600

500

Workout #3508 - Saturday, 01 January 2005 HighSchl - All 1 minute rest between sets

Yards	7:00 AM Start 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 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	

 $\{4 \text{ x } 25 \text{ on } : 45 \text{ Kick no board BSLR} \}$

1x{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 6 x 75 on 1:10 2bk-4bk-6bk by 25's EN1

EN2

SP2

Workout #3515 - Monday, 03 January 2005 HighSchl - Distance

9:34 AM 4,530 Yards - Stress Value = 111

1 minute rest between sets 3:00 PM Start

6 x 100 on 6:00 Freestyle

1 on 10:00 Ice

1 x 500 on 8:00 Stroke Drills

	5.00	In beare		
Yards	Se	et Description I	EGY	WOF
=====	==		===	===
	1	on 30:00 Physio Balls/Stretch		
800	1	x 800 on 12:00 Swim-kick-pull-swim H	REC	
180	12	2 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 F	EN1	
	{ 2	x 150 on 1:55 Pulls no br L. 7 yds H	EN1	
	{ 2	x 150 on 1:50 Pulls no br L. 9 yds F	EN1	
	{ 2	x 150 on 1:45 Pulls no br L.11 yds B	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

	3:00 P	M Start		
Yards	Set	Description	EGY	WOF
=====	===		===	===
	1 0	n 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

	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	6x{4 x 25 on :40 Kick no board BSLR	EN2	
	{1 x 100 on 2:05 Kick	EN2	
900	$1x\{2 \times 150 \text{ on } 2:30 \text{ Pulls no br L.5} \text{ yds}$	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	4×75 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		AM Start	ECV	WORK
iaius	56	t Description	EGI	WORr
=====	==	40.00		====
		on 40:00 Weights and stretch		I
400	1	x 400 on 7:00 Swim-kick-drl	l-swim REC	٤
300	1:	x 25 on :30 12.5 ez 12.5 fa	ast SP3	٤
	1x{2	x 100 on 1:10 Freestyle	EN2	٤
	{ 1	x 200 on 2:20 Freestyle	EN2	٤
	{ 2	x 100 on 1:10 Freestyle	EN2	٤
	{ 1	x 200 on 2:15 Freestyle	EN2	٤
	{ 2	x 100 on 1:10 Freestyle	EN2	٤
	{ 1	x 200 on 2:10 Freestyle	EN2	٤
	{ 2	x 100 on 1:10 Freestyle	EN2	٤
	{ 1	x 200 on 2:05 Freestyle	EN2	٤
	{ 2	x 100 on 1:10 Freestyle	EN2	٤
	{ 1	x 200 on 2:00 Freestyle	EN2	٤
300	1	x 300 on 5:00 Stroke Drills	REC	Γ
	1	on 10:00 Ice		ľ
	7:04	AM 3,000 Yards - Stress Val	ue = 52	

Workout #3510 - Monday, 03 January 2005 HighSchl - Gold 1 minute rest between sets

	5:30	AM	I St	tart	Ī.			
Yards	Se	et	Des	crip	ption		EGY	WORF
=====	==		====				===	====
	1	on	40	:00	Weigh	nts and stretch		I
400	1	Х	400	on	7:00	Swim-kick-drll-swim	REC	٤
300	12	2 x	25	on	:30 1	l2.5 ez 12.5 fast	SP3	٤
	1x{2	Х	100	on	1:20	Freestyle	EN2	٤
	{ 1	Х	200	on	2:40	Freestyle	EN2	٤
	{ 2	Х	100	on	1:20	Freestyle	EN2	٤
	{ 1	Х	200	on	2:35	Freestyle	EN2	٤
	{ 2	Х	100	on	1:20	Freestyle	EN2	٤
	{ 1	Х	200	on	2:30	Freestyle	EN2	٤
	{ 2	Х	100	on	1:20	Freestyle	EN2	٤
	{ 1	Х	200	on	2:25	Freestyle	EN2	٤
	{ 2	Х	100	on	1:20	Freestyle	EN2	٤
250	1	Х	250	on	4:00	Stroke Drills	REC	Ι
	1	on	10	:00	Ice			N
	7:04	AM	12,	750	Yards	s - Stress Value = 48	3	

Workout #3511 - Monday, 03 January 2005 HighSchl - Silver 1 minute rest between sets

5:30 AM Start EGY WORF Set Description Yards ______ ==== 1 on 40:00 Weights and stretch 400 1 x 400 on 7:00 Swim-kick-drll-swim REC 300 12 x 25 on :30 12.5 ez 12.5 fast SP3 $1x{2 x 100 on 1:30 Freestyle}$ EN2 $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$ EN2 {2 x 100 on 1:30 Freestyle EN2 EN2 $\{1 \times 200 \text{ on } 2:55 \text{ Freestyle} \}$ ٤ $\{2 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$ EN2 č $\{1 \times 200 \text{ on } 2:50 \text{ Freestyle} \}$ EN2 ۶ $\{2 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$ EN2 ç $\{1 \times 200 \text{ on } 2:45 \text{ Freestyle} \}$ 200 1 x 200 on 4:00 Stroke Drills REC 1 on 10:00 Ice 7:04 AM 2,500 Yards - Stress Value = 44

Workout #3512 - Monday, 03 January 2005 HighSchl - Bronze 1 minute rest between sets

	5:30 AM Start			
Yards	Set Description		EGY	WORF
=====	===========		===	====
	1 on 40:00 Weig	hts and stretch		I
300	1 x 300 on 7:00	Swim-kick-drll-swim	REC	٤
300	12 x 25 on :30	12.5 ez 12.5 fast	SP3	٤
	$1x{2 x 100 on 1:50}$	Freestyle	EN2	٤
	{1 x 200 on 3:40	Freestyle	EN2	٤
	{2 x 100 on 1:50	Freestyle	EN2	٤
	{1 x 200 on 3:35	Freestyle	EN2	٤
	{2 x 100 on 1:50	Freestyle	EN2	٤
	{1 x 200 on 3:30	Freestyle	EN2	٤
250	1 x 250 on 5:00	Stroke Drills	REC	Ι
	1 on 10:00 Ice			N
	7:03 AM 2,050 Yard	s - Stress Value = 30	ó	

Workout #3516 - Monday, 03 January 2005 HighSchl - Sprint 1 minute rest between sets

	3:00 PM	Start		
Yards	Set D	escription	EGY	WOF

	1 01	n 30:	:00	Physi	lo Bali	ls/S	tre	etch		
800	1 x	800	on	12:00) Swim-	-kic	k-p	ull-s	swim	REC
180	12 :	x 15	on	:45 8	Shoote:	rs				SP3
1,200 6x{	4 x	25 0	on :	:30 Ki	lck no	boa	rd	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 0	on 1	L:15]	IM w/or	ut a	lt.	strol	ces	EN1
2,300 1x{	3 x	100	on	1:25	Freest	tyle	-de	scen	b	EN1
{	1 x	200	on	3:30	Freest	tyle	:			REC
{	3 x	100	on	1:20	Freest	tyle	-de	scen	b	EN1
{	1 x	200	on	3:30	Freest	tyle	:			REC
{	3 x	100	on	1:15	Freest	tyle	-de	scen	b	EN1
{	1 x	200	on	3:30	Freest	tyle	:			REC
{	3 x	100	on	1:10	Freest	tyle	-de	scen	b	EN2
{	1 x	200	on	3:30	Freest	tyle				REC
{	3 x	100	on	1:05	Freest	tyle	-de	scen	b	EN2
400	8 x	50 0	on 1	L:00 S	Stroke	Dri	lls	3		REC
5:2	4 PI	M 6,3	380	Yards	s - St:	ress	Va	lue =	= 67	

Workout #3517 - Tuesday, 04 January 2005 HighSchl - Boys 1 minute rest between sets

	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
	$\{8 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	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
	$\{8 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1
500	10 x 50 on 1:00 Stroke Drills	REC
	4:45 PM $4,880$ Yards - Stress Value = 45	

Taminute rest between sets		Workout #3518 - Tuesday, 04 January 2005 HighSchl - Girls			300 1,450	12 x 25 on :30 Free 12.5y tuck spin 1x{3 x 125 on 2:05 Breaststroke {4 x 25 on :30 Breast fast turnover	EN1 EN1 EN1
3:00 PM Start		1 minute rest between sets				•	
Set Description		3:00 PM Start				·	
1 on 30:00 Team meeting	Yards	Set Description				·	
1 on 30;00 Stomach and Stretch 1 x 600 on 9;00 Underwater turn drll RBC 100 1 x 600 on 9;00 Underwater turn drll RBC 101 1 x 15 on :45 Shooters 1 x (2 x 100 on 1:55 Kick 2 x 100 on 1:55 Kick 2 x 100 on 1:55 Kick 2 x 100 on 1:55 Kick 3 x 11 x 300 on 4:30 Pulls 4 x 200 on 3:20 Individual Medley 1 x 12 x 00 on 3:20 Individual Medley 1 x 200 on 3:00 Freestyle 1 x 200 on	=====		===	===	250	5 x 50 on 1:00 Stroke Drills	
1 x 000 on 9:00 Underwater turn dril REC 12 x 15 on :45 Shooters 5P3 1x(2 x 100 on 1:55 Kick ENI (2 x 300 on 4:30 Pulls ENI (2 x 300 on 4:30 Pulls ENI (2 x 300 on 3:20 Individual Medley ENI (3 x 25 on :30 Butterfly ENI (4 x 200 on 3:20 Individual Medley ENI (5 x 200 on 3:0 Breestyle ENI (5		<u> </u>					
1x{2 x 100 on 1:55 Kick ENI 2 x 100 on 1:55 Kick ENI 1 1 1 1 1 1 1 1 1						J.34 PM J,230 latus - Stress value - 00	
12 x 100 on 1:55 Kick	180					Workout #3519 - Wednesday, 05 January 2005	
1x(1 x 300 on 4:30 Pulls		•				HighSchl - Distance	
1		•				1 minute rest between sets	
300 3 x 100 on 1:40 Freestyle-descend EN1 1x(1 x 200 on 3:20 Individual Medley EN1 (1 x 200 on 3:30 Freestyle L.100 fast EN1 (1 x 200 on 3:30 Freestyle L.150 fast EN2 (1 x 200 on 3:30 Freestyle L.150 fast EN2 (1 x 200 on 3:30 Freestyle L.150 fast EN2 (1 x 200 on 3:30 Freestyle L.150 fast EN2 (1 x 200 on 3:30 Freestyle L.150 fast EN2 (1 x 200 on 3:30 Freestyle L.150 fast EN2 (1 x 200 on 3:30 Freestyle L.50 fast EN2 (1 x 200 on 3:30 Freestyle L.50 fast EN2 (1 x 200 on 3:30 Freestyle L.50 fast EN2 (1 x 200 on 3:30 Freestyle L.50 fast EN1 (1 x 200 on 3:30 Freestyle L.50 fast EN1 (1 x 200 on 3:30 Freestyle L.50 fast EN1 (1 x 200 on 3:30 Freestyle L.50 fast EN1 (1 x 200 on 3:30 Freestyle L.50 fast EN1 (2 x 250 on 3:25 Freestyle L.50 fast EN1 (2 x 250 on 3:25 Freestyle L.50 fast EN1 (2 x 250 on 3:25 Freestyle L.50 fast EN1 (2 x 250 on 3:25 Freestyle L.50 fast EN1 (2 x 250 on 3:25 Freestyle L.50 fast EN1 (3 x 250 on 3:25 Freestyle L.50 fast EN1 (3 x 250 on 3:25 Freestyle L.50 fast EN1 (3 x 250 on 3:25 Freestyle L.50 fast EN1 (3 x 250 on 3:25 Freestyle L.50 fast EN1 (3 x 250 on 3:25 Freestyle L.50 fast EN1 (3 x 250 on 3:25 Freestyle L.50 fast EN1 (3 x 250 on 3:25 Freestyle L.50 fast EN1 (3 x 250 on 3:25 Freestyle L.50 fast EN1 (3 x 250 on 3:25 Freestyle L.50 fast EN1 (3 x 250 on 3:25 Freestyle L.50 fast EN1 (3 x 250 on 3:25 Freestyle L.50 fast EN1 (3 x 250 on 3:25 Freestyle L.50 fast EN1 (3 x 250 on 3:25 Freestyle L.50 fast EN1 (3 x 250 on 3:25 Freestyle L.50 fast EN1 (3 x 250 on 3:25 Freestyle L.50 fast EN1 (3 x 250						3.00 DM Start	
1	300	3 x 100 on 1:40 Freestyle-descend			Yards		EGY WOF
1 x 200 on 3:20 Individual Medley		-					=== ===
\$\begin{array}{c c c c c c c c c c c c c c c c c c c							REC
R x 25 on :30 Breaststroke		•					
1 x 200 on 3:20 Individual Medley		· ·					
250		•			180		
1 on 10:00 Ice 5:34 PM 4,130 Yards - Stress Value = 38 Workout #3523 - Wednesday, 05 January 2005 Group 3 - Miguel Santos I minute rest between sets 1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on	250	-				-	
1,000	250		REC			-	
Set Description		5:34 PM 4,130 Yards - Stress Value = 38			1,000	· · · · · · · · · · · · · · · · · · ·	
Croup 3 - Miguel Santos					300		
1 minute rest between sets {2 x 250 on 3:25 Freestyle L.50 strk EN1 {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 1:00 Stroke Drills REC {2 x 250 on 3:20 Freestyle L.50 strk EN1 {2 x 250 on 1:00 Stroke Drills REC {2 x 250 on 1:00 Str		•					
5:00 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 {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN2 {1 x 200 on 3:00 Freestyle L.150 fast EN2 {1 x 200 on 3:00 Freestyle L.150 fast EN2 {1 x 200 on 3:00 Freestyle L.150 fast EN2 {1 x 200 on 3:00 Freestyle L.150 fast EN2 {1 x 200 on 3:00 Freestyle L.150 fast EN2 {1 x 200 on 3:00 Freestyle L.150 fast EN2 {1 x 200 on 3:00 Freestyle L.150 fast EN2 {1 x 200 on 3:00 Freestyle L.150 fast EN2 {1 x 200 on 3:00 Freestyle L.50 fast EN2 {1 x 200 on 3:00 Freestyle L.50 fast EN1 {1 x		•				$\{2 \times 250 \text{ on } 3:25 \text{ Freestyle L.50 strk}\}$	EN1
1 on 10:00 Ice 5:34 PM 5,780 Yards - Stress Value = 64		1 militate Test between sets			300	· · · · · · · · · · · · · · · · · · ·	
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					300		NEC
1x{1 x 200 on 3:00 Freestyle		-				5:34 PM 5,780 Yards - Stress Value = 64	
1 x 200 on 3:00 Freestyle L.50 fast EN1 HighSchl-Backstroke				===			
{1 x 200 on 3:00 Freestyle L.100 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN2 }		1 on 30:00 Stomach and Stretch		===		Workout #3521 - Wednesday 05 January 2005	
180 12 x 15 on :45 Shooters SP3 3:00 PM Start 3x{4 x 25 on :40 Kick no board BSLR EN2 Yards Set Description EGY WOF {3 x 50 on 1:00 Kick-descend EN2 ===================================		1 on 30:00 Stomach and Stretch $1x\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} $	REC	===		•	
3x{4 x 25 on :40 Kick no board BSLR EN2 Yards Set Description EGY WOF {3 x 50 on 1:00 Kick-descend EN2		<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast</pre>	REC EN1 EN1	===		HighSchl - Backstroke	
{3 x 50 on 1:00 Kick-descend EN2 {1 x 100 on 2:15 Kick REC 1 on 40:00 Weights and stretch	100	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast }</pre>	REC EN1 EN1 EN2	===		HighSchl - Backstroke 1 minute rest between sets	
1 000 10 v 100 on 1.20 Iunghuston mulls EN1	180	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast 12 x 15 on :45 Shooters</pre>	REC EN1 EN1 EN2 SP3	===	Yards	HighSchl - Backstroke 1 minute rest between sets 3:00 PM Start	EGY WOF
1. VVVV	180	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast</pre>	REC EN1 EN1 EN2 SP3 EN2 EN2			HighSchl - Backstroke 1 minute rest between sets 3:00 PM Start Set Description	EGY WOF
OUT IN THE STATE OF THE STATE O		<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 200 on 3:00 Freestyle L.150 fast {2 x 15 on :45 Shooters} 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick</pre>	REC EN1 EN1 EN2 SP3 EN2 EN2 REC		=====	HighSchl - Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch	=== ===
$1x\{4 \times 125 \text{ on } 2:00 \text{ Backstroke}$ EN1 $\{1 \times 200 \text{ on } 3:10 \text{ Freestyle L.100 fast EN1}\}$	1,000	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {2 x 15 on :45 Shooters} 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick {3 x 50 on 1:30 Lungbuster pulls}</pre>	REC EN1 EN1 EN2 SP3 EN2 EN2 REC EN1		=====	HighSchl-Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch 1x{1 x 200 on 3:30 Freestyle	REC
(1 X 200 ON 3.00 FleeScyle B.130 1836 ENZ	1,000	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast</pre>	REC EN1 EN2 SP3 EN2 EN2 EN2 REC EN1 EN1		=====	HighSchl-Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch 1x{1 x 200 on 3:30 Freestyle} {1 x 200 on 3:20 Freestyle L.50 fast} {1 x 200 on 3:10 Freestyle L.100 fast}	REC EN1 EN1
$\{6 \times 25 \text{ on } : 40 \text{ Backstroke } 11\text{ukow} \}$ EN1 1,050 $3x\{4 \times 25 \text{ on } : 40 \text{ Kick no board } BSLR \}$ EN2	1,000	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 200 on 3:00 Freestyle L.150 fast {2 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick {10 x 100 on 1:30 Lungbuster pulls {2 x 25 on :30 Free 12.5y tuck spin 1x{4 x 125 on 2:00 Backstroke {6 x 25 on :40 Backstroke 10ukow</pre>	REC EN1 EN2 SP3 EN2 EN2 EN2 EN1 EN1 EN1		800	HighSchl-Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch 1x{1 x 200 on 3:30 Freestyle} {1 x 200 on 3:20 Freestyle L.50 fast {1 x 200 on 3:10 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast	REC EN1 EN1 EN2
(C. OF AO D. L. L. 10.1	1,000	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 200 on 3:00 Freestyle L.150 fast {12 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick {10 x 100 on 1:30 Lungbuster pulls {12 x 25 on :30 Free 12.5y tuck spin 1x{4 x 125 on 2:00 Backstroke {6 x 25 on :40 Backstroke 10ukow {4 x 125 on 1:55 Backstroke {6 x 25 on :40 Backstroke 11ukow }</pre>	REC EN1 EN2 SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN1		800	HighSchl - Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch 1x(1 x 200 on 3:30 Freestyle 1 x 200 on 3:20 Freestyle L.50 fast 1 x 200 on 3:10 Freestyle L.100 fast 1 x 200 on 3:00 Freestyle L.150 fast 1 x 200 on 3:45 Shooters 3x(4 x 25 on :40 Kick no board BSLR	REC EN1 EN1 EN2 SP3
500 10 x 50 on 1:00 Stroke Drills REC 1,000 10 x 100 on 1:30 Lungbuster pulls EN1	1,000	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 200 on 3:00 Freestyle L.150 fast {12 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick {10 x 100 on 1:30 Lungbuster pulls {12 x 25 on :30 Free 12.5y tuck spin 1x{4 x 125 on 2:00 Backstroke {6 x 25 on :40 Backstroke 10ukow {4 x 125 on :45 Backstroke {6 x 25 on :40 Backstroke 11ukow {4 x 125 on 1:50 Backstroke }</pre>	REC EN1 EN2 SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1		800	HighSchl-Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch 1x{1 x 200 on 3:30 Freestyle {1 x 200 on 3:20 Freestyle L.50 fast {1 x 200 on 3:10 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast 12 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend	REC EN1 EN1 EN2 SP3 EN2 EN2
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1,500 1x{3 x 125 on 2:00 Backstroke EN1	1,000	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 200 on 3:00 Freestyle L.150 fast {12 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick</pre>	REC EN1 EN2 SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1		180 1,050 1,000 300	HighSchl - Backstroke 1 minute rest between sets 3:00 PM Start Set Description	REC EN1 EN2 SP3 EN2 EN2 REC EN1 EN1 EN1 EN1 EN1
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1,500 1x{3 x 125 on 2:00 Backstroke EN1	1,000	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick {10 x 100 on 1:30 Lungbuster pulls {12 x 25 on :30 Free 12.5y tuck spin 1x{4 x 125 on 2:00 Backstroke {6 x 25 on :40 Backstroke 10ukow {4 x 125 on 1:55 Backstroke {6 x 25 on :40 Backstroke 11ukow {4 x 125 on 1:50 Backstroke {6 x 25 on :40 Backstroke 12ukow {10 x 50 on 1:00 Stroke Drills 7:27 PM 5,780 Yards - Stress Value = 74 Workout #3522 - Wednesday, 05 January 2005</pre>	REC EN1 EN2 SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN2 EN1		180 1,050 1,000 300	HighSchl-Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch 1x{1 x 200 on 3:30 Freestyle {1 x 200 on 3:20 Freestyle L.50 fast {1 x 200 on 3:10 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast 12 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:00 Kick 10 x 100 on 1:30 Lungbuster pulls 12 x 25 on :30 Free 12.5y tuck spin 1x{3 x 125 on 2:00 Backstroke {5 x 25 on :40 Backstroke {1 x 25 on :40 Backstroke {5 x 25 on :40 Backstroke {6 x 25 on :40 Backstroke {6 x 25 on :40 Backstroke {7 x 25 on :40 Backstroke {8 x 25 on :40 Backs	REC EN1 EN2 SP3 EN2 EN2 EN2 EN1
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1,500 1x{3 x 125 on 2:00 Backstroke EN1	1,000 300 500 Yards	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast 12 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick 10 x 100 on 1:30 Lungbuster pulls 12 x 25 on :30 Free 12.5y tuck spin 1x{4 x 125 on 2:00 Backstroke {6 x 25 on :40 Backstroke 10ukow {4 x 125 on 1:55 Backstroke {6 x 25 on :40 Backstroke 11ukow {4 x 125 on 1:50 Backstroke {6 x 25 on :40 Backstroke 12ukow 10 x 50 on 1:00 Stroke Drills 7:27 PM 5,780 Yards - Stress Value = 74 Workout #3522 - Wednesday, 05 January 2005 HighSchl - Breast I minute rest between sets 3:00 PM Start Set Description ====================================</pre>	REC EN1 EN2 SP3 EN2 EN1 EN1 EN1 EN1 EN1 EN2 EN1 REC	WOF	800 180 1,050 1,000 300 1,500	HighSchl - Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch 1x{1 x 200 on 3:30 Freestyle {1 x 200 on 3:20 Freestyle L.50 fast {1 x 200 on 3:10 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 100 on 2:05 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Back no board BSLR {3 x 50 on 1:00 Backstroke {5 x 25 on :40 Backstroke {5 x 25 on :40 Backstroke 10ukow {3 x 125 on 1:40 Backstroke {5 x 25 on :40 Backstroke 12ukow 5 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC EN1 EN2 SP3 EN2 EN2 REC EN1
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1,500 1x{3 x 125 on 2:00 Backstroke EN1	1,000 300 500 Yards =====	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast 12 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick 10 x 100 on 1:30 Lungbuster pulls 12 x 25 on :30 Free 12.5y tuck spin 1x{4 x 125 on 2:00 Backstroke {6 x 25 on :40 Backstroke 10ukow {4 x 125 on 1:55 Backstroke {6 x 25 on :40 Backstroke 11ukow 44 x 125 on 1:50 Backstroke 10 x 50 on 1:00 Stroke Drills 7:27 PM 5,780 Yards - Stress Value = 74 Workout #3522 - Wednesday, 05 January 2005 HighSchl - Breast 1 minute rest between sets 3:00 PM Start Set Description</pre>	REC EN1 EN1 EN2 EN2 EN2 EN1 EN2 EN2 EN1 EN2 EN1 REC EN1 EN2 EN1 REC EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1	WOF	800 180 1,050 1,000 300 1,500	HighSchl - Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch 1x{1 x 200 on 3:30 Freestyle {1 x 200 on 3:20 Freestyle L.50 fast {1 x 200 on 3:10 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 100 on 2:05 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Back no board BSLR {3 x 50 on 1:00 Backstroke {5 x 25 on :40 Backstroke {5 x 25 on :40 Backstroke 10ukow {3 x 125 on 1:40 Backstroke {5 x 25 on :40 Backstroke 12ukow 5 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC EN1 EN2 SP3 EN2 EN2 REC EN1
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1,500 1x{3 x 125 on 2:00 Backstroke EN1	1,000 300 500 Yards ===== 800	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast 12 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick 10 x 100 on 1:30 Lungbuster pulls 12 x 25 on :30 Free 12.5y tuck spin 1x{4 x 125 on 2:00 Backstroke {6 x 25 on :40 Backstroke 10ukow {4 x 125 on 1:55 Backstroke {6 x 25 on :40 Backstroke 11ukow {4 x 125 on 1:50 Backstroke {6 x 25 on :40 Backstroke 12ukow 10 x 50 on 1:00 Stroke Drills 7:27 PM 5,780 Yards - Stress Value = 74 Workout #3522 - Wednesday, 05 January 2005 HighSchl - Breast 1 minute rest between sets 3:00 PM Start Set Description</pre>	REC EN1	WOF	800 180 1,050 1,000 300 1,500	HighSchl - Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch 1x{1 x 200 on 3:30 Freestyle {1 x 200 on 3:20 Freestyle L.50 fast {1 x 200 on 3:10 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 100 on 2:05 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Back no board BSLR {3 x 50 on 1:00 Backstroke {5 x 25 on :40 Backstroke {5 x 25 on :40 Backstroke 10ukow {3 x 125 on 1:40 Backstroke {5 x 25 on :40 Backstroke 12ukow 5 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC EN1 EN2 SP3 EN2 EN2 REC EN1
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Workout #3522 - Wednesday, 05 January 2005 HighSchl - Breast 1 minute rest between sets 1 minute rest between sets 3:00 PM Start Yards Set Description 1 on 40:00 Weights and stretch 800 1x{1 x 200 on 3:30 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1,500 1x{3 x 125 on 1:00 Backstroke} EN1 {5 x 25 on :40 Backstroke 10ukow EN1 {3 x 125 on 1:40 Backstroke 11ukow EN1 {3 x 125 on 1:40 Backstroke EN2 {5 x 25 on :40 Backstroke EN2 {5 x 25 on :40 Backstroke Drills REC {5 x 25 on :40 Backstroke Drills REC {5 x 25 on :40 Backstroke Drills REC {5 x 25 on :40 Backstroke 12ukow EN1 {1 on 10:00 Ice {5:34 PM 5,080 Yards - Stress Value = 66}}} **Ton 40:00 Weights and stretch** **REC** **Ton 40:00 Weights and stretch** **Ton 40:00 Ton 10:00 Ice {5:34 PM 5,080 Yards - Stress Value = 66}}} **Ton 40:00 Ton 10:00 Ice {5:34 PM 5,080 Yards - Stress Value = 66}}} **Ton 40:00 Ton 10:00 Ice {5:34 PM 5,080 Yards - Stress Value = 66}}} **Ton 40:00 Ton 10:00 Ice {5:34 PM 5,080 Yards - Stress Value = 66}}} **Ton 40:00 Ton 10:00 Ice {5:34 PM 5,080 Yards - Stress Value = 66}}} **Ton 40:00 Ton 10:00 Ice {5:34 PM 5,080 Yards - Stress Value = 66}}} **Ton 40:00 Ton 10:00 Ice {5:34 PM 5,080 Yards - Stress Value = 66}}} **Ton 40:00 Ton 10:00 Ice {5:34 PM 5,080 Yards - Stress Value = 66}}} **Ton 40:00 Ton 10:00 Ice {5:34 PM 5,080 Yards - Stress Value = 66}}} **Ton 40:00 Ton 10:00 Ice {5:34 PM 5,080 Yards - Stress Value = 66}}} **Ton 40:00 Ton 10:00 Ice {5:34 PM 5,080 Yards - Stress Value = 66}}} **Ton 40:00 Ton 10:00 Ice {5:34 PM 5,080 Yards - Stress Value = 66}}} **Ton 40:00 Ton 10:00 Ice {5:34 PM 5,080 Yards - Stress Value = 66}}	1,000 300 500 Yards =====	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast 12 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick 10 x 100 on 1:30 Lungbuster pulls 12 x 25 on :30 Free 12.5y tuck spin 1x{4 x 125 on 2:00 Backstroke {6 x 25 on :40 Backstroke 10ukow {4 x 125 on 1:55 Backstroke {6 x 25 on :40 Backstroke 11ukow 44 x 125 on 1:50 Backstroke 10 x 50 on 1:00 Stroke Drills 7:27 PM 5,780 Yards - Stress Value = 74 Workout #3522 - Wednesday, 05 January 2005 HighSchl - Breast 1 minute rest between sets 3:00 PM Start Set Description</pre>	REC EN1 EN1 EN2 EN2 EN2 EN1 EN2 EN2 EN1 EN2 EN1 REC EN1 EN2 EN1 REC EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1	WOF	800 180 1,050 1,000 300 1,500	HighSchl - Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch 1x{1 x 200 on 3:30 Freestyle {1 x 200 on 3:20 Freestyle L.50 fast {1 x 200 on 3:10 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 100 on 2:05 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Back no board BSLR {3 x 50 on 1:00 Backstroke {5 x 25 on :40 Backstroke {5 x 25 on :40 Backstroke 10ukow {3 x 125 on 1:40 Backstroke {5 x 25 on :40 Backstroke 12ukow 5 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC EN1 EN2 SP3 EN2 EN2 REC EN1
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Workout #3522 - Wednesday, 05 January 2005 HighSchl - Breast 1 minute rest between sets 1 minute rest between sets 1 con 40:00 Weights and stretch 800 1x{1 x 200 on 3:30 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN2 {1 x 200 on 3:00 Freestyle L.150 fast EN2 {1 x 200 on 3:45 Shooters 1,500 1x{3 x 125 on :40 Backstroke 10ukow EN1 {3 x 125 on :40 Backstroke 11ukow EN1 {3 x 125 on :40 Backstroke 12ukow EN1 {5 x 25 on :40 Ba	1,000 300 500 Yards ===== 800	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast 12 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick 10 x 100 on 1:30 Lungbuster pulls 12 x 25 on :30 Free 12.5y tuck spin 1x{4 x 125 on 2:00 Backstroke {6 x 25 on :40 Backstroke 10ukow {4 x 125 on 1:55 Backstroke {6 x 25 on :40 Backstroke 11ukow {4 x 125 on 1:50 Backstroke {6 x 25 on :40 Backstroke 12ukow 10 x 50 on 1:00 Stroke Drills 7:27 PM 5,780 Yards - Stress Value = 74 Workout #3522 - Wednesday, 05 January 2005 HighSchl - Breast 1 minute rest between sets 3:00 PM Start Set Description</pre>	REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN1 REC EN1 REC EN1 EN1 EN2 EN1 REC EN1 EN1 EN2 EN1 EN1 EN2 EN1	WOF	800 180 1,050 1,000 300 1,500	HighSchl - Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch 1x{1 x 200 on 3:30 Freestyle {1 x 200 on 3:20 Freestyle L.50 fast {1 x 200 on 3:10 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 100 on 2:05 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Back no board BSLR {3 x 50 on 1:00 Backstroke {5 x 25 on :40 Backstroke {5 x 25 on :40 Backstroke 10ukow {3 x 125 on 1:40 Backstroke {5 x 25 on :40 Backstroke 12ukow 5 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC EN1 EN2 SP3 EN2 EN2 REC EN1
Workout #3522 - Wednesday, 05 January 2005 HighSchl - Breast I minute rest between sets 1 minute rest between sets 1 con 40:00 Weights and stretch 800 1x{1 x 200 on 3:20 Freestyle L.50 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:45 Shooters 1 con 45 Shooters 1 con 45 Shooters 1 con 40 Backstroke 10ukow EN1 {3 x 125 on 1:40 Backstroke 11ukow EN1 {3 x 125 on 1:40 Backstroke 12ukow EN1 {3 x 125 on 1:40 Backstroke 12ukow EN1 {5 x 25 on :40 Backstroke 12	1,000 300 500 Yards ===== 800	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast 12 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick 10 x 100 on 1:30 Lungbuster pulls 12 x 25 on :30 Free 12.5y tuck spin 1x{4 x 125 on 2:00 Backstroke {6 x 25 on :40 Backstroke 10ukow {4 x 125 on 1:55 Backstroke {6 x 25 on :40 Backstroke 11ukow {4 x 125 on 1:50 Backstroke {6 x 25 on :40 Backstroke 12ukow 10 x 50 on 1:00 Stroke Drills 7:27 PM 5,780 Yards - Stress Value = 74 Workout #3522 - Wednesday, 05 January 2005 HighSchl - Breast 1 minute rest between sets 3:00 PM Start Set Description</pre>	REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN1 REC EN1 REC EN1 EN1 EN2 EN1 REC EN1 EN1 EN2 EN1 EN1 EN2 EN1	WOF	800 180 1,050 1,000 300 1,500	HighSchl - Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch 1x{1 x 200 on 3:30 Freestyle {1 x 200 on 3:20 Freestyle L.50 fast {1 x 200 on 3:10 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 100 on 2:05 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Back no board BSLR {3 x 50 on 1:00 Backstroke {5 x 25 on :40 Backstroke {5 x 25 on :40 Backstroke 10ukow {3 x 125 on 1:40 Backstroke {5 x 25 on :40 Backstroke 12ukow 5 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC EN1 EN2 SP3 EN2 EN2 REC EN1
Note	1,000 300 500 Yards ===== 800	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast 12 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick 10 x 100 on 1:30 Lungbuster pulls 12 x 25 on :30 Free 12.5y tuck spin 1x{4 x 125 on 2:00 Backstroke {6 x 25 on :40 Backstroke 10ukow {4 x 125 on 1:55 Backstroke {6 x 25 on :40 Backstroke 11ukow {4 x 125 on 1:50 Backstroke {6 x 25 on :40 Backstroke 12ukow 10 x 50 on 1:00 Stroke Drills 7:27 PM 5,780 Yards - Stress Value = 74 Workout #3522 - Wednesday, 05 January 2005 HighSchl - Breast 1 minute rest between sets 3:00 PM Start Set Description ====================================</pre>	REC EN1	WOF	800 180 1,050 1,000 300 1,500	HighSchl - Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch 1x{1 x 200 on 3:30 Freestyle {1 x 200 on 3:20 Freestyle L.50 fast {1 x 200 on 3:10 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 100 on 2:05 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Back no board BSLR {3 x 50 on 1:00 Backstroke {5 x 25 on :40 Backstroke {5 x 25 on :40 Backstroke 10ukow {3 x 125 on 1:40 Backstroke {5 x 25 on :40 Backstroke 12ukow 5 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC EN1 EN2 SP3 EN2 EN2 REC EN1
Workout #3522 - Wednesday, 05 January 2005 HighSchl - Breast I minute rest between sets Set Description Set Description 1 on 40:00 Weights and stretch 800 1x{1 x 200 on 3:30 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN2 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN	1,000 300 500 Yards ===== 800	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast 12 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick 10 x 100 on 1:30 Lungbuster pulls 12 x 25 on :30 Free 12.5y tuck spin 1x{4 x 125 on 2:00 Backstroke {6 x 25 on :40 Backstroke 10ukow {4 x 125 on 1:55 Backstroke {6 x 25 on :40 Backstroke 11ukow {4 x 125 on 1:50 Backstroke {6 x 25 on :40 Backstroke 12ukow 10 x 50 on 1:00 Stroke Drills 7:27 PM 5,780 Yards - Stress Value = 74 Workout #3522 - Wednesday, 05 January 2005 HighSchl - Breast 1 minute rest between sets 3:00 PM Start Set Description</pre>	REC EN1	WOF	800 180 1,050 1,000 300 1,500	HighSchl - Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch 1x{1 x 200 on 3:30 Freestyle {1 x 200 on 3:20 Freestyle L.50 fast {1 x 200 on 3:10 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 100 on 2:05 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Back no board BSLR {3 x 50 on 1:00 Backstroke {5 x 25 on :40 Backstroke {5 x 25 on :40 Backstroke 10ukow {3 x 125 on 1:40 Backstroke {5 x 25 on :40 Backstroke 12ukow 5 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC EN1 EN2 SP3 EN2 EN2 REC EN1
1,500 1x{3 x 125 on 2:00 Backstroke EN1	1,000 300 500 Yards ===== 800	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast 12 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick 10 x 100 on 1:30 Lungbuster pulls 12 x 25 on :30 Free 12.5y tuck spin 1x{4 x 125 on 2:00 Backstroke {6 x 25 on :40 Backstroke 10ukow {4 x 125 on 1:55 Backstroke {6 x 25 on :40 Backstroke 11ukow 44 x 125 on 1:50 Backstroke {6 x 25 on :40 Backstroke 12ukow 10 x 50 on 1:00 Stroke Drills 7:27 PM 5,780 Yards - Stress Value = 74 Workout #3522 - Wednesday, 05 January 2005 HighSchl - Breast 1 minute rest between sets 3:00 PM Start Set Description ====================================</pre>	REC EN1	WOF	800 180 1,050 1,000 300 1,500	HighSchl - Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch 1x{1 x 200 on 3:30 Freestyle {1 x 200 on 3:20 Freestyle L.50 fast {1 x 200 on 3:10 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 100 on 2:05 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Back no board BSLR {3 x 50 on 1:00 Backstroke {5 x 25 on :40 Backstroke {5 x 25 on :40 Backstroke 10ukow {3 x 125 on 1:40 Backstroke {5 x 25 on :40 Backstroke 12ukow 5 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC EN1 EN2 SP3 EN2 EN2 REC EN1
Workout #3522 - Wednesday, 05 January 2005 HighSchl - Breast I minute rest between sets Set Description 1 on 40:00 Weights and stretch 800 1x{1 x 200 on 3:20 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN2 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Freestyle L.150 fast EN1 {1 x 200 on 3:00 Fr	1,000 300 500 Yards ===== 800 1,050	<pre>1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast {1 x 200 on 3:00 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast 12 x 15 on :45 Shooters 3x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:00 Kick-descend {1 x 100 on 2:15 Kick 10 x 100 on 1:30 Lungbuster pulls 12 x 25 on :30 Free 12.5y tuck spin 1x{4 x 125 on 2:00 Backstroke {6 x 25 on :40 Backstroke 10ukow {4 x 125 on 1:55 Backstroke {6 x 25 on :40 Backstroke 11ukow 44 x 125 on 1:50 Backstroke {6 x 25 on :40 Backstroke 12ukow 10 x 50 on 1:00 Stroke Drills 7:27 PM 5,780 Yards - Stress Value = 74 Workout #3522 - Wednesday, 05 January 2005 HighSchl - Breast 1 minute rest between sets 3:00 PM Start Set Description ====================================</pre>	REC EN1	WOF	800 180 1,050 1,000 300 1,500	HighSchl - Backstroke 1 minute rest between sets 3:00 PM Start Set Description 1 on 40:00 Weights and stretch 1x{1 x 200 on 3:30 Freestyle {1 x 200 on 3:20 Freestyle L.50 fast {1 x 200 on 3:10 Freestyle L.100 fast {1 x 200 on 3:00 Freestyle L.150 fast {1 x 100 on 2:05 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Kick no board BSLR {3 x 50 on 1:00 Back no board BSLR {3 x 50 on 1:00 Backstroke {5 x 25 on :40 Backstroke {5 x 25 on :40 Backstroke 10ukow {3 x 125 on 1:40 Backstroke {5 x 25 on :40 Backstroke 12ukow 5 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC EN1 EN2 SP3 EN2 EN2 REC EN1

Workout #3520 - Wednesday, 05 January 2005 HighSchl - Sprint 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	MOE
Iaius	set bescription	EGI	WOF
=====	=======================================	===	===
	1 on 40:00 Weights and stretch		
800	$1x{1 x 200 on 3:30 Freestyle}$	REC	
	$\{1 \times 200 \text{ on } 3:20 \text{ Freestyle L.50 fast} \}$	EN1	
	$\{1 \times 200 \text{ on } 3:10 \text{ Freestyle L.100 fast}$	EN1	
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.150 fast}$	EN2	
180	12 x 15 on :45 Shooters	SP3	
1,050	$3x{4 \times 25}$ on :40 Kick no board BSLR	EN2	
	${3 \times 50 \text{ on } 1:00 \text{ Kick-descend}}$	EN2	
	{1 x 100 on 2:05 Kick	REC	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	

180	12 x 15 on :45 Shooters	SP3
1,050	3x{4 x 25 on :40 Kick no board BSLR	EN2
	${3 \times 50 \text{ on } 1:00 \text{ Kick-descend}}$	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
	$\{1 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN1
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle}$	EN2
	$\{1 \times 50 \text{ on } : 30 \text{ Freestyle} \}$	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

5:30 AM Start Yards Set Description EGY WORK SI ===== 1 on 40:00 Weights and Stretch L DF 400 1 x 400 on 7:00 Reverse IM drill REC 12 x 25 on :30 12.5 ez 12.5 fast SP3 300 S E === $1x{1 \times 200 \text{ on } 3:30 \text{ Breaststroke}}$ EN2 S E $\{2 \times 175 \text{ on } 2:55 \text{ Breaststroke} \}$ EN2 S Ε

{3 x 150 on 2:25 Breaststroke

 $\{4 \times 125 \text{ on } 1:55 \text{ Breaststroke} \}$

1 on 10:00 Ice

1 x 200 on 3:00 Stroke Drills

200

7:04 AM 2,400 Yards - Stress Value = 42 Workout #3524 - Friday, 07 January 2005 HighSchl - Distance

1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	Sī
	=======================================	===	====	==
	1 on 40:00 Weights and Stretch		L	DF
400	1 x 400 on 7:00 Reverse IM drill	REC	D	1
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	F
	{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	

Workout #3526 - Friday, 07 January 2005 HighSchl - Fly

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

1 minute rest between sets

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

1,500	1x{2	Х	150	on	2:15	But.	teri	ΙТΆ	2-4	ENI	S	FΙ
	{ 2	Х	100	on	1:30	50	fly	50	back	EN2	S	$\mathbb{C}\mathbb{N}$
	{ 2	Х	150	on	2:10	But'	terf	ly	2-5	EN2	S	FI
	{ 2	Х	100	on	1:40	50	fly	50	breast	EN2	S	CN
	{ 2	Х	150	on	2:05	But'	terf	ly	2-6	EN2	S	FI
	{ 2	Х	100	on	1:20	50	fly	50	free	EN2	S	$\mathbb{C}\mathbb{N}$
300	1	Х	300	on	5:00	Str	oke	Dri	lls	REC	D	C
	1	or	10:	:00	Ice						Μ	
	7:03	ΑM	1 2.5	500	Yards	s - :	Stre	SS	Value =	= 39		

Workout #3527 - Friday, 07 January 2005 HighSchl - Backstroke 1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	S
=====	=======================================	===	====	=
	1 on 40:00 Weights and Stretch		L	Γ
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

3:00 PM Start

S E

D (

M

EN2

REC

ards	Se	et Description	EGY	WORK
	==		===	
	1	on 15:00 Stretching		I
600	1	x 600 on 10:00 Reverse IM drill	REC	Γ
180	12	2 x 15 on :45 Shooters	SP3	٤
	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	E
	{ 2	x 75 on 1:00 Pulls-nbbf&w + 2 yds	EN2	E
	{ 3	x 75 on 1:05 Pulls-nbbf&w + 2 yds	EN1	E
	{ 4	x 75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	E
300	12	2 x 25 on :30 IM order-build	EN1	٤
	1x{1	x 200 on 2:30 Freestyle	EN2	
	{ 4	x 25 on :30 Freestyle-descend	EN2	
	{ 2	x 200 on 2:35 Freestyle	EN2	٤
	{ 4	x 25 on :30 Freestyle-descend	EN2	٤
	{ 3	x 200 on 2:40 Freestyle	EN2	٤
	{ 4	x 25 on :30 Freestyle-descend	EN2	٤
	{ 4	x 200 on 2:45 Freestyle	EN2	٤
	{ 4	x 25 on :30 Freestyle-descend	EN2	٤
300	1	x 300 on 5:00 Stroke Drills	REC	Γ
	1	on 10:00 Ice		ľ
	5:02	PM 5,280 Yards - Stress Value = 83	3	

Workout #3532 - Saturday, 08 January 2005 HighSchl - Breast 1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	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	
	2x{1 x 50 on 1:05 Breaststroke-descend		
	{2 x 50 on 1:00 Breaststroke	EN2	
	$\{1 \times 50 \text{ on } :55 \text{ Breaststroke} \}$	EN2	
	$\{1 \times 50 \text{ on } 1:00 \text{ Breaststroke} \}$	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	
	$\{1 \times 50 \text{ on } : 45 \text{ Breaststroke} \}$	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		
	Workent #3531 Setunday 09 January 2005		

Workout #3531 - Saturday, 08 January 2005 HighSchl - Fly

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	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	
	$\{1 \times 50 \text{ on } 1:00 \text{ Butterfly } 2-5$	EN2	
	$\{1 \times 50 \text{ on } 1:00 \text{ Butterfly } 2-6$	EN2	
	$\{1 \times 50 \text{ on } 1:00 \text{ Butterfly } 2-7$	EN2	
	$\{1 \times 50 \text{ on } 1:00 \text{ Butterfly } 2-8$	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 #3529 - Saturday, 08 January 2005 HighSchl - Backstroke

1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	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	$1x{1 \times 400 \text{ on } 5:00 \text{ Pulls}}$	EN1	

	{1	x 300 on 4:00 Pulls	EN1
	{ 1	x 200 on 2:50 Pulls	EN1
	{ 1	x 100 on 1:30 Pulls	EN1
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
200	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

7:00	AM	Start	

Yards		1 - 1	EGY	WOF
=====		on 35:00 Physio Balls/Stretch	===	===
0.00		-	DEC	
		x 100 on 1:45 Stroke Drills 2 on E		
		2 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			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	
		on 10:00 Ice		
		AM 5,655 Yards - Stress Value = 72		

Workout #3542 - Monday, 10 January 2005 Group 3 - Miguel Santos 1 minute rest between sets

6:15	PM	Start

Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	$3x{1 \times 25 \text{ on :} 30 \text{ Kick no board}}$	EN1	
	$\{1 \times 25 \text{ on } : 35 \text{ Kick no board}$	EN1	
	{1 x 25 on :40 Kick no board	EN1	
	$\{1 \times 25 \text{ on } : 45 \text{ Kick no board}$	EN1	
	{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	4×75 on 1:10 IM w/out alt.strokes	EN1	
	$1x{1 x 250 on 3:30 Freestyle}$	EN1	
	$\{1 \times 250 \text{ on } 3:25 \text{ Freestyle} \}$	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	
	$\{1 \times 150 \text{ on } 2:00 \text{ Freestyle}$	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 #3538 - Monday, 10 January 2005 HighSchl - Distance 1 minute rest between sets

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

	Se	et Description	EGY	WOF
=====	==		===	===
		on 30:00 Physio Balls/Stretch		
800	1	x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12	2 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-sv	wim REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	$1x\{2 \times 25 \text{ on } : 40 \text{ Kick no board BS}$	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	S EN1	
	{2 x 100 on 2:15 Kick	EN1	
1,100	1x{6 x 100 on 1:40 Pulls no br L.12 y	yds EN1	
	{5 x 100 on 1:35 Pulls no br L.12 y	yds EN1	
300	4×75 on 1:20 IM w/out alt.stroke	es 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

Yards	5:30 AM Start Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 40:00 Weights and stretch		I
400	1 x 400 on 7:00 Swim-kick-drll-swim	REC	٤
	no equipment		
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
	$1x\{2 \times 250 \text{ on } 3:00 \text{ Freestyle}$	EN2	٤
	{1 x 100 on 1:20 Freestyle	EN1	٤
	{1 x 100 on 1:15 Freestyle	EN2	٤
	{1 x 100 on 1:10 Freestyle	EN2	٤
	{2 x 250 on 2:55 Freestyle	EN2	٤
	{1 x 100 on 1:20 Freestyle	EN1	٤
	{1 x 100 on 1:15 Freestyle	EN2	٤
	{1 x 100 on 1:10 Freestyle	EN2	٤
	{2 x 250 on 2:50 Freestyle	EN2	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	1 on 10:00 Ice		N
	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	WORF
	=======================================	===	====
	1 on 40:00 Weights and stretch		I
400	1 x 400 on 7:00 Swim-kick-drll-swim	REC	٤
	no equipment		
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
	$1x\{2 \times 250 \text{ on } 3:20 \text{ Freestyle}$	EN2	٤
	{1 x 100 on 1:25 Freestyle	EN1	۶
	{1 x 100 on 1:20 Freestyle	EN2	٤
	{1 x 100 on 1:15 Freestyle	EN2	٤
	{2 x 250 on 3:15 Freestyle	EN2	٤
	{1 x 100 on 1:20 Freestyle	EN2	۶
	{1 x 100 on 1:15 Freestyle	EN2	٤
	{1 x 250 on 3:10 Freestyle	EN2	٤
250	1 x 250 on 4:00 Stroke Drills	REC	Γ
	1 on 10:00 Ice		N
	7:03 AM 2,700 Yards - Stress Value = 4	6	

Workout #3534 - Monday, 10 January 2005 HighSchl - Silver 1 minute rest between sets

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

Workout #3539 - Monday, 10 January 2005 HighSchl - Sprint 1 minute rest between sets

						HighSchl - Sprint		
	5:30 AM Start					1 minute rest between sets		
Yards	Set Description	EGY	WORF					
=====		===	====		2.00	DM Ctomb		
	1 on 40:00 Weights and stretch		I	,		PM Start		
200		DEC		Yards	Se	t Description	EGY	
300	1 x 300 on 7:00 Swim-kick-drll-swim	REC	ž	=====	==		===	===
	no equipment				1	on 30:00 Physio Balls/Stretch		
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	٤	800		x 800 on 12:00 Swim-kick-pull-swim	REC	
	$1x\{2 \times 250 \text{ on } 3:45 \text{ Freestyle}$	EN2	٤	180		x 15 on :45 Shooters	SP3	
	{1 x 100 on 1:35 Freestyle	EN2	٤					
	{1 x 100 on 1:30 Freestyle	EN2	5	1,200		x 25 on :30 Kick no board BS	EN1	
					{ 3	x 100 on 2:00 Kick-descend	EN1	
	$\{2 \times 250 \text{ on } 3:40 \text{ Freestyle} \}$	EN2	٤		{ 4	x 25 on :30 Kick no board BSLR	EN1	
	{1 x 100 on 1:35 Freestyle	EN2	٤		{3	x 100 on 2:00 Kick-descend	EN1	
	{1 x 100 on 1:30 Freestyle	EN2	٤		•	x 25 on :30 Kick no board BSLRBS	EN1	
	{1 x 250 on 3:35 Freestyle	EN2	٤		•	x 100 on 2:00 Kick-descend	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	Ī	==0	•			
200		IVEC		750		x 125 on 2:00 Pulls no br L.12 yds		
	1 on 10:00 Ice	_	ľ		{ 3	x 125 on 1:50 Pulls no br L.12 yds	EN1	
	7:04 AM 2,450 Yards - Stress Value = 45	5		300	4	x 75 on 1:10 IM w/out the ?	EN1	
				2.850			EN2	
	W #2527 M 10 I 2005			2,000		x 25 on :20 Freestyle	EN2	
	Workout #3537 - Monday, 10 January 2005					-		
	HighSchl - Bronze					x 100 on 1:30 Free alt. fast 25's		
	1 minute rest between sets					x 25 on :20 Freestyle	EN2	
	1 illillute Test between sets				{ 4	x 100 on 1:25 Free alt. fast 25's	EN2	
					{3	x 25 on :20 Freestyle	EN2	
	5:30 AM Start			200		x 200 on 3:00 Stroke Drills	REC	
Yards	Set Description	EGY	WORF	200			TULC	
=====	=======================================					on 10:00 Ice and team mtg.		
	1 on 40:00 Weights and stretch		I		5:33	PM 6,280 Yards - Stress Value = 87		
200		D=0						
300	1 x 300 on 7:00 Swim-kick-drll-swim	REC	٤		,	Workout #3544 - Tuesday, 11 January 2005		
	no equipment					workout #3544 - Tuesday, 11 January 2005		
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	٤			Group 3 - Miguel Santos		
	$1x\{2 \times 200 \text{ on } 3:45 \text{ Freestyle}$	EN2	٤			1 minute rest between sets		
	{1 x 75 on 1:35 Freestyle	EN2	٤			1 minute Test between sets		
	$\{1 \times 75 \text{ on } 1:35 \text{ Freestyle} \}$		5					
		EN2			6:00	PM Start		
	{2 x 200 on 3:40 Freestyle	EN2	٤	Yards	Se	t Description	EGY	WOF
	$\{1 \times 75 \text{ on } 1:35 \text{ Freestyle} \}$	EN2	٤	=====				===
	(I M /O OH I:OO IICCBCYIC		~					
		EN2	٤					
	$\{1 \times 75 \text{ on } 1:30 \text{ Freestyle} \}$	EN2	٤		1	on 33:00 Stomach and Stretch		
150	$\{1 \times 75 \text{ on } 1:30 \text{ Freestyle} $ $\{1 \times 200 \text{ on } 3:35 \text{ Freestyle} \}$	EN2 EN2	£ £	800	1 1	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free		
150	{1 x 75 on 1:30 Freestyle {1 x 200 on 3:35 Freestyle 1 x 150 on 3:00 Stroke Drills	EN2	5 5 I		1 1 w	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free ith underwater trns		
150	{1 x 75 on 1:30 Freestyle {1 x 200 on 3:35 Freestyle 1 x 150 on 3:00 Stroke Drills 1 on 10:00 Ice	EN2 EN2 REC	£ £		1 1 w	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free		
150	{1 x 75 on 1:30 Freestyle {1 x 200 on 3:35 Freestyle 1 x 150 on 3:00 Stroke Drills	EN2 EN2 REC	5 5 I	800	1 1 w 16	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free ith underwater trns	REC	
150	{1 x 75 on 1:30 Freestyle {1 x 200 on 3:35 Freestyle 1 x 150 on 3:00 Stroke Drills 1 on 10:00 Ice	EN2 EN2 REC	5 5 I	800	1 w 16 1x{1	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free ith underwater trns x 25 on :30 12.5 ez 12.5 fast x 100 on 2:00 Kick	REC SP3 EN1	
150	{1 x 75 on 1:30 Freestyle {1 x 200 on 3:35 Freestyle 1 x 150 on 3:00 Stroke Drills 1 on 10:00 Ice 7:04 AM 2,050 Yards - Stress Value = 40	EN2 EN2 REC	5 5 I	800	1 w 16 1x{1	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free ith underwater trns x 25 on :30 12.5 ez 12.5 fast x 100 on 2:00 Kick x 100 on 1:55 Kick	REC SP3 EN1 EN1	
150	{1 x 75 on 1:30 Freestyle {1 x 200 on 3:35 Freestyle 1 x 150 on 3:00 Stroke Drills 1 on 10:00 Ice	EN2 EN2 REC	5 5 I	800	1 w 16 1x{1 {1	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free ith underwater trns x 25 on :30 12.5 ez 12.5 fast x 100 on 2:00 Kick x 100 on 1:55 Kick x 100 on 2:00 Kick	REC SP3 EN1 EN1 EN1	
150	{1 x 75 on 1:30 Freestyle {1 x 200 on 3:35 Freestyle 1 x 150 on 3:00 Stroke Drills 1 on 10:00 Ice 7:04 AM 2,050 Yards - Stress Value = 40	EN2 EN2 REC	5 5 I	800	1 w 16 1x{1 {1 {1	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free ith underwater trns x 25 on :30 12.5 ez 12.5 fast x 100 on 2:00 Kick x 100 on 1:55 Kick x 100 on 2:00 Kick x 100 on 1:50 Kick	REC SP3 EN1 EN1 EN1	
150	{1 x 75 on 1:30 Freestyle {1 x 200 on 3:35 Freestyle 1 x 150 on 3:00 Stroke Drills 1 on 10:00 Ice 7:04 AM 2,050 Yards - Stress Value = 40 Workout #3533 - Monday, 10 January 2005 HighSchl - Miguel Santos	EN2 EN2 REC	5 5 I	800	1 w 16 1x{1 {1 {1	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free ith underwater trns x 25 on :30 12.5 ez 12.5 fast x 100 on 2:00 Kick x 100 on 1:55 Kick x 100 on 2:00 Kick	REC SP3 EN1 EN1 EN1	
150	{1 x 75 on 1:30 Freestyle {1 x 200 on 3:35 Freestyle 1 x 150 on 3:00 Stroke Drills 1 on 10:00 Ice 7:04 AM 2,050 Yards - Stress Value = 40 Workout #3533 - Monday, 10 January 2005	EN2 EN2 REC	5 5 I	800	1 w 16 1x{1 {1 {1 {1	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free ith underwater trns x 25 on :30 12.5 ez 12.5 fast x 100 on 2:00 Kick x 100 on 1:55 Kick x 100 on 2:00 Kick x 100 on 1:50 Kick	REC SP3 EN1 EN1 EN1	
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Yards ===== 500 300 600	<pre>{1 x 75 on 1:30 Freestyle {1 x 200 on 3:35 Freestyle 1 x 150 on 3:00 Stroke Drills 1 on 10:00 Ice 7:04 AM 2,050 Yards - Stress Value = 40 Workout #3533 - Monday, 10 January 2005</pre>	EN2 EGY === REC SP3 EN1 EN1 EN1 EN2 EN1 EN1 EN2	WORF ==== I I S S S S S S S S S S S S S S S	800 400	1	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free ith underwater trns x 25 on :30 12.5 ez 12.5 fast x 100 on 2:00 Kick x 100 on 1:55 Kick x 100 on 2:00 Kick x 100 on 1:50 Kick x 100 on 2:00 Kick x 100 on 2:00 Kick x 100 on 2:00 Kick x 100 on 1:45 Kick x 100 on 2:00 Kick x 100 on 1:45 Kick x 100 on 1:35 Kick x 100 on 1:35 Kick x 100 on 1:30 Kick x 100 on 1:30 Freestyle x 25 on :30 Freestyle x 25 on :15 Freestyle x 50 on 1:00 Freestyle x 50 on :00 Freestyle x 50 on :00 Freestyle x 100 on 3:00 Freestyle x 50 on :00 Backstroke x 100 on 3:00 Freestyle	REC SP3 EN1 EN1 EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2	
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Yards ===== 500 300 600	<pre>{1 x 75 on 1:30 Freestyle {1 x 200 on 3:35 Freestyle 1 x 150 on 3:00 Stroke Drills 1 on 10:00 Ice 7:04 AM 2,050 Yards - Stress Value = 40 Workout #3533 - Monday, 10 January 2005</pre>	EN2 ESY ESY ESY EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	S S I N WORF === I I S S S S S S S S S S S S S S S S	800 400	1	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free ith underwater trns x 25 on :30 12.5 ez 12.5 fast x 100 on 2:00 Kick x 100 on 1:55 Kick x 100 on 2:00 Kick x 100 on 1:45 Kick x 100 on 2:00 Kick x 100 on 1:45 Kick x 100 on 1:45 Kick x 100 on 1:35 Kick x 100 on 1:35 Kick x 100 on 1:35 Kick x 100 on 1:30 Kick x 100 on 1:30 Freestyle x 25 on :30 Freestyle x 25 on :25 Freestyle x 25 on :10 Freestyle x 25 on :10 Freestyle x 25 on :00 Freestyle x 50 on :00 Freestyle x 100 on 3:00 Freestyle x 50 on :00 Backstroke x 100 on 3:00 Freestyle x 50 on :00 Butterfly x 100 on 3:00 Freestyle x 100 on 3:00 Freestyle	REC SP3 EN1 EN1 EN1 EN2 EN2 EN2 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 REC SP2 REC REC	
Yards ===== 500 300 600	<pre>{1 x 75 on 1:30 Freestyle {1 x 200 on 3:35 Freestyle 1 x 150 on 3:00 Stroke Drills 1 on 10:00 Ice 7:04 AM 2,050 Yards - Stress Value = 40 Workout #3533 - Monday, 10 January 2005</pre>	EN2 ESY ESY ESY EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	S S I N WORF === I I S S S S S S S S S S S S S S S S	1,000 600	1	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free ith underwater trns x 25 on :30 12.5 ez 12.5 fast x 100 on 2:00 Kick x 100 on 1:55 Kick x 100 on 2:00 Kick x 100 on 1:50 Kick x 100 on 2:00 Kick x 100 on 2:00 Kick x 100 on 2:00 Kick x 100 on 1:45 Kick x 100 on 2:00 Kick x 100 on 1:45 Kick x 100 on 2:00 Kick x 100 on 1:35 Kick x 100 on 1:35 Kick x 100 on 1:30 Kick x 100 on 1:30 Freestyle x 25 on :25 Freestyle x 25 on :15 Freestyle x 25 on :00 Freestyle x 50 on 1:00 Freestyle x 50 on :00 Freestyle x 50 on :00 Backstroke x 100 on 3:00 Freestyle x 50 on :00 Butterfly x 100 on 3:00 Freestyle	REC SP3 EN1 EN1 EN1 EN2 EN2 EN2 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 REC SP2 REC REC	
Yards ===== 500 300 600	<pre>{1 x 75 on 1:30 Freestyle {1 x 200 on 3:35 Freestyle 1 x 150 on 3:00 Stroke Drills 1 on 10:00 Ice 7:04 AM 2,050 Yards - Stress Value = 40 Workout #3533 - Monday, 10 January 2005</pre>	EN2 EGY === REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	S S I I I S S S S S S S S S S S S S S S	1,000 600	1	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free ith underwater trns x 25 on :30 12.5 ez 12.5 fast x 100 on 2:00 Kick x 100 on 1:55 Kick x 100 on 2:00 Kick x 100 on 1:45 Kick x 100 on 2:00 Kick x 100 on 1:45 Kick x 100 on 1:45 Kick x 100 on 1:35 Kick x 100 on 1:35 Kick x 100 on 1:35 Kick x 100 on 1:30 Kick x 100 on 1:30 Freestyle x 25 on :30 Freestyle x 25 on :25 Freestyle x 25 on :10 Freestyle x 25 on :10 Freestyle x 25 on :00 Freestyle x 50 on :00 Freestyle x 100 on 3:00 Freestyle x 50 on :00 Backstroke x 100 on 3:00 Freestyle x 50 on :00 Butterfly x 100 on 3:00 Freestyle x 100 on 3:00 Freestyle	REC SP3 EN1 EN1 EN1 EN2 EN2 EN2 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 REC SP2 REC REC	
Yards ===== 500 300 600	<pre>{1 x 75 on 1:30 Freestyle {1 x 200 on 3:35 Freestyle 1 x 150 on 3:00 Stroke Drills 1 on 10:00 Ice 7:04 AM 2,050 Yards - Stress Value = 40 Workout #3533 - Monday, 10 January 2005</pre>	EN2 ESY ESY ESY EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	S S I N WORF === I I S S S S S S S S S S S S S S S S	1,000 600	1	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free ith underwater trns x 25 on :30 12.5 ez 12.5 fast x 100 on 2:00 Kick x 100 on 1:55 Kick x 100 on 2:00 Kick x 100 on 1:45 Kick x 100 on 2:00 Kick x 100 on 1:45 Kick x 100 on 1:45 Kick x 100 on 1:35 Kick x 100 on 1:35 Kick x 100 on 1:35 Kick x 100 on 1:30 Kick x 100 on 1:30 Freestyle x 25 on :30 Freestyle x 25 on :25 Freestyle x 25 on :10 Freestyle x 25 on :10 Freestyle x 25 on :00 Freestyle x 50 on :00 Freestyle x 100 on 3:00 Freestyle x 50 on :00 Backstroke x 100 on 3:00 Freestyle x 50 on :00 Butterfly x 100 on 3:00 Freestyle x 100 on 3:00 Freestyle	REC SP3 EN1 EN1 EN1 EN2 EN2 EN2 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 REC SP2 REC REC	
Yards ===== 500 300 600	<pre>{1 x 75 on 1:30 Freestyle {1 x 200 on 3:35 Freestyle 1 x 150 on 3:00 Stroke Drills 1 on 10:00 Ice 7:04 AM 2,050 Yards - Stress Value = 40 Workout #3533 - Monday, 10 January 2005</pre>	EN2 EGY === REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	S S I N WORF == I I S S S S S S S S S S S S S S S S	1,000 600	1	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free ith underwater trns x 25 on :30 12.5 ez 12.5 fast x 100 on 2:00 Kick x 100 on 1:55 Kick x 100 on 2:00 Kick x 100 on 1:45 Kick x 100 on 2:00 Kick x 100 on 1:45 Kick x 100 on 1:45 Kick x 100 on 1:35 Kick x 100 on 1:35 Kick x 100 on 1:35 Kick x 100 on 1:30 Kick x 100 on 1:30 Freestyle x 25 on :30 Freestyle x 25 on :25 Freestyle x 25 on :10 Freestyle x 25 on :10 Freestyle x 25 on :00 Freestyle x 50 on :00 Freestyle x 100 on 3:00 Freestyle x 50 on :00 Backstroke x 100 on 3:00 Freestyle x 50 on :00 Butterfly x 100 on 3:00 Freestyle x 100 on 3:00 Freestyle	REC SP3 EN1 EN1 EN1 EN2 EN2 EN2 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 REC SP2 REC REC	
Yards ===== 500 300 600	<pre>{1 x 75 on 1:30 Freestyle {1 x 200 on 3:35 Freestyle 1 x 150 on 3:00 Stroke Drills 1 on 10:00 Ice 7:04 AM 2,050 Yards - Stress Value = 40 Workout #3533 - Monday, 10 January 2005</pre>	EN2 EGY === REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	S S I I I S S S S S S S S S S S S S S S	1,000 600	1	on 33:00 Stomach and Stretch x 800 on 14:00 ALt 100's back/free ith underwater trns x 25 on :30 12.5 ez 12.5 fast x 100 on 2:00 Kick x 100 on 1:55 Kick x 100 on 2:00 Kick x 100 on 1:45 Kick x 100 on 2:00 Kick x 100 on 1:45 Kick x 100 on 1:45 Kick x 100 on 1:35 Kick x 100 on 1:35 Kick x 100 on 1:35 Kick x 100 on 1:30 Kick x 100 on 1:30 Freestyle x 25 on :30 Freestyle x 25 on :25 Freestyle x 25 on :10 Freestyle x 25 on :00 Freestyle x 50 on 1:00 Freestyle x 50 on :00 Backstroke x 100 on 3:00 Freestyle x 50 on :00 Butterfly x 100 on 3:00 Freestyle x 50 on :00 Stroke Drills	REC SP3 EN1 EN1 EN1 EN2 EN2 EN2 EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 REC SP2 REC REC	

	Workout #3543 - Tuesday, 11 January 2005 HighSchl - Boys 1 minute rest between sets			1,500 300	<pre>{4 x 25 on :30 Kick no board BSLR 10 x 150 on 2:15 Lngbstr pulls 3-5-7 12 x 25 on :30 Free 12.5y tuck spin</pre>	EN1	
Yards	3:30 PM Start Set Description	EGY			{3 x 200 on 2:35 Freestyle {3 x 200 on 2:30 Freestyle	EN2 EN2 EN2	
180	<pre>1 on 30:00 Stomach and Stretch 8x{1 x 50 on 1:00 Stroke Drills {1 x 50 on 1:00 Stroke Drills 12 x 15 on :45 Shooters 1x{1 x 125 on 2:30 Kick</pre>	REC REC SP3 EN1		250	`	EN2 REC	
	{1 x 125 on 2:25 Kick	EN1			Workout #3549 - Wednesday, 12 January 2005		
	{1 x 125 on 2:20 Kick	EN1			HighSchl - Backstroke		
	{1 x 125 on 2:15 Kick {1 x 125 on 2:10 Kick	EN1 EN1			1 minute rest between sets		
	{1 x 125 on 2:10 Kick	EN1			3:00 PM Start		
	1x{3 x 150 on 2:15 Pulls	EN1		Yards		EGY	WOF
	{2 x 150 on 2:10 Pulls {1 x 150 on 2:05 Pulls	EN1 EN1			1 on 20:00 Stomach and Stratch	===	===
600	6 x 100 on 1:30 1-3fr 4-6strk descen			800	1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:15 Freestyle	REC	
	2x{1 x 200 on 2:30 Freestyle	EN1			$\{1 \times 200 \text{ on } 3:10 \text{ Freestyle L.50 fast}$		
	$\{2 \times 100 \text{ on } 1:18 \text{ Freestyle} $ $\{4 \times 50 \text{ on } :40 \text{ Freestyle} \}$	EN1 EN1			{1 x 200 on 3:05 Freestyle L.100 fast		
	{8 x 25 on :20 Freestyle	EN2		180	{1 x 200 on 3:00 Freestyle L.150 fast 12 x 15 on :45 Shooters	SP3	
50	2 x 25 on :00 OTB	EN1		1,500	$3x{4 \times 25}$ on :40 Kick no board BSLR	EN2	
250	1 x 250 on 4:00 Stroke Drills 5:34 PM 5,130 Yards - Stress Value = 48	REC			`	REC EN2	
					•	REC	
	Workout #3547 - Wednesday, 12 January 2005				{4 x 25 on :30 Kick no board BSLR	EN2	
	HighSchl - Breast			1,500 250	3 - 2	EN1 EN1	
	1 minute rest between sets					EN2	
	3:00 PM Start				· · · · · · · · · · · · · · · · · · ·	EN2	
Yards	Set Description	EGY	WOF		•	EN2 EN2	
=====	1 22 22 22 23 24 24 24 24 24 24 24 24 24 24 24 24 24	===	===	250	•	REC	
	1 on 30:00 Stomach and Stretch 1x{1 x 200 on 3:15 Freestyle	REC			1 on 10:00 Ice		
	{1 x 200 on 3:10 Freestyle L.50 fast				5:34 PM 6,080 Yards - Stress Value = 84		
	{1 x 200 on 3:05 Freestyle L.100 fast				Workout #3545 - Wednesday, 12 January 2005		
180	{1 x 200 on 3:00 Freestyle L.150 fast 12 x 15 on :45 Shooters	ENZ SP3			HighSchl - Miguel Santos		
	$3x{4 \times 25}$ on :40 Kick no board BSLR	EN2			1 minute rest between sets		
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} $ $\{4 \times 25 \text{ on } :35 \text{ Kick no board BSLR} \}$	REC EN2					
	{1 x 100 on 1:30 Freestyle	REC		Yards	5:15 AM Start Set Description	EGY	WOF
	{4 x 25 on :30 Kick no board BSLR	EN2		=====	=======================================		
1,500 300	10 x 150 on 2:15 Lngbstr pulls 3-5-7 12 x 25 on :30 Free 12.5y tuck spin	EN1 EN1		0.00	1 on 5:00 Stretching	DEC	
	2x{4 x 50 on :55 Breast w/pd fins	EN2		800	1x{1 x 200 on 3:00 Freestyle {1 x 200 on 3:00 Freestyle L.50 fast	REC EN1	
	{4 x 50 on :50 Breast w/pd fins	EN2			{1 x 200 on 3:00 Freestyle L.100 fast	EN1	
	$\{4 \times 50 \text{ on } : 45 \text{ Breast w/pd fins} \}$	EN2 REC		400	{1 x 200 on 3:00 Freestyle L.150 fast 16 x 25 on :30 12.5 ez 12.5 fast	EN2 SP3	
250				400	10 X 25 OH .50 12.5 EZ 12.5 1850		
200	1 x 250 on 4:00 Stroke Drills	REC		450	9 x 50 on 1:00 Kick descend in 3's	EN2	
200	1 on 10:00 Ice	REC			1x{2 x 250 on 3:05 Freestyle	EN2	
230		REC			1x{2 x 250 on 3:05 Freestyle {1 x 100 on 1:20 Freestyle	EN2 EN2	
230	1 on 10:00 Ice	REC			1x{2 x 250 on 3:05 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle	EN2	
250	1 on 10:00 Ice 5:34 PM 5,930 Yards - Stress Value = 77	REC			1x{2 x 250 on 3:05 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {2 x 250 on 3:00 Freestyle	EN2 EN2 EN2 EN2 EN2	
250	1 on 10:00 Ice 5:34 PM 5,930 Yards - Stress Value = 77 Workout #3546 - Wednesday, 12 January 2005	REC			1x{2 x 250 on 3:05 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {2 x 250 on 3:00 Freestyle {1 x 100 on 1:20 Freestyle	EN2 EN2 EN2 EN2 EN2 EN2	
250	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	REC			1x{2 x 250 on 3:05 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {2 x 250 on 3:00 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle	EN2 EN2 EN2 EN2 EN2	
Yards	<pre>1 on 10:00 Ice 5:34 PM 5,930 Yards - Stress Value = 77 Workout #3546 - Wednesday, 12 January 2005</pre>	REC	WOF		1x{2 x 250 on 3:05 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {2 x 250 on 3:00 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {2 x 250 on 2:55 Freestyle	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
	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 3:00 PM Start Set Description ====================================	EGY			1x{2 x 250 on 3:05 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {2 x 250 on 3:00 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {2 x 250 on 2:55 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:20 Freestyle	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
Yards	<pre>1 on 10:00 Ice 5:34 PM 5,930 Yards - Stress Value = 77 Workout #3546 - Wednesday, 12 January 2005</pre>	EGY		2,400	1x{2 x 250 on 3:05 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {2 x 250 on 3:00 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {2 x 250 on 2:55 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {1 x 100 on 1:10 Freestyle	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
Yards	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 3:00 PM Start Set Description ====================================	EGY === REC			1x{2 x 250 on 3:05 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {2 x 250 on 3:00 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {2 x 250 on 2:55 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {1 x 400 on 7:00 Stroke Drills	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
Yards	<pre>1 on 10:00 Ice 5:34 PM 5,930 Yards - Stress Value = 77 Workout #3546 - Wednesday, 12 January 2005</pre>	EGY === REC EN1 EN2		2,400	1x{2 x 250 on 3:05 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {2 x 250 on 3:00 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {2 x 250 on 2:55 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {1 x 100 on 1:10 Freestyle	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
Yards =====	<pre>1 on 10:00 Ice 5:34 PM 5,930 Yards - Stress Value = 77 Workout #3546 - Wednesday, 12 January 2005</pre>	EGY === REC EN1 EN2 EN2		2,400	1x{2 x 250 on 3:05 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {2 x 250 on 3:00 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {2 x 250 on 2:55 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {1 x 400 on 7:00 Stroke Drills	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
Yards	<pre>1 on 10:00 Ice 5:34 PM 5,930 Yards - Stress Value = 77 Workout #3546 - Wednesday, 12 January 2005</pre>	EGY === REC EN1 EN2		2,400	1x{2 x 250 on 3:05 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {2 x 250 on 3:00 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {2 x 250 on 2:55 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {1 x 400 on 7:00 Stroke Drills	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	
Yards =====	<pre>1 on 10:00 Ice 5:34 PM 5,930 Yards - Stress Value = 77 Workout #3546 - Wednesday, 12 January 2005</pre>	EGY === REC EN1 EN2 EN2 SP3		2,400	1x{2 x 250 on 3:05 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {2 x 250 on 3:00 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {2 x 250 on 2:55 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:15 Freestyle {1 x 400 on 7:00 Stroke Drills	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	

Workout #3548 - Wednesday, 12 January 2005 HighSchl - Sprint 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
800	$1x\{1 \times 200 \text{ on } 3:15 \text{ Freestyle}$	REC	
	$\{1 \times 200 \text{ on } 3:10 \text{ Freestyle L.50 fast}$	EN1	
	$\{1 \times 200 \text{ on } 3:05 \text{ Freestyle L.} 100 \text{ fast}$	EN2	
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.150 fast}$	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	
	$\{4 \times 25 \text{ on :} 35 \text{ Kick no board BSLR}$	EN2	
	{1 x 100 on 1:30 Freestyle	REC	
	$\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}$	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	$10x\{1 \times 50 \text{ on } : 45 \text{ Freestyle}$	EN2	
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle}$	EN2	
	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	
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

	6:00 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Under water trn dril	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{4 x 150 on 3:00 Kick	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	12×50 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

	3:00 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Under water trn dril	REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	1x{4 x 150 on 3:00 Kick 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

	3:00 PM Start		
Yards	Set Description	EGY	WC
		===	==
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Under water trn dril	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 150 on 3:00 Kick	EN1	
	{2 x 100 on 2:00 Kick	EN1	
	{2 x 50 on 1:00 Kick	EN1	
	1x{1 x 500 on 6:45 Pulls	EN1	
	{1 x 500 on 6:30 Pulls	EN1	
	{1 x 500 on 6:15 Pulls	EN1	
600	12×50 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

Varde	3:00 PM Start Set Description	EGY	M
=====	=======================================	===	==
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 13:00 Under water trn dril	REC	
	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	12×50 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

Workout #3559 - Saturday, 15 January 2005 HighSchl - Platinum 1 minute rest between sets

	5:30 AM Start				1 minute rest between sets		
Yards	Set Description	FCV	WORK S				
=====	======================================				7:00 AM Start		
				Yards	1 1 1		WORK
400	1 on 40:00 Weights and Stretch	TD N T 1		=====	=======================================	===	====
400	1 x 400 on 6:00 Free L.25 of each	ENI	S		1 on 30:00 Stomach and Stretch		L
	100 use a 6 beat kic	_			$1x{3 \times 100 \text{ on } 2:00 \text{ Stroke Drills}}$	REC	D
300	12 x 25 on :30 12.5 ez 12.5 fast		S		$\{4 \times 75 \text{ on } 1:25 \text{ Stroke Drills}$	REC	D
	$5x{1 x 25 on :30 Freestyle}$	REC	S		$\{5 \times 50 \text{ on } :55 \text{ Stroke Drills}$	REC	D
	$\{1 \times 25 \text{ on } : 40 \text{ Freestyle} \}$	SP2	S	180	12 x 15 on :45 Shooters	SP3	S
	$\{1 \times 25 \text{ on } :50 \text{ Freestyle} \}$	SP2	S		$2x{12 \times 25 \text{ on } :30 \text{ Kick no board BSLR}}$	EN1	K
	$\{1 \times 25 \text{ on } 1:00 \text{ Freestyle}$	SP2	S		{1 x 100 on 2:00 Kick	EN1	K
	$\{1 \times 100 \text{ on } 2:00 \text{ Stroke Drills}$	REC	D (1 x 100 on 1:45 Kick	EN2	K
250	1 x 250 on 4:00 Stroke Drills	REC	D		{1 x 100 on 1:30 Kick	EN2	K
	1 on 10:00 Ice		M		1x{3 x 125 on 1:40 Pulls	EN1	P
	7:04 AM 1,950 Yards - Stress Value =	46			{3 x 50 on :45 Pulls 6 breaths	EN2	P
					{2 x 125 on 1:35 Pulls	EN1	P
	Workent #2555 Enider, 14 January, 2005				{3 x 50 on :45 Pulls 5 breaths	EN2	P
	Workout #3555 - Friday, 14 January 2005				{1 x 125 on 1:30 Pulls	EN2	P
	HighSchl - All				•		P P
	1 minute rest between sets			450	{3 x 50 on :45 Pulls 4 breaths	EN2	
				450	2		S
	3:00 PM Start				1x{1 x 300 on 3:15 Freestyle	EN2	S
Yards	Set Description	EGY	WORK S		{3 x 50 on :50 Your Stroke	EN1	S
	=======================================				{2 x 250 on 2:45 Freestyle	EN2	S
	1 on 15:00 Stretching		L I		{3 x 50 on :50 Your Stroke	EN1	S
600	1 x 600 on 11:00 Reverse IM drill	REC	D		{3 x 200 on 2:10 Freestyle	EN2	S
	12 x 15 on :45 Shooters	SP3	S S		{3 x 50 on :50 Your Stroke	EN1	S
	10 x 50 on 1:00 Kick-des in 3's hold				$\{4 \times 150 \text{ on } 1:40 \text{ Freestyle}$	EN2	S
300		ENZ	K	250	1 x 250 on 4:00 Stroke Drills	REC	D
F 0 0	#10 as fast as #9	1	_		1 on 10:00 Ice		L
	10 x 50 on :50 Pulls-nbbf&w + 2 yds	EN1	P		9:33 AM 6,580 Yards - Stress Value =	90	
300	12 x 25 on :30 IM order-build	EN1	S				
	1 on 20:00 Killer Relays	SP1	S		Workout #3559 Saturday 15 January 2005		
1,000	10 x 100 on 1:45 Stroke Drills	REC	D		Workout #3558 - Saturday, 15 January 2005		
	1 on 5:00 Run the Gauntlet!!!!	EN1	SE		HighSchl - Gold		
	1 on 10:00 Ice		M		1 minute rest between sets		
	4:57 PM 3,080 Yards - Stress Value =	25					
	1.57 IM 5,000 Tards Deress varie	20					
	1.57 IN 5,000 laids beless value	20			7:00 AM Start		
		20		Yards		EGY	WORK
	Workout #3556 - Saturday, 15 January 2005	20		Yards			
	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos	23			Set Description		
	Workout #3556 - Saturday, 15 January 2005	20			Set Description 1 on 30:00 Stomach and Stretch	===	==== L
	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos	20			Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills	=== REC	==== L D
	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos	20			Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills {4 x 75 on 1:25 Stroke Drills	=== REC REC	L D D
Yards	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets		y Work	=====	Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills {4 x 75 on 1:25 Stroke Drills {5 x 50 on :55 Stroke Drills	REC REC REC	L D D
Yards =====	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start	EG!			Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills {4 x 75 on 1:25 Stroke Drills {5 x 50 on :55 Stroke Drills 12 x 15 on :45 Shooters	REC REC REC SP3	EEEE L D D D D S
	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description	EG!		=====	Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills {4 x 75 on 1:25 Stroke Drills {5 x 50 on :55 Stroke Drills 12 x 15 on :45 Shooters 2x{12 x 25 on :30 Kick no board BSLR	REC REC REC SP3 EN1	L D D D S K
=====	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description	EGY = ===	= ====	=====	Set Description	REC REC REC SP3 EN1 EN1	L D D D S K
=====	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description	EGY = ===	= ==== L C D	=====	Set Description	REC REC REC SP3 EN1 EN1	E E E E E E E E E E E E E E E E E E E
=====	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills	EGY = === REC	E ==== L C D C D	=====	Set Description	REC REC REC SP3 EN1 EN1 EN2 EN2	==== L D D D S K K K
=====	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills {4 x 75 on 1:25 Stroke Drills	EGY = === REC REC	L D D D D	=====	Set Description	REC REC REC SP3 EN1 EN1 EN2 EN2 EN2	==== L D D D S K K K K
850 180	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills {4 x 75 on 1:25 Stroke Drills {5 x 50 on :55 Stroke Drills	EGY = ==== REC REC SP3	E ==== L C D C D C D S S	=====	Set Description	REC REC SP3 EN1 EN2 EN2 EN1 EN2	==== L D D D S K K K K
850 180	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description	EGY = ==== REC REC SP3	L C D C D C D C D S S S K	=====	Set Description	REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN1	==== L D D D S K K K K P
850 180	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description	EGY REC REC REC SP3 EN1	L D D D D D D S S S K K K K K	=====	Set Description	REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN1	==== L D D S K K K K P P
850 180	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description	EGY REC REC SP3 EN1 EN1	L D D D D D D D D D D D D D D D D D D D	=====	Set Description	REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN1	==== L D D S K K K P P P
850 180 1,200	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description ====================================	EGY REC REC SP3 EN1 EN2 EN2	L D D D D D S S 1 K K 1 K K 2 K K	180	Set Description	REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2 EN2 EN2 EN2	==== L D D D S K K K K P P P P
850 180 1,200	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description	EGY REC REC SP3 EN1 EN1 EN2 EN2	L D D D D D D D D D D D D D D D D D D D	=====	Set Description	REC REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2 EN2 EN1	LDDDSKKKKKPPPPPS
850 180 1,200	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description	EGY REG REG REG EN1 EN1 EN2 EN2 EN2	L D D D D D D D D D D D D D D D D D D D	180	Set Description	REC REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN2 EN1 EN2 EN2	LDDDSKKKKPPPPSSS
850 180 1,200	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description	EGY REG REG SP3 EN1 EN1 EN2 EN2 EN2 EN2	L D D D D D D D D D D D D D D D D D D D	180	Set Description	REC REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	LDDDSKKKKPPPPSSSS
850 180 1,200	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos I minute rest between sets 5:00 AM Start Set Description	EGY REC REC SP3 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	L D D D D D D D D D D D D D D D D D D D	180	Set Description	REC REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN2 EN1 EN2 EN2	LDDDSKKKKPPPPSSS
850 180 1,200	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills 4 x 75 on 1:25 Stroke Drills 5 x 50 on :55 Stroke Drills 12 x 15 on :45 Shooters 2x{12 x 25 on :30 Kick no board BSLR 1 x 100 on 2:00 Kick 1 x 100 on 1:45 Kick 1 x 100 on 1:30 Kick 1 x 100 on 1:30 Kick 1x{3 x 125 on 1:40 Pulls 3 x 50 on :45 Pulls 6 breaths 2 x 125 on 1:35 Pulls 3 x 50 on :45 Pulls 5 breaths 1 x 125 on 1:30 Pulls	EGY REC REC SP3 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	LC DC DC D D S S 1 K 1 K 2 K 2 K 1 P 2 P 1 P 2 P 2 P	180	Set Description	REC REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	LDDDSKKKKPPPPSSSS
850 180 1,200	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills 4 x 75 on 1:25 Stroke Drills 5 x 50 on :55 Stroke Drills 12 x 15 on :45 Shooters 2x{12 x 25 on :30 Kick no board BSLR 1 x 100 on 2:00 Kick 1 x 100 on 1:45 Kick 1 x 100 on 1:30 Kick 1 x 100 on 1:30 Kick 1 x 125 on 1:40 Pulls 3 x 50 on :45 Pulls 6 breaths 2 x 125 on 1:35 Pulls 3 x 50 on :45 Pulls 5 breaths 1 x 125 on 1:30 Pulls 3 x 50 on :45 Pulls 4 breaths	EGY REC REC SPS EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	L D D D D D D D D D D D D D D D D D D D	180	Set Description	REC REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	L D D D S K K K K P P P P S S S S
### ##################################	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills {4 x 75 on 1:25 Stroke Drills {5 x 50 on :55 Stroke Drills 12 x 15 on :45 Shooters 2x{12 x 25 on :30 Kick no board BSLR {1 x 100 on 2:00 Kick {1 x 100 on 1:45 Kick {1 x 100 on 1:30 Kick 1 x 125 on 1:40 Pulls {3 x 50 on :45 Pulls 6 breaths {2 x 125 on 1:35 Pulls {3 x 50 on :45 Pulls 5 breaths {1 x 125 on 1:30 Pulls {3 x 50 on :45 Pulls 4 breaths 6 x 75 on 1:05 2bk-4bk-6bk by 25's	EGY REC REC SPS EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	L D D D D D D D D D D D D D D D D D D D	180	Set Description	REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1	L D D D S K K K K P P P P P S S S S S
### ##################################	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills {4 x 75 on 1:25 Stroke Drills {5 x 50 on :55 Stroke Drills 12 x 15 on :45 Shooters 2x{12 x 25 on :30 Kick no board BSLR {1 x 100 on 2:00 Kick {1 x 100 on 1:45 Kick {1 x 100 on 1:30 Kick 1 x 100 on 1:45 Fick {1 x 100 on 1:30 Fick 1 x 125 on 1:35 Pulls {3 x 50 on :45 Pulls 6 breaths {2 x 125 on 1:30 Pulls {3 x 50 on :45 Pulls 4 breaths 6 x 75 on 1:05 2bk-4bk-6bk by 25's 1x{1 x 300 on 3:30 Freestyle	EGY REC REC REC SP3 EN1	L D D D D D D D D D D D D D D D D D D D	180	Set Description	REC REC SP3 EN1 EN2 EN1	L D D D S K K K K P P P P P S S S S S S
### ##################################	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills 4 x 75 on 1:25 Stroke Drills 5 x 50 on :55 Stroke Drills 12 x 15 on :45 Shooters 2x{12 x 25 on :30 Kick no board BSLR 1 x 100 on 2:00 Kick 1 x 100 on 1:45 Kick 1 x 100 on 1:30 Kick 1 x 100 on 1:30 Kick 1 x 100 on 1:30 Fick 1 x 125 on 1:35 Pulls 3 x 50 on :45 Pulls 6 breaths 2 x 125 on 1:35 Pulls 3 x 50 on :45 Pulls 5 breaths 1 x 125 on 1:30 Pulls 3 x 50 on :45 Pulls 4 breaths 6 x 75 on 1:05 2bk-4bk-6bk by 25's 1x{1 x 300 on 3:30 Freestyle 6 x 50 on :50 Backstroke	EGY REC REC SPS EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	L D D D D D D D D D D D D D D D D D D D	180	Set Description	REC REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2	L D D D S K K K K P P P P P P S S S S S S S S
### ##################################	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills 4 x 75 on 1:25 Stroke Drills 5 x 50 on :55 Stroke Drills 12 x 15 on :45 Shooters 2x{12 x 25 on :30 Kick no board BSLR 1 x 100 on 2:00 Kick 1 x 100 on 1:45 Kick 1 x 100 on 1:30 Kick 1 x 100 on 1:30 Kick 1 x 100 on 1:30 Fulls 3 x 50 on :45 Pulls 6 breaths 2 x 125 on 1:35 Pulls 3 x 50 on :45 Pulls 5 breaths 1 x 125 on 1:30 Pulls 3 x 50 on :45 Pulls 4 breaths 6 x 75 on 1:05 2bk-4bk-6bk by 25's 1x{1 x 300 on 3:30 Freestyle 6 x 50 on :50 Backstroke 2 x 250 on 2:55 Freestyle	EGY REC REC REC SP3 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	E ==== L C D C D C D S S S S S S S S S S S S S S S S S S S	180	Set Description	REC REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2	L D D D S K K K P P P P P P P S S S S S S S S
### ##################################	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description	EGY REC REC REC SP3 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	E = = = L C D D C D D 3 S S S S S S S S S S S S S S S S S S S	180	Set Description	REC REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2	TODDSKKKKPPPPPSSSSSD
### ##################################	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills 4 x 75 on 1:25 Stroke Drills 5 x 50 on :55 Stroke Drills 12 x 15 on :45 Shooters 2x{12 x 25 on :30 Kick no board BSLR 1 x 100 on 2:00 Kick 1 x 100 on 1:45 Kick 1 x 100 on 1:30 Kick 1 x 100 on 1:30 Kick 1 x 125 on 1:40 Pulls 3 x 50 on :45 Pulls 6 breaths 2 x 125 on 1:35 Pulls 3 x 50 on :45 Pulls 5 breaths 1 x 125 on 1:30 Pulls 3 x 50 on :45 Pulls 4 breaths 6 x 75 on 1:05 2bk-4bk-6bk by 25's 1x{1 x 300 on 3:30 Freestyle 6 x 50 on :50 Backstroke 2 x 250 on 2:55 Freestyle 5 x 50 on :50 Backstroke 3 x 200 on 2:20 Freestyle	EGY REC REC REC SP3 EN1 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	E = = = L C D C D S D S S S S S S S S S S S S S S S S	180	Set Description	REC REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2	TODDSKKKKPPPPPSSSSSD
### ##################################	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description	EGY REC REC REC SP3 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	E = = = L C D C D S D S S S S S S S S S S S S S S S S	180	Set Description	REC REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2	TODDSKKKKPPPPPSSSSSD
### ##################################	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills 4 x 75 on 1:25 Stroke Drills 5 x 50 on :55 Stroke Drills 12 x 15 on :45 Shooters 2x{12 x 25 on :30 Kick no board BSLR 1 x 100 on 2:00 Kick 1 x 100 on 1:45 Kick 1 x 100 on 1:30 Kick 1 x 100 on 1:30 Kick 1 x 125 on 1:40 Pulls 3 x 50 on :45 Pulls 6 breaths 2 x 125 on 1:35 Pulls 3 x 50 on :45 Pulls 5 breaths 1 x 125 on 1:30 Pulls 3 x 50 on :45 Pulls 4 breaths 6 x 75 on 1:05 2bk-4bk-6bk by 25's 1x{1 x 300 on 3:30 Freestyle 6 x 50 on :50 Backstroke 2 x 250 on 2:55 Freestyle 5 x 50 on :50 Backstroke 3 x 200 on 2:20 Freestyle	EGY REC	E = = = L D D D D D D D D D D D D D D D D D D D	180	Set Description	REC REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2	TODDSKKKKPPPPPSSSSSD
### ##################################	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 1x{3 x 100 on 2:00 Stroke Drills 4 x 75 on 1:25 Stroke Drills 5 x 50 on :55 Stroke Drills 12 x 15 on :45 Shooters 2x{12 x 25 on :30 Kick no board BSLR 1 x 100 on 2:00 Kick 1 x 100 on 1:45 Kick 1 x 100 on 1:30 Kick 1 x 100 on 1:30 Kick 1 x 125 on 1:40 Pulls 3 x 50 on :45 Pulls 6 breaths 2 x 125 on 1:35 Pulls 3 x 50 on :45 Pulls 5 breaths 1 x 125 on 1:30 Pulls 3 x 50 on :45 Pulls 4 breaths 6 x 75 on 1:05 2bk-4bk-6bk by 25's 1x{1 x 300 on 3:30 Freestyle 6 x 50 on :50 Backstroke 2 x 250 on 2:55 Freestyle 5 x 50 on :50 Backstroke	EGY RECRECTED SPS RECRECTED SP	E = = = L D D D D D D D D D D D D D D D D D D D	180	Set Description	REC REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2	TODDSKKKKPPPPPSSSSSD
### ##################################	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description	EGY REC	E = = = L D D D D D D D D D D D D D D D D D D D	180	Set Description	REC REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2	TODDSKKKKPPPPPSSSSSD
180 1,200 1,200 450 2,900	Workout #3556 - Saturday, 15 January 2005 Group 3 - Miguel Santos 1 minute rest between sets 5:00 AM Start Set Description	EGY REC REC REC SP3 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	E = = = L D D D D D D D D D D D D D D D D D D D	180	Set Description	REC REC REC SP3 EN1 EN2 EN2 EN1 EN2 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2	TODDSKKKKPPPPPSSSSSD

Workout #3557 - Saturday, 15 January 2005 HighSchl - Silver 1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		L
	1x{3 x 100 on 2:00 Stroke Drills	REC	D
	$\{4 \times 75 \text{ on } 1:25 \text{ Stroke Drills}$	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
	$\{1 \times 50 \text{ on } :50 \text{ Pulls 6 breaths}$	EN2	P
	{2 x 125 on 2:00 Pulls	EN1	P
	$\{1 \times 50 \text{ on } :50 \text{ Pulls 5 breaths}$	EN2	P
	{1 x 125 on 1:55 Pulls	EN2	P
	$\{1 \times 50 \text{ on } :50 \text{ Pulls } 4 \text{ breaths}$	EN2	
300	4 x 75 on 1:15 2bk-4bk-6bk by 25's	EN1	
	$1x{3 x 50 on :55 Your Stroke}$	EN1	
	{2 x 250 on 3:45 Freestyle	EN2	
		EN1	
	{3 x 200 on 3:00 Freestyle	EN2	
		EN1	
	`	EN2	
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

	7:00 AM Start Set Description		WORK
=====	1 on 30:00 Stomach and Stretch	===	==== L
		REC	
	•	REC	
		REC	
180	•	SP3	
100	1x{8 x 25 on :50 Kick no board BSLR		
	{1 x 100 on 2:30 Kick	EN1	
	{1 x 100 on 2:20 Kick	EN2	K
	· ·	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
	$\{1 \times 50 \text{ on } :50 \text{ Pulls}$	EN2	P
	$\{1 \times 100 \text{ on } 1:55 \text{ Pulls}$	EN2	P
	$\{1 \times 50 \text{ on } :50 \text{ Pulls}$	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 = 6	58	

Workout #3565 - Monday, 17 January 2005 Group 3 - Miguel Santos 1 minute rest between sets

9:00 AM Start

Yards Set Description EGY WOF

	1 on 30:00 Physio Balls/Stretch	
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC
180	12 x 15 on :45 Shooters	SP3
	$1x{4 \times 75}$ 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
	$\{2 \times 175 \text{ on } 2:15 \text{ Pull no br L.7 yds}$	EN1
	$\{2 \times 175 \text{ on } 2:10 \text{ Pull no br L.9 yds}$	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
	$\{6 \times 50 \text{ on } : 45 \text{ Free-des. } \#1-2 \text{ 2bk} \}$	EN2
	{ #3-4 4bk #5-6 6bk	
	{ hold all under :32	
	{1 x 100 on 1:30 Freestyle	REC
300		REC
	1 on 10:00 Ice	
	11:29 AM 6,230 Yards - Stress Value = 84	1
	11.25 In 0,250 Idias Sciess value - 0-	1

Workout #3567 - Monday, 17 January 2005 HighSchl - Breast 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 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	
	$\{3 \times 25 \text{ on } : 40 \text{ Brst fast TO w/frkck}\}$	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	7:00 AM Start Set Description	EGY	WOF
	1 on 35:00 Weights and Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
	12 x 15 on :45 Shooters	SP3	
	$1x\{4 \times 75 \text{ on } 1:30 \text{ Kick no board BSLR}$	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	
	$\{2 \times 175 \text{ on } 2:15 \text{ Pull no br L.7 yds}$	EN1	
	$\{2 \times 175 \text{ on } 2:10 \text{ Pull no br L.9 yds}$	EN2	
300	4×75 on 1:10 IM w/out your choice	EN1	
	$5x{1 x 200 on 3:00 Free hold under 2:05}$	EN2	
	$\{6 \times 50 \text{ on } : 45 \text{ Free-des. } \#1-2 2bk$	EN2	
	{ #3-4 4bk #5-6 6bk		
	{ hold all under :30		
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$	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	3:00 PM Start Set Description	EGY	WOF
======	======================================	===	===
	1 on 30:00 Physio Balls/Stretch		
600	-	DEC	
300	1		
400			
600	12×50 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	-	REC	
200	1 on 10:00 Ice		
	5:01 PM 5,000 Yards - Stress Value = 75		

Workout #3563 - Monday, 17 January 2005 HighSchl - Fly

1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	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	
1,200	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	
	$\{2 \times 175 \text{ on } 2:25 \text{ Pull no br L.7 yds}$	EN1	
	$\{2 \times 175 \text{ on } 2:20 \text{ Pull no br L.9 yds}$	EN2	
	$\{2 \times 175 \text{ on } 2:15 \text{ Pull no br L.11 yds}$	EN1	
300	4×75 on 1:10 IM w/out the fly	EN1	
1,600	$1x{4 x 100 on 1:25 3 strks fly off wall}$	EN2	
	$\{4 \times 100 \text{ on } 1:30 \text{ 4 strks fly off wall}$	EN2	
	$\{4 \times 100 \text{ on } 1:35 \text{ 5 strks fly off wall}$	EN2	
	$\{4 \times 100 \text{ on } 1:40 \text{ 6 strks fly off wall}$	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:30 AM 5,780 Yards - Stress Value = 73		

Workout #3566 - Monday, 17 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		
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	
1,600	$8x{8 \times 25 \text{ on :} 25 \text{ Butterfly}}$	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

1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WOF
=====		= ===	===
	1 on 35:00 Weights and Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swir	n REC	
180	12 x 15 on :45 Shooters	SP3	
1,000	$2x{4 x 75 on 1:45 Kick no board BSLR}$	EN1	
	{ 10-11-12 ukow		
	{2 x 100 on 2:10 Kick 25fr 50 br 25fr	r EN1	
1,200	$1x{2 x 150 on 2:30 Pull no br L.5 yds}$	EN1	
	$\{2 \times 150 \text{ on } 2:25 \text{ Pull no br L.7 yds}$	EN1	
	$\{2 \times 150 \text{ on } 2:20 \text{ Pull no br L.9 yds}$	EN2	
	$\{2 \times 150 \text{ on } 2:15 \text{ Pull no br L.11 yds}$	EN1	
300	4×75 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 = 60	5	
	XX 1		

Workout #3562 - Monday, 17 January 2005 HighSchl - Sprint 1 minute rest between sets

Yards	7:00 AM Start Set Description	EGY WOF
=====		=== ===
	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
1,200	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
	$\{2 \times 175 \text{ on } 2:25 \text{ Pull no br L.7 yds}$	EN1
	$\{2 \times 175 \text{ on } 2:20 \text{ Pull no br L.9 yds}$	EN2
	$\{2 \times 175 \text{ on } 2:15 \text{ Pull no br L.11 yds}$	EN1
300	4×75 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	
	9:31 AM 5,630 Yards - Stress Value = 71	

Workout #3568 - Monday, 17 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		
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	
	$\{1 \times 50 \text{ on } : 45 \text{ Free 6bk, 5brths} \}$	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		

Workout #3570 - Tuesday, 18 January 2005 HighSchl - All 1 minute rest between sets

	5:30	AM	Start				
Yards	Se	et I	Description	EGY	WORK	STF	
=====	==			===	====	===	
	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 StrthCrdz-PA-Dep/Shl	SP3	S	FF	
	{ 1	on	10:00 12X25@45 fins/fstglv	SP3	S	STF	
	{ 1	on	10:00 12X25@45 undwtr w/fn	SP3	K	FLY	
	{ 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 #3571 - Tuesday, 18 January 2005 HighSchl - Miguel Santos 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WO
=====	=======================================	===	==:
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	3×100 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 #3572 - Wednesday, 19 January 2005 Group 3 - Miguel Santos 1 minute rest between sets

	=======================================	===	===
Yards	Set Description	EGY	WOE
	5:15 AM Start		

	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	
	{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	
	$\{1 \times 300 \text{ on } 4:00 \text{ Lungbuster pulls}$	EN1
	{ br 5-6-7 by 100's	
	$1x{4 x 125 on 1:40 Freestyle}$	EN2
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$	REC
	{4 x 125 on 1:35 Freestyle	EN2
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$	REC
	{4 x 125 on 1:30 Freestyle	EN2
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	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 #3577 - Wednesday, 19 January 2005 Group 3 - Miguel Santos 1 minute rest between sets

Yards	5:00 PM Start Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
	$1x\{1 \times 200 \text{ on } 3:00 \text{ Freestyle}$	EN1	
	{1 x 200 on 2:55 Freestyle L. 50 fast	EN1	
	$\{1 \times 200 \text{ on } 2:50 \text{ Freestyle L.} 100 \text{ fast} \}$	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	
	$\{5 \times 50 \text{ on } : 40 \text{ Free last one } 100\%$	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 #3576 - Wednesday, 19 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	$1x{1 x 200 on 3:00 Freestyle}$	EN1	
	$\{1 \times 200 \text{ on } 2:55 \text{ Freestyle L. } 50 \text{ fast} \}$	EN1	
	$\{1 \times 200 \text{ on } 2:50 \text{ Freestyle L.} 100 \text{ fast}$	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	
	$\{1 \times 150 \text{ on } 2:15 \text{ IM w/out breast}$	EN1	
	$\{4 \times 75 \text{ on } 1\text{:}15 \text{ Breaststroke}$	EN2	
	$\{1 \times 150 \text{ on } 2:15 \text{ IM w/out breast}$	EN1	
	$\{4 \times 75 \text{ on } 1:10 \text{ Breaststroke} \}$	EN2	
	$\{1 \times 150 \text{ on } 2:15 \text{ IM w/out breast}$	EN1	
	$\{4 \times 75 \text{ on } 1:05 \text{ Breaststroke} \}$	EN2	
	$\{1 \times 150 \text{ on } 2:15 \text{ IM w/out breast}$	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

	3:00	PM St	tart						
Yards	Se	et Desc	crip	tion				EGY	WOF
=====	==			====			====	===	===
	1	on 40	00:	Weigh	nts and Str	retch			
	1x{1	x 200	on 3	3:00	Freestyle			EN1	
	{ 1	x 200	on 2	2:55	Freestyle	L. 50	fast	EN1	
	{ 1	x 200	on 2	2:50	Freestyle	L.100	fast	EN2	
180	12	2 x 15	on	:45 8	Shooters			SP3	
	1x{8	x 50 d	on 1	:00 F	Kick no boa	ard BSL	R	EN1	
	{ 6	x 100	on 2	2:00	Kick			EN1	
1,200	4	x 300	on 4	4:15	Lungbuster	pulls		EN1	
300	12	2 x 25	on	:30 I	Free 12.5y	tuck s	pin	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	4:05	Freestyle			EN1	
	{ 2	x 100	on :	1:10	Freestyle			EN2	
	{ 1	x 200	on 2	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	4:00	Stroke Dri	lls		REC	
	1	on 10	:00	Ice					
	5:34	PM 6,0	030 :	Yards	s - Stress	Value	= 75		

Workout #3575 - Wednesday, 19 January 2005 HighSchl - Backstroke 1 minute rest between sets

3:00 PM Start

3.00 FM Start	
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
$\{1 \times 200 \text{ on } 2:50 \text{ Freestyle L.100 fast}$	EN2
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
4 x 300 on 4:15 Lungbuster pulls	EN1
12 x 25 on :30 Free 12.5y tuck spin	EN1
	Set Description 1 on 40:00 Weights and Stretch 1x{1 x 200 on 3:00 Freestyle {1 x 200 on 2:55 Freestyle L. 50 fast {1 x 200 on 2:50 Freestyle L.100 fast 12 x 15 on :45 Shooters 1x{8 x 50 on 1:00 Kick no board BSLR {6 x 100 on 2:00 Kick 4 x 300 on 4:15 Lungbuster pulls

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

Varde	3:00 PM Start Set Description	EGY WOF
Talus		EGI WOF
	1 on 40.00 Wajahta and Stratch	
600	1 on 40:00 Weights and Stretch	DNI1
600		EN1
	{1 x 200 on 2:55 Freestyle L. 50 fast	
	{1 x 200 on 2:50 Freestyle L.100 fast	
	12 x 15 on :45 Shooters	SP3
1,000	$1x\{8 \times 50 \text{ on } 1:00 \text{ Kick no board BSLR}$	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
	•	EN1
	•	EN1
	{7 x 50 on :40 Free last one 100&	EN1
250	•	REC
250	1 on 10:00 Ice	11110
	5:33 PM 5,730 Yards - Stress Value = 62	

Workout #3580 - Thursday, 20 January 2005 Group 3 - Miguel Santos 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
400	1 x 400 on 7:00 Underwater turn dril	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	
	$1x\{2 \times 125 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	
	$\{2 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1	
	$\{2 \times 125 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN2	
200	8 x 25 on :30 IM order-build	SP3	
	1x{1 x 150 on 2:15 Backstroke	EN2	
	$\{4 \times 75 \text{ on } 1:15 \text{ Back } 15\text{mTO-1arm dr}$	EN1	
	{2 x 150 on 2:10 Backstroke	EN2	
	$\{4 \times 75 \text{ on } 1:15 \text{ Back } 15\text{mTO-1arm dr}$	EN1	
	{3 x 150 on 2:05 Backstroke	EN2	
	{4 x 75 on 1:15 Back 15mTO-1arm 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

	3:00 PM Start								
Yards	Set Description	EGY WC							
	=======================================								
	1 on 30:00 Stomach and Stretch								
800	1 x 800 on 12:00 Underwater turn dril	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							
	$\{2 \times 50 \text{ on } 1:00 \text{ Kick no brd on back}$	EN1							
	$\{2 \times 125 \text{ on } 2:10 \text{ Breast w/pd fins} \}$	EN2							
	{2 x 50 on 1:00 Kick no brd on back	EN1							
	$\{1 \times 150 \text{ on } 2:35 \text{ Breast w/pd fins} \}$	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	3:00 PM Start Set Description	EGY	WC
=====	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Underwater turn dril	REC	
180	12 x 15 on :45 Shooters	SP3	
	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	
	$1x{4 x 125 on 1:50 Pulls-nbbf&w + 2 yds}$	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	
	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	2111	
250	1 x 250 on 4:00 Stroke Drills	REC	
230		KEC	
	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

		PM S						EGI	T-7-0
Yards	Se	t Des	crı	otion				EGY	WC
=====	==	=====	====					===	==
	1	on 30	:00	Stoma	ach and Stret	ch			
800	1	x 800	on	12:00) Underwater	turn	dril	REC	
180	12	x 15	on	:45 8	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&v	v + 2	yds	EN1	
	{ 3	x 125	on	1:45	Pulls-nbbf&v	v + 2	yds	EN1	
	{ 3	x 125	on	1:40	Pulls-nbbf&v	v + 2	yds	EN2	

300	1.2	x 25 on :30 12.5 ez 12.5 fast SI	23
2,700	2x{3	x 100 on 1:15 3 strks fly off wall EN	12
	{ 3	x 50 on :45 Freestyle RE	ΞC
	{ 3	x 100 on 1:20 4 strks fly off wall EN	12
	{ 3	x 50 on :45 Freestyle RE	ΞC
	{ 3	x 100 on 1:25 5 strks fly off wall EN	12
	{ 3	x 50 on :45 Freestyle RE	ΞC
250	1	x 250 on 4:00 Stroke Drills RE	ΞC
	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

	3:00 PM Start		
Yards	Set Description	EGY	M(
=====	=======================================	===	=:
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Underwater turn dril	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	
	${3 \times 125 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$	EN1	
	${3 \times 125 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$	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 15mTO-1arm dr	EN1	
	{2 x 150 on 2:00 Backstroke	EN2	
	$\{4 \times 75 \text{ on } 1:15 \text{ Back } 15\text{mTO-1arm dr}$	EN1	
	{3 x 150 on 1:55 Backstroke	EN2	
	{4 x 75 on 1:15 Back 15mTO-1arm dr	EN1	
	{4 x 150 on 1:50 Backstroke	EN2	
	$\{4 \times 75 \text{ on } 1:15 \text{ Back } 15\text{mTO-1arm dr}$	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

	5:30 AM	Start			
Yards	Set	Description	EGY	WORK	STF
=====	====	===	====	===	
	1 or	10:00 Stretching		L	DRY
	1 or	5:00 Freestyle	REC	S	FF
	1x{1 or	10:00 Vrtcl Kck w/out zmmr	SP3	K	FF
	{1 or	10:00 Running Pit Sprints	SP3	S	FF
	{1 or	10:00 StrthCrdz-shllw-deep	SP3	S	FF
	{1 or	10:00 12X25@45 chts/pb/pdl	SP3	S	STF
	{1 or	10:00 12X25@45 undrwtr fly	SP3	K	FLY
	{ wit	hout fins			
	{1 or	10:00 OTB 15m sprints	SP3	S	STF
	1 or	5:00 Freestyle	REC	S	CI
	1 or	10:00 Ice		M	
	7:00 AN	0 Yards			

Workout #3584 - Friday, 21 January 2005 Group 3 - Miguel Santos 1 minute rest between sets

Yards		et	Desc	_	ption		EGY	
					Streto			
400						Reverse IM drill	REC	
300						L2.5 ez 12.5 fast	SP3	
600) Kick L.25 of each100		
000					print	THER E.25 OF Edelifor	LIVE	
						Freestyle	EN1	
						Freestyle	EN1	
						Freestyle	EN1	
	-					Freestyle	EN1	
	-					Freestyle	EN1	
	{ 1	х	100	on	1:25	Freestyle	EN1	
	{ 1	Х	100	on	1:24	Freestyle	EN1	
	{ 1	Х	100	on	1:23	Freestyle	EN1	
	{ 1	Х	100	on	1:22	Freestyle	EN1	
	{ 1	Х	100	on	1:21	Freestyle	EN1	
	{ 1	Х	100	on	1:20	Freestyle	EN2	
	{ 1	Х	100	on	1:19	Freestyle	EN2	
	{ 1	Х	100	on	1:18	Freestyle	EN2	
	{ 1	Х	100	on	1:17	Freestyle	EN2	
	{ 1	Х	100	on	1:16	Freestyle	EN2	
	{ 1	Х	100	on	1:15	Freestyle	EN2	
	{ 1	Х				Freestyle	EN2	
	{ 1					Freestyle	EN2	
						Freestyle	EN2	
						Freestyle	EN2	
						Freestyle	EN2	
						Freestyle	EN2	
						Freestyle	EN2	
	,					Freestyle	EN2	
						Freestyle	EN2	
400	8					Stroke Drills	REC	
	6:30	Αl	4 4,2	200	Yards	s - 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	Ι
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
	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	E
	$\{4 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1	E
	$\{4 \times 75 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN2	E
300	12 x 25 on :30 IM order-build	EN1	٤
	$1x{4 x 125 on 2:00 Freestyle}$	EN3	٤
	{1 on 1:00 Rest		ľ
	$\{4 \times 125 \text{ on } 1:50 \text{ Freestyle}$	EN3	٤
	{1 on 1:00 Rest		ľ
	{4 x 125 on 1:40 Freestyle	EN3	٤
	{1 on 1:00 Rest		ľ
	{4 x 125 on 1:30 Freestyle	EN3	٤
200	1 x 200 on 3:00 Freestyle	REC	٤
	1 on 10:00 Ice		ľ
	9:32 AM 5,700 Yards - Stress Value = 15	59	

Workout #3586 - Friday, 21 January 2005 HighSchl - All 1 minute rest between sets

3:00 PM Start Yards Set Description

EGY WORF

	1	or	n 15	5:00) Stretching		I
600	0 6	Х	100	or or	n 2:00 Reverse IM drill	REC	Γ
180) 12	2 >	15	or or	n :45 Shooters	SP3	٤
	4x{2	Х	75	on	1:30 Kick	EN1	F
	{ 1	Х	50	on	1:00 Strk Drll-non free	REC	Γ
	4x{2	Х	75	on	1:10 Pulls-nbbf&w + 2 yds	EN1	E
	{ 1	Х	50	on	1:00 Strk Drll-non free	REC	Γ
	2x{1	Х	50	on	1:00 25 fly 25 back	EN1	٤
	{ 1	Х	50	on	:50 25 back 25 brst	EN1	٤
	{ 1	Х	50	on	:40 25 brst 25 free	EN1	٤
	{ 1	Х	50	on	1:00 25 free 25 fly	EN1	٤
	{ 1	Х	50	on	:50 25 fly 25 back	EN1	٤
	{ 1	Х	50	on	:40 25 back 25 brst	EN1	٤
	{ 1	Х	50	on	1:00 25 brst 25 free	EN1	٤
	{ 1	Х	50	on	:50 25 free 25 fly	EN1	٤
	{ 1	Х	50	on	:40 25 fly 25 back	EN1	٤
800	8 C	Х	100	or or	n 2:00 Odds fr evns non fr	EN1	Γ
	1	or	n 5:	:00	Run the Gauntlet!!!!	EN1	٤
	1	or	1 (:00) Ice		ľ
	4:57	ΡN	14,	080) Yards - Stress Value = 30	5	

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	$1x{4 \times 50 \text{ on :} 40 \text{ Pull no br L.5 yds}}$	EN1	
	$\{4 \times 75 \text{ on } 1:00 \text{ Pull no br L.7 yds}$	EN1	
	$\{4 \times 100 \text{ on } 1:20 \text{ Pull no br L.9 yds}$	EN1	
	$\{4 \times 125 \text{ on } 1:40 \text{ Pull no br L.}10 \text{ yds}$	EN1	
300	4×75 on 1:10 IM w/out alt.strokes	EN1	
3,800	$1x\{2 \times 400 \text{ on } 5:00 \text{ Freestyle}$	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

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

Workout #3593 - Monday, 24 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 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	
	$\{4 \times 75 \text{ on } 1:05 \text{ Pull no br L.7 yds}$	EN1	
	$\{4 \times 100 \text{ on } 1:25 \text{ Pull no br L.9 yds}$	EN1	
	$\{4 \times 125 \text{ on } 1:45 \text{ Pull no br L.}10 \text{ yds}$	EN1	
300	4×75 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 #3595 - Monday, 24 January 2005 HighSchl - Backstroke

1 minute vest between sets

1 minute	rest	between	sets

Yards		1 Start Description	EGY	TAT (
Ialus	set	Description	EGI	WO
=====	====		===	==
	1 or	30:00 Physio Balls/Stretch		
700	1 x	700 on 13:00 Swim-kick-pull-swim	REC	
180	12 >	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	

	{ 3	Х	100	on	1:30	Freestyle	EN2
	{ 3	Х	125	on	2:00	Backstroke	EN2
	{ 3	Х	125	on	1:50	Freestyle	EN2
400	1	Х	400	on	8:00	Stroke Drills	REC
	1	or	10:	:00	Ice		
	5:34	PN	15.6	530	Yards	s - Stress Value = 72	

Workout #3587 - Monday, 24 January 2005 HighSchl - Platinum

1 minute rest between sets

	5:30	ΑM	4 St	tart	t			
Yards	Se	et	Des	crip	ption		EGY	WORK
=====	==	===					===	====
	1	or	a 40	:00	Weigl	nts and Stretch		I
400	1	Х	400	on	7:00	Swim-kick-pull-swim	REC	٤
300	12	2 ×	₹ 25	on	:30	12.5 ez 12.5 fast	SP3	S
	1x{1	Х	400	on	5:00	Freestyle	EN2	S
	{ 1	Х	400	on	4:40	Freestyle	EN2	٤
	{ 1	Х	400	on	4:20	Freestyle	EN2	S
	{ 1	Х	300	on	3:45	Freestyle	EN2	٤
	{ 1	Х	300	on	3:30	Freestyle	EN2	S
	{ 1	Х	300	on	3:15	Freestyle	EN2	
250	1	Х	250	on	4:00	Stroke Drills	REC	Γ
	1	or	n 10	:00	Ice			M
	7:05	ΑM	13,0	050	Yard	s - Stress Value = 54	4	

Workout #3588 - Monday, 24 January 2005 HighSchl - Gold

1 minute rest between sets

-		5:30 AM Start		
=	Yards	Set Description	EGY	WORF
		=======================================	===	====
		1 on 40:00 Weights and Stretch		I
	400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	٤
	300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
		$1x{1 x 400 on 5:20 Freestyle}$	EN2	٤
		$\{1 \times 400 \text{ on } 5:00 \text{ Freestyle}$	EN2	٤
		{1 x 400 on 4:40 Freestyle	EN2	٤
		$\{1 \times 300 \text{ on } 4:00 \text{ Freestyle}$	EN2	٤
		{1 x 300 on 3:45 Freestyle	EN2	٤
		{1 x 100 on 1:10 Freestyle	EN2	٤
	250	1 x 250 on 4:00 Stroke Drills	REC	Γ
		1 on 10:00 Ice		ľ
		7:04 AM 2,850 Yards - Stress Value = 50)	

Workout #3589 - Monday, 24 January 2005 HighSchl - Silver

1 minute rest between sets

5:30 AM Start

	Yards	Set Description	EGY	WORF
	=====	=======================================	===	====
		1 on 40:00 Weights and Stretch		I
	400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	٤
)F	300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
==		$1x{1 \times 400}$ on 6:00 Freestyle	EN2	٤
		$\{1 \times 400 \text{ on } 5:45 \text{ Freestyle} \}$	EN2	٤
		{1 x 400 on 5:30 Freestyle	EN2	٤
		{1 x 300 on 4:30 Freestyle	EN2	٤
		{1 x 150 on 2:05 Freestyle	EN2	٤
	250	1 x 250 on 4:00 Stroke Drills	REC	Γ
		1 on 10:00 Ice		N
		7:04 AM 2.600 Yards - Stress Value = 45		

Workout #3590 - Monday, 24 January 2005 HighSchl - Bronze 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 40:00 Weights and Stretch		I
300	1 x 300 on 7:00 Swim-kick-pull-swim	REC	٤
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
	1x{1 x 400 on 7:00 Freestyle	EN2	٤
	{1 x 400 on 6:45 Freestyle	EN2	٤
	{1 x 400 on 6:30 Freestyle	EN2	٤
	{1 x 200 on 3:20 Freestyle	EN2	٤
250	1 x 250 on 4:00 Stroke Drills	REC	Ι
	1 on 10:00 Ice		N
	7:04 AM 2,250 Yards - Stress Value = 40	J	

Workout #3592 - Monday, 24 January 2005 HighSchl - Girls

1 minute rest between sets

Yards		PM Start et Description	EGY	MOT
Tarus	26	et Description	EGI	WOF
=====	==	20 00 Pl ' P 11 /G + 1	===	===
		on 30:00 Physio Balls/Stretch		
		x 600 on 13:00 Swim-kick-pull-swim		
180		2 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	
		x 25 on :30 IM order	EN1	
	•	x 150 on 2:15 Freestyle	EN1	
		x 25 on :30 IM order	EN1	
	•	x 125 on 2:00 Freestyle	EN1	
		x 25 on :30 IM order	EN1	
	•	x 100 on 1:45 Freestyle	EN1	
		-	EN1	
250	•	x 25 on :30 IM order		
250		x 250 on 5:00 Stroke Drills	REC	
		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

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

	6:00 PM Start	
Yards	Set Description	EGY WC
=====	=======================================	=== ==
	1 on 30:00 Stomach and Stretch	
800	1 x 800 on 12:00 Underwater trn drill	REC
180	12 x 15 on :45 Shooters	SP3
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	$2x{6 \times 50 \text{ on :} 45 \text{ Descend in sets of 3}}$	EN2
	$\{1 \times 300 \text{ on } 4:00 \text{ Freestyle}$	EN2
	{5 x 50 on :45 Free des 1-3 #5fast	EN2
	{1 x 250 on 3:20 Freestyle	EN2
	$\{4 \times 50 \text{ on } : 45 \text{ Free des } 1-3 \# 4 \text{ fast} \}$	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
	$\{2 \times 50 \text{ on } : 45 \text{ Freestyle both fast} \}$	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	3:00 PM Start Set Description	EGY	Ta7.0
Ialus	set Description	EGI	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 Bsrt 1st & L.25 100%	EN2	
	$\{6 \times 25 \text{ on } : 40 \text{ Drill fast TOw/frkck}\}$	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

Workout #3598 - Tuesday, 25 January 2005 HighSchl - Sprint 1 minute rest between sets

	3:00 PM Start			
Yards	Set Description	EGY WC		3:00 PM Start
=====	=======================================	=== ==	Yards	Set Descript
	1 on 30:00 Stomach and Stretch		======	=========
800	1 x 800 on 12:00 Underwater trn drill	REC		1 on 30:00 S
180	12 x 15 on :45 Shooters	SP3	800	
700	7 x 100 on 2:00 Kick-odds 100%	EN2	180	12 x 15 on :
2,000	2 x 1000 on 13:00 Pulls	EN1	1,000	10 x 100 on
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	900	1x{2 x 150 on 2
	, , , , , , , , , , , , , , , , , , , ,	EN2		{2 x 150 on 2
	{3 x 200 on 2:30 Freestyle	EN2		{2 x 150 on 1
	{2 x 200 on 2:25 Freestyle	EN2	300	12 x 25 on :
	{1 x 200 on 2:20 Freestyle	EN2	3,000	2x{6 x 50 on :4
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC		{1 x 300 on 4
	{5 x 100 on 1:30 Freestyle	EN3		{5 x 50 on :4
250	1 x 250 on 4:00 Stroke Drills	REC		{1 x 250 on 3
	1 on 10:00 Ice			{4 x 50 on :4
	5:34 PM 6,930 Yards - Stress Value = 123			{1 x 200 on 2

Workout #3599 - Tuesday, 25 January 2005 HighSchl - Fly

1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WC
=====	1 20 00 00 00 00 00	===	==
	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	
	•	EN1	
	{1 x 100 on 1:30 Butterfly	EN1	
	{1 on 2:00 Change fist gloves		
	{ odd sets w/fins&fstq		
250		REC	
230	1 on 10:00 Ice	11110	
	5:33 PM 5,880 Yards - Stress Value = 81		

Workout #3601 - Tuesday, 25 January 2005 HighSchl - Girls

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 12:00 Underwater trn drill	REC	
180	12 x 15 on :45 Shooters	SP3	
900	9 x 100 on 2:00 Kick -odds fast	EN2	
	1x{1 x 300 on 4:30 Pulls	EN1	
	${3 \times 50 \text{ on } :}50 \text{ Freestyle}$	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	${3 \times 50 \text{ on } :}50 \text{ Freestyle}$	EN1	
	{1 x 300 on 4:00 Pulls	EN2	
	${3 \times 50 \text{ on } :}50 \text{ Freestyle}$	EN1	
600	6×100 on 1:40 Descend in sets of 3	EN1	
	1x{1 x 200 on :00 Brkn @50's 10-20-30s	SP1	
	$\{1 \times 250 \text{ on } 9:00 \text{ Freestyle} \}$	REC	
	{1 x 100 on 3:00 Brkn @25's 10-20-30s	SP1	
	$\{7 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC	
	1 on 15:00 Ice		
	5:19 PM 4,730 Yards - Stress Value = 73		

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	$2x{6 \times 50}$ 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	5:15 AM Start 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 = 4	17	

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		
		REC	
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.50 fast} \}$		
	$\{1 \times 200 \text{ on } 2:50 \text{ Freestyle L.} 100 \text{ fast} \}$		
	$\{1 \times 200 \text{ on } 2:40 \text{ Freestyle L.150 fast}\}$		
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	
1 000	{2 x 100 on 1:45 Kick	EN2	
1,200	6 x 200 on 2:45 Lungbuster pulls	EN2	
200	br 3-5-7-9 by the 50	TINT 1	
300		EN1 EN2	
	1x{3 x 125 on 1:50 Backstroke		
	{3 x 25 on :45 Back 15m underwater {3 x 125 on 1:45 Backstroke	EN2 EN2	
	{3 x 25 on :45 Back 15m underwater	EN2	
	{3 x 125 on 1:40 Backstroke	EN2	
	•	EN2	
		EN2	
	{3 x 25 on :45 Back 15m underwater		
400	4 x 100 on 2:00 Stroke Drills	REC	
400	7:22 PM 6,000 Yards - Stress Value = 109		
	In 5,000 larab beleeb value 10.	•	

Workout #3604 - Wednesday, 26 January 2005 HighSchl - Breast 1 minute rest between sets

** 1	3:00 PM Start	B.011	
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 40:00 Weights and Stretch		
600	$1x{1 \times 200 \text{ on } 3:00}$ 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		
300	12 x 25 on :45 Shooters	SP3	
		EN1	
_,	•	EN1	
	{4 x 25 on :40 Kick no board BSLR		
	·		
	{4 x 25 on :45 Kick no board BSLR		
	{6 x 100 on 1:45 Kick	EN2	
1,200	6 x 200 on 2:45 Lungbuster pulls	EN2	
	br 3-5-7-9 by the 50		
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	
300		KEC	
	1 on 10:00 Ice		
	5:36 PM 5,500 Yards - Stress Value = 101	L	

Workout #3607 - Wednesday, 26 January 2005 HighSchl - Distance 1 minute rest between sets

	3:00	Ρľ	⊿ St	cart						
Yards	Se	et	Desc	crip	otion				EGY	WOF
=====	==	===		-===					===	===
	1	01	n 40:	:00	Weigh	nts and Sti	retch			
	1x{1	Х	200	on	3:00	Freestyle	L.50 f	ast	EN1	
	{ 1	Х	200	on	2:50	Freestyle	L.100	fast	EN2	
	{ 1	Х	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	EN2
	br 3-5-7-9 by the 50	
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
	$\{1 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	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	EN2
	br 3-5-7-9 by the 50	
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	L

Workout #3606 - Wednesday, 26 January 2005 HighSchl - Girls

1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Physio Balls/Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :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	
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC	
	1 on 15:00 Ice		
	5:21 PM 4,430 Yards - Stress Value = 35		

7:03 AM 2,550 Yards - Stress Value = 40

Workout #3608 - Wednesday, 26 January 2005 HighSchl - Sprint 1 minute rest between sets

{4 x 50 on :45 Freestyle-descend EN2 5 x 100 on 2:00 Stroke Drills1 REC

5 x 100 on 2:00 Stroke Drills1 6:31 AM 4,500 Yards - Stress Value = 45

Workout #3616 - Friday, 28 January 2005 HighSchl - All 1 minute rest between sets

2 00 74 0				1 minute rest between sets		
3:00 PM Start	EGY	MOT				
Yards Set Description			,	3:00 PM Start		
1 on 40:00 Weights and Stretch			Yards	Set Description		Y WOF
600 1x{1 x 200 on 3:00 Freestyle L.50 fast	EN1	-	=====	1 15.00 06	:= ==	= ===
{1 x 200 on 2:50 Freestyle L.100 fast			600	1 on 15:00 Stretching 1 x 600 on 10:00 Reverse IM drill	RE	C
{1 x 200 on 2:40 Freestyle L.150 fast			180	12 x 15 on :45 Shooters	SP	
300 12 x 25 on :45 Shooters	SP3		100	1x{2 x 125 on 2:30 Kick	EN	
$1,000 1x{4 x 25 on :30 Kick no board BSLR}$	EN1			{2 x 125 on 2:25 Kick	EN	
$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$	EN1			{2 x 125 on 2:20 Kick	EN	.2
$\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$	EN1		700	7 x 100 on 1:30 Pulls-nbbf&w + 2 yo	ls EN	1
$\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR} \}$	EN1		300	12 x 25 on :30 12.5 ez 12.5 fast	SP	3
{6 x 100 on 1:45 Kick	EN2			$1x{4 \times 25 \text{ on :} 30 \text{ IM order-build}}$	EN	1
1,200 6 x 200 on 2:45 Lungbuster pulls br 3-5-7-9 by the 50	EN2			{4 x 50 on 1:00 Stroke Drills	RE	
	EN1			{4 x 25 on :30 IM order-build	EN	
1,900 $4x\{3 \times 125 \text{ on } 1:40 \text{ Freestyle}$	EN2			$\{4 \times 75 \text{ on } 1:30 \text{ Stroke Drills} $ $\{4 \times 25 \text{ on } :30 \text{ IM order-build} \}$	RE EN	
{4 x 25 on :45 #1,3 2 brth, #2,4 1b	EN2			{4 x 100 on 2:00 Stroke Drills	RE	
250 1 x 250 on 4:00 Stroke Drills	REC			{4 x 25 on :30 IM order-build	EN	
1 on 10:00 Ice			250	•	RE	
5:34 PM 5,550 Yards - Stress Value = 10	3			1 on 5:00 Gauntlet		
				1 on 15:00 Ice		
Workout #3610 - Thursday, 27 January 2005				5:02 PM 4,080 Yards - Stress Value = 3	39	
Group 3 - Miguel Santos						
1 minute rest between sets				Workout #3613 - Friday, 28 January 2005		
				HighSchl - Platinum		
6:00 PM Start				1 minute rest between sets		
Yards Set Description	EGY					
	===	===		5:30 AM Start		
1 on 30:00 Stomach and Stretch	D.E.G		Yards	±		ORK S
800 8 x 100 on 1:45 Underwater trn drill odds free evens back	REC	-	=====	4 40 00 1	:== =	
180 12 x 15 on :45 Shooters	SP3		600	1 on 40:00 Weights and Stretch	NEC.	L I D
1x{2 x 100 on 2:05 Kick	EN2		600 300	1 x 600 on 10:00 Reverse IM drill F 12 x 25 on :30 12.5 ez 12.5 fast \$	SP3	S
{4 x 50 on :55 Kick	EN2		300		EN2	S
{2 x 100 on 2:00 Kick	EN2			{1 on 1:00 Rest	1112	M
$\{4 \times 50 \text{ on } :55 \text{ Kick}$	EN2				EN2	S
{2 x 100 on 1:55 Kick	EN2			{1 on 1:00 Rest		M
{4 x 50 on :55 Kick	EN2			{3 x 100 on 1:05 Freestyle	EN2	S
1,000	EN1 EN1			{1 on 1:00 Rest		M
{3 x 50 on :45 Freestyle-descend	EN1			- · · · · · · · · · · · · · · · · · · ·	EN2	S
{3 x 50 on :40 Freestyle-descend	EN1			$\{1 \text{ on } 1:00 \text{ Rest} $ $\{1 \times 100 \text{ on } 1:05 \text{ Freestyle} \}$	EN2	M S
4x{1 x 100 on 1:25 Free hold under 1:10			250	-	REC	D
{1 x 100 on 1:20 Free hold under 1:10			250	1 on 10:00 Ice	ŒC	M
$\{1 \times 100 \text{ on } 1:15 \text{ Free-under } 1:09-2bk$	EN2			7:04 AM 2,650 Yards - Stress Value = 4	12	
$\{1 \times 100 \text{ on } 1:10 \text{ Freestyle 4bk}$	EN2			·		
{1 x 100 on 1:05 Freestyle 6bk	EN2			Workout #3614 - Friday, 28 January 2005		
{1 x 250 on 4:00 Stroke Drills	REC			HighSchl - Gold		
8:23 PM 6,630 Yards - Stress Value = 87				1 minute rest between sets		
Work #2/11 E-: 1 20 1 2007				1 minute 1 est Detween sets		
Workout #3611 - Friday, 28 January 2005				5:30 AM Start		
Group 3 - Miguel Santos			Yards		GY W	ORK S
1 minute rest between sets		=		=======================================		=== =
5.15 AM Chart				1 on 40:00 Weights and Stretch		LI
5:15 AM Start Yards Set Description	EGY	MOE	600			D
===== ================================			300		SP3	S
1 on 5:00 Stretch				1x{5 x 100 on 1:10 Freestyle	EN2	S M
800 1 x 800 on 12:00 Reverse IM drill	REC			•	EN2	M S
300 12 x 25 on :30 12.5 ez 12.5 fast	SP3			{1 on 1:00 Rest		M
$1x\{4 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1				EN2	S
$\{4 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1			{1 on 1:00 Rest		М
$\{4 \times 75 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN1			`	EN2	S
2x{1 x 400 on 5:00 Freestyle	EN1		250		REC	D
$\{4 \times 100 \text{ on } 1:20 \text{ Free-hold under } 1:10 $ $\{4 \times 50 \text{ on } :45 \text{ Freestyle-descend } \}$	EN1 EN2			1 on 10:00 Ice		M
i a do di .ad rieestvie-desceild	ے ۱۱۷ نند			7.03 AM 2.550 Yards - Stress Value = 2	iΩ	

EGY WOF

Workout #3615 - Friday, 28 January 2005

1 minute rest between sets

7:00 AM Start

5:30 PM Start

Set Description

Yards

High	Schl - Silver
1 minute	rest between sets

	5:30 AM Start			=====
Yards	Set Description	EGY	WORK S	800
=====	=======================================	===	==== =	800
	1 on 40:00 Weights and Stretch		LI	180
600	1 x 600 on 10:00 Reverse IM drill	REC	D	100
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	S	
	$1x{5 x 100 on 1:25 Freestyle}$	EN2	S	
	{1 on 1:00 Rest		M	1 000
	{4 x 100 on 1:25 Freestyle	EN2	S	1,000 450
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:25 Freestyle	EN2	S	200
	{1 on 1:00 Rest		M	500
	{1 x 100 on 1:25 Freestyle	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	7:05 AM 2,450 Yards - Stress Value =	38		

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 12×15 on :45 Shooters 180 $1x{4 x 25 on :30 Kick no board BSLR}$ 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 6 x 75 on 1:15 2bk-4bk-6bk by 25's EN1 1 x 200 on 5:00 Brkn @50' 10-20-30s SP1 200 500 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

Workout #3628 - Monday, 31 January 2005 **Group 3 - Miguel Santos** 1 minute rest between sets

	5:30 AN	M Start			Yards	Set Description	EGY	WOF
Yards	Set		EGY	WORK S	=====	1 on 30:00 Stomach and Stretch	-==	===
500 300	1 or 1 x 12 x 1x{4 x {1 or {3 x	100 Rest 1:00 Rest	REC SP3 EN2	S S M	800 180	12 x 15 on :45 Shooters 3x{4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:50 Kick 1x{4 x 125 on 1:50 Pull no br L.5 yds {3 x 125 on 1:45 Pull no br L.7 yds }	REC SP3 EN1 EN2 EN1 EN1	
	{2 x {1 or	100 on 1:40 Freestyle 1:00 Rest 1:00 on 1:40 Freestyle	EN2	S M	450	6 x 75 on 1:15 IM w/out your choice F 2x{4 x 100 on 1:25 Free alt.fast 25's F	EN1 EN1 EN1	
250	1 or	250 on 5:00 Stroke Drills n 10:00 Ice M 2,050 Yards - Stress Value =	REC	D M		{3 x 75 on 1:05 Free alt.fast 25's {1 x 75 on 1:30 Free 100% br ev 5 {2 x 50 on :40 Free alt.fast 25's }	EN3 EN1 EN3 EN1 EN3	
	Wo	orkout #3617 - Saturday, 29 January 2005 Group 3 - Miguel Santos			300	{1 x 200 on 4:00 Closed fist drill	REC	

1 minute rest between sets

5:00 AM Start

Workout #3625 - Monday, 31 January	2005
HighSchl - Distance	
1 minute rest between sets	

J. O AM SCALE			vv of Rout #3025 - Wionday, 31 Sandary 2005					
Yards	±	EGY WOF	Highsem - Distance					
=====	1 on 30:00 Stomach and Stretch	=== ===	1 minute rest between sets					
800 180	8 x 100 on 1:45 Stroke Drills 2 on E 12 x 15 on :45 Shooters 1x{2 x 125 on 2:30 Kick	REC SP3 EN1	1 1 1	EGY WOF				
	{2 x 125 on 2:20 Kick {2 x 125 on 2:10 Kick {2 x 125 on 2:00 Kick	EN2 EN2 EN2	1 on 30:00 Physio Balls/Stretch 800 1 x 800 on 12:00 Swim-kick-pull-swim	REC				
1,500 450		EN1 EN1 EN2	800 $2x\{4 \times 25 \text{ on } :30 \text{ Kick no board BSLR} $ {3 x 100 on 1:50 Kick	SP3 EN1 EN2				
	{1 on 1:00 Rest {4 x 100 on 1:09 Freestyle {1 on 1:00 Rest	EN2	$\{2 \times 125 \text{ on } 1:40 \text{ Pull no br L.8 yds}$	EN1 EN1 EN1				
	{3 x 100 on 1:08 Freestyle {1 on 1:00 Rest	EN2	, , , , , , , , , , , , , , , , , , , ,	EN1 EN1				
	(2 x 100 on 1:07 Freestyle (1 on 1:00 Rest	EN2	{2 x 400 on 4:55 Freestyle	EN1 EN1				
600	$\{1 \times 100 \text{ on } 1:06 \text{ Freestyle} $ 12 x 50 on 1:00 Stroke Drills	EN2 REC	{8 x 100 on 1:12 Freestyle	EN1 EN2 REC				
	7:19 AM 6,030 Yards - Stress Value = 73		1 on 10:00 Ice 5:35 PM 7,030 Yards - Stress Value = 76	KEC				

Workout #3618 - Saturday, 29 January 2005 HighSchl - Girls

3:00 PM Start

EGY WORK

Workout #3627 - Monday, 31 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			5:
180	12 x 15 on :45 Shooters	SP3		Yards	
1,200	$3x{4 \times 25}$ 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		400	
	${3 \times 125 \text{ on } 1:45 \text{ Pull no br L.7 yds}}$	EN1		300	
	$\{2 \times 125 \text{ on } 1:40 \text{ Pull no br L.8 yds}$	EN1			1x
	$\{1 \times 125 \text{ on } 1:35 \text{ Pull no br L.9 yds}$	EN1			
450	6×75 on 1:15 IM w/out the fly	EN1			
1,400	$2x{4 \times 50 \text{ on } 1:00 \text{ Butterfly w/fins}}$	EN1			
	${3 \times 50 \text{ on :} 55 \text{ Butterfly w/fins}}$	EN1			
	$\{2 \times 50 \text{ on } :50 \text{ Butterfly w/fins} \}$	EN1			
	$\{1 \times 50 \text{ on } : 45 \text{ Butterfly w/fins} \}$	EN1			
	$\{1 \times 200 \text{ on } 4:00 \text{ Closed fist drill}$	REC			
	{ odd set w/fins even			200	
	{ set 25fly 25free				
500	10 x 50 on 1:00 Stroke Drills	REC			7:
	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

EGY WO Yards Set Description ___________________________________ _____ 1 on 30:00 Physio Balls/Stretch 1 x 800 on 12:00 Swim-kick-pull-swim REC 800 12 x 15 on :45 Shooters 180 SP3 $3x{4 \times 25}$ on :40 Kick no board BSLR EN1 EN2 {3 x 100 on 2:10 Kick $1x{3 \times 125}$ on 2:00 Pull no br L.7 yds $\{2 \text{ x } 125 \text{ on } 1:55 \text{ Pull no br L.8 yds}$ EN1 {1 x 125 on 1:50 Pull no br L.9 yds EN1 6×75 on 1:25 IM w/out the back EN1 $2x{4 \times 50}$ on 1:00 Backstroke w/fins EN1 {3 x 50 on :55 Backstroke w/fins EN1

 $\{2 \times 50 \text{ on } : 50 \text{ Backstroke w/fins} \}$

 $\{1 \times 50 \text{ on } : 45 \text{ Backstroke w/fins} \}$

10 x 50 on 1:00 Stroke Drills

{ odd set w/fins even

{ set without fins

1 on 10:00 Ice

500

 $\{1 \times 200 \text{ on } 4:00 \text{ Closed fist drill}$

EN1

EN1

REC

REC

Yards

Workout #3619 - Monday, 31 January 2005 HighSchl - Platinum 1 minute rest between sets

5:33 PM 5,280 Yards - Stress Value = 49

Yards	5:30 AM Start Set Description	EGY	WORF
	1 on 40:00 Weights and Stretch		I
400	1 x 400 on 7:00 Swim-kick-drll-swim	REC	٤
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
	1x{2 x 300 on 4:00 Freestyle	EN1	٤
	{1 x 100 on 1:20 Freestyle	EN1	٤
	{1 x 100 on 1:15 Freestyle	EN1	٤
	{1 x 100 on 1:10 Freestyle	EN2	٤
	{2 x 300 on 3:45 Freestyle	EN1	٤
	{1 x 100 on 1:20 Freestyle	EN1	٤
	$\{1 \times 100 \text{ on } 1:15 \text{ Freestyle}$	EN1	٤
	{1 x 100 on 1:10 Freestyle	EN2	٤

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

Workout #3620 - Monday, 31 January 2005 HighSchl - Gold 1 minute rest between sets

		AM Start	nov.	
Yards	Se	et Description	EGY	WORF
=====	==		.=== ===	====
		on 40:00 Weights and Stretch		I
400	1	x 400 on 7:00 Swim-kick-drll-s	wim REC	٤
300	12	2 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
	1x{2	x 300 on 4:15 Freestyle	EN1	٤
	{ 1	x 100 on 1:25 Freestyle	EN1	٤
	{ 1	x 100 on 1:20 Freestyle	EN1	٤
	{ 1	x 100 on 1:15 Freestyle	EN2	٤
	{ 2	x 300 on 4:00 Freestyle	EN1	٤
	{ 1	x 100 on 1:25 Freestyle	EN1	٤
	{ 1	x 100 on 1:20 Freestyle	EN1	٤
	{ 1	x 100 on 1:15 Freestyle	EN2	٤
200	1	x 200 on 3:00 Stroke Drills	REC	Γ
	1	on 10:00 Ice		N
	7:04	AM 2,700 Yards - Stress Value	= 32	

Workout #3621 - Monday, 31 January 2005 HighSchl - Silver 1 minute rest between sets

E 00 314 01

5:30 AM Start

Set Description

		5:30 AM Start		
	Yards	Set Description	EGY	WORF
		=======================================	===	====
)F		1 on 40:00 Weights and Stretch		I
=	400	1 x 400 on 7:00 Swim-kick-drll-swim	REC	٤
	300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
		$1x{2 x 300 on 4:40 Freestyle}$	EN1	٤
		{1 x 100 on 1:35 Freestyle	EN1	٤
		{1 x 100 on 1:30 Freestyle	EN1	٤
		{1 x 100 on 1:25 Freestyle	EN2	٤
		{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	Γ
		1 on 10:00 Ice		N
		7:04 AM 2,500 Yards - Stress Value = 2	9	

Workout #3622 - Monday, 31 January 2005 HighSchl - Bronze 1 minute rest between sets

	1	on 40:00 Weights and Stretch		I
400	1	x 400 on 7:00 Swim-kick-drll-swim	REC	٤
300	12	x 25 on :30 12.5 ez 12.5 fast	SP3	S
	1x{2	x 200 on 4:00 Freestyle	EN1	٤
	{ 1	x 75 on 1:25 Freestyle	EN1	٤
	{ 1	x 75 on 1:20 Freestyle	EN1	٤
	{ 1	x 75 on 1:15 Freestyle	EN2	٤
	{2	x 200 on 3:45 Freestyle	EN1	٤
	{ 1	x 75 on 1:25 Freestyle	EN1	S
	{ 1	x 75 on 1:20 Freestyle	EN1	٤
	{ 1	x 75 on 1:15 Freestyle	EN2	S
200	1	x 200 on 4:00 Stroke Drills	REC	Γ
	1	on 10:00 Ice		N
	7:04	AM 2,150 Yards - Stress Value = 28	3	

Workout #3624 - Monday, 31 January 2005 HighSchl - Girls 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Visualization		ľ
	1 on 20:00 Physio Balls/Stretch		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :45 Shooters	SP3	٤
	1x{4 x 25 on :40 Kick no board BSLR	EN1	ľ
	{3 x 100 on 2:15 Kick	EN1	F
	1x{1 x 200 on 3:00 Lungbuster pulls	EN1	E
	{1 x 200 on 2:50 Lungbuster pulls	EN1	E
	{ br 3-4-5-6 by the 50		
150	2 x 75 on 1:15 IM w/out your choice	EN1	٤
	$1x{2 x 150 on 2:15 Freestyle}$	EN1	٤
	{3 x 50 on 1:00 Butterfly	EN1	٤
	{2 x 150 on 2:15 Freestyle	EN1	٤
	{3 x 50 on :55 Backstroke	EN1	٤
	{2 x 150 on 2:15 Freestyle	EN1	٤
	{3 x 50 on 1:05 Breaststroke	EN1	٤
	{2 x 150 on 2:15 Freestyle	EN1	٤
	${3 \times 50 \text{ on } :50 \text{ Freestyle}}$	EN1	٤
200	1 x 200 on 4:00 Stroke Drills	REC	Ι
	1 on 10:00 Ice		ŀ
	5:15 PM 3,530 Yards - Stress Value = 3	7	

Workout #3626 - Monday, 31 January 2005 HighSchl - Sprint 1 minute rest between sets

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

Yards	6:00 PM Start Set Description	EGY WOF
	=======================================	
800	1 on 30:00 Physio Balls/Stretch 8 x 100 on 1:45 Stroke Drills	REC
	underwater turn drll	
	odds free evens back	
180	12 x 15 on :45 Shooters	SP3
	$3x{4 \times 25}$ 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	Х	100	on	1:30	Descend in sets of 3	EN1
	1x{1	Х	400	on	5:30	Freestyle	EN1
	{ 1	Х	400	on	5:15	Freestyle	EN2
	{ 1	Х	400	on	5:00	Freestyle	EN2
	{ 1	Х	400	on	4:45	Freestyle	EN2
	{ 1	Х	400	on	4:30	Freestyle	EN2
500	5	Х	100	on	2:00	Stroke Drills	REC
	8:29	Pl	16,9	930	Yards	s - Stress Value = 82	

Workout #3629 - Tuesday, 01 February 2005 HighSchl - Girls 1 minute rest between sets

	3:00 PM Start			
Yards	Set Description	EGY	WORK	STF
	=======================================	===		===
	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
	$\{2 \times 50 \text{ on } 1:00 \text{ Kick no board}$	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
	$\{2 \times 50 \text{ on } 1:00 \text{ Kick no board}$	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	12×25 on :30 IM order-build	EN1	S	IN
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	1	

Workout #3634 - Wednesday, 02 February 2005 HighSchl - Breast 1 minute rest between sets

	3:00 PM Start		
Vards	Set Description	EGY	MOE
=====		===	
	1 on 40:00 Weights and Stretch		
600	1x{1 x 200 on 3:00 Freestyle L.50 fast	ENT1	
600	· · · · · · · · · · · · · · · · · · ·		
	{1 x 200 on 3:00 Freestyle L.100 fast		
1.00	{1 x 200 on 3:00 Freestyle L.150 fast		
	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	$3x{1 \times 200 \text{ on } 3:30 \text{ Breaststroke}}$	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

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 40:00 Weights and Stretch		
	$1x\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.50 fast}$	EN1	
	{1 x 200 on 3:00 Freestyle L.100 fast		
	{1 x 200 on 3:00 Freestyle L.150 fast	EN2	
180	12 x 15 on :45 Shooters	SP3	
	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	EN1	
	br 3-4-5-6-7		
400	16 x 25 on :30 12.5 ez 12.5 fast	EN1	
	$1x{4 x 200 on 2:30 Freestyle}$	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 #2622 Wednesday 02 February 2005		

Workout #3633 - Wednesday, 02 February 2005 HighSchl - Backstroke 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
600	1x{1 x 200 on 3:00 Freestyle L.50 fast	ביאן 1	
000	{1 x 200 on 3:00 Freestyle L.30 fast		
	· ·		
100	{1 x 200 on 3:00 Freestyle L.150 fast 12 x 15 on :45 Shooters	SP3	
900	(EN1	
	{2 x 100 on 2:00 Kick	EN1	
	$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$	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	EN1	
-,	br 3-4-5-6-7		
400	16 x 25 on :30 12.5 ez 12.5 fast	EN1	
	2x{2 x 200 on 3:10 Backstroke	EN1	
1,100	•	EN2	
400	•		
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

	3:00 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 30:00 Visualization		N
	1 on 20:00 Stomach and Stretch		I
	$1x{1 x 200 on 3:30 Freestyle}$	REC	٤
	$\{1 \times 200 \text{ on } 3:20 \text{ Freestyle L.25 fast}$	EN1	٤
	$\{1 \times 200 \text{ on } 3:10 \text{ Freestyle L.50 fast} \}$	EN1	٤
180	12 x 15 on :45 Shooters	SP3	٤
	$2x{4 \times 25}$ on :45 Kick no board BSLR	EN1	F
	{1 x 200 on 4:30 Kick	EN1	ľ
500	10 x 50 on 1:00 Pulls-nbbf&w	EN1	E
300	12 x 25 on :40 12.5 ez 12.5 fast	EN1	٤

1x{2	x 125 on 2:30 Stroke Drills REC	Γ
{ 2	x 100 on 1:55 Stroke Drills REC	Γ
{ 2	x 75 on 1:25 Stroke Drills REC	Γ
{ 2	x 50 on :55 Stroke Drills REC	Γ
{ 2	x 25 on :25 Stroke Drills REC	Γ
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

	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	
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.150 fast}$	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	EN1	
	br 3-4-5-6-7		
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	
	$\{6 \times 75 \text{ on } 1:05 \text{ Descend in sets of } 3$	EN2	
	$\{6 \times 50 \text{ on } : 45 \text{ Descend in sets of } 3$	EN2	
	$\{6 \times 25 \text{ on } : 25 \text{ Descend in sets of } 3$	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

	3:15	PM Start		
Yards	Se	et Description	EGY	WO]
=====	==		===	===
	1	on 15:00 Stretching		
600	6	x 100 on 1:45 Underwater trn drill	REC	
	(odds fr evens back		
180	12	2 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	2 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		

3:15 PM Start

EN1

EN2

EN2

EN2

EN2

REC

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	REC	
	odds fr evens back		
180	12 x 15 on :45 Shooters	SP3	
	1x{2 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN1	
	{2 x 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

Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 15:00 Stretching		
600	6 x 100 on 1:45 Underwater trn drill	REC	
	odds fr evens back		
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	
	$\{3 \times 50 \text{ on } :55 \text{ Butterfly } 2-3$	EN1	
	$\{3 \times 50 \text{ on } :50 \text{ Butterfly } 2-4$	EN1	
	$\{2 \times 50 \text{ on } : 45 \text{ Butterfly } 2-5$	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

Yards	3:15 S				t otion				EGY	WOF
	_		1.5							
600	6	Х	100	on	1:45	tching Underwater	trn	drill	REC	
		odo	ds fi	r e	zens k	oack				
180	1	2 2	k 15	on	:45 \$	Shooters			SP3	
	1x{2	Х	100	on	2:00	Kick			EN1	
	{ 2	Х	100	on	1:55	Kick			EN1	
	{ 2	Х	100	on	1:50	Kick			EN1	
	{2	Х	100	on	1:45	Kick			EN2	
	{2	Х	100	on	1:40	Kick			EN2	
	1x{4	Х	125	on	1:40	Pulls			EN1	
	{2	Х	250	on	3:15	Pulls			EN1	
	{1	Х	500	on	6:15	Pulls			EN1	

Workout #3640 - Friday, 04 February	2005
Group 3 - Miguel Santos	
1 minute rest between sets	

5:23 PM 6,380 Yards - Stress Value = 83

12 x 25 on :30 12.5 ez 12.5 fast

 $\{3 \times 25 \text{ on } : 40 \text{ Backstroke } 15 \text{ ukow}$

 $\{2 \text{ x } 25 \text{ on } : 40 \text{ Backstroke } 12 \text{ ukow}$

{1 x 25 on :30 Backstroke 9 ukow

1 x 250 on 4:00 Stroke Drills

 $2x{5 x 75 on 1:05 Backstroke}$

 $\{5 \times 75 \text{ on } 1:00 \text{ Backstroke} \}$

 $\{5 \times 75 \text{ on } :55 \text{ Backstroke} \}$

300

	5:15	AM Start		
Yards	Se	et Description I	EGY	WOF
=====	==		===	===
	1	on 5:00 Stretching		
800	1	x 800 on 13:00 Swim-kick-drll-swim B	REC	
300	12	2 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		et Description	EGY	WORK
======	==		===	====
	1	on 40:00 Weights and Stretch		L
600	1	x 600 on 9:00 Reverse IM drill	REC	D
300	12	2 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 = 3	36	

Workout #3641 - Friday, 04 February 2005 HighSchl - Gold 1 minute rest between sets

	5:30 AM Start		
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
	$\{3 \times 50 \text{ on } : 45 \text{ Desc. } \#1 \text{ under } : 35$	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 = 3	36	

Workout #3642 - Friday, 04 February 2005 HighSchl - Silver 1 minute rest between sets

Yards	5:30 AM Start 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 8:20 Free hold 1:30/100	EN2	S
	{1 x 400 on 6:40 Free hold 1:28/100	EN2	S
	{1 x 300 on 5:00 Free hold 1:26/100	EN2	S
	{1 x 200 on 3:20 Free hold 1:24/100	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	7:05 AM 2,300 Yards - Stress Value = 3	31	

Workout #3643 - Friday, 04 February 2005 HighSchl - Bronze

1 minute rest between sets

	5:30 AM Start		
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 = 3	31	

Workout #3646 - Friday, 04 February 2005 HighSchl - Boys

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOE
=====	=======================================	===	===
	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 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN1	

$\{1 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1
$\{1 \times 100 \text{ on } 1:25 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1
300 12 x 25 on :30 12.5 ez 12.5 fast	EN1
$1x\{1 \times 300 \text{ on } 4:00 \text{ Freestyle}$	EN1
{2 x 150 on 2:00 Freestyle	EN1
{3 x 100 on 1:20 Freestyle	EN1
$\{4 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN1
$\{6 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1
300	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

	3:00 PM Start		
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
	$3x{1 \times 200 \text{ on } 3:30 \text{ Stroke Drills}}$	REC	D
	$\{4 \times 25 \text{ on } : 45 \text{ Stroke Drills } 1 \text{ on } E$	REC	D
	1 on 10:00 Ice		M
	5:12 PM 2,980 Yards - Stress Value = 2	20	

Workout #3647 - Saturday, 05 February 2005 HighSchl - Platinum 1 minute rest between sets

	5:30 AM Start		
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	
	$\{1 \times 50 \text{ on } : 30 \text{ Freestyle}$	EN2	
	$\{1 \times 50 \text{ on } : 50 \text{ Freestyle}$	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	
	$\{1 \times 50 \text{ on } : 30 \text{ Freestyle} \}$	EN2	
	$\{1 \times 50 \text{ on } :50 \text{ Freestyle}$	REC	
500	1 x 500 on 7:30 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:58 AM 7,030 Yards - Stress Value = 10	0	

Workout #3648 - Saturday, 05 February 2005 HighSchl - Gold 1 minute rest between sets

Yards	5:30 AM Start 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		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	
	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	
	$\{1 \times 50 \text{ on } : 50 \text{ Freestyle} \}$	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	
	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	
	$\{1 \times 50 \text{ on } : 50 \text{ Freestyle} \}$	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		
	7.50 Am 0,450 raids - Stress value - 91		

Workout #3649 - Saturday, 05 February 2005 HighSchl - Silver

1 minute rest between sets

	5:30 AM Start		
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	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN2	
	$\{1 \times 50 \text{ on } 1:05 \text{ Freestyle} \}$	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	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN2	
	$\{1 \times 50 \text{ on } 1:05 \text{ Freestyle} \}$	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

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 20:00 Stomach and Stretch		I
600	8×75 on 1:45 Stroke Drills 2 on E 1	REC	Ι
180	12 x 15 on :45 Shooters	SP3	٤
	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	٤
	4x{1 x 100 on 2:00 Individual Medley	EN2	S
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN2	٤
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$	REC	٤
	1x{2 x 150 on 2:40 Pulls	EN2	E
	{2 x 150 on 2:35 Pulls	EN2	E
	{2 x 150 on 2:30 Pulls	EN2	E
300	12 x 25 on :30 12.5 ez 12.5 fast	EN1	S
	4x{1 x 100 on 2:00 Individual Medley	EN2	٤
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN2	S
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	REC	٤
300	1 x 300 on 6:00 Stroke Drills	REC	Γ
	1 on 10:00 Ice		N
	7:59 AM 5,180 Yards - Stress Value = 7	5	

Workout #3660 - Monday, 07 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	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

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	3x{4 x 25 on :40 Kick no board BSLR	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ Kick-descend} \}$	EN2	
1,050	6×175 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	
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle 6BK}$	EN3	
	{3 x 125 on 2:00 Freestyle-descned	EN2	
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle 6BK}$	EN3	
	{3 x 100 on 1:30 Freestyle-descend	EN2	
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle 6BK}$	EN3	
	${3 \times 75 \text{ on } 1:05 \text{ Freestyle-descend}}$	EN2	
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle 6BK}$	EN3	
	{3 x 50 on :40 Freestyle-descend	EN2	
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle 6BK}$	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			Yards	5:30 AM Start Set Description E		WORF
3:00 PM Start Yards Set Description 1 on 30:00 Physio Balls/Stretch 1 x 600 on 10:00 Swim-kick-pull-swim 12 x 15 on :45 Shooters 2x{4 x 25 on :30 Kick no board BSLR {4 x 50 on :55 Kick-descend 700 4 x 175 on 2:30 Pull no br L.7 yds 300 12 x 25 on :30 12.5 ez 12.5 fast 2,000 2 x 1000 on 12:00 Freestyle 250 1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice			500 300 250	1 on 40:00 Weights and Stretch 1 x 500 on 8:00 Swim-kick-drll-swim R 12 x 25 on :30 12.5 ez 12.5 fast E 1x{1 x 400 on 5:20 Freestyle E {1 x 400 on 5:15 Freestyle E {1 x 400 on 5:10 Freestyle E {1 x 400 on 5:05 Freestyle E		I
5:01 PM 4,630 Yards - Stress Value = 67 Workout #3658 - Monday, 07 February 2005			Yards	5:30 AM Start Set Description E		WORF
HighSchl - Fly 1 minute rest between sets 3:00 PM Start Yards Set Description	EGY	WOF	500 300	1 on 40:00 Weights and Stretch 1 x 500 on 8:00 Swim-kick-drll-swim R 12 x 25 on :30 12.5 ez 12.5 fast E 1x{1 x 375 on 5:20 Freestyle	REC IN1 IN1	5 5 7
1 on 30:00 Physio Balls/Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 180 12 x 15 on :45 Shooters 600 2x{4 x 25 on :30 Kick no board BSLR {4 x 50 on :55 Kick-descend 700 4 x 175 on 2:30 Pull no br L.7 yds		===	250	{1 x 375 on 5:10 Freestyle E {1 x 375 on 5:05 Freestyle R	IN1 IN1 REC REC	S S I I
300 12 x 25 on :30 12.5 ez 12.5 fast 1,700 1x{4 x 125 on 2:00 Butterfly 2-3 {3 x 25 on :30 Butterfly 1up 2down {4 x 100 on 1:35 Butterfly 2-4 {3 x 25 on :30 Butterfly 1up 2down {4 x 75 on 1:10 Butterfly 2-5	EN1 EN2 EN2 EN2 EN2 EN2		Yards	Workout #3653 - Monday, 07 February 2005 HighSchl - Silver 1 minute rest between sets 5:30 AM Start Set Description E	lGY.	WORF
{3 x 25 on :30 Butterfly lup 2down {4 x 50 on :45 Butterfly 2-6 {3 x 25 on :30 Butterfly lup 2down 4 x 100 on 1:45 Stroke Drills 1 on 10:00 Ice 5:08 PM 4,480 Yards - Stress Value = 63	EN2 EN2 EN2 REC		400	$1 \times \{1 \times 325 \text{ on } 5:20 \text{ Freestyle} $ E $\{1 \times 325 \text{ on } 5:15 \text{ Freestyle} \}$		==== I S S S
Workout #3659 - Monday, 07 February 2005 HighSchl - Backstroke 1 minute rest between sets			200	{1 x 325 on 5:05 Freestyle	REC	E L M
3:00 PM Start Yards Set Description	EGY			Workout #3652 - Monday, 07 February 2005 HighSchl - Bronze		
1 on 30:00 Physio Balls/Stretch 600 1 x 600 on 10:00 Swim-kick-pull-swim 180 12 x 15 on :45 Shooters 600 2x{4 x 25 on :30 Kick no board BSLR {4 x 50 on :55 Kick-descend 700 4 x 175 on 2:30 Pull no br L.7 yds 300 12 x 25 on :30 12.5 ez 12.5 fast 1,650 1x{1 x 200 on 3:30 Backstroke {2 x 175 on 3:00 Backstroke {3 x 150 on 2:35 Backstroke {4 x 100 on 1:45 Backstroke {10 x 25 on :45 Backstroke Drills 1 on 10:00 Ice			Yards ===== 400 300	1 minute rest between sets 5:30 AM Start Set Description E ====================================	==	WORF ==== I S S S S S S S

Workout #3651 - Monday, 07 February 2005 HighSchl - Platinum 1 minute rest between sets

 12×15 on :45 Shooters

1x{4 x 100 on 2:00 Kick {3 x 100 on 1:55 Kick

{2 x 100 on 1:50 Kick

180

{1 x 100 on 1:45 Kick Workout #3657 - Monday, 07 February 2005 $1x{1 x 400 on 5:20 Pulls}$ EN1 HighSchl - Sprint {1 x 300 on 4:00 Pulls 1 minute rest between sets {1 x 200 on 2:40 Pulls 300 12 x 25 on :30 12.5 ez 12.5 fast SP3 1x{1 x 200 on :00 Pole 250: 3:00 PM Start EGY WOF Yards Set Description _____ {1 x 500 on 12:00 Freestyle 1 on 30:00 Physio Balls/Stretch {1 x 100 on :00 Brkn @25's 10s rest SP2 1 x 600 on 10:00 Swim-kick-pull-swim REC 600 {1 x 500 on 10:00 Freestyle 12 x 15 on :45 Shooters 1 on 10:00 Ice 1 on 10:00 ice 5:12 PM 4,580 Yards - Stress Value = 72 EN1 600 $2x\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}$ {4 x 50 on :55 Kick-descend EN2 4 x 175 on 2:30 Pull no br L.7 yds EN1 Workout #3663 - Wednesday, 09 February 2005 12 x 25 on :30 12.5 ez 12.5 fast 300 EN1 EN1 1,750 1x{3 x 150 on 2:00 Freestyle-descend **Group 3 - Miguel Santos** {1 x 50 on 1:00 Freestyle 6BK 1 minute rest between sets $\{3 \times 125 \text{ on } 2:00 \text{ Freestyle-descned}$ EN2 {1 x 50 on 1:00 Freestyle 6BK EN3 {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 5:15 AM Start Yards Set Description EGY WOF -----1 on 5:00 Stretching {1 x 50 on 1:00 Freestyle-descend ENZ {3 x 50 on :40 Freestyle-descend ENZ {1 x 50 on 1:00 Freestyle-descend ENZ {1 x 50 on 1:00 Freestyle 6BK ENZ 4 x 100 on 1:45 Stroke Drills REC 1 on 10:00 Ice $1x\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.50 fast REC}$ {1 x 200 on 2:45 Freestyle L.100 fast EN1 {1 x 200 on 2:30 Freestyle L.150 fast EN2 400 300 12 x 25 on :30 12.5 ez 12.5 fast 1 on 10:00 Ice $1x{4 x 50 on :50 Pulls-nbbf&w + 2 yds}$ 5:06 PM 4,530 Yards - Stress Value = 65 $\{4 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ $\{4 \times 50 \text{ on } : 40 \text{ Pulls-nbbf&w} + 2 \text{ yds}$ 4 x 75 on 1:10 2bk-4bk-6bk by 25's EN1 Workout #3662 - Tuesday, 08 February 2005 1x{3 x 150 on 2:10 Freestyle-descend EN2 **Group 3 - Miguel Santos** {3 x 150 on 2:05 Freestyle-descend EN2 1 minute rest between sets {3 x 150 on 2:00 Freestyle-descend {3 x 150 on 1:55 Freestyle-descend EN2 6:00 PM Start {3 x 150 on 1:50 Freestyle-descend EGY WOF Yards Set Description { 1st one of each set ====== { hold under 1:50 300 6 x 50 on 1:00 Stroke Drills REC 1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Underwater trn drill REC 800 6:30 AM 4,350 Yards - Stress Value = 72 odds free evns back 180 12 x 15 on :45 Shooters SP3 Workout #3665 - Wednesday, 09 February 2005 EN1 1x{1 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick **Group 3 - Miguel Santos** {3 x 100 on 1:50 Kick EN2 1 minute rest between sets 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 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 EN3 {3 x 200 on 4:00 Freestyle EN3 {1 x 200 on 4:00 Freestyle EN3 {1 x 250 on 4:00 Stroke Drills REC {4 x 100 on 1:45 Kick 5:30 PM Start Yards Set Description EGY WOF ===== 1 on 30:00 Stomach and Stretch 300 $1x{1 x 200 on 3:00 Freestyle L.50 fast REC}$ {1 x 200 on 2:50 Freestyle L.100 fast EN1 $\{1 \text{ x } 200 \text{ on } 2\text{:}40 \text{ Freestyle L.150 fast EN1}$ {1 x 200 on 2:30 Freestyle L.150 fast EN2 180 12 x 15 on :45 Shooters $2x{4 \times 25}$ on :40 Kick no board BSLR {1 x 125 on 2:30 Kick {1 x 125 on 2:25 Kick {1 x 125 on 2:20 Kick 1 x 250 on 4:00 Freestyle EN3 1 x 250 on 4:00 Stroke Drills REC {1 x 125 on 2:15 Kick 8:30 PM 6,730 Yards - Stress Value = 135 1,350 9 x 150 on 2:05 Lungbuster pulls EN1 odds br 3-4-5 evens br 2-3-4 Workout #3661 - Tuesday, 08 February 2005 300 12 x 25 on :30 Free 12.5y tuck spin EN1 HighSchl - All 1x{1 x 200 on 3:15 Individual Medley 1 minute rest between sets $\{5 \times 50 \text{ on } 1:00 \text{ Butterfly} \}$ {1 x 200 on 3:15 Individual Medley EN1 3:00 PM Start {5 x 50 on :55 Backstroke Yards Set Description {1 x 200 on 3:15 Individual Medley EN1 _____________________________________ ===== EN1 {5 x 50 on 1:00 Breaststroke {1 x 200 on 3:15 Individual Medley 1 on 30:00 Stomach and Stretch 8 x 100 on 2:00 Underwater trn drill REC 800 {5 x 50 on :50 Freestyle EN1 400 4 x 100 on 1:45 Stroke Drills REC odds free evns back

SP3

EN1

EN2

7:55 PM 6,030 Yards - Stress Value = 64

SP3 EN1

Workout #3664 - Wednesday, 09 February 2005 HighSchl - All

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 40:00 Weights and Stretch		I
	1 on 20:00 Visualization		N
	$1x\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.25 fast}$	REC	٤
	$\{1 \times 200 \text{ on } 2:50 \text{ Freestyle L.50 fast} \}$		
	$\{1 \times 200 \text{ on } 2:40 \text{ Freestyle L.75 fast} \}$	EN1	٤
180		SP3	
	$1x{4 x 25 on :40 Kick no board BSLR}$	EN1	
	{1 x 100 on 2:00 Kick	EN1	ŀ
	{1 x 100 on 1:55 Kick	EN1	_
	{1 x 100 on 1:50 Kick	EN1	ŀ
	{4 x 25 on :40 Kick no board BSLR	EN1	
900	6 x 150 on 2:05 Lungbuster pulls	EN1	E =
	odds br 3-4-5		
	evens br 2-3-4		
300		SP3	
	$1x{1 x 200 on 3:15 Stroke Drills}$	REC	
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC	
	{1 x 200 on 3:15 Stroke Drills	REC	
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC	
	{1 x 200 on 3:15 Stroke Drills	REC	
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC	
	{1 x 200 on 3:15 Stroke Drills	REC	
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC	Ι
	1 on 10:00 Ice		N
	5:33 PM 4,080 Yards - Stress Value = 37	7	

Workout #3666 - Thursday, 10 February 2005 Group 3 - Miguel Santos 1 minute rest between sets

6:00 PM Start

Yards Set Description EGY WC ===== 1 on 30:00 Stomach and Stretch 800 1 x 800 on 12:00 Underwater trn drill REC odd 100's fr,evns bk 12 x 15 on :45 Shooters $1x{5 x 75 on 1:30 Kick}$ EN1 {5 x 75 on 1:25 Kick EN1 $\{5 \times 75 \text{ on } 1:20 \text{ Kick} \}$ EN1 {5 x 75 on 1:15 Kick EN1 1,000 20×50 on :45 Pulls-nbbf&w + 2 yds EN1 300 12 x 25 on :30 12.5 ez 12.5 fast EN1 $1x{1 \times 150 \text{ on } 2:15 \text{ Backstroke}}$ EN1 {2 x 150 on 2:10 Backstroke EN1 ${3 \times 150 \text{ on } 2:05 \text{ Backstroke}}$ EN2 ${3 \times 150 \text{ on } 2:00 \text{ Freestyle}}$ EN1 $\{2 \times 150 \text{ on } 1:55 \text{ Freestyle} \}$ EN2 $\{1 \times 150 \text{ on } 1:50 \text{ Freestyle} \}$ EN2 200 1 x 200 on 3:00 Stroke Drills REC 400 4 x 100 on 1:30 Descend to Ludicrous speed!!!!!!!!!!!!!! 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

	5:15 AM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	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 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	Strol	ke Dri	ills		REC
	6:30	AM 4,	150	Yards	s - S1	tress	Value	= 63	

{1 x 400 on 6:00 Free hold under 4:48 EN2

Workout #3668 - Friday, 11 February 2005 HighSchl - All

1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 30:00 Weights and Stretch		L	Γ
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	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	7:00 AM 2.730 Yards - Stress Value =	2.6		

Workout #3669 - Friday, 11 February 2005 HighSchl - All 1 minute rest between sets

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

EGY WORK S

Workout #3673 - Saturday, 12 February 2005 HighSchl - Breast 1 minute rest between sets

HighSchl - Sprint 1 minute rest between sets

7:00 PM Start

Set Description

	7:00 PM Start			Yards						
Yards	Set Description	EGY	WORK							
	=======================================	===	====							
	1 on 45:00 Visualization/stretc		L	400						
400	8 x 50 on 1:00 Stroke Drills	REC	D	180						
180	12 x 15 on :45 Shooters	SP3	S	500						
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						
400	4 x 100 on 1:50 Pulls	EN1	P	200						
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S	1,500						
1,400	$4x{3 \times 75 \text{ on } 1:30 \text{ 1st } 25 \text{ TO drill,2nd}}$	EN2	S							
	{ 25-2X pullouts,3rd			250						
	{ 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 = 4	17								
	Workout #3670 - Saturday, 12 February 2005									
	HighSchl - Distance									

1 on 45:00 Visualization/stretc 400 8 x 50 on 1:00 Stroke Drills REC SP3 180 12 x 15 on :45 Shooters EN1 500 1x{2 x 100 on 1:55 Kick K ({2 x 75 on 1:25 Kick EN1 EN1 {2 x 50 on :55 Kick K ({2 x 25 on :25 Kick EN1 ΚC 500 5 x 100 on 1:25 Pulls EN1 8 x 25 on :30 12.5 ez 12.5 fast SP3 200 S (1,500 6x{2 x 50 on :55 Free-at 2nd 50 pace EN2 {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 Μ 9:10 PM 3,530 Yards - Stress Value = 46

Workout #3676 - Monday, 14 February 2005 **Group 3 - Miguel Santos** 1 minute rest between sets

1 min

lighSchl - Distance				
ıute	rest between sets	Yards		
		=====		

	7:00 PM Start			
Yards	Set Description	EGY	WORK	STF
=====	=======================================	===	====	===
	1 on 45:00 Visualization/stretc		L	
400	8 x 50 on 1:00 Stroke Drills	REC	D	CHC
180	12 x 15 on :45 Shooters	SP3	S	CHC
	1x{2 x 100 on 1:55 Kick	EN1	K	CHC
	{2 x 75 on 1:25 Kick	EN1	K	CHC
	{2 x 50 on :55 Kick	EN1	K	CHC
	{2 x 25 on :25 Kick	EN1	K	CHC
500	1 x 500 on 7:00 Pulls	EN1	P	FF
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	S	CHC
	$5x{3 x 50 on :50 Free-at pace}$	EN2	S	FF
	$\{1 \times 150 \text{ on } 2:15 \text{ Freestyle} \}$	EN1	S	FF
250	1 x 250 on 4:00 Stroke Drills	REC	D	CI
	1 on 10:00 Ice		M	
	9:07 PM 3,530 Yards - Stress Value	= 48	3	

:15 PM Start Set Description EGY WOF ______ === 1 on 30:00 Stomach and Stretch $1x\{1 \ x \ 200 \ on \ 3:00 \ Freestyle L.50 \ fast \ REC$ $\{1 \times 200 \text{ on } 2:50 \text{ Freestyle L.} 100 \text{ fast EN1} \}$ $\{1 \times 200 \text{ on } 2:40 \text{ Freestyle L.150 fast EN1} \}$ {1 x 200 on 2:30 Freestyle L.150 fast EN2 180 12×15 on :45 Shooters $2x{4 \times 25}$ on :40 Kick no board BSLR EN1 $\{1 \times 125 \text{ on } 2:30 \text{ Kick} \}$ EN1 $\{1 \times 125 \text{ on } 2:25 \text{ Kick} \}$ 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 $1x{1 \times 200 \text{ on } 3:20 \text{ Individual Medley}}$ EN1 $\{5 \times 50 \text{ on } 1:00 \text{ Butterfly} \}$ {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 $\{5 \times 50 \text{ on } : 50 \text{ Freestyle} \}$ 400 4 x 100 on 1:45 Stroke Drills REC

Workout #3672 - Saturday, 12 February 2005 HighSchl - Fly

1 minute rest between sets

Yards	7:00 PM Start 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	$4x{3 \times 100 \text{ on } 1:30 \text{ 3 strks fly off wall}}$	EN2	
	{ descend		
	$\{2 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN1	
	{ dont do 50's of last		
	{ set		
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

Workout #3674 - Monday, 14 February 2005 HighSchl - All 1 minute rest between sets

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

	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		

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

Workout #3675 - Monday, 14 February 2005 HighSchl - All 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 45:00 Visualization/strtch		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :45 Shooters	SP3	٤
	1 on 10:00 Techniques-Starts		Γ
500	5 x 100 on 2:00 Kick	EN1	F
600	6 x 100 on 1:30 Pulls	EN1	E
	1x{2 x 250 on 3:45 Freestyle	EN1	٤
	{2 x 200 on 3:00 Choice	EN1	٤
	{2 x 150 on 2:15 Choice	EN1	٤
	{2 x 100 on 1:30 Choice	EN1	٤
	$\{2 \times 50 \text{ on } : 45 \text{ Choice} \}$	EN1	٤
300	3 x 100 on 1:45 Stroke Drills	REC	Γ
	1 on 10:00 Ice		N
	5:13 PM 3,480 Yards - Stress Value = 33	3	

Workout #3678 - Tuesday, 15 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	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	
	$1x\{6 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	
	$\{6 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1	
	$\{6 \times 75 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1	
450	9×50 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

	3:00	PM Start		
Yards	Se	et Description	EGY	WORK
	==		===	====
	1	on 45:00 Vslztn/Stmch&Strtch		L
600	6	x 100 on 1:40 Stroke Drills	REC	D
180	12	2 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 = 3	34	

Workout #3679 - Wednesday, 16 February 2005 Group 3 - Miguel Santos 1 minute rest between sets

5:15 AM Start Yards Set Description

====	==	===		====						===	==
	1	01	n 5:	00 5	Stret	ch					
600	8	Х	75	on i	1:25 \$	Stroke	e Dril	lls 2 d	on E	REC	
300	12	2 2	k 25	on	:30	12.5	ez 12.	.5 fast	t	EN1	
	1x{1	Х	500	on	7:30	Free	hold	under	6:00	EN2	
	{ 1	Х	400	on	6:00	Free	hold	under	4:48	EN2	
	{ 1	Х	100	on	1:30	Free	hold	under	1:12	EN2	
	{ 1	Х	300	on	4:30	Free	hold	under	3:36	EN2	
	{ 1	Х	200	on	3:00	Free	hold	under	2:24	EN2	
	{ 1	Х	500	on	7:30	Free	hold	under	5:50	EN2	
	{ 1	Х	400	on	6:00	Free	hold	under	4:40	EN2	
	{ 1	Х	100	on	1:30	Free	hold	under	1:10	EN2	
	{ 1	Х	300	on	4:30	Free	hold	under	3:30	EN2	
	{ 1	Х	200	on	3:00	Free	hold	under	2:20	EN2	
250	1	Х	250	on	4:00	Strol	ke Dri	ills		REC	
	6:30	Αl	4 4,	150	Yards	s - S1	tress	Value	= 63		

Workout #3681 - Wednesday, 16 February 2005 Group 3 - Miguel Santos 1 minute rest between sets

	5:00 PM Start		
Yards	Set Description	EGY	WOE
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :45 Shooters	SP3	
	1x{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		
	$\{4 \times 125 \text{ on } 1:55 \text{ Freestyle}$	EN3	
	{1 on 1:00 Rest		
	$\{4 \times 125 \text{ on } 1:50 \text{ Freestyle} \}$	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

		PM Start		
Yards	Se	et Description	EGY	WOF
	==		===	===
	1	on 30:00 Stomach and Stretch		
800	1	x 800 on 13:00 Swim-kick-pull-swim	REC	
180	12	2 x 15 on :45 Shooters	SP3	
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				{1 x 150 on 2:15 Freestyle {4 x 25 on :40 Your Stroke {1 x 200 on 3:00 Freestyle	EN3 EN1 EN3 EN1
Yards	3:00 PM Start Set Description	EGY W			· ·	EN3 REC
800 180 500	1 on 45:00 Visualization 1 x 800 on 13:00 Swim-kick-drll-swim 12 x 15 on :45 Shooters 1 on 10:00 Techniques-Starts 10 x 50 on 1:00 Kick no board	SP3 EN1			Workout #3686 - Friday, 18 February 2005 Group 3 - All 1 minute rest between sets	
600	12 x 50 on :50 Pulls 1x{4 x 50 on 1:00 Stroke Drills {1 x 200 on 3:00 Freestyle	EN1 REC REC		Yards	3:00 PM Start Set Description	EGY WC
	{3 x 50 on 1:00 Stroke Drills {1 x 150 on 2:15 Freestyle {2 x 50 on 1:00 Stroke Drills {1 x 100 on 1:30 Freestyle	REC REC REC REC REC		1,000 180 500	<pre>1 on 45:00 Visualization/strtch 1 x 1000 on 15:00 Swim-kick-pull-swim 12 x 15 on :45 Shooters 2x{4 x 25 on :30 Kick no board BSLR {3 x 50 on 1:00 Kick 1x{2 x 75 on 1:10 Pulls-nbbf&w + 2 yds {2 x 75 on 1:05 Pulls-nbbf&w + 2 yds {2 x 75 on 1:00 Pulls-nbbf&w + 2 yds }</pre>	
	Workout #3683 - Thursday, 17 February 2005			300	· · · · · · · · · · · · · · · · · · ·	EN1 EN1
	Group 3 - Miguel Santos 1 minute rest between sets			300	{4 x 25 on :25 Freestyle	EN1
V	6:00 PM Start	ECV	r.i.c	500	· · · · · · · · · · · · · · · · · · ·	EN1 REC
Yards =====	Set Description	EGY ====			4:56 PM 3,080 Yards - Stress Value = 23	
800 180	<pre>1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Underwater trn drill odds fr evns back 12 x 15 on :45 Shooters</pre>	REC SP3			Workout #3685 - Friday, 18 February 2005 Group 3 - Miguel Santos 1 minute rest between sets	
1,000	<pre>1 x 1000 on 20:00 Kick every 3rd lap 100% effort 1 x 1000 on 15:00 Pulls every 3rd lap 3 breaths total</pre>	EN2 EN1		Yards	±	GY WOF
450	9 x 50 on :45 Descend in sets of 3 1x{4 x 25 on :30 Backstroke} {1 x 100 on 1:30 Freestyle} {4 x 25 on :35 Backstroke} {1 x 150 on 2:15 Freestyle} {4 x 25 on :40 Backstroke} {1 x 200 on 3:00 Freestyle} {4 x 25 on :45 Backstroke} {1 x 25 on :45 Backstroke} {1 x 250 on 3:45 Freestyle} {4 x 25 on :50 Backstroke}	EN1 EN3 EN1 EN3 EN1 EN3 EN1 EN3		500 300 400	12 x 25 on :30 12.5 ez 12.5 fast S 1x{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds E {2 x 125 on 1:45 Pulls-nbbf&w + 2 yds E {2 x 125 on 1:40 Pulls-nbbf&w + 2 yds E {2 x 125 on 1:35 Pulls-nbbf&w + 2 yds E { no breath L.12 yds 16 x 25 on :30 IM order-build E	EC PP3 N1 N1 N1 N1
	{1 x 300 on 4:30 Freestyle {4 x 25 on :55 Backstroke {1 x 350 on 5:15 Freestyle {4 x 25 on 1:00 Backstroke {1 x 400 on 8:00 Stroke Drills 8:30 PM 5,880 Yards - Stress Value = 97	EN3 EN1 EN1 EN3 REC			{3 x 250 on 3:20 Freestyle-descend E {3 x 250 on 3:10 Freestyle-descend E {3 x 250 on 3:00 Freestyle-descend E {1st repeat of each { set should be 3:00 { or faster :-)	:N1 :N1 :N1 :N2
	Workout #3684 - Thursday, 17 February 2005			300	1 x 300 on 5:00 Stroke Drills R 6:30 AM 5,500 Yards - Stress Value = 63	EC
	Group 3 - High Schoolers 1 minute rest between sets					
Yards	6:00 PM Start Set Description	EGY	WC			
800	1 on 30:00 Stomach and Stretch 8 x 100 on 1:45 Underwater trn drill odds fr evns back	REC	==			
180 1,000	12 x 15 on :45 Shooters 1 x 1000 on 20:00 Kick every 3rd lap	SP3 EN2				
1,000	100% effort 1 x 1000 on 15:00 Pulls every 3rd lap 3 breaths total	EN1				
450 1,100	9 x 50 on :45 Descend in sets of 3 1x{4 x 25 on :30 Your Stroke {1 x 100 on 1:30 Freestyle	EN1 EN3 EN1				

9:30 AM Start

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	
	${3 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$	EN1	
	${3 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$	EN1	
	${3 \times 75 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$	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	
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	
	$\{4 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN2	
	$\{4 \times 25 \text{ on } : 15 \text{ Freestyle} \}$	EN2	
200	1 x 200 on 3:00 Freestyle	REC	
400	4 x 100 on 1:30 Freestyle-descend to	EN2	
	ludicrous speed		
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

	J. Jo III Beale		
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	
	$\{3 \times 50 \text{ on } 1:00 \text{ Kick-descend} \}$	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	4×75 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

Yards	3:00 PM Start Set Description	EGY	WOF
		===	===
600 180	<pre>1 on 20:00 Stomach and Stretch 1 x 600 on 11:00 Swim-kick-pull-swim 12 x 15 on :45 Shooters 1 on 10:00 Techniques-Relay Str</pre>	REC SP3	
	1x{4 x 25 on :30 Kick no board BSLR {1 x 100 on 2:00 Kick {1 x 100 on 1:50 Kick	EN1 EN1 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		
	Set Description	EGY	WOI
	1 20.00 0+	===	===
600	1 on 20:00 Stomach and Stretch 6 x 100 on 1:40 Underwater trn drill	DEC	
600	free or back	KEC	
100		CD3	
180	12 x 15 on :45 Shooters	SP3	
	1 on 10:00 Techniques-Relay Str	D111	
	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 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $		
	${3 \times 50 \text{ on } :40 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$	EN1	
150	1 x 150 on 2:15 2bk-4bk-6bk by 50's	EN1	
	$1x\{2 \times 100 \text{ on } 1:10 \text{ Freestyle}$	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

5:00 PM Start

Workout #3693 - Wednesday, 23 February 2005 Group 3 - Miguel Santos 1 minute rest between sets

	{ 1	x 25	0 on	3:15	Freestyle	EN1
200	1	x 20	0 on	3:00	Stroke Drills	REC
	8:01	PM 5	,080	Yard	s - Stress Value = 50	

Workout #3695 - Friday, 25 February 2005
Group 3 - Miguel Santos
1 minute rest between sets

Yards	Set Desc:	ription	EGY I	WOF		Group 3 - Miguel Santos	
	======		=== :	===		1 minute rest between sets	
	1x{1 x 200 c {1 x 200 c	00 Stomach and Stretch on 3:00 Freestyle L.50 fast on 3:00 Freestyle L.100 fast on 3:00 Freestyle L.150 fast	EN1		Yards =====	5:15 AM Start Set Description EGY WORK	SI ==
180		on :45 Shooters	SP3			1 on 10:00 Stretching L	DF
	•	n :30 Kick no board BSLR	EN1		600	1 x 600 on 10:00 Choice REC S	CF
		1:45 Sprint kick	EN2		300	12 x 25 on :30 12.5 ez 12.5 fast SP3 S	F
	•	on 5:15 Pulls	EN1			$1x\{1 \text{ x 600 on 7:00 Freestyle}$ EN2 S	F
	•	on 5:05 Pulls	EN1			$\{1 \times 500 \text{ on } 6:15 \text{ Freestyle} $ EN2 S	F
	•	on 4:55 Pulls	EN2			$\{1 \times 400 \text{ on } 5:20 \text{ Freestyle} $ EN1 S	F
300		on :30 Free 12.5y tuck spin	EN1			$\{1 \times 300 \text{ on } 4:15 \text{ Freestyle} $ EN1 S	F
	•	1 :00 Your Stroke	SP2			$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} $ EN1 S	F
	•	on 3:00 Freestyle	REC			$\{1 \times 100 \text{ on } 1:35 \text{ Freestyle} $ EN1 S	F
		1 :00 Your Stroke	SP2			$1x\{4 \times 25 \text{ on } : 30 \text{ Freestyle}$ EN1 S	F
	•	on 3:00 Freestyle	REC			$\{4 \times 25 \text{ on :} 25 \text{ Freestyle} $ EN1 S	E
	•	n :00 Your Stroke	SP2			$\{4 \times 25 \text{ on : 20 Freestyle} \text{EN2} S$	E
	•	n 3:00 Freestyle	REC		200	1 x 200 on 4:00 Stroke Drills REC D	C
500		on 9:00 Stroke Drills 30 Yards - Stress Value = 89	REC			6:22 AM 3,500 Yards - Stress Value = 48	

Workout #3692 - Wednesday, 23 February 2005 HighSchl - All

1 minute rest between sets

	2 22 24 24			5:00 PM Start	
	3:00 PM Start		Yards	Set Description E	GY WOF
Yards	Set Description	EGY WO	OF =====	=======================================	== ===
=====	=======================================	=== =:	==	1 on 30:00 Stomach and Stretch	
	1 on 25:00 Stomach and Stretch		800	1 x 800 on 14:00 Reverse IM drill R	REC
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	180	12 x 15 on :45 Shooters S	P3
180	12 x 15 on :45 Shooters	SP3	800	1x{8 x 50 on 1:00 Kick no board BSLR E	N1
	1 on 10:00 Techniques-Relay Str			{1 x 400 on 8:00 Kick-great effort!!! E	N2
300	6×50 on :50 Descend in sets of 3	EN1	750	$1x\{3 \times 25 \text{ on } : 30 \text{ Pulls-nbbf&w} + 2 \text{ yds} = 100 \text{ E}$	N1
50	1 x 50 on 5:00 Relay/brkn @25's	SP2		{3 x 50 on :55 Pulls-nbbf&w + 2 yds E	N1
	1x{1 x 100 on 2:00 Kick	EN1		{3 x 75 on 1:15 Pulls-nbbf&w + 2 yds E	N1
	{2 x 50 on 1:00 Kick	EN1		· · · · · · · · · · · · · · · · · · ·	N1
	{4 x 25 on :30 Kick	EN1	300	· · ·	N1
	{2 x 50 on 1:05 Kick	EN1	1,400		N1
	{1 x 100 on 2:10 Kick	EN1	,	`	N1
	1x{1 x 250 on 3:30 Pulls	EN1		· · · · · · · · · · · · · · · · · · ·	N1
	{1 x 250 on 3:20 Pulls	EN1		`	N1
300	6×50 on :50 Descend in sets of 3	EN1		•	N1
50	1 x 50 on 5:00 Relay/brkn @25's	SP2		•	N1
500	1 x 500 on 8:00 Stroke Drills	REC		`	N1
	1 on 10:00 Ice			-	N1
	4:58 PM 2,980 Yards - Stress Value = 32		250	· · · · · · · · · · · · · · · · · · ·	REC
			200	6:59 PM 4,480 Yards - Stress Value = 42	

Workout #3694 - Thursday, 24 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		
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	
	$\{2 \times 250 \text{ on } 3:20 \text{ Freestyle}$	EN1	

Workout #3696 - Friday, 25 February 2005 HighSchl - Miguel Santos 1 minute rest between sets

Workout #3697 - Saturday, 26 February 2005 Group 3 - Miguel Santos 1 minute rest between sets

7:09 PM 4,030 Yards - Stress Value = 44

Workout #3700 - Thursday, 03 March 2005 Group 3 - All 1 minute rest between sets

	7:00 AM Start				6:00	PM Start	=		
Yards	Set Description	EGY	WOF	Yards		et Descrip		EGY	
=====	=======================================	===	=== :	=====				===	===
	1 on 30:00 Stomach and Stretch						Stomach and Stretch		
800	1 x 800 on 12:00 Stroke Drills	REC		800			1:40 Underwater trn drill	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3					evens back		
500	20 x 25 on :30 Odds sprint kick	EN1		180			:45 Shooters	SP3	
600	1 x 600 on 8:00 Pulls-nbbf&w + 2 yds			450		x 50 on 1		EN1	
600	6 x 100 on 1:30 Freestyle	EN1			-	x 50 on :		EN1	
	$1 \times \{6 \times 50 \text{ on } 1:00 \text{ Descend in sets of } 3$ $\{6 \times 50 \text{ on } :55 \text{ Descend in sets of } 3$	EN1 EN1		500	-	x 50 on :	1:45 Pulls-nbbf&w + 2 yds	EN2	
	$\{6 \times 50 \text{ on } : 55 \text{ Descend in sets of } 3\}$	EN1		300			1:40 Pulls-nbbf&w + 2 yds		
	{6 x 50 on :45 Descend in sets of 3	EN1		300	-		:50 Descend in sets of 3	EN1	
	{6 x 50 on :40 Descend in sets of 3	EN1					1:20 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC		_,			1:15 Freestyle	EN1	
	8:50 AM 4,500 Yards - Stress Value = 44						1:10 Freestyle	EN1	
					{ 1	x 100 on	1:05 Freestyle	EN1	
	Workout #3698 - Tuesday, 01 March 2005						2:15 Freestyle	REC	
	Group 3 - Miguel Santos			400			:30 Freestyle	EN1	
	1 minute rest between sets						:25 Freestyle	EN1	
	1 minute rest between sets						:20 Freestyle	EN1	
	5:30 PM Start			0.5.0	-		:15 Freestyle	EN1	
Yards	Set Description	EGY	TATC	250			4:00 Stroke Drills	REC	
=====	=======================================				1:38	PM 4,030	Yards - Stress Value = 35		
	1 on 20:00 Stomach and Stretch					13 7 1	3501 5 1 0435 1 2005		
800	1 x 800 on 13:00 Underwater trn dril	1 REC				Workout #.	3701 - Friday, 04 March 2005		
180	12 x 15 on :45 Shooters	SP3					Group 3 - All		
	1x{2 x 100 on 2:00 Kick	EN1				1 mi	inute rest between sets		
	{1 x 50 on 1:00 Kick-100%	EN2							
	{2 x 100 on 1:50 Kick	EN1				PM Start			
	{1 x 50 on 1:00 Kick-100%	EN2		Yards		et Descrip		EGY	
	{2 x 100 on 1:40 Kick	EN2 EN2		=====			Ctomoch and Ctootab	===	===
	{1 x 50 on 1:00 Kick-100% 1x{1 x 300 on 4:10 Pulls	EN2 EN1		600			Stomach and Stretch 12:00 Swim-kick-pull-swim	DEC	
	{1 x 300 on 4:10 Pulls	EN1		180			:45 Shooters	SP3	
	{1 x 300 on 4:00 rulls	EN1					1:55 Kick	EN1	
600	6 x 100 on 1:30 Descend in sets of 3			000	•		1:50 Kick	EN1	
200	1 x 200 on :00 Brkn @50's	SP2					1:45 Kick	EN1	
200	1 x 200 on 8:00 Stroke Drills	REC		600	1x{1	x 100 on	1:25 Pulls	EN1	
100	1 x 100 on :00 Brkn @ your choice	SP2			{ 2	x 100 on	1:20 Pulls	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC			{ 3	x 100 on	1:15 Pulls	EN2	
	7:07 PM 3,980 Yards - Stress Value = 63			300			:30 12.5 ez 12.5 fast	EN1	
				1,200			2:15 Freestyle	EN1	
	Workout #3699 - Wednesday, 02 March 2005						2:05 Freestyle	EN1	
	Group 3 - Miguel Santos						1:55 Freestyle	EN1	
	1 minute rest between sets			000			1:45 Freestyle	EN2	
	i minute 1 est Detricti sets			200			3:00 Stroke Drills Yards - Stress Value = 40	REC	
	5:30 PM Start				1.02	TI 3,000	idido occeso value - 40		
Yards	Set Description	EGY W							
=====		=== =	===						
	1 on 20:00 Stomach and Stretch		Ι						
	1x{1 x 200 on 3:00 Freestyle L.25 fast		S						
	{1 x 200 on 3:00 Freestyle L.50 fast		S						
1.00	{1 x 200 on 3:00 Freestyle L.75 fast		٤						
180		SP3 EN1	£ F						
	•	EN1							
	•	EN1	ř ř						
	•	EN1	ř						
400		EN1	E						
100	-	EN1	٤						
	•	EN1	٤						
	•	EN1	٤						
	{1 x 100 on 1:30 Your Stroke	EN1	5						
	{4 x 125 on 2:00 25drll 75bld 25drll	EN1	٤						
200	1 x 200 on 3:00 Stroke Drills 7:09 PM 4 030 Yards - Stress Value = 44	REC	Ι						

Workout #3702 - Friday, 04 March 2005 Group 3 - Miguel Santos 1 minute rest between sets

Yards	6:00 PM Start 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		

Workout #3704 - Saturday, 05 March 2005 Group 3 - All

1 minute rest between sets

	8:00 AM Start		
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	$3x{4 \times 25}$ 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
	${3 \times 50 \text{ on } :}40 \text{ Freestyle-descend}$	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 = 4	18	

Workout #3703 - Saturday, 05 March 2005 Group 3 - Miguel Santos 1 minute rest between sets

7:00 AM Start

	7.00 In Start		
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	
	$3x{4 \times 25}$ 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 #3705 - Monday, 07 March 2005 Group 3 - All

1 minute rest between sets

	6:00	PM	Start	t				
Yards	S	et 1	Descrip	ption			EGY	WORF
=====	=	===	=====				===	====
	1	on	20:00	Stomach	and	Stretch		I

400	1	X 4	400 on 8:00 Swim-kick-pull-swim	REC	S
180	12	2 x	15 on :45 Shooters	SP3	٤
600	1x{4	x 2	25 on :30 Kick no board BSLR	EN1	F
	{ 1	x !	50 on 1:00 Kick	EN1	F
	{ 4	x 2	25 on :35 Kick no board BSLR	EN1	F
	{ 1	х	100 on 2:00 Kick	EN1	F
	{ 4	x 2	25 on :40 Kick no board BSLR	EN1	F
	{ 1	х	150 on 3:00 Kick	EN1	F
500	4	х	125 on 1:45 Lungbuster pulls	EN1	Ε
200	8	x 2	25 on :30 12.5 ez 12.5 fast	EN1	S
1,400	1x{1	х	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	х	100 on 1:30 Your Stroke	EN1	٤
	{ 2	X !	50 on :40 Freestyle	EN2	S
	{ 4	Х	75 on 1:05 Your Stroke	EN1	٤
	{ 2	X .	50 on :35 Freestyle	EN2	S
200	1	x 2	200 on 4:00 Stroke Drills	REC	Γ
	7:32	PM	3,480 Yards - Stress Value = 30	5	

Workout #3706 - Tuesday, 08 March 2005 Group 3 - All

1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 25:00 Stomach and Stretch		I
600	6 x 100 on 1:40 Stroke Drills	REC	Γ
180	12 x 15 on :45 Shooters	SP3	٤
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	$1x\{2 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	E
	$\{2 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1	E
	$\{2 \times 75 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN2	E
200	8 x 25 on :30 12.5 ez 12.5 fast	EN1	٤
1,200	$1x{1 x 400 on 5:15 Freestyle}$	EN1	٤
	$\{1 \times 400 \text{ on } 5:00 \text{ Freestyle}$	EN2	٤
	$\{1 \times 400 \text{ on } 4:45 \text{ Freestyle} \}$	EN2	٤
300	6 x 50 on 1:00 Stroke Drills	REC	Γ
	7:31 PM 3,430 Yards - Stress Value = 43	3	

Workout #3707 - Friday, 02 September 2005 Generic

1 minute rest between sets

	6:00 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	٤
300	12 x 25 on :45 Kick no board BSLR	EN1	F
600	8 x 75 on 1:20 Pulls	EN1	E
1,400	$1x{3 x 50 on 1:00 Butterfly}$	EN1	٤
	{1 x 200 on 3:20 Individual Medley	EN1	٤
	{3 x 50 on 1:00 Backstroke	EN1	٤
	{1 x 200 on 3:20 Individual Medley	EN1	٤
	{3 x 50 on 1:05 Breaststroke	EN1	٤
	{1 x 200 on 3:20 Individual Medley	EN1	٤
	${3 \times 50 \text{ on } :}50 \text{ Freestyle}$	EN1	٤
	{1 x 200 on 3:20 Individual Medley	SP1	٤
	{ last IM 100%		
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	7:00 AM 2,900 Yards - Stress Value = 39	9	

Workout #3708 - Monday, 12 September 2005 HighSchl - All

1 minute rest between sets

	2:45	PN	1 St	cart	Ī.			
Yards	Se	et	Desc	crip	ption		EGY	WORF
	==	-=-		====			===	====
	1	or	15:	:00	Stret	tching		I
400	1	Х	400	on	6:00	Swim-kick-pull-swim	REC	٤
150	10) 2	15	on	:45 \$	Shooters	SP3	٤
	2x{4	Х	25 0	on :	:30 K	ick no board BSLR	EN1	F
	{ 2	Х	75 d	on 1	l:20 E	Kick	EN2	ŀ
	1x{1	Х	200	on	3:00	Pulls	EN1	E
	{ 1	Х	200	on	2:45	Pulls	EN1	E
	{ 1	Х	200	on	2:30	Pulls	EN2	E
300	4	Х	75 0	on 1	1:15	<pre>IM w/out alt.strokes</pre>	EN1	٤
	1x{3	Х	150	on	2:15	Freestyle	EN2	٤
	{ 1	Х	200	on	3:00	Backstroke	EN1	٤
	{ 3	Х	150	on	2:10	Freestyle	EN2	٤
	{ 1	Х	200	on	3:00	Backstroke	EN1	٤
	{ 3	Х	150	on	2:05	Freestyle	EN2	٤
	{ 1	Х	200	on	3:00	Backstroke	EN1	٤
	{ 3	Х	150	on	2:00	Freestyle	EN1	٤
200	1	Х	200	on	3:00	Stroke Drills	REC	Ι
	4:22	ΡN	4,5	550	Yards	s - Stress Value = 62	2	

Workout #3709 - Monday, 12 September 2005 HighSchl - Gold

1 minute rest between sets

	2:45	PM	St	art	Ī.					
Yards	Se	et 1	Desc	crip	ption				EGY	WORF
=====	==		====	-==					===	====
	1	on	15:	00	Stret	chin	g			I
400	1	X '	400	on	6:00	Swim	-kick-p	oull-swim	REC	٤
150	10) x	15	on	:45 8	Shoot	ers		SP3	٤
	2x{4	x 2	25 c	n :	:30 Ki	ick n	o board	d BSLR	EN1	F
	{ 2	X	75 c	on 1	l:30 F	Kick			EN2	F
	1x{1	x 2	200	on	3:00	Pull	S		EN1	E
	{ 1	x 2	200	on	2:45	Pull	S		EN1	E
300	4	X	75 c	on 1	1:15 1	IM w/	out alt	.strokes	EN1	٤
	1x{2	х	150	on	2:15	Free	style		EN2	٤
	{ 1	х	150	on	2:30	Your	Stroke)	EN1	٤
	{ 2	X :	150	on	2:10	Free	style		EN2	٤
	{ 1	х	150	on	2:30	Your	Stroke)	EN1	٤
	{ 2	X :	150	on	2:05	Free	style		EN2	٤
	{ 1	X :	150	on	2:30	Your	Stroke)	EN1	٤
	{ 2	x :	150	on	2:00	Free	style		EN1	٤
200	1	x 2	200	on	3:00	Stro	ke Dril	lls	REC	Ι
	4:09	PM	3,6	00	Yards	s - S	tress \	Value = 48	3	

Workout #3710 - Tuesday, 13 September 2005 HighSchl - All

1 minute rest between sets

Yards	2:45 PM Start Set Description	EGY	WOF
=====		===	===
	1 on 15:00 Strecching		
400	1 x 400 on 7:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	1x{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	1x{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	
	3x{1 x 100 on 1:45 Backstroke	EN1	
	{2 x 75 on 1:15 Backstroke	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	-		

	{ 4	Х	25	on	:40	Вас	k	12yc	ds :	under			EN1
200	1	Х	200	on	4:0	00 S	tr	oke	Dr	ills			REC
	4:18	ΡN	13,	650	Yar	ds	_	Stre	ess	Value	=	35	

Workout #3711 - Wednesday, 14 September 2005 HighSchl - All

1 minute rest between sets

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

Workout #3712 - Thursday, 15 September 2005 HighSchl - All 1 minute rest between sets

		PM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 15:00 Stretching		
400	1	x 400 on 8:00 Underwater trn drill	REC	
150	10	0 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	
1,200	4	x 300 on 4:00 Pulls	EN1	
300	6	x 50 on :50 Descend in sets of 3	EN1	
	1x{4	x 100 on 1:10 Freestyle	EN2	
	{1	x 200 on 3:30 Freestyle	REC	
	{ 4	x 75 on :55 Freestyle	EN2	
	{1	x 200 on 3:30 Freestyle	REC	
	{ 4	x 50 on :40 Freestyle	EN2	
		x 200 on 3:30 Freestyle	REC	
		PM 4,050 Yards - Stress Value = 43		

Workout #3713 - Monday, 19 September 2005 HighSchl - All

1 minute rest between sets

	2:45 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 15:00 Stretching		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
	1x{4 x 25 on :45 Kick no board BSLR	EN1	ľ
	{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	ŀ
	{2 x 100 on 2:00 Kick 100% effort	EN1	ŀ
	$1x{4 \times 75}$ on 1:10 Pull no br L. 5 yds	EN1	E
	$\{4 \times 75 \text{ on } 1:10 \text{ Pull no br L.}10 \text{ yds}$	EN1	E
	$\{4 \times 75 \text{ on } 1:10 \text{ Pull no br L.}15 \text{ yds}$	EN1	E
300	4×75 on 1:20 IM w/out alt.strokes	EN1	٤
2,000	5 x 400 on 5:00 Freestyle	EN2	٤
400	8 x 50 on 1:00 Stroke Drills	REC	Γ
	4:28 PM $4,750$ Yards - Stress Value = 6	4	

Workout #3714 - Tuesday, 20 September 2005 HighSchl - All

1 minute rest between sets

	2:45 PM Start		
Yards	Set Description	EGY	WOF
		===	===
	1 on 15:00 Stretching		
400	1 x 400 on 8:00 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	
	1x{2 x 50 on :45 Pulls	EN1	
	{2 x 75 on 1:05 Pulls	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
	{2 x 125 on 1:50 Pulls	EN1	
300	3×100 on 1:30 Descend in sets of 3	EN1	
	1x{1 x 150 on 2:30 Backstroke	EN1	
	{2 x 125 on 2:00 Backstroke	EN1	
	{3 x 100 on 1:35 Backstroke	EN1	
	$\{4 \times 75 \text{ on } 1:10 \text{ Backstroke} \}$	EN1	
	{5 x 50 on :45 Backstroke	EN1	
200	1 x 200 on 4:00 Backstroke for time	SP1	
400	1 x 400 on 8:00 Stroke Drills	REC	
	4:25 PM 4,100 Yards - Stress Value = 51		

Workout #3715 - Wednesday, 21 September 2005 HighSchl - All

1 minute rest between sets

Yards	2:45 PM Start Set Description	EGY	WOF
Idido	bee bescription	пот	****
=====		===	===
	1 on 15:00 Stretching		
	1x{1 x 150 on 2:30 Freestyle L.50 fast	EN1	
	{1 x 150 on 2:30 Freestyle L100 fast	EN1	
	{1 x 150 on 2:30 Freestyle L.150 fast	EN1	
150	10 x 15 on :45 Shooters	SP3	
	1x{4 x 50 on 1:00 Kick no board BSLR	EN1	
	{4 x 75 on 1:30 Kick	EN1	
	1x{3 x 100 on 1:40 Lungbuster pulls	EN1	
	{3 x 100 on 1:35 Lungbuster pulls	EN1	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
	$1x{4 x 125 on 2:30 Breaststroke}$	EN1	
	{1 x 150 on 2:15 Freestyle	EN1	
	{4 x 125 on 2:20 Breaststroke	EN1	
	{1 x 150 on 2:15 Freestyle	EN1	

	{ 4	X	125	on	2:10	Breaststroke	EN2
300	1	Х	300	on	5:00	Stroke Drills	REC
	4:30	ΡN	4 4,3	350	Yards	s - Stress Value = 52	

Workout #3716 - Thursday, 22 September 2005 HighSchl - All

1 minute rest between sets

Yards	2:45 PM Start Set Description	EGY	WOI
======	=======================================	===	
	1 on 15:00 stretching		
400		REC	
150		SP3	
100	1x{4 x 50 on 1:05 Kick	EN1	
	{4 x 50 on 1:00 Kick	EN1	
	{3 x 50 on :55 Kick	EN2	
	{3 x 50 on :50 Kick	EN2	
	1x{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds		
	{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds		
	{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds		
	{2 x 125 on 1:35 Pulls-nbbf&w + 2 yds	EN2	
300	6×50 on :50 Descend in sets of 3	EN1	
	$1x{4 x 25 on :30 Butterfly}$	EN1	
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$	REC	
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	
	$\{2 \times 50 \text{ on } :55 \text{ Freestyle} \}$	REC	
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	
	${3 \times 50 \text{ on } :50 \text{ Freestyle}}$	REC	
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	
	{3 x 50 on :50 Freestyle	REC	
	$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	
	$\{2 \times 50 \text{ on } :55 \text{ Freestyle} \}$	REC	
	{4 x 25 on :30 Butterfly	EN1	
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	REC	
400	1 x 400 on 7:00 Stroke Drills	REC	
	4:29 PM 4,450 Yards - Stress Value = 39		

Workout #3717 - Wednesday, 12 October 2005 HighSchl - All

1 minute rest between sets

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

EN1

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EN1

EN2

EN2

REC

SP3

Workout #3718 - Wednesday, 12 October 2005 HighSchl - All

1 minute rest between sets

	3:00	PM Start		
Yards	Se	et 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 #3724 - Monday, 24 October 2005 Group 3 - Silver

1 on 30:00 Physio Balls/Stretch

{4 x 25 on :45 Kick no board BSLR

1x{2 x 125 on 2:00 Pull no br L.5 yds EN1 {2 x 125 on 1:55 Pull no br L.5 yds EN1 {2 x 125 on 1:50 Pull no br L.5 yds EN1 {2 x 125 on 1:45 Pull no br L.5 yds EN1 4 x 75 on 1:15 IM w/out alt.strokes EN1

10 x 15 on :45 Shooters $3x{2 x 100 on 2:00 Kick}$

 $1x{3 \times 500 \text{ on } 7:00 \text{ Freestyle}}$

1 on 10:00 Ice

3:00 PM Start

 $\{2 \times 500 \text{ on } 6:45 \text{ Freestyle} \}$

 $\{1 \times 500 \text{ on } 6:30 \text{ Freestyle} \}$

5 x 50 on 1:00 Stroke Drills

1 x 400 on 8:00 Swim-kick-pull-swim REC

400

1 minute rest between sets

5:29 PM 6,000 Yards - Stress Value = 71

Hig	ghSchl - All
1 minute	rest between sets

Workout #3719 - Wednesday, 19 October 2005

	3:00 PM Start
Yards	Set Description
=====	=======================================
400	1 400 6.00 171

Yards	Set Description	EGY	WOF
=====	=======================================	===	===
400	1 x 400 on 6:00 Underwater trn drill	REC	
150	10×15 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	3×300 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

	0.00 AM	Diali		
Yards	Set	Description	EGY	MC
=====	====		===	==
	1 or	n 5:00 Stretching		
400	1 x	400 on 7:00 200 SKPS 200 undtrnd	REC	
150	10 2	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	

Workout #3725 - Monday, 24 October 2005 Group 3 - Gold 1 minute rest between sets

9:28 AM 5,000 Yards - Stress Value = 53

 $\{1 \times 50 \text{ on } : 45 \text{ Freestyle } \}$

1 x 300 on 5:00 Freestyle

	3:00	PM	1 Start
Yards	Se	et	Description

300

8:00 AM Start

	Yards	Set Description	EGY	WORF
		=======================================	===	====
		1 on 30:00 Physio Balls/Stretch		I
ΟF	300	1 x 300 on 8:00 Swim-kick-pull-swim	REC	٤
==	150	10 x 15 on :45 Shooters	SP3	٤
		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	E
		{2 x 100 on 1:55 Pull no br L.5 yds	EN1	E
		{2 x 100 on 1:50 Pull no br L.5 yds	EN1	E
	200	1 x 200 on 5:00 Individual Medley	EN1	٤
		1x{3 x 250 on 4:45 Freestyle	EN1	٤
		{2 x 250 on 4:30 Freestyle	EN1	٤
		{1 x 250 on 4:15 Freestyle	EN1	٤
	250	5 x 50 on 1:00 Stroke Drills	REC	Γ
		1 on 10:00 Ice		N
		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	Se	et Description	EGY	WORF
=====	==		===	====
	1	on 30:00 Physio Balls/Stretch		I
200	1	x 200 on 8:00 Swim-kick-pull-swim	REC	٤
150	10) x 15 on :45 Shooters	SP3	٤
	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	E
	{ 2	x 75 on 1:55 Pull no br L.5 yds	EN1	E
	{ 2	x 75 on 1:50 Pull no br L.5 yds	EN1	E
200	1	x 200 on 5:00 Individual Medley	EN1	٤
	1x{3	x 150 on 4:45 Freestyle	EN1	٤
	{ 2	x 150 on 4:30 Freestyle	EN1	٤
	{ 1	x 150 on 4:15 Freestyle	EN1	٤
200	4	x 50 on 1:30 Stroke Drills	REC	Γ
	1	on 10:00 Ice		N
	5:13	PM 2,500 Yards - Stress Value = 2	7	

REC

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Workout #3722 - Monday, 24 October 2005 HighSchl - Gold

1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WORF
=====		===	====
	1 on 30:00 Weights and Stretch		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	٤
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
	1x{2 x 150 on 2:15 Pull no br L.5 yds	EN1	E
	{2 x 150 on 2:10 Pull no br L.7 yds	EN1	E
	{2 x 150 on 2:05 Pull no br L.9 yds	EN1	E
300	4×75 on 1:15 IM w/out alt.strokes	EN1	٤
	1x{3 x 250 on 3:30 Freestyle	EN2	٤
	{2 x 250 on 3:20 Freestyle	EN2	٤
	$\{1 \times 250 \text{ on } 3:10 \text{ Freestyle}$	EN2	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Ι
	1 on 5:00 Ice		ŀ
	7:05 AM 3,600 Yards - Stress Value = 54	4	

Workout #3721 - Monday, 24 October 2005 HighSchl - Silver 1 minute rest between sets

5:30 AM Start Yards Set Description EGY WORF ===== 1 on 30:00 Weights and Stretch 300 1 x 300 on 7:00 Swim-kick-pull-swim REC 300 12 x 25 on :30 12.5 ez 12.5 fast SP3 1x{2 x 125 on 2:15 Pull no br L.5 yds EN1 {2 x 125 on 2:10 Pull no br L.7 yds EN1 {2 x 125 on 2:05 Pull no br L.9 yds EN1 $1x{3 \times 200 \text{ on } 3:30 \text{ Freestyle}}$ EN2 {2 x 200 on 3:20 Freestyle EN2 REC 150 Γ 1 x 150 on 3:00 Stroke Drills 1 on 10:00 Ice 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	MC
=====	=======================================	===	==
	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	
	${3 \times 100 \text{ on } 1:30 \text{ Descend in sets of } 3}$	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

	3:00 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 10:00 Underwater trn drill	REC	
150	10 x 15 on :45 Shooters	SP3	
	4x{2 x 75 on 2:00 Kick	REC	
	{1 x 100 on 2:00 Kick	EN3	
750	1 x 750 on 15:00 Pulls	EN1	
	$1x{3 x 75 on 1:40 Descend in sets of 3}$	EN1	
	$\{3 \times 75 \text{ on } 1:30 \text{ Descend in sets of } 3$	EN1	
	1x{2 x 100 on 2:10 Backstroke	EN1	
	{2 x 100 on 2:05 Backstroke	EN1	
	{2 x 100 on 2:00 Backstroke	EN1	
	{2 x 75 on 1:30 Backstroke	EN1	
	{2 x 75 on 1:25 Backstroke	EN1	
	{2 x 75 on 1:20 Backstroke	EN1	
400	16 x 25 on :30 Freestyle-odds fast	EN1	
400	1 x 400 on 6:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	5:29 PM 4,600 Yards - Stress Value = 58		

Workout #3728 - Tuesday, 25 October 2005 HighSchl - Bronze 1 minute rest between sets

	3.00	PM Start		
Varde		et Description	EGY I	MC
======	==	et bescription	===	==
	1	on 30:00 Stomach and Stretch		
300		x 300 on 10:00 Underwater trn drill	REC	
) x 15 on :45 Shooters	SP3	
100		x 50 on 2:00 Kick	REC	
		x 75 on 2:00 Kick	EN3	
600	•	x 600 on 15:00 Pulls	EN1	
000		x 50 on 1:40 Descend in sets of 3		
	•	x 50 on 1:30 Descend in sets of 3		
		x 75 on 2:10 Backstroke		
	•		EN1	
	•		EN1	
	•	x 50 on 1:30 Backstroke		
	•		EN1	
			EN1	
200	•	x 25 on 1:00 Freestyle-odds fast		
		-	REC	
200		on 10:00 Ice	1.20	
		PM 3,200 Yards - Stress Value = 45		
		.,		

Workout #3729 - Thursday, 27 October 2005 HighSchl - Gold 1 minute rest between sets

Yards	Se	PM Start et Description	EGY WOF
		on 30:00 Stomach and Stretch	
		x 100 on 1:45 Underwater trn drill	DEC
	•	x 50 on 1:00 Stroke Drills non fr	
150	•	0 x 15 on :45 Shooters	SP3
130		x 75 on 1:30 Kick	EN1
	•	x 100 on 2:00 Kick	EN1
	•	x 125 on 2:30 Kick	EN1
	•	x 150 on 3:00 Kick	EN1
	•	x 125 on 1:55 Pulls	EN1
	•	x 125 on 1:50 Pulls	EN1
	•	x 125 on 1:45 Pulls	EN1
		x 125 on 1:40 Pulls	EN2
300		x 50 on :50 Descend in sets of 3	EN1
		x 100 on 1:50 Butterfly 2-2	EN1
		x 100 on 1:20 Freestyle	EN2
		x 100 on 1:45 Butterfly 2-3	EN1
		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	

Workout #3730 - Saturday, 29 October 2005 HighSchl - Platinum 1 minute rest between sets

Yards	7:30 AM Start Set Description	EGY	WOF
	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	
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle all fast} \}$	EN1	
150	10 x 15 on :45 Shooters	SP3	
	$1x{4 \times 25 \text{ on :}45 \text{ Kick no board BSLR}}$	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	
		EN1	
	{4 x 25 on :30 Kick no board BSLR		
	{2 x 100 on 2:00 Kick	EN1	
•		EN1	
300			
	$1x{4 x 125 on 2:00 Freestyle}$	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		
		EN3	
250		REC	
	1 on 10:00 Ice	c =	
	10:04 AM 6,300 Yards - Stress Value = 16	35	

Workout #3731 - Saturday, 29 October 2005 HighSchl - Gold 1 minute rest between sets

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					
	{1 x 175 on 3:00 Freestyle L.150 fast					
	{1 x 175 on 3:00 Freestyle all fast					
150		SP3				
	1x{4 x 25 on :45 Kick no board BSLR					
	{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				
•	4 x 350 on 5:00 Pulls	EN1				
300	4 x 75 on 1:10 2bk-4bk-6bk by 25's					
	$1x{4 x 125 on 2:00 Freestyle}$	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	TNO				
250	`	EN3 REC				
230	1 on 10:00 Ice	REC				
	10:04 AM 6,000 Yards - Stress Value = 1	63				
	10.04 In 0,000 laids Stless value - 1	. 00				
	Workout #3732 - Saturday, 29 October 2005					
	HighSchl - Silver					

HighSchl - Silver 1 minute rest between sets

Yards	7:30 AM Start Set Description	EGY	
	1 on 30:00 Plyometrics/stretch		
	$1x{1 x 175 on 3:00 Freestyle L.50 fast}$	EN1	
	$\{1 \times 175 \text{ on } 3:00 \text{ Freestyle L.} 100 \text{ fast} \}$	EN1	
	$\{1 \times 175 \text{ on } 3:00 \text{ Freestyle L.150 fast}$	EN1	
	{1 x 175 on 3:00 Freestyle all fast	EN1	
150	10 x 15 on :45 Shooters	SP3	
	$1x{4 \times 25 \text{ on :} 45 \text{ Kick no board BSLR}}$	EN1	
	{2 x 75 on 1:45 Kick	EN1	
	$\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$	EN1	
	{2 x 75 on 1:50 Kick	EN1	
	$\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$	EN1	
	{2 x 75 on 1:55 Kick	EN1	
	$\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR}$	EN1	
	{2 x 100 on 2:00 Kick	EN1	
1,200	4 x 300 on 5:00 Pulls	EN1	
300	4×75 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 = 13	37	

Workout #3733 - Saturday, 29 October 2005 HighSchl - Bronze 1 minute rest between sets

Yards	7:30 AM Start Set Description	EGY WOF
	1 on 30:00 Plyometrics/stretch	
	1x{1 x 100 on 3:00 Freestyle L.25 fast	EN1
	{1 x 100 on 3:00 Freestyle L. 50 fast	
	{1 x 100 on 3:00 Freestyle L. 75 fast	
	· · · · · · · · · · · · · · · · · · ·	EN1
150	10 x 15 on :45 Shooters	SP3
100	$1 \times \{2 \times 25 \text{ on } 1:30 \text{ Kick no board BSLR} \}$	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	
	$\{4 \times 75 \text{ on } 1:55 \text{ Freestyle}$	EN3
	{1 on 1:00 Rest	
	$\{4 \times 75 \text{ on } 1:50 \text{ Freestyle} \}$	EN3
	{1 on 1:00 Rest	
	$\{4 \times 75 \text{ on } 1:45 \text{ Freestyle} \}$	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	1

Workout #3734 - Monday, 31 October 2005 HighSchl - All 1 minute rest between sets

5:30 AM Start Yards Set Description EGY WORF 1 on 30:00 Weights I 400 1 x 400 on 7:00 Swim-kick-pull-swim REC S 10 x 25 on :30 12.5 ez 12.5 fast SP3 S 1x{2 x 100 on 1:30 Lungbuster pulls EN1 F

	I OII 30.00 Weights		_
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	5
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	Š
	1x{2 x 100 on 1:30 Lungbuster pulls	EN1	Ε
	{2 x 100 on 1:25 Lungbuster pulls	EN1	Ε
	{2 x 100 on 1:20 Lungbuster pulls	EN1	E
	{ odds br 3-5-7-9		
	{ evens br 2-4-6-8		
300	4×75 on 1:15 IM w/out alt.strokes	EN1	č
	1x{3 x 200 on 2:40 Freestyle	EN2	5
	{3 x 200 on 2:35 Freestyle	EN2	5
	{3 x 200 on 2:30 Freestyle	EN2	Š
200	1 x 200 on 4:00 Stroke Drills	REC	Γ
	1 on 5:00 Ice		N
	7:04 AM 3,550 Yards - Stress Value = 55	5	

Workout #3735 - Monday, 31 October 2005 HighSchl - All 1 minute rest between sets

	3:00 PM Start		
Yards		EGY	WOF
=====	=======================================	===	===
	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	
	$2x{4 \times 50}$ 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	
	$1x{4} \times 100$ on 1:30 Pull no br L.5 vds	EN1	

{3 x 100 on 1:30 Pull no br L.6 yds EN1

	{ 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

	3:00 PM Start		
Yards	Set Description	EGY	WC
		===	==
	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	3×100 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 #3737 - Wednesday, 02 November 2005 HighSchl - Gold 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WOF
	1 on 40:00 Weights and Stretch		
	<u> </u>	REC	
	{1 x 200 on 3:20 Freestyle L.50 fast	EN1	
	$\{1 \times 200 \text{ on } 3:20 \text{ Freestyle L.} 100 \text{ fast} \}$	EN1	
	$\{1 \times 200 \text{ on } 3:20 \text{ Freestyle L.} 150 \text{ fast} \}$	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		
	$\{4 \times 75 \text{ on } 1\text{:}45 \text{ Kick no board BSLR}$	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	
	$\{1 \times 50 \text{ on } 1:00 \text{ Your Stroke fast}$	EN3	
	$\{2 \times 25 \text{ on } : 30 \text{ Your Stroke fast} \}$	EN3	
	$\{1 \times 50 \text{ on } 1:00 \text{ Your Stroke fast}$	EN3	
	$\{1 \times 75 \text{ on } 1:30 \text{ Your Stroke fast}$		
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 6:00 Ice		
	5:34 PM 5,000 Yards - Stress Value = 110)	

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EN1

Workout #3739 - Thursday, 03 November 2005 HighSchl - All

HighSchl - All 1 minute rest between sets

{3 x 100 on 1:30 Your Stroke-descend EN1

 4×25 on :00 Off the blocks

5:20 PM 2,150 Yards - Stress Value = 22

1 x 200 on 4:00 Stroke Drills

	1 minute rest between sets					
					11:00 AM Start	
	11:00 AM Start			Yards	Set Description	EGY WOF
Yards	Set Description	E	GY WOF	=====	=======================================	=== ===
	=======================================		== ===		$1x{1 x 200 on 3:30 Underwater trn drill}$	REC
	1 on 45:00 Stomach/Stretch/Mtg				{1 x 200 on 3:30 Swim-kick-pull-swim	REC
	1x{1 x 400 on 10:00 Swim-kick-pull-sv	vim F	EC		{1 x 200 on 3:30 Reverse IM drill	REC
	{8 x 50 on 1:30 25 drill 25 swim		EC	150	10×15 on :45 Shooters	SP3
	$1x\{4 \times 25 \text{ on } 1:00 \text{ Butterfly} $		N1	800	8 x 100 on 2:00 Kick	EN1
	{4 x 25 on 1:00 Backstroke		N1		1x{1 x 200 on 3:00 Pulls	EN1
	{4 x 25 on 1:00 Breaststroke		N1		{1 x 175 on 2:35 Pulls	EN1
	{4 x 25 on 1:00 Freestyle		N1		{1 x 150 on 2:10 Pulls	EN1
400	8 x 50 on 2:30 Kick		N1		{1 x 125 on 1:45 Pulls	EN1
400	8 x 50 on 1:45 Pulls		N1		{1 x 100 on 1:20 Pulls	EN1
600	8 x 75 on 3:00 Freestyle		N1		$\{1 \times 75 \text{ on } :55 \text{ Pulls}$	EN2
200	1 x 200 on 5:00 Freestyle EZ		EC		{1 x 50 on :35 Pulls	EN2
	Techniques-Starts/Tr	_			{1 x 25 on :15 Pulls	EN2
	1:31 PM 2,800 Yards - Stress Value =	1.8		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
	XV 1 4 //25/20 TEL 1 02 N 1 2005				$\{3 \times 150 \text{ on } 2:00 \text{ Freestyle L.50 strk} \}$	EN1
	Workout #3738 - Thursday, 03 November 2005				$\{3 \times 150 \text{ on } 1:55 \text{ Freestyle L.50 strk} \}$	EN1
	HighSchl - Gold				$\{3 \times 150 \text{ on } 1:50 \text{ Freestyle L.50 strk} \}$	EN1
	1 minute rest between sets				$\{3 \times 150 \text{ on } 1:45 \text{ Freestyle L.50 strk} \}$	EN1
				200	1 x 200 on 3:00 Stroke Drills	REC
	11:00 AM Start				12:31 PM 5,200 Yards - Stress Value = 48	
Yards	Set Description	EGY	WORK S			
		===			Workout #3742 - Friday, 04 November 2005	
	1 on 45:00 Stomach/Stretch/Mtg		D		•	
800	1 x 800 on 14:00 Reverse IM drill	REC	D		HS Girls - All	
250	10 x 25 on :30 Berzerks Fast TO	SP3	S (1 minute rest between sets	
	1x{2 x 125 on 2:30 Kick	EN1	K			
	{2 x 125 on 2:25 Kick	EN1	K		4:30 PM Start	
	{2 x 125 on 2:20 Kick	EN1	K	Yards	Set Description E	GY WORK
	3x{1 x 150 on 2:15 Pulls	EN1	Р		=======================================	== ====
	{1 x 50 on :50 Pulls 8 brths total		P	400	1 x 400 on 8:00 Stroke Drills R	EC [
	{1 x 50 on :50 Pulls 7 brths total		P	300	3 x 100 on 2:00 Kick E	N1 F
	{1 x 50 on :50 Pulls 6 brths total		P	150	10 x 15 on :45 Shooters S	P3 S
200	8 x 25 on :30 IM order-build	EN1	S		$1x{4 \times 50}$ on 1:00 Down easy back fast E	N2 S
	$1x\{4 \times 200 \text{ on } 2:50 \text{ Freestyle}$	EN1	S		{4 x 50 on 1:00 Dwn ez fr bckfst nfr E	N1 S
	{4 x 100 on 1:25 Freestyle	EN1	S		1x{3 x 100 on 1:40 Freestyle-descend E	N1 S
			-		(2 100 1 20 1 2 1 1 1 1 1 1	371 0

EN1

EN1

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Workout #3740 - Friday, 04 November 2005 HighSchl - All 1 minute rest between sets

1:35 PM 5,800 Yards - Stress Value = 55

 ${3 \times 200 \text{ on } 2:45 \text{ Freestyle}}$

 ${3 \times 100 \text{ on } 1:20 \text{ Freestyle}}$

{2 x 200 on 2:40 Freestyle

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

1 on 10:00 Ice

1 x 200 on 3:00 Stroke Drills

200

	5:30 AM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	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	
	$\{1 \times 100 \text{ on } 2:15 \text{ Kick no board}$	EN1	
	{6 x 50 on 1:00 Stroke Drills	REC	
	$\{1 \times 100 \text{ on } 2:15 \text{ Kick no board}$	EN1	
	$\{4 \times 75 \text{ on } 1:30 \text{ Stroke Drills}$	REC	
	{1 x 100 on 2:15 Kick no board	EN1	
	{3 x 100 on 2:00 Stroke Drills	REC	
	$\{1 \times 100 \text{ on } 2:15 \text{ Kick no board}$	EN1	
	{2 x 150 on 3:00 Stroke Drills	REC	
	$\{1 \times 100 \text{ on } 2:15 \text{ Kick no board}$	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

Workout #3746 - Monday, 07 November 2005 HighSchl - All-Americans 1 minute rest between sets

Yards	7:30 AM Start	ECV	WORK	, сп	Vende	3:00 PM Start Set Description E	CV WC	NDE:
=====	Set Description					set bestription	GY WO == ==	
	1 on 30:00 Plyometrics/stretch			DF		1 on 15:00 Team meeting		N
	1x{2 x 100 on 2:00 Stroke Drills	REC		CF		1 on 30:00 Med balls/stretch		I
	{2 x 100 on 1:55 Stroke Drills	REC		CF		1 on 10:00 Techniques-drill		Γ
	{2 x 100 on 1:50 Stroke Drills	REC		CF		instruction		
	{2 x 100 on 1:45 Stroke Drills	REC		CF	500		EC	S
300	12 x 25 on :30 12.5 ez 12.5 fast			CF	150	_	Р3	٤
	good finish-fast TO						N1	k
	$4x\{4 \times 25 \text{ on } : 45 \text{ Kick no board BSLR}$	EN1	K	FI			N1	ľ
	{3 x 50 on 1:00 Kick-descend	EN1	K	CF	400		N1	E
	1x{2 x 50 on :45 Pulls	EN1	F	E	300	4 x 75 on 1:15 IM w/out alt.strokes E	N1	S
	{3 x 100 on 1:25 Pulls	EN1	F	E	1,800	3 x 600 on 8:00 Freestyle E	N1	S
	{4 x 150 on 2:00 Pulls	EN2	F	E	250	1 x 250 on 5:00 Stroke Drills R	EC	Γ
150	10 x 15 on :45 Shooters	SP3	S	CF		5:12 PM 4,000 Yards - Stress Value = 37		
	1x{6 x 100 on 1:10 Freestyle	EN2	S	E				
	{1 on 1:00 Rest		M	1		Workout #3747 - Monday, 07 November 2005		
	$\{5 \times 100 \text{ on } 1:10 \text{ Freestyle}$	EN2	S	E		• •		
	{1 on 1:00 Rest		M	1		HighSchl - Platinum		
	{4 x 100 on 1:10 Freestyle	EN2	S	E		1 minute rest between sets		
	{1 on 1:00 Rest		M	1				
	{3 x 100 on 1:10 Freestyle	EN2	S	E		3:00 PM Start		
	{1 on 1:00 Rest		M		Yards	±	EGY W	
	$\{2 \times 100 \text{ on } 1:10 \text{ Freestyle} \}$	EN2	S	E	=====		=	:==
	{1 on 1:00 Rest		M		600	1 on 30:00 Team meeting/stretch		
F 0 0	{1 x 100 on 1:10 Freestyle	EN2	S		600	±		
500	5 x 100 on 2:00 Stroke Drills	REC) (150		SP3	
	1 on 10:00 Ice	0.4	_ M	1		•	EN1 EN1	
	10:03 AM 5,850 Yards - Stress Value	- 01	0				REC	
						-	EN3	
	Workout #3744 - Monday, 07 November 2005						EN1	
	HighSchl - All					-	EN1	
	1 minute rest between sets					-	EN1	
					300	4 x 75 on 1:10 IM w/out alt.strokes	EN1	
	5:30 AM Start					1x{1 x 500 on 5:50 Freestyle	EN2	
Yards	Set Description	Ι	EGY W	IORľ		{5 x 100 on 1:10 Freestyle	EN2	
=====			=== =	===		{1 x 400 on 4:40 Freestyle	EN2	
	1 on 30:00 Weights			I		• -	EN2	
400	1 x 400 on 7:00 Swim-kick-pull-sw			ڌ		•	EN2	
300	12 x 25 on :30 12.5 ez 12.5 fast			۶			EN2	
	3x{1 x 100 on 1:30 Pulls		EN1	E		-	EN2	
	{1 x 100 on 1:25 Pulls		EN1	E		· •	EN2	
	{1 x 100 on 1:20 Pulls		EN1	E	300		REC	
	{1 x 100 on 1:15 Pulls		EN1	E		1 on 15:00 Ice		
	1x{2 x 225 on 3:00 Freestyle {2 x 225 on 2:55 Freestyle		EN1			5:29 PM 6,000 Yards - Stress Value = 87		
	· · · · · · · · · · · · · · · · · · ·		EN1	5 5				
	$\{2 \times 225 \text{ on } 2\text{:}50 \text{ Freestyle} $ $\{2 \times 225 \text{ on } 2\text{:}45 \text{ Freestyle} \}$		EN1 EN1	2				
200	1 x 200 on 3:00 Stroke Drills		REC	I				
200	1 on 5:00 Ice	1		N				
	7:05 AM 3,900 Yards - Stress Value =	= 40		-				
	,							
	Workout #3745 Monday 07 November 2005							

Workout #3745 - Monday, 07 November 2005 HighSchl - All-Americans 1 minute rest between sets

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

Workout #3749 - Monday, 07 November 2005 HighSchl - Gold 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==	:	===	===
	1	on 30:00 Team meeting/stretch		
600	1	x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10	0 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

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

Workout #3748 - Monday, 07 November 2005 HighSchl - Bronze 1 minute rest between sets

Yards	3:00 PM Start 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	
	$2x{4 \times 25}$ 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	
	$\{1 \times 100 \text{ on } 3:00 \text{ Kick for time}$	EN3	
	1x{3 x 75 on 2:20 Pull no br L.5 yds	EN1	
	$\{3 \times 75 \text{ on } 2:15 \text{ Pull no br L.6 yds}$	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

	3:00	PM Start		
Yards	Se	et Description	EGY	WOF
	==		===	===
	1	on 30:00 Physio Balls/Stretch		
500	1	x 500 on 8:00 Underwater trn drill	REC	
150	1(0 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

	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 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	3×100 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

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

Workout #3756 - Thursday, 10 November 2005 HighSchl - All

3:00 PM Start		HighSchl - All
Yards Set Description	EGY WC	1 innute Test between sets
1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Underwater trn dril 150 10 x 15 on :45 12.5 ez 12.5 fast		3:00 PM Start Yards Set Description EGY WC
1,200 2x{2 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick {2 x 100 on 1:50 Kick { odds fast 1,200 2x{1 x 200 on 3:00 Pulls { 2 x 100 on 1:30 Pulls { 4 x 50 on :45 Pulls 300 3 x 100 on 1:40 Descend in sets of 3 2,000 5x{1 x 300 on 4:30 100kck 100drl 100swm { 4 x 25 on :30 Choice-good effort 200 1 x 200 on 4:00 Stroke Drills 1 on 10:00 Ice 5:27 PM 5,650 Yards - Stress Value = 58	EN1	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 {4 x 25 on 6:40 Pulls EN1 {1 x 500 on 6:30 Pulls EN1 {1 x 500 on 6:20 Pulls EN1 {1 x 500 on 6:50 Descend in sets of 3 EN1 2,250 1x{5 x 25 on :30 Butterfly 1up 1down EN1
Workout #3755 - Wednesday, 09 November 2005 HighSchl - All-Americans		{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
1 minute rest between sets		{2 x 100 on 1:35 Butterfly 2-3 EN1 {1 x 50 on :45 Freestyle EN1
3:00 PM Start Yards Set Description	EGY WORF	{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
1 on 30:00 Weights and Stretch 500 2 x 250 on 4:00 Freestyle L.50 fast 1 on 10:00 Techniques-drill instruction	I	{5 x 25 on :30 Butterfly lup 4down EN2 {2 x 100 on 1:25 Butterfly 2-5 EN2 {1 x 50 on :45 Freestvle EN1
150	SP3 S EN1 F EN1 F EN1 F	{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
300 12 x 25 on :30 Free 12.5y tuck spin 1,800 $2x\{1 \ x \ 300 \ on \ 4:30 \ Backstroke$		250 1 x 250 on 4:00 Stroke Drills REC 1 on 7:00 Ice 5:34 PM 6.350 Yards - Stress Value = 69
{1 x 150 on 2:15 Backstroke 150	EN1 S REC I	W

Workout #3754 - Wednesday, 09 November 2005 HighSchl - Boys

1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WOF
	1 on 30:00 Weights and Stretch		
600	1x{1 x 200 on 3:00 Freestyle	EN1	
000	{1 x 200 on 3:00 Freestyle L.50 fast		
	{1 x 200 on 3:00 Freestyle L.100 fast		
150	10 x 15 on :45 Shooters	SP3	
	1x{4 x 25 on :30 Kick no board BSLR	EN1	
750	{3 x 50 on 1:00 Kick	EN1	
	•	EN1	
	{3 x 50 on :55 Kick	EN1	
	•	EN1	
	{3 x 50 on :50 Kick	EN2	
1,200	•	EN1	
1,200	odds br 3-5-7-9	ПИТ	
	evens br 2-4-6-8		
200	8 x 25 on :30 Free 12.5y tuck spin	EN1	
	1x{8 x 75 on 1:15 Breaststroke	EN1	
1,000	•	EN1	
	{8 x 75 on 1:05 Breaststroke	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
300	1 A 300 OH 3.00 SCHOKE DITIES	KEC	

1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WC
=====	====================================	===	==
	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	
	$\{1 \times 50 \text{ on } : 00 \text{ Freestyle}$	SP2	
	{1 x 100 on 3:00 Stroke Drills	REC	
	$\{1 \times 75 \text{ on } : 00 \text{ Freestyle} \}$	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	
	$\{2 \times 150 \text{ on } 1:55 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1	
	$\{2 \times 150 \text{ on } 1:50 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1	
1,600	2 x 800 on 10:00 Freestyle	EN2	
400	4 x 100 on 1:30 Freestyle-descend to	EN2	
	ludicrous speed!!!!!		
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

Yards	3:00 PM Start Set Description	EGY	MOI
	=======================================		
	1 on 30:00 Physio Balls/Stretch		
800	<u> </u>	REC	
150	10 x 15 on :45 Shooters	SP3	
600	$3x{4 \times 25 \text{ on :} 30 \text{ Kick}}$	EN1	
	{1 x 100 on 1:45 Stroke Drills	REC	
500	$1x\{2 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	
	$\{2 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1	
	$\{2 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN1	
	$\{2 \times 25 \text{ on } : 30 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN1	
200	8 x 25 on :30 IM order-build	EN1	
1,800	6x{2 x 100 on 1:45 Stroke Drills	REC	
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	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	WORF
=====	=======================================	===	====
	1 on 30:00 Weights and Stretch		I
500	1 x 500 on 9:00 Reverse IM drill	REC	Ι
	1 on 10:00 Techniques-Drll inst		Ι
300	12 x 25 on :30 L.12.5 fast grt.fnsh	SP3	٤
900	$3x{1 x 50 on :45 Pulls}$	EN1	E
	{1 x 100 on 1:25 Pulls	EN1	E
	{1 x 150 on 2:05 Pulls	EN1	E
600	2 x 300 on 4:10 Freestyle	EN1	٤
200	1 x 200 on 4:00 Stroke Drills	REC	Ι
	6:55 AM 2,500 Yards - Stress Value = 2	7	

Workout #3761 - Friday, 11 November 2005 HighSchl - All-Americans 1 minute rest between sets

	3:00 PM Start			
Yards	Set Description	EGY	WORK	Sī
	=======================================	===	====	==
	1 on 30:00 Stomach and Stretch		L	DF
500	1 x 500 on 9:00 Reverse IM drill	REC	D	1
	1 on 10:00 Techniques-drll 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	E

	{ 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 Valu	ie = 23		

Workout #3763 - Saturday, 12 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		I
500	5 x 100 on 2:00 Stroke Drills	REC	Γ
	1 on 10:00 Techniques-drll inst		Ι
150	10 x 15 on :45 Shooters	SP3	٤
500	10 x 50 on 1:00 Kick	EN1	F
500	4 x 125 on 1:45 Pulls	EN1	E
350	14 x 25 on :30 L.12.5 fast grt.fnsh	SP3	٤
2,000	2x{1 x 200 on 3:00 Backstroke	EN1	S
	{4 x 50 on :45 Backstroke	EN1	٤
	{1 x 150 on 2:15 Backstroke	EN1	S
	{3 x 50 on :45 Backstroke	EN1	S
	{1 x 100 on 1:30 Backstroke	EN1	S
	{2 x 50 on :45 Backstroke	EN1	S
	{1 x 100 on 2:00 Freestyle	REC	٤
	9:28 AM 4,000 Yards - Stress Value = 48	3	

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		

7.20 AM Ctoot

Workout #3765 - Saturday, 12 November 2005 HighSchl - Gold 1 minute rest between sets

	7:30 AM Start		
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	$4x\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$	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

	7:30 AM Start		
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	$4x{4 \times 25}$ 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

	7:30 AM Start						
Yards	Set Description						
	=======================================	===	==				
	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	$3x{4 \times 25}$ on 1:00 Kick no board BSLR	EN1					
	$\{4 \times 50 \text{ on } 1:15 \text{ Kick-descend}\}$	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

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 35:00 Weights		I
400	1 v 400 on 7.00 Swim-kick-null-swim	DEC	C

250 10 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
1,000 1x{1 x 250 on 3:30 Pulls	EN1	E
{1 x 250 on 3:20 Pulls	EN1	E
$\{1 \times 250 \text{ on } 3:10 \text{ Pulls}$	EN1	E
$\{1 \times 250 \text{ on } 3:00 \text{ Pulls}$	EN1	E
1,800 18 x 100 on 1:05 Freestyle	EN2	S
200 1 x 200 on 3:00 Stroke Drills	REC	Γ
1 on 7:00 Ice		N
7.04 AM 3 650 Yards - Stress Value =	5.4	

Workout #3767 - Monday, 14 November 2005 HighSchl - All-Americans 1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	٤
=====		===	====	=
	1 on 30:00 Weights and Stretch		L	Γ
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	S	
	1 on 10:00 Techniques-drll 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

	3:00	PM Start		
Yards	Se	et 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-drll 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		

3:00 PM Start

Set Description

Yards

Workout #3773 - Monday, 14 November 2005 HighSchl - Platinum 1 minute rest between sets

1 on 30:00 Physio Balls/Stretch

{ 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	

	EGY	WOF	Workout #3771 - Monday, 14 November 2005
==	===	===	HighSchl - Bronze
			1 minute rest between sets

	1 011 00:00 111,010 20110,00100011			I minute Test between sets
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC		
150	10 x 15 on :45 Shooters	SP3		3:00 PM Start
1,200	$4x{1 x 25 on :30 Kick no board BSLR}$	EN1	Yards	Set Description EGY WOF
	{1 x 50 on :55 Kick no board BSLR	EN1	=====	=======================================
	$\{1 \times 75 \text{ on } 1:20 \text{ Kick no board BSLR}$	EN1		1 on 30:00 Physio Balls/Stretch
	{3 x 50 on 1:00 Kick	EN1	400	-
1,350	$1x\{6 \times 75 \text{ on } 1:05 \text{ Pull no br L.5 yds}$	EN1	150	±
	$\{6 \times 75 \text{ on } 1:00 \text{ Pull no br L.6 yds}$	EN1	450	3x{1 x 25 on :45 Kick no board BSLR EN1
	$\{6 \times 75 \text{ on } :55 \text{ Pull no br L.7 yds}$			{1 x 50 on 1:30 Kick no board BSLR EN1
	4×75 on 1:10 IM w/out alt.strokes			{1 x 75 on 2:15 Kick no board BSLR EN1
2,800	$2x{3 x 100 on 1:30 Fr-3stk fly off wlls}$		600	1x{4 x 50 on 1:20 Pull no br L.5 yds EN1
	$\{3 \times 100 \text{ on } 1:25 \text{ Fr-3stk fly off wlls}$	EN1		{4 x 50 on 1:15 Pull no br L.6 yds EN1
	${3 \times 100 \text{ on } 1:20 \text{ Fr-3stk fly off wlls}}$			{4 x 50 on 1:10 Pull no br L.7 yds EN1
	${3 \times 100 \text{ on } 1:15 \text{ Fr-3stk fly off wlls}}$	EN1	300	4 x 75 on 1:45 IM w/out alt.strokes EN1
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$	REC	1,500	$2x{3 \times 50 \text{ on } 1:55 \text{ Fr-3stk fly off wlls}}$ EN1
	1 on 10:00 Ice			{3 x 50 on 1:50 Fr-3stk fly off wlls EN1
	5:28 PM 6,400 Yards - Stress Value = 57			$\{3 \times 50 \text{ on } 1:45 \text{ Fr-3stk fly off wlls EN1} \}$
				$\{3 \times 50 \text{ on } 1:40 \text{ Fr-3stk fly off wlls EN1}$
	Workout #3772 - Monday, 14 November 2005			{1 x 150 on 3:00 Freestyle REC
	HighSchl - Gold			1 on 10:00 Ice
	1 minute rest hetween sets			5:28 PM 3,400 Yards - Stress Value = 32
	i minine rest netween sets			

Workout #3774 - Tuesday, 15 November 2005 HighSchl - All 1 minute rest between sets

	11.00	7.7% (4		
Yards		O AM Start et Description	EGY	TATC
======		======================================		
		on 30:00 Stomach and Stretch		
600		x 600 on 10:00 Underwater trn drill	REC	
150		0 x 15 on :45 Shooters	SP3	
			EN1	
	•		EN1	
			EN1	
100			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	
	-		EN1	
			EN1	
			EN1	
	•		EN1	
			EN1	
	•		EN1	
			EN1	
	•		EN1	
225			REC	
	1	on 5:00 Ice		

1:30 PM 6,250 Yards - Stress Value = 61

Workout #3772 - Monday, 14 November 2005 HighSchl - Gold 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Physio Balls/Stretch		
600	1 600 am 10-00 Craim bials mull assim	DEC	

=====	==		=== ===
	1	on 30:00 Physio Balls/Stretch	
600	1	x 600 on 10:00 Swim-kick-pull-swim	REC
150	10	0 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 #3769 - Monday, 14 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		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
750	$3x{1 \times 25 \text{ on :}40 \text{ Kick no board BSLR}}$	EN1	
	{1 x 50 on 1:10 Kick no board BSLR	EN1	
	$\{1 \times 75 \text{ on } 1:35 \text{ Kick no board BSLR}$	EN1	
	{2 x 50 on 1:00 Kick	EN1	
900	$1x{4 \times 75}$ on 1:20 Pull no br L.5 yds	EN1	
	$\{4 \times 75 \text{ on } 1:15 \text{ Pull no br L.6 yds}$	EN1	
	$\{4 \times 75 \text{ on } 1:10 \text{ Pull no br L.7 yds}$	EN1	
300	4×75 on 1:20 IM w/out alt.strokes	EN1	
2,800	$2x{3 x 100 on 1:55 Fr-3stk fly off wlls}$	EN1	
	${3 \times 100 \text{ on } 1:50 \text{ Fr-3stk fly off wlls}}$	EN1	
	${3 \times 100 \text{ on } 1:45 \text{ Fr-3stk fly off wlls}}$	EN1	

Workout #3775 - Tuesday, 15 November 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	
600	1 x 600 on 10:00 Underwater trn drill	REC
	1 on 10:00 Techniques-drll 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	$3x{3 \times 50 \text{ on } 1:00 \text{ Butterfly}}$	EN1
	{1 x 100 on 1:30 Freestyle	EN1
	$\{2 \times 50 \text{ on } :55 \text{ Butterfly} \}$	EN1
	{1 x 100 on 1:30 Freestyle	EN1
	$\{1 \times 50 \text{ on } :50 \text{ Butterfly} \}$	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

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 45:00 Team Pictures/Strtch		I.
500	$1x{1 x 100 on 1:50 Freestyle}$	REC	٤
	{1 x 100 on 1:45 Freestyle L.25 6bk	EN1	٤
	$\{1 \times 100 \text{ on } 1:40 \text{ Freestyle L.50 6bk} \}$	EN1	٤
	{1 x 100 on 1:35 Freestyle L.75 6bk	EN1	٤
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle all 6bk} \}$	EN1	٤
150	10 x 15 on :45 Shooters	SP3	٤
900	$3x{4 \times 25}$ on :30 Kick no board BSLR	EN1	F
	{2 x 100 on 1:45 Kick	EN2	F
900	6 x 150 on 2:00 Lungbuster pulls	EN1	E
	breathe 3-4-5-6-7-8		
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	٤
2,400	$4x{1 x 200 on 3:30 Breast 2x pullouts}$	EN1	٤
	{1 x 50 on 1:00 Breaststroke	EN1	٤
	$\{1 \times 50 \text{ on } :55 \text{ Breaststroke} \}$	EN1	٤
	{1 x 50 on :50 Breaststroke	EN2	٤
	{1 x 50 on :45 Breaststroke	EN2	٤
	{ 25 fly kick 25 fast		
	{1 x 200 on 4:00 Freestyle	REC	٤
	1 on 10:00 Ice		I.

Workout #3776 - Wednesday, 16 November 2005 HighSchl - All-Americans 1 minute rest between sets

5:35 PM 5,100 Yards - Stress Value = 56

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Weights and Stretch		
750	3×250 on $4:00$ Freestyle L.50 fast	EN1	
	1 on 10:00 Techniques-drll 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

	3:00 PM Start		
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-drll 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	
	$\{1 \times 250 \text{ on } 7:00 \text{ Freestyle} \}$	REC	
1,200	$4x{1 x 50 on :00 Your Stroke}$	SP1	
	$\{1 \times 250 \text{ on } 6:00 \text{ Freestyle}$	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

	3:00 PM Start	DOV MOD
	Set Description	EGY WOF
=====	1 15:00 0+	=== ===
	1 on 15:00 Stomach and Stretch	
	1 x 400 on 6:00 Underwater trn drill	
	10×15 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
ŕ		EN3
	· •	EN2
	· -	EN3
		EN2
		EN3
		EN2
		EN2
400	()	REC
400		VT.C
	1 on 10:00 Ice	4
	5:11 PM 6,200 Yards - Stress Value = 124	±

Workout #3780 - Thursday, 17 November 2005 HighSchl - Gold 1 minute rest between sets

	3:00 PM Start	
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

	==		=== :	==
	1	on 15:00 Stomach and Stretch		
400	1	x 400 on 6:00 Underwater trn drill	REC	
150	10	0 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	
		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

	3:00 PM Start	
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	9×50 on :50 Descend in sets of 3	EN1
2,650	1x{5 x 100 on 1:35 Freestyle	EN2
	$\{5 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	EN3
	{5 x 100 on 1:30 Freestyle	EN2
	$\{5 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	EN3
	{5 x 100 on 1:25 Freestyle	EN2
	$\{5 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	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

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Weights and Stretch		I
400	1 x 400 on 7:00 Reverse IM drill	REC	Ι
250	10×25 on :30 12.5 ez 12.5 fast	SP3	٤
750	$1x{5 x 50 on :40 Pulls-nbbf&w + 2 yds}$	EN1	E
	$\{4 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	E

						ulls-nbbf&w +	-		E
	{ 2	Х	50	on	:55 Pi	ılls-nbbf&w +	2 yds	EN1	E
	{ 1	Х	50	on	1:00	Pulls-nbbf&w +	- 2 yds	EN1	E
2,000	1x{1	Х	500	on	6:00	Freestyle		EN2	٤
	{ 1	Х	500	on	5:50	Freestyle		EN2	٤
	{ 1	Х	500	on	5:40	Freestyle		EN2	S
	{ 1	Х	500	on	5:30	Freestyle		EN2	٤
200	1	Х	200	on	3:00	Stroke Drills	3	REC	Γ
	1	01	n 10	:00	Ice				N
	7:04	Αľ	43,	600	Yard	s - Stress Val	ue = 5	7	

Workout #3785 - Friday, 18 November 2005 HighSchl - All 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	V
=====		===	=
	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	
	$\{4 \times 25 \text{ on } : 30 \text{ odds drill evns free}$	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

	5:30 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Weights and Stretch		I
600	1 x 600 on 10:00 Reverse IM drill	REC	Γ
	1 on 10:00 Techniques-drll inst		Γ
300	12 x 25 on :30 L.12.5 fast grt.fnsh	SP3	٤
800	$1x{4 x 50 on :55 Pulls}$	EN1	E
	{4 x 50 on :50 Pulls	EN1	E
	{4 x 50 on :45 Pulls	EN1	E
	$\{4 \times 50 \text{ on } : 40 \text{ Pulls}$	EN1	E
700	7 x 100 on 2:00 Reverse IM drill	REC	Γ
100	1 x 100 on 2:00 Stroke Drills	REC	Γ
	6:59 AM 2,500 Yards - Stress Value = 20)	

Workout #3784 - Friday, 18 November 2005 HighSchl - All-Americans 1 minute rest between sets

1,200	16 x 75 on 1:30 Freestyle EN	13 S
300	1 x 300 on 5:00 Stroke Drills RE	EC D
	1 on 10:00 Ice	M
1	0:05 AM 5,900 Yards - Stress Value =	157

	3:00 PM Start		
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-drll 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	1×800 on $11:20$ Pulls-nbbf&w + 2 yds	EN1	
400	16 x 25 on :30 IM order-build	EN1	
1,950	$1x\{1 \times 100 \text{ on } 2:00 \text{ Stroke Drills}$	REC	
	$\{6 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	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	
	$\{4 \times 175 \text{ on } 3:30 \text{ Stroke Drills}$	REC	
	5:18 PM 4,700 Yards - Stress Value = 32		

Workout #3786 - Saturday, 19 November 2005 HighSchl - All-Americans 1 minute rest between sets

	7:30 PM Start		
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-drll 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 = 4	41	

Workout #3787 - Sunday, 20 November 2005 HighSchl - All 1 minute rest between sets

Yards	7:30 AM Start Set Description	FCV	WORK	QП
	1 on 25:00 Plyometrics/stretch		L	
800	1x{2 x 100 on 2:00 Stroke Drills	REC	D	CF
	$\{2 \times 100 \text{ on } 1:50 \text{ Stroke Drills}$	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	$4x{1 \times 25 \text{ on } :30 \text{ Freestyle}}$	SP2	S	E
	$\{1 \times 25 \text{ on } : 40 \text{ Freestyle} \}$	SP2	S	E
	$\{1 \times 25 \text{ on } : 50 \text{ Freestyle} \}$	SP2	S	E
	$\{1 \times 25 \text{ on } 1:00 \text{ Freestyle}$	SP2	S	E
	{1 x 100 on 2:00 Freestyle	REC	S	E
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	E
	{4 x 100 on 1:20 Pulls	EN1	P	E
	$\{4 \times 75 \text{ on } 1:00 \text{ Pulls}$	EN1	P	E
	$\{4 \times 50 \text{ on } : 40 \text{ Pulls}$	EN1	P	E

10 x 25 on :30 12.5 ez 12.5 fast SP3

S CF

250

Workout #3797 - Monday, 21 November 2005 HighSchl - Breast 1 minute rest between sets

	3:00 PM Start	
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	4×75 on 1:15 IM w/out alt.strokes	EN1
2,100	$2x{3 x 100 on 1:50 Breaststroke-descend}$	EN2
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$	REC
	{3 x 100 on 1:45 Breaststroke-descend	EN2
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	REC
	{3 x 100 on 1:40 Breaststroke-descend	EN2
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	REC
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:31 PM 5,330 Yards - Stress Value = 66	

Workout #3796 - Monday, 21 November 2005 HighSchl - Distance 1 minute rest between sets

Yards	3:00 PM Start 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	
	$\{3 \times 125 \text{ on } 1:45 \text{ Pull no br L.6 yds}$	EN1	
	$\{2 \times 125 \text{ on } 1:40 \text{ Pull no br L.7 yds}$	EN1	
300	4×75 on 1:15 IM w/out alt.strokes	EN1	
3,600	$1x\{1 \times 500 \text{ on } 6:40 \text{ Freestyle}$	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	
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	
	$\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	EN2	
	$\{4 \times 25 \text{ on } : 15 \text{ Freestyle} \}$	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	5:30 AM Start Set Description		WORF
3:00 PM Start Yards Set Description 1 on 30:00 Physio/Stetch/Tm mtg 600 1 x 600 on 10:00 Swim-kick-pull-swim 180 12 x 15 on :45 Shooters 1,200 4x{1 x 100 on 1:50 Kick		400 250 1,250	<pre>1 on 30:00 Weights and Stretch 1 x 400 on 6:00 Swim-kick-pull-swim 10 x 25 on :30 12.5 ez 12.5 fast 5 x 250 on 3:00 Pull no br L.8 yds 1x{1 x 300 on 3:30 Freestyle {2 x 300 on 3:25 Freestyle {3 x 300 on 3:20 Freestyle</pre>	REC SP3 EN1 EN2 EN2 EN2 REC	I oz oz E oz oz oz
3,000 2x{4 x 100 on 1:25 Backstroke-descend {2 x 50 on 1:00 #1 ez fr #2 back drl {4 x 100 on 1:20 Backstroke-descend {2 x 50 on 1:00 #1 ez fr #2 back drl {4 x 100 on 1:15 Backstroke-descend {2 x 50 on 1:00 #1 ez fr #2 back drl 200 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 5:34 PM 6,730 Yards - Stress Value = 79	EN1 EN1 EN1 EN2 EN1 REC	Yards ====== 400 250 1,125 1,650	1x{1 x 275 on 3:30 Freestyle	REC SP3 EN1 EN2	I S F S
Workout #3788 - Monday, 21 November 2005 HighSchl - All-Americans 1 minute rest between sets		200	{3 x 275 on 3:20 Freestyle	EN2 EN2 REC	
5:30 AM Start Yards Set Description 1 on 30:00 Weights and Stretch 700 1 x 700 on 11:00 Swim-kick-pull-swim			Workout #3790 - Monday, 21 November 2005 HighSchl - Silver 1 minute rest between sets		
1 on 10:00 Techniques-drll inst 200 8 x 25 on :30 L.12.5 fast grt.fnsh 1,000 1x{1 x 400 on 5:30 Pulls {1 x 400 on 5:25 Pulls {1 x 200 on 2:40 Pulls 1,000 5 x 200 on 2:30 Freestyle 100 1 x 100 on 2:00 Stroke Drills 6:58 AM 3,000 Yards - Stress Value = 38 Workout #3793 - Monday, 21 November 2005 HighSchl - All-Americans 1 minute rest between sets	SP3 EN1 EN1 EN2 REC	Yards ====== 300 250 1,000 1,350	1 on 30:00 Weights and Stretch 1 x 300 on 6:00 Swim-kick-pull-swim 10 x 25 on :30 12.5 ez 12.5 fast 5 x 200 on 3:00 Pull no br L.8 yds 1x{1 x 225 on 3:30 Freestyle {2 x 225 on 3:25 Freestyle {3 x 225 on 3:20 Freestyle	REC SP3 EN1 EN2 EN2 EN2 REC	I S S F S S
3:00 PM Start Yards Set Description	EGY		Workout #3789 - Monday, 21 November 2005 HighSchl - Bronze		
1 on 15:00 Team meeting 1 on 30:00 Med balls/stretch 700 1 x 700 on 11:00 Swim-kick-pull-swim 1 on 10:00 Techniques-drll inst 150 10 x 15 on :45 Shooters 1,000 5x{4 x 25 on :40 Kick no board BSLR {1 x 100 on 1:50 Kick 1,000 1x{1 x 250 on 3:30 Pulls {1 x 250 on 3:25 Pulls {1 x 250 on 3:20 Pulls {1 x 250 on 3:15 Pulls 300 4 x 75 on 1:15 IM w/out alt.strokes 2,400 3 x 800 on 10:00 Freestyle 400 4 x 100 on 2:00 Stroke Drills	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	Yards ===== 300 250 750 1,050	1 on 30:00 Weights and Stretch 1 x 300 on 6:00 Swim-kick-pull-swim 10 x 25 on :30 12.5 ez 12.5 fast 5 x 150 on 3:00 Pull no br L.8 yds 1x{1 x 175 on 3:30 Freestyle {2 x 175 on 3:25 Freestyle {3 x 175 on 3:20 Freestyle	=== REC SP3	I S S F S S

Workout #3792 - Monday, 21 November 2005 HighSchl - Platinum 1 minute rest between sets

	Workout #3794 - Monday, 21 November 2005			Yards	-	EGY	
3100 PM Start See Description Set Wood 1 x 800 on 9500 Underwater and still REC See Description Set Wood 10 x 800 on 9500 Underwater Set S	HighSchl - Sprint			=====		===	===
10 10 12 15 15 15 15 15 15 15	1 minute rest between sets			600			
3-100 pm Start							
Ser. Description	3:00 PM Start						
1	Yards Set Description	EGY	WOF	400	·		
1 00 30:00 Physio/Settoch/Tm mtd		===	===	1,800	·		
1				-,			
1, 100 on 1;00 Kick ENI					-		
1 x 100 on 1:40 Mick					{3 x 100 on 1:20 Pulls	EN1	
1					{1 x 200 on 2:40 Pulls	EN1	
1,200 1x/2 x 2x 2x 2x 2x 2x 2x 2x					{2 x 100 on 1:20 Pulls	EN1	
13 x 125 on 1:40 Full no br L. 5 yds ENI 200 x 125 no 1:40 Full no br L. 5 yds ENI 2 x 125 on 1:40 Full no br L. 5 yds ENI 2 x 125 on 1:40 Full no br L. 7 yds ENI 2 x 125 on 1:40 Full no b				300	<u>-</u>	EN1	
1							
2 x 125 on 1:40 Pull no br L.7 ydd	-			250		REC	
300 4 x 75 on 1:15 IM w/out alt.strokes ENI 2,400 2x1,30 2on 1:00 Freestyle-descend (2 x 50 on 1:00 Free tyle-descend (3 x 50 on 1:00 Free tyle-descend (5 x 50 on 1:00 Free tyle-descend (5 x 50 on 1:00 Free tyle-descend (5 x 5							
2,400 2x/3 x 100 on 1:130 Freestyle-descend Min MighSchi-Fby	-				5:35 PM /,500 Yards - Stress Value = 111		
1							
2 x 50 on 1:00 Free lex 1-6bx	_	EN1			Workout #3798 - Tuesday, 22 November 2005		
3 x 100 on 1:20 Freestyle-descend ENZ 2 x 50 on 1:10 OF Free lez 1 - fobk ENI 2 x 200 on 3:00 Stroke Drills REC NEC 1 on 30:00 Stomach and Stretch NEC	${3 \times 100 \text{ on } 1:25 \text{ Freestyle-descend}}$	EN1			HighSchl - Fly		
2 x 50 on 1:00 Free let 1-6bk FMI 1 x 200 on 3:00 Stroke Drills FEC Yards SEC Esecription EGY NOS 1 on 10:00 Ice	$\{2 \times 50 \text{ on } 1:00 \text{ Free lez } 1-6bk$	EN1			1 minute rest between sets		
1 x 200 on 3:00 Stroke Drills REC Yards Set Description EGY WOS 1 on 10:00 fee 1 on 10:00 fee 1 on 30:00 Stomach and Stretch 1 on 30:00 Stomach and	· · · · · · · · · · · · · · · · · · ·						
1 on 10:00 Toe					3:00 PM Start		
State		REC		Yards	Set Description	EGY	WOF
Norkout #3802 - Tuesday, 22 November 2005 HighSchl - Breast HighSchl - Breast I minute rest between sets I minute rest bet				=====		===	===
Norkout 43802 - Tuesday, 22 November 2005 150	5:31 PM 6,130 Yards - Stress Value = 64						
HighSchl-Breat							
1,800 1x 1 x 100 on 1:20 100 1 x 1 x 100 on 1:20 100 1 x 1 x	Workout #3802 - Tuesday, 22 November 2005						
1,800 1x 1 x 200 on 2:20 1x 1 x 200 on 1:20 1x 1 x 200	HighSchl - Breast			1,200	-		
3:00 PM Start	1 minute rest between sets			1 000	-		
Set Description				1,800			
Set Description	3:00 PM Start				-		
1	Yards Set Description	EGY	WOF		•		
1 on 30:00 Stomach and Stretch		===	===		-		
150					-		
1,200 3x{4 x 25 on :30 Kick no board BSLR ENI				300	3 x 100 on 1:30 Freestyle-descend	EN1	
13 x 100 on 2:00 Kick-descend to 100% ENI				2,400	$1x{6 x 75 on 1:10 Fly w/fins}$	EN1	
300 3 x 100 on 1:30 Freestyle-descend ENI (3 x 50 on :55 Freestyle REC PRI (4 x 25 on :25 Odds free evens brst ENI (5 x 75 on 1:10 Fly w/fins lup 3down ENI (6 x 75 on 1:10 Fly w/fins lup 3down ENI (6 x 75 on 1:10 Fly w/fins lup 3down ENI (7 x 150 on :25 Odds free evens brst ENI (7 x 50 on :55 Freestyle REC (7 x 50 on :25 Odds free evens brst ENI (7 x 50 on :55 Freestyle REC (7 x 50 on :25 Odds free evens brst ENI (7 x 50 on :55 Freestyle REC (7 x 50 on :55 Freestyle REC (8 x 75 on 1:10 Fly w/fins lup 3down ENI (8 x 75 on :15 Freestyle REC (8 x 75 on :10 Fly w/fins lup 4down EN2 (8 x 50 on :55 Freestyle REC (8 x 75 on :15 Freestyle ENI (8 x 75 on :15 Freestyle ENI (9 x 25 on :25 Odds free evens brst ENI (1 x 100 on :10 O					· · ·		
1							
(4 x 25 on :25 Odds free evens brst					· · ·		
1 x 150 on 2:30 Breaststroke							
1 x 100 on 1:25 Odds free evens brst ENI	•				`		
1	$\{4 \times 25 \text{ on } : 25 \text{ Odds free evens brst}$	EN1					
4 x 25 on :25 Odds free evens brst EN1 EN2 EN2 EN2 EN3	$\{1 \times 100 \text{ on } 1:35 \text{ Breaststroke} \}$	EN2			· · · · · · · · · · · · · · · · · · ·	TALC	
1,800 1x 1							
1,800 1x 1 x 400 on 5:20 Pulls EN1 HighSchl - All-Americans	·				·		
	·				Workout #3800 - Tuesday, 22 November, 2005		
Table Tabl					•		
3 x 100 on 1:20 Pulls							
1 x 200 on 2:40 Pulls					1 minute rest between sets		
Set Description EGY WC	·				3.00 PM Start		
200 8 x 25 on :30 12.5 ez 12.5 fast				Yards		EGY	7 WC
900 1x{1 x 200 on 3:20 Breaststroke	200 8 x 25 on :30 12.5 ez 12.5 fast	EN1					
{4 x 25 on :25 Odds free evens brst		EN1					
1		EN1		700	-	REC	
{1 x 100 on 1:30 Breaststroke					1 on 10:00 Techniques-drll inst		
4 x 25 on :25 Odds free evens brst				150		SP3	3
{1 x 50 on :40 Breaststroke							
\[\begin{array}{cccccccccccccccccccccccccccccccccccc							
200 1 x 200 on 4:00 Stroke Drills REC {6 x 25 on :30 Butterfly lup 1down EN1 1 on 8:00 Ice {1 x 400 on 8:00 Stroke Drills REC 5:34 PM 6,250 Yards - Stress Value = 64 300 1x{3 x 25 on :30 Freestyle EN1 {3 x 25 on :25 Freestyle EN1 HighSchl - Distance {3 x 25 on :15 Freestyle EN2 things rest between sets } {3 x 25 on :15 Freestyle EN2 } {3 x 25 on :20 Stroke Drills REC } {3 x 25 on :20 Stroke Drills } {3 x 25 on :20 St							
1 on 8:00 Ice				2,550			
5:34 PM 6,250 Yards - Stress Value = 64 300 1x{3 x 25 on :30 Freestyle EN1 {3 x 25 on :25 Freestyle EN1 Workout #3799 - Tuesday, 22 November 2005 HighSchl - Distance 1 minute rest between sets 1 minute rest between sets		TKLLC					
\begin{align*} \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \				300			
Workout #3799 - Tuesday, 22 November 2005 {3 x 25 on :20 Freestyle EN1 HighSchl - Distance {3 x 25 on :15 Freestyle EN2 1 minute rest between sets 100 1 x 100 on 2:00 Stroke Drills REC	3,211 20200 70200 70			300	-		
HighSchl - Distance {3 x 25 on :15 Freestyle EN2 1 minute rest between sets 100 1 x 100 on 2:00 Stroke Drills REC	Workout #3700 - Tuesday 22 November 2005				-		
1 minute rest between sets 100 1 x 100 on 2:00 Stroke Drills REC	•						
I minuto rost hotwoon sots	o de la companya de			100			
	i minute rest between sets				5:38 PM 6,000 Yards - Stress Value = 55		

3:00 PM Start

Workout #3801 - Tuesday, 22 November 2005 HighSchl - Sprint 1 minute rest between sets

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	

Yards	Set	Descri	otion	EGY	WOF		HighSchl - Distance	
=====	===:		====================================	===	===		1 minute rest between sets	
	1 0:	n 30:00	Stomach and Stretch					
600	1 x	600 on	9:00 Underwater trn drill	REC			3:00 PM Start	
150	10	x 15 on	:45 Shooters	SP3		Yards		IORF
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 on 45:00 Weights and Stretch	Ι
1,800	1x{1 x	400 on	5:20 Pulls	EN1		500	$1x\{1 \times 100 \text{ on } 2:00 \text{ Freestyle} $ REC	٤
	{4 x	100 on	1:20 Pulls	EN1			{1 x 100 on 1:50 Freestyle L.25 6bk EN1	٤
	{1 x	300 on	4:00 Pulls	EN1			{1 x 100 on 1:40 Freestyle L.50 6bk EN1	٤
	•		1:20 Pulls	EN1			{1 x 100 on 1:30 Freestyle L.75 6bk EN1	٤
	{1 x	200 on	2:40 Pulls	EN1			{1 x 100 on 1:20 Freestyle EN1	٤
	•		1:20 Pulls	EN1		150	10 x 15 on :45 Shooters SP3	٤
300			1:30 Freestyle-descend	EN1		600	1x{4 x 50 on 1:00 Kick no board BSLR EN1	k
2,600	-		1:25 Freestyle	EN1			{4 x 50 on :55 Kick no board BSLR EN1	F
	•		:30 Free-6bk 2 brths	EN2			{4 x 50 on :50 Kick no board BSLR EN1	F
	-		1:20 Freestyle	EN1		1,600	16 x 100 on 1:30 Lungbuster pulls EN1	E
	•		:30 Free-6bk 2 brths	EN2		250	10 x 25 on :30 Free 12.5y tuck spin EN1	٤
			1:15 Freestyle	EN1		3,200	$1x{4 \times 200 \text{ on } 3:00 \text{ Freestyle}}$ EN2	٤
	-		:30 Free-6bk 2 brths	EN2			$\{4 \times 200 \text{ on } 2:55 \text{ Freestyle} $ EN2	٤
	-		1:10 Freestyle	EN1			$\{4 \times 200 \text{ on } 2:50 \text{ Freestyle} $ EN2	٤
	-		3:30 Freestyle	REC			$\{4 \times 200 \text{ on } 2:45 \text{ Freestyle} $ EN2	٤
		n 8:00				200	4 x 50 on 1:00 Stroke Drills REC	Γ
	5:32 P	M 6,650	Yards - Stress Value = 67				1 on 7:00 Ice	N
							5:45 PM 6,500 Yards - Stress Value = 98	

Workout #3804 - Tuesday, 22 November 2005 HS Girls - Distance 1 minute rest between sets

Workout #3808 - Wednesday, 23 November 2005 HighSchl - Fly 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WC
=====	==		===	==
	1	on 15:00 Stomach and Stretch		
600	1	x 600 on 10:00 Underwater trn drill	REC	
250	1(0 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					

	3:00 PM Start		
Yards	Set Description	EGY	MC
		===	==
	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	
	$\{1 \times 75 \text{ on } 2:30 \text{ Freestyle} \}$	REC	
	{1 x 50 on :00 Choice	SP2	
	$\{1 \times 50 \text{ on } 2:30 \text{ Freestyle} \}$	REC	
	{1 x 75 on :00 Choice	SP2	
	{1 x 25 on 2:30 Freestyle	REC	

	3:00 PM Start		
Yards	Set Description	EGY	MC
	=======================================	===	==
	1 on 45:00 Weights and Stretch		
500	$1x{1 x 100 on 2:00 Freestyle}$	REC	
	$\{1 \times 100 \text{ on } 1:50 \text{ Freestyle L.25 6bk} \}$	EN1	
	$\{1 \times 100 \text{ on } 1:40 \text{ Freestyle L.50 6bk} \}$	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	
	$\{4 \times 50 \text{ on } :55 \text{ Kick no board BSLR}$	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
	$\{1 \times 100 \text{ on } 1:50 \text{ Freestyle L.25 6bk} \}$	EN1
	$\{1 \times 100 \text{ on } 1:40 \text{ Freestyle L.50 6bk}$	EN1
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle L.75 6bk}$	EN1
	$\{1 \times 100 \text{ on } 1:20 \text{ Freestyle}$	EN1
150	10 x 15 on :45 Shooters	SP3
1,200	2x{4 x 50 on 1:00 Kick no board BSLR	EN1
	$\{4 \times 50 \text{ on } :55 \text{ Kick no board BSLR}$	EN1
	$\{4 \times 50 \text{ on } :50 \text{ Kick no board BSLR}$	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
	$\{5 \times 125 \text{ on } 1:55 \text{ Swim-odds fast bckst} \}$	EN2
	{3 x 125 on 1:50 Swim-odds fast bckst	EN2
	$\{1 \times 125 \text{ on } 1:45 \text{ Swim-odds fast bckst} \}$	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	St	art	5			
Yards	Se	et I	Desc	crip	otion		EGY	WORF
=====	==	-===		-==			===	====
	1	on	30:	:00	Weigh	nts and Stretch		I
750	3	x 2	250	on	3:50	Freestyle L.50 fast	EN1	٤
	1	on	10:	:00	Techr	niques-drll inst		Ι
150	10) x	15	on	:45 \$	Shooters	SP3	٤
1,200	3x{4	x 2	25 d	on :	:40 Ki	ick no board BSLR	EN1	ľ
	{ 6	X 5	50 c	on :	:55 Ki	lck-des in 3's	EN1	F
1,000	4	x 2	250	on	3:30	Lungbuster pulls	EN1	E
300	12	2 x	25	on	:30 E	Free 12.5y tuck spin	EN1	٤
1,900	1x{1	x 2	200	on	2:50	Backstroke	EN2	٤
	{ 1	x 2	200	on	2:45	Backstroke	EN2	٤
	{ 1	x 2	200	on	2:40	Backstroke	EN2	
	{ 1	x 2	200	on	2:35	Backstroke	EN2	٤
	{ 1	x 2	200	on	2:30	Backstroke	EN2	٤
	{ 1	x 1	150	on	2:05	Backstroke	EN2	٤
	{ 1	x 1	150	on	2:00	Backstroke	EN2	٤
	{ 1	x 1	150	on	1:55	Backstroke	EN2	٤
	{ 1	x 1	150	on	1:50	Backstroke	EN2	٤
	{ 1	x 1	100	on	1:20	Backstroke	EN2	٤
	{ 1	x 1	100	on	1:15	Backstroke	EN2	٤
	{ 1	x 1	100	on	1:10	Backstroke	EN2	٤
700	1	x 7	700	on	14:00) Stroke Drills	REC	Ι
	5:30	PM	6,0	000	Yards	s - Stress Value = 7	7	

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	
	$\{1 \times 100 \text{ on } 1:40 \text{ Freestyle L.50 6bk}$	EN1	
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle L.75 6bk}$	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	
	$\{4 \times 50 \text{ on } :55 \text{ Kick no board BSLR}\}$	EN1	

	{ 4	x 50 o	n :50 K:	ick no boa:	rd BSL	ıR	EN1
1,600	1	5 x 100	on 1:30) Lngbstr j	plls w	/pddls	EN1
250	10	x 25	on :30 I	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 o	n 1:00 S	Stroke Dri	lls		REC
	1	on 10:	00 Ice				
	5:44	PM 5,9	00 Yards	s - 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
	=======================================	
700	<pre>1 on 30:00 Physio Balls/Stretch 1 x 700 on 11:00 Underwater trn drill 1 on 10:00 Techniques-drll inst</pre>	REC
150	10 x 15 on :45 Shooters	SP3
1,200	4x{2 x 100 on 1:20 Pulls	EN1
	$\{2 \times 50 \text{ on } : 40 \text{ Pulls}$	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	WORF
=====	=======================================	===	====
	1 on 30:00 Weights and Stretch		I
700	1 x 700 on 11:00 Reverse IM drill	REC	Ι
	1 on 10:00 Techniques-drll inst		Ι
200	8 x 25 on :30 L.12.5 fast grt.fnsh	SP3	٤
1,000	$10x\{1 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	E
	$\{1 \times 50 \text{ on } : 35 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN2	E
1,000	$1x\{2 \times 500 \text{ on } 6:00 \text{ Freestyle}$	EN2	٤
100	1 x 100 on 2:00 Stroke Drills	REC	Ι
	6:57 AM 3,000 Yards - Stress Value = 4	3	

Workout #3816 - Friday, 25 November 2005 HighSchl - All-Americans 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
700	1 x 700 on 11:00 Reverse IM drill	REC	Γ
	1 on 10:00 Techniques-drll inst		Γ
1,000	1x{4 x 100 on 1:50 Kick	EN2	ľ
	{4 x 75 on 1:25 Kick	EN2	ŀ
	{4 x 50 on :55 Kick	EN2	ľ
	{4 x 25 on :30 Kick	EN1	ŀ
1,200	$1x\{6 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	E
	$\{6 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	E
	$\{6 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	E
	$\{6 \times 50 \text{ on } : 40 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	E
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	٤
2,000	1x{4 x 100 on 2:00 Reverse IM drill	REC	Γ
	{3 x 200 on 3:40 Reverse IM drill	REC	Γ
	{2 x 300 on 5:00 Reverse IM drill	REC	Γ
	{1 x 400 on 6:00 Reverse IM drill	REC	Γ
	5:14 PM 5,200 Yards - Stress Value = 34	4	

Workout #3814 - Friday, 25 November 2005 HighSchl - Platinum 1 minute rest between sets

Yards	7:30 AM Start Set Description	EGY WOF
		=== ===
	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	
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
	$\{4 \times 125 \text{ on } 1:35 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	
	$\{4 \times 125 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN2
300	12 x 25 on :30 IM order-build	EN1
2,250	$1x{1 x 250 on 3:00 Freestyle}$	EN2
	$\{5 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1
	{1 x 250 on 2:55 Freestyle	EN2
	$\{5 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2
	{1 x 250 on 2:50 Freestyle	EN2
	$\{5 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2
	{1 x 250 on 2:45 Freestyle	EN2
	$\{5 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	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	5

Workout #3819 - Friday, 25 November 2005 HighSchl - Platinum 1 minute rest between sets

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

	{3 x 75 on 1:15 Kick-descend in 3's {3 x 100 on 1:40 Kick-descend in 3's	
	{3 x 125 on 2:05 Kick-descend in 3's	EN2
900	$1x\{6 \times 75 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1
	$\{6 \times 75 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	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
	$\{1 \times 50 \text{ on } : 30 \text{ Freestyle}$	EN2
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle}$	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

7:30 AM Start

	7.30 In Scarc		
Yards	±	EGY	
=====	1 45 00 57 1 1 4 5 1 64 5 1	===	===
600	1 on 45:00 Weights and Stretch	D.E.G	
	1 x 600 on 10:00 Reverse IM drill		
	10 x 15 on :45 Shooters Brst or Bck	SP3 EN1	
900	1x{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick	EN1	
	{1 x 100 on 1:33 kick {1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 2:00 kick	EN2	
	{1 x 100 on 1:30 kick {1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:00 kick {1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:43 kick {1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN1	
1.250	1x{4 x 125 on 1:50 Pulls-nbbf&w + 2 yds		
1,200	{4 x 125 on 1:45 Pulls-nbbf&w + 2 yds		
	$\{2 \times 125 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} $		
300	12 x 25 on :30 IM order-build	EN1	
2,075	$1x\{1 \times 225 \text{ on } 3:00 \text{ Freestyle}$	EN2	
•	{5 x 50 on :45 Freestyle	EN1	
	{1 x 225 on 2:55 Freestyle	EN2	
	{5 x 50 on :45 Freestyle	EN2	
	$\{1 \times 225 \text{ on } 2:50 \text{ Freestyle} \}$	EN2	
	$\{5 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN2	
	{1 x 225 on 2:45 Freestyle	EN2	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	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	2	

Workout #3820 - Friday, 25 November 2005 HighSchl - Gold 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOI
=====	=======================================	===	===
	1 on 30:00 Physio Balls/Stretch		
350	1×350 on $6:00$ Reverse IM drill	REC	
150	10 x 15 on :45 Shooters brst or bck	SP3	
675	$1x{3 \times 50 \text{ on :} 55 \text{ Kick-descend in 3's}}$	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	$1x\{6 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	
	$\{6 \times 75 \text{ on } :55 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	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	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	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 1:55 Kick	EN2	
1,200	$1x{4 x 100 on 1:50 Pulls-nbbf&w + 2 yds}$	EN1	
	$\{4 \times 100 \text{ on } 1:45 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1	
	$\{4 \times 100 \text{ on } 1:40 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN2	
300		EN1	
1,800	1x{1 x 200 on 3:00 Freestyle	EN2	
	$\{4 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN1	
	{1 x 200 on 2:55 Freestyle	EN2	
	$\{4 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN2	
	$\{1 \times 200 \text{ on } 2:50 \text{ Freestyle} \}$	EN2	
	$\{4 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN2	
	$\{1 \times 200 \text{ on } 2:45 \text{ Freestyle} \}$	EN2	
	$\{4 \times 50 \text{ on } : 50 \text{ Freestyle}$	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	WORF
=====	=======================================	===	====
	1 on 30:00 Physio Balls/Stretch		I
300	1 x 300 on 6:00 Reverse IM drill	REC	Ι
150	10 x 15 on :45 Shooters brst or bck	SP3	٤
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	E
	$\{6 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN2	E
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
1,600	8x{1 x 100 on 1:40 Individual Medley	EN2	٤
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	٤
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$	REC	٤
200	1 x 200 on 4:00 Stroke Drills	REC	Ι
	1 on 10:00 Ice		ľ
	5:04 PM 4,075 Yards - Stress Value = 66	5	

Workout #3812 - Friday, 25 November 2005 HighSchl - Bronze

1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	WORF
=====		===	====
	1 on 45:00 Weights and Stretch		I
300	1 x 300 on 10:00 Reverse IM drill	REC	Γ
150	10 x 15 on :45 Shooters Brst or Bck	SP3	٤
700	1x{1 x 100 on 2:30 Kick	EN1	F
	{1 x 100 on 2:20 Kick	EN1	ŀ
	{1 x 100 on 2:30 Kick	EN1	ŀ
	{1 x 100 on 2:15 Kick	EN2	ŀ
	{1 x 100 on 2:30 Kick	EN1	ľ

	{ 1	Х	100 on 2:10 Kick	EN2	F
	{ 1	Х	100 on 2:30 Kick	EN1	F
900	1x{4	Х	75 on 1:50 Pulls-nbbf&w + 2 yds	EN1	Ε
	{ 4	Х	75 on 1:45 Pulls-nbbf&w + 2 yds	EN1	Ε
	{ 4	Х	75 on 1:40 Pulls-nbbf&w + 2 yds	EN2	Ε
200	8	Х	25 on :45 IM order-build	EN1	S
1,350	1x{1	Х	150 on 3:00 Freestyle	EN2	S
	{ 3	Х	50 on 1:00 Freestyle	EN1	S
	{ 1	Х	150 on 2:55 Freestyle	EN2	S
	{ 3	Х	50 on 1:00 Freestyle	EN2	S
	{ 1	Х	150 on 2:50 Freestyle	EN2	S
	{ 3	Х	50 on 1:00 Freestyle	EN2	S
	{ 1	Х	150 on 2:45 Freestyle	EN2	S
	{ 3	Х	50 on 1:00 Freestyle	EN2	S
	{ 1	Х	150 on 2:40 Freestyle	EN2	S
200	1	Х	200 on 3:00 Stroke Drills	REC	Γ
	1	O	n 10:00 Ice		N
	10:03	3 1	AM 3,800 Yards - Stress Value = 5	55	

Workout #3817 - Friday, 25 November 2005 HighSchl - Bronze 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
	1 on 30:00 Physio Balls/Stretch		I
200	1 x 200 on 6:00 Reverse IM drill	REC	Γ
150	10 x 15 on :45 Shooters brst or bck	SP3	٤
675	$1x{3 \times 50 \text{ on } 1:05 \text{ Kick-descend in 3's}}$	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	E
	$\{6 \times 50 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN2	E
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
1,200	6x{1 x 100 on 2:00 Individual Medley	EN2	٤
	$\{1 \times 50 \text{ on } :50 \text{ Freestyle}$	EN2	۶
	{1 x 50 on 1:10 Freestyle	REC	٤
200	1 x 200 on 4:00 Stroke Drills	REC	Γ
	1 on 10:00 Ice		N
	5:02 PM 3.275 Yards - Stress Value = 56	s s	

Workout #3822 - Saturday, 26 November 2005 HighSchl - All

1 minute rest between sets

	7:30	AM Start		
Yards	Se	et Description	EGY	WORK
=====	==		===	====
	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	1(0 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 = 9	93	

1 on 10:00 Ice

5:06 PM 5,900 Yards - Stress Value = 89

Workout #3821 - Saturday, 26 November 2005 HighSchl - All-Americans 1 minute rest between sets

Workout #3829 - Monday, 28 November 2005 HighSchl - Backstroke 1 minute rest between sets

	7:30 AM Start				3:00 PM Start	
Yards	Set Description	EGY I	WORK	Yards		EGY WOF
700 150 1,000 1,250		REC SP3 EN2 EN1 EN1 EN1 EN1 EN2 EN1 EN1 EN1 EN2 EN1 EN2 EN1		400 150 800 1,200	Set Description	REC SP3 EN1
	Workout #3832 - Monday, 28 November 2005				1 on 10:00 Ice	
	HighSchl - Breast				5:06 PM 5,300 Yards - Stress Value = 73	
	1 minute rest between sets					
					Workout #3824 - Monday, 28 November 2005	
,	3:00 PM Start				HighSchl - All-Americans	
Yards	Set Description ====================================		Y WOF		1 minute rest between sets	
400 150	<pre>1 on 20:00 Physio Balls/Stretch 1 x 400 on 6:00 Swim-kick-pull-swir 10 x 15 on :45 Shooters</pre>	n REG	C 3			
800	$2x\{4 \times 50 \text{ on } 1:00 \text{ Kick no board BSLR} $ $\{4 \times 50 \text{ on } 1:00 \text{ Kick} \}$	EN: EN:		800	1 on 30:00 Weights and Stretch 1 x 800 on 13:00 Swim-kick-pull-swim REC	L I S
200	1x{4 x 100 on 1:30 Pull no br L. 5 yds {4 x 100 on 1:25 Pull no br L.5 yds {4 x 100 on 1:20 Pull no br L.5 yds 1 x 200 on 3:00 Reverse IM drill 3x{3 x 100 on 1:40 Breaststroke	ENI ENI ENI RE(ENI	1 1 1 3 2	200 800 1,600	8 x 25 on :30 L.12.5 fast grt.fnsh SP3 2 x 400 on 5:15 Pulls EN1 2 x 800 on 10:30 Freestyle EN2 1 x 100 on 2:00 Stroke Drills REC 6:55 AM 3,500 Yards - Stress Value = 48	S P S
400	{2 x 75 on 1:15 Breaststroke {1 x 50 on :45 Breaststroke {4 x 25 on :30 Breast Fast TO 4 x 100 on 1:30 Freestyle-descend t ludicrous speed	EN: EN: EN: EO EN:	2 2		Workout #3828 - Monday, 28 November 2005 HighSchl - All-Americans 1 minute rest between sets	
250	1 x 250 on 4:00 Stroke Drills	RE	C			
	1 on 10:00 Ice 5:08 PM 5,200 Yards - Stress Value = 7	70		Yards	3:00 PM Start Set Description	EGY WOF
	Workout #3831 - Monday, 28 November 2005				1 on 15:00 Team mtg	
	HighSchl - Distance 1 minute rest between sets			800 150	<pre>1 on 30:00 Med balls/stretch 1 x 800 on 13:00 Swim-kick-pull-swim 1 on 10:00 Techniques-drll inst 10 x 15 on :45 Shooters</pre>	REC SP3
	3:00 PM Start			1,200	$6x{4 x 25 on :40 Kick no board BSLR}$	EN2
Yards	Set Description		WORF	1 200		EN2
	1 on 20:00 Physio Balls/Stretch 1 x 400 on 6:00 Swim-kick-pull-swin 10 x 15 on :45 Shooters 1x{4 x 50 on 1:00 Kick no board BSLR {4 x 50 on 1:00 Kick 1x{4 x 100 on 1:30 Pull no br L. 5 yds {4 x 100 on 1:25 Pull no br L.5 yds {4 x 100 on 1:20 Pull no br L.5 yds 4 x 75 on 1:10 IM w/out alt.strokes	n REC SP3 EN1 EN1 EN1 EN1 EN1	I S	1,200 300 2,400 400	4 x 75 on 1:15 IM w/out alt.strokes 4 x 600 on 7:30 Freestyle	EN2 EN1 EN2 REC
2,800 400 250	7 x 400 on 5:00 Freestyle 4 x 100 on 1:30 Freestyle-desend to ludicrous speed!!!!! 1 x 250 on 4:00 Stroke Drills	EN2 EN2 REC	S I			

Workout #3826 - Monday, 28 November 2005 HighSchl - Platinum 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Weights		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	٤
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
1,000	$20 \times 50 \text{ on } :40 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	E
1,875	1x{5 x 125 on 1:30 Freestyle	EN2	٤
	{4 x 125 on 1:25 Freestyle	EN2	٤
	{3 x 125 on 1:20 Freestyle	EN2	٤
	{2 x 125 on 1:15 Freestyle	EN2	٤
	{1 x 125 on 1:10 Freestyle	EN2	٤
225	1 x 225 on 3:00 Stroke Drills	REC	Ι
	1 on 10:00 Ice		N
	7:04 AM 3,800 Yards - Stress Value = 59	9	

Workout #3827 - Monday, 28 November 2005 HighSchl - Gold 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Weights		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	٤
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
900	18×50 on :45 Pulls-nbbf&w + 2 yds	EN1	E
1,500	$1x\{2 \times 125 \text{ on } 1:45 \text{ Freestyle}$	EN2	٤
	$\{4 \times 125 \text{ on } 1:40 \text{ Freestyle}$	EN2	٤
	{3 x 125 on 1:35 Freestyle	EN2	٤
	{2 x 125 on 1:30 Freestyle	EN2	٤
	{1 x 125 on 1:25 Freestyle	EN2	٤
225	1 x 225 on 3:00 Stroke Drills	REC	Γ
	1 on 10:00 Ice		N
	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	WORF
	=======================================		====
	1 on 30:00 Weights		I
300	1 x 300 on 6:00 Swim-kick-pull-sv	vim REC	٤
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
800	16 x 50 on :50 Pulls-nbbf&w + 2 y	ds EN1	E
1,375	$1x{4 x 125 on 2:00 Freestyle}$	EN2	٤
	${3 \times 125 \text{ on } 1:55 \text{ Freestyle}}$	EN2	٤
	{2 x 125 on 1:50 Freestyle	EN2	٤
	$\{2 \times 125 \text{ on } 1:45 \text{ Freestyle}$	EN2	٤
225	1 x 225 on 3:00 Stroke Drills	REC	Ι
	1 on 10:00 Ice		ŀ
	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		
300	1 x 300 on 6:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 12.5 ez 12.5 fast	SP3	
650	13 x 50 on 1:05 Pulls-nbbf&w + 2 yds	EN1	
1,000	1x{4 x 100 on 2:00 Freestyle	EN2	
	{3 x 100 on 1:55 Freestyle	EN2	

	{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	WORK
=====	=======================================	===	====
	1 on 20:00 Physio Balls/Stretch		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	٤
150	10 x 15 on :45 Shooters	SP3	S
800	$2x{4 \times 50}$ on 1:00 Kick no board BSLR	EN1	F
	{4 x 50 on 1:00 Kick	EN1	F
1,200	$1x{4 \times 100}$ on 1:30 Pull no br L. 5 yds	EN1	E
	$\{4 \times 100 \text{ on } 1:25 \text{ Pull no br L.5 yds}$	EN1	E
	$\{4 \times 100 \text{ on } 1:20 \text{ Pull no br L.5 yds}$	EN1	E
300	4×75 on 1:10 IM w/out alt.strokes	EN1	٤
1,800	$4x\{6 \times 50 \text{ on } : 45 \text{ Freestyle}$	EN1	٤
	{2 x 75 on 1:10 Freestyle-100%	EN3	٤
400	4 x 100 on 1:30 Freestyle-desend to	EN2	٤
	ludicrous speed!!!!!		
250	1 x 250 on 4:00 Stroke Drills	REC	Γ
	1 on 10:00 Ice		N
	5:07 PM 5,300 Yards - Stress Value = 85	5	

Workout #3833 - Tuesday, 29 November 2005 HS Girls - Distance 1 minute rest between sets

3:00 PM Start

1 on 10:00 Ice

Set Description	EGY	WOI
=======================================	===	===
1 on 20:00 Stomach and Stretch		
and team meeting		
1x{1 x 400 on 8:00 Swim-kick-pull-swim	REC	
{12 x 50 on 1:15 Down drill/back swim	REC	
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	
1 x 200 on 3:00 Freestyle	REC	
$1x{3 x 400 on 5:10 Freestyle}$	EN2	
{3 x 400 on 4:45 Freestyle	EN2	
12 x 25 on :30 Berzerks	SP3	
1 x 200 on 3:00 Freestyle	REC	
10 x 100 on 1:30 Pulls	EN1	
$1x{5 x 25 on :40 Freestyle}$	EN1	
$\{5 \times 25 \text{ on } : 35 \text{ Freestyle} \}$	EN1	
$\{5 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN1	
$\{5 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	
1 x 200 on 3:00 Freestyle	REC	
	1 on 20:00 Stomach and Stretch and team meeting 1x{1 x 400 on 8:00 Swim-kick-pull-swim {12 x 50 on 1:15 Down drill/back swim 1x{1 x 200 on 4:00 Kick {2 x 100 on 2:00 Kick {12 x 50 on 1:00 Kick-Last 25-100% 1 x 200 on 3:00 Freestyle 1x{3 x 400 on 5:10 Freestyle {3 x 400 on 4:45 Freestyle 12 x 25 on :30 Berzerks 1 x 200 on 3:00 Freestyle 10 x 100 on 1:30 Pulls 1x{5 x 25 on :40 Freestyle {5 x 25 on :35 Freestyle {5 x 25 on :30 Freestyle {5 x 25 on :30 Freestyle {5 x 25 on :25 Freestyle}	1 on 20:00 Stomach and Stretch and team meeting 1x{1 x 400 on 8:00 Swim-kick-pull-swim REC {12 x 50 on 1:15 Down drill/back swim REC 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 1 x 200 on 3:00 Freestyle REC 1x{3 x 400 on 5:10 Freestyle EN2 {3 x 400 on 4:45 Freestyle EN2 12 x 25 on :30 Berzerks SP3 1 x 200 on 3:00 Freestyle REC 10 x 100 on 1:30 Pulls EN1 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 {5 x 25 on :25 Freestyl

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

Workout #3834 - Tuesday, 29 November 2005 HS Girls - IM/Stroke 1 minute rest between sets

	3:00 PM Start		
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	1 x 200 on 3:00 Freestyle	REC	
1,000	$1x{4 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	REC	
	$\{1 \times 50 \text{ on } 1:15 \text{ Your Stroke}$	EN3	
	${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$	REC	
	{2 x 50 on 1:15 Your Stroke	EN3	
	$\{2 \times 50 \text{ on } 1:00 \text{ Freestyle}$	REC	
	${3 \times 50 \text{ on } 1:15 \text{ Your Stroke}}$	EN3	
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$	REC	
	$\{4 \times 50 \text{ on } 1:15 \text{ Your Stroke}$	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	
	$\{5 \times 25 \text{ on } : 35 \text{ Freestyle} \}$	EN1	
	$\{5 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	
	$\{5 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	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

	3:00 PM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	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	10×15 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	$3x{1 \times 500 \text{ on } 7:30 \text{ Freestyle}}$	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 = 1	.53	

Workout #3839 - Wednesday, 30 November 2005 HighSchl - Fly

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 45:00 Weights and Stretch		I
500	1x{1 x 100 on 2:00 Freestyle	REC	S
	$\{1 \times 100 \text{ on } 1:50 \text{ Freestyle L.25 6bk} \}$	EN1	٤
	$\{1 \times 100 \text{ on } 1:40 \text{ Freestyle L.50 6bk} \}$	EN1	٤
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	S
	{1 x 100 on 1:20 Freestyle	EN2	٤
150	10 x 15 on :45 Shooters	SP3	S
1,200	$3x{1 \times 100}$ on 1:50 Kick no board BSLR	EN1	F

	{ 4	Х	75 0	on 1	1:25 E	Kick					EN1	F
1,200	8	Х	150	on	1:55	Lungl	oust	er p	oul:	ls	EN1	E
200	8	Х	25 0	on :	:30 Fi	ree 12	2.5	y tuo	ck s	spin	EN1	5
3,375	1x{5	Х	125	on	1:45	Alt.	25	fly	25	free	EN2	5
	{ 1	Х	100	on	1:15	Frees	styl	le			EN1	5
	{ 4	Х	125	on	1:40	Alt.	25	fly	25	free	EN2	5
	{ 2	Х	100	on	1:15	Frees	styl	le			EN1	5
	{ 3	Х	125	on	1:35	Alt.	25	fly	25	free	EN2	5
	{ 3	Х	100	on	1:15	Frees	styl	le			EN1	5
	{ 2	Х	125	on	1:30	Alt.	25	fly	25	free	EN2	2
	{ 4	Х	100	on	1:15	Frees	styl	le			EN1	5
	{ 1	Х	125	on	1:25	Alt.	25	fly	25	free	EN2	5
	{ 5	Х	100	on	1:15	Frees	styl	le			EN1	5
200	1	Х	200	on	3:00	Strol	ke I	Dril:	ls		REC	Ι
	1	OI	n 5:0	00	Ice							N
	5:43	Ρľ	1 6,8	325	Yards	s - S1	ires	ss Vá	alue	= 89	9	

Workout #3836 - Wednesday, 30 November 2005 HighSchl - Backstroke 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WORK
=====	==		===	====
		on 45:00 Weights and Stretch		L
500	1x{1	x 100 on 2:00 Freestyle	REC	
	{ 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	1	0 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 = 8	5	

Workout #3835 - Wednesday, 30 November 2005 HighSchl - All-Americans 1 minute rest between sets

	3:00	PN	1 S	tart	t				
Yards	Se	et	Des	crip	ption			EGY	WORK
	==	===	-===	===:				===	====
	1	or	1 30	:00	Weigl	nts and Stretch			I
750	3	Х	250	on	3:50	Freestyle L.50	fast	EN1	S
	1	or	10	:00	Techi	niques-drll inst	t		Ι
1,250	5x{4	Х	25	on	:40 K	ick no board BSI	LR	EN2	K
	{ 3	Х	50	on	:55 K	ick descend		EN2	K
1,200	6	Х	200	on	2:35	Pulls		EN2	Ε
300	12	2 >	25	on	:30	Free 12.5y tuck	spin	EN1	5
2,500	1x{1	Х	300	on	4:15	Backstroke		EN1	٤
	{ 2	Х	250	on	3:30	Backstroke		EN2	S
	{ 3	Х	200	on	2:45	Backstroke		EN2	S
	{ 4	Х	150	on	2:00	Backstroke		EN2	S
	{ 5	Х	100	on	1:20	Backstroke		EN2	S
500	5	Х	100	on	2:00	Stroke Drills		REC	Ι
	5 • 32	ΡN	16.	500	Yard	s - Stress Value	<u> </u>	7	

Workout #3837 - Wednesday, 30 November 2005 HighSchl - Sprint

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORK
=====		===	====
	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	4x{1 x 200 on 3:00 Freestyle	EN1	S
	$\{1 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN1	S
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	S
	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	S
	{2 x 100 on 2:00 #1-EZ #2-100%	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 5:00 Ice		M
	5:44 PM 5,850 Yards - Stress Value = 7	13	

Workout #3840 - Friday, 02 December 2005 HighSchl - All

1 minute rest between sets

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

Workout #3842 - Friday, 02 December 2005 HighSchl - All

1 minute rest between sets

	3:00 PM Start			
Yards	Set Description	EGY	WORK	٤
=====		===	====	=
	1 on 30:00 Physio Balls/Stretch		L	Γ
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	(
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 =	2.2		

Workout #3841 - Friday, 02 December 2005 HighSchl - All-Americans 1 minute rest between sets

	5:30	AM Start		
Yards	Se	et 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 = 3	38	

Workout #3843 - Friday, 02 December 2005 HighSchl - All-Americans 1 minute rest between sets

	3:00 PM	Start		
Yards	Set	Description	EGY	WORK
=====	====		===	====
	1 or	30:00 Stomach and Stretch		L
800	1 x	800 on 13:00 Reverse IM drill	REC	D
	1 or	n 10:00 Techniques-drll 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 = 3	34	

Workout #3844 - Saturday, 03 December 2005 HS Girls - All

1 minute rest between sets

	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 #3851 - Monday, 05 December 2005 HighSchl - Breast 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WORF
=====	==		===	====
	1	on 30:00 Physio Balls/Stretch		I
600	1	x 600 on 9:00 Swim-kick-pull-swim	REC	٤
150	10) x 15 on :45 Shooters	SP3	٤
1,000	4x{4	x 25 on :30 Kick no board BSLR	EN1	F
	{ 3	x 50 on :55 Kick	EN2	ľ
1,000	1x{2	x 200 on 4:00 Pulls	EN1	E
	{ 2	x 200 on 3:55 Pulls	EN1	E
	{ 1	x 200 on 3:50 Pulls	EN2	E
300	4	x 75 on 1:15 IM w/out alt.strokes	EN1	٤
2,250	1x{4	x 125 on 2:10 Breaststroke	EN2	٤
	{ 5	x 50 on 1:00 Breaststroke	EN1	٤
	{ 3	x 125 on 2:05 Breaststroke	EN2	٤
	{ 5	x 50 on :55 Breaststroke	EN2	٤
	{ 2	x 125 on 2:00 Breaststroke	EN2	٤
	{ 5	x 50 on :50 Breaststroke	EN2	٤
	{ 1	x 125 on 1:55 Breaststroke	EN2	٤
	{ 5	x 50 on :45 Breaststroke	EN2	٤
	1	on 10:00 Individual Specific	EN2	٤
200	1	x 200 on 3:00 Stroke Drills	REC	Ι
	1	on 5:00 Ice		N
	5:34	PM $5,500$ Yards - Stress Value = 79	9	

Workout #3854 - Monday, 05 December 2005 HighSchl - Distance 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	
500	$2x{4 \times 25}$ on :30 Kick no board BSLR	EN1	
	{3 x 50 on :55 Kick	EN2	
1,800	$1x{1 \times 600 \text{ on } 8:00 \text{ Pulls odd } 100's \text{ br } 5}$	EN1	
	{1 x 600 on 8:00 Pulls odd 100's br 6	EN1	
	{1 x 600 on 8:00 Pulls odd 100's br 7	EN1	
300	4×75 on 1:15 IM w/out alt.strokes	EN1	
3,300	$1x\{2 \times 225 \text{ on } 3:00 \text{ Freestyle}$	EN2	
	$\{10 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN3	
	{2 x 225 on 2:55 Freestyle	EN2	
	$\{10 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN3	
	{2 x 225 on 2:50 Freestyle	EN2	
	$\{10 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN3	
	{2 x 225 on 2:45 Freestyle	EN2	
	1 on 10:00 Individual Specific	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 5:00 Ice		
	5:36 PM 6,850 Yards - Stress Value = 163	L	

Workout #3852 - Monday, 05 December 2005 HighSchl - Backstroke 1 minute rest between sets

3.00 PM Start

	5.00 IN Scale		
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 :50 Kick	EN2	
1,200	$1x{2 \times 300}$ on 4:00 Pulls odd 100's br 5	EN1	
	{2 x 300 on 3:45 Pulls odd 100's br 6	EN1	
300	4×75 on 1:15 IM w/out alt.strokes	EN1	
3,000	2x{4 x 125 on 1:35 Backstroke	EN2	

	{10	0 x 25 on :30 Back finish w/flip	EN2
	{ 4	x 125 on 1:30 Backstroke	EN2
	{10	0 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

	5:30	ΑN	1 St	cart	t			
Yards	Se	et	Desc	crip	ption		EGY	WOF
	==	===		-===			===	===
	1	or	1 30:	:00	Weigh	nts and Stretch		
800	1	Х	800	on	12:00) Swim-kick-pull-swim	REC	
200	8	Х	25 0	on :	:30 L.	.12.5 fast grt.fnsh	SP3	
2,800	1x{1	Х	400	on	5:30	Freestyle	EN2	
	{ 1	Х	400	on	5:15	Freestyle	EN2	
	{ 1	Х	400	on	5:00	Freestyle	EN2	
	{ 1	Х	400	on	4:45	Freestyle	EN2	
	{ 1	Х	400	on	5:00	Pulls	EN2	
	{ 1	Х	400	on	5:15	Pulls	EN1	
	{ 1	Х	400	on	5:30	Pulls	EN1	
200	1	Х	200	on	3:00	Stroke Drills	REC	
	6:59	ΑN	14,0	000	Yards	s - Stress Value = 56		

Workout #3850 - Monday, 05 December 2005 HighSchl - All-Americans 1 minute rest between sets

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

Workout #3848 - Monday, 05 December 2005 HighSchl - Platinum 1 minute rest between sets

5:30 AM Start

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

Workout #3847 - Monday, 05 December 2005 HighSchl - Gold 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====		===	====
	1 on 30:00 Weights		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	٤
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
900	$1x{2 x 150 on 2:05 Pull no br L.5 yds}$	EN1	E
	$\{2 \times 150 \text{ on } 2:00 \text{ Pull no br L.5 yds}$	EN1	E
	$\{2 \times 150 \text{ on } 1:55 \text{ Pull no br L.5 yds}$	EN1	E
2,250	3×750 on $9:00$ Freestyle	EN2	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	1 on 7:00 Ice		N
	7:04 AM 4,000 Yards - Stress Value = 64	ł	

Workout #3846 - Monday, 05 December 2005 HighSchl - Silver 1 minute rest between sets

Vanda	5:30 AM Start Set Description	ECV	WORF
iaius	set pescription	EGI	MORL
=====	=======================================	===	====
	1 on 30:00 Weights		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	٤
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
900	1x{2 x 150 on 2:20 Pull no br L.5 yds	EN1	E
	$\{2 \times 150 \text{ on } 2:15 \text{ Pull no br L.5 yds}$	EN1	E
	$\{2 \times 150 \text{ on } 2:10 \text{ Pull no br L.5 yds}$	EN1	E
1,800	3 x 600 on 8:30 Freestyle	EN2	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	1 on 7:00 Ice		N
	7:05 AM 3,550 Yards - Stress Value = 5	5	

Workout #3849 - Monday, 05 December 2005 HighSchl - Bronze

1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====		===	====
	1 on 30:00 Weights		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	٤
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
600	1x{2 x 100 on 2:20 Pull no br L.5 yds	EN1	E
	$\{2 \times 100 \text{ on } 2:15 \text{ Pull no br L.5 yds}$	EN1	E
	$\{2 \times 100 \text{ on } 2:10 \text{ Pull no br L.5 yds}$	EN1	E
1,350	3 x 450 on 8:30 Freestyle	EN2	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Ι
	1 on 7:00 Ice		N
	7:05 AM 2,800 Yards - Stress Value = 43	3	

Workout #3853 - Monday, 05 December 2005 HighSchl - Sprint 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WOF
======		===	===
	1 on 30:00 Physio Balls/Stretch		
600	1 x 600 on 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	4×75 on 1:15 IM w/out alt.strokes	EN1	
2,500	1x{3 x 125 on 1:45 Freestyle	EN2	
	$\{10 \times 25 \text{ on } : 30 \text{ Free finish w/flip}\}$	EN2	
	{3 x 125 on 1:40 Freestyle	EN2	

$\{10 \times 25 \text{ on } : 30 \text{ Free finish w/flip}\}$	EN2
${3 \times 125 \text{ on } 1:35 \text{ Freestyle}}$	EN2
$\{10 \times 25 \text{ on } : 30 \text{ Free finish w/flip} \}$	EN2
${3 \times 125 \text{ on } 1:30 \text{ Freestyle}}$	EN2
$\{10 \times 25 \text{ on } : 30 \text{ Free finish } w/\text{flip} \}$	EN2
1 on 10:00 Individual Specific	EN2
200 1 x 200 on 3:00 Stroke Drills	REC
1 on 5:00 Ice	
5:33 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	$12x\{2 \times 25 \text{ on } : 40 \text{ odds fast evens drll}$	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	٤
	$\{1 \times 100 \text{ on } 1:50 \text{ Freestyle L.25 6bk} \}$	EN1	٤
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	٤
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle L.75 6bk} \}$	EN1	٤
	{1 x 100 on 1:20 Freestyle	EN2	٤
150	10 x 15 on :45 Shooters	SP3	٤
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	E
	breathe 3-4-5-6-7		
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	٤
2,000	1x{1 x 1000 on 15:00 Freestyle	EN1	٤
	{2 x 500 on 7:30 Freestyle	EN1	٤
500	10 x 50 on 1:00 Stroke Drills	REC	Γ
	1 on 10:00 Ice		ľ
	5:31 PM 5,000 Yards - Stress Value = 51	L	

Workout #3863 - Wednesday, 07 December 2005 HighSchl - Fly 1 minute rest between sets 3:00 PM Start Set Description

	J.UU FM Stalt	
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
	$\{4 \times 100 \text{ on } 1:30 \text{ Fr w/25 fly } 10 \text{ sec r} \}$	EN1
	$\{4 \times 100 \text{ on } 1:25 \text{ Fr w/25 fly 5sec rst}$	EN1
	$\{1 \times 400 \text{ on } 5:00 \text{ Fr w}/25 \text{ fly}$	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

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 45:00 Weights and Stretch		I
500	1x{1 x 100 on 2:00 Freestyle	REC	٤
	{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	٤
	{1 x 100 on 1:20 Freestyle	EN2	٤
150	10 x 15 on :45 Shooters	SP3	٤
800	1x{2 x 100 on 2:00 Kick	EN1	ŀ
	{2 x 100 on 1:55 Kick	EN1	ŀ
	{2 x 100 on 1:50 Kick	EN2	ŀ
	{2 x 100 on 1:45 Kick	EN2	ŀ
1,000	8 x 125 on 1:50 Lungbuster pulls	EN1	F
	breathe 3-4-5-6-7		
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	٤
1,800	2x{4 x 75 on 1:15 Backstroke	EN1	٤
	{4 x 75 on 1:10 Backstroke	EN1	٤
	{4 x 75 on 1:05 Backstroke	EN1	٤
500	10 x 50 on 1:00 Stroke Drills	REC	Ι
	1 on 10:00 Ice		N
	5:31 PM $5,000$ Yards - Stress Value = 5	3	

Workout #3859 - Wednesday, 07 December 2005 HighSchl - All-Americans 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
750	3×250 on $3:45$ Freestyle L.50 fast	EN1	٤
	1 on 10:00 Techniques-drll inst		Γ
150	10 x 15 on :45 Shooters	SP3	٤
1,250	$5x{4 x 25 on :35 Kick no board BSLR}$	EN2	ŀ
	{3 x 50 on :50 Kick-descend	EN2	F
1,200	2x{1 x 200 on 2:35 Lungbuster pulls	EN2	E
	{1 x 200 on 2:30 Lungbuster pulls	EN2	E
	{1 x 200 on 2:25 Lungbuster pulls	EN2	F

300	12	2 x	25	on	:30	Free 12.5y tucl	spin	EN1	٤
2,500	2x{2	х	125	on	1:50	Backstroke		EN2	S
	{ 2	х	125	on	1:45	Backstroke		EN2	٤
	{ 2	х	125	on	1:40	Backstroke		EN2	S
	{ 2	x :	125	on	1:35	Backstroke		EN2	٤
	{ 2	х	125	on	1:30	Backstroke		EN2	S
400	1	X 4	400	on	8:00	Stroke Drills		REC	Ι
	5:34	PM	6,5	550	Yard	s - Stress Valı	1e = 1	16	

Workout #3861 - Wednesday, 07 December 2005 HighSchl - Sprint 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	
	{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	
	$\{1 \times 100 \text{ on } 1:20 \text{ Freestyle} \}$	EN2	
150	10 x 15 on :45 Shooters	SP3	
800	1x{2 x 100 on 2:00 Kick	EN1	F
	{2 x 100 on 1:55 Kick	EN1	F
	{2 x 100 on 1:50 Kick	EN2	F
	{2 x 100 on 1:45 Kick	EN2	F
1,000	8 x 125 on 1:50 Lungbuster pulls	EN1	E
	breathe 3-4-5-6-7		
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	S
2,100	2x{3 x 100 on 1:35 Freestyle	EN1	S
		EN1	
	{3 x 100 on 1:25 Freestyle	EN1	
	{1 x 150 on 3:00 Stroke Drills	REC	Γ
200	4 x 50 on 1:00 Stroke Drills	REC	Γ
	1 on 10:00 Ice		N
	5:30 PM 5,000 Yards - Stress Value = 53	3	

Workout #3862 - Wednesday, 07 December 2005 HS Girls - All 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
500	1 x 500 on 10:00 Choice	REC	٤
150	10 x 15 on :45 Shooters	SP3	٤
600	$4x{1 \times 75 \text{ on } 1:30 \text{ Kick}}$	EN1	F
	{1 x 50 on 1:00 Kick	EN1	F
	{1 x 25 on :30 Kick	EN1	F
600	8×75 on 1:10 Pulls-nbbf&w + 2 yds	EN1	E
1,600	4x{1 x 100 on 1:45 Free 1st 25 stroke	EN1	۶
	{1 x 100 on 1:45 Free 2nd 25 stroke	EN1	٤
	{1 x 100 on 1:45 Free 3rd 25 stroke	EN1	۶
	{1 x 100 on 1:45 Free 4th 25 stroke	EN1	۶
500	10 x 50 on 1:00 Stroke Drills	REC	Γ
	1 on 10:00 Ice		N
	5:03 PM 3,950 Yards - Stress Value = 34	1	

Workout #3856 - Wednesday, 07 December 2005 HS Girls - Gold 1 minute rest between sets		300 1,800	1x{3 x 300 on 4:00 Freestyle	EN1 EN1 EN1
5:30 AM Start Yards Set Description EGY WO		400	{2 x 300 on 3:55 Freestyle {1 x 300 on 3:50 Freestyle 4 x 100 on 1:45 Stroke Drills 1 on 10:00 Ice	EN1 EN1 REC
800 1 x 800 on 12:00 Reverse IM drill REC 700 1 x 700 on 14:00 Kick EN1 700 1 x 700 on 10:30 Pulls EN1 1,200 4 x 300 on 5:00 Choice EN1	D IM K CHO P FR S CHO		5:10 PM 4,500 Yards - Stress Value = 39 Workout #3864 - Thursday, 08 December 2005	
200 1 x 200 on 3:00 Stroke Drills REC 1 on 1:00 Ice 6:35 AM 3,600 Yards - Stress Value = 26	D CD M		HighSchl - Fly 1 minute rest between sets	
Workout #3857 - Wednesday, 07 December 2005 HS Girls - Silver		Yards	3:00 PM Start Set Description	EGY WC
1 minute rest between sets		600	1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Underwater trn drill 1 on 10:00 Techniques-Relay str	REC
5:30 AM Start Yards Set Description EGY ===== 600 1 x 600 on 12:00 Swim-kick-pull-swim REC	WORK S ==== = S	150 750 700	10 x 15 on :45 Shooters 6 x 125 on 2:20 Kick 1x{1 x 250 on 3:20 Pulls	SP3 EN1 EN1
600 6 x 100 on 2:00 Kick EN1 600 6 x 100 on 1:45 Pulls EN1 800 8 x 100 on 1:45 Choice REC 200 1 x 200 on 4:00 Stroke Drills REC		200		EN1 EN1 EN1
1 on 10:00 Ice 6:37 AM 2,800 Yards - Stress Value = 12	М	1,800	3x{2 x 50 on 1:00 Butterfly 2-2 {1 x 50 on :45 Freestyle {2 x 50 on 1:00 Butterfly 2-3 {1 x 50 on :45 Freestyle	EN1 EN1 EN1 EN1
Workout #3869 - Thursday, 08 December 2005 HighSchl - Breast 1 minute rest between sets			{2 x 50 on 1:00 Butterfly 2-4 {1 x 50 on :45 Freestyle {2 x 50 on 1:00 Butterfly 2-5 {1 x 50 on :45 Freestyle	EN1 EN1 EN1
3:00 PM Start Yards Set Description	EGY WC	300	3 x 100 on 1:45 Stroke Drills 1 on 10:00 Ice 5:20 PM 4,500 Yards - Stress Value = 43	REC
1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Underwater trn drill 1 on 10:00 Techniques-Relay str	REC		Workout #3867 - Thursday, 08 December 2005	
1 5 0 1 0 1 5 4 5 0 1 +			HighSchl - Backstroke	
150	SP3 EN1		HighSchl - Backstroke 1 minute rest between sets	
600 6 x 100 on 2:10 Kick 600 1x{1 x 200 on 3:05 Pulls {1 x 175 on 2:30 Pulls {1 x 125 on 1:50 Pulls	EN1 EN1 EN1 EN1	Yards =====	9	EGY WC
600 6 x 100 on 2:10 Kick 600 1x{1 x 200 on 3:05 Pulls {1 x 175 on 2:30 Pulls {1 x 125 on 1:50 Pulls {1 x 100 on 1:30 Pulls 200 4 x 50 on :50 Descend 1-4 1,950 2x{3 x 75 on 1:25 Breaststroke	EN1 EN1 EN1 EN1 EN1 EN1	600	1 minute rest between sets 3:00 PM Start Set Description	=== == REC
600 6 x 100 on 2:10 Kick 600 1x{1 x 200 on 3:05 Pulls {1 x 175 on 2:30 Pulls {1 x 125 on 1:50 Pulls {1 x 100 on 1:30 Pulls 200 4 x 50 on :50 Descend 1-4 1,950 2x{3 x 75 on 1:25 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:20 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:15 Breaststroke	EN1 EN1 EN1 EN1 EN1	600 150 750	I minute rest between sets 3:00 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Underwater trn drill 1 on 10:00 Techniques-Relay str 10 x 15 on :45 Shooters 6 x 125 on 2:10 Kick 1x{1 x 250 on 3:05 Pulls	=== == REC SP3 EN1 EN1
600 6 x 100 on 2:10 Kick 600 1x{1 x 200 on 3:05 Pulls {1 x 175 on 2:30 Pulls {1 x 125 on 1:50 Pulls {1 x 100 on 1:30 Pulls 200 4 x 50 on :50 Descend 1-4 1,950 2x{3 x 75 on 1:25 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:20 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:15 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:15 Breaststroke {2 x 50 on :50 Freestyle } 400 4 x 100 on 1:45 Stroke Drills 1 on 10:00 Ice	EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	===== 600 150 750 700	1 minute rest between sets 3:00 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Underwater trn drill 1 on 10:00 Techniques-Relay str 10 x 15 on :45 Shooters 6 x 125 on 2:10 Kick 1x{1 x 250 on 3:05 Pulls {1 x 200 on 2:30 Pulls {1 x 150 on 1:50 Pulls {1 x 100 on 1:15 Pulls 4 x 50 on :50 Descend 1-4	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1
600 6 x 100 on 2:10 Kick 600 1x{1 x 200 on 3:05 Pulls {1 x 175 on 2:30 Pulls {1 x 125 on 1:50 Pulls {1 x 100 on 1:30 Pulls 200 4 x 50 on :50 Descend 1-4 1,950 2x{3 x 75 on 1:25 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:20 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:15 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:15 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:15 Breaststroke {5 x 50 on :50 Freestyle 400 4 x 100 on 1:45 Stroke Drills 1 on 10:00 Ice 5:21 PM 4,500 Yards - Stress Value = 38 Workout #3868 - Thursday, 08 December 2005	EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	===== 600 150 750 700	1 minute rest between sets 3:00 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 600 on 10:00 Underwater trn drill 1 on 10:00 Techniques-Relay str 10 x 15 on :45 Shooters 6 x 125 on 2:10 Kick 1x{1 x 250 on 3:05 Pulls {1 x 200 on 2:30 Pulls {1 x 150 on 1:50 Pulls {1 x 100 on 1:15 Pulls	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1
600 6 x 100 on 2:10 Kick 600 1x{1 x 200 on 3:05 Pulls {1 x 175 on 2:30 Pulls {1 x 125 on 1:50 Pulls {1 x 100 on 1:30 Pulls 200 4 x 50 on :50 Descend 1-4 1,950 2x{3 x 75 on 1:25 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:20 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:15 Breaststroke {2 x 50 on :50 Freestyle 43 x 75 on 1:45 Stroke Drills 1 on 10:00 Ice 5:21 PM 4,500 Yards - Stress Value = 38	EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	===== 600 150 750 700	I minute rest between sets 3:00 PM Start Set Description	=== == REC SP3 EN1
600 6 x 100 on 2:10 Kick 600 1x{1 x 200 on 3:05 Pulls {1 x 175 on 2:30 Pulls {1 x 125 on 1:50 Pulls {1 x 100 on 1:30 Pulls 200 4 x 50 on :50 Descend 1-4 1,950 2x{3 x 75 on 1:25 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:20 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:15 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:15 Breaststroke {2 x 50 on :50 Freestyle 400 4 x 100 on 1:45 Stroke Drills 1 on 10:00 Ice 5:21 PM 4,500 Yards - Stress Value = 38 Workout #3868 - Thursday, 08 December 2005 HighSchl - Distance	EN1	===== 600 150 750 700	I minute rest between sets 3:00 PM Start Set Description	REC SP3 EN1
600 6 x 100 on 2:10 Kick 600 1x{1 x 200 on 3:05 Pulls {1 x 175 on 2:30 Pulls {1 x 125 on 1:50 Pulls {1 x 100 on 1:30 Pulls 200 4 x 50 on :50 Descend 1-4 1,950 2x{3 x 75 on 1:25 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:20 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:15 Breaststroke {2 x 50 on :50 Freestyle 400 4 x 100 on 1:45 Stroke Drills 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 3:00 PM Start Yards Set Description ===== 1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Underwater trn drill 1 on 10:00 Techniques-Relay str	EN1	===== 600 150 750 700 200 1,800	I minute rest between sets 3:00 PM Start Set Description	=== == REC SP3 EN1
600 6 x 100 on 2:10 Kick 600 1x{1 x 200 on 3:05 Pulls {1 x 175 on 2:30 Pulls {1 x 125 on 1:50 Pulls {1 x 100 on 1:30 Pulls 200 4 x 50 on :50 Descend 1-4 1,950 2x{3 x 75 on 1:25 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:20 Breaststroke {2 x 50 on :50 Freestyle {3 x 75 on 1:15 Breaststroke {2 x 50 on :50 Freestyle 43 x 75 on 1:15 Breaststroke {2 x 50 on :50 Freestyle 400 4 x 100 on 1:45 Stroke Drills 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 3:00 PM Start Yards Set Description ===== 1 on 30:00 Stomach and Stretch 600 1 x 600 on 10:00 Underwater trn drill	EN1	===== 600 150 750 700 200 1,800	I minute rest between sets 3:00 PM Start Set Description	=== == REC SP3 EN1

3:00 PM Start

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-drll 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	12×25 on :30 L.12.5 fast grt.fnsh	SP3
1,400	$4x{1 x 100 on :00 Your Stroke}$	SP1
	$\{1 \times 250 \text{ on } 7:00 \text{ Freestyle}$	REC
1,500	$5x{1 x 50 on :00 Your Stroke}$	SP1
	$\{1 \times 250 \text{ on } 6:00 \text{ Freestyle} \}$	REC
	5:48 PM 6,550 Yards - Stress Value = 111	

Workout #3866 - Thursday, 08 December 2005 HS Girls - All

1 minute rest between sets

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	SP2
	at the 50-30sec rest	
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

Yards	6:00 AM Start 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	EN1	S
	about 90%		
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	3	

Workout #3872 - Friday, 09 December 2005 HighSchl - All

1 minute rest between sets

Yards	3:00 1 Set	PM St		-			EGY	WORF
			_					
=====	===					-========	===	====
	1 (on 30:	00	Physi	io Balls	s/Stretch		I
800	1x{2 2	k 100	on	1:40	Stroke	Drills	REC	Ι
	{2 :	100	on	2:00	Stroke	Drills	REC	Ι

{2	x 100 on 1:50 Stroke Drills	REC	Γ
{2	x 100 on 1:50 Stroke Drills	REC	Γ
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	Ε
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	Γ
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	Se	et Description	EGY	WORK
=====	==		===	====
	1	on 30:00 Weights and Stretch		I
800	1	x 800 on 12:00 Reverse IM drill	REC	Ι
300	12	2×25 on :30 L.12.5 fast grt.fnsh	SP3	٤
1,200	1x{6	x 50 on :55 Pulls	EN1	E
	{ 6	x 50 on :50 Pulls	EN1	E
	{ 6	x 50 on :45 Pulls	EN1	E
	{ 6	x 50 on :40 Pulls	EN1	E
1,200	1x{3	x 100 on 1:40 Reverse IM	EN1	٤
	{ 3	x 100 on 1:30 Reverse IM	EN1	٤
	{ 3	x 100 on 1:20 Reverse IM	EN2	٤
	{ 3	x 100 on 1:10 Reverse IM	EN2	٤
500	1	x 500 on 8:00 Stroke Drills	REC	Γ
	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	٤
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
800	1 x 800 on 12:00 Reverse IM drill	REC	D	
	1 on 10:00 Techniques-drll 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	(
	{4 x 50 on :50 Kick	EN2	K	C
1,250	1 x 1250 on 16:30 Pulls	EN1	P	
500	20×25 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
	$\{2 \times 125 \text{ on } 2:30 \text{ Stroke Drills}$	REC	D	
	{8 x 25 on :30 Backstroke	EN1	S	
	${3 \times 150 \text{ on } 3:00 \text{ Stroke Drills}}$	REC	D	
	{8 x 25 on :30 Breaststroke	EN1	S	
	$\{4 \times 175 \text{ on } 3:30 \text{ Stroke Drills}$	REC	D	
	5:36 PM 6,050 Yards - Stress Value =	54		

{2 x 75 on 1:00 Pulls {2 x 100 on 1:20 Pulls

	Workout #3874 - Friday, 09 December 2005 HS Girls - All 1 minute rest between sets			150 1,000	{2 x 125 on 1:40 Pulls EN1 2 x 75 on 1:15 2bk-4bk-6bk by 25's EN1 5x{2 x 25 on :30 Butterfly 1up2down EN1 {3 x 50 on :50 Fly 3 strk off wlls EN2	P S S
Yards	3:00 PM Start Set Description		WORK	200	{ descend 1 x 200 on 3:00 Stroke Drills REC 1 on 10:00 Ice	D M
800 400 180	<pre>1 on 30:00 Stomach and Stretch 1 x 800 on 15:00 Choice 8 x 50 on 1:15 25 drill 25 swim 12 x 15 on :45 Shooters 2x{1 x 100 on 2:15 Kick {2 x 25 on :35 Kick 3 x 100 on 1:45 Pulls 4 x 75 on 2:00 Your Stroke-keep HR</pre>	REC REC SP3 EN1 EN1 EN1	L S D S K K P S	Yards	7:52 AM 3,500 Yards - Stress Value = 39 Workout #3877 - Saturday, 10 December 2005 HighSchl - Backstroke 1 minute rest between sets 6:00 AM Start Set Description EGY W	WORK
400	between 130-140 4x{1 x 25 on :40 12.5 ez 12.5 fast {1 x 25 on :40 12.5 fast 12.5 ez	EN1 EN1	S S	500	1 on 30:00 Dryland and stretch 10 x 50 on 1:00 Stroke Drills REC	
300	{1 x 25 on :40 Choice-Fast {1 x 25 on :40 Stroke Drills 1 x 300 on 6:00 Stroke Drills 1 on 10:00 Ice 4:59 PM 2,980 Yards - Stress Value = 2	EN1 REC REC	S D D M	150 750	odds free evns nonfr 10 x 15 on :45 Shooters SP3 1x{2 x 125 on 2:15 Kick EN1 {2 x 100 on 1:45 Kick EN1 {2 x 75 on 1:20 Kick EN1 {2 x 50 on :55 Kick EN1	S K K K
	Workout #3878 - Saturday, 10 December 2005 HighSchl - Breast 1 minute rest between sets			750	{2 x 25 on :25 Kick EN1 1x{2 x 25 on :20 Pulls EN1 {2 x 50 on :40 Pulls EN1 {2 x 75 on 1:00 Pulls EN1 {2 x 100 on 1:20 Pulls EN1	K P P P
Yards	6:00 AM Start Set Description		GY WOF	150	{2 x 125 on 1:40 Pulls EN1 2 x 75 on 1:15 2bk-4bk-6bk by 25's EN1	P S
500 150 750	<pre>1 on 30:00 Dryland and stretch 10 x 50 on 1:00 Stroke Drills odds free evns nonfr 10 x 15 on :45 Shooters 1x{2 x 125 on 2:30 Kick</pre>	S	EC P3 N1	200	3x{3 x 75 on 1:10 Backstroke EN1 {2 x 50 on :50 Back-bld to fst fnsh EN2 {1 x 25 on :30 Backstroke drill REC 1 x 200 on 3:00 Stroke Drills REC 1 on 10:00 Ice	S S D D
	{2 x 100 on 2:00 Kick {2 x 75 on 1:30 Kick {2 x 50 on 1:00 Kick {2 x 25 on :30 Kick 1x{2 x 25 on :25 Pulls {2 x 50 on :45 Pulls {2 x 75 on 1:05 Pulls	EI EI EI EI EI	N1 N1 N1 N1 N1 N1		7:51 AM 3,550 Yards - Stress Value = 35 Workout #3879 - Saturday, 10 December 2005 HighSchl - All-Americans 1 minute rest between sets 7:30 AM Start	
150 1,050 200	{2 x 100 on 1:25 Pulls {2 x 125 on 1:45 Pulls 2 x 75 on 1:15 2bk-4bk-6bk by 25's 3x{2 x 100 on 2:00 Fast trns w/2X pllc {4 x 25 on :45 Breast fast TO drill {1 x 50 on :50 Free-Prfct frm/brth3 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 8:00 AM 3,550 Yards - Stress Value = 3	EI EI OT EI EI EI	N1 N1 N1 N1 N1 N1	Yards ===== 800 1,200	Set Description	WORK ==== L D K K K K
	Workout #3876 - Saturday, 10 December 2005 HighSchl - Fly 1 minute rest between sets			1,250	1x{2 x 125 on 1:45 Pulls EN1 {2 x 125 on 1:40 Pulls EN1 {2 x 125 on 1:35 Pulls EN2 {2 x 125 on 1:30 Pulls EN2 {2 x 125 on 1:25 Pulls EN2	P P P P S
Yards =====	6:00 AM Start Set Description 1 on 30:00 Dryland and stretch 10 x 50 on 1:00 Stroke Drills odds free evns nonfr		WORK ==== L D		6x{2 x 100 on 1:25 Butterfly 2-4 EN2 {2 x 100 on 1:15 Freestyle EN2	S S D
	10 x 15 on :45 Shooters 1x{2 x 125 on 2:15 Kick {2 x 100 on 1:45 Kick {2 x 75 on 1:20 Kick {2 x 50 on :55 Kick {2 x 25 on :25 Kick {2 x 25 on :20 Pulls {2 x 50 on :40 Pulls {2 x 75 on 1:00 Pulls {2 x 75 on 1:00 Pulls {2 x 75 on 1:00 Pulls }	SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1	S K K K K P P			

P P

EN1 EN1

Workout #3875 - Saturday, 10 December 2005 HighSchl - Sprint 1 minute rest between sets

	6:00 AM Start		
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 2:30 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
	$\{2 \times 50 \text{ on } : 45 \text{ Pulls}$	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	$4x\{4 \times 50 \text{ on } : 45 \text{ Freestyle}$	EN1	S
	$\{1 \times 50 \text{ on } 1:30 \text{ Freestyle-build to} \}$	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 = 3	34	

Workout #3881 - Monday, 12 December 2005 HighSchl - All-Americans 1 minute rest between sets

	5:30 AM Start			_
Yards	Set Description	EGY	WORK	٤
=====		===	====	=
	1 on 30:00 Weights and Stretch		L	Ι
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	S	
200	8 x 25 on :30 L.12.5 fast grt.fnsh	SP3	S	
3,300	2 x 1650 on 20:00 Freestyle	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	7:03 AM 4.500 Yards - Stress Value =	74		

Workout #3883 - Monday, 12 December 2005 HighSchl - All-Americans 1 minute rest between sets

	3:00	PM St	art			
Yards	Se	t Desc	cription		EGY	WOI
	==	=====			===	===
	1	on 15:	:00 Team	meeting		
800	1	x 800	on 12:00	Swim-kick-pull-swim	REC	
	1	on 10:	00 Techn	iques-drll inst		
150	10	x 15	on :45 S	Shooters	SP3	
	6x{4	x 25 c	on :35 Ki	ck no board BSLR	EN1	
	{ 1	x 100	on 1:40	Kick	EN2	
	1x{2	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 c	on 1:10 I	M w/out alt.strokes	EN1	
	1x{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 6,5	550 Yards	s - Stress Value = 105	5	

Workout #3880 - Monday, 12 December 2005 HS Girls - All

1 minute rest between sets

5:30 AM Start
Yards Set Description

=====		===	===
	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	$1x\{1 \times 325 \text{ on } 4:15 \text{ Freestyle}$	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		
	"Tornout "Dooz "Tonday, 12 December 2005		

Workout #3882 - Monday, 12 December 2005 HS Girls - All 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
	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	
	1x{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	4×75 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

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Workout #3887 - Tuesday, 13 December 2005 HS Girls - Distance 1 minute rest between sets

	11:00 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
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
	$\{1 \times 100 \text{ on } 1:25 \text{ Freestyle L.75 } \#1$	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 = $\frac{1}{2}$	41	

Workout #3885 - Tuesday, 13 December 2005 HS Girls - IM/Stroke 1 minute rest between sets

11:00 AM Start

Yards	Set Description	EGY	WORK
		===	====
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
	$\{1 \times 75 \text{ on } 1:00 \text{ Freestyle}$	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
	$\{1 \times 125 \text{ on } 2:00 \text{ Freestyle}$	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	11:00 AM Start Set Description	EGY WOF
	=======================================	
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 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN1
	$\{2 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN1
	$\{2 \times 25 \text{ on } : 30 \text{ Pulls-nbbf&w} + 2 \text{ yds} $	EN1

200	8	Х	25 on :30 IM order-build	EN1
1,500	5x{2	Х	100 on 2:00 Stroke Drills	REC
	{ 4	Х	25 on :30 Freestyle	EN1
200	1	Х	200 on 3:00 Stroke Drills	REC
	1	or	10:00 Ice	
	12:29	9 E	PM 3,550 Yards - Stress Value =	21

Workout #3890 - Wednesday, 14 December 2005 HighSchl - All-Americans 1 minute rest between sets

Varde	3:00 PM Start Set Description	FCV	WORK
	1 on 30:00 Weights and Stretch		I
750	3	1 זאים	
750		FNI	
1	1 on 10:00 Techniques-drll inst	ana	I
150		SP3	-
	3x{8 x 25 on :35 Kick no board BSLR		
		EN2	
1,500	6 x 250 on 3:15 Lungbuster pulls	EN1	Ε
	br 4-5-6-7-8		
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	٤
	1x{1 x 200 on 2:40 Backstroke	EN2	٤
	{1 x 200 on 2:35 Backstroke	EN2	٤
	{1 x 200 on 2:30 Backstroke	EN2	٤
	{1 x 200 on 2:25 Backstroke	EN2	٤
	{1 x 200 on 2:20 Backstroke	EN2	٤
	{1 x 150 on 1:55 Backstroke	EN2	٤
	{1 x 150 on 1:50 Backstroke	EN2	٤
	{1 x 150 on 1:45 Backstroke	EN2	٤
	1 x 150 on 1:40 Backstroke	EN2	
		EN2	
	•	EN2	
		EN2	
500	1 x 500 on 10:00 Stroke Drills		E
300	5:33 PM 6,600 Yards - Stress Value = 10		L
	J.JJ IM 0,000 Tatus - Scress Value - 10	, 0	

Workout #3888 - Wednesday, 14 December 2005 HighSchl - Platinum 1 minute rest between sets

** 1		PM Start	D.011	
Yards		et Description		WORK
		on 40:00 Weights and Stretch		
		x 100 on 2:00 Freestyle	REC	S
		x 100 on 1:50 Freestyle L.25 6bk		
	-	x 100 on 1:40 Freestyle L.25 6bk		S
	-	x 100 on 1:30 Freestyle L.25 6bk		S
		x 100 on 1:20 Freestyle L.25 6bk		
150		0 x 15 on :45 Shooters	SP3	
	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	
	{ 2	x 100 on 1:15 Lungbuster pulls	EN1	
300	3	x 100 on 1:30 Freestyle-descend	EN1	
		x 200 on 2:30 Freestyle	EN1	-
		x 50 on :40 Freestyle	EN1	
		x 200 on 2:35 Freestyle	EN1	
		x 50 on :45 Freestyle	EN1	-
			EN1	
		x 50 on :50 Freestyle	EN1	
			EN1	-
200			REC	D
		on 7:00 Ice		М
	5:04	PM 4,100 Yards - Stress Value = 4	1 6	

1 on 10:00 Ice

250

{ descend each set 1-6

1 on 10:00 Ind. prescriptions

1 x 250 on 5:00 Stroke Drills

Workout #3889 - Wednesday, 14 December 2005 HS Girls - All

1 minute rest between sets

5:29 PM 4,900 Yards - Stress Value = 53

Workout #3893 - Thursday, 15 December 2005 HighSchl - Backstroke

	2 00 714 71			Highschi - Dackstroke	
	3:00 PM Start			1 minute rest between sets	
Yards	Set Description	EGY WOF			
=====		=== ===		3:00 PM Start	
	1 on 30:00 Physio Balls/Stretch		Yards		EGY WC
400	1 x 400 on 7:00 Reverse IM drill	REC	======	=======================================	
150	10 x 15 on :45 Shooters	SP3		1 on 30:00 Stomach and Stretch	
750	3x{4 x 25 on :40 Kick no board BSLR	EN1	600		DEC
	{1 x 50 on 1:00 Kick	EN1	150		
	{1 x 100 on 2:00 Kick-Great effort	EN2			SP3
800	1x{2 x 100 on 1:30 Pulls-nbbf&w + 2 yds		750		EN1
000	{2 x 100 on 1:35 Pulls-nbbf&w + 2 yds		1,250		EN1
	{2 x 100 on 1:20 Pulls-nbbf&w + 2 yds {2 x 100 on 1:20 Pulls-nbbf&w + 2 yds		300		EN1
	· · · · · · · · · · · · · · · · · · ·		2,250	1x{4 x 125 on 1:55 Alt. 25back 25free	EN1
	{2 x 100 on 1:15 Pulls-nbbf&w + 2 yds			{4 x 125 on 1:50 Alt. 25back 25free	EN1
300	3 x 100 on 1:40 Freestyle-descend	EN1		{4 x 125 on 1:45 Alt. 25back 25free	EN1
1,400	1x{1 x 200 on 2:40 Freestyle	EN1		{4 x 125 on 1:40 Alt. 25back 25free	EN1
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1		{2 x 125 on 1:35 Alt. 25back 25free	EN1
	{1 x 200 on 2:45 Freestyle	EN1		1 on 10:00 Ind. prescriptions	EN1
	{4 x 50 on :45 Freestyle	EN1	250		REC
	{1 x 200 on 2:50 Freestyle	EN1		1 on 10:00 Ice	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1		5:30 PM 5,550 Yards - Stress Value = 51	
	{1 x 200 on 2:55 Freestyle	EN1		3.30 III 3,330 IuIub Belebb value 31	
200	1 x 200 on 3:00 Stroke Drills	REC			
	1 on 10:00 Ice			Workout #3894 - Thursday, 15 December 2005	
	4:58 PM 4,000 Yards - Stress Value = 42			HighSchl - All-Americans	
	4.50 IM 4,000 laids Sciess value - 42			1 minute rest between sets	
				1 illinute Test between sets	
	Workout #3891 - Thursday, 15 December 2005				
	HighSchl - Distance		_	3:00 PM Start	
	1 minute rest between sets		Yards	Set Description	EGY W
	1 minute Test between sets		=====		=== =
	2.00 DM 0++			1 on 30:00 Physio Balls/Stretch	
,	3:00 PM Start		800		REC
Yards	Set Description	EGY WC		1 on 10:00 Techniques-drll inst	
		= === ==	150	10×15 on :45 Shooters	SP3
	1 on 30:00 Stomach and Stretch			$4x\{2 \times 100 \text{ on } 1:15 \text{ Pulls}$	EN2
600	1 x 600 on 10:00 Underwater trn drill	L REC		$\{2 \times 50 \text{ on } : 35 \text{ Pulls} \}$	EN2
150	10×15 on :45 Shooters	SP3		4x{1 x 75 on 1:20 Kick	EN2
500	1 x 500 on 10:00 Kick	EN1		{1 x 75 on 1:15 Kick	EN2
1,000	8 x 125 on 2:00 Pulls	EN1		{1 x 75 on 1:10 Kick	EN2
300	6×50 on :50 Descend in sets of 3	EN1	800		SP2
2,700	$1x{4 \times 400}$ on 6:00 Freestyle	EN1		10x{1 x 100 on 1:45 Individual Medley	EN1
	{3 x 300 on 4:25 Freestyle	EN1		{1 x 100 on 2:00 Stroke Drills	REC
	{1 x 200 on 2:50 Freestyle	EN1		5:45 PM 5,850 Yards - Stress Value = 138	TUDO
	1 on 10:00 Ind. prescriptions	EN1		5.45 IM 5,050 Talus Sciess value - 150	
250	1 x 250 on 5:00 Stroke Drills	REC			
	1 on 10:00 Ice			Workout #3892 - Thursday, 15 December 2005	
	5:31 PM 5,500 Yards - Stress Value = 51			HighSchl - Sprint	
	0.01 111 0,000 14140 001000 14140 01			1 minute rest between sets	
				1 minute Test between sets	
	Workout #3895 - Thursday, 15 December 2005			2.00 PM Gtt	
	HighSchl - Fly		** 1	3:00 PM Start	FOIL 116
	1 minute rest between sets		Yards	1	EGY WC
				1 20 00 01 1 1 01 1 1	=== ==
	3:00 PM Start			1 on 30:00 Stomach and Stretch	
Yards	Set Description	EGY WC	600		
	=======================================		100		SP3
=====			750		EN1
600	1 on 30:00 Stomach and Stretch		1,250	10 x 125 on 1:50 Pulls build L.25	EN1
600	1 x 600 on 10:00 Underwater trn drill		300	6×50 on :45 Descend in sets of 3	EN1
150	10 x 15 on :45 Shooters	SP3	2,250	1x{3 x 150 on 2:20 Free Alt.fast 50's	EN2
1,000	10 x 100 on 1:45 Kick	EN1		{3 x 150 on 2:15 Free Alt.fast 50's	EN1
1,250	10 x 125 on 1:40 Pulls build L.25	EN1		{3 x 150 on 2:10 Free Alt.fast 50's	EN1
300	6×50 on :45 Descend in sets of 3	EN1		{3 x 150 on 2:05 Free Alt.fast 50's	EN1
1,350	$3x{6 \times 25 \text{ on :} 30 \text{ Butterfly}}$	EN1		{3 x 150 on 2:00 Free Alt.fast 50's	EN1
	{1 on :45 Rest			1 on 10:00 Ind. prescriptions	EN1
	$\{6 \times 25 \text{ on } : 25 \text{ Butterfly} \}$	EN2	250		REC
	-		200	T 7 700 OU 0.00 DCTOVE DITTID	
	{1 on :45 Rest			1 on 10.00 Tce	
	{1 on :45 Rest {6 x 25 on :20 Butterfly	EN2		1 on 10:00 Ice 5:31 PM 5,550 Yards - Stress Value = 54	

EN1

REC

Workout #3896 - Friday, 16 December 2005 HighSchl - All-Americans 1 minute rest between sets

	5:30 AM		FOU	HODI
Yards	Set	Description	EGY	WORF
=====	===:		===	====
	1 0	n 30:00 Weights and Stretch		I
800	1 x	800 on 12:00 Reverse IM drill	REC	Ι
200	8 x	25 on :30 L.12.5 fast grt.fnsh	SP3	٤
1,200	12x{1 x	50 on :40 Pulls	EN1	E
	{1 x	50 on :30 Pulls	EN2	E
1,500	3 x	500 on 5:30 Freestyle	EN3	٤
300	1 x	300 on 6:00 Stroke Drills	REC	Ι
	6:57 AM	4.000 Yards - Stress Value = 13	16	

Workout #3904 - Friday, 16 December	2005
HighSchl - All-Americans	
1 minute rest between sets	

	3:00 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	1 x 800 on 12:00 Reverse IM drill	REC	Ι
	1 on 10:00 Techniques-drll inst		Ι
150	10 x 15 on :45 Shooters	SP3	٤
	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
	$1x\{6 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	EN1	E
	{6 x 50 on :45 Pulls	EN1	E
	{6 x 50 on :40 Pulls	EN1	E
	{6 x 50 on :35 Pulls	EN2	E
300	12 x 25 on :30 Free 12.5y tuck spin	EN1	٤
	$1x{4 x 100 on 2:00 Reverse IM drill}$	REC	Ι
	{3 x 200 on 3:40 Reverse IM drill	REC	Ι
	{2 x 300 on 5:00 Reverse IM drill	REC	Ι
	{1 x 400 on 6:00 Reverse IM drill	REC	Γ
	5:24 PM 5,700 Yards - Stress Value = 49	9	

Workout #3897 - Friday, 16 December 2005 HighSchl - Platinum

1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WOF
	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		
	$1x{4 \times 50 \text{ on } :45 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$	EN1	
	$\{4 \times 75 \text{ on } 1:00 \text{ Pulls-nbbf&w} + 2 \text{ yds} \}$	EN1	
	$\{4 \times 100 \text{ on } 1:15 \text{ Pulls-nbbf&w} + 2 \text{ yds}$	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 #3898 - Friday, 16 December 2005 HighSchl - Gold

1 minute rest between sets

=====		==== ===	===
Yards	Set Description	EGY	WOF
	5:30 AM Start		

	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
	1	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 #3899 - Friday, 16 December 2005 HighSchl - Silver 1 minute rest between sets

	5:30	AM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 30:00 Weights		
300	1	x 300 on 6:00 Reverse IM drill	REC	
200	8	x 25 on :30 12.5 ez 12.5 fast	SP3	
	f	ast 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

	3:00	PM Start		
Yards	Se	et Description	EGY	WC
=====	==		===	==
	1	on 30:00 Physio Balls/Stretch		
300	1	x 300 on 7:00 Reverse IM drill	REC	
150	10	0 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 #3901 - Friday, 16 December 2005 HS Boys - Distance 1 minute rest between sets		_	Yards	3:00 PM Start Set Description F	EGY	
	3:00 PM Start			800	1 on 30:00 Stomach and Stretch 1 x 800 on 12:00 Swim-kick-pull-swim F		===
Yards =====	Set Description	EGY V		150	10 x 15 on :45 Shooters	SP3	
	1 on 30:00 Physio Balls/Stretch			1,200	•	EN1 EN2	
400	1 x 400 on 7:00 Reverse IM drill	REC		1,250	•	EN2 EN1	
150	10 x 15 on :45 Shooters	SP3		,		EN1	
500 600	5 x 100 on 2:00 Kick-descend 1-5 1 x 600 on 8:00 Pulls-nbbf&w + 2 yds	EN2 EN1				EN2	
200	8 x 25 on :30 IM order-build	EN1			`	EN2 EN2	
3,000	1x{4 x 400 on 5:20 Freestyle	EN2			{ 1 x 125 on 1:20 Lungbuster pulls } { breathe 3-5-7-9-5	ĿN∠	
	{3 x 300 on 4:00 Freestyle	EN2			{ by the 25's		
	{2 x 200 on 2:40 Freestyle {1 x 100 on 1:20 Freestyle	EN2 EN2		300		SP3	
200	1 x 200 on 3:00 Stroke Drills	REC		3 300	Fast half backstroke 2x{1 x 25 on :30 Backstroke}	EN1	
	1 on 10:00 Ice			3,300		SP1	
	5:06 PM 5,050 Yards - Stress Value = 84					EN1	
						SP1	
	Workout #3902 - Friday, 16 December 2005				•	EN1 SP1	
	HS Boys - Fly				•	EN1	
	1 minute rest between sets				· ·	SP1	
	3:00 PM Start				· ·	EN1	
Yards	Set Description	EGY V	NOF		•	SP1 EN1	
						SP1	
400	1 on 30:00 Physio Balls/Stretch 1 x 400 on 7:00 Reverse IM drill	REC			· ·	EN1	
150	10 x 15 on :45 Shooters	SP3			· ·	SP1	
500	5 x 100 on 2:00 Kick-descend 1-5	EN2			{1 x 250 on 4:00 Stroke Drills F 1 on 10:00 Ice	REC	
600	1 x 600 on 8:00 Pulls-nbbf&w + 2 yds				5:38 PM 7,000 Yards - Stress Value = 183		
200	1 x 200 on 3:30 Reverse IM drill 4x{8 x 25 on :30 Butterfly	EN1 EN1					
	{1 on :45 Rest				Workout #3908 - Saturday, 17 December 2005		
	{6 x 25 on :25 Butterfly	EN2			HighSchl - All-Americans		
	$\{1 \text{ on } : 45 \text{ Rest} $ $\{4 \text{ x } 25 \text{ on } : 20 \text{ Butterfly} \}$	EN2			1 minute rest between sets		
	{1 on :40 Rest	2112			7:30 AM Start		
200	1 x 200 on 3:00 Stroke Drills	REC		Yards		Y WC	RK
	1 on 10:00 Ice		=		=======================================		==
	5:06 PM 3,850 Yards - Stress Value = 52			0.00	1 on 30:00 Med balls/stretch	<u> </u>	L
	Workout #3900 - Friday, 16 December 2005			800	16 x 50 on :55 Stroke Drills REC 1 on 10:00 Techniques-drll inst		D D
	HS Boys - Backstroke			150	10 x 15 on :45 Shooters SP3	3	S
	1 minute rest between sets			1,000	20 x 50 on :50 Kick-odds fast EN1		K
					1x{4 x 125 on 1:40 Pulls EN1 {3 x 125 on 1:35 Pulls EN2		P P
,	3:00 PM Start				{2 x 125 on 1:30 Pulls EN2		P
Yards =====	Set Description	EGY			{1 x 125 on 1:25 Pulls EN2		P
	1 on 30:00 Physio Balls/Stretch			300	4 x 75 on 1:10 2bk-4bk-6bk by 25's EN1		S
400	1 x 400 on 7:00 Reverse IM drill	REC			1x{8 x 75 on 1:05 Backstroke EN2 {1 x 200 on 5:00 Butterfly EN3		S S
150	10 x 15 on :45 Shooters	SP3			{8 x 75 on 1:00 Backstroke EN2		S
7 ^ ^	7 ** 100 00 1.50 *** 1 7	THINK O			$\{1 \times 200 \text{ on } 5:00 \text{ Butterfly} \}$ EN3	3	S
700 750	7 x 100 on 1:50 Kick-descend 1-7 1 x 750 on 10:00 Pulls-nbbf&w + 2 vds	EN2 EN1			· · · · · · · · · · · · · · · · · · ·		
750 200	1 x 750 on 10:00 Pulls-nbbf&w + 2 yds 1 x 200 on 3:30 Reverse IM drill				{8 x 75 on :55 Backstroke EN2	2	S
750 200	1 x 750 on 10:00 Pulls-nbbf&w + 2 yds 1 x 200 on 3:30 Reverse IM drill 1x{4 x 125 on 1:40 Alt. 25 back 25 free	EN1 EN1 EN1		600	{8 x 75 on :55 Backstroke EN2 {1 x 200 on 5:00 Butterfly EN3	2 3	S S D
750 200	<pre>1 x 750 on 10:00 Pulls-nbbf&w + 2 yds 1 x 200 on 3:30 Reverse IM drill 1x{4 x 125 on 1:40 Alt. 25 back 25 free {2 x 25 on :30 Backstroke 15m under</pre>	EN1 EN1 EN1 EN1		600	{8 x 75 on :55 Backstroke EN2 {1 x 200 on 5:00 Butterfly EN3	2 3 C	S
750 200	1 x 750 on 10:00 Pulls-nbbf&w + 2 yds 1 x 200 on 3:30 Reverse IM drill 1x{4 x 125 on 1:40 Alt. 25 back 25 free	EN1 EN1 EN1		600	{8 x 75 on :55 Backstroke EN2 {1 x 200 on 5:00 Butterfly EN3 6 x 100 on 1:45 Stroke Drills REC	2 3 C	S
750 200	<pre>1 x 750 on 10:00 Pulls-nbbf&w + 2 yds 1 x 200 on 3:30 Reverse IM drill 1x{4 x 125 on 1:40 Alt. 25 back 25 free {2 x 25 on :30 Backstroke 15m under {4 x 125 on 1:35 Alt. 25 back 25 free {2 x 25 on :30 Backstroke 15m under {4 x 125 on 1:30 Alt. 25 back 25 free {4 x 125 on 1:30 Alt. 25 back 25 free</pre>	EN1 EN1 EN1 EN1 EN2		600	{8 x 75 on :55 Backstroke EN2 {1 x 200 on 5:00 Butterfly EN3 6 x 100 on 1:45 Stroke Drills REC	2 3 C	S
750 200	<pre>1 x 750 on 10:00 Pulls-nbbf&w + 2 yds 1 x 200 on 3:30 Reverse IM drill 1x{4 x 125 on 1:40 Alt. 25 back 25 free {2 x 25 on :30 Backstroke 15m under {4 x 125 on 1:35 Alt. 25 back 25 free {2 x 25 on :30 Backstroke 15m under {4 x 125 on 1:30 Alt. 25 back 25 free {2 x 25 on :30 Backstroke 15m under {4 x 125 on 1:30 Alt. 25 back 25 free {2 x 25 on :30 Backstroke 15m under</pre>	EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1		600	{8 x 75 on :55 Backstroke EN2 {1 x 200 on 5:00 Butterfly EN3 6 x 100 on 1:45 Stroke Drills REC	2 3 C	S
750 200	<pre>1 x 750 on 10:00 Pulls-nbbf&w + 2 yds 1 x 200 on 3:30 Reverse IM drill 1x{4 x 125 on 1:40 Alt. 25 back 25 free {2 x 25 on :30 Backstroke 15m under {4 x 125 on 1:35 Alt. 25 back 25 free {2 x 25 on :30 Backstroke 15m under {4 x 125 on 1:30 Alt. 25 back 25 free {2 x 25 on :30 Backstroke 15m under {4 x 125 on 1:30 Alt. 25 back 25 free {2 x 25 on :30 Backstroke 15m under {4 x 125 on 1:25 Alt. 25 back 25 free</pre>	EN1 EN1 EN1 EN2 EN1 EN2 EN1 EN2		600	{8 x 75 on :55 Backstroke EN2 {1 x 200 on 5:00 Butterfly EN3 6 x 100 on 1:45 Stroke Drills REC	2 3 C	S
750 200	<pre>1 x 750 on 10:00 Pulls-nbbf&w + 2 yds 1 x 200 on 3:30 Reverse IM drill 1x{4 x 125 on 1:40 Alt. 25 back 25 free {2 x 25 on :30 Backstroke 15m under {4 x 125 on 1:35 Alt. 25 back 25 free {2 x 25 on :30 Backstroke 15m under {4 x 125 on 1:30 Alt. 25 back 25 free {2 x 25 on :30 Backstroke 15m under {4 x 125 on 1:30 Alt. 25 back 25 free {2 x 25 on :30 Backstroke 15m under</pre>	EN1 EN1 EN1 EN1 EN2 EN1 EN2 EN1		600	{8 x 75 on :55 Backstroke EN2 {1 x 200 on 5:00 Butterfly EN3 6 x 100 on 1:45 Stroke Drills REC	2 3 C	S

Workout #3910 - Saturday, 17 December 2005 HighSchl - Backstroke 1 minute rest between sets

5:02 PM 4,700 Yards - Stress Value = 65

Workout #3905 - Saturday, 17 December 2005 Yards Set Description EGY WOF ===== HighSchl - Platinum 1 on 25:00 Stomach and Stretch 1 minute rest between sets $1x\{1 \times 175 \text{ on } 3:00 \text{ Freestyle L.50 fast EN1}$ $\{1 \times 175 \text{ on } 3:00 \text{ Freestyle L.100 fast EN1} \}$ 7:30 AM Start $\{1 \times 175 \text{ on } 3:00 \text{ Freestyle L. } 50 \text{ fast EN1} \}$ Yards Set Description EGY WOF $\{1 \times 175 \text{ on } 3:00 \text{ Freestyle L.100 fast EN1} \}$ ===== 10 x 15 on :45 Shooters 150 1 on 25:00 Stomach and Stretch $3x{4 \times 25}$ on :45 Kick no board BSLR $1x\{1 \ x \ 200 \ on \ 3:00 \ Freestyle L.50 \ fast \ EN1$ {3 x 100 on 2:10 Kick {1 x 200 on 3:00 Freestyle L.100 fast EN1 1,200 4 x 300 on 4:30 Pulls $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L. } 50 \text{ fast EN1}$ 1 x 200 on 4:00 Build each 25 $\{1 \text{ x 200 on 3:00 Freestyle L.100 fast EN1}$ $1x{4 x 100 on 2:00 Freestyle}$ EN3 10 x 15 on :45 Shooters {1 on 1:00 Rest $1x{4 \times 25 \text{ on :} 45 \text{ Kick no board BSLR}}$ EN1 {4 x 100 on 1:55 Freestyle {2 x 100 on 1:45 Kick EN1 {1 on 1:00 Rest $\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$ {4 x 100 on 1:50 Freestyle EN3 {2 x 100 on 1:50 Kick EN1 {1 on 1:00 Rest {4 x 25 on :35 Kick no board BSLR EN1 {4 x 100 on 1:45 Freestyle EN3 {2 x 100 on 1:55 Kick EN1 1 x 250 on 5:00 Stroke Drills REC {4 x 25 on :30 Kick no board BSLR EN1 1 on 10:00 Ice {2 x 100 on 2:00 Kick EN1 10:00 AM 5,300 Yards - Stress Value = 136 1,600 4 x 400 on 5:00 Pulls EN1 4 x 75 on 1:10 2bk-4bk-6bk by 25's EN1 300 Workout #3909 - Saturday, 17 December 2005 $1x{4 x 125 on 2:00 Freestyle}$ EN3 HighSchl - Bronze {1 on 1:00 Rest {4 x 125 on 1:55 Freestyle EN3 1 minute rest between sets {1 on 1:00 Rest $\{4 \times 125 \text{ on } 1:50 \text{ Freestyle} \}$ EN3 7:30 AM Start {1 on 1:00 Rest Yards Set Description {4 x 125 on 1:45 Freestyle EN3 ====== 1 x 250 on 5:00 Stroke Drills 250 REC 1 on 25:00 Stomach and Stretch 1 on 10:00 Ice $1x\{1 \times 150 \text{ on } 3:00 \text{ Freestyle L.50 fast EN1}$ 9:59 AM 6,300 Yards - Stress Value = 165 {1 x 150 on 3:00 Freestyle L.100 fast EN1 $\{1 \times 150 \text{ on } 3:00 \text{ Freestyle L. } 50 \text{ fast EN1}$ Workout #3906 - Saturday, 17 December 2005 $\{1 \times 150 \text{ on } 3:00 \text{ Freestyle L.100 fast EN1} \}$ 10 x 15 on :45 Shooters 150 HighSchl - Gold $3x{4 \times 25}$ on :45 Kick no board BSLR 1 minute rest between sets {3 x 100 on 2:10 Kick 800 4 x 200 on 4:30 Pulls 7:30 AM Start 1 x 150 on 4:00 Build each 25 EGY WOF Yards Set Description $1x{4 \times 75}$ on 2:00 Freestyle ===== {1 on 1:00 Rest 1 on 25:00 Stomach and Stretch $\{4 \times 75 \text{ on } 1:55 \text{ Freestyle} \}$ 1x{1 x 200 on 3:00 Freestyle L.50 fast EN1 {1 on 1:00 Rest $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.100 fast EN1} \}$ $\{4 \times 75 \text{ on } 1:50 \text{ Freestyle} \}$ EN3 $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L. } 50 \text{ fast EN1} \}$ {1 on 1:00 Rest $\{1 \times 200 \text{ on } 3:00 \text{ Freestyle L.100 fast EN1} \}$ $\{4 \times 75 \text{ on } 1:45 \text{ Freestyle} \}$ EN3 10 x 15 on :45 Shooters SP3 250 1 x 250 on 5:00 Stroke Drills $1x{4 \times 25}$ on :45 Kick no board BSLR EN1 1 on 10:00 Ice {2 x 100 on 2:00 Kick EN1 10:00 AM 4,350 Yards - Stress Value = 108 $\{4 \times 25 \text{ on } : 40 \text{ Kick no board BSLR}$ EN1 {2 x 100 on 2:00 Kick EN1 Workout #3911 - Monday, 19 December 2005 {4 x 25 on :35 Kick no board BSLR HighSchl - Platinum {2 x 100 on 2:00 Kick EN1 $\{4 \times 25 \text{ on } : 30 \text{ Kick no board BSLR} \}$ EN1 1 minute rest between sets {2 x 100 on 2:00 Kick EN1 1,500 4 x 375 on 5:00 Pulls EN1 5:30 AM Start 300 4 x 75 on 1:10 2bk-4bk-6bk by 25's EN1 Yards Set Description $1x{4 x 125 on 2:00 Freestyle}$ ====== {1 on 1:00 Rest 1 on 30:00 Weights {4 x 125 on 1:55 Freestyle EN3 400 1 x 400 on 7:00 Swim-kick-pull-swim REC {1 on 1:00 Rest 250 10 x 25 on :30 12.5 ez 12.5 fast SP3 {4 x 125 on 1:50 Freestyle EN3 $1x\{6 \times 75 \text{ on } 1:05 \text{ Pull no br L.7 yds}$ EN1 Ε {1 on 1:00 Rest {6 x 75 on 1:00 Pull no br L.7 yds EN1 {4 x 125 on 1:45 Freestyle EN3 {6 x 75 on :55 Pull no br L.7 yds EN1 Ε 250 1 x 250 on 5:00 Stroke Drills REC 1,600 8 x 200 on 2:30 Freestyle EN1 S 1 on 10:00 Ice 1 x 250 on 4:00 Stroke Drills

1 on 6:00 Ice

7:04 AM 3,850 Yards - Stress Value = 38

Workout #3907 - Saturday, 17 December 2005 HighSchl - Silver 1 minute rest between sets

10:00 AM 6,200 Yards - Stress Value = 164

Workout #3913 - Monday, 19 December 2005 HighSchl - Gold 1 minute rest between sets

Yards	5:30 AM Start Set Description	EGY	WORF
======		===	====
	1 on 30:00 Weights		I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	٤
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
	1x{6 x 75 on 1:10 Pull no br L.7 yds	EN1	E
	$\{6 \times 75 \text{ on } 1:05 \text{ Pull no br L.7 yds}$	EN1	E
	{4 x 75 on 1:00 Pull no br L.7 yds	EN1	E
1,400	7 x 200 on 2:45 Freestyle	EN1	٤
250	1 x 250 on 4:00 Stroke Drills	REC	Ι
	1 on 6:00 Ice		ŀ
	7:04 AM 3,500 Yards - Stress Value = 35	5	

Workout #3912 - Monday, 19 December 2005 HighSchl - Silver 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Weights		I
350	1 x 350 on 7:00 Swim-kick-pull-swim	REC	٤
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
	1x{6 x 75 on 1:15 Pull no br L.7 yds	EN1	E
	$\{5 \times 75 \text{ on } 1:10 \text{ Pull no br L.7 yds}$	EN1	E
	$\{5 \times 75 \text{ on } 1:05 \text{ Pull no br L.7 yds}$	EN1	E
1,200	6 x 200 on 3:00 Freestyle	EN1	٤
250	1 x 250 on 4:00 Stroke Drills	REC	Ι
	1 on 6:00 Ice		N
	7:03 AM $3,250$ Yards - Stress Value = 34	1	

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	
	$\{1 \times 100 \text{ on } 1:45 \text{ Pulls w/paddles} \}$	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 Prsrcptns	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 #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

600	1 x	600	on	9:00 Underwater trn drill	REC
150				: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 0	n 10:	00	Indvdl Prsrcptns	EN1
250	1 x	250	on	4:00 Stroke Drills	REC
	1 0	n 10:	00	Ice	
	5:35 P	м 6,3	00	Yards - Stress Value = 89	

Workout #3916 - Tuesday, 20 December 2005 HighSchl - Fly

1 minute rest between sets

		3:00 PM Start		
	Yards	Set Description	EGY	WOI
	=====	=======================================	===	===
-		1 on 35:00 Physio Balls/Stretch		
-	600	1 x 600 on 9:00 Underwater trn drill	REC	
L	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	
Ė.		{1 x 100 on 1:50 Kick	EN1	
E r	1,200	4x{1 x 150 on 2:15 Pulls	EN1	
Ė		{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 ldown	EN1	
		$\{3 \times 75 \text{ on } 1:05 \text{ Butterfly } 2-3$	EN1	
		{3 x 25 on :30 Butterfly 1up 2down	EN2	
		$\{3 \times 75 \text{ on } 1:00 \text{ Butterfly } 2-4$	EN2	
		{3 x 25 on :30 Butterfly 1up 3down	EN2	
		1 on 10:00 Indvdl Prsrcptns	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 #3915 - Tuesday, 20 December 2005 HighSchl - Sprint 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description I	EGY	WOF
	=:		===	===
	1	on 35:00 Physio Balls/Stretch		
600	1	x 600 on 9:00 Underwater trn drill 1	REC	
150	1	0 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 1	EN1	
	{ 2	x 125 on 1:50 Free L.25 6bk 1 brth 1	EN1	
	{ 2	x 125 on 1:45 Free L.25 6bk 1 brth 1	EN1	
	{ 2	x 125 on 1:40 Free L.25 6bk 1 brth 1	EN2	
	1	on 10:00 Indvdl Prsrcptns	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 #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	
	$\{1 \times 100 \text{ on } 1:50 \text{ Freestyle L.25 6bk} \}$	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	
500	$2x{4 \times 25}$ 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	
	$\{1 \times 500 \text{ on } 7:15 \text{ Freestyle}$	EN2	
	$\{1 \times 400 \text{ on } 5:40 \text{ Freestyle} \}$	EN2	
	{1 x 300 on 4:10 Freestyle	EN2	
	{1 x 200 on 2:40 Freestyle	EN2	
400	4×100 on 1:30 Freestyle-descend to	EN2	
	ludicrous speed!!!!!		
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	WORF
	=======================================	===	====
	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	٤
	{1 x 100 on 1:20 Freestyle	EN2	٤
150	10 x 15 on :45 Shooters	SP3	٤
1,000	$4x{4 \times 25}$ 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	E
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	
2,900	$2x{3 x 50 on :30 Freestyle}$	EN2	
	${3 \times 50 \text{ on :} 55 \text{ Butterfly}}$	EN1	
	${3 \times 50 \text{ on :} 35 \text{ Freestyle}}$	EN2	
	${3 \times 50 \text{ on } :}50 \text{ Butterfly}$	EN1	٤
	${3 \times 50 \text{ on } :}40 \text{ Freestyle}$	EN1	٤
	{3 x 50 on :45 Butterfly	EN2	٤
	${3 \times 50 \text{ on :} 45 \text{ Freestyle}}$	EN1	٤
	{3 x 50 on :40 Butterfly	EN2	٤
	$\{1 \times 250 \text{ on } 4:00 \text{ Stroke Drills}$	REC	Ι
	5:29 PM 6,000 Yards - Stress Value = 7	7	

Workout #3921 - Wednesday, 21 December 2005 HighSchl - Backstroke

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	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	Ę
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	Ę
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	٤
	{1 x 100 on 1:20 Freestyle	EN2	Ę
150	10 x 15 on :45 Shooters	SP3	S
1,000	$4x$ {4 x 25 on :35 Kick no board BSLR	EN1	F

	{ 3	x 50	on (1:00	O Kicl	c-des	scend	i	EN2	F
1,200	12	x 1	.00	on 1	:25 Li	ıngbı	ıster	pulls	EN1	E
250	10) x 2	25 01	n :30) Free	e 12.	.5y t	uck spi	ln EN1	٤
2,000	1x{4	x 50	on (:45	Backs	strok	ce		EN2	S
	{ 6	x 25	on	:30	Back	15m	unde	er-fast	EN2	٤
	{ 4	x 75	on	1:10) Bacl	kstro	oke		EN2	٤
	{ 6	x 25	on	:30	Back	15m	unde	er-fast	EN2	٤
	{ 4	x 10	10 0	n 1:3	30 Ba	cksti	roke		EN2	S
	{ 6	x 25	on	:30	Back	15m	unde	er-fast	EN2	٤
	{ 4	x 12	25 01	n 1:	50 Ba	cksti	coke		EN2	٤
	{ 6	x 25	on	:30	Back	15m	unde	er-fast	EN2	S
250	5	x 50	on (1:00) Str	oke I	Drill	S	REC	Γ
	5 • 30	PM F	3.350) Ya	rds -	Stre	7 22	7alue =	81	

Workout #3919 - Wednesday, 21 December 2005 HighSchl - Sprint 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====		===	====
	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	٤
	{1 x 100 on 1:40 Freestyle L.50 6bk	EN1	٤
	{1 x 100 on 1:30 Freestyle L.75 6bk	EN1	٤
	{1 x 100 on 1:20 Freestyle	EN2	٤
150	10 x 15 on :45 Shooters	SP3	٤
1,000	$4x\{4 \times 25 \text{ on } : 35 \text{ Kick no board BSLR}$	EN1	F
	{3 x 50 on 1:00 Kick-descend	EN2	F
1,200	12 x 100 on 1:25 Lungbuster pulls	EN1	E
250	10 x 25 on :30 Free 12.5y tuck spin	EN1	٤
2,000	$1x{4 \times 50 \text{ on } :40 \text{ Freestyle}}$	EN2	٤
	$\{6 \times 25 \text{ on } : 30 \text{ Descend in sets of } 3$	EN2	٤
	$\{4 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN2	٤
	$\{6 \times 25 \text{ on } : 30 \text{ Descend in sets of } 3$	EN2	٤
	{4 x 100 on 1:20 Freestyle	EN2	٤
	$\{6 \times 25 \text{ on } : 30 \text{ Descend in sets of } 3$	EN2	٤
	{4 x 125 on 2:00 Freestyle	EN2	٤
	$\{6 \times 25 \text{ on } : 30 \text{ Descend in sets of } 3$	EN2	٤
300	6 x 50 on 1:00 Stroke Drills	REC	Γ
	5:30 PM 5,400 Yards - Stress Value = 81	l	

Workout #3922 - Thursday, 22 December 2005 HighSchl - Breast 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WOE
=====	==		===	===
	1	on 30:00 Stomach and Stretch		
600	1	x 600 on 9:00 Underwater trn drill	REC	
150	10	0 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	2 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 Prsrcptns	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		4 Start Descrip		EGY	WOF
	====		====================================	===	===
	1 or	n 30:00	Stomach and Stretch		
600	1 x	600 on	9:00 Underwater trn drill	REC	
150	10 2	k 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 2	k 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 or	10:00	Indvdl Prsrcptns	EN1	

Workout #3924 - Thursday, 22 December 2005 HighSchl - Fly

5:32 PM 6,200 Yards - Stress Value = 92

1 on 10:00 Ice

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 1:50 Kick-odds-100%	EN2	
1,200	1x{1 x 400 on 5:10 Pulls	EN2	
·		EN1	
		EN1	
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	
		EN2	
,		EN1	
	· · · · · · · · · · · · · · · · · · ·	EN2	
	•	EN1	
	(EN1	
		EN2	
	· · · · · · · · · · · · · · · · · · ·	EN1	
		EN2	
		EN1	
		EN1	
200			
200		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	3:00 PM Start 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	
	$\{6 \times 75 \text{ on } 1:00 \text{ Backstroke} \}$	EN2	

	{ 4	x 25 on :25 Back 15m under-fast E	N1
	{ 6	x 100 on 1:15 Backstroke E	N2
	{ 4	x 25 on :25 Back 15m under-fast E	N2
	{ 6	x 125 on 1:30 Backstroke E	N2
	{ 4	x 25 on :25 Back 15m under-fast E	N2
	1	on 10:00 Indvdl Prsrcptns E	N1
250	1	x 250 on 4:00 Stroke Drills R	EC
	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

	5:30 AM Start			
Yards	Set Description	EGY	WORK	S
	=======================================	===	====	=
	1 on 40:00 Weights and Stretch		L	Γ
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	
	$1x{2 \times 150 \text{ on } 2:15 \text{ Freestyle}}$	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	(
	{2 x 150 on 2:15 Freestyle	EN1	S	
	{1 x 150 on 2:30 All non free	EN1	S	٤
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

	3:00 PM Start			
Yards	Set Description	EGY	WORK :	S
=====	=======================================	===	==== :	=
	1 on 20:00 Physio Balls/Stretch		L	Γ
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	
	$2x{1 \times 300}$ on 6:00 Individual Medley	EN1	S	
	{ 25kick 25drill 25swm			
	{1 x 200 on 3:30 Individual Medley	EN1	S	
	{ 25 drill 25 swim			
	{1 x 100 on 1:45 Individual Medley	EN1	S	
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

	7:30 AM Start				
Yards	Set Description	EGY	WORK	STK	PACE
=====		===	====	===	=====
10,000	100 x 100 on 1:20 Freestyle	EN2	S	FR	1:20
	9:44 AM 10,000 Yards - Stres	ss Va	alue =	= 200)

Workout #3932 - Monday, 26 December 2005 HighSchl - Breast 1 minute rest between sets

	7:30 AM Start			
Yards	Set Description	EGY	WOF	
	=======================================	===	===	
	1 on 45:00 Weights and Stretch			3
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC		==
150	10 x 15 on :45 Shooters	SP3		
000	2(2 E0 1.00 Wiele beend DOID	TINT 1		

900 $3x\{2 \times 50 \text{ on } 1:00 \text{ Kick no board BSLR}$ {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 4×75 on 1:10 IM w/out the breast EN1 1,600 $2x{4 \times 125}$ on 2:15 Breast 2X pullouts EN1 $\{2 \text{ x } 25 \text{ on } : 30 \text{ Breast TO drill}$ EN2 ${3 \times 50 \text{ on } 1:00 \text{ Breaststroke-}100}$ 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	7:30 AM Start 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	$2x\{2 \times 50 \text{ on } 1:00 \text{ Kick no board BSLR}$	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	
•	· · · · · · · · · · · · · · · · · · ·	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 = 8	9	

Workout #3931 - Monday, 26 December 2005 HighSchl - Backstroke 1 minute rest between sets

Yards	7:30 AM Start Set Description	EGY	WOF
	1 on 45:00 Weights and Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	DEC	
	-		
150	10×15 on :45 Shooters	SP3	
1,200	$4x\{2 \times 50 \text{ on } 1:00 \text{ Kick no board BSLR}$	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	
	$\{3 \times 125 \text{ on } 1:35 \text{ Pull no br L.5 yds}$	EN1	
	$\{3 \times 125 \text{ on } 1:30 \text{ Pull no br L.5 yds}$	EN1	
	$\{1 \times 125 \text{ on } 1:25 \text{ Pull no br L.5 yds}$	EN1	
300	4×75 on 1:10 IM w/out alt.strokes	EN1	
2,250	$1x{6 x 125 on 1:40 Descend in sets of 3}$	EN2	
	$\{6 \times 100 \text{ on } 1:20 \text{ Descend in sets of } 3$	EN2	
	$\{6 \times 75 \text{ on } 1:00 \text{ Descend in sets of } 3$	EN2	
	$\{6 \times 50 \text{ on } : 40 \text{ Descend in sets of } 3$	EN2	
	$\{6 \times 25 \text{ on :} 20 \text{ Descend in sets of } 3$	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

10:05 AM 5,950 Yards - Stress Value = 79

Workout #3933 - Monday, 26 December 2005 HighSchl - Platinum 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Physio Balls/Stretch		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	٤
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
	$1x{4 \times 25 \text{ on :30 Pull no br L.5 yds}}$	EN1	E
	$\{4 \times 50 \text{ on } : 40 \text{ Pull no br L.5 yds}$	EN1	E
	$\{4 \times 75 \text{ on } 1:00 \text{ Pull no br L.5 yds}$	EN1	E
	$\{4 \times 100 \text{ on } 1:20 \text{ Pull no br L.5 yds}$	EN1	E
	$\{4 \times 125 \text{ on } 1:40 \text{ Pull no br L.5 yds}$	EN1	E
300	4×75 on 1:10 IM w/out alt.strokes	EN1	٤
	$1x{1 x 400 on 5:00 Freestyle}$	EN2	٤
	$\{1 \times 400 \text{ on } 4:50 \text{ Freestyle} \}$	EN2	٤
	$\{1 \times 400 \text{ on } 4:40 \text{ Freestyle} \}$	EN2	٤
	$\{1 \times 400 \text{ on } 4:30 \text{ Freestyle} \}$	EN2	٤
	$\{1 \times 400 \text{ on } 4:20 \text{ Freestyle} \}$	EN2	٤
	{1 x 400 on 4:10 Freestyle	EN2	٤
450	9 x 50 on 1:00 Stroke Drills	REC	Γ
	1 on 10:00 Ice		N
	4:59 PM $5,300$ Yards - Stress Value = 76	5	

Workout #3935 - Monday, 26 December 2005 HighSchl - Gold

1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WORK
	==		===	====
	1	on 30:00 Physio Balls/Stretch		I
400	1	x 400 on 6:00 Swim-kick-pull-swim	REC	٤
250	10	0 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
	1x{4	x 25 on :30 Pull no br L.5 yds	EN1	E
	{ 4	x 50 on :45 Pull no br L.5 yds	EN1	E
	{ 4	x 75 on 1:05 Pull no br L.5 yds	EN1	E
	{ 4	x 100 on 1:30 Pull no br L.5 yds	EN1	E
	{ 4	x 125 on 1:50 Pull no br L.5 yds	EN1	E
300	4	x 75 on 1:10 IM w/out alt.strokes	EN1	S
	1x{1	x 400 on 5:30 Freestyle	EN2	٤
	{ 1	x 400 on 5:20 Freestyle	EN2	S
	{ 1	x 400 on 5:10 Freestyle	EN2	٤
	{ 1	x 400 on 5:00 Freestyle	EN2	٤
	{ 1	x 400 on 4:50 Freestyle	EN2	S
450	9	x 50 on 1:00 Stroke Drills	REC	Γ
	1	on 10:00 Ice		N
	4:59	PM 4,900 Yards - Stress Value = 68	3	

Workout #3936 - Monday, 26 December 2005 HighSchl - Silver 1 minute rest between sets

Workout #3937 - Tuesday, 27 December 2005 HighSchl - Breast 1 minute rest between sets

Yards	3:00 PM Start Set Description		WORF	Yards	1	
400 250	<pre>1 on 30:00 Physio Balls/Stretch 1 x 400 on 6:00 Swim-kick-pull-swim 10 x 25 on :30 12.5 ez 12.5 fast 1x{4 x 25 on :30 Pull no br L.5 yds {4 x 50 on :50 Pull no br L.5 yds {4 x 75 on 1:15 Pull no br L.5 yds {4 x 100 on 1:40 Pull no br L.5 yds {4 x 125 on 2:05 Pull no br L.5 yds</pre>	REC SP3 EN1 EN1 EN1 EN1	I S S F F F F	600 150 750	1 on 30:00 Stomach and Stretch 1 x 600 on 9:00 Underwater trn drill REC 10 x 15 on :45 Shooters SP3 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	
300	<pre>4 x 75 on 1:10 IM w/out alt.strokes 1x{1 x 400 on 6:10 Freestyle {1 x 400 on 6:00 Freestyle {1 x 400 on 5:50 Freestyle</pre>	EN2 EN2	5	·	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	
400	{1 x 400 on 5:30 Freestyle {1 x 400 on 5:40 Freestyle 8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice 4:59 PM 4,450 Yards - Stress Value = 60	EN2 EN2 REC	٤	100 750	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	
	Workout #3934 - Monday, 26 December 2005			1 500	{ With PD fins $1x\{4 \times 50 \text{ on } : 50 \text{ Pulls}$ EN1	
	HighSchl - Bronze 1 minute rest between sets			1,300	{3 x 100 on 1:20 Pulls EN1 {4 x 50 on :45 Pulls EN1 {3 x 100 on 1:20 Pulls EN1	
Yards	3:00 PM Start Set Description			100	{4 x 50 on :40 Pulls EN1 {3 x 100 on 1:20 Pulls EN1 4 x 25 on :30 12.5 ez 12.5 fast EN1	
400 250 1,000	<pre>1 on 30:00 Physio Balls/Stretch 1 x 400 on 6:00 Swim-kick-pull-swim 10 x 25 on :30 12.5 ez 12.5 fast 1x{4 x 25 on :30 Pull no br L.5 yds {4 x 50 on 1:00 Pull no br L.5 yds</pre>	REC SP3 EN1 EN1	E	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	
300 1,600	<pre>{4 x 75 on 1:30 Pull no br L.5 yds {4 x 100 on 2:00 Pull no br L.5 yds 4 x 75 on 1:30 IM w/out alt.strokes 1x{1 x 400 on 7:15 Freestyle {1 x 400 on 7:00 Freestyle</pre>		E 5	200	1 on 10:00 Ice 10:04 AM 6,100 Yards - Stress Value = 80	
	{1 x 400 on 6:45 Freestyle	EN2			Workout #3938 - Tuesday, 27 December 2005	
450	{1 x 400 on 6:30 Freestyle 9 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	EN2 REC			HighSchl - Distance 1 minute rest between sets	
	4:59 PM 4,000 Yards - Stress Value = 5	5		Varda	7:30 AM Start Set Description EGY WC	\ F
	Worksut #2020 Monday 26 December 2005			Yards		
	Workout #3930 - Monday, 26 December 2005 HighSchl - Sprint				1 on 30:00 Stomach and Stretch	
	1 minute rest between sets			600		
	1 minute Test between sets			150	10 x 15 on :45 Shooters SP3 2x{1 x 150 on 3:00 Kick EN1	
	7:30 AM Start			000	{1 x 100 on 2:00 Kick EN1	
Yards	Set Description	EG.	Y WOF		{1 x 50 on 1:00 Kick EN1	
600 150	1 on 45:00 Weights and Stretch 1 x 600 on 10:00 Swim-kick-pull-swir 10 x 15 on :45 Shooters	n RE	С	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	
900	3x{2 x 50 on 1:00 Kick no board BSLR {1 x 200 on 4:00 Kick 1x{3 x 125 on 1:50 Pull no br L.5 yds	SP EN EN	1 1	250	{3 x 100 on 1:20 Pulls EN1 {4 x 50 on :40 Pulls EN1 {3 x 100 on 1:20 Pulls EN1 10 x 25 on :30 12.5 ez 12.5 fast SP3	
300	{3 x 125 on 1:45 Pull no br L.5 yds {2 x 125 on 1:40 Pull no br L.5 yds 4 x 75 on 1:10 IM w/out alt.strokes	EN EN EN	1 1 1		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	
2,250	1x{6 x 125 on 1:50 Descend in sets of 3 {6 x 100 on 1:30 Descend in sets of 3 {6 x 75 on 1:05 Descend in sets of 3	3 EN:	2 2	200	{3 x 200 on 2:15 Freestyle EN2 1 x 200 on 3:00 Stroke Drills REC 1 on 10:00 Ice	
	{6 x 50 on :45 Descend in sets of 3 {6 x 25 on :30 Descend in sets of 3	EN: EN:			10:04 AM 7,200 Yards - Stress Value = 100	

Workout #3940 - Tuesday, 27 December 2005 HighSchl - Fly			150 600	10 x 15 on :45 Shooters $3x\{1 \times 100 \text{ on } 2:00 \text{ Kick no board BSLR}\}$	SP3 EN1	S K
1 minute rest between sets				{4 x 25 on :30 Kick	EN1	K
			1,200	12×100 on 1:40 Lungbuster pulls $2\times\{1\times300\text{ on 4:30 Freestyle}\}$	EN1 EN2	P S
7:30 AM Start			3,130	{1 x 275 on 4:05 Freestyle	EN2	S
	EGY			{1 x 250 on 3:40 Freestyle	EN2	S
1 on 30:00 Stomach and Stretch	===	===		{1 x 225 on 3:15 Freestyle	EN2	S
600 1 x 600 on 9:00 Underwater trn drill	REC			{1 x 200 on 2:50 Freestyle	EN2 EN2	S S
150	SP3			$\{1 \times 175 \text{ on } 2:25 \text{ Freestyle} $ $\{1 \times 150 \text{ on } 2:00 \text{ Freestyle} \}$	EN2	S S
·	EN1		200	1 x 200 on 3:00 Stroke Drills	REC	D
•	EN1 EN1			1 on 10:00 Ice		M
·	EN1			10:03 AM 5,800 Yards - Stress Value =	91	
	EN1			W		
· ·	EN1			Workout #3941 - Wednesday, 28 December 2005		
•	EN1			HighSchl - Fly		
•	EN1 EN1			1 minute rest between sets		
·	SP3			7:30 AM Start		
, , , , , , , , , , , , , , , , , , , ,	EN2		Yards		EGY	WORK
•	EN2 EN2				===	
•	EN2		500	1 on 40:00 Weights and Stretch 1x{1 x 100 on 2:00 Freestyle	DEC	L S
-	EN2		300	1x{1 x 100 on 2:00 Freestyle {1 x 100 on 1:50 Freestyle L.25 6bk	REC EN1	
, ,	EN2			{1 x 100 on 1:40 Freestyle L.25 6bk		S
•	EN3			{1 x 100 on 1:30 Freestyle L.25 6bk		S
450 9 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC		1 5 0	{1 x 100 on 1:20 Freestyle L.25 6bk		S
10:04 AM 6,150 Yards - Stress Value = 91	L		150	10×15 on :45 Shooters $5 \times \{1 \times 100 \text{ on } 2:00 \text{ Kick no board BSLR}\}$	SP3 EN1	S K
			_,	{4 x 25 on :30 Kick	EN1	K
Workout #3939 - Tuesday, 27 December 2005			1,200	12 x 100 on 1:20 Lungbuster pulls		P
HighSchl - Sprint			2,800	2x{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 1down	EN2	S S
1 minute rest between sets				{3 x 75 on :55 Freestyle	EN2	S
7.20 AM Chamb				{5 x 25 on :30 Butterfly 1up 2down	EN2	S
7:30 AM Start Yards Set Description	EGY	WOF		{3 x 75 on :55 Freestyle	EN2	S
±	шот	****		15 v 25 on •30 Puttortiv lun 3down	EN2	S
===== =================================	===	===		{5 x 25 on :30 Butterfly 1up 3down		C
1 on 30:00 Stomach and Stretch		===		$\{3 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN2	S S
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill	REC	===	200	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly 1up 4down	EN2	S S D
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters	REC SP3	===	200	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	EN2 EN2 REC	S
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick	REC	===	200	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills	EN2 EN2 REC	S D
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick	REC SP3 EN1 EN1 EN1	===	200	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value =	EN2 EN2 REC	S D
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 1,500 1x{4 x 50 on :50 Pulls	REC SP3 EN1 EN1 EN1 EN1	===	200	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly 1up 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005	EN2 EN2 REC	S D
<pre>1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 1,500 1x{4 x 50 on :50 Pulls {3 x 100 on 1:20 Pulls }</pre>	REC SP3 EN1 EN1 EN1	===	200	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly 1up 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke	EN2 EN2 REC	S D
<pre>1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick {1 x 50 on 1:20 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls }</pre>	REC SP3 EN1 EN1 EN1 EN1	===	200	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly 1up 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005	EN2 EN2 REC	S D
<pre>1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick {1 x 50 on 1:20 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {4 x</pre>	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1	===	200	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly 1up 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke	EN2 EN2 REC	S D
<pre>1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick {1 x 50 on 1:20 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {4 x 50 on :40 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on 1:20 Pulls</pre>	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1	===	Yards	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description	EN2 REC 88	S D M
<pre>1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick {1 x 50 on 1:20 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :30 12.5 ez 12.5 fast</pre>	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1	===		{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description ====================================	EN2 REC 88	S D M
<pre>1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick {1 x 50 on 1:00 Kick {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on 1:20 Pulls</pre>	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	===	Yards	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description	EN2 REC 88	S D M
<pre>1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick {1 x 50 on 1:00 Kick {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Fulls {4 x 50 on :40 Fulls {3 x 100 on 1:20 Fulls {4 x 50 on 1:20 Fulls</pre>	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	===	Yards	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description ====================================	EN2 REC 88 EGY === REC EN1	S D M M
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick } 1,500 1x{4 x 50 on :50 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls } 3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls } 10 x 25 on :30 12.5 ez 12.5 fast 1,800 1x{6 x 75 on 1:10 " {6 x 75 on 1:00 " "	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	===	Yards	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description ====================================	EN2 REC 88 EGY === REC EN1 EN1	S D M M WORK ==== L S S S S
<pre>1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick {1 x 50 on 1:00 Kick {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Fulls {4 x 50 on :40 Fulls {3 x 100 on 1:20 Fulls {4 x 50 on 1:20 Fulls</pre>	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	===	Yards	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description ====================================	EN2 REC 88 EGY === REC EN1 EN1	S D M M S S S S S S
<pre>1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 1,500 1x{4 x 50 on :50 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Fulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Fulls {3 x 100 on 1:20 Fulls {4 x 50 on :40 Pulls {50 x 25 on :30 12.5 ez 12.5 fast 1,800 1x{6 x 75 on 1:15 Evns fast/odds246bk {6 x 75 on 1:10 " " {6 x 75 on 1:00 " " {4 x 100 on 1:30 Dscnd to Ldcrs speed 300 6 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice</pre>	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2	===	Yards	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description ====================================	EN2 REC 88 EGY === REC EN1 EN1	S D M M WORK ==== L S S S S
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick } 1,500 1x{4 x 50 on :50 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Pulls } 10 x 25 on :30 12.5 ez 12.5 fast 1,800 1x{6 x 75 on 1:10 " {6 x 75 on 1:00 " 400 4 x 100 on 1:30 Dscnd to Ldcrs speed 300 6 x 50 on 1:00 Stroke Drills	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2		Yards ===== 500	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description ====================================	EN2 EN2 REC 88 EGY === REC EN1 EN1 EN1 SP3 EN1	S D M M S S S S S S K K
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick } 1,500 1x{4 x 50 on :50 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls } {3 x 100 on 1:20 Pulls } {5 x 5 on 1:15 Evns fast/odds246bk } {6 x 75 on 1:10 " " {6 x 75 on 1:00 " " {6 x 75 on 1:00 " " 400 4 x 100 on 1:30 Dscnd to Ldcrs speed 300 6 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 6,200 Yards - Stress Value = 87	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2		Yards ===== 500 1,000	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description ====================================	EN2 EN2 REC 88 EGY === REC EN1 EN1 EN1 SP3 EN1 EN1	S D M M S S S S S S K K K
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick } 1,500 1x{4 x 50 on :50 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Pulls } 250 10 x 25 on :30 12.5 ez 12.5 fast 1,800 1x{6 x 75 on 1:15 Evns fast/odds246bk {6 x 75 on 1:10 " " {6 x 75 on 1:00 " " 400 4 x 100 on 1:30 Dscnd to Ldcrs speed 300 6 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 6,200 Yards - Stress Value = 87	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2		Yards ====== 500 1,000 1,000	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description	EN2 EN2 REC 88 EGY === REC EN1 EN1 EN1 EN1 EN1 EN1	S D M M S S S S S S S K K P
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick } 1,500 1x{4 x 50 on :50 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Pulls } 250 10 x 25 on :30 12.5 ez 12.5 fast 1,800 1x{6 x 75 on 1:15 Evns fast/odds246bk {6 x 75 on 1:10 " " {6 x 75 on 1:00 " " 400 4 x 100 on 1:30 Dscnd to Ldcrs speed 300 6 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 6,200 Yards - Stress Value = 87 Workout #3942 - Wednesday, 28 December 2005 HighSchl - Distance	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2		Yards ====== 500 1,000 1,000	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description ====================================	EN2 EN2 REC 88 EGY === REC EN1 EN1 EN1 SP3 EN1 EN1	S D M M S S S S S S K K K
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick } 1,500 1x{4 x 50 on :50 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Pulls } 250 10 x 25 on :30 12.5 ez 12.5 fast 1,800 1x{6 x 75 on 1:15 Evns fast/odds246bk {6 x 75 on 1:10 " " {6 x 75 on 1:00 " " 400 4 x 100 on 1:30 Dscnd to Ldcrs speed 300 6 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 6,200 Yards - Stress Value = 87	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2		Yards ====== 500 1,000 1,000	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description ====================================	EN2 REC 88 EGY === REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2	S D M M WORK ==== L S S S S S K K P S S S S S S S S S S S S
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick } 1,500 1x{4 x 50 on :50 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Pulls } 250 10 x 25 on :30 12.5 ez 12.5 fast 1,800 1x{6 x 75 on 1:15 Evns fast/odds246bk {6 x 75 on 1:10 " " {6 x 75 on 1:00 " " 400 4 x 100 on 1:30 Dscnd to Ldcrs speed 300 6 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 6,200 Yards - Stress Value = 87 Workout #3942 - Wednesday, 28 December 2005 HighSchl - Distance	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2		Yards ====== 500 1,000 1,000	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description ====================================	EN2 REC 88 EGY === REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2	S D M M WORK ==== L S S S S S S K K P P S S S S S S S S S S
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick } 1,500 1x{4 x 50 on :50 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Pulls } 250 10 x 25 on :30 12.5 ez 12.5 fast 1,800 1x{6 x 75 on 1:15 Evns fast/odds246bk {6 x 75 on 1:10 " " {6 x 75 on 1:00 " " 400 4 x 100 on 1:30 Dscnd to Ldcrs speed 300 6 x 50 on 1:00 Stroke Drills 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	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2	DRK	Yards ====== 500 1,000 1,000	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description	EN2 REC 88 EGY === REC EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2	S D M M WORK ==== L S S S S S K K P S S S S S S S S S S S S
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick } 1,500 1x{4 x 50 on :50 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Pulls } 250 10 x 25 on :30 12.5 ez 12.5 fast 1,800 1x{6 x 75 on 1:15 Evns fast/odds246bk {6 x 75 on 1:10 " " {6 x 75 on 1:00 " " {6 x 75 on 1:00 " " 400 4 x 100 on 1:30 Dscnd to Ldcrs speed 300 6 x 50 on 1:00 Stroke Drills 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	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2	DRK ===	Yards ====== 500 1,000 1,000	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description ====================================	EN2 REC 88 EGY === REC EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2	WORK SSSSSKK PSSSSSSSSSSSSSSSSSSSSSSSSSS
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick } 1,500 1x{4 x 50 on :50 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls } 250 10 x 25 on :30 12.5 ez 12.5 fast 1,800 1x{6 x 75 on 1:15 Evns fast/odds246bk {6 x 75 on 1:10 " {6 x 75 on 1:00 " 400 4 x 100 on 1:30 Dscnd to Ldcrs speed 300 6 x 50 on 1:00 Stroke Drills 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 EG ====================================	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 FN2	DRK === L	Yards ====== 500 1,000 1,000 3,100	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description	EN2 REC 88 EGY === REC EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S D M WORK S S S S K K P P S S S S S S S S S S S
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick } 1,500 1x{4 x 50 on :50 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :45 Pulls {3 x 100 on 1:20 Pulls {4 x 50 on :40 Pulls {3 x 100 on 1:20 Pulls } 250 10 x 25 on :30 12.5 ez 12.5 fast 1,800 1x{6 x 75 on 1:15 Evns fast/odds246bk {6 x 75 on 1:10 " " {6 x 75 on 1:00 " " {6 x 75 on 1:00 " " 400 4 x 100 on 1:30 Dscnd to Ldcrs speed 300 6 x 50 on 1:00 Stroke Drills 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	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 FN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 E	DRK ===	Yards ====== 500 1,000 1,000	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description	EN2 REC 88 EGY === REC EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S D M WORK S S S S S S S S S S S S S S S S S S S
1 on 30:00 Stomach and Stretch 600	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2	DRK === L S S S	Yards ====== 500 1,000 1,000 3,100	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description	EN2 REC 88 EGY === REC EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S D M WORK S S S S K K P P S S S S S S S S S S S
1 on 30:00 Stomach and Stretch 600 1 x 600 on 9:00 Underwater trn drill 150 10 x 15 on :45 Shooters 1,200 4x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick } 1,500 1x{4 x 50 on :50 Pulls } {3 x 100 on 1:20 Pulls } {4 x 50 on :45 Pulls } {3 x 100 on 1:20 Pulls } {4 x 50 on :40 Pulls } {3 x 100 on 1:20 Pulls } {4 x 50 on :40 Pulls } {5 x 100 on 1:20 Pulls } {6 x 75 on 1:10 " " \$6 x 75 on 1:10 " " \$6 x 75 on 1:00 " " 400 4 x 100 on 1:30 Dscnd to Ldcrs speed 300 6 x 50 on 1:00 Stroke Drills 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 EG ====== 1 on 40:00 Weights and Stretch 500 1x{1 x 100 on 2:00 Freestyle RE {1 x 100 on 1:50 Freestyle L.25 6bk EN	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN1	DRK === L S S	Yards ====== 500 1,000 1,000 3,100	{3 x 75 on :55 Freestyle {5 x 25 on :30 Butterfly lup 4down 1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice 10:03 AM 5,850 Yards - Stress Value = Workout #3944 - Wednesday, 28 December 2005 HighSchl - Backstroke 1 minute rest between sets 7:30 AM Start Set Description	EN2 REC 88 EGY === REC EN1 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S D M WORK S S S S S S S S S S S S S S S S S S S

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	K
	{4 x 25 on :30 Kick	EN1	K
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	P
2,400	$4x{6} \times 50$ on :45 Freestyle	EN1	S
	{1 x 100 on 1:15 Freestyle	EN2	S
	{1 x 100 on 1:10 Freestyle	EN2	S
	$\{4 \times 25 \text{ on } : 45 \text{ Freestyle} \}$	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

Vondo	7:30 AM Start	ECV	MOT
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	
	$\{5 \times 50 \text{ on } : 40 \text{ Pulls}$	EN1	
200	8 x 25 on :30 12.5 ez 12.5 fast	SP3	
1,650	$3x{4 \times 50}$ 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	
	$\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$	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

Yards	7:30 AM Start 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	0 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	
	$\{1 \times 75 \text{ on } 1:05 \text{ Freestyle}$	EN1	
	$\{1 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN1	
	$\{1 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN2	
	{8 x 25 on :30 Butterfly lup ldown	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	10:03 AM 6,150 Yards - Stress Value = 6	4	

Workout #3946 - Thursday, 29 December 2005 HighSchl - Backstroke 1 minute rest between sets

	7:30	AM Start		
Yards	Se	et Description	EGY	WOI
=====	==		===	===
	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

7:30 AM Start

Workout #3949 - Friday, 30 December 2005 HS Girls - All 1 minute rest between sets

Workout #3951 - Saturday, 31 December 2005
HighSchl - Platinum
1 minute rest between sets

Yards	Set Description EGY WC		
=====	=======================================	===	===
	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	
	${3 \times 125 \text{ on } 1:55 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$	EN1	
	${3 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$	EN1	
	${3 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w} + 2 \text{ yds}}$	EN1	
300	12 x 25 on :30 IM order-build	EN1	
1,800	12 x 150 on 2:15 Freestyle-descend	EN2	
	in sets of 3 w/ each		
	set fstr thn previus		
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 5:00 Ice		
	10:03 AM 5,750 Yards - Stress Value = 85	5	

** 1	7:30 AM Start	DOM:	HODI
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	6×50 on :50 Descend in sets of 3	EN1	S
	$1x{5 x 100 on 1:12 Freestyle}$	EN2	S
	$\{5 \times 50 \text{ on } 1:00 \text{ Freestyle}$	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
	$\{5 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	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		М
	10:04 AM 5,600 Yards - Stress Value =	128	

Workout #3950 - Friday, 30 December 2005 HS Girls - All 1 minute rest between sets

Workout #3952 - Saturday, 31 December	2005
HighSchl - Gold	
1 minute rest between sets	

	3:00 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 30:00 Physio Balls/Stretch		I
600	6 x 100 on 2:00 Reverse IM drill	REC	Γ
250	10 x 25 on :30 12.5 ez 12.5 fast	SP3	٤
900	12 x 75 on 1:30 Kick-des in 4's	EN2	ľ
800	16×50 on :45 Pulls-nbbf&w + 2 yds	EN1	E
300	6×50 on :50 Descend in sets of 3	EN1	٤
	8x{1 x 100 on 1:15 Individual Medley	EN2	٤
	$\{1 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	٤
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Ι
	1 on 10:00 Ice		N
	5:02 PM 4,650 Yards - Stress Value = 67	7	

	7:30 A	4 Start		
Yards	Set	Description	EGY	WORK
=====	====		===	====
	1 0	n 45:00 Weights and Stretch		L
400	1 x	400 on 7:00 Stroke Drills	REC	D
150	10 :	k 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

1 x 200 on 3:00 Stroke Drills

10:04 AM 5,500 Yards - Stress Value = 125

1 on 10:00 Ice

D

М

200

Workout #3955 - Saturday, 31 December 2005 HighSchl - State Champions 1 minute rest between sets

	7:30 AM Sta	rt		
Yards	Set Descr	iption	EGY	WORK
=====	=======		===	====
	1 on 45:0	0 Weights and Stretch		L
400	1 x 400 o	n 7:00 Stroke Drills	REC	D
150	10 x 15 o	n :45 Shooters	SP3	S
	1x{2 x 100 o	n 2:00 Kick	EN1	K
	{2 x 100 o	n 1:55 Kick	EN1	K
	{2 x 100 o	n 1:50 Kick	EN1	K
	{2 x 100 o	n 1:45 Kick	EN2	K
	1x{2 x 125 o	n 1:40 Pulls	EN1	P
	{2 x 125 o	n 1:35 Pulls	EN1	P
	{2 x 125 o	n 1:30 Pulls	EN2	P
	{2 x 125 o	n 1:25 Pulls	EN2	P
300	6 x 50 on	:50 Descend in sets of 3	EN1	S
	1x{5 x 100 o	n 1:07 Freestyle	EN2	S
	{5 x 50 on	1:00 Freestyle	EN3	S
	•	n 1:06 Freestyle	EN2	S
	{5 x 50 on	1:00 Freestyle	EN3	S
	•	n 1:05 Freestyle	EN2	S
	•	1:00 Freestyle	EN3	S
	•	n 1:04 Freestyle	EN2	S
	•	1:00 Freestyle	EN3	S
	•	4 -		

Workout #3953 - Saturday, 31 December 2005 HighSchl - Silver 1 minute rest between sets

	7:30 AM Start		
Yards	Set Description		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	6×50 on :50 Descend in sets of 3	EN1	S
	$1x{5 x 100 on 1:25 Freestyle}$	EN2	S
	$\{5 \times 50 \text{ on } 1:00 \text{ Freestyle}$	EN3	S
	$\{5 \times 100 \text{ on } 1:24 \text{ Freestyle}$	EN2	S
	$\{5 \times 50 \text{ on } 1:00 \text{ Freestyle}$	EN3	S
	{5 x 100 on 1:23 Freestyle	EN2	S
	$\{5 \times 50 \text{ on } 1:00 \text{ Freestyle}$	EN3	S
	{5 x 100 on 1:22 Freestyle	EN2	S
	$\{5 \times 50 \text{ on } 1:00 \text{ Freestyle}$	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	SI
=====	=======================================	===	====	==
	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	E
	{2 x 100 on 2:00 Pulls	EN1	P	E
	$\{1 \times 100 \text{ on } 1:55 \text{ Pulls}$	EN2	P	E
150	3 x 50 on 1:00 Freestyle-descend	EN1	S	E
	$1x{4 \times 100}$ on 1:55 Freestyle	EN2		E
	$\{5 \times 50 \text{ on } 1:00 \text{ Freestyle}$	EN3	S	E
	{4 x 100 on 1:50 Freestyle	EN2		E
	$\{5 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	EN3	S	E
	{4 x 100 on 1:45 Freestyle	EN2		
	$\{5 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	EN3	S	E
	{4 x 100 on 1:40 Freestyle	EN2	S	E
	{5 x 50 on 1:00 Freestyle	EN3	S	E
150	1 x 150 on 3:00 Stroke Drills	REC	D	(
	1 on 10:00 Ice		M	
	10:04 AM 4,250 Yards - Stress Value	= 11	.2	