Wednesday, 07 December 2005**

**HS Girls - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
500	1 x 500 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
600	4x{1 x 75 on 1:30 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
	{1 x 25 on :30 Kick	EN1	
600	8 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	
1,600	4x{1 x 100 on 1:45 Free 1st 25 stroke	EN1	
	{1 x 100 on 1:45 Free 2nd 25 stroke	EN1	
	{1 x 100 on 1:45 Free 3rd 25 stroke	EN1	
	{1 x 100 on 1:45 Free 4th 25 stroke	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:03 PM 3,950 Yards - Stress Value = 34		

**Workout #3856 - Wednesday, 07 December 2005**

**HS Girls - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
800	1 x 800 on 12:00 Reverse IM drill	REC	D	IM
700	1 x 700 on 14:00 Kick	EN1	K	CHO
700	1 x 700 on 10:30 Pulls	EN1	P	FR
1,200	4 x 300 on 5:00 Choice	EN1	S	CHO
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 1:00 Ice		M	
6:35 AM	3,600 Yards - Stress Value = 26			

**Workout #3857 - Wednesday, 07 December 2005**

**HS Girls - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	S	
600	6 x 100 on 2:00 Kick	EN1	K	C
600	6 x 100 on 1:45 Pulls	EN1	P	
800	8 x 100 on 1:45 Choice	REC	S	C
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
6:37 AM	2,800 Yards - Stress Value = 12			

**Workout #3869 - Thursday, 08 December 2005**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM	Start		
600	1 on 30:00 Stomach and Stretch		
	1 x 600 on 10:00 Underwater trn drill	REC	
	1 on 10:00 Techniques-Relay str		
150	10 x 15 on :45 Shooters		SP3
600	6 x 100 on 2:10 Kick		EN1
600	1x{1 x 200 on 3:05 Pulls		EN1
	{1 x 175 on 2:30 Pulls		EN1
	{1 x 125 on 1:50 Pulls		EN1
	{1 x 100 on 1:30 Pulls		EN1
200	4 x 50 on :50 Descend 1-4		EN1
1,950	2x{3 x 75 on 1:25 Breaststroke		EN1
	{2 x 50 on :50 Freestyle		EN1
	{3 x 75 on 1:20 Breaststroke		EN1
	{2 x 50 on :50 Freestyle		EN1
	{3 x 75 on 1:15 Breaststroke		EN1
	{2 x 50 on :50 Freestyle		EN1
400	4 x 100 on 1:45 Stroke Drills		REC
	1 on 10:00 Ice		
5:21 PM	4,500 Yards - Stress Value = 38		

**Workout #3868 - Thursday, 08 December 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM	Start		
600	1 on 30:00 Stomach and Stretch		
	1 x 600 on 10:00 Underwater trn drill	REC	
	1 on 10:00 Techniques-Relay str		
150	10 x 15 on :45 Shooters		SP3
500	4 x 125 on 2:20 Kick		EN1
750	1x{1 x 250 on 3:20 Pulls		EN1
	{1 x 200 on 2:40 Pulls		EN1
	{1 x 150 on 2:00 Pulls		EN1

	{1 x 100 on 1:20 Pulls		EN1
	{1 x 50 on :40 Pulls		EN1
300	6 x 50 on :50 Descend in sets of 3		EN1
1,800	1x{3 x 300 on 4:00 Freestyle		EN1
	{2 x 300 on 3:55 Freestyle		EN1
	{1 x 300 on 3:50 Freestyle		EN1
400	4 x 100 on 1:45 Stroke Drills		REC
	1 on 10:00 Ice		
5:10 PM	4,500 Yards - Stress Value = 39		

**Workout #3864 - Thursday, 08 December 2005**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM	Start		
600	1 on 30:00 Stomach and Stretch		
	1 x 600 on 10:00 Underwater trn drill	REC	
	1 on 10:00 Techniques-Relay str		
150	10 x 15 on :45 Shooters		SP3
750	6 x 125 on 2:20 Kick		EN1
700	1x{1 x 250 on 3:20 Pulls		EN1
	{1 x 200 on 2:40 Pulls		EN1
	{1 x 150 on 2:00 Pulls		EN1
	{1 x 100 on 1:20 Pulls		EN1
200	4 x 50 on :50 Descend 1-4		EN1
1,800	3x{2 x 50 on 1:00 Butterfly 2-2		EN1
	{1 x 50 on :45 Freestyle		EN1
	{2 x 50 on 1:00 Butterfly 2-3		EN1
	{1 x 50 on :45 Freestyle		EN1
	{2 x 50 on 1:00 Butterfly 2-4		EN1
	{1 x 50 on :45 Freestyle		EN1
	{2 x 50 on 1:00 Butterfly 2-5		EN1
	{1 x 50 on :45 Freestyle		EN1
300	3 x 100 on 1:45 Stroke Drills		REC
	1 on 10:00 Ice		
5:20 PM	4,500 Yards - Stress Value = 43		

**Workout #3867 - Thursday, 08 December 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM	Start		
600	1 on 30:00 Stomach and Stretch		
	1 x 600 on 10:00 Underwater trn drill	REC	
	1 on 10:00 Techniques-Relay str		
150	10 x 15 on :45 Shooters		SP3
750	6 x 125 on 2:10 Kick		EN1
700	1x{1 x 250 on 3:05 Pulls		EN1
	{1 x 200 on 2:30 Pulls		EN1
	{1 x 150 on 1:50 Pulls		EN1
	{1 x 100 on 1:15 Pulls		EN1
200	4 x 50 on :50 Descend 1-4		EN1
1,800	2x{2 x 100 on 1:25 Backstroke		EN1
	{2 x 50 on :40 Freestyle		EN1
	{2 x 100 on 1:20 Backstroke		EN1
	{2 x 50 on :40 Freestyle		EN1
	{2 x 100 on 1:15 Backstroke		EN1
	{2 x 50 on :40 Freestyle		EN1
300	3 x 100 on 1:45 Stroke Drills		REC
	1 on 10:00 Ice		
5:09 PM	4,500 Yards - Stress Value = 41		

**Workout #3865 - Thursday, 08 December 2005**

**HighSchl - All-Americans**

**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 12:00 Underwater trn drill	REC	
	1 on 10:00 Techniques-drill inst		
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{4 x 100 on 1:20 Pulls	EN1	
	{4 x 100 on 1:15 Pulls	EN2	
	{4 x 100 on 1:10 Pulls	EN2	
1,200	1x{4 x 75 on 1:30 Kick	EN1	
	{6 x 75 on 1:25 Kick	EN2	
	{6 x 75 on 1:20 Kick	EN2	
300	12 x 25 on :30 L.12.5 fast grt.fnsh	SP3	
1,400	4x{1 x 100 on :00 Your Stroke	SP1	
	{1 x 250 on 7:00 Freestyle	REC	
1,500	5x{1 x 50 on :00 Your Stroke	SP1	
	{1 x 250 on 6:00 Freestyle	REC	
	5:48 PM 6,550 Yards - Stress Value = 111		

**Workout #3866 - Thursday, 08 December 2005**

**HS Girls - All**

**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 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	6x{1 x 100 on 2:15 Kick	EN1	
	{4 x 25 on :40 IM order	EN1	
800	2x{1 x 100 on 1:50 Pulls	EN1	
	{1 x 100 on 1:45 Pulls	EN1	
	{1 x 100 on 1:40 Pulls	EN1	
	{1 x 100 on 1:35 Pulls	EN1	
200	4 x 50 on :55 Freestyle-descend	EN1	
100	1 x 100 on :00 Your Stroke Broken at the 50-30sec rest	SP2	
500	5 x 100 on 2:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:02 PM 3,550 Yards - Stress Value = 38		

**Workout #3871 - Friday, 09 December 2005**

**HighSchl - All**

**1 minute rest between sets**

6:00 AM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights and Stretch		L
1,000	1 x 1000 on 15:00 Swim-kick-pull-swim	REC	S
300	3 x 100 on 1:30 Choice-build each to about 90%	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	7:05 AM 1,500 Yards - Stress Value = 3		

**Workout #3872 - Friday, 09 December 2005**

**HighSchl - All**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Physio Balls/Stretch		I
800	1x{2 x 100 on 1:40 Stroke Drills	REC	I
	{2 x 100 on 2:00 Stroke Drills	REC	I

	{2 x 100 on 1:50 Stroke Drills	REC	I
	{2 x 100 on 1:50 Stroke Drills	REC	I
150	10 x 15 on :45 Shooters	SP3	S
600	8 x 75 on 1:30 Kick-odds good effrt	EN1	F
600	3 x 200 on 2:45 Pulls	EN1	F
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S
1,400	4x{2 x 125 on 1:45 Freestyle	EN1	S
	{1 x 100 on 1:30 Individual Medley	EN1	S
250	5 x 50 on 1:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	4:59 PM 4,000 Yards - Stress Value = 40		

**Workout #3870 - Friday, 09 December 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Weights and Stretch		I
800	1 x 800 on 12:00 Reverse IM drill	REC	I
300	12 x 25 on :30 L.12.5 fast grt.fnsh	SP3	S
1,200	1x{6 x 50 on :55 Pulls	EN1	F
	{6 x 50 on :50 Pulls	EN1	F
	{6 x 50 on :45 Pulls	EN1	F
	{6 x 50 on :40 Pulls	EN1	F
1,200	1x{3 x 100 on 1:40 Reverse IM	EN1	S
	{3 x 100 on 1:30 Reverse IM	EN1	S
	{3 x 100 on 1:20 Reverse IM	EN2	S
	{3 x 100 on 1:10 Reverse IM	EN2	S
500	1 x 500 on 8:00 Stroke Drills	REC	I
	7:06 AM 4,000 Yards - Stress Value = 42		

**Workout #3873 - Friday, 09 December 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch			L I
800	1 x 800 on 12:00 Reverse IM drill	REC		D
	1 on 10:00 Techniques-drill inst			D
150	10 x 15 on :45 Shooters	SP3		S
1,250	1x{6 x 100 on 1:45 Kick	EN2		K C
	{6 x 75 on 1:20 Kick	EN2		K C
	{4 x 50 on :50 Kick	EN2		K C
1,250	1 x 1250 on 16:30 Pulls	EN1		P
500	20 x 25 on :30 IM order-build	EN1		S
2,100	1x{1 x 100 on 2:00 Stroke Drills	REC		D
	{8 x 25 on :30 Butterfly	EN1		S F
	{2 x 125 on 2:30 Stroke Drills	REC		D
	{8 x 25 on :30 Backstroke	EN1		S
	{3 x 150 on 3:00 Stroke Drills	REC		D
	{8 x 25 on :30 Breaststroke	EN1		S
	{4 x 175 on 3:30 Stroke Drills	REC		D
	5:36 PM 6,050 Yards - Stress Value = 54			

**Workout #3874 - Friday, 09 December 2005**

**HS Girls - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 15:00 Choice	REC	S
400	8 x 50 on 1:15 25 drill 25 swim	REC	D
180	12 x 15 on :45 Shooters	SP3	S
300	2x{1 x 100 on 2:15 Kick	EN1	K
	{2 x 25 on :35 Kick	EN1	K
300	3 x 100 on 1:45 Pulls	EN1	P
300	4 x 75 on 2:00 Your Stroke-keep HR	EN2	S
	between 130-140		
400	4x{1 x 25 on :40 12.5 ez 12.5 fast	EN1	S
	{1 x 25 on :40 12.5 fast 12.5 ez	EN1	S
	{1 x 25 on :40 Choice-Fast	EN1	S
	{1 x 25 on :40 Stroke Drills	REC	D
300	1 x 300 on 6:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	4:59 PM 2,980 Yards - Stress Value = 22		

**Workout #3878 - Saturday, 10 December 2005**

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
500	10 x 50 on 1:00 Stroke Drills	REC	
	odds free evns nonfr		
150	10 x 15 on :45 Shooters	SP3	
750	1x{2 x 125 on 2:30 Kick	EN1	
	{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	
750	1x{2 x 25 on :25 Pulls	EN1	
	{2 x 50 on :45 Pulls	EN1	
	{2 x 75 on 1:05 Pulls	EN1	
	{2 x 100 on 1:25 Pulls	EN1	
	{2 x 125 on 1:45 Pulls	EN1	
150	2 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	
1,050	3x{2 x 100 on 2:00 Fast trns w/2X pllot	EN1	
	{4 x 25 on :45 Breast fast TO drill	EN1	
	{1 x 50 on :50 Free-Prfct frm/brth3	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	8:00 AM 3,550 Yards - Stress Value = 33		

**Workout #3876 - Saturday, 10 December 2005**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Dryland and stretch		L
500	10 x 50 on 1:00 Stroke Drills	REC	D
	odds free evns nonfr		
150	10 x 15 on :45 Shooters	SP3	S
750	1x{2 x 125 on 2:15 Kick	EN1	K
	{2 x 100 on 1:45 Kick	EN1	K
	{2 x 75 on 1:20 Kick	EN1	K
	{2 x 50 on :55 Kick	EN1	K
	{2 x 25 on :25 Kick	EN1	K
750	1x{2 x 25 on :20 Pulls	EN1	P
	{2 x 50 on :40 Pulls	EN1	P
	{2 x 75 on 1:00 Pulls	EN1	P
	{2 x 100 on 1:20 Pulls	EN1	P

	{2 x 125 on 1:40 Pulls	EN1	P
150	2 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	S
1,000	5x{2 x 25 on :30 Butterfly lup2down	EN1	S
	{3 x 50 on :50 Fly 3 strk off wlls	EN2	S
	{ descend		
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	7:52 AM 3,500 Yards - Stress Value = 39		

**Workout #3877 - Saturday, 10 December 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Dryland and stretch		L
500	10 x 50 on 1:00 Stroke Drills	REC	D
	odds free evns nonfr		
150	10 x 15 on :45 Shooters	SP3	S
750	1x{2 x 125 on 2:15 Kick	EN1	K
	{2 x 100 on 1:45 Kick	EN1	K
	{2 x 75 on 1:20 Kick	EN1	K
	{2 x 50 on :55 Kick	EN1	K
	{2 x 25 on :25 Kick	EN1	K
750	1x{2 x 25 on :20 Pulls	EN1	P
	{2 x 50 on :40 Pulls	EN1	P
	{2 x 75 on 1:00 Pulls	EN1	P
	{2 x 100 on 1:20 Pulls	EN1	P
	{2 x 125 on 1:40 Pulls	EN1	P
150	2 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	S
1,050	3x{3 x 75 on 1:10 Backstroke	EN1	S
	{2 x 50 on :50 Back-bld to fst fnsh	EN2	S
	{1 x 25 on :30 Backstroke drill	REC	D
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	7:51 AM 3,550 Yards - Stress Value = 35		

**Workout #3879 - Saturday, 10 December 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 30:00 Med balls/stretch		L
800	8 x 100 on 1:45 Stroke Drills	REC	D
	1 on 10:00 Techniques-drll inst		D
1,200	6x{1 x 50 on 1:00 Kick	EN1	K
	{1 x 50 on :55 Kick	EN1	K
	{1 x 50 on :50 Kick	EN2	K
	{1 x 50 on :45 Kick	EN2	K
1,250	1x{2 x 125 on 1:45 Pulls	EN1	P
	{2 x 125 on 1:40 Pulls	EN1	P
	{2 x 125 on 1:35 Pulls	EN2	P
	{2 x 125 on 1:30 Pulls	EN2	P
	{2 x 125 on 1:25 Pulls	EN2	P
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	S
2,400	6x{2 x 100 on 1:25 Butterfly 2-4	EN2	S
	{2 x 100 on 1:15 Freestyle	EN2	S
500	5 x 100 on 2:00 Stroke Drills	REC	D
	9:53 AM 6,450 Yards - Stress Value = 88		

**Workout #3875 - Saturday, 10 December 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
6:00 AM Start			
500	1 on 30:00 Dryland and stretch	REC	L
150	10 x 50 on 1:00 Stroke Drills		D
150	odds free evns nonfr		
750	10 x 15 on :45 Shooters	SP3	S
750	1x{2 x 125 on 2:30 Kick	EN1	K
	{2 x 100 on 2:00 Kick	EN1	K
	{2 x 75 on 1:30 Kick	EN1	K
	{2 x 50 on 1:00 Kick	EN1	K
	{2 x 25 on :30 Kick	EN1	K
750	1x{2 x 25 on :25 Pulls	EN1	P
	{2 x 50 on :45 Pulls	EN1	P
	{2 x 75 on 1:05 Pulls	EN1	P
	{2 x 100 on 1:25 Pulls	EN1	P
	{2 x 125 on 1:45 Pulls	EN1	P
150	2 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	S
1,000	4x{4 x 50 on :45 Freestyle	EN1	S
	{1 x 50 on 1:30 Freestyle-build to	EN2	S
	{100%-6 breaths total		
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
7:54 AM 3,500 Yards - Stress Value = 34			

**Workout #3881 - Monday, 12 December 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
5:30 AM Start			
800	1 on 30:00 Weights and Stretch	REC	L I
200	1 x 800 on 12:00 Swim-kick-pull-swim	SP3	S
3,300	8 x 25 on :30 L.12.5 fast grt.fnsh	EN2	S
200	2 x 1650 on 20:00 Freestyle	REC	D
	200 1 x 200 on 4:00 Stroke Drills		
7:03 AM 4,500 Yards - Stress Value = 74			

**Workout #3883 - Monday, 12 December 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
800	1 on 15:00 Team meeting	REC	
150	1 x 800 on 12:00 Swim-kick-pull-swim	SP3	S
	1 on 10:00 Techniques-drill inst	EN1	
6x{4	10 x 15 on :45 Shooters	EN1	
	6x{4 x 25 on :35 Kick no board BSLR	EN2	
	{1 x 100 on 1:40 Kick	EN2	
1x{2	1 x 250 on 3:20 Pulls	EN2	
	{2 x 250 on 3:15 Pulls	EN2	
	{2 x 250 on 3:10 Pulls	EN2	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
1x{1	10 x 15 on :45 Shooters	EN2	
	{1 x 800 on 10:00 Freestyle	EN2	
	{1 x 800 on 9:30 Freestyle	EN2	
	{1 x 800 on 9:00 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
5:13 PM 6,550 Yards - Stress Value = 105			

**Workout #3880 - Monday, 12 December 2005**

**HS Girls - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			

Yards	Set Description	EGY	WOF
1 on 30:00 Weights			
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
750	1x{1 x 250 on 3:45 Pulls	EN1	
	{1 x 250 on 3:40 Pulls	EN1	
	{1 x 250 on 3:35 Pulls	EN1	
1,950	1x{1 x 325 on 4:15 Freestyle	EN1	
	{2 x 325 on 4:05 Freestyle	EN2	
	{3 x 325 on 3:55 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 5:00 Ice		
7:04 AM 3,800 Yards - Stress Value = 54			

**Workout #3882 - Monday, 12 December 2005**

**HS Girls - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
1 on 30:00 Stomach and Stretch			
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
2x{1	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	2 x 125 on 1:55 Pulls	EN1	
	{2 x 125 on 1:50 Pulls	EN1	
	{2 x 125 on 1:45 Pulls	EN1	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
1,400	14 x 100 on 1:45 Choice	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:01 PM 4,000 Yards - Stress Value = 35			

**Workout #3884 - Monday, 12 December 2005**

**HS Boys - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
1 on 30:00 Stomach and Stretch			
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
600	2x{1 x 150 on 3:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
750	1x{2 x 125 on 1:50 Pulls	EN1	
	{2 x 125 on 1:45 Pulls	EN1	
	{2 x 125 on 1:40 Pulls	EN1	
300	4 x 75 on 1:15 IM w/out alt.strokes	EN1	
1,000	10 x 100 on 1:30 Choice	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 15:00 Ice and Team meeting		
4:56 PM 3,600 Yards - Stress Value = 31			

**Workout #3887 - Tuesday, 13 December 2005**

**HS Girls - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
11:00 AM Start			
800	1 x 800 on 14:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
600	2x{1 x 150 on 3:00 Kick	EN2	K
	{1 x 100 on 2:00 Kick	EN1	K
	{1 x 50 on 1:00 Kick	EN1	K
600	2 x 300 on 4:30 100pull w/out buoy	EN1	S
	100 drill 100 swim		
800	1x{1 x 100 on 1:15 Freestyle L.25 #1	EN1	S
	{1 x 100 on 1:20 Freestyle L.50 #1	EN1	S
	{1 x 100 on 1:25 Freestyle L.75 #1	EN1	S
	{1 x 100 on 1:30 Freestyle L.25 #1	EN1	S
	{1 x 100 on 1:30 Free-IM-or flicker	EN1	S
	{1 x 100 on 1:25 Free-IM-or flicker	EN1	S
	{1 x 100 on 1:20 Free-IM-or flicker	EN1	S
	{1 x 100 on 1:15 Free-IM-or flicker	EN1	S
1,200	4 x 300 on 4:30 Pulls	EN1	P
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
12:31 PM 4,350 Yards - Stress Value = 41			

**Workout #3885 - Tuesday, 13 December 2005**

**HS Girls - IM/Stroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
11:00 AM Start			
800	1 x 800 on 14:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
600	2x{1 x 150 on 3:00 Kick	EN2	K
	{1 x 100 on 2:00 Kick	EN1	K
	{1 x 50 on 1:00 Kick	EN1	K
600	2 x 300 on 4:30 100pull w/out buoy	EN1	S
	100 drill 100 swim		
825	1x{2 x 25 on :30 Your Stroke	EN1	S
	{1 x 50 on 1:00 Your Stroke	EN1	S
	{1 x 75 on 1:00 Freestyle	EN1	S
	{2 x 25 on :30 Your Stroke	EN1	S
	{1 x 50 on 1:00 Your Stroke	EN1	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 25 on :30 Your Stroke	EN1	S
	{1 x 50 on 1:00 Your Stroke	EN1	S
	{1 x 125 on 2:00 Freestyle	EN1	S
	{2 x 25 on :30 Your Stroke	EN1	S
	{1 x 50 on 1:00 Your Stroke	EN1	S
	{1 x 150 on 2:15 Freestyle	EN1	S
800	8 x 100 on 1:30 Pulls	EN1	P
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
12:29 PM 3,975 Yards - Stress Value = 34			

**Workout #3886 - Tuesday, 13 December 2005**

**HS Girls - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
11:00 AM Start			
400	1 x 400 on 8:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	3x{4 x 25 on :30 Kick	EN1	
	{1 x 100 on 1:45 Stroke Drills	REC	
500	1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 25 on :30 Pulls-nbbf&w + 2 yds	EN1	

200	8 x 25 on :30 IM order-build	EN1
1,500	5x{2 x 100 on 2:00 Stroke Drills	REC
	{4 x 25 on :30 Freestyle	EN1
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
12:29 PM 3,550 Yards - Stress Value = 21		

**Workout #3890 - Wednesday, 14 December 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM Start			
	1 on 30:00 Weights and Stretch		I
750	3 x 250 on 3:40 Freestyle L.50 fast	EN1	S
	1 on 10:00 Techniques-drill inst		I
150	10 x 15 on :45 Shooters	SP3	S
	3x{8 x 25 on :35 Kick no board BSLR	EN2	F
	{6 x 50 on :50 Kick des in 3's	EN2	F
1,500	6 x 250 on 3:15 Lungbuster pulls	EN1	F
	br 4-5-6-7-8		
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	S
	1x{1 x 200 on 2:40 Backstroke	EN2	S
	{1 x 200 on 2:35 Backstroke	EN2	S
	{1 x 200 on 2:30 Backstroke	EN2	S
	{1 x 200 on 2:25 Backstroke	EN2	S
	{1 x 200 on 2:20 Backstroke	EN2	S
	{1 x 150 on 1:55 Backstroke	EN2	S
	{1 x 150 on 1:50 Backstroke	EN2	S
	{1 x 150 on 1:45 Backstroke	EN2	S
	{1 x 150 on 1:40 Backstroke	EN2	S
	{1 x 100 on 1:10 Backstroke	EN2	S
	{1 x 100 on 1:05 Backstroke	EN2	S
	{1 x 100 on 1:00 Backstroke	EN2	S
500	1 x 500 on 10:00 Stroke Drills	REC	I
5:33 PM 6,600 Yards - Stress Value = 100			

**Workout #3888 - Wednesday, 14 December 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
3:00 PM Start			
	1 on 40:00 Weights and Stretch		L
	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:40 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:30 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle L.25 6bk	EN1	S
150	10 x 15 on :45 Shooters	SP3	S
	3x{4 x 25 on :30 Kick no board BSLR	EN1	K
	{1 x 50 on 1:00 Kick	EN1	K
	{1 x 100 on 1:45 Kick-Great effort	EN2	K
	1x{2 x 100 on 1:30 Lungbuster pulls	EN1	P
	{2 x 100 on 1:25 Lungbuster pulls	EN1	P
	{2 x 100 on 1:20 Lungbuster pulls	EN1	P
	{2 x 100 on 1:15 Lungbuster pulls	EN1	P
300	3 x 100 on 1:30 Freestyle-descend	EN1	S
	1x{1 x 200 on 2:30 Freestyle	EN1	S
	{4 x 50 on :40 Freestyle	EN1	S
	{1 x 200 on 2:35 Freestyle	EN1	S
	{4 x 50 on :45 Freestyle	EN1	S
	{1 x 200 on 2:40 Freestyle	EN1	S
	{4 x 50 on :50 Freestyle	EN1	S
	{1 x 200 on 2:45 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 7:00 Ice		M
5:04 PM 4,100 Yards - Stress Value = 46			



**Workout #3889 - Wednesday, 14 December 2005**

**HS Girls - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
400	1 on 30:00 Physio Balls/Stretch		
150	1 x 400 on 7:00 Reverse IM drill	REC	
750	10 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :40 Kick no board BSLR	EN1	
	{1 x 50 on 1:00 Kick	EN1	
	{1 x 100 on 2:00 Kick-Great effort	EN2	
800	1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 100 on 1:25 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 100 on 1:20 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 100 on 1:15 Pulls-nbbf&w + 2 yds	EN1	
300	3 x 100 on 1:40 Freestyle-descend	EN1	
1,400	1x{1 x 200 on 2:40 Freestyle	EN1	
	{4 x 50 on :45 Freestyle	EN1	
	{1 x 200 on 2:45 Freestyle	EN1	
	{4 x 50 on :45 Freestyle	EN1	
	{1 x 200 on 2:50 Freestyle	EN1	
	{4 x 50 on :45 Freestyle	EN1	
	{1 x 200 on 2:55 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:58 PM 4,000 Yards - Stress Value = 42			

**Workout #3891 - Thursday, 15 December 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM Start			
600	1 on 30:00 Stomach and Stretch		
150	1 x 600 on 10:00 Underwater trn drill	REC	
500	10 x 15 on :45 Shooters	SP3	
1,000	1 x 500 on 10:00 Kick	EN1	
300	8 x 125 on 2:00 Pulls	EN1	
2,700	6 x 50 on :50 Descend in sets of 3	EN1	
	1x{4 x 400 on 6:00 Freestyle	EN1	
	{3 x 300 on 4:25 Freestyle	EN1	
	{1 x 200 on 2:50 Freestyle	EN1	
	1 on 10:00 Ind. prescriptions	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:31 PM 5,500 Yards - Stress Value = 51			

**Workout #3895 - Thursday, 15 December 2005**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM Start			
600	1 on 30:00 Stomach and Stretch		
150	1 x 600 on 10:00 Underwater trn drill	REC	
1,000	10 x 15 on :45 Shooters	SP3	
1,250	10 x 100 on 1:45 Kick	EN1	
300	10 x 125 on 1:40 Pulls build L.25	EN1	
1,350	6 x 50 on :45 Descend in sets of 3	EN1	
	3x{6 x 25 on :30 Butterfly	EN1	
	{1 on :45 Rest		
	{6 x 25 on :25 Butterfly	EN2	
	{1 on :45 Rest		
	{6 x 25 on :20 Butterfly	EN2	
	{1 on :45 Rest		
	{ descend each set 1-6		
	1 on 10:00 Ind. prescriptions	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:29 PM 4,900 Yards - Stress Value = 53

**Workout #3893 - Thursday, 15 December 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM Start			
600	1 on 30:00 Stomach and Stretch		
150	1 x 600 on 10:00 Underwater trn drill	REC	
750	10 x 15 on :45 Shooters	SP3	
1,250	10 x 75 on 1:30 Kick	EN1	
300	10 x 125 on 1:50 Pulls build L.25	EN1	
2,250	6 x 50 on :45 Descend in sets of 3	EN1	
	1x{4 x 125 on 1:55 Alt. 25back 25free	EN1	
	{4 x 125 on 1:50 Alt. 25back 25free	EN1	
	{4 x 125 on 1:45 Alt. 25back 25free	EN1	
	{4 x 125 on 1:40 Alt. 25back 25free	EN1	
	{2 x 125 on 1:35 Alt. 25back 25free	EN1	
	1 on 10:00 Ind. prescriptions	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:30 PM 5,550 Yards - Stress Value = 51			

**Workout #3894 - Thursday, 15 December 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM Start			
800	1 on 30:00 Physio Balls/Stretch		
150	1 x 800 on 12:00 Underwater trn drill	REC	
	1 on 10:00 Techniques-drill inst		
	10 x 15 on :45 Shooters	SP3	
	4x{2 x 100 on 1:15 Pulls	EN2	
	{2 x 50 on :35 Pulls	EN2	
	4x{1 x 75 on 1:20 Kick	EN2	
	{1 x 75 on 1:15 Kick	EN2	
	{1 x 75 on 1:10 Kick	EN2	
800	4 x 200 on 8:00 Freestyle	SP2	
	10x{1 x 100 on 1:45 Individual Medley	EN1	
	{1 x 100 on 2:00 Stroke Drills	REC	
5:45 PM 5,850 Yards - Stress Value = 138			

**Workout #3892 - Thursday, 15 December 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM Start			
600	1 on 30:00 Stomach and Stretch		
150	1 x 600 on 10:00 Underwater trn drill	REC	
750	10 x 15 on :45 Shooters	SP3	
	10 x 75 on 1:30 Kick	EN1	
1,250	10 x 125 on 1:50 Pulls build L.25	EN1	
300	6 x 50 on :45 Descend in sets of 3	EN1	
2,250	1x{3 x 150 on 2:20 Free Alt.fast 50's	EN2	
	{3 x 150 on 2:15 Free Alt.fast 50's	EN1	
	{3 x 150 on 2:10 Free Alt.fast 50's	EN1	
	{3 x 150 on 2:05 Free Alt.fast 50's	EN1	
	{3 x 150 on 2:00 Free Alt.fast 50's	EN1	
	1 on 10:00 Ind. prescriptions	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:31 PM 5,550 Yards - Stress Value = 54			

**Workout #3896 - Friday, 16 December 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
800	1 x 800 on 12:00 Reverse IM drill	REC	I
200	8 x 25 on :30 L.12.5 fast grt.fnsh	SP3	§
1,200	12x{1 x 50 on :40 Pulls	EN1	F
	{1 x 50 on :30 Pulls	EN2	F
1,500	3 x 500 on 5:30 Freestyle	EN3	§
300	1 x 300 on 6:00 Stroke Drills	REC	I
6:57 AM 4,000 Yards - Stress Value = 116			

1	on 30:00 Weights		
400	1 x 400 on 6:00 Reverse IM drill	REC	
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	
	fast part fly or brs		
	1x{4 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 100 on 1:15 Pulls-nbbf&w + 2 yds	EN1	
100	4 x 25 on :30 IM order-build	EN1	
	1x{1 x 250 on 3:15 Freestyle	EN1	
	{2 x 225 on 2:50 Freestyle	EN1	
	{3 x 200 on 2:25 Freestyle	EN1	
	{4 x 175 on 2:05 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 5:00 Ice		
7:03 AM 3,850 Yards - Stress Value = 44			

**Workout #3904 - Friday, 16 December 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
3:00 PM Start			
800	1 x 800 on 12:00 Reverse IM drill	REC	I
150	10 x 15 on :45 Shooters	SP3	§
	1x{5 x 100 on 1:40 Kick	EN2	F
	{5 x 75 on 1:15 Kick	EN2	F
	{5 x 50 on :50 Kick	EN2	F
	{5 x 25 on :25 Kick	EN2	F
	1x{6 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	F
	{6 x 50 on :45 Pulls	EN1	F
	{6 x 50 on :40 Pulls	EN1	F
	{6 x 50 on :35 Pulls	EN2	F
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	§
	1x{4 x 100 on 2:00 Reverse IM drill	REC	I
	{3 x 200 on 3:40 Reverse IM drill	REC	I
	{2 x 300 on 5:00 Reverse IM drill	REC	I
	{1 x 400 on 6:00 Reverse IM drill	REC	I
5:24 PM 5,700 Yards - Stress Value = 49			

**Workout #3899 - Friday, 16 December 2005**

**HighSchl - Silver**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			
300	1 x 300 on 6:00 Reverse IM drill	REC	
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	
	fast part fly or brs		
	1x{4 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
	{4 x 100 on 1:25 Pulls-nbbf&w + 2 yds	EN1	
200	8 x 25 on :30 IM order-build	EN1	
	1x{1 x 200 on 3:00 Freestyle	EN1	
	{2 x 175 on 2:35 Freestyle	EN1	
	{3 x 150 on 2:10 Freestyle	EN1	
	{4 x 125 on 1:45 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 5:00 Ice		
7:04 AM 3,350 Yards - Stress Value = 39			

**Workout #3903 - Friday, 16 December 2005**

**HS Boys - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WC
3:00 PM Start			
300	1 x 300 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	6 x 100 on 2:05 Kick-dscnd in 3's	EN2	
650	1 x 650 on 10:00 Pulls-nbbf&w + 2 yds	EN1	
200	8 x 25 on :30 IM order-build	EN1	
1,650	1x{3 x 75 on 1:30 Breaststroke	EN1	
	{3 x 75 on 1:00 Freestyle	EN2	
	{3 x 75 on 1:25 Breaststroke	EN1	
	{3 x 75 on 1:05 Freestyle	EN2	
	{3 x 75 on 1:20 Breaststroke	EN2	
	{3 x 75 on 1:10 Freestyle	EN2	
	{2 x 75 on 1:15 Breaststroke	EN2	
	{2 x 75 on 1:15 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:00 PM 3,800 Yards - Stress Value = 51			

**Workout #3898 - Friday, 16 Decemb 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
5:30 AM Start			

**Workout #3901 - Friday, 16 December 2005**

**HS Boys - Distance**

**1 minute rest between sets**

				3:00 PM Start			
Yards	Set Description	EGY	WOF	Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch						
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC		150	10 x 15 on :45 Shooters	SP3	
1,200	4x{4 x 25 on :30 Kick-15m under water	EN1			{2 x 100 on 1:40 Kick	EN2	
1,250	2x{1 x 125 on 1:40 Lungbuster pulls	EN1			{1 x 125 on 1:35 Lungbuster pulls	EN1	
					{1 x 125 on 1:30 Lungbuster pulls	EN2	
					{1 x 125 on 1:25 Lungbuster pulls	EN2	
					{1 x 125 on 1:20 Lungbuster pulls	EN2	
					{ breathe 3-5-7-9-5		
					{ by the 25's		
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3			Fast half backstroke		
3,300	2x{1 x 25 on :30 Backstroke	EN1			{1 x 175 on 2:40 Backstroke	SP1	
					{1 x 50 on :45 Backstroke	EN1	
					{1 x 150 on 2:15 Backstroke	SP1	
					{1 x 75 on 1:05 Freestyle	EN1	
					{1 x 125 on 1:55 Backstroke	SP1	
					{1 x 100 on 1:30 Backstroke	EN1	
					{1 x 100 on 1:30 Backstroke	SP1	
					{1 x 125 on 1:55 Backstroke	EN1	
					{1 x 75 on 1:05 Backstroke	SP1	
					{1 x 150 on 2:15 Backstroke	EN1	
					{1 x 50 on :45 Backstroke	SP1	
					{1 x 175 on 2:40 Backstroke	EN1	
					{1 x 25 on :30 Backstroke	SP1	
					{1 x 250 on 4:00 Stroke Drills	REC	
					1 on 10:00 Ice		
5:06 PM	5,050 Yards - Stress Value = 84			5:38 PM	7,000 Yards - Stress Value = 183		

**Workout #3902 - Friday, 16 December 2005**

**HS Boys - Fly**

**1 minute rest between sets**

				3:00 PM Start			
Yards	Set Description	EGY	WOF	Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch						
400	1 x 400 on 7:00 Reverse IM drill	REC					
150	10 x 15 on :45 Shooters	SP3					
500	5 x 100 on 2:00 Kick-descend 1-5	EN2					
600	1 x 600 on 8:00 Pulls-nbbf&w + 2 yds	EN1					
200	1 x 200 on 3:30 Reverse IM drill	EN1					
4x{8 x 25 on :30 Butterfly		EN1					
	{1 on :45 Rest						
	{6 x 25 on :25 Butterfly	EN2					
	{1 on :45 Rest						
	{4 x 25 on :20 Butterfly	EN2					
	{1 on :40 Rest						
200	1 x 200 on 3:00 Stroke Drills	REC					
	1 on 10:00 Ice						
5:06 PM	3,850 Yards - Stress Value = 52						

**Workout #3908 - Saturday, 17 December 2005**

**HighSchl - All-Americans**

**1 minute rest between sets**

				7:30 AM Start			
Yards	Set Description	EGY	WC	Yards	Set Description	EGY	WORK
	1 on 30:00 Med balls/stretch						L
800	16 x 50 on :55 Stroke Drills	REC					D
	1 on 10:00 Techniques-drill inst						D
150	10 x 15 on :45 Shooters	SP3					S
1,000	20 x 50 on :50 Kick-odds fast	EN1					K
	1x{4 x 125 on 1:40 Pulls	EN1					P
	{3 x 125 on 1:35 Pulls	EN2					P
	{2 x 125 on 1:30 Pulls	EN2					P
	{1 x 125 on 1:25 Pulls	EN2					P
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1					S
	1x{8 x 75 on 1:05 Backstroke	EN2					S
	{1 x 200 on 5:00 Butterfly	EN3					S
	{8 x 75 on 1:00 Backstroke	EN2					S
	{1 x 200 on 5:00 Butterfly	EN3					S
	{8 x 75 on :55 Backstroke	EN2					S
	{1 x 200 on 5:00 Butterfly	EN3					S
600	6 x 100 on 1:45 Stroke Drills	REC					D
10:07 AM	6,500 Yards - Stress Value = 111						

**Workout #3910 - Saturday, 17 December 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

				3:00 PM Start			
Yards	Set Description	EGY	WC	Yards	Set Description	EGY	WC
	1 on 30:00 Physio Balls/Stretch						
400	1 x 400 on 7:00 Reverse IM drill	REC					
150	10 x 15 on :45 Shooters	SP3					
700	7 x 100 on 1:50 Kick-descend 1-7	EN2					
750	1 x 750 on 10:00 Pulls-nbbf&w + 2 yds	EN1					
200	1 x 200 on 3:30 Reverse IM drill	EN1					
2,200	1x{4 x 125 on 1:40 Alt. 25 back 25 free	EN1					
	{2 x 25 on :30 Backstroke 15m under	EN1					
	{4 x 125 on 1:35 Alt. 25 back 25 free	EN2					
	{2 x 25 on :30 Backstroke 15m under	EN1					
	{4 x 125 on 1:30 Alt. 25 back 25 free	EN2					
	{2 x 25 on :30 Backstroke 15m under	EN1					
	{4 x 125 on 1:25 Alt. 25 back 25 free	EN2					
	{2 x 25 on :30 Backstroke 15m under	EN1					
300	1 x 300 on 5:00 Stroke Drills	REC					
	1 on 10:00 Ice						
5:02 PM	4,700 Yards - Stress Value = 65						

**Workout #3905 - Saturday, 17 December 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	7:30 AM Start		
	1 on 25:00 Stomach and Stretch		
150	1x{1 x 200 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L. 50 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
150	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board BSLR	EN1	
	{2 x 100 on 1:45 Kick	EN1	
	{4 x 25 on :40 Kick no board BSLR	EN1	
	{2 x 100 on 1:50 Kick	EN1	
	{4 x 25 on :35 Kick no board BSLR	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	{2 x 100 on 2:00 Kick	EN1	
1,600	4 x 400 on 5:00 Pulls	EN1	
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	1x{4 x 125 on 2:00 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:55 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:50 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:45 Freestyle	EN3	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:59 AM 6,300 Yards - Stress Value = 165		

**Workout #3906 - Saturday, 17 December 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	7:30 AM Start		
	1 on 25:00 Stomach and Stretch		
150	1x{1 x 200 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 200 on 3:00 Freestyle L. 50 fast	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
150	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :45 Kick no board BSLR	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :40 Kick no board BSLR	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :35 Kick no board BSLR	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{4 x 25 on :30 Kick no board BSLR	EN1	
	{2 x 100 on 2:00 Kick	EN1	
1,500	4 x 375 on 5:00 Pulls	EN1	
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's	EN1	
	1x{4 x 125 on 2:00 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:55 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:50 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 125 on 1:45 Freestyle	EN3	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:00 AM 6,200 Yards - Stress Value = 164		

**Workout #3907 - Saturday, 17 December 2005**

**HighSchl - Silver**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
	1x{1 x 175 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 175 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 175 on 3:00 Freestyle L. 50 fast	EN1	
	{1 x 175 on 3:00 Freestyle L.100 fast	EN1	
150	10 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :45 Kick no board BSLR	EN1	
	{3 x 100 on 2:10 Kick	EN1	
1,200	4 x 300 on 4:30 Pulls	EN1	
200	1 x 200 on 4:00 Build each 25	EN1	
	1x{4 x 100 on 2:00 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 100 on 1:55 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 100 on 1:50 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 100 on 1:45 Freestyle	EN3	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:00 AM 5,300 Yards - Stress Value = 136		

**Workout #3909 - Saturday, 17 December 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	7:30 AM Start		
	1 on 25:00 Stomach and Stretch		
	1x{1 x 150 on 3:00 Freestyle L.50 fast	EN1	
	{1 x 150 on 3:00 Freestyle L.100 fast	EN1	
	{1 x 150 on 3:00 Freestyle L. 50 fast	EN1	
	{1 x 150 on 3:00 Freestyle L.100 fast	EN1	
150	10 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :45 Kick no board BSLR	EN1	
	{3 x 100 on 2:10 Kick	EN1	
800	4 x 200 on 4:30 Pulls	EN1	
150	1 x 150 on 4:00 Build each 25	EN1	
	1x{4 x 75 on 2:00 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 75 on 1:55 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 75 on 1:50 Freestyle	EN3	
	{1 on 1:00 Rest		
	{4 x 75 on 1:45 Freestyle	EN3	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:00 AM 4,350 Yards - Stress Value = 108		

**Workout #3911 - Monday, 19 December 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	5:30 AM Start		
	1 on 30:00 Weights		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{6 x 75 on 1:05 Pull no br L.7 yds	EN1	F
	{6 x 75 on 1:00 Pull no br L.7 yds	EN1	F
	{6 x 75 on :55 Pull no br L.7 yds	EN1	F
1,600	8 x 200 on 2:30 Freestyle	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 6:00 Ice		M
	7:04 AM 3,850 Yards - Stress Value = 38		

**Workout #3913 - Monday, 19 December 2005**

**HighSchl - Gold**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{6 x 75 on 1:10 Pull no br L.7 yds	EN1	F
	{6 x 75 on 1:05 Pull no br L.7 yds	EN1	F
	{4 x 75 on 1:00 Pull no br L.7 yds	EN1	F
1,400	7 x 200 on 2:45 Freestyle	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 6:00 Ice		N
7:04 AM 3,500 Yards - Stress Value = 35			

600	1 x 600 on 9:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
600	1x{3 x 100 on 2:00 Kick	EN1
	{2 x 100 on 1:55 Kick	EN1
	{1 x 100 on 1:50 Kick	EN1
1,200	4x{1 x 150 on 2:15 Pulls	EN1
	{1 x 150 on 1:45 Pulls	EN2
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1
3,200	1x{1 x 800 on 9:40 Freestyle	EN1
	{2 x 400 on 4:50 Freestyle	EN2
	{4 x 200 on 2:25 Freestyle	EN2
	{8 x 100 on 1:13 Freestyle	EN2
	1 on 10:00 Indvdl Prsrctns	EN1
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM 6,300 Yards - Stress Value = 89		

**Workout #3916 - Tuesday, 20 December 2005**

**HighSchl - Fly**

**1 minute rest between sets**

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
350	1 x 350 on 7:00 Swim-kick-pull-swim	REC	S
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{6 x 75 on 1:15 Pull no br L.7 yds	EN1	F
	{5 x 75 on 1:10 Pull no br L.7 yds	EN1	F
	{5 x 75 on 1:05 Pull no br L.7 yds	EN1	F
1,200	6 x 200 on 3:00 Freestyle	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 6:00 Ice		N
7:03 AM 3,250 Yards - Stress Value = 34			

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 Physio Balls/Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	2x{3 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
1,200	4x{1 x 150 on 2:15 Pulls	EN1	
	{1 x 150 on 1:45 Pulls	EN2	
200	8 x 25 on :30 12.5 ez 12.5 fast	EN1	
1,800	2x{3 x 75 on 1:10 Butterfly 2-2	EN1	
	{3 x 25 on :30 Butterfly lup 1down	EN1	
	{3 x 75 on 1:05 Butterfly 2-3	EN1	
	{3 x 25 on :30 Butterfly lup 2down	EN2	
	{3 x 75 on 1:00 Butterfly 2-4	EN2	
	{3 x 25 on :30 Butterfly lup 3down	EN2	
	1 on 10:00 Indvdl Prsrctns	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 5,400 Yards - Stress Value = 63			

**Workout #3917 - Tuesday, 20 December 2005**

**HighSchl - Breast**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 Physio Balls/Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	2x{3 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
800	4x{1 x 100 on 2:15 Pulls w/ paddles	EN1	
	{1 x 100 on 1:45 Pulls w/paddles	EN2	
	{ NO DOLPHIN KICKING!!		
200	8 x 25 on :30 12.5 ez 12.5 fast	EN1	
1,650	1x{3 x 150 on 2:30 Breaststroke	EN1	
	{2 x 50 on 1:15 Breaststroke-100%	EN3	
	{3 x 150 on 2:25 Breaststroke	EN1	
	{2 x 50 on 1:05 Breaststroke-100%	EN3	
	{3 x 150 on 2:20 Breaststroke	EN2	
	{2 x 50 on :55 Breaststroke-100%	EN2	
	1 on 10:00 Indvdl Prsrctns	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 4,850 Yards - Stress Value = 63			

**Workout #3915 - Tuesday, 20 December 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 Physio Balls/Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	2x{3 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN1	
1,200	4x{1 x 150 on 2:15 Pulls	EN1	
	{1 x 150 on 1:45 Pulls	EN2	
200	8 x 25 on :30 12.5 ez 12.5 fast	EN1	
2,000	2x{2 x 125 on 1:55 Free L.25 6bk 1 brth	EN1	
	{2 x 125 on 1:50 Free L.25 6bk 1 brth	EN1	
	{2 x 125 on 1:45 Free L.25 6bk 1 brth	EN1	
	{2 x 125 on 1:40 Free L.25 6bk 1 brth	EN2	
	1 on 10:00 Indvdl Prsrctns	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 5,600 Yards - Stress Value = 63			

**Workout #3914 - Tuesday, 20 December 2005**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 Physio Balls/Stretch		

**Workout #3918 - Wednesday, 21 December 2005**

**HighSchl - Distance**

**1 minute rest between sets**

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		
500	1x{1 x 100 on 2:00 Freestyle	REC	
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	250
	{1 x 100 on 1:20 Freestyle	EN2	
150	10 x 15 on :45 Shooters	SP3	
500	2x{4 x 25 on :40 Kick no board BSLR	EN1	
	{3 x 50 on 1:00 Kick-descend	EN2	
1,650	1 x 1650 on 24:45 Pulls	EN1	
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
2,000	1x{1 x 600 on 9:00 Freestyle	EN1	
	{1 x 500 on 7:15 Freestyle	EN2	
	{1 x 400 on 5:40 Freestyle	EN2	
	{1 x 300 on 4:10 Freestyle	EN2	
400	4 x 100 on 1:30 Freestyle-descend to ludicrous speed!!!!	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:39 PM 5,650 Yards - Stress Value = 79		

**Workout #3920 - Wednesday, 21 December 2005**

**HighSchl - Fly**

**1 minute rest between sets**

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		I
500	1x{1 x 100 on 2:00 Freestyle	REC	§
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	§
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	§
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	§
	{1 x 100 on 1:20 Freestyle	EN2	§
150	10 x 15 on :45 Shooters	SP3	§
1,000	4x{4 x 25 on :30 Kick no board BSLR	EN1	F
	{3 x 50 on 1:00 Kick-descend	EN2	F
1,200	12 x 100 on 1:15 Lungbuster pulls	EN1	F
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	§
2,900	2x{3 x 50 on :30 Freestyle	EN2	§
	{3 x 50 on :55 Butterfly	EN1	§
	{3 x 50 on :35 Freestyle	EN2	§
	{3 x 50 on :50 Butterfly	EN1	§
	{3 x 50 on :40 Freestyle	EN1	§
	{3 x 50 on :45 Butterfly	EN2	§
	{3 x 50 on :45 Freestyle	EN1	§
	{3 x 50 on :40 Butterfly	EN2	§
	{1 x 250 on 4:00 Stroke Drills	REC	I
	5:29 PM 6,000 Yards - Stress Value = 77		

**Workout #3921 - Wednesday, 21 December 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		I
500	1x{1 x 100 on 2:00 Freestyle	REC	§
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	§
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	§
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	§
	{1 x 100 on 1:20 Freestyle	EN2	§
150	10 x 15 on :45 Shooters	SP3	§
1,000	4x{4 x 25 on :35 Kick no board BSLR	EN1	F

	{3 x 50 on 1:00 Kick-descend	EN2	F
1,200	12 x 100 on 1:25 Lungbuster pulls	EN1	F
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	§
2,000	1x{4 x 50 on :45 Backstroke	EN2	§
	{6 x 25 on :30 Back 15m under-fast	EN2	§
	{4 x 75 on 1:10 Backstroke	EN2	§
	{6 x 25 on :30 Back 15m under-fast	EN2	§
	{4 x 100 on 1:30 Backstroke	EN2	§
	{6 x 25 on :30 Back 15m under-fast	EN2	§
	{4 x 125 on 1:50 Backstroke	EN2	§
	{6 x 25 on :30 Back 15m under-fast	EN2	§
250	5 x 50 on 1:00 Stroke Drills	REC	I
	5:30 PM 5,350 Yards - Stress Value = 81		

**Workout #3919 - Wednesday, 21 December 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		I
500	1x{1 x 100 on 2:00 Freestyle	REC	§
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	§
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	§
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	§
	{1 x 100 on 1:20 Freestyle	EN2	§
150	10 x 15 on :45 Shooters	SP3	§
1,000	4x{4 x 25 on :35 Kick no board BSLR	EN1	F
	{3 x 50 on 1:00 Kick-descend	EN2	F
1,200	12 x 100 on 1:25 Lungbuster pulls	EN1	F
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	§
2,000	1x{4 x 50 on :40 Freestyle	EN2	§
	{6 x 25 on :30 Descend in sets of 3	EN2	§
	{4 x 75 on 1:00 Freestyle	EN2	§
	{6 x 25 on :30 Descend in sets of 3	EN2	§
	{4 x 100 on 1:20 Freestyle	EN2	§
	{6 x 25 on :30 Descend in sets of 3	EN2	§
	{4 x 125 on 2:00 Freestyle	EN2	§
	{6 x 25 on :30 Descend in sets of 3	EN2	§
300	6 x 50 on 1:00 Stroke Drills	REC	I
	5:30 PM 5,400 Yards - Stress Value = 81		

**Workout #3922 - Thursday, 22 December 2005**

**HighSchl - Breast**

**1 minute rest between sets**

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
900	9 x 100 on 2:10 Kick-odds-100%	EN2	
1,200	1x{1 x 400 on 6:00 Pulls	EN2	
	{1 x 400 on 5:55 Pulls	EN1	
	{1 x 400 on 5:50 Pulls	EN1	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
2,000	2x{3 x 50 on :40 Freestyle	EN2	
	{3 x 50 on 1:00 Breaststroke	EN1	
	{3 x 50 on :45 Freestyle	EN1	
	{3 x 50 on :55 Breaststroke	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	{3 x 50 on :50 Breaststroke	EN2	
	{1 x 100 on 2:00 Freestyle	EN1	
	1 on 10:00 Indvdl Prsrctns	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:34 PM 5,350 Yards - Stress Value = 78		

**Workout #3923 - Thursday, 22 December 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	6 x 100 on 1:50 Kick-odds-100%	EN2	
1,600	1x{1 x 400 on 5:00 Pulls	EN2	
	{1 x 400 on 5:10 Pulls	EN2	
	{1 x 400 on 5:20 Pulls	EN1	
	{1 x 400 on 5:30 Pulls	EN1	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
3,000	1x{2 x 250 on 3:20 Freestyle-neg split	EN2	
	{1 x 250 on 4:00 Stroke Drills	REC	
	{2 x 250 on 3:25 Freestyle-neg split	EN2	
	{1 x 250 on 4:00 Stroke Drills	REC	
	{2 x 250 on 3:30 Freestyle-neg split	EN2	
	{1 x 250 on 4:00 Stroke Drills	REC	
	{2 x 250 on 3:35 Freestyle-neg split	EN2	
	{1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Indvdl Prsrcptns	EN1	
	1 on 10:00 Ice		
	5:32 PM 6,200 Yards - Stress Value = 92		

**Workout #3924 - Thursday, 22 December 2005**

**HighSchl - Fly**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
900	9 x 100 on 1:50 Kick-odds-100%	EN2	
1,200	1x{1 x 400 on 5:10 Pulls	EN2	
	{1 x 400 on 5:20 Pulls	EN1	
	{1 x 400 on 5:30 Pulls	EN1	
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	
2,600	2x{3 x 50 on :35 Freestyle	EN2	
	{3 x 50 on 1:00 Butterfly	EN1	
	{3 x 50 on :40 Freestyle	EN2	
	{3 x 50 on :55 Butterfly	EN1	
	{3 x 50 on :45 Freestyle	EN1	
	{3 x 50 on :50 Butterfly	EN2	
	{3 x 50 on :50 Freestyle	EN1	
	{3 x 50 on :45 Butterfly	EN2	
	{1 x 100 on 2:00 Freestyle	EN1	
	1 on 10:00 Indvdl Prsrcptns	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:35 PM 5,850 Yards - Stress Value = 86		

**Workout #3925 - Thursday, 22 December 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	11 x 100 on 1:45 Kick-odds-100%	EN2	
1,600	4 x 400 on 4:40 Pulls	EN2	
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	
2,500	1x{6 x 50 on :40 Backstroke	EN2	
	{4 x 25 on :25 Back 15m under-fast	EN2	
	{6 x 75 on 1:00 Backstroke	EN2	

	{4 x 25 on :25 Back 15m under-fast	EN1
	{6 x 100 on 1:15 Backstroke	EN2
	{4 x 25 on :25 Back 15m under-fast	EN2
	{6 x 125 on 1:30 Backstroke	EN2
	{4 x 25 on :25 Back 15m under-fast	EN2
	1 on 10:00 Indvdl Prsrcptns	EN1
	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:34 PM 6,400 Yards - Stress Value = 117	

**Workout #3926 - Friday, 23 December 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PACE
	1 on 40:00 Weights and Stretch				
400	1 x 400 on 7:00 Reverse IM drill	REC	D		
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S		
600	12 x 50 on :45 Pulls	EN1	P		
	1x{2 x 150 on 2:15 Freestyle	EN1	S		
	{1 x 150 on 2:15 Last 50 non free	EN1	S	C	
	{2 x 150 on 2:15 Freestyle	EN1	S		
	{1 x 150 on 2:25 Last 100 non free	EN1	S	C	
	{2 x 150 on 2:15 Freestyle	EN1	S		
	{1 x 150 on 2:30 All non free	EN1	S	C	
200	1 x 200 on 3:00 Stroke Drills	REC	D		
	1 on 5:00 Ice		M		
	7:04 AM 2,800 Yards - Stress Value = 31				

**Workout #3927 - Friday, 23 December 2005**

**HighSchl - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK	STK	PACE
	1 on 20:00 Physio Balls/Stretch				
600	1 x 600 on 10:00 Reverse IM drill	REC	D		
150	10 x 15 on :45 Shooters	SP3	S		
1,000	8 x 125 on 2:30 Kick	EN1	K	C	
1,000	2 x 500 on 7:00 Pulls	EN1	P		
	2x{1 x 300 on 6:00 Individual Medley	EN1	S		
	{ 25kick 25drill 25swm				
	{1 x 200 on 3:30 Individual Medley	EN1	S		
	{ 25 drill 25 swim				
300	1 x 300 on 4:00 Stroke Drills	REC	D		
	1 on 10:00 Ice		M		
	4:54 PM 4,250 Yards - Stress Value = 38				

**Workout #3928 - Saturday, 24 December 2005**

**HighSchl - All**

**1 minute rest between sets**

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

**Workout #3932 - Monday, 26 December 2005**

10:05 AM 5,950 Yards - Stress Value = 79

**HighSchl - Breast**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
900	3x{2 x 50 on 1:00 Kick no board BSLR	EN1	
	{1 x 200 on 4:00 Kick	EN1	
1,000	1x{3 x 125 on 2:30 Pulls	EN1	
	{3 x 125 on 2:25 Pulls	EN2	
	{2 x 125 on 2:20 Pulls	EN2	
300	4 x 75 on 1:10 IM w/out the breast	EN1	
1,600	2x{4 x 125 on 2:15 Breast 2X pullouts	EN1	
	{2 x 25 on :30 Breast TO drill	EN2	
	{3 x 50 on 1:00 Breaststroke-100%	EN3	
	{1 x 100 on 2:00 Stroke Drills	REC	
	{ 3 second glide drill		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

10:05 AM 4,750 Yards - Stress Value = 65

**Workout #3929 - Monday, 26 December 2005**

**HighSchl - Distance**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
600	2x{2 x 50 on 1:00 Kick no board BSLR	EN1	
	{1 x 200 on 4:00 Kick	EN1	
1,250	1x{3 x 125 on 1:50 Pull no br L.5 yds	EN1	
	{3 x 125 on 1:45 Pull no br L.5 yds	EN1	
	{3 x 125 on 1:40 Pull no br L.5 yds	EN1	
	{1 x 125 on 1:35 Pull no br L.5 yds	EN2	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
3,000	1x{2 x 600 on 8:00 Freestyle	EN2	
	{2 x 600 on 7:30 Freestyle	EN2	
	{1 x 600 on 7:00 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

10:05 AM 6,100 Yards - Stress Value = 89

**Workout #3931 - Monday, 26 December 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	4x{2 x 50 on 1:00 Kick no board BSLR	EN1	
	{1 x 200 on 3:30 Kick	EN1	
1,250	1x{3 x 125 on 1:40 Pull no br L.5 yds	EN1	
	{3 x 125 on 1:35 Pull no br L.5 yds	EN1	
	{3 x 125 on 1:30 Pull no br L.5 yds	EN1	
	{1 x 125 on 1:25 Pull no br L.5 yds	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
2,250	1x{6 x 125 on 1:40 Descend in sets of 3	EN2	
	{6 x 100 on 1:20 Descend in sets of 3	EN2	
	{6 x 75 on 1:00 Descend in sets of 3	EN2	
	{6 x 50 on :40 Descend in sets of 3	EN2	
	{6 x 25 on :20 Descend in sets of 3	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

**Workout #3933 - Monday, 26 December 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{4 x 25 on :30 Pull no br L.5 yds	EN1	
	{4 x 50 on :40 Pull no br L.5 yds	EN1	
	{4 x 75 on 1:00 Pull no br L.5 yds	EN1	
	{4 x 100 on 1:20 Pull no br L.5 yds	EN1	
	{4 x 125 on 1:40 Pull no br L.5 yds	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
	1x{1 x 400 on 5:00 Freestyle	EN2	
	{1 x 400 on 4:50 Freestyle	EN2	
	{1 x 400 on 4:40 Freestyle	EN2	
	{1 x 400 on 4:30 Freestyle	EN2	
	{1 x 400 on 4:20 Freestyle	EN2	
	{1 x 400 on 4:10 Freestyle	EN2	
450	9 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

4:59 PM 5,300 Yards - Stress Value = 76

**Workout #3935 - Monday, 26 December 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
	1x{4 x 25 on :30 Pull no br L.5 yds	EN1	
	{4 x 50 on :45 Pull no br L.5 yds	EN1	
	{4 x 75 on 1:05 Pull no br L.5 yds	EN1	
	{4 x 100 on 1:30 Pull no br L.5 yds	EN1	
	{4 x 125 on 1:50 Pull no br L.5 yds	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
	1x{1 x 400 on 5:30 Freestyle	EN2	
	{1 x 400 on 5:20 Freestyle	EN2	
	{1 x 400 on 5:10 Freestyle	EN2	
	{1 x 400 on 5:00 Freestyle	EN2	
	{1 x 400 on 4:50 Freestyle	EN2	
450	9 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		

4:59 PM 4,900 Yards - Stress Value = 68



**Workout #3936 - Monday, 26 December 2005**

**HighSchl - Silver**

**1 minute rest between sets**

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	S
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{4 x 25 on :30 Pull no br L.5 yds	EN1	F
	{4 x 50 on :50 Pull no br L.5 yds	EN1	F
	{4 x 75 on 1:15 Pull no br L.5 yds	EN1	F
	{4 x 100 on 1:40 Pull no br L.5 yds	EN1	F
	{4 x 125 on 2:05 Pull no br L.5 yds	EN1	F
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	S
	1x{1 x 400 on 6:10 Freestyle	EN2	S
	{1 x 400 on 6:00 Freestyle	EN2	S
	{1 x 400 on 5:50 Freestyle	EN2	S
	{1 x 400 on 5:40 Freestyle	EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	I
	1 on 10:00 Ice		N
4:59 PM 4,450 Yards - Stress Value = 60			

**Workout #3934 - Monday, 26 December 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	S
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
1,000	1x{4 x 25 on :30 Pull no br L.5 yds	EN1	F
	{4 x 50 on 1:00 Pull no br L.5 yds	EN1	F
	{4 x 75 on 1:30 Pull no br L.5 yds	EN1	F
	{4 x 100 on 2:00 Pull no br L.5 yds	EN1	F
300	4 x 75 on 1:30 IM w/out alt.strokes	EN1	S
1,600	1x{1 x 400 on 7:15 Freestyle	EN2	S
	{1 x 400 on 7:00 Freestyle	EN2	S
	{1 x 400 on 6:45 Freestyle	EN2	S
	{1 x 400 on 6:30 Freestyle	EN2	S
450	9 x 50 on 1:00 Stroke Drills	REC	I
	1 on 10:00 Ice		N
4:59 PM 4,000 Yards - Stress Value = 55			

**Workout #3930 - Monday, 26 December 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

7:30 AM Start			
Yards	Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
900	3x{2 x 50 on 1:00 Kick no board BSLR	EN1	
	{1 x 200 on 4:00 Kick	EN1	
1,000	1x{3 x 125 on 1:50 Pull no br L.5 yds	EN1	
	{3 x 125 on 1:45 Pull no br L.5 yds	EN1	
	{2 x 125 on 1:40 Pull no br L.5 yds	EN1	
300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
2,250	1x{6 x 125 on 1:50 Descend in sets of 3	EN2	
	{6 x 100 on 1:30 Descend in sets of 3	EN2	
	{6 x 75 on 1:05 Descend in sets of 3	EN2	
	{6 x 50 on :45 Descend in sets of 3	EN2	
	{6 x 25 on :30 Descend in sets of 3	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
10:04 AM 5,400 Yards - Stress Value = 73			

**Workout #3937 - Tuesday, 27 December 2005**

**HighSchl - Breast**

**1 minute rest between sets**

7:30 AM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
750	1x{2 x 125 on 2:00 Breaststroke	EN2	
	{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	
1,200	4x{1 x 150 on 3:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
100	4 x 25 on :30 12.5 ez 12.5 fast	SP3	
750	1x{2 x 125 on 2:00 Breaststroke	EN1	
	{2 x 100 on 1:30 Breaststroke	EN2	
	{2 x 75 on 1:10 Breaststroke	EN2	
	{2 x 50 on :45 Breaststroke	EN2	
	{2 x 25 on :25 Breaststroke	EN2	
	{ With PD fins		
1,500	1x{4 x 50 on :50 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{4 x 50 on :45 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{4 x 50 on :40 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
100	4 x 25 on :30 12.5 ez 12.5 fast	EN1	
750	1x{2 x 125 on 2:00 Breaststroke	EN2	
	{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	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
10:04 AM 6,100 Yards - Stress Value = 80			

**Workout #3938 - Tuesday, 27 December 2005**

**HighSchl - Distance**

**1 minute rest between sets**

7:30 AM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
600	2x{1 x 150 on 3:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
3,000	2x{4 x 50 on :50 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{4 x 50 on :45 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{4 x 50 on :40 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
2,400	1x{3 x 200 on 2:30 Freestyle	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{3 x 200 on 2:20 Freestyle	EN2	
	{3 x 200 on 2:15 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
10:04 AM 7,200 Yards - Stress Value = 100			

**Workout #3940 - Tuesday, 27 December 2005**

**HighSchl - Fly**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	4x{1 x 150 on 3:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
1,500	1x{4 x 50 on :50 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{4 x 50 on :45 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{4 x 50 on :40 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
2,000	2x{2 x 75 on 1:10 Butterfly 2-5	EN2	
	{1 x 150 on 2:00 Freestyle	EN2	
	{2 x 75 on 1:10 Butterfly 2-6	EN2	
	{1 x 150 on 2:00 Freestyle	EN2	
	{2 x 75 on 1:10 Butterfly 2-7	EN2	
	{1 x 150 on 2:00 Freestyle	EN2	
	{4 x 25 on :45 Butterfly-100%	EN3	
450	9 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:04 AM 6,150 Yards - Stress Value = 91		

**Workout #3939 - Tuesday, 27 December 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	4x{1 x 150 on 3:00 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 50 on 1:00 Kick	EN1	
1,500	1x{4 x 50 on :50 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{4 x 50 on :45 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{4 x 50 on :40 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,800	1x{6 x 75 on 1:15 Evns fast/odds246bk	EN2	
	{6 x 75 on 1:10 "	EN2	
	{6 x 75 on 1:05 "	EN2	
	{6 x 75 on 1:00 "	EN2	
400	4 x 100 on 1:30 Dscnd to Ldcrs speed	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:03 AM 6,200 Yards - Stress Value = 87		

**Workout #3942 - Wednesday, 28 December 2005**

**HighSchl - Distance**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 Weights and Stretch		L
500	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:40 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:30 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle L.25 6bk	EN1	S

150	10 x 15 on :45 Shooters	SP3	S
600	3x{1 x 100 on 2:00 Kick no board BSLR	EN1	K
	{4 x 25 on :30 Kick	EN1	K
1,200	12 x 100 on 1:40 Lungbuster pulls	EN1	P
3,150	2x{1 x 300 on 4:30 Freestyle	EN2	S
	{1 x 275 on 4:05 Freestyle	EN2	S
	{1 x 250 on 3:40 Freestyle	EN2	S
	{1 x 225 on 3:15 Freestyle	EN2	S
	{1 x 200 on 2:50 Freestyle	EN2	S
	{1 x 175 on 2:25 Freestyle	EN2	S
	{1 x 150 on 2:00 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	10:03 AM 5,800 Yards - Stress Value = 91		

**Workout #3941 - Wednesday, 28 December 2005**

**HighSchl - Fly**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 Weights and Stretch		L
500	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:40 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:30 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle L.25 6bk	EN1	S
150	10 x 15 on :45 Shooters	SP3	S
1,000	5x{1 x 100 on 2:00 Kick no board BSLR	EN1	K
	{4 x 25 on :30 Kick	EN1	K
1,200	12 x 100 on 1:20 Lungbuster pulls	EN1	P
2,800	2x{3 x 75 on :55 Freestyle	EN2	S
	{5 x 25 on :30 Butterfly lup 1down	EN2	S
	{3 x 75 on :55 Freestyle	EN2	S
	{5 x 25 on :30 Butterfly lup 2down	EN2	S
	{3 x 75 on :55 Freestyle	EN2	S
	{5 x 25 on :30 Butterfly lup 3down	EN2	S
	{3 x 75 on :55 Freestyle	EN2	S
	{5 x 25 on :30 Butterfly lup 4down	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	10:03 AM 5,850 Yards - Stress Value = 88		

**Workout #3944 - Wednesday, 28 December 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 Weights and Stretch		L
500	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:40 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:30 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle L.25 6bk	EN1	S
150	10 x 15 on :45 Shooters	SP3	S
1,000	5x{1 x 100 on 2:00 Kick no board BSLR	EN1	K
	{4 x 25 on :30 Kick	EN1	K
1,000	10 x 100 on 1:25 Lungbuster pulls	EN1	P
3,100	2x{1 x 200 on 3:00 Backstroke	EN2	S
	{3 x 75 on 1:00 Backstroke	EN2	S
	{1 x 175 on 2:35 Backstroke	EN2	S
	{3 x 75 on 1:00 Backstroke	EN2	S
	{1 x 150 on 2:15 Backstroke	EN2	S
	{3 x 75 on 1:00 Backstroke	EN2	S
	{1 x 125 on 1:50 Backstroke	EN2	S
	{3 x 75 on 1:00 Backstroke	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	10:04 AM 5,950 Yards - Stress Value = 92		

**Workout #3943 - Wednesday, 28 December 2005**

**HighSchl - Sprint**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 Weights and Stretch		L
500	1x{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 100 on 1:50 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:40 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:30 Freestyle L.25 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle L.25 6bk	EN1	S
150	10 x 15 on :45 Shooters	SP3	S
1,000	5x{1 x 100 on 2:00 Kick no board	BSLR	EN1
	{4 x 25 on :30 Kick	EN1	K
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	P
2,400	4x{6 x 50 on :45 Freestyle	EN1	S
	{1 x 100 on 1:15 Freestyle	EN2	S
	{1 x 100 on 1:10 Freestyle	EN2	S
	{4 x 25 on :45 Freestyle	EN3	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

10:03 AM 5,450 Yards - Stress Value = 84

**Workout #3947 - Thursday, 29 December 2005**

**HighSchl - Breast**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,500	2x{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 x 125 on 2:05 Kick	EN1	
1,500	1x{5 x 150 on 2:15 Pulls	EN1	
	{5 x 100 on 1:25 Pulls	EN1	
	{5 x 50 on :40 Pulls	EN1	
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,650	3x{4 x 50 on 1:05 Breaststroke	EN1	
	{3 x 50 on 1:00 Breaststroke	EN1	
	{2 x 50 on :55 Breaststroke	EN2	
	{1 x 50 on :50 Breaststroke	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

10:03 AM 5,800 Yards - Stress Value = 60

**Workout #3948 - Thursday, 29 December 2005**

**HighSchl - Distance**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
750	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 x 125 on 2:05 Kick	EN1	
1,200	1x{4 x 150 on 2:15 Pulls	EN1	
	{4 x 100 on 1:25 Pulls	EN1	
	{4 x 50 on :40 Pulls	EN1	

250	10 x 25 on :30 12.5 ez 12.5 fast	SP3
3,600	1x{3 x 500 on 7:00 Freestyle	EN1
	{3 x 400 on 5:30 Freestyle	EN1
	{3 x 300 on 4:05 Freestyle	EN1
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	

10:03 AM 6,750 Yards - Stress Value = 70

**Workout #3945 - Thursday, 29 December 2005**

**HighSchl - Fly**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,500	2x{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 x 125 on 2:05 Kick	EN1	
1,500	1x{5 x 150 on 2:15 Pulls	EN1	
	{5 x 100 on 1:25 Pulls	EN1	
	{5 x 50 on :40 Pulls	EN1	
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	
2,000	4x{1 x 75 on 1:10 Freestyle	EN1	
	{1 x 75 on 1:05 Freestyle	EN1	
	{1 x 75 on 1:00 Freestyle	EN1	
	{1 x 75 on :55 Freestyle	EN2	
	{8 x 25 on :30 Butterfly lup 1down	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

10:03 AM 6,150 Yards - Stress Value = 64

**Workout #3946 - Thursday, 29 December 2005**

**HighSchl - Backstroke**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 9:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,500	2x{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 x 125 on 2:05 Kick	EN1	
1,500	1x{5 x 150 on 2:15 Pulls	EN1	
	{5 x 150 on 2:00 Pulls	EN1	
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	
2,400	3x{4 x 75 on 1:05 Backstroke	EN1	
	{3 x 75 on 1:00 Backstroke	EN2	
	{2 x 75 on :55 Backstroke	EN2	
	{1 x 75 on :50 Backstroke	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

10:03 AM 6,550 Yards - Stress Value = 78

**Workout #3949 - Friday, 30 December 2005**

**HS Girls - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 40:00 Stomach and Stretch		
600	1 x 600 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1x{3	x 75 on 1:30 Kick	EN2	
	{3 x 100 on 2:00 Kick	EN2	
	{3 x 125 on 2:30 Kick	EN2	
	{3 x 150 on 3:00 Kick	EN2	
1x{3	x 150 on 2:15 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 125 on 1:55 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
1,800	12 x 150 on 2:15 Freestyle-descend in sets of 3 w/ each set fstr thn previous	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 5:00 Ice		
	10:03 AM 5,750 Yards - Stress Value = 85		

**Workout #3950 - Friday, 30 December 2005**

**HS Girls - All**

**1 minute rest between sets**

Yards	Set Description	EGY	WOF
	1 on 30:00 Physio Balls/Stretch		I
600	6 x 100 on 2:00 Reverse IM drill	REC	I
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	S
900	12 x 75 on 1:30 Kick-des in 4's	EN2	F
800	16 x 50 on :45 Pulls-nbbf&w + 2 yds	EN1	F
300	6 x 50 on :50 Descend in sets of 3	EN1	S
8x{1	x 100 on 1:15 Individual Medley	EN2	S
	{1 x 50 on :35 Freestyle	EN2	S
	{1 x 50 on :45 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	5:02 PM 4,650 Yards - Stress Value = 67		

**Workout #3955 - Saturday, 31 December 2005**

**HighSchl - State Champions**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 45:00 Weights and Stretch		L
400	1 x 400 on 7:00 Stroke Drills	REC	D
150	10 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
	{2 x 100 on 1:50 Kick	EN1	K
	{2 x 100 on 1:45 Kick	EN2	K
1x{2	x 125 on 1:40 Pulls	EN1	P
	{2 x 125 on 1:35 Pulls	EN1	P
	{2 x 125 on 1:30 Pulls	EN2	P
	{2 x 125 on 1:25 Pulls	EN2	P
300	6 x 50 on :50 Descend in sets of 3	EN1	S
1x{5	x 100 on 1:07 Freestyle	EN2	S
	{5 x 50 on 1:00 Freestyle	EN3	S
	{5 x 100 on 1:06 Freestyle	EN2	S
	{5 x 50 on 1:00 Freestyle	EN3	S
	{5 x 100 on 1:05 Freestyle	EN2	S
	{5 x 50 on 1:00 Freestyle	EN3	S
	{5 x 100 on 1:04 Freestyle	EN2	S
	{5 x 50 on 1:00 Freestyle	EN3	S

200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	10:04 AM 5,850 Yards - Stress Value = 133		

**Workout #3951 - Saturday, 31 December 2005**

**HighSchl - Platinum**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 45:00 Weights and Stretch		L
400	1 x 400 on 7:00 Stroke Drills	REC	D
150	10 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
	{2 x 100 on 1:50 Kick	EN1	K
	{2 x 100 on 1:45 Kick	EN2	K
1x{2	x 125 on 1:50 Pulls	EN1	P
	{2 x 125 on 1:45 Pulls	EN1	P
	{2 x 125 on 1:40 Pulls	EN2	P
300	6 x 50 on :50 Descend in sets of 3	EN1	S
1x{5	x 100 on 1:12 Freestyle	EN2	S
	{5 x 50 on 1:00 Freestyle	EN3	S
	{5 x 100 on 1:11 Freestyle	EN2	S
	{5 x 50 on 1:00 Freestyle	EN3	S
	{5 x 100 on 1:10 Freestyle	EN2	S
	{5 x 50 on 1:00 Freestyle	EN3	S
	{5 x 100 on 1:09 Freestyle	EN2	S
	{5 x 50 on 1:00 Freestyle	EN3	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	10:04 AM 5,600 Yards - Stress Value = 128		

**Workout #3952 - Saturday, 31 December 2005**

**HighSchl - Gold**

**1 minute rest between sets**

Yards	Set Description	EGY	WORK
	1 on 45:00 Weights and Stretch		L
400	1 x 400 on 7:00 Stroke Drills	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1x{3	x 100 on 2:00 Kick	EN1	K
	{2 x 100 on 1:55 Kick	EN1	K
	{2 x 100 on 1:50 Kick	EN1	K
1x{2	x 125 on 1:50 Pulls	EN1	P
	{2 x 125 on 1:45 Pulls	EN1	P
	{2 x 125 on 1:40 Pulls	EN2	P
300	6 x 50 on :50 Descend in sets of 3	EN1	S
1x{5	x 100 on 1:15 Freestyle	EN2	S
	{5 x 50 on 1:00 Freestyle	EN3	S
	{5 x 100 on 1:14 Freestyle	EN2	S
	{5 x 50 on 1:00 Freestyle	EN3	S
	{5 x 100 on 1:13 Freestyle	EN2	S
	{5 x 50 on 1:00 Freestyle	EN3	S
	{5 x 100 on 1:12 Freestyle	EN2	S
	{5 x 50 on 1:00 Freestyle	EN3	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	10:04 AM 5,500 Yards - Stress Value = 125		

**Workout #3953 - Saturday, 31 December 2005**

**HighSchl - Silver**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 45:00 Weights and Stretch		L
300	1 x 300 on 7:00 Stroke Drills	REC	D
150	10 x 15 on :45 Shooters	SP3	S
	1x{2 x 75 on 2:00 Kick	EN1	K
	{2 x 75 on 1:55 Kick	EN1	K
	{2 x 75 on 1:50 Kick	EN1	K
	1x{2 x 100 on 1:45 Pulls	EN1	P
	{2 x 100 on 1:40 Pulls	EN1	P
	{2 x 100 on 1:35 Pulls	EN2	P
300	6 x 50 on :50 Descend in sets of 3	EN1	S
	1x{5 x 100 on 1:25 Freestyle	EN2	S
	{5 x 50 on 1:00 Freestyle	EN3	S
	{5 x 100 on 1:24 Freestyle	EN2	S
	{5 x 50 on 1:00 Freestyle	EN3	S
	{5 x 100 on 1:23 Freestyle	EN2	S
	{5 x 50 on 1:00 Freestyle	EN3	S
	{5 x 100 on 1:22 Freestyle	EN2	S
	{5 x 50 on 1:00 Freestyle	EN3	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

10:04 AM 5,000 Yards - Stress Value = 123

**Workout #3954 - Saturday, 31 December 2005**

**HighSchl - Bronze**

**1 minute rest between sets**

7:30 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 45:00 Weights and Stretch		L	DF
250	1 x 250 on 7:00 Stroke Drills	REC	D	CF
150	10 x 15 on :45 Shooters	SP3	S	CF
	1x{2 x 75 on 2:00 Kick	EN1	K	CF
	{2 x 75 on 1:55 Kick	EN1	K	CF
	{2 x 75 on 1:50 Kick	EN1	K	CF
	1x{2 x 100 on 2:05 Pulls	EN1	P	F
	{2 x 100 on 2:00 Pulls	EN1	P	F
	{1 x 100 on 1:55 Pulls	EN2	P	F
150	3 x 50 on 1:00 Freestyle-descend	EN1	S	F
	1x{4 x 100 on 1:55 Freestyle	EN2	S	F
	{5 x 50 on 1:00 Freestyle	EN3	S	F
	{4 x 100 on 1:50 Freestyle	EN2	S	F
	{5 x 50 on 1:00 Freestyle	EN3	S	F
	{4 x 100 on 1:45 Freestyle	EN2	S	F
	{5 x 50 on 1:00 Freestyle	EN3	S	F
	{4 x 100 on 1:40 Freestyle	EN2	S	F
	{5 x 50 on 1:00 Freestyle	EN3	S	F
150	1 x 150 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M

10:04 AM 4,250 Yards - Stress Value = 112